

A publication of Fulton County Health Center

Health Centering

Growth & Expansion CONTINUES

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Volume 33, No. 3 Summer, 2017



**Fulton County
Health Center**
Completing the circle of care

The age-old expression ...
 “There’s good news and
 there’s bad news” ... can be used
 to describe Fulton County Health Center’s
 situation with new physician
 specialists who want to
 practice at the Health
 Center. The good news
 is that more physician
 specialists have expressed
 an interest in establishing
 an office at FCHC. The
 bad news is there is no
 space to accommodate
 them. But that all
 changed on April 24,
 2017, when FCHC held
 a groundbreaking
 ceremony to kick off
 construction of a new
 four-story Medical Office
 Building on the south
 side of its campus.

UNDER CONSTRUCTION

Growth & Expansion Continues

“We’re simply out of
 space for our doctors,” says Patti Finn,
 FCHC CEO. “Not only do new specialists
 want to come here, but some of our current
 physicians in our North Medical Office
 Building would like to have more office and
 exam room space. This new facility will solve
 both problems and offer our patients more
 opportunities to see medical specialists
 right here in town.”

The new South Medical Office Building will
 have four floors and be attached to the south
 side of the Health Center near its Emergency
 Department. Construction of the 62,000
 square foot facility will take 18-24 months.
 It will consist of three floors with 40,000
 square feet of space that physicians will lease.
 The fourth floor will be shelled and reserved
 for future development. FCHC will also
 construct a new 150-space south parking
 lot, and the east parking lot will be expanded
 with an additional 182 spaces.

“Construction will first focus on the
 new parking lot, since the footprint
 of the new building will be on top
 of some current parking spaces that
 we will lose,” says Finn.
 Construction on the facility itself
 will begin sometime this summer.

The \$19 million construction fee is
 being financed with a construction
 loan through Huntington Bank.
 FCHC will pay off Huntington Bank
 using a lower interest loan it has
 obtained from the U.S. Department
 of Agriculture (USDA) Rural Development
 Community Facilities Grant and Loan
 Program. MBA Architects and Planners of
 Perrysburg, Ohio are providing architectural
 services. Rupp/Rosebrock, Inc. of Liberty
 Center, Ohio, is managing construction.

“This new South Medical Office Building is
 part of our 100-year strategic plan we
 completed in 2015,” says Finn. “Our Board
 of Directors and administrative staff spent a
 significant amount of time planning for the
 future health care needs of the community.”

For more information about FCHC’s new
 South Medical Office Building, contact Steve
 McCoy, Director of Marketing and Planning,
 at 419-330-2717 or smccoy@fulhealth.org.



SIGN

1973

119-bed
Fulton County
Health Center
opens.

1981

The Stress Center
opens as a 20-
bed psychiatric
unit.

1984

The Rainbow
Hematology/
Oncology
Treatment Center
opens.

1990

First
expansion
of the
Emergency
Department.

FCHC board members participate in the April 24th groundbreaking.

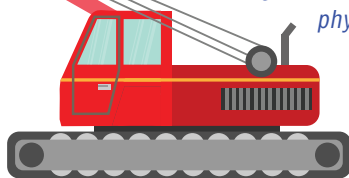


SIGNIFICANT EVENTS IN FCHC'S CAMPUS HISTORY

| | | | | | | | |
|---|---|--|--|--|--|--|---|
| 1994 Fulton Rehab Center opens in downtown Wauseon. | 1996 Fulton Manor Nursing Home & Assisted Living opens. | 1999 Aquatics Pool added to the FCHC Rehab Center. | 2001 23,000 square foot North Medical Office Building opens. | 2007 53,000 sq. ft. facility expansion triples Emergency Department; expands Endoscopy, Same-Day Surgery; adds Cardiovascular Heart Catheterization. | 2011 125 acres purchased behind FCHC for future expansion. | 2015 100-Year Strategic Plan is completed. | 2017 Groundbreaking held for new South Medical Office Building. |
|---|---|--|--|--|--|--|---|



FCHC's new South Medical Office Building will be the home of more physician specialists.



