

A publication of Fulton County Health Center

Health Centering



Fulton County
Health Center

↑ EMERGENCY E

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Volume 39, No.2 Spring, 2023

(L-R): Tom Gorczyca, RRT, CRTT, FCHC Director of Respiratory/Sleep Therapy;
Patti Finn, FCHC CEO; and Sandy Barber, Chair, FCHC Board of Directors look
back on the growth of the Health Center.



Fulton County
Health Center

April 8, 1973 is the day when health care in Fulton County changed forever.

On that day, 42 patients were transferred from the aging Detwiler Memorial Hospital to the new Fulton County Health Center. At the time our new five-story, 124-bed hospital cost over \$9 million to build and featured private patient rooms, central air conditioning, and new electric hospital beds. Since then, the Health Center campus has continually changed and grown to meet area residents' health care needs.

FCHC MARKS 50TH ANNIVERSARY!

A 2015 aerial photo shows the addition of Fulton Manor/Fulton Suites (near the pond) and the expanded Surgery and Emergency Departments. Since then, the South Medical Office Building was added to the main facility and opened in 2019.

This issue of **Health Centering** features several key individuals who look back on the early days of FCHC and how it has grown since then.

The Longest Tenured Employee

Respiratory Therapist Tom Gorczyca, RRT. CRTT, FCHC's Director of Respiratory/Sleep Therapy, can vividly recall those early years in the new hospital. He began working as a Respiratory Therapist over 60 years ago, setting up respiratory therapy departments in hospitals across the country. Gorczyca is now in his 53rd year as a respiratory therapist at Fulton County Health Center and the old Detwiler Memorial Hospital, where he started in 1969.

Gorczyca says over the years he has seen many changes in the health care delivery to patients. "At Detwiler, we didn't have any piped in oxygen for patients with respiratory problems," recalls Gorczyca. "I had to cart around a 150 lb. oxygen tank to patient beds



Kristy Retcher, BS, RRT, RPSGT, FCHC Sleep Lab Director and Tom Gorczyca, RRT. CRTT, FCHC's Director of Respiratory/Sleep Therapy perform a ventilator check before putting it in use on a patient.

and secure the tank to the bed. Furthermore, we didn't have any Emergency Room doctors at Detwiler. So, if a patient came in with an emergency, we would call their family physician to come in and take care of them. If it was a respiratory emergency, I would have to take care of the patient along with the nurse on duty."

Gorczyca recalls there was also no life support equipment at Detwiler, no high-tech medical equipment like CT and MRI scanners, and no computers. Patients were given their pharmaceutical drugs in multi-dose vials. Most of the equipment was washed and re-used. Today, most equipment is disposable. Patient charts were written in long-hand. "Today, all the pharmaceuticals are pre-packaged as a single dose. The patient charts are electronic medical records. And the life support systems we now have are all computerized and data-driven, so there is constant monitoring of patients and much greater safety for them."

The Health Center has continued to grow to meet the community's changing health care needs. That was never more evident than when the COVID-19 pandemic led to a large influx of patients with severe respiratory problems in hospitals across the country. The patient influx hit the FCHC Respiratory Department especially hard, and a special COVID unit had to quickly be erected in the hospital.

"It was a very difficult time for everyone, including our staff," says Gorczyca. "It took twice as much time to put on our personal protective equipment as was normal, and we had to do it continually as we saw new patients. The care we provided was continuous, and we were emotionally affected as well since we knew many of the patients from church, the grocery store, and being around town. But I am pleased to say we did not lose any of our respiratory staff during that time, while across the state of Ohio there were 900 Respiratory Therapists who did not renew their licenses."

"Looking back to those early days at Detwiler and comparing it to today's Health Center, it's a world of difference and it continues to grow and improve,"

says Gorczyca. "When it opened in 1973, the new FCHC was a very modern family physician hospital focusing mainly on the primary care of patients. Specialists at the time were all based in Toledo or Fort Wayne. Today, we pretty much have every medical specialty represented at the Health Center, along with the high-tech medical equipment for diagnosis and treatment. This makes it much more convenient for patients to receive care here in town."

Detwiler Memorial Hospital served the Fulton County Community from 1930 until 1973. The building is still in use today for some Fulton County government offices.



