



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

Weekly Update

OCT. 4, 2019

EVENTS CALENDAR

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.

October 24: Paint & Sip Party Hocking Hills Winery

Join us for this TWIG IV fundraiser at the winery from 5:30-8 p.m. Cost is \$50 and you choose your canvas and specialized stencil. Reservations must be made by Oct. 13. Contact Rachel at (740) 270-4379.

INSPIRATIONAL QUOTE OF THE WEEK

"For every reason it's not possible, there are hundreds of people who have faced the same circumstances and succeeded."

— Jack Canfield



Direct to You: From Lauren Barber

A couple of weeks ago in the middle of a meeting, my husband called me. I couldn't answer his call and sent him a text letting him know I'd call him back. My phone buzzed and across comes the frantic message: PIPE BURST IN BATHROOM. CALL ME RIGHT NOW.



Lauren Barber,
HR Director

Of course, I bolt up in a panic and call my husband. He'd returned home from taking the dog to the vet and walked into a quarter inch of water. The supply line to the toilet had "exploded" and sent water running everywhere on our first floor. Everything was wet: the laundry room, the kitchen, the front hallway, half of the family room... running down the basement steps. And our dog was frolicking around in the mess like he'd just been dropped off at the splash pad!

So here's me trying to manage the situation from work, using my calming HR voice, to help my poor husband through a crazy home disaster. That was certainly not how I expected my day to go. And I definitely did not know what my house was going to look like when I finally did get home. Thankfully,

homeowner's insurance came to our rescue with a clean-up crew and a check for the repairs. But my house is a wreck at the moment and probably will be for a few weeks while repairs are made. We're on someone else's timeline for a while and have no idea when our house will return to normal. It's all a bit stressful!

When things don't go as expected, or when you don't know what to expect at all, it's natural to feel a lot anxiety. Sometimes even I'm overwhelmed by the "what ifs." Many people feel this way. It could be caused by an unfamiliar social situation or visiting someplace you've never been, worrying about starting a new job, not knowing what will happen with the economy, or feeling anxious about medical test results. We're faced with a lot of unknowns, and not knowing can be a bit scary.

As humans, according to psychology research, we like predictability. We like routines and schedules. We like to know plans in advance. We like set rules and expectations. We're not exactly wired for adventure and that has a lot to do with the primitive instinct of survival. When there's chaos and unknowns, our sense of survival kicks into high gear.

Nelson Mandela once said "I learned that cour-

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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 Oct. 7-Oct. 11				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Chicken Fingers Sweet Potato Fingers Cheese Stick Brussels Sprouts Garlic Bread Broccoli Soup	Sub Your Way Day Veggie Pizza Potato Salad Pasta Salad Cole Slaw Tomato Soup	Taco & Fajita Bar Nachos & Cheese Corn Black Beans Spanish Rice Chili Soup	Chicken Fried Steak Macaroni & Cheese Mashed Potatoes Cauliflower Green Beans Succotash Tomato Soup	Battered Cod Chicken N' Noodles Mashed Potatoes Breaded Zucchini Broccoli Minestrone Soup

DIRECT

age was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." Fear is not necessarily a bad thing. It's a feeling that reminds us that getting too close to the edge of hiking trail at Old Man's Cave might result in landing at the ravine bottom with a few broken bones. Fear is about self-preservation. It keeps us safe with a reminder of what's at risk. But it can also be a great motivator. Think about the first time you rode a rollercoaster, got on an airplane, or went on a date. You had an idea of what might happen but also a lot of unknowns. You got out of your comfort zone and did something new resulting in a (hopefully) good experience. Conquering a fear can give you a great sense of accomplishment.

In the healthcare world, we face change and risk at every turn. There are many unknowns. But there is also a lot we do know and this helps us make good decisions for the betterment of the hospital and the community. So, take a deep breath and hold on! Life is an adventure and far too short to worry about plumbing disasters.

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/twigivhvchfund-raiserhwwinery>.

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.



Congratulations to Larry Barrett & Dawna Evans, Director of Pharmacy, for receiving their doctorates!

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time
- Food Service Aide - Part Time
- Housekeeping Supervisor - Full 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

Mental Illness Awareness Week: Breaking the Stigma

The first week of October is Mental Illness Awareness Week. This week helps to broaden public awareness and understanding of mental illness, eliminate stigma, and offer support for treatment and recovery.

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also, unfortunately, widespread.

If you have a mental health problem, you may worry about what other people will think of you. In many cases, no one can even tell if you are struggling with symptoms. But sometimes the fear that someone can tell is enough to cause concern. Mental health problems can include bipolar disorder, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and schizophrenia.

You have a say in how others see you. The way you act and treat others can help influence people's attitudes toward you and toward mental health problems.

STIGMA

People sometimes have negative views about things they don't understand, such as mental health problems. Some people may believe things about mental health problems that aren't true. Other people may have good intentions but still feel uncomfortable when they find out you have a mental health problem. This can make people treat you and your family differently. This is called stigma—when others judge you because you have a personal quality, trait, or condition. Because of stigma, others may look down on you.

Stigma occurs when others:

- Don't understand the mental health problem or think it's a laughing matter.
- Don't realize that a mental health



BIPOLAR DISORDER



DEPRESSION



SLEEP DISORDER



OBSESSIVE COMPULSIVE DISORDER



MENTAL HEALTH



SEASON AFFECTED DISORDER

problem is an illness that can be treated.

- Think that a mental health problem is "your own fault" or that you can "get over it."
- Are afraid they might someday have a mental health problem themselves.
- Are nervous around you.

You may feel shame or guilt about having a mental health problem. You may not want an employer or even your friends to know. This is called "self-stigma," and it can keep you from getting treatment or finding work.

BREAKING THE STIGMA

Respecting yourself is an important part of your recovery. Try to remember that there's nothing to feel ashamed of. The problem is with your brain, not with you. You can reach goals that are important to you even if you have a mental health problem.

Your attitude and actions can influence what others think. Be honest with people, and show them who you really are. When you help people understand your mental health problem, they are more likely to get past their negative

views.

Here are some ways you can help others better understand mental health problems.

- Let them know that your mental health problem is a medical problem that can be treated.
- Talk about your recovery. This will help them understand the challenges you face.
- Show them your strengths and talents. Don't let your mental health problem keep you from going after things you want to do.
- Remember that "you are the message." You can show how you want to be treated by the way you act. Treating yourself with respect can set an example for everyone.
- Accept that you may need breaks during activities. Your symptoms may make it harder to focus on things for a long time.
- Work with your family and doctor to set goals you can reach. Let them know what changes you want to make in your life.



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.