



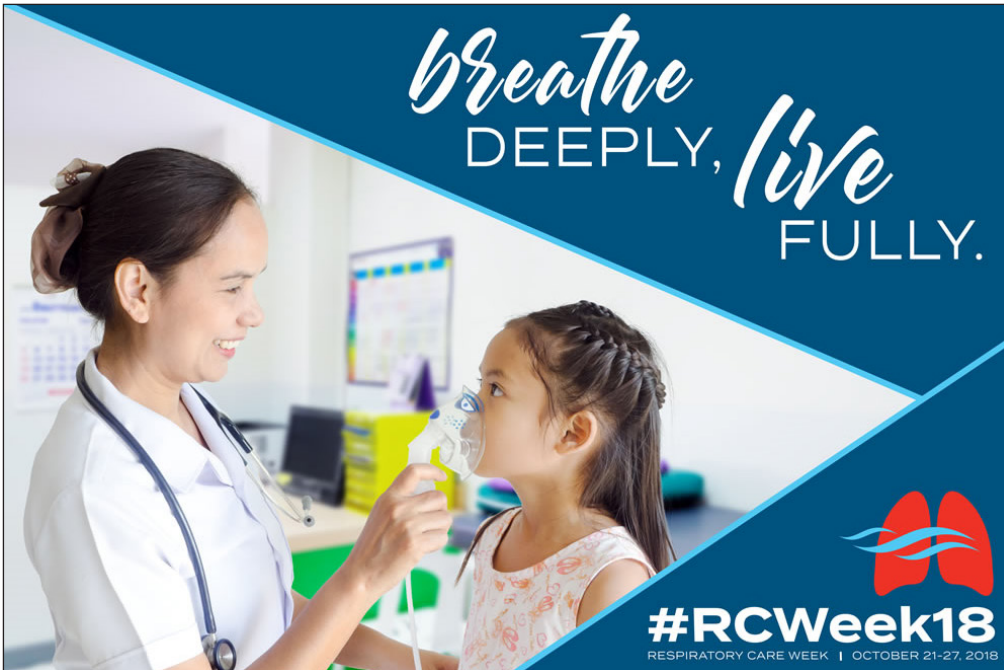
HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

OCT. 19, 2018

Weekly Update

Breathe
DEEPLY, *live*
FULLY.



#RCWeek18
RESPIRATORY CARE WEEK | OCTOBER 21-27, 2018

October 21-27 is National Respiratory Care Week celebrating our respiratory therapists.

A respiratory therapist (RT) is a certified medical professional who specializes in providing healthcare for your lungs. They have advanced knowledge of high-tech equipment, such as mechanical ventilators. RTs work alongside doctors and nurses and practice in many medical facilities, including emergency rooms, maternity wards, and therapy offices.

Respiratory therapists help improve outcomes for people with asthma, pneumonia, emphysema, lung trauma, and other diagnoses. RTs can assess your breathing, recommend exercises, and monitor your progress.

It typically takes between two and four years to become an RT. RTs need

to complete an accredited associate degree program and pass a national exam to become a certified respiratory therapist, or CRT. RTs also need a license to practice. The American Association of Respiratory Care (AARC) provides this license.

There are several main types of respiratory therapy. An RT may specialize in one or more of these types.

Emergency respiratory therapy

This kind of respiratory therapy happens in a hospital. RTs provide assistance with emergency room cases and help people recover from heart surgery or lung failure. Some RTs assist doctors during complicated surgeries. They also treat pneumonia. A big part of emergency respiratory therapy involves

EVENTS CALENDAR

Nov. 9: Auxiliary Book Sale, CIC Building Meeting Room

Join us in the CIC Building Meeting Room for our Auxiliary Book Sale fundraiser from 7 a.m. to 4 p.m. Browse a variety of books and other gift items in preparation for the holiday season. Payroll deduct available for HVCH employees. Proceeds benefit HVCH.

Nov. 15: Medicare Enrollment, HVCH Meeting Room

OSHIIP representatives will be available from 9 a.m. to 2 p.m. to help with Medicare open enrollment. Schedule an appointment by calling 740-380-8305.

Nov. 15: National Rural Healthcare Day

Stay tuned for information on how we can celebrate this special day together!

