

A publication of Fulton County Health Center

Health Centering

*FCHC Volunteer Shirley Fritz
(Wauseon) works at the
Information Desk to help
visitors.*

In This Issue:

Volunteers Make Life Better for All
A New Form of Pain Relief
Message from the CEO
Preventative Screenings & Insurance Coverage
Wound Care Center Continues to Grow
Annual Report to the Community
FCHC Participates in Breast Cancer Reporting
News & Notes
Health & Wellness Programs

Volunteers Make Life Better for All

Volume 32, No. 3 Summer, 2016



**FULTON COUNTY
HEALTH CENTER**
Completing the circle of care

"I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."

These are the words of Edward Everett Hale, author of "The Man Without a Country." It is a quote located at the bottom of every email sent by Mary Gautz, FCHC Coordinator of Volunteers and the Auxiliary. These three, short simple sentences embody the essence of what it means to be a Fulton County Health Center volunteer.

"I would say the inherent qualities of our volunteers are that they are generous, gentle, humble, and giving people," says Gautz. "These are individuals with unique gifts that they offer to make our Fulton County Health Center a better place." Gautz is a 20-year employee of the Health Center who has been the Coordinator of Volunteers and the Auxiliary for the past three years. She is a Licensed Social Worker with 15 years of experience as a Psychiatric Social Worker. She also holds a Masters degree in Organizational Leadership. Gautz replaced long-time Auxiliary Coordinator and former Director of Nursing Julia Engler, who retired.

"The mission of the Auxiliary and our volunteers is simple," says Gautz. "We're all about making the hospital more beautiful and more comfortable. They are simple goals that, when accomplished, have a positive impact on patients, visitors and staff members. Our volunteers are special people whose gifts of time and talent allow the Health Center to provide an extra dimension of service and care."

Deep Roots

The current Fulton County Health Center, located at 725 South Shoop Avenue in Wauseon, was opened in 1973. Yet, the FCHC Auxiliary goes back much further. There are no existing records of its origins, but the Auxiliary pre-dates the 1930 Detwiler Memorial Hospital, the forerunner of Fulton County Health Center. Auxiliary members back then spent their time purchasing and repairing linen and hospital bed sheets. They also decorated the hospital for Christmas holiday receptions. Much has changed.

Jean Stamm (Archbold) assists Tena Miller, Receptionist/Unit Secretary in the Surgery Waiting Area.



David Tijerina (Archbold) works as an "Escort". He can be summoned with a wheelchair to transport a patient from his or her room to a medical test and then back to the room.

Today's Volunteer

At FCHC, there are three types of volunteers. The first is the hospital volunteer, most of whom are retirees, who assist staff members at FCHC. Next is a group of volunteers who assist at Fulton Manor long-term care facility on the FCHC campus. Finally, there is a group of Volunteers, comprised of high school and college age young people who volunteer and job shadow employees at the Health Center. In total there are approximately 120 volunteers.

In 2015, FCHC reorganized the Volunteer program and created a **Teen Healthcare Camp**. The camp introduces the young person to health care careers at FCHC as well as the health care culture. The health care camp is also a gateway to ongoing job shadowing and volunteering. There are three camps held in the summer, and then one camp is held each quarter throughout the year. Once a student has completed the camp,

they are in a good position to return as an FCHC volunteer, if they wish. "We have a list of staff members who have offered to be coaches to them, and the student can schedule job shadowing experiences with our coaches," says Gautz. "It's a tremendous and free opportunity for our youth. We hope that by inviting our teens to see backstage at the FCHC, more would envision themselves returning here to work, or to build a career."

The FCHC Auxiliary

"Many of our volunteers are also active with the Auxiliary," says Gautz. "They work on various fundraising projects and have raised significant amounts of money for the Health Center." She says the Auxiliary members spend a good deal of time organizing and coordinating fundraising events with outside vendors that raise money through book sales, jewelry sales, flower sales, baked items, tea parties, and other events. The Gift Shop is also a source of revenue for the Auxiliary.

Dennis Shoemaker (Morenci) works in the kitchen. He prepares the vegetables for the salad bar, among other tasks.

VOLUNTEERS MAKE LIFE BETTER FOR ALL



Several of our volunteers have family members who work at the FCHC. Carol Crisman from Delta (right), with her granddaughter Kelly Tiplady. Carol works in the Gift Shop and Kelly works in the Maintenance Department.

The largest Auxiliary fundraiser is the annual Golf Outing, which has been held in early June for the past 17 years at Ironwood Golf Course in Wauseon. The Golf Outing attracts 36 foursomes and includes a silent auction as well as a chicken barbeque dinner.

