



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

FEB. 2, 2018

Weekly Update

HOCKING VALLEY COMMUNITY HOSPITAL RECEIVES GRANT FROM ALADDIN SHRINERS



Pediatric patients who visit Hocking Valley Community Hospital's Physical Therapy Department will soon benefit from new equipment. On Wednesday, January 24th, Hocking Valley Community Hospital was presented a check for \$13,260.00 by local Hocking Hills Shrine Club to purchase new equipment. "We have supported the hospital for many years," said Steve Rine, past President of the Shriners club. "We do a lot of great things to help children who need medical help and this is another great opportunity."

On hand to help receive the

gift was Cart Switzer, Director of Physical Therapy who shared how the equipment would be used to benefit patients at HVCH. "We are so grateful to you for making it possible to purchase this equipment," said Switzer during the monthly Aladdin Shriners meeting. "Many of our pediatric patients are frequently challenged when standing, and the EasyStand StrapStand improves their abilities." This device will allow healthcare providers to more easily stand a patient during treatment without harm or injury to the therapist or patient. "It can be used on a variety of patients to assist

EVENTS CALENDAR

February 13: Twig VI Valentine Cookie Sale

Cookies will be sold in the cafeteria beginning at 7 a.m. All proceeds benefit HVCH.

February 14: Twig II Valentine Candy Sale

Candy will be sold in the cafeteria beginning at 7 a.m. All proceeds benefit HVCH.

March 1: Twig VI Chinese Auction

Doors open 5:30 p.m.; Drawings begin at 7 p.m. Lottery Tree, Grocery Basket, Door Prizes, 50/50. Baked goods & refreshments available.

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 QUOTE OF THE WEEK

Nothing is impossible, the word itself says 'I'm possible'!
— Audrey Hepburn

Direct to You: From Julie Stuck

Many of you this week-end will be glued to the television watching the Super Bowl; or at least checking out the commercials and reviewing the half-time show, and partaking in your favorite snacks and football beverages. We all know that there are thousands of hours in preparation for this event on so many levels; security, entertainment, transportation; the list is endless. It has been months of preparation, planning and training for a two to three hour event.



Julie Stuck, CEO

In just a few weeks, (actually 32 days and 12 hours as of this publication) Hocking Valley Community Hospital and the Hocking Valley Medical Group will have a "Super Bowl-like" event right here in Logan, Ohio; the conversion of our electronic health record to the Epic platform. Our journey to this day has literally been several years in the making. Much research, inquiries, and investigation was done before the choice was made to proceed with Epic. Since that time, millions of

dollars have been committed to the project, thousands of man hours dedicated, countless meetings have occurred, numerous obstacles have been overcome and now we are just days away from GO LIVE!

This is a very exciting time, yet with any new project comes a bit of nervousness, uncertainty, and apprehensiveness. Preparation is the key to reducing many of these uncertainties. For all who will be utilizing Epic, please make the most of the time you have been given to learn the system and become familiar with its' operation. This will most certainly boost your confidence and reduce frustration and anxiety during the early days of conversion.

As with any Super Bowl event, there will be a few surprises, perhaps a couple of fumbles and maybe even a penalty or two. In the end, it will be the team who best prepared for the game, who overcame the bumps in the road, and who adapted quickly to unusual situations who will be the winner.

Reminder: Our Super Bowl event will begin March 6, 2018 at 12 noon. See you then!

— Julie Stuck

World Cancer Day Sunday, February 4, 2018

World Cancer Day is a global event that takes place every year on February 4th to unite the world's population in the fight against cancer. According to worldcancerday.org, this day aims to save millions of preventable deaths each year by raising awareness and education about the disease as well as pressing governments and individuals across the world to take action. It is the ideal opportunity to spread the word and raise the profile of cancer in people's minds and in the world's media.

