



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAY 29, 2020

Weekly Update

HVCH surgery department ready to see patients



In response to the coronavirus (COVID-19), the Hocking Valley Community Hospital Surgery department wants to assure our patients and community that we are closely monitoring the situation and following guidance from public health officials and government agencies.

As part of our commitment to help protect the welfare of our patients, employees, and the community, we wanted to share with you,

that in addition to the infection control standards we have in place every day, we have recently implemented additional measures to provide patient safety within our department and throughout the hospital. Some of those measures include:

- All patients will be screened at the door the day of surgery.
- We will be practicing social

SURGERY, PAGE 4

INSPIRATIONAL QUOTES OF THE WEEK

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word."

—**Martin Luther King, Jr.**

"Sometimes it's a form of love just to talk to somebody that you have nothing in common with and still be fascinated by their presence."

—**David Byrne**

"If the whole of mankind is to be united into one brotherhood, all obstacles must be removed so that men, all over the surface of the globe, should be as children playing in a garden."

— **Maria Montessori**

"One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest."

—**Maya Angelou**

Direct to You: From Latricia Johnston

Hopefully all of you had an opportunity to step away from the Covid crisis for a few moments this past Memorial week-end. It's



Latricia Johnston,
Chief Public
Relations Officer

pretty much consumed our lives the last several weeks, each of us in different ways. While away at our camp-site, I was reminded by a little turtle that sits on our camper counter that reads, "Life is an adventure." Who would have ever thought it would consist of a pandemic?

I really tried to force myself to focus on something different while there. Without knowing it we can become lost in what is happening in the moment, and those all around us can suffer because of it. That's when it becomes necessary to create a new adventure.

It's true that many places we routinely visit are currently closed or have limited options, but honestly half the fun of an adventure is being the mastermind.

It isn't necessary to create an event that is extravagant. Simple is often better – and cheaper! Let's look at some options:

1. Get lost in a book – You know, that latest one you've been meaning to purchase. Get it. A hammock and book in hand – you can go to far a-way

places.

2. Have you ever thought of loading up the kids and visiting a working farm? We all know someone who owns sheep, pigs or horses. While I love a good trip to the zoo with the granddaughter, it can be quite expensive after lunch, snacks and the gift shop. Farmers love to talk about their animals and life on a farm. Make a morning of it during feeding and milking of cows.

3. Games: I have to admit...I hadn't played games in years. But, when we started camping...one of my favorite things I look forward to now is clearing off the picnic table after dinner and getting out the Uno card game. I'm also a lover of Mexican Train dominoes and corn hole!

4. Another thing I love doing is visiting a Farmer's Market. I not only get a thrill seeing all the fresh veggies and fruits...I sorta' like looking at each vendor spot and the people running it, to just see the different "flavors" they have for gardening.

5. Take up a new hobby. I never dreamed I would become a quilter. One day I saw a rag quilt that I wanted, but the price was way out of my budget. I got to looking closer and thought... "this is just squares sewn together. I can do this." So, I got on you tube and watched a tutorial. My first quilt was a King size and from there on

DIRECT, PAGE 4



HOCKING VALLEY
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RURAL HEALTH CLINIC **SPORTS PHYSICALS**

CALL 740-385-3069
FOR AN APPOINTMENT
NO COST TO ATHLETE!

- Due to social distancing requirements, there will not be a scheduled day for physicals, however, HVCH Rural Health Clinic will offer sports physicals to athletes, even if you are not a current RHC patient.
- Patient insurance will be billed, however, as a courtesy, all out of pocket costs to the athlete will be waived.
- HVCH RHC requests athletes bring a mask to the appointment. All appointments will be at the clinic building at 1383 W. Hunter Street.



HVCH Cafeteria Menu June 1-June 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Memorial Day Panini Grill Chef Salad	Meatball Sub Chicken Fingers Spinach & Cheese Casserole Fried Potatoes Cauliflower Breadstick Chicken Soup	Turkey Burger Bacon Cheeseburger Cheesy Hashbrowns Corn Broccoli Onion 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



HVCH installs new cardiac monitors

Hocking Valley Community Hospital has begun installing new cardiac monitors and telemetry units to be utilized in the emergency department and inpatient areas of the hospital.

This equipment monitors patients who are often in critical condition and need constant care and supervision of vital signs. Diagnostic information provided includes a patient's heart rate, blood pressure, breathing and other vitals, which is used to guide clinical decision making for hospitalized patients.

HVCH employees contributed more than \$20,000 towards the project through the 2019 HVCH Foundation employee campaign. Thank you to all who contributed.