"The funds collected by the Auxiliary from its fundraising events are donated to FCHC to pay for special projects, equipment and services that benefit patients and staff. Since 1982, the

FCHC Auxiliary has donated nearly \$845,000 to the Health Center.

In 2015, the FCHC Auxiliary gave back by sponsoring the redecoration of the Fulton Manor entry (\$23,800), purchasing i-Pods® for Fulton Manor's Music and Memory program (\$1,200), sponsoring the Cele-BRA-tion breast cancer fundraiser (\$360), and awarding two Volunteer Scholarships (\$2,000). The Auxiliary also pledged \$60,000 toward cosmetic improvements in FCHC's Oncology Department, the Medical Office Building's second floor Multi-specialty clinic, and the purchase of patient recliners.

Time Commitment

Most FCHC volunteers work Monday through Friday, but others work on weekends. A typical volunteer shift is 3-4 hours, and the volunteer can determine how often they work. "We're flexible with our volunteers," says Gautz. "We personalize their work schedule to accommodate other jobs or volunteer activities they may have as well as vacations,

illnesses, and treatments. We even work around our 'snowbirds' who travel to Florida every winter and our summer cottage and lake volunteers who are not around in the summer months."

Volunteer Opportunities

There are a variety of major volunteer opportunities at FCHC and Fulton Manor. They include:

Gift shop. Volunteers greet patrons, stock and sell items, organize merchandise, and provide a friendly face along with courteous service. The gift shop sells desk signs, home décor, cards, candy, jewelry, scarves, olive oil soap, stuffed animals, and adult coloring books.

Information Desk. This is the spot where visitors to FCHC get their first impression of the hospital. Our friendly and compassionate staff recognizes that coming to

(Continued on page 4)

VOLUNTEERS MAKE LIFE BETTER FOR ALL

(Continued from page 3)

a hospital is often difficult, and they help with kindness, patience, information, reassurance, and problem solving.

Surgery, Oncology & ER.

Volunteers help families remain comfortable while waiting, answer questions if they can, and assist the staff as needed. Volunteers also greet and care for patients in the ER and help them get started on their way to treatment.

Escort Volunteers. These people work near Central Registration, ER, the Information Desk, and Medical Units. They are able-bodied individuals who assist patients in wheelchairs and know how to navigate around the hospital.

Cafeteria. Here volunteers prepare food, stock coolers, make salads, and perform other jobs in the process of preparing 300 meals a day.

Elm Street Rehab Center (downtown Wauseon).

Volunteers assist the Exercise Instructor at the "Delay the Disease" class for people struggling with Parkinson's disease. They greet participants, help assemble the class, and join in the exercise. When class is over, they help the participants get to their destinations.

Fulton Manor. At Fulton Manor long-term care facility, volunteers help residents move about outside and at the facility's Casino Day. They also help residents get around at outings to Wal-Mart, Sauder Village, and Toledo Botanical Gardens. One volunteer spends time helping with manicures while another provides activities for residents with dementia.

FCHC Volunteers: Fast Facts

- 1** FCHC has 94 active volunteers
- 2** Fulton Manor has 30 active volunteers
- 3** In 2015, they collectively donated 13,250+ hours
- 4** Volunteer Areas: ER, Escorts, Elm Street Rehab Center, Fulton Manor, Gift Shop, Information Desk, Cafeteria, Oncology, Surgery Waiting area

MEET TWO OF OUR VOLUNTEERS



Margaret Croninger



Elizabeth Yutzky

Margaret Croninger (Wauseon) is the FCHC Auxiliary Ways and Means Chairwoman. She is key to organizing and executing our fundraisers that include book sales, bake sales, flower sales, and jewelry sales. Margaret is in her 90s and has been working as a volunteer since 1973. "Margaret is a major force in helping to coordinate our fundraisers and is also a dedicated volunteer in our Gift Shop and at our Information Desk," says Mary Gautz, FCHC Coordinator of Volunteers and the Auxiliary.

Since 1988, **Elizabeth Yutzky** (Chesterfield) has given 10,000 hours of her time to volunteer at FCHC! She helps patients in the Oncology clinic. She also organizes volunteers when the hospital hosts community events or educational offerings, such as the farm screen or cholesterol screenings. She also works at the Fulton County Fair each year. "Elizabeth is a gentle, humble, lovely lady who is an immense help to our Oncology patients and staff," says Mary Gautz, FCHC Coordinator of Volunteers and the Auxiliary.

Join Us!

