

A publication of Fulton County Health Center

Health Centering

IMPROVING OLDER ADULT BEHAVIORAL HEALTH

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(L-R): Bruce Boger, FCHC Behavioral Health Program Director,
Nurse Practitioners Joseph Jablonski and Donna Sprunger.



IMPROVING OLDER ADULT BEHAVIORAL HEALTH



As Anna sat in the waiting room, the familiar heaviness in her chest returned. The anxiety she once felt was manageable is now affecting her daily life and relationships. But Anna isn't alone. Many people suffer from anxiety, depression, feelings of hopelessness, and more. At FCHC Behavioral Health, we understand the unique challenges they



face. Our comprehensive Behavioral Health Program is designed to provide customized support for adults across all ages, with special services for older adults.

Providing Care Since 1981

FCHC Behavioral Health actually began in June of 1981 as an adult inpatient program. Known then as the Stress Center, it evolved into a comprehensive adult inpatient, outpatient and partial hospitalization/intensive outpatient service. Then, in 2015 the program converted the adult inpatient unit into an older adult inpatient unit. This allowed more room for medical equipment to be used when needed for the older population seeking psychiatric treatment as well as medical care. At the same time, the program continued to maintain the adult 18 and over intensive outpatient and traditional outpatient programs. Today, the program is known as FCHC Behavioral Health.

Several Levels of Care

FCHC Behavioral Health is a program with several major components. One component is a hospital-based program located on the 5th floor of

Fulton County Health Center with three major sub-divisions. The hospital-based levels of care offer older adult inpatient treatment consisting of a Psychiatric Intensive Care Unit (PICU) and a traditional older adult psychiatric unit. But the program also provides an older adult/geriatric intensive outpatient program as well as an adult 18 years of age and older intensive outpatient program. A final level of care – traditional outpatient therapy and medication management for adults of all ages – is offered on the FCHC campus in a freestanding clinic at 495 South Shoop Avenue, Wauseon.



FCHC Behavioral Health staff members review patient charts. (L-R): Donna Sprunger, CNP; Anne Guyer, RN; and Shelly Brink, LSW.





Shelly Brink, LSW, leads a group therapy session.

Focus of the Program

"Regardless of which level of care we are talking about, our goal is to use the patient's symptoms to help determine the treatment plan. We then educate the patient on their diagnosis to better understand what is happening to them and why," says Bruce Boger, LSW, FCHC Behavioral Health Program Director and a 30-year staff member. Treatment is individualized for each patient and includes both one-on-one therapy sessions, small group therapy sessions and medication management with a provider. "We use a collaborative, team approach so there is more than one therapist evaluating and treating each individual," says Boger.

In addition to Boger, the program director, the treatment team includes Marianna Shimonova, MD, collaborating Psychiatrist; Nurse Practitioner Donna Sprunger and Nurse Practitioner Joseph Jablonski; Licensed Social Workers; an Expressive Therapist; Nursing Staff; and Health Care Techs. They all specialize in meeting the distinct psychiatric and physical needs of patients.

"I think our best attribute is that we are a small unit which is entirely patient focused," says Sprunger. "Every patient is treated as an individual. No two people are alike, and their behavioral health problems vary, so treatment must be tailored to each individual. There's no cookie-cutter approach. For example, we may be treating a patient who presents with severe depression. We will take the time to find out what is the underlying factor causing the depression. Have they recently lost a loved one or lost their job? Are they having financial difficulties or physical health problems? Each of these situations will affect how we approach treatment and ultimately

“ I think our best attribute is that we are a small unit which is entirely patient focused. ”

—Donna Sprunger, Nurse Practitioner

guide the patient's treatment plan." The two Nurse Practitioners work 12-hour shifts covering the unit five days a week, making them readily accessible to patients and family members. They take calls on weekends and are on site if they accept a new patient.

"Patients like the diversity of meeting with more than one provider, which offers more collaboration on their symptoms," says Sprunger. She says at the end of a shift, the provider who is leaving will meet with the incoming provider to make sure they communicate on the status of the patient's treatment. Twice a week staff team meetings are held to make sure patient goals are being met by all providers. Family members of the client are welcome to attend the portion of the meeting pertaining to their loved one or schedule a separate time to speak with their loved one's care team.

Group and Individual Therapy Sessions

Each level of care offers both individual counseling along with group therapy sessions. "There are some challenges working with older adults getting them to open up to us," says Sprunger. "When they or their family get to the point of seeking help, they are usually appreciative of the services we offer. We then work hard to establish trust with them, so they become more comfortable sharing with us and getting an accurate history and timeline of symptoms." Individual therapy sessions vary in length based on a patient's needs.

Sprunger says she finds group therapy offers patients a variety of coping mechanisms and is quite healing.

