

A publication of Fulton County Health Center

Health *Centering*

Where Hope
Meets Cancer Care



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

The treatment of cancer patients at Fulton County Health Center began rather quietly 29 years ago with no official program name, and a small staff tucked away on the third floor of the Health Center.

WHERE HOPE MEETS CANCER CARE

Fast forward to 2013, and how things have changed. The Rainbow Hematology/Oncology Treatment Center is a thriving department that occupies 9,000 square feet of a first floor facility added to the Health Center in 2000. The Rainbow Center has been accredited by the American College of Surgeons since 1991, and this past September it received another three-year accreditation.

Meeting the Highest of Standards

Since 1991, The Rainbow Hematology/Oncology Treatment Center has been accredited by the prestigious American College of Surgeons Commission on Cancer. "It's a big deal to receive accreditation," says Leisa Britsch, RN, BSN, OCN, Manager. "This is an honor that is earned by only 25% of the hospitals in the United States. There are 40 standards used to judge cancer treatment centers across the country. How we stack up against those standards determines whether or not we receive accreditation." A physician surveyor spends a full day reviewing a cancer center's Cancer Registry as well as internal quality of care studies the center is required to conduct.

The Cancer Registry is loaded with data on local cancer patients, which is submitted to the Ohio Department of Health and the National Cancer Data Base. These organizations pull data from Cancer Registries across Ohio and the country to look for trends in the occurrence of specific types of cancer and the success of their treatment. "It's important that the data be entered very accurately, and for that we have a part-time Cancer Registrar," says Britsch.

"We've really expanded the services we offer, and as a result our patient base has grown."

— Leisa Britsch, RN, BSN, OCN, Manager



Britsch says her program, and other cancer treatment centers across the country, are also judged on implementing at least two quality of care studies per year. "For example, last year we measured the

length of time a patient must wait before their infusion therapy begins," says Britsch. "We also tracked the number of patients using our free nutritional counseling services to determine how we could better promote the service and convince more patients to use it. It's all about continuous process improvement in what we do." Twenty-five members sit on the Cancer Committee, including FCHC physicians and many ancillary staff members who are directly or indirectly involved with a patient's cancer care. This committee meets four times a year to decide what area should come under quality review and to also track the results.

"We're also required to show that we have implemented at least two patient care improvements each year," says Britsch. In 2013, for example, FCHC installed a new CT scanner that benefits cancer patients as well as other patients. That qualified as a patient care improvement initiative. The Rainbow Hematology/Oncology Treatment Center staff also created post-operative breast and arm care patient instructions. Dates of the Freshstart® smoking cessation classes offered at the Health Center were also printed on physician prescription pads and given to patients who use tobacco products. "These were all examples of working to improve patient care," says Britsch.



Beth Lange, FCHC Oncology Case Manager/Patient Navigator (left), assists a patient with insurance questions.

Physicians & Staff

The Rainbow Hematology/Oncology Treatment Center works with Hematology/Oncology Associates, a medical group led by Kenneth Krupp, M.D. These Oncologists see patients twice a week at the facility. Two new partners have joined the practice and are seeing patients at FCHC: Madhurima Anne, M.D., and Divya Vijendra, M.D. George Pipoly, M.D., also with the group, fills in occasionally when the other doctors are unavailable. The Rainbow Hematology/Oncology Treatment Center is also planning to contract with Muhammad Hameed, M.D., an Oncologist with the Dana Cancer Institute at the University of Toledo Medical Center (UTMC).

Although The Rainbow Hematology/Oncology Treatment Center does not provide cancer radiation therapy on site, it does offer the services of a Radiation Oncologist through Toledo Radiation Oncology. The Radiation Oncologist meets with the cancer patient at FCHC for the initial consultation, and the physician then meets the patient at FCHC for their follow-up appointments after treatment has finished.

The Rainbow Hematology/Oncology Treatment Center provides support to these physicians with seven Registered Nurses, six Licensed Practical Nurses, and five administrative staff members. All of the Registered Nurses are certified to administer chemotherapy.

More than a Cancer Center

Originally, The Rainbow Hematology/Oncology Treatment Center functioned solely as a chemotherapy treatment facility. Today, it also functions as an infusion center, using intravenous medications to treat a variety of both cancer and non-cancer patients, including those with multiple sclerosis, Crohn's disease, rheumatoid arthritis, and asthma. The facility also treats patients requiring blood transfusions, antibiotic therapy, and gamma globulin therapy. Each patient is given a customized treatment program depending on his or her type of illness and its severity.

