

A publication of Fulton County Health Center

Health Centering

Partnering for Women's Health

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

Members of FCHC OB/GYN (l-r): Jamie Wyse, CMA; Brittany Hillard, LPN; and Sema J. Fofung, DO.

It is well known that women tend to be the gatekeepers of health for their family, but sometimes they forget to take care of their own health. Fortunately, area women benefit from the excellent medical care provided by our FCHC OB/GYN medical office in partnership with many FCHC services.

Dr. Fofung uses ultrasound equipment in his office to help identify potential health issues.



Partnering *for* Women's Health

FCHC OB/GYN

The medical office of FCHC OB/GYN is in the South Medical Office Building on the Health Center's main campus. Sema J. Fofung, DO, Obstetrics/Gynecology, has been a provider here since 2002. He was joined in 2018 by Jessica Durham, MSN, BSN, RN, and Certified Nurse Midwife.

"Our patients range from young girls who are going through puberty to older women who are past menopause," says Durham. "We're concerned about our patients' overall health, so we emphasize annual medical exams and to contact us if they are having any unusual pelvic pain or bleeding."

"Jessica and I have a collaborative relationship with our patients," adds Dr. Fofung. "I have my own group of patients and Jessica has her patients. If she has a patient who may require further diagnostic tests or possibly surgery, she will refer that patient to me."

Gynecology & FCHC Same-Day Surgery

"When a woman is having gynecological issues and surgery is required, I prefer to perform that surgery laparoscopically," says Dr. Fofung. "Same-day laparoscopic surgery only requires two or three half-inch incisions in the woman's belly. I perform 99% of my surgeries with the laparoscope. It results in less bleeding, and my patients can return home that day and resume normal activities within 48 hours." Dr. Fofung performs laparoscopic surgeries in the FCHC Same-Day Surgery Unit with assistance from nurses and staff. Laparoscopic surgery is typically beneficial for women for the removal of ovarian or tubal cysts, investigating pelvic pain using a camera, and tubal ligations.



Whole laparoscopic surgery is preferred by Dr. Fofung, there are situations where a woman has an abnormal pap smear, and a hysterectomy is required. "I do the vast majority of my hysterectomies vaginally since it results in less bleeding and faster recovery for the patient," says Dr. Fofung. "It is typically a 90-minute procedure, and women usually recover pretty well within 48 hours." Once again, Dr. Fofung partners with the FCHC Same-Day Surgery staff to perform the work.

Obstetrics & FCHC Family Birthing Center

"Before a woman becomes pregnant or decides she wants to have a baby, Dr. Fofung and I will discuss with them pre-conception care so they can take care of their health and be better prepared," says Durham. If women are having difficulty getting pregnant, FCHC OB/GYN providers will discuss options with their patients and can refer them to a reproductive endocrinologist. "Once they become pregnant, we'll see them regularly during the course of their pregnancy."

FCHC OB/GYN providers can perform an ultrasound in their office in the early stages of pregnancy, but they rely on the FCHC Radiology Department to provide ultrasounds as the pregnancy progresses.

"I also perform genetic testing if a woman is at risk of having a baby with Down's Syndrome," says Dr. Fofung. Blood is drawn at one of the FCHC labs, and results are reviewed by Dr. Fofung. "If the lab tests come back positive, I can then draw amniotic fluid with help from the hospital's Radiology Department. The fluid allows us to map out the genetic structure of the baby."

Gestational diabetes is not uncommon with pregnant women. "In those cases, we'll refer our patient to the FCHC Diabetes Education Department where staff members there can provide information and counseling to assist her," says Durham.

The FCHC Family Birthing Center is much more than a place to deliver babies. For many years it has educated expectant couples through its Partners in Pregnancy program. The program includes classes on childbirth education, breastfeeding and even classes for

siblings. It's all part of a comprehensive program designed to ensure peace of mind for couples.

When it's time for labor and delivery, that's when the FCHC Family Birthing Center becomes involved. "We prefer that women have vaginal births rather than having a C-section," says Dr. Fofung. "If it's a complicated delivery, I'll use forceps. This avoids a stressful C-section and eliminates an open incision. Plus, it avoids the great loss of blood with a C-section and eliminates the longer recovery time."

"We rely on the hospital's experienced OB staff to help us during labor and delivery," says Durham. "The OB Department also has breastfeeding classes for women and a Certified Lactation Consultant."



