

A publication of Fulton County Health Center

Health *Centering*

FCHC: On a Mission to Promote Wellness

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

On a Mission to PROMOTE



Joan Seaman was always health conscious.

In fact, she spent six years in the late 90's as a Step Aerobics Instructor in Bryan, Ohio. But when she and her family moved to Archbold, she no longer had the opportunity to teach. A few years later Seaman's mother, who had been obese most of her life, passed away due to complications from type 2 diabetes. She was understandably preoccupied with her mom's situation and found herself eating poorly and not exercising. It wasn't long before she went from a comfortable 145 pounds to weighing nearly 200 pounds. "I was starting to kick myself for not keeping up with my health," says Seaman. "My kids were saying things like 'Mom, we don't want to lose you like you lost your Mom. Please do something to get healthy again.' So in December of 2007 I received a copy of the *Health Centering* newsletter in the mail. Looking through all the health and

fitness classes, it motivated me to seek help from them." Seaman joined an FCHC 6-week nutrition class and learned how to eat right and keep track of her eating habits. Then she signed up for a fitness class, and between the two programs she lost 30 pounds in five months. "The best part is that I've kept it off," says Seaman. The journey back to fitness inspired her to become an FCHC Fitness Instructor in Archbold where she has now lost another 10 pounds.

But there's a sidebar note to Seaman's story. "Exercise not only helped me lose weight, but it saved my life," she says. In the fall of 1998, while teaching Step Aerobics in Bryan, Seaman began having difficulty breathing. Her physician discovered a massive blood clot in her left groin area, and four pieces of the blood clot had moved to her right lung. It created a life-threatening situation where her doctors discussed amputating her leg. Fortunately the doctors, instead, implanted a vena cava filter to trap any other clots from going to her heart, lung and/or brain. Seaman was told that, at best, she would



Joan Seaman (top and above), credits FCHC's wellness and fitness programs for helping to motivate her to regain her health. She then became an FCHC Fitness Class instructor.

only be able to walk with a cane and that she would "never" teach aerobics again. Laughing, Seaman adds, "They had no idea how good of shape I was in. My doctor told me I probably would not have survived had I not been in such excellent shape, and that it definitely contributed to my being able to walk again! So if you're looking for a reason to begin exercising and eating right, just remember my story."

WELLNESS

It is Health that is real Wealth and not pieces of gold and silver.

— *Mobandas Gandhi*

FCHC: A Place to Start

It's no secret that America is facing an obesity epidemic. We drive our cars to work, to the store, and to run errands. Many of us have jobs where we sit all day. Then we drive home and eat a meal with a lot more food on our plates than those of people living in other countries. How do we break the cycle of poor eating and lack of exercise and start working toward a healthier lifestyle?

You may just consider Fulton County Health Center.

"We're not just a hospital that's there to fix you when you are injured or sick," says Sharon Morr, FCHC Director of Corporate and Community Health Promotion. "We're also a place to call or visit if you are searching for a resource to make lifestyle changes in order to stay healthy."

At Fulton County Health Center, our mission is to **"Serve the public by promoting and providing the means for continued health and wellness."**

As the Director of the FCHC Corporate and Community Health Promotion Department, Morr's job is to make sure the Health Center meets the wellness needs of its communities. FCHC offers fitness memberships to its Fitness Center in downtown Wauseon, fitness classes in outlying communities, nutrition counseling, general health programs covering a variety of topics both in the communities and at the workplace, baseline health screenings at local summer festivals, and health screenings at public libraries. "We don't just give bad health news to a person," says Morr. "We're there to offer a way to make lifestyle changes so the person can lower their weight, blood pressure and cholesterol and get moving through exercise." She says program participants have ranged from 6-month-old babies in the aquatics program to 100-year-olds taking the Gentle Movement classes. "Getting old doesn't mean your body has to break down," says Morr. "There are a lot of lifestyle changes a person can make to stay well, regardless of their age."

Diabetes

Did you know that 79 million Americans are considered pre-diabetic, where their fasting blood sugar levels are in the 100-125 range? Pre-diabetes can lead to type 2 diabetes, which represents over 95% of diabetes in America. Once a person with pre-diabetes is diagnosed with type 2 diabetes,

it doesn't go away. "The diabetes problem in America is linked to the obesity epidemic we are facing in this country," says Susan Dittes, FCHC Diabetes Education Coordinator. "Most people who are considered pre-diabetic can



Susan Dittes (center), FCHC Diabetes Education Coordinator, and Diabetes Educator Angie Frey, RN, BSN, CDE, counsel a patient with diabetes.

get their blood sugars back to normal by losing 5 to 10% of their body weight. If people would just start eating healthier by cutting back on their portions and eating smaller amounts of high carbohydrate and high fat foods, then they could lose weight ... especially if they start moving more." The FCHC Diabetes Education Department offers a variety of programs to help those with diabetes, and they are listed in this newsletter. "We love to work with individuals to prevent diabetes in the first place," says Dittes.

