

A publication of Fulton County Health Center

Health *Centering*

CARING FOR THE CRITICALLY ILL

Critical Care Unit

Physician Spotlight: Pathology

Keeping Your Heart Healthy

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FCHC News & Notes

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

You're frightened. It feels as if someone is sitting on your chest and you can't breathe. Sweat is pouring off your face, and there's a shooting pain traveling down your left arm. Just minutes ago the Fulton County Health Center Emergency Room physician diagnosed a heart attack and said you will need to be hospitalized in the Critical Care Unit.

Your mind begins to race as you wonder if you will need to transfer to a major out-of-town medical facility.

Not so. If you find yourself in a health emergency that requires hospitalization, you can be assured the Fulton County Health Center Critical Care Unit will provide the follow-up monitoring and medical care you will need. That's because the Health Center's Critical Care Unit provides comprehensive advanced medical imaging along with top-flight physician specialists, state-of-the-art lab procedures, and a comprehensive cardiac rehabilitation program.

The seven-bed Critical Care Unit at Fulton County Health Center features three acute care beds with special medical equipment for patients requiring 24-hour monitoring. Four step-down telemetry beds make up the remainder of the unit and are used for patients requiring slightly less monitoring. The CCU beds are arranged around a central nursing station so patients can be seen by staff members from the nursing station just a few steps away.

"Last year we cared for more than 800 patients in CCU, and their health problems represented a variety of illnesses," says Jim Currier, RN, BSN, CCU Unit Manager. "Some patients had a heart attack or stroke and some were recovering from major surgery. There were accident victims with severe head trauma, people with a life-threatening acute illness, those with serious breathing difficulties, and those experiencing the failure of a major organ. All the nurses that work in our Unit are required to take additional training in a certified Critical Care Course, Advanced Cardiac Life Support, and Pediatric Advanced Life Support." These critically ill patients came from the FCHC Emergency Department, one of the surgical suites, one of the physicians' offices, or from a Health Center department.



Caring for the Critically Ill

INTENSIVE CARE PROVIDED

"CCU patients are quite ill and need a good deal of care and monitoring," says Dr. Randall Bowman, M.D., FCHC Chief of Staff. "This requires the skill of the attending physician along with the capabilities of skilled RN's."

Two specially trained Registered Nurses are on staff 24/7 in the CCU unit, and they assess new patients every four hours. Their assessment includes checking the heart rate and rhythm, listening to the lungs and determining if there is a shortness of breath, checking for swelling or bruises, and determining if the patient is in pain.

"We wake up our acute care patients in the middle of the night

to check their vital signs and make sure there is no regression," says Currier. The same type of assessment is performed for patients in the four step-down telemetry beds; however, the frequency of the assessment is less. "These are patients who are improving and don't require as much intense scrutiny," says Currier.

Once the initial patient assessment has been made, a customized care plan is developed by the attending physician. Many other staff members and departments work either directly with the patient or behind the scenes to implement the care plan.

Consulting physicians may also become involved as



Kathy Schwiebert, RN (seated), and Jim Currier, RN, BSN, CCU Unit Manager, examine a CCU patient's lung x-rays using the computerized PACS imaging software.

needed. These include specialist in areas

Lisa Cheney, RN, and Erin Nofziger, RN, BS, MSN,
test equipment on a "crash cart"
used in CCU for medical emergencies.



such as: Cardiology, Family Practice, Gastroenterology, Gynecology, Hematology, Internal Medicine Pulmonology, Surgery, Nephrology, Neurology, Oncology, Orthopedics, Pediatrics, Psychiatry, Urology, and Vascular Surgery.

The FCHC Pharmacy evaluates all drug therapy prescribed by the attending physician and monitors the patient for signs of allergic reaction. The Pharmacy department is also responsible for any tube feeding required by patients who cannot eat on their own. Respiratory Care therapists with specialized training in heart and lung care provide medications to help patients breathe or monitor the mechanical ventilators.