We are always welcoming and training new volunteers. Inquiries or questions should be directed to Mary Gautz, 419-330-2695 (mgautz@fulhealth.org), or stop by her office that is across from the Gift Shop in the main lobby. Visit our Facebook page (FULTON COUNTY HEALTH CENTER VOLUNTEERS AND AUXILIARY) to see volunteers in action at their events and activities.



Jason Sprow, CRNA, FCHC Nurse Anesthetist, performs an anesthesia block on a patient. He is assisted by Jessica Hoffman, RN.

A New Form of Pain Relief

This past August, FCHC began using a new type of anesthesia blocks to help patients cope with pain during and after total joint replacement, abdominal, and several other types of surgeries. The new anesthesia block is named the ON-Q® Pain Relief System Pump with Select-A-Flow. The ON-Q® System is a non-narcotic elastomeric pump that automatically and continuously delivers a regulated flow of local anesthetic to a patient's surgical site or in close proximity to nerves. The system provides targeted pain relief for up to five days, and the flow rate of the anesthetic can be adjusted according to a patient's individual pain relief requirements.

"We start the process by numbing the area near the surgical site with a local anesthetic," says Jason Sprow, CRNA, FCHC Nurse Anesthetist. "We then use an ultrasound scan to help us place a needle next to the femoral nerve or brachial plexus nerve," says Sprow. "The needle allows us to insert a catheter to the site, and the catheter is attached to the ON-Q® Pump System."

There are several advantages to the new anesthesia system. "This system uses a local anesthetic, not a narcotic, so there is much less of a need for narcotics to be used during and after surgery in order to control pain," says Sprow. "This results in less nausea and vomiting and other adverse side effects." Sprow also reports that patients are able to leave the hospital with the pump system for continued relief at home.

Another type of block being performed at FCHC is the fascia iliaca block. This block is used for surgeries of the hip. "This type of block is really nice for elderly patients who have fractured their hip," says Sprow. The block is placed soon after the patient is admitted and allows for pain relief while the patient is awaiting surgery. This patient population is usually older and has several other medical problems. "Reducing their need for narcotics and anesthesia can improve their outcomes and hospital stay," explains Sprow.

According to Halyard Health, Inc. (formerly Kimberly-Clark Health Care), patients using the ON-Q® Pain Relief System:

- Went home an average of 1.1 days sooner
- Reported up to 69% lower pain scores
- Were up to 3x as likely to report high satisfaction scores
- Are more likely to experience better pain management with fewer side effects

ON-Q® is a registered trademark of Halyard Health, Inc. or its affiliates. (halyardhealth.com)

Message from the CEO

As the CEO of Fulton County Health Center, I am always interested in hearing comments from patients and visitors about their experiences at our facility. One frequent area of praise pertains to our Auxiliary volunteers. These dedicated, selfless individuals offer much to our patients and visitors by helping to make our campus a more comfortable and beautiful environment. The lead story in this newsletter will give you a better idea of how our volunteers help us and how much we rely on their services. Please take time to thank our volunteers the next time you visit us.



This newsletter includes our annual Report to the Community, which provides a comparison of our services over the last two years. We also include an interesting article about breast cancer statistics and how our statistics relate to data from across the country. Another article deals with the recent confusion about health care coverage of screening colonoscopies versus diagnostic colonoscopies. Both articles are worth reading.

Congratulations to Tiffany Siegel, our new Director of Nursing, who replaces the retired Jo Short. Tiffany has been an employee at FCHC for the past 14 years.

There are other articles in this newsletter that you may find interesting, including information about new anesthesia techniques and an update on our fast-growing Wound Care & Hyperbaric Center.

As always, we include a list of general health and fitness classes for you to consider. Please take advantage of them for the benefit of your health!

If you have any comments or suggestions, please feel free to contact me or any member of our staff.

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer



Preventative Screenings & Insurance Coverage

Most health insurance companies will cover the cost of a patient's routine preventative health screenings, such as mammograms, bone density scans, lung cancer screenings, PSAs, PAP tests, glucose and cholesterol screenings, and colonoscopies. Coverage is frequently provided under a patient's insurance without a deductible and co-pay. However, since the beginning of the year there has been some confusion with understanding the difference between a screening colonoscopy and a diagnostic colonoscopy.

A colonoscopy is a test that allows the physician to view the inner lining of your large intestine (rectum and colon). The doctor uses a flexible tube, called a colonoscope, to look at the colon. The procedure helps find ulcers, colon polyps, tumors, and areas of inflammation or bleeding.

