

A publication of Fulton County Health Center

# Health

## Centering

Managing  
Your Health:

*When Medical  
Costs Are a Burden*

Volume 28, No. 1 Winter, 2012



**FULTON COUNTY  
HEALTH CENTER**  
*Completing the circle of care*

# Managing Your Health: When Medical Costs Are a Burden



**D**uring these difficult economic times, it's easy to put off health care issues. Higher energy costs, inflation and unemployment have left many families struggling just to make ends meet. Many decide to put off health treatment in the hope of just making it through all of their financial demands. Some families may have even lost their health coverage and believe that if a health crisis occurs, there is nowhere they can turn. But by delaying diagnosis or putting off treatment, you may risk developing a very serious health condition.

So what can people do to take care of their health needs when faced with limited income or insurance coverage? At Fulton County Health Center we offer numerous options to help you to manage your health care needs during difficult economic times.

## Financial Assistance Program

Some patients do not have health insurance, while others are unable to pay the portion of the bill that insurance does not cover. In these situations we offer eligible patients a Financial Assistance Program with free or discounted services to minimize the financial impact in seeking health treatment.

"The goal is to provide financial assistance to those who qualify," says Terijo Kern, FCHC Coordinator of Cashier & Collections. "The key is for the patient to communicate with us if they anticipate having difficulty paying their medical bills."

FCHC has trained financial counselors who will answer questions about insurance coverage, identify coverage gaps and assist in seeking alternative methods of coverage. In addition, they can help direct patients where to apply for public assistance, establish payment plans, or apply for assistance through the Financial Assistance Program.



Kim Johnson, Financial Counselor, works with many patients who seek financial assistance for their medical treatment.

You may be eligible for our Financial Assistance Program if you meet these guidelines:

- You do not qualify for government-sponsored programs such as Medicaid
- Your family income is at or below 200% of the Federal Poverty Guidelines; a reduced level of assistance is available for those whose income is above the 200% level
- You have insurance but feel you may have difficulty paying the portion not covered

FCHC Financial Counselors will conduct an interview to make a preliminary determination on eligibility for financial assistance, and they will assist individuals in completing the application. The applicant will be required to provide family size and income information. A final determination of financial assistance eligibility will be made within five working days of receipt of all necessary documentation. Financial Counselors can also discuss financial concerns during the preregistration process.

A Financial Counselor is available Monday – Wednesday, 8:00 a.m. – 8:00 p.m. and Thursday and Friday from 8:00 – 4:30 p.m. All financial information remains confidential. Online payments are offered through the Health Center's web site, [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org).



Dianne Lumbrezer, LISW, Stress Unit Outpatient Manager, provides a free initial mental health consultation to discuss treatment options.

## Help With Cancer Treatment

The Rainbow Oncology/Hematology Department has a dedicated Patient Navigator who assists cancer patients with a variety of concerns during cancer treatment. The Patient Navigator finds resources for cancer patients who have financial or treatment issues and offers these types of services:

- Assisting uninsured patients in completing applications for free medications as well as information on obtaining insurance
- Helping under-insured patients with co-pay assistance applications
- Checking insurance for coverage of treatment as well as expected out-of-pocket costs
- Referring patients to community resources and programs that assist cancer patients

Beth Lange, Oncology Case Management/  
Patient Navigator, assists a patient with insurance questions.

“With our Patient Navigator, we can help relieve some of the financial pressures that can occur in fighting cancer,” explains Leisa Britsch, RN, BSN, Unit Manager. “We have had patients who have had no insurance, and we were able to assist them in applying for Medicaid which paid for their treatment. We have also been able to connect patients with community resources to address other issues related to their cancer treatment.”

## Obstetrical Help

The FCHC Family Birthing Center provides low cost prenatal education through its Partners in Pregnancy program, which helps new moms find clothing, formula and shelter if needed. In addition, the Family Birthing Center staff attends weekly meetings at the Fulton County Prenatal Clinic and provides one-on-one teaching with each prenatal client. Staff members help the patient find additional services while promoting a lifestyle that will help insure a healthier pregnancy. The FCHC Obstetrical staff also makes sure that all the prenatal records and lab work from the clinic are up to date and available in the Obstetrical department for physicians.

The FCHC Obstetrical staff participates in the Fulton County “Help Me Grow” Early Intervention Collaborative. The collaborative links various Fulton County agencies that identify families with children (birth to 5 years) who may have developmental or physical delays and need services. Staff members also participate in free developmental screenings that are conducted four times per year.

All babies born at FCHC are invited to return to the Obstetrical Department within 3-5 days of birth for a free baby check-up. Staff members check the baby’s weight, cord, circumcision,



Jeremy Weber, RN, Med/Surg Nurse and House Supervisor, assists a patient recovering from surgery.

color, and feeding. The Lactation Consultant assesses the breastfeeding mom and baby and answers questions while offering support and encouragement.

FCHC does not allow a newborn to be transported from the Health Center unprotected. If families cannot afford a car seat, the Health Center offers one for a small donation (if possible). FCHC has two certified car seat technicians who provide free car seat inspections, proper installation and other education.

## Outside Resources

There may be times when a health issue is identified at FCHC and outside resources are needed. FCHC’s Case Management Department is often involved in identifying local resources to help someone continue down the road to recovery. Sometimes the problem may be transportation for health care appointments, or it may be help with finding low cost treatment alternatives. “We try to work with patients in finding resources to meet their needs,” says Don Christian, RN, BSN, Case Management Coordinator. “There are resources available for some needs, and we work to connect people to the appropriate agency.”

