



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAR. 22, 2018

Weekly Update

American Diabetes Association Alert Day March 27



Held March 27, 2018, American Diabetes Association Alert Day is a day to sound the alarm about the prevalence of Type 2 diabetes by asking everyone to take the Type 2 Diabetes Risk Test.

The free, anonymous risk test only takes a minute to complete. By answering questions such as “Do you have a family history of diabetes?” and “Are you physically active?” you can learn if you’re at risk for Type 2 diabetes in 60 seconds.

To take the test, visit www.diabetes.org.

Small Steps for Your Health

There are many things you can do to help prevent Type 2 diabetes or its complications, but where do

you start? It’s not always easy to eat healthy and be active in today’s fast-paced world.

It’s easier to make healthy lifestyle changes one step at a time and over time. Think of each small step as one piece of your effort to change your habits. The good news is that making just a few small changes can have a big impact on your health.

To succeed at making lifestyle changes you need to answer YES to the question, “Are you ready, willing, and able to change?” You must have better reasons to change than reasons not to change.

Take what you want to do and

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EVENTS CALENDAR

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

Openings still available! Donate blood in honor of your doctor 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. Doctors will receive a certificate in honor of blood donations made in their name.

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

Doors open at 5:30 p.m.; drawing at 7 p.m. Lots of great items; grocery basket, lottery tree, 50/50 and more. Baked goods and refreshments available. Proceeds benefit HVCH.

TWIG II Spring Flower Sale

Details and order forms available on cafeteria bulletin board and in Community Relations. For questions, call Beth at (740) 380-8154.

INSPIRATIONAL QUOTE OF THE WEEK

“Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless.”

—*Jamie Paolinetti*

Direct to You: From Latricia Johnston

Welcome Spring! Personally, I have always felt this season, much like New Year's is a chance to renew one's self, focus on personal growth and development and become new again.



Latricia Johnston,
Chief Public
Relations Officer

Notice the many examples that life demonstrates to us each year of its own 'refreshing and renewal': The birds return every single spring to build nests and start new families; once again the worms start emerging from the ground and fishermen couldn't be more excited! Trees and flowers burst out in beautiful blossoms shouting joy for winter's exit. The grass in my yard is greener in spring than any other season, and seems to stretch its blades by growing at an exponential rate. An increase in sunlight hours provides us with earlier dawns and later sunsets giving more daylight to work around our yards and play with our kids and grandkids at the park. You might be booking your spring

break trip – your first vacation of the year. Even our livestock or pets join in by shedding their winter furs and gaining an extra spark in their paw.

All around us we hear the exclamations of renewal. I would invite each of us to embrace this season of opportunity and find someway within to start afresh and look for ways to grow. I say within because that's where everything starts – with me.

I am very fond of Dr. John Maxwell and his focus on personal development. In his book "Today Matters" he reminds us of what a blessing each new day truly is. As we search to identify ways to start anew this spring, he encourages us to consider one or all of the following:

Our attitude – It gives us possibilities

Our priorities – They give us focus

Our health – Where our strength comes from
Family – Provides stability

Thinking ahead – Provides advantages

Commitment – Gives us tenacity

Finances – Unlimited options if managed cor-



Honor Your Doctor

NATIONAL DOCTORS' DAY FRIDAY, MARCH 30 | 2018

Make a donation to Hocking Valley Community Hospital Foundation in your doctor's honor!

The HVCH Foundation directly supports your community hospital to provide services, equipment and facility upgrades. Each year, HVCH provides nearly \$5 million of uncompensated care to patients who desperately need our services.

To make a donation in honor of your doctor, visit www.hvch.org/donate-online or call 740-380-8336. Physicians will receive a certificate in honor of their contributor.