Note: The ground floor entrance on the south side of FCHC will be closed during construction. However, the Emergency Department and Main Health Center entrances will not be affected.



SOUTH MEDICAL OFFICE BUILDING FACTS

- Groundbreaking was held on April 24, 2017.
- Construction will last 18-24 months.
- A new 150-space south parking lot will be the first project completed along with 182 more spots that will be added to the east lot.
- Construction on the new facility will begin this summer.
- The building will have four floors of 62,000 total square feet, with 56,000 square feet on three floors leasable to physicians.
- The 4th floor will be shelled and held for future development.
- The facility will house new physician specialists and some physicians from the North Medical Office Building who require more space.
- MBA Architects and Planners, Perrysburg, is providing architectural services.
- Rupp/Rosebrock, Inc., Liberty Center, is managing construction.
- A \$19 million construction loan has been secured through Huntington Bank, with payoff through a lower interest loan from the USDA Rural Development Community Facilities Grant and Loan Program.



Kris Belknap, RN, FCHC staff member, tests the neonatal telemedicine unit.

transferred to St. V's," says Dr. Meyer. "If a transfer is warranted, we can remain in constant contact with the neonatologist until their medical team arrives to transport the baby. Once the baby arrives at St. V's, we can use the robot to initiate contact between the baby and the mother who will still be at FCHC. That helps maintain the bond between mom and baby until she can go to Toledo."



"This gives families a big vote of confidence that they can deliver their baby here in Wauseon and receive the care and attention they would get in a large tertiary hospital while also receiving our hospital's personal care," says Dr. Meyer.

For more information about FCHC's neonatal telemedicine program that will be activated in the near future, contact Candise Ankney, BSN, RNC, FCHC Family Birthing Center Manager, at 419-330-2635 or email at cankney@fulhealth.org.



Technology to Help Babies

When an infant is born at Fulton County Health Center, a great deal of care is taken to ensure the health and well being of the baby and mother. Sometimes that can be a challenge if the infant is in distress. But thanks to medical technology already in place in the FCHC Emergency Department, at-risk infants will soon benefit from leading-edge technology.

"We will soon introduce neonatal telemedicine at the Health Center that will link our physicians and nurses with physician specialists at St. Vincent Mercy Medical Center," says Christopher Meyer, MD, FCHC Pediatrician. "This partnership with St. V's will tap into cutting edge technology to draw in the neonatal specialist and enable us to offer the best pediatric care possible for the baby." Dr. Meyer says neonatal telemedicine will connect FCHC with a St. V's

neonatologist or neonatal nurse practitioner and allow for a second medical opinion in real time. "It will result in a faster, more accurate diagnosis while the newborn is in Wauseon," says Dr. Meyer.

Candise Ankney, BSN, RNC, FCHC Family Birthing Center Manager, explains how neonatal telemedicine works. "It's similar to calling someone through Skype® on the Internet," says Ankney. "We'll phone St. V's and let them know that we would like a telemedicine consult and they will dial in with the robot to our hospital. The robot has a camera mounted to the top of the monitor so the St. V's specialist can observe the baby. It also has a stethoscope attached to it, so when we place the stethoscope on the baby the St. V's physician can hear everything we hear." Ankney says the specialist can ask questions of FCHC physicians and nurses who are in the room with the baby and discuss the infant's condition.

"We will use the technology to consult with the St. V's specialists while the baby is in the nursery and determine if it needs to be



Keeping Mom & Baby Healthy

Since 1996, The Family Birthing Center has provided educational programs for expectant mothers and their significant others through the Partners in Pregnancy program. Partners in Pregnancy establishes an individually based partnership between a Family Birthing Center nurse and the expectant mothers. It provides information for a healthier pregnancy and delivery and informs parents-to-be of several classes available to prepare them for childbirth. Meetings also include a tour of The Family Birthing Center, the completion of paperwork prior to the birth of the baby, and addressing any questions or concerns.



"A large part of our program is to prepare the mother for what to expect during labor and delivery," says Peg Short, RN, Family Birthing Center Nurse Educator. "We also explain proper care for mom and baby after discharge, along with the follow-up assessment we perform several days after the birth of the newborn."

