



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

AUG. 3, 2018

Weekly Update

Ready for school? Make sure those vaccine records are up to date!



Back-to-school season is here. It's time for parents to gather school supplies and backpacks. It's also the perfect time to make sure your children are up to date on their vaccines.

One of the most important things a parent can do to protect their child's health is getting their child vaccinated according to the recommended immunization schedule. Whether parents have a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary, middle or high school – or even a college freshman – parents should check their child's vaccination records.

Child care facilities, preschool programs, schools and colleges are prone

to disease outbreaks. Children in these settings can easily spread illnesses to one another due to poor hand washing, not covering their coughs and sneezes and other factors related to interacting in crowded environments.

Serious health consequences can arise if children are not vaccinated. Without vaccines, children are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities. This includes spreading diseases to babies who are too young to be fully vaccinated and people with weakened immune systems due to can-

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EVENTS CALENDAR

**Aug. 1-22: TWIG II Mum Sale
Pickup at Fairgrounds Aug. 25**

TWIG II is selling mums and asters for your fall decor! 8-inch pots are \$5, 10-inch hanging baskets are \$10 and 12-inch pots are \$11. Delivery is Aug. 25 at the Hocking County Fairgrounds. Call (740) 385-4327 or (740) 380-8154 to order.

**Aug. 27: Red Cross Blood Drive
HVCH Meeting Room**

A blood drive will be held in the Meeting Rooms behind the cafeteria from 8 a.m. to 2 p.m. Please call the HVCH Lab at (740) 380-8218 to schedule an appointment. Donate blood and receive a BOGO Columbus Zoo offer!

**Sept. 20: State of the Hospital
HVCH Front Lawn**

Save the date! More details to come!

INSPIRATIONAL QUOTE OF THE WEEK

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."

—Desmond Tutu

Direct to You: From Lauren Barber

Have you ever read “Who Moved My Cheese?”



Lauren Barber,
HR Director

The book, written by Spencer Johnson, M.D., is celebrating its 20th Anniversary this year and has been widely used as a training tool in businesses, schools, and communities for change management. I read it as a young Human Resources professional several years ago when I worked for a retirement community that was going through an ownership change. Not only were we adopting a new name, but we also had a brand new culture to learn, new benefits, and new policies and procedures. Some people were excited about the new owner, but many were fearful and worried. Reading “Who Moved my Cheese?” helped me prepare my employees for the changes ahead, especially those who find change difficult.

The story follows two mice, Sniff and Scurry, and two little people named Hem and Haw as they navigate The Maze in search of cheese. The mice are always prepared to search for cheese recognizing when the old cheese has gone bad and embracing the search for new cheese. When the supply is not replenished at their usual

cheese station, they quickly move on. However, Hem and Haw are not prepared and each of them must make a decision: Wait for cheese that may or may not come or set out on a search for new cheese.

Not to give it away, but “The Maze” represents life and “The Cheese” is what is important to you – money, career, love, health, etc. The purpose of the story is to provide a simple way to see and understand how everything around us is in a constant state of change, often in ways that we cannot control. Ultimately, Haw chooses to accept change despite his fears while Hem stays behind feeling victimized and angry about their cheese-less situation. The lesson to be learned: The Cheese is always moving and we need to be prepared to find new cheese when necessary.

At the hospital, we’re facing a time of critical change. It feels like every day there is a new technology available, a new policy regarding patient care, a new model for reimbursements, and new regulations. But, there is also a great deal of uncertainty. The current presidential administration has plans for revolutionizing health-care in the United States. Depending on your personal opinions, some of those changes are great and some...are not. Those plans will have an impact on our

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Green Elementary students make donation to HVCH

Green Elementary students recently made a donation of books and cards to Hocking Valley Community Hospital. The books were collected at the end of last school year as part of a community service project for the students. Thank you cards also were made for ER and Urgent Care staff. The books will be utilized in the ER/Urgent Care waiting areas and for children who are seen at the hospital. Pictured are (from left) front row: Emma Hinton, Olivia Swope, Gracen Grow, Ella Hinton, Liam Hinton, Harris Bell, Lincoln Ballenger, Eva Hinton; second row: Heidi Swope, Stacey Gabriel, Jodie Howe, Michelle Matheny, Stephanie Swick and Becky Osburn. After the students made their donation, they toured the HVCH Courtyard and looked at the butterfly habitat, which is open through the end of summer.



