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55 YEARS



**HOCKING VALLEY
Community Hospital**

WEEKLY UPDATE

May 7, 2021



American Heart Association Inc. shares plenty of ideas to change our sedentary lifestyle to becoming more active!

1. Gardening

If your backyard is starting to look like a jungle, transforming it into a serene garden paradise could be a boost for your body and your mind. Hauling bags of topsoil will feel like a trip to the gym while letting you enjoy the fresh air.

2. Spring Cleaning

The garage is cluttered, the front door needs painting, and the gutters are full of leaves. It's the perfect time of year to have a yard sale or to get those household repairs done before winter rolls around again.

3. Fur Kid Frolicking

Sparky and Fido love the warm weather as much as you do, so get moving together. Studies show that dog owners already get in more leisure exercise than the average person. Why not kick it up a notch at the dog park for an off-leash chase?

4. Shopping

You've been searching for that perfect lamp to complete the living room. Forget the online searches and go local by shopping for antiques or strolling through an outdoor market to see what you can find.

5. Get Rolling

Even if it's been awhile since you've pedaled around the neighborhood, it'll be easy to get back in the saddle. There's a reason they say, "It's like riding a bike." Or maybe you love rollerblading or skating. Get on those wheels and go!

6. Commuting

Speaking of bicycles and skates, use the warm weather as an opportunity to leave the car in the driveway and get to work using your own power. Not only is it good exercise, you'll spare the air pollution, too.

7. Running

Keep it old school and move on your own two feet. If you've dreamed of accomplishing a marathon, or just want to start with a 5K, now's the time to start training with a brisk walk, and maybe then move to a light jog down a local path. Start small to add this beneficial activity to your life.

Your local beach, lake or pool offers the perfect place for some great, low impact exercise that's correlated to lower mortality rates. Dive in and get splashing!

9. Boating

If you don't want to get in the water, consider getting on it. Try kayaking or white water rafting down a river. Or, if it's serenity you seek instead of adventure, paddle out to a peaceful cove and do a little fishing.

9. Rock Climbing

Safety first, but if you know how to climb or have an instructor who can help, rock climbing is an invigorating way to turn the outdoors into your own gym, where cliffs and mountaintops become your weight machines and pull-up bars.

10. Hiking

The wildflowers are blooming, the birds are chirping, and spring is in the air. Get out in nature and enjoy the most beautiful time of the year!

11. Capturing the Scenery

Turn your outdoor excursion into an art project. You don't even need fancy equipment, anymore — that high-tech camera on your phone was made for more than selfies, so flip it around and snap some landscapes. Or, leave the tech behind altogether and try your hand at drawing or painting what you see.

12. Studying the World

If art isn't your thing, maybe science is. Go bird watching or learn about the species of plants and animals in your area. You can press plants, too, as a beautiful way to save and show off your floral specimens.

13. Produce Picking

Instead of hitting the grocery store for your fruit and vegetable needs, try a local farmers market for the freshest produce. Or, better yet, go fruit picking at a local orchard to get it right from the source.

14. Partying Around Town

Check out local events that will get you out of the house. It's the time of year where some music festivals and fairs are opening back up. A solid throwing arm could win you a prize (just skip the deep fried Oreos).

15. Joining a League

Pick one of these awesome summer activities and commit to doing it this weekend.

For more ways to stay healthy go to: www.heart.org

Covid-19 Vaccine Eligibility

Hocking Valley Community Hospital is pleased to provide Covid-19 vaccines to our community. Call **740-380-8402** to schedule an appointment.

Unsure if you are eligible for the vaccine? Select below to learn more.

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

DIRECT TO YOU

Megan Wright, Human Resources Director

Hospital Week is quickly approaching us here at HVCH! May 10th starts the week of celebrations and trying to somewhat get back to “normal.” Last year we celebrated the week in November as we hoped all the Covid nonsense would be gone by last fall. That of course didn’t happen but we still made the best of the situation and still find creative and fun ways to honor our employees while maintaining the Covid guidelines of social distancing and limited people being gathered together. It was far from the normal years of Hospital Week being celebrated with group events and competitions and employees gathering around dunk tanks to get a chance to plunge Senior Leadership Team members into chilly water. Hospital Week 2021 will be another “different” year but we are slowly



This year we will be honoring our Years of Service for employees who have been dedicated to HVCH for milestone anniversaries. These valuable employees have helped countless individuals and families and have helped to shape HVCH. They are our backbone and foundation of excellent care and we are honored to have them call us their second family. Congratulations to each and every Years of Service honoree- we are so lucky to have you! Hopefully we can show you some of our gratitude during Hospital Week.

