

Navigator

SUMMER | 2017

GRAND LAKE HEALTH SYSTEM NEWS



**Summer Sun
Skin Safety is
as Easy as the
ABCs** PAGE 4

Community CONNECTIONS

WELLNESS OPPORTUNITIES & SCREENS

YMCA - North/South

JULY 7 - 9:00 a.m.-11:00 a.m. - South
JULY 3 - 9:00 a.m.-11:00 a.m. - North
AUG 4 - 9:00 a.m.-11:00 a.m. - South
AUG 7 - 9:00 a.m.-11:00 a.m. - North
FREE Blood Pressure & Pulse Ox Screenings

ACCA -Wapak

JULY 12 - 9:45 a.m.
Wound Care Center
AUG 9 - 9:45 a.m.
Cholesterol Awareness

ACCA -St.Marys

JUNE 28 - 9:45 a.m.
Osteoporosis Screen
JULY 5 - 9:45 a.m.
Wound Care Center
AUG 16 - 9:45 a.m.
Cholesterol Awareness

Wagner's Wellness Programs

JULY 11 - 11:00 a.m. - 1:00 p.m.
Bone Health - Minster
JULY 11 - 2:00 p.m. - 4:00 p.m.
Bone Health - New Bremen

Agape Wellness Program - St. Marys

JUNE 27 - 12:00 p.m. - 2:30 p.m.
National Safety Month Awareness
July 25-12:00 pm-2:30 p.m
FREE Osteoporosis screening
AUG 22 - 12:00 p.m.- 2:30 p.m.
Cholesterol Awareness

New Bremen Senior Citizen Center

JUNE 28 - 1:00 p.m.
Osteoporosis Screen
AUG 23 - 1:00 p.m.
Cholesterol

SUPPORT GROUPS

Bereavement Support Group

JULY 6 - 10:00 a.m.
JULY 20 - 10:00 a.m.
AUG 3 - 10:00 a.m.
AUG 17 - 10:00 a.m.
JTDMMH Annex

Diabetes Support Group

AUG 14 - 7:00 p.m.; AUG 15-10 am
GLHS, St. Marys

Parkinson's Support Group

JULY 10 - 2:00 p.m. - 3:00 p.m.
AUG 14 - 2:00 p.m. - 3:00 p.m.
GLHS, St. Marys

Stroke Support Group

AUG 15 - 10:00 a.m. - 11:00 a.m.
GLHS, St. Marys

Pink Ribbon Partners

AUG 10 - 6:00 p.m. "Breast Cancer" Grand Lake Regional Cancer Center

EDUCATION

CPR Basic Life Support Classes-HCP

JUNE 24- 8:00 a.m. - 12:00 p.m.
JUNE 26 - 12:30 p.m. - 4:30 p.m.
JULY 22 - 8:00 a.m. - 12:00 p.m.
JULY 31 - 12:30 p.m. - 4:30 p.m.
AUG 26- 8:00 a.m. - 12:00 p.m.
AUG 28 - 12:30 p.m. - 4:30 p.m.
GLHS, St. Marys

Pre-Diabetes Class

JUNE 27 - 9:00 a.m. - 11:00 a.m.
6:00 p.m.- 8:00 p.m.
JULY 24 - 9:00 a.m. - 11:00 a.m.
6:00 p.m.- 8:00 p.m.
AUG 22 - 9:00 a.m. - 11:00 a.m.
6:00 p.m.- 8:00 p.m.
GLHS, St. Marys

Babysitting 101:

JULY 10 & 12 - 12:00 p.m. - 3:00 p.m.
AUG 7 & 8 - 12:00 p.m. - 3:00 p.m.

