



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

FEB. 14, 2020

Weekly Update

Staying heart healthy



HVCH CARDIAC REHAB TEAM

It's National Cardiac Rehabilitation Week! A cardiac rehabilitation (rehab) program can help you make lifestyle changes. In cardiac rehab, a team of health professionals provides education and support to help you make new, healthy habits based on your health and goals. Then they give you support to help you succeed.

If you have a heart problem or had surgery, you may be afraid to exercise. Or if you have never exercised, you may not know how to get started. Your cardiac rehab team will help you start slowly and work up to a level that is good for your heart.

You may be referred to the Cardiac Rehab Program at HVCH if you have had a cardiac event in the past year. Your doctor may suggest cardiac rehab if you have:

- Had a heart attack.
- Coronary artery disease with stable angina.
- Heart failure.
- Had angioplasty or bypass surgery.
- Had heart valve surgery.
- Had a heart transplant.

Medicare will pay for cardiac rehab for people with certain heart problems. Many insurance companies also provide coverage.

There are steps you can take to reduce your chance of having a cardiac event, such as:

- Quitting smoking is the best thing you can do to reduce your risk of future problems. Medicines and counseling can help

EVENTS CALENDAR

March 5-6: Uniform Sale HVCH Campus

Robert's Uniforms will be set up in one of the HVCH meeting rooms (TBD) with selection of scrubs, jackets, shoes and other apparel. Payroll deduct available for employees. Proceeds benefit HVCH.

April 2: TWIG VI Chinese Auction Hocking County Fairgrounds

Held at fairgrounds Youth Building. Doors open at 5 p.m. Drawing at 7 p.m. Proceeds benefit HVCH.

SAVE THE DATE: Foundation Golf Tournament Friday, June 19, 2020

SAVE THE DATE: Bids & Brews Benefit Friday, August 7, 2020

INSPIRATIONAL QUOTES OF THE WEEK

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."

—Marie Curie

Direct to You: From Latricia Johnston

Happy Valentine's Day!

For the record, according to Wikipedia, Valentine's Day originated as a Western Christian feast day honoring one or two early saints named Valentinus and is recognized as a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

It was in the 14th Century that it developed a romantic side from the poet Geoffrey Chaucer, when courtly love flourished with the idea of love emphasizing nobility and chivalry. From there, in the 18th Century in England, it developed into an occasion that couples expressed their love by presenting flowers, candies and baked goods and those beautiful old fashioned greeting cards known as Valentines. Sadly, those handwritten valentines have since turned into mass produced cards to which now days we write two things...the name of the person it is going to...and the name of the person it is from.



Latricia Johnston,
Chief Public
Relations Officer

Each of us looks at this holiday differently, as I have heard some say they do not even celebrate, suggesting it is "just another Hallmark holiday." And, that's perfectly acceptable if it fits into their world. But, what if we used it as a day to step back and assess our relationships? What is our most important relationship? Spouse? Family? Co-workers? Travel buddies? Work-out friends at the gym?

I once read that "in every person from the cradle to the grave, there is a deep craving to be appreciated." Did you catch that? EVERY person. Everyone we come into contact with today needs to feel we are authentic and trustworthy when we say we care.

Valentine's is not just another day when you think of the many ways you could brighten someone's life today:

- Show Grace. Honestly, who hasn't messed up and needed Grace at some point in their life?
- Show patience. Even if it's running thin today.
- Offer forgiveness. In the end you're the winner – it gives you freedom.
- Give time to listen to someone today. You just

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HVCH welcomes new HR Director

Hocking Valley Community Hospital would like to welcome new Human Resources Director Megan Wright.

Megan is from Grove City, Ohio, and most recently served as the Corporate Human Resources Manager for ERP Analytics, Inc. in Dublin, providing staffing and direct placement and internal project management.

Megan has spent more than 15 years of her career in Human Resources and management, with 10 of those at Maxim Healthcare Services, Inc. She is passionate about employee coaching and development, process and performance improvement, employee relations, training, policies and procedures, and leading by example.

Megan also is a SHRM-CP, Notary Public, and a volunteer for Franklin County 4-H. She and her family are looking to relocate to Hocking County.

Welcome to our team Megan; we are glad to have you!



