



**HOCKING VALLEY
Community Hospital**

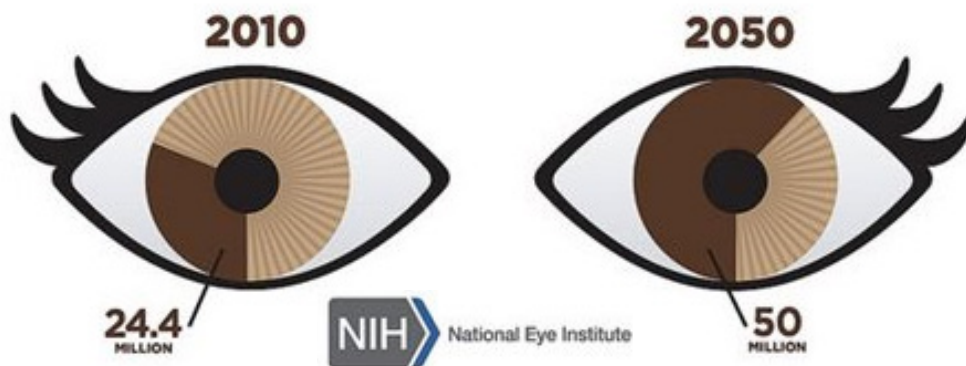
LEADING THE WAY TO A HEALTHIER COMMUNITY

JUNE 14, 2019

Weekly Update

Cataract: NEI Looks Ahead

Between 2010 and 2050, the estimated number of people who have or have had cataract will double from 24.4 million to 50 million.



Each eye represents a total of 80 million people, the estimated number of Americans who will be 65 and older in 2050, the population most affected by common eye diseases.

Information courtesy yoursightmatters.com

June is Cataract Awareness Month. **Cataracts are the leading cause of vision loss in the United States, and it is the leading cause of blindness in the world.** There are 24 million Americans over the age of 40 who are affected by cataracts, so it seems fitting that an entire month should be dedicated to education and awareness.

In anticipation of Cataract Awareness Month, here are some common questions and answers about cataracts:

What is the treatment for cataracts?

Even though cataracts are so prevalent, they are very simple to

treat. Cataracts are a clouding of the lens of the eye, which prevents passage of light into the eye. The solution to cataracts is cataract surgery, which requires a surgeon to remove the deteriorated lens and replace it with an artificial lens called an intraocular lens or IOL. Over 3 million Americans undergo cataract surgery annually, making it one of the most common surgeries in the United States. In fact, the entire surgery lasts only about 20 minutes, and most people can resume normal activities fairly rapidly.

Is cataract removal safe?

Cataract surgery is one of the safest and most effective surgeries with a success rate of 95 percent. Your surgeon will remove your clouded

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

"One of the greatest titles in the world is parent, and one of the biggest blessings in the world is to have parents to call mom and dad."

– Jim DeMint

Direct to You: From Roy Davis

The dad points to the grave yard and says to the child, “do you know how many people are dead in that cemetery?” The child starts to count all the tombstones and tries to figure out how many are buried in a mausoleum, but finally gives up. The child asks the dad, “how many?” The dad says “all of them.” The child rolls their eyes and laughs.



Roy Davis,
Business
Development
Officer

My dad has about ten jokes and I am certain that one is his most repeated on the list as we have passed a lot of cemeteries through the years. As we were moving my son Casey into his first apartment last week, we passed a cemetery. I whipped out this oldie but goody and received the same reaction, a very hard eye roll, a hearty laugh, and an acknowledgement that this was in fact a very good “dad” joke.

As I grow older I see my role in the family change from being the youngest without any responsibilities and getting away with anything to now making the medical decisions for my parents. The change has me reflecting back on my childhood and the lessons I received, or was supposed to absorb but

did not sink in until much later. My parents had a small family-owned grocery store and some of my favorite childhood memories come back to me every time we walk into a store. I can walk around any grocery store and see so many things that make up who I am today. My wife still yells at me because I unconsciously start fronting shelves if we are in an area too long.

When I see the candy aisle, I can hear my dad say, "Make sure to rotate the candy because no kid wants to eat stale candy on Halloween; When you are weighing meat or beans make sure to give a truthful measurement, because we don't want to be like the other stores that tip the scale." He would explain that we wanted to have a lifetime customer not just a quick dime. There were other lessons that I learned, especially in the back of the stores from playing poker to learning a lot of jokes I am sure my Mom would not want me to repeat. But one of the most important lessons was to have fun at work and enjoy the people you work with.

The final lesson that I learned I wish I could see happen in healthcare and not just be a slogan. Every person that walked into that store was made to feel like the most important customer in the world.

