



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

Weekly Update

OCT. 5, 2018

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

OSHIP 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

"What you get by achieving your goals is not as important as what you become by achieving your goals."

—Zig Ziglar



This week, Oct. 7-13, is Emergency Nurses Week. Emergency Nurses Day is Wednesday, October 10.

This year's Emergency Nurses Week theme focuses on how powerful emergency nurses are. They have the capability to provide safe practice and care in difficult situations while remaining confident, strong and empowering their colleagues.

"While we appreciate emergency nurses year round, we wanted to take a special moment this Emergency Nurses Week to recognize you for all that you bring to the front lines of emergency care. You deserve recognition for your unwavering commitment to superior patient

care," Stacey Gabriel, HVCH CEO, said.

Since 1989, the Emergency Nurses Association has recognized the second Wednesday in October as Emergency Nurses Day, a day honoring emergency nurses for their commitment to patient care. In 2001, ENA expanded the celebration to devote an entire week to honoring emergency nurses, because one day is simply not enough to recognize all contributions made by emergency nurses.

For more information on emergency nursing or Emergency Nurses Week, please visit the Emergency Nurses Association website at www.ena.org.

Direct to You: From Lauren Barber

Every fall, employees a HVCH participate in EDI sessions. These are opportunities for employees to receive valuable training and information about the hospital. One of the key topics of discussion at the EDIs in October and November will be sexual harassment.



Lauren Barber,
HR Director

In the last year or so, allegations of sexual harassment, assault and violence have been dominating the news. The #MeToo movement is very strong. It seems that each day another well-known person has been accused of assault or harassment or a survivor is sharing their story. The conversation has been very polarizing, especially when the individuals involved appear credible and believable. It's all very "he said, she said" and it can be difficult to determine the facts. Whatever your opinions may be, sexual harassment is not an issue that we cannot ignore.

A few quick facts:

- Nearly 43% of all complaints filed with the Equal Employment Opportunity Commission (EEOC) in 2015 were related to sexual harassment or sex discrimination.

- One of every five complaints of sex discrimina-

tion/harassment received by the EEOC is filed by a man.

- More than one-third of women state they've been a target of harassment at work at some point in their careers.

- Between 50 – 65% of women have experienced sexual harassment at some point in their lives in any setting. Some surveys indicate that number could be as high as 81%.

Why is harassment so pervasive? Many attribute this to a culture of disrespect. But harassment and discrimination are most often about power and the control and/or humiliation of others by making comments, telling jokes, or engaging in other inappropriate behavior.

There are some bright spots though. RAINN (Rape, Abuse & Incest National Network) reports that sexual violence has decreased by more than half in the last 20 years. This is due significantly to awareness campaigns and education as well as increasing support of targets and survivors. Additionally, more states like New York and California are passing laws that require training in the workplace and establish clear guidelines for the reporting and investigation of alleged harassment.

HVCH is committed to providing a workplace in which all individuals are



Lollipop pull benefits HVCH cafeteria

HVCH Employees tried their luck at the lollipop pull to help support the Employee Campaign team fundraisers. Many prizes from candy to Blue Jackets tickets were awarded. All proceeds will benefit HVCH Café renovation project. Stay tuned for more opportunities to participate throughout the month of October!



HVCH Cafeteria Menu Oct. 8-Oct. 12				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Joe French Fries Carrots Cabbage Corn Potato Soup	Meatball Sub Chicken Fingers Spinach Casserole Oven Fried Potatoes Cauliflower Breadstick Chicken Soup	Waffle Bar Bacon Cheeseburger Cheesy Hashbrowns Corn Broccoli Onion Rings Tomato Soup	Burritos Loaded Nachos Baked Potato Bar Fried Rice Brussels Sprouts Beef Pot Roast Soup	Hot Dog/Bun Battered Cod Green Beans Vegetable Medley Peas Cauliflower Cheese Soup

What does your community hospital mean to you?

Share your story to help HVCH win up to \$15,000



We want to invite you to nominate HVCH for Athenahealth's *My Hospital, My Community Contest*. The goal is to capture and share personal stories from community hospitals across the country to help showcase the invaluable work they do and draw national attention to the importance of rural health-care.

Every time someone from our community answers the question "what does Hocking Valley Community Hospital mean to you?" HVCH will be entered to win 1 of 5 cash prizes. The grand prize-winning hospital will receive \$15,000, and second- through fifth-place winners will receive \$7,000, \$5,000, \$2,000, or \$1,000 respectively plus free marketing and PR support.

The deadline for entries is October 19.

TO ENTER HVCH IN THE CONTEST:

1. Join the My Hospital, My Community Facebook group today by visiting <https://bitly.com/mhmc2018>.
2. Share your own story, photos or video about what makes HVCH special to you and our community.
3. Encourage your friends and relatives to enter by October 19. Remember the more submissions in support of our hospital, the better.

DIRECT

treated with respect, dignity, and professionalism at all times. Each individual has the right to work in a professional atmosphere that promotes equal employment opportunities and prohibits unlawful discriminatory practices, including harassment.

October is Domestic Violence Awareness Month. Did you know that 1 in 3 women (and 1 in 4 men) have been victims of some form of physical violence from an intimate partner in their lifetime? It affects individuals in every community, regardless of economic status, gender, sexual orientation, race, religion, or nationality. I personally encourage you to think purple this month and take a stand against domestic violence. You can do that by supporting survivors in many ways including speaking out for those who might be afraid to speak for themselves.

Domestic violence and sexual harassment are both very serious issues facing us today. It's important to remember that we have the power to change our culture.

