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Health *Centering*



In this Issue

COVID-19 Preparations: What's Different Now?

COVID-19: A Medical Office Update

A Solution for Bladder Incontinence

Message from the CEO

Changes at FCHC: Urgent Care, Rehab,
FulCare, Occupational Medicine

Flu Season/COVID-19 Q & A

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



The worldwide situation with COVID-19 has evolved. We now know much more about the novel coronavirus than we did months ago, and scientists and medical experts continue to learn even more. There have also been significant changes at FCHC over the last few months to better protect patients, staff, and visitors. Here is a look at what has occurred.



Preparations

WHAT'S DIFFERENT NOW

Creation of an Isolation Wing

The most significant change at FCHC has been the construction and renovation of the south wing on the 4th floor patient care unit. The area was upgraded to have negative pressure rooms, sliding doors, and enhanced filtration with HEPA units. The negative pressure allows for the wing to be sealed from other areas as well as the ability to operate a fully functional isolation unit should the need arise.

“This is a huge, permanent change to our facility,” says Alan Rivera, MD, FCHC Hospitalist. “Each room in the isolation area is capable of treating one patient, whether they have COVID-19, tuberculosis, or some other transmissible disease.”

FCHC’s Maintenance Department worked with subcontractors to prepare the wing using existing patient rooms. “The biggest task was to install all the ductwork in the rooms and hallway for the exhaust fans to create negative pressure,” says Bill Simpkins, FCHC Facilities Director. “Nurses can turn on the fans with a

flick of a switch, and the rooms and hallway will be at negative pressure within five minutes.” Negative pressure means the hallway and rooms in the isolation wing keep all air within the confines of the wing and exhaust it to the outside.

Each room has a sensor that lights up in bright green when the room has achieved negative pressure. The sensor works continuously, so nurses can monitor if there is a pressure change and, if so, it will light up in red.

“We used to put a small puff of smoke at the base of the room door to make sure the smoke was



Each room in the biological isolation wing has a bright green sensor on the wall outside that lights up when the room has achieved negative pressure.

FCHC staff pictured in the new COVID wing (L-R): Jen Eis, RN; Alan Rivera, MD, Hospitalist; Jake Sigg, RN, Director of Emergency Services; and Molly Stuckey, RN, Director of Inpatient Services.

pulled into the room with negative pressure,” says Darren Campos, CHFM, Safety Director and Assistant Facilities Director. “This sensor system is so much more precise and constant.” The entire wing also uses HEPA filters to clean the air, which is exhausted to the outside. “We planned the project over a 3-4 week period, and it took us about two weeks to do the work with the help of our subcontractors,” says Simpkins.

“We’ve gone through Phase I earlier in the year when we had to quickly prepare for the COVID-19 virus and create temporary areas that provided features to promote and protect our patients and staff,” says Tiffany Seigel, MSN, APRN, FNP-C, Chief Nursing Officer. “Now we’re in Phase II, where we are perfecting and solidifying our procedures



All patients, staff and visitors are screened prior to entering our facilities.

and processes.” One example of being better prepared is promoting the use of designated personnel that are assigned to patients with COVID-19. “Our personnel have had to make constant adjustments to processes and practices as we received updated guidance from the CDC and departments of health,” says Siegel.

Transporting & Protecting Everyone

A patient with COVID-19 symptoms who arrives at FCHC for emergency care will be seen first in the Emergency Department, where two negative pressure rooms have been created to isolate them from the general hospital population. The Emergency

“If someone in the community needs medical care, do not be fearful of getting COVID-19 if you come to the Health Center. I urge you to seek treatment here if you need it.”

— Alan Rivera, MD, FCHC Hospitalist

Department has enacted processes to rapidly identify persons with infectious illness, and possibly COVID-19, and separate them from other patients seeking emergency care who are not experiencing an infectious illness. All FCHC personnel wear masks and eye protection when providing care. Patients who screen positive for potential symptoms of COVID-19 infection will see that the care staff wear more personal protection equipment. Patients needing to receive inpatient care are carefully transported to the isolation unit in order to limit contact and transmission. Dedicated equipment is used on patients and is thoroughly sanitized after use. “I can’t even use my normal stethoscope,” says Dr. Rivera. “I must follow protocol and use the one in the isolation room.”

