

Pulse



**HOCKING VALLEY
COMMUNITY HOSPITAL**

CALENDAR OF EVENTS

February

Reward and Recognition Celebration, Feb. 10, 9:30 am, Cafeteria

Twig VI Valentine Cookie Sale, Feb. 12, 7:00 am, Front Lobby, \$6.00 per dozen

National Hat Day Celebration, Feb. 12, 10:30 am, SNF

DMS Meeting, CIC Building, Feb. 12, 1:00 pm to 4:00 pm

Valentine's Day, Saturday, Feb. 14

President's Day, Feb. 16

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

Ash Wednesday, Feb. 25

March

Colorectal Cancer Awareness Month

EDI Training, CIC Building, Feb. 23rd, 25th, 27th, March 3rd and March 5th

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Extreme Weather Warriors

The ice storm on Jan. 28th and the resulting power outage for HVCH on Jan. 29th and 30th, resulted in Hocking County being declared a State of Emergency by the Emergency Management Agency and signed by the Governor. At HVCH, Stacey Gabriel, Incident Commander, ran the Incident Command System at HVCH. In review, Stacey reported that everything went as well as expected and employees worked great together. She shared her appreciation for a job well done!



New Year Baby Born to HVCH Employee



The 2009 New Year's baby was born on Saturday, January 3 at 5:28 a.m.

Bailee Bickley, was delivered by Obstetrician, Doug Lawson, M.D. Bailee weighed in at 7 lbs, 1.4 oz., and is 19 ½ inches long. Proud parents are Jeff and Jessica Bickley, of Glouster. Jessica is a Registered

Nurse and she works in the Family Birth Center. Jessica has been with HVCH for 5 years.

Mary Lou Giffin Retires

Mary Lou Giffin retired after nearly 27 years of service with HVCH, in the Environmental Services Dept. A celebration was held for Mary Lou with the Environmental Services Dept and the Senior Leadership Team. Mary Lou is pictured with Christy Schneider, Director, and the



other members of Environmental Services. LeeAnn Helber presented Mary Lou with a wrist watch to thank her for her years of service.

Employee Satisfaction Team

The Employee Satisfaction Team is gearing up for 2009. Team members include, Ginger Johnson, Shauna Glenn, Gina Smalley, Sharon Conner, Dawna Evans, Kaye St. Clair, and Tara Lutz. The team will continue with some of the same special events, such as theme park ticket sales, planning the Employee Forums, and the Children's Christmas Party. If you have suggestions for fun activities, please contact any of the team members.

Free Smoking Cessation

HVCH employees can sign up for a free smoking cessation program. One-on-One sessions are 15 minutes, or groups of two are 30 min. The classes are taught by Bryan Brown, Respiratory Therapist and Certified Tobacco Cessation Specialist. Call 8219 to schedule an appointment.

Thanks to Volunteers

Bob Imel, Activity Therapist, SNF, would like to thank all the volunteers who help with SNF activities. You all have a part in bringing enjoyable programs to our residents. We are very appreciative!

Employee Discount Update

HVCH employees can receive fitness discounts and payroll deduction at Curves and North Fitness Center.
 Curves Fitness: 12.50 per pay
 North Fitness Center: 11.08 per pay. Call Danielle Arnett for more information at ext. 8298.

HVCH EVENTS

My Favorite President Is.....

***Jimmy Carter**-Not for his contributions while president, but for his endeavors after leaving office. Always a gentleman, he has dedicated his life to world concerns; poverty and social injustices, all the while authoring several books regarding his life and God.....
Gwen Harmon*

George Washington**, (No, I didn't know him personally), is my favorite. He was a great organizer, building an army to defend the country in its early days. More importantly, he started the U.S. Navy. When he could have been "President for life", he stepped down to allow others to serve.....**Bob Imel, SNF Activity Therapist

*My favorite, or the president that has held the most influence over my life was the 35th President, **John F. Kennedy**. I started first grade the same year that he was elected.*

*Kennedy was hardly past his first thousand days in office when he was assassinated in Dallas, Texas. Kennedy, at that time, was the youngest man elected to President, and the youngest to die. In 1943, when his PT boat was sunk by a Japanese destroyer, Kennedy, despite grave injuries, led the survivors through perilous waters to safety. His inaugural address offered the memorable injunction; "Ask not what your country can do for you, but what you can do for your country".....**Sharon Littleton***

George Washington**, because he, when offered, declined to make himself a dictator.....**Dr. Ireton, Hospitalist

*I would have to say that my favorite president is **John F. Kennedy**. He was a brave young war hero that met any challenge he faced. When he took the oath of office at the age of 43, he found the country in turmoil, much like today. During that time we were bombing Cuba, which led to the Cuban Missile Crisis and the threat of nuclear war with the Soviet Union. President Barack Obama was born in the year J.F.K. took office, and he has said time and time again that he would not be where he is today had the torch not have been passed to a new generation, which was a phrase that J.F.K. used in his inaugural address.....**Ray Turner***

Surgery Update

Natasha Colley and Tina Brandt, both R.N.s, have accepted part time positions in the Surgery Dept. We are happy to have them join our team.

SNF News

Congratulations to Amanda West for passing the R.N. Boards. Congratulations to Vicki Hicks on finishing LPN school-Good luck on Boards!

HVCH NEWS

Back Safety Tips

by Diane Kilbarger RN

Protecting Your Back

Think back...Sports injury? Lifting your child? Doing yard work? Lifting a heavy object? Have you ever caused yourself back pain?