This aerial photo from 1990 shows the original Health Center facility before all of the campus growth.

The Long-Time Board Member

After 39 years of service, Sandy Barber is committed to continuing her service on the FCHC Board of Directors. In fact, after serving for many years as Secretary and Vice Chair of the board, Barber has been the Board Chair for the past two years. She first became interested in the hospital when she toured the "new" facility in 1973.

"This is my husband's home town, and at the time we had small children," says Barber. "After touring the hospital, I became genuinely interested in medical care and wanted to get involved somehow." The timing was right, and she volunteered to join the Board of Directors. "I remember one of the early decisions we had to make was whether or not to move the parking lot to the front of the hospital. There were many people who felt it would detract from the hospital's appearance. But the board felt it was important to offer patients and visitors an easier way to walk up to our main entrance rather than use the concrete steps."

Barber feels she and fellow board members are very practical in their decision making and spend time and effort to carefully research future projects. "We have big dreams, but we understand we are a rural hospital and can't have everything the larger hospitals have. We continually ask



FCHC has continually upgraded its medical technology. Here CT Technician Andrew Ritter, R.T.(R) (CT), uses the 64-slice CT scanner in the Emergency Department.

ourselves, 'does the community need this?' If the answer is yes, and we can justify allocating a portion of the budget to it, we will pursue the project."

During Barber's service as a board member, the campus has expanded dramatically. Fulton Manor and Fulton Suites were added, the North and South Medical Office Buildings were constructed, a new Emergency Department was built, and multiple freestanding provider offices were opened on campus. In addition, high-tech medical equipment was purchased, installed, and upgraded over time. Furthermore, new physician specialists were brought on board, and they continue to be recruited to augment the FCHC Medical Staff.

"We rely on input from our physicians and consult with them if they have ideas for new and better equipment," says Barber.

"The doctors here love our hospital and the dedicated staff we have and want to continue to see us improve our services."

The FCHC Board of Directors has multiple subcommittees which meet separately and report to the main board on topics of concern.

(Continued on page 4.)



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FCHC MARKS 50TH ANNIVERSARY!

Fulton Manor/Fulton Suites was added to the campus in 1995.

(Continued from page 3.)

Those subcommittees include Executive Committee, Human Resources, Building & Grounds, Finance, Equipment, and Joint Conference. Board members are chosen from area communities to provide a broad spectrum of opinions and views. The full board meets the fourth Monday of every month. Each year the board holds an annual retreat to have roundtable discussions on the issues and opportunities facing the Health Center.

"We are a working board who put in the time to respectfully discuss projects for the betterment of our communities," says Barber. "Real estate agents tell us that schools and access to health care are key in the decision making of people deciding where to live and work. These agents tell us they cannot believe we have a great hospital like ours here in a rural community. I am just so grateful to have had the opportunity to play a small part in the hospital's success."

The CEO

Well-run organizations have strong leadership at the top, and FCHC has been fortunate to have had guidance from two respected leaders.

Over the last 10 years, FCHC's campus has grown to include a South Medical Office Building attached to the main facility along with other freestanding buildings on campus.

E. Dean Beck served as FCHC's Administrator for 37 years before retiring in 2012 and turning over the reins to his Assistant Administrator, Patti Finn. She now serves as the hospital's Chief Executive Officer.

"All successful organizations rely on strategic planning based on research to analyze trends," says Finn. "In our case, we rely on the Fulton County Health Assessment survey, which is conducted every three years. The health assessment surveys youths and adults in Fulton County on topics such as cardiovascular disease, cancer, diabetes, weight, tobacco use, and access to health care. FCHC and other area health care agencies are involved in the study and closely analyze trends in the data."

"We use that data as a base to plan future projects. That planning involves our Board of Directors, physicians, and administrative staff." Finn says that when the planning committee met back in 2013, one of the board members suggested the hospital connect with its main architectural firm that has helped design numerous facilities on campus. "From that initial conversation, we then met with them and a second architectural firm that has experience in long-term planning for health care campuses. The result was the development of a 100-year plan." (see *Health Centering*, Fall 2015).



Sandy Barber (left), FCHC Board Chair and FCHC CEO Patti Finn review a 100-year plan illustration of the campus showing possible future growth for the Health Center.

