

A publication of Fulton County Health Center

# Health Centering

## A NEW APPROACH TO LOSING WEIGHT

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FCHC News & Notes

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*Members of the FCHC Medical Weight Management team.*

 **Fulton County  
Health Center**



As 2024 approaches, many people will set “losing weight” as their New Year’s resolution. In fact, every year it is high on the list of New Year’s resolutions. Unfortunately, weeks or months later, many people become frustrated with their lack of weight loss and abandon their resolution.

But this New Year there is hope. FCHC has introduced its new Medical Weight Management program designed to help you successfully achieve your weight loss goals.



## Why the Program Is Needed

“We understand that weight loss can be very difficult to achieve,” says Britney Ward, Director of FCHC’s Medical Weight Management program and the Corporate and Community Health Promotion department.

“There is absolutely no judgement here. We are so hard on ourselves, expecting our will power to make the weight loss happen when, in fact, there is so much more to it than that. We want to meet people where they are at in their journey and give them the tools to actually succeed. When people walk out with a smile, telling us they actually feel hope for the first time in a long time, we know we are doing our job.”

Ward says at least 75% of Fulton County adults are considered overweight or obese. “Obesity is high in Fulton County. We have always offered fitness, nutrition, and other wellness options here at the Health Center to help the community. This program takes weight management to a whole different level, unlike anything else offered in the region.”



## The Program Foundation

FCHC Medical Weight Management offers a comprehensive approach to help patients:

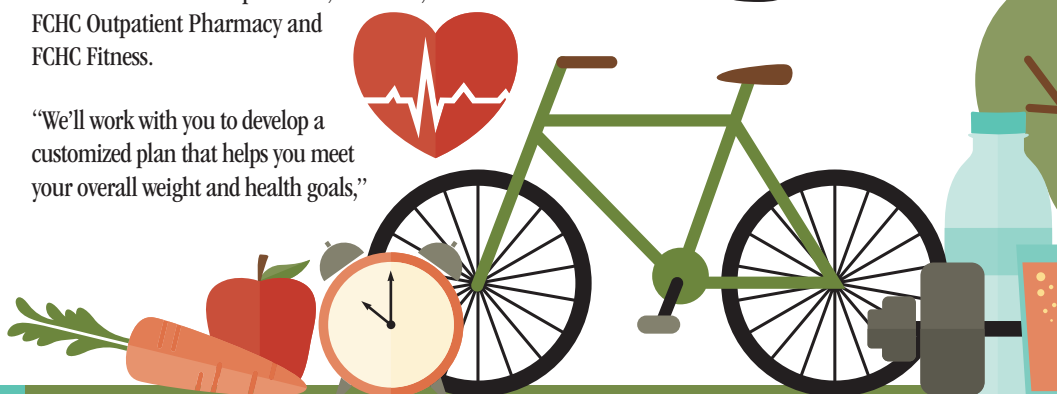
- 1 Reach goals and reduce the risk of chronic health conditions
- 2 Acquire tools, information and strategies to support progress
- 3 Gain insight into themselves and their habits
- 4 Feel empowered in their journey

This fall, FCHC established the Medical Weight Management program through a collaboration with area physician Victor Cherfan, DO who has a great deal of experience in developing weight management programs. Dr. Cherfan’s role is to provide oversight and to spend one day per month seeing patients. In addition, several other FCHC staff members and departments are involved including the FCHC Diabetes and Nutrition Education Department, FCHC lab, FCHC Outpatient Pharmacy and FCHC Fitness.

“We’ll work with you to develop a customized plan that helps you meet your overall weight and health goals,”

says Ward. “Our commitment is to provide services and support which enhance physical, mental and emotional well-being to help patients live their fullest lives.”

# A New Approach to Losing Weight



## Our Approach

Patients can refer themselves to the program without the need for a provider's referral. "We've found that those who self-refer to us are more motivated to stay with their weight loss goals and work toward them as opposed to being told by a physician or other health care provider they need to do it," says Ward.

