About a year ago, group wellness coaching participant Julie from Danville says she became inspired to take action and make her health a priority. "I was at the point where I felt I was starting to get older, and I wanted to fight the aging process," she said. "I felt like improving my health and weight would make me feel better."

Dieting had not worked for Julie in the past. "I wanted the weight loss to be a byproduct of a healthier lifestyle," she said. This is why Julie signed up for group wellness coaching through the HRH Wellness Department. She wanted new healthy habits that would stick.

Wellness Program Development Manager Lisa Seyffarth says the 12-week program led by registered nurses, an exercise physiologist and a registered dietician nutritionist helps participants set manageable aspirations. "Their goals can be anything wellness-related," she explained. "Maybe you want to lose weight or get moving more. Sometimes people need help improving their sleep habits or want to focus on managing their stress. We help you get to whatever your best version of yourself is."

Participants meet as a group once a week to check in with coaches on their progress and to hear from a variety of speakers. "We are in the business of helping our patients, as well as neighbors in the community, improve their health," said HRH President & CEO Kevin Speer. "Our nationally-recognized coaching program is just one way we can help do this through small, steady and healthy changes."

For Julie, these changes included fitting exercise into her daily routine and changing her eating habits over time. She says the weekly meetings were key to her overall success. "Checking in regularly and reporting back on how I was doing with my goals helped me be accountable," she explained. Julie has lost 40 pounds over her journey. She also lowered her cholesterol by 50 points. "Nothing else has worked for me as well as the wellness coaching and I've always been searching for something."

To learn more about health coaching offered through HRH, please contact Lisa Seyffarth at Lisa.Seyffarth@hendricks.org.

17-year-old Chris Klayer is a varsity athlete at Brownsburg High School and a defenseman for the Junior Fuel. He's also featured in HRH's most recent marketing campaign. If his last name looks familiar, that's because his mom is Geni Klayer, RN, BSN, MBA, MJ, Physician Network Director at HRH.

During hockey practice with the Junior Fuel last winter, Chris felt his back pop and he collapsed in pain. "People had to help me off the ice, which wasn't a good sign because I can usually skate off anything," he recalled. Chris met with sports medicine physician Dr. Robyn Fean the next morning.

"Sports medicine is usually the entry point to treatment. Many people don't necessarily know what is wrong or how they need to be treated," Dr. Fean explained. "My colleagues and I are constantly in contact with our orthopedic, physical therapy and other healthcare teams to provide the best course of treatment for each patient."

After a thorough exam, Dr. Fean concluded Chris' symptoms were caused by a bulging disc. "He had been doing some significant weightlifting in the weeks prior to the pain starting," Dr. Fean said. "He tried to push through the pain, but it became worse."

For treatment, Chris saw Ryan McNeeley, DPT, OCS, Senior Physical Therapist. During their sessions, Ryan taught Chris exercises and techniques to build stability and help prevent further injury. "With physical therapy, we try to get the patient back to whatever their goal is, and we try to get them there as quickly as we can," McNeeley said.

After four weeks of physical therapy, Chris was back on the ice pain-free. "Chris' story is an excellent example of the continuum of care HRH provides to our patients," said Kevin Speer, HRH President & CEO. "We hope it helps our community better understand the role sports medicine plays in helping people move more comfortably and get back to the activities they enjoy."

The campaign also highlights Kelli Waggoner, HRH Board of Trustee member and Brownsburg High School Athletic Director, who discusses the benefits of our sports medicine partnership with Brownsburg Community School Corporation.

"Engaging the community through sports medicine is crucial," said Waggoner. "It's important to raise awareness about the importance of physical activity and the role sports medicine can play in preventing injuries and helping patients recover quickly."

The program provides support and accountability for participants desiring to make healthy behavior changes.
Hendricks Regional Health partners with schools across Hendricks and Putnam Counties to bring a dedicated team of athletic trainers, sports medicine physicians, physical therapists and orthopedic surgeons to our student athletes. They work together to provide a continuum of care for young athletes throughout our community, helping them to build strength, treat pain effectively and prevent further injury. Our school partnerships ensure 100% of local public high schools have access to athletic trainers.

The January opening of Hendricks Regional Health Brownsburg Hospital made a positive impact on the healthcare community—and the environment. During the facility’s construction, HRH opted to purchase and install energy-efficient lighting, which is expected to last longer and utilize less electricity than what has traditionally been used. This initiative, along with mechanical equipment upgrades made within the new facility, qualified HRH for Hendricks Power’s POWER MOVES incentive program. Hendricks Power Cooperative provides electricity and energy services to over 30,000 residential, commercial and industrial customers in West Central Indiana. Through POWER MOVES, they offer energy efficiency rebates to residential members, as well as to businesses, schools and farms. Hendricks Power recently awarded HRH nearly $42,000 for our efforts at HRH Brownsburg Hospital.

“This new hospital demonstrates Hendricks Regional Health’s commitment to our community’s economic development and residents’ well-being,” said Greg Ternet, Hendricks Power CEO. “This rebate reflects our commitment to the same interests. We are proud to be community partners.”

In addition, the new helipad at HRH Brownsburg Hospital also utilizes environmentally friendly technology. Patented by Lily Helipads LLC, the helipad is designed and built green, meaning it captures all aircraft fluids such as jet fuel and de-icing liquid. This design also eliminates the need for the use of ice-melt chemicals. With its built-in heating system, it automatically provides a snow and ice melt component for the entire landing pad. Additional features include pilot-controlled lighting, which allows for remote lighting activation of the windsock and LED perimeter lights.

“We are proud that HRH Brownsburg Hospital is such an innovative, energy-efficient facility,” said HRH President & CEO Kevin Speer. “These efforts, along with initiatives such as the HRH Green Team committee, help ensure that we are able to serve our community in an environmentally and economically conscious way.”

Respecting the Environment at HRH Brownsburg Hospital

Matt Hesson (left) and Dan Stinson (right), Hendricks Power board members, present Kevin Speer, HRH President & CEO, with a ceremonial check.