"Let's say a patient visits their doctor complaining of abdominal pain, and the doctor orders a colonoscopy," says Heather Clark, FCHC Coordinator of Patient Accounts. "The doctor considers the colonoscopy a diagnostic procedure, since the patient complained about abdominal pain. But the patient leaves the doctor's office thinking my insurance will waive the deductible and copay for a screening colonoscopy so I won't have to pay anything. The patient is then surprised when their insurance company applies a deductible and co-insurance because it was considered a diagnostic procedure and not a routine screening."

Once the physician makes note on a patient's medical record that he or she exhibited certain symptoms, the routine colonoscopy becomes a diagnostic procedure. It is coded and billed that way. "It's no different than a woman who discovers a lump in her breast and goes in for

a mammogram," says Clark. "At that point the mammogram is no longer considered a routine screening, since it is being used to diagnose the lump."

Clark says patients who have experienced deductible and coinsurance responsibility for their colonoscopy may complain to the insurance company. Frequently the insurance companies say it is coded wrong to be covered under the preventative benefits. However the physician must code the procedure based on the symptoms presented by the patient. The FCHC billing department then invoices the patient based on the balance not covered by the insurance company.

"Patients may think a mistake has been made by their insurance company, their physician, or our billing department, but everyone involved follows the proper procedures. We can only go by what the physician notes in the patient's medical record. The physician is required by law to record a patient's symptoms or risk being charged with fraudulent medical practice."

Clark says she wanted information about screening versus diagnostic colonoscopies included in this newsletter so people can become educated and not be caught off guard after the fact. "By all means you should tell your doctor if you are having any medical symptoms, such as rectal bleeding or abdominal pain," says Clark. "Ultimately, it's important that the physician understands the bigger picture so he or she can order the proper tests. There's nothing more important than your health." For more information about the contents of this article, contact Health Clark, FCHC Coordinator of Patient Accounts, at 419-330-2617 or hclark@fulhealth.org.

Wound Care Center Continues to Grow

FCHC's new Wound Care & Hyperbaric Center, which opened in June 2015, has been busy treating patients! Located on the ground floor of the FCHC Medical Office Building, the Wound Care & Hyperbaric Center is led by Medical Director Munier Nazzal, MD, FACS, FACCWS, Board Certified General and Vascular Surgeon, Board Certified Clinical Wound Specialist. The Program Director is Karen Bauer, CNP, CWS, CHRN, Nurse Practitioner/Wound Specialist.

"We've been operating for just about a year, and quite quickly we moved from planning what we wanted to do for patients to actually treating them and achieving quality outcomes," says Bauer. "There is a definite need for our services, as is evidenced by the more than 245 patients that we have served."

Last September the Wound Care Center's first hyperbaric chamber became operational and was added to the treatment options for patients. Demand was so high that FCHC added a second hyperbaric chamber on April 2. The two chambers are large, clear acrylic tubes pressurized with 100% oxygen. Patients lie comfortably on a stretcher in the chamber in 90-minute intervals, once a day for typically five days a week. The 100% pressurized oxygen helps to heal tissue while also increasing the body's metabolism and ability to fight infection. The hyperbaric chamber will only be applicable to specific patients based on their type of wounds. Bauer says that many of these patients have non-healing diabetic foot ulcers, bone infections, and tissue damage from radiation therapy.

"The majority of our patients will undergo comprehensive therapy with dressings and other topical modalities for wound care," says Bauer. The increased volume of patients has given the wound care center even greater access to more advanced topical therapies. "Our goal is to provide multi-disciplinary care to ensure optimal healing,



Top: Leah Leeper, RN, FCHC Hyperbaric Safety Director, prepares a patient for treatment. Bottom: FCHC now offers two hyperbaric chambers to accommodate patients.

and the second hyperbaric chamber we've added along with more advanced topical treatments have allowed us to do that," says Bauer.

The wound care center offers comprehensive care for patients at FCHC and area nursing facilities along with patients of home health care agencies. "Our care is comprehensive, so we may treat a patient at FCHC, follow them to a local nursing facility, and then continue their care in their home," says Bauer. Wound care treatment is covered by most health insurance providers.

The FCHC Wound Care & Hyperbaric Center includes a comfortable waiting room, four treatment rooms, and a large room that houses the hyperbaric chambers. In addition to Dr. Nazzal and Program Director Bauer, the facility has five other staff members: a safety director and technician in the hyperbaric chamber room, a lead nurse, a wound care trained medical assistant, and a registration/precertification staff member.

Patients should contact their primary care physician for a referral to the FCHC Wound Care & Hyperbaric Center. For more information, call 419-337-7832.

