

A publication of Fulton County Health Center

# Health Centering

Helping Those With  
Mental Health Issues

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*Members of FulCare Behavioral Health at FCHC hold daily clinical staffing meetings to review patient progress. (L-R): Starla Jagger, RN/BSN; Jake Meek, RN/BSN; Logan Paige Guess, Behavioral Health Tech.; Katheryn Palmer, CNS; Shelly Brink, LSW/IOP Manager.*

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**Fulton County  
Health Center**  
Completing the circle of care

# Helping Those With MENTAL HEALTH ISSUES

Most of us can relate in some way to a person who has an illness like a heart problem, diabetes, or even cancer. But if that person has a mental illness, there's a good chance it might leave you confused, worried, or unable to understand. Mental illness has, unfortunately, had a negative stigma attached to it. Yet it is surprisingly more common than you would expect, and it affects people of all ages.

## **FulCare** Behavioral Health Services

"In the past, there was a lack of education and understanding about mental health issues," says Dianne Lumbrezer, LISW-S, Program Manager and Therapist at FulCare Behavioral Health. "People have become more accepting of it today, probably because there is more information out there and people with mental health issues are more open to talking about their problems."

### **FULCARE OFFERS SOLUTIONS**

Mental health treatment for adults has been a service of Fulton County Health Center since 1981 when our adult inpatient unit first opened. Over the years outpatient services were added along with a psychiatric intensive care unit (PICU), adult partial hospitalization and intensive outpatient. In 2014, in response to increased demand for mental health services for the older adult population, our adult inpatient unit was converted to a geriatric/older adult unit. With this change in services, a new name was given to our mental health unit as we changed our name from the Fulton Stress Unit to FulCare Behavioral Health. FulCare, as it is known to many now, offers solutions for adults of all ages who may struggle with mental health issues using a comprehensive range of adult and geriatric services that include:

- *Adult Outpatient Counseling*
- *Adult Mental Health Day Treatment (formerly Partial Hospitalization/IOP)*
- *Geriatric/Older Adult Inpatient Behavioral Health*
- *Geriatric/Older Adult Intensive Outpatient*
- *Medication Management*

Help begins with a free initial assessment by a qualified staff member. "We're one of the few mental health services in the county that offer a free initial assessment by appointment," says Steve McCoy, FCHC Director of Marketing and Planning. "We feel it's important that individuals seek help and not let the cost of an assessment prevent them from doing so. Furthermore, our goal is to offer the least restrictive treatment to help an individual, and each person is different in the needs they have."



*Tanya Harrison, LSW, leads an educational group session for the Adult Day Treatment Program.*

### **ADULT OUTPATIENT COUNSELING**

"Most of our clients in outpatient counseling are dealing with some form of depression, anxiety, panic attacks, mood disorders, grief issues, relationship concerns, trauma, or other mental health issues," says Lumbrezer. "We'll work with them to help them get stabilized and able to cope with their issues."

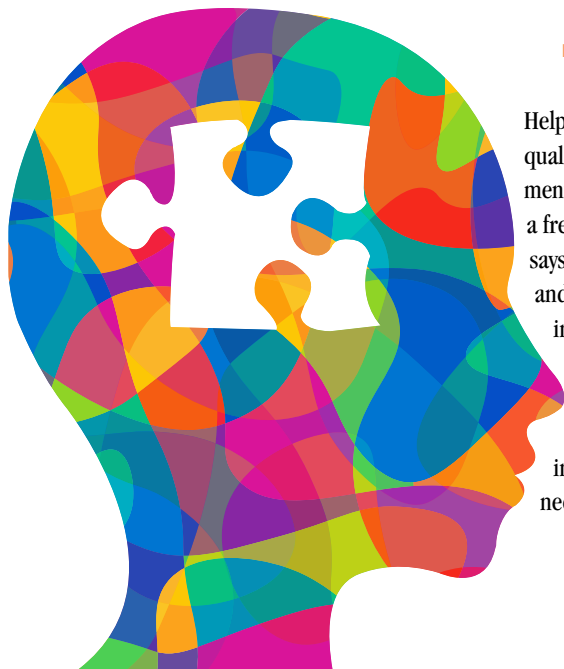
The Adult Outpatient Counseling offers both group and individual therapy for clients age 18 years and older. It includes individual, family and marital counseling for clients seeking treatment for a variety of mental health issues. Treatment is available Monday through Thursday, 8:00 a.m. to 7:00 p.m. and Fridays, 8:00 a.m. through 4:00 p.m. The FulCare Behavioral Health treatment team includes 4 Psychiatrists, Licensed Independent Social Workers with supervision designation (LISW-S), a Nurse Practitioner (NP), a Clinical Nurse Specialist (CNS), and Licensed Practical Nurses (LPN).

Clients can enroll in the Outpatient Program through an initial free evaluation with our treatment staff. To arrange an initial consultation, call 419-337-8661.

### **ADULT MENTAL HEALTH DAY TREATMENT**

Sometimes outpatient counseling just isn't enough. So FulCare offers a Day Treatment Program (formerly called Adult Partial Hospitalization) and an Adult Intensive Outpatient Program. These two programs offer a structured, therapeutic environment that assists patients who are in need of a higher level of care than traditional outpatient treatment.