STATE-OF-THE-ART TOOLS

"Our physicians and nurses use an arsenal of medical equipment to monitor patients," says Currier. "Our computerized cardiac monitoring system has the potential to allow physicians to access patient medical records from the privacy of their own home. That makes it much easier -- and timely -- to keep tabs on the patient's condition." The Health Center's PACS system links Radiology with all hospital departments to the CCU, into the Meditech system-- an electronic patient charting system. A patient's medical records can be accessed anywhere and anytime in the Health Center using a password. That assures a constant flow of information to the health care providers.

The CCU also uses mechanical ventilators to assist patients in breathing through an endotracheal tube; equipment for the constant monitoring of bodily functions; a network of intravenous lines, feeding tubes, suction pumps, drains and catheters; and a wide range of pharmaceutical drugs that treat the conditions, reduce pain, and prevent secondary infections.

A CONTINUUM OF CARE

Patients who leave the Critical Care Unit are typically moved to a regular hospital room for a reduced level of monitoring and assessment. If necessary, some patients can be transferred to Fulton Manor Nursing and Rehabilitation Center, the Health Center's long-term care facility. When patients are able to go home, many return to the Health Center for follow-up outpatient care in areas such as Physical Therapy, Respiratory Therapy, Occupational Therapy, Cardiac Rehabilitation, Medical Nutrition Therapy and/or Diabetes Education. It is all part of a coordinated continuum of care provided by the Health Center.

TOP-LEVEL CARE CLOSE TO HOME

"We are quite proud of our CCU staff and its capabilities," says E. Dean Beck, FCHC Administrator. "It's a department that requires a lot of skill, equipment, and coordination to help critically ill patients recover from their crises."

No one wants to end up in a CCU unit. But if you or a family member has a critical medical situation, be assured you can stay right here in town for top-level care. For more information about the FCHC Critical Care Unit, call Jim Currier, RN, BSN, Unit Manager, at 419-330-2654.

Our Own "CSI" Team

This fall television viewers will, once again, get a healthy dose of Forensic Pathology when they watch the immensely popular CSI: Crime Scene Investigation television series on CBS. Viewers will become immersed following the television actors as they use science to solve crimes. While not as glamorous as the television series, Fulton County Health Center has its own CSI team of Pathologists -- only these physicians use science to help other doctors diagnose and treat illness.

Estela Miquiabas, M.D., has served as a General Pathologist at FCHC for the past 29 years. Milagros Paneda, M.D., who will serve in the same capacity, recently joined her. Both women first became physicians and then studied another four years to receive their Pathology degree.

"We act as consultants to other Health Center physicians, helping them to understand what is wrong with a patient's health," says Dr. Miquiabas. "Our job is to assist in the diagnosis which, in turn, allows the physician to determine the best method of treatment."

General Pathologists, such as Drs. Miquiabas and Paneda, function in two major areas: Anatomic Pathology and Clinical Pathology. Anatomic Pathology includes three types of Pathology. The first, Surgical Pathology, deals with the diagnosis of tissue samples. "Probably the most common type of tissue diagnosis occurs when one of our Surgeons removes tissue from a patient and sends it to us to determine if the tissue is cancerous or not," says Dr. Miquiabas. This routinely requires overnight processing of the tissues before they are examined under the microscope to render a diagnosis. In some cases the tissue sample is quickly frozen so it can be sliced, viewed and diagnosed within 15 minutes while the Surgeon waits during a surgical procedure. "Our analysis helps the Surgeon decide, right then and there, if extensive surgery is needed because cancer is present or if less invasive surgery is warranted because the cells are benign," says Dr. Miquiabas.

A second type of Anatomic Pathology is the Autopsy.



FCHC Pathologists Estela Miquiabas, M.D., (seated) and Milagros Paneda, M.D.

While Drs. Miquiabas and Paneda are both qualified to perform Autopsies, they are typically performed by the County Coroner or by Pathologists at the Medical University of Ohio. Cytopathology is the third type of Anatomic Pathology, and it deals with the study of cells such as those from a Pap smear or brushings from the bronchus or intestines as part of an Endoscopic procedure to determine whether cells are cancerous or not.

