



March 2022

Your **Community Wellness Calendar**

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



Inside...

Service Highlight: Massage Therapy

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...

Wellness Programs & Special Events
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Service **Highlight:** Massage Therapy

Relax, restore and revive with massage therapy sessions at Magruder's Lake Erie Sports Medicine and Rehabilitation. Let massage therapist Jenn Caligiuri, ATC, LMT help you decide which level of therapeutic massage will work for you, choosing

among sports, deep tissue, injury rehabilitation, and Swedish massages.

The costs for massage are: \$40 for 30 minutes, \$65 for 60 minutes, and \$95 for 90 minutes. No physician referral is needed.

To schedule an appointment with Jenn, please call 419-732-4033. A prescription allows the service to be tax exempt. Health Savings Accounts may be used for payment. Clients are responsible for submitting any required paperwork to insurance companies.



Wellness Programs

Lake Erie Sports Medicine

Magruder Lake Erie Sports Medicine has so much to offer for those who are looking to relax, feel better and get active. Call 419-732-4033 for more information about wellness, massage therapy, dry needling and more.

Lab Work & Testing

Magruder Hospital will continue to offer the monthly lab screening on the 2nd Thursday each month between 8am and 11:30am at the Magruder Community Clinic 730 Jefferson Street in Port Clinton. Appointments are required and can be made by calling 419-301-4304. The \$20 screening includes a Basic Metabolic Panel (glucose, BUN/Creatinine, calcium, potassium, sodium, chloride, CO2) and a Lipid profile (Total Cholesterol/LDL/HDL/Triglycerides), as well as a Blood Pressure check. As an added bonus, individuals can add on a PSA test for an additional \$5 and/or a Hemoglobin A1C test for an additional \$5.

Flu Shots

Regular and High Dose Flu Shots will be available at The Pharmacy at Magruder (located in the same building as Urgent Care). No appointment required. The Pharmacy is open Monday through Friday 9am to 6pm and Saturday/Sunday 9am to 5pm. We can bill insurances – bring your cards. The Pharmacy will be closed Thanksgiving Day, Christmas Day and New Years Day. If you plan to receive your flu shot from your Magruder Medical Group Primary Care Provider, please call their office to make an appointment.

Education & Outreach

American Red Cross Blood Drives

The American Red Cross will host a blood drive at Magruder on Friday, March 25, 2022 from 11am 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.

Time for Health Videos

Magruder's Time for Health show can be found on our website magruderhospital.com. Our 10-15 min. episodes cover a variety of topics including: Palliative Care, Depression, Ottawa Co. Senior Directory, Caregiver Stress and more.

Wellness **Tip**: Advance Directives

Advance Directives is a general term to describe documents that outline treatment a person would or would not want at the end of life (Living Will), as well as who a person would like to make healthcare decisions for them in the event they cannot make those decisions themselves (Healthcare Power of Attorney).

A Healthcare POA is different than a Financial POA, which is typically done with an attorney. A Healthcare POA can be temporary and is only in effect when a person cannot make decisions.

Advance Directives need to be completed and either

- witnessed by two individuals not named or related to anyone in the document, or
- notarized by a Notary Public

The **MOST IMPORTANT PART** of creating your advance directives is to have a thorough conversation with your family, Healthcare POA and primary care provider. And it is much easier to have those discussions while you are in good health and of sound mind. If someone has a moderate degree of confusion, it could be too late for them to complete advance directives.

If a person does not name a Healthcare POA, healthcare providers will ask next of kin – parent, spouse, child and siblings – for guidance.

Keep a copy with your important papers – not in a safe deposit box. Give a copy to your Healthcare POA and your primary

care provider. Hospitals will ask every time you come in if you have updated advance directives to make sure they have the most recent copy. The only thing you need to do to change them, is complete new documents as described above and get rid of the out-dated copies.

Sometimes different states recognize advance directives from other states, but if you spend any length of time in another

state, it might be a good idea to complete advance directives there as well.

A Guardian is named through a court process for someone who has been deemed incompetent.