REPORT TO THE COMMUNITY 2015

	2014	2015
General Category		
Admissions	1,681	1,602
Outpatient Visits	154,803	166,807
Emergency Room Visits	16,747	17,800
Inpatient Surgeries	491	464
Outpatient Surgeries	2,058	2,313
Outpatient Services	215,177	229,904
OB Deliveries	276	227
Oncology Visits	4,149	4,157
Laboratory Tests (<i>Outpatient only, including Pathology</i>)	142,077	150,637
Radiology Procedures	41,738	45,736
Respiratory Procedures	2,806	2,784
Physical Therapy Outpatient Visits	13,107	14,367
Diabetes Education Outpatient Visits	502	450
<i>(includes both individual and group patients)</i>		
Cardiac Rehab Visits (<i>includes both Phase II and Phase III</i>)	5,067	5,901
FulCare Patient Days (<i>includes both adult and geriatric patient days</i>)	1,506	1,537
FulCare Outpatient Visits (<i>Therapists only</i>)	3,688	3,532
FulCare Partial Hospitalization Visits	605	1,032
Corporate and Community Health Promotion		
Community Events and Class Participants	4,116	3,730
Corporate Program Participants	2,077	3,979
School Program Participants	703	1,245
Fitness Class Participants	1,743	1,591
Fitness Classes	227	156
SilverSneakers® Member Visits	6,863	6,800
Auxiliary		
Active Volunteers	145	124
Volunteers' Service Hours	12,876	13,250
Active Volunteers	9	14
Volunteers' Service Hours	72	52
Money Donated	\$136,599	\$27,000
2015 Auxiliary Donations Included:		
Redecoration of the entry of Fulton Manor (\$23,800), purchasing of iPods® for Fulton Manor's Music and Memories program (\$1,200), awarding 2 Volunteer Scholarships (\$2,000). Total of \$27,000.		
New Services/Technology: FCHC Wound Care and Hyperbaric Center including new hyperbaric chamber, New MRI replacing our old unit, Replaced urology table in surgery, Replaced two ultrasound units and added three new ultrasound units (5 total), Replaced 10 hospital beds on our geri-psych unit (FulCare Behavioral Health), New Respiratory Analyzer.		
Awards: Women's Choice Award, Top 100 Hospital for Outstanding Patient Experience for 2015.		
New Active Staff Physicians:		
Elizabeth Cox, MD, Psychiatry		
Patricia Mahoney, MD, General Surgeon		
James "Jimmy" Zimmerman, MD, Family Practice		
Uncompensated Care	\$3,616,762	\$2,905,973



FCHC Participates in Breast Cancer Quality Reporting

Since 1991, FCHC has been accredited by The Commission on Cancer. Each year cancer registrars from accredited health care facilities across the country report cancer statistics to the National Cancer Database. The Commission on Cancer then analyzes this data and publishes an annual Cancer Quality Improvement Program Report with the results.

The cancer statistics from FCHC are compared to 1,432 other accredited programs to assure that each program meets quality standards as set forth by the Commission on Cancer. Here are three highlights from our most recent Cancer Quality Improvement Program Report. The results are based on the analysis of patient data from 2013, the most recent year analyzed.

1. # of cases: The number of cases of breast cancer diagnosed at FCHC has remained steady for the last 5 years: approximately 20 cases per year.
2. Cancer Stage: The majority of the breast cancer cases were stage 1 and 2. This is similar to the other accredited facilities.
3. Treatment: FCHC was ranked against 1,432 other facilities in 6 different studies that analyzed whether patients were treated according to nationally recognized guidelines and standards. FCHC ranked 100% in 4 out of 6 of the breast cancer treatment studies. In the other two studies, our performance was similar to the other accredited programs.

At FCHC, we strive to promote early diagnosis of breast cancer through events sponsored by our Corporate and Community Health Promotion Department. We also promote early diagnosis through the Yes Mamm free mammography program for uninsured and underinsured women and men. In addition, we provide state-of-the-art surgical and treatment options that allow patients to be treated locally rather than having to travel to larger facilities. For more information about the Cancer Quality Improvement Program Report or our Oncology/Hematology treatment programs, contact Leisa Britsch, RN, BSN, OCN, at 419-330-2708 or lbritsch@fulhealth.org.

Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2735.

Lifestyle

Lifestyle Management Training

Individual training that includes a 6-visit series with a Health Coach (dietitian/certified fitness professional) to learn and set goals for healthy eating, exercise and living, \$150 for series. Call 419-330-2721 to schedule.

Lifestyle Management Class

One-time visit with a Health Coach (dietitian) to review healthy eating strategies and goals for healthy living, \$50. Call 419-330-2721 to schedule.

