

A publication of Fulton County Health Center

Health Centering

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Food & Nutrition Services: Making Hospital Food Healthier

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*Elizabeth Yutzy, FCHC Volunteer (Left),
and Leisa Britsch, RN, BSN, OCN,
Oncology Unit Manager (Right),
enjoy the healthy salad line in the
FCHC Cafeteria.*



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

Hospitals have received critical reviews when it comes to the food they serve to patients. But if you have been an inpatient at Fulton County Health Center, or visited someone there, you may have noticed a healthy change to the food being served. It is a move that FCHC made several years ago to help patients heal faster and to teach them how to take better care of themselves once they are discharged. The FCHC Food & Nutrition Services (FNS) Department leads the way in the preparation of food at the Health Center.

Food & Nutrition Services: Making Hospital Food Healthier



Judi Law, Cook, prepares vegetables for the salad line.

A Department of Many Talents

The Food & Nutrition Services Department does much more than offer food in the Health Center's cafeteria. They are responsible for preparing, delivering and serving food for all inpatients, outpatients, Fulton Manor residents, visitors, and employees. FNS is also responsible for catering all in-house meals for hospital events and meetings. You might be surprised to learn the department employs 55 staff members, spread between three shifts. Thirty of those staff members are full-time employees, 20 are part-time, and five are contingent. The department is led by Eddie Bourque, Director of Food & Nutrition Services. Along with the many FNS employees, FCHC Auxiliary volunteers provide assistance as needed.

In addition to the FNS Director, four managers handle different areas of the department:

Amy Spradlin, DTR, Fulton Manor Food Services Manager; Teresa Schultz, FCHC Cafeteria Manager; Linda Hein, FCHC Food Services Catering Manager; and Brian Huffman, FCHC Kitchen Manager.

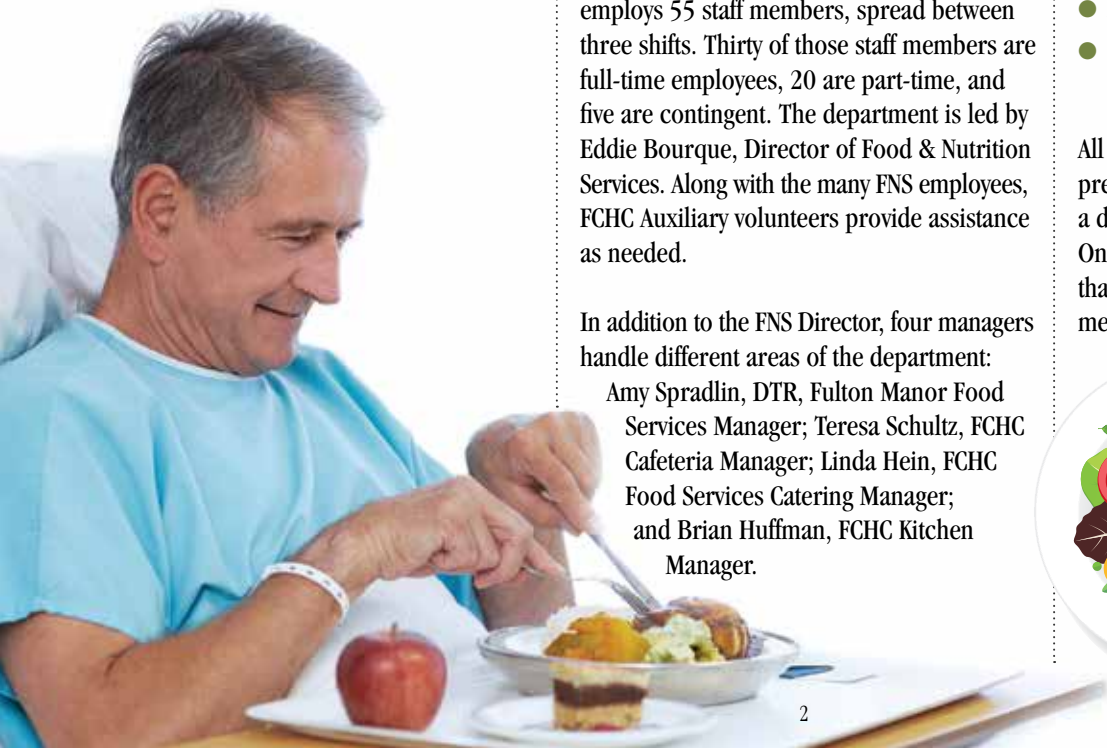
The FNS Department also employs:

- Diet Clerks - who handle all inpatient room service orders
- 6 cooks - split between the three shifts
- 1 salad person
- 2 food tray line employees - who also transport room service meals to patients and to Fulton Manor residents
- Dishwashers
- Cafeteria employees - who serve food and run the cash register

All of these employees are needed to prepare, deliver and serve up to 350 meals a day for patients and Fulton Manor residents. On top of that there are 500 cafeteria meals that are prepared daily for FCHC staff members and visitors.



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Room Service for Patients

"All of the food we serve to patients, along with the food served in our cafeteria, is made from scratch in our hospital kitchen

using fresh vegetables and produce," says Eddie Bourque, FCHC Director of Food & Nutrition Services.

"Patient food is made to order by carefully following a diet order prescribed by each patient's doctor."

Patients can order breakfast, lunch, or dinner from 7:00 a.m. to 6:00 p.m. using the Health Center's Room

Service menu. They select an item from the menu and then phone a Diet Clerk to place the order. The clerk pulls up the patient's diet order and makes sure the food being ordered complies with the physician's diet order (see "Dietitians Guide Patients" article).

Cafeteria Food: Many Options

Lunch and dinner usually consist of two hot entrees and three or four side dishes. Gourmet sandwiches are prepared and offered in the Deli Station. A full salad bar is also offered as an option. In addition, there is an Action Station where the designated meal is prepared for the customer as it is ordered. Examples of food prepared at the Action Station are: half wraps, stir-fry foods and gourmet entrée salads.

Katrina VanSlyke, Cafeteria Aide, serves Leisa Britsch, RN, BSN, OCN, Oncology Unit Manager (Left) and Elizabeth Yutzy, FCHC Volunteer (Right).

A Trend Towards Healthier Eating

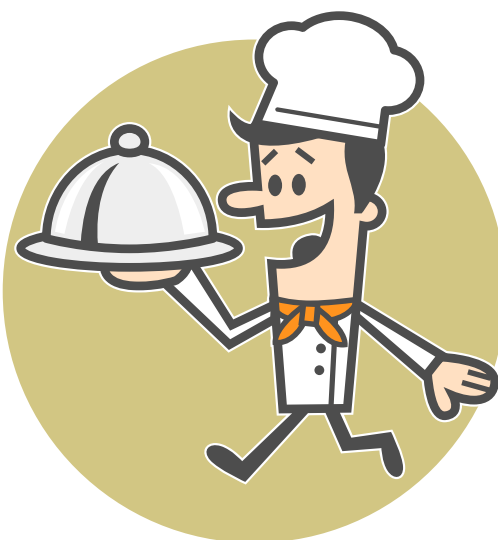
The move by FCHC to offer healthier, fresher foods for patients, visitors and staff taps into a nationwide trend of healthier eating. Bourque, who is originally from Louisiana, has been in the food service industry for many years. A few years ago he had a heart attack due to 100% blockage in one artery and 30% in another. "It was the proverbial wake up call for me," says Bourque. "Even though I worked in the food service industry, I wasn't the healthiest of eaters. That has all changed after my heart attack."



Roxanne Elson, Dietary Aid, serves residents at Fulton Manor.

"We do get a little pushback from our patients and visitors from time to time with our focus on healthier eating," says Bourque. "They want to know where their cookie or piece of pie can be found. So, we make sure we still offer some of those things for them."

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MEALS PER DAY!

