



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

OCT. 26, 2018

Weekly Update



Saturday, October 27 | 10 a.m. – 2 p.m.
DEATakeBack.com

This Saturday, October 27, from 10 a.m. to 2 p.m. several local agencies and the U. S. Drug Enforcement Administration will give the public its 16th opportunity in eight years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

There are several locations around the area to drop off your unused medications during this event. Please see the list below. (The DEA cannot accept liquids or needles or sharps, only pills or patches.) This service is free and anonymous, no questions asked.

- Fairfield-Hocking-Athens Major Crimes Unit, Kroger, North Memorial Drive, Lancaster
- Athens Police Department, Athens Elks Lodge Parking Lot, West Union St., Athens
- Fairfield County Sheriff's Office, Diley Ridge Medical Center, Canal Winchester
- Franklin County Sheriff's Office,

Kroger, Gender 6095 Gender Rd., Canal Winchester

The Hocking County Sheriff's Office also has a secure prescription medication drop off bin in their lobby available 24/7.

Last spring Americans turned in nearly 475 tons (949,046 pounds) of prescription drugs at more than 5,800 sites operated by the DEA and almost 4,700 of its state and local law enforcement partners. Overall, in its 15 previous Take Back events, DEA and its partners have taken in almost 10 million pounds—nearly 5,000 tons—of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs.

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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. 16: TWIG IV Basket Raffle HVCH Meeting Room

Purchase raffle tickets and put them in the gift basket(s) you would like to win. Winners will be drawn same day. Proceeds benefit HVCH.

INSPIRATIONAL QUOTE OF THE WEEK

"Failure will never overtake me if my determination to succeed is strong enough."

—Og Mandino

Direct to You: From Julie Grow

The first three quarters of the year have seen significant decreases in the patient volumes we were accustomed to seeing in 2016 and 2017. This has caused some considerable challenges to manage expenses across the house to help absorb the loss of revenue. However, transition costs related to Epic at the beginning of the year have made this an even bigger challenge. Year to date we are approximately \$400,000 under budget on our operating expenses, but with volumes at a 5 year low, it just isn't enough to maintain a positive bottom line in 2018.



Julie Grow, CFO

vide our community with the care they need locally.

As we look ahead into the season of change and Thanksgiving, one thing I will be grateful for is to put 2018 to rest and look ahead to all of the exciting things we are working on moving into 2019. But most of all, I am grateful for the team I have the honor of working beside everyday and caring for the people of the community I call home. I know this year has been tough. We faced an "Epic" electronic health record transition, staffing model changes, service line additions, a building acquisition, leadership changes, a Joint Commission survey and those are just the things I thought of off the top of my head. There's a saying "The struggle you are in today is building the strength you need for tomorrow." Healthcare is hard... and the reality is that it is only going to get harder. HVCH was built on the principals of providing high quality health care to our community while being good stewards of our resources and adapting to our environment. Those values will be paramount as we look to the future of healthcare. Thank you for the difference you make everyday.

— Julie

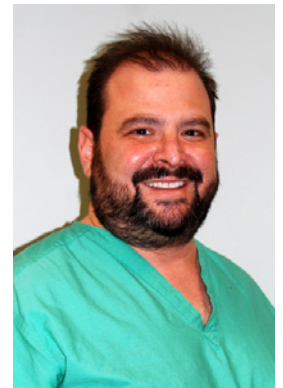


Quarterly gift card winner announced

Congratulations to Kandy Fizer, Director of Education. Kandy's green "thank you" ticket was drawn for the quarterly employee gift card drawing. Stacey Gabriel, CEO, presented Kandy an Applebee's gift card.

Steppin' Out with Dr. Kauffman 9 AM Thursday, Nov. 15 Walking Trail at HVCH

Take a walk with Dr. Matthew Kauffman, Orthopedic Surgeon, in celebration of National Rural Health Day and hear about how you can still be active with disabilities. Meet at the start of the walking trail at Hocking Valley Community Hospital, 601 S.R. 664 North, Logan, Entrance B. Walk begins promptly at 9 AM. For more information, call 740-380-8336.



HVCH Cafeteria Menu Oct. 29-Nov. 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Chicken Fingers Sweet Potato Fingers Cheese Ravioli Brussels Sprouts Garlic Bread Broccoli 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		



Halloween challenge winners

TOP PHOTO: Employees held a candy challenge for Trick or Treat Night at HVCH. The winner of the candy donation challenge was: Hocking County EMS with a whopping total of 97.8 lbs. of candy donated. WOW! They will be the lucky recipients of pumpkin donuts & cider during their next team meeting. Second place in the candy challenge was awarded to the Hocking Valley Medical Group Orthopedic office with 43.5 lbs. of candy donated. Thank you to everyone who donated to help make this event possible!

