



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

NOV. 15, 2019

Weekly Update

COPD Awareness Month



COPD is the fourth leading cause of death in the U.S.... yet most don't even know what it is.

Chronic Obstructive Pulmonary Disease (COPD) is an umbrella term used to describe progressive lung diseases including emphysema, chronic bronchitis, and refractory (non-reversible) asthma. This disease is characterized by increasing breathlessness.

COPD is a progressive and (currently) incurable disease, but with the right diagnosis and treatment, there are many things you can do to manage your COPD and breathe better. People can live for many years with COPD and enjoy life.

It's easy to think of shortness of

breath and coughing as a normal part of aging, but these could be signs of COPD. That's why it is important to talk with your healthcare provider as soon as you notice any of these symptoms. COPD can progress for years without noticeable shortness of breath.

Symptoms of COPD can be different for each person, but common symptoms are:

- Increased shortness of breath
- Frequent coughing (with and without mucus)
- Increased breathlessness
- Wheezing
- Tightness in the chest

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EVENTS CALENDAR

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, K-9 demonstration, pet therapy & more!

December 7: Logan Santa Parade Downtown Logan

The annual Logan Santa Parade will be held in downtown Logan on Saturday, December 7 at 2 p.m. Parade begins at Hocking County Fairgrounds and ends at the Hocking Mall. Come see all the "superheroes" from HVCH and other organizations.

INSPIRATIONAL QUOTE OF THE WEEK

"When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself." — Tecumseh

Direct to You: From Lauren Barber

Looking back through my two and a half years of Direct to You columns, I seem to hit this exact same week in the rotation! That's a good thing because I can once again talk about National Rural Health Day!



Lauren Barber,
HR Director

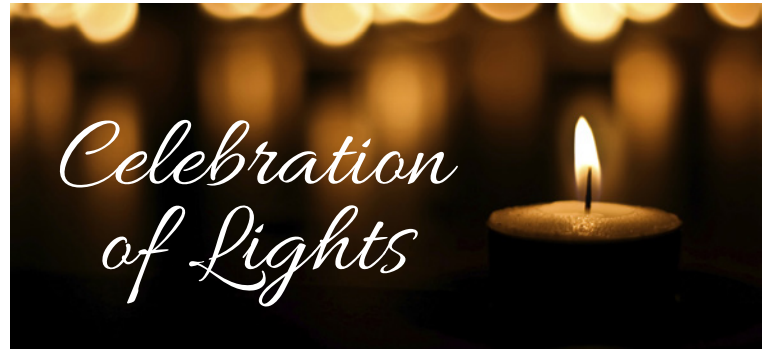
In 2010, the National Organization of State Offices of Rural Health (NOSORH) created National Rural Health Day as a way to recognize and praise the efforts, contributions, and collaborations occurring in rural communities to address the unique challenges in accessing and delivering health care services. NOSORH invites everyone to "plug into the" power of rural this year, including HVCH.

It's amazing to see the impact our hospital has on the community, especially in the last 12 months! HVCH is in the process of transforming its primary care and pediatric provider services into a Rural Health Clinic (RHC). Without seeing an additional patient, we will see a two to three times increase

to our reimbursements. The impact of this additional revenue will ensure that HVCH is able to continue to attract talented providers to our region, invest in our buildings and infrastructure, expand healthcare programs, and continue to provide high-quality healthcare close to home for the members of our community. We're also excited about our partnership with Logan-Hocking Schools to open a school-based clinic next year. This venture will be monumental to students and their families by offering care onsite easing the burden on parents when their child faces a health issue during the school day.

