



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

JAN. 17, 2020

Weekly Update

Save a life; Become a blood donor



January is National Blood Donor Month, the perfect time to resolve to become a regular blood donor and help save lives.

Extreme winter weather in some parts of the country and seasonal illnesses often make it difficult for the American Red Cross to maintain a sufficient blood supply at this time of year. Healthy individuals are urged to give now.

The Red Cross must collect more than 13,000 blood donations every day for patients in need.

The Red Cross provides about 40% of our nation's blood and blood components, all from generous volunteer donors. But supply can't always meet demand because only about 3% of age-eligible people donate blood

yearly. Each new donor helps meet patient needs.

- Each year, an estimated 6.8 million people in the U.S. donate blood.
- 13.6 million whole blood and red blood cells are collected in the U.S. in a year.
- About 45% of people in the U.S. have Group O (positive or negative) blood; the proportion is higher among Hispanics (57%) and African Americans (51%).
- Type O negative red cells can be given to patients of all blood types. Because only 7% of people in the U.S. are type O negative, it's always in great demand and often in short supply.

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EVENTS CALENDAR

Jan. 28: Women's Cancer Screenings, HVCH Campus

Free breast and cervical cancer screenings provided by the Ohio University College of Osteopathic Medicine for qualifying women. Appointments from 9 a.m. to 3 p.m. Call 800-844-2654 to schedule or to confirm eligibility.

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

INSPIRATIONAL QUOTES OF THE WEEK

"It takes but one positive thought when given a chance to survive and thrive to overpower an entire army of negative thoughts."

— Robert H. Schuller

Direct to You: From Beth Kluding

I love the beginning of the year. It is a blank canvas, and feels like the possibilities are endless. Nothing makes me happier than when I get to come up with new challenges for myself with the new year.



Beth Kluding,
Chief Nursing
Officer

Some people do this with resolutions for changing negative behaviors; the most popular being lose weight, eat healthier, and exercise more. While I think we should do all of those things, I also recognize the need for a resolution to say "yes" to new experiences.

It is through this practice I have been able to push myself outside of my comfort zone, gaining great experiences, memories, and friends in the process. I cannot tell you how many pounds I have lost over the

years with my resolutions to eat better and exercise more. What I can tell you is that I have done a Polar Plunge, learned to knit, stepped in each of the Great Lakes in a single trip, kissed the Blarney Stone, and many more experiences that have enriched my life.

I would encourage everyone to sign up for the extra class, use YouTube to teach you something new, work your way through the "top list" in books to read, foods to eat, or movies to watch, or sign up for a 5K or charity fundraiser. Resolve to do the thing that will make 2020 memorable.

We have a new year in front of us now. It holds so many possibilities for new things for Hocking Valley Community Hospital. We are taking advantage of this with our resolution to try new things and improve ourselves. What we are doing this year will help to make 2020 successful and memorable for many years to come.

Thank You!

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



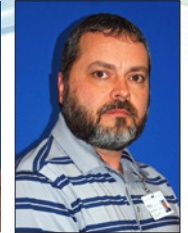
**KYLE
WALKER**



**MATT
MAHAFFEY**



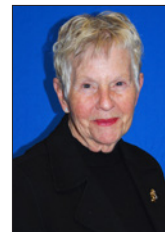
**SUSAN
ALDRIDGE**



**BRAD
LITTLE**



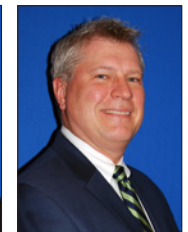
**DONNA
HOWARD**



**JUDY
HENNIGER**



**LAUREL
DANES-WEBB**



**PETE
DENNIS**



**CARRIE
COOK-PORTER**



**HOCKING VALLEY
Community Hospital
FOUNDATION**

**You are never too old
to set another goal or
to dream a new
dream.**

— C.S. Lewis

HVCH Cafeteria Menu Jan. 20-Jan. 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Battered Chicken Breast Honey Roasted Potatoes Peas Zucchini Breadstick Italian Wedding Soup	Hot Dog/Bun Breaded Chicken Wings French Fries Fried Corn Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus w/ Cashews Cauliflower Beef Pot Roast Soup	Baked Zucchini Grilled Chicken Breast Breadstick Grilled Mixed Veggies Carrots Bean w/ Ham Soup	Pizza Burger Tuna Noodle Casserole Ranch Wedges Zucchini Green Beans Broccoli Enchilada Soup

BLOOD

- Type AB positive plasma can be transfused to patients of all blood types. Since only 3% of people in the U.S. have AB positive blood, this plasma is usually in short supply.
- Red blood cells must be used within 42 days (or less).
- Platelets must be used within just 5 days.

The blood donation process from the time you arrive until the time you leave takes about an hour. The donation itself is only about 8-10 minutes on average.

At registration, you will sign you in and go over basic eligibility. You'll be asked to show ID, such as your driver's license and read some information about donating blood.

