

A publication of Fulton County Health Center

# Health *Centering*

## *Preparing for Major Emergencies*

Jim Currier, RN, BSN, FCHC  
Critical Care Unit Manager  
(left) & Mike Hurd, FCHC  
Facilities Director lead the  
Health Center's Emergency  
Preparedness Team.

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

training of hospitals, emergency workers and law enforcement agencies. In Ohio, the grant money is given to the Ohio Department of Health (ODH) who determines where in the state the money will be allocated. So far ODH has released \$4 million in grants to hospitals in northwest Ohio.

Emergency preparedness across the country is coordinated nationally by the National Incident Management System (NIMS), part of the Homeland Security Department. Beneath NIMS is the Hospital Incident Command System (HICS), which requires that hospitals nationwide plan and prepare

# Preparing for Major Emergency

If you are a fan of “24,” the television series about terrorist attacks on American soil, you have experienced just about any type of made-for-television drama including nuclear bombs and toxic biological agents being released. Before 911, those scenarios may have seemed a bit far-fetched. Not any more.

So how prepared are health professionals in Fulton County if there was an attack using a military grade nerve agent? What if a tornado were to take out Fulton County Health Center or another area hospital? Suppose there was a major accident on the turnpike involving a chemical spill? What if the H1N1 flu comes roaring back much worse in the winter months? How prepared are we to handle the situation?

“We’re ready,” says a confident Mike Hurd, FCHC’s Facilities Director and one of two individuals at Fulton County Health Center who are responsible for coordinating emergency preparedness for the facility. “We’ve been preparing to handle all of these scenarios for years.” Hurd handles logistics and communication for the Health Center’s emergency preparedness team, while Jim Currier, RN, BSN, FCHC Critical Care Unit



Manager, handles the clinical side.

“Hospitals across the state have been planning for decades to handle major emergencies,” says Hurd. “But they were really looking exclusively at how their facility would be affected and how it would respond. That all changed after 911.” One year after terrorists destroyed the World Trade Centers in New York on September 11, 2001, the federal government began offering Homeland Security grants to states to help pay for the planning and





The Multi-Agency Radio Communication (MARCS) system has been installed in all hospitals and uses a separate broadcast tower to facilitate voice contact and the use of computers in the event normal communication systems are inoperable. Denise Pennington, RN, FCHC Emergency Department, tests the MARCS phone system.



# encies



for emergencies. Regionally, the planning and preparation involves 18 counties and 44 hospitals in northwest Ohio. These counties and hospitals make up the Regional Medical Response System (RMRS). The RMRS works with the county Emergency Management Agency (EMA). The Hospital Council of Northwest Ohio serves as an oversight committee to assist in the coordination of efforts.

That effort involves the 44 hospitals, county EMS departments, law enforcement agencies, and other health professionals who would be called on to help in a major emergency. "We're working together to purchase similar equipment and to share resources and staff so we're all on the same page in the event an emergency occurs," says Hurd. The planning has led to the hospitals purchasing Mark 1 chemical antidote kits and pharmaceuticals for staff members to protect health care workers in the event of a biological attack. "I know, we're talking about Northwest Ohio and not New York or Los Angeles," says Hurd. "But if it can happen in those cities it can happen here, and we have to prepare as if it will. Hopefully we will never have to implement the procedures for real."

The emergency preparedness doesn't just involve planning for terrorist attacks. It involves planning for natural disasters, major accidents and even the H1N1 pandemic. "When the H1N1 flu began circulating around the globe, we prepared for the pandemic by buying portable cots, extra masks and gowns, oxygen, Tamiflu, and other materials in case we were overwhelmed by patients," says Currier. "We even planned for the use of offices and meeting rooms to serve as patient rooms in case we were overloaded. Fortunately that has not happened ... yet."

Monthly meetings are held involving members of each hospital in the RMRS. Written plans are in place at each hospital, and they are continually updated and improved. A regional disaster drill is held each year to test the readiness of the system. The drill involves all area hospitals, EMS departments, county health departments, and law enforcement agencies. Communication is

critical in a major emergency, so a separate communication system has been installed independent of normal everyday phone and cable lines. "We can't rely on those being there in an emergency, so we have backup systems," says Hurd. The Multi-Agency Radio Communication System (MARCS) has been installed in all hospitals and uses a separate broadcast tower to facilitate voice contact and the use of computers. All area hospitals also have backup satellite phones, which can also be used if the tower were to be taken out. Fulton County Health Center has its own backup generators, which are also backed up by other generators. It is one of the few hospitals in the state to have the entire facility on such a redundant power system.

"The last two years we've spent a great deal of time planning and working out what to do

with a rush of patients in a major emergency," says Currier. "Prior to that we were working out the logistics, the supplies, the resources and all of the communication components."

"We are much more prepared today to handle a major emergency than we were several years ago," says E. Dean Beck, FCHC Administrator.

**"We've been preparing to handle all of these scenarios for years."**

*Mike Hurd,  
FCHC's Facilities Director*

"When I say 'we' I am referring to all Northwest Ohio hospitals, law enforcement agencies, the county commissioners, county health departments, EMS personnel, and many other health care professionals." Hurd and Currier agree, and they would know because they have been assigned the task of preparing FCHC for any emergency. "We can't afford to let ourselves get complacent," says Hurd. "Everyone involved in emergency preparedness knows this." Adds Currier, "We're always playing that 'What if?' game and challenging each other to think through potential disasters and potential missteps. The planning has to be precise and seamless so it works naturally if we would ever have to use it."

