

A publication of Fulton County Health Center

Health *Centering*



New Providers in FCHC's Emergency Department

In this Issue

New Providers in FCHC's Emergency Department
Why More Than One Medical Bill?
Financial Assistance Policy
Message from the CEO
News & Notes
New Rehab Site to Open Fall 2020
Providers Join West Ohio Family Physicians
Special Events
Fitness Fair

Volume 36, No. 1 Winter, 2020



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

Great things are happening at Fulton County Health Center's Emergency Department. On October 1, the Health Center began working with Riverwood Emergency Services, Inc., an independent group of Emergency physicians based in Perrysburg.

"One of the main reasons we made this change is that Riverwood Emergency Services and FCHC share a common mission and philosophy to provide the highest level of patient care and customer satisfaction," says Jacob Sigg, RN, FCHC Emergency Department Manager. "Our common values align with the culture we are continually working towards, and it will allow both of us to reach our long-term goals."

Riverwood Emergency Services has a staff of 20 emergency medicine physicians. In addition, Riverwood also employs eight Advanced Practice Professionals consisting of nurse practitioners and physician assistants. All of the Advanced Practice Professionals have extensive emergency medicine experience. The majority live locally, and a core group are dedicated to working at FCHC. "It is quite common for hospitals to contract with emergency physician groups in order to provide constant medical coverage and to have a group of providers that specialize in the latest evidence-based best practices in emergency medicine," says Sigg.

Jay Taylor, MD, FAAEM, FACEP serves as the FCHC Emergency Department Medical Director and liaison between the Health Center and Riverwood. He has been an emergency medicine physician since completing his medical training in emergency medicine in 2002 at Mercy Health - St. Vincent Medical Center in Toledo.

Cover Photo:

On the cover: Jay Taylor, MD, FAAEM, FACEP is one of the new providers in the FCHC Emergency Department. He is assisted by Denise Pennington, RN.

NEW PROVIDERS in FCHC's Emergency Department



FCHC Emergency Physician Jay Taylor, MD, uses telemedicine technology to communicate with Eugene Lin, MD, (pictured on computer monitor) at the Neuroendovascular Surgery and Vascular Neurology Department of Mercy Health - St. Vincent Medical Center. Sarah Alexandra, RN, BSN (left) and Denise Pennington, RN (right) provide assistance.

“Our company was established in 2001 when we contracted with Wood County Hospital in Bowling Green to provide emergency medicine,” says Dr. Taylor. “In 2013, we re-branded the company with the name Riverwood Emergency Services. Since 2001, our group’s leadership, personnel and processes that have made us successful have remained the same. We now have contracts to provide emergency medicine at Mercy Health - Perrysburg, Mercy Health - Sylvania, Mercy Health - Defiance Hospital, and now Fulton County Health Center. Our focus is on working with community hospitals, some of which are in more rural locations.”

Dr. Taylor says the core group of Riverwood physicians and Advanced Practice Professionals is stable and has been together since the formation of the company. Riverwood practices a family culture among its providers, which carries over into the hospitals and patients it serves.



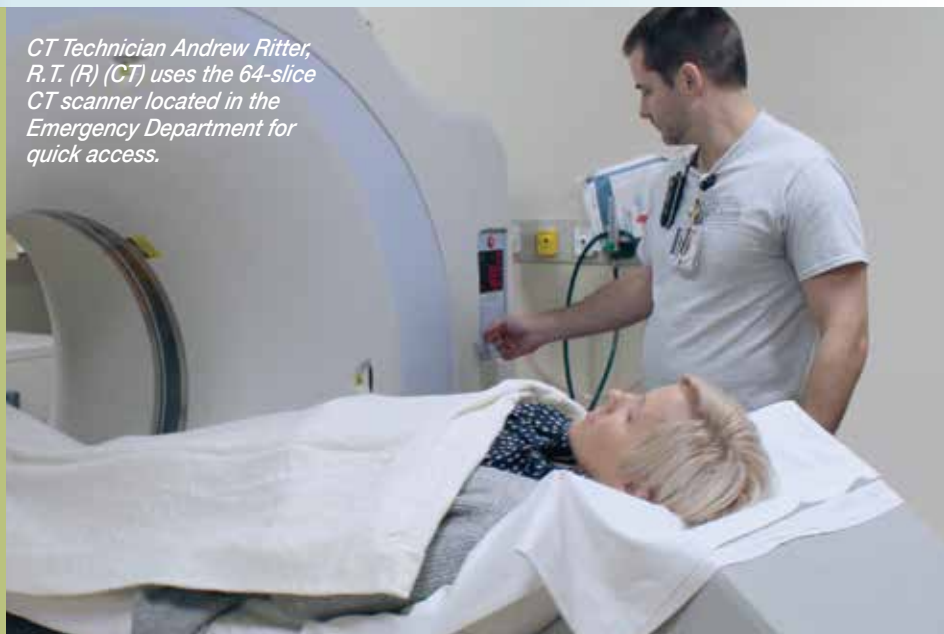
Pictured (L-R) at Patient Tower: Melissa Grine, RN, and Emily Christian, RN, BSN.

