



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

OCT. 12, 2018

Weekly Update

Make **October** your month to get screened



Most people are aware that October is National Breast Cancer Awareness Month, but there are some myths about breast cancer that can be misleading.

Myth: Most breast cancers run in families.

Fact: Only about 5% to 10% of breast cancers are thought to be hereditary, which means they are caused by abnormal genes passed from parent to child. Lifestyle and environmental factors can have an impact on breast cancer risk.

Myth: There is nothing you can do to lower your risk of developing breast cancer.

Fact: Lifestyle and environmental factors can have an impact on breast cancer risk. To keep your risk as low as it can be, maintain a healthy weight, exercise regularly, and limit the amount of alcohol you drink.

Myth: Bras cause breast cancer.

Fact: Underwire bras do not cause breast cancer. A 2014 scientific study looked at the link between wearing a bra and breast cancer. There was no real difference in risk between women who wore a bra and women who didn't wear a bra.

Myth: Regular mammograms prevent breast cancer.

Fact: Mammograms don't prevent breast cancer, but they can save lives by finding breast cancer as early as possible, when it's most treatable.

Myth: Antiperspirants cause breast cancer.

Fact: There is no scientific evidence to support the claim that antiperspirants cause breast cancer, either be-

CURE, PAGE 5

EVENTS CALENDAR

**Nov. 9: Auxiliary Book Sale,
CIC Building Meeting Room**

Join us in the CIC Building Meeting Room for our Auxiliary Book Sale fundraiser from 7 a.m. to 4 p.m. Browse a variety of books and other gift items in preparation for the holiday season. Payroll deduct available for HVCH employees. Proceeds benefit HVCH.

**Nov. 15: Medicare Enrollment,
HVCH Meeting Room**

OSHIP representatives will be available from 9 a.m. to 2 p.m. to help with Medicare open enrollment. Schedule an appointment by calling 740-380-8305.

**Nov. 15: National Rural
Healthcare Day**

Stay tuned for information on how we can celebrate this special day together!

INSPIRATIONAL QUOTE OF THE WEEK

"Knowing is not enough; we must apply. Willing is not enough; we must do."

—Johann Wolfgang von Goethe

Direct to You: From Roy Davis

October is Healthy Lung Month and the lungs have always been close to my heart (and yours LOL). During my career, I have seen too many people die and families affected from lung cancer. Medicare now allows for the cost of low dose screening for lung cancer through a CT scan to be covered and I encourage everybody that knows someone that smokes or has quit to take advantage of this.



Roy Davis,
Business
Development
Director

with your health care provider. Working together will help you decide whether screening is right for you.

Why it's done

The goal of lung cancer screening is to detect lung cancer at a very early stage — when it's more likely to be cured. By the time lung cancer signs and symptoms develop, the cancer is usually too advanced for curative treatment. Studies show lung cancer screening reduces the risk of dying of lung cancer.

Who should consider screening

Lung cancer screening is usually reserved for people with the greatest risk of lung cancer, including:

- Older adults who are current or former smokers. Lung cancer screening is generally offered to smokers and former smokers 55 and older.

- People who have smoked heavily for many years. You may consider lung cancer screening if you have a history of smoking for 30 pack years or longer. Pack years are calculated by multiplying the number of packs of cigarettes smoked a day and the number of years that you smoked.

For example, a per-

Lung cancer screening is a process that's used to detect the presence of lung cancer in otherwise healthy people with a high risk of lung cancer. Lung cancer screening is recommended for older adults who are longtime smokers and who don't have any signs or symptoms of lung cancer. Doctors use a low-dose computerized tomography (LDCT) scan of the lungs to look for lung cancer. If lung cancer is detected at an early stage, it's more likely to be cured with treatment.

Discuss the benefits and risks of lung cancer screening using LDCT



Chili cook off winners announced

HVCH employees participated in a chili cook off as part of the HVCH Foundation employee campaign. Participants entered their chili for judging and the overall winner was Lauren Barber, HR Director. Most Original Chili was Beth Bell, Community Relations Events Coordinator. Thank you to everyone who entered chili in the contest and to everyone who purchased chili as part of the fundraiser. A special thanks to our five judges: Matt Mahaffey, HVCH Foundation Board member; Donna Howard, HVCH Foundation Board member; Rick Steele, BHU; Elaine Walker, Admitting; and Tina Henthorne, Radiology.



HVCH Cafeteria Menu Oct. 15-Oct. 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Chicken Breast/Bun	Hot Dog/Bun	Chicken Tator Casserole	Tortilla Tilapia
Chicken Fingers	Italian Sausage/Bun	Macaroni & cheese	Salisbury Steak	Creamed Chip Beef
Potato Wedges	French Fries	Onion Rings	Mashed Potatoes	Mashed Potatoes
Carrots	Corn	Baked Potato	Baked Beans	Honey Carrots
Broccoli	Green Beans	Cauliflower	Cabbage	Brussels w/ Bacon
Breadstick	Blended Veggies	Spinach	Peas	Biscuit
Tomato Soup	Chicken Soup	Chili	Broccoli Soup	Dumplings

What does your community hospital mean to you?

