

Wayne HealthSports



Rehabilitation & Sports Medicine
*Athletic Trainers, Rehabilitation,
and Orthopedic Services*

Our Athletes in Action



Photos are courtesy of Blue Bag Media.

Upcoming Events

PASP Courses 2019

Monday, February 11, 2019
from 6:00pm to 8:30pm.

Monday, May 13, 2019
from 6:00pm to 8:30pm.

Course location
Wayne HealthCare Outpatient
Rehabilitation Center
1111 Sweitzer St.
Greenville, OH 45331

Please call Jim Beyke, PT at
(937) 547-5941 or email
james.beyke@waynehealthcare.org
to register.

Sports Physicals
Coming in May



Chicken, Mushroom and Barley Soup

INGREDIENTS

olive oil, 2 tsp
medium onion (diced), 1
carrot(s) (diced), 2
celery stalks (diced), 3
mushrooms (sliced), 1 lbs
chicken broth (low-sodium, fat-free), 32 oz
fresh thyme, 1 sprig
bay leaves, 2
salt, 1/2 tsp
black pepper, 1/2 tsp
cooked barley, 1 cup
cooked chicken (shredded), 2 cup



Nutrition Facts

8 Servings	
Serving Size	1 cup
<hr/>	
Amount per serving	
Calories	130
<hr/>	
Total Fat 3g	
Saturated Fat 0.5g	
Cholesterol 30mg	
Sodium 260mg	
Total Carbohydrate 12g	
Dietary Fiber 2g	
Total Sugars 4g	
Protein 15g	
Potassium 520mg	

DIRECTIONS

- Add oil to a soup pot over medium heat. Add the onion, carrots, celery and mushrooms. Sauté for 5 minutes.
- Add broth, thyme, bay leaves, salt and pepper. Bring to a boil then reduce to a simmer, covered for 20 minutes.
- Remove bay leaves and thyme stem. Add the barley and chicken and heat through for 2-3 minutes.
- Note: To bulk cook barley, add 11 oz. dry pearled (quick-cooking) barley to a pot of 4 cups boiling water. Cover, then reduce to a simmer for 10-12 minutes. Remove from heat, keep covered off the heat for 5 minutes. Makes 6 cups cooked barley. This barley can be used in any recipe calling for cooked barley. Store in an airtight container in the refrigerator for 7 days or package in freezer bags in one cup increments for up to 6 months.

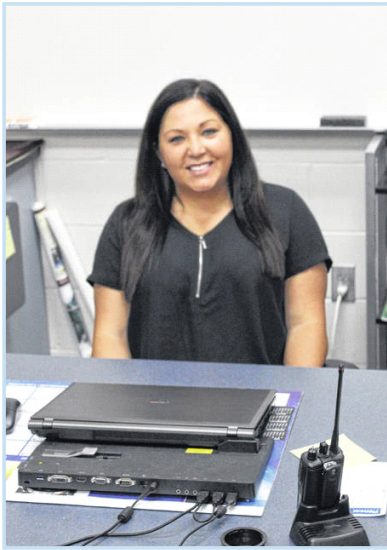
Prep time - 15 min

Cook time - 30 min

Servings - 8 Servings

Serving size - 1 cup

Chloe Shell Athletic Director Mississinawa Valley



Chloe Shell graduated from Covington High School in 2011 where she played golf and softball for four years. Chloe recently found out that she will be receiving the honor and joining fellow alumnus within Covington's Hall Of Fame. In the fall, she began her undergrad journey at Bluffton University and played softball for the Beavers. Chloe completed her Bachelor of Arts in Sports Management with a minor in Business Administration in the spring of 2015, with one of the most successful senior classes in Bluffton Softball history with 96 wins.

Chloe knew she wanted to continue her education, so she ventured to Missouri to a little school called William Woods University. While at the William Woods University, she was a graduate assistant softball coach for the Owls and completed a Masters in Education, Athletic Administration. Lastly, she spent the last year as the pitching coach at Ohio Wesleyan University, just before coming back to the Cross County Conference.

Chloe feels that Mississinawa Valley Schools has been the perfect place to begin her administrative journey. It is just the right size to constantly give her tasks, and test her abilities. She loves that there is always a challenge, and looks forward to working with Sam, the new ATC, to give the athletes the best care they can receive. Chloe currently resides in Bradford with her boyfriend Seth and Australian shepherd Lola.

