

Pulse



**HOCKING VALLEY
COMMUNITY HOSPITAL**

CALENDAR OF EVENTS

July

Lilyfest, Saturday, July 9, 10 & 11

HVCH Foundation Auction, Friday, July 16, 7:00 pm

HVCH Foundation Golf Tournament, Saturday, July 17, 1st flight begins at 8:15 am and second flight at 1:15 pm, Ball Drop 1:00 pm.

Auxiliary Book Sale, Tuesday, July 20, front lobby, 7:00 am to 4:00 pm

August

World Breastfeeding Week, Aug. 1-8

Purse Sale, Thursday August 12, 7:00 am to 3:00 pm, Front Lobby

September

Hocking Co. Fair, September 12-18

Uniform Sale, Tuesday, Sept. 14, Front Lobby, 7:00 am to 5:00 pm

HVCH COMMUNITY RELATIONS

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Thanks for the Memories... Golf Tournament Celebrates 25 Years



An early picture of the Golf Committee. Front Row: Bette Kitchen, Kathy Krumlauf, Lillian Hildebolt, Jim Struckman, Gib Tschudy, Lantz Ruff and unknown. Back Row: George Tucker, Elly Crow, Roger Hinerman and Pink Johnson.

2010 marks the 25th year for the annual Golf Tournament and Auction. Last year, we surpassed \$1,000,000 in total dollars raised. We are still hoping for more HVCH employees to get involved by making a payroll deductible donation, purchasing ball drop tickets and/or raffle tickets. Call 380-8110 for more details. Pepsi Cola Bottling of Athens is the Major Sponsor for the Tournament again this year. Raffle and ball drop tickets are available in the Patio Shoppe.

Patient Registration Area Gets New Chairs



HVCH was able to acquire "new" furniture for our ED waiting area and some pieces for the SCU, through our affiliation with Ohio Health, FREE of charge! When you see Julie Grow, Chad Grow, Brian Sampson, Alex Schneider and John Rardain, thank them for

taking the time to go and pick up the furniture, and unload the truck.

Senior Center Health Talk



Dawna Evans, Pharmacy Director discusses medication safety.

Dawna Evans, Pharmacy Director, presented a program at the Scenic Hills Senior Center titled, "Using Medications Safely."

The next talk will be on August 29, at 9:30 a.m. Danielle Arnett, Wellness Coordinator, will speak on, "Fitting Fitness In."

Sharon Conner is Honored at OHA Dinner



Front: Sharon Conner. Back: Julie Stuck, Denise Kiamy, Bob Schmidt, Charlotte Blair, LeeAnn Lucas-Helber and Kathy Krumlauf.

Sharon Conner, 2009 HVCH Health Care Worker of the Year, was recently nominated as a recipient for the Ohio Hospital Association Healthcare Hero Award. She attended the Ohio Hospital Association Dinner in Columbus, at the Easton Hilton Hotel, with her Director, Denise Kiamy, and the Senior Leadership team. Sharon is the Supervisor of Nutrition and Food Services. The Ohio Hospital Association annual dinner honored 84 health care heroes from around the state.

HVCH EVENTS

SNF Cake Contest



The honorable cake judges: Alison Monroe, Sharon Conner and Beth Martin.

Many thanks to all who participated in the cake contest. The event raised \$123.00 that went towards the tuning of the piano.

Welcome Sherri Wintermute as Activity Assistant. Sherri will be working with Bob Imel to provide activities to the BHU and SNF.

Medication Disposal
by Dawna Evans

When disposing of old or expired medications, it is no longer recommended to flush medications down the toilet or rinse them down the sink. Instead, follow these simple steps:

- 1) Make sure to remove the medication from the original container, so someone cannot identify the medication.
- 2) Place the tablets or liquid in coffee grounds, cat litter, or dissolve in water.
- 3) Put the entire contents in a sealed container, such as an old coffee can or Ziploc bag.
- 4) Place the container in your regular trash.

Photo Right- Brian Carney, and Christy Keynes show off some of the wonderful items that will be available at the Foundation Auction on 7/16. Items are currently on display in the Brass Ring Pro Shop.

Welcome New Employees



Front Row: Stacie Geiger, RN/SNF; Amanda Downour, STNA, SNF; Rebecca Hedges, Admitting Clerk; and Charlotte Azbell, RN/SNF. Back Row: Patrick Howe, RN/SNF; and Brian Bolyard, Director of Materials Management.

disAbilities Expo



Lexi Martin, STNA, checks the blood pressure of an agency worker as Janet Blair, Community Relations, records the results.

MDD was the site of a recent Community Health Check. Julie Dietzel and Cassie Thompson, Lab Techs, were also on hand to test blood sugar and cholesterol.

