



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

SEPT. 27, 2019

Weekly Update



PAIN AWARENESS MONTH

Who do you think of when you hear the term “chronic pain?”

When asked that question many Americans instantly think of a friend, family member, or co-worker who deals with pain on a daily basis. Perhaps you yourself deal with this condition. Though many Americans have heard of chronic pain, the fact is that few are able to accurately define the condition and fully understand how it affects those suffering from it.

According to the American Chronic Pain Association chronic pain is, “ongoing or recurrent pain, lasting beyond the usual course of acute illness or injury or more than 3 to 6 months, and which adversely affects the individual’s well-being.”

Affecting around 100 million Americans, chronic pain varies in intensity and frequency. Some experience chronic pain constantly while others only feel it in episodes.

In short, if you feel any kind of noticeable pain for more than 3 months, you are suffering from chronic pain. Pain can originate from a wide variety of sources. When it comes to chronic pain,

the main sources are:

- Joint pain
- Headaches
- Back pain
- Injury related pain

If you have ever worried that you are experiencing chronic pain, you can start by asking if you are experiencing these symptoms:

- Constantly feeling any level of pain, mild to severe
- Aching, shooting, or burning types of pain
- Extended feelings of soreness, stiffness, or tightness

Aside from the obvious physical issues caused by chronic pain, many individuals also report psychological struggles. Such as fatigue, mood changes, stress, anxiety, depression, irritability, or restless nights of sleep.

If you are worried that you, or someone you know, are experiencing chronic pain, it is in your best interests to contact a pain management specialist immediately. Ask your primary care physician about a referral to the Hocking Valley Community Hospital Pain Management Clinic or call 740-380-8171.

EVENTS CALENDAR

October 1: Chinese Auction Hocking County Fairgrounds

Doors open 5:30 PM – Drawing at 7:00 PM. Grocery Basket, 50/50 Drawing & Lottery Tree. Baked goods & refreshments available! Lots of nice items & gift cards will be featured. All proceeds benefit HVCH.

October 12: Jeep Run through the Hocking Hills

REGISTRATION: \$45 per adult - \$35 ages 10 and under. Registration includes T-shirt, door prize entry and concert ticket. Anyone can participate, but you must register to receive your swag and concert entry. Stops include Jack Pine Studio and a future campground owned by the Roger Shaw family. A concert with Three Sided Soul will be held from 7-10 p.m. at the run's last stop at the Hocking County Fairgrounds. Visit www.hvch.org to register.

INSPIRATIONAL QUOTE OF THE WEEK

“If you are working on something that you really care about, you don’t have to be pushed. The vision pulls you.”

– Steve Jobs

Direct to You: From Latricia Johnston

There is a quote that reads “the trees are about to show us how lovely it is to let things go.” That could be an “ah-ha” moment



Latricia Johnston,
Chief Public Relations Officer

for all of us if we allow it. We are heading into one of the most beautiful seasons of the year with some stunningly blazing fall foliage in the Hocking Hills. The colors will change quickly allowing for some amazing snapshots to share, but then those leaves will fall, just as they do each year.

Imagine, if like the leaf that finally detaches itself from its original branch and floats freely to the ground, we too, could open our hands and let go of things in our life that bind us in so many ways.

How often do we hear someone say “just let it go, man, let it go.” Perhaps they’re truly concerned and encouraging you to move on from whatever it is that is causing you grief, or perhaps they’re simply tired of hearing you complain.

Either way, fall does provide us an opportunity to let loose some things in our lives.

- Step back from social media for a while. Spend more time walking your pet in the parks. Life is passing you by while

you’re gaming, texting and surfing the web.

- Let go of “fast food-ing.” Gather the family around the kitchen island to prepare dinner. It’s a great way to learn more about your family. The holidays are fast approaching – a perfect opportunity to make memories in the kitchen.

