

A publication of Fulton County Health Center

# Health Centering

## Radiology Offers New Services

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*(L-R): FCHC Radiologists Michael Pole, MD,  
and Donald Cox, MD.*

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

# Radiology Offers New Services

Last summer, Donald Cox, MD, joined Michael Pole, MD, to serve as FCHC's second Radiologist. "Having both Dr. Cox and Dr. Pole on staff allows us to offer diagnostic and interventional procedures throughout the week and to broaden the scope of our services," says Barb Gibson, CRA,RT(R), RDMS, FCHC Radiology Director. "It means we can offer improved patient care and provide more procedures locally. It's part of the Health Center's mission of keeping our community's care close to home."

Let's take a look at some of the new procedures and equipment, along with procedures and equipment already offered.

## Balloon Kyphoplasty

Balloon Kyphoplasty was originally offered through our Radiology Department. But due to workload demands with only one Radiologist, it became more commonly done through our Pain Clinic. Now with two full-time Radiologists, Dr. Cox also offers the procedure. Balloon Kyphoplasty is used to repair spinal fractures caused by Osteoporosis or cancer. Osteoporosis causes more than 700,000 spinal fractures each year in the U.S., more than twice the number of annual hip fractures.

Left untreated, one fracture can lead to subsequent fractures, often resulting in a condition called kyphosis, or rounded back. Kyphosis can compress the chest and abdominal cavity, which may result in negative health consequences.



Radiologist Donald Cox, MD, is pictured with Heather Green, RT(R), an FCHC Registered Radiologic Technologist in the FCHC Heart and Vascular Center as they prepare to begin a Balloon Kyphoplasty procedure.

## BALLOON KYPHOPLASTY PROCEDURE

Balloon Kyphoplasty is a minimally invasive treatment that stabilizes the fracture, thereby reducing pain and providing for correction of the deformity and reduction in pain. The illustrations below show how the procedure is performed. The process is explained in greater detail on the next page.





Radiologist Michael Pole, MD, consults with a patient regarding Mammography.



## BALLOON KYPHOPLASTY EXPLAINED

The Radiologist creates a small pathway into the fractured bone. A small, orthopedic balloon is guided through the instrument into the vertebra. The incision site is approximately 1 cm in length.

The balloon is carefully inflated in an attempt to raise the collapsed vertebra and return it to its normal position. Inflation of the balloon creates a void (cavity) in the vertebral body.

Once the vertebra is in the correct position, the balloon is deflated and removed.

The cavity is filled with bone cement forming an “internal cast” to support the surrounding bone and prevent further collapse.

Generally, the procedure is done on both sides of the vertebral body.

Balloon Kyphoplasty is performed under local and moderate sedation. It typically takes one hour per fracture, and patients usually leave 3-4 hours after the procedure.

## OTHER PROCEDURES

**Bone Marrow Aspiration/Biopsy** – In an aspiration, a needle is used to withdraw a sample of the fluid portion of the marrow. In a biopsy, a needle is used to withdraw a sample of the solid portion.

**Fistulagram** – An X-ray procedure to look at the blood flow and check for blood clots or other blockages in your fistula. An arteriovenous fistula is a connection of an artery to a vein, created for hemodialysis treatment.

**Insertion of Hickman Catheters** – Inserted in the chest wall to infuse antibiotics, medications, nutritional supplements, or chemotherapy treatments.

**Insertion of Permcath** – A long flexible tube inserted into a vein, usually in the neck, for long-term kidney dialysis treatment.

**Insertion of Quinton-Maburkar Catheters** – Different types of catheters used for kidney dialysis.

**Metastatic Spine Therapy** – Used to treat cancer of the spine.

**PICC Line Placement** – A catheter that is inserted into a vein in your arm to give medication or liquid nutrition.

**Port Placement** – A medical procedure to implant a flexible tube into a vein in your chest for IV medication or fluids.

CT Technician Andrew Ritter, R.T.(R) (CT), uses the 64-slice CT scanner in the Emergency Department.



## INVASIVE PROCEDURES OFFERED

Bone Biopsy  
Breast - Aspiration/Biopsy/Localization  
Drainages/Drain Catheter Placement  
Liver Biopsy  
Myelography  
Nephrostomy Tube Placement  
Nephrostomy Tube Exchange or Change  
Organ/Tissue- Aspiration/Biopsy  
Paracentesis  
Placement of Chest Tubes  
Radiofrequency Renal Ablations  
Renal Cortical Biopsy  
Spinal Tap  
Thoracentesis

## SPECIAL PROCEDURES

Barium Studies  
CT Enterography  
CTA Heart  
CT Heart with Calcium Scoring  
Joint Injections/Arthrography  
Sitz Marker Studies  
Virtual Colonoscopy  
Voiding Cystourethrogram (VCUG)

## NEW EQUIPMENT COMING

The FCHC board of directors recently approved the purchase of a new Hologic innovated bone densitometry unit (DEXA) that takes advanced health to a new level. This multi-faceted system can help clinicians assess bone health to keep life in motion! This advanced technology will also bring to our facility the ability to offer Body Composition scans and more.

(Continued on page 4.)

