



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JAN. 19, 2018

Weekly Update

January 15-19 is Healthy Weight Week



The beginning of a new year is a great time to start on a healthier you! January 15-19 is Healthy Weight Week, which is a week dedicated to loving yourself and adopting healthy habits to better your quality of life.

Excess weight and unhealthy eating habits may increase the risk for many health problems. Some of these problems include type 2 diabetes, high blood pressure, heart disease, strokes, and many others. This is why it is important to start making healthy lifestyle changes and rethinking the way you eat.

Many people diet because they view themselves as overweight and deprive their body of the food it needs to fuel itself. Healthy Weight Week is meant to show that fad dieting can be harmful to your body as

well as your self-esteem. By dropping the crazy diets and picking up healthy habits, you are more likely to enjoy the process and see better results in the end.

The key to achieving a healthy weight is not about short term diet changes. It is about making a healthy lifestyle change that includes watching what you eat and regular physical activity. Instead of counting calories, continuously checking your weight, and trying crazy remedies, make small changes so that you can gradually work toward a healthier lifestyle. These small changes are as simple as eating more fruits and vegetables, replacing unrefined grains with whole-grain options, and enjoying more

EVENTS CALENDAR

Feb. 1-2: Uniform Sale
HVCH Meeting Room

Robert's Uniforms will be in the meeting rooms with scrub tops and bottoms as well as shoes and accessories available for purchase. HVCH employees may payroll deduct their purchases. Proceeds benefit HVCH through the Auxiliary.

March 21: Auxiliary Book Sale
HVCH Meeting Room

Sale is from 7:30 a.m. to 3:30 p.m. Come browse the latest titles at 30% to 70% off retail prices. A variety of books and other items will be available. A portion of the proceeds benefit Hocking Valley Community Hospital through the Auxiliary.

INSPIRATIONAL QUOTES OF THE WEEK

"We must let go of the life we have planned, so as to accept the one that is waiting for us."

— **Joseph Campbell**

"Put your heart, mind, and soul into even your smallest acts. This is the secret of success."

— **Swami Sivananda**

Direct to You: From Julie Grow

2017 in Review and Looking Ahead to 2018...

Through-out 9 of the past 12 months, the hospital has lost money from operations.



Julie Grow, CFO

There have been several factors working against us, however, we have taken steps to reduce expenses and increase revenue. Many of these changes have already been set into motion, however, it could take up to a year to reap the benefits. Below are the main highlights, or lowlights, rather of major operational challenges in 2017:

\$1.9 Million Loss from Operations –

- Revenue Under Budget by \$1.4 million:

- o Radiology - \$1 million under budget – As most of you are aware, the radiology department was operating at decreased capacity for several months of the year. While many of the procedures were able to be rescheduled, many were not. CT was down 14 days in 2017. For each day the CT scanner is down, this can be attributed to \$30,000 in charges, resulting in total of more than \$400,000 in charges.

- o Loss of Urology Services – The departure of Dr. Batten in July of this year caused a significant void for the hospital. Five months of operations without urology resulted in a

\$725,000 decrease in revenue across the board.

- o Decrease in ER / Urgent Care Visits – ER/ Urgent Care was down 1,224 visits. This accounts for \$576,000 in decreased revenue. HVCH continues to hold 70% of the ER / Urgent Care market share in the county. Yet, there are fewer visits by patients countywide, regardless of where they seek treatment resulting in fewer patients overall.

- o Decrease in Laboratory procedures – There were 11,573 fewer lab tests performed in 2017 than prior year, accounting for \$420,000 in decreased revenue. Nearly 30% of the decrease is directly associated with the decrease in ER/Urgent Care visits. There is approximately \$100,000 more that can be tied to no longer providing lab draw services for Logan Healthcare.

- Expenses Over Budget by \$1.1 million:

- o Transfer to Affiliate – Support for HVMG was \$1.1 million higher than prior year. This is directly related to adding three specialists in the past year, and a half. It takes at least a year to build these practices and there is significant cash outlay required in the beginning to establish the practice.

- o State Hospital Tax Assessment – The state hospital tax was \$45,000 more in 2017 than 2016.

