



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

APRIL 27, 2018

Weekly Update

HVCH announces new CEO

Following a four month nationwide search, Hocking Valley Community Hospital's Board of Trustees is pleased to announce the appointment of a new Chief Executive Officer to lead Hocking County's 25-bed critical access hospital.

Stacey Gabriel, MBA/MHA, BSN, RN, EMT-B, CEN, current Chief Nursing Officer, will take the helm on June 1 as the hospital's new CEO and President.

"We are excited for Stacey's leadership as we begin a new era at HVCH," Ruth Ann Spatar, Board Chairperson, said. "We had an overwhelming number of more than 140 applicants for this position, and we reviewed an excellent slate of candidates, including several from out of state, narrowing it down to three superior candidates. Following Spark and Skype interviews with each of the finalists, we found the exceptional leader in Stacey. While the defining reasons for her choice are of a colossal number, most importantly she is a hometown girl with more than 20 years of service to our hospital. She demonstrates professionalism and good character, is direct and on point, cooperative and friendly, and is willing to learn and progress."

"As a board, we acknowledged her academics and how she has advanced in her career. We are very appreciative of her nursing background," Spatar shared. A national CEO search began in January following the announcement of the retirement of current CEO and President Julie Stuck. The search committee included HVCH board members Mike



STACEY GABRIEL

Walsh and Amy Black, General Surgeon Dr. Michael Tornwall, Chief Financial Officer Julie Grow and Ruth Ann Spatar, Board Chairperson.

Gabriel, a native of Logan, earned her Associates Degree in Nursing at Hocking College in 1995, a Bachelor's Degree in Nursing from Ohio University in 2007, and her Masters Healthcare Administration and Masters Business Administration from Indiana Wesleyan University in 2016.

Gabriel has most recently served as Chief Nursing Officer at HVCH. Prior to that promotion in 2015, she has served as Director of Emergency Department, House Supervisor, Operating Room Nurse, Resource Nurse Med-Surg/SCU/SNF/ED and staff nurse. During her ser-

EVENTS CALENDAR

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. Tickets are 1 for \$1 or 6 for \$5. Call 740-974-9810 for tickets or visit the HVCH Administration or Community Relations Offices. Proceeds benefit Hocking Valley Community Hospital. Payroll deduct available for HVCH employees.

June 14: Book Sale HVCH Meeting Room

The HVCH Auxiliary is hosting a summer book sale fundraiser for the hospital. Shop discounted books and gift items from 7 a.m. to 3:30 p.m. in the hospital meeting room. Payroll deduct available for HVCH employees. All proceeds benefit Hocking Valley Community Hospital.

INSPIRATIONAL QUOTE OF THE WEEK

"Failure will never overtake me if my determination to succeed is strong enough."

—Og Mandino

Direct to You: From Stacey Gabriel

I recently had the honor to present the HVCH Scholarship award to a young man at the annual



Stacey Gabriel,
Chief Nursing
Officer

Logan High School local scholarship awards ceremony. The amount of support that our community gives to the youth is overwhelming. The LHS Principal shared that approximately \$1.5 million was awarded Tuesday evening taking into consideration local scholarships as well as academic scholarships awarded by colleges. THAT is a staggering number for a small, rural community like Logan, Ohio.

That being said... it was humbling to see the number of seniors who have selected healthcare as their career path. Healthcare comes in a variety of forms with endless opportunities. Sometimes when people think "healthcare" or "hospital" they think "doctor" or "nurse". While these are two major components of the healthcare system, there are certainly many others. There are Aides

who provide daily care; Phlebotomists that draw blood; X-ray Technicians who take an X-ray, Environmental Services staff who keep our buildings clean and free from organisms that cause infection; Plant Operations who ensure our building remains in working order; Materials for getting us the supplies that we need; Information Services for keeping up with all of the changes in technology; and Dietary for preparing meals for employees and patients. Not to mention the clerical staff who answer the endless number of phone calls and direct people to the right area; Administrative/Leadership staff for continuously evaluating hospital operations to ensure we continue in the right direction; and let's not forget the Board of Directors which serves as the governing body to ensure healthcare remains a strong force in our county.

