



# Leading the Way

- SUMMER/FALL 2022 -



## MORE THAN A PLACE TO WORK

Finding Opportunities at HVCH

A picture of  
**HEALTH**

EMERGENCY CARE  
CLOSE TO HOME



## Stacey Gabriel, HVCH CEO

In reflecting on the end of 2021 and the beginning of 2022, we were going through one of the worst waves of the pandemic that we had experienced at HVCH. Patients were desperate to find COVID tests and we were trying to support that demand. We couldn't get patients transferred out as quickly as we used to. Beds in area hospitals were full with COVID patients. Staff was tired and it felt like there was never going to be an end to the craziness. We survived because we are strong and we had one another to lean on. Now we continue to keep a watchful eye on what the next variant may bring, as well as new treatments being developed.

2022 has certainly been a fast one. So much has happened in the first half of the year, and we still have so many great things to look forward to! This year has been full of quality and accreditation surveys for HVCH – our DNV hospital survey, our Joint Commission Laboratory survey, and we will round out the year with our Rural Health Clinic accreditation survey. The purpose of these surveys is so that you can be assured HVCH is focused on providing quality care to all of our patients. We want to be at our best when you need services, and the accreditation process ensures that will happen.

Over the past several months, HVCH has invested in new equipment such as IV pumps, cardiac monitors, ventilators, and mammography enhancements. This advanced technology means when you receive your healthcare close to home, you receive the best. We also are evaluating the need for additional space in order to grow and serve our community better. More to come on that!

I can't thank the community enough for your continued support. Using HVCH for your healthcare today creates that sustainability for tomorrow. When you need services, think to look at HVCH first. Your care will be delivered in a way that far exceeds your expectations. People taking care of people. That's what we are about.



**IT'S TIME TO SCREEN**  
Early detection can save your life

### AGES 25-39

**Cervical cancer:** Screening every 3 years with a Pap test. Follow testing recommendations even if you've been vaccinated against human papillomavirus (HPV).

### AGES 40-49

**Breast cancer:** Mammograms can begin as early as age 40; discuss the pros and cons of screening with your doctor. Yearly mammograms are recommended starting at age 45.

**Cervical cancer:** Screening every 3 years with a Pap test or every 5 years with an HPV test. Follow testing recommendations even if you've been vaccinated for HPV.

**Colon cancer:** Testing should begin at age 45. Test options include a colonoscopy and less invasive stool tests.

### AGES 50-65

**Breast cancer:** Mammograms should be done yearly from ages 50-54. Starting at age 55, your doctor can help you decide whether testing every year or every other year is best for you.

**Cervical cancer:** Screening every 3 years with a Pap test or every 5 years with an HPV test. Follow testing recommendations even if you've been vaccinated for HPV.

**Colon cancer:** Testing should begin ASAP if it hasn't yet.

**Lung cancer:** Annual testing with low-dose CT scans is recommended starting at age 50 for current and former smokers who have smoked an average of a pack a day for 20 years. Benefits, limitations, risks and potential costs should be discussed with your doctor.

**Prostate cancer:** Discuss the pros and cons of testing options with your doctor starting at age 50.

### AGES 65 AND OVER

**Breast cancer:** Your doctor can help you decide whether to get a mammogram every year or every other year.

**Cervical cancer:** No testing is recommended if you've had normal test results over the previous 10 years.

**Colon cancer:** Testing is recommended through age 75. After 75, talk to your doctor about whether or not to continue testing.

**Lung cancer:** If you are a current or former smoker, talk to your doctor about testing with low-dose CT scans.

**Prostate cancer:** Overall health status is more important than age when discussing testing with your doctor.

**45**  
is the new  
**50!**

# You can prevent Colorectal Cancer

Age 45 is now recommended as the time to start screening for colorectal cancer among all average risk adults according to the American College of Gastroenterology.

This is an important change from earlier guidelines that used to recommend starting at age 50 for most people and age 45 for African Americans only. Now "45 is the new 50" to start screening for everyone at average risk for colorectal cancer.

With screening, your provider can diagnose colorectal cancers at an earlier stage, find colon polyps early so they can be safely removed, and help prevent colorectal cancers. Do not put off needed health care, especially preventive tests. Remember, the most common symptom of early colon and rectal cancers is NO symptom, so it is important to get screened.

