

A publication of Fulton County Health Center

# Health *Centering*

Putting Patient  
Care First

Renovating to Meet  
Your Needs

Volume 24, No. 4 Fall, 2008



FULTON COUNTY  
HEALTH CENTER  
*Completing the circle of care*

# When

Fulton County Health Center

opened its new three-story addition last spring, it freed up additional space in the original facility when the Emergency, Same Day Surgery, and Endoscopy Departments moved to the new addition. The FCHC Administration and Board of Directors, however, had already earmarked that vacated space, for use in expanding and renovating existing departments.

Beginning in the fall of 2007, the Health Center began its ambitious renovation project encompassing three phases. Phase I of the renovation involved demolishing the interior of the former Emergency Department and Emergency Department waiting area as well as the Same Day Care Area. Phase I was completed last winter. Contractors then began working on Phases II and III of the renovation project. Phase II will be completed this fall while Phase III, the third and final stage, will be finished in early 2009.

"The renovation of a fully-functioning Health Center can be a daunting task," says E. Dean Beck, FCHC Administrator who has led the Health Center through unprecedented growth and expansion. "But our staff has worked through it well, our contractors have been excellent and our patients and visitors have been quite accepting. Our focus all along has been to improve our facility so we could continue to put patient care first."

Putting patient care first means making services more conveniently available to patients on the first floor where it is easier to access. It also means strategically relocating departments so they are close to one another to make it easier for patients to move from one area to another.

## Phase II - Central Registration

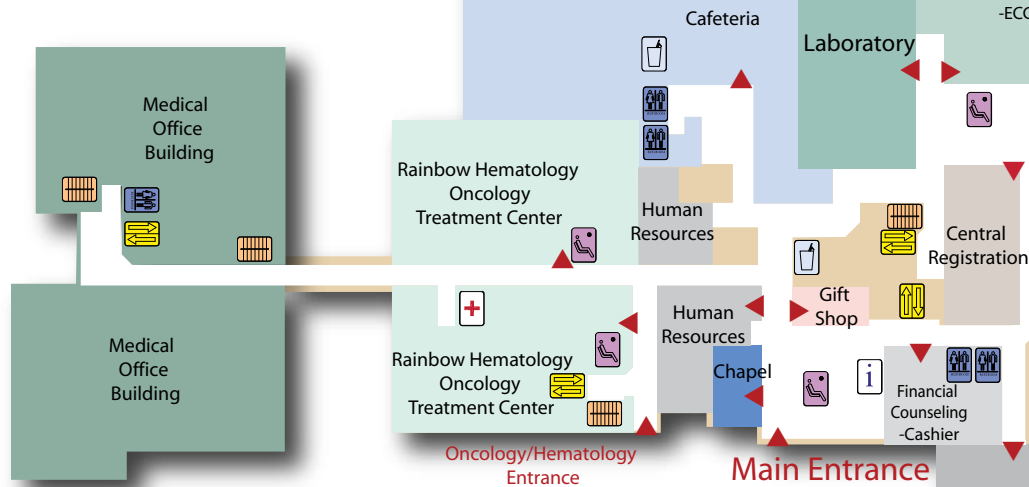
The area that is visited most often by patients and visitors is Central Registration, which processes nearly 80% of patients who visit the Health Center. Although it remains located on the first floor in the same general area it has been in for years, Central Registration has gone through dramatic changes. "Patients and visitors will notice that our area is more spacious, has better lighting and is more comfortable than our previous department," says Atanya Hayes, FCHC Coordinator of Patient Financial Services. "The wooden floors also offer a more homelike feel."

There are six new patient registration rooms that replace the previous cubicles and offer quiet and privacy to better comply with HIPAA regulations. Central Registration is also strategically located near the Laboratory and Radiology Departments where many patients need to visit for their tests. Quicker and more powerful computers in Central Registration also help speed the registration process that can often be done in as little time as five minutes.

## Phase II - Radiology

In the past, patients who needed to have a cardiac stress test, an ECG, or to have a Holter cardiac monitor placed on them would travel to the third floor of the Health Center for their test. That has changed with the Radiology department expansion that includes two special area cardiac stress test rooms as well as areas for ECG and Holter cardiac monitoring. "Now that we have more space, we're able to perform these tests hand-in-hand with the Nuclear Medicine department," says Barb Gibson, RT (R) RDMS, Radiology Manager. "We can perform up to six stress tests a day, four days a week." The new stress test rooms feature wall murals designed to make the patient feel more

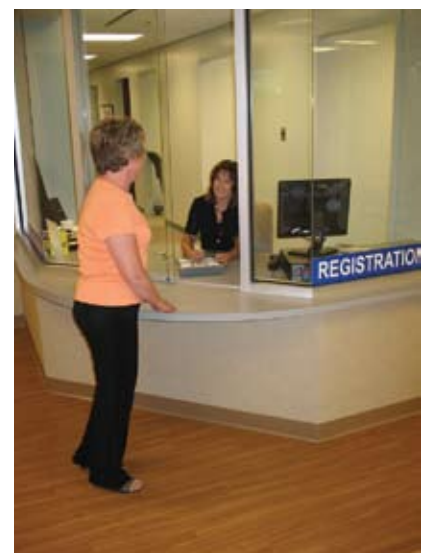
# Renovation!



*This convenient first floor diagram shows the Central Registration department conveniently located near several of our outpatient services including Laboratory, Radiology, Emergency, Oncology, and Cardiac Rehabilitation.*

*FCHC's new patient registration rooms (above) now offer patients more privacy.*

*The newly renovated Central Registration department (right) is spacious, attractive and comfortable.*



comfortable and relaxed during the test. Other changes in the Radiology department include a new room for the heart echocardiograms, a new digital mammography unit, and a 64-slice CT Scanner discussed in previous issues. In addition the Emergency Department is adjacent to the Radiology department, enhancing the connectivity and communication of these two important areas.

## Phase II – Fulton Stress Unit

The Fulton Stress Unit, located on the Health Center's fifth floor, is another area going through renovations. The Stress Unit treats patients suffering from behavioral and emotional problems. The Stress Unit offers Inpatient treatment, Outpatient Counseling, and Partial Hospitalization. Over the past several years outpatient counseling has seen rapid growth. To meet the growing need for outpatient counseling, the Outpatient department is adding more therapy offices and improving the outpatient registration area to provide better patient care. In addition, the Stress Unit has added a new psychiatrist, Benjamin Forrester, D.O., who will see patients in both our Inpatient and Outpatient Departments.

