

A publication of Fulton County Health Center

Health Centering

FCHC's New & Improved Rehab

FCHC Physical Therapist Laura Wylie, PTA
works with a patient in the new facility.

In this Issue

FCHC's New & Improved Rehab

A Rebranding Strategy

FCHC Behavioral Health Outpatient Relocating

News & Notes

Message from the CEO

A COVID Update

Volume 37, No. 1 Winter, 2021



**Fulton County
Health Center**

Completing the circle of care



FCHC Rehabilitation Features many pieces of new equipment and a walking track to aid patients undergoing physical therapy. Plenty of windows provide an outside view.



Physical therapy patients can use a variety of equipment. Pictured is staff member Laura Wylie, PTA.

FCHC'S NEW & IMPROVED REHAB

The construction work has all been completed, equipment and furniture have been moved in, and the new FCHC Rehabilitation Center is now open to patients! Those community members who require physical, occupational or speech therapy can rehab in an attractive new facility and benefit from all its amenities. The 11,000 square foot building is located on the north end of our main campus at 719 South Shoop Avenue.

The west side of the new FCHC Rehabilitation Facility Faces Shoop Avenue



“Our new Rehab Center is a very important addition to our growing campus,” says Patti Finn, FCHC CEO. “The building and its features were specifically planned and built to provide the unique therapeutic services required by therapy patients.”

PMBA Architects in Perrysburg provided the structural design. The firm specializes in health care facility architecture and took the lead on designing the FCHC South Medical Office Building. The General Contractor was Rupp-Rosebrock, Inc. in Liberty Center.

The new FCHC Rehabilitation Center replaces the FCHC Rehab Department that, since fall of 2017, has been located on the ground floor of the Health Center off of the North Medical Office Building. Prior to that location, the Rehab Department had been located at 138 East Elm Street in Wauseon. When FCHC Rehab moved to the main campus in 2017, the Elm Street facility was converted into a full-fledged fitness center facility known at the time as the FCHC Wellness Center. The Wellness Center has recently gone through a rebranding and is now known as FCHC Fitness.

“This has been a long time coming, but it has been worth the wait,” says Karen Lance, M.S. CCC-SLP, FCHC Director of Rehab. “We first sought input from our physicians and therapists before sitting down with the architectural firm. The facility, along with all of the equipment and other feature, was totally planned with the rehab patient in mind.”

Well-Equipped Gym

Located on the north end of the Rehab Center, the gym occupies a significant portion of the facility and includes new high-tech workout equipment. It also includes some of the equipment from the former Rehab Department. An oval-shaped carpeted walking track surrounds the gym's perimeter. Physical therapy is performed in the area on the inside of the track using the various pieces of equipment. Treadmills and Nu-Step® Recumbent Cross Trainers as well as other pieces of therapy equipment are situated near windows on the perimeter of the gym to allow patients a view of the outside.

The facility's carpeting includes features such as an outline of a balance beam that patients can use while working to improve their balance. An agility ladder was created with carpet tiles along with a circle and square that uses multi-colored sections for patients to tap their toes on the different



This view of the main gym shows the circular walking track, climbing stairs, cardio equipment along the perimeter, and the entrance to several of the treatment rooms.

colored sections. "These patterns help patients work on balance and agility," says Lance. "The added benefit is that with these patterns in the carpet they give patients the confidence to do their therapy without the fear of falling from an actual balance beam or tripping over an agility ladder."



Laura Wylie, PTA with a patient in a treatment room.

Supported Ambulation System

Patients who require therapy often have issues standing up because of a balance problem. The Rehab Center's unique supported ambulation system includes a 48-foot-long metal ceiling track with cables that drop down and attach to a safety vest worn by the patient. The vest, cables and ceiling track support a patient's weight and allow the individual to move about during therapy sessions without the fear of falling and getting injured or injuring a staff member. The track even extends over a treadmill, so patients can practice walking on the treadmill without the fear of falling.

