

A publication of Fulton County Health Center

# Health *Centering*

## The Science of Healing Wounds

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





*Leah Leeper, RN, Safety Director (pictured here and on the cover) talks to a patient who is about to receive Hyperbaric Oxygen Therapy.*

Most of us assume our bodies are able to heal wounds that are non-life threatening. But nearly 10 million Americans are affected by challenging wounds, and their lack of healing can escalate into something much more serious. That's where the FCHC Wound Care & Hyperbaric Center can help.

The Center offers a multi-disciplinary approach to wound care and includes highly trained nurses and ancillary staff, nutritionists, lymphedema therapists, and orthotists. Two state-of-the-art hyperbaric chambers are used for certain patients who qualify. Hyperbaric Oxygen Therapy (HBOT) provides advanced treatment to deliver 100% oxygen to the patient at a higher than normal rate. This enhances the healing process by:

- ▶ Increasing the oxygen supply to damaged tissue
- ▶ Increasing the ability to fight bacteria
- ▶ Reducing swelling
- ▶ Increasing new blood vessel growth

# The SCIENCE of HEALING WOUNDS

**"Up to 25% of our patients would qualify for hyperbaric chamber therapy,"** says Bauer.

"Probably the most common wounds where hyperbaric therapy can help are diabetic foot ulcers, bone infections and tissue damage from radiation therapy."



Opened in the summer of 2015, the Wound Care & Hyperbaric Center is located in the North Medical Office Building on the FCHC main campus. Vascular Surgeon Munier Nazzal, MD, serves as the Medical Director. In November, Vascular Surgeon Ayman Ahmed, MD, RPVI joined Dr. Nazzal to provide another important vascular resource. Karen Bauer, Nurse Practitioner, is the Program Director, and there are an additional two nurse practitioners on staff. All of them provide a wide range of wound and hyperbaric medical experience.



*Teresa Hartsock, LPN, applies a bandage to a patient's wound.*

Bauer says people that have diabetes will develop brittle bones as a result of the condition, which causes the physical makeup of the foot to change. “That creates different pressure points on the foot with the amount of weight the feet have to carry, and that results in the formation of foot ulcers,” says Bauer. “Unfortunately, people with diabetes also have poor circulation and poor feeling in their feet, so they are not aware the foot ulcer is forming. By the time it’s discovered, the wound is at a point where it becomes difficult to heal.”

The Wound Care & Hyperbaric Center treats many types of skin disorders and wounds and includes treatments such as:

- ▶ Debridement (cleaning of wound surfaces)
- ▶ Vascular assessment (evaluation of arteries and veins)
- ▶ Compression therapy for edema (swelling)
- ▶ Nutritional evaluation
- ▶ State-of-the-art topical therapies
- ▶ Antibiotic therapy
- ▶ Negative-pressure wound therapy



Leah Leeper, RN, Safety Director (standing) watches as Karen Bauer, Nurse Practitioner and Program Director (seated), adjusts the controls of one of the hyperbaric chambers.



Pictured in front of one of their hyperbaric chambers are Wound Care & Hyperbaric Center staff members (L-R): Ronda Miller, LPN; Leah Leeper, RN, Safety Director; Vascular Surgeon Munier Nazzal, MD, Medical Director; Teresa Hartsock, LPN, CWCA; and Sarah Zamora, CMA.

### **“Patients with chronic wounds in the Fulton County area previously had no access to integrated wound care,”**

says Bauer. “It was not feasible for them to frequently travel to wound care clinics in Toledo or Ft. Wayne. Now, they no longer have to do that.”

The Wound Care & Hyperbaric Center offers comprehensive care for patients at FCHC and at area nursing facilities, along with patients of home health care agencies. “Our care is comprehensive, so we may treat a patient at FCHC and then follow them to a local nursing facility to continue that care,” says Bauer.