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. June 7 & Aug. 2, 9:30 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! June 21 & Aug. 16, 9:30-11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Managing Your Blood Pressure

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. July 19 or Sept. 6, 9:30- 10:30 a.m., Free, FCHC Cardiac Rehab Classroom. Please report to Cardiac Rehab at 9:20 a.m. the day of the class. To register call 419-330-2692.

Safety

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child, infant CPR; obstructed airways; and first aid; meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., July 9 or Sept. 10, 9:00 a.m. - 4:00 p.m., \$65, FCHC Ground Floor Meeting Room.

American Heart Association Healthcare Provider CPR

CPR Certification by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. Sat., June 18 or Aug. 6, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.

Babysitting Class

Learn to handle emergencies such as choking, burns and more, and become a more effective and competent babysitter. Class covers growth and development and safety for the sitter as well as the children and much more. Please bring sack lunch. Beverages/snacks provided.

Sat., June 11, 9:00 a.m. - 3:00 p.m., \$20, Liberty Center Library. Call 419-533-5721 to register.





Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health & Wellness Programs in the Quick Links Section), or call 419-330-2735.

Obstetrics: Partners in Pregnancy Programs

To register for classes call the FCHC OB Unit at 419-330-2757.

Breastfeeding Classes - Learn the process of Breastfeeding and getting off to a good start. Discuss advantages, techniques, pumps and any questions you might have about breastfeeding. Taught by an International Board Certified Lactation Consultant. Free.

Car Seat Checks - Making sure you have your car seat installed correctly is important to your baby's safety. Inspections are performed by a certified car seat technician. Free by appointment.

Childbirth Education - 2 hours/week for 2 weeks or 4 hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and Powerpoint presentations. Call to register and get cost information.

Sibling Class - For children age 3 and older at home. Held at 10:00 a.m. the first Saturday of each month. Includes OB department tour and stamping a T-shirt for the baby. Free, 1 session.

Grief Support

H.O.P.E

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month at 7:30 p.m. in the FCHC Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, teenagers, and adults due to illness or accident. If you are suffering from the death of a child at any age, you are welcome to attend. Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

H.E.L.P.

Helping Each other Live Past a suicide is a new support group offered at FCHC that meets the third Monday of each month at 6:00 p.m. in the FCHC Ground Floor Meeting Room. If you have lost someone to suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening through these grieving times. We educate participants on the causes of suicide in order to prevent more loss. Please contact Patricia Franz Pahl, LSW, LCDC III, H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

Diabetes Education & Support

Contact the Diabetes Education office at 419-330-2772 for information and/or scheduling group presentations. Check out the FCHC website: www.fultoncountyhealthcenter.org

Diabetes Education Community Class at Local Senior Center

Open to any senior age 60 or older! For more information, call 419-337-9299.

Tues., July 5, 11:00-11:45 a.m., Fayette Senior Center, Fayette Opera House, 105 E. Main St.

Tues., Aug. 30, 11:00-11:45 a.m., Delta Senior Center, Delta United Methodist Church, 101 Northwood Dr.

Mon., Sept. 19, 11:00-11:45 a.m., Swanton Senior Center, 210 N. Main St.

Free Support Group

July 14, August 11 & September 8, 5:00-6:00 p.m., Diabetes Education Office, 3rd Floor. Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary, just stop by the office and a certified diabetes educator will be waiting to support you in your needs. If you need assistance in staying on track with your diabetes self-care, this is the place for you!



Oncology Programs

In addition to treating patients, the Rainbow Hematology/Oncology Treatment Center also offers a wide variety of support services to patients, families and the community. We offer educational materials and programs, as well as other services to help patients and families cope with the diagnosis and stress of their disease.

Counseling Services - Counseling for nutrition, emotional and coping concerns, as well as end of treatment concerns.

Patient Navigation - On-site case management, financial counseling and facilitation with community resources.

American Cancer Society Services On Site - Look Good Feel Better - Hair and Skincare classes, Thurs., July 21 & Sept. 15, 10:00 a.m. - 12:00 p.m., FCHC Oncology Library, call 419-330-2708 to RSVP one week prior to the event. Free make-up kit included. Plus Cancer Resource Center (Cancer information).

American Cancer Society Programs by Referral - "Reach to Recovery" and "Road to Recovery." Physical & Occupational Therapy, Stomal Therapy and Wound Care - on site.

Lymphedema Therapy - Includes specialists from nursing, physical therapy, and massage therapy who are trained to work together in treating patients with lymphedema.

Prosthesis and Wig Bank - Available for patients who cannot afford to purchase their own.

