

A publication of Fulton County Health Center

Health *Centering*

The Family Birthing Center: We're With You Before, During & After Delivery

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

Alyese Stidham holds her new baby, Lyla Zuchowski, as proud father, Michael Zuchowski, and Peg Short, RN, OB Educator, look on.

The Family Birthing Center: We're With You



Having a baby can be both exciting and overwhelming for soon-to-be parents, especially if it is the couple's first child. So the FCHC Family Birthing Center staff works hard to be on hand before, during and after the birth of the child.



BEFORE DELIVERY

The Family Birthing Center has, for many years, provided family-oriented educational programs for growing families. Since 1996 it has offered a free comprehensive Partners in Pregnancy program to prepare women for the childbirth process. The program establishes a partnership between a Family Birthing Center nurse and the expectant mother. The staff member meets with expectant mothers during the pregnancy to provide information to ensure a healthy pregnancy and birth. Mothers also receive education on caring for themselves and their new baby. Mothers who have already delivered meet with the OB nurse during their final trimester. Staff members assist the mother with the completion of all necessary paperwork, such as the pre-registration form and birth certificate.

"We work one-on-one with the mother to get things done ahead of the big day," says Candise

Ankney, BSN, RNC-OB, OB Unit Manager. "We'll help the mom complete paperwork and review our Partners in Pregnancy classes so mother and baby can spend more bonding time together after the birth." Moms can register for a breastfeeding class, childbirth education class, and a class for siblings. Two OB nurses are certified car seat technicians, and one of them can meet with the parents to review details about transporting the newborn home.

DURING THE BIRTH

"If the pre-admission paperwork has been completed ahead of time, the admission process is much smoother on the day of the birth," says Ankney. "The mother will arrive with family members, and we'll orient them to their Labor-Delivery-Recovery room." All patient rooms – two birthing rooms and four postpartum recovery rooms – are private with their own shower.

What can the mother expect during delivery at FCHC? It begins with the mother's condition. Some women may be in active labor, while others may need to be induced to deliver. While the mother is in labor, an OB nurse cares for her and provides her as much comfort as possible.

"Some women prefer to use comfort measures they learned in our childbirth education classes," says Ankney. Comfort measures include birthing and peanut balls, counter pressure, relaxation techniques, and instruction on optimal labor positions. "Others may require pain medication, which we can administer through an IV. We also provide epidurals for pain management. Our nurse anesthetists are on call to provide assistance when needed."

Ankney says everyone hopes for a normal vaginal delivery, but sometimes complications arise that must be handled immediately. "We have specific protocols in place that detail what medical care we need to provide depending on the situation. For example, if the attending physician determines an emergency Caesarean section must be performed for the health of either the baby or the mother, we are ready for that." The Family Birthing Center has its own operating room next to the Labor-Delivery-Recovery rooms, and FCHC staff physician Sema Fofung, DO, Obstetrics/Gynecology, would perform the C-section with assistance from the FCHC surgical team. All OB nurses are certified to perform neonatal resuscitation if necessary.

In addition to the OB nurse who remains with the mother, a second OB nurse is in the room to care for the infant once it has been born.

Several FCHC Physicians Deliver Babies At The Health Center:

- Sema Fofung, DO, Obstetrics/Gynecology
- Eric Lehman, MD, Family Practice
- Anthony Uribe, MD, Family Practice
- Rick Yoder, MD, Family Practice

The doctors are assisted by The Family Birthing Center staff, which consists of 22 Registered Nurses.



Lauren Frey holds her newborn son, Beckett.

Before, During & After Delivery

TELEMEDICINE, JUST IN CASE

Thanks to neonatal telemedicine at FCHC, at-risk infants can receive top medical care while they are at the Health Center. Neonatal telemedicine links our physicians and nurses with physician specialists at St. Vincent Mercy Medical Center. The partnership taps into cutting edge technology to connect FCHC health care professionals with a St. V's neonatologist or neonatal nurse practitioner. It allows for a second medical opinion in real time.

"The technology is similar to using Skype® on the Internet," says Ankney. "We'll phone St. V's and let them know we would like a telemedicine consult. They'll dial in to the telemedicine robot in our hospital. The robot has a camera, so the St. V's specialist can observe the baby. It also has a stethoscope attached to it, so when we place the stethoscope on the baby the St. V's specialist can hear everything we hear." Ankney says the specialist can pose questions to FCHC physicians and nurses who are in the room with the baby and discuss the infant's condition.

