

A publication of Fulton County Health Center

Health *Centering*

SAME DAY SURGERY MOVES TO RENOVATED LOCATION

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 **Fulton County
Health Center**



Kathy Miller, RN (left) and Necole Lynch, RN review the electronic health record before seeing a patient in the south hallway.



Laparoscopic surgery shown here.

Same Day Surgery area had 18 patient bays for preoperative and postoperative care, with beds separated by curtains. The renovated second floor area has 21 private patient rooms with new patient beds and private bathrooms for greater confidentiality and privacy.

“This is a total renovation throughout the second floor, including new LED lighting, new vinyl flooring and cabinetry, new neutral wall

paint, and a new nurses’ station,”

says Tuckerman.

“Our Maintenance Department has done a fantastic job of converting the old hospital second floor with 1970s avocado green and orange colors into an attractive, comfortable, modern environment for patients and visitors.”

New cardiac monitoring equipment was installed to automatically transfer the patient’s vital signs directly to their electronic medical record, eliminating the need for a nurse to manually enter the data. The nurses’ station has its own centralized cardiac monitors to keep track of all patients from a single location. A new nourishment station was added for our patients for post-operative care, and nurses have their own private lounge in close proximity to patient care.

Same Day Surgery Moves to Renovated Location

Trudy Tuckerman, MSN, BIS, RN, CNOR, RNFA has been a perioperative nurse at Fulton County Health Center since 1991 and is now the Health Center’s Perioperative Services Director. In her 33 years at FCHC, Tuckerman has seen quite a few changes in her department with minimally invasive surgery such as laparoscopic and robotic surgery leading the changes.

“Laparoscopic and robotic surgery have become the norm, eliminating the more invasive type of surgeries performed years ago,” says Tuckerman.

“There are many benefits to laparoscopic and robotic surgery, including a less invasive procedure and faster recovery. The result is that very few of our patients stay overnight after surgery any more, which impacts the type of facility we need and the care we provide.”

This was part of the reason for the move in April of the Same Day Surgery Department from the second floor of the Health Center’s 2006 addition

to the second floor of the main (original) hospital building into the vacated Medical-Surgical space. The move provides the Same Day Surgery Department with more patient beds while allowing for the future expansion of the Heart & Vascular Center into the area vacated by Same Day Surgery (see related article).

Three Phases of Surgery

The term “perioperative” is used to describe the three distinct phases of any surgical procedure: the preoperative phase, the surgery itself, and the postoperative phase. Every surgery is broken down into these phases to differentiate tasks and establish who is responsible for overseeing and delivering each stage of care. This division allows health care teams to deliver consistent care.

A Complete Renovation

Prior to the move, the second floor of the main hospital facility was renovated by the FCHC Maintenance Department. The previous



Rebekah Orr, PTA works with a patient in the Same Day Surgery Physical Therapy Room.



A dedicated area for physical and occupational therapy was also added to the floor during the renovation to benefit patients who have just gone through total joint replacement surgery.

Monitoring a Patient's Progress

One of the more high-tech additions included in the renovated Same Day Surgery area is electronic tracking monitors mounted on the walls for loved ones to follow the progress of their family member. "It's a concept similar to the 'Arrivals/Departures' monitors at airports to help you track your flight," says Tuckerman. "In our case, a patient's family will be given a code such as 'Patient A,' and Patient A will appear on the monitor with updates for the family such as 'Ready for surgery, surgery proceeding, surgery complete, and moving to recovery.' We maintain the patient's privacy by not using a patient's name while allowing a family to monitor their loved one's progress. This helps to comfort families, so they know what is going on."

Other Improvements

A new sterile and non-sterile supply inventory system was included in the renovations. The visitor waiting area for surgical patient families remains in its current location on the second floor of the hospital addition. The surgical units themselves remain in their present location on the second floor. "Everything is on the second floor of either our main hospital building or the 2006 addition," says Tuckerman. "This includes preoperative rooms, surgical suites, endoscopy suites, and postoperative recovery rooms. It's convenient for patients and their families. In addition, now that we've moved to the main hospital building patients can be conveniently discharged through the main hospital entrance. This provides parking advantages for families."

