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COVER PHOTO: Dr. D. Matt Cooley, gastroenterologist, and Marty Brace, patient.

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Flu season is coming; time to get vaccinated

Influenza (the flu) is a contagious viral respiratory illness that can range from mild to severe, with the most severe cases resulting in hospitalization or death.

People at high risk for serious flu complications include young children, older people, pregnant women and people with certain health conditions such as asthma, cancer, diabetes, heart disease and others.

According to the Centers for Disease Control and Prevention (CDC), every year, millions of people get the flu, and thousands of hospitalizations and deaths are caused by the flu. The 2017–2018 flu season was especially severe: we saw 50 flu-related hospitalizations in Williams County, and 17,397 in Ohio. Last flu season was much milder, with 26 flu-related hospitalizations in Williams County and 9,865 in Ohio. Four flu-related pediatric deaths were recorded for both of those seasons; adult flu-related deaths are not tracked.

VACCINATION: YOUR BEST SHOT AT STAYING HEALTHY

An annual seasonal flu vaccine is the best way to protect against the flu. Vaccination has many benefits, including reducing the risk of flu illnesses, hospitalizations and flu-related death. Although the flu vaccine does not guarantee complete and perfect protection from the flu, it is the best tool available to protect against severe symptoms and reduce risk of flu-associated hospitalization.

“A flu shot is the single best thing that you can do each flu season to protect yourself from severe illness. It has a very safe track record and while you can still get the flu after receiving the shot, the vaccine will significantly decrease your chances of contracting a severe case,” says Vickie Shaffer, Director of Infection Prevention at Community Hospitals and Wellness Centers (CHWC). “This is especially important for older people, children and those with compromised immune systems, for whom a flu infection can be life-threatening. Vaccinated patients requiring hospitalization tend to have better outcomes than unvaccinated patients.”

WHO SHOULD GET VACCINATED, AND WHEN?

The CDC recommends that everyone ages 6 months and older should get a flu vaccine every season, with rare exception. In those exceptional cases, it is recommended that people who have had Guillain-Barré syndrome or those with allergies to the ingredients in the vaccine talk to their health care provider before getting a flu shot.

It’s best to get vaccinated before the flu begins spreading throughout the community, ideally by the end of October. Getting vaccinated later in the season can still protect you from the flu or from developing severe symptoms from the flu.

WHERE IS THE FLU SHOT AVAILABLE?

Most area pharmacies, physicians’ offices, urgent care centers and county health departments — including Williams County Health Department — offer the flu shot to the public. The cost is covered by most health insurance plans, including Medicare. Many large employers and colleges/universities offer the flu shot to employees or students.



FLU PREVENTION METHODS

- ✓ Get vaccinated — ideally before the end of October.
- ✓ Regularly wash your hands with soap and water or an alcohol-based hand rub.
- ✓ Use a tissue to cover your nose and mouth when sneezing and coughing. Dispose of the tissue immediately after use.
- ✓ Avoid close contact with those who are sick.
- ✓ If you have flu-like symptoms, stay home from school or work for at least 24 hours after your fever has disappeared.
- ✓ Try not to touch your eyes, nose or mouth without first washing your hands to ensure they are germ-free.
- ✓ Clean and disinfect surfaces that people frequently come into contact with at work, school or home.

Gastroenterology Clinic has spectacular first year



astroenterologist D. Matt Cooley, MD, began practicing at Community Hospitals and Wellness Centers (CHWC) in September 2018, and has already seen over 1,750 patients and performed nearly 500 procedures.

Marty Brace is one such patient, who came to see Dr. Cooley at Bryan Hospital after two years of debilitating gastrointestinal (GI) issues. “My life was totally disrupted,” she recalls. “Dr. Cooley saved me. I’m finally enjoying life again.”

Brace was referred to Dr. Cooley by her primary care provider, Dr. Peggy Watson from Parkview Physicians Group. Brace notes that Dr. Cooley tried a couple of different remedies with her before they found what worked best. She remembers that once, while out of town, she was running low on medication and called the Gastroenterology Clinic, where the staff helped her get what she needed. “Dr. Cooley and his team really took care of me. It’s clear that they really care about their patients. He didn’t just write me a prescription and send me on my way; he checked in and kept track of me to see how I was doing and what was working.”

Now, the everyday things many of us take for granted are a reality once again for Brace. “I recommend Dr. Cooley to people and ask, ‘why are you suffering? He will take good care of you.’ He’s fresh, he’s up-to-date and he kind of sparkles because he loves what he does, and he cares. We are so lucky to have him,” she says.

