

A publication of Fulton County Health Center

# Health *Centering*

## Solving Your Sleep Problems: FCHC Expands Its Sleep Center

### In this Issue

Solving Your Sleep Problems:  
FCHC Expands Its Sleep Center  
New Medical Office Building To Open  
FCHC To Open Retail Pharmacy  
Message from the CEO  
Report to the Community  
News & Notes  
Vaping - Is it Safe?

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



**The Sleep Disorder Center**, which opened in 1999 on the FCHC third floor, will begin operations in July in the Health Center's new South Medical Office Building. The move will double the number of sleep lab suites it offers from two to four.



**38.1%** of adults sleep less than seven hours a day

Each sleep lab suite includes a comfortable bedroom, lounge area and bathroom with shower for patients who sleep overnight for testing. In order to accommodate patients' schedules, the Sleep Disorder Center offers flexible scheduling options for sleep studies. Patients must receive a physician's referral and have a face-to-face meeting with their doctor to document their medical and sleep history. The FCHC Sleep Disorder Center will also contact the patient's health insurance company to check if prior authorization is needed and to obtain the prior authorization.

The Sleep Disorder Center is led by Kristy Retcher, RRT, RPSGT, a Registered Polysomnographer and the Sleep Lab Manager, and Medical Director Naeem Lughmani, MD, FAASM, FCCP, a Pulmonologist Board Certified in Sleep Medicine. In addition, there are an additional five Registered Polysomnographers on staff. The Center is accredited by the American Academy of Sleep Medicine (AASM).

## **SOLVING YOUR SLEEP PROBLEMS:** FCHC Expands Its Sleep Center

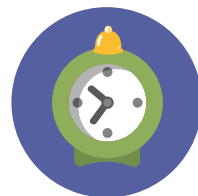


### **Statistics Show a Growing Problem**

In Ohio, 38.1% of adults sleep less than seven hours a day based on data compiled in 2014 by the Centers for Disease Control and Prevention (CDC). Across the country, 20% of adults suffer from mild sleep apnea, and one in 15 Americans has severe sleep apnea. These numbers would be higher, except 85% of the population has not been tested or diagnosed for sleep disorders.

Obesity is a major risk factor in the development of obstructive sleep apnea. And while a large portion of patients with obstructive sleep apnea are middle-aged, the disorder can affect any age group.

Sleep disorders are also caused by poor sleep hygiene. "Good sleep hygiene means you practice good sleeping behaviors," says Retcher. "That means you go to bed at the appropriate time to allow for seven to eight hours of sleep. It means putting aside your electronic devices and avoiding texting or surfing the Internet in the middle of the night. It also means turning off the television when you go to sleep. You need to get quality sleep where your brain is not being stimulated. Otherwise, the sleep gets interrupted and you are tired the next day."







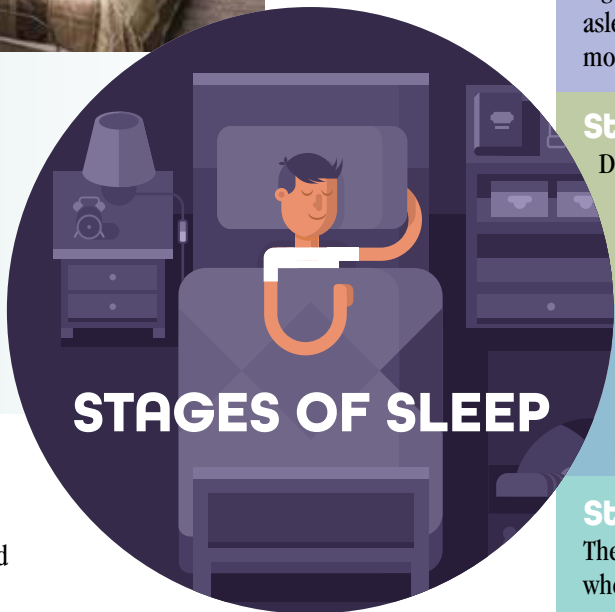
*Pictured to the left are the former Sleep Lab suites at FCHC. The suites in the new facility are considerably larger.*

