



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

DEC. 7, 2018

Weekly Update

HVCH welcomes new Chief Nursing Officer

Hocking Valley Community Hospital has welcomed a new face to join its leadership ranks, Stacey Markus, Chief Nursing Officer.

"We are pleased to announce the appointment of Stacey as the new CNO. She comes to us with a wealth of knowledge and experience in the field of nursing and healthcare administration," Stacey Gabriel, CEO, said.

Stacey recently served as the CNO and acting CEO at Williamson Memorial Hospital in Williamson, West Virginia.

She has been responsible for strategic planning, budget development, and daily operations of the patient care areas. Past experience includes preparation for Joint Commission and CMS surveys, chairing patient experience teams, and managing quality and risk management programs.

"I have been a nurse for roughly 16 years," Stacey said. "My bedside career was all in an ICU, CCU or cardiac step down unit. My first management position was dealing with quality, performance improvement and regulatory requirements, as well as case management."

Stacey earned a bachelor's degree in nursing and a master's degree in nursing administration from Mt. Carmel College of Nursing. She is currently enrolled in Ashland Univer-



sity to receive her master's degree in business administration and has applied to Duke University for a doctorate in nursing.

Stacey's career has taken her to different areas and types of hospitals including Hamot Medical Center in Erie, Penn.; Licking Memorial Health Systems in Newark, Ohio; Palmetto GBA; Medigold Mount Carmel Health; Medical Center of Newark; Mount Carmel New Albany Surgical Hospital; Community Health Systems; and Williamson Memorial Hospital in Williamson, W. Va.

"I have had the opportunity to pursue my career in different states

EVENTS CALENDAR

Dec. 14: TWIG VI HoneyBaked Ham & Turkey Sale

Order your HoneyBaked ham for the holidays with this TWIG VI fundraiser. A variety of hams, turkey and desserts available. Please call 740-380-8154 or 740-385-8423 to place your order by Dec. 14. Pickup is Dec. 22 from 10-11 a.m. in the HVCH front lobby. Proceeds benefit HVCH.

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.

INSPIRATIONAL QUOTE OF THE WEEK

"Every gift which is given, even though it be small, is in reality great, if it is given with affection."

– Pindar

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

– Lao Tzu

Direct to You: From Latricia Johnston

Welcome to December, and all the joy, chaos, merri-ment, stress, excitement and peace it brings – all wrapped up into one!



Latricia Johnston,
Chief Public
Relations Officer

How will you celebrate the Christmas season in 2018? And, then I would be interested to know, how much that has changed for you since you were a child? For many, the bright eyed, child-like excitement has transitioned into an adult world of panic, stress, depression and exhaustion. Can you identify that time in your life when you might have lost that exhilarating feeling of “Santa Claus is coming to town” and not soon enough? And, there really is a toy making shop in the North Pole?

Sadly, for many, this is not how they celebrate this Christmastime. Rather, considering it a month when forced to go out into the shopping world on black Friday and buy presents of which they don’t even know what to buy in the first place, followed by the task of then wrap-

ping them all. Then the stress of baking that special holiday dessert to impress guests at parties or preparing a splendid dinner; mailing Christmas cards; baking cookies for school parties; attending all four Advent services at church; driving long distances to see family and friends; oh, and I almost forgot somewhere in between there is putting up a Christmas tree. Doesn’t it all sound just horrible?

There was a time when those exact same things were special and quite a whimsical affair. How many can raise their hands and say they’ve been in line at 3:00 a.m. in sub zero weather waiting for the doors of local stores and malls to open? It was like a stampede – and it was wonderful! Who hasn’t tracked down the recipe to figgy pudding and tried baking it at least once? Christmas cards – an annual trip to Hall-

mark for sure! Remember on your way to grandma’s when you really did sing ‘Over the river and through the woods to grandmother’s house we go’ – over and over? And, admit that one of your fondest memories is seeing

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Thank You!

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



KYLE WALKER



MATT MAHAFFEY



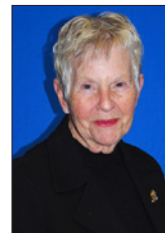
SUSAN ALDRIDGE



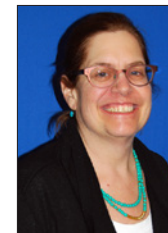
BRAD LITTLE



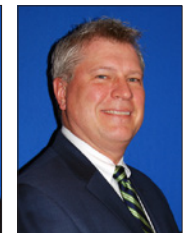
DONNA HOWARD



JUDY HENNIGER



LAUREL DANES-WEBB



PETE DENNIS



**HOCKING VALLEY
Community Hospital
FOUNDATION**

HVCH Cafeteria Menu Dec. 10-Dec. 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Carrots Broccoli Breadstick Tomato Soup	Breaded Chicken Breast Italian Sausage/Bun French Fries Corn Green Beans Blended Veggies Chicken Soup	Hot Dog/Bun Macaroni & Cheese Onion Rings Baked Potato Cauliflower Spinach Chili	Chicken Tator Casserole Salisbury Steak Mashed Potatoes Baked Beans Cabbage Parmesan Peas Broccoli Soup	Tortilla Tilapia Creamed Chip Beef Mashed Potatoes Carrots Brussels w/ Bacon Biscuit Enchilada Soup

CNO

and have worked in metropolitans and rural communities, not-for-profit facilities and for-profit facilities.

