

A publication of Fulton County Health Center

# Health Centering

## TREATING HARD TO HEAL WOUNDS

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*Pictured here:  
Morgan Todd, LPN and  
Troy McDaniel, CHT, STNA  
monitor a patient who is  
about to use the hyperbaric  
chamber.*

Volume 40, No. 3 Fall, 2024



**Fulton County  
Health Center**



The human body can be quite resilient in fighting diseases and healing itself. Yet, a simple scratch on your leg from your pet dog may not heal no matter what you try. Many people are faced with wounds that just won't heal, and the open wound can escalate into something more serious. The FCHC Wound Care & Hyperbaric Center can help.

## WHY SOME WOUNDS WON'T HEAL

"Hard to heal wounds can occur anywhere on the body," explains Kathy Khandaker, MSN, CNP, CWOCN, Program Director, who has 22 years of experience in Wound Ostomy and Continence care. She says hard to heal wounds can be the result of trauma, pressure, diabetes, venous insufficiency, arterial insufficiency, peripheral neuropathy and skin cancer. "If you're concerned about a wound not healing, then contact us," says Khandaker. "You do not need a referral from your health care provider to make an appointment with us, and treatment is covered by most insurance plans including Medicare/Medicaid."

# TREATING HARD TO HEAL WOUNDS

***"You do not need a referral from your health care provider to make an appointment with us."***

**-Kathy Khandaker, MSN, CNP, CWOCN, Program Director, Wound Care & Hyperbaric Center**



Kathy Khandaker, MSN, CNP, CWOCN, Program Director treats a patient's foot wound with assistance from Morgan Todd, LPN.

## PATIENTS WITH DIABETES

People with diabetes develop brittle bones leading to a change in the physical makeup of the foot. This changes the way you walk, creating different pressure points, which results in the formation of foot ulcers. "People with diabetes may also have decreased circulation and feeling in their feet, making them unaware the foot ulcer is forming," says Khandaker. "By the time it's discovered, the wound is at a point where it becomes difficult to heal."

## A VARIETY OF ADVANCED CARE

Since 2015, the FCHC Wound Care & Hyperbaric Center has been helping patients with hard to heal wounds. It is located in the North Medical Office Building on FCHC's main campus. Interventional Cardiologist, Charles Gbur, Jr., MD, serves as the Medical Director.

"We have providers covering several disciplines who offer a variety of skills," says Khandaker. "This enables us to provide a multi-disciplinary approach to treating patients." FCHC Wound Care & Hyperbaric Center offers providers that specialize in wound and ostomy care, vascular surgery, podiatry and interventional cardiology. Your primary care provider or the referring provider will get regular updates on your progress. The Center staff includes:

- ▶ Jane Meck, RN
- ▶ Troy McDaniel, Certified Hyperbaric Technician & Safety Officer
- ▶ Morgan Todd, LPN, Hyperbaric Technician
- ▶ Anne Dodd, LPN
- ▶ Linda Homan, LPN
- ▶ Joni Johnson, Clinic Coordinator

## TREATMENT OPTIONS

The Wound Care & Hyperbaric Center treats many types of skin disorders and wounds and includes treatments such as:

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





The Wound Care & Hyperbaric Center offers two hyperbaric chambers for patients' use.

After receiving care in the center, the patient is given instructions on how to care for their wound at home. We can also arrange home health to assist with dressings if needed. We can order all of the supplies needed to be delivered to their home. "There's a long-held belief that wounds should be kept open to let the air heal them," says Khandaker. "This is not true. Wounds should be kept covered and moist so that the new cells will grow."

## A FULL-SERVICE WOUND CARE CENTER

The Wound Care & Hyperbaric Center offers much more than just the treatment of wounds. We offer comprehensive care for patients in the hospital and outpatient center. We also offer care to patients with home health care and those in skilled nursing facilities.

The Center also offers two state-of-the-art hyperbaric chambers for patients who qualify and

are approved for treatment by their insurance. Hyperbaric Oxygen Therapy (HBOT) provides advanced treatment to deliver 100% oxygen to the patient at a higher than normal pressure. This enhances the healing process by:

- ▶ Increasing the oxygen supply to damaged tissue
- ▶ Increasing the ability to fight bacteria
- ▶ Reducing swelling
- ▶ Increasing new blood vessel growth



A collection of typical ostomy supplies.

