

INsight

Urgent Care NOW OPEN

A First for Henry County

When to See an Orthopedic Doctor

Welcome Dr. Shendge

Sleep and Your Overall Health

Helping Expand the
Care You Trust

Botox for Pain Treatment?

Tips to Keep Students Healthy

 **HENRY
COUNTY
HOSPITAL**
Your Partner For Life

 **HENRY COUNTY HOSPITAL
URGENTCARE**



 **HENRY COUNTY HOSPITAL
URGENTCARE**



A Part of Your Community!

At Henry County Hospital, we take pride in giving back to the community that has given so much to us. We are always on the lookout for ways that we can support the health and well-being of our community through volunteering, donations and more.

DRIVE SOBER OR GET PULLED OVER

We are proud to have partnered with the Henry County Health Department and Sheriff Bodenbender in educating the community on the importance of driving sober. Dr. Kettinger provided first hand accounts on having to treat victims of drunk driving.

HENRY COUNTY FAIR

Congratulations to Stephanie F. for winning the Chamber Bucks giveaway at the Henry County Fair. Our teams enjoyed speaking with all of you at the fair.

BLACK SWAMP ALZHEIMER WALK

It was a beautiful day to participate in the Black Swamp Alzheimer Walk. We are thankful for this organization's commitment to finding a cure for Alzheimer's.

HENRY COUNTY RELAY FOR LIFE

We gave cancer the boot at this year's Relay for Life. We are so appreciative of our staff members that donated lavish raffle baskets and the many community members that purchased tickets. We are proud to have helped Henry County Relay for Life surpass its goal this year!

HOLGATE COMMUNITY DAYS

Congratulations to the winners of the free-throw competition and the football throwing competition. We enjoyed providing gifts for the winners and witnessing a great event hosted by The City of Holgate.

SUICIDE PREVENTION WEEK

Shout out to Sandra Manon, human resources coordinator, for providing valuable information to employees and our community about suicide prevention. She spoke at several events during National Suicide Prevention Week to communicate the resources available. Add **800-273-8255** to your cell phone. **#BeThe1To save a life.**

VIRTUAL RIBBON CUTTING

Thank you to everyone that participated in our virtual ribbon cutting for our new Urgent Care facility. We have enjoyed the many positive remarks we have received about the video and the additional services we now provide to the community. Find the video on our Facebook page.

UNITED WAY IMAGINATION LIBRARY MATCHING GIFTS

Adopt a reader with us! We have partnered with United Way of Henry County and the Imagination Library to provide 12 books for children ages birth to 5 for one year. This year we will match new donations up to \$3,675.

SEE YOU SOON! NAPOLEON WITCHES BREW

Join us in your best witch or wizard attire for Witches Brew Napoleon on Saturday, October 23 starting at 4:00 p.m. in downtown Napoleon. The proceeds from this event support the Center for Child and Family Advocacy, Northwest Ohio CASA, and Henry County Hospital.

SYMPHONY OF TREES

Over 35,000 children received services because of generous donations.

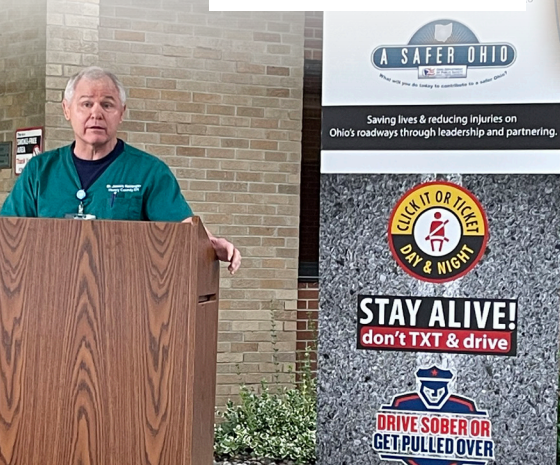
Business After Hours:
Thursday, November 11

German Fest:
Friday, November 12

Tapestry of Tables and Symphony Gala:
Saturday, November 13

Children's Christmas Carnival:
Sunday, November 14

Drive Sober or Get Pulled Over



Henry County Fair



Black Swamp Alzheimer Walk



Relay for Life



Suicide Prevention Week



Holgate Community Day



Message from the CEO Chief Executive Officer

WELCOME BACK TO THE HENRY COUNTY HOSPITAL

INSIGHT PUBLICATION. *Insight* is our way of keeping you informed of the day-to-day life at the hospital while also providing tips on how to keep you and your loved ones in good health.

