



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

OCT. 11, 2019

Weekly Update

Check up on your wellness: The flu shot



It is the time of year you can now opt to receive your annual flu shot. The flu shot is a vaccine that contains a killed form of several types of flu viruses. The vaccine causes your immune system to make antibodies. Then, if you are exposed to the flu later, the antibodies can attack and destroy the virus.

It takes about 2 weeks for your body to make the antibodies. So it's best to get the flu shot as soon as it's available. But the shot can still help if you get it during the flu season.

There are different ways to get a flu vaccine. Ask your doctor what is right for you.

Flu viruses change quickly, so each year scientists make a new vaccine. To have the best chance of being protected, you need to get a flu shot every year.

The viruses in a flu shot are dead, so you can't get the flu from a flu shot.

Most types of flu vaccine contain a small amount of egg. But a vaccine made without egg is available for people who have a severe egg allergy.

A flu shot costs about \$20 to \$30. Most insurance companies will pay for it.

The CDC recommends that everyone age 6 months or older should get a flu vaccine each year.

A flu vaccine is especially important for people who are at high risk for getting other health problems from the flu. This includes:

- People who are age 50 or older. People age 65 or older are the most likely to have problems

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EVENTS CALENDAR

October 24: Paint & Sip Party **Hocking Hills Winery**

Join us for this TWIG IV fundraiser at the winery from 5:30-8 p.m. Cost is \$50 and you choose your canvas and specialized stencil. Reservations must be made by Oct. 13. Contact Rachel at (740) 270-4379.

November 7: Auxiliary Book Sale **HVCH Meeting Room**

Get a head start on your holiday gift shopping at our Collective Goods Books & Gifts Sale from 7:30 a.m. to 3:30 p.m. in the HVCH Meeting Room. A variety of books and other gifts are available. Proceeds benefit HVCH. Payroll deduct available for HVCH employees.

SAVE THE DATE! **December 3: Holiday Affair** **HVCH Campus/CIC Building**

INSPIRATIONAL QUOTE OF THE WEEK

"There is a harmony in autumn, and a luster in its sky, which through the summer is not heard or seen, as if it could not be, as if it had not been!"

—Percy Bysshe Shelley

Direct to You: From Beth Kluding

We had a consultant from Joint Commission come in to evaluate our preparedness for Life Safety and En-



Beth Kluding,
Chief Nursing
Officer

vironment of Care. He spent more than eight hours with our team, going through policies and inspecting our facilities. Upon conclusion of the visit, I walked away feeling confident that we are not only organized with our policies, drills, and documentation, but we also have solid processes in place that help us deliver safe, high-quality care to our patients.

The very next day, we had a visit from Joint Commission for our lab accreditation survey. This was a three-day process, in which the surveyor met with the team and watched the day-to-day operations of not only lab personnel, but everyone in our organization.

When a surveyor is on-site, they look at what they call "tracers," in which they follow the path of a patient or lab test from the beginning to the end. They review all our policies and checklists we have, ensuring we track and trend for perfor-

mance improvement and safety.

When they are out and about, they are looking at all the different areas they walk through, assessing cleanliness, signage, and even watching for folks practicing hand hygiene. The survey process is not like being graded on a performance. Anytime you ask an outside agency to come in and assess the quality of the care you are providing, you should expect for a few recommendations for improvement. This is part of the ongoing process to make sure we hold ourselves to the highest level of accountability when it comes to taking care of the people in our community. If they find nothing to improve upon, this would speak to the quality and validity of the survey itself.

What they should not find are immediate threats to patient safety or care concerns. At the conclusion of the three days, I once again felt confident in the care that we provide to our patients. Every day, our team members show up and give 100%, and it clearly shows from our survey results. You have my whole-hearted gratitude for doing all that you do every day, and a special thank you to everyone who participated in our successful lab survey.

FLU SHOT

from the flu.

- People who have long-term (chronic) diseases, such as heart disease, diabetes, kidney disease, and lung disease, including asthma.
- People who live in nursing homes or long-term care centers.
- People who have a weak immune system.
- Women who are or will be pregnant during the flu season.
- Young children.

The flu vaccine is also important for people who could spread the flu to others who are at high risk. This includes:

- Anyone who lives with or cares for a child who is younger than 5.
- Anyone in close contact with a person who is at high risk for other health problems from the flu. This includes family, friends, and caregivers.
- Health care workers.

The flu vaccine may keep you from getting the seasonal flu. This can save you time (fewer days missed from work or school) and money (fewer doctor visits, medicines, and hospital costs). The flu vaccine can also help prevent the spread of the flu to others. And the flu vaccine can help protect the babies of women who got the vaccine while they were pregnant.

If you do get the flu, your symptoms may be milder and you may be less likely to have other health problems from the flu.

The flu shot may cause mild problems, such as soreness, redness, and swelling on the arm where you got the shot. You might also have a fever and muscle aches for a day or two after you get the shot.

The flu shot can't cause the flu. The flu shot contains killed viruses that can't cause an infection.

The risk of a serious problem from the flu vaccine (such as a bad allergic reaction) is very small.

Speak to your primary care practitioner to get your flu shot scheduled. If you need a primary care practitioner, please call us at 740-385-0202.

