

SLEEP CENTER

Hope for Improved Quality of Life

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IT'S A FAMILY AFFAIR



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Quality of Nursing at CHWC**

COVER PHOTO: CHWC nurse anesthetist Kim Slattery, MS, CRNA, enjoys a summer day with her husband Jason and children Logan and Kaitlyn. (Photo by Dave Casebere)

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Paul and Judy Roth, both long-time employees of Community Hospitals and Wellness Centers (CHWC), are well known in the community. Originally from Stryker, they have lived in Bryan for 19 years. They have been married for 45 years, and their family consists of three grown children and 11 grandchildren. But their family extends beyond their children and grandchildren because they consider the staff at CHWC to be their second family.

Paul is the assistant director of maintenance at Bryan Hospital and has been employed by CHWC for 23 years. Paul appreciates the top-notch employees who work in the maintenance departments of all three CHWC facilities in Bryan, Montpelier and Archbold. "They are a hard-working group who truly care about the safety and well-being of the patients ... and about other staff members as well," says Paul. They share a respect for each other that makes their working relationships enjoyable.

For the past 13 years, Judy has worked as an RN in surgical services at Bryan Hospital. "The staff in surgery love and care about each other just like a family, even if we don't always agree," says Judy with a twinkle in her eye.

Judy loves what she does and truly takes ownership of each of her patients. She knows that the well-being of each patient is her responsibility, whether the person's problems are physical, emotional or even financial. Judy will work with her patient, and, if necessary, follow up to find the right CHWC "family" member to help each one through his or her current situation.

Just like a family, Paul and Judy work together with their respective departments to build an outstanding "home" for medical care in our community. In the eyes of Paul and

Bryan Hospital
is designed for
GROWTH.

Judy, the future is bright for Bryan Hospital and the people it serves. Judy appreciates that the surgery department is equipped with state-of-the-art equipment, "with the ability to adapt as needed for the future," she says.

"Bryan Hospital is designed for growth," says Paul. "We have a great facility that will serve the community for a long time." Not only is the facility up-to-date in appearance, in technology and in medical capabilities, the "family" that works in it offers the patients excellent, compassionate care every day.



Long-time CHWC employees Paul and Judy Roth recognize the value of being part of a family both at home and at work.

SLEEP CENTER

Offers Hope for Improved Quality of Life

For all 34 years of his life, Michael (not his real name) had a problem with bed-wetting. He had consulted with doctors and specialists since childhood and had learned to accept his issue as a way of life. Now, as an adult, he experienced problems with serious daytime drowsiness and almost cut off his hand when he fell asleep while operating a machine at work. His boss insisted that he visit the Regional Sleep Disorders Center at Montpelier Hospital for help. Little did he know the sleep center could help him with his bed-wetting problem as well.

After two nights at the sleep center in Montpelier, Michael woke up dry for the first time in his life. In the morning he greeted Todd Davis, the center's director and registered polysomnographer, with tears in his eyes. His lifelong problem was over – and so was his falling asleep at work.

CHWC REGIONAL SLEEP DISORDERS CENTER AT MONTPELIER HOSPITAL

Davis loves his job as the director of the CHWC Regional Sleep Disorders Center. He and the other staff members, Dr. H. Sroa, who is board-certified in sleep medicine, and registered technicians Joanne Piper and Wayne Staszal, receive many letters of thanks. After spending a night or two at the center, many patients realize a vast improvement in their quality of life.

As part of the treatment, a lot of patients learn to wear a mask or CPAP when they go to sleep. A month into her treatment, Kim Herman of Bryan wrote, "My blood pressure is significantly lower, and I am starting to sleep through the night peacefully. I guess you'd say the mask and I are almost friends."

Another patient wrote, "The change in my life has been overwhelming at times. My family, friends and everyone I work with noticed the change after I started to use the machine. People actually want to be around me."

Opened in 1997, the CHWC Regional Sleep Disorders Center, located in Montpelier Hospital, has seen almost 3,000 patients. The center has updated its equipment several times over the years and recently replaced both the hardware and software. "Our equipment exceeds the guidelines set by the American Board of Sleep Medicine," reports Davis. "We have the latest versions available." The center is also accredited by the Joint Commission.

Patients who feel they would benefit from a sleep study at the center can get a referral from their family physicians. Also, if you would like to have a speaker from the center talk to your organization, call **419-485-6476**.

To see if a sleep study at the CHWC Regional Sleep Disorders Center would benefit you, take this quiz to determine where you fall on the Epworth Sleepiness Scale.



