

A publication of Fulton County Health Center

Health Centering

Planning for the Senior Years

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

Planning for the Senior Years

As people get older, it is quite normal for their health to decline. According to the Centers for Disease Control and Prevention, 21.6% of non-institutionalized Americans aged 65 and over are in fair or poor health. Nearly 7% of that same age group needs help with personal care. More than 40% of men aged 65-74 are obese, and 61.1% of them have high blood pressure. Women in this age group are worse: 43.5% are obese and over 67% have high blood pressure.

These health conditions are linked to the top two leading causes of death in people aged 65 and older: heart disease and cancer. Elderly people are also faced with mobility issues, declining strength, stroke, or diabetes.

Someone must eventually make difficult decisions as an elderly person's health begins to decline. Those decisions may be made by the person in declining health, or by a spouse or adult child. The decision maker may be overwhelmed at having to deal with: surgery or medical treatment; physical, occupational or speech therapy; mental health; living options; and community resources, to name a few.

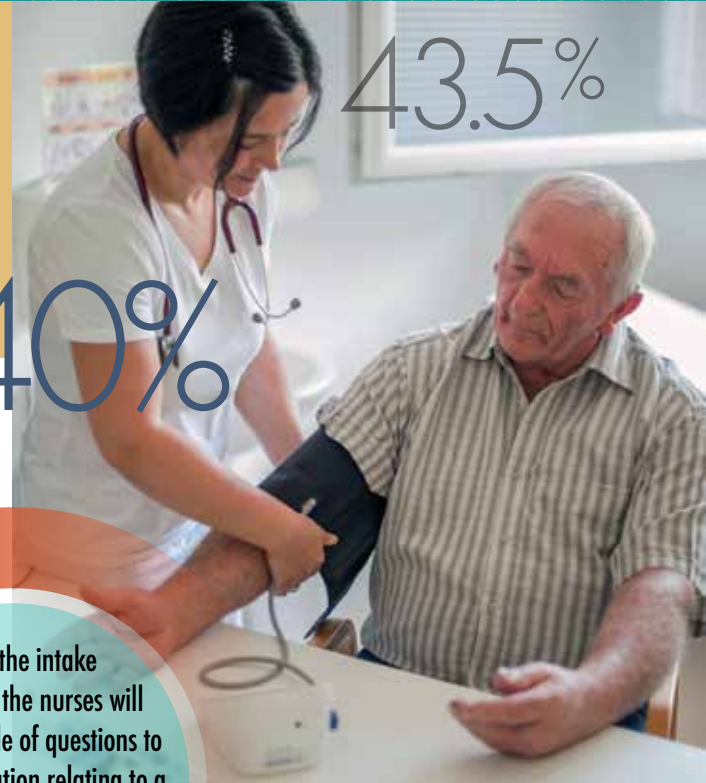
It is best to plan early, before a crisis occurs. But where do you begin? Fortunately, Fulton County Health Center offers many services for patients, and we also provide expert guidance to help a person make informed decisions.

Planning & Decision Making Is Ongoing

When a patient seeks treatment at Fulton County Health Center, the process of providing help to make decisions begins during admission, flows through the treatment process, and continues at the discharge phase.

At the admission phase, a nurse evaluates and assesses the patient's health condition. The attending physician follows up to prescribe treatment and, in some cases, may suggest that the patient be evaluated by a physical therapist or a diabetes educator. Those consultations will take place sometime while the patient is hospitalized.

"Our nursing staff continues the discharge planning process when the patient arrives at the Medical/Surgical/Critical Care floor," says Krista Howard, BSN, FCHC Unit Manager of Case Management. "During the intake assessment, the nurses will ask a multitude of questions to obtain information relating to a patient's current living situation, if they have a Living Will or Medical Power of Attorney, and the current services a patient is receiving at home. These questions will allow our nursing staff and case managers to start planning for the potential services a patient will need upon discharge or if further services



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Krista Howard, BSN, FCHC Unit Manager of Case Management

FCHC Case Managers are on site to assist patients with their questions and post-hospitalization options if needed. (L-R): Jacqueline Eis, RN; Nicole Gleckler, RN; and Krista Howard, BSN, FCHC Unit Manager of Case Management.



or referrals are needed." Howard says if the patient does not have a Living Will or Medical Power of Attorney and wishes to create one, an FCHC staff member will provide the patient with a printed brochure explaining the process of establishing one.

Once the patient begins to receive treatment, the planning and decision making continues. Each day a patient is hospitalized, FCHC staff members hold PACT (Patient Aligned Care Team) meetings to discuss the patient's condition and any new decisions that must be made. The PACT meetings bring together physicians, nurses, therapists, pharmacists, and other health care professionals who are involved in the patient's care. The goal is to make sure staff members continue to communicate and remain on the same page when caring for a patient.



