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our commitment to **LOGAN COUNTY**

Growing A Healthy Community

Year after year, Mary Rutan Hospital and Mary Rutan Foundation give millions of dollars in community benefit back to the community. It is a testimony to the commitment and leadership of our medical staff, board of directors, employees, volunteers, and community partners, whose dedication to service touches many lives and makes our community a better place.



Mary Rutan
FOUNDATION

GROWING GARDENS - GROWING MINDS

Benjamin Logan students invest in themselves & others

Using problem solving skills to correct counterproductive ammonia levels in an Aquaponics System; organizing a volunteer schedule to pull weeds; creatively illustrating a children's book. This wide expanse of life skills are just a few of the essential lessons students are learning at the Benjamin Logan School District through their Growing Gardens, Growing Minds multi-disciplinary project, partially funded by the Mary Rutan Foundation health and wellness grant program.

Annually, Mary Rutan Foundation awards grants to Logan County organizations working to address the needs of the community identified by a health risk and needs assessment that is conducted periodically. In 2019, focus areas for the grants were nutrition, physical activity, substance abuse, and mental health.

Stemming from data gathered from the community assessment along with a project-based learning approach, the Growing Gardens, Growing Minds project emerged. One goal is to promote an understanding that processed foods and diets of fast foods have a direct link to children's health issues in Logan County, such as obesity, diabetes, joint and muscle pain, and chronic headaches. Mental health issues in children can also be the result of a poor diet consisting of too much sugar and processed foods.

Studies have found that gardening in a school environment can be effective in dramatically improving a student's mental and physical health through increased physical activity, positive health messages, and reinforced nutritional knowledge of the produce

grown and harvested by students. Adam Sorensen with the Mental Health Drug and Alcohol Services Board of Logan and Champaign Counties shared that there a number of emotional and mental benefits of gardening:

- Working with others
- Improving communication
- Developing patience
- Learning how to nurture
- Increasing confidence &
- Practicing skills for life



Going into its third season, the project has accomplished a strong foundation for future growth. Students have practiced their gardening skills with container plants; growing, harvesting, and consuming microgreens; the art of constructing, planting, and harvesting with raised beds; building and maintaining alternative growing practices with an aquaponics system; native plant gardening nurtured by the installation of a bee hive and pollinator plots; as well as a bluebird trail and a purple martin house.

Utilizing various skills and talents of their students, Benjamin Logan enlisted a foods class to expand the palette of students with food tasting opportunities. All students were challenged to create an image that best illustrates the idea and tone of the district project. (The selected logo above was designed by senior Mason Hammer). And most creatively is the collaboration of media arts students and college writing students who wrote and illustrated children's books. Teams designed a book with a specific age range in mind. The books will be produced and shared with elementary students. English students have been researching food-related issues and learning about the connection of food to culture, history, and economics. These students have started plants in the greenhouse and have enjoyed nurturing the small plants to maturity.

At Benjamin Logan, they're taking gardening very seriously, incorporating learning fundamentals throughout the district's K—12 curriculum. Future goals for the project will be to supply items for the cafeteria menu and establish a sustainable student-run business using a local farmers' market to sell their products. Ultimately, the goal is to meet the physical, nutritional, and mental health needs of their students by teaching them to develop a healthy, sustainable relationship with nature that will carry them through their adult lives and future generations.

Educators leading the charge include Bruce Smith, Ryan Kerns, Spencer Reames, Shelly Lane, Maverick Liles, Chris Bair, Lois Stoll and Sally Stolly.

Volunteers interested in helping maintain the gardens may contact the Benjamin Logan Central Office at (937) 593-9211.



Growing a healthy community COMMUNITY BENEFIT REPORT

The Community Benefit Report, Mary Rutan Hospital Needs Assessment, Health Improvement Plan and Annual Progress report can be found at www.maryrutan.org/foundation

The work of the Mary Rutan Hospital community outreach team is about sharing information to make good choices among our community; encouraging youth and adults to make decisions that head a person in a positive direction.

French philosopher, Jean-Paul Sarte stated, "We are our choices."

Whether it be making decisions about vaping; the food you eat; the types of activities to be involved in; the friends you keep; or relaxation methods; every good choice is continually developing the type of person you are.