Fitness

Regular exercise is difficult for most Americans. Whether it's due to a lack of time, a lack of motivation, or perhaps an ongoing health issue, plugging in exercise as part of the daily routine is not easy. So why do some people start exercising after years of inactivity? "Usually it's because of a medical reason," says Jamin Torres, BA, ACE CPT, FCHC Fitness Coordinator.



Jamin Torres, BA, ACE CPT, FCHC Fitness Coordinator, monitors an FCHC Fitness Center client using an elliptical exercise machine.

"A person gets a certain medical diagnosis from their doctor and it shocks them into doing something. Either that or it's because of self-image ... the person just doesn't like the way they look and feel."

So let's say you've decided to start exercising. Where do you begin? "If you are over 40 or have an underlying health issue, I would suggest checking with your physician first to make sure it's okay to exercise," says Torres. "Then ask yourself what you like to do for physical activity." Torres says if you hate to swim, then don't plan on using swimming as a means to exercise or you will likely fail. If you think you might like to jog, try walking down the driveway a few times or around the block. Then continue to increase your distance before jogging. "Most of us aren't trained athletes, so you're not going to be able to go out and run a 5-minute mile. Start with a moderate walk for a short distance that feels good, then begin to increase your speed and distance and work up to a jog."

Or you can join one of the many fitness classes offered in your community by Fulton County Health Center. The classes are listed in this newsletter. "Sometimes it's just better to join a class for the guidance and motivation," says Torres. A variety of FCHC classes are offered to meet individual needs. The level of exercise intensity within an individual class also varies to accommodate the person. "You have to listen to your body and pace yourself," says Torres.

(Continued on page 4)

On a Mission to PROMOTE WELLNESS

(Continued from page 3)



Pictured are FCHC Dietitians Tonya Gomez, RD, LD, (left) and Jill Crossgrove-Murillo, RD, LD, (right) with the USDA's Choose My Plate nutrition guideline model.

Fitness Memberships

There is another option for those who want to exercise. They can join the FCHC Fitness Center, located in the FCHC Rehab Center, 138 E. Elm Street in Wauseon. The Fitness Center is a multi-purpose facility that offers fitness classes, fitness memberships and rehabilitation. It provides a variety of treadmills, upright and recumbent bikes, ellipticals, weight machines, free weights, resistance bands, and exercise balls. Memberships are available in 1, 3, 6 and 12-month intervals. "We have a broad range of members from the high school athlete to someone in a wheelchair," says Karen Lance, Director of the FCHC Rehabilitation Department. She says the number one reason most people join the Fitness Center is to be active, followed by a desire to lose weight, lower their blood pressure or cholesterol levels. Others join because they want to increase their energy levels. "At times it's the doctor who tells the person they need to exercise because of a health issue," says Lance. "But we've had a mother-of-the-bride join to lose weight before her daughter's wedding. Some new moms join to lose weight after delivering their babies. Others need to rehabilitate their body after an injury, illness or surgery. It's a variety of reasons."

Some people are intimidated by exercise machines, and the philosophy of the FCHC Fitness Center is you don't have to use a machine to exercise. "We have exercise balls, exercise mats, resistance bands, free weights, and a lot more for our members," says Megan Lamming, BS, ACE, AHFS, a personal trainer at the facility. "Everyone is different in their fitness levels and in the things they like to do to exercise, so we build a program around them." It begins with a free fitness assessment with an FCHC

fitness staff member. Individual likes and dislikes are discussed along with fitness goals in order to tailor a program to the individual. The FCHC Fitness Center is also a SilverSneakers® provider offering classes for Muscle Strength and Range of Motion and SilverSplash®. The FCHC Fitness Center pool is open only to those undergoing physical therapy and for those enrolled in an FCHC Aquatics class. For more information about the FCHC Fitness Center, refer to the information box in this article.

Nutrition

One of the keys to staying healthy is a proper diet, and it's not really that difficult to do. "The body is like an engine, and you have to feed the engine with food," says Jill Crossgrove-Murillo, RD, LD, one of two FCHC Dietitians who counsel individuals on proper eating habits. She is joined in the Nutrition Education Department by Tonya Gomez, RD, LD. "We Americans eat too much food in one sitting," says Crossgrove-Murillo. "What we should strive for is to eat smaller meals three to five times during our waking hours. Fruits and vegetables should be part of those meals, along with water to stay hydrated." She says the patients they counsel who are successful in changing their eating habits are the ones who take accountability for their actions by tracking what they eat and who check in regularly with their dietitian.

Remember the old food pyramid that served as a guideline for a healthy diet? It has been replaced by the U.S. Department of Agriculture's Choose My Plate model (www.choosemyplate.gov). "The new guideline is based on dividing a dinner plate into 4 parts with a dairy serving," says Crossgrove-Murillo. "The USDA recommends filling one-quarter of your plate with a vegetable, fruit, whole grains, and protein. The vegetable and grain portions should be larger than the portions for the fruit and protein. They also recommend including a serving of a dairy product with the meal." She says the model even works for individuals on restricted diets or for vegetarians. Food label reading is also beneficial to those who want to eat healthier. "Pay attention to the serving size listed on the label," says Crossgrove-Murillo. "All the nutrition information listed on the product is based on that one serving size. People can easily get confused and think the nutritional information is based on

the contents of the entire container. It's not ... it's based on the one serving size." She offers three suggestions of things to look for on a food label: 1) 5 grams of total fat or less per serving; 2) 3 grams or more of fiber per serving; 3) 150 milligrams or less of sodium per serving.

