



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

NOV. 3, 2017

Weekly Update

HVCH Sleep Lab earns ACHC Accreditation

Hocking Valley Community Hospital proudly announces its approval of accreditation status by Accreditation Commission for Health Care (ACHC) for the HVCH Sleep Lab.

Achieving accreditation is a process where healthcare organizations demonstrate compliance with national standards. By achieving ACHC accreditation, sleep lab providers are able to demonstrate their commitment to providing the highest-quality service through compliance with national regulations and industry best practices.

HVCH's Sleep Lab opened in 2003 and conducts approximately 300 sleep tests per year.

Nearly 40 million Americans have a sleep disorder. Left untreated, a sleep disorder can have serious health consequences, such as high blood pressure, heart attack, abnormal heart rhythm, emotional difficulties and stroke. Symptoms include: daytime fatigue, morning headaches, depression, breathing pauses, sleep-walking, snoring, poor memory, restless sleep, irritability and lack of energy among others.

Sleep studies are conducted either at Hocking Valley Community Hospital or in the home. The hospital's sleep lab is a private room in a quiet area — similar to a hotel room with a bed, furniture and television. Sleep studies are simple and noninvasive. The patient sleeps naturally while technology is used to monitor various body functions. The sleep specialist is available in another room



for the duration of the test.

Sleep clinics also are held twice a month at the hospital's Medical Arts Building. Patients are seen by a sleep specialist, evaluated and provided a treatment plan. The HVCH Sleep Lab staff is comprised of fully-trained and registered sleep technicians. The sleep clinics are covered by all insurances.

If you have any of the above symptoms, ask your physician if a sleep study is right for you or call the HVCH Sleep Lab at (740) 380-8031. Physician referral is suggested.

ACHC is a not-for-profit organization that has stood as a symbol of quality and excellence since 1986. ACHC is ISO 9001:2008 certified and has CMA Deeming Authority for Home Health, Hospice and DMEPOS.

EVENTS CALENDAR

Nov. 10: Auxiliary Book Sale
HVCH Meeting Room

Collective Goods will be in the meeting room from 7 a.m. to 4 p.m. with books and other gift items available for purchase. Payroll deduct available for hospital employees. Proceeds benefit HVCH.

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 Reese of HofBrauhaus Columbus & Hocking County Children's Chorus
- Auxiliary Tree Lighting
- Carriage Rides
- Birch Beer Bar & More!

This is a free event open to the public!

INSPIRATIONAL QUOTE OF THE WEEK

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

— Anne Frank

Direct to You: From Latricia Johnston

"Give thanks with a grateful heart." How often have we heard that expression, or heard the lyrics in

a song on the radio, but failed to really stop and ponder its call to action? I believe the writer of those words was asking each of us to take a moment to self evaluate and reflect on all that we have been given. Not just over the past year, but in our lives as a whole.

For many, Thanksgiving is a time to gather together the people we hold dear from both near and far. We spend time making memories to carry us through until we see them again. Is it that delicious moment we taste that special dish that someone brought with a 'secret' ingredient to display on the ornamented dinner table? For some, possibly it's that moment you hit carb-coma and just mellow out on the sofa watching an afternoon football game together. Passing around the newest addition to the family; taking selfies with the sibling whose home from college



Latricia Johnston,
Chief Public
Relations Officer

for the holiday - all treasures to tuck deep inside of us and pull out later when the festivities have passed.

I am curious though, if Thanksgiving was not a holiday, how often would we celebrate our blessings? It takes a focused effort to pause and be grateful. Do we fail to recognize life's greatest gifts that we receive on a regular basis? We woke up this morning, for starters. Then had the privilege of driving to work and serving our employers another day. Bless the soul who is unemployed and will lean on a local charity for a meal this Thanksgiving.

I sometimes forget how lucky I am to be physically capable of doing laundry, cooking, washing dishes, cleaning the house, or grocery shopping. There are those among us who would give just about anything to be able to stand or walk and do a single one of the things I just mentioned. Help us never to look at these as tasks, but rather opportunities to show care and concern for those in our world.

For each of you, I wish you a Thanksgiving season of meaningful gratitude. I encourage each of us to express it

DIRECT, PAGE 3

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 1stebelton@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.



HVCH Cafeteria Menu Nov. 6-Nov. 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven-Fried Chicken Sloppy Joe Cheesy Hashbrowns Broccoli Salad Bar Panini Grill	Meatball Sub Chicken Fingers Corn Cheesy Breadsticks Potato Salad Salad Bar Panini Grill	Ham/Cheese or Turkey/Cheese Sub Chicken, Tuna and Ham Salad Pasta Salad Cole Slaw Salad Bar Panini Grill	Tamale Pie Loaded Nachos Baked Potato Bar Cauliflower Green Beans Beef Pot Roast Soup	Hot Dog/Bun Battered Cod Breaded Green Beans Vegetable Medley Peas Cauliflower Soup

DIRECT

through both words and deeds. Send the holiday card – we have taken the road of shortcuts in so many areas of our lives, including email, that greeting cards and letters have almost become a lost art. Remember how excited you were to go to the mailbox and find a card or letter addressed to you? Be the one who helps bring that excitement back this season.

Did your family join others in making fruit baskets or trays of handmade goodies to deliver to neighbors – but perhaps now it's easier to send a flower arrangement instead? Did you used to take the time to make cut out sugar cookies in the shapes of turkeys and pumpkins with your children and grandchildren, but maybe now you pick them up at the store because it saves time and makes for less mess?

