



# Wayne HealthSports

Volume 9, Issue 1 – March 2023

## ATHLETES *in action*



### Upcoming *events*

#### PASP COURSES

Monday, July 17, 2023  
Monday, October 16, 2023  
Monday, February 5, 2024  
6:00 to 8:30 pm

**Location:**

Wayne HealthCare Outpatient Rehabilitation Center  
1111 Sweitzer Street  
Greenville, OH 45331

**To register, contact:**

Jim Beyke, Director of Rehabilitation Services  
937.569.6941  
james.beyke@waynehealthcare.org

#### ANNUAL COMMUNITY SPORTS PHYSICALS

Wednesday, May 3, 2023  
Wednesday, May 24, 2023  
6:00 pm to 8:00 pm

**Location:** Family Health  
5735 Meeker Road  
Greenville, OH 45331

**Eligible Schools:**

Ansonia, Franklin Monroe, Greenville, Mississinawa Valley and Tri-Village

**Cost:** \$25

**Registration**

**Required:**  
[Register online](#)  
or contact your school's athletic department.



**2023/24 OHSAA Physical Exam Form:** Contact School Athletic Dept.

# Healthy Meals

## Tuscan Vegetable Soup

Recipe courtesy of: Ellie Krieger, Food Network.com

Total Time: 35 min Yield: 6 servings (1-1/2 cups ea.)

### Ingredients

- 1 (15 oz.) can low-sodium cannellini beans, drained and rinsed
- 1 tbsp. olive oil
- ½ large onion, diced (about 1 cup)
- 2 carrots, diced (about ½ cup)
- 2 stalks celery, diced (about ½ cup)
- 1 small zucchini, diced (about 1½ cups)
- 1 clove garlic, minced
- 1 tbsp. chopped fresh thyme leaves (or ½ tsp. dried)
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- 32 oz. low-sodium chicken broth or vegetable broth
- 1 (14.5 oz.) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- ½ cup freshly grated Parmesan, optional

### Directions

- In a small bowl, mash half of the beans with a masher or the back of a spoon, and set aside.
- Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, ½ teaspoon of salt and ¼ teaspoon of pepper. Cook, stirring occasionally, until the vegetables are tender, about 5 minutes.
- Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, approximately 3 minutes longer.
- Serve topped with Parmesan, if desired.



### Nutrition Facts

6 Servings

Amount per serving

**Calories** 145

**Total Fat** 4g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 306mg

**Total Carbohydrates** 21g

Dietary Fiber 5g

**Protein** 8g

**Sugar** 5g

RECIPE COURTESY OF FOODNETWORK.COM

# Mental Health & Nutrition

Learn how your diet can improve your mental health, decrease health issues, and give you the best chance for success on and off the playing field.

Written By Haley Potters

**As many athletes understand, nutrition plays a huge role in performance, but many athletes may not realize the importance nutrition plays into their mental health.** A study shows kids aged 6-17 have shown an increase in diagnosed anxiety and depression disorders from 5.4% in 2003 to 8.4% in 2012. Although there are many overlapping causes of this increase, a change in nutrition can show to be crucial in slowing the increase in mental health issues.

The brain functions on various key nutrients and vitamins to perform optimally. Omega 3 fats are essential in building the structural components of the brain. Omega 3 fats can be found in soybean and flaxseed oil, fish, nuts and in spinach. Studies have shown individuals with dementia have a low level in omega 3 fats and they are used to treat the symptoms. Also, omega 3s have been used to aid in the symptoms of depression.

Vitamin B has been shown to improve cognitive function. Also, it has been shown to decrease the amount of homocysteine, which has been found to be in connection with psychiatric symptoms. There are many varieties of vitamin B, such as folate, niacin, B6 and B12. Foods that contain these varieties are salmon, beans, eggs, beef, chicken, pork and leafy greens.

Other vitamins that aid in brain function are vitamins A, C, and E, and are also known antioxidants. Oxidative stress in the brain shows an increase in a lower brain function. Individuals with known psychiatric disorders such as anxiety, depression, and ADHD have seen improvements in their behavioral symptoms when incorporating antioxidants into their diets. Foods containing antioxidants are berries, leafy greens, beans and apples.