## OUR OTHER TECHNOLOGIES

The FCHC Radiology Department offers exceptional depth and quality in imaging services. From a full complement of traditional radiology and imaging capabilities to advanced technology, we are making state-of-the-art diagnosis and treatment convenient for residents of Fulton County and surrounding areas. All services are available on an inpatient and outpatient basis along with having 24-hour coverage by a Radiologist and Technologist.

### **General Imaging Services**

This area includes many of the services that you would typically associate with radiology: diagnostic and routine x-rays and fluoroscopy (upper and lower GI studies), joint injections and Myelograms.

### **CT (Computerized Tomography)**

Computerized Tomography allows us to view the brain, bones, chest, abdomen, spine, and other areas of the body. Our new 128-slice state-of-the-art CT scanner is the only one like it in Northwest Ohio. The unit reduces scan time and enhances patient comfort while improving the quality and contrast of the image. We also offer a 64-slice CT scanner in our Emergency Department for faster care.

### **MRI (Magnetic Resonance Imaging)**

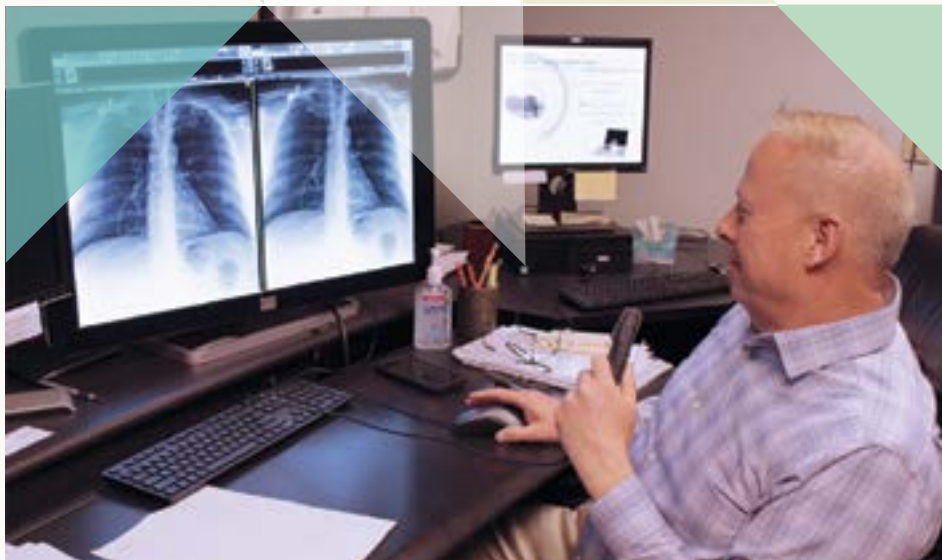
This painless procedure provides a view inside the body without surgery or x-rays, using magnetism and radio-frequency energy. This provides physicians with information they couldn't obtain with traditional imaging technology. Our MRI unit has an ultra-short, ultra-wide open bore that produces more room for patients of all sizes. Approximately 70% of scans can be performed feet-first rather than head-first, reducing the claustrophobic feel of other MRI units. It is also quieter than other units.

### **Mammography**

The mammography facility performs both diagnostic and screening mammograms. FCHC's mammograms are performed in 3D High Definition, which is the gold standard in imaging. This provides our patients with top notch image quality to aid in diagnosis. Diagnostic studies are performed when there are indications of a breast problem (i.e., suspicious lump) and must be ordered by a physician. We also offer multispecialty

# Radiology Offers New Services

*(Continued from page 3.)*



*Radiologist Donald Cox, MD, dictates a report after viewing diagnostic imaging.*

imaging for breast core biopsies on suspicious areas. These can be performed in our Radiology Department and avoid the need for a surgical procedure.

### **Ultrasound**

Routine abdominal and obstetric/gynecological studies in addition to cardiovascular techniques such as carotids venous and arterial doppler, and echocardiograms.

### **Nuclear Medicine**

A variety of nuclear medicine studies are available, including cardiac stress tests, bone scans, thyroid scans, renal scans, and lung perfusion scans.

### **Bone Density**

One in three women over age 50 has osteoporosis, often resulting in hip and other fractures. If it is detected early, changes in eating habits, an increase in exercise, and/or the use of medication can help slow its progression. In the past, x-rays were the only way to detect osteoporosis and associated bone loss. Bone densitometry can now identify individuals at risk for osteoporosis at an earlier stage than was previously possible. This simple, comfortable procedure takes only a few minutes to complete, and it can help prevent years of debilitating bone loss.

“Dr. Cox and Dr. Pole, along with our staff, enjoy working with patients and strive to offer

the best health care and comfort to patients,” says Gibson. “We all work to help each patient feel ‘at home.’”

For more information on any of the above imaging services, call the FCHC Radiology Department at 419-330-2651 or email us at [info@fulhealth.org](mailto:info@fulhealth.org).

## Donald Cox, MD, Radiologist

Dr. Cox was born in Oklahoma City where he received his medical degree from the University of Oklahoma. He then attended The USAF School of Aerospace Medicine and practiced as an Air Force Flight Surgeon for four years. This provided him with years of experience taking care of pilots and other flight personnel and their families. He moved to Ohio in 2000 for his Radiology residency and then moved to Petersburg, Michigan where he currently resides with his wife Valerie. Together they have five children and two grandchildren with another grandchild on the way. Dr. Cox has been a Radiologist for 17 years. He helped cover for Dr. Pole's time away for 10 years and officially joined Dr. Pole's practice in the summer of 2021.