Some individuals can't go it alone and need nutrition education to get them on track. FCHC Nutrition Education specialists can provide one-on-one training. A physician's order is not required for nutrition education classes, and the program is set up to accommodate a person's schedule and individual needs. Nutrition classes are also provided on a regular basis, and they are listed here in this newsletter. One example is the FCHC Lifestyle Management Training series. This series provides one-on-one education, but it does not provide individual medical counseling. One-on-one Nutrition Counseling is also offered, which does require a physician's order.

Time to Get Started?

If you are motivated to begin making lifestyle changes after reading this article, FCHC staff members are available to offer advice, counseling, encouragement, and guidelines. For more information, refer to the information listed below.

Need Advice or Help?

Use this handy checklist to seek help or advice on a wellness topic of your choice. You can email info@fulhealth.org with your request, or contact the FCHC staff member below using the phone numbers provided.

Corporate & Community Health Promotion

— Sharon Morr, FCHC Director of Corporate and Community Health Promotion, 419-330-2723

Diabetes Education — Susan Dittes, FCHC Diabetes Education Coordinator, 419-330-2772

Fitness Classes — Jamin Torres, BA, ACE CPT, FCHC Fitness Coordinator, 419-330-2724

Fitness Memberships — Megan Lamming, BS, ACE AHFS, Fitness Trainer, 138 E. Elm St., Wauseon, 419-335-1919

Nutrition Counseling — Jill Crossgrove-Murillo, RD, LD and Tonya Gomez, RD, LD, FCHC Dietitians, 419-330-2721



The Unsung Heroes **Part VII:** Human Resources



Members of the FCHC Human Resources Department (left to right): Rachel Geckle, Annalisa Wiemken, Elizabeth Spiess, Kristy Snyder, Angie Horst, Kari Dominique, Kelly Frey.

When compared to other FCHC departments, the Human Resources Department is relatively small with seven full-time employees. But those seven employees provide a vital service to FCHC's 830 employees, 116 contracted employees and 268 volunteers. In addition, the HR Department also coordinates FCHC's "GET FIT" Wellness Program that promotes employee wellness.

"You can imagine the HR issues that can arise on a daily basis," says Kristy Snyder, FCHC Director of Human Resources. It helps to have one member of our department that is specialized in certain areas of Human Resources." To better assist employees along with potential new employees, each HR staff member has an area of expertise. The breakdown of job responsibilities includes:

Angie Horst, Receptionist | **Angie** is often the first face one sees when entering the Human Resources Department. Angie works with all employee applications, meets new hires and assists them in getting required paperwork completed. She must fingerprint all new employees as part of federal hiring legislation and provide them with an electronic bar coded identification badge. She develops our employee newsletter and updates our bulletin boards. Angie assists with all employee records of those participating in the FCHC "GET FIT" Wellness Program and serves on the "GET FIT" Wellness Committee. Angie also serves as a contact for some of our community outreach events.

Kari Dominique, Employee Health Specialist | As the Employee Health Specialist, **Kari** keeps track of employee attendance and answers family medical leave questions. She orients new employees and makes sure they meet FCHC health requirements such as getting a physical exam, blood work and drug screenings. She also deals with work-related injuries and Workers' Compensation issues, and she serves as the backup receptionist.

Kelly Frey, Benefits Coordinator | **Kelly** is responsible for enrolling all new employees in the Health Center's health, dental and vision insurance programs and handling all subsequent issues. She is also responsible for coordinating COBRA coverage for the temporary continuation of health coverage at group rates when their employment ceases. In addition, Kelly serves as the backup to pension, tax-deferred annuities, life insurance, and long-term disability questions. Kelly also serves on the "GET FIT" Wellness Committee and assists with records of employees participating in the FCHC "GET FIT" Wellness Program.

Elizabeth Spiess, Information Systems and Employee Health Coordinator | **Elizabeth** serves as the HR department's "computer expert" who is responsible working with Information Services to assure that HR programs are working and integrating correctly. When upgrades are made to the Health Center's electronic records system, Elizabeth must test all HR electronic reports to make sure they function correctly. She has been involved with developing the online employee application and will be one of the many involved with the new electronic benefit enrollment systems. Elizabeth also is the Employee Health Coordinator assisting and guiding the Employee Health Specialist with her responsibilities. She also assists with processing payroll bi-weekly and assists with Compensation Coordinator functions.

Annalisa Wiemken, Compensation Coordinator
FCHC's payroll system is in the capable hands of **Annalisa**, who processes paychecks for employees every pay period. Annalisa also handles any other withholdings that may be required such as garnishments or child support payments. Annalisa also assists with any report requests from managers or salary surveys in which the facility participates. She is responsible for tracking all employee performance appraisals and to make sure they are happening in a timely manner.