The FCHC Emergency Department also serves as a referral source for area agencies. “Many times people come into our ER for treatment, and we connect them with local resources such as the Health Department, free local clinics and Community Health Centers,” says Jim Currier, RN, Emergency Department Unit Manager.

For those seeking outside mental health assistance the FCHC’s Fulton Stress Unit provides free initial mental health consultations by appointment to discuss treatment options. “The Stress Unit has a variety of referral sources available for treatment that offer a sliding scale fee,” states Steve McCoy, FCHC Director of Marketing and Planning. “The key is taking that first step in seeking treatment.”

Many other FCHC departments offer low cost education, screenings and connections to outside resources for patients.

## Screenings & Classes

FCHC’s Corporate and Community Health Promotion Department offers health screenings and educational programs throughout the year. Although these screenings are not designed to take the place of annual physician visits, they may be helpful in identifying potential problems such as high blood pressure, diabetes or cancer.

“We offer many free and low-cost health screenings throughout the year,” says Sharon Morr, Director of the FCHC Corporate & Community Health Promotion Department. “Those include cholesterol screenings and both blood pressure and blood sugar screenings.” FCHC’s Biennial Health Fair on March 31 will provide attendees with a comprehensive metabolic profile at a fraction of the normal cost, along with many other free or low cost screenings. “Plus we’re active at local and county fairs where we provide screenings and health information,” says Morr.

The FCHC Corporate & Community Health Promotion Department offers low-cost land and aquatic-based health and fitness classes throughout the year in local communities (see schedule in this newsletter). Low cost fitness memberships are available at the FCHC Rehab Center in downtown Wauseon.

“There’s no reason an individual has to neglect their health with all of these screenings and classes we offer,” says Morr.

## Bottom Line, There Are Available Options

What if a screening detects a health problem that requires surgery or treatment, but you cannot afford to pay for the care? The important thing to remember is that there are a variety of resources available. Sometimes all it takes is to take that first step and ask about what options may work in your situation. “When you have a major health concern, it’s important to take care of that need before it turns into something worse,” says E. Dean Beck, FCHC Administrator. “The bottom line is that we will treat all who seek medical care regardless of their eligibility for financial assistance or their ability to pay.” For more information about the FCHC Financial Assistance Program, please contact a Financial Counselor at 419-330-2669 (option 7). For assistance with area resources contact our Case Management Department at 419-330-2720. For more information about FCHC screenings and health/fitness classes, call 419-330-2735 or visit [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org).





**Front Row:** Pam Simon, analyst; Heather Brunt, RHIT, coder; Jean Calmes, RHIT, coding supervisor; Betsy Aten, transcriptionist.  
**Second Row:** Patti Hazlett, correspondence clerk; Pat Warner, RHIT, coder; Shelley Skeens, analyst; Margaret Whitman, analyst; Sandy Weber, CMT, Office Manager; Kristen Obarski, coder; Nikki Wood, RHIT, coder.  
**Back Row:** Cathy Thatcher, CRT, trauma registrar; Carol DeGross, clerk; Susan Hoover, clerk; Rachel McManaman, RHIA, Director.

## The Unsung Heroes Part V: FCHC Health Information

It wasn't very long ago that your comprehensive medical history was recorded on paper, put in a folder, and filed in a large Medical Records room with all other patient files. When a patient returned to the Health Center, his/her Medical Record was retrieved from the file room and physically transported to the floor where the patient was receiving care. But times have certainly changed. Over the past 10 years, the FCHC Medical Records Department has capitalized on emerging technology and has evolved into the Health Information Department that uses a sophisticated electronic medical records system. The record system will get an upgrade beginning in the first quarter of 2012, and the Health Information Department will be the lead agent in making that happen.

"Over the next several months we're going to take a good system and make it even better," says Rachel McManaman, RHIA, FCHC's Director of Health Information and Privacy Officer. McManaman is a Registered Health Information Administrator and has extensive experience in the insurance and health information management field. She says Information Systems will continue the upgrades through 2015 in order to meet Meaningful Use Criteria established by CMS, the Centers for Medicare & Medicaid Services. According to CMS, "meaningful use" means health care providers need to show they're using certified electronic medical records technology in ways that can be measured

significantly in quality and in quantity.

The Health Information Department consists of 25 mostly full-time staff members. It includes eight credentialed coding experts, a trauma registrar, five transcriptionists, a release of information person, and seven clerical support staff who prepare and analyze all patient charts. All medical transcription is handled in house. As added security to the medical records, access to the Health Information Department is limited to staff members who must enter by swiping a magnetically coded badge.

How does the patient benefit from all this electronic record keeping? "Electronic medical records are more timely, more accurate and more complete since the information is captured immediately at the point of care," says

McManaman. "It takes the place of the old system where we would record the data on paper and have to rely on memory of what happened." Since the data is typed on a computer, handwriting issues are eliminated making records easier to read and interpret. Doctors, nurses and medical technologists also have quick and easy access to a patient's records by retrieving the data on a nearby computer, which expedites patient care.

"For example, let's say a patient arrives in our ER in the middle of the night and needs a CT scan but our Radiologist is at home," says McManaman. "The Radiologist can pull up the CT image as well as the patient's medical record from home and not have to spend time traveling to the hospital while the patient waits. If emergency surgery is needed, our surgeon can quickly pull up the medical record in the surgical suite. After surgery, the attending nurses can also access the updated medical record from the nursing station." McManaman says other health care providers that are involved with the specific patient can also access that same patient record, at the same time, for review and completion.

