



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

NOV. 30, 2018

Weekly Update

Join us at the 3rd Annual Holiday Affair!



Hocking Valley Community Hospital will host its 3rd Annual Holiday Affair on Tuesday evening, December 4th from 5:00 to 7:30 p.m. on the HVCH campus.

"This is becoming one of the largest holiday celebrations in Hocking County," HVCH CEO Stacey Gabriel said. "Celebrating an 'Old Fashion Christmas,' this will be an experience that brings friends and family members of all ages together. Hocking County provides many ways for people to engage in amazing opportunities, and the HVCH Annual Holiday Affair is on the list."

Back to serve up their finest cuisine is German Village's Schmidt's Sausage Haus Food Truck. Guests can savor legendary sandwiches like Bahama Mamas, Bratwursts and Knockwursts. Schmidt's

famous sauerkraut, German potato salad, and cream puffs will delight any Holiday Affair goers. Also available for purchase will be hot bean soup cooked over an open fire by our local Logan Kiwanis Club, complimented with mini corn muffins. Purchase a hot apple dumpling, cider and other baked goods from Hocking Hills United Methodist Church.

Additionally, arriving straight from the North Pole is Blizzard the live reindeer. Excited to see all children in our community, he will be happy to have a photo taken with you, so bring your cell phones and cameras for memory making.

EVENTS CALENDAR

**Dec. 4: Holiday Affair,
5-7:30 PM, HVCH Campus**

Join us for the 3rd Annual Holiday Affair at HVCH! This year will be an old-fashioned theme.

Entertainment: Hocking Valley Community Hospital Caroling, Logan-Hocking Middle School Choraliers, Auxiliary Celebration of Lights, Hocking County Children's Chorus, Hocking Hills UMC Drama Team

Activities: Meet Blizzard the live reindeer from 5-7:30 p.m., Santa & Mrs. Claus, Holiday craft making, Gingerbread house display, Holiday exhibits, Can Do Creations, Doodlebugs, Kissing ball, Hocking Hills Candleworks & Christmas Treasures, Tom & Rosemary Nipel Wood Turning, HVCH Foundation - Greenery, Gift Cards/Tags

Food: Schmidt's Sausage Truck, Logan Kiwanis Club kettle cooked bean soup, Wren Valley Truffles, Hocking Hills UMC, Hocking Hills Bakery

INSPIRATIONAL QUOTE OF THE WEEK

"You can't cross the sea merely by standing and staring at the water."

—Rabindranath Tagore

Direct to You: From Julie Grow

Marketplace Insurance Deadline FAST Approaching – December 15th!



Julie Grow, CFO

Although there has been much debate surrounding the Affordable Care Act or “Obama-care” in the recent year, the Healthcare Exchange is still an affordable option to provide coverage. The key, however, is to make sure you fully understand exactly what you are signing up for. Unfortunately, the reality is, if you are not careful, you could enroll in a plan that leaves you with no local options for your healthcare needs or could cost you much more than you anticipated.

Choosing a health insurance plan can be complicated, but knowing just a few things before you compare plans and make your selection can make the process simpler. Oftentimes, the one and only determining factor people use when selecting a plan is based on monthly premium costs. While this is certainly an important thing to consider, it should not be the only thing. For example, you could opt to pay a slightly higher premium amount each month in exchange for a much lower deduct-

ible. If you are someone who typically has high healthcare costs each year or you are anticipating healthcare needs in the coming year, you should compare how much the additional monthly out of pocket is worth in comparison to your overall total out of pocket expenses. The higher amount each month could possibly cost you much less in the long run.

Next, if you are currently taking any medications on a regular basis, you should thoroughly review the plan summary to ensure those medications will continue to be covered under the plan you select. This is another hidden cost in the long run that could end up costing you much more if you are not careful. You would be surprised at some of the significant variations in coverage from one insurance company to the next when it comes to prescription benefits. Do not assume that all plans are going to be about the same when it comes to medication coverage because this is simply not the case.

