



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAY 3, 2019

Weekly Update

TWIG groups raise \$19,500 for HVCH



Hocking Valley Community Hospital Auxiliary recently held its annual banquet and meeting where the TWIG groups (Together With Important Goals) announced their total fundraising efforts for the past year.

On behalf of the Auxiliary, Ginger Johnson, President, accepted a check for \$9,500 from TWIG II, a check for \$4,000 from TWIG IV and TWIG VI presented a check for \$6,000. Total funds for the year amounted to \$19,500.

"These funds are raised throughout the year from individual TWIG projects such as ham sales, jewelry and flower sales, raffles, bake sales and Chinese auctions," Johnson shared. "Funds are then used to support HVCH with hospital renovations or capital purchases

when requested."

During the annual dinner, the Auxiliary pledged \$19,000 to assist in renovations of the hospital's lobby and admitting area inside the ER entrance. Renovations will include new paint, countertops, lobby chairs and patient wheelchairs.

Stacey Gabriel, HVCH CEO & President, joined Johnson in thanking the TWIG members for all their hard work, dedication and donations throughout the year.

Additionally, the Auxiliary installed new officers at the annual dinner. Serving for 2019 is Ginger Johnson, President; Betty Jo Downs, Vice President; and Kathy Stiverson, Treasurer.

AUXILIARY, PAGE 4

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

"Do not wait; the time will never be 'just right.' Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along."

—George Herbert

Direct to You: From Lauren Barber

I've been thinking a lot about retirement lately – mostly because we've said farewell to three amazing long-time employees in the last few weeks including one from my own department. I love my job and what I do, but there will come a point in time when I'll be ready to stop working and relax. There's still a good 25 years until I reach that point, but as everyone knows, retirement must be planned for. Save now so you'll be comfortable when the time comes.



Lauren Barber,
HR Director

In case you missed the news last week, the Social Security Board of Trustees reported that without substantial reform, the Social Security Trust will become insolvent by 2035. In recent years, Social Security has become a "pay-as-you-go" system in that today's active workers pay for the benefits of current retirees. In order to meet its future obligations, Social Security might have to cut future benefits to 75 – 80% of what workers are entitled to unless they take actions soon to shore up the system.

Other retirement plans and systems have faced similar challenges due to increasing life span

of beneficiaries, poor performance on investments, and more. There are plenty of examples of how those issues were addressed in other defined benefit/pension programs, like the Ohio Public Employees Retirement System (PERS). They've acted in the last several years to increase employee and employer contributions into the pension program, increase full retirement age, and changed the frequency and amount of cost of living adjustments, and reduced retiree health benefits. While those changes created some short term pain, the long term result ensures future generations can be confident PERS will continue to provide retirement income.

The Social Security Administration, with congressional oversight, will need to consider options soon to shore up the trust's expected shortfall. Some possible fixes being considered include increasing payroll taxes for employees and employers would help, increasing the Full Retirement Age, and reducing administrative expenses. Experts still say that workers should plan now to ensure they have enough assets to live comfortably in retirement. This means saving and investing now to help supple-

DIRECT, PAGE 4



Brenda Lehman celebrates retirement

Brenda Lehman, STNA, has retired from Hocking Valley Community Hospital after nearly 14 years of service.

She worked as a nurse aide in the hospital's Medical/Surgical Department, as well as the former Skilled Nursing Unit.

"Brenda always provided excellent care to all of our patients. She's always full of joy and great to work with," Tammy Little, Director of the Medical/Surgical Department, said.

Brenda thanked her hospital co-workers for all the love and care over the years. After retirement, she has a summer full of plans with her family. We wish you the best Brenda!



Congratulations to Paige Schmelzter for passing her RN boards! She has worked at HVCH as an STNA since October of 2016 and started orientation for a full time RN position this week!



HVCH Cafeteria Menu May 6-10				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Philly Steak N' Cheese	Breaded Chicken Breast		Tortilla Tilapia
Chicken Fingers	Macaroni & Cheese	Italian Sausage/ Bun	Panini Grill	Sweet & Sour Chicken
Potato Wedges	Onion Rings	French Fried Corn	Salad Bar	Rice Pilaf
Carrots	Baked Potato	Green Beans	Minestrone Soup	Glazed Carrots
Broccoli	Cauliflower	Blended Veggies		Brussels w/ Bacon
Breadstick	Spinach	Chicken Noodle Soup		Cauliflower Enchilada
Tomato Soup	Chili			Soup

Are you living with diabetes?