COVID testing at HVCH

Hocking Valley Community Hospital is now able to offer Outpatient Testing for COVID-19 at our Rural Health Clinic in addition to performing the testing at the hospital. ALL patients must still meet the criteria for testing, however, the Rural Health Clinic provides another location and minimizes the need to come to HVCH for COVID testing.

IF you feel you are exhibiting signs and symptoms of COVID and need tested, we encourage you to contact your Primary Care Provider. They are able to screen you for the need to be tested and then make a referral to the Rural Health Clinic. If you do NOT have a Primary Care Provider, you can contact our Rural Health Clinic at 740-385-0202 and they can schedule a screening appointment for you. If it is determined you require testing, they will make that appointment and provide further instructions.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time
- Environmental Services Associate/ Housekeeper - Part Time
- Maintenance Technician - HVAC - Full Time
- Medical Laboratory Technician/ Medical Technologist (MLT/MT) - Full Time
- Mental Health Tech - Behavioral Health Unit - Contingent/PRN
- Mental Health Tech - Behavioral Health Unit - Part Time
- Pharmacy Technician - Part Time
- Registered Nurse (RN) - Inpatient Services - Full Time
- Registered Nurse (RN) - PRN/ Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit - Full Time
- Respiratory Therapist - Contingent/ PRN
- State Tested Nursing Assistant (STNA) - Part Time - Nights

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.

DIRECT

I was addicted and couldn't stay away from the sewing machine. Lord, keep me away from a fabric store! I recommend getting on Facebook and looking up Missouri Star Quilting, or Quilting for Beginners.

6. Adventure into the kitchen! I know a family that on Christmas Eve, one of their traditions is that everyone who comes over is required to make their own home-made pretzel. The host makes up all the bread dough ahead of time, but each person rolls out their own, shapes it, bakes it and tops it with their favorite toppings. Now, get to thinking of what family adventure you could start in your own kitchen!

7. Okay, so this one might sound lame to guys, but it's really educational. Bird watching! It sounds so limited – but it's not. A simple birdseed craft with the kids, leads to so much more. Once you have started the feeding, now it's on to counting the many varieties that show up in your yard. And, the colors – amazing! My cousin said his neighbor cut an orange in half, put it outside and within six hours had orioles. It took me a full day. I've NEVER had orioles until this year. From here, is the Audubon Great Backyard Bird Count where you can help by recording online what kinds and how many birds arrive. Then it's onto building bird houses so you have those beautiful nests full of eggs to anticipate "launch" day once they have hatched and grown. Then, it's like they're family. You begin watching to see if they come back to lay again during summer, or will their offspring come back next spring and do the same? Trust me, it's more than just looking at a few birds.

8. Have you heard of rock painting? Facebook – Ohio rocks rule to learn more. Again, I caution you...it can become addicting it's that fun!

9. Take a hike. But do more than just hike. Before you go, download the Geocaching app and go for a treasure hunt. But, remember to have something in your own possession to leave behind.

10. Finally, as I mentioned previously – go camping. Or "glamping" as some like to call it if they're really not into tents or campers. Spending more time outside under the trees provides more fresh air and oxygen. I'm not clinical, but it surely has to help with improved moods, provides exercise and I find that I always sleep better. And, if you're really looking to disconnect from the challenges of life right now, go totally unplugged. Leave that cell phone at home, or find a place with no cell phone service. This will force the family to stop looking at their phones and spend some time together making fantastic memories!

Covid's got nothing on us - I wish you the best approaching summer ever!

SURGERY

distancing by allowing one patient to enter the department at a time for registration and then providing space between each patient once inside.

- Only essential visitors will be permitted to enter the department.

- All surgery patients with the exception of urgent/emergent surgeries will be COVID-19 tested prior to surgery and then asked to practice social distancing until after their surgery.

- Each patient will be asked to come in to the facility with some type of facial covering and the staff will be wearing the appropriate personal protective equipment (PPE).

- Special cleaning and disinfecting procedures will be put in place.

- Limited surgeries will be scheduled during this time to allow these special measures to be executed.

Everyone can play a role in keeping our community safe. Please practice the Center for Disease Control (CDC) recommendations to protect yourself and others:

- Wash your hands often. Use soap and water for at least 20 seconds. You can also use alcohol-based hand sanitizer.

- Use a tissue or your sleeve (not your hands) when coughing or sneezing to cover your mouth and nose.

- Stay home if you are feeling ill.

As always we appreciate your business and we want to do our part to relieve your anxiety; allowing you to get the health care you need.



Oh deer! - A sweet little fawn spent the day in a flower bed outside HVCH this week waiting for momma's return. Even the wildlife feel HVCH is a safe haven!



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.