



Leading the Way

SPRING 2018

I GIVE

**EMPLOYEES GIVE
BACK TO HVCH**

**Meet the
NEW CEO**

**HVCH FOUNDATION PURCHASES
NEW BUILDING FOR HVMG**

See inside for details



Writing the Epilogue

Saying goodbye is a very emotional thing for me and I'm struggling to convey to all of you how you have made the last five years as CEO such a great experience. Although there have been some challenging times and difficult decisions to be made, support of hospital staff, physicians, and leadership has been unwavering. It has been a privilege to guide a group of individuals who clearly understands what their mission is: To provide an outstanding, quality patient experience.

Although we will always have room for improvement, the compassion and care that are demonstrated every day to our patients is commendable and the time and effort that is invested to ensure we serve this community well is why I leave Hocking Valley Community Hospital humbled.

I have every confidence this hospital will be in good hands with its next CEO, Stacey Gabriel. Having served in numerous roles at this hospital during her healthcare career, Stacey is the ideal candidate to lead Hocking Valley forward. This ensures the culture and values that have made HVCH what it is today will continue.

I will be forever grateful for my time at this hospital for numerous reasons, but none more than the opportunity to work with a great group of individuals who have passion in serving the people of this community in their time of need.

— Julie Stuck

A new chapter

New President and CEO Stacey Gabriel recently celebrated 23 years of service with Hocking Valley Community Hospital. As she begins this new chapter in her career, she took some time to share more about herself and her role.

Q. Where were you born and raised? Family?

A. I was born in Lancaster, Ohio, where I lived until 1986. My family purchased Bush's Restaurant in 1985 and we relocated the following year. I have been a native of Logan ever since. I live here with my fiancé, Josh Hodson; daughter, Madi (19); son, Carter (18); daughter, Mollie (16); and son, Carson (14). It is because of these special people in my life that I am where I am today.

Q. Where did you start your career?

A. I started as an LPN in our Skilled Nursing Facility while attending RN school. Once I completed schooling, I worked as a staff nurse in a variety of settings including Med-Surg, SCU, the Operating Room and the Emergency Department. Eventually, I was promoted to Nursing Supervisor where my leadership trek began. After working as a supervisor for four years, I served as the ED and UC Director for almost 11 years, and was promoted to Chief Nursing Officer more than two years ago. I completed a Bachelor's in Nursing at Ohio University in 2007 and in 2016 I completed my Master's in Business and Healthcare Administration.

Q. Why did you choose HVCH?

A. Those who work here and patients that seek care from this hospital are important to me. The desire is strong to do everything in our power to continue to provide services to our community. Our organization is unique. Each employee plays an important role in the success of HVCH, regardless of what that role may be. HVCH holds a special place in my heart, which is why I wanted to pursue the opportunity to be the next CEO.

Q. Which life experiences influenced who you are today?

A. I was raised to work hard for what you want to achieve in life, and to not have the expectation that things are handed to you. Because of my upbringing, I set goals and developed a plan to achieve them - evidence that having a strong support system is always key to success.

Q. What projects have you been a part of at HVCH?

A. I have been involved in helping to create a strategic plan which will be our guide as the organization moves forward. I have been

chapter begins



I strongly **believe** that regardless of your role in the organization, step up and help out whenever you can. This demonstrates **commitment** to the organization. It is important to always remember where you came from, and how you got to where you are.

actively involved in a variety of teams including patient satisfaction, emergency preparedness, and leadership and employee development. I also worked on a team to bring Tele-Medicine to the organization. This year, we converted to one of the best electronic health record platforms in the country, which will revolutionize Hocking Valley Community Hospital as the leading healthcare provider in our community.

Q. What are some of the most pressing challenges healthcare organizations are facing today?

A. All healthcare organizations are facing many of the same challenges in today's world, such as reimbursement models, the opioid epidemic and chronic healthcare problems. These are especially more difficult to manage in a rural community. Rural hospitals are continuously strategizing ways to do more with less and doing so without compromising the quality of care provided. We are in collaborative efforts with several community organizations working on various committees including the Community Health Improvement Project to overcome these issues.

