

A publication of Fulton County Health Center

# Health Centering

## Surgery at FCHC: How It Has Advanced

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*Charles Lash, MD, FCHC Urologist performs surgery in one of FCHC's Surgery Suites. He is assisted by Jill Topp, RN, CNOR (foreground, left) and Todd Pennington, RNFA, CNOR (right).*

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

# SURGERY AT FCHC: HOW IT HAS ADVANCED

When you or someone you care about need surgery, you want both advanced surgical services along with comprehensive care before, during, and after the surgery. The Surgery Department at Fulton County Health Center has grown to include comprehensive care that goes beyond just surgery. Their name signifies these changes as the department now refers to itself as Perioperative Services. The term “perioperative” is now used by health care facilities as a means to describe the three distinct phases of any surgical procedure, which includes the preoperative phase, the surgery itself, and the postoperative phase. Every surgery is broken down into these phases to differentiate tasks and establish who is responsible for overseeing and delivering each stage of care. This allows health care teams to deliver consistent care.

Trudy Tuckerman has been a perioperative nurse at Fulton County Health Center since 1991. Tuckerman, MSN, BIS, RN, CNOR, RNFA, is now the Health Center's Perioperative Services Manager. In Tuckerman's 28 years at FCHC, she has seen quite a few changes in her department, ranging from how patients are educated, the surgical procedure itself, and even the discharge process. “These changes have all been about moving forward to make the patient experience and outcome better, and that's very important,” says Tuckerman. “Unless you or a loved one have gone through a surgical procedure, you don't know what to expect. Our main focus in Perioperative Services is to provide family-centered care. That means looking beyond the patient and doing everything possible to include and prepare the family member, significant other, or patient caregiver who accompanies the patient on the day of surgery. We strive to make sure everyone concerned is prepared before, during, and after surgery.”



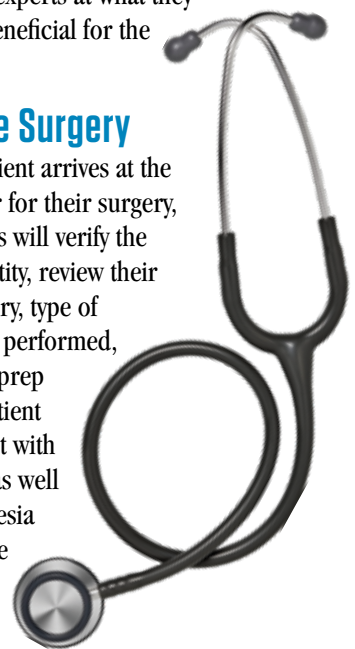
*Jennifer Smith, RN conducts a Pre-Admission Test and an interview with a patient.*

## Patient Education

At FCHC, one of the significant changes is the amount of time and effort devoted to educating a patient prior to surgery. In order to facilitate this process, a dedicated Pre-Admission Testing (PAT) team will meet one-on-one with the patient 7 to 14 days before the scheduled surgery. Nurses will review with the patient the pre-operative preparation, what to expect the day of surgery and what to expect after surgery. The patient's medical history is reviewed, and usually laboratory and radiology exams are performed on the same day. A staff member will then phone the patient the day before the surgery to help with any last minute instructions or questions they may have. The patient will also be given a specific time to arrive for the scheduled surgery. “We've always offered patient education, but not to the extent that we do now,” says Tuckerman. “And our staff members are dedicated to a specific area of the prep and surgical process. That makes them experts at what they do. It is all beneficial for the patient.”

## Day of the Surgery

When the patient arrives at the Health Center for their surgery, staff members will verify the patient's identity, review their medical history, type of surgery to be performed, and begin to prep them. The patient will then meet with the surgeon as well as the anesthesia provider to be reminded of





A Same-Day Surgery patient is attended to by Lynn Carter, RN.

what will happen during the process and what to expect afterwards.

