



January 2026

Your Community Wellness Calendar

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



HELPFUL COMMUNITY RESOURCES

GREAT LAKES COMMUNITY ACTION PARTNERSHIP

UTILITY ASSISTANCE

GLCAP helps residents of Ottawa, Sandusky, Seneca, and Wood County, with emergency utility expenses, affordable energy bills, and more. We provide:

- Affordable payment plans
- Winter heating assistance
- Summer cooling relief
- Annual utility credits
- Energy-saving techniques



APPOINTMENT SCHEDULING:
419-273-4212

glcap.org/utilityhelp
FOR MORE INFORMATION: 800-775-9767



Inside...

- Service Highlight: **Lung Cancer Screening**
- Education & Outreach: **Off-Site Lab Draw Locations**
- Wellness Tip: **Intention & Balance in the New Year**

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

Lung Cancer Screening

YOU MAY QUALIFY IF YOU:

- Are age 55-77 years old
- Are a current smoker with at least a 30 pack-year history (number of packs smoked X number of years smoked)
- Are a former smoker who has quit within the last 15 years
- Have no signs or symptoms of lung cancer

Talk to your primary care provider to set up a lung cancer screening counseling and shared decision making visit.

IF SCREENING IS DETERMINED TO BE RIGHT FOR YOU, HERE'S WHAT TO EXPECT:

- It is a low dose chest CT scan that requires no prior preparation
- The scan takes 15-20 minutes
- Your primary care provider will call you with the results



WELLNESS | EDUCATION | OUTREACH

Lab Work & Testing -

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.

Line Dancing

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

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

Peninsula Medical Center Lab

1297 W. Main Street, Marblehead
419-798-4418

Tuesday & Thursday: 8am to Noon

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

PLEASE NOTE: There have been changes to the lab draw locations & hours since the printing of this calendar. Scan the code below for current lab information.

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.
 - 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.



Bassett's Market Knoll Crest
3994 E Harbor Rd
Port Clinton, OH 43452
phone 419-301-4339
fax 419-960-8027

HOURS:
Monday - Friday: 9:00am - 7:00pm*
Saturday: 9:00am - 5:00pm*
Sunday: closed
*closed for lunch daily 1:30-2:00pm



Magruder Pharmacy
for more information
scan the code
above or visit
magruderhospital.com

Blood Drives

The American Red Cross will host blood drives at Magruder on Friday, January 2, 2026, and Friday, February 20, 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

January 15, 2026 | Staying Active

February 5, 2026 | Stress Management Tips

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**

Cancer Get Togethers

January 28, 2026 | Cancer Services of Erie County

February 25, 2026 | Survivorship - *Laura Muller, CNP*

March, 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 4th 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





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Enrichment

VIP ON-THE-GO TRIPS



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

- Ohio's Amish Country Tour** - April 22, 2026 \$129 per person
- New Orleans** - May 17-23, 2026 \$907 per person double occupancy
- Greenfield Village** - May 20, 2026 \$135 per person

- Neil Diamond Tribute** - June 18, 2026 \$185 per person
- Myrtle Beach Show Trip** - October 5-10, 2026 \$783 per person double occupancy
- Cuyahoga Train Trip** - October 16, 2026 \$149 per person

- South Pacific in February 2027**
- South Africa, Victoria Falls, Botswana in April 2027**
- Quebec in June 2027**
- England in December 2027**


Auxiliary Volunteers

Would you like learn more about volunteering at Magruder Hospital?

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

FLU & COVID VACCINES

IN THE COMMUNITY & IN THE HOSPITAL



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.

Walk-In Flu & COVID Shots

available during regular hours at



at **BASSETT'S**

WELLNESS TIP: Start the New Year with Intention & Balance

The new year is the perfect time to reset and prioritize your well-being. Begin by setting realistic, achievable goals—small changes often lead to lasting results. Focus on daily habits like drinking more water, eating balanced meals, and moving your body regularly. Incorporate mindfulness practices such as journaling or deep breathing to reduce

stress and improve mental clarity. Schedule time for sleep and self-care, as rest is essential for overall health. Avoid the pressure of perfection; progress matters more than quick fixes. Celebrate each positive step and stay flexible—life happens! By committing to simple, sustainable habits, you'll create a foundation for a healthier, happier year ahead.

