2018

Community Outreach Programs and Services Calendar

Morrow County Hospital is committed to offering informative health-related programs and services to our community.

To register for any of the listed programs, or for more information, please call (419) 946.5015.

Speakers Bureau

Our Morrow County Hospital staff offers a wealth of health-related resources. Call us at (419) 949.3089 to schedule hospital tours, career days or group presentations.

2018 Community Outreach Programs

Watch for ads in the local newspapers or visit our website, morrowcountyhospital.com, for the most up-to-date list of programs and services.
JANUARY

**Diabetes Support Group**
**Tuesday, January 9**
6 to 7 p.m., MCH Room C  
**Registration required**  
**Free program**

Our support group provides a venue to meet others who share similar concerns and experiences about diabetes. By sharing their experiences, group members can feel part of a community and gain a greater sense of value and power from this feeling of belonging. Each group meeting will focus on another aspect of the disease, often times featuring guest speakers.

**Tobacco Cessation**
**Wednesday, January 10**
Wednesday, January 17
Wednesday, January 24
Wednesday, January 31
Wednesday, February 7
Wednesday, February 14
6 to 7 p.m., MCH Room C  
**Registration required**  
**Free program**

Maximum class size: 8 participants

Tobacco Cessation program is a six-week program one night a week for one hour. This program includes the development of a quit plan along with education on identifying the individual triggers and development of a positive approach to breaking the habit. This program will leave the participant with the tools to work toward becoming tobacco free.

**Healthcare Provider CPR**
**Tuesday, January 16**
8 a.m. to noon, MCH Room A  
**Registration required**
$45 Certification/Recertification  
(Book Suggested: $15)

Minimum class size: 6 participants

This class is for healthcare professionals and teaches all aspects of basic life support. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class dates, or their name will be removed from the class roster.

**Pediatric Advanced Life Support (PALS)**
**Friday, January 26**
8 a.m. to 7 p.m., MCH Rooms A & C  
**Registration required**
Community registration fees:  
$150 Certification, $40 Book

This class is for healthcare professionals who respond to emergencies of infants and children. Pediatric Advanced Life Support (PALS) is a classroom, video-based, instructor-led course that uses a series of simulated pediatric emergencies to reinforce the important concepts of a systematic approach to pediatric assessment, basic life support, PALS treatment algorithms, effective resuscitation and team dynamics. The goal of the PALS course is to improve the quality of care provided to seriously ill or injured children, resulting in improved outcomes. Community members wishing to register for PALS certification class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.
FEBRUARY

Diabetes Support Group
Tuesday, February 6
6 to 7 p.m., MCH Room C
Registration required
Free program

Our support group provides a venue to meet others who share similar concerns and experiences about diabetes. By sharing their experiences, group members can feel part of a community and gain a greater sense of value and power from this feeling of belonging. Each group meeting will focus on another aspect of the disease, often times featuring guest speakers.

Healthcare Provider CPR
Monday, February 12
4 to 8 p.m., MCH Room A
Registration required
$45 Certification/Recertification
(Book Suggested: $15)
Minimum class size: 6 participants

This class is for healthcare professionals and teaches all aspects of basic life support. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class dates, or their name will be removed from the class roster.

American Red Cross Bloodmobile
Wednesday, February 21
10 a.m. to 4 p.m., MCH Room A
Positive identification required: American Red Cross donor card or photo ID showing date of birth. Call Public Relations to schedule an appointment at (419) 949.3089.

Advanced Cardiac Life Support (ACLS)
Friday, February 23
8 a.m. to 5 p.m., MCH Room A & C
Registration required
Community registration fees:
$150 Certification
Prerequisites:
ACLS Certification: Current Healthcare Provider CPR Certification
Maximum class size: 12 Participants

This class is for healthcare professionals and teaches all aspects of advanced life support. You will need to provide proof of required prerequisite at class registration.

MARCH

Healthcare Provider CPR
Monday, March 19
8 a.m. to noon, MCH Room A
Registration required
$45 Certification/Recertification
(Book Suggested: $15)
Minimum class size: 6 participants

This class is for healthcare professionals and teaches all aspects of basic life support. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class dates, or their name will be removed from the class roster.

Diabetes Self-Management Education Class
Tuesday, March 20
Thursday, March 22
Tuesday, March 27
Thursday, March 29
6 to 8 p.m., MCH Room C
Physician referral required
Minimum class size: 2 participants
Morrow County Hospital’s Diabetes Education program is an American Diabetes Association recognized program. Eight-hour group diabetes classes are part of the Three-Step Diabetes Self-Management Educational program. You must have a physician referral and have met with the Diabetes Educator prior to attending group classes. Each class night a different aspect of the diabetes disease process will be discussed. Most insurance covers the cost of the program. You must attend all four classes to complete this course.