“Pain management has also come a long way, and we no longer have to rely on opioids to help a patient deal with pain,” says Tuckerman. “Now, we use nerve blocks to control the pain during and after surgery.” A Certified Registered Nurse Anesthetist will use ultrasound to insert a catheter in the area where the nerve is located close to where surgery will be performed. A local anesthetic will be used to block the initial pain. Then, a one-dose injection is given through the catheter to provide 12 to 24 hours of pain relief. “For patients who remain with us overnight, we can attach a pain ball to the catheter,” explains Tuckerman. “The ball will release a local anesthesia in prescribed doses over a period of 48 to 72 hours for extended pain relief. Ultimately, we can provide the patient with over-the-counter acetaminophen or ibuprofen if they need any other medication to help.”



## Surgery & Recovery

“The most striking change I’ve seen in my 28 years here has been the movement away from open surgical procedures to a laparoscopic approach,” says Tuckerman. “The open procedure used to require a sizable incision to ‘open up’ the patient. Now, several tiny openings are cut in the patient to allow the surgeon to use the laparoscopic camera and instrumentation. It results in less disruption of internal organs and faster recovery for the patient.”

The surgical facilities have also expanded at the Health Center over the last 20 years, moving from:

- 4 to 8 surgical suites
- 7 to 18 same-day surgery beds
- 2 to 6 beds for endoscopy procedures
- 2 to 8 beds for recovery

“These facility changes were necessary because of our increased number of surgical patients and the move towards getting patients home faster,” says Tuckerman. “Now, many patients are able to go home the same day of surgery or at least the next day after a one night stay.”

## Expanded Surgical Hours

Three general surgeons plan to expand the number of hours they spend at FCHC each week. Timothy Duckett, MD; Beth White, MD; and Shahzad Hasan, MD will begin seeing patients four days a week rather than their previous one day a week. The three surgeons will have office hours at the West Ohio Surgeon’s

(Continued on page 4)

# FCHC Expands Surgical Offerings

Northwest Surgical Specialists (NWSS) – Timothy Duckett, MD; Beth White, MD and Shahzad Hasan, MD plan to expand the number of hours they spend at FCHC each week. They will be seeing patients in clinic two days a week and will be in surgery another two days a week. Previously, they provided surgical services at FCHC only one day per week. The three NWSS surgeons will have office hours in the West Ohio Surgeon’s Office located on the second floor in the South Medical Office Building. (See related article). These surgeons, along with the other medical practitioners who have privileges at FCHC, provide a variety of surgeries including: orthopedic, urologic, bariatric, general, gynecologic, podiatric, plastic, vascular, and ocular (cataracts).

“The three of us are going to increase the number of different types of surgeries we offer at Fulton County Health Center, especially in the area of laparoscopic surgeries,” says Dr. Duckett. “And we will also begin performing more general surgeries as well.”

Among the surgeries the NWSS surgeons will perform are those for breast cancer, colon surgery, skin cancer, hernias, sleeve gastrectomies, and gall bladder removals, among others. One of the three surgeons will be scheduled during their clinic days at FCHC, and one of them will be on 24-hour call on various days through the month for the emergency surgery needs.

“The three of us have been long-term members of the nearby Maumee community, and we are looking forward to spending time at Fulton County Health Center,” says Dr. Duckett.

**To contact Dr. Duckett, Dr. Hasan, or Dr. White, or to schedule an appointment, call the office of West Ohio Surgeons at 419-337-7478.**



(L-R): General surgeons Shahzad Hasan, MD, Beth White, MD; and Timothy Duckett, MD of Northwest Surgical Specialists will expand the number of hours they spend each week at FCHC.

# SURGERY AT FCHC: HOW IT HAS ADVANCED

(continued from page 3)

Office located on the second floor in the South Medical Office Building. (See related article). These surgeons, along with other medical practitioners who have privileges at FCHC, provide a variety of surgeries including: orthopedic, urologic, bariatric, general, gynecologic, podiatric, plastic, vascular, and ocular (cataracts).