"The development of the 100-year plan was a big step for us, and I thank our Board of Directors and administrative staff for being proactive and for thinking big and remaining committed to improving the services we offer," says Finn. "We've already accomplished some of the goals we set forth in that plan. We won't necessarily do them all, and over time that plan could be updated and modified based on changes in health care and in the needs of our communities. But it keeps us on a path of continual improvement."

Finn says that while all the facilities and equipment are important to the success of Fulton County Health Center, it is the people who really make a difference. "I sincerely want to thank our physicians and dedicated staff who continue to provide the direct patient care to patients, even during times of crisis like the COVID pandemic. I like to say we are 'FCHC Proud,' and its because of the dedicated staff we have at Fulton County Health Center that I make that claim."



An Even Better Solution for Bladder Incontinence

Bladder incontinence is an annoying problem that can create continual disruptions in a person's life. There is a solution, however, and since 2020 FCHC has been able to offer a state-of-the-art technology which has now been improved.

Charles Lash, MD, FCHC Urologist has years of experience in performing minimally invasive surgery to remedy bladder incontinence. In 2020, he began using a therapy produced by Axonics, a medical technology company. The FDA-approved procedure is called Sacral Neuromodulation. Axonics has recently received FDA approval for a fourth generation rechargeable Sacral Neuromodulation System that provides long-lasting relief.

The Axonics Technology

There are three components to the Axonics System. The first is the Miniaturized Implantable Neurostimulator (INS), about the size of a USB drive, which is surgically implanted in the pelvic area. The INS is made of titanium and ceramic components. The second component is a small remote-control device the size of a car's key fob. The remote control is kept near the patient and used to increase or decrease the amount of nerve stimulation if needed. The third component is a battery recharger for recharging the implant's battery.

An Improved System

The Axonics R20™ fourth generation battery now has a lifespan of 20 years compared to 15 years for the previous version. "This provides an extra five years of battery life, which means we won't have to re-implant the device often or perhaps never at all," says Dr. Lash.



(L-R): All three components of the Axonics system: the battery recharger, implant device, and remote control.



Charles Lash, MD, FCHC Urologist and Rebecca Petit, RN, are pictured in FCHC Urology.

The fourth-generation INS implant device is surgically inserted in the pelvic area through a small incision. It is about the size of a USB drive and has a lifespan of 20 years.

The new version only needs to be recharged every 6-10 months for about an hour. The previous version used by Dr. Lash needed to be recharged every 1-2 months for about an hour. "Now, a patient benefits by only having to recharge twice a year rather than recharging every month," says Dr. Lash.

Two Surgical Options

"There are two ways I can perform this minimally-invasive surgery," says Dr. Lash. "The first method is to implant the device, and the patient resumes normal activity in about a week. The second is to attach the wire to the sacral nerve and have the implant device reside temporarily on the outside of the person. This second method allows us to test the effectiveness of the device before it is actually implanted. Then, if the system works to the patient's liking, we schedule the minimally invasive procedure to implant the device in the pelvic area."

What Causes Incontinence?

The urge to urinate occurs when the bladder sends a signal to the brain along the sacral nerve in the pelvic area. The signal alerts the person their bladder is full. There is a miscommunication for some individuals, and the signal is sent to the brain too often or at the wrong time. Axonics Sacral Neuromodulation Therapy provides gentle stimulation to the nerves that communicate between the brain, bladder, and bowel. This advanced therapy restores normal communication, which can result in symptom improvement.

Positive Results

"Compared to older bladder incontinence systems I've worked with, the Axonics System is much smaller, has a longer battery life, and is quite easy to use," says Dr. Lash. "Now, the fourth-generation system benefits patients even more. Most importantly, I've had success with my patients since I began using the Axonics System."

For more information about the sacral neuromodulation bladder incontinence system, contact Dr. Lash's medical office at 419-335-2500.

Message from the CEO

Is it just me or do you find yourself thinking 'I can't believe where the time has gone!' And so it is with Fulton County Health Center, as many of us on staff get set to commemorate the 50th anniversary of our facility on April 8.



We don't have any big plans for a celebration. Instead, we thought it would be interesting for our readers to have several key stakeholders look back on the early days as they had witnessed them, and to share their views on how health care and FCHC have grown and changed since then. It is the focal point of our lead story in this issue.