**MCH Health Awareness Blood Profiles**
**Wednesday, March 21**
**Thursday, March 22**
**Friday, March 23**
6 to 9 a.m.
MCH Lower Level (Use “Receiving” entrance)
No appointment necessary!
Eligibility: Anyone age 18 and over

Morrow County Hospital’s Laboratory will offer $30 MCH Health Awareness blood profiles which will include a battery of 25 tests- cholesterol, triglycerides, HDL, LDL, VLDL, glucose, BUN (blood urea nitrogen), creatine, sodium, potassium, chloride, carbon dioxide, AST, ALT, total bilirubin, total protein, albumin, calcium, alkaline phosphatase, white blood count, red blood count, platelet count, hemoglobin/hematocrit, mean cell volume and mean cell hemoglobin concentration.
Remember –
+ An 8 to 10 hour fast is necessary for accurate results — no eating.
+ Drink moderate amounts of water.
+ Take your medications with moderate amounts of water.

For an additional charge, the following tests will also be offered:
+ $25 TSH (thyroid stimulating hormone)
+ $25 Hemoglobin A1C (primarily for all diabetics)

No physicians’ orders for additional tests will be accepted at these screenings. These $30 blood profiles will only be available at Morrow County Hospital. Only cash or checks made payable to Morrow County Hospital will be accepted. No debit or credit cards.

**APRIL**

**Diabetes Support Group**
**Tuesday, April 3**
6 to 7 p.m., MCH Room C
Registration required
Free program

Our support group provides a venue to meet others who share similar concerns and experiences about diabetes. By sharing their experiences, group members can feel part of a community and gain a greater sense of value and power from this feeling of belonging. Each group meeting will focus on another aspect of the disease, often times featuring guest speakers.

**Advanced Cardiac Life Support (ACLS)**
**Friday, April 6**
8 a.m. to 5 p.m., MCH Room A & C
Registration required
Community registration fees:
$150 Certification, $100 Recertification, $35 Book
Prerequisites:
ACLS Certification: Current Healthcare Provider CPR Certification
ACLS Recertification: Current ACLS certification and Current Healthcare Provider CPR Certification

Completion of ACLS Pretest required

Maximum class size: 12 participants

This class is for healthcare professionals and teaches all aspects of advanced life support. You will need to provide proof of required prerequisite at class registration. Community members wishing to register for an ACLS recertification class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

Tobacco Cessation
Wednesday, April 11
Wednesday, April 18
Wednesday, April 25
Wednesday, May 2
Wednesday, May 9
Wednesday, May 16
6 to 7 p.m., MCH Room C
Registration required
Free program
Maximum class size: 8 participants

Tobacco Cessation program is a six-week program one night a week for one hour. This program includes the development of a quit plan along with education on identifying the individual triggers and development of a positive approach to breaking the habit. This program will leave the participant with the tools to work toward becoming tobacco free.

American Red Cross Bloodmobile
Wednesday, April 25
10 a.m. to 4 p.m., MCH Room A
Positive identification required: American Red Cross donor card or photo ID showing date of birth.
Call Public Relations to schedule an appointment at (419) 949.3089.

MAY

Diabetes Support Group
Tuesday, May 1
6 to 7 p.m., MCH Room C
Registration required
Free program

Our support group provides a venue to meet others who share similar concerns and experiences about diabetes. By sharing their experiences, group members can feel part of a community and gain a greater sense of value and power from this feeling of belonging. Each group meeting will focus on another aspect of the disease, often times featuring guest speakers.

Pediatric Advanced Life Support (PALS)
Friday, May 4
8 a.m. to 7 p.m., MCH Room A & C
Registration required
Community Registration Fees:
$150 Certification, $40 Book

This class is for healthcare professionals who respond to emergencies of infants and children. Pediatric Advanced Life Support (PALS) is a classroom, video-based, instructor-led course that uses a series of simulated pediatric
emergencies to reinforce the important concepts of a systematic approach to pediatric assessment, basic life support, PALS treatment algorithms, effective resuscitation and team dynamics. The goal of the PALS course is to improve the quality of care provided to seriously ill or injured children, resulting in improved outcomes. Community members wishing to register for PALS certification class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

FREE Sports Physical Exams for Morrow County Students
Thursday, May 17
4 to 7 p.m., MCH Primary Care Northfield
Tuesday, May 22
4 to 7 p.m., MCH Primary Care Mt. Gilead
Wednesday, May 23
4 to 7 p.m., MCH Primary Care Cardinal Center

These sports physicals are:
+ not meant to replace regular or as needed visits to your primary care provider.
+ for students at Northmor, Cardington, Mt. Gilead, Gilead Christian, and Highland schools.
+ for students in grades 6-12 for the 2018-2019 school year.

Physicals NOT performed at the listed locations and on the listed dates will not be free.

No appointment necessary! Contact your high school’s Athletic Director for required forms.

JUNE

Diabetes Self-Management Education Class
Tuesday, June 5
Thursday, June 7
Tuesday, June 12
Thursday, June 14
6 to 8 p.m., MCH Room C
Physician referral required
Minimum class size: 2 participants

Morrow County Hospital’s Diabetes Education program is an American Diabetes Association recognized program. Eight-hour group diabetes classes are part of the Three-Step Diabetes Self-Management Educational program. You must have a physician referral and have met with the Diabetes Educator prior to attending group classes. Each class night a different aspect of the diabetes disease process will be discussed. Most insurance covers the cost of the program. You must attend all four classes to complete this course.