

Your **Community Wellness Calendar**

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



HELPFUL COMMUNITY RESOURCES

Ottawa County Senior Resources offers a multitude of services for those 60+ in Ottawa County. They can be reached at 419-898-6459, ksedlak@co.ottawa.oh.us or dmortensen@co.ottawa.oh.us

- Home Delivered Meals are available for people 60+ who are homebound and need help obtaining and/or preparing food.
- Senior Centers provide a place for a meal, socialization, support and recreation. There are senior centers in Elmore, Genoa, Oak Harbor, Port Clinton, Danbury and Put-in-Bay.
- They have a small program through the senior levy in Ottawa County for those needing personal care help at home.
- They are available for information and referral for many resources in the area including File of Life, Project Lifesaver, Ottawa County Senior Directory and more.

Inside...

Service Highlight: **Magruder Transitional Care**

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...

Wellness Programs & Special Events
Education & Outreach
Enrichment
COVID Testing & Vaccines

Service **Highlight:** Diabetes Education

The goal of the Outpatient Diabetes Education Program is to provide information about diabetes you need to set yourself on a course of good health and self-management.

Here is what you can expect if you join our program:

- One on one and group appointments to individualize your plan of care and enhance your learning
- Follow up for one year to support you in reaching your goals
- Luncheons to share your successes with the group
- A healthier you for taking control of your diabetes

For more information, please call Tracy Stadler, RD, LD, CDCES at 419-732-4047.

The Magruder Diabetes Self-Management Education program has been awarded continued Recognition from the American Diabetes Association. All of our staff are Certified Diabetes Care and Education Specialists (CDCES). Physician referral is required to attend the program.

Diabetes Classes

Classes are filled with information about the disease of diabetes and how to manage activities around diabetes. You are encouraged to bring a family member or friend who is closely involved in your daily activities so that they may share in the education process. You will receive a custom tailored, individual plan, so we ask that a General Assessment Form is completed by your physician prior to the first appointment.

The program consists of six sessions. The initial 2 sessions are individual appointments with the nurse and the dietitian. During the first visit, staff will show you how to assess your blood sugar, weight, feet and lower extremities. This is followed by 3 group sessions and one follow up group session. The Diabetes Educators will contact you to schedule appointment times. Class size is limited and two contact attempts will be made before the referral is sent back to the physician.

Please contact Amanda Chaney, RN, BSN, CDCES, Diabetes Nurse Educator, before class at 419-734-3131 ext. 3371 with any concerns or questions.

Quarterly Diabetes Education Refresher Courses

There are quarterly refresher courses available for anyone who has been through the program. An order from your physician is required.



Wellness Programs

Lake Erie Sports Medicine

Magruder Lake Erie Sports Medicine has so much to offer for those who are looking to relax, feel better and get active. Call 419-732-4033 for more information about wellness, massage therapy, dry needling and more.

Lab Work & Testing

Magruder Hospital will continue to offer the monthly lab screening on the 2nd Thursday each month between 8am and 11:30am at the Magruder Community Clinic 730 Jefferson Street in Port Clinton. Appointments are required and can be made by calling 419-301-4304. The \$20 screening includes a Basic Metabolic Panel (glucose, BUN/Creatinine, calcium, potassium, sodium, chloride, CO2) and a Lipid profile (Total Cholesterol/LDL/HDL/Triglycerides), as well as a Blood Pressure check. 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.

American Red Cross Blood Drives

The American Red Cross will host a blood drive at Magruder on Friday, May 27, 2022 from 11am 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.

Time for Health Videos

Magruder's Time for Health show can be found on our website magruderhospital.com. Our 10-15 min. episodes cover a variety of topics including: Palliative Care, Depression, Ottawa Co. Senior Directory, Caregiver Stress and more.

Wellness **Tip**: Taking Care of the Caregivers

Being a caregiver can be a heavy load, especially since the COVID pandemic has complicated the process of finding home care, or arranging respite, short term or long term care in a facility. Here are a few tips for care giving, as well as caring for the caregiver.

- Gather the troops and come up with a plan. What are the needs (bathing, organizing meds, transportation, checking in, cleaning, accompanying to doctor appointments) and who can help with what. Be specific.
- Ask around for community, adult day care and social service resources, and don't be afraid to ask them for help.
- Chances are, there are others in your personal or professional circle who are also caring for a loved one. Lean on each other for support, share tips, trade helping each other out.
- Carry a notepad to make lists or keep notes from appointments.
- Batch cook and keep healthy snacks and water on hand to keep yourself healthy and properly fueled.
- Try even just a few minutes of meditation. Even short bits of deep breathing and letting go can help clear the mind and keep things in perspective.
- Don't cheat yourself on sleep or keeping active.

Taking care of a loved one is a tremendous gift, but don't lose sight of the fact that we all need a little TLC from time to time.



Enrichment

Volunteer Opportunities

The Magruder Auxiliary recognizes the important work of all our Magruder Volunteers! Thank you for helping people find their way around, making reminder calls, working in the gift shop, and helping in all our many departments. If you are looking to meet new people and share your time and talent 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@magruderhospital.com or 419-734-3131 ext. 3256.

Travel

VIP Club On The Go Trips: 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 further information or reservations contact Marty at 419-265-2479 or Michele at mmueller@magruderhospital.com

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

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

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

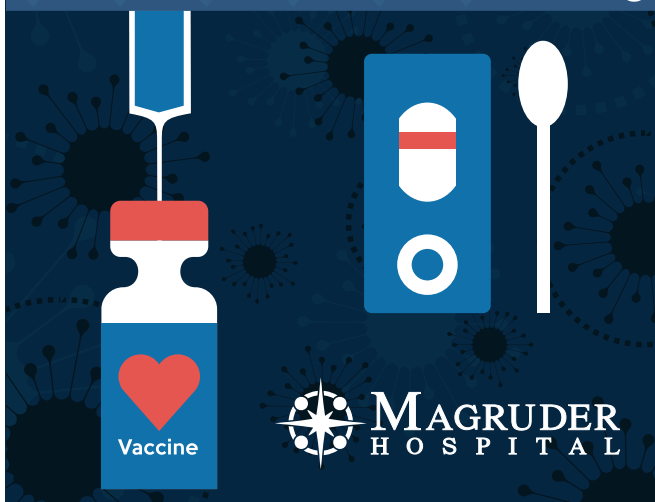
Iceland's Magical Northern Lights - Departing November 6, 2022 7 days 10 meals \$3,399 double occupancy per person includes airfare from Detroit

Testing

All COVID testing is still being done at the Magruder 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.

Magruder also offers Self-Pay COVID testing for travel, return to school, and events that require COVID test results. Patients can pay via credit card when scheduling and results are available within 72 hours. The PCR COVID test costs \$165 and must be scheduled by calling 419-301-4304. No walk-ins will be accepted.

COVID vaccine/booster & testing



Vaccine

Magruder Hospital is offering the Moderna COVID booster vaccine and 1st and 2nd dose vaccine.

All of these vaccines are available by walk-in at the retail pharmacy during normal business hours:

Monday through Friday
9 am – 6 pm

Saturday & Sunday
9 am – 5 pm