FCHC has been using a hybrid version of the system, which combines paper documents — such as a written physician order — with electronic records. The upgraded system will reduce the amount of paper documents and move the system to even more electronic record keeping. All historical patient records that are on paper will be converted into the new electronic system — not an easy task for the



Sandy Weber, CMT, Office Manager (sitting) and Pam Simon, Analyst (standing) have more than 70 years of combined experience in the FCHC Health Information Department.

**“Over the next several months we’re going to take a good system and make it even better.”**

Rachel McManaman, RHIA, Director of Health Information and Privacy Officer

thousands of patients who have been treated by the Health Center over the years. The conversion will be handled by the Health Information Department. The upgraded system will allow doctors to access medical records from any computer – anytime, anywhere. That will accelerate communication within the Health Center, leading to faster patient care. If the patient needs to be moved to a larger hospital, the transfer of medical records can be accomplished electronically as well – the patient’s information can be reviewed by the receiving hospital while the patient is in transit.

“Members of our department are held to extremely high ethical standards and must follow federal and state regulations, including HIPAA laws,” says McManaman. “They are entrusted with confidential medical and personal information and must maintain that confidentiality inside and outside of the Health Center.” McManaman says any FCHC health care provider who wants to input data or retrieve a patient’s medical records must use a private, closely guarded password. Medical records are accessed from computers located at the nursing station and out of the way of visitors. A timeout system is built into the system, so if a nurse or doctor walks away from the computer it will automatically shut down so someone without authorization cannot look at the records. “We have very tight restraints that meet or exceed HIPAA standards,” says McManaman. “The Health Information Department is responsible for following these protocols and monitors the strict release of information – who receives it, when and in what format. “No medical record is ever emailed because of security issues. And faxing a medical record is very limited. When we do fax a medical record, we have to formally log and code what record was sent and to whom.”

“It’s an exciting time for us here at Fulton County Health Center,” says McManaman. “The electronic medical records field is constantly evolving, and we’re keeping up with those changes so we can continue to improve patient care.”

**Editor’s Note:** *Unsung Heroes is a continued series of Health Centering articles that profile the departments and staff members who work behind the scenes at FCHC but are instrumental in helping to keep the Health Center functioning.*

# Oncology Program Is Re-Accredited

FCHC’s Rainbow Hematology/Oncology Treatment Center has been re-accredited for another three years by the American College of Surgeon’s

Commission on Cancer. This is an honor that is earned by only 25% of the hospitals in the United States. The department has been accredited by the Commission on Cancer since 1990. In addition to receiving re-accreditation, the program also received several commendations from the Commission on Cancer for hosting numerous Prevention and Early Detection Activities in the community, organizing multiple cancer education activities for the hospital staff, as well as implementing



several quality improvements related to cancer care. The quality standards established by the Commission on Cancer for cancer programs ensures that FCHC patients and the community benefit from:

- Comprehensive care, including a complete range of state-of-the-art services and equipment
- A multidisciplinary, team approach that coordinates the best available treatment options
- Information about ongoing cancer clinical trials and new treatment options
- Access to prevention and early detection programs, cancer education and support services
- A cancer registry that offers lifelong patient follow-up
- Ongoing monitoring and improvements in cancer care
- Quality care, close to home

In addition, each accredited cancer program reports data on patients to the National Cancer Data Base, which is a joint program between the Commission on Cancer and the American Cancer Society. The database contains patient demographics, tumor characteristics, as well as treatment and outcomes information.



Members of the FCHC Radiology Department organized a hospital-wide fundraiser. Pictured are - Back row: Andy Storer, RT (R)(CT); Megan Willeman, student; Pat Dister, EKG. Middle Standing: Michelle Wachtman, X-ray Transcriptionist; Penny Crisenbery, X-ray Transcriptionist; Virginia Fischio, RT (R)(CT); Renee Yoder, Lead EKG Technologist; and Brenda Baker, RVT. Seated: Lynette Shepard, RT (R)(M); Michelle Andrews, Assistant Radiology Manager/Lead Mammographer.

## Radiology Leads Fundraising for Breast Cancer

October was Breast Cancer Awareness month, and the FCHC Radiology Department held a “Get Your Pink On” fundraiser. Health Center staff members paid \$5.00 for the opportunity to wear jeans and pink for a day, and \$585 was raised. “We chose to donate the funds to the Susan G. Komen Race for the Cure,” says Michelle Andrews, FCHC Assistant Radiology Manager. “The Komen organization provides breast cancer patients at our Health Center with wonderful resources such as organizational packets and newsletters. Our fundraiser was a way of saying thanks and returning something back to the Komen organization for their efforts.”

The donation will be used by the Susan G. Komen Race for the Cure to help fund mammograms for patients through its Challenge Grant program. FCHC’s fundraising total will be matched thanks to an unprecedented Community Challenge Grant of \$15,000 from two community benefactors – The Mark Feldstein Foundation (\$10,000) and Heidtman Steel (\$5,000). The goal of the Susan G. Komen Race for the Cure Challenge Grant program is to raise \$1 million and fund another 600 mammograms! For more information on the Challenge Grant, check out the following link: <http://www.komennwohio.org/komen-race-for-the-cure/>

# Message *from the* Administrator

During these challenging economic times, the last thing you need to worry about is a health concern for you or a family member. At the same time, it is important to stay on top of your health before a small issue becomes a larger, more serious problem. We've long understood that people need to take care of their health in good times and in bad. That is why our lead story in this issue deals with a variety of options for you to capitalize on when it comes to managing your health. Whether it's financial assistance, free or low-cost health screenings, or any of the many other options we detail in the article, please take advantage of all that apply to your situation.

