



HOCKING VALLEY  
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAR. 29, 2019

# Weekly Update

## DIABETES ALERT!

### MYTH

It's possible to have "just a touch" or "a little" diabetes.

### FACT

**There is no such thing.** Everyone who has diabetes runs the risk of serious complications.



*Info from US Department of Health and Human Services*

Diabetes Alert Day is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk.

#### Did You Know?

- Diabetes affects about 30.3 million Americans or about 9.4 percent of the U.S. population.
- Nearly 1 in 4 adults living with diabetes, or 7.2 million Americans, are unaware that they have the disease.
- Another 84 million Americans have prediabetes, a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes.
- Nine out of 10 adults with prediabetes don't know they have it.

The sooner you know you're at risk, the sooner you can take steps to prevent or manage diabetes. If you have a family history of diabetes, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you are over age 45, are overweight, or are not physically active.

Type 2 diabetes prevention is proven, possible, and powerful. Taking small steps, such as eating less and moving more to lose weight, can help you prevent or delay type 2 diabetes and related health problems.

#### Follow these steps to get started on your game plan:

##### Set a weight loss goal

If you are overweight, set a weight-loss goal that you can reach. Try to lose at least 5 to 10 percent of your current weight. For example, if you

### EVENTS CALENDAR

#### **April 8: TWIG II Chinese Auction** **Hocking Co. Fairgrounds**

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

#### **April 11: Book Sale** **HVCH Meeting Room**

Help HVCH while you shop a variety of gifts and books from 7:30-3:30.

#### **April 11: TWIG II Ham Sale** **Deadline to Order**

Order your Easter ham, turkey or dessert by April 11 for delivery in time for Easter Sunday! Call 740-380-8154 or 740-385-8423 to order. Pick up is Good Friday, April 19 from 4-5 p.m. in the HVCH front lobby. Payroll available for HVCH employees. Proceeds benefit the hospital.

### INSPIRATIONAL QUOTE OF THE WEEK

*"There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living."*

—Nelson Mandela

## Direct to You: From Lauren Barber

Something we probably don't talk enough about at the hospital is the relationships we have with our local schools – grade schools and colleges.



Lauren Barber,  
HR Director

Their interests vary from marketing to accounting and finance, but they all share the common goal of one day becoming leaders in healthcare. We're grateful for the opportunity to teach and mentor them. Students apply for internship positions the winter, early spring, and summer. They submit a resume and are interviewed by the Community Relations department.

Many young students visit the hospital throughout the year to job shadow our nurses, doctors, and other staff and departments. Our staff also visit area elementary schools several times a year to provide valuable health education. This is a fantastic opportunity for children to learn about careers in healthcare. As you know, healthcare is a field that continues to grow rapidly. A large portion of the healthcare workforce is expected to retire over the next decade and we expect critical shortfalls of skilled workers in all clinical areas. Taking advantage of every opportunity possible to attract young people to the industry is important. We're thrilled to open our doors to inquiring minds and hope to inspire the next generation of healthcare workers!

Did you also know that every semester, including summer, we host at least one intern from Ohio University? This semester, we have three students with us, all majoring in Health Services Administration.

When you think of "interns," you might imagine a college student being sent on errands for coffee, holed up with the copy machine collating and stapling packets together, or answering the phones. That is definitely not the case at HVCH. We've designed our program to be very hands-on and educational giving students valuable resume-building work experience they can showcase when looking for that first post-college job. Interns attend a variety of meetings, work on projects, assist with the planning and presentation of hospital events like the golf outing and auction. What is learned in the classroom can be practiced in a true healthcare setting.

In the last few weeks, our current interns have assisted the HR Department with reorganizing all 330 employee health files, attended a career fair at Hocking College, assisted the Accounting department with a project, redesigned all of our hospital commu-

**DIRECT, PAGE 4**



## HVCH at Tri-County Career Center

Hocking Valley Community Hospital had a presence at Tri-County Career Center's "Future Fair" this week. Pictured are Caitlynn Hamilton, HR intern, and Selena Cottrill, HR Assistant. The students are our future!