Dr. Cooley addresses these and other GI conditions at Bryan Hospital and Archbold Medical Center:

- Abdominal pain
- Anemia
- Barrett’s esophagus
- Biliary diseases
- Celiac disease
- Constipation
- Diarrhea
- Dysphagia (trouble swallowing)
- Gallbladder disease
- GI bleeding
- Inflammatory bowel disease (Crohn’s and ulcerative colitis)
- Irritable bowel syndrome
- Liver diseases
- Malabsorption (trouble absorbing nutrients from foods)
- Pancreatic disorders
- Reflux (GERD)
- Screening for colon cancer and polyps

NEW AT THE GASTROENTEROLOGY CLINIC

Fast-track colonoscopy: An easy and affordable option for colonoscopy screening for colon cancer. This program eliminates the need for a pre-procedure appointment; rather, potential patients receive an initial consultation via phone, then eligible patients are scheduled with Dr. Cooley and arrangements are made for pre-procedure preparations.

Fecal transplantation: A treatment for recurring *C. difficile* colitis (commonly referred to as *C. diff*) that involves the transfer of stool from a healthy donor into the GI tract. *C. diff* is a bacterium that can result from antibiotic therapy, that often causes diarrhea and abdominal cramping. In severe cases, *C. diff* can cause intestinal inflammation, enlargement of the colon and sepsis, a serious illness. Fecal transplantation is a relatively new treatment that is not common in small towns or rural areas like northwest Ohio, however, Dr. Cooley now performs fecal transplantations at Bryan Hospital in appropriate cases and has seen tremendous success in this treatment.



TO SCHEDULE AN APPOINTMENT

at the Gastroenterology Clinic at Bryan Hospital

or Archbold Medical Center, call

419-630-2021. Learn more by visiting

chwchospital.org/gastro.

Artisan Collection celebrates 10th anniversary

In the 10 years since the Artisan Collection was founded, over 300 of pieces of artwork — created entirely by area artists — have been acquired and displayed at Community Hospitals and Wellness Centers' (CHWC) facilities. The collection is made up of paintings, photography, ceramics, sculptures and other media. Artwork is purchased for the collection through allocated donations — artists are never asked to donate their pieces.

Artisan Gala

Saturday, January 25, 2020

5:30–10 p.m.

Bryan Hospital Dining Room

Join us for an elegant evening of hors d'oeuvres, wine, dinner, a State of the Hospital presentation by CHWC President/CEO Chad Tinkel and tours to view CHWC's Artisan Collection, now over a decade in the making.

Visit chwchospital.org/artisan-gala for more information.



"THE BLACK SWAMP"

Ceramics and copper installed on a wood base

By Jenny King – Archbold

Jenny's home is near a swamp and she often sees herons and frogs around her property. She was inspired by the duality of their lives and the different struggles they face. In 2010, CHWC purchased a beautiful painting, "Rose & Peony" from Jenny, and this 2018 purchase shows how much her work has evolved!

Benefactor: CHWC Bryan Hospital Auxiliary



"WHITEFISH POINT BAY"

Digital photography on aluminum

By Natalie Mansfield – Waldron, MI

Natalie took this photograph while visiting the Great Lakes Shipwreck Museum at Whitefish Point, Michigan. Just 17 miles from Whitefish Point, the SS Edmund Fitzgerald lies at rest after going down in the midst of a severe storm on Lake Superior in 1975.

Benefactor: Rusty & Sharon Brunicardi





"TABLETOP PEARS"

Acrylic over heavy impasto base on canvas
By Kathy Funderburg - Bryan

Kathy is one of the signature artists in the Artisan Collection, and has a dozen works represented at CHWC's facilities. This painting is the first of two pear studies purchased by CHWC, part of an ongoing series by Kathy following a tradition of continual observation and painting of a single subject.

Benefactor: The Bard Family



"MISTY OREGON MORNING"

Oil on canvas

By Brenda Hofbauer - Bryan

Brenda's reference photo for this painting was taken while driving along Netarts Bay on the Oregon coast. In her artwork, Brenda captures some of the reality of a scene while exploring simplification and degrees of abstraction. This is the seventh piece of Brenda's in the Artisan Collection.

Benefactor: Richard Bard

"VEGETABLE STAND"

Acrylic paint on heavyweight cotton duck canvas

By Doug Fiely - Stryker

Doug takes his inspirations from what he sees in everyday life, distorting the perspective to enhance shape and composition. This is the fourth piece created by Doug that has been acquired for the Artisan Collection, and the first to be placed at Montpelier Hospital.