Currently, 8.8 million people die from cancer worldwide every year, out of which, 4 million people die prematurely (aged 30 to 69 years). Globally, common challenges to cancer control are delays in cancer diagnosis and inaccessible treatment according to the World Health Organization. Even in countries with strong health systems and services, many cancer cases are diagnosed at a late-stage, when they are harder to successfully treat. This is why it is so important to effectively address barriers to early cancer diagnosis. World Cancer Day aims to advocate the development and strengthening of programs that improve early diagnosis and access to treatment. The consequences are more people surviving cancer, less morbidity, and lower costs for treatment.

World Cancer Day is the one singular initiative under which the entire world can unite together in the fight against the global cancer epidemic. If you or someone you love is experiencing cancer in your world, our oncologist can help. Dr. Elaine Beed, Hematology, Oncology, and HVCH are here for you. Please call 740-380-8140 to schedule an appointment today.



HVCH Cafeteria Menu Feb. 5 - Feb. 9				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Breaded Chicken Breast	Hot Dogs	Chicken Tator Casserole	Tortilla Tilapia
Chicken Fingers	Italian Sausage	Macaroni & Cheese	Salisbury Steak	Creamed Chip
Potato Wedges	French Fries	Onion Rings	Mashed Potatoes	Beef Mashed Potatoes
Cauliflower Broccoli	Corn Green Beans	Baked Potato	Baked Beans	Carrots Broccoli
Breadstick	Blended Vegies	Candied Carrots	Grilled Cabbage	Biscuit
Tomato Florentine	Chicken Noodle Soup	Brussel Sprouts	Parmesan Peas	Chicken Dumpling Soup
Soup		Chili	Cream of Broccoli Soup	

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with transfers, promote weight bearing, and improve balance and standing tolerance for patients recovering from injury or illness," Switzer said.

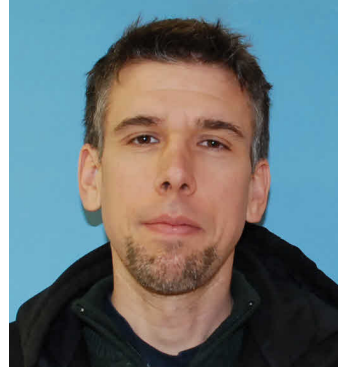
The grant will also enable HVCH to purchase two Hi Lo Tables for use during therapy in the Outpatient Clinic. Tables have the ability to be lowered to a level of two feet and raised as high as four feet. The flexibility to adjust levels provides significantly easier access to patients of various sizes and physical limitations getting on and off the treatment table safely. It also allows the therapist to raise the patient to a height that is better for treatment necessary for the patient.

Additionally, an Iowa Oral Performance Instrument will also be purchased for use by HVCH speech therapists. "The device is used to measure a patient's tongue strength, giving a base line measurement during initial evaluation, determining if decreased tongue strength is cause for the patient's difficulty swallowing and or forming words properly," Switzer continues. "It is also used to measure progress of therapy to determine effectiveness of treatments and improvement of tongue strength."

"We are proud of our Hocking County community when members come together and support our local hospital through grants such as this," said Latricia Johnston, Chief Public Relations Officer who was also in attendance to receive the donation. "It speaks volumes that we are in this together. Our doors at HVCH are open to everyone regardless of their ability to pay for services, and on average we provide over \$5 million of unfunded care to the community each year. Those patients need us too, and it is grantmakers like our local Aladdin Shriners, Logan-Holl Foundation, Wal-Mart and others who help make it possible for us to continue leading the way to a healthier community."

The Shriners have been in establishment since 1870, and are known for their philanthropic support in caring for pediatric patients who have experienced orthopedic conditions, burns, spinal cord injuries and cleft lip and palate. Over the years, Shriners Hospitals have expanded to an extraordinary health system with 22 facilities in the United States, Canada and Mexico.

HVCH Lab Welcomes New MLT



Lance Cairns recently obtained his Medical Laboratory Technician (MLT) certification from Albany State University of Georgia. Lance has worked at HVCH for almost a year now, where he began working as an STNA in the Inpatient Services Department until transitioning to the Laboratory on January 22. He completed his clinical rotation here at our laboratory, which means Lance was home grown here at HVCH! Congratulations and best wishes to Lance on his new endeavour!

Congratulations!