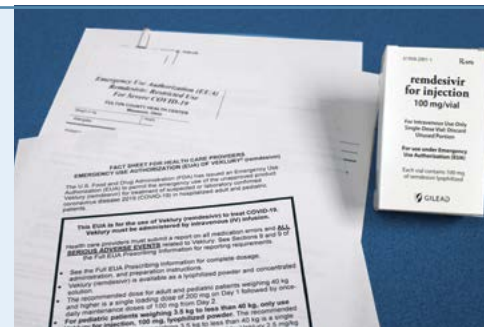
It can take a staff member up to 10 minutes of preparation before entering the room. When the care staff leaves the room, they have specific processes for the removal and sanitation of PPE.

Potential Treatment

Limited data exists for potential COVID-19 treatment options, and that data continues to rapidly evolve as clinical evidence emerges. “We continue to keep our providers abreast of the evolving treatment evidence using a shared web



When a patient comes to the Emergency Department with COVID-19 symptoms, a provider may order a lab test to detect COVID-19 using a nasal pharyngeal swab.



Remdesivir is now available at FCHC and can be ordered by health care providers following FDA guidelines for Emergency Use Authorization.

page where our pharmacy department posts the latest evidence,” says Rachel Durham, Pharm.D., FCHC Director of Pharmacy. “Current evidence suggests that the anti-viral agent, remdesivir, may have modest benefit for COVID-19 treatment, but the clinical significance of the benefit is uncertain.”

Although remdesivir is not currently approved by the FDA, the FDA has made remdesivir available through the manufacturer following an Emergency Use Authorization. Remdesivir is now available at FCHC and can be ordered by health care providers. “We are following the FDA’s Emergency Use Authorization regarding this drug,” says Durham. “It does not offer a cure for COVID-19, and it appears to work best early in the illness. The current evidence for remdesivir reminds me a lot of how we use Tamiflu for influenza infections. When used early in the illness, there is some evidence that it may work to either shorten the duration of the illness or lessen the severity of the symptoms. But the clinical significance of the data has not been determined.”

Durham says there are multiple antiviral and anti-inflammatory agents being studied for COVID-19 treatment, and each of them requires enrollment into a clinical trial. “Corticosteroids have also shown modest benefit in the management of COVID-19 and can be considered for use with or without remdesivir,” says Durham. “Convalescent plasma and other antibody-based therapies are potential options for treating a COVID-19 infection when it is given early in the course of the disease, but clear data on efficacy is lacking. Although we became

(Continued on Page 4.)

Covid-19 Preparations

WHAT'S DIFFERENT NOW

(Continued from Page 3.)

registered to use convalescent plasma earlier this summer, there has been little interest in its use without an applicable patient population or the supporting evidence of its benefit.”

Safety

According to a recent survey conducted by OnePoll on behalf of DocASAP, patients still regard medical facilities as high-risk. The survey of 1,000 U.S. adults revealed that more patients said they would be comfortable entering a grocery store (42 percent) than a hospital (32 percent), despite the fact that hospitals have long been regarded as highly sterile places.

So, is it safe to come to the hospital?

“We are working very hard to enact processes to keep FCHC patients as safe as possible,” says Seigel. “We have a robust screening system in place for all who enter our Health Center whether they are a staff member, patient or visitor, and everyone must wear a mask. We can quickly identify a patient with COVID-19 symptoms and take the necessary steps to isolate that patient from the general hospital population.”

“I can’t emphasize enough that it is safe to come to the Health Center. We are much better prepared now to test, admit and treat patients with COVID-19 than we were several months ago. I am a perfect example. I’ve treated several patients with COVID-19 and did not get sick. If someone in the community needs medical care, do not be fearful of getting COVID if you come to the Health Center. I urge you to seek treatment here if you need it.”

