



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

OCT. 25, 2019

Weekly Update

NEW UPGRADE! DEXA Machine



October is an exciting month for us in the radiology world. Not only do we celebrate breast cancer awareness, but we enjoy all the skeleton decorations brought out for Halloween; after all, we are bone photographers. While people typically associate x-rays with finding the broken bones, imaging can also help prevent fractures.

In August of this year, we partnered with Hologic, Inc. to upgrade our bone densitometry (DEXA scan) equipment which will provide our patients with the leading technology in screening for osteoporosis. A DEXA machine uses low level x-rays to measure the strength of a patient's bones. During this non-invasive, 15 minute test, measurements of the lower back and hip are taken and then interpreted by a Radiologist to de-

termine if the patient has osteoporosis.

One benefit of this new scanner is the latest digital technology for better image quality leading to a more accurate diagnosis. The Hologic Horizon Ci also performs a Fracture Risk Assessment (FRAX). This diagnostic tool, developed by the World Health Organization, examines clinical factors and bone mineral density providing a 10-year fracture probability for patients due to osteoporosis.

So, what exactly is osteoporosis? The definition is "porous bone" and it occurs when the body loses too much bony matter causing weakness of the actual structure. Ninety percent of our bone mass is acquired between birth and age 20 reaching a peak between the ages of

EVENTS CALENDAR

**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**

Join us for our 4th annual Holiday Affair. Free and open to the public from 5-7:30 p.m. on the HVCH campus. Special guests this year include the Columbus Zoo and Hocking County Humane Society. Performances by Scenic Hills Senior Center Choir. Logan High School Choir and Hocking County Children's Chorus. Craft vendors, Schmidt's Sausage and more!

INSPIRATIONAL QUOTE OF THE WEEK

"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results."

— Wade Boggs

Christmas at the NORTH PAW

HVCH 4TH ANNUAL HOLIDAY AFFAIR

With the Columbus Zoo & Hocking County Humane Society

**Tuesday, Dec. 3
5-7:30 PM
HVCH Campus**

*Entertainment
Craft Vendors
Schmidt's Sausage*

- 5 PM - Scenic Hills Senior Center Choir
- 5:30 PM - Logan High School Choir
- 6 PM - Hocking County Children's Chorus
- 6:30 PM - HVCH Auxiliary Celebration of Lights
- 7 PM - Chinese Auction Drawing of Paw-Paw Trees



Graham S. Jones, Columbus Zoo and Aquarium



Please consider honoring or making a lasting tribute for someone you hold dear. The Annual HVCH Auxiliary Celebration of Lights Ceremony will be held during the annual Holiday Affair event on:

**Tuesday, December 3rd at 6:30 p.m.
HVCH Outdoor Campus**

RECOGNITION IS:

- \$10 in Memory or Honor of an Individual**
- \$10 in Memory or Honor of a Family or Couple**
- \$25 in Honor of a Business**

Names honored will be recognized during the Celebration of Lights tree lighting ceremony and will be on display in the Main Lobby throughout the holiday season.

All proceeds benefit the HVCH Auxiliary and payroll deduction is available for hospital employees. Order forms are available on the bulletin board outside the HVCH Café hallway or by calling the Community Relations office at (740) 380-8154.

Completed order forms must be returned to the Community Relations office by Friday, November 22nd, to be included in the program and honorary display.

HVCH Cafeteria Menu Oct. 28-Nov. 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti		Meatloaf	Baked Zucchini	Tortilla Tilapia
Chicken Breast	Hot Dog/Bun	Battered Cod	Chicken Breast	Macaroni & Cheese
Roasted Potatoes	Chicken Wings	Breakfast Potato Casserole	Breadstick	Wedges
Peas	French Fries	Asparagus w/ Cashews	Grilled Mixed Veggies	Glazed Carrots
Zucchini	Corn	Broccoli	Carrots	Brussels w/ Bacon
Breadstick	Spanish Rice	Cauliflower	Bean w/ Ham	Cauliflower Enchilada
Italian Wedding Soup	Tomato Soup	Beef Pot Roast Soup	Soup	Soup
			Corn Muffin	



Wine & Paint Party held at Winery

TWIG IV hosted a successful fundraising paint party at the Hocking Hills Winery this week. Thanks to all who attended and made this a fun evening! All proceeds from the event benefit HVCH.

DEXA

25-30. Over the next ten years, our bodies begin to lose this bone mass, and weakening of the structures is typically seen in patients over the age of 60.

Millions of patients are affected by osteoporosis and statistics show it has a significant impact on a patient's quality of life as well as increased healthcare costs. The National Osteoporosis Foundation (NOF) estimates that over 800,000 visits to the emergency room, three million fractures, and up to \$25.3 billion per year are due to this disease process. While osteoporosis is primarily detected in the aging population, it is serious for anyone who has multiple risk factors. Over 50% of patients go undiagnosed. Therefore, the NOF recommends an initial DEXA scan if you:

- are a woman 65 or older or a man who is 70 or older
- break a bone after the age of 50
- are a woman of menopausal age or a man aged 50-69 with risk factors

Risk factors include a family history of osteoporosis or osteopenia, a poor diet, smoking or an inactive lifestyle. Your doctor may recommend a bone density exam if you have certain diseases and/or prolonged use of specific medications.