While our newsletter took a brief hiatus, our drive to serve the community did not. We recently welcomed Orthopedic Physician, Dr. Vithal Shendge; Pain Management Specialist, Dr. Darin Scribner and Sleep Center Specialist, Kristen Sawyer, to our team and look forward to highlighting their expertise in this issue. I am also looking forward to sharing how our new Urgent Care facility is answering the needs of many in our community.

As we approach the cooler months, we are reminded that COVID-19 is not yet behind us. We are committed to continuing all services and procedures conducted at Henry County Hospital. In doing so, our team continues to pivot to keep our campus safe. It is my deepest hope that each of you and your loved ones remain healthy.

Thank you to community partners that help us combat COVID-19 daily and to the many employees that continue to demonstrate tremendous resilience throughout the pandemic.

We are grateful for the community's trust in us as we take on each new wave of COVID with the same commitment to delivering excellent healthcare close to home.

Sincerely,

Kristi Barnd

Kristi Barnd
Chief Executive Officer



What are IV Smart Pumps:

Infusion pumps deliver medication and nutrients in controlled amounts into a patient's body. They are operated by professional medical practitioners who program the duration and rate of fluid delivery. Smart pumps identify errors such as the wrong rate, wrong dose, and pump setting errors by matching against a tailored library of medications with dosing guidelines.

Interested in Making a Difference?

There are three easy ways to donate.

- 1. Send your donation to:**
Henry County Hospital Foundation
1600 East Riverview Avenue
Napoleon, OH 43545
- 2. Visit [HenryCountyHospital.org/Foundation](https://www.henrycountyhospital.org/Foundation) and click on "donate now"**
- 3. Drop off your donation at Henry County Hospital**

For questions, contact
Michelle Rychener, Director Development at
419-591-3840 or micheller@henrycountyhospital.org

A Note from the Foundation

The 2021 Foundation Annual Membership Fund project is replacing the current IV pumps with 26 new IV Smart Pumps.

Since January, we have received \$79,200 in pledges and donations with half of the money received going towards the project and the other half being placed in the Foundation's endowment fund to be used for future projects. We are \$33,200 away from reaching our goal of \$72,800.





The wait is over... Henry County Hospital Urgent Care is now open.

With the addition of Urgent Care services at Henry County Hospital, you can now get the care you need when a surprise illness, minor injury or health concern can't wait for your doctor's regular office hours.

"We are proud to offer the only Urgent Care facility in Henry County," said Kristi Barnd, CEO at Henry County Hospital. "With this addition, you no longer need to wait for an appointment during regular office hours or travel out of town for non-emergency health concerns. You now have access to a top-notch Urgent Care that is close to home, family and friends."

Many individuals turn to Urgent Care centers for the walk-in availability, extended hours, cost-effectiveness and rapid treatment. As other industries have catered to consumers on-demand needs, Urgent Care facilities serve a similar function in the healthcare industry.

Open every day of the week, including evenings and weekends, Henry County Hospital Urgent Care patients have access to X-ray and lab services that are not commonly found in walk-in clinics. Patients needing emergency care can also be quickly transferred to the Emergency Department.

Community Impact
Over 300 patients were treated within the first two weeks of the facility's opening. "Urgent Care plays a vital role in the continuum of care, providing access to a wide array of services to those who may be unable to see a primary care physician for various reasons, including simply not having one yet," stated Barnd. In addition to the volume of patients served, Henry County Hospital created 11 new jobs as part of its opening.

Coordinated Care is a Priority
While you do not need to have an established relationship with one of our providers to take advantage of Henry County Hospital Urgent Care services, it should not replace your primary care providers. Our Urgent Care team will work closely with your primary care provider to ensure all treatments, results and follow-up plans are communicated to the appropriate offices.