TAKE THIS SIMPLE TEST

ARE YOU DROWSY DURING THE DAY?

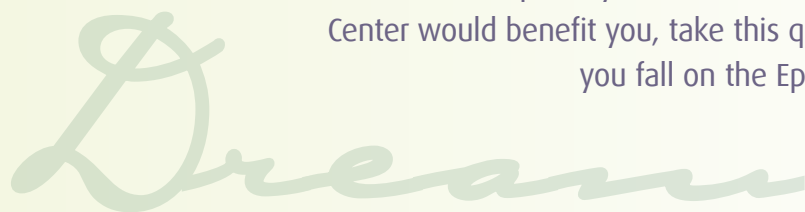
This scale, which is commonly used to help detect sleep disorders, assigns a score to your level of daytime sleepiness. Use the following scale to choose the most appropriate number for your chance of dozing in each situation.

- 0 = no chance
- 1 = slight chance
- 2 = moderate chance
- 3 = high chance

SITUATION AND CHANCE OF DOZING

- ☐ Sitting and reading
- ☐ Watching TV
- ☐ Sitting inactive in a public place
- ☐ Being a passenger in a car for an hour or more
- ☐ Lying down in the afternoon
- ☐ Sitting and talking to someone
- ☐ Sitting quietly after lunch (no alcohol)
- ☐ Stopped for a few minutes in traffic while driving
- ☐ Total (add the scores)

If your score is 9 or higher, call **419-485-6476** to discuss your sleepiness. You may benefit from the advice of a **SLEEP SPECIALIST**.



Diabetes Program Offers EDUCATION & SUPPORT

Ask participants and health care providers how they feel about the Community Hospitals and Wellness Centers “Steps to Success” outpatient diabetes education program, and you’ll hear rave reviews. “I feel as if the diabetes program saved my life,” says Bonnie Chapin, who was diagnosed with diabetes in 2010 and took part in the program. She still attends support group meetings.

“Something about this program is striking a chord with patients,” says Diane Conrad, MD, of Parkview Physicians Group. “I see this as a strength in the quality of diabetes care for our community.”

Started in 2010, the “Steps to Success” program offers the education and support participants need to successfully manage their diabetes. “I chose ‘Steps to Success’ as a program name because participants learn many ‘steps’ to successfully manage their diabetes,” explains Michelle Price,

RD, LD, CDE, diabetes education program coordinator. “To me, ‘steps’ implies action, and people have to be active participants to successfully manage their diabetes for a lifetime.”

DIABETES ON THE INCREASE

Diabetes is a growing problem in the U.S. According to the American Diabetes Association, 25.8 million people in the U.S. have diabetes and 79 million people have prediabetes, or blood glucose levels that are high but not high enough to be considered diabetes.* If the current trend continues, 1 in 3 adults will have diabetes by 2050.** “Diabetes affects people of all shapes, sizes and races,” says Price. “It can lead to complications like heart health issues, kidney failure, blindness and amputation. Our program empowers patients to manage their diabetes successfully by teaching necessary skills to keep blood glucose levels in target ranges.”

PROGRAM FUNDAMENTALS

The American Diabetes Association (ADA) recognizes CHWC’s “Steps to Success” program. “That recognition acknowledges that we offer quality education for the participants we serve and, in most cases, means better coverage for diabetes education by their insurance plans,” Price explains. Program staff consists of Price; Tara Spisak, RD, LD, CDE; and Andrea Miller, RD, LD. All three are registered dietitians. Price and Spisak are also certified as diabetes educators.

Participation in the program requires a physician referral. Once enrolled, participants attend the following:

- » **An initial consultation** with Price or Spisak that typically lasts an hour-and-a-half. “People are amazed at how long the first appointment is, but we’re getting to know each other, evaluating each patient’s educational needs and developing goals,” says Price. “We’re building a long-term relationship because we’re going to be one of their best friends for life.”
- » **A meeting with a dietitian** to develop an eating plan. “I try to teach my clients how they can make healthier choices in any situation and how to enjoy their favorite foods without going overboard,” explains Miller. “In this program, clients get individualized coaching to help them make the lifestyle changes they are ready for.”
- » **Four educational sessions** either as individuals or in groups. The sessions focus on general diabetes information, medication, nutrition, meal-planning, exercise, blood glucose monitoring, problem-solving and goal setting.
- » **A program completion session.** “Participants meet again with their certified diabetes educators to create long-term support plans,” Price says.



Registered dietitians Andrea Miller and Michelle Price lead a discussion about diabetes, nutrition and meal-planning.



