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COVER PHOTO: Registered Dietitian Andrea Miller and sous-chef Jenni McKarns, of the Williams County Community Gardening Association, demonstrate the making of Garden-To-Table Tomato Basil Soup for the August 2017 episode of "Live It."

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Wintertime gray causes more than the blues

Gray skies, cold weather and short days are just a few of the many valid reasons to dread the inevitable arrival of winter. While some people simply dislike winter, others experience legitimate depression leading up to and during the winter months.

Seasonal affective disorder (SAD) is a type of depression that is prompted by a change in seasons, typically during the change from autumn to winter. Some are quick to discount SAD as a bit of winter blues, but those who struggle with this major depressive disorder know all too well that it is downright debilitating. Common symptoms include irritability, weight gain and appetite changes, fatigue and a feeling of heaviness in the arms or legs.

TAKE ACTION TO FEEL BETTER

Tammy Cupp, a licensed professional clinical counselor at Community Hospitals and Wellness Centers (CHWC), describes contributing factors of SAD — including causes we don't usually think about.

"When we're sleeping, our bodies sense when the sun is coming up and the brain starts reducing the production of melatonin, a hormone that regulates sleep," Cupp explains. "In the winter, it's still dark when the alarm goes off, and we go from full production of melatonin to abruptly trying to wake up. It can cause us to feel really groggy and sluggish."

To combat this disruption, Cupp recommends a clever dawn-simulating alarm clock with a bulb on the top, which gradually illuminates, simulating a sunrise. Similarly, therapy lights — which imitate natural outdoor light — affect the brain chemicals linked to mood, easing the symptoms of SAD.

The power of perception, Cupp notes, can also drastically alter our experience. "We say it all the time, 'I don't like winter.' We've already convinced ourselves it's going to be awful. Our thoughts are directly related to how we feel, emotionally and physically, and the power of that thinking is hugely underestimated. We set ourselves up to be miserable."

FIND WAYS TO COPE

Cupp suggests identifying what makes winter hard and finding ways to take the edge off. "In all cases of depression, you have to ask, 'are you in control of it, or is it in control of you?'" she says. "When winter rolls around, don't allow yourself to be a victim. Decide to stay in control. Run on the elliptical because exercise makes you feel good. Bundle up and go outside even if it's chilly. Go for a drive just to get out of the house; clear your head, look at the holiday lights around town and pause to appreciate the uniquely beautiful parts of winter."

Many people find it helpful to talk through their feelings of depression and anxiety with a professional. Mike Freeman and Tammy Cupp are both licensed professional clinical counselors at CHWC and can be reached for appointments at **419-630-2125**.

Ways to Cope

'Live It' *lives up to its name*

Pancakes, Popsicles and pizza are just a few of the more than 50 healthy recipes (yes, healthy!) demonstrated on "Live It," a cooking show organized by Community Hospitals and Wellness Centers (CHWC). The name itself reflects the very purpose of the show: positive changes are possible by healthy living.

Host Andrea Miller, a registered dietitian at CHWC, believes that with help, anyone can cook healthy meals. "As a dietitian, I work with people who don't have basic cooking skills; they don't know what to do with simple, fresh ingredients," she says. "Live It' is about showing people that anybody can cook using fresh ingredients. It's not hard."

The show — now in its second season — is demonstrated monthly in front of a live all-staff audience and is recorded and produced by Bryan Municipal Utilities (BMU). The show is played on BMU-TV channel 3 and is available to the public on YouTube.

Each episode comes together smoothly with help from a great team of CHWC employees. From set up and take down by maintenance to a catering crew that tweaks each recipe until it's just right, "Live It" is described as an "almost divine" project that runs like a well-oiled machine.

Bringing a little extra personality to the show, a different sous-chef assists Miller each month. "The more experienced cooks share their knowledge and skills, others who don't necessarily know their way around the kitchen add a little humor," Miller laughs.



Registered Dietitian Andrea Miller and sous-chef Jenni McKarns demonstrate chopping kale as they prepare grilled cheese and kale sandwiches.

ALL RECIPES AND LINKS to each "Live It" episode are available at chwchospital.org/live-it.



