



**HOCKING VALLEY**  
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

**JAN. 18, 2019**

# Weekly Update

## Jan. 21-27 is Healthy Weight Week



*Information courtesy [www.cdc.gov](http://www.cdc.gov)*

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

Staying in control of your weight contributes to good health now and as you age.

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? Let's begin by defining what a healthy eating plan is.

According to the Dietary Guidelines for Americans 2015-2020, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

### **Eat Healthfully and Enjoy It!**

A healthy eating plan that helps you manage your weight includes a variety

### EVENTS CALENDAR

#### **March 7: TWIG VI Chinese Auction Hocking County Fairgrounds**

Come shop some great finds! Held at the Fairgrounds Youth Building. Doors open 5:30 p.m.; Drawings begin at 7 p.m. Lottery Tree, Grocery Basket, Door Prizes, 50/50. Baked goods & refreshments available. All proceeds benefit HVCH.

#### **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 payroll deduct, but anyone may come to shop. Proceeds benefit HVCH.

### INSPIRATIONAL QUOTE OF THE WEEK

*"Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again."*

– Og Mandino

## Direct to You: From Lauren Barber

There are many times in a week when I find myself scratching my head and wondering about the motivations



Lauren Barber,  
HR Director

of other people. I've spent my entire adult working life in an industry focused on serving others, and so the concept of servant leadership is deeply ingrained on me. I work with the attitude that my job and purpose is to elevate those around me by helping achieve a goal together rather than giving orders.

Much of Human Resources is about diplomacy and compromise, doing what's right for our employees but also what's right for our organization and the people we serve – our patients and community. I often hear "What's in it for me?" and feel disappointed. It's not wrong to want something in return for your efforts or time or to make choices based on what's best for you. In a servant-minded organization the goal is always that others come first and that the reward is second. When we forget our purpose, the entire organization suffers. We can no longer rely on our coworkers for support. We begin to feel burned out by selfishness rather than selflessness. Ultimately, morale declines and the

sense of teamwork we once had is lost.

Take for example our current partial government shutdown, now nearing almost a month. This impasse is having an incredible impact on not just the 800,000 federal workers who are either furloughed or working without pay, but also on the thousands of businesses, contractors, and ordinary citizens that rely on federal workers for their livelihoods as well. The end goal is better national security.

Much of Human Resources is about diplomacy and compromise. And much of hospital leadership is exactly the same. We seek out opportunities to ensure our organization's success. This is because our goal is not only to continue to serve our patients and community but also the 350 individuals we employ. Sometimes that means making tough decisions. But we never ask "what's in it for me?" The reward truly is having well cared for patients and families, a healthier more vibrant community, and employees who truly love their jobs and coworkers. We're in it for the greater good.

Next time you find yourself thinking "What's in it for me?" it might be time to reevaluate why you're doing it at all. If your personal goals don't align with the overall mission and purpose, then it might be time to consider making a change.



## SAVE THE DATE! JEEP RUN HVCH

Join us on a Jeep run through one of Ohio's most scenic fall landscapes - the hills of Hocking County.

Hosted by HVCH Foundation

**WHEN:** Saturday, October 12th

**WHERE:** Trip will include various stops throughout Hocking County

**Registration:** \$45 per adult - \$35 ages 10 and under. Stay tuned for more information on what your registration includes!

Don't have a Jeep? Consider getting your friends together and renting one for the day. Pack a cooler of beverages and snacks, and plan for a day of jeepin' fun! For more information call 740-380-8336 or email [ljohnston@hvch.org](mailto:ljohnston@hvch.org)

### HVCH Cafeteria Menu Jan. 21-Jan. 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Battered Chicken Breast Honey 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 Grilled Mixed Veggies Carrots Bean w/ Ham Soup Corn Muffin	Pizza Burger Macaroni & Cheese Ranch Wedges Zucchini Green Beans Broccoli Enchilada Soup



# HEALTHY WEIGHT

of foods you may not have considered. If “healthy eating” makes you think about the foods you can’t have, try refocusing on all the new foods you can eat—