# EP

## Sleep Disorders Lead to Health Problems

Sleep apnea is a leading cause of high blood pressure, stroke, heart attack, and cardiovascular disease. Diabetes is also directly related to a lack of sleep. In addition, a lack of sleep leads to irritability and affects your ability to interact with others and make decisions. It also impacts your motor skills. Sleep deprivation is cumulative and has a negative effect that leads to cognitive impairment, mood disorders and excessive daytime sleepiness.

*Sleep Lab Medical Director Naeem Lughmani, MD, FAASM, FCCP reviews a patient's sleep lab study results with Kristy Retcher RRT, RPSGT, Sleep Lab Manager (top right) and Lisa Tucker-Sipe, REEGT, RPSGT (top left).*



## Sleep Disorder Testing

All patients at the Sleep Lab are first put through a diagnostic test where they spend the night sleeping in the comfortable bedroom suite in the Sleep Disorder Center. Monitoring electrodes are placed on various parts of the head and body to measure brain waves, heart rhythm, blood pressure, and muscle movements in the legs. Stretch belts are attached to the patient's diaphragm to measure breathing effort. A pulse oximeter is attached to the patient's finger to measure oxygen levels. All testing is performed by a Registered Polysomnographer, who is situated near the patient's bedroom. An intercom system allows the patient to speak to the technologist as needed. Patients are able to get up and use the bathroom during the night. The goal is to get as much recording time as possible, though a minimum of six hours is ideal.

The majority of patients arrive between 8:15 and 8:30 p.m. for preparation. These patients typically go to sleep at 10:00 or 11:00 p.m. After the sleep study has been completed, patients will visit their physician or a sleep specialist to receive the results of the study.

## THERE ARE SIX STAGES OF THE SLEEP CYCLE:

### Stage 1

Light sleep, where you feel half awake/half asleep and may experience sudden jerky movements of your legs or other muscles.

### Stage 2

Deeper sleep, where you are no longer aware of your surroundings or noise. In this stage, the heart rate slows and your body temperature drops.

### Stages 3 & 4

Known as Delta sleep, this stage is important for that restorative, refreshed feeling in the morning.

### Stage 5

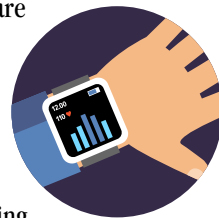
The rapid eye movement (REM) phase, when the muscles in your body are temporarily paralyzed and totally relaxed, and the body is in its deepest state of rest. REM sleep constitutes 25% of overall sleep.

### Stage 6 Wake.

## What About Watches & Beds that Track Sleep?

People who wear exercise-monitoring watches may also get data from the watches about their sleep habits. There are also smart beds on the market that monitor sleep activity. But how accurate are they? "These devices typically monitor heart rate or movement activity at night," says Retcher. "Your heart rate typically drops during sleep, but using heart rate to measure sleep patterns is not always accurate. Some of the watches and beds use motion-detector technology. So if you are lying in bed and not moving, the watch or bed assumes you are asleep. But this, too, isn't perfect when measuring sleep patterns. If you feel you have a sleep disorder, your best option is to see your physician first, who can perform an evaluation and refer you to our Sleep Disorder Center if needed."

*(Continued on page 4.)*





## SOLVING YOUR SLEEP PROBLEMS: FCHC Expands Its Sleep Center

(Continued from page 3.)

### Sleep Disorders

#### 1 Obstructive Sleep Apnea

Sleep apnea occurs when a person's airway muscles relax, and the upper airway becomes partially or completely obstructed. Breathing becomes impaired, and the person repeatedly stops breathing during sleep. This can occur hundreds of times during the night. Symptoms include snoring and gasping for air at night.