HVCH Cafeteria Menu Aug. 6-Aug. 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Chicken Fingers Sweet Potato Fingers Cheese Ravioli Brussels Sprouts Garlic Bread Broccoli Soup	Taco & Fajita Bar Nachos & Cheese Corn Black Beans Spanish Rice Chili Soup	Roast Turkey Baked Ham Mashed Potatoes Dressing Peas & Mushrooms Baby Carrots Chicken Buffalo Soup	Pork Tenderloin Macaroni & cheese Baked Potato Cauliflower Brussels Sprouts Succotash Tomato Soup	Battered Cod Beef N Noodles Mashed Potatoes Breaded Zucchini Brussels Minestrone

Ribbon cutting held for HVCH VACCINE Foundation Medical Complex



Hocking Valley Medical Group and Hocking Valley Community Hospital Foundation held a ribbon-cutting ceremony with Hocking Hills Chamber of Commerce for the new HVCH Foundation Medical Complex at 1383 W. Hunter St., Logan. The building is now home to all HVMG family, pediatric and psychiatric providers.

Speakers for the evening were Andy Good, Hocking Hills Chamber of Commerce Executive Director; Roy Davis, HVCH Director of Growth & Business Development; Fallon Magdich-Ritchey, HVMG Nurse Practitioner; and Stacey Gabriel, HVCH President & CEO. A special flag raising ceremony was conducted by the American Legion with Logan High School Assistant Band Director Benjamin Wright playing the "Reveille" Trumpet Call. The HVCH Department of Nutrition prepared the refreshments.

"This is such an exciting time for the medical group, the hospital, and the patients that we serve," Gabriel said. "Until about a month ago, the medical group occupied eight different locations, however, today with the support of the Hocking Valley Community Hospital Foundation, we are able to reduce that to three locations."

HVCH Foundation is the philanthropic arm of the hospital. 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. The Foundation also donated funds for new equipment and information technology infrastructure in the new building. These funds are made available from donations to the Foundation from individuals

cer and other health conditions.

Additionally, states may require children who are entering child care or school to be vaccinated against certain diseases. Colleges and universities may have their own requirements, especially for students living in residence halls. Parents should check with their child's doctor, school or the local health department to learn about vaccine requirements in their state or county.

Check your child's vaccine records to make sure they are up to date on all vaccines they need to stay healthy:

- Keep your child's vaccine records current and in a safe place.

- If you haven't already, check your child's immunization record and schedule a visit to their provider or clinic. Doing so now will avoid a potential last-minute rush and will help ensure there are no surprises on the first day of school.

- If you need official copies of immunization records for your child, or if you need to update your personal records, there are several places you can look, including your child's care giver, health clinic or school. You may also check with your state or county's health department. Ask if your child's immunization record is in an immunization registry.

- Provide your child care facility with updated vaccine records each time your child receives a vaccine.

Vaccines are very safe.

- Vaccines are thoroughly tested before licensing, and carefully monitored after they are licensed, to ensure they are very safe.

- Vaccines are the safest and most effective way to prevent several diseases. They not only protect vaccinated individuals, but also help protect entire communities by preventing and reducing the spread of infectious diseases.

- Currently, the United States has the safest vaccine supply in its history. The country's long-standing vaccine safety system ensures vaccines are as safe as possible.

If your child needs vaccinations or a well visit, please call (740) 385-3069 to speak to one of our Hocking Valley Medical Group pediatricians today.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- **Medical Laboratory Technician (MLT) - Full Time**
- **Registered Nurse (RN) - Behavioral Health - Contingent/PRN**

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COMPLEX

and organizations in the community.

“Two individuals in particular are largely responsible for the HVCH Foundation Medical Complex - those two individuals are George and Elly Crow,” Gabriel said. “George and Elly certainly had a love for Hocking Valley Community Hospital. As a young woman in her twenties, Elly watched as her mother Lillian Rheinscheld Winters Hildabolt participated as the only female on the planning committee for the current site of Hocking Valley Community Hospital. Elly was a TWIG II member and past president, as well as a Hocking Valley Community Hospital Auxiliary Member and past president. For 21 years, Elly was the Chairman for the Hocking Valley Community Hospital Foundation Auction Committee and a member of the Hocking Valley Community Foundation Golf Committee. George could be seen in attendance of the auction and golf outing each year, showing his support for the hospital and their mission. They have left a legacy that will live on for many years to come. Words cannot describe the impact their contribution will have on patient care provided in this community.”

For more information about Hocking Valley Medical Group or to schedule an appointment with one of the physicians in the new building, please call (740) 385-0202.



AMERICAN
Red Cross
MAKE SOMEONE
WHOLE AGAIN

Without A, B & O, we can't save anybody. You are the #MissingType we need.

