



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAY 31, 2019

Weekly Update

Staying safe during a tornado




Information provided by American Red Cross

Tornadoes are violent: they can completely destroy well-made structures, uproot trees and hurl objects through the air like deadly missiles. Although severe tornadoes are most common in the Plains States, they can happen anywhere. Learn what to do to keep your loved ones.

Know the difference!

 A tornado **WATCH** means a tornado is possible.

 A tornado **WARNING** means a tornado is already occurring or will occur soon. **GO TO YOUR SAFE PLACE IMMEDIATELY.**

Top Tips

- Identify a safe place in your home where household members and pets will gather during a tornado:

a basement, storm cellar or an interior room on the lowest floor with no windows.

- In a high-rise building, pick a hallway in the center of the building. You may not have enough time to go to the lowest floor.
- In a mobile home, choose a safe place in a nearby sturdy building. If your mobile home park has a designated shelter, make it your safe place. No mobile home, however it is configured, is safe in a tornado.

Prepare in Advance

- Talk about tornadoes with your family so that everyone knows where to go if a tornado warning is issued. Discussing ahead of

STORM SAFETY, PAGE 3

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. in the HVCH meeting room. Payroll available to HVCH employees. Proceeds benefit Hocking Valley Community Hospital.

INSPIRATIONAL QUOTE OF THE WEEK

"Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather." — John Ruskin

Direct to You: From Latricia Johnston

This time of year is filled with many decisions.



Latricia Johnston,
Chief Public
Relations Officer

Some of you have children who will be graduating and deciding what is the next phase in their life. As parents we are loaned these precious littles for just a while to raise and nurture so when they leave home they can make wise decisions.

Summer is officially only weeks away and most of us have already started scanning websites and brochures of various places to see and discover throughout the summer months. Deciding what is the best bang for our dollar and what will provide the best memories.

Senior Leadership and our Auction/Golf committees early last fall made decisions to make some major and much needed changes in our summer events. It was not without many, many meetings and much input we felt confident the time had arrived.

As a team, we are always assessing and making choices for enhanced

or new services to provide to our community members. It is our duty to offer the best possible care within Hocking County and we do an amazing job at it.

Life is full of opportunities and making the right choices can be challenging.

It is impossible to make difficult decisions without a sense of knowing where we want to go in life. Bad choices are often made...because we just "go with it," and have no real destiny. And, we all know, we've been there, done that at some point in the journey.

We responded to quickly or too sharp. We procrastinated and paid for it later. We over spent and under budgeted. We pushed ourselves too far, when our body said stop.

I recently read a passage that provided thoughts to assuring we are headed in the right direction when at a crossroad and unsure how to proceed.

1. Will this choice help me reach my life objective or will it hinder? How many times have we said "if I knew then what I know now...?"

DIRECT, PAGE 3



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 the Community Relations and Administration offices at Hocking Valley Community Hospital. Call 740-380-8336 to learn more.

HVCH Cafeteria Menu June 3-7				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Philly Steak N' Cheese	Breaded Chicken Breast/Bun	Breakfast Pizza	Tortilla Tilapia
Chicken Fingers	Macaroni & Cheese	Italian Sausage/Bun	Sausage Gravy & Biscuit	Sweet & Sour Chicken
Potato Wedges	Onion Rings	French Fried Corn	Egg Omelette	Rice Pilaf
Carrots	Baked Potato	Green Beans	Taquito	Glazed Carrots
Broccoli	Cauliflower	Blended Veggies	Oven Browns	Brussels w/ Bacon
Breadstick	Spinach	Chicken Soup	Bacon	Cauliflower
Tomato Soup	Chili		Broccoli Soup	Enchilada Soup

DIRECT

2. Is this decision selfish or selfless? We all know someone who won't do anything unless it benefits them personally. In an "it's all about me world," how refreshing it is when I see someone put others first.

3. Will this impact me 20 years from now? If it probably will not in a good way...then it's probably not worth the investment of time, stress and money involved.

4. Finally, test your faith. While we all approach this differently, I'm not sure how anyone survives without some kind of faith. Some of us pray, some meditate, and some read inspirational material. If you haven't experienced it already, there is probably coming a day when you will find that you can do nothing else but hold on. What will you hold on to?

