



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

NOV. 17, 2017

Weekly Update



Hocking Valley Community Hospital will host its 2nd Annual Community Holiday Affair on Tuesday evening, December 5th from 4:00 to 7:30 p.m.

"Building upon the success of 2016, this year's Holiday Affair has even more for everyone. We worked hard creating an experience that will bring families of all ages together," said CEO and President Julie Stuck. "In a world of smartphones, tablets and other gadgets, it's easy to find ourselves missing out on opportunities to make memories with those around us. Hocking County provides many ways for people to engage in amazing experiences, and we quickly identified that our annual Holiday Affair is going to be one of those opportunities," said Stuck.

Featured for the 2017 traditional American-German holiday themed event will be iconic German Village Schmidt's Sausage Haus Truck. Guests can savor legendary sandwiches like Bahama Mamas, Bratwurst and Knockwurst. Also available for purchase will be Schmidt's famous sauerkraut, German potato salad, and cream puffs to delight

Holiday Affair goers.

Additionally, the evening will feature an outdoor Christkindlmarket with vendors selling their handmade and specialty wares. Be sure to stop by and purchase those one of a kind gifts and tasty treats for your upcoming holiday gatherings.

Attendees will enjoy listening to outdoor musical entertainment provided by:

- 4:30 p.m. – Hocking Valley Community Hospital Choir
- 5:00 p.m. – Logan-Hocking Middle School Choraliers
- 5:30 p.m. – Hocking County Children's Chorus
- 6:00 p.m. - Sing-along carols at the Auxiliary Celebration of Lights Ceremony in the HVCH courtyard
- 6:30 p.m. – Matt Rees from Hof-Brauhaus Columbus

Are you looking for that magical way to propose this holiday season? Want to capture a moment in time with a unique experience but don't want to travel out of town? All Occasions Carriage & Pony

EVENTS CALENDAR

Dec. 5: Annual Holiday Affair HVCH Front Lawn

The 2nd annual HVCH Holiday Affair will be held from 4 to 7:30 p.m. Dec. 5 with a traditional German-American holiday theme. There will be an outdoor Christkindlmarket with a variety of vendors, as well as:

- Schmidt's Sausage Truck
- Entertainment by Matthew Rees of HofBrauhaus Columbus, Hocking County Children's Chorus, HVCH Choir & LHMS Choraliers
- Auxiliary Tree Lighting
- Carriage Rides
- Children's Activity Area
- Birch Beer Bar & More!

Children will have an opportunity to write a letter to Santa and drop it in the "Letters to Santa" mailbox. Santa's mailbox will be under the front lobby canopy of the hospital and will remain there throughout the season.

This is a free event open to the public!

INSPIRATIONAL QUOTE OF THE WEEK

"Who does not thank for little, will not thank for much."

— Estonian proverb

Direct to You: From Lauren Barber

I looked over my work calendar this morning...and sighed. Busy. Busy. Busy. Meetings. Events. Parties. Places to be. Decorating. Shopping. Gathering with friends and family! This is my first year at the hospital, and we've got so much going on. The holiday season always seems to be jam-packed at work and at home. I'm sure it's the same for many of you in our Hocking Valley community!



Lauren Barber,
HR Director

ones who are no longer with us, I am thankful for the time we had together and for those still with us. I'm reminded of a song from my favorite holiday movie, White Christmas, called "Count Your Blessings (Instead of Sheep)." Bing Crosby sings the song to Rosemary Clooney while they sit by a fire. She can't sleep, so good ol' Bing serves her a glass of warm milk and gives her some advice on calming her troubled mind. If she were at the hospital, we might recommend a visit to our sleep lab!

As the song goes, when you're worried and you can't sleep, you should count your blessings instead of sheep. Then you'll fall asleep counting your blessings.