**It is important to reach out to your health care providers if you have any symptoms REGARDLESS of age. Do not hesitate to talk to your health care team about new or worrying bowel symptoms including:**

- blood in the stool
- change in bowel habits
- change in the shape and size of stool
- rectal pain or abdominal pain
- unexpected weight loss
- unexplained or new anemia

**Hocking Valley Community Hospital offers colonoscopies, sigmoidoscopies and EGDs with the most up to date endoscopy equipment. To schedule an appointment, call 740-380-8140.**



## How to prepare for your mammogram

- Schedule your mammogram at a time when breasts aren't likely to be tender or swollen, to help reduce discomfort and get good pictures. Try to avoid the week just before your period.
- On the day of the exam, don't apply deodorant, antiperspirant, powders, lotions, creams, or perfumes under your arms, or on or under your breasts. Some of these contain substances that can show up on the x-ray.
- Discuss any recent changes or problems in your breasts with your health care provider before getting the mammogram.
- Make sure your provider is aware of any medical history that could affect your breast cancer risk.

**Don't wait to screen! Call our mammography team and get on our schedule - 740-380-8204.**



## Can prostate cancer be prevented?

There is no sure way to prevent prostate cancer. Many risk factors such as age, race, and family history can't be controlled. But there are some things you can do that might lower your risk of prostate cancer, including:

- Get to and stay at a healthy weight.
- Keep physically active.
- Follow a healthy eating pattern, which includes a variety of colorful fruits and vegetables and whole grains, and avoid or limit red and processed meats, sugar-sweetened beverages, and highly processed foods.
- It may also be sensible to limit calcium supplements and calcium intake in the diet.

**If you are 50 or older and need a provider to talk to about prostate testing, call 740-385-0202.**

# EMERGENCY CARE

## Close to Home

We're here when moments matter. In an emergency you want the best care as close as possible. High-quality care doesn't get any better, or closer, than your community hospital. Our 24-hour Emergency Room and Urgent Care (from 11 a.m. to 8 p.m.) are open every day to serve you.

### JULIE DUFFY, ER PATIENT

"I went into anaphylactic shock in January of this year. This has never happened to me before, and obviously very scary!

We have a cabin business, and we had just gotten home and were eating lunch.

I found myself feeling very strange, and then my lips, mouth, and throat began to swell. I found it hard to speak, and then I started to panic because it felt like my airway was closing.

My husband rushed me to HVCH. Once I got to the hospital, he told them what was going on and they went into action. They started evaluating me and took me right back and starting giving me IV medication.



It was nice to go in and see people I recognize and just instantly feel like I was going to be taken care of.

I am so thankful for our hospital and the familiar faces that helped me. There is something to be said about seeing people you know coming to help you. Kind, caring people. It was just so nice and calming, definitely what I needed.

Needless to say, I was in good hands, and am forever grateful. Special thanks to Emily Figgins, Josh Hodson, Sally Gable Lynch, and all those who helped me that day. It was determined that my body decided to start having a reaction to my blood pressure medicine and that's what caused the anaphylaxis. I carry an EpiPen now just in case.

We can't appreciate our hospital enough. I really thought I was going to die. People need to realize how lucky we are to have a hospital here, especially in emergency situations where you can't travel far."

# STROKE IS AN EMERGENCY



**BALANCE**



**EYES**



**FACIAL  
DROOP**



**ARM  
NUMBNESS**



**SLURRED  
SPEECH**



**TIME**

Hocking Valley Community Hospital is part of The Ohio State University Wexner Medical Center's Telestroke Network. The Telestroke Network utilizes video technology that directly links Ohio State stroke specialists to the community hospital physicians. This allows Ohio State's team to interview the patient, view test results and vital signs and prescribe intravenous clot-buster medications to be administered within minutes. Then Ohio State's stroke specialists work together with physicians at Hocking Valley Community Hospital to determine what the next best step is for the patient's treatment.

"One of the major goals of the Telestroke Network is to increase access to advanced stroke care in regions of Ohio that do not have neurovascular and neurosurgical physicians. When someone is taken to one of those emergency departments with stroke symptoms, experts are mobilized both there and at Ohio State through a 'stroke alert,'" said Dr. Deepak Gulati, a neurologist and stroke specialist at The Ohio State University Wexner Medical Center.

