

Pulse

NEWSLETTER

Winter 2015 • Volume 17 • Number 1

Morrow County Hospital

MCH Primary Care Providers

BAKER STREET • (419) 947.8001

712 BAKER STREET • MT. GILEAD, OH 43338



Tracie Bakewell, CNP



Matthew Hintz, MD



Bill Addington, DO



Ariel Silva, MD

CARDINAL CENTER (419) 253.0585

73 SPORTSMAN'S DRIVE
MARENGO, OH 43334

Bill Addington, DO



Brandy Bower, PA-C

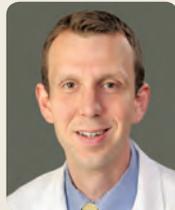


Mohiuddin Ghazi, MD

MT. GILEAD (419) 947.3015

245 NEAL AVE.
SUITE A
MT. GILEAD, OH 43338

Mohiuddin Ghazi, MD



Eric Hansen, MD



Del Hoppes, DO

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6519 U.S. HWY. 42
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Thomas Freundlich, MD



Grant Galbraith, MD



Jill Steele, CNP

Making The Right Choice For Your Healthcare

Grant Galbraith, MD
Medical Director, MCH Primary Care

Morrow County is growing, our population is aging, and the demand for high-quality healthcare is exploding. New opportunities to diagnose, treat and potentially prevent medical problems surround us. Your primary care medical practitioner is positioned well to help navigate this important time and provide a home for your healthcare needs.

Morrow County Hospital has developed a primary care network in our community responding to these needs and changing environment. Family Medicine Physicians and Internists, Physician Assistants, and Certified Nurse Practitioners with dedicated support staff, coordinate care for the people of our county at multiple modern facilities connected by electronic health records and centralized at Morrow County Hospital. Partnering with the OhioHealth organization allows primary care providers a wide range of specialist referrals to direct care for special problems. Your primary care practitioner is an expert in prevention, diagnosis, treatment and coordination of care. Call us to connect with a medical home.



**Morrow County
Hospital**
OhioHealth

651 West Marion Road
Mount Gilead, Ohio 43338

Life-Saving Emergency Care



Joanne worked 30 years at the Geyer's Market in Mt. Gilead and is now enjoying her recovery and retirement.

When (Zelda) Joanne Gandee's husband, Jerry, recognized the seriousness of his wife's illness on October 14, his prompt action saved her life.

Jerry came home to find Joanne convulsing and extremely ill. He immediately called the EMS who rushed her to Morrow County Hospital. Emergency Physician Dr. Larry Elliott and his staff were quick to evaluate Joanne's symptoms and specific tests were ordered. It was discovered Joanne was having a stroke. "Based on Joanne's test results, she met the criteria to receive a life-saving, clot-busting medication," said Dr. Elliott. Once Joanne was stable, she was transferred to OhioHealth Riverside Methodist Hospital by squad and continued her recovery.

Following her return home, Joanne visited her primary care physician, Dr. Grant Galbraith, who looked her straight in the face and said, "You know they saved your life at Morrow County

Hospital. If they had not given you that injection of clot-busting medication, you would not be in my office today. That's what saved your life."

Crenah Zimmer, ED Nurse Manager, noted, "Time is of the essence when a stroke is happening. It is crucial to know the warning signs so the patient can receive proper testing and have the necessary medications administered."

She added, "Morrow County Hospital is part of the OhioHealth Stroke Network where we have the ability to use telemedicine and connect with the OhioHealth neurologists and neurosurgeons at bedside as we care for stroke patients. This team approach benefits the health of our patients."

Joanne is grateful for this opportunity to recover and now sees Dr. Imtiaz Ahmed, an interventional cardiologist at Morrow County Hospital, and has also previously benefited from MCH Orthopedic services. She feels very fortunate that her husband recognized the warning signs of stroke and quickly responded to get her the care she needed. "I believe in the care MCH provides and appreciate its close location to my home."

Best Wishes!



William Lee, MD

After practicing general medicine in Cardington for the past 37 years, Dr. William Lee has announced his retirement effective March 31, 2015. Morrow County Hospital wants to thank Dr. Lee for his many contributions to the entire community. We wish him a wonderful retirement!!



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Pulse – Winter 2015 • Vol. 17 • No. 1

Published on a quarterly basis for employees, physicians, board members, volunteers and friends of Morrow County Hospital.