New Technology Added

In addition to the new emergency medicine providers, FCHC continues to add technology to its Emergency Department. One of the more significant additions is a 64-slice CT scanner, which is dedicated for use only in the ER. “Having a CT scanner right here allows us to immediately image a patient with a medical emergency such as a stroke,” says Sigg. “Plus, it allows us to work closely with our EMS partners who will advise us of the patient’s condition. That way we know in advance if we must move the patient directly to the CT scanner once they arrive.”

A second piece of technology was installed five years ago when telemedicine was added. The technology allows FCHC to consult directly with neurointerventional physician specialists at Mercy Health - St. Vincent Medical Center and the University of Toledo Medical Center. *(Continued on page 4.)*

CT Technician Andrew Ritter, R.T. (R) (CT) uses the 64-slice CT scanner located in the Emergency Department for quick access.



“Family first is our philosophy.”

— Dr. Jay Taylor, a new emergency physician at FCHC.

“At Riverwood, we all work 12-hour shifts and rotate between days and evenings as well as covering their equal share of holidays, nights and weekends. Even the core group of providers who have been here from the beginning will work those shifts. It’s only fair, and we genuinely want to take care of one another. That family first culture carries over into how we approach working with the staff at each of our hospitals. We’re just getting to know each other at Fulton County Health Center, but eventually we will both have a good understanding of one another. It is important for us to get to know each other, because we believe everyone’s job is critical to the overall success of the patient encounter.” Since he began working at FCHC this fall, Dr. Taylor has been impressed with the quality and knowledge of the Health Center’s staff.

Relating to patients is also part of the Riverwood culture. They provide staffing based on predicted emergency department volume, so doctors and Advanced Practice Professionals can sit down and get to know patients. “We believe kindness and respect is how we must approach each patient and that we must treat them with genuine compassion,” says Dr. Taylor. “I am interacting with people who are at their worst and don’t really understand what is happening to them. I have to make a positive impression within the first 10 seconds of my seeing a patient in order to gain their trust. Part of doing so is to show confidence in my abilities without being arrogant, and to show compassion. We don’t always give them the answers they want to hear. Whether it’s good or bad news that we deliver, we have to do it with compassion and understanding.”



NEW PROVIDERS in FCHC's Emergency Department

(Continued from page 3.)

Along with the state-of-the-art technology, Zoll® defibrillators have been added. The units offer feedback to FCHC staff performing CPR, along with constructive instruction on how to improve the quality of the CPR being given. The defibrillators also have a “See through CPR” function so staff can see the patient’s underlying heart rhythm while performing CPR. A rhythm simulator was also included with the defibrillators. “The simulator allows us to train on a variety of patient scenarios and to monitor our training to see if our performance has improved,” says Sigg.

The Buzzy® bee, a device geared toward pediatric patients, is now used by staff to distract pediatric and adult patients while they are given an injection, or IV or when having a wound sutured. The device is placed between the “brain and the pain” to distract the patient and interrupt the pain signals.

“Fulton County Health Center has all of the tools – the staff, technology and equipment – to take care of just about any emergency situation that comes through its doors,” says Dr. Taylor. “We have the capabilities and the ability to ensure that when patients need higher levels of care, that we are able to facilitate that through transport and telemedicine options, including neurology specialists for things such as strokes and intensive care. But having telemedicine as a resource expands our capabilities so we can provide a faster diagnosis and treatment for the patient.”