## Discharge

The discharge process can be time-consuming, because FCHC staff must make sure the patient clearly understands how they should feel when they go home; what old, new and future medications they will be taking and why; the specific therapy they will need; when they need to have a follow-up visit with their primary care physician; and who to contact at the Health Center if they have post-surgical questions or concerns.

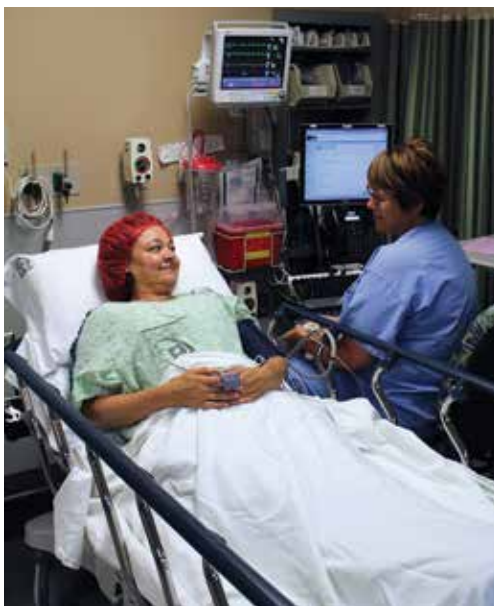
"The process can be overwhelming, because our nurses will meet with the patient, then the therapists get involved," says Tuckerman. "So if physical therapy is required, the physical therapist will meet with the patient, followed by an occupational therapist who might need to explain to the patient how to navigate their home after surgery. Each of these medical professionals could take an hour or hour-and-a-half to fully explain their area. That makes for a tiring day for the patient who has just had surgery." Tuckerman says it is more demanding now than ever because patients are staying for fewer hours in the hospital. "We used to be able to stretch the discharge conversations over three to four days," says Tuckerman. "Now patients are going home the same day or the next day, and we have to give them all that information in a shorter

period of time. We're working on expanding our pre-operative education to ease the demand on the patient before they get to the discharge process."

## The Future

"Our hospital administration and board of directors are very much in-tune with ongoing changes in the area of surgery, and they are quite supportive of allowing us to make changes in procedures, equipment and facilities as technology moves forward," says Tuckerman. "I think the communities we serve may not be aware of our advances and how we have evolved over the last 20 years in our surgical area. If they or a family member ever requires surgery at FCHC, they can be assured of receiving top-level care."

*Sandy Johnson, RN cares for a patient in the recovery room. The patient's red bonnet signifies that the surgery was performed on her right side. As a safety procedure, three different colored bonnets (red, blue, green) are used to identify the procedure side.*



# Message from the CEO

There are times in a person's life when their health begins to decline and the best option is some type of surgery. Our Surgery Department at the Health Center has evolved tremendously over the last 20 years.



We've capitalized on new technology, expanded our facilities, and added important pre- and post-operative patient education programs to make sure patients fully understand the surgical process and

recovery stage. Our lead story in this newsletter details those changes in our Perioperative Services. I encourage you to read about them.

In a related article, we discuss the expanded hours that will now be offered in Wauseon by three of our General Surgeons: Timothy Duckett, MD; Beth White, MD; and Shahzad Hasan, MD. These three surgeons, along with other surgical practitioners who have privileges at FCHC, provide a variety of surgeries right here at Fulton County Health Center.

We have an interesting article for you to enjoy about local artist Norma Thomas-Herr. Norma has donated more than 25 of her original watercolor paintings to our facility for all to enjoy. She joins a long list of local citizens who have graciously contributed their time, talents or treasure to Fulton County Health Center.

This newsletter features other articles covering a variety of topics, such as: an update on the FCHC Corporate & Community Health Promotion Department and its Wellness Center; two years after its move to our Elm street location; information about the flu and flu vaccine; an update on the opening of our South Medical Office Building; and of course our popular Health and Wellness and Fitness classes.