INSPIRATIONAL QUOTE OF THE WEEK

"Do you want to know who you are? Don't ask. Act! Action will delineate and define you."

— Thomas Jefferson

Direct to You: From Stacey Gabriel

In a few weeks we will be celebrating National Rural Health Day (November 15th)! This is the first time HVCH has participated in this day and we will be raising awareness to what it means to work in rural healthcare. To have good healthcare access, a rural resident must also have:



Stacey Gabriel, CEO

- Financial means to pay for services, such as health insurance coverage that is accepted by the provider.
- Means to reach and use services, such as transportation to services which may be located at a distance, and the ability to take paid time off from work to use such services.
- Confidence in their ability to communicate with healthcare providers, particularly if the patient is not fluent in English or has poor health literacy.
- Confidence in their ability to use services without compromising privacy.
- Confidence in the quality of the care they will receive.

It's no secret that we could all travel 60 miles up the road and work at a number of different healthcare organizations. Perhaps that means making more

money, or working in any number of specialty areas. That unfortunately comes with additional time away from our families and possibly a political culture that may put the bottom line before patient care. What is it that makes you want to work here? I challenge each of you to ask yourself that question and think about what your answer would be.

This is why I choose HVCH and what working in rural healthcare means to me: Taking care of those who live and work in our community; taking care of family members of people with whom I grew up; knowing the name of the employee that I pass when walking down the hallway; being able to put a name with a face when I call a department; helping those who at times don't have the means to help themselves. Yes, I know... I am no longer a direct patient caregiver 100% of the time... but I AM 100% of the time a HUGE advocate for those of you who make this place run like a well-oiled machine. I get excited to share stories in the community about the work that you do. I love sharing the successes of HVCH with other healthcare organizations. Small does not mean inadequate. Rural does not mean "lacks technology."

DIRECT, PAGE 4



Auxiliary members gather for annual tea

Hocking Valley Community Hospital Auxiliary members recently gathered for a "spooky" fall tea celebration. Members enjoyed a traditional tea with scones, savories and desserts prepared by the HVCH Dietary Department. The Auxiliary is comprised of three TWIGs (Together with Important Goals) that assist HVCH through their fundraising efforts.



HVCH Cafeteria Menu Oct. 22-Oct. 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Chicken Breast Roasted Potatoes Peas Zucchini Breadstick Italian Wedding Soup	Hot Dog/Bun Chicken Wings Grench Fries Fried Corn Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus w/ Cashews Cauliflower Beef Pot Roast Soup	Baked Zucchini Grilled Chicken Breast Breadstick Mixed Veggies Carrots Bean w/ Ham Soup Corn Muffin	Pizza Burger Macaroni & Cheese Ranch Wedges Zucchini Green Beans Broccoli Chicken Buffalo Soup

Medicare open enrollment event at HVCH

HVCH will once again provide an opportunity for our community members to meet one-on-one with representatives from the Ohio Senior Health Insurance Information Program (OSHIIP). These reps are available to help you navigate through the Medicare enrollment process and help you find the best insurance program for your needs. Medicare is the federal health insurance program for individuals who are 65 years and older, select individuals who are younger with disabilities and people with End-Stage Renal Disease. Appointments will be held at HVCH on Thursday, November 15 from 9 a.m. to 2 p.m. Please call 740-380-8305 to schedule yours today.



Please consider honoring or making a lasting tribute for someone you hold dear. The Annual HVCH Auxiliary Celebration of Lights Ceremony will be held during the annual Holiday Affair event on:

**Tuesday, December 4th at 6:00 p.m.
HVCH Outdoor Campus**

Recognition is:

- \$10 in Memory or Honor of an Individual**
- \$10 in Memory or Honor of a Family or Couple**
- \$25 in Honor of a Business**

Names honored will be recognized during the Celebration of Lights tree lighting ceremony and will be on display in the Main Lobby throughout the holiday season.

All proceeds benefit the HVCH Auxiliary, and payroll deduction is available for hospital employees. Order forms are available on the bulletin board outside the HVCH Café hallway or by calling the Community Relations office at (740) 380-8154.

Completed order forms must be returned to the Community Relations office by Friday, November 23rd, to be included in the program and honorary display.