Fortunately the high-stakes drama has only occurred, lately, on TV. But area residents can at least be assured that if a major emergency were to happen, Fulton County Health Center, area hospitals, health care professionals, and law enforcement agencies are ready.

# New CPR Technique Increases Survival Rate



The days of using traditional cardiopulmonary resuscitation (CPR) that combines chest compression with mouth-to-mouth resuscitation may be a thing of the past. A new, chest compression-only method has showed promising results in improving the survival rate for individuals having a cardiac arrest outside of a hospital.

Locally, the new method – officially called Minimally Interrupted Cardiac Resuscitation (MICR) – is being used to train the general public through the Fulton County EMS program. Harry Murtiff, D.O., the Medical Director for both the Fulton County EMS Department and for Fulton County Health Center's Emergency Department, is very enthusiastic about it.

"Last February I came across an article that explained how compression-only CPR was being used by EMS units on heart attack victims in Arizona," says Dr. Murtiff. "The article pointed out that the survival rate of these heart attack victims had tripled with the use of compression-only CPR versus traditional CPR. I was intrigued so I did my own research to find out more." He began speaking with Rod Cheney, the Fulton County EMS Director, about the new CPR method. Ironically, only two months after he first read the article about the new CPR method, Dr. Murtiff had a cardiac event of his own while out jogging. He was able to return home where he had a second cardiac event in his own garage. Fortunately he was able to get to a hospital and be treated. But the event underscored the importance to him of educating the general public about MICR. "When I got home that day I was confident my wife could help me with CPR if necessary, but I realized I was a good candidate to need CPR at some point in my life and she might not be there. That's when I became committed to teaching the public about this new CPR method."

Minimally Interrupted Cardiac Resuscitation (MICR) focuses on maximizing blood flow to the heart and brain through a series of minimally interrupted chest compressions. A heart attack victim is given 200 uninterrupted



*(L-R) Rod Cheney, the Fulton County EMS Director, and Harry Murtiff, D.O., the Medical Director for both the Fulton County EMS Department and for FCHC's Emergency Department, believe the new compression-only method of CPR can be critical in helping to save lives.*

chest compressions, followed by a pulse check, then another 200 uninterrupted compressions followed by another pulse check. "We recommend the person giving the chest compressions continue to do so until the EMS unit arrives," says Dr. Murtiff. The elimination of mouth-to-mouth resuscitation means that continued chest compressions allow oxygenated blood to flow. "When you stop the compressions to give mouth-to-mouth resuscitation the blood flow goes back to zero and you have to start all over again," says Dr. Murtiff. "It's like climbing a mountain, going back to the bottom, and starting the climb all over again to get to the point where you were at. It takes a lot of effort to get back there, and while you're doing this the blood flow has been interrupted." Loss of blood flow, and the oxygen it carries, can cause permanent damage to the brain and organs and can lead to death.

Locally the Fulton County EMS has trained nearly 300 individuals on the compression-only method. "We'd like to teach at least 1,000

people in Fulton County," says Fulton County EMS Director Cheney. Dr. Murtiff has loftier goals and would like to see one person in every family trained on the new method.

Cheney says the mouth-to-mouth resuscitation portion had become a deterrent to people wanting to learn and use CPR. "In our world today people are afraid of germs and disease and don't want to give mouth-to-mouth resuscitation," says Cheney. "Now they don't have to." He says the Good Samaritan Act protects people who perform CPR from facing litigation if the victim is injured in the process or dies.

"No matter where the sudden cardiac arrest happens in the County there is a period of time that elapses until the EMS unit arrives, and the action of a bystander during that time is the most important part of the resuscitation," says Cheney. He notes that the survival rate of a person having a sudden cardiac arrest decreases 7-10% for every minute that CPR is withheld. "Fulton County EMS has highly trained and committed EMT's, and we use the same equipment and medicines that are used in the Emergency Rooms," says Cheney. "But if CPR is not initiated by a bystander within the first 2-4 minutes, chances are not very good for success." He notes that Fulton County EMS is also implementing a new protocol called Induced Cooling by EMS – or ICE – to cool the body temperature once a pulse is returned.

Cheney emphasizes that if CPR is performed immediately on a victim by a bystander, then the chances of getting a pulse back greatly increase. The 45-minute training class for compression-only CPR involves learning facts about why the chest compressions are important, viewing a video, practicing the method under supervision, and learning how to use an Automated External Defibrillator

(AED) unit to shock the heart back into a normal heart rhythm. Dr. Murtiff says the American Heart Association advocates that the new method be taught to the general public. He feels confident that the International Heart Association will eventually approve the method. "The compression-only technique is so simple, but it's also so valuable," says Dr. Murtiff.

For more information about Minimally Interrupted Cardiac Resuscitation (MICR) and future training sessions, contact Rod Cheney, Fulton County EMS Director, at 419-337-9207 or email: [rcheney@fultoncountyoh.com](mailto:rcheney@fultoncountyoh.com).





Many people take prescription medications to control cholesterol, high blood pressure and even blood sugar levels. Medicare considers these self-administered drugs and will not pay for them when an individual is receiving medical care in an outpatient setting, including observation. If you are planning to use any of FCHC's outpatient services, you should bring these self-administered drugs with you when you come to the Health Center. If you do not bring these medications with you, the Health Center will provide them during your stay. If you are a Medicare patient, however, the Health Center will be required to bill you for these drugs, and you may or may not be reimbursed by Medicare.

