



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JUNE 8, 2018

Weekly Update

June is National Men's Health Month



Did you know there is a month entirely dedicated to raising awareness for issues impacting the health and wellness of men and boys? June honors the annual Men's Health Month.

The month also coincides with Men's Health Week (June 11–17), a special awareness period created by Congress, and the #ShowUsYourBlue campaign where men and women are encouraged to wear blue to work to show their support for the health and well-being of men boys and men.

There has been progress in men's health awareness over the last 20 years since Congress recognized National Men's Health Week, supported by the Men's Health Caucus in Congress and

the APHA Men's Health Caucus.

Some startling statistics:

- Currently, men are dying an average of 5 years younger than women and lead 9 out of 10 of the top causes of death.
- Men are at greater risk for death in every age group. More males than females are born (105 vs 100), but by age 35, women outnumber men.
- Men have a higher suicide death rate than women.
- Men account for 92% of fatal workplace injuries.
- Men do not see physicians for a physical exam nearly as often as

EVENTS CALENDAR

June 29: Farewell Party for Dr. Beed, HVCH Meeting Room

A public farewell party will be held for Dr. Elaine Beed on Friday, June 29 from 12 to 1 p.m. in the HVCH Meeting Room. Please join us in wishing her the best on her future endeavours. Kindly RSVP to Beth Bell at (740) 380-8154 or email bbell@hvch.org by June 25.

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

"If you want to conquer fear, don't sit home and think about it. Go out and get busy."

— Dale Carnegie

Direct to You: From Stacey Gabriel

Summer is upon us... and what a beautiful summer it is starting out to be!!



Stacey Gabriel, CEO

Soon our community will be full (and I mean full) of out of town visitors who are here to enjoy the beautiful Hocking Hills and all of the activities we have to offer- camping, hiking, canoeing, zip-lining... as well as many others. I love how our community embraces these out of town guests and shows them the hospitality of Hocking County. We hear all the time how "nice" and "friendly" people are in the Hocking Hills, and I feel that's a testament to this great community in which we live and work.

These wonderful outdoor activities may also mean our out-of-town guests may need to seek services at our facility. I encourage you to be in-tuned to them and remember they are in unfamiliar territory. This could make it a bit scary- no family, no friends, not sure of what may happen. This all leads to what could be an extremely anxiety-

provoking experience!! That's where our compassion for what we do and our commitment to provide exceptional service comes in to play. Remember when we talked about empathy— putting yourself in someone else's shoes. Imagine what it would feel like if you were out of town, found yourself in the local ED or UC, maybe you need emergency surgery, or maybe you had a flair up of a chronic condition... and you are in a city where you have no connections or support system. I know I would definitely be scared and quite anxious. This is why it's so important to do what it is that you do... and give it 110%. Treating patients as if they are our own family member means we will never let them down and we will exceed their expectations. (This is really true for all our patients... not just the out-of-towners).

I also would like to take this opportunity to tell you all how much I appreciate all of the kind words of encouragement as we embark on the next chapter of HVCH. I am humbled by all of the support I have received from the wonderful

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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 June 11-15 | | | | |
|--|--|--|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Lasagna Chicken Fingers Sweet Potato Fingers Cheese Ravioli Brussels Sprouts Garlic Bread Broccoli Soup | Taco & Fajita Bar Nachos N' Cheese 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 N' Noodles Mashed Potatoes Zucchini Brussels w/ Bacon Minestrone Soup |

HEALTH

women and men are more likely to be uninsured than women.

So what can men do to make sure they are living well?

- Early screenings! They will not only save money in the long run, but they can also save your life and/or make life easier to manage if diseases are caught early on.
- Exercise, because it's summertime! Why do you think most TV shows and football are off? So men can finally go out and move around. You shouldn't need a reason to get at least 30 minutes of exercise in — help your heart and just do it.
- Father's Day is coming up! Why not give the father figure in your life the gift of knowledge along with your gift? There are many resources at www.menshealth-network.org that will help educate you and your father about risks of prostate cancer and other diseases.

If you are in need of a family practitioner to assess your health and conduct annual screenings, contact Hocking Valley Medical Group Dr. John Woltz at (740) 385-0202 or Dr. Charles Keller at (740) 385-6864. Both are accepting new patients.