That's why each program provided by our team of healthcare professionals has a consistent

message of making good choices. The team shares the facts and evidenced-based practices along with outcomes. It's up to each individual to decide to make a healthy choice.

Implementing new strategies to grow a healthy community, the following first-time programs were introduced in 2019:

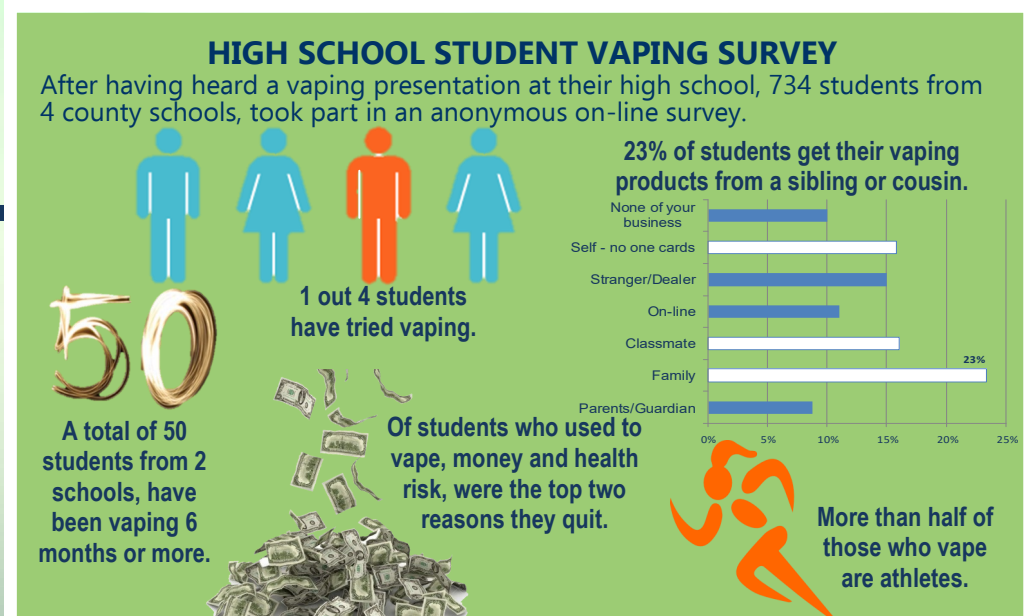
What's cool about JUUL? Nothing. That's what. Mary Rutan Hospital community health nurse

Deb Orr, along with Dr. Jeffrey Weiland, pulmonologist with The Ohio State University Wexner Medical Center presented at all Logan County and Jackson Center high schools on the dangers of vaping. A second vaping program, called Catch My Breath, which was designed for middle school grades, was kicked off. In all, more than 1,000 students have been educated on the dangers of vaping and encouraged not to vape.

Benefits continued to page 4

almost \$50k

Congratulations 2019
COMMUNITY HEALTH & WELLNESS GRANT RECIPIENTS



AGENCY	PROGRAM	AMOUNT
Bellefontaine Intermediate School	Healthy & Fun Recess: Sharpen The Saw	\$ 550
Bellefontaine Middle School	Come Aboard the SS BMS	\$4,852
Bellefontaine Recreation District	Myeerah Nature Preserve Play Area	\$8,000
Benjamin Logan Schools	Growing Gardens, Growing Minds	\$9,000
Bridges Community Action	Getting Ahead in Logan County	\$5,000
Discovery Riders	Equine Assisted Activities	\$5,000
Mac-A-Cheek Learning Center	Improving Student Wellness	\$4,200
Unity in Community	Healthy, Holistic Healing	\$ 750
Village of Ridgeway	Village Park Equipment	\$2,500
Village of West Liberty	Spray N Play Splash Pad	\$5,000
YMCA Camp Wilson	Camp for All	\$5,000



Having received a grant from the Mary Rutan Foundation the past two years, the Benjamin Logan School district instills essential life skills in students kindergarten through 12th grade by teaching the age-old practice of gardening.

The Growing Gardens, Growing Minds program is studied by other local school districts for possible implementation. **3 | Page**



Benefits continued from page 3

Power Up for Fitness at Mac-A-Cheek Learning Center. This gem of a student body took part in the PUFF program offered by the MRH outreach team. While a traditional program for area schools, 2019 was the first for the students at Mac-A-Cheek Learning Center. This program offered over 70 at-risk youth tips and tools for living a healthy lifestyle and in making good choices to improve their future health and well-being. There was an outpouring of gratitude from the students and teachers. So much so, several other programs are anticipated for the fall when classes resume.