Editorial Staff – Lois Peoples, *Public Relations Manager*

Contributing Writers – Evelyn Long and Lois Peoples

If you have a story idea, please contact –

(419) 949.3088

Visit Our Website...

to learn more about Morrow County Hospital services, physician information, job opportunities, community outreach programs, and *much more...*

morrowcountyhospital.com



Specialized Care In Southern Morrow County

When Morrow County Hospital at The Cardinal Center (73 Sportsman's Drive) opened in June, 2014, health-care services in the southern part of the county were enhanced with a dedicated primary care practice, rehab, radiology and laboratory services. Now the center's Specialty Clinic is open and five specialists see patients on a regularly-scheduled basis.

Heart & Vascular

Gregory Heins, DO



Dr. Gregory Heins is a native of Philadelphia, Pennsylvania. He earned his medical degree from the University of Health Sciences, College of Osteopathic Medicine, in Kansas City, Missouri. He completed his fellowship in cardiology at the Deborah Heart and Lung Center in Browns Mills, New Jersey, where he was chief fellow. Dr. Heins joined Mid-

Ohio Heart Clinic in 2003, which is affiliated with OhioHealth MedCentral Hospital. To schedule an appointment with Dr. Heins, please call **(419) 524.8151** or **1 (800) 686.3966**.

OB/GYN

Brian Assent, MD



Dr. Brian Assent provides comprehensive assessment, diagnosis and treatment for patients with common and rare women's health conditions and disorders. He earned his medical degree from the Medical University of the Americas, St. Kitts and Nevis, West Indies. His internship and residency were completed at Aultman Hospital in

Canton, Ohio. He has special interest in preventive care, as well as robotic gynecology surgery, laparoscopic surgery, incontinence, pelvic pain, tubal ligations and ablations, maternity care and family planning. For more information about Dr. Assent, or to schedule an appointment, please call **(740) 383.8080** or **1 (800) 282.6741**.

Orthopedics

Joseph Wilcox, MD



Board-certified orthopedic surgeon, Dr. Joseph Wilcox, is fellowship-trained in sports medicine. He has received extensive training in the operative and non-operative treatment of a wide variety of sports medicine injuries. With a strong interest in minimally invasive arthroscopic surgery, he specializes in state-of-the-art treatment of cartilage

injuries and conditions. Dr. Wilcox earned his medical degree from the University of Chicago's Pritzker School of Medicine. During subsequent fellowship training at The Ohio State University, he cared for numerous Division I varsity athletes within a range of sports, including football, basketball, wrestling and swimming. To schedule an appointment with Dr. Wilcox, call **(614) 839.2300**.

Pediatrics

Jackie Quach, MD



Specializing in general pediatric care, Dr. Jackie Quach, emphasizes the importance of educating children and their families about maintaining a healthy lifestyle while keeping in mind that each family is unique. Dr. Quach earned her medical degree from The Ohio State University College of Medicine. She completed her internship and residency

at Children's Hospital of Los Angeles, California. In her medical practice, she provides comprehensive healthcare to children of all ages from birth through adolescence. To learn more, or to refer a patient to Dr. Quach, please call **(740) 383.8090**.

Podiatry

John Slomsky, DPM



A graduate of St. Louis University, Dr. Slomsky earned his DPM (Doctor of Podiatric Medicine) degree at the Ohio College of Podiatric Medicine in Cleveland, Ohio, and has extensive post-graduate training. He completed a fellowship in Surgical Reconstruction of the Foot and Ankle at St. Ann's Hospital in Westerville, Ohio.

Dr. Slomsky specializes in quality foot care for the entire family – from newborns with congenital foot deformities to senior citizens who are no longer able to provide their own foot care. For more information about Dr. Slomsky, or to schedule an appointment, call **(419) 947.1707**.

Foundation of Hospital Volunteerism



Chris Truax
President and CEO

Volunteerism in the United States continues to decline (only 1 in 4 volunteer according to the Bureau of Labor). As our local economy remains tight and our individual schedules intensify with the new reality to “do more with less,” people now have less time to volunteer. Surveys indicate that people would volunteer if they had the time to do so. Our time is precious and every minute counts.

At Morrow County Hospital, our heritage is built with the foundation of volunteerism as a way for local residents to make the best of our community hospital. Our volunteers help in many ways...