Electronic medical records have been an ongoing hot topic in the health care industry for some time. I am pleased to tell you we have positioned ourselves quite well with this new technology, thanks to the Unsung Heroes in our Health Information Department. Please take time to read about them here.

I am also pleased to announce that we have received a 5-star rating for the second consecutive year for our Joint Replacement program and, for the first time, for our Hip Fracture repair as well. The 5-star rating for 2012 means the Health Center's Joint Replacement and Hip Fracture repair programs are ranked in the top 15% in quality standards of hospitals across the country.

Many people who have to deal with chronic pain rely on pharmaceutical narcotics to keep them going. But these powerful drugs can be addictive, and we have strict protocols that are followed in our Emergency Department when treating a patient with chronic pain. Please take time to learn about our policies and procedures.

As the winter months approach, we want you to take care of your health. Please consider signing up for one of our health or fitness classes or for a low-cost membership at our Fulton Rehab Center in downtown Wauseon.

Until our next issue, stay warm and stay well!  
Sincerely,

*E Dean Beck*

E. Dean Beck,  
FCHC Administrator



## FCHC Again Receives 5-Star Rating for Joint Replacement Surgery

For the second consecutive year Fulton County Health Center has received a 5-star Rating for its Joint Replacement program and has also received the 5-star rating for its Hip Fracture repair as well. The 5-star rating for 2012 means the Health Center's Joint Replacement and Hip Fracture repair programs are ranked in the top 15% in quality standards of hospitals across the country. With the addition of the 5-star rating for hip fracture repair, Fulton County Health Center is now ranked 12th in the state for quality with their Joint Replacement program compared to 16th place last year. The rating was performed by HealthGrades, an independent health care ratings organization. Each year HealthGrades analyzes patient outcomes of more than 5,000 hospitals across the country. This year's rating examines quality data from 2008 through 2010 to determine the best rated facilities. Overall Healthgrades has found that 5-star-rated hospitals had, on average, a 63% lower rate of complications than hospitals receiving a 1-star rating.

"Receiving this achievement for two years in a row speaks very highly of our physicians, surgery nursing staff and all of our other patient care staff," states E. Dean Beck, FCHC Administrator. "It's an honor to be recognized nationally for all of their hard work and dedication."

### Skilled Surgeons

Since 1995, FCHC Orthopedic Surgeons Daniel McKernan, M.D., and Christopher Spieles, M.D., of West Ohio Orthopedics & Rehab, have performed more than 2,000 joint replacement surgeries at the Health Center. In a typical week they will perform five joint replacements – either knee, hip or shoulder. Patients range from their mid-30's to their 90's. Patients come from as far

away as eastern Indiana, southern Michigan, as well as southern and west central Ohio.

### Experienced Support Team

Dr. McKernan and Dr. Spieles have worked for more than a decade with the same FCHC team of Registered Nurse First Assistants and Registered Nurses. "We've worked together for so long that we are able to anticipate what the doctors will need in surgery before they ask," says Kim Willeman, RN, BSN, CNOR, FCHC Surgery Unit Manager. "Each team member knows exactly what to do and when to offer their assistance." The surgical team consists of six members, in addition to the surgeon, who have specific responsibilities during a typical 1-1/2 to 2-hour joint replacement procedure.

### Patient Safety is a Priority

The risk of infection is quite high in joint replacement surgeries, so everyone involved in the procedure takes extra precaution to minimize the risk. Before surgery, patients are given materials and instructions on how to take an anti-bacterial shower at home. When they arrive at the Health Center, patients are given a nasal scrub to kill any MRSA bacteria present in their nasal passages. They are also given an antibiotic before surgery for further protection against infection.

In addition, the Environmental Services staff sterilizes the surgical area by washing and disinfecting ceilings, walls and floors of the operating suite before surgery. All cleaning equipment used in surgery is kept in the surgical area to avoid contamination. Just prior to surgery, the surgical team scrubs and dons space-age like suits to further minimize the chance of patient infection.

### Post-Surgical Coordinated Care

After surgery, patients have several options for recovery. Once they are discharged, patients can move to Fulton Manor, adjacent to the Health Center, for short-term recovery and rehabilitation. Or, if appropriate, they can return to their home.

All joint replacement patients require physical and occupational therapy to rehabilitate the joint. Again, there are options. Patients can receive their therapy at the FCHC Rehab Center in downtown Wauseon, or they can get rehab at West Ohio Orthopedics & Rehab on the FCHC campus.

### Contemplating Surgery?

If you are thinking about joint replacement surgery for hip, knee or shoulder, look to FCHC's 5-Star rated Joint Replacement program. For more information, contact Steve McCoy, FCHC Director of Marketing & Planning, at 419-330-2717 or [smccoy@fulhealth.org](mailto:smccoy@fulhealth.org).

# Managing Chronic Pain

Physical pain is an unfortunate part of being human, and in the course of your lifetime you will experience it. There is acute pain, which can occur rather suddenly and become quite intense. Then there is chronic pain, which lingers over time. Chronic pain – such as back pain, post-surgical pain and migraine headaches – can be debilitating, and it is important to learn how to properly manage it.

Unfortunately, many patients with chronic pain believe the only way to control it is through the use of pharmaceutical drugs, like oxycodone (OxyContin), hydrocodone (Vicodin) and meperidine (Demerol). While these drugs can be effective, they are quite powerful and can be addictive.

