



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

Weekly Update

JAN. 11, 2019

Cervical Health Awareness Month



The United States recognizes every January as Cervical Health Awareness Month. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is preventable with vaccination and appropriate screening (Pap and HPV tests).

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.

All women are at risk for cervical cancer. It occurs most often in women over age 30. Each year, approximately 12,000 women in the United States get cervical cancer.

The human papillomavirus (HPV)

is the main cause. HPV is a common virus that is passed from one person to another during sex. Most sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

In addition to having HPV, these things also can increase your risk of cervical cancer:

- Smoking.
- Having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems.
- Using birth control pills for a long time (five or more years).

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.

March 7-8: Uniform Sale **HVCH Meeting Room**

Robert's Uniforms will be back to offer a variety of scrubs, jackets, shirts and shoes for this HVCH Auxiliary fundraiser. Sale hours are 11-4 on 3/7 and 7-2 on 3/8. Employees may pay-roll deduct, but anyone may come to shop. Proceeds benefit HVCH.

INSPIRATIONAL QUOTE OF THE WEEK

"Keep on beginning and failing. Each time you fail, start all over again, and you will grow stronger until you have accomplished a purpose - not the one you began with perhaps, but one you'll be glad to remember."

— Anne Sullivan

Direct to You: From Latricia Johnston

Well, we are a couple of weeks into the New Year and hopefully you are still going strong with your goals and resolutions to be a better you this year. Many of us have committed to cutting back on fats or sugar, walking or exercising more routinely, getting our finances under better control...so many things and all of them good.



Latricia Johnston,
Chief Public
Relations Officer

As part of our "improvement plan" we should also consider our inner self. Yesterday, I had one of those experiences that impact you in some way for the rest of your life. While driving to work I came upon a car in front of me with the license plate that read URMORE. I equaled that to... "You are more." Wow! How often we as individuals or employees allow ourselves to become smaller than we really are. We might have fallen off the wagon and gained weight last year. We put less in savings and spent our earnings on frivolous items. We spent less quality time with our loved ones and more online or gaming. At some point we have all failed. Failures shouldn't cause us to be ostracized by our family, friends or coworkers rather they are life's lessons that make us strive to become more. We work harder the

next time. We turn off the TV and have dinner around the table. We pass on texting and pick up the phone and call mom or dad. We show up earlier to work to reinforce our commitment to being a devoted employee.

But, what if each time we felt defeated, we changed our thought process and moved forward.

- Can't seem to stick to a healthy nutritional plan? You are more than this...take out your cookbook and start again.

- Struggling with financial issues? Own the fact that you have mismanaged your income long enough, contact a financial advisor and start saving today. You are more than that.

- Perhaps you have a disability or have had a recent and very unexpected diagnosis. Remind yourself..."I am more...I got this." Embrace your limitations and help others.

- Suffering from the loss of a loved one or close family pet? Because they loved you...you are so much more. Honor their memory because of this.

- Got a past that follows you? Who doesn't? Chin up...Leave it where it belongs and walk on. You are now so much more than that.

- Feeling overwhelmed in the workplace? Rise above it. Prioritize and succeed. You are more.

It's a brand new year. Let the endless possibilities re-ignite your enthusiasm. I wish us all a year of so much more.



We're Here for You...

The Summit Behavioral Health Unit is here when you need us most, providing mental health services to our geriatric population. We provide acute inpatient care to promote an improved quality of life for our patients and their families.

**How can we help?
Contact The Summit at
(740) 380-8265**

HVCH Cafeteria Menu Jan. 14-Jan. 18				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Carrots Broccoli Breadstick Tomato Soup	Chicken Breast/Bun 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 Sweet/Sour Chicken Rice Pilaf Glazed Carrots Brussels w/ Bacon Cauliflower Enchilada Soup

Updated HVCH financial aid policy benefits patients



Hocking Valley Community Hospital has updated its financial assistance policy to further benefit patients who have healthcare needs and are either uninsured or underinsured.

“As healthcare costs continue to be a major worry for families, including increased costs to health insurance premiums, high deductible health plans, and rising pharmaceutical costs, HVCH recognizes the need to enhance our Financial Aid Policy to ensure our patients are getting the care they need,” Julie Grow, HVCH CFO, said.

HVCH will now offer financial assistance to all patients making up to 350% of the federal poverty level (FPL) and Hocking County Residents up to 400% of the FPL. This is up from 250% for the previous guidelines.

“Basically this means that as an individual, you can earn up to \$48,560, or a family of four can earn \$98,400 a year and possibly qualify for a discount,” Grow said.

This increase does not affect eligibility for the hospital’s 15% Prompt Pay Discount. For example, if a patient qualifies for 25% financial assistance and pays the remaining balance due in full within 30 days of their first statement, he or she would receive an additional 15% off the remaining balance too.

