



# HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

## FEB. 23, 2018

# Weekly Update

## Are you sticking to your New Year's resolution?



The second month of 2018 is coming to a close. By now you're either going strong on your New Year's resolution...or starting to waver. Either way, it's okay! This is the year you're going to exercise more, eat healthier, quit smoking, be smarter with your money, drink less alcohol, learn a new skill, or whatever other resolution you've set. No matter what you plan to do, there are things that will help you accomplish your goal.

### First, be realistic.

Don't expect to complete your resolution by March. Keep working at it, every day! Think about where you will be when you reach your goal and let that motivate you. For instance, if

you're determined to work out this year, don't burn yourself out by exercising every day. Aim for four or five days a week, instead of forcing it. And if you don't make it all four days, don't give up. You're fine. Keep going, and absolutely do not beat yourself up. Stay positive. Be proud of the progress you've made!

**As you work towards your goals, replace old habits with new hobbies.** Kicking a habit is hard, whether it's giving up junk food, smoking, or even social media. You can fill the void of that unhealthy habit by picking up a new hobby to distract you.

RESOLUTION, PAGE 3

## EVENTS CALENDAR

### **March 1: TWIG VI Chinese Auction Hocking County Fairgrounds**

Doors to the Hocking County Fairgrounds Youth Building open at 5:30 p.m.; Drawings begin at 7 p.m. Lottery Tree, Door Prizes, 50/50. Baked goods & refreshments available.

### **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.

### **March 27: Blood Drive HVCH Meeting Room**

A Red Cross blood drive will be held at HVCH from 10 a.m. to 3 p.m. Call (740) 380-8218 for an appointment.

## INSPIRATIONAL QUOTE OF THE WEEK

*"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."*

— Francis of Assisi

## Direct to You: From Julie Grow, CFO

### Epic on the brain!

Many of you at this point are probably "Epic'ed" out. I even saw a photo on Facebook of a drawing hanging in the Medical Arts Building with squiggly lines representing our brains on Epic... how very true! But when I think about all of the benefits to not only our organization, but to our patients, I can't help but get excited to "flip the switch" on March 6th.

I want you to think about something for a minute... As consumers, we demand access to our bank account information 24 hours a day, 7 days a week, 365 days a year, no matter where in the world we are at any given time. I expect to have full access to not only my account transaction history, but the ability to have access to my money from absolutely anywhere. After all, it's my money, right? Now consider this... as patients, why do we not demand that same access to our personal health information? Why don't we expect anyone who is taking care of us, no matter where we are in the world or what time



Julie Grow, CFO

of day it is to know that I take a Plavix and Baby Aspirin for my Carotid Artery Disease? Or that I had my appendix removed in 2015? Why are our expectations so vastly different for two integral parts of our lives?

Excitedly, Epic moves us one step closer to living in a world where this is possible. A large part of the Epic platform is "MyChart." MyChart is used by patients to track their health, communicate with their clinicians and health care teams, review test results, and much more. There is even an app you can download to your smartphone so that you can have instant access to your personal medical information.

I know we have focused so much of our brains to the functionality of Epic as it relates to our everyday workflows, but don't overlook the importance of Epic to you as a patient. Be sure to activate your MyChart account and encourage your patients to do the same. The amazing thing is, that over 56% of the population already has an Epic record and the MyChart app is the most popular downloaded health app on the market.

**DIRECT, PAGE 3**

## New Director of Cardiovascular Dept. named

Bryan Brown, Registered Respiratory Therapist, has been appointed to succeed Roy Davis as the Director of the Cardiopulmonary/Cardiovascular Department.

Roy recently accepted the newly-created position of HVCH Business Development Officer.

Bryan has been with HVCH since January of 2001 as a Respiratory Therapist. He began his new position in February.

Bryan received his Bachelor of Science from Wheeling Jesuit University in 1995. He and his wife Trecia reside in Vinton County. They have one daughter, Sydney, a sophomore at Vinton County High School. Bryan enjoys taking care of his horses and coaching football at Vinton County Middle School.

"I'm excited to be starting in this role and to continue serving our patients," Brown said.