Advances in Treatment

Britsch says cancer treatment has come a long way in the 20 years she has worked at FCHC. "First of all, there are more chemotherapy drugs available today for various types of cancers than what we had 20 years ago. For example, 20 years ago we had about four breast cancer treatment drugs. Today, we can choose from at least a dozen. That's triple the number of options in a 20-year period. The same is true of colon cancer drugs."

A second advancement in cancer treatment is the use of targeted therapies. "With targeted therapies, we can give a cancer patient either oral medication or an IV drug that will target the protein found on a cancer cell and destroy that cancer cell while



Staff members of The Rainbow Hematology/Oncology Treatment Center. **Front Row** (left to right): Elizabeth Yutzy, Volunteer; Karen Keefer, RN, Treatment Nurse; Carrie Eitzman, RN, Treatment Nurse. **Middle Row** (left to right): Kathy Bahler, RN, OCN (Patient Care Coordinator); Leisa Britsch, RN, BSN, OCN (Department Manager); Brandy Nofziger (Unit Secretary/Look Good Feel Better Coordinator); Lila Miller, RN, OCN (Clinic Nurse). **Back Row** (left to right): Sharon Damman, LPN (Treatment and Clinic Nurse); Patti Creager, CTR (Cancer Registrar); Tammy Kleinsmith, RN (Treatment Nurse); Chris Wilson, LPN (Treatment and Clinic Nurse); Jane Patterson, Unit Secretary; Beth Lange, Unit Secretary/Case Manager; Cindy Wallischeck, LPN (Treatment and Clinic Nurse/Clinical Trials Coordinator); Josie Lirot (American Cancer Society).

leaving healthy cells untouched," says Britsch. She says targeted therapies are most often used along with the traditional chemotherapy treatments to maximize their effectiveness.

"Almost all forms of cancer can be treated somehow, whether it is with surgery, radiation, chemotherapy, targeted therapies, or a combination of these," says Britsch. "In fact, although the public may still consider cancer as a death sentence, the American Cancer Society has now classified cancer as a chronic disease. She says the change in classification is the result of new cancer treatment therapies along with greater public awareness of the symptoms of cancer and the need for early detection when cancer is more treatable.

Going Beyond Treatment

"We've really expanded the services we offer, and as a result our patient base has grown," says Britsch. In 2012 The Rainbow Hematology/Oncology Treatment Center handled over 4,450 patient visits.

One of the examples of the services offered by The Rainbow Hematology/Oncology Treatment Center is the Patient Navigator, who literally helps a patient navigate the insurance coverage of their care. The Patient Navigator works one day a week, at no charge to the patient, to:

- Verify before treatment that the patient's health insurance will cover the treatment

- Determine if there is a co-pay involved and, if so, help the patient apply for co-pay assistance
- Assist the patient in applying for disability or Medicaid coverage
- Assist the patient in applying for free medications for patients who are uninsured

The Rainbow Hematology/Oncology Treatment Center also offers several other free services in addition to the Patient Navigator:

- Dietary Counseling
- Stress Management Counseling
- Financial Counseling
- Look Good Feel Better Classes
- Wig Salon with free wigs for chemotherapy patients
- The Cancer Resource Center - loans free books and videos to patients and families and provides free Internet access for patient research

Local Care Stacks Up to Large Institutions

"Our cancer treatment program has grown rather consistently over the past 29 years, and we've reached a point where we've become a regional treatment facility with patients coming to us from five different counties," says Patti Finn, FCHC CEO. Britsch says that patients should not compare cancer treatment facilities

(Continued on page 5)

Helping Patients With Lymphedema

In 2001 Kathy Bahler, RN, OCN, a staff member of The FCHC Rainbow Hematology/Oncology Treatment Center, along with a co-worker began treating lymphedema in women with breast cancer. At the time they were on the forefront of a movement to provide lymphedema therapy to cancer patients. Years later, Bahler continues to be the coordinator of this program, and lymphedema treatment has expanded beyond patients with breast cancer. Since 2008 Lisa Aschliman, PTA at the FCHC Rehab Center, has been the primary therapist treating the patients.

In order to understand lymphedema, you must first understand the lymphatic system. Lymph fluid is a nearly colorless fluid that removes bacteria and certain proteins from the tissues in the body. Lymph nodes store white blood cells and also act as a filter for the lymphatic system, so it is important that the production and flow of lymph continues. Lymph travels through the lymphatic system, but when women have breast cancer surgery or other surgeries, the surgeon often removes the surrounding lymph nodes. That disrupts the flow of lymph and causes it to accumulate and create swelling in the affected arm or leg. The swelling results in the condition known as lymphedema.