Part of our growth and development has been in the recruitment of new physicians to our Health Center. We are pleased to welcome to our staff Dr. Apoorva Chawla, a Hematologist/Oncologist. Our growth has also been accelerated by the acquisition of key pieces of medical equipment. As an example, we have recently added a second ROSA® Knee System Robotic unit to our orthopedic program, which offers patients greater access to this type of surgery.

In addition, Charles Lash, MD, Urologist, is now using an upgraded, fourth generation implant device to help those with incontinence. Another change in Perioperative Services is Ahmad Abdelaal, MD, General Surgeon, has been certified to perform surgeries using the da Vinci Xi® robotic system. He joins our three other general surgeons who have been using the system at FCHC since the Spring of 2021.

The field of health care will always offer us opportunities and challenges, and I can assure you that our Board of Directors and staff are committed to capitalizing on those opportunities when feasible and meeting challenges head on.

Here's to the next 50 years of providing health care to our communities!

As always, we are FCHC Proud!

Patti Finn

Patti Finn

Fulton County Health Center
Chief Executive Officer

SURGEON CERTIFIED TO PERFORM ROBOTIC SURGERIES

Ahmad Abdelaal, MD, has been certified to perform surgeries using the da Vinci Xi® robotically-assisted system.



General Surgeon

Ahmad Abdelaal, MD,

who joined FCHC General Surgery in 2021, has started to perform surgeries using the da Vinci Xi® robotically assisted system to perform minimally invasive surgeries. He joins surgeons Timothy Duckett, MD; Mirza S. Hasan, MD; and Beth A. White, MD in the clinic who also use the system. FCHC General Surgery, is an outpatient surgery clinic located on the second floor of the South Medical Office Building on FCHC's main campus. All four of the surgeons also perform general surgery and endoscopic and colonoscopy procedures in the FCHC Perioperative Services Department (Surgery) located on the 2nd floor of the main hospital.

"I have been using the da Vinci system for hernias including inguinal, ventral or other hernias and gallbladder surgeries among other minimally invasive procedures," says Dr. Abdelaal. He says the da Vinci system offers more possibilities for the surgeon and finer dissections for the patient.

"Much of modern general surgery today involves the use of our hands and the laparoscope. So, using the robotic system is an extension of what we have already been doing. We still perform open surgeries, but if a patient qualifies for laparoscopic or robotic surgery, we will use those approaches to be less invasive and improve the patient outcome."

Dr. Abdelaal says there are other surgeries that could qualify for the use of the robotic system. Among the surgeries that can be performed with the robotic system are:

- | | |
|-----------------------------|------------------------|
| ▶ Surgical Oncology | Advanced Treatment of: |
| ▶ Surgical Endocrinology | ▶ Esophagus |
| ▶ Surgical Gastroenterology | ▶ Stomach |
| ▶ Breast Treatment | ▶ Gallbladder |
| ▶ Bariatric Surgery | ▶ Colon |
| | ▶ Hernia Repair |

To schedule an appointment with Dr. Abdelaal or one of the other general surgeons, call FCHC General Surgery at 419-337-7478.



FCHC staff members pictured with the 2022 Healthy Worksite Platinum Level Award (L-R): Jason Mohler, HR Coordinator; Britney Ward, Director, Corporate & Community Health Promotion; Jamin Torres, Manager of Corporate & Community Health; and Rachel Geckle, Chief Human Resource Officer.

Perioperative Services Adds Second ROSA® Robot



FCHC has added a second ROSA® Knee System Robotic unit to the Perioperative Services Department. The second unit allows surgeons to perform knee replacement surgery on two separate patients at the same time. This increases a patient's access to having the surgery performed sooner. In March of 2020, the Health Center became the first orthopedic program in northwest Ohio to offer state-of-the-art robotically assisted technology as a tool for its orthopedic surgeons. The ROSA® system is a guide for the orthopedic surgeons and is extremely precise in placing the cutting guides for the surgery and for adjusting those measurements as the surgery proceeds.

FCHC Earns Top Awards

In November 2022, FCHC was recognized with the 2022 Healthy Worksite Platinum Level Award by the Healthy Business Council of Ohio. The award was presented as a result of the Health Center's comprehensive workplace health promotion and wellness programs. Applicants were scored on the extent their wellness programs facilitated and encouraged employee health, enhanced productivity, and ensured a healthy work environment. Only 12 medium-sized companies state-wide received the award.