"To avoid the hassles of having to submit a Medicare claim for daily prescription drugs, it's easier if you just bring the medications to the Health Center," says Jan Buehrer, FCHC Coordinator of Patient Accounts. "Your physician must write an order that it is permissible to use your home medications while you are an outpatient. The drugs must be in their original bottles, and our in-house

## Medicare & Self Administered Drugs



pharmacy will verify that the pills in the bottle are the same as those called for on the bottle's label. Once that is done, our staff will be able to give you your own medications as ordered by your physician and not have to order them from our pharmacy."

Buehrer says because the FCHC pharmacy is not a retail pharmacy, it is required by law to invoice patients for drugs that are

needed, including those that are considered self-administered drugs. She says patients using the FCHC Emergency Department should also bring with them their daily prescription medications if they can remember to do so during a medical emergency. "The issue of Medicare coverage of self-administered drugs only affects outpatients," says Buehrer. "Medicare covers self-administered drugs for inpatients." For more information about Medicare's coverage of self-administered drugs, contact the FCHC Patient Accounts Department at 419-330-2605. Or, visit the Medicare web site for its publication on Medicare's coverage of self-administered drugs: [www.medicare.gov/publications/pubs/pdf/11333.pdf](http://www.medicare.gov/publications/pubs/pdf/11333.pdf)

## Message from the Administrator

This issue of *Health Centering* has several important articles, which I would like to point out to you here. Our lead story deals with the topic of emergency preparedness. It explains the planning and preparation our facility has been doing for many years, along with the preparation of other area hospitals, health care professionals and law enforcement agencies.

Hopefully we will never have to implement such an emergency plan, but if we do we will be ready.

There is an important article about the new Ohio franchise fee on hospitals across the state that is being imposed in an effort to balance the state budget. It is important that you understand the pressures we are under from this tax as it has already impacted our plans for hiring and improvements. Another article deals with self-administered drugs and how Medicare views these when you are an outpatient in our facility. We discuss changes in our pre-registration process that are designed to streamline your registration and make it easier on you. We also address the issue of co-pays in the Emergency Department. Each of these articles are important to those of you who use our facility and services.

Dr. Harry Murtiff, the Medical Director of our Emergency Department, has been quite active with Fulton County EMS regarding a new type of CPR that is easier for the general public to provide and is more beneficial to patients. We hope you are inspired to learn the new technique so you are prepared in case of a sudden cardiac event.

Finally, we welcome to our medical staff Dr. Rajan, a Cardiologist, and Dr. Nazzal, a Vascular Surgeon. You can read more about them in our *News & Notes* section.

I hope this newsletter finds you well as we prepare to embark on another new year!

Sincerely,

*E. Dean Beck*

E. Dean Beck, FCHC Administrator



### An Evening of

## Heart Matters

### Take an Evening for Your Heart!

Your heart is an amazing organ that pumps an average of 72 times a minute, 103,000 times a day, and more than 37 million times a year. The average person's heart will pump more than 48 million gallons of blood in a lifetime. Join FCHC for an evening of Heart Matters on February 9 at 6:30 p.m. Gurushankar Govindarajan, M.D., our newest Cardiologist who is known as Dr. Rajan, will discuss "Metabolic Syndrome" and its impact on heart disease. The FCHC Corporate and Community Health Promotions Department will offer a limited

number of cholesterol checks beginning at 5:30 p.m. for a \$5.00 donation to the Fulton County Heart Radiothon. Staff members will test total cholesterol, HDL levels and glucose (blood sugar) using a finger stick. No fasting is required, and results will be provided immediately after the test. Light refreshments will be served. Pre-registration for the program is requested, and appointments for cholesterol screenings must be made in advance. Both can be done by calling 419-330-2735.

# New State Tax a Burden on Hospitals

**A** new state hospital tax proposed by the governor and passed by the legislation earlier this year is threatening the financial stability of hospitals across the state. In 2010 hospitals will face a 1.52% tax on their operating expenses with an increase to 1.61% the following year. It is estimated that hospitals statewide will pay over \$718 million of this new tax in the first year alone. Locally, Fulton County Health Center will pay \$729,000 spread out in three payments for tax year 2010. The Health Center made its first payment in November. The state plans to reimburse hospitals a portion of this tax through a 5% increase in Medicaid payments and an expansion of the Medicaid supplemental payment program. However, those payments will fall far short of full reimbursement of the hospitals' \$718 million in taxes.

"Hospitals are expected to provide efficient, quality health care to anyone who walks through their doors, regardless of their ability to pay," says E. Dean Beck, FCHC Administrator. "Even without the new tax we are receiving reduced reimbursements from Medicare and Medicaid which are already affecting our financial outlook." As an example, Beck notes that Medicaid pays Fulton County Health Center only 32 cents for every \$1 it charges patients for care. The Health Center is forced to absorb the remaining unpaid balance in what is considered "uncompensated care."

"Not only are we faced with the state hospital tax, but we must also pay a bed tax for our nursing home facility," says Beck, referring to the Health Center's Fulton Manor long-term care facility on its campus. "It's a double whammy."

So what does this mean for Fulton County Health Center? "We've had to implement voluntary time off for employees, and we have instituted a hiring freeze," says Beck. He says there are no plans for layoffs, but medical equipment updates and future construction projects are on hold. Fortunately, over the past few years the Health Center was able to complete a major three-story addition that tripled the size of its Emergency Department. FCHC followed that with major renovations to several of its departments, all in order to provide broader and more convenient services for patients. "The economic climate was conducive to getting those important projects completed before this state tax went into effect," says Beck.

