



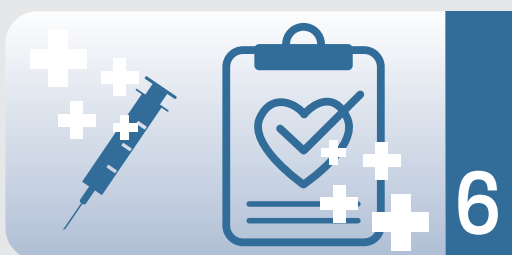
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COVER PHOTO: Shannon Newell, Director of Nursing at Montpelier Hospital, with nurses Amy Piorkowski, RN, and Heather Turner, RN.

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CHWC EARNs 5-STAR HONORS



The inpatient units at Community Hospitals and Wellness Centers (CHWC) recently earned 5-Star Excellence in Healthcare Awards from Professional Research Consultants, Inc. for 2021.

Montpelier Hospital earned a 5-star excellence award for inpatient services, scoring in the top 10% nationally for an overall hospital rating in 2021. Bryan Hospital also earned a 5-star excellence award for inpatient services, scoring in the top 10% nationally for overall quality of care in 2021.

This competitive national honor is awarded to healthcare organizations that achieve excellence in providing top quality patient experiences. The data is based on survey feedback from hospital patients, and the award is based on the percentage of patients who rate CHWC as “excellent” for the appropriate questions.



-TONYA MORELAND, MSN, RN
DIRECTOR OF NURSING-
ICU, TELEMETRY, MED SURG
AT BRYAN HOSPITAL

I really feel that happy nurses equals happy patients. If we didn't have nurses who truly love what they're doing and feel valued, we wouldn't be able to deliver a 5-star experience for our patients. We have staff who love what they do, work hard, connect with patients and have a personal touch as well as having technical, high-quality skills.





-TAMMY BERNATH, RNC-OB, BSN
DIRECTOR OF NURSING- OBSTETRICS
AT BRYAN HOSPITAL

It is a privilege to be part of one of the most important days of our patients' lives as they welcome a new baby into their family. We strive to make sure they have the best possible experience throughout their stay with us. We are so pleased that our patients have recognized our efforts.



I'm proud and honored to be part of this team. It wasn't a surprise to me that we earned this 5-star award, because our nurses and therapists work so well together and really know how to deliver exceptional care to our patients.



-SHANNON NEWELL, BSN, RN
DIRECTOR OF NURSING
AT MONTPELIER HOSPITAL



-MATT STUCKEY, DPT, PT, AT
DIRECTOR OF THERAPY SERVICES
AT MONTPELIER HOSPITAL

CHWC Montpelier receiving a 5-star award for inpatient care is a reflection of the entire team working together to provide excellent care through every aspect of our patients' time with us. Each and every team member plays an important part in ensuring that we are able to provide the best possible care and experience for our patients. This award is truly a recognition of those daily efforts.



FACES OF CHWC: Shannon Newell, BSN, RN

Director of Nursing at Montpelier Hospital

S Shannon Newell has an accomplished 25-year career in nursing that includes labor and delivery; medical-surgical care; utilization review, discharge planning and transitional care; surgical services; office management for orthopedics and family medicine; and, in January 2022, she returned to Community Hospitals and Wellness Centers (CHWC) to begin her director of nursing position at Montpelier Hospital.

MEET SHANNON NEWELL

Newell and her husband live on a 50-acre farm in Camden, MI, where they raised their three kids who are all now grown. Newell says that she always knew she wanted to be a nurse. Her mother, Glenda Johnson, retired after 41 years of nursing and worked at Montpelier Hospital for part of her nursing career. "I always wanted to be like mom," Newell says with a grin.

Newell grew up in Pioneer, OH, and graduated from North Central High School before earning her Associate Degree in Nursing from Northwest State Community College and beginning her career as a registered nurse. This summer, she earned her Bachelor of Science in Nursing from Western Governors University as well.

"I actually started my career right here at Montpelier Hospital as a new RN in 1997. I ended up working here for a couple years, then transferred over to CHWC Bryan," Newell explains. She then spent the next 21 years in various roles at Cameron Memorial Community Hospital in Angola, IN, before returning to CHWC this winter. Newell is responsible for overseeing inpatient nursing at Montpelier Hospital, which has a specific focus on long-term rehabilitative care.

RETURNING TO CHWC

About returning to CHWC, Newell expresses excitement about the type of care provided at Montpelier Hospital as well as the team of nurses she works with. "We get to spend more time with our patients because we have them longer and get to see them improve each day. They often come into our facility being extremely ill and weak, and by the time they leave they are doing so much better. Seeing them get well from start to finish is amazing," Newell says, adding, "Our nurses are the best. They're a great group. They are independent but work so well together. They're loving and caring, and we get so many compliments from our patients about our staff and how wonderful they are. I couldn't have asked for a better group."

LEARN MORE

To learn more about the inpatient rehabilitation program at Montpelier Hospital, visit www.chwchospital.org/montpelier.