"The Day Treatment Program is designed to help stabilize the individual and help them to



learn skills to cope and adapt to life's stresses," says Lumbrezer. "It's an alternative to inpatient hospitalization, and it allows them to seek treatment during the day and to go home to their families at night." The program consists of daily group therapy along with education and individual sessions with a therapist. The group therapy sessions are under the direction of a staff psychiatrist and the treatment team. Upon admission to the Day Treatment Program, the patient will meet with a staff psychiatrist. The psychiatrist will meet with each patient once per week to provide medication management and review progress of the treatment plan. A Nurse Practitioner, or Clinical Nurse Specialist, who works closely with the psychiatrist, is also available to review medications as needed. Lunch is provided each day by FCHC. The Adult Day Treatment Program is located on the 4th floor of the hospital and operates from 9:00 AM through 3:00 PM, Monday – Friday.

## GERIATRIC/OLDER ADULT INTENSIVE OUTPATIENT PROGRAM

"Depression manifests itself in a variety of symptoms that people display, and older adults experience depression differently than young adults," says Aaron Harmon, RN, Program Manager for Geriatric/Older Adults. "The young adult will most likely appear sad. Older adults may complain of increased body aches, more fatigue, loss of appetite, and loss of weight or the addition of weight. These are all things that can easily be written off as getting older, but they can be symptoms of an underlying problem of depression. How do we know? Because when we treat the depression, the symptoms go away."

The program is designed for elderly patients who may experience depression, anxiety, agitation or confusion, but who still maintain coping skills that allow them to successfully manage those feelings. The goal is to help patients:



*FulCare staff member David Hammersmith, LISW, conducts an outpatient counseling session.*

- *Emphasize self-worth and self-respect*
- *Learn coping skills to participate and enjoy everyday activities*
- *Remain in the community and avoid hospitalization*

A patient's progress is monitored by a psychiatrist in conjunction with the treatment team. Ongoing participation in the program is based on the individual's progress towards clinical goals and the ability to continue to benefit.

The Geriatric/Older Adult Intensive Outpatient Program is a three-day-a-week therapeutic program staffed by qualified nurses and therapists. The program is designed for individuals age 60 years and older, who do not require 24 hour monitoring, and who have the cognitive ability to actively participate within a structured therapeutic environment. The program includes group and individual talk and music therapy, health education and health maintenance activities.

## GERIATRIC/OLDER ADULT INPATIENT SERVICES

This program is designed for patients age 60 and older who experience significant symptoms of psychiatric illness that prevent



*FulCare Behavioral Health has four psychiatrists on staff. (L-R): Benjamin Forrester, DO; Mary Mangan, MD; Stephen Cox, MD; and Elizabeth H. Cox, MD.*

them from participating in daily activities.

In the program:

- *Each patient receives an individualized treatment plan following a comprehensive medical and psychiatric evaluation*
- *The treatment team employs a wide range of therapeutic and supportive clinical therapies*
- *Medication may be used to provide immediate relief of symptoms and allow the team to apply other therapies*
- *Group therapy, music therapy and individual counseling therapy are used*
- *Treatment goals are formulated with input of the patient, family or caretakers*



"This is a more intense program, and our goal is to help the patient deal with what can be debilitating symptoms," says Harmon. "We also want to work with the family so they and the patient understand what steps to take upon discharge." Most patients will remain in the program for 8 to 15 days prior to returning home. The average length of stay is approximately nine days but varies based on individual need.

*(continued on pg. 9)*



*Music therapy can be beneficial to patients undergoing counseling. Lauren McNany, MT-BC, Music Therapist, works closely with patients.*

# WELLNESS Center

## *FCHC Wellness Center is Growing*

Are you looking for ways to improve your health? Then, consider the FCHC Wellness Center at 138 E. Elm Street in Wauseon. This past September, the FCHC Wellness Center opened in the former FCHC Rehab facility when the Health Center's Outpatient Rehabilitation services moved to the main campus. The Elm Street location also became the home for staff members of the FCHC Corporate & Community Health Promotion Department.

The former Rehab Center was also known by many as a fitness center, because in addition to outpatient rehabilitation a person could also purchase a fitness membership and use the exercise equipment to better their health. When the decision was made to move the rehab services back to the main campus, it provided a great opportunity to open a dedicated Wellness Center to enhance fitness training and

health class offerings to the community. "The Elm Street location used to be a therapy facility first, with our members using equipment alongside therapy patients," says Sharon Morr, the FCHC Corporate & Community Health Promotion Director. "Now, we are strictly a Wellness Center, and we've attracted more members as a result. On some weekdays, we'll have up to 100 members using our facility throughout the day."

## *Classes Are Added*

Fitness and wellness classes have been offered for many years at the Elm Street location, including classes from yoga to step aerobics and Zumba®, aquatics, SilverSneakers Classic®, and SilverSneakers Splash®. But now that the entire building is dedicated to the Wellness Center, there is room to add more classes.

"We're adding afternoon and early evening fitness classes to provide area residents with more opportunities to work out," says Morr. "It's a relaxed, no pressure, social atmosphere."