## Phase II - Surgery

While contractors have been quite busy on the first floor, more work is being done in the Surgery department located on the second floor. During Phase I of the major renovation to the Health Center, contractors totally gutted portions of the old Same Day Surgery department after they moved into the expansion project last spring. In its place, the Surgery department added 11 new recovery bays replacing the 4 they had previously. The Surgery department then converted the old recovery area into a new expanded holding area with 5 stations for patients getting ready for surgery. This allows for physicians, anesthesia and circulating nurses a more private area to talk with their patients prior to surgery.

Another part of the Phase II renovation is the addition of a new Surgery suite to be completed this fall. This new suite is the first of

Surgery department will have a total of eight surgery suites. Each new suite will have a mobile boom arm that will hold monitors, medical equipment, anesthesia, and lights. The high-tech booms eliminate the clutter of wires and cables on the floor, making it safer for staff members to move around during surgery. The mobile boom arms also allow physicians and nurses to quickly and easily move equipment around the patient. The new suites will also have a router system for X-ray images for the surgeons to use with our SmartPACs digital imaging system. This will allow the surgeon to view and digitally enhance the x-ray images while in surgery. Even the floors of the new surgical suites will be geared to providing excellent patient care, as seamless floors will be installed throughout the new surgical area. Seamless flooring is excellent for maintaining a sterile environment and combating staph and other germs.

## Phase III –Laboratory

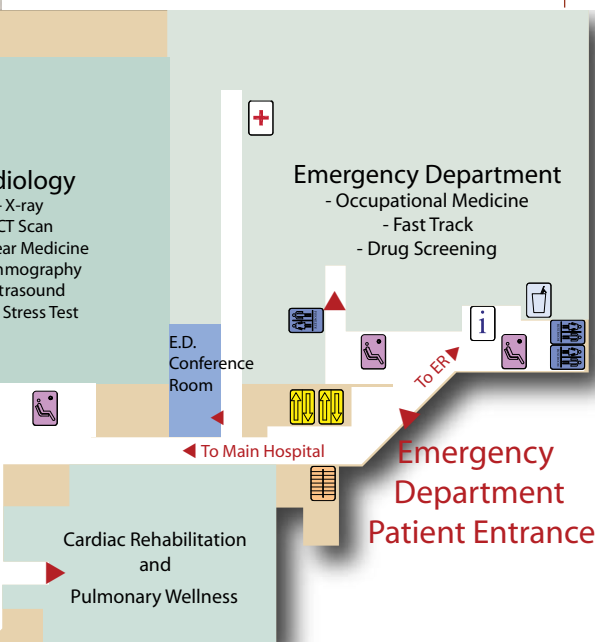
The final area of the Phase III renovation is our Laboratory. The renovation will expand the number of drawing stations from two to three. When completed, patients will find the stations larger and more private. Each will be handicap accessible, and one of the stations will have a bed for patients who require it. In addition, the Laboratory will have an expanded waiting area it will share with the Radiology department, directly across from Central Registration, to make the whole process more patient friendly. The renovated Laboratory should be completed by the first of the year.

## Thanks to Our Visitors

"The whole renovation process takes time," says FCHC Administrator Beck. "We're very appreciative of our patients and visitors for all of their patience. When the work has been completed in the next several months, our facility will have undergone dramatic improvements so we can truly say we are putting patient care first." For more information, contact Steve McCoy, Director of Marketing and Planning at 419-330-2717 or refer to the convenient map of the Health Center's first floor in this article.

two planned state-of-the-art surgery suites. The final surgery suite will be completed in Phase III as further renovations occur over the winter. When completed, the

# Putting Patient Care First



*The Radiology department has been expanded to include two cardiac stress test rooms as well as areas for other cardiac tests.*

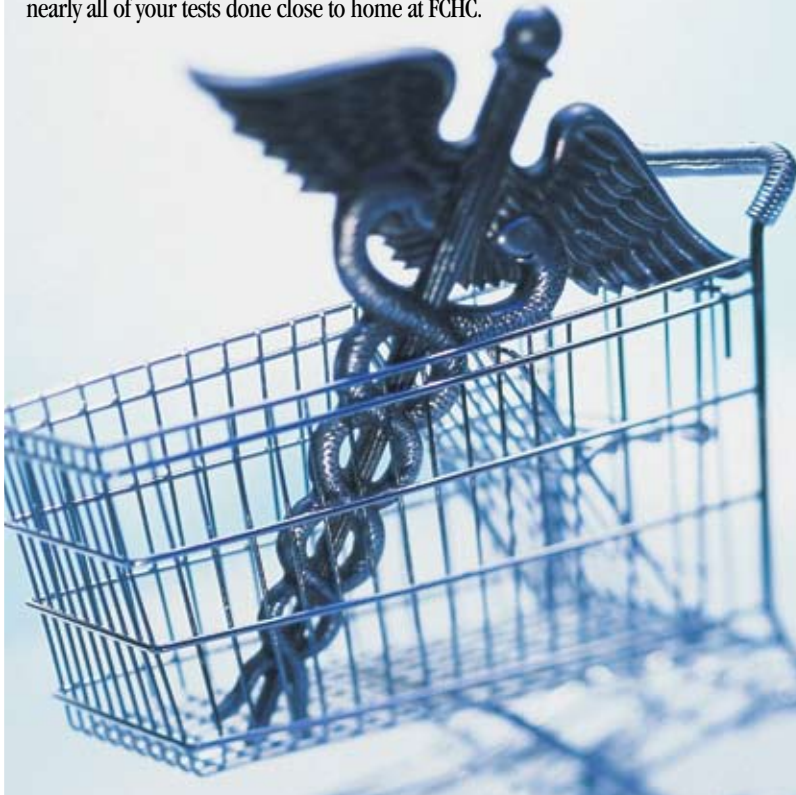
# Taking Charge of Your Health

Suppose you are not feeling well and you visit your physician. Your doctor will most likely order lab and radiology tests to help in your diagnosis. Medical technology continues to change rapidly, and now there are many new and exciting tests available to you. Remember that you have the right to ask questions to be informed and to have the tests performed at a location convenient to you. Here are a few guidelines to help you stay informed:

1. Ask your physician to explain the reason for the test, how it will be performed and if you need to prepare for the test.
2. Ask your insurance company if:
  - a. The test is covered and if pre-authorization is required. Make sure the pre-authorization is completed by your physician's office before you have the test performed.
  - b. Find out if the test is pre-authorized for a specific day. If the test is performed on a day not pre-authorized by your insurance company, it might not be covered.
  - c. Ask your insurance company if you must have the test performed at a specific location in order for it to be covered.
3. Call Fulton County Health Center to find out if we perform the test that has been ordered.
4. Tell your physician where you would like to have the test performed because of the convenience to you.