GRILLED CHEESE & KALE SANDWICHES

Serving size: 1 sandwich (4 servings per recipe)

INGREDIENTS

- » 8 slices multigrain bread
- » 8 slices mozzarella cheese
- » 1 pound kale, tough stems removed and leaves chopped
- » 3-4 tablespoons olive oil
- » Salt and pepper to taste



INSTRUCTIONS

Heat olive oil in a large skillet over medium-high heat.

Add the kale to the skillet and cook until tender, stirring often (about 5 minutes). Season with salt and pepper to taste. Remove from heat.

Preheat a grill pan or griddle over medium heat. On a clean work surface, build the sandwiches: start with one slice of bread, top with a slice of cheese, some cooked kale, a second slice of cheese and bread.

Brush the top slices of bread with olive oil and place sandwiches, oil-side-down, on the preheated grill pan. Brush the other side of the sandwiches, now on top, with olive oil. Grill 2-3 minutes on each side or until cheese is melted. Serve immediately.

Nutrition information per serving: 361.2 calories; 20.6 g total fat (5.4 g saturated fat; 1.1 g polyunsaturated fat; 7.5 g monounsaturated fat); 20 g cholesterol; 486 mg sodium; 258.2 mg potassium; 28.4 total carbohydrate; 6.3 g dietary fiber; 3.4 g sugars; 22.2 g protein; 308.5% vitamin A; 77.4% vitamin C; 11.0% vitamin E; 20.2% calcium; 11.7% folate; 9.9% iron.

Local artists bring PERSONALITY TO CHWC

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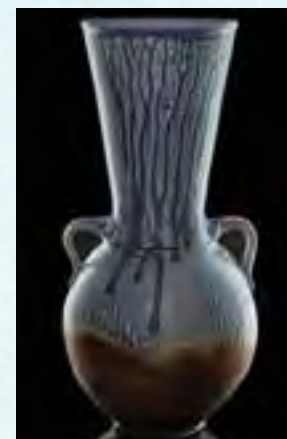
ince its 2009 creation, the Artisan Collection at Community Hospitals and Wellness Centers (CHWC) has acquired more than 280 pieces that are displayed at all three CHWC facilities. The collection includes paintings, photography, ceramics, sculpture and other media created entirely by area artists. Pieces for the Artisan Collection are purchased entirely through allocated donations; artists are never asked and seldom allowed to give their art away to the Artisan Collection.

DID YOU KNOW?

Research shows that art can greatly improve the patient experience by providing calm, healing and even relief from stress and pain.

"January Storm" by Lanna Pendleton Hall, Montpelier

This oil painting was the first acquisition for CHWC's Artisan Collection. It was created from a series of photographs taken on a January evening as the sky began to clear after a cold, rainy-snowy day.



"Two Piece Vase" by Brandon Knott, Continental

Popular Bryan High School teacher Brandon Knott teaches art and pottery and is known throughout the community as an excellent artist in his own right. "Two Piece Vase" was discovered at and purchased from the TOO Center for the Arts in Archbold.





“The purpose of art is washing the dust of daily life off our souls.”

— Pablo Picasso



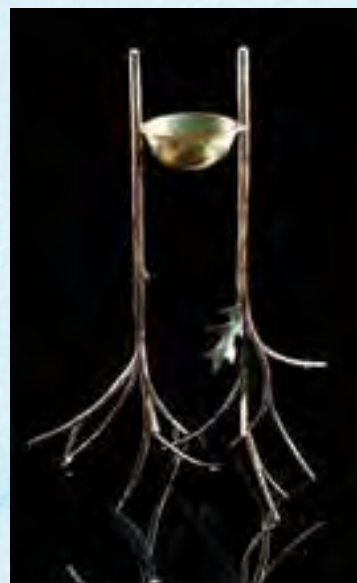
“Fish Gotta Swim, and Birds Gotta Fly?” by Mark Nafziger, Archbold

The porcelain tiles that make up this mosaic are intertwined like a double helix DNA coil, representing the exploration into the mysteries of science and life. Similarly, each tile depicts a fish or bird — both tangible representatives of unreachable aspects of our world. This combination compels us to ask questions as we forge new links between what is known and unknown.



“Oak Leaf Vase” by Michele McKinney, West Unity

McKinney’s vase was made using a potter’s wheel and hand-building techniques from actual imprints from oak leaves. She and her husband Bill own Glass Pieces, a studio in West Unity where they offer classes and instruction in glass blowing.

