

Your **Community Wellness Calendar**

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



Inside...

**Service Highlight: Magruder Laboratory Services
at the hospital & in the county**

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

Laboratory Services Magruder's lab can perform testing on blood, urine or stool samples to help with any number of issues from pre-employment drug screening, medication effectiveness or diagnosing an illness. The lab at Magruder has earned AABB (American Association of Blood Banks) Accreditation as well as Accreditation of the College of

American Pathologists (CAP). Both designations involve stringent inspection of records, procedures, staff education, safety, management and innovation. The lab at Magruder is staffed 24/7. Many outpatient services require a physician's order, but some do not. Whatever the test, whoever the physician, Magruder Hospital's lab and 3 off-site draw stations can help meet your healthcare needs close to home.

R.W. Minick Medical Center
11697 W. St. Rt. 163
Oak Harbor, OH 43449
419-898-0993
M-F 8am-4:00pm

Ottawa Family Care Center
2861 E. Harbor Rd
Port Clinton, OH 43452
419-732-1833
M-F 8am-4:00pm

Peninsula Medical Center
1297 W. Main St.
Marblehead, OH 43440
419-798-4418
Wed 9am-12 Noon
Thur 9am-12 Noon

Magruder Hospital
615 Fulton St.
Port Clinton, OH 43452
419-734-3131 ext.3420
M-F 7am-5:30pm
Sat. 7am-2pm



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 Exercise

Aquatic Exercise Program at Lake Erie
Sportsmedicine \$25 for 2 times per
week for 4 weeks. Release from Dr.
required. 419-734-3131 ext. 3475 ask
for Judy

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

Monthly Lab Work

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

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
8am and Saturday/Sunday 9am to 6pm
We can bill insurances – bring your
cards

Education & Outreach

Monthly Luncheon

Monthly Luncheon Monday, February 17, 2020 Noon in the Conference Center
Heart Medications: What they are, how they work and why are there so many?
With Jon Keeley, R.Ph.,M.S. 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, February 14

Diabetic Events

Diabetes Get Together: Thursday, February 20, 2020 in the Magruder Conference Center Noon to 1pm Light refreshments served No RSVP required
The Magruder Diabetes Educators will present a program on "Diabetes Complications"

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

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.

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.

Wellness Tip

4 recommendations to help with dry winter skin from Michelle Bodie, PA-C, from Dermatology Partners:

- Even though it's winter, you still need daily sun block
- Use a humidifier in your house
- Take fewer showers & use warm/cool water instead of hot - and make sure you moisturize afterward
- Use basic fragrance free moisturizing cream at least twice a day



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.



Fly through the flu.

Don't let a minor illness or injury spoil your winter fun. Magruder Hospital Urgent Care offers quick walk-in care for flu, ear infections, sprains, burns, cuts and more. Get excellent adult and pediatric treatment, including onsite lab work and X-rays.

If your problem turns more serious, the hospital's ER is just steps away. **Learn more at magruderhospital.com.**



URGENT CARE