Gratitude. The quality of being thankful; readiness to show appreciate for and to return kindness, according to the Oxford Dictionary. This ties in so nicely as our leaders at HVCH are currently enrolled in Quint Studer's Gratitude Symposium for Healthcare Workers. This is a month-long series of fabulous expert presenters speaking about

gratitude, leadership, employee engagement, employee well-being, creating high-performance cultures, patient experience, and several other topics. If you aren't familiar with Quint Studer and his leadership expertise then you are missing out on a great opportunity to coach leaders and provide quality resources for learning and leading. Leaders from across our hospital are participating and we know we will all have a great number of take-aways on how we can serve our patients, employees, and providers in a more positive and impactful way.

May is shaping up to be an exciting month for us at HVCH and we aren't even halfway through it! I am very eager for our opportunity to show our employees gratitude, not only during Hospital Week, but all year, every year. Showing gratitude can be so simple but we don't nearly do it enough, do we? A simple thank you, telling someone that you appreciate them and what they do, taking a few extra moments out of the day to send a thank you card to someone or submitting someone for an Extra Mile Award. I feel that we often take one another for granted as healthcare workers. Hopefully Hospital Week and what we learn from the Gratitude Symposium will encourage greater thanks in all areas at HVCH to continue on each and every day. Every single person here makes a difference and we couldn't do what we do without you. My sincerest thanks to all of you, "old" and "new," at HVCH.

-Megan

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Celebrating

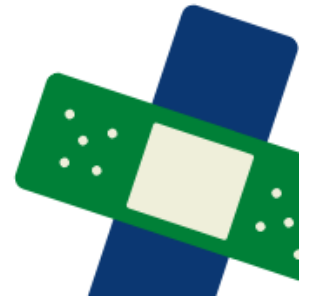
NATIONAL NURSES WEEK

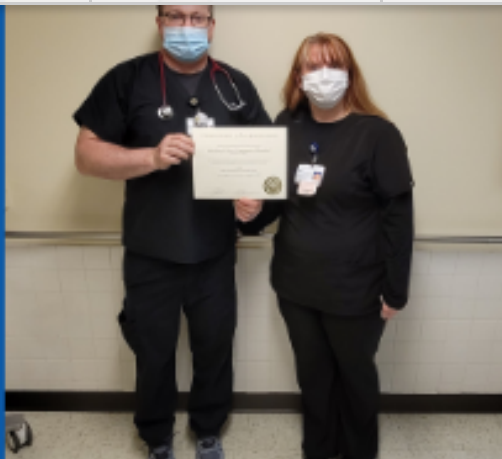
MAY 6 - MAY 12, 2021

YOU MAKE THE WORLD
A BETTER PLACE. THANK YOU FOR ALL
YOU DO!



HOCKING VALLEY
Community Hospital





HVCH Sleep Lab was recently re-accredited for 3 more years by the Accreditation Commission for Health Care (ACHC). This recognizes we meet or exceed, nationally recognized standards for services offered.

HVCH Sleep Lab is open and we are safely testing patients as needed. Scheduling is flexible and we try to make it as easy as possible for patients to get their test completed.

Please call the CV/CP/Sleep Lab office at 740-380-8219 if you have any questions.

Bryan Brown - BS, RRT

Amy Teasley -RRT, PSG





Hocking Valley Community Hospital welcomes Dr. Shankar M. Sundaram, M.D., F.A.C.S., F.C.C.P. as new vascular surgeon.

Dr. Sundaram has been an active surgeon since 2003, receiving his B.A. in Biology from Washington University in St. Louis, Missouri. He then completed his Doctorate of Medicine at University of Texas Medical Branch, Galveston, Texas.

He conducted his postgraduate education and training at Nassau County Medical Center; Fairview Hospital - Cleveland Clinic Health Care System; Medical College of Georgia; Johns Hopkins Medical Center; Vascular and Transplant Specialists - Sentara Health Care System, and Saint Louis University.

Dr. Sundaram is board certified by the American Board of Surgery, American Board of Thoracic Surgery, American Board of Surgery/Vascular Surgery, American College of Surgeons and College of Chest Physicians. Additionally, he is a member of many professional societies including American College of Surgeons (FACS), Society of Thoracic Surgeons (STS), College of Chest Physicians (FCC), Society of Vascular Surgery (SVS), Peripheral Vascular Surgical Society (PVSS), Southern Thoracic Surgical Association (STSAS), Society for Clinical Vascular Surgery (SCVS).

He has received several awards including Dean's list at Washington University, Who's Who Among College Students, Resident Most Improving His Class at Fairview Hospital and America's Top Surgeons, Consumer's Research Council of America in CT and Vascular Surgery.

"We are excited to offer this new service to the community and to welcome such an experienced surgeon", said Stacey Gabriel, HVCH CEO.

He will be serving the needs of Hocking County through the Outpatient Surgery

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Department at HVCH, providing wound care for lower extremities, debridement, wound vac application and general wound care. Additionally, he will provide basic surgical procedures and debridement, limb salvage, and engage in basic vascular assessments and testing as needed.

