



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

AUG. 10, 2018

Weekly Update

Time to trek the trails



If you live in or are visiting the Hocking Hills, take advantage of an easy way to increase your daily exercise and enjoy the natural beauty our county has to offer. On weekends or on vacation, unplug and get outdoors to explore.

But, before you go, don't forget to take with you a useful companion - AllTrails App! Simple and easy to use, once installed on your handheld device, allow access to your current location and instantly you find all the trails around you that are accessible, rated by other trail-goers, and you can adjust it to fit your needs.

The length meter will show shorter or longer trails, pet friendly trails, the elevation of the trail, if it loops back to the beginning or if you need to catch a ride at the other end. How many of us know there is a trail from Hemlock to Creekside Meadow at Clear Creek Nature Preserve? Near South Bloomingville is part of the Buckeye Trail and Gorge Overlook loop, a 5.1 mile trail featuring a waterfall and is pet friendly.

South Bloomingville also is home to Broken Rock Falls Loop featuring a waterfall. Glouster offers another

EVENTS CALENDAR

**Aug. 1-22: TWIG II Mum Sale
Pickup at Fairgrounds Aug. 25**

TWIG II is selling mums and asters for your fall decor! 8-inch pots are \$5, 10-inch hanging baskets are \$10 and 12-inch pots are \$11. Delivery is Aug. 25 at the Hocking County Fairgrounds. Call (740) 385-4327 or (740) 380-8154 to order.

**Aug. 27: Red Cross Blood Drive
HVCH Meeting Room**

A blood drive will be held in the Meeting Rooms behind the cafeteria from 8 a.m. to 2 p.m. Please call the HVCH Lab at (740) 380-8218 to schedule an appointment. Donate blood and receive a BOGO Columbus Zoo offer!

**Sept. 20: State of the Hospital
HVCH Front Lawn**

Save the date! More details to come!

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 Roy Davis

“Heart and Soul”

I would like to introduce this week Letha Heft, Practice Manager



Roy Davis,
Director of
Business
Development

for the Hocking Valley Medical Group. Working with her everyday has been one of the great pleasures of my professional life. Everyday she brings passion, hustle and brains to making life easier for patients, staff and providers.

She has been described as the “heart and soul” of the group and it shows up everyday. She has so many hats to wear, from manager to credentialing, to hiring and training. Letha is a true servant leader and as she likes to say, she loves to take care of her work family. When you walk through the new building, you can see the brilliance of her effort from how the work flow is designed for maximum efficiency to how beautifully decorated each room is to make a very warm environment.

We could not have pulled the recent move off without her leader-

ship and determination to make it happen on time and under budget. She worked tirelessly seven days a week to plan, organize, and make the move happen. It went very well and will be a great benefit to the community for years to come.

Letha Heft has worked for the Hocking Valley Medical Group for more than 15 years. She started at the front desk in family practice, then moved onto billing and credentialing specialist, followed by assistant practice manager for several years before becoming practice manager in 2017.

Letha is married to Bill, who works at Logan Clay. They have two children, Chelsey and Billy, and five grandchildren, Gabriel, Abram, Jonah, Emmy and Lucas. They love to travel and spend time with their family.



HVCH employee bake off held

Hocking Valley Community Hospital employees hosted a bake sale fundraiser as part of the annual employee campaign for HVCH Foundation. Employees made yummy desserts to be voted on by judges: HVCH Foundation Board Members Brad Little and Pete Dennis, and HVCH CEO Stacey Gabriel. Tammy Little was declared the winner of the contest with her entry of peanut butter chocolate cupcakes. More employee campaign activities will be held in the coming months. The project selected for this year's campaign is cafeteria renovations and all proceeds from the fundraisers will go toward the completion of the project.



HVCH Cafeteria Menu Aug. 13-Aug. 17				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken	Meatball Sub	Waffle Bar	Burritos	Hot Dog/Bun
Sloppy Joe	Chicken Fingers	Bacon Cheeseburger	Loaded Nachos	Battered Cod
French Fries	Spinach Casserole	Cheesy Hashbrowns	Baked Potato Bar	Breaded Green Beans
Broccoli Cabbage	Oven Fried Potatoes	Corn Broccoli	Fried Rice	Vegetable Medley
Corn	Cauliflower Breadstick	Onion Rings	Cauliflower	Peas
Potato Soup	Chicken Soup	Tomato Soup	Beef Pot Roast	Cauliflower Soup
			Soup	

Stacey Gabriel welcomed as new CEO of HVCH



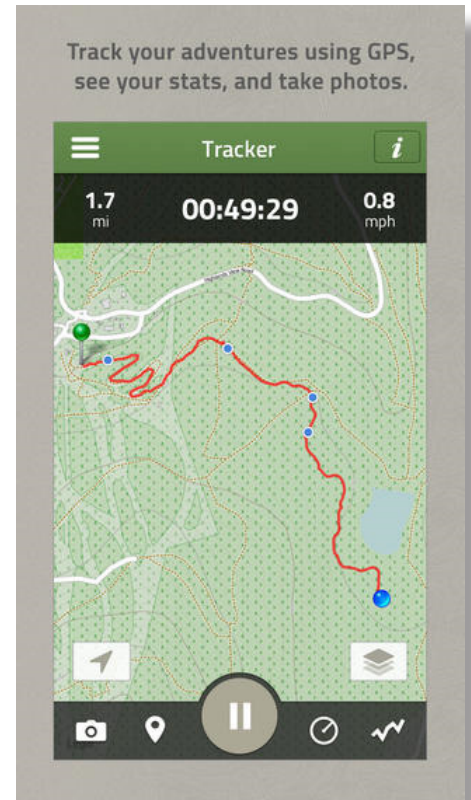
Family, friends, community and coworkers recently gathered to officially welcome Stacey Gabriel as the new president and CEO of Hocking Valley Community Hospital. Stacey took the reins of presidency in early June upon the retirement of previous CEO Julie Stuck. A reception was held for Stacey this week on the HVCH front lawn. HVCH Board Chairperson Ruth Ann Spatar presented Stacey with several different “hats” that she will have to wear during her tenure as president including: firefighter, nurse, cheerleader, construction, EMT, police, mom, and vacation hats. Stacey also was presented a proclamation from Lieutenant Governor Mary Taylor’s office. Thank you to all who attended to help us give a warm welcome to Stacey!