## OSTOMY CLINIC

An ostomy is a specific surgery to create an opening (stoma) from an area inside the body to the outside. It is done to treat certain diseases of the digestive or urinary systems and can be permanent or temporary. The Ostomy Clinic is part of the Wound Care & Hyperbaric Center.

The full-service Ostomy Clinic offers:

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

## WHERE WE'RE LOCATED

The FCHC Wound Care & Hyperbaric Center includes a comfortable waiting room, four treatment rooms, and a large room for the hyperbaric chambers. We are located on the main FCHC campus at 725 South Shoop Avenue on the ground floor of the North Medical Office Building, Suite G-03. Parking is just outside the building.

Wound care treatment is usually covered by most health insurance providers. Patients do not need a referral from their health care provider to make an appointment with us. To contact the FCHC Wound Care & Hyperbaric Center, call 419-337-7832.



(L-R): Morgan Todd, LPN; Joni Johnson, Clinic Coordinator; Kathy Khandaker, MSN, CNP, CWOCN, Program Director; Anne Dodd, LPN; Linda Homan, LPN. Not pictured: Charles Gbur, MD, Medical Director; Jane Meck, RN; Troy McDaniel, CHT, STNA.



Kathy Khandaker, MSN, CNP, CWOCN, Program Director examines a patient while Troy McDaniel, CHT, STNA looks on.



# FCHC HEART & VASCULAR CENTER UPDATE

## LEVEL II DESIGNATION, RENAL DENERVATION, CATH LAB EXPANSION UPDATE, HYPERTENSION CLINIC



### NEW: LEVEL II ADULT CARDIAC CATHETERIZATION DESIGNATION

On July 31, Fulton County Health Center received a Level II Adult Cardiac Catheterization Health Care Service designation from the Ohio Department of Health. This designation is a step up from our original Level I designation, which allowed us to perform diagnostic heart catheterizations except in an emergency where a patient needed immediate cardiac intervention.

This upgraded level II designation allows FCHC to perform Interventional Cardiology procedures in addition to the diagnostic procedures we've been doing.

With a Level II designation, our Heart & Vascular Center can perform interventional cardiology procedures including:

- ▶ Left and right heart catheterization
- ▶ Coronary angiography
- ▶ Percutaneous coronary intervention (PCI)
- ▶ Intravascular ultrasonography (IVUS)
- ▶ Fractional flow reserve (FFR)
- ▶ Peripheral vascular diagnostic and interventional procedures

Charles Gbur Jr., MD, FACC, FSCAI, Interventional Cardiologist, and the team at the FCHC Heart & Vascular Center are committed to providing you with comprehensive care for heart disease close to home.

"Now that we have the Level II designation, in early October we will become fully operational 24/7," says Dr. Gbur. "This means patients can be diagnosed using a heart catheterization and treated on site at the same time right here in Wauseon. With the next closest facility almost 45 minutes away, any delay in care could impact the

outcome of the patient. So, offering the intervention here in Wauseon, not only saves time but is a life-saving service that has been missing from the area."

### Diagnostic vs. Interventional Cardiac Catheterization

Diagnostic cardiac catheterization uses a catheter to examine how the heart is working and to determine if there is a blockage. Interventional catheterization takes it one step further, and the Interventional Cardiologist treats or repairs the heart condition at the same time. Both procedures are considered minimally invasive.

In both procedures, a catheter is inserted into a blood vessel in the arm or leg. The Interventional Cardiologist guides the catheter through the blood vessel to the arteries near the heart. Contrast material and x-rays are used to look for blockages and abnormalities in the vessels.



Charles Gbur Jr., MD

**"Timing is critical for heart patients, and offering Interventional Cardiology here in Wauseon is a life-saving service that has been missing from the area."**

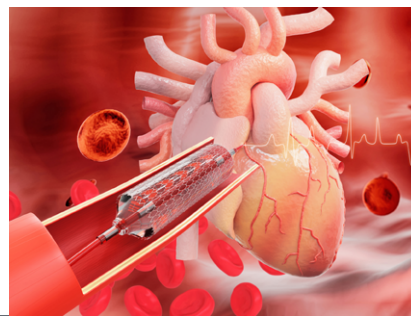


Illustration of a stent implantation in the coronary artery.