— Alan Rivera, MD, FCHC Hospitalist



COVID-19: A MEDICAL OFFICE UPDATE

Since May 11, medical offices that comprise FCHC Medical Care LLC, have been back at full strength after having split the staff at each location. FCHC Medical Care is a division of Fulton County Health Center comprised of 12 medical office settings.

The health care providers at each location provide “well” visits in the morning for asymptomatic patients from the COVID-19 screening process. In the afternoon, those patients with upper respiratory symptoms based on COVID-19 screening and further triage are scheduled.

“Students have returned to school, and that increases the possibility of more COVID-19 cases,” says Chad Peter, Chief Operating Officer of Practice Management, FCHC Medical Care, LLC. “So now we not only want to protect the healthy individuals from those who might have the COVID virus, but we also want to be prepared in case we have an influx of patients,” says Peter.

Peter says patients who were, at first, hesitant to see their family doctor are beginning to come back. “I think they understand we have their safety in mind first and foremost, and so they are more at ease in visiting

their doctor.” All patients and employees follow standard COVID-19 safety protocols that include social distancing, masking, checking temperatures, and washing hands. Some of the medical practices allow patients to enter the facility, while others require patients to call from the parking lot. In addition, telephonic medical visits are offered to patients if it was deemed appropriate by the medical provider.

The FCHC Medical Care offices include:

- ▶ West Ohio Family Physicians
- ▶ West Ohio Pediatrics
- ▶ West Ohio Orthopedics
- ▶ West Ohio Surgeons
- ▶ Fulton County OB/GYN
- ▶ Delta Medical Center
- ▶ Fayette Medical Center
- ▶ Rainbow Hematology/Oncology Treatment Center Provider Clinic
- ▶ FulCare Behavioral Health Outpatient
- ▶ West Ohio Urology
- ▶ FCHC Urgent Care
- ▶ West Ohio Cardiology

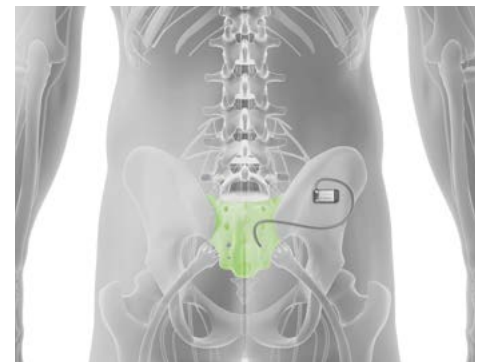


(L-R): All three components of the Axonics system: the remote control, implant device, and battery recharger.

Implantable Neurostimulator (INS), the size of a USB drive, which is surgically implanted in the pelvic area. The INS is made of titanium and ceramic components. The second is a small remote control device the size of a car's key fob. The remote control is kept near the patient and used to increase or decrease the amount of nerve stimulation. The third component is a battery recharger for recharging the battery in the implant. The battery has a lifespan of 15+ years. "That means we won't have to re-implant the device often or perhaps never at all depending on the age of the person when we do the implant," says Dr. Lash. Once a month for one hour, the patient wears the battery recharger on their belt near where the implant device was inserted.

Two Options

"There are two ways that I can perform this minimally-invasive surgery," says Dr. Lash. "The first method is to implant the device and the patient resumes normal activity in about a week. The second method is to attach the wire to the sacral nerve and have the implant device on the outside of the person. This second method allows us to test the effectiveness of the device before it is actually implanted. Then, if the system works to the patient's liking, we schedule the minimally-invasive surgery to actually implant the device in the pelvic area."



The INS implant device is surgically inserted in the pelvic area through a small incision. It is about the size of a USB drive.

A Solution for Bladder Incontinence

Susan, age 46, is married with three children. She began having bladder leakage issues several years ago and has used adult incontinence products to control the situation. Hal, on the other hand, is 68 years old and has a different problem. For years, Hal has had to make frequent trips to the bathroom. When he is out in public, he continually finds himself instinctively looking for public restrooms. Both Susan and Hal have disruptive bladder incontinence problems, and they are not unusual. There is, however, a solution to bladder incontinence problems, and it is offered at FCHC.

