

A publication of Fulton County Health Center

Health Centering

FCHC: A Vital Part of the Wauseon Community

In this Issue

FCHC: A Vital Part of the Wauseon Community

COVID-19 Update

Message from the CEO

No More Surprise Medical Bills

New Providers Join FCHC Orthopedics

New Physician Joins FCHC Cancer Care

News & Notes

"I am FCHC Proud because of the wonderful family culture that this organization provides and our mission to put patients first and serve our community."

—Jana Friess, RN, FCHC Medical Group
Manager of Clinical Services (7 years)



LOBBY LEVEL

Ground Floor
FCHC Outpatient Pharmacy

1st Floor
Parkview Physicians Group
Jana Bourn, M.D.
Kenton Kamp, M.D.
Anthony Unbes, M.D.
Nicole Young, PA-C
James Zimmerman, M.D.

2nd Floor
FCHC OB/GYN
Sena Folung, D.O.
Jessica Durham, M.S.N., C.N.M.
FCHC General Surgery
Timothy Duckett, M.D.
Mirra S. Hasan, M.D.
Beth White, M.D.
FCHC Urology
Charles Lash, M.D.
FCHC Sleep Disorder Center

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



FCHC: A VITAL PART OF THE WAUSEON COMMUNITY

Did you know that Fulton County Health Center is the largest employer in Wauseon and the second largest employer in Fulton County?

FCHC has approximately **800 employees** who work at either the Health Center, Fulton Manor, FCHC Medical Group, or our Outpatient Pharmacy. They work as either full- or part-time employees or on a contingent basis, which offers them scheduling flexibility to meet their needs.

In Ohio, there is a high demand for health care workers, and competition has been intense to hire qualified workers. That has created many employment opportunities at FCHC and its ancillary facilities.

Benefits of a Health Care Career

"The health care industry provides benefits that other industries may not offer," says Rachel Geckle, FCHC's Chief Human Resource Officer. "For one, there is job stability and security. As population ages, there is an increased demand for health care and the need for workers. So, having a career in health care generally means you can stay in the industry for quite a long time."

Geckle says there are also many possibilities in which to enter into a health care career and to grow once you are in it. "We have a lot of ways to experience health care and our environment." One example she gives is staff members who joined FCHC in Food and Nutrition Services and eventually moved into other departments, including Nursing, after receiving more education and training.

"When you mention health care careers, most people probably think of Doctors and Nurses," says Geckle. "But there are many more positions in health care that include Medical Coders, Billers, Registration, Maintenance workers, Accountants, Environmental Services, Food and Nutrition Services, State Tested Nursing Assistants, and Phlebotomists, to name a few."

Why Work at FCHC?

Staff members at Fulton County Health Center have embraced a phrase ... FCHC Proud. The tagline originated three years ago when the Health Center embarked on a Service Excellence Initiative as a means to improve its care and service.

"We wanted others to understand why our employees are 'FCHC Proud' — proud to work in health care and proud to be a member of Fulton County Health Center," says Geckle.

"We also want our job candidates to understand and embody our proud culture. In fact, each employee received a jacket printed with the FCHC Proud phrase as a continual reminder to them to tell their positive stories." FCHC has placed #FCHCProud employee testimonials on its Facebook page as part of its employee recruitment effort.

Family Atmosphere

"The atmosphere here at FCHC can be best described as being family and community oriented,"

says Geckle. "Staff members know and understand their co-workers, and they usually know their patients and long-term care residents as well. That familiarity helps increase the commitment to providing good care and great customer service."

That feeling of community is evident by everyone knowing everyone else's names. "I had an employee tell me that after they were hired, they just assumed I wouldn't remember their name," says Geckle. "But we know our employees' names, and some are surprised when we call them by name and say hello in the hallway. It's not just me. Our administrative staff knows employees personally as well. We're a friendly place, and we want everyone to feel welcome."



"I am FCHC Proud because we can get patients from Surgery, Urgent Care, ER, anywhere in the hospital, and we can get their meds to them fast and efficiently with a smile and get them on their road to recovery."

Stephanie Stadtfeld,
Pharmacy Tech, FCHC Outpatient
Pharmacy (4 years)



"I am FCHC Proud because I enjoy coming to work with my friends and to support our community. We work as a family."