### What Happens if a Blockage is Found?

If a blockage is found, balloon angioplasty may be done along with the placement of a stent to open the blood flow of the artery. Follow-up care will be arranged by Dr. Gbur and the FCHC Heart & Vascular Center staff. You may be prescribed new medications, and lifestyle changes may be recommended to prevent further blockages and to strengthen the heart. You may also be referred for cardiac rehabilitation.

For more information about our Level II designation, contact our Heart & Vascular Center at 419-337-7314.



The mobile Cath Lab has allowed FCHC to continue to offer heart catheterizations during the construction phase.



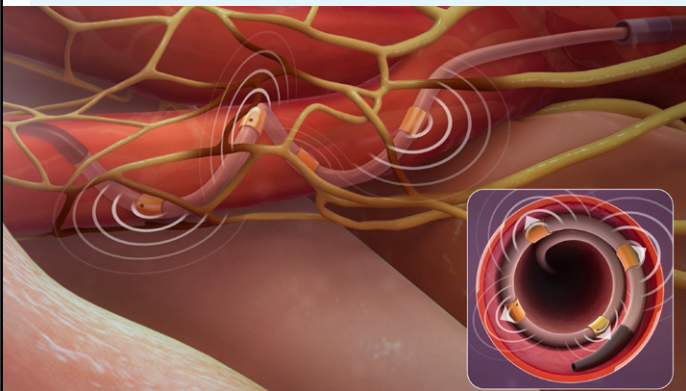
# RENAL DENERVATION: A NEW TOOL TO CONTROL HIGH BLOOD PRESSURE

A new treatment called Renal Denervation has been approved by the Food and Drug Administration (FDA) for use with patients who have uncontrolled or poorly controlled high blood pressure. It is available through Dr. Charles Gbur, Jr., MD, FACC, FSCAI and the staff at Fulton County Health Center's Heart & Vascular Center.

"We are the second or third busiest hospital in the country for the number of patients we have already helped using Renal Denervation," says Dr. Gbur. "It is definitely a unique service to have in Northwest Ohio and the tristate area. I commend our hospital administration and board for taking the steps to purchase the necessary equipment and allow us to become leaders in offering this service."

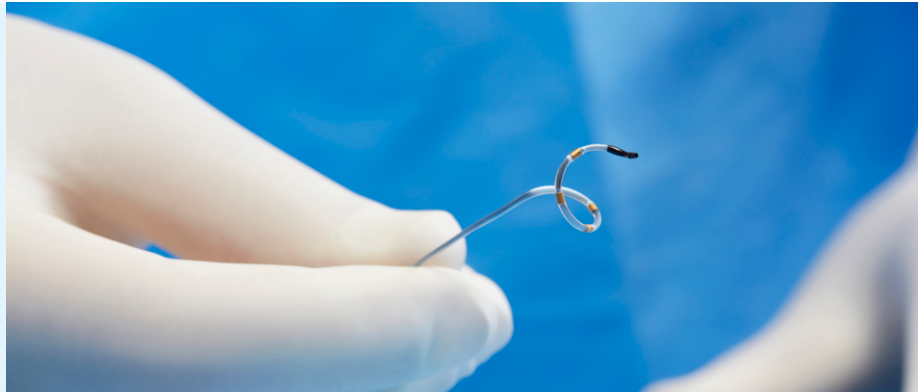
## What is Renal Denervation?

Blood pressure is regulated by several organs in the body including your brain, heart and kidneys. They all interact with nerves throughout your body to



Renal Denervation reduces the activity of the renal nerves to lower blood pressure.

help regulate blood pressure. When over activity of these nerves occurs, the impact can increase blood pressure. Renal Denervation is a procedure performed by an Interventional Cardiologist to reduce activity in the renal nerves in the kidneys to help lower blood pressure. The procedure uses a specialty designed catheter to send



A small catheter is inserted up to the renal arteries to send ultrasound or radio frequency (heat) to safely destroy renal nerves.

ultrasound or radiofrequency (heat) energy to the renal arteries to disrupt the nerves.