Earlier this year, Axonics received FDA approval for revolutionary advances in the procedure called sacral neuromodulation. This is a minimally invasive surgical procedure performed to correct the problems faced by people like Susan and Hal. Charles Lash, MD, FCHC Urologist has years of experience in performing this technique. He is now using the Axonics system and has been quite impressed.

What Causes Incontinence?

The urge to urinate occurs when the bladder sends a signal to the brain along the sacral nerve in the pelvic area. The signal alerts the person that their bladder is full. There is a miscommunication, however, for some individuals and the signal is sent to the brain too often or at the wrong time. The Axonics system uses a battery-operated implanted device, which attaches to the sacral nerve through a thin wire. The implant sends a signal along the wire to the sacral nerve to modulate (correct) the message being sent to the brain. This will help control the frequency of the urge to urinate.

The Axonics System

There are three components to the Axonics system. The first is the Miniaturized



Charles Lash, MD, Urologist, explains the sacral neuromodulation technique to a patient.

Positive Results

"Compared to older bladder incontinence systems that I've worked with, the Axonics system is much smaller, has a longer battery life, and is quite easy to use," says Dr. Lash. "I've had a good amount of success with my patients since I began using the system earlier this year."

For more information about the sacral neuromodulation bladder incontinence system, contact Dr. Lash's medical office at 419-335-2500.

Message from the CEO

A few months ago, in an expanded version of this newsletter, we covered the many facets of planning, preparation and implementation for COVID-19 by our staff. In this fall issue, our lead story provides you with an update on what has changed since that time. We have taken great steps to protect patients, staff and visitors. I hope after reading the article you will have a greater comfort level that it is safe to come to our Health Center if the need arises.

We have had several facility and department changes at FCHC, and we bring those all together in a section called "Changes at FCHC." This section covers our new Urgent Care Clinic and Rehabilitation facilities. It also includes changes in our Occupational Medicine department as well as our FulCare Behavioral Health program.

For those of you with bladder incontinence issues, we offer an article on a minimally invasive procedure that is being performed by FCHC Urologist Dr. Charles Lash. Dr. Lash has a good deal of experience with having performed this procedure.

This issue of our newsletter also includes a Question & Answer section on the seasonal flu vs. COVID-19, and I encourage you to learn more about both.

I would like to remind our readers that our goal is to keep you, your loved ones, and our staff members safe. So we continue to require screening of everyone entering our facilities. That includes temperature checks and asking everyone to answer a series of questions.

Once you've read this newsletter, I am confident you will come away feeling that Fulton County Health Center has taken the necessary steps to protect everyone.

Stay Well!

Patti Finn

Patti Finn
Fulton County Health Center
Chief Executive Officer

CHANGES AT FCHC

There is a lot of activity going on at FCHC these days with buildings being built or renovated and departments moved around. This part of our newsletter groups all of those changes together in one section to give you a better understanding of what is happening.

New Urgent Care Clinic Opens

On July 13, FCHC Medical Care opened a new Urgent Care Clinic in the West Ohio Building at 735 South Shoop Avenue, adjacent to the FCHC campus. The Clinic's hours are:

OPEN
M-F, 9:00 am - 9:00 pm
Sat., 9:00 am - 5:00 pm
Sun., 1:00 pm - 5:00 pm

"Since we've opened, our patient volume continues to grow," says Chad Peter, Chief Operating

Officer of Practice Management, FCHC Medical Care. "Because of COVID-19, we've established a sick and well area in the clinic to isolate patients with COVID-19. Now that school has begun, we want to make sure we are prepared to handle any influx of patients." COVID-19 safety protocols continue to be enforced including social distancing, masks, temperature checks, and hand washing.



(L-R): Urgent Care staff include Jacob Grime, MSN, APRN, FNP-C; Annette Heil, MSN, APRN, CNP; and Steven Hammersmith, PA-C.

The new Urgent Care is a walk-in clinic that bridges the gap between the doctor's office and the Emergency Room for medical needs that cannot wait. Parking is in the south lot, and patients should enter through the clinic's south entrance. Appointments are not necessary but can be scheduled by calling 419-337-7467. Walk-ins are welcome!



