

A publication of Fulton County Health Center

Health Centering

Healthy
Choices,
Caring
Choices

Volume 31, No. 1 Winter, 2015



FULTON COUNTY
HEALTH CENTER
Completing the circle of care

As January 1st approaches, it's time to make plans for your New Year's Resolution. Lose weight? Exercise more? Eat better? They're all very popular choices, but they are also very difficult resolutions to keep.

"It's easy to get caught up and overwhelmed by all the information out there about losing weight, eating right or getting exercise," says Sharon Morr, FCHC Director, Corporate and Community Health Promotion. "Maybe we can help by taking a step back and offering some easy-to-remember advice in this newsletter article."

Others Matter

"People don't always think about how unhealthy habits can affect loved ones," says Steve McCoy, FCHC Director of Marketing. "When you start eating healthier, more than likely those around you will do the same. If you start doing more physical activity, chances are your significant other and family members will join in. Your decisions on how to care for your health have a ripple effect on those around you."

The Sitting Disease

Not too long ago our family members farmed or had jobs that involved standing, lifting and moving. Today, many of us are tied to our desks doing computer work. While technology has made our work and personal lives easier, it's also forced us to sit so much that health experts refer to it as "The Sitting Disease." We turn our TVs on with a remote rather than getting up and switching the channel. We use a clothes dryer rather than taking laundry out to the backyard and hanging it on a clothesline. We drive to work, sit at a desk all day, drive home and eat a heavy meal with too much food on our plates. That doesn't include all the emailing and texting we manage to work in throughout the morning, afternoon and evening.

Stand Up!

Research studies show that even if you do vigorous exercise for an hour a day, every day, it can't compensate for the damage done to the cells in your body by prolonged sitting. "Sitting too much and exercising too little can increase the risk of heart disease in men," says Morr. "If you sit for more than an hour at a time, it's too long. So, get up from your chair and stretch or touch your toes. Do that at least once an hour and the movement will help to counteract all of the sitting. The more frequently you can move your body, the better it is for your health."



Katrina VanSlyke, FCHC Food Services employee, sets up a healthy salad bar for employees and visitors to the Health Center.

Healthy Choices, Caring Choices

Exercise - Keep it Simple

"A lot of people make the mistake of making their exercise plans too complicated, and then it is difficult for them to sustain it on a regular basis," says Jamin Torres, FCHC Health Promotion Manager. "Keep this simple idea in mind ... any exercise is better than no exercise. And, exercise at any age will build muscle mass, improve your cardiovascular fitness, increase your range of motion, and improve both your balance and flexibility."

When we age, our muscles become weaker if they are not exercised. So it becomes difficult for elderly individuals to push open a door or open a cupboard at home. Exercise will help. Torres says a person should ideally exercise five days a week for at least 30 minutes. "That could be walking outside, riding a bike, or taking an FCHC fitness class."

Tonya Gomez, RD, LD, FCHC Fitness Coordinator/Registered Dietitian, thinks access to a fitness routine is key to sustaining it. "If the exercise facility is not in close proximity, the routine may not be sustainable. Once people get home, it may be challenging for them to go back out. I advise our clients to think simple ... walk to see someone in the office rather than emailing or texting them. When you're at home, get up and walk around the house during TV commercials. Or walk to your loved ones room to talk to them rather than texting. It comes down to moving ... just move the body instead of being sedentary." Both Torres and Gomez suggest that before you decide to embark on an exercise program you first check with your family physician if you are over 40 or have an underlying health issue.

Or you can join one of the many FCHC fitness classes offered in your community. The classes are listed in this newsletter. "Sometimes it's just better to join a class for the guidance and motivation," says Gomez.

A Fitness Facility Nearby

Another option for those who want to exercise is to 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.





Jill Crossgrove-Murillo, RD, LD, Registered Dietitian, and Tonya Gomez, RD, LD, FCHC Fitness Coordinator/Registered Dietitian recommend using the U.S. Department of Agriculture's Choose My Plate model (www.choosemyplate.gov) to help plan healthy meals.