Auction Set Up



Happy June Birthday



(Left) Front L-R, Beth Martin, Diana Miller, Cathy Wine, Wendy Carrell, and Frances Lehman. Back Row: Jana Lehman, Amber Bagent, LeeAnn Lucas-Helber, and Roger Hornsby.

(Right) Katy Kudlapur, LeeAnn Lucas-Helber and Donna Tracy.



What Eggs-actly Are They Doing?



L-R, LeeAnn Lucas-Helber, Vicki Howe, Karen Brandon, Velma Warner and Joyce Reynolds.

Here is a riddle. The participants of the second shift birthday lunch, on June 21st, are holding an egg. What is the significance of the egg? The first person to call Community Relations, x8336, with the correct answer will receive a \$10.00 gift certificate to the Patio Shoppe.

How Does Your Garden Grow?



Sarolin Griggs, Delores Brookhart, Ruth Daubenmire and Bob Imel, beside the wheelchair accessible garden.

Be sure to check out the SNF Resident's garden. They have planted vegetables and several varieties of flowers. A special thanks to Dr. and Mrs. Don Griggs, from the Garden Club, for their hard work and garden knowledge.

Thanks to Cedar Falls 4H Club



The Cedar Falls 4H Club, under the leadership of Linda Durst and Ginger Johnson, recently painted our outdoor picnic tables and benches, as part of their community service projects.

Third Shift Birthdays



Sharon Littleton, Tesa Philliips, and LeeAnn Lucas-Helber.

Ball Drop Tickets

Purchase your ball drop tickets in the Patio Shoppe or by calling 380-8110. HVCH employees have won for the past two years. Tickets are \$10.00 each, so your odds are pretty good, and the ball closest to the pin on the #9 Fairway will win \$1,000. The drop is July 17, Brass Ring Golf Club.

(need not be present to win)

QUOTE OF THE MONTH

The weak can never forgive. Forgiveness is the attribute of the strong.

Mahatma Gandhi

HVCH Wellness 5K Race is a Huge Success!



And they're off....

people cheered for the racers as they ran through the neighborhoods. Overall female winners are: Julia Weisenborn, 1st; Sierra Finnearty,

148 runners and walkers of all ages competed in the second annual 5K Race sponsored by the HVCH Wellness Committee. The race started at the Hocking County Fairgrounds and followed a smooth course through the streets of Logan. Many



David Nimon (husband of Angela in Radiology) crosses the finish line in 1st place.



Maddie Johnson picks out her prize for being the youngest contestant.

2nd; and Christen Bosch, 3rd. Overall male winners are: David Nimon, 1st; Gary Fetherolf, 2nd; and Caleb Hubbard, 3rd. A special thanks to all who volunteered their time to help make this event a success. See complete list of volunteers in the lighted news case, in the hall across from Radiology.

For a complete list of race results go to: www.premierraces.com

Welcome Bryan Bolyard!



Bryan Bolyard, Director of Materials Management.

Bryan is a Corporate Director with Pharmacy Systems Inc. and is the new Director of Materials Management. Bryan is a graduate of Capital University and lives in Dublin, with his wife Sarah, and their sons, Ben, 9 and Luke, 5. Bryan and his wife also have a creative business venture. They sell cake pops on their website, notmygumdropbuttons.com.

"I am very excited about working with such a dedicated, caring, group

of people and I look forward to making HVCH better for the community. Bryan can be reached at 380-8209.

A Special Thanks

by Sharon Conner

Thank you to Denise Kiamy, Missy Harbarger, Kathy Krumlau, and LeeAnn Lucas-Helber, for supporting me and the Relay for Life of Hocking Co. Also thanks to Jana Lehman, Vickie Wright, and Rose Jones. It was a very long night, and we laughed, we cried and we weathered a terrible storm, but we kept on going.

We celebrated survivors, and we mourned those who have passed. I personally have lost a brother, aunts, uncles, and a dear friend, Betsy Shoults, to this horrible disease.

Did you know that the American Cancer Society is the official sponsor of Birthdays, HAPPY BIRTHDAY TO YOU? Thank you HVCH and staff for your support through the years. Maybe someday we will not have to have a Relay for Life, maybe someone will find a cure.

July Babysitting Clinic Offered

Kandy Fizer, HVCH Education Coordinator, will hold another babysitting clinic, on July 23, from 9:00 am to 3:00 pm. The clinic is held in the CIC building conference room and is open to boys and girls, age 12 or older. The registration fee of \$20 includes; educational materials, CPR Training, lunch and a certificate of completion. Early registration is encouraged, as class size is limited. Registration forms can be downloaded at hvch/news/classes or by calling Kandy at 380-8384.