All these factors together can greatly improve the function of the brain and the mental health of an athlete. Incorporating a diet with the foods mentioned above, not only will mental health be aided but these foods are also going to aid in a decrease in diabetes, cardiovascular disease and obesity. Putting all this together, it gives an athlete the best chances for success on and off the playing field.



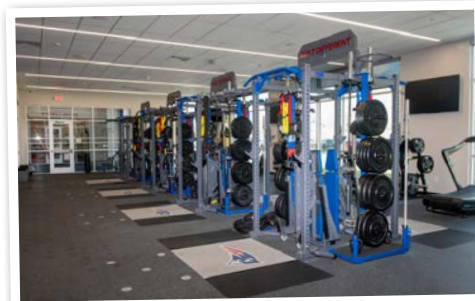
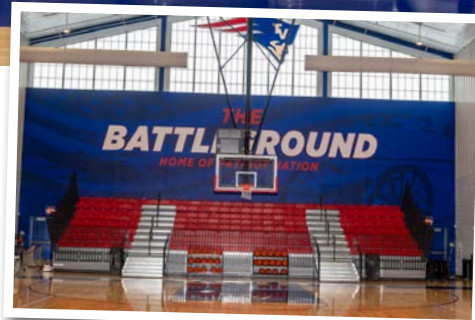
# Tri-Village Patriot Activity Center (PAC)



Our students continue to excel and rise to the occasion on all fronts at Tri-Village, so it is only fitting we are able to provide first-class facilities and resources for our students to continue to accelerate and flourish all the while not raising taxes or asking for new money.

The recently constructed state of the art Patriot Activity Center will meet the needs of many with its versatility. Ranging from a 2,300 square foot wellness center to a 15,000 square foot new competitive gym with seating for over 1,700 Patriot fans!

Having the ability to have two competitive gyms on campus will enhance the efficiency of our athletic programs, position us on equal footing with our competitors and continue to provide more convenient and plausible opportunities for all student-athletes. Thus, the Wellness Center will provide unlimited physical and cardio opportunities for our athletes and it will also provide an avenue for our 21 and over constituents to utilize the equipment for a minimal fee.



## The New Patriot Activity Center Includes:

- 4,000 square foot Atrium
- State-of-the-art 2,300 square foot Wellness Center
- 450 square foot concession stand
- 1,600 square foot Central Office
- 800 square foot Board of Education Room
- 15,000 square foot gymnasium that will seat approximately 1,700 fans
- 350 square foot Training Room
  - Named the Wayne HealthCare Training Room, as the majority of the contents were donated by Wayne HealthCare
- Two 330 square foot Locker rooms
- Two 200 square foot Coaches Offices/Officials Rooms
- 430 square foot Film Room for all athletes on campus
  - Contents donated by John Lay, owner of Techforce Onsite, and John and Terry Miller
- Digital Hall of Fame Displays
- Digital Record Board Displays
- Conference Championship Trophy Case
- District, Regional and State Championship Trophy Case
- A large horizontal Flag in the PAC hanging from the rafters
  - Donated by Nick and Joanie Hollinger

## WAYNE HEALTHCARE TRAINING ROOM



# Elevate Your Game

Become a stronger, more stable, and powerful athlete.



## Wayne Sports Performance Program

### Take your performance to the next level

Wayne Sports Performance Program offers training and techniques to give athletes or aspiring athletes the edge to take their performance to the next level. Training programs are personalized to identify and correct each athlete's weaknesses, while maximizing their athletic potential. A pre and post assessment will be performed to determine the athlete's current baseline and identify what hard training is needed to get them to their goal. Our program is tailored toward the junior high athlete looking to safely progress their physical development and improve mobility, stability, strength, agility, power, and speed. Our focus is to bridge the gap between Sports Medicine and Sports Performance to enhance performance and minimize the risk of injury.

### Brand new state-of-the-art facility and a team of experts

Athletes will train in our brand new Wellness Center, which includes a 10,000 sq. ft. state-of-the-art gym, 30-yard turf area, and walking/running track. Athletes will also have access to a team of experts, including certified athletic trainers, an exercise physiologist and collaboration with physical therapists, registered nurses, and Orthopedic Surgeon Dr. Safet Hatic.