Q. What do you see as some of the most important decisions you will face as the new leader of this hospital?

A. Evaluating efficiencies of operations, balancing the quality of care we provide and being strong financial stewards will be ongoing. Building strong relationships with our providers is also very important to me, and overall, the sustainability of HVCH. We are a vital entity of Hocking County and we will continue integrating and collaborating with other community agencies to improve population health. I see myself as being a community liaison and look forward to identifying ways that HVCH will become more involved in our county.

To new advent

For the past 20 years, Julie Cameron Stuck has served Hocking Valley Community Hospital in various roles — culminating as president and CEO — but as a child, she never envisioned a career in health care.

Julie was born in Philadelphia, Penn., at a US Navy hospital. Her father, Richard Stuck, was enlisted in the Navy at the time.

“I was the first grandchild for both sets of grandparents, and shared my birthday with my fraternal grandfather. I was his 50th birthday present,” Julie shared.

She was raised in Pughtown, West Virginia, where she fondly remembers growing up in the neighborhood.

“Summertime was always fun. Kids in the neighborhood would always play baseball, ride bikes and swim at the local swimming pool,” Julie reminisced. “It was very difficult to get into trouble as everyone knew each other. Parents would keep an eye out for all the kids, not just their own, and report if any of us got out of line.”

Her mother, Doris Cameron Stuck, also kept an extra watchful eye on Julie throughout her school years.

“When I started first grade, my mother started working as a school secretary at the elementary school I attended. When I started a new school for Jr. High, she was transferred to the same Jr. High. By the time I was entering high school, I was certain that she was going to follow me there as well, but thankfully she didn’t.

I had a great time in high school. I was very involved in the marching and concert bands and actually thought seriously about music as a career. I was also involved with the drama team, but my first and best extracurricular activity would be the band. During the same time, I was involved with the church youth groups, multiple choir groups and 4-H.”

Julie’s first job was working for the local pool. “It was the worst and most boring job I ever had. When people came to the pool they could change their clothes, place them in a basket and give it to an attendant. When you wanted your clothes back, the attendant would take your ID pin and return your basket. I was the basket attendant. That lasted only one summer.”



After high school, the expectation from Julie’s family was that she would attend college.

“The first year at college I attended West Virginia University. Coming from a community called ‘Pughtown,’ Morgantown could have been Manhattan as far as I was concerned. I learned a lot, and not all academics. Playboy magazine named WVU the best party school in the country; streaking was at its peak particularly in colleges, and the Vietnam War was coming to an end. I’m not telling any stories.”

Julie met her husband Frank at a hospital coincidentally.

“I was a nurse in the Emergency Department, and he was a paramedic and EMT instructor. As a requirement to work in the ED, all of the nurses had to take the basic EMT course. During the final exam, one of the tests was demonstrating how to apply a short board immobilizer on a patient. Frank was the instructor who would ‘pass’ or ‘fail’ students based upon properly immobilizing. After I so carefully and expertly applied the short board to my patient, the ‘instructor,’ in a tone that caused sheer panic on my part, asked me if I was satisfied with the job I had done. Thinking I had forgotten something vital, I looked over my work several times and could not find a thing that I thought needed changed. I hesitantly told him that I guess I was satisfied. ‘OK, you pass,’ was his response and turned to the next poor student. To this day I tell him that he just wanted to make me second guess myself since I

atures

was a nurse, and he argues that was not the intention at all. I know I'm right."

She and Frank have been married for nearly 33 years. She became a mom of two stepsons, Aaron and Jason. After 7 years of marriage, she and Frank had a girl, Kristin who is now 27.

Julie says she gets her work ethic from her parents, who instilled it into her and her brother Steve at a very young age "because everyone has responsibilities and others are counting on you."