Peg Short, RN (right) and Leo Chagolla, CRNA, review vital signs for a laboring mom in the FCHC Family Birthing Center.

Wellness

Wellness is an important component of women's health at FCHC OB/GYN. "We emphasize to our patients to visit us for their annual medical exams and to perform monthly breast self-exams after their monthly menstrual period," says Durham. She and Dr. Fofung also urge women to get their pap smears at least every 2-3 years as well as their mammograms. "I tell our patients that women should get a baseline mammogram at age 35, then every two years after age 40, and each year after age 50," says Dr. Fofung.

Part of women's health is birth control, and the providers discuss its positives and negatives. "Women, including our teenage patients, need to be educated about birth control so they can make educated decisions about their bodies and what's best for them," says Dr. Fofung. "A lack of education can have long-term consequences."

Exercise is also a key component of women's health, and Dr. Fofung recommends that his female patients get 30 minutes of walking five times a week. "I tell them that they don't have to become marathon runners, but they need to exercise regularly. It's especially important for women past menopause who have lower estrogen levels and are more prone to having fractures."

"When a female patient ages, they become more prone to having osteoporosis," adds Durham. "So, we can refer them to the FCHC Radiology Department for a bone density scan."

Once again, FCHC can help women with exercise through the FCHC Fitness Center. Additional information and classes are available from the many Wellness programs offered throughout the year through the FCHC Corporate & Community Health Promotion.

Sometimes a woman may have hip or back pain that can't be resolved, and the FCHC OB/GYN providers will refer the patient to FCHC Rehabilitation for Physical Therapy.

"There are other situations where a woman may be anemic and require iron infusions to resolve the issue," says Durham. "In those cases, we will refer the patient to the FCHC Cancer Care Department for outpatient IV iron therapy. It works well because the staff and facility there is set up for IV therapy."

A Partnership to Benefit Women

"Our medical office is much more than an OB practice," says Durham. "Dr. Fofung and I are concerned with a woman's health, from the reproductive aspect through their overall wellness. And we rely a great deal on our partnership with the hospital to provide the necessary care for a woman as she journeys through life."



Jessica Durham, CNM, discusses long-acting birth control options offered in the office.



Jodi Sommers, RN, and Jessica Durham, CNM, welcome patients to the office.



Josie Torres, RT(R)(M), FCHC Radiology Department, uses mammography to identify breast abnormalities in female patients.

FCHC Women's Health Services

Here are just a few of the many services offered by FCHC to support FCHC OB/GYN with women's health.

Obstetrics -Family Birthing Center

- ▶ Partners in Pregnancy education program
- ▶ Remodeled, comfortable birthing & postpartum rooms
- ▶ Sleep chairs for fathers
- ▶ State-of-the-art ultrasound equipment

FCHC Cancer Care

- ▶ Medical & Radiation Oncologists
- ▶ Hematologist
- ▶ Chemotherapy-trained nurses
- ▶ Oncology education programs

Same-Day Surgery

FCHC Rehab Center

FCHC Diagnostics

- ▶ Digital Mammography
- ▶ Breast MRI
- ▶ 64-slice CT scanner
- ▶ DEXA Scan for bone density
- ▶ Stereotactic Breast Biopsy
- ▶ Stress test, Echocardiogram, EKG (heart health)
- ▶ Laboratory – clinical and anatomic pathology

FCHC Wellness

- ▶ FCHC Fitness Center
- ▶ FCHC Corporate & Community Health Promotion programs
- ▶ FCHC Diabetes Education



FCHC BEHAVIORAL HEALTH CELEBRATES 40 YEARS!

In June of 1981, FCHC began offering a new adult inpatient behavioral health program to help meet the adult mental health needs of our community. At the time, it was known as the Stress Center and was located on the Health Center's unused fifth floor. Initially, only inpatient care was offered. Eight years later, as treatment began shifting to outpatient-based services, two new programs were added -- outpatient counseling and partial hospitalization. The goal was to provide comprehensive outpatient services for those who did not need an inpatient level of care or who needed follow-up after an inpatient stay. Around that time, a Psychiatric Intensive Care Unit was added (PICU) to provide local treatment for patients who needed a higher level of care than traditional inpatient care could provide.