**“We also work closely to educate home health care agencies so that they can continue to provide the same care for the patient in their home. Our mission is to provide a seamless wound care network that serves patients in a variety of settings.”**

The FCHC Wound Care & Hyperbaric Center includes a comfortable waiting room, four treatment rooms, and a large room that houses the hyperbaric chambers. It is located in the North Medical Office Building on the main FCHC campus. Parking is just outside the building. Patients should contact their primary care physician for a referral to the FCHC Wound Care & Hyperbaric Center. Wound care treatment is usually covered by most health insurance providers. To contact the Center, call 419-337-7832.



Karen Bauer, Nurse Practitioner and Program Director, examines the wound on a patient's foot.



Fulton County Health Center has become the first orthopedic program in northwest Ohio to offer state-of-the-art robotically-assisted technology as a tool for its orthopedic surgeons. The Zimmer Biomet's ROSA® Knee System was purchased and installed earlier this year, and the technology became operational in mid-March. It allows FCHC Orthopedic Surgeons to customize each patient's knee replacement surgery.

"Dr. Spieles and I perform about 200 knee joint replacements every year," says Daniel J. McKernan, MD, FCHC Orthopedic Surgeon. "I, myself, have been doing these surgeries at Fulton County Health Center for the past 25 years. What I've learned is that patients in this area are capable of handling pretty bad knee pain for many years. So when they finally come to me for help, their knees are often severely affected. That makes the surgery more difficult to perform, and the ROSA® system is particularly helpful for those more advanced cases."

The typical knee replacement surgery is more complicated than what the average person may think. It requires the use of surgical jigs and blocks that position the knee for the most advantageous approach to doing the work. "The ROSA® system is extremely precise in placing the cutting guides for the surgery and for adjusting those measurements as the surgery proceeds. So, for example, if I rotate the knee a certain way during surgery, the ROSA® technology will predict more accurately how the knee will function before the cuts are even made. It also helps to assess cuts that we've made so they are accurate to within a half millimeter."



# It's Here! Robot Technology for Knee Replacements



FCHC Orthopedic Surgeons Daniel J. McKernan, MD (left) and Christopher J. Spieles, MD (right) are pictured with the new ROSA® Knee System that provides them with robotically-assisted technology.

Dr. McKernan emphasizes that he and Dr. Spieles will still be the ones performing the surgery with their own hands -- the robotic technology is simply their assistant. The robotically-assisted technology uses computer and software technology to provide data, which enables the two surgeons, as they make complex decisions, greater precision and flexibility during the surgical procedures.

"The ROSA® system does not perform the surgery," says Dr. McKernan. "As I've done for 25 years, I will still use my own hands to make the incisions, cut the bone, remove the damaged knee joint, and insert the new knee. The robotic technology is simply providing me with extremely precise guides on how to position the knee, where to make the incision and what the knee will look like after we make the cuts."

*"The ROSA® system does not perform the surgery. As I've done for 25 years, I will still use my own hands to make the incisions, cut the bone, remove the damaged knee joint, and insert the new knee. The robotic technology is simply providing me with extremely precise guides on how to position the knee, where to make the incision and what the knee will look like after we make the cuts."*

*—Daniel J. McKernan, MD,  
FCHC Orthopedic Surgeon*

Orthopedic Surgeon Christopher Spieles, MD, is also enthusiastic about the new technology, but he emphasizes that personalized care will continue to be offered to patients. "Patients will continue to see the same surgeons and the same attentive staff as always, and they will continue to receive the individualized care that we have always provided. The new technology will not replace what patients come to expect."

Dr. McKernan and Dr. Spieles have undergone extensive training with the ROSA® system, as well as taking a special course along with their nurse assistants. "Surgery is like a symphony, where steps have to be taken in the right order at the proper time," says Dr. McKernan. "The training we did on the ROSA® system allows us to use the technology to practice our moves so we are ready for the actual surgery."

Dr. McKernan says he has performed three training surgeries. "The first was on a sawbones plastic knee, and two more surgeries were performed on cadavers with skin intact. Each of these involved using the robot progressively more as I moved from one surgery to the next. The robot was there to help me more accurately perform the surgery, but it is exactly like the surgery I do now with exception of a more exact nature because of the robot."

