Hocking Valley Community Hospital and co-host Butterfly Ridge invite you to attend the opening of their spring Butterfly Exhibit in the hospital courtyard on Friday, May 12th at 1 p.m.

Guests will have an opportunity to learn about butterfly lifecycles, talk about what plants to host for butterfly feeding, participate in butterfly craft making and other educational opportunities.

Founder and Director of Butterfly Ridge Conservation Center, Chris Kline, will be available to answer questions.

Butterfly Ridge Conservation Center is a limited-liability company owned by Christopher and Kris Kline. The initial idea for Butterfly Ridge came into being in early 2014. The idea was to have a garden that would focus on the health and well-being of butterflies native to southeastern Ohio. Ultimately, the goal is that the garden will be open to the public to visit and learn about butterflies, moths, and other pollinators in the coming year.

The exhibit at Hocking Valley Community Hospital containing caterpillars, chrysalises, and butterflies, will remain on display throughout the summer.

The event is free and open to the public. To learn more about this event contact Latricia Johnston, Chief Public Relations Officer, at HVCH at 740-380-8336.

For more information on Butterfly Ridge, go to www.butterfly-ridge.com.

**EVENTS CALENDAR**

**April 25: Auxiliary Jewelry Sale**
HVCH Meeting Room
Sale starts at 6:30 a.m. until 3 p.m.
Park Lane necklaces, bracelets, earrings, and rings at a 50-75% discount. Payroll deduction is available for employees. Proceeds benefit HVCH.

**April 28: Spring Plant Sale**
Hocking County Fairgrounds
TWIG II is conducting their annual spring plant sale. Flats are $12.00; Hanging Baskets are $12.00; and Terra Cotta Planters are $11 for 10-inch and $16 for 12-inch. Order deadline is Friday, April 28. Pickup is Sunday, May 7 at the Hocking County Fairgrounds. To place your order, call Nancy Johnston at 385-4327 or the Community Relations Dept. at 380-8110. Make checks payable to TWIG II. Orders may be sent to the HVCH Community Relations Dept. at P.O. Box 966, or returned to any TWIG II member.

**INSPIRATIONAL QUOTE OF THE WEEK**

“Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.”
—Nathaniel Hawthorne
Building A Cost Conscious Culture
The very first Standard listed on our Standards of Behavior states, “I have a sense of OWNERSHIP.” It goes on into further detail by saying that each of us will treat the hospital’s resources as our own. But, what does this truly look like for each of us when we dig down into the very details of what we do each day? And to take it a step further, how can we apply cost conscious principles at home?

Recently, I went on a cleaning fit in my kitchen, going through my pantry, fridge and cupboards, throwing away all of the things I had allowed to outdate. I was embarrassed at the amount of food, well intended recipe ingredients, half eaten bags of snacks tossed aside before another package was opened and the vast amount of condiment selections with a serving or two used and then forgotten. I would hate to think about how much money I basically had to throw in the trash that day, all because I wasn’t managing my resources properly. Then, to really put things in perspective, I started thinking about my time spent with the hospital volunteers at the Southeastern Ohio Food Bank a couple of weeks ago. Did you know that 1 in 4 Hocking County children are not getting enough to eat? This means that six kids in my daughter’s 2nd grade class are going to bed hungry and here I was throwing food away.

Now, think about our hospital resources using this same perspective. How many times are we throwing away outdated supplies, drugs, ink cartridges and other items that have gone to waste? Have you ever opened a sterile item for convenience because you may use it and then have to throw it away? Here’s something that many would often not think of as waste… have you ever clocked in a few minutes early or out a few minutes late? There are many reasons waste can occur… maybe you ran out of an item in the

Direct to You: From Julie Grow, CFO

Quarterly gift card winner announced
Congratulations to Carrie Bownes from Plant Operations. Carrie’s green “thank you” ticket was drawn for the quarterly gift card drawing. CEO Julie Stuck presented Carrie with a $25 Lowe’s Gift Card.
past, so now you over order to compensate, or the department is busy and supplies are put away without closely paying attention to move closer outdated items to the front, or you switch to a new product without using up all of the previous one. Whatever the reason might be, each of these small occurrences of waste, add up to big dollars in the end.

The truth is, in healthcare, there is no “golden egg”… not one big ticket supply cost that we reduce or revenue generating service line that we add that will sustain us into the future. It will be a series of small changes like these, where we work to build a cost conscious culture to reduce the cost of caring for our patients without compromising quality.