1. Manage and operate the Gift Shop
2. Assist with community events (screenings, profiles, etc.)
3. Help administrative areas with tasks (envelope stuffing, filing, etc.)
4. Participate in special events (i.e., openings)
5. Provide and support fundraising activities for the hospital (sales – baked goods, candy, books, shoes, uniforms, etc.)



Volunteers are part of the hospital’s team and a valuable piece of our formula for success.

Hospital TWIG and PLUS organizations need your help as the numbers decline. These organizations work alongside the hospital to improve the overall health of this community.

Volunteers do receive benefits at Morrow County Hospital –

1. Discounted catering from the cafeteria
2. Free cafeteria meals while volunteering
3. One (1) free blood profile each year
4. Free flu shot each year

To learn more about Morrow County Hospital’s TWIG and/or PLUS organizations, please feel free to contact one of those listed below by calling – **(419) 946.5015**, or email Lois Peoples at lois.peoples@ohiohealth.com, or call **(419) 949.3088**.

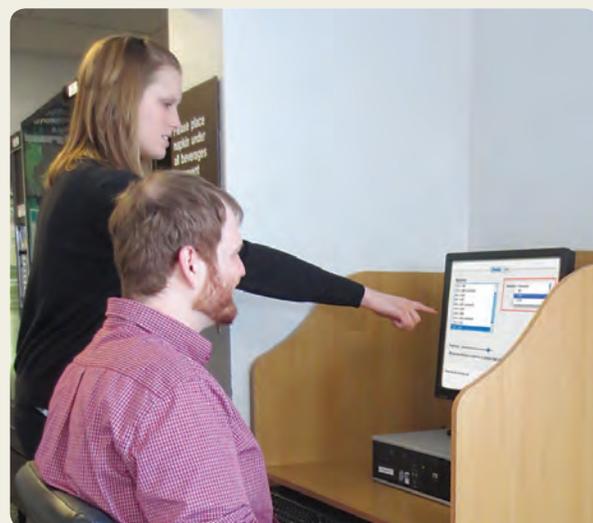
GROUPS	KEY CONTACT
Twig Leadership	Joan Myers, Auxiliary President
Alpha	Phylis Miller
Buttercup	Pam Kreeger
Flamingo	Donna Osborn
Orchid	Estell Stahl
Silver	Nancy Reed
PLUS Volunteers	Lois Peoples

Enrollment For Online Medical Information

Are you currently accessing your personal health records on your computer, smartphone or tablet from any place, any time? If you haven’t already enrolled in the hospital’s Health Portal and/or your MCH physician’s FollowMyHealth™ portal, assistance is now available to make the process easier to understand and navigate.

Computer workstations (aka, kiosks) are located at each primary care office, in the hospital’s Emergency/Medical Specialty Center West lobby, and in the hospital’s main lobby for your convenience. Utilizing these computers, trained personnel can provide education and assistance to patients about the use of the portals.

With the appropriate information available, hospital financial assistance websites can be accessed for application submission.



Rachel LaRoche (Health Information Management) offers assistance at the kiosk in hospital’s main lobby.

QUESTIONS?

For more information about enrollment in the patient portals and other available resources, please contact Morrow County Hospital – (419) 946.5015 – or your primary care provider.

Testimonial From The Heart – *Joan Myers, Alpha TWIG Member, Auxiliary President*

As I was planning to retire, I wanted to find something meaningful and useful to do. I kept hearing people talking about their activities in “TWIG” and the “Auxiliary.” This sounded appealing and so I was most pleased when asked to join a TWIG just a few weeks after retirement. This having been in the years before computers, TWIG members were involved in many areas of the hospital where today technology has taken over. When my husband retired, he also joined along with me in one of the Couples’ TWIGS at the time and helped for many years as well.

Currently, the Auxiliary is comprised of five TWIG groups. Each TWIG (**T**ogether **W**ith **I**mportant **G**oals) meets every month and members work on service and money-raising projects. For those who don’t like going to monthly meetings, the hospital has PLUS (**P**eople **L**ending **U**nlimited **S**ervice) volunteers who don’t have meetings, but are most interested in providing service wherever and whenever needed.