"If left untreated, lymphedema can become quite painful," says Bahler. "Treatment usually begins with physical therapy to massage the site and get the swelling down. Then we wrap the arm or leg in gauze, soft bandages and a special type of elastic wrap between treatments. The treatments can take a few days or several weeks depending on the severity of the lymphedema. When the therapist feels the arm (or leg) is as reduced as it can be, an elastic sleeve or stocking is applied to keep pressure on the limb and keep the swelling down." She says pumps are sometimes placed over the arm or leg to push the fluid out of the extremity and improve circulation. Health insurance typically covers physical therapy and the elastic sleeve and stockings, but not the wraps used in the treatment.



Lisa Aschliman, PTA (left), applies a wrap to a patient's arm while Kathy Bahler, RN (right), observes.

Lymphedema is not unique to cancer patients and can occur whenever there is a disruption to the lymphatic system. In the case of cancer patients, it can occur in both men and women but is usually more common in women because of breast cancer and subsequent surgery. "It used to be that surgeons would not only remove the breast but also any lymph nodes near the area, which increased the chances for the lymphedema to occur," explains Bahler. "Today, surgeons are more likely to do a sentinel

node biopsy where the surgeon is able to identify exactly which nodes are affected by the tumor and just remove those nodes. The number of nodes removed often depends on the amount of nodes that contain cancer cells. That has helped to reduce the chances of getting lymphedema."

Bahler says once the lymphedema is reduced, the patient is given a list of things to watch for in order to prevent future episodes. For example, if an arm has had lymphedema then the patient should not have blood pressure taken on that arm. The lifting of heavy weight is not recommended, and light exercise is better than strenuous exercise. "Patients should also drink plenty of fluid," says Bahler. "If they travel on an airplane they should get out of their seat and walk down the aisle to increase blood flow in the extremities. They may also consider getting an elastic sleeve even if they don't have lymphedema, because of the difference in air pressure. If they already have lymphedema they should definitely wear a sleeve when flying. If they travel long distances in a car, they should pull over to a rest stop, get out and walk a bit."

"If you are diagnosed with lymphedema or suspect you may have it, the sooner you get treatment the better," says Bahler. "If you let it go, the tissue can change and you may never be able to get rid of it."

For more information about lymphedema therapy, contact The Rainbow Hematology/Oncology Treatment Center at 419-330-2708. Or visit The National Lymphedema Network at www.lymphnet.org.

Message from the CEO

I don't have to point out to you that health care is in the news every day, especially with regards to health insurance coverage. Despite the daily dose of media coverage, you can be assured that our mission hasn't changed. Our mission continues as we strive to provide complete, comprehensive medical care for you and yours.

When we talk about comprehensive medical care, one of the prime examples is our Rainbow Hematology/Oncology Treatment Center, the featured article in this newsletter. Our Cancer Center, which was established in 1984, has given care and hope to thousands of cancer patients. Please take time to read about our great staff!



For the second consecutive issue we have included a story about one of our staff members who has gone above and beyond their normal duties. Elaine Wells has been using her artistic talent to help heal the pain of parents who have lost an infant during or soon after childbirth. You will want to read that heart-warming story.

Our medical staff continues to grow, as we have added Dr. Christopher Meyer, our first full-time Pediatrician who has ties to the local area. We have also added a second Hospitalist to our staff with the addition of Rowland Rivero, D.O. If you're not sure what a Hospitalist is, you can learn about that field of medicine as well as Dr. Rivero in this newsletter.

As the New Year arrives, take time to enjoy your family. And remember, our FCHC family is here to help whenever needed.