I've mentioned before that Appalachia is in my roots. Both of my parents grew up in the Ohio River Valley near Steubenville. Three generations of my family lived in rural communities during an era when resources were minimal and self-reliance meant survival. I see these same qualities in the Hocking Valley. People in our community seem to make something out of nothing, have remarkable resiliency, and are committed to one another in remark-

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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 Nov. 18-Nov.22				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Carrots Broccoli Breadstick Tomato Soup	Philly Steak & Cheese Macaroni & Cheese Onion Rings Baked Potato Cauliflower Spinach Chili	Breaded Chicken Breast/Bun Italian Sausage/ Bun French Fries Corn Green Beans Blended Veggies Chicken Soup	National Rural Health Day! FREE: Pizza Veggies Cookies	Tortilla Tilapia Macaroni & Cheese Potato Wedges Carrots Brussels w/ Bacon Cauliflower Enchilada Soup

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able ways. Together, we embody the power of rural and that spirit will continue to keep Logan a vibrant community.

HVCH is the third largest employer in Hocking County. There are hundreds of good-paying jobs right here in Logan that offer amazing benefits and opportunities. But as our workforce ages and retires, we must be diligent in our efforts to engage the next generation. Without nurses, x-ray techs, therapists, pharmacists, housekeepers, surgery techs, etc., we would not be able to run the hospital.

Last month, I had the privilege of attending the first-ever Workforce Summit held by the Ohio Hospital Association. We're all very aware that promoting healthcare careers is increasingly important especially as we face shortages in critical areas. Though our peers in more urban areas struggle for staff, the need is even direr in rural communities. When young people are unaware of careers close to home, they are more likely to leave our communities permanently.

I walked away from the summit with renewed energy and a notebook full of great ideas for continuing to engage the working-age people in our community, including some programs we already have. Since the 2018-19 academic year, we've launched a student worker program at the hospital that provides opportunities for high school seniors to work in the hospital and earn school credit towards graduation. We'll also be celebrating National Rural Health Day again at Logan High School! HVCH will be in the auxiliary gym all day Wednesday, November 20th. Students can visit representatives from all our hospital departments and learn about career opportunities. This is our second year engaging with students.

If your child or grandchild doesn't attend Logan High School but is interested in learning more about the hospital or healthcare careers, please reach out to us. We're happy to host students interested in job-shadowing and internships through the year.

And you're interested in a career with the hospital, please visit our job board at www.hvch.org and click on "Careers!"

All of us together represent the "Power of Rural." Thank you for continuing to support HVCH and Happy National Rural Health Day!



Making a Merry Christmas

Amber Kilpatrick, Director of the Behavioral Health Unit at HVCH, helps fill Christmas bags for the Meals on Wheels recipients of Fairfield County with the Older Adult Network.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Licensed Practical Nurse (LPN) - Behavioral Health Unit - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Contingent/PRN
- Nurse Practitioner - Psychiatric/Behavioral Health Services - Full Time
- Patient Registration Clerk - Contingent/PRN
- Registered Nurse (RN) - Inpatient Services - Part Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Behavioral Health Unit - Full Time
- Registered Nurse (RN) - Emergency Department - Full Time
- Registered Nurse (RN) - Float - Full Time
- Registered Nurse (RN) -SCU - Full Time
- Respiratory Therapist - Full Time

Spotlight On: Ophthalmology

Hocking Valley Community Hospital has teamed up with Ohio State University Wexner Medical Center to offer an Ophthalmology clinic. Our clinic is located in the back of the hospital; formally the skilled nursing facility, where we offer treatment options for those suffering from cataracts. Offering this clinic has allowed us to provide treatment options for our community close to home.

A cataract is a clouding of the lens in your eye that affects your vision. Cataracts are very common in older people. By age 80, more than half of all Americans either have cataract or have had cataract surgery. People with diabetes have a higher risk of developing cataract. A cataract can occur in either or both eyes. It cannot spread from one eye to the other. Common symptoms are:

- Blurry Vision
- Color that seems faded
- Glare-headlights, lamps or sunlight may seem too bright
- Halo around light
- Not being able to see well at night
- Double vision
- Frequent prescription changes to your eyewear

Cataract usually develops slowly. New glasses, brighter lighting, anti-glare sunglasses or magnifying lenses can help at first. Surgery is also an option. It involves removing the cloudy lens and replacing it with an artificial lens. Wearing sunglasses and a hat with a brim to block ultraviolet sunlight may help or delay cataract.