The FCHC Rehabilitation Department will soon move to its new facility on the FCHC campus. The architectural rendering shows how the facility will look when finished.

A NEW REHAB CENTER

Sometime near Thanksgiving the FCHC Rehab Department will move from its current location in the Health Center to a new building north of the campus pond.

"We are really looking forward to the move," says Karen Lance, M.S. CCC-SLP, FCHC Director of Rehab. "This new building will give us a lot more room to focus on the various types of therapy we offer while incorporating new tools, technology and more privacy."

The state-of-the-art, one-story 11,000 square foot facility has a therapeutic pool with underwater treadmill and resistance jets. The pool will be available to patients all day, Monday - Friday. "This gives us more access to a therapy pool than when we had to share the pool with guests of the Wellness Center," says Lance.

The new Rehab facility will have many more features to benefit patients of all ages and diagnoses. Visit our website and our Facebook page for up-to-date information.



The former Wauseon Clinic is being remodeled and will become the new home by the end of this year for FulCare Behavioral Health Outpatient services.

FulCare Behavioral Health Changes

Several changes are occurring in the FulCare Behavioral Health program that will have a positive effect on both clients and therapists. The first change is that FulCare's Outpatient program will soon move to the former Wauseon Clinic building located on our campus at 495 South Shoop Avenue in Wauseon. It is across from the new FCHC Rehab facility under construction. The new location is being remodeled and parking is being expanded.

"The move to the new building will give us two additional provider offices compared to what we currently have now on the fifth floor of the Health Center," says David Hammersmith, LISW-S, FulCare Behavioral Health Outpatient Program Manager. "This is huge for our outpatient program, since we are currently landlocked. It will allow for continued growth of our Outpatient program. In addition, our new location will allow clients to visit us in a more private setting and with their own private waiting room."

Hammersmith says the Fulcare Behavioral Health Outpatient providers are also holding in-person visits for therapy and psychiatry. "There are individuals who prefer to have an in-person visit and cannot find a resource for that. We do make exceptions and offer televisits for individuals with health risks or for long-term care patients who would have to quarantine if they leave their facility," Nancy Gilligan, LISW, a well-known member of the FulCare Partial Hospitalization program, has also moved to the outpatient program. "Nancy is well known with clients for her work in the Partial Hospitalization Program," says Hammersmith.

The move of the outpatient program will also free up space within the hospital for FulCare's Inpatient and Partial Hospitalization/Intensive Outpatient (IOP) programs to allow further expansion of those services.

"This is a win-win situation for all involved," says Aaron Harmon, RN-BC, Director of FulCare Behavioral Health Inpatient and Partial Hospitalization/IOP programs. "It will provide all of our clients with a more private, comfortable setting in which to meet with their therapist. Currently, we're discussing how to rearrange the programs on the fifth floor to determine the best use of space."

In addition to the physical changes to the facilities and departments, Harmon says a new Social Work Department is being created that will bring all hospital based FulCare therapy teams under one group. The hospital-based Social Work Department will be led by Melissa Weipert, LISW, a masters prepared social worker who is the manager of all hospital based social work. "In the past, our staff members have operated in teams to treat clients," says Harmon. "We will soon have a unified department in which to share ideas and have discussions. It will enable us to have more efficiencies as a group. We're excited about the direction we are taking, and we feel this will be a positive move for the Health Center."



Members of the FCHC Occupational Medicine Department (L-R): Jesse McKean, Drug Screen Coordinator; Brenda Hoops, MSN, APRN, FNP-C; Carol Figgins, LPN; and Holly Grieser, BSN, RN, Occupational Medicine Coordinator.

OCCUPATIONAL MEDICINE HAS MOVED

The FCHC Occupational Medicine Department has moved from the Emergency Department to Suite 101 in the North Medical Office Building. Our phone numbers and hours remain unchanged: Monday - Friday, 7:00 a.m. to 3:30 p.m.

The department provides quality care and treatment of work-related injuries and illnesses, pre-employment physicals and drug screening services to area companies. Our program is designed to help businesses promote a healthy work force and assist employees in returning to their job after an injury.