We (as currently healthcare workers) have the opportunity to make an impression on the young minds today and perhaps mold them into becoming the healthcare workers of tomorrow. Why would we NOT want to do that? I en-

DIRECT, PAGE 3

CEO

vice at the hospital, she has played a key role in the following accomplishments: Implementation of new electronic healthcare reporting system, Epic; unit consolidation; restructured and strengthened the Hospitalist Program; implementation of Emergency Department Tele-Stroke; implementation of eICU partnership with Ohio Health; online policy platform and creation of hospital computer lab.

In addition to healthcare leadership at Hocking Valley Community Hospital, Gabriel also has been involved in community and professional associations. Previously, she worked as an experienced flight nurse with Air Evac Lifeteam and currently serves as EMT-Basic with Hocking County EMS. Additionally, she has served on the following committees: Community Health Improvement Project; School Health Council; Project Lead the Way; Hocking College EMS Advisory Board; and Chairperson of Hocking County Local Emergency Planning Committee.

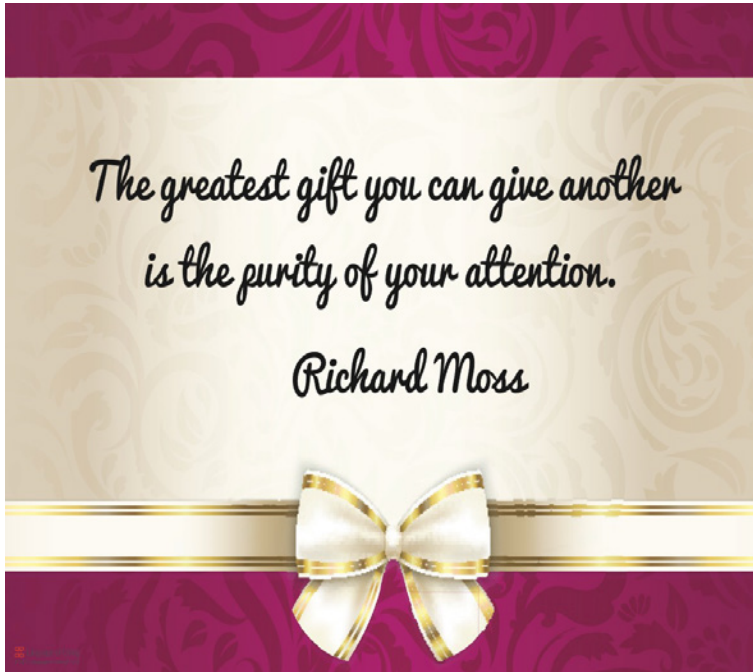
"I am honored and humbled to be selected as the next CEO for HVCH," Gabriel said. "When I started my career here as a LPN in our Skilled Facility 23 years ago, I would have told someone they were crazy if they said I'd be in this role today! This organization has always had a place in my heart and I am proud of the things we do. Being part of the community is something I hold near and dear, and I look forward to the opportunities to continue building those relationships."

"I could not ask for a better group of people with whom to begin this journey. I am blessed to work alongside more than 340 excellent employees," Gabriel stated.

Current CEO Julie Stuck shared, "Stacey is an excellent choice for leading Hocking Valley Community Hospital into the future. Having grown up in Logan and choosing HVCH for her healthcare career, both will serve her well in her new position as CEO. She has a vested interest in the success and sustainability of this hospital, both on a professional and personal level."

Ms. Gabriel will be the seventh CEO of HVCH since it opened approximately 52 years ago.

HVCH Cafeteria Menu April 30-May 4				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Chicken Breast/Bun Italian	Hot Dog/Bun	Chicken Tator Casserole	Tortilla Tilapia
Chicken Fingers	Sausage/Bun	Macaroni & Cheese	Salisbury Steak	Creamed Chip Beef
Potato Wedges	French Fries	Onion Rings	Mashed Potatoes	Mashed Potatoes
Cauliflower	Corn	Baked Potato	Baked Beans	Glazed Carrots
Broccoli	Green Beans	Carrots	Cabbage	Broccoli
Breadstick	Blended Veggies	Brussels Sprouts	Peas	Biscuit
Tomato Soup	Chicken Soup	Chili	Broccoli Soup	Chicken Dumplings



April is Occupational Therapy Month!
 Help celebrate "Skills for the Job of Living" on Monday, April 30th. Occupational Therapists and staff will be located in the back of the Café from 11a.m.-12:30 p.m. Stop by for games, refreshments and learn more about Occupational Therapy!

