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55 YEARS



**HOCKING VALLEY
Community Hospital**

WEEKLY UPDATE

April 9, 2021



On March 29th Ohio began phase 2D of its vaccine plan. Any individuals 18+ can schedule a COVID-19 vaccine at Hocking Valley Community Hospital. Call 740-380-8402 to make an appointment.

[Find COVID Vaccine Eligibility, and Book an Appointment Here!](#)

DIRECT TO YOU

Beth Kluding, Chief Nursing Officer



The Stockdale Paradox

I was listening to a podcast the other day, and the speaker mentioned the “Stockdale Paradox”. The speaker described this as the faith that one will prevail under dire circumstances, all while accepting the current reality. I had heard the term before, but it was new being used to reference our current pandemic reality. Always curious, I did a little more research to develop a deeper understanding. Stockdale is the name of a soldier, who was a prisoner of war in Vietnam for many years. Jim Collins writes about his story in his book, “Good to Great” (a must-read book for everyone). In this book, he talks about the torture and trials that Admiral Stockdale endured along with his fellow prisoners. He talks about how he never lost faith, that he would prevail, and even turned the experience into a defining life event. He also talks about those who did not prevail, and refers to them as “the optimists.” He speaks to how they would say they would be

out by Christmas or Easter, and this optimism left them defeated when this arbitrary date came and went. This defeat is what contributed to their reduced stamina for enduring their current reality.

I thought about that a little more. During the pandemic, our country has been seeing increased mortality, increased mental health needs, loss of employment, and an overall disruption to life as we knew it. I am guilty of thinking optimistically about the pandemic; maybe this will be over come summer, maybe 2021 will be better, maybe once the vaccine is here it will go away. If we apply the Stockdale Paradox to this pandemic, maybe we can set better expectations. If we can change our thinking from optimistically placing irrelevant dates on the end of all of this chaos, then we can then move forward knowing that we will

[Subscribe](#) | [Past Issues](#) | someday be at the end of this, but for now we will face the day-to-day reality as it presents itself. This has shifted my mindset - this very intriguing and thought-provoking podcast. I am going to stop thinking optimistically about when this pandemic will end, but instead move in the faith that I know it will, and deal with each day as it comes.

-Beth

Krispy Kreme Donut Fundraiser



Show your support and eat it too! \$9.00 a dozen, pre-paid orders only. Pick up date is Thursday May 13th 9:30 am to 1:00 pm, Community Relations & Foundation Office located in the CIC building, Suite B, next to HVCH. We are limited to how many we can order so

Making a Difference



Missy Poling, Director of Social Services has been mentioned several times for recognition over the past few months. She always goes above and beyond for her patients.

For instance this winter, she had her son deliver a load of wood to an ED patient for his woodstove, she also delivered bottled water, pretzels and beef jerky to this patient. In another example she assisted an outpatient in getting his 4-wheeler fixed (his only mode of transportation) and arranged to have meals delivered to his home.



Brad Kreiger, OU Intern for Nursing Administration. Brad has completed his hours and has been very helpful on many projects especially the Nursing Skills Lab. We wish Brad the best of luck with his future endeavors.

HVCH Foundation Golf Tournament



HOCKING VALLEY
Community Hospital
FOUNDATION

GOLF

TOURNAMENT

WEDNESDAY, JUNE 2, 2021

Hocking Hills Golf Club
14405 Country Club Lane, Logan

7:45-8:45 AM: Registration
8:45 AM: Flight Instructions
9:00 AM: Scramble starts
DURING PLAY: Lunch on the go

REGISTRATION COST: \$100 per golfer - includes greens fee, cart fee, golfer gift, snack bag & lunch.

FORMAT: One flight four-person scramble
The tournament reserves the right to determine handicaps for those with no established handicap. Max handicap is 20. Max female handicap is 30.

PRIZES & Course Challenges:
Low Net Score
Low Gross Score
Longest Drive (Men's & Women's)
Longest Putt
Skins Game

Register online at www.hvch.org or complete the form below.