## What to Expect During the Procedure

As a minimally invasive procedure, Renal Denervation takes about an hour to complete. It involves placing a small catheter, similar to an IV, in the artery in the groin area. The Interventional Cardiologist guides the catheter to the renal arteries, and the catheter sends ultrasound or radiofrequency (heat) energy to destroy (ablate) renal nerves without damaging the arteries. The reduced nerve activity causes a drop in blood pressure.

During the procedure patients receive anesthesia to make them comfortable. Treatment may involve a short hospital stay depending on the response to the initial treatment, while most patients go home the same day.

## Renal Denervation Benefits

"Renal Denervation is typically used with patients who have resistant hypertension and are on at least three blood pressure medications to control their

blood pressure," says Dr. Gbur. He says after the procedure, the patient will follow-up in the new FCHC Heart & Vascular Hypertension Clinic over the next several weeks to adjust medication and monitor progress. Once blood pressure has been treated, the patient will return to follow-up with their family physician for ongoing management. The procedure may allow for the reduction of hypertension medication dosage or, in some cases, to stop medication altogether. After the procedure, patients will experience lower blood pressure while also reducing their risk of kidney disease, stroke and heart failure.

## For More Information

Contact the FCHC Heart & Vascular Center through the office of Charles, Gbur Jr., MD at 419-330-2653 or 419-893-7700.



After Renal Denervation, follow-up care at the FCHC Heart & Vascular Hypertension Clinic will monitor recovery and further treatment.



# FCHC HEART & VASCULAR CENTER UPDATE

(Continued from page 5)



## Cath Lab Expansion Nearly Complete

Construction is almost complete on the expansion of the FCHC Heart & Vascular Center. "This will be the most advanced heart and vascular center in Northwest Ohio," says Charles Gbur Jr., MD, FACC, FSCAI, Interventional Cardiologist. "We will be state-of-the art with the new equipment we are installing, but also because all of our diagnostic services are being relocated to the Heart & Vascular Center. This includes moving diagnostic services such as EKG, cardiac stress testing and echocardiograms. No other hospital has all of these diagnostic services combined into one area that is conveniently accessible for heart patients."

The completion of the expansion is scheduled for the end of August. Once construction has been finished, the medical equipment contractors will install their equipment. Plans are for Cath Lab services to be available to patients in the new space by the middle of September.

Contractors are currently installing flooring, casework, doors, windows, fire alarm system components, and other items. Construction work is being completed by The Spieker Company, a Northwood, OH general contractor. PMBA Architects (Perrysburg) and JDRM Engineering, Inc. (Sylvania) are providing the architectural and engineering guidance. Other contractors being utilized include Woolace Electric, Earl Mechanical, Lakeside Contractors, SecurCom, Koehlinger Security, Johnson Controls, VM Systems, Commercial Flooring, and Toledo Mirror and Glass.

**WANT TO HELP?** The completion of the Cath Lab expansion in the FCHC Heart & Vascular Center is an important undertaking for health care in our community. It will enhance the quality of care provided close to home. To help support this transformative project, please visit [fchcfoundation.org/donate](http://fchcfoundation.org/donate), or join us at Tunes & Touchdowns for an unforgettable all-day event on Saturday, October 5 from 12:00 pm to 12:00 am at Sullivan's Restaurant in Wauseon. *(See event details on the back page).*

Enjoy live music throughout the day, watch football games projected on the building in the evening, and indulge in a variety of delicious options from multiple food trucks! If you are interested in becoming an event sponsor or volunteer, please contact Jana Armstrong, FCHC Foundation Director, at (419) 337-7318, or scan the QR code here. Your support is crucial in helping us achieve our goal to bring advanced heart and vascular care to our community. Thank you for being a part of this important endeavor.



## Hypertension Clinic Opening Soon

A new FCHC Heart & Vascular Hypertension Clinic is opening soon in the office of Charles Gbur, Jr., MD.