"Obstructive sleep apnea causes a person to feel exhausted throughout the day, and he/she may not understand why since most people are unaware their sleep is interrupted so frequently throughout the night," says Retcher. "We can detect oxygen deprivation and other markers that identify sleep apnea." Treatment involves wearing a CPAP mask to bed each night, which provides continuous air pressure to keep the airways open so the patient can breathe and sleep normally. Individuals who have been diagnosed with sleep apnea return for one more night of testing to determine the optimal pressure setting for his/her CPAP machine.

#### 2 Narcolepsy

"Narcolepsy is the second most common sleep disorder that we test for at our Center," says Retcher. "Patients with narcolepsy will have uncommon sleep attacks during the middle of the day. When this occurs, they will enter into the REM stage of sleep within minutes, whereas a normal person will require sixty to ninety minutes to get to the REM stage." Patients will undergo an overnight sleep test and nap tests the next day at the Sleep Disorder Center. "There is no cure for narcolepsy," says Retcher. "But medications that provide a stimulant can be used to control symptoms. And practicing good sleep hygiene will also help."

#### 3 Periodic Limb Movement

When the legs have involuntary, jerky muscle movement, the person is experiencing Periodic Limb Movement Disorder. The jerky muscles will interrupt the sleep cycle. The Sleep Disorder Center tests for this condition by placing electrodes on the legs to monitor for jerky muscle movement during sleep.

#### 4 Insomnia

Insomnia is the inability to sleep and can be occasional or chronic. "Insomnia is our most difficult disorder to treat, since it often involves poor sleep hygiene and can require behavior modification therapy," says Retcher. "It is usually caused by another factor, and we must determine what that is so we can treat that issue to ultimately control the insomnia."

#### 5 REM Behavior Disorders

REM (Rapid Eye Movement) Behavior Disorders occur when a person is in REM sleep and begins to physically act out a dream or to violently thrash arms and legs. Typically the body is very quiet in stage REM, but the muscles in a person with REM Behavior Disorder are not relaxed and actually begin moving. Medications would be used to treat this condition.



*Sleep Lab Manager Kristy Retcher, BS, RRT, RPSGT and staff member Deb Eicher, RPSGT are pictured in the hallway with the 4 new Sleep Lab suites. The Sleep Lab now offers 4 suites on campus instead of the current two.*

### Help is Near

As of July, testing at the FCHC Sleep Disorder Center will move to the 2nd floor of the new FCHC South Medical Office Building. A sleep study requires a physician's order, and in order to get the physician's referral you must first have a face-to-face meeting with your physician who will document your medical and sleep history. The FCHC Sleep Disorder Center will then contact your health insurance company to see if prior authorization is needed and to obtain it if required. For more information, contact The FCHC Sleep Disorder Center at 419-330-2683.



The third floor of the South MOB has been shelled and is being held for future development. “Having the third floor shelled at this time will allow us to develop future specialty services needed for our patients,” states Finn.

“The new South Medical Office Building is part of our 100-year strategic plan that we started in 2015,” says Finn.

## New Medical Office Building To Open

The construction on Fulton County Health Center’s new South Medical Office Building is wrapping up, and plans call for it to open this summer.

“We needed more room for our physicians,” says Patti Finn, FCHC CEO. “We have specialists who want to practice here, and some of our current physicians would like to have more office and exam room space. This new facility will solve both problems and offer our patients more opportunities to see medical specialists right here in town.”

Ground was broken in April of 2017 for the four-story, 62,000 square-foot facility. A 150-space south parking lot was added, and the east parking lot was expanded with an additional 182 spaces.

The ground floor of the new Medical Office Building will house the FCHC Outpatient Pharmacy (see related article). It will also have a new Outpatient Lab for drawing blood to supplement the drawing station in the main lab of the Health Center. A section of the ground floor will also be leased to physicians.

The first floor will become the new home of the Parkview Wauseon Family Practice providers. The group includes Jana Bourn, MD; Kenton Kamp, MD; Anthony Uribes, MD; James Zimmerman, MD; and Nicole Young, PA.