The Family Birthing Center offers a range of Partners in Pregnancy educational classes and programs to help families prepare for the new arrival. To register, call the FCHC Family Birthing Center at 419-330-2757.

- **Breastfeeding Classes** - Learn the process of Breastfeeding and getting off to a good start. Discuss advantages, techniques, pumps and answer 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 ages 3 and older at home. Held at 10:00 a.m. the first Saturday of even months. Includes OB department tour and stamping a T-shirt for the baby. Free, 1 session.



Music Therapy at FCHC

Music has an unquestionable effect on people. When you hear an old, favorite song, it most likely brings back a flood of memories.

FCHC's FulCare Behavioral Health program is capitalizing on the power of music with the introduction of a Music Therapy program.

Lauren McNany, MT-BC, was recently hired as a full-time Music Therapist. She will provide music therapy for inpatients as well as for those in the Older Adult Intensive Outpatient program.

"Music therapy has been proven to help individuals with their physical, mental and emotional health needs," says McNany. "In our FulCare Behavioral Health setting, we will use it either on an individual basis or in a group setting."

According to McNany, music therapy is commonly used with patients in this setting in three forms: 1) The music therapist plays an instrument, such as the piano or guitar, to connect with patients; 2) The music therapist develops a playlist of songs preferred by the patient; 3) The patient plays an instrument with guidance from the therapist. "All three forms of music therapy have their place and effectiveness," says McNany. "Certainly, when the patient actively plays an instrument it can prove to be very motivating for them and will boost their self-esteem."

On the other hand, listening to a playlist allows McNany to engage in conversation with the individual. In some documented cases, patients with dementia who have not reacted to outside stimuli have suddenly smiled when listening to an old favorite song. "The sky is the limit with music therapy, because there are multiple avenues we can pursue," says McNany. She says an assessment is performed for each individual when they first arrive at the FulCare facility. "Music therapy isn't for everyone, but for many it can be a great way to cope with anxiety and deal with depression."

Individual music therapy sessions can last from 10-45 minutes, depending upon the individual. Group sessions allow participants to perform a musical



Lauren McNany, MT-BC, Music Therapist

jam session, which encourages them to listen and engage with one another.

McNany is a native of northeast Ohio and began taking piano lessons at age of four. She graduated from Grove City College with a Bachelor of Music degree focusing on piano. McNany also earned a minor in psychology from Grove City College and holds a Bachelor of Music in Music Therapy degree from Slippery Rock University. Following her graduation, McNany completed her music therapy internship at the Finger Lakes DDSO in upstate New York, working with adults who have intellectual and developmental disabilities. She also studied clinical improvisation and humanistic psychology. McNany then moved to northern Virginia to provide music therapy services to a variety of populations in a private practice setting, serving infants to older adults with a range of abilities. She is excited to return to her home state to continue her career as a music therapist.

FulCare Behavioral Health Services is located on the 5th floor of FCHC. They offer inpatient mental health treatment and intensive outpatient therapy for Adults over the age of 60, along with adult outpatient and partial hospitalization mental health treatment for adults of all ages.

REPORT TO THE COMMUNITY 2016

| <i>General Category</i> | 2015 | 2016 |
|--|---------|---------|
| Admissions | 1,602 | 1,557 |
| Outpatient Visits | 166,807 | 164,276 |
| Emergency Room Visits | 17,800 | 17,351 |
| Inpatient Surgeries | 464 | 441 |
| Outpatient Surgeries | 2,313 | 2,286 |
| Outpatient Services | 229,904 | 234,493 |
| OB Deliveries | 227 | 229 |
| Oncology Visits | 4,157 | 3,662 |
| Laboratory Tests (<i>Outpatient only, includes Pathology</i>) | 150,637 | 156,128 |
| Radiology Procedures | 45,736 | 45,740 |
| Respiratory Procedures | 2,784 | 2,506 |
| Physical Therapy Outpatient Visits | 14,367 | 13,603 |
| Diabetes Education Outpatient Visits | 450 | 476 |
| <i>(Includes both individual and group patients)</i> | | |
| Cardiac Rehab Visits (<i>Includes both Phase II and Phase III</i>) | 5,901 | 6,391 |
| FulCare Patient Days (<i>Includes both adult and geriatric patient days</i>) | 1,537 | 1,349 |
| FulCare Outpatient Visits (<i>Therapists only</i>) | 3,532 | 3,619 |
| FulCare Partial Hospitalization Visits | 1,032 | 1,042 |