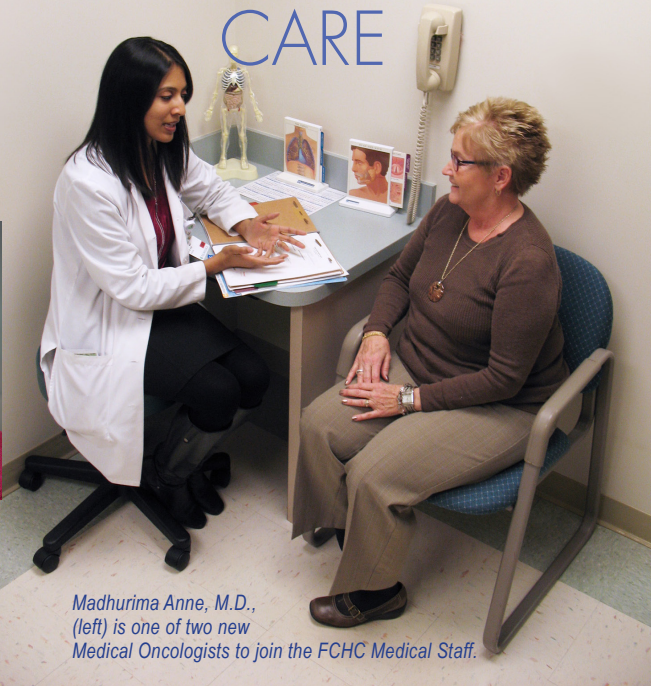
Best Regards,

Patti Finn

Fulton County Health Center
Chief Executive Officer

(Continued from page 3)

WHERE HOPE MEETS CANCER CARE



Madhurima Anne, M.D., (left) is one of two new Medical Oncologists to join the FCHC Medical Staff.

Local Care Stacks Up to Large Institutions

based on the size of the facility. "At The Rainbow Hematology/Oncology Treatment Center, we're offering the same quality level of treatment that is being provided by university medical centers and large cancer treatment centers," says Britsch. "What patients need to look at is the accreditation of the facility, not its size."

For more information about The Rainbow Hematology/Oncology Treatment Center, contact the department at 419-330-2708.



The Wig Bank is one of several free services offered at The Rainbow Hematology/Oncology Treatment Center. Brandy Nofziger, Oncology Unit Secretary and Look Good Feel Better Coordinator, meets with female patients to show them ways to wear wigs, scarves and hats when hair loss becomes an issue.

The Rainbow Hematology/Oncology Treatment Center

- Founded in 1984
- New 9,000 square foot facility added to FCHC in 2000
- Provides chemotherapy treatment to cancer patients and infusion therapy to non-cancer patients
- Handled 4,450 patient visits in 2012
- Accredited by the American College of Surgeons Commission on Cancer since 1991
- Provides many free support services

Touching Hearts Through Art

Elaine Wells was a reluctant artist with a talent that goes back to her high school days. Wells, who has worked at Fulton County Health Center for 30 years and in the Obstetrical Department since 1984, is a Registered Nurse with a Board Certification in Perinatal Nursing. She is now the FCHC OB Unit Manager. Wells has often created drawings of family members and pets. The first drawing she showed to anyone other than her family was a drawing of her former supervisor holding her first grandchild. But on September 12, 2011 Elaine Wells' artistic expression took an unusual turn.

"I was working in the OB unit that day, and one of our moms delivered a stillborn baby," recalls Wells. "It was a very sad, emotional time for the mother and her family, and I just felt compelled to do something for them. So I asked if I could draw a picture of their baby as a remembrance, and they agreed." Stillbirth babies usually look a bit wrinkled and

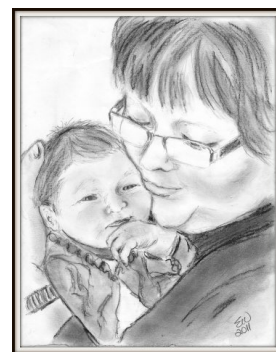
sometimes a little scrawny, so the picture she drew was of a baby that was a little more "filled out." She added a button nose as the mother had requested. "I framed the picture and gave it to the parents, and that was the beginning of H.U.G.S."

H.U.G.S. is an acronym for "His Ultimate Grace and Salvation," Pencil Portraits by Elaine. "I feel my talent is a gift from God, and I am compelled to share that gift with others." She has created more than 100 drawings ... of babies, children, family, and pets. But her most rewarding works of art are the ones commemorating the death of an infant, drawings that she frames and gives to the families. "They need to have a gentle memory of their infant," she says.

Wells creates all of her artwork at home during the evening hours. "It's relaxing for me and feels like a gift," she says. A gift that often touches hearts during some very emotional times.



Elaine Wells created this drawing of the late Connie Koppenhofer, former FCHC OB Unit Manager, and her first grandchild, Willa. It was the first drawing she showed to anyone outside of her family.





New Pediatrician Has Heart for Kids

Everyone has dreams, but how many people actually realize their dreams? That's exactly what happened to Christopher Meyer, M.D. who, as a six-year-old, decided he wanted to one day become a Pediatrician. Fast forward a few years, and today Dr. Meyer is Fulton County Health Center's first full-time Pediatrician.

"As a child I had several illnesses that required me to see doctors, and their genuine concern and care for me truly made an impact and left a lasting impression," says Dr.