Food & Nutrition Services: Making Hospital Food Healthier

(Continued from page 3)

Keeping Everyone Well Fed

The FCHC Food & Nutrition Services Department feeds a variety of people - inpatients, outpatients, Fulton Manor residents, visitors, and employees. In the case of inpatients, the food is made to order to meet specific dietary guidelines established by the physician. For Fulton Manor residents and FCHC cafeteria customers, the food is prepared daily using fresh food and offering a variety of options to meet demand. "It's a challenging task to prepare all of this food on a daily basis," says Bourque. "But we have a dedicated staff who work hard to make sure our patients, residents and customers are pleased."



For more information about the FCHC Food & Nutrition Services Department, contact FNS Director Eddie Bourque at 419-330-2632.

Moving Towards Healthier Eating

Like many hospitals across the country, FCHC works closely with Aramark – a food service industry supplier – to provide food for patients and employees. Aramark, in turn, has collaborated with the American Heart Association to create a "Healthy for Life® 20 By 20" program to reduce consumption of calories, sodium and saturated fats in the foods it serves while promoting the consumption of more fruits, vegetables and whole grains.

The program was launched in 2015 with a goal of improving the health of Americans by 20% by the year 2020. In its first year, Aramark and the American Heart Association achieved an 8 percent reduction in calories, sodium and saturated fats in its menus, while increasing the amount of fruits, vegetables and whole grains it serves in facilities like Fulton County Health Center.

"This program has had a direct influence on the types of food we have been offering here at Fulton County Health Center," says Eddie Bourque, FCHC Food & Nutrition Services Director.

"It's all about offering fresh fruits and vegetables and preparing food for our customers using healthy ingredients. Health care facilities, like FCHC, need to be leaders in offering healthy food choices to patients and staff members."



Dietitians Guide Patients

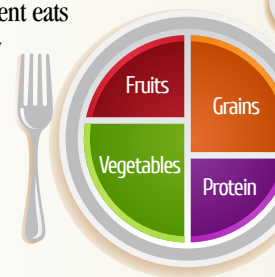
When a patient is admitted to Fulton County Health Center, their physician will order an appropriate diet so the patient eats the proper foods while they are hospitalized. The FCHC Food & Nutrition Services Department works hard to provide healthy foods to help the patient get well (see "Making Hospital Food Healthier"). It is also important for the patient to understand healthy lifestyle changes to continue once they leave the Health Center.

That is where FCHC Clinical Dietitians can help. The Health Center offers two types of Medical Nutrition Therapy (MNT) using registered and licensed dietitians. The first type of MNT is for inpatients at Fulton County Health Center, provided by Teresa Sickmiller, RD/LD, and Jill Crossgrove-Murillo RD/LD. The second type of MNT is offered to individuals on an outpatient basis. Tonya Gomez, RD/LD, and Jill Crossgrove-Murillo RD/LD, are the two FCHC outpatient dietitians. Jane Crandall RD/LD provides MNT to the residents at Fulton Manor.

Inpatient Medical Nutrition Therapy

Patients will interact several times with the FCHC Food and Nutrition Services Department during their stay. The first time is when they order Room Service, which allows patients to order breakfast, lunch, and dinner from a menu in their room. When they call the Diet Office, they will be connected to one of our Diet Clerks who will immediately pull up the patient's diet order as written by the doctor. The Diet Clerk will guide the patient into ordering food that is consistent with the physician's orders. For example, if the doctor has prescribed a low sodium diet for a patient, the Diet Clerk will make sure the food being ordered is low in sodium.

Sickmiller says in addition to assistance from Diet Clerks, the patient will also receive a visit by a Clinical Dietitian to educate the patient on





FCHC Dietitians help patients follow dietary guidelines that will be beneficial to their health condition. (L-R): Jane Crandall RD/LD, Tonya Gomez, RD/LD, Teresa Sickmiller, RD/LD, and Jill Crossgrove-Murillo RD/LD.

how to maintain a healthy diet when they return home. “We’ll explain how to read food labels and to include more foods with ingredients that may benefit their health. We will also discuss buying and preparing foods. It’s a lifestyle change they need to adopt in order to get better and stay healthy.” To contact FCHC’s Inpatient Dietitians, call 419-335-2015, Ext. 2038.

