

A publication of Fulton County Health Center

Health *Centering*



Occupational Medicine: Helping Both Workers and Companies

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(Helping Both Workers & Companies)

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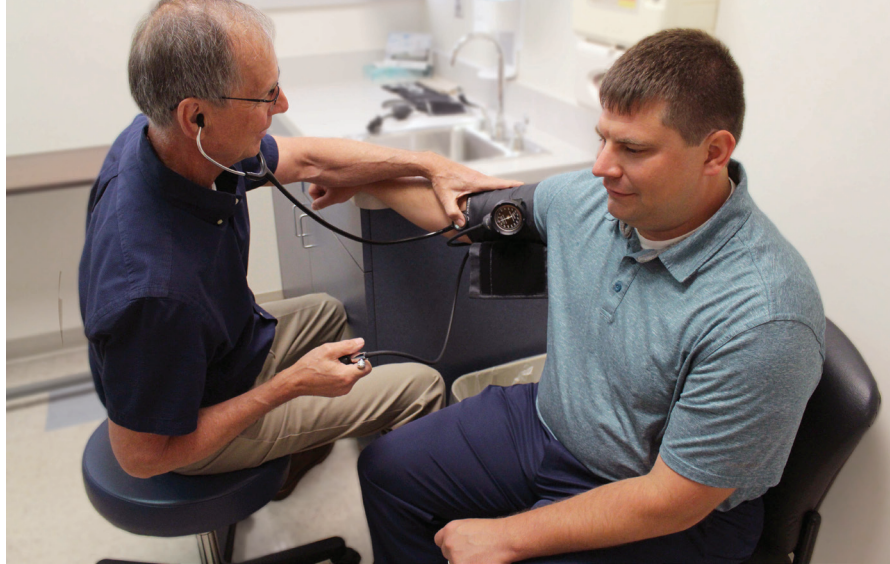
FCHC News & Notes

*(L-R): Brenda Hoops, CNP, FCHC
Occupational Medicine provider, discusses
a patient's health history.*

Volume 38, No.3 Fall, 2022



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



Richard Grieser, MD checks the blood pressure of a worker.

OCCUPATIONAL MEDICINE: HELPING BOTH WORKERS AND COMPANIES

Businesses today are faced with continual staffing shortages. So, when an employee is injured at work, it is critical to get them back to the workplace safely and as quickly as possible. For nearly 25 years, the FCHC Occupational Medicine Department has been doing just that.

An Overview

“We have two main components to our Occupational Medicine program,” says Holly Grieser, BSN, RN, Occupational Medicine Department Manager. “One component involves helping injured workers to recover and get back to their jobs. The second component is to provide routine work-related and pre-employment exams and testing for employees.”

Occupational Medicine vs. Occupational Therapy

Occupational medicine is concerned with keeping workers healthy and helping to get them back to work by monitoring their recovery and referring them to other medical professionals for help or testing as needed. Occupational Therapy, on the other hand, involves the use of assessment and direct intervention to help a worker recover their ability to perform their job or to function with daily activities.

Partnering with FCHC Urgent Care

“When a worker is injured on the job, they’ll typically need treatment right away,” says Grieser. “So, we work closely with FCHC Urgent Care and our emergency department to provide the best continuity of care for patients and companies.”

Some common work-related injuries include knee or shoulder strains, back injuries from lifting, and falls. Injuries can also occur over time with repetitive motion that cause chronic pain in wrists or hands, shoulders, elbows, and knees. Urgent Care and Occupational Medicine communicate frequently regarding the injuries seen in Urgent Care and any follow-up needed by Occupational Medicine. FCHC Urgent Care is located on the FCHC campus at 735 South Shoop Avenue.

FCHC Urgent Care hours are:

Monday-Friday, 9:00 am-9:00 pm
Saturday, 9:00 am-5:00 pm
Sunday, 1:00 pm-5:00 pm

FCHC Urgent Care Providers (L-R): Amy Miller White, PA, Steve Hammersmith, PA, and Haley Cruz, FNP, may see initial work injuries before being referred to FCHC Occupational Medicine.