During the past 40 years as the services have grown, the program was renamed several times. The Stress Center name was changed to the Fulton Stress Unit to better signify a

more comprehensive care program. Then it was changed to FulCare Behavioral Health to clarify the services offered as a behavioral/mental health program. Earlier this year, the name was changed again to FCHC Behavioral Health as part of a campus-wide rebranding strategy to better align many of our services both at FCHC and provider offices.

MARRIED SERVICES

Today, FCHC Behavioral Health offers two types of services: a hospital-based component and a freestanding provider clinic. Both use the same name, and services are identified using sub-names:

- ▶ FCHC Behavioral Health Outpatient (freestanding clinic)
- ▶ FCHC Behavioral Health Older Adult Inpatient (hospital-based)
- ▶ FCHC Behavioral Health Partial Hospitalization/Intensive Outpatient (IOP) (hospital-based)

The hospital-based components are located on FCHC's fifth floor. This past April, the Outpatient program was relocated to the former Wauseon Clinic at 495 South Shoop Avenue. The freestanding building was totally remodeled, which allowed greater confidentiality and included an expanded parking lot.



FCHC Behavioral Health Outpatient office staff are ready to assist when you first arrive. (L-R): Justine Taylor, Brittany Taylor, Elizabeth Ayers, and Laura Teal.

OUTPATIENT PROGRAM

"The move to a freestanding facility is a huge improvement for our outpatient program," says David Hammersmith, LISW-S, FCHC Behavioral Health Outpatient Program Manager. "Before the move, we were landlocked on the fifth floor of the Health Center with no room to grow. Now we have two additional provider offices and a private waiting room for clients to offer greater privacy for their therapy sessions."

"We've been in the new building for almost four months now, and I think everyone has really started to settle into the new space," says Hammersmith. "We have definitely been able to give it that feeling of home." He says the new building helps from a therapeutic standpoint. "Previously, all our offices and the secretarial area emptied into one space, which caused the noise level to be higher. Now, the spaces are a little more spread out, and that allows for more of a peaceful environment for patients."

He says the new freestanding facility also offers room for growth, which can be an important aspect to consider when program planning for the future. "This building will

allow us to expand our providers to meet the ever-changing needs of our patients,” says Hammersmith.

IT'S REALLY A BUILDING THAT WE'LL BE ABLE TO GROW INTO OVER THE YEARS TO COME.”

The outpatient treatment team provides quality professional treatment for adults ages 18 and older with behavioral health and emotional life issues such as depression, anxiety, panic attacks, mood disorders, grief, relationship concerns, and trauma. The program offers individual and marital counseling and begins with an initial evaluation by the treatment staff. To arrange a consultation with the outpatient department, call 419-330-2790.



David Hammersmith, LISW-S, FCHC Behavioral Health Outpatient Program Manager, provides therapy to a patient in his office.

HOSPITAL-BASED PROGRAMS

By relocating the outpatient program to a separate building, the move created more space and opportunities for growth of the hospital-based services. “We are now in the process of remodeling to create new offices and facilities for our Intensive Outpatient, Older Adult Intensive Outpatient and Partial Hospitalization Programs,” says Aaron Harmon, BSN, RN, PMH-BC, Director of FCHC Behavioral Health Older Adult Inpatient, Partial Hospitalization/IOP and Social Services. “We have already completed construction of a new group therapy room, which is already in use. The new room allows us to see patients in a spacious environment with plenty of natural lighting and appropriate social distancing. We expect construction/remodeling on adjoining offices to begin



Therapy staff members of the inpatient program. (L-R): Shelly Brink, LSW; Bruce Boger, LSW; Janaye Guess, LSW; Shauna Cochrane, CTRS; along with Aaron Harmon, BSN, RN, PMH-BC, Director of FCHC Behavioral Health Older Adult Inpatient, Partial Hospitalization/IOP and Social Services.

in January of 2022.” Harmon says the adjoining offices will provide a consolidated location for 1:1 therapy and provider visits. “Together, these changes will improve both patient and employee comfort and satisfaction and ultimately improve the care that we provide,” says Harmon.