Healthy cooking demonstrations. A number of Logan County families have enjoyed interactive cooking demonstrations where not only did attendees learn about making healthy meals, but also took a bag of ingredients and the recipe home to make the dish again for their families. Six demonstrations were held in mostly at-risk communities. While adults learned about food tips and tricks to make meals go further on a sensible budget, their children were learning about fruits and vegetables and how they fuel our body. This lesson was taught through interactive activities the children enjoy.

Mary Rutan Hospital is privileged to play a role in the lives of so many people. Our outreach benefits include programs that provide treatment and promote health and wellness in response to identified community needs.

Mary Rutan Hospital's community benefits are further measured by our roles as a major employer in Logan County, a significant driver of the local economy, a charitable organization, an educator, and a community advocate. We look forward to continuing to identify the health needs of our neighbors as we devote ourselves and our resources to meet them.

Mary Rutan Hospital's purpose remains the same in this changing world of healthcare, to

help improve the health and well-being of our community, for individuals as well as larger community groups.

Our Community Health Needs Assessment also helps to guide the planning of hospital programming, including community benefit activities aimed at improving community health. With our community partners, we consider approaches to community health needs collectively and collaboratively, taking into account the available resources and expertise within our community. When we develop community benefit programs to address identified issues and challenges for our community's health from the Community Health Needs Assessment, we further demonstrate our deep-rooted responsiveness to the needs of the community that we serve.



Health fairs and screenings are offered at local businesses.

"I appreciate the health fair Mary Rutan has to offer. The staff does a great job educating you on the different assessments and what your results mean. I was able to take their advice and with a better diet and exercise I came back this year with improved test results. I can definitely tell a difference with how my body feels, just by making a couple life-style changes in a years' time. Looking forward to next year!"

~Aaron Q.



Outreach educator at Mac-A-Cheek

Investing in LOGAN COUNTY

\$15+ million

Community Health Improvement Services	Health Professional Education	Community Building Activities & Support	Financial & In-Kind Support
\$567,439	\$99,473	\$121,187	\$174,970
Subsidized Health Services & Research	Medicaid Shortfall	Unreimbursed Cost of Medicare	Based on 2019 unaudited financial reports.
\$76,627	\$7,836,372	\$6,221,875	

with sincere gratitude we thank our
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**GIRLS NIGHT OUT—
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Mary Rutan Foundation gratefully acknowledges these individuals and organizations that made generous gifts in 2019. The generosity of our donors allows us to ensure that our families, friends and neighbors have access to high quality health care services close to home.

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Community outreach team members offered cooking workshops and demonstrations in many at-risk communities.

"This has been a nice opportunity for the families at the Lake to learn about making healthy meals and doing it together. The kids have talked about the classes to me at the center and how much they enjoyed it."

**~ Drew Schick,
 director
 Chippewa
 Outreach**



County youth, aged 3 to 12, are incentivized to attend the Logan County Farmers' Market by receiving \$2 in tokens at each visit, to purchase healthy market products or starter plants. This Power of Produce (POP) program is funded by the Mary Rutan Foundation annually.

We have made every effort to recognize each of our valued donors. We apologize if we have omitted anyone.

If you have questions about ways to support Mary Rutan Foundation or the Logan County Cancer Society or would like to make a donation, please contact Tammy Allison, Chief Operating Officer, at (937)599-7003, tammy.allison@maryrutan.org or visit our website at www.maryrutan.org/foundation.

LOGAN COUNTY Cancer Society

A Bountiful Season of Support

In 2019, many gifts were given by individuals and businesses in support of the Logan County Cancer Society.

Due to this bountiful season of giving, over 240 residents of Logan County received much appreciated assistance totaling over \$164,500. This assistance would not be possible without the generous support of our many contributors and volunteers. We thank the following for their generosity and support.