Vestibular Room

One of the most unique areas of the Rehab Center is the vestibular room designed to help patients with dizziness or balance issues to strengthen their sensory systems and improve their balance. The room has different visual stimuli including colorful wallpaper patterns, carpeting with different colored rectangles, a disco ball and strobe light suspended from the ceiling, and a ceiling fan with ribbons that hang down and flutter. "There are many reasons why people have vestibular issue and they can be caused by inner ear problems or neurological problems," says Lance. "People need to be able to tolerate these different stimuli in the outside world. We can help them get used to different stimuli so they can go out into the world and not be overwhelmed."



The vestibular room has different visual stimuli including colorful wallpaper patterns, carpeting with multi-colored rectangles, and a disco ball and strobe light suspended from the ceiling.



Beth Gericke, OTR/L sets up a platform swing for pediatric Occupational Therapy.

Pediatric Therapy Room

This large room is focused on helping young patients with sensory and gross motor delays. It includes the capability for ceiling-mounted monkey bars, swings and a ladder. A portion of the room is set up for fine motor activities also including adjustable tables and chairs to accommodate all ages. The walls and floor are cushioned for the protection of the children. Observation windows allow parents to discreetly observe their child during therapy sessions.

Therapy Pool

An in-ground therapeutic pool with an underwater treadmill and resistance jets is another feature of the Rehab Center. Underwater video capabilities allow staff members to record a patient's gait or swim stroke so the images can be used to help the patient improve. A lift chair on the side of the pool assists individuals with difficulty getting into the water. Locker rooms are offered to patients for changing. The pool is available to patients all day, Monday - Friday.



The new therapeutic pool serves multiple patient needs.

(Continued on Page 4.)

FCHC'S NEW & IMPROVED REHAB



Training Kitchen & Bathroom

(Continued from Page 3.)

Occupational therapists at the new facility can now use a fully functioning kitchen with stove and refrigerator to help train patients who may have had a stroke or accident and have difficulty performing daily tasks. A training bathroom with full bathtub is also part of the facility to help those who need to practice transferring in and out of a bathtub.

Speech & Occupational Therapy Rooms

There are three separate rooms devoted to speech and occupational therapy. The speech and occupational therapy rooms currently have temporary Plexiglas shields to allow for social distancing and COVID-19 protection.

SMART Board®

A wall-mounted SMART Board® can be moved up or down on the wall to accommodate small children as well as adult patients who are standing or sitting in a wheelchair. It will give the patients a new way to learn the therapy skills. The SMART Board® can support a variety of therapies through visual and physical interactions, increase time on tasks and motivate patients to participate in therapeutic activities.

Virtual Tours Planned

"We are really excited for our patients to be able to offer them such a first-class facility," says Lance. "We would really like to open it up for the public to see, but because of the pandemic, we can't invite the public in. We are, however, preparing a virtual tour that we will post to our website and Facebook page. Once that is up, we will publish a notification on our social media pages and website so people can view it."

A REBRANDING STRATEGY

You will soon begin to notice something different about the provider offices that are a part of Fulton County Health Center ... they are getting new names and new logos. These changes are a result of a rebranding strategy with the goal of uniting the various provider offices under the FCHC umbrella. The rebranding effort has already begun and will be carried out over the next several months. The work includes developing new signage, forms, and websites, to name a few.

The Changing Landscape of Health Care

"This rebranding strategy allows us to help the patient better understand the connectivity of all of our services," states Patti Finn, FCHC CEO. "Over the years our provider offices have grown to nearly 40 health care providers and 13 offices, either on campus or in off-campus locations." Finn also states that in addition to provider offices growing, FCHC developed a Wellness Center (now FCHC Fitness) at the Elm Street location in 2017, opened a new four-story South Medical Office building in 2019, added a new Urgent Care service this past summer, and just opened a state-of-the-art FCHC Rehabilitation Center to meet the growing rehabilitation needs of the area. (see lead story)

Developing a Strategy

A planning committee was formed that included FCHC board members, physicians, nurses and hospital personnel. The group relied on research to determine what people



Below is an organizational chart showing how the different provider offices, hospital based services and the rebranding fit into the overall structure of the Health Center. The old provider/services names are listed along with the new names.

