



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAY 4, 2018

Weekly Update

National Hospital Week May 6-12, 2018



On May 6-12, 2018, hospitals around the country celebrate and recognize the men and women who every day work hard to deliver exceptional health care to the community.

National Hospital Week was established in 1921 and the first event was launched in Chicago, IL. To honor famed nurse Florence Nightingale, the event is held annually on the week of her birthday, May 12.

This week, HVCH will recognize our more than 350 employees with daily celebratory events including Donuts/Cappuccino Day, Popcorn Day, Hospital Olympics, Employee Recognition Lunch, and Ice Cream Bar Day.

During the Employee Recogni-

tion Ceremony, a number of employees will be recognized including our Healthcare Worker of the Year and Excellence in Leadership Award winners. Healthcare Worker of the Year nominees are: Beth Bell, Community Relations/Foundation; Holly Gompf, R.N., Surgical Services; Joellen Kemper, Pharmacy Technician; Rajeshri Ram, Mental Health Technician; and Crys Walker, R.N., Specialty Clinic.

We cannot thank our employees enough for their dedication, hard work and commitment to the wellbeing of our hospital and community.

Caring is our calling and to all of our employees who define caring, thank you!

EVENTS CALENDAR

May 11: TWIG VI Mother's Day Raffle

TWIG VI is selling raffle tickets for a Mother's Day raffle until Friday, May 11. Raffle contents include: home-made quilt, OSU cardigan, pedestal clock and a \$50 Kroger gift card. Tickets are 1 for \$1 or 6 for \$5. Call 740-974-9810 for tickets or visit the HVCH Administration or Community Relations Offices. Proceeds benefit Hocking Valley Community Hospital. Payroll deduct available for HVCH employees.

June 14: Book Sale HVCH Meeting Room

The HVCH Auxiliary is hosting a summer book sale fundraiser for the hospital. Shop discounted books and gift items from 7 a.m. to 3:30 p.m. in the hospital meeting room. Payroll deduct available for HVCH employees. All proceeds benefit Hocking Valley Community Hospital.

INSPIRATIONAL QUOTE OF THE WEEK

"Good, better, best. Never let it rest. 'Til your good is better and your better is best."

– St. Jerome

Direct to You: From Latricia Johnston

May is a wonderful month to celebrate so many things, (i.e. graduations, summer jobs, Cinco De Mayo, Mother's Day, Memorial Day, and summer vacation plans. Spring has been slow to arrive and all of us for sure are eager to start making some memories this spring and summer. Memories are created many ways, and mean different things to different people.



Latricia Johnston,
Chief Public
Relations Officer

my mother's side of the family. Grandmother had the most beautiful flower garden ever, and preferred to place her fresh cut peonies in tin foil wrapped aluminum coffee cans on the graves while the rest of us planted annuals. After several hours of decorating, there was a pull off alongside Rt 595/278 near Carbon Hill Cemetery where we would set up tables and lawn chairs and spend time sharing our meal together.

Everyone brought picnic baskets full of food, and grandmother would have made her famous noodles. Fried chicken and lemon pie were also staples of our annual event. I remember a creek there and how we kids would play nearby. This may seem like a silly memory to some, but for me I absolutely treasured that day as a kid. A full day visiting cousins and grandparents while learning about my relatives, and I honestly believe that is when my love for genealogy began.

In keeping with the May holiday and paying your respects this month, in addition to your usual traditions I

Memorial Day is identified as the official start to summer break for some, so taking off for an extended weekend is how many families celebrate. Others will load up their vehicle with plants and mulch, shovels and hand tools, gallons of water and will head to the graves of their loved ones and friends. These are all traditions that have formed over the years and become important in our lives because they connect us to our past.

Growing up, we would spend the day visiting cemeteries with





HOCKING VALLEY
Community Hospital

Join Us!

RETIREMENT RECEPTION
Dr. Robert Neff

HVCH Front Lawn
601 State Route 664 North, Logan

Thursday, May 17th from 12 to 2 PM
Ceremony at 12:30 PM

Kindly RSVP to Beth Bell,
740-380-8154 or bbell@hvch.org.

