

Pulse



**HOCKING VALLEY
COMMUNITY HOSPITAL**

CALENDAR OF EVENTS

January

National Blood Donor Month, Jan. 1-31

Healthy Weight Week, Jan. 18-24

Martin Luther King Day, Jan. 19

Uniform Sale, January 20, Front Lobby
7:00 AM to 5:00 PM
Inaugural Day, Jan. 20

Dr. Still, Hospitalist presentation at Logan
Rotary Club meeting, Jan. 26, noon

Girl's Night Inn, Fri. Jan. 30, Lee's Banquet
Haus, 5:00 to 9:00 pm, Advance tickets
\$5.00, call ext. 8336, \$7.00 at door.

February

TWIG VI Valentine Cookie Sale, Feb. 12 or
13, Details to follow.

Valentine's Day, Saturday, Feb. 14

Bloodmobile at HVCH, Feb. 19, 10:00 am
to 4:00 pm

President's Day, Feb. 16

Ash Wednesday, Feb. 25

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SNF Residents Make Advent Wreaths



Volunteer, Bob Wells is shown with SNF Resident, Ruth Lehman.

To celebrate Christmas, the residents of SNF made advent wreaths. The wreaths had four candles representing the four weeks leading up to Christmas. Bob Imel, Skilled Nursing Facility Activity Therapist, shared that the residents especially enjoyed working on the wreath project, and that Bob and Thoma Wells, HVCH volunteers, assisted the residents with the craft.

"A vital part of keeping our residents active, and their spirits up during the holiday is engaging them in activities that are fun and interesting," shared Imel.

Holiday Decorating Contest



The annual Christmas decorating contest was held with HVCH Auxiliary President, Norma Geiger, TWIG VI President, Christy Keynes, and Kathy Krumlauf, acting as judges for the holiday event. The Cardiovascular Dept. won "Best Decorated Dept." which fea-

tured a real country old fashioned Christmas, with a fireplace, hearth and mantle. Seventeen prizes were awarded, from best bulletin board to the department most like Santa's Workshop."The hospital can be a stressful place, and we are grateful for those who took the time to bring holiday cheer and hope to those who aren't feeling well," stated Krumlauf.

New Features in the Pulse

With the New Year, we are adding some new features to the Pulse. We will offer a book and movie review each month. We hope you will participate. Contact us at extension 8336 or 8154 to get involved. We will also share some stories and histories, such as the Dr. Mast article on page 2. Employees will occasionally be asked to share their thoughts on different subjects, such as the New Year's resolutions on page 2.

In 2009

I Resolve to.....

Strive to see the good, beauty, or lesson to be learned in every situation. We often have obstacles in our way, but it is our attitude toward the event that shapes the outcome. I also want to concentrate on a healthy work/life balance which will contribute to my first resolution.

.....**LeeAnn Lucas Helber**

To make more use of my paid time off and watch my diet for cholesterol issues.

.....**Karen Standiford**

Remember that every day is a gift and that is why they call it the "present".

.....**Carolyn Andy**

My resolution is going to be realistic. I thought about giving up junk food, but it would be easier to not blink my eyes in 2009. I think my resolution needs to be that I will 1.) Follow the Golden Rule and 2.) Become more goal oriented in my planning.

.....**Jeff Doty**

Always ask if I may put a patient on hold, I will respond to customers in a courteous and timely manner, always wearing my ID badge. I will serve as a team member to exceed my customer's needs.....

Jim Dishong

I want to dedicate more time to exercise.....

Kandy Fizer

Keep on hangin in there!

.....**Dr. George Ralph**

HVCH EVENTS

2009 Wellness Program- by Danielle Arnett

If your New Year's resolutions include getting in shape, you may want to include these first quarter activities in your schedule.

January: Group exercise classes will be held weekly in the Skilled Nursing Facility Activity room in the evening (days and times to be determined). Two classes will be held (low and high intensity).

If Yoga is part of your "get-fit" plan; Shape-Up (385-7983) offers yoga on Wednesdays 5:30-7:00 pm. Cost is \$10.00 per session or 5 sessions for \$8.00 each.

March: Kick off of the Health Risk appraisal process, which includes aerobic capacity assessment and more emphasis on goal setting and follow-up. More information to come.