Fulton County Health Center has changed rather dramatically over the past five years and now offers state-of-the-art diagnostic services not offered before. For example, did you know we offer heart catheterizations and digital mammography? Have you heard about our MRI scanner and new 64-slice CT scanner? Do you know we have a mobile lithotripsy unit to pulverize kidney stones and a mobile PET scanner to help monitor cancer in patients.

We've changed a great deal over the past five years, and many people aren't aware of our growth. So before you schedule that diagnostic test, ask a few questions. You'll likely discover you can have nearly all of your tests done close to home at FCHC.



## Message *from the* Administrator

Fall is the time of year when family's schedules get back to normal with the start of school, and everyone looks forward to Friday night football games. As we approach fall at the Health Center, we are looking forward to getting back to normal with the completion



of the Phase II portion of our facility's renovation. All of this work is being done to put patient care at the top of our list, so you can

be assured of receiving convenient top-level care right here in town. Our lead story in this newsletter brings you up-to-date on our ambitious renovation project.

We also discuss an exciting new procedure that two of our physicians are performing here at the Health Center. Radio Frequency Ablation is being used to "cook" certain types of tumors from the inside out. I think you'll find the article quite interesting and perhaps, helpful, if you are faced with surgery in the future.

H.O.P.E. – Helping Other Parents Experiencing Grief – is a unique support group our Obstetrical staff established 20 years ago, and it continues to provide professional grief counseling and support to parents who have lost a child.

There are other articles in this newsletter that we hope you find helpful, along with our usual slate of health and fitness classes. Thank you for your continued trust in our services.

Sincerely,

*E Dean Beck*

E. Dean Beck,  
FCHC Administrator



Two FCHC physicians were instrumental in bringing a new high-tech tumor fighting tool to the Health Center. Pictured with FCHC's 64-slice CT scanner and Radio Frequency Ablation needle are (l-r): Michael Pole, M.D., Board Certified Radiologist and Charles Lash, M.D., Board Certified Urologist.

## New Medical Tool Destroys Cancer Cells

The needle itself is about the length of a normal pencil. The generator, which provides the energy to the needle, is no larger than your old VCR that played countless movies before DVD players became the rage. Yet, these two small items – the needle and generator – provide huge results when used by FCHC physicians to destroy certain types of cancer cells.

The needle and generator or pieces of equipment used to perform Radio Frequency Ablation. The process involves inserting the needle inside a malignant tumor and killing the tumor from the inside out using radio frequency waves created by the generator. The radio frequency waves produce a high amount of heat inside the tumor that causes it to change its molecular structure, rendering it incapable of reproducing and growing.

"It is a sophisticated medical tool, but the process is rather simple," says Charles Lash, M.D., a board certified FCHC Urologist who was instrumental in having the Health Center purchase the equipment. "We basically 'cook' the tumor from the inside out by heating it." Dr. Lash says the tumor doesn't disintegrate. Instead, it becomes similar in consistency to a boiled egg – soft and squishy – and the body's immune system eventually disposes of it. Dr. Lash says Radio Frequency Ablation works best on liver and kidney tumors.

There is another important element, however, that allows Dr. Lash to perform the procedure with such accuracy. "We had to have a sophisticated CT scanner in order to be able to use the

Radio Frequency Ablation," says Dr. Lash. "That's where our 64-slice CT scanner comes in." The sophisticated scanner was installed at FCHC about six months ago. It is operated by Michael Pole, M.D., a board certified FCHC Radiologist.

"We use the CT to carefully guide the needle that Dr. Lash inserts into the tumor," says Dr. Pole. "The process is called Radiographic Needle Guidance. The needle has to be placed directly in the center of the tumor, and we can only find the center using three-dimensional reconstructive images that our 64-slice CT scanner provides. It's the best modality available to accurately guide the needle into the tumor."

Once the needle has been inserted into the center of the tumor, Dr. Lash "opens" the tiny thin filaments at the tip of needle like an umbrella. These filaments allow the heat that is generated by the radio frequency waves to spread evenly throughout the

tumor. The procedure is performed under a local anesthetic and is relatively quick, lasting only about a half hour. Patients are usually kept overnight at the Health Center for observation – primarily to make sure there is no bleeding.

"In the past we've had to remove the kidney to treat the kidney tumor," says Dr. Lash. "The problem there is that it places the patient at great risk – both during the surgery and afterward when they have to function on only one kidney." Radio Frequency Ablation allows the patient to keep the kidney intact. An added bonus is that heat from the radio frequency waves actually cauterizes the blood vessels inside the kidney or liver to virtually eliminate any internal bleeding. There are essentially no side effects, and patients experience limited pain from the procedure. The chance of infection is also reduced since the process is not major surgery and no large incisions are made. The only risk is that the heat generated from the radio frequency waves can damage adjacent structures such as the blood vessels and intestines. So great care is taken to make sure the tumor is not touching any such structures.

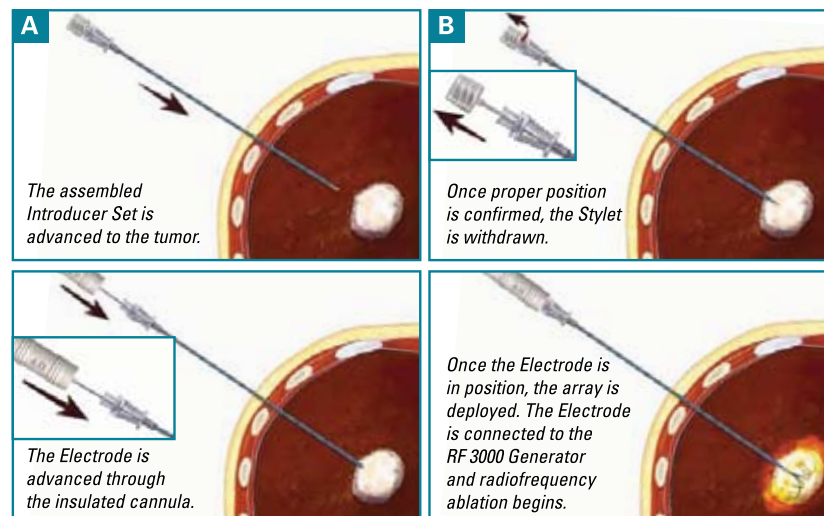
The obvious question is why don't physicians use Radio Frequency Ablation on all tumors? "Because," says Dr. Lash, "the procedure works best on single tumors that are relatively small and localized within an organ. It would not work well on a patient with colon cancer, for example, because the heat from the radio frequency waves would damage the colon." "Tumors are all different in their cellular makeup," adds Dr. Pole. "So even though the procedure is quite effective on liver and kidney tumors, it doesn't work as effectively on other tumors."