*The FCHC Wellness Center has opened at the former location of FCHC Rehab, at 138 E. Elm Street in downtown Wauseon, now that Rehab services have moved to the main campus.*

## **THE FCHC CORPORATE & COMMUNITY HEALTH PROMOTION STAFF**

*Sharon Morr, Director*  
*Jamin Torres, Health Promotion Manager*  
*Tonya Gomez, Fitness Coordinator, Registered Dietitian*  
*Jill Crossgrove-Murillo, Registered Dietitian*  
*Sandy Stuckey, Health Promotion Coordinator*  
*Dorothy Miller, Health Promotion Coordinator*  
*Courtney Fisher, Lead Fitness Trainer*  
*Carol Rorick, Lead Trainer*  
*Sandra Beck, Lead Trainer*  
*Nichole Hammontree, Lead Trainer*



*Courtney Fisher, Lead Fitness Trainer (right) with Joyce Meyer*



## New Equipment Installed

Along with expanding its class offering, the FCHC Wellness Center has added new, cutting-edge fitness equipment. “We did our homework, and the Precor® brand appears to be the leader in cardiovascular equipment,” says Jamin Torres, FCHC Health Promotion Manager. “It’s what many of the YMCAs and fitness facilities install. So we’ve installed two new treadmills and two Adaptive Motion Trainers (AMT), both from Precor®.” He says the AMTs are similar to elliptical machines, but they respond to the person using it to adapt to the person’s normal stride. The AMTs also move forward and backward as well as having a stair stepper motion. Two SCIFIT® seated stepper machines were added to provide the user with a normal walking motion while being seated. “This is a great machine for those with balance issues of any kind,” says Torres. A Cybex® cable machine was also installed, which allows the user to attach cables and perform a variety of resistance exercises. A new Cybex® Structure Power Rack was also purchased that can be used to provide modular solutions which are versatile and customizable for an elite athlete or for those looking to simply improve their activities of daily living. Finally, new PowerBlock® dumbbells were added so individuals can quickly change weights in increments up to 90 lbs.



*Jamin Torres, FCHC Health Promotion Manager (right), talks with James Pigy while he uses the Leg Extension machine.*

## Extra Benefits

The FCHC Wellness Center offers a free fitness assessment by a Personal Trainer for new members. The fitness assessment includes:

- Generalized health history overview
- Education on personalized exercise program

The center also offers locker rooms with a shower, free orientation to the facility and its equipment for new members, plus personal

training that can be purchased for one session or for a package of sessions. A pool is also used for fitness classes, but there is no open swim available.

The Wellness Center is also the only local facility that offers certified trainers onsite at all times. “That’s important because our trainers are always keeping a close watch on members who are working out to make sure they are using the proper form so they don’t hurt themselves,” says Torres. Trainers will also answer questions or offer advice when asked.

## Memberships & Hours

The FCHC Wellness Center is open to community members and FCHC staff who purchase a membership. A variety of memberships are offered, and the hours of the center have also been expanded to meet the needs of the community (See information box).

## Check Us Out!

“We have much more sedentary lifestyles than our ancestors did,” says Morr. So it’s important that people exercise to keep up their health. “Whether it’s a cardiovascular workout, resistance training, a fitness or yoga class, or even a SilverSneakers® class,” we have a lot of good things to offer the community. Come check us out! For more information, call 419-330-2724.



**FCHC Wellness Center**  
138 E. Elm Street, Wauseon  
419-330-2724

## Memberships

The FCHC Wellness Center is open to area residents who have purchased a membership to the facility. A membership allows for use of exercise equipment along with guidance from a Personal Trainer/Exercise Specialist to help you develop a fitness plan to meet your health goals.

## Hours of Operation

Mon. - Thurs.	5:00 a.m. - 8:00 p.m.
Fri.	5:00 a.m. - 5:00 p.m.
Sat.	8:00 am -12:00 noon

## Membership Rates *(includes tax)*

Single	1 MO. \$35.00	3 MO. \$100.00	6 MO. \$174.00	12 MO. \$286.00
Family	1 MO. \$50.00	3 MO. \$147.00	6 MO. \$259.00	12 MO. \$425.00

Corporate: Same as above with one extra month (5 employee minimum) excludes 1 Month Members

## Seniors *(65 & Over) \**

Single	1 MO. \$26.00	3 MO. \$75.00	6 MO. \$131.00	12 MO. \$215.00
Family	1 MO. \$38.00	3 MO. \$110.00	6 MO. \$195.00	12 MO. \$320.00

*\*These rates also apply to law enforcement, fire department & EMS personnel, and clergy.*

## Payment

Payment in full is due upon admission to the fitness program.

- Membership for those under 18 requires parental authorization and physician approval.
- FCHC employees are offered a discount on membership.
- Fitness Classes are provided at locations throughout the area by FCHC Corporate and Community Health.

All fitness members at the FCHC Fitness Center also receive a 50% discount on all general fitness classes, excluding Parent & Child Water Wonders classes.

# Health & Wellness Programs

## HEALTH EDUCATION

### **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. Tues., April 10 or June 5, 9:30 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

### **Building a Healthier Lifestyle**

7-week class offered Tuesdays, April 17 - May 29, 12:00 p.m. or 4:30 p.m. at the FCHC Wellness Center. This class is for those who desire to look and feel better by promoting a healthier lifestyle. We will challenge you toward healthier eating, sleep and physical activity as we work toward a lifestyle that leads to better habits and better health, \$40. Please call to register at 419-330-2721.