They are given a packet of information ahead of time to review and to complete health questionnaires. The patients then meet with Nurse Practitioner Becky Shirley, MSN, CNP, to perform an initial patient assessment. "It's important to know what they have tried in the past and what their current motivation is," says Shirley. "After collecting their health history and



*Nurse Practitioner Rebecca Shirley, MSN, CNP, meets with a patient to conduct an initial assessment.*

vitals, we focus on the motivating factors that brought them to us. We discuss the importance of calorie tracking, medications that can be a tool in the process, and provide each patient with an individualized plan to promote weight loss."

As part of the initial assessment, the provider will determine your Basal Metabolic Rate (BMR) and create a calorie intake plan. You will then meet with a dietitian to discuss your specific needs, while being educated on healthy meal planning as well as how diet, physical activity, sleep, and stress can affect your weight loss and overall well-being.



## What Is Included in the Program?

- Monthly visits to meet with an FCHC provider and dietitian
- Group classes to address diet, physical activity, sleep, stress & well-being
- Weight loss medication options
- Updated lab work
- Progress updates to other providers when needed
- Free FCHC Fitness gym membership



*Licensed Dietitian Janna Mennetti, RD, LD, leads a Medical Weight Management class.*

## What About Bariatric Surgery?

FCHC will continue to offer Bariatric Surgery by FCHC General Surgeon Timothy Duckett, MD, along with support groups. "Bariatric surgery is being rolled into our Medical Weight Management program, and it will remain as an option for some patients," says Ward. "Our goal is to be the one-stop shop offering counseling, nutrition education, medications, exercise, surgery, and more to help people lose weight."

## Are You Eligible to Participate?

The FCHC Medical Weight Management program is geared for adults 18 years or older. In addition, patients must:

- Have a BMI (Body Mass Index) of 27 or higher and a comorbidity (such as high blood pressure)
- Or, have a BMI of 30 or higher

## Our Medical Management Staff

Your progress is monitored by a comprehensive team which provides ongoing support even after you reach your goals.

**Providers:** Victor Cherfan, DO, Rebecca Shirley, MSN, CNP

**Dietitians:** Jill Crossgrove-Murrillo, RD, LD, CDCES, Janna Mennetti, RD, LD

**Nurses:** Brianna Fisher, BSN, RN, CDCES, Kaitlin Pursel, BSN, RN, Angie Burns, LPN

**Support Staff:** Jesse McKean

## An Intersection of Health & Happiness

The new FCHC Medical Weight Management program offers a comprehensive multidisciplinary approach to help patients establish and reach their weight loss goals. It is located in the main FCHC Health Center facility at 725 S. Shoop Ave., Wauseon. Patients enter through the North Medical Office Building on the Health Center's ground floor. The Medical Weight Management program is located just through the double doors at the end of the hall in Suite G06.

For more information about the FCHC Medical Weight Management program, call 419-330-2772 and choose Option 1 or visit [fchcweightmanagement.org](http://fchcweightmanagement.org).



(Continued from page 3.)

“Cutting calories is a main component of the weight management plan. Medication is a tool that can help curb the hunger at the beginning. The length of the program varies based on each individual’s weight loss goal. It is covered by most health insurance plans.”

— Britney Ward, Director of FCHC’s Medical Weight Management program

## A New Approach to Losing Weight

(Continued from page 3.)

### Victor Cherfan, DO

**Victor Cherfan, DO**, is the Medical Director for the new FCHC Medical Weight Management Program. He received his Doctor of Osteopathic Medicine degree from Lake Erie College of Osteopathic Medicine in Erie, PA. Dr. Cherfan completed his Osteopathic internship and OB/GYN residency at Garden City Hospital, Garden City, MI. He also holds a Bachelor of Science in Biochemistry degree from Binghamton University in Binghamton, NY. Dr. Cherfan is a member of the American Osteopathic Association and is Board Certified by the American Board of Obstetrics and Gynecology and is also Board Certified in Obesity Management.