In addition, FCHC was awarded with the Cancer Screening Excellence Award. Only 20 worksites state-wide were honored with this award. The state of Ohio has been working to increase cancer screening access, education, and resources. Congratulations to the FCHC staff whose exemplary efforts led to this recognition.



FCHC Cancer Care Welcomes New Physician



Apoorva Chawla, MD, Board Certified in Medical Oncology and Hematology, has joined the staff of FCHC Cancer Care. Dr. Chawla received his medical degree from the Indiana University School of Medicine and completed his Internal Medicine Residency at Harvard Medical School: Beth Israel Deaconess Medical Center. He completed his Fellowship in Hematology/Oncology at the University of Chicago Medical Center. Dr. Chawla is accepting new patients.

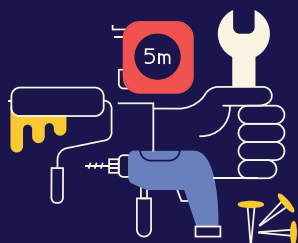
In addition to Dr. Chawla, other FCHC Cancer Care providers include Rex Mowat, MD; Ahmad Zazour, MD; and Melinda Campbell, CNP. All are specialists in Hematology/Oncology. The FCHC Cancer Care Clinic also features an eight-member nursing staff with a combined 125 years of service; La-Z-Boy® type chairs, each with an individual stereo system and TV; a private treatment room with a bed for those who cannot sit in the chairs; an easily accessible private entrance; larger wheelchair accessible bathrooms; private interview rooms to discuss patient problems; a snack area for patients; and a large, private waiting room for patients and family.



Openings at Fulton Suites

Independent Living Units are now available at Fulton Suites on the FCHC main campus. Fulton Suites meet the residential needs of those who are able to care for themselves but do not want the responsibility of maintaining a home or cooking meals. Our typical resident is able to bathe, use bathroom facilities and take their own medications. Our residents enjoy a menu of services which are either provided or can be purchased. Suites are available furnished or unfurnished. Please contact Admission Coordinators, Ann, or Kayla 419-335-2017 x2803 or email fm_socialservices@fulhealth.org.

To schedule an appointment with one of the providers, call 419-330-2708. The FCHC Cancer Care Clinic is located on the first floor of the main hospital building.



New Equipment for Surgery Suites

The Perioperative Services Department is in the process of installing new equipment in the Surgical Suites to benefit both surgeons and patients. The upgrades include:

✓ **Upgrading** the existing KARL STORZ state-of-the-art endoscopic equipment used for General Surgery, Gynecology, Urology, and Orthopedic Services. The upgrade improves the technology from providing digital images to FULL HD/4K technology, offering providers a much more detailed view of the body.

✓ **Installing** new Hill-Rom® LED surgical lights and equipment booms in OR rooms 1, 6, 7 & 8 for enhanced visibility and functionality in the operating room.

✓ **Integrates** the system in OR rooms 1, 4, 6, 7 & 8 with the patient's electronic health record and the electronic Picture Archiving and Communication Systems (PACS). It also provides live fluoroscopy imaging during the surgical case to assist the physician and surgical team with the patient's perioperative plan of care.

More details about the upgrades will be covered in our next issue of *Health Centering*.



New Lab Draw Station

We have added a new Lab Draw Station for patients in our South Medical Office Building. It is located in Suite 104 on the Ground Floor, across from the FCHC Outpatient Pharmacy. The station offers short wait times and plenty of parking. It can be utilized by everyone, regardless of their provider or hospital affiliation. Most insurance plans are accepted. The Lab Draw Station's hours are:

Monday-Thursday - 8:00 a.m. - 4:00 p.m.
Friday, 8:00 a.m. - 3:30 p.m.

Get Ready for Golf

The 24th FCHC Annual Auxiliary Golf Tournament will be held on Thursday, June 8 at Ironwood Golf Course in Wauseon. The 4-person best-ball scramble will begin with registration at 11:00 a.m. and a noon shotgun start. Participants will enjoy 18 holes of golf with a cart, sack lunch, gift pack, and beverage tickets. A BBQ chicken dinner and silent auction will follow at 5:00 p.m. in the FCHC Beck Meeting Room. Sponsorships are available. Entry deadline is May 20. For more information about costs, contact Annette Kolbe, FCHC Administration, 419-330-2603 or email akolbe@fulhealth.org.



