



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

AUG. 31, 2018

Weekly Update

September is Pain Awareness Month



Who do you think of when you hear the term “chronic pain?”

When asked that question many Americans instantly think of a friend, family member, or co-worker who deals with pain on a daily basis. Perhaps you yourself deal with this condition. Though many Americans have heard of chronic pain, the fact is that few are able to accurately define the condition and fully understand how it affects those suffering from it.

According to the American Chronic Pain Association chronic pain is, “ongoing or recurrent pain, lasting beyond the usual course of acute

illness or injury or more than 3 to 6 months, and which adversely affects the individual’s well-being.”

Affecting around 100 million Americans, chronic pain varies in intensity and frequency. Some experience chronic pain constantly while others only feel it in episodes.

In short, if you feel any kind of noticeable pain for more than 3 months, you are suffering from chronic pain. Pain can originate from a wide variety of sources. When it comes to chronic pain, the main sources are:

EVENTS CALENDAR

Sept. 5-6: Auxiliary Uniform Sale CIC Meeting Room

Robert’s Uniform Sale from 11 a.m. to 4 p.m. Sept. 5 and 7 a.m. to 2 p.m. Sept. 6. Payroll deduct available for HVCH employees.

Sept. 20: State of the Hospital HVCH Front Lawn

Stacey Gabriel, new HVCH CEO, gives her first State of the Hospital Address. Light refreshments will be served. Social hour begins at 5:30 p.m. with presentation at 6 p.m. RSVP to Latricia Johnston at ljohnston@hvch.org or 740-380-8336.

Oct. 2: TWIG II Chinese Auction Hocking County Fairgrounds

Doors open at 5:30 p.m., drawing at 7 p.m. Grocery Basket • 50/50 Drawing • Lottery Tree. Refreshments available! All proceeds benefit HVCH.

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 Latricia Johnston

No one job title or occupation is the same, much like every individual is unique. According to the Bureau of Labor Statistics, in America alone there are over 800 different occupations. That means you could build robots, be a CEO of a bank or shipping business, or be the headhunter to fill those positions.



Latricia Johnston,
Chief Public
Relations Officer

It's a beautiful thing that someone in the late 19th century felt it was important to set aside a day to recognize all who contribute to America's workforce. And, we have come so far since then! When the holiday was actually created, did you know the typical person in America worked 12 hour days, seven days a week to make a living? Unreal to us today, back then children ages five to six years old worked in factories and mines, yet only earned a fraction of what the adults were making working in the same field.

Many people before us worked hard to advocate for changes in the workplace, renegotiating hours and pay. It was 10,000 workers who took time off without pay to form the first Labor Day parade, walking from City Hall to Union Square in New York City on September 5, 1882.

As we celebrate this Labor Day weekend, I encourage each of us to take a look around and appreciate all who keep America moving everyday. Perhaps we take for granted those first responders who work 24/7 to be available for our crises. Could you drop off a dozen donuts to your local EMS next time you get your own? To the airline crew who fly on

Americans spent about \$1.6 trillion in 2017 in travel and tourism, so this would include pilots, chefs, housekeepers, innkeepers, wedding planners, brewers/distillers and cruise ship entertainers to name a few in that industry.

Transportation jobs can include couriers, railroad conductors, boat captains, bus drivers, CDL licensed drivers. There are employees who work from home, online, go into their place of employment locally or travel many miles every week.

It's eye opening when you really stop to consider the many facets of our daily life that cause us to engage with people by day's end. Most of them were doing a job, to both service us and to provide for their own livelihood.

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HUGE THANK YOU TO
OUR DONORS!
OUR BLOOD DRIVE
WAS A SUCCESS!

20 UNITS COLLECTED



"Difference Makers" recognized

Tammy Little (right), Director of Inpatient Services, and Mindy Davis, Nursing Supervisor, recently were recognized for reducing the inpatient cost per unit from \$1,835 per patient day to \$1,420. Thank you ladies for identifying cost saving measures while ensuring patient quality!

HAVE A SAFE & HAPPY
LABOR DAY WEEKEND
Please celebrate responsibly. Don't drink and drive.

HVCH Cafeteria Menu Sept. 3-Sept. 7				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY Panini Grill Chef Salad Minestrone Soup	Taco & Fajita Bar Nachos & 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 Green Beans Succotash Tomato Soup	Battered Cod Beef N' Noodles Mashed Potatoes Breaded Zucchini Broccoli Minestrone Soup

DIRECT

holidays to get us home to be with family and friends – say thank you if you’re traveling this weekend or during the upcoming holidays. The HVCH hospital team that serves us in the wee hours of the night – have you thought of recognizing them through the HVCH Foundation Grateful Patient Program? And, the fast food drive through teller who gave you sweet tea instead of unsweetened – a kinder response next time maybe? To our faith based organizations – thank you for opening your hearts and doors to comfort those around us who are hurting and in need.

So many different people, in so many different occupations, making a difference in our lives...we celebrate them, and celebrate YOU this Labor Day.

PAIN

- Joint pain
- Headaches
- Back pain
- Injury related pain

If you have ever worried that you are experiencing chronic pain, you can start by asking if you are experiencing these symptoms:

- Constantly feeling any level of pain, mild to severe
- Aching, shooting, or burning types of pain
- Extended feelings of soreness, stiffness, or tightness


Aside from the obvious physical issues caused by chronic pain, many individuals also report psychological struggles. Such as fatigue, mood changes, stress, anxiety, depression, irritability, or restless nights of sleep.

If you are worried that you, or someone you know, are experiencing chronic pain, it is in your best interests to contact a pain management specialist immediately.