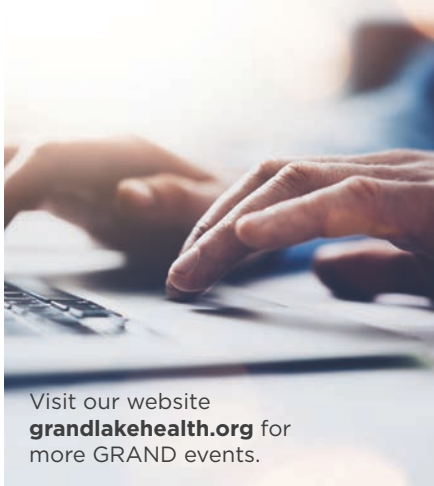
OPPORTUNITIES

Senior Supper Hour

Grand Lake Marathon
JUNE 22 - 5:00 p.m. - 6:30 p.m.
Otterbein, St. Marys

Women's Walk for Wellness

JULY 29 - 8:15 a.m.
To register, contact Community Outreach



Visit our website grandlakehealth.org for more GRAND events.

SPEAKER ENGAGEMENTS

WCSM Radio-GLHS Speaker
JULY 10 - 12:30 p.m.

Anticoagulation Clinic

AUG 14 - 12:30 p.m.

Miami Erie Medical Center

WKKI Radio-GLHS Speaker

JUNE 27 - 7:45 a.m.

Wound Care Center

JULY 18 - 7:45 a.m.

Anticoagulation Clinic

Hospital Joins Ohio First Steps for Healthy Babies in The Mission to Support Breastfeeding

Joint Township District Memorial Hospital, along with other maternity centers in Ohio, is taking steps to promote its support of successful breastfeeding.

Joint Township District Memorial Hospital, along with other maternity centers in Ohio, is taking steps to promote its support of successful breastfeeding. The Ohio First Steps for Healthy Babies is a voluntary breastfeeding designation program through the Ohio Hospital Association and Ohio Department of Health that recognizes maternity centers in Ohio for taking steps to promote, protect and support breastfeeding in their organization. In partnership with the Ohio Breastfeeding Alliance and the Ohio Lactation Consultants Association, the Ohio First Steps program will recognize facilities with the "Maternity Care Best Practice Award" for 2016. This recognition indicates a facility's commitment to best practices by choosing to not distribute infant formula or formula company-sponsored sample packs.

In addition to this commitment, Joint Township District Memorial Hospital provides hospital practices supportive of breastfeeding and the Ohio First Steps for Healthy Babies program. "The support of Ohio First Steps for Healthy Babies prompts our care providers to have thoughtful conversations in the prenatal and hospital settings about the benefits of breastfeeding in order to educate patients and the community," said Amy Becker, Birthing Center Clinical Coordinator for Joint Township District Memorial Hospital. "The support a new mother receives from hospital staff can impact her decision to breastfeed. Increasing the number of breastfed newborns can lead to a decrease in the likelihood for future health conditions for the child such as asthma, diabetes and obesity."



GRAND LAKE HEALTH SYSTEM

WELCOMES



Julie DeVine, CPNP-PC

Grand Lake Health System welcomes Julie DeVine to Grand Lake Pediatrics. Julie received her undergraduate degree from Bowling Green State University, her Bachelor of Science in Nursing from Ursuline College and her Masters of Nursing from Wright State University.

Her practice philosophy is to follow evidence-based research, while also tailoring the care to each patient and family situation.

She will be seeing pediatric patients in Celina and St. Marys.

Julie gives back to the community by being a member of the Jackson Center Scholarship Committee. She also does mission work for people with congenital heart defects in Egypt and Costa Rica. Julie is originally from Mentor, Ohio. She and her husband live in Jackson Center and welcomed their first child in May.



Scott Cohen, MD

Grand Lake Health System welcomes Dr. Scott Cohen. He is practicing at Auglaize Mercer Urology in Celina. He attained his bachelor's degree from Washington University in St. Louis. He then graduated from

