



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

DEC. 14, 2018

Weekly Update

HVCH offers SafeSitter course for teens

SAFESITTER

Designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting.

The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue and CPR!



Hocking Valley Community Hospital will offer SafeSitter courses for young teens to learn child watching skills.

Any youth grades 6-8 may take the course. It will be held on January 21 at the CIC Professional Building, 541 S.R. 664 N., Suite B, Logan. Registration deadline is January 7.

This course provides hands-on practice in lifesaving techniques to young teens who are home alone, watching younger siblings, or babysitting so they are equipped with the skills and confidence to act in an emergency. They learn basic first aid and infant and child choking rescue and CPR. Students also receive instruction on how a child's age affects

how to care for them, how to prevent problem behavior, and how to run their own babysitting business.

More than 600,000 youth have graduated from the medically-accurate program which teaches how, why and where injuries happen so they can be prevented. Students who graduate from a SafeSitter course receive a completion card for demonstrating that they know how to use their skills in situations they encounter.

The cost of the course is \$50. Call 740-380-8330 to register. For more information about the SafeSitter organization, contact their national headquarters at (317) 596-5001 or visit www.safesitter.org.

EVENTS CALENDAR

Dec. 19: Red Cross Blood Drive
HVCH Meeting Room

Schedule an appointment for the Red Cross Blood Drive. Appointments are available from 9 a.m. to 3 p.m. To schedule, call HVCH Lab at 740-380-8218. All donors will receive a \$5 Subway gift card.

Jan 21: SafeSitter Course
CIC Meeting Room

Youth grades 6-8 are invited to participate in SafeSitter, a course to learn child watching skills. Registration is \$50 and due by Jan. 7. The course will be held Jan. 21 in the CIC meeting room at 541 S.R. 664 N., Logan. Call 740-380-8330 for more information or to register.

INSPIRATIONAL QUOTE OF THE WEEK

"Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values."

— Thomas S. Monson

Direct to You: From Lauren Barber

Here we are again, another Christmas coming up and another year in the books.



Lauren Barber,
HR Director

2018 has certainly been a bit of a rollercoaster with many great changes at the hospital.

As I look back on my year, I can see that I've faced a number of challenges, been tested as a professional and senior leader, and had a few wins. I've grown and learned, but I've also developed deeper relationships with many of our directors and employees. HVCH is an amazing place to work and I'd grateful every day for this opportunity.

Being in HR, I get more than enough mushy, sentimental motivational reading materials filling up my inbox. But one of the things that has stuck with me more in the last few years than anything else is about optimism. And that is "The glass can always be refilled."

I consider it to be the pragmatist's view on optimism because a glass is a container that can hold pretty much

anything...including air. The trick is understanding that a glass doesn't have to hold just water or any liquid, really. Instead, see the possibility that a glass has the potential to hold ice cream, or nuts and bolts, or dust. This means that you hold the key to your potential and opportunities simply in the way that you view the world.

We are always going to have moments when our glasses are low. This week was a tough one for me, one where I joked that I simply couldn't wait for the weekend. One our wonderful employees said to me "You're wishing your life away." She was absolutely right. Even the exhausting days are an opportunity. Her wisdom definitely refilled my glass in an unexpected way.

As we slide into a new year, I invite you to take a minute to reflect on 2018 and see the ways that you've grown both personally and professionally. Instead of making a resolution for 2019 that you probably won't keep, look for new ways to fill your glass and opportunities to fill the glasses of others.

I wish you all a very merry holiday season!

Thank You!

Hocking Valley Community Hospital would like to thank our 2018 board members for their service.



**AMY
BLACK**



**BRICE
FRASURE**



**BOBBI
BISHOP**



**MARIA
GALANTI**



**MIKE
WALSH**



**RICK
WEBB**



**RUTH ANN
SPATAR**



**BLAINE
DAVIDSON**



HOCKING VALLEY Community Hospital

HVCH Cafeteria Menu Dec. 17-Dec. 21				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Battered Chicken Breast Roasted Potatoes Peas Zucchini Breadstick Italian Wedding Soup	Hot Dog/Bun Chicken Wings French Fries Fried Corn Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus w/ Cashews Cauliflower Beef Pot Roast Soup	Baked Zucchini Chicken Breast Breadstick Mixed Vegetables Carrots Bean w/ Ham Soup Corn Muffins	Pizza Burger Macaroni & Cheese Ranch Wedges Zucchini Green Beans Broccoli Enchilada Soup

HVCH cafeteria project update

The HVCH cafeteria renovation project will begin in the spring of 2019. Plans include a face lift of new tables, chairs, flooring, and paint. The café team are now making site visits and attending food shows to evaluate equipment, such as a new oven and refrigerated salad bar and new menu options the updated equipment will allow us to provide.

Thank you to everyone who has donated to the project this year, employees and community members. We are excited to make this needed upgrade to better serve you all. If you would like to donate toward this project, you can still do so on our website at www.hvch.org/about-foundation/giving-tuesday/.



Gingerbread house contest winner

Congrats to the HVCH Department of Rehabilitation for winning the 3rd Annual Holiday Affair Gingerbread House Competition. The runner-up was Citizens Bank of Logan. Thank you all for the many entries.