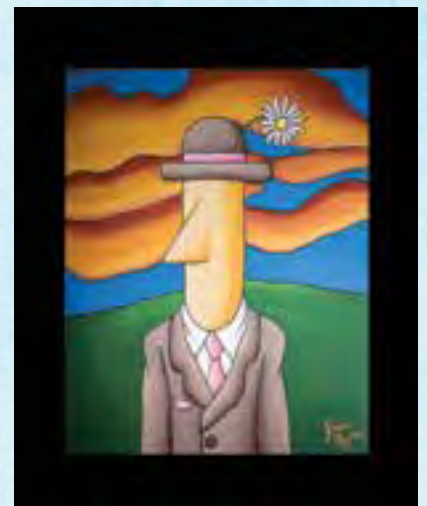


Untitled by Mike Kozumplik, Sherwood

Mike Kozumplik is highly regarded for his jewelry creations. This sculpture — made of sterling silver, bronze and pearls — was purchased by the CHWC Board of Directors to honor former Chief Information Officer Greg Slattery, who arrived at CHWC in 1987 and led the organization through a historic transition in health care information technology before leaving his role in May 2016.

“Kandi’s Colors” by Ned Alan Garver, Bryan

This piece was commissioned from the family of Kandi (Knapp) Andres, who lost her battle with cancer in 2011. Mr. Garver — a longtime educator at Bryan City Schools and well-known local artist — met with the family to learn about her favorite subjects (sunflowers and butterflies) and her favorite colors, represented in “Kandi’s Colors.”



“The Bowler (A big-nosed business man.)” by Jesse Rivera, Defiance

Jesse Rivera uses bright colors and thick black outlines to tell his stories. This painting is located in the cardiac catheterization lab waiting room at Bryan Hospital, where it is often admired, commented on and chuckled at.

To submit artwork for consideration or to support the Artisan Collection, contact CHWC President and Chief Executive Officer Phil Ennen at **419-630-2135**.



Cardiology Clinic

EXPANDS ITS CARE



It's been just over a year since cardiologist Dr. Jodi Tinkel began seeing patients in the new Cardiology Clinic at Bryan Hospital. During that time, Dr. Tinkel has helped treat and manage a range of heart diseases at the clinic, as well as working with the skilled team within the cardiac catheterization lab.

The clinic has proven successful in its first year, and two exciting developments have recently taken place: a certified nurse practitioner (CNP) has begun working with Dr. Tinkel, and clinic services are now available at Archbold Medical Center — located just off State Route 2, on Westfield Drive.

"I'm so excited to be back in Archbold seeing patients," Dr. Tinkel says. "Community Hospitals and Wellness Centers is a great organization; our team lives and works in the community, so we better understand the local health care needs. We want everyone to know that we provide high quality, patient-centered care right here in their neighborhood."

Dr. Jodi Tinkel examines volunteer Sue Huffman at the Cardiology Clinic.



Vaishali Patel, CNP

MEET VAISHALI

CNP Vaishali Patel joined the Cardiology Clinic team in October 2016. Patel started her nursing career as a registered nurse (RN) in Bryan Hospital's ICU and med surg units, which familiarized her with diseases like congestive heart failure and atrial fibrillation that she now helps treat at the Cardiology Clinic. "I really enjoyed bedside nursing, but always wanted to get an advanced degree and explore a specialty," Patel says.

To become a CNP in the state of Ohio, those holding active RN licenses must complete a number of stringent educational and clinical study requirements that prepare them for advanced practice. Patel notes that CNPs do not practice on their own; they are required to collaborate with a physician.

"Upon starting my role as a nurse practitioner in the clinic, Dr. Tinkel and I signed a standard care arrangement, which allows me to practice in collaboration with Dr. Tinkel," Patel says. "Dr. Tinkel gives me the autonomy to do my job but also guides me and supports me. She's a great teacher, easy to go to, always makes me feel valued and respected while also giving me good feedback."



COMPREHENSIVE HEART CARE

The Cardiology Clinic at Bryan Hospital and Archbold Medical Center offers various consultative and diagnostic services five days a week. To make an appointment at Archbold Medical Center, call **419-446-3011** or Bryan Hospital at **419-630-2028**. Learn more at www.chwchospital.org/cardiology-clinic.