Clinical Pathology is the second major type of Pathology performed by FCHC's Pathologists, and it involves several members of the FCHC Laboratory. This includes Hematology, Clinical Chemistry and Toxicology, Immunology, the Blood Bank (transfusion medicine) and Microbiology. Hematology involves the testing of blood and bone marrow, such as when anemia or leukemia is suspected in a patient. In the Clinical Chemistry laboratory, Pathologists interpret tests used in the diagnosis and treatment of diseases of the liver and kidney. Tests are also done to screen for the presence of high cholesterol and blood sugar. Toxicology, as part of Clinical Chemistry, involves the monitoring of therapeutic drugs as well as detection of illicit drug use and poisons.

Immunology tests for immune reactions and allergies. In the Blood Bank, the Pathologist is responsible for monitoring the use of blood within the Health Center, tracing the causes of transfusion reactions, and testing to ensure the right type of blood is given to the right patient. In cases of infection, the Microbiology laboratory identifies the offending organism and tests to discover which antibiotics are capable of killing or arresting the growth of that particular organism, which could be a bacteria, virus, or parasite.

"Hospital Pathology is a very broad area of medicine," says Dr. Miquiabas. "It involves the use of many different types of tests and equipment." Indeed, Fulton County Health Center's Pathology team uses these medical tests to help physicians solve the mysteries of the human body.

Clean Your Teeth, Save Your Heart!

"New research shows people with poor dental health are more likely to have heart problems," says Sharon Morr, Director of the FCHC Corporate and Community Health Promotion department. Poor dental health causes higher levels of bacteria, which leads to inflammation of the gums. The inflammation can cause bacteria to enter the bloodstream. "Daily flossing disrupts bacteria in the teeth, and regular dental checkups help keep teeth and gums healthy," says Morr.

What about those trans fats you keep hearing about? Trans fats are found in foods that use hydrogenated vegetable oil such as cookies, crackers, and fast foods. "There are no acceptable levels of trans fats in your diet," says Morr. Researchers have concluded that men with a waist size of 40 or greater and women

with a waist size of 35 or more are at a higher risk of heart disease than those with smaller waists.

The traditional risk factors of high blood pressure, high cholesterol, and high blood sugar levels continue to be indicators of potential heart disease. "It's important to have these levels checked regularly through health fairs that the Health Center offers or through your doctor's office," says Morr. "Regular exercise is also important, and we offer many health and fitness classes to meet individual needs."

Clip out the two information boxes in this article and post them on your refrigerator. Then, start eating healthy, exercising regularly, and visiting your doctor. For more information, contact the Corporate and Community Health Promotion department at 419-330-2723.

Message *from the* Administrator

No one really wants to spend time in a hospital but sometimes it is inevitable, especially when an individual is seriously ill or recovering from surgery or an accident. In these cases, when patients are critically ill, they depend on the talent and skills of our Critical Care Unit (CCU). The physicians and nurses who staff this important department are extremely dedicated to helping patients get well. And they are assisted by many other departments here in the Health Center who pull together to offer the necessary expertise to get the job done. The cover story of this newsletter features this important part of our Health Center.



One of the goals of this newsletter is to provide you with important health information that can be used by you and your family. This time we focus on keeping a healthy heart, so you can, perhaps, avoid using our CCU unit. We also feature our two Pathologists, Dr. Estela Miquiabas and Dr. Milagros Paneda whose mission is to use medicine and science to help other physicians diagnose illnesses. I might add that Dr. Miquiabas has been a loyal and dedicated member of our Medical staff for more than 29 years, and we thank her for her continued years of service. We also welcome Dr. Paneda who joined our staff this past Spring. Work is progressing quite well on the three-story addition to our Health Center, which will feature a new Emergency Department. We now anticipate making the new facility operational this coming Spring rather than next Summer.

As the weather begins to cool, take advantage of the many Fall health and fitness classes offered in your community by our Corporate and Community Health Promotions Department.

Enjoy the many beautiful colors and smells of Autumn, and stay well.