Rachel Geckle, PHR, Human Resources Manager
Rachel is second-in-command of the HR Department and is responsible for overseeing the day-to-day operations. Rachel works closely with department managers in recruitment and retention of staff. She is involved with posting positions, interviewing internal and external candidates, and making the job offer. Rachel also manages the paperwork for employee pensions, long-term disabilities and life insurance. The pension plans are audited annually, and she coordinates that audit process with the accountants. Rachel is also the chairperson for our "GET FIT" Wellness Committee.

Kristy Snyder, Director of Human Resources
As the Director of Human Resources, **Kristy** is ultimately responsible for all HR issues in the Health Center's facilities. Kristy develops policy and directs and coordinates all human resources activities – such as employment, compensation, labor relations, benefits, training, and employee services. She handles all benefit negotiations, investigates new processes for the department, and keeps the facility compliant with all labor laws and other employment regulations. Kristy works closely with department managers on employee relations matters. She maintains an "open door policy" for employees for discussion of employment issues or concerns. Beyond the HR Department Kristy also manages office space for the Multi-Specialty Clinics in the FCHC Medical Office Building.

"As you can see we deal with a lot of different situations and issues that occur on a daily basis," says Snyder. "Our staff is very qualified to handle the many employment details affecting employees who are providing the quality care our community receives." For more information about the FCHC Human Resources Department, call 419-330-2645.

FCHC HEART & VASCULAR CENTER: AN UPDATE



FCHC Vascular Surgeon Munier Nazzal, M.D., talks to a patient prior to performing minimally-invasive surgery in the FCHC Heart & Vascular Center. He is assisted by Janet Douglas, BSN, RN (left) and Heather Green, RT(R) (right).

At Fulton County Health Center, we are proud to offer advanced Heart and Vascular imaging within our community. Our Heart and Vascular Center is equipped with modern Angiographic Catheterization imaging equipment that provides the best imaging quality with less radiation, and faster diagnostic outcome.

Within the Vascular Center, our vascular specialists offer a broad range of vascular and endovascular surgical procedures to treat all types of vascular disease. Located on FCHC's second floor, the Vascular Center is committed to provide superior diagnostic testing and treatment capabilities using the latest technology by well trained and board certified specialists in vascular surgery.

Why Choose the FCHC Vascular Center?

Years ago, patients with vascular disease in Fulton County and the surrounding areas would have to travel an hour or more to seek vascular specialty treatment. Not anymore. Fulton County Health Center's state-of-the-art Vascular Center makes it possible to perform common vascular procedures within our community.

We offer not only the latest equipment and advanced technology, but also compassionate, personal care from specially trained nurses and skilled technologists. Our vascular surgeons provide care here, on campus, which allows direct interaction with local family physicians and family members. We make sure that our patients feel at home within our Center.

What is Vascular Disease?

The vascular (circulatory) system is a network of blood vessels – arteries, veins and capillaries – that carry blood to and from organs in the body. Vascular disease is the disruption of blood flow which can damage tissue or even cause blood clots. Vascular disease is common and can be a serious, life threatening condition that affects circulation in people of all ages. Fortunately, new technology has enabled FCHC vascular specialists to diagnose vascular disease at earlier, more treatable stages.

Are You at Risk for Vascular Disease?

Vascular disease can affect anyone, but there are multiple factors that can increase your risks. Some factors can't be controlled, such as age, gender, family history or injury. But other risk factors can be controlled, such as:

Smoking, Stress, High Blood Pressure
Obesity, Diabetes, High-fat diet, Lack of exercise and Sitting or standing for long periods of time.

Warning Signs of Artery Disease

Warning signs may or may not always be present in arterial disease. Symptoms differ with the organ affected and may include:

In Peripheral Artery Disease – Pain in legs while walking, severe pain or gangrene.

In Carotid Artery Disease – Dizziness, weakness, minor or major Stroke, temporary or permanent eye blindness.

In Renal Artery Disease – High Blood Pressure, renal failure that might lead to dialysis.

In Pulmonary Artery Disease – Shortness of breath and tiredness.

In Mesenteric Artery Disease – Abdominal pain and weight loss.

In Aneurysmal Disease – Often symptom free. Symptoms of abdominal pain and backache can occur in advanced cases. In such cases intervention should be considered immediately.

How can Artery Diseases be Treated?

Treatment for Artery Disease varies depending on the location, severity of symptoms and disease. Quite often lifestyle changes such as quitting smoking, exercise and diet can help improve your condition. If further treatment is necessary, FCHC's Vascular Center offers advanced surgical and endovascular procedures to restore blood circulation.

An Endovascular Procedure is a minimally invasive treatment performed through a small tube (2-3 mm) inserted into a vessel of the groin or arm. Through this tube, the specialist can perform a variety of procedures such as:

Balloon Angioplasty – a miniature “balloon” is inflated to widen the narrow segment of your artery and flatten the plaque against the vessel's walls to increase blood flow.

