



**HOCKING VALLEY  
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

**MAY 18, 2018**

# Weekly Update



## HIGH BLOOD PRESSURE EQUALS **HIGHER RISK OF STROKE**

**NORMAL BLOOD  
PRESSURE IS BELOW**

**↓ 120/80 ↓**

Check Your Blood Pressure To

**♥ REDUCE**

**Your Chance of Stroke**

High blood pressure is usually preventable with simple steps, yet it kills more people worldwide than any other condition. Most people who have a first stroke, have high blood pressure. Start with your primary care practitioner to take steps to reduce your blood pressure. If you do not have a family practitioner, contact Dr. John Woltz at (740) 385-0202 or Dr. Charles Keller at (740) 385-6864.

### EVENTS CALENDAR

#### **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.

#### **July 13: Foundation Auction at Hocking Hills Golf Club**

The HVCH Foundation annual charity auction will be held Friday, July 13 at the Hocking Hills Golf Club from 5:30 to 9:30 p.m. The silent auction will begin at 5:30 p.m. and the live auction will begin at 8:15 p.m. Come support HVCH!

#### **July 14: Golf Tournament at Hocking Hills Golf Club**

### INSPIRATIONAL QUOTE OF THE WEEK

*"A creative man is motivated by the desire to achieve, not by the desire to beat others."*

*—Ayn Rand*

## Direct to You: From Lauren Barber

My husband and I are getting ready to go on a fantastic adventure together. We're heading west to visit with my sister, brother-in-law and niece in Bozeman, Montana. Along the way, we'll get to take in the picturesque prairies and mountains, national parks and monuments, and a few museums and touristy sites. We're driving the entire way – over 3,500 miles and 54 hours. We feel a bit like the Griswolds driving cross-country to Wally World in National Lampoon's Vacation. Unfortunately, we won't have time to take the side trip to Cawker City, Kansas where the World's Second Largest Ball of Twine resides.



Lauren Barber,  
HR Director

wanted to go, it was an effort to put together a vacation for a family of five. She was the chief navigator and my dad was our pilot. I'd cram into the back seat with my two little sisters and off we'd go for a week-long trip across America. It wasn't until college that I came to appreciate our time together or the really cool places we visited.

I've discovered that there are two kinds of people: beach people and site-seers. Beach people like to get to their destination and relax. Site-seers are on the go from the minute they leave the house. From our family vacations, I've learned that I'm definitely a site-seer. When I travel, I love immersing myself in our destination, enjoying local cuisine, taking in the culture, and learning about the history of where we are. The beach is great. But after a couple of hours, I'm ready to head out for more adventures.

Over the years, I've seen a great deal of America from Florida to California, around the Great Lakes and destinations in between, mostly from a car window. It's amazing how much of our nation looks like the rest – suburbs, cities, and the small rural towns in between.

There was a time in my life when I would have been less than excited to be in a car for hours on end driving on boring interstates. Road trips were the summer vacation of choice when I was growing up. My mom would plan for weeks researching destinations, booking hotels, getting maps. And back before the internet was a thing and Google could get you where you

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## HVCH welcomes new employees

HVCH welcomes the following new employees for the month of May (from left): Kaelie Tripp, HR Intern; Shannon Frear, Community Relations Intern; Connor Blake, STNA, Inpatient; Jennifer Horner, R.N., Inpatient; and Lynna Hreha, Respiratory Therapist, Cardiopulmonary.



## HVCH volunteers help plant flowers

Hocking Valley Community Hospital volunteers helped plant flowers in downtown Logan as part of Logan in Bloom's annual efforts to beautify downtown. Several volunteers from various organizations helped plant flowers in the flower beds around Worthington Park, and in the planters and flower beds along Main Street. Thanks to everyone who volunteered!