“After the initial urgent care or emergency department visit, the injured worker visits us for a follow-up exam by Dr. Richard Grieser, our Occupational Medicine physician, or by Brenda Hoops, our Nurse Practitioner.” The two medical professionals are trained to handle work-related injuries covered under Workers’ Compensation.

Assessing & Monitoring

In these follow-up exams, the FCHC Occupational Medicine staff assesses the injury and documents the individual's health history, current medications list, vital signs, current pain level, as well as their current limitations and work restrictions. They also evaluate the progress of the injured worker, with the goal of helping individuals return to full productivity as quickly as possible. Based on the individual's health status at the time of the visit, the Occupational Medicine staff may refer

Holly Grieser, BSN, RN, COHC, Occupational Medicine Manager, wraps an injured ankle.



the person to specialists such as an orthopedic specialist, a neurologist if a head injury has occurred, or prescribe physical therapy. They may recommend further testing such as with an MRI, CT scan, or X-rays.

Workers' Compensation paperwork must be filed for each worker's visit, and the Bureau of Workers' Compensation (BWC) must approve every treatment by the Occupational Medicine professionals. "Our department serves as a liaison between the BWC, the employer, and the injured worker to ensure everything is filed correctly so treatment can begin as quickly as possible," says Grieser. Employers are updated on the progress of the injured worker with each follow-up Occupational Medicine visit.

Returning to Work

According to Grieser, most injured workers can quickly return to work after an injury with some type of work restriction or accommodation. As an example, a worker with a back strain may be able to return to work with a restriction to not push, pull, or lift anything more than 10 pounds. "Our area employers are quite willing to work with

their employees and help them return to work," says Grieser. "They don't want to see the injured worker get reinjured and miss more work. So, it makes sense for them to work with us and comply with the given work restrictions."

Beyond Work-Related Injuries

In addition to helping injured employees get back to work, the Occupational Medicine department provides drug screenings, pre-employment physicals, and Department of Transportation physicals for truck drivers. The physicals ensure the employee is healthy and can perform the job for which they are applying or currently working in safely.

Hearing tests are conducted in an OSHA-approved audio testing booth. These tests help with early detection of hearing loss and/or detect changes in a worker's hearing during their employment. The Occupational Medicine Department also performs on-site seasonal flu vaccinations for local companies and N-95 respirator fit testing.

Members of the FCHC Occupational Medicine staff (L-R): Richard Grieser, MD; Cricket Schermerhorn, Drug Screen Coordinator; Holly Grieser, BSN, RN, COHC - Occupational Medicine Manager; and Carol Figgins, LPN, COHC. Not pictured: Brenda Hoops, CNP and Elizabeth Carrothers, MA.



Contact Us

The Occupational Medicine Department is located in the FCHC North Medical Office Building on the first floor, Suite 101. Occupational Medicine's nursing staff is available 7:00 am-3:30 pm Monday through Friday, with Drug Screening open from 7:00 am-4:00 pm. Area businesses can contact Occupational Medicine at 419-330-2660 for any questions about our services or for further discussion of which services we can provide to meet your needs. The Occupational Medicine Director, providers and RN Manager will also visit a business to discuss services and take a tour to evaluate jobs performed at the workplace.

FCHC OCCUPATIONAL MEDICINE SERVICES

- ▶ Pre-employment and DOT (Department of Transportation) physicals
- ▶ Ohio Police & Fire Pension Fund Exams
- ▶ Workers' Compensation Initial Visit or Follow-up Visits
- ▶ OSHA Approved Audiometric Exams
- ▶ Vision exam testing for near and far vision, depth perception, and color blindness
- ▶ N-95 Respirator Fit Testing
- ▶ Respirator Clearance Form Approval/Exam for Respirator Use
- ▶ Pre-employment, Random and Post-Accident DOT and Non-DOT Drug Screening/Breath Alcohol Testing
- ▶ Coordinate the completion of the following tests as needed during physical exams: Physical Therapy (PT) Flexibility Exam, Basic Pulmonary Function Testing



Blood pressure readings, as performed here by Nikole Keil, MEd, CSCS, FCHC Fitness Gym Manager, is one of the tests that will be offered by FCHC staff at the Fulton County Fair.

It's Time to Do a Health Checkup!

FCHC is focused on helping people to stay as healthy as possible and to care for them when things go wrong. Each of us must assume the responsibility of taking care of our own health. That happens through regular visits to primary care providers and to have tests performed when necessary.