The technology was just approved by the Food & Drug Administration in 2019, so there haven't been enough cases performed with the ROSA® system to show improvement in the surgical outcomes. "But we are confident that, over time, the data will show this technology is beneficial in reducing post-operative pain and ideally extending longevity of the prosthesis," says Dr. McKernan.

Dr. McKernan and Dr. Spieles are board certified Orthopedic Surgeons and partners in West Ohio Orthopedics & Rehab along with Kristen Hug, PA-C and Carrienne Baden, NP-C. The office is located in the West Ohio Building adjacent to the FCHC campus at 735 S. Shoop Avenue, Wauseon. The office also offers Physical Therapy services to assist in recovery through FCHC Medical Care LLC. For questions on the new ROSA® Knee System, contact their office at 419-335-2663.

## REPORT TO THE COMMUNITY 2019

### General Category

|  | 2018    | 2019    |
|--|---------|---------|
| Admissions   | 1,417   | 1,569   |
| Outpatient Visits  | 155,068 | 154,550 |
| Emergency Room Visits  | 16,533  | 16,005  |
| Inpatient Surgeries  | 420     | 493     |
| Outpatient Surgeries   | 2,297   | 2,122   |
| Outpatient Services  | 224,712 | 208,273 |
| OB Deliveries  | 184     | 208     |
| Oncology Visits  | 3,124   | 3,472   |
| Laboratory Tests <i>(Outpatient only, including Pathology)</i>                 | 151,629 | 143,352 |
| Radiology Procedures   | 43,638  | 42,098  |
| Respiratory Procedures   | 2,582   | 2,340   |
| Physical Therapy Outpatient Visits   | 11,473  | 11,516  |
| Diabetes Education Outpatient Visits   | 432     | 363     |
| <i>(Includes both individual and group patients)</i>                           |         |         |
| Cardiac Rehab Visits <i>(Includes both Phase II and Phase III)</i>             | 5,611   | 5,580   |
| FulCare Patient Days <i>(Includes both adult &amp; geriatric patient days)</i> | 1,334   | 1,023   |
| FulCare Outpatient Visits <i>(Therapists only)</i>                             | 3,758   | 2,896   |
| FulCare Partial Hospitalization Visits   | 1,292   | 1,333   |
| Fulton Manor Resident Days   | 23,942  | 24,170  |

### Corporate and Community Health Promotion

|   |        |       |
|---|--------|-------|
| Community Events and Class Participants |        |       |
| <i>(no FCHC Health Fair in 2019)</i>    |        |       |
| Corporate Program Participants          | 3,179  | 1,818 |
| School Program Participants             | 1,894  | 527   |
| Fitness Class Participants              | 2,337  | 2,180 |
| Fitness Classes                         | 1,714  | 1,547 |
| SilverSneakers® Member Visits           | 161    | 143   |
| Other Fitness Member Visits             | 10,333 | 8,546 |
|   | N/A    | 8,238 |

### Auxiliary

|                           |           |          |
|---------------------------|-----------|----------|
| Active Volunteers         | 130       | 108      |
| Volunteers' Service Hours | 10,400    | 9,000    |
| Money Donated/Pledged     | \$112,000 | \$90,533 |

### 2019 Auxiliary Donations Included:

- FCHC Shuttle Bus (\$61,731)
- Provided 13 new phone charging stations in waiting areas for the campus (\$4,000)
- Outdoor furniture for the Cafeteria patio, front entrance and courtyard between the South Medical Office Building (\$14,894)
- \$10,000 donation to FCHC for the Service Excellence initiative
- \$2,000 VolunTeens Scholarship

### New Services/Technology:

- Completed construction of our new 4-story Medical Office Building
- New furnishings and exam tables for the completed Medical Office Building
- Opened new retail pharmacy
- Additional digital portable radiology unit for the facility

