

# Your Community Wellness Calendar

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



## HELPFUL COMMUNITY RESOURCES

### CAREGIVER SUPPORT PROGRAM

For Families and Persons Caring for Older Adults.

*When you're caring for a loved one, we will be with you all the way.*



#### Caregiver Support Program Works to:

- Reduce caregiver stress, burden, and injuries
- Increase caregiver confidence and knowledge
- Improve quality of care
- Help caregivers balance their lives and caregiving responsibilities



#### Eligible Populations

- Caregivers of any age who are providing care for a person age 60+ who is frail.
- Caregivers caring for an individual with Alzheimer's Disease or related disorder regardless of their age.

#### Services Available

*NOTE: Services are Temporary and Dependent upon Location*

##### Information & Assistance

Information given as in support group, education and training, and Caregiving Smarts Guide. Honoring Caregivers Recognition event in November.

##### Supplemental Services

Durable Medical Equipment or Nutritional Supplement on a limited basis.

##### Temporary Respite

Personal Care/Homemaker, Adult Day Care or Institutional Care to temporarily relieve family caregiver from their responsibilities.

##### Caregiver Counseling

Professional counseling provided by a licensed individual to help family caregivers cope with personal problems related to caregiving.

Visit their website for upcoming caregiver programs and events and to sign up to receive the bi-monthly emailed newsletter.

Scan the code



or go to: [areaofficeonaging.com/programs/](http://areaofficeonaging.com/programs/)

## Inside...

Service Highlight: **Cardiac Rehabilitation**

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Wellness Tip: **Know Your Numbers for Heart Disease**

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: Cardiac Rehab

Participating in Cardiac Rehab following a heart related episode can improve your lifestyle and help you decrease the chances of a recurrence.



the way. It can be a scary time after a heart related episode such as heart attack, bypass surgery, stents, valve repair or replacement or angina. The Magruder cardiac rehab specialists understand and will help ease your fears.

Cardiac Rehab is a continuous monitoring program consisting of physical exercise and education. It is all personalized to meet your needs and our cardiac rehab specialists are there with you every step of

For further information contact your physician or Magruder Cardiac Rehabilitation at 419-734-3131 ext. 3695.

## 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.

## WELLNESS TIP: Know Your Numbers for Heart Disease

Heart disease remains the leading cause of death worldwide, but the good news is that many risks can be reduced simply by understanding and managing a few key health numbers. Recent updates to heart

health guidelines emphasize prevention, early action, and personalized care—making it more important than ever for people to monitor

their cardiovascular health. Goals and guidelines can vary depending on family history and other health issues, so check with your primary care provider to see what your specific numbers should be.

- Blood pressure is the #1 preventable risk factor for heart attack, stroke, heart failure, kidney disease and even cognitive decline. Keeping blood pressure under control – ideally below 130/80 mm Hg is now a central goal for adults to reduce long-term cardiovascular risk.
- For cholesterol, instead of a universal

number to aim for, goals now vary based on personal risk factors such as diabetes or a family history of early heart disease.

- Lifestyle indicators such as eating more whole foods, keeping sodium below 2,300 mg per day and limiting added sugar are important to keep track of. Maintaining a healthy weight and doing around 150 minutes of physical activity per week can help manage blood pressure and cholesterol.

By tracking blood pressure, cholesterol and healthy habits, you can take meaningful steps to protect your heart.



## 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, February 20, 2026, and Friday, March 13, 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 from 5:30pm to 7:00pm. Cost is \$5 per class. For questions, call 440-420-6061.

## GET TOGETHERS | SUPPORT

### Diabetes Get Togethers

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

### Cancer Get Togethers

**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 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)**





# 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

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

**New Orleans** - May 17-23, 2026 \$907/person double occupancy

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

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

**Myrtle Beach Show Trip** - October 5-10, 2026 \$783/person double occupancy

**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

## 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 ON THE INTERNET & SOCIAL MEDIA

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

 @MagruderHospital

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 YouTube @MagruderHospital

 @MagruderHospital

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)