Benefactor: The Isaac Family

"SCULPTURE"

Handblown glass

By Michele McKinney - West Unity

This sculpture in multicolored glass brings across a sense of softness, motion and the constant mixing of colors in a material that is very hard. Michele and her husband, Bill, own the studio Glass Pieces in West Unity, where they offer classes and instruction in glass blowing.

Benefactor: Bryan Hospital Auxiliary



"SEASCAPE"

Handblown glass
By Bill McKinney - West Unity

This piece is part of a series of underwater-inspired works, several of which won prizes for glass composition at a New Orleans artisan event. The bubbles in this piece are designed using a process that Bill devised himself, and placed in the locations as now seen. Bill and his wife, Michele, own the studio Glass Pieces in West Unity, where they offer classes and instruction in glass blowing.

Benefactor: Dunbar Mechanical Company

"WINTER BERRIES"

En plein air in watercolor

By Donna Burns - Columbus

Donna and her family were fixtures in Williams County for many years — her husband, Norm, was a longtime dentist and Donna an imaginative artist. This piece was executed en plein air (in the open air) during a particularly balmy winter day. The painting won the jurors award at a competition held at Capital University in Columbus.

Benefactor: Tomas & Susan Herman, in loving memory of Andrew Herman





"SENEY NATIONAL WILDLIFE REFUGE"

By Keith Grindall – Montpelier

Mixed media

Keith is known for his depictions of the beauty of nature. His attention to detail brings an almost photographic quality to his work. Keith is a highly regarded Montpelier artist who has several pieces in the Artisan Collection. He was one of the original artists featured in the very first Artisan Collection purchase in the fall of 2009.

Benefactor: Montpelier Hospital Auxiliary



Benefactor: Bryan Hospital Auxiliary

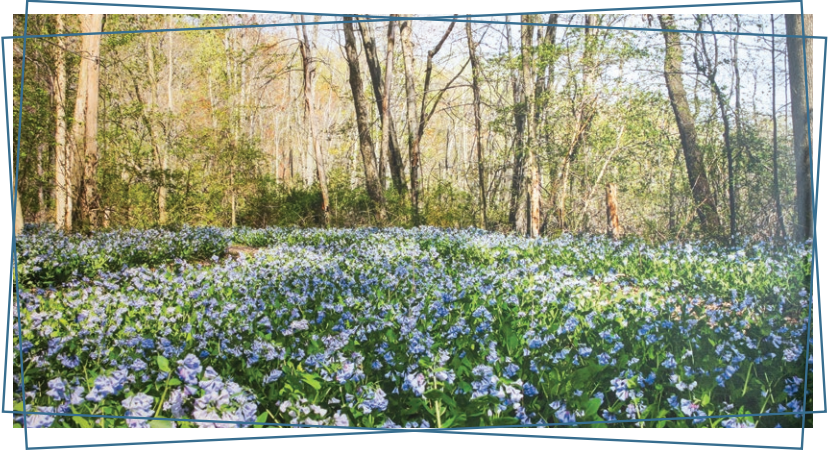
"HEIRLOOM MUSICAL INSTRUMENTS"

By John Rodie Hamilton, Jr. – Bryan

Handcrafted wood

These handcrafted musical instruments are mounted in the dining area at Bryan Hospital with an invitation to play them. The instruments are a mountain dulcimer, a hog-nosed psaltery, a bowed psaltery and a therapy harp.

Benefactors: The Bard Family and John Rodie Hamilton, Jr.



"BLUEBELL JUNCTION"

By Robert Winzeler, III – Clear Lake, IN

Digital photography on canvas

Bob is well-known within the Artisan Collection; his works focus on natural landscapes in the tri-state area. Bob grew up in Montpelier and now makes his home and studio near Clear Lake, Indiana.

Benefactor: The Family of Margaret Jacoby, in Honor of Margaret Grace Jacoby



"CALIFORNIA JUNGLE GYM"

By Lois Baughman – Montpelier

Ink applied with pen and brush

Two of Lois's works were acquired in the inaugural purchase for the Artisan Collection in the fall of 2009, and this piece marks the fourth of hers to be featured at CHWC. The purchase was authorized by the CHWC Board of Directors to honor Dr. Roger Saneholtz, OD, of Montpelier, a longtime community leader for Montpelier who served on the CHWC Board of Directors for nine years.