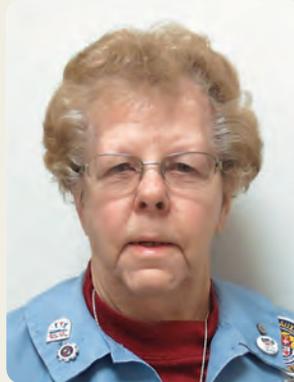
With the funds raised by the Auxiliary, we are able to buy equipment for the hospital from a “Wish List” provided by hospital administration. The items we provide to the hospital expand the quality of services available to this community and assist staff in meeting these needs.

I am in my twenty-first year as a volunteer and have enjoyed it all. My reward is to know I have helped the staff by doing little tasks to make their workload lighter. At this time, we, as many other organizations, are feeling a shortage of new volunteers. I invite you to get in touch with any of the Auxiliary officers by contacting the hospital – (419) 946.5015. Come join us. This is our invitation to you. We would love to have you – one day a week, every two weeks, or however you would want to schedule it.

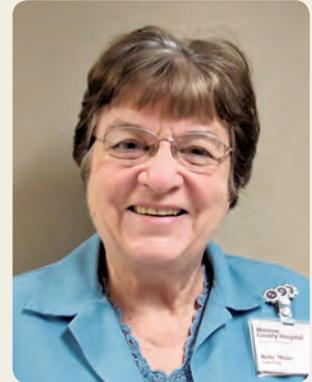
**NEED MORE
INFO?**

For more information about becoming a hospital volunteer, please contact Lois Peoples, Public Relations Manager, (419) 949.3088.

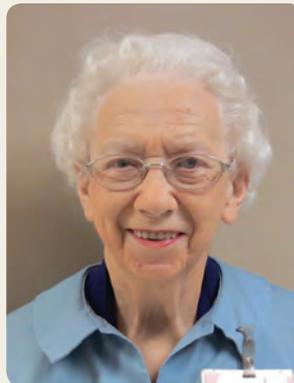
Current Auxiliary Officers



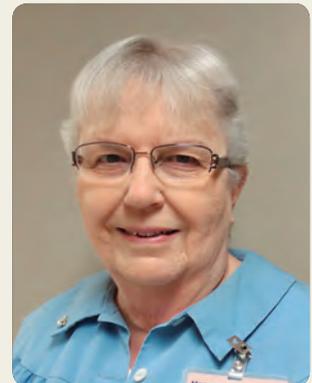
Joan Myers, Alpha TWIG
Auxiliary President



Betty Meier, Alpha TWIG
Auxiliary Vice President



Estell Stahl, Orchid TWIG
Auxiliary Co-Treasurer



Nancy Reed, Silver TWIG
Auxiliary Co-Treasurer



Betty Quinn, Buttercup TWIG
Auxiliary Secretary

Urgent Care Now In Second Year

September 16, 2014, marked the first anniversary of the opening of Morrow County Hospital's Urgent Care (651 West Marion Rd., Mt. Gilead). Over 6,000 visits have occurred since the opening in 2014. Those who have used the convenience of the Urgent Care have expressed appreciation of having this option so close to home, rather than having to leave the county for these services.

The dynamic duo of Certified Nurse Practitioner Sharlene Williams and Medical Assistant Sarah Deskins, not only assist patients with the usual Urgent Care medical needs, but also serve as another hospital resource to find other local health and medical services within and outside the hospital. The Urgent Care also serves as an initial workman's compensation provider, a certified DOT physical provider, as well as offering sport and school physicals.

While the word about the Urgent Care is expanding, there are still those who are unaware of its existence, which provides primarily after-hour minor medical care needs for colds, sore throats, allergies, minor lacerations, urinary tract infections, minor fractures, strains, sprains, insect bites, earaches, and other non-life threatening medical needs. This option saves the patient money and time over a more expensive emergency room visit and is often required by the patient's insurance carrier for minor medical care needs.

Urgent Care is currently open
Monday-Friday • 3-9:30 p.m.

Radiology Services Image Is Everything

Leading-Edge Technology and State-Of-The-Art Equipment

- *CT Scans*
- *Digital Mammography*
- *X-Rays*
- *Bone Density Scans*
- *Ultrasounds*
- *PET/CT Scans*
- *MRI Scans*
- *Nuclear Medicine*

Morrow County Hospital is an accredited facility of the American College of Radiology.

Images are interpreted by the board-certified radiologists of Riverside Radiology Interventional Associates, Inc.

To learn more about MCH Radiology Services, please call – (419) 949.3090.