Raymond Griesinger, R.R.T. performs a Pulmonary Function study on a patient. The study measures lung volumes and flows in order to rule out or diagnose lung disorders. It is also used for pre- and post-medication studies.

Treatment: Diagnostics and Surgery

FCHC's in-house Laboratory and Radiology Department can provide a variety of sophisticated tests to help diagnose a patient's condition, including state-of-the-art MRIs, CT scans, and Mammograms. If surgery is required, FCHC offers two new state-of-the-art suites that can accommodate all types of surgeries, a urological suite with the latest surgical table and x-ray features, and three other surgical suites. All suites are equipped with the latest in supplies and equipment. FCHC surgeons perform a variety of surgeries: general; orthopedic, including joint replacement; urological; gynecological; podiatric; ENT; eye; plastic; and hand.

Discharge Planning

Once a patient has been identified as needing additional services upon discharge, an FCHC Case Manager will provide guidance to the patient and family. "Our goal is to give the patient information to make informed decisions and ensure a smooth transition from one level of care to another," says Howard. In general, a discharge plan includes:

- ▶ Evaluation of the patient
- ▶ Discussion with the patient or his/her representative
- ▶ Planning for a return home or a transfer to another care facility
- ▶ Determining whether caregiver training or other support is needed
- ▶ Referrals to a home care agency and/or appropriate support organizations in the community
- ▶ Arranging for follow-up appointments or tests

We assist with arranging medical equipment, Meals on Wheels, and home care.

Krista Howard, BSN, FCHC Unit Manager of Case Management

"Our discussion with the patient and family involves the patient's physical condition before and after hospitalization, the types of care that will be needed, and whether discharge will be to a facility or to their home," says Howard. "We also assist with arranging medical equipment, Meals on Wheels, and home care."

Medications and Diet

Part of the discharge planning involves the patient meeting with an FCHC pharmacist for information about medications that have been prescribed. In addition, a FCHC dietitian may also meet with the patient to provide education and offer suggestions on the proper diet when leaving the Health Center.



Angie McWatters, BSN, RN, Cardiac Rehabilitation Unit Manager, monitors a patient using a treadmill during cardiac rehabilitation.

Outpatient Rehabilitation Therapy

A patient's physician may prescribe a variety of outpatient rehabilitation treatments or services upon discharge. If Outpatient Rehab is recommended, FCHC Case Managers can explain the options available to them with physical, occupational and/or speech therapy services. Patients can choose where they receive their therapy, which may be at our FCHC Outpatient Rehabilitation Department on the main FCHC campus, or they can choose an alternative depending on their needs.

Cardiac Rehabilitation

Cardiac Rehabilitation is often prescribed by the physician for patients upon discharge who have had heart attacks, peripheral artery disease (PED) or for patients that suffer from chronic lung issues (COPD). The FCHC Cardiac Rehabilitation program combines safe, carefully monitored exercise, education and counseling tailored to meet the needs of an individual who has had a cardiac event or who struggles with coronary artery disease. The Cardiac Rehabilitation program is located in the main FCHC facility.

Oncology/Hematology Treatment

Patients who have been diagnosed with cancer, or who have had recent cancer surgery, can receive state-of-the-art cancer and/or hematology care at the FCHC Rainbow Hematology/Oncology Treatment Center, located in the main FCHC facility. The center offers chemotherapy, palliation therapy, blood product transfusion therapy, and infusion therapy for various conditions. Many services are also offered to support patients and families.

Behavioral Health

Some senior adults may struggle with overwhelming feelings of depression and/or anxiety. For those struggling with these or other behavioral health issues, FulCare Behavioral Health -- located on the 5th floor of FCHC -- offers comprehensive Older Adult Inpatient and Intensive Outpatient Programs for those age 55 and older. Inpatient Services are provided 24 hours a day, 7 days a week. The Older Adult Intensive Outpatient Program is offered Monday through Friday. Patients who are admitted to any of our programs will receive effective, focused treatment designed for the older adult. FulCare Behavioral Health also offers Adult Outpatient and Partial Hospitalization services for adults of all ages.

(Continued on page 3.)

Planning for the Senior Years

(Continued from page 3.)



Leah Leeper, RN, BSN, CHT communicates with a patient undergoing wound care treatment in a hyperbaric chamber.

Wound Care

Many area residents are affected by challenging wounds resulting from diabetes, poor circulation, trauma, vein disease, surgical incisions, or immobility. The experts at the FCHC Wound Care & Hyperbaric Center offer advanced healing therapies for patients. The comprehensive approach is designed to speed the healing process so patients can resume a normal lifestyle and regain their quality of life as quickly as possible. The FCHC Wound Care & Hyperbaric Center, located in the North Medical Office Building on the FCHC campus, includes board-certified specialists, a team of highly trained nurses and ancillary staff, dietitians, lymphedema therapists, and orthotists.