The second floor will be the home of the West Ohio Surgeons, as well as the office of Fulton County OB/GYN. That office includes OB/GYN physician Sema Fofung, DO and Jessica Durham, MSN, BSN, RN, Certified Nurse Midwife. These medical professionals are relocating from the West Ohio Building. The providers will have direct access to the FCHC Surgical Suites that are also on the second floor of the Health Center.

In addition, the second floor will also house the expanded FCHC Sleep Disorder Center (see related article). The new Sleep Lab will combine the services here at FCHC with the services of the Sleep Lab in Swanton, which will close when the new Lab opens. The expanded Sleep Lab will feature enhanced sleeping areas and a quieter environment for sleep studies.



*One of the Nurses Stations in the South Medical Office Building.*



*A view of one of the clinics on second floor.*

“Our Board of Directors and administrative staff spent a significant amount of time planning for the future health care needs of the community,” says Finn.

For more information about FCHC’s new South Medical Office Building, contact Steve McCoy, Director of Marketing and Planning, at 419-330-2717 or [smccoy@fulhealth.org](mailto:smccoy@fulhealth.org).





*Matt Gerig, RPh, Retail Pharmacy Director, stands behind the counter of the spacious prescription drop-off and pick-up area. A large retail section next to this counter offers customers a variety of over-the-counter medications.*

Starting in early July, the FCHC Outpatient Pharmacy will be open for business. The pharmacy will serve those who use the Health Center's services or see a provider on the FCHC campus. It will also be open to the general public who are looking for a new place to serve all of their pharmacy needs. The Outpatient Pharmacy is located on the ground floor of the new South Medical Office Building that will open at the same time.

"We will be fully staffed and ready to begin filling prescriptions sometime in early July," says Matt Gerig, RPh, Retail Pharmacy Director. The retail pharmacy will accept coverage from the majority of health insurance plans and Medicaid, as well as most Medicare Part D insurance plans. "We also plan to offer competitive pricing for cash-paying customers," says Gerig.

In addition to filling prescription medications, the new retail pharmacy will also have a large over-the-counter area that will be stocked with non-prescription medications found in other retail pharmacies. That will include over-the-counter medications for upset stomachs, pain, allergies, cough and colds, as well as vitamins and supplements. The facility will also offer a convenient drive-through window for drop off or pick up of prescriptions, a waiting room, a consultation room, and a large working area for the pharmacists. Two full-time pharmacists and three pharmacy technicians will staff the retail pharmacy.

"We've had a lot of interest from people who would like to transfer their medications over to our new retail pharmacy," says Gerig. "Once we are open in early July, it will be easy for people to do so with a quick phone call to us." Patients can transfer their medications to the new FCHC Outpatient Pharmacy by calling 419-335-3715.

"Our new retail pharmacy will also be convenient for our Emergency Department patients or for those patients who require prescriptions or over-the-counter medications after an outpatient procedure or same-day surgery," says Gerig.



*A drive-through window will make it convenient for pick up of orders.*

**Beginning in early July, the FCHC Outpatient Pharmacy hours will be:**

**Monday thru Friday - 8:00 a.m. - 7:00 p.m.  
Saturday - 9:00 a.m. - 2:00 p.m.  
Sunday - Closed**



Visit FCHC's Facebook page or web site at [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org) for updates on the July opening. For more information, contact Matt Gerig, RPh, Retail Pharmacy Director, at 419-335-3715 or [mgerig@fulhealth.org](mailto:mgerig@fulhealth.org).

## Message from the CEO

Over the past two years, we have been working hard to build the second Medical Office Building (MOB) on our campus, and this summer we plan to open it to patients.



The new South MOB was built to accommodate a growing list of physician specialists who want to practice here, as well as to provide more space for some of our current physicians.

This newsletter provides a wrap-up of the South MOB. It also contains information about our Sleep Disorder Center, which is expanding and moving to the South MOB. Our new Outpatient Retail Pharmacy is also part of the new facility, and you can read about that in this newsletter as well.