“We have to change the culture of doctors, nurses and patients when it comes to managing chronic pain,” says Daniel Hoffman, M.D., FCHC Emergency Department physician. “The use of narcotics to control chronic pain is spiraling out of control. America has 5% of the world’s population, yet we consume 80% of the world’s narcotics. We’re not helping the person if we simply give them the drugs they want and help fuel their addiction.”

Major area metropolitan hospitals have instituted Emergency Department protocols to limit the use of narcotics to treat chronic pain, and that has led patients to travel to outlying hospitals seeking their drug of choice. As a result, Fulton County Health Center has instituted its own chronic pain management guidelines (see sidebar box).

“If a patient comes to our Emergency Department complaining of chronic pain, we’ll start by asking a series of questions to determine the severity of the pain and how long the patient has had it,” says Dr. Hoffman. He defines chronic pain as occurring more than two times in a month or 5-6 times in a six-month period.

Next begins the process of attempting to determine the cause of the pain and how to best treat it. Treatment could involve prescribing a specific exercise program, physical therapy, surgery, or even seeing a pain management physician.

“Narcotics could be a piece of the puzzle, but we don’t want to be quick to prescribe them if there are other options,” says Dr. Hoffman. “We don’t



*Daniel Hoffman, M.D., FCHC Emergency Department physician, says the FCHC Emergency Department follows strict protocols when treating patients with chronic pain.*

want the patient to suffer, but we also don’t want them to become addicted or to fuel an addiction. It’s a fine line we have to walk, but it’s important to treat the chronic pain properly and move the patient along a complete path to wellness.” Dr. Hoffman says that, unfortunately, some patients may choose to leave rather than allow the Emergency Department to follow its protocols.

An important tool that physicians are using to track the dispensation of pharmaceutical drugs is the State Board of Pharmacy databases of patients in Ohio, Indiana and Michigan. The databases keep records of medications prescribed to patients and the names of the physicians who prescribed the drugs. “It’s a way for us to practice good, safe medicine,” says Dr. Hoffman. He is quick to point out that doctors can only log onto the database if they have a legitimate doctor/patient relationship and a reason for doing so. Otherwise, it’s a criminal offense to log on without a good reason.

“It’s important that people understand we are not trying to judge or punish a patient with chronic pain,” says Dr. Hoffman. “Prescribing a narcotic is the quickest way to pain relief, but long-term it is not the path we want that patient to follow.”

For more information about Fulton County Health Center’s Chronic Pain Management guidelines, contact Steve McCoy, Director of Marketing and Planning, at 419-330-2717 or [smccoy@fulhealth.org](mailto:smccoy@fulhealth.org).

## FCHC Emergency Department Chronic Pain Management Guidelines



A document with the following written guidelines are presented to all patients with chronic pain when they visit the FCHC Emergency Department.

1. We do not routinely give narcotic pain medicine shots (injections) for flare-ups of chronic pain.
2. We may not prescribe narcotic pain medicine for your chronic pain after a medical evaluation.
3. We do not refill stolen or lost prescriptions for narcotics or controlled substances.
4. We do not provide missed doses of the following medicine: Subutex, Suboxone or Methadone.
5. We may not prescribe long-acting or controlled-release opioids for chronic pain.
6. We reserve the right to do a urine drug screen and to contact your doctor to discuss your care and treatment.
7. Health care laws allow us to request your medical record and share information with other doctors or facilities that are treating you.
8. The doctor in the Emergency Department checks a database that tracks controlled substance prescriptions.
9. You may be asked to show a photo ID, i.e. driver’s license, before you get a narcotic prescription from our Emergency Department. If you do not have a photo ID and are asking for pain medicine, we may take your picture for the medical record.
10. Frequent users of the Emergency Department may have care plans made to assist the physician in improving your care. The plans may include avoiding medicines likely to be addictive or abused.

We expect our patients to be honest about all their medications. Please know that it is against the law to attempt to obtain controlled substance pain medicines by deceiving the doctor caring for you. This includes getting multiple prescriptions from more than one doctor.



# 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.

## Lifestyle

### **Lifestyle Management Training**

Individual training that includes a 6-visit series with a Health Coach (dietitian/certified fitness professional) to learn and set goals for healthy eating, exercise and living, \$150 for series. Call 419-330-2721 to schedule.

### **Lifestyle Management Class**

One-time visit with a Health Coach (dietitian) to review healthy eating strategies and goals for healthy living, \$50. Call 419-330-2721 to schedule.

### **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, Jan. 10 & March 6, 9:30 - 11:00 a.m., \$5 suggested donation. FCHC 1st Floor Cardiac Rehab Classroom.

### **New! Learn to Be: Diet and Debt Free**

This 12-week class will focus on the principles of living a healthy life free of diets and debt. Take home activities will be offered to help develop each topic. Thursday, Jan. 19- April 5, 12:00-12:30 p.m., \$30. Location to be announced. Must pre-register at 419-330-2735.

### **Low Cholesterol Living**

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, Jan. 24 & March 20, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

### **New! Spring Into Fitness**

5-week class geared toward children ages 7-12. This class is designed to teach kids and their families the basics of healthy eating. It will be presented by registered dietitians and will include simple fitness activities, nutrition tips and hands-on cooking demonstrations. Thursdays, March 1-29, 5:00 -6:00 p.m., \$25. Location to be announced. Must pre-register at 419-330-2735.