DIRECT

courage young adults to come and job shadow for the day- see what working in a hospital is all about- because there's more to it than even just hands-on patient care. Is working in healthcare easy? Nope... not at all. It requires shift work, weekends, holidays, and at times missing out on family events. But is it worth it? ABSOLUTELY!! Healthcare is such a rewarding profession that gives us the opportunity to make a difference in the lives of those we come in contact with. We get to help people through what could possibly be one of the worst days of their lives. Having been in healthcare for 23 years, I couldn't imagine doing anything else.

As hospital week approaches, our thanks goes out to all of you for the part that you play in creating a great organization. I have said before and will say again, it takes all of us working in unison to provide the best experience for our patients and their families.

**TWIG VI
 MOTHER'S DAY RAFFLE**



Raffle includes: Homemade Queen-Sized Quilt, Large OSU Cardigan Sweater, Pedestal Clock, \$50 Kroger Gift Card

\$1 EACH OR 6 FOR \$5

DRAWING IS FRIDAY, MAY 11

Tickets available in HVCH Administration or Comm. Rel. offices, or by calling Lisa Pickrell at (740) 974-9810.

**START YOUR CAREER
 WITH HVCH TODAY!**

Apply @ www.hvch.org

- Food Service Aide - Part Time - Variable
- Help Desk/Desktop Technician - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Contingent/PRN
- Radiologic Technician - Part Time
- Registered Nurse (RN) - Contingent/PRN - Behavioral Health Unit
- Registered Nurse (RN) - Full Time - Nights - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit - Full Time - Nights
- Respiratory Therapist - Full Time - Nights
- Respiratory Therapist - PRN/Contingent - Nights
- STNA - Inpatient Services - Contingent/PRN

Large Business of the Year awarded to Hocking Valley Community Hospital

For over 52 years the winner of this year’s Hocking Hills Chamber of Commerce Large Business of the Year award has served our community in its current location of St. Rt. 664 North, Logan. HVCH is an integral part of the community and more than fulfills its mission to “provide extraordinary care close to home - now and into the future. “

Recently awarded Modern Healthcare’s Best Places to Work Award, it provides employment for over 350 clinical, non-clinical and professional staff members. Additionally, the HVCH volunteer program in 2017 provided almost 1000 hours of service to patients and staff valued at over \$78,000 annually.

As is tradition, employees are also noted for giving back to the community. In 2017, staff assisted Logan in Bloom with downtown planting of flowers, packing food boxes at South East Ohio Foodbank & Kitchen, and providing healthcare education to Logan Hocking schools and local businesses. They have volunteered for Hocking Hills Senior Center Bingo for many years, and provide health presentations to both them and the Laurelville Senior Center. Employees annually attend and educate our community and surrounding areas with medical information at places such as the Rocky Boots Health Fair, KidPalooza, Relay for Life, Hocking County Fair, Appalachian Safety Fair, annual Sports Day Kick-Off, Kroger Safety Days and many more!

HVCH is one of the founding partners of the Chamber, hosting an annual breakfast before hours, and last year held a Chamber Ribbon Cutting for the opening of the HVCH and Osburn & Associates, Inc. Walking Trail.



Joint Commission accredited, affiliated with Ohio State University Wexner Medical Center, and specializing in general medicine, orthopedics, general surgery, urology, oncology, pediatrics, psychiatry and numerous other outpatient services, the 25 bed critical access hospital known to all of us as Hocking Valley Community Hospital is this year’s Large Business of the Year Award winner.

“We are so grateful for this honor,” said Julie Stuck, CEO. “Upon learning about our hospital being presented with this award, I began to reflect upon all that we do. Much like a church, it is not the building that is significant, but the people within,” she commented. “Our team together is what makes the difference to our patients and community.” Coinciding with the “Charting the Course Theme” for the evening, on behalf of the hospital, Julie Stuck, CEO, was presented with a Captain’s Wheel Large Business of the Year Award.

