



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

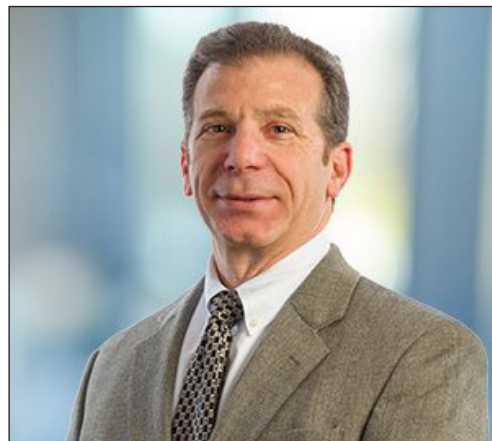
MAR. 16, 2018

Weekly Update

HVCH opens new urology clinic



Dr. Jeffery Harbrecht



Dr. William Bloch



Dr. Evan Cohn



Dr. Michael Cunningham

Hocking Valley Community Hospital has teamed up with Central Ohio Urology Group to open a new urology clinic located within the hospital for the convenience of patients.

Urology is the branch of medicine that treats the male reproductive system and the urinary tract in both

males and females.

“We understand that urology conditions are deeply personal, and we recognize that,” said Tara Jacobs, BSN, RN, Director of Surgical Services and Outpatient Clinics. “That is why

EVENTS CALENDAR

**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.

**March 27: Donate Blood in Honor
of Your Doctor — Blood Drive
HVCH Meeting Room**

Donate blood in honor of your doctor at our next HVCH blood drive on March 27. The blood drive will be held from 11 a.m. to 4 p.m. in the HVCH Meeting Room. To schedule an appointment, call the HVCH Lab at (740) 380-8218.

**April 3: TWIG II Chinese Auction
Hocking Co. Fairgrounds @ 5 PM**

INSPIRATIONAL QUOTE OF THE WEEK

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

—Swami Sivananda

Direct to You: From Stacey Gabriel

Well everyone... we are 10 days into Epic (or T-10 in Epic terminology) and we have managed to make it through go-live. It has been an "Epic" week to say the least. We certainly have some bugs to work out, but I think we all knew this wasn't going to be a 100% perfect transition.



Stacey Gabriel,
Chief Nursing
Officer

The consistent thing we keep hearing from the staff at OSU is "You have the most amazing employees." This comes to no surprise to us. HVCH (hands down) has the best staff any organization could hope for. You have held your composure when you were "stuck" on a screen and couldn't navigate your way through. You have juggled high volumes of patients who continued to need services. I know you've apologized for wait times more than you'd care to. I know you've wanted to take a hammer to the screen in front of you (IT thanks you for not doing so, LOL). Some have been in tears and some have needed to step away, but through it ALL you have each supported one another.

With anything new there is always a learning curve. I equate it to getting a new phone. For those that were Blackberry or Android users and transitioned to an iPhone... think about the learning curve. At first it was a challenge to even figure out how to make a call, or reply to a text, but then after a few weeks you are navigating that phone as if you've had it for years. I have NO doubts that is how it will be with Epic.

It is no surprise that a HUGE amount of planning and preparation went into getting ready for this project. Because of that commitment, many things went RIGHT with this go-live.

To say "Thank You" certainly does not seem like enough. There are no words to express our gratitude for everything that you have done for this go-live process. We continue to learn new things each day. You will continue to gain confidence and comfort with the system each time you log in. You will discover work flows that make



Roger Hinerman retires from HVCH Board

The HVCH Board of Trustees and Senior Leadership Team recently recognized Roger Hinerman for his years of service on the board. Hinerman served as trustee since 2008 and most recently as chairman of the board.



MARCH MADNESS
RECIPE CHALLENGE

Vote on your favorite recipe for our March Madness Facebook recipe challenge and win a tailgate party for your Game Day!

