



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

DEC. 21, 2018

Weekly Update

Happy Holidays from all of us at HVCH!



The Senior Leadership Team would like to wish all of you a happy and joyous holiday season. I know I have said this several times here lately, but I cannot believe another year is coming to a close. 2018 was quite the year, however, we are ready for 2019 and what is in store. Next year will no doubt be full of fun, excitement, and more crazy days... but we have proven that together we can make great things happen.

Thank you for your continued commitment to HVCH and the patients that we serve. A building is simply brick and mortar. What makes it special are those who work

inside that building doing what they do best. There is not a better group of people that we would rather be on this journey with than all of you. You have proven time and again that when the going gets tough, the employees of HVCH rally and take it on with grace and determination.

Happy Holidays to you and yours. Thank you again for your dedication and may the season bring you good health, prosperity, and much success.

Sincerely,

*Stacey, Julie, Roy,
Latricia, Ginger & Lauren*

EVENTS CALENDAR

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 from 9 a.m. to 3:30 p.m. 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

"The object of a New Year is not that we should have a new year. It is that we should have a new soul and a new nose; new feet, a new backbone, new ears, and new eyes. Unless a particular man made New Year resolutions, he would make no resolutions. Unless a man starts afresh about things, he will certainly do nothing effective."

— **Gilbert K. Chesterton**

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals."

— **Melody Beattie**

Direct to You: From Roy Davis

A Christmas Blessing

My feelings for Christmas over the past couple of years have been on a downward spiral with the same routine of putting up the lights, decorating the tree, passing out the gifts and cleaning up. I felt the magic was leaving with the kids getting older and my attitude was not the best it could be, but this year Santa sent me an early present that renewed my spirit and faith in what the holidays can bring.

Santa sent his best ambassador and her elves. Latricia Johnston and her team's creativity, endless energy, and hustle brought back the sense of amazement and hopefulness with our winter wonderland at the annual Hocking Valley Community Hospital Holiday Affair.

The precious looks on the children's faces when they came around the corner to see Santa and the compliments the parents and grandparents gave of the decorations and appre-



Roy Davis,
Director of
Business
Development

ciation of the old time Christmas was such a satisfying feeling. The event brought the entire community together for one magical night that is not witnessed very often in our modern world.

I just want to give out a very heart felt thanks to Latricia, Beth Bell, Leslie Stebelton, Stephanie Vierheller, our OU intern, and a team of volunteers that created this night of wonder with a live reindeer, beautiful singing, and great food. After working closely with them over the past couple years, I can testify that they bring a vision and energy that is rarely seen. We all need to celebrate having such great coworkers that go out and tell our story everyday, bringing our neighbors, friends and family closer to our hospital that is truly part of the community.



Spreading Christmas cheer

The members of TWIG II helped spread some holiday cheer to children who may have to visit the hospital by donating books to our Emergency Department. Books are used to entertain children in the lobby, as well as to give those who have to have procedures. Thanks TWIG II for your donation.

There will be no HVCH Update sent next week, 12/28.



HVCH Cafeteria Menu Dec. 24-Dec. 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Panini Grill Chef Salad Tomato Soup	Baked Ham Sweet Potatoes Broccoli Pumpkin Pie	Roast Turkey Baked Ham Mashed Potatoes Dressing Peas & Mushrooms Carrots Chicken Enchilada Soup	Pork Tenderloin Macaroni & Cheese Baked Potato Cauliflower Green Beans Succotash Tomato Soup	Battered Cod Chicken N' Noodles Mashed Potatoes Zucchini Broccoli Minestrone Soup

2018 - A YEAR IN REVIEW

What a whirlwind 2018 has been. Here is a look back at some of the happenings at HVCH:

JANUARY

- HVCH added a new position to the senior leadership team - Roy Davis as Director of Business Development and Physician Recruitment.

FEBRUARY

- Hocking Valley Community Hospital was presented a check for \$13,260.00 by local Hocking Hills Shrine Club to purchase new equipment.
- Bryan Brown was named the new Director of Cardiovascular.

MARCH

- One of the biggest projects that came to fruition in 2018 was the implementation of Epic - our new electronic health record.

APRIL

- HVCH joined many organizations in our community to participate in the Public Health Week Walk Across America Challenge.
- The HVCH Auxiliary presented \$20,000 to HVCH at their annual dinner.

MAY

- A retirement celebration was held for Dr. Robert Neff.
- The HVCH Foundation kicked off its 2018 Employee Campaign to raise funds for renovating the hospital cafeteria.
- Joellen Kemper was named Healthcare Worker of the Year.

JUNE

- HVCH celebrated the retirement of CEO Julie Stuck and welcomed new CEO Stacey Gabriel, who was previously Chief Nursing Officer.

JULY

- The Family Practice, Pediatric and Psychiatric providers of the Hocking Valley Medical Group began seeing patients in their new location at the HVCH

Foundation Medical Complex at 1383 W. Hunter St., Logan.

- The HVCH Foundation raised nearly \$45,000 gross revenue during its annual charity auction and golf outing.

AUGUST

- Hocking Valley Medical Group and HVCH Foundation held a ribbon-cutting ceremony with Hocking Hills Chamber of Commerce for the new HVCH Foundation Medical Complex.
- Family, friends, community and coworkers gathered to officially welcome Stacey Gabriel as the new president and CEO of HVCH.
- HVCH began an ophthalmology clinic in collaboration with The Ohio State University Wexner Medical Center.

SEPTEMBER

- Stacey Gabriel, CEO, presented the 3rd Annual State of the Hospital Address. This was Gabriel's first address after succeeding Julie Stuck as CEO.
- Brian Longnecker of Rushville was named Hocking Valley Community Hospital's new Director of Information Services.

