



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

JULY 19, 2019

Weekly Update

CLIMATE CHANGE & **EXTREME HEAT**



Extreme heat events, or heat waves, are a leading cause of **EXTREME WEATHER-RELATED DEATHS** in the United States and the number of heat-related deaths is rising!



WHO'S AT RISK?



Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

Info courtesy CDC.gov

With high temps and humidity expected this weekend, it is important to take steps to keep cool. Heat related deaths and illnesses are preventable. Despite this, around 618 people in the United States are killed by extreme heat every year.

What is Extreme Heat?

Extreme heat is defined as summer-time temperatures that are much hotter

and/or humid than average. Because some places are hotter than others, this depends on what's considered average for a particular location at that time of year. Humid and muggy conditions can make it seem hotter than it really is.

What Causes Heat-Related Illness?

Heat-related illnesses, like heat exhaustion or heat stroke, happen when

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

"Happiness is not something you postpone for the future; it is something you design for the present."

—Jim Rohn

Direct to You: From Beth Kluding

My first few months in Logan and at Hocking Valley Community Hospital (HVCH) have been filled with a whirlwind of new faces and positive interactions. The level of courtesy and warmth displayed by all the employees here at HVCH, as well as in the community, has been humbling.



Beth Kluding,
Chief Nursing
Officer

HVCH's focus on quality, community, patient experience, and being a good team member resonated with me, and is evident in every interaction I have experienced since. Having an employee campaign, in which employees participate and give back, speaks to how engaged they are with the success of the organization. The support from the community for the organization is refreshing and makes Logan unique.

Many people ask me if I am "liking it here" and I tell them quite honestly, "I love it." Living and working in a town where everyone understands that we all succeed or fail together, has reaffirmed my choice to move here. I am feeling blessed to have this opportunity to work for folks who care about our patients and providing the highest of service to the community. I look forward to continuing to understand the processes, needs, and identify ways in which I can best support the mission, vision, and values of HVCH.

After my first day in general orientation, I told my husband, "This is how a culture of healthcare should be." One of the comments during orientation was, "there is no us and them; we are all team." On day one, we were talking about teamwork, succeeding together, building each other up, and having each other's backs. These are vital to the survival of an organization, and HVCH clearly knows how to convey this message in a way that makes people understand.



Bids & Brews Benefit

FRIDAY, AUGUST 9, 2019

The Hangar • 28769 Murphy Rd., Logan

**SILENT & LIVE AUCTION
FOOD TRUCKS | ENTERTAINMENT**

- **5:00 PM:** Auction Registration Opens
- **5:30–8:00 PM:** Silent Auction
- **8:15-9:15 PM:** Live Auction with Auctioneer Chris Collins
- **5:30-9:30 PM:** Super Silent Auction
- **9:30 PM:** Live Music with Shucking Bubba Deluxe

Food truck items offered throughout the evening. Beer garden available – cash preferred. Please call 740-380-8336 or visit www.hvch.org for more info.

Auction Items Include: 4 VIP tickets to Jersey Boys Performance; Siesta Key Getaway; Cigar Bar; Local Handcrafted Items; YETI Package; Gatlinburg Getaway; Browns & Indians tickets and more!

HVCH Cafeteria Menu July 22-July 26

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	Onion Rings	Brussels Sprouts	Peas
Corn	Breadstick	Tomato Soup	Beef Pot Roast	Cauliflower
Potato Soup	Chicken Soup		Soup	Cheese Soup



Quarterly gift card winner announced

Congratulations to Amber Lehman, Education & Training Assistant. Amber's green "thank you" ticket was drawn for the quarterly employee gift card drawing. Stacey Gabriel, CEO, presented Amber with her gift card.

FHP Logan office is moving

The Logan Specialty Offices of Fairfield Healthcare Professionals will be moving effective Monday, July 29. The new office will be located beside the hospital at 751 Unit B., State Route 664 N., Logan, OH 43138.