When considering the state tax, Beck says people need to understand Fulton County Health Center's impact and importance on the local economy. In 2009 FCHC's payroll was nearly \$32 million, and it is one of the largest employers in Fulton County with 874 full-time and part-time employees. "The state tax has caused us to implement a hiring freeze, and those lost wages of new employees will have a direct impact on our local economy," says Beck. The Ohio

Hospital Association estimates that Ohio hospitals had a \$66 billion economic impact on the state in 2007.

"It's clear that hospitals are important to their local economies, and collectively they impact our state's economy," says Beck. "When hospitals have to cut back and table plans to upgrade their equipment and facilities, it not only affects the economy, but it also impacts the patient. The tax may be a good thing for the state's budget, but it is not good for the health and well being of patients across the state."

For more information about the state tax on hospitals, visit the Ohio Hospital Association's web site at [www.ohanet.org](http://www.ohanet.org).

*"The tax may be a good thing for the state's budget, but it is not good for the health and well being of patients across the state."*

*E. Dean Beck, FCHC Administrator*

## Health TIPS

*Health Tips is designed to give you simple suggestions for a healthier lifestyle.*

*This issue's health tip is:*

### Winter Exercise To Improve Immunity

- Exercise increases your respiratory rate, which causes more bacteria and foreign particles to be flushed from the lungs.
- Increased sweating removes more waste products from the body.
- Increased heart rate causes white blood cells and immune system components to circulate faster, allowing the immune system to react faster to potential infections.
- Exercise increases your body temperature, and many infections cannot survive even a small increase in temperature.
- Stress is reduced during exercise, and stress can prevent the immune system from working well.
- The immune system returns to normal within a few hours after exercise; making exercise a part of your daily life can make the immune system changes last longer.

*Have a Healthy New Year!*





## New Cardiologist Joins FCHC

**Gurushankar Govindarajan, M.D.**, Cardiologist, known as Dr. Rajan, joined Midwest Community Health Associates this fall and is seeing patients at Fulton County Health



Center. Dr. Rajan received his medical degree from Stanley Medical College in Chennai, India. He studied public health in the master's program at the University of Alabama and completed his residency at the University of Missouri, Columbia. Dr. Rajan completed an additional year as a Post-Doctoral Fellow/Research Specialist at the University of Missouri Center for Diabetes and Cardiovascular Health. He also completed his Post-Doctoral Cardiology Fellowship at the University of Missouri-Division of Cardiology. He is available for appointments at Fulton County Health Center on Tuesday and Thursday mornings. To make an appointment call 419-335-0215 or ask your family physician for a referral.

## Vascular Surgeon Joins Medical Staff

**Munier Nazzal, M.D.**, a Vascular Surgeon with The University of Toledo Medical Center, has joined the FCHC medical staff and will begin seeing patients and doing procedures beginning January 2010 in the FCHC Multi-Specialty Medical Clinic. Dr. Nazzal received his medical degree from the University of Kuwait. He completed his General Surgery residency at the Kuwait Institute of Medical



Specialization and a second General Surgery residency in Michigan. Dr. Nazzal

completed a Vascular Research Fellowship in Michigan, at William Beaumont Hospital, and a full-accredited Vascular Fellowship at the University of Iowa in Iowa City. Dr. Nazzal is a Fellow of the Royal College of Surgeons in Glasgow, UK, and he is a Fellow of the American College of Surgeons. He is a board certified General and Vascular Surgeon, with extensive experience in minimally invasive endovascular procedures. Currently Dr. Nazzal is a Professor of Surgery at The University of Toledo Medical Center. Appointments can be made by calling 419-383-3588.

## ENT Specialists Now Accepting Paramount Patients

Ear/Nose/Throat specialists **Jay Jindal, M.D.**, and **Richard Nelson, M.D.**, members of Toledo ENT, Inc., are now accepting patients on all Paramount health insurance plans. They see patients in the Multi-Specialty Clinic on the FCHC campus. Appointments can be made by calling 419-330-2700. Toledo ENT, Inc., now has a fellowship-trained neurotologist, **Aaron Benson, M.D.**, who sees patients at the Maumee office. Dr. Benson specializes in diseases of the ear including hearing loss, balance disorders and tinnitus. His surgical interests include middle ear surgery such as stapedectomy, mastoidectomy and tympanoplasty (repair of the ear drum). He also performs cochlear implants, BAHA implantation and acoustic neuroma surgery. Prior to his arrival, Toledo ENT sent patients to Cleveland or Ann Arbor for this type of specialty care. To make an appointment with Dr. Benson, call 419-578-7555.

## Heart Radiothon

The Fulton County Heart Radiothon Community Cholesterol Screening will be held on Thursday, February 11 from 7:00 a.m. - 7:00 p.m. in the FCHC Cafeteria. The FCHC Corporate and Community Health Promotions Department will test total cholesterol, HDL levels, the ratio between total cholesterol and HDL, and glucose (blood sugar) levels. There is no fasting required. The cost is a \$5.00 donation to the Heart Radiothon. WMTR will devote the entire day playing musical requests for a donation to the Heart Radiothon fund. All proceeds will be used to support heart related programs and

equipment in Fulton County. FCHC and the Heart Radiothon will also sponsor cholesterol and glucose screenings in all Fulton County High Schools during January and early February. Freshmen and seniors will receive the same test as adults at no charge. Results of the tests will be given to the students and mailed to parents.

