



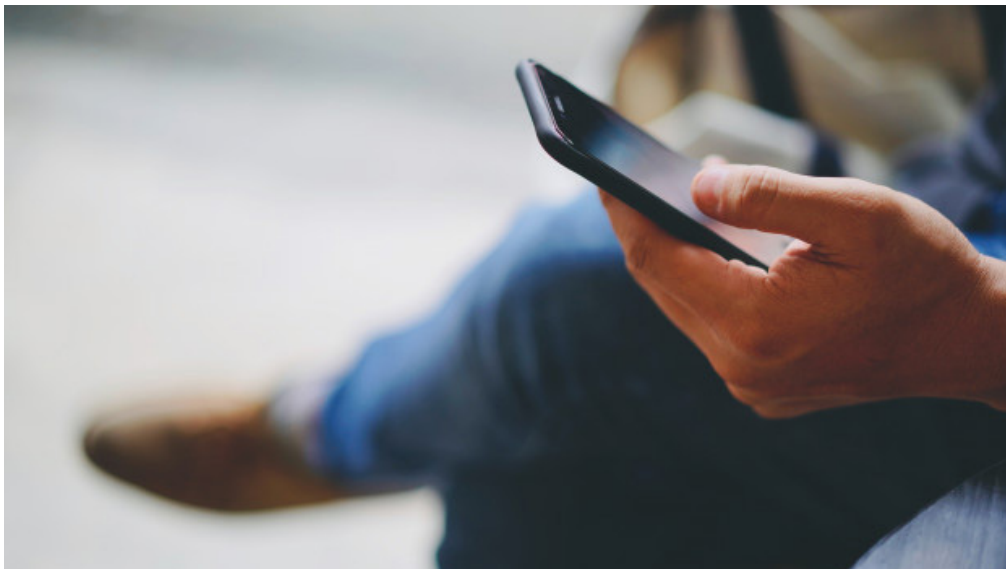
**HOCKING VALLEY**  
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

**JAN. 10, 2020**

# Weekly Update

## Staying informed during disasters



Public safety officials use timely and reliable systems to alert you and your family in the event of natural or man-made disasters. This page describes different warning alerts you can receive and the types of devices that receive the alerts.

### **Wireless Emergency Alerts**

During an emergency, alert and warning officials need to provide the public with life-saving information quickly. Wireless Emergency Alerts (WEAs), made available through the Integrated Public Alert and Warning System (IPAWS) infrastructure, are just one of the ways public safety officials can quickly and effectively alert and warn the public about serious emergencies.

*What you need to know about WEAs:*

- WEAs can be sent by state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children, and the President of the United States
- WEAs can be issued for three alert categories – imminent threat, AMBER, and presidential
- WEAs look like text messages, but are designed to get your attention and alert you with a unique sound and vibration, both repeated twice
- WEAs are no more than 90 characters, and will include the type and time of the alert, any action you should take, as well as the agency issuing the alert

**DISASTER, PAGE 3**

### EVENTS CALENDAR

**SAVE THE DATE:**

**Foundation Golf Tournament**  
Friday, June 19, 2020

**SAVE THE DATE:**

**Bids & Brews Benefit**  
Friday, August 7, 2020

**SAVE THE DATE:**

**HVCH Foundation Jeep Run**  
Saturday, October 3, 2020

**SAVE THE DATE:**

**Annual HVCH Holiday Affair**  
Tuesday, December 1, 2020

### INSPIRATIONAL QUOTES OF THE WEEK

*"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."*

— Helen Keller

*"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."*

— Benjamin Franklin

## Direct to You: From Lauren Barber

My middle sister, who lives in Montana, was in Ohio over the holidays visiting us with her husband and children.



Lauren Barber,  
HR Director

Before she left on New Year's Day, one of her childhood friends asked her jokingly if she still had her time capsule letter they wrote in their 8th grade social studies class back in June 1999. The friend had found hers, opened it, and posted some of her remarks on Facebook. My sister dug through a box of old school projects and memories my mom had organized to find her very own time capsule letter. We had a good laugh about what she thought she'd be doing since 8th grade, 20 years ago. She hoped to go to the Olympics among other things.

Twenty years ago, I was a senior at Ohio State University contemplating my future. I had no idea the part time human resources job I was working to help pay for college would turn into my career. I figured by now we'd have flying cars like the Jetsons and people would live on the moon and perhaps Mars. We all also thought the world would come to a screeching halt at midnight, January 1, 2000, because of computers believing it was 1900 and not 2000. Just our luck, everything continued running smoothly. Even

though the world doesn't look quite like "Back to the Future II," the technology exists such as artificial digital assistants like Siri and Alexa, virtual reality, autonomous vehicles, and more. We've come a lot further than we ever thought possible in so many ways.

