

Wayne HealthSports



Rehabilitation & Sports Medicine

*Athletic Trainers, Rehabilitation,
and Orthopedic Services*

Our Athletes in Action



Upcoming Events

PASP Courses 2018-19

Monday, February 11, 2019
from 6:00pm to 8:30pm.

Monday, May 13, 2019
from 6:00pm to 8:30pm.

Course location
Wayne HealthCare Outpatient
Rehabilitation Center
1111 Sweitzer St.
Greenville, OH 45331

Please call Jim Beyke, PT at
(937) 547-5941 or email
james.beyke@waynehealthcare.org
to register.

Sports Physicals
Coming in May



Photos are courtesy of Blue Bag Media.

Creamy Chicken Apple Salad

INGREDIENTS

cooked chicken breast (chopped), 2 cup
celery (diced), 2 stalks
green onions (chopped), 2
medium Jonagold apple (finely diced), 1
walnuts (chopped), 3 tbsp
light mayonnaise, 1/4 cup
yogurt (plain, fat-free), 1/4 cup
lemon (juiced), 1/2
black pepper, 1/8 tsp



Nutrition Facts

8 Servings

Serving Size 1/2 cup

Amount per serving

Calories

115

Total Fat 5g

Saturated Fat 1g

Cholesterol 30mg

Sodium 115mg

Total Carbohydrate 6g

Dietary Fiber 1g

Protein 12g

DIRECTIONS

- In a medium bowl, combine the chicken, celery, green onions, apple, and walnuts
- In a small bowl, whisk together the mayonnaise, yogurt, lemon juice and pepper. Pour over the chicken mixture and gently stir to coat.
- Serve salad over your choice of lettuce leaves, bread or crackers.

This salad is packed full of good nutrition with protein from chicken, fiber from the apple and healthy fat from the walnuts. Full of flavor and crunch - you won't believe how easy it is!

Prep time - 15 min

Servings - 8 Servings

Serving size - 1/2 cup

Scott Broerman Athletic Director Versailles High School



Scott is a 2005 graduate of Versailles High School, 2011 graduate of Wright State University, and a 2014 graduate of Ohio University. When he attended Versailles, he participated in baseball and football. At Wright State, he earned a bachelor's degree in Middle Childhood Education focusing in Math and Science. At Ohio University, he earned a master's degree in Athletic Administration.

Scott held his first teaching position in 2012 at Brookville High School, teaching high school math. During his time at Brookville, he was the assistant football coach, junior high basketball coach, junior and high school track coach, and he spent his last three years as the head baseball coach.

In 2017, Scott was hired as Brookville's Athletic Director. Late in the 2017-2018 school year, he was hired as the Athletic Director at Versailles High School. He is currently a Registered Athletic Director (RAA) and is working towards becoming a Certified Athletic Administrator (CAA).

Athletics and education have always been Scott's passion and he was fortunate to have some incredible math teachers such as Russ Stewart, Jacki Stonebraker, and Gregg Niekamp. These three teachers have been wonderful role models throughout his teaching career. He was also fortunate to play under some great coaches, Al Hetrick, Tim Blakeley, and Tom Watren. These men were all extremely passionate about their sport and taught Scott so much more than just the sport they coached.

Professionally Scott has had great support and mentors. His superintendent at Brookville really became a role model for him in administration. Scott says he truly enjoyed his six years at Brookville and will never forget the time he spent there. Scott knew he wanted to be in education, loved the possibility of administration, and loved athletics which is why he chose to be an Athletic Director.

Scott currently lives in Versailles with his wife Caitlin, who is a third grade teacher at Brookville Schools. Together they have two daughters, Blair, who is almost three years old, and Brynn who is one and a half. Scott truly enjoys being back in Versailles and being close to family. It has truly been a blessing and he looks forward to the opportunity.

Stay Active in the Cold

Many folks, even those who stay active in more moderate seasons, may start to lose the drive to exercise once winter settles in. Cold temperatures, snow, and rain tend to put a damper on even the most dedicated fitness enthusiasts' exercise plans. Even if we don't feel like exercising during colder months, it's still a vital component to any wellness plan.

It's hard to stay physically active when the inviting sunshine of summer has long passed and the temperate fall weather begins to fade to cold, ominous winter. Despite the changing of the seasons, getting enough exercise is still important for general wellbeing. Being prepared gives you a head start in staying active all winter long!

Winter-Weather Walking Tips:

- Dress appropriately. Water resistant shoes and layering go a long way in helping you stay active.
- Find a friend. Someone who you can meet with to walk can help you stay accountable and make the experience more fun
- Stay hydrated. We sometimes feel less thirsty in cold weather. However, hydration is still key to good health.

Our Partner Orthopedic Associates of SW Ohio Welcomes Dr. Paul Gleason



Hand, Upper Extremity & Microsurgery We Offer a Helping Hand to Keep You Pain Free

We Know You Work Hard...

It doesn't take an injury to affect the way you use your hands. Repetitive motion can cause numbness and chronic pain.

Orthopedic Associates of SW Ohio provides surgical services in the Wayne HealthCare surgery center.

You don't have to work through the pain.



Paul D. Gleason, II MD
Orthopedic Surgeon

937.569.0448

Partnering Together to Care for You!



**Now Seeing Patients in Greenville
Dr. Paul Gleason**

Orthopedic Surgeon of Orthopedic Associates of SW Ohio

Wayne HealthSports Athletic Trainer Survey



Wayne HealthSports Athletic Trainers Want Your Feedback

Let us know how we are doing by completing a short survey. To complete the survey:

- Scan the QR code displayed at the top of this page, with your smart phone
- Log on to the internet and visit www.surveymonkey.com/r/CFXPDDP
- Contact your athletic trainer and they can send you an e-mail with the survey link, or have it sent to your phone via text message

Thank you for your participation and feedback, and for the opportunity to serve you exceedingly well.

Contact Info

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, please contact Jim Beyke at james.beyke@waynehealthcare.org or (937) 547-5714.

Visit us online at www.waynehealthcare.org.