- o Self-Pay Bad Debt Expense – Patients who



Peanut Butter and Banana Overnight Oats

Ingredients

- 1 large ripe banana, mashed (about ½ cup)
- ¼ cup creamy peanut butter
- 1 cup gluten-free rolled oats
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds (optional)
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 teaspoon light agave or honey (You may use more if you like sweeter oatmeal)

Optional Toppings

- Sliced Bananas
- Drizzle of Agave, Maple Syrup or Honey
- Cinnamon
- Dark chocolate shavings or chips
- Coconut shavings

Instructions

1. In a medium bowl, mash your banana with a fork.
2. Add the remaining ingredients to the bowl and mix until well combined.
3. Pour the mixture into two airtight containers and refrigerate for at least 3 hours or overnight.
4. When ready to eat, give the oats a good stir, add toppings of your choice, and dig in!

HVCH Cafeteria Menu Jan. 22 - Jan. 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Chicken Fingers Grilled Sweet Potato Fingers Brussel Sprouts Garlic Bread Broccoli Cheese Soup	Taco & Fajita Bar Nachos-N- Cheese Corn Black Beans Spanish Rice Chili Soup	Roast Turkey Baked Ham Mashed Potatoes Gravy Dressing Peas & Mushrooms Baby Carrots Chicken Buffalo Soup	Pork Tenderloin Macaroni & Cheese Baked Potato Grilled Cauliflower Brussel Sprouts Succotash Tomato Soup	Battered Cod Chicken N Noodles Mashed Potatoes Breaded Zucchini Brussels With Bacon Minestrone Soup

JANUARY

lean sources of protein, such as lean meats, seafood, beans, nuts, and seeds.

Physical activity is also very important when it comes to making healthy lifestyle changes. Walking is a wonderful way to become more active and is an activity that is perfect for the whole family. HVCH invites you to make the new Hocking Valley Community Hospital & Osburn Associates, Inc. Walking trail part of you and your family's daily wellness program. The trail is pet friendly and a great place for the whole family to get active.

To reach your weight loss goals, maintaining a positive body image and establishing a healthy relationship with food is what counts. Losing weight does not mean going hungry and eating foods that you do not enjoy. Focus on positive lifestyle changes and set realistic health goals for yourself. Contact your local healthcare provider for assessments and seek professional advice to determine realistic nutritional and exercise goals. Remember to relax, take time for yourself, and enjoy the journey to a healthier you!

If you are in need of a local healthcare provider, please contact Hocking Valley Medical Group at 740-380-8160.

Love yourself
ENOUGH TO LIVE A
healthy lifestyle.

Healthy Snacks to Keep Full

- Air Popped Popcorn
- Hard Boiled Egg
- Hummus
- Peanut Butter
- Almonds
- Sliced Apples
- Frozen Grapes
- Sunflower Seeds
- Sugar Free Jello
- Nonfat Yogurt
- Mixed Berries
- Orange Slices
- Carrot Sticks
- Nonfat Cottage Cheese

15 Simple Ways to Increase Your Physical Activity

1. Take the stairs instead of the elevator
2. Park as far away from the front door as possible
3. Go for family walks after dinner
4. Plant your own garden
5. Clean your house regularly
6. Do stretches and exercises during commercial breaks
7. Take your dog on a walk
8. Wash your car by hand
9. Get up and walk around after sitting for 30 minutes
10. Do a few squats while brushing your teeth
11. Have "walking meetings" at work
12. Take a walk on your lunch break
13. Play outside with your kids
14. Do squats or lunges while waiting for your food to cook in the microwave
15. Go for a walk with a friend instead of meeting for coffee

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate - Contingent - Variable Hours
- Registered Nurse (RN) - Full Time - Nights - Inpatient Services
- Registered Nurse (RN) - Part Time - Nights - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit/Nursing Supervisor - Full Time - Variable Hours
- Registered Nurse (RN) - Circulator - Part Time - Surgery/OR
- State Tested Nursing Assistant (STNA) - PRN/Contingent - Inpatient Services

DIRECT

chose not to pay balances owed to HVCH were \$100,000 greater in 2017. This is due to increasing patient responsibility associated with changes to their health insurance coverage.

- o Employee Health Insurance Coverage – Hospital sponsored health insurance costs for our employees were \$552,000 greater than prior year.

