

A publication of Fulton County Health Center

Health Centering

Robotic Surgery Now at FCHC!

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Pictured with the new da Vinci Xi® system are (L-R): Erin Grieser, ADN, RN; Ellen Mansfield, ADN, RN; Gretchen Reckner, ADN, RN, CNOR, RNFA; Lisa Yoder, BSN, RN, CNOR, RNFA; and Beth A. White, MD.

Volume 37, No. 2 Spring, 2021



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

The future has arrived at Fulton County Health Center with the purchase and installation of a robotic surgery system. The da Vinci Xi® surgical system is a high-tech, minimally invasive robotic-assisted surgery platform first used in surgical procedures in mid-March at the Health Center.

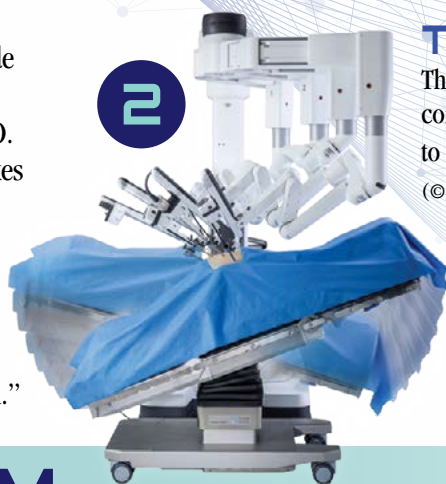


ROBOTIC

SURGERY NOW AT FCHC!

“This was an important decision and investment our board of directors made to significantly upgrade our surgical capabilities,” says Patti Finn, FCHC CEO. “It is a significant step forward that takes laparoscopic surgery to another level while providing the patient another option. Robotic surgery makes minimally invasive surgery safer for the patient, more precise, and better for both the patient and surgeon.”

2



TRUMPF TABLE

This patient cart is “married” to the robot and communicates with it. The table allows the surgeon to reposition its angle during surgery.

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3



VISION CART

Houses the computerized communication “brains” for the entire da Vinci® system.

THE SYSTEM

The da Vinci Xi® system consists of four main components:

1



THE ROBOT

Contains four arms, one of which is used to mount a camera, while the other three hold custom-designed surgical instruments.

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4



SURGEON CONSOLE

Contains a high-definition viewing window with “joy sticks” the surgeon uses to manipulate the four robotic arms.

FCHC staff members converted an existing laparoscopic surgical room on the health center’s second floor to create a dedicated robotic-assisted surgery suite for the da Vinci Xi® system.

How It Works/Advantages

“Robotic surgery is complementary to laparoscopic surgery, but it is more refined in many ways.”

—Timothy Duckett, MD, FCHC General Surgeon



Don't worry that a robot will be performing your surgery. The surgeon remains in the operating room performing the surgery, and he/she is in complete control of the robot.

“We'll perform the same operation as we would normally perform during a laparoscopic surgery but with a different tool now,” explains Dr. Duckett. “Robotic surgery is complementary to laparoscopic surgery, but it is more refined in many ways. For one, we are viewing the operation in 3D instead of the 2D in laparoscopic surgery. This gives us much better depth perception and magnification to see more clearly and in greater detail. Robotic surgery also offers greater fine motor control and articulation than laparoscopic surgery. The result is we can navigate to places of the body we couldn't easily reach before with laparoscopic surgery.”

Dr. Duckett says the purchase of the Trumpf Table for patients adds an important feature to the robotic system. “If we are performing abdominal surgery, we can tilt the table so the patient's head is higher than their feet. This allows the organs to fall away from the section where we are operating, giving us more room to maneuver. The fact the table is married to the robot means the movement is immediate with no delays. There is no need to adjust the patient any further.”

The Safety Aspect

“I myself have been using it for years and perform the majority of my surgeries robotically.”—Beth A. White, MD, FCHC General Surgeon



INSTRUMENTS

Cameras and surgical instruments are attached to each of the four arms based on the type of surgery being performed and the surgeon's preference. Nurses switch out the instruments as needed. An ergonomically designed endowrist joint permits the surgeon to flex his/her wrist and improve access to body cavities, blood vessels and tissues. “This makes it much easier to operate because we don't have to position ourselves in awkward angles to reach areas during the surgery,” says Timothy Duckett, MD, General Surgeon. A generator rounds out the system by providing power for surgical instruments to cut, cauterize and seal blood vessels and tissues.