Yes Mamm Program - Free screening mammograms for uninsured and underinsured men and women age 40 and over. A doctor's order is required. For more information call 419-330-2706.



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health & Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. 7 Week Session – June 13 – July 30 (except where noted); 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50 (excludes specially priced classes).

Health & Fitness Class Descriptions

Aquatic Aerobics

A high-energy, vigorous workout performed in shallow water to avoid injury. Great for toning and strengthening.

Arthritis Aquatics

Consists of range of motion, muscle strengthening, stretching and endurance building activities. All classes are structured so participants can work at their own ability level.

Aqua Zumba®

Is known as the Zumba® “pool party”. Combines Zumba® Fitness and basic aqua fitness into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning and most of all FUN and exhilarating beyond belief. Great class for those just starting their fitness journey.

Cardio Core /Step 360

A class geared toward variety! You’ll be stepping on a bench, performing aerobic moves on the floor, using the Ball and Body Bars. A great all-in-one workout incorporating both cardiovascular, flexibility, and strength training! Will incorporate the Step 360 for even more challenge with core strength.

Cardio Craze Plus

This is a class you can be crazy about with various types of cardio including step, dancing, and kickboxing. Plus some resistance training that will utilize various types of equipment while targeting numerous muscle groups. Who knew that exercising could be this fun!

Delay the Disease

A fitness program designed to empower people with Parkinson’s Disease to take control of the disease with daily exercise, including Activities of Daily Living exercises.

Drums Alive®

Powerful beat and rhythm of the drums, using the stability ball, that will get your feet stomping and your body moving. Simple movements on the ball, with the ball, and around the ball. Great workout for men and women. FUN!

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for support, stretching, and relaxation exercises.

SilverSneakers® Splash

Activate your aqua exercise urge for variety! SilverSneakers® Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Tabata Fire

Tabata is a system of short, high-intensity intervals developed by Japanese professor Izumi Tabata. Each exercise lasts only 20-60 seconds each. The one-hour training can push men or women to new physical levels never imagined and people continue to burn calories for hours after!

Tai Chi

Gentle flowing movements to reduce falls, improve sleep quality, and improve respiratory function. The low intensity program also improves strength and balance.

Total Body Thrive

Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body. Total Body Thrive is specifically designed to make you sweat! From circuit-style routines that jump-start cardio fitness, to muscle-toning exercises using dumbbells, exercise bands, or even the participant’s own body weight, each class will bring its own unique challenges. No two classes are the same!

Yoga

This class consists of basic Yoga postures, breathing and relaxation techniques. Yoga poses and passive stretches are the focus of this artful format. It’s a total body workout as you use the weight of your body to hold the various poses!

Zumba®

Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you’ll be getting fit and your energy levels will be soaring! It’s easy to do, effective and totally exhilarating.

Health & Wellness Programs

Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations.

7 Week Session – June 13 – July 30 (except where noted); 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50 (excludes specially priced classes).

Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Total Body Thrive	M, W & F	5:45 AM	FCHC Rehab Center
Cardio Core/Step 360	M	5:30 PM	FCHC Rehab Center
Step 360	T	5:30 PM	FCHC Rehab Center
Cardio Core	W	5:30 PM	FCHC Rehab Center
Drums Alive®	TH	5:30 PM	FCHC Rehab Center
(Must bring mat)			
New! Zumba®	M	6:45 PM	FCHC Rehab Center
Tabata Fire	T & TH	6:00 AM	FCHC Rehab Center
Delay the Disease	T	10:00 AM	FCHC Rehab Center
Delay the Disease	TH	11:30 AM	FCHC Rehab Center
SilverSneakers® Classic M & W 10:30 AM			FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			

Wauseon Aquatics	Day(s)	Time	Location
Aqua Zumba®	T & TH	8:30 AM	FCHC Rehab Center
Arthritis Aquatics	T & TH	4:45 PM	FCHC Rehab Center
Aquatic Aerobics	M & W	6:15 PM	FCHC Rehab Center
SilverSneakers® Splash	T & TH	9:30 AM	FCHC Rehab Center
SilverSneakers® Splash	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			

Napoleon	Day(s)	Time	Location
Tai Chi	M & F	2:00 PM	Henry County Sr. Center
(Free - Sponsored by Northcrest Nursing & Rehabilitation)			

Archbold Fairlawn Complex	Day(s)	Time	Location
Aquatic Zumba®	M & W	8:30 AM	Wyse Commons

Archbold	Day(s)	Time	Location
Cardio Craze Plus	T & TH	5:30 PM	Park Pavilion
Zumba®	W	5:30 PM	Park Pavilion
7 classes - \$21, 14 classes - \$32			
(Co-sponsored by Archbold Parks & Recreation Dept.)			

