

Pulse



CALENDAR OF EVENTS

December

Dec. 10, New Director of Laboratory Services, Karen Krebs

Honey Baked Ham and Turkey Sale Deadline, Today, Dec. 14
Hams and Turkeys must be picked up in the HVCH Front Lobby on Dec. 22, 10:00 am to 11:30 pm

SNF Children's Christmas Party, Dec. 18, 6:00 pm - 7:00 pm, Resident Activity Lounge

HVCH Decorating Contest Judging, Dec. 19, 1:00 pm

January

Uniform Sale, January 15, Front Lobby 7:00 am to 5:00 pm

Tobacco-Free Cessation Classes, Meeting Rooms A & B, 6:00 pm - 7:00 pm, January 7,9,14,16,21 and 23.

HVCH COMMUNITY RELATIONS

Kathy Krumlauf
Director of Community Relations
PH 740-380-0336 | FX 740-380-0143
PO Box 500 401 SR 164 North
Logan, Ohio 43138
www.hvch.org
News Editor: Janet Blair
Managing Editor: Kathy Krumlauf

HVCH Annual Christmas Party



This year's Christmas Party was a HUGE success thanks to our Christmas Party Committee. On behalf of HVCH employees, we would like to thank you for a fun, exciting evening. Members of the committee are:
Row 1- Julie Grow, Sharon Connor, Ginger Johnson, and Betsy Shoults **Row 2 - Linda Durst, Chris Barrell, Jana Lehman, Faith McCollister and Lisa Fetherolf.**



Janet Blair was the winner of a surprise package that was given away by the Reward and Recognition Committee, valued at over \$500.



Chris Barrell assembled a choir of HVCH employees. They performed several traditional Christmas carols and one special song. April Heischman, performed expressive signing while the choir sang.

New Finance Director



Geoff Perry welcomes Roy.

A reception was held recently to welcome the new VP of Finance, Roy Smoot. Roy has extensive experience in the financial services industry. Roy graduated from Xavier University with his MBA, and received his undergraduate degree from The Ohio State

University. Roy is actively involved in his church and serves on several boards. He is an avid sports fan with college basketball and the St. Louis Cardinals baseball team among his favorites. Roy and his wife and son reside in Westerville and also have a property in the Hocking Hills.



Chris Barrell and Roy Smoot.

Flu Vaccine

Facts and Myths

MYTH: "The flu isn't a serious disease."

FACT: Influenza is a serious disease of the nose, throat, and lungs, and it can lead to pneumonia.

Each year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years or older. But small children less than 2 years old are as likely as those over 65 to have to go to the hospital because of the flu.

MYTH: "The flu shot can cause the flu."

FACT: The flu shot cannot cause the flu. Some people get a little soreness or redness at the injection site. It goes away in a day or two.

MYTH: "The flu shot does not work."

FACT: Most of the time, the flu shot will prevent the flu. Getting the vaccine is your best protection against this disease.

MYTH: "The side effects are worse than the flu."

FACT: The worst side effect you're likely to get is a sore arm. The nasal mist flu vaccine might cause nasal congestion, runny nose, sore throat and cough. The risk of a severe allergic reaction is less than 1 in 4 million.

MYTH: "Only older people need a flu vaccine."

FACT: Adults and children with conditions like asthma, diabetes, heart disease, and kidney disease need to get a flu shot.

Doctors also recommend children 6 months and older get a flu shot every year until their 5th birthday.

If you still need a flu shot, Call Christy Schneider at 8206.

HVCH EVENTS

Grywalski Runs Marathon

Eileen Grywalski, PTA and a member of the Employee Fitness committee recently competed in the New York City Marathon and successfully finished the 26.2 miles, with a time of 4 hours and 34 minutes. To put that in perspective, it would be over 26 trips around the hospital campus periphery! Great job Eileen!

School Board Members

Congratulations to Dr. Scott Anzalone and Kathy Krumlauf for being elected to serve on the Logan-Hocking County School Board.

Senior Health Talk



The December 2007 Health Education discussion, at the Scenic Hills Senior Center, was presented by Denise Kiamy, Director, Nutrition and Food Services.

Denise spoke on "Diabetes". The next Senior Health Talk will be in January.

Pharmacy Reminder

Prescriptions and pre-ordered items may be picked up between 1:30 pm and 3:00 pm, the day after the order is placed.

Welcome New Employees

Kendra Myers, RN, OB
Terri Oliver, Receptionist, Radiology
Megan Stack, RN, Med-Surg
Roy Smoot, VP of Finance
Cassie Thompson, STNA, Med-Surg
Julie Richards, STNA, Med-Surg

Community Health Check



Scenic Hills Senior Center was the site of a Community Health Check on Nov. 8.

Kelia Kline, Lab Tech, discusses cholesterol results with a patient.

Employee Wellness

The HVCH Wellness initiative officially kicks off in January 2008. Danielle Arnett, HVCH Wellness Coordinator, shares, "Our mission is to create a culture of health and wellness at HVCH." Beginning in January, each employee will have the opportunity to have free lab work, fitness assessments and individual health coaching. Each employee will receive a "starter packet" in December that will explain the details. Participation is voluntary but will be helpful in creating a healthier workplace. All shifts will be accommodated. Let's look forward to a happy, healthy new year!"