AFTER THE BIRTH

Immediately after the baby has been born, the infant is placed on the mother's chest to provide a skin-to-skin bonding experience. Delayed cord clamping also takes place. Skin-to-skin is also encouraged for fathers to initiate bonding with infants. The infant remains there for one to two hours while staff members carefully observe both mother and baby to make sure all is well. "Research shows this skin-to-skin experience is important to establish a bond between mother and baby," says Ankney. "It also helps to improve the breastfeeding experience. Of course, if there are any

issues with the health of the baby or mother, we will deal with that immediately."

Once the skin-to-skin bonding experience has occurred, the baby is then taken to the nursery where it is bathed, weighed, measured, and given a thorough exam. However, delayed bathing is an option. The baby will be evaluated either by their attending physician or the on-call newborn physician at FCHC.

The mother remains in the Labor-Deliver-Recovery room for about two hours. She is then transferred to a postpartum room for further recovery. "After labor and delivery, we feel it's best for the mother to move to a clean, fresh room with a new bed where she can relax and enjoy her baby," says Ankney. The Family Birthing Center's postpartum rooms include a bed for the father and a table for the family to gather for meals.

The Family Birthing Center has five Registered Nurses who serve as Patient Educators, with one Patient

(continued on pg. 4)

Jenalee Frank cuddles with her daughter, Nora, and newborn, Oliver.



A Comprehensive Package of Care

The Partners in Pregnancy program includes a variety of educational classes including:

Breastfeeding Classes – free and taught by a Certified Lactation Consultant; dads are welcome. Helpful in preparing to breastfeed your baby. Discusses breastfeeding advantages and techniques and breast pumps.

FCHC has two Lactation Educators. (L-R): Angela Riegsecker, RN, IBCLC (FCHC OB nurse for 15 years) and Nanette Schwab, RN, IBCLC (FCHC OB nurse for 32 years).



Childbirth Education Classes – for parents to learn about the birthing process, breathing techniques, relaxation and comfort measures. Classes are taught by an experienced childbirth educator.



Susan Roth, RN, BSN, OB Educator assists patient Leah Weldy.

Sibling Class – free one-hour Saturday morning class geared to children ages two and older. Siblings can tour The Family Birthing Center and stamp colorful symbols on an infant t-shirt as a gift to their new sibling.

Follow-up Assessment – within five days after the baby is discharged, the parents and baby return to The Family Birthing Center for a free assessment of the baby.



Message from the CEO

This issue of *Health Centering* kicks off the New Year with a special story about our Family Birthing Center. Our dedicated OB physicians and staff work very hard to make sure that mother, father and baby are cared for before, during and after delivery. Please take time to see what they can do to help you.



One of the changes you will see in this newsletter pertains to the fitness and wellness class listings we have been offering for many years. We've changed the design format quite a bit, so it should be easier for you to find a specific class that you would like to take. Let us know what you think about the new format.

It's that time of year when the flu is hitting, and one of our articles explains the steps we take at the Health Center to keep our employees and patients free of the flu. Make sure you get your flu vaccine this season if you haven't already done so.

There are a variety of other articles to read that will give you an idea of all that is happening at Fulton County Health Center.

Stay healthy, and Happy New Year to you and your family!

Best Regards,

Patti Finn

Patti Finn,

*Fulton County Health Center
Chief Executive Officer*

The Family Birthing Center: We're With You Before, During & After Delivery

(continued from pg. 3)

Educator on duty every day. Their job is to teach the mother how to properly bathe and care for their newborn. A certified lactation consultant will also meet with the mother to assist her and answer questions about breastfeeding. After discharge, the mother and baby return to The Family Birthing Center within five days of the birth for an assessment of the baby. Staff members also place follow-up phone calls to the mother as a means of checking in.

SECURITY IS TOP PRIORITY

The Family Birthing Center is a locked unit and uses a high-tech electronic security system with electronic wristbands linking the mother with her baby. Visitors must ring a doorbell and be buzzed in before entering. The baby's wristband also works like a GPS system, keeping track of the newborn at all times. If it becomes loose, the nursing staff will receive an electronic beep. If the newborn is carried within six feet of an exit door, an alarm immediately sounds and all exit doors automatically lock. Video security cameras roll 24/7.



Partners in Pregnancy Sibling Class: Peg Short, RN, OB Educator, teaches soon-to-be big brothers and big sisters about their new family member.