# REPORT TO THE COMMUNITY 2021

In 2021, COVID-19 continued to have major impact with healthcare to both our area and throughout the country. For Fulton County Health Center, there were times during 2021 where activity was impacted due to spikes in residents having COVID-19 delaying at times elective services such as elective surgeries, certain diagnostics procedures and community wellness programs.

For Fulton County Health Center, this 2021 Report to the Community will reflect the changes in our activity due to the impact of COVID-19 in the area. As we move further into 2022 our hopes are that we continue to see improvements in treatment modalities for COVID-19 along with continued advancements with vaccines as new variants of COVID-19 surface.

GENERAL CATEGORY	2020	2021
Admissions	1,222	1,146
Outpatient Visits	148,285	179,487
Emergency Room Visits	12,980	14,243
FCHC Urgent Care	2,453	9,440
Inpatient Surgeries	292	230
Outpatient Surgeries	2,014	2,089
Outpatient Services	226,372	251,704
OB Deliveries	211	186
Oncology Visits	2,502	2,862
Laboratory Tests <i>(Outpatient only, including Pathology)</i>	150,471	143,493
Radiology Procedures	38,633	39,364
Respiratory Therapy	1,568	2,428
Physical Therapy Outpatient Visits	9,976	15,170
Diabetes Education Outpatient Visits	327	326
<i>(Includes both individual and group patients)</i>		
Cardiac Rehab Visits <i>(Includes both Phase II and Phase III)</i>	1,791	1,281
FCHC Behavioral Health Patient Days	527	980
FCHC Behavioral Health Outpatient Visits <i>(Therapists only)</i>	2,784	3,905
FCHC Behavioral Health Partial Hospitalization Visits	562	980
Fulton Manor Resident Days	21,405	16,681

## CORPORATE AND COMMUNITY HEALTH PROMOTION / FCHC FITNESS

	2020	2021
FCHC Fitness Memberships <i>(Monthly average)</i>	509	710
Screening - Community	440	541
Screening - Corporate	138	26
Nutrition Education - Schools	450	0*
<i>(*Due to COVID-19 could not get into schools)</i>		
Nutrition Education - Community	433	836
Trainings/Certifications	52	73
Fitness Class Visits	5,462	9,636
Fitness Classes	1,214	2,197
<i>(Total individual classes held)</i>		
SilverSneakers® Member Visits	5,547	6,834
Other Fitness Member Visits	7,465	22,046

## AUXILIARY

COVID-19 continued to bring changes to our Auxiliary. During 2021 we saw a reduction in the number of Auxiliary members and hours donated due to COVID-19. Our Gift Shop operated under limited hours throughout the year. But as we moved towards the end of 2021, we were able to bring Auxiliary members back into FCHC. The Auxiliary volunteers continue to provide such a vital service.

	2020	2021
Active Volunteers	105	75
Volunteers' Service Hours	1,800	2,790
Money Donated/Plugged	\$71,000	\$52,000

**Uncompensated Care** **\$1,559,487** **\$2,623,497**

## 2021 AUXILIARY DONATIONS INCLUDED:

- ▶ Over the bed tables for our Fulton Manor residents (\$22,000)
- ▶ Completion of the sidewalk in front of our campus (\$23,000)
- ▶ \$7,000 in scholarships (thanks to our benefactors Dr. Galani and the Perrico family)

## NEW SERVICES/TECHNOLOGY:

### NEW:

- ▶ Additional Tru-D - TRU-D SMARTUVC V9 ROOM DISINFECTION ROBOT (\$90,295)
- ▶ Point of Care scanners for nursing and lab (\$23,271)
- ▶ Additional GE Vital Signs monitors to ED (\$13,720)
- ▶ Nurse call system to Oncology (\$10,500)
- ▶ Enclosed the ED nurses station with glass panels (\$12,978)
- ▶ Fetal monitor for OB/GYN clinic (\$7,690)
- ▶ Microbiology Vitek analyzer - lab (\$13,500)
- ▶ UA Analyzer - lab (\$7,000)
- ▶ DaVinci Xi Surgical Robot

### REPLACED:

- ▶ Upgraded Fulton Manor & FCHC exhaust fan system (\$30,000)
- ▶ Remodeled the old Wauseon Clinic and moved FCHC Outpatient Behavioral Health into the building
- ▶ Enclosed four Same Day Surgery Bays (\$24,753)
- ▶ Surgery Orthopedic power instruments (\$225,681)
- ▶ Radiology Room (\$300,000)
- ▶ Bladder scan for FM (\$9,495)
- ▶ GEMserve software/hardware upgrade (hospital dietary room service) (\$38,339)

## NEW ACTIVE STAFF PHYSICIANS:

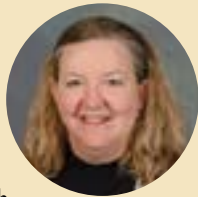
**Ahmad Abdelaal, MD** General Surgeon  
**Donald Cox, MD** Radiology  
**Stephen Markowiak, MD** General Surgery  
**Jacob Nafziger, DO** Family Practice  
**Dalun Tang, MD** General Surgeon

## AWARDS:

- ▶ Recipient of the 2021 Healthy Worksite Platinum Level Award through Healthy Business Council of Ohio

# Message from the CEO

Our mission at FCHC is to provide patients and residents with a broad range of physician specialists so they can stay local for most of their health



care needs. As part of fulfilling that mission, we are pleased to welcome several new providers to our staff.