### **Healthy Grocery Shopping Tours**

Learn how to shop for healthier foods while balancing a budget. Tour led by a Registered Dietitian. Tues., April 17 or May 15 at 6:30 p.m., at Chief Supermarket in Wauseon, Free. Registration required. Call 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! Tues., April 24 or June 19, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

### **Managing Your Blood Pressure**

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. Thurs., May 10 or July 12, 9:30 - 10:30 a.m., Free, FCHC Cardiac Rehab Classroom. Please report to Cardiac Rehab at 9:20 a.m. the day of the class. To register call 419-330-2692.

### **Cooking Quick & Healthy With a Pressure Cooker**

This class will cover the benefits of cooking with a pressure cooker and demonstrate simple meals that can be accomplished in the pressure cooker. Thurs., May 17, 5:30 - 6:30 p.m., FCHC Beck Meeting Room, \$5. Call 419-330-2721 to register.

### **Relaxation/Stress Management**

Learn basic relaxation and stress management techniques to improve your heart and health. This class will give you practical tools to decrease your stress and improve ways you can relax in today's busy world! Tues., May 22 or July 24, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. To register call 419-330-2692.

## 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, infant CPR; obstructed airways; and first aid. Meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., April 28 or June 23, 9:00 a.m. - 4:00 p.m., \$75, FCHC Ground Floor Meeting Room.

### **American Heart Association Healthcare Provider CPR**

CPR Certification by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. Sat., May 19 or July 21, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.



### **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. Please bring a sack lunch. Beverages/snacks provided.

- Sat., April 14, 9:00 a.m. - 3:00 p.m., \$20, Swanton Library. Call 419-826-2760 to register.
- Sat., April 28, 9:00 a.m. - 3:00 p.m., \$20, Delta Library. Call 419-822-3110 to register.
- Sat., May 5, 9:00 a.m. - 3:00 p.m., \$20, Archbold Library. Call 419-446-2783 to register.
- Sat., May 12, 9:00 a.m. - 3:00 p.m., \$20, Evergreen Library. Call 419-644-2771 to register.
- Sat., May 19, 9:00 a.m. - 3:00 p.m., \$20, Fulton County Health Center. Call 419-330-2735 to register.
- Sat., June 16, 9:00 a.m. - 3:00 p.m., \$20, Liberty Center Library. Call 419-533-5721 to register.

## WEIGHT LOSS

### **An Introduction to Weight Loss Surgery: Sleeve Gastrectomy**

Attend one of these free seminars in the FCHC Beck Meeting Room to learn more about Sleeve Gastrectomy weight loss surgery. The staff and physicians of our Weight Solutions program will provide an overview of the effects of obesity and treatment using weight loss surgery options. You will also learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension. To register, call 419-337-7373.

- Mon., April 2, May 7, June 4, 5:00 p.m., Timothy Duckett, MD, FCHC Beck Meeting Room
- Mon., April 9, May 14, June 11, 6:00 p.m., Arun Kumar Baskara, MD, FCHC Beck Meeting Room

Register on-line at [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org) (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2735 unless noted.

## DIABETES EDUCATION

Contact the Diabetes Education office at 419-330-2772 for information and/or scheduling group presentations. Check out the FCHC website: [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org)

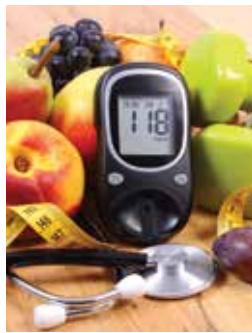
### **New Classes!**

#### ***Taking Charge of Blood Sugars Through Daily Choices***

Individual training that includes a 5-visit series with an RN Certified Diabetes Educator to examine and set goals in the seven aspects of self-care that affect blood sugars. \$150 for series. Call 419-330-2772 to schedule.

#### ***Taking Charge of Blood Sugars Mini-Series***

Two visits with an RN Certified Diabetes Educator using a simplified curriculum for learning how to better manage blood sugars. \$75 for two classes. Call 419-330-2772 to schedule.



## PARTNERS IN PREGNANCY

To register for Partners in Pregnancy classes, call the FCHC Family Birthing Center at 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 an International Board Certified Lactation Consultant. Free by appointment.

### ***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***

Class is 2 hours/week for 2 weeks or 4 hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and Powerpoint presentations. Call to register and get cost information.

### ***Sibling Class***

For children age 3 and older at home. Held at 10:00 a.m. the first Saturday of even months. Includes Family Birthing Center tour and stamping a T-shirt for the baby. Free, 1 session.



## 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! Mon., April 9, 16, 23, and 30, 5:00 - 6:00 p.m., Free, FCHC Wellness Center. Call to register: 419-330-2735.



## GRIEF SUPPORT

### ***H.O.P.E***

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month at 7:30 p.m. in the FCHC Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, teenagers, and adults due to illness or accident. If you are suffering from the death of a child at any age, you are welcome to attend. Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

### ***H.E.L.P.***

Helping Each other Live Past a suicide is a new support group offered at FCHC that meets the third Monday of each month at 6:00 p.m. in the FCHC Ground Floor Meeting Room. If you have lost someone to suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening through these grieving times. We educate participants on the causes of suicide in order to prevent more loss. Please contact Patricia Franz Pahl, LSW, LCDC III, H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

## 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 - Look Good Feel Better***

Hair and Skincare classes, Mon., May 21, 5:00 - 7:00 p.m., FCHC Oncology Library, call 419-330-2708 to RSVP one week prior to the event. Free make-up kit included. Plus Cancer Resource Center (Cancer information).

