



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

APRIL 26, 2019

Weekly Update

Prescription Drug Take Back Day April 27

The National Prescription Drug Take Back Day addresses a crucial public safety and public health issue. According to the 2017 National Survey on Drug Use and Health, 6 million Americans misused controlled prescription drugs. The study shows that a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. That's why it was great to see thousands of folks from across the country clean out their medicine cabinets and turn in - safely and anonymously - a record amount of prescription drugs.

Therefore, twice a year, the DEA proclaims a national day to ask all Americans to safely dispose of their unused medication. Many businesses, medical offices, and first responders around the nation participate in the take back event to safely dispose of unused medication.

The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths.

The most recent drug take back day in October 2018 recorded 5,839 collection sites, had 4,770 law enforcement agencies participate, and collected 914,236 pounds of drugs.



Beginning at 10 a.m. Saturday April 27, the Major Crimes Unit of Fairfield, Athens, Logan and Circleville, along with LPD officers will have a tent set up outside of the Logan Kroger where residents around the area can drop off any prescription medication that's unwanted or expired.

The Hocking County Sheriff's Office also has a year-round drop box in their office where anyone can safely dispose of unused medications.

For more information visit takebackday.dea.gov or call the Logan Police Department at 740-385-6866.

EVENTS CALENDAR

July 30: Golf Tournament Hocking Hills Golf Club

Join the fun during the 34th annual Golf Tournament benefitting the HVCH Foundation. The outing will be held on a new day of the week, but is the same great event! Event kicks off with a 9:15 a.m. scramble start and a maximum of 28 teams. Registration is \$100 per golfer, \$400 per team and includes lunch, refreshments, golfer gift, cart fee, greens fee, and afternoon awards. Visit www.hvch.org or call 740-380-8154 to register.

August 8: Auxiliary Book Sale HVCH Meeting Room

Help HVCH while you shop a variety of gifts and books from 7:30 a.m. to 3:30 p.m. Payroll available to HVCH employees. Proceeds benefit Hocking Valley Community Hospital.

INSPIRATIONAL QUOTE OF THE WEEK

"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

—Norman Vincent Peale

Direct to You: From Latricia Johnston

Aaah-hh.... hear that? It's the sound of SPRING! It's finally here. You can hear it in the "peepers" at dusk, the thunder and rain during the spring showers, birds in the trees, a mower in the neighborhood, and in the room next door from all the sneezing of your family and friends. I love it.



Latricia Johnston,
Chief Public
Relations Officer

It's long overdue. I use this time to spring clean around the house and yard, finding it invigorating. There is a feeling of shaking off unnecessary dust and clutter from life and welcoming healthy and fresh opportunities.

It's a time for us to get outside and take longer walks with our pet now that daylight is longer. The benefits of walking or biking are endless. It helps our cardiovascular system and burns calories! If you're still dragging around those extra pounds from the holidays, get up and get out. Now's the time. According to a study published in the International Journal of Immunopathology Pharmacology, "forest bathing" (walking in the forest) lowers blood pressure & stress, while boosting the immune system.

Eat more in-season local

produce. Who doesn't like fresh dandelion greens in their salad or skillet? And, the mental benefits of playing in the dirt while planting our own personal gardens are also important.

It's a great time to schedule our screenings and doctor appointments for the year. According to professionals, we should plan our colonoscopy around age 50, a bone mineral density screen after menopause, a PAP test every three years, a mammogram every two years, and dental exams at least once a year.

De-clutter your medicine cabinet. Contact your local pharmacy to find when they are collecting and disposing expired medications the proper way. Avoid discarding them down the toilet, sink or trash cans, as this can lead to many problems we don't have time to chat about today.

If you're lucky enough to get out of town for a few, try meditation or yoga on the beach.

Spring cleaning as I mentioned earlier. Did you know the greatest number of dust mites live in the bedroom? Ugh. According to American College of Allergy Asthma and Immunology (ACAAI), to help control allergies, wash all linens and blankets, smooth surfaces such as ceiling fan blades, window

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HVCH recognized by Chamber

Hocking Valley Community Hospital was recognized at the Hocking Hills Chamber of Commerce Annual Dinner this week as one of the Chamber's Community Partners (above). HVCH Board Member Rick Webb (below) was awarded the Community Impact Award for his dedication to community organizations, his service on many different boards, and his help with the plantings and beautification of Downtown Logan. Congratulations!



HVCH Cafeteria Menu April 29-May 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Joe French Fries Carrots Cabbage Corn Potato Soup	Meatball Sub Chicken Fingers Spinach & Cheese Casserole Fried Potatoes Cauliflower Breadstick Chicken Soup	Vegetable Lasagna Bacon Cheeseburger Cheesy Hashbrowns Corn Broccoli Onion Rings 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



Letha Heft of HVMG recognized

Letha Heft, Practice Manager of Hocking Valley Medical Group, was recently recognized by the HVCH Board of Trustees for her continued excellence in leadership. Letha is a walking example of servant leadership and does it with style and grace. Over the past year, the HVMG has moved eight practices to three buildings and implemented a new electronic medical record system. Letha led the change with hard work including late nights and weekends.

