



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

APRIL 13, 2018

Weekly Update

Check Yourself: Testicular Cancer Awareness Month



Testicular cancer is a disease in which cancer develops in one or both of the testicles. It occurs when germ cells experience abnormal growth. Germ cells, like stem cells, have the potential to form any cell in the body. Normally these cells lie dormant until sperm fertilizes an egg. If germ cells (a sexual reproductive cell) become cancerous, they multiply, forming a mass of cells called tumors that begin to invade normal tissue. When this happens these cells have the potential to form a variety of embryonic like features including but not limited to; hair, nails, teeth etc.

Testicular cancer can metastasize, meaning that it can spread to other parts of the body. During this time cells leave the original tumor from the testicle and migrate to other parts of the body through blood and lymph vessels forming new tumors. Testicular cancer spreads most often to the abdomen, liver, lungs, bones, and brain. Testicular cancer can spread rapidly and is deadly

if left untreated.

Testicular cancer has a very fast onset. If not detected early, the cancerous tumors can grow rapidly with the ability to double in size in just 10 - 30 days.

Testicular cancer is on the rise and can affect any male from infancy to the elderly. An estimated 8,500 new cases are diagnosed annually and 1 out of 270 young men will be diagnosed. The highest rate of diagnoses are males between the ages of 15 to 44.

If detected early, testicular cancer is over 95% curable.

Hocking Valley Community Hospital provides chemotherapy and other cancer treatments with Dr. Elaine Bead. Appointments may be made by calling (740) 380-8129. Ask your doctor to keep your cancer treatment local, alleviating the need for distant traveling and inconvenience for loved ones who transport you to and from your provider for treatment.

EVENTS CALENDAR

April 27: TWIG II Spring Flower Sale Deadline to Order

TWIG II is hosting a flower sale fundraiser. A variety of planters and hanging baskets are available. Flats are \$12; hanging baskets are \$12; and terra cotta planters are \$11 for 10 in. and \$16 for 12-in. Order forms available on the HVCH cafeteria bulletin board or by contacting Community Relations at (740) 380-8154. Flower pickup is Sunday, May 6 from 12 to 2 p.m. at the Hocking County Fairgrounds. Payroll deduction available for hospital employees. All proceeds benefit HVCH.

May 11: TWIG VI Mother's Day Raffle

TWIG VI is selling raffle tickets for a Mother's Day raffle until Friday, May 11. Raffle contents include: home-made quilt, OSU cardigan, pedestal clock and a \$50 Kroger gift card. Call 740-974-9810 for tickets.

INSPIRATIONAL QUOTE OF THE WEEK

"Volunteers don't get paid, not because they're worthless, but because they're priceless."

— Sherry Anderson

Direct to You: From Roy Davis

One of my favorite childhood memories was going to Florida and staying with my Grandma during spring break. This allowed me to be able to go watch my favorite team, the Cincinnati Reds, during spring training. I was able to see all the members, including my favorite players, Johnny Bench and Joe Morgan of the "Big Red Machine," from just a couple yards away. They would play pickle or take batting practice just like I had in my back yard or at practice.



Roy Davis,
Director of Growth
and Development

The practice would begin with each group warming up by themselves – the pitchers and catchers over there throwing slowly, the infield taking grounders, and the outfielders catching pop fly balls. This looked the same as any other baseball practice from Little League through high school, but when they came together as a team you saw why they were the best team of the decade. Winning was all that mattered; there was constant communication, they always worked on their fundamentals, and they would sacrifice for the good of the team – bunt a runner over, slide into base to take out a thrower to

avoid a double play, or run into a wall to get an out.

With spring coming and the change in the weather (hopefully) we are going through great change in the Hocking Valley Medical Group. We are becoming one great team. With the purchase of the Shaw Building on Hunter Street, formally Hopewell Health, we will be able to move our 13 practitioners into three buildings. The building is currently being remodeled to hold our family practices, pediatrics and psychiatry. General Surgery will be staying in the CIC building by the HVCH campus, while Orthopedics will be moving to the Medical Arts Building.

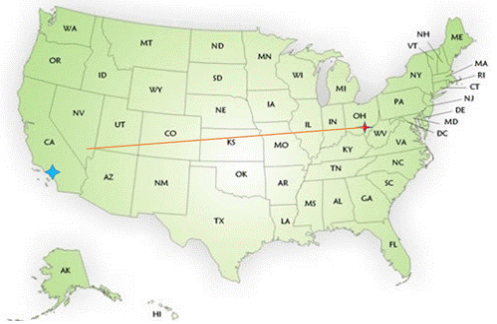
These moves were made possible with a generous donation from the Hocking Valley Community Hospital Foundation. The move will allow us to serve more patients, and also save financially by eliminating several items including rent and duplicate bills such as phone, electricity, and internet. Other efficiencies will come with being under one roof.

The employees of the HVMG are very excited for the move and have identified many great ideas on how to make the patient experience better including the phone system, patient flow and leveraging Epic (our electronic health records platform). During



HVCH participates in Walk Across America

Hocking Valley Community Hospital recently joined many organizations in our community to participate in the Public Health Week Walk Across America Challenge.