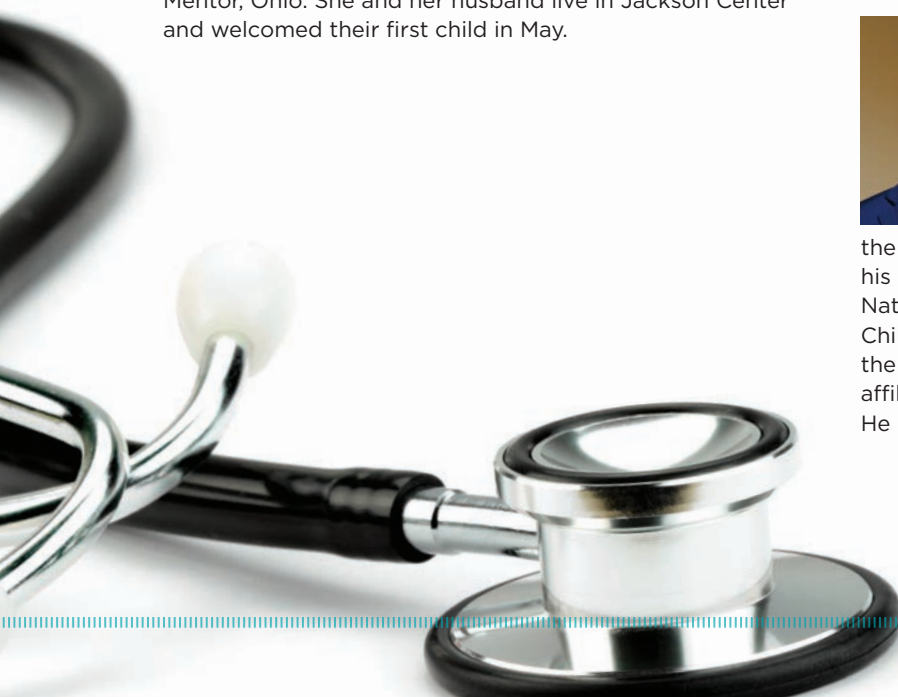
The Ohio State University College of Medicine with medical degree. Dr. Cohen completed his residency at Southern Illinois University. He also received a degree in law from the University of Michigan. Dr. Cohen is board certified by the American Board of Urology. Before coming to Grand Lake Health System, he served as the Chief of Surgery at Kettering Medical Center. He is affiliated with the American Urology Society, College of Legal Medicine and the Wright State University School of Medicine.



Thomas Zegarski, MD, FAAP

Grand Lake Health System welcomes Dr. Thomas Zegarski to Grand Lake Pediatrics. He graduated from the University of Dayton with a bachelor's degree in premedicine, and earned his medical degree from

the University of Cincinnati. Dr. Zegarski completed his residency at The Ohio State University with Nationwide Children's Hospital (formerly Columbus Children's Hospital). Dr. Zegarski is board certified by the American Academy of Pediatrics (AAP), and he is affiliated with the Montgomery County Medical Society. He has over 20 years of experience in private practice.



Summer Sun Skin Safety is as

Easy as the ABCs

by: Thomas Zegarski, MD, FAAP

For many people, summer is the best time of the year. We love to play in the sun. Unfortunately, it puts us at risk for sunburns, early aging, and worse yet, skin cancer. These risks are even greater if we work outdoors.

The key to protecting ourselves is to add a layer of protection before heading outside. Over the years, keeping ourselves safe has gotten complicated, but it doesn't have to be. In fact, it can be as easy as the ABCs.

FOR MANY PEOPLE, SUMMER IS THE BEST TIME OF THE YEAR.

A IS FOR AVOIDING THE SUN

Try to avoid the largest exposure to the sun when the rays are the strongest. This occurs midday, from 11 a.m. to 3 p.m. This isn't always possible, and that is where the "B" comes into play.

B STANDS FOR SUNBLOCK

It is important to block the sun with a good sunscreen. It is best to choose a "broad spectrum" sunscreen. A broad spectrum product is designed to protect against UVB rays and both types of UVA rays. These are the damaging rays we want to avoid. Often a sunscreen will have a titanium or zinc oxide ingredient. These metals reflect the harmful rays away from you. In the old days, this was the white coating on the lifeguard's nose. Now that thick white smear is a thin layer of tiny particles called nanoparticles. It still works, and it looks much nicer.

The metals are typically combined with a chemical ingredient. This part will absorb some of the damaging rays and prevent them from getting to you. Most people prefer having both in their sunscreen. The combination is not sticky or greasy, has a better feel to it and smells better too.

