



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

SEPT. 29, 2017

Weekly Update

Ribbon-cutting held for new HVCH & Osburn Associates, Inc. Walking Trail



The HVCH & Osburn and Associates, Inc. walking trail is officially open! See the map on page 4. Walkers also may pick up a map outside the Community Relations office inside Entrance B or use the outdoor sign map located near Entrance B sidewalk directed towards the CIC building.

The trail is one mile in length and encompasses the HVCH campus and Medical Arts Building driveway/parking lot. Plant Operations is currently in the process of installing exercise stations at various locations throughout the trail.

We encourage our community and staff to engage in a consistent wellness program that includes exercises and walking. The trail is pet friendly and provides plenty of off street parking. Please clean up after your pets.



EVENTS CALENDAR

Oct. 3: TWIG II Chinese Auction Hocking County Fairgrounds

Doors open at 5:30 p.m. Drawing at 7:30 p.m. Grocery basket, 50/50 drawing, lottery tree, and baked goods available. Proceeds benefit HVCH.

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 available for purchase. Payroll deduct available for hospital employees. Proceeds benefit HVCH.

Dec. 5: Save the Date - HVCH Annual Holiday Affair

The annual HVCH Holiday Affair will be held on Dec. 5 with a traditional German-American holiday theme. More information forthcoming in the next few weeks!

INSPIRATIONAL QUOTE OF THE WEEK

"Let your life lightly dance on the edges of Time like dew on the tip of a leaf."

— Rabindranath Tagore

Direct to You: From Latricia Johnston

As we move into fall, I usually start to reflect on how quickly the year has gone.



Latricia Johnston,
Chief Public
Relations Officer

Spring garden planting, summer cultivating, fall harvesting and canning. I am reminded how it takes an incredible and focused effort to lead to the most rewarding part of the process. I know come Thanksgiving and Christmas, and even in the mid bleak winter, I'll be able to pull something off the canning shelf and smile, because for dinner I'll make an unexpected black raspberry pie or serve up fried green tomatoes because I took the time to hide them far enough in the back of the freezer for just that special time.

It also serves as a means for me to do a personal check. Just like planting seeds in May in hopes that come fall I will see the goodness of my efforts, I believe as people we also need to periodically evaluate ourselves and the seeds we plant and cultivate in our everyday lives...both in the workplace and at home. What are our outcomes?

I feel that life's greatest experiences involve others. Family vacations and holidays together, the birth of a new child or grandchild, and celebrations of gradu-

ations or a new job. But are we reaching our full potential of great experiences? I have divided my thoughts into two categories, work life and personal life.

Work life: Everyone knows that an organization's greatest asset is the people within. A business can have the most modern equipment and most efficient building in the industry, but without devoted and engaged employees, eventually there is no business.

As team members, do we reap a harvest of strong and valuable employees because we spend time throughout the year being a leader and not a manager? It is said that leaders who attract followers develop the bottom 20 percent and focus on employee weaknesses. Leaders who develop leaders, develop the top 20 percent and focus on an employee's strength. Do you attract leaders or followers?

As an employee, are you 100% invested in your organization? Or are you 110% invested in your organization?

Regardless of your position or title, do you add servanthood to your job description?

Having a good day? Tomorrow's work day may not look the same. Are you adaptable and embrace change?

Personal life: Outside of work, who am I? Do I demonstrate a life of health

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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"

You're Invited!

**Free Seminar on
Estate Planning Basics**
Monday, Oct. 2, 5:30 to 7 p.m.
Olde Dutch Restaurant
12791 S.R., 664 S., Logan

Keynote Speaker:

Jody Spencer, Century Investment Services
Presented by Century National Bank and Hocking Hills Chamber of Commerce. Appetizers provided. Call 740-455-7296 for reservations.

HVCH Cafeteria Menu Oct. 2-6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Chicken Fingers Sweet Potato Fries Cheese Ravioli Brussels Sprouts Breadstick Broccoli Soup	Taco & Fajita Bar Nachos & Cheese Seasoned Corn Black Beans Spanish Rice Chili Soup	Roast Turkey Baked Ham Mashed Potatoes/ Gravy Dressing Peas & Mushrooms Baby Carrots Chicken Rice	Chicken Breast Macaroni & Cheese Baked Potato Cauliflower Brussel Sprouts Succotash Tomato Soup	Battered Cod Chicken N' Noodles Mashed Potatoes/ Gravy Zucchini Brussels Sprouts Minestrone



HVCH medical staff support LHS field house

The HVCH medical staff has made a \$5,000 contribution to the Chief-tain Athletic Booster's field house project. The multi-functional center will provide several classrooms, multi-use mezzanine, state-of-the-art weight room, concession area, a walking/running track, long jump, pole vault, high jump and shot put training areas.

HVCH staff complete RN to BSN program



The following HVCH employees completed their final class this month in their Ohio Christian University BSN journey: Laura Bentley, Janell Hunter, Crystal Jordan-Nye and Amber Kilpatrick. They are the hospital's first graduating OCU RN-to-BSN class. Also pictured is David Conner of Interim Healthcare, who also completed the program.



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and discipline? Meaning...

Do I invest time in healthy eating and exercise? I have one body and many people rely on me to be there in the future. Deep fried chicken wings and ho-ho-cake is probably not one of my better choices.

Are my finances in order? Debt makes each of us unhappy, and according to the Marketplace, about half of America has zero net wealth. Someone once said the difference between those rich and poor, is that the rich invest their money and spend what's left, while the poor spend their money and invest what's left.

Where are my priorities? Is time invested with those important at the top of my list? I cannot stop time, cannot change time, and cannot go back in time.

Do I keep my commitments? Commitments are tested every day through failure, having to stand alone for what you believe, and sometimes through disappointment.