Employees were encouraged to walk 3 miles a day with the goal of having enough miles to make a virtual walk across the USA. Other participating teams included Unified Bank of Nelsonville, Hocking Valley Medical Group, Hocking County DD, Hocking County Health Department and several individuals.

Hocking Valley Community Hospital employees contributed more than 609 miles! Although we didn't quite make it to the coast of California, we ended up as far as Nevada!

The Hocking County Health Department is organizing another Walk Across America Challenge in April 2019 during Public Health Week. We're not giving up!

HVCH Cafeteria Menu April 16-April 20

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

DIRECT

the summer, we also will begin using patient satisfaction tools along with expansion of our social media marketing to bring the best care possible to Hocking County.



APRIL 28, 2018

Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse.

Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision. The non-medical use of prescription drugs ranks second only to marijuana as the most common form of drug abuse in America.

The majority of teenagers abusing prescription drugs get them from family and friends —and the home medicine cabinet.

Unused prescription drugs thrown in the trash can be retrieved and abused or illegally sold. Unused drugs that are flushed contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.

If you don't properly dispose of the unused or expired prescription drugs in your home, they might find a new one. Visit DEATakeBack.com for a collection site near you.

Take-back programs are the best way to dispose of old drugs. But if a program is not available:

- Take the meds out of their bottles;
- Mix them with something unappealing like used kitty litter or coffee grounds;
- Seal them in a bag or disposable container, and throw that away.

For more information on prescription drug abuse, go to:

- www.DEA.gov
- www.GetSmartAboutDrugs.com
- www.JustThinkTwice.com

TWIG II SPRING PLANT SALE

Flats - \$12
Hanging Baskets - \$12
Terra Cotta Planters -
\$11 for 10-in.; \$16 for 12-in.

To order, call Nancy at 740-385-4327 or the HVCH Community Relations Office at 740-380-8154. Proceeds benefit Hocking Valley Community Hospital.

Deadline to order is Friday, April 27.
Pickup is Sunday, May 6 from 12-2 p.m.
at Hocking County Fairgrounds.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Food Service Aide - Part Time - Variable Hours
- Radiologic Technician - Part Time
- Registered Nurse (RN) - Contingent/PRN - Behavioral Health Unit
- 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

Happy National Volunteer Week HVCH!

Hocking Valley Community Hospital prides itself with an outstanding volunteerism team and honors their selfless contributions to our organization and community. National Volunteer Week is April 15-21, a time set aside to recognize the countless ways volunteers make a significant impact in the life of an organization.

On average, our in-service volunteers contribute 3320 hours to your local hospital. And, while we know we could not possibly put a dollar amount on the value they provide to our patients and staff, according to the Economic Impact of Volunteers Calculator, they provide over \$78,000.00 of value to HVCH annually. As one of the largest charities in the county, it would not be possible for us to accomplish the many tasks they complete on a weekly basis without their volunteerism.

Many thanks to the following in-service volunteers at HVCH:

- Betty Jo Downs – Specialty Clinic
- Linda Hilbert – Materials Management
- Ruth Ann Spatar – Materials Management
- Judy Woolery – Medical Records
- Alice Blatchley – Materials Management
- Donna Gordon – Switchboard Operator
- Etta Ruth Sullivan – Community Relations
- Rev. Emory Clark – Chaplain Services
- Karen Cottrill – Specialty Clinic
- Roger Hedges – Registration/Admitting
- Brenda Mankin – Patient Services
- John Chappellear – Registration/Admitting
- Charles Eaton – Registration/Admitting
- Rev. Elizabeth Wagner – Chaplain Services



HVCH Board of Trustees and Foundation Board are also staffed with volunteers. Special thanks to the following for their numerous hours spent providing council to our hospital and Foundation:

- Ruth Ann Spatar – HVCH Board Chairperson
- Maria Galanti – HVCH Board Vice Chairperson
- Bobbi Bishop – HVCH Board Secretary
- Michael Walsh – HVCH Board
- Rick Webb – HVCH Board
- Amy Black – HVCH Board
- Brice Frasure – HVCH Board
- Brad Little – HVCH Foundation Chairperson
- Pete Dennis – HVCH Foundation Vice Chairperson
- Susan Aldridge – HVCH Foundation Treasurer
- Pam Cote – HVCH Foundation Board
- Judie Henniger – HVCH Foundation Board
- Laurel Danes-Webb – HVCH Foundation Board
- Donna Howard – HVCH Foundation Board
- Matthew Mahaffey – HVCH Foundation board

- Kyle Walker – HVCH Foundation Board

Additionally, the many TWIG and Auxiliary members who work tirelessly organizing events and fundraising opportunities to help sustain our hospital could not go without praise.

There are so many ways that volunteers are helping us to help you and your loved ones. To community members who volunteer time and materials crafting blankets, socks and hats for patients – we thank you.

To the churches who remember our staff working every weekend and every holiday – we are grateful for the many meals and snacks that you so graciously prepare and bring in to serve our teams.

To our neighbors who remember HVCH during the loss of a loved one by organizing drives and monetary memorials in their memory – we are blessed to have been here to serve you in your time of need. Where does the list end? Each of you deserve so much more than a week of recognition. At HVCH we are blessed beyond measure for your altruistic acts of volunteerism and kindness. To all, we encourage each of you to seek out an opportunity to engage yourself within the community this year through volunteerism.



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.