Donald Cox, MD, has joined Michael Pole, MD, to serve as FCHC's second Radiologist. The two Radiologists allow us to expand our coverage of this service and to offer even more diagnostic radiological services than we have in the past. Our lead story in this issue focuses on our Radiology Department and all it offers.

Diala Almardeeni, MD, has joined our staff as a full-time ENT specialist. Last summer we added Dr. Ahmad Abdelaal, a General Surgeon to our staff. FCHC Urgent Care has welcomed Amy Miller, PA-C, and Haley Cruz, FNP-C. These providers and their backgrounds are covered in this newsletter.

In previous newsletters we also covered two additions to FCHC Orthopedics - Kirk Davis, DO, FAOAO, Orthopedic Surgeon, and Lindsey Short, MSN, APRN, FNP-BC, RNFA, CNOR, a Nurse Practitioner. Ahmad Zarzour, MD, Hematologist/Oncologist, also joined FCHC Cancer Care.

Our Diabetes Education Department and Nutrition Counseling Department have merged to form the Diabetes & Nutrition Education Center. The newly formed department has moved and is now located on the ground floor of the North Medical Office Building. Learn more about these dedicated health care professionals in this issue of our newsletter.

Our annual Report to the Community is provided in this newsletter as well, and it gives a snapshot of the overall good health of our organization.

Please take time to get to know your Fulton County Health Center! In the meantime, stay well!

As always, FCHC Proud!

*Patti Finn*

Patti Finn  
Fulton County Health Center  
Chief Executive Officer

Last year, FCHC implemented a new branding strategy that united provider offices under the name FCHC Medical Group. FCHC employs nearly 40 health care providers on campus and at off-campus locations. Prior to the rebranding, many had names not associated with the FCHC as some offices were originally an independent practice before joining FCHC or were identified by a building location in naming.

The branding strategy led to the creation of new names and logos for those provider offices using "FCHC" as the consistent identifier. Now one year later, the FCHC Medical Group brand continues to expand as it adds new health care providers.

## HOW WE'RE ORGANIZED

Fulton County Health Center remains as the umbrella organization over the provider offices, all hospital-based services, and Fulton Manor Nursing and Rehabilitation/Fulton Suites. Several years ago, FCHC Medical Care, LLC was established under the FCHC umbrella as the managing entity of all provider offices. This division is now known to the public as FCHC Medical Group and consists of nearly 40 providers with 13 dedicated offices and clinics.

**“Our previous organizational structure had 10 different specialty groups, 12 different provider offices and up to seven different provider names,”** says Chad Peter, Chief Operating Officer of Practice Management, FCHC Medical Care, LLC.

“We not only lacked a cohesive name for these different offices, but we also did not have an open affiliation with the Health Center. Now, patients will better understand who we are and how we are connected to FCHC.”

“When it comes to recruiting new physicians and providers, we now have a stronger identity in the recruiting process. Instead of promoting individual provider offices, we can now market one large

# FCHC Medical Group Expands

multi-specialty medical group. The group aspect gives us added credibility because we are now part of a larger local health care system. That will appeal more to the new providers we are seeking.”

## A LONG-TERM VISION

“Our vision for FCHC Medical Group is to continue to recruit full-time specialists that Fulton County can support and which will broaden the services we offer to patients,” says Peter. “As an example of our growth, we just recruited Dr. Diala Almardeeni, a full-time ENT specialist. Last spring, we added Dr. Ahmad Abdelaal, a General Surgeon. “We’ve hired other specialists to expand our services and are now looking to expand our primary care coverage in Wauseon.”

Recent additions to the FCHC Medical Group include Kirk Davis, DO, Orthopedic Surgeon, and Lindsey Short, MSN, APRN, FNP-BC, RNFA, CNOR, a Family Nurse Practitioner. Both have joined FCHC Orthopedics. FCHC Urgent Care also has two new providers in Haley Cruz, FNP-C, and Amy Miller, PA-C.





*Dr. Almardeeni performs a diagnostic nasal endoscopy using a screen to magnify the images.*



She also sees patients with tonsils disease, ear infections and hearing loss. In addition, she treats pediatric sleep apnea, typically caused by large tonsils and adenoids. Standard procedures include endoscopic exam of the nose as well as evaluation of the larynx to assess hoarseness of voice using fiber optic scopes.

“My goal whenever possible is to treat patients using new techniques that are minimally-invasive and cause less pain,” says Dr. Almardeeni. “Our clinic is equipped with the

latest technology in endoscopes that offer better visualization to help us in making the correct diagnosis and provide the optimal treatment. As an example, we use microscopic guidance to remove wax and secretions in the ears.”