What you may not realize is that when you begin finding shortcuts and excuses for no longer doing certain things, you are now cheating those who love you most, from experiencing those special traditions that will remain as some of their fondest memories for years to come.

While we certainly want our children to establish traditions of their own, it's all about the memories we have of past holidays. For me it is black Friday. Not because there are incredible sales, but the fact that I can remember getting in line at 3 a.m. at Target in sub zero weather with my mother and father beside me. We must have had six layers of clothing on, dancing the "jig" to keep warm, and there were at least 300 other insane people like us out there waiting for something the store probably only had two of in stock, anyhow. But, we would wait until the store clerk came with his or her keys and would unlock the door. Ready, set, go! We had our list, we had our plan, knew who was running to which part of the store, and where we would meet up after we grabbed our treasures. I pray I never develop memory loss of those special times. We still go every single year – even though we are older, slower, and it's pretty much just me and my mom now. And, funny thing is...it's my mom who is the first to bring it up every year. "Are we going black Friday shopping?" she'll say. Forever grateful they shared those moments with me. It's one of those things at the top of my "give thanks" list.

Happy Thanksgiving to you and yours – and give thanks!

Kitchen electric project completed

On Monday night, HVCH completed an electrical project which allows for the kitchen to connect to the generator in the event we lose power. Pictured is Geoff Perry, Plant Operations Director, holding pieces of the electrical wiring that was used to connect the kitchen to the emergency panel. Many thanks to all who planned and were present during the conversion.



Trail committee conducting survey

The Hocking Valley Scenic Trails Committee, which has a representing member from HVCH, is conducting a survey that will be used to gather information from the community. This information will be vital for future grant-writing purposes.

The vision of the Hocking Valley Scenic Trails Committee is to enhance safe and convenient walking/biking routes in our communities.

The survey can be found online at: <https://www.surveymonkey.com/r/DXRMYMP>.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Business Development Director - Full Time
- Mental Health Tech (State Tested Nursing Assistant) - Contingent/PRN
- Radiologic Technician - Part Time
- Registered Nurse (RN) - Contingent - Emergency Department
- Registered Nurse (RN) - Special Care Unit - Contingent/PRN
- Registered Nurse (RN) - Special Care Unit - Full Time - Nights
- RN Supervisor, Performance Improvement- Full Time

COMING SOON! 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, Ureteral, Bladder, Prostate, Penis Disorders, Testicular Disorders and Vaginal Disorders. 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.

Becky McCarty named lead physical therapist

Becky McCarty, MS, PT, has been named lead physical therapist, replacing Cart Switzer, PT, who has been selected for Department Director of Rehabilitation Services.

Becky has been an integral part of the Rehab Services Department since 2001 and brings a wealth of skills to her new role as lead therapist, supervising the OP Clinic operations.

We welcome her in assuming her new role, effective November 13, at which time Cart will also be assuming his new role as Director of Rehabilitation Services. Congratulations to both Becky and Cart!



TWIG VI COMMUNITY DAYS

Over \$500 in coupon savings!

4 Days Only

Wednesday-Saturday, November 8-11

100s of BONUS BUYS

Elder-Beerman, Herberger's, Younkers, Carson's, Boston Store, BON*TON & Bergner's

Coupon books are \$5.00 each and are available in the Community Relations office by calling 740-380-8110, in the hospital front lobby on Tuesday mornings or from any TWIG VI member.

Front Kitchen Café closed Nov. 6th-8th

Starting November 6th – 8th the front half of the cafeteria will be shut down and the doors will be locked. The hospital will be making some repairs to a kitchen drain pipe.

The vending machines in the front half of the cafeteria will be unavailable. Please use vending in the Urgent Care lobby. There will be NO COFFEE or WATER available from the machine in the café those 3 days.

Breakfast and lunch will be served in the back half of the cafeteria. To accommodate loss of seating from front café, the MEETING ROOM will be available for sit down lunch from 11am to 1pm. Breakfast will be served as usual.

Lunch schedule for Nov. 6-8:

- Monday, November 6th: Oven-Fried Chicken, Sloppy Joe, Cheesy Hashbrowns, Seasoned Broccoli, Salad Bar, Panini Grill
- Tuesday, November 7th: Meatball Sub, Chicken Fingers, Seasoned Corn, Cheesy Breadsticks, Potato Salad, Salad Bar, Panini Grill
- Wednesday, November 8th: Ham/Cheese or Turkey/Cheese Sub, Chicken, Tuna and Ham Salad, Pasta Salad, Cole Slaw, Salad Bar, Panini Grill

TWIG IV Holiday Greenery Sale Order deadline Nov. 6

TWIG IV is selling fresh holiday greenery and poinsettias from Foertmeyer & Sons Greenhouse. Prices vary depending on order. Orders are due by November 6 and delivery will be Friday, December 8 at 1:30 p.m. under the front canopy at HVCH. All proceeds benefit the hospital. Checks can be made payable to HVCH TWIG IV. Payroll deduct available for hospital employees. Product descriptions and order forms available by calling Leslie at (740) 380-8110 or by contacting any TWIG IV member.



**REMEMBER TO VOTE!
ELECTION DAY IS
TUESDAY, NOV. 7, 2017**



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.