



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

JUNE 7, 2019

Weekly Update

Be smart about sun safety



Most skin cancer can be prevented. Use the following tips to protect your skin from the sun. You may decrease your chances of developing skin cancer and help prevent wrinkles.

Although people with darker skin don't sunburn as easily, they can still get skin cancer. So it's important to use sun protection, no matter what your skin color is.

Avoid sun exposure

The best way to prevent a sunburn is to avoid sun exposure.

Stay out of the midday sun (from 10 in the morning to 4 in the afternoon), which is the strongest sunlight. Find shade if you need to be outdoors. You can also calculate how much ultraviolet (UV) exposure you are getting by using the shadow rule: A shadow that is longer than you are means UV exposure is

low; a shadow that is shorter than you are means the UV exposure is high.

Other ways to protect yourself from the sun include wearing protective clothing, such as:

- Hats with wide 4 in. (10 cm) brims that cover your neck, ears, eyes, and scalp.
- Sunglasses with UV ray protection, to prevent eye damage.
- Loose-fitting, tightly woven clothing that covers your arms and legs.
- Clothing made with sun protective fabric. These clothes have a special label that tells you how effective they are in protecting your skin from ultraviolet rays.

Preventing sun exposure in children

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

"After every storm the sun will smile; for every problem there is a solution, and the soul's indefeasible duty is to be of good cheer."

— William R. Alger



JEEPIN' IN THE HILLS JEEP RUN

Join us on a Jeep run through one of Ohio's most scenic fall landscapes - the hills of Hocking County.

Hosted by HVCH Foundation

WHEN: Saturday, October 12th

WHERE: Trip will include various stops throughout Hocking County

REGISTRATION: \$45 per adult - \$35 ages 10 and under. Registration includes T-shirt, door prize entry and concert ticket. Anyone can participate, but you must register to receive your swag and concert entry.

Three Sided Soul Reunion Concert:

Join us for the perfect way to conclude the event, a concert with Three Sided Soul from 7-10 p.m. at Millstone BBQ in Logan! Concert-only tickets are \$5. Call 740-380-8336 for more information.



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.

In a gentle way, you can shake the world.

Mahatma Gandhi



HVCH Cafeteria Menu June 10-14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti	Pulled Pork	Meatloaf	Baked Zucchini	Pizza Burger
Battered	Hawaiian	Battered Cod	Grilled Chicken	Macaroni &
Chicken Breast	Pizza	Breakfast Potato	Cheesy Bread	Cheese
Honey Roasted	Sweet Potato	Casserole	Stick	Ranch
Potatoes	Casserole	Asparagus w/	Grilled Mixed	Wedges
Peas	Hawaiian	Cashews	Veggies	Breaded
Zucchini	Asparagus	Cauliflower	Carrots	Zucchini
Breadstick	Mixed Veggies	Beef Pot Roast	Bean w/ Ham	Green Beans
Italian	Bread Stick	Soup	Soup	Broccoli
Wedding Soup	Chicken Soup		Corn Muffin	Minestrone

Air Pollution Affects More than Your Overall Health

According to a study conducted by the International Food Policy Research Institute, breathing polluted air is attributed to “significantly reduced” verbal and math scores, and cognitive impairment that can lead to an increased risk of developing Alzheimer’s disease or other forms of dementia.

What can you do?

Although the United States experiences lower air pollution than other major countries, it’s important to be aware of how your daily activities can contribute to air pollution. Here are some things to consider:

- Research the household products that you use to determine if they’re harmful to the environment.
- Monitor home and working environments to make sure that there are adequate airflow and proper exhaust systems installed.
- Refrain from smoking, especially indoors, to make sure that this specific type of smoke doesn’t pollute the air you’re breathing.

Don’t Forget About Indoor Air Pollution

Americans spend 90% of their lives indoors, where the air is 2-5x more polluted than outdoor air.