REVIEW, PAGE 4

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**

REVIEW

OCTOBER

- HVCH senior leadership invited Representative Ron Hood to visit HVCH to learn more about rural healthcare and the impact of HVCH on our community.
- HVCH Auxiliary members gathered for a “spooky” fall tea celebration.

NOVEMBER

- The 2018 HVCH Foundation Employee Giving Campaign wrapped up with employees raising a total of

• \$27,825.98.

- HVCH celebrated National Rural Health Day by hosting many different activities and opportunities to recognize rural health care.

DECEMBER

- This year’s 3rd Annual Holiday Affair had a wonderful turnout with over 500 attendees! The theme was an old-fashioned Christmas, with old fashioned treats, displays of vintage Christmas items and vendors... and of course Santa & Mrs. Claus.



HVCH Advent calendar

HVCH kicked off the holiday season with its life-sized Advent calendar. Winners include: Dec. 14 - Linda Hilbert; Dec. 15 - Lisa Nutter; Dec. 16 - Donna Fisher; Dec. 17 - Christine Dalton Risch; Dec. 18 - Mary Conkey; Dec. 19 - Stacie Brown Robinette; Dec. 20 - Celeste Schmeltzer. Thanks to everyone for sharing our holiday video and entering our Advent calendar contest.



SPICED APPLE CIDER

Ingredients:

- 16 cups (1 gallon) apple cider
- 1/4 cup light brown sugar
- 1 teaspoon allspice
- Pinch grated nutmeg
- 2 teaspoons whole cloves

- 1 orange
- Cinnamon sticks, for garnish

Directions:

1. In a large pot over medium heat, add the apple cider. Stir in the brown sugar, allspice and nutmeg until the sugar is dissolved and bring to a low boil.
2. Stick the pointy ends of the cloves into

the orange so that just the buds of the cloves are visible. The entire orange should be covered with the cloves.

3. Add the orange to the cider and reduce the heat to simmer. Cover and continue cooking for 20 minutes.
4. Serve in warm mugs with a cinnamon stick garnish.



HEALTH TOPICS

A - Z

All about the (Z)zzzs

We would like you to meet our new sleep physicians who will see patients at the sleep lab located in Hocking Valley Community Hospital:

Laura Mong, DO—Dr. Mong is a graduate from Logan High School and Ohio University Heritage College of Osteopathic Medicine and just completed her sleep fellowship at University Hospitals Cleveland Medical Center

Evin Jerkins, DO — Dr. Jerkins is a graduate of Michigan State undergraduate degree in physiology and medical degree from Ohio University Heritage College of Osteopathic Medicine

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea.

The main types of sleep apnea are:

- Obstructive sleep apnea, the more common form that occurs when throat muscles relax
- Central sleep apnea, which occurs when your brain doesn't send proper signals to the muscles that control breathing
- Complex sleep apnea syndrome, also known as treatment-emergent central sleep apnea, which occurs when someone has both obstructive sleep apnea and central sleep apnea

If you think you might have sleep apnea, see your doctor. Treatment can ease your symptoms and might help prevent heart problems and other complications.

Symptoms

The signs and symptoms of obstructive and central sleep apneas overlap, sometimes making it difficult to determine which type you have. The most common signs and symptoms of obstructive and central sleep apneas include:

- Loud snoring
- Episodes in which you stop breathing during sleep — which would be reported by another person
- Gasping for air during sleep
- Awakening with a dry mouth
- Morning headache
- Difficulty staying asleep (insomnia)



Roy Davis,
Director of Growth and
Business Development

- Excessive daytime sleepiness (hypersomnia)
- Difficulty paying attention while awake
- Irritability

When to see a doctor

Loud snoring can indicate a potentially serious problem, but not everyone who has sleep apnea snores. Talk to your doctor if you have signs or symptoms of sleep apnea. Ask your doctor about any sleep problem that leaves you fatigued, sleepy and irritable.

Complications

Sleep apnea is a serious medical condition. Complications can include:

- Daytime fatigue. The repeated awakenings associated with sleep apnea make normal, restorative sleep impossible, making severe daytime drowsiness, fatigue and irritability likely. You might also feel quick-tempered, moody or depressed. Children and adolescents with sleep apnea might perform poorly in school or have behavior problems.
- High blood pressure or heart problems. Sudden drops in blood oxygen levels that occur during sleep apnea increase blood pressure and strain the cardiovascular system.
- Type 2 diabetes. Having sleep apnea increases your risk of developing insulin resistance and type 2 diabetes.
- Metabolic syndrome. This disorder, which includes high blood pressure, abnormal cholesterol levels, high blood sugar and an increased waist circumference, is linked to a higher risk of heart disease.
- Complications with medications and surgery. Obstructive sleep apnea is also a concern with certain medications and general anesthesia. People with sleep apnea might be more likely to have complications after major surgery because they're prone to breathing problems, especially when sedated and lying on their backs.
- Liver problems. People with sleep apnea are more likely to have abnormal results on liver function tests, and their livers are more likely to show signs of scarring (nonalcoholic fatty liver disease).

• Sleep-deprived partners. Loud snoring can keep anyone who sleeps near you from getting good rest. It's not uncommon for a partner to have to go to another room, or even to another floor of the house, to be able to sleep.

For more information about sleep apnea or to schedule an appointment with Dr. Mong or Jerkins, call their office at 740-689-4925. The Hocking Valley Community Hospital sleep lab phone number is 740-380-8031.



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.