Corporate and Community Health Promotion

| | | |
|---|-------|--------|
| Community Events and Class Participants | 3,730 | 4,297 |
| Corporate Program Participants | 2,495 | 2,429 |
| School Program Participants | 1,245 | 1,599 |
| Fitness Class Participants | 1,591 | 1,665 |
| Fitness Classes | 156 | 152 |
| SilverSneakers® Member Visits | 6,800 | 10,934 |

Auxiliary

| | | |
|---------------------------|----------|----------|
| Active Volunteers | 124 | 117 |
| Volunteers' Service Hours | 13,250 | 12,800 |
| Active VolunTeens | 14 | 10 |
| VolunTeens' Service Hours | 52 | 122 |
| Money Donated | \$27,000 | \$46,000 |

2016 Auxiliary Donations Included:

- Pledged to assist with renovation of North MOB Multispecialty Clinic, Suite 203 of \$35,000
- Pledged furniture purchase to update Oncology waiting and nurses area of \$8,000
- \$3,000 VolunTeens Scholarship

New Services/Technology: FCHC Wound Care and Hyperbaric Center added hyperbaric chamber; New General Surgeon Timothy Duckett, MD, providing Bariatric Services; New General Surgeon Heather Klepacz, MD; Remodel of the North MOB Multispecialty Clinic; Numerous IT Updates; Updated beds, tables on various units; Updated Scopes for Endoscopy; Filmarray 2.0 Respiratory Analyzer

Awards: Women's Choice Award: Top 100 Hospital for Outstanding Patient Experience for 2016. Second year in a row.

New Active Staff Physicians:

Rebecca McClarren, MD

| | | |
|--------------------|-------------|-------------|
| Uncompensated Care | \$2,905,973 | \$2,801,969 |
|--------------------|-------------|-------------|

Message from the CEO

On April 24th we held a ceremonial groundbreaking for a new Medical Office Building on the south side of our campus. The new South MOB will be devoted to physician specialists who have expressed interest in practicing medicine at FCHC. In addition, some of our current physicians in the North Medical Office Building need more space and will move to the new south building. Three of the four floors will be completed with physician offices, while the fourth floor will be shelled for future development. What this means for you is that you will be able to receive care from even more medical professionals without having to leave the area. Our lead story provides more details about the new facility.



In addition to expanding our campus, we are also capitalizing on using new neonatal telemedicine that will benefit newborns who are at risk. This technology has been used for several years in our Emergency Department. Soon, we will share that technology with our medical staff in our Family Birthing Center. An article in this newsletter covers that technology. We are also dedicated to keeping mom and baby healthy, and we include an article about our Partners in Pregnancy program.

Finally, this issue includes our annual report to the community that provides details about our services and performance last year.

As always if you have any comments or suggestions, please feel free to contact us.

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer



2015 - 2017

WOMEN'S CHOICE AWARD®
AMERICA'S 100 BEST HOSPITALS
FOR PATIENT EXPERIENCE

FCHC Ranked as Top 100 Hospital

Fulton County Health Center has received the 2017 Women's Choice Award® as one of America's 100 best hospitals for patient experience. The award is based on comparing FCHC with hospitals that have a similar number of beds. This is the third consecutive year the Health Center has won the award. The methodology used to evaluate hospitals was based on survey results from the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) along with primary research about women's healthcare preferences. The survey looked at: Effective communication with nurses and doctors, responsiveness to requests for help, pain management, explanation about medications before being administered, bathroom and room cleanliness, and patient recommendation rating. Research shows that a good patient experience positively correlates to disease management, adherence to treatment plans and health outcomes.