"It's a beautiful thing to witness a patient building trust with their peers in the group as well as with us. Group therapy lets the individual know they are not the only one with mental health issues, they are not alone. They learn coping mechanisms not only from us, but also from each other."



Confidential staff team meetings are held twice a week to assess goals and treatment plans. (L-R): Theresa Cash, BHT; Tanya Harrison, LSW; Starla Jagers, RN (standing); Pam Seiler, LSW; Donna Sprunger, CNP; Bruce Boger, LSW, Program Director; Anne Guyer, RN; and Pat Pahl, LSW.

The Referral Process

Referrals to FCHC Behavioral Health can come from a variety of health care providers. "We will often get referrals from area Emergency Departments while they are treating a patient in mental distress," says Boger. "Referrals can also come from primary care providers and long-term care facilities. Individuals can also self-refer if they suspect they need help."

Admission to one of our programs can come from direct admission referral after approval from one of our providers, from another care facility, or by an evaluation by one of our behavioral health professionals in consultation with one of our providers. If a client contacts FCHC Behavioral Health, a behavioral health professional will conduct a free behavioral health assessment to determine what issues the client is facing. This 30-to-40-minute assessment is typically done in person but, in some cases, it can be handled over the phone. "The assessment is important because it helps us determine the appropriate level of care for each individual client," says Boger.

(Continued on page 4)

IMPROVING OLDER ADULT BEHAVIORAL HEALTH



(Continued from page 3)

Older Adult Inpatient Program (Ages 55+)

Our older adult inpatient treatment is hospital-based and is the most intense behavioral health treatment offered at FCHC. It is designed for patients ages 55 and older who are experiencing significant symptoms of psychiatric illness, resulting in a substantial deterioration and their ability to participate in ordinary daily activities. These patients typically have other health issues which require medical care, and they are monitored by our Hospitalist, Brian Perkins, MD. The older adult inpatient program focuses on providing a safe and supportive environment. "Safety is the key here," says Boger. "If an individual is suicidal or a threat to those around them, then our inpatient program is the best treatment option so we can offer 24-hour monitoring."

Common symptoms among older adults in the inpatient program include:

- ▶ An altered mental state, such as having delusions or hallucinating
- ▶ Suicidal or a threat to those around them
- ▶ Not able to make good decisions
- ▶ Severe depression or anxiety
- ▶ Memory loss or cognitive decline
- ▶ Socially withdrawn and isolated
- ▶ Unable to function and manage daily activities
- ▶ Lack of motivation with low energy levels

Inpatient treatment is customized for each client. The inpatient program can accommodate up to 10 patients at a time. The goal is to stabilize the patient and then discharge them to a lower level of care. "Ultimately, we want to stabilize our clients and help them regain control over their lives so they can get back to their community," says Boger.

Older Adult/Geriatric Intensive Outpatient Program (Age 55+)

Recognizing the unique needs of older adults, our geriatric intensive outpatient program is specifically designed for seniors experiencing acute mental health challenges. This program is held on the 5th floor of the Health Center and is designed for individuals aged 55 and older who do not require 24-hour monitoring. These patients also have the cognitive ability to actively participate in a structured therapy environment.

The program is offered on Monday, Wednesday and Friday from Noon – 3:00 p.m. and offers more flexible, adaptable treatment options than the inpatient program. Participants engage in small group therapy, individual counseling, and skill-building groups to enhance their coping strategies and resilience. Our goal is to provide the necessary support while allowing individuals to maintain their daily routines and responsibilities. Admission to the Adult Intensive Outpatient Program is based on an assessment with our treatment staff. Clients in this program often have symptoms such as:

- ▶ Severe anxiety or panic attacks
- ▶ Rapid changes in mood or behavior
- ▶ Feelings of hopelessness or despair
- ▶ Difficulty managing chronic illnesses alongside mental health issues

Adult Intensive Outpatient Program (Ages 18-54)

This program provides quality professional treatment for behavioral health issues and emotional life problems for adults in a safe and confidential environment on the 5th floor of FCHC. It includes individual, group therapy and skill building groups. Admission to this program is for adults ages 18-54 and is based on an initial consultation with our treatment staff. Patients in this program typically exhibit the following symptoms:

- ▶ Persistent mood disorders (e.g., major depression, bipolar disorder)
- ▶ Anxiety disorders (e.g., panic disorder, generalized anxiety)
- ▶ Trauma-related symptoms
- ▶ Difficulty coping with stress and life transitions

The program integrates mental health treatment with support for physical health and well-being. Small group therapy sessions are offered for six people along with individual therapy sessions. It is offered Monday through Thursday from 8:30 a.m. – 11:30 a.m.