There is a growing problem of e-cigarette use among high school and junior high students. Sharon Morr, Director of our Corporate and Community Health Promotion Department, has spent several months visiting and presenting information to students and teachers in Fulton County schools about the dangers of vaping. As a parent or grandparent, you owe it to your child to learn more about this health issue.

This newsletter contains our 2018 Report to the Community, which we typically publish once a year. We also welcome Rex B. Mowat, MD, a Hematologist/Oncologist, who has joined our medical staff and will see patients at our Rainbow Hematology/Oncology Treatment Center on Fridays.

Finally, please note that we have purchased a new shuttle bus to transport patients, visitors and employees around campus. The shuttle bus was provided by the FCHC Auxiliary, which has done great things to benefit the Health Center through the years.

Please take time to get to know what is happening at Fulton County Health Center.

Have a safe and enjoyable summer!

*Patti Finn*

Patti Finn,  
Fulton County Health Center  
Chief Executive Officer

# REPORT TO THE COMMUNITY 2018

General Category	2017	2018
Admissions	1,516	1,417
Outpatient Visits	158,349	155,068
Emergency Room Visits	16,987	16,533
Inpatient Surgeries	453	420
Outpatient Surgeries	2,329	2,297
Outpatient Services	228,749	224,712
OB Deliveries	208	184
Oncology Visits	3,106	3,124
Laboratory Tests <i>(Outpatient only, including Pathology)</i>	153,350	151,629
Radiology Procedures	43,908	45,638
Respiratory Procedures	2,595	2,582
Physical Therapy Outpatient Visits	13,217	11,473
Diabetes Education Outpatient Visits	546	432
<i>(Includes both individual and group patients)</i>		
Cardiac Rehab Visits <i>(Includes both Phase II and Phase III)</i>	5,726	5,611
FulCare Patient Days <i>(Includes both adult &amp; geriatric patient days)</i>	1,275	1,334
FulCare Outpatient Visits <i>(Therapists only)</i>	3,790	3,758
FulCare Partial Hospitalization Visits	1,112	1,292
Fulton Manor Resident Days	24,129	23,942

## Corporate and Community Health Promotion

Community Events and Class Participants <i>(no FCHC Health Fair in 2017)</i>	3,956	3,179
Corporate Program Participants	2,680	1,894
School Program Participants	1,680	2,337
Fitness Class Participants	1,640	1,714
Fitness Classes	160	161
SilverSneakers® Member Visits	9,361	10,333

## Auxiliary

Active Volunteers	127	130
Volunteers' Service Hours	11,600	10,400
Money Donated/Pledged	\$68,415	\$112,000

## 2018 Auxiliary Donations Included:

■ Pledges to renovate areas in Fulton Manor	\$100,000
■ Redecoration of Oncology Treatment area	\$12,000
■ VolunTeens Scholarship	\$2,000

## New Services/Technology:

- Air Impingement Oven
- Exercise Equipment for Wellness Center
- Tru-D Smart UVC - Infection Prevention Robot

## Replaced Services/Technology:

- Colonoscope, Defibrillators, 500 Desktop Computers and 100 Laptop Computers, Omnicell Upgrade, Upgrade to Dining Software for Patients, Centrifuge - Laboratory, Fluid and Blanket Warmer - OB, Telemetry System Upgrade, Surgical Table, Chemistry Analyzer - Laboratory, and OB Monitors with Wireless Option

## Awards:

- The Chartis Center for Rural Health (Chartis) and National Organization of State Offices of Rural Health (NORSORH) Performance Leadership Award for Overall Excellence in Outcomes

## New Active Staff Physicians:

- Hesham El Gamal, MD, Pulmonary Medicine/Critical Care
- Nicholas Barnes, DO, Family Practice
- Khaled Abuhantash, MD, Hospitalist