Emergency Department Gets CT Scanner

The FCHC Emergency Department will soon have a new 64-slice CT scanner installed directly in the unit, which will allow for faster and more convenient access to diagnostic scans for patients. FCHC also has a 128-slice CT scanner in their Radiology Department. The Emergency Department CT scanner will eliminate the need to transport patients to the Radiology Unit for their scans.

See You At the Fair!

FCHC will again be at this year's Fulton County Fair, September 1-7. Staff will offer free blood pressure and blood sugar tests. Additional tests will be provided at a minimal charge. Many FCHC departments will be at the fair throughout the week to answer your health questions. Watch for our schedule of events on our website (www.fultoncountyhealthcenter.org), our Facebook page and in local newspapers as we get closer to the event!

Listen Up!

Tune your radios to 96.1 WMTR at 7:00 a.m. on Saturdays or 8:00 a.m. on Sundays for "Health Centering on the Radio." Stay in touch with your local hospital and find out more about FCHC news and upcoming events.



Like Us on Facebook

If radio isn't your thing, then follow us on Facebook. Learn about the latest happenings at FCHC as we near 2,000 Facebook followers. Maybe you can be the 2,000th follower!

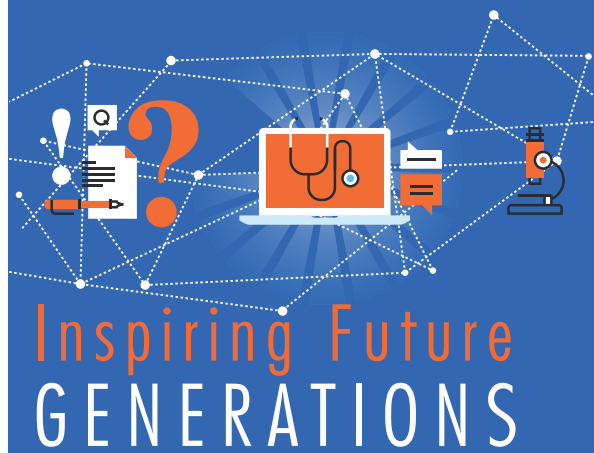


FCHC Auxiliary Events

- June 8: Golf Tournament and Silent Auction, Ironwood Golf Course, Wauseon. Noon Shotgun start.
- August 3: Nurse's Edge, Fulton Manor Activity Room
- Oct. 12-13: \$5 Jewelry Sale, FCHC Cafeteria

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.



Inspiring Future GENERATIONS

In June 2015, Fulton County Health Center kicked off its first Health Care Camp as a way to share its facility with high school students, especially those curious about a health care career. Since then, the camps have been held quarterly during the school year as well as three times each summer. Over the last two years, FCHC has hosted 12 groups of students, consisting of 72 students from 12 area high schools.

Students learn about vocational planning for health care careers, including concepts such as basic clinical skills, confidentiality of patient information, infection control, customer service, empathy, insurance 101, safety, and practiced wheelchair use. The camp includes a complete tour of the hospital.

"The camps are a great way for our high school students to learn about career options in health care and if the environment is right for them," says Mary Gautz, FCHC Volunteer Coordinator. "We are able to speak candidly with the students and answer their questions. Most of them have told us they have found the health care camps to be useful and informative."

Gautz says the health care camps are the gateway to future job shadowing and volunteerism opportunities at the Health Center. "Health Camp attendees are able to apply to become FCHC VolunTeens if they wish, and we will open our doors to them," says Gautz. "Serving as a VolunTeen provides a student with even more vocational health care experiences." Many FCHC staff members have offered to serve as coaches to the teens and have invited them to various job shadowing opportunities. VolunTeens can spend time in the Emergency Department, Obstetrics, CCU, Medical Surgical, Psychiatric, Laboratory, Radiology, and in various office settings.