Now it's time to share something about SPF or

sun protection factor. A SPF of 15 or higher is recommended. Why 15? This is the level needed to decrease the risk of skin cancer. It will also decrease early skin aging caused by the sun. The American Academy of Dermatology recommends a level of 30, because many people don't apply as much sunscreen as they need. According to the FDA, there is rarely a need to go over a SPF of 50 because SPF 50 blocks 98% of those rays. That said, you may want a higher SPF if you are going where the sun's rays are much stronger (author's personal experience—yes, it also happens to doctors).

The recommended amount of sunscreen is about an ounce, or a shot glass, for the average sized adult. You can break it down to a teaspoon for each leg, arms, front, back and head/neck. Don't forget the lips and tops of the ears. Lotions go on easily and evenly; sprays seem to leave more uncovered areas. Don't be shy with the amount, and rub it in.

Put the first layer on before you leave the house. It takes 15 minutes for the lotion to really work into the skin. Besides, if you are going to the beach or pool, you want to start having fun when you get there, not start putting sunscreen on everyone.

It's also a good idea to use a sunscreen that is "water resistant" or "very water resistant." They continue protecting for 40 to 80 minutes even when swimming or sweating. Remember to bring it with you. Sunscreen should be re-applied every 2 hours, and every hour if swimming or sweating. Let's not forget the letter "C."



WE COVER UP TO LOWER OUR RISK OF SUNBURNS, EARLY AGING, AND WORSE YET, SKIN CANCER.

C STANDS FOR COVER UP

This is best done with comfortable loose clothing, hats and sunglasses.

S IS FOR SHADE AND SPECIAL SITUATIONS

Take advantage of the shade or create your own with an umbrella. This is extra important for infants. They are more sensitive to the heat and direct sun. Because of their thinner skin, do not use sunscreen for children under 6 months of age. If necessary, you could use one of the zinc or titanium products, but it is better to focus on the A, C and S for them.

Do your best to plan ahead, but keep an extra bottle of sunscreen in the car just in case. Let's enjoy and remember the good times, not the pain of bad sunburn. It's only a little extra work, but it's well worth it.

CASINO GALA HITS THE JACKPOT AND

Raises Over \$50,000

Over 240 guests attended the 9th annual Gala fundraising event benefiting Grand Lake Hospice on April 22nd at Romer's Entertainment & Catering Facility in Celina. "Casino de Monte Carlo" was made possible by the generosity of returning Presenting Sponsor, Three Rivers Federal Credit Union. Professional photographs were taken by Emily High of High 5 Photography and Romer's Catering provided a unique dining experience, offering hors d'oeuvres and dinner options with a variety of desserts.

Big Wheel Sponsors Dr. Robert Keighley and Dr. Lance Bryant of St. Marys Surgical Associates provided a raffle experience where lucky winners were given the unexpected opportunity to spin the Big Wheel for extra prizes. These included a gold bracelet from Jones Jeweler, a home security system from Fowler's TV, an Amazon ECHO, a TV and CASH!

St. Marys Chrysler was the WIN A CAR Sponsor of the evening. Every guest had the opportunity to roll the dice to try to win a 2017 Jeep Latitude. Although we did not have a winner, our guests had fun trying.

Premier Casino Events entertained our guests with music and games. Thanks to the generosity of many businesses and individuals, guests were able to bid on more than 93 items and packages through our live and silent auctions. Auctioneer Frank Arling auctioned off trips to Las Vegas from We Can Too Opportunity Center, trips to Norris Lake from Mark & Jill Oldiges, a fishing trip from Russ Bailey, advertising packages from Lima Hometown stations and WCSM, a new chair from Lifestyle Furniture, a necklace and earrings from Jones Jeweler, a 38 bottle wine cooler from Moran's Refrigeration, a reservation and transportation for eight to the 2018 Gala from the JTD Hospital Foundation and the JTDH Hospital Board, and a trip to Chicago with tickets to see the hit show *Hamilton* from Robert Grimes and Scott & Tanya Temple.

