



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

SEPT. 13, 2019

Weekly Update



Get your **EYES** checked for **Healthy Aging Month**

According to a national survey released by the American Academy of Ophthalmology, nearly two out of three American adults report having eye or vision problems. A significant percentage of them, however, fail to seek medical attention in the form of regular, sight-saving eye exams. In observance of Healthy Aging Month in September, Hocking Valley Community Hospital joins the American Academy of Ophthalmology in emphasizing the importance of having regular eye exams to maintain healthy eyes and vision.

Some of the more common age-related eye diseases include age-related macular degeneration, cataract, diabetic retinopathy and glaucoma. Early detection and treatment of these conditions can help to save sight before vision loss occurs. Ophthalmologists – the physicians that specialize in medical and surgical eye care – recommend a dilated comprehensive eye exam as the best way to prevent these conditions from becoming debilitating.

Findings showed that 64 percent of adults had at least one or more of the following issues with their eyes or vision:

- difficulty seeing at night;
- blurry vision;
- reading up close;
- flashes of light;
- red, watery eyes; and,
- double vision.

Despite experiencing some level of impairment, only 13 percent admitted they had been seen by an ophthalmologist.

A healthy adult get a baseline eye exam at age 40, even if they have no history of eye problems or eye disease. Those who have chronic conditions, such as diabetes or high blood pressure, may require more frequent exams.

For more information, schedule an appointment with your optometrist. HVCH also offers an ophthalmology clinic to help individuals with cataracts. To learn about HVCH's ophthalmology clinic, call 740-380-8129.

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

"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results."

— Wade Boggs

Direct to You: From Stacey Gabriel

Fall is my favorite time of year, especially when it comes to sports. We have a daughter playing Varsity



Stacey Gabriel, CEO

soccer and a son playing JV and Varsity football... two of my favorites to watch. I was particularly excited about this year's soccer season because this group of girls has been playing together for several years now.

You could see them starting to really get into a groove at the end of the season last year, and we knew the majority of these girls would be returning this season. They have transformed the culture of the team into a supportive and nurturing one, offering words of encouragement both on and off the field.

You have the older girls passing on their experience to the younger ones in an effort to continue building the program. Spectators are definitely witness to their ability to work together and the fact that they have won 2, tied 2, and only lost 2 is a testament to their dedication to their craft.

These girls are having the season of all seasons and it has been fun to watch. I see many similarities to how we support one another at HVCH. Our culture has been one that has undergone a transformation over the years, and

I watch how we continue to learn and grow together.

This is such an exciting time to be a part of Hocking Valley Community Hospital. I am encouraged by the strides that are being made to turn the tide on the finances and excited about what that means for our future. Any time you implement an electronic health record, the finances take a hit. We've seen this same scenario play out in organizations all around us. What we know about the employees of HVCH, is that we are strong and resilient. We aren't afraid to work hard, and that is evident. The improvement in the finances didn't happen by chance. It happens when the employees do what they do best and it's what keeps patients coming back to us for care.

I know that each one of us has seen an article or news story that references the closing of a rural hospital. What I am encouraged by is that rural healthcare is finally getting the attention it deserves from those who are responsible for making rules and policy changes that impact healthcare organizations. Some things are just out of our control, but we continue to do our best to adapt to those changes. We have worked hard to get our story in front of those who need to hear it. Recently I had the honor of being included in a meeting with Congressman Steve Stivers. I had the opportunity to share with

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JEEPIN' IN THE HILLS JEEP RUN

Join us on a Jeep run through one of Ohio's most scenic fall landscapes - the hills of Hocking County.

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.

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. Call 740-380-8336 for more information.

HVCH Cafeteria Menu Sept. 16-Sept. 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fried Rice	Meatball Sub	Breaded Fish Sticks	Burritos	Hot Dog/Bun
Sloppy Joes	Chicken Fingers	Bacon Cheeseburger	Loaded Nachos	Battered Cod
French Fries	Spinach & Cheese Casserole	Cheesy Hashbrowns	Baked Potato Bar	Green Beans
Carrots	Fried Potatoes	Corn	Fried Rice	Vegetable Medley
Cabbage	Cauliflower	Broccoli	Brussel Sprouts	Peas
Broccoli	Breadstick	Onion Rings	Beef Pot Roast	Cauliflower Soup
Potato Soup	Chicken Soup	Tomato Soup	Soup	



HOCKING VALLEY
Community Hospital

Hocking Valley Community Hospital Foundation is thankful for the support of our major *Leading the Way* partners!