Fulton County Health Center (FCHC)

FCHC Medical Group

Old Name	New Name
FulCare Behavioral Health Outpatient	FCHC Behavioral Health Outpatient
Rainbow Hematology/Oncology Clinic	FCHC Cancer Care Hematology/Oncology Clinic
Delta Medical Center	FCHC Primary Care Delta
Fayette Medical Center	FCHC Primary Care Fayette
West Ohio Family Physicians	FCHC Primary Care Wauseon
Fulton County OB/GYN	FCHC OB/GYN
Urgent Care	FCHC Urgent Care
West Ohio Cardiology	FCHC Cardiology
West Ohio Orthopedics	FCHC Orthopedics
West Ohio Pediatrics	FCHC Pediatrics
West Ohio Surgeons	FCHC General Surgery
West Ohio Urology	FCHC Urology

Rebranded Hospital Based Inpatient and Ancillary Services

Old Name	New Name
FulCare Behavioral Health: Older Adult Inpatient Partial Hospitalization/IOP	FCHC Behavioral Health: Older Adult Inpatient Partial Hospitalization/IOP
Rainbow Hematology/Oncology Treatment Center	FCHC Cancer Care: Hematology - Oncology - Infusion
West Ohio Rehab	FCHC Orthopedic Physical Therapy
FCHC Wellness Center	FCHC Fitness

in the community identify with when they think of FCHC. “We asked ourselves two questions as we approached the planning process for rebranding,” says Steve McCoy, FCHC Director of Marketing and Planning. “First, how do we communicate what we are doing to the public? Second, what is the best way to rebrand the various offices so the public has a better understanding of the connectivity and continuum of the care they receive to all of our services?”

Benefits to the Patient

“We want patients and the community to be reassured there is no change to their individual health care providers or their staffs,” says McCoy. “The advantage to the patient is that they now have a more complete continuum of care. Throughout the rebranding strategy the overall goal was to provide seamless care wherever a person would enter into any of our services. In the process, their electronic medical records will also be seamlessly and confidentially passed from one provider to the next.”

Naming Strategies

Over the years as offices were added, there were no real organizational strategies to naming an office other than location. Offices that were in the West Ohio Building began with a name West Ohio. Offices in area communities were named after the

community. However, none of the offices showed real connectivity to FCHC as a whole “As the committee looked at names, the research identified that many in the community knew us as the abbreviation of ‘FCHC’, so we decided to use that as a basis of rebranding,” states McCoy.

So as rebranding began to develop, this led to name changes such as West Ohio Orthopedics becoming FCHC Orthopedics. Fulton County OB/GYN became FCHC OB/GYN. West Ohio Pediatrics became FCHC Pediatrics, etc. For primary care offices such as West Ohio Family Physicians, Delta Medical Center and Fayette Medical Center, all were designated under a sub name of FCHC Primary Care with the name of Wauseon, Delta, or Fayette added to each of the office locations.

“Our previous organizational structure had 10 different specialty groups, 12 different provider offices and up to seven different provider names,” says Chad Peter, Chief Operating Officer of Practice Management, FCHC Medical Care, LLC. “We not only lacked a cohesive name for these different offices, but we also did not have an open affiliation with the Health Center. Now with the new rebranding initiative, patients will better understand who we are and how we are connected to FCHC.”

The new rebranding strategy will also help in

provider recruitment. “When it comes to recruiting new physicians and providers, we now have a stronger identity in the recruiting process. Instead of promoting individual provider offices, we can now market one large multi-specialty medical group. The group aspect gives us added credibility because we are now part of a larger local health care system. That will appeal more to the new providers we are seeking.”

Married Services

In addition, FCHC offers services that have both a hospital and provider component. FulCare Behavioral Health (now FCHC Behavioral Health) and Rainbow Hematology Oncology Treatment Center (now FCHC Cancer Care) offer both hospital based care along with a provider clinic. Both services share the same name with specific components having sub-names under the rebranding.