Denise Pennington, RN uses the AccuVein Device to assist in starting an IV for a patient.

New Treatments to Reduce Drug Dependence

In addition to adding new equipment, the FCHC Emergency Department is now using new pain management treatments to reduce the potential of drug dependence. “This is a change in our pain management protocols,” says Sigg. “The new treatments are evidence-based methods with proven results of having helped patients with chronic or acute pain.”

A Commitment to Quality

“All of these changes, from the new independent emergency medicine provider group to our new technology and pain management protocols, are designed to improve the care we offer to our patients,” says Sigg. “We are very fortunate that our administration and board of directors have the vision and leadership to allow us to provide excellent emergency medical care for our community.”

Zoll® is a registered trademark of Zoll Medical Corporation.



When a higher level of care is needed, a patient can be transported using ground or air emergency transport.



Why More Than One Medical Bill?

If you need to visit the FCHC Emergency Department, you may be surprised, later, when you receive more than one medical bill. There is a very good reason for this.

“It is quite normal for hospitals to contract with outside physician groups to provide emergency care at their facility,” says Heather Clark, CRCR, CHFP, FCHC Patient Accounts Manager. “So, typically the patient will receive an FCHC facility bill and then a second bill from the Emergency Department physician provider group. The facility bill will cover costs to use the facility as well as our services such as registration, nursing care, equipment, drugs, and supplies.”

Clark says that if radiology imaging is performed— such as X-rays, CT scans, or MRIs – a radiologist is required by law to read the images. In that scenario, the patient may receive a third bill from the radiology group.

The billing process gets a bit more complicated for patients who undergo surgery at FCHC. In those cases, a nurse anesthetist and pathologist are often involved. These professionals can also be employed by outside provider groups, meaning those groups will also bill for their services. If orthopedic physicians from West Ohio Orthopedics are called in, they will invoice the patient under the FCHC Medical Care name.

“All of these situations are common in hospitals across the country, especially in small hospitals,” says Clark. “So we are not doing anything differently than many other hospitals. Medicare and individual insurance companies also have different policies that affect billing and coverage,” says Clark.

“For example, someone may have a Medical Mutual policy. But is it an HMO or PPO network? That makes a difference as to whether a physician or facility is considered in network or not.” Sometimes an individual’s employer will change insurance companies or keep the same insurance company but change the network it is in. In those cases, Clark says the employee needs to check with the insurance company to see what services are covered.

“Regardless of whether or not an employer changes insurance policies, I recommend that the patient or family member check with Medicare or the appropriate insurance company to determine which physicians, facilities and services are covered. It’s a burden for the patient, and I sympathize with them,” says Clark. “But there are so many options out there that it’s best for the patient to check with their insurance company.”

If you have questions about insurance coverage or billing, feel free to call the FCHC Patient Accounts Customer Service number at 419-330-2605. The FCHC website (fultoncountyhealthcenter.org) also contains a list of insurance companies it accepts. Visitors should be sure to read the note at the top of the page regarding coverage.

Financial Assistance Policy Plain Language Summary

The Fulton County Health Center financial assistance policy provides eligible patients partially or fully discounted emergency or medically necessary medical care. Patients seeking financial assistance must complete an application for financial assistance, which is summarized below. This Financial Assistance Policy is being published to satisfy requirements related to Sec 501(r) of the Internal Revenue Service Code.

Eligible Patients/Services

Eligible services will include all emergency and medically necessary services provided by FCHC. Eligible patients include all patients who submit a financial assistance application who are determined to be eligible for financial assistance.

How to Apply

Financial Assistance Applications are available at the following locations:

- ▶ FCHC Emergency Department or Other Registration Locations
- ▶ Cashiers Office, 725 S. Shoop Ave., Wauseon, OH 43567
- ▶ Contact Financial Counseling at 419-330-2669, option 7
- ▶ Download a copy at www.fultoncountyhealthcenter.org

Determination of Eligibility

Patients are eligible for financial assistance through FCHC based on their income level and family size as it relates to the Federal Poverty Levels. Patients with family income of 400% or less than the Federal Poverty level, based on family size, may be eligible for discounts up to 100% of the cost of their eligible services. Eligible patients will not be charged more for emergency or other medically necessary services than Amounts Generally Billed (AGB) than those patients that have Medicare or another private insurance.

