



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JAN. 12, 2018

Weekly Update

January is National Blood Donor Month



**MAKE
LIFESAVING
A HABIT**



Approximately 36,000 units of red blood cells are needed daily



The average red blood cell transfusion is approximately 3 pints



Nearly 7,000 units of platelets are needed in the U.S. on a daily basis



Nearly 10,000 units of plasma are needed in the U.S. on a daily basis

For the past 48 years, National Blood Donor Month has been celebrated in January. The winter season has historically been one of the most difficult times of the year to collect enough blood products and donations to meet patients needs.

Holiday plans, travel schedules, inclement weather, and illnesses can keep even the most dedicated blood donors from donating. The reduction in donor turnout during winter months has a large impact on blood supplies that is well needed all over the country.

Approximately 38% of the national population is eligible to donate blood, but less than 10% do. Every two seconds someone needs blood and only one pint of blood can save up to three lives. Blood donation is a

community responsibility. While you are reading this, a local patient is in need of blood.

Not everyone is eligible to donate blood. To ensure your safety as well as the safety of recipients, please visit www.redcrossblood.org/donating-blood/eligibilityrequirements to see if you meet the requirements to donate.

Hocking Valley Community Hospital hosted a blood drive on December 20th and successfully collected 19 units of blood! The next blood drive at the hospital will be held on Tuesday, March 27th from 10 AM to 3 PM in conjunction with National Doctors Day.

To schedule an appointment, contact HVCH Laboratory at (710) 380-8218.

EVENTS CALENDAR

Feb. 1-2: Uniform Sale HVCH Meeting Room

Robert's Uniforms will in the meeting rooms with scrub tops and bottoms as well as shoes and accessories available for purchase. HVCH employees may payroll deduct their purchases. Proceeds benefit HVCH through the Auxiliary.

March 21: Auxiliary Book Sale HVCH Meeting Room

Sale is from 7:30 a.m. to 3:30 p.m. Come browse the latest titles at 30% to 70% off retail prices. A variety of books and other items will be available. A portion of the proceeds benefit Hocking Valley Community Hospital through the Auxiliary.

INSPIRATIONAL QUOTES OF THE WEEK

"You've got to get up every morning with determination if you're going to go to bed with satisfaction."

— **George Lorimer**

"Don't count the days. Make the days count."

— **Muhammad Ali**

Direct to You: From Latricia Johnston

Companies and individuals all over the world recognize the benefits of creating a culture of giving back. And, there's no better time than the start of a new year for each of us to make it part of our 2018 'new year-new me' plan. The benefits of making a committed effort to give a little bit of the goodness of life that is bestowed upon us to others are many:



Latricia Johnston,
Chief Public
Relations Officer

Top performing organizations know that when people identify you, your family or business' name with a contribution to an organization or charitable cause, it evokes the desire to be part of the same project throughout the community. And, they make a conscious effort to structure their business investments in opportunities that propel growth. I do not know of anyone who does not want progress for their own community.

When you partner with Hocking Valley Community Hospital, you show your support of the work we do right here in Hocking County, and understand the importance of supporting each other. It keeps our companies thriving, providing critical services close to home, and paychecks for each of us, our families, and our neighbors at the end of the week.

Additionally, when you receive your services here, at the leading healthcare organization of Hocking County, you send a solid message that not only do you believe in the excellent care that is provided at HVCH, but that you are socially responsible when it comes to investing your dollars. When we fail to invest in each other, we allow other city and county organizations to benefit from our hard earned money, thus taking tax revenue away from our neighborhood. It's a ripple effect, and not a good one.

For 2018 I encourage

1. According to a study done by Harvard Business School, giving money to someone else was shown to actually lift the givers happiness more than if they had spent it on themselves.

2. In his book *Why Good Things Happen to Good People*, Stephen Post, professor of preventive medicine says that giving to others has been shown to increase health benefits in people who are chronically ill, including those with HIV and multiple sclerosis.

3. Giving also promotes a sense of social connection. When you give to others, someone else is likely to be rewarded because of it. While it may not be immediate, and perhaps not even in your lifetime, somewhere down the line someone is going to benefit because of your generosity. You might even save their life.

