



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JULY 26, 2019

Weekly Update



The one-mile marked walking trail on HVCH campus is open year-round for guests and their pets to enjoy. You can even stop at our stretching and exercise stations to add to your workout!

Walking is one of the easiest ways to get the exercise you need to stay healthy.

Experts recommend at least 2½ hours of moderate activity (such as brisk walking, brisk cycling, or yard work) a week. It's fine to walk in blocks of 10 minutes or more throughout your day and week.

- If you're worried about how brisk walking might affect your health, talk with your doctor before you start a walking program.

- Start with a short-term goal. For example, walk for 5 or 10 minutes every day. Or increase your number of steps by 300 to 500 each day.

- After you've made walking a habit, set a longer-term goal. You may want to set a goal of walking briskly for at least

30 minutes a day or work up to 10,000 steps a day. You can try to do this 5 days a week or more.

- To stay motivated, find a walking partner, such as a family member, friend, or coworker. Daily dog walks are also a great way to keep up your walking routine.

- Schedule walks on your calendar.

- Use a phone app or buy a pedometer. They count how many steps you take. The first time you use it, count how many steps you normally take in a day. Track your activity every day, and set a goal for increasing the number of steps.

- Instead of watching TV or going out to eat, go out for a walk.

- At work, get up and move around

EVENTS CALENDAR

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 HVCH.

August 9: Bids & Brews Benefit
The Hangar, Logan

August 9: Red Cross Blood Drive
HVCH Meeting Room

Aug. 1-21: TWIG II Mum Sale
Pickup at Fairgrounds Aug. 24

TWIG II is selling mums and asters for your fall decor! 8-inch pots are \$5, 10-inch hanging baskets are \$10, 12-inch pots are \$11, and special color 12-inch pots are \$13. Delivery is Aug. 24 at the Hocking County Fairgrounds. Call (740) 385-4327 to order.

INSPIRATIONAL QUOTE OF THE WEEK

"Sometimes we should express our gratitude for the small and simple things like the scent of the rain, the taste of your favorite food, or the sound of a loved one's voice." — Joseph B. Wirthlin

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Direct to You: From Roy Davis

Momentum

We all can remember examples of the second it happens, whether you are playing or watching sports, the announcer shouts, "Looks like Old Mo is switching teams." "Old Mo" is of course momentum and the tremendous psychological advantage of having it on your side. I can feel it happening at Hocking Valley.



Roy Davis,
Business
Development
Officer

We had a rough couple of years with Epic being installed and a national slow down in using health care, but we fought through it and survived. The management team had to make a lot of hard decisions and switched strategies and tactics on several service lines. I want to thank you for sticking with us.

When I look at the first half numbers, there are a lot of things to be excited about:

- Inpatient Transitional Unit stays are up 323 days over last year - A big thanks to Inpatient Staff and Reha-

bilitation services!

- Outpatient Procedures are up 8,400 over last year - Thank you to everybody for providing a place patients want to come and providers want and trust to use! We received great scores on our recent survey of providers, especially lab and radiology!

- Surgery cases and our hospital-based clinics are up 277 cases and procedures! A big growth in urology is the driving force behind this number.

I want to thank the employees of Hocking Valley Community Hospital and our Medical Group for all the sacrifices and flexibility to allow us to be in a better position for the future and keep our health care local for the residents of Southeastern Ohio. Help us keep the momentum going especially when you are asked by your managers how we can improve the hospital for the employees and patients. Your input into the decision making of the hospital is vital and we are always available to listen.

WALKING

once an hour.

- When possible, walk to the grocery store, doctor appointments, work, school, or shopping. You could walk a lap around the grocery store before you start shopping.
- Park your car farther away from work or other places you're going.
- Walk around your neighborhood or around a park.
- Walk during TV commercials.
- Know your surroundings. Walk in a well-lighted, safe place.
- Carry a cell phone for emergencies.
- Wear comfortable shoes and socks that cushion your feet.
- Pay attention to your walking surface. Use sidewalks and paths.
- If you usually walk outside and the weather is bad, take comfortable shoes to the mall and walk several laps inside.
- Drink plenty of water before, during, and after you are active. This is very important when it's hot out.