In order to qualify for financial assistance, patients are expected to cooperate with HVCH procedures for obtaining any insurance available or other forms of payment to contribute to the cost of their care, based on the individual’s ability to pay. In order to comply with all state, federal, and regulatory guidelines, the hospital must maintain records related to the financial assistance provided and cannot grant assistance without proper documentation provided by the patient.

“We recognize that forms can often be confusing, and patients may have questions regarding their application. If you need financial assistance with your medical bill, please call our Patient Accounts Department and a representative can walk you through the application process,” Grow said. “This is an exciting benefit to you as a patient, and allows us to continue our mission of providing the best possible care close to home.”

The HVCH Patient Accounts Department may be reached at 740-385-5276. Patients also may request forms or assistance at any hospital registration area.

CERVICAL HEALTH

- Having given birth to three or more children.

Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. If you have any of these signs, see your doctor. They may be caused by something other than cancer, but the only way to know is to see your doctor.

There are two tests that can either help prevent cervical cancer or find it early:

- The Pap test (or Pap smear) looks for precancers, cell changes, on the cervix that can be treated, so that cervical cancer is prevented. The Pap test also can find cervical cancer early, when treatment is most effective. The Pap test is recommended for women aged 21-65 years old. The Pap test only screens for cervical cancer. It does not screen for any other gynecologic cancer.

- The HPV test looks for HPV— the virus that can cause precancerous cell changes and cervical cancer.

HPV vaccines can help prevent infection from both high risk HPV types that can lead to cervical cancer and low risk types that cause genital warts. The CDC recommends all boys and girls get the HPV vaccine at age 11 or 12 as the vaccine

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START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- **Environmental Services Associate/ Housekeeper - Full & Part Time - Variable Hours**
- **Maintenance/HVAC Technician - Full Time**
- **Mental Health Tech (State Tested Nursing Assistant) - Behavioral Health Unit - Contingent/PRN**
- **Phlebotomist - Full Time**
- **Registered Nurse (RN) - PRN/ Contingent - Inpatient Services**
- **Respiratory Therapist - Full Time**
- **Surgery Technician - Full Time, Day Shift**

CERVICAL HEALTH

produces a stronger immune response when taken during the preteen years.

See your doctor regularly for a Pap/HPV tests that can find cervical precancers. Follow up with your doctor, if your test results are not normal.

If you need a family physician, please call the Hocking Valley Medical Group at 740-385-0202 to get started.

Where can I find more information about cervical and other gynecologic cancers?

- Centers for Disease Control and Prevention: 800-CDC-INFO or www.cdc.gov/cancer/gynecologic
- National Cancer Institute: 800-4-CANCER or www.cancer.gov



Southeastern Ohio Breast & Cervical Cancer Project

The Ohio Department of Health Breast and Cervical Cancer Project (BCCP) began in Ohio in 1994. Its mission is to provide screening and early detection of breast and cervical cancer to eligible women throughout the state. The goal of the BCCP is to detect cancers in women at an earlier stage, when treatment is more effective and to improve access to breast and cervical cancer screening for low-income women.

The Ohio BCCP program also offers no-cost breast and cervical cancer screenings and diagnostic testing to qualified participants.

YOU MAY QUALIFY IF:

CERVICAL CANCER SCREENING & DIAGNOSTIC SERVICES

- Age 21-64 years old
- 250% or below of the Federal Poverty Level
- Uninsured
- Ohio resident

BREAST CANCER SCREENING & DIAGNOSTIC SERVICES

- Age 25-39 with a physician report abnormality or other factors
- Age 40-64
- 250% or below of the Federal Poverty Level
- Uninsured
- Ohio resident

For more information, call 1-800-236-6253.

Oatmeal Pecan Waffles

Recipe Source: Deliciously Healthy Family Meals



Ingredients

For waffles:

- 1 C whole-wheat flour
- ½ C quick-cooking oats
- 2 tsp baking powder
- 1 tsp sugar
- ¼ C unsalted pecans, chopped
- 2 large eggs, separated
- 1½ C fat-free (skim) milk
- 1 Tbsp vegetable oil

For fruit topping:

- 2 C fresh strawberries, rinsed, stems removed, and cut in half (or substitute frozen strawberries, thawed)
- 1 C fresh blackberries, rinsed (or substitute frozen blackberries, thawed)
- 1 C fresh blueberries, rinsed (or substitute frozen blueberries, thawed)
- 1 tsp powdered sugar

Directions

Preheat waffle iron. Combine flour, oats, baking powder, sugar, and pecans in a large bowl. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well. Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy. Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see note below). Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside.) (Or make pancakes.) Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve. Four small servings.



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.