If you don't currently have a primary care provider, Henry County Hospital Family Medical Care is now accepting patients of all ages. Learn more about our primary care services on our website HenryCountyHospital.org or call **419-592-3843**.



URGENT CARE HOURS - Open 7 days a week with no appointment necessary. 1600 East Riverview Ave, Napoleon, OH 43545

Monday:	9 am – 9 pm		
Tuesday:	9 am – 9 pm	Friday:	9 am – 9 pm
Wednesday:	9 am – 9 pm	Saturday:	11 am – 5 pm
Thursday:	9 am – 9 pm	Sunday:	11 am – 5 pm

Urgent Care will be closed on New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas.

Meet our New Providers



Kourtney E. Gossard, PA-C, is a graduate of Ohio Dominican University with a Master of Science in Physician Assistant Studies. She earned her Bachelor of Science in Forensic Biology from Ohio Northern University. Ms. Gossard has patient care experience in emergency medicine, primary care, pediatric care, internal medicine, general surgery, behavioral medicine and women's health. She is board certified through the National Commission on Certification of Physician Assistants.



Priya V. Shendge, PA-C, is a graduate of Central Michigan University with a Master of Science in Physician Assistant Studies. With over two decades of clinical experience, Ms. Shendge most recently worked as a Dermatology Physician Assistant. She is board certified through the National Commission on Certification of Physician Assistants.



Brandi M. Smith, CNP, has cared for patients throughout Northwest Ohio for over ten years. Ms. Smith earned her Master of Science in Nursing and Bachelor of Science in Nursing from The University of Toledo, and her Associate Degree of Science in Nursing from The Medical College of Northwest Ohio. She also holds a certification as an Emergency Medical Technician. Ms. Smith is board certified through the American Association of Nurse Practitioners.

WHEN TO VISIT URGENT CARE

Henry County Hospital Urgent Care services are available to patients of all ages with no appointment necessary. Before you head out the door, it is important to know what type of care you need when you are injured or feeling sick. The table below can help you decide whether you need to schedule an appointment with your primary care provider, visit Urgent Care or go straight to the Emergency Department.



Primary Care

Your provider's office is the best place for routine care as well as minor illnesses and injuries.

Appointments are required.

- Regular Physicals and Screenings
- Vaccinations
- Management of Chronic Conditions
- Pregnancy Tests
- Migraines
- Upper Respiratory Infections
- Bladder Infections
- Health Concerns Requiring Advice



Urgent Care

Urgent Care is the best option for minor illnesses and injuries when your provider's office is not available.

No appointment required.

- Fever, Cold & Flu
- Cuts Requiring Stitches
- Sprains & Strains
- Nausea, Vomiting, Diarrhea
- Rashes & Hives
- Ear Infections
- Sore Throat
- Sinus Infections



Emergency Care

The Emergency Department is the best option for major illnesses and injuries.

No appointment required.

- Chest Pain or Heart Attack
- Difficulty Breathing
- Head or Neck Injuries
- Seizures
- Stroke
- Uncontrolled Bleeding
- Fainting, Dizziness, Weakness
- Abdominal Pain

Get the sleep you've been *dreaming of* with Henry County Hospital Sleep Center

Most adults need seven to nine hours of sleep each night to feel rested. If you are concerned that you have a sleep disorder that is preventing you from getting enough sleep, you should start by talking to your primary care provider. According to Kristen Sawyer, Henry County Hospital Sleep Center educator, here are some symptoms that call for a conversation with your provider:

- Snoring excessively
- Pauses in breathing while sleeping or any respiratory distress during the night
- Finding yourself extra tired throughout the day or dozing off while driving
- Suffering from symptoms of heightened irritability, temporary memory loss, or other signs of limited sleep
- Headaches in the morning

"Most sleep disorders can be managed and effectively treated once they are diagnosed," said Sawyer. "The first step is to see your doctor and get a referral for an appointment with the Henry County Hospital Sleep Center."

Common Sleep Disorders

Although it can be easy to blame stress or a hectic schedule for the occasional sleepless night, long-term feelings of exhaustion or trouble sleeping can be an indication of a sleep disorder. "Sleep disorders are medical conditions that can affect the quality of your sleep and negatively impact your overall health," says Sawyer.