"I enjoy working with Letha and so does her staff. In a survey of employees last year, they named her the number one reason for staying with the medical group," Roy Davis, HVCH Business Development Officer, said. "The characteristics that stand out the most are her integrity, ethics and strong morals." Congratulations Letha!



FOLLOW US ON FACEBOOK!

Make sure you follow us on Facebook for the latest tips, news, events, and updates!

<https://www.facebook.com/HockingValleyCommunityHospital/>



Get your ticket today for a chance to win a One Week stay at Majestic Beach Oceanfront Resort in Panama City, Florida! Includes \$1,000 in VISA gift cards for travel expenses. Total package value: \$3,000!

Tickets are \$20 each

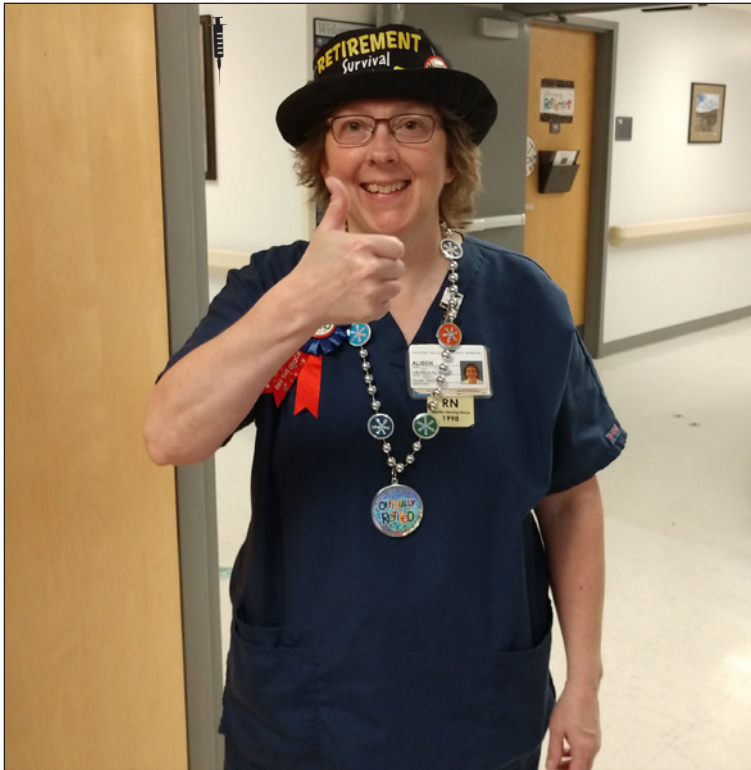
Reservations must be confirmed by December 1, 2019. Resort stay must be completed by October 1, 2020. Condo accommodates six with king size master suite and attached bath/spa tub, bunk room, and pull out double bed sofa. Drawing will take place during the Bids & Brews Benefit, Friday evening, August 9, 2019, held at the Hangar located at 28769 Murphy Road, Logan, Ohio. Winner need not be present to win.

To purchase tickets, visit: <http://www.hvch.org/community/beachraffle/>. Tickets may also be purchased in Community Relations at Hocking Valley Community Hospital. Call 740-380-8336 to learn more.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time - Variable Hours
- Registered Nurse (RN) - Full Time - Inpatient Services
- State Tested Nursing Assistant (STNA) - Inpatient Services - Full Time



Alison Monroe retirement

Alison Monroe, Informatics Nurse, has retired from HVCH after 20 years of service. She began her career at HVCH in 1981 as an LPN and worked her while obtaining her RN. She worked as a nurse in the Skilled Nursing Department, and was the Swing Bed Coordinator before assuming her role as Informatics Nurse. After retirement, she plans to spend time with family, continue working on her cabin business and spend time fishing. "Alison has been an invaluable asset to the hospital and we cannot thank her enough for her time and dedication," HR Director Lauren Barber said.

Medical Lab Professionals Week

Medical Laboratory Professionals Week is an annual celebration of the medical laboratory professionals and pathologists who play a vital role in health care. Laboratory professionals often work behind the scenes, and few people know about the critical testing they perform every day. There are more than 300,000 medical laboratory professionals who perform and interpret more than 10 billion laboratory tests in the U.S. every year.



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coverings, etc. It's also time to change your furnace/air conditioner filters.

Pitch that old makeup. Most have a one year shelf-life, but organic products could go faster.

Walking at Ally Park last week, my feet reminded me it was about time for new workout shoes. My shoe professional tells me the average rule of walking or running shoe replacement is every 300-500 miles. That can happen pretty quickly if you're walking up to five miles per day.

Finally...give up that TV for the next few months. There's not a better thing to watch than your friends and family gathered around you in your own backyard. There are a ton of yard games I just saw at Dick's Sporting Goods and Wal-Mart this past week. And, any activity is helping you burn some calories contributing to better health.

As always, our team is here to help you. Contact any of our providers at the Hocking Valley Medical Group. They are ready to get you started on a healthier track. Call 740-380-2734 to schedule an appointment.

Looking forward to seeing you outdoors!



CALLING ALL HVCH RETIREES!

You are invited to join us for a special retiree reception and hospital update from CEO Stacey Gabriel on Thursday, May 9 at 10:30 AM in the HVCH Meeting Room. Please stay for our Employee Recognition Lunch and catch up with past coworkers.

Call Latricia at 740-380-8336 to RSVP.



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.