Quality Care Close to Home

“The rebranding of our services will allow the patient to better understand who we are and instill confidence that they will receive seamless quality care no matter where they begin their care at FCHC,” says Finn. “The rebranding will take a few months to get all the signage, websites and forms completed, it’s all part of the process in providing comprehensive, quality care close to home.”

FCHC BEHAVIORAL HEALTH OUTPATIENT RELOCATING

FCHC Behavioral Health Outpatient (formerly FulCare Outpatient) will tentatively move to its new location sometime in February.



FCHC Behavioral Health Outpatient (formerly FulCare Outpatient) will tentatively move sometime in February from the fifth floor of the Health Center to the former Wauseon Clinic at 495 South Shoop Avenue in Wauseon. Its phone number remains the same at 419-330-2790.

The Older Adult Inpatient area and Partial Hospitalization/IOP programs will remain on the fifth floor. All staff and providers remain the same.

Moving the Outpatient program will allow for further growth. "This move gives us two additional provider offices," says David Hammersmith, LISW-S, Outpatient Program Manager. "It allows for continued growth of our Outpatient program and offers clients greater privacy for their therapy sessions."

The move of FCHC Behavioral Health Outpatient has created more space for FCHC Behavioral Health hospital-based services – Older Adult Inpatient and Partial Hospitalization/ IOP to provide a better milieu for patients. Although the program is going through a name change from FulCare with the rebranding, the staff and management remain the same.



Message from the CEO

This is a year most would like to forget. But when you are in the business of health care, you have to keep moving forward despite the obstacles. On that note, we are pleased to announce that our new 11,000 square-foot FCHC Rehabilitation Center is now open! This facility is on the north end of our campus and was custom-designed to accommodate patients who are prescribed physical, occupational or speech therapy. Learn more about our new Rehab Center in the lead story of this newsletter.



Speaking of change, you will notice new logos popping up on letterheads, signage and websites. These new logos represent a branding strategy we've implemented to identify the provider offices that we own in a manner that links them back to Fulton County Health Center. Please read the article here that explains our strategy and the reasons for it. The most important thing I want you to take away is that your providers and staff members are not changing. It is simply name and logo changes. Please do not hesitate to reach out to your respective provider if you have questions about this.

Through this newsletter, we continue to provide updates on the COVID-19 situation in our county as well as how we are handling it. Our Q & A with Barb Crow, FCHC Infection Prevention & Employee Health Director, and Mary Jo Smallman, LNHA, Administrator of Fulton Manor/ Fulton Suites, will give you the latest news. I can assure you we have taken great steps to protect all who enter here, such as implementing temperature checks and answering a series of questions.

Please review this newsletter for information that could be of benefit to you. In the meantime, stay safe, stay well and have a Happy New Year!

Patti Finn

Patti Finn
Fulton County Health Center
Chief Executive Officer

FCHC News & Notes

Heart Radiothon

On Thurs., Feb. 11, WMTR 96.1 FM will devote the entire day to playing musical requests in exchange for a donation to the Heart Radiothon fund. Heart Radiothon proceeds will support heart-related programs and equipment in Fulton County.

Screenings

The FCHC Corporate and Community Health Promotions Department will test cholesterol and glucose (blood sugar) levels from 7:00 a.m. – 6:00 p.m. that day at FCHC Fitness, 138 E Elm Street, Wauseon, for a \$5 donation to the Fulton County Heart Radiothon. Fasting is not required. To make an appointment for the screening, call 419-330-2724.

Workout for the Heart

FCHC Fitness is offering this workout as part of the Heart Radiothon on Thurs., Feb. 11, 6:30 - 8:00 p.m., at FCHC Fitness, 138 E. Elm St., Wauseon. Will feature FCHC's most popular land classes. Work out for 30 minutes or for the entire 1.5 hours.

Individuals can turn in pledge sheets, which can be obtained from any FCHC Fitness Instructor, at FCHC Fitness, or by calling 419-330-2724. Raise at least \$25 for the Heart Radiothon and receive a free Heart Radiothon t-shirt.

(Continued on Page 12.)