Outpatient Medical Nutrition Therapy

When patients return home, they are welcome to call the FCHC Dietitians with questions or for advice. They can also schedule an appointment for

Medical Nutrition Therapy with an FCHC outpatient dietitian.

It’s important for people with diabetes and those who have had cardiac problems to change their diets at home in order to continue to recover and eventually lead a healthier lifestyle. “We deal a lot with patients who have diabetes, where it is important for the patient to consistently eat the same amount of carbohydrates throughout the day,” says Gomez. “The brain and muscles are

fueled by the glucose released when the body breaks down the carbohydrates. They must be consumed in a consistent amount to avoid spikes or drops in blood sugar. We provide MNT to educate people on the best ways to balance all foods.” To contact FCHC’s Outpatient Dietitians, call 419-330-2721.

A Guide for Healthy Eating

When trying to maintain a healthy diet, FCHC dietitians are in agreement on an easy to use guide for healthy eating. We recommend patients follow the U.S. Department of Agriculture’s Choose My Plate model. The web site for this model is www.choosemyplate.gov. The Choose My Plate model divides a dinner plate into four parts. Each of the four parts represents one of the following: fruits, vegetables, protein (meats, nuts, lentils), and grain (bread, pasta, rice). It’s a relatively easy way to remember how to eat better.

Treating Diabetic Foot Ulcers



If you have been diagnosed with diabetes, it is very important that you take very good care of your feet. Foot complications are the most common reason for hospitalization in persons with diabetes, accounting for up to 25 percent of all diabetic hospital admissions. Since its opening in June 2015, diabetic foot ulcers have been one of the most commonly treated disorders by FCHC’s Wound Care & Hyperbaric Center.

What causes diabetic foot ulcers? Diabetes leads to increased blood sugar levels, which can eventually lead to damaged blood vessels and nerves. When this happens, it can contribute to skin breakdown and eventually to foot ulcers. Diabetes also slows the normal healing process and increases a person’s risk for infection.

According to Karen Bauer, CNP, CWS, CHRN, Nurse Practitioner/Wound Specialist, there are several other health conditions associated with diabetes that can increase an individual’s risk of a diabetic foot ulcer. These include neuropathy (nerve damage that causes decreased sensation), peripheral vascular disease, foot deformities, high blood pressure, and high cholesterol. You can also have an increased risk of diabetic foot ulcers if you take certain medications such as steroids, have poor nutrition, smoke, and are overweight.

So what can you do to prevent a diabetic foot ulcer? “If you have even small injuries or changes to your feet, they should be evaluated by a medical professional to prevent large, difficult to treat ulcers,” says Bauer. “Animal bites, insect bites, blisters, scratches, burns, calluses, corns, or puncture wounds should be evaluated right away to avoid complications. And make sure your shoes don’t fit tightly. Tight-fitting shoes can cause friction, which predisposes you to deeper foot ulcers.”

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FCHC Surgeon Focuses on Breast Surgeries



Patricia A. Mahoney, MD, a Board Certified General Surgeon who joined the FCHC Medical staff in the spring of 2015, has been quite busy performing surgeries. One of her most common procedures is breast surgery.

"We have an ultrasound unit right here in our office, and that allows me to perform ultrasound guided breast biopsies in the office using a local anesthetic," says Dr. Mahoney. "The fact I can perform the biopsy in my office without having to put the patient in a hospital under general anesthesia is a real benefit to them." Dr. Mahoney says if the biopsy is negative, she can also remove benign breast lesions and drain fluid-filled cysts in the office, again using ultrasound to guide her. Most breast surgeries are performed in the hospital, including mastectomies. Dr. Mahoney pays special attention to perioperative pain management, which minimizes postoperative pain.