### ***American Cancer Society Programs by Referral***

"Reach to Recovery" and "Road to Recovery." Physical & 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.



# Fitness Programs

**7-Week Session: April 2 - May 19**

7 Classes - \$28; 14 classes - \$40; 15 or more classes - \$50. All classes (except Parent and Child Water Wonder) can be mixed (excluding specialty priced classes). Register: [fultoncountyhealthcenter.org](http://fultoncountyhealthcenter.org) or 419-330-2735

CARDIO, STRENGTH AND CONDITIONING

## 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!

M W 5:30 PM FCHC Wellness Center, Wauseon  
T 6:00 PM Crestwood Elementary, Swanton

## 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.

W 6:30 PM Fayette Junior High School Gym, Fayette

## Cardio 360

This is a class you can be crazy about with various types of cardio including step, dancing, and kickboxing. Plus some resistance training that will utilize various types of equipment while targeting numerous muscle groups. The Step 360 will be incorporated into this workout! Who knew that exercising could be this fun!

M W 5:30 PM Ruidley Park Pavilion, Archbold

## Drums Alive®

Powerful beat and rhythm of the drums, using the stability ball, that will get your feet stomping and your body moving. Simple movements on the ball, with the ball, and around the ball. Great workout for men and women. FUN! FUN! FUN!

SAT 9:30 AM FCHC Wellness Center, Wauseon  
TH 6:00 PM Crestwood Elementary, Swanton  
(Must bring stability ball and mat)

## New!!!! POUND®

The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing drums. This takes cardio drumming to the next level. (Mat Required)

M W 6:45 PM FCHC Wellness Center, Wauseon  
SAT 10:45 AM FCHC Wellness Center, Wauseon  
M 6:30 PM Fayette Jr. High School Gym, Fayette  
M W 6:45 PM Ruidley Park Pavilion, Archbold

## Tabata Fire

Tabata is a system of short, high-intensity intervals developed by Japanese Professor Izumi Tabata. Each exercise lasts only 20-60 seconds each. The one hour training can push men or women to new physical levels never imagined and people continue to burn calories for hours after!

T TH 5:30 AM FCHC Wellness Center, Wauseon

## Group Strength & Toning

This low-impact class will condition and tone your body using hand weights, body bars, and body weight. Increase muscle strength and endurance by working all eight major muscle groups in time to the music.

T TH 5:30 PM Ruidley Park Pavilion, Archbold

## Zumba®

Forget the workout, just lose yourself in the music and find yourself in shape at the original dance - fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit, and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

T TH 7:00 PM FCHC Wellness Center, Wauseon

SENIOR ADULT

## Delay the Disease (For Parkinson's Disease)

A fitness program designed to empower people with PD to take control of the disease with daily exercise, including Activities of Daily Living exercises.

T 10:30 AM FCHC Wellness Center, Wauseon  
TH 10:30 AM FCHC Wellness Center, Wauseon

## Gentle Movement

Gain strength and flexibility in this no-sweat class. Many exercises are performed sitting on a chair. (Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department. Archbold class co-sponsored by Archbold Parks & Recreation Dept.)

M W 9:30 AM Fulton County Sr. Center, Wauseon  
M W 9:30 AM Fairlawn Wyse Commons, Archbold

## SilverSneakers® Classic

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. A chair is used for support, stretching, and relaxation exercises.

**(Free to SilverSneakers® card holders, regular pricing applies to others)**

M W 10:00 AM FCHC Wellness Center, Wauseon

## Stretch & Balance

This class focuses on stretches for the entire body and includes balancing poses as well as a relaxation segment.

M 11:00 AM Zion Mennonite Church, Archbold  
W 11:00 AM St. John Lutheran Church, Stryker

TAI CHI AND YOGA

## Tai Chi

Gentle flowing movements to reduce falls, improve sleep quality, and improve respiratory function. The low intensity program also improves strength and balance.

T 5:00 PM FCHC Wellness Center, Wauseon  
F 2:00 PM Henry County Sr. Center, Napoleon

## Yoga (Mat Required)

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! (Mat Required)

SAT 9:00 AM FCHC Wellness Center, Wauseon  
M 5:00 PM Delta Public Library, Delta  
M 7:00 PM Evergreen Elementary Media Center  
T 5:00 PM FCHC Wellness Center, Wauseon  
TH 5:00 PM Delta Memorial Hall, Delta  
W 6:00 PM Church of the Nazarene, Pioneer  
T TH 7:15 PM Trinity United Methodist, Swanton

## Yoga - Gentle (Mat Required)

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.

T 6:45 PM Ruidley Park Pavilion, Archbold

## Yoga - Intermediate (Mat Required)

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.

M 7:30 PM Ruidley Park Pavilion, Archbold

## Yoga - Combined (Mat Required)

This combined class offers features from both the Gentle and Advanced Yoga classes.

TH 6:45 PM Ruidley Park Pavilion, Archbold



### Aquatic Aerobics

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

M W 6:15 PM FCHC Wellness Center, Wauseon

### Aquatic Noodle Workout (Beginner/Advanced)

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! Advanced class will work harder and faster.

