

A publication of Fulton County Health Center

# Health Centering

## STRIVING FOR EXCELLENCE: Quality Improvement & Patient Safety


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*Andrea Faykosh, BSN, RN, Director of Quality Improvement & Patient Safety and Medical Staff Services (center) reviews a quality report with (left) Jay Taylor, MD, FCHC Emergency Department Medical Director and (right) Sabrina Lind, MSN, RN, FCHC Emergency Department Director.*

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There is a three-person department at FCHC that is not involved in direct patient care. Yet, the staff in this department affect the delivery of care in a big way. This department, Quality Improvement & Patient Safety and Medical Staff Services, is led by Director Andrea Faykosh, BSN, RN. Trisha Youtzy, BSHA, is the Medical Staff Coordinator, and Erika Cook, BSHA is the Quality Data Analyst.

# Striving for Excellence



"The Quality Improvement and Medical Staff Services are actually two departments that play an important role at FCHC in relationship to quality of care and patient safety, but they tend to operate in the background," says Faykosh. "Many people don't understand the daily functions of these departments or how they impact the quality of care and patient safety." Faykosh, who previously worked as a nurse, says she uses her clinical nursing skills in conjunction with the skills she utilizes in the Quality Improvement & Patient Safety realm of health care. "While I miss working directly with patients, I still enjoy being able to make a difference from an alternative perspective."

## Quality Improvement & Patient Safety

Hospital Quality Improvement (QI) involves ongoing efforts to improve patient care and outcomes in health care settings. The department continuously identifies areas for improvement, implementing evidence-based practices, measuring outcomes, and adjusting as needed to achieve better health care results. "We're never done, there's always things we can do to improve," says Faykosh.



(L-R): Director Andrea Faykosh, BSN, RN; Erika Cook, BSHA, Quality Data Analyst; Trisha Youtzy, BSHA, Medical Staff Coordinator.

## Key aspects of hospital quality improvement include:

**Patient Safety:** Ensuring that patients are protected from harm, including minimizing medical errors, infections, or adverse events.

**Care Efficiency:** Streamlining processes to avoid unnecessary steps, reduce waste, and make care more efficient, ensuring timely interventions without compromising quality.

**Clinical Outcomes:** Focusing on improving health outcomes for patients, such as reducing mortality, improving recovery times, and preventing complications.

**Patient Experience:** Enhancing the patient's overall experience, including communication, comfort, and satisfaction with the care they receive.

**Evidence-Based Practices:** Incorporating clinical guidelines and best practices to standardize care, reduce variability, and improve overall effectiveness.

**Data Collection and Analysis:** Regular monitoring and assessment of key performance indicators (KPIs), such as readmission rates, CMS core measure compliance, and patient experience scores, to identify areas for improvement.

**Collaboration:** Engaging staff at all levels – nurses, doctors, administrators, and others – in the improvement process to create a culture of continuous learning and improvement.

**Feedback and Adaptation:** Using data and feedback to continuously adapt processes, ensuring that any changes lead to better outcomes and that FCHC remains responsive to challenges.



Andrea Faykosh reviews surgical cases selected for quality review with Dr. Daniel McKernan, President of the FCHC Medical Staff, in preparation for the upcoming Surgical Case Review Committee. This committee consists of six different physicians of varying specialties who meet every other month to review a selection of surgical cases for quality of care.



Andrea Faykosh reviews FCHC's arrival to discharge metrics for Emergency Department patients with the Joint Conference Committee, a quality subcommittee of the Board of Directors.

### "Every hospital employee plays a role in Quality Improvement."

— Andrea Faykosh, BSN, RN, Director, Quality Improvement & Patient Safety and Medical Staff Services

## Collaboration is Key

"Quality Improvement requires interdisciplinary collaboration, and it truly requires each and every department in the hospital to work together to provide excellent care for patients," says Faykosh.

"When we consider hospital quality of care, we often only consider the clinical aspects of care, such as the care provided by nurses and doctors or advanced practice providers. However, there are many other departments within the hospital that have a great impact on safety and quality."

"Every hospital employee plays a role in Quality Improvement, even those who do not have direct interaction with patients," says Faykosh. One example she cites is the Environmental Services (EVS) department that impacts patient safety by ensuring patient care areas are meticulously cleaned with the appropriate cleaning solutions to reduce the spread of infections and prepare the area for the next patient. This impacts the hospital's turn-around times for admissions – reduced turn-around times for admissions leads to improved patient outcomes and a better experience of care.