In addition to breast biopsies and surgeries, Dr. Mahoney also performs the following procedures:

- Endoscopies (upper gastrointestinal tract)
- Colonoscopies using sedation
- Laparoscopic removal of the gallbladder
- Laparoscopic & open hernia repairs
- Colon resections
- Appendectomies
- Open procedures

Dr. Mahoney's office is West Ohio Surgeons, located in the West Ohio Building, 735 South Shoop Avenue, on the southwest corner of the FCHC campus. For more information, visit www.westohiosurgeons.org. To schedule an appointment with Dr. Mahoney, call 419-337-7478.



Message from the CEO

One of the most visible areas of Fulton County Health Center is our cafeteria. It serves as a gathering place for employees



and visitors as well as a source of nutrition and hydration. Preparing cafeteria food is but one of the many duties of our Food & Nutrition Services Department. FNS provides

made-to-order food for inpatients that must adhere to a strict diet. They prepare and serve food for residents at Fulton Manor. And, of course, they prepare food for all of our employees and visitors every day. Please take time to read our lead story, which features our FNS Department. A related article also highlights the duties of our Dietitians, who work with patients to help them eat healthy.

In an effort to help those with diabetes, we have included an educational article from our Wound Care & Hyperbaric Center about the importance of diabetic foot care. We have also included an article about breast biopsies and surgery with Dr. Patricia Mahoney, one of our General Surgeons.

There are a variety of other short articles and classes in this newsletter for you to read. As always, if you have any questions, please do not hesitate to contact us. Happy New Year to all!

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer

Treating Diabetic Foot Ulcers

(Continued from page 5)

Bauer recommends simple, yet important, foot care for persons with diabetes:

- Gently cleanse your feet daily with soap and water
- Apply topical moisturizer daily
- Make sure your shoes fit properly or purchase custom fit diabetic footwear
- Avoid going barefoot
- Wear thick, white socks
- Avoid using betadine, hydrogen peroxide or alcohol on injured areas as these can further dry your skin and contribute to skin breakdown

"It is okay to apply a small amount of triple antibiotic ointment to a small cut or scrape on your foot," says Bauer. "But remember, if the area does not show signs of healing after a couple of days or if it begins to show redness, swelling, increased drainage, or increased pain, see your foot care specialist or wound care practitioner. Individuals with diabetes should also have regular visits to their doctor for foot inspection to keep you walking or running."

Patients should contact their primary care physician for a referral to the FCHC Wound Care & Hyperbaric Center. For more information, call 419-337-7832.

Dr. McClarren Returns to Family Practice

Rebecca McClarren, MD, a long-time area Family Practice physician, will join West Ohio Family Physicians in January. Dr. McClarren had practiced in Wauseon for 25 years and left to serve for seven years as an instructor in the Residency program at the University of Toledo Medical Center (UTMC). She then moved on to medical mission work in the Ukraine and Ethiopia. Dr. McClarren returned to the area because she loves rural medicine and family health care. To schedule an appointment with Dr. McClarren, contact West Ohio Family Physicians at 419-335-3242.



FCHC Earns Gold Award for Healthy Worksite

On January 19 in Columbus, FCHC will be one of 88 Ohio employers to be recognized for healthy worksite practices. The award will be presented by the Healthy Ohio Business Council (HOBC) at the Healthy Ohio Healthy Worksite Awards ceremony. The award recognizes Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programs. All worksites were eligible to apply for the Healthy Worksite Award. Applications were reviewed and evaluated using objective criteria. Three levels of achievement were awarded - Gold, Silver and Bronze. FCHC received the top Gold award in the Medium Business category of 301-1,000 employees.

Heart Radiothon

On Thurs., Feb. 9, WMTR 96.1 FM will devote the entire day to playing musical requests in exchange for a donation to the Heart Radiothon fund. This is the 43rd Anniversary of the Heart Radiothon, and we have set a goal of reaching \$24,000 this year! Proceeds will support heart-related programs and equipment in Fulton County. FCHC will test cholesterol and glucose (blood sugar) levels from 7:00 a.m. - 7:00 p.m. that day in the FCHC Cafeteria for a \$5 donation. Fasting is not required.

