



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JULY 7, 2019

Weekly Update



Tick Prevention & Removal

Ticks can carry and transmit a variety of diseases to people and animals. Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

The 3 most common ticks in Ohio include the blacklegged or deer tick which is active year round even in the winter months and is found mainly in the woods, the American Dog tick which is more active in the spring and summer and is found in grassy areas, and the Lone Star tick which lives in wooded areas, particularly in second-growth forests with thick underbrush, where white-tailed deer (the primary host of mature ticks) reside.

Before You Go Outdoors

• Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you

in close contact with ticks. Many people get ticks in their own yard or neighborhood.

• Treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Allow spray to dry as it is poisonous to cats in liquid form. Clothing will remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.

• Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Always follow product instructions. Do not use insect repellent on babies younger than 2 months old. Do not use products containing OLE or PMD on

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

"Freedom is the open window through which pours the sunlight of the human spirit and human dignity."

— *Herbert Hoover*

Direct to You: From Latricia Johnston

Freedom....a reason to celebrate.

As with Memorial Day, Labor Day, Thanksgiving and many other holidays, sometimes we become so wrapped up in the festivities we forget why we're celebrating in the first place. July 4th is commonly identified with fireworks, parades, BBQs, carnivals, fairs, picnics, baseball games, reunions, political speeches, and the list goes on. But, the foundation for all of these wonderful ways to spend time with friends and family, is the Declaration of Independence. Our country on July 4, 1776, was declared united, free and independent states.

Because you and I are citizens of this great country we can go to work at a place of employment of our own choosing and return home to our families every day. We can travel and take them on vacations wherever and whenever we want. We can vote in elections and have our voice heard.



Latricia Johnston,
Chief Public Relations Officer

We can participate in sporting events, attend worship services, buy groceries from an enormous selection of produce, or dine out at a colossal choice of restaurants.

We have the liberty to own and care for a pet, and become parents to however many children we are blessed to have without limitation of sons or daughters. We can own a home and property of whatever our budget can afford. We have the ability to go to our closet each morning and choose what we want to wear for that day.

Truly, we are blessed to have so many options.

It is not without the sacrificial giving of those who have served our great nation in the armed forces, their time away from husbands, wives and children, and unfortunately for some, their lives in the end, we are alive and well in this beautiful community today.

As we spend this holiday exercising our freedom to enjoy entertainment, relaxation, food and the company of friends and family, please take a moment to pause in thanksgiving.

Let us never take for



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 8-July 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti	Hot Dog/Bun	Meatloaf	Baked Zucchini	Pizza Burger
Battered	Breaded	Battered Cod	Grilled Chicken	Macaroni & Cheese
Chicken Breast	Chicken Wings	Breakfast Potato	Breast	Ranch
Honey Roasted	French Fries	Casserole	Breadstick	Wedges
Potatoes	Fried Corn	Asparagus w/	Grilled Mixed	Zucchini
Seasoned Peas	Broccoli	Cashews	Veggies	Green Beans
Zucchini	Spanish Rice	Seasoned	Carrots	Broccoli
Breadstick	Tomato Soup	Cauliflower	Bean w/ Ham	Enchilada
Italian		Beef Pot Roast	Soup	Soup
Wedding Soup		Soup	Corn Muffin	

SAFE DRIVING

Dangers May Be Closer Than They Appear

Driving is a common daily activity. You may be driving to work, school, running errands or heading out for a vacation. Every time you get behind the wheel, alone or with passengers, your safety and the safety of others is at risk. It is important to know the basics of safe driving and practice them every time you are on the road.

Safe driving habits

- **Always Wear Your Seat Belt** - it's the simplest way to save a life
- **Obey Traffic Signals** - they are designed to protect you and other drivers on the road
- **Slow Down** - speeding gives you less time to react and increases the severity of an accident
- **Don't Drive Under the Influence** - safe drivers opt for a designated driver or cab
- **Don't Text and Drive** - keep 100% of your focus on driving-don't use your phone or other electronics
- **Maintain a Safe Following Distance** - keep a 3 second gap between yourself and the car in front of you
- **Turn Headlights On** - help improve visibility especially during inclement weather
- **Drive Defensively** - be aware of the drivers around you
- **Inspect Your Car** - maintain adequate fluid levels and tire pressure

So, whether you are taking a short trip around town, or heading out on a long road trip, it is important to implement safe driving habits every time you get in a vehicle.



**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



merican
Red Cross

**Without A, B and O,
we can't save anybody.**

Blood Drive **Hocking Valley Community Hospital**

Meeting Rooms A & B
601 St. Rt. 644 N
Logan, OH 43138

Friday, August 9, 2019
9:00 a.m. to 3:00 p.m.

**Call the HVCH Lab at 740-380-8218
to schedule an appointment.**

Donors receive a Columbus Zoo BOGO entry offer!

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/
Housekeeper - Full Time - Variable
- 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
- Registered Nurse (RN) - Behavioral
Health - Contingent/PRN - Nightshift
- State Tested Nursing Assistant (STNA) -
Full Time - Nights - Inpatient Services
- Surgery Technician - Full Time - Day

DIRECT

granted that each and every day is a gift, rather may it be a reminder to use today, tomorrow, and the next, to honor those to whom so much is owed. Today, I encourage all of us to thank someone we failed to thank. Forgive someone we think is unforgivable. Serve someone who may be undeserving. Love someone who may seem unlovable. It is when we do these things we experience what freedom really is. Happy 4th of July, my friends.



Independence Day Trivia:

1. An estimated 155 million hot dogs and 700 million pounds of chicken are consumed each year on Independence Day.
2. Independence Day is America's top beer drinking holiday. Americans will spend around \$1 billion on beer for Independence Day celebrations.
3. There are more than 15,000 Independence Day fireworks celebrations. Over \$1 billion is spent on fireworks every year in America.
4. Despite the fact that fireworks were invented more than a millennium ago a deep, vibrant blue is still beyond reach.
5. The very first Independence Day fireworks show took place in Philadelphia in 1777. The first public Independence Day event at the White House occurred in 1804.
6. An estimated 2.5 million people lived in the nation in July 1776. The estimated American population on July 4, 2016, was upwards of 323 million people.
7. U.S. soldiers got a special treat on the 4th of July in 1778. George Washington helped the troops celebrate by allowing them a double ration of rum.
8. To avoid cracking it, the Liberty Bell has not been rung since 1846. Every Independence Day it is symbolically tapped 13 times to honor the 13 original states.

TICKS

children under 3 years old.

- Avoid Contact with Ticks - Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

After You Come Indoors

Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks.

Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks: Under the arms; In and around the ears; Inside belly button; Back of the knees; In and around the hair; Between the legs; Around the waist.

If you find a tick attached, save the tick for identification purposes. Different ticks carry different diseases so knowing the species of tick is important.

If you find a tick attached to your skin, there's no need to panic—the key is to remove the tick as soon as possible. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers work very well.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.
5. Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible—not waiting for it to detach.



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.