#### COVER PHOTO:

Members of the FCHC Medical Weight Management staff. (Front Row, L-R): Brianna Fisher, BSN, RN, CD-CES; Kaitlin Pursel, BSN, RN; Jill Crossgrove-Murrillo, RD, LD, CDCES; Janna Mennetti, RD, LD. (Back Row, L-R): Jesse McKean, Program Assistant; Britney Ward, MPH, Director, Corporate and Community Health Promotion; Victor Cherfan, DO, Medical Director; Rebecca Shirley, MSN, CNP.

# FCHC Establishes Charitable Foundation



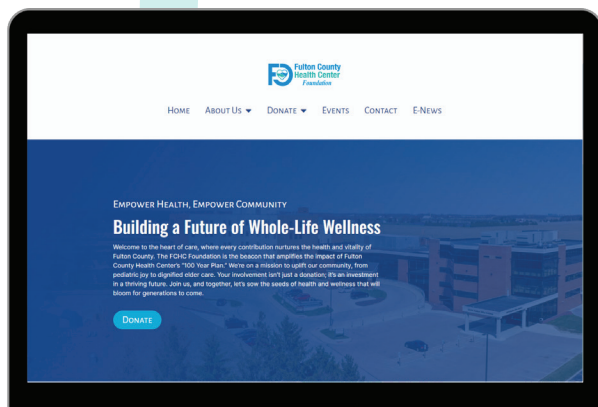
Since its inception, Fulton County Health Center has provided health care for thousands of residents in surrounding communities. Through the years, many of those patients and community members have expressed their appreciation by generously donating to the Health Center. Beginning, January 1, 2024, the FCHC Foundation will provide the structure to facilitate the giving process as it begins accepting donations from those who are interested in doing so.

“We established the FCHC Foundation to assist us in serving the community by promoting and providing the means for continued health and wellness,” says **Patti Finn, FCHC CEO**. “Several years ago, we established our 100 Year Plan for the Health Center. This strategic plan outlines how we will provide services for the Fulton County community in the short-term and the long-term. With the implementation of the FCHC Foundation, we will be able to make large strides towards fulfilling the various components of the plan. Ultimately, the Foundation will assist FCHC with the improvement of our community’s health.”

## The Foundation’s Structure

The FCHC Foundation is a 501(c)(3) charitable organization, which allows donors to claim a tax deduction for their contributions. Jana Armstrong, FCHC’s former Community Outreach Coordinator, will now serve as the Foundation Director. The Foundation is governed by a separate Board of Directors and consists of William Simpkins – President; Brian Stuckey – Vice President & Secretary; and Dave Gerken – Treasurer & Chairperson.

“Any remaining donations which have been made to the hospital’s “Memorial Fund” in the past will now be used to help us kick start the FCHC Foundation beginning January 1,” says Armstrong.



The FCHC Foundation has created a website to learn more about the Foundation and to make it easy to contribute. Visit [www.fchcfoundation.org](http://www.fchcfoundation.org)

## How the Funds Will Be Used

“Your contributions will support our promise of whole-life care, from the joyful beginnings in Pediatrics to the dignity of Elder care,” says Armstrong. “100% of every dollar will be used to revitalize the local community by elevating our providers through continuous education, offering





*The FCHC Foundation capital campaigns will be used to further improve the FCHC campus.*

comprehensive care that adapts to every stage of life, or embarking on strategic renovations and expansion of our facilities. We're not just preparing for the future—we're building it."

One example of using donations from the FCHC Foundation to benefit the community is the Foundation's current capital campaign to raise funds for the renovation of the FCHC Heart & Vascular Center. Once the renovations are completed, FCHC will have two state-of-the-art Cath Labs. With the exception of open-heart surgery, patients will be able to have almost any heart or vascular procedure performed at FCHC without the need to be transported to Toledo or Fort Wayne.