Beth A. White, MD, General Surgeon, is considered one of northwest Ohio's leading experts on robotic surgery. She is regarded as the trainer of surgeons using robotic systems. “I've proctored many surgeons after they've gone through comprehensive training and are performing their first few robotic surgeries,” says Dr. White. “I am there right beside them to coach and assist if necessary. I myself have been using it for years and perform the majority of my surgeries robotically. In fact, I recently performed my 1200th robotic hernia surgery.”

Dr. White says robotic surgery is safer and more controlled than laparoscopic or open surgery. “There are some procedures we couldn't perform with laparoscopic or open techniques because of tight spaces and the complexity of the procedure,” she says. “The robotic system allows us to find those small spaces and maneuver within them.” She says low anterior resections for colon cancer are one example of such a complex case. “The robotic surgery technique for larger surgeries, such as a colon resection, may be able to provide the patient with a much shorter hospital stay and less postoperative pain,” she says. Dr. White explains the incisions in the patient are smaller with robotic surgery than with laparoscopic surgery. “This all adds up to faster recoveries and better outcomes for patients,” she says.

(Continued on Page 4.)

WHY THE NAME DA VINCI?

The name was chosen by the manufacturer, Intuitive Surgical Systems of Sunnyvale, CA, to honor Leonardo da Vinci, the 15th century painter famous for his Mona Lisa painting. He was also a noted inventor, philosopher and Renaissance man. Leonardo da Vinci is widely known for his study of the human anatomy. He was also intrigued by mechanics and automation, which led to the design of the first known robot, “Leonardo's Robot,” made around the year 1495.

ROBOTIC

SURGERY NOW AT FCHC!

(Continued from Page 3.)

USES

The da Vinci Xi® system can be used for a variety of surgeries including colon resections, hernia repairs, prostate surgeries, and kidney surgeries. FCHC will focus on two main areas at first. “We plan to use it initially for general surgeries and then urological procedures,” says Trudy Tuckerman, MSN, BSN, RN, CNOR, RNFA, FCHC’s Director of Perioperative Services. “It also has applications with gynecology, and we may begin performing those surgeries in the future.”

“Some hospitals purchase a robotic system and have to wait to use it while their surgeons train,” says Tuckerman. “At FCHC, we already have quite a few surgeons who are robotically trained. So, there is no learning curve for them. The Health Center will have an immediate return on investment, and patients will begin to benefit from better surgical outcomes as a result.”

Robotically-assisted surgeries will be performed at FCHC during the typical surgical hours of 7:00 am - 5:30 pm. It is also available for emergency surgeries on weekday evenings and on weekends.

SURGEONS & CORE TEAM

FCHC surgeons who currently use the da Vinci Xi® system are:

Arun Kumar Baskara, MD, General Surgery; Timothy Duckett, MD, FACS, General Surgery; Mirza S. Hasan, MD, FACS, General Surgery; Jose Parodi, MD, FACS, General Surgery; and Beth A. White, MD, FACS, General Surgery.

Four FCHC registered nurses were trained on the robotic system using special modules provided by the manufacturer of the da Vinci Xi® system. They have been designated as the Core Robotic RN Team and will assist surgeons. Their job is to drape the patient and load instruments and cameras onto the four robotic arms. They will also switch out the instruments as needed during surgery. In the future, core team members will train other FCHC surgery nurses to ensure that FCHC has a proficient robotic surgery department and program.



General Surgeon Beth A. White, MD (far left) is pictured with the Core Robotic RN Team (L-R): Gretchen Reckner, ADN, RN, CNOR, RNFA; Erin Grieser, ADN, RN; Ellen Mansfield, ADN, RN; and Lisa Yoder, BSN, RN, CNOR, RNFA.

ARE YOU A CANDIDATE?

“Ultimately, the decision to use our robotic surgery system should be decided by the attending surgeon in consultation with the patient,” says Patti Finn, FCHC CEO. “Your surgeon is the most qualified to make the decision after discussing with you. If the two of you conclude you are a good candidate for robotic surgery, you can be assured you will benefit from the many advantages of this advanced surgical system.”