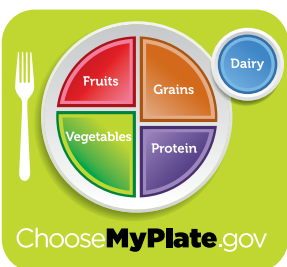
Sandy Stuckey, Corporate & Community Health Promotion Coordinator, performs a blood pressure screening during a wellness check.

Free fitness assessments are provided with an FCHC fitness staff member. 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.

Healthy Eating

"Eat food, not too much, mostly plants." These words of Michael Pollan, food author, are quite simple rules to remember. He contends that most of what Americans buy in supermarkets, fast food stores, and restaurants is not food in the traditional sense. He suggests eating only those things that your grandmother would have recognized as food.

"Americans eat too much," says Morr, the Corporate and Community Health Promotion Director. "In the nutrition field, we call it 'Portion Distortion.'" Remember the old food pyramid that served as a guideline for a healthy diet? It's been replaced by the U.S. Department of Agriculture's



Choose My Plate model (www.choosemyplate.gov).

The new guideline divides a dinner plate into four parts. The USDA recommends filling each of the four quarters of your plate with a vegetable, fruit, whole grain, and protein. The vegetable and grain portions should be larger than the portions for the fruit and protein. They also include a serving of a dairy product with the meal.

What About Diets & Supplements?

"A lot of my friends ask me about shakes they get to help them lose weight," says Torres. "I always tell them that those shakes sometimes can be counterproductive to your health, because they teach you to not eat regular food. They may work for some for the period of time that they are on them, but as soon as people go back to old habits they sometimes go back to where they began." He adds that people ultimately need to try to get their nutrients from regular foods that they can find in their local community grocery stores. Neither Torres nor Gomez

are fans of the "fad" diets that come and go. "What you eat, and how much you eat, is more important than going on a diet," says Gomez. "If you use the Choose My Plate model, you can't go wrong."

Label Reading

Food label reading is also beneficial to those who want to eat healthier. "The first thing I recommend is to check the number of servings in the package or container," says Gomez. "People make the mistake and think the amount of fat or sodium that is listed is the amount in the container. It's actually the amount per serving, and there can be many servings per package or container." Gomez says another thing she looks for is the amount of sodium per serving. As a guide, 140 mg per serving of an item is a low sodium serving. "Get rid of your salt shakers, and look for low-salt items such as low-salt potato chips," says Gomez. "Your taste buds will adapt." Gomez also recommends looking at the grams and not the percentages in the food label. "The percentages are based on a 2,000 calorie diet, and most of us don't need to eat that much."

We Can Help

If you are motivated to begin making lifestyle changes, FCHC staff members are available to offer advice, counseling, encouragement, and guidelines. Here are some ways to seek help:

- 1 Sign up for an FCHC health or fitness class in your community (*listed in this newsletter*).
- 2 Take advantage of the \$5 cholesterol, blood pressure & glucose screening at the Heart Radiothon on Feb. 12 in the FCHC Cafeteria (*see News & Notes section*).
- 3 Join the FCHC Fitness Center in downtown Wauseon.
- 4 Get nutrition education through FCHC's Lifestyle Management Training & Lifestyle Exercise Classes (*listed in this newsletter*).
- 5 Get baseline health screenings at local summer festivals, and health screenings at public libraries.
- 6 Find out how to combat diabetes - or deal with it - through the FCHC Diabetes Education office.

"We're not just a hospital that's there to fix you when you're sick," says Morr. "We're a great resource to help you make lifestyle changes so you can stay healthy for yourself and your loved ones."

Need Advice or Help?

Use this list 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.

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

Fitness Classes – Tonya Gomez, RD, LD, FCHC Fitness Coordinator/Registered Dietitian, 419-330-2724

Health Classes – Jamin Torres, BA, ACE CPT, FCHC Health Promotion Manager, 419-330-2722

Nutrition Counseling – Jill Crossgrove-Murillo, RD, LD, 419-330-2721; Tonya Gomez, RD, LD, FCHC Fitness Coordinator/Registered Dietitian

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

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

Cardiac Rehab – Angie McWatters, RN, BSN, 419-330-2692

Message from the CEO

Most people think of Fulton County Health Center as the place to go when you're sick or injured. But our lead story in this newsletter focuses on the issue of wellness and making Healthy Choices, Caring Choices that affect your health and the health of loved ones.