It provides full access to all of the health care services at FCHC. For more information, call 419-330-2660 or e-mail info@fulhealth.org.



Flu Season

Important information from Barb Crow, FCHC Infection Prevention & Employee Health Director.

Q. Will the flu season be bad this year?

A. The possibility of the simultaneous spread of influenza and COVID-19 is a potential problem. It's also possible the steps to control COVID-19 could reduce the flu cases.

Q. Is the vaccine available at FCHC?

A. As of this publication date, FCHC has not received its supply of flu vaccine. We are not aware of any delays and expect to begin offering influenza vaccinations to our patients, staff and volunteers.

Q. Will there be a shortage of the flu vaccine?

A. We encourage anyone that is able to get vaccinated to receive a flu vaccine each year. We have not heard of any shortages.

Q. Should I get the flu vaccine?

A. Yes. A flu vaccine reduces your risk from flu and helps prevent unnecessary medical visits and hospitalizations.

Q. How will I know if I have the flu or COVID-19?

A. It may be difficult to tell the difference based on symptoms alone, and testing may be needed to confirm a diagnosis.

Q. If I have COVID-19 symptoms, should I get the flu vaccine or wait?

A. Vaccinations should be postponed for people with a mild illness or those suspected or confirmed of having COVID-19, until they have passed the isolation phase.

Health & Wellness Programs

NUTRITION 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.

Lifestyle Management Class

One-time visit with a Health Coach (dietitian) to review healthy eating strategies and goals for healthy living, \$50.

Basic Cooking Skills

Do you struggle with basic cooking skills needed to make easy meals for your family? We can help! Learn how to chop, cut and prepare simple foods to make excellent and tasteful meals that your family will love! Tues., Oct. 13, 6:00-6:45 p.m., \$5, FCHC Wellness Center, 138 E. Elm St., Wauseon.

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

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., Oct. 13, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Mediterranean Meals

Learn about the health benefits of Mediterranean style eating while you experience a simple meal with quick preparation ideas and tips. Thurs., Oct. 15, 6:00-6:45 p.m., \$5, FCHC Wellness Center, 138 E. Elm St., Wauseon.

Holiday Cooking with the Countertop Pressure Cooker

Discover the benefits of cooking with a countertop pressure cooker for holiday favorites. Who knew how quick and simple meals for the whole family could be! Mon., Nov. 16, 6:00-6:45 p.m., \$5, FCHC Wellness Center, 138 E. Elm St., Wauseon.

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. 21, or in 2021: Jan. 16, May 15, Sept. 18. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. - 3:00 p.m., \$75, FCHC Wellness Center, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

American Heart Association Healthcare Provider CPR

CPR Certification for health professionals and health professional students. Registration and payment due 1 week prior to class. 2021 classes: Sat., March 20, July 17, & Nov. 20. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. - 12:00 p.m., \$50, FCHC Wellness Center, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.



Babysitting Classes

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

Sat., Oct. 17, 9:00 a.m. - 3:00 p.m., \$35, FCHC Wellness Center, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

ONCOLOGY PROGRAMS

The Rainbow Hematology/Oncology Treatment Center provides cancer treatment and support.

Counseling

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 treat 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. Call 419-330-2706.

Prosthesis and Wig Bank

Available for patients who cannot afford to purchase their own.

Register on-line at fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2721 unless noted. **Please Note: Classes subject to change based on any changes to the COVID-19 situation.**

DIABETES EDUCATION & PREVENTION

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

Blood Sugar Management

A 5-visit series of individual training with a Diabetes Care and Education Specialist 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. Two different 5-visit series options are available focusing on blood sugar control when diagnosed with diabetes or when trying to prevent diabetes. Choose to have one visit with a dietitian focusing on healthy eating. \$150 for the series. Call 419-330-2772 to register.

Blood Sugar Management Mini-Series

Two individual visits with a Diabetes Care and Education Specialist 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 mini series. Call 419-330-2772 to register.

New! Diabetes Prevention Program

For many years FCHC has offered Diabetes Education programs. Beginning in October, a new program will be offered to help prevent Type 2 Diabetes.