Samantha Chrismer Athletic Trainer - Mississinawa Valley

Samantha Chrismer attended Eaton High School and later went to Wright State University, where she received her Bachelors in Athletic Training. While there, Samantha became certified to teach group fitness classes such as Zumba, Yoga and HIIT. In addition to teaching, she works summers on the Entertainment Staff at the Dayton Dragons Professional Baseball Team.

Samantha has a son, Mack, who was born on 2/14/17. They currently live with their Italian Greyhound, Gus, in Eaton. Samantha is very excited to be a part of a community that has been so welcoming. Everyone has truly made her move to Mississinawa Valley Schools an easy, smooth transition. She genuinely looks forward to going to work every single day. Go blackhawks!

Clean Hands can Save Lives



Handwashing is one of the easiest and most effective ways to avoid getting sick and spreading germs to others. A lot of the viruses and conditions that accompany winter months are spread by not washing hands with soap and clean, running water. Germs from unwashed hands can be passed on to food and drinks that people prepare and also transferred to other objects such as toys, door handles, or cell phones.

People commonly catch colds after their hands have been contaminated with a virus and then touch their eyes, nose, or mouth. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs and avoid getting sick.

5 Simple and Effective Steps

Wet – your hands with clean running water and apply soap.

Lather – your hands by rubbing them together making sure to get the back of your hands, between your fingers, and under your nails.

Scrub – your hands for 20 seconds or as long as it takes to hum the “Happy Birthday” song twice.

Rinse – your hands under clean running water.

Dry – your hands with a clean towel or air dry.

If soap and water are not available, the next best option would be to use an alcohol-based hand sanitizer that contains at least 60% alcohol. Hand sanitizers are effective in quickly reducing the number of germs on hands in some situations, but do not eliminate all types of germs.

When to wash your hands?

- After using the bathroom
- Before and after preparing food, especially raw meat, poultry or fish
- Before eating
- After blowing your nose, coughing or sneezing
- After changing diapers
- Before and after treating wounds or cuts
- After touching animals or animal waste
- After handling garbage
- Before inserting or removing contact lenses
- Before and after caring for someone who is sick.

Handwashing FACTS!

Reduces the number of people who get sick with diarrhea by 23-40%

Reduces respiratory illnesses, like colds in the general population by 16-21%

Reduces absenteeism due to illness in schoolchildren by 29-57%.



Influenza



Influenza, also known as the flu, is a virus that is associated with body aches, fever, chills, fatigue, cough, nasal congestion, and a sore throat. It can be spread through coughing and sneezing. The exact flu season varies, but it usually starts in October, peaks in December or January, and can last until May. Most people with the flu recover within two weeks, but it can be deadly for some. Around 200,000 people in the United States are hospitalized each year with influenza and complications.

Protect Yourself:

- Get the flu vaccine! This is your best protection against influenza and related complications like pneumonia.
- Wash your hands often with soap and water. If this isn't readily available, used an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth to prevent the spread of germs.
- Clean and disinfect surfaces around your house
- Try to limit contact with people who are showing signs of illness

If you do become sick:

- Limit contact with others to help prevent spreading the illness
- Stay home until you're fever-free for 24 hours (without the use of medications such as Tylenol)
- Cover your nose and mouth with a tissue when you cough or sneeze, then wash your hands after. Wash your hands frequently.
- The CDC recommends a flu vaccine every season for anyone six months of age and older, but the following people are considered high-risk:
- Pregnant women, children under 5, but especially under 2; people 65 years and older, people with certain chronic illnesses, and people who live in assisted living or extended-care facilities.

How do I know it's the flu?

Check the **F.A.C.T.S.** **F**ever, **A**ches, **C**hills, **T**iredness, **S**udden onset of symptoms

A common cold: Symptoms would include stuffy nose, sore throat, and hoarseness without the other symptoms.

If you have symptoms like vomiting and diarrhea, this indicates a "stomach bug" – not influenza.

Where can I get the flu vaccine?

Flu vaccines are offered by many doctor's offices, clinics, health departments, and often by your workplace. Flu vaccines are available at Wayne Healthcare's Walk-In Care, as well as the Darke County General Health District during the Walk-In Immunization Clinic on Tuesdays from 8-10:30 am and 2-5pm. You can also call to schedule an appointment – 937-548-4196. Contact extension 224 with any questions or concerns. Most insurances are accepted.

KNOW BEFORE YOU GO

Primary Care Provider, Walk-In Care, Urgent Care, or ER?

Primary Care Provider

Regular & Preventive Care
Appointments are necessary.