Common Disorders include:

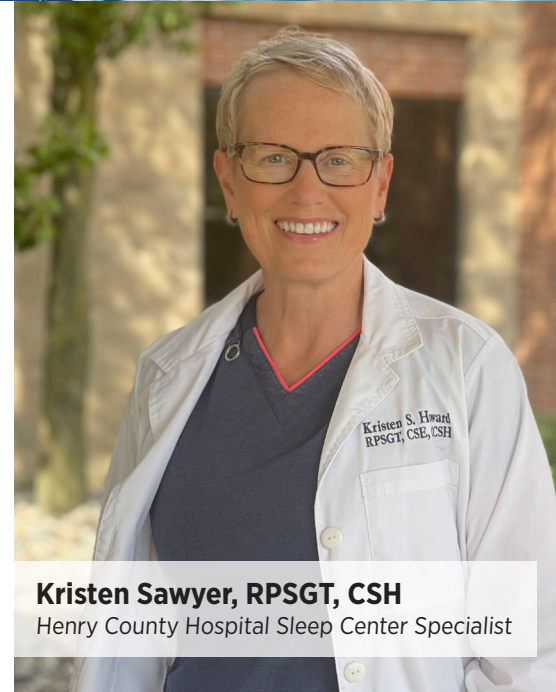
- Sleep apnea
- Narcolepsy
- Restless leg syndrome
- Insomnia
- Periodic limb movement disorder

"The most common disorder we see at the Sleep Center is sleep apnea," said Sawyer. "If left untreated, moderate to severe obstructive sleep apnea is strongly linked with worsening hypertension. Patients with high blood pressure that is resistant to medication are likely suffering from sleep apnea."

Henry County Hospital Sleep Center

The Henry County Hospital Sleep Center offers several sleep tests to accurately diagnose and treat a wide variety of sleep disorders. This includes overnight and daytime testing at the Sleep Center, as well as home sleep tests.

"If your doctor refers you for testing, you can be confident that you will receive care from highly trained and credentialed staff," said Sawyer. Sawyer herself holds multiple credentials including a Certification in Clinical Sleep Health, Clinical Sleep Educator and Registered



Kristen Sawyer, RPSGT, CSH
Henry County Hospital Sleep Center Specialist

Polysomnographic Technologist. Post testing, a board-certified sleep physician will also evaluate each study and provide a formal written assessment.

Sleep rooms are equipped with televisions, private bathrooms and comfortable beds. "The environment is quiet and private," said Sawyer. "You won't find uncomfortable hospital beds or distractions that you would expect in a hospital setting. We try to make our patients as comfortable as possible during their sleep study."

If you are concerned about a sleep disorder, talk to your doctor and request a referral to the Henry County Hospital Sleep Center. For more information, visit HenryCountyHospital.org or call **419-591-3871**.



"It may be surprising to learn that **one in three** adults suffer from a **sleep disorder.**"



Patient Spotlight: Teri Ordway

In search of a more restful sleep

After nearly two years of waking up every morning feeling exhausted, Teri Ordway knew it was time to talk to her doctor. “I was completely drained. I had no energy, and I wanted it fixed,” said Teri. “I was falling asleep every afternoon, and I didn’t even have any energy to play with my grandkids.”

Determined to figure out how to get back to her active lifestyle, Teri made an appointment with her primary care physician, Dr. Anna McMaster. “She recommended a sleep study,” said Teri, “and referred me to the Henry County Hospital Sleep Center.”

Teri’s symptoms of waking up tired and feeling drained indicated that she was suffering from sleep apnea. Sleep apnea is a disorder in which you stop breathing multiple times for 10 seconds or longer while sleeping. Your body senses this and pulls you out of deep sleep to get you breathing again. Although Teri was not aware this was happening, an at-home sleep test confirmed that she stopped breathing 14 times an hour.

“I was surprised that this first test was done at home,” said Teri, who had expected to spend the night in an uncomfortable hospital room. “It was easy to put the monitor on, and it was comfortable to wear.” When she returned the monitor to the Sleep Center the next day, she was given the results and next steps.