A DNR, or Do Not Resuscitate, is a physician's order and should be discussed with your primary care provider.

HELPFUL COMMUNITY RESOURCES

Ottawa County Family Advocacy Center advocates for the stability and success of the children and families of Ottawa County. They are located at 570 S. McKinley Drive, Port Clinton, OH and can be reached at 419-301-0225.

- **CASA** –Court Appointment Special Advocates or Guardian ad Litem help the court find a safe and permanent home for children where they can thrive.
- **Ticket To Success** is a centralized independent living skills lab that serves all Ottawa County children to help teach the skills and provide the experiences that are necessary to live a purposeful life.
- **Summer Lunch Program** helps provide take home meals at no charge to children in Ottawa County at 10 different locations.
- **TNT Mentoring's** mission is to create and support one-to-one relationships between positive adult role models and youth facing challenges in their personal, social and academic lives.
- **GrandLove** is a group that provides support and resources to grandparents who are raising grandkids.

Enrichment

Volunteer Opportunities

Check out our Auxiliary! In 2021 87 Volunteers worked in 18 different areas of the hospital and provided 8,270 hours of service. Meet new people and share your time and talent a couple hours a month to multiple times a week, or with projects and events as needed throughout the year.

Contact Kathy Gallogly at kgallogly@magruderhospital.com or 419-734-3131 ext. 3256.

Travel

VIP Club On The Go Trips: These trips are not limited to just VIP members - friends and family of VIP members, as well as the general public, may participate in the trips. For further information or reservations contact Marty at 419-265-2479 or Michele at mmueller@magruderhospital.com

Charleston, SC - June 6-11, 2022.
\$709 double occupancy

Boston, Salem & Cape Ann - October 13-18, 2022 \$619 double occupancy

California Dreamin': Monterey, Yosemite & Napa - Departing July 18, 2022 8 days 12 meals \$2,999 per person double occupancy includes airfare from Detroit

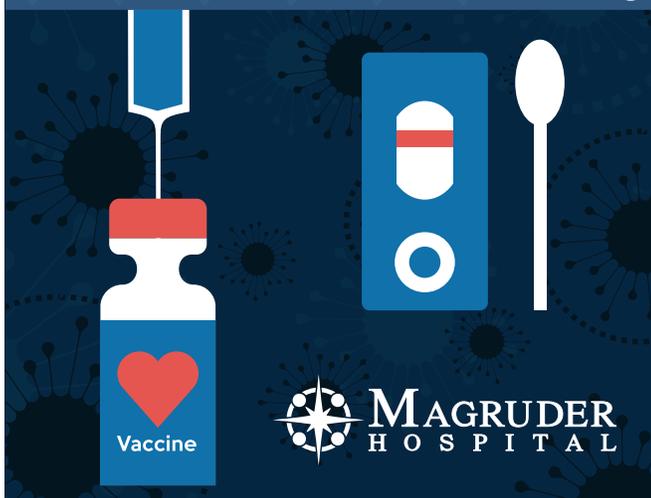
Iceland's Magical Northern Lights - Departing November 6, 2022 7 days 10 meals \$3,399 double occupancy per person includes airfare from Detroit

Testing

All COVID testing is still being done at the Magruder Community Clinic 730 Jefferson Street, Port Clinton. We offer COVID testing for pre-operative (regardless of where surgery is being done) with a provider order as well as symptomatic and exposure testing with a provider order. Providers can fax orders to 419-732-2864.

Magruder also offers Self-Pay COVID testing for travel, return to school, and events that require COVID test results. Patients can pay via credit card when scheduling and results are available within 72 hours. The PCR COVID test costs \$165 and must be scheduled by calling 419-301-4304. No walk-ins will be accepted.

COVID vaccine/booster & testing



Vaccine

Magruder Hospital is offering the Moderna COVID booster vaccine and 1st and 2nd dose vaccine.

All of these vaccines are available by walk-in at the retail pharmacy during normal business hours:

Monday through Friday
9 am – 6 pm

Saturday & Sunday
9 am – 5 pm