



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

FEB. 8, 2019

Weekly Update

Get Healthy!

Cardiac Rehabilitation Week

National Cardiac Rehabilitation Week focuses attention on cardiac rehabilitation's contribution to improving the health and physical performance of people at risk for heart disease as well as those who have been diagnosed with heart disease or dysfunction.

Cardiac rehabilitation includes an individualized and personalized treatment plan based on your condition, including evaluation and instruction on physical activity, nutrition, stress management, and other health related areas.

If you have one of the following diagnoses you may be eligible to participate: heart attack, angina, cardiac surgery, such as coronary bypass or valve surgery, coronary artery angioplasty or stents, heart failure or heart transplantation.

Benefits of Cardiac Rehabilitation:

- Live longer and lessen your chances for another heart attack
- Control heart disease symptoms such as chest pain or shortness of breath
- Stop or reverse damage to your blood vessels in your heart
- Lessen the physical and emotional effects of heart disease
- Improve your stamina and strength, getting you back to your usual activities, including work, hobbies, and regular exercise
- Improve your confidence and well-being

Evidence indicates that early participation in cardiac rehabilitation results in reduced mortality rates and

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.

April 11: Book Sale HVCH Meeting Room

Browse a variety of books and gifts from 7 a.m. to 3:30 p.m.

INSPIRATIONAL QUOTE OF THE WEEK

"The key is to keep company only with people who uplift you, whose presence calls forth your best."

—Epictetus

Direct to You: From Julie Grow

2018 – Finance Year in Review 2018



Julie Grow, CFO

2018 proved to be another challenging year. Below are some of the highlights and lowlights for our financial performance.

- Cash deposits were \$29.5 million. This was \$5.4 less than last year. Approximately \$2 million of this shortfall was related to a decrease in and the time of our HCAP funding as compared to last year. The remaining \$3.4 million was due to the decline in patient volumes overall.

- Patient volumes were down 17% compared to 2017, while revenue was only down 6% overall.

- Total operating expenses were \$40.3 million. This was \$1.3 million

lower than last year.

- Factoring out required accounting entries related to PERS, the hospital would have ended the year with a positive operating margin.

- The hospital added invested \$4.3 million in capital improvements in 2018. A large portion of this was related to the Epic Electronic Health Record.

- To help offset the decline in patient volumes, the hospital was able to reduce staffing hours by 56,000 hours. This is a savings of nearly \$1.5 million.

Looking forward to 2019... we started the year off on a bright note with Gross Revenue in January coming in at \$7.8 million. This is the highest revenue generating month we have had since May of 2017. Let's hope the upward revenue trend continues in the right direction!

REHAB

reduced rates for another cardiac event. Cardiac rehabilitation also lowers the chance for hospital readmission.

Cardiac rehabilitation begins with an assessment of your personal risk factors for heart and blood vessel disease. Patients then begin and maintain a personalized exercise plan and undergo psychological/stress assessment and counseling. They also receive education on how to live a healthy lifestyle, such as maintaining a healthy weight heart healthy eating, and avoiding tobacco and environmental smoke.

The Cardiac Rehabilitation program at Hocking Valley Community Hospital is by physician referral. Call 740-380-8219 to speak to our team about how you can get started!



SAVE THE DATE! JEEPIN' IN THE HILLS JEEP RUN

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

HVCH Cafeteria Menu Feb. 11-Feb. 15

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



Employee recognized for going above & beyond

Daniel Robison was recently recognized by the Board of Trustees for going above and beyond to get a part for CT. Daniel was not on call nor working but traveled in a snow storm so that the part would get here on time. Pictured: Julie Grow, CFO, Daniel, Stacey Gabriel, CEO.

It's Pride in Foodservice Week



“One cannot think well, love well, sleep well, if one has not dined well.” –Virginia Woolf

And one cannot dine well without the hard work and dedication of nutrition and food service professionals along with all those associated with nutrition services teams across the country. Thank you to our entire food service staff at HVCH. We appreciate you!



Bingo Fun at Scenic Hills Senior Center

HVCH Spring Interns Caitlynn Hamilton & Danielle Marker-Gjerde assist the Community Relations department in hosting monthly bingo at the Scenic Hills Senior Center on Feb. 5th. We love our seniors!



START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Licensed Practical Nurse (LPN) - Urgent Care - Full Time
- Maintenance Technician - Skilled - Full Time
- Pharmacy Technician - PRN/Contingent
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Full Time - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Respiratory Therapist - Full Time
- Student Intern - Healthcare Administration, Business Administration, or Human Resources (Unpaid)
- Surgery Technician - Full Time, Day Shift



TWIG IV Valentine Basket Raffle

TICKETS: \$1 each or 6 for \$5
 Tickets available in HVCH
 Administration Offices.
 Drawing will be Feb. 13, 2019.

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| \$25 Cheesecake | Wine / glasses |
| Factory Card | Plush Blanket |
| \$25 Bob Evans Card | Photo Frame |
| \$25 Starbucks Card | Dish Towels and
Pot Holders |
| Lottery Tickets | Pot Holders |
| Pioneer Woman
Cookbook | Stuffed Animal
Balloons |
| Candy | Movie |
| Candle | Cake Mix & Icing |
| Lantern | Lotion |

All proceeds benefit HVCH. Payroll deduction available for HVCH employees.



Coming soon to a mobile device near you...

HVCH employees, physicians and patients have been busy filming new videos that will be viewable on mobile devices to share information and testimonies about HVCH's services with our community. The videos are part of the new "Discover HVCH" awareness campaign, directed at sharing the amazing procedures and programs offered at your local hospital.





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.