Interested in Cycling?

FCHC Fitness has added 10 Schwinn IC3 cycle bikes that were made possible partially through donations from Russ & Karen Dominique as a Christmas gift to Karen. Cycling provides the individual with a great cardiovascular workout and is gentler on joints because it eliminates the jarring and repetitive impact that comes with other forms of cardio, like road running. Cycling is primarily a cardiovascular exercise, but with added resistance and proper posture you will build muscle in your legs and core as well. Cycling is also great for any and all fitness levels, from beginner to advanced! FCHC Fitness is now offering cycling classes. See the Fitness class schedule in this issue for cycle class information.



FCHC Fitness cycle instructors are pictured on the new cycling bikes (L-R): Jennifer Barnes, Britney Ward, and Melissa Barry.

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.



MEMBERSHIP OPTIONS & PRICING

GYM PLAN:	BASE	GET FIT	AQUATIC	ELITE
Monthly Individual Rate	\$29	\$39	\$39	\$49
Monthly Family Rate	\$45	\$60	\$60	\$75
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 Archbold,
Wauseon, and
Swanton.



WHY TRY ONE OF OUR FITNESS CLASSES?

- ▶ Led by a certified instructor who is trained in proper exercise form, exercise planning, and exercise modifications
- ▶ Build a community to help you stay motivated and committed
- ▶ Take the stress off yourself and let the professionals do the planning
- ▶ Try something new in a safe but challenging environment
- ▶ So much fun!

3 Payment Options!

1. **GET FIT Membership** - unlimited classes at all locations \$39/month
2. **Fitness Class Package** - take any 10 classes for \$50
3. **Drop In** - one class for \$10

First Class
is **FREE!**



To view the class schedule & sign up, create a free account at: fchcfitness.antaris.us

WHAT'S NEW AT THE GYM

INDOOR CYCLING

Coming March 2023!!

FCHC Fitness is excited to bring indoor cycling to our community! Beginner classes will start in March with more advanced classes to come at a later date. Sign-up online or by phone to reserve your spot today. **First class is FREE!**

DELAY THE DISEASE

**\$25
a month**

Tuesdays & Thursdays at 10:30 am

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.

SWIM CLASSES

Parent and 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 experiences. All classes are held at FCHC Fitness, Wauseon. Call 419-330-2724 to register.

Saturdays, May 20 - July 22, \$50 (no classes on May 27 & July 1)

Swim Lessons

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

Group Lessons (3 - 6 years)

Saturdays, May 20 - July 22, \$80 (no classes on May 27 & July 1)

Private Lessons (All ages)

4-sessions – Times TBD by instructor and parent. \$100.

All lessons are held at FCHC Fitness, Wauseon.

Call 419-330-2724 to register.

Health & Wellness 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., July 15 and Sat., Nov. 18. Sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 2:00 p.m., \$75, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

American Heart Association Healthcare Provider CPR

CPR Certification by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sat., May 20 and Sat., Sept. 16 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 (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 experiences. All classes are 30 minutes and held at FCHC Fitness, Wauseon. Call 419-330-2724 to register.

Saturdays, May 20 - July 22, \$50

(no classes on May 27 & July 1)

Saturdays, Aug. 5 - Sept. 30 (no class on Sept. 2)

Saturdays, Oct. 14 - Dec. 9 (no class on Nov. 25)

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.



Swim Lessons (Group and Private)

Independent swimmers learn basic swimming competency and self-rescue skills. All lessons are 30 minutes and held at FCHC Fitness, Wauseon. Call 419-330-2724 to register.

Group Lessons (3 - 6 years)

Saturdays, May 20 - July 22, \$80 (no classes on May 27 & July 1),
11:00 a.m. & 11:30 a.m.

Saturdays, Aug. 5 - Sept. 30 (no class on Sept. 2), 11:00 a.m. & 11:30 a.m.

Saturdays, Oct. 14 - Dec. 9 (no class on Nov. 25), 11:00 a.m. & 11:30 a.m.