## How To Donate to the Foundation

There are many ways to donate to the Foundation. Donors may give outright gifts such as cash, stocks, property, or real estate. These gifts may be used immediately by the FCHC Foundation. You can make your dollars go further by pledging a monthly, quarterly, bi-annual, or annual amount. Memorial gifts in any amount can be made to express your sympathy, celebrate achievements or remember loved ones who have passed away. You may also include the FCHC Foundation in your estate plan, leaving a lasting legacy in your community. Let others know about our Foundation's message and achievements and help increase our potential for success. This can be done through word-of-mouth and your social media posts.

## Donor Levels & Recognition

As foundation donors reach new levels of lifetime giving, they will receive recognition on the FCHC Foundation's "Tree of Life" with a leaf corresponding to the color of their contribution level as noted below. They will also be recognized on the Foundation website ([fchcfoundation.org](http://fchcfoundation.org)) and in appropriate foundation materials.

**Bronze - \$5,000**

**Silver - \$10,000**

**Gold - \$25,000**

**\$50,000** – Donors of \$50,000 or more shall have the opportunity to name an appropriate area of the hospital, at the discretion of the Foundation Board. To learn more about naming opportunities, please contact the Foundation Office.

## Our Mission

Fulton County Health Center Foundation strives to serve and support our community by providing charitable resources to assist Fulton County Health Center in completing the circle of care.

"Join us in this essential mission," says Armstrong. "Your involvement isn't just a donation -- it's an investment in the vitality of Fulton County. Together, let's nurture the seeds of health and wellness that will bloom for generations to come." "If FCHC has ever taken care of you, your family members, friends or neighbors, please consider assisting the FCHC Foundation with your talent, time or treasure," adds Finn. "We appreciate all

those who have contributed in the past and those who will do so in the future!"

For more information about the FCHC Foundation or to donate, visit [fchcfoundation.org](http://fchcfoundation.org) or contact Jana Armstrong, FCHC Foundation Director, at 419-337-7318 or [fchcfoundation@fulhealth.org](mailto:fchcfoundation@fulhealth.org)

## FCHC Heart & Vascular Center Upgrades



The FCHC Heart & Vascular Center will undergo renovations in early 2024 thanks to the first capital campaign from the new FCHC Foundation. "We are excited to be expanding our Cath Lab and providing our local and surrounding communities with advancements in technology, as we introduce increased square footage to accommodate increased patients and provide a true high-quality heart and vascular care experience," says Lisa Cheney, BSN, RN, Director of Cardiovascular Services. "In addition, we are collaborating with our stress testing, echocardiogram, EKG, and nuclear medicine departments to enhance workflows and provide a peace of mind for our patients as they easily transition from one service to another."

Cheney says that with the addition of Charles Gbur, MD, FCHC's own interventional cardiologist, the Heart & Vascular Center can offer a higher level of cardiovascular patient care. "Not only is he performing cardiac catheterizations, pacemaker and defibrillator insertions, he is bringing more technology to the department to perform intricate vascular procedures to help restore blood flow in the legs and remove life threatening blood clots, along with many other conditions."

FCHC has doubled the Heart & Vascular Center's staff to continue its high level of quality service for patients. "No longer will our patients need to travel to outlying facilities to receive the comprehensive high level of care they deserve," says Cheney.





# A NEW PROGRAM FOR ADDICTION

Anyone with a substance abuse problem knows it is extremely difficult to quit on their own. In fact, withdrawal from substance abuse without medical supervision can be deadly. But now there is hope through FCHC's New Medical Detoxification program. The program is offered through a partnership with New Vision, a hospital-based medical stabilization and withdrawal management service.



## PROGRAM OVERVIEW

FCHC's Medical Detoxification program treats adults 18 or older who are currently experiencing active or impending withdrawal symptoms from alcohol or certain drugs, so they can begin their path to recovery. The program involves a medically supervised hospital stay for inpatient stabilization, which usually lasts three days.