As always, if you have any comments or suggestions, please feel free to contact any member of our staff.

*Patti Finn*

Patti Finn,  
Fulton County Health Center  
Chief Executive Officer

# Local Artist Gives Back

Norma Thomas-Herr wanted to give back to the hospital that saved her life.

Norma is a Fulton County native, and while living in Michigan received her Fine Arts degree from Eastern Michigan University in 1981. "I turned 80 this past July," says Norma, "and my health isn't what it was in my younger years. I am no longer painting and decided to give away many of the paintings I created so my children won't have to deal with them."

Norma has been donating her paintings since 2013. In addition to giving some of her work to her relatives, Norma has donated her paintings to the Trinity United Methodist Church in

Swanton; the Wauseon, Swanton and Perrysburg Public Libraries; and to the new Museum of Fulton County. Now, it's Fulton County Health Center's turn to join that list.

"I'm a breast cancer survivor, and my breast cancer was detected during one of my annual mammograms at the Health Center in July of 2013," says Norma. "Thanks to the hospital and Dr. Hagerman, my breast cancer was caught early. But that's not all I am grateful for. Several years ago I woke up with a terrible headache, the worst one I have ever had. My husband quickly drove me to the Fulton County Health Center Emergency Department. There, they performed a CAT scan and detected a blood clot on my brain. The hospital staff moved quickly and arranged for me to be transported by medical helicopter to St. V's, where I had surgery to remove the clot. That quick action saved my life, and I am forever thankful."

Which leads us to why she is donating more than 25 original watercolor paintings to the Fulton County Health Center. "Hospitals tend to put up paintings around their facilities that don't have much meaning," says Norma. "Every one of my paintings has meaning to me, and I wanted to be able to share those paintings, and the inspiration behind them, with members of our community. I used to teach watercolor painting classes, and my classes were a lot of fun for my students and myself. I wanted to share my work so that others could enjoy them as well."

"This is a wonderful gesture by Norma, and our staff, patients and visitors will forever be able to enjoy them," says Kristy Snyder, FCHC Chief Operating Officer. "Norma made only one stipulation to us. She asked that the paintings be hung in highly visible areas and not just in an office. She truly wants to share her work with as many people as possible."

Snyder says the Health Center has recently hung the paintings throughout the facility. "Norma suggested a few areas to us, such as placing a painting of hands in the surgical area and a painting of a special family dog in the pediatrics section." She says each painting was hung along with a 5"x7" framed message providing the story behind the painting. "Now, those who walk the halls and lobbies of Fulton County Health Center will be able to enjoy Norma Thomas-Herr's talents," says Snyder.



**Beyond Repair - 2006**

*When it comes to keeping chickens, farmers are very inventive people. Low buildings, two-story buildings, wood, metal, large or small have been constructed to keep enough chickens for Sunday dinner. Along Fulton County, Ohio, Road K, there are two rusting metal structures that appear to be chicken coops. One is oblong and the other one round with some rusting vents on the top to extract the summer heat. I love painting rusty structures and was drawn to photograph these buildings because of their shabby appearance. Maybe I should have put some chickens out front but it appears that buildings have gone beyond the repair stage for animals.*  
— Norma Thomas-Herr



**Steeple St. Augustine Catholic Church - Napoleon, Ohio**

*This is one of the paintings we did when I taught watercolor classes in the Armory in Napoleon. Classes were on tables on the second floor, so I looked out toward the church and took a photo of the steeple of St. Augustine, made copies and showed the students in this class how to use negative and positive space when painting. The white is the watercolor paper that has been left free of paint. This painting was done quickly as the impressionists in France might have worked. My name is rendered with a candle prior to paint being put on the paper.*  
— Norma Thomas-Herr



# Fitness Programs

**10-Week Session: Sept. 16 - Nov. 23 (except where noted)**

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

### 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

### Drums Alive®

Powerful beat and rhythm of the drums, using the stability ball, 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!