For more information or to register online, scan the QR code or visit:

[WayneHealthCare.org/SportsPerformanceProgram](https://WayneHealthCare.org/SportsPerformanceProgram)

Or contact Robyn Feitshans:  
937.569.6504

[robyn.feitshans@waynehealthcare.org](mailto:robyn.feitshans@waynehealthcare.org)



**MAY 30 – JUNE 29**

*(5-week Program, 10 sessions)*

**TUESDAYS & THURSDAYS**

**3:30PM – 4:30PM**

**Middle School (Grades 6-8)**

**Cost: \$100**

*Registration Deadline: May 25*

### AREAS OF FOCUS:

- ▶ Plyometrics
- ▶ Strength
- ▶ Speed/Agility
- ▶ Core
- ▶ Flexibility

# Weber Performs 1000th Mako SmartRobotics™ Surgery at WHC



Mako robotic-assisted technology has been used by Wayne HealthCare for nearly 5 years for joint replacement surgeries, including total hip, total knee, and partial knee. The overwhelming success of the procedures and positive patient outcomes bodes well for potentially adding other types of joint surgery in the future, such as shoulder, spine, and ankle.

**Monday, January 23 was a day of great celebration at Wayne HealthCare as Dr. Chad Weber, DO, FAOAO, specialist in trauma, orthopedic, and robotic-assisted surgery, completed his 1000th procedure using Mako SmartRobotics™. Larry Roll, an active, life-long member of the Versailles community, was lucky patient number 1000.**

Director of Peri-Operative Services Sarah Bubeck, RN-BSN, explained, "Mako is a robotic tool that's used for joint replacement. It allows for more precise cuts and measurements, and hopefully quicker turnaround and recovery. We've been using it at Wayne HealthCare since the end of 2018."

Mako surgeries are usually scheduled a couple times a week at Wayne HealthCare and are typically outpatient procedures. "Like today, four out of our five total joints should go home, be discharged," Bubeck said.

According to WayneHealthCare.org, Mako surgery may reduce the need for opiates, the duration of hospital stay, inpatient physical therapy, as well as post-operative pain.

"We have seen great patient outcomes with the Mako System," stated Weber on KetteringHealth.org. "Patients have a quick recovery, less swelling, less pain, and less trauma to the soft tissue. It's exciting to be able to offer

this technology that allows us to place a hip or knee replacement in more of a normal position, making it feel more like a normal joint," Weber said.

"I've gone from doing maybe 100 joints per year to over 300, so it's completely changed my practice as far as how busy I am. [Mako] has more than doubled the number of joints we do up here, for sure," reported Weber.

Stryker.com details Mako SmartRobotics™ as "an innovative solution" for many suffering from painful joints. "Mako uses a 3D CT-based planning software, so your surgeon can know more about your anatomy to create a personalized joint replacement surgical plan. By guiding your doctor during surgery, Mako's AccuStop™ technology allows your surgeon to cut less by cutting precisely what's planned to help protect your healthy bone."



**1000th Mako patient Larry Roll with Heather Turner, RN, and orthopedic surgeon Dr. Chad Weber, DO, FAOAO**



The 1000th Mako surgical team pictured at Wayne HealthCare on Monday, January 23.

Weber concurs, saying, “I can walk into a case with complete confidence knowing the product you’re coming out with is gonna be a good product. You know [the patient’s] leg lengths are gonna be equal and all their implants are going to be in perfect position.”

“Our doctors here, our orthopedic providers, all use the Mako—Dr. Weber, Dr. Hatic, and Dr. Reed. They are all part of Orthopedic Associates,” stated Flood and Bubeck.

Flood shared, “Wayne HealthCare was the first hospital in region to use the Stryker Mako robotic-arm assisted technology for knee and hip replacements. Through a successful partnership with Orthopedic Associates, Wayne HealthCare continues to lead with excellent patient outcomes and experience in orthopedic care. We strive to be the first-choice destination for orthopedics and joint replacement.”

In addition to having state-of-the-art equipment, Wayne HealthCare boasts excellent staff.

Newer positions, such as that of Surgical Patient Navigator Michael Karns, RN, assist patients through the entire surgical process. “I do all the education before [surgery]... I do their insurance, I give them supplies before surgery to use, and I set up their home healthcare, get them accepted to a nursing home or get any equipment they need,” said Karns. “I assist with communication between the providers and the patients, always being there for either one of them to answer questions or bounce ideas off of.”