All proceeds from this event benefit Hocking Valley Community Hospital Foundation and the patients of the hospital.

I would like to participate in the 35th annual HVCH Foundation Golf Tournament.

_____ \$100 Individual Tournament Package

_____ \$400 Team Tournament Package

I am unable to attend, but would like to make a donation to the HVCH Foundation: \$_____.

Name: _____

Company: _____

Address: _____

Phone: _____

Email: _____

Handicap: _____

Name & number of club/league to verify handicap: _____

Single Player/Foursome will include:

_____ HDC _____

_____ HDC _____

_____ HDC _____

_____ HDC _____

MULLIGAN \$5 each (Limit 2 per player) _____

50/50 RAFFLE TICKET \$10 each _____

SKINS GAME \$40 per team _____

Payment:

_____ Check made out to HVCH Foundation

_____ Please charge my credit card:

Name on Card _____

Card # _____

Expiration Date: _____ CVC# _____

Please return registration and payment to:
HVCH Foundation, P.O. Box 966, Logan, OH 43138
For more information, call (740) 380-8336.

Print Your Registration Form Here

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April is National OCCUPATIONAL THERAPY Month

transforming lives. building independence. providing hope



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CAR TIRE
\$4.00



ON RIM
\$6.00



LIGHT TRUCK TIRE
\$5.00



ON RIM
\$8.00



TRUCK TIRE
\$10.00



ON RIM
\$15.00



TRACTOR TIRE
\$25.00



COUCH
\$10.00



HIDE A BED
\$15.00



STUFFED CHAIR
\$5.00



MATTRESS
\$5.00



BOX SPRING
\$5.00



TV (CRT)
UNDER/OVER 20"
\$5.00/\$10.00



TV (FLAT SCREEN)
\$20.00



AIR CONDITIONER
NOT ACCEPTED



REFRIGERATOR
NOT ACCEPTED



WATER HEATER
FREE



WASHER
FREE



DRYER
FREE



STOVE
FREE



DISHWASHER
FREE



MICROWAVE
FREE



TOASTER
FREE



VACUUM
FREE



FAN
FREE



FLUORESCENT TUBE
4 FT. AND UNDER
30¢ EACH

FLUORESCENT TUBE
5 FT. AND OVER
35¢ EACH



COMPACT BULB
35¢ EACH

CLEAN SINGLE STREAM RECYCLABLES

Computer/Office paper
Newspaper
Magazines/Catalogs
Corrugated cardboard
Paperboard (cereal boxes, etc.)

Glass (clear, brown, blue, green)
Aluminum cans
Tin/Steel cans
Scrap aluminum and metal
Plastics 1-5

FREE

E-Waste (electronics)
Scrap Metal (ferrous and non ferrous)
Household Batteries

~~PAINT~~

~~FREON~~

~~BOOKS~~

HOCKING COUNTY SPRING RECYCLING DAY

May 8th, 2021 9am-1pm

33845 Sutton Rd. Logan, Ohio 43138
(Off St. Rt. 93 North, just past the GE plant)



(740) 753-6885 | ahswd.org
P.O. Box 693, Athens, Ohio 45701

MONDAY

School House Pizza; Battered
Chicken Breast; Honey Roasted
Potatoes; Seasoned Peas;
Breaded Cauliflower; Breadstick

TUESDAY

Hot Dog with Bun; Breaded
Chicken Wings; French Fries;
Seasoned Corn; Seasoned
Broccoli; Coleslaw; Macaroni Salad

WEDNESDAY

Gingered Pork; Pecan Tilapia; Lo
Mein; Baked Potato; Cheesy
Spinach Casserole

THURSDAY

Beef Macaroni; Grilled chicken
Breast; Cheesy Breadstick; Grilled
mixed Vegetable; Seasoned
Carrots

FRIDAY

Cheeseburger; Battered Cod;
French Fries; Green Beans with
Bacon; Seasoned Broccoli