- **Fresh, Frozen, or Canned Fruits** -- don’t think just apples or bananas. All fresh, frozen, or canned fruits are great choices. Be sure to try some “exotic” fruits, too. How about a mango? Or a juicy pineapple or kiwi fruit! When your favorite fresh fruits aren’t in season, try a frozen, canned, or dried variety of a fresh fruit you enjoy. One caution about canned fruits is that they may contain added sugars or syrups. Be sure and choose canned varieties of fruit packed in water or in their own juice.
- **Fresh, Frozen, or Canned Vegetables** -- try something new. You may find that you love grilled vegetables or steamed vegetables with an herb you haven’t tried like rosemary. You can sauté (pan fry) vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish — just microwave and serve. When trying canned vegetables, look for vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week.
- **Calcium-rich foods** -- you may automatically think of a glass of low-fat or fat-free milk when someone says “eat more dairy products.” But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.
- **A new twist on an old favorite** -- if your favorite recipe calls for frying fish or breaded chicken, try healthier variations using baking or grilling. Maybe even try a recipe that uses dry beans in place of higher-fat meats. Ask around or search the internet and magazines for recipes with fewer calories - you might be surprised to find you have a new favorite dish!

**Do I have to give up my favorite comfort food?**

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while, and balancing them out with healthier foods and more physical activity.

**Some general tips for comfort foods:**

- Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month. You’ll be cutting your calories because you’re not having the food as often.
- Eat smaller amounts. If your favorite higher-calorie



## HVCH welcomes new employees for the January

Derrick Tucker - Desktop Technician, Information Services; Jaime Whitlatch - Associate, Environmental Services; Sheldon Good - RN - Behavioral Health Unit; Stephanie Green - Mental Health Tech., Behavioral Health Unit; Shannon Denman - RN, Special Care Unit; Meghan Doyle - Intern, Community Relations; Danielle Marker-Gjarde - Intern, Human Resources; Caitlynn Hamilton - Intern, Human Resources.

### Free breast and cervical cancer clinic

Tuesday, Jan. 29 from 9 a.m. to 3 p.m.  
Hocking Valley Community Hospital

The Ohio University College of Osteopathic Medicine Mobile Clinic will be at HVCH to offer PAP testes, pelvic and breast examinations, same day mammograms and breast health education and navigation to uninsured and underinsured women. Call (740) 593-2432 to schedule an appointment.

## START YOUR CAREER WITH HVCH TODAY!

Apply @ [www.hvch.org](http://www.hvch.org)

- Education & Training Assistant - Full Time
- Licensed Practical Nurse (LPN) - Urgent Care - Full Time
- Maintenance/HVAC Technician - Full Time
- Registered Nurse (RN) - Part Time - Behavioral Health Unit
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Respiratory Therapist - Full Time
- Surgery Technician - Full Time, Day Shift

## HEALTHY WEIGHT

food is a chocolate bar, have a smaller size or only half a bar.

- Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size.

The point is, you can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight.

It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

Once you've achieved a healthy weight, by relying on healthful eating and physical activity most days of the week (about 60—90 minutes, moderate intensity), you are more likely to be successful at keeping the weight off over the long term.

### HVCH Foundation & Osburn Associates, Inc. Walking Trail

Coupling healthy eating with regular exercise is a great way to continue to maintain a healthy weight, or to help you get there. To help you stay fit, Hocking Valley Community Hospital has a one-mile, pet-friendly walking trail on campus with an outdoor exercise station.

If you need help managing your weight, please contact one of our primary care providers at Hocking Valley Medical Group to get you on the right track at 740-385-0202 or visit [www.hvmg.org](http://www.hvmg.org).



## 20-Minute Chicken Creole

Recipe Source: [www.health.gov](http://www.health.gov)



### Ingredients:

- Non-stick cooking spray as needed
- 4 medium chicken breast halves, skinned, boned, and cut into 1-inch strips\*
- 1 can (14 oz) tomatoes, cut up\*\*
- 1 cup chili sauce, low-sodium
- 1½ cups green peppers, chopped (1 large)
- 1½ cups celery, chopped
- ¼ cup onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp fresh basil or 1 tsp dried
- 1 Tbsp fresh parsley or 1 tsp dried
- ¼ tsp crushed red pepper
- ¼ tsp salt

### Directions:

1. Spray a deep skillet with non-stick spray coating. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat.
3. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.
4. Serve over hot cooked rice or whole wheat pasta.

\*For convenience, you can use uncooked boneless, skinless chicken breasts.

\*\*To cut back on sodium, try low-sodium canned tomatoes.

Yield: 4 servings; Serving size: 1½ cups



# 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.