## FCHC Rehab Becomes SilverSneakers® Provider

This past October FCHC Rehab became an approved SilverSneakers® Fitness Program Provider. Some Medicare Health Plans offer free fitness programs for older adults under this program. The SilverSneakers® Program provides: 1) Free basic membership at a participating location; 2) Access to basic amenities; and 3) Custom-designed classes taught by certified instructors. To find out if your Medicare health plan offers the SilverSneakers® Fitness Program, visit [www.silversneakers.com](http://www.silversneakers.com) or call your health plan's customer service department.

## Save the Date

The FCHC biannual Health Fair will be held on Saturday, April 10 from 7:00 a.m. - 11:00 a.m. on the Fulton County Health Center campus. Mark your calendars and watch for more details in the next issue of *Health Centering*.

## Auxiliary News

**Valentine's Day Sale:** Feb. 12, 7:00 a.m. until out of items, FCHC Cafeteria. Cookies, balloons & items from the Mennonite pantry.

**Book Sale:** March 3, 4 & 5, FCHC Cafeteria. Times to be announced later.

**Masquerade \$5 Jewelry Sale:** March 18 & 19, FCHC Cafeteria. Times to be announced later.

## Interested in Volunteering?

Day, evening and weekend times are available. Call Julie Engler, Volunteer Coordinator at 419-330-2695 if you are interested in becoming a Volunteer at the Hospital. Call Tammy Allison, Director of Activities at 419-335-2017, Ext. 2798 or 2805, if you are interested in becoming a Volunteer at the Fulton Manor.



# Health & Fitness Classes

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health Classes/Special Events), or call 419-330-2735. Questions? Call 419-330-2724. All classes except Aquatics & Yoga can be mixed and matched for dates/times/locations. **10 Week Session – January 11-March 20, 2010**; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67.

## Health & Fitness Class Descriptions

### Aquatic Noodle Workout

Using the noodle for upper and lower body toning, abdominal toning and aerobic workout, you'll push it, pull it, float on it, balance on it, and get an awesome workout!

### Aquatic Aerobics

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

### Arthritis Aquatic Therapy

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.

### BBCF - Basic Boot Camp Fitness

Class geared for men and women with basic movements, offering a variety of fitness intensities.

### Cardio Core Strength Training

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using dice, jump ropes, and the Body Bars. Your cardiovascular system and strength training will be challenged.

### 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! FUN! FUN!

### Kids Tumbling for Fun - Beginner

Designed for the gymnast who is just starting his or her career. This class will introduce them to the beginning basics of the sport, such as: forward and backward rolls, cartwheels, headstands, etc. If you have no previous gymnastics experience, and you are excited to learn, this class is for you!

### Kids Tumbling for Fun – Intermediate

Requires previous gymnastic experience, must be able to do a handstand and cartwheel.

### Parent & Child Water Wonders

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water.

### Advanced Parent & Child Water Wonders

Parent/guardian must be in the water. The child will be exposed to games that use basic swimming movements in the water, such as straight leg kicks, arm strokes, and breath control.

(Health & Fitness Descriptions continued on page 9)

## Health & Fitness Classes: 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67

Wauseon Classes	Day(s)	Time	Location
Boot Camp-Cardio Core & Drums Alive®	M-W	5:00 PM	FCHC Rehab Center
Smooth Moves & The Ball	T-TH	6:30 PM	FCHC Rehab Center
Boot Camp-Cardio Core & Abdominal Workout	M-W	6:00 AM	FCHC Rehab Center
Boot Camp-Cardio Core & Abdominal Workout	T-TH	5:30 PM	FCHC Rehab Center
<b>New!</b> Drums Alive® & The Ball	M	6:15 PM	FCHC Rehab Center
Golden Retrievers	M-W	10:00 AM	Wauseon Senior Center
Donations appreciated. Sponsored by American Physical Rehabilitation Network.			
Wauseon Aquatics Classes	Day(s)	Time	Location
Arthritis Aquatic Therapy	T-TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatic Therapy	M-W	4:30 PM	FCHC Rehab Center
Aquatic Aerobics	T-TH	7:30 AM	FCHC Rehab Center
Aquatic Aerobics	M-W-TH	6:00 PM	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
8 weeks - \$32; class begins Sat., Jan. 16.			
Bryan Classes	Day(s)	Time	Location
Smooth Moves & The Ball	M-W	5:15 PM	Lincoln School Gym (New Location)
<b>New!</b> The Ball & Much More	M	6:15 PM	Lincoln School Gym (New Location)
Deshler Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	6:00 PM	Deshler City Bldg., 2nd Floor
Edon Class	Day(s)	Time	Location
Smooth Moves & The Ball	T-TH	6:00 PM	Edon Community Center
Evergreen School District Classes	Day(s)	Time	Location
<b>New!</b> Drums Alive® & The Ball	M	6:00 PM	Evergreen H.S. Upstairs Lobby
Smooth Moves & The Ball	M	7:00 PM	Evergreen H.S. Upstairs Lobby
Smooth Moves & The Ball	W	7:00 PM	Evergreen Elem. School Gym
Fayette School Class	Day(s)	Time	Location
Smooth Moves & The Ball	M-W	6:00 PM	Fayette School Band Room
Liberty Center Class	Day(s)	Time	Location
Cardio Core & The Step	M-TH	3:30 PM	Liberty Center Elem. School Library
Montpelier Class	Day(s)	Time	Location
Smooth Moves & The Ball	M-W	5:30 PM	Montpelier School North Gym
Pioneer Class	Day(s)	Time	Location
Smooth Moves & The Ball	T-TH	5:30 PM	Pioneer Community Center
Swanton Classes	Day(s)	Time	Location
Boot Camp-Cardio Core-The Step	T-TH	6:00 PM	St. Richard's School
Boot Camp-Cardio Core-Drums Alive®	T-TH	3:45 PM	Crestwood School
West Unity Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	T-TH	6:00 PM	Solid Rock Church





# Health & Fitness Classes

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health Classes/Special Events), or call 419-330-2735. Questions? Call 419-330-2724. All classes except Aquatics & Yoga can be mixed and matched for dates/times/locations. **10 Week Session – January 11-March 20, 2010;** 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67.