Sincerely,

E. Dean Beck

E. Dean Beck,
FCHC Administrator

Heart Disease Risk Factors

Waist Size

Men: > 40 is a predictor of heart disease • Women: > 35 is a predictor of heart disease

Dental Disease

Unhealthy teeth and gums means you are at a greater risk for heart disease

Blood Pressure

< 120/80 (desirable to maintain a healthy lifestyle)

120/80-139/89 (Pre-hypertension)

140/90 – 159/99 (Hypertension Stage 1 -- re-check in 4 weeks; reduce weight & sodium, eat healthy, exercise, consider a stress management course)

160/100 – 209/119 (Hypertension Stage 2 --see your physician within week)

210/120 + (Hypertension Stage 2 -- see physician immediately)

Cholesterol

Total Cholesterol: < 200 (desirable) • 200-239 (borderline high) • 240 + (high)

HDL (good) cholesterol: > 40 (desirable) • > 60 provides protection against heart disease

LDL (bad) cholesterol – requires 12-hr. fast: < 100 (desirable) • 100-129 (near optimal)

130-159 (borderline high) • 160-189 (high) • > 190 (very high)

Blood Sugar

Non-fasting Blood Sugar levels: < 140 (desirable) • 140-199 (pre-diabetic) • 200 + (diabetic)

12-hour fasting Blood Sugar levels: 70-100 (normal) • 101-125 (pre-diabetic) • 126+ (diabetic)

Triglyceride (blood fat) levels – requires 12-hr. fast: 150 - 199 (borderline high) • 200 + (high)

Smoking

Pack-a-day smokers double their risk of heart disease

Second-hand smoke increases the risk of heart disease by 30%

Heart Attack Warning Signs

- ✓ Chest discomfort: usually in the center, lasting several minutes, feels like pressure or squeezing
- ✓ Center of back discomfort: usually occurs in women; radiates to the chest
- ✓ Upper body discomfort: pain in one or both arms, the back, neck, jaw, or stomach
- ✓ Shortness of breath: can occur with or without chest discomfort
- ✓ Other signs: Cold sweat, nausea, light headedness

Stroke Warning Signs

- ✓ Numbness or weakness in the face, arm, or leg; usually on one side
- ✓ Confusion, difficulty speaking
- ✓ Vision problems
- ✓ Dizziness, loss of balance or coordination
- ✓ Sudden, severe headache with no known cause



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

Heart Health

Low Cholesterol Living -- Part I

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, September 19 or December 5, 9:30 - 11:00 am, \$5, FCHC 3rd Floor Training Room.

Low Cholesterol Living -- Part II

Learn how to look at the total fat in a diet and how to reduce it. Also, find out information on food labeling, adapting recipes, eating out and more! Tuesday, September 26 or December 12, 9:30 - 11:00 am, \$5, FCHC 3rd Floor Training Room.

Eat-n-Run

Seven week nutrition and weight management class taught by a registered dietitian. This class will provide accountability and support as we discuss healthy eating while promoting weight loss through a calorie point system. Those enrolled in a FCHC fitness class will receive half off the price of this class. Thursdays, September 21 – November 9, 11:30 am – Noon, \$60, FCHC Cafeteria; or Tuesdays, September 26 – November 14, 8-8:30 pm, \$60, Archbold Park Pavilion.

Blood Pressure Management

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Tuesday, October 10, 9:30 - 10:30 am, Free, FCHC 3rd Floor Training Room.

Lifestyle for Lower Cholesterol

Learn to eat well to help improve cholesterol numbers. You'll look at the types of fat you eat, how much fat you need, and how to understand food labels. You will also explore foods that may improve heart health, eating out, and share recipes in the process. Thursday, October 19, 7:00 – 8:30 pm, \$5, FCHC 3rd Floor Training Room.

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, November 21, 9:30 - 11:00 am., \$5, FCHC 3rd Floor Training Room.

Fitness & Nutrition

Fire Up

Research shows more muscle leads to higher metabolism, more energy, and higher calorie expenditure. Come and learn as a Registered Dietitian and Fitness professionals team to teach strength training and balanced eating that lead to a healthier you! You are never too old to gain muscle! Mondays, October 2 – November 6, 5:30 - 6:30 pm, \$80 (discount to those with fitness club membership), FCHC Rehab Center.

Baby, What's for Lunch?

Nutrition guidelines for feeding your infant; for birth to age 18 months. Thursday, October 12, 7-8:00 pm, \$5, FCHC Surgery Conference Room.