	2017	2018
Uncompensated Care	\$3,208,647	\$2,940,416

# FCHC News & Notes

## Auxiliary Golf Outing Fundraiser

As this newsletter was going to print, the 20th Annual FCHC Auxiliary Golf Tournament was being held on Thursday, June 6 at Ironwood Golf Course in Wauseon. The 4-person, 18-hole best-ball scramble began with a noon shotgun start, followed by a silent auction and BBQ dinner at FCHC. This is the Auxiliary's largest fundraising event to benefit the Health Center, and results of the event will be included in our fall *Health Centering*. The Auxiliary expects that this will be the year the cumulative revenue from the previous 20 golf tournaments will exceed \$500,000! The Auxiliary's first golf tournament was in 1999 and raised \$1,300, which was used to buy infant cribs for the OB Department. This year the Auxiliary hopes to raise \$38,000 from the golf outing, BBQ chicken dinner sales, and Silent Auction and raffle.

## New Oncologist Joins Medical Staff

**Rex B. Mowat, MD**, a Hematologist/



Oncologist, has joined the FCHC medical staff and will see patients at our Rainbow Hematology/Oncology Treatment Center on Fridays.

Dr. Mowat is Board Certified by the American Board of Internal

Medicine/Hematology

and the American Board of Internal Medicine/Medical Oncology. He received his medical degree from Wayne State University in Michigan in 1985 and completed his residency at William Beaumont Hospital in Michigan. Dr. Mowat has also completed a fellowship at the University of Florida. To schedule an appointment with Dr. Mowat, call our Hematology/Oncology Center at 419-330-2708.

## Like Us on Facebook

If radio isn't your thing, then follow us on Facebook. Learn about the latest happenings at FCHC!







**2018**

**17%** of 6-12th graders used e-cigarettes

**24%** of high school seniors used

**8%** of students used regular cigarettes

Source: Fulton County Health Assessment Status Study

# Is it Safe?

On December 18, 2018, U.S. Surgeon General Jerome Adams said, “Vaping by U.S. teenagers has reached epidemic levels, threatening to hook a new generation of young people on nicotine. I am officially declaring e-cigarette use among youth an epidemic in the United States. Now is the time to take action. We need to protect our young people from all tobacco products, including e-cigarettes.”

Vaping is done using battery-operated e-cigarettes, which produce an aerosol (vapor) instead of smoke. E-cigarette products include vape pens, JUUL® devices and pods, personal vaporizers, e-hookahs, e-pipes, and e-cigars. Sharon Morr, Director of the FCHC Corporate & Community Health Promotion Department, has been visiting Fulton County schools to present the facts about the dangers of vaping to students and teachers.

## Eye-Opening Statistics

The Fulton County Health Assessment Status study (conducted in Sept. 2016 & 2018 and released in December of those years) shows students in grades 6-12 are increasingly using e-cigarettes:

- ▶ **2012 - 1% used e-cigarettes**
- ▶ **2014 - 14% used e-cigarettes**
- ▶ **2016 - 11% used e-cigarettes**
- ▶ **2018 - 17% used e-cigarettes; 24% of high school seniors used; only 8% of students used regular cigarettes**

## The Dangers of Nicotine

E-cigarettes were first introduced by tobacco companies to help adults quit smoking, yet they were never approved by the FDA as a certified product to kick the habit. But for teens the issue lies in nicotine—the key ingredient in regular cigarettes and also in 97% of vaping products. But nicotine is a poison and is as addictive as heroin and cocaine. It also adversely affects teenage brain development.

## Other Dangers of Vaping

A study by the National Academies of Sciences in February, 2018 found there is conclusive evidence that e-cigarettes emit potentially toxic substances and increase airborne concentrations of particulate matter and nicotine indoors. “Flavored e-cigarettes are the most harmful because they contain more chemicals than the unflavored ones,” says Morr. Vaping products may also contain harmful bacteria and fungi, and e-cigarettes can increase your chances of a stroke, heart attack, or heart disease.