Patient outcomes improve with early action in treatment and restoring blood flow. Therefore, it is critical that treatment start as soon as possible. For every hour's delay in medical treatment, the brain loses 120 million cells.

Sometimes patients can be successfully treated at their community hospitals. But if an advanced level of care is required, a transfer to Ohio State's Stroke Comprehensive Center is arranged where endovascular neurosurgeons can remove clots with a stent retriever in a procedure called a thrombectomy that leads to better patient outcomes.

Ohio State's surgeons are also trained in a specialized procedure to ensure that hemorrhagic strokes caused by ruptured brain aneurysms do not re-rupture and cause further damage.

Ohio State's stroke team, which includes vascular neurologists, neurocritical care physicians and vascular neurosurgeons, is available any time to provide assistance to patients through the Telestroke Network.

## STROKE RISK SCORECARD

Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the stroke risk levels below.

### RISK FACTOR

### HIGH RISK

### CAUTION

### LOW RISK

Blood Pressure

>130/80 or unknown

>120-129/80-89

<120/80

Atrial Fibrillations

Irregular heartbeat

I don't know

Regular heartbeat

Smoking

Smoker

Trying to quit

Nonsmoker

Cholesterol

>240 or unknown

200-239

<200

Diabetes

Yes

Borderline

No

Exercise

Couch Potato

Some exercise

Regular exercise

Weight

Overweight

Slightly overweight

Healthy weight

Stroke in Family

Yes

Not sure

Not sure

### TOTAL SCORE

**HIGH RISK** \_\_\_\_\_

**CAUTION** \_\_\_\_\_

**LOW RISK** \_\_\_\_\_

**High Risk ≥ 3:** Ask your provider about stroke prevention right away.

**Caution 4-6:** A good start. Work on reducing risk.

**Low Risk 6-8:** You are doing very well at controlling stroke risk!

# MORE THAN A

Hocking Valley Community Hospital has an abundance of top-rated benefits and perks offered to our employees. It's often what attracts and retains our talented staff. Each year we ask our employees what is important to them to make sure our offerings are always desirable and meet their needs. We offer flexibility to employees when it comes to schedules and hours when we can, but we also try to offer a robust benefits structure and total compensation package to employees.

## Health Benefits

We are members of the South Central Ohio Insurance Consortium that helps us offer expansive insurance offerings at lower than average cost for our employees and their families. Full time and part time employees are eligible for medical, dental, and vision benefits. We also offer Group Term Life, Accidental Death, and Dismemberment insurance at \$10,000 of coverage, which HVCH pays 100% of the premium. Employees have the option of voluntary life insurance, long-term disability (of which HVCH pays 100% of the base cost), short-term disability insurance, a variety of voluntary supplemental insurance coverage through Colonial Life, and both Flexible Spending Accounts and Health Savings Accounts.

## Retirement

All employees are enrolled from day one into the Ohio Public Employees Retirement System (OPERS) and HVCH contributes 14% of employee gross pay. This is an excellent pension program! There is an opportunity to save additional funds from their pay towards retirement through Deferred Compensation (Ohio 457 Plan).

## Pharmacy and Well-being

All employees are able to use the hospital's pharmacy to fill their generic prescription medications at a substantial savings and there are a large variety of over-the-counter products at discounted prices. Why take a trip to the local pharmacy (and pay more) when we can do it for you while you work and save you money? Our robust Employee Assistance Program offers everything from free counseling sessions, to attorney access, realtors, financial planning and everything in-between. This can be used for family members of employees as well, and is completely anonymous. Full-time and part-time employees are offered various wellness perks, including money off insurance deductible costs, winning gift cards, and extra deposits into their Health Savings Accounts.

## Education

Planning on sending a child to college one day? Employees can use the Ohio College Advantage (Ohio 529 Plan) to start saving. Looking to further your own education? There is \$1,800 per year tuition reimbursement for full-time and part-time employees. We partner with a number of higher education institutions for reduction in tuition including Hocking College, Ohio Christian University, Chamberlain College, Grand Canyon University, and Mt. Carmel School of Nursing. Already racked up student loan debt? No problem – we can help! HVCH is an eligible non-profit, public hospital in a federally-designated provider shortage area, and staff are eligible for special programs for student loan assistance, repayment, and/or forgiveness. Lastly, we support employees with obtaining certain certifications and licensures, and offer a Grow Your Own program for certain career paths.