Pictured at the Main Nurses' Station are Kristy Long, Unit Clerk (facing front); Kathy Miller, RN; and Amanda Knierim, RN (back to camera).



Kathy Miller, RN (left) and Necole Lynch, RN in the west hallway.

Focusing on the Patient Experience

"The move into the renovated facility has been about moving forward to make the patient experience and outcome better, and that's very important," says Tuckerman. "Our main focus in Perioperative Services is to provide family-centered care. It means looking beyond the patient and doing everything possible to include and prepare the family member, significant other, or patient caregiver who accompanies the patient on the day of surgery. We strive to make sure everyone concerned is prepared before, during, and after surgery."



Kathy Miller, RN meets with a family member and a Same Day Surgery patient for a pre-operative interview.

Patient Education

At FCHC, a great deal of time and effort are devoted to educating a patient prior to surgery. A dedicated Pre-Admission Testing (PAT) team meets one-on-one with the patient 1-2 weeks prior to the scheduled surgery. Nurses review with the patient their

pre-operative preparation, what to expect the day of surgery, and what to expect after surgery. The patient's medical history is reviewed, and usually laboratory and radiology exams are performed on the same day. A staff member will then phone the patient the day before the surgery to help with any last minute instructions or questions they may have. The patient will also be given a specific time to arrive for the scheduled surgery.

Day of the Surgery

When the patient arrives at the Health Center for their surgery, staff members verify the patient's identity, review their medical history, type of surgery to be performed, and prep them. The patient then meets with the surgeon and anesthesia provider to be reminded of what will happen and what to expect afterwards.

FCHC surgeons provide a variety of surgeries including orthopedic, urologic, bariatric, general, gynecologic, podiatric, ear/nose/throat, and vascular.

Discharge

Upon discharge, FCHC staff make sure the patient clearly understands how they should feel when they go home; what old, new and future medications they will be taking and why; the specific therapy they will need; when they will need to have a follow-up visit with their primary care physician; and who to contact at the Health Center if they have post-surgical questions or concerns.

An Evolution of Surgical Care

"I think the communities we serve may not be aware of our surgical advances and how we have evolved over the last 20 years," says Tuckerman. "Now that our Same Day Surgery Department has moved to a renovated area, we have upgraded our level of care even more. If you or a family member requires surgery at FCHC, you can be assured of receiving top-level care."



Kathy Miller, RN; Jennifer Eis, RN; Amanda Knierim, RN working at the main work desk of the nurse's station.



By the end of this year, FCHC Heart & Vascular Center will be expanding to add an additional cath lab room. This expansion will allow the department to handle an increased patient load. The expansion will take place in the area vacated by the Same Day Surgery Department (see lead story), which has moved to the second floor of the main hospital. The current cath lab and future cath lab will both be located in the Heart & Vascular Center on the second floor of the 2006 hospital addition.

In addition to a second cath lab, all cardiology services will be relocated to the Heart & Vascular Center. This includes moving diagnostic services such as the stress test, outpatient EKG, echocardiogram, and vascular ultrasound.

“Our cardiology and vascular services will soon be contained in one central area for the benefit of both patients and staff,” says Lisa Cheney, BSN, RN, Director of Cardiovascular Services. “This expansion will improve the workflow between patients, staff and cardiologist, allowing for seamless care and collaboration. A single nurses’ station will serve as the central workstation to cover diagnostic testing, two cath labs, and patient rooms.

MOBILE CATH LAB

Since it is not feasible to perform construction for the expansion while offering catheterizations, a mobile cath lab has already been located near the ambulance entrance of the Emergency Department in the area of the helipad. “The mobile unit provides a temporary location to perform heart cath while renovations take place,” says Cheney. “The unit is equipped to provide the same monitoring and safe patient care as was given within the hospital.” She notes that patients should report to Central Registration when they are scheduled for a procedure in the Heart and Vascular Center.

