



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JUNE 19, 2020

Weekly Update

Ophthalmology Clinic helps cataracts patients



Cataracts is the leading cause of vision loss and blindness — leading June to be declared Cataract Awareness Month.

More than 25 million Americans and 991,628 Ohioans are estimated to have cataract, a clouding of the eye's lens, which blocks or changes the passage of light into the eye.

Most cataracts are caused by changes related to aging. However, other factors may cause cataracts to form including eye infections, some medicines (such as steroids), and injuries. Prolonged exposure to UV, and various diseases, such as diabetes or metabolic disorders, may also contribute to cataracts forming.

Cataract symptoms may include:

- Blurred vision, double vision, ghost images, or the sense of a

"film" over the eyes

- Poor night vision
- Lights seem too dim for reading or close-up work
- Eyeglass prescriptions change often
- A visible milky or yellowish spot can be seen in the pupil

A healthy lifestyle can decrease the risks of developing cataract. Quitting smoking, controlling blood sugar levels, and consistently wearing UV-protecting sunglasses when outdoors can help.

According to the National Eye Institute, eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is also important for keep-

INSPIRATIONAL QUOTES OF THE WEEK

"You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something - your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life."

— Steve Jobs

"Life is thickly sown with thorns, and I know no other remedy than to pass quickly through them. The longer we dwell on our misfortunes, the greater is their power to harm us."

— Voltaire

"The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration."

— Pearl S. Buck

Direct to You: From Stacey Gabriel

So what's next? I think that question is top of mind for most of us. What's next for school? Sports? Shopping? Get togethers? Healthcare?



Stacey Gabriel, CEO

While we aren't sure if there will be another wave (or two), I can assure you that we will do our part to continue to provide a safe environment for you to obtain your healthcare. Over the past several months, patients have delayed getting necessary tests or procedures in order to minimize their risk of exposure. Healthcare organizations have the responsibility to provide clean environments for patients and staff. We have implemented additional infection control measures that go above and beyond what we typically do... all in an effort to make you feel comfortable seeking those healthcare services.

Delaying care could lead to long-term complications. We want you to know we are here for you and ready to provide those services. We have a great team who stands ready to take excellent

care of you.

We recognize how important it is for family to be with their loved ones while they are receiving care. We have been asked about visitation and when that will resume. We are currently reviewing what processes we can put into place to ensure that we are able to allow visitation while protecting the safety and well-being of our patients and employees. Visitation will look different for each department, and as we create those processes we will be sure to share those with you.

We will continue to be vigilant in our response to this ongoing pandemic. We are still working with our partners at both regional and state levels. We will continue to do so as long as it takes to navigate through this pandemic.

Unfortunately, no one can predict what that time frame looks like. I encourage you to not let your guard down. Hand hygiene and staying home when you don't feel well are all necessary in order to contain the spread. As a county we have been holding steady for the past week in regards to no new cases. Let's keep up those valiant efforts.

Turn on AmazonSmile in the Amazon app to generate donations.

amazonsmile



You can now support Hocking Valley Community Hospital through Amazon purchases on their shopping app on iOS and Android mobile phones!

Simply follow these instructions to turn on AmazonSmile and start generating donations.

1. Open the Amazon Shopping app on your device
2. Go into the main menu of the Amazon Shopping app and tap into 'Settings'
3. Tap 'AmazonSmile' and follow the on-screen instructions to complete the process
4. Select Hocking Valley Community Hospital Memorial Fund Inc as your charity
5. If you do not have the latest version of the Amazon Shopping app, update your app.

Happy shopping and thanks for supporting HVCH Foundation!

HVCH Cafeteria Menu June 22-June 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fried Rice Sloppy Joe French Fries Carrots Cabbage Broccoli	Meatball Sub Chicken Fingers Spinach & Cheese Casserole Oven Fried Potatoes Cauliflower Breadstick	Turkey Burger Bacon Cheeseburger Sweet Tator Chili Casserole Grilled Corn/Bacon Broccoli Onion Rings	Chipolte-Like Day Loaded Nachos Fried Rice Black Beans Fiesta Corn	Hot Dog/Bun Breaded Cod Square Green Beans w/ Bacon Vegetable Medley Brussels w/ Bacon

HVCH COVID FAQs

As the hospital continues to respond to the COVID-19 pandemic while resuming regular services, we wanted to provide a list of commonly asked questions our patients may have. We will provide questions and answers in this newsletter every week as well as post them on our social media channels. A full list can be found on our hospital coronavirus page at <https://www.hvch.org/hospitalnews/coronavirus-update/>.

3. How can I be sure it is safe to have a procedure now?

Our number one goal is to provide a safe environment for our patients, guests and our staff. HVCH has implemented several measures to protect patients and to mitigate the risk of disease transmission including:

- Limited entrances with temperature/symptom screening
- Visitor restrictions
- Increased frequency of cleaning and disinfection of high-touch surfaces and waiting areas
- Masking of all patients and direct care staff
- Observance of social distancing
- Increased use of telehealth technologies
- Timing procedure schedules to limit contact between patients

4. What extra cleaning efforts are being done at HVCH to ensure my safety? Our environmental services staff is cleaning only using disinfectants that are FDA approved to kill COVID-19. We have increased the frequency of cleaning waiting areas and high-touch surfaces throughout the facility.

EYE CARE

ing the eyes healthy. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

“Cataract is highly treatable with early detection and access to professional eye care services,” said Sherry Williams, President and CEO of the Ohio Affiliate of Prevent Blindness. “We encourage everyone to make healthy vision a priority today to preserve it for years to come.”

Hocking Valley Community Hospital has resumed services including cataracts surgery in its outpatient Ophthalmology Clinic. Dr. Tyler Oostra of Ohio State University Wexner Medical Center sees patients and performs procedures locally at HVCH, reducing the burden of travel for those who need ophthalmology services.

A referral from an optometrist is required. Call 740-380-8129 for more information or to schedule and appointment.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

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



Doughnut Day at HVCH

Logan Care and Rehabilitation recently donated doughnuts for all HVCH staff members to enjoy. Hannah Schrader's Upshot Roastery also donated much-appreciated coffee. We are grateful for the support from our community and other healthcare organizations!



HVCH General Surgery

**DR. MICHAEL TORNWALL
& DR. TIMOTHY O'BRIEN**

*Now seeing patients at the
HVCH Medical Arts Building*

*819 S.R. 664 N., Suite B, Logan
NEW PHONE #: 740-380-8140*





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.