



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

APRIL 10, 2020

Weekly Update



Hocking Valley Community Hospital officials urge residents who suspect they may have Coronavirus (COVID-19) symptoms to call first before visiting their local health facility. As a result, limited resources can be most efficiently used for those in our population who are elderly, have compromised immune systems or serious medical conditions.

Patients who are mildly ill with Coronavirus are able to recover and manage their symptoms at home. If you have symptoms including a fever of greater than 100.4°, cough, sore throat and/or shortness of breath

we first asked you to self-quarantine at home. If symptoms continue or worsen, please call 740-380-8203 to review your symptoms with a triage nurse, who will determine next steps.

"As a community, we will overcome this situation together, neighbors helping neighbors and caring first for those most in need. It's this spirit of family that has always defined who we are in Hocking County and I'm so proud to see how all of us are pulling together. It gives hope and is inspiring," said Stacey Gabriel,

INSPIRATIONAL QUOTES OF THE WEEK

*"For all your days prepare,
And meet them ever alike:
When you are the anvil, bear --
When you are the hammer,
strike."*

—Edwin Markham

*"Your living is determined not
so much by what life brings
to you as by the attitude you
bring to life; not so much by
what happens to you as by the
way your mind looks at what
happens."*

—Khalil Gibran

*"Words are singularly the
most powerful force available
to humanity. We can choose
to use this force constructively
with words of encouragement,
or destructively using words of
despair. Words have energy and
power with the ability to help,
to heal, to hinder, to hurt, to harm,
to humiliate and to humble."*

—Yehuda Berg

*"Do not abandon yourselves to
despair. We are the Easter people
and hallelujah is our song."*

—Pope John Paul II

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Unique things to do while at home

1. **Take an Instagram baking class:** This definitely is not the time to worry about waistlines, and baking has all sorts of therapeutic effects. But if your repertoire doesn't go beyond chocolate fridge cake, don't worry: ace London bakery Bread Ahead is streaming baking classes via Instagram. From doughnuts to brownies, there's no limit to what these pros can help you create.
2. **Catch up on literary classics:** You know that pile of books that you haven't ever quite managed to get into? There'll never be a better time to conquer it. And if you've already exhausted your library, you can now access more than a million books for free online as part of the 'National Emergency Library'. The Internet Archive has removed waiting lists from its comprehensive library of 1.4 million digitised books and other materials donated by libraries and universities around the world. Usually you'd have to join a queue before being able to 'borrow' anything from its collection. But now you can just dip into whatever you want, whenever.
3. **Join a virtual choir:** If the videos of cities in lockdown coming together to sing on their balconies left you with a lump in your throat, here's your chance to add your vocal cords to one of several online choirs popping up around the world. The Sofa Singers is a free online singing event that aims to 'bring people together from around the world to spark joy and human connection'. It involves hundreds of singers joining a Zoom call and learning a new song together. Life-fullness Live also runs a sing-a-log every weekday. You can either join a video call near you to sing with your neighbors, or stream the event on Instagram or Facebook.
4. **Watch Andrew Lloyd Webber's greatest hits:** As his contribution to lifting spirits during lockdown, prolific composer Andrew Lloyd Webber is offering free broadcasts of his greatest musicals. A different Lloyd Webber musical will stream every Friday on The Shows Must Go On!, a new YouTube channel devoted to this project – watch this space for the streaming dates for mega hits like 'Cats' and 'The Phantom of the Opera'.
5. **Get smart with a free, online Ivy League course:** Why not use all that time we usually spend socializing to learn something new? The eight Ivy League colleges across the US are offering 450 free online courses that are just the right amount of challenging to take our minds off the current state of affairs.

Info courtesy www.timeout.com

THE CENSUS COUNTS.

SO DO YOU.

Help represent our community and complete the 2020 Census.

Each year, Census data informs federal funding for more than 100 programs, including school lunches, highway construction, and education.

Hocking, Meigs and Athens Counties are all in the bottom 7 of Ohio's 88 counties for self response thus far.

Let's represent our community! A link to the census website is below. You will need the number mailed to you on your census form to complete. The survey **ONLY TAKES 10 MINUTES** but can make a big difference for us!

<https://2020census.gov/en.html>

HVCH Cafeteria Menu April 13-April 17				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti	Hot Dog/Bun	Italian Hoagie	Baked Zucchini	Pizza Burger
Battered	Breaded	Battered Cod	Grilled Chicken	Macaroni & Cheese
Chicken Breast	Chicken Wings	BBQ Sidewinders	Breadstick	Ranch Wedges
Honey Roasted	French Fires	Asparagus w/	Grilled Mixed	Breaded
Potatoes	Fried Corn	Cashews	Veggies	Zucchini
Peas	Broccoli	Cauliflower	Carrots	Green Beans
Zucchini	Spanish Rice	Beef Pot Roast	Bean w/ Ham	Broccoli
Breadstick	Tomato Soup	Soup	Soup	Enchilada Soup
Italian			Corn Muffin	
Wedding Soup				

Hospital Finance Update from CFO Julie Grow

When I think back over the past few weeks, a lot of it is a blur. In one sense, it has blown by with constant changes and information flying at us from all directions on how to manage through this pandemic. On the other hand, it has been the longest three weeks of my entire life. It was like someone told us to start running a race as fast as we could, not even knowing if we were running in the right direction or how long the race even was. All we know was that it was definitely worth winning... so we started running and kept running. And for the first time in over three weeks, I can honestly say, I can start to see the finish line. We were running in the right direction after all and we kept a fast enough pace, while sustaining enough energy to get us there.