# PLACE TO WORK

## Paid Time Off

When it comes to paid time off, we have an expansive program. New hourly employees earn two weeks of vacation and salaried employees earn three weeks. As tenure amounts, so does your accrual of vacation. Our paid time off (vacation and perfect attendance) carries over to the following year if not used. We allow employees to “cash out” unused vacation and perfect attendance time if they’d rather have the monetary value instead of using it to take time off. Employees earn two weeks of paid sick time that continues to accrue more time as you work. It carries over each year, and unused sick time is paid out upon retirement.

Additional paid time off is given for 11 holidays, 7 which are “fixed” and observed on the actual day: New Year’s Day, Memorial Day, Juneteenth Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day. The other four holidays are floating holidays and may be taken at any time the employee chooses. Floating holiday time rolls over if not used and can be cashed out. There is shift differential pay for employees working holiday shifts.

Employees receive up to 80 hours of bereavement each year that is deducted from sick time off. Other types of leave covered by the hospital are FMLA, paid leave of absence, and unpaid leave of absence if personal leave does not fall under FMLA designation. As the third largest employer in the community, HVCH accommodates employees as much as possible for personal leave requests.

## Wages

Toward the end of 2021, we invested more than \$1.4 million into wages for our employees. On an annual basis, employees are eligible for pay raises or lump sum incentives for tenure. Each year, pay rates are reviewed and adjusted using guidance from the Ohio Hospital Association’s compensation survey that compares hospitals throughout Ohio so we can remain competitive within our area and type of hospital. Employees are all paid in designated rate groups by either years of service or by their experience so employees are paid uniformly. We offer shift differential to hourly employees for week nights, weekend days and weekend nights.

HVCH is committed to our staff to provide a close community culture where employees are supported, heard, and valued. Leadership works hard to create an atmosphere fostering new energy, strength, and enthusiasm for providing care to our patients and community. HVCH focuses on being a great place for employees to work, physicians to practice medicine, and patients to receive care. Check out [hvch.org/careers](https://hvch.org/careers) to learn about more ways we provide excellence to our employees.

## FINDING NEW OPPORTUNITIES AT HVCH



JC Mojzer joined the Hocking Valley Community Hospital team in 2020 and in less than two years found a work family and an opportunity to advance his career.

JC started as a storeroom clerk, stocking and delivering supplies to hospital departments.

"When I started, I was new to this position with no experience in this role and everyone welcomed me right away. It really made job training easier because I'd never done anything like that before," he said. "This a family-like environment, close to home, and the benefits the hospital has to offer made me want to work here."

While working in the storeroom, JC helped his department director with different tasks, including helping with the hospital audit.

"They found the need for an additional position on the finance team and thought I would be a good fit for it," JC said. "Now I'm helping with statistics, importing and reviewing data, and helping with grants."

"One of the best things about working at HVCH is everyone is so friendly and approachable. It's easy to get along here and I've made actual friendships. I've learned a lot of new skills and have been able to advance to a new position already."



**“ I couldn't have any better care; the care here is just the best. The staff are very accommodating and very friendly.” – Nikkia Hunter, Patient**

# A picture of health

Treating each patient at the Hocking Valley Community Hospital Pain Management Clinic is like putting together a puzzle to create a whole picture of health.

"We provide individualized care. We're not a cookie-cutter clinic. Not every case is black and white," Tara Stevens, Nurse Practitioner, said. "We do a good job of listening to the patient. They will tell you what is wrong, then we deliver care tailored to them. Everyone's different and their pain is different."

Stevens said the goal of the pain clinic is for patients to have the most active lifestyle they can.

"After scheduling an appointment, the patient will come in, we will ask questions about their pain, when it started and from what area of their body it originated. We start with treating the worst area of pain first.

We have the patient rate their pain and share what they are currently doing to alleviate it, and if they have had any recent imaging or surgeries. If they did have surgery, we ask how it helped their pain. We observe their mobility over the course of treatment and continue to assess their pain and develop a game plan."

Sometimes plans include rehabilitation, medical injections or low-dose pain medications until other pain relief procedures can be scheduled.