FCHC Receives Gold Recognition for Promoting Organ Donation

FCHC was among a select group of hospitals nationwide recognized for promoting enrollment in state organ donor registries in a national campaign sponsored by the U.S. Department of Health and Human Services' Health Resources and Services Administration (HRSA). FCHC conducted awareness and registry campaigns to educate staff, patients, visitors, and community members about the critical need for organ, eye, and tissue donors. The Health Center earned points for each activity implemented between May 2015 and April 2016, and it was awarded gold recognition through the HRSA Workplace Partnership for Life Hospital Campaign.



(L-R): Molly Stuckey, RN, BSN, CCU Unit Manager; Sharon Reddington, RN, BSN, Staff Development/Nursing Recruiter Manager; Tiffany Siegel, MSN, RN, NP-C, Director of Nursing; Erica Reid, Hospital Liaison, Life Connections of Ohio.

An Evening of Heart Matters

Your heart is an amazing organ. Did you know that the heart pumps an average of 72 times a minute, 103,000 times a day, and 37,343,000 times a year? Your heart will pump an average of more than 48 million gallons of blood in your lifetime. On Wed., Feb. 8, from 5:30 - 7:30 p.m., FCHC will present "An Evening of Heart Matters." This program will be presented in an informal setting along with a free, heart-healthy dinner at 5:30 p.m. Attendees can pose heart-related questions to a panel of Heart & Vascular Specialists, including: Mohammed Alo, DO, Cardiologist at Toledo Cardiology Consultants; Rajendra Kattar, MD, Cardiologist at ProMedica Physicians Cardiology; Anil Mathew, MD, Cardiologist and Assistant Professor of Cardiology at UTMC; and Munier Nazzal, MD, FRCS, Vascular Surgeon, Chief, Division of Vascular Endovascular Surgery at UTMC. FCHC staff will provide free blood pressure checks, offer displays and information regarding various heart disease tests as well as information for general heart health. The event will be held in the FCHC Beck Meeting Room. Seating is limited, so pre-registration is required by Feb. 1. Call 419-330-2735 to register.

FCHC Auxiliary Events

- Feb. 2 Nurse's Edge; Fulton Manor Activities Room
- Feb. 14 Valentine's Day Sale: Cookies, Balloons, Rosebud Vases and Mennonite Pantry Items; FCHC Cafeteria
- March 20-21 Books Are Fun; FCHC Cafeteria
- To be Announced Spring Flower Sale

Auxiliary Volunteer Opportunities

Volunteer positions are available at both our main campus and at Fulton Manor. To find out about opportunities at FCHC, contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2695. Contact Tammy Miller, 419-335-2017, Ext. 2798, for opportunities at Fulton Manor.



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.

Fit in 50

This program is structured to make you feel healthier and happier in 50 days. Learn to prepare quick, simple balanced meals. Learn simple exercises to increase your activity without spending hours in the gym. Improve your nutrient intake, metabolism, and sleep patterns in small steps. Action and accountability are key ingredients to success. Led by Registered Dietitian Tonya Gomez, RD/LD. Tuesdays, Jan. 17 - March 7, 12:30 p.m. and 5:00 p.m. 30 minutes per session, \$50, FCHC Lamaze classroom, 3rd floor. Join us by calling 419-330-2721. Registration deadline is Jan. 16.

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. 7, 9:30 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., Feb. 21, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Managing Your Blood Pressure

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Tues., Jan. 10 or March 7, 9:30 - 10:30 a.m., Free, FCHC Cardiac Rehab Classroom. Please report to Cardiac Rehab at 9:20 a.m. the day of the class. To register call 419-330-2692.

Safety

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child, infant CPR; obstructed airways; and first aid. Meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., Jan. 21 or March 18, 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. 25 or April 22, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.

Smoking Cessation

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. 9, 16, 23, 30, 5:00 - 6:00 p.m., Free, FCHC Emergency Department Conference Room.

Obstetrics: Partners in Pregnancy Programs

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

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

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

Childbirth Education - 2 hours/week for 2 weeks or 4 hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and Powerpoint presentations. Call to register and get cost information.

