

Your **Community Wellness Calendar**

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



Inside...

Service Highlight: Anticoagulation Clinic at Magruder Hospital

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 to remember...

Wellness Programs
Education & Outreach
Support Groups
Enrichment

Service Highlight

Anticoagulation Clinic

The Pharmacy at Magruder offers an Anticoagulation Clinic. This clinic is located inside The Pharmacy, which is between Magruder's Urgent Care and ER. A physician referral is needed for these services, so if you

are currently receiving anticoagulation services out of our area, talk to your care provider about a referral to Magruder. For more information and to make an appointment call 419-301-4315.



Wellness Programs

Yoga

Yoga Tuesdays 6:00 to 7:30pm
Conference Center \$10/week or \$8/
week if paid monthly 419-734-2203

Beginner Yoga Tuesdays 4:30-5:30pm
Conference Center \$10/class or \$50
for 6-week session 419-341-6163
An introduction to yoga postures,
stretching, proper breathing, relaxation,
positive thinking and meditation

Aquatic Wellness

Aquatic Wellness Program at Lake Erie
Sports Medicine: \$25/month for 2 times
per week; \$35/month for 3 times per
week. New PT evaluation needed, order
from Dr. should be faxed to Central
Scheduling - Fax: 419-734-1618 - Call:
419-301-4330 - For questions contact
Judy 419-732-4033

Pilates

Pilates will resume in April 2020

Therapeutic Massage

Let massage therapist Jenn Caligiuri,
ATC, LMT help you decide which level
of therapeutic massage will work for
you, choosing among 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

Flu Vaccines

Adult Public Flu Vaccines in The
Pharmacy at Magruder (located in
the same building as Urgent Care) No
appointment required The Pharmacy
is open Monday through Friday 9am to
8pm and Saturday/Sunday 9am to 6pm
We can bill insurances – bring your
cards

Lab Work & Testing

Venipuncture/blood draw that includes
a Basic Metabolic Panel (glucose,
BUN/Creatinine, calcium, potassium,
sodium, chloride, CO₂, etc.) and a
Lipid profile (Total Cholesterol/LDL/
HDL/ Triglycerides), as well as a Blood
Pressure check; Cost is \$16. 2nd
Thursday each month between 9-11am
in the Magruder Lab 419-734-3131 Ext.
3420 for appointments

Free take-home colorectal health
screening kits available every Monday
through Friday in March from 10
a.m. – 2 p.m. in the main lobby of
the hospital. This is being offered to
increase awareness and early detection
of disease.

Education & Outreach

Men's Health Seminar

Signs, Symptoms & Treatment Options for Erectile Dysfunction and Male Stress Urinary Incontinence with Urologist, Dr. Brad Buck Thursday, March 26, 2020 Check-in at 5:30pm, Seminar at 6:00pm in the Magruder Conference Center To register for this FREE event, please call 1-866-869-7951

Blood Drives

American Red Cross Blood Drive: Friday, March 20, 2020 Magruder Conference Center 11am-4pm To schedule appointment call 1-800-REDCROSS or visit www.redcrossblood.org and enter sponsor code MAGRUDER HOSP. Or call 419-732-4061.

Monthly Luncheon

Monthly Luncheon Monday, March 16, 2020 Noon in the Conference Center Magruder Dietitians Tracy Stadler and Kim Leneghan will present "How to make sense of all the nutrition information overload." Cost for the event is \$6, payable that day. If you do not want to purchase lunch, the event is free. Participants should RSVP if they would like to attend and if you would like lunch to 419-732-4061 by Noon on Friday, March 13

Coffee with a Trooper

Join Ohio State Highway Patrol Trooper Kent Jeffries every Wednesday at 9am in the Fulton Street Café for coffee and conversation. This is open to the public.

Diabetic Events

Diabetes Get Together: Thursday, March 19, 2020 in the Magruder Conference Center Noon to 1pm Light refreshments served No RSVP required Magruder Pharmacist Meagan Markovich will do a program on "So many medicines . . . so confusing."