HAPPY BIRTHDAY

Crescent Rooker	Dec 2
Amy Hooper	Dec 3
Angela Stevens	Dec 3
Amanda Downs	Dec 3
Sharon Conner	Dec 5
Rajeshri Ram	Dec 5
Wayne Hedges	Dec 6
Roy Davis	Dec 7
Jenna Wadsworth	Dec 7
Christianne Church	Dec 11
Linda Huffman	Dec 12
John Greenlee	Dec 15
Janell Hunter	Dec 15
Darlene Mulpas	Dec 16
Heather Smith	Dec 17
Stacie Johnson	Dec 17
Ashley Hoffman	Dec 17
Jeannie Still	Dec 19
James Cottrill	Dec 20
Cindy Taulbee	Dec 21
Susan Rosser	Dec 22
Holly Gompf	Dec 22
Janet Blair	Dec 23
Deborah Mount	Dec 30
Jennifer Bowers	Dec 30
Cathy Corne	Dec 31
Christine Leonard	Dec 31
Shauna Glenn	Dec 31

HAPPY BIRTHDAY

IN-Service Volunteers

Joyce Schultheis Dec 10

Celebration of Lights



The Annual Celebration of Lights was held recently to honor and remember loved ones. The Celebration took place in Worthington Park and was well attended, despite the rainy evening. The event is sponsored by the HVCH Auxiliary, and they were able to raise \$1,300 for HVCH. This year's tree was donated by The Hocking County Farm Bureau.

HVCH NEWS

November Birthday Celebration



Front Row: Linda Durst, Julie Stuck, Mary Lou Giffin, Stacey Gabriel, LeeAnn Lucas-Helber and Marcia Koester.
Back Row: Sarah Burgess, John Burgess, Dave Crawford, Becky Young, Peggy Snyder, and Denise Kiamy.

Reward and Recognition Celebration



Sgt. Doug Jones and Sharon Conner.

The Reward and Recognition Celebration was held in the cafeteria on Nov. 20. Many employees were recognized for their efforts on teams. The winning Food Drive team was led by Missy Poling.

Alycia Vollmar recognized the Reward and Recognition team. The Nutrition Dept. was recognized for Nutrition Svcs. Week. The Radiology Dept. was recognized for National Radiologic Week.

Sgt. Doug Jones presented awards to HVCH and Sharon Conner, for the caring shown as they catered a Memorial Dedication for Fallen Soldiers.



R and R Team Representatives- Alycia Vollmar, Betsy Shoults, Sharon Conner, Chris Barrell, Wayne Johnson, Sharon Littleton, Chase Wartenbe, Bob Schmidt, and Julie Grow.



Winning Food Drive Team Representatives L to R- Sharon Littleton, Judy Smith, Debbie Powell, Donna Edgington, Brian Longnecker, Stacey Gabriel, Linda Durst, Erin Daughtery, Missy Poling and Alycia Vollmar.



LeeAnn Lucas-Helber recognizes, Betsy Shoults, Sharon Conner, Darlene Mulpas, Tami Schwartzwalder, April Heischman, Faith McCollister, Tracy Jackson, Jana Lehman, and Romona DeLong.



Radiology Dept. Director, Brian Sampson, Robert Sigler, Traci McKinney, Ward Murray, Jessica Phillips, Jenny Carver, Annette Tucker, and Mary Conkey.

QUOTE OF THE MONTH

In the middle of difficulty lies opportunity.
Albert Einstein

Retiring Foundation Board Members



Kathy Krumlauf, Executive Director, HVCH Foundation, presents plaques to Chris Audette and Rod Hedges, retiring Foundation Board members. Each served on the Board for six years.

Tobacco Free Award



The Hocking County Tobacco-Free Coalition recently presented an award to Jim and Cathy Holdren. The Holdren's are pictured with Susanne Brown, Tobacco-free Cessation Coordinator. They have been smoke-free for 3 years and speak to all the smoking cessation classes at HVCH.

Wheelchair Round Up



Julie Grow recently called all departments to participate in a "Wheelchair Roundup". The wheelchairs and their parts

were located and then repaired. All participants were treated to cookies baked by Julie.

PHYSICIAN OF THE MONTH



Spotlighted Physician of the month is Dr. Ronald Osgood, Radiology Dept. The Physician Satisfaction Team asked Dr. Osgood several questions about himself, and this is the history he shared.

Dr. Osgood loves to read. He reads anything and everything. Dr. Osgood has been with HVCH off and on for thirty years. He started his career here and at Fairfield Medical Center in 1978. Originally from Buffalo, New York, Dr. Osgood and his wife, Judy, have been married for 33 years, and have three wonderful sons. According to Dr. Osgood, Chris, Tim and Steve would make any father proud. The family also has a pet dog, Simon, who thinks he is another son. Four cats also live at the Osgood home.

Dr. Osgood has many favorite movies, but one that stands out is "The Right Stuff". He likes to watch reruns on TV and especially enjoys, "Star Trek: The Next Generation."

You might be surprised to know that when he was in high school, Dr. Osgood was voted by the guys to be the one they would least want to fight.

Thanks to SNF

Thank-you to the entire Skilled Nursing staff for a wonderful year of teamwork and dedication to our unit and residents. Each of you have embraced our philosophy as an organization and worked to make our unit the best it can be. It has been a privilege to work with all of you this year. I am looking forward to making 2008 even better. From Director, Alison Monroe.

TWIG II Bake Sale



TWIG II held a bake sale in the HVCH front lobby prior to Thanksgiving. The delicious assortment of pies, breads and cakes, sold out quickly.

HVCH Volunteer Luncheon



The HVCH In-Service Volunteers were honored with a Holiday luncheon in the CIC Building recently. Sharon Conner and her staff prepared a beautiful meal to those who were able to attend. All of the Volunteers received lovely gift bags.

Third Shift Enhancements

The Patio Shoppe has added some menu items for the third shift employees. Every Wednesday night there will be soup offered and cookies and special treats as available.