(Beginner) T 5:30 PM FCHC Wellness Center, Wauseon

(Advanced) T 6:30 PM FCHC Wellness Center, Wauseon

TH 5:30 PM FCHC Wellness Center, Wauseon

M 5:30 PM Fairlawn Wyse Commons, Archbold

### Aqua Zumba®

Just Add Water And Shake! Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, Body-toning, and most of all, exhilarating beyond belief.

T TH 8:30 AM FCHC Wellness Center, Wauseon

M W 8:30 AM Fairlawn Wyse Commons, Archbold

### 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.

W 5:15 PM FCHC Wellness Center, Wauseon

### Parent & Child Water Wonders-Beginner

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.

Beginner (6-24 months, 30 min.)

SAT 9:30 AM FCHC Wellness Center, Wauseon

Beginner (24-36 months, 30 min.)

SAT 10:00 AM FCHC Wellness Center, Wauseon

**7 weeks - \$28**

### Parent & Child Water Wonders-Advanced (30 min.)

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water. (3-5 years)

SAT 10:30 AM FCHC Wellness Center, Wauseon

SAT 11:00 AM FCHC Wellness Center, Wauseon

**7 weeks - \$28**

### SilverSneakers® Splash

Activate your aqua urge for variety! Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special SilverSneakers® kickboard is used to develop strength, balance and coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, and endurance. Work at your own ability level.

T TH 9:30 AM FCHC Wellness Center, Wauseon

T TH 10:30 AM FCHC Wellness Center, Wauseon

# Special Events

FCHC Biennial Health Fair

**Date: April 21**

**Time: 7 a.m. – 11 a.m.**

**Place: FCHC Beck Meeting Room**

**Parking:** South Lot – Use ER Entrance

**Sponsored By:** The FCHC Corporate & Community Health Promotion Department

*Free Admission. Light Refreshments. Giveaways & Prizes!*

## Screenings & Information

*(No appointments will be taken; cash or checks only)*

**1. Comprehensive Blood Test** – \$30, normally \$400; requires a 12-hour fast – no food or drink. Blood draws will end at 9:30 a.m.

- Lipid profile for heart health
- Tests for liver & kidney health
- Hemogram to detect infections or anemia
- PSA for men: add \$25
- A1C Screening: add \$25
- Vitamin D: add \$25

### 2. Free Tests

- Blood Pressure Screening
- Dermascan Screen (for sun damage)
- Osteoporosis Screening
- Vision Test
- Hearing Test
- Blood Sugar (finger stick)

### 3. Free Information (on these topics)

- Cancer
- Fitness Classes
- Hearing
- Heart Health – Provided by the FCHC Heart & Vascular Center and Cardiac Rehab Staff
- Stress Management
- Nutrition
- Diabetes

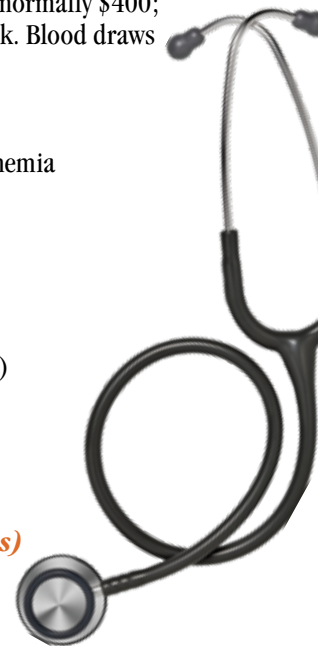
*(continued from pg. 3)*

## Helping Those With MENTAL HEALTH ISSUES

### EDUCATION IS KEY

Members of the FulCare Behavioral Health Program are out in the community to provide education about mental health issues, symptoms, and treatment options. "I will visit three senior centers in the next month to talk to the elderly about these issues," says Harmon. "It's important that they gain a better understanding of mental health."

Most health insurance companies, along with Medicare and Medicaid, cover FulCare Behavioral Health's services. Each policy is different, so individuals should check with their insurance company. The FulCare staff will help patients understand their coverage before placing them in treatment. To find out more about mental health treatment plans, contact FulCare Behavioral Health at 419-337-8661 and take that first step to putting your life back together.



# REPORT TO THE COMMUNITY 2017

## General Category

	2016	2017
Admissions	1,557	1,516
Outpatient Visits	164,276	158,349
Emergency Room Visits	17,351	16,987
Inpatient Surgeries	441	453
Outpatient Surgeries	2,286	2,329
Outpatient Services	234,493	228,749
OB Deliveries	229	208
Oncology Visits	3,662	3,106
Laboratory Tests (Outpatient only, including Pathology)	156,128	153,350
Radiology Procedures	45,740	43,908
Respiratory Procedures	2,506	2,595
Physical Therapy Outpatient Visits	13,603	13,217
Diabetes Education Outpatient Visits	476	546
<i>(Includes both individual and group patients)</i>		
Cardiac Rehab Visits (Includes both Phase II and Phase III)	6,391	5,726
FulCare Patient Days (Includes both adult and geriatric patient days)	1,349	1,275
FulCare Outpatient Visits (Therapists only)	3,619	3,790
FulCare Partial Hospitalization Visits	1,042	1,112

## Corporate and Community Health Promotion

Community Events and Class Participants (no FCHC Health Fair in 2017)	4,297	3,956
Corporate Program Participants	2,429	2,680
School Program Participants	1,599	1,680
Fitness Class Participants	1,665	1,640
Fitness Classes	152	160
SilverSneakers® Member Visits	10,934	9,361