### Replaced Services/Technology:

- New Software for Cardiac Stress Test
- Updated Bravo System for endoscopy
- Replaced all radiology equipment in the Emergency Department Radiology Room
- Replaced 2 hematology analyzers

### Awards:

- Recipient of the 2019 Healthy Worksite Gold Level Award through Healthy Business Council of Ohio

### New Active Staff Providers:

- Philip Ashton, MD Internal Medicine, West Ohio Family Physicians
- Brenda Hoops, APRN, FNP-C, West Ohio Family Physicians

### Uncompensated Care

**\$2,940,416    \$2,187,274**



# Message from the CEO

**H**ave you ever had a wound that just seemed like it would never heal? For some people, the inability for their bodies to heal a wound can become a serious medical situation. That is when our Wound Care & Hyperbaric Center can help. Led by two



vascular surgeons and several other medical professionals, this program can be a great benefit to those with diabetes and other chronic conditions that contribute to the lack of wound healing. Our lead story in this newsletter features our Wound

Care & Hyperbaric Center, so please take time to learn how it can help you or a loved one.

We're excited to announce a new technology that we have added to our orthopedic program. The ROSA® Knee System is a state-of-the-art, robotically-assisted technology that will be a great benefit to our orthopedic surgeons and their patients. The system was installed earlier this year and began operations in mid-March. You can read more about that new technology here.

In this newsletter we welcome two new Hospitalist providers - Nurse Practitioner Michelle F. and Ric Miller, a Physician Assistant. They join our two physician Hospitalists to expand our coverage of this service to help ease the transition of the patient into the hospital system.

In this issue we also provide our annual Report to the Community, include information about our Biennial Health Fair, and provide information about our usual fitness and wellness classes.

Please take time to get to know what is happening at Fulton County Health Center. Have a safe and enjoyable spring season!

Best Regards,

*Patti Finn*

Patti Finn  
Fulton County Health Center  
Chief Executive Officer



*FCHC's Hospitalists (L-R): Ric Miller, Physician Assistant; Khaled Abuhantash, MD; Michele F., Nurse Practitioner; and Alan Rivera, MD.*

## FCHC Expands Hospitalist Coverage

On March 2nd, FCHC introduced two new providers to the Hospitalist team to provide on-site services throughout the week from 7:00 p.m. - 7:00 a.m. Michelle F., Nurse Practitioner and Ric Miller, Physician Assistant will join Alan Rivera, MD and Khaled Abuhantash, MD, FCHC Hospitalists.

The Nurse Practitioner and Physician Assistant will work with the physicians to care for patients being treated at Fulton County Health Center. The addition of on-site providers will expand the care given to FCHC patients and afford the opportunity to discuss their care with a provider throughout the night. The team approach will allow a much safer and easier transition from the Emergency Department setting to the inpatient units.

FCHC's Hospitalist service provides medical management to patients in the hospital who may not have a primary health care provider, or who have a provider who does not treat hospitalized patients.

### FCHC'S HOSPITALISTS

- ▶ Specialize in Hospital Medicine & care for patients placed in FCHC care units
- ▶ Prescribe tests and have quick access to the patient's bedside
- ▶ Collaborate with primary care providers and other specialists to provide the best care to patients



## Healthy Workplace Award

In January, FCHC was honored with the 2019 Healthy Workplace Gold Level Award. The award was presented as a result of the Health Center's comprehensive workplace health promotion and wellness programs. Applicants for the award were scored on the extent that their wellness programs facilitated and encouraged employee health, enhanced productivity and ensured a healthy work environment. FCHC was one of 111 Ohio employers that were recognized for their healthy workplace practices. The award was presented to staff members on January 23 during the Health Action Council of Ohio's Annual 2020 Conference in Columbus.



Pictured with the Healthy Workplace Award are FCHC staff members (L-R): Jamin Torres, BA, ACE CPT, Health Promotion Manager; Tonya Gomez, RD/LD, Nutrition Educator; Patti Finn, CEO; Jason Mohler, Human Resources Benefits & Compensation Manager; and Kelly Frey, Human Resources Benefits Coordinator.