Many other generous sponsors made this evening possible, including Gift of Faith Sponsors Miller Funeral



Home, The Family of Cletus Schmiesing, Schwieterman Pharmacies, G.A. Wintzer & Son Co., Doug & Theresa Cahill, Telephone Service Company, HCF- Briarwood Village and Celina Manor, H.A. Dorsten, Inc., and Kohl's. Our Gift of Compassion sponsors include Celina Eagles #1291, St. Henry Tile Company Inc., Nidec Minster Corporation, Second National Bank, Upward Brand Interactions, Steve & Diana Hartwig, AAP St. Marys Corp., The Peoples Bank Co., Superior Credit Union, Minster Bank and Wagner's IGA.

Special thanks to Globus Printing for printing our program, the management and staff of Romer's Catering & Entertainment, our auctioneer Frank Arling and the graphic design skills of Jon Lee.

Funds raised from this event provide quality hospice care and services to patients and families beyond what Medicare and commercial insurances will cover. Thanks to your support, Grand Lake Hospice is able to provide Pastoral Counseling, the Healing Memories Bereavement Support program, a Massage Therapist, a Volunteer Coordinator, a Music Therapist, Stargazer Therapy and our Comfort Suite. These funds also ensure that anyone needing specialized care can receive it, regardless of their ability to pay.

Linda Haines, Executive Director of the JTD Hospital Foundation, noted, "Co-Chairs Tanya and Scott Temple and committee members Eunice Ernst, Linda Vogel, Diane Piehl, Jon Derryberry, Rick Haines, Angie Lee, Julie Jacobs, Loraine Bernard, Jane Steinemann and Carrie Widman are to be congratulated for their outstanding fundraising efforts! Their passion for hospice is evident in the time, energy and talents they bring to this event. Plans are already underway for next year's event: The Emerald Ball. Mark your calendar now for April 21, 2018 and plan to bring your heart and courage to the Emerald City in support of Grand Lake Hospice."

PLEASE MARK YOUR CALENDARS NOW AND MAKE PLANS TO ATTEND THE

25th ANNUAL GOLF CLASSIC!

FRIDAY, SEPT. 8, 2017

ARROWHEAD GOLF COURSE, MINSTER

Call the JTD Hospital Foundation for more information

Landen's 5K Inspires Many

AND RAISES OVER \$12,000

On Saturday, May 6, 2017 the JTD Hospital Foundation held its fourth annual Landen's 5K, a run/walk for SIDS awareness in St. Marys, Ohio.

The day got off to a great start on East Bank Road with the sun shining and avid runners and walkers attending in support of raising awareness about SIDS and Safe Sleep. This was a very family friendly and uplifting event, great for both runners and walkers alike.

The day began with the playing of The Star Spangled Banner followed by race instructions from Committee Chair, Tracy Smith. Can't Stop Timing Co. provided the chip timing service for the 5K and created a fun atmosphere for our participants. Information regarding Safe Sleep was placed along the race route and was shared by Amy Becker, Clinical Coordinator of the Birthing Center at Joint Township District Memorial Hospital. Overall male winner was Craig Sutter with a time of 20:27. Overall female winner was Carly Becker with a time of 23:56. Other medals were awarded to the top three places in male and female finisher by age group.

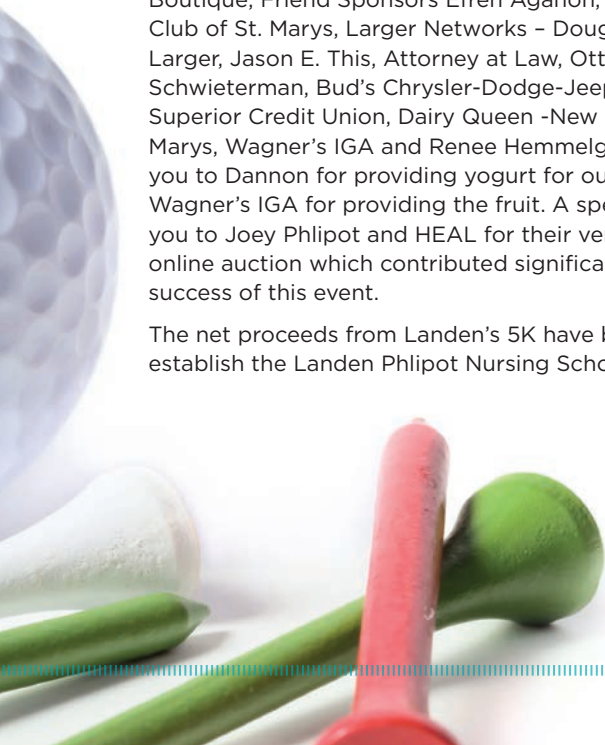
A sincere thank you to our sponsors: Presenting Sponsor Crown Battery; Supporting Sponsors HEAL, G-W Tool and Kohl's; Challenge Sponsor Effie's Boutique; Friend Sponsors Efen Aganon, M.D., Kiwanis Club of St. Marys, Larger Networks - Doug & Karla Larger, Jason E. This, Attorney at Law, Otto and Laura Schwieterman, Bud's Chrysler-Dodge-Jeep, Inc., Superior Credit Union, Dairy Queen -New Bremen & St. Marys, Wagner's IGA and Renee Hemmelgarn. Thank you to Dannon for providing yogurt for our runners and Wagner's IGA for providing the fruit. A special thank you to Joey Phlipot and HEAL for their very successful online auction which contributed significantly to the success of this event.

