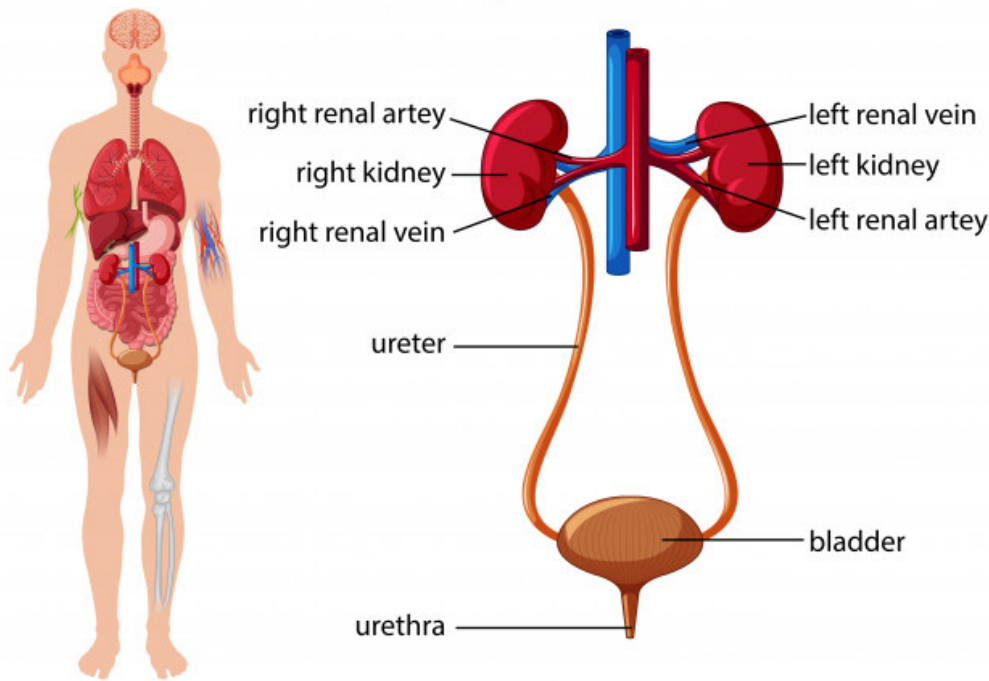




NOV. 8, 2019

Weekly Update

Human Kidneys and Bladder



It's National Bladder Health Month!

Did you know the bladder is a hollow, balloon shaped organ, and is mostly made of muscle?

On average, the bladder holds about two cups of urine (about 16 ounces).

When the bladder is empty it looks like a deflated balloon. The shape of a bladder changes when it fills up.

Urine is produced in the kidneys. It flows through tubes called ureters into the bladder.

It's normal to go to the bathroom 4 to 8 times a day and no more than twice a night.

Women have shorter urethras than

men and are more likely to get a bladder infection as bacteria from outside the body can get into the urinary system easier.

The bladder muscle helps you urinate by squeezing to force out urine.

Keeping Your Bladder Healthy

- Drink plenty of water. Strive to drink 6 to 8 cups of water each day.
- Cut down on the amount of caffeine and alcohol you drink - these may upset your bladder. Limit your intake of coffee, tea or cola as these can heighten bladder activity and lead to leakage.
- Women should sit to go to the

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EVENTS CALENDAR

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!

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

"There is a certain enthusiasm in liberty, that makes human nature rise above itself, in acts of bravery and heroism."

—Alexander Hamilton

Direct to You: From Latricia Johnston

Finally...we are heading into the holiday season. I wait all year for it to get here. While I try to recognize others, and



Latricia Johnston,
Chief Public
Relations Officer

give praise and thanks throughout the year it seems more appreciated during these next couple of months. A time of year set aside to account for how truly blessed we really are as individuals and organizations. A reminder there are many around us less fortunate and in desperate need of our love, kindness and open hearts.

It was last month, while putting up the fall decorations here at our hospital campus, I was presented with a few opportunities that reminded me of this. And, that people need us at HVCH year round.

I was working with our intern Emma at the Emergency Department entrance tying up corn stalks and arranging pumpkins and gourds when a car pulled up and a lady jumped out. She asked me if I would watch her car there at the entrance as she needed to get help inside. Her child was inside the car...having seizures.

I could see the child thrashing around on the front seat that was laid

back and my heart seriously began to race at that moment. It was also like Deja vu for me. My own son had seizures as a child, and I could feel her panic as a mother instantly. While I could honestly do nothing more than pray and guard the car until help came out, I gave a little prayer of thanksgiving afterwards that someone allowed me to be there at that moment. I'm not a clinical person, but even so, I was able to provide much needed support in some way to this patient.