TWIG VI Pecan Sale



Schermer Pecans: Family-owned, home grown, Georgia pecans. Makes a great baking staple for the holidays or even as a gift! The specialty pecans come in a beautifully wrapped foil bag.

- Pecan Halves** 12 oz. \$10/ bag
- Dark Chocolate Covered** 8 oz. \$10/ bag
- Caramel Pecan Clusters** 10 oz. (18 pcs.) \$10/bag
- Glazed Pecans** 8 oz. \$10/bag

Accepting cash, checks, and payroll at time of order. Please write checks to TWIG VI. To order, call Beth Bell at 740-380-8154.

DEADLINE TO ORDER IS MONDAY, NOV. 12.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Certified Occupational Therapy Assistant (COTA) - Contingent
- Clinical Psychologist (Contract/Consultant) - Geriatric Behavioral Health
- Desktop Support Technician - Information Services - Full Time
- Environmental Services Associate - Part Time - Variable Hours
- Food Service Aide - Part Time - Various Hours
- Maintenance Technician/Mechanic - Full Time
- Phlebotomist - Contingent/PRN
- Registered Nurse (RN) - Behavioral Health/Geri Psych - Contingent/PRN
- Registered Nurse (RN) - Contingent/PRN - Inpatient/ Med-Surg
- Registered Nurse (RN) - Emergency Department - Contingent/PRN
- Registered Nurse (RN) - Emergency Department - Full Time
- Registered Nurse (RN) - Part Time - Float
- Registered Nurse (RN) - Special Care Unit - Part Time
- Sleep Tech (Polysomnographic Technician) - Full Time
- Student Worker - Dietary & Nutrition Aide - Part Time

Calling All Collectors!

Display your Christmas collections

Mark your calendar for December 4th to attend our HVCH Annual Holiday Affair. To help us finalize our plans, we need your help! If you have any of the following items and would be willing to let us share them on display during our event, please contact Latricia Johnston at ljohnston@hvch.org or call 740-380-8336: Nut crackers, Nativity scenes, Christmas stockings, Santas, old fashion ornaments, old fashioned Christmas cards.

DIRECT

Hocking Valley Community Hospital employees know how to get the job done with the resources that we have. We do a great job assessing our tools and equipment in order to provide quality patient care. We recruit employees who share the same vision and values we have for ourselves. This is why it's important to raise awareness and celebrate working in rural healthcare.

A week-long celebration has been planned to show appreciation to all of you for working in rural healthcare. Please stay tuned for a calendar of events happening the week of November 12th. Thanks to you all for CHOOSING to work at HVCH and providing care to those who deserve the best.



'Tis the Season!
TWIG IV HOLIDAY GREENERY SALE



Great Holiday Gifts!
Fragrant, Fresh Greenery & Holiday Plants

Orders are due by: October 25, 2018
Delivery will be: Between November 27 and December 6

All proceeds benefit HVCH

Payroll Deduction is available for hospital employees.
Checks can be made payable to HVCH TWIG IV.

Please call Ginger at 740-380-8207 or visit the HVCH Administration office to order.



HVCH participates in Laurelville health fair

HVCH representatives were on hand to present health and wellness information to those who attended the health fair at the Laurelville Senior Center this week. We are glad to be able to participate in events that promote wellness in our community!

BREATHING

ventilators. RTs manage or initiate life support for those who need it.

Adult respiratory therapy

Adult respiratory therapy takes place in a hospital, outpatient, or home setting. An RT may assist with routine care for the maintenance of chronic diseases, such as cystic fibrosis. Adult respiratory therapy often involves the treatment of emphysema. RTs are sometimes in charge of programs that help adults quit smoking. Pulmonary rehabilitation helps the lungs regain more breathing capacity after a surgery or traumatic event. They also work in sleep labs to assist in the diagnosis and treatment of sleep apnea.

Geriatric respiratory therapy

As we age, so do our lungs. Sometimes respiratory therapy can help increase breathing efficiency for older people. Respiratory tract infections, chronic obstructive pulmonary disease, and bronchial pneumonia are diseases that a person over the age of 65 is likely to encounter.

The personalized care of The Hocking Valley Pulmonary Rehabilitation Program can help keep you out of the hospital, deepen your understanding of your condition, reduce your shortness of breath and increase your independence.