Diabetes Education

Approximately 25% of people over the age of 70 have diabetes, and nearly 24% of Americans are undiagnosed with it. Diabetes can be as debilitating as a heart attack, stroke or pulmonary condition. The FCHC Diabetes Education Program offers both classes and individual sessions that will help manage your diabetes. Classes are led by Certified Diabetes Educators and RNs. Our program has been certified by the American Diabetes Association since 2000. Diabetes Education treatment is available to those who have an order written by their primary care provider and is covered by Medicare, Medicaid and most commercial insurance plans. We also offer low-cost community education programs open to the public throughout the year. These programs are listed in the class section of this newsletter.

The Housing Issue

Housing often becomes a critical issue for a patient after a health crisis or hospital stay. Is the patient physically able to return to his/her home, or do they need therapy in a skilled facility in order to recover and return home? Can they function at home or do they require some type of assistance? If a patient is unable to return home, different housing options must be considered. That is where FCHC's Fulton Manor and Fulton Suites become a resource.

Fulton Manor Nursing and Rehabilitation Center is a 71-bed Skilled and Intermediate Nursing Unit located adjacent to Fulton County Health Center. Fulton Suites is a 15-bed Independent Living facility that is part of the main rehab building.

“If a patient who is about to be discharged from the Health Center has indicated they would like to consider Fulton Manor as a housing option, we would work with the FCHC Case Manager,” says Mary Jo Smallman, Administrator of both facilities. “If we are a possible fit, then we’ll evaluate the patient to see what level of care they will require. That will enable us to determine where they should be placed in our facility, and if we have a room available for them.”

Smallman says sometimes a patient requires only a limited stay at Fulton Manor's Skilled Nursing Unit to receive physical, occupational or speech therapy provided by FCHC Therapists. Once that patient has progressed enough, they may be able to return home. In other cases, the patient may need to move from the Skilled Nursing Unit to the Intermediate Nursing Unit where they can receive assistance from State Tested Nursing Assistants for daily living activities. “It all depends on the patient's overall condition and the progress they make,” says Smallman. “Once they are here at our facility, we can help guide them and their family with their long-term housing decisions based on our evaluation of the patient.”



Each day a patient is hospitalized, FCHC staff members hold PACT (Patient Aligned Care Team) meetings to bring together physicians, nurses, therapists, pharmacists, and other professionals who are involved in the patient's care.

Community Resources

Sometimes a patient needs assistance with meals, or they require a medical alert system or medical equipment. There are a variety of community resources that can assist with those, and Fulton County Health Center can provide contact information for community resources such as Meals on Wheels, Life Alert, and facilities that lease or sell medical equipment.

Don't Go It Alone

As you can see, there are many decisions that need to be made for an elderly individual in declining health. The good news is that many necessary services are offered right here at Fulton County Health Center, often on an outpatient basis. In addition, the health care professionals at FCHC also provide guidance to help in the decision making process.

If you will someday be involved in planning for the senior years of a loved one, don't go it alone. Get educated before it becomes a life crisis. Visit fultoncountyhealthcenter.org for more information about the Health Center's many services. Or, if you have a specific question about a service we offer or resources available in the area, contact Steve McCoy, Director of Marketing and Planning, at 419-330-2717 or smccoy@fulhealth.org.



FCHC To Open Retail Pharmacy

Matt Gerig, RPh, Retail Pharmacy Director, looks forward to moving into the new facility this summer.

In early summer, Fulton County Health Center plans to open a new Outpatient Pharmacy. The FCHC Outpatient Pharmacy will be located on the ground floor of the South Medical Office Building that is currently under construction. It will be open to the public as well as to those who use the Health Center's services or see a provider on our campus and need to fill a prescription.

The facility will offer a convenient drive-through window for dropping off or picking up prescriptions, a waiting room, an over-the-counter area that will sell non-prescription items, a consultation room, and a large working area for the pharmacists to deliver a wide range of pharmacy services. Two full-time pharmacists and three pharmacy technicians will staff the pharmacy. The pharmacy will accept most major prescription insurance plans, along with Medicare and Medicaid drug coverage.

"The new FCHC Outpatient Pharmacy will be quite convenient for patients who require prescriptions or over-the-counter medications after an outpatient procedure or same-day surgery," says Matt Gerig, RPh, Retail Pharmacy Director. "It will also be convenient for those who have had to visit our Emergency Department or for the general public who are looking for a new place to service all of their pharmacy needs."