"Our new clinic will provide leading-edge diagnosis and treatment for the full spectrum of hypertensive disorders," says Dr. Gbur. "We have expertise in treating a variety of hypertensive disorders." Treatment will cover:

- ▶ Complex hypertension
- ▶ Adrenal hypertension
- ▶ Renovascular disease
- ▶ Drug-resistant hypertension
- ▶ Genetic disorders associated with elevated blood pressure
- ▶ Hypertension associated with reduced kidney function
- ▶ Neuroendocrine tumors

Hypertension, also known as high blood pressure, is characterized by elevated blood pressure in the arteries. When blood pressure is high it can be very dangerous, contributing to a variety of health problems including:

- ▶ Heart disease/coronary artery disease
- ▶ Stroke
- ▶ Chronic kidney disease
- ▶ Peripheral artery disease
- ▶ Aneurysms

FCHC Clinical Hypertension Specialists work in a multidisciplinary manner to create individualized treatment plans for every patient. Typical treatments include medication and changes in diet and lifestyle as well as renal denervation. FCHC was the first hospital in the tristate area to offer this advanced treatment option to care for patients with resistant and difficult to control hypertension.

For more information, contact the FCHC Heart & Vascular Hypertension Clinic at 419-330-3315.



## Road to Wellness Conference

The 15th Annual Road to Wellness Health Care Conference for Mature Adults will be held Tuesday, October 1, 9:30 a.m. - 1:00 p.m. Check in begins at 9:30 a.m. The event will be held at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. The event will include screenings, vendors, food, and presentations from the following:

### **Katarina Willcox**

Insurance Options & Things to Know

### **Dean Horrington**

Guardianships/Power of Attorney

Please contact the Fulton County Senior Center at 419-337-9299 to register.



## New MRI Unit

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, while reducing scan time and improving images. Once positioned inside the opening, patients can view a starlight scene along with choosing music during the scan. Our new MRI unit began scanning patients at the end of May.

### **Pictured with the new MRI scanner are:**

**Ann Whalen, MR (R) MRI Technologist;**  
**Barb Gibson, CRA, RT(R), RDMS, FCHC**  
**Radiology Director;** **Phi Badenhop, RT (R)**  
**MR, Radiology Technologist.**

## New Providers at FCHC

**Jennifer Smith, NP-C, Nurse Practitioner** joins Dr. Charles Gbur, MD, FACC, FSCAI and the staff at the FCHC Heart & Vascular Center.



She has more than 20 years of health care experience including areas involving acute and chronic illness management for long-term care patients. Jennifer has also

worked as a Nurse Practitioner in Urgent Care and as a Registered Nurse prior to obtaining her Master's degree. She holds a Masters and Bachelor's degree in Nursing from Spring Arbor University, Spring Arbor, Michigan. At the FCHC Heart & Vascular Center, Jennifer's primary practice focus will be working with patients at the new Hypertension Clinic opening soon.

### **Joseph Jablonski, PMHNP-BC, Nurse Practitioner,**

is the newest staff member at FCHC Inpatient Behavioral Health. He most recently worked at FCHC as a Clinical Intern/ Psychiatric Nurse Practitioner Student. Jablonski also has experience as a Registered Nurse, a High School Nurse and an Assistant Strength and Conditioning Coach at the college level. He holds a Certificate of Psychiatric Mental Health Nurse Practitioner and a Master of Science in Nursing degree from the University of Toledo Medical Center. He also holds a Master of Health and Wellness and Human Performance degree from Morehead State University and a Bachelor of Science in Exercise Science degree from Grand Valley State University.



*Charles Lash, MD, FCHC Urologist, was one of the many golfers who enjoyed the FCHC Auxiliary's annual golf outing in June.*

## We Par-Teed!

The annual FCHC Auxiliary charity golf outing was successfully held on June 6th at Ironwood Golf Course, and it marked a significant milestone with the celebration of the 25th anniversary of the event. With 36 teams participating, the tournament and silent auction raised nearly \$58,000! This year's proceeds were primarily earmarked for the purchase of a new Campus Courier Vehicle. Funds raised are also being used to purchase MARCS radios, an Arm Ergometer, and to provide a donation to Sufficient Grace. The event, which is known for its energetic atmosphere, brought together participants and sponsors in a spirited day of golf and camaraderie. Special recognition was given to Silver Sponsors: The Huntington National Bank, Woolace Electric Corp., and Hill Manufacturing, Inc. Organizers express their gratitude to all contributors and are already looking forward to next year's event!