Surgeon Joins FCHC General Surgery

Ahmad Abdelaal, MD, General Surgeon, is joining surgeons Timothy Duckett, MD; Mirza S. Hasan, MD; and Beth A. White, MD in the FCHC General Surgery Clinic.



The clinic, which was formerly named West Ohio Surgeons, is located on the second floor of the South Medical Office Building on FCHC’s main campus.

Dr. Abdelaal was previously the Chief, Organ Recovery and Transplant Surgeon at the Center of Organ Recovery and Education in Pittsburgh, PA. He received his Fellowship training in various forms of transplant surgery at the Methodist Transplant Institute, University of Tennessee Medical Center, Memphis, TN; the Thomas Jefferson University Hospital, Philadelphia, PA; and the University of Pittsburgh Medical Center, Pittsburgh, PA. Dr. Abdelaal received his Medical degree and completed his Internship and Residency at Mansoura University Faculty of Medicine, Egypt.

The general surgeons see patients in the FCHC General Surgery Clinic located in the South Medical Office Building and perform surgeries in the FCHC Surgery Department. The surgeons use the new da Vinci Xi® robotically-assisted system as well as performing laparoscopic and open surgery. Among the surgeries they can perform include:

- Surgical Oncology
- Surgical Endocrinology
- Surgical Ultrasonography
- Surgical Gastroenterology
- Stereotactic Breast Treatment
- Bariatric Surgery
- Advanced Robotic and Laparoscopic Treatment of:
 - Esophagus
 - Stomach
 - Gallbladder
 - Colon
 - Hernia Repair

In addition, they also provide endoscopic and colonoscopy procedures at the FCHC Endoscopy Department.

To learn more, visit the FCHC General Surgery website at fchcgeneralsurgery.org. To schedule an appointment, call the clinic at 419-337-7478.



In 2020 staff members received a great deal of support from the community, including these inspirational signs donated by Tomahawk Printing.

COVID's Affect on FCHC

The year 2020 brought many challenges to our community and Fulton County Health Center. In March of 2020, COVID-19 became a serious pandemic, impacting all facets of our society including healthcare. By mid-March most elective surgeries were halted, many wellness diagnostic procedures were delayed, office visits were limited, a variety of outpatient treatments and procedures were curtailed to only immediate and necessary activity, and our Fitness Center was closed for over two months.

These changes impacted all of our service areas as we adjusted and prepared for the "new normal" of providing care for both COVID-19 patients while providing other services. The shortage of PPE equipment early on, combined with the high infection rate of COVID-19, was the major cause of the limitation of many of our services. As PPE supplies became more available and our knowledge of safeguarding from COVID-19 improved, most services were restored but not without impacting our total numbers for the year. This 2020 Report to the Community will reflect the changes in our activity due to the impact of COVID-19 in the area.

Corporate and Community Health Promotion

There were many changes in 2020 to our department. We rebranded the Wellness Center to FCHC Fitness and expanded many of our programs. We also halted many of our screenings and activities due to health order restrictions, which impacted our numbers.

Auxiliary

COVID-19 caused many changes to the fundraising activities and hours donated by the Auxiliary. Most events were cancelled. The Gift Shop was closed for two months and then opened with limited hours. Despite this, the Auxiliary raised \$42,529.05 to support FCHC. Our volunteers have been missed during this time, and we hope to welcome them back soon.

REPORT TO THE COMMUNITY 2020

General Category

	2019	2020
Admissions	1,569	1,222
Outpatient Visits	154,550	148,285
Emergency Room Visits	16,005	12,980
NEW! FCHC Urgent Care (July 2020-December 2020)		2,453
Inpatient Surgeries	493	292
Outpatient Surgeries	2,122	2,014
Outpatient Services	208,273	226,372
OB Deliveries	210	211
Oncology Visits	3,472	2,502
Laboratory Tests (Outpatient only, including Pathology)	143,352	150,471
Radiology Procedures	42,098	38,633
Respiratory Procedures	2,340	1,568
Physical Therapy Outpatient Visits	11,516	9,976
Diabetes Education Outpatient Visits	363	327
<i>(Includes both individual and group patients)</i>		
Cardiac Rehab Visits (Includes both Phase II and Phase III)	5,580	1,791
FCHC Behavioral Health Patient Days	1,023	527
FCHC Behavioral Health Outpatient Visits (Therapists only)	2,896	2,784
FCHC Behavioral Health Partial Hospitalization Visits	1,333	562
Fulton Manor Resident Days	24,170	24,405