Each experience has been very diverse, so I have a good understanding of what different processes are like at different places and how they may assist here."

As CNO, Stacey has direct oversight of clinical departments in the hospital.

"At HVCH, that includes inpatients, Swing Bed Unit, Behavioral Health Unit, Surgery, Emergency Department, Urgent Care, Performance Improvement, Social Services and the Outpatient Clinic. Oversight not only includes competency of each department, but also patient experience and clinical excellency. I will be working with staff and providers to make sure we give the best possible care to our patients," Stacey said.

It's also important to network with the community, Stacey continued.

"It is important that we are an organization the community can trust. I have an open door policy, not only for employees, but everyone. Every single department impacts the patient experience."

Personally, Stacey lives in the Columbus area and has two sons ages 12 and 9. She was born in southeastern Kentucky, where she stayed until high school. She is very active with her sons' sports teams, and enjoys reading in her spare time.

"I'm happy to be here and to get involved in the community," she said.



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.



HVCH participates in annual holiday parade

Several volunteers from Hocking Valley Community Hospital walked in this past week's Logan Holiday Parade. Volunteers passed out candy, bubbles and other goodies along the parade route. We enjoy participating in this community event every year!

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 (State Tested Nursing Assistant) - Behavioral Health Unit - Contingent/PRN
- Registered Nurse (RN) - Behavioral Health/Geri Psych - Contingent/PRN
- Respiratory Therapist - Full Time

DIRECT

mom in the kitchen – or perhaps joining her – baking sugar cookies to take to your school party in the morning which was typically the last day before a long winter’s break! The Christmas tree – each year had a different ornament you made in school and dad would hang the star. Oh, if I could only hear the squeal of my littles again during this season.

And, Christmas services – pageants when you proudly stood up front in your Joseph’s robe or quoted a five paragraph poem you memorized; making sure you had something red to wear each Sunday for the next four weeks; purchasing a poinsettia in memory of someone you loved and lost to decorate the front of the chapel; and lighting a candle at candlelight service on one of the most special night’s of the year, December 24th.

Sounds just miserable doesn’t it?

But, maybe not so much. Is it possible to bring back the excitement where the stockings are so full they’re overflowing – not with expensive items but ones that take time to really think about their likes and what special treats and gifts might cause a smile? Can you laugh again because there’s wrapping paper, tape, ribbon and tissue paper all over the floor- and it’s okay? Can bedtime stories focus on Christmas and visions of sugar plums for just a while? Can you allow yourself a few minutes longer in the evenings to gaze at the glimmer of lights and ornaments? Will you step up and offer to read ‘Twas the Night Before Christmas’ or dress up as Santa Claus at the family gathering? Can you take an evening with friends to visit our hospital and share the joy to patients through caroling?

So again, I say, welcome to December, and all the joy, chaos, merriment, stress, excitement and peace it brings – all wrapped up into one! Surrender and embrace it...it will be gone before we know it.

My prayer this Christmas is that you get so caught up in the spirit of this season that you find yourself doing things you never imagined. To this day, I still go out on Christmas Eve, and look for the Christmas Star. I have yet to see it, but I wouldn’t want to miss it if it was there.

I hope in the next few weeks you become so contagious with a child like spirit again that others will notice. This season really does take on a magical quality if you let it.



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.



HVCH Advent calendar

HVCH kicked off the holiday season with its life-sized Advent calendar. Winners so far include Karen Brandon and Berdena Smart and Chris Bolden. 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.



HVCH 3rd Annual Holiday Affair another successful event



This year's 3rd Annual Holiday Affair had a wonderful turnout with nearly 500 attendees! The theme was an old-fashioned Christmas, with old fashioned treats, displays of vintage Christmas items and vendors. Guests enjoyed visiting Blizzard the live reindeer as well as Santa & Mrs. Claus. There also was a gingerbread house competition, with several entries from HVCH employees and community members. Several entertainers performed during the event including the HVCH Choir, Hocking County Children's Chorus, LHMS Choraliars, and Hocking Hills United Methodist Church Drama Team. Thank you to all who attended and helped make the event possible. Looking forward to next year!.



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.