## Safety

### **American Heart Association Heart Saver CPR & First Aid**

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child and infant CPR; obstructed airways; and first aid; meets most child care requirements. Class taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 7:30 a.m., class begins promptly at 8:00 a.m., Saturday, Jan. 14 or March 17, 8:00 a.m. - 4:00 p.m., \$60, FCHC Ground Floor 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 a.m., class begins promptly at 8:00 a.m., Saturday, Feb. 11, 8:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.

## Weight, Smoking

### **Hypnosis**

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PCC CHt, a National Certified Clinical Hypnotherapist, Professional Counselor and area resident, can assist you in making the change towards a healthier you. Cost: \$60 per person for either a Stop Smoking or Weight Loss Seminar, which includes a reinforcement CD and the option of attending a future seminar. Bring a friend at a discounted price of \$50 per person. To register, call 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room except where noted.

**Monday Jan. 23, Feb. 20 & March 26**

Weight Loss: 5:30-6:45 p.m.

Stop Smoking: 7:00-8:15 p.m.

**Saturday Jan. 21 & Feb. 18**

Weight Loss: 1:00-2:30 p.m.

Stop Smoking: 2:30-4:00 p.m.



## 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.

**Car Seat Checks** - Making sure you have your car seat installed correctly is important to your baby's safety. Inspections are performed by a certified car seat technician. Free by appointment.

**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 and new mothers to help them 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 10:00 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.



# 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 Education & Support

**Cardiovascular Disease 101.** Commemorate American Heart Month by learning about the 4 main types of cardiovascular disease, risk factors, disease process, warning signs, and prevention. Let us help you keep your heart strong and your blood vessels flowing! Led by a certified diabetes educator, this class will be at the Swanton Public Library, 305 Chestnut St., Swanton, on Feb. 23 from 6:00 – 7:30 p.m. To register or for more information, call the FCHC Diabetes Education office at 419-330-2772. There is a \$5.00 suggested donation to help cover the cost of materials.

**Balancing Life with Diabetes** (formerly Mountain Climbing). Community class in self-help for the person with diabetes. \$5 suggested donation. FCHC Meeting Room. No registration necessary.

**February: A Double Header! Connecting Mind and Body in Diabetes.**

**How the Body Works** with Dr. Rebecca McClarren, and **Mindfulness** with Karen Dierkens, LPCC, LSW. Learn the amazing way our bodies function with or without a diagnosis of diabetes and learn how to live an intentional life for better diabetes management. Thurs., Feb. 9, 7:00 – 9:00 p.m.

**Monthly Diabetes Support Groups.** Due to scheduling changes for the winter months, the regular 9:30 a.m. Wednesday and 3:00 p.m. Thursday times are discontinued. However, the second Thursday of every month from 5:00 – 6:00 p.m. will continue to be a free and open time to learn more about diabetes management. Location: Diabetes Education Office, 3rd Floor, FCHC. If you need assistance in staying on track with your diabetes self-care, this is the place for you!



## FCHC On Facebook

Keep track of FCHC happenings on Facebook! Type Fulton County Health Center in the search bar to find us!

## Oncology Programs

In addition to treating patients, the Rainbow Hematology/Oncology Treatment Center also offers a wide variety of support services to patients, families and the community. We offer educational materials and programs, as well as other services to help patients and families cope with the diagnosis and stress of their disease.

**Counseling Services** - 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.

**American Cancer Society Services on Site** - "Look Good/Feel Better" and Cancer Resource Center (Cancer information).

**American Cancer Society Programs by Referral** - "Reach to Recovery" and "Road to Recovery."

**Physical and Occupational Therapy, Stomal Therapy and Wound Care** - on site.

**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.

## GERD & Hernia Repair

**Jose Parodi, M.D., FCHC**



General Surgeon, will continue his free monthly presentations on the third Tuesday of most months at 5:00 p.m. Beginning in January, Dr. Parodi will alternate his GERD and Hernia Repair presentations. In the "GERD: Heartburn, Acid Reflux and Hiatal Hernia, a Guide to Successful Treatment" program, Dr. Parodi will discuss the causes of GERD and effective treatment options now available. "The Ins and Outs of Hernia Repair" presentation will focus on the common locations and causes of hernias as well as surgical repair, complications and recovery. Dr. Parodi will offer a question and answer session after each presentation. All sessions will be offered in the FCHC 2nd Floor Surgery Conference Room. Registration is required by calling 419-337-7378 or by registering online at [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org).

Jan. 17, 5:00 p.m. - GERD

Feb. 21, 5:00 p.m. - Hernia Repair

March 20, 5:00 p.m. - GERD

April 17, 5:00 p.m. - Hernia Repair

Fulton County will again conduct its popular weight loss and health promotion competition called "Be Healthy Now: Fulton County." The competition is open to all adults, youth and children who live, work, or worship in Fulton County. The program is being organized by the Fulton County Health Department, the Fulton County Ohio State University Extension Office, and Fulton County Health Center. Be Healthy

Now: Fulton County 2012 will begin with weigh-ins the last week of February. This year Be Healthy Now: Fulton County is going virtual. Video presentations will be posted online and interactive sessions will be held via Facebook and other online sites. Adults and youth will be challenged to complete a physical activity challenge, and adults will be eligible to compete for prizes in a weight loss competition.

Please mark your calendars for **Saturday, February 25, 2012** and attend the Be Healthy Now: Fulton County Kickoff at the Robert Fulton Agriculture Center. Call Cheryl Barber Spires with the Fulton County Ohio State University Extension Office at 419-337-9210 for more information.