AN EMPHASIS ON PATIENT SATISFACTION

"Based on the size of our unit and our approach to patient care, we offer personalized care to mothers, babies and their families," says Ankney. The Family Birthing Center also continues to conduct patient satisfaction surveys to gauge the quality of its care.

"The miracle of birth is a wonderful family experience, and our goal is to make that experience a positive one," says Ankney. For more information about The Family Birthing Center at Fulton County Health Center, call 419-330-2757.

FCHC Pharmacists Make the Rounds

When you hear the term pharmacist, most people think of their friendly pharmacist at the local drugstore or supermarket. But pharmacists also play an important role in the health of patients at hospitals around the country. In fact FCHC has a staff of seven pharmacists and five pharmacy technicians. Until now, those FCHC pharmacists and technicians have remained behind the scenes, but not any more. On December 4th, FCHC introduced a new Pharmacy Rounding program to provide direct patient interaction between inpatients and the FCHC pharmacist.

"Our goal is to have more of a presence with our pharmacists on the hospital floors, and to establish a relationship between them and our patients," says Rachel Durham, PharmD, FCHC Director of Pharmacy. "Right now the program is focusing on inpatients, but we are exploring ideas to develop it further."

In the Pharmacy Rounding program, the FCHC pharmacist visits with an inpatient to review and discuss the patient's current medications along with new medications just prescribed by their physician. "We will continue to make sure there are no potential negative drug interactions with current and new medications," says Durham. "The program also allows our pharmacists to discuss with the patient the therapeutic effects of the new medications along with any side effects and what they should watch for." Patients or family members can also use the meeting to ask questions.

"We'll get feedback over the next few months from patients and staff and use that information to adjust the program as we go along," says Durham. "Ultimately this is a win-win relationship." Watch for more information about the Pharmacy Rounding program in the spring issue of *Health Centering*.

FCHC Staff Prepare For The Flu



(L-R): Barb Crow, FCHC Infection Preventionist & Employee Health Manager, in her 1980s outfit, receives a flu vaccine from Kim Maneval, Certified Medical Assistant.

The flu season is upon us, and FCHC staff members want you to know they take protecting patients and visitors from the flu quite seriously. On October 4th, the Health Center held its annual kick-off event to encourage staff to receive the season's flu vaccine. The theme of this year's event was "Hit Me With Your Best Shot," the title of the 1980s hit song by music artist Pat Benatar. The 1980s theme was carried throughout the event with 80s attire, memorabilia and music.

"Our goal was to inspire our employees and volunteers to get the flu vaccine this fall, and 271 employees did just that on October 4th," says Barb Crow, FCHC Infection Preventionist and Employee Health Manager. "As health care workers, it's important that we protect ourselves and our patients and visitors from getting the flu. That's why we offer the vaccine free to employees." Flu vaccine participants were rewarded by having their names added to a drawing for various gift certificates.

Crow says that in addition to the kick-off event, the Health Center has also been holding flu vaccine clinics in the FCHC Occupational Medicine Department for employees where the flu vaccine is made available to them. They also circulate to staff work areas throughout the hospital offering flu vaccines for employees who might not be able to come to the clinic.

New Employee Flu Education Requirements

New this year is a requirement for all employees to go through online education about the flu and the importance of the flu vaccine. "All employees

are required to get the flu vaccine or to sign a declination form declining the flu vaccine and stating their reasons for doing so," says Crow. "We then evaluate the reasons for declining the vaccine to direct our education for the next year and dispel any misconceptions about the vaccine."

"The flu vaccine is our first line of defense against people getting the flu and spreading it," says Crow. "Hand washing is also important as is respiratory etiquette - covering your nose when you sneeze or your mouth when you cough." Crow says the flu can circulate at any time of the year, but typically the peak season is in January and February when people are inside and in close proximity to one another.

Health experts must estimate nine months in advance what flu viruses are likely to hit the U.S. in order to give the pharmaceutical industry enough time to manufacture the vaccine. The vaccine can be up to 70% effective in helping to prevent the flu. "The flu virus can start off as one thing and then mutate, which poses problems in the effectiveness of the vaccine," says Crow. "An individual's immune system status can also affect whether or not the vaccine works. Even so, the vaccine will help to lessen the chance of you getting the flu, and it will also help to lessen the severity of the illness if you should get it."



Dan Ruplinger, FCHC Director of Environmental Services, receives his flu vaccine from Kim Maneval, Certified Medical Assistant.