Bing Crosby makes an amazing point, though. Focusing solely on your problems, or on what you don't have, just adds to the stress of an already hectic time of year. Instead of worrying, take a few minutes to count your blessings. Be thankful for the neighbor who watches out for your house while you're away, for the co-worker who helped you with a difficult patient or customer, for the stranger who gave you a friendly

While I lament that I don't seem to have a free minute between sunrise and bedtime, I sometimes forget to be thankful. This is, after all, the month of Thanksgiving. It isn't just about the turkey and trimmings but an opportunity to reflect and rejoice on the previous year. I have a good job working with many caring and compassionate individuals each day. I have a beautiful drive from Columbus to Hocking Valley every morning. I'm healthy, and so is my family. We have a roof over our heads and nutritious food to eat. And even though I am missing some of my loved

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ALERT
HOCKING

Did you know our local EMA agency has the capability of notifying you in the event of an emergency? Through Smart 911 you can register to receive alerts via text, call, or email—you decide. Smart911 also allows you to provide additional details that 9-1-1 call takers may need in order to assist them during an emergency, such as any medical problems you may have, or if there are pets in your home that emergency responders need to be aware of.

Having knowledge of specific community needs, such as disabilities and special medical considerations, gives Emergency Management the opportunity to identify and better help individuals who will need the most assistance during an incident. Even if no member of your household has significant medical conditions, there are numerous pieces of information that can be useful to these emergency planners. We encourage you to share your information with both 9-1-1 and Emergency Management so you can be protected both during a 9-1-1 call and in the event of a disaster.

Please visit the Hocking County EMA website at <https://www.co.hocking.oh.us/ema/> and click on the link that says "Alert Hocking". You will see the icon above on their website. Click on it and it will take you to a page where you create a login and password. Once that is done you can start creating your profile. You can enter as much or as little information as you please, but the more information you enter, the more information dispatchers can pass along to emergency responders.

Always Be Notified.



Powered by Smart911

HVCH Cafeteria Menu Nov. 20-Nov. 24				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Chicken Breast Roasted Potatoes Succotash Zucchini Breadstick Italian Wedding Soup	Hot Dog/Bun Taco Bake Tator Tots Fried Corn Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus w/ Cashews Cauliflower Beef Pot Roast Soup	Panini Grill Chef Salad Potato Soup	Panini Grill Chef Salad Minestrone Soup



No HVCH Update Nov. 24

There will be no HVCH Weekly Update sent the week of Thanksgiving, Nov. 24. We hope you all have an enjoyable and safe Thanksgiving!

DIRECT

smile at the store today.

The truth is that positive thinking can have an incredible impact on your mental health. There have been numerous studies over the years that have proven conclusively that positive thinking has the power to decrease the symptoms of anxiety and depression. Give it a try! When you're struggling at work or home or getting really frustrated with those huge crowds on Black Friday, take a deep breath and think about three good things that happened today. Your pulse will slow, the stress will decrease, and you might just feel...merrier.

I sincerely wish you all a very Happy Thanksgiving!

HOLIDAY

Rides, LLC will be treating guests to lighted carriage rides. Get in line early as we expect this to be an experience many will want to enjoy.

Last year, HVCH Auxiliary's Celebration of Lights was moved back to HVCH and included as part of the Holiday Affair, with the tree lighting ceremony located in the hospital's outdoor courtyard. The response was very positive and the lighting ceremony will remain at HVCH going forward. For information on how to honor/memorialize a loved one during this ceremony, please contact Beth Bell at (740) 380-8154 or email bbell@hvch.org.

Children will once again have an opportunity to write a letter to Santa and drop it in the "Letters to Santa" mailbox. In partnership with Logan Daily News, the hospital is an additional drop-off point for wish-list letters. Santa's mailbox is located under the main front lobby canopy of the hospital and will remain there throughout the season to receive any last-minute letters.