Visit the HVCH Facebook page and comment which recipe you think should win each matchup and be entered to win a Game Day tailgate party for 30 people courtesy Logan Walmart. The recipe challenge will run until the final matchup on March 29. Comment on each matchup to increase your chances of winning the tailgate party.

HVCH Cafeteria Menu March 19-23				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Chicken Fingers Sweet Potato Fingers Cheese Ravioli Brussels Sprouts Garlic Bread Broccoli Soup	Taco & Fajita Bar Nachos N Cheese Seasoned Corn Spanish Rice Chili Soup	Roast Turkey Baked Ham Mashed Potatoes Dressing Peas & Mushrooms Baby Carrots Chicken Buffalo Soup	Pork Tenderloin Macaroni & Cheese Baked Potato Grilled Cauliflower Brussels Sprouts Succotash Tomato Soup	Battered Cod Chicken N Noodles Mashed Potatoes Breaded Zucchini Brussels w/ Bacon Minestrone



ER, Radiology staff recognized

ABOVE: Stephanie Swick, RN in the Emergency Department, recently was recognized by her coworkers for her kindness and generosity. She is pictured with Stacey Gabriel, CNO.

BELOW: Dr. Roger Ruben; Janet Diebold, Ultrasonographer; and Traci McKinney, Radiologic Tech.; recently were recognized by a patient for their outstanding conduct during a procedure. Pictured are Traci, Janet and Julie Grow, CFO.



DIRECT

life easier for you. Most of all, you never lost sight of what our purpose is... and that's to provide exceptional care to our patients. From all of the Senior Leadership Team, thanks to each and every one of you for your commitment to HVCH, the patients, and the community. – *Stacey*



UROLOGY

providing peace of mind and confidence to our patients is extremely important to us. We also take pride in offering much needed services to our patients close to home."

Services provided in the clinic include but are not limited to management of overactive bladder and loss of bladder control, erectile dysfunction, kidney stones, bladder and prostate cancers, benign prostatic hypertrophy (BPH), management of indwelling catheters, and urinary tract infections. Procedures offered in the clinic include vasectomy, cystoscopy and prostate biopsy. When further treatment is necessary, procedures can be completed in the surgical department located within the hospital that prides itself with consistently low infection rates and high patient satisfaction scores.

Urologists Drs. William Bloch, Jeffrey Harbrecht, Michael Cunningham and Evan Cohn are currently accepting new patients. For additional information or to schedule an appointment, please call 740-380-8129 or have your primary care physician fax a referral to 740-380-8083.

"We welcome Central Ohio Urology Group to HVCH. This is a tremendous asset for our patients and community to receive care close to home," Jacobs said.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Food Service Aide - Part Time - Variable Hours
- Radiologic Technician - Part Time
- Registered Nurse (RN) - Emergency Department - Full Time - Nights
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Respiratory Therapist - Full Time - Nights
- Respiratory Therapist - PRN/Contingent - Nights
- State Tested Nursing Assistant (STNA) - Inpatient Services - Contingent/PRN

Health Care Human Resources Week

Every year, the American Society for Healthcare Human Resources Administration recognizes and celebrates HR professionals who work in the health-care industry. While we might not be out there providing patient care, we do play a vital role in supporting the hospital every day!

The HR Department recruits qualified employees, provides orientation and annual education, ensures everyone gets paid, helps administer benefits, plans fun events like the Employee Christmas Party, and occasionally provides a shoulder to cry on. We're happy to provide answers, lend a hand anywhere it's needed, and even pop popcorn during Epic Go Live!

We aren't a large department – just four members: Lauren, Kandy, Sheri, and Selena. We comprise nearly 89 years of professional experience! We love our jobs and helping people.