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 Cafeteria Menu July 29-August 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Philly Steak & Cheese	Breaded Chicken Breast/Bun		
Chicken Fingers	Macaroni & Cheese	Italian Sausage/Bun		
Potato Wedges	Onion Rings	Corn		
Carrots	Baked Potato	Green Beans		
Broccoli	Cauliflower	Blended Veggies		
Breadstick	Spinach	Chicken Noodle Soup		
Tomato Soup	Chili			



America in Bloom visits Logan


America in Bloom judges recently visited Logan as a part of the annual beautification contest. Logan in Bloom participates every year, submitting the City of Logan as an entry. Several categories are considered for the awards program, including: Community Vitality, Landscaping, Flowers, Urban Forestry, Environmental Efforts, Celebrating Heritage and overall Impression.

HVCH is one of the many places judges visit during their tour. We were proud to present our interior courtyard, beautifully landscaped campus, walking/exercise trail and recycling station.

The HVCH landscaping team of Michael's Lawn Care and Service also was recognized by Logan in Bloom and the HVCH Board of Trustees during a recent meeting. HVCH is appreciative of all their work in maintaining our campus.

America in Bloom (AIB) promotes nationwide beautification through education and community involvement by encouraging the use of flowers, plants, trees, and other environmental and lifestyle enhancements.




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

- 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 - Inpatient Services
- Storeroom Clerk - Full Time
- Surgery Technician - Full Time - Day Shift

Bids & Brews Benefit

**FRIDAY, AUGUST 9, 2019 • THE HANGAR, 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

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.



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.

**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!**



- Bluetooth Speaker
- Appalachian Art
- Girls Gift Set
- "Flavors of Food"
- Cincinnati Reds Ticket Package
- Picture Frame Set
- Hocking Hills Puzzle & Gift Cards
- "Family Fun Day"
- Backyard Firepit
- North Fitness Gym Membership
- Swinging Hammock Chair
- Vera Bradley Duffel Bag
- Boys Gift Set
- "Wine Time"
- Jackie O's Tour Package
- Kobalt 2 Tool Drill Set
- OSU Gift Basket
- Womens Durango Boots & Ball Caps
- Luke Bryan Farm Tour Tickets + Cooler
- Funny Bone "LOL" Package
- Handcrafted Knives
- Handcrafted Wood Carving
- Men's Durango Boots & Tee
- Kate Spade Diaper Bag Tote
- Ted Nugent Concert Tickets
- Carefree Cabins 2-Night Stay
- OU Basketball Club Seat Package
- OU Football Tower Seat Package
- Lawn Art
- Lottery Tree
- Chieftain Football 2 Season Tickets
Bleacher Seats w/ Parking Pass +
Chieftain Gear
- Cleveland Indians vs. Detroit:
(9/17/19)
- OSU vs. Maryland Football Tickets for
11/9/19
- Jeep Run Fun!
- Columbus Blue Jacket Ticket Package
- Dinner for 2 /Once a Month at Olde
Dutch
- Hocking Hills Overnight Adventure
Package
- Yurt Overnight Package for 2
- Cleveland Indians vs. Chicago White
Sox, 9/2/19
- "Light My Fire" Cigar Bar
- Love Your Lawn Package
- Brookside Cottage
- Pizza Crossing Pizza 1 per Month
- SAM FM Advertising Package
- Cleveland Browns vs Seattle Seahawks
(10/13) Game Package
- Quilted Wall Hanging
- OSU vs. Atlantic Owls Tickets (8/31)
- Handcrafted Bar Height Table & Chair
Set
- Clay Art
- "Road Trips for Ohio Sips"
- Discover Asheville, NC Package
- Top Secret Mystery Box
- Kentucky Bourbon Overnight Tour
Package
- Fishing is Fun Package
- Southwest Ohio Overnight Package
- YETI Package
- Gatlinburg Getaway
- Disney's Frozen Theatre Package
- Golf at Tarten Fields Course
- Jersey Boys Tickets
- House Cleaning Package
- Escape to Siesta Key, FL



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.