## Juuling

“Juuling” refers to the use of e-cigarettes produced and sold by Juul Labs, Inc. The JUUL® device looks like a flash (thumb) drive, and its battery can be charged by plugging it into the USB port of a computer or other device. You must purchase JUUL® refill pods to use with the device. Each JUUL® refill is equivalent to one pack of cigarettes. “Teens consider the JUUL® device the iPhone® of e-cigarettes, and they can get a high dose of nicotine with just one puff,” says Morr.

## What is Being Done?

On March 5 of this year, the SAFE Kids Act of 2019 was introduced into Congress in the form of Senate Bill 655 and House Bill 1498 to impose additional restrictions on flavorings for use in e-cigarettes. In April of this year, Senate Majority Leader Mitch McConnell announced that he would introduce legislation to raise the federal minimum age to buy tobacco from 18 to 21. Ohio Governor Mike DeWine has also proposed raising the state’s legal age to purchase any tobacco product to 21. On a local level, the Tobacco 21 movement in Ohio began in the Spring of 2015, with the Preventing Tobacco Addiction Foundation and its allies working to raise the age in their hometowns. Numerous Ohio cities including Columbus, Cleveland and Akron have already passed local ordinances. Currently, the law has passed in 14 states.

“This is just the beginning in the fight to keep our children safe from the dangers of e-cigarettes and vaping,” says Morr. If you would like more information about the health risks associated with e-cigarettes and vaping, contact Sharon Morr, Director of the FCHC Corporate & Community Health Promotion Department, at (419) 330-2723 or email at [smorr@fulhealth.org](mailto:smorr@fulhealth.org).





# Fitness Programs

**7-Week Session: June 10 - July 24; 10-Week Session: June 10 - August 17**

7 Classes - \$28; 14 classes - \$40; 15 or more classes - \$50. 10 Classes - \$40; 20 classes - \$55; 21 or more classes - \$70

All classes can be mixed; excludes specially priced classes. Register: [fultoncountyhealthcenter.org](http://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 (7 Weeks)

### 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. Must bring stability ball and mat. FUN! FUN! FUN!

T TH 6:00 PM FCHC Wellness Center, Wauseon (7 Weeks)

### 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 8:30 AM FCHC Wellness Center, Wauseon (7 Weeks)

M W 6:45 PM FCHC Wellness Center, Wauseon (7 Weeks)

T TH 5:00 PM FCHC Wellness Center, Wauseon (7 Weeks)

### Tabata Fire/Power Training

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, with increased strengthening, 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 (10 Weeks, begins June 18)

## 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 TH 10:30 AM FCHC Wellness Center, Wauseon (10 Weeks)

### 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. Free to SilverSneakers® card holders, regular pricing applies to others.

M W 10:00 AM FCHC Wellness Center, Wauseon (10 Weeks)

## 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 TH 9:00 AM FCHC Wellness Center (7 Weeks)

### 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 (10 Weeks)

T 5:00 PM FCHC Beck Meeting Room, Wauseon (10 Weeks)

T 7:15 PM Trinity United Methodist, Swanton (10 Weeks)

### SilverSneakers® Yoga (No Mat Required)

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered, so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. Free to SilverSneakers® cardholders, regular pricing applies to others.

M W 11:00 AM FCHC Wellness Center, Wauseon (10 Weeks)

## AQUATICS

### 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 (7 Weeks)

### 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. Free to SilverSneakers® cardholders, regular pricing applies to others.

T TH 9:30 AM FCHC Wellness Center, Wauseon (10 Weeks)

T TH 10:30 AM FCHC Wellness Center, Wauseon (10 Weeks)



# 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.

### ***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., August 6, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

### ***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., Aug. 20, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

### ***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., July 11 or Sept. 12, 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. Call 419-330-2692 to register.

### ***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., July 23 or Sept. 24, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 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. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. Sat., July 20 & Nov. 16, 9:00 a.m. - 3:00 p.m., \$75, FCHC Wellness Center, 138 E. Elm St., Wauseon.