Q. *How has the COVID-19 situation in Fulton County changed since the fall?*

A. We are seeing more patients who have COVID-19. We are also experiencing some staffing issues because of ill or quarantined staff. However, we are still here to take care of our community.

Q. *How has the increase in COVID-19 cases in the county affected FCHC?*

A. Our newly remodeled negative pressure rooms are key to keeping the virus within the room and exhausting room air to the outside. We have created negative pressure rooms in the Emergency Department, and we will soon do the same at FCHC Urgent Care.

Q. *What protocols are you following for visitors and patients?*

A. Our visitor restrictions change according to the Fulton County alert level scale from the less restrictive Yellow to the more restricted Purple (Yellow, Orange, Red, Purple).

Q. *Has FCHC had any issues with outbreaks at the hospital?*

A. At FCHC, we had a cluster of infections that affected a few departments. We continue to stress with staff and area residents the importance of wearing a mask, frequently washing your hands, maintaining social distance, and covering your cough. Exposure to COVID-19 occurs most often when a person shares a common area with others who are not in their household and during community exposure when in crowds. We have stressed to our staff to maintain adequate distances during mealtime and at breaks, to remove their masks only when eating, and to eat alone if possible. We have also removed some chairs in break areas to reduce the urge to eat together.

Q. *Has FCHC had any issues with outbreaks at Fulton Manor?*

A. An outbreak is defined as one case of COVID in the building. It was determined there was one individual who is contracted to work for us that tested positive in our building. This required Fulton Manor to begin weekly testing of residents and staff and to increase the amount of PPE that is worn. We were able to immediately isolate all residents to our COVID unit to decrease the spread. We are currently testing residents every 3-7 days and staff members twice a week.

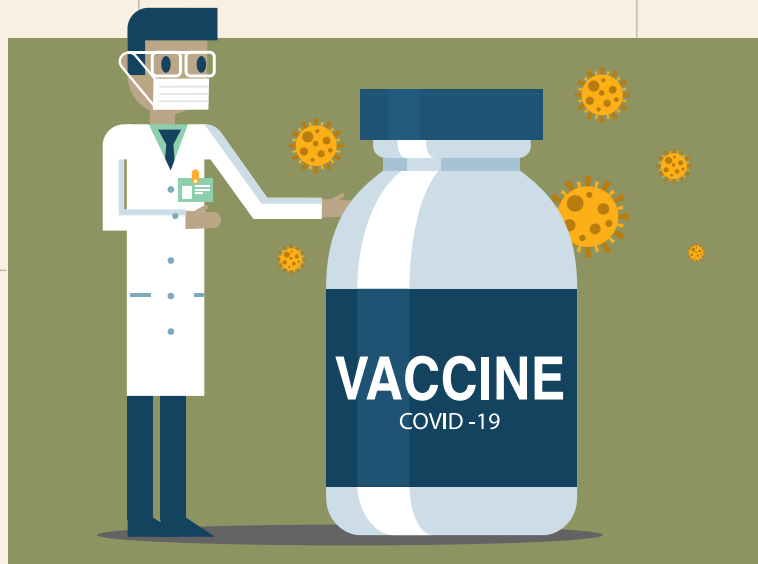


Charles Lash, MD, receives his first dose of the Moderna vaccine.

A. CVS Pharmacy began distributing 240 doses of the vaccine at Fulton Manor on Dec. 21.



Ronald Torrez, RN, Assistant Director of Nursing Fulton Manor, receives his COVID-19 vaccine at Fulton Manor.



A COVID UPDATE

Barb Crow, FCHC Infection Prevention & Employee Health Director, and Mary Jo Smallman, LNHA, Administrator of Fulton Manor/Fulton Suites, provide an update on COVID-19.

Q. *What have you been told about the distribution of the COVID-19 vaccine?*

A. Both Pfizer-BioNtech and Moderna were given Emergency Use Authorization for their vaccines. In Ohio, the initial shipments of vaccine have been distributed to prepositioned hospitals based on population and ultracold storage capability as well as for vaccination in long-term care facilities. FCHC received its first doses and our team was ready to begin vaccinations the following day.