BOTTOM PHOTO: The winner of the HVCH/HVMG/EMS Pumpkin Decorating/Carving Challenge was the Emergency Department with their pumpkin squad! Our HVCH Board of Trustees voted on the Best of Show & we appreciate all the creations...how fun! ED also will receive pumpkin donuts and cider at their next department meeting. The decorated pumpkins will be on display underneath the front hospital canopy entrance until Oct. 31st. Stop by to check them out!



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
- Maintenance Technician/Mechanic - Full Time
- Phlebotomist - Contingent/PRN
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Contingent/PRN - Inpatient/Med-Surg
- Registered Nurse (RN) - Emergency Department - Contingent/PRN
- Registered Nurse (RN) - Part Time - Inpatient Services
- 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 fashioned ornaments, old fashioned Christmas cards.

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.

TAKE BACK

The Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health shows year after year that the majority of misused and abused prescription drugs are obtained from family and friends, including someone else's medication being stolen from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

For more information about the disposal of prescription drugs or about the October 27 Take Back Day event, visit www.DEATakeBack.com.



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**



Pharmacists are indispensable.

National Pharmacy Week

Pharmacy Week, celebrated the third full week in October, acknowledges the invaluable contributions that pharmacists and technicians make to patient care in hospitals, outpatient clinics, and other healthcare settings. Thank you to our awesome pharmacy team!

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.

Happy Halloween from Hocking Valley Community Hospital



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



HEALTH TOPICS

A - Z

Adding (V)alue to Our Community

I often ask myself at the end of the day, especially on those nights I can't sleep... "Did I add any value to life today?" And, I start processing, going through each task questioning did it really add significant value to the world? I truly believe each of us was created for that very purpose. Not to add importance to ourselves, rather to others.

Giving of one's self is the root. Time, talent, and, yes, even our finances. When I can take my "little bit" and add it to someone else's "little bit," and someone else's, the magnitude of what it becomes is more than I ever realize. It keeps on multiplying in ways I might never even know. I find it humbling that somewhere out there I am touching the lives of people I will never meet. They personally don't need to know I'm making a difference in their life...it's not about me. It's about them...me adding value to their life.

Let me give you a visual: Most everyone in the community knew or has heard of George and Elly Crow. Known for their kindness and generosity in many capacities, Mr. & Mrs. Crow crafted a legacy to care for patients at your local community hospital. Their foresight and concern for the people of our county was evident through their gift. These two individuals are now impacting the world of people they never knew...but, patients are benefiting from their trust in our hospital to continue caring for those in our community through their investment in the Hocking Valley Community Hospital Foundation. That's the kind of value of which I speak. There's nothing like it. Unconditional giving so as to add value to others. You don't have to be rich...you just need a giving heart.

Their gift encourages others to join them in the mission of providing excellent healthcare to Hocking County. It allowed our hospital Foundation to purchase a new facility for our providers, and to expand our services. Both adults and children – perhaps your own parents or children/grandchildren - are now receiving services in a state of the art facility because of George & Elly. We are so proud of the value they have added to Logan and Hocking County.

Planned giving allows you to express your beliefs and values by leaving a legacy for those who come behind



Latricia Johnston
Chief Public Relations
Officer, Hocking Valley
Community Hospital

you. But, are you aware of how simple it is, and the fact that it does not even affect your way of living today?

Consider the fact that hopefully most all of us have crafted a will. This is so important for the family during a difficult time to have things already prepared. By naming Hocking Valley Community Hospital Foundation as a beneficiary in your bequest, your charitable desires will be fulfilled without burdening others with your wishes. Your bequest can be named in honor or memory of someone; can be restricted so as only the income generated on your initial gift is used; or can be used for area of greatest need.

Have you evaluated your life insurance policies lately? Perhaps you now carry more insurance coverage than your family obligations now require. Has the need to consider current beneficiaries changed? Designating HVCH Foundation as a partial or full beneficiary to an existing policy can provide a much needed gift to our hospital and possibly save on inheritance tax for a remaining family member.

Retirement planning? Designating retirement plan assets to HVCH Foundation is an easy, tax-efficient way to fund your legacy. Most banks and financial services firms have beneficiary forms they can provide, that would also allow you to identify the Foundation as a beneficiary to an IRA or other retirement asset.

Finally, you do not need cash to give a gift to HVCH! Through transfer of appreciated stocks, bonds, mutual funds that you have owned more than one year, you can also make a difference. In lieu of selling appreciated assets and then donating the proceeds to charity, consider directly transferring them to HVCH Foundation as this will likely increase the value of your gift, avoiding sales expenses and the transfer will not generate a taxable capital gain.

Real Estate is a unique way to provide lasting benefits to HVCH. Donated property (home, vacation property, land, etc.) can save you taxes if you choose to donate them.

At the Hocking Valley Community Hospital Foundation, we know the importance of leaving a meaningful charitable legacy. We encourage you to discuss your philanthropic plans with your family members as appropriate, so they may participate in your decision-making and understand the objectives of your estate giving plans.

You can be a very special part of the history and future of HVCH. When you drive by the hospital we want you to be able to say "that's our hospital." Call our office today at 740-380-8336 to learn more!



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.