Brenda Hoff, FCHC Food & Nutrition Services Aide (28 years)



"I am FCHC Proud because FCHC is giving me the skills to excel in my career and also explore further opportunities to advance in my career."

Caleb Torrez, Phlebotomist, FCHC Lab (7 years)



"Being FCHC Proud comes pretty easily here at the Fulton County Health Center. I've never felt as just an employee, but rather part of a work family. I'm also very proud of the quality of care that we provide to everyone who walks through our doors."

Lynette Shepard, Radiology Tech,
FCHC Radiology (14 years)



"I am FCHC Proud and Fulton Manor Proud for great co-workers, a friendly work environment, great residents, and it's an all-over great environment."

Kate Brown, LPN, Fulton Manor (6 years)

FCHC Benefits

"In 2022, we will offer rich health insurance benefits for eligible employees," says Geckle.

"They will also have dental, vision and additional voluntary benefit coverage options."

Bostelman says there are other benefits to working at FCHC, which includes:

- ▶ Competitive wages
- ▶ Vacation, personal and sick time — the separate buckets allow employees to enjoy vacation time and not use it for health or family issues
- ▶ Tuition reimbursement
- ▶ Continued education
- ▶ LPN opportunities — not offered in large health care systems
- ▶ Community involvement opportunities
- ▶ Convenience of working closer to home and family
- ▶ Ability to get a delicious meal from our cafeteria
- ▶ Convenience of picking up prescriptions or over-the-counter items that are competitively priced

Opportunities for Growth

"Another advantage we offer is room for career advancement as a result of the growth in our campus and facilities," says Geckle. "Patti Finn began working here as an intern. Over time she moved to different positions within the organization, and today she is our Chief Executive Officer. Patti is an excellent example of someone who got a taste of health care early on, decided to get into it as a career, and eventually rose to the top to lead our organization."

"It's easy to become enticed to work in large health care systems," adds Margo Bostelman, FCHC HR Specialist/Recruiter. "But as we conduct employment interviews, we continue to hear stories of burnout and a desire to come home and work in a more community-like atmosphere like ours. When you work further from home and you experience family issues or stormy weather, you begin to appreciate the benefits of working closer to home."

Making a Difference

"The bottom line is that our employees like working here because they want to make a difference in someone's life and because we are a community," says Geckle. "I know of situations where our Maintenance staff will go out and charge a car battery or change a flat tire for a visitor," says Bostelman. "We do what we need to do to take care of employees, patients, residents, and visitors."

(Continued on page 4.)

FCHC: A VITAL PART OF THE WAUSEON COMMUNITY

(Continued from page 3.)

How to Experience a Health Care Career

Are you or a family member interested in a health care career? FCHC offers several ways to learn more and see if it's a good fit for you.

► **VolunTeens:** The Fulton County VolunTeen Program is designed for high school students, 14 years and older, who are contemplating a career in the field of medicine. Through the VolunTeen program, students are given the opportunity to view the inner workings of FCHC and gain practical experience by rotating through a variety of departments and observing and assisting staff.

► Interested students can attend a Health Care Camp to learn more. Upon completion of the camp, attendees can become VolunTeens. While COVID restrictions were limiting for a time, we have now held 30 camps with 166 students. Many of them are now in college, graduate school, or are working. Several of our former VolunTeens have become inspired

and are now working in health care. One is a Physician's Assistant; another is doing research in molecular chemistry following a year studying abroad in Germany; another one is in pharmacy school; and a fourth former VolunTeen is in her fourth year at the University of Michigan.

► The next Health Care Camp will be held Sunday, January 23, 2022 with another one scheduled for Sunday, April 24. These camps are held quarterly, with some extra camps held in the summer. We are currently accepting camp reservations. Interested students should contact Mary Gautz, FCHC Volunteer Coordinator, at mgautz@fulhealth.org.

► **Job Shadowing:** Students can job shadow in one of our departments to explore the field. While there have been some reductions in the number of job shadowing experiences due to the COVID-19 pandemic, there are still some areas where this is allowed.