The issue of wellness is something we take seriously, and we devote a good deal of staff resources to helping you improve your lifestyles. As we embark on the New Year and make our resolutions, I encourage you to read our lead story. Hopefully, it will provide you with inspiration and guidance to improve your health! Remember to check out our health and fitness classes after you read the lead story.

Another wellness issue that is a hot topic in the state of Ohio is the Safe Sleep is Good4Baby campaign, a statewide effort to make sure parents do what is necessary to avoid the sudden sleep death of their infant. We address this topic again in our newsletter and offer timely advice for new parents.

We want you to know that FCHC has joined with seven other area hospitals to form a joint venture ... Vantage Healthcare of Ohio ... that will help us remain an independent hospital while also taking advantage of group purchasing efforts to control our costs. An article in this newsletter explains this move in greater detail.

Also, our FulCare Adult Partial Hospitalization program has moved from the 5th floor of our Health Center to the 4th floor. We explain this move along with the services they offer.

There are several other informative articles in this issue along with our usual News & Notes to keep you updated on what's happening at Fulton County Health Center.

Enjoy the holidays with your families, and stay well!

Best Regards,

Patti Finn

Patti Finn,

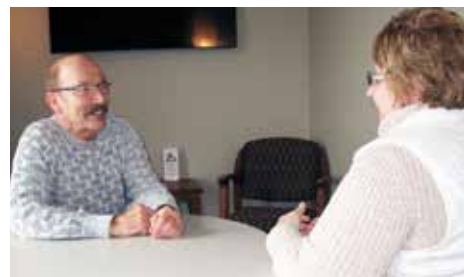
Fulton County Health Center
Chief Executive Officer

Partial Hospitalization Program Expands



The FulCare Adult Partial Hospitalization program has expanded its services and added more space by moving from the 5th floor of Fulton County Health Center to the 4th floor. Glenda Ferris, a Licensed Independent Social Worker (LISW-S), is the Coordinator of the Adult Partial Hospitalization program. In addition to Ferris, the unit has four part-time Licensed Social Workers (LSW). Clients in the program are under the medical supervision of a staff Psychiatrist.

"The reason for the expansion of our Partial Hospitalization program is to allow us to treat as many adult patients as possible," says Ferris. "We've committed more space and more staff resources to truly help clients deal with their issues, and it can often help avoid an inpatient stay."



Kurt Stuckey, LSW, provides an individual counseling session for a patient.

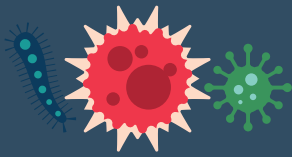
Depression and anxiety are two of the most common disorders for people seeking help through the Partial Hospitalization program experience. "The Adult Partial Hospitalization program is a service we offer for those clients who do not require the intensive treatment of an inpatient stay, but who require more intense therapy than what we offer through our outpatient program," says Kurt Stuckey, LSW. A comprehensive assessment is performed when the individual first arrives to determine the best level of care for them.

Adult Partial Hospitalization offers a structured, therapeutic program for a short period of time. One of the primary purposes for Partial Hospitalization is to prevent the need for an inpatient hospitalization. The program is tailored to meet each individual's needs, and it provides direction and tools that each person can use in their daily lives.

"We treat adults age 18 and older," says Ferris. Typically, an individual in the Partial Hospitalization program will spend up to five hours per day in the unit. The daily program consists of four therapeutic groups and an individual session with a therapist. Upon admission, the patient will meet with a staff psychiatrist once a week, who will provide medication management and review the progress of the treatment plan. A Nurse Practitioner, who works closely with the psychiatrist, is also available to review medications as needed. Lunch is provided each day.

The four group therapy sessions each last approximately 50 minutes to an hour, followed by a half-hour to one hour of an individual session with a therapist to focus on specific issues for that individual. Ferris says the group therapy sessions are very beneficial because they help people realize they are not alone with their problems.

