

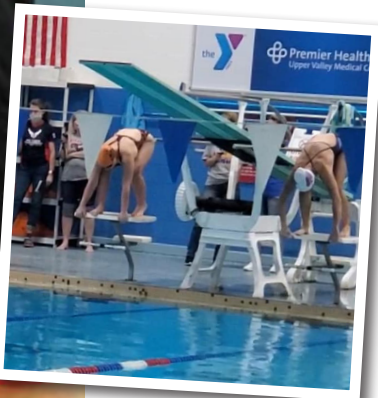


# Wayne

# HealthSports

Volume 7, Issue 1 – January 2021

## ATHLETES *in action*



## Upcoming *events*

### PASP COURSES

Monday, February 8, 2021  
6:00 to 8:30 pm

Monday, July 19, 2021  
6:00 to 8:30 pm

Monday, October 18, 2021  
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](mailto:james.beyke@waynehealthcare.org)



**Wayne HealthSports**

# Healthy Meals

## Breakfast Burrito

Prep Time: 25 min  
Cook Time: 13 min  
Ready In: 38 min  
Yield: 4 servings, serving size 1 burrito

### Ingredients

- 2 teaspoons canola oil
- 1/2 small red onion, diced (1 cup)
- 1 red bell pepper, seeded and diced
- 1 cup drained, rinsed canned black beans (low sodium)
- 1/4 teaspoon chili flakes
- Salt and freshly ground black pepper
- 4 eggs and 4 egg whites
- 1/3 cup (1-1/2 ounces) shredded pepper Jack cheese
- Nonstick cooking spray
- 4 (10 inch) whole wheat tortillas (burrito size)
- 1/4 cup reduced fat sour cream
- 1/4 cup salsa
- 1 large tomato (4 ounces), seeded and diced
- 1 small avocado (4 ounces), cubed
- Hot Sauce

### Directions

- Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.
- Whisk together the eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes. Spread each tortilla with 1 tablespoon each sour cream and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado. Season, to taste, with hot sauce. Roll up burrito-style and serve.

**Excellence source of:** Protein, Fiber, Vitamin A, Vitamin C

**Good source of:** Riboflavin, Vitamin B6, Folate, Vitamin K, Calcium, Iodine, Iron, Potassium, Selenium

### Nutrition Facts

4 Servings	
Amount per serving	
<b>Calories</b>	<b>460</b>
<b>Total Fat</b> 20g	
Saturated Fat 6g	
<b>Cholesterol</b> 235mg	
<b>Sodium</b> 860mg	
<b>Total Carbohydrates</b> 51g	
Dietary Fiber 12g	
<b>Protein</b> 23g	

RECIPE COURTESY OF  
FOODNETWORK.COM

# Staying Healthy During a Pandemic

## Basic Guidelines to Increase Your Safety

I'm sure that no one ever thought they'd be living through a Pandemic, but alas, here we are in the thick of it. This article will cover a couple of basic guidelines to increase your safety with hand washing and masking up, as well as some additional hygienic tips that you may not have heard before.

### Hand Washing

As we navigate through this unknown time, it is vital that we not forget how important hygiene is, specifically hand washing. It goes without saying that washing the germs off from our hands is crucial, but just how crucial is it? Germs can enter our bodies through multiple ways. When we touch our face or rub our eyes or scratch our noses, anything that is contaminating our hands is then introduced to our bodies. According to the CDC, studies have shown that hand washing can prevent 1 in 5 respiratory infections, like the common cold or Influenza. Wash your hands with soap and water for at least 20 seconds if you have recently blown your nose, used the restroom, coughed or sneezed into your hands, before eating or cooking, or if your hands are visibly contaminated. If you do not have access to soap and water, hand sanitizer that contains at least 60% alcohol is the next best option.

### Masking Up

On July 14, 2020, Ohio was issued a mask mandate. It has been proven through countless studies that wearing a mask is an effective way to 'flatten the curve' of the ramped COVID-19 virus. Social distancing of at least 6 ft. is important, but not as crucial as wearing a mask. Not only is it important to remain masked up when you are out and about, but it is evident that wearing your mask over your mouth and nose is the most effective. According to the CDC, COVID-19 is mainly spread through respiratory droplets that come from our mouths or noses when we talk, cough, sneeze, sing, etc. Masks are a simple and effective barrier to prevent your droplets from reaching others, and

vice versa. Johns Hopkins Medical team states that, "Some people who have COVID-19 only experience mild symptoms, or none at all, and they can spread the coronavirus to others before they realize they have it." Wear a mask, if not for yourself, do it for those around you. Masking is a scientifically proven, simple and selfless way to slow this pandemic down.

### Disinfect Reusable Drink Containers

For a last piece of sterile advice, do you drink from a reusable water bottle or an insulated mug? This is for you! Did you know that bacteria lives and thrives under the rubber-sealing ring of your bottles and cups? Even when regularly cleaning these items in the dishwasher, it is important to completely remove these rings and clean under them to get rid of bacteria that can cause illnesses. Once the rubber ring is removed, you can simply soak it in a disinfecting solution to get rid of germs and prevent those toxins from entering your body. This trick can be carried over and used for baby bottles or sippy cups for kids as well.