"Unfortunately there are patients who come in already on a certain level of pain medication. Our goal is to keep them on the least amount of medication that will allow them to remain active. Some patients are scared because they have had the security blanket of pain medication for such a long time. It's definitely not our first offering for new patients. We discuss injection procedures first and see how functional they are," Stevens said.

"We treat the whole person. There is a psychological component to it. Depression can make pain worse. Mental well-being, sleep patterns and weight management can make a difference in the treatment of pain. If we need to make a referral to help a patient with one of these areas to further the progress of their pain management, we will."

Follow-up appointments are usually monthly and the primary care provider is sent treatment records.

"A lot of people are skeptical and scared to come to a pain clinic. But we help them understand their pain and work together on a management plan," Stevens said. "We make believers of people and help change lives."

**Contact HVCH Pain Management Clinic with Dr. Raj Swain and Tara Stevens, CNP, at 740-380-8171 to see how our team can help with your pain today!**





## *Hocking Hills Jeep Run*

———— **SEPT. 29-OCT. 1** ————

Hocking Hills Podcast hosts a Jeep Run fundraising event for the HVCH Foundation. Special activities for registrants are scheduled for Thursday and Friday, with the Jeep Run around Hocking Hills on Saturday.

**REGISTER AT:**

<https://hockinghillspodcast.com/jeep/>

## *Holiday Affair*

———— **DECEMBER 6** ————

HVCH once again welcomes you to our annual outdoor holiday event from 5 to 7:30 p.m. on the hospital campus. There will be displays, vendors for all your holiday shopping, special entertainment, and the HVCH Auxiliary Celebration of Lights ceremony.

**MORE DETAILS TO COME**



# **STAY CONNECTED** *with us!*



Search Hocking Valley Community Hospital on these social media platforms

Join our weekly e-newsletter!



**Sign up at:** <https://www.hvch.org/about-us/hvch-weekly-update/>



HOCKING VALLEY  
Community Hospital  
FOUNDATION

# Generosity for generations

## **Latricia Johnston,** *Chief Public Relations Officer*

It is the goal of most parents over time to build up a tidy little nest egg and pay off the “family farm or homestead” so as to pass on a legacy to their children and grandchildren. After all, scripture tells us in *Proverbs 13:22*: “A good man leaves an inheritance to his children’s children.” We also strive to leave strong values, beautiful memories, and advice for the future when we are no longer here.

I would encourage your first step in the process should always be forming a will. There are many ways to do this including seeking legal counsel or crafting one on your own. Whichever you choose, don’t wait. It can be a very difficult process for some, and not so hard for others. For me personally, it took almost a year to sign the completed will our attorney had drafted. I had this fear that as soon as I signed it, I was signing over my children, my home, my finances, and basically my life. I am grateful nothing happened during that year before I signed on the dotted line.

Part of the process to consider is finances and how to distribute such.

Thankfully, there are those who also teach us the benefit of extending their inheritance to include something for others. One such person is Larry Azbell, who solidified a planned gift to Hocking Valley Community Hospital Foundation in 2016. He would say, “You can’t keep all you got,” and in so doing, set up a trust to which the Foundation was one of the recipients. Mr. Azbell passed in December, 2020, and because of his vision of continued healthcare access in our community, his gift has recently come to fruition. We are grateful for his trust in Hocking Valley Community Hospital, and for those who tediously managed his estate after his passing.

Others, sometimes keep their wishes inside their heart and we learn of their generosity at a later time. Longtime community resident Helen Mowrey is one such person. Mowrey was a former volunteer at HVCH, whose husband Dick Mowrey very early on was instrumental in the progress of our community hospital. Together they formed a planned gift to our hospital to which we were the recipient after death.



*Scan Me  
to donate*

More recently, Nancy Ault, a former patient of HVCH, also bequeathed a gift to HVCH Foundation. She would always say, “What would we do without this hospital?” and because of generous donors like her, we will never find out. Her involvement in our rehabilitation program formed friendships outside of the hospital with others who were coming to HVCH for care, and one such friend was Barb Riddlebarger. Barb was very helpful to Nancy throughout the years, even to the point of seeing that her wishes of supporting HVCH were complete.