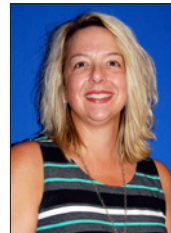
In a meeting recently, I opined about what 2020 would bring to Hocking Valley Community Hospital. This is going to be a transformative year. We're taking on some major projects – converting our payroll and timekeeping systems, updating our general financials system, embarking on a school-based health clinic, working on a new hospital accreditation, and more. I have absolutely no idea how it will all turn out. These changes will have tremendous impact on the hospital, how we work, how we access and utilize data, and even the way we provide services. It's really all very exciting! I believe that on December 31st, 2020, we will be a better and stronger hospital than we are right now. What we do today and this year will carry us forward another 20 years providing quality healthcare in our community.

So what were you doing 20 years ago and what did you think 2020 would look like? What did you think you'd accomplish or where you'd be? What do you hope will happen in the next 20 years?

Wishing you all the best in 2020! May it be everything you hoped for!

# Thank You!

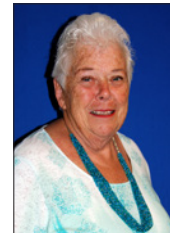
Hocking Valley Community Hospital would like to thank our 2019 board members for their service.



AMY  
BLACK



BRICE  
FRASURE



BOBBI  
BISHOP



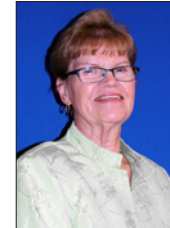
MARIA  
GALANTI



MIKE  
WALSH



RICK  
WEBB



RUTH ANN  
SPATAR



BLAINE  
DAVIDSON



**HOCKING VALLEY**  
Community Hospital

### HVCH Cafeteria Menu Jan. 13-Jan. 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Carrots Broccoli Breadstick Tomato Soup	Philly Steak N' Cheese Macaroni & Cheese Onion Rings Baked Potato Cauliflower Spinach Chili	Breaded Chicken Breast Italian Sausage/ Bun French Fries Corn Green Beans Veggies Chicken Soup	Breakfast Pizza Sausage Gravy/ Biscuit Egg Omelette Taquito Oven Browns Bacon Broccoli Soup	Tortilla Tilapia Macaroni & Cheese Potato Wedges Glazed Carrots Brussels w/ Bacon Cauliflower Enchilada Soup

# DISASTER

- WEAs are not affected by network congestion and will not disrupt texts, calls, or data sessions that are in progress
- Mobile users are not charged for receiving WEAs and there is no need to subscribe
- To ensure your device is WEA-capable, check with your service provider

## Emergency Alert System

The Integrated Public Alert and Warning System (IPAWS), is a modernization and integration of the nation's existing and future alert and warning systems, technologies, and infrastructure.

The Emergency Alert System (EAS) is a national public warning system that requires broadcasters, satellite digital audio service and direct broadcast satellite providers, cable television systems, and wireless cable systems to provide the President with a communications capability to address the American people within 10 minutes during a national emergency.

EAS may also be used by state and local authorities, in cooperation with the broadcast community, to deliver important emergency information, such as weather information, imminent threats, AMBER alerts, and local incident information targeted to specific areas.

The President has sole responsibility for determining when the national-level EAS will be activated. FEMA is responsible for national-level EAS tests and exercises.

EAS is also used when all other means of alerting the public are unavailable, providing an added layer of resiliency to the suite of available emergency communication