At home, I’ve started implementing small changes to our eating and grocery habits to reduce waste in the kitchen. I’ve tried to better plan out my menu for the week, ensuring that I’m not buying ingredients for meals I will not have time to make. I now make my daughter finish off her box of Cookie Crisp before we open the box of Golden Grahams, and well, if you don’t like Ranch dressing, then you probably won’t be eating salad at our house anytime soon because who really needs four salad dressing options anyway?

As for our Hocking County residents who go to bed hungry, I will continue to volunteer my time at the food bank and intend to bring my daughter along with me the next time I go. I highly encourage each of you to get involved. There are many different ways you can help. I am awestruck by the work of the Southeastern Ohio Regional Food Bank and their ability to provide food to over 70 pantries in 10 different counties throughout Southeastern Ohio.

In closing, I ask each of you to think the next time you are tossing something in the trash, both here and at home… could it have been avoided? Am I generating resource waste? And if the answer is yes, discuss with your team members or your family about how it can be avoided and work to identify better resource management and a cost conscious culture. Thank you for the difference each of you make everyday.

— Julie G.

START YOUR CAREER WITH HVCH TODAY!
Apply @ www hvch org

- Registered Nurse/SCU - Full Time; Night Shift
- Dietary Aide - Part-time; Variable
- Mental Health Tech - Contingent; Variable Hours
- Registered Nurse/BHU - Contingent; Variable Hours
- Medical Tech/Lab - Full Time; Variable Hours
- STNA/Med Surg - Full Time; Night Shift
- Registered Nurse/SCU - Contingent; Variable Hours
- Storeroom Clerk/Courier - Part-time, Day Shift
- Radiologic Tech - Part-time, Variable Hours
- Radiologic Tech - Contingent; Variable Hours

National Healthcare Volunteer Week
April 23-29, 2017

President Richard Nixon established National Volunteer Week with an executive order in 1974, as a way to recognize and celebrate the efforts of volunteers. Every sitting U.S. president since Nixon has issued a proclamation during National Volunteer Week (as have many U.S. mayors and governors).

Since then, the original emphasis on celebration has widened; the week has become a nationwide effort to urge people to get out and volunteer in their communities. Every April, charities, hospitals, and communities recognize volunteers and foster a culture of service.

During the 2017 National Healthcare Volunteer Week, Hocking Valley Community Hospital would like to recognize our volunteers’ efforts to advance the hospital. Thank you for the work that you do each and every day and for the difference you make at HVCH!
Medical Lab Professionals Week April 23-29

Medical Laboratory Professionals Week originated in 1975 as National Medical Laboratory Week, or NMLW, under the auspices of the American Society for Medical Technology, now called the American Society for Clinical Laboratory Science (ASCLS). In subsequent years, other organizations have served as cosponsors and campaign supporters.

Did you know that lab testing drives up to 80% of diagnostic decisions?

In 2014, there were 9 billion clinical laboratory tests performed in the United States alone. Despite these astounding numbers, lab testing makes up a mere 3% of healthcare expenditures. Such a small part of healthcare expense determines the overwhelming majority of medical decisions.

Medical laboratory professionals perform this important work and are essential to delivering higher-quality, lower-cost healthcare. However, they work behind the scenes and their contributions often go unrecognized.

Thank you to all our laboratory staff here at HVCH! You make a difference!

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BASIC QUICHE RECIPE

1 9-inch pie crust (baked)
1 cup broccoli, zucchini or mushrooms (chopped)
½ cup cheese (shredded)
3 eggs (beaten)
1 cup nonfat milk
½ tsp. salt
½ tsp. pepper
½ tsp. garlic powder

**PREPARATIONS**

Preheat the oven to 375 F. In a medium-sized skillet, cook the vegetables until fork-tender. Put the cooked vegetables and shredded cheese into the prepared pie crust. Mix the eggs, milk, salt, pepper and garlic powder together in a bowl. Pour mixture over the vegetables and cheese. Bake for 30-40 minutes. Let cool for five minutes before serving. Makes: 6 servings.

**Nutritional Information (per serving)**

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Source: USDA

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**TWIG VI**

Lazy Day Raffle

Chair donated by Suite Deal Furniture

Recliner & cooler full of goodies including: movie tickets, gift cards, oil change, popcorn, peanuts, haircut certificate

**TICKETS ARE $1 EACH OR 6 for $5**

**DEADLINE TO PURCHASE TICKETS JUNE 9**

Get tickets from the HVCH Comm. Relations Office or any TWIG VI member. Call 380-8110 for more information. Proceeds benefit Hocking Valley Community Hospital
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.