MAGRUDER HOSPITAL
It's How We Care

September 2024

Your **Community Wellness Calendar**

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

HELPFUL COMMUNITY RESOURCES

The Ottawa County Task Force on Aging was created to address issues facing Ottawa County Senior Citizens (age 60+), as well as raise awareness of the problem of elder abuse, neglect and exploitation. This collaborative works to solve problems and find practical ways to improve the quality of life for seniors in our community. We do this through our Interdisciplinary Team Meetings, Volunteer Guardianship Program, World Elder Abuse Awareness Day and the upcoming Summit on Aging, which is held annually to educate the public about issues impacting seniors, including abuse, neglect and exploitation. This year we are focusing on some of the topic areas identified in the most recent Community Health Needs Assessment including Mental Health, Housing and Physical Activity.

Tuesday, September 10, 2024 at St. Paul United Church of Christ 165 N. Toussaint Street Oak Harbor, Ohio 43449

8:30 am – Registration & Breakfast Goodies

9:00 am – 12:30 pm - Program

RSVP to the Ottawa County Task Force on Aging by calling 419-732-4061 or emailing ottawacoaging@gmail.com

Inside...

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
- Flu Shots
- VIP Trips
- Blood Drives

SERVICE HIGHLIGHT: ONCOLOGY

Partnering to cure cancer close to home.

In 2023, Magruder Hospital, Firelands Regional Medical Center, Fisher-Titus Medical Center and NOMS announced a collaborative effort to support cancer care across the region. This collaboration is in conjunction with University Hospitals Seidman Cancer Center.

Through this collaboration, patients have access to over 400 clinical trials and advanced treatment options, ranging from a pioneering stem cell transplant program founded more than 45 years ago, to cellular/adoptive therapies, other immunotherapies, and proton therapy.

Once your healthcare provider makes a referral to Magruder Hospital Cancer Services, you will have an initial appointment to meet with the oncologist and nurse to discuss your diagnosis to develop a personalized plan of care.

Chemotherapy, Infusion Therapy, and Hematology (blood disorders) treatment is available at Magruder. If Radiation Therapy is recommended, we will partner with Firelands Regional Medical Center, which is also an oncology affiliate of University Hospitals Seidman Cancer Center.

Thanks to this unique regional partnership, you have local access to nationally recognized physician experts and a cancer program ranked nationally for outcomes.

Best of all, that access is available right here at Magruder, a hospital nationally recognized for patient satisfaction. If you need cancer care, talk to your physician about Magruder.

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, at the Magruder Community Clinic, 730 Jefferson Street in Port Clinton.

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
Vitamin D: $35

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 AmEx).

Multiple Sclerosis Support Group

The Multiple Sclerosis Support Group meets in the Magruder Conference Center on the 2nd Tuesday each month from 6:00pm to 7:30pm. The next meeting will be September 10th and a nurse from Home Instead will talk about tips for staying at home. For more information, call 419-607-6021.

Yoga

Yoga classes are offered in the Magruder Conference Center on Wednesday evenings from 5:30-6:30pm. 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.

During each session, instruction will be given for yoga postures, breathing techniques, relaxation, stretching, positive thinking, and meditation. Please bring a yoga mat and any props you like such as blocks and/or blanket. Wear layered comfortable clothing. For more information call 419-967-3030 or 419-732-4061.

Cancer Get Togethers

The first Cancer Get Together of the 2024/2025 series will be Wednesday, September 25, 2024 at 1pm in the Conference Center and the topic will be the Community Health Worker program with Marsie McLaury. These get togethers meet one Wednesday each month from 1:00 to 2:00pm in the Magruder Conference Center. This group is 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 to present on a different topic each month, and then the remainder of the time will be for questions and answers and open discussion. The group will meet from September through May (no meeting in December). Refreshments will be served, so RSVP if possible to Taffy Armstrong at 419-734-3131 ext. 3729 or tarmstrong@magruderhospital.com.

Blood Drives

The American Red Cross will host blood drives at Magruder on Friday, September 27, 2024 and Friday, October 11, 2024 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.

Flu Shots

The Magruder Pharmacy is offering flu shots in the community. We have regular and high dose flu vaccine available and can bill insurances, so be sure to bring your card. If you don't have insurance, the cost of a regular dose flu shot is $35, and the cost of a high dose flu shot is $75. Individuals can also check with their Primary care Provider about getting a flu vaccine at their office.

Flu shots will be available by appointment at the Magruder Monthly Community Lab Screenings held at the Community Clinic 730 Jefferson Street in Port Clinton. The dates for these by-appointment flu shots are: September 12, October 10, November14, and December 12. Call 419-301-4304 for more information and to make an appointment. Anyone is welcome to make an appointment for these flu shot clinics – not just those who are participating in the lab screening that day.