A GROWING SERVICE

FCHC opened its Heart & Vascular Center in 2008, and the cath lab was first used for diagnostic services. This past fall, board-certified interventional cardiologist Charles Gbur, Jr., MD, joined the medical staff. This allowed the Health Center to offer interventional cardiology so patients could be diagnosed and treated at the same time. Dr. Gbur brings over 35 years of medical experience to FCHC, with the last 20 years spent as an interventional cardiologist at McLaren St. Luke’s Hospital in Maumee.



Pictured is the Nurses’ Station in the mobile Cath Lab.

INTERVENTIONAL CARDIOLOGY EXPLAINED

What is interventional cardiology? It’s a minimally invasive, non-surgical treatment that uses a small, flexible tube (catheter) to treat narrowed or blocked arteries with balloons, stents, and other devices. Stents are tiny, lattice-shaped metal tubes that are inserted through the artery in the groin or wrist and serve as scaffolding to keep the artery open. It is much less invasive than traditional open-heart surgeries with faster recovery times.

There are a variety of procedures that Dr. Gbur currently performs in the FCHC Heart and Vascular Center. These include pacemakers, implantable cardioverter defibrillators (ICD),



There is plenty of room in the mobile Cath Lab to accommodate the patient and providers.

implantable cardiac monitoring (loop recorders), holter and event monitors, cardioversions, and transesophageal echocardiograms.

VASCULAR PROCEDURES

“We also do diagnostic and interventional vascular procedures as well,” says Cheney. The vascular cases performed in the cath lab are arterial and venous thrombectomy treating pulmonary emboli and deep vein thrombosis, inferior vena cava filter placement and fistulograms.

“Dr. Gbur has realized the importance of providing alternative cutting-edge technology for treatment of high blood pressure,” says Cheney. “As a result, we are beginning to offer Renal Denervation procedures to help those patients who are unable to control blood pressure even with lifestyle changes and medications.” Renal denervation uses controlled, targeted radiofrequency energy to the renal nerves with a goal of reduction in blood pressure.

GROWTH BENEFITS PATIENTS

“We have a strong team of doctors and nurses at FCHC, and we continue to build our team by adding staff who have years of cath lab experience,” says Cheney. “With the future expansion of our unit by the end of this year, our patients will be able to receive a diagnosis, intervention or treatment and overall proactive cardiovascular care . . . right here in town.”

REPORT TO THE COMMUNITY

GENERAL CATEGORY

2022

2023

Admissions	1,181	1,530
Inpatient Days	2,202	2,829
Observation Days	1,393	1,614
Outpatient Visits	102,976	110,792
Emergency Room Visits	14,068	14,521
FCHC Urgent Care	12,037	13,399
Inpatient Surgeries	282	295
Outpatient Surgeries including Endoscopy	3,263	3,465
OB Deliveries	201	295
Oncology Visits	2,663	2,890
Laboratory Visits	22,664	23,458
Radiology Visits	18,378	19,728
Occupational, Speech, and Physical Therapy Visits	12,727	13,637
Diabetes Education Outpatient Visits	279	268
Nutrition Education Outpatient Visits	376	527
Cardiac Rehab Visits		
<i>(Includes both Phase II and Phase III)</i>	2,591	2,919
FCHC Behavioral Health Patient Days	672	376
FCHC Behavioral Health Outpatient Visits		
<i>(Therapist Only)</i>	3,645	7,019
FCHC Behavioral Health Intensive Outpatient Visits		
<i>(both Adult and Senior Adult)</i>	703	465
Fulton Manor Residents Days	15,556	18,487

CORPORATE AND COMMUNITY HEALTH PROMOTION/FCHC FITNESS

	2022	2023
FCHC Fitness Class Visits	10,497	13,878
Senior Fitness Visits	11,837	15,534
Other Member Visits	31,630	40,290
Total Visits	53,964	69,702
Fitness Classes	2,074	2,311
FCHC Fitness Memberships <i>(Monthly Average)</i>	796	998
Screenings Community	286	497
Screenings Corporate	11	21
Trainings/Certifications	74	63