Corporate and Community Health Promotion

FCHC Fitness Memberships (monthly average)	N/A	509
Screening - Community	1,818	440
Screening - Corporate	527	440
Nutrition Education - Schools	2,180	450
Nutrition Education - Community	N/A	433
Trainings/Certifications	N/A	52
Fitness Class Participants	1,714	N/A
Fitness Class Visits	N/A	5,462
Fitness Classes	143*	1,214*
<i>*(2019 was total fitness class headings offered, 2020 was total individual classes held)</i>		
SilverSneakers® Member Visits	8,546	5,547
Other Fitness Member Visits	8,238	7,465

Auxiliary

	2019	2020
Active Volunteers	108	105
Volunteers' Service Hours	9,000	1,800
Money Donated/Pledged	\$90,533	\$71,000

2020 Auxiliary Donations Included:

- New Beds in Fulton Manor (\$28,000)
- New Recliners in Fulton Manor (\$32,000))
- VolunTeens Scholarships (\$3,000)
- Dr. Galani Scholarships (\$8,000)

NEW Services/Technology:

- Added a new service, FCHC Urgent Care July 2020
- Opened a new 11,000 sq. ft. FCHC Rehabilitation Center
- Purchased the ROSA® Knee System for assistance with knee replacement surgery
- Purchased surgical table for robotic assisted surgery

Replaced:

- Remodeled 4 rooms in the Emergency Department to create negative pressure rooms
- Remodeled the south wing of our 4th floor Medical Surgical unit to create negative pressure rooms
- Replaced two hematology analyzers in Lab
- Replaced medication dispensing system throughout the entire facility
- Updated clean room in Pharmacy
- Replaced mini C-Arm in Radiology
- Replaced 24 hour halter monitors for heart studies

Awards:

Recipient of the 2020 Healthy Worksite Gold Level Award through Healthy Business Council of Ohio

Uncompensated Care

\$2,187,274 \$1,559,487

Message from the CEO

We have exciting news to share with you! We recently purchased, installed and began using a new robotic surgical system here at FCHC. The new da Vinci Xi® robotically-assisted surgical system is covered in greater detail in our lead story, but I would like to point out a few important aspects.

First, we invested in this robotic system because it offers many benefits to patients in terms of safety and their surgical outcomes. It is beneficial for surgeons as well. Second, the surgeon is in complete control of the surgery and the system at all times. Finally, several surgeons on our staff are trained and experienced with using robotically-assisted surgery, which means there is no learning curve for them.

While we are on the subject of surgery, we welcome new general surgeon Ahmad Abdelaal, MD, who has joined the staff at FCHC General Surgery. We also welcome nurse practitioner Hayley Baldwin, MSN, APRN, NP-C who has joined the staff at FCHC Primary Care Delta.

In the previous issue of this newsletter, I wrote that 2020 is a year most of us would like to forget. Our 2020 Report to the Community reflects the type of year we had with the backdrop of the pandemic. There were many ups and downs and challenges that COVID-19 presented to us in the health care field. Looking back, I want to sincerely thank and commend our staff members for their continued dedication and commitment to providing the health care you needed, when you needed it.

Finally, many of you have questions about the availability of the COVID-19 vaccine in Fulton County. In this newsletter we provide information that can help guide you as we move forward into 2021. In addition, at Fulton County Health Center we continue to take the necessary steps to protect all who enter our facilities.

Enjoy reading this newsletter, and please stay well!