The next closest hospital to offer Radio Frequency Ablation is in Ann Arbor, Michigan. "We're in a position now at the Health Center where we're no longer playing catch up with the large city hospitals

as far as medical technology is concerned," says Dr. Lash. "We're starting to be the ones to set the pace." Dr. Pole agrees. "It's amazing how dramatically our Radiology department has changed over the last six months. We certainly have the best medical equipment around."

For more information about Radio Frequency Ablation, contact Steve McCoy, FCHC Director of Marketing and Planning, at 419-330-2717.

### An Illustration of Radio Frequency Ablation



# Where There's Grief, There's H.O.P.E.

The loss of a loved one is very difficult for family members. But the loss of a child can be unbearable for parents. The Obstetrical staff at Fulton County Health Center fully understands this. Twenty years ago the Obstetrical Department established a support group they called H.O.P.E. – Helping Other Parents Experiencing Grief – to assist parents and grandparents who lost a child.

Now, 20 years later, H.O.P.E. continues to offer support to grieving parents and even to grieving grandparents. H.O.P.E. meets at 7:30 p.m. the third Monday of each month except for December. Sessions are held in the FCHC Meeting Room, and there is no charge to attend. Typically 6 - 12 people attend the meetings, particularly mothers who have lost a child. Sonya Unger, RN, H.O.P.E. Coordinator and a nurse in the Obstetrical Department, facilitates the support group sessions. She is assisted by a trained counselor or licensed social worker from the Fulton Stress Unit.

"We offer therapeutic ideas and methods to get people to open up and get through their grief," says Unger. "Some of our parents have attended sessions for a couple of years." Unger says she has had parents attend who have lost an adult child. "Our society is supportive of parents who have lost a young child,

but not so much so with parents who have lost an adult child. We can help them, too."

If a mother delivers a stillborn child in the FCHC OB Department, Unger is notified and visits the mother immediately to offer consolation and help. She also accepts phone calls at the Health Center and produces a bi-monthly newsletter for parents and grandparents who have lost a child. A lending library stocked with books and videos is also open to parents.

"We often see the mother at our sessions but not the father, and that's because males and females grieve differently," says Unger. She says that can cause tension in the family. The H.O.P.E. sessions can help dads understand their wives feelings and bring them together again.

"Losing a child is a unique loss, and sharing that loss with others who know exactly what you are going through can help with the grief and burden," says Unger. For more information about H.O.P.E. contact Sonya Unger, RN, H.O.P.E. Coordinator, in the FCHC Obstetrical Department at 419-330-2757.



## Keep Your HeartHealthy!



Did you know that poor dental health can lead to heart problems? It causes higher levels of bacteria that leads to inflammation of the gums. The inflammation can cause bacteria to enter the bloodstream. What can you do? Floss your teeth. "Daily flossing disrupts bacteria in the teeth and regular dental checkups help keep teeth and gums healthy," says Sharon Morr, Director of the FCHC Corporate and Community Health Promotion department.

What about those trans fats you keep hearing about? Trans fats are found in foods that use hydrogenated vegetable oil such as cookies, crackers, and fast foods. "There are no acceptable levels of trans fats in your diet," says Morr. Trans fats tend to settle in the waist area. Men with a waist size of 40 or greater and women with a waist size of 35 or more are at a higher risk of heart disease than those with smaller waists.

High blood pressure, high cholesterol, and high blood sugar levels continue to be indicators of potential heart disease. "It's important to have these levels checked regularly through health fairs that the Health Center offers or through your doctor's office," says Morr. "Regular exercise is also important, and we offer many health and fitness classes to meet individual needs." Refer to the article in News & Notes about the Heart Healthy Runs and Walks sponsored by your local health departments.

For more information, contact the Corporate and Community Health Promotion department at 419-330-2723.

### *Enjoy Heart Healthy Fun Run*

On Saturday, October 4, 2008 the Fulton, Henry and Williams County Health Departments are sponsoring a 10K Run and a 5K Walk along with a 1 Mile Fun Run. Registration will be held that day at the Lockport Mennonite Church beginning at 8:30 a.m. There is a \$15 entry fee for the runs or \$20 after September 28, while the 1 Mile Fun Run has a cost of \$10 with a T-shirt or free without a T-shirt. FCHC staff members will provide free blood pressure checks and healthy snacks. For more information contact your local health department: Fulton (419-337-0915), Henry (419-599-5545), or Williams (419-485-3141).

## Welcome, Dr. Forrester

**Benjamin Forrester**, D.O., Psychiatrist, is the newest addition to the FCHC Medical Staff. Dr. Forrester joined the Health Center this summer and will work with inpatients and outpatients in the Fulton Stress Unit on the Health Center's fifth floor. Dr. Forrester is a 2003 graduate of the Ohio



University College of Osteopathic Medicine in Athens, Ohio.

## A New Way to Handle Dialysis

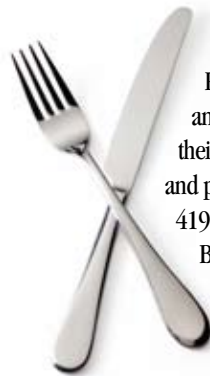
The FCHC Heart & Vascular Center is working with Davita, the dialysis company that provides treatment to patients on the FCHC campus, to offer a shoulder catheter for treatment. The catheter would be inserted at the FCHC Heart & Vascular Center, and it would make it more convenient for patients requiring regular dialysis treatment.