## NEW ENT SPECIALIST

### Diala Almardeeni, MD, FCHC's new ENT specialist.

In March 2022, FCHC Medical Group welcomed Diala Almardeeni, MD and the office practice of FCHC Ear, Nose and Throat. Her practice is located on the main FCHC campus in the North Medical Office Building on the first floor in Suite 104. Dr. Almardeeni will perform her surgeries in the FCHC Surgery Department.



Diala Almardeeni, MD is a specially-trained physician in otolaryngology. A physician who specializes in otolaryngology is more commonly known as an ENT, or Ears Nose and Throat physician. Dr. Almardeeni has completed 3-year advanced fellowship training in minimally invasive sinus surgery at Saint Elizabeth Medical Center, affiliated with Tufts University, Boston, MA. She earned her medical degree and completed her residency at King Abdulla University Hospital, Jordan University of Science and Technology, Jordan.

She sees patients of all ages for many disorders involving the ear, nose and throat. Her main area of focus is sinus diseases, nasal septal deviation, and vasomotor rhinitis.

## PROCEDURES AND TREATMENTS OFFERED BY DR. ALMARDEENI INCLUDE:

### *In-office Procedures:*

- ▶ Diagnostic nasal endoscope
- ▶ Diagnostic flexible fiberoptic nasopharyngoscope to examine the nose, pharynx and vocal cords
- ▶ Control of nasal bleeding with silver nitrate cautery (can be done in kids); also absorbable and non-absorbable packs
- ▶ Cleaning wax under oto-microscopic (special microscope for the ear) guidance

### *Surgical Procedures in the Operating Room:*

- ▶ Minimally-invasive sinus surgery
- ▶ Endoscopic septoplasty using nasal scope, without any external incisions
- ▶ Cryotherapy of Vivian nerve to treat patients with excessive nasal secretions due to vasomotor rhinitis
- ▶ Tonsillectomy
- ▶ Adenoidectomy
- ▶ Myringotomy and grommets insertion for fluids behind the ear

Dr. Almardeeni is accepting new patients. Appointments can be made by calling 419-335-3712. She is also willing to speak to community groups about ear, nose and throat issues and can be scheduled for a presentation by calling the same number.

## NEW GENERAL SURGEON

### Ahmad Abdelaal, MD, FCHC's newest General Surgeon.

Last spring, Ahmad Abdelaal, MD, a new General Surgeon, joined Timothy Duckett, MD; Mirza S. Hasan, MD; and Beth A. White, MD in the FCHC General Surgery Clinic. The clinic is located on the second floor of the South Medical Office Building on FCHC's main campus. Dr. Abdelaal sees patients in the FCHC General Surgery Clinic and performs surgeries in the FCHC Surgery Department. The surgeons use the new da Vinci Xi<sup>®</sup> robotically assisted system and perform laparoscopic and open surgery. In addition, they also provide endoscopic and colonoscopy procedures at the FCHC Endoscopy Department.



Dr. Abdelaal was previously the Chief, Organ Recovery and Transplant Surgeon at the Center of Organ Recovery and Education in Pittsburgh, PA. He received his Fellowship training in various forms of transplant surgery at the Methodist Transplant Institute, University of Tennessee Medical Center, Memphis, TN; the Thomas Jefferson University Hospital, Philadelphia, PA; and the University of Pittsburgh Medical Center, Pittsburgh, PA. Dr. Abdelaal received his Medical degree and completed his Internship and Residency at Mansoura University Faculty of Medicine, Egypt.

## GROWTH BENEFITS PATIENTS

“The end result of our rebranding and recruitment efforts is that the patient has a clearer understanding of the relationship between our provider offices and FCHC, and they now have a more complete continuum of care with the specialists we've brought in,” says Steve McCoy, FCHC Director of Marketing & Planning. “It's all about our mission to “complete the circle of care” that we offer to patients.

# Diabetes Education + Nutrition Merge

**Did you know that \$1 of every \$4 health care dollars is spent on diabetes? Or that nearly 50% of people over the age of 65 have pre-diabetes, and 80% of them don't know it? According to the Centers for Disease Control & Prevention, more than 11% of Americans have been diagnosed with diabetes.**

The positive news is that since 1995, FCHC has offered a diabetes education program for area individuals. That program was recently strengthened with the merger of the FCHC Diabetes Education Department and the Nutrition Counseling Department. The new name is the Diabetes & Nutrition Education Center, and it is located on the ground floor of Fulton County Health Center next to the North Medical Office Building.

## A Team-Oriented Approach

"We conducted a thorough analysis of how these two departments interacted with patients and decided this merge would greatly benefit patients," says Britney Ward, MPH, Director of Corporate and Community Health Promotion. "Before the merger, both departments would work independently of each other with no centralized scheduling. Now, they work in tandem using a team-oriented approach to offer more comprehensive and coordinated services."

The two departments include Diabetes Care and Education Specialists who are Registered Nurses and Registered and Licensed Dietitians. "Our two departments have always worked together, but now we are combining processes and simplifying things for patients," says Angie Frey, BSN, RN, CDCES, Diabetes & Nutrition Education Manager. "We're also being cross-trained so the Nurses can provide Diabetes Prevention Program information and Dietitians can help with education to assure coverage of schedules."