Unfortunately, there is no set date of when this chaos will come to an end, but doing your part by practicing good hygiene, social distancing, and wearing your mask over your mouth and nose will help slow this malicious virus down. Stay home when you can, keep your gatherings intimate and small. Hopefully, together we can bring this Pandemic to an end, sooner rather than later.

## Do Your Part!

- ① Practice Good Hygiene
- ② Social Distance
- ③ Wear Your Mask

References: [www.cdc.gov](http://www.cdc.gov) | [www.hopkinsmedicine.org](http://www.hopkinsmedicine.org) | [www.thecoolerbox.com](http://www.thecoolerbox.com)

# Preventing COVID-19 Outbreaks

OHSAA Guidelines to limit the impact of COVID-19 and reduce the spread in athletic environments.

Winter sports are now well underway in the state of Ohio. The move indoors combined with the rapid rise of COVID-19 cases has made the possibility of outbreaks more real now than ever. Unfortunately, coaches can't control whether or not their athletes contract COVID-19 through community spread. However, coaches can take steps to curtail an outbreak within their programs and to prevent the virus from shutting down an entire team if a positive case does occur. The Ohio High School Athletic Association (OHSAA) has developed guidelines for partner schools that are designed to limit the impact of COVID-19 by reducing the spread in athletic environments.

## Monitor Athletes for COVID-19 Signs and Symptoms

The OHSAA requires symptom questionnaires and temperature checks prior to practices and games. This simple step can catch a potential COVID-19 case before exposure occurs. Some coaches may choose to go a step further by asking that athletes check temperatures before leaving home. Athletes who are experiencing potential COVID-19 symptoms such as fever, sore throat, cough, or nausea should be encouraged to self-isolate at home until the cause can be determined.

## Practice Social Distancing

The less time spent within 6 feet of an infected individual, the lower the risk of transmission. Although social distancing may not always be realistic during activity, it should be encouraged whenever possible. Team benches are one of several areas in which social distancing should be enforced. This can be achieved by reserving a larger area for teams or by limiting the number of game-day personnel. Social distancing is also recommended in the locker room and can be implemented by spacing lockers or by asking athletes

to use the facility in small groups. Teams should maintain consistent seating when traveling by bus to keep athletes separated. If applicable, athletes can be assigned to "pods" during practice sessions. Using this strategy, a positive case would only affect the individual's pod rather than the entire team. When face-to-face interactions are needed, try to limit them to 15 minute increments.

## Wear Masks When Appropriate

Masks can help to reduce transmission of the virus when social distancing is not possible. The OHSAA currently requires that athletes and staff wear mask when not participating in practices and games or actively coaching. To wear a mask effectively, make sure it covers your nose and mouth as droplets can exit the body through both. Encourage athletes to wear a clean mask every day and to switch out masks frequently if they become wet or soiled.

## Encourage Proper Handling and Cleaning of Equipment

Frequently clean and sanitize any shared equipment like balls or mats as well as items such as dry erase boards and markers. Items such as towels, facial coverings, and water bottles should not be shared. To avoid contamination, provide athletes with dividers, plastic bags, or small buckets for storing personal items. Make sure these items are clearly marked with athlete names or numbers to avoid a mix-up.

## Keep Accurate Records

Keeping detailed records of attendance, bus seating, and practice plans can help to separate athletes who may have been exposed to COVID-19 from those who can still participate safely. Accurate record keeping is also essential for reducing liability in the event of an outbreak. For example, keeping written protocols of cleaning procedures and maintaining daily or weekly checklists can be used to demonstrate that staff took all necessary precautions leading up to an outbreak. All documentation should be securely stored and easily accessible.

For more information on current COVID-19 guidelines and recommendations, visit [ohsaa.org](https://ohsaa.org).

## Meet Dr. Paul Gleason

Hand, Upper Extremity & Microsurgery Specialist



**Dr. Paul Gleason, MD**  
Orthopedic Surgeon,  
Orthopedic Associates  
of SW Ohio

937.569.0448

Dr. Paul Gleason, Orthopedic Surgeon of Orthopedic Associates of SW Ohio, is Board Certified by the American Board of Orthopedic Surgery. He specializes in hand, upper extremity, and microvascular surgery. He is especially interested in treating all ailments of the wrist and has extensive experience with upper extremity trauma and reconstruction.

Wayne HealthCare and Orthopedic Associates of SW Ohio partner together to offer the Darke County community and surrounding area comprehensive orthopedic and sports medicine care.

Orthopedic Associates of SW Ohio physicians provide surgical services in the state-of-the-art surgery center at Wayne HealthCare.



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

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

937.547.5714

For more information about rehabilitation, orthopedic and sports medicine services, visit:

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

## Meet the Wayne HealthSports Athletic Trainers!



**Kurt Moneysmith**  
Ansonia



**Alyse Grilliot**  
Greenville



**Taylor James**  
Greenville



**Ethan Nealeigh**  
Franklin Monroe



**Chelsea Ostendorf**  
Mississinawa Valley



**Rachel Lamb**  
Tri-Village

## ATHLETES in action