After the initial at-home diagnostic study confirmed that Teri was suffering from sleep apnea, she was scheduled for an overnight study at the Sleep Center. This study, called a titration study, would give the doctors the information needed to prescribe a CPAP machine customized to Teri’s needs.



“I had people telling me that I would hate using a CPAP machine, so I was a little nervous going in for the second sleep study,” said Teri. To her surprise, Teri said, “It was actually a peaceful, quiet experience. The sleep specialist was determined to find the mask I would be most comfortable in, and as a result, I had no trouble sleeping at all.”

Today, Teri is looking forward to getting back to living life. She and her husband, Doug, are making plans to visit their four children and 9 grandchildren. “I have always been the one that got down on the floor with the grandkids or chased them around, but lately I have been too tired,” said Teri. “I am so looking forward to getting back to that.”

PHYSICIAN SPOTLIGHT:

Welcome

Dr. Vithal Shendge, M.D.

Dr. Shendge has over 20 years of experience in the field of orthopedics. Before joining Henry County Hospital, his distinguished career has included clinical fellowships in India, the United Kingdom and the United States. Most recently, Dr. Shendge has served as a tenure-track assistant professor in the Department of Orthopedic Surgery at The University of Toledo Medical Center.

A respected surgeon in his field, Dr. Shendge has been recognized with several awards including *vitals.com* Patient's Choice Award and is a member of the Royal College of Surgeons in Edinburgh. This is one of the oldest and largest surgical colleges in the world, and membership has been awarded to only 25,000 surgeons from over 100 countries.

Dr. Shendge specializes in complex and innovative procedures to relieve pain and improve function and is a leading expert on the diagnosis and treatment of:

- Knee and lower limb conditions
- Hip and pelvic bone conditions
- Intra-articular joint injections

Dr. Shendge is currently accepting new patients at Henry County Hospital Orthopedics.

Dr. Vithal Shendge, M.D.
Henry County Hospital Orthopedics

When to See an Orthopedic Physician

An orthopedic physician's primary focus is to make sure your bones, joints, ligaments, and tendons remain healthy and strong. Not only can an orthopedic physician diagnose everything from sprains and strains to dislocations and fractures, but they can also help manage past injuries that have worsened over time.

If you are still unsure of when and why you should see an orthopedic physician, read on to learn about a few common conditions that we see patients for at Henry County Hospital Orthopedics.

Recent injury

Whether you experienced a sprain, strain, fracture or dislocation, our team of orthopedists is here to give you top-notch care. Some other injuries we can help diagnose and treat include:

- Tendon and ligament injuries
- Painful or swollen joints
- Foot or ankle pain
- Wrist, elbow, hand and shoulder pain
- Neck and back pain

If you have suffered an injury that has not improved with rest, ice, compression, and elevation, contact your doctor within 48 hours for an evaluation.

Repetitive Injury

If you find that you are nursing a weak or sprained ankle each time you hit the field, or you have consistent shoulder pain, an early diagnosis can help find an effective treatment so you can reduce pain and prevent your injury from worsening.

Limited Range of Motion

If you can't throw a ball like you used to or your knee no longer moves with ease like it once did, orthopedic care can help. Often a specific exercise plan can be created to help increase flexibility and improve your alignment. The sooner you see an orthopedist, the less chance you have of the injury worsening.

Instability When Walking or Standing

If you recently find yourself wobbling or shaking while performing daily tasks like walking, or standing, your joints may be to blame. By visiting an orthopedist, you will be asked detailed questions to find the source of your sudden instability, so you can further work on finding a plan to correct it.

Henry County Hospital Orthopedics

From diagnosis to treatment, we are here to help you with most orthopedic needs. For more information, call **419-591-3853**.





Don't let **PAIN** control your life

Millions of Americans suffer from chronic pain. Pain that affects their quality of life and makes everyday chores and activities seem impossible. According to Dr. Darin Scribner, pain management specialist at Henry County Hospital, "We see patients who have been dealing with pain for so long, they don't believe relief is possible. They just want to be cured, and they come to us in hopes we can help them return to a happy, productive life."

Treatment as Unique as You

Dr. Scribner and his team at Henry County Hospital Pain Management Center are trained to provide the most advanced treatments in the management of pain. They know that chronic pain is unique to every patient, and they take the time to understand each patient's pain and preferences before tailoring an individualized care plan that will work for them.