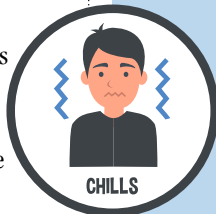
Where Can You Get the Flu Shot?

Fulton County Health Center does not offer the flu vaccine to the general public unless they are an inpatient but strongly encourages everyone to get the vaccine. Locally, area residents can get the flu vaccine at the Fulton County Health Department, local retail pharmacies, or from their health care provider. The cost of most vaccines is covered by insurance, but check with your individual plan for specific coverage in your plan.

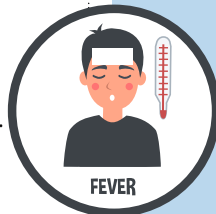
THINGS TO KNOW The FLU



DRY COUGH



CHILLS



FEVER



RUNNY NOSE



HEADACHE



MUSCLE ACHES

Seasonal influenza (the flu) causes fever, headache, tiredness, cough, sore throat, nasal congestion, and body aches.

It is usually spread through coughs and sneezes.

Recovery usually takes 1-2 weeks. But for those with compromised immune systems, such as the elderly or those with lung complications, the flu can be deadly.

Flu activity typically peaks in the U.S. in January or February but can run as late as May.

The flu vaccine is the best way to prevent the flu. Flu vaccines are designed to protect against flu viruses that experts predict will be the most common during the upcoming season.

The flu vaccine is good for only one flu season.

The influenza vaccine is manufactured in laboratories to match the most likely strains for that flu season.

The vaccine is made from killed flu viruses and is designed to help the body build immunity to those strains.

Protection begins in about two weeks after getting the shot and may last up to one year.

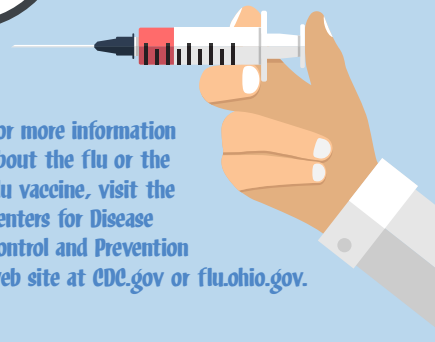
The Food and Drug Administration has approved the seasonal influenza vaccines for 2017-2018. The traditional vaccine protects against three different flu viruses: two influenza A viruses and one influenza B virus. Another vaccine protects against two influenza A viruses and two influenza B viruses. A high-dose vaccine is approved for people age 65 and older.

The CDC recommends all individuals age 6 months and older receive the flu vaccine every year, unless medically contraindicated.

The flu vaccine does not protect against the stomach flu or the common cold.

Some people should not get the flu vaccine so, if you're not sure, consult your health care provider.

For more information about the flu or the flu vaccine, visit the Centers for Disease Control and Prevention web site at CDC.gov or flu.ohio.gov.



Health & Wellness Programs

HEALTH EDUCATION

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.

Building a Healthier Lifestyle

8 week class offered Tuesdays Jan. 9 -Feb. 27, 12 p.m. or 4:30 p.m. at the Fulton County Wellness Center. This class is for those who desire to look and feel better by promoting a healthier lifestyle. We will challenge you toward healthier eating, sleep and physical activity as we work toward a lifestyle that leads to better habits and better health. Cost \$40. Please call to register at 419-330-2721.

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. Thurs., Jan. 11 or March 8, 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.



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. 6, 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. 20, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

New Class!

Relaxation/Stress Management

Learn basic relaxation and stress management techniques to improve your heart and health. This class will give you practical tools to decrease your stress and improve ways you can relax in today's busy world! Tues., Jan. 23 or March 20, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. To register call 419-330-2692.

Healthy Grocery Shopping Tours

Learn how to shop for healthier foods while balancing a budget. Tour led by a Registered Dietitian. Tues., Jan. 30 or Feb. 27 at 6:30 p.m., meet at Chief Supermarket in Wauseon, Free, registration required. Call 419-330-2735 to register.

SAFETY

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2 - year certification in adult, child, infant CPR; obstructed airways; and first aid; meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., Feb. 24 or April 28, 9:00 a.m. - 4:00 p.m., \$75, 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., Jan. 20 or March 24, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.



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 - Look Good Feel Better

Hair and Skincare classes, Mon., Jan. 15, 5:00 - 7:00 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 under-insured men and women age 40 and over. A doctor's order is required. For more information call 419-330-2706.

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

DIABETES EDUCATION

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

New Classes!