HVCH offers advanced pain management options for acute and chronic pain. Our physicians work together to create a plan specifically for you, by identifying the source of pain and treating it through a balanced approach of medication management, minimally invasive interventional procedures, and rehabilitative services.

Types of pain treated include: Back pain & sciatica, Pain after back/neck surgery, Arthritis pain, Cancer pain, Reflex Sympathetic Dystrophy (RSD), Nerve damage or muscle spasm pain and Shingles pain.

All pain management patients are required to have a physician referral. Call 740-380-8054 for information.



HOCKING VALLEY
Community Hospital

2018

**STATE OF THE
HOSPITAL ADDRESS**

Thursday, Sept. 20
5:30 PM on the HVCH Front Lawn
601 S.R. 664 N., Logan

Join us as Stacey Gabriel, new HVCH President & CEO, gives her first State of the Hospital Address. Light refreshments will be served.

*Please RSVP to ljohnston@hvch.org
or call (740) 380-8336.*

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- **Food Service Aide - Part Time - Various Hours**
- **Registered Nurse (RN) - Special Care Unit - Full Time - Nights**
- **Respiratory Therapist - Full Time - Nights**



Employees raise funds for HVCH Foundation

HVCH employees have spent the month of August raising funds for the HVCH Foundation 2018 Employee Campaign to support cafeteria renovations. Several different fundraisers have been held so far, including a bake sale, change collection, parking spot raffle, spirit day, and car wash.

TOP PHOTO: Senior leadership members support their teams for Spirit Day. Pictured are (from left): Stacey Gabriel, Ginger Johnston, Roy Davis, Julie Grow, Lauren Barber and Latricia Johnston.

BOTTOM PHOTO: Roy Davis, Business Development Officer, dons a tutu for the car wash fundraiser. Roy agreed to wear a tutu for the car wash if employees contributed at least \$250 during the change collection fundraiser. Volunteers washed more than 20 cars throughout the day.

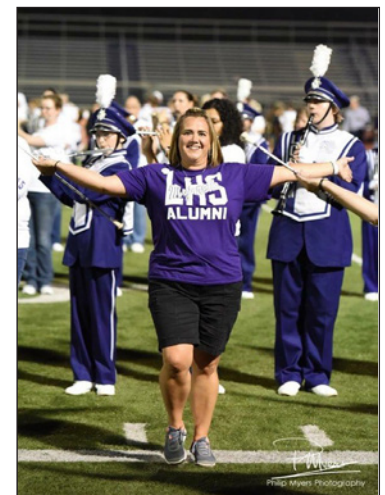


CEO takes a turn at twirling

Stacey Gabriel, Chief Executive Officer at HVCH joined fellow alumni on Friday evening, August 24th to celebrate the beginning of football season at Logan High School. Joining her from left to right are Alexa Poling, Maddie Johnson, Gabriel, and Sydnee Breining.

"I love supporting our local school events," said Gabriel. "This is my home school and it means a lot to me to see these kids out their working so hard. I played sports and twirled the baton during my school years so it's in my blood to be part of such a special evening with other alumni. I believe being active in school related activities teaches these young minds how to work together as a team, and provides goal setting and leadership skills- all things that will be needed in the work place following graduation."

HVCH wishes LHS a safe and fun sports season. Go Chieftains!





HEALTH TOPICS

A - Z

The (R)eality of Caring for a Loved One

Growing older one rarely thinks or looks forward to the day they will be the caregiver of a parent or spouse. However, this happens to more people than you would consider and doesn't come without stress. Physical, mental, emotional, and financial stressors all are part of caring for an older adult with Alzheimer's disease.



Amber Kilpatrick,
Director of The Summit
Hocking Valley Community
Hospital

Alzheimer's is one of the many types of Dementia. An older adult may be affected by Alzheimer's (aka Senile Dementia), Vascular, Lewy Body, Frontal Lobe, or perhaps another type of Dementia that influences their everyday functioning. However, this is a terrible disease that not only affects the person suffering but has an impact that reaches all of those surrounding.

Caregivers do not forget to take care of your self. Remember no one is at fault for this disease, including you. There are many times I am face to face with a family member of someone with Dementia and they are in tears because they just can't do 'it' anymore. 'It' refers to keeping their loved one at home and being the sole caregiver of that person, even though this is a job that takes a village. 'It' involves changing their whole life by staying up throughout the night to ensure safety, watching their loved one 24/7, provid-

ing personal care, or possibly fearing for their own safety. This type of hands-on interaction takes high amounts of energy because there are so many elements to caring for a person who has lost insight, inhibition, memory, and comprehension.

Remember that you too, are important and if you turn to help it doesn't mean you care or love less. There are support groups available and resources in your community and online to seek help. Take care of yourself, otherwise you will not be there physically or emotionally to help.

Most importantly, research is top priority for insight in regards to the illness and investigating the planning required. It is essential for those in the early stages of Dementia to plan for what the future holds with their primary support person involved. Make sure your planning includes assets, facilities, physicians, and paperwork among other things. A key recommendation would be contacting an attorney that specializes in Elder Law to ensure all assets are planned for and appropriate paperwork is filled. Investigate Health Care Power of Attorney, Financial Power of Attorney, and/or Durable Power of Attorney. Set-up care with a neurologist or psychiatrist to monitor and manage Dementia related medication regimens. Budget finances in order to assess ability to pay for the different stages of care as they come, or perhaps if unable to pay then research alternatives.

Keep in mind you are not alone and there are people out there who are able, willing, and want to help!



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.