Clinics make specialty care locally accessible

In recent years, Community Hospitals and Wellness Centers (CHWC) has made a priority of bringing specialty health care to our community. One way of accomplishing this has involved the vetting of skilled professionals who will not only establish care with a patient right at CHWC, but also keep a majority of their services and surgeries local, versus requiring them to travel to a larger city like Fort Wayne or Toledo.

“We are doing all we can to maintain access to quality specialty services right here in the community,” says CHWC President and CEO Phil Ennen. “We want people to know that excellent care is available right here; we have great docs who are here all the time, who live and work in and value this community. They are here for you.”

CARDIOLOGY CLINIC

Bryan Hospital – **419-630-2028**
Archbold Medical Center – **419-446-3011**
Dr. Jodi Tinkel and Vaishali Patel, CNP

ENT, SINUS & ALLERGY CLINIC

Bryan Hospital – **419-633-7389**
Archbold Medical Center – **419-446-3047**
Dr. Michael Nosanov

HEARTBURN TREATMENT CENTER

Bryan Hospital – **419-636-1131, ext. 13106**

MASSAGE THERAPY CLINIC

Bryan Hospital – **419-630-2284**
Crystal Surbey, LMT

ORTHOPAEDICS CLINIC

Bryan Hospital – **419-633-0746**
Dr. Sasheeth Ramineni

PAIN MANAGEMENT CENTER

Bryan Hospital and Archbold
Medical Center – **419-633-7343**
Dr. Thomas Kindl and Heather Auxier, CNP

UROLOGY CLINIC

Bryan Hospital – **419-633-7596**
Dr. Daniel Murtagh Sr.

WOMEN'S HEALTH CLINIC

Bryan Hospital – **419-633-0755**
Dr. Hanan Bazzi, OB/GYN

WOUND CARE SOLUTIONS

Bryan Hospital – **419-633-3420**
Dr. George Magill

Specialty Health Care

PLANNING IS EVERYTHING

Be prepared for outpatient surgery



Community Hospitals and Wellness Centers
BRYAN | MONTPELIER | ARCHBOLD

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



In 2016, a total of 7,430 surgical procedures were performed at Community Hospitals and Wellness Centers (CHWC): 6,634 of those were outpatient, while 796 required inpatient care. These numbers mirror the worldwide trend of rising outpatient surgeries.

Due in large part to advanced surgical techniques that allow for quicker recoveries, patients are now able to heal in the comfort of their own home just hours after surgery. Patients undergoing some of the less invasive and more common procedures, such as gallbladder removal or hernia repair, can expect to go home the same day. Those having major joint replacement surgeries or abdominal surgeries like colon resections will recover at the hospital.

WHAT WILL YOU NEED?

Although at-home comforts are appealing to patients, many are stressed and even unprepared when faced with the reality of outpatient surgery. CHWC's Director of Nursing Surgical Services Brigitte Schrickel emphasizes the importance of planning ahead. "We try to educate patients in advance, but there are a lot of people who don't think about what comes next," she says. "A lot of people hear, 'you need to have surgery' and that's all they really focus on."

Schrickel describes the most common and helpful preparations people can make before going into surgery: "I tell them, 'think about where you'll sleep and where you'll rest. Before you come in, have a table by the recliner with tissues, a trash can, pillows, phone and charger, all those things you'll need so you don't have to get up and run



Gina Walters, CST, (pictured left) and Jan Batt, RN, (far right) discuss outpatient surgery preparation with Kerrie Hutchinson.

Patients who are concerned about going home after surgery can get help from CHWC's pre-op clinic.

Quicker Recoveries

around constantly. Is there a clear path to the bathroom so you don't trip on a rug on the way there? Are ice packs frozen and ready for you? How about having meals prepared ahead of time, or having someone there to cook for you? Who will drive you home after surgery, and will they pick up your prescriptions?"

Patients who are concerned about going home after surgery can get help from CHWC's pre-op clinic. It provides

information and access to resources as needed. "Let's say an older couple is worried the husband won't be able to take care of his wife when they go home — we can get them help through social services, home health if they qualify, explore meal preparation, things like that," says Schrickel. The key, she adds, is that individuals planning for surgery need to look further into what they'll need after the procedure in order to prepare as best they can.