Adult Outpatient Services (Ages 18+)

FCHC Behavioral Health also offers a more traditional, non-hospital based, less intense behavioral health outpatient program in a freestanding clinic at 495 South Shoop Ave., Wauseon. Clients are ages 18 or older who are struggling with feelings of depression, anxiety, panic attacks, mood disorders, grief issues, relationship concerns, trauma, and other mental health issues.

We Offer Solutions

"I've been working at FCHC Behavioral Health for more than 30 years," says Boger. "I would really like to increase community knowledge of the great services we provide."

At FCHC Behavioral Health, we are committed to providing comprehensive and compassionate behavioral health services for adults and older adults in a confidential environment. Whether through inpatient care, intensive outpatient treatment, or less intense outpatient treatment, our team is here to support every step of your recovery. If you or someone you know is struggling with mental health challenges, we encourage you to reach out for help by calling FCHC Behavioral Health at (419) 330-2775. For adult outpatient services in our freestanding clinic, call (419) 330-2790.

For more information about the entire program, visit <https://fultoncountyhealthcenter.org/services/fchc-behavioral-health/>

Message from the CEO



At FCHC, we focus not only on a patient's physical health but also on their behavioral health. Since 1981, FCHC Behavioral Health has helped patients suffering from stress, depression, anxiety, and much more. Despite our longevity, many people in our community don't realize we offer this service – or that we provide several levels of care to match the individual's mental health condition.

Our lead story in this newsletter focuses on FCHC Behavioral Health, including a description of the various levels of care we provide. If you or someone you know is suffering from mental health issues of any kind, please reach out to our well-qualified Behavioral Health staff.

A second article in this newsletter features another "best kept secret" of our Health Center. We have been offering outpatient IV therapy through FCHC Cancer Care. These treatments are not always for cancer patients even though they are offered through FCHC Cancer Care. Sure, we still offer chemotherapy IV treatment for patients with cancer at FCHC Cancer Care. However, there are many advanced medications for a variety of diseases that can now be provided through infusion therapy, and we are able to provide the infusion service for many of these medications. Please take time to read the article to learn more.

I am pleased to announce that we have a new General Surgeon, Kyle Jordan Duckett, DO, who has joined the FCHC Medical Staff and the office of FCHC General Surgery. You can learn more about Dr. Duckett in our News & Notes section.

We're also introducing a new section in this newsletter called Provider Spotlight that focuses on one of our providers. In this issue, we feature Imad Attar, DPM, Podiatrist at FCHC Podiatry. We plan to continue this spotlight in future issues.

Our FCHC Foundation is doing quite well, thanks to the generosity of our community. We provide an update here about the growth of the Foundation, how funds are used to help the Health Center, and how to contribute.

We have also provided our annual Report to the Community for your review.

Take care, stay well and look forward to Spring!

Patti Finn

Patti Finn

Fulton County Health Center
Chief Executive Officer

IV Therapy for More Than Cancer Care

Did you know FCHC Cancer Care offers cutting-edge intravenous (IV) therapy on an outpatient basis for the treatment of many diseases other than cancer? And, yes, we still offer IV cancer treatment as well.

“Over the past five years, medical research has developed new IV medications that have opened up the door for us to offer them to our patients right here in town and save them from having to travel,” says Carrie Harsh, RN, OCN, FCHC Oncology Services Director. “Patients can rest assured that the IV therapy and medications we offer at FCHC are the same as those offered by major hospitals in large cities.”

What is Outpatient IV Therapy?

Outpatient infusion therapy involves the administration of medication, fluids, or nutrients directly into the bloodstream through an IV. This form of therapy is often used to treat a variety of medical conditions, including chronic illnesses, infections, autoimmune diseases, and cancer. By offering these services on an outpatient basis, FCHC ensures that patients can maintain their daily routines while receiving essential medical care.

Types of FCHC IV Therapy

Most of the infusion therapy offered by FCHC Cancer Care is administered using IV fluids, but some treatments can be provided with a simple injection. Listed below are examples of the types of diseases and treatments offered:

1. Osteoporosis
2. Anemia – especially for patients with an iron deficiency
3. Pre-surgery iron infusion – for better recovery
4. Ulcerative Colitis & Crohn's disease
5. Migraine headaches
6. Blood transfusions
7. Vitamin B-12 injections
8. Electrolytes
9. Autoimmune Diseases - Rheumatoid Arthritis & Multiple Sclerosis
10. IVIG – Intravenous Immunoglobulin to boost the immune system
11. Infections - Antibiotic infusions
12. Dehydration & Nutrient Deficiencies
13. Cancer – IV therapy is also administered to oncology patients.

The Treatment Process

At FCHC, we are committed to providing our patients with the highest level of care and support throughout their IV therapy journey. From the moment a patient arrives at our outpatient infusion center, they are greeted by our friendly and knowledgeable staff dedicated to making their experience as comfortable and stress-free as possible.