## Health & Fitness Class Descriptions (continued)

### Pure & Simple Yoga

This class consists of basic Yoga postures, breathing and relaxation techniques. Yoga movement and passive stretch are the focus of this gentle artful format. It's soft and simple. Advanced class demonstrates more challenging postures.

### Smooth Moves I

Fun for all! Simple choreography to low impact aerobics and strength training helps lose fat and gain lean body mass.

### Stepping Up Kicking Low

Challenge yourself with a high energy fun new workout, a combination of stepping up and down on a Reebok bench with intervals of forward, side and back kicks.

### The Ball & Much More

Incorporated into your workout to perform a variety of balance, core training, strength training, and flexibility exercises.

### Golden Retrievers (formerly Body Recall)

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

## Health & Fitness Classes (continued)

### Archbold Classes

Co-sponsored by Archbold Parks & Recreation Dept.

	Day(s)	Time	Location
Boot Camp-Cardio Core-Abdominal Workout	T-TH	5:30 AM	Park Pavilion
Boot Camp-Cardio Core-Abdominal Workout	T-TH	5:30 PM	Park Pavilion
Cardio Core & The Step	M	5:30 PM	Park Pavilion
Cardio Core & The Step	W	5:00 PM	Park Pavilion
<b>New!</b> Drums Alive® & the Ball	T-TH	3:30 PM	Park Pavilion

10 classes - \$27, 20 classes-\$40, 21 or more classes - \$50

Kids Tumbling for Fun Beginner (4-7 years)	SAT	9:00 AM (45 min.)	New Elem. School Cafeteria
Kids Tumbling for Fun Intermediate (4-7 years)	SAT	9:45 AM (45 min.)	New Elem. School Cafeteria

8 weeks, 1x/week - \$32; begins Jan. 16

Golden Retrievers	M-W	9:15 AM	Wyse Commons
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Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.

### Fairlawn Complex Classes

	Day(s)	Time	Location
Aquatic Aerobics	M-W	9:00 AM	Wyse Commons
Aquatic Aerobics	T-TH	5:45 PM	Wyse Commons
Arthritis Aquatic Therapy	W-F	10:15 AM	Wyse Commons
Arthritis Aquatic Therapy	M-W	4:45 PM	Wyse Commons

10 classes - \$37, 20 classes - \$54 (with Noodle Workout Class \$57), 21 or more classes - \$67

Noodle Workout	F	9:00 AM	Wyse Commons
Noodle Workout	M	5:45 PM	Wyse Commons

10 classes - \$40

## Yoga Classes: Yoga classes cannot be mixed & matched with other classes.

### Wauseon Class

	Day(s)	Time	Location
Pure & Simple Yoga (Beginner-Intermediate, Mat required)	SAT	9:00 AM	FCHC Rehab Center

10 classes - \$47

### Swanton Class

	Day(s)	Time	Location
Pure & Simple Yoga (Beginner-Intermediate, Mat required)	T	7:15 PM	Swanton Public Library

10 classes - \$47

### Archbold Class

	Day(s)	Time	Location
Pure & Simple Yoga (Beginner-Intermediate, Mat required)	M	6:45 PM	Park Pavilion

10 classes - \$40; 20 classes - \$68



## Obstetrics: Partners in Pregnancy Programs

All classes meet in the FCHC 3rd Floor Training Room. To register, call 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 a Certified Lactation Consultant. Free.

**Childbirth Education** - 2 hours/week for 4 weeks or 6-hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and birth/c-section videos. 4-week series- \$25. Saturday session – \$40 (includes food/refreshments).

**Refresher Class** - Review of Childbirth Education class. Optional tours of OB and birth video. One 2-hour session – \$10.

**Shape-Up for Motherhood** - Fitness class for pregnant women; helping new mothers regain their energy and get back to regular exercise. 1-hour session, 1x per week, \$2/session.

**Sibling Class** - For children age 3 and older at home. Held at 10 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 (except December) 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, and teenagers due to illness or accident. For more information, call Fulton County Health Center at 419-330-2757.



# Health & Fitness Classes

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health Classes/Special Events), or call 419-330-2735.

## Diabetes

### **Healthy Eating With Diabetes**

A class to help with basic meal planning, label reading, and healthy snacking ideas. Saturday, March 20, 9:00 - 11:00 am, \$5, FCHC Surgery Conference Room.

## Healthy Living

### **Stages of Change Toward Healthy Living**

Are there changes you need to make for better health or weight reduction? This class will explore the stages of change model and what stage you are at – contemplating change, planning change or beginning to change. Get tips on healthy eating and activity for whatever stage you are at. Thursday, Jan. 21, 6:30 - 7:30 pm, Free, FCHC Surgery Conference Room.

### **Healthy Eating 101**

Healthy eating information for everyone, including those dealing with health issues and weight loss. Thursday, Feb. 18, 7:00 - 8:30 pm, \$5, FCHC Surgery Conference Room.

## Heart Health

### **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. Tuesday, Jan. 12 or March 9, 9:30 - 11:00 am, \$5, FCHC 1st Floor Cardiac Rehab Classroom.