T TH 6:00 PM FCHC Wellness Center, Wauseon  
SAT 9:30 AM FCHC Wellness Center, Wauseon

### 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!

M W 6:45 PM FCHC Wellness Center, Wauseon  
T TH 5:00 PM FCHC Wellness Center, Wauseon  
SAT 8:30 AM FCHC Wellness Center, Wauseon  
M 6:30 PM Fayette Junior High School Gym, Fayette

### Interval Strength Training

Come tone and strengthen your body with free weights, bands, and body bars. This class will push you to the next level as we train core muscle groups. Short bursts of cardio interspersed in the routine will get your heart rate up and keep you burning fat and calories hours after you leave!

T TH 6:00 PM Ruihley Park Pavilion, Archbold

## 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

### Gentle Movement

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

M W 9:30 AM Fairlawn Wyse Commons, Archbold  
M W 10:00 AM Fulton County Senior Center, Wauseon

### 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

### 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

## TAI CHI AND YOGA

### Tai Chi/QI Gong

Slow and deliberate movements, meditation and breathing exercises that can promote general well-being and health, increase energy and stamina, decrease stress and anxiety and improve muscle strength and flexibility. Moves are done primarily in standing but can also be done seated so they are great for any age or fitness level.

TH 5:15 PM FCHC Wellness Center

### 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!

SAT 9:00 AM FCHC Beck Meeting Room, Wauseon  
T 5:00 PM FCHC Beck Meeting Room, Wauseon  
M 7:00 PM Evergreen Elementary Media Center, Evergreen  
M 5:00 PM Delta Public Library, Delta  
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.

M 5:30 PM Ruihley Park Pavilion, Archbold

### 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 6:45 PM Ruihley Park Pavilion, Archbold

### SilverSneakers® Yoga

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



**Aquatic Noodle Workout (Beginner/Advanced/Combined)**

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. Classes begin the week of Sept. 23.

(Advanced) T	6:30 PM	FCHC Wellness Center, Wauseon
(Combined) TH	5:30 PM	FCHC Wellness Center, Wauseon
(Combined) 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 a 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

**Aqua Jogging/Toning**

Involves walking, jogging, or running in a pool where you may touch the bottom or may not if you chose to. It is neuromuscular specific, so it replicates what you do on land without the impact on your joints but still receive the benefits of the cardiovascular and muscular workout. This makes the exercise safer for individuals with joint issues or minor injuries. One of the best exercises you can do at your own pace whether you decide to walk, jog, or run! Classes begin the week of Sept. 23.

T	5:30 PM	FCHC Wellness Center, Wauseon
TH	6:30 PM	FCHC Wellness Center, Wauseon

**SilverSneakers® Splash**

Activate your aqua urge for variety! Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, and endurance. Work at your own ability level. (Free to SilverSneakers® cardholders, regular pricing applies to others)

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

**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. 7 weeks: Oct. 5 - Nov. 16, \$30

(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

**Parent & Child Water Wonders (Advanced)**

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water. 7 weeks: Oct. 5 - Nov. 16, \$30

Advanced (3-5 years, 30 min.)		
SAT	10:30 AM	FCHC Wellness Center, Wauseon
SAT	11:00 AM	FCHC Wellness Center, Wauseon



## Get Ready for the FLU SEASON

The Food and Drug Administration has approved the seasonal influenza vaccines for 2019-2020. There are several flu vaccine options. The traditional vaccine protects against three different flu viruses, called a trivalent vaccine. This vaccine protects against two influenza A viruses and an influenza B virus. Another vaccine, called a quadrivalent vaccine, protects against two influenza A viruses and two influenza B viruses. The high-dose vaccine is approved for people age 65 and older.