The Partial Hospitalization program is located on the 4th floor of the Health Center and operates from 9:00 a.m. through 2:30 p.m., Monday through Friday. To find out more, contact FulCare Behavioral Health at 419-337-8661, extension 2422.



Flu vs. Ebola



The arrival of Ebola on U.S. soil has understandably caused great concern throughout the country. Mass transportation, especially air travel, has fueled concerns about the ease of transmission. On top of the Ebola scare, we are in the beginning of the flu season. The Centers for Disease Control and Prevention have published and distributed guidelines to hospitals, physicians and other health care providers to help educate the public on the difference between the flu and Ebola:

Flu (Influenza)

Ebola

What It Is

The flu is a common, contagious respiratory illness caused by influenza viruses. It is not the same as a cold, and it is not to be confused with a stomach virus that is sometimes called the stomach flu. There are a variety of flu viruses, and they can differ from year to year.

How It's Spread

The flu is spread primarily through droplets emitted from coughing, sneezing or talking. Flu viruses can also live on surfaces and be spread by touching the surface, then touching your eyes, nose or mouth. The flu can be spread before and during a person's illness.

Who Gets It?

Anyone. Young children, older adults and those with health conditions are at higher risk of complications.

Symptoms

Flu symptoms develop quickly and usually within two days of exposure:

- Fever
- Headache
- Muscle aches
- Fatigue
- Cough
- Sore throat
- Runny nose

Vaccine

The seasonal flu vaccine is available to help prevent a person from getting the flu or to at least alleviate the symptoms. Two factors play a role in determining the likelihood that the flu vaccine will protect a person from the flu: 1) The age and health of the person being vaccinated; and 2) The similarity between the flu viruses that are actually spreading vs. the flu vaccine. Because of the length of time needed to produce a large quantity of flu vaccines, health care researchers and scientists must analyze and predict months in advance what flu viruses will spread through the population. They then make the appropriate flu vaccine to counter the virus they predict will be common in the flu season.

What It Is

Ebola is a rare and deadly disease caused by a specific virus that is currently an epidemic in West Africa. Ebola is not new - it was discovered in 1976 in the Democratic Republic of the Congo, in Africa.

How It's Spread

Ebola is highly contagious, but it can only be spread through direct contact with blood or body fluids, or through a needle that had been in contact with a person who has symptoms of Ebola. It is not spread in the air or by water or food. It is not transmitted from persons who do not have symptoms of infection.

Who Gets It?

Health care providers who come in contact with Ebola patients are most at risk. Friends and family who have had unprotected exposure to the blood or body fluids of a sick person are also at risk.

