



March 2026

# Your Community Wellness Calendar

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

## HELPFUL COMMUNITY RESOURCES



### 2026 Port Clinton Caregiver Support Group Schedule



3rd Thursday of the month

January 15th 4-5pm

February 19th 4-5pm

March 19th 4-5pm

April 16th 4-5pm

May 21st 4-5pm

June 18th 4-5pm

July 16th 4-5pm

August 20th 4-5pm

September 17th 4-5pm

October 15th 4-5pm

November 19th 4-5pm

December 17th 4-5pm

Facilitated By:

Alzheimer's Association  
of Northwest Ohio

Build a support system with  
people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for individuals caring for a loved one with dementia to:

- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues
- Share feelings, needs and concerns
- Learn mindfulness techniques to bring some balance to challenging days

205 Southeast Catawba Road Suite J  
in Port Clinton

light refreshments will be provided

Call 567-302-3608 for questions or  
to register

Registration is required each month

800.272.3900 | ALZ.ORG

## Inside...

Service Highlight: **Nutrition Services**  
Education & Outreach: **AARP Driver Safety**  
Wellness Tip: **Nutrition Quick Tips**

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.

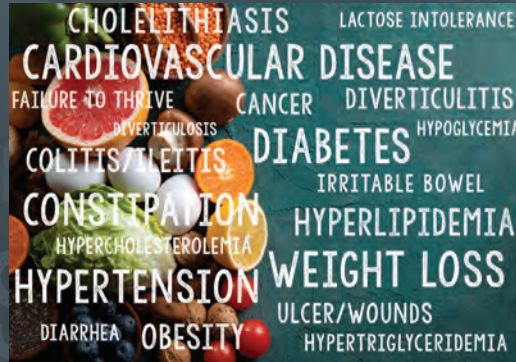
## Dates & Information...

Lab Screening & Blood Drives  
Flu & COVID Shots  
VIP Trips, Yoga & Line Dancing  
Diabetes & Cancer Get Togethers

# SERVICE HIGHLIGHT: Nutrition Services

Magruder Hospital offers personalized outpatient nutrition therapy to help patients improve their health through proper nutrition. Our Registered Dietitians provide on-on-one counseling and create customized nutrition plans based on each patient's medical conditions, lifestyle, goals, and unique needs.

Patients may seek nutrition guidance for a wide range of conditions, including



diabetes, cardiovascular disease, obesity, cancer, gastrointestinal disorders, high cholesterol or triglycerides, hypertension, weight loss, and more.

Initial consultations last about one hour and include a full review of health history, medications, and goals to build an individualized care plan. A physician referral is required. For more information, contact Jennifer Gatliff, RDN, LD at 419-734-3131 ext. 3677.

## 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.

### AARP Driver Safety

AARP will be offering Driver Safety in the Magruder Conference Center on Friday, April 17, 2026 from 8:30am to 1:00pm. Cost is \$20 for AARP member and \$25 for non-members. RSVP to 419-732-4061 or rfall@magruderhospital.com

## FLU & COVID VACCINES

IN THE COMMUNITY & IN THE HOSPITAL



## Walk-In Flu & COVID Shots

available during regular hours at

**For anyone 7 years & older • Regular and High Dose Flu Vaccine**

Bring your insurance card. If you don't have insurance, the cost of a regular dose flu shot is \$40, and the cost of a high dose flu shot is \$100.

You can also check with your primary care provider about getting a flu vaccine at their office. The Pharmacy behind Magruder Hospital will not be doing flu shots at that location this year.

**MAGRUDER HOSPITAL PHARMACY**  
at **BASSETT'S**

## 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](http://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.
  - o **Tuesdays 6:00-7:15pm.** For more information call 419-349-6641.
  - o **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, Friday, March 13, 2026, and Thursday, April 30, 2026, from 10am to 4pm.



To schedule an appointment call 1-800-REDCROSS, visit [www.redcrossblood.org](http://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.

## Line Dancing

Line Dancing is offered in the Magruder Conference Center on Friday evenings from 5:30pm to 7:00pm. Cost is \$5 per class. For questions, call 440-420-6061.

## GET TOGETHERS | SUPPORT

### Diabetes Get Togethers

**March 5, 2026** | Eating Healthy On a Budget

**April 2, 2026** | Planning Weekly Meals

**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.**

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](mailto:talt@magruderhospital.com)**

### Cancer Get Togethers

**March 25, 2026** | Community Health Worker - *Marsie McLaury*


**April 22, 2026** | Side Effects: When to Report Side Effects - *Laura Muller, CNP*

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

**The 4<sup>th</sup> Wednesday, September through May** (except December) **from 1-2pm in the Magruder Conference Center, 615 Fulton Street, Port Clinton.**

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](mailto:rfall@magruderhospital.com)**

## MAGRUDER ON THE INTERNET & SOCIAL MEDIA

 [magruderhospital.com](http://magruderhospital.com)

 @MagruderHospital  @magruder.hospital  @Magruderhosp

 @MagruderHospital  YouTube @MagruderHospital

 @MagruderHospitalFoundation  @magruder.hospital.foundation

## 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](mailto:kpalmer@magruderhospital.com)

**Ohio's Amish Country Tour** - April 22, 2026 \$129/person

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

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

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

**Discover South Pacific Wonders - Australia & New Zealand** - February 2027

**Exploring South Africa, Victoria Falls, Botswana** - April 2027

**Charms of Quebec** - June 2027

**Spotlight England** - December 2027

**Representatives from Collette Travel will give a presentation on May 19<sup>th</sup> between 1 and 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](mailto:kgallogly@magruderhospital.com)

## WELLNESS TIP: Nutrition Quick Tips

It's National Nutrition Month! Here are a few nutrition nuggets of wisdom to keep in mind as you go about life to make sure you stay properly fueled.

### 1. Add More Color

Aim for a colorful plate by including



a mix of fruits and vegetables each day. Different colors provide different nutrients, so variety helps support overall health.

### 2. Choose Whole Foods First

When possible,

pick whole grains, lean proteins, and minimally processed foods. These options offer more fiber, vitamins, and steady energy to fuel your day.

### 3. Hydrate Smartly

Keep a water bottle nearby and sip throughout the day. Staying hydrated supports digestion, focus, and overall wellness—your body thrives on consistent fluids.