## Convenient Location

The merger of the two departments included a relocation to the ground floor of the Health Center. "Prior to the move, patients would have to enter the main hospital entrance, walk to the registration area, then take an elevator to the third floor," says Ward. "Now they enter on the ground floor of the Health Center next to the North Medical Office Building and go straight to a private waiting room dedicated to the department. Parking is convenient with the lot next to the medical building, and they now avoid walking up the hill."

## A Remodeled Unit

The area occupied by the Diabetes & Nutrition Education Center was previously occupied by the FCHC Rehab Center. It has been completely remodeled to include two classrooms, two teaching rooms, and offices. "The classrooms allow us to have group classes, while the teaching rooms provide a place for private, one-to-one counseling," says Frey.

## Full-Time Scheduler

A full-time scheduler has been hired to schedule appointments with both diabetes educators and nutrition counselors. The scheduler registers and schedules patients. "It's a very organized system," says Ward.

## Services Provided

If a health care provider diagnoses a patient as having diabetes, the provider can order a Comprehensive Diabetes Self-Management Education & Support from FCHC. That includes 10 hours of Diabetes Education and three hours of Medical Nutrition Therapy over a one-year period. Eighty percent of the cost is covered by Medicare for those who qualify. These services are also covered by commercial insurances.

There are four parts to the Diabetes Education and Nutrition Therapy Program:

**Part 1:** Patient meets one-on-one with an FCHC RN Diabetes Care & Education Specialist who provides individualized basic diabetes skills and support including healthy eating, physical activity, monitoring, medication(s), and technology.

**Part 2:** A second visit is spent with a Dietitian who provides Medical Nutrition Therapy.

**Parts 3 & 4:** These steps occur at the same time on different scheduled days. Part 3 involves three follow-up visits with an FCHC Dietitian. Part 4 includes group classes with other patients, led by an FCHC Nurse and/or Dietitian.

In addition to focusing on diabetes education & prevention, staff members also educate patients with kidney disease or those considering bariatric surgery. FCHC Dietitians also provide education for patients who have other diagnoses, such as heart disease, obesity, cancer, and digestive issues.

## Education Can Help Prevent Diabetes

"People with pre-diabetes can slow down and even reverse the process by becoming educated and taking steps to better their health," says Frey. "The FCHC Diabetes Prevention Program focuses on physical activity, weight loss, and healthy eating. Given the cost of treating diabetes and the emotional and mental fatigue of providing diabetes self-care, it is well worth the time to learn how to improve your health situation."

"Now with the merger and relocation to a spacious new area, we're in a better position to offer patients more comprehensive support and education to manage their diabetes," says Ward.



Staff members of the Diabetes & Nutrition Education Center. (L-R): Jesse McKean, Assistant; Jill Crossgrove-Murillo, RD, LD, CDCES, Dietitian; Angie Frey, BSN, RN, CDCES, Unit Manager; Kaitlin Pursel, BSN, RN, Diabetes Educator; Brianna Fisher, RN, CDCES, Diabetes Educator; and Janna Menetti, RD, LD, Dietitian.







# MEMBERSHIP OPTIONS & PRICING

GYM PLAN:	BASE	GET FIT	AQUATIC	ELITE
Monthly Individual Rate	\$29	\$39	\$49	\$59
Monthly Family Rate	\$45	\$60	\$75	\$90
24/7 Gym Access	✓	✓	✓	✓
Unlimited Fitness Classes		✓		✓
Open Swim			✓	✓

All memberships include 24/7 gym access with upgrades available for unlimited fitness classes and open swim. Annual memberships can be paid-in-full or by recurring monthly payments. Call today to join and ask about our discounts available for Seniors, First Responders, Clergy, Military, and Full-Time Students. We accept SilverSneakers®, Silver&Fit, Renew Active, and One Pass.

## FITNESS Classes

Classes offered in Archbold, Wauseon, and Swanton.

For monthly class schedules & details please visit:  
[www.fultoncountyhealthcenter.org/health-and-wellness-programs](http://www.fultoncountyhealthcenter.org/health-and-wellness-programs)

SILVER SNEAKERS® CLASSIC  
 SILVER SNEAKERS® STABILITY  
 SILVER SNEAKERS® YOGA

SENIOR ADULT

BARRE  
 BOOTCAMP  
 CARDIO CORE  
 CARDIO DRUMMING  
 CORE BURN  
 CIRCUIT STRENGTH  
 KICKBOXING  
 POUND®  
 ZUMBA®

STRENGTH & CONDITIONING

SUNSET YOGA  
 VERA FLOW  
 YOGA-INTERMEDIATE

YOGA

AQUA NOODLE  
 AQUA FIT  
 AQUA ZUMBA®  
 SILVER SNEAKERS® SPLASH

AQUATICS

## SWIM CLASSES

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

May 21-July 16, \$50  
 6-24 months old – Sat., 9:00 a.m.  
 2-3 years old – Sat., 9:30 a.m.  
 3-5 years old – Sat., 10:00 a.m.

