



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

FEB. 7, 2020

Weekly Update

5 Ways to Improve Your Heart Health



Info courtesy <https://www.nhlbi.nih.gov>

If you worry that you or someone you love will get heart disease or even have a heart attack, it's understandable.

Heart disease is the leading cause of death for men and women in the United States, according to the National Heart, Lung, and Blood Institute (NHLBI).

Research shows you can lower your risk, particularly if you team up with family, friends or co-workers. This kind of social support may be the key to your success.

To mark American Heart Month, NHLBI, one of the National Institutes

of Health, is inviting people across the country to team up and join #OurHearts, a national heart health initiative that encourages people to improve heart health together.

"Studies show that having positive, close relationships and feeling connected to others benefits overall health, blood pressure, weight and more," said NHLBI's Dr. David Goff, director of cardiovascular sciences.

Consider these five tips that can help lower your risk of heart disease:

Risk: Inactivity
Solution: Move more throughout your day. Aim for at least 150 minutes

EVENTS CALENDAR

February 13: TWIG VI Cookie Sale HVCH Cafeteria

TWIG VI will be selling Valentine cookies in the HVCH cafeteria beginning at 7 a.m. Cost is \$9 per dozen. Payroll deduct available for HVCH employees. Proceeds benefit HVCH.

February 14: TWIG IV Candy Sale HVCH Cafeteria

TWIG IV will be selling assorted Valentine candy in the HVCH cafeteria beginning at 7 a.m. Cost is \$7 per pound. Payroll deduct available for employees. Proceeds benefit HVCH.

March 5-6: Uniform Sale HVCH Campus

Robert's Uniforms will be set up in one of the HVCH meeting rooms (TBD) with selection of scrubs, jackets, shoes and other apparel. Payroll deduct available for employees.

INSPIRATIONAL QUOTES OF THE WEEK

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."

—Marie Curie

Direct to You: From Julie Grow

Many of you likely heard Stacey say that 2019 was “the year to blow things up.” She was referring to



Julie Grow, CFO

the countless processes, service contracts, affiliations, provider coverages, medical group structure, and other matters related to operations that we evaluated and re-organized or discontinued in the past 12 months. It made for quite a busy year, but every change that was made had a positive impact on not only the bottom line, but to the quality of care we provide. Surviving and thriving in the world of healthcare today means you must be comfortable living in a constant state of change.

When we neared the end of 2019 and we had accomplished many of the things on our list, for a minute, (quite literally 60 seconds), we thought that we would be able to take 2020 to catch our breath and take it easy for a bit. Then we all had a good laugh at our naivety and got to work on what lies ahead for 2020. Just a few of the changes are most notably, the DNV accreditation, the 340B contract pharmacy phase of our Rural Health Clinic, a payroll conversion, a finance system conversion, new telemetry monitors, Windows 10 upgrade,

and PACS upgrade, just to name a few. There is not a single employee or provider that will be untouched by at least one of the things I mentioned.

Ironically, one of the very first training modules I was required to view for our payroll system upgrade was a lesson on change management. Listening to it, I couldn’t help but think that much of what was shared could really be applied to any one of these given situations. The reality is, no one likes change. Life is easier in the comfort zone. You know what you are doing. You’re confident. You can do the tasks in your sleep. Then comes someone who moves your cheese and it’s like being a new employee all over again. You have to relearn everything you thought you knew. It’s frustrating, confusing, and oftentimes exhausting.

According to Harvard Business Review, nearly 75% of organizational change initiatives fail or do not achieve the desired outcomes. Think about that for a moment. In the world of healthcare, we can’t afford to get it wrong 3 out of every 4 times. So, what can we do as an organization to guarantee that the changes that lie ahead of us our 100% successful? As I mentioned, every person in the organization will be affected in some way or another by one or more of



My Fair Lady TICKET AUCTION

Feb. 1 to Feb. 10

Bid on eBay

Item # 124065967463

Get two exclusive second-row center seats to one of the best musical revivals *My Fair Lady*! The show will be at the Ohio Theatre on 3/15/20 at 1 p.m. Tickets are Orchestra 3, Row B, and include a parking pass. Starting bid is \$50 or you can Buy It Now for \$250.

Go to eBay and search item:
#124065967463

Proceeds from the auction benefit Hocking Valley Community Hospital Foundation.

HVCH Cafeteria Menu Feb. 10-Feb. 14

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/Bun Italian Sausage/ Bun French Fries Corn Green Beans Blended 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

HEART

each week of physical activity. Build up to activity that gets your heart beating faster and leaves you a little breathless. If you're busy, try breaking your daily activity into 10-minute chunks.

Stay motivated: Make walking dates. Join a pickup soccer or basketball game. Join a fitness class with your neighbor. Grab a loved one and dance in your kitchen.

Risk: An unhealthy diet

Solution: Consider an option like NHLBI's Dietary Approaches to Stop Hypertension (DASH) eating plan, which is free and scientifically proven to lower high blood pressure and improve cholesterol levels.