Sibling Class - For children age 3 and older at home. Held at 10:00 a.m. the first Saturday of each month. Includes OB department tour and stamping a T-shirt for the baby. Free, 1 session.





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.

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 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

Contact the FCHC Diabetes Education office at 419-330-2772 for information and/or scheduling group presentations. Check out the FCHC website: www.fultoncountyhealthcenter.org

New! Taking Charge of Blood Sugars Through Daily Choices

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

New! Taking Charge of Blood Sugars Mini-Series

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

Diabetes Education Community Class at Local Senior Centers

Open to any senior age 60 or older. For more information, call 419-337-9299. Tues., Feb. 7, 11:00-11:45 a.m., Fayette Senior Center (new location inside Family Life Center, across the street from 305 E. Main Street in Fayette). Mon., March 27, 11:00-11:45 a.m., Swanton Senior Center (217 Chestnut Street, inside Community Center).

Free Support Group

Jan. 12, Feb. 9, March 9, 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!

AN INTRODUCTION TO WEIGHT LOSS SURGERY

Attend this free seminar on Tues., Jan. 10, and March 14, 6:30 p.m., in the FCHC Emergency Department Conference Room to learn more about Sleeve Gastrectomy weight loss surgery. Join Timothy Duckett, MD, FACS, General Surgeon, and the staff of our Weight Solutions program, for an overview of the effects of obesity and treatment using weight loss surgery options. You will also learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension. To register, call 419-337-7373.

Oncology Programs

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

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

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

American Cancer Society Services On Site

- Look Good Feel Better - Hair and Skincare classes, Thurs., Feb. 16, 10:00 a.m. - 12:00 p.m., FCHC Oncology Library, call 419-330-2708 to RSVP one week prior to the event. Free make-up kit included. Plus Cancer Resource Center (Cancer information).

American Cancer Society Programs by Referral

- "Reach to Recovery" and "Road to Recovery." Physical & Occupational Therapy, Stomal Therapy and Wound Care - on site.

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

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

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

The Ins & Outs of Hernia Repair

Are you having pain and discomfort from a hernia? Learn about treatment options at this free seminar that will be held on Tues., Jan. 31, 5:00 p.m., in the FCHC Surgery Conference Room. Topics to be covered include: the latest hernia treatments and surgical techniques including Sports, Belly Button (umbilical), and Inguinal hernia surgeries and post-surgery care. To register, call the FCHC Weight Solutions Department at 419-337-7373.



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. 9 – March 18; 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.

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.

Delay the Disease

A fitness program designed to empower people with PD to take control of the disease with daily exercise, including Activities of Daily Living exercises.

Drums Alive®

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

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 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. Ideal for those with arthritis, as this class consists of range of motion, strengthening, and endurance. Work at your own ability level.

Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
New! Zumba®	M & TH	6:45 PM	FCHC Rehab Center
Total Body Thrive	M, W & F	5:45 AM	FCHC Rehab Center
Tabata Fire	T & TH	5:30 AM	FCHC Rehab Center
Drums Alive®	SAT	9:30 AM	FCHC Rehab Center
New! Tai Chi	SAT	10:45 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.)			
Delay the Disease (for Parkinson's Disease)	T	10:00 AM	FCHC Rehab Center
Delay the Disease (for Parkinson's Disease)	TH	11:30 AM	FCHC Rehab Center

Wauseon Aquatics	Day(s)	Time	Location
Aqua Zumba®	T & TH	8:30 AM	FCHC Rehab Center
Aquatic Noodle Workout (Beginner)	T	5:30 PM	FCHC Rehab Center
Aquatic Noodle Workout (Advanced)	T	6:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	TH	5:30 PM	FCHC Rehab Center
Aquatic Aerobics	M & W	6:15 PM	FCHC Rehab Center
Arthritis Aquatics	M & W	5:15 PM	FCHC Rehab Center
SilverSneakers® Splash	T & TH	9:30 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
Feb. 11 - April 1, 8 Weeks - \$32			

Fayette School	Day	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 Northcrest Nursing & Rehabilitation Center			

Stryker	Day(s)	Time	Location
Stretch & Balance	W & F	11:00 AM	St. John Lutheran Church

Health & Fitness Class Descriptions

Health & Fitness Classes

Swanton	Day(s)	Time	Location
Cardio Core	T	6:00 PM	Crestwood Elementary
Drums Alive®	TH	6:00 PM	Crestwood Elementary
Drums Alive participants must bring a stability ball & mat.			