Tara Spisak, registered dietitian and certified diabetes educator, shows Roy Stecher how to use a blood glucose machine so he can monitor his blood glucose levels.



LIFELONG SUPPORT AND LEARNING

The diabetes support group is open to anyone with diabetes or pre-diabetes, to anyone at risk of developing diabetes, and to loved ones who are affected by diabetes. There is no charge and no need to register before attending. The group meets on the third Wednesday of every month from 10 to 11 a.m. in the Bard Community Room at Bryan Hospital. “My hope,” says program coordinator Michelle Price, “is that by sharing and reaching out to help others, participants learn more about managing diabetes successfully and/or how to support those with diabetes.”



EVERY STEP OF THE WAY

“We don’t just offer comprehensive diabetes education,” Price says. “We have follow-up education and a monthly support group as well. This is life-long support and learning.”

Bonnie Chapin has been a faithful attendee of support group meetings. “It’s been a very valuable tool for me because I was really kind of scared when I was diagnosed. In the monthly meetings everyone shares their ups and downs, and it’s nice to know Michelle is available if I have a problem.”

HEALTHY OUTCOMES

“I’ve seen so many patients thrive in our diabetes program,” says Spisak. “They learn so much. It’s a joy to be able to see them learn to manage their diabetes successfully.”

For Chapin, the program has been enormously helpful. “I love it,” Chapin says. “I don’t know what I would have done without it!” To learn more about CHWC’s “Steps to Success,” contact Michelle Price at **419-630-2188** or michelleprice@chwchospital.org.

* Source: 2011 National Diabetes Fact Sheet, American Diabetes Association, <http://www.diabetes.org/diabetes-basics/diabetes-statistics/>.
 ** Source: Centers for Disease Control and Prevention, <http://www.cdc.gov/chronicdisease/resources/publications/AAG/ddt.htm>.

CARIBBEAN WATERMELON SALSA

Try this mouth-watering salsa with lime tortilla chips, cinnamon tortilla chips or pita chips.

Preparation time: 25 minutes
 Number of servings: 8

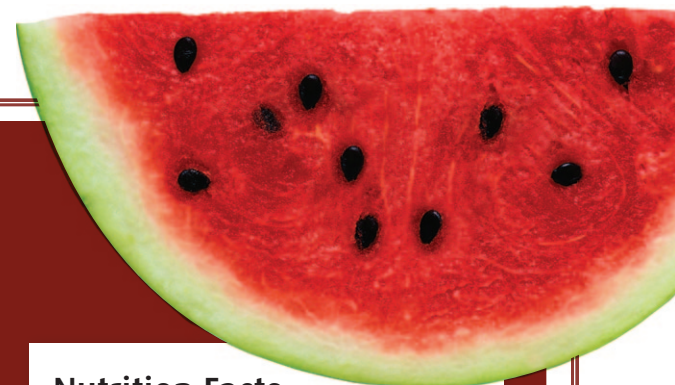
INGREDIENTS

- 2 cups watermelon, chopped and seeded
- 1 cup chopped fresh pineapple
- 1 cup chopped onion
- ¼ cup chopped fresh cilantro
- ¼ cup orange juice
- 1 tablespoon jerk seasoning

DIRECTIONS

In large bowl, combine all ingredients; mix well. Refrigerate, covered, at least one hour to blend flavors. Stir before serving.

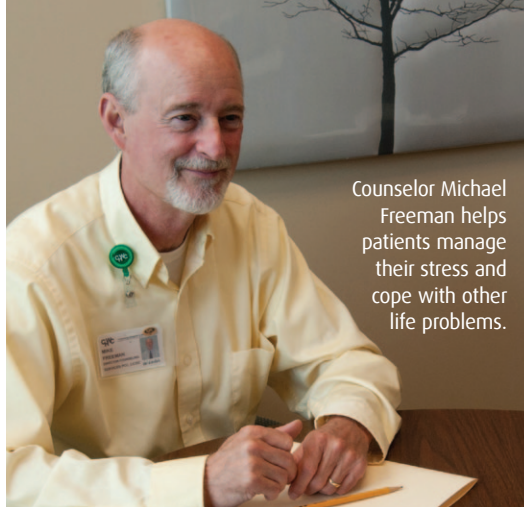
Recipe courtesy of www.fruitsandveggiesmatter.gov.



Nutrition Facts

Serving Size = 1/8 of recipe

Amount Per Serving	Calories from Fat 0
Calories 35	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 1g	
	% Daily Value (DV)*
Vitamin A	6%
Vitamin C	25%
Calcium	2%
Iron	2%



Counselor Michael Freeman helps patients manage their stress and cope with other life problems.