## Heart Beat Award

FCHC was one of 11 recipients of the Heart Beat Business awards, presented February 8 by the Wauseon Chamber of Commerce. FCHC was recognized overall along with its outpatient pharmacy. The Heart Beat Award derives its name from the slogan, "Wauseon, the City you'll take to Heart." The Heart Beat Business awards are presented annually to any business, church, school, or organization that makes an investment in their business which enhances the community.



## Start Swinging Those Clubs

The 21st Annual FCHC Auxiliary Golf Tournament will be held on Thursday, June 4 at Ironwood Golf Course in Wauseon. The 4-person best-ball scramble will begin with registration at 11:00 a.m. followed by a noon shotgun start. A silent auction and dinner at FCHC will be held after the outing. Participants will enjoy 18 holes of golf with a cart, a sack lunch, gift pack, beverage tickets, and BBQ chicken dinner. Sponsorships are available. Entry deadline is May 25 and is limited to the first 36 paid foursomes. The total revenue from 20 years of golf tournaments has exceeded \$500,000! Please join us! For more information about costs or sponsorships, contact Annette Kolbe in the FCHC administrative office at 419-330-2603. To make a silent auction donation, contact Mary Gautz at 419-330-2695.



## Heart Radiothon Screenings

Take advantage of timely health screenings at FCHC. Participants will be tested for their total cholesterol, HDL (good cholesterol level), blood glucose (blood sugar) level, and blood pressure. This year all screenings will be held at the FCHC Wellness Center, 138 E. Elm St. Wauseon. A \$5 donation to the Heart Radiothon is requested at the time of the screening. Screening times are:

Mon., April 20, 8:00-11:00 a.m.  
Thurs, April 30, 4:00-7:00 p.m.  
Wed., May 6, 4:00-7:00 p.m.  
Fri., May 8, 8:00-11:00 a.m.



## 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, 9:00 a.m. - 1:00 p.m., FCHC Wellness Center, 138 E. Elm St, Wauseon. Suggested donation: \$20. Call to reserve a spot! 419-330-2724.

## FCHC Auxiliary Fundraising Events

### March 25-26:

Passion for Fashion, *FCHC Cafeteria*

### April 9:

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

### April 28:

Robert's Uniforms, *FCHC Beck Meeting Room*

### May 2:

Geranium Sale Pickup

### June 4:

Golf Tournament & Silent Auction, *Ironwood Golf Course, Wauseon*

(News & Notes Continued on page 12.)



# 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 419-330-2724 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 419-330-2724 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., April 7, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

### ***Cooking Healthy With a Counter Top Pressure Cooker***

This class will cover the benefits of cooking with a pressure cooker and demonstrate simple meals that can be accomplished with it. Tues., April 14 6:00 - 7:00 p.m., \$5, FCHC Wellness Center, 138 E. Elm St., Wauseon. Call 419-330-2724 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., April 28, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

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

Learn how to shop for healthier foods while balancing a budget. Tour led by a Registered Dietitian. Tues., April 28 or May 26, 6:00 - 7:00 p.m., free. Meet at Chief Supermarket in Wauseon. Registration required 24 hours in advance. Call 419-330-2724 to register.

### ***NEW! Mediterranean Style Eating***

Come and learn about cooking and eating simple, wholesome, minimally-processed foods to benefit your health. One week will focus on beating sweet cravings naturally, and another week will focus on quick meal preparation and the basics of cutting whole/natural foods. Includes classroom and cooking demonstrations. 3-week series: Tues., May 5, 12 & 19, 6:00 - 7:00 p.m., \$15, FCHC Wellness Center, 138 E. Elm St., Wauseon. Call 419-330-2724 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., May 7 or July 9, 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., May 19 or July 21, 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. Sat., March 28, July 18 or Nov. 21, 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.

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

### ***Babysitting Classes***

Learn to handle emergencies such as choking, burns and more. Become an effective and competent babysitter. Class covers growth and development, safety for the sitter and the children, plus much more. Please bring a sack lunch. Beverages/snacks provided. Class cost is \$35.

