



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAY 25, 2018

Weekly Update

HAPPY MEMORIAL DAY!

**&
DON'T
FRY
DAY**



To help reduce rising rates of skin cancer from overexposure to the ultra-violet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as "Don't Fry Day" to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors. Because no single step can fully protect you and your family from overexposure to UV radiation, follow as many of the following tips as possible:

- Do Not Burn or Tan
- Seek Shade
- Wear Sun-Protective Clothing
- Generously Apply Sunscreen
- Use Extra Caution Near Water, Snow, and Sand
- Get Vitamin D Safely

As warm weather approaches and

millions of Americans prepare to enjoy the great outdoors, the risk for ultraviolet (UV) damage of the skin increases. Skin cancer is on the rise in the United States, and the American Cancer Society estimates that one American dies every hour from skin cancer. This year alone, the American Cancer Society estimates there will be more than 73,870 new cases of malignant melanoma, the most serious form of skin cancer, and more than two million new cases of basal cell and squamous cell skin cancers in the U.S.

Fortunately, skin cancer is highly curable if found early and can be prevented. Remember to Slip! Slop! Slap!...and Wrap when you're outdoors — slip on a shirt, slop on broad spectrum sunscreen

EVENTS CALENDAR

June 7: 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

"As we express our gratitude, we must never forget the highest appreciation is not to utter the words, but to live by them."

—John F. Kennedy

Direct to You: From Roy Davis

For this week's column, I wanted to share information about cataracts, a vision problem that affects more than



Roy Davis,
Business
Development

24.4 million Americans age 40 and older. The information below is referenced from previous Mayo Clinic staff:

A cataract is a clouding of the normally clear lens of your eye. For people who have cataracts, seeing through cloudy lenses is a bit like looking through a frosty or fogged-up window. Clouded vision caused by cataracts can make it more difficult to read, drive a car (especially at night) or see the expression on a friend's face.

Most cataracts develop slowly and don't disturb your eyesight early on. But with time, cataracts will eventually interfere with your vision.

At first, stronger lighting and eyeglasses can help you deal with cataracts. But if impaired vision interferes with your usual activities, you might need cataract surgery. Fortunately, cataract surgery is generally a safe, effective procedure.

Symptoms

Signs and symptoms of cataracts include:

- Clouded, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Seeing "halos" around lights
- Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors
- Double vision in a single eye

At first, the cloudiness in your vision caused by a cataract may affect only a small part of the eye's lens and you may be unaware of any vision loss. As the cataract grows larger, it clouds more of your lens and distorts the light passing through the lens. This may lead to more noticeable symptoms.

When to see a doctor

Make an appointment for an eye exam if you notice any changes in your vision. If you develop sudden vision changes, such as double vision or flashes of light, sudden eye pain, or sudden headache, see your doctor right away.

Causes

Most cataracts develop when aging or injury changes the tissue that makes up your eye's lens.

Some inherited genetic disorders that cause other

DIRECT, PAGE 3



A SUMMER TO REMEMBER

A Summertime Fun Charity Auction

In Support of Hocking Valley Community Hospital Foundation

FRIDAY, JULY 13, 2018 • 5:30 TO 9:30 P.M.

SILENT & LIVE AUCTION | ENTERTAINMENT

Hocking Hills Golf Club,
14405 Country Club Lane, Logan

Come and bid on auction items and trips to make
your summer one to remember!



ANNUAL CHARITY GOLF TOURNAMENT

Saturday, July 14, 2018
Hocking Hills Golf Club

ONE FLIGHT ONLY; MAX 28 TEAMS

Tournament Package: \$150 per golfer
Includes breakfast, greens fee, cart fee, lunch & gift
Register at www.hvch.org or call (740) 380-8154.