Patients will then register with a staff member and be escorted to a



Madison Smith, RN, BSN begins an IV on an infusion patient.

comfortable recliner with a mini-TV for entertainment. Patients are encouraged to bring their cell phones, laptops, or tablets as well. One bedroom is available for patients as needed.

The length of time spent for IV therapy varies depending upon the disease being treated. “Some patients will spend as little as 15 minutes with us to get an injection,” says Harsh. “Others could spend up to seven hours if they are being treated for something like MS. And the frequency of their visits depends on the disease and treatment.”

Obtaining the Prescription

“IV therapy must be prescribed by a primary care doctor or physician specialist,” says Harsh. “For example, the treatment of osteoporosis could be prescribed by the patient’s primary care provider. Treatment of Crohn’s disease would be prescribed by a gastrointestinal physician, while a neurologist would prescribe treatment for MS.”

The provider transmits the order to FCHC Cancer Care where staff members verify with the patient’s health insurance provider to obtain prior authorization before treatment begins. FCHC Cancer Care also has a Financial Navigator on staff who works with patients to reduce the amount of out-of-pocket costs for their treatment using co-pay cards or grants.



Benefits of Outpatient IV Therapy

There are numerous benefits to receiving infusion therapy on an outpatient basis at FCHC:

- ▶ **Convenience** - Patients can schedule their therapy sessions around their daily activities.
- ▶ **Comfortable & Relaxing Environment** - Comfortable recliners, warm blankets, and entertainment options such as TV and Wi-Fi help patients relax during their therapy sessions.
- ▶ **Continuous Monitoring** - Our skilled nursing staff closely monitors patients to ensure their safety and well-being. Any concerns or side effects are promptly addressed.
- ▶ **Comprehensive Care** - Our team of experienced health care professionals works closely with the patient's provider to develop individualized treatment plans.
- ▶ **Cost-Effective** - Outpatient infusion therapy can be more affordable than inpatient care, as it eliminates the need for an extended hospital stay.

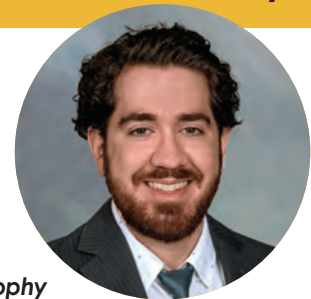
We're Here for You

At FCHC, we are dedicated to providing our patients with the highest quality of care and support. Our outpatient IV therapy program is just one example of our commitment to enhancing patient outcomes and improving quality of life through innovative medical solutions.

The entrance for FCHC Cancer Care and IV therapy is located to the left of the main hospital entrance. FCHC Cancer Care has 19 staff members and is open Monday-Friday, 8:00 a.m. – 4:30 p.m. For more information about FCHC outpatient IV therapy, please call the department at (419) 330-2708.



PROVIDER SPOTLIGHT: Imad Attar, DPM, Podiatry



Provider Spotlight is a new series of articles that highlights the various specialty providers who are part of our FCHC Medical Staff. For this issue, we are spotlighting Imad Attar, DPM, a Podiatrist at FCHC Podiatry, who answered a few questions about his practice.

Q. How would you describe your specialty?

A. "It is multi-faceted, because I work with patients of all ages who have a variety of foot and ankle problems. My most common type of patient is middle aged or elderly and has developed foot problems over the years. These could include heel pain from Achilles tendonitis or bone spurs on the back of the heel. Sprains and fractures are common with young athletes and weekend warriors, and I treat them as well."

Q. You've been at FCHC for more than a year. Has anything changed in your practice?

A. "Now I spend one day a week in our Wound Care & Hyperbaric Center treating patients with lower extremity wounds."

Q. What inspired you to go into the medical field, and why did you choose Podiatry?

A. "My dad was a Pharmacist, so I was interested in his work. That drew me into the medical field. My mother inspired me to pursue Podiatry after she had bunion surgery. I became very interested and shadowed a Podiatrist when I was in college"

Q. When should a person see a Podiatrist?

A. "When their issue begins to affect their quality of life. If your foot or ankle pain is constant, if you have difficulty walking or moving about, if your sleep is affected, or if you just can't do every day activities because of your issue, that's when you should see a Podiatrist."

Q. What is the most rewarding part of your practice?

A. "Seeing my patients get better and back to their normal activities after I treat them. When they're happy and pain free, I'm happy and feel that I've done my job."

Q. Do you have a philosophy for treating patients?

A. "My philosophy is to improve the quality of life of my patients through preventative measures first, followed by early detection and conservative strategies. Surgery is something I do as a last resort if and when it is necessary."

Q. What personal interests do you have?

A. "I enjoy traveling, spending time with friends and family, and cheering on my favorite Detroit teams — the Lions, Pistons, Red Wings, and Tigers. I also love playing basketball and bowling whenever I get the chance."