Stent – a wire mesh device that is inserted into the vessel, which improves blood flow and helps relieve symptoms of the disease by keeping the dilated artery open.

Atherectomy – the plaque inside the artery is removed (shaved) from the wall of the artery to open a channel for blood to flow to an organ.

Dialysis Support

FCHC's Vascular Center provides multiple solutions to maintaining dialysis access and prevent the access point from clotting and failing. If problems are suspected specialized imaging can aid in the evaluation of complications, reducing the delay of dialysis treatment by performing minimally invasive procedures on-site.

We're Committed to You!

The FCHC team of vascular specialists and staff are committed to providing you with quality vascular diagnostic and treatment options. For more information about Vascular Disease Care, contact our Heart and Vascular Center at 419-337-7314.

250 Participate in FCHC Run/Walk

More than 250 participants, including residents from Fulton Manor and Fulton Suites along with their families, participated in the first FCHC Health and Wellness 5K Run/Walk on September 15. Individuals from all over Fulton County, Northwest Ohio, Northern Indiana, Southeast Michigan and even one individual from Tennessee participated. Ages ranged from 2-95. Results from the event are posted at www.davesrunning.com or www.toledoroadrunners.org. Many thanks to volunteers from the FCHC Auxiliary, the FCHC Volunteers, the National Honor Society from Four County Joint Vocational School, and numerous other individuals. The thousands of dollars raised from this event will be utilized for community health screenings and education on issues such as diabetes, hypertension and cancer.

Thanks also to our many sponsors. Olympian Sponsors: Absolute Pharmacy, Andres O'Neil & Lowe Agency, APRN, Delta Kwik Stop, Eagles Lodge Delta 2597, FCHC Medical Staff, Lee's Body Shop Inc., Panera Bread, Subway of Archbold-Delta-Swanton, Swanton Welding & Machining, T J Automation, and West Ohio Orthopedics. **Marathoner Sponsors:** Countryside Farms Drainage, Edward Jones/Ron Hodges, Farmers & Merchant State Bank, Holiday Inn Express, State Line Farms, Wauseon Machine & Manufacturing Inc., Worthington Steel, and Zenz Farms. **Sprinter Sponsors:** First Federal Bank, Haas Farms, Servpro of Fulton-Henry-Williams Co., and Wal-Mart. Refreshments were donated by AKA Designs, Circle K, Culligan Water Systems, and Con-Agra. Numerous local companies donated door prizes.



Susan G. Komen Donation

The FCHC Radiology Department, once again, helped raised money in support of Breast Cancer Awareness. The staff raised \$738.25, and the money was donated to the Susan G. Komen Race for the Cure Foundation that provides resources for newly diagnosed breast cancer patients. These resources include organizational packets, newsletters and other items for newly diagnosed breast cancer patients at FCHC. It also helps fund the "Yes Mamm" program, which helps low income breast cancer patients with medical costs. The fundraising events organized by the FCHC Mammography Department was a way for our staff to say thanks and to return something back to the Komen organization for their efforts. Thanks also to local businesses that donated items and gift certificates for a raffle.

Auxiliary News

Valentine's Day Sale (Wauseon Unit): Feb. 14, FCHC Cafeteria - Cookies, balloons, rosebud vases and items from the Mennonite Pantry.

Books On the Go: March 20, 21 & 22, FCHC Cafeteria.

Heart Radiothon

The Fulton County Heart Radiothon is coming Thurs., Feb. 14. Local radio station WMTR 96.1 FM in Archbold will devote the entire day to playing musical requests in exchange for a donation to the Heart Radiothon fund. Proceeds will support heart related programs and equipment in Fulton County. FCHC will test cholesterol and glucose (blood sugar) levels for a \$5 donation to the Heart Radiothon from 7:00 a.m. - 7:00 p.m. in the FCHC Cafeteria. Fasting is not required. Other cholesterol and glucose screenings will be coming to Fulton County public libraries in March. Watch your local newspapers for information or visit fultoncountyhealthcenter.org.

New FCHC Web Site

Check out our recently updated web site: www.fultoncountyhealthcenter.org. We've freshened the design and have made it easier to navigate. Some of the added features are: 1) Up-to-Date patient information when you click on Find Health Information; 2) Direct link to our Facebook page; 3) A search option; and 4) The ability for job applicants to apply for FCHC employment on-line.



Volunteers Needed

Want to give back to your community? Consider becoming an FCHC Auxiliary volunteer. For more information contact Julie Engler, Volunteer Coordinator, at 419-330-2695 to schedule an interview.

Message from the CEO

Our mission at Fulton County Health Center is to "Serve the public by promoting and providing the means for continued health and wellness." We are quite serious about that mission statement. We strongly believe that we are not only here to help you get well, but also to help you stay well. For example, our FCHC Rehab Center has a Fitness Center that offers memberships to area residents. Through the years we've offered many fitness and health classes in your communities. Our Nutrition and Diabetes Education Departments exist to help you deal with diabetes or to eat healthier. Our lead story provides an overview of the ways we work to keep you healthy. Please take time to read it and, then, check out the many health and fitness classes listed in this newsletter.