Journey to Alaska

By Kathy Krumlauf as told by Dr. Mast

If you have not heard, our Dr. Duane Mast, ED Physician Director & HVCH Medical Director, was in the north slope of Alaska involved in the national Toys for Tots program. He was delivering toys with the Marine Reserves who coordinate this program. Dr. Mast left on December 10th and safely returned home on December 25th. He became involved with the Alaska Toys for Tot project because his son-in-law, Jason Milberg, who has been in the Marines for 18 ½ years asked him to join the program as the volunteer team physician. Jason is stationed in Anchorage.

Dr. Mast assisted in delivering toys to Barrow, Atqusuk & Point Lay, Alaska. The team traveled by snow machines, and they crossed 35-50 miles of tundra.

The team delivered 500 toys in their travels, and in Point Lay Dr. Mast was Santa with the complete Santa attire. He was able to present toys to about 200 children who sat on his lap and had their photos taken.

Dr. Mast shared that he really enjoyed the Santa experience.

When I asked Dr. Mast about the conditions he faced, he shared that the wind chill was 50 to 60 degrees below zero all the time, and the ambient temperature was 20 degrees below zero. He shared that he saw no vegetation; they were just surrounded by tundra. In Barrow Alaska, there was only darkness for 24 hours each day, and if the sky was clear the Northern Lights could be viewed.

Dr. Mast shared that milk was \$11 a gallon, and one interesting food item he tried was mucktuk, raw whale skin and blubber. I don't think he had any shipped home or to HVCH to share with us. At least, I hope he didn't. His travel home became quite complicated, and he was stuck in Anchorage, Alaska and unable to get a flight home due to the bad weather and many cancelled flights. The military finally come to the rescue, and on December 24th he was whisked into a C-130 for the trip home. When I spoke to him, Dr. Mast sounded tired but excited and pleased to have had this unique opportunity, to spread a little Christmas to children in a very isolated part of the United States.

HAPPY BIRTHDAY

Berdena Johnson	Jan 05
Jodie Daubenmire	Jan 06
Tracy Jackson	Jan 06
Kayla Williams	Jan 06
Julie Finnerarty	Jan 09
Cindy Hamilton	Jan 14
Anita Thompson	Jan 14
Sharon Keith	Jan 15
Gina Smathers	Jan 16
Tonya Banik	Jan 16
Karla Zinn	Jan 17
Lisa Proctor	Jan 18
Laura Hacker	Jan 18
Cart Switzer	Jan 20
Becky McCarty	Jan 22
Cheryl Stumbo	Jan 24
Betsy Kelch	Jan 26
Kim Nihiser	Jan 27
Chase Wartenbe	Jan 27
Susanne Brown	Jan 28
Nancy Curnette	Jan 28
Lisa Fetherolf	Jan 28
Christy Schneider	Jan 30

In-Service Volunteers

Dorothy Pierson	Jan 12
Aubrey Miller	Jan 19

HoneyBaked Ham Fundraiser



Members of TWIG VI prepare for ham and turkey pickup.

TWIG VI once again sold Honeybaked hams, turkeys and other items for the Christmas holidays. 80 hams, turkeys and desserts were delivered to HVCH for the convenience of our customers. The proceeds of this and all fundraisers are donated to HVCH for special equipment needs.

HVCH NEWS

SNF Christmas Party



The Skilled Nursing Facility hosted Santa Claus for an evening of gift giving and refreshments. The residents enjoyed watching the youngsters talk to Santa Clause, as he gave each child a present.

Foundation Donation

The PACS unit in radiology was made possible by a \$300,000 pledge from the HVCH Foundation. The Foundation Board recently made the final donation of \$100,000, for this project.

2009 Annual Appeal Launched

Foundation Annual Appeal pledge cards for employee giving will be mailed to employee homes this month. The pledge allows employees to donate through the convenience of payroll deduction and all contributions are tax deductible as permitted by tax law. In 2008, employees contributed over \$12,000. I hope you too will join this committed group of HVCH employees. If you have questions, please call Kathy Krumlauf at ext. 8154.

