MAGRUDER HOSPITAL
It's How We Care

April 2024

Your **Community Wellness Calendar**

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

HELPFUL COMMUNITY RESOURCES

Ottawa County Community Day

On Saturday, May 4, 2024 from 10am to 2pm, the entire community is invited to the Ottawa County Connections Center at 8200 W St Rte 163 in Oak Harbor to experience Community Day!

Come catch the wellness wave with us as we celebrate the 8 Dimensions of Wellness. Participants will be able to engage, learn about, and receive resources from over 50 local agencies that provide services to Ottawa County residents. Join us for a day of family fun, food, activities, giveaways and more!

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.

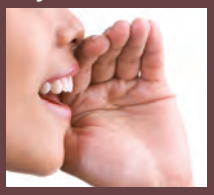
Dates & Information...

SERVICE HIGHLIGHT: **LSVT LOUD & LSVT BIG**

Do you or a loved one have Parkinson's Disease? There is help available at Magruder Hospital.

LSVT LOUD

is an effective speech treatment that can help with any of these common speech problems:



- Soft voice
- Mumbled Speech
- Monotone Speech
- Hoarse voice
- Feel like you're shouting

LSVT BIG

trains people with Parkinson's Disease (PD) to use their body more normally and can often help with:

- Balance issues
- Mobility issues
- Poor Posture
- Trouble getting dressed
- Trouble getting up from a chair or sofa

For more information, contact Magruder's Lake Erie Sports Medicine and Rehab at 419-732-4033.

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, at the Magruder Community Clinic 730 Jefferson Street in Port Clinton.

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
Vitamin D: $35

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).

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. For more information call 419-607-6021.

Diabetes Get-Togethers

The Magruder Diabetes Get Togethers are held on the 1st Thursday of the month September through May (no meeting in December) from 1pm to 2pm in the Magruder Conference Center. 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.

4/4/24- Diabetes Distress: What is it? Managing Burnout.

5/2/24-BBQs and Other Summer Eats

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

Yoga

Yoga classes are offered in the Magruder Conference Center on 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.

During each session, instruction will be given for yoga postures, breathing techniques, relaxation, stretching, positive thinking, and meditation. Please bring a yoga mat and any props you like such as blocks and/or blanket. Wear layered comfortable clothing. For more information call 419-967-3030 or 419-732-4061.

WELLNESS | EDUCATION | OUTREACH

Blood Drives

The American Red Cross will host blood drives at Magruder on Friday, April 5, 2024 and Friday, May 17, 2024 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.

AARP Driver Safety

AARP Driver Safety will be offered at Magruder Thursday, May 2, 2024 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.

Cancer Support Group

The Magruder Cancer Support Group meets on the 4th Wednesday each month 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.

April 24, 2024: Treatment Options During and After Cancer

May 22, 2024: Now What….Cancer Survivorship

If possible, please RSVP to Taffy Armstrong at 419-734-3131 ext. 3729 or tarmstrong@magruderhospital.com.

WELLNESS TIP: **Coping with Stress**

Some stress is ok – it's what keeps us motivated to do the 'adulting' that we need to do. But sometimes the stress piles on, or hangs around for a long time, and it starts to feel a little heavy. Here are some ideas from an article done by OSU Extension. For more tips, check out the blogs in the Magruder Motivation section of our website.

- **Time-out your worries.** When you are feeling overwhelmed and you cannot seem to focus, call a time-out for yourself. Set a time for 5, 10, or 15 minutes and write down everything that you are worried about. When the buzzer sounds, put away your worries and allow yourself to move on. By setting aside time, you are able to address your worries and they will not take over your day.
- **Recognize your accomplishments at the end of each day.** Try a blogging or journaling exercise at the end of the day in which you list what you have accomplished that day. This will remind you that amidst the stress of your day, you still are making progress toward your goals.
- **Manage priorities.** Decide what must be done and what can wait. Learn to say no to new tasks until you feel you are no longer overloaded.
- **Schedule regular time for relaxing activities.** If your schedule only includes the things you have to do, make it a point to include things that you want to do. If you include things that you enjoy in your schedule, you can take a break from the activities that may produce stress.
- **Mindfulness in meditation**, or present-focus awareness, involves sitting comfortably, focusing on your breathing, and then bringing your mind's attention to the present without drifting into concerns about the past or future.
- **Surround yourself with humor.** Be open to humor and allow yourself to laugh in pleasant and tough times. Laughing can aid in our body's natural defense system, the immune system, by allowing the release of our negative thoughts and feelings including stress.
- **Immerse yourself in nature.** Our environment can play a big role in our stress level. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate and muscle tension, and promotes the reduction of stress hormones.

These ideas cannot take the place of getting help from a healthcare professional. Professional help should be sought if stress is causing significant interference with your daily activities or if you have depression, high levels of anxiety, or if stress has caused other significant health concerns.

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

June 27, 2024, Detroit Riverboat Cruise with 1018 Travel, $125 per person

September 16-20, 2024 - Niagara Falls and Toronto via Diamond Bus Tours – $800 per person double occupancy – passport required

December 2-6, 2024 - Spotlight on New York City Holiday with Collete Tours - $2,999 per person double occupancy

MAGRUDER HOSPITAL LUNCH & LEARN

MYTH BUSTING DIABETES

Tracy Stadler, RD, LD, CDCES

Participants will learn what diabetes is and isn't. She will discuss pre-diabetes, diabetes testing, nutrition, insulin pumps and more.

Monday, April 15, 2024
Noon

WHERE

Magruder Hospital Conference Center

RSVP

RSVP by noon Fri., April 12 to make sure we have a seat saved for you.

We will also have lunch available for $7.00 per person. When you call or email to reserve your seat, let us know if you would like lunch.

419-732-4061 or rfall@magruderhospital.com

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