## Data Collection & More

The Quality Improvement department helps to facilitate the quality and performance improvement processes by:

- ▶ Collecting, analyzing, and disseminating key performance indicators.
- ▶ Collecting and reporting patient outcomes and care process data and reporting to the Centers for Medicare and Medicaid Services (CMS) Hospital Quality Reporting program.
- ▶ Facilitating the patient experience survey process.
- ▶ Publishing a monthly Safety Spotlight newsletter for FCHC staff members, which highlights changes that have been made to improve safety, recognizes staff members who have identified a "Good Catch" and prevented a medical error from occurring, and covers a safety educational topic of the month.
- ▶ Coordinating Quality of Care reviews.
- ▶ Participating in many interdisciplinary committees including the Quality Assurance and Assessment Committee, which reviews trends and identifies plans for improvement.
- ▶ Reports key performance indicators to Joint Conference, a subcommittee of the Board of Directors.
- ▶ Reports the annual Quality Improvement Plan to the Board of Directors.

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# Striving for Excellence

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**"I enjoy being able to provide meaningful data to our managers,"** says Erika Cook, BSHA, Quality Data Analyst. "A big step in determining how to improve our processes is to first fully understand our current situation. Many of the varied tasks on my to-do list are like puzzle pieces that can be fit together to show how FCHC is performing, growing, and ever improving. Not only are these 'puzzles' satisfying to assemble, but it is also an honor to be able to see the overall trend of how FCHC is changing for the better."

## Medical Staff Services

Hospital Medical Staff Services (MSS) ensures that the hospital's medical professionals are well-qualified, adhere to standards, and collaborate effectively to provide high-quality patient care. "Our department is responsible for verifying the credentials of health care providers before they become members of the Medical Staff," says Trisha Youtzy, BSHA, Medical Staff Coordinator. "It's a very robust credentialing process that ensures the candidate has been fully vetted before providing patient care at FCHC."

## The Main Functions of Medical Staff Services

**Credentialing:** Verifying the qualifications, licenses, and professional background of health care providers to ensure they meet the hospital's standards for providing care.

**Privileging:** Granting Medical Staff members specific permissions or privileges to perform certain medical procedures or provide particular services based on their qualifications and experience.

**Quality Assurance:** Monitoring and evaluating the performance of Medical Staff to ensure that patient care is of high quality and in compliance with hospital policies, as well as legal and regulatory requirements.

**Compliance:** Ensuring that the Medical Staff follows hospital, state, and federal regulations, including those related to patient safety and licensure.

**Continuing Education:** Supporting ongoing professional development for Medical Staff to stay current with medical advances, best practices, and new technologies.

**Medical Staff Meetings and Committees:** Organizing and facilitating meetings, peer reviews, and committees (such as credentialing committees or quality improvement committees) to discuss Medical Staff issues and improve patient care.

## The Focus is on the Patients

"Everything we do here at FCHC is geared to providing the best care possible for patients and to make that experience for them as safe and positive as possible," says Faykosh. Youtzy adds, "I love working with our multiple providers and other departments to improve processes, increase efficiency, provide lines of communication, and continue to grow our services for the community. We are so incredibly blessed to have such caring, compassionate, skilled, and down to earth providers that truly care for their patients and community."

"Health care is a vast and complex industry that is constantly evolving. I am grateful to work alongside the providers and staff of Fulton County Health Center who are constantly working to adapt to the ever-changing health care atmosphere to improve the health and well-being of the community," says Faykosh.

## EVALUATING THE PATIENT EXPERIENCE

*It's very important to gauge the patient's experience of care, so health care organizations like FCHC must find out from patients whether something that should have happened in a health care setting actually did happen, or how often it happened. For example, clear communication with a provider is a standard of care that should happen with each health care encounter. FCHC uses patient surveys with questions designed to determine how often clear communication with the health care provider took place during that specific encounter. Patient experience differs slightly from patient satisfaction, though the two terms are often used interchangeably, because patient satisfaction assesses whether a patient's expectations about the encounter were met, and expectations can vary greatly from person to person. Rather than asking patients about their satisfaction with the care they received, they are asked to report on the aspects of their experiences that matter most to them.*

**FCHC surveys patients for their experience of care through six different surveys:**

**Inpatient Hospital Consumer Assessment of Healthcare Providers and Systems** – all hospital inpatients receive this survey which includes a standard set of questions that is regulated by the Centers for Medicare and Medicaid Services as well as supplemental questions selected by FCHC.