MEDICARE UPDATE

Parts A, B, D & Advantage

Bring your Medicare card, list of medications and your Medicare.gov info if you are already signed up on the site. If you would like to fill out the comparison form ahead of time, contact Rachel and she can send or email it to you.

WHEN
Monday, October 21, 2024
Noon

WHERE
Magruder Hospital Conference Center

RSVP
Please RSVP by noon the Friday prior to rfall@magruderhospital.com or 419-732-4061.

When you call or email to RSVP, also let us know if you would like the boxed lunch. Cost for the boxed lunch is $7 and you can pay the day of the program.

Diabetes Get-Togethers

Get-togethers will be held one Thursday a month, September through May in the Magruder Conference Center (no meeting in December.) No RSVP necessary. Join us for 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.

Once a Month • September - May (except December) **• 1-2 pm**
Conference Center at Magruder Hospital
615 Fulton Street, Port Clinton

September 12, 2024
Diabetes & Skin Care

October 3, 2024
Understanding Food Labels

November 7, 2024
Healthier Holiday Desserts

January 9, 2025
Healthy Snacking & Diabetes

February 6, 2025
Diabetes & Heart Health

March 6, 2025
What is an A1C?

April 3, 2025
Factors Affecting Blood Sugar

May 1, 2025
Camping & Diabetes

Questions?
Contact Tracy Stadler, RD, LD, CDCES
Director of Food & Nutrition Services
419-732-4047 or
tstadler@magruderhospital.com

Flu shots will be available on a walk-in basis at the following:

Wed., September 18:
Kozy Corners
501 W Oak St.
Oak Harbor
11am - 1pm

Wed., September 18:
Community Clinic
730 Jefferson Street
Port Clinton
2-4pm

Thu., October 3:
Lakeside Fountain Inn
225 Maple Ave
Lakeside
10am - Noon

Enrichment

Auxiliary Volunteers

Would you like to give back to the community by becoming a Magruder Auxiliary Volunteer? For more information, reach out to Kathy at kgallogly@magruderhospital.com or 419-734-3131 ext. 3256.

VIP 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

November 8, 2024 One day bus trip to Frankenmuth $89 per person – Depart at 8am and return at 8:30pm. Trip includes motorcoach transportation, Christmas bus bingo, a Frankenmuth coupon book and goodie bag, shopping at Bronner's and downtown. Meals on your own. Contact Stephanie at 1018 Travels 419-685-7058 or Stephanie@1018travels.com

Collette trip- **Tropical Costa Rica** February 26 - March 6, 2025 $2,999 per person, double occupancy

Diamond Tour Bus Trip – **Atlantic City, Cape May and Philadelphia** June 2-June 6, 2025 $835 per person, double occupancy

Collette trip – **Alaska Discovery Land and Cruise** July 23 - August 3, 2025 $6,399 per person, double occupancy

Collette trip – **Explore Tuscany** September 3-September 11, 2025 $4,399 per person, double occupancy

Diamond Tour Bus Trip – **New Hampshire and the White Mountains** September 22-September 27, 2025 $959 per person, double occupancy

Save Your Pumpkins 5K

Magruder Hospital, Bellevue Hospital, Firelands Health and Fisher Titus will be hosting the annual Save Your Pumpkins 5K on Saturday, October 5, 2024 at 9am at Battery Park in Sandusky. All proceeds benefit the foundations of each of the North Coast healthcare Collaborative health systems. To learn more, go to **www.firelands.com/saveyourpumpkins**

WELLNESS TIP: Stress Eating

Stress eating happens to just about everyone. And it's not something that can be fixed with one change – it involves a combination of small steps over a period of time to help control our eating.

- What is your trigger? Do you know? If not, keeping a journal can help you to identify patterns of stress eating.
- Always make sure that you have healthy options in your refrigerator/ pantry for when the emotions take over. You don't always have to deny yourself of your craving – but a healthy option can still satisfy a craving if it is just something like a "crunch" that you crave. If you have a specific craving, sometimes it's best to satisfy it with the food you want – just have a small amount of it – sometimes it's just the taste that we want because we have told ourselves that we "shouldn't have it."
- Always remember – all foods can fit in moderation. Once we realize that we don't have to give up our favorites, it's easier to make a healthier choice when given the option.
- Don't skip meals – this is probably the most common practice of Americans. Keep in mind that the body can go about four to six hours between meals – this keeps us from becoming so hungry that we try to eat the kitchen sink. This is probably when we take in the most calories from the "extra helpings" we have with our meal after not eating all day. Our body is smart – it knows when you don't eat regular meals and it will hold on to the extra food you are eating just in case you decide to skip meals again. This is how we gain unwanted weight.
- Find ways to manage stress, like exercise, walking, stretching or meditating. You don't need anything fancy or expensive to do those things. It's often a matter of slowing down for a minute, thinking a little more clearly, getting some fresh air and some fresh perspective. All of that can help keep us from going to the kitchen and resorting to old habits.