PREMIER PARTNER:

Merchants National Bank

Local People • Local Decisions • Local Commitment

GOLD PARTNERS:



SILVER PARTNERS:

Edward Jones
Logan Care & Rehabilitation
Walmart of Logan

BRONZE PARTNERS:

- AEP Ohio
- Carlin House
- Century National Bank
- Logan Daily News
- Meade & Associates
- PSI Supply
- Chain Solutions/ Pharmacy Systems, Inc.

Philanthropy plays crucial role in the success of HVCH. For more information about the *Leading the Way* Partnership program, contact Latricia Johnston at (740) 380-8336.

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him just how important it is for rural hospitals to have a place in their communities, and the poor health outcomes that are the result if those hospitals close. We are often faced with hardships that the larger healthcare organizations do not even notice.

We are making great things happen at HVCH. Sometimes that means making tough decisions. My promise to you is that the goal is to ensure that HVCH is here to meet the needs of this community long after we have all retired. As we are planning for 2020, there are some great things on the horizon. Will it be easy? Nothing in healthcare is anymore. But we do it because we love it. And that's what keeps us going.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time
- Food Service Aide - Part Time
- Maintenance Technician - HVAC Mechanic - Full Time
- Medical Assistant - Outpatient Medical Office - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Contingent/PRN
- Radiologic Technologist - Full Time
- Registered Nurse (RN) - Inpatient Services - Part Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Full Time - Behavioral Health Unit
- 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) - Part Time - Nights - Inpatient Services
- Surgery Technician - Part Time - Day Shift

SPOTLIGHT ON: Rehabilitation

HVCH Rehabilitation Department has 36 employees consisting of Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Certified Occupational Therapy Assistants, Speech Therapists and clerical staff.

The Outpatient Clinic has:

- 1,200 Physical Therapy visits per month
- 200 Occupational Therapy visits per month
- 120 Speech Therapy visits per month

Inpatient Therapy services provide:

- 300 Physical Therapy Treatments per month
- 150 Occupational Therapy treatments per month
- 15 Speech Therapy treatments per month

The Rehabilitation Department also provides Occupational Therapy services to the students of the Logan-Hocking School District. They are in seven school buildings each day and provide services to approximately 260 students.

Physical Therapy Services include: Orthopedics, Neurological, Pediatric, Vestibular, Wheelchair evaluations, SI adjustments, and Inpatient services

Occupational Therapy Services include: Orthopedics, Carpal Tunnel, Adaptive Equipment, Neurological, Pediatrics, OT services in the schools and for Inpatients

Speech Therapy Services include: Pediatrics, Adult, Barium Swallowing Evaluations, and Inpatients services

Foodbank volunteers needed

Southeastern Ohio Foodbank has some unexpected events coming up and could use some volunteers for this weekend.

- On Saturday, Sept. 14, they will have a CSFP packing event from 9:00 a.m.-12:00 p.m., at the Foodbank in Logan. 1005 CIC Drive, Logan Ohio, 43138. Volunteers are needed to come and help pack food boxes for senior citizens in the area.
- On Monday, Sept. 16, they are having a mobile pantry distribution, at the Hocking County Fairgrounds, from 9:00 a.m.-12:00 p.m. They are looking for volunteers to come help distribute food.

If you are interested in volunteering and would like to come help out, please RSVP by calling: (740) 385-6813 ext. 2207.



HVCH welcomes new employees

HVCH welcomed several new employees for the month of September. Front row from left: Tyler Frasure, Storeroom Clerk; Sandra Brannon, MLT; Edith St. Clair, STNA/Inpatient; Emma Bruggeman, Intern/Community Relations; and Christopher Wachenschwanz, Mechanic.

Back row from left: Jacob Buckingham, Pharmacist; Jillian Stimmel, RN/Inpatient; Kasey Hafer, Pharmacist; Colleen Kelleher, Physical Therapist; and Erik Stein, Intern/Business Development.



FMC recognizes HVCH team

The following employees were recognized at Fairfield Medical Center's EMS Appreciation Dinner this year for their commitment to excellence in the care of our heart attack patients: Dr. Robert Sivier; Tammy Acord, LPN; Jeffrey Hovatter, RN; Josephine Howe, LPN; Dr. Clifton Prince; Stephanie Swick, RN; Crescent Rooker, RN; and Miranda Grusser, RN. Congratulations STEMI Champions!



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.