## TWIG VI CHINESE AUCTION THURSDAY, MARCH 1, 2018

**Hocking County Fairgrounds Youth Building  
Doors Open at 5 PM; Drawing at 7 PM**

**LOTTERY TREE • DOOR PRIZES • 50/50**

**Baked Goods & Refreshments Available!**

*All proceeds benefit Hocking Valley Community Hospital.  
For more information call HVCH at 740-380-8154*

### HVCH Cafeteria Menu Feb. 26-March 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Joe French Fries Broccoli Cabbage Corn Cream of Potato Soup	Meatball Sub Chicken Fingers Spinach Casserole Potatoes Cauliflower Breadstick Chicken Noodle Soup	Waffle Bar Bacon Cheeseburger Cheesy Hash Browns Corn Broccoli Battered Onion Rings Tomato Soup	Burritos Loaded Nachos Baked Potato Bar Fried Rice Cauliflower Beef Pot Roast Soup	Hot Dog/Bun Battered Cod Breaded Green Beans Vegetable Medley Peas Cauliflower Cheese Soup

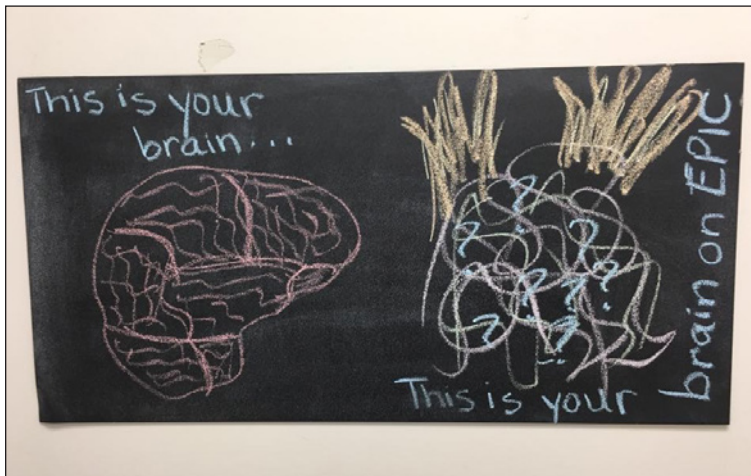
## DIRECT

HVCH is jumping into the electronic health world with both feet by implementing Epic. We are giving our patients the opportunity to take charge of their medical information in much of the same way our consumer expectations transformed the banking industry. Studies have shown that when physicians can access comprehensive patient information electronically, when they collaborate on patient care and are supported by data analytics, and when they follow evidence based guidelines, the likelihood of their patients dying from a heart attack decreases by as much as 30%! This makes a lot of sense when you think about it. No longer will a healthcare provider have to rely on the memory of a man in his eighties to tell him what kind of medications he is taking and the exact dosages.

It's exciting to think that ten years from now, my eight-year-old daughter will likely not remember a world without electronic access to her important medical information. It will be one of those "When I was your age" stories I will tell her about carrying around a slip of notebook paper in my purse with all of my medications and vaccination history on it and she will laugh at the absurdity of it.

I'm thankful that each of you are putting in so much effort to make this go-live a success and that you are paving the way to give our patients the best access to their medical information and the opportunity to successfully manage their health. You are each a part of something so much bigger than punching keys on a keyboard. You are changing the course of healthcare as we know it. Thank you for the difference you make!

— Julie G.



## RESOLUTION

Get a library membership and start reading! Lose yourself in a good book, and you'll completely forget about that old habit. Listening to music can have the same effect for some people. You can also swap your bad habit for a good one. Try learning an instrument, going for a bike ride, or teaching yourself to cook – HEALTHY meals! Fill your extra time with positive, rewarding activities, and you'll be more likely to succeed.

### Have a support system.

Attempting to complete a New Year's resolution can be difficult. It'll be much easier if you have a friend to lean on, every step of the way. If you and your friend have the same resolution, that's great! But it's more important that you have someone to talk to, whether it's your spouse, parent, sibling, co-worker or friend. This person will help you through moments of doubt and days when you're struggling. He or she can also be your accountability – if someone knows about your resolution, you'll be more likely to stick to it! Don't disregard the importance of having a support system. They will be there to cheer you on and celebrate every milestone you make.