AUXILIARY

2022

2023

Active Volunteers	74	63
Volunteer's Service Hours	4,200	4,370

2023 AUXILIARY DONATIONS INCLUDED:

- ▶ The Auxiliary partnered with Dr. Galani in awarding 4 scholarships of \$1,000 each.
- ▶ In 2023, the Auxiliary paid \$5,200 for re-carpeting the main entrance of the hospital. We also look forward to realizing our pledge in 2024 to pay for bassinets for OB (\$32,000), the renovation of the cashier's office (\$25,000, completed in early 2024) and new flooring for the Fulton Manor (\$2,000).

NEW SERVICES/TECHNOLOGY:

NEW

- ▶ 2 Cath Tables Azurion 7 – to be installed in 2024.
- ▶ New Infant Security System
- ▶ New ASP 100S Sterilizer
- ▶ Ortho Hana Fracture Table For Surgery

REPLACED

- ▶ Patient Stretchers For Same Day Surgery
- ▶ Whole Hospital Patient Monitoring Upgrade
- ▶ Stryker Micropower Upgrade- Surgery SPD Replacements and upgrades. New sterilizers, washers and an additional sonic sink
- ▶ New United Imaging MRI replacing older unit - to be installed in 2024
- ▶ OR Hillrom Booms
- ▶ Portable X-ray Unit

NEW ACTIVE STAFF PHYSICIANS:

- ▶ Imad Attar, DPM, Podiatry
- ▶ Elizabeth Barga, DO, Family Medicine
- ▶ Charles Gbur Jr., MD, FACC, FSCAI Interventional Cardiology
- ▶ Brian Perkins, MD, Hospitalist

AWARDS:

- ▶ Recipient of the 2023 Healthy Worksite Platinum Level Award through Healthy Business Council of Ohio

	2022	2023
Uncompensated Care	\$2,768,527	\$2,596,788

New FCHC Providers

Kathy Khandaker, MSN, CNP, CWOCN, is the new Program Director at FCHC's Wound Care & Hyperbaric Center. She is a Certified Adult Nurse Practitioner and is also certified in Wound, Ostomy and Continence care. Prior to joining FCHC, she worked as a Wound Care Nurse Practitioner for ProMedica and Community Hospitals and Wellness Center. She is a board member for the Wound, Ostomy and Continence Certification Board and is the President and Founder of Hope United Global in Bryan, OH, a not-for-profit organization dedicated to improving the health and wellness of people in remote areas of Uganda, Africa.



FCHC Behavioral Health welcomes **Donna Sprunger**, APRN, PMHNP-BC. Mrs. Sprunger is a psychiatric mental health nurse practitioner and works in the adult inpatient behavioral health unit and with the adult and older adult intensive outpatient programs. She is accepting new patients. Prior to joining FCHC, she worked as a psychiatric mental health nurse practitioner at Veterans Administration, Toledo Community Based Outpatient Clinic. Mrs. Sprunger has also worked as a psychiatric mental health nurse practitioner at the Toledo Center for Eating Disorders. The FCHC Behavioral Health Older Adult Inpatient and Intensive Outpatient programs are located on the 5th floor of the main hospital at 725 South Shoop Avenue, Wauseon. To schedule an initial assessment, please call 419-330-2775.



FCHC Urgent Care is pleased to welcome **Sarah Stamm**, MSN, FNP-C, Nurse Practitioner. Prior to joining FCHC, Stamm has experience working in other urgent care settings, in pulmonary, critical care and in internal medicine as a provider. She has also worked as an Emergency Department Registered Nurse. FCHC Urgent Care is located at 735 South Shoop Avenue, Wauseon, and is open 7 days a week, and walk-ins are welcome. We can be reached at 419-337-7467. To learn more go to www.fhcurgentcare.org.