The hours of the FCHC Outpatient Pharmacy will be:

8:00 a.m. - 7:00 p.m., Monday - Friday

9:00 a.m. - 2:00 p.m., Saturday

Closed - Sunday

Watch the FCHC Facebook page and web site at fultoncountyhealthcenter.org for more updates as we get closer to opening. For more information, contact Matt Gerig, RPh, Retail Pharmacy Director, at **419-335-3715** or mgerig@fulhealth.org.

Construction Update



Construction on the South Medical Office Building is moving closer towards its grand opening. Pictured left: The Entrance Atrium is taking shape. Right top: Outpatient Retail Pharmacy will soon be open. Right bottom: The South MOB Reception Area is coming along.

If you have been near the FCHC campus, you may have noticed the construction on our new four-story south Medical Office Building. Work on the exterior is complete, and contractors have moved inside. The work on the electrical and plumbing systems is progressing, and in some areas drywall is being hung and painted. The parking lots around the building have been finished, except for those lots that held construction equipment and supplies. Those lots will be resurfaced closer to the completion of the building, which remains on schedule to open in early summer this year. An open house for the public is being planned.

"This building is part of our 100-year plan for the campus," says Patti Finn, FCHC CEO.* "We need the facility to expand our physician base and our medical services. As we bring in new physicians, we need some place to put them."

The ground floor of the new Medical Office Building will house the Outpatient Pharmacy (see related article). It will also have a new Outpatient Lab for drawing blood that will supplement the drawing station in the main lab of the Health Center. In addition, a section of the ground floor will be leased to physicians for office use.

The first floor will house several Family Practice physicians as well as physician specialists. The second floor will be the home of the West Ohio Surgeons' office with General Surgeon Patricia Mahoney, MD. It will also be the office of Fulton County OB/GYN, which includes OB/GYN physician Sema Fofung, DO and Jessica Durham, MSN, BSN, RN, Certified Nurse Midwife. These medical professionals will relocate from the West Ohio Building. The providers will have direct access to the FCHC Surgical Suites that are also on the second floor of the Health Center. The second floor of the new Medical Office Building will also house the FCHC Sleep Lab that is currently located on the third floor of the main Health Center.

The third floor of the facility has been "shelled," so it can be leased to future medical practitioners. The ground floor, first floor and second floor are connected to the same floors in the main Health Center facility for easy access by staff and patients.

"We're excited to get through the construction phase so we can open the facility," says Finn. "The new physicians we eventually bring in will help fill the health care needs of our community."

*For more information and facts about the South Medical Office Building, visit fultoncountyhealthcenter.org, select menu button News on the home page, then Health Centering, then scroll down to the Archives section, Summer 2017.



HOSPITALS POST PRICES ONLINE

Hospitals nationwide are now required to post their prices online beginning January 1, 2019. The decision to do so was made by the Centers for Medicare and Medicaid Services (CMS) in an effort to increase price transparency and empower consumers to make informed decisions. The price lists must be updated annually, and hospitals were given the latitude to choose the format for presenting the data.

The hospital price sheets are known in the healthcare industry as “chargemasters.” Fulton County Health Center, along with other area hospitals, has posted its prices on the FCHC web site (fultoncountyhealthcenter.org). To access FCHC’s price sheets, visit the home page of the Health Center’s web site (fultoncountyhealthcenter.org), and click on: Patient Information (in the main menu). If you do not have access to the Internet, paper copies of FCHC’s price sheets are available at the Cashier’s Office. The Cashier and Financial Counselors are also available to answer questions at 419-330-2669 opt 1, Monday – Friday, 8:00 a.m. - 4:30 p.m.

Good Intentions Lead to Confusion

“The intention of CMS is to make health care decision-making more like a retail shopping experience,” says Terijo Kern, FCHC Coordinator of Cashiers and Collections. “While the intention is good, we are concerned that consumers will get confused when trying to figure out costs for tests, procedures, and surgeries. Health care is a complex industry, and all hospital price sheets are complex and lengthy. The average layperson will have difficulty understanding them.”

Kern says hospital online prices are not a reliable estimate for what patients actually pay. “That’s because insured patients pay a reduced price based on negotiations between their insurance company and the hospital. Furthermore, the insurance plan covers a portion, if not all, of the costs of a procedure, item, or service. Likewise, uninsured patients often receive discounts, which are not reflected in the online price lists.”

“Another factor is that patients may qualify for financial assistance with their FCHC bill, and that will reduce their out-of-pocket expenses,” says Kern. “We’re not sure how this will all end up since it is such a new regulation that all hospitals must follow. The important thing for patients to remember is that we are here to help them get answers to their financial questions and to determine if they qualify for financial assistance.”