Taking Charge of Blood Sugars Through Daily Choices

Individual training that includes a 5-visit series with an RN 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.

Taking Charge of Blood Sugars Mini-Series

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



PARTNERS IN PREGNANCY

To register for Partners in Pregnancy classes, call the FCHC Family Birthing Center 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 by appointment.

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

Class is 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 even months. Includes Family Birthing Center tour and stamping a T-shirt for the baby. Free, 1 session.



GRIEF SUPPORT

H.O.P.E

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of each month at 7:30 p.m. in the FCHC Ground Floor Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, teenagers, and adults due to illness or accident. For more information 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 support group 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 give supportive listening through these grieving times. We educate participants on the causes of suicide in order to prevent more loss. or more information 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).

WEIGHT LOSS

An Introduction to Weight Loss Surgery: Sleeve Gastrectomy

Attend one of these free seminars in the FCHC Beck Meeting Room to learn more about Sleeve Gastrectomy weight loss surgery. The staff and physicians of our Weight Solutions program will provide 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.

- Mon., Jan. 8 5:00 p.m. Beck Meeting Room
- Mon., Feb. 5 5:00 p.m. Beck Meeting Room
- Mon., March 5 5:00 p.m. Beck Meeting Room

Weight Loss Support Group

The Weight Loss Support Group will be held Jan. 23, Feb. 27 and March 27 at 5:00 p.m. in the FCHC Beck Meeting Room. Please call 419-337-7373 to RSVP.

SMOKING

FreshStart®

FreshStart® is the American Cancer Society's quit smoking program consisting of four one-hour sessions held during 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. 8, 15, 22, and 29, 5:00 - 6:00 p.m., Free, FCHC Wellness Center, Wauseon.





Fitness Programs

10-Week Session: January 8 - March 17

10 Classes - \$40; 20 classes - \$55; 21 or more classes - \$70, (all classes except Parent and Child Water Wonder) Classes can be mixed. Register: fultoncountyhealthcenter.org or 419-330-2735

CARDIO, STRENGTH AND CONDITIONING

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!

M W	5:30 PM	FCHC Wellness Center, Wauseon
T	6:00 PM	Crestwood Elementary, Swanton

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.

W	6:30 PM	Fayette Junior High School Gym, Fayette
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Cardio 360

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. The Step 360 will be incorporated in to this workout! Who knew that exercising could be this fun!

M W	5:30 PM	Ruiley Park Pavilion, Archbold
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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!

SAT	9:30 AM	FCHC Wellness Center, Wauseon
TH	6:00 PM	Crestwood Elementary, Swanton (Must bring stability bar and mat)

New!!!! POUND®

The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing drums. This takes cardio drumming to the next level. (Mat Required)

M W	6:45 PM	FCHC Wellness Center, Wauseon
SAT	10:45 AM	FCHC Wellness Center, Wauseon
M	6:30 PM	Fayette Jr. High School Band Room, Fayette
M W	6:45 PM	Ruiley Park Pavilion, Archbold

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!

T Th	5:30 AM	FCHC Wellness Center, Wauseon
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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.

T Th	5:30 PM	Ruiley Park Pavilion, Archbold
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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.

T Th	7:00 PM	FCHC Wellness Center, Wauseon
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SENIOR ADULT

Delay the Disease (For Parkinson's 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.

T	9:00 AM	Fairlawn Wyse Commons, Archbold
T	10:30 AM	FCHC Wellness Center, Wauseon
Th	10:30 AM	FCHC Wellness Center, Wauseon

Gentle Movement

Gain strength and flexibility in this no-sweat class. Many exercises are performed sitting on a chair. (Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department. Archbold class co-sponsored by Archbold Parks & Recreation Dept.)

M W	9:30 AM	Fulton County Sr. Center, Wauseon
M W	9:30 AM	Fairlawn Wyse Commons, Archbold

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 eights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance. A chair is used for support, stretching, and relaxation exercises. (Free to SilverSneakers® card holders, regular pricing applies to others)

M W	10:00 AM	FCHC Wellness Center, Wauseon
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Stretch & Balance

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

W	11:00 AM	St. John Lutheran Church, Stryker
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TAI CHI AND YOGA

Tai Chi

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

T	5:00 PM	FCHC Wellness Center, Wauseon
F	2:00 PM	Henry County Sr. Center, Napoleon

Yoga (Mat Required)

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! (Mat Required)

SAT	9:00 AM	FCHC Beck Meeting Room, Wauseon
T	5:00 PM	FCHC Beck Meeting Room, Wauseon
M	5:00 PM	Delta Public Library, Delta (6 week - \$25, limit 10 participants)
M	7:00 PM	Evergreen Elementary Media Center
W	6:00 PM	Church of the Nazarene, Pioneer
T Th	7:15 PM	Trinity United Methodist, Swanton

Yoga - Gentle (Mat Required)

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.