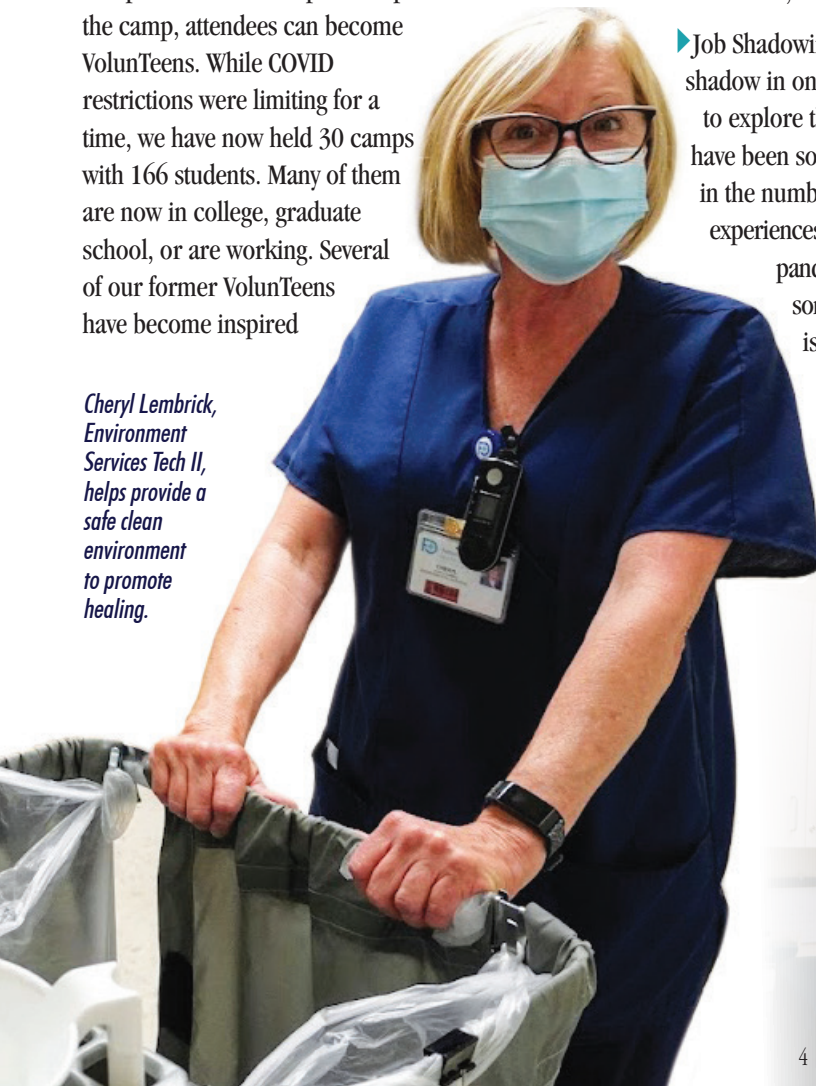
CT Technician Andrew Ritter, R.T.(R)(CT), uses the 128-slice CT scanner for comprehensive diagnostic imaging.

► **Internships/Externships:** In some areas at FCHC, interested individuals can complete internships and/or externships as required through their school programs. The ability to complete internships/externships depends upon the capabilities within each FCHC department.

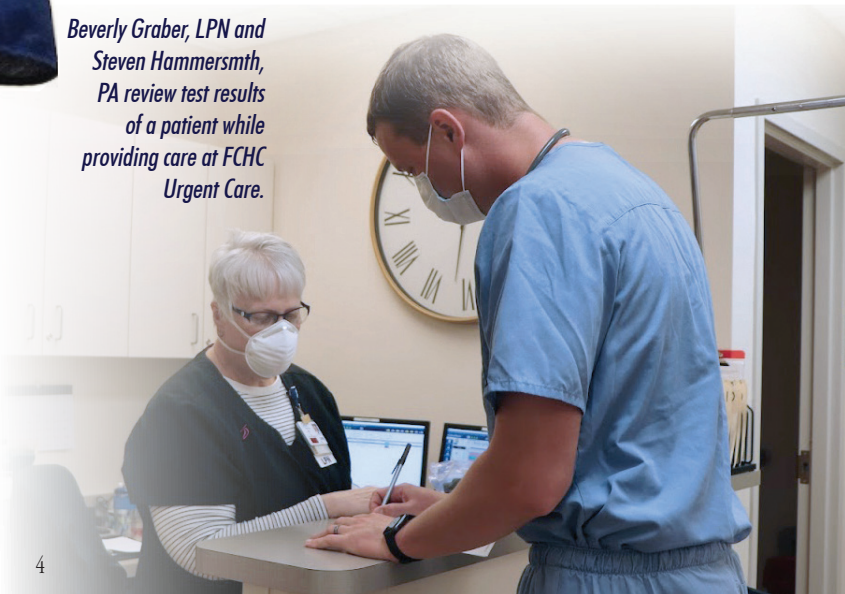
► **Clinical Rotations:** Along with internships and/or externships, we also allow students at some area schools to perform their clinical rotations through FCHC.