"One might ask why a hospital is hosting a community holiday event. For many of us, our daily lives are full of hurriedness, stress and frustration, all things that can contribute to poor health," Stuck said. "As Hocking County's leading healthcare organization, we consider providing an occasion for allowing the beauty of the season to fill each of us with warmth and happiness as one more way of nurturing the emotional health and well-being of our community. We are Leading the Way to a Healthier Community."



HVCH employees assist in local food bank efforts

On Tuesday, November 14th, several HVCH employees volunteered for the Southeast Ohio Regional Food Bank monthly food distribution day at the Hocking Co. Fairgrounds. Our employees helped fight hunger, as more than 200 qualified senior citizens received their food donation. Thank you HVCH Employees for your participation & willingness to support this much needed cause in our community! Pictured are (from left): Intern Lexie Skrinak, Beth Bell, Dave Crawford and Geoff Perry.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Mental Health Tech (State Tested Nursing Assistant) - Contingent/PRN
- Radiologic Technician - Part Time
- Registered Nurse (RN) - Contingent - Emergency Department
- Registered Nurse (RN) - Part Time - Behavioral Health Unit
- Registered Nurse (RN) - Special Care Unit - Contingent/PRN
- Registered Nurse (RN) - Special Care Unit - Full Time - Nights
- Respiratory Therapist - Full Time - Night Shift
- State Tested Nursing Assistant (STNA) - Full Time - Nights

COMING DEC. 8! HVCH Urology Clinic

Urology is the branch of medicine that treats the urinary tract in males and females, and the male reproductive system. Our urology specialist treats conditions and disorders that include: Adrenal Gland, Kidney Disorders, Ureteral Disorders, Bladder Diseases, Prostate Disease, Testicular Disorders, Incontinence and Overactive Bladder. Clinic procedures include: Vasectomies, Stent removal, Bladder/Prostate biopsies and Cystectomies.

The clinic is now accepting appointments for new patients. Please call the clinic at (740) 380-8129 to schedule an appointment.



Please consider honoring or making a lasting tribute for someone you hold dear. The Annual HVCH Auxiliary Celebration of Lights Ceremony will be held during the annual Holiday Affair event on:

Tuesday, December 5th at 6:00 p.m.
HVCH Outdoor Courtyard

Recognition is:

\$10 in Memory or Honor of an Individual
\$10 in Memory or Honor of a Family or Couple
\$25 in Honor of a Business

Names honored will be recognized during the Celebration of Lights tree lighting ceremony and will be on display in the Main Lobby throughout the holiday season.

All proceeds benefit the HVCH Auxiliary and payroll deduction is available for hospital employees. Order forms are available on the bulletin board outside the HVCH Café hallway or by calling the Community Relations office at (740) 380-8110.

Completed order forms must be returned to the Community Relations office by Monday, November 27th, to be included in the program and honorary display.

Free Medicare open enrollment event Nov. 29

LOGAN – A free Medicare open enrollment event will be hosted at Hocking Valley Community Hospital on Wednesday, Nov. 29, from 9 a.m. to noon.

The event is intended to assist Medicare beneficiaries with selecting or changing their Part D plans and health plans, and to help them stay informed, stay healthy and save money by learning more about their Medicare. The service will be provided by a team of Ohio Senior Health Insurance Information Program (OSHIIP) trained representatives from Fairfield Medical Center.

The annual Medicare open enrollment period is from Oct. 15th through Dec. 7th.

Counseling is available by appointment only. Appointments can be made by calling (740) 380-8110 or emailing lstebelton@hvch.org. Participants must bring their insurance cards and current medication list to their appointment.

The event will be held in the Hocking Valley Community Hospital meeting room located behind the cafeteria, at 601 State Route 664 North, Logan.



LIFE'S A GIFT. GIVE MORE OF IT. **DONATE BLOOD.**

Blood Drive **Hocking Valley Community Hospital**

Meeting Rooms A & B
 601 St. Rt. 644 N
 Logan, OH 43138

Wednesday, December 20, 2017
10:00 a.m. to 4:00 p.m.