Meyer. "I knew if I were to become a Pediatrician I could have a lifetime of opportunities to make a difference in the lives of children and their parents."

Dr. Meyer grew up an Air Force brat, living in Germany, Oklahoma and Ohio (Dayton) as his father was moved from one Air Force base to another. He attended Beavercreek High School in Dayton and then graduated with his undergraduate degree from Ohio Northern University, becoming the first of his siblings to graduate from college. He then attended Wright State University School of Medicine where he received his medical degree. It was at Ohio Northern where Dr. Meyer met his future wife Kelly Creager, an alumnus of Patrick Henry Local Schools and Miss Ohio 1998. Together they have four children ages 9, 8, 5 and 1 ... plus a fifth child on the way.

A key part of Dr. Meyer's life was spent in the



The West Ohio Pediatric staff (l-r): Christopher Meyer, M.D.; Trisha Bates, Receptionist; Amanda Van Deilen, Physician Biller; and Beth Wagner, RN, BSN.

U.S. Army, where he served as a Captain and Interim Brigade Surgeon for 4,000 troops in the 101st Airborne Division. "I always felt a sense of obligation to serve my country, to protect our freedoms," says Dr. Meyer. "The Army was a good fit for my personality, and it was a fantastic way for me to gain all types of medical and behavioral health experience prior to entering private practice."

Not many people know that Pediatricians are the most deployed physicians in the U.S. Army, on a par with the deployment of Surgeons. One of the reasons is that many children in battle zones become casualties of war, and Pediatricians are needed to care for them. "When I would assist an injured child from a local village, my efforts would not go unnoticed. Ultimately, it would

help gain the trust of the local village leaders and shape a more positive image of Americans in their minds."

Pediatricians are also trained to understand the behavioral issues and emotions of 18 and 19-year-old soldiers as well as the children of servicemen and women back home.

"I gained a lot of experience counseling young American soldiers to help them with high-risk behaviors, stress, relationship issues, and family bonds," says Dr. Meyer. "I use that in my practice today when I deal with local teens."

Dr. Meyer was also introduced to many areas of Pediatric Medicine while working at Brooke Army Medical Center in San Antonio, Texas. He lists his medical interests as: Cardiac, pulmonary, asthma/allergies, sports medicine, and adolescent medicine. His interest in sports medicine comes from years of playing high level Division 1 Class A baseball. In fact, Dr. Meyer, received a tryout as a pitcher for the Cincinnati Reds. Today he remains involved with baseball, working with the Patrick Henry baseball team.

With a heart for missionary service, Dr. Meyer has volunteered with other physicians in West Africa and South America. In Africa he worked in conjunction with the group, In His Name Ministries, as a visiting physician in a rural mission hospital and also served local villages that were in desperate need of medical care. "That experience made me appreciate more fully all that we have in our country, and it has made me a better person and a more caring physician," says Dr. Meyer.

As a Pediatrician, he describes his approach to caring for young children as having sincerity of heart. "It's important that I provide genuine attention to them and truly listen to their concerns," explains Dr. Meyer. "You can't pretend to be sincere and to like kids. They'll see right through it."

Meeting family members on their level of understanding is another principle Dr. Meyer follows when dealing with the parents and guardians of his young patients. "The family is an extension of my patients, and I'm here to serve both of them."

Dr. Meyer is accepting new patients, ranging in age from infants to 23-year-olds. He reminds parents that their children should continue to see a doctor every year into their early 20's, even after they leave elementary school. Dr. Meyer's Pediatric Medical Practice, West Ohio Pediatrics, is located in the FCHC Medical Office Building, 725 S. Shoop Avenue, Wauseon. Appointments can be made by calling 419-335-3333.



Hospitalist Joins FCHC Staff

Hospital Care Group, a physician-owned company based out of Fort Wayne, Indiana has contracted with FCHC to provide Hospitalist coverage along with our current Hospitalist, Alan Rivera, M.D. Their group will provide Hospitalist coverage when Dr. Rivera is not on call.

Rowland Rivero, D.O., of Hospital Care Group is the primary Hospitalist to join the FCHC medical staff from their group.

Dr. Rivero is Board Certified in Family Practice Medicine and completed his Residency at The Toledo Hospital.

Only one Hospitalist will be on staff at all times, and the two doctors will split time with each other to make sure there is coverage. Each physician will work a 7-day shift from 8:00 a.m. - 4:30 p.m., and they will be on call when not at the Health Center.