If you experience any of these symptoms and you have consulted with your optometrist, they can refer you to see our OSU trained ophthalmologist Tyler Oostra, MD in our hospital based clinic for treatment options.

Your optometrist can refer you to our clinic and we will be happy to see you. If you have any specific questions about our clinic, you can reach out to us by calling 740-380-8129 Monday through Friday from 7 a.m. to 3 p.m..

LHSD conducts coat drive

The Logan-Hocking School District is conducting a coat drive. New and gently used coats, hats, scarves and gloves are being accepted at the administration office at 2019 East Front Street, Logan. They also will collect coats at 11AM at the Logan-Hocking County Library on the day of the Christmas Parade, Saturday, Dec. 7. Giveaway is Saturday, Dec. 7 from 12-1:30 p.m. at the library.

COPD

If you are experiencing any of these symptoms, ask your healthcare provider about ordering a spirometry test.

Spirometry is a simple, non-invasive test that is used to diagnose COPD. When you take the test, you will be asked to blow all the air out of your lungs into a mouthpiece connected to a machine known as a spirometer.

The machine will calculate two numbers: the amount of air you blow out in the first second, and the amount of air you blow out in 6 seconds or more.

Leaving symptoms misdiagnosed, untreated, or under-treated may cause them to worsen faster than if they were treated with proper medication and therapy. Many adults are incorrectly diagnosed with asthma. Providing a proper diagnosis means individuals will receive the right treatments and follow up monitoring.

The Cardiopulmonary Department at Hocking Valley Community Hospital can conduct a spirometry test with a physician's orders. For more information, call 740-380-8219.

TWIG VI Christmas Raffle



Tickets are \$5 each or 5 for \$20
Deadline to purchase tickets is Dec. 3

7-foot pre-lit Christmas tree with 50 ornaments,
14-inch Santa, 15-inch reindeer, 3 velvet
stockings, 2 tree skirts, 15 holiday jewelry pieces

Tickets available in the HVCH Administration
and Specialty Clinic offices

All proceeds benefit Hocking Valley Community Hospital

Medicare Check-Up event Dec. 4

Hocking Valley Community Hospital is hosting a Medicare Check-Up Day with the Ohio Senior Health Insurance Information Program on Wednesday, Dec. 4 beginning at 10 a.m. in the HVCH meeting room.

This is an opportunity to stay informed about Medicare, stay health and save money by:

- Learning more about recent changes to Medicare.
- Find out how the Medicare Annual Election period that ends Dec. 7 can work for you.
- Get tips on how to enroll for 2020 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan.
- See if you qualify to save an average of \$4,000 on your prescription drug costs.

Counseling is by APPOINTMENT ONLY. Please call 740-380-8305 to schedule an appointment.



HVCH welcomes new employees

HVCH welcomed the following new employees for the month of November (from left): Natasha North, RN, Inpatient Services; Evangelia Morrison, RN, Inpatient Services; Amy Berry, Surgical Tech, Surgery; Nicole Thomas, BWC Clerk, OP Orthopedics; Susan White, Associate, Environmental Services; Sheri Wernert, Dietary Aide, Nutrition & Food Services; Chelsea Sanders, Phlebotomist, Lab; Erica Ervin, Phlebotomist, Lab; Laura Dougherty, STNA, Inpatient Services; Anthony Peric, RN, SCU; Maria Corne, Dietary Aide, Nutrition & Food Services.

Alzheimer's support education Nov. 20

The Alzheimer's Association is providing free Family Support Group Facilitator Training on Wednesday, Nov. 20 from 1-4 p.m. at Hocking Valley Community Hospital, CIC Meeting Room, 541 S.R. 664 N., Logan.

This is approved continuing education for Ohio social workers and CEUs may be transferable for nurses. This program provides training on the basics of organizing, facilitating and/or maintaining an Alzheimer's/dementia family caregiver support group in the community.

To register, please call 740-578-4382 or email mdever@alz.org.

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

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.