MAGRUDER HOSPITAL
It's How We Care

February 2025

Your **Community Wellness Calendar**

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

HELPFUL COMMUNITY RESOURCES

Great Lakes Community Action Partnership (GLCAP) offers two important programs this time of year: the Winter Crisis Program, and the Home Energy Assistance Program (HEAP).

The Winter Crisis Program helps residents of Ottawa, Sandusky, Seneca, and Wood counties who have received a gas or electric disconnect notice or have already had utilities disconnected. The program can also assist those who are facing a shortage of bulk fuel such as wood, propane, or fuel oil, or need new or transferred service with a utility company. This program is available through March 31, 2025.

Whereas the Winter Crisis Program provides emergency heating support, the Home Energy Assistance Program (HEAP) offers a once-per-year utility credit that helps low to moderate-income households offset the cost of utilities or fuel supplies. The credit is directly applied to the household's utility or bulk fuel account. The 2025 HEAP credit amounts are determined by the State of Ohio Department of Development. Clients will receive a letter once the amount is determined to let them know how much the benefit will be and when the benefit will be credited to their account.

Both programs are available for household size of 7 or less that are at, or below 175% federal poverty guidelines (e.g. $26,355/household of one; $54,600 household of four) and for household sizes of 8 or more that are 60% of state median income. While Winter Crisis applications require an in-person appointment, HEAP applications may be completed online or via mail.

HEAP applications are available through the Ohio Department of Development's website at www.development.ohio.gov as well as GLCAP's utility assistance website at www.glcap.org/winterheating. Those who need help through the Winter Crisis Program may also use the GLCAP website or call 419-273-4212 to schedule an appointment for assistance.

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...

SERVICE HIGHLIGHT: Community Health Worker

Magruder has a Certified Community Health Worker who helps support residents of any age in Ottawa County by connecting them to resources for any of the following referral risk factors: alcohol/substance abuse, childcare, chronic disease (heart, diabetes etc.), depression or other mental health needs, developmental delays, domestic violence, education assistance, employment, financial assistance, food, housing, insurance, legal, nutrition and physical activity, transportation and more.

Anyone can make a referral, even the person looking for help. They can call 419-301-4303 option 3, or email communityhealthworker@magruderhospital.com.

The Community Health Worker will reach out to talk about what their needs and barriers are and connect them to resources to help meet their needs and minimize barriers. The Community Health Worker stays connected to the community member to make sure other needs or barriers are addressed. This approach helps community members become self-sufficient while also addressing the social determinants of health, reducing disparities and improving population health.

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).

Magruder Pharmacy Second Location

The second Magruder Pharmacy location will be opening February 3, 2025 at the Bassett's Knoll Crest location! Hours for this location will be Monday through Friday 9am to 7pm, Saturday 9am to 5pm, closed Sunday. Closed for lunch 1:30 to 2:00pm. The phone number is 419-301-4339.

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

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

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 February 11, 2025. For more information, call 419-607-6021.

Blood Drives

The American Red Cross will host blood drives at Magruder on Friday, February 21 and Friday, March 14, 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.

NEW Vein and Body Specialists

Magruder Hospital welcomes Vein and Body Specialists at Magruder beginning February 18, 2025. They will be located at 615 Fulton Street Suites 200 & 300, just past the ER. The phone number is 419-301-4390 and the hours will be Monday through Thursday 7:30am to 4:30pm.

Yoga

We now have TWO yoga classes in our conference center.

- **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. For more information call 419-967-3030.
- **Tuesday and Thursday evening** Hatha Yoga classes, geared for all levels of ability, begin January 2, 2025. Cost for Tuesday and Thursday classes is $5 per class.
  - **Tuesdays from 6-7:15pm**. For more information call 419-349-6641.
  - **Thursdays from 5:30-6:45pm**. For more information call 330-858-1890.