  
**Be Healthy Now**  
*A Challenge for Fitness*  
**Fulton County 2012**



# 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. Most classes (except a few special classes such as Ballroom Dance & Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Jan. 9 – March 17; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67.**

## Health & Fitness Class Descriptions

### **Aquatic Aerobics**

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

### **Arthritis Aquatics**

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.

### **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!

### **AthleKineticix™**

Utilizes any fitness training product available to create a dynamic workout that will consistently challenge the body with creative, innovative exercises. There are NO repetitions, NO rest, NO choreography, and NO two classes are the same.

### **Ballroom Dance**

Dancing is easy, fun, beautiful, elegant, modern, and stylish! The focus this session will be the Salsa and Polka Dances. These classes will elevate the heart rate and challenge the body!

### **Cardio Core**

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using the Ball and Body Bars. A great all-in-one workout incorporating cardiovascular, flexibility, and strength training!

### **Cardio Dance**

Choreographed with upbeat dance and aerobic moves to gain strength and improve cardiovascular health. A fun, high energy workout suitable for all fitness levels.

### **Golden Retrievers**

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

### **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.

### **Line Dancing**

Get good exercise and learn a variety of fun line dances. No partner is required to participate.

### **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.

### **Parent & Child Water Wonders - Advanced**

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

### **PILOXING®**

Join the latest Hollywood Celebrity fitness craze sweeping the nation! PILOXING uniquely mixes Pilates and boxing into a fat torching and muscle sculpting workout guaranteed to whip you into shape.

## Health & Fitness Classes

Wauseon Classes	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
AthleKineticix™	M, W, F	6:00 AM	FCHC Rehab Center
<b>New!</b> PILOXING®	T & TH	5:30 PM	FCHC Rehab Center
Zumba®	W	6:30 PM	FCHC Rehab Center
Turbo Kick®	M	6:30 PM	FCHC Rehab Center
Total Body Tone	M & W	7:30 PM	FCHC Rehab Center
Ballroom Dance	TH	7:30 PM	FCHC Rehab Center
(\$60 per person, cannot be combined with other class pricing)			
Silver Sneakers® MSROM	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Golden Retrievers	M & W	10:00 AM	Wauseon Senior Center
Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.			
Wauseon Aquatics Classes	Day(s)	Time	Location
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:30 PM	FCHC Rehab Center
Aquatic Aerobics	T & TH	7:30 AM	FCHC Rehab Center
Aquatic Aerobics	T	6:30 PM	FCHC Rehab Center
Aquatic Aerobics	W & TH	6:00 PM	FCHC Rehab Center
Silversneakers® Silversplash	T & TH	10:30 AM	FCHC Rehab Center
(Free to Silversneakers® card holders, regular pricing applies to others)			
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 - \$32; Jan. 21 – March 10			
Bryan Class	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Washington School Gym
Evergreen School District Classes	Day(s)	Time	Location
Cardio Dance (No class Jan. 16)	M	7:00 PM	Evergreen H.S. Upstairs Lobby
Cardio Dance	W	7:00 PM	Evergreen Elementary School Gym
Fayette School Class	Day(s)	Time	Location
Cardio Dance	W	6:15 PM	Fayette Jr. H.S. Gym
Pioneer Classes	Day(s)	Time	Location
Cardio Dance	TH	5:45 PM	Church of the Nazarene
Total Body Tone	M	5:30 PM	Church of the Nazarene
Stryker Class	Day(s)	Time	Location
Golden Retrievers	T	10:30 AM	Stryker Public Library
Donations appreciated. Sponsored by Stryker Public Library.			



# 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. Most classes (except a few special classes such as Ballroom Dance & Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Jan. 9 – March 17; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67.**

Health & Fitness Classes			
Swanton Class	Day(s)	Time	Location
Cardio Core	T & TH	6:00 PM	Crestwood Elementary
West Unity Class	Day(s)	Time	Location
Cardio Dance	T & TH	6:15 PM	Solid Rock Church
Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aquatic Aerobics	M & W	9:00 AM	Fairlawn Retirement Community
Aquatic Aerobics	T & TH	5:45 PM	Fairlawn Retirement Community
Arthritis Aquatics	W & F	10:15 AM	Fairlawn Retirement Community
Arthritis Aquatics	M	4:45 PM	Fairlawn Retirement Community
Aquatic Noodle Workout	M	5:45 PM	Fairlawn Retirement Community
Aquatic Noodle Workout	F	9:00 AM	Fairlawn Retirement Community
<b>New!</b> Line Dancing	TH	5:45 PM	Fairlawn Retirement Community
(\$60 per person, cannot be combined with other class pricing)			
Archbold Classes	Day(s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.			
Cardio Core	T & TH	5:30 PM	Park Pavilion
Turbo Kick®	M	5:30 PM	Park Pavilion
Turbo Kick®	W	5:00 PM	Park Pavilion
Cardio Core	T & TH	5:30 AM	Park Pavilion
10 classes - \$27, 20 classes - \$40, 21 or more - \$50			
Kids Tumbling for Fun – Beginner (4-7 yrs.)	SAT	9:00 AM (45 min.)	New Elem. School Cafeteria
Kids Tumbling for Fun – Intermediate (4-7 yrs.)	SAT	9:45 AM (45 min.)	New Elem. School Cafeteria
8 weeks – 1x/week - \$32 (Class begins Jan.14)			
Golden Retrievers	M & W	9:15 AM	Fairlawn Retirement Community
Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.			