### ***American Heart Association Healthcare Provider CPR***

CPR Certification 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., Aug. 17, 9:00 a.m. - 12:00 p.m., \$50, FCHC Wellness Center, 138 E. Elm Street, Wauseon.

## DIABETES EDUCATION

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

### ***Blood Sugar Management***

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. Appropriate for individuals who have diabetes, pre-diabetes, or increasing blood sugar numbers. There will be two different 5-visit series options available focusing on blood sugar control when diagnosed with diabetes or when trying to prevent diabetes. \$150 for series. Call 419-330-2772 to schedule.

### ***Blood Sugar Management Mini-Series***

Two individual visits with an RN Diabetes Educator using a simplified curriculum for learning how to better manage blood sugars whether diagnosed with diabetes or trying to prevent this diagnosis. \$75 for two classes. Call 419-330-2772 to schedule.

### ***Updated Class Option!***

For both classes, you may choose to have one visit with a dietitian focusing on healthy eating.

## 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., Aug. 5 & Sept. 9, 5:00 p.m.

Timothy Duckett, MD, FCHC Beck Meeting Room

### ***Bariatric Support Group***

Tues., June 25, Aug. 27, Sept. 24, 5:00 p.m. FCHC Beck Meeting Room.



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

## 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.

### ***Rehabilitation Services: Physical & Occupational 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.

### ***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.

### ***Prosthesis and Wig Bank***

Available for patients who cannot afford to purchase their own.

***“You treat a disease, you win and lose. You treat a person, I guarantee you will win every time, no matter the outcome.”***

— Patch Adams, M.D.



## 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***

The class is held once a month on Saturday mornings for 4 hours. 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

Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. & H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

### ***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.

### ***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.

## FCHC News & Notes

### See You At the Fair!

FCHC will again be at this year's Fulton County Fair, Aug. 30 - Sept. 5. Many FCHC Departments will be at the fair throughout the week to answer your health questions. Look for a schedule of events on our website ([fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org)), our Facebook page and in local newspapers as we get closer to the fair!



### 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, LSW, FCHC Volunteer Coordinator, at 419-330-2695. Contact Tammy Miller, 419-335-2017, Ext. 2798, for opportunities at Fulton Manor.



### A New Shuttle Bus

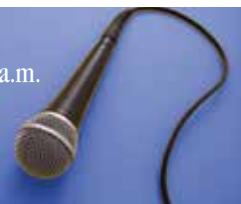
The Auxiliary has purchased a new, 12-passenger shuttle bus with a wheelchair ramp for the FCHC campus. The bus circles the FCHC campus transporting patients, families and employees to wherever they need to be on campus. The bus was purchased by the Auxiliary for approximately \$62,000. Our shuttle bus hours are 8:00 am - 5:00 pm, Monday through Friday. Thank you to the FCHC Auxiliary for this generous purchase that can be enjoyed by our patients, visitors and employees who are coming and going to our facility.

### FCHC Auxiliary Fundraising Events

<b>Aug. 1</b>	Robert's Uniforms, FCHC Beck Meeting Room - Side B
<b>Oct. 7-8</b>	Collective Goods, FCHC Cafeteria
<b>Oct. 23-24</b>	Passion for Fashion, FCHC Cafeteria
<b>Oct. 31</b>	Robert's Uniforms, FCHC Beck Meeting Room - Side B
<b>Nov. 7-8</b>	\$5 Jewelry Sale, FCHC Cafeteria
<b>Dec. 5</b>	Poinsettia Pick Up, FCHC Cafeteria

### Health Centering on the Radio

Tune your radios to 96.1 WMTR at 7:00 a.m. on Saturdays or 8:00 a.m. on Sundays for "Health Centering on the Radio." Stay in touch with your local hospital and find out more about FCHC news and upcoming events.



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

**Patti Finn**, Chief Executive Officer | **Carl Hill**, President, Board of Directors | **Steve McCoy**, Director of Marketing and Planning

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