Yoga Classes: Yoga classes cannot be mixed & matched with other classes. Mat is required for classes.

Wauseon	Day(s)	Time	Location
Yoga	SAT	9:00 AM	FCHC Beck Mtg. Rm.
Yoga	T	5:00 PM	FCHC Beck Mtg. Rm.
7 classes - \$35, 14 classes - \$62			

Swanton	Day	Time	Location
Yoga	T	7:15 PM	Trinity United Methodist
7 classes - \$35, 14 classes - \$62			

Archbold	Day	Time	Location
Yoga	M	5:30 PM	Park Pavilion
7 classes - \$30, 14 classes - \$48			
(Co-sponsored by Archbold Parks & Recreation Dept.)			

Health TIPS



Summer is a great time to start eating healthier. Fruits and vegetables that are in season and locally grown tend to have more nutrients and flavor than those that are imported from far away places. Consider these suggestions:

1 Shop at a farmers' market or roadside fruit stand. They offer fresh and local produce, plus the opportunity to ask questions of the grower on how the food is grown and possible recipe ideas. Another source of locally grown fresh fruit and vegetables may be your local grocer.

2 Grow your own food. Gardening can be very rewarding. In addition to growing great tasting fresh food, gardening can also help relieve stress. Gardening can be done in a variety of locations including:

- In a backyard garden
- Plant herbs in a window box
- Grow vegetables in flowerpots or mix them into your flowerbeds
- Patio tomato plants can provide fresh off the vine tomatoes for salads, sandwiches or other food choices

Give your diet a berry boost.

Did you know that blackberries, blueberries and strawberries are loaded with antioxidants? This helps prevent damage to tissues due to age related illnesses. In addition, berries provide fiber in your diet that can help lower your cholesterol.

Remember the goal is to consume 5-9 fruit and vegetable servings a day. Fruit and vegetables are high in fiber, low in fat and full of vitamins, minerals and phytochemicals that are essential to healthy living.

Health Centering is published four times a year by Fulton County Health Center for area residents.

Patti Finn,
Chief Executive Officer
Carl Hill
President, Board of Directors
Steve McCoy
Director of Marketing and Planning

For address changes or information about articles or programs in this issue, contact the FCHC Marketing and Planning Department at 419-330-2717.



FCHC News & Notes

Meet our New Director of Nursing



Tiffany Siegel, MSN, RN, NP-C became FCHC's new Director of Nursing this past March. She replaces Jo Short, who retired. Siegel is a 1999 graduate of Evergreen High School, and a 2001 graduate of Northwest State Community College where she received an Associate degree in Nursing. In 2012, she received her Bachelor of Science degree in Nursing from Ohio University and a Master of Science in Nursing degree from the University of Toledo - Family Nurse Practitioner. She is Certified by the American Academy of Nurse Practitioners (AANP).

Siegel began her career at FCHC in 2002 and has worked in numerous nursing departments including Medical-Surgical and the Emergency Department. Prior to accepting the Director of Nursing position, Siegel was a practicing Family Nurse Practitioner at West Ohio Family Physicians and Delta Medical Center, where she provided health care services to patients of all ages.

"I believe in nursing care that is patient centered," says Siegel. "Patient centered care supports and encourages patients and their families to take an active role in their health care management and decisions. In my position as Director of Nursing, I will continue to take an active role in ensuring that the customers we serve receive exceptional care every time they visit one of our facilities."

See You At the Fair!

FCHC will again be at this year's Fulton County Fair, September 2-8. Staff will offer free blood pressure and blood sugar tests. Additional tests will be provided at a minimal charge. Many departments at the Health Center will also be at the Fair throughout the week to answer your health questions. Watch for FCHC's schedule of events at the Fair on our website (www.fultoncountyhealthcenter.org), on our Facebook page and in local papers as we get closer to the event!

FCHC Auxiliary Events

Aug. 11 Nurse's Edge, FCHC Ground Floor Meeting Room
Sept. 22-23 \$5 Jewelry Sale, FCHC Cafeteria
Oct. 16 Auxiliary Scholarship Tea, FCHC Beck Meeting Room. Reservations required, contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2695.

FCHC Auxiliary Volunteer Opportunities

Volunteer positions are available at both our main campus and at Fulton Manor. To find out about opportunities at FCHC, contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2695. Contact Tammy Miller, 419-335-2017, Ext. 2798, for opportunities at Fulton Manor.