Help is Available

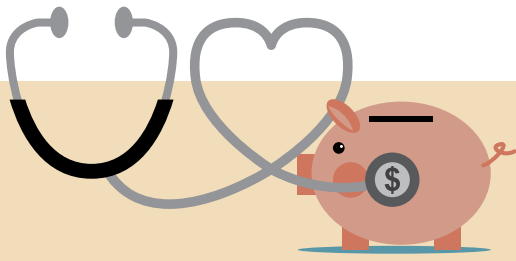
FCHC’s web site offers two downloadable publications that will help patients better understand health care costs. One is titled, “Avoiding Surprises in Your Medical Bills, A Guide for Consumers,” which was published jointly by the Healthcare

Financial Management Association, America’s Health Insurance Plans, and the American Hospital Association. The second publication, “Understanding Healthcare Prices: A Consumer Guide,” was published by the Healthcare Financial Management Association. Once again, if you do not have access to the Internet, paper copies of the brochures are available from the FCHC Cashier’s Office.

In addition to the online publications, patients may also call and speak to a staff member in FCHC’s Cashier’s Office to seek answers to their financial questions. A related story in this newsletter provides more detailed information on how to seek financial assistance for your medical bills.

“We understand that patients can be overwhelmed with the health care bills they receive, and we are here to answer their questions and direct them on ways to seek financial assistance,” says Kern. “When there are multiple services and health care providers involved in a patient’s treatment, it is not easy for the average patient to completely understand the billing. That’s why we are here to provide answers and assistance.”

If you need any clarification, assistance, or you have questions, please contact FCHC Cashier’s Office at **419-330-2669 opt 1**.



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 2
- 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 200% or less than the Federal Poverty level, based on family size, may be eligible for discounts of 100% of the cost of their eligible services. Those that are between 200 and 400 % may be eligible for a discount. 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.

Message from the CEO

As residents in our community age, they are faced with their own declining health or the failing health of a spouse or loved one. When that occurs, there are a variety of decisions that need to be made. These decisions may involve surgery, treatment, outpatient



rehabilitative therapy, medications, diet, and housing options, to name a few. "Planning for the Senior Years" is the focal point of our lead story in this newsletter, and the article can be quite helpful to those facing difficult health care decisions. The article provides information about FCHC services, the assistance we offer to patients and families to help in that decision-making, along with community resources that can

be utilized. There are many resources in our community - both at FCHC and at other facilities. I urge you to take time to read the article and begin the planning process before there is a health crisis.

Another article in this newsletter deals with the pricing transparency mandated by the Centers for Medicare and Medicaid Services for all hospitals in this country. This is a well-intentioned mandate, but at this point it is difficult for the consumer to use the information to make informed decisions. I make this point because while we have posted our prices online like all other hospitals, the prices on our website are not the true out-of-pocket expenses the patient will incur. This is due to an individual's health insurance coverage, which varies from patient to patient and which we cannot account for in our online prices. It becomes even more complicated when trying to compare one hospital to another. So, I ask you to be patient and allow for the system of pricing transparency to work itself out over time.

In this newsletter we welcome Hesham H. El Gamal, MD, FCCP, DABSM, a Pulmonologist, who has joined the FCHC Medical Staff. Dr. El Gamal has started a Pulmonary and Sleep Clinic the first Thursday of the month in our North Medical Office Building. We also provide an update on our new Medical Office Building along with the retail pharmacy that will be part of that facility.

This newsletter also features a variety of other articles as well as our usual fitness and wellness classes.

Please take time to get to know what is happening at Fulton County Health Center. Have a safe and enjoyable Spring!

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer



Fitness Programs

7-Week Session: April 8 - May 25

7 Classes - \$28; 14 classes - \$40; 15 or more classes - \$50. All classes can be mixed; excludes specially priced classes.

Register: fultoncountyhealthcenter.org or 419-330-2735.

CARDIO, STRENGTH AND CONDITIONING

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!

M W 5:30 PM FCHC Wellness Center, Wauseon
T 6:00 PM Crestwood Elementary, Swanton

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.

W 6:30 PM Fayette Junior High School, Fayette (Starts April 3)

Cardio 360

Incorporates the original Reebok Step, the SPRI 360 (round) Step and various strength training methods to maximize calorie burn while toning your total body. This is a high intensity workout that is acceptable for the couch potato beginner or experienced exercise guru. Take that first step to improving your health by signing up today.

M W 5:30 PM Ruidley Park Pavilion, Archbold

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. Must bring stability ball and mat. FUN! FUN! FUN!

SAT 9:30 AM FCHC Wellness Center, Wauseon
TH 6:00 PM Crestwood Elementary, Swanton

POUND®

The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing drums. This takes cardio drumming to the next level. (Mat Required)

M W 6:45 PM FCHC Wellness Center, Wauseon
SAT 8:30 AM FCHC Wellness Center, Wauseon
M 6:30 PM Fayette Junior High School (Starts April 1)
M W 6:45 PM Ruidley Park Pavilion, Archbold

Tabata Fire/Power Training

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

SAT 7:30 AM FCHC Wellness Center, Wauseon

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.