### **Lifestyle for Lower Cholesterol**

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, Jan. 26 or March 23, 9:30-11:00 am, \$5, Cardiac Rehab Room. Please call 419-330-2735 to pre-register.

### **Blood Pressure Management**

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. Tuesday, Feb. 9, 9:30 - 10:30 am, Free, FCHC Meeting Room.

## Safety

### **Community First Aid and CPR**

Learn how to handle emergencies through this American Red Cross class. Participants will be certified in adult, child and infant CPR and obstructed airways. Class taught by RN. Saturday, Jan. 9 or March 13, 8:00 am - 4:00 pm, \$50, FCHC Ground Floor Meeting Room.

### **Cardiopulmonary Resuscitation**

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 7:30 am, class begins promptly at 8:00 am, Saturday, Feb. 6, 8:00 am - 2:00 pm, \$50, FCHC Ground Floor Meeting Room.

## Weight, Smoking

### **FreshStart**

FreshStart is the American Cancer Society's quit smoking program consisting of four one-hour sessions held in a four-week period. All methods and activities contain the most effective elements for success. FreshStart can be your start to a new life without cigarettes! Tuesday, Jan. 12, 19, 26 & Feb. 2, 5:00-6:00 pm, Free, FCHC Emergency Dept. Conference Room.

### **Hypnosis**

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PC/CR CHt, a National Certified Clinical Hypnotherapist, Professional Counselor and area resident, offers dependable service to assist you in making the change towards a healthier you. The cost is \$50 per person to attend either a Stop Smoking or Weight Loss Seminar. The fee includes a personal reinforcement CD of the program with the option of attending a future seminar if needed. Bring a friend and pay the discounted price of \$40 per person. To register, contact Andrew Lesniewicz PC/CR CHt, at 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room. Classes will not be cancelled.

**Monday: Jan. 4, Feb. 8, March 8 & 15** – Weight Loss – 5:30-6:45 pm, Stop Smoking – 7:00-8:15 pm

**Saturday: Jan. 9, Feb. 6, March 6** – Weight Loss – 1:00-2:30 pm, Stop Smoking – 3:00-4:30 pm

## Weight, Smoking

### **Stop Smoking, Lose Weight through Hypnosis**

Based on deep mind/body relaxation, Nationally Certified Clinical Hypnotist, Donald J. Mannarino, M.A., with over 28 years of experience with some of the largest health organizations in the world will lead two wellness seminars: Stop Smoking-Weight Loss. The cost includes a complimentary CD of the program for personal reinforcement as well as the option of attending a future seminar free if needed. For more information and to pre-register please visit: [www.DonMannarino.com](http://www.DonMannarino.com) or call Don directly at 216-831-6251. In an effort to control seating, pre-registration is mandatory!

**Weight Control** – Thursday, Feb. 4, 5:00 pm, \$60, FCHC Meeting Room

**Smoking Cessation** – Thursday, Feb. 4, 6:00 pm, \$60, FCHC Meeting Room

### **Weight Loss Challenge**

This 9-week class will include nutrition information, weekly challenges, and short activity sessions to help participants begin to lose weight. Thursday, March 4- April 29, 11:30 am –12:00 pm or 4:30-5:00 pm, \$60 or \$30 with fitness class, FCHC Cafeteria.

## Oncology Programs

The Rainbow Hematology/Oncology Treatment Center offers a variety of programs, such as those listed here, to serve patients. For more information, call 419-330-2708.

**Cancer Resource Center** - Sponsored by the American Cancer Society. Books and videos available free on loan and free Internet access to cancer web sites.

**Lymphedema Therapy Clinic** - Reduce swelling in the extremities from surgery through massage and wrappings. Often covered by insurance.

**Patient Navigator** - American Cancer Society employee helps connect cancer patients with various community resources including insurance and prescription drug issues, financial assistance and transportation.

**Look Good Feel Better** - Hair and skincare classes for women undergoing cancer treatment. Sponsored by The American Cancer Society and The National Cosmetology Association and The Cosmetology, Toiletry and Fragrance Association. Offered every other month.

**Nutrition Counseling** - Free consultation by a registered dietician for all patients undergoing chemotherapy at Fulton County Health Center.

**Stress Counseling** - A free consultation by a licensed social worker experienced in working with patients undergoing cancer treatment.



## Health & Fitness Classes

(Continued from page 10)

### Diabetes Classes

Register for the following two classes by calling the Diabetes Education Office at 419-330-2772, or by visiting the FCHC website. A donation of \$5 is suggested to cover the cost of supplies.

**Pre-Diabetes.** The good news is this: though pre-diabetes can cause serious health problems on its own, it can be reversed. Full-blown diabetes can be prevented. Whether you are simply concerned about your pre-diabetes risks, or you have already been diagnosed and need support in your self-care skills, this class is for you! Tuesday, Jan. 26, 6:30-8:00 pm, FCHC Second Floor Conference Room.

### **Conversation Maps: Continuing Your**

**Journey with Diabetes.** What is the natural course of diabetes? Does having diabetes mean that complications are unavoidable? How do the medications and insulin work? What else can be done to reduce health risks? Find out what you want and need to know about diabetes. Tuesday, March 23, 6:30-8:30 pm, Swanton Public Library.

### **Mountain Climbing**

Monthly class in self-help for the person with diabetes: 1st Wednesday of month, 9-11 am; 2nd Thursday of month, 7:00-9:00 pm.: \$5. FCHC Meeting Room. Support person is welcome and free.

