MAGRUDER HOSPITAL
*It's How We Care*

May 2025

# Your **Community Wellness Calendar**

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

## HELPFUL COMMUNITY RESOURCES

**Legal Aid of Western Ohio, Inc.** is a non-profit law firm that provides free legal assistance in civil matters to help low-income individuals. Legal assistance includes, information, advice, limited legal assistance and full representation in matters such as: advanced planning (healthcare power of attorney, financial power of attorney, living will), debt collection, domestic violence, eviction and other housing issues, financial exploitation, healthcare, and public benefits. Individuals can apply for assistance by calling 888-534-1432. You will be asked to leave your phone number with area code to receive a same-day call back. You can also apply online at www.legalaidline.org.

## *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: School Sports Physicals

School Sports Physicals are available at Magruder Occupational Health by appointment, Tuesday-Thursday, 9am - 5pm.
Please call 419-734-3131 ext. 6908 to schedule an appointment.

Walk-ins are also welcome 7 days a week during Urgent Care normal hours, 9am - 8pm.

## Cost $30.00

*Payment is expected at the time of service.*
*Please bring your completed school form.*
*Parent or Guardian consent required.*

Magruder's Urgent Care and Occupational Health are located on the backside of the building after the Emergency Room.

## 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).

## AARP Driver Safety

AARP Driver Safety will be offered in the Magruder Conference Center on Friday, May 9, 2025 from 9am to 1pm. $20 for AARP members, $25 for non-members. To sign up or get more info, call 419-732-4061 or go to www.aarp.org/driving36 or call 1-888-773-7160.

## Yoga

We now have TWO yoga classes in our conference center.

- **Wednesday evenings 5:30-6:30pm.** This 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 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.

## Magruder Off-Site Lab Locations Are Back

**Magruder Hospital Lab Hours**
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 Hours**
11697 W. State Route 163, Oak Harbor
419-898-0993
Monday – Friday: 8:00am to 1:00pm

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

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

## Blood Drives

The American Red Cross will host blood drives at Magruder on Friday, May 16, 2025 and Friday, June 6, 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.

American Red Cross

EVERY 2 SECONDS, SOMEONE IN THE U.S. NEEDS BLOOD.

# 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**

**May 1, 2025**
Camping & Diabetes

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

# 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**

**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**

# 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

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

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

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

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

*Collete Trips Coming in 2026:*
**Sunny Portugal** - March 19-28
**Shades of Ireland** - June
**Christmas on the Danube** - December

Collete will offer information sessions for the 2026 trips on Tuesday, June 17, 2025 in the Magruder Conference Center; 1pm for the Portugal trip, 2pm for the Ireland trip, 3pm for the Danube trip. RSVP is not required but is helpful. Call or email Mary Ann Widmer, at 419-656-3947 or maryannwidmer@yahoo.com.

## WELLNESS TIP: Mindful Movement

If exercise is becoming something you dread, maybe consider mindful movement, which is a way of exercising that focuses on being present in your body, enjoying the process, and creating sustainable habits. It's about paying attention to your body's sensations as you move, focusing on how it feels rather than how many calories you burn or how many reps you complete.

**How to Incorporate Mindful Movement Into Your Routine:**

**1. Start with a Gentle Warm-Up** Before any workout, take a few moments to check in with your body. Stretch or breathe deeply to tune into how you're feeling today. This sets the tone for a mindful session.

**2. Focus on Your Breath Breathe** deeply and synchronize your breath with your movements. Whether you're practicing yoga, walking, or lifting weights, mindful breathing keeps you grounded and present.

**3. Try New Forms of Movement** If you're stuck in a rut, experiment with different types of exercise. Try dancing, swimming, Pilates, or even a simple walk in nature. The goal is to move in ways that bring you joy, not stress.

**4. Let Go of Perfection Mindful** movement isn't about perfect form or reaching a goal. It's about showing up, listening to your body, and honoring where you're at. Embrace the process rather than focusing on an outcome.

**5. Set an Intention Before** each session, set a simple intention, like "I want to feel more energized" or "I want to remain active." This will keep you focused and help you stay connected to the present moment.

**6. Celebrate Gratitude for Your Body** During your workout, take a moment to appreciate your body for what it does. Whether it's strength, flexibility, or endurance, acknowledging your body's capabilities fosters a positive, empowering mindset.

When you're getting started, begin with short sessions—10 to 20 minutes is plenty to start. Try a yoga flow, go for a walk, or dance to your favorite playlist. The key is consistency and embracing the joy of moving, not just the effort of exercise.