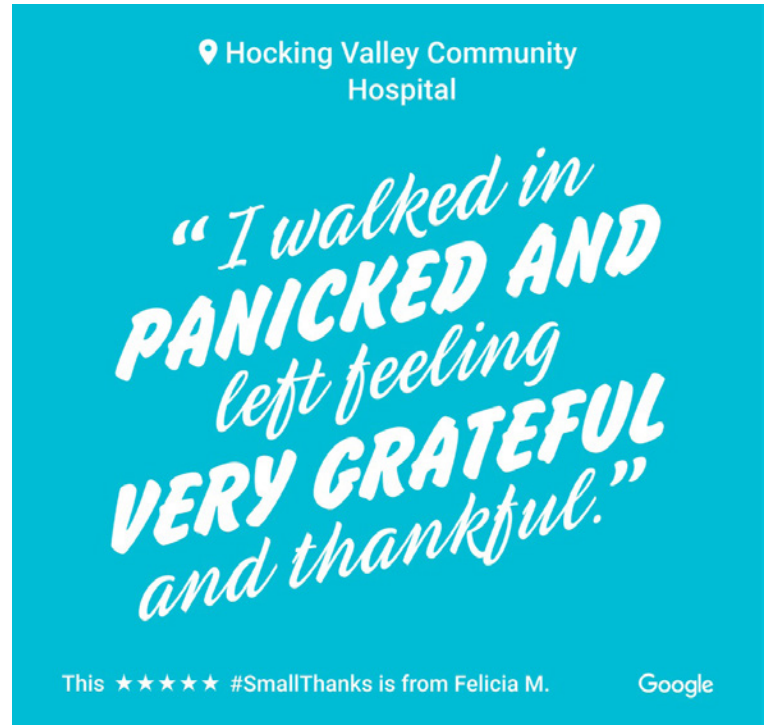
## NOAA Weather Radio

NOAA Weather Radio All Hazards (NWR) is a nationwide network of radio stations broadcasting continuous weather information from the nearest National Weather Service office.

NWR broadcasts official warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week.

It also broadcasts alerts of non-weather emergencies such as national security, natural, environmental, and public safety through the Emergency Alert System.

For more information about different types of disaster preparedness, visit [www.ready.gov](http://www.ready.gov). Ready is a National public service campaign designed to educate and empower the American people to prepare for, respond to and mitigate emergencies, including natural and man-made disasters. The goal of the campaign is to promote preparedness through public involvement.



*Did you have a positive experience at HVCH that you would like to share? Visit our Review Us page at [www.hvch.org/review-us](http://www.hvch.org/review-us) to let us know how we did. We want to hear from you!*

## START YOUR CAREER WITH HVCH TODAY!

Apply @ [www.hvch.org](http://www.hvch.org)

- Clinical Liaison - Full Time
- Licensed Practical Nurse - PRN - Contingent/PRN
- Maintenance Technician - HVAC - Full Time
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - NIGHTS - Full Time
- Nurse Practitioner - Psychiatric/ Behavioral Health Services - Full Time
- Registered Nurse (RN) - Night Shift - FT/PT/CNX - Full Time
- State Tested Nursing Assistant (STNA) - Inpatient Services - Full Time

## Farro Salad with Mediterranean Vinaigrette



Serves 6

### Ingredients:

- 1 cup dry farro
- 2 cups vegetable broth
- 1 pint cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 2 cucumbers, diced
- 1/2 cup pitted Kalamata olives
- 5 oz. arugula (or salad greens of choice)
- 1 cup fresh basil
- 1/2 cup goat or feta cheese, crumbled (optional)
- Mediterranean vinaigrette dressing: 1/4 cup olive oil, 1/4 cup red wine vinegar, 1/4 cup tahini, 2 tsp. Dijon mustard, 1 tsp. honey, 1/4 tsp. ground black pepper, dash of kosher salt

### Directions:

1. Cook farro in vegetable broth in medium pot according to package directions. Drain. Cool in large bowl.
2. Prepare dressing, whisking ingredients together in small bowl.
3. Pour half of dressing on cooked and cooled farro and toss to coat.
4. In a large salad bowl, toss the tomato, onion, cucumber, olives, salad greens, basil and farro.
5. Add more dressing and toss.
6. Sprinkle with cheese if desired.
7. Serve cold and enjoy!



The Ohio Department of Health's Breast and Cervical Cancer Project (BCCP) has expanded its eligibility criteria to include the underinsured if they meet other eligibility criteria.

The BCCP is a screening and diagnostic program that provides services to eligible women in Ohio. This change will allow the program to provide breast and cervical screenings to more women to increase early detection and reduce cancer rates.

Women must meet the following updated eligibility criteria to receive cancer screening and diagnostic services:

#### Cervical Cancer Screening & Diagnostic Services

- Age 21 and older
- Income at or below 300% of the Federal Poverty Level
- Uninsured to underinsured
- Ohio Resident

#### Breast Cancer Screening & Diagnostic Services

- Age 21-39 years with physician report of abnormality or other risk factors
- Age 40 years or older
- Income at or below 300% of the Federal Poverty Level
- Uninsured to underinsured
- Ohio Resident

BCCP serves women in Athens, Belmont, Coshocton, Gallia, Guernsey, Hocking, Jackson, Lawrence, Meigs, Monroe, Morgan, Muskingum, Noble, Perry, Pike, Scioto, Ross, Washington and Vinton counties.

Call (800) 236-6253 for more information and to see if you qualify for the program.

**Did you know that you can support the mission of HVCH by making a gift online?**

**Just go to [www.hvch.org](http://www.hvch.org), click on our "donate now" button to use your credit card to make an immediate gift**

**and receive your receipt. On behalf of our patients, staff and board members, we are so grateful for our benefactors whose gifts enable us to continue serving the people of Hocking and surrounding counties.**





# 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.