If you currently have an appointment scheduled at the Logan location with any of the Fairfield Health Professionals specialty providers on or after July 29, please plan to attend the appointment at the new location.

In preparation for the move, the office will be closed on Friday, July 26.



Congratulations to Tammy Acord, ED/Unit Secretary, Emergency Department, for passing her LPN Boards. We are glad to have you on our team!

**Up for Raffle at the HVCH Foundation
Bids & Brews Benefit
August 9, 2019 • Starts at 5 p.m.
28769 Murphy Rd. • Logan, Ohio 43138**

\$20 per ticket



RUGER .450

Bushmaster American Rifle Ranch

The new Ruger .450 Bushmaster American Rifle Ranch is the third member of the American bolt-action line designed to fire AR-15 semi-automatic cartridges, including models chambered for the .223 Rem. and .300 Blackout. The 16.12" cold-hammer-forged barrel is free-floated and has a muzzle threaded at 11/16-24 TPI. The muzzle is then fitted at the factory with a specially designed muzzle brake secured by an adjustable barrel nut in place of a crush washer. The steel receiver is topped with a factory-installed 5" aluminum optics rail compatible with Picatinny-type scope mounting systems. The single-piece, three-lug bolt cycles smoothly and features a full diameter bolt body, dual cocking cams and a round knob bolt handle. The bolt handle's 70-degree throw keeps it clear of the optic. **WINNER MUST BE PRESENT TO WIN!**

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Maintenance Technician - Building & Grounds - Full Time
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - Full Time
- Physical Therapist - Full Time
- Radiologic Technologist - Full Time
- Registered Nurse (RN) - Inpatient Services - Part Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Emergency Department - Contingent/PRN
- Respiratory Therapist - Full Time
- State Tested Nursing Assistant (STNA) - Full Time - Nights
- Surgery Technician - Full Time - Day Shift



HVMG & HVCH employees attend mission trip

Two HVMG and HVCH employees – Karcy Rush and Dawna Evans – recently participated in a mission trip to the Dominican Republic. Karcy shared this about their experience:

"This mission trip is a very new program through Rising Sun Missions; our group is only the second group from America to enter into the villages in and around Luperon in the Dominican Republic. We were there to teach and feed the children of this extremely impoverished area.

We slept in hammocks in an open sided shelter house with meals prepared by locals who walked over a mile each way to get to our camp. We traveled as the villagers do in the back of an old truck or on motorcycles. This experience made our group of ten really appreciate what we take for granted here every day (a bed, running water, plentiful food, transportation etc.) This was extremely eye opening; it made me see how much we as Americans have and waste every day. I saw that happiness isn't found in material things but in the simple smile from a child after receiving half of a peanut butter sandwich, a hug or even a high-five. These children found joy in just having someone pay attention to them and let them know that God loves them. I saw that though I didn't speak the language, words are not needed in the language of love. Our time with these children was heartwarming and heartbreaking all at the same time.

I encourage everyone to step out of your comfort zone and take a mission trip either state side or abroad - it WILL change your life."

For more information about Rising Sun Missions you can follow and like their Facebook page.

HEAT

the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Some factors that might increase your risk of developing a heat-related illness include: High levels of humidity; Obesity; Fever; Dehydration; Prescription drug use; Heart disease; Mental illness; Poor circulation; Sunburn and Alcohol use.

Who is Most at Risk?

Older adults, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy people can be affected if they participate in strenuous physical activities during hot weather.

Summertime activity, whether on the playing field or the construction site, must be balanced with actions that help the body cool itself to prevent heat-related illness.

How can people protect their health when temperatures are extremely high?

Remember to keep cool and use common sense. Drink plenty of fluid, replace salts and minerals, wear appropriate clothing and sunscreen, pace yourself, stay cool indoors, schedule outdoor activities carefully, use a buddy system, monitor those at risk, and adjust to the environment.

How much should I drink during hot weather?

During hot weather you will need to increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink enough non-alcoholic cool fluids each hour to maintain normal color and amount of urine output.

**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.