



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

SEPT. 21, 2018

Weekly Update

Stacey Gabriel, CEO, delivers 3rd Annual State of the Hospital Address



Stacey Gabriel, president and CEO of Hocking Valley Community Hospital, presented the 3rd Annual State of the Hospital Address Thursday evening.

This was Gabriel's first address after succeeding Julie Stuck as CEO in June.

"I am honored to be standing in front of you all tonight representing the many great men and women working for this wonderful organization providing exceptional care to those in need," Gabriel said. "As many of you are aware, this has been a year of transformation for the hospital as well as the medical group."

Gabriel outlined the many advance-

ments HVCH and Hocking Valley Medical Group have made over the past year, including the opening of the HVCH Medical Complex for HVMG physicians, the transition to the Epic Medical Record platform, and the addition of Roy Davis as Director of Business Development.

"Having a hospital in our community is vitally important. Access to good healthcare shouldn't depend on where you live," she said. "The leadership team and employees stand ready to take on the challenges that face rural health-care facilities."

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EVENTS CALENDAR

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.

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.

INSPIRATIONAL QUOTE OF THE WEEK

"Perseverance is not a long race; it is many short races one after the other."

— Walter Elliot

Direct to You: From Stacey Gabriel

I just wanted to take the opportunity to thank everyone for coming out last night for the State of the Hospital address. Although it ended up being the muggiest day of the week, it was still a lovely evening. It is always exciting to see the community and employees interested in what's been happening at the hospital and where we are going in the future. Trust me when I say we are committed to this community and being here to provide the care patients need.



Stacey Gabriel, CEO

I shared in my address that we have so much to be proud of at HVCH. I am looking forward to sharing our 2018 accomplishments with the employees at the upcoming Employee Development Institutes. As we begin the 4th quarter of 2018, the leadership team is continuing to plan and prepare for

2019. We are focusing on the strategic plan and have been working with the providers and hospital board members to gain input on what they'd like to see.

Please remember that your input is valuable as well. I am confident that there are ideas out there that would make an impact on HVCH. Please don't hesitate to share those ideas with your directors. The leadership team is committed to making sure you have what you need to provide exceptional care.

This has been a tough year full of changes and the staff has handled it with style and grace. It is very evident that you all enjoy the work that you do, and that will transcend to the care you provide. Each employee has the power to make an impact on the lives of others. Seize those opportunities to showcase what you do. We value the work that you do and you should continue to be proud!

Stacey Gabriel

10 Myths about Aging

Info courtesy Fellowship Square Blog

September is Healthy Aging Month. As people age, society may take on some assumptions about them. There are many myths about aging or elderly people that simple aren't true:

Myth: "Old people have 'old ways' of thinking."

Truth: Every individual – young and old – has his or her own unique thoughts and feelings about society. It's an unfair blanket statement to assume that every person over (or under!) the age of 60 has the same beliefs. Taking some time to speak with elderly people about their thoughts about the world – and their own past experiences – can shed some light on this truth.

Myth: "People lose their memory as they age."

Truth: Not every aging person experiences memory loss diseases such as dementia or Alzheimer's. According to Psychology Today, only 6 to 8 percent of people over the age of 65 have been diagnosed with dementia.

Myth: Genetic health conditions can't be avoided as people age.

Truth: While it's true that genetics play a certain role in each person's body and health, health and wellness is largely in the hands of each individual. Eating right, getting enough exercise and rest all contribute to healthy aging.

Myth: Elderly people are less adaptable to change.

Truth: This is a personal preference – some people enjoy the newness and thrill of change, while others may be more apprehensive about change. However, this is not an age-related issue. Elderly people have faced countless challenges and situations of change by the time they reach a certain age, so while they may be a bit slower to adapt, they are certainly capable of change.

Myth: Elderly people are less adventurous.

Truth: There are many elderly people who have waited their entire lives for the opportunity to be in retirement so they can travel the world and see new things.

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| HVCH Cafeteria Menu Sept. 24-Sept. 28 | | | | |
|--|--|---|---|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Manicotti Battered Chicken Breast Roasted Potatoes Peas Zucchini Breadstick Italian Soup | Hot Dog/Bun Breaded Chicken Wings Tator Tots Fried Corn Broccoli Spanish Rice Tomato Soup | Meatloaf Battered Cod Breakfast Potato Casserole Asparagus w/ Cashews Cauliflower Beef Pot Roast Soup | Italian 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 Buffalo Soup |

ADDRESS

Looking to the future, Gabriel confirmed her commitment to ensuring the hospital will be a part of our community for the next 50 years.

“One of our initiatives is to continue exploring opportunities to bring additional services the community needs. Some of the services we are exploring include tele-ENT, additional offerings for sleep studies, and EMG services to augment our orthopedic providers,” she said.

During the ceremony, HVCH Board Chair Ruth Ann Spatar, HVCH Foundation Board Chair Brad Little and Dr. Mark Holt of the Hocking Valley Medical Group also addressed the crowd.

The HVCH Foundation revealed a new donor recognition wall that will be displayed in the ER lobby of the hospital.

“It is humbling to us to honor these selfless, caring individuals and organizations. Their giving exemplifies the very meaning of philanthropy, progress and innovation, as they have entrusted our Board and staff to fulfill their charitable wishes of bettering HVCH,” Little said.

Guests of the event also enjoyed appetizers prepared by the HVCH Department of Nutrition Services. Many thanks to all who attended.



TWIG II Fundraiser

Heavenly  Dips

It's all about the taste!