Patti Finn

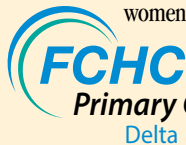
Patti Finn
Fulton County Health Center
Chief Executive Officer



FCHC News & Notes

Nurse Practitioner Joins FCHC Primary Care Delta

We welcome Hayley Baldwin, MSN, APRN, NP-C who has joined the staff at FCHC Primary Care Delta. Baldwin has 15 years of experience as a clinical nurse. She received her Master of Science in Nursing degree in 2018 from the University of Toledo and her Bachelor of Science in Nursing degree in 2006. Her practice will focus on adult and pediatric primary care patients,



women's health and family health. She joins FCHC Primary Care Delta Family Practice practitioners Ann Steck, MD; Shelly Mills, DO; Nicholas Barnes, DO; and Rebecca Shirley, MSN, APRN, NP-C. On a personal note, Baldwin enjoys personal finance, interior design, reading, music, water sports, lake time, family time, softball, and Michigan football. She is accepting new patients. To schedule an appointment, call 419-822-3242. FCHC Primary Care Delta is located at 6696 US 20A, Delta, Ohio. Visit their website at fchcprimarycaredelta.org.



FCHC Behavioral Health Outpatient will move to the former Wauseon Clinic at 495 South Shoop Avenue during the month of April.

FCHC Behavioral Health Update

The move of FCHC Behavioral Health Outpatient (formerly FulCare Outpatient) has been rescheduled. The move had been scheduled for February. It will now occur sometime in April. The department will move from the fifth floor of the Health Center to the former Wauseon Clinic at 495 South Shoop Avenue. The phone number will remain the same at 419-330-2790.

FCHC Earns Healthy Workplace Award

In January, FCHC was honored with the 2020 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 100 Ohio employers that were recognized for their healthy workplace practices. The award was presented to staff members on February 4th during the Health Action Council's Virtual In-Value-Able Conference Series.



Pictured with the Healthy Workplace Award are (L-R): Jason Mohler, Human Resources Benefits & Compensation Manager; Patti Finn, CEO; Jamin Torres, BA, ACE CPT, Manager of CCHP; Britney Ward, MPH, Director, Corporate and Community Health Promotion; and Rachel Geckle, PHR, SHRM-CP, Chief Human Resource Officer.

(Continued on Page 12.)



COVID-19 Vaccine Facts

This information has been provided by the Ohio Department of Health, coronavirus.ohio.gov/vaccine.

- 1 All COVID-19 vaccines have been rigorously tested and are safe and effective.
- 2 You can't get COVID-19 from the COVID-19 vaccine.
- 3 COVID-19 vaccine studies were among the largest in history.
- 4 COVID-19 vaccines have not been linked to infertility or miscarriage.
- 5 No serious side effects were observed in clinical trials. The most common side effects are fatigue, headache, fever or chills, soreness, redness or swelling at the injection site, and muscle or joint pain.
- 6 COVID-19 vaccines will not change your DNA or alter your genetic makeup.
- 7 Vaccine injections do not contain microchips or tracking devices.
- 8 Vaccines do not cause autism.

The availability of the COVID-19 vaccine in Fulton County changes as the state of Ohio adjusts its guidelines for those who qualify. FCHC continues to work closely with the Fulton County Health Department to provide information to area residents who want to receive the vaccine. At publishing time for this newsletter, Governor Mike DeWine had announced that Ohioans 16 and older would be eligible to receive the COVID-19 vaccine under Phase 2D of Ohio's vaccination program beginning Monday, March 29, 2021.

HOW TO GET THE VACCINE



Locally, there are three ways to request the vaccine via:

1. Fulton County Health Department/Fulton County Health Center joint clinics

Get more information and register online by visiting the Fulton County Health Department website at <http://fultoncountyhealthdept.com/home/covid-19-vaccine-info>

2. FCHC Retail Pharmacy

Call 419-335-3715, choose option #5 for the special line dedicated to COVID-19 vaccine questions and to provide the needed information to get signed up

3. Ohio's COVID-19 Website

Visit <https://vaccine.coronavirus.ohio.gov> to see a list of providers vaccinating in the current phase. This website also has regularly updated information on who is eligible to receive the vaccine and when as the vaccine becomes more available.

FCHC encourages all eligible individuals to get vaccinated, as vaccines are considered a first line of defense in preventing disease transmission. However, even after receiving your vaccine you should continue to follow previously established prevention measures: source control, social distancing, hand hygiene, cleaning and disinfection, screening, and quarantine and isolation measures.

Source: Ohio Department of Health, coronavirus.ohio.gov/vaccine

50TH ANNIVERSARY OF FCHC GROUNDBREAKING!