For more information about Job Shadowing, Internships/Externships, and Clinical Rotations, contact Krissy Liechty, HR Manager, at 419-330-2646.

Cheryl Lembrick, Environment Services Tech II, helps provide a safe clean environment to promote healing.



Beverly Graber, LPN and Steven Hammersmith, PA review test results of a patient while providing care at FCHC Urgent Care.



COVID-19 Update

Here is updated information from Barb Crow, FCHC Infection Prevention & Employee Health Director, on the COVID-19 virus in our area and its effect on local hospitals.



How COVID is Impacting FCHC

Like all hospitals in northwest Ohio, FCHC is experiencing increased emergency visits and critically ill patients, and we expect that to continue.

The inpatient admissions of people with COVID-19 are affecting our capacity to care for patients. It has also led to longer ER wait times, and extended wait times for transfers to tertiary hospitals that are also full. Unfortunately, we have experienced more deaths in the last few months due to COVID-19 than in the past. Here are some concerning statistics:

80% - The percentage of patients being admitted to FCHC due to COVID-19 who are unvaccinated and whose average age is 56 years old.

20% - The percentage of patients being admitted to FCHC due to COVID-19 who have been vaccinated and whose average age is 72 years old.

6 days - The average length of hospitalization with COVID-19. Most are discharged on home oxygen if not transferred to another hospital.

4.75 hours - Average Emergency Department visit from arrival to discharge in November. Before COVID-19 it was 2-3 hours.

ER Waits – Patients with COVID-19 have impacted the number of available beds at FCHC. Our Emergency Department must now “board” patients for extended lengths of time as they wait for an available bed at either FCHC or another hospital.

Things to Know

Get the COVID-19 vaccine if you are eligible and get the booster if you have been fully vaccinated for at least 6 months. Vaccines are the most effective way to reduce severe illness, hospitalizations, and death from COVID-19.

Our Emergency Department remains open 24/7. Please utilize the emergency services for serious illness.

Do not come to the emergency room just for COVID-19 testing if you are not symptomatic. There are free test kits available at local libraries and pharmacies.

Consider utilizing FCHC Urgent Care for mild symptoms and treatment.

Call your primary care provider to discuss symptoms, treatment options or make an appointment.

Thank You

As our area continues to struggle with the impact of COVID-19, we want to thank our area residents for the support each of you have shown us these past two years as we all have been impacted by the COVID-19 pandemic. Your thoughts, prayers, support, and encouragement now more than ever make us FCHC Proud . . . proud to serve this wonderful community, proud to make a difference in the lives of those we care for, and proud to provide the means for continued health and wellness to you and your family. Together we can make a difference!

- The Delta variant is the predominant strain circulating in our area now. FCHC does not test for specific variants; that is done at special labs with the proper equipment.
- The Omicron variant has been detected in the U.S., and health officials are closely monitoring it.
- Monoclonal antibodies are sometimes prescribed by a physician for patients who are early on in their illness and have symptoms of mild to moderate COVID-19. They are given as a short IV infusion in the hospital setting and are indicated for patients with specific risk factors for disease progression or hospitalization.
- FCHC is now seeing cases of patients having both influenza and COVID-19 at the same time. Make sure you get a flu vaccine.
- FCHC is giving COVID booster doses to its employees.
- We are now allowing limited visitation for the patient in isolation with COVID-19. Patients are hospitalized longer, and we feel the human connection with a loved one will help with their healing.
- We still require anyone coming into our facility to wear a mask and to be screened for symptoms upon arrival.