Veggie/Chip Dip Mixes
Olive Oil Dip Mixes
Dessert Dip Mixes

ALL DIPS \$6 EACH

Orders due 9/30/18

To order, call Beth Bell at 740-380-8154 or Nancy Johnson at 740-385-4327.

*Payroll deduct available for HVCH employees.
All proceeds benefit HVCH.*

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Clinical Psychologist (Contract/ Consultant) - Geriatric Behavioral Health
- Food Service Aide - Part Time - Various Hours
- Registered Nurse (RN) - Special Care Unit - Full Time - Nights
- State Tested Nursing Assistant - Full Time - Nights - Inpatient Services
- Student Intern Spring 2019 - Healthcare Administration (Unpaid) Sleep Lab Tech - Full time - Nights

AGING

Myth: People become less productive as they age.

Truth: Retirement doesn't mean elderly people just want to sit around all day! While at a certain age and depending on health concerns, some elderly people may need to rest more throughout the day, many people of retirement age enjoy active lives, help with care for their grandchildren and volunteer. A report by the Bureau of Labor Statistics reports that 24% of senior citizens volunteer throughout their retirement years.

Myth: People are less creative as they age.

Truth: Many people take up hobbies or crafts in their senior years that actually lead to a second career and/or income. Whether its woodworking, art or knitting, creative activities keep seniors' brains and dexterity sharp.

Myth: "Old people are crabby or depressed."

Truth: Depression is a real, diagnosable disease, not a feeling that can be used as a blanket statement. There is no evidence that shows that older people are crankier – people that are generally "crabby" in their younger years may continue that way. People that choose to be happy, usually continue that mindset into their golden years. It all comes down to attitude.

Myth: Elderly people are lonely.

Truth: The loving, caring environments of retirement communities and assisted living facilities such as Fellowship Square intend to make their residents feel at home and offer a vast social calendar of activities to keep seniors interactive with their neighbors. Many elderly people have kept an active social life and now that they have more time in retirement, actually have a very busy calendar.

Myth: "Old people are incompetent."

Truth: Elderly people that continue to challenge their brains, exercise their bodies and feed their soul with religion and spiritual beliefs are perfectly competent into their senior years. Even as they age and experience some memory loss or dementia, many elderly people retain abilities to understand, make rational decisions and participate in and enjoy life!



HVCH welcomes new employees for September

Hocking Valley Community Hospital welcomed three new employees for the month of September, Andrea Albright, RN, BHU; Stephanie Vierheller, Intern, Community Relations; and Sara, Intern, Social Services (BHU).



Hocking County Opiate Town Hall Meeting



October 10, 2018

Ginny Atwood Lovitt
Executive Director
Chris Atwood Foundation



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

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



- 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

Premier Sponsors



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.





HEALTH TOPICS

A - Z

Let's (T)alk About It!

As our kids head back to school there are many thoughts and questions that go through our minds as a parent, including "what concerns do I have regarding my child's speech and language skills, and how do they affect their school performance?"

Your child may have difficulty in the following areas which could translate into challenges in the school setting:

- **Speech sounds.** He or she may have trouble pronouncing sounds appropriately, speaking clearly, and is perhaps difficult to understand.
- **Language and literacy.** Does your child have trouble understanding what he or she hears? Does he/she follow directions or answer questions well? It may be hard for them to tell others about their thoughts. He or she may say words incorrectly or use only short sentences. Language problems can also make reading and writing a struggle for your child.
- **Social communication.** Your child may have trouble talking with other children. He or she may not make friends easily. They may not understand what others think or how they feel.
- **Cognitive communication.** These are the thinking skills your child uses to remember, solve problems, and use his/her imagination. Learning disabilities and brain damage can cause problems in these areas.
- **Feeding and swallowing.** It may sound strange to think that something as simple as eating could be a problem for your child in the lunchroom setting, but it can be. Challenges with feeding and swallowing can make it hard for your child to eat and drink enough during the day. This can make it hard to learn. It can also make social times, like lunch or snack harder for your child.
- **Stuttering.** Does it seem difficult for your child to speak smoothly? Does he or she repeat sounds or



Erin Tinkham, MS CCC-SLP
Speech Language
Pathologist, Hocking Valley
Community Hospital

words, or take long pauses when talking? Stuttering can make it hard to answer questions or give speeches in class. It can also make it hard to talk to friends.

- **Voice.** Your child may sound hoarse or lose his or her voice. They may sound like they talk through their nose, called nasality. Their voice may be too loud or too soft. Voice problems can make it hard to talk in class or with friends.

You need language skills to communicate, and you need to communicate to learn. Reading, writing, gesturing, listening, and speaking are all forms of language. The better your communication skills, the better you will do in school.

Do you feel like your child may have speech or language problems? They may not be able to do grade-level work. They may have trouble reading, writing, and spelling. They may not understand social cues, like what a person means when he nods or looks away as you speak. They may have trouble taking tests and may not want to go to school.

If you feel like any of these difficulties could be happening with your child there are many ways to obtain help. Start with your child's medical provider. Ask for a referral for speech language evaluation and treatment. Then seek out your nearest speech language pathologist (SLP) at Hocking Valley Community Hospital who specializes in helping children and adults of all ages with the above mentioned difficulties. Additionally, outpatient speech language therapy in the school is another place your child can receive help. Schools employ speech language pathologists, so talk to his/her teacher and request an initial evaluation with the school SLP to have your child evaluated and initiate treatment if difficulty is found.

Like children, adults can have speech and language impairments as described above although often due to a different reason. Adults typically have experienced an accident causing these difficulties, including a brain injury, a CVA or aneurysm, head and neck cancer or a progressive disease such as Parkinson's.

With both children and adults, the earlier you receive treatment, the better the outcome.



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.