For access to resources and/or confidential, anonymous help, contact the National Domestic Violence Hotline at 1-800-799- SAFE (7233). Or, visit the National Coalition Against Domestic Violence at <https://ncadv.org>. For survivors of sexual violence, RAINN operates the National Sexual Assault Hotline at 1-800-656-HOPE (4673). Both hotlines are available 24/7 and are completely free.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Clinical Psychologist (Contract/Consultant) - Geriatric Behavioral Health
- Food Service Aide - Part Time - Various Hours
- Phlebotomist - Contingent/PRN
- Registered Nurse (RN) - Behavioral Health/ Geri Psych - Contingent/PRN
- Registered Nurse (RN) - Contingent/PRN - Inpatient/Med-Surg
- Registered Nurse (RN) - Part Time - Float
- Registered Nurse (RN) - Special Care Unit - Part Time
- Sleep Tech - Full Time
- State Tested Nursing Assistant (STNA) - Part Time - Days - Inpatient Services
- Student Intern Spring 2019 - Healthcare Administration (Unpaid)

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: Nativity scenes, Christmas stockings, Santas, old fashion ornaments, old fashioned Christmas cards.

'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.



**Hocking County
Opiate Town Hall Meeting**



October 10, 2018


**7th Annual
Hocking County
Opiate Town Hall
Meeting**

October 10, 2018

Logan – Hocking
Middle School
1 Middle School Dr.
Logan, Ohio 43138

6:30 p.m.
Doors open at 5:30

Ginny Atwood Lovitt
Executive Director
Chris Atwood Foundation



THE
CHRIS ATWOOD
FOUNDATION


The Chris Atwood Foundation is in loving memory of Chris Atwood who passed away from a heroin overdose when he was 21 years old. The Atwood family began the foundation to help others recover from addictions. Ms. Atwood is a certified master Revive trainer who has taught thousands of individuals, families, and professionals how to save lives with the overdose reversal medication, Narcan.

Mission of the Foundation


The Chris Atwood Foundation mission is to save lives from opioid overdose, support recovery from substance use disorder, and defeat the stigma of this treatable brain disease.


Community Partners


- Logan Police Department
- Logan-Hocking County District Library
- Health Recovery Services
- Hocking Hills Chamber of Commerce




Premier Sponsors









Public Health
Federal, State, & Local
Hocking County Health Department





- Logan-Hocking School District
- The Logan Daily News
- Hope Blooms
- Athens County Public Libraries
- 98.3-SAM Radio
- 105.5-WXTQ FM
- Hocking County EMS
- Project H.O.P.E. Team

Did you know that you can support the mission of HVCH by making a gift online? Just go to www.hvch.org, click on our "donate now" button to use your credit card to make an immediate gift and receive your receipt. On behalf of our patients, staff and board members, we are so grateful for our benefactors whose gifts enable us to continue serving the people of Hocking and surrounding counties.





Representative Ron Hood visits HVCH

HVCH senior leadership invited Representative Ron Hood to visit Hocking Valley Community Hospital this week to learn more about rural healthcare and the impact of HVCH on our community. He was educated about the many challenges rural healthcare organizations and critical access hospitals face with some of the current state legislation, such as reduced reimbursements from Medicare. Thank you to Rep. Hood for visiting and giving our hospital a platform for addressing its needs.



Medicare open enrollment event at HVCH

HVCH is pleased to 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.



HVCH participates in United Way Cake Auction

Adrienne Nihiser, Cardiovascular Nurse at HVCH, baked this spooky cake for the annual United Way Cake Auction held this week. The auction raises funds for United Way, which distributes them to local charities. Thank you for the beautiful cake Adrienne!

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.





HEALTH TOPICS

A - Z

Disposal of (U)nused Medicines

Occasionally, there are unwanted medications that need disposal. These could be medications we no longer take, expired medications, or those from a family member who has passed away. So, what do we do with these drugs so they don't fall into the wrong hands? The Drug Enforcement Administration (DEA) provides several options for disposal.



Dawna Evans,
Director of Pharmacy,
Hocking Valley Community
Hospital

Medicine Take-Back Options

- Periodic events – The DEA periodically hosts National Prescription Drug Take-Back events where temporary collection sites are set up in communities nationwide for safe disposal of prescription drugs. More information can be found at: https://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

- Permanent Collection sites – Another option is to transfer these medicines to DEA-registered collectors, which safely and securely collect and dispose of pharmaceuticals containing controlled substances and other medications. The Hocking County Sheriff's Office has an authorized permanent collection box where pharmaceuticals may be disposed. They are located at 25 E. Second Street in Logan. The phone number is (740) 385-2131.

Disposal in household trash – If there is no access to a take-back program or DEA-registered collector, and there are no specific disposal instructions in the product package

insert, you can also follow these simple steps to dispose of most medications in your household trash:

- Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as dirt, cat litter or used coffee grounds;
- Place the mixture in a container such as a sealed plastic bag;
- Throw the container in your household trash; and
- Delete all personal information on the prescription label of empty pill bottles or medicine packaging, then dispose of the container.

Flushing certain potentially dangerous medicines in the toilet

– A small number of medicines have specific instructions to immediately flush down the toilet when no longer needed and a take-back option is not readily available. These medicines may be especially harmful and, in some cases, fatal with just one dose if they are used by someone other than the person for whom they were prescribed. A complete list of flushable medications can be found at: https://www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringSAFEUSEofmedicine/safedisposalofmedicines/ucm186187.htm#Medicines_recommended

This information was adapted from the U.S. Food and Drug Administration (FDA). Additional information may be located at: https://www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringSAFEUSEofmedicine/safedisposalofmedicines/ucm186187.htm#Medicines_recommended



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.