COUNSELING SERVICES AVAILABLE AT CHWC

Stress is something familiar to most people, not just to individuals who have diabetes. We lead busy lives in a changing environment, and managing the stress that develops can be a challenge. Anxiety management is just one of the areas of expertise that Michael Freeman, Director of Counseling Services, has to offer people in our community.

Freeman has been a licensed counselor for 24 years, and he has offered his services at CHWC for the last 14 years. Recently Freeman has had training in the use of hypnosis in counseling. "I have seen great results in people who want to quit smoking," says Freeman. "I have also had patients who have learned to manage their weight through hypnosis." For other people, hypnosis has been helpful in learning to relax and manage anxiety.

By appointment, Freeman meets with people for marital counseling and family counseling. He also counsels individuals and anyone with a drug and/or alcohol issue.

Beginning in August, Tammy Degryse from Edon, Ohio, will join Freeman as an intern. Degryse is studying to obtain a doctoral degree. In January 2013, she will turn her efforts toward counseling children at CHWC under the supervision of Freeman.

For help in managing your stress and/or dealing with other life problems, call Michael Freeman at 419-636-1131, ext. 14353, to make an appointment.

HAVE DIABETES?

Control Stress

- » *Worried about your teenage daughter and her choice of friends?*
- » *Struggling with recovery from an injury?*
- » *Stuck in traffic and late for an important meeting?*

Sources of stress can be mental, emotional or physical. Stress is how your body reacts when it feels like it is under attack – causing stress hormone levels to rise in response. When these levels remain elevated – due to continual or long-term stressors – health is compromised.

For persons suffering from diabetes, controlling stress – whether short-term or long-term – takes on a whole new dimension. Diabetes management is all about keeping blood sugar levels within a target range. Stress can have a direct effect on blood glucose levels, causing the release of so much stored energy that insulin can't keep up in people with type 2 diabetes. When stress messes with glucose levels, management becomes even more of a challenge.

STEPS TO COPING WITH STRESS

Here are some ideas from the American Diabetes Association for reining in stress if you have diabetes:

- » **Identify stress patterns.** Consider recording your stress level on a scale of 1 to 10 each time you record your blood sugar level. A pattern may begin to unfold, helping you identify a stress trigger that affects your blood sugar.
- » **Practice healthy eating habits.** What you eat, how much you eat and when you eat all affect blood sugar levels. Stress often triggers unhealthy eating habits such as bingeing or reaching for foods loaded with sugar or salt. Stick to a healthy diet outlined for you by your doctor.

» **Maintain an exercise regimen.** Exercise helps relax your body by loosening it up through movement and activity. A combination of aerobic, muscle-strengthening and stretching exercises can make up a balanced plan. Check with your doctor first for determining an appropriate plan for you.

» **Stay in control.** Once you've identified events that are stressful for you, fight back by using relaxation techniques, avoiding stressful instances whenever possible and setting boundaries for yourself. Prioritize tasks in order of importance, simply cutting out things that don't really matter.

» **Adopt new strategies.** Seeking guidance from a psychologist or clinical social worker may help you find additional solutions to stressful problems or learn new coping skills. Support groups may also be valuable in sharing stress-coping techniques.

TURN TO YOUR DIABETES HEALTH CARE TEAM

The more you understand the factors that influence your blood sugar levels – such as stress – the greater control you will have to anticipate fluctuations and plan accordingly. We are here to help. Your diabetes health care team can help you identify your stress triggers and outline a management plan for keeping your blood sugar level within your target range. Schedule a visit with your physician or call 419-630-2188 to learn more about our diabetes education programs.

Pay attention to warning signs of low blood sugar, such as feeling anxious, weak, shaky or lightheaded.

Coping with Stress

Transition to Practice

Enhances Quality of Nursing at CHWC

Preceptor Vaishali Patel, RN, left, assists new nurse Amanda Celani, RN, in interpreting a patient's chart.



Starting any new job as a college graduate can be stressful. Learning new skills, facing unexpected situations and meeting new people are all part of the transition. This is especially true for nurses adjusting to life in the medical field.

“I think the biggest struggle for a new nurse is the confidence factor,” says Maisie Flynn, nurse and participant in Community Hospitals and Wellness Center’s (CHWC) new program, Transition to Practice (TTP). TTP is an interactive program for 12 newly hired nurses to receive mentorship and additional training in their first year at CHWC.