T TH 6:15 PM FCHC Wellness Center, Wauseon

SENIOR ADULT

Delay the Disease (For Parkinson's 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.

T TH 10:30 AM FCHC Wellness Center, Wauseon

Total Body Tone

Individuals will go through a 30-minute workout that will include a warm-up, stretching, a resistance training session, and a cool down.

T TH 12:00 PM FCHC Wellness Center, Wauseon

Gentle Movement

Gain strength and flexibility in this no-sweat class. Many exercises are performed sitting on a chair. (Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department. Archbold class co-sponsored by Archbold Parks & Recreation Dept.)

M W 9:30 AM Fulton County Senior Center, Wauseon
M W 9:30 AM Fairlawn Wyse Commons, Archbold

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, and a SilverSneakers® ball are offered for resistance. A chair is used for support, stretching, and relaxation exercises. (Free to SilverSneakers® card holders, regular pricing applies to others)

M W 10:00 AM FCHC Wellness Center, Wauseon

Stretch & Balance

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

W 11:00 AM St. John Lutheran Church, Stryker

TAI CHI AND YOGA

Tai Chi

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

W 1:30 PM Henry County Senior Center, Napoleon
(Free-sponsored by Henry County Home Health & Hospice)

Yoga (Mat Required)

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!

SAT 9:00 AM FCHC Beck Meeting Room, Wauseon
T 5:00 PM FCHC Wellness Center, Wauseon
M 7:00 PM Evergreen Elementary, Evergreen
T TH 7:15 PM Trinity United Methodist, Swanton

Lunchtime Yoga (No Mat Required)

Join us for a 20-minute lunchtime session of chair yoga. No special clothing or yoga mats required. It's the perfect opportunity to get some basic stretching, breathing and stress relief during the work day! \$2/class.

W 12:00 PM FCHC Cafeteria, Wauseon
W 12:30 PM FCHC Cafeteria, Wauseon

SilverSneakers® Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered, so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. Free to SilverSneakers® cardholders, regular pricing applies to others.

M W 11:00 AM FCHC Wellness Center, Wauseon

Aquatic Aerobics

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

M W 6:15 PM FCHC Wellness Center, Wauseon

Aquatic Noodle Workout (Beginner/Advanced)

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! Advanced class will work harder and faster.

(Beginner) T 5:30 PM FCHC Wellness Center, Wauseon

(Advanced) T 6:30 PM FCHC Wellness Center, Wauseon

(Combined) TH 5:30 PM FCHC Wellness Center, Wauseon

M 5:30 PM Fairlawn Wyse Commons, Archbold

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 a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

T TH 8:30 AM FCHC Wellness Center, Wauseon

M W 8:30 AM Fairlawn Wyse Commons, Archbold

Aqua Jogging/Toning

Involves walking, jogging, or running in a pool where you may choose to touch the bottom or not. It is neuromuscular specific, so it replicates what you do on land without the impact on your joints. But, you still receive the benefits of the cardiovascular and muscular workout. This makes the exercise safer for individuals with joint issues or minor injuries. One of the best exercises you can do at your own pace, whether you decide to walk, jog, or run!

TH 6:30 PM FCHC Wellness Center, Wauseon (Limit 10)

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. 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. (Free to SilverSneakers® cardholders, regular pricing applies to others)

T TH 9:30 AM FCHC Wellness Center, Wauseon

T TH 10:30 AM FCHC Wellness Center, Wauseon

Parent & Child Water Wonders (Beginner)

Parent/guardian must be in the water. The child will be exposed to games that use basic swimming movements in the water, such as straight leg kicks, arm strokes, and breath control. Begins April 13 for 5 weeks. **5 weeks - \$20** (Beginner - 6-24 months, 30 min.)

SAT 9:30 AM FCHC Wellness Center, Wauseon

(Beginner - 24-36 months, 30 min.)

SAT 10:00 AM FCHC Wellness Center, Wauseon

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. Begins April 13 for 5 weeks. **5 weeks - \$20**

Advanced (3-5 years, 30 min.)

SAT 10:30 AM FCHC Wellness Center, Wauseon

SAT 11:00 AM FCHC Wellness Center, Wauseon

FCHC Welcomes New Pulmonologist

Hesham H. El Gamal, MD, FCCP, DABSM,

a Pulmonologist, has joined the FCHC Medical Staff. He has started a Pulmonary and Sleep Clinic the first Thursday of the month from 1:00 p.m. to 4:00 p.m. in the North Medical Office Building, Suite 203.