Older Adult Inpatient Program

The older adult inpatient program is designed for patients age 55 and older who are experiencing significant symptoms of psychiatric illness resulting in a substantial deterioration in their ability to participate in ordinary daily activities. The program includes an individualized treatment plan along with a wide range of therapies and medication management. The program has both a traditional and a PICU unit to treat older adults needing inpatient care. Patients with both behavioral health and medical needs are also seen by a hospitalist.

Adult and Older Adult Partial Hospitalization Program

Partial hospitalization provides focused day treatment programs for both adults and older adults with specialized needs. This program offers a structured, therapeutic environment on a short-term basis for patients who need a higher level of care than that offered by traditional outpatient treatment. Each program provides direction and tools a patient can use to better cope with life's challenges. The program consists of four therapeutic groups and individual

sessions with a therapist. A staff psychiatrist or Nurse Practitioner will meet with each patient once a week to provide medication management and review treatment progress. The program is located on the 5th floor of FCHC and operates from 8:30 a.m. -2:00 p.m., Monday through Friday.

Adult and Older Adult Intensive Outpatient Programs

This program is designed to provide less intensive treatment than traditional partial hospitalization but still provide both individual and therapeutic group treatment. The program can be geared to provide specialized care for both adult and older adult care needs. This daytime therapeutic program is offered Monday through Friday for those who do not require 24-hour monitoring and have the cognitive ability to actively participate in a structured therapeutic environment. Patients typically participate in the program for several weeks or longer. For information about any of the hospital-based behavioral health services, call 419-337-8661.

Behavioral Health Continues to Evolve
For the past 40 years, FCHC Behavioral Health has grown and evolved to meet the area's growing behavioral health needs. As it has been for more than 40 years, help is just a phone call away. If you or someone you care about are seeking behavioral health treatment, we can be reached 24 hours a day, 7 days a week at 419-337-8661.

Message from the CEO

Studies have shown that women tend to be more in tune with their health than men. They also are more likely to serve as the decision makers for the health needs of their families. So, our feature story in this newsletter focuses on the excellent partnership between our FCHC OB/GYN medical office and our Health Center. Dr. Sema Fofung and Midwife Jessica Durham provide a great service to the health of women and newborns in our community, and they are supported by the many services we offer. It's a very informative article, so please take time to read it.



Mental health has received considerable attention in the media due to the struggles of Olympic gymnast Simone Biles. Our secondary story provides you with an update about FCHC Behavioral Health, which is celebrating its 40th anniversary! Congratulations to the men and women who have worked in that department to help members of our community who have struggled with behavioral health issues.

Our FCHC Auxiliary Golf Tournament is also featured in this newsletter. The Auxiliary held its 22nd annual event this past summer to raise money for the support of our Health Center. We thank the many volunteers, staff members, area businesses, and community members for their support through the years.

There are several other articles here to keep you updated with happenings on our campus, and we always include our popular and helpful fitness and wellness classes.

As always, FCHC Proud!

Patti Finn

Patti Finn
Fulton County Health Center
Chief Executive Officer

STUDENTS LEARN ABOUT HEALTH CARE CAREERS



In June of 2015, FCHC hosted its first ever Health Care Camp for high school students. The goal was to share the Health Center's facilities with young people who were curious about a career in health care. Since then, FCHC has hosted 29 different camps reaching 157 students from 15 high schools or colleges.



This summer, two three-hour health care camps were held for students on June 24 and July 21. Our attendees included: Jordyn Altman, Sophia Altman, Kirsten Bates, Isaac Clark, Ayden DeGross, Jolynn and Justine Eis, Ella Hageman, Kaylee Hein, Cameron Hunter, Addison Kiefer, Mya Meck, Mackenzie Mitchey, Lyndsey Pence, Breanna Sauber, Lexa Schuller, Spencer Schwaiger, Emma Seitzinger, Erin Wood, and Kelly Wyse.

The camps introduce students to health care careers, answer questions, widen viewpoints, and discuss ways that FCHC can assist a student with self-educating, volunteering, or job shadowing. At the three-hour camp, students learn about vocational planning for a health care career. These include concepts such as basic clinical skills, confidentiality, infection control, customer service, empathy and the "patient experience", and insurance 101. Students also practice wheelchair use, get a thorough tour of the Health Center, pose questions, and speak candidly with staff members.