**Ambulatory Surgery** – these surveys are administered to patients who have outpatient surgical procedures.

**Emergency Department** – Patients discharged from the Emergency Department will receive a survey specific to Emergency Department services.

**Inpatient Behavioral Health** – Administered to patients who receive services from FCHC Behavioral Health's Older Adult/Geriatric Inpatient Program.

**Medical Practices** – FCHC also administers surveys to those who receive services in in the FCHC Medical Group provider offices.

**Outpatient Services** – Patients receiving outpatient services such as laboratory or radiology tests may also receive a patient experience survey.

A variety of survey modalities are used to administer patient experience surveys including paper surveys via United States mail, SMS text messages, and emails.



## Cosmetic Botox at FCHC



Ted Barber, MD, MBA,  
Neurologist



*Botox is most often used to eliminate facial wrinkles in women and men. The procedure is performed in Dr. Barber's office.*

Are you frustrated with those wrinkles on your face? Now there is a solution nearby. Cosmetic Botox treatments are now offered at FCHC with Ted Barber, MD, MBA, Neurologist.

"We use the smallest needle available to inject the Botox beneath the skin, which relaxes the fine muscles," says Dr. Barber. "It's similar to ironing out the wrinkles on clothes." Dr. Barber says Botox is most often used to eliminate wrinkles on the face in both women and men. The procedure is performed in his office, and it can take up to 20 minutes to perform depending on the number of cosmetic concerns you have and their severity. Cosmetic Botox is not covered by health insurance.

Dr. Barber has been a Neurologist at FCHC and in Toledo for more than 30 years. "Neurologists diagnose and treat diseases of the nervous system and muscles," says Dr. Barber. "Our treatments are nonsurgical in nature and focus on using medications, injections, physical therapy, and referrals to other specialties that have the necessary expertise. So, Cosmetic Botox is just a natural extension of what we do."

He has also used Botox injections for medical conditions such as migraines and spasticity, an abnormal muscle tightness in patients with Multiple Sclerosis and Cerebral Palsy. Dr. Barber received additional training prior to performing Cosmetic Botox procedures.

Dr. Barber's office is located in the North Medical Office Building, Suite 104 on the FCHC campus. He offers full-time neurology care on the FCHC campus. Dr. Barber is accepting new patients.

**To schedule an appointment, call (419) 330-3301. For more information, visit [fchcneurology.org](http://fchcneurology.org).**

# Message from the CEO



Most people are not aware of all the work performed by staff members behind the scenes to assist our frontline health care providers. Their support is critical to the success of our Health Center. One of those behind-the-scenes departments is Quality Improvement & Patient Safety and Medical Staff Services ... a long name for a department that is staffed by only three people. Their work is critical to making sure we offer the very best possible care and outcomes for patients. The lead story in this newsletter focuses on their responsibilities and all the work they do. You may be surprised and impressed when you learn of their efforts.

Our Heart & Vascular Center is up and running now that we have expanded and renovated it to include two cath labs. There are a lot of great things we have done to the department and the services we now offer. Take time to read about them in this issue.

We welcome two new providers who have joined our staff: Dawn Marsh, MSN, NP-C, APRN, Family Practice has joined FCHC Medical Weight Management on the ground floor of our main facility just off of the North Medical Office building. Taylor Short, MSN, NP-C, APRN, Family Practice joins FCHC Primary Care Wauseon at 735 South Shoop Avenue at the southwest corner of our main campus. More details about these new providers can be found in our News & Notes section.

We now offer Cosmetic Botox Surgery here at FCHC through our provider, Ted Barber, MD, MBA, Neurologist. This is a good solution for people with facial wrinkles.

Did you know there is a shortage of IV fluids in the U.S.? A weather-related phenomenon caused a disruption in the production and supply of IVs. We explain here how that happened and the steps we've taken to lessen the impact on patients.

Congratulations to Bev Graber, LPN, who is celebrating her 50th year as an employee of FCHC! Also, congratulations to Sabrina Lind, MSN, RN, our Emergency Department Director, who received the 2024 Aspiring Nurse Leader Award. We feature each of them in this newsletter.