Hours: Mon - Fri - 9:00 a.m. - 9:00 p.m.
Sat - 9:00 a.m. - 5:00 p.m.
New! Sun - 9:00 a.m. - 1:00 p.m.

In November 2023, FCHC was recognized with the 2023 Healthy Worksite Platinum Level Award

for medium sized organizations by the Healthy Business Council of Ohio. The platinum award is the highest possible level to attain. The award was presented as a result of the Health Center's comprehensive workplace health promotion and wellness programs. Applicants were scored on the extent their wellness programs facilitated and encouraged employee health, enhanced productivity, and ensured a healthy work environment. Only 5 medium-sized companies state-wide received the platinum award.

FCHC Earns Top Awards



FCHC staff members pictured with the 2023 Healthy Worksite Platinum Level Award (L-R): Rachel Geckle, Chief Human Resource Officer; Jamin Torres, Manager of Corporate & Community Health; Britney Ward, Director, Corporate & Community Health Promotion; and Jason Mohler, Human Resources Coordinator.

New Ostomy Clinic

FCHC's Wound Care & Hyperbaric Center is now offering a full-service ostomy clinic including:

- ▶ Pre op teaching
- ▶ Post op teaching
- ▶ Stoma site marking
- ▶ Comprehensive stoma assessment
- ▶ Individualized product selection



The wound care program continues to offer a variety of advanced treatments and screenings to help wounds heal including:

- ▶ Debridement (cleaning of wound surfaces)
- ▶ Hyperbaric Oxygen Therapy
- ▶ Vascular assessment (evaluation of arteries and veins)
- ▶ Compression therapy for edema (swelling)
- ▶ Nutritional evaluation
- ▶ Advanced dressings
- ▶ Antibiotic therapy
- ▶ Negative-pressure wound therapy
- ▶ Skin substitutes

The FCHC Wound Care and Hyperbaric Center is located at 725 South Shoop Avenue, Wauseon on the ground floor of the North Medical Office Building, Suite G-03. For more information on services offered, call 419-337-7832. No referral needed.



YOUR SUPPORT MATTERS

Bronze
\$5,000

Silver
\$10,000

Gold
\$25,000

Hospitals require ongoing infrastructure improvements and renovations to maintain modern facilities and to accommodate growing patient needs. All gifts received by the Fulton County Health Center Foundation are used to support FCHC in the development of services, programs, and equipment to improve the lives of our patients, providers and community as a whole.

Lifetime Giving

Foundation donors receive recognition as they reach new levels of lifetime giving. These donors will be recognized on our new "Tree of Life." This beautiful tribute will honor our cherished donors, whose support sustains our mission and helps us flourish. Located between the Emergency Department Entrance and Central Registration, it stands as a beacon of gratitude.

Learn about ways to give by visiting fchcfoundation.org. To donate, visit our website or scan the QR code here.



If you prefer to write a check, please mail it to:
FCHC Foundation
725 S. Shoop Ave.
Wauseon, OH 43567



Message from the CEO



There have been a lot of changes and positive happening at FCHC over the past several months, all of which will benefit the community!

Our Same Day Surgery Department has been moved to the main (original) hospital building. Many thanks to our fantastic

Maintenance Department that handled the renovations. The move provides Same Day Surgery with more patient beds and allows for the future expansion of the Heart & Vascular Center into the area vacated by Same Day Surgery. By the end of this year, the FCHC Heart & Vascular Center will be able to handle an increased patient load due to the addition of a second cath lab. You can read about both of these projects in this newsletter.

We have also upgraded our Radiology Department with a new MRI unit to replace the previous one. The new MRI offers greater patient comfort and higher-resolution images to help our providers diagnose and treat patients. This makes for a much better experience for our patients undergoing the MRI scans.

In this newsletter you can also review our annual Report to the Community. Our goal with the Report is to offer transparency and a better understanding of all that occurs at FCHC.