HVCH Cafeteria Menu May 7-11				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Chicken Breast Honey Roasted Potatoes Succotash Zucchini Breadstick Italian Wedding Soup	Hot Dog/Bun Chicken Wings Tator Tots Fried Corn Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus w/ Cashews Cauliflower Beef Pot Roast Soup	Panini Grill Salad Bar Minestrone Soup	Pizza Burger Macaroni & Cheese Ranch Wedges Breaded Zucchini Peas Broccoli Buffalo Soup

National Nurses Week May 6-12

Hocking Valley Community Hospital would like to take a moment to thank the 106 nurses who work throughout the hospital.



Our Registered Nurses (RNs) and Licensed Practical Nurses (LPNs) work in several areas throughout the hospital including the ER, Medical/Surgical Unit, Special Care Unit, Behavioral Health Unit, Urgent Care and Cardiovascular. Our nurses help with patient assessments, plan of care, act as a patient liaison with the provider, administer medications, perform procedures, among many other duties.

RNs either complete schooling with an associate or a bachelor's degree. Each nurse must complete 24 continuing education credits and one nursing law continuing education credit every two years to remain licensed.

DIRECT

would encourage each of you to consider making a memorial to the HVCH Foundation this year. There are so many ways to keep your loved one's memory alive and meaningful through giving to our Foundation. While providing a lasting legacy, you are also improving our patients' experience. Naming opportunities are available at different levels and in different locations of our hospital. Your gift could provide a bench in our courtyard or on our grounds for patients to find respite; new furniture in patient rooms or lobbies; life saving equipment in our procedure rooms; or the possibility for future growth and expansion. Additionally, if your loved one lived a life giving back to others, your contribution allows them to continue being philanthropic long after their lifetime.

Please take a moment to call us today at 740-380-8336! We would love to help you find that special way to say "never forgotten."

TWIG VI MOTHER'S DAY RAFFLE



Raffle includes: Homemade Queen-Sized Quilt, Large OSU Cardigan Sweater, Pedestal Clock, \$50 Kroger Gift Card

\$1 EACH OR 6 FOR \$5

DRAWING IS FRIDAY, MAY 11

Tickets available in HVCH Administration or Comm. Rel. offices, or by calling Lisa Pickrell at (740) 974-9810.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Chief Nursing Officer (CNO) - Full Time
- Food Service Aide - Part Time - Variable
- Help Desk/Desktop Technician - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Contingent/PRN
- Radiologic Technician - Part Time
- Registered Nurse (RN) - Contingent/PRN - Behavioral Health Unit
- Registered Nurse (RN) - Full Time - Nights - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit - Full Time - Nights
- Respiratory Therapist - Full Time - Nights
- Respiratory Therapist - PRN/Contingent - Nights
- STNA - Inpatient Services - Contingent/PRN

HVCH Foundation kicks off 2018 Employee Campaign



The Hocking Valley Community Hospital Foundation kicked off its 2018 Employee Campaign this week. Last year, the campaign raised more than \$33,000 to help fund equipment purchases for a third hospital operating room. This year's campaign will raise funds for renovating the hospital cafeteria. Employees celebrated kick off by dropping off pledge cards and enjoying snacks and games.

Brown Rice Risotto with Shrimp

From the Academy of Nutrition & Dietetics



Serves 6 | Serving Size: 1 Cup
 300 Calories | 2 g Sat. Fat | 120 mg Sodium
 *Per Serving

Ingredients:

- 2 tbs extra virgin olive oil
- 1 medium yellow onion
- 1 garlic clove, minced
- 1 cup low-sodium vegetable broth, divided
- 1 tsp fresh rosemary
- 1/4 tsp saffron
- 1 lb. shrimp, raw
- 1/2 cup grated Parmesan, divided

Directions:

1. In a large saucepan, heat oil and sauté onion and garlic. Add rice and cook quickly for 2 minutes more, stirring constantly.
2. Add ½ cup vegetable broth, rosemary, parsley and saffron. Stir well, cover and gently simmer.
3. Add another ½ cup of broth as liquid is absorbed. Continue with remaining broth until it's all used. Rice should be tender after cooking for about 30 minutes).
4. While waiting for the rice to cook, bring one quart of water to a boil. Cook shrimp until pink. Drain and reserve.
5. Just before the rice is done, add ¼ cup cheese. When cheese is melted through, remove from heat. Add cooked shrimp to rice. Toss until combined.
6. Top with remaining cheese and serve.



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.