The CDC recommends that all individuals age 6 months and older receive the flu vaccine every year. The best time to get vaccinated is before influenza starts to circulate in the community because it takes about two weeks after vaccination for your body to start to develop antibodies that protect against influenza. Some people should not get the flu vaccine; so, if you're not sure, consult your healthcare provider.

Area residents are advised to contact their doctor for the flu vaccine, the local Health Department, or to look for flu vaccine clinics in area pharmacies. Fulton County Health Center staff and volunteers are offered the flu vaccine every year to help protect them and the people they encounter every day.

Influenza is a virus that causes a respiratory illness. The symptoms come on suddenly and include fever, body aches, extreme fatigue, sore throat, dry cough, runny or stuffy nose, and headache or eye pain. It is spread by droplets when an infected person coughs and sneezes. Some people may have a mild case but can easily spread the illness to others that may develop severe complications, which makes it so important to get the vaccine. The influenza vaccine does not protect against the so-called "stomach flu" caused by other organisms and it does not protect against other respiratory illnesses such as the common cold. It is only effective against influenza.

**For more information about the flu or the flu vaccine, visit the Centers for Disease Control and Prevention web site at [www.cdc.gov](http://www.cdc.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.

### ***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., Sept. 12 or Nov. 7, 9:30 - 10:30 a.m., Free, FCHC Cardiac Rehab Classroom. Please report to Cardiac Rehab at 9:20 a.m. the day of the class. 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., Sept. 24 or Dec. 3, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

### ***Cooking Quick & Healthy With a Pressure Cooker***

This class will cover the benefits of cooking with a pressure cooker and demonstrate simple meals that can be accomplished in the pressure cooker. Tues., Sept. 17, 5:30 p.m., \$5, Fulton County Wellness Center. Must call to register: 419-330-2721.

### ***Healthy Grocery Shopping Tours***

Learn how to shop for healthier foods while balancing a budget. Tour led by a Registered Dietitian. Tues., Sept. 24, 6:30 p.m. or Tues., Oct. 29, 5:00 p.m., both tours at Chief Supermarket in Wauseon. Free. Please register 24 hours in advance by calling 419-330-2721.

### ***Quick Meals and Moves***

This class will incorporate easy and healthy cooking techniques to make great meals; it will include a grocery store tour. We will also demonstrate various moves to incorporate into your day for more energy. Tues., Oct. 1, 8, 15, 22 & 29, 5:00 - 5:30 p.m., \$25, Fulton County Wellness Center. Class size limited, must call to register: 419-330-2721.

### ***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., Oct. 8, 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., Oct. 22, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

### ***Full Body Skin Cancer Screening***

Early detection of skin cancer is key to treatment and long-term health. Free screenings provided by Christine Kuhlman, NP-C, Wauseon Derma Surgery Center. Limited availability. Mon., Oct. 21, 8:00 a.m. - 12:00 p.m., FCHC Oncology Department. To schedule an appointment, call 419-330-2735 and choose Option 4; if no answer, please leave a message.

## 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., Nov. 16, sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. - 4:00 p.m. Or Sat., Dec. 7, sign-in starts at 7:30 a.m., class begins promptly at 8:00 a.m. - 3:00 p.m. \$75, FCHC Wellness Center, 138 E. Elm St., Wauseon.

### ***Babysitting Classes***

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

Sat., Sept. 14, 9:00 a.m. - 3:00 p.m., \$35, Evergreen Library, Call 419-644-2771 to register

Sat., Sept. 21, 9:00 a.m. - 3:00 p.m., \$35, Fulton County Health Center, Call 419-330-2735 to register

Sat., Sept. 28, 9:00 a.m. - 3:00 p.m., \$35, Swanton Library, Call 419-826-2760 to register

Sat., Oct. 5, 9:00 a.m. - 3:00 p.m., \$35, Delta Library, Call 419-822-3110 to register

Sat., Oct. 26, 9:00 a.m. - 3:00 p.m., \$35, Montpelier Library, Call 419-485-3287 to register

## GRIEF SUPPORT

### ***H.O.P.E.***

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month at 7:30 p.m. in the FCHC Surgical Conference Room on second floor. 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 Surgical Conference Room on second floor. If you have lost someone to suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening through these grieving times. We educate participants on the causes of suicide in order to prevent more loss.

