

A publication of Fulton County Health Center

Health *Centering*

Preventing Illness: Know Your 5 Health Indicators

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



PREVENTING ILLNESS PART I: Know Your 5 Health Indicators

Everyone wants to be healthy, but taking control of your health can be a bit overwhelming. Fulton County Health Center is dedicated to the principle that everyone has a basic right to attain the highest degree of wellness possible, based on their own health care needs.

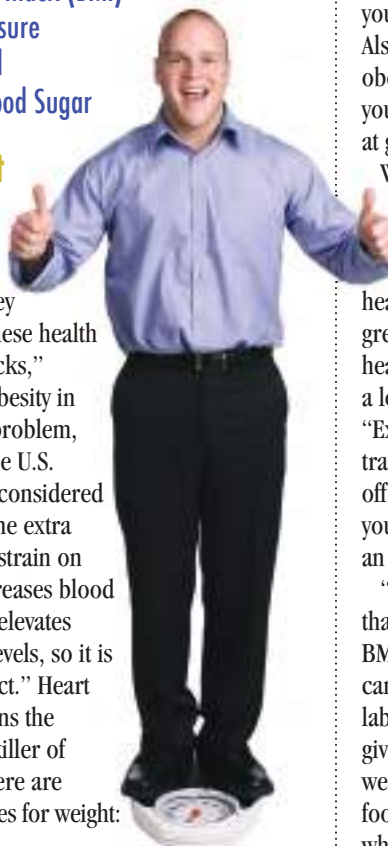
The FCHC Corporate and Community Health Promotion Department would like to suggest that people focus on five key health indicators in order to stay on top of their health.

"If people pay attention to five areas of health and work to stay within established guidelines, it will go a long way in helping them stay healthy," says Sharon Morr, Director of the FCHC Corporate and Community Health Promotion Department. The five key indicators of health are:

1. Weight
2. Body Mass Index (BMI)
3. Blood Pressure
4. Cholesterol
5. Fasting Blood Sugar

1. Weight

"Keeping your weight under control is really the key to all five of these health measuring sticks," says Morr. "Obesity in America is a problem, and 60% of the U.S. population is considered overweight. The extra weight puts a strain on the heart, increases blood pressure and elevates blood sugar levels, so it is a domino effect." Heart disease remains the number one killer of Americans. Here are some guidelines for weight:



- The average American woman is 5'4" tall and should weigh less than 150 pounds.
- The average American male is 5'9" tall and should weigh less than 170 pounds.
- If you are taller, add 5 pounds per inch; if you are shorter, subtract 5 pounds per inch.

2. Body Mass Index (BMI)

Your BMI is basically a measurement of your weight divided by your height (in inches). Also, your waist size is highly correlated with obesity-related diseases. If you carry most of your fat around your mid-section, then you are at greater risk for weight-related illnesses.

Women should have a waist size of 35" or less. Men should have a waist size of 40" or less.

Morr says food in the United States is heavy in fat, sugar and salt, all things that taste great but are bad for your BMI. Eating more healthy foods and exercising regularly will go a long way in reducing a person's BMI.

"Exercising doesn't mean going out and training for a marathon," says Morr. "Just get off the couch and move - go for a walk, ride your bike, or take the stairs instead of an elevator."

"Eating real food, like fruits and vegetables that are not processed, can also reduce your BMI," says Morr. She offers a key tip: "If you can pronounce all the ingredients on a food label, then it's good for you." Those trying to give up tobacco products may find they gain weight as a result. Morr suggests keeping a food log of what you ate, when you ate it, and what type of craving you had at the time.



"Our taste buds can change over time," says Morr. "So eating less salty foods can cause you to not like heavily salted foods, like potato chips. Dieting to lose weight will also lower your BMI, but it's all about changing your eating behaviors over time. You have to take it one day at a time so you don't get discouraged."

A few other tips to keep your BMI in check:

- Don't go grocery shopping without a meal plan, then stick to what's on your list.
- Download an app for your smart phone, such as MyFitnessPal®, which helps with meal planning and food logs.
- If you don't like vegetables, perhaps it's because you've eaten overcooked vegetables. Give them another try and don't cook them as much.
- Of course, eat more fruits and vegetables.

3. Blood Pressure

Over 50 million Americans have high blood pressure, and many are not even aware of it. High blood pressure is considered the silent killer, because it can lead to cardiovascular disease, kidney disease, vision problems, and sudden strokes that can be deadly. The rule of thumb on blood pressure is to maintain it at 120/80. A level of 140/90 is considered borderline high, at which point many doctors recommend their patients start taking blood pressure medication. "A simple way to reduce

WEIGHT

BODY MASS
INDEXBLOOD
PRESSURE

CHOLESTEROL

FASTING
BLOOD
SUGAR

your blood pressure is to try deep breathing or meditation,” says Morr. “If you’re having a particularly stressful day, take a few minutes to breathe deeply and relax. It will work wonders to slow your heart rate and lower your blood pressure.” She also suggests massage therapy, which will relax the muscles in the body and lower your blood pressure.