Do I do what's right even when I don't feel like it? Doing what's right can cost you. It can cost you relationships, dreams and so much more.

As people we are 100% in charge of building and maintaining our character. If it rises to the top or falls to the bottom, we cannot blame anyone else but ourselves. It is said that personality helps, and ambition makes a difference. Even passion plays a part in who we are. Without doubt education is important, and who you know can provide connections. But don't ever, ever, ever think that character does not matter.

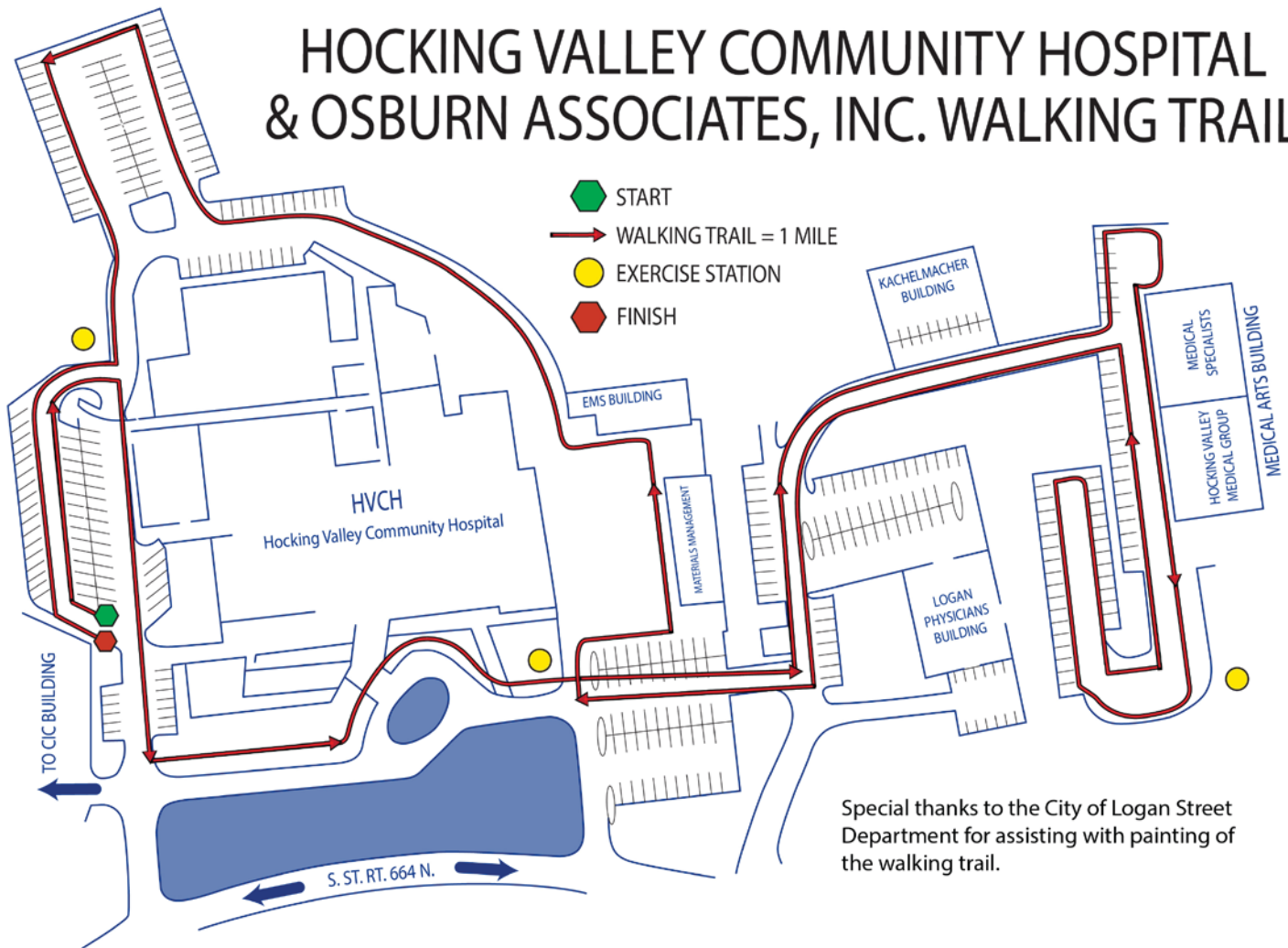
I encourage each of us to do a fall evaluation of where we are today. Identify your strengths and weaknesses. Celebrate your positives, and identify new ways for growth and doing better. Life's a journey. Where are you in yours?

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Food Service Aide - Full Time
- Mental Health Tech (State Tested Nursing Assistant) - Contingent/PRN
- Pharmacy Technician - PRN/Contingent
- Registered Nurse (RN) - Contingent

HOCKING VALLEY COMMUNITY HOSPITAL & OSBURN ASSOCIATES, INC. WALKING TRAIL



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You did it!
Congratulations

The following Emergency Dept employees and physicians received the "STEMI Emmy" from Fairfield Medical Center for achieving the Best Door to Balloon Time transfers outside Lancaster City Limits (66 minutes): Tia Anders, RN; Jeff Hovatter, RN; Andie Isree, RN; Stacie Wilson, RN; Dr. David Jung and Dr. Robert Sivier.

Park Lane Jewelry Sale

(proceeds benefit HVCH Auxiliary)

WHEN: Tuesday October 31st

Sale starts at 6:00am UNTIL 3:00pm

LOCATION: Hospital Meeting Room

Cash, Check, and Credit Card accepted.

Payroll deduction is available for HVCH employees.

QUESTIONS: Contact Ginger in Administration at 380-8207 or Community Relations at 380-8110

Necklaces, bracelets, earrings, and rings
50-75% DISCOUNT

park lane



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.