“For those patients who have been diagnosed with diabetes this is a great addition to our community,” Gabriel said. “Patients with diabetes know that it can slow down circulation and cause issues with wounds of the lower extremities. Having a surgeon present within our community working to save the limbs of patients is a significant asset.”

Dr. Sundaram will begin his practice at HVCH on June 10. To schedule an appointment, patients should call 740-380-8129.



HAPPY
Mother's Day

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Thank You!

Special thanks to all who supported the Krispy Kreme Fundraiser. We met our goal of selling 200 dozen donuts raising over \$900!



FRENCH FRIES
FUNNEL CAKES
LEMONADE SHAKE-UPS
HOT DOGS
SOFT DRINKS/WATER

HVCH FOUNDATION SUMMER FOOD TRUCK FUNDRAISER

May 22 and 23rd - Hocking
Hills Elementary School
Parking Lot

June 19 and 20 - Lake Logan
Road across from Campbell
Cove Campground



HOCKING VALLEY
Community Hospital
FOUNDATION

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HVCH FOUNDATION
**SUMMER FOOD TRUCK
FUNDRAISER**

JAVA JANES
CAFE DIEM

July 3 - Lake Logan
Road across from
Campbell Cove
Campground



HOCKING VALLEY
Community Hospital
FOUNDATION

Weldon's Ice Cream!!!!

Fruit smoothies
Fried mini donuts
Coffee
Espresso





HOCKING VALLEY
Community Hospital

FREE

SPORTS PHYSICALS

WEDNESDAY, MAY 19, 2021
4:00 PM – 8:00 PM

HVCH RURAL HEALTH CLINIC
1383 W. HUNTER ST., LOGAN

Physicals will be offered **FREE**
of charge to all athletes of the
Logan-Hocking School District.

**Masks are required and
attendance is limited to the
athlete and ONE parent or guardian.**

Before your physical, you **MUST:**

1. Set up account or update all information in Final Forms. Final Forms set up instructions are found on the Logan-Hocking Athletic website.
2. Print out physical form on Final Forms and bring it with you.

LEADING THE WAY TO A HEALTHIER
COMMUNITY!





A Special Thank You

A Grandmother of a pediatric patient made this arrangement to thank the office staff in honor of Nurses Week.





It's back - Yaaayyy!!!

With the ability to host our golf outing this year - we are also able to bring back the annual 50/50 raffle. Tickets are \$10 each.

Employees may payroll deduct, by emailing ljohnston@hvch.org.

Winner will be drawn following the June 2 golf outing.

Purchase Your Tickets Today by Clicking Below:

[50/50 Raffle Tickets](#)

MENU

JOB OPENINGS

MONDAY

School House Pizza; Battered

- [Ambulette Driver - Contingent/PRN](#)

TUESDAY

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

WEDNESDAY

Chipped Beef; Pecan Tilapia;
Biscuit; Baked Potato; Cheesy
Spinach Casserole

THURSDAY

Employee Recognition Picnic

FRIDAY

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

- [Emergency Room Technician - Full Time, Nights](#)
- [Environmental Services Associate/Housekeeper - Contingent - Various Hours](#)
- [Environmental Services Associate/Housekeeper - Part Time, Variable Hours](#)
- [Floor Technician/Janitor - Full Time, Afternoon/Evenings, Variable Hours](#)
- [HVAC Maintenance Technician- Full Time](#)
- [Licensed Practical Nurse \(LPN\) - Inpatient Services - Part Time](#)
- [Patient Registration Clerk - Part Time](#)
- [Mammography/CT Technologist - Full Time - Day Shift](#)
- [Registered Nurse \(RN\) - Emergency Department - Contingent/PRN](#)
- [Registered Nurse \(RN\) - Emergency Department - Part Time - Nights Shift](#)
- [Registered Nurse \(RN\) - PRN/Contingent - Inpatient Services](#)

Encouraging Words

from Pastor Rodney Rogers, Hocking Hills United Methodist Church, Logan OH

Covid has taken a toll on all of us. We all have been affected in some way, we may have even lost a loved one. It may have created feelings of anger, frustration and loneliness.

We may feel that we have been abandoned, and are struggling against the current. Nothing can be more devastating than the loss of a loved one. I recently struggled through these waters myself and even though my loss was not connected to COVID, I kept asking; "Why?", knowing there was no answer to that question, yet still asking.

Maybe some of you are asking that very question in your life, feeling abandoned. I cannot answer the "why" but I can assure you that God has not abandoned you. As I struggled with these feelings God kept calling me to the 43rd chapter of Isaiah: "But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior." (Isaiah 43:1-4)

“QUOTE”

"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you."

-Ralph Waldo Emerson



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

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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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