"The camp is also the gateway to ongoing job shadowing and volunteerism opportunities at FCHC," says Mary Gautz, Volunteer Coordinator. "Attendees can apply to be Volunteers for even greater vocational health care experiences." Many FCHC staff members have offered to become "coaches" to the teens, and they have invited them to various job shadowing opportunities. Volunteers spend time in the Emergency Department, Obstetrics, CCU, Med Surg, FCHC Behavioral Health, the laboratory, radiology, and in office settings.

"It's a privilege to spend time with the future leaders, healers and providers of this community," says Gautz. "It's just another way that FCHC completes the circle of care."

The next FCHC Health Care Camp will be held on Sunday, October 17, 2021. Interested students should contact Mary Gautz, Volunteer Coordinator, at mgautz@fulhealth.com or 419-330-2695 to request a reservation form. The camp is limited to the first 10 students who reserve. There is no cost to attend.

Every year since 1999 the FCHC Auxiliary holds a golf tournament at Ironwood Golf Course in Wauseon. Proceeds from the tournament range from \$30-\$40,000 and are used to fund specific FCHC projects. This year's event was held on Thursday, June 10 with 140 golfers participating.

The golf tournament has a long history of success. The first outing in 1999 was coordinated by two Auxiliary volunteers, Kathleen Grieser and Vicki Hill. That year, \$1,300 was raised to purchase infant cribs. Over the last 22 years the golf tournament proceeds have been used to purchase a broad spectrum of items including:

- ▶ Surgical equipment
- ▶ Infant monitors & security system
- ▶ Medical equipment for various departments
- ▶ Resistant training equipment for Cardiac Rehab
- ▶ Wall-mounted TVs for surgical patients
- ▶ Remodeling of the CCU
- ▶ Mini bus for Fulton Manor
- ▶ Remodeling & furniture for the cafeteria
- ▶ A handicapped-accessible bus

This year's proceeds will be used to complete the sidewalk in front of the FCHC campus.

"In recent years, our fundraising proceeds have been used for projects to beautify the campus and provide more comfort for patients," says Gautz. She says annual projects are selected by the Auxiliary from a wish list provided by FCHC administration.

"The golf tournament has grown into a great partnership between FCHC staff, physicians and the Auxiliary," says Gautz. "Staff members and physicians play in the tournament, and many FCHC departments pull together to donate items for our silent auction after the



At the FCHC Golf Outing, golfers enjoy a day out of the office and on the course!

GOLF TOURNAMENT SUPPORTS FCHC

tournament has concluded." Coordinators for this year's tournament were Mary Gautz, FCHC Volunteer Coordinator; Annette Kolbe, FCHC Administrative Assistant; and Stacie Westbrook, Nursing Administration Assistant. They were assisted by a core team of ten Auxiliary Volunteers.

"A number of FCHC staff members assist us on the day of the outing," says Kolbe. "They provide support with activities such as set up and take down, golfer registration, photography, and handling the wagering holes. Stacie and I certainly could not complete these tasks without their help. We also have Health Center staff who prepare and serve the meal at the banquet following the tournament. In addition to help

from staff members, we received community support from sponsorships, and the Wauseon High School Girls Golf Team helped golfers carry their bags to the registration area."



Employee Shari Zimmerman adds her purchased raffle tickets to the jar.



The Materials Management crew checks out Silent Auction items.

FCHC News & Notes

Flu Shots Here!

Get your annual flu vaccine at the FCHC Outpatient Pharmacy.

The pharmacy is located on the Ground Floor of the South Medical Office Building, 725 South Shoop Avenue, Wauseon. 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



COVID-19 Visitation Guidelines

All staff, patients and visitors must remain vigilant in wearing masks, performing hand hygiene, and maintaining social distancing. All visitors coming to our hospital upon arrival should come to the main entrance, where staff will ask you about exposure to COVID and temperatures will be taken. For those coming to one of our Medical Office Buildings, you will be screened at the office location of your appointment. If you are visiting residents at Fulton Manor, you will be screened at the main entrance. For the latest update on our visitation policy, visit our website at <https://www.fultoncountyhealthcenter.org/covid-19-visitor-restrictions/>.

Farm Screening

FCHC, along with the Ohio Farm Bureau, is encouraging those in the agricultural community to attend a comprehensive health screening event on Friday, Nov. 5 from 5:30 a.m.-8:30 a.m. at the FCHC Beck Meeting Room. Reservations are required. The Farm Bureau will send out information later this fall on how to register. Follow the FCHC Facebook page for more details.