Count & Color Your Food

Nutrition guidelines for your toddler's future; for ages 2 to 5. Thursday, October 26, 7-8:00 pm, \$5, FCHC Surgery Conference Room.

Safety

Babysitting Class

Learn to handle emergencies such as choking, burns and more, and become a more effective and competent babysitter. Class certification given. Please bring a sack lunch. Beverages provided.

Saturday, September 16, 9:00 am-3:00 p.m., \$15, Swanton Library. Call 419-826-2760 to register.

Saturday, October 7, 9:00 am-3:00 p.m., \$15, Delta Library. Call 419-822-3110 to register.

Saturday, October 21, 9:00 am-3:00 p.m., \$15, Evergreen Library. Call 419-644-2771 to register.

Community First Aid and CPR

Learn how to handle emergencies through this American Red Cross class. Participants will be certified in adult, child and infant CPR and obstructed airways. Class taught by RN. Saturday, September 30 or November 11, 8:00 am - 4:00 pm, \$50, FCHC Meeting Room.

Cardiopulmonary Resuscitation

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 7:30 am, class begins promptly at 8:00 am. Saturday, October 14 or December 9, 8:00 am - 2:00 pm, \$50, FCHC Meeting Room.

(Health & Fitness Classes continued in right column)

Weight, Smoking

FreshStart

FreshStart is the American Cancer Society's quit smoking program consisting of four one-hour sessions held in a four-week period. All methods and activities contain the most effective elements for success. FreshStart can be your start to a new life without cigarettes! Monday, October 9, 16, 23, & 30, 6:30-7:30 pm, Free, FCHC Surgery Conference Room, 2nd Floor.

Stop Smoking, Lose Weight through Hypnosis

Hypnosis is a relaxation technique used to help individuals reach their goal. Don Mannarino, a hypnotist for nearly 20 years, will lead the session. Cost includes a cassette for home reinforcement and the option of visiting future classes throughout the area at no additional charge. Pre-registration is NOT required. Please arrive 20 minutes before your scheduled session. For more information, call (216) 831-6251 or visit www.Donmannarino.com.

Smoking Cessation – Tuesday, October 10 or December 5, 6:00 pm, \$60, FCHC Meeting Room

Weight Control – Tuesday, October 10 or December 5, 7:00 pm, \$60, FCHC Meeting Room

Save-a-Life Saturday

Attend the free Save-a-Life Saturday on September 23, 9-11 a.m. at St. Vincent Mercy Medical Center's Life Flight helicopter hangar on County Road 14, south of the Fulton County Airport. The American Heart Association's "CPR for Friends & Family" will teach adult CPR or refresh old skills. The class will cover handling life threatening emergencies, the chain of survival, recognizing heart emergencies, and learning how to use an Automatic External Defibrillator (AED). Free CPR face shields will be given to participants. The Life Flight program will provide prizes and refreshments, and crew members will answer questions after class. The event is sponsored by the Fulton County Emergency Medical Service, St. Vincent Mercy Medical Center's Life Flight program, Fulton County Health Center, Bechtel/Schwall Insurance, and Fulton County Heart Radiothon. To register, call the Fulton County EMS weekdays, 8:30 a.m. – 4:30 p.m., at 419-337-9207, before September 15th. Note: attendance will not satisfy the American Heart Association or Red Cross certification requirements.



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

Fitness Class Descriptions

Ai Chi

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

Aquatic Noodle Workout

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

Aquatic Aerobics

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

Arthritis Aquatic Therapy

Consists of range of motion, muscle strengthening, stretching and endurance building activities. Participants can work at their own ability level.

Basic Boot Camp Fitness

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

Cardio Core Strengthening

A class with variety! Step on a bench, perform aerobic moves on the floor, use hand weights, X-ertubes, figure 8 bands, jump ropes and Body Bars. Your cardiovascular system and strength training will be challenged.

Golden Retrievers (formerly Body Recall)

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

Kids Tumbling for Fun -- Beginner

Designed for the beginning gymnast, the class introduces the basics of the sport: forward and backward rolls, cartwheels, headstands, etc. If you have no prior gymnastics experience, and you are excited to learn, this class is for you!