There are ways to protect your back. You can build a stronger back through a combination of aerobic, strengthening and stretching exercises. Some examples are yoga, swimming, core-strengthening exercises or just plain ole walking! Always lift with your knees, pull in your stomach muscles and hold the object close to your body. Watch your weight. The extra weight around your middle can strain back muscles. If you do hurt your back at home, place a cold pack against your back for 20-30 minutes at least three times a day. Symptoms of overuse should go away within a few weeks without seeing a doctor. If the pain lasts longer, seek medical advice. If you hurt your back at work, notify your director/supervisor immediately and seek medical attention, if needed.

Things to Know.....

Washington's birthday is a United States Federal Holiday celebrated on the third Monday of February. It is also commonly known as Presidents Day. The theme has expanded the focus of the holiday to honor another President born in February, Abraham Lincoln.



Chemotherapy Training



The Oncology Nursing Society provided a comprehensive review of the knowledge needed to administer cytotoxic and biotherapeutic agents. Several HVCH RN's attended the course and are now better equipped to administer chemotherapy treatments to HVCH patients.

Employee Birthdays Posted

Happy Birthday to February employees and volunteers. The birthday listings are now conveniently posted on the first day of each month, on the board outside the HR Dept.

Kudos to Plant Ops!

A big thanks to Larry, John, Steve, Wayne, Ray and Don, for their relentless work in keeping sidewalks and parking lots cleared for patients, visitors and employees, this winter. They do a challenging job during bad weather conditions.



Successful Uniform Sale



Rose Anderson is enjoying the large selection of uniforms and other merchandise at a recent sale. The merchandise sold totaled \$14,070, making the Auxiliary a \$2,115 profit.

Patio Shoppe New Items



The Patio Shoppe has some new merchandise! They now offer Logan Chieftain jewelry and a new line of candles. Payroll deduction available for up to 3 pays.

Welcome New Employee

Jennifer Enderle, Nurse Extender, Emergency Dept.

Expect Joint Commission

We are expecting two Joint Commission surveys in 2009, Hospital and LAB. These surveys can happen at any time and will be unannounced. Be prepared!

QUOTE OF THE MONTH

Injustice anywhere is a threat to justice everywhere.

Martin Luther King Jr.

Welcome New Volunteer



Ruth Hawkins is a new volunteer in Registration and Surgery. She retired from Smead Manufacturing. She and her husband Gene have 2 children. Lisa resides in Gahanna and Don lives in Indiana. Ruth has 5 grandchildren. Ruth enjoys reading and decorating.

Chef for a Day



Due to the recent ice storm that caused a declared State of Emergency, in Hocking County, many employees were unable to get to work. The Nutrition Dept. was left particularly short on Jan.26th, but help arrived. LeeAnn Helber, Kathy Krumlauf, Tammy Sammons, Judy Helber, Stacey Gabriel, Mindy Davis, Michelle Matheney, Jan Ballinger Janet Blair, Mary Chorniak, Letha Burrell, Josh Clark, and Luke Kline helped Sharon Conner, Jana Lehman and Faith McCollister, prepare and serve three meals. A big thanks to all who stepped out of their normal role to make sure that HVCH was able to maintain excellent customer service.

Kindinger Named to ONPR Board

Jenny Kindinger has been named to the Ohio Network of Physician Recruiter's Board of Directors, as the Southeast District Representative. The purpose of the Ohio Network of Physician Recruiter's is to promote professional interests and cooperative action among hospital physician recruiters. The Executive committee consists of President, Vice President, Secretary and four District Representatives. Congratulations to Jenny for being elected.



Dr. Mast's Alaska Trip

Be sure and check out the lighted case bulletin boards to see several photos of Dr. Mast's trip to Alaska. Dr. Mast, ED Physician Director & HVCH Medical Director, was on the north slope of Alaska involved in the national Toys for Tots program. He delivered toys with the Marine Reserves who coordinate this program.



Have you seen.....



**Bedtime Stories
Reviewed by Julie Grow**

I was pleasantly surprised by the great combination of Sandler's humor and Disney's special effects. The movie begins when Sandler's character, Skeeter Bronson, is charged with babysitting his niece and nephew while his sister, played by Courtney Cox, is out of town. Each night, Sandler tucks the kids in with wild bedtime stories created by he and the kids. To his surprise, events in the stories start coming true and he quickly tries to figure out how to spin the stories in his favor, leading to hilarious predicaments. Young and old alike were laughing at the hilarious tales from Skeeter and his niece and nephew. If you are looking for Sandler's usual raunchy humor, you will not find it here. This movie is kid friendly all the way, but it is also just a great, lighted-hearted movie that the adults will enjoy just as well.

Have You Read.....



**My Sister's Keeper
by Jodi Picoult
Reviewed by Janelle Wallace**

'I am a huge fan of Jodi Picoult and this book does not disappoint. This book deals with 2 sisters, Kate and Anna, and Anna being a donor (since birth) for Kate who has leukemia. Anna was actually conceived to be a bone marrow match for her sister, with the sole purpose of being a donor for Kate. At the age of 13, Anna no longer wants to be a donor, a decision that tears her family apart and could potentially be fatal to Kate. This book takes you through the family's emotional journey of Anna battling her parents and the legal system. This book explores the moral, practical and emotional complications of putting one person in pain or danger to save another. A must read!