Stay motivated: Invite friends to cook up heart healthy recipes together. Start a lunch club at work and trade recipe ideas.

Risk: Smoking, even occasionally

Solution: Quitting can be beneficial to your overall health, even if you've smoked for years. Set a quit date and let those close to you know. If you've tried quitting in the past, consider what helped and what made it harder.

Stay motivated: Ask your family and friends for support or join a support group. Find resources and connect with a trained counselor at 1-800-QUIT-NOW or smokefree.gov.

Risk: Inadequate or poor-quality sleep

Solution: Sleeping 7-8 hours each night helps improve heart health. Try going to bed and waking up at the same time each day. Getting a 30-minute daily dose of sunlight may also improve sleep.

Stay motivated: Resist that late afternoon nap. Turn off all screens at a set time nightly. Relax by listening to music, reading or taking a bath.

Risk: Uncontrolled stress

Solution: To help manage stress, try relaxation therapy and increase physical activity. Talk to a qualified mental health provider or someone you trust. De-stressing may also help improve sleep.

Stay motivated: Join a friend or family member in a relaxing activity like walking, yoga or meditation every day.

Learn about heart health and heart healthy activities in your community at nhlbi.nih.gov/ourhearts. Use #OurHearts on social media to share how you and your friends, colleagues or family members are being heart healthy together.

If you have concerns about your heart health, or before starting any new fitness regimen, consult your family practitioner. If you need a practitioner, the HVCH Rural Health Clinic Family Practice is accepting new patients. Call 740-385-0202.

VISITOR RESTRICTIONS

Due to the high number of flu cases and for the safety of our patients, visitation is limited:

- **No visitors under the age of 12.**
- **Limit visitors to immediate family members and/or support persons.**
- **No visitors with flu-like symptoms: -Fever -Cough -Cold**

Thank you for your cooperation in preventing the spread of the flu.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Clinical Liaison - Full Time
- Licensed Practical Nurse (LPN) - Float - Contingent/PRN
- Maintenance Technician - HVAC - Full Time
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - NIGHTS - Full Time
- Phlebotomist - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Emergency Department - Full Time
- Registered Nurse (RN) - Night Shift - FT/PT/CNX - Full Time

DIRECT

the changes coming in 2020. That means every person on the team needs to grab an oar and get on board.

I'll share a bit about what I learned during the training module on what TO do and NOT to do during this state of transition. To begin with, do not block or sabotage the change. Each 2020 initiative is directly connected to our strategic objectives and are the building blocks to ensuring we are here to provide care to the community for years to come. If you have questions as to why we are doing something... ASK. The Senior Leadership Team, as well as the Department Directors would be happy to answer any questions and hear your concerns. You may be thinking of something we haven't thought of yet and your input is important to the success of HVCH.

Next, avoid negative private conversations. Instead, engage leadership in open dialog and be a cheerleader for the transition. If you hear someone speaking negatively, ask them if they have shared their concerns with anyone and advise them to be a part of the solution to make things better. You also cannot ignore the change. It's coming whether you are ready or not. Educate yourself. Be prepared by completing any training that is assigned to you. Read the updates. Check your email. Be an adult learner and an owner of your own success. The more prepared you are for what is coming, the easier it will be to adapt.

I would encourage our community, patients, guests, and visitors to be an active part of our change initiatives as well. At HVCH, our Senior Leaders truly mean it when we say that our doors are always open. We invite the occasion to sit down with you and answer your questions and discuss your concerns. We view this as an opportunity to gain insight on how we can better serve our community... and if we don't know something is broke, well, then, we can't fix it. Our patients are the best indicators of whether the changes we make are successful or not. We want to provide you with the best care as close to home as possible and we can't do that without your input.

Earlier this week, I had a conversation with a fellow employee and I shared that although many choose not to do the same, I love the fact that I live where I lead and my husband does the same. I want to see our employees, patients, neighbors, and friends at ballgames and the grocery store, and only be a text message away from someone who needs us. I feel that connection to my community keeps me focused on what is important and ensures that I am 100% committed to the hospital's success. We're in for another amazing, crazy, transformational year at HVCH in 2020 and I cannot thank you enough for being a part of it... but Holy Cow! Can you believe it's February already?



Winners of TWIG IV Super Bowl game

Congratulations to the winners of the TWIG IV Super Bowl squares fundraiser: Sarah Crihfield - Quarter 1; Beth Bell - Quarters 2 & 3; and Lisa Beatty - Final Score. Proceeds from the fundraiser benefit the hospital.



Coming Soon




Check out our new video series to be posted to our Facebook and YouTube pages every week!

The first video with CEO Stacey Gabriel will feature our Urgent Care and information about this flu season.

Other upcoming videos include: Cardiac Rehabilitation Week, Cancer Prevention, Nutrition, Introduction to Hospital/Foundation Board members and more! Stay tuned!



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.