Over the next two months, there are several opportunities offered by FCHC's Corporate & Community Health Promotion staff for area residents to get a health checkup. Following is a summary of those events.

See You At the Fair!

Once again Fulton County Health Center staff members will be at the Fulton County Fair, Sept. 2 - Sept. 8. Throughout the week they will provide screenings such as blood pressure, blood glucose, heel bone DEXA scan, and carotid artery. In addition, staff members will be available to answer your health questions. Look for a schedule of events on our website (<https://www.fultoncountyhealthcenter.org>), our Facebook page and in local newspapers as we get closer to the fair!

Biennial Health Fair

Every two years, FCHC offers a health fair with comprehensive testing. Check it out!

FCHC Biennial Health Fair

Date: Sat., Sept. 24

Time: 7:00 a.m. – 11:00 a.m.

Place: FCHC Beck Meeting Room

Parking: Enter our campus through the South Ambulance Drive and park in the parking lot next to the South Medical Office Building (MOB). Enter through the South MOB. Sponsored By: The FCHC Corporate & Community Health Promotion Department. For more information, call 419-330-2735.

Free Admission, Refreshments, Giveaways, and Prizes!

Screenings & Information

No appointments necessary! Cash or check only.

1

Comprehensive Blood Test

\$30 (normally \$500+); requires a 12-hour fast
No food or drink. Blood draws end at 9:30 a.m.

- ▶ Lipid profile for heart health
- ▶ Tests for liver & kidney health
- ▶ Hemogram to detect infections or anemia
- ▶ A1C Screening: add \$25
- ▶ Vitamin D: add \$25
- ▶ Thyroid Screening: add \$25

2

Free Tests

- ▶ Blood Pressure Screening
- ▶ Dermascan Skin Screening (for sun damage)
- ▶ Heel bone DEXA Screening
- ▶ Blood Sugar/Glucose Screening (finger stick)
- ▶ Carotid Artery Screening
- ▶ Car seat checks

3

Free Information (on these topics)

- ▶ Cancer
- ▶ Stress Management
- ▶ Fitness Classes
- ▶ Nutrition
- ▶ Heart Health
- ▶ Diabetes

Road to Wellness Conference

The 13th Annual Road to Wellness Health Care Conference for Mature Adults will be held Tues., Oct. 4, 10:00 a.m. - 2:00 p.m. The event, organized by the Fulton County Aging Consortium, will be held at Pettisville Missionary Church, 19055 County Road D.. The event will include screenings, vendors, food, live music and presentations from the following:

- ▶ Scams - Ohio Attorney General's Office
- ▶ Mental Health - Maumee Valley Guidance Center
- ▶ Advanced Care Planning - Hospice

To register, please go to the following link: <https://www.fultoncountyoh.com/1677/Road-to-Wellness-Event> or contact Fulton County Job & Family Services at 419-337-0010 ext. 1872.



FCHC staff members will be at the Fulton County, Henry County and Sauder Health Fairs to offer free health information for the community to take home.

Health Day at Sauder Village

FCHC is sponsoring the Fulton County Day/Community Health Day at Sauder Village on Saturday, Oct. 15 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.

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. 18 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.

FULTON SUITES: INDEPENDENT LIVING A GREAT ALTERNATIVE



Fulton Suites Independent Living units have their own kitchenette along with a full-size community kitchen, spacious dining room, and comfortable TV room.

Living alone can be a challenge for many elderly people. There are many responsibilities of home ownership, like yard maintenance, house maintenance, preparing meals, and cleaning. Those who live alone in an apartment can find it quite lonely. But there is an alternative, and it's close to their homes! Fulton Suites Independent Living Units on the campus of Fulton County Health Center in Wauseon, can be an excellent choice for those who want to maintain their independence while eliminating the burdens of owning and taking care of a home or of living alone.

"Our Independent Living units have been a viable solution for many elderly individuals, even during the pandemic," says Mary Jo Smallman,

Administrator. "But our Independent Living residents are safe and are completely separated from the rest of our facility and the hospital."