Health Day at Sauder Village

FCHC is sponsoring the Fulton County Day/Community Health Day at Sauder Village on Saturday, October 16 in Archbold from 10:00 a.m. - 5:00 p.m. Fulton County residents and immediate family living at their home will receive free admission to Sauder Village by showing proof of residence, such as an ID. FCHC staff members and other health and wellness professionals will provide health screenings and information. Follow our Facebook page for more details.



Elevator Project Update

Work on the new patient elevator is progressing. Door frames have been cut in on all floors, electrical work is in progress and beams are being put

into place. The new equipment is beginning to arrive and will be installed. The new patient elevator is on schedule to be completed around January 1, 2022, if there are no delays. Once the new patient elevator has been completed and put into service, the existing patient and sterile supply elevators will be updated. Each of those elevators will be done one at a time and will require about 18 weeks of work for each.

Auxiliary Volunteer Opportunities

Volunteer positions are available at both our main campus and at Fulton Manor. We would love to engage in a conversation to discuss your areas of interest. 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.

New Family Medicine Physician at FCHC

Jacob Nafziger, DO, has joined the Parkview Physicians Group – Family Medicine office in Archbold and is seeing patients. Dr. Nafziger completed his family medicine residency at Beacon Health System's Memorial Hospital in South Bend, Indiana.

He received his doctorate in osteopathic medicine from the Ohio University Heritage College of Osteopathic Medicine in Dublin, Ohio. As part of his clinical experience, he did a six-week rotation with five Archbold family physicians. Dr. Nafziger earned his bachelor's degree in biology at Cedarville University in Cedarville, Ohio. He is a graduate of Archbold High School.

"I always felt a special relationship with my family doctor (Dr. Jason Row)," says Dr. Nafziger. He was a big influence on me to want to return to Archbold to practice. His patient approach is simple. "I want each patient to feel like part of a team where we will work together to reach that individual's health goals."

Outside of work, Dr. Nafziger enjoys family time, is an avid golfer and roots for the Ohio State Buckeyes and Pittsburgh Steelers.

Dr. Nafziger is welcoming patients from newborns to older adults at his office, 121 Westfield Drive #1 in Archbold. To schedule an appointment, call 419-445-2015.



Road to Wellness Conference

The 12th Annual Road to Wellness Health Care Conference for Mature Adults and Caregivers will be held Tues., Oct. 5, 10:00 a.m. - 2:00 p.m. This year, due to COVID, the event will be held as a drive thru at Pettisville Missionary Church, 19055 Co. Rd. D, Pettisville. The information provided during the drive-thru is free and is sponsored by the Fulton County Aging Consortium. Follow our Facebook page for more details.



MEMBERSHIP OPTIONS & PRICING

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			✓	✓

All memberships include 24/7 gym access with upgrades available for unlimited fitness classes and open swim. Annual memberships can be paid-in-full or by recurring monthly payments. Call today to join and ask about our discounts available for Seniors, First Responders, Clergy, Military, and Full-Time Students.

FITNESS Classes

Classes offered
in Wauseon,
Archbold, Delta,
Evergreen &
Swanton.

For monthly class schedules
& details please visit:

www.fultoncountyhealthcenter.org/health-and-wellness-programs

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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! For grades 5th-12th.

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

Team training also available!

CALL 419.330.2724 FOR DATES AND TIMES



DELAY THE DISEASE

Tuesdays & Thursdays at 10:30 am

**\$25
A MONTH**

An evidence-based fitness program designed to optimize physical function and help delay the progression of symptoms associated with Parkinson's disease. Symptom-specific exercises adapted to all levels of the disease target: Altered balance, bradykinesia, depression, rigidity, freezing, walking/gait, masked facial expressions, diminished voice volume, and stooped posture.

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.

New! Mediterranean Meals

Learn about an eating style that includes foods high in fiber and healthy fats, which provides vitamins, minerals and naturally occurring compounds that promote better health. Mon., Sept. 13, 5:30 - 6:30 pm, \$5, FCHC Beck Meeting Room.

Healthy Holiday Treats

Discover new ways to make those holiday treats healthy and delicious while exploring other healthy holiday habits. Mon., Nov. 15, 5:30 - 6:30 pm, \$5, FCHC Beck Meeting Room.

