

# Your Community Wellness Calendar

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



## HELPFUL COMMUNITY RESOURCES



OTTAWA COUNTY  
Family & Children  
First Council



**Food  
Assistance in  
Ottawa County**

### Curtice

**JERUSALEM TOWNSHIP FOOD PANTRY**  
2nd Wednesday | 9 - 11 a.m.  
Jerusalem Township Residents

### Danbury

**ST. PAUL'S LUTHERAN CHURCH**  
3rd Saturday | 8:30 - 10 a.m.  
January - November  
Danbury Residents Only  
Call ahead: 419-341-2069

### Elliston

**ELLISTON ZION UMC**  
2nd Wednesday | 5 - 7 p.m.  
Ottawa County Residents

### Elmore

**GRACE LUTHERAN CHURCH**  
2nd Friday | 9 a.m. - 12 p.m.  
Residents of Woodmore Schools

### Genoa

**GENOA AREA  
COMMUNITY FOOD PANTRY**  
3rd Saturday | 10 - 11:30 a.m.  
Genoa Area Local School Residents

### Graytown

**ELLISTON ZION UMC**  
2nd Wednesday | 5-7 p.m.  
All of Ottawa County

### Gypsum

**THE CHURCH OF TRUTH MINISTRIES**  
Mon & Wed | 11:30 a.m. - 1 p.m.  
All of Ottawa County  
Limited to 2 visits a month

**SEED FAITH FOOD PANTRY**  
Mondays | 10:30 - 11:30 a.m.  
Limited to 2 visits a month

### Oak Harbor

**OAK HARBOR ALLIANCE CHAPEL**  
Wednesdays | 2 - 6 p.m.  
All of Ottawa County

**ST. PAUL'S UNITED CHURCH**  
Mon & Thurs | 8:30 - 11:30 a.m.  
Residents of BCS School District

### Port Clinton

**ST. VINCENT DE PAUL**  
Every Other Thursday beginning  
January 9, 2025 | 4 - 5:30 p.m.  
Residents of Port Clinton City Schools

*The No Wrong Door page on the Ottawa County  
Family & Children First Council website has helpful  
information for food, housing and healthcare.*



## Inside...

Service Highlight: **Wound Healing Center**  
Education & Outreach: **Medicare Open Enrollment Assistance**  
Wellness Tip: **Reduce Your Risk for Falls**

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 & Lab Draw Locations  
Flu Shots & Blood Drives  
VIP Trips, Yoga & Line Dancing

# SERVICE HIGHLIGHT: Wound Healing Center



## Come Heal with Us!

Nearly 7 million Americans are living with a chronic wound.

611 Fulton Street, Suite E | Port Clinton, OH 43452  
419-301-4380 | magruderhospital.com

We have **3**  
providers:

**MEDICAL DIRECTOR:**  
Dr. Kareem Dolce DPM

**CO-MEDICAL DIRECTOR:**  
Dr. Raymond Fuller

Tonia Copsey, MSN,  
ANP-C, CWOCN, CFNMP

And a staff of RNs and  
Front Office Coordinator

More than  
**1,100**  
wounds healed  
since opening in 2021

**Wounds treated:**  
traumatic and surgical, venous and  
arterial, diabetic ulcers, pressure ulcers,  
osteomyelitis, burns and skin grafts,  
neuropathic wounds and more

**2024**  
**Center of Distinction & Robert A  
Warriner III** awards for clinical excellence,  
patient satisfaction & wound healing rates

**96%**  
Healing Rate



## 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).

This screening is also offered on Put-in-Bay the first Friday each month at the PIB Fire Department 199 Concord Ave. from 9:00am to 1:00pm. Contact Magruder's Cashier Office to pre-pay by credit card: 419-734-3131 ext. 3508.

### Line Dancing

Line Dancing is offered in the Magruder Conference Center on Friday from 5:30pm to 7:00pm. Cost is \$5 per class. For questions, call 440-420-6061.

### Magruder Lab Draw 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 Fire Department

199 Concord Ave, Put-in-Bay

First Friday each month: 9am-1pm

## Yoga

- **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 Wednesday yoga on Dec. 17 & 24.
- **Tuesday and Thursday evenings** Hatha Yoga classes are geared for all levels of ability.
  - o **Tuesdays 6:00-7:15pm.** For more information call 419-349-6641.
  - o **Thursdays 5:45-6:45pm.** For more information call 330-858-1890. No Thursday yoga on Dec 25 and Jan 1.