ABOUT DR. ATTAR & FCHC PODIATRY

Dr. Attar joined the FCHC Medical Staff in the Fall of 2023 and received his Medical Degree from Midwestern University, Arizona College of Podiatric Medicine, Glendale, Arizona. He performed his post graduate Podiatric Medicine and Surgery Residency at Henry Ford Wyandotte Hospital, Wyandotte, Michigan.

FCHC Podiatry offers a variety of in-office services including diabetic foot care, wound care, removal of ingrown toenails, steroid injections, prescription for diabetic shoes, and fracture management. In addition, Dr. Attar performs other surgical options in FCHC's Surgery Department. These include correction of bunions, hammertoes, flat feet, heel spurs, fusion of arthritic joints, and fracture management.

Dr. Attar is accepting patients of all ages in his FCHC Podiatry office, located in the North Medical Office Building, 725 South Shoop Ave., Wauseon. To schedule an appointment, call his office at 419-330-2638. For more information you can also visit the office website at <https://fchcpodiatry.org/>

2024 REPORT TO

GENERAL CATEGORY	2023	2024
Admissions	1,530	1,530
Inpatient Days	2,829	2,846
Observation Days	1,614	1,974
Outpatient Visits	110,792	115,650
Emergency Room Visits	14,521	15,146
FCHC Urgent Care	13,399	14,624
Inpatient Surgeries	295	368
Outpatient Surgeries including Endoscopy	3,465	3,482
OB Deliveries	295	320
Oncology Visits	2,890	3,895
Laboratory Visits	23,458	24,286
Radiology Visits	19,728	23,771
Occupational, Speech, and Physical Therapy Visits	13,637	14,328
Diabetes Education Outpatient Visits	691	441
Cardiac Rehab Visits (Includes both Phase II and Phase III)	2,919	2,757
FCHC Behavioral Health Patient Days	2,757	1,032
FCHC Behavioral Health Outpatient Visits (Therapist Only)	7,019	7,625
FCHC Behavioral Health Intensive Outpatient Visits (both Adult and Senior Adult)	465	663
Fulton Manor Residents Days	18,487	21,754
CORPORATE AND COMMUNITY HEALTH PROMOTION/FCHC FITNESS	2023	2024
FCHC Fitness Class Visits	13,878	16,168
Senior Fitness Visits	15,534	18,852
Other Member Visits	40,290	51,406
Total Visits	69,702	86,426
Fitness Classes	2,311	2,229
FCHC Fitness Memberships (Monthly Average)	998	1,264
Screenings Community	370	472
Screenings Corporate	21	45
Trainings/Certifications	63	30
AUXILIARY	2023	2024
Active Volunteers	54	55
Volunteer's Service Hours	4,370	4,600
2024 AUXILIARY DONATIONS INCLUDED		2024
Sufficient Grace donation, supporting OB grief education/support		\$5,000
Phone chargers for hospital		\$394
FCHC Courier vehicle		\$43,168
Cardiac Rehab Arm Ergometer		\$4,767

THE COMMUNITY

NEW SERVICES/TECHNOLOGY	NEW/REPLACEMENT	DEPARTMENT
Pediatric broselow carts	New	Nursing
Skytron Surgical Booms for HVC	New	HVC
Philips MX40 Patient Monitors	New	Med-Surg Department
Medrad Mark 7 Arterion Injection	New	HNC
GE Venue Fit R4 Ultrasound	New	HVC and Surgery
Vasscan Vascular and Echocardiogram Imaging Table	New	HVC
Falcon Pro Physiologic Vascular Testing System	New	Radiology
Zoll Defibrillators	New	HVC
Parata Max 2 Retail Pharmacy Robot	New	Retail Pharmacy
Styker Big Wheel Stretchers	Replacement	Emergency Department
GE 830 ECO Fighter Nuclear Medicine Unit	Replacement	HVC and Radiology
4th Floor Blanket Warmer	Replacement	Med-Surg Department
Zimmer ATS5000TS Tourniquet System	Replacement	Surgery
Vocera Upgrade	Replacement	Nursing
Olympus endoscopy gastroscope	Replacement	Surgery
50 replacement patient beds at Fulton Manor	Replacement	Fulton Manor
Aladdin heated dishware	Replacement	Food and Nutritional Services
Accutemp comercial steamers	Replacement	Food and Nutritional Services
Electric Griddle	Replacement	Food and Nutritional Services
Electric Range	Replacement	Food and Nutritional Services
Culinary Display Case	Replacement	Food and Nutritional Services
Salad Bar	Replacement	Food and Nutritional Services
Commercial Microwave	Replacement	Food and Nutritional Services
Dietary Point of Sale Upgrade	Replacement	Food and Nutritional Services
Dietary Refrigerator Replacements	Replacement	Food and Nutritional Services

AWARDS AND RECOGNITIONS

- ▶ Recipient of the 2024 Healthy Worksite Gold Level Recognition Program through Healthy Business Council of Ohio
- ▶ Recipient of the 2024 Cancer Screening Excellence Award through the Ohio Department of Health

UNCOMPENSATED CARE	2023	2024
	\$2,596,788	\$1,802,655



The FCHC Foundation's 2024 Capital Campaign focused on bringing the new Heart and Vascular Center to life with a second Cath Lab and major renovations.