- [Ambulette Driver - Contingent/PRN](#)
 - [Computer and Network Technician \(IT II\)- Full Time](#)
 - [Director of Behavioral Health Unit](#)
 - [Emergency Room Unit Secretary - Full Time, Nights](#)
 - [Environmental Services Associate/Housekeeper - Contingent - Various Hours](#)
 - [Environmental Services Associate/Housekeeper - Part Time, Variable Hours](#)
 - [Environmental Services Associate/Housekeeper - Full Time, Days, Variable Hours](#)
 - [Front Desk Receptionist](#)
 - [Hospital Dietary Aide - Full Time](#)
 - [HVAC Maintenance Technician- Full Time](#)
 - [Licensed Practical Nurse \(LPN\) - Inpatient Services - Full Time - Night Shift](#)
 - [Licensed Practical Nurse \(LPN\) - Urgent Care - Contingent](#)
 - [Licensed Practical Nurse \(LPN\) - Rural Health Clinic](#)
 - [Mammography/CT Technologist - Full Time - Day Shift](#)
 - [MRI Technologist - Full Time - Day Shift](#)
 - [Occupational Therapist - Part Time](#)
 - [Registered Nurse \(RN\) - Emergency Department - Full Time - Nights Shift](#)
 - [Registered Nurse \(RN\) - Float - Full Time - Nights](#)
 - [Registered Nurse \(RN\) - PRN/Contingent - Inpatient Services](#)
 - [State Tested Nursing Assistant \(STNA\) - Full Time - Nights Shift](#)
-
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The Hocking County Kidpalooza Committee Proudly Presents...



Kidpalooza

FREE



Event for Infants, Toddlers, Preschoolers, and their families.

Thursday May 13th 2021



New Location

10am – 2pm

Hocking County Fairgrounds 150 N Homer Ave, Logan, OH 43138

Drive-Thru Event



11:00 AM-1:00 PM

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HCBDD

Hocking County Board of Developmental Disabilities

facebook



For More Information Call Misty at (740)380-1315

Spring CLEANING



Spring Cleaning time. If you're procrastinating about spring cleaning, check out this website for ideas on how and where to begin!

<https://www.sylvane.com/blog/spring-cleaning-tips-and-checklist/>

Encouraging Words

from Pastor Charlene Mitchell, Hocking Hills United Methodist Church, Logan, OH

***“When my heart is overwhelmed, lead me to the Rock that is higher than I”
Psalm 61:2 NLT***

Have you ever felt overwhelmed? Immediately when we see the word “overwhelmed” we may have a negative reaction to it because being overwhelmed can make us uncomfortable and out of sorts. Maybe we are overwhelmed by our schedules, our health concerns, our choices...there are many things that can cause us to be overwhelmed.

pause and cries out to God to lead him to the "Rock that is higher than himself". David had reached a point that he had no strength in himself. He was, as it were, in a low vale, exposed to every enemy. He wished to be put in a place of safety.

And so, we too find ourselves in low places and in situations where we may feel attacked by the enemy and the world around us. While we can muster up strength to get through challenges, if we are honest with ourselves, we know that our own strength just isn't enough. Our strength must be found through Christ Jesus for the long haul. And He is very willing and able to meet us in our overwhelming moments.

Through Jesus, we find this Rock to be a place of refuge...a stronghold where we may be safe. And Christ alone is only where we can find that refuge and strength. It is my encouragement to you to come to the Savior daily to rest on His rock of love, mercy and strength.

We can also take this very same question and turn it into a more positive outlook. Let me ask the question again...."Have you ever felt overwhelmed?". It is my prayer that you find the answer to be"Yes! I am truly overwhelmed with the grace and love that Jesus Christ has for me". Let us find ourselves overwhelmed with His peace, His stability, His strength and His love. And in doing so....let us shower His








peace to one another in order to be overwhelmed with a community of peace, compassion and love for one another, as Christ desires for his people.

55 Ways to Be a Better Me

What is your purpose?

- Meat
- Egg
- Dual
- Show breeds



CFAES

Backyard Chickens

“QUOTE”

"If opportunity doesn't knock, build a door."

-Milton Berle

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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 DMV 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.

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