Message from the CEO

It seems that everywhere you go, businesses are looking to hire people. As the largest employer in Wauseon, we are no different. There are many job opportunities available at FCHC, and a career in health care can be quite rewarding. I know. I first began working here as an intern, and through the years I moved up in the organization. Our lead story in this newsletter focuses on the benefits of a health care career and the benefits of working at FCHC. Check out why we are FCHC Proud!



We are pleased to welcome two new physicians to our staff: Kirk Davis, DO, FAOAO, Orthopedic Surgeon, has joined FCHC Orthopedics. Ahmad Zarzour, MD, Hematologist/Oncologist, is joining FCHC Cancer Care this winter. In addition, Lindsey Short, MSN, APRN, FNP-BC, RNFA, CNOR, is now a Nurse Practitioner at FCHC Orthopedics.

Through this newsletter, we continue to provide updates on the COVID-19 situation in our county as well as how it affects our facility and staff. I can assure you we have taken great steps to protect all of our patients, visitors, and staff with proper protocols.

We also include a short but important article about the No Surprises Act, a federal law that goes into effect January 1, 2022. This Act benefits and protects patients who receive large medical bills for out-of-network care.

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

As always, FCHC Proud!

Patti Finn

Patti Finn
Fulton County Health Center
Chief Executive Officer

NO MORE SURPRISE MEDICAL BILLS

Imagine having a medical emergency when you are out-of-town, and then receiving treatment at an out-of-town hospital. Much to your surprise, you then receive a large medical bill as a result of being out of network. As of January 1, 2022, patients will be protected from that happening with a new federal law. The “No Surprises Act” protects patients from surprise medical bills by taking them out of the middle of payment disputes between out-of-network providers and health care insurers.

The No Surprises Act focuses on the large, unexpected bills sent to insured patients for services such as emergency treatment at an out-of-network hospital or the use of an air ambulance. Some patients may even receive bills after using an in-network facility because they receive care from a physician who has not signed on with an insurer’s network. In these cases, patients are caught in the middle and liable for the difference in what their insurer paid and the charges they received from the provider.

“Those extra costs can amount to hundreds or thousands of dollars when patients are unknowingly treated by an out-of-network doctor or hospital,” says Matt Willeman, FCHC Director of Revenue Cycle. “In these instances, the law forbids insurers from dropping such huge bills on patients. Instead, it requires health care providers and insurers to work out a deal between themselves.”

OUT-OF-NETWORK EMERGENCY CARE

Once the law takes effect on January 1, 2022, patients receiving emergency care out-of-network will only pay what they would have paid if it had been performed in network. That means the insurer and the out-of-network medical provider have 30 days to settle the remaining amount between them. If they cannot settle on an amount, an outside arbitrator will decide the issue. Three agencies will oversee the program: the departments of Health and Human Services, Labor and Treasury.

SELF-PAY PATIENTS

Beginning January 1, 2022, the new law will initially impact only self-pay patients or patients who elect not to use their insurance. In these cases, health care providers will be required to issue to them a notice of estimated charges -- called a Good Faith Estimate (GFE) -- for their scheduled non-emergency care.

In order to facilitate this requirement as well as the advanced notice time frames required for all scheduled non-emergency services, self-pay patients or patients electing not to use their insurance will be given a GFE at the time of scheduling. If a patient is shopping around for services they will also be given a GFE. Non-scheduled tests, such as most routine lab tests and some Radiology services, are not subject to these new regulations.

INSURED PATIENTS

Insured patients will not be affected on January 1st, but if they are out-of-network they will be affected sometime in 2022. At that point, insured patients should check before they receive care with their health insurance company to make sure the provider they are using is covered by their plan. “This is important because all the major health insurance carriers have plans within plans,” says Willeman. “So just because FCHC accepts your health insurance carrier, it doesn’t mean your carrier covers us in your specific narrow network plan. So, again, the patients will need to check first to be sure.” Willeman says the patient should go to their insurance carrier’s website, find their specific network plan, and check to make sure the plan includes FCHC.

For more information, visit <https://www.hhs.gov/about/news/2021/11/22/new-hhs-report-highlights-how-no-surprises-act-will-prevent-surprise-medical-bills-faced-millions-americans.html>.