As I returned to my task of decorating, another car pulled up almost immediately. This time a daughter got out and asked if I could help her. She had her elderly mother in the car who needed a wheel chair to get inside. She said, "I don't know what to do. I don't want to park the car and leave her inside alone," so of course, I grabbed one in a hurry, and smiled to myself while helping her mother into the chair. Some days we're just where we're supposed to be. The initial plan for decorating was a few weeks out. I'm so glad I didn't wait. We need to realize it's a true gift we are given with these happenings, giving us an unexpected way to bless others. Did it take time away from my already full day? Sure it did. But, what it gave me back was an

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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. 11-Nov. 15				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fried Rice Sloppy Joe French Fries Carrots Cabbage Broccoli Potato Soup	Meatball Sub Chicken Fingers Spinach & Cheese Casserole Potatoes Cauliflower Breadstick Chicken Soup	Turkey Burger Bacon Cheeseburger Cheesy Hashbrowns Corn Broccoli Inion Rings Tomato Soup	Burritos Loaded Nachos Baked Potato Bar Fried Rice Brussels Sprouts Beef Pot Roast Soup	Hot Dog/Bun Battered Cod Green Beans Vegetable Medley Peas Cauliflower Cheese Soup

DIRECT

even greater appreciation for my job at HVCH and that our hospital is here when people need us most. From the moment our guests arrive on our hospital campus, to the second they are discharged and sent home, there is some way to be a servant.

Let this holiday season of giving and thanksgiving spark an energy of both gratitude and selflessness in all of us, both at work and in our personal lives. Rather than feeling the Christmas music or decorations have started too soon, be reminded there is someone who will have no holiday tree on Christmas morning, and someone who is deaf will hear no carols this November and December. The first snowflake you will see, someone else will never see because of blindness. The famous holiday dessert or decked out ham that's served at your family gatherings, will not be on the table of many. Sadly, there are children who have not crawled up into the lap of mom or dad and heard the story 'Twas the Night Before Christmas', and the person you would consider a Grinch in your world... is probably hurting for reasons you don't know.

These next few weeks, look for joy in the world, bring peace where there is turmoil, and create a special and unique way for giving to others as we wind down the final days of 2019. Happy Thanksgiving and Merry Christmas to all.

BLADDER

toilet – they should not hover over the toilet seat.

- Take your time when on the toilet so that your bladder can empty - if you rush, and do not empty your bladder fully, over time, you could get a bladder infection.
- Stay away from foods that bother the bladder. Some foods can worsen incontinence. Skip foods like chocolate (also a source of caffeine), as well as spicy or acidic foods like tomatoes and citrus fruits.
- Keep your pelvic floor muscles strong with pelvic floor muscle training.
- Stop smoking. It is of great value to stop smoking for your bladder health - using tobacco is a major cause of bladder cancer.

Some people suffer from overactive bladder or incontinence. Overactive bladder affects more than 33 million US adults. The severity of urinary incontinence ranges from the occasional leaking of urine when you cough or sneeze to having an urge or that "gotta go" feeling that's so sudden and strong, you may not make it to the bathroom in time. If you have overactive bladder or incontinence issues, contact the HVCH Urology Clinic at 740-380-8129.



HVCH receives thanks from students

The pre-school class at Logan Christian school dropped off a thank you poster along with a dozen donuts from Penny's Pastries to Hocking Valley Community Hospital. The students are learning about being thankful and wanted to thank the nurses and doctors in our community.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Mental Health Tech (STNA) - Behavioral Health Unit - Contingent/PRN
- Nurse Practitioner - Psychiatric/Behavioral Health Services - Full Time
- 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



Roy Davis
 HVCH Chief
 Operations
 Officer
 US Army
 1995-2003
 Combat Medic
 Respiratory
 Specialist

Katherine Neel
 HVCH Director
 of Materials
 Management
 US Army
 1973-1974
 Specialist 4,
 TAMMS clerk

Chris Harper
 HVCH Plant
 Operations
 Mechanic
 US Army
 2007-2014
 Artillery Section
 Chief

Pictured above are HVCH veterans whose names were submitted for recognition. We would like to recognize all men and women who served our country in the Armed Forces. Thank you for your service. HVCH delivered nearly 400 cupcakes to Logan AMVETS and American Legions in Logan, Murray City and Nelsonville as a special treat to those who served.



National Radiologic Technology Week is celebrated annually to recognize the vital work of medical imaging and radiation therapy professionals across the nation. The celebration takes place in November to commemorate the anniversary of Wilhelm Conrad Roentgen's discovery of the X-ray on Nov. 8, 1895. Thank you to all of our Rad. Techs!

Dr. Vaziri to see orthopedic patients at Logan office

Dr. David Vaziri of the Ohio Orthopedic Center will begin seeing patients at the Hocking Valley Medical Group Orthopedic Office alongside Dr. Mark Holt. Orthopedic practitioners specialize in sports injuries, arthroscopy, total joint replacement, adult reconstructive surgery and adult and pediatric trauma. Dr. Vaziri and Dr. Holt are accepting new patients.



Please call 740-380-8140 to schedule your appointment.

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

Regional Kitchen
 A Program of Hocking Athens Perry Community Action



LEARNING TO EXCEL

Randy Montgomery, Senior Accountant, taught a class to several directors this week on using Excel. His pupils were so excited about his teaching they made him this shirt to show their gratitude.



Santa's workshop open for the season

Santa's workshop is now open for the season as his helpers prepare gifts for the HVCH Children's Christmas Party in December for the children and grandchildren of HVCH employees. Thanks to the many volunteers who helped Santa get a head start!



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



Grahm 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.