Smallman says Independent Living residents have their own private entrances to the suites, so they do not have to go through the main nursing home or skilled nursing areas. The suites offer people a private residence with separate living and bedroom areas, handicapped accessible bathroom facilities and a kitchenette. Free Wi-Fi and satellite TV access are available to all residents. In addition, Fulton Suites has a community dining room, television room, library, and laundry facilities.

Residents at the Suites are able come and go into the community, have visitors to their apartments, and are allowed to have a vehicle on campus. "Independent Living means just that," says Smallman. "Our residents continue on with their lives just as they did in their homes. If a resident can drive, they can come and go as they please. Many of them go on family outings or have family get togethers."

Smallman says during the height of the pandemic, Independent Living residents had only minimal guidelines and were still able to interact with others. "Initially, there were some restrictive guidelines. However, as community restrictions eased so did the residential guidelines. Independent Living residents could leave with their families, go on outings on their own and return without having to be quarantined."

A typical Independent Living resident is able to bathe, use the bathroom facilities on their own, and take their own medications. Residents enjoy a menu of services, which are either provided or can be purchased. Each suite is available furnished or unfurnished. Activities are offered by staff to encourage socialization and interaction with others.

"I encourage members of the community to consider Independent Living as an option for them or for an elderly parent," says Smallman. For more information, contact Admission Coordinators Ann or Kayla at 419-335-2017 x2803 or visit our website at <https://www.fultoncountyhealthcenter.org/services/fulton-manor/>.

Message from the CEO

Hiring new employees and keeping them continues to be a problem for businesses across the country. So, if an employee is injured at work, it is critical for a business to see that they get well and back to work as soon as possible. That's where FCHC Occupational Medicine comes in. These professionals work closely with FCHC Urgent Care and our Emergency Department to oversee an injured employee's recovery progress and to help them get back to their job. But they do much more, and that includes providing routine work-related and pre-employment exams and testing for employees. Our lead story in this issue explains more about our Occupational Medicine professionals.



The beginning of September is always a key time for our community with the Fulton County Fair. This year, our Corporate and Community Health Promotion Department will be on hand to provide basic health screenings and information. CCHP will also provide additional health-related conferences and events in later months. Take time to read about them in this newsletter.

We have several physician changes on our staff as we say goodbye to Dr. Shelly Mills at FCHC Primary Care Delta and Dr. Alan Rivera at FCHC Primary Care Fayette. At the same time, we welcome Leslie Clemensen, MD, who is the newest physician at FCHC Primary Care Wauseon. We also welcome Tiffany Johnston, our new Chief Nursing Officer. You can read about these changes in our News & Notes section of this newsletter.

While the COVID pandemic has affected the health care industry in a major way, one thing that has not changed are the Independent Living units at Fulton Suites. They continue to function as they did before the pandemic, and we encourage anyone interested in Independent Living to read about our units.

We are also installing new signage on our campus to make it easier to navigate our parking lots and find the buildings you need to find. A short article in this newsletter describes the process and gives you an update.

Finally, our many health, wellness and fitness classes continue to be offered for you to stay fit and healthy. Check them out!

As always, FCHC Proud!

Patti Finn

Patti Finn
Fulton County Health Center

New Signage Will Assist Visitors

In the coming weeks and months, patients and visitors to the FCHC campus will have an easier time finding their way around thanks to a new campus-wide, signage project. The multi-year Wayfinder project is funded in part through a \$75,000 pledge by the FCHC Auxiliary that will be paid as the project progresses. A special thanks to the FCHC Auxiliary for their donation to this project. The signage is currently in Stage 1 of a three-stage process.



(Pictured on the left): New entrance signage uses color-coding, letters and numbers to assist visitors.

“Our campus was originally built in 1973, and over the past 49 years it has grown considerably with new buildings, services and parking lots being added,” says Bill

Simpkins, FCHC’s Facility Director. “We realize it can be challenging for patients and visitors to navigate if they haven’t been here often. So, the goal is to make navigation easier for them with the signage.”