Availability of Financial Assistance Policy

Free copies of the Financial Assistance Policy are available at all locations listed above. Spanish versions of the application and policy are also available.

Message from the CEO

No one wants to have to go to the emergency room but, unfortunately, accidents and sickness can't always be prevented and may require emergency care. The lead story in this newsletter covers our Emergency Department and our



new emergency medicine providers from Riverwood Emergency Services, Inc. The physicians, nurse practitioners and physician assistants at Riverwood have a great deal of experience working with patients in community hospital

settings such as ours. Please take time to learn more about their unique culture and approach to dealing with patients, along with some of the latest technology we have added to the department.

A related article in this newsletter deals with medical billing and should answer your questions about why you may receive more than one bill when you require emergency care.

We also welcome two new practitioners to West Ohio Family Physicians. Philip Ashton, MD, a board certified Internal Medicine Specialist and Brenda Hoops, APRN, FNP-C, an Advanced Practice Nurse, have joined the group.

We are pleased to announce that we have begun the initial phase of construction on our new FCHC Rehab Center that we hope to open in the fall of 2020. This new facility, which will be located on our campus near the Davita Dialysis building, has been designed with unique features specifically for the rehabilitation of patients. It will only be used for physical, occupational, and speech therapy.

This newsletter features other articles covering several topics, along with our usual wellness and fitness classes.

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

Best Regards,

Patti Finn

Patti Finn
Fulton County Health Center
Chief Executive Officer

FCHC News & Notes

Heart Radiothon

On Thurs., Feb. 13, 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 45th Anniversary of the Heart Radiothon. 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.



Workout for the Heart

FCHC is offering this workout as part of the Heart Radiothon, Thurs., Feb. 13, 6:00 - 8:00 p.m., at the FCHC Wellness Center, 138 E. Elm St., Wauseon. Features two hours of segments of FCHC's most popular land and aquatic fitness classes. Work out for 30 minutes or for 2 hours. Refreshments will be provided. Individuals can turn in pledge sheets, which can be obtained from any FCHC Fitness Instructor, at the FCHC Wellness Center, or by calling 419-330-2724. Raise at least \$25 for the Heart Radiothon and receive a free Heart Radiothon t-shirt. All proceeds will support heart-related programs and equipment in Fulton County.

POUND® for a Purpose

April is Donate Life month and we're making noise for organ, eye, and tissue donation! Join us at POUND® for a Purpose to raise money in support of organ, eye, and tissue donation. Come for 30 minutes or stay for 3 hours. Proceeds to benefit Life Connection of Ohio. Sat., April 4, 1:00 - 4:00 p.m. FCHC Wellness Center, 138 E. Elm St, Wauseon. Suggested donation: \$20. Call to reserve a spot! 419-330-2735.



Congratulations to the FCHC Rainbow Hematology/Oncology Treatment Center for their Re-Accreditation!

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 Surgeon's 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. (Continued on page 12.)

New Rehab Site to Open Fall 2020



In the fall of 2020, FCHC will open a new, spacious, state-of-the-art facility designed specifically for physical, occupational and speech rehabilitation. The one-story 11,000+ square-foot Rehab Center will be located at 719 South Shoop Avenue, just north of the pond on the FCHC campus and in front of the Davita Dialysis Center. It will be positioned close to Shoop Avenue, with the parking lot located behind the facility. Work is currently progressing on the parking lot which, when finished, will serve as the staging area for construction materials and equipment.

"This building was specifically designed for rehab, and it will have several unique features to help patients and therapists," says Karen Lance, M.S. CCC-SLP, FCHC Director of Rehab. "We'll have an open spacious treatment area with a walking track for our physical therapy patients along with individual treatment rooms for physical, occupational and speech therapy. We'll also have a separate training kitchen to help our occupational therapy patients learn to function despite their injuries or mobility impairments. We will also have a training bathroom with a toilet and tub. That will enable us to teach our patients how to transfer to the toilet or tub using assistive devices."