"Chronic pain is such a complex occurrence in our body that successful pain management is not often a direct 'this treatment always works for this ailment,'" said Dr. Scribner. "We spend a lot of time understanding a patient's history and experience so we know what they have tried, what has failed, and what we need to be doing moving forward." By using multiple methods of pain relief, the Pain Management Center is able to treat patients who are experiencing any type of pain from head to toe. The most common ailments that patients are treated for include:

- Chronic lower back pain
- Chronic neck pain
- Joint pain
- Shoulder pain
- Nerve pain
- Diabetic pain
- Pain from previous surgeries



Dr. Darin Scribner, D.O.
Henry County Hospital Pain Management Center

"If you are dealing with any pain that impacts your quality of life, it is imperative to make an appointment at the Pain Management Center," said Dr. Scribner. "The longer you ignore the issue, the more serious it can become."

Don't Let Your Pain Go Untreated

A recent patient of Dr. Scribner's said, "His office took care of everything for me, and now I can walk through my house barefoot and have no pain. Every day I say thank you to Dr. Pain." Dr. Pain is the nickname she gave Dr. Scribner after he helped her get her pain-free life back.

Make an appointment with Henry County Hospital Pain Management Center and let us help you reclaim your life. Schedule an appointment today by calling **419-591-3859**.

Botox® injections for chronic pain management

While Botox® injections have earned a reputation for reducing fine lines and wrinkles, cosmetic procedures are not their only use. Today, Botox® injections are commonly used as a minimally invasive treatment for chronic pain.


Derived from the botulinum toxin, Botox® is a purified protein that helps relax overactive and painful muscles. A highly effective pain therapy, Botox® injections can provide months of pain relief for conditions such as:

- Migraines
- Tension headaches
- Nerve pain
- Chronic neck and back pain
- Arthritis
- Muscle Spasms

"Botox® injections are very safe and very effective," said Dr. Scribner, pain management specialist at Henry County Hospital. "They have minimal side effects and can significantly reduce the duration and frequency of chronic pain."

For more information on Botox® injections and other treatment services offered through the Henry County Pain Management Center, visit HenryCountyHospital.org or call **419-591-3859**.





KEEPING STUDENTS HEALTHY IN SCHOOL



Make Hand Hygiene Handy

Teaching proper hand hygiene is the best way to prevent the spread of germs. Washing your hands with warm, clean water and soap is the most effective way to keep your hands clean. When soap and water are not readily available, consider keeping hand sanitizer in places like your car, in bookbags, sports bags and purses.



Stay Active

Kids need to stay active to stay healthy. According to the Center for Disease Control and Prevention only 50% of boys and less than 34% of girls are considered physically fit.

Encourage your kids to get outside or get involved in athletics at school or in the community. If your child is active in sports and has an injury, Henry County Hospital Rehab Services can quickly schedule and create a treatment plan to get them back in the game quickly.



Stay Up-to-Date on Wellness Checks & Vaccinations

Not sure what vaccinations your child needs? Make an annual well-child appointment with your doctor. During these check-ups, your doctor will assess your child's physical and emotional development and give guidance on vaccinations. Visit [HenryCountyHospital.org/Immunizations](https://www.henrycountyhospital.org/immunizations) to view a vaccination chart by age.




Have Children Be Involved with Healthy Food Choices

Children's nutrition is important. Teach them healthy habits by involving them in meal planning and allowing them to make healthy choices for themselves.

Let them choose: Let your child pick out the fruits and vegetables when you go to the store.

Plan meals together: Let your kids help plan meals with a focus on including healthy options like whole grains, fruits and vegetables. Even pizza night can get a healthy makeover just by adding a salad or vegetables as a side dish.



TIPS FROM
HENRY COUNTY
FAMILY MEDICINE

Switch Roles: Encourage your children to take the lead on age-appropriate tasks in the kitchen. Meal planning, mixing ingredients and packing their own lunches can help them establish healthy habits that will last a lifetime.