"Rules at our house were that if you were too sick to go to school, church, work, etc. then you were too sick to do anything else the rest of the day," Julie said. "I remember one winter morning it had snowed so much that when we opened the door to go outside, snow was over the top of the glass storm door. Mom tried to convince Dad that perhaps it might be a good idea to report off work. Dad would not hear of it. He removed the upper glass pane of the door and jumped out disappearing instantly. We worried about him until he called telling us that he had made it to work safely. Whenever I contemplated taking a 'play day' from work I thought about that time with my dad and just couldn't do it.

Steve, who lives in Charlottesville, Va., also is retiring and will 'beat me to the punch' by one month."

Despite not imagining herself as a nurse growing up, Julie said it is the best job she has ever had.

"I have had the privilege to meet some very amazing people being a nurse. I have also been given the opportunity to help people at some of the worst times in their lives, and also be a part of some of the happiest moments. What an amazing gift."



SAYING FAREWELL

A Note of Appreciation from the HVCH Board of Trustees

The Board of Trustees expresses deep appreciation for HVCH President and CEO Mrs. Julie Stuck and wishes her the best as she starts her next chapter of life with retirement. The Trustees have found Mrs. Stuck to be innovative, approachable, professional, and an excellent leader in the team approach leadership model. She and her leadership team have made numerous difficult decisions in helping the hospital become financially stable and more energy efficient. The team has directed the staff in installation of the new Electronic Medical Records, purchasing of digital equipment, and developing a hospital-wide strategic plan.

Under Mrs. Stuck's direction, the hospital has received numerous awards and accolades. Mrs. Stuck is a true professional and is admired not only in the community but also on state and national levels. With her background as a trauma center nurse and manager, she is able to grasp the numerous challenges of our medical facility! The Board wishes her the best in her retirement.



The Legacy of George & Elly Crow

Hocking Valley Community Hospital Foundation Board Members and staff are pleased to announce the opening of the new HVCH Foundation Medical Complex. Located at 1383 West Hunter Street, formerly Hopewell Health Center, the complex is a celebration of the lives of long-time Logan residents, George and Elly Crow.

“This is an extraordinary historic moment for our Foundation,” Latricia Johnston, Chief Public Relations Officer, said. “It’s what we are all about. The Foundation was specifically formed for the purpose of benefiting the hospital, which includes Hocking Valley Medical Group, and this facility will help propel them forward in a very monumental way.”

Formed in 1980, the Foundation has supported HVCH in various ways including capital projects such as building the Medical Arts Center to house medical professionals, partially funding a surgical wing expansion, electrical upgrades, medical equipment for various departments, and more recently, the purchase of new exercise equipment for the HVCH and Osburn Associates, Inc. walking trail.

In addition to the complex providing a more modern facility for practitioners, the Foundation is donating funds for new equipment and information technology infrastructure.



“It is because of the continued generosity of community members that we are able to continue moving our hospital forward,” Johnston said. “One such couple was George and Elly Crow. It was their deep compassion for ensuring that Hocking Valley Community Hospital remains a viable health center that inspired them to leave a legacy to HVCH Foundation. By contacting their attorney many years ago and creating a trust, they were able to rest assured their wishes would be delivered when necessary.”

“We are grateful to Mr. & Mrs. Crow and are honoring their altruism by permanently recognizing them inside the main lobby of the medical complex,” HVCH Foundation Board President Brad Little said. “We invite you to join our ribbon cutting on August 1, starting at 5 p.m. at the new facility. It is a privilege to take this time to memorialize George and Elly Crow, and to share with the community the continued efforts of HVCH and HVCH Foundation that benefit Hocking County.”

Guests will have the opportunity to tour the medical complex, meet practitioners and learn how to become a new patient.

For information on how you can follow in the innovative steps of Mr. & Mrs. Crow, please call our office at 740-380-8336. There are many ways that you, too, can leave a legacy such as theirs!



YOU ARE INVITED!