Q. *How effective are these vaccines?*

A. The information that has been released indicates the effectiveness is greater

than 90%. Both vaccines require two shots received within 21 or 28 days.

Q. *How long does it take for the vaccine to become effective?*

A. It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot. Even though vaccinations have begun, we need to still use multiple methods to limit the spread of the virus by wearing masks and keeping safe distances.

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! Mon., Feb. 22, 5:30 p.m., \$5, FCHC Fitness, 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. Jan. 19, 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., Feb. 2, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Cooking Quick & Healthy With a Pressure Cooker

This class will cover the benefits of cooking with a pressure cooker and demonstrate simple meals that can be accomplished in the pressure cooker. Who knew how quick and simple meals for the whole family could be! Mon., Jan. 25, 5:30 p.m., \$5, FCHC Fitness, 138 E. Elm St., Wauseon.

SAFETY

American Heart Association Heartsaver® 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. 2021 classes: Sat., March 20, July 17, and Nov. 20. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. - 3:00 p.m., \$75, FCHC Fitness, 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. Jan. 16, May 15, and Sept. 18. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. - 12:00 p.m., \$50, FCHC Fitness, 138 E. Elm Street, Wauseon. Call 419-330-2724 to register.

ONCOLOGY PROGRAMS

FCHC Cancer Care, formerly the Rainbow Hematology/Oncology Treatment Center, provides treatment and support to those who are struggling with cancer.

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

On-site physical & occupational therapy and wound care.

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.

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.



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

Individual training that includes a 5-visit series with an RN 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. There will be two different 5-visit series options available focusing on blood sugar control when diagnosed with diabetes or when trying to prevent diabetes. May choose to have one visit with a dietitian focusing on healthy eating. \$150 for series. Call 419-330-2772 to schedule.

Blood Sugar Management Mini-Series

Two individual visits with an RN Diabetes 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. May choose to have one visit with a dietitian focusing on healthy eating. \$75 for mini-series. Call 419-330-2772 to schedule.

Please Note: The Blood Sugar Management community visits are different from FCHC provider ordered Diabetes Self Management Education and Support and Professional Continuous Glucose Monitoring Study.

New! Diabetes Prevention Program

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 Cohort begins Tuesday Feb. 2 @ 7:00 p.m., FCHC South Medical Office Building, 2nd Floor Conference Room.

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. For more information, please call 419-330-2721.

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

Learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension.

New! Online Video Presentation

Weight Loss is hard to do on your own. If you have struggled with obesity and do not know where to turn, weight loss surgery may be for you. To learn more about obesity and weight loss treatment options at FCHC through bariatric surgery, sign up for a free video presentation by General Surgeon Timothy Duckett, MD. To register for the video presentation, visit <https://www.fultoncountyhealthcenter.org/health-and-wellness-programs/?program=bariatric>



Register for an online bariatric video presentation by General Surgeon Timothy Duckett, MD. You will receive a link that takes you to the video page on the FCHC website.

BariatricSupport Group

Tues., Jan. 26, Feb. 25, March 24, April 28, 5:00 p.m., South Medical Office Building, 2nd Floor Conference Room



Our New Name

The FCHC Wellness Center, located at 138 E. Elm Street in Wauseon, has a new name: FCHC Fitness. The name change is part of FCHC's rebranding effort (see related article). Prior to 2017, our building had formerly split time as a rehab facility and community gym. But in the fall of 2017, we established a full-service gym and fitness center when FCHC Rehab moved back to the main campus. This past spring we remodeled our facility, nearly doubling the size of the gym. We have also added new fitness equipment, such as battle ropes, barres, box jumps, and more. We are now a full-functioning gym open to the community. Check us out!



24/7 Access!

FCHC Fitness is going 24/7! The gym will be open to members 24 hours a day, 7 days a week. Upgrades have been made to the building to provide a safe environment for our members, day or night.

"When taking this position just over a year ago, I knew that going 24/7 was a must. We were the only gym in town that was not 24/7, and we had very limited hours. Some of our own employees that work 12-hour shifts were not able to use the gym. This is the case with many of our manufacturing jobs in the community, as well.