## New Courier Van

At the FCHC 25th Anniversary Golf Outing on June 6, our new Courier van was unveiled to the public. It was purchased by the FCHC Auxiliary through years of fundraising work. The new van will be used by our couriers to deliver supplies to FCHC facilities and provider offices. It will also be used to pick up tissue for orthopedic cases, collect lab draws from off-site lab stations, deliver mail, and do many other deliveries and pick-ups.

***Thank you, Auxiliary, for the dedication and caring you offer our Health Center, patients and the community!***





# Message from the CEO



Offering quality health care close to home is a critical part of our mission at Fulton County Health Center. It goes beyond just providing health care that is conveniently close to you.

It's about providing the best possible care we can. In order to do so, we continually strive to improve our services and equipment.

The FCHC Wound Care & Hyperbaric Center is one of those examples of continual improvement. We offer a variety of state-of-the-art treatments in a full-service wound center for hard to heal wounds. This includes two hyperbaric chambers and an Ostomy Clinic. You can read about our services in our lead story in this issue.

Good things are happening in our Heart & Vascular Center. We've received a Level II Adult Cardiac Catheterization Designation from the Ohio Department of Health. This allows us to perform both diagnostic and interventional cardiology treatments at the same time. We now offer Renal Denervation to treat people with high blood pressure that is resistant to medications, and we've opened a Hypertension Clinic. In addition, our Cath Lab expansion has now doubled the number of Cath Lab suites to treat patients. Our diagnostic equipment has also been conveniently moved to the Heart & Vascular Center, making us an advanced Heart & Vascular Center in northwest Ohio. You can read all about these changes in this issue, and we will provide more details in our winter issue.

In other news, our Outpatient Retail Pharmacy is primed to help you transfer your medications if your local pharmacy has closed.

As you can see from this newsletter, there are many positive things happening at Fulton County Health Center. Enjoy the fall season!

*Patti Finn*

Patti Finn

Fulton County Health Center  
Chief Executive Officer

## Looking for a Pharmacy?

Have you been looking for a new pharmacy home? Consider the FCHC Outpatient Pharmacy. We are located on the ground floor in the South Medical Office Building on the campus of Fulton County Health Center, 725 S. Shoop Avenue, Wauseon.

"At the FCHC Outpatient Pharmacy, we have tried to make the community pharmacy experience one that is built on great customer service," says Matt Gerig, RPh, FCHC Outpatient Pharmacy Director. "With a friendly, knowledgeable staff, we want our patients to get the medications they need in a timely manner. Our staff pharmacists have the knowledge and experience to answer all of your medication or clinical questions."

### It's Easy to Transfer Your Meds

Transferring a prescription(s) is as easy as a phone call. "Call and speak to one of our pharmacy staff members to first set up your health profile on our system," says Gerig. "Our phone number is (419) 335-3715. Choose Option 3 to speak to a staff member. If it's a medication with refills, we'll contact your current pharmacy to switch it over to our pharmacy system." Gerig says if it is a medication that is expired or out of refills, then you will need to contact your primary care physician to have them send a new prescription directly to our pharmacy. You should also tell your doctor to switch their records over to the FCHC Outpatient Pharmacy as your pharmacy of choice.

### Drive-Through Service

The FCHC Outpatient Pharmacy's drive-through window offers a convenient, easy option for prescription pick up. "If there are several vehicles ahead of you, you can also come into the pharmacy and pick up your prescriptions. While you're inside take note of the over-the-counter (OTC) items we offer," says Gerig.

### More Than Prescriptions

The FCHC Outpatient Pharmacy's in store section also offers competitively priced, over-the-counter medications including vitamins and supplements, OTC medications to treat pain, arthritis, seasonal allergies, and more. It also has a waiting room, a consultation room, and a large working area for the pharmacists. In addition, our immunizing pharmacist offers a variety of vaccines including for COVID, shingles, pneumonia, influenza, RSV, hepatitis,



*FCHC Outpatient Pharmacy Staff (L-R): Matt Gerig RPh., Retail Pharmacy Director; Brittany Gillen, PharmD., Staff Pharmacist; Mercedes Gomez, Registered Pharmacy Technician; Nikki Martinez, Pharmacy Technician; Connie Pickering, CPhT, Certified Pharmacy Technician; Kate Roth, Registered Pharmacy Technician; Katie Wesche, RPh., Staff Pharmacist.*

and tetanus. Staff pharmacists offer consultation for every medication that is sent to the pharmacy, which can take place in a private, confidential room or at the pick-up area.