The HVCH Community Relations and Foundation office (Latricia Johnston, Beth Bell and Leslie Stebelton) has moved next to the hospital in the CIC Building, 541 S.R. 664 North, Entrance B. Stop by and see us anytime!

HVCH Cafeteria Menu Feb. 17-21				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cafeteria closed for renovations; special menu for employees				

HEART

you quit for good.

- A heart-healthy eating plan can lower your risk of heart disease, heart attack, and stroke. These plans include vegetables, fruits, whole grains, low-fat dairy products, poultry, fish, legumes, oils, and nuts. These plans limit sweets, sugar-sweetened beverages, sodium, and red meats.
- Seeking help for depression, along with managing any anxiety and anger you may have, can help you stay healthy.
- You can lower your risk of heart disease, heart attack, and stroke by staying active and following an exercise plan. If you have had a cardiac event, our cardiac rehab team will help you with your exercise plan.
- Stay at a healthy weight or lose weight if you need to. If you need to lose weight, try not to feel overwhelmed. Set small, attainable goals, and then get help to keep reaching those goals. Losing even a small amount of weight can improve your overall health and reduce your risk for further heart problems.

For more information about cardiac rehab at HVCH, please call the Cardiovascular Department at 740-380-8219.



Happy Valentine's Day

Avery Cook-Porter 8th grader at LHMS made Valentine Cards for the patients at HVCH. This was a community service project for her Transition and Careers class. Thank you Avery for thinking of our patients.

VISITOR RESTRICTIONS

Due to the high number of flu cases and for the safety of our patients, visitation is limited:

- **No visitors under the age of 12.**
- **Limit visitors to immediate family members and/or support persons.**
- **No visitors with flu-like symptoms: -Fever -Cough -Cold**

Thank you for your cooperation in preventing the spread of the flu.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Licensed Practical Nurse (LPN) - Float - Contingent/PRN
- Maintenance Technician - HVAC - Full Time
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - NIGHTS - Full Time
- Practice Manager - Rural Health Clinic - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Night Shift - FT/PT/CN - Full Time
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services

DIRECT

might learn something you never knew.

- Give your talent. Without doubt, there's someone sitting alone in a nursing home somewhere who would love to hear your musical talents today.

- Reinforce that commitment you made to someone early on. Whatever it takes.

- Is there doubt within a relationship? Remove it.

- Co-worker strife? Be the one to initiate the first step in resolving it. Leave that note suggesting a time to talk.

See? Valentine's doesn't have to be all about chocolates and flowers. But, it can be a game changer day to someone if you let it. Finally, remember yourself. Every day is a good day to be kind yourself. Enjoy this day.



HVCH welcomes new employees

Hocking Valley Community Hospital welcomes the following new employees for the month of February: Christina Mullins, RN, Inpatient Services; Megan Wright, HR Director; Bonnie Wolfe, RN, Inpatient Services; Niki C. Dunham-Mihm, RN, Inpatient Services; Brittney Adams, STNA, Inpatient Services; David North, Desktop Technician Information Services; Amanda Fuller, LPN, Specialty Clinic; Virginia Kirkendall, Phlebotomist, Lab; and Melinda Russell, Respiratory.

Cafeteria remodel set to begin this week

The Hocking Valley Community Hospital cafeteria is getting a face lift thanks to funds contributed by HVCH employees and the community.

The cafeteria renovations are to begin on Saturday, February 15th. The cafeteria will be closed from Feb. 15th to March 2nd as renovations are completed.

HVCH employees contributed nearly \$30,000 toward the project through the 2018 HVCH Foundation employee campaign. Community members also contributed toward the project through Giving Tuesday donations.

Renovations will include:

- New serving counter, rewired to meet all UL guidelines, with a load center.
- Standalone refrigerated merchandiser.
- Refurbished salad bar and coffee counter.
- New counter top behind the serving line with refrigerated under counter.
- New tray stand.
- Installation of a pass through door to from kitchen to front of cafeteria to pass through food as well as better see customers from the back.
- All new tables, chairs, flooring and paint.
- New baker's racks and containers for utensils and condiments.

The new seating will accommodate 41 people at one time, mostly in the back of the cafe. The vending machine will still be located in the front of the cafe. The project is being completed by Helix, Wasserstrom, Magdich Construction (who are graciously donating their labor), and the HVCH Plant Operations Department.





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.