- Purge, purge, purge. Look at the items hanging in your closet or sitting in your armoire. You just might be astonished out of the dozen shirts and blouses, you only wore five during the entire summer. And, most likely for the past three years. Donate them to the nearest homeless shelter or charity that accepts garments. Additionally, does your work space need a decluttering as well?

- Forget the small stuff. Seriously. Remember the 80/20 rule? Focus on the 20 percent that really matters. 80% of what you might be holding a grudge or stressing over...probably doesn’t matter anymore. It’s water under the bridge. It creates an unnecessary uncomfortable atmosphere at home and at work. The 20% of your life just might be the best part, and that’s where you should spend your energy - developing better relationships with your spouse, kids, co-workers, and friends.

- Do you have any fi-

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JEEPIN’ IN THE HILLS

Join us on a Jeep run through the Hocking Hills!

Hosted by HVCH Foundation

WHEN: Saturday, October 12th

WHERE: Trip will include various stops throughout Hocking County

REGISTRATION: \$45 per adult - \$35 ages 10 and under. Registration includes T-shirt, door prize entry and concert ticket. Anyone can participate, but you must register to receive your swag and concert entry.

Registration begins at noon at Hocking Valley Community Hospital. Trip is from 1 to 6 p.m. with stops at Jack Pine Studio and future campground owned by Roger Shaw family. Run ends at the Hocking County Fairgrounds with concert.

Three Sided Soul Reunion Concert: Join us for the perfect way to conclude the event, a concert with Three Sided Soul from 7-10 p.m. at the fairgrounds. Concert-only tickets are \$10.

Call 740-380-8336 or visit www.hvch.org to register or buy concert tickets.

HVCH Cafeteria Menu Sept. 30-Oct. 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti	Hot Dog/Bun	Meatloaf	Baked Zucchini	Pizza Burger
Battered	Breaded	Battered Cod	Grilled Chicken	Tuna Noodle
Chicken Breast	Chicken Wings	Breakfast Potato	Bread	Casserole
Roasted	French Fries	Casserole	Breadstick	Wedges
Potatoes	Fried Corn	Asparagus w/	Mixed	Breaded
Peas	Broccoli	Cashews	Vegetables	Zucchini
Zucchini	Spanish Rice	Seasoned	Carrots	Green Beans
Breadstick	Tomato Soup	Cauliflower	Bean w/ Ham	Broccoli
Italian		Beef Pot Roast	Soup	Enchilada
Wedding Soup		Soup	Corn Muffin	Soup

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financial opportunities you're missing? Can you pay off the remaining balance on your auto, medical, or credit card bill? Improves your credit score and gives you more cash in the pocket at the end of the month.

- Shed a few pounds before the holidays get here. Who doesn't like to see those go? Cooler days are here. Find a new location to walk your pet. This time of year offers a lot of new smells in the air. You've heard the saying..."it smells like fall outside." Get out there and take advantage of it.

- Embrace change and let go of the "we've always done it that way mantra." To be beneficial to any organization, one must be willing to accept new ways of doing things. What worked in the past, often does not work today. Life is all about progress. Survival is dependent on thriving in a competitive market.

I challenge each of us to take a realistic look at our lives at home and in the work place and make the decision to find that which we can let go and welcome anew. Welcome fall!

Twig IV Paint & Sip Party Fundraiser



Join us for a paint party with a cause raising funds for Twig IV in support of our local Hocking Valley Community Hospital. The event will be from 5:30-8 p.m. on Thursday, October 24 at Hocking Hills Winery.

You will have the option of a 15" circle or 16" square that you will paint your choice of custom design on. We will be painting with stencils. This is a fun and easy technique that is great for all skill levels, even beginners!

The total cost is \$50. You can register and reserve your seat with a non refundable minimum deposit of \$10 at <http://www.123formbuilder.com/form-5047781/twigivhvchfundraiserhhwinery>.

You can pay the remaining fee the night of the event with cash, check, or charge/debit. HVCH employees have a payroll deduction option. The deadline to register is October 13th so that we have plenty of time to prepare your wooden canvases and custom stencils.