RESEARCHERS WANT TO HEAR FROM YOU

Help us learn more about diabetes in
Southeastern Appalachian Ohio!

You may be eligible to participate if you are:

1. Age 18 or older
2. Diagnosed with **type 1 OR type 2** diabetes
3. Living in Southeastern Appalachian Ohio
(Athens, Hocking, Meigs, Morgan, Perry,
Vinton, or Washington county)
4. Able to read and speak English

Participation in this study involves completing a demographic form and eight surveys about your diabetes and well-being. IRB 17 - X - 234

Compensation is a \$15 gift card.

For more information on participating in this study, please contact us at:

DiabetesWellness@ohio.edu

Or by phone:

Karie Cook 740-593-2908

OHIO
UNIVERSITY



Heritage
College of
Osteopathic
Medicine

OHIO
UNIVERSITY



THE DIABETES INSTITUTE

Heritage College of Osteopathic Medicine



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
- Radiologic Technologist - Full Time
- State Tested Nursing Assistant (STNA) -
Inpatient Services - Full Time

HVCH FOUNDATION BALL DROP

Tickets are \$10 each. A total of 600 golf balls will be dropped on the putting green during the Golf Tournament July 30, 2019.

The person whose numbered ball is closest to the designated ball wins \$1,000.

CALL 740-380-8154 TO GET YOUR TICKETS

AUXILIARY

To close the evening's celebration, CEO Stacey Gabriel and HVCH Board Chairperson Ruth Ann Spatar presented the Elly Crow Award to Betty Jo Downs. Downs has been a TWIG VI member since 2003.

"She is always extremely helpful with any fundraising project and willing to donate her time and talents. She takes her recruitment duties seriously, as she has recruited several new members to come join the TWIG fun. In the past, it is also believed she has also held every officer position within TWIG VI," Gabriel said.

Downs also has helped with the HVCH Foundation's golf tournament and charity auction events for many years, and has been a volunteer at the hospital since 2013.

The Elly Crow award was created to honor the former TWIG II member who was instrumental in creating many special events and raising thousands of dollars for our hospital and community. Elly was instrumental in the creation of the annual volunteer dinner, organized the annual Foundation auction, and worked at the annual Golf Tournament that has helped the HVCH Foundation raise more than \$1.5 million to purchase hospital equipment.



DIRECT

ment Social Security income. An area many workers are unprepared for are unplanned medical expenses. In retirement, the average couple can incur nearly \$300,000 medical bills from retirement until the end of life. Some of those expenses might not be covered by Medicare.

Since it's almost impossible to predict the future, the best plan is simply to prepare as best as you can! If you are still working, take advantage of tools that your employer offers to help you save for retirement such as 401(k), 403(b), deferred compensation, and health savings accounts (HSA). A 35-year-old couple that each contributes \$2,800 per year into an HSA from now until age 65 can put away \$285,000 to be used to cover healthcare expenses. Even if these are not options through your employer, it's very easy to open an individual retirement account (IRA) through your bank or credit union. Other savings opportunities can be found through online apps like Qapital and Acorns that round up your purchases to the nearest dollar and sweep the spare change into savings or investment accounts that earn interest. Your bank might also have a similar savings program.

HVCH offers financial wellness programs through our Employee Assistance Program. All PERS members can take advantage of their new financial education and wellness programs. They offer monthly webinars on budgeting and retirement planning. For more information, visit their website here: <https://www.opers.org/members/traditional/resources.shtml#financial-wellness>.

Of course, saving money will only get you part of the way to your retirement goals. More than 24% of household income is spent on servicing consumer debt such as mortgages, student loans, car loans, and credit cards. The financial wellness programs noted above also provide tips on how to manage your debt while still saving for your retirement.

There are many free resources for helping you reach your financial goals. The library is a great place to start. Many credit unions, banks, and even credit card companies have free tools and resources including free credit reports. You might also like www.mymoney.gov which provides a wide array of interactive financial resources for the whole family! There are even games for kids that teach saving and budgeting.

So while the Social Security situation might remain uncertain, there are definitely other opportunities for financial security. It only takes a little thought and planning!



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.