Benefactor: CHWC Board of Directors, to honor Dr. Roger Saneholtz, OD

IF YOU WOULD LIKE TO DONATE TO THE ARTISAN COLLECTION

or have artwork you would like considered for the collection, please contact Brenda Hofbauer, CHWC Artisan Collection curator, at chwcartcurator@gmail.com or **567-210-1035**.

'LIVE IT' NOW IN ITS FOURTH SEASON

For many people, it becomes increasingly difficult to make healthy eating choices as fall and winter approach, and the cold weather rushes in. The holidays, limited access to fresh produce and craving comfort food can make a lot of people feel like healthy eating is simply not possible throughout the upcoming months.

Fortunately, there is an abundance of easy, healthy, delicious recipes available from the local cooking show, "Live It." Now in its fourth season, "Live It" is organized by Community Hospitals and Wellness Centers (CHWC) and hosted by Registered Dietitian Andrea Miller. Each month, Miller and a different sous chef demonstrate recipes that use healthy, fresh ingredients in front of an all-staff audience. Bryan Municipal Utilities (BMU) records and airs episodes on BMU-TV channel 3, and hosts the entire series on YouTube.

The program has featured appetizers, drinks, main courses, desserts and more, with recipes as familiar as super-easy chicken noodle soup and as exotic as mujadara (lentils with rice and caramelized onions).

"Preparing new foods can be intimidating," Miller notes, "so the goal of 'Live It' is to show people how to use ingredients they might not be familiar with." To those who aren't entirely comfortable in the kitchen or are new to meal planning, Miller shares some advice. "First of all, don't be intimidated. Start simple, start

slow, maybe try one new recipe each week," she says. "Find recipes that are easy and have familiar ingredients but maybe have something you've never tried before. There are so many resources out there, so if you aren't sure what a technique or an ingredient is, you can just look it up on the internet."

Miller adds that meal planning can make things run more smoothly. "It's so much easier to have a plan in place for what you're going to have most nights of the week so you aren't standing at your refrigerator before dinnertime thinking, 'what are we going to eat?' That's a waste of time in itself. If you have a plan and you have the ingredients, it's easier to make better choices."

A few go-to "Live It" recipes Miller recommends include: roasted tomato and quinoa Florentine soup, kale grilled cheese sandwiches, easy slow cooker chicken and, "really anything with eggs in it," she says with a laugh. "I don't always have a protein that's readily available, thawed and ready to cook, but eggs are pretty standard in most people's kitchens."

The show, Miller says, wouldn't be possible without a remarkable team. The support from BMU, the sous chefs who add their own unique spin to each episode and the close attention from the CHWC catering crew to make every recipe just right are a few examples of people coming together to make "Live It" the best show possible.

FAN FAVORITE RECIPE

EGG ROLL IN A BOWL

Demonstrated in the "Better than Takeout" episode of "Live It" – January 2018

INGREDIENTS

- 1 pound ground turkey, chicken, beef or pork
- 1 large onion, diced
- 2 bags of shredded cabbage (coleslaw) or 1 small head of cabbage, shredded
- 1½ cups shredded carrots
- 4 garlic cloves, minced
- 1 tablespoon grated fresh ginger or 1 teaspoon dried ginger
- ½ teaspoon black pepper
- 1 tablespoon sesame oil or another oil of choice
- 1-2 tablespoons olive oil
- 3 tablespoons reduced-sodium soy sauce

INSTRUCTIONS

1. Wash and prepare vegetables, then prepare the sauce by combining the garlic, ginger, black pepper, sesame oil, soy sauce and 1 tablespoon olive oil in a small bowl. Stir to combine and set aside.
2. In a very large skillet or wok, cook the meat and onions, using a spatula to crumble the meat. If using a very lean meat, add 1 tablespoon olive oil as it cooks to prevent sticking.
3. Add shredded cabbage and carrots to the skillet. Cook, stirring occasionally, 5 minutes.
4. Add sauce to the skillet, stir to combine. Continue cooking, stirring occasionally, 5-10 minutes, or until the cabbage is tender. Serve and enjoy!

Nutrition Facts:

Amount Per Serving: 6 servings per recipe, Calories: 227.0, Total Fat: 12.2 g, Cholesterol: 53.3 mg, Sodium: 387.7 mg, Potassium: 139.3 mg, Total Carbohydrate: 13.9 g, Dietary Fiber: 4.4 g, Sugars: 7.1 g, Protein: 17.4 g, Vitamin A: 89.5%, Vitamin C: 84.3%, Vitamin E: 5.0%, Calcium: 8%, Iron: 0.9%



LEARN MORE about
the cancer program at CHWC
by visiting [chwchospital.org/
cancer](http://chwchospital.org/cancer).

