



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

AUG. 25, 2017

Weekly Update

HVCH staff, guests view the solar eclipse



Hocking Valley Community Hospital hosted a solar eclipse viewing party Monday with more than 200 people in attendance. Guests donned solar glasses and viewed the eclipse in its totality while enjoying refreshments prepared by HVCH's Dietary Department.

"We are privileged to be able to host these types of events for our community," Julie Stuck, HVCH CEO and President, said. "Thanks to everyone who came out to join us."



EVENTS CALENDAR

Sept. 7-8: Uniform Sale HVCH Meeting Room

Robert's Uniforms will in the meeting rooms with scrub tops and bottoms as well as shoes and accessories available for purchase. HVCH employees may payroll deduct their purchases. Proceeds benefit HVCH.

Sept. 21: State of the Hospital Address, HVCH Front Lobby

Save the date for the annual hospital address at 5:30 p.m. followed by walking trail ribbon-cutting and guided tours and hors d'oeuvres.

Nov. 10: Auxiliary Book Sale HVCH Meeting Room

Collective Goods will be in the meeting room from 7 a.m. to 4 p.m. with books and other gift items. Payroll deduct available for hospital employees. Proceeds benefit HVCH.

INSPIRATIONAL QUOTE OF THE WEEK

"I'm a dreamer. I have to dream and reach for the stars, and if I miss a star then I grab a handful of clouds."

— Mike Tyson

Direct to You: From Latricia Johnston

At HVCH we have been celebrating our recent announcement of the prestigious Best Places to Work Award. For the past two weeks as employees we have been working on team building skills through creativity and enthusiasm on our Best Places to Work video that will debut at our upcoming State of the Hospital Address on Thursday, September 21.



Latricia Johnston,
Chief Public
Relations Officer

For many, if you asked them to prioritize their life, they would list faith, family, fun and then work in that order. I personally am a woman of faith and that would be first on my list, and I know it is because of His blessings on me that I could have any of the remainder of the items I just mentioned.

For some of us we feel the juggling effects of trying to manage our personal and work lives. They are both valuable and demand enormous amounts of time, and often leave us feeling as if we live two lives.

I have mentioned before I enjoy national speaker John Maxwell. In his book *Life @ Work* he helps us to understand the differences between purpose, calling and meaning when it comes to our jobs. With purpose, at the end of the day, we can look up into the night sky and know that our work and life is part of something great. You can fall asleep with satisfaction, not worry.

Calling is something from within. We feel drawn to make a difference and know that our skills and talents can make a significant difference to a worthy cause. The same would be for a political issue that you feel strongly about. You know inside that you have to speak up and voice your opinion because it is

Throughout this time period, I have pondered what life at work really means for each of us. Is it something we do because at some point in our past history as industries progressed, our reward was what the consumer economy had to sell us, so we work to continue having nice things? Do we grudgingly get up and do the same routine each day to collect our pay check at the end of each two week period? Or is our true intent to come to HVCH each day because our work has a meaningful purpose and we realize that we personally add value to that position?

It was Teddy Roosevelt who said "Far and away the best prize that life offers is the chance to work hard at work worth doing."

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SAVE the DATE Hocking County Opiate Town Hall Meeting

6:30 p.m. to 8:00 p.m.

October 4, 2017

Logan-Hocking Middle School
1 Middle School Drive
Logan, Ohio 43138

Keynote Speaker:

D'Anne Burwell, Best Selling Author
"SAVING JAKE - When Addiction Hits Home"

HVCH courtyard closed

The HVCH courtyard will be closed until further notice for repaving. The butterfly habitat will be located temporarily under the front canopy.

BLOOD DRIVE AT HVCH

There are three appointment times left for the blood drive at HVCH from 10 a.m. to 3 p.m. on Monday. Appointments are open at 10:30 a.m., 12 p.m. and 2 p.m.

To schedule an appointment, call the Laboratory at (740) 380-8218.

Receive a Columbus Zoo BOGO offer!