Finally, know WHO you can go to for care. Currently, there is ONE and only one Marketplace Health Insurance Plan that is currently accepted at Hocking Valley Community Hospital: Medical

DIRECT, PAGE 3

Occupational Therapy In-Service held

Hocking Valley Community Hospital recently hosted an Ohio Occupational Therapy Association (OOTA) in-service (School-Based Occupational Therapy Challenges) for occupational therapy clinicians in Southern Ohio.



In-service was provided by Brenda M. George, MS, OTR/L, OOTA Pediatric SIS Coordinator and Melissa McCrady COTA/L, OOTA South District Pediatric SIS Representative. Brenda provided a discussion about recent changes in IEP documentation of services. Melissa provided a discussion on supporting the mental health of students.

Occupational therapy plays an important part in providing educationally relevant interventions and school-based mental health for students at risk, as well as, for those with educational needs. Occupational therapy promotes life skills, learning and functional independence, positive behavior, social participation and personal well-being throughout the student’s day. Services to students may include providing positive social-emotional opportunities, individualizing classroom routines to enhance attention and learning, fostering meaningful leisure interests and activities, developing self-awareness and coping skills, adapting school environments to accommodate sensory, motor and intellectual needs, problem-solving transition challenges, and learning life skills needed after graduation. Based on student need, interventions are delivered in a variety of school settings which include the classroom, lunchroom, playground, school campus and during extracurricular activities. Occupational therapy also consults and collaborates with teaching staff to further support a student’s physical, intellectual and social-emotional growth and independence.

For more information about HVCH’s occupational therapy program, call 740-380-8284.

HVCH Cafeteria Menu Dec. 3-Dec. 7				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Jo 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	EMPLOYEE HOLIDAY PARTY	Hot Dog/Bun Battered Cod Breaded Green Beans Vegetable Medley Peas Cauliflower Cheese Soup

DIRECT

Mutual Market (MMO). ALL other plans offered in Hocking and contiguous counties are considered out of network and would be considered self-pay. HVCH attempted to reach agreements with other marketplace insurance carriers, but those attempts were not successful. If you are not careful, you could end up selecting a plan that is not accepted anywhere within a 50 mile radius of where you live. This would make it very difficult to manage your healthcare needs and would not be money well spent for your monthly premiums when you would have to suffer additional cost related to travel.

The good news is that there are people who can help. On the healthcare.gov website there is a section called "Find Local Help." This will direct you to someone in your area who can help advise you on which plan would best suit your needs. Healthcare Insurance coverage is confusing, even for me and I deal with insurance companies nearly every single day. I would recommend anytime you are making a change to your coverage, whether it is through the marketplace or your employer, to seek help from an expert to make sure nothing gets overlooked. You will be thankful you did!

Take Care,
Julie



TWIG VI HONEYBAKED HAM & TURKEY SALE

DEADLINE TO ORDER

Friday, December 14th

To order, contact the HVCH Community Relations Dept. at 380-8154 or contact TWIG VI member Carolyn Geiger at 385-8423. Money is due at time of order. Check or cash is accepted. Please make your check payable to TWIG VI and return to HVCH Attn: Community Relations, P.O. Box 966, Logan, OH 43138.

DELIVERY DATE

**Saturday, Dec. 22 from 10-11 a.m.
HVCH Front Lobby**

All proceeds benefit Hocking Valley Community Hospital.



American Red Cross

Blood Drive

Hocking Valley Community Hospital

Meeting Rooms A & B
601 St. Rt. 644 N
Logan, OH 43138

**Wednesday, December 19, 2018
9:00 AM to 3:00 PM**

To schedule an appointment, call the HVCH Laboratory at 740-380-8218.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate - Part Time - Variable Hours
- Maintenance Technician/Mechanic - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Contingent/PRN
- Registered Nurse (RN) - Behavioral Health/Geri Psych - Contingent/PRN
- Registered Nurse (RN) - Contingent/PRN - Inpatient/Med-Surg
- Respiratory Therapist - Full Time



HVCH tree at The Bowen House

The Bowen House Celebration of Trees kicks off Saturday, December 1 from 4 to 8 p.m. at 196 N. Market St. Enjoy trees created by Hocking County artists, businesses, groups and schools! The Hocking County Children's Chorus will perform, and treats will be available. The Celebration of Trees will also be open Wednesdays-Fridays from 2 to 5 p.m. throughout the month of December. This year, HVCH's tree has an old-fashioned theme to match the Holiday Affair, which will be held Dec. 4 from 5 to 7:30 p.m.