Dr. El Gamal received his medical degree in 1988 from Tanta University Medical School in Tanta, Egypt. He completed an Internship and Internal Medicine Residency at Tanta University Hospital. He then completed a Research Fellowship at the Medical College of Ohio in the Department of Anatomy,

Neurobiology, and Orthopedics. In 1994 and 1995 Dr. El Gamal served as a house physician at Riverside Hospital in Toledo before becoming a Resident and then a Chief Resident at St. Francis Medical Center at Robert Wood Johnson University in Trenton, New Jersey. He later became their Associate Director of the Internal Medicine Residency Program. In June 2003, Dr. El Gamal completed a Fellowship in the Pulmonary, Critical Care and Sleep Division of Tufts-New England Medical Center in Boston.

Dr. El Gamal treats all types of pulmonary (lung) and sleep disorders. His special interests are pulmonary, sleep and critical care issues.

Dr. El Gamal is married with four children. Two children are in college, one is in 7th grade and the youngest is in 4th grade. Besides practicing medicine and spending time with his family, Dr. El Gamal likes to find time to play soccer and ping pong.

To schedule an appointment, call **419-330-2700**.

Heart Radiothon Screenings Coming Soon

Take advantage of timely health screenings at FCHC. Participants will be tested for their total cholesterol, HDL (good cholesterol level), blood glucose (blood sugar) level, and blood pressure. This year all screenings will be held at the FCHC Wellness Center, 138 E. Elm St. Wauseon, instead of at local libraries. A \$5 donation to the Heart Radiothon is requested at the time of the screening. Screening times are:

- Thurs., April 18, 4:00-7:00 p.m.
- Fri., April 26, 8:00-11:00 a.m.
- Mon., April 29, 2:00-5:00 p.m.
- Tues., May 7, 1:00-4:00 p.m.
- Wed., May 15, 8:00-11:00 a.m.
- Thurs., May 23, 4:00-7:00 p.m.

Health & Wellness Programs

HEALTH EDUCATION

Lifestyle Management Training

Individual training that includes a 6-visit series with a Health Coach (dietitian/certified fitness professional) to learn and set goals for healthy eating, exercise and living, \$150 for series. 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 Year, New You - Plant Based Eating

What better time to start thinking and learning about ways to improve your overall well-being. Learn to use plant foods along with activity and better sleep to experience how each one affects mood, energy level, chronic illness, and overall health. Led by a Registered Dietitian. 5-week session, Tuesdays, beginning April 2, 5:30 - 6:00 p.m., \$25. FCHC Wellness Center, 138 E. Elm St., Wauseon. Get started now by registering at 419-330-2721. Class limited to 10.

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., April 9 or June 11, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

Healthy Grocery Shopping Tours

Learn how to shop for healthier foods while balancing a budget. Tour led by a Registered Dietitian. Tues., April 23 or May 14, 6:00 p.m., free. Meet at Chief Supermarket in Wauseon. Registration required 24 hours in advance. Call 419-330-2735 to register.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, types of fat and cholesterol in the diet, and more! Tues., April 23 or June 18, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

Cooking Healthy With a Counter Top Pressure Cooker

This class will cover the benefits of cooking with a pressure cooker and demonstrate simple meals that can be accomplished in the pressure cooker. Tues., May 7, 5:30-6:30 p.m., \$5, FCHC Wellness Center, 138 E. Elm St., Wauseon. Call 419-330-2721 to register.

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. Thurs., May 9 or July 11, 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. Call 419-330-2692 to register.

Relaxation/Stress Management

Learn basic relaxation and stress management techniques to improve your heart and health. This class will give you practical tools to decrease your stress and improve ways you can relax in today's busy world! Tues., May 21 or July 23, 9:30 - 11:00 a.m., FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

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, and infant CPR; obstructed airways; and first aid; meets most childcare requirements. 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. Sat., March 16 & June 1, 9:00 a.m. - 3:00 p.m., \$75, FCHC Wellness Center, 138 E. Elm St., Wauseon.

American Heart Association Healthcare Provider CPR

CPR Certification 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. Sat., May 18 & July 20, 9:00 a.m. - 12:00 p.m., \$50, FCHC Wellness Center, 138 E. Elm Street, Wauseon.

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 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.

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.

Prosthesis and Wig Bank

Available for patients who cannot afford to purchase their own.

"You treat a disease, you win and lose. You treat a person, I guarantee you will win every time, no matter the outcome." — Patch Adams, M.D.

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

DIABETES EDUCATION

Contact the Diabetes Education office at 419-330-2772 for information and/or for scheduling group presentations.

New! Blood Sugar Management

Individual training that includes a 5-visit series with an RN Diabetes Educator to examine and set goals in the seven aspects of self-care that affect blood sugars, whether one has diabetes, pre-diabetes, or increasing blood sugar numbers. There will be two different 5-visit series options available focusing on blood sugar control when diagnosed with diabetes or when trying to prevent diabetes. \$150 for series. Call 419-330-2772 to schedule.