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

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.

## DIABETES EDUCATION

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

### ***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, whether one has 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. May choose to have one visit with a dietitian focusing on healthy eating. \$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. May choose to have one visit with a dietitian focusing on healthy eating. \$75 for two classes. Call 419-330-2772 to schedule.

## 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., Sept. 9, Oct. 7 or Nov. 4, 5:00 pm, Timothy Duckett, MD, FCHC Beck Meeting Room

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

Tues., Sept. 24, Oct. 22, or Nov. 26, 5:00 p.m. FCHC Beck Meeting Room

The FCHC Wellness Center is located at 138 E. Elm Street, near downtown Wauseon.



## FITNESS & WELLNESS PROGRAMS CONTINUE TO GROW!

Since moving to the Elm Street building in August 2017, more fitness programs and classes have been added at the Wellness Center. An Open House was held to provide community members

with the opportunity to tour our facility and try out some of our fitness classes. Recently, a SilverSneakers® Yoga (chair yoga) class was added. This class is open to all and not just for SilverSneakers® members. The annual Heart Radiothon

cholesterol screening was also held at the Wellness Center, which provided health screenings to the community. Throughout the year CPR and 1st Aid classes are offered at the Wellness Center, as well as healthy cooking and weight management classes, to name a few.

The equipment in The Wellness Center was replaced in September 2018, adding new cardiovascular and resistance training machines. To accommodate our early morning members, the hours were expanded. We now open at 5:00 a.m., Monday through Friday. Personal Trainers are available to customize your fitness program and help you meet your goals. Affordable rates of 3, 6 and 12-month single/family memberships or day/week passes can be purchased without an initiation fee. The price for a single 3-month membership starts as low as \$75. A Wellness Center membership includes a 50% discount on fitness classes. Check out the Health & Wellness programs in this issue, and follow us on Facebook for the latest information.

*The Wellness Center offers new cardiovascular and resistance training machines.*



## FCHC Participates in Colon Cancer Quality Reporting

Since 1991, FCHC has been accredited by The Commission on Cancer. Each year cancer registrars from accredited health care facilities across the country report cancer statistics to the National Cancer Database. The Commission on Cancer then analyzes this data and publishes an annual Cancer Quality Improvement Program Report with the results.

The cancer statistics from FCHC are compared to other accredited programs to assure that each program meets quality standards as set forth by the Commission on Cancer. Here are some highlights from our most recent Cancer Quality Improvement Program Report. The results are based on the analysis of patient data from 2016.

**Study - 12RLN: At least 12 lymph nodes are removed and examined when a curative colon cancer surgery is performed.**

**FCHC: 100%**  
**National Average: 93%**

At FCHC, we strive to promote early diagnosis of colon cancer through events sponsored by our Corporate and Community Health Promotion Department. In addition, we provide state-of-the-art surgical and treatment options that allow patients to be treated locally rather than having to travel to larger facilities. For more information about the Cancer Quality Improvement Program Report or our Oncology/Hematology Clinic and Treatment Center, contact Leisa Britsch, RN, BSN, OCN, at 419-330-2708.

## South Medical Office Building Opens



*The Sleep Lab offers a private, comfortable homelike appearance to patients.*



*The South Medical Office Building's main entrance is quite attractive.*



*The reception area for physician offices is welcoming and spacious.*



*All patient waiting areas are attractive and comfortable.*

In late July, Fulton County OB/GYN became the first health care provider office to open in FCHC's new South Medical Office building. In early August, the West Ohio Surgeons office, the new FCHC Retail Pharmacy and the FCHC Sleep Disorder Center opened their doors to patients. Beginning in September and continuing into November, additional health care provider offices will open. The new South Medical Office Building was built to house an increasing number of physicians and health care providers who have privileges at Fulton County Health Center.