Kids Tumbling for Fun – Intermediate

Requires previous gymnastic experience.

Kid's Yoga

Participants will be taught yoga poses, stretching poses, and resting poses geared to help them get stronger, more flexible, more focused, and more relaxed.

Parent & Child Water Wonders

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

Advanced Parent & Child Water Wonders

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

Pilates

Focuses on developing core abdominal and back strength to help achieve optimal strength, flexibility, endurance, and correct posture.

Pump It Up

This strength and endurance training class focuses on toning and improving and maintaining muscle mass.

Pure & Simple Yoga

Basic Yoga postures, breathing and relaxation techniques. Focuses on Yoga movement and passive

stretch. It's soft and simple. Advanced class demonstrates more challenging postures.

Stepping Up Kicking Low

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

Smooth Moves I

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

The Ball & Much More

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

Fitness Classes

Wauseon Classes	Day (s)	Time	Location
Boot Camp/Cardio Core	M	5:00 PM	FCHC Rehab Center
The Ball & Much More	W	5:00 PM	FCHC Rehab Center
Smooth Moves/Pump It Up/Pilates/The Ball	T-TH	6:30 PM	FCHC Rehab Center
Boot Camp/Cardio Core/Pilates/The Ball	M-W	5:30 AM	FCHC Rehab Center
Boot Camp/Cardio Core/Pilates/The Ball	T-TH	5:30 PM	FCHC Rehab Center
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			
Pure & Simple Yoga/Beginner (Mat required)	TH	7:30 PM	FCHC Rehab Center
Pure & Simple Yoga/Beginner (Mat required)	SAT	9:00 AM	FCHC Rehab Center
NEW! Pure & Simple Yoga-Pilates on The Ball (Mat required)	M	6:45 PM	FCHC Rehab Center
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$47, 2x/week \$78; Yoga class cannot be included with the 3+x/week price			
NEW! Kids Yoga (6-9 yrs.)	SAT	10:15 AM	FCHC Rehab Center
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$42; Yoga class cannot be included with the 3+x/week price			
Golden Retrievers	M-W	10:00 AM	Wauseon Senior Center
10 Week Session • Sept. 25 - Dec. 2 • Donations appreciated. Sponsored by American Physical Rehabilitation Network.			

Wauseon Aquatics Classes	Day (s)	Time	Location
Arthritis Aquatic Therapy	T-TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatic Therapy	M-W	4:30 PM	FCHC Rehab Center
Aquatic Aerobics	T-TH	8:00 AM	FCHC Rehab Center
Aquatic Aerobics	M-T-TH	6:00 PM	FCHC Rehab Center
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$27, 2x/week \$45, 3+x/week \$57.			
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 Week Session • Begins September 30 • 1x/week \$30. Cannot be included with the 2x/week or 3+x/week price.			

Archbold Classes	Day (s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.			
Boot Camp/Cardio Core/Pilates/The Ball	M-W	5:30 AM	Park Pavilion
Boot Camp/Cardio Core/Pilates/The Ball	M-TH	5:30 PM	Park Pavilion
The Ball & Much More	W	3:30 PM	Park Pavilion
The Ball & Much More	T-TH	8:30 AM	Park Pavilion
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$25, 2x/week \$38, 3+x/week \$47			
NEW! Yoga (Mat required))	TH	7:00 PM	Park Pavilion
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$38, Yoga class cannot be included with 3+x/week price.			



Fitness Classes (Continued)