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Radiologic Technician, Part Time
- 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 - PRN/Contingent

February is Heart Health Month

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.



According to the CDC, heart disease is the leading cause of death for men and women. While Americans of all backgrounds can be at risk for heart disease, African American men, especially those who live in the southeast region of the United States, are at the highest risk for heart disease. Additionally, more than 40 percent of African Americans have high blood pressure, a leading cause of heart disease and stroke. That's why this February during American Heart Month, Million Hearts® is encouraging African American men to take charge of their health and start one new, heart-healthy behavior that can help reduce their risk of heart disease and stroke.

Small Changes Can Make a Big Difference

African American men can make a big difference in their heart health by taking these small steps during the month of February and beyond.

- Schedule a visit with your provider to talk about heart health. It's important to schedule regular check-ups even if you think you are not sick. Set goals for improving your heart health, and don't be afraid to ask questions and trust their advice. If you do not have a provider, our Medical Group is here to help you! Call 740-380-8160 to set up an appointment today.

- Add exercise to your daily routine. Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week. Don't let chilly weather hold you back. The HVCH & Osburn Associates walking trail is located right here on the HVCH campus with plenty of off street parking!

- Increase healthy eating. Cook heart-healthy meals at home at least 3 times each week and make your favorite recipe lower sodium. For example, swap out salt for fresh or dried herbs and spices.

- Take steps to quit smoking. If you currently smoke, quitting can cut your risk for heart disease and stroke. Learn more at CDC's Smoking and Tobacco Use website .

- Take medication as prescribed. Talk with your provider about the importance of high blood pressure and cholesterol medications. If you're having trouble taking your medicines on time or if you're having side effects, ask your provider for help.

There's lot's to do
in Hocking County...
Stay healthy for it!

Colonoscopy
Appendectomy
Hernia Repair
Hemorrhoidectomy
Ultrasound Guided Breast Biopsy
Wound Debridement

... and more.

Call one of our General Surgeons to schedule yours today!



TIMOTHY O'BRIEN, MD



MICHAEL TORNWALL, MD

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HOCKING VALLEY
Community Hospital



THE HOCKING VALLEY
MEDICAL GROUP



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<https://www.facebook.com/HockingValleyCommunityHospital/>

Folic acid is a part of the B complex vitamins. It is vital for red blood cells and for the formation of DNA (genetic material) within every cell, this allows normal replication of cells. The form of folic acid occurring naturally in food is called ‘Folate’. Folate along with other B vitamins are also vital for nerve function.

Folate is found naturally in dark green leafy vegetables. The word Folate, in fact, comes from the word “foliage.” Folate is a water-soluble vitamin and is thus lost easily from vegetables during cooking. This can be prevented by avoiding over-cooking. Folate can also be preserved by steaming or microwaving vegetables rather than boiling them. Foods naturally high in Folic acid/Folate are:

- Dark leafy veggies – spinach has the highest
- Papaya, oranges, and strawberries
- Lentils have the highest amount of Folate among the beans, peas and lentils group (358 mcg, DV = 90)
- Avocado
- Beets
- Corn
- Celery
- Carrots
- Squash
- Nuts & Seeds
- Cauliflower



Salmon, Spinach, Avocado & Asparagus Salad

SERVES: 2 | PREP TIME: 10 minutes | COOK TIME: 2 minutes | INGREDIENTS: 8 | DIFFICULTY: Easy

INGREDIENTS

- 1 bunch asparagus, ends trimmed
- 200g roasted salmon fillet, flaked
- 150g baby spinach leaves
- 1 avocado, flesh sliced
- 1 tablespoon olive oil
- 2 teaspoons brown sugar
- Sesame Seeds, to garnish



DIRECTIONS

Blanch the asparagus in a pan of boiling water for 2 minutes. Drain, refresh under cold water then drain once again. Pat dry. For dressing, whisk together olive oil, lime juice, and sugar in a bowl. Season with salt and pepper. Place the asparagus, salmon, spinach, and avocado in a large bowl. Toss the dressing through the salad and sprinkle with sesame seeds. Enjoy!



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.