We are also pleased to welcome several new providers: Kathy Khandaker, MSN, CNP, CWOCN, is the new Program Director at FCHC's Wound Care & Hyperbaric Center. FCHC Behavioral Health welcomes Donna Sprunger, MSN, PMHNP-BC, Psychiatric Nurse Practitioner. Additionally, FCHC Urgent Care is pleased to welcome Sarah Stamm, MSN, FNP-C, Nurse Practitioner.

Please take time to get to know Fulton County Health Center and our staff and providers through issues like this newsletter. Stay well, and happy Spring!

Patti Finn

Patti Finn

Fulton County Health Center
Chief Executive Officer



Steve Wagner, PT (left), and Daniel McKernan, MD, were two of many participants in last year's golf outing.

LET'S PAR-TEE

The 25th Annual Fulton County Health Center Golf Outing, presented by the incredible FCHC Auxiliary, is quickly approaching. Each year, thanks to our sponsors, this outing raises tens of thousands of dollars that are directed back to the facility to support our mission of serving our community and providing the means for continued health and wellness.

We extend our heartfelt gratitude to all the teams who have enthusiastically signed up for our golf outing, making it a full house for this year's event! Your overwhelming support and commitment to our cause are truly inspiring. While registration for this year's outing is now closed, you can still make a difference by becoming a sponsor or donating to our silent auction.

We invite individuals and businesses to partner with us as sponsors for our upcoming golf outing fundraiser. Your support will showcase your commitment to our communities' health. As a sponsor, you'll have the opportunity to showcase your brand to a diverse audience of participants



(Left) Kathleen Hutchison and Amelia Huffman coordinated the fiesta basket from the Food and Nutrition Services Department. (Above) Barb Pfost and Rose Miller worked at the Silent Auction.

and spectators. Together, let's tee off for a cause and drive positive change.

The outing will commence at noon at Ironwood Golf Course in Wauseon, OH, on June 6, 2024 and will be followed by a BBQ Chicken Dinner & Silent Auction held in the FCHC Beck Meeting Room area. "The golf tournament, auction and raffle represent a great partnership between FCHC community, staff, physicians and the volunteers," says Mary Gautz, FCHC Volunteer Coordinator.

To become a sponsor or make a donation to the silent auction, kindly reach out to Annette Kolbe, FCHC Administration, at 419-330-2603 or via email at akolbe@fulhealth.org by May 18th.

New MRI Technology to Benefit Patients



The new MRI scanner offers better images and more comfort for patients.

FCHC brings a new era of patient comfort and high-resolution imaging with our new MRI (Magnetic Resonance Imaging) scanner that benefits both patients and referring physicians. The new unit provides a wide bore (opening) to accommodate patients of varying sizes. Once positioned inside the opening, patients can view a starlight scene along with choosing music during the scan.

"The whole MRI experience will be improved for the patient based on these features, and they will help to reduce the patient's anxiety," says Barb Gibson, CRA, RT(R), RDMS, FCHC Radiology Director.

"The technology of the new MRI unit offers exceptional image quality that will allow physicians to better visualize fine details," adds Phil Badenhop, RT(R), MR, Radiology Technologist. "This includes more precise visuals of sports injuries, neurological disorders, oncology issues, and more. The scan times are also faster making the process more comfortable for the patient."

Before the new MRI unit can be installed, the current unit must be removed and the area made ready. "We plan to finish with installation of the new scanner and be ready to scan towards the end of May," says Gibson. "The improved image quality and wider opening will allow us to offer access to more patients with our board certified and skilled technologists."



MEMBERSHIP OPTIONS & PRICING

GYM PLAN:	BASE	GET FIT	AQUATIC	ELITE
Monthly Individual Rate	\$32	\$42	\$42	\$52
Monthly Family Rate	\$50	\$65	\$65	\$80
24/7 Gym Access	✓	✓	✓	✓
Unlimited Fitness Classes		✓		✓
Open Swim			✓	✓

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

FITNESS Classes

Classes offered
in Archbold,
Wauseon, and
Swanton.



WHY TRY ONE OF OUR FITNESS CLASSES?