 **Morrow County Hospital**
OhioHealth

Rehab Announces Program Additions

In 2014, Rehab Services added staff and opened a third location for outpatient therapy services. The physical therapy team now sees outpatients at Morrow County Hospital at Northfield in Williamsport, Morrow County Hospital in Mt. Gilead, and Morrow County Hospital at The Cardinal Center near Marengo. They also continue to provide therapy to Acute Care and Home Health patients. Full-time therapists offer speech and occupational therapy. Rehab Services has expanded their Athletic Training program to deliver increased presence at high school athletic events in Morrow County. Three athletic trainers also manage a variety of fitness programs – Get Fit, Introduction to Strengthening, Circuit Strengthening, Basic Flexibility and Aquatics Exercise classes, which are available to the public. In addition, Rehab Services will have the ability to provide aquatic therapy to patients in 2015.

The community is invited to meet the Rehab Services team! Call **(419) 949.3086** for an appointment with a team member or to register for one of the outreach programs.



Back Row – L to R: Patrick Hunter, AT, Director; Kimberly Frissora, AT; Lori Hunt, PTA; Lisa Fuller, PT; Amy McChesney, PTA; Angie Johnson, Office Manager; Jeanette Kincaid, PTA. **Front Row – L to R:** Heather Powell, Office Assistant; Ashleigh Stuckey, PTA; Ann Riepenhoff, SLP; Maria Stalter, OT; Ben Dickerson, PT.
Not pictured: Larry Peck, PTA; Jody Brown, PTA; Megan Rossiter, PTA; Brett Sulonen, AT.

EZ Way Smart Lift® Purchased By Auxiliary



Patient and staff safety are enhanced with the EZ Way Smart Lift®.

The 2011 Bureau of Labor Statistics states that healthcare workers and social assistance workers experience the highest rate of non-fatal occupational injuries and illnesses of any industry sector, including manufacturing and construction. Nursing research shows that, in a typical busy day, the cumulative weight lifted by a nurse in an 8-hour shift is equivalent to 3,600 pounds (1.8 tons)! The American Nurses' Association states, in their publication *Safe Patient Handling and Mobility*, that more than any other work-related injury or illness, musculoskeletal disorders are responsible for lost work time, the need for long-term medical care, and permanent disability among healthcare workers.

To address the increasing concerns for staff and patient safety during patient lifting and mobility activities, Carol Vail, Acute Care Nurse Manager, presented to the hospital's Safety Committee a proposal for purchasing equipment that would safely and comfortably aid the healthcare staff and patients during lifting and mobility tasks.

The EZ Way Smart Lift® was identified as the assistive equipment that would be the most helpful for our patients and the staff who would be lifting and assisting with mobility. Through the annual budgeting process, the EZ Way Smart Lift® was identified by the MCH Auxiliary as an investment not only in the safety and comfort of our patients, but the

health and safety of the staff as well. The funds were allocated and the equipment purchased. During this past fall, all patient care staff went through a hands-on learning event to competently utilize the EZ Way Smart Lift® in patient lifting situations.

"Thank you to the MCH Auxiliary members who contribute their time and energy to host fundraising events which allow us to purchase essential equipment such as this," said Carol Vail.

Laboratory Services

Most people in the area recognize the hospital's "MCH Health Awareness" blood profile events, but seldom make the connection about the many other services the laboratory provides every day.

Beyond the economical blood profiles, laboratory testing provides the inside story of a person's health through the skills of highly trained, experienced staff and the use of high-tech analyzers and automated equipment. This information provides data needed for accurate diagnoses and management of disease processes.

Morrow County Hospital's Laboratory is accredited by CAP (College of American Pathologists) which is considered the "gold standard" of laboratory accreditation which is based on rigorous standards

covering all aspects of laboratory testing, reporting, information systems, safety, point-of-care testing and much more.

"Our staff wants each person to have a positive experience at our outreach programs, in the hospital, and when visiting one of our off-site locations," said Laboratory Manager Doug Nichols, MT(ASCP). "People appreciate the convenience of having laboratory services close by."

NEED MORE INFO?

For more information about Laboratory Services, please call – (419) 949.3064.

Morrow County Hospital • 2015 Collection Sites

"MCH Health Awareness" Blood Profiles

No appointment necessary! • 6-9:30 a.m. • Morrow County Hospital's Lower Level*

Eligibility: Anyone age 18 and over

Morrow County Hospital's Laboratory will offer \$25 "MCH Health Awareness" blood profiles, which include a battery of 25 tests – cholesterol, triglycerides, HDL, LDL, VLDL, glucose, BUN (blood urea nitrogen), creatinine, 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.