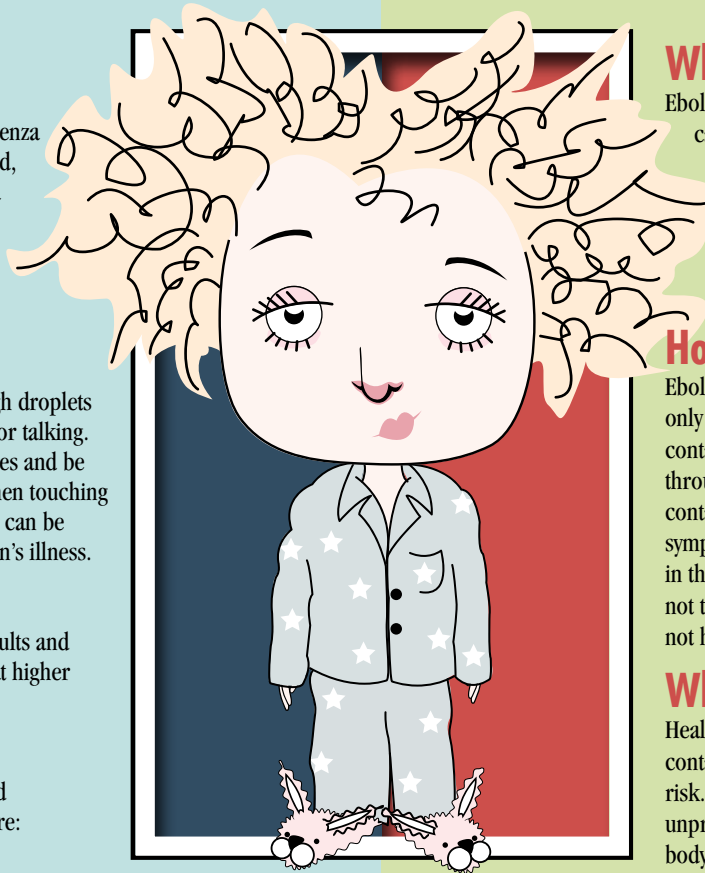
Symptoms

Ebola symptoms usually develop over a period of two to 21 days after exposure, with the average time 8-10 days. Symptoms develop over several days and become progressively more severe:

- Fever
- Severe headache
- Muscle pain
- Fatigue
- Vomiting & diarrhea after 3-6 days
- Severe weakness
- Stomach pain
- Bleeding or bruising

Vaccine

There is no vaccine for the Ebola virus.



Safe Sleep is Good4Baby



Here are some disturbing facts for new parents or those about to become parents:

- 1** Sleep-related deaths are the leading cause of deaths in babies ages one month to one year.
- 2** In Ohio, three babies die every week from a sleep-related death.
- 3** 66% of sleep-related infant deaths occurred when the baby was sharing a sleep surface (bed, chair, couch, or chest) with another person.

FCHC has joined hospitals across the state in the Ohio Hospital Association's "Safe Sleep is Good4Baby" campaign. The goal is to reduce the infant mortality rate by five percent each year from 2014-2016.

"This fall we began our campaign to educate parents about Safe Sleep through our Partners in Pregnancy program, and to provide them with a Safe Sleep Kit," says Peg Short, RN, FCHC OB Patient Education Coordinator. Each Safe Sleep Kit contains:

- A children's book with Safe Sleep tips from the Fulton County Health Department
- A "This Side Up" onesie from Help Me Grow

"We want to enlist everyone's help in this safe sleep campaign," says Short. "We want to remind parents to tell grandparents, babysitters and any caregivers for their babies to place babies on their backs to sleep. This is an easy thing to forget."

FAQs About Safe Sleep

How old are babies who die from SIDS?

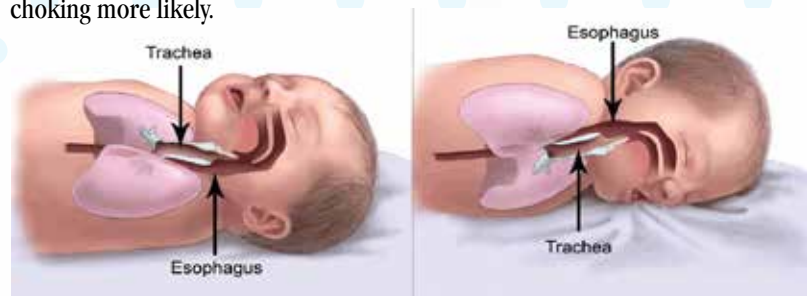
90% of SIDS deaths occur before 6 months of age. However, SIDS deaths can occur anytime during a baby's first year.

Why should I place my baby on its back to sleep?

The back sleep position carries the lowest risk of SIDS.

Will my baby choke if placed on his or her back to sleep?

No. Babies may clear fluids better on their backs because of the location of the windpipe (trachea) when in the back sleep position. When babies are on their backs, the windpipe is on top of the esophagus. Anything regurgitated from the stomach through the esophagus has to work against gravity to enter the windpipe and cause choking. When the baby is sleeping on its stomach, fluids will exit the esophagus and pool at the opening for the trachea, making choking more likely.



Babies may clear fluids better on their backs because of the location of the windpipe (trachea) when in the back sleep position.

What if my baby rolls onto its stomach during sleep?

Rolling over is an important and natural part of your baby's growth, which occurs around the age of 4-6 months. You do not need to place them on their back if they roll over. The important thing is that the baby starts off every sleep time on their back.