Blood Drive **Hocking Valley Community Hospital**

Meeting Rooms A & B
601 St. Rt. 644 N
Logan, OH 43138

Monday, August 27, 2018
8:00 AM to 2:00 PM

Call the HVCH Lab at 740-380-8218
to schedule an appointment.

Receive a Columbus Zoo BOGO entry offer!

DIRECT

hospital and could possibly change the way we care for our patients and the services we offer. This means that our cheese, the goals of the hospital and our strategy for reaching them, must always be evolving. In order to ensure our success in the future, we have to make tough decisions. Sometimes that means leaving the familiar behind to seek out new territory.

Of course, change is scary. We wonder frequently if we're doing the right thing and if our plans will work out positively. Often times we'll start down a path and hit a wall – just like a real live maze. Rather than shut down and give up, we have to turn around and try a different path. The important message here is that change should be embraced. Because we're creatures of habit and like “the way we've always done it,” it doesn't mean this is always going to be the best way. When we embrace change, we dare to believe that we can be a better version of ourselves. “If we do not change, we will become extinct.” Instead, recognize they keep moving the cheese. The quicker we let go of the old the sooner we can find success with the new.

HEALTH TOPICS

A - Z

(N)o Mobility? Shoulder Dislocation

The estimated incidence of acute shoulder dislocations in the United States is 24/100,000. This number has been steadily rising. A shoulder dislocation can be partial or complete, which is when the humerus (upper arm bone) is completely separated from the socket.

The shoulder is the most mobile joint in your body. It helps you lift your arm, rotate it, and reach overhead. The shoulder is normally stabilized by a system of ligaments that keep the humerus centered in the glenoid. In addition to the capsule, there are other structures that help keep the shoulder in place.

A dislocation will tear the various structures around the joint that are responsible in keeping the shoulder joint stable. Younger patients and males are at increased risk for dislocation, although we also see shoulder dislocations in females and older individuals.

Shoulders dislocate in a variety of ways. Severe injury or trauma, are the most frequent causes of shoulder dislocations. They occur on one side. This frequently causes a tear in a structure called the labrum in younger individuals and can damage the rotator cuff in older individuals. Individuals younger than 25 have almost a 100% chance of recurrent dislocation or instability and are frequently taken to the operating room for repair. Older individuals who suffer rotator cuff tears will be considered for surgical intervention based on their age, activity level and health status.

Repetitive strain can cause a dislocation in some people who are predisposed for instability. This increased movement is sometimes normal for these people. Overhead activities such as swimming, tennis, or volleyball in patients with this condition can lead to a dislocation. Multidirectional instability is seen in a



Dr. Matthew J. Kauffman,
Orthopedic Surgeon
Hocking Valley Medical
Group

minority of patients. This condition can lead people to develop an unstable shoulder without a history of injury. People with this condition can dislocate in any direction and are commonly known to be “double jointed.” This condition is treated with rehabilitation.

Symptoms vary based on the cause, but typically you will see a deformity to the shoulder with swelling, weakness, spasm, pain, bruising and numbness. Most shoulders will dislocate forward and down. We typically see this occur when the arm is in the throwing position at the time of injury. Based on whether or not your shoulder stays out or slips back into place will usually determine the severity of your symptoms.

After evaluation in the Emergency Department, patients are generally sent for Xrays to confirm injury. Sometimes we can see small fractures (breaks) around the glenoid. The xrays will also alert the provider if the shoulder is subluxated, dislocated, or fully reduced to its normal position. If your shoulder is subluxated/dislocated, the emergency room physician or orthopedic surgeon will reduce your shoulder in either the emergency room or operating room and refer you to an orthopedic surgeon for evaluation. An MRI is usually ordered at the discretion of your treating physician.

Treatment is broken into two main types. Rehabilitation is usually prescribed to restore the shoulder's range of motion and strengthen muscles, and can help prevent dislocation of the shoulder in the future. Operative intervention is usually reserved for younger patients under 25-30, patients who have recurrent dislocations (the shoulder keeps coming out of the socket), or patients with rotator cuff tears. Almost all of these surgeries are performed through a scope (arthroscopy), but sometimes an open procedure is required.

Whether you are treated with rehabilitation or surgery followed by rehabilitation, recovery from these injuries can be a slow process. It is crucial that you follow your provider's instructions and commit to both therapy and prescribed home exercise programs.

If you are in need on an orthopedic surgeon, please contact our office at (740) 380-8140.



HOCKING VALLEY Community Hospital

OUR MISSION

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

OUR VISION

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

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.