HVCH Cafeteria Menu Aug. 28-Sept. 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Chicken Breast Roasted Potatoes Succotash Zucchini Breadstick Italian Wedding Soup	Hot Dog/Bun Taco Bake Tator Tots Fried Corn Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus w/ Cashews Cauliflower Beef Pot Roast Soup	Fettuccine w/ Alfredo BBQ Chicken/ Bun Spanakopita Grilled Mixed Vegetables Bean w/ Ham Soup Corn Muffin	Egg Omelette Breakfast Burrito Sausage Patty Bacon Sausage Gravy/Biscuit Cheesy Potato Bake Chicken Rice

National Childhood Obesity Awareness Month



According to The State of Obesity, a project of the Trust for America's Health and the Robert Wood Johnson Foundation, approximately 17 percent of American youth between the ages of 2 and 19 years old are considered obese. Public health officials have declared childhood obesity as an epidemic.

Overweight children are at a much greater risk for health problems now and in the future than children who are within a healthy weight range. The longer a child remains overweight, the greater the risk for developing serious long-term health problems like Type 2 diabetes, high blood pressure and high cholesterol.

Fortunately, childhood obesity can be prevented. Healthy eating and regular physical activity are both the prevention and the "cure" for overweight children. Prevention is easier and more effective when parents start early, so promote healthy eating and exercise habits at an early age, incorporate them into your family and reinforce them as your child grows.

*Work that uplifts humanity
has dignity and importance
and should be undertaken
with painstaking excellence.*

Martin Luther King Jr.



HVCH employees donate school supplies

Hocking Valley Community Hospital employees recently took up a collection of school supplies to donate to the Logan-Hocking School District. Several items including crayons, backpacks, rulers, paper, pens and more were donated to the district for children needing supplies for the new school year.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Housekeeper - Full Time
- Mental Health Tech (State Tested Nursing Assistant) - Contingent/PRN
- MRI Technician - Full Time - Days
- Painter/General Maintenance Assistant - Full Time
- Pharmacy Technician - PRN/Contingent
- Radiologic Technician - Part Time
- Registered Nurse (RN) - Contingent - Emergency Department



Wellness in Recovery 5K Sept. 23

The Wellness in Recovery 5K run/walk in Logan is Saturday, Sept. 23. All of the proceeds will go to support wellness activities for people on the road to recovery. There is a \$25.00 entry fee for adults, \$15 for students and \$10 for children that includes a T-shirt if you register by Sept. 10.

The race begins at 9 a.m. at the Hocking County Courthouse at 1 E. Main St., Logan. Registration is from 8-8:45 a.m. Awards are given to the top three males and females in each division. Register online at www.allsportsraces.com/wellness-in-recovery-5k-run-walk.html.



HVCH employee recognized for excellent service

Tara Jacobs, director of the surgery department of Hocking Valley Community Hospital, has been recognized for going the "Extra Mile" in service. Thanks Tara for all that you do!

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of a strong ethical or personal importance to you. Knowing you are called to do the job you are in gives you peace and contentment, not the feeling of getting on and off life's spinning hamster wheel each day.

Then, there's meaning. This is where we find true enjoyment in the tasks we do in our jobs. At Hocking Valley Community Hospital, as employees we personally are one of the many tools used in the healing and/or comfort process to everyone who walks through our doors. Some patients are coming to us out of fear and concern for what their test results might show. Others are unfortunately thrown into a tragic situation and are often not in a state of mind to fully comprehend what just happened or what lies ahead. Some have already experienced an illness or injury and now lean upon us to guide and direct them to a state of healing and the return to a life of normalcy.

At the end of the day, our reward when driving or walking home after serving our community is not the award or our name written beautifully on another certificate, but the knowledge that tomorrow each of us get to do it all over again. That's the kind of award I want to be a part of, and I hope that each of you can experience that same joy in your life here at HVCH.

Tips to protect yourself online

Here are some things to remember to protect your personal information online:

- Do not click on links in emails from unknown or unexpected senders and/or where wording or file extensions (the "doc" part of the file resume.doc) seem unusual.
- Always review message wording and sender information and do not open attachments in emails from unknown or unexpected senders.
- Avoid clicking on ads within any website. New attacks can use ads within web pages to deliver malicious software to computers. Go directly to the site if you're interested in something advertised.
- Be careful when typing web page addresses (also known as URLs). Many malware sites use names that are one or two letters different from a legitimate site – for example eebay.com for ebay.com.
- Roll your mouse pointer over links to reveal their true destination. The true link will display in the bottom left corner of your browser. Beware if this is different from what is displayed in the text of the link or if it looks suspicious.



HOCKING VALLEY Community Hospital

OUR MISSION

To provide extraordinary care close to home now and into the future.

OUR VISION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

HVCH is a 25-bed, critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.