Pictured left to right, holding certificates and Shining Star Pins are: Stacey Gabriel, President & CEO; Amber Lehman, NA; Katie Curtis, RN.

Grateful patient recognizes caregivers

This week, two nurses were recognized through the HVCH Foundation Grateful Patient Program.

Former patient, Mr. William "Bill" Forbes, made a donation to the HVCH Foundation in honor of Katie Curtis, RN, and Amber Lehman, NA.

In his message he wrote: "My treatment by Katie and Amber at HVCH made me proud of this hospital. I'm very thankful. You girls are wonderful. I've been treated very well and I appreciate it".

Congratulations Katie & Amber!

If you would like more information on the Grateful Patient Program, please contact Latricia Johnston at 740-380-8336.

Hocking Valley Community Hospital

"I walked in PANICKED AND left feeling VERY GRATEFUL and thankful."

This ★★★★★ #SmallThanks is from Felicia M. Google

Did you have a positive experience at HVCH that you would like to share? Visit our Review Us page at www.hvch.org/review-us to let us know how we did. We want to hear from you!

START YOUR CAREER WITH HVCH TODAY!

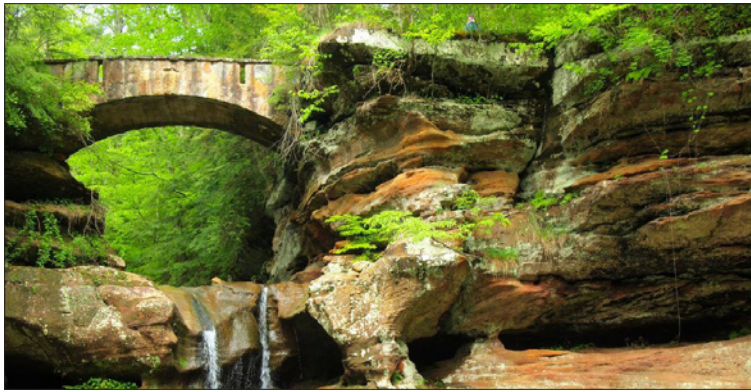
Apply @ www.hvch.org

- Chief Nursing Officer (CNO) - Full Time
- Food Service Aide - Part Time - Various Hours
- Housekeeper - Contingent - Various Hours
- Registered Nurse (RN) - Special Care Unit - Full Time - Nights

DIRECT

employees at HVCH as well as those in the community. HVCH is my home away from home. It's my place of work, however, it's a place full of wonderful experiences and memories, and that is because of all of you. Times are tough in healthcare, but I am certain that as we all pull together and row in the same direction, there isn't a thing we can't conquer. Thank you for your commitment to making healthcare better for our community and for your willingness to serve.

— *Stacey*



The Many Faces of HVCH

Blaine Davidson, newest HVCH Board Member, is the founder and CEO of Hocking Hills Winery in Logan. Blaine originates from Columbus, however, growing up he spent much time on the Davidson Family Farm located here in Logan, and developed a love for the region. In 2009 Blaine and his soon-to-be wife Allison decided to make the move to the family farm to develop the county's first commercial vineyard and ultimately start the Hocking Hills Winery. In it's second year, Hocking Hills Winery saw nearly 60,000 visitors and remains one of the top attractions in the Hocking Hills region.



In addition to the Hocking Valley Community Hospital Board, Blaine also serves as a Board Member and Secretary of the Hocking Hills Chamber of Commerce. Blaine is a graduate of Ohio University with a Bachelors of Business Administration and Ashland University with a Master's of Business Administration. Blaine and Allison have three kids, Max, age 5; Adley, age 3; and Scarlett, age 1.



**Effective SUNDAY JULY 1ST ,
the Urgent Care at HVCH will have
new hours to better serve you.**

**The Urgent Care will be open from:
10:00am-9:00pm
(seven days/week)**



We Are Moving!

**New Address Effective June 11
819 S.R. 664 N., Logan**

Hocking Valley Medical Group Orthopedic Group Scott Cryder, PA-C, Dr. Mark Holt, and Dr. Matthew Kauffman also have relocated their offices into the Medical Arts Building at 819 S.R. 664 N., Logan.



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.