HVCH Cafeteria Menu May 28-June 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Cauliflower Broccoli Breadstick Tomato Soup	Chicken Breast/Bun Italian Sausage/Bun French Fries Corn Green Beans Blended Veggies Chicken Soup	Hot Dog/Bun Macaroni & Cheese Onion Rings Baked Potato Candied Carrots Brussels Sprouts Chili	Chicken Tator Casserole Salisbury Steak Mashed Potatoes Baked Beans Cabbage Parmesan Peas Broccoli Soup	Tortilla Tilapia Creamed Chip Beef Mashed Potatoes Glazed Carrots Broccoli Biscuit Chicken Dumplings

DIRECT

health problems can increase your risk of cataracts. Cataracts can also be caused by other eye conditions, past eye surgery or medical conditions such as diabetes. Long-term use of steroid medications, too, can cause cataracts to develop.

Prevention

No studies have proved how to prevent cataracts or slow the progression of cataracts. But doctors think several strategies may be helpful, including:

- Have regular eye examinations. Eye examinations can help detect cataracts and other eye problems at their earliest stages. Ask your doctor how often you should have an eye examination.
- Quit smoking. Ask your doctor for suggestions about how to stop smoking. Medications, counseling and other strategies are available to help you.
- Manage other health problems. Follow your treatment plan if you have diabetes or other medical conditions that can increase your risk of cataracts.
- Choose a healthy diet that includes plenty of fruits and vegetables. Adding a variety of colorful fruits and vegetables to your diet ensures that you're getting many vitamins and nutrients. Fruits and vegetables have many antioxidants, which help maintain your eye health.
- Wear sunglasses. Ultraviolet light from the sun may contribute to the development of cataracts. Wear sunglasses that block ultraviolet B rays when outdoors.
- Reduce alcohol use. Excessive alcohol use can increase the risk of cataracts.

Treatment

When your prescription glasses can't clear your vision, the only effective treatment for cataracts is surgery.

When to consider cataract surgery

Talk with your eye doctor about whether surgery is right for you. Most eye doctors suggest considering cataract surgery when your cataracts begin to affect your quality of life or interfere with your ability to perform normal daily activities, such as reading or driving at night.

It's up to you and your doctor to decide when cataract surgery is right for you. For most people, there is no rush to remove cataracts because they usually don't harm the eye. But cataracts can worsen faster in people with diabetes. Take time to consider the benefits and risks of cataract surgery with your doctor.

If you do not have a family doctor, you may reach out to the Hocking Valley Medical Group Primary Care Practitioners Dr. John Woltz at (740) 385-0202 and Dr. Charles Keller at (740) 385-6864.

Welcome our HVCH Summer Interns



These three young ladies are recent graduates from Ohio University with a degree in Health Service Administration. Completing their mandatory 400 hour unpaid internship, is the final step. We are grateful to have their assistance this summer and please welcome them to our organization! From left: Shafon Mason (HVMG Intern), Kaelie Tripp (HR Intern), & Shannon Frear (Community Relations/Foundation Intern)

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Chief Nursing Officer (CNO) - Full Time
- Food Service Aide - Part Time - Various Hours
- 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)



As the Logan-Hocking School District school year draws to a close this Friday, we say congratulations to the many graduates taking part in Friday's graduation ceremony.

Some of our HVCH grads include:

- **Cymon Reese Rooker**, son of Crescent Rooker, R.N. is graduating from Logan High School. He plans on attending Ohio University Lancaster to study Law Enforcement Technologies and obtain a Bachelor of Science in Communications.
- **Carter Hodson** is the son of Josh Hodson and Stacey Gabriel, Chief Nursing Officer. He is graduating from Logan High School. He is committed to play football for Capital University Crusaders and will be majoring in Media Communications.
- **Brian Hoffman** is the son of Cathy Hoffman, CRNA. He is graduating from the University of Toledo doctoral program. He plans a 1-2 year residency at University Hospitals in Cleveland.
- **Stephanie Renee Burrell** is the daughter of Letha Burrell, R.N., Outpatient Surgery. She is graduating from Fairfield Christian Academy and will be attending Ohio University Lancaster studying speech therapy.