DESIGN

Simplicity is the main focal point of the new signage, with the use of color coding, letters, and numbers to identify buildings and parking lots. For example, Emergency Department signage uses red on all of its building and parking lot signage. The main Health Center facility uses blue. “Over time, we plan to have all of our buildings and parking lots labeled with letters, numbers or a combination of the two,” says Simpkins. **“We’ll also develop a map to correspond to the signage and further help patients and visitors.”**

STAGE 1

“The project will require three separate stages, and we are in the first Stage right now,” says Simpkins. Stage 1 includes adding signage to the road entrances of the campus for drive access points which lead to individually marked parking lots. It includes upgrading the illuminated LED signs on the Emergency Department’s canopy for higher visibility. Large “Main Entrance” letters were installed on the main canopy of the Health Center. In addition, a pedestrian sign was installed at the main entrance to help navigate sidewalk traffic. Several out buildings and parking lot signs have also been upgraded. “Stage 1



The main entrance to FCHC is clearly marked on the building.

is 75% complete, and it is scheduled to be finished by November 2022,” says Simpkins. The signs were designed and produced by Innerface Architectural Signage, Inc. of Atlanta GA. Scott Consulting, Inc. of Wauseon designed outbuilding signage and upgrades and installed all of the signage.

STAGES 2 & 3

The next two stages will include new, upgraded main identification road signs, building identification signs, door marker signs, and upgraded interior signs. Currently, there is no time frame set for Stages 2 and 3.

RELYING ON THE EXPERTS

“The companies we are partnering with have a great deal of experience creating and installing signage for health care facilities as well as for a whole host of other business settings,” says Simpkins. “We’ve relied on their expertise to help guide us through the process.” Simpkins says the Wayfinder signage project is no easy task and requires a great deal of planning. “We have to be logical in our approach and to put ourselves in the shoes of newcomers to our campus,” says Simpkins. “This means we need to

consider what they need to know to get around, and to make it simple enough for them to follow and to make relatively quick decisions while driving. When the project has been finished, we are confident it will be much easier for people to find their way around our campus.”

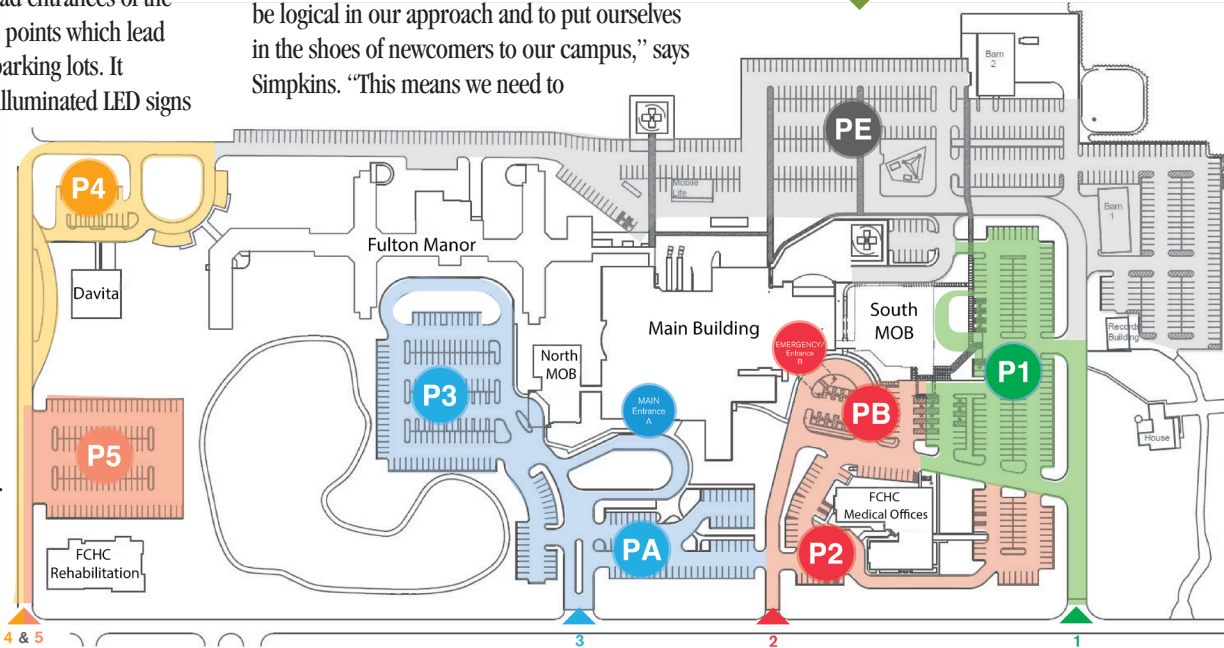


(Pictured Above): The Ambulatory Emergency Department entrance doors have color signage to show both the corresponding access to our main facility and the Emergency Department.