FACES OF CHWC: Tonya Moreland, MSN, RN

Director of Nursing- ICU, Telemetry, Med Surg at Bryan Hospital

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Since becoming a nurse 25 years ago, Tonya Moreland has worked in various roles, from staff nurse to clinical instructor to nursing director. “I actually did not plan to be a nurse,” Moreland explains. “I was working at a factory, was a single mom at the time and was starting to feel like I couldn’t do that forever. Northwest State came in for a job fair and I learned I could get right into the nursing program with the credits I had, so I thought I’d try it out. Now I can’t imagine doing anything other than this.”

Moreland went on to earn her Associate Degree in Nursing from Northwest State Community College, then her Bachelor of Science in Nursing from Bowling Green State University and her Master of Science in Nursing Leadership and Management from Western Governor’s University.

Moreland notes that she and her husband—who is also a nurse—have seven daughters between the two of them ranging in age from 10–26, and they also have a two-year-old grandson. A West Unity native, Moreland now lives in Bryan, just minutes from the hospital.

IT’S NICE TO BE HOME

“When I was a new nurse, I worked here at Bryan Hospital for a little over 10 years, and I had a great boss, Marilyn Frank. She was great about kindly having high expectations, communicating well and always following up. There are a couple of nurses who really influenced my career, and Marilyn is one of them. When the position I’m in now opened up, I thought how neat it would be to be in the role of the person who influenced me so much,” Moreland says.

Moreland returned to CHWC in September 2021 as the director of nursing for the intensive care, telemetry and medical-surgical units at Bryan Hospital. Having skilled and compassionate nurses who are happy in their jobs is a priority for Moreland, and she points to exceptional engagement between administration and staff for ensuring they feel that they have a voice.

“Nurses want to be valued for our contribution to healthcare, and CHWC does a great job of that. We truly have a seat at the table and are involved in planning and decision-making,” Moreland says.

One example Moreland shares was shortly after starting in her current role, when COVID-19 hospitalizations were rising and she spoke with administration about ensuring there would be enough nurses to care for an influx of patients. “Our CEO asked if we needed to shut down elective surgeries, and I didn’t know what to tell him. I didn’t have enough information to make that decision because I wasn’t sure of the financial impact it would have, and he reassured me that we would be okay, that our priority is to take care of the community. I just think, *how remarkable*. He has an accounting background, and he’s telling me we don’t need to worry about the financial side of things right now and instead need to focus on keeping our community safe. We’re really lucky to have administrators like that. I think that mindset of caring for our community first translates into providing exceptional care. I really love it here at CHWC because I feel like I can make an impact. It’s nice to be home.”



LEARN MORE

Visit www.chwchospital.org/bryan to learn about the wide variety of services offered at Bryan Hospital.



FULLY-COVERED PREVENTATIVE CARE



Most U.S. health insurance plans are required by law to provide 100 percent coverage for many common preventative services, meaning there is no charged copayment or coinsurance, even if the annual deductible has not been met.

CANCER PREVENTION

The following are some of the common general cancer prevention services that are covered by most health insurance plans, however, it's important to check with your insurance to understand your specific coverage.

- Most plans fully cover **colorectal cancer screenings** for men and women age 45–75. Ask your healthcare provider about your risk for colorectal cancer and contact your insurance company for specifics on colorectal screening coverage.
- **Breast cancer mammogram screenings** are typically covered for:
 - Women age 50 and up who are at average risk, every 2 years
 - Women age 40–49 who are at higher risk, as recommended by a healthcare provider
- **Cervical cancer screenings** include:
 - For women age 21–29: Pap tests every 3 years
 - For women age 30–65, choice of the following; talk with your healthcare provider about what screening method and schedule is best for you.
 - Pap test every 3 years
 - HPV test every 5 years
 - Both Pap and HPV test every 5 years
- **Lung cancer screening** if all of these apply to you:
 - Age 50–80
 - You have a history of heavy smoking—specifically, you smoked an average of 1 pack of cigarettes a day for 20 years or 2 packs a day for 10 years
 - You smoke now or you quit within the last 15 years

OTHER COMMON PREVENTATIVE SERVICES

There are a number of other common preventative services that are covered by most health insurance plans; below are some of the most common services, although it is not a complete list. A full list can be found at [healthcare.gov](https://www.healthcare.gov). It is important to check with your insurance to understand the extent of your healthcare coverage.

- **Blood pressure screening**
- **Cholesterol screening**
- **Depression screening**
- **Immunizations**, as appropriate by recommended ages and populations, such as measles, mumps, rubella, whooping cough, HPV, influenza and others
- **Type 2 diabetes screening** for adults age 40–70 who are overweight or obese
- **Well-woman visits**

A comprehensive list of preventative health services that are fully covered by most plans can be found at [healthcare.gov](https://www.healthcare.gov) or by scanning this QR code with your smartphone camera:



www.healthcare.gov/coverage/preventive-care-benefits



For More Information

Learn more about what preventative healthcare services are fully covered and get information on local resources by visiting [chwchospital.org](https://www.chwchospital.org)

[healthcare.gov](https://www.healthcare.gov)

MIDWIFE JOINS GROWING WOMEN'S CLINIC STAFF

This June, the Women's Health Clinic at Bryan Hospital welcomed Lindsay Roose, Certified Nurse Midwife (CNM), to the team. Roose brings with her a wealth of experience in nursing and midwifery, as well as an obvious passion for her career.