T	6:45 PM	Ruiley Park Pavilion, Archbold
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Yoga - Intermediate (Mat Required)

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.

M	7:30 PM	Ruiley Park Pavilion, Archbold
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Yoga - Combined (Mat Required)

This combined offers features from both the Gentle and Advanced Yoga classes.

Th	6:45 PM	Ruiley Park Pavilion, Archbold
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Aquatic Aerobics

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

M W 6:15 PM FCHC Wellness Center, Wauseon

Aquatic Noodle Workout (Beginner/Advanced)

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! Advanced class will work harder and faster.

(Beginner) T 5:30 PM FCHC Wellness Center, Wauseon

(Advanced) T 6:30 PM FCHC Wellness Center, Wauseon

TH 5:30 PM FCHC Wellness Center, Wauseon

M 5:30 PM Fairlawn Wyse Commons, Archbold

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.

T Th 8:30 AM FCHC Wellness Center, Wauseon

M W 8:30 AM Fairlawn Wyse Commons, Archbold

Parent & Child Water Wonders-Beginner

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.

Beginner (6-24 months, 30 min.)

SAT 9:30 AM FCHC Wellness Center, Wauseon

Beginner (24-36 months, 30 min.)

SAT 10:00 AM FCHC Wellness Center, Wauseon

8 weeks - \$35

Parent & Child Water Wonders-Advanced (30 min.)

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water. 3-5 years)

SAT 10:30 AM FCHC Wellness Center, Wauseon

SAT 11:00 AM FCHC Wellness Center

8 weeks - \$35

Parent & Child Water Wonders (Beginner/Advanced) (30 min.)

T 4:00 PM Fairlawn Wyse Commons, Archbold

8 weeks - \$35

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. 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.

T Th 9:30 AM FCHC Wellness Center, Wauseon

T Th 10:30 AM FCHC Wellness Center, Wauseon

Special Events

FCHC Wellness Center Open House

January 6, 9:00 a.m. - 12:00 p.m. Come check out our changes to the new Wellness Center. Demonstrations of our land and aquatic fitness classes will be offered. Fitness staff will be on hand to answer questions in regards to our fitness equipment and memberships. Special prices will be offered for 6 & 12 month memberships. Prizes, giveaways, refreshments, and blood pressure and glucose checks will be offered.

FCHC Biennial Health Fair

April 21, 7:00 a.m. - 11:00 a.m. Sponsored by the FCHC Corporate & Community Health Promotion Department. FCHC Beck Meeting Room; park in the South lot and use the ER Entrance. Free admission, light refreshments, giveaways & prizes!

1. Comprehensive Blood Test – \$30, normally \$400; requires a 12-hour fast. PSA for men, add \$25. A1C Screening, add \$25.

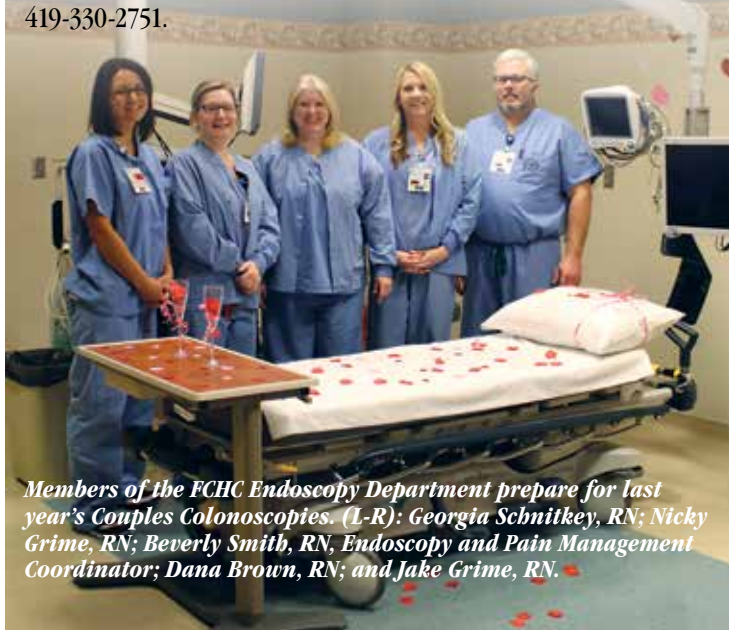
2. Free Tests

Blood Pressure, Dermascan (sun damage), Osteoporosis, Vision, Hearing, Blood Sugar