All road entrances to the FCHC campus are being marked by large colored signs.

A campus map is being developed that will be available in print form and online.



FCHC's New Nursing Director

Tiffany Johnston, DNP, RN, is the new Chief Nursing Officer at Fulton County Health Center.

Johnston holds a Doctorate of Nursing Practice in Health Systems Leadership from Mount St. Joseph University in Cincinnati.

She holds a Master's Degree of Science in Nursing from the University of Phoenix, and an Associate Degree of Science in Nursing from Northwest State Community College.



Johnston has 17 years of service within the ProMedica Health System, with her most current position as Lead Nursing Director at ProMedica Flower Hospital in Sylvania. She worked in a variety of other roles at Flower Hospital including Clinical Director, Clinical Manager, Patient Care Supervisor, Clinical Nurse Resource, and Bedside RN. She also served as ProMedica Flower Hospital's Planning Chief for incident command during the COVID-19 pandemic.

"I worked at ProMedica for 17 years and was provided with a great foundation for my nursing career," says

Johnston. "After completing my DNP, I really wanted to give back to my own community. I am from Fayette and have lived in Fulton County my entire life. This opportunity provided me a chance to serve my own community. As a nurse leader, I really believe and practice servant leadership. I am here to support and grow a stronger staff, hospital, and community."

New Family Practice Doctor

FCHC Medical Group and Fulton County Health Center welcomes Leslie Clemensen, MD, family practitioner to FCHC Primary Care Wauseon! Dr. Clemensen joins Richard Grieser, MD; Rebecca McClarren, MD; Phillip Ashton, MD; and the staff at FCHC Primary Care of Wauseon. The office is located at 735 South Shoop Avenue in Wauseon. Dr. Clemensen completed her Family Residency at McLaren St. Luke's Hospital in Maumee and received her medical degree from the St. George's University School of Medicine in St. George's, Grenada, West Indies. She completed her undergraduate college degree at Siena Heights University, Adrian, Michigan. Dr. Clemensen is a certified Paramedic and served as a paramedic and firefighter in northwest Ohio for many years. She is a member of the American Board of Family Medicine and the American Academy of Family Physicians. Dr. Clemensen plans to provide comprehensive primary care for patients of all ages. She trained in osteopathic principles during residency and plans to provide some of these treatments for patients with musculoskeletal pain and headaches. She is excited to provide services to help meet the healthcare needs of her community.



In her private time, Dr. Clemensen enjoys gardening, knitting, and cooking. She lives with her husband in the Fayette area. Dr. Clemensen is accepting new patients. Appointments can be made by calling FCHC Primary Care Wauseon at 419-335-3242.

Thank You Dr. Rivera, Dr. Mills

Several changes are happening with FCHC Primary Care in both Delta and Fayette. Dr. Shelly Mills at FCHC Primary Care Delta and Dr. Alan Rivera at FCHC Primary Care in Fayette are leaving their practices during the month of August. We thank both of them for their service to area residents and wish them well in their future endeavors.

The Delta office consisting of Ann Steck, MD; Nicholas Barnes, DO; Rebecca Shirley, NP-C; and Haley Baldwin, NP-C will continue to accept new patients. The FCHC Lab drawing station remains open at the Delta office. Hours will remain the same for both the Delta office and the FCHC Lab drawing station.

The Fayette office, with Billie Miller, FNP-C, will continue to see her patients Monday-Thursday. She also welcomes any of Dr. Rivera's patients. The FCHC Lab drawing station also remains open at this location. Our Fayette office hours have changed as of July 22, 2022. New hours are as follows:

FCHC Primary Care – Fayette

Monday-Thursday, 8:00 am – 4:30 pm
Friday (closed)

FCHC Fayette Lab Drawing Station

Monday-Thursday, 6:30 am – 2:30 pm
Friday, 6:00 am – 10:00 am

FCHC Primary Care looks forward to continuing to serve the Delta and Fayette communities in providing comprehensive medical care for you and your family!