FCHC will host three Health Care camps this summer: Monday, June 26; Thursday, July 20; or Wednesday, August 16. All camps will be held from 1:00 to 4:30 p.m. All Health Care Camps are free, but pre-registration is required. Each session is limited to the first 10 students who pre-register. Interested students should contact Mary Gautz, Volunteer Coordinator, at mgautz@fulhealth.org or 419-330-2695 for more information or to receive an application.



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.

Healthy Summer Eating

Bring your own lunch and join us for a discussion on healthy eating that utilizes fresh produce and local foods. This will serve as great accountability for those who want to maintain or lose weight. Tues., June 6, 13, 20, 27, 12:00 - 12:30 p.m., \$10, location to be announced. Must register by calling 419-330-2721.

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. Tues., June 6 or August 8, 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! Tues., June 20 or August 22, 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. Thurs., July 13 or Sept. 14, 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 8 or Sept. 16, 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 10 or August 12, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.



Babysitting Classes

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 a sack lunch. Beverages/snacks provided.

Sat., June 3, 9:00 a.m. - 3:00 p.m., \$20, Delta Library. Call 419-822-3110 to register.

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., August 17, 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 and 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 even months. 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 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



Contact the Diabetes Education office at 419-330-2772 for information and/or scheduling group presentations.

New Classes!

Taking Charge of Blood Sugars Through Daily Choices

Individual training that includes a 5-visit series with an RN Diabetes Educator to examine and set goals in the seven aspects of self-care that affect blood sugars. \$150 for series. Call 419-330-2772 to schedule.

Taking Charge of Blood Sugars Mini-Series

Two visits with an RN Diabetes Educator using a simplified curriculum for learning how to better manage blood sugars. \$75 for two classes. Call 419-330-2772 to schedule.

Diabetes Education Community Class

Held at local Senior Centers and open to any senior age 60 or older. For more information, please call 419-337-9299.

Tues., June 6 – 11:00-11:45 a.m.,
Wauseon Senior Center, 240 Clinton St.

Tues., July 11 – 11:00-11:45 a.m.,
Fayette Senior Center in Family Life Center, 306 E. Main St.

Mon., Aug. 28 – 11:00-11:45 a.m.,
Archbold Senior Center, Ruihley Park Scout Cabin

Tues., Sept. 26 – 11:00-11:45 a.m.,
Delta Senior Center, Methodist Church, 101 Northwood Drive

Free Support Group

June 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. *Please note: This June support group will be the final one for 2017.*

Weight Loss Surgery

Attend this free seminar on Monday, June 5 or August 7, 5:00 p.m., in the FCHC Beck Meeting Room to learn more about Sleeve Gastrectomy weight loss surgery. The staff of our Weight Solutions program will provide an overview of the effects of obesity and treatment using weight loss surgery options. You will also learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension. To register, call 419-337-7373.

Weight Loss Support Group

Take advantage of our Bariatric Support Group that will be held on Tuesday, June 27, August 22, and September 26 at 5:00 p.m. in the FCHC Beck Meeting Room.





Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and 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 5 – July 22 (No Class July 4); 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50 (excludes specially priced classes).**

Health & Fitness Class Descriptions

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 step on a bench, perform aerobic moves on the floor, and use 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 fun workout for men and women!

Gentle Movement

Gain strength and flexibility in this no-sweat exercise class. Many of the exercises are performed sitting on a chair.

New! POUND®

The world’s first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing drums. This takes cardio drumming to the next level.

Health & Fitness Classes

| Wauseon | Day(s) | Time | Location |
|---|--------|----------|-------------------|
| Cardio Core | M | 5:30 PM | FCHC Rehab Center |
| New! POUND® | T | 5:30 PM | FCHC Rehab Center |
| (Must bring mat, ripstix provided) | | | |
| Step 360 | W | 5:30 PM | FCHC Rehab Center |
| Drums Alive® | TH | 5:30 PM | FCHC Rehab Center |
| (Must bring stability ball & mat) | | | |
| Zumba® | M & TH | 7:00 PM | FCHC Rehab Center |
| Delay the Disease (for Parkinson’s Disease) | T | 10:00 AM | FCHC Rehab Center |
| Delay the Disease (for Parkinson’s 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 |
| (July 17 - Aug. 31) | | | |
| Arthritis Aquatics | M & W | 5:15 PM | FCHC Rehab Center |
| SilverSneakers® Splash | T & TH | 9:30 AM | FCHC Rehab Center |
| (Free to SilverSneakers® card holders, regular pricing applies to others) | | | |