**NEW! Swim Lessons** (Group & Private)  
 Independent swimmers learn basic swimming competency by increasing comfort with underwater exploration; developing endurance and forward movement in the water; and basic self-rescue skills. All lessons are 30 minutes and held at FCHC Fitness, Wauseon. Call 419-330-2724 to register.

**Group Lessons** (no more than 5 per group)  
 May 21– July 16, \$80  
 3-6 years – Sat 11:00 am  
 3-6 years – Sat 11:30 am

**Private Lessons**  
 \$100 for 4-session package – times TBD by instructor and parent.

**Discount for siblings**



# Health & Wellness Programs

## DIABETES & NUTRITION EDUCATION

Contact the Diabetes and Nutrition Education office at 419-330-2772 for information, scheduling group presentations, and/or to register for classes. Check out the website page at: [fultoncountyhealthcenter.org/health-and-wellness-programs/](http://fultoncountyhealthcenter.org/health-and-wellness-programs/)

### **Blood Sugar Management**

Individual training that includes a 5-visit series with an RN Diabetes Care and Education Specialist 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. You may choose to have one visit with a dietitian focusing on healthy eating. \$150 for series. Call to schedule.

### **Blood Sugar Management Mini-Series**

Two individual visits with an RN Diabetes Care and Education Specialist using a simplified curriculum for learning how to better manage blood sugars, whether diagnosed with diabetes or trying to prevent this diagnosis. May choose to have one visit with a dietitian focusing on healthy eating. \$75 for mini-series. Call to schedule.

### **Returning! Diabetes Support Group**

June 14, 5:00 p.m. to 6:00 p.m., Diabetes & Nutrition Education Center classroom. Come meet with others and learn about basic diabetes care skills. We are available to answer your diabetes care questions. FREE.

### **Diabetes Prevention Program - New Cohort**

Begins May. The new Diabetes Prevention Program has been approved by the Centers for Disease Control and Prevention (CDC). It will be held for an entire year, with bi-weekly meetings for the first 4-6 months and bi-monthly meetings for the next 3 months. The curriculum will incorporate healthy eating, physical activity, stress management and more. Statistics have shown that those who have completed the program have reduced their risk of diabetes by 58%. In addition, they have experienced weight loss, increased energy and activity and an overall physical and mental well-being that comes with a healthy lifestyle. This program is for you if you are age 18 or older, have a BMI greater than 25, have been clinically diagnosed with pre-diabetes or gestational diabetes, or have no previous diagnosis of Type 1 or Type 2 diabetes. For more information or to participate in the program, please call to register.

## NUTRITION EDUCATION

### **Lifestyle Management Training**

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

*(Nutrition Education Continued)*

## DIABETES & NUTRITION EDUCATION

### **Low Cholesterol Living**

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., May 24 or July 26, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call to register.

### **Salt Sense**

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., May 3 or July 12, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call to register.



### **Cooking Quick & Healthy With a 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. Who knew how quick and simple meals for the whole family could be! Mon., May 23, 6:00-7:00 p.m., Diabetes & Nutrition Education Center classroom. Call to register.

### **Cooking Lighter With Your Fryer**

If an air fryer wasn't on your Christmas list, it may be because you don't know what it can do for you yet. Once you start to air fry your food, you may never go back—from making your favorite products to cooking your favorite dinners, you'll be surprised at what your air fryer can do for you. Mon., June 20, 6:00-7:00 p.m., \$5, Diabetes & Nutrition Education Center classroom. Call to register.

## OB PROGRAMS



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



## SAFETY

### **American Heart Association Heartsaver® CPR & First Aid**

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child, infant CPR; obstructed airways; and first aid; meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., July 23, Nov. 19. Sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 3:00 p.m., \$75, FCHC Fitness, 138 E. Elm St., Wauseon. To register, contact 419-330-2724.

### **American Heart Association Healthcare Provider CPR**

CPR Certification by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sat., May 21, Sept. 24, sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 1:00 p.m., \$50, FCHC Fitness, 138 E. Elm St., Wauseon. To register, contact 419-330-2724.

### **Babysitting**

Learn to handle emergencies such as choking, burns and more. Become an effective and competent babysitter. Class covers growth and development and safety for the sitter as well as the children, plus much more. Please bring a sack lunch. Beverages/snacks provided. To register, contact 419-330-2724.

Sat., May 7, 9:30 a.m. - 2:00 p.m., \$50, Swanton Library, 419-826-2760

Sat., June 11, 9:00 a.m. - 3:00 p.m., \$50, FCHC Fitness, 419-330-2735

Sat., June 18, 9:00 a.m. - 3:00 p.m., \$50, Liberty Center Library, 419-533-5721

## ONCOLOGY PROGRAMS

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

### **Counseling**

Counseling for nutrition, emotional and coping concerns, as well as end of treatment concerns.

### **Patient Navigation**

On-site case management, financial counseling and facilitation with community resources.

### **Rehabilitation Services**

On-site physical & occupational therapy and wound care.

### **Lymphedema Therapy**

Includes specialists from nursing, physical therapy, and massage therapy who are trained to work together in treating patients with lymphedema.

### **Prosthesis and Wig Bank**

Available for patients who cannot afford to purchase their own.