After registering, you'll answer a few questions about your health history and places you've traveled, during a private and confidential interview. You'll share any prescription and/or over the counter medications that may be in your system. Then your temperature, pulse, blood pressure and hemoglobin level will be checked.

If you're donating whole blood, an area on your arm will be cleansed and a brand new sterile needle for the blood draw will be inserted. (This feels like a quick pinch and is over in seconds.)

Other types of donations, such as platelets, are made using an apheresis machine which will be connected to both arms.

When approximately a pint of whole blood has been collected, the donation is complete and a staff person will place a bandage on your arm.

For platelets, the apheresis machine will collect a small amount of blood, remove the platelets, and return the rest of the blood through your other arm; this cycle will be repeated several times over about 2 hours.

After donating blood, you'll have a snack and something to drink in the refreshment area. You'll leave after 10-15 minutes and continue your normal routine. Enjoy the feeling of accomplishment knowing you are helping to save lives! Take a selfie, or simply share your good deed with friends. It may inspire them to become blood donors.

UPCOMING BLOOD DRIVES IN THE AREA INCLUDE:

- Monday, January 20, 2020: Nelsonville Wesleyan Church, 601 Chestnut St., Nelsonville, 2:00 PM - 07:00 PM
- Wednesday, January 22, 2020: Berne Union High School, 506 N. Main Street, Sugar Grove, 8:00 AM - 2:00 PM



HVCH welcomes new employees

HVCH welcomed the following new employees for the month of January (from left): Stephen Lanese, OU Student Intern, Operations/Administration; Kristin Reece, RN, BHU; Kellie Mathias, Admitting Clerk, Patient Registration; Amanda Myers, LPN, BHU; Beth Rutter, Admitting Clerk, Admitting; Shelby Mitchell, STNA, Inpatient Services; John Evangelista, Unit Secretary, ED; and Nicole Schuchter, OU Student Intern, Human Resources.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Clinical Liaison - Full Time
- Licensed Practical Nurse - 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

Searching for a job?

Sign up for job alerts on our website at: <https://hvch.applicantpro.com/jobs/>

Anytime a new career is posted, you will receive an email alert. Apply for the position directly from our website.

Ricciarelli: Chewy Almond Cookie



TOTAL: 1 hr 10 min.
YIELD: 2 1/2 dozen

Ingredients:

- 3 cups whole almonds
- 1/2 tsp. baking soda
- 1/2 tsp. kosher salt
- 2 1/2 cups confectioners' sugar
- 2 tablespoons honey
- 1/2 tsp. vanilla extract
- 1 large egg at room temperature

Directions:

1. Preheat the oven to 300 degrees F, and line 2 baking sheets with parchment paper. Add the almonds, baking soda, salt and 1 1/2 cups confectioners' sugar to a food processor. Process until finely ground, about 1 minute.
2. Whisk together with honey, vanilla and egg. Add to the almond mixture and pulse until a stiff dough forms.
3. Roll tablespoon-sized portions of dough into balls, and coat in the remaining confectioners' sugar. Place at least three inches apart on the prepared baking sheets.
4. Bake, rotating halfway through, until cracked and solid to the touch, 18 to 20 minutes. Slide the parchment paper off the baking sheets and allow the Ricciarelli to cook completely before peeling off the paper. Store cookies in a tin or airtight container for up to 2 weeks.

Spotlight On: Greg Vermillion

Logan native Greg Vermillion has joined the Hocking Valley Community Hospital Foundation Board.

Greg is a commercial lending officer for Merchant's National Bank, formerly Citizens Bank of Logan. He has spent 31 years of his career in banking in various roles. He is a graduate of Logan High School and has taken numerous financial courses throughout his career.



In his spare time, Greg is interested in sports and travel and helping to improve and enhance Hocking County. He joined the HVCH Foundation Board because he "understands the importance of a local hospital to the county."

Welcome to the Foundation Board; thank you for your volunteer service!

BLOOD

- Thursday, January 23, 2020: Hocking College Recreation Center, 3301 Hocking Parkway, Nelsonville, 11:00 AM - 05:00 PM
- Friday, January 24, 2020: Nelsonville York High School, 1 Buckeye Dr., Nelsonville, 8:00 AM - 02:00 PM
- Sunday, January 26, 2020: Turkey Run Mennonite Church, 5066 Twp. Rd 372, Logan, 12:00 PM - 04:00 PM
- Saturday, February 8, 2020: Hide A Way Hills Club, 29042 Hide-A-Way Hills Rd., Sugar Grove, 10:00 AM - 03:00 PM
- Friday, February 14, 2020: Logan High School, 14470 Ohio 328, Logan, 8:00 AM - 02:00 PM
- Sunday, February 16, 2020: Ebenezer Baptist Church, 6935 Twp Rd. 234, Logan, 8:00 AM - 01:00 PM
- Tuesday, February 25, 2020: Rocky Outlet Store, 45 E. Canal Street, Nelsonville, 9:00 AM - 03:00 PM

For detailed donor eligibility questions, please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org.

Info courtesy www.redcrossblood.org.



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.