## MEDICARE OPEN ENROLLMENT

If you are going to be new to Medicare or want to see what your options are during open enrollment, trained OSHIP volunteers are available in Ottawa County to help you do comparisons. You can contact:

**Rachel Fall with Magruder Hospital:** rfall@magruderhospital.com or 419-732-4061

**Tory Thompson and Kim Sedlak with Senior Resources:**  
tthompson@co.ottawa.oh.us ksedlak@co.ottawa.oh.us 419-898-6459

**OSHIP hotline in Columbus:** 1-800-686-1578

## Blood Drives

The American Red Cross will host blood drives at Magruder on Friday, December 19, 2025 and Friday, January 2, 2026 from 10am to 4pm.



To schedule an appointment call 1-800-REDCROSS, visit [www.redcrossblood.org](http://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.

## GET TOGETHERS | SUPPORT

### Diabetes Get Togethers

**December 2025** | no Get Together

**January 15, 2026** | Staying Active

**February 5, 2026** | Stress Management Tips

**One Thursday a month, September through May (except December) from 1-2pm in the Magruder Conference Center, 615 Fulton Street, Port Clinton.**

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. **RSVP encouraged but not required to Tyler Alt RN, BSN, CDCES at 419-732-4088 or [talt@magruderhospital.com](mailto:talt@magruderhospital.com)**

### Cancer Get Togethers

**December 2025** | no Get Together

**January 28, 2026** | Cancer Services of Erie County

**February 25, 2026** | Survivorship - *Laura Muller, CNP*

**The 4<sup>th</sup> Wednesday, September through May (except December) from 1-2pm in the Magruder Conference Center, 615 Fulton Street, Port Clinton.**

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 the remainder of the time will be for questions/answers and open discussion. RSVP not required, but recommended to Rachel Fall, 419-732-4061 or [rfall@magruderhospital.com](mailto:rfall@magruderhospital.com)



## MAGRUDER ON THE INTERNET & SOCIAL MEDIA

 [magruderhospital.com](http://magruderhospital.com)

 @MagruderHospital

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 @Magruderhosp

 YouTube @MagruderHospital

 @MagruderHospital

# Enrichment

**VIP ON-THE-GO 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](mailto:kpalmer@magruderhospital.com)

**Ohio's Amish Country Tour** - April 22, 2026 \$129 per person

**Myrtle Beach Show Trip** - October 5-10, 2026 \$783 per person double occupancy

**New Orleans** - May 17-23, 2026 \$907 per person double occupancy

**Cuyahoga Train Trip** - October 16, 2026 \$149 per person

**Greenfield Village** - May 20, 2026 \$135 per person

**Shades of Ireland** - June 14-23 2026 \$5,699 per person double occupancy

**Neil Diamond Tribute** - June 18, 2026 \$185 per person

**Auxiliary Volunteers**  
 Would you like learn more about volunteering at Magruder Hospital?  
 For more information, reach out to Kathy at [kgallogly@magruderhospital.com](mailto:kgallogly@magruderhospital.com) or 419-734-3131 ext. 3256.

## Flu Shot Clinics in the Magruder Hospital Conference Center:

**By Appointment**  
**Thu., December 11**  
 8:00 - 11:30am  
**Call 419-301-4304 to make an appointment.**

For anyone 7 years and older. Regular and high dose flu vaccines available. Bring your insurance card. If you don't have insurance, the cost of a regular dose flu shot is \$40, and the cost of a high dose flu shot is \$100.

You can also check with your primary care provider about getting a flu vaccine at their office. The Pharmacy behind Magruder Hospital will not be doing flu shots at that location this year.

**Walk-In Flu & COVID Shots**  
 available during regular hours at



**MAGRUDER HOSPITAL PHARMACY**  
 at **BASSETT'S**

## WELLNESS TIP: Reduce Your Risk for Falls

By making a few simple changes at home and in your daily habits, you can greatly reduce your risk of falls.

- Remove tripping hazards such as cords, throw rugs and clutter.
- Install grab bars in bathrooms.
- Improve lighting in hallways and staircases.
- Make sure commonly used items are within easy reach.
- Use non-slip mats in bathrooms and kitchens.
- Be aware that changes in vision and hearing can affect balance; schedule a check-up when needed.
- Keep pathways clear.
- In colder months, keep salt or sand handy to prevent slipping outside.