Archbold Classes Co-sponsored by Archbold Parks & Recreation Dept.	Day (s)	Time	Location
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 Week Session • Begins September 30 • 1x/week \$30; Class cannot be included in the 2x/week or 3+x/week price.			
Golden Retrievers	M-W	9:30 AM	Archbold Park Pavilion
10 week Session • Sept. 25 - Dec. 2 • Donations appreciated. Sponsored by Archbold Parks & Recreation Department.			
Archbold/Fairlawn Complex Classes	Day (s)	Time	Location
Aquatic Aerobics	M-W	9:00 AM	Wyse Commons
Aquatic Aerobics	M-TH	5:45 PM	Wyse Commons
Arthritis Aquatic Therapy	W-F	10:15 AM	Wyse Commons
Arthritis Aquatic Therapy	M-W	4:45 PM	Wyse Commons
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			
Noodle Workout	F	9:00 AM	Wyse Commons
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$30; Cannot be included in the 2x/week or 3+x/week price.			
Bryan Classes	Day (s)	Time	Location
Step/Pump It Up/Pilates/The Ball	T-TH	5:30 PM	Grace Community Church
Cardio Core/Pilates/The Ball	T-TH	6:30 PM	Grace Community Church
10 Week Session • Begins October 3 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			
Smooth Moves/Pump It Up/Pilates/The Ball	M-W	5:30 PM	Washington Elem. School Gym
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			
Delta Classes	Day (s)	Time	Location
Step/Pump It Up/Pilates/The Ball	T-TH	5:55 PM	Delta Memorial Hall
Boot Camp/Cardio Core/Pilates/The Ball	T-TH	5:30 AM	Delta Memorial Hall
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			
Yoga (Mat required)	T	8:55 AM	Delta Memorial Hall
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$47; Yoga class cannot be combined with the 2x/week or 3+x/week price.			
Evergreen School District Class	Day (s)	Time	Location
Smooth Moves/Pump It Up/Pilates/The Ball	M-W	6:00 PM	Evergreen H.S. Music Rm.
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			
Liberty Center Class	Day (s)	Time	Location
Step/Pump It Up/Pilates/The Ball	M-TH	3:30 PM	Liberty Center H.S. Rm. 227
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			
Montpelier Class	Day (s)	Time	Location
Smooth Moves/Pump It Up/The Ball	M-W	6:00 PM	Montpelier School Music Rm.
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			
Morenci Class	Day (s)	Time	Location
The Ball & Much More	T-TH	6:00 PM	Morenci Church of the Nazarene
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			
Napoleon Classes	Day (s)	Time	Location
NEW! Smooth Moves	M-W	5:30 PM	Bodylines (620 Trail Dr., Napoleon)
NEW! Step & The Ball	T-TH	5:30PM	Bodylines (620 Trail Dr., Napoleon)
NEW! Boot Camp/Cardio Core/The Ball	T-TH	6:30PM	Bodylines (620 Trail Dr., Napoleon)
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			
Pioneer Class	Day (s)	Time	Location
Smooth Moves/Pilates/The Ball	T-TH	6:00 PM	Pioneer Community Center
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, cannot be combined with the 3+x/week price.			
Swanton Class	Day (s)	Time	Location
Step/Pump It Up/Pilates/The Ball	M-W	5:30 AM	St. Richard's School
Cardio Core/Step/Pilates/The Ball	T-TH	6:00 PM	St. Richard's School
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week price \$65			
Pure & Simple Yoga (Mat required)	T	7:15 PM	Swanton Public Library
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$47, Yoga class cannot be combined with the 3+x/week price.			
West Unity Class	Day (s)	Time	Location
NEW! Step/Pump It Up/Pilates/The Ball	T-TH	6:30 PM	Solid Rock Church
10 Week Session • Sept. 25 - Dec. 2 • 1x/week \$35, 2x/week \$52, 3+x/week \$65			

Diabetes Education & Support

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

Pre-Diabetes

What is this condition that affects 41 million Americans and increases their risk of heart attack and stroke by 50%? Learn how Pre-Diabetes is diagnosed and treated as well as how to prevent it from turning into Type 2 Diabetes. Thursday, October 5, 6:30-8:00 pm, \$5, FCHC Meeting Room, Ground Floor. Please register by visiting www.fultoncountyhealthcenter.org or by calling the Diabetes Education phone number. A light meal will be served!

Know Your Numbers

Why should we test blood sugar and how do we keep those numbers low? Learn all about it at this session which is a follow-up to the Pre-Diabetes Class. Held Thursday, September 28, 6:30-8 PM, \$5, FCHC Meeting Room, Ground Floor.

Know Your Numbers, Part II: Healthy Steps

October 26, 6:30-8 pm, \$5, FCHC Meeting Room, Ground Floor. Free pedometers are provided.