## Need a Lift?

The shuttle bus that we introduced two years ago at the beginning of our construction phase is now a permanent addition! The FCHC Board of Directors authorized the purchase of a new shuttle bus with easier access for riders including a wider entry door with lower steps. The free shuttle service is offered to all patients and visitors from 6:30 a.m. – 6:30 p.m., Monday-Friday. Riders can board the bus from any Health Center parking lot and receive a ride to any of our entrances.

## Dinner with the Docs



Get answers to your medical questions from a panel of FCHC physicians including Dr. Charles Lash, Urologist; Dr. George Williams, Psychiatrist; Dr. Benjamin Forrester, Psychiatrist; Dr. Sema Fofung, Obstetrics/Gynecology, Dr. Jana Bourn, Family Practice, and Dr. Kevin Fritz, General Surgery. The doctors will introduce themselves, describe their specialty and then open it up for questions from the audience. Dinner will be served, and pre-registration is required. A maximum of 100 attendees will be accepted. Please call 419-330-2735 by Sept. 19 to pre-register. Tuesday, Sept. 23, 6:00 p.m. - 8:00 p.m in the Beck Meeting Room.

## Speakers Bureau

Looking for a speaker for one of your organization's meetings? Contact us! Fulton County Health Center can provide expert speakers on a wide range of health care topics, including: Stress Management, Nutrition, Fitness, Smoking Cessation & Weight Management, Managing High Blood Pressure, Dealing with Cancer, and other topics. For more information, contact Steve McCoy, Director of Marketing & Planning, at 419-330-2717.

## Auxiliary Events

**Sept. 18: Apple Dumplings, Mums, and Pumpkin Sale**, FCHC Cafeteria. Sponsored by the VolunTeens as a fundraiser.

**Sept. 30: Boutique to You Sale**, FCHC Cafeteria. A wonderful selection of purses and related items. Fall merchandise will be featured.

**Oct. 5: 2nd Annual VolunTeen Scholarship Tea**. If you would like to sponsor a table, please call or write Margaret Croninger, Chair at:

Fulton County Health Center  
Auxiliary Office  
725 S. Shoop Ave.  
Wauseon, Ohio 43567  
419-330-2695

**Oct. 16 and 17: Masquerade \$5.00 Jewelry Sale**, FCHC Cafeteria. This is always a fun event and very popular.

**Nov 12, 13, 14: Book Fair**, FCHC Cafeteria. Nice items for children, including a variety of games and gifts.

**Dec. 4: Poinsettia Sale Pick Up**, FCHC Meeting Room, Ground Floor and at Fairlawn in Archbold.

**Volunteers Welcome:** Please call Julie Engler, Volunteer Coordinator at 419-330-2695 if you are interested in becoming a Volunteer at the Hospital. Please call Tammy Allison, Director of Activities at 419-335-2017, Ext. 2798 or 2805 if you are interested in becoming a Volunteer at the Fulton Manor.



## New FCHC Doctor in Fayette

**Jennifer Schweitzer-Ahmed**, M.D., a board certified Family Practice physician, is seeing patients at the Fayette Medical Center three times a week on Monday, Wednesday, and Friday. Dr. Schweitzer-Ahmed is a graduate of Wright State University and completed her residency at Good Samaritan Hospital & Health Center in Dayton. To make an appointment, call the Fayette Medical Center at 419-237-2501.



# Health & Fitness Classes

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health Classes/Special Events), or call 419-330-2735. Questions? Call 419-330-2724.

All classes except Aquatics & Yoga can be mixed and matched for dates/times/locations. 10 Week Session – Sept. 22- Nov. 29; 10 classes - \$35, 20 classes - \$52, 21 or more classes - \$65.

## Health & Fitness Class Descriptions

### **Ai Chi**

Smooth consistent movement in the water. Relaxing and enjoyable while moving through a full range of motion. Concentration on proper breathing techniques.

### **Aquatic Noodle Workout**

Using the noodle for upper and lower body toning, abdominal toning and aerobic workout, you'll push it, pull it, float on it, balance on it, and get an awesome workout!

### **Aquatic Aerobics**

A high-energy, vigorous workout performed in shallow water to avoid injury. Great for toning and strengthening.

### **Arthritis Aquatic Therapy**

Consists of range of motion, muscle strengthening, stretching and endurance building activities. All classes are structured so participants can work at their own ability level.

### **BBCF - Basic Boot Camp Fitness**

Class geared for men and women with basic movements, offering a variety of fitness intensities.

### **Cardio Core Strength Training**

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using hand weights, X-ertubing, figure 8 bands, jump ropes, and the Body Bars. Your cardiovascular system and strength training will be challenged.

### **Kids Tumbling for Fun - Beginner**

Designed for the gymnast who is just starting his or her career. This class will introduce them to the beginning basics of the sport, such as: forward and backward rolls, cartwheels, headstands, etc. If you have no previous gymnastics experience, and you are excited to learn, this class is for you!

### **Kids Tumbling for Fun – Intermediate**

Requires previous gymnastic experience, must be able to do a handstand and cartwheel.

### **Parent & Child Water Wonders**

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water.