For an additional charge, the following tests will also be offered:

- + \$25 TSH (thyroid stimulating hormone)
- + \$25 Hemoglobin A1C (primarily for all diabetics)

Absolutely...No physicians' orders for additional tests will be accepted at these screenings. These \$25 blood profiles will only be available at Morrow County Hospital!

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.

NEED MORE INFO?

If you have questions, please call (419) 949.3088/3089

All 2015 profiles will be held at Morrow County Hospital* from 6-9:30 a.m., on the following dates –

*Use the hospital's "Receiving" entrance on the southeast side (lower level).

SATURDAY/JANUARY 17

SATURDAY/MARCH 21

SATURDAY/MAY 16

SATURDAY/JULY 18

SATURDAY/SEPTEMBER 19

SATURDAY/NOVEMBER 14

Only cash or checks made payable to Morrow County Hospital will be accepted. No DEBIT or CREDIT CARDS.

Improved Heart Health Through Cardiac Rehab

Cardiac Rehab is a medically supervised program that assists with the improvement of the health and well-being of people with heart problems. With 36 exercise sessions, this program is specifically directed toward individuals who have encountered heart-related problems within the past 12 months – congestive heart failure, coronary artery disease (CAD), acute coronary syndrome (ACS), heart attack, chronic stable angina, angioplasty, heart valve or coronary artery bypass surgery, or stent placement.

During this timeframe, each client receives individualized information related to heart healthy diet, stress and weight management, and ways to lower blood pressure and cholesterol. Additional information is provided in classes on how to cease tobacco use. Cardiac Rehab is held as the current gold standard for optimal heart health, and it is usually determined to be medically necessary by Medicare and most private insurance companies.

Recently added to Morrow County Hospital's expanding Cardiac Rehab is "Our Friends and Family Program," available to clients who have completed their 36 sessions of exercise and prefer to continue with their exercise schedule. A friend or family member may join this maintenance plan and exercise with the client.

Jack and Ann Sweeney, who are current participants in the maintenance program, commented, "Morrow County Hospital's Cardiac Rehab is convenient, close to home and gives us the opportunity to maintain a degree of fitness year round."

Michael Porter recently attended Phase Two of the program and is currently in the maintenance phase and states, "The program is close to home. The staff and other people attending are friendly and familiar. This maintenance program has enabled me to continue with my established exercise routine at my own pace, while



Mike Porter enjoys the company of his Cardiac Rehab leaders Marcia Hykes, RN, and Judy Baker, RRT.

medically supervised. When optimal heart health needs take us away from home, Morrow County Hospital's Cardiac Rehab program provides quality recovery and wellness close to home."

Cardiac Rehab is recommended by both the American Heart Association and The American College of Cardiology and has been proven to be the number one way of preventing the recurrence of heart disease and decreasing cardiac-related deaths.

NEED MORE INFO?

To learn more about program information and eligibility, please call Cardiac Rehab (419) 949.3017.

Calendar of Community Outreach Programs & Services

Healthcare Provider CPR

THURSDAY/JANUARY 29

3:30-7:30 p.m. • MCH Room A

WEDNESDAY/FEBRUARY 4

8 a.m.-12 p.m. • MCH Room A

MONDAY/MARCH 2

8 a.m.-12 p.m. • MCH Room A

MONDAY/MAY 4

3:30 p.m.-7:30 p.m. • MCH Room A

WEDNESDAY/JUNE 17

8 a.m.-12 p.m. • MCH Room A

Certification/Recertification – \$45

Book – \$15 • Registration Required

MINIMUM CLASS SIZE: 6 PARTICIPANTS

Pediatric Advanced Life Support (PALS)

FRIDAY/JANUARY 30 • FRIDAY/MAY 8

8 a.m.-7 p.m. • MCH Rooms A & C

Community Registration Fees:

Certification – \$125 • Book – \$40

Registration Required

This class is for healthcare professionals who respond to emergencies in 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 a 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.

Diabetes Self-Management Education Class

Registration Required

MINIMUM CLASS SIZE: 2 PARTICIPANTS

2/3, 2/5, 2/10 AND 2/12 • 6-8 p.m.