Blood Sugar Management Mini-Series

Two individual visits with an RN Certified Diabetes Educator using a simplified curriculum for learning how to better manage blood sugars, whether diagnosed with diabetes or trying to prevent this diagnosis. \$75 for two classes. Call 419-330-2772 to schedule.

PARTNERS IN PREGNANCY

To register for Partners in Pregnancy classes, call the FCHC Family Birthing Center 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 by appointment.

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

The class is held once a month on Saturday mornings for 4 hours. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and Powerpoint presentations. 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 even months. Includes Family Birthing Center tour and stamping a T-shirt for the baby. Free, 1 session.

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 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.

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.

WEIGHT LOSS

An Introduction to Weight Loss Surgery: Sleeve Gastrectomy

Attend one of these free seminars in the FCHC Beck Meeting Room to learn more about Sleeve Gastrectomy weight loss surgery. The staff and physicians of our Weight Solutions program will provide an overview of the effects of obesity and treatment using weight loss surgery options. 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. To register, call 419-337-7373.

Mon., April 1, May 6, June 3, Aug. 5, 5:00 pm,
Timothy Duckett, MD, FCHC Beck Meeting Room

Mon., April 15, May 20, June 17, Aug. 19, 6:00 p.m.,
Arun Kumar Baskara, MD, FCHC Beck Meeting Room

Bariatric Support Group

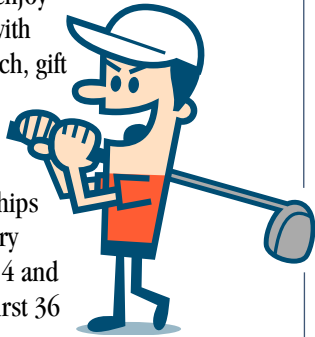
Tues., April 23, May 28, June 25, Aug. 27, 5:00 p.m. FCHC Beck Meeting Room

FCHC News & Notes

Start Swinging Those Clubs

The 20th Annual FCHC Auxiliary Golf Tournament will be held on Thursday, June 6 at Ironwood Golf Course in Wauseon. The 4-person best-ball scramble will begin with registration at 11:00 a.m. followed by a noon shotgun start. A silent auction and dinner at FCHC will be held after the outing. Participants will enjoy 18 holes of golf with a cart, a sack lunch, gift pack, beverage tickets, and BBQ chicken dinner. Sponsorships are available. Entry deadline is May 24 and is limited to the first 36 paid foursomes.

We expect that 2019 will be the year the cumulative total revenue from 20 golf tournaments will exceed \$500,000! Please join us at this momentous event. For more information about costs or sponsorships, contact Janice Fitzenreiter in the FCHC administrative office at 419-330-2603. To make a silent auction donation, contact Mary Gautz at 419-330-2695.



Donate Life Event

On Thursday, April 18, Life Connection of Ohio will partner with FCHC to raise awareness about organ, eye and tissue donation. Life Connection's Green Chair will be in the FCHC lobby beginning at 9:00 a.m. that day and will remain until the following morning. The chair invites people to take a seat, share their story and remember people affected by organ, eye and tissue donation. At 10:00 a.m., the Donate Life flag will be raised at the FCHC front entrance. Those with a connection to organ donation will speak at the 20-minute event. To learn more or to register as an organ, eye and tissue donor visit lifeconnectionofohio.org.



FCHC employees with the Donate Life Green Chair - Seated: Patricia Tester, Heart & Vascular Center Nurse; Tonya Gomez, Fitness Coordinator/Registered Dietitian/Nutrition Educator; and Kristy Retcher, Respiratory Therapist/Sleep Lab.

FCHC Auxiliary Fundraising Events

- March 27-28** — Passion for Fashion, FCHC Cafeteria
- April 8-9** — Collective Goods, FCHC Cafeteria
- April 18** — Easter Spring flower sale, FCHC Cafeteria, Cookies, Mennonite Pantry Items
- May 2** — Robert's Uniforms, Fulton Manor Activities Room
- May 4** — Geranium Sale Pickup
- June 6** — Golf Tournament & Silent Auction, Ironwood Golf Course, Wauseon

POUND FOR A PURPOSE

Join us for a POUND FOR A PURPOSE class to raise money to support organ, eye, and tissue donation. Saturday, April 6, 1:00 p.m. - 4:00 p.m. Come for 30 minutes or stay for 3 hours. Rock out at the FCHC Wellness Center, 138 E. Elm Street, Wauseon. Suggested donation: \$20. Call to reserve a spot: 419-330-2735. Proceeds to benefit Life Connection of Ohio.

Health Centering is published four times a year by Fulton County Health Center for area residents.

Patti Finn, Chief Executive Officer | **Carl Hill**, President, 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.