*Info courtesy South Central Ohio Insurance Consortium*

## START YOUR CAREER WITH HVCH TODAY!

Apply @ [www.hvch.org](http://www.hvch.org)

- Radiologic Technician - Part Time
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Respiratory Therapist - Full Time - Nights
- Respiratory Therapist - PRN/Contingent - Nights
- State Tested Nursing Assistant (STNA) - Inpatient Services - Contingent/PRN
- Student Intern - Healthcare Administration (Unpaid)

# HVCH visits Hocking Hills Elementary students



Hocking Valley Community Hospital representatives recently traveled to Hocking Hills Elementary. We love our elementary students & the community we serve!



Michelle Matheny, Director of Emergency Department, discussed the importance of sleep to 2nd graders. It is recommended for young children to receive 9-10 hours of sleep each night.



Rick Steele, Activity Therapist & COTA, discussed his role as a therapist to 3rd graders and the fun activities & exercises you can do from your chair.



Ginger Johnson, Administration, provided nutritional information to the 4th grade classes. Students measured serving sizes and learned portion control.



Beth Bell, Community Relations, discussed the importance of cold prevention & bundling up for winter weather to the 1st grade class.



Kindergartners learned the ABC's of Health. "E" is for "Exercise" and the importance of daily exercise and activities.



## HEALTH TOPICS

### A - Z

## (C)ommit to a Healthy Lifestyle

A healthy lifestyle is not purely choosing to bring carrot sticks and hummus instead of cookies for an afternoon snack and setting aside to work out four times a week. It is a commitment, a way of life that promotes optimum physical health. Working up to 40 hours a week or more can make it difficult. No one says it's easy but there are things you can do to help make it happen.



Denise Kiamy,  
Director of Nutrition Services &  
Diabetes Education, HVCH

Make movement part of your daily life. Thinking about how often you are stationary throughout your day may encourage you to realize that a brisk walk before or after work for 30 minutes is actually essential, rather than optional, to keep your body functioning properly. There are exercise and physical activity options for the person with mobility limitations. Consider a referral to physical therapy if you have back or shoulder pain. Sitting exercise videos are available online with many to suit various fitness levels.

If you are interested in following a general healthful eating plan, focus on eating more whole grains, legumes, fruits, vegetables, nuts, and seeds. Eat at least five (5) servings of fruit and vegetables daily. Don't be color blind; the more colorful the food, the more it is packed with valuable nutrients. Eat blue and purple (blueberries, eggplant, etc.), yellow and orange (peppers, squash, bananas, etc.), and green (apples, spinach, etc.) fruits and vegetables to leverage the tens of thousands of beneficial compounds these foods offer. Color means health: the deeper and richer the color, the more phytochemical vitamins and minerals are present in the food.

Eat more beans, lentils and whole grains. Beans are chalk full of fiber providing more than any other food. Moreover, beans have more protein than

any other plant food, and protein is nature's diet pill – giving use to longer lasting appetite suppression than any other macronutrient. Enjoy all beans anyway you want: bean dips, bean soup, beans in salads, beans in your whole grain burrito, beans in brown rice, beans in chili, and beans in your stir fry – just eat more beans!

Whole grains are among the most powerful disease fighting foods nature has given us. When whole grains are refined and processed into white flour products and white rice, their outer bran coat and inner germ portions are removed. Unfortunately, these are the two areas that have virtually all of a grain's nutritional power. So a refined/ processed enriched grain is nothing more than a whole grain with all if its nutritional goodness removed.

In place of beef and processed meats, you can get your protein from eating eggs, fish, poultry, beans, soy-based foods, and nuts/ nut butters. When you eat meat, remove the fatty parts before eating.

Limit your daily added sugar intake, especially from sugar-sweetened beverages like soda, fruit juice, and sports drinks. Sugar is also found in honey, syrups, jelly, and fruit juice concentrate.

Read labels carefully so you know how much added sugar is in each portion. Fresh fruits and fresh vegetables contain natural sugars, fiber, and water. The American Heart Association recommends that added sugars make up no more than 100 calories (25 grams) a day for women and 150 (38 grams) a day for men.

Life is unpredictable so we need to nurture our mind as the tool to cope better with a busy schedule rather than a back up plan. Striving to adapt your attitude when the unexpected occurs will allow you to become resourceful and creative in working physical activity into your day. The ability to do this will also mean that you can say yes to an impromptu dinner date with friends because this is part of a healthy lifestyle, too. Making your mind flexible will help avoid the "on the wagon, off the wagon" mentality. Commit to a healthy lifestyle with your mind and body.



# 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 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.