



HOCKING VALLEY  
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JUNE 5, 2020

# Weekly Update

## HVCH joins campaign ensuring health care is safe and available



**HEALTH  
CARE  
IN OHIO  
IS  
SAFE**

Hocking Valley Community Hospital is participating in a statewide public awareness campaign focusing on the safety and availability of health care facilities and the importance for Ohioans to access services. The campaign is organized by the Ohio Hospital Association, Ohio Children's Hospital Association and Ohio State Medical Association.

"Hocking Valley Community Hospital is dedicated to the safety and well-being of our employees and patients, and we have instituted additional infection control practices above and beyond what we normally do. We want our patients to know that it is safe to come to HVCH to get that necessary test or procedure.

Your health matters to us," said Stacey Gabriel, HVCH President & CEO.

The campaign's message is health care providers are safe, open and available to deliver high-quality care to Ohioans. The campaign features two main components:

- **"Your health matters"** - It's safe for you to visit your doctor or your hospital. Make an appointment today or seek urgent care when you need it. Your health matters.
- **"Health care is safe"** - Ohio's health care providers have always treated people who are sick - and ensured the

### INSPIRATIONAL QUOTES OF THE WEEK

*"I believe in the equality of man; and I believe that religious duties consist in doing justice, loving mercy, and endeavoring to make our fellow-creatures happy."*

—Thomas Paine

*"If you dream of something worth doing and then simply go to work on it and don't think anything of personalities, or emotional conflicts, or of money, or of family distractions; it is amazing how quickly you get through those 5,000 steps."*

—Edwin Land

*"The artist's world is limitless. It can be found anywhere, far from where he lives or a few feet away. It is always on his doorstep."*

—Paul Strand

*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*

—Leo Buscaglia

## Direct to You: From Beth Kluding

So far this year has been interesting. We have experienced a pandemic, with subsequent shortages of basic items for everyday living. We have had fear struck in the hearts of our loved ones as a result of the COVID-19 virus. Unemployment has impacted more folks than I can ever recall. People's lives have been drastically changed by the stay at home orders. We all have to wear masks making our normal duties that much more difficult. All of these factors create stress. Stress that requires management, and each person is different in how they manage stress.



Beth Kluding,  
Chief Nursing  
Officer

around us. Before you get out of bed every day, think about three things you are grateful for. Before you get out of your car after getting home from work, do the same thing. This can re-wire our brains to be focusing on the positive things happening to us.

Laughter can be an immediate stress reliever. Find the humor in your daily activities and enjoy it. Get out into nature; a 5-minute walk in the sun can help soothe stressed nerves. I can tell you that each time I hear a person being nicer than necessary, complimenting each other, helping each other, and taking the time to be present in the moment, my stress is soothed. These moments remind me of why I am here.

These are just a few things that we can practice daily. I mean "practice," because this is not something we just decide to do, and we are automatically continue doing. It is a journey towards kindness, positivity, and acceptance of the things we cannot change. The exterior events of this world we cannot change, but we can change how we respond to them.

I would challenge everyone to figure out what works best for them. Self-care means whatever it takes for you to feel okay. This can be taking a moment meditating, getting coffee, unplugging; whatever helps you to re-energize. Give thanks; it gets easy for us to focus on the negative things going on



HOCKING VALLEY  
Community Hospital

### 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
Manicotti Battered Chicken Breast Honey Roasted Potatoes Grilled Zucchini Breadstick	Hot Dog/Bun Breaded Chicken Wings French Fries Fried Corn Broccoli Coleslaw Macaroni Salad	Philly Steak N/ Cheese Breaded Cod Sidewinders Asparagus w/ Cashews Cauliflower w/ Cheese	Beef Macaroni Grilled Chicken Breast Breadstick Grilled Mixed Veggies Carrots Bean w/ Ham Soup Corn Muffin	Pizza Burger Macaroni & Cheese Ranch Wedges Breaded Zucchini Green Beans/ Bacon Broccoli Enchilada Soup

American Red Cross

*Give blood.* Help save lives.



## Hocking Valley Community Hospital

Tuesday, June 9th  
10:00am - 4:00pm

Meeting Room A & B

All who come to give will receive via email a \$5 Amazon Gift Card

**Call 740-380-8218 to schedule an appointment.**

Community members who want to donate must enter through the ED entrance, wear a face covering, and be screened for COVID-19 symptoms per current hospital protocol. Please spread the word. The need is great at this time.



## Pediatric masks donated to HVCH

A very special thank you to the many sewers who have donated pediatric masks for children to use when they visit our hospital and pediatric office. If anyone would still like to donate, please contact 740-380-8336.

## START YOUR CAREER WITH HVCH TODAY!

Apply @ [www.hvch.org](http://www.hvch.org)

- Environmental Services Associate/ Housekeeper - Full 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/STNA - Full 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



## HVCH Video Series



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



## Homemade bears donated for patients

Mrs. Sharon Shaw of Logan donated several homemade bears for pediatric patients. The bears were distributed to the Laboratory, Radiology, Emergency and Urgent Care departments and at the pediatric office of Hocking Valley Community Hospital to utilize for young patients when needed.



*Did you have a positive experience at HVCH that you would like to share? Search Hocking Valley Community Hospital on Google and leave us a review. We want to hear from you!*

## SAFE

wellness of those who are not - in safe, appropriate care settings. Our hospitals and doctors' offices are safe - and we're here for you - like we've always been, and always will be.

Across the state there are substantive declines in the number of patients coming in for preventative and emergency treatment. Some providers in the state report seeing half or even fewer of the patients they did prior to the onset of COVID-19 in their facilities. Evidence suggests that people with serious health conditions or symptoms may be avoiding hospitals out of fear of catching COVID-19 or contributing to its spread. Providers in Ohio are following state and federal guidelines to ensure facilities and caregivers are prepared to receive patients.

"Ohio hospitals and health systems are a vital source of health care and wellness services for our communities," said Mike Abrams, president and CEO, Ohio Hospital Association. "Every day hospitals are committing resources and preparing their facilities to ensure patient safety and health care quality. Delaying or avoiding care can lead to serious complications or long-term health problems, and we encourage Ohioans to get the care they need today."

"Children's hospitals have always taken precautions to prevent the spread of illness in our facilities, even before the COVID-19 pandemic, as we are accustomed to treating ill and well patients simultaneously and safely," said Nick Lashutka, President & CEO, Ohio Children's Hospital Association. "We recognize the importance of revamping procedures for children and have created several protocols to continue to keep patients, families and staff safe as we continue to navigate the COVID-19 pandemic."

"There is tremendous concern for people who urgently need medical attention for conditions unrelated to COVID-19 and are choosing not to get the care they need. We've seen activity at some doctors' offices decrease by more than 50-percent due to patients canceling scheduled appointments or not showing up for visits," said Anthony Armstrong, MD, president of the Ohio State Medical Association. "The message has to be clear: your health is your personal responsibility and it is safe to seek the care you need from your provider."

To find a provider or learn more about services provided at Hocking Valley Community Hospital, please visit [www.hvch.org](http://www.hvch.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.