It's been 50 years since the first steps of building Fulton County Health Center began when at 2:00 p.m. on March 16, 1971 an official groundbreaking ceremony was held. Two years later in 1973, FCHC would open its doors for the first time to patients. The new building was originally designed as a 123-bed facility with 99 acute beds and 24 long-term care beds to replace the 52-bed Detwiler Memorial Hospital. Six mayors from the area attended the groundbreaking along with hospital administrators and area dignitaries. Although it was a cold and windy March day, the Wauseon High School Pep Band performed for the crowd at the ceremony, and several speakers participated including: Rev. Ellis B. Croyle with the Invocation; Victor F. Serino, Administrator with Introductions; David E. Springer, Fulton County Hospital Commission Board President with Greetings; Howard S. Madigan with the Keynote Address; Groundbreaking with H. D. Allen, Harold E. Boucher, DDS and David E. Springer; and Rev. Bruce B. Wendt with the Benediction.

"The turning of ground today for the new Fulton County Health Center is symbolic of the advancements in the medical field and the care of patients."

—From the March 16, 1971 groundbreaking program





Karen Bauer, DNP, A.P.R.N.-F.N.P., CWS, DAPWCA, Director of the FCHC Wound Care & Hyperbaric Center, uses telemedicine to confer with a patient.

Wound Care During COVID

COVID-19 has presented many obstacles to health care providers, including the professionals at the FCHC Wound Care & Hyperbaric Center.

“At the height of the pandemic, we struggled with whether wound care was essential enough to continue in-person services,” says Karen Bauer, DNP, A.P.R.N.-F.N.P., CWS, DAPWCA, Director of the Center. “So, we transitioned to primarily having telemedicine visits with patients and their home health nurses.” In late March of 2020, the wound care staff adopted telemedicine protocols and a strict regimen long before other wound care clinics did the same. “We have good communication with the community nurses, and I believe that communication is unique to FCHC and the way we have designed our clinic,” says Bauer. “We have implemented a model of how a wound care clinic should function with the telemedicine process.”

“As we transitioned to telemedicine, we determined there were patients who needed in-person visits,” says Bauer. “With the risk of infection and the fact many of our patients are diabetic and have poor circulation, we quickly learned to discern which of them needed to see us in person.” Teamwork was essential to devise protocols, schedules and processes that would ensure patient safety for in-person visits. The staff followed CDC and Ohio Department of Health guidelines to limit a patient’s contact with staff. Personal protective equipment was always used.

One significant challenge they faced was finding available hospital beds for patients who had tested negative for COVID. “Because of our connection to other hospitals, we were able to safely place our patients in the hospital when needed along with placing them here at FCHC,” says Bauer. Blood clotting is a complication of COVID-19. “Because of our vascular background and my experience having worked in the COVID ICU at UPMC, we were uniquely able to manage our patient’s wounds from a distance, even when they were COVID positive.”

The staff continues to practice evidence based COVID safety protocols. “Our team has been vaccinated for COVID-19, and we continue to limit our outside activity to keep patients safe,” says Bauer. “We remain committed to providing top-level care as our processes evolve.”

The FCHC Wound Care & Hyperbaric Center offers a multi-disciplinary wound care approach. Vascular Surgeon Munier Nazzari, MD, serves as the Medical Director, and Karen Bauer, DNP, A.P.R.N.-F.N.P., CWS, DAPWCA is the Program Director. It is located in the North Medical Office Building on the FCHC main campus.

Financial Assistance Policy

Plain Language Summary

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

ELIGIBLE PATIENTS/SERVICES

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

HOW TO APPLY

Financial Assistance Applications are available at the following locations:

- FCHC Emergency Department or Other Registration Locations
- Cashiers Office, 725 S. Shoop Ave., Wauseon, OH 43567
- Contact Financial Counseling at 419-330-2669, option 2
- Download a copy at fultoncountyhealthcenter.org

DETERMINATION OF ELIGIBILITY

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

AVAILABILITY OF FINANCIAL ASSISTANCE POLICY

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



FITNESS CLASSES

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



BARRE
BASIC FIT
BOOTCAMP
CARDIO CORE
CARDIO DRUMMING
CIRCUIT STRENGTH
COREBURN®
POUND®
TABATA FIRE
TOTAL BODY



SUNRISE/SUNSET YOGA
VERA FLOW
YOGA/BALL/PILATES
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 MARCH 29TH
ONLY \$200** (Discount for siblings)

LEGENDS (5th -8th Grades)

Mondays & Wednesdays
3:30-4:15 pm

ELITES (High School)

Tuesdays & Thursdays
3:30-4:15 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 and accountability, while providing workouts tailored to your personal needs and 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.