This issue of *Health Centering* also provides updates on our Vascular Center and new off-campus Sleep Lab in Swanton. Our intent is to bring necessary medical services closer to you so you don't have to travel far to get them. In addition, we continue to highlight our latest Unsung Heroes... the FCHC Human Resources Department. Our HR staff works tirelessly behind the scenes to assist with a variety of human resources, benefits and wellness programs for our full-time, part-time, contingent and contracted employees. They also assist all the volunteers and volunteers who give their time and talents to our facility.

We welcome feedback from our patients and visitors, so please do not hesitate to contact us. As the cold winter months creep upon us, stay warm and well and travel safely!

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer



FCHC Sleep Lab Opens in Swanton

Fulton County Health Center has expanded its Sleep Lab by opening a 2,000 square foot off-campus site in Swanton to serve patients in the eastern half of Fulton County. The new off-campus Sleep Lab is located at 1 Turtle Creek Circle, Suite A, in Swanton. The Swanton Sleep Lab Center has two beds, the same number as the Sleep Lab Center on the FCHC campus.

"We rented and renovated an existing building to create our Sleep Lab," says Tom Gorczyca, RRT, FCHC Director of Respiratory Therapy & The Sleep Disorder Center. The Swanton Sleep Lab Center has two queen size beds, recliner rockers, flat screen TVs, a full bathroom and shower, a kitchen, and a waiting area. "Our Sleep Lab units have been designed so the environment is more like a hotel room than a hospital room," says Gorczyca. Patients who visit either of the Sleep Labs bring their own sleepwear, medications and snacks to be as comfortable as possible.

Gorczyca says the obesity crisis in America, coupled with the increase in type 2 diabetes, is fueling the occurrence of sleep apnea and other sleeping disorders. "We've been booking patients up to six weeks out, and this off-site location will help to reduce that timeline," says Gorczyca. He says the caseload will increase next year when federal legislation takes effect that will require truck drivers to be screened for sleep disorders. "We anticipate an increase in our patient load, so we've planned ahead by opening up the Sleep Lab in Swanton." A Sleep Lab screening requires a physician's order. For more information about FCHC's on-campus or off-campus Sleep Labs, call 419-330-2623.



Health & Wellness Programs

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



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.

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 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 and new mothers to help them 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 10:00 a.m. the first Saturday of each month. Includes OB department tour and stamping a T-shirt for the baby. Free 1 session.

Grief Support - H.O.P.E.

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month (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.

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" - Jan. 17, March 21 & May 16, all at 10:00 a.m. 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.



Health & Wellness Programs

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

Lifestyle

Lifestyle Management Training

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

Lifestyle Management Class

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

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., Feb. 5, 9:30 - 11:00 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., Feb. 19, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Lifestyle for Lower Cholesterol

Focus will be on the risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Thurs., March 21, 6:30-8:00 p.m., \$5, FCHC Surgery Conference Room, must pre-register at 419-330-2721.

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 and infant CPR; obstructed airways; and first aid; meets most childcare requirements. Class taught by RN. Registration and payment due 1 week prior to class. Sat., Jan. 12 or March 9, 9:00 a.m. - 4:00 p.m., \$65, 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 8:30 a.m., class begins promptly at 9:00 a.m., Sat., Feb. 9, 9:00 am - 1:00 pm, \$50, FCHC Ground Floor Meeting Room.

Weight

Waist Watchers Support Group

A weekly support group that includes an optional weigh in, brief nutrition or fitness topic, and group discussion/accountability. Thurs., 12:00-12:30 p.m. in the FCHC Board Room, \$20 for 10 visits, or \$30 for 20 visits. Call 419-330-2721 for more information.

Hypnosis

Andrew Lesniewicz, PCC CHt, a National Certified Clinical Hypnotherapist, Professional Counselor and area resident, can assist you in making the change towards a healthier you. Cost: \$60 per person for either a Stop Smoking or Weight Loss Seminar, which includes a reinforcement CD and the option of attending a future seminar. Bring a friend at a discounted price of \$50 per person. To register, call 419-467-9406. FCHC 2nd Floor Surgery Conference Room.

Mon.: Jan. 7, March 25; Wed.: Feb. 6

Weight Loss: 5:30 - 6:45 p.m.

Stop Smoking: 7:00 - 8:15 p.m.

Sat.: Jan. 19, Feb. 2, March 30

Weight Loss: 1:00 - 2:30 p.m.

Stop Smoking: 2:30 - 4:00 p.m.

Diabetes Education & Support

**Free Support Group 5:00 - 6:00 p.m.,
Diabetes Education Office,
FCHC 3rd Floor.**

Jan. 10, Feb. 21, March 14

Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary, just stop by the office and a certified diabetes educator will be waiting to assist you. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

Balancing Life with Diabetes

(formerly Mountain Climbing).