Patients with a variety of lung disorders — including emphysema, chronic bronchitis, asthma, cystic fibrosis and sarcoidosis — can benefit from our multidisciplinary program. Patients who have lung volume reduction surgery (LVRS) also must participate in pulmonary rehabilitation before and after surgery. For more information about HVCH's pulmonary rehabilitation program, please call 740-380-8219.

Info courtesy www.healthline.com



HVCH employee benefits & wellness fair

The HVCH Annual Employee Benefits and Wellness Fair was held this week for all hospital staff. Employees were able to get their health screenings for the year, as well as learn about the benefits the hospital offers. Thanks to all staff and vendors who attended!



Donate Your Gently Worn, Used and New Shoes To HVCH

Help us raise funds for our HVCH cafeteria renovation project by donating your gently worn, used and new shoes! Shoes must be: Clean, Good Condition, Wearable Condition. Any and all types of shoes are accepted – Boots, athletic shoes, baby shoes, dress shoes, etc.

Drop your shoes off at HVCH Community Relations Department, 601 S.R. 664 N., Logan, or call 740-380-8207 for information.

Community Drop Off Event: Tuesday, October 30, 4-6 PM, HVCH Front Canopy by the flagpole area.

Enter our Holiday Affair Gingerbread House Competition!

TUESDAY, DECEMBER 4, 2018 - 5:00-7:30 PM

RULES:

- Theme: An Old Fashioned Christmas!
- Group participation is encouraged; one entry per individual, business, group, or organization will be accepted.
- Cost to enter: FREE
- Registration Deadline: Friday, November 30th. (Please complete & return entry form)
- Structure should be constructed on a sturdy base (heavy cardboard, foam core or wood dependent on weight).
- Base dimensions cannot exceed 24" x 24". If using cardboard, cover base with aluminum foil so that moisture from the icing does not soak in.
- All Gingerbread Houses must be 100% edible candy/embellishments/materials except the base board and candy wrappers. However, you are permitted to use hot glue guns if necessary.
- Due to weight of the decorated house, as well as environmental conditions in display areas, we suggest always building an infrastructure for support. This can be built from foam core, heavy cardboard, Styrofoam, or rice crispy treats using a substantial amount of Royal Icing as "glue." The houses are on display for an extended period of time. The combination of heat, moisture and weight will cause them to deteriorate if there is not enough support or icing used.
- No electrical components should be included in the structure, batteries are acceptable.
- Non-edible decorations, such as paint, ribbon, figurines, etc.

- may be used ONLY to decorate your base.
- A list of materials used to create your Gingerbread House along with a brief description should be included with Gingerbread House upon delivery.
- Any inedible decorative objects included with your entry will NOT be returned at the end of the display.
- We do not recommend structures made with egg or butter icings, as they quickly turn rancid and soften causing the structure to disintegrate.
- If baking gingerbread from scratch, bake several days before assembling to prevent shrinkage.
- Do not use anything on your house that requires refrigeration (such as prepared Jello, etc.)
- If not using hot glue to assemble, we recommend using Royal Icing to assemble and decorate. Allow each portion to dry and harden before moving.
- Gingerbread House drop off times: Tuesday, December 4th from 11a-2pm (Sorry...no exceptions or late entries).
- Drop off location: HVCH Medical Arts Building – 819 St Rt 664 N, Logan (Brick building past Kachelmacher Clinic.)
- Please enter through main entrance doors, then office on right for drop offs.
- Best of Show & Runner Up will be determined by number of guest votes. Winners will be announced at close of Holiday Affair, on Tuesday, December 4th.
- All Gingerbread Houses will be sold in silent auction that evening.
- Questions? Please contact Latricia Johnston at Hocking Valley Community Hospital: 740-380-8336

**HVCH THIRD ANNUAL HOLIDAY AFFAIR
GINGERBREAD HOUSE EXHIBIT & COMPETITION**

ENTRY FORM – Due by Friday, November 30th – Sorry, No Exceptions

Individual Name, Business or Organization (to be displayed night of Holiday Affair):

Title of Gingerbread House (to be displayed night of Holiday Affair):

Address: _____

Contact Phone Number: _____



Please mail entry form to:
HVCH – Community Relations
601 St. Rt. 664 N
Logan, Ohio 43138



Or Email form to:
Beth Bell: bbell@hvch.org



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.