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

138 E. Elm Street, Wauseon, Ohio | **Call to join today! 419.330.2724**

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., May 3, 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. May 18 & July 13, 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., April 6, June 8, & July 27, 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., June 7, 5:30 p.m., \$5, FCHC Fitness, 138 E. Elm St., Wauseon.

Cooking Lighter With Your Fryer

If an air fryer wasn't on your Christmas list, it may be because you don't know what it can do for you yet. Once you start to air fry your food, you may never go back—from making your favorite products to cooking your favorite dinners, you'll be surprised at what your air fryer can do for you. Mon., July 12, 5:30 p.m., \$5, FCHC Fitness, 138 E. Elm St., Wauseon.

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.



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. Sat., July 17 and Nov. 20. Sign-in starts at 7:30 a.m., class goes from 8:00 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 by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sat., May 15 and Sept. 18, sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 12:00 p.m., \$50, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

Babysitting

Learn to handle emergencies such as choking, burns and more. Become an effective and competent babysitter. Class covers growth and development and safety for the sitter as well as the children, plus much more. Please bring a sack lunch. Beverages/snacks provided. Call 419-330-2724 to register.

Sat., April 24, 9:00 a.m. - 3:00 p.m., \$35, FCHC Fitness

Sat., May 8, 9:00 a.m. - 3:00 p.m., \$35, FCHC Fitness

Sat., May 22, 9:00 a.m. - 3:00 p.m., \$35, FCHC Fitness

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

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.

ONCOLOGY PROGRAMS

OB PROGRAMS

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. 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 or to participate in the program, please call 419-330-2721.

The Diabetes Prevention Recognition 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

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.

Bariatric Support Group

Tues., April 28, May 25 and June 22, 5:00 p.m., South Medical Office Building, 2nd Floor Conference Room



FCHC News & Notes

(Continued from Page 6.)

Donate Life Event

On Tuesday, April 13, Life Connection and Community Tissue Services of Ohio will partner with FCHC to raise awareness about organ, eye and tissue donation. Watch for further details as COVID restrictions will determine what specific activity will be held.

Start Swinging Those Clubs

The 22nd Annual FCHC Auxiliary Golf Tournament will be held on Thursday, June 10 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. Participants will enjoy 18 holes of golf with a cart, sack lunch, gift pack, and beverage tickets. A BBQ chicken dinner and silent auction are planned at FCHC after the outing. Details on those two events will be announced in the coming months. Sponsorships are available. Entry deadline is May 15th and is limited to the first 36 paid foursomes. The total revenue from 21 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.

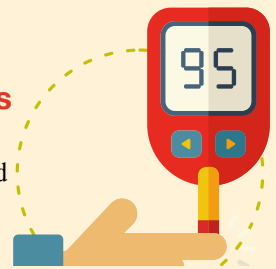
Heart Radiothon Screenings

Take advantage of timely non-fasting 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 FCHC Fitness, 138 E. Elm St., Wauseon. A \$5 donation to the Fulton County Heart Radiothon is requested at the time of the screening. To schedule please call 419-330-2724. Screening times are:

Mon., April 26, 8:00 a.m. - 11:00 a.m.
Mon., April 26, 4:00 p.m. - 7:00 p.m.
Mon., May 3, 4:00 p.m. - 7:00 p.m.
Tues., May 4, 8:00 a.m. - 11:00 a.m.

Auxiliary Volunteer Opportunities

FCHC is looking forward to welcoming back its volunteers and engaging new ones as our community health stabilizes. For more information, please contact our Volunteer Coordinators: Mary Gautz, FCHC main campus, at 419-330-2695; or Tammy Miller, Fulton Manor, at 419-335- 2017, Ext. 2798.



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.