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	M & W	8:30 AM	Wyse Commons
Aquatic Noodle Workout	M & W	5:30 PM	Wyse Commons
Gentle Movement	M, W & F	9:30 AM	Wyse Commons
(Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.)			
Parent & Child Water Wonders (Beginner/Advanced)	T	4:00 PM (30 min.)	Wyse Commons
Jan. 10 - Feb. 28, 8 weeks - \$32			

Archbold	Day(s)	Time	Location
(Co-sponsored by Archbold Parks & Recreation Dept.)			
New! STRONG by Zumba™	M	5:30 PM	Park Pavilion
Zumba®	W	5:30 PM	Park Pavilion
Cardio Craze Plus	T & TH	5:30 PM	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. New punch card available.			

Evergreen	Day(s)	Time	Location
Yoga	M & W	7:00 PM	Evergreen Elementary
10 classes - \$47, 20 classes - \$74. New punch card available.			

Swanton	Day(s)	Time	Location
Yoga	T & TH	7:15 PM	Trinity United Methodist
10 classes - \$47, 20 classes - \$74. New punch card available.			

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

Stretch & Balance

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

Tabata Fire

Tabata is a system of short, high-intensity intervals developed by Japanese 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.

Total Body Thrive

Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body. Total Body Thrive is specifically designed to make you sweat!! From circuit-style routines that jump-start cardio fitness, to muscle-toning exercises using dumbbells, exercise bands, or even the participant's own body weight, each class will bring its own unique challenges. No two classes are the same!

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.

STRONG by Zumba™

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

Need a Personal Trainer?

The FCHC personal training program is for people of all ages! This results oriented program is designed to help individuals meet their unique fitness needs and goals. It may include weight management, sports conditioning, sports specific training, and/or improving overall health. Programs are customized for each individual. All FCHC personal trainers are degreed and/or certified by a nationally recognized organization. For costs and other information, call 419-330-2722.



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

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



Mammograms for Women in Need

There is good news and bad news about breast cancer. The bad news is that 1 in 8 women in the United States will be diagnosed with breast cancer in their lifetimes. The good news is that with early detection, the five-year survival rate is more than 80 percent. Mammograms are an important tool in early detection. But getting a mammogram is a problem for women age 40 and older who do not have health insurance.

Fulton County Health Center is able to assist uninsured and underinsured women and men through Yes Mamm, a program that provides free mammography screenings for those who are eligible. What does underinsured mean? **Some women forego cancer screenings due to having large co-pays and deductibles. The Yes Mamm program can help with those expenses as well.**

“Annual mammograms can ultimately save lives,” says Leisa Britsch, RN, BSN, OCN, Manager of FCHC’s Rainbow Hematology/Oncology Treatment Center. “So it is important that we assist those uninsured and underinsured women and men with their mammograms.” Britsch says that in addition to providing free mammograms, the Yes Mamm program also aims to increase awareness of breast health and to educate the community.

Early detection by mammograms can result in more breast cancer treatment options, which include less extensive surgery and the use of chemotherapy with fewer side effects. “We want all women, and men, in our community to receive the screenings they need,” says Britsch. “The Yes Mamm program helps us meet that goal.”

For more information about free mammograms for uninsured and underinsured women and men age 40 and older through the Yes Mamm program, or to schedule a mammogram, call 419-330-2706. Please note a doctor’s order is required to schedule a mammogram, and participants must enroll in the Yes Mamm program before scheduling their mammogram.