The net proceeds from Landen's 5K have been used to establish the Landen Phlipot Nursing Scholarship. Taylor

Bergman from New Bremen was the first recipient of this \$1,000 scholarship in 2016 and was present the day of the race to give her thanks for the scholarship. Times and pictures from that day can be found on the Can't Stop Timing website and their Facebook page.

"The 2017 Landen's 5K Committee should feel very proud of this accomplishment. Thank you, Tracy Smith for chairing this committee. Thank you to committee members Joey Phlipot, Amy Becker, Lesia Arnett, Eunice Ernst, and Carrie Widman and to the many volunteers who helped with Landen's 5K," states Lina Haines, Executive Director of the JTD Hospital Foundation.

If you were unable to attend Landen's 5K, you can still contribute; gifts can be made to the JTD Hospital Foundation. For more information, please contact Carrie Widman at ext. 3567.




1 JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL™

200 St. Clair Street
 St. Marys, Ohio 45885-2400
 Phone: 419.394.3335
 Toll Free: 1.877.564.6897

2 GRAND LAKE OCCUPATIONAL MEDICINE™

200 St. Clair Street
 St. Marys, Ohio 45885
 Phone: 419.394.3335
 • Juan Torres, MD

3 URGENT CARE AT JTMH

200 St. Clair Street
 St. Marys, Ohio 45885-2400
 Phone: 419.394.3335

4 GRAND LAKE NEUROLOGICAL CENTER™

200 St. Clair Street
 St. Marys, Ohio 45885
 Phone: 419.394.9522
 • Natasha Alexander, DO
 • Peter Maceroni, DO

5 WOUND CARE CENTER™

200 St. Clair Street
 St. Marys, Ohio 45885
 Phone: 419.394.9512

6 GRAND LAKE HOME HEALTH™

1122 East Spring Street
 St. Marys, Ohio 45885
 Phone: 419.394.7434
 Toll Free: 1.800.543.5115

7 GRAND LAKE HOSPICE™

1122 East Spring Street
 St. Marys, Ohio 45885
 Phone: 419.394.7434
 Toll Free: 1.800.543.5115
 After Hours: 419.394.3335

8 GRAND LAKE PRIMARY CARE AT ST. MARYS™

1040 Hager Street
 St. Marys, Ohio 45885
 Phone: 419.394.9959

- 8** • Michael Josey, MD
- Dawn McNaughton, MD
- Nicole Link, NP-C

9 GRAND LAKE PEDIATRICS

Wheatland Professional Bldg.
 1165 S. Knoxville Ave. Ste 105
 St. Marys, Ohio 45885
 Phone: 419.394.9579
 • Efren Aganon, MD
 • Thomas Zegarski, MD
 • Julie DeVine, CPNP-PC

10 WAPAKONETA PRIMARY CARE

Wheatland Professional Bldg.
 1165 S. Knoxville Ave. Ste 105
 Phone: 419.738.4445
 • VK Chalasani, MD