Ribbon-Cutting

& Grand Opening

HVCH Foundation & Hocking Hills Chamber of Commerce

**5 to 7 PM Wednesday, August 1
1383 W. Hunter St., Logan**



Hocking Valley Medical Group Orthopedic Group Scott Cryder, PA-C, Dr. Mark Holt, and Dr. Matthew Kauffman also have relocated their offices into the Medical Arts Building at 819 S.R. 664 N., Logan.

We're moving!

We are very excited to announce our new location for Hocking Valley Medical Group at 1383 West Hunter Street, Logan. This transition allows the medical group to reduce their practice locations from nine to only three. The building on West Hunter will house all family, pediatric and psychiatric providers. Orthopedic providers will move closer to the hospital by relocating to the Medical Arts Building, 819 St. Rt. 664 N., Logan. General surgeons will remain in the CIC building next to the hospital (541 St. Rt. 664 N., Suite A), which also provides rehabilitative services.

Family healthcare providers moving to the new location include: Charles Keller, D.O., John Woltz, D.O., and Amanda Davis, C.N.P. Pediatric providers include: Mark Scarmack, M.D. and Fallon Magdich-Ritchey, C.N.P. Additionally, all outpatient psychiatric practices will be centralized to the new location including: Max Haque, M.D., Tarek Aziz, M.D., and Pramoda Fatechand, PA-C. We are pleased to share that Dr. Jeffery Blankenbecker, D.D.S, will remain in his current location in the facility and provide the same great dental care.

The new location enables HVMG to provide patient-first, personal care in a freshly remodeled building that our patients deserve. Combining old-fashioned personal customer service with modern technology, we promise to provide excellent care and customer service.

Our new electronic health record system, called Epic, enables patients or their caregivers to manage appointments, communicate with offices via secure messaging and to see test results much sooner. Any of our employees will be glad to help you sign up for My Chart.

Our goal is to be the best medical team in Southeastern Ohio, and we are making changes to give the people of Hocking County great care. This summer we will start doing customer service surveys that allow you to have a voice, and provides us with the tools to measure ourselves against the other practices locally and across the county.

If you have never used us for your healthcare, we welcome you! And if you have, we welcome you to our new place and look forward to continuing to provide top-notch health care for you and your family well into the future.

**— Roy Davis,
HVCH Business Development Officer**

I GIVE...



EMPLOYEES RAISE FUNDS FOR HOSPITAL

Hocking Valley Community Hospital employees donated \$33,478.56 to the HVCH Foundation during the 2017 employee campaign to fund the completion of a third operating room.

The campaign was held over a three-week time span and consisted of employees completing pledge cards as well as several other team fundraisers.

Several items were purchased to complete the OR, including anesthesia cart, prep stand, ring stand, patient monitor, anesthesia machine, video tower, surgical lights, lighted helmet and others.

"This expansion shows commitment to our community in providing more operating space for our new orthopedic surgeon as well as accommodating our two general surgeons and urologist," HVCH CEO Julie Stuck said. "Our patients deserve the very best care."

This year's employee campaign will focus on the renovation of the hospital cafeteria and kitchen areas. Cafeteria renovations could include: New flooring, paint, lighting, decor, tables, chairs, trays, tray stations, salad bar, ice machine, coffee maker, etc. Front line/Kitchen renovations could include: New steam table, built in grill with hood, shelving and refrigeration, all to help improve flow of front line kitchen staff and visitors. The projected goal is \$60,000.



MEN'S HEALTH MONTH

June is National Men's Health Month. To help educate and bring awareness, Hocking Valley Medical Group physicians shared some common health issues men face. If you are in need of a practitioner for annual testing, screenings or surgery, HVMG can help. Visit www.hvmg.org for information about our practitioners or call (740) 385-0202 to schedule an appointment.

HERNIAS

"Inguinal hernias occur more often in men than women, with about 25% of males and about 3% of females developing one at some time in their life," Dr. Michael Tornwall, General Surgeon, said. Symptoms include a bulge or swelling in the groin region, often becoming larger with standing, coughing or physical exertion. Inguinal hernias in adults will not resolve without intervention and are repaired with outpatient surgery.