**Sat., April 18**, 9:00 a.m. - 3:00 p.m., Delta Library.

Call 419-822-3110 to register.

**Sat., May 9**, 9:00 a.m. - 3:00 p.m., Fulton County Health Center.

Call 419-330-2724 to register.

**Sat., May 30**, 9:00 a.m. - 3:00 p.m., Swanton Library.

Call 419-826-2760 to register.

**Sat., June 13**, 9:00 a.m. - 3:00 p.m., Liberty Center Library.

Call 419-533-5721 to register.

To register for Partners in Pregnancy classes, call 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.

## PARTNERS IN PREGNANCY



Register on-line at [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org) (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2724 unless noted.

## DIABETES EDUCATION

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

## 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: April 20, May 18, June 15, 5:00 p.m., Timothy Duckett, MD, FCHC South Medical Office Building 2nd Floor Conference Room

1st Thursday of each month: April 2, May 7, June 4, 5:00 p.m., Arun Kumar Baskara, MD, FCHC South Medical Office Building 2nd Floor Conference Room

### **Bariatric Support Group**

4th Tuesday of each month: March 24, April 28, May 26, June 23, 5:00 p.m., FCHC South Medical Office Building 2nd Floor Conference Room

## ONCOLOGY PROGRAMS

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

### **Counseling Services**

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

### **Patient Navigation**

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

**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.

## GRIEF SUPPORT

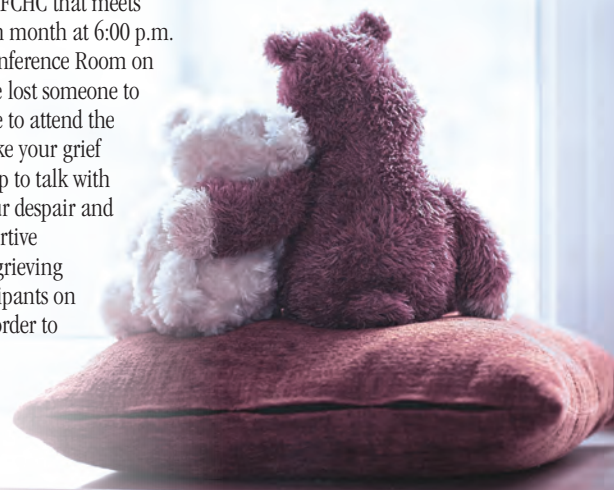
Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. & H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

### **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.





# Fitness Programs

**7-Week Session: March 30 - May 16** (except where noted)

7 Classes - \$28; 14 classes - \$40; 15 or more classes - \$50. All classes can be mixed; excludes specially priced classes.

Register: [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org) or 419-330-2724.

## 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

(Class Begins April 11)

### 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

(Class Begins April 11)

W 5:30 PM Ruihley Park Pavilion, Archbold

M 6:30 PM Fayette Junior High School Gym

### 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

SAT 6:45 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 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. Co-sponsored by APRN - American Physical Rehabilitation Network & FCHC Rehab Dept. Freewill donations appreciated.

M W 9:00 AM Fulton County Senior Center, Wauseon

(No Class March 30)

M W 9:30 AM Fairlawn Wyse Commons, Archbold

### SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held 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 5:15 PM FCHC Wellness Center (30-minute class)

### VeraFlow (Mat Required)

Dance, stretch and find your true flow in this class like no class you have ever experienced. Find your true flow in body and mind as you stretch your body and train your mind to the rhythm of the music. VeraFlow is just what you need to feel completely relaxed and content.