11 GRAND LAKE OB/GYN™

1067 Hager Street
 St. Marys, Ohio 45885
 Phone: 419.394.7314
 • Mohamed El Nemr, MD
 • David Mitchell, MD
 • Mitchell Nutt, MD
 • Polly Train, MD
 • Bridget Heckler, CNM
 • Kelly Wilkinson, CNM

12 GRAND LAKE SLEEP CENTER™

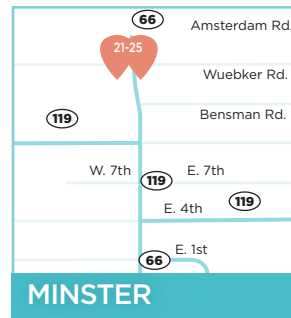
975 Hager Street
 St. Marys, Ohio 45885
 Phone: 419.394.9992
 • Sarat Kuchipudi, MD

13 NEW DAY PAIN MANAGEMENT CENTER™

975 Hager Street
 St. Marys, Ohio 45885
 Phone: 419.394.9520
 • John Buonocore, DO

14 GRAND LAKE REHAB SERVICES™ (OUTPATIENT)

1275 Greenville Road
 St. Marys, Ohio 45885
 Phone: 419.394.9514



All are located in:
MIAMI & ERIE MEDICAL CENTER
 04463 State Route 66
 Minster, Ohio 45865

21 MIAMI & ERIE FAMILY PRACTICE & PEDIATRICS

Phone: 419.628.3821
 • James Luedeke, MD
 • Sarah Werner, DO
 • Shelden Wical, DO
 • Sara Hess, NP-C

22 NEW DAY PAIN MANAGEMENT CENTER

Phone: 419.394.9520
 • John Buonocore, DO

23 GRAND LAKE OCCUPATIONAL MEDICINE

Phone: 419.394.3335
 • Juan Torres, MD

24 GRAND LAKE OB/GYN™

Phone: 419.394.7314
 • Mohamed El Nemr, MD
 • David Mitchell, MD
 • Mitchell Nutt, MD
 • Polly Train, MD
 • Bridget Heckler, CNM
 • Kelly Wilkinson, CNM

25 GRAND LAKE PEDIATRICS

Phone: 419.394.9579
 • Efren Aganon, MD



All located in:
WAPAKONETA MEDICAL CENTER
 812 Redskin Trail
 Wapakoneta, Ohio 45895

26 WAPAKONETA PRIMARY CARE™

Phone: 419.738.4445
 • V.K. Chalasani, MD



All are located in:
CELINA MEDICAL CENTER
 801 Pro Drive
 Celina, Ohio 45822

15 GRAND LAKE FAMILY PRACTICE & PEDIATRICS™

Phone: 419.586.6489
 • Leanne Kline, MD
 • Peter White, MD

16 JAMES REICHERT, D.O. GENERAL & BARIATRIC SURGERY

Phone: 419.586.6480
 • James Reichert, DO
 • Brooke Lange, PA-C

17 VANAN ENT & SINUS CENTER™

Phone: 419.586.6480
 • Suri Vanan, MD
 • Christy Kretzer, FNP-BC
 RNFA, CORLN

18 GRAND LAKE OB/GYN™

Phone: 419.394.7314
 • Mohamed El Nemr, MD
 • David Mitchell, MD
 • Mitchell Nutt, MD
 • Polly Train, MD
 • Bridget Heckler, CNM
 • Kelly Wilkinson, CNM

19 GRAND LAKE PEDIATRICS

Phone: 419.394.9579
 • Julie DeVine, CPNP-PC

20 AUGLAIZE MERCER UROLOGY

950 S. Main St. Ste 5
 Celina, Oh 45822
 Phone 419.586.6899
 • Scott Cohen, MD

WAPAKONETA
27 GRAND LAKE OB/GYN™

Phone: 419.394.7314
 • Mohamed El Nemr, MD
 • Mitchell Nutt, MD
 • David Mitchell, MD
 • Polly Train, MD
 • Bridget Heckler, CNM
 • Kelly Wilkinson, CNM

28 GRAND LAKE PEDIATRICS

Phone: 419.394.9579
 • Thomas Zegarski, MD