The inpatient stay includes the following:

- ▶ Pre-Screening
- ▶ Assessment
- ▶ Admission
- ▶ Medical Stabilization
- ▶ Appropriate Discharge Planning

## TYPES OF SUBSTANCES TREATED

FCHC Medical Detox is able to provide a safe medical stabilization setting for those dependent on:

- ▶ Alcohol
- ▶ Benzodiazepines (Valium, Xanax)
- ▶ Opioids (Heroin, OxyContin)
- ▶ Methamphetamine
- ▶ Cocaine
- ▶ Combined Substances
- ▶ Prescription Medications

## MEDICAL TREATMENT TEAM

The FCHC Medical Detoxification program offers patients a fully qualified treatment team including:

- ▶ On-site intake coordinator
- ▶ Attending physician
- ▶ Nursing personnel

The medical treatment team will utilize a multidisciplinary team approach to ensure that each person receives the attention necessary for safe medical stabilization in the hospital.

## ADMISSION PROCESS

A physician's referral is not necessary for admission to the program. However, the diagnosis of need for inpatient admission to the hospital can only be made by a licensed physician. The service accepts most insurance.

## *The process for admission is as follows:*

1. A staff member conducts the initial 10-minute phone screening. Once insurance information is verified, the goal is to get potential patients scheduled for an assessment for the program within 24 hours.
2. When the patient arrives, a staff member begins the assessment process. This takes approximately one hour and includes a medical history, a physical, a complete laboratory workup, and a nursing assessment.
3. The Medical Detox provider then reviews the patient's information and makes the decision to admit the patient to FCHC's 4th floor if it is deemed medically necessary.
4. A normal length of stay for Medical Detox is three nights, but patients may stay an additional 1-2 nights if the provider determines it is a continuum. Once admitted, staff provide advice and options on the patient's next steps in their continuum of care.
5. At time of discharge, all patients are given a referral for comprehensive relapse prevention and recovery. Staff will review the discharge plan with the patient and help schedule follow up appointments.

## HOW TO SEEK HELP

For more information about the New Vision Medical Detox program or to seek help, call our confidential number at (419) 546-0484.



# Remember, Patients Have Choices

If you're like most people, you probably prefer to have your health care needs close to home. It's important for you to understand that you can choose your primary care provider, any specialty providers as well as where you go to receive your services. In some cases, your health insurance policy may limit your overall choices, so it's important for you to check with your insurance company on the matter.

Over the past 50 years, Fulton County Health Center has expanded many of our departments including surgery, cancer care, behavioral health, urology, OB/GYN, rehab and, most recently, interventional cardiology. We have opened and expanded provider offices to help meet the growing health needs of our area residents. In addition, we have added state of the art radiology equipment, comprehensive lab services and even convenient off-site lab draw stations for your convenience. Whether you are needing comprehensive diagnostic services, medical interventions or have a need to see a specialist, in most cases we offer these services right here in Fulton County.

## Comprehensive Specialists Close to Home

FCHC offers many health care providers through our FCHC Medical Group.

The FCHC Medical Group include the following Primary Care offices:

- ▶ FCHC Primary Care Delta
- ▶ FCHC Primary Care Fayette
- ▶ FCHC Primary Care Wauseon



In addition, FCHC Medical Group also offers 13 specialty offices including:

- ▶ FCHC Behavioral Health Outpatient
- ▶ FCHC Cancer Care Clinic
- ▶ FCHC Ear, Nose & Throat
- ▶ FCHC General Surgery
- ▶ FCHC Heart & Vascular
- ▶ FCHC Neurology
- ▶ FCHC Ob/Gyn
- ▶ FCHC Orthopedics
- ▶ FCHC Pediatrics
- ▶ FCHC Podiatry
- ▶ FCHC Urgent Care
- ▶ FCHC Urology
- ▶ NEW! FCHC Medical Weight Management

## Convenient Diagnostic Services

Many times your provider may order lab, radiology or other diagnostics testing to help in determining a diagnosis or treatment. At Fulton County Health Center, we offer advanced comprehensive diagnostic radiology and laboratory services.