4. Cholesterol

High cholesterol is a major risk factor of cardiovascular disease, because it can cause plaque to form in the arteries. Cholesterol must be measured by having your blood drawn and tested, such as at the FCHC Lab or at one of its outpatient labs. On February 11, FCHC will offer non-fasting cholesterol screening tests for a \$5 donation during the Heart Radiothon that will be held in the Health Center’s Cafeteria.

There are two types of cholesterol: HDL and LDL. Your HDL is considered healthy cholesterol and should be 50 or higher. Your LDL is considered unhealthy cholesterol and should be less than 100. “Watching your weight, eating healthy, and exercising will help

to keep your cholesterol levels in check,” says Morr. “But sometimes no matter what you do doesn’t work, and you may need to go on some type of cholesterol lowering medication prescribed by your doctor.” Morr says people shouldn’t assume that all fat in foods is bad for your cholesterol. “There are good fats in foods, such as olive oil, avocado, coconut oil, olives, and fish high in fat such as salmon and tuna.”

5. Fasting Blood Sugar

You should have your blood sugar tested through a blood analysis. Blood sugar is usually measured after a 12-hour fast, which is important because eating even a piece of fruit before your test can raise your blood sugar levels. A fasting blood sugar between 100 to 125 is considered pre-diabetic.

(Continued on page 6)

FCHC WELLNESS PROGRAM

In 2006 as part of its mission to invest in its employees, Fulton County Health Center introduced an employee wellness program offering health assessments and ongoing wellness initiatives. The mission of the GET FIT! Wellness Program is to provide FCHC employees

with the tools and support to become healthy, productive individuals in work and life. By using education and encouragement, we want employees to improve both physically and mentally to lead a more balanced and healthy lifestyle.

The employee wellness program is voluntary and today offers incentives to those who participate. “We meet with our staff at the beginning of the year, and each individual signs a statement of intent to participate in the program,” says Kristy Snyder, FCHC Director of Human Resources. “An internal committee sets the goals for the different health indicators for all to meet.” The committee is comprised of FCHC employees representing various departments: Corporate and Community Health Promotion, Dietary, Cafeteria, Occupational Medicine, Laboratory, Human Resources, Administration, Corporate One Benefits, and Bravo Wellness. “In late summer, we schedule individual screenings through our Occupational Medicine program,” says Snyder. Staff members are screened in five areas: Body Mass Index, Blood Pressure, Cholesterol, Blood Sugar (glucose), and Tobacco/Nicotine use and must complete an



Jason Mohler, FCHC Benefits and Compensation Manager, presents information to staff members for the FCHC GET FIT! Wellness Program.

online health risk assessment. Results are kept on file by an outside organization, Bravo Wellness, that compares individual results to the established goals and generates an aggregate final report.

Employees who elect FCHC health insurance and have completed the Biometric

screening and online health assessment are eligible for a lower deductible health plan. They also receive a \$10 discount per pay period off of their health insurance premium for every goal they meet. If they meet all five goals, they receive a \$50 discount per pay period. Those employees that do not elect the health plan are eligible to participate in FCHC’s wellness program as well and can receive \$10 per pay or \$260 per year. Other incentives such as raffles for a \$25 gift card and vacation days are provided for those who complete other wellness activities such as annual physicals/exams, immunizations, attend health education sessions or exercise regularly.

In 2015, FCHC had 480 employees out of 837 staff members (57%) who completed all criteria associated with performance-based screening. A total of 453 employees earned at least a \$30 discount per pay period off of their health insurance premium.

“Our goal with the employee wellness program is to encourage people to make healthy choices in their lives and to see progress towards getting healthier,” says Snyder. “It is making a difference in people’s lives.”



Tonya Gomez, RD/LD, Registered Dietitian, Fitness Coordinator, & Nutrition Educator (right) performs a cholesterol check.



PREVENTING ILLNESS

PART II: Health Screenings

As part of our mission to help people remain healthy, FCHC offers a variety of health screenings either regularly or through special events. Here are a few of the key screenings that can help you lead a healthy lifestyle.

Breast Cancer Screenings

Breast cancer awareness is at an all time high, and early detection can significantly alter the course of treatment as well as a patient's long-term prognosis. Historically, women age 40 and older were encouraged to have annual breast cancer screening mammograms. Recently, new guidelines suggest that women in their 40s, with an average risk of breast cancer, may consider having a screening mammogram every other year. The new guidelines are based on research that suggests annual mammograms do not necessarily change the mortality rate of women from breast cancer.

"Many professionals in the Radiology field, including those in the Radiology Department at Fulton County Health Center, do not necessarily agree with the new mammography guidelines," says Michelle Andrews, BAHS, RT(R) (M), FCHC's Assistant Radiology Department Manager. "We believe that how often a woman has a mammogram should be a discussion she has with her primary care physician."

The American Cancer Society has published these guidelines for women at average risk of breast cancer.



Members of the FCHC Radiology Department with the Digital Mammography Unit (L-R): Josie Torres RT(R) (M), Michael Pole, MD, Radiologist, Michelle Andrews BAHS, RT(R) (M), and Heather Green RT(R).