Make Smart Resolutions!

by Denise Kiamy

- 1.) Cut down on portion sizes, i.e. cut your portions in HALF.
- 2.) Eat more fresh fruits. Fruits make a great low fat, high fiber snack. Fresh fruit is not more expensive than non-nutritious, high fat, high sodium snacks.
- 3.) Eat more vegetables. There is a variety of vegetables just waiting for you to try..and like them.
- 4.) Choose water and seltzers more often. Both are healthy no-calorie beverages that can quench your thirst and help you feel full.
- 5.) Do not skip meals or deprive yourself of food altogether. Skipping meals may cause you to eat more at the next meal because you are more hungry than usual.
- 6.) Eat more fiber! Besides fruits and vegetables, try high fiber bars. High fiber is 5 grams fiber or more per serving. Read the labels!
- 7.) If you are trying to lose weight, exercise 5 times a week. Start slow and work up to at least 20 minute sessions.
- 8.) Make exercise part of your daily routine.
- 9.) Cut down on your portion sizes, and read labels.
- 10.) It helps to write down goals/resolutions in a journal or planner. This may serve as a reminder and may generate incentive as the days go by. Commit.
- 11.) Understand that it takes time to change habits and lifestyle.
- 12.) Often it takes extra time and effort to reach an important personal goal, but the result is well worth it. Instant success might be an unrealistic expectation.

Congratulations to Family Birth Center, RN, Jessica Bickley, and her husband, Jeff, on the birth of daughter, Bailee. Bailee was born Jan. 3rd, making her the 1st baby of the new year at HVCH.

Have you seen.....

**Marley and Me
Reviewed by Kathy
Krumlauf**

The movie is based off the New York Times bestselling autobiographical book by journalist, John Grogan, published in 2005. I highly recommend this movie, but take some tissues!
Marley, a yellow Golden Retriever is described as "the world's worst dog." The stars, Owen Wilson and Jennifer Aniston, are awesome. The movie opened Christmas Day and sales totaled \$14.8 million and set a new record for a movie opening on Christmas Day.

Have You Read.....

**The Shack
by William P. Young
Reviewed by Janet Blair**

"The Shack" is a wonderful book about a man who suffers a great loss and proceeds to live his life with what he refers to as "the great sadness." A weekend trip to an old shack brings him face to face with God and elevates both the man and the reader to a new awareness of where God is when you are dealing with pain and loss.

**Martin Luther King, Jr.
Day, January 19**

Martin Luther King Jr. Day, is a United States holiday, marking the birthdate of the Reverend Martin Luther King Jr., observed on the third Monday of January each year, around the time of King's birthday, January 15. It is one of four United States federal holidays to commemorate an individual person. King was the chief spokesman of the nonviolent civil rights movement, which successfully protested racial discrimination in federal and state law. He was assassinated in 1968.

PHYSICIAN OF THE MONTH



Spotlighted Physician of the month is Dr. Cathy Fanning. Dr. Fanning has a Family Practice in the Medical Arts Building. 819 St. Rt. 664 N., Suite B. For appointments, call 740-380-8140.

Dr. Fanning was born in Lancaster, OH. She attended the Philadelphia College of Osteopathic Medicine in Philadelphia, PA. Dr. Fanning's first job was baking biscuits and burning her hands at Famous Recipe Chicken, in Lancaster. Her second job was at Sears in Lancaster.

Dr. Fanning and her husband, Bill, reside in Bremen. They have 3 children, Sara, Ryan and Amanda. The family attends Ebenezer Baptist Church. Dr. Fanning shares that their faith and commitment to Christ is the most important thing that defines the family. The family has a cocker spaniel, 2 adult Border Collies, 3 puppies, 4 horses and an orange tiger cat.

Dr. Fanning shares that her favorite channel to watch is HGTV. She has several favorite movies including, Amazing Grace, Love Comes Softly and Fireproof. Her favorite restaurant is Shaw's, and she loves Creme Brulee. Dr. Fanning enjoys gardening, making jams and jellies and horse-back riding. You might be surprised to know that she loves bass fishing, and she is raising cattle on their small farm, which they hope will grow far larger.

**"A New Birth of Freedom"
2009 Inaugural Theme**

The Inauguration of President Barack Obama, will take place on January 20th. The theme of the historic occasion is "A New Birth of Freedom."
A New Birth of Freedom commemorates the 200th anniversary of Abraham Lincoln's birth. Lincoln's Gettysburg Address expresses Lincoln's hope that the sacrifice of those who died to preserve the United States would lead to "a new birth of freedom" for the nation.



Volunteer Luncheon



The HVCH In-Service Volunteers were honored with a Christmas luncheon in the CIC Building recently. Sharon Conner and her staff prepared a beautiful meal to those who were able to attend. Each of the guests received a lovely gift bag of homemade baked goods and treats.