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Tiffany Cook
Kobi Cornett
Cindee Cox
Keely Coyer
Sue Crawfis
Colleen Culp
Karol Cummings
DeGraff Plumbing & Heating
Jennifer Dement
Diana Dulebohn
Margie Dunlap
Chuck & Choyce Earick
Carol Edgecomb
Eichholtz, Daring & Sanford
Funeral Homes
John & Carmel Elliott
Yvonne Elliott
Cindy Estep
Roxann Fischer
Jean Forsythe
Kim Fown
Fraternal Order of Eagles
Hi Point Auxiliary #2166
Jeanne Gamble
Cassandra Gann
Donna Gillespie
William Gilroy
Global Organic Alliance, Inc.
Rob & Mandy Goble
Steve Godwin
Jeffrey Graham
Stephen Graham
Green, A Floral Design Studio
David & Tammy Gump
Ronald & Judy Hadley
Sharon Hanger
Harold Kerr American
Legion Auxiliary Unit 173
Phyllis Hartzler
Cassandra Hassel
Anne Heinlen
Amy Henry
Dana Henry
Todd & Dana Heydinger
High Point Home Health, Ltd
Jane Hoddinott
Colleen Hogue
Margaret Hogue
Thomas Householder
Ted Hoy
Angie Hubbard
Deborah Hughes
Humble Construction, Co
Jeff Horney Insurance
Thomas Insley
Myron Jacobs
Jeanne Jensen
Susan Johns
Barbara Judy

Barry & Allison Kellar
Joan Kelly
Donald Kenoyer
Linda Kerns
James King
Julia Kinney
Scarlett Kinney
David & Nancy Knight
Shirley Kress
Pamela Latimer
Margaret Leasure
Keith & Kathleen LeVan
Michele LeVan
LeVans Tax Service, Inc.
Tim & Kim LeVan
Jean Lininger
Logan View LLC
Todd & Courtney Lones
Gordon MacDonald
Vickie Maier
Debra Makemson
Sandra Mastilak
Gerry McBrien
Jean Ann McLaughlin
Carroll Meadows
Teresa Meeker-Robson
Patty Mihoci
Janice Miller
Julie Miller
Melissa Miller
Nancy Millisof
Joann Mitchell
Judith Montgomery
Barbara Nease
Caroline Notestine
Adrienne O'Connor
Martha O'Connor
Ronald Oaks
Judith Oldiges
Patricia Ortti
Angel & Jeremy Payne
Norma Peloquin
Peggy Pittman
Joy Pool
Mary & Jerry Porter
Peggy Poulin
Lynda Putnam
Richard & Kathryn Ramsey
Vicki Rapp
Connie Reynolds
Dee Ricketts
Rosalyn Rinehart
Vicki Rowe
Dava Royer
Mary Royer
Terri Schneider
Bertha Schwaderer
Brooke Senter
Jennifer Schreiner
Mary Ann Settlemire
Dianna Sheeley
Nancy Sheeley
Shirley Short
Wilma Skelly

Dottie Skidmore
Tim & Kathleen Skidmore
RitaJane Slemmons
Beth Stachler
Wanda Stahler
Kenneth Steggeman
Teresa Stevens
Barbara Stewart
Mary Beth Stoltz
Julie Storm
Becky Tanger
Margaret Thackery
The Peoples Savings & Loan
Teri Thomas
Thompson, Dunlap &
Heydinger, Ltd.
Peggy Thompson
Jody Tom
Grant & Cheryl Varian
Betty Wagner
Carol Wappelhorst
Louise Weber
Dorothy West
June Wickerham
Clinton Williams
Patricia Wolfe
Mary Yoder
Zimmerman Realty
Janet Zurovchak &
Steven Grothaus

2019 PINK OUT

Bellefontaine City Schools
Miller Graphics
Quest Federal Credit Union
Riverside Athletic Boosters
Littlejohn Specialized LLC
West Liberty-Salem Schools

2019 SUNFLOWER SHUFFLE

1125 North Main Car Wash
Citizens Federal Savings
& Loan
Community Health &
Wellness Partners of
Logan County
Duff Quarry, Inc.
Pat & Deborah Ellis
First Lutheran Church
Freyhoff Funnel Cakes
Global Precision Parts, Inc.
Green Hills Community
Honda Transmission Mfg.
Knead More Massage
D. Rae & Kaci King
Jenny McAlexander
Thelma Mathews
Liberty National Bank
Lori Newman
Quest Federal Credit Union
Steve & Linda Smith
Steve Austin's Auto Group
The Peoples Savings & Loan
Zimmerman Realty



We have made every effort to recognize each of our valued donors. We apologize if we have omitted anyone.