- Women ages 40 to 44 should have the choice to start annual breast cancer mammography screenings.
- Women ages 45 to 54 should get mammograms every year.
- Women ages 55 and older should switch to mammograms every 2 years, or have the choice to continue yearly screening.

Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

FCHC now uses sophisticated Digital Mammography that has replaced the old film screening method, which was similar to an old X-ray film. Digital mammography provides more detailed images of the breast, especially for those women who have dense tissue. That means earlier detection of breast cancer, when it is in a more treatable stage.

Women at high risk of breast cancer can also have a breast MRI performed at FCHC. "High-risk women are those who have had two first degree relatives - a mother, sister, or daughter - diagnosed with breast cancer," says Andrews. "Just before a woman's first digital mammography screening, we will ask a series of questions to create a personalized breast cancer risk assessment," says Andrews. "If we discover she is at high risk for breast cancer because of family history or some other reason, then we may suggest a breast MRI as a follow-up. It's all about detecting possible breast cancer at an earlier stage."

For more information about breast cancer mammography screenings and guidelines, contact the FCHC Radiology Department, at 419-330-2651.

Free Mammography Program

This is the third year that FCHC has participated in the "Yes Mamm" free mammography screening program for uninsured and underinsured women and men. The "Yes Mamm" program is funded by the Susan G. Komen organization through a local grant written by the Hospital Council of Northwest Ohio. "There are 23 counties that are covered by the grant, most of which are in northwest Ohio along with Monroe County in southeast Michigan," says Leisa Britsch, Nurse Manager of the FCHC Rainbow Hematology/Oncology Treatment Center. "Nine area hospitals are participating in the program. To make it more convenient for women, FCHC allows patients to call and schedule a screening time that is convenient to the patient." Britsch says FCHC provided 25 patients with mammography screenings last year. "The grant allows us to offer free mammograms to a patient every other year," she adds. "They are welcome to pay for their own screening in the years that the screening is not covered, which would be a \$200 charge. A doctor's order is still required." All mammography screenings are digital and are performed in the FCHC Radiology Department. A doctor's order is required for the mammography screening. To schedule an appointment, please call Leisa Britsch, Director of the FCHC Rainbow Hematology/Oncology Treatment Center, at 419-330-2706.

Colorectal Cancer Screenings

March is National Colorectal Cancer Awareness Month, and this disease is one of the few cancers that can be prevented through a routine colonoscopy. Colorectal cancer affects both men and women, and it is the second leading cause of cancer-related deaths in the United States. More than 90 percent of colorectal cancer cases occur in people age 50 or older.

You should schedule a colonoscopy if you have any of these colorectal cancer symptoms:

- ✓ A change in bowel habits such as diarrhea, constipation or narrowing of the stool that lasts for more than a few days
- ✓ A feeling that you need to have a bowel movement after you have had one
- ✓ Bleeding from the rectum or blood in the stool
- ✓ Cramping or a gnawing pain in the stomach
- ✓ Decreased appetite
- ✓ Weakness and fatigue
- ✓ Jaundice (yellow-green color of the skin)

To learn more about colorectal cancer screenings, contact your family physician or Beverly Smith, RN, Coordinator of the FCHC Endoscopy & Pain Management Center, at 419-330-2751. Visit fultoncountyhealthcenter.org or follow our Facebook page for more information about FCHC events and activities associated with National Colorectal Cancer Awareness Month.

Low-Dose CT Lung Screenings

Individuals with a high risk of having lung cancer have traditionally been given annual chest X-rays. But, a recent Federal Task Force study of high-risk individuals has concluded that lung cancer is 20% more likely to be detected by a low-dose CT scanner than by an X-ray. "This means that based on the increased use of low-dose CT scans of the chest over the past five years, 20% more early stage lung cancers have been found in high-risk patients," says Chad Elling, R.T. (R) (CT), FCHC Radiology Coordinator. "Early detection is key to fighting cancer."



FCHC Radiology Technologists Chad Elling, RT(R), CT (left) and Andrew Ritter, RT(R), CT (right).

Elling says the Centers for Medicare & Medicaid Services (CMS) agrees with the Federal Task Force study and now covers the cost of low-dose CT scans based on the following patient criteria:

1. The patient must be age 55-77
2. The individual must not show any symptoms of lung cancer
3. They must be a current smoker or one that has quit within the last 15 years
4. The patient must have smoked at least a pack of cigarettes a day for the past 30 years

"If the patient meets these criteria and qualifies, then Medicare will cover the cost of the low-dose CT scan with no co-pays," says Elling. He says most insurance companies have now followed suit and will cover the cost of the scan as well, although each insurance company defines the age limit of the patient a little differently. Last year, FCHC performed 20 low-dose chest CT scans of high-risk patients based on a cash basis. That number should increase now that Medicare and insurance companies cover the cost of the scan.

Elling says that while CT scans expose patients to higher levels of radiation than traditional X-rays, the low-dose CT scan reduces the radiation levels by 10 times. "This gives the patient the best of both worlds - a sharper image than an X-ray but at a much lower level of radiation than that from a typical CT scan."

