



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAR. 1, 2019

Weekly Update

How to live a nutritious lifestyle



National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Below are some ways you can live a more nutritious lifestyle:

1. **Eat Breakfast:** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. **Make Half Your Plate Fruits and Vegetables:** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2

cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. **Watch Portion Sizes:** Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. **Be Active:** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

EVENTS CALENDAR

March 7: TWIG VI Chinese Auction Hocking County Fairgrounds

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.

March 25: Drs. Day Blood Drive HVCH Meeting Room

Give blood in honor of your health care provider in recognition of National Doctors' Day from 9 a.m.-3 p.m.

INSPIRATIONAL QUOTE OF THE WEEK

"Success is not final, failure is not fatal: it is the courage to continue that counts."

– Winston Churchill

Direct to You: From Roy Davis

My original life plans were to become a history teacher and coach football, but life took a little detour to the old Hocking Valley. I still enjoy reading about history and learning new things, and one that I learned about was this concept of the happy warrior.



Roy Davis,
Director of
Business
Development

The term comes from a poem by William Wordsworth, written in 1806, called "Character of the Happy Warrior" about a British admiral that was admired by all. In the poem, Wordsworth describes the essential attributes of the happy warrior. The happy warrior is resolute and tenacious, "whose high endeavors are an inward light that makes the path before him always bright."

Calm and confident, the happy warrior "finds comfort in himself and his cause," drawing "his breath in confidence of Heaven's applause." And even when facing great adversity, the happy warrior always remains in good spirits. He has

"a peculiar grace," and is "attired with sudden brightness like a Man inspired."

How does a 213-year-old poem apply to healthcare? Look around you and you can see these characteristics everywhere... in your coworkers and hopefully yourself. They come on time and prepared; they do not make excuses, and know the unexpected is going to happen, so they roll with the changes. They are a joy to work with, while not dwelling on the past but hopeful for the future.

We all have a job to make the lives of not only our patients better but also our coworkers by bringing the best "you" everyday. Do you inspire your coworkers? Can they depend on you when times are busy and tough? And, most importantly - can they trust you?

In closing, the reason this hospital has existed independently for 53 years has not been luck, but rather by a bunch of employees and providers that believe in the mission and take pride in their work, generation after generation.

Roy



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
JEEP FUN PACK: \$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 March 4-March 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Joe French Fries Carrots Cabbage Corn Potato Soup	Bratwurst Crab Casserole Red Beans & Rice Sweet Potato Praline Green Beans Cornbread King Cake	Waffle Bar Vegetable Lasagna Cheesy Hashbrowns Corn Broccoli Breadstick Tomato Soup	Burritos Loaded Nachos Baked Potato Bar Fried Rice Brussels Sprouts Beef Pot Roast Soup	Hot Dog/Bun Battered Cod Green Beans Vegetable Medley Peas Cauliflower Cheese Soup

NUTRITION

5. **Get to Know Food Labels:** Reading the Nutrition Facts panel can help you shop and eat or drink smarter.
6. **Fix Healthy Snacks:** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.
7. **Consult an RDN:** Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.
8. **Follow Food Safety Guidelines:** Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.
9. **Drink More Water:** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, are an older adult or live or work in hot conditions.
10. **Get Cooking:** Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans. The collection of "Planning and Prep" videos at www.eatright.org/videos will get you started.
11. **Dine Out without Ditching Goals :**You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.
12. **Enact Family Meal Time:** Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.
13. **Banish Brown Bag Boredom:** Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.
14. **Reduce Added Sugars:** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review ingredients on the food label to help identify sources of added sugar. Visit www.ChooseMyPlate.gov for more information.



Family Support Group

Support group for families with loved ones with autism, sensory and/or ADHD

HVCH Outpatient Rehabilitative Services is offering a free support group to family members with loved ones who have been diagnosed with Autism, Sensory processing Disorder, and/or ADHD. The group will help network and connect families with services, support, and other families. The group will meet at the HVCH Outpatient Rehab. Clinic located at the CIC Building, Entrance B, 541 S.R. 664 N., Logan. The group will meet from 5:30-6:30 p.m. the fourth Wednesday of every month. Please RSVP by calling or texting Jacob Craig at 614-446-8679 or email jcraig@hvch.org.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time - Variable Hours
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - Full Time
- Mental Health Tech (State Tested Nursing Assistant) - Behavioral Health Unit - Full Time
- 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
- Specialty Clinic Coordinator (RN) - Full Time
- Student Intern - Healthcare Administration, Business Administration, or HR (Unpaid)
- Unit Secretary - Contingent/PRN



HOCKING VALLEY
Community Hospital
FOUNDATION

Thank You

Hocking Valley Community Hospital Foundation is thankful for the support of our major *Leading the Way* partners!

**LOGAN MOOSE
LODGE #873**

**IN HONOR OF
New Zion UMC**

CPAS / ADVISORS

Edward Jones

blue



G&J pepsi

**THE
CITIZENS BANK**

**Int-rim
HEALTH CARE**



MedAssist
a Firstsource company

**THE LOGAN
DAILY NEWS**

Philanthropy plays crucial role in the success of HVCH. For more information about HVCH Foundation's Leading the Way Partnership program, contact Latricia Johnston at (740) 380-8336.

American Red Cross

Give blood. Help save lives.



**Blood Drive
Hocking Valley Community
Hospital**

Meeting Rooms A & B
601 St. Rt. 644 N
Logan, OH 43138

**Monday, March 25, 2019
9:00 AM to 3:00 PM**

Call the HVCH Lab at 740-380-8218 to schedule an appointment.

NUTRITION

15. Eat Seafood Twice a Week: Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors: Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals: Expand variety in your menus with budget friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste: Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.



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.