## GRIEF SUPPORT

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

### **H.O.P.E.**

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month at 7:30 p.m. in the FCHC Surgical Conference Room on second floor. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, teenagers, and adults due to illness or accident. If you are suffering from the death of a child at any age, you are welcome to attend.

### **H.E.L.P.**

Helping Each other Live Past a suicide is a new support group offered at FCHC that meets the third Monday of each month at 6:00 p.m. in the FCHC Surgical Conference Room on second floor. If you have lost someone to suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening through these grieving times. We educate participants on the causes of suicide in order to prevent more loss.

## WEIGHT LOSS

### **Introduction to Weight Loss Surgery: Sleeve Gastrectomy**

Learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension. For more information, call 419-337-7478.

### **New! Online Video Presentation**

Weight Loss is hard to do on your own. If you have struggled with obesity and do not know where to turn, weight loss surgery may be for you. To learn more about obesity and weight loss treatment options at FCHC through bariatric surgery, sign up for a free video presentation by General Surgeon Timothy Duckett, MD. To register for the video presentation, visit <https://www.fultoncountyhealthcenter.org/health-and-wellness-programs/?program=bariatric>



Register for an online bariatric video presentation by General Surgeon Timothy Duckett, MD. You will receive a link that takes you to the video page on the FCHC website.

### **Bariatric Support Group**

Meetings on the 4th Tuesday of each month: May 24, June 28, July 26, and Aug. 23, 5:00 - 6:00 p.m., South Medical Office Building, 2nd Floor Conference Room.

# FCHC News & Notes

## New Urgent Care Providers

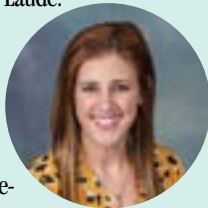
FCHC Urgent Care is pleased to welcome Amy Miller, PA-C, and Haley Cruz, FNP-C.

Miller is a compassionate, board-certified Physician Assistant dedicated to caring for and educating patients. She received a Master of Physician Assistant Studies from the University of Findlay and a Bachelor of Science in Biology from Bowling Green State University, where she graduated Magna Cum Laude.

Cruz comes with a comprehensive background as a Family Nurse Practitioner along with

compassionate evidence-based care for all age groups. She received both her Master's and Bachelor's in Science of Nursing from Purdue University, West Lafayette, IN. She also holds an Associate Degree in Nursing from Northwest State Community College, Archbold.

FCHC Urgent Care now has two providers to see patients and help reduce wait times per visit: Monday-Friday, 9:00 a.m. - 5:00 p.m.



*Haley Cruz, FNP-C*

## FCHC Earns Top Award



*Photo (L-R): Patti Finn, CEO; Jana Armstrong, CCHP Community Outreach Coordinator; Jamin Torres, Manager of Corporate and Community Health; Jason Mohler, Human Resources Benefits & Compensation Manager; Britney Ward, Director, Corporate and Community Health Promotion; Rachel Geckle, Chief Human Resource Officer.*

In January, FCHC was honored with the 2021 Healthy Workplace Platinum Level Award. The award was presented as a result of the Health Center's comprehensive workplace health promotion and wellness programs. Applicants were scored on the extent their wellness programs facilitated and encouraged employee health, enhanced productivity and ensured a healthy work environment. FCHC was one of only 31 Ohio employers that were recognized with the highest-level award available for their healthy workplace practices.

## Therapists Receive Rehab Certification

Two therapists at FCHC Rehabilitation Center have recently received LSVT BIG® Certification. Robin Darnell, PT and Laura Wylie, PTA have completed a specialized training program to better treat individuals with Parkinson's Disease and related neurologic conditions.

People living with PD or other neurological conditions often move differently, with gestures and actions that become smaller and slower.

They may have trouble getting around, getting dressed and with other activities of daily living. LSVT BIG® trains them to use their body more normally. The treatment improves walking, self-care, and other tasks by "recalibrating" how people perceive their movements with what others actually see.



*(L-R): Laura Wylie, PTA and Robin Darnell, PT.*

## Openings at Fulton Suites

Independent Living Units are now available at Fulton Suites on the FCHC main campus. Fulton Suites meet the residential needs of those who are able to care for themselves but do not want the responsibility of maintaining a home or cooking meals. Our typical resident is able to bathe, use bathroom facilities and take their own medications. Our residents enjoy a menu of services which are either provided or can be purchased. Suites are available furnished or unfurnished. Please contact Admission Coordinators, Ann, or Kayla 419-335-2017 x 2803 or email [fm\\_socialservices@fulhealth.org](mailto:fm_socialservices@fulhealth.org).

## Get Ready for Golf

The 23rd FCHC Annual Auxiliary Golf Tournament will be held on Thursday, June 9 at Ironwood Golf Course in Wauseon. The 4-person best-ball scramble will begin with registration at 11:00 a.m. and a noon shotgun start. Participants will enjoy 18 holes of golf with a cart, sack lunch, gift pack, and beverage tickets. A BBQ chicken dinner and silent auction will follow at 5:00 p.m. in the FCHC Beck Meeting Room. Sponsorships are available. Entry deadline is May 20. For more information about costs, contact Annette Kolbe in the FCHC Administration, 419-330-2603 or email [akolbe@fulhealth.org](mailto:akolbe@fulhealth.org).