The low-dose chest CT scan is performed on an outpatient basis, and a physician's order is required. "The scan only takes about five minutes, and the patient does not have to drink any contrast or receive intravenous dye," says Elling. "The scan is read within two days, and if anything is found a higher dose CT scan is then ordered." Elling agrees with the CMS recommendation that high-risk patients should have an annual low-dose CT scan until they are no longer considered high risk based on the

CMS criteria. For more information about the low-dose chest CT scans, contact Chad Elling, R.T. (R) (CT), FCHC Radiology Coordinator, at (419) 330-2651.



FCHC Biennial Health Fair

Date: April 9

Time: 7 a.m. – 11 a.m.

Place: FCHC Beck Meeting Room

Parking: South Lot – Use ER Entrance

Sponsored By: The FCHC Corporate & Community Health Promotion Department

Free Admission. Light Refreshments.
Giveaways & Prizes!

Screenings & Information (No appointments
will be taken; cash or checks only)

1. Comprehensive Blood Test – \$30, normally \$400; requires a 12-hour fast – no food or drink. Blood draws will end at 9:30 a.m.

- Lipid profile for heart health
- Tests for liver & kidney health
- Hemogram to detect infections or anemia
- PSA for men: add \$25
- A1C Screening – \$25

2. Free Tests

- Blood Pressure Screening
- Dermascan Screen (for sun damage)
- Osteoporosis Screening
- Vision Test
- Hearing Test
- Blood Sugar (finger stick)

3. Free Information (on these topics)

- Cancer
- Fitness Classes
- Hearing
- Heart Health – Provided by the FCHC Heart & Vascular Center and Cardiac Rehab Staff
- Stress Management
- Nutrition
- Diabetes



PREVENTING ILLNESS PART I: Know Your 5 Health Indicators

(Continued from page 3)

5. Fasting Blood Sugar (Continued)

"Juices are high in sugar content, and so are soft drinks," says Morr. "A 12-ounce can of pop has the equivalent of 10 teaspoons of sugar. Those are empty calories that raise your blood sugar levels." So, stay away from sugar-heavy fruit juices and soft drinks, and read your food labels.



One More Consideration Tobacco Use

If everyone used tobacco products, then tobacco would be considered the sixth key health indicator for people to focus on. So while not everyone smokes or uses tobacco products, those who do should consider quitting. "The risks of getting cancer or other diseases from tobacco use is well documented," says Morr. "Tobacco products can cause all kinds of long-term health issues, and those who have quit smoking will tell you they have more energy and just feel better. It's not easy to quit, but it is worth the effort."

Where to Get Help

Individuals whose five key health indicators are not within established guidelines should first see their primary care doctor. They can also take advantage of the many general health classes and fitness classes offered by Fulton County Health Center (see classes listed in this newsletter). For more information about the five key health indicators, contact Sharon Morr, Director of the FCHC Corporate and Community Health Promotion Department, at 419-330-2723.

FCHC: COMMITTED TO WELLNESS

MISSION:

Serve our community by promoting and providing the means for continued health and wellness.

PHILOSOPHY:

Dedicated to the principle that everyone has a basic right to attain the highest degree of wellness possible, based on their own healthcare needs.



2015
WOMEN'S CHOICE AWARD
AMERICA'S 100 BEST HOSPITALS
FOR PATIENT EXPERIENCE

FCHC Named as One of America's Top 100 Hospitals for Outstanding Patient Experience

Fulton County Health Center has received the Women's Choice Award as one of America's 100 Best Hospitals for Outstanding Patient Experience for 2015. Women account for 94% of all health care decisions for themselves and their families,* so being named as a hospital of choice among women is a strong distinction.

"This award signifies our team's commitment to the health and well-being of women and their families in our community," says Patti Finn, FCHC CEO. "It shows that as an organization, we value our patients and strive to give them the best experience and outcome possible."

The recognition is unique in that it is the only national award that focuses on female patient satisfaction and recommendation scores. The process begins with scores derived by the Centers for Medicare and Medicaid Services for each hospital in the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) database. The 100 best scores in each of the four bed size categories determine the America's 100 Best Hospitals for Patient Experience award winners. The four size categories include hospitals with up to 100 beds, 101-250 beds, 251-400 beds, and 401-plus beds. All scoring is objective and uniform.

"At the Women's Choice Award, we've identified America's Best Hospitals across the nation to help women make smart healthcare choices for themselves and their family members," says Delia Passi, CEO and Founder of the Women's Choice Award. "Being treated with the proper level of care impacts one's health, well-being and healing so it is critical for women to know those hospitals that have demonstrated the highest level of quality care to their patients, with a special focus on the female experience." To learn more, visit www.WomensChoiceAward.com.

**Source: Center for Talent Innovation*

Patient Registration at FCHC

Our main Central Registration Office is open Monday through Friday, 7:00 a.m. - 7:00 p.m. Patients who need Laboratory or Radiology services on weekends are asked to register in the Emergency Department Registration area. It is best to park in the Emergency Department parking area and enter through the Emergency Room Entrance. That will allow you to register prior to heading to Lab or Radiology for your services. For any questions on this change, please contact Jan Buehrer, FCHC Patient Access Manager at 419-337-7327 or jbuehrer@fulhealth.org.