Currently our Hospitalists provide inpatient coverage for adult patients only. If the patient has a primary care physician on the FCHC medical staff, that primary care physician may decide to refer an admission to our Hospitalist. Once discharged, the Hospitalist refers the patient back to their primary care physician. If a patient does not have a primary care physician and needs admission, they will be placed under the Hospitalist's care while at FCHC.

For more information about our Hospitalist Program, contact Steve McCoy, FCHC Director of Marketing and Planning, at 419-330-2717 or info@fulhealth.org.



Rowland Rivero, D.O.

FCHC News & Notes

An Evening of Heart Matters

Coming in February is "An Evening of Heart Matters," an informal setting where you can ask heart-related questions to a panel of Heart & Vascular Specialists. A healthy dinner is included in this free program. Watch for details in your local newspapers, on our website (www.fultoncountyhealthcenter.org) or on our Facebook page.

Congratulations, Runners & Walkers!

Fulton County Health Center sponsored a 5K and 1K run/walk event on Saturday Sept. 14th to promote health and wellness in Fulton County. The nearly 200 participants in the run/walk included residents from Fulton Manor and Fulton Suites and their families, hospital employees and participants of all ages from Fulton County, Northwest Ohio, Northern Indiana, and Southeast Michigan. Check out the FCHC Facebook page for photos. Race results are posted online at www.davesrunning.com. The event included free blood pressure, blood sugar and derma scan screenings. Thanks to the numerous volunteers who helped make this event a success, including: the FCHC Auxiliary, FCHC Volunteers, National Honor Society from Four County Joint Vocational School, Wauseon Police, and numerous other individuals and staff from FCHC. Event proceeds will be used to provide health screenings and education in the community for issues such as diabetes, hypertension, cancer, and more. The committee has already selected Saturday, September 13th for next year's event!

Thanks also to our many sponsors. **Olympian Level:** Absolute Pharmacy, APRN, Archbold Container Corporation, Culligan Water Conditioning, Emilie's Photo Designs, FCHC Medical Staff, Hagerman Family Physicians, TJ Automation, Subway of Archbold-Delta-Swanton, Swanton Welding and Machining, West Ohio Orthopedics. **Marathoner Level:** Farmers & Merchant State Bank, Haas Farms, Holiday Inn Express, Rite Aid, Sauder Woodworking, State Line Farms, Wauseon Machine & Manufacturing, Inc. **Sprinter Level:** Countryside Farms Drainage, First Federal Bank, Kuntz Quality Builders, Walmart, Worthington Industries. **Other Sponsors** (Door prizes & refreshments): A.K.A Designs, Circle K, Barron's Café, Big Buffalo Pawn Shop, Farmland News, Sauder Village, Taco Bell.

Heart Radiothon

The Fulton County Heart Radiothon is coming Thurs., Feb. 13. 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. This is the 40th Anniversary of Heart Radiothon, and we have set a goal of reaching \$40,000 for this year! Proceeds will support heart related programs and equipment in Fulton County. On Heart Radiothon Day (Feb. 13) from 7:00 a.m.-7:00 p.m., FCHC will test cholesterol and glucose (blood sugar) levels in the FCHC Cafeteria. Cost is a \$5 donation to the Heart Radiothon. Fasting is not required. Other cholesterol and glucose screenings will be coming to Fulton County public libraries in April. Watch your local newspapers for information or visit fultoncountyhealthcenter.org.

Auxiliary News

- Nurse's Edge Sale: Feb. 11; time and place to be announced.
- Valentine's Day Sale (Wauseon Unit): Feb. 14 - Cookies, Balloons, Rosebud Vases, and items from the Mennonite Pantry; FCHC Cafeteria.
- Books Are Fun: March 17-18; FCHC Cafeteria.



2013
Health & Wellness
5K Run/Walk • 1K Run/Walk



Health & Wellness Programs

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



Obstetrics: Partners in Pregnancy Programs

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 an International Board Certified Lactation Consultant. Free.

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

Childbirth Education - 2 hours/week for 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 at 7:30 p.m. in the FCHC Ground Floor 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.

H.E.L.P.

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

Diabetes Education & Support

New Session! Preventing and Treating Kidney Diseases. Come and hear Dr. Shaukat Rashid, one of the kidney specialists who sees patients in the FCHC Medical Office Building. Dr. Rashid treats all types of kidney diseases due to diabetes, high blood pressure or other reasons. He will give a free presentation and then be available for questions afterward. Thurs., Jan. 9, 7:00 - 8:30 p.m., FCHC Meeting Room. To register or for more information, call the FCHC Diabetes Education office at 419-330-2772. Please register by January 8th.