As you can see from this newsletter, there are many positive things happening at Fulton County Health Center. Please drive safely on those winter roads!

*Patti Finn*

Patti Finn

Fulton County Health Center  
Chief Executive Officer

# Heart & Vascular Center Reopens, STEMI Lab Expands to 24/7

After more than a year of renovation and expansion, FCHC reopened its Heart & Vascular Center and held an open house on November 3rd for the public. More than 300 people had the opportunity to tour the new cath labs, meet the physicians and other providers, and ask questions. Since then, two new procedures have been added in the Cath Labs. Here's a recap of all that has happened and how patients are benefitting.

## Cath Lab Doubles in Size

A major part of the renovation work consisted of remodeling the existing cath lab and expanding it to add a second lab. Diagnostic services such as EKG, Cardiac Stress testing and echocardiograms were also relocated from other areas of the Health Center to the Heart & Vascular Center for improved productivity and convenience for patients. The second cath lab now allows for new and more procedures to be performed at the same time.

"By scheduling interventional radiology cases with Dr. Cox in one lab and interventional cardiology cases with Dr. Gbur in the other lab, we are utilizing both procedure rooms to maximize resources and ensure timely, specialized care for patients," says Lisa Cheney, BSN RN, Director of Cardiovascular Services.

***"We now have the most advanced heart and vascular center in northwest Ohio,"*** says

Charles Gbur Jr., MD, FACC, FSCAI, Interventional Cardiologist. "Our equipment is state-of-the-art, and no other hospital in the area has all of these heart-related diagnostic services combined into one area that is conveniently accessible for heart patients."

"Having all diagnostic cardiology services in one location enhances efficiency," says Cheney. "It also ensures



that we are providing comprehensive care and quicker decision-making for better patient outcomes."

## Level II Designation

This past summer, FCHC received a Level II Adult Cardiac Catheterization Health Care Service designation from the Ohio Department of Health. This is an important step up from the original Level I designation, and it allows FCHC to perform Interventional Cardiology procedures in addition to diagnostic procedures.

In both minimally invasive 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.

In a diagnostic cardiac catheterization, the physician examines 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 with a stent once the diagnosis has been made that there is a blockage. Interventional catheterization can eliminate the need for open heart surgery in cases where the blockage can be repaired with a stent.

## New STEMI Lab Open 24/7

On November 5, 2024, the STEMI Lab that is part of the Heart & Vascular Center began operating 24/7. This expansion of hours now allows more people who are experiencing blockage around the heart to receive care locally and faster than ever before. "This means patients can be diagnosed using heart catheterization and treated on site at the same time right here in Wauseon, any time day or night," says Dr. Gbur. "With the next closest facility 20 or more minutes away, any delay in care could impact the outcome of the patient. So, offering the intervention here in Wauseon 24/7 not only saves time but is a life-saving service that has been missing from the area."

"We are excited to see the lives impacted with our expanded on-call hours," says Cheney. "We have been able to intercede and prevent life threatening emergencies without transferring patients to tertiary care facilities."

## What Happens at the STEMI Lab if a Blockage is Found?

When a person is in a heart crisis, many times it is caused by a blockage in one of the arteries around the heart. 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. After the stent has been placed and the patient is stabilized, 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.

## New VenaSeal Procedure

The Heart & Vascular Center has also introduced a new VenaSeal minimally invasive treatment for varicose veins that uses a medical adhesive to close diseased veins. A doctor uses an ultrasound to guide a catheter into the vein, injects and distributes the adhesive in the vein, and applies light pressure to seal it. The procedure takes 30–60 minutes and is performed on an outpatient basis. The medical adhesive closes the blood flow in that vein without killing the vein. Blood is then rerouted naturally by the body to other veins, and the varicose vein returns to a normal size.

The VenaSeal procedure is considered safe and effective, and it can produce long-lasting results. It's as effective as other treatments, such as radiofrequency ablation or endovenous laser therapy. Patients can usually return to normal activities the same day as the procedure. Side effects are usually temporary and include bruising, swelling, or numbness around the treatment site.

For more information about the VenaSeal procedure or to make an appointment to evaluate your varicose veins, contact the FCHC Heart & Vascular office at 419-330-2653.

## Comprehensive Care in One Location

With the opening of the expanded Heart and Vascular Center, we now offer heart related diagnostic testing in one central location. In addition to the two catheterization labs, the expanded Center will also offer Stress Testing, Nuclear Medicine, EKG, and Echocardiograms in one convenient location.

