



**HOCKING VALLEY**  
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

**APRIL 6, 2018**

# Weekly Update

## April is Occupational Therapy Month



Occupational therapy is the only profession that helps people to do the things they want and need to do through the therapeutic use of daily activities (occupations).

Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.

Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes.

Occupational therapy services typically include:

- An individualized evaluation, during which the client/family and occupa-

tional therapist determine the person's goals,

- Customized intervention to improve the person's ability to perform daily activities and reach the goals, and
- An outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science.

HVCH offers both inpatient and outpatient occupational therapy and speech therapy services.

For more information, contact the Hocking Valley Community Hospital Outpatient Therapy Clinic at (740) 380-8284.

### 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: homemade quilt, OSU cardigan, pedestal clock and a \$50 Kroger gift card. Call 740-974-9810 for tickets.

### INSPIRATIONAL QUOTE OF THE WEEK

*"When we seek to discover the best in others, we somehow bring out the best in ourselves."*

— William Arthur Ward

## Direct to You: From Lauren Barber

Sometimes I feel like one of the last people on the planet who make an effort to watch



Lauren Barber,  
HR Director

the national news on TV every evening. Sure, I can get the latest breaking developments on my phone through the internet or social media. Sitting down for a few minutes while dinner cooks on the stove and catching the news has just become part of my after-work unwinding ritual. I relax a bit and learn what I missed while here at the hospital. My husband and I sometimes have thoughtful conversations about an event and how it impacts us.

This week while watching the news, I've seen a few feature stories about the 50th anniversary of the assassination of Dr. Martin Luther King, Jr. He was shot on April 4th, 1968, while standing on the 2nd floor balcony of the Lorraine Hotel. He'd come to Memphis, Tennessee, to support striking sanitation workers seeking better pay and safer working conditions. His children, who were very young

at the time of his death, were interviewed and asked about the impact of Dr. King's legacy. His message of nonviolent resistance still resonates today, of course. There have been many peaceful demonstrations in recent years protesting wage disparities, police brutality, discrimination, sexual harassment, and school violence, to name a few. Just last weekend, young people from all across the US marched in Washington, DC in support of stricter gun laws. When people unite for a cause, they feel empowered. They feel seen and heard. And they inspire change.

On our honeymoon a decade ago, my husband and I visited Memphis. We toured Graceland, of course, ate at BB King's on Beale Street, and went to Sun Studio where Johnny Cash recorded some amazing music. But the most humbling experience I had was visiting the National Civil Rights Museum. The façade of the Lorraine Hotel where Dr. King was murdered still stands attached to the main exhibition building and inside, his hotel rooms are preserved.

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## March Madness recipe contest winners named

The winning recipe of the March Madness Health Hoops recipe contest was submitted by the HVCH Dietary Department for healthy Black Bean Brownies. The department received a tailgate party in honor of their win. Ruby Davis of Logan also won a tailgate party for voting on the recipes during the Facebook contest. Thanks to everyone who submitted recipes and played along, and a special thanks to Logan Walmart for supplying the party trays for the winners!



## HVCH employees recognized for hard work

Several individuals recently were recognized for their hard work getting the new HVCH Urology clinic up and running. Pictured are Stacey Gabriel, CNO; Marilyn Johnson, Surgery Scheduler; Beth Coulardot, Surgical Technician; Sarah Kilbarger, Surgical RN - Not Pictured: Tara Jacobs, Director.

HVCH Cafeteria Menu April 9-April 13				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti		Meatloaf	Baked Zucchini	Egg Omelet
Battered	Hot Dog/Bun	Battered Cod	Grilled Chicken	Breakfast
Chicken Breast	Breaded	Breakfast Potato	Breast	Burrito
Honey Roasted	Chicken Wings	Casserole	Breadstick	Sausage Patty
Potatoes	Tator Tots	Asparagus w/	Grilled Mixed	Bacon
Succotash	Fried Corn	Cashews	Veggies	Sausage
Zucchini	Broccoli	Cauliflower	Carrots	Gravy/Biscuit
Breadstick	Spanish Rice	Beef Pot Roast	Bean w/ Ham	Cheesy Potato
Italian	Tomato Soup	Soup	Soup	Bake
Wedding Soup			Corn Muffin	Buffalo Soup

## DIRECT

Walking through the exhibits we learned more about the Civil Rights movement than we ever had in history class. We moved through the museum listening to personal stories, viewing artifacts, and feeling like we'd come so far and yet not far enough. Dr. King was only 39, but given a whole lifetime to fight injustice, how far could we have gotten?

I think about my role as a Human Resources professional. Sometimes, other people will say that I have one of the toughest jobs, especially when I'm asked to handle a complicated employee relations issue. But I see my job as an opportunity to advocate for diversity and ensure that we uphold the intentions of the Civil Rights Act. That means uniformly and fairly applying the hospital's policies and procedures, actively recruiting diverse individuals to join our team, ensuring that pay and benefits are equitable, and listening and acting when an employee complains about potential harassment. But I don't have to be an HR professional to advocate for others outside of work, and neither do you!

As human beings, we have a great deal of responsibility to each other to be kind and respectful. This doesn't mean that we have to agree with each other, believe the same things, or support the same causes. But we can listen. We can share our experiences with one another and seek greater understanding. I encourage you to make an effort every day to talk to someone who is different than you. Get to know them. You might be surprised at how similar you really are. You might even change your opinions or learn something new.

While this may seem wildly optimistic, we do have the ability to change the world one person at a time simply by being more mindful and accepting. We can speak out and be an ally to others. We can be a voice against racism and discrimination. We can stand up against sexual harassment. Do not tolerate intolerance. Injustice is not righted without calling attention and asking for action. We always have the opportunity to do the right thing to be better humans and create a better community.