In addition, we also offer off-site laboratory draw stations at Fairlawn Haven in Archbold, at all the FCHC Primary Care offices of Delta, Fayette, and Wauseon and on the ground floor across from the FCHC Outpatient Pharmacy in the South Medical Office Building. These off-site Lab Collection Centers can handle new physician orders as well as repeat standing orders. The off-site collection centers are an extension of FCHC's main lab, and patients will see the same Phlebotomists at these off-site centers as they do at the Health Center.

## We Want to Be Your First Choice in Healthcare!

When you need advanced health care, we offer a variety of specialists, programs and services right here close to home. At Fulton County Health Center, we strive to be your first choice for healthcare for whenever the need may arise. For more information, contact FCHC Marketing and Planning at 419-330-2717 or email us at [info@fulhealth.org](mailto:info@fulhealth.org).

# Message from the CEO



We're fast approaching the New Year and the time of year when New Year's

Resolutions are made. So often, people resolve to lose weight, only to discover how difficult it is to do so. We have a new program at FCHC -- Medical Weight Management -- that will

go a long way to helping people set a realistic weight loss goal and then work to achieve their goal. Please take time to read about this important new program we are offering.

We are also in a season of giving thanks. At FCHC, we are extremely grateful for the people and organizations who have contributed their time, talent and treasure for the betterment of our facility and programs. Beginning this January, we are streamlining the donation process through the charitable foundation we have established. The FCHC Foundation is a 501(c)(3) charitable organization, which allows donors to claim a tax deduction for their contributions. You can learn more about the Foundation and how to contribute in this newsletter.

Addiction to substance abuse is an ever-growing problem, which affects scores of people in our area and across the nation. As a result, we have added a voluntary Medical Detoxification program through a partnership with New Vision, a hospital-based medical stabilization and withdrawal management service. The program is located right here at FCHC. It is designed to help those with a substance abuse addiction to go through detoxification safely and medically. Learn more about the program here.

We have also included an article about patient's having choices with their health care providers and facilities. Today, more than ever, there are many options for you to consider. We want to remind you of the comprehensive care we offer with our many providers and services.

Please take time to get to know Fulton County Health Center and our staff and providers through issues like this newsletter. Stay well, and Happy New Year to you and your loved ones!

*Patti Finn*

Patti Finn

Fulton County Health Center  
Chief Executive Officer



## Meet Our Newest Providers



**Paul Diaz, RN, MSN, NP-C**

Paul Diaz, RN, MSN, NP-C is a family nurse practitioner and joins the practice of FCHC Primary Care Delta. Paul is a graduate of the University of Toledo with a Master's of Science in Nursing. He received his Associates Degree in Nursing from Northwest State Community College in Archbold. He has four years of experience as an RN in both intensive care and telemetry and over 600 hours of clinical preceptive hours in family practice. Paul is excited to be a part of the FCHC Primary Care Delta practice offering comprehensive family practice care to area residents. He is accepting new patients. Appointments can be made by calling FCHC Primary Care Delta at 419-822-3242.

**Rebecca Erupe, RN, MSN, PMHNP-BC**

Rebecca Erupe, RN, MSN, PMHNP-BC joins the FCHC Behavioral Health Outpatient Program as a Psychiatric Nurse Practitioner. The FCHC Behavioral Health Outpatient program is located at 495 South Shoop Avenue on the north end of the FCHC campus and serves adults 18 years and older in the area. She received her Master's of Science in Nursing-Mental Health Psychiatric Nurse Practitioner degree from the University of Toledo and her Bachelor's of Science in Nursing with a Psychology Minor from Kent State University. Rebecca has over five years of experience as a Psychiatric RN and over 700 hours of clinical preceptive hours as a psychiatric mental health nurse practitioner. She is looking forward to serving the local community for their mental health needs.



**Michelle Fuhr, RN, MSN, AGACNP-BC, PMHNP**

Michelle Fuhr, RN, MSN, AGACNP-BC, PMHNP, joins the medical practice of FCHC Heart & Vascular and Charles Gbur, MD, Interventional Cardiologist. FCHC Heart & Vascular is located on the ground floor of the FCHC North Medical Office Building, Suite G-02. Michelle received her Master's of Science in Nursing from Walden University and her Psychiatric Mental Health Nurse Practitioner degree from Walden University. She received her Bachelor's of Science in Nursing from Spring Arbor College. She has more than six years of Hospitalist Nurse Practitioner experience. Michelle is excited to be a part of the practice, which now offers comprehensive Interventional Cardiology service to area residents. She is accepting new patients and can be reached at FCHC Heart & Vascular at 419-330-2653.