## HVCH leaders address future docs

HVCH Senior Leadership representatives Julie Grow, CFO, Roy Davis, Business Development Director, and Stacey Gabriel, CEO, visited fourth year med students at Ohio University who are preparing to graduate and start their residency programs. The team reviewed different topics with the students, including healthcare finance, insurance, Joint Commission regulations, and the importance of rural healthcare.

HVCH Cafeteria Menu April 1-April 5				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken	Meatball Sub	Vegetable Lasagna	Burritos	Hot Dog/Bun
Sloppy Joe	Chicken Fingers	Bacon Cheeseburger	Loaded nachos	Battered Cod
French Fries	Spinach Casserole	Cheesy Hashbrowns	Baked Potato Bar	Green Beans
Carrots	Oven Fried Potatoes	Corn Broccoli	Fried Rice	Vegetable Medley
Cabbage	Cauliflower Breadstick	Onion Rings	Brussels Sprouts	Peas
Corn	Chicken Soup	Tomato Soup	Beef Pot Roast	Cauliflower Soup
Potato Soup			Soup	

# DIABETES

weigh 200 pounds, a 10-percent weight-loss goal means that you will try to lose 20 pounds.

*Follow a healthy eating plan for weight loss*

Research shows that you can prevent or delay type 2 diabetes by losing weight by following a reduced-calorie eating plan and being more active each day.

*Move more*

Find ways to be active every day. Start slowly and add more activity until you get to at least 30 minutes of physical activity, like a brisk walk, 5 days a week.

*Track your progress*

Keep track of your progress to help you reach your goals. Use your phone, a printed log, online tracker, app, or other device to record your weight, what you eat and drink, and how long you are active.

*Get support for changing your lifestyle*

It's not easy to make and stick to lifelong changes in what you eat and how often you are active. Get your friends and family involved by asking them to support your changes. You can also join a diabetes prevention program to meet other people who are making similar changes.

**Hocking Valley Community Hospital has a diabetes self management program that can help. Call 740-380-8242 for information.**



## The future generations of HVCH

This little cutie is the first grandchild of Roy Davis, Director of Business Development. We're hoping Eli will join our HVCH team someday!

**TWIG II**  
**SPRING PLANT SALE**

**Flats - \$12**

**Hanging Baskets - \$12**

**Terra Cotta Planters -**

**\$11 for 10-in.; \$16 for 12-in.**

*To order, call Nancy at 740-385-4327 or the HVCH Community Relations Office at 740-380-8154. Proceeds benefit Hocking Valley Community Hospital.*

**Deadline to order is Thursday, April 25.  
Pickup is Sunday, April 28 from 12-2 p.m.  
at Hocking County Fairgrounds.**

## START YOUR CAREER WITH HVCH TODAY!

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

- Environmental Services Associate/ Housekeeper - Full Time - Variable Hours
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - Full Time
- State Tested Nursing Assistant (STNA) - Full Time - Inpatient Services

# DIRECT

nication boards, and worked on marketing projects with Community Relations. They also spent time with children at Hocking Hills Elementary School and played BINGO at the Senior Center. In all, the interns will spend a total of 400 hours each in service to the hospital, a graduation requirement for their program of study.

Internship experiences are vital to not only to these students but also to the success of our hospital. While they might not end up employed at Hocking Valley Community Hospital, they certainly will be able to share what they've learned with others and continue to represent the hospital in a positive way.

To our three interns this semester – Caitlynn Hamilton, Danielle Marker-Gjerde, and Meghan Doyle – we appreciate your hard work and dedication to HVCH! Best wishes!

If you, or a college student in your family, are interested in internship opportunities with the hospital, please visit our website for info!



## TWIG VI HONEYBAKED HAM & TURKEY SALE



### DEADLINE TO ORDER

## Thursday, April 11

For more information, contact the HVCH Community Relations Department at 380-8154 or contact TWIG VI member Carolyn Geiger at 385-8423.

Money is due at time of order. Check or cash accepted. Please make check payable to TWIG VI and return to HVCH Attn: Community Relations, P.O. Box 966, Logan, OH 43138.

Delivery date is Friday, April 19 from 4-5 p.m. in the HVCH front lobby. All proceeds benefit HVCH.



## HAPPY NATIONAL DOCTORS' DAY!

*Thank you to the many physicians who serve the patients of HVCH and HVMG.*





# 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.