Changes that will positively impact operations:

- o Radiology equipment replacement project is complete, resulting in less anticipated downtime for the department. Staffing was reduced through attrition to maintain productivity.
- o Urology Clinic opened December 2017 – The hospital contracted with Central Ohio Urology Group to provide much-needed Urology coverage. The first three clinic days of operation generated over \$100,000 in charges and this service is anticipated to continue to grow to meet patient needs.
- o ER / Urgent Care – Changes to provider coverage – Changes have been put into place regarding coverage times and provider type to absorb the decrease in revenue.
- o Laboratory – staffing levels were adjusted through attrition to positively affect productivity.
- o Transfer to affiliate – A major challenge for the hospital is the support to maintain HVMG. The hospital has begun the process of restructuring the Medical Group into a Federally Qualified Health Clinic Look-Alike to improve reimbursement and therefore, reduce the supplement. Much like the hospital receives higher reimbursement to provide the same care due to our Critical Access Hospital (CAH) status, Look-Alike status will have the same effect for the group. Restructuring the group would provide nearly an additional \$2 million in reimbursement to HVMG. This process will take 12-18 months to complete.
- o Combined MS /Swingbed – Changes were made to Med Surg and Swingbed units in September 2017 to provide better flexibility with staffing. This will reduce operating costs by approximately \$100,000 annually.

Unfortunately, there are things that fluctuate from year to year and we have no control over what we will be charged. For example, it is nearly impossible to anticipate the increase from one year to the next related to state hospital tax. Employee health insurance is also an expense that tends to fluctuate from year to year. Therefore, it is important to affect those items, like the ones listed above that you can change to directly absorb these fluctuations.

\$2.85 million OPERS increase in Liability – Another expense that we have absolutely no control over is the requirement by the State of Ohio to book the unfunded portion of the OPERS retirement liability. This is required of ALL public entities. This expense ONLY affects accounting and NOT funding. Meaning, this is an expense that by Ohio law, we are not required to pay and only impacts the financial statements. HVCH portion for 2017 caused an increase in our expenses of \$2.85 million dollars.

When added together, the \$1.9 million loss from operations and the \$2.85 million adjustment to the PERS liability makes for a very dismal 2017 financially with a \$4.76 million loss overall and a -9% operating margin. I do feel, however, it is important to note that if you factor out the PERS adjustment, loss from operations was only -1%.

While 2018 will continue to see its challenges with dual support for both EHRs, the added employee wages, and hardware expenses to get them up and running, I am confident that the changes we have set into motion will provide positive results to continue to move us in the right direction. It is just going to take some time to see the effect.

Lemon Chicken and Rice Soup



Ingredients

- 1 tbsp. extra-virgin olive oil
- 1 lb. chicken, cut into 1/2" cubes
- kosher salt
- Freshly ground black pepper
- Juice and zest of 1 lemon
- 1 clove garlic, minced
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 1 qt. chicken stock
- 1 c. cooked white rice
- 2 green onions, thinly sliced

Directions

1. In a large pot over medium-high heat, heat oil. Add chicken to pot and season with salt, pepper, and half the lemon zest. Brown chicken on all sides, 5 minutes. Add garlic and onion and sauté, scraping bottom of the pan, 2 to 3 minutes. Season with salt. Add carrots and celery and cook until softened, about 5 minutes.
2. Add chicken stock, lemon juice, and cooked rice and simmer for 5 minutes. Add green onions just before serving.
3. Garnish with remaining lemon zest and serve

Keeping it Healthy While Eating Out

Trying to eat healthier doesn't always mean having to sacrifice eating out and enjoying time with friends and family. Here are some foods that you can feel confident about selecting when you dine [[out!

STARBUCKS SPINACH, EGG WHITE AND FETA WRAP



290 Calories
10g Total Fat
19g Protein
6g Fiber

OLIVE GARDEN CITRUS CHICKEN SORRENTO



550 Calories
21g Total Fat
58g Protein
7g Fiber

MCDONALDS TWO EGG WHITE DELIGHT MCMUFFINS



500 Calories
16g Total Fat
36g Protein
8g Fiber

CHIPOTLE BURRITO BOWL WITH CHICKEN, PINTO BEANS, FAJITA VEGETABLES, ROMAINE LETTUCE, TOMATO SALSA, 1/2 PORTION OF GUACAMOLE



460 Calories
19.5g Total Fat
42g Protein
16.5g Fiber



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.