If you have questions about ways to support Mary Rutan Foundation or the Logan County Cancer Society or would like to make a donation, please contact Tammy Allison, Chief Operating Officer, at (937)599-7003, via email tammy.allison@maryrutan.org or visit our website at www.maryrutan.org/foundation



COMMUNITY ASSISTANCE PROGRAMS



**Mary Rutan
FOUNDATION**

MEDICATION ASSISTANCE

One-time emergency assistance, as well as complimentary services coordinated through the MRH pharmacy team to link patients and community members to drug companies' medication assistance programs. Call Mary Rutan Hospital Care Coordination at (937) 599-7022 for one-time assistance or Mary Rutan Hospital Retail Pharmacy at (937) 651-6796 for pharmaceutical company programs.

PEDIATRIC BEHAVIORAL MEDICATION ASSISTANCE

To assist pediatric patients with the expense of needed behavioral medications and in some cases for transportation cost to required behavioral health pediatric visits outside of Logan County. For assistance call Mary Rutan Hospital Care Coordination at (937) 599-7022.

JON WEEKS MEDICAL ASSISTANCE FUND

To assist individuals or families experiencing a major medical condition that involves treatment by a specialist not available in Logan County, and requires travel and/or extended stays at specific medical centers or institutions. Assistance is available for lodging, travel, meals and parking. Call Mary Rutan Hospital Care Coordination at (937) 599-7022 for more information.

MEDICAL / EMS / STNA SCHOLARSHIPS & LOANS

Since 1992, Mary Rutan Foundation has awarded over \$1.7 million in scholarships and loans to residents of Logan County pursuing a degree in the medical field. For more information visit maryrutan.org/foundation.



The LCCS assists Logan County residents with a cancer diagnosis or cancer-related illness with related expenses:

- Medications up to \$300/month
- Supplies up to \$200/month
- Purchase of wigs up to \$300 maximum
- Travel expenses up to \$750/month
- Emergency funds to help with food, utilities, cleaning and special clothing needs for persons meeting certain criteria.

In some situations, assistance is available for screenings. However, physician expenses are not included. Call Mary Rutan Hospital Care Coordination at (937) 599-7022 for assistance.

EVERY DAY IS A GOOD DAY – FREE

The Logan County Cancer Society offers a program designed for women dealing with hair loss and skin changes from chemotherapy and radiation. Participants will learn specific techniques to help make the most of their appearance while undergoing treatment. They will also take home a makeup package valued at \$200. Mary Rutan Hospital Crawfis Imaging Center, 120 Dowell Avenue, Bellefontaine. Call (937) 935-1153 to schedule an appointment.

Congratulations to the following 2019 Medical Scholarship & Loan Recipients

The Beach Medical Education Fund

Macy Arn Bachelor's Degree Biomedical Engineer

Ewing H. Crawfis Memorial Employee Scholarship Fund

Morgan Watkins Associate's Degree Registered Nurse

Marilyn A. Carnes Nursing Scholarship Fund

Aubrey Stephens Associate's Degree Registered Nurse

Dr. Phillip Edwards Memorial Scholarship Fund

Brianne Bowers Doctor of Osteopathic Medicine

Zelma Nina Hertenstein Memorial Nursing Scholarship Fund

Cora Eirich Bachelor's Degree Registered Nurse

Dr. Joseph C. & Florence C. Longfellow Memorial Scholarship

Eliana Abke Bachelor's Degree Registered Nurse
Ashley Allison Associate's Degree Registered Nurse
Avery Braun Bachelor's Degree Registered Nurse
Karli Daniels Bachelor's Degree Registered Nurse
Christie Dunn Bachelor's Degree Registered Nurse
Cora Eirich Bachelor's Degree Registered Nurse
Bailey Morales Bachelor's Degree Registered Nurse
Ashley Rabenstein Bachelor's Degree Registered Nurse
Nathan Reinhard Bachelor's Degree Registered Nurse
Kierstyn Severt Bachelor's Degree Registered Nurse
Aubrey Stephens Associate's Degree Registered Nurse
Candice Stevens Master's Degree Family Nurse Practitioner
Morgan Watkins Associate's Degree Registered Nurse
Allison Wilson Bachelor's Degree Registered Nurse
Ashton Wooddell Bachelor's Degree Registered Nurse