Our success or failure in life is up to us. What we have put in our toolbox along the way to help us at that one "defining moment" of choice will come in handy. Surround yourself with positive thinkers. Embrace teachable moments. Practice sacrificial kindness. Finally, trust your gut.

STORM SAFETY

time helps reduce fear, especially for younger children.

- Check at your workplace and your children's schools and day care centers to learn about their tornado emergency plans. Every building has different safe places.
- Make sure you have access to NOAA radio broadcasts, either through streaming an online NOAA radio station, downloading a NOAA radio app in the Apple Store or Google Play, or purchasing a battery-powered or hand-crank NOAA radio.
- Check emergency kit and replenish any items missing or in short supply. Especially medications or other medical supplies. Keep it nearby.
- Prepare a pet emergency kit for your companion animals.
- Make a list of items to bring inside in the event of a storm.
- Make trees more wind resistant by removing diseased or damaged limbs, then strategically remove branches so that wind can blow through. Strong winds frequently break weak limbs and hurl them at great speed, causing damage or injury when they hit.
- Remove any debris or loose items in your yard. Branches and firewood may become missiles in strong

STORM SAFETY, PAGE 4



HVCH recognized by school board

HVCH was recognized during the regular Board of Education meeting on May 20 for the 2019 Ohio School Board Association Business Honor Roll. The program gives school districts a way to say "thanks" to local businesses and recognize them for their valuable contributions to schools. Pictured are HVCH CEO Stacey Gabriel and CFO Julie Grow.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time - Variable Hours
- Food Service Aide - Part Time - Various Hours
- Radiologic Technologist - Full Time - Night Shift
- State Tested Nursing Assistant (STNA) - Inpatient Services (Part Time)
- Student Intern - Healthcare Administration, Business Administration, or Human Resources (Unpaid)
- Student Worker - Patient Registration (Part Time)



Hocking County has another Community Partner. An AED was purchased for the George & Elly Crow HVCH Foundation Medical Complex. The Hocking Valley Medical Group Primary Care, Pediatric Care, and Psychiatric Offices work in the building. Pictured here are Medical Assistant Jo Ruff, CNP Amanda Davis and Nurse Nykky Hart.



Bird feeders donated to hospital

Becky Yockey, a new RN in HVCH's Inpatient Department, and her son and daughter-in-law, Chad and Dawn Jensen (owners of Grannies Cooked Delivered Meals), donated new shepherd's hooks and bird feeders to be placed outside windows of the Inpatient Transitional Unit. Thank you so much for the donation! Our patients enjoy watching the birds.

STORM SAFETY

winds.

- Consider installing permanent shutters to cover windows. Shutters can be closed quickly and provide the safest protection for windows.
- Strengthen garage doors. Garage doors are often damaged or destroyed by flying debris, allowing strong winds to enter. As winds apply pressure to the walls, the roof can be lifted off, and the rest of the house can easily follow.

Right Before a Tornado

- Listen to local area radio, NOAA radio or TV stations for the latest information and updates.
- Move to an underground shelter, basement or safe room. If none is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.
- Remember: no area of a mobile home is safe during a tornado. If you have access to a sturdy shelter or a vehicle, go there immediately, using your seat belt if driving.
- Find a local emergency shelter and know the best routes to get there if you need to.

If You Are Outdoors

- Seek shelter in a basement, shelter or sturdy building.
- If you cannot quickly walk to a shelter, immediately get into a vehicle and try to drive to the closest sturdy shelter. Remember to buckle your seat belt.
- Stay away from bridge/highway overpasses.
- If strong winds and flying debris occurs while driving, pull over and park, keeping your seat belt on and engine running. Put your head down below the windows, covering your head with your hands and a blanket.

After a Tornado

- Let friends and family know you're safe.
- If evacuated, return only when authorities say it is safe to do so.
- Continue listening to local news or a NOAA Weather Radio for updated information and instructions.
- Check for injuries. If you are trained, provide first aid to persons in need until emergency responders arrive.
- Help people who require additional assistance—including the elderly, people with disabilities, and the people who care for them.
- Stay out of damaged buildings.
- Watch out for fallen power lines or broken gas lines and report them to the utility company immediately.
- Take pictures of home damage, both of the buildings and its contents, for insurance purposes.



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.