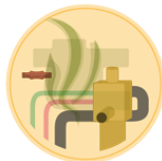
The most common pollutants are:



Airborne particles



Indoor formaldehyde



Household gases



Ozone

3 Reasons Why Your Stomach Always Hurts

If you’re having chronic stomach problems, you should contact your doctor, but also evaluate if these three things may be to blame:

1. Your diet is one-note—adding variety to your diet will introduce more good bacteria to your stomach, helping get rid of the bad, discomfort-causing bacteria.
2. You’re eating too many nuts or raw veggies—these fibrous foods can cause serious discomfort since they’re harder to digest.
3. You’re overly stressed—when you’re feeling the pressure, your stomach is likely to be upset in one way or another.

To make an appointment with a primary care practitioner for stomach pain, call the Hocking Valley Medical Group at 740-385-0202.

SUN SAFETY

You should start protecting your child from the sun when he or she is a baby. Because children spend a lot of time outdoors playing, they get most of their lifetime sun exposure in their first 18 years.

It’s safest to keep babies younger than 6 months out of the sun.

Teach children the ABCs of how to protect their skin from getting sunburned.

- **A = Away.** Stay away from the sun as much as possible from 10 in the morning until 4 in the afternoon. Find shade if you need to be outdoors.
- **B = Block.** Use a sunscreen with a sun protection factor (SPF) of 30 or higher to protect babies’ and children’s very sensitive skin.
- **C = Cover up.** Wear clothing that covers the skin, hats with wide brims, and sunglasses with UV protection. Even children 1 year old should wear sunglasses with UV protection.

Sunscreen protection

If you can’t avoid being in the sun, use a sunscreen to help protect your skin while you are in the sun.

Be sure to read the information on the sunscreen label about its SPF value and how much protection it gives your skin. Follow the directions on the label for applying the sunscreen so it is most effective in protecting your skin from the

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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)

SUN SAFETY

sun's ultraviolet rays.

Choosing a sunscreen

Sunscreens come in lotions, gels, creams, ointments, and sprays. Use a sunscreen that: Has a sun protection factor (SPF) of at least 30 or higher and says "broad-spectrum" that protects the skin from ultraviolet A and B (UVA and UVB) rays.

Use lip balm or cream that has SPF of 30 or higher to protect your lips from getting sunburned.

Take extra care to protect your skin when you're near water, at higher elevations, or in tropical climates.

Sunscreens labeled "water-resistant" are made to protect people while they are swimming or sweating. The label will say if the sunscreen will protect you for 40 minutes or 80 minutes.

Applying a sunscreen

- Apply the sunscreen at least 15 to 30 minutes before going in the sun.
- Apply sunscreen to all the skin that will be exposed to the sun, including the nose, ears, neck, scalp, and lips. Sunscreen needs to be applied evenly over the skin and in the amount recommended on the label. Most sunscreens are not completely effective because they are not applied correctly. It usually takes about 1 fl oz (30 mL) to cover an adult's body.
- Apply sunscreen every 2 to 3 hours while in the sun and after swimming or sweating a lot. The SPF value decreases if a person sweats heavily or is in water, because water on the skin reduces the amount of protection the sunscreen provides.

Other sunscreen tips

- If your skin is sensitive to skin products or you have had a skin reaction to a sunscreen, use a sunscreen that is free of chemicals, para-aminobenzoic acid (PABA), preservatives, perfumes, and alcohol.
- If you are going to have high exposure to the sun, consider using a physical sunscreen, such as zinc oxide, which will stop most of the sunlight from reaching the skin.
- If you need to use sunscreen and insect repellent with DEET, do not use a product that combines the two. You can apply sunscreen first and then apply the insect repellent with DEET, but the sunscreen needs to be reapplied every 2 hours.
- Do not use tanning booths to get a tan. Artificial tanning devices can cause skin damage and increase the risk of skin cancer. If you want your skin to look tan, try a sunless tanning cream or spray that makes your skin look tan. And keep using sunscreen when you are in the sun.



**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



HVCH recognizes scholarship recipients

ABOVE: Logan High School student Alexis Thompson was the winner of this year's Hocking Valley Community Hospital Healthcare Scholarship. Alexis is the daughter of Stoney and Michelle Thompson of Logan.

BELOW: Recipients of the HVCH Medical Staff Scholarship for 2019 were Emmalee Dicken, Grace McKee and Tyler Cummin.



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.