Mary Rutan Foundation General Scholarship Fund

Macy Arn Bachelor's Degree Biomedical Engineering
Monica Boswell Doctorate of Physical Therapy

Charlotte L. & Norman R. Miller Memorial Medical Scholarship

Hannah Boy Doctorate of Occupational Therapy
Mackenzie Brunswick Bachelor's Degree Dietetics
Tesia Deardurff Doctorate of Pharmacy
Siera Dickerson Doctorate of Occupational Therapy
Megan Dyer Doctorate of Pharmacy
Violet Martin Doctorate of Pharmacy
Allison Penny Master's Degree Occupational Therapy
Ryan Penny Master's Degree Speech Pathology
Tatum Reprogle Doctorate of Pharmacy
Shelby Starkey Doctorate of Pharmacy
Mallory Stolly Doctorate of Physical Therapy
Nicole Thomas Master's Degree Respiratory Care
Ashton VanDyke Doctorate of Pharmacy

James F. Milroy Fund

Megan Bingaman Master's Degree Food & Nutrition

Grace K. Orr/Dr. Edwin Pratt Memorial Medical Scholarship

Rachel Leach Bachelor's Degree Registered Nurse
Aubrey Short Bachelor's Degree Registered Nurse

Rita Riedmiller Memorial Scholarship Fund

Tyler Sanford Bachelor's Degree Exercise Science

Marjorie Rothlar Memorial Medical Scholarship Fund

Monica Boswell Doctorate of Physical Therapy

Walter and Janet Sack Medical Memorial Fund

Bailey Morales Bachelor's Degree Registered Nurse

Dwight Spencer Medical Scholarship Fund

Mason Straker Doctorate of Pharmacy

Mary Rutan Foundation Medical Student Loan Fund

Brianne Bowers Doctor of Osteopathic Medicine

In appreciation of volunteers 2019 Mary Rutan Hospital Auxiliary Guild Accomplishments

There were 80 volunteer members who served Mary Rutan Hospital in 2019. Over 8,500 hours were contributed by these generous men and women, providing hospitality to patients and visitors.

Volunteers whose membership has reached a milestone anniversary:

5 YEARS

- Kim Arthur
- Marlene Ashbaugh
- Susan Berry
- Peggy Brown
- Peggy King
- Louise Norris

10 YEARS

- Sharon Brown
- Alan Keirn
- Shelley Nease

15 YEARS

- Lynda Wilkerson

20 YEARS

- Marge Hines
- Patricia Ortl

25 YEARS

- Barbara Lee

45 YEARS

- Helen Cook

STAR First Year Member

NANCY CARMAN

Fifty Club

Any member who works more than 50 hours in one month.
SHERRI ENGLE—77 hours

Enduring Award

Those who work an average of 5 hours per week.

SHERRI ENGLE—12/week
MARY YODER—6.75/week
SUSAN CORWIN—5.4/week

Volunteers who've reached milestone hours of service.

100 HOURS

- Bonnie Brotzge
- Joe Brotzge
- Nancy Carman
- Diana Casino
- Beverly Dixon
- Kathy Elmore
- Pam Endsley
- Dorlean Guthrie
- Judith Herring
- Louise Norris
- Tom Park
- Dottie Tuttle
- Cathy Wallace

200 HOURS

- Lana Fulkerson
- Krista Harman
- Thomas Mangette

- Shirley Short
- Karen Arthur
- Peggy Brown
- Nadine Tussing
- Peggy King
- Linda Hicks
- Karen Kitt
- Ann Maier
- Ellen Stevenson

400 HOURS

- Peggy King

500 HOURS

- Karen Swisher
- Marjorie Bixler
- Wilma Ferguson

700 HOURS

- Phyllis Smith
- Karen Swisher
- Marjorie Bixler
- Wilma Ferguson
- Maureen Yoder

800 HOURS

- Marjorie Bixler
- Wilma Ferguson
- Maureen Yoder

1000 HOURS

- Beverly Shroyer

1500 HOURS

- Diane Fairchild

2000 HOURS

- Susan Hines

2500 HOURS

- Katie Amidon

3000 HOURS

- Sherri Engle

- Becky Myer

4500 HOURS

- Barb Allison

- Susan Corwin

6000 HOURS

- Dorothy Notestine

- Susan Corwin

7000 HOURS

- Betty Hunt



Due to COVID-19 restrictions, many of the support groups and classes have been temporarily suspended or are facilitated virtually. For more details, call the number listed.