If you don’t properly dispose of 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

DEA NATIONAL ^{Rx} TAKEBACK

APRIL 28, 2018

HVCH celebrating Patient Experience Week

Patient Experience Week is April 23-27th and celebrates the efforts of people who impact the patient experience everyday: nurses, medical providers, support staff and executive professionals.

Recognizing and encouraging global efforts to improve the healthcare experience for patients, their families and caregivers, HVCH celebrates this special week in the health care community and is dedicated to improving the patient experience through collaboration and shared knowledge.

“Each year, our Emergency Room and Urgent Care alone treat more than 30,000 patients from our community as well as tourists who are visiting the Hocking Hills. In 2017, HVCH treated more than 114,000 patients,” Michelle Matheny, Director of Emergency Services, said. “Our vision is to provide our community an unparalleled patient experience through world class service that is both compassionate and professional.”



Patient Experience Week provides a focused time for organizations to celebrate accomplishments, reenergize efforts and honor the people who impact patient experience every day — from the nursing and medical staff, to all of those in the non-clinical areas of the

hospital.

To honor the staff member who has made a difference in your life or the one you love, nominate your caregiver through the Grateful Patient Program. Call 740-380-8336 to obtain your brochure today!

What You Need to Know About Air Quality Awareness Week

April 30-May 4 is Air Quality Awareness Week. Spring is here and we are all eager to make our way outdoors after the harsh winter we just experienced. But, for individuals who suffer with breathing difficulties it's important to be aware of outdoor air quality to protect your health. According to the U.S. Environmental Protection Agency, almost 23 million Americans suffer with asthma. Symptoms can start just hours after being exposed to polluted air. Outdoor air pollution can make you more sensitive to other triggers such as mold, dust mites and pet dander. Summer can be the worst ozone, especially afternoon and early evening when temps are at their highest and there's minimal breeze.

When the AQI forecast reaches Code Orange - make sure to follow your asthma action plan. To find out if you or your loved ones may suffer from asthma, contact one

Good	0-50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51-100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern.
Unhealthy for Sensitive Groups	101-150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151-200	Everyone may begin to experience health effects
Very Unhealthy	201-300	Health alert: everyone may experience more serious health effects.
Hazardous	301-500	Health warnings of emergency conditions. The entire population is more likely to be affected.

of our many Hocking Valley Medical Group Family Practitioners by calling 740-380-8160. Our team of experts can help you prevent difficulties this season so you can spend your quality time with family and vacation travels.



HEALTH TOPICS

A - Z

(H)and Washing is Important

Were you aware there is a day set aside to remind each of us about the importance of washing your hands frequently? May 5 is World Health Organization's world Hand Hygiene Day. Hand washing is not just for kids. Washing with soap and water or using hand sanitizer is the most effective way to prevent the spread of infections. In fact, it is the number one way, so it's important to clean your hands often.



Christy Schneider R.N.,
Infection Control and
Environmental Services
Director, HVCH

Just how often?

- Before eating
- Before, during, and after preparing food
- After using the bathroom
- After coughing, sneezing, blowing your nose, or caring for someone who is ill
- After taking out the garbage
- After petting animals – any animal!
- When visiting someone who is ill
- Whenever your hands look or feel dirty – they're probably dirty!

Does singing "Happy Birthday" re-

ally work? According to the Centers for Disease Control and Prevention it does.

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap
- Lather your hands by rubbing them together. Don't forget the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Hum the "Happy Birthday" song from beginning to end – twice.
- Rinse your hands well under clean, running water
- Dry your hands using a clean towel or air dry them. Don't touch the faucet handles after washing. Use a paper towel to turn off the faucet, discard.

What if I'm somewhere there is no soap or water?

- Use hand sanitizer that contains at least 60% alcohol
- Apply to palm of hand, rub hands together and all over surface of hands and fingers until dry

Most important, remember the importance of hand hygiene and its ability to prevent the spread infections.



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.