ORTHOPEDIC INJURIES

Common orthopedic injuries include contusions, sprains, strains and degenerative conditions.

Men are more at risk for Achilles tears and soft tissue injuries. "The best way to prevent orthopedic conditions is to stay in shape and keep your weight down," Dr. Mark Holt, Orthopedic Surgeon, said.

WORKPLACE INJURIES

PROSTATE HEALTH

Over 30 million men suffer from prostate conditions that impact their quality of life. Each year over 230,000 men will be diagnosed with prostate cancer. "Men with an average risk of prostate cancer should start screening at age 50, while men with higher risk should begin earlier," Dr. John Woltz, Primary Care Physician, said.

HOCKING VALLEY COMMUNITY HOSPITAL 2017 ANNUAL REPORT











In 2017, HVCH invested in state of the art technology to provide world class care close to home:

CAPITAL IMPROVEMENTS:

\$7,316,620

- Cardiac Ultrasound Machine - \$167,585
- Cardiac Stress Test Machine - \$26,461
- Upgrades to Surgery Equipment - \$227,493
- Enhancement of Outpatient Service Offerings - \$57,741
(Includes updates to new Urology Suite, Pain Management and Wound Care)
- Digital Radiology Equipment - \$640,340
- Building Updates - \$2,236,000
(Includes new boiler, chiller, and energy efficiency upgrades)
- Updates to Information Technology - \$3,960,000
(Including Epic Electronic Health Record)

STATISTICS:

 997 Patient Admissions	 109,336 Total Patients Seen
 31,111 Emergency Room/ Urgent Care Visits	 18 Total Average Daily Census
 164,568 Laboratory Tests	 32,772 Radiology Exams
 363,764 Medications Given	 71,591 Meals Served
 3,219 Surgeries/ Ambulatory Procedures	 \$3.7 million Total charges for which patients were unable to pay

HVCH FOUNDATION 2017 ANNUAL REPORT

From January 1, 2017, to the end of our fiscal year on December 31, 2017, the HVCH Foundation generously received more than \$145,000 in donations from the following:

INCOME: \$145,405.72

- Individuals - \$35,254.44
- Partnerships - \$37,900
- Grants - \$23,320
- Events - \$48,931.28

EXPENSES: \$84,992.82

- Events - \$25,080.25
- Operations - \$31,599.35
- Depreciation - \$28,313.22

**Zero percent of contributions are used for administrative salaries. HVCH supplements the salaries of Foundation staff.*

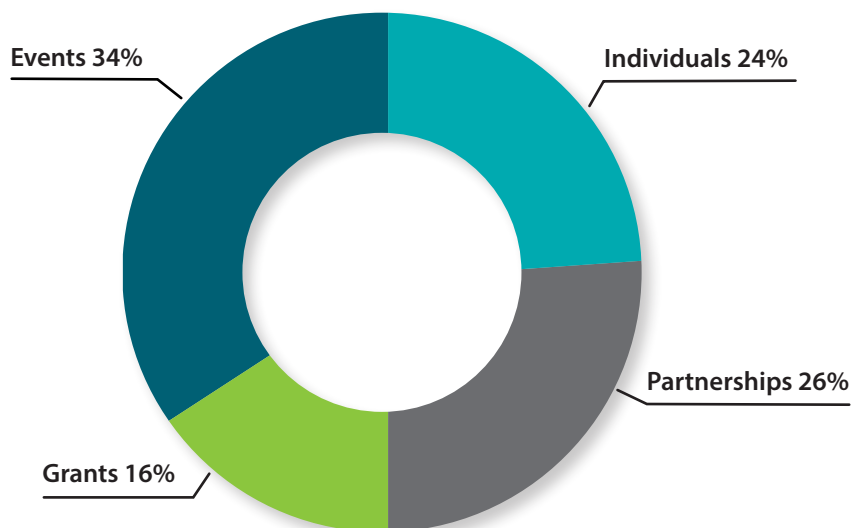
TOTAL ASSETS:

\$1,927,384.32

- Cash - \$212,700.55
- Investments - \$1,163,176.39
- Fixed Assets - \$551,207.93

PLANNED GIFTS:

\$300,000



GRANTS PROVIDED TO HVCH: \$56,406

Every dollar donated to HVCH Foundation stays at Hocking Valley Community Hospital enabling us to continue investing in the health and quality of life in Hocking County. It is our hope that every time you hear someone mention Hocking Valley Community Hospital you know the important role that you have had in caring for our community through your contributions to the Foundation.

AWARDS & RECOGNITION



HVCH is pleased to have been named the 2017 **Hocking Hills Chamber of Commerce Large Business of the Year**.

For more than 52 years HVCH has served our community in its current location of St. Rt. 664 North, Logan. HVCH is

an integral part of the community and more than fulfills its mission to "provide extraordinary care close to home - now and into the future."

The hospital is Joint Commission accredited, affiliated with Ohio State University Wexner Medical Center, and specializes in general medicine, orthopedics, general surgery, urology, oncology, pediatrics, psychiatry and numerous other outpatient services. Recently awarded Modern Healthcare's Best Places to Work Award, HVCH provides employment for over 350 clinical, non-clinical and professional staff members.

"We are so grateful for this honor," said Julie Stuck, CEO. "Upon learning about our hospital being presented with this award, I began to reflect upon all that we do. Much like a church, it is not the building that is significant, but the people within," she commented. "Our team together is what makes the difference to our patients and community."

American Electric Power recently recognized Hocking Valley Community Hospital for their commitment to energy efficiency and the environment by taking part on AEP Ohio's 2017 savings incentives program.

As a result of energy efficient changes made to the HVCH campus, HVCH will save 551,531 kWh or 422.8 tons of CO2 annually, which is equivalent to:

- 90 cars off the road per year
- Annual CO2 generation of 46 single family homes
- 10,951 tree seedlings grown for 10 years

NEW SERVICES

HVCH continues to expand our services to meet the needs of our patients and to provide care locally.

UROLOGY: Earlier this year, HVCH teamed up with Central Ohio Urology Group to open a new urology clinic located within the hospital for the convenience of patients. The clinic treats a variety of urological disorders, and if further treatment is required, procedures can be completed in the surgical department.

COMING SOON - OPHTHALMOLOGY: HVCH is working with providers to open an ophthalmology clinic in the same area as the existing urology clinic. We anticipate offering these services beginning this summer.

ON THE COVER: Stacey Gabriel prepares to take over as the new President and CEO of Hocking Valley Community Hospital. Learn more about Stacey and her journey to this new leadership role on pages 2-3.

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LEADING THE WAY

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**HOCKING VALLEY
Community Hospital**

601 State Route 664 N.
Logan, OH 43138
www.hvch.org



A SUMMER TO REMEMBER

A Summertime Fun Charity Auction

In Support of Hocking Valley Community Hospital Foundation

FRIDAY, JULY 13, 2018 • 5:30 TO 9:30 P.M.

SILENT & LIVE AUCTION | ENTERTAINMENT

Hocking Hills Golf Club, 14405 Country Club Lane, Logan



ANNUAL CHARITY GOLF TOURNAMENT

Saturday, July 14, 2018 • Hocking Hills Golf Club

Tournament Package: \$150 per golfer. Register at www.hvch.org or call (740) 380-8154.

• **AUGUST 14th**

Volunteer Recruitment: Join our volunteer team! Breakfast provided. Begins in the HVCH front lobby at 9 a.m.

• **SEPTEMBER 20th**

State of the Hospital: Join us at 5:30 p.m. in the HVCH front lobby for the address and hors d'oeuvres.

• **DECEMBER 4th**

Holiday Affair: Join us from 5 to 7:30 p.m. for this annual holiday celebration — perfect for the entire family.