ORTHOPEDICS

New Providers Join FCHC Orthopedics

Two new medical providers have joined FCHC Orthopedics, which is located on the FCHC campus.

Kirk Davis, DO, FAOAO

Dr. Davis has worked as an Orthopedic Surgeon in the Toledo area for the past 22 years. Most recently, he spent the past three years on staff at Bon Secour Mercy Health with an office at West Sylvania Orthopaedics and Sports Medicine. Prior to that, he worked for eight years at The Toledo Clinic with an office at Comprehensive Care Orthopedics in Sylvania.



“Dr. Spieles and Dr. McKernan have a successful and busy practice, and I now can provide another timely access point to Orthopedic care that compliments and enhances their already excellent Orthopedic care at FCHC,” says Dr. Davis. “I am looking forward to the comradery provided at FCHC. Like Dr. McKernan, my subspecialty is Sports Medicine, and we should be able to meet the needs of the active athletes, weekend warriors and industrial athletes in Northwest Ohio.”

Dr. Davis received his Doctor of Osteopathy degree from the Ohio University Heritage College of Osteopathic Medicine. He performed his undergraduate work at Baldwin-Wallace University where he majored in Chemistry and was captain of the football team. Dr. Davis completed his Fellowship in Orthopedic Sports Medicine at the Hughston Sports Medicine Foundation in Columbus, Georgia and finished his Orthopedic Surgery Residency at Doctors Hospital in Columbus, Ohio. Dr. Davis has been married for over 25 years.

His wife, a life-long Ottawa Hills resident, has been a family practice physician in Toledo for over 28 years. Dr. Davis and his wife have four children. Two children are in medical school studying to become physicians. Another one is in college at Dr. Davis’ alma mater and is majoring in chemistry/pre-med while also playing football for the university. Their youngest daughter is a high school junior who is very active in competitive dance and is interested in plastic surgery.

“I feel very comfortable at FCHC as I was born and raised in Shelby, Ohio, a town near Mansfield that is very similar in size to Wauseon. I currently live in Ottawa Hills, where I have lived for the past 22 years.” Outside of work, Dr. Davis is busy with his children’s activities and aspirations. He also enjoys lifting weights, reading and watching Ohio State and Cleveland Browns football games.

Lindsey Short, MSN, APRN, FNP-BC, RNFA, CNOR

Since 2016, Lindsey Short has been a surgical First Assistant to Drs. McKernan and Spieles at FCHC Orthopedics. In April of 2021, she received her Master of Science in Nursing from Ohio University and is now serving as a Family Nurse Practitioner at FCHC Orthopedics. Prior to 2016, she worked at FCHC as an Operating Room Registered Nurse First Assistant, a Registered Nurse in the Endoscopy/Pain Clinic, and as a Medical Surgical Nurse. In her new role, Short will split her time as a Nurse Practitioner between surgery and the clinic. “The surgical role is not new to me, and I will continue providing care as a



First Assistant in the operating room with each of the surgeons,” says Short. “Our office has four First Assistants that work specifically with our orthopedic patients. The teamwork between the surgeons and First Assistants contributes to the excellent patient outcomes expected from FCHC Orthopedics. In the clinic, I will see patients of all ages as well. I am honored to join this group of incredibly intelligent, talented, and caring providers.”

“I enjoy all aspects of orthopedic care, and I look forward to continuing to learn each day,” says Short. “My main interests are sports medicine, specifically ACL reconstruction and meniscal repair, fracture care, joint replacement surgery, and prevention and treatment of osteoporosis.”

“Osteoporosis is called a ‘silent disease’ because there are no symptoms of bone weakening until a break happens,” explains Short. “It can affect both men and women, and over 54 million Americans over the age of 50 are at risk of fracture due to decreased bone strength. I look forward to helping grow our Osteoporosis Clinic that is run by Carrienne Baden, NP-C and Kristen Hug, PA-C. Together we provide comprehensive treatment for osteoporosis as well as education on osteoporosis prevention.”