4. Giving begets giving. It becomes contagious!

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Hocking Valley Community Hospital welcomes ten new employees for the month of January. Pictured are: James Cruz, Foundation Intern; Charles Kish, MHT, BHU; Jessica Kinnison, Physical Therapy; Tamara Bourne, R.N., BHU; Dana Juniper, Respiratory Therapist, Cardio; Traci Eaves, R.N., ED; Austine (Kasee) Lanning, R.N., Inpatient; Heath Meadows, STNA, Inpatient; Mary Ash, R.N., SCU; Christine Steele, Admitting Clerk.

Welcome Back Dr. Ireton

We are pleased to announce that Dr. Ireton is returning to HVCH as a hospitalist and will begin his first shift on Saturday, February 3rd. Welcome back Dr. Ireton!



Hopewell Health's New Location

Hopewell Health has moved to a new location; 30381 Chieftain Drive. If you have any questions or concerns, contact Hopewell Health at (740) 985-2555

HVCH Cafeteria Menu Jan. 8 - Jan. 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Chicken Breast Honey Roasted Potatoes Succotash Zucchini Cheesy Breadsticks Italian Wedding Soup	Hot Dogs Chicken Wings Tator Tots Fried Corn Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus with Cashews Cauliflower Beef Pot Roast Soup	Fettuccine Alfredo Pizza Pinwheel Cheesy Breadsticks Mixed Veggies Carrots Bean & Ham Soup Corn Muffin	Egg Omelet Breakfast Burrito Sausage Patty Bacon Biscuits & Gravy Cheesy Potato Bake Chicken Buffalo Soup

DIRECT

each of us to review our strategies for becoming more consciously involved in the life of the only hospital within this area – HVCH. Together we can make our town stronger and a more healthy, safe and vibrant place to live.

So many ways to make a difference await you: A simple designation of HVCH as a beneficiary to a life insurance plan. This is one of the easiest ways to leave a legacy – by simply writing in the name of Hocking Valley Community Hospital Foundation and letting us know so that we may properly thank you. Assigning HVCH as one or sole beneficiary saves your family on inheritance tax, and provides you an opportunity to make a gift without infringing on your everyday way of living today.

Setting up an easy automatic monthly gift to HVCH Foundation through your online banking is another great option. Much like your monthly cable or electric bill, once it's set up to withdraw automatically each month, you never have to worry about it again! But, unlike most of your utility bills, at the end of the year, you can deduct the gift to the Foundation on your taxes.

Is there someone special in your life that you wish them never to be forgotten? Talk to us today about a memorial or endowment, and keep their memory alive by saving others. For more information on how you can make 2018 a year of impactful conscious giving, please call the Foundation Office at 740-380-8336 or email Laticia Johnston at ljohnston@hvch.org today.

Preventing the Flu

According to the CDC, the single best way to prevent seasonal flu is to get vaccinated each year. However, good health habits like the ones listed below will also help keep you and your family healthy this flue season.

1. Avoid close contact with people who are sick.
2. Stay home when you are sick to help prevent spreading your illness to others.
3. Cover you mouth and nose with a tissue when coughing or sneezing.
4. Clean your hands often to help protect you from germs. If soap and water is not available, use an alcohol-based hand rub.
5. Avoid touching your eyes, nose, or mouth to help prevent the spread of germs.

You can set up an appointment to get your flu vaccine by calling the Hocking Valley Medical Group at (740) 380-8160.

Coconut Cinnamon Cocoa

This hot cocoa recipe is a tasty winter treat with less sugar and no artificial ingredients to help warm you up!

PREPARATIONS

- 1 cup unsweetened coconut milk
- 2 tablespoons coconut cream
- 1-2 teaspoons real maple syrup
- 1/8 teaspoon cinnamon
- 1/8 teaspoon vanilla extract
- 1 tablespoon unsweetened, dark cocoa powder
- Pinch of sea salt

Combine all ingredients, heat, and serve!



START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Director, Cardiopulmonary/ Cardiovascular (Registered Respiratory Therapist) - Full Time
- Environmental Services Associate - Contingent - Variable Hours
- Registered Nurse (RN) - Full Time - Nights - Inpatient Services
- Registered Nurse (RN) - Part Time - Nights - Inpatient Services
- Registered Nurse (RN) - PRN/ Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit/Nursing Supervisor - Full Time - Variable Hours
- State Tested Nursing Assistant (STNA) - PRN/Contingent - Inpatient Services



HOCKING VALLEY Community Hospital

OUR MISSION

To provide extraordinary care close to home now and into the future.

OUR VISION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

HVCH is a 25-bed, critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.