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

3 Payment Options!

1. **GET FIT Membership** - unlimited classes at all locations \$42/month
2. **Fitness Class Package** - take any 10 classes for \$50
3. **Drop In** - one class for \$10

First Class
is **FREE!**



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

WHAT'S NEW AT THE GYM

GROUP TRAINING

A fun and affordable option for personalized workouts & professional instruction. Groups will consist of 3-4 participants meeting 2x per week for 8 weeks. Sessions will be led by a certified Personal Trainer. \$240 for gym members. Call 419-330-2724 opt 1 to register.

WOMEN'S STRENGTH REDEFINED | MON. & WED., 9:00AM STARTING MAY 6TH. Macy will lead this group designed for the middle-aged women who want to get stronger & feel more confident in a gym setting.

INTRO TO STRENGTH TRAINING FOR ATHLETES | MON. & WED., 1:30PM STARTING JUNE 3RD

Nikole will teach athletes the basics of strength training techniques, form, and safety that will prepare them for the high school/college weight room. Ages 13-18.

SPORTS PERFORMANCE

TUE. & THUR. 1:30PM STARTING JUNE 4TH

Athletes will improve agility, speed, coordination, power & balance that can be applied to any sport. With a better understanding of proper body mechanics and positioning athletes will not only improve performance but also decrease injury risk. Instruction provided by a Certified Strength & Conditioning Specialist® in 45 min. sessions two days a week. For ages 11-18. Call 419-330-2724 opt 4 to register.

No membership required | 16 sessions \$200

SWIM CLASSES

PARENT AND CHILD WATER WONDERS (6 MONTHS - 5 YEARS OLD)

Parent/Guardian must be in the water. Swimmers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences.

Saturdays, July 27 - September 21 | \$60

GROUP LESSONS (3 - 6 YEARS OLD)

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

Saturdays, July 27 - September 21 | \$80

PRIVATE LESSONS (ALL AGES)

4-Sessions - Times TBD by instructor and parent | \$100 Call to register

Health & Wellness Programs

SAFETY

American Heart Association Heartsaver® CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child, and infant CPR; obstructed airways; and first aid; meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., July 20, Nov. 16. Sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 1:00 p.m., \$75, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

American Heart Association Healthcare Provider CPR

CPR Certification by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sat., May 18, Sept. 21. Sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 12:00 p.m., \$50, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

Parent and Child Water Wonders (6 months - 5 years old)

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

Saturdays, July 27 - Sept. 21 (No class on Aug. 31), \$60
Saturdays, Oct. 5 - Nov. 23, \$60

6-24 months old - Sat., 9:00 a.m.
2-3 years old - Sat., 9:30 a.m.
3-5 years old - Sat., 10:00 a.m.

Group Lessons (3 - 6 years old)

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

Saturdays, July 27 - Sept. 21 (No class on August 31), \$80
Saturdays, Oct. 5 - Nov. 23, \$80
11:00 a.m. & 11:30 a.m.

Private Lessons (All ages)

One-on-one instruction aimed towards the needs of each individual. 4-session package — Times TBD by instructor and parent. \$100. Discount for siblings. Call 419-33-2724 to register.

Babysitting

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

Sat., May 11, 9:00 a.m. - 3:00 p.m., \$50, Liberty Center Library, Call 419-533-5721 to register.
Sat., June 1, 9:00 a.m. - 3:00 p.m., \$50, FCHC Fitness, Call 419-330-2724 to register.

ONCOLOGY PROGRAMS

FCHC Cancer Care provides treatment and support

Counseling

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

Patient Navigation

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

Rehabilitation Services

On-site physical & occupational therapy and wound care.

Lymphedema Therapy

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

Prosthesis and Wig Bank

Available for patients who cannot afford to purchase their own.

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

H.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.

GRIEF SUPPORT



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

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/services/diabetes-education/

Lifestyles for Better Health

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

Diabetes Health Screening

Blood pressure, weight, fingerstick blood sugar, and A1C testing available. Review your results with an RN Diabetes Care and Education Specialist. Tues., Aug. 13, 11:00 a.m. to 1:00 p.m., Diabetes and Nutrition Education office on the ground floor of the North Medical Office Building.

