MAGRUDER HOSPITAL
It's How We Care

July 2025

Your **Community Wellness Calendar**

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

HELPFUL COMMUNITY RESOURCES

Ottawa County Family Advocacy Center: Empowering Families, Supporting Communities

The Ottawa County Family Advocacy Center (OCFAC) is a dynamic nonprofit organization committed to meeting the evolving needs of children and families across our region. With a mission rooted in feeding, mentoring, educating, and advocating, OCFAC delivers comprehensive social support services that uplift individuals and strengthen communities.

In 2024 alone, OCFAC's Til' Next Time (TNT) Mentoring program created 116 one-on-one mentoring matches, pairing positive adult role models with youth facing challenges. The GrandLove program supported over 125 kinship families, empowering grandparents and other relatives raising children with critical resources and advocacy.

OCFAC also combats food insecurity through several impactful programs. Nearly 3,500 Fuel for Kids meal bags were distributed to students for weekends and breaks, and over 200,000 meals were served through the Summer Food Service Program.

Beyond direct service programs, OCFAC leads initiatives including the Homelessness Coalition, Tornado Relief Fund, free community meals, case work, educational sessions, and more—all driven by a deep commitment to community responsiveness.

Serving Ottawa County and beyond, OCFAC collaborates with trusted partners to ensure no family faces hardship alone. To learn more or get involved, visit www.ocfamilyadvocacy.org or call 419-301-0225.

Inside...

Service Highlight: **Specialty Clinics Showcase**
Education & Outreach: **Yoga - NEW TIME**
Wellness Tip: **Antioxidants**

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
VIP Trips
Blood Drives & Off-Site Lab Locations

MAGRUDER HOSPITAL

Specialty Clinics SHOWCASE

THE BIG THIS WAY

Tuesday,
August 12, 2025
3 - 6 pm

COME ONE COME ALL

SCREENINGS

GAMES & ACTIVITIES

RAFFLE BASKETS & GIVEAWAYS

FREE HOT DOGS & TREATS + KONA ICE TRUCK

FEATURING

Community Health Worker
Neurology
Occupational Health
Orthopedics
Pain Management
Pharmacy
Podiatry
Surgery
Urology
Vein & Body
Wound Care

PLUS

Occupational Health will be offering **school physicals** for $30 and the Health Department will be on-hand for **immunizations**

Parking will be available behind the hospital and on Short Street. Use the walking path to get to the check-in tent.

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Yoga

We now have TWO yoga classes in our conference center.

- (New time starting in July) **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.
  No class 7/30/25
- **Tuesday and Thursday evenings** Hatha Yoga classes are geared for all levels of ability.
  - **Tuesdays 6:00-7:15pm**. For more information call 419-349-6641.
  - **Thursdays 5:30-6:45pm**. For more information call 330-858-1890.

Lab Work & Testing - NEW Put-in-Bay Screenings

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 being offered on Put-in-Bay one Friday a month: 7/11, 8/1, 9/5, 10/3, 11/7, 12/5 and beyond. Call 419-301-4304 option 1 to make an appointment.

Blood Drives

The American Red Cross will host blood drives at Magruder on Friday, July 18, 2025 and Friday, August 8, 2025 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.

Magruder Off-Site Lab Locations

Magruder Hospital Lab
615 Fulton Street, Port Clinton
419-734-3131 ext. 3414
Monday – Friday: 7:00am to 5:30pm
Saturday: 7:00am to 2:30pm

RW Minick Medical Center Lab
11697 W. State Route 163, Oak Harbor
419-898-0993
Monday – Friday: 8:00am to 1:00pm

Peninsula Medical Center Lab
1297 W. Main Street, Marblehead
419-798-4418
Tuesday & Thursday: 8:00am to Noon

Ottawa Family Care Center Lab
2861 E. Harbor Road, Port Clinton
419-732-1833
Monday & Wednesday: 7:30am to 1:00pm
Friday: 7:30am to Noon

Put-in-Bay EMS
528 Catawba Ave, Put-in-Bay
One Friday a Month: 8am-Noon (7/11, 8/1, 9/5, 10/3, 11/7, 12/5 and beyond)

MAGRUDER ON THE INTERNET & SOCIAL MEDIA

magruderhospital.com

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Enrichment

VIP ON-THE-GO TRIPS

MAGRUDER HOSPITAL

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

1018 Travels Day Trip: **Cleveland Christmas Story House** Friday, August 22, 2025 9am pick up time and 6pm return time $99 per person

1018 Travels Day Trip: **Ohio's Amish Country Fall Tour** Wednesday, October 15, 2025 8am pick up time and 7pm return time $125 per person

1018 Travels Day Trip: **Scrooge! The Musical Dinner Theater** Wednesday, December 3, 2025 7:30am pick up time and 6pm return time $139 per person

Collette Trip – **New York City Holiday** December 5-9, 2025 $3,299 per person double occupancy. Register by June 5, 2025

Trips Coming in 2026:

Sunny Portugal - March 19-28 $3,799 per person double occupancy

Shades of Ireland - June 14-23 $5,499 per person double occupancy

Myrtle Beach – October 5-10 $783 per person double occupancy

New Orleans – May 17-23 $907 per person double occupancy

Christmas on the Danube – December 7-15 prices range based on cruise accommodations starting at $3,998 per person

WELLNESS TIP: Antioxidants

Antioxidants are vitamins and nutrients found in food that help protect your cells from damage. Eating antioxidant-rich foods may help reduce your risk of chronic diseases and support overall health.

Vitamin C Helps protect cells and keeps your immune system strong. *oranges, kiwi, lemons, grapefruits, bell peppers, strawberries, tomatoes, broccoli, cauliflower, Brussels sprouts, cabbage, white potatoes*

Vitamin E Supports skin and eye health and protects cells.*almonds, hazelnuts, sunflower seeds, Brazil nuts, wheat germ oil, sunflower oil, salmon, rainbow trout, avocado, sweet red pepper, mango, kiwi, turnip greens, peanuts, pine nuts*

Selenium An important mineral that supports your immune system and thyroid function. *seafood, organ meats, turkey, ham, chicken, cottage cheese, eggs, milk, yogurt, brown rice, oatmeal, lentils, baked beans, Brazil nuts, sunflower seeds, cashews, mushrooms, bananas*

Carotenoids Support eye health and may reduce disease. *carrots, pumpkin, sweet potatoes, mango, papaya, tangerine, cantaloupe, oranges, yellow squash, yams. kale, spinach, broccoli, tomatoes, watermelon, red bell peppers, avocado, egg yolks, corn*

Anthocyanins Power plant pigments that support heart and brain health. *strawberries, blackberries, blueberries, mulberries, elderberries, raspberries,*

sour cherries, lingonberries, black grapes, plums, sweet cherries, pomegranate, red cabbage, eggplant, purple corn, purple cauliflower, black carrots, black beans, red wine (in moderation)

Melatonin Melatonin is a natural hormone that helps regular sleep and is also found in some foods. *pistachio, almond, cashew, rice, oats, tart cherries, bananas, goji berries, milk, mushrooms, corn, fatty fish*