Short received her Bachelor of Science in Nursing from Bowling Green State University and her Associate Degree in Nursing from Northwest State Community College. She is a graduate of Archbold High School. Short and her husband, Ryan, have been married for 25 years and have two adult children. They live in Archbold and love spending their free time with friends and family and their new grandson, as well as spending time each summer at Hamilton Lake.

New Physician Joins FCHC Cancer Care

Ahmad Zarzour, MD, Hematologist/Oncologist, is joining FCHC Cancer Care this winter. Dr. Zarzour will be part of the group that includes Rex Mowat, MD, Oncologist and Melinda Campbell, Nurse Practitioner. Dr. Zarzour is Board Certified in Internal Medicine and Hematology/Oncology by the American Board of Internal Medicine. He is a member of the American Society of Hematology and the American Society of Clinical Oncology.



Dr. Zarzour graduated from the University of Damascus School of Medicine in Damascus, Syria. He completed an Internal Medicine Residency at the Cleveland Clinic and a Hematology/Oncology Fellowship at Northwestern University in Chicago, Illinois.

Dr. Zarzour has received several awards, including the Clinical Scholar Award from the Cleveland Clinic Internal Medicine Residency Program, the Caregiver Celebration Award from the Cleveland Clinic Foundation, the Nasreen & Imtiaz Rizvi Travel Award from Northwestern University, and the Award of Clinical Excellence from the Northwestern Hematology/Oncology Fellowship Program.

To make an appointment with Dr. Zarzour and the FCHC Cancer Care group, call 419-330-2708.

About FCHC Cancer Care

FCHC Cancer Care, formerly The Rainbow Hematology/Oncology Treatment Center, offers chemotherapy, palliation therapy, blood product transfusion therapy, and infusion therapy for various conditions. We offer a hematology/oncology clinic along with educational and support services to support patients and families.

"I've worked here for the past 27 years, and the types of treatment we offer has changed significantly over that time," says Leisa Britsch, RN, BSN, OCN, FCHC Cancer Care and Infusion Manager. "Not every type of cancer requires chemotherapy now, and treatments have become more tolerable with milder side effects thanks to newer medications. Each patient's treatment is tailored to their cancer type and stage."

The Commission on Cancer of the American College of Surgeons has recognized the FCHC Cancer Care with accreditation of excellence for a Community Hospital Cancer Program since 1992, an honor earned by only 20% of all hospitals in the country.

Appointments may be made through your physician's office or by self-referral by calling 419-330-2708, Monday through Friday, 8:00 a.m. to 4:00 p.m.

FCHC News & Notes

Update on Our Elevator Project

Fulton County Health Center has added a new patient elevator next to our current patient elevator using an existing shaft that was built when the Health Center was originally constructed (pictured on the left in this photo). Now that the new elevator has been added, work will progress over the next several months to replace the original patient elevator (pictured on the right in this photo) and our Sterile Processing Department (SPD) elevator. The old patient elevator replacement has begun and is anticipated to be completed in February 2022. Once that elevator is up and running, the Sterile Processing Department (SPD) elevator – which is a staff-only elevator used to transport supplies within the facility – will then be shut down as part of a final replacement of the elevator project. Once the work has been completed, the elevators will increase the capacity to move patients around for surgery and testing while also enhancing delivery of supplies to all the departments.

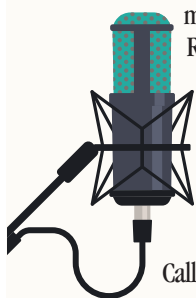


Diabetes Education Moving in 2022

Our Diabetes and Nutrition Education Departments, currently located on the 3rd Floor of FCHC, will move into the area previously occupied by FCHC Rehabilitation on the ground floor of the North Medical Office Building. The move will occur in 2022 and will create a larger area with expanded classrooms and offices. This will allow both Diabetes Educators and Dietitians to be located in the same area. Watch for more details in our spring newsletter.

Heart Radiothon

On Thurs., Feb. 10, 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. FCHC Fitness will test cholesterol and glucose (blood sugar) levels from 7:00 a.m. – 6:00 p.m. that day at FCHC Fitness, located at 138 E. Elm Street, Wauseon. Fasting is not required. A \$5 donation to the Fulton County Heart Radiothon is requested at the time of the screening. Call 419-330-2724, Ext. 1 to schedule an appointment.