At FCHC Heart & Vascular Center, we are excited to be able to provide advanced heart, vascular and hypertension care for you and your loved ones right here when you need it. For more information about the expansion to the FCHC Heart & Vascular Center or the procedures performed there, call 419-337-7314.

# FCHC News & Notes

## New FCHC Providers

**FCHC Medical Weight Management**, located on the ground floor of our main facility just off of the North Medical Office building, is adding a new provider, **Dawn Marsh**, MSN, NP-C, APRN, Family Practice.

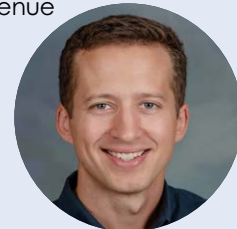


Marsh has more than 24 years of health care experience as a Registered Nurse in family practice and women's health care and a focus on Occupational Medicine. She is also experienced in emergency medicine, weight loss, esthetic medicine, obstetrics/labor and delivery, and college health. Marsh holds a Master of Science in Nursing degree from Spring Arbor University, Spring Arbor, Michigan and a Bachelor of Science in Nursing degree from Siena Heights University in Adrian, Michigan. She also holds an Associate of Science in Nursing degree from Northwest State Community College, Archbold, Ohio.

Marsh is accepting new patients. For information, call FCHC Medical Weight Management at 419-330-3304 or visit [www.fchcweightmanagement.org](http://www.fchcweightmanagement.org).

**FCHC Primary Care Wauseon and Occupational Medicine** has added a new provider, **Taylor Short**, MSN, NP-C, APRN, Family Practice. The office is located at 735 South Shoop Avenue

at the southwest corner of our main campus. He has more than nine years of experience working as either a Registered Nurse or Nurse Practitioner. Taylor has cared for patients across the lifespan and brings a patient centered approach to improving health and wellness. Taylor received his Master of Science: Family Nurse Practitioner degree from James Madison University,



Harrisonburg, Virginia and received his Bachelor of Science in Nursing degree from Bethel College, Mishawaka, Indiana. Taylor also completed a Nationally Accredited Nurse Practitioner Residency on the Island of Oahu in Hawaii, which allows him to bring an advanced approach to patient care. In addition, he will also be seeing patients at FCHC Occupational Medicine on the 1st floor of our North Medical Office Building for worker's comp, employment physicals and DOT physicals. Taylor is accepting new patients.

When asked about becoming a part of FCHC, Taylor stated: "I started my health care career at FCHC Emergency Department as a Patient Care Technician, so it feels great to be back with the FCHC family." For more information, call FCHC Primary Care Wauseon at 419-335-3242 or visit [www.fchcprimarycarewauseon.org](http://www.fchcprimarycarewauseon.org).

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# STAFF HONORS & AWARDS

## Sabrina Lind Receives 2024 Aspiring Nurse Leader Award

FCHC Emergency Department Director Sabrina Lind, MSN, RN has received the 2024 Aspiring Nurse Leader Award. She was recognized on November 7 in Columbus at the Ohio Organization for Nursing Leadership Conference. The honor is given annually to aspiring nurse leaders who possess a strong desire to advance professionally, achieve shared goals, promote teamwork, and encourage others.

"I feel beyond thankful and blessed to have received this award and could not do what I do without the great mentorship and leadership of everyone around me," says Lind. She is currently working on her Doctorate in Nursing Practice (DNP) degree, specializing in healthcare administration.

Lind was chosen from a group of 24 nurse leaders who were each nominated by their local chapter in Ohio. She was nominated by leaders of the local chapter at FCHC. More than 300 nurse leaders from across the state attended the Ohio Organization of Nursing Leadership fall conference.



Sabrina Lind, MSN, RN, FCHC Emergency Department Director, received the 2024 Aspiring Nurse Leader Award.

## Bev Graber, LPN: 50 Years at FCHC!



(Bev Graber): Congratulations, Bev Graber, LPN, for 50 years of service to our patients!

Bev Graber says she knew since elementary school that she wanted to become a nurse. Graber, who celebrated her 50th anniversary as an FCHC LPN, says back then most young girls focused on becoming either teachers or nurses. "I preferred nursing because I wanted to help people," says Graber.