(News & Notes 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 Open Swim 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 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)

AQUA FIT
AQUA NOODLE
AQUA ZUMBA®
SILVER SNEAKERS® SPLASH

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BARRE
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CORE BURN
CIRCUIT STRENGTH
DRUMS ALIVE®
GRID FIT
KICKBOXING
MOVE & GROOVE
POUND®

SUNRISE/SUNSET YOGA

AQUATICS

SENIOR
ADULT

STRENGTH &
CONDITIONING

YOGA

WHAT'S NEW AT THE GYM

SPORTS PERFORMANCE

NEXT SESSION SEPTEMBER 11-NOVEMBER 4

Athletes will improve agility, speed, power, coordination, and balance that can be applied to any sport. With a better understanding of proper body mechanics and positioning, athletes will not only improve performance but also decrease injury risk. Instruction provided by a Certified Strength & Conditioning Specialist®. For ages 11-18.

Call for days and times | 16 sessions \$200

SWIM CLASSES

PARENT & CHILD WATER WONDERS (6 MONTHS - 5 YEARS)

Parent/Guardian must be in the water. Swimmers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experience.

Saturdays, October 29 - December 17 | \$50

Swim Lessons

Independent swimmers learn basic swimming competency and self-rescue skills.

Group Lessons (3-6 years)

Saturdays, October 29 - December 17 | \$80

Private Lessons (All ages)

4-Sessions - Times TBD by instructor and parent | \$100

CALL TO REGISTER

NEW CLASS!!

STRONGER CORE & PELVIC FLOOR

A class designed for postpartum recovery as well as pelvic floor health for all women. Not a minute of cardio, just 30 minutes of strengthening. All levels of fitness are welcome. You can even bring your baby along!

Starting in September

138 E. Elm Street, Wauseon, Ohio

Call to join today! 419.330.2724

Health & Wellness Programs

DIABETES & NUTRITION EDUCATION

Contact the Diabetes and Nutrition Education office at 419-330-2772 for information, scheduling group presentations, and/or to register for classes. Check out the website page at: <https://www.fultoncountyhealthcenter.org/health-and-wellness-programs/>

Blood Sugar Management

Individual training that includes a 5-visit series with an RN Diabetes Care and Education Specialist tailored to your needs, whether one has diabetes, pre-diabetes, or increasing blood sugar numbers. You may choose to have one visit with a dietitian focusing on healthy eating. \$150 for series. Call to schedule.

Blood Sugar Management Mini-Series

Two individual visits with an RN Diabetes Care and Education Specialist 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 to schedule.

Diabetes Support Group

Tues., Sept. 13, 6:00 p.m. to 7:00 p.m., Diabetes & Nutrition Education Center classroom. Come meet with others and learn about basic diabetes care skills. We are available to answer your diabetes care questions. FREE.

Diabetes Education Community Class at Local Senior Center

Open to any senior age 60 or older, Mon., Oct. 17, 11:00-11:45 a.m., Swanton Senior Center (620 Dodge Street, inside "new" Faith Lutheran Church)

Diabetes Prevention Program

The Diabetes Prevention Program has been approved by the Centers for Disease Control and Prevention (CDC). It will be held for an entire year, with bi-weekly meetings for the first 4-6 months and bimonthly meetings for the next 3 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 wellbeing 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 to register.

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.

(Nutrition Education Continued)

DIABETES & NUTRITION EDUCATION

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. 27 or Nov. 15, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

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

Cooking with Herbs and Spices

Do you struggle with making great tasting natural foods and easy meals for your family? Learn how to prepare simple foods with herbs and spices to make excellent and tasteful meals. Tues., Sept. 13, 12:00 p.m. - 1:00 p.m., Diabetes and Nutrition Center Classroom, \$5. Please call to register.

Raising a Confident Eater

Are meal times a battle to get your child to eat? This class will discuss ways parents can help guide their children into healthy experiences with food for now and the future. Tues., Oct. 11, 6:00 - 7:00 p.m., Diabetes and Nutrition Center Classroom, \$5.