Choose Water for Healthy Hydration

60% of the human body is water, so it makes sense that staying hydrated with healthy drinks like water and milk can help improve your child's mood, memory, and attention.

Water doesn't have to be boring

- Add berries, citrus fruit or cucumber for variety.
- Use mint or ginger for a flavor boost.
- Freeze fresh fruit to use as ice cubes.
- Use a special water bottle or unique cup.



Make Sleep a Priority

Most healthy children need 8-10 hours of sleep each night. By developing healthy sleep habits early, your child will benefit from improved attention, behavior, learning memory and overall mental and physical health.



Talk about Mental Health

Talking openly about feelings of anxiety, depression and thoughts of suicide can make children of all ages feel less alone and encourage open communication. Not sure where to begin?

Consider these conversation starters:

- If you were to write a book or make a movie about the past year, how do you think it would end?
- What do you like most about your life right now and what would you change?

Remember: When children feel respected and listened to, they are more likely to open up in the future. Show empathy by saying things like, "I see what you mean," instead of trying to fix the problem for them.



Encourage Mask Wearing and Social Distancing

Talk to your kids about the importance of wearing masks and maintaining social distancing at school, on the bus, at sporting events and at after school activities. Take the time to talk through their questions about how masks protect them and why we wear them.



Nutrition 4-M

Leanna Zynda

Henry County Hospital Registered Dietitian

APPLE GRANOLA BARS

These apple granola bars are the perfect fall snack with dried apple chunks, white chocolate chips and cinnamon. They're both chewy, crispy and are so delicious.

Prep Time

10 mins

Cook Time

3 mins

Ingredients

- 2 cups old fashioned rolled oats
- 1 cup brown rice crisp cereal
- 1/3 cup honey
- 1/3 cup melted coconut oil
- 1/4 cup chopped dried apples
- 2-3 Tablespoons white chocolate chips or caramel chips divided
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/4 teaspoon sea salt

Instructions

- Line an 8x8-inch square baking pan with parchment. I like to use binder clips to clamp the parchment down so the parchment stays in place.
- In a large mixing bowl, combine oats, cereal, 1/8 cup of chopped dried apples and 1 Tablespoon of chocolate chips. Set aside.
- In a pot on medium heat, combine honey and coconut oil. Let mixture heat until it starts to bubble, stirring continuously. Once bubbling for 30 seconds, remove from heat and stir in salt, cinnamon and vanilla.
- Pour honey mixture into the bowl with the dry ingredients and mix until well coated. The chocolate chips will likely melt a bit, this is okay and actually helps the bars stick together.
- Pour mixture into your parchment lined baking pan and lightly press the mixture so it's even. Top with remaining dried apple chunks and chocolate chips and really press the mixture down as much as possible. Skipping this step will result in crumbly bars. I use a piece of parchment to press so that my hands don't get super sticky.
- Set: Once bars are pressed down firmly, place pan in the fridge for 2 hours to allow the bars to cool and set up.
- Cut: Once the bars feel solid/hard to the touch, remove from the pan, place on a cutting board and slice into 10 bars. Serve immediately or save for later.
- To store: these bars will stay together best if you store them in the refrigerator. They will keep for 1 week in an airtight container in the fridge. For freezing, wrap them individually and store in the freezer for up to 2 months.



Nutrition

Serving: 1 bar | Calories: 198kcal | Carbohydrates: 27g | Protein: 2g
Fat: 10g | Saturated Fat: 7g | Polyunsaturated Fat: 2g | Sodium: 78mg
Fiber: 2g | Sugar: 14g

Source: https://www.eatingbirdfood.com/wprm_print/53104



Be a Part of Henry County Hospital's Excellence!

Henry County Hospital has been awarded THE BEST PLACE TO WORK for ten years. Join us in delivering excellence in patient care and be a part of a team that treats you like family. Find open positions at HenryCountyHospital.org.

Benefits for full-time and part-time employees include:

- 401k matching
- Health, dental, and vision insurance
- Free life insurance
- Paid vacation time
- Paid sick time
- Weekend and shift differentials
- Free disability coverage
- Contingent staff bonus
- Pay for experience
- Career advancement
- Paid breaks for health



Join Our Team

Apply online at HenryCountyHospital.org