Her career began as an aide at the former Detwiler Hospital during her junior and senior years of high school. After graduation, she attended nursing school at Northwest State Community College and received her Licensed Practical Nursing degree in September of 1974. She returned to FCHC when the new

hospital opened that month.

"I first worked on 2nd shift in the post-op surgery department on the 2nd floor," says Graber. "Over the years, I helped in many different departments. I settled into the ER for about 35 years, and then I moved to FCHC Urgent Care for the last four years."

"Bev is hardworking, helpful, and loves to work," says Aleeah Nestor, Office Manager at FCHC Primary Care and Urgent Care. "She is very dedicated to FCHC and can always be found picking up extra shifts to help."

Graber is still enthusiastic about her work and has no immediate plans for retirement. "I love FCHC! It has been a great place to work over the last 50 years!"

## Hurricane Causes Nationwide IV Fluid Shortage

Hurricane Helene caused a nationwide shortage of intravenous (IV) fluids in late 2024 after damaging a Baxter International factory, located in North Carolina, that produces 60% of the country's IV solutions. "More than 86% of health care providers nationwide are facing shortages, and FCHC is not immune to the challenges posed by the shortage," says FCHC Chief Nursing Officer Tiffany Johnston, DNP, RN. "The IV fluid shortage significantly impacted our operations here at FCHC."

Steps were taken by FCHC staff to lessen the impact of the shortage on patients. Staff members closely monitored IV fluid supplies, reporting stock levels each day to ensure careful management. Surgical teams also adapted to the shortage by meeting daily to meticulously plan each case, ensuring procedures were completed safely and efficiently despite limited resources.

"Initially, the shortage forced us to consider postponing elective surgeries, a step many health care providers took nationwide," says Johnston. "However, through effective conservation strategies and resource management, we have made progress and are no longer delaying these procedures. The Health Center is now on track to return to baseline operations in the coming months. This adaptive approach underscores our commitment to patient care and operational resilience during a nationwide health care challenge."

Baxter International, the major IV fluid supplier in the U.S., is working to get back to full production.





## 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

### HOLIDAY SALE

SALE RUNS FROM DECEMBER 2 - JANUARY 4

**BUY** any 12-month membership

**GET** an additional month FREE!

Pay membership in full **GET** a FREE t-shirt or 24/7 key fob!



### NEW YEAR OPEN HOUSE

SATURDAY, JANUARY 4, 2025 - 8:00 AM - 12:00 PM

Fitness class demos all morning

Healthy breakfast provided

Gym tours

Equipment orientations

Membership discounts

Door prizes

Chance to win a free membership



Visit FCHC Fitness on Facebook for complete class schedule and membership discounts.

### WORKOUT FOR THE HEART

THURSDAY, FEBRUARY 13 - 5:30 AM - 8:00 PM

In collaboration with the Fulton Co. Heart Radiothon, FCHC Fitness will be offering 30-minute fitness classes all day long. Join a class for a \$5 donation to Heart Radiothon. Donate \$25 or more and receive a Heart Radiothon tee! No membership required.



### 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, January 11 - March 1 | \$60**

GROUP LESSONS (3 - 6 YEARS OLD)

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

**Saturdays, January 11 - March 1 | \$80**

PRIVATE LESSONS (ALL AGES)

**4-Sessions -- Times TBD by instructor and parent | \$100**

**Call 419.330.2724 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., March 15 & July 19. 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., Jan. 18 & May 17. 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, Jan. 11 – March 1, \$60

Saturdays, April 5 – June 7 (no class April 19 & May 24), \$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, Jan. 11 – March 1, \$80

Saturdays, April 5 – June 7 (no class April 19 & May 24), \$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 – Times TBD by instructor and parent. \$100. Discount for siblings. Call 419-330-2724 to register.

## 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.



## 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.

## GRIEF SUPPORT



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.

Register on-line at [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org) (click on Health and Wellness Programs in the Quick Links section) or call 419-330-3304 unless noted.

## DIABETES & NUTRITION EDUCATION

Contact the Diabetes and Nutrition Education office at 419-330-3304 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/)

### **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 bimonthly meetings for the remaining 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 soon. Call in to reserve your spot.