If you have any questions please contact, Rachel at (740) 270-4379 or email r8chel.w.g@gmail.com.

Dr. Brian Still returns to Logan

Hocking Valley Community Hospital would like to welcome back Dr. Brian Still.

Dr. Still had a private practice in Logan from 1990-2008. He started the HVCH hospitalist program with Dr. Ireton and served as a hospitalist from 2008-2012. Since then, he has worked for Holzer Health System.

Starting September 30, he will see patients on Mondays, Tuesdays and Wednesdays in the HVCH Foundation Medical Complex at 1383 W. Hunter St., Logan. Office hours are 7 a.m. to 6 p.m. To schedule an appointment, call 740-385-0202. He is accepting new patients.

"I will be happy to see patients who were with me before and welcome new patients," Dr. Still said.



START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time
- Food Service Aide - Part Time
- Medical Assistant - Outpatient Medical Office - Full Time
- Painter/Groundskeeping Assistant - TEMPORARY/SEASONAL
- Phlebotomist - Full Time
- Registered Nurse (RN) - Inpatient Services - Part Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Special Care Unit - Full Time
- Respiratory Therapist - Full Time
- State Tested Nursing Assistant (STNA) - Inpatient Services - Full Time
- State Tested Nursing Assistant (STNA) - Inpatient Services - Contingent/PRN
- State Tested Nursing Assistant (STNA) - Nights - Inpatient Services - Part Time
- Surgery Technician - Part Time - Day Shift

SPOTLIGHT ON: Transitional Care Unit

The HVCH Transitional Care Unit, also known as the Swing Bed Unit, is an inpatient service that addresses the needs of individuals who are in the process of transitioning from acute hospitalization back to home. Our patients have been hospitalized for a variety of reasons – planned surgeries, cardiac and pulmonary illnesses, traumatic injuries, and other unfortunate events. Many patients are not ready to go directly home when it is time to leave the hospital. Our Transitional Care program provides a Skilled Nursing Level of Care, which includes physician management, nursing, wound care, extended-duration IV therapies, and physical, occupational and speech therapies. Each patient works together with the Care Team to determine a plan for meeting their needs and working toward a successful transition back to home.

Admission to the Transitional Care Unit is an easy process. Patients simply inform the Hospital Discharge Planner of their interest in our facility. That person then reaches out to our Transitional Care Coordinator, Crystal Kerns, RN, who then works with the Discharge Planner to coordinate insurance coverage and admission. Patients or family members who are interested in learning more about our services may call Crystal at 740-380-8247.



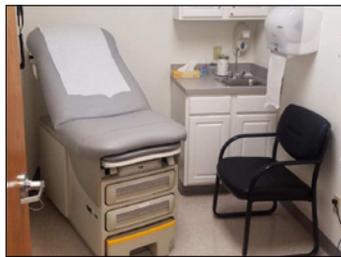
HVCH attends annual Chamber gathering

HVCH staff and guests attended the Hocking Hills Chamber Fall Luau on Tuesday evening. Pictured are (from left) front row - Steve & Latricia Johnston; Denise Kiamy; back row - Ward Murrey; Andy Good, Chamber Executive Director; Beth Bell and Rick Webb. We are grateful for opportunities to support our local community such as this.



Preparing for Rural Health Clinic

On Wednesday, September 25th, our consultants for the Rural Health Clinic, Blue and Associates, led a mock survey of the Crow Building. The company works closely with the surveying companies to stay current on standards and trends. The surveyor was very complimentary of staff and the building and said we only have a few things to correct and we should be ready for the real inspection. Senior Leadership would like to let everyone know how much they appreciate the countless hours including late nights and weekends to get the building ready for the exciting change and what great benefits this will bring to the community and Hocking Valley.





HOCKING VALLEY Community Hospital

OUR MISSION

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

OUR VISION

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

HVCH is a 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.