M 5:30 PM Ruihley Park Pavilion, Archbold

### 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 Music Room, Metamora

M 5:00 PM Delta Public Library, Delta

T TH 7:15 PM Trinity United Methodist, Swanton

### 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





★ **Please Note: Our fitness instructors will no longer be accepting payments at classes. There are three ways to pay:**

1. Pay in person at the FCHC Wellness Center, 138 E. Elm St., Wauseon
2. Mail-in payment with form to: FCHC Wellness Center, 138 E. Elm St., Wauseon, OH 43567
3. Call the FCHC Wellness Center with payment - 419-330-2724

## AQUATICS

### 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  
(No Class April 28)

(Combined)

TH 5:30 PM FCHC Wellness Center, Wauseon  
(No Class April 23 or May 14)

### 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  
(No Class April 28)  
TH 6:30 PM FCHC Wellness Center, Wauseon  
(No Class April 23 & May 14)

### 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. 7 weeks: April 4-May 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: April 4-May 16, \$30

(Advanced 3-5 years, 30 min.)

SAT 10:30 AM FCHC Wellness Center, Wauseon  
SAT 11:00 AM FCHC Wellness Center, Wauseon

# Coming Soon

## Barre Fitness



The popular Barre exercise class is coming soon to Fulton County. The barre class was inspired by ballet, and it focuses on improving a person's core. It can be done using a ballet-type barre, on the floor with a mat, or with light weights. As an individual becomes more comfortable and fit with the exercise, they can ramp up the intensity by adding weights and more challenging moves.

"We decided to offer the barre class since it is a great workout, and it is different than anything else we currently offer," says Britney Ward, MPH, FCHC Director of Corporate and Community Health Promotion. "Barre classes are offered in many large cities and gyms, and we wanted to offer it here so community members do not have to travel to Toledo or Fort Wayne to take the class. We also have instructors that are either certified or are interested in becoming certified to teach it."

The benefits of barre include:

- ▶ Low-impact exercise that burns calories
- ▶ Works every muscle group
- ▶ Improves posture, strength & balance
- ▶ Improves flexibility
- ▶ Helps to relax & tone

For more information about the new Barre exercise class, contact Britney Ward, MPH, FCHC Director of Corporate and Community Health Promotion, at 419-330-2724.

## FCHC News & Notes

### Donate Life Event

On Thursday, April 9 at 10:00 a.m., Life Connection and Community Tissue Services of Ohio will partner with FCHC to raise awareness about organ, eye and tissue donation. Life Connection's Green Chair will be in the FCHC lobby for 24 hours beginning at 10:00 a.m. that day. The chair invites people to take a seat, share their story and remember people affected by organ, eye and tissue donation. At 10:00 a.m., the Donate Life flag will be raised at the FCHC front entrance. Those with a connection to organ donation will speak at the 20-minute event. To learn more or to register as an organ, eye and tissue donor visit [lifeconnectionofohio.org](http://lifeconnectionofohio.org).



## FCHC Biennial Health Fair

**Date:** Sat., April 25

**Time:** 7:00 a.m. – 11:00 a.m.

**Place:** FCHC Beck Meeting Room

**Parking:** Enter our campus through the South Ambulance Drive and park in the parking lot next to the South Medical Office Building (MOB). Enter through the South MOB.

**Sponsored By:** The FCHC Corporate & Community Health Promotion Department. For more information, call 419-330-2724.

**Free Admission, Refreshments, Giveaways, Prizes!**

### Screenings & Information

No appointments necessary! Cash or check only.



- 1 **Comprehensive Blood Test** – \$30, normally \$400; requires a 12-hour fast – no food or drink. Blood draws end at 9:30 a.m.

Lipid profile for heart health | Tests for liver & kidney health | Hemogram to detect infections or anemia | PSA for men: add \$25 | A1C Screening: add \$25 (blood draw) | Vitamin D: add \$25 (blood draw) | TSH Test (Thyroid): add \$25

- 2 **Free Tests**

Blood Pressure Screening | Dermascan Screen (for sun damage) | Osteoporosis Screening  
Blood Sugar (finger stick)

- 3 **Free Information** (on these topics)

Cancer | Fitness Classes | Heart Health – Provided by the FCHC Heart & Vascular Center and Cardiac Rehab Staff | Stress Management | Nutrition | Diabetes

*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.