Flood said, “Michael is instrumental in making a seamless transition for our patients.

#### Regarding Weber’s 1000th procedure:

“Wayne HealthCare is where it all started for me as far as doing robotics,” Weber said. “If it wasn’t for [Wayne HealthCare] having faith in me to do it, we probably wouldn’t have gotten robotics anywhere. This is where it started and that’s why we wanted to do the 1000th here. So, a big thank you to them.”

*Written By Dawn Hatfield, Daily Advocate*

#### About Dr. Chad Weber, DO, FAOAO

Dr. Weber is a board-certified orthopedic surgeon who provides comprehensive general orthopedic surgery and orthopedic trauma care throughout Southwestern Ohio and surrounding areas. He joined Orthopedic Associates in the fall of 2010 after completing his orthopedic trauma fellowship at OrthoIndy and his orthopedic surgery residency at Ohio University Kettering Network Grandview Medical Center. He currently sees patients in Dayton, Centerville, and Greenville. Dr. Weber’s goal is to “provide the highest-quality and most comprehensive general orthopedic and orthopedic trauma care to the community. My patients are my top priority. Consideration of the whole patient, open communication, and easy accessibility will enable us to be successful in obtaining our goal of a positive and functional outcome.”



# *A Warm Welcome* TO OUR NEW CARDIOLOGY PROVIDER NOW ACCEPTING NEW & ESTABLISHED PATIENTS

Your heart health  
is at the center of  
everything we do.



Wayne Cardiovascular Center  
122 Martz Street  
Greenville, OH 45331  
**(937) 569-6707**  
Fax: (937) 569-6706  
[WayneHealthCare.org](http://WayneHealthCare.org)

## **Brian Dulin, MD, FACC** **Wayne Cardiovascular Center**

Brian Dulin, MD, FACC is a graduate of The Ohio State University College of Medicine and Public Health. He completed an internal medicine residency at the University of Kentucky and a cardiovascular disease fellowship at Yale University.

Dr. Dulin is board certified in cardiovascular disease and internal medicine. He provides a full range of heart and vascular care including preventative, diagnostic, cardiac rehabilitation, nonsurgical and surgical treatment. Dr. Dulin has privileges at Wayne HealthCare and Miami Valley Hospital.



***Starting in  
April 2023***

**Call (937) 569-6707 to schedule an appointment.**



# Congratulations Tri-Village Patriots!

## Tri-Village Celebrates Two State Championships and Two Teams Heading to Nationals.

### The Lady Patriots Basketball Team Are State Champions!

The Tri-Village girls' basketball team beat Toledo Christian 52 to 50 to claim the **D-IV state championship**. The Patriots finished the season with a **perfect 30-0 record**. The OHSAA State Tournaments were hosted at the University of Dayton Arena. Tip-off for the Lady Patriots was at 2:00 PM Saturday, March 11th.



### The Tri-Village High School Archery Team Wins 1st Place at State. Good Luck to all teams heading to Nationals!

The Tri-Village Archery Team competed in the Ohio State Archery Tournament on Saturday, March 11th. The high school team won **1st place at state** and qualified for the National Archery Tournament with a team score of 3,131. The middle school team qualified for the National Archery Tournament with a team score of 3,006.

**Congratulations to both teams for making it to the National Archery Tournament in May.**



# Matt Light All-Conference Football Camp



**June 19-20, 2023**  
For players entering grades 2-8

Improve your football skills and develop leadership qualities and attributes that are necessary for attaining success on and off the field. Under a coaching staff of area high school coaches, college coaches and former college and pro-players, each camper comes away with a better understanding of the game of football. In addition to learning skills specified for each position, campers develop a better understanding of pride, discipline, attitude, and team play. Awards are presented at the end of each day and at the end of camp to recognize performance, hard work and leadership.



Scan the QR  
code for more  
information and  
to register.



**Wayne HealthSports**

For more information  
about Wayne HealthSports  
or Wayne HealthCare  
Outpatient Rehabilitation,  
please contact:

**Wayne HealthCare  
Outpatient Rehabilitation Center**  
1111 Sweitzer Street  
Greenville, OH 45331

**937.547.5714**

To learn more about  
rehabilitation, orthopedic and  
sports medicine services,  
please visit:

**WayneHealthCare.org**

## ATHLETES *in action*