The new Diabetes Prevention Program has been approved by the Centers for Disease Control and Prevention (CDC) and will be led by Registered Dietitians. It will be held for an entire year, with weekly meetings for the first 4-6 months and monthly meetings for the second 6 months. The curriculum will incorporate healthy eating, physical activity, stress management and more. Statistics have shown that those who have completed the program have reduced their risk of diabetes by 58%. In addition, they have experienced weight loss, increased energy and activity and an overall physical and mental well being that comes with a healthy lifestyle.

Diabetes Prevention Recognition Program series will begin on Tuesday, Oct. 20 at 6:00 p.m. Call 419-330-2721 to register.

According to the 2019 Fulton County Health Assessment, 11% of Fulton County residents have diabetes and another 4% have pre-diabetes. The CDC states that 1 in 3 individuals have pre-diabetes, and many do not know it. If action isn't taken, these individuals could develop diabetes within 5 years.

Risk factors include: age 45 and older, overweight, a family history of Type 2 diabetes, physically active less than 3 times a week, having gestational diabetes, or delivering a baby weighing more than 9 pounds. This program is for you if you are age 18 or older, have a BMI greater than 25, have no previous diagnosis of Type 1 or Type 2 diabetes, or have been clinically diagnosed with pre-diabetes or gestational diabetes.

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.

WEIGHT LOSS

An Introduction to Weight Loss Surgery: Sleeve Gastrectomy

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: Oct. 19 & Nov. 16, 5:00 pm, Timothy Duckett, MD, FCHC South Medical Office Building 2nd Floor Conference Room

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

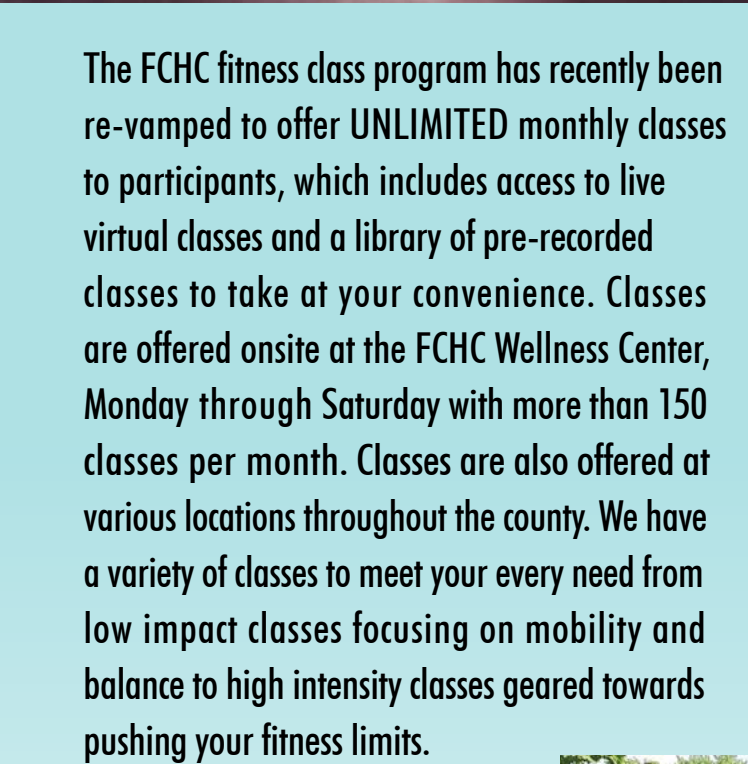
Bariatric Support Group

Tues., Oct. 27, or Nov. 24, 5:00 p.m. FCHC Beck Meeting Room

OB PROGRAMS

If you are a patient planning to deliver at the FCHC OB Unit and are interested in our Childbirth or Breastfeeding classes, please call the OB Department at 419-330-2757.