## Health & Fitness Classes: 10 classes - \$35; 20 classes - \$52; 21 or more classes - \$65 (Unlimited)

Wauseon Classes	Day(s)	Time	Location
Boot Camp/Cardio Core/The Step	M-W	5:00 PM	FCHC Rehab Center
The Ball and Much More	M	6:00 PM	FCHC Rehab Center
Boot Camp/Cardio Core/The Ball	T-TH	5:30 PM	FCHC Rehab Center
Boot Camp/Cardio Core/The Ball	M-W	6:00 AM	FCHC Rehab Center
<b>New! Sedentary Solutions</b>	T-TH	6:30 PM	FCHC Rehab Center
<b>New! ZUMBA</b>	M	7:00 PM	FCHC Rehab Center
7 classes – \$30, 14 classes – \$48, 15 or more – \$72. Begins Oct. 6th.			
Golden Retrievers	M-W	10:00 AM	Wauseon Senior Center
Donations appreciated. Sponsored by American Physical Rehabilitation Network.			
Wauseon Aquatics Classes	Day(s)	Time	Location
Arthritis Aquatic Therapy	T-TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatic Therapy	M-W	4:30 PM	FCHC Rehab Center
Aquatic Aerobics	T-TH	7:30 AM	FCHC Rehab Center
Aquatic Aerobics	M-W	5:30 PM	FCHC Rehab Center
Aquatic Aerobics	T-TH	6:00 PM	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
8 weeks - \$30; Classes Begin Sept. 27.			
Bryan Classes	Day(s)	Time	Location
Stepping Up & Abdominal Workout	T-TH	6:15 PM	First Assembly of God
Boot Camp/Cardio Core/The Ball	T-TH	7:15 PM	First Assembly of God
Smooth Moves & Abdominal Workout	M-W	5:30 PM	Washington Elem. School Gym
<b>New! ZUMBA</b>	M	6:30 PM	Washington Elem. School Gym
7 classes – \$30, 14 classes – \$48, 15 or more – \$72. Begins Oct. 6th.			
Delta Classes	Day(s)	Time	Location
Stepping Up & Abdominal Workout	T-TH	5:55 PM	Delta Memorial Hall
Boot Camp/Cardio Core/The Ball	T-TH	5:30 AM	Delta Memorial Hall
Deshler Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	T-TH	6:00 PM	Deshler City Bldg., 2nd Floor
Evergreen School District Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	6:00 PM	Evergreen H.S. Music Room
Liberty Center Class	Day(s)	Time	Location
Stepping Up & Abdominal Workout	M-TH	3:30 PM	Liberty Center Elementary School Library
Montpelier Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	5:30 PM	Montpelier School Band Room
Napoleon Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	5:30 PM	Bodylines, 620 Trail Dr., Napoleon
Pioneer Classes	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	T-TH	6:00 PM	Pioneer Community Center
<b>New! ZUMBA</b>	TH	7:00 PM	Pioneer Community Center
7 classes – \$30, 14 classes – \$48, 15 or more – \$72. Begins Oct. 9th.			
Swanton Classes	Day(s)	Time	Location
Boot Camp/Cardio Core/The Step	T-TH	6:00 PM	St. Richard's School
Boot Camp/Cardio Core/The Ball	M-W	3:45 PM	Crestwood School



# Health & Fitness Classes

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## Health & Fitness Classes (continued)

West Unity Class	Day(s)	Time	Location
The Step & Abdominal Workout	T-TH	6:00 PM	Solid Rock Church
Archbold Classes	Day(s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.			
Boot Camp/Cardio Core/The Ball	T-TH	5:30 AM	Park Pavilion
Stepping Up & Abdominal Workout	T	6:00 PM	Park Pavilion
Boot Camp/Cardio Core/The Ball	M-TH	5:30 PM	Park Pavilion
The Ball & Much More	M-W	8:30 AM	Park Pavilion
The Ball & Much More	T-TH	3:30 PM	Park Pavilion
10 classes - \$25, 20 classes - \$38, 21 or more classes - \$47			
Kids Tumbling for Fun Beginner (4-7 years)	SAT	9:00 AM (45 min.)	New Elementary School Cafeteria
Kids Tumbling for Fun Intermediate (4-7 years)	SAT	9:45 AM (45 min.)	New Elementary School Cafeteria
8 weeks, 1x/week - \$30; begins Oct. 18th.			
Golden Retrievers	M-W	9:30 AM	Park Pavilion
Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.			
Fairlawn Complex Classes	Day(s)	Time	Location
Aquatic Aerobics	M-W	9:00 AM	Wyse Commons
Aquatic Aerobics	M-TH	5:45 PM	Wyse Commons
Arthritis Aquatic Therapy	W-F	10:15 AM	Wyse Commons
Arthritis Aquatic Therapy	M-W	4:45 PM	Wyse Commons
Noodle Workout	F	9:00 AM	Wyse Commons
10 classes - \$35, 20 classes - \$52, 21 or more classes - \$65			

## Yoga Classes: Yoga classes cannot be mixed & matched with other classes.

Wauseon Classes	Day(s)	Time	Location
Pure & Simple Yoga (Beginner-Intermediate, Mat Required)	TH	7:30 PM	FCHC Rehab Center
Pure & Simple Yoga (Beginner-Intermediate, Mat Required)	SAT	9:00 AM	FCHC Rehab Center
10 classes - \$47, 20 classes - \$78, 21 or more classes - \$98			
Archbold Class	Day(s)	Time	Location
Yoga (Beginner-Intermediate, Mat required)	M	7:15 PM	Park Pavilion
10 classes - \$38, 20 classes - \$68			
Swanton Class	Day(s)	Time	Location
Pure & Simple Yoga (Mat required)	T	7:20 PM	Swanton Public Library
10 classes - \$47			

## Health & Fitness Class Descriptions

### Advanced Parent & Child Water Wonders

Parent/guardian must be in the water. The child will be exposed to games that use basic swimming movements in the water, such as straight leg kicks, arm strokes, and breath control.

### Pure & Simple Yoga

This classes consists of basic Yoga postures, breathing and relaxation techniques. Yoga movement and passive stretch are the focus of this gentle artful format. It's soft and simple. Advanced class demonstrates more challenging postures.

### Stepping Up Kicking Low

Challenge yourself with a high energy fun new workout, a combination of stepping up and down on a Reebok bench with intervals of forward, side and back kicks.

### Smooth Moves I

Fun for all! Simple choreography to low impact aerobics and strength training helps lose fat and gain lean body mass.

### Sedentary Solutions

A class tailored for the plus size person and more. 45 minutes of conditioning with Fun-Safe-Simple Movements (No floor exercises).

### The Ball & Much More

Incorporated into your workout to perform a variety of balance, core training, strength training, and flexibility exercises.

### Golden Retrievers (formerly Body Recall)

Gain strength and flexibility in this no-sweat exercise class. Many of the exercises are performed sitting on a chair.

### Zumba

You don't have to love exercise or know how to dance to Zumba! Zumba combines amazing, irresistible music with dynamic yet accessible exercise moves and interval cardio training. The workout starts with one simple step and then moves up the body – first the feet, then the mid-section, and finally, the upper body – until everything is in motion.





# Health & Fitness Classes

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health Classes/Special Events), or call 419-330-2735.

## Diabetes

### **Eating Well with Diabetes**

Learn the basic survival skills of Eating for optimal blood sugar control. Tuesday, Dec. 16, 7:00-8:30 p.m., \$5, FCHC Meeting Room. Must pre-register at 419-330-2735.

## Heart Health

### **Salt Sense**

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tuesday, Nov. 4, 9:30 - 11:00 am, \$5, FCHC 1st Floor Cardiac Rehab Classroom.