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

| Stryker | Day(s) | Time | Location |
|---------------------|--------|----------|--------------------------|
| Stretch & Balance | W | 11:00 AM | St. John Lutheran Church |
| (July 17 - Aug. 31) | | | |

| Archbold Fairlawn Retirement Community | Day(s) | Time | Location |
|--|--------|---------|--------------|
| Aqua Zumba® | M & W | 8:30 AM | Wyse Commons |
| (July 17 - Aug. 31) | | | |
| Gentle Movement | M & W | 9:30 AM | Wyse Commons |
| (July 17 - Aug. 31) | | | |
| (Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.) | | | |

| Archbold | Day(s) | Time | Location |
|---|--------|---------|---------------|
| (Co-sponsored by Archbold Parks & Recreation Dept.) | | | |
| Cardio 360 | M & W | 5:30 PM | Park Pavilion |
| (Limit of 10 participants) | | | |
| STRONG by Zumba® | T & TH | 5:30 PM | Park Pavilion |
| (July 17 - Aug. 31) | | | |
| 7 classes - \$21, 14 classes - \$32 | | | |

Health & Fitness Class Descriptions

Health & Fitness Classes

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(s) | Time | Location |
|-------------------------------------|--------|---------|--------------------------|
| Yoga | T & TH | 7:15 PM | Trinity United Methodist |
| 7 classes - \$35, 14 classes - \$62 | | | |

| Archbold | Day(s) | Time | Location |
|---|--------|---------|---------------|
| (Co-sponsored by Archbold Parks & Recreation Dept.) | | | |
| Yoga | T | 7:00 PM | Park Pavilion |
| (July 17 - Aug. 31) | | | |
| 7 classes - \$30, 14 classes - \$48 | | | |

Need a Personal Trainer?

The FCHC personal training program is for people of all ages! This results oriented program is designed to help individuals meet their unique fitness needs and goals. It may include weight management, sports conditioning, sports specific training, and/or improving overall health. Programs are customized for each individual. All FCHC personal trainers are degreed and/or certified by a nationally recognized organization. For costs and other information, call 419-330-2724.



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.

Stretch & Balance

This class focuses on stretches for the entire body and includes balancing poses as well as a relaxation segment.

STRONG by Zumba®

STRONG by Zumba® is a music-led interval training that is crafted to drive the intensity in a challenging progression to achieve a total body workout.

Tai Chi

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

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 TIPS Stay Well This Summer

Many of us will be working, exercising or sitting outside this summer. Here are some tips for a safe and healthy season:

1. Never Leave Children or Pets in a Hot Car

The temperature can get well over 100 degrees inside, and that can be devastating to a child or pet.

2. Use Sunscreen

Skin cancer is on the rise and can be attributed directly to prolonged exposure to the sun. Apply a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher. Look for “UVA/UVB protection” on the label. In addition, wear a hat to protect the head and face.



3. Play it Safe Around Water

Children and adults are drawn to water on warm summer days. Here are common sense reminders about water safety:

- Never leave your child unattended.
- Appoint designated watchers at social gatherings where children are near a pool or pond.
- Remove toys from pools and ponds that may attract children.
- Avoid strong currents and only dive if you know the water is at least 9 feet deep.
- Avoid alcohol before swimming or boating.

4. Stay Hydrated

Drink plenty of water before you start feeling thirsty, and continue to drink throughout the day. You may drink as much as 3-4 quarts of water on a hot summer day. Avoid alcohol and caffeine, which are diuretics that will cause you to lose water through your urine. Sports drinks are high in sodium and are only recommended for exercise or long, hard work.

5. Avoid Working During the Heat of the Day

Schedule physical strenuous work in the early morning or later in the evening when it's cooler.

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

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