

# Your **Community Wellness Calendar**

Magruder Hospital • 615 Fulton Street • Port Clinton, Ohio 43452 • 419-734-3131 • [magruderhospital.com](http://magruderhospital.com)



## *Inside...*

### Service Highlight: Hand Therapy

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...*

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# Service **Highlight:** Hand Therapy

Hand therapy is the art and science of rehabilitation of the upper limb, which includes the hand, wrist, elbow and shoulder girdle. A hand therapist is a physical therapist or occupational therapist who has advanced continuing education, clinical experience and passage of board examination by the Hand Therapy Certification Commission to become a Certified Hand Therapist (CHT).

A CHT will use joint mobilization/manipulation techniques, soft tissue mobilization/release techniques, lymph drainage techniques, therapeutic exercise, a variety of passive modalities, over the counter and custom hand splint fabrication,

kinesiotaping, joint protection/energy conservation education, and ergonomics to treat a variety of hand/upper extremity disorders and post operative procedures. Common diagnoses include post hand and wrist fracture, flexor and extensor tendon repairs, nerve entrapments such as carpal tunnel syndrome and tendonitis such as DeQuervain's tenosynovitis.

If you are suffering from a hand/upper extremity injury or recently underwent hand surgery and are searching



for a Certified Hand Therapist, look no further. Talk to your healthcare provider today about Magruder's Lake Erie Sports Medicine and Rehab. Steve Volvpe, PT, DPT, CHT can be reached at the Oak Harbor location at 419-898-1777.

## Wellness Programs

### Therapeutic Massage

Treat yourself to a massage with Jenn Caligiuri, MS, ATC, LMT including sports, deep tissue, injury rehabilitation, and Swedish massages. Massages are generally 30, 60 or 90 minutes. No physician referral is needed. For more information call 419-732-4033.

### Lab Work & Testing

Magruder Hospital will continue to offer the monthly lab screening on the 2nd Thursday each month between 8am and 11:30am. The \$20 screening has been updated and includes a Comprehensive Metabolic Panel, a Lipid profile, and a COVID antibody IgG test. As an added bonus, individuals can add on a PSA test for an additional \$5 and/or a Hemoglobin A1C test for an additional \$5. Appointments are required and can be made by calling 419-732-4061.

### Save the Date

Magruder Anniversary Event Thursday, August 12, 2021  
3-6pm in front of the Hospital.

## Education & Outreach

### VIRTUAL Education Program

Monday, July 26, 2021 at noon. Magruder's Director of Health Information Management and Privacy Officer Joanne Tiffney will present a program on Patient Portals: How do they work, why are there so many, and what can they do for you? For more information or to sign up, please call 419-732-4061 or email [rfall@magruderhospital.com](mailto:rfall@magruderhospital.com) and a link to the program will be emailed to participants.

### American Red Cross Blood Drive

American Red Cross Blood Drive: Friday, July 23, 2021 Magruder Conference Center 11am-4pm  
To schedule appointment call 1-800-REDCROSS or visit [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code MAGRUDER HOSP.  
Or call 419-732-4061.

# Wellness **Tip**: Stretch

Stretching should be a part of your daily routine, whether you exercise or not. It does not have to involve a huge amount of time, but stretching can give you incredible benefits if done regularly. Stretching should never be forced. If you're in pain, you're doing it wrong. Consult your doctor before beginning a stretching routine, especially if you are new to exercise or have an injury or physical condition that may affect your ability to perform the exercises. Stretching can:

- Help relieve both mental and physical tension.
  - Increase range of motion. Simple motions such as shoulder shrugs, wrist bends, or seated marching can easily be incorporated into your every day routine.
  - Enhance muscular coordination which can help with balance and make you less likely to trip or fall.
  - Increase strength by improving circulation and blood flow to the muscles. Regular stretching will relax your muscles and therefore enable them to be readily available to use during exercise.
- Increase stamina by loosening muscles which relieves muscles fatigue and improves blood flow which allows you to be active longer.
  - Improve posture by lengthening tight muscles that can pull you out of proper postural alignment.
  - Increase energy levels. Both static and dynamic stretching can help you feel a renewed sense of energy and invigoration by increasing blood flow and reducing mental fatigue and foginess.
  - Be an important part of improving your heart health.
  - Decreases risk of injury and soreness by improving blood flow which delivers a greater nutrient supply to muscles, which helps to speed recovery from muscle and joint injuries.
  - Improve sleep quality. Regular stretching before bed will help relieve muscle tension and stress before falling asleep, which can help you fall asleep faster and stay asleep throughout the night.





## Enrichment

### Volunteer Opportunities

Join the Magruder Auxiliary & Volunteer with over 100 volunteers who provide over 12,000 hours of service each year. Individuals can volunteer a couple hours a month to multiple times a week, or with projects and events as needed throughout the year.

Contact Kathy Gallogly at [kgallogly@magruerhospital.com](mailto:kgallogly@magruerhospital.com) or 419-734-3131 ext. 3256.

### Travel

The Magruder Hospital VIP Club is planning some great trips for later in 2021. These trips are not limited to just VIP members - friends and family of VIP members, as well as the general public, may participate in the trips.

For more information, please call Marty at 419-265-2479 or email Michele at [mmueller@magruderhospital.com](mailto:mmueller@magruderhospital.com).

Due to popular demand a second date for Cleveland 2 has been added to the trip schedule August 4, 2021.

### 2022 Trips

Charleston, SC - June 6-11, 2022.  
\$709 double occupancy

Boston, Salem & Cape Ann- October 13-18, 2022 \$619 double occupancy

Tropical Costa Rica- Departing March 14, 2022 9 days 14 meals \$2198 per person double occupancy includes airfare from Detroit.

California Dreamin': Monterey, Yosemite & Napa Departing July 18, 2022 8 days 12 meals \$2,999 per person double occupancy includes airfare from Detroit

Iceland's Magical Northern Lights Departing November 6, 2022 7 days 10 meals \$3,399 double occupancy per person includes airfare from Detroit

## COVID Testing

All COVID testing is done at the Community Clinic 730 Jefferson Street, Port Clinton. We offer COVID testing for pre-operative (regardless of where surgery is being done) with a provider order as well as symptomatic and exposure testing with a provider order. Providers can fax orders to 419-732-2864.

We offer Self-Pay COVID testing for travel, return to school, college, work and events that require COVID test results. Patients can pay via credit card when scheduling and results are available same-day. The PCR COVID test costs \$165 and can be scheduled by calling 419-301-4304.



## COVID Vaccines

We offer COVID vaccines at the Community Clinic (730 Jefferson Street, Port Clinton) to those eligible and can be scheduled by visiting the self scheduling link at [magruderhospital.com](http://magruderhospital.com) or calling the Community Clinic to get scheduled.

Magruder also offers COVID vaccines at The Pharmacy at Magruder on a walk-in basis every Friday and Saturday from 9 am - 5 pm. The Magruder Pharmacy is located at 615 Fulton Street, Suite 100, Port Clinton.