In addition to screening and proper treatment, patients can prevent fractures and maintain bone density by:

- participating in regular weight-bearing and muscle strengthening exercises
- maintaining a healthy diet
- not smoking or drinking excessively
- eliminating and avoiding fall risks in your environment
- having subsequent screenings every 1-2 years

Our staff strives to demonstrate exceptional care to the people in our community through compassionate treatment and technological advancements. This new DEXA scanner is just one way we continue to provide the best care possible to our patients. To schedule an appointment for a bone density exam, please obtain an order from your physician and contact the radiology department at (740) 380-8204.



Quarterly gift card winner announced

Congratulations to Carolyn Andy, X-Ray Extender. Carolyn's green "thank you" ticket was drawn for the quarterly employee gift card drawing. Stacey Gabriel, CEO, presented Carolyn with her gift card.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Housekeeper - Environmental Services - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Contingent/PRN
- Registered Nurse (RN) - Inpatient Services - Part Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Emergency Department - Full Time
- Registered Nurse (RN) - Float - Full Time
- Registered Nurse (RN) - Special Care Unit - Full Time
- Respiratory Therapist - Full Time
- Student Intern - Healthcare Administration, Business Administration, or Human Resources (Unpaid)

TWIG IV FUNDRAISER

CROSSROADS CANDLES & COOPER'S MILL PRODUCTS

CROSSROADS CANDLES offers candles, candle holders, gift sets, scented cubes, and melt warmers.

COOPER'S MILL offers relishes, fruit spreads, homemade fudge, and nuts.

Catalogs will be available from TWIG IV members in: Medical Records, ED, Administration, Inpatient, Patient Registration, Pharmacy, Outpatient Rehab, SCU.

You may pay by cash, check or payroll deduction for HVCH employees. Orders will be accepted through October 27, 2019. Proceeds benefit HVCH.

HVCH WELLNESS FAIR

HVCH recently held its annual employee health and wellness fair. This is a chance for employees to get more information about their health, flu shots, fitted for personal safety equipment, biometrics, chair massages by Christine Clement, and other goodies. Vendors included Shoe Angel, Colonial Life Insurance, Logan Insurance. Pulse Health Solutions, Ohio Deferred Compensation and Care Factor.



SECRET SANTA FOR SUPER SENIORS

Help brighten the life of a local home-bound senior this winter! We will have donation bins set up for a special gift for our Meals on Wheels clients. We will be accepting donations 10/24/19 through 12/4/19.

- Suggestions include:**
- Chapstick
 - Cough Drops & Tissues
 - Tea & Crackers
 - *New items only please
 - Gloves & Hats
 - Gift Cards for Pet Food
 - Slippers & Socks

- Drop-offs at:**
- Logan and Laurelville Libraries
 - Subway Restaurant, The Plains
 - HAPCAP Glouster Office
 - Hocking Valley Community Hospital
 - Poochie Parlor, Logan

Southeast Ohio

Regional Kitchen
 A Program of Hocking Athens Perry Community Action

HAPPY HALLOWEEN FROM HVCH!

HVCH held its Trick or Treat for the children of hospital employees this week. What a fun event! Children dressed up and went to candy stops around the hospital walking trail and at Hocking County EMS. We also held a cake decorating and scarecrow decorating contest. The cakes were served during Trick or Treat and the scarecrows helped decorate the walking trail. Congratulations to the winners of the competition, judged by Hospitalist Dr. Mark Fratzcak. The cake decorating contest winner was Hocking County EMS with Scooter the Monster cake. The winner of the scarecrow contest was Inpatient Services with their Logan football-themed entry.



HVCH ANNUAL HOLIDAY AFFAIR

“Christmas at the North Paw!”

As part of this year’s community annual holiday affair, Santa is bringing some of his furry “paws” from the Columbus Zoo and the local Hocking County Humane Society to celebrate the holiday with us!

Included in this exciting event, is the “paw-paw” tree competition/Chinese auction and we are asking you to consider participating. Proceeds go to the Hocking County Humane Society.

HOW IT WORKS:



- You and/or your organization registers by Nov. 30 to donate an artificial tree between 2-3 ft in height (table top.) There is no cost to enter. Decorations should be 100% animal themed and can be homemade or purchased. Consider trees decorated in stuffed animal toys, TV animal character themes, usable items such as lead ropes, collars, pet clothes, pet treats, or animal toys. Animal themed ornaments/lights, etc. The options are endless—check out Pinterest!
- Trees are to be delivered to HVCH between 10 am and noon on Monday, Dec. 2. at the CIC building next to the hospital. Enter through the side door and go to the first office on the right.
- Trees will be on display from 4:00 pm to 7:30 p.m. Tuesday, Dec. 3, and auctioned off through Chinese auction at 7:00 p.m. Winner need not be present to win.
- All tree lights should be battery operated only. Electricity not provided.
- Guests will have the opportunity to judge 1st, 2nd, and 3rd places during the event.
- Auction winners may pick up their trees that evening or any day between Dec. 4-6th. Trees not picked up by this date will be donated to the Hocking County Humane Society. Winners are also encouraged to consider donating their winning tree to the local humane society to help with their needs during the winter months.



Organization Name



Contact Person and Phone #

Title of Paw-Paw Tree

Email Address

Entry forms may be mailed to HVCH c/o Latricia Johnston @ 601 St. Rt. 664 N, Logan, OH 43138, or emailed to ljohnston@hvch.org. For additional information please call 740-380-8336.



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.