FCHC FOUNDATION: Growing Stronger, Making an Impact

The Fulton County Health Center Foundation is committed to supporting our community by enhancing healthcare services and promoting wellness. After our 2024 Capital Campaign, which focused on bringing the new Heart and Vascular Center to life, the Foundation is turning its attention to heart and vascular awareness, prevention, and care in 2025 - because healthy hearts matter!

STEPS TO KEEP THE BEAT ALIVE

As part of its ongoing efforts, the Foundation is hosting a 5K run/walk at Homecoming Park on May 10, 2025. This walk aims to raise awareness about heart and vascular wellness, bringing together community members to support a common cause. Participants will enjoy a day of education, exercise, and engagement, all while learning about the importance of maintaining a healthy heart.

HOW TO CONTRIBUTE

The Foundation offers several opportunities for community members to support the FCHC Foundation and make a difference. Donations are tax-deductible, and there are various levels of giving, with each level contributing to the Foundation's mission in unique ways. You can give outright gifts - such as cash, stocks, or property - which can be used immediately. Donations for contributions of \$5,000, \$10,000, or \$25,000 are recognized with engraved names on the Tree of Life located, between our

Emergency Department Entrance and Central Registration. Major gifts of \$50,000 or more offer the opportunity to name an area of the hospital. Memorial or tribute gifts honor loved ones, while planned gifts, such as estate planning, allow you to leave a legacy in the community.

Additionally, spreading the word about the Foundation and participating in fundraising events are powerful ways to build awareness and support heart and vascular health. Every gift helps make a significant impact in improving healthcare for our community.

For more information about the Foundation's mission, donation opportunities, and upcoming events, visit fchcfoundation.org. Stay connected by following us on Instagram and Facebook at FCHC Foundation. For any inquiries, you can reach Jana Raabe, Foundation Director, at fchcfoundation@fulhealth.org or **419-337-7318**.

Thank you to our incredible community for your unwavering support throughout our first year. We look forward to continuing this journey together and making an even greater difference in the years to come!

Scan this QR code to donate to the FCHC Foundation.



Swing Into Summer With the FCHC Foundation

The 26th Annual Fulton County Health Center Golf Outing, now proudly presented by the FCHC Foundation, is quickly approaching! Each year, this event brings our community together to raise tens of thousands of dollars, directly benefiting the Fulton County Health Center and its mission of serving the community while enhancing health and wellness. It is because of our generous sponsors and participants that we continue to make a lasting impact.

This year's outing, **Swing Into Summer**, will take place on **Thursday, June 5, at Ironwood Golf Course in Wauseon**. We are currently seeking sponsors to help make this event a success. If you or your business are interested in supporting this cause, visit fchcfoundation.org/events or contact Jana Raabe, Foundation Director, at 419-337-7318. Being part of such a generous and engaged community is what makes us #FCHCProud!

Scan this QR code for more information or to become a sponsor.



FCHC Earns Cancer Screening Award

Fulton County Health Center has received the 2024 Cancer Screening Excellence Award from the Ohio Department of Health (ODH). ODH



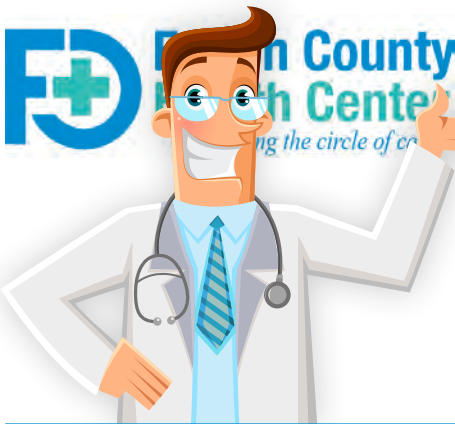
recognized 23 organizations within the state of Ohio who scored highly on the Healthy Worksite Recognition Program's cancer screening questions. In earning the designation, the Ohio Department of Health wrote: "As the state of Ohio works to increase access to, education about, and resources regarding cancer screenings, your exemplary efforts are deeply appreciated. Congratulations on prioritizing the wellbeing of your employees!"



Pictured left to right: Patti Finn, CEO; 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 Benefits and Compensation Coordinator.