Call (740) 380-8218 for an appointment.



HVCH welcomes new employees for November

Hocking Valley Community Hospital welcomes five new employees for the month of November including (from left): Brett Sisson – RN, Emergency Department; Kirsten Risch – Phlebotomist, Lab; Cynthia Willis – RN, Behavioral Health Unit; Stephanie Hartman – Pharmacy Tech, Pharmacy; Stacie Rogers – MHT, Behavioral Health Unit.



Auxiliary enjoys annual tea event

Hocking Valley Community Hospital Auxiliary members recently gathered for a meeting and tea ceremony. Scones, savories and pastries were prepared by HVCH Dietary Department. Thank you for your continued support!



November is Diabetes Awareness Month

November is Diabetes Awareness Month to raise awareness, talk about the risks, preventative steps, and increase healthy lifestyle behaviors that can improve this disease.

A few statistics, so you can see the prevalence of Type 2 Diabetes:

- Research suggests that 1 out of 3 adults has prediabetes. Of this group, 9 out of 10 don't know they have it.
- 1 million people in the United States have diabetes, but 8.1 million may be undiagnosed and unaware of their condition.
- About 1.4 million new cases of diabetes are diagnosed in the United States every year.
- More than one in every 10 adults over the age of 20, has diabetes. For seniors (65 years and older), that figure rises to more than one in four.

Significant Risk Factors to be aware of: older age; excess weight, particularly around the waist; family history; certain ethnicities; physical inactivity and poor diet.

If you are diagnosed with Diabetes, prediabetes, or are at risk for diabetes, below are a few things you can do to help improve your disease or lower your risk for developing diabetes.

- Achieve a healthy weight: Following a healthy diet, and being physically active at least 30 minutes per day, most days of the week will help you achieve and maintain a healthy weight.
- Get more physical activity: Research shows that aerobic exercise and resistance training can help control diabetes. The greatest benefit comes from a fitness program that includes both.
- Maintain a healthy diet: A healthy diet includes: Fruits, vegetables, whole grains, low fat dairy products, and lean proteins.
- Limit foods high in solid fats, added sugars, and salt.
- Drink plenty of water! Studies have shown that water can aid in healthy blood sugar levels.
- Pay attention to portion sizes and familiarize yourself with the food label.
- Take your medications as prescribed
- Routine doctor visits
- Have your doctor make a referral to a Certified Diabetes Educator, Registered Dietitian, or an Endocrinologist if you have specific concerns related to your disease.

Living with diabetes can be challenging to manage every day. You are the most important member of your diabetes care team, but you don't have to manage your diabetes alone. Seek support from health care professionals, family, friends, and community to manage your diabetes.



Thanksgiving is a time to feel thankful for the many blessings received throughout the year. So, it is with a grateful heart the senior leadership team would like to take this moment to express our sincerest thanks for your friendship and support in 2017.

We are grateful to each of our employees and medical providers for their constant commitment to HVCH. We are humbled by your loyalty and dedication to our patients and community.

To each of you who use our hospital services for your medical needs – thank you for choosing us to serve you and your loved ones, and keeping your care local.

To our emergency medical responders – Thank you for your preparedness and response in our time of need.

Thank you to the organizations who are good Samaritans and go out of your way to care for our staff members working weekends and holidays – the many meals and refreshments you provide mean more than you know.

To our friends and partners who endlessly support HVCH – thank you for your continued generous donations, your gifts are transformational.

Finally, Hocking Valley Community Hospital is blessed to be governed by a team of board members who diligently provide guidance, direction, and support to our healthcare organization – thank you for your wisdom and leadership.

May we all remember to stop and count our blessings this Thanksgiving holiday.

*Sincerely,
HVCH Senior Leadership Team*

THANKS TO OUR LEADING THE WAY PARTNERS!

In this time of thanks, Hocking Valley Community Hospital Foundation is grateful for the support of our major partners.

PREMIERE PARTNER:





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.