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., Sept. 14 or Nov. 2, 9:30 - 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., Sept. 28 or Nov. 16, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Cooking 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., Oct. 11, 5:30 - 6:30 p.m., \$5, FCHC Beck Meeting Room.

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., 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., 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.

Sat., Sept 11, 9:30 a.m. - 2:00 p.m., \$35, Swanton Library, Call 419-826-2760 to register.

Sat., Sept 25, 9:00 a.m. - 3:00 p.m., \$35, Delta Library, Call 419-822-3110 to register.

Sat., Oct 2, 9:00 a.m. - 3:00 p.m., \$35, FCHC Fitness, Call 419-330-2735 to register.

Sat., Oct 9, 9:00 a.m. - 3:00 p.m., \$35, Liberty Center Library, Call 419-533-5721 to register.

Sat., Oct 16, 9:00 a.m. - 3:00 p.m., \$35, Evergreen Library, Call 419-644-2771 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

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.

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. 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.

Diabetes Prevention Recognition Program Cohort begins Tues., Sept. 14, 6:00 - 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

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., Sept. 28, Oct. 26, Nov. 23, Dec. (No meeting), 5:00 - 6:00 p.m., South Medical Office Building, 2nd Floor Conference Room



The Flu Vaccine

Here are answers to a few basic questions about the influenza vaccine as provided by Barb Crow, FCHC Infection Prevention and Employee Health Director.

Q. Will the COVID-19 vaccine keep me safe from the flu?

A. The flu vaccine is not the same as the COVID-19 vaccine, and the COVID-19 vaccine is not a replacement for the flu vaccine. By law, anyone who receives a vaccination is provided a Vaccine Information Statement (VIS) with a description of the vaccine being given.

Q. Is the flu vaccine available at FCHC?

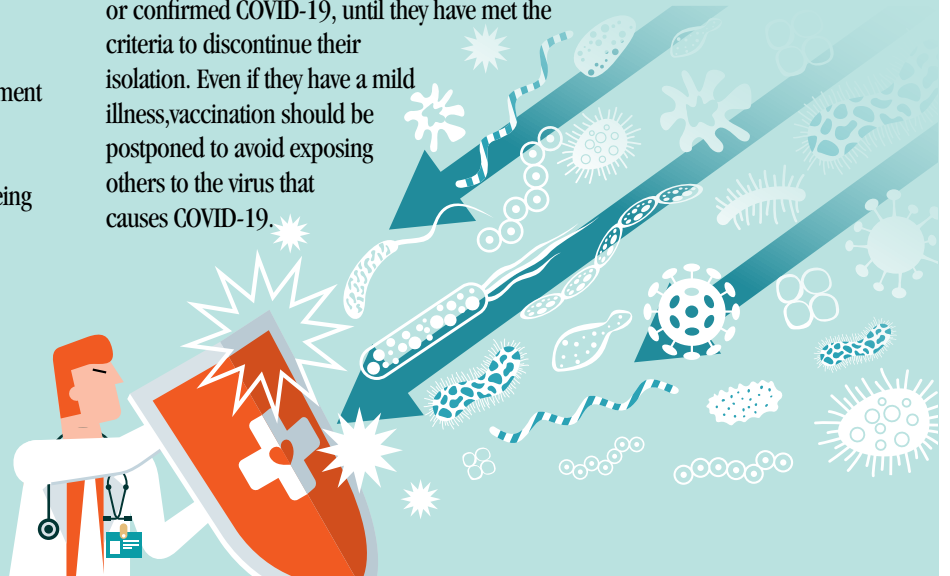
A. As soon as it arrives, we expect to begin offering influenza vaccinations to the public at the FCHC Outpatient Pharmacy on the Ground Floor of the South Medical Office Building, 725 S. Shoop Avenue. We will also offer it to our patients, health care workers and volunteers.

Q. Should I get the flu vaccine?

A. Yes. Getting a flu vaccine reduces your risk from flu. It is best to get a flu vaccination prior to influenza circulating in the community; but it can also be given anytime throughout the flu season.

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

A. Vaccinations should be postponed for people with suspected or confirmed COVID-19, until they have met the criteria to discontinue their isolation. Even if they have a mild illness, vaccination should be postponed to avoid exposing others to the virus that causes COVID-19.



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.