



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JUNE 21, 2019

Weekly Update

Recognizing The Longest Day for Alzheimer's

Information courtesy the Alzheimer's Association

The Longest Day is the day with the most light — the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.

Today, an estimated 50 million people worldwide are living with Alzheimer's or other dementias, including more than 5 million Americans. In the United States alone, 16 million friends and family members are providing their care.

Alzheimer's disease is a degenerative brain disease and the most common form of dementia. Dementia is not a specific disease. It's an overall term that describes a group of symptoms.

Alzheimer's causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority



HVCH participated in The Longest Day event in Lancaster in recognition of Alzheimer's Awareness. Pictured are Amber Kilpatrick, Director of The Summit at HVCH, and Clay Rehm, intern.

of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease.

Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Al-

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

"I cannot even imagine where I would be today were it not for that handful of friends who have given me a heart full of joy. Let's face it, friends make life a lot more fun." — Charles R. Swindoll

Direct to You: From Stacey Gabriel

In the beginning of June, the Senior Leadership Team went to the annual Ohio Hospital Association



Stacey Gabriel, CEO

conference in Columbus. This event is full of information and updates on all things healthcare related. And, the best part it's at no cost to attendees. The Ohio Hospital Association takes great pride in building learning tracks that are pertinent to those of us in healthcare including Finance, Public Relations, Nursing Leadership, Physician Leadership, and Legal/Compliance. We came away from the two-day event with a list of follow ups and ideas.

This year, Beth Kluding, CNO, and I also attended the Quality Summit. The day was packed with information on being a "High Reliability Organization." The Agency for Healthcare Research and Quality (AHRQ) defines an HRO as the following: "High reliability organizations are organizations that operate in complex, high-hazard domains for extended periods without serious accidents or catastrophic failures. The concept of high reliability is attractive for health care, due to the complexity of

operations and the risk of significant and even potentially catastrophic consequences when failures occur in health care. High reliability organizations maintain a commitment to safety at all levels, from frontline providers to managers and executives."

This certainly applies to our hospital and medical group. When a patient walks through our doors to receive care, they trust we are going to follow all of our processes and procedures to ensure they leave the organization unharmed. Processes such as comparing patient ID bands to the patient's name and date of birth prior to giving medications, or validating a consent prior to a surgical procedure, is in place to ensure our patients do return home without being harmed. Preventable medical errors are the third leading cause of death in the United States. Recent studies claim that at least 250,000 people die every year as the result of a medical error - which likely could have been prevented. Other studies shared the number is as high as 440,000.

Part of being an HRO is to evaluate our Safety Culture. There are a few questions on the Employee Opinion Survey

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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 24-28

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 & Cheese Casserole	Cheesy Hashbrowns	Baked Potato Bar	Green Beans
Carrots	Fried Potatoes	Corn Broccoli	Fried Rice	Vegetable Medley
Cabbage	Cauliflower Breadstick	Onion Rings	Brussels Sprouts	Peas
Potato Soup	Chicken Soup	Tomato Soup	Beef Pot Roast Soup	Cauliflower Cheese Soup



Grateful patient recognizes staff

A patient of the HVCH Surgery Department recently dropped off some goodies in recognition of his exceptional care. Thank you to the staff who assisted the patient in his time of need! Through the Grateful Patient Program at HVCH, you have the opportunity to say “thank you,” and /or give back to those who may have given so much to you. This recognition will let them know their dedication did not go unnoticed and will continue to inspire them each day. Your message of appreciation also will be shared with your honoree’s supervisor, professional colleagues and peers, and possibly with the community through a donor newsletter or listing on the HVCH website. For more information, contact Latricia at 740-380-8336.



Eagles make \$2,000 donation to HVCH

A special thank you to Logan Eagles Aerie 2168 for its \$2,000 contribution to the Hocking Valley Community Hospital Foundation! The Foundation provides funds to the hospital for program implementation, building expansions and significant medical advancements. If you would like information about how to partner with Hocking Valley Community Hospital, call Latricia Johnston, at 740-380-8336.

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
- Physical Therapist - Full Time
- Radiologic Technologist - Full Time - Night Shift
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN - Nightshift
- State Tested Nursing Assistant (STNA) - Full Time - Nights - Inpatient Services
- Surgery Technician - Full Time - Day Shift

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 HVCH Lab at 740-380-8218.

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that ask about a culture of safety, however we feel it's important to drill down even further. The Leadership Team is committed to ensuring employees feel safe in their work environment. We are working on some initiatives with the Hocking County Sheriff's Office to increase our security measures, but safety and security is much more than that. It's about how we handle the unexpected. I know that healthcare workers do not come to work with intent to harm a patient. We are so fortunate at HVCH that we have a solid record of safe patient care. But, how do we handle something should it go wrong? Do we report it? Do employees feel comfortable reporting an error? Do employees know how to go about it? Do we engage in a process to review the issue to ensure it doesn't happen again?

On July 1, as a hospital employee, you will receive an email requesting you to complete a "Safety Survey." I encourage you to take the time and fill this out. It will be done via Survey Monkey and is anonymous. The results of this survey will be used to develop an action plan for HVCH to start moving towards our journey of becoming that "High Reliability Organization." The Joint Commission also is focusing on the efforts healthcare organizations are making in becoming highly reliable. Why is it important for us to do this? Because it's the right thing to do for our patients. I continue to appreciate all that you do in order to keep our patients safe and provide high-quality care. Thank you for what you do each and every day.

—Stacey

LONGEST DAY

zheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. On average, a person with Alzheimer's lives four to eight years after diagnosis, but can live as long as 20 years, depending on other factors.

Currently, Alzheimer's has no cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

The most common early symptom of Alzheimer's is difficulty remembering newly learned information.

Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing.

The most common early symptom of Alzheimer's is difficulty remembering newly learned information because Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms, including disorientation, mood and behavior changes; deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; more serious memory loss and behavior changes; and difficulty speaking, swallowing and walking.

People with memory loss or other possible signs of Alzheimer's may find it hard to recognize they have a problem. Signs of dementia may be more obvious to family members or friends. Anyone experiencing dementia-like symptoms should see a doctor as soon as possible. Earlier diagnosis and intervention methods are improving dramatically, and treatment options and sources of support can improve quality of life.

To contact a family practitioner at the Hocking Valley Medical Group, call 740-385-0202 or visit the Alzheimer's Association website at www.alz.org for more information about Alzheimer's.



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



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.