Are there times when my baby should be on its stomach?

Yes, when he or she is awake and when someone is watching.

Source: www.nichd.nih.gov/sids

Illustration courtesy of the Safe to Sleep® campaign, for educational purposes only; Eunice Kennedy Shriver National Institute of Child Health and Human Development, Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Services.

FollowMyHealth™

On July 1st, FCHC began offering inpatients, and patients being held for observation, access to their medical records through a patient portal called FollowMyHealth™ Universal Health Record. When you visit FCHC for testing or admission, you will be asked during the registration process to show your photo identification. You will also be asked if you want to create a patient portal. If the answer is “yes,” you then provide your email address. You will receive an email with instructions directing you to a link or web site that will allow you to sign up for the patient portal. For more information about FollowMyHealth™ and your personal health record, check out our lead story in the Fall 2014 issue of Health Centering at fultoncountyhealthcenter.org.



will be used to support heart related programs and equipment in Fulton County. On that day, FCHC will test cholesterol and glucose (blood sugar) levels from 7:00 a.m. – 7:00 p.m. in the FCHC Cafeteria for a \$5 donation. Fasting is not required.

FCHC Workout for the Heart

Workout for the Heart is a fundraiser for the Fulton County Heart Radiothon. It will be held on Thurs., Feb. 19, 6:00-8:00 p.m. at the Archbold Park Pavilion. The workout features two hours of various segments of FCHC's most popular fitness classes. Free snacks and beverages will be provided. Participants are encouraged to seek pledges and sponsors for the workout. Pledge sheets can be obtained from any FCHC Fitness Instructor or by calling 419-330-2724. You may also pledge at the door. Anyone raising or donating at least \$25 will receive a 2015 Heart Radiothon t-shirt. All proceeds will support heart related programs and equipment in Fulton County. This event is open to everyone!

FCHC Awarded Laboratory Accreditation

Fulton County Health Center has earned The Joint Commission's Gold Seal of Approval® for Laboratory Services Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care.



An Evening of Heart Matters

On Tues., Feb. 10, FCHC will present “An Evening of Heart Matters,” a free program that will be presented in an informal setting where attendees can ask heart-related questions to a panel of Heart & Vascular Specialists. Free blood pressure checks will be offered along with a tour of the FCHC Heart & Vascular Center. A heart-healthy dinner will be included. Watch for details in your local newspapers, on our website (fultoncountyhealthcenter.org) or our Facebook page. Registration ends Feb. 4 and will be limited to the first 100 registrants. Call 419-330-2735 and select Option 4 to register.

FCHC Oncology Program Receives Accreditation

The FCHC Rainbow Hematology/Oncology Treatment Center has, once again, received Full Accreditation from the American College of Surgeons. The accreditation is based on the unit's completion of a comprehensive Commission on Cancer (CoC) survey.

Heart Radiothon

On Thurs., Feb. 12, WMTR 96.1 FM will devote the entire day to playing musical requests in exchange for a donation to the 41st annual Heart Radiothon fund. The goal is to reach \$40,000. Proceeds



February: American Heart Month

More than 600,000 Americans die of heart disease each year, and it's the leading cause of death for both men and women. Coronary Artery Disease is the most common type of heart disease, and it can lead to a heart attack. The good news is that you can reduce your risk for Coronary Artery Disease through lifestyle changes and with medication. Since 1963, February has been designated as American Heart Month in an effort to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign. The campaign encourages women and men to wear red on February 6 as a means to remind everyone

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that heart disease is not just a man's problem. Visit fultoncountyhealthcenter.org or follow our Facebook page for more information about FCHC events and activities associated with American Heart Month.

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March: National Colorectal Cancer Awareness Month

Colorectal cancer is one of the few cancers that can be prevented through proper screening. It affects both men and women and is the second leading cause of cancer-related deaths in the United States. More than 90 percent of colorectal cancer cases occur in people age 50 or older. To learn more about colorectal cancer screenings, contact your family physician or the FCHC Rainbow Hematology/Oncology Treatment Center at 419-330-2708. Visit fultoncountyhealthcenter.org or follow our Facebook page for more information about FCHC events and activities associated with National Colorectal Cancer Awareness Month.