## Auxiliary

Active Volunteers	117	112
Volunteers' Service Hours	12,800	11,600
Money Donated/Pledged	\$46,000	\$68,415.61

## 2017 Auxiliary Donations Included:

- Pledged to renovate lounges at Fulton Manor \$60,000
- Renovation of the FCHC Multispecialty Clinic \$26,000
- New FCHC Patient Room Recliners \$6,500
- New furniture for the FCHC Breakaway Café \$31,915.61
- Grief Training of OB Staff for those parents who lose a child \$2,500
- VolunTeens Scholarship \$1,500

## New Services/Technology:

- FCHC Rehab services moved back to main FCHC Campus
- Opening of the FCHC Wellness Center in the old FCHC Rehab facility in downtown Wauseon
- Replacement of radiology equipment at the West Ohio Building
- Launch of new FCHC Patient Portal replacing the Follow My Health Portal
- Update of the FCHC Cafeteria Dining area
- A dedicated 64 slice CT scanner installed in our Emergency Department
- System Wide Phone Update to Cisco Call Manager
- 2 new EKG Machines
- Added 2 AccuVein devices to improve IV starts or blood draws
- New Sonic Sink for final sterilization of surgical equipment

## Awards:

- Women's Choice Award, Top 100 Hospital for Outstanding Patient Experience for 2017. Third year in a row.
- Hurst Gold Standard of Nursing Award for 2017

## New Active Staff Physicians:

- Melissa Pifer, MD, Family Practice
- Shelly Mills, DO, Family Practice
- Shailendra Misra, MD, Pediatrician

## Uncompensated Care

2016	2017
\$2,905,973	\$3,208,647

# Message from the CEO

At Fulton County Health Center, we have worked very hard to make sure we keep a pulse on the health care needs of our community. One need that has evolved through the years is our mental health treatment program. In 1981, our Fulton Stress Unit was established with the opening of the adult inpatient unit. Since then we have expanded the program to include inpatient and outpatient therapy programs for adult and geriatric patients. In 2014 as our program continued to grow, we changed the Fulton Stress Unit name to FulCare Behavioral Health. Our lead story in this newsletter provides information about the broad range of services they offer to those who suffer with mental health issues. Please take time to read about our services.



You can also read about the FCHC Wellness Center, located at 138 E. Elm Street in Wauseon. This past September, the FCHC Wellness Center opened in the former FCHC Rehab facility, when the Health Center's Outpatient Rehabilitation services were moved to the main campus. Our Corporate and Community Health Promotion Department also moved its offices to the Elm Street location. The facility now offers more space to work out, new cutting-edge exercise equipment, and expanded classes for its members. This is an opportunity you should consider for the betterment of your health.

In this issue, we have also included our annual Report to the Community as a means of keeping you updated on our capabilities and growth, as well as an article about financial assistance that may be available to you. There are other articles you may find interesting, including information about our Biennial Health Fair.

As always, we include a list of general health and fitness classes for you to consider. Please take advantage of them for the benefit of your health!

Finally, if you have any comments or suggestions, please feel free to contact any member of our staff.

Best Regards,

*Patti Finn*

Patti Finn,

Fulton County Health Center  
Chief Executive Officer

## 3D Mammography Coming Soon

FCHC will soon install a Genius™ 3D Hologic® mammography unit, with plans to have it operational sometime this spring. The 3D mammography unit can take images of the breast in slices, which offers a 29% increase in the detection rate of all breast cancers -- including those that are difficult to detect. In addition, 3D mammography reduces the amount of call backs for a second mammogram by 15%, which alleviates the patients apprehension and fear.

## Heart Radiothon Library Screenings

Take advantage of these timely health screenings throughout Fulton County.

Participants can be tested for their total cholesterol, HDL (good cholesterol level) and blood glucose (blood sugar) level. Blood pressure will also be checked. All screenings are in the local libraries listed below, from 4:00 p.m. - 7:00 p.m. A \$5 donation to the Heart Radiothon is requested.



<i>Wauseon Library</i>	<i>Thursday, April 12</i>
<i>Evergreen Library</i>	<i>Monday, April 16</i>
<i>Swanton Library</i>	<i>Thursday, April 19</i>
<i>Fayette Library</i>	<i>Monday, April 23</i>
<i>Archbold Library</i>	<i>Tuesday, May 8</i>
<i>Delta Library</i>	<i>Wednesday, May 23</i>

## Start Swinging Those Clubs

The 19th Annual FCHC Auxiliary Golf Tournament will be held on Thursday, June 7 at Ironwood Golf Course in Wauseon. The 4-person best-ball scramble will begin with registration at 11:00 a.m. followed by a noon shotgun start. A silent auction and dinner at FCHC will be held after the outing. Participants will enjoy 18 holes of golf with a cart, a sack lunch, gift pack, beverage tickets, and BBQ chicken dinner. Sponsorship opportunities are available. Funds raised will be used in future FCHC projects to help make the Health Center a more beautiful, comfortable and compassionate environment. Entry deadline is May 25 and is limited to the first 36 paid foursomes. For more information about the cost for the golf outing or for a sponsorship, contact Janice Fitzenreiter in the FCHC administrative office, at 419-330-2603. To make a silent auction donation, contact Mary Gautz at 419-330-2695.