Private Lessons (All ages)

4-sessions - Times TBD by instructor and parent. \$100.

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., May 6, 9:00 a.m. - 3:00 p.m.,
\$50, Liberty Center Public Library, 419-533-5721

Sat., June 3, 9:00 a.m. - 3:00 p.m.,
\$50, FCHC Fitness, 419-330-2724

Sat., June 17, 9:30 a.m. - 2:00 p.m.,
\$50, Swanton Public Library, 419-826-2760

ONCOLOGY PROGRAMS

FCHC Cancer Care 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.

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.

GRIEF SUPPORT



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 & 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 Diabetes Education website page at: fultoncountyhealthcenter.org/services/diabetes-education/

Lifestyles for Health

Work with a health professional (dietitian and/or nurse) to create a specialized plan that includes dietary and lifestyle upgrades to feel empowered, enhance wellness, and manage blood sugars and address other potential health concerns. One visit \$50, series of 5 visits \$150.

Diabetes Support Group

A Diabetes Care and Education Specialist will be available to discuss any diabetes related requests. Blood pressure and blood sugar testing offered. 4th Thursday of the month, April 27, May 25, June 22, July 27, August 24 at 1:00 p.m. FREE.

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 meetings most weeks for the first 4-6 months and bimonthly meetings for the next 5 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, and have no previous diagnosis of Type 1 or Type 2 diabetes. For more information or to participate in the program, please call to register.

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! Tuesday, May 23 or July 25, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., May 9 or July 11, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Mediterranean Meals & the Countertop Pressure Cooker

Learn 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. Tues., April 18, 5:30 pm – 6:30 p.m., Diabetes and Nutrition Education Center Classroom, \$5. Please call to register.

How to Raise 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. Thurs., May 4, 6:30 - 7:30 p.m., Diabetes and Nutrition Education Center Classroom, \$5. Please call to register.

Calcium, Potassium and Magnesium: A Dairy Experience!

Come learn about the benefits calcium, magnesium and potassium have on the human body and what delicious foods provide them. Tues., June 13, 12:00 - 1:00 p.m., Diabetes and Nutrition Education Center Classroom, \$5 donation. Please call to register.

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.

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.

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

Heart Radiothon Senior Center Screenings

Take advantage of timely non-fasting health screenings at four different satellite senior center locations. Participants will be tested for their total cholesterol, HDL, blood glucose, and blood pressure. 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 and locations are:

- ▶ Swanton Senior Center,
(620 Dodge St., Faith Lutheran Church)
Wed., April 26, 9:30 a.m. - 11:30 a.m.
- ▶ Delta Senior Center,
(101 Northwood Dr., United Methodist Church)
Thurs., April 27, 9:30 a.m. - 11:30 a.m.
- ▶ Fayette Senior Center, (306 E. Main St.,
Family Life Center)
Thurs., May 4, 9:30 a.m. - 11:30 a.m.
- ▶ Archbold Senior Center,
(401 W. Holland St., Scout Cabin in Ruibley Park)
Fri., May 5, 9:30 a.m. - 11:30 a.m.



Student Health Care Camps

FCHC has scheduled three Health Care Camps for students over the next several months. The upcoming camps will be Sunday, April 23; Tuesday, June 20; and Wednesday, July 26. Each camp will be held from 1:00-4:30 p.m. There is no cost to attend, but participation is limited to the first 10 students who register.

The Health Center started Health Care Camp in June 2015 as a way to share the facility with high school students, especially those curious about a healthcare career. Since then, we have hosted 35 groups of students to date, totaling 192 students and representing 15 schools or colleges.

At the camp, students learn about vocational planning for a healthcare career, including concepts such as basic clinical and culture skills, confidentiality, infection prevention, empathy, and insurance 101. They also practice using a wheelchair and get a thorough tour of the hospital. The camp is also the gateway to ongoing job shadowing and volunteerism opportunities at FCHC.

Interested students should contact Mary Gautz, Volunteer Coordinator at mgautz@fulhealth.org or 419-330-2695 for more information about registering.



Participants in the January 2023 Health Care Camp were (L-R): Paige Mason, Courtney Wiemken, Andrew Baden, Raina Bok, Addison Kirkland, Miley Gericke, and Chloe Clutter.

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.