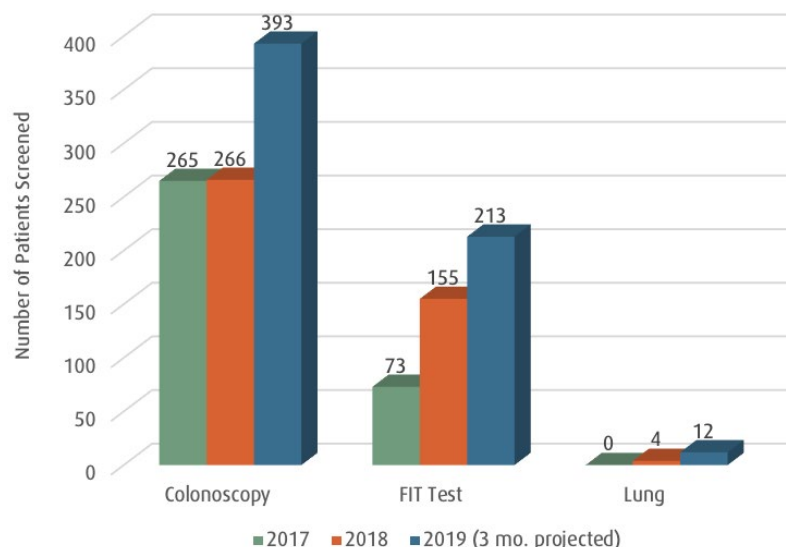
Public report of CHWC cancer program outcomes

The cancer program at Community Hospitals and Wellness Centers (CHWC) is diligently working to provide world-class cancer care to our communities close to home. Here are a few accomplishments our cancer program has achieved in the past year.

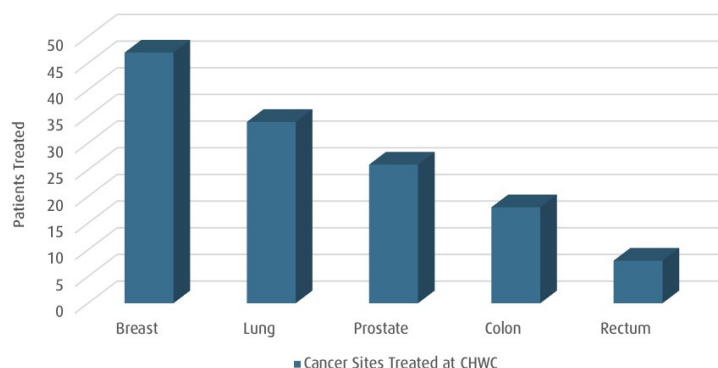
INCREASE CANCER SCREENINGS

An initiative to increase cancer screenings was brought on by the number of late-stage cancers in the communities we serve. The CHWC Cancer Committee determined that screening more people who meet criteria set by the American Cancer Society (ACS) and U.S. Preventive Services Task Force (USPSTF) would help reduce late-stage cancer diagnoses. This effort led to tremendous improvement in colorectal, breast and lung screenings throughout the year, and this will be an ongoing priority for the CHWC cancer program.

Cancer Screenings



Top Cancer Sites Treated at CHWC



OFFER SKIN CANCER SCREENINGS

Skin cancer screenings were offered at the 2018 Michelle Bard Geary Cancer Symposium. These screenings were done by Dr. Melissa Williams and Holli Zedyk, CNP, of Parkview Physicians Group (PPG). Thirty-five individuals were screened at the event and provided with skin cancer prevention information. Providers followed up with those who had abnormal findings.

DIETARY CONSULTS TO IMPROVE OUTCOMES

CHWC dietitians have been busy helping to improve the outcomes for our patients as well, since maintaining a healthy weight and obtaining proper nutrition is important during cancer treatment. The dietary team at CHWC focused on initiatives to reduce and prevent weight loss. Currently, through these efforts, weight loss has been maintained at less than 2% for patients undergoing treatment.

TOP CANCER SITES TREATED AT CHWC

The five most common cancer sites treated at CHWC in the past year have been the breasts, lungs, prostate, colon and rectum. The CHWC cancer team provided care for over 275 patients last year.

AWARD-WINNING CANCER CARE

The CHWC cancer program was presented with the Outstanding Achievement Award from the Commission on Cancer (CoC) for its accomplishments in 2018. CHWC is one of a select group of 24 U.S. accredited cancer programs — and the only cancer program in Ohio — to receive this national honor.