- **Launa O'Rourke** is the granddaughter of Heather Smith, Director of Revenue Cycle. Launa is graduating kindergarten from Green Elementary and plans to enjoy summer vacation!
- **Allyson Nakanishi** is the daughter of Barb Nakanishi, Nutrition Services. She is graduating from Logan High School and will attend The Ohio State University majoring in Biology with plans to attend medical school.
- **Caden Wentz** is the son of Bob Wentz, Inpatient Rehab. He is graduating from Lancaster High School and is currently undecided on his future endeavors.
- **Connor Martin** is the son of Emily Martin in Outpatient Surgery. He is graduating from Ohio University.
- **Wesley Shannon** is the son of Jane Shannon, R.N. He is graduating from Logan High School.
- **Abram Martin** is the son of Emily Martin in Outpatient Surgery. He will be graduating from Fisher Catholic High School. He plans to study Pre-Med at the University of Dayton.
- **Cameron Jordan** is the son of Jenny Jordan, R.N., Utilization Review Nurse. He is graduating from Logan High School and plans to attend The Ohio State University majoring in Engineering.

FRY DAY

of SPF 30 or higher, slap on a wide-brimmed hat, and wrap on sunglasses. The best way to detect skin cancer early is to examine your skin regularly and recognize changes in moles and skin growths.

Most skin cancers are caused by overexposure to UV radiation. Individuals with lighter-toned skin are more susceptible to UV damage, although people of all races and ethnicities can be at risk for skin cancer. Those who have a family his-

tory of skin cancer, plenty of moles or freckles, or a history of severe sunburns early in life are at a higher risk of skin cancer as well. To minimize the harmful effects of excessive and unprotected sun exposure, protection from intense UV radiation should be a life-long practice for everyone.

The National Council on Skin Cancer Prevention works to reduce skin cancer incidence through awareness, prevention, early detection, research, and advocacy.

HEALTH TOPICS

A - Z

The (J)oy of Remembering

May is a wonderful month to celebrate so many things, (i.e. graduations, summer jobs, Cinco De Mayo, Mother's Day, Memorial Day, and summer vacation plans.) Spring has been slow to arrive and all of us for sure are eager to start making some memories this spring and summer. Memories are created many ways, and mean different things to different people.

Memorial Day is identified as the official start to summer break for some, so taking off for an extended weekend is how many families celebrate. Others will load up their vehicle with plants and mulch, shovels and hand tools, gallons of water and will head to the graves of their loved ones and friends. These are all traditions that have formed over the years and become important in our lives because they connect us to our past.

Growing up, we would spend the day visiting cemeteries with my mother's side of the family. Grandmother had the most beautiful flower garden ever, and preferred to place her fresh cut peonies in tin foil wrapped aluminum coffee cans on the graves while the rest of us planted annuals. After several hours of decorating, there was a pull off alongside Rt 595/278 near Carbon



Latricia Johnston,
Chief Public Relations Officer
Hocking Valley
Community Hospital

Hill Cemetery where we would set up tables and lawn chairs and spend time sharing our meal together. Everyone brought picnic baskets full of food, and grandmother would have made her famous noodles. Fried chicken and lemon pies were also staples of our annual event. This may seem like a silly memory to some, but for me I absolutely treasured that day as a kid. A full day visiting cousins and grandparents while learning about my relatives, and I honestly believe that is when my love for genealogy began.

In keeping with the May holiday and paying your respects this month, I would encourage each of you to consider making a memorial on behalf of your loved ones. There are many ways to keep their memory alive and meaningful through a charitable gift, and naming opportunities are available at different levels that provide you with a choice. It should be the goal of your selected charity to personally work with you to identify what level reflects the life of the individual you are memorializing. If he or she lived a life giving back to others, then contributing to a charity in their memory allows them to continue being philanthropic beyond their lifetime. This Memorial Day start a new tradition by making a donation on their behalf and enable their legacy to stand out in a way that truly says "never forgotten."



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.