Healthy Worksite Recognition

In November, FCHC was recognized with the 2024 Healthy Worksite Gold Level Recognition for medium-sized organizations by the Healthy Business Council of Ohio. FCHC was one of only five organizations in northwest Ohio to be so recognized. The recognition 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.



Student Health Care Camps

FCHC has three upcoming Health Care Camps for students. The camps include a tour of the FCHC facility, a discussion of careers in health care, and wheelchair safety training and practice. These camps open doors to further job shadowing or volunteering at FCHC for those who are interested.

The remaining 2025 Health Care Camps will be held in the FCHC 2nd floor Conference Room on:

- Sunday, April 6, 1:00-4:30 p.m.**
- Thursday, June 26, 1:00-4:30 p.m.**
- Tuesday, July 29, 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.



January 2025 Health Care Campers - (Front row, L-R): Xavier Mohler, Shelbi Leija, Evynn Roth, and Leah Nafziger. (Back row, L-R): Madisyn Felix, Marlee Brubaker, Avah Vaculik, Bailey Lumbrezer, and Madelyn Heurman.

FCHC established the first Health Care Camp in June 2015 as a way to share the facility with high school students, especially those curious about a health care career. 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.



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



To view the class schedule & sign up, create a free account at: <https://fchcfitness.antaris.us>

WHAT'S NEW AT THE GYM

UPCOMING FITNESS EVENTS

Check out our Facebook page for details and updates!

POUND FOR A PURPOSE | APRIL 5TH 9:00AM-11:00AM

We are making noise for organ, eye, and tissue donation. Fundraiser at FCHC Fitness for Life Connection of Ohio. No membership required.

WINE & WORKOUT | JUNE 19TH 5:00PM-7:00PM

Meet us in Knotty Vines' vineyard for a body weight workout lead by our certified group fitness instructors - all fitness levels welcome! Please bring a mat or beach towel. No membership required.

RED, WHITE & GLUTES | JULY 3RD 5:00PM-6:30PM

Get the party started at FCHC Fitness with a fitness class mash-up guaranteed to get your booty burnin! Try a variety of class styles with our awesome instructors before your Fourth of July festivities. No membership required.

SPORTS PERFORMANCE

TUES. & THUR. 1:30PM STARTING JUNE 3RD

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 minute sessions two days a week. For ages 11-18.

Call 419.330.2724 opt 4 to register. 16 sessions \$200

SWIM CLASSES

Call 419.330.2724 opt 1 to register

PARENT & CHILD WATER WONDERS (6 MONTHS - 5 YEARS)

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, April 5 - June 7 & July 26 - Sept. 20 | \$60

GROUP LESSONS (3 - 6 YEARS)

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

Saturdays, April 5 - June 7 & July 26 - Sept. 20 | \$80

PRIVATE LESSONS (ALL AGES)

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

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., July 19 & Nov. 15. 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 17 & Sept. 27. 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, April 5 – June 7 (no class April 19 & May 24), \$60
Saturdays, July 26 – Sept. 20 (no class Aug. 30), \$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, April 5 – June 7 (no class April 19 & May 24), \$80
Saturdays, July 26 – Sept. 20 (no class Aug. 30), \$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.

Babysitting

Learn to handle emergencies such as choking, burns and more to 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., June 7, 9:00 a.m. - 3:00 p.m., \$50, FCHC Fitness Center, 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.

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).

GRIEF SUPPORT

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.



(Continued on Page 14)

Health & Wellness Programs

Register on-line at 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: <https://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.

Diabetes Health Screening

Blood pressure, weight, fingerstick blood sugar, and A1C testing available. Review your results with an RN Diabetes Care and Education Specialist. Call 419-330-3304 for a time slot on May 8, 10:00 a.m. - 12:00 p.m. in the Diabetes and Nutrition Education office on the ground floor of the North Medical Office Building.

Battling Nutrition Misinformation

We live in a nutrition "infodemic" – being bombarded daily from every type of media, some of it factual, much of it not. The gap between evidence-based guidance and eating habits continues to grow, making the need for sound information and guidance possibly more important than ever. This class

will look at current trends, decipher fact from fiction and navigate the current landscape of nutrition messages. Thurs., May 8, 6:00 - 7:00 p.m., Medical Weight Management/Nutrition Education Office, Ground floor of North Medical Office Building.

The Latest in Weight Management

Chances are nearly every day we hear something about weight and what you should be doing about it! Rather than getting caught up in the frenzy that may be filled with inaccurate information, this class will provide the latest science in the complex arena of weight and the many factors that can affect it. Topics will include the role medications can play, the importance of food and movement, leveraging a support system, and personalized treatment for success and sustainability. Thurs., June 12, 9:30 - 10:30 a.m., Cardiac Rehab Classroom.