All classes located in MCH Room C

Heartsaver CPR

WEDNESDAY/FEBRUARY 4

WEDNESDAY/JUNE 10

4-7 p.m. • MCH Room A

Certification/Recertification – \$30

Book – \$15

Registration Required

MINIMUM CLASS SIZE: 6 PARTICIPANTS

First Aid CPR AED Class

TUESDAY/FEBRUARY 10

MONDAY/MAY 11

3-8:30 p.m. • MCH Room A

Certification/Recertification – \$45

Book – \$15

Registration Required

MINIMUM CLASS SIZE: 6 PARTICIPANTS

American Red Cross Bloodmobile

WEDNESDAY/FEBRUARY 25

THURSDAY/APRIL 23

WEDNESDAY/JUNE 24

10 a.m.-4 p.m. • MCH Room A

Positive identification required – American Red Cross donor card or photo ID showing date of birth. Call MCH Public Relations to schedule an appointment – (419) 949.3089.

Diabetes Self-Management Education Class

Registration Required

MINIMUM CLASS SIZE: 2 PARTICIPANTS

3/3, 3/5, 3/10, 3/12 • 6-8 p.m.

All classes located in MCH Room C

Tobacco Cessation

Registration Required • Free Program

MAXIMUM CLASS SIZE: 8 PARTICIPANTS

3/4, 3/11, 3/18, 3/25, 4/1, 4/8 • 6-7 p.m.

All classes located in MCH Room C

Advanced Cardiac Life Support (ACLS)

FRIDAY/MARCH 13 • 8 a.m.-5 p.m.

MCH Rooms A & C

MAXIMUM CLASS SIZE: 24 PARTICIPANTS

RECERTIFICATION ONLY

PREREQUISITES:

- **ACLS Recertification** – Current ACLS Certification & Current Healthcare Provider CPR Certification
- Completion of **ACLS Pretest Required**

COMMUNITY REGISTRATION FEES:

Recertification – \$100 • Book – \$35
Registration Required

“MCH Health Awareness” Blood Profiles

No appointment necessary! • 6-9:30 a.m.

ELIGIBILITY: ANYONE AGE 18 AND OVER

SATURDAY/MARCH 21

SATURDAY/MAY 16

MCH LOWER LEVEL

(USE “RECEIVING” ENTRANCE)

Morrow County Hospital's laboratory personnel will offer **\$25 “MCH Health Awareness”** blood profiles, which include a battery of **25 tests**.

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)

Absolutely...No physicians' orders for additional tests will be accepted at these screenings. These \$25 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.**

Pre-registration is required for all programs unless otherwise noted. To register for any of the listed programs, or for more information, please call Morrow County Hospital's Public Relations Department – (419) 949.3089 or (419) 949.3088 – Monday through Friday, between the hours of 8 a.m.-4 p.m.

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE

Diabetes Support Group

TUESDAY/APRIL 7

TUESDAY/JUNE 2

6-7 p.m. • MCH ROOM C

Registration Required • Free Program

MINIMUM CLASS SIZE: 10 PARTICIPANTS

Advanced Cardiac Life Support (ACLS)

THURSDAY/APRIL 9 • 8 a.m.-5 p.m.

MCH ROOMS A & C

MAXIMUM CLASS SIZE: 24 PARTICIPANTS

FRIDAY/APRIL 10 • 8 a.m.-5 p.m.

MCH ROOMS A & C

MAXIMUM CLASS SIZE: 12 PARTICIPANTS

PLEASE NOTE: For recertification, you only need to attend the April 9 class.

PREREQUISITES:

- **ACLS Certification** – Current Healthcare Provider CPR Certification
- **ACLS Recertification** – Current ACLS Certification & Current Healthcare Provider CPR Certification
- Completion of **ACLS Pretest** Required

COMMUNITY REGISTRATION FEES:

Certification – \$150

Recertification – \$100 • Book – \$35

Registration Required

Diabetes Self-Management Education Class

Registration Required

MINIMUM CLASS SIZE: 2 PARTICIPANTS

5/5, 5/7, 5/12, 5/14 • 6-8 p.m.

All classes located in MCH Room C

Prostate Cancer Screening For Men • FREE!

WEDNESDAY/MAY 13 • 2-6 p.m.

By Appointment Only • Call MCH Public Relations to schedule an appointment – (419) 949.3089.