SUPPORT FOR NEW HIRES

TTP partners one new nurse with a preceptor, or mentor nurse with more experience, who guides the mentee through his or her first year. “When we hire these new nurses at CHWC, we have a vested interest in their professional growth,” says Cathy Day, coordinator of the TTP program. “And when we asked current nurses to volunteer to be preceptors, we had an overwhelming response.”

Nurses and preceptors are paired based on what departments they’re located in, what shifts they work, common personalities and several other factors. For six months they meet weekly. “Nurses tend to share things with their preceptors that they wouldn’t normally share with their nurse manager,



For more information on the Transition to Practice program, please contact Cathy Day at cathyday@chwchospital.org or 419-636-1131.

for example,” says Day. “The relationship may start out formal, but it often becomes more casual and relaxed.”

“The best part of this program is to have someone there to help guide and answer questions as needed,” says Debra Baker, a nurse in the med-surg department and preceptor for the first year. “It’s a hard transition, but to know they have someone there to help them learn and gain more knowledge is very helpful.”

“I really felt cared for,” says Flynn. “My preceptor asked me about everything – my co-workers, how I was doing and if I needed

help. There were people around me that I felt were my allies.”

Originally modeled after a program in Scotland, TTP may become a statewide program. “The research project only includes three states: Illinois, North Carolina and Ohio. The Ohio Board of Nursing is very involved and if all goes well, they could make it regulatory in the state of Ohio,” says Day.

MENTORSHIP AND MODULES

Along with mentorship, this program includes online modules to assist the nurses in on-the-job learning and to track development of the program. The online modules engage students in helpful critical thinking exercises. “Every module becomes more in-depth by asking difficult questions regarding policies and how to handle certain situations when you won’t have a preceptor to ask,” says Flynn. “It’s important to remember that even after nurses graduate, there is still so much more to learn and room to grow.”





Community Hospitals and Wellness Centers
BRYAN | MONTPELIER | ARCHBOLD

433 W. High St.
Bryan, OH 43506-1690



In the Bryan Hospital gift shop, managers Linda Tumilty, left, and Ann Harlow, right, arrange new merchandise.

VOLUNTEERS Make a Difference



“We are blessed with volunteers who are truly an asset to our hospital. They do make a difference in the quality of care we offer our patients,” says Phil Ennen, President/CEO of Community Hospitals and Wellness Centers (CHWC).

BRYAN HOSPITAL

Volunteers at Bryan Hospital offer their services for a variety of purposes. In the past year, 92 volunteers gave more than 15,000 hours of their time to assist patients and visitors, according to Bill Bany, volunteer coordinator. Volunteers greet people on all four floors of the hospital, staff the gift shop and offer patients wheelchair assistance when they leave the Surgery Department.

Sue Close volunteers as a surgery escort who wheels patients to their cars after surgery. “It makes me feel useful to help out – to give back a little bit,” she says. Close started volunteering as a greeter when the east tower of Bryan Hospital opened almost two years ago.

Volunteers also run the gift shop to provide fresh flowers, baby items, magazines, stuffed animals and unique gifts for visitors and employees alike. On an ongoing basis, the auxiliary buys stuffed bears for pediatric patients, swaddlers for babies born in the New Beginnings Birthing Center and camisoles for breast cancer patients. They have also provided funds for the artwork at Bryan Hospital and improvements at the Berus Memorial.

MONTPELIER HOSPITAL

In Montpelier, Deanna Gipe is the president of the Montpelier Hospital Auxiliary. Volunteers work in the gift shop and provide small gifts for patients once a month. Over the years, the auxiliary has paid for new hospital beds, a player piano, furniture and, most recently, artwork purchased at the local Art Space in Montpelier. With remodeling in progress at the hospital, the auxiliary looks forward to the opening of its new gift shop before the end of the summer.



Volunteer Sharon Mesnard helps J.P. Morgan into his car as he leaves Bryan Hospital.

HOSPITAL HOSPICE

Sue Saltzman is one of the 31 volunteers who give their time to Hospital Hospice and Home Health. A hospice volunteer for 18 years, Saltzman says, “I really appreciate the opportunity to help others, especially to comfort them in their end stages.”

Before working with hospice, volunteers receive 18 hours of training. Volunteering can mean assisting in the office, offering respite care for families, providing transportation, running errands, gardening around the hospice building and/or making fleece blankets for hospice patients.

HOW TO BECOME A VOLUNTEER

To become a volunteer, call human resources at **419-630-2139** to request a volunteer application. New volunteers are always welcome.