

Your Community Wellness Calendar

Magruder Hospital • 615 Fulton Street • Port Clinton, Ohio 43452 • 419-734-3131 • magruderhospital.com



HELPFUL COMMUNITY RESOURCES

CREATING HEALTHY COMMUNITIES

2026 RECREATION MIX



Get active in 2026 with free, monthly recreation programs throughout Ottawa County! Please check out program listings below for more information. Registration may be required and programs subject to change or cancellation.

MAY:

5/21, 4:30-5:30pm - Doctor-Led Community Walk at East Harbor State Park, 1169 N. Buck Rd., Marblehead, 43440 (Meet at the Harborview Shelter House).

*Call the Ottawa County Health Department for more information (419) 734-6800

JUNE:

6/8, 4-5pm - Family-Friendly Scavenger Hunt Walk (Meet at the Oak Harbor Public Library, 147 W. Main St., Oak Harbor, 43449)

*Call Ottawa County Health Department for more information (419) 734-6800

JULY:

7/4, 9-10am - Family-Friendly Beach Workout at Port Clinton Lighthouse (421 E. Perry St., Port Clinton, 43452) with Lexis Bauer of CrossFit Port Clinton.

*Call CrossFit Port Clinton for more information (419) 933-9374

AUGUST:

Date and Time TBD, Ribbon-Cutting Ceremony and Celebration at West End Community Park (823 Kentucky St., Port Clinton, 43452)

*Stay tuned for more details!

Information will be posted on the Ottawa County Creating Healthy Communities Coalition Facebook Page and available through partnering organizations!



Inside...

Service Highlight: **Magruder Pain Management**

Education & Outreach: **2nd Annual Magruder Hospital Showcase**

Wellness Tip: **Soaking in the Sunshine**

Each month Magruder Hospital will publish a list of screenings, programs and special events, which the public is welcome to attend. Please note that certain events require appointments or physician referrals in order to attend. Thank you for your support of Magruder Hospital.

Dates & Information...

Lab Screening & Blood Drives

VIP Trips, Yoga, and Lunch & Learn

Diabetes & Cancer Get Together



MAGRUDER HOSPITAL

PAIN MANAGEMENT

Get back to life without the pain.



Our balanced approach includes the following:

Rehabilitaiton

Interventional Pain Procedures

Medication Management



Tom Kindl, MD



Heather Auxier, CNP

Magruder Hospital's Pain Management Clinic diagnoses and treats the following conditions:

- Neck pain, including work-related injuries
- Back pain, including work-related injuries and sciatica
- Persistent pain after back or neck surgery
- Headaches
- Arthritis pain in neck or lower back
- Reflex Sympathetic Dystrophy (RSD)
- Nerve damage or muscle spasm pain
- Chronic pelvic pain, including interstitial cystitis
- Shingles pain

For more information, call 419-732-3972

PAIN MANAGEMENT • 611 Fulton St., Suite. D • Port Clinton, OH 43452 • 419-732-3972 • magruderhospital.com

WELLNESS | EDUCATION | OUTREACH

Monthly Community Lab Screening

Magruder's monthly community lab screening is held on the 2nd Thursday each month, between 8am and 11:30am. It is now being held in the Magruder Hospital Conference Center at 615 Fulton Street in Port Clinton. Participants can enter through the Main Entrance at the front of the hospital and take the Conference Center Elevator up to 1.

The main testing includes: CBC, CMP & Lipid Profile: includes liver and kidney function, fasting blood sugar, cholesterol, HDL/LDL, Triglycerides and a complete blood count (red

blood cells, white blood cells, and platelets in the blood) for \$50.

We are also offering add-ons that you can add to the testing above, or request on their own:

Lipid Profile: \$20

Hemoglobin A1C: \$20

PSA (Prostate Specific Antigen): \$30

TSH (Thyroid Stimulating Hormone): \$25 (NEW)

Vitamin D: \$35 (NEW)

Appointments are required and can be made by calling 419-301-

4304. Participants are asked to fast for 12 hours prior to their appointment time, but can have water. No insurance accepted – payment can be made by cash, check or credit card (no American Express).

This screening is also offered on Put-in-Bay the first Friday each month at the PIB Fire Department 199 Concord Ave. from 9:00am to 1:00pm. Contact Magruder's Cashier Office to pre-pay by credit card: 419-734-3131 ext. 3508.

Lunch & Learn

Magruder Hospital is hosting a Lunch & Learn on Friday, June 12, 2026 at Noon in the Conference Center. Erin from the Social Security Administration will present on a variety of topics from signing up for Medicare, Social Security Disability, Social Security benefits and more. RSVP by Tuesday June 9th to rfall@magruderhospital.com or 419-732-4061.