Diabetes Education instructional classes presented by our Dietitian and a Registered Nurse for diabetic individuals and their families. Physician referral needed. Call for times and dates. 419-734-3131 ext. 3544

Wellness Tip

Nutrition Tips from Magruder Dietitian Kim Leneghan, MS, RDN, LDN

- Trying to add a new healthier habit such as drinking more water? Combine it with a daily practice you already do without thinking much of such as brushing your teeth. Every morning have an 8oz glass of water ready to drink right after you brush.
- Need a pick me up at 10am, instead of coffee (or a cookie) reach for a pre measured handful of nuts and dried fruit. The combination of fats, protein and carbs will keep you full and awake until lunch. And you might even notice stronger nails thanks to the magnesium in the nuts.
- Ditch the overly processed vegetable oil for mild flavored avocado oil even in baking!
- 4 grams of sugar equal 1 teaspoon. Pick snacks and beverages with less than 8 grams of sugar.
- Eat a minimum of 5 servings of fruits and vegetables every day. Most Ohioans average only 1 of each per day.
- Craving something sweet or salty, set a timer for 20 minutes and wait it out. Chances are it'll pass.



Support Groups

Multiple Sclerosis Support Group 1st Tuesday each month 6:30pm-8pm Conference Center For more information 419-607-6021 or 419-607-6028

Mental Health Family Support Group 1st Tuesday each month 6-8pm Conference Center For more information 419-515-6930 or nami.eo.ohio@gmail.com

Alzheimer's Support Group 2nd Monday each month 9am Conference Center 419-734-3131 ext. 3363 for more information

Cancer Support Group 4th Wednesday each month 12:30pm Conference Center complimentary light lunch provided 419-301-4317



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.

Travel

A multitude of single-day and multi-day trips are offered every year. Coming in 2020 are Cleveland, Branson, Vermont, Canyon Country, Mount Rushmore and more. For more information call 419-734-3131 ext. 3147.

Sewing

Join the Sewing Group that meets in the Conference Center on Mondays from 9am to 1pm. Help with sewing projects for the hospital as well as mending and alterations for individuals. For more information call 419-734-3131 ext. 3256.

MARCH 2020 CALENDAR

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|-----|--------------------------------------------------------|----|----------------------------------------------------------------------------|
| All | Adult Public Flu Vaccines • M-F 9am-8pm; Sa-Su 9am-6pm | 16 | Monthly Luncheon: "How to make sense of all the nutrition overload" • Noon |
| 2 | Sewing Group • 9am-1pm | 17 | Beginner Yoga • 4:30-5:30pm |
| 3 | Beginner Yoga • 4:30-5:30pm | 17 | Yoga • 6-7:30pm |
| 3 | Yoga • 6-7:30pm | 18 | Coffee with a Trooper • 9am |
| 3 | Mental Health Family Support Group • 6-8pm | 19 | Diabetes Get Together: "So many medicines... so confusing" • Noon |
| 3 | Multiple Sclerosis Support Group • 6:30-8pm | 20 | American Red Cross Blood Drive • 11am-4pm |
| 4 | Coffee with a Trooper • 9am | 23 | Sewing Group • 9am-1pm |
| 9 | Alzheimer's Support Group • 9am | 24 | Beginner Yoga • 4:30-5:30pm |
| 9 | Sewing Group • 9am-1pm | 24 | Yoga • 6-7:30pm |
| 10 | Beginner Yoga • 4:30-5:30pm | 25 | Coffee with a Trooper • 9am |
| 10 | Yoga • 6-7:30pm | 25 | Cancer Support Group • 12:30pm |
| 11 | Coffee with a Trooper • 9am | 26 | Free Men's Health Seminar • 5:30pm |
| 12 | Monthly Lab Work • 9-11am | 30 | Sewing Group • 9am-1pm |
| 16 | Sewing Group • 9am-1pm | 31 | Beginner Yoga • 4:30-5:30pm |
| | | 31 | Yoga • 6-7:30pm |