HVCH Cafeteria Menu Oct. 14-18				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fried Rice	Meatball Sub	Breaded Fish Sticks	Burritos	Hot Dog/Bun
Sloppy Joe	Chicken Fingers	Bacon	Loaded Nachos	Battered Cod
French Fries	Spinach & Cheese	Cheeseburger	Baked Potato Bar	Green Beans
Carrots	Casserole	Cheesy Hashbrowns	Fried Rice	Vegetable Medley
Cabbage	Fried Potatoes	Corn	Brussels Sprouts	Peas
Broccoli	Cauliflower	Broccoli	Beef Pot Roast	Cauliflower Cheese Soup
Potato Soup	Breadstick	Onion Rings	Soup	
	Chicken Soup	Tomato Soup		

Cinnamon Sugared Pumpkin Pecan Muffins

Makes: 12 servings

Ingredients

- 8 Tbsp. sugar (divided)
- 2 tsp. cinnamon (divided)
- 1 cup bran flakes
- 1 cup skim milk
- 1 cup flour
- 1 Tbsp. baking powder
- ½ tsp. baking soda
- 1 cup canned pumpkin
- 1 egg
- 1 Tbsp. vanilla
- ¼ cup finely chopped pecans

Directions

1. Heat oven to 400 F. Spray 12 muffin cups with cooking spray.
2. Combine 2 Tbsp. sugar and ½ tsp. cinnamon in a small bowl. Set aside.
3. In a large bowl, combine cereal and milk, and set aside

for 5 minutes.

4. Combine 6 Tbsp. sugar, 1 ½ tsp. cinnamon, flour, baking powder and baking soda in a bowl. Whisk pumpkin, egg and vanilla into cereal.

5. Fold in dry mixture, being careful not to overmix. Spoon into prepared pan and sprinkle with pecans and sugar-cinnamon mixture.

6. Bake for 20-25 minutes or until a toothpick comes out clean.



TWIG IV Paint & Sip Party Fundraiser



Join us for a paint party with a cause raising funds for TWIG IV in support of our local Hocking Valley Community Hospital. The event will be from 5:30-8 p.m. on Thursday, October 24 at Hocking Hills Winery.

You will have the option of a 15" circle or 16" square on which you will paint your choice of custom design. We will be painting with stencils. This is a fun and easy technique that is great for all skill levels, even beginners!

The total cost is \$50. You can register and reserve your seat with a non refundable minimum deposit of \$10 at <http://www.123formbuilder.com/form-5047781/twigivhvchfund-raiserhwinery>.

You can pay the remaining fee the night of the event with cash, check, or charge/debit. HVCH employees have a payroll deduction option. The deadline to register is October 13th to ensure we have plenty of time to prepare your wooden canvases and custom stencils.

If you have any questions please contact, Rachel at (740) 270-4379 or email r8chel.w.g@gmail.com.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Dietary Aide/Cook - Part Time
- Housekeeper - Environmental Services - Full Time
- Medical Assistant - Pediatric Medical Practice - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Full Time - Nights
- Respiratory Therapist - Full Time
- State Tested Nursing Assistant (STNA) - Nights - Inpatient Services - Part Time
- Student Intern - Healthcare Administration, Business Administration, or Human Resources (Unpaid)

We have a lot to celebrate!

National Food Service Week: Oct. 7-11

This week we honor healthcare food and nutrition professionals. The importance of excellent nutrition has been well documented, but it is even more critical to individuals in health care facilities. This week is an excellent opportunity to thank the dedicated individuals who provide food and nutrition services in health care.

Emergency Nurses Week: Oct. 6-12

Through compassion and knowledge, emergency nurses make a difference when every second counts. Please take this time to say "Thank You" to the ED Nurses for their hard work, knowledge and commitment to their patients and families.

International Central Service Week: Oct. 13-19

International Central Service Week recognizes the committed specialists that fill Central Service/Sterile Processing (CS/SP) departments and make a difference in patient care. With their tireless dedication, healthcare customers can count on clean and sterile instruments, dependable equipment and process monitoring. If you see Bill out and about during this time, please let him know how much he is appreciated.

Case Management Week: Oct. 13-19

Please take a moment to recognize our case managers who help to get folks transitioned to the next level of care, assist with getting resources like medications and transportation, and who support patient's social needs when necessary. We appreciate you all!

National Physician Assistant(s) Week: Oct. 6-12

This week recognizes the PA profession and its contributions to the nation's health. The highly trained Physician's Assistant is an invaluable aide to physicians and general practitioners. The profession of Physician's Assistant was created in 1965 by Dr. Eugene Stead at Duke Medical Center. Since then, this job has grown to tens of thousands of people. Thanks to all our HVCH PAs!



Health & wellness at the Senior Center

Every year, HVCH is proud to attend the Scenic Hills Senior Center Health & Wellness Fair. This year, Amber Kilpatrick, Director of the HVCH Behavioral Health Unit/The Summit, attended on behalf of HVCH to share more about the services we have to offer our local seniors. She is pictured with Mary Russ.



Shamrock donates to HVCH Foundation

A big thank you to The Shamrock and Jeff Osburn, former HVCH Foundation Board Member, for hosting a fundraising night for the Foundation at the Shamrock. Jeff served as guest bartender, and all tips from the evening, totaling \$600, were donated to the Foundation. Pictured are Shamrock owner Shad Mace (left) and Jeff Osburn.



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.