Diabetes Prevention Program

Diabetes Prevention Program has been approved by the Centers for Disease Control and Prevention (CDC). It will be held for an entire year, with meetings most weeks for the first 4-6 months and bimonthly meetings for the next 5 months. The curriculum will incorporate healthy eating, physical activity, stress management and more. Statistics have shown that those who have completed the program have reduced their risk of diabetes by 58%. In addition, they have experienced weight loss, increased energy and activity and an overall physical and mental 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, and have no previous diagnosis of Type 1 or Type 2 diabetes. For more information or to participate in the program, please call to register. New cohort starting Thursdays, May 16, 5:00-6:00 p.m. or Tuesdays, July 16, 12:00-1:00 p.m.

Understanding Cholesterol, Key to the Health of Your Heart

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., May 28 or July 30, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., May 14 or July 16, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Use It Up!

Come learn about quick and tasty meals made from items on hand. Demonstration and samples. June 17, 12:30-1:30 p.m., Diabetes and Nutrition Education Center Classroom, \$5. Please call to register.

Garden to Table

Come see and taste beautiful and healthy appetizers and snacks inspired by garden fresh produce. Mon., Aug. 12, 5:00 - 6:00 p.m., Diabetes and Nutrition Education Center Classroom. Please call to register.

MEDICAL WEIGHT MANAGEMENT

Medical Weight Management

At FCHC Medical Weight Management, we specialize in the treatment of obesity and other weight management conditions by offering individualized treatments to help you achieve long-term weight loss success. Our approach includes: monthly visits with provider & dietitian, weight loss medication options, a free FCHC Fitness membership, and classes to address diet, physical activity, sleep, stress & well-being. Our commitment is to provide services and support that enhance physical, mental and emotional well-being to help patients live their fullest lives. The FCHC Medical Weight Management Center is located on the ground floor of Fulton County Health Center, just off of the North Medical Office Building.



Bariatric Surgery

Those interested in Bariatric surgery will now be seen in the Medical Weight Management program before and after surgery. To learn more about bariatric surgery options at FCHC, 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>

Bariatric Support Group

Meetings on the 4th Tuesday of each month, 5:00 - 6:00 p.m., Medical Weight Management Center.

OB PROGRAMS

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





FCHC News & Notes

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Student Health Care Camps

FCHC has two upcoming Health Care Camps for students over the next several months. The upcoming camps will be Wednesday, June 26 or Wednesday, July 31. Each camp will be held from 1:00-4:30 p.m. There is no cost to attend, but pre-registration is required and is limited to the first 10 students who register.

The Health Center started Health Care Camp in June 2015 as a way to share the facility with high school students, especially those curious about a healthcare career. At the camp, students learn about vocational planning for a healthcare career, including concepts such as basic clinical and culture skills, confidentiality, infection prevention, empathy, and insurance 101. They also practice wheelchair safety training and get a tour of the hospital. The camp is also the gateway to further job shadowing or volunteering at FCHC. Interested students should contact Mary Gautz, Coordinator of Volunteers and Auxiliary at mgautz@fulhealth.org or 419-330-2695.



Auxiliary Volunteer Opportunities

FCHC is welcoming volunteers to join us. For more information, please contact our Volunteer Coordinator: Mary Gautz, FCHC main campus, at 419-330-2695.

FCHC AUXILIARY FUNDRAISERS

The Auxiliary works very hard to bring you fun sales, to keep the FCHC Gift shop open, and to make money to help FCHC be more beautiful and comfortable.

May 20-21

Collective Goods, Beth & Stan Stauffer, FCHC South Medical Office Building

June 6

Golf Tournament & Silent Auction/Raffle

August 15

"Outside the Box" Shoe Sale, FCHC South Medical Office Building

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

Patti Finn, Chief Executive Officer | **Brett Kolb**, Chair, Board of Directors | **Steve McCoy**, Director of Marketing and Planning

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