This **FREE** screening is targeted for men over 50 and includes: completing a basic health information sheet, a PSA blood test, and an examination by a urologist.

This screening will be held in the hospital's Medical Specialty Center North. Please use the hospital's main entrance for the screening.

Tobacco Cessation

Registration Required • Free Program

MAXIMUM CLASS SIZE: 8 PARTICIPANTS

5/13 • 1-2 p.m. • MCH ROOM C

5/20 • 1-2 p.m. • MCH ROOM C

5/27 • 1-2 p.m. • MCH ROOM A

6/3 • 1-2 p.m. • MCH ROOM A

6/10 • 1-2 p.m. • MCH ROOM C

6/17 • 1-2 p.m. • MCH ROOM C

2015 AUXILIARY-SPONSORED EVENTS

"Robert's Medical" Uniform Sale

WEDNESDAY/MARCH 11

7 a.m.-4 p.m. • MCH Room A

"Books Are Fun" Book Fair

TUESDAY/MARCH 31

7 a.m.-4 p.m. • MCH Room A

"\$5 Jewelry Is Fun" Sale

WEDNESDAY/MAY 6

7 a.m.-4 p.m. • MCH Room A

Open To The Public!

Net proceeds from these events benefit patient care.

Sports Physical Exams For Morrow County Students Grades 9-12 • FREE!

PHYSICALS **NOT** PERFORMED AT THE LISTED LOCATIONS & ON THE LISTED DATES **WILL NOT BE FREE!**

This year, Morrow County Hospital is pleased to announce a few changes to the annual Sports Physical Exams to allow for more flexibility to families and students for these important screenings.

In addition to Morrow County high school (grades 9-12) students being eligible for these FREE screenings, now 7th & 8th grade students for the 2015-16 school year can take advantage of this event.

Rather than only having one date in May for these physical exams, this year they will be offered at the MCH Primary Care sites* on various evenings for your convenience –

THURSDAY/MAY 14 • 4-7 p.m.

HIGHLAND (GRADES 7-12)

MCH PRIMARY CARE CARDINAL CENTER
73 SPORTSMAN'S DRIVE • MARENGO

TUESDAY/MAY 19 • 4-7 p.m.

NORTHMOR (GRADES 7-12)

MCH PRIMARY CARE NORTHFIELD
6519 U.S. HWY. 42 • MT. GILEAD

WEDNESDAY/MAY 20 • 4-7 p.m.

MT. GILEAD & GILEAD CHRISTIAN
(GRADES 7-12)

MORROW COUNTY HOSPITAL

651 WEST MARION RD. • MT. GILEAD

THURSDAY/MAY 21 • 4-7 p.m.

CARDINGTON (GRADES 7-12)

MCH PRIMARY CARE CARDINGTON

116 EAST MAIN STREET • CARDINGTON

*Although MCH prefers that students attend the event closest to their school, they may attend any of the events if the date is more convenient. No appointment necessary! Contact your school's Athletic Director for required forms.

Current Resident

Make The Right Choice For Your Healthcare

MCH Primary Care Baker Street

712 Baker Street
Mt. Gilead, OH 43338

At this primary care location, Dr. Hintz and Tracie Bakewell, CNP, offer...

- + Infant and child healthcare, including well and ill visits
- + Annual exams
- + Comprehensive chronic disease management and care coordination programs to include: asthma, diabetes, hypertension, high cholesterol
- + Age-Specific Screenings
- + TB Skin Testing
- + Immunizations
- + Blood Pressure Checks
- + Medical Clearance for Surgery
- + Physicals – Sports, School and Camp
- + Electrocardiograms
- + Pulmonary Function Tests
- + Preventative Care
- + and much more!



Morrow County Hospital is pleased to welcome (back row) Phyllis Hutchinson, LPN, and Tracie Bakewell, CNP, to MCH Primary Care Baker Street. These medical professionals join Matthew Hintz, MD, board-certified family medicine physician, and his current dedicated team members – Stacy Gabriel (CMA), Linda Mathews (receptionist) and Nikki Swalley (MA) who have worked with him for over nine years.

Accepting New Patients!

- Convenient Office Hours
- Accepts Most Major Insurances

**NEED MORE
INFO?**

To schedule an appointment with Dr. Hintz or Tracie Bakewell, CNP, please call (419) 947.8001, or visit us at morrowcountyhospital.com.