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Auxiliary News

Feb. 13 - Valentine's Day Sale: Cookies, balloons, Rosebud Vases, and Mennonite Pantry items; FCHC Cafeteria

March 16 & 17 - Books Are Fun; FCHC Cafeteria

March 31 - Spring Flowers Sale: Flowers, cookies, Mennonite Pantry items; FCHC Cafeteria

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Volunteer Opportunities

Have you considered becoming an FCHC Auxiliary volunteer? Positions are available at both our main campus or at Fulton Manor. To find out more contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2695 or for Fulton Manor, Tammy Miller at 419-335-2017, Ext. 2798.

Health & Wellness Programs

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

Lifestyle

Lifestyle Management Training

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

Lifestyle Management Class

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

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., Feb. 3, 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. 17, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

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. Registration and payment due 1 week prior to class. Sat., Jan. 17 or March 14, 9:00 a.m. - 4:00 p.m., \$65, FCHC Ground Floor Meeting Room.

American Heart Association Healthcare Provider CPR

CPR Certification by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m., Sat., Feb. 7 or April 11, 9:00 am - 1:00 pm, \$50, FCHC Ground Floor Meeting Room.

Weight, Smoking

New! 15 in 15

Is it your New Year's Resolution, or are you just looking to be healthier? Lose 15 pounds in 15 weeks by making lasting lifestyle changes. The class will be structured to include healthy meals, accountability, and fitness bits to aid in forming healthy habits. Class is taught by Registered Dietitians. The program includes nutrition samples and materials. Mondays, beginning Jan. 12, 5:00-5:30 p.m. or Tuesdays, beginning Jan. 13, 12:00-12:30 p.m., \$75, FCHC Beck Meeting Room. Pre-registration is required by calling 419-330-2721 and leaving a message.

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. 5, 12, 19 & 26, 5:00 - 6:00 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 except where noted.

Sat., Jan. 24 & Feb. 21

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 & Wellness Programs in the Quick Links Section), or call 419-330-2735.

Diabetes Education & Support

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

Free Support Group

Jan. 8, Feb. 12, & March 12, 5:00-6:00 p.m., Diabetes Education Office, 3rd Floor. Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary, just stop by the office and a certified diabetes educator will be waiting to support you in your needs. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

New Session! A1C Champions

This class is for those who are striving to continue controlling their diabetes, as well as their family and friends. Join us to learn how you can live a healthier life from a person with diabetes who has "walked in your shoes." This A1C Champion will share personal experiences with diabetes and ways to manage it successfully over your lifetime. Mon., March 23, 7:00 - 8:30 p.m., FCHC Meeting Room. Free. Please register by March 20th. To register or for more information, call the FCHC Diabetes Education office at 419-330-2772.

Healthy Lifestyle Tips from FCHC

Move - stand up at least once an hour if you have a sitting job or watch a lot of TV. Use the stairs instead of the elevator.

Exercise - get 30 minutes of moderate physical activity 5 days a week. Moderate means that you breathe a little heavier than normal and your body feels warmer as you move.

Eat better - use the Choose My Plate model as a guide.

Grocery shopping -

- Make a list before shopping & think about meals for the week.
- Shop the outer perimeter where you find produce, meats, eggs, and dairy products.
- Look for produce sales.

Overall - Keep it simple and don't over think your healthy eating and exercising.

Obstetrics: Partners in Pregnancy Programs

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

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

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

Childbirth Education - 2 hours/week for 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. One free session.

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 - Thurs., January 15 and March 19, 10:00 a.m. - 12:00 p.m. RSVP two days before by calling 419-330-2708. Plus Cancer Resource Center (Cancer information).

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

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

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

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

Grief Support

H.O.P.E.

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

H.E.L.P.

Helping Each other Live Past a suicide is a new support group offered at FCHC that meets the third Monday of each month at 6:00 p.m. in the FCHC Ground Floor Meeting Room. If you have lost someone to suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening 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).



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Jan. 5 – March 14; 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 workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

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.