Yoga Classes: Yoga classes cannot be mixed & matched with other classes.			
Wauseon Classes	Day(s)	Time	Location
Yoga – Intermediate (Mat Required)	SAT	9:00 AM	FCHC Rehab Center
Yoga – Gentle (Mat Required)	SAT	10:30 AM	FCHC Rehab Center
10 classes - \$47, 20 classes - \$74; classes begin Jan.21st			
Pioneer Class	Day(s)	Time	Location
Yoga (Mat Required)	W	7:00 PM	Church of the Nazarene
10 classes - \$47, 20 classes - \$74			
Swanton Class	Day(s)	Time	Location
Yoga (Mat Required)	T	7:15 PM	Swanton Public Library
10 classes - \$47, 20 classes - \$74			
Archbold Classes	Day(s)	Time	Location
Yoga – Gentle (Mat required)	M & TH	6:30 PM	Park Pavilion
Yoga – Intermediate (Mat required)	M & TH	7:30 PM	Park Pavilion
10 classes - \$40, 20 classes - \$60			



## Health & Fitness Class Descriptions

### SilverSneakers® Muscular Strength & Range of Motion

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance, and a chair is used for seated and/or standing support.

### SilverSneakers® SilverSplash

Activate your aqua exercise urge for variety! SilverSplash® offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

### Total Body Tone

Individuals will go through a 60 minute workout that will include a warm-up, stretching, a resistance training session, and a cool down.

### Turbo Kick®

It's a combination of kickboxing and dance moves all perfectly choreographed to energetic and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of strength and endurance interval training, and a relaxing cool-down.

### Yoga

This class consists of basic Yoga postures, breathing and relaxation techniques. Yoga poses and passive stretches are the focus of this artful format. It's a total body workout as you use the weight of your body to hold the various poses!

### Yoga - Gentle

A class for people new to yoga or for those who are experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations.

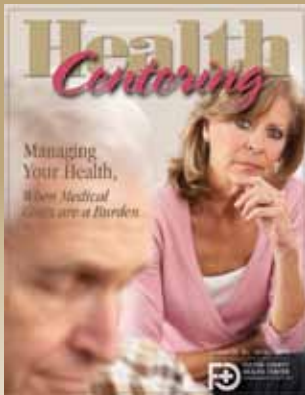
### Yoga - Intermediate

This class covers yoga poses and their variations in more detail than the other classes and includes some challenging poses. Poses are held longer than in the beginner classes in order to increase strength, balance, and flexibility.

### Zumba®

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

## In This Issue:



Managing Your Health:  
When Medical Costs Are a Burden  
The Unsung Heroes: FCHC Health Information  
Oncology Program Is Re-Accredited  
Radiology Leads Breast Cancer Fundraiser  
Message from the Administrator  
5-Star Rating for Joint Replacement Surgery  
Managing Chronic Pain  
Be Healthy Now: Fulton County – 2012  
Health & Fitness Classes  
FCHC News & Notes

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.

## FCHC News & Notes

### *Cardiologist Joins Medical Staff*

Cardiologist Jodi Tinkel, M.D., is again practicing at the FCHC Medical Office Building on the first floor in the UTM Suite, and she is seeing new patients. Dr. Tinkel is an Assistant Professor in the Department of Medicine, Division of Cardiovascular Medicine, at The University of Toledo. She earned her medical degree and completed her residency in internal medicine at the former Medical College of Ohio. In 2006, Dr. Tinkel completed a three-year cardiovascular medicine fellowship at the Medical University of Ohio. She is board certified in internal medicine and cardiovascular medicine. Dr. Tinkel's clinical interests include cardiovascular imaging, preventive medicine, diastolic heart failure, and women's health. She lives in Bryan with her husband and two daughters. Dr. Peter Temesy-Armos will continue to see cardiology patients at FCHC on a limited basis. To schedule an appointment, call 419-337-0004.



### *Auxiliary News*

**Valentines Day Sale:** Feb. 14, FCHC Cafeteria - Cookies, balloons and items from the Mennonite Pantry

**Book Sale:** March 14, 15 & 16, FCHC Cafeteria  
**UB Dazzled Sale (New event):** March 28 & 29, FCHC Cafeteria - Jewelry, handbags and more from Bucyrus, Ohio

Watch for times on our website  
([fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org)) and Facebook page.

### *Heart Radiothon*

The Fulton County Heart Radiothon Community Cholesterol Screening will be held Thursday, Feb. 9 from 7:00 a.m. – 7:00 p.m. in the FCHC Cafeteria. The FCHC Corporate and Community Health Promotion Department will test cholesterol and glucose (blood sugar) levels for a \$5.00 donation to the Heart Radiothon. Fasting is not required. WMTR will devote the entire day to playing musical requests for a donation to the Heart Radiothon fund. Proceeds will support heart related programs and equipment in Fulton County. FCHC and the Heart Radiothon will also sponsor cholesterol and glucose screenings at Fulton County public libraries in March. Watch your local newspapers for information or visit [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org).

### *Volunteers Needed*

Want to give back to your community? Consider becoming an FCHC Auxiliary volunteer. The Health Center relies on volunteers to provide escort services; assistance in the cafeteria or kitchen; working in the Gift Shop and at the Information Desk during the evenings and on weekends; and serving as receptionists in various departments. Please call Julie Engler, Volunteer Coordinator, at 419-330-2695 to schedule an interview.

### *Health Fair*

The FCHC biennial Health Fair will be held on Saturday, March 31, 7-11 a.m. in the Fulton County Health Center Beck Meeting Room. More details will be provided in our next issue of *Health Centering*.