Cancer Get Togethers

Cancer Support Get Togethers will meet monthly on the 4th Wednesday 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 presentation on a different topic each month, and then the remainder of the time will be for questions/answers and open discussion. The group will meet from September through May (no meeting in December).

4th Wednesday September through May (except December) • 1-2 pm
Conference Center, Magruder Hospital, 615 Fulton Street, Port Clinton

September 25, 2024
Community Health Worker - Marsie McLaury

October 23, 2024
Cancer Services of Erie County

November 20, 2024 (3rd Wednesday)
The ins and outs of insurance - Laura Muller, NP and Rachel Fall, LSW

January 22, 2025
Side Effects/When to report side effects - Laura Muller, NP

February 26, 2025
Coping with cancer; family & patient - Mary Grieger, RN Oncology

March 26, 2025
Advanced Directives - Rachel Fall, LSW

April 23, 2025
Nutrition/Dietitian - Tracy Stadler, RD, LD, CDCES

May 28, 2025
Survivorship - Laura Muller, NP

Refreshments will be served, so RSVP if possible:

Contact Taffy Armstrong
419-734-3131 ext. 3729 or
tarmstrong@magruderhospital.com

MAGRUDER HOSPITAL

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

1018 Travels Day Trip: **Pretty Woman The Musical & Dinner** Thursday, April 3, 2025 3:00pm pick up time and 10:30pm return time $169 per person includes, transportation, show and dinner at Spaghetti Warehouse

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

1018 Travels Day Trip: **Lady Caroline Riverboat Cruise** Wednesday, June 18, 2025 9am pick up time and 3:30pm return time $135 per person includes transportation, boat cruise, full buffet lunch, DJ & dancing

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

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

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

WELLNESS TIP: Seated Exercises

Seated exercise programs are accessible and adaptable for individuals with various physical abilities or limitations. These programs offer a range of benefits, including improved mobility, strength, flexibility, and overall well-being.

1. **Seated Marches:** Sit tall in a chair, lift one knee, and then the other alternately, mimicking a walking motion to engage the lower body.
2. **Seated Leg Extensions:** While seated, extend one leg straight out, hold briefly, and lower it back down. Alternate legs to work on quadriceps.
3. **Seated Heel Slides:** Sit in a chair with your feet flat on the floor. Slide one foot forward, lifting the heel off the ground while keeping the toes on the floor. Slide the foot back to the starting position and repeat with the other foot. This exercise helps strengthen the shin muscles and improves ankle mobility.
4. **Seated Calf Raises:** While seated, lift heels off the ground, engaging calf muscles, and lower them back down.
5. **Seated Ankle Circles:** Lift one foot off the ground and rotate the ankle clockwise and then counterclockwise to improve ankle mobility.
6. **Seated Shoulder Rolls:** Roll shoulders forward and backward in a circular motion to alleviate tension and improve shoulder mobility.
7. **Seated Neck Stretches:** Slowly tilt the head from side to side or forward and backward to release tension in the neck muscles.
8. **Seated Arm Raises:** Lift arms to the sides or straight up, holding light weights or water bottles for resistance to strengthen the shoulder and arm muscles.
9. **Seated Bicep Curls:** Sit comfortably with your feet flat on the floor. Hold light dumbbells or resistance bands in each hand, palms facing upward. Slowly curl the weights toward your shoulders, engaging the bicep muscles, and then lower them back down. Repeat for several reps to build arm strength.
10. **Seated Chest Press:** Sit on a chair with back support or an upright bench. Hold dumbbells at chest level with elbows bent and palms facing forward. Push the weights forward until your arms are extended, then slowly bring them back to the starting position. This exercise targets the chest and shoulders.

These exercises should always be performed at a comfortable pace, focusing on proper form and breathing. Additionally, it is important to listen to your body and stop if you are experiencing pain or discomfort. Consulting with a fitness professional or healthcare provider before starting any exercise regimen is a good idea, especially, if pre-existing conditions are present.