In addition to the treatment area and rooms, the new FCHC Rehab Center will offer:

- ▶ A specialized pediatric treatment space.
- ▶ Treatment rooms for occupational and speech therapy.
- ▶ A therapeutic pool with an underwater treadmill and resistance jets. The pool will be open to patients all day, Monday - Friday.
- ▶ A dedicated vestibular treatment room for patients with dizziness and balance issues. The room will have a variety of lighting options as well as multiple wallpaper and carpet patterns to introduce different stimuli to decrease sensitivity.
- ▶ A ceiling-mounted, body weight support and fall prevention system to stabilize patients who cannot stand on their own.
- ▶ A balance beam and other features outlined in the carpet design to utilize during treatment.
- ▶ Wall-mounted designs to utilize during therapy for balance or reaching activities.
- ▶ A conference room for meetings with case managers and family members.

"This is a major step forward for us with our rehab care," says Patti Finn, FCHC CEO. "It will be a large, freestanding facility designed specifically for rehabilitation, and it will be dedicated for rehab patients only. All of those factors will allow us to offer quality care on a single campus."

PMBA Architects in Perrysburg designed the FCHC Rehab Center. PMBA Architects specialize in health care facility designs, and they also designed the new FCHC South Medical Office Building. The General Contractor is Rupp-Rosebrock, Inc. based out of Liberty Center.

Providers Join West Ohio Family Physicians

Philip Ashton, MD, a board certified Internal Medicine Specialist, and **Brenda Hoops, APRN, FNP-C**, an Advanced Practice Nurse, have joined West Ohio Family Physicians. In December Dr. Ashton began seeing patients ages 14 and older, and he is accepting new patients.



Dr. Ashton is a seasoned medical professional and brings with him a great deal of experience in a variety of health care settings. Dr. Ashton was a partner and part owner of Maumee Internists medical practice until 2010, and during that time he served as the Medical Director of the Transitional Care Center at St. Luke's Hospital. He was also a Medical Examiner for the Federal Aviation Administration during that time. From 2010 to 2013 he served as a Hospitalist at St. Luke's Hospital. Dr. Ashton then became a Hospitalist at Blanchard Valley Hospital in Findlay until this past June. He received his Medical degree from the Medical College of Ohio (now the University of Toledo Medical Center) in 1985.



Brenda Hoops, APRN, FNP-C, most recently served as an Advanced Practice Nurse at ProMedica Defiance Family Physicians where she assessed, diagnosed, prepared treatment plans and prescribed medications for family practice patients. She

also worked at Davita Dialysis on the FCHC campus and worked from 2002-2007 at FCHC as a registered nurse on the Medical-Surgical floor, CCU, and in cardiac stress testing. She has also worked as a Registered Nurse at Fairlawn Haven Nursing Home in Archbold and as a Staff Nurse on the Post Anesthesia Recovery Unit and Neurological ICU at the University of Toledo Medical Center. She received a Master of Science in Nursing - Family Nurse Practitioner degree from Indiana Wesleyan University in 2013 and a Bachelor of Science in Nursing from the University of Toledo in 1989. Brenda Hoops is accepting new patients and will begin seeing them in early January.



Fitness Programs

10-Week Session: Jan. 6 - March 14 (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 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

(Starts Jan. 18)

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

(Starts Jan. 18)

T TH 5:30 AM FCHC Wellness Center, Wauseon

T TH 5:30 PM Ruihley Park Pavilion, Archbold

M 6:30 PM Fayette Junior High School Gym

(No class Jan. 20 or Feb. 17)

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 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

Body Bootcamp

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 6:30 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.

T 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
(8 weeks, no class Jan. 20 or Feb. 17)

M 5:00 PM Delta Public Library, Delta

(8 weeks)

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.

(Advanced)

T 6:30 PM FCHC Wellness Center, Wauseon
(Dec. 10-Feb. 25)

(Combined)

TH 5:30 PM FCHC Wellness Center, Wauseon
(Dec. 12-Feb. 27)

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!

T 5:30 PM FCHC Wellness Center, Wauseon
(Dec. 10-Feb. 25)

TH 6:30 PM FCHC Wellness Center, Wauseon
(Dec. 12-Feb. 27)

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

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. 8 weeks: Jan. 11 - Feb. 29, \$35

(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. 8 weeks: Jan. 11 - Feb. 29, \$35

(Advanced (3-5 years, 30 min.)