Mediterranean Meals & the Countertop Pressure Cooker

Learn about the health benefits of Mediterranean-style eating while you experience a simple meal with quick preparation ideas and tips. Explore the benefits of cooking with a counter top pressure cooker. Mon., Nov. 14, 5:00 - 6:00 p.m., Diabetes and Nutrition Education Center Classroom, \$5.

Holiday Treats in Various Styles

Discover the joy of healthy holiday favorites! Who knew how quick and simple treats for the whole family could be! Tues., Dec. 13, 12:00 p.m. - 1:00 p.m., \$5, Diabetes and Nutrition Education Center Classroom. Please call to register.

ONCOLOGY PROGRAMS

The Rainbow Hematology/Oncology Treatment Center provides cancer treatment and support. For more information, call 419-330-2708.

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.

Register on-line at <https://www.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.**

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. 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., 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.

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 to register

Sat., Sept. 10, 9:00 a.m. - 3:00 p.m., \$50, Delta Library, 419-822-3110
Sat., Sept. 17, 9:30 a.m. - 2:00 p.m., \$50, Swanton Library, 419-826-2760
Sat., Oct. 1, 9:00 a.m. - 3:00 p.m., \$50, Evergreen Library, 419-644-2771
Sat., Oct. 8, 9:00 a.m. - 3:00 p.m., \$50, FCHC Fitness, 419-330-2724

Parent and Child Water Wonders (Beginner & Advanced)

Parent/Guardian must be in the water. Swimmers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. All classes are 30 minutes and held at FCHC Fitness, Wauseon. Call 419-330-2724 to register.



Oct. 29 – Dec. 17, \$50

6-24 months old - Sat., 9:00 a.m.
2-3 years old - Sat., 9:30 a.m.
3-5 years old - Sat., 10:00 a.m.

New! Swim Lessons (Private & Group)

Parent/Guardian must be in the water. Swimmers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. All classes are 30 minutes and held at FCHC Fitness, Wauseon. Call 419-330-2724 to register.

Group Lessons (no more than 5 per group)

Oct. 29 – Dec. 17, \$80

3-6 years old - Sat., 11:00 a.m.
3-6 years old - Sat., 11:30 a.m.

Private Lessons

\$100 for 4-session package – times TBD by instructor and parent.
Discount for siblings.

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.

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.

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

Meetings on the 4th Tuesday of each month 5:00 - 6:00 p.m., South Medical Office Building, 2nd Floor Conference Room.

WEIGHT LOSS

OB PROGRAMS



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

FCHC News & Notes (Continued from page 8)

New Senior Center Planned for FCHC Campus

Fulton County Commissioners are finalizing plans to build a new Senior Center on the FCHC campus with a tentative opening date of August 2023; however, this is heavily dependent on the permitting, bidding and construction process. The facility would be located off of the north drive of Fulton County Health Center, east of the FCHC Behavioral Health Outpatient building, and across from DaVita Dialysis. The Senior Center would be funded with federal COVID-19 relief dollars, and no new tax levies are planned. A Senior Center on the FCHC campus aligns with the Health Center's 100-year plan for seniors. Watch for more information in the Winter issue of this newsletter.



Auxiliary Volunteer Opportunities

FCHC is welcoming back its volunteers and engaging new ones as our community health stabilizes. For more information, please contact our Volunteer Coordinator: Mary Gautz, FCHC main campus, at 419-330-2695.

Updated Entrance Policy

Beginning June 13, 2022, FCHC has made changes to its COVID entrance policy by opening more entrances into the hospital, as we no longer actively screen everyone entering the building.

Our new policy includes the following:

- 1** FCHC will no longer provide active screening for anyone entering the Main Entrance of the hospital.

Please avoid visiting if you have COVID-19 symptoms, were recently exposed to the virus or tested positive, unless you need to be seen and treated.

Masks are still required at all of our facilities.

If you forget your mask, one will be available at the entrances or the visiting department.
- 2** The FCHC Oncology door will be open for Oncology patients.
- 3** The ambulatory Emergency Department/ Surgery entrance will be open for anyone who needs to enter the hospital or to go to the Surgery or Emergency Department.
- 4** Two (2) visitors are permitted at a time, unless there are restrictions placed by the department.

Note: These guidelines do NOT apply to Fulton Manor due to regulations in place for long-term care.