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 2014 (i.e., February, April, June, August, October, December). \$5 suggested donation. FCHC Meeting Room. No registration necessary. *Note: No January or March class.*

February: Connecting the Mind and Body in Diabetes with Dr. Rebecca McClarren and Karen Dierkens, LPCC, LSW. **How the Body Works** and **Intentional Living: Optimizing Health and Well-Being.** Learn the amazing way our bodies function with or without a diagnosis of diabetes and how to live an intentional life for better diabetes management. Thurs., Feb. 13, 7:00 - 9:00 p.m.

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

Dates: Jan. 9, Feb. 13, March 13. 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. Stop by the office and a certified diabetes educator will be waiting to assist you in your needs. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

Oncology Programs

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

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

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

American Cancer Society Services On Site - Look Good Feel Better - Dates to be announced. Call 419-330-2708 for information. 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 in the Quick Links Section), or call 419-330-2735.

Lifestyle

Lifestyle Management Training

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

Lifestyle Management Class

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

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., Feb. 4 or April 8, 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. 18 or April 22, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Nutrition

Healthy Eating in the Real World

Learn how to make meaningful changes in your eating behaviors. Includes information on the basics of eating well, shopping tips and eating on the run. Thurs., Jan. 23, 7:00 - 8:00 p.m. FCHC Surgery Conference Room, 2nd Floor. Call 419-330-2721 by Jan. 20 to register.

New Year, New You

Come learn and review healthy living tips with FCHC dietitians. You will learn to apply smart goal setting to help implement new behaviors. Bring your own lunch, but sample a new food each week. Thurs., Feb. 6, 13, 20 & 27, 12:00 - 12:30 p.m., Free, FCHC Beck Meeting Room. Call 419-330-2721 by Feb. 4 to register.

Nutrition for Kids Class

This class will focus on basic nutrition and activity and include some hands on snack preparation and tasting. A light meal will be provided. Sat., Feb. 22, 8:00 - 10:00 a.m., \$10, FCHC Beck Meeting Room. Call 419-330-2721 by Feb. 20 to register.

Dining with Diabetes

This three-week class will offer healthy eating and cooking tips while dealing with diabetes. It is presented in conjunction with OSU Extension - Fulton County. Tues., March 11, 18 & 25, 6:00 - 8:00 p.m., \$25 (or \$10 per session), FCHC Beck Meeting Room. Call 419-330-2721 by March 7 to register.

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. 18 or March 22, 9:00 a.m. - 4:00 p.m., \$65, FCHC Ground Floor Meeting Room.

American Heart Association Healthcare Provider CPR

CPR Certification by the American Heart Association for health professionals and health professional students. 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. 22 or April 26, 9:00 am - 1:00 pm, \$50, FCHC Ground Floor Meeting Room.

Safety

Babysitting Classes

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

Sat., April 5, 9:00 am - 3:00 pm, \$20, Liberty Center Library. Call 419-533-5721 to register.

Sat., April 12, 9:00 am - 3:00 pm, \$20, Evergreen Library. Call 419-644-2771 to register.

Sat., May 3, 9:00 am - 3:00 pm, \$20, Swanton Library. Call 419-826-2760 to register.

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! Mon., Jan. 13, 20, 27 and Feb. 3, 5:30 - 6:30 p.m., Free, FCHC Emergency Department Conference Room.

Hypnosis

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PCC, Professional Clinical Counselor and clinically trained Hypnotherapist will 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. Classes are held in the FCHC 2nd Floor Surgery Conference Room.

Sat., Jan. 25

Weight Loss: 1:00 - 2:30 p.m.
Stop Smoking: 2:30 - 4:00 p.m.

Sat., March 15

Weight Loss: 1:00 - 2:30 p.m.
Stop Smoking: 2:30 - 4:00 p.m.



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Most classes (except a few such as Belly Dance & Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Jan. 6 - March 15; 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®

Just Add Water And Shake! Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba® program gives new meaning to the idea of a refreshing workout. Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

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.

Fire IT® (Interval Training)

Extreme interval training that pushes your endurance levels to heights you never imagined. One hour workout consists of only 5-7 exercises. Each exercise lasting only 20-60 seconds for 8-12 sets. You will continue to burn for hours after.