As Dr. King famously said, "In the end, we will remember not the words of our enemies, but the silence of our friends."

— *Lauren Barber*



## 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](http://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

## HVCH receives generous toy donation



Hocking Valley Community Hospital recently received a generous donation of patient comfort items in memory of Morgan Lynnae Enderle from her family.

This is the second year the family selected HVCH for the toy donation drive, to help soothe those young patients during difficult encounters while visiting the hospital.

New this year, the family hosted a dinner and toy drive at their home and more than 17 boxes of items were donated in the amount of \$1,500.

“The toys were collected in honor of what would have been Morgan’s 26th birthday. We hope to keep her memory alive by bringing a little joy into the lives of children who come to HVCH for treatment. Once again, thanks to family and friends for their generosity to help make this a successful event,” said Ginny Hamilton, Morgan’s grandmother, and Heather Hughes, Morgan’s mother.

The new toys, including coloring books, games, stuffed animals, dolls, trucks and books, were distributed to the Laboratory, Radiology, Emergency and Urgent Care departments at the hospital and at the pediatric office of Dr. Mark Scarmack and Fallon Magdich-Ritchey, NP-C, to utilize for young patients when needed.

“On behalf of the Urgent Care and Emergency Department, I would like to thank the family of Morgan Enderle for their generous toy donation. The toys will be given to those pediatric patients needing a little comfort and cheer during their visit. It warms our hearts to accept such a thoughtful donation in memory of Morgan,” Michelle Matheny, Director of Emergency Services, said.



**Morgan Enderle**



South Central Ohio Job and Family Services’ Children’s Division and the Hocking County Prosecutor’s Office, Victim Services Division, have once again partnered to organize the annual Pinwheels in the Park ceremony. This year’s event will take place at 1:30 p.m., Monday, April 9 in Downtown Logan at Worthington Park.

The event, which is designed to raise awareness about issues surrounding cases of child abuse and neglect, as well as victim’s rights, will feature special speaker Stacey Stevens, whose father was tragically killed inside his Laurelville home in September 2016.

Stevens has become an outspoken advocate for victim’s rights since the death of her father, and was instrumental in the passage of Marsy’s Law in Ohio in 2017. She will talk from her own personal experiences working with the criminal justice system in an effort to raise awareness about what it’s like to be considered a victim of crime.

Other speakers will include Hocking County Prosecutor Benjamin E. Fickel and South Central Job & Family Services Executive Director Jody Walker.

Three hundred forty-eight pinwheels representing each referral that children services had in 2017 will be placed in the ground.

“Last year in 2017 the agency received a total of 884 abuse/neglect reports and screened in 348 of those reports,” said Theresa Johnson, supervisor of the intake and ongoing unit.

In 2017, victim services assisted 459 victims of crime, including 140 domestic and/or family violence cases, 112 adult physical assaults, 108 menacing charges, 36 intimidation cases, 29 stalking/harassment cases, and 27 child physical abuse or neglect cases.

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**@hockingvalleycommunityhospital**



## HEALTH TOPICS

### A - Z

## **(G)allbladder Disease**

Problems related to the gallbladder are one of the most common causes of abdominal pain. Stones in the gallbladder are usually the culprit, but polyps in the gallbladder, stones in the main bile duct or sometimes just poor function of the gallbladder can also cause symptoms.



Timothy O'Brien, M.D.  
General Surgery, Hocking  
Valley Medical Group

The gallbladder is a pear shaped organ which sits tucked up under the liver in the right upper abdomen. It functions as a reservoir for bile made by the liver. After eating, the gallbladder contracts to push the bile down into the intestine where it helps to digest fat. If there are stones present, one of them may get stuck in the narrow outlet of the gallbladder when it squeezes down. This usually results in pain in the right upper abdomen, which may radiate thru to the back and is often accompanied by nausea. Episodes may last from a few minutes to several hours depending on how stuck the stone is. Most of the time the symptoms will resolve on their own, but occasionally the stone remains stuck and the patient develops what is known as acute cholecystitis. With increasing pain, vomiting, and sometimes fever these patients usually end up at the hospital.

While anyone may develop gallstones, the phrase "fair, female and forty" describes those at highest risk. Obesity and family history are also risk factors. The best way to diagnose gall-

stones is with a simple ultrasound test. This will identify the stones and any other possible signs of inflammation.

In addition to stones in the gallbladder, stones which make their way into the main bile duct can also cause problems. If they cause a blockage here, bile backs up and the patient becomes jaundiced and may also develop pancreatitis. This often requires a specialized procedure, known as an ERCP, to remove the stone from the bile duct. Polyps in the gallbladder are also a fairly frequent finding on ultrasound. Most polyps are benign and don't cause problems, but if they get larger than about 1 cm they can cause symptoms. Some patients have symptoms suggestive of gallbladder disease but no stones or polyps on ultrasound. In this situation a poorly functioning gallbladder, referred to as biliary dyskinesia, may result in right upper quadrant pain and nausea. A test called a HIDA scan can evaluate how well the gallbladder is working.

The treatment for gallbladder disease is usually cholecystectomy – surgery to remove the gallbladder. Lifestyle changes and medication may help somewhat but surgery is curative. Most of the time the surgery can be done laparoscopically. This requires only four small incisions and is usually an outpatient procedure. Most people return to work in 1-2 weeks and resume a normal diet.

If you've been experiencing pain in the right upper abdomen, particularly after eating foods high in fat, you may need an evaluation for gallbladder disease. We are here for you! Please call our office at 740-380-1300 to schedule an appointment 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.