2nd Annual Magruder Hospital Showcase

Get ready for the 2nd Annual Magruder Hospital Showcase Event on Monday, June 8, 2026 from 3 to 6pm at the front of the hospital. All ages are welcome! There will be screenings, activities, snacks, games, information about services and helpful resources, giveaways and more. Save the date now – you won't want to miss this!

Magruder Lab Draw Locations

Magruder Hospital Lab
615 Fulton Street
Port Clinton
419-734-3131 ext. 3414

RW Minick Medical Center Lab
11697 W. State Route 163
Oak Harbor
419-898-0993

Ottawa Family Care Center Lab
2861 E. Harbor Road
Port Clinton
419-732-1833

Put-in-Bay Fire Department
199 Concord Ave
Put-in-Bay

Scan code for lab
draw locations, hours
and maps OR visit
magruderhospital.com
and go to Lab Services



Yoga

Wednesday evenings from 6-7pm. The class is for all levels, including Gentle Yoga, Restorative Yoga, Yin Yoga and Slow Flow and are suitable for the beginner to the seasoned yoga student. The cost per class is \$15. Class passes are available: \$65 for 5 classes; \$120 for 10 classes; \$165 for 15 classes. Class passes will never expire. For more information call 419-967-3030.

Tuesday and Thursday evenings
Hatha Yoga classes are geared for all levels of ability.

- **Tuesdays 6:00-7:15pm.**
For more information call 419-349-6641.
- **Thursdays 6:00-7:00pm.**
For more information call 330-858-1890.

Blood Drives

The American Red Cross will host blood drives at Magruder on Friday, May 15 and Friday, June 26, 2026, from 10am to 4pm.

To schedule an appointment call 1-800-REDCROSS, visit www.redcrossblood.org or call 419-732-4061. You can always find nearby blood drives by going to that same website and entering your zip code.

Please seriously consider making a Power Red Donation.

- Help more patients.
- Smaller needle.
- Fluids returned to you during donation process.



GET TOGETHERS | SUPPORT

Diabetes Get Togethers

May 7, 2026 | Healthier Summer Desserts

One Thursday a month, September through May (except December) from 1-2pm in the Magruder Conference Center, 615 Fulton Street, Port Clinton. THIS SERIES WILL BEGIN AGAIN IN THE FALL OF 2026.

Free monthly discussions, led by one of our certified diabetes educators, that focus on a different topic every month. Join us to learn, support one another, and share stories. RSVP encouraged but not required to Tyler Alt RN, BSN, CDCES at 419-732-4088 or talt@magruderhospital.com

Cancer Get Togethers

May 27, 2026 | How to Take Care of Your Skin: Signs/Symptoms to Look for on Skin - Mary Greiger, RN Oncology

The 4th Wednesday, September through May (except December) from 1-2pm in the Magruder Conference Center, 615 Fulton Street, Port Clinton. THIS SERIES WILL BEGIN AGAIN IN THE FALL OF 2026.

Free and open to anyone impacted by cancer, including patients, caregivers and family members. You do not have to be a patient of Magruder Oncology to attend. There will be an expert presentation on a different topic each month, and the remainder of the time will be for questions/answers and open discussion. RSVP not required, but recommended to Rachel Fall, 419-732-4061 or rfall@magruderhospital.com



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Enrichment



Magruder VIP trips are not limited to just VIP members - family and friends, as well as the general public, may participate in the trips. For further information or reservations, contact Mary Ann at 419.656.3947 or Kim at kpalmer@magruderhospital.com

Greenfield Village - May 28, 2026
\$135/person

Neil Diamond Tribute - June 18, 2026
\$185/person

Cuyahoga Train Trip - October 16, 2026
\$149/per person

Myrtle Beach Show Trip - October 5-10, 2026
\$783/per person double occupancy

Discover South Pacific Wonders: Australia & New Zealand -

February 9 – 26, 2027 \$8,999 per person double occupancy

Exploring South Africa, Victoria Falls, Botswana - April 30 – May 14, 2027 \$10,034 per person double occupancy

Charms of Quebec - June 11-18, 2027 \$4,999 per person double occupancy

Spotlight England in December 2027

Representatives from Collette Travel will give a presentation on May 19th in the Magruder Conference Center between 1 & 3pm about the international trips.

Would you like learn more about volunteering at Magruder Hospital?

For more information, reach out to Kathy at 419-734-3131 ext. 3256 or kgallogly@magruderhospital.com

WELLNESS TIP: Soaking in the Sunshine

Getting some sunshine each day is good for your health—it helps your body produce vitamin D, supports mood, and encourages outdoor activity. At the same time, it's important to enjoy the sun safely,

since too much exposure can damage skin and increase the risk of skin cancer and premature aging. Aim for short periods of sunlight, especially in the morning or late afternoon, and protect yourself during

peak hours by wearing sunscreen, sunglasses, and protective clothing or seeking shade. With a little balance and awareness, you can soak up the benefits of sunshine while keeping your skin healthy.