Additional 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 an appointment, please call 419-330-2724. Screening times are:

Mon., April 25, 8:00 a.m. - 11:00 a.m.
Mon., April 25, 4:00 p.m. - 7:00 p.m.
Mon., May 2, 4:00 p.m. - 7:00 p.m.
Tues., May 3, 8:00 a.m. - 11:00 a.m.



(Continued on page 12.)



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. We accept SilverSneakers®, Silver&Fit, Renew Active, and One Pass.

FITNESS Classes

Classes offered
in Archbold,
Wauseon, and
Swanton.

For monthly class schedules
& details please visit:
[www.fultoncountyhealthcenter.org/
health-and-wellness-programs](http://www.fultoncountyhealthcenter.org/health-and-wellness-programs)

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8-WEEK SESSIONS - 2 DAYS PER WEEK ONLY \$200! (DISCOUNTS FOR SIBLINGS)

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.

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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.

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.

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. 11 or March 8, 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., Jan. 25 or March 22, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

So Many Diets

In this class, a discussion will occur about the benefits and challenges of various diets. Mon., Jan. 17, 5:30 - 6:30 p.m., \$5, FCHC Beck Meeting Room.

Living Heart Healthy

This class will include healthy lifestyle and cooking tips for keeping your heart healthy. Mon., Feb. 14, 5:30 - 6:30 p.m., \$5, FCHC Beck Meeting Room.

Chop and Cut: Fruit & Vegetables

March is National Nutrition Month, and we will be demonstrating and discussing techniques for preparing fruit and vegetables. Mon., March 21, 5:30 - 6:30 p.m., \$5, FCHC Beck Meeting Room.



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.

OB PROGRAMS

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., March 26, July 23, Nov. 19. Sign-in starts at 8:30 a.m., class goes from 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 by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sat., Jan. 8, May 21, Sept. 24, sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 1:00 p.m., \$50, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

Parent and Child Water Wonders (Beginner)

Parent/Guardian must be in the water. The child will be exposed to games that use basic swimming movements in the water, such as straight leg kicks, arm strokes, and breath control. 8 weeks: Jan. 8 - Feb. 26, \$35. Call 419-330-2724 to register.

(Beginner 6-24 months, 30 min.) Sat., 9:30 a.m., FCHC Fitness, Wauseon
(Beginner 24-36 months, 30 min) Sat., 10:00 a.m., FCHC Fitness, Wauseon

Parent and Child Water Wonders (Advanced)

Parent/Guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water. 8 weeks: Jan. 8 - Feb. 26, \$35. Call 419-330-2724 to register.

(Advanced 3-5 years, 30 min.)
Sat., 10:30 a.m., FCHC Fitness, Wauseon
Sat., 11:00 a.m., FCHC Fitness, Wauseon



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.

ONCOLOGY PROGRAMS

Register on-line at fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2772 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/

NEW! Diabetes Technology

Come learn about the available continuous glucose monitors and insulin delivery devices. Wed., April 20, 5:30 p.m. – 6:30 p.m., Free, FCHC Beck Meeting Room. Call 419-330-2772 to register.

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.

Diabetes Prevention Program

New Cohorts starting in January, both in-person and virtual. 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 two to three meetings per month. 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 been clinically diagnosed with pre-diabetes or gestational diabetes, or have no previous diagnosis of Type 1 or Type 2 diabetes. For more information or to participate in the program, please call 419-330-2721.

Diabetes Prevention Program Preview

If you want additional information, please come learn about this program. Thursday, Jan. 13, 5:30 – 6:30 p.m., FCHC Surgical Conference Room.

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., Jan. 25, Feb. 22, & March 22, 5:00 - 6:00 p.m., South Medical Office Building, 2nd Floor Conference Room.



FCHC News & Notes

It's Not Too Late to Get Your Flu Shot!

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 more 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



Workout for the Heart

FCHC Fitness is offering this workout as part of the Heart Radiothon, Thurs., Feb. 10, 6:30 - 8:00 p.m., at FCHC Fitness, 138 E. Elm St., Wauseon. The workout features 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. All proceeds will support heart-related programs and equipment in Fulton County.



Auxiliary Volunteer Opportunities

Volunteer positions are available at our main campus. 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.

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.