Our county data tells us that the top two reasons adults don't exercise are time and money. We hope that providing 24/7 access with the most affordable memberships will benefit our community in reducing a few of the many barriers that keep us from bettering our health."

— Britney Ward, Director of Corporate and Community Health

Open Swim Now Available!

Aquatic Therapy has moved into their new building, which now gives our members access to Open Swim five days a week! Our pool is 17x40, with a depth of 3.5 to 5 feet, and a 7-foot deep well for treading water. Those with joint pain and mobility limitations will enjoy our heated pool. If you are looking to enhance your workout, members will have access to noodles, kickboards, paddles, steps, and more. Silver Sneakers Splash® and other aquatic fitness classes will still be available! Members will also have access to our updated men's and women's locker rooms, equipped with showers, hair dryers, towels, and lockers.

New Membership Options & Pricing

All memberships now include 24/7 access to the gym with upgrades available for unlimited fitness classes and open swim. Annual memberships can be paid-in-full or by recurring monthly payments.

Discounts available for Seniors, Health Care Workers, First Responders, Clergy, Military, and Full-Time Students.

GYM PLAN:	BASE	GET FIT	AQUATIC	ELITE
Monthly Individual Rate	\$29	\$39	\$49	\$59
Monthly Family Rate	\$45	\$60	\$75	\$90
24/7* Gym Access	✓	✓	✓	✓
Unlimited Fitness Classes		✓		✓
Open Swim			✓	✓

To see monthly class offerings please visit: www.fultoncountyhealthcenter.org/health-and-wellness-programs/

FITNESS *Classes*

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

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

.....
SUNRISE YOGA
VERA FLOW
YOGA-INTERMEDIATE

.....
AQUA NOODLE
AQUA ZUMBA®
SILVER SNEAKERS® SPLASH

SENIOR ADULT

STRENGTH & CONDITIONING

YOGA

AQUATICS

SPORTS PERFORMANCE

**8-WEEK SESSIONS -
2 DAYS PER WEEK
BEGINNING JANUARY 11TH
ONLY \$200**

5TH & 6TH GRADES

Mondays & Wednesdays 3:00-3:45 pm

7TH & 8TH GRADES

Tuesdays & Thursdays 3:30-4:15 pm

HIGH SCHOOL

Tuesdays & Thursdays 4:30-5:15 pm

Improve agility, speed, power, coordination, and balance. Athletes will learn proper landing and sprinting mechanics to reduce injury, improve core strength, body control, vertical jump, and foot speed that can be applied to any sport!

Instruction provided by a Certified Strength and Conditioning Specialist®, former High School Strength and Conditioning Coach, and college athlete.

Team training also available!

CALL 419.330.2724 TO SCHEDULE.



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 (Continued From Page 6.)

COVID-19 Visitation Guidelines

FCHC has posted color coded COVID-19 alert level signs on its entrance doors like those shown here. They match Fulton County's alert level scale from the less restrictive Yellow to the more restricted Purple (Yellow, Orange, Red, Purple).

FCHC implemented new visitation guidelines on November 11 based on the statewide color alert system. The system uses data about the spread of COVID-19 in Fulton County, and information is updated every Thursday evening. Visitation updates are posted at all open FCHC facility entrances and communicated via FCHC's Facebook page and website. No additional entrances are opened. Patients and visitors should enter through the front lobby of the hospital or the Emergency Department. FCHC reserves the right to change to a level that differs from the country's state-issued level based on an internal decision process.

Patients and visitors must follow all guidelines to limit the spread of COVID-19. Visitors will have their temperature taken upon arrival, be asked to wear a mask, and required to follow distancing guidelines while visiting. If you are not feeling well, we ask that you do not visit a patient at an FCHC facility.

Visitation guidelines vary with each color-alert level based on whether the patient is COVID-19 positive or negative. A patient's care team may make recommendations for exceptions to the visitation guidelines where the guidelines may impact the quality of patient care.



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.

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

Patti Finn, Chief Executive Officer | **Sandy Barber**, Chair, 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.