3. Free Health Information

Couples Colonoscopies

Prep together, test together, and rest together. If you are age 50 or older and due (or overdue!) for a colonoscopy, talk to your doctor about this life saving cancer screening for colorectal cancer. Fulton County Health Center is offering consecutive "Couple Colonoscopy" screening slots, throughout the month of February. All participating couples will be given a goody bag and entered to win a \$50 gift card to dine out. A physicians order is required for the screening. To get started, contact your primary care physician today for a referral! Need more information? Call the FCHC Endoscopy Department at 419-330-2751.



Members of the FCHC Endoscopy Department prepare for last year's Couples Colonoscopies. (L-R): Georgia Schnitkey, RN; Nicky Grime, RN; Beverly Smith, RN, Endoscopy and Pain Management Coordinator; Dana Brown, RN; and Jake Grime, RN.

FCHC News & Notes

Welcome, Dr. Mills

Shelly Mills, DO, a Family Practice physician, will join the Delta Medical Center on Mon., Jan. 1. Dr. Mills received her medical degree from the Edward Via College of Osteopathic Medicine in Blacksburg, Virginia. She completed her residency at The Toledo Hospital Family Medicine Residency. Dr. Mills is board certified by the American Osteopathic Board of Family Medicine. She joins Dexter Phillips, DO, Ann Steck, MD, and Rebecca Shirley, MSN, CNP at the Delta Medical Center. Dr. Mills is accepting new patients. To schedule an appointment with Dr. Mills, call the Delta Medical Center at 419-822-3242.

An Evening of Heart Matters

On Tues., Feb. 20, from 5:30 - 7:30 p.m., FCHC will present "An Evening of Heart Matters." This program will be presented in an informal setting with a free, heart-healthy dinner at 5:30 p.m. Attendees can pose heart-related questions to a panel of Heart & Vascular Specialists. 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. 13. Call 419-330-2735 to register.



Heart Radiothon

On Thurs., Feb. 8, 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.



FULTON COUNTY
HEART RADIOTHON

FCHC Nursing Staff Honored

Hurst Ratings and Analytics has recognized the FCHC nursing staff with The Hurst Gold Standard of Nursing Award for achieving excellence in quality nursing, which significantly contributes to the hospital's overall patient satisfaction rating.

"Being recognized with The Hurst Gold Standard of Nursing Award is an honor for our nursing staff and hospital," says Patti Finn, FCHC CEO. "It demonstrates the level of dedication and commitment to quality patient care that our patients, their families, and the community can expect at Fulton County Health Center."

The nursing staff received the honor based on nurse communication, staff responsiveness, medication communication, pain management, discharge information, and care transition.

"Nurses make up the majority of hospital staff and are the primary providers of patient care in our hospital," says Tiffany Siegel, Chief Nursing Officer. "It is wonderful that nurses are being celebrated, and we are grateful to Hurst for honoring our staff with this special award."



Oncology Program Re-Accredited

FCHC's Rainbow Hematology/Oncology Treatment Center has, once again, been re-accredited for another three years by the American College of Surgeons' Commission on Cancer. Only 25% of U.S. hospitals earn this honor. The department has been accredited by the Commission on Cancer since 1990. The accreditation ensures that FCHC patients and the community receive: Comprehensive care, a multidisciplinary team approach, information about cancer clinical trials and new treatment options, access to prevention and early detection programs, cancer education and support services, a cancer registry that offers lifelong patient follow-up, ongoing monitoring and improvements in cancer care, and quality care close to home.



A QUALITY PROGRAM
OF THE AMERICAN
COLLEGE OF SURGEONS

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, and it was awarded gold recognition through the HRSA Workplace Partnership for Life Hospital Campaign.



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

Construction Update

Work continues on our new South Medical Office Building. Over the next three months, contractors will be installing the steel framing and working towards enclosing the building. The expanded south parking lot and new Ambulatory Emergency Department parking lot have been completed. We have closed off the south ground floor entrance during construction, but patients and visitors can enter the south side of our facility via the Emergency Department ambulatory entrance. We apologize for any inconvenience this may cause you, as we remain committed to expanding our campus to better serve your health care needs.