Secret Santa for Super Seniors



Help brighten the life of a local home-bound senior this winter! The Southeast Ohio Regional Kitchen is accepting donation items as special gifts for Meals on Wheel clients. Donations will be accepted until Dec. 7 and delivered with meals beginning Dec. 10. Suggestions of gift items include: gloves, hats, socks, slippers, chapstick, cough drops, tissues, tea and crackers. New items only please! There is a drop-off location in the front lobby of Hocking Valley Community Hospital as well as the Poochie Parlor, Logan and Laurelville libraries, Subway in The Plains, and the HAPCAP Glouster office.

HOLIDAY

Alongside Blizzard will be Santa and Mrs. Claus. They will be greeting kids of all ages and providing a small gift.

Attendees will enjoy listening to outdoor musical entertainment provided by:

- 5:00 p.m. – Hocking Valley Community Hospital Choir
- 5:30 p.m. – Logan-Hocking Middle School Choraliers
- 6:00 p.m. – Sing-along carols at the Auxiliary Celebration of Lights Ceremony
- 6:30 p.m. – Hocking County Children's Chorus
- 7:00 p.m. – Hocking Hills UMC Drama Team

Still need to capture that photo for your holiday cards? Stop at the photograph and kissing ball area. On hand for guests are exhibits including gingerbread houses, nativities, old Santas, nutcrackers, holiday card collections, stockings and more, including items from collectors Larry Beal and Dr. and Mrs. George Johnson.

Vendors also will be on hand to help you get that hard to find special gift this year. Peruse items crafted by: Wren Valley Truffles; Tom & Rosemary Niple wood turning; HVCH Foundation live wreaths and holiday cards/gift tags; art items by Doodlebugs and Hocking County Board of Developmental Disabilities; Mike & Judy Hard of Hocking Hills Candle Works & Christmas Treasurers with scents of the season; Bob Imel and Dr. George Ralph with hand crafted knives and accessories; Dave & Tammy Anders of Wagon Wheel with metal yard art; and more. Before you leave, stop over to the crafting area and make a holiday ornament.

"For many, our daily lives are full of hurriedness, stress and frustration, all things that can contribute to poor health," Gabriel said. "As Hocking County's leading healthcare organization, we consider providing an occasion for allowing the beauty of the season to fill each of us with warmth and happiness as one more way of nurturing the emotional health and well-being of our community. We are Leading the Way to a Healthier Community."



Support the HVCH cafeteria upgrade project

Our kitchen and cafeteria are original to our building since 1966. We have been great stewards of our equipment, but it's time for an upgrade. Every year, more than 45,000 meals are prepared in our kitchen, still utilizing the 50-year-old original dish washer, steamer and freezer.

This week was Giving Tuesday, a day where people unite all over the globe to give to what they truly care about. Let's come together and do something huge for our patients, community and guests. Let's bring our cafeteria into the 21st century.

What a great tribute to our patients, families and community if we could get this cafeteria from 1966 to 2019. Through Friday Nov. 30, every dollar donated by community members will be matched, dollar for dollar, up to \$50,000. Our employees alone have raised almost \$30,000 for this project.

If you would like to donate, please visit www.hvch.org/about-foundation/giving-tuesday/.



Enter to win our Advent calendar giveaway!

Now that the holiday season is upon us, we wish you health and happiness in the coming year. Thank you for entrusting your care to Hocking Valley Community Hospital. If you like or share our "Twas the Night Before Christmas" video on the HVCH Facebook page during the month of December, you will be entered to win a prize from our life-sized Advent calendar!



HVCH Children's Christmas Party held

A Christmas party was held for the children and grandchildren of HVCH and Hocking Valley Medical group employees. The children got to see Santa as well as play games and eat sweet treats. Thanks to everyone who volunteered and attended!



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.