Making Sense of Sodium

Have you ever heard to "watch your sodium" but are not sure what this specifically means? What about 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. Thurs., June 26, 9:30 - 10:30 a.m., Cardiac Rehab Classroom.

Summer Meals

Do you struggle with ideas or basic cooking skills needed to make easy meals for your family? We can help! Learn how to chop, cut and prepare simple foods to make excellent and tasteful meals your family will love! Wed., Aug. 6, 5:00 - 5:45 p.m. Medical Weight Management/Nutrition Education office, ground floor North Medical Office Building.

Cooking for the Heart

Heart health is one of the top benefits people report seeking from food, and yet we often seem to miss the mark. While there is not just a single dietary approach to guarantee a healthy heart, there are studied eating patterns and approaches that predict better heart health outcomes. This class will talk about culinary practices

and practical tips focused on food and flavor to feel more confident when making decisions in the kitchen and enhancing cardiovascular health! Thurs., Aug. 14, 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. Thurs., Aug. 28, 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, 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 of 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

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.

Financial Assistance Policy – Plain Language Summary



The Fulton County Health Center financial assistance policy exists to provide eligible patients partially or fully discounted emergency or medically necessary medical care. Patients seeking financial assistance must complete an application for financial assistance, which is summarized below.

Eligible Patients/Services

The following is a brief description of eligible patients and services. Eligible services will include all emergency and medically necessary services provided by the Fulton County Health Center. Eligible patients include all patients who submit a financial assistance application who are determined to be eligible for financial assistance.

How to Apply

Financial Assistance Applications are available at the following locations:

- ▶ FCHC Emergency Department
- ▶ All Other Registration Locations
- ▶ Cashiers Office located at 725 S. Shoop Ave., Wauseon, OH 43567
- ▶ Contact Financial Counseling at 419-330-2669, option 2
- ▶ Download a copy via our website at fultoncountyhealthcenter.org

In addition, if you provide your mailing address to a Financial Counselor, we will mail you a copy of our Financial Assistance Policy and Application Form free of charge.

Determination of Eligibility

Patients are eligible for financial assistance through the Fulton County Health Center based on their income level and family size as it relates to the Federal Poverty Levels. Patients with family income of 400% or less than the Federal Poverty level, based on family size, may be eligible for discounts up to 100% of the cost of their eligible services. Eligible patients will not be charged more for emergency or other medically necessary services than Amounts Generally Billed (AGB) than those patients that have Medicare or another private insurance.

Availability of Financial Assistance Policy

Copies of the Financial Assistance Policy is available at all locations listed above free of charge. Also, Spanish versions of the Financial Assistance application and policy are also available.



FCHC News (Continued from page 11)

& Notes

New Surgeon Joins FCHC



Kyle Jordan Duckett, DO, has joined the FCHC Medical Staff and the office of FCHC General Surgery as a General Surgeon. In 2017, he received his Doctor of Osteopathic Medicine at Ohio University Heritage College of Osteopathic Medicine in Athens, OH. He completed his Bariatric Fellowship in 2023 at the University of Toledo Medical Center and his General Surgery Residency in 2022 at Mercy Health St. Vincent Medical Center. Dr. Duckett is Board Certified by the American Osteopathic Board of Surgery (AOBS) since 2023. His practice emphasis includes:

- ▶ Bariatric Surgery
- ▶ Colonoscopy and polypectomies
- ▶ Diverticular Disease
- ▶ Endoscopy (EGD)
- ▶ Foregut Surgery
- ▶ Gallbladder Surgery
- ▶ Hernia Surgery
- ▶ Laparoscopic Colon Surgery
- ▶ Minimally Invasive Surgery
- ▶ Reflux Disease (Work-up and Surgical Treatment)
- ▶ Robotic Surgery
- ▶ Soft tissue Surgery

He is a member of the American Medical Association, the American Osteopathic Academy of Sports Medicine, the American Osteopathic Association, and the Ohio Osteopathic Association. Prior to becoming a surgeon, Dr. Duckett served as the head wrestling coach at Rogers High School in Toledo and the varsity wrestling coach at Central Catholic High School in Toledo. Dr. Duckett was a wrestler in college and works to stay fit, which includes ironman races, snowboarding and disc golf. He also enjoys spending time with his wife, children, and pet dog. **Dr. Duckett is accepting new patients. His office number is 419-337-7478.**

Auxiliary Fundraisers

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

April 3-4:
Grateful Hearts Jewelry

May 1 - 2:
Passion 4 Fashion
 2-day sale, FCHC Cafeteria

May 15-16:
Collective Goods
 South Medical Office
 Building Lobby

June 5:
Silent Auction FCHC Beck
 Meeting Room until 5:30 p.m.

July 30:
Outside the Box Shoe Sale
 South Medical Office
 Building Lobby

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.