Overall Care Management
Regular Checkups
Shots & Immunizations
Illnesses
Screenings & Preventative Care

\$

Walk-In Care

Minor Illnesses & Injuries
Appointments are not necessary.

Fever, Cough, Upper Respiratory Infection
Strep Throat & Sore Throat
Nausea, Vomiting
Influenza
Eye, Ear, & General Infections

\$

Urgent Care

Non-Emergency Medical Conditions
When you cant wait until the next day.

Lacerations
Sprains
Infections
Upper Respiratory Infections
Non-Life Threatening Emergencies

\$\$

Emergency Department

Medical Emergency
If you think your life may be in danger.

Life Threatening Emergencies
Shortness of Breath
Falls & Trauma
Serious Illness or Injury
Signs of a Stroke or Heart Attack

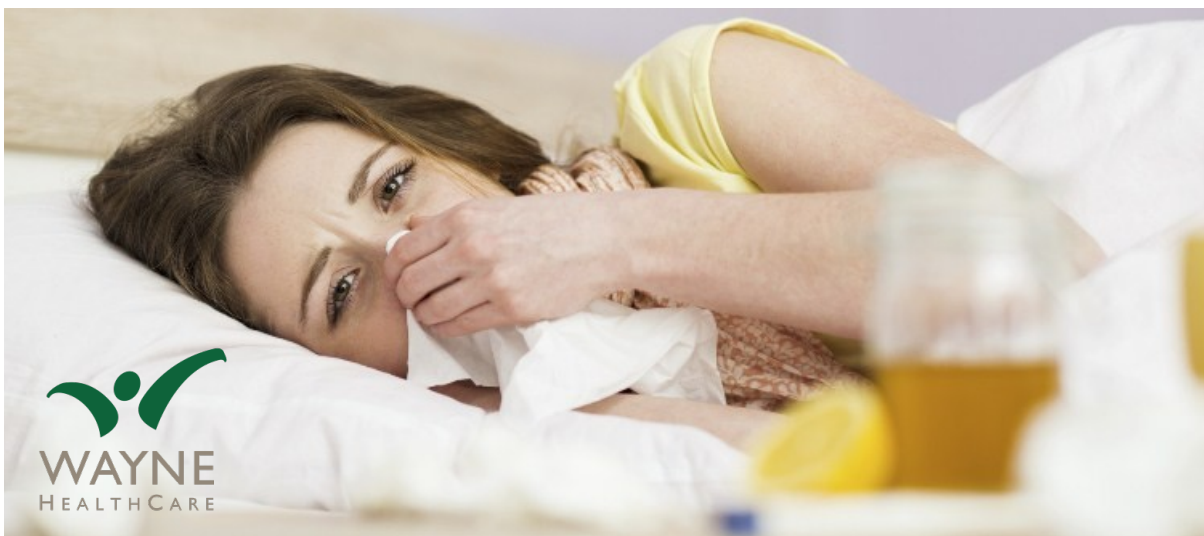
\$\$\$

Is Walk-In Care right for you? Visit Wayne HealthCare Walk-In Care today!

Monday - Friday 8:00am - 4:30pm

828 Central Avenue | Greenville, OH 45331 | (937) 569-6996

Rev. 10/18



Caring for you exceedingly well!

Walk-In Care

No appointment necessary!

Ages 5 years and older.

Treatment of:

Fever & Cough	Skin Rashes
Upper Respiratory Infections	Influenza
Strep Throat & Sore Throat	Animal or Insect Bites
Nausea & Vomiting	Eye, Ear, & General Infections
Minor Cuts & Burns	& More

Monday - Friday: 8:00am - 4:30pm
828 Central Avenue | Greenville, Ohio 45331

For more information on Walk-In Care, call (937) 569-6996.

Rev. 10/18

Wayne HealthSports Athletic Trainer Survey



Wayne HealthSports Athletic Trainers Want Your Feedback

Let us know how we are doing by completing a short survey. To complete the survey:

- Scan the QR code displayed at the top of this page, with your smart phone
- Log on to the internet and visit www.surveymonkey.com/r/CFXPDDP
- Contact your athletic trainer and they can send you an e-mail with the survey link, or have it sent to your phone via text message

Thank you for your participation and feedback, and for the opportunity to serve you exceedingly well.

Contact Info

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, please contact Jim Beyke at james.beyke@waynehealthcare.org or (937) 547-5714.

Visit us online at www.waynehealthcare.org.