February: American Heart Month

Heart disease is the leading cause of death for both men and women, and each year more than 600,000 Americans die from it. Coronary Artery Disease is the most common type of heart disease, and it can lead to a heart attack. The good news is that you can reduce your risk for Coronary Artery Disease through lifestyle changes and with medication. Since 1963, February has been designated as American Heart Month in an effort to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign. The campaign encourages women and men to wear red on Friday, February 5th as a means to remind everyone that heart disease is not just a man's problem. Visit fultoncountyhealthcenter.org or follow our Facebook page for more information about FCHC events and activities associated with American Heart Month.

Heart Radiothon

On Thurs., Feb. 11, WMTR 96.1 FM will devote the entire day to playing musical requests in exchange for a donation to the Heart Radiothon fund. This is the 42nd Anniversary of the Heart Radiothon, and we have set a goal of reaching \$24,000 this year! Proceeds will support heart related programs and equipment in Fulton County. FCHC will test cholesterol and glucose (blood sugar) levels from 7:00 a.m. - 7:00 p.m. that day in the FCHC Cafeteria for a \$5 donation. Fasting is not required.

An Evening of Heart Matters

Your heart is an amazing organ. Did you know that the heart pumps an average of 72 times a minute, 103,000 times a day, and 37,343,000 times a year? Your heart will pump an average of more than 48 million gallons of blood in your lifetime. On Tuesday, Feb. 9, from 5:30-7:30 p.m., FCHC will present "An Evening of Heart Matters," a free program that will be presented in an informal setting along with a free, heart-healthy dinner at 5:30 p.m. Attendees can ask heart-related questions to a panel of Heart & Vascular Specialists, including: Mohammed Alo, D.O., Cardiologist at Toledo Cardiology Consultants; Munier Nazzal, M.D., Vascular Surgeon; and Jodi Tinkel, M.D., Assistant Professor of Cardiology at UTMC. FCHC staff will provide free blood pressure checks and will have displays and information regarding various heart disease tests and general heart health. The event will be held in the Ground Floor Beck Meeting Room. Limited seating is available, so pre-registration is required by Feb. 3. Call 419-330-2735 to register.

Workout for the Heart

Thursday, Feb. 18 from 6:00-8:00 p.m. at the Archbold Park Pavilion. The workout features two hours of various segments of FCHC's most popular fitness classes. Free snacks and beverages will be provided for all participants. Individuals can turn in pledge sheets that can be found with any FCHC Fitness Instructor or by calling 419-330-2724. Raise at least \$25 in donations for the Fulton County Heart Radiothon and receive a free Heart Radiothon t-shirt. All proceeds will support heart related programs and equipment in Fulton County.

Auxiliary News

Like us on Facebook for a listing of all FCHC Auxiliary sales.

Feb. 4 - Nurses Edge

Feb. 11 - Valentine's Day Sale: Cookies, balloons, Rosebud Vases, & Mennonite Pantry items; FCHC Cafeteria

March 14-15 - Books Are Fun; FCHC Cafeteria

March 22 - Spring Flower Sale: Flowers, cookies, Mennonite Pantry items; FCHC Cafeteria

Volunteer Opportunities

Have you considered becoming an FCHC Auxiliary volunteer? Positions are available at both our main campus or at Fulton Manor. To find out more contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2695 or for Fulton Manor, Tammy Miller at 419-335-2017, Ext. 2798.

Patient Navigator at FCHC

A licensed Healthcare Insurance Marketplace

Navigator will be at FCHC to answer your questions and to assist with enrollment in the Healthcare Insurance Marketplace and/or Ohio Medicaid. The Navigator will be located in the Resource Library of the Rainbow Hematology/Oncology Cancer Center on these dates:

Jan. 19, 10:00 a.m. - 4:00 p.m.

Feb. 2, 10:00 a.m. - 4:00 p.m.

Feb. 16, 10:00 a.m. - 4:00 p.m.

Please bring the following:

- Social Security Numbers of those enrolling (or document numbers if you are a legal immigrant)
- Date of Birth for all to be covered
- Recent pay stub, W-2 forms, or a wage and tax statement
- Policy number for any current health insurance plan
- Information on health insurance you are able to obtain through your employer or from the employer of a family member

To schedule an appointment, call 1-800-648-1176 or visit <https://connector.getcoveredamerica.org/widget/>.

Message from the CEO

Throughout the years I've worked at Fulton County Health Center, one thing has remained

constant – our commitment to wellness and preventing illness. That may seem strange coming from a health facility that helps people overcome illness and injury. But our mission to keep people healthy so they don't need our services has been in place for a very long time. Our lead story in this newsletter

focuses on the topic of "Preventing Illness," and it provides the five key health indicators, which you should focus on.