TO SIGN UP & PAY:

- In Person
- By Phone
- Online



FITNESS

NEW CLASSES

BARRE ● ● ● ● ● ● ● ● ● ● ● ●

Inspired by ballet, focuses on improving a person's core. Barre is a low-impact exercise that burns calories; works every muscle group; improves posture, strength, balance, flexibility; and it helps to relax and tone. Class will consist of a ballet-type barre, on the floor with a mat, and light weights.

BOOTCAMP ● ● ● ● ● ● ● ● ● ●

Battle ropes, tractor tires, slam balls, and MORE! This class is designed to push participants harder than they have pushed themselves before, always keeping the body guessing.

CIRCUIT STRENGTH ●●●●●

A full-body strength training class to challenge those who want to see change in muscle tone and definition. Uses a variety of dumbbells, body bars, bands, and more. This class is for everyone, beginner and advanced.

PENALTY BOX®

This complete body workout class will focus on body resistance, balance, agility, strength, speed, and core all while using a 12x12 agility grid.

SUNRISE YOGA ● ● ● ● ● ● ● ●

Start your morning with this energizing class to awaken your body and mind. This is a foundational class for those new to yoga. (Mat required)

PROGRAMS



SILVER SNEAKERS® CLASSIC
SILVER SNEAKERS® STABILITY
SILVER SNEAKERS® YOGA



CARDIO CORE
CARDIO DRUMMING
POUND®
TABATA FIRE
CIRCUIT STRENGTH
PENALTY BOX
BARRE
BOOTCAMP



SUNRISE YOGA
YOGA-INTERMEDIATE
VERA FLOW



AQUA NOODLE
AQUA ZUMBA®
SILVER SNEAKERS® SPLASH

SENIOR ADULT

STRENGTH & CONDITIONING

YOGA

AQUATICS

GYM

The FCHC Wellness Center reopened on June 3rd after being closed due to COVID-19 restrictions. While closed, construction was done creating a larger gym floor, allowing adequate social distancing between equipment. Many other updates were made as well, including a designated free weight area with new rubber flooring, a second fitness studio, updated locker rooms, most of the facility was painted, and additional fitness equipment was purchased.

Gym memberships include access to a variety of cardio equipment, resistance machines, and free weights. All of our equipment has been purchased in the last few years and includes:

- Precor Treadmills, AMT's, and Ellipticals
- Life Fitness Bikes
- Rogue Air Bike
- SciFit Steppers
- SciFit Total Body Cycle
- Cybex Resistance Machines (including multi-use cable machine, chest press, fly/rear delt, lat pulldown, row, abdominal, leg press, leg extension, and leg curl)
- Dumbbells (from 1-50 lbs.)
- Power Blocks (up to 90 lbs. each)
- ...and More!

PERSONAL TRAINING

Personal training provides individual attention & accountability, while providing workouts tailored to your personal needs & goals. Come in for a one-on-one session, or team up with a friend for a buddy session. Members and non-members welcome! Sessions sold in packages of 10.



FCHC News & Notes

Flu Shots Here!

Get your annual flu shot at the FCHC Outpatient Pharmacy, 725 South Shoop Avenue, Wauseon, on the Ground Floor of the South Medical Office Building. No appointments are needed, and the flu shot is covered by most insurance plans. For information, call us at 419-335-3715.

Outpatient Pharmacy Hours:

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

Auxiliary Volunteer Opportunities

Volunteer positions are available at both our main campus and at Fulton Manor, and we would love to engage in a conversation to discuss your areas of interest. However, because of the current COVID-19 situation, orientation of new volunteers has been postponed indefinitely. To learn more 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 Outing a Success

The 21st annual FCHC Auxiliary golf outing was a success with 35 teams participating in a 4-person scramble event at Ironwood Golf Course in Wauseon. The event brought together FCHC personnel, suppliers, and members of the community. Despite the coolness of the weather, an enjoyable day was had by all! Proceeds from the outing and silent auction will be used to benefit FCHC.

Thanks, Again!

The Fulton County Health Center staff would like to thank everyone in the community for their overwhelming support and notes of encouragement as we continue to deal with the COVID-19 situation. We've received donations of signs with words of encouragement, PPE equipment, face masks, food, and much more. This is a wonderful community, and we very much appreciate your support during these trying times!