Gentle Movement

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

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
Maximum Burn	M, W & F	5:45 AM	FCHC Rehab Center
Fire IT	SAT	6:00 AM	FCHC Rehab Center
Fire IT	M	6:45 PM	FCHC Rehab Center
Zumba®	W	6:30 PM	FCHC Rehab Center
Belly Dance (\$8.50 per class)	T	7:00 PM	FCHC Rehab Center
SilverSneakers® Classic (formerly 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 Sr. Ctr.
Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.			
New! Zumba Gold® (10 weeks-\$27)	T	10:00 AM	Fulton County Sr. Ctr.

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	8:00 AM	FCHC Rehab Center
Aqua Zumba®	T	5:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	T	6:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	TH	5:15 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® Splash	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	10:30 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. 11 – March 1			

Bryan	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Lincoln School Gym

Evergreen School District	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	Evergreen H.S. Gym
Cardio Dance	W	7:00 PM	Evergreen E.S. Gym

Fayette School	Day(s)	Time	Location
Cardio Dance	W	6:30 PM	Fayette Jr. H.S. Gym

Pioneer	Day(s)	Time	Location
Cardio Dance	TH	5:30 PM	Church of the Nazarene

Swanton	Day(s)	Time	Location
Cardio Core	T & TH	6:00 PM	Crestwood Elementary
Zumba®	M	6:30 PM	Trinity United Methodist

West Unity	Day(s)	Time	Location
Cardio Dance	T & TH	6:15 PM	Solid Rock Church

Health & Wellness Programs

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Health & Fitness Class Descriptions

Health & Fitness Classes

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	M & W	9:00 AM	Wyse Commons
New! Aquatic Noodle Workout	M & W	10:00 AM	Wyse Commons
Arthritis Aquatics	M	5:15 PM	Wyse Commons
Aquatic Noodle Workout	M	6:00 PM	Wyse Commons
Aquatic Noodle Workout	W	5:15 PM	Wyse Commons
Aqua Zumba®	TH	5:00 PM	Wyse Commons

Gentle Movement M & W 9:15 AM Wyse Commons
Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.

Archbold	Day(s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.			
Turbo Kick®	M	5:30 PM	Park Pavilion
Zumba®	W	5:30 PM	Park Pavilion
Cardio Craze Plus	T & TH	5:30 PM	Park Pavilion
Zumba®	T & TH	5:30 AM	Park Pavilion
10 classes - \$27, 20 classes - \$40, 21 or more - \$50			

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

Wauseon	Day(s)	Time	Location
Yoga	SAT	9:00 AM	FCHC Beck Mtg. Rm.
Yoga	T	5:00 PM	FCHC Beck Mtg. Rm.
10 classes - \$47, 20 classes - \$74			

Pioneer	Day(s)	Time	Location
Yoga	W	7:00 PM	Church of the Nazarene
10 classes - \$47			

Swanton	Day(s)	Time	Location
Yoga	T	7:15 PM	Trinity United Methodist
10 classes - \$47; 20 classes \$74			

Archbold	Day(s)	Time	Location
Yoga – Gentle	M & TH	6:30 PM	Park Pavilion
Yoga – Intermediate	M & TH	7:30 PM	Park Pavilion
10 classes - \$40, 20 classes - \$60			
Co-sponsored by Archbold Parks & Recreation Dept.			

Enjoy the Benefits of Yoga!

Improves strength, flexibility, balance, posture and is great for stress management



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® Classic

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

SilverSneakers® Splash

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

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®

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

Zumba Gold®

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

In This Issue:

Where Hope Meets Cancer Care
Helping Patients With Lymphedema
Message from the CEO
Touching Hearts Through Art
New Pediatrician Has Heart for Kids
Hospitalist Joins FCHC Staff
News & Notes
Health & Fitness Classes
Fulton Suites Gets Facelift

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

Patti Finn, Chief Executive Officer

Carl Hill, President, Board of Directors

Steve McCoy, Director of Marketing and Planning

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

Fulton Suites Gets Facelift

The independent living units of Fulton Suites are getting a facelift. The units, which are adjacent to the Fulton Manor long-term care facility, are located on the campus of Fulton County Health Center.

“This is a large effort to improve the facility, and we’re using outside contractors to do most of the work,” says Mary Jo Smallman, LNHA, Administrator of Fulton Manor & Fulton Suites. “We’re remodeling all of our general areas in the facility along with individual residential suites.”

The general areas being remodeled include the family meeting room, main kitchen, reading room/library, and the centralized dining room. All ceilings in these areas are being re-plastered and painted, new carpeting is being installed, and new furniture is arriving. The individual suites are also being painted and will receive new carpeting and flooring.

“The remodeling began this past spring and will be done this coming spring,” says Smallman. Watch future issues of *Health Centering* for a wrap-up article when the work has been completed.