### **Low Cholesterol Living – Part I**

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, Sept. 23, 9:30 - 11:00 am, \$5, FCHC 1st Floor Cardiac Rehab Classroom.

### **Low Cholesterol Living – Part II**

Learn how to look at the total fat in a diet and how to reduce it. Also, find out information on food labeling, adapting recipes, eating out and more! Tuesday, Sept. 30, 9:30 - 11:00 am, \$5, FCHC 1st Floor Cardiac Rehab Classroom.

### **Lifestyles for Lower Cholesterol Living**

Learn to eat well to help improve cholesterol numbers. You'll look at the types of fat you eat, how much fat you need, and how to understand food labels. You will also explore foods that may improve heart health, eating out, and share recipes in the process. Thursday, Oct. 16, 7:00 – 8:30 pm, \$5, FCHC Surgery Conference room.

### **Blood Pressure Management**

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Tuesday, Oct. 14, 9:30 - 10:30 am, Free, FCHC Cardiac Rehab Classroom.

## Nutrition

### **Healthy Eating for Kids**

Help your children learn and develop healthy eating and activity habits. Geared toward school-age children and parents, the class will include: short learning sessions, group activity, and a healthy snack. Three week series, Tuesday, Nov. 4, 11, 18, 4:00-4:45 p.m., \$20 including parents and child, FCHC Meeting Room. Must pre-register before class at 419-330-2735.

### **Waist Trimmers**

Research shows that abdominal fat may be more hazardous than fat in other areas such as the hips. Join this new class with short nutrition topics, group accountability, and simple weekly assignments to help trim waist lines. 12 week class, Mondays, Sept. 22-Dec. 8, 4:30-5:00 p.m. or Wednesdays, Sept. 24 – Dec. 10, 11:30-12:00 p.m., \$60 for entire series, FCHC Cafeteria. Must pre-register at 419-330-2735.

## Safety

### **Babysitting Classes**

Learn to handle emergencies such as choking, burns and more, and become a more effective and competent baby sitter. Class covers growth and development and safety for the sitter as well as the children and much more. Class certification is given. Please bring a sack lunch. Beverages/ snacks provided.

Saturday, Sept. 27, 9:00 am-3:00 pm, \$20, Swanton Library. Call 419-826-2760 to register.

Saturday, Oct 4, 9:00 am-3:00 pm, \$20, Wauseon Library. Call 419-335-6626 to register.

Saturday, Oct 11, 9:00 am-3:00 pm, \$20, Liberty Center Library. Call 419-533-5721 to register.

Saturday, Nov. 1, 9:00 am-3:00 pm, \$20, Delta Library. Call 419-822-3110 to register.

Saturday, Nov. 22, 9:00 am-3:00 pm, \$20, Evergreen Library. Call 419-644-2771 to register.

### **Community First Aid and CPR**

Learn how to handle emergencies through this American Red Cross class. Participants will be certified in adult, child and infant CPR and obstructed airways. Class taught by RN. Saturday, Sept. 20 or Nov. 15, 8:00 am - 4:00 pm, \$50, FCHC Meeting Room.

### **Cardiopulmonary Resuscitation**

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 7:30 am, class begins promptly at 8:00 am, Saturday, Oct. 18 or Dec. 6, 8:00 am - 2:00 pm, \$50, FCHC Meeting Room.

## Weight, Smoking

### **FreshStart**

FreshStart is the American Cancer Society's quit smoking program consisting of four one-hour sessions held in a four-week period. All methods and activities contain the most effective elements for success. FreshStart can be your start to a new life without cigarettes!

Thursdays, Sept. 22, 29 & Oct. 6, 13, 6:00 – 7:00 pm, Free, FCHC Surgery Conference Room.

### **Stop Smoking, Lose Weight through Hypnosis**

Based on deep mind/body relaxation, Nationally Certified Clinical Hypnotist, Donald J. Mannarino, M.A., with over 28 years of experience with some of the largest health organizations in the world will lead two wellness seminars: Stop Smoking-Weight Loss. The cost includes a complimentary CD of the program for personal reinforcement as well as the option of attending a future seminar free if needed. For more information and to pre-register please visit: [www.DonMannarino.com](http://www.DonMannarino.com) or call Don directly at 216-831-6251. In an effort to control seating, pre-registration is mandatory!

**Smoking Cessation** – Thursday, Oct. 9 or Mon., Dec. 8, 6:00 pm, \$60, FCHC Meeting Room

**Weight Control** – Thursday, Oct. 9 or Mon., Dec. 8, 7:00 pm, \$60, FCHC Meeting Room

## Oncology Programs

The Rainbow Hematology/Oncology Treatment Center offers a variety of programs, such as those listed here, to serve patients. For more information, call 419-330-2708.

**Cancer Resource Center** – Sponsored by the American Cancer Society. Books and videos available free on loan and free Internet access to cancer web sites.

**Lymphedema Therapy Clinic** – Reduce swelling in the extremities from surgery through massage and wrappings. Often covered by insurance.

**Patient Navigator** – American Cancer Society employee helps connect cancer patients with various community resources including insurance and prescription drug issues, financial assistance and transportation.

**Look Good Feel Better** – Hair and skincare classes for women undergoing cancer treatment. Sponsored by The American Cancer Society and The National Cosmetology Association and The Cosmetology, Toiletry and Fragrance Association. Offered every other month.

**Nutrition Counseling** – Free consultation by a registered dietician for all patients undergoing chemotherapy at Fulton County Health Center.

**Stress Counseling** – A free consultation by a licensed social worker experienced in working with patients undergoing cancer treatment.



# Health & Fitness Classes

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## Obstetrics: Partners in Pregnancy Programs

All classes meet in the FCHC 3rd Floor Training Room. To register, call 419-330-2757.

**Breastfeeding Classes**— Learn the process of Breastfeeding and getting off to a good start. Discuss advantages, techniques, pumps and any questions you might have about breastfeeding. Taught by a Certified Lactation Consultant. Free.

**Childbirth Education**— 2 hours/week for 4 weeks or 6-hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and birth/c-section videos. 4-week series- \$25. Saturday session -- \$40 (includes food/refreshments).

**Refresher Class**— Review of Childbirth Education class. Optional tours of OB and birth video. One 2-hour session--\$10.

**Shape-Up for Motherhood**— Fitness class for pregnant women; helping new mothers regain their energy and get back to regular exercise. 1-hour session, 1x per week, \$2/session.