Some fascinating HR facts about our team:

- We've welcomed 78 new employees since March 2017, which Selena says is the very best part of her job!
- In 2017, Sheri printed 8,840 pay stubs!
- Employees contributed over \$1.2 million to OP-ERS and over \$230,000 to Ohio Deferred Comp.
- We deducted \$57,732.05 for Cafeteria meals!
- Kandy and Selena handled 61,084 pages of documents for Epic training!
- Kandy loaded 93 Epic courses, 279 modules, and 273 class sessions into Healthstream!
- Between the Auxiliary, TWIGs, and HVCH Foundation, employees gave more than \$77,000 in 2017 to fundraisers!

TWIG IV EASTER BASKET RAFFLE

TICKETS ARE \$1.00 EACH OR 6 FOR \$5.00
Payroll deduction is available.



Tickets available in the Administration Office. Drawing will be March 29.

Basket includes:

- Stuffed Bunny
- Cake Mix
- Easter Door Sign
- Icing
- Floral Wreath
- Cookie Cutters
- Candy
- Towel & Pot Holder Set
- Water Gun
- Easter Serving Tray
- Bubbles
- Plastic Eggs
- \$50 Texas Roadhouse Gift Card

TWIG VI HONEYBAKED HAM & TURKEY SALE



DEADLINE TO ORDER

Thursday, March 22

For more information, contact the HVCH Community Relations Department at 380-8154 or contact TWIG VI member Carolyn Geiger at 385-8423.

Money is due at time of order. Check or cash accepted. Please make check payable to TWIG VI and return to HVCH Attn: Community Relations, P.O. Box 966, Logan, OH 43138.

Delivery date is Friday, March 30 from 4-5 p.m. in the HVCH front lobby. All proceeds benefit HVCH.



(E)asy Does It – Preventing Falls

Falls can happen to any age group, however, the number of falls and the severity increase with the age of the individual. Falls are the leading cause of fatal and nonfatal injuries in people 65 and older. Injuries can include head injuries, upper extremity fractures (wrist, forearm, shoulder,) spine and hip fractures.



Dr. Mark Holt
Orthopedics Surgeon,
Hocking Valley Medical Group

Women are especially susceptible to hip fractures as a result of decreasing bone strength that occurs after menopause. Most hip fractures require hospitalization, surgery and extended rehabilitation. Approximately 25% of hip fractures will make a full recovery while 40% will require nursing home admission. 50% will be dependent upon a cane or walker. 20% will die within one year of the fall. Clearly, falls can be a major life changing event that can rob an elderly person of their independence.

Fall prevention is a necessity as the individual ages. Many falls can be prevented by simple home improvements. These can include: Wearing properly fitted shoes with non-skid soles, avoiding high heels, tying shoe laces, never walking in stocking feet, installing night lights, removing throw rugs, removing clutter from floors and stairs, installing handrails on both sides of the stair-

way, installing grab bars on bathroom walls, cleaning up spills immediately and never standing on chairs and boxes.

Medical conditions can put someone at higher risk for a fall and weakened bones. Aging affects eyesight, balance, strength and reflexes. Exercise programs can improve strength, balance coordination and bone strength. One should talk with his or her provider before starting an exercise program. In addition, check with your provider about potential side effects with replication and over the counter drugs, such as drowsiness and dizziness. Yearly medical examination should include eye exam and a physical that includes evaluation for cardiac and blood pressure problems. Ask your medical provider if you need a bone density test. There are medications that slow bone loss and increase bone strength.

Nutrition and lifestyle choices can also affect fall risk and bone strength. One should maintain a diet with adequate calcium and Vitamin D. Smoking and excessive alcohol use decrease bone strength. Alcohol can also cause unsteadiness and slow reaction times. Recommendations include smoking cessation and avoidance of excessive alcohol intake.

If you do fall, determine if you are hurt. Slide or crawl to the nearest chair or couch and try to get up. If you are hurt or cannot get up, call out for help from relatives or dial 9-1-1. The Orthopaedic team of Hocking Valley Community Hospital Medical Group is capable of treating your fall related injuries. If you or someone you love has experienced an injury, please call 740-385-8474 to schedule an appointment with Dr. Mark Holt today!



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 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.