At Fulton County Health Center, we practice what we preach. That's why we introduced an employee wellness program a few years ago with incentives so staff members can be physically and mentally healthy at work and at home.

Part of keeping healthy is to have regular health screenings to keep tabs on your health. So, in addition to our lead story we also have an article about several key health screenings being offered through our Health Center. Those of you who are regular readers of this newsletter also know that FCHC offers a variety of fitness and general health classes in your communities for you. We also have a biennial (every two years) Health Fair on April 9th that will provide you with more screening opportunities as well as health information. I encourage you to read these articles and take charge of your health.

I am pleased to announce that Fulton County Health Center has received the Women's Choice Award as one of America's 100 Best Hospitals for Outstanding Patient Experience for 2015. This award recognizes our staff's commitment to the health and well-being of women and their families in our community.

There are a variety of other short articles in this newsletter for you to read. As always, if you have any questions, please do not hesitate to contact us.

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer

Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2735.

Lifestyle

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. Call 419-330-2721 to schedule.

Lifestyle Management Class

One-time visit with a Health Coach (dietitian) to review healthy eating strategies and goals for healthy living, \$50. Call 419-330-2721 to schedule.

New! Cooking Real Food for a New You

This 5-week series is for those looking to prepare healthy meals that taste great. Tuesday, Jan. 12 - Feb. 9, 12-12:30 p.m. Location: Beck Meeting Room. Cost: \$20. Must pre-register by calling 419-330-2721.

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. Tuesday, Feb. 2 or April 5, 9:30-11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, Feb. 16 or April 19, 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Managing Your Blood Pressure

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Tuesday, Jan. 5 or March 1, 9:30 - 10:30 a.m., Free, FCHC Cardiac Rehab Classroom. Please report to Cardiac Rehab at 9:20 a.m. the day of the class. To register call 419-330-2692.

An Introduction to Weight Loss Surgery: Sleeve Gastrectomy

Is weight loss surgery right for you? Learn more about this exciting new weight loss surgery option now being offered at FCHC. Join us for an overview of weight loss surgery options and our Weight Solutions program. You will also learn how bariatric surgery can treat chronic health conditions related to obesity such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension. First Thursday of every month (Jan. 7, Feb. 4 and Mar. 3), 6:30 p.m. Free. FCHC Beck Meeting Room A. To register, call our Weight Solutions program at 419-337-7373.



Dr. Baskara

Safety

American Heart Association Heart Saver 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. Saturday, Jan. 23 or March 5, 9:00 a.m. - 4:00 p.m., \$65, FCHC Ground Floor Meeting Room.

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. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. Saturday, Feb. 6 or April 2, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.

Smoking Cessation

FreshStart

FreshStart is the American Cancer Society's quit smoking program consisting of four one-hour sessions held in a four-week period. All methods and activities contain the most effective elements for success. FreshStart can be your start to a new life without cigarettes! Mon., Jan. 4, 11, 18, 25, 5:00 - 6:00 p.m., Free, FCHC Emergency Department Conference Room. To register, call 419-330-2735.



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health & Wellness Programs in the Quick Links Section), or call 419-330-2735.

Obstetrics: Partners in Pregnancy Programs

To register for classes call the FCHC OB Unit at 419-330-2757.

Breastfeeding Classes - Learn the process of Breastfeeding and getting off to a good start. Discuss advantages, techniques, pumps and any questions you might have about breastfeeding. Taught by an International Board Certified Lactation Consultant. Free.

Car Seat Checks - Making sure you have your car seat installed correctly is important to your baby's safety. Inspections are performed by a certified car seat technician. Free by appointment.

Childbirth Education - 2 hours/week for 2-3 weeks or 5 hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and birth/c-section videos. Call to register and get cost information.

Sibling Class - For children age 3 and older at home. Held at 10:00 a.m. the first Saturday of each month. Includes OB department tour and stamping a T-shirt for the baby. Free, 1 session.

Grief Support

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 Meeting Room. 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. Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

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 Ground Floor Meeting Room. 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. Please contact Patricia Franz Pahl, LSW, LCDC III, H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

Diabetes Education & Support

Contact the Diabetes Education office at 419-330-2772 for information and/or scheduling group presentations. Check out the FCHC website: www.fultoncountyhealthcenter.org

New! Diabetes Education Community Class at Local Senior Centers

Open to any senior age 60 or older! For more information, please call 419-337-9299

Tues., Jan. 12 – 11:00-11:45 a.m., Fayette Senior Center, Fayette Opera House, 105 E. Main St.

Mon., Feb. 1 – 11:00-11:45 a.m., Swanton Senior Center, 210 N. Main St.

Mon., Feb. 22 – 11:00-11:45 a.m., Wauseon Senior Center, 240 Clinton St.

Mon., March 14 – 11:00-11:45 a.m., Archbold Senior Center, Ruhlley Park Scout Cabin, Archbold.

Tues., March 29 – 11:00-11:45 a.m., Delta Senior Center, Memorial Hall, 401 Main St.

Free Support Group

Jan. 14, Feb. 11, March 10; 5:00-6:00 p.m., Diabetes Education Office, 3rd Floor.

Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary - just stop by the office and a certified diabetes educator will be waiting to support you in your needs. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

Oncology Programs

In addition to treating patients, the Rainbow Hematology/Oncology Treatment Center also offers a wide variety of support services to patients, families and the community. We offer educational materials and programs, as well as other services to help patients and families cope with the diagnosis and stress of their disease.

Counseling Services - 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.

American Cancer Society Services On Site - Look Good Feel Better - Thurs., Jan. 21 and March 17, 10:00 a.m. - 12:00 p.m. RSVP two days before by calling 419-330-2708. Plus Cancer Resource Center (Cancer information).

American Cancer Society Programs by Referral - "Reach to Recovery" and "Road to Recovery." Physical & Occupational Therapy, Stomal Therapy and Wound Care - on site.

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.

Yes Mamm Program - Free screening mammograms for uninsured and underinsured men and women age 40 and over. A doctor's order is required. For more information call 419-330-2706.





Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. 10 Week Session – Jan. 11 – Mar. 19; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).

Health & Fitness Class Descriptions

Aquatic Aerobics

A high-energy, vigorous workout performed in shallow water to avoid injury. Great for toning and strengthening.

Aquatic Noodle Workout

Using the noodle for upper and lower body toning, abdominal toning and aerobic workout, you'll push it, pull it, float on it, balance on it, and get an awesome workout!

Aqua Zumba®

Just Add Water And Shake! Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Cardio Core

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using the ball and body bars. A great all-in-one workout incorporating cardiovascular, flexibility, and strength training!

Cardio Craze Plus

This is a class you can be crazy about with various types of cardio including step, dancing, and kickboxing. Plus some resistance training that will utilize various types of equipment while targeting numerous muscle groups. Who knew that exercising could be this fun!

Cardio Dance

Choreographed with upbeat dance and aerobic moves to gain strength and improve cardiovascular health. A fun, high energy workout suitable for all fitness levels.

Delay the Disease

A fitness program designed to empower people with PD to take control of the disease with daily exercise, including Activities of Daily Living exercises.

Drums Alive®

Powerful beat and rhythm of the drums, using the stability ball, that will get your feet stomping and your body moving. Simple movements on the ball, with the ball, and around the ball. Great workout for men and women. FUN! FUN! FUN!

Gentle Movement

Gain strength and flexibility in this no-sweat exercise class. Many of the exercises are performed sitting on a chair.

Parent & Child Water Wonders

Parent/guardian must be in the water. The child will be exposed to games that use basic swimming movements in the water, such as straight leg kicks, arm strokes, and breath control.

Parent & Child Water Wonders - Advanced

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance. A chair is used for support, stretching, and relaxation exercises.

SilverSneakers® Splash

Activate your aqua urge for variety! Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, and endurance. Work at your own ability level.

Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
New! Total Body Thrive	M, W & F	5:45 AM	FCHC Rehab Center
Tabata Fire	SAT	6:00 AM	FCHC Rehab Center
Drums Alive®	SAT	10:00 AM	FCHC Rehab Center
SilverSneakers® Classic	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Gentle Movement	M & W	9:30 AM	FC Senior Center
(Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.)			
Delay the Disease (for Parkinson's Disease)	T	10:00 AM	FCHC Rehab Center
Delay the Disease (for Parkinson's Disease)	TH	11:30 AM	FCHC Rehab Center

Wauseon Aquatics	Day(s)	Time	Location
Aquatic Zumba	M & W	8:30 AM	FCHC Rehab Center
Aquatic Noodle Workout	T	5:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	TH	5:30 PM	FCHC Rehab Center
Aquatic Aerobics	M & W	6:15 PM	FCHC Rehab Center
Aquatic Aerobics	SAT	8:15 AM	FCHC Rehab Center
SilverSneakers® Splash	T & TH	9:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
SilverSneakers® Splash	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	10:30 AM	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM	FCHC Rehab Center
Jan. 16-March 5 – 8 weeks – \$32 – Class is 30 min.			

Bryan	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Lincoln School Gym
(8 weeks – No class Jan. 18 & Feb. 15)			

Evergreen School District	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	Evergreen H.S. Gym
Cardio Dance	W	7:00 PM	Evergreen Elem. School Gym
(8 weeks – No class Jan. 18 & Feb. 15)			

Fayette School	Day	Time	Location
Cardio Dance	W	6:30 PM	Fayette Junior High School Gym



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. 10 Week Session – Jan. 11 – Mar. 19; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).

Health & Fitness Class Descriptions

Health & Fitness Classes

Napoleon	Day(s)	Time	Location
Tai Chi (Free - Sponsored by Orchards of Northcrest)	M & F	2:00 PM	Henry County Senior Center

Pioneer	Day	Time	Location
Cardio Dance	TH	5:30 PM	Church of the Nazarene

Stryker	Day(s)	Time	Location
Stretch & Balance	W	11:00 AM	St. John Lutheran Church

Swanton	Day(s)	Time	Location
Cardio Core	T	6:00 PM	Crestwood Elem.
Drums Alive® (Drums Alive participants must bring a stability ball & mat)	TH	6:00 PM	Crestwood Elem.