### Insurance Assistance

"There are so many insurance plans it's nearly impossible for a physician to know if a medication will be covered by a patient's plan," says Gerig. "If a medication is not covered, we will work with the physician's office to see if an alternative medication is available that would be covered by the patient's plan or Medicare Part D drug coverage."

### Competitive Pricing

The FCHC Outpatient Pharmacy has very competitive prices for cash-paying customers compared to large pharmacy chains. "We accept coverage from the majority of health insurance plans, Medicaid, and most Medicare Part D plans," says Gerig. "After that, we make sure our pricing is competitive."

### Celebrating 5 Years

The FCHC Outpatient Pharmacy will be celebrating its 5th anniversary in September. We thank our community residents for the support and trust shown to us over these past 5 years, and we look forward to serving our current and future customers in the future.

For more information about the FCHC Outpatient Pharmacy, contact Matt Gerig, RPh, Retail Pharmacy Director, at 419-335-3715 or [mgerig@fulhealth.org](mailto:mgerig@fulhealth.org).

### FCHC Outpatient Pharmacy Hours

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

Saturday - 9:00 a.m. - 2:00 p.m.  
Sunday - Closed





## 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:  
<https://fchcfitness.antis.us>

## WHAT'S NEW AT THE GYM

### \$5 FITNESS CLASSES

#### DURING THE MONTH OF SEPTEMBER

Ready to get into that back-to-school routine? Make sure your health is a part of that schedule! To help you get back into a healthy regimen (for you and your wallet!), we are offering fitness classes at all of our locations for just \$5 per class — no commitments or contracts required.

Go to <https://fchcfitness.antis.us> to create your free account, view the class schedule, and purchase single classes for \$5, or 10 classes for \$50.

### WORKOUT FOR A CURE

**SATURDAY, OCTOBER 19, 2024 - 9:00-10:30 AM.**

Join us for a morning of fitness, fun, and sweat as we support all the fighters, survivors, and those we remember. We will provide a mash-up of our popular fitness classes while raising funds to benefit the FCHC Oncology Department.

**Don't forget to wear your PINK!**

### 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, October 5 - November 23 | \$60**

**GROUP LESSONS (3-6 YEARS)**

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

**Saturdays, October 5 - November 23 | \$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 & AED**

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

3-6 years old - Sat., 11:00 a.m.

3-6 years old - Sat., 11:30 a.m.

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

One-on-one instruction aimed towards the needs of each individual. 4-session package - 3:30 by instructor and parent. \$100. Discount for siblings. Call 419-330-2724 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., Sept. 14, 9:00 a.m. - 3:00 p.m., \$50, FCHC Fitness, Call 419-330-2724 to register.

## ONCOLOGY PROGRAMS

FCHC Cancer Care provides cancer treatment and support.

### **Counseling**

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

### **Patient Navigation**

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

### **Rehabilitation Services**

On-site physical & occupational therapy and wound care.

### **Lymphedema Therapy**

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

### **Prosthesis and Wig Bank**

Available for patients who cannot afford to purchase their own.

## GRIEF SUPPORT

Please contact Patricia Franz Pahl, LSW, LGDC 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.

## 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.



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

## DIABETES & NUTRITION EDUCATION

### **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/](http://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 Prevention Program**

The Diabetes Prevention Program has been approved by the Centers for Disease Control and Prevention (CDC). It will be held for an entire year, with meetings most weeks for the first 4-6 months and bimonthly meetings for the next 5 months. The curriculum will incorporate healthy eating, physical activity, stress management and more. Statistics have shown that those who have completed the program have reduced their risk of diabetes by 58%. In addition, they have experienced weight loss, increased energy and activity and an overall physical and mental wellbeing that comes with a healthy lifestyle. This program is for you if you are age 18 or older, have a BMI greater than 25, have been clinically diagnosed with pre-diabetes or gestational diabetes, and have no previous diagnosis of Type 1 or Type 2 diabetes. For more information or to participate in the program, please call to register. New cohort starting Tuesday, September 17 from 5:30 - 6:30 p.m.