TRAILS

portion of the Buckeye Trail, a 4.8 mile lightly trafficked loop trail that is also pet friendly.

If the beautiful four-season Hocking Hills isn’t enough to inspire you to become more active, do it for your well being. According to Gregory A. Miller, PhD, and President of the American Hiking Society, research shows that hiking has a positive impact on combating symptoms of stress and anxiety. It can also lower risk of heart disease, improve blood pressure and blood sugar levels, boost your bone density and help control your weight! Hocking Valley Community Hospital also hosts a one mile paved walking trail that is pet friendly. Plenty of off street parking, and welcomes you to push your wellness program a bit further by stopping off at the exercise station. Wherever you choose, get outside and take advantage. Summer is only here for a season.



START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Medical Laboratory Technician (MLT) - Full Time
- Registered Nurse (RN) - Behavioral Health/Geri Psych - Contingent/PRN
- Respiratory Therapist - Full Time - Nights

Chili Lime Steak Fajitas



Ingredients:

- Zest of 1 large lime
- Corn tortillas
- ½ teaspoon garlic powder
- 1 teaspoon granulated sugar
- 1 large avocado, sliced
- 1/8 teaspoon ground cinnamon
- ½ teaspoon cumin
- Lime chopped cilantro, for serving
- ½ teaspoon paprika
- 2 teaspoons kosher salt
- ½ small red onion, chopped
- ½ teaspoon dried oregano
- ½ teaspoon chili powder
- 1/3 cup queso fresco
- Olive oil (for grill)
- Chopped cilantro for serving

Instructions:

1. Place the flank steak in a 9×13 pan. Pour lime juice over the steak and let marinate for 30 minutes, at room temperature.
 2. Meanwhile, in a small bowl, combine lime zest, salt, sugar, pepper, chili powder, cumin, paprika, garlic powder, oregano, and cinnamon.
 3. Rub both sides of the steak with the spice mixture, pressing with your fingers to help the rub adhere to the meat.
 4. Preheat grill to high heat. Lightly coat a paper towel with oil and, holding it with long tongs, carefully rub the oiled towel over the grill rack. Place steak directly on the grill and cook for 5 minutes on each side. Remove from grill and let the steak rest on a cutting board, covered with foil, for 10 minutes.
 5. While the steak is resting, warm the corn tortillas on the grill or use a gas flame to char them slightly.
- Cut the steak into strips, against the grain. Place steak strips in the corn tortillas and top with red onion, avocado, cilantro, and queso fresco. Squeeze with lime juice, if desired. Serve warm.



**AMERICAN
Red Cross**
**MAKE SOMEONE
WHOLE AGAIN**

Without A, B & O, we can't save anybody. You are the #MissingType we need.

Blood Drive Hocking Valley Community Hospital

Meeting Rooms A & B
601 St. Rt. 644 N
Logan, OH 43138

**Monday, August 27, 2018
8:00 AM to 2:00 PM**

**Call the HVCH Lab at 740-380-8218
to schedule an appointment.**

Receive a Columbus Zoo BOGO entry offer!

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!



HEALTH TOPICS

A - Z

National Immunization (M)onth

August is National Immunization Awareness Month. Vaccines are products that stimulate our immune system creating protection against disease. When the body is exposed to these vaccines it builds antibodies to the disease. These antibodies are what fight off future exposure to disease. Prior to routine vaccinations diseases like diphtheria claimed more than 10,000 lives a year. Polio paralyzed over 15,000 people a year. Since routine vaccinations started polio has been eradicated in the United States. So, why still vaccinate for a disease that has been eradicated? Unfortunately, polio still exists in other regions of the world, and we must maintain our immunity to prevent recurrence of polio infections in the United States.

Vaccines are given in childhood to protect against 16 different diseases. Infections from these diseases can lead to complications like ear infections, sinus infections, pneumonia, meningitis, and



Fallon Magdich-Ritchey, NP-C
Hocking Valley Medical
Group

death. Vaccines are available to all children regardless of their insurance coverage, and can be obtained at most doctors' offices and the health department.

Vaccines are also given into adulthood due to decreasing immunity for certain infections. Increasing age also increases susceptibility for illness. Adult vaccines include yearly flu shot, tetanus vaccines every 10 years, HPV up to age 26, shingles vaccine at age 50 or older, and pneumonia vaccines at age 65 or older. Your provider or pharmacist may recommend vaccines earlier based on your health history.

Vaccines may also be due if you are traveling to another country. Check with your provider or health department at least one month before you plan to travel.

So why vaccinate? To protect our children, ourselves, others around us, and future generations to come.

If you need more information about vaccinations or would like to schedule an appointment with a pediatrician, please call Dr. Mark Scarmack and Fallon Magdich-Ritchey, NP-C, of the Hocking Valley Medical Group at (740) 385-3069.



HOCKING VALLEY Community Hospital

OUR MISSION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

OUR VISION

To provide extraordinary care close to home now and into the future.

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.