**DanaJo Woods, RN, MSN, NP-C**

DanaJo Woods, RN, MSN, CNP, joins Ted Barber, MD, neurologist and the practice of FCHC Neurology. The office is located on the first floor in the FCHC North Medical Office Building, Suite 104. DanaJo is a graduate of the University of Toledo where she earned a Master's of Science in Nursing as well as a Bachelor's of Science in Nursing and has six years of Nurse Practitioner experience. She enjoys providing high quality care and is able to manage complex diseases and cases. DanaJo looks forward to providing comprehensive neurology care to area residents. She is accepting new patients. Appointments can be made by calling FCHC Neurology at 419-330-3301.



## Heart Radiothon, Our 50th Year

On Thurs., Feb. 8, 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 the Fulton County Health Center Cafeteria. Call 419-330-2724 to schedule an appointment. Testing will also take place from 10:00 a.m. – 2:00 p.m. at the Fulton County Senior Center. A sign-up for this location will be available onsite at the Senior Center or call 419-337-9299. Fasting is not required. A \$5 donation to the Fulton County Heart Radiothon is requested at the time of the screening.



### ADDITIONAL SCREENINGS:

Call 419-330-2724 to schedule an appointment at any of the four locations.

Swanton Senior Center

9:30 a.m. - 11:30 a.m., Wed., April 24

Delta Senior Center

9:30 a.m. - 11:30 a.m., Thurs., April 25

Archbold Senior Center

9:30 a.m. - 11:30 a.m., Fri., May 3

Fayette Senior Center

9:30 a.m. - 11:30 a.m., Thurs., May 9

## An Evening of Heart Matters

On Mon., February 12, from 5:30 - 7:30 p.m., FCHC will present "Heart Matters." This program will be presented in an informal setting with a free, heart-healthy dinner at 5:30 p.m. followed by the Heart Matters program at 6:00 p.m. Attendees can pose heart-related questions to our new Interventional Cardiologist Charles Gbur, Jr., MD. FCHC staff will provide free blood pressure checks. The event will be held in the FCHC Beck Meeting Room. Seating is limited, so pre-registration is required by Feb. 5. Call 419-330-2724 to register. Doors will open at 5:00 p.m. Raffle proceeds and other donations will benefit the 2024 Heart Radiothon.

(Continued on page 12.)





## MEMBERSHIP OPTIONS & PRICING

GYM PLAN:	BASE	GET FIT	AQUATIC	ELITE
Monthly Individual Rate	\$32	\$42	\$42	\$52
Monthly Family Rate	\$50	\$65	\$65	\$80
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 \$42/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.antis.us](http://fchcfitness.antis.us)

## WHAT'S NEW AT THE GYM

### NEW YEAR OPEN HOUSE

SATURDAY, JANUARY 6, 2024 - 8:00 - 12:00 PM

Fitness class demos all morning  
Healthy breakfast provided  
Gym tours  
Equipment orientations  
Membership discounts  
Door prizes  
Chance to win a free membership

Visit FCHC Fitness on Facebook for complete class schedule and membership discounts.



### WORKOUT FOR THE HEART

THURSDAY, FEBRUARY 8 - 6:30 - 8:00 PM

FCHC Fitness is offering this workout as part of the Heart Radiothon. The workout features FCHC's most popular classes. Workout for 30 minutes or the entire 1.5 hours. Individuals can turn in pledge sheets which can be obtained at FCHC Fitness. 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.



### 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.

**Saturdays, January 13 - March 2, \$60**

GROUP LESSONS (3 - 6 YEARS)

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

**Saturdays, January 13 - March 2, \$80**

PRIVATE LESSONS (ALL AGES)

One-on-one instruction aimed towards the needs of each individual.