First, I am sure many of you are starting to see the new models coming out of the Governor's office. As a state, the projections have gone from a peak of 10,000+ new cases per day, to around 1,600. For Hocking County, this means our peak number of cases has gone from a high of 86 hospitalized COVID-19 patients per day to 6 per day – a much more manageable number. Ohioans didn't just flatten the curve, we smashed it. By reducing this number so drastically, we are now able to better plan for what caring for these patients will look like while we work to rebuild normal operations. We are no longer facing the concern of being unable to obtain the supplies required to care for these patients due to the demand far exceeding the supply.

We've also been given some very positive news regarding the financial fallout from COVID-19.

- On Tuesday, we were approved and funded for our payroll protection loans for both the hospital and the medical group for nearly \$3.9 million. This means we can now begin a plan for bringing folks back to work. Just as the state is doing, we will need to use a calculated effort and come up with a phased approach of how this will look. I don't have any answers yet as to what it will look like and I appreciate the support and patience you have given us throughout this process. I ask that you hang in there while we work through the details.

- Earlier this week, I was made aware of a grant from HRSA that wasn't even on our radar. We will be awarded with \$90,000 as a Critical Access Hospital to use towards our COVID-19 response. There is no clear timeline on when we will receive this, but I did get confirmation from the Ohio Department of Rural Health that they applied for the

funds on our behalf.

- On Wednesday, the Governor announced that he has requested the Bureau of Worker's Comp to disperse dividends equal to the amounts paid by employers for our 2018 premiums. This amount is approximately \$87,000 and should be distributed by the end of April.

- We received approval on Wednesday for a \$5,000 grant from the Foundation for Appalachian Communities to put towards our COVID-19 training and response.

- Finally, today, we received \$556,000 as our portion of the \$30 billion released by CMS earlier this week.

There are still many more discussions in the works. The state is still discussing the franchise fee payments, early HCAP distribution, the UPL program, and enhanced Medicaid payments. There is still another \$70+ billion in grant funds reserved for hospitals that the Department of Health and Human Resources is working to try to come up with distribution methods.

Because we received our Payroll Protection Program funds so quickly, there are a couple of restrictions we are able to lift right away to help alleviate some of the financial burden placed on our staff during this difficult time:

1. You MAY use vacation and float time to cover the hours that you were reduced for pay period ending April 12th, including low census time. For example, if you normally work 80 hours and were reduced to 72, you may claim 8 hours of float or vacation to take your paycheck back up to your full pay.

2. Vacation and Float time WITH pay will be reinstated as long as the schedule allows for it. However, due to the fact that the hiring freeze is still in effect, all prearranged time off will need to be approved by Senior Leadership to ensure there is adequate coverage for all units.

3. Because float and vacation time will now be approved, the freeze on Contingent hours will be lifted. Priority will be given to trained staff whose hours have been reduced and the schedule will be backfilled with contingent hours.

As I have said many times, I am incredibly blessed to work alongside some of the best healthcare has to offer. Your dedication to our mission of providing healthcare close to home for our community has been unwavering during this difficult time. We will get through this. It will get better. We got this. Thank you for the difference you make every day.

CALL

CEO.

HVCH leaders emphasize the importance of this community-mindedness by staying vigilant with social practices and hygiene. Stay home if possible and practice social distancing to stop or slow the spread of contagious illnesses, such as COVID-19. Avoid shaking hands, wash your hands often for a minimum of 20 seconds, avoid large crowds, and keep a 6-foot distance between you and others.

For individuals who are experiencing symptoms of COVID-19, it's essential that your entire family self-quarantine. When your entire family is under self-quarantine, no one should leave the home. This is absolutely critical to avoid spreading this highly contagious virus. Make arrangements with other friends or family members to have someone drop off needed supplies outside to prevent the disease from spreading to others in the community.

As a reminder, for the protection of our patients and staff, HVCH has enacted a "NO visitors" policy across our campus. All individuals are asked to enter through the Emergency Department doors. While all other access points are currently locked, all exits will be accessible. Visitors will have their temperature taken by staff on-hand when entering the Emergency Department. Minors may have one parent or caregiver stay with them during their visit. Adults needing assistance may have one caretaker in attendance. All other visitors wishing to wait for patients are advised to do so in their personal vehicle.

For updates on the COVID-19 and what you can do to protect yourself, your family and your neighbors, please routinely visit our website at www.hvch.org; visit and like our Facebook page or visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov.



HVCH requests donation of homemade masks

We are calling on all sewers, to please consider making and donating fabric masks for our staff at Hocking Valley Community Hospital. Your gift would have an immediate impact. Donations can be dropped off at the CIC building, suite B in Community Relations, next to the hospital. For more information please call 740-380-8336 or email ljohnston@hvch.org.

BRINGING HEALTHCARE TO YOU

Telehealth services available for family, pediatric & psychiatric patients

Avoid the waiting rooms and connect with a provider from the comfort of your home. Just call our providers' office and schedule an appointment.



HOCKING VALLEY
Community Hospital

We are accepting new patients!

Family Practice: 740-385-0202

Pediatrics: 740-385-3069

Psychiatry: 740-385-2197





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.