These individuals, and others like them, are world changers in the life of Hocking Valley Community Hospital Foundation. Beyond even this, they understand that giving encourages friends and family to do the same. It introduces their children and grandchildren to the importance of generosity. Finally, it strengthens their personal values.

If you have considered HVCH Foundation in your long-term estate planning, we extend a sincere thank you. Perhaps you have yet to choose a charitable organization to support. I would encourage you to learn more about Hocking Valley Community Hospital Foundation and the impact you could have. Our team is here to help answer any questions you may have by calling 740-380-8336.

*"Where flowers bloom, so does hope."*

– Lady Bird Johnson

*Because of you...  
Love grows*

Hocking Valley Community Hospital Foundation has launched a new fundraiser where you may honor or memorialize a loved one while helping to brighten our hospital.

Each planter is filled with seasonal flowers/vegetables and displayed throughout the current season. Planters feature signage of selected quote and displays the names of honoree/memorial as well as the donor. One photo may be submitted for inclusion on the sign. Fixtures will have signage only - option for photo not available. Planters are maintained by HVCH staff and volunteers. At the end of the season, signage will be given to the donor to keep. Your support not only brightens the stay of our patients and staff, but is a wonderful way to honor and remember those you love.

**\$500 Donation**

**Water Fountain**

**\$75 Donation  
(Choose From):**

- "Prayer Changes Things" – Large planter measuring 20" x 15" in the hospital courtyard
- "You are Sun-sational!" - planter measuring 20" x 15" in the hospital courtyard

**\$50 Donation**

**Seasonal Yard Art**



**\$200 Donation (Choose From):**

- "Because of You, Love Grows" – 8 ft. x 2 ft. galvanized planter at hospital entrance or courtyard
- "Planted in Memory of a Life Well Lived" - 8 ft. x 2 ft. galvanized planter at hospital entrance or courtyard
- Bench or Picnic Table

**\$150 Donation (Choose From):**

- "You Left Us Beautiful Memories" – Extra large planter measuring 30" x 24" in the hospital courtyard
- "Keep Smilin'" – Extra large planter measuring 30" x 24" in the hospital courtyard

**Call 740-380-8336 to participate or visit [www.hvch.org/about-foundation/ways-to-give/](http://www.hvch.org/about-foundation/ways-to-give/).**

**ON THE COVER:**

HVCH is like a family, the reason many employees have spent a majority of their career working here. Pictured are employees with 30 plus years of service at HVCH including: Peach Hutchison, Tara Jacobs, Crystal Jordan-Nye, Mary Chorniak, Janelle Green, Geoff Perry, Crescent Rooker, Becky Maurice, Kandy Fizer, Letha Burrell, and Marilyn Johnson. Not pictured: Rana Goss, Jane Shannon, Teresa Downs, Holly Gompf, Lori Linton and Sheri Thompson.

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# HOCKING VALLEY Community Hospital

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## Enjoy Our Butterfly Garden

Hocking Valley Community Hospital has cultivated a garden to host butterfly friends this summer. The HVCH butterfly garden is located at the front of the hospital along with our butterfly habitat, where you can watch caterpillars turn to chrysalises and eventually be released as butterflies! Several butterfly feeder plants, houses and signs with butterfly facts are located around our walking trail, which begins near Entrance B of the hospital and is one mile around our campus.

If you've never been on our pet-friendly walking trail, take a moment to enjoy a beautiful sunny day and stop by! We have an outdoor exercise station along the trail with equipment for all to use, as well as two stretching stations along the way.

### How to Start a Butterfly Garden

1. **Choose the right location.** If planting a butterfly garden in your backyard, ensure that your location gets the right amount of sunlight for flowers to grow and to attract butterflies.
2. **Select flowers that attract butterflies.** To benefit your local butterflies, fill your garden with two types of plants: nectar plants and host plants. Adult butterflies drink nectar, so a nectar source will entice them to come to your garden. Host plants provide a place for butterflies to lay eggs, and they serve as food sources for caterpillars once the larvae hatch.
3. **Use organic, homemade bait.** In addition to colorful flowers, butterflies are drawn to sugar- and yeast-based baits, which can provide food and essential nutrients for butterflies.
4. **Add a water source.** A puddling station is essential to help butterflies stay hydrated and receive vitamins and other nutrients.