Community class in self-help for the person with diabetes. Format has changed to every other month, in the even months of 2013 (i.e., February, April, June, August, October, December). \$5 suggested donation. FCHC Meeting Room. No registration necessary. Note: No January or March class.

February: A Double Header!

Mindfulness and It's Your Move.

We start with Mindfulness with Karen Dierkens, LPCC, LSW. Learn how to live an intentional life for better diabetes management. This will be followed by It's Your Move! in which the FCHC diabetes educators will guide you to recognize and overcome your specific challenges to better diabetes self-care. Thurs., Feb. 21, 7:00 - 9:00 p.m.

Note on Regular Support Group Schedule. Due to scheduling changes for the winter months, the usual 9:30 a.m. Wednesday and 3:00 p.m. Thursday times are discontinued. The second Thursday of every month from 5:00 - 6:00 p.m. will continue to be a free and open time to learn more about diabetes management. (February Support Group is changed to the third week - Feb. 21 - to match the Balancing Life class.) Location: Diabetes Education Office, 3rd Floor, FCHC.

IT'S A NEW YEAR Time to Quit 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! Monday, Jan. 7, 14, 21, 28, 5:30 - 6:30 p.m., Free, FCHC Emergency Department Conference Room.



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health & Wellness Programs), or call 419-330-2735. Most classes (except a few such as Ballroom Dance & Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Jan. 7 – Mar. 16; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).**

Health & Fitness Class Descriptions

Aquatic Aerobics

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

Arthritis Aquatics

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

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!

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.

Ball

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

Ballroom Dance

Dancing is easy, fun, beautiful, elegant, modern, and stylish! The focus this session will be the Cha Cha and Polka. These classes will elevate the heart rate and challenge the body!

Belly Dance

Fitness for women of any age and body shape. It's a great and fun workout. Belly dancing utilizes muscles not often used otherwise. It's something that everyone can learn and enjoy.

Cardio Core

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using the ball and body bars. A great all-in-one workout incorporating cardiovascular, flexibility, and strength training!

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!

Cardio Dance

Choreographed with upbeat dance and aerobic moves to gain strength and improve cardiovascular health. A fun, high energy workout suitable for all fitness levels.

Circuit Training

A 60-minute packed class of high intensity cardio and resistance training stations that will target numerous body parts using various pieces of equipment!

Gentle Movement (formerly Golden Retrievers)

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

Line Dancing

Get good exercise and learn a variety of fun ballroom line dances. No partner required to participate.

Maximum Burn

A program combining circuit training, intervals, and a boot camp style workout all in one! The ultimate fire for your muscles that pushes you to the limit.

Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Cardio Core	SAT	9:00 AM	FCHC Rehab Center
Maximum Burn	M, W & F	5:45 AM	FCHC Rehab Center
Maximum Burn	SAT	7:30 AM	FCHC Rehab Center
Ball	T & TH	5:30 PM	FCHC Rehab Center
Circuit Training	M & W	6:30 PM	FCHC Rehab Center
Total Body Tone	M & W	7:30 PM	FCHC Rehab Center
Belly Dance (\$8.50 per class)	T	7:00 PM	FCHC Rehab Center
Ballroom Dance	TH	7:00 PM	FCHC Rehab Center
(\$60 per person, cannot be combined with other class pricing)			
SilverSneakers® MSROM	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Gentle Movement	M & W	9:30 AM	Fulton County Senior Ctr.
(Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.)			
Wauseon Aquatics	Day(s)	Time	Location
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:45 PM	FCHC Rehab Center
Aqua Zumba®	T & TH	7:45 AM	FCHC Rehab Center
Aqua Zumba®	T	5:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	T	6:30 PM	FCHC Rehab Center
Aquatic Aerobics	M, W & TH	6:15 PM	FCHC Rehab Center
Aquatic Aerobics	SAT	8:15 AM	FCHC Rehab Center
Silversneakers® Silversplash	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
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; Jan. 19 – March 9			
Bryan	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Washington School Gym
Edon	Day(s)	Time	Location
Cardio Dance	M & W	7:00 PM	Edon Community Bdg.
Evergreen School District	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	Evergreen H.S. Gym
Cardio Dance	W	7:00 PM	Evergreen Elem. Gym
Fayette	Day(s)	Time	Location
Cardio Dance	W	6:15 PM	Fayette Jr. H.S. Gym
Montpelier	Day(s)	Time	Location
Cardio Dance	T & TH	5:30 PM	TBD