HVCH Cafeteria Menu May 21-25				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Joe French Fries Seasoned Broccoli Cabbage Corn Potato Soup	Meatball Sub Chicken Fingers Spinach & Cheese Casserole 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 Cheese Soup





## LHSD sports physicals held

Hocking Valley Community Hospital recently offered free sports physicals to all athletes in the Logan-Hocking School District. Thanks to all the staff who helped make the event possible.



## Enroll in Kroger rewards and help raise money for HVCH

When you shop at Kroger, you can help raise funds for Hocking Valley Community Hospital Foundation through the Kroger Community Rewards Program. To sign up, visit [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com).

If you don't already have an account, click on "Create an Account" and follow the directions to get one started. You will need your Kroger Plus card number to sign up the first time. If you already have an account, sign in.

To select HVCH Foundation as your Kroger Community Rewards beneficiary, select "Enroll." Enter Hocking Valley Community Hospital Foundation or #81646.

If you should have any questions, please call Leslie in the Community Relations Dept. at 380-8110.

## DIRECT

I heard it once referred to as "gener-ica" – the parts of America that look like all the rest. However, it's in between the turnpikes, shopping malls, chain restaurants, and cookie-cutter hotels that you see the hidden gems that weave us together. Some of my favorite places have been off the beaten path like Mission Bay near San Diego, historic Annapolis, Lynchburg, Mammoth Hot Springs. It's as much about the journey as it is the destination, regardless of where that might be.

As we head out this week, I'm most excited about going up inside of the St. Louis Arch and traveling along Scenic Highway 26 in Nebraska, part of the original Oregon Trail. We're also taking a tour of a missile silo in South Dakota!

When planning your next vacation, whether you're staying local or driving cross-country, take the time to see things you've never seen before. Have lunch at that amazing state park. Stop into that little museum off the highway. Go explore! Have an adventure! Learn something new! This is the stuff that makes life...and vacations...worth it!

## START YOUR CAREER WITH HVCH TODAY!

Apply @ [www.hvch.org](http://www.hvch.org)

- Chief Nursing Officer (CNO) - Full Time
- Food Service Aide - Part Time
- Housekeeper - Contingent - Various Hours
- Radiologic Technician - Part Time
- Registered Nurse (RN) - Special Care Unit - Full Time - Nights
- Respiratory Therapist - Full Time - Nights
- Student Intern - Healthcare Administration (Unpaid)

## Dr. Neff retires from HVMG

Dr. Robert Neff has retired after 36 years of dedication to healthcare. Dr. Neff was born and raised in Dallas, Texas. He graduated from the University of Texas Southwestern Medical Center in 1979 and moved to Cleveland to complete his residency through the MetroHealth General Hospital, which he completed in 1982.

From there, he worked as an emergency room doctor in Elyria, then at a family medicine practice in Mexia, Texas.

Eventually he was connected with Dr. Roy Bontrager who was recruiting for additional family physicians for Logan. Dr. Neff began his Logan practice in 1990 and joined the Hocking Valley Medical Group.

A retirement celebration was held for Dr. Neff this week with many in attendance to wish him well on his new journey.



## Heart Healthy Green Bean Casserole



Serves 8  
77 Calories | 0.5 g Sat. Fat | 138 mg Sodium  
\*Per Serving

### Ingredients:

- 1 lb. frozen green beans (French cut is best), thawed
- 10.5 oz. canned, reduced-fat, low-sodium cream of mushroom soup
- 1/2 cup low-fat sour cream
- 1/2 tsp. pepper
- 1 small onion (cut into thin strips)
- Nonstick Cooking spray
- 1/4 cup whole-wheat flour

### Directions:

1. Preheat oven to 350 degrees
2. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes.
3. While casserole bakes, spread out onion sticks and lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat equally.
5. Spray medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crispy, stirring occasionally.
6. Remove casserole from oven, add 1/2 onion and stir well.
7. Top with remaining half and return to oven, bake for 5 more minutes.

Enjoy!



# 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.