Whole Grain Stuffing Squares



- 7 oz. whole grain croutons
- 5 tbs. olive oil
- One 8 oz. package mushrooms, thinly sliced
- 1/2 medium onion, finely chopped
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 1/2 tsp. rosemary
- 1/2 tsp. thyme
- 1/2 tsp. sage
- 1/2 tsp. garlic powder
- 1 cup shredded carrots
- 1/2 cup finely chopped celery
- 1/4 tsp. baking soda
- 4 large eggs, beaten with 1/4 cup water

Preheat oven to 400 degrees F. Grease an 8x8 inch baking dish. Place croutons in a large bowl. In a large skillet, heat 1 tbs. oil over medium heat. Add mushrooms and cook, stirring often, until browned, about 5 minutes. Add to the croutons. Add the remaining 3 tbs. oil, onion, salt, pepper, rosemary, thyme, sage and garlic pepper to the skillet. Cook over medium heat until onion is softened and lightly browned, about 8 minutes. Add to the crouton mixture. Add the carrots, celery and baking soda to the bowl and mix well. Stir in the eggs. Spoon the mixture into the prepared dish and spread evenly; bake until browned, about 25-30 minutes. Let cool for 5 minutes; cut into 16 squares.



START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full & Part Time - Variable Hours
- Mental Health Tech (State Tested Nursing Assistant) - Behavioral Health Unit - Contingent/PRN
- Respiratory Therapist - Full Time

HVCH welcomes new employees for December



HVCH welcomed six new employees for the month of December: Paige Dennis, RN, ED; Taylor Mumford, COTA, Rehab.; Katelynn Jackson, Dietary Aide; Katie Austin, RN, ED; Mark Schrader, RN, Inpatient; and Amber McLaughlin, RN, ED. Welcome!



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**

**All donors will receive a \$5
Subway gift card. To schedule
an appointment, call the HVCH
Laboratory at 740-380-8218.**



HVCH Advent calendar

HVCH kicked off the holiday season with its life-sized Advent calendar. Winners include: Dec. 4 - Courtney Vogt; Dec. 5 - Pat Pugel Vogt; Dec. 6 - Jana Sue Lehman; Dec. 7 - Betty Jo Downs; Dec. 8 - Trudy McCoy; Dec. 9 - Lisa Proctor; Dec. 10 - Debbie Hinerman; Dec. 11 - Terri Smart; Dec. 12 - Calvin Price; Dec. 13 - Donna Covert; To be entered into the gift drawing, like or share our "Twas the Night Before Christmas" video on the HVCH Facebook page during the month of December.





HEALTH TOPICS

A - Z

(Y)east Infections

Overview

A vaginal yeast infection is a fungal infection that causes irritation, discharge and intense itchiness of the vagina and vulva. Also called vaginal candidiasis, vaginal yeast infection affects up to three out of four women at some point in their life, and for some, they experience at least two episodes. A vaginal yeast infection isn't considered a sexually transmitted infection. But, there's an increased risk of vaginal yeast infection at the time of first regular sexual activity. Yeast infections can effectively be treated by medications. If you have recurrent yeast infections — four or more within a year — you may need a longer treatment course and maintenance plan.



Roy Davis,
Director of Growth and
Business Development

Symptoms

Yeast infection symptoms can range from mild to moderate, and include:

- Itching and irritation in the vagina and vulva
- A burning sensation, especially during intercourse or while urinating
- Redness and swelling of the vulva
- Vaginal pain and soreness
- Vaginal rash
- Thick, white, odor-free vaginal discharge
- Watery vaginal discharge

Complicated yeast infection

You might have a complicated yeast infection if:

- You have severe signs and symptoms, such as extensive redness, swelling and itching that leads to tears, cracks or sores
- You have four or more yeast infections in a year
- Your infection is caused by a less typical type of fungus
- You're pregnant
- You have uncontrolled diabetes
- Your immune system is weakened because of certain medications or conditions such as HIV infection

When to see a doctor

Make an appointment with your doctor if:

- This is the first time you've had yeast infection symptoms
- You're not sure whether you have a yeast infection
- Your symptoms aren't relieved after treating with over-the-counter antifungal vaginal creams or suppositories
- You develop other symptoms

Causes

The fungus candida albicans is responsible for most vaginal yeast infections. The vagina naturally contains a balanced mix of yeast, including candida, and bacteria. Certain bacteria (lactobacillus) act to prevent an overgrowth of yeast, but that balance can be disrupted due to many things. An overgrowth of candida or penetration of the fungus into deeper vaginal cell layers causes the signs and symptoms of a yeast infection.

Overgrowth of yeast can result from:

- Antibiotic use, which causes an imbalance in natural vaginal flora
- Pregnancy
- Uncontrolled diabetes
- An impaired immune system
- Taking oral contraceptives or hormone therapy that increases estrogen levels

Candida albicans is the most common type of fungus to cause yeast infections. Yeast infections caused by other types of candida fungus can be more difficult to treat, and generally need more-aggressive therapies.

Prevention

To reduce your risk of vaginal yeast infections, wear underwear that has a cotton crotch and doesn't fit too tightly. It might also help to avoid: Tight-fitting pantyhose, douching which removes some of the normal bacteria in the vagina that protect you from infection; scented feminine products, including bubble bath, pads and tampons; hot tubs and very hot baths, unnecessary antibiotic use such as for colds or other viral infections; staying in wet clothes such as swimsuits and workout attire, for long periods of time.

If you've been treated for a yeast infection in the past, your practitioner may simply prescribe a treatment plan over the phone. Otherwise, you're likely to see a family medicine provider or gynecologist. For more information or to see a family care provider, please call 740-380-0202.



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.