**4-SESSIONS - TIMES TBD BY INSTRUCTOR AND PARENT. \$100.**  
**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., March 16, July 20, Nov. 16. Sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 1:00 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. 20, May 18, Sept. 21. Sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 12:00 p.m., \$50, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

### **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, Jan. 13 - March 2, \$60

Saturdays, April 6 - June 1 (No class on May 25), \$60

Saturdays, July 27 - Sept. 21 (No class on August 31), \$60

Saturdays, Oct. 5 - Nov. 23, \$60

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.



### **Group Lessons (3 - 6 years)**

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.

Saturdays, Jan. 13 - March 2, \$80

Saturdays, April 6 - June 1 (No class on May 25th), \$80

Saturdays, July 27 - Sept. 21 (No class on August 31), \$80

Saturdays, Oct. 5 - Nov. 23, \$80

11:00 a.m. & 11:30 a.m.

### **Private Lessons (All ages)**

One-on-one instruction aimed towards the needs of each individual. 4-sessions - Times TBD by instructor and parent. \$100. Discount for siblings. Call 419-330-2724 to register.

## ONCOLOGY PROGRAMS

FCHC Cancer Care provides 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.

## 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.

Register on-line at [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org) (click on Health and Wellness Programs in the Quick Links section) or call 419-330-2772 unless noted.

## 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: [www.fultoncountyhealthcenter.org/services/diabetes-education/](http://www.fultoncountyhealthcenter.org/services/diabetes-education/)

### ***Lifestyles for Better 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 Health Screening***

Blood pressure, weight, fingerstick blood sugar, and A1C testing available –Free. Review your results with an RN Diabetes Care and Education Specialist. Call 419-330-2772 for a time slot on March 4 between 2:00 p.m. - 4:00 p.m. in the Diabetes and Nutrition Education office on the ground floor of the North Medical Office Building.

### ***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. New cohort, Thursdays, beginning Jan. 11, 5:00-6:00 p.m.

### ***Understanding Cholesterol, Key to the Health of Your Heart***

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. 30 and March 26, 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., Jan. 16 or March 19, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

### ***Heart Health: A Story of Lifestyle***

Keeping your heart healthy with food and fiber. Explore meal ideas, cooking tips and tastes. Thurs., Feb. 2, 12:00 - 1:00 p.m., Diabetes and Nutrition Education Center Classroom, \$5. Please call to register.

### ***Kitchen Gadgets 101***

Come learn about using the latest gadgets to create healthy meals and snacks. Samples provided. Thurs., March 21, Diabetes and Nutrition Education Center, \$5. Must call to register, 419-330-2772, option 1.

## WEIGHT LOSS

### ***An 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 to the video on the FCHC website.

### ***Bariatric Support Group***

Meetings on the 4th Tuesday of each month, 5:00 - 6:00 p.m., Diabetes and Nutrition Education Center.

## 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)

### FCHC Urgent Care New Hours/Rapid Testing

Beginning in January 2024, the Sunday hours for FCHC Urgent Care will change from being open in the afternoon to opening earlier in the day. Other hours through the week and Saturday will remain the same. The new hours for FCHC Urgent Care beginning in January 2024 will be:

Monday- Friday, 9:00 a.m. - 9:00 p.m.  
Saturday 9:00 a.m. - 5:00 p.m.  
Sunday, 9:00 a.m. - 1:00 p.m.  
No appointment is necessary!

FCHC Urgent Care is located at  
735 South Shoop Avenue  
on the southwest side of our campus.



In addition, FCHC Urgent Care offers rapid testing for certain illnesses. With the sick season upon us, we have the ability to do rapid point of care testing so you can get the results during you visit.

We currently offer these rapid tests:

- ▶ COVID
- ▶ Influenza
- ▶ RSV
- ▶ Strep
- ▶ Urinalysis

We also offer diagnostic services such as x-rays on-site and lab testing.



### 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



### 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.

*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.