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aquatic Noodle Workout	M	5:30 PM	Wyse Commons
Aquatic Noodle Workout	W	5:30 PM	Wyse Commons
Aquatic Zumba	M & W	8:30 AM	Wyse Commons
Gentle Movement	M, W & F	9:30 AM	Wyse Commons
<i>(Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.)</i>			
Parent & Child Water Wonders (Jan. 12-March 1, 8 weeks - \$32)	T	4:00 PM (30 min.)	Wyse Commons

Archbold	Day(s)	Time	Location
<i>(Co-sponsored by Archbold Parks & Recreation Dept., 10 classes - \$27, 20 classes - \$40, 21 or more \$50)</i>			
Zumba Step®	M	5:30 PM	Park Pavilion
Zumba®	W	5:30 PM	Park Pavilion
Cardio Craze Plus	T & TH	5:30 PM	Park Pavilion
Tabata Fire	M, W & F	5:30 AM	Park Pavilion

Yoga Classes: Yoga classes cannot be mixed & matched with other classes. Mat is required for classes.

Wauseon	Day(s)	Time	Location
Yoga	SAT	9:00 AM	FCHC Beck Mtg. Rm.
Yoga	T	5:00 PM	FCHC Beck Mtg. Rm.
<i>(begins Jan. 9) 10 classes - \$47, 20 classes - \$74</i>			

Pioneer	Day	Time	Location
Yoga 10 classes - \$47	W	6:00 PM	Church of the Nazarene

Swanton	Day(s)	Time	Location
Yoga 10 classes - \$47, 20 classes - \$74	T & TH	7:15 PM	Trinity United Methodist

Archbold	Day(s)	Time	Location
Yoga – Gentle	M & TH	6:30 PM	Park Pavilion
Yoga – Intermediate	M & TH	7:30 PM	Park Pavilion
<i>10 classes - \$40, 20 classes - \$60 (Co-sponsored by Archbold Parks & Recreation Dept.)</i>			

Stretch & Balance

This class focuses on stretches for the entire body and includes balancing poses as well as a relaxation segment.

Tabata Fire

Tabata is a system of short, high-intensity intervals developed by Japanese professor Professor Izumi Tabata. Each exercise lasts only 20-60 seconds each. The one hour training can push men or women to new physical levels never imagined and people continue to burn calories for hours after!

Tai Chi

Gentle flowing movements to reduce falls, improve sleep quality, and improve respiratory function. The low intensity program also improves strength and balance.

Total Body Thrive

Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body. Total Body Thrive is specifically designed to make you sweat!! From circuit-style routines that jump-start cardio fitness, to muscle-toning exercises using dumbbells, exercise bands, or even the participant's own body weight, each class will bring its own unique challenges. No two classes are the same!

Yoga

This class consists of basic Yoga postures, breathing and relaxation techniques. Yoga poses and passive stretches are the focus of this artful format. It's a total body workout as you use the weight of your body to hold the various poses!

Yoga - Gentle

A class for people new to yoga or for those who are experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations.

Yoga - Intermediate

This class covers yoga poses and their variations in more detail than the other classes and includes some challenging poses. Poses are held longer than in the beginner classes in order to increase strength, balance, and flexibility.

Zumba®

Forget the workout, just lose yourself in the music and find yourself in shape at the original dance - fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Zumba® Step

Zumba® Step is a fitness program is like no other! It provides a variety of dance and fitness combinations in a fun and innovative way, while providing a challenge for participants.



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For address changes or information about articles or programs in this issue, contact the FCHC Marketing and Planning Department at 419-330-2717.



Financial Assistance Policy – Plain Language Summary

The Fulton County Health Center financial assistance policy provides eligible patients partially or fully discounted emergency or medically necessary medical care. Patients seeking financial assistance must complete an application for financial assistance, which is summarized below. This Financial Assistance Policy is being published to satisfy requirements related to Sec 501(r) of the Internal Revenue Service Code.

Eligible Patients/Services:

Eligible services will include all emergency and medically necessary services provided by FCHC. Eligible patients include all patients who submit a financial assistance application who are determined to be eligible for financial assistance.



How to Apply:

Financial Assistance Applications are available at the following locations:

- FCHC Emergency Department or Other Registration Locations
- Cashiers Office, 725 S. Shoop Ave., Wauseon, OH 43567
- Contact Financial Counseling at 419-330-2669 option 7
- Download a copy at www.fultoncountyhealthcenter.org

Determination of Eligibility:

Patients are eligible for financial assistance through FCHC based on their income level and family size as it relates to the Federal Poverty Levels. Patients with family income of 400% or less than the Federal Poverty level, based on family size, may be eligible for discounts up to 100% of the cost of their eligible services. Eligible patients will not be charged more for emergency or other medically necessary services than Amounts Generally Billed (AGB) than those patients that have Medicare or another private insurance.

Availability of Financial Assistance Policy:

Free copies of the Financial Assistance Policy are available at all locations listed above. Spanish versions of the application and policy are also available.