Health & Fitness Classes

Pioneer	Day(s)	Time	Location
Cardio Dance	TH	5:30 PM	Church of the Nazarene
Total Body Tone	M	5:30 PM	Church of the Nazarene
Swanton	Day(s)	Time	Location
Cardio Core	T & TH	6:00 PM	Crestwood Elementary
Zumbatomic® (Kids 4-12 yrs.)	M	5:00 PM	Trinity United Methodist
Zumba®	M	6:30 PM	Trinity United Methodist
West Unity	Day(s)	Time	Location
Cardio Dance	T & TH	6:15 PM	Solid Rock Church
Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	M & W	9:00 AM	Wyse Commons
Aquatic Aerobics	T & TH	6:00 PM	Wyse Commons
Aquatic Noodle Workout	M	6:00 PM	Wyse Commons
Aquatic Noodle Workout	W	5:00 PM	Wyse Commons
Aqua Zumba®	TH	5:00 PM	Wyse Commons
Arthritis Aquatics	M	5:00 PM	Wyse Commons
Line Dancing	TH	5:15 PM	Wyse Commons
(\$60 per person, cannot be combined with other class pricing)			
Archbold	Day(s)	Time	Location
(Co-sponsored by Archbold Parks & Recreation Dept.)			
Turbo Kick®	M	5:30 PM	Park Pavilion
Turbo Kick®	W	5:00 PM	Park Pavilion
Cardio Craze Plus	T & TH	5:30 PM	Park Pavilion
Total Body Tone	T & TH	5:30 AM	Park Pavilion
10 classes - \$27, 20 classes - \$40, 21 or more - \$50			
Gentle Movement	M & W	9:15 AM	Wyse Commons
(Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.)			

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

Wauseon	Day(s)	Time	Location
Yoga – Intermediate (Mat Required)	SAT	9:00 AM	FCHC Beck Mtg. Rm.
Yoga – Gentle (Mat Required)	SAT	10:30 AM	FCHC Beck Mtg. Rm.
Yoga – Gentle (Mat Required)	T	5:00 PM	FCHC Beck Mtg. Rm.
10 classes - \$47, 20 classes - \$74			
Pioneer	Day(s)	Time	Location
Yoga (Mat Required)	W	7:00 PM	Church of the Nazarene
10 classes - \$47			
Swanton	Day(s)	Time	Location
Yoga (Mat Required)	T	7:15 PM	Trinity United Methodist
10 classes - \$47, 20 classes - \$74			
Archbold	Day(s)	Time	Location
Yoga – Gentle (Mat required)	M & TH	6:30 PM	Park Pavilion
Yoga – Intermediate (Mat required)	M & TH	7:30 PM	Park Pavilion
10 classes - \$40, 20 classes - \$60			
Co-sponsored by Archbold Parks & Recreation Dept.			

Health & Fitness Class Descriptions

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.

Parent & Child Water Wonders - Advanced

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

SilverSneakers® Muscular Strength & Range of Motion

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, a SilverSneakers® ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® SilverSplash

Activate your aqua exercise urge for variety! SilverSplash® 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.

Total Body Tone

Individuals will go through a 60 minute workout that will include a warm-up, stretching, a resistance training session, and a cool down.

Turbo Kick®

It's a combination of kickboxing and dance moves all perfectly choreographed to energetic and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of strength and endurance interval training, and a relaxing cool-down.

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!

Yoga - Gentle

A class for people new to yoga or for those who are experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations.

Yoga - Intermediate

This class covers yoga poses and their variations in more detail than the other classes and includes some challenging poses. Poses are held longer than in the beginner classes in order to increase strength, balance, and flexibility.

Zumba®

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Zumbatomic® (Kids 4-12 yrs)

Is a high-energy calorie burning fitness-party packed with specially choreographed, kid-friendly routines that increase focus and self-confidence while enhancing coordination and boosting metabolism that makes getting fit as much fun as playing a game.

Ever Thought of Working With a Personal Trainer?

Introducing the Fulton County Health Center personal training program 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**.





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Board of Directors

Steve McCoy, Director of Marketing
and Planning

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



FCHC Get Fit Wellness Committee members proudly display the plaque awarded to the Health Center for being a Fit-Friendly organization. (Front Row, L-R): Emily Hawkins, Heart Walk Director American Heart Association; Patti Finn, FCHC CEO. (Middle Row, L-R): Teresa Schultz, FNS Manager; Tonya Gomez, Registered Dietician; Kelly Frey, Benefits Coordinator; Angie Horst, HR Receptionist. (Back Row, L-R): Paul Rosenbeck, Director of Food and Nutrition Services; Kristy Snyder, Director of Human Resources; Jill Crossgrove-Murillo, Registered Dietitian; Sharon Morr, Director of Corporate and Community Health Promotion; Rachel Geckle, Human Resources Manager; Jamin Torres, Fitness Coordinator.

FCHC: A Fit-Friendly Workplace

Fulton County Health Center has, once again, been recognized as a Gold Level Recipient of the American Heart Association's Fit-Friendly Companies Recognition program. The organizations who are recognized have made the health and wellness of their employees a priority. The Health Center was recognized as a Gold Level employer for:

- Offering employees physical activity options
- Providing healthy eating options
- Promoting a wellness culture
- Implementing at least 9 criteria from the American Heart Association in the areas of physical activity, nutrition and culture

FCHC was also recognized with the Worksite Innovation Award that recognizes unique activities, policies or actions a worksite undertakes to improve the wellness at the site or in the community. The Fit-Friendly program is a catalyst for positive change for employee wellness. Fulton County Health Center is proud to be part of the initiative by making the health and wellness of its employees a priority.