Weekly Support Group

Wednesdays, Thursday, except 1st Wed. of month, 9:30-10:30 am, Diabetes Education Office, 4th Floor. Stop to see what's new, have blood glucose meter uploaded, or to ask questions.

Facing the Footbills

A series of comprehensive classes in diabetes self-care. Offered by physician order every other month beginning in January.

Mountain Climbing

Monthly class in self-help for the person with diabetes: 1st Wed. of month, 9-11 am; 2nd Thurs. of month, 7-9 pm.: \$5, FCHC Meeting Room. Support person is welcome and free.

American Diabetes Association of Fulton County Area

Local support group meets several times yearly. Free.

Fall meeting: Pilot Dog Program for the Visually Impaired.

October 19, 7-9 pm, FCHC Meeting Room. Sponsored by the Lions Club. Come and see a demonstration of the miraculous things these dogs can do for their owners.

FCHC News & Notes



New Pathologist Joins FCHC

Milagros C. Paneda, M.D., joined the Medical Staff of Fulton County Health Center this past Spring and will team with Estela Miquiabas, M.D., as FCHC's General Pathologists. Dr. Paneda received her Medical degree from Far Eastern University, Quezon City, Philippines. She completed her Residency at Mount Carmel Hospital in Detroit. Dr. Paneda is Board Certified by the American Board of Anatomic & Clinical Pathology.



Golf Outing a Success

On Friday, June 9th, 38 teams of golfers assembled at Ironwood Country Club in Wauseon for the 7th annual FCHC Auxiliary Golf Tournament. The 152 golfers included suppliers, FCHC physicians, staff members as well as Health Center board members. Participants enjoyed golf, a silent auction and a delicious chicken dinner. Proceeds totaled nearly \$22,000, and 100% of the proceeds will be used to purchase new equipment for the Health Center's new expansion. Congratulations to the team of **Alan, Renae and Mitch Schaffner**, and **Charlie Rummel**, who finished first in the tournament. The FCHC Auxiliary wishes to thank all sponsors, golfers and the local community for their donations to the silent auction.

Construction Ahead of Schedule

Work on Fulton County Health Center's three-story, 55,300-square-foot addition is ahead of schedule by several months and should be completed by Spring, 2007. Masonry work is currently being done outside, while metal stud frames and electrical conduit are being placed inside. The structure will house FCHC's new Emergency Department, expanded Surgery Suites and an Endoscopy Center. Track construction progress by visiting the Health Center's web site at www.fultoncountyhealthcenter.org.

Auxiliary News

Masquerade Jewelry Sale – All items \$5.00. Pretty costume jewelry, jewelry for children, jewelry for fun. Join us for this special sale, which was extremely popular with FCHC employees this Spring. Monday, October 23, 6:00 pm-8:30 pm and Tuesday, October 24, 6:00 am-4:00 pm, FCHC Cafeteria.

Books-on-the-Go Book Fair – Wonderful selection of books, gifts, tapes, and educational toys, all at discounted prices. Great gifts for Christmas! Wednesday, November 15, 10:00 am-6:00 pm, and Thursday, November 16, 7:00 am- 2 pm, FCHC Cafeteria.

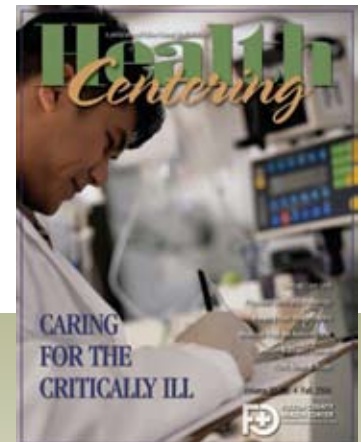
Annual Poinsettia Sale – Orders will be taken in November and delivered in December. Call 419 -335-2015 to place orders.

Buckeyes for the Big Game – Are they cookies or candy? No matter, the Health Center's VolunTeens will sell buckeyes (chocolate covered peanut butter balls) near Thanksgiving weekend, prior to the big football game between Ohio State and Michigan. The sale of the buckeyes will be a fundraiser. More details will follow in your local newspapers.



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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.