**January: How Your Body Works.** Back by popular demand! Dr. Becky McClarren will present information and lead a discussion about how your body functions before and after the diagnosis of diabetes. Wednesday, Jan. 6, 9:00-11:00 am or Thursday, Jan. 14, 7:00-9:00 pm.

### **February: Let's Eat! Basics of Meal Planning.**

With Jill Crossgrove-Murillo, RD, LD. Tips for how to mix and match foods you enjoy in a healthy meal plan. Wednesday, Feb. 3, 9:00-11:00 am or Thursday, Feb. 11, 7:00-9:00 pm.

### **March: Improving Your Self-Care Knowledge For a Better Quality of Life.**

Dr. Jana Bourn will help you discover the facts of diabetes management in a fun and easy-to-learn format. Highlights include how to manage cardiovascular issues and sleep. Wednesday, March 3, 9:00-11:00 am or Thursday, March 11, 7:00-9:00 pm.



### Central Registration Changes Beginning January 1st

#### Pre-Registration

Effective January 1, 2010, there are two new changes taking place at Fulton County Health Center that will impact patients. The Central Registration Department will begin phoning individuals 1-2 days prior to their scheduled outpatient test or procedure. The reason for the call is to update and validate the information on file for the patient. Phoning patients ahead of time will streamline the registration process and reduce the wait time. The FCHC staff member who calls will have specific information about the type of test or procedure and the day it is scheduled. Residents who have caller I.D. on their phones will know that the phone call is from Fulton County Health Center. However, if the patient is wary about the caller, they can hang up and call the Central Registration Department at 419-330-2644 for the pre-registration process to continue.

#### Insurance Co-Pay for Emergency and Fast Track

Also effective on January 1, the Emergency and Fast Track Departments will begin asking for insurance co-pays from patients at the time of their visit, similar to co-pay requests asked by physician offices. The co-pay amount is listed on the individual's health insurance card. Self-paying patients, and patients unsure of their co-payment, will be asked to pay a minimum of \$25.00 at the time of their visit. Financial counseling will continue to be offered at FCHC for those who need assistance.

## Be Healthy Now *A Challenge for Fitness*

### Fulton County – 2010 Version

Fulton County will again conduct its popular weight loss and health promotion competition called "Be Healthy Now: Fulton County." The competition is open to all adults, youth and children who live, work, or worship in Fulton County. The program is being organized by the Fulton County Health Department, the Fulton County Ohio State University Extension Office, and Fulton County Health Center. Initial weigh-ins will be held in February with dates and locations to be announced. The contest kickoff will be held on Saturday, February 27, 2010 at the new Wauseon Middle School. The actual competition begins March 1, 2010. This year there is a biggest loser contest for adults 18+ that will be held on an individual basis. Prizes will be awarded to the top Male and Female biggest losers in two age categories – those age 49 or younger, and those age 50 or older. New this year will be team competitions open to all ages. Teams will use the American Cancer Society's "Active for Life" program on-line at [www.acsactiveforlife.org](http://www.acsactiveforlife.org). To be eligible for the biggest loser individual prize, contestants must be a member of an Active for Life team, composed of 4 - 6 people. Each team member will be required to set an activity goal. Teams that have all members meeting their goal will be eligible for prizes at the end of the competition. Details on the Active for Life program will be presented at the first educational session on March 2 in the Beck Meeting room at FCHC at Noon and again at 7:00 p.m. There is a minimal charge of \$5.00 per person to enroll in the program. The fee covers the cost of educational sessions, prizes, program supplies, and printing. For more information about the "Be Healthy Now: Fulton County" check the website, <http://behealthynowfultoncounty.osu.edu>, or contact Sharon Morr, Director, FCHC Corporate and Community Health Promotions Department, 419-330-2723 or email at: [smorr@fulhealth.org](mailto:smorr@fulhealth.org).

## In This Issue:



### *Preparing for Major Emergencies*

*New CPR Technique Increases Survival Rate*

*Streamlined Pre-Registration Takes Effect*

*New State Tax a Burden on Hospitals*

*Medicare and Self-Administered Drugs*

*Heart Matters*

*Message from the Administrator*

*News & Notes*

*Health Tips*

*Health & Fitness Classes*

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

**E. Dean Beck**, Administrator

**Dale Nafziger**, President, Board of Directors

**Steve McCoy**, Director of Marketing and Planning

For address changes or information about articles or  
programs in this issue, contact  
Fulton County Health Center at (419) 335-2015.



FCHC staff members display the plaque awarded to the Health Center for being a Fit-Friendly organization. (L-R): Kelly Frey, Benefits Coordinator; Kristy Snyder, Director of Human Resources; Christina Cook, American Heart Association staff member; E. Dean Beck, Administrator; Rachel Geckle, FCHC Recruiter/Education, Training & Benefits Manager.

## FCHC Recognized as Fit-Friendly

**Fulton County Health Center** has been recognized as a “Gold-Level Start! Fit-Friendly Company” by the American Heart Association’s Start! Movement for helping employees eat better and move more. “Physical activity and employee wellness are important priorities for us,” says E. Dean Beck, FCHC Administrator. “We’re committed to providing the best workplace environment possible. This will benefit our employees’ health and produce even more positive results for our organization overall.” The Health Center was recognized as a Gold-Level employer because it:

- Offers employees physical activity options
- Increases healthy eating options
- Promotes a wellness culture and
- Implements at least nine criteria outlined by the American Heart Association in the areas of physical activity, nutrition and culture