### **Let's Go Shopping!**

Putting good food in your mouth starts with having good food in your house! This class lays out how to align your health with what you toss in your cart and assures you not to fear all "processed" foods. Whether you dread or love grocery shopping, you'll come away with knowledge and sound tips to make your next trip to the store a positive one! Tues., Sept. 10, 9:30 - 10:30 a.m., FCHC 1st Floor Cardiac Rehab Classroom.

### **NEW! The F.R.E.S.H. Approach**

Learn about five of the most pivotal keys to weight management and optimal health! F.R.E.S.H. - Food, Relaxation, Exercise/Movement, Sleep, Hydration. Come join us for this new interactive series taught by our team to help you approach your health in a comprehensive way. Short classes with dynamic messages that make a difference! Classes are held from 12:00 - 12:30 p.m. or 5:30 - 6:00 p.m. on the following Thursdays: Sept. 12, Oct. 10, Oct. 24, Nov. 14, and Dec. 12.

### **Mindful Eating: The NON-Diet Approach to a Healthier You**

Interested in improving your health, even losing some weight, but tired of diets, food rules or guilt over eating a cookie? Let go of the guilt and come learn about something powerful called Mindful Eating, where you begin to learn more about following your own hunger cues and body's wisdom to make choices about the quality and quantity of food you're eating to achieve a brighter you! Tues., Sept. 24, 9:30 - 10:30 a.m., FCHC 1st Floor Cardiac Rehab Classroom.

### **Salt Sense**

Ever heard to "watch your sodium" but not sure what that means, how to achieve it or maybe, most importantly, how much sodium makes sense for you? Whether you have high blood pressure, heart concerns or are just dedicated to your health, join us for practical knowledge and approaches to stay in check with sodium. Thurs., Nov. 7, 9:30 - 10:30 a.m., FCHC 1st Floor Cardiac Rehab Classroom.

## DIABETES & NUTRITION EDUCATION

### **Understanding Cholesterol**

There are a lot of cholesterol numbers to sift through. Join us to finally have cholesterol explained, what numbers the latest research tell us matter the most, and how to make improvements in yours to enhance your heart health! Thurs., Nov. 21, 9:30 - 10:30 a.m., FCHC 1st Floor Cardiac Rehab Classroom.

### **Holiday Treats in Various Styles**

Discover the joy of healthy holiday favorites! Who knew how quick and simple treats for the whole family could be! Tues., Dec. 3, 5:30 - 6:30 p.m., Diabetes & Nutrition Education Center Classroom.



## 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.





## FCHC News & Notes

### 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. Here are the fall fundraisers:

Oct 23-24 - Passion 4 Fashion, FCHC Cafeteria

Nov 11-12 - Collective Goods, South Medical Office Building

Dec 3-4 - Grateful Hearts Jewelry, South Medical Office Building



**Fulton County Health Center Foundation PRESENTS**

# TUNES & TOUCHDOWNS


**SATURDAY, OCTOBER 5  
SULLIVANS RESTAURANT  
12:00PM-12:00AM**

**JOIN US FOR A FAMILY-FRIENDLY EVENT WITH FREE ENTRANCE!**

**WATCH COLLEGE FOOTBALL, ENJOY LIVE MUSIC, AND INDULGE IN A VARIETY OF DELICIOUS OPTIONS FROM MULTIPLE FOOD TRUCKS!**

**THIS EVENT WILL SUPPORT THE COMPLETION OF THE FULTON COUNTY HEALTH CENTER'S HEART AND VASCULAR CENTER RENOVATIONS, ENSURING THAT WE CAN MAINTAIN AND ENHANCE THE QUALITY OF CARE CLOSE TO HOME.**

FOR MORE INFORMATION VISIT  
[www.fchcfoundation.org/events](http://www.fchcfoundation.org/events)  
OR SCAN THE QR CODE



*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.