**Sibling Class**— For children age 3 and older at home. Held at 10 a.m. the first Saturday of each month. Includes OB department tour and stamping a T-shirt for the baby. Free 1 session.

## 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 (except December) at 7:30 p.m. in the FCHC Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, and teenagers due to illness or accident. For more information, call Fulton County Health Center at 419-330-2757.

## Diabetes Education & Support

Contact the Diabetes Education office at 419- 330-2772 for program or diabetes information and/or group presentations.

### Pre-Diabetes

The good news is this: pre-diabetes can be reversed. The bad news: there are more Americans with this precursor to diabetes than ever before -- 57 million of us, and 8000 in Fulton County alone. Could you be one of them? This class is for everyone interested in pre-diabetes, ranging from those simply concerned about their risks to those who have already attended pre-diabetes classes. We will cover both the steps to effective self-care and the tools to maintain the lifestyle changes required. A healthy snack will be provided. Thursday, Oct. 30, 6:30-8:30 PM, \$5, FCHC Meeting Room, Ground Floor. Call to register (419) 330-2772.

### Know Your Numbers: Healthy Steps

Knowing your numbers - the ADA goals for blood sugar, cholesterol and blood pressure - is the key to a long, healthy life with diabetes. Learn all about how to manage meals, movement and monitoring blood sugar to prevent complications. Controlling your numbers means diabetes won't control you! Free glucose meters and pedometers will be given to all participants. A healthy snack will be provided. Tuesday, Nov. 18, 6:30-8:30 PM, \$5, Surgery Conference Room, Second Floor. Call to register (419) 330-2772.

### Weekly Support Group

Wednesdays, except 1st Wed. of month, 9:30-10:30 AM, Diabetes Education Office, 4th Floor. Evening Support Group, 2nd and 5th Thursday of the month, 5-6 PM, Sept. through May; and 2nd and 4th Thursday, June through August. Would you like to become better at managing your diabetes? Come and learn from the educators AND from others traveling this diabetes journey. If your insurance doesn't pay for education, or if you just need assistance in staying on track, this is the place for you! The Diabetes Education office also has an A1C machine available for that all-important 3-month average test, for the low out-of-pocket cost of \$10.

### Facing the Foothills

A series of comprehensive classes in diabetes self-care. Offered by physician order every other month, covered by most insurances. Call for details.

### Mountain Climbing

Monthly class in self-help for the person with diabetes: 1st Wednesday of month, 9-11 AM; 2nd Thursday of month, 7-9 PM; \$5, FCHC Meeting Room. Support person is welcome and free. No registration required.



## The Flu Season: Are you Ready?

At Fulton County Health Center, we want to make sure you are ready for the flu season. Barb Crow, RN, Infection Control and Employee Health Manager, answers your flu questions using guidelines provided by the Centers for Disease Control & Prevention.

### Q.: What exactly is the flu?

A.: Influenza (flu) is an upper respiratory virus that is easily spread from one person to another by droplets from coughing and sneezing. Many people confuse influenza with the "stomach flu," which is actually a gastrointestinal virus causing stomach upset, vomiting, and diarrhea. Influenza can cause fever, headache, muscle aches, joint pain, cough, and extreme lack of energy. Anyone can get the flu and symptoms may last up to 2-3 weeks. Influenza and its complications (bronchitis, pneumonia) causes approximately 114,000 hospitalizations in the United States each year and an average of 36,000 deaths, mostly among the elderly. The flu season typically lasts from November through March.

### Q.: How does a flu vaccine help?

A.: Flu viruses change often, and there are many different strains. Each year our national health care providers do their best to estimate the three vaccine strains that are most likely to occur. The influenza vaccine is formulated to prevent those three strains. The vaccine is usually administered through an injection in the arm. Protection from the flu vaccine begins to occur about two weeks after getting the shot and may last up to one year.

### Q.: Will I get the flu from the flu vaccine?

A.: No. The influenza vaccine is made from a killed virus, so you cannot get the flu from the vaccine itself. Some people who get the flu vaccine may still get the strain of flu the vaccine is intended to counteract, but those people usually get a milder case than those who did not receive the flu vaccine.

(Continued on back cover)

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Taking Charge of Your Health  
Where There's Grief, There's H.O.P.E.  
Keep Your Heart Healthy  
The Flu Season: Are You Ready?  
Message from the Administrator  
FCHC News & Notes  
Health & Fitness Classes

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

**E. Dean Beck**, Administrator

**Dale Nafziger**, President, Board of Directors

**Steve McCoy**, Director of Marketing and Planning

For address changes or information about articles or  
programs in this issue, contact  
Fulton County Health Center at (419) 335-2015.

# The Flu Season: Are you Ready?

*(Continued from page 11)*

## Q.: Will the flu vaccine protect me from all strains of the flu?

A.: No. The flu vaccine is designed to fight the three specific strains of flu that are most likely to occur this season. It is possible to contract another strain of flu not covered by the flu vaccine.

## Q.: Where can I get the flu vaccine?

A.: Talk to your local physician or visit the Fulton County Health Department for a flu vaccine. Fulton County Health Center is not a distribution point of the flu vaccine for the general public.

## Q.: What else can I do to minimize my risks of getting the flu?

A.: The following steps may help to minimize your risk of getting the flu or a cold.

1. Cover your mouth and nose when you sneeze or cough. Use a tissue, throw it away, and then wash your hands. Do this every time you sneeze or cough.
2. Wash your hands often! Some germs can live for up to two hours or more on doorknobs, desks, and tables. Shaking hands with someone who is ill can also spread germs.
3. Avoid touching your eyes, nose or mouth.
4. Stay home when you are sick and check with a health care provider when needed.
5. Practice other good health habits- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## Q.: What does Fulton County Health Center do to prevent the spread of the flu?

A.: FCHC offers the flu vaccine to employees involved in patient/resident care. The residents of Fulton Manor are also offered the flu vaccine. Our staff members who are exposed to patients with upper respiratory problems wear masks. We also recommend that patients who are visiting the Health Center for tests, as well as visitors to the Health Center, wear a mask if they have a cold or upper respiratory problem. In addition, our Environmental Services department disinfects handrails, doorknobs, and other areas that collect germs on a daily basis.

## Q.: What if I have more questions?

A.: For more information about the flu or the flu vaccine, contact Barb Crow, RN, Infection Control and Employee Health Manager, at 419-330-2732.



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