### **The Gift of Living Well to Age Well**

Healthy aging is defined as "the process of developing and maintaining the functional ability that enables wellbeing in older age." In other words, it's not just how long we live but good quality of life we're seeking. Challenge yourself to take control of the factors you can in the arenas of food, fitness, supplements, mental and social health, to be proactive in your health as your journey continues. Thursday, February 6, 9:30 – 10:30 a.m., Cardiac Rehab Classroom.

### **Gut Health & The Mediterranean Style of Eating**

Two really hot topics that get a great deal of air time. We see an ad, a clip on the news or headline that piques our interest, but does it tend to stop there? This class will teach the fundamentals of each, discuss how they're connected, and most importantly, provide guidance on how to take those first powerful steps with one to potentially impact the role of the other. Thursday, February 20, 9:30 – 10:30 a.m., Cardiac Rehab Classroom.

### **Making Sense of Sodium**

Ever heard to "watch your sodium" but not sure what this specifically means, how to achieve it or how much sodium makes the most sense for you? Whether you have high blood pressure, heart concerns or are just committed to enhancing your health, this class will offer practical knowledge and approaches to stay in check with your sodium consumption. Thursday, April 3, 9:30 – 10:30 a.m., Cardiac Rehab Classroom.

### **Understanding Cholesterol**

Heart disease is the leading cause of death in both men and women in the U.S. Your cholesterol numbers matter. Your lab work may be filled with numbers to sift through, but knowing what your cholesterol numbers are, what they mean and steps you can take to possibly change them are all critical parts of caring for the health of your heart. Thursday, April 17, 9:30-10:30 a.m., Cardiac Rehab Classroom.

### **The FRESH Approach to Health and Weight Management**

A monthly support group for all things health and weight-related. This serves the needs of weight management patients, bariatric patients and others who just want a safe and supportive place to gain knowledge, learn new tools and take a comprehensive approach to work through challenges associated with health and weight. Topics for the year may include nourishment made simple, mindful eating for life, stress relief strategies, overcoming diet mentality, food samplings, digestive fitness, and the truth about medications, sleep, and hydration. Meets the third Wednesday of the month, 5:00 – 6:00 p.m. and the third Thursday of the month 12:00 – 1:00 p.m., Medical Weight Management office, ground floor North Medical Office Building.

### **Lifestyles for Health!**

Gives you the opportunity to work one on one with a healthcare professional (dietitian and/or nurse) to create an individual and specialized plan to upgrade your health. Elements of your plan may include nutrition, weight goals, fitness, blood sugar management, heart health, etc. One visit \$50, series of 5 visits \$150.

## 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-wellnessprograms/?program=bariatric>

### **Bariatric Support Group**

Meetings on the 3rd Wednesday of each month, 5:00 - 6:00 p.m., and the 3rd Thursday of each month from 12:00 – 1:00 p.m. Medical Weight Management Center.





# FCHC News & Notes

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## Heart Matters

On Mon., February 3, from 5:30 - 7:30 p.m., FCHC will present "Heart Matters." This program will be presented in an informal setting with a free, heart-healthy dinner at 5:30 p.m., followed by the Heart Matters program at 6:00 p.m. Attendees can pose heart-related questions to our new Interventional Cardiologist, Charles Gbur Jr., MD, FACC, FSCAI. FCHC staff will provide free blood pressure checks. The event will be held in the FCHC Beck Meeting Room. Seating is limited, so pre-registration is required by January 27. Call 419-330-2724 to register. Doors will open at 5:00 p.m. Raffle proceeds and other donations will benefit the 2025 Heart Radiothon.



## Heart Radiothon

On Thurs., Feb. 13, WMTR 96.1 FM will devote the entire day to playing musical requests in exchange for a donation to the Heart Radiothon fund. Heart Radiothon proceeds support heart-related programs and equipment in Fulton County. FCHC Corporate and Community Health Promotion will test total cholesterol, HDL, blood glucose, and blood pressure from 7:00 a.m. – 6:00 p.m. that day at the Fulton County Health Center Cafeteria. Fasting is not required. A \$5 donation to the Fulton County Heart Radiothon is requested at the time of the screening.



## Shuttle Bus Winter Hours

The FCHC Shuttle Bus operates Monday through Friday except on holidays from 9:00 a.m. - 2:30 p.m. The Shuttle makes rounds throughout the day and is handicap accessible. If you arrive on our campus and do not see the shuttle but need shuttle services, call our main number at 419-335-2015 where you can request shuttle bus services to your location.

## Auxiliary Volunteer Opportunities

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

*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.