Drums Alive®

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

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.

Parent & Child Water Wonders

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

Health & Fitness 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
Tabata Fire	SAT	6:00 AM	FCHC Rehab Center
New! Drums Alive®	SAT	10:00 AM	FCHC Rehab Center
Zumba®	W	6:30 PM	FCHC Rehab Center
Zumba® Step	SAT	8:45 AM	FCHC Rehab Center
SilverSneakers® Classic	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. Center
(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	8:00 AM	FCHC Rehab Center
Aqua Zumba®	T	5:15 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. 17 – March 7			

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

Evergreen School	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	Evergreen H.S. Gym
Cardio Dance	W	7:00 PM	Evergreen Elem. School Gym
8 weeks - No class Jan. 19 & Feb. 16			

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

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

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

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Jan. 5 – March 14; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).**

Health & Fitness Classes

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	M & W	9:00 AM	Wyse Commons
Aquatic Noodle Workout	M	5:30 PM	Wyse Commons
Aquatic Noodle Workout	W	5:15 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.)			
Zumba® Step	M	5:30 PM	Park Pavilion
Zumba®	W	5:30 PM	Park Pavilion
Cardio Craze Plus	T & TH	5:30 PM	Park Pavilion
Tabata Fire	M, W & F	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	6:00 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.)

Health & Fitness Class Descriptions

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 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.

Tabata Fire

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

Tai Chi

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

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® Step

Zumba® Step is a fitness program is like no other! It provides a variety of dance and fitness combinations in a fun and innovative way, while providing a challenge for participants.

FCHC Named Gold Partner for Organ Donor Registration

FCHC was recognized by Donate Life Ohio, the Ohio Hospital Association (OHA) and the Ohio Department of Health's Second Chance Trust Fund for taking action to increase organ, eye and tissue donations. The Health Center was named a Gold Partner in the small hospital category of the 2013-2014 Hospital Champions program, aimed at donor registration. FCHC was recognized during the 2014 OHA Annual Meeting. Pictured (L-R) with the award are:

Jo Short, RN, MSN, APRN-BC, FCHC Director of Nursing; Tonya Gomez, RD, LD, FCHC Fitness Coordinator/Registered Dietitian; and Erica Reid, Hospital Liaison, Life Connections of Ohio.



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NW Ohio Hospitals Form
Joint Venture

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.



Northwest Ohio Hospitals Form Joint Venture

Fulton County Health Center has joined with seven other area community hospitals to form a company to provide services that are currently outsourced to other health care suppliers. A major goal of the group is to take advantage of large-scale efficiency to save on expenses. The company created by the eight hospitals this past November is Vantage Healthcare of Ohio.

The eight hospitals that comprise Vantage Healthcare of Ohio are: Fulton County Health Center, Henry County Hospital, Community Hospitals and Wellness Centers, Bellevue Hospital, Fisher-Titus Medical Center, Magruder Hospital, Wood County Hospital, and Blanchard Valley Health System.

“This move better positions Fulton County Health Center to maintain its independence as a locally operated community hospital,” says Patti Finn, FCHC CEO. “This desire to remain independent was a common goal of all eight hospitals in our group.”

Finn says the joint venture is all about improving the efficiency of operations and purchasing.

“Our patients will still receive care from the same professional, friendly doctors, nurses and other staff members that they have come to know over the years.”

The eight hospitals analyzed the many services each of them purchases from outside suppliers. “When we added up

the volume of our combined purchases, we discovered that if we had the proper business structure in place we could each offer our patients better service at a lower cost.”

The joint venture is not a new concept. What is



new is the creation of a separate company. Vantage Holding Company, a Pennsylvania Limited Liability Company established in 1985, provides that separate company. After several months and discussions with Vantage Holding Company, the eight hospitals agreed to establish an Ohio company that will be developed following the Vantage Pennsylvania model.

“For years hospitals have joined together to share a service and to negotiate a group price from one supplier,” says Finn. “There are, however, some services where it is less expensive and offers better quality control if the hospitals had a way of owning or partnering in the service. That’s what we’re doing with Vantage Healthcare of Ohio.”