LOCAL SUPPORT GROUPS

CELIAC DISEASE SUPPORT GROUP
(937) 651-6428

DIABETES SELF-MANAGEMENT SUPPORT GROUP
(937) 651-6355

LOGAN COUNTY BRAIN INJURY SUPPORT GROUP
(937) 593-1236

MENDED HEARTS SUPPORT GROUP
(937) 935-1747

COMMUNITY EVENTS - 2020 CLASSES

SOLID GROUND CLASSES – FREE
4-week fall prevention program. Classes can be scheduled for private groups at your location or ours. Call (937) 599-7005 to schedule.

CREATING A HEALTHY ME - \$25
Consider learning how to make healthier lifestyle choices to accomplish your goals by participating in the Creating A Healthy Me class, instructed by licensed professionals. This 8-week program will be taught virtually in 2020. A \$25 program fee includes health screenings and tools to be successful. Call (937) 599-7005 for a class schedule.

DELAY THE DISEASE™
Mary Rutan Hospital Therapy & Sports Medicine offers a specialized group exercise program for people with degenerative neurological conditions, such as Parkinson's disease. This national wellness program is led by physical and occupational therapists. Call (937) 593-0822 to register.

BASIC LIFE SUPPORT
This class includes instruction, AHA student workbook and course completion card. Mary Rutan Hospital Business Center 21 Hunter Place, Bellefontaine \$40 program fee Call (937) 599-7013 for course dates and to register.

FRIENDS AND FAMILY CPR – FREE
Learn the basic skills of CPR for adults, children and infants in your private setting. Topics include CPR, choking, and making the emergency call. This class is for anyone who wants to learn the skills of CPR but is not required to have a course completion card. Call (937) 599-7013 to schedule your small group session.

CHILDBIRTH EDUCATION – FREE to Mary Rutan Hospital OBGYN patients
Support for new mothers. Monthly classes held at the Mary Rutan Hospital Family Birth Center 205 E. Palmer Road, Bellefontaine. Call (937) 592-9943 for specific class dates and times. \$60/non-MRH

WEIGHT MANAGEMENT PROGRAM – FREE INFORMATIONAL SESSION
The burdens of being overweight are tremendous. Like other diseases, treating weight-related problems needs to be safe, effective and ongoing – a true lifestyle change. The clinical team provides the tools needed to replace old habits with new, healthier ones. Call (937) 599-7044 to schedule a private consultation.

RESOURCES

Just like you dial 9-1-1 for emergencies, you can now call “2-1-1” in Logan County and be connected to a live, local operator anytime of the day or night to assist you with your human service needs. Or visit the searchable online directory at www.logancounty211.org.

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FINANCIAL COUNSELING

Sometimes insurance, copays and deductibles can be confusing and overwhelming. You may reach out to one of our financial counselors at (937)651-6446, for assistance. Information about Mary Rutan Hospital's financial assistance policies and application may be found on our website at www.maryrutan.org/patients-financial-assistance.

PERMANENT MEDICATION DROP BOXES IN LOGAN AND CHAMPAIGN COUNTIES

Logan County

- Mary Rutan Hospital - Located in the hallway near the Emergency Department 24/7/365
- Logan County Sheriff's Office - 284 Co. Rd. 32 S., Bellefontaine 24/7/365
- Russells Point Police Department - 433 Orchard Island Rd. 9 a.m. to 4:30 p.m., Monday, Tuesday, Thursday & Friday

Champaign County

- Champaign County Sheriff's Office - 300 Miami Street, Urbana 8 a.m. to 4 p.m.
- Saint Paris Police Department - 357 W. Main Street, St. Paris 8 a.m. to 4 p.m.
- Mechanicsburg Police Department - 18 N. Main Street, Mechanicsburg 8 a.m. to 4 p.m.



Mary Rutan FOUNDATION

205 E. Palmer Road, Bellefontaine OH 43311
(937)599-7003 | maryrutan.org/foundation