## Looking for a Career in Health Care?

A career in health care can be very rewarding and, like many hospitals across the country, Fulton County Health Center is always seeking qualified candidates to fill a variety of health care employment positions. If you would like to learn more about career opportunities at Fulton County Health Center, visit [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org) and click on "Career Center" on the left side of our home page.

## Like Us on Facebook

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



## Fulton Manor Earns National Award

Fulton Manor Nursing and Rehabilitation Center has been recognized as a 2019 recipient of the Bronze – Commitment to Quality Award by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL). The award was earned for Fulton Manor's commitment to improving the lives of residents through quality care. The award program, presented by the leading association in long-term and post-acute care, honors association members across the country. The awards will be presented during AHCA/NCAL's 70th Convention & Expo in Orlando, Florida, October 13-16.



## Road to Wellness Conference

The 11th Annual Road to Wellness Health Care Conference for Mature Adults and Caregivers will be held Tues., Oct. 1, 9:30 a.m. - 2:30 p.m. at a new location: Pettisville Missionary Church, 19055 Co. Rd. D, Pettisville. The event is free and is sponsored by the Fulton County Aging Consortium. The theme for this year's Road to Wellness is "Stay on the Defensive," and it will offer various topics including:

- **Mental Health**
- **Defensive Driving**
- **Entertainment with Abbigale Rose**
- **Fulton County Health Center Update**
- **Dance Exhibition**

FCHC will provide free blood glucose and blood pressure screenings for attendees during the registration period from 9:30 - 10:00 a.m. and at the lunch break. Flu shots will also be available during the registration period from the Fulton County Health Department. Pick up a registration form at the Fulton County Health Department, all Fulton County Senior Centers, and the Fulton County Job & Family Services Department. Completed registrations can be left at any of these locations or by mailing to:

**Fulton County Health Department**  
**Attn. Road to Wellness**  
 606 S. Shoop Ave.  
 Wauseon, OH 43567

You can also register by calling the Fulton County Health Department at 419-337-0915. Individuals who pre-register will receive a free lunch.



## FCHC News & Notes

### Health Day at Sauder Village

FCHC is sponsoring the Fulton County Day/Community Health Day at Sauder Village on Saturday, October 19 in Archbold from 10:00 a.m. - 5:00 p.m. Fulton County residents and immediate family living at their home will receive free admission to Sauder Village by showing proof of residence, such as an ID. FCHC staff members, as well as other health and wellness professionals will provide health screenings and information. Follow our Facebook page and watch your local papers for more details.



### 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.

### Golf Tournament a Success

The 20th annual FCHC Auxiliary Golf Tournament was held on June 6 at Ironwood Golf Course in Wauseon. This year's tournament brought in more than \$44,000, and proceeds were used to purchase a 2019 \$61,000 shuttle bus, currently operating on the FCHC campus. Since 2000, the annual FCHC Auxiliary Golf Tournament has brought in more than \$500,000!



### FCHC Auxiliary Events

The Auxiliary works very hard to bring you fun sales, to keep the FCHC Gift shop open, and to make money to help FCHC be more beautiful and comfortable.

Oct. 7-8 \_\_\_\_\_ Collective Goods, FCHC Cafeteria  
Oct. 23-24 \_\_\_\_\_ Passion for Fashion, FCHC Cafeteria  
Oct. 31 \_\_\_\_\_ Robert's Uniforms, FCHC Beck Meeting Room - Side B  
Nov. 7-8 \_\_\_\_\_ \$5 jewelry sale, FCHC Cafeteria  
Dec. 5 \_\_\_\_\_ Poinsettia Sale 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.