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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 17-21				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Chicken Fingers Sweet Potato Fingers Cheese Stick Brussels Sprouts Garlic Bread Broccoli Soup	Sub Your Way Day Veggie Pizza Potato Salad Pasta Salad Coleslaw Tomato Soup	Taco & fajita Bar Nachos & Cheese Seasoned Corn Black Beans Spanish Rice Chili Soup	Pork Tenderloin Macaroni & Cheese Baked Potato Grilled Cauliflower Green Beans Succotash Tomato Soup	Battered Cod Chicken N' Noodles Mashed Potatoes Zucchini Broccoli Minestrone Soup

Sheriff's office offers new alert app

Hocking County Sheriff Lanny E. North is pleased to announce the release of a new digital resource to help keep the residents and visitors of Hocking County informed about the services the Sheriff's Office has to offer along with news releases, weather updates and emergency notifications.



The Hocking County Sheriff's Office Smart Phone App has been under development for the past few months and is now available for both Apple iPhones, in the App Store and Android devices in the Google Play Store.

Through the smartphone/tablet app, you can learn more about different divisions and units of the sheriff's office, find contact information, submit crime tips or feedback and view their Facebook page.

There is also information on services provided by the sheriff's office such as Project HOPE, Concealed Carry Permits, Environmental Conservation, Jail and Inmate information, KidPrint, Neighborhood Watch, Sex Offender information, Sheriff Sales, R-U-OK, Vacation Checks, and WebChecks.

It was important to make this application a community resource for county residents so it also offers information and links to Veteran Services, Senior Services, and the School Districts that serve Hocking County residents.

Through the app, the Sheriff's Office also has the ability to send out emergency alerts about road closures and weather and snow emergencies.

The app was made possible by support received from the 317 Board (Athens-Hocking-Vinton Alcohol, Drug Addiction and Mental Health Services Board).

You can download the FREE app to your smartphone or tablet from the following links:

- Apple: <https://itunes.apple.com/us/app/hocking-county-sheriff/id1456863479?mt=8>
- Android: <https://play.google.com/store/apps/details?id=com.ocv.hockingcountyohsheriff>

BLOOD + DRIVE

The next blood drive at Hocking Valley Community Hospital will be held on Friday, Aug. 9th from 9 a.m. to 3 p.m. in the Meeting Rooms. Make your appointment now by calling the HVCH Lab at 740-380-8218.

CATARACTS

lens and replace it with an intraocular lens (IOL). Only a miniscule incision in the cornea is necessary to do this procedure, and it can be completed in about 15 minutes in an outpatient surgery center.

Do cataracts only affect seniors?

Cataracts can affect anyone! Although most people do not show symptoms of cataracts until at least the age of 40, cataracts can also affect young adults or even children. Heredity, disease, eye injury and smoking could cause cataracts to develop at an earlier age.

Can I prevent cataracts?

There is no proven way to prevent age-related cataracts. However, choosing a healthy lifestyle can slow the progression of cataracts. Some ways to delay the progression of cataracts include avoiding smoking, reducing exposure to UV rays, eating healthy foods, and wearing proper eye protection to avoid eye injury.

Hocking Valley Community Hospital can perform outpatient cataracts surgery right here in Logan! Ohio State University Medical Center physicians see ophthalmology patients and perform any necessary procedures at our HVCH Outpatient Clinic. For more information, call us at (740) 380-8129.

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
- Radiologic Technologist - Full Time - Night Shift
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN - Nightshift
- 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)

DIRECT

If they were older, they were referred to by Mr. or Mrs. and if they were younger they were called by their first name and greeted with a smile and usually a handshake. I believe this simple approach to customer service is what allowed them to compete with the “big boys” of the time like Kroger and Big Bear and will allow us at Hocking Valley to continue to compete well into the future.



HVCH participates in golf tournament

Hocking Valley Community Hospital recently took part in Fairfield Medical Center Foundation's annual golf fundraiser. Pictured on the HVCH team are (from left): Amy Scarberry, Lab Director; Ward Murrey, Nuclear Medicine Technologist; Roy Davis, Business Development Officer; and Bryan Brown, Cardiovascular/Cardiopulmonary Director.



HVCH welcomes new employees

Hocking Valley Community Hospital welcomed the following new employees for the month of June: Back row (from left) - Clay Rehm, Intern, Community Relations; Randa Leonard, STNA, Inpatient Services; Kaylei Norton, RN, Inpatient Services; From row (from left) - Natalie Edwards, Intern, Community Relations; Misty Hightower-Vatsa, STNA, Inpatient Services.



HVCH held a luau in the courtyard this week with a tiki bar and nonalcoholic cocktails for employees to enjoy and take a break in the summer sun.





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.