*Pictured (L-R) at the 2017 Green Chair Event are members of the FCHC Administrative staff: Tiffany Siegel, CNO; Kristi Snyder, COO; and Patti Finn, CEO.*

## Donate Life Event

On April 18, Life Connection of Ohio will partner with FCHC to raise awareness about organ, eye and tissue donation. Life Connection's Green Chair will be in the FCHC lobby for 24 hours beginning at 8:00 a.m. on April 18. The public is invited to take pictures of family members sitting in the chair. The chair is an invitation for people to take a seat and share their story and to remember people affected by organ, eye and tissue donation. At 10:00 a.m. on April 18, the Donate Life flag will be raised in front of the FCHC front entrance. Those with a connection to organ donation will speak at the 20-minute event. To learn more or to register as an organ, eye and tissue donor visit [lifeconnectionofohio.org](http://lifeconnectionofohio.org).

## POUND FOR A PURPOSE

We're making noise for organ, eye and tissue donation! Join us for a POUND FOR A PURPOSE class to raise money in support of Life Connection of Ohio. Saturday April 28, 1:00 p.m. - 4:00 p.m. Rock out at the FCHC Wellness Center, 138 E. Elm Street, Wauseon. Suggested donation: \$20. Call to reserve a spot: 419-330-2735.

## Construction Update

Construction continues on FCHC's new four-story, 62,000 square foot South Medical Office Building. Placement of the steel will be completed by the end of March. The floor will then be poured and the roof will be installed over the next few months. Construction crews will continue to work on enclosing the building and laying brick these next few months. Target completion remains in the spring of 2019.



## FCHC Auxiliary Fundraising Events

- March 28:** Annual Easter Spring Flower Sale, FCHC Cafeteria
- April 6:** Deadline to order Geraniums; forms available in the FCHC Gift Shop, Auxiliary office and from Auxiliary members
- April 9-10:** Collective Goods, FCHC Cafeteria
- April 25 - 26:** Passion for Fashion, FCHC Cafeteria
- May 3:** Robert's Uniforms, 10:00 a.m. - 4:00 p.m., Fulton Manor
- May 5:** Geranium Sale Pickup
- June 7:** Golf Tournament & Silent Auction, Ironwood Golf Course, Wauseon

## Auxiliary Volunteer Opportunities

Volunteer positions are available at both our main campus and at Fulton Manor. To find out about opportunities at FCHC, contact Mary Gautz, LSW, FCHC Volunteer Coordinator, at 419-330-2695. Contact Tammy Miller, 419-335-2017, Ext. 2798, for opportunities at Fulton Manor.

# Financial Assistance Policy - Plain Language Summary

The Fulton County Health Center financial assistance policy provides eligible patients partially or fully discounted emergency or medically necessary medical care. Patients seeking financial assistance must complete an application for financial assistance, which is summarized below. This Financial Assistance Policy is being published to satisfy requirements related to Sec 501(r) of the Internal Revenue Service Code.

## Eligible Patients/Services

Eligible services will include all emergency and medically necessary services provided by FCHC. Eligible patients include all patients who submit a financial assistance application who are determined to be eligible for financial assistance.

## How to Apply

Financial Assistance Applications are available at the following locations:

- **FCHC Emergency Department or Other Registration Locations**
- **Cashiers Office, 725 S. Shoop Ave., Wauseon, OH 43567**
- **Contact Financial Counseling at 419-330-2669, option 7**
- **Download a copy at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org)**



## Determination of Eligibility

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

## Availability of Financial Assistance Policy

Free copies of the Financial Assistance Policy are available at all locations listed above. Spanish versions of the application and policy are also available.

## A Note About Nondiscrimination

Fulton County Health Center is compliant with Section 1557, the nondiscrimination provision, of the Affordable Care Act (ACA). The law prohibits discrimination on the basis of race, color, national origin, sex, age, or disability in certain health programs and activities. Section 1557 builds on long-standing Federal civil rights laws by extending nondiscrimination protections to individuals participating in:

- Any health program or activity any part of which received funding from the Department of Health & Human Services (HHS)
- Any health program or activity that HHS administers
- Health Insurance Marketplaces and all plans offered by issuers that participate in those Marketplaces

FCHC, like other health care facilities, provides qualified interpreters to those whose primary language is not English. Interpreters are used when there is a need to discuss important medical information. This service is provided at no cost to the patient. A statement indicating that FCHC provides the interpreters free of charge is posted throughout FCHC in the 15 most common non-English languages in Ohio. It is also accessible on FCHC's website. You may have seen similar lists from your insurance company or in your health care provider's office. Access to additional foreign languages and sign language are available as well.

The Health Center uses video and phone interpreters that are available 24 hours a day. There are also qualified interpreters who may be available for in-person interpretation.

In addition, FCHC offers individuals the option of completing a form during registration that allows them to indicate their gender at birth, as well as their current sexual identity. The form is used to guide health professionals in providing the appropriate care for patients who may identify differently from their gender at birth.

For more information about Section 1557, visit [www.hhs.gov](http://www.hhs.gov).

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

**Patti Finn**, Chief Executive Officer | **Carl Hill**, President, Board of Directors | **Steve McCoy**, Director of Marketing and Planning

For address changes or information about articles or programs in this issue, contact the FCHC Marketing and Planning Department at 419-330-2717.