SAT 10:30 AM FCHC Wellness Center, Wauseon

SAT 11:00 AM FCHC Wellness Center, Wauseon

Special Events

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 physician's 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.

An Evening of Heart Matters

On **Tues., Feb. 4, 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 Jan. 30. Call 419-330-2735 to register, and press option 4. Doors will open at 5:00 p.m. An evening meal will be provided at 5:30 p.m., followed by the Heart Matters program beginning at 6:00 p.m.



FCHC Biennial Health Fair

April 25, 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! Here's what you can expect:

- 1 **Comprehensive Blood Test** – \$30
(12-hour fast). PSA for men & A1C Screening - additional \$25 each.
- 2 **Free Tests & Information** –Blood Pressure, Dermascan, Osteoporosis, Vision, Hearing, Blood Sugar

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., Jan. 9 or March 5, 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., Jan. 21 or March 17, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

New Year, New You!

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. 5-week series, Tues., Jan. 21 to Feb. 18, 12:00 - 12:30 p.m., \$25, FCHC Wellness Center, 138 E. Elm St., Wauseon. Call 419-330-2721 to register.

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. 4 or April 7, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register. 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., Feb. 18 or April 28, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

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

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. You may choose to have one visit with a dietitian focusing on healthy eating. \$150 for the 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. You may choose to have one visit with a dietitian focusing on healthy eating. \$75 for two classes. Call 419-330-2772 to schedule.

Diabetes Education Community Class at Local Senior Center

Open to any senior age 60 or older. Fri., Jan. 10, 11:00 - 11:45 a.m., Swanton Senior Center, 217 Chestnut Street (inside the Community Center)

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.



3rd Monday of each month: Jan. 20, Feb. 17, March 16, April 20, 5:00 pm, Timothy Duckett, MD, FCHC South Medical Office Building 2nd Floor Conference Room

1st Thursday of each month: Jan. 2, Feb. 6, March 5, April 2, 6:00 pm, Arun Kumar Baskara, MD, FCHC South Medical Office Building 2nd Floor Conference Room

Bariatric Support Group

4th Tuesday of each month: Jan. 28, Feb. 25, March 24, April 28, 5:00 p.m., FCHC South Medical Office Building 2nd Floor Conference Room

Register on-line at 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.

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., March 28, July 18 or Nov. 21, sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. - 4:00 p.m. \$75, FCHC Wellness Center, 138 E. Elm St., Wauseon.

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. 25, May 16, or Sept. 26, 9:00 a.m. - 12:00 p.m., \$50, FCHC Ground Floor Meeting Room.

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 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.

FCHC News & Notes

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.

January 28:

Robert's Uniforms, FCHC Beck Meeting Room

February 13:

Valentine's Sale, FCHC Cafeteria, Cookies, Balloons, Mennonite Pantry Items

March 9-10:

Collective Goods, FCHC Cafeteria

March 25-26:

Passion for Fashion, FCHC Cafeteria

April 9:

Easter Spring Flower Sale, FCHC Cafeteria, Cookies, Mennonite Pantry Items

April 28:

Robert's Uniforms, FCHC Beck Meeting Room



FITNESS FAIR!

Saturday

Jan. 4, 8:00 a.m. - 12:00 p.m.

FCHC Wellness Center
138 E. Elm St., Wauseon



Check out our fitness equipment and find out what we have to offer for all of your fitness needs. See land and aquatic demonstrations of our Winter classes that begin Jan. 6. Fitness staff will answer questions on fitness equipment and membership specials.

Enter to win a free fitness membership and/or fitness class session! Refreshments, blood pressure, and body fat testing will be offered.

Sign up during the discount special period to be entered to win a T-shirt!



FITNESS MEMBERSHIP COUPON

Valid January 4-11, 2020

Membership must be purchased between January 4 - 11, 2020 to receive discount.

\$50 OFF

FCHC WELLNESS Center
FULTON COUNTY HEALTH CENTER

Coupon good for \$50 OFF the 2020 Annual Fitness Membership Rates.
*This offer cannot be combined with any other discount.