



June 2026

# Your Community Wellness Calendar

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



## HELPFUL COMMUNITY RESOURCES

Hey, community members!

# Tell us what you think!

### Community Health Needs Assessment Survey



Ottawa County is conducting a short (10-minute!) survey to understand health needs in the communities they serve.

Share your thoughts on community health needs and how we can make our community a healthier place to live!

Or visit:

<https://www.surveymonkey.com/r/2026OttawaCHNA>



## Inside...

- Service Highlight: **Wound Healing Center at Magruder**
- Education & Outreach: **2<sup>nd</sup> Annual Magruder Hospital Showcase**
- Wellness Tip: **Focus on Men's Health**

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
- LUNCH & LEARN: Social Security



# MAGRUDER HOSPITAL

WOUND HEALING CENTER

611 Fulton Street, Suite E | Port Clinton, OH 43452  
419-301-4380 | magruderhospital.com

## Come Heal with Us!

Nearly 7 million Americans are living with a chronic wound.



Healogics

The power to heal

We have **3** providers:

**MEDICAL DIRECTOR:**  
Dr. Kareem Dolce DPM

**CO-MEDICAL DIRECTOR:**  
Dr. Raymond Fuller

Tonia Copsey, MSN,  
ANP-C, CWOCN, CFNMP

And a staff of RNs and  
Front Office Coordinator

# 2025

**Center of Distinction and Clinical Excellence award winner**

### Wounds treated:

traumatic and surgical, venous and arterial, diabetic ulcers, pressure ulcers, osteomyelitis, burns and skin grafts, neuropathic wounds and more

*“Never doubt your importance to your patients. You didn’t just heal my wound, but my heart and mind also.”*

## 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 9am to 1pm. Contact Magruder’s Cashier Office to pre-pay by credit card: 419-734-3131 ext. 3508.



## LUNCH & LEARN

# SOCIAL SECURITY



Erin Thompson from the Social Security Administration will talk about signing up for an account on [ssa.gov](http://ssa.gov), signing up for Medicare, Social Security Disability, and Social Security Benefits.

### WHEN

Friday, June 12, 2026 • Noon

### WHERE

Magruder Hospital Conference Center

### RSVP

Please RSVP by Tuesday, June 9 to [rfall@magruderhospital.com](mailto:rfall@magruderhospital.com) or 419-732-4061.

When you call or email to RSVP, also let us know if you would like the boxed lunch. Cost for the boxed lunch is \$7 and you can pay the day of the program.

## 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.

- **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, June 26 and Friday, July 17, 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.



*Get ready for the*  
**2<sup>nd</sup> Annual**

# MAGRUDER HOSPITAL

SHOWCASE

MONDAY, JUNE 8  
2026

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## Monday, June 8, 2026 • 3-6 pm

*at the front of the hospital*

All ages are welcome!

Giveaways,  
\$30 walk-in school physicals,  
Kona Ice truck, popcorn,  
Health Department immunizations, Vein &  
Body pop-up event: walk-in Botox/Dysport  
services, cornhole, ladder ball, giant Jenga,  
free raffle basket drawings and more!

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

EDUCATION & RESOURCES  
ABOUT:

- Diabetes & Nutrition
- Pain Management
- Wound Care
- Transitional Care Program
- Cardiopulmonary Services
- Surgery
- Bone Density
- Community Health Worker
- Retail Pharmacy
- Neurology
- Urology
- and more!



## 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)

**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

**Biltmore Estate & Asheville, NC** - October 10-15, 2027 \$870 per person double occupancy

**Spotlight England** in December 2027

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: Focus on Men's Health

Focusing on men's health is essential because many serious health conditions can be prevented or treated more effectively



when caught early. Men face higher risks for diseases such as heart disease, cancer, and high blood

pressure, yet they are less likely to seek regular medical care or preventive screenings. June is Men's Health Month – what a great time to start implementing some healthy habits such as:

- Aim for 150 minutes of moderate exercise each week, such as biking, walking and strength training.

- Get 7-9 hours of sleep each night to support heart health, energy and mental well-being.
- Stay hydrated.
- Manage stress using healthy methods such as physical activity, time with supportive friends & deep breathing.
- Keep up on regular check-ups and screenings to catch things when they are easier to treat.