**HOCKING VALLEY
Community Hospital
FOUNDATION**

HVCH Cafeteria Menu March 26-30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Joe French Fries Broccoli Grilled Cabbage Corn Potato Soup	Meatball Sub Chicken Fingers Spinach Casserole Oven Fried Potatoes Cauliflower Breadstick Chicken Soup	Waffle Bar Bacon Cheeseburger Cheesy Hashbrowns Corn Broccoli Onion Rings Tomato Soup	Burritos Loaded Nachos Baked Potato Bar Fried Rice Cauliflower Beef Pot Roast Soup	Hot Dog/Bun Battered Cod Breaded Green Beans Vegetable Medley Peas Cauliflower Soup

DIRECT

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Faith – Equals peace

Relationships – They fulfill us

Our generosity – Brings the feeling of significance

Our values – There in lies direction...and finally...

Growth – The path of potential.

These all sound wonderful, but where do you begin? Maxwell continues...

Attitude – Think, act, talk and conduct yourself like the person you want to become.

Priorities – We choose our life by how we spend time – choose wisely.

Health – Though you cannot go back and start over – you can start today and make a brand new ending.

Family – Put your family first on your calendar.

Thinking ahead – Thinking alone does not guarantee success, think about the right things.

Commitment – Dedication to excellence – “People forget how fast you did a job – but they remember how well you did it.” (Howard W. Newton)

Finances – Avoid the following: “The average American is busy buying things he doesn’t want, with money he doesn’t have, to impress people he doesn’t like.” (O. Donald Olson)

Faith – The deeper the faith, the greater its potential to carry you through your rough times.

Relationships – You’ll enjoy life more if you like people. You’ll get farther in life if people like you.

Generosity – It changes your focus from you...to others.

Values – Make sure the ladder you are climbing, isn’t leaning against the wrong wall.

Growth – Your personal growth impacts your organization’s growth. In order to do more, you’ve got to be more.

So many options – so many ways to become a better me! I hope you will join in some personal growth improvements during this season of new beginnings. Imagine how differently things would look in our world if each of us picked just one item to build upon, and ignited a passion in others to do the same.

— *Latricia Johnston*



**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.

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

DIABETES

break it down into small steps. Then think about a few things you are ready, willing, and able to change and leave other habits for another time.

Think about your current eating and activity habits. What foods do you buy? How active are you? Try to keep honest food records for a few days to get a true picture of what you eat. Based on your current habits, start with a few changes that are easy to tackle. Pick some changes that you want to do the most, and that will make the biggest impact. Perhaps choose one change in your eating habits and another in activity. Remember you don't need to change everything at once.

For example, if you eat fast food at lunch because you're in a hurry, try bringing a healthier meal from home. Maybe you can walk in place during the commercial break when you watch TV.

There are many things you need to do to manage your disease. Focus on one goal at a time.

Setting "S.M.A.R.T." goals can help you reach your health goals. S.M.A.R.T. goals can also help you manage your time and track your progress.

S.M.A.R.T. goals are Specific, Measurable, Attainable, Realistic, and Time-specific.

Specific: What exactly do you want to accomplish? Decide what, who, where, when, why, and how.

Measurable: How can you track your progress? How will you know when you have made it to your goal?

Attainable: Is meeting this goal something that is possible for you? Do you have everything you need to make it happen? If not, how will you get what you need?

Realistic: Is the goal something you know you can do if you try? Is it important to you?

Time-specific: When will you complete this goal? Set a time or a deadline that you know you can meet if you try. For example, "I will walk for 20 minutes with my neighbor after dinner on Monday, Wednesday, and Friday."

For additional help managing your diabetes, Hocking Valley Community Hospital offers a Diabetes Self-Management Training Program. A physician referral is required. Contact Denise Kiamy, Direction of Food and Nutrition Services, at (740) 380-8242 for more information about the program. The program covers nutritional wellness, medications, exercise, and many other topics.

Information courtesy www.diabetes.org

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



FOLLOW US ON FACEBOOK!

Make sure you follow us on Facebook for the latest tips, news, events, and updates!

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



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.