"It's very rewarding to attend someone's birth and be part of the most important day of their life. I'm thousands of births in, and it's never lost on me. Every single time I'm there, it's a privilege. Every single time, it's special," Roose says.



MEET LINDSAY ROOSE, CNM

Roose and her family live in Ayersville, which is also where she grew up. She and her husband (who is a Bryan native) have a 12-year-old son and a nine-year-old daughter, and she describes her family as close-knit, supportive and involved in many activities.

Throughout the course of her nursing career, Roose has worked in healthcare facilities large and small. She explains her excitement about providing care to women at Bryan Hospital: "There is an important aspect of care that sometimes gets lost in big communities. Providing individualized care is something I'm really happy to be doing. I'm really interested in giving high-quality, equitable healthcare in an environment that's warm, inviting, comfortable and not so sterile-looking, like you sometimes see in larger institutions."

PROVIDING A RANGE OF CARE

Alongside the CHWC Women's Health Clinic staff—which includes providers Dr. Hanan Bazzi, OB/GYN, and Nicole Pothast, CNM—Roose cares for women from adolescence to menopause and beyond for a wide range of services. The word midwife means "with woman," and midwifery encompasses labor and delivery; preconception care; care during pregnancy, childbirth and the postpartum period; gynecologic exams; family planning and more. Roose notes that

she has a very strong background in gynecologic care as well as her obvious tie to obstetrics. Certified nurse midwives are registered nurses who have graduated from an accredited nurse-midwifery education program with a Master of Science in Nursing (MSN) and have passed a national board certification.

There are some common misconceptions about midwifery, which Roose says may have some truth to them. "Midwifery is all the things. Some people think it's about having a baby in a creek or something like that, and it *can* be delivering your baby in a creek, sure, but it can also be delivering in a hospital in a high-risk setting, and it can be all the things in between. What's important is that it's individualized to what that person wants. We personally don't deliver in a creek," Roose says with a laugh, "but we do whatever we can to make our patients happy here in a hospital setting. It's important for people to know that I give safe, equitable, evidence-based care, and as long as you stay flexible, I stay flexible."



Lindsay Roose, CNM

Master of Science in Nurse-Midwifery:
University of Cincinnati, Cincinnati OH

Bachelor of Science in Nursing: Ohio University, Athens OH

Associate Degree in Nursing: Northwest State Community College, Archbold OH

Experience in emergency care, medical-surgical care, telemetry, cardiac care, education and advocacy, labor and delivery, well-woman care, family planning, menopause management and more.

To learn more about the
CHWC Women's Health Clinic,
visit www.chwchospital.org/obgyn
or call 419-633-0755.



*Andrea Miller, host of Live It,
displaying fresh strawberry broccoli salad.*

NEW *LIVE IT* FORMAT UNVEILED

The popular local cooking show *Live It* has undergone a makeover this summer, transitioning from a long-form demonstration filmed in front of an audience into a significantly shorter format.

"Live It has been a great benefit to our staff and community because it has shown people a variety of ways to use fresh, healthy ingredients to make everything from main courses to desserts to party snacks," says Andrea Miller, dietitian at Community Hospitals and Wellness Centers (CHWC) and long-time host of *Live It*. *"The longer format worked for a while, but now we're ready to try something different that will be much more convenient for people to watch. We're calling it Live It in a Pinch, and each video lasts about five minutes or less. I hope lots of people tune in and enjoy it!"*



Live It is available to watch on YouTube, and the new short-form videos are now shared to the CHWC Facebook and Instagram accounts. For the full catalog of recipes and archive of past episodes, visit chwchospital.org/live-it.

STRAWBERRY BROCCOLI SALAD

Dressing:

- 2 cups fresh or frozen (thawed) strawberries
- ¼ cup apple cider vinegar
- 1 Tbsp olive oil (optional)
- 1-2 Tbsp honey (optional)
- ¼ tsp salt (optional)
- Pepper to taste

Salad:

- 6 cups finely chopped broccoli
- 2 cups matchstick carrots
- ½ cup golden raisins or dried cranberries
- ½ cup diced red onion
- ½ cup crunchy nuts or seeds (pecans, almonds, walnuts or sunflower seeds)



Instructions:

1. Place dressing ingredients into a blender and blend until very smooth.
2. In a large mixing bowl, combine broccoli, carrots, raisins, onion and nuts.
3. Pour dressing over the salad and mix well to coat all of the vegetables evenly with dressing.
4. For best flavor, refrigerate for 30 minutes before serving. Leftovers may be stored in the refrigerator for up to four days.

Adapted from the simple vegan blackberry broccoli salad recipe found on beautifuleatsandthings.com.