FCHC Auxiliary Events

Feb. 1..... Robert's Uniforms
Feb. 14..... Valentines Day Sale
March 7..... LulaRoe
March 28..... Easter 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.

Your Medical Information Is Just a Few Clicks Away



FCHC is pleased to introduce its new online Patient Health Portal that places your medical information in a secure, easy-to-access environment that is all in one place.

“We listened to our patients, and they asked us to provide more access to their medical information in a timely manner,” says Phyllis Precht, FCHC HIS Coordinator. “The previous health portal was not meeting the needs of our patients, so we adopted a new system.”

All of the information in the Portal comes from the patient’s FCHC Electronic Health Record. Patients log in by visiting the FCHC Patient Health Portal link at **patientportal.fulhealth.org**, or by clicking on the Patient Portal link on the FCHC website at fultoncountyhealthcenter.org. Each patient may create their own user name and password at the website or contact the Health Information Department at the

Hospital for assistance. Passwords are encrypted and URLs are re-written so they cannot be copied, which adds a great deal of security to the system. Be sure to register your email address with Fulton County Health Center to take full advantage of fast and secure access to the health information we have on file for you.

At the secure portal you will be given access to your LAB test results upon their completion. Radiology examination reports are available as soon as the physician has reviewed and signed them. Scheduled procedures and medicines that we have on file for you may be reviewed. Helpful Health Links and other information are available at a click of a mouse. “Patients can access the results of their tests from the FCHC lab, radiology, and a summary of inpatient visits as they are posted in the Health Center’s Electronic Health Record,” says Precht. “They can view the Portal from any device

that gives them access to the Internet. The information can also be shared with the patient’s other health care providers.”

Parents can request access to their child’s information in the Portal as long as the child is under the age of 18. Individuals who serve as a caretaker for another adult can access that patient’s Portal as long as the patient has signed a proxy statement allowing that to happen. A call to the portal help line is required to gain this access for a child or other adult.

Precht says there are three things patients must understand with the Patient Health Portal:

1. The patient must have a previous visit to FCHC
2. The patient must provide a current email address.
3. The patient must re-register for the new FCHC Patient Health Portal even if they have been registered in the old portal.

For help with the Patient Health Portal, call 419-337-7469 or email PortalSupport@fulhealth.org.



Workout For The Heart

Thurs., Feb. 8 from 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 for all participants. Individuals can turn in pledge sheets that can be found with any FCHC Fitness Instructor or by calling 419-330-2724. Raise at least \$25 in donations for the Fulton County Heart Radiothon and receive a free Heart Radiothon t-shirt. All proceeds will support heart related programs and equipment in Fulton County.

Technology Helps Find Veins



The AccuVein device uses infrared light to detect hemoglobin in the blood to show where veins are located. It will improve IV start success and reduce patient pain.

the position of underlying veins.

“The infrared light actually detects hemoglobin in the blood, which shows where the veins are located,” says Eric Demaline, RN, EMT-B, FCHC Emergency Department Coordinator. “It will only

“It is especially helpful to patients who have had difficulty with blood draws or IV starts.” Demaline says there are several causes for hard-to-find veins, and they include dehydration, obesity, low body temperature, overuse of veins due to repeated treatments, lack of muscle, and even skin tone.

“It’s a great tool to help us find the vein with the first poke,” says Demaline. “Ultimately, the relatively simple device helps us to improve patient safety and patient satisfaction.”

Have you ever been “poked” several times by a health care professional trying to find a vein for a blood draw or to start an IV? Fear not, technology has saved the day.

In October, FCHC purchased two AccuVein devices to improve IV start success and reduce patient pain. One device is used in the Emergency Department, and the second is used on the Medical/Surgical floor. The system is designed to help FCHC staff locate the best vein to access for IV starts or blood draws. The device is lightweight and portable and is pointed at the skin in the area where the IV is to be started. Push a button and AccuVein projects infrared light onto the patient’s skin to reveal

measure to a depth of 10 millimeters, which is less than half an inch. That means it won’t mistake an artery for a superficial vein. The manufacturer recommends we project infrared light on a four-inch wide area to make sure we find the superficial veins.”

Demaline says the AccuVein device can be hand-held or used on a stand to project the infrared light onto a patient. “All of our Emergency Department staff have been trained to use the device,” says Demaline. He says the non-invasive technology can be used on any body part that has veins, and it can even be used on infants.



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

Patti Finn, Chief Executive Office | **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.