Share your story to help HVCH win up to \$15,000



We want to invite you to nominate HVCH for athenahealth's *My Hospital, My Community Contest*. The goal is to capture and share personal stories from community hospitals across the country to help showcase the invaluable work they do and draw national attention to the importance of rural health-care.

Every time someone from our community answers the question "what does Hocking Valley Community Hospital mean to you?" HVCH will be entered to win 1 of 5 cash prizes. The grand prize-winning hospital will receive \$15,000, and second- through fifth-place winners will receive \$7,000, \$5,000, \$2,000, or \$1,000 respectively plus free marketing and PR support.

The deadline for entries is October 19.

TO ENTER HVCH IN THE CONTEST:

1. Join the My Hospital, My Community Facebook group today by visiting <https://bitly.com/mhmc2018>.
2. Share your own story, photos or video about what makes HVCH special to you and our community.
3. Encourage your friends and relatives to enter by October 19. Remember the more submissions in support of our hospital, the better.

TWIG VI Pecan Sale



Schermer Pecans: Family-owned, home grown, Georgia pecans. Makes a great baking staple for the holidays or even as a gift! The specialty pecans come in a beautifully wrapped foil bag.

- Pecan Halves** 12 oz. \$10/ bag
- Dark Chocolate Covered** 8 oz. \$10/ bag
- Caramel Pecan Clusters** 10 oz. (18 pcs.) \$10/bag
- Glazed Pecans** 8 oz. \$10/bag

Accepting cash, checks, and payroll at time of order. Please write checks to TWIG VI. To order, call Beth Bell at 740-380-8154.

DEADLINE TO ORDER IS MONDAY, NOV. 12.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Clinical Psychologist (Contract/Consultant) - Geriatric Behavioral Health
- Food Service Aide - Part Time - Various Hours
- Maintenance Technician/Mechanic - Full Time
- Phlebotomist - Contingent/PRN
- Registered Nurse (RN) - Behavioral Health/ Geri Psych - Contingent/PRN
- Registered Nurse (RN) - Contingent/PRN - Inpatient/Med-Surg
- Registered Nurse (RN) - Emergency Department - Contingent/PRN
- Registered Nurse (RN) - Emergency Department - Full Time
- Registered Nurse (RN) - Part Time - Float
- Registered Nurse (RN) - Special Care Unit - Part Time
- Sleep Tech - Full Time
- State Tested Nursing Assistant (STNA) - Part Time - Days - Inpatient Services
- Student Worker - Dietary & Nutrition Aide - Part Time

Calling All Collectors!

Display your Christmas collections

Mark your calendar for December 4th to attend our HVCH Annual Holiday Affair. To help us finalize our plans, we need your help! If you have any of the following items and would be willing to let us share them on display during our event, please contact Latricia Johnston at ljohnston@hvch.org or call 740-380-8336: Nativity scenes, Christmas stockings, Santas, old fashion ornaments, old fashioned Christmas cards.

DIRECT

son with 30 pack years of smoking history may have smoked a pack a day for 30 years, two packs a day for 15 years or three-quarters of a pack a day for 40 years. Even if your smoking habits changed over the years, your recollection about your smoking history can be used to determine whether lung cancer screening may be beneficial for you.

- People who once smoked heavily but quit. If you were a heavy smoker for a long time and you quit smoking, you may consider lung cancer screening.
- People in generally good health. If you have serious health problems, you may be less likely to benefit from lung cancer screening and more likely to experience complications from follow-up tests. For this reason, lung cancer screening is offered to people who are in generally good health.

Screening is generally not recommended for those who have poor lung function or other serious conditions that would make surgery difficult. This might include people who need continuous supplemental oxygen, have experienced unexplained weight loss in the past year, have coughed up blood recently or who have had a chest CT scan in the last year.

- People with a history of lung cancer. If you were treated for lung cancer more than five years ago, you may consider lung cancer screening.
- People with other risk factors for lung cancer. People who have other risk factors for lung cancer may include those with chronic obstructive pulmonary disease (COPD), those with a family history of lung cancer and those who are exposed to asbestos at work.

Check with your insurance company

Health insurance companies typically cover lung cancer screening for those who meet the guidelines specified by the U.S. Preventive Services Task Force. These guidelines recommend annual screening for people with a 30 pack year history beginning at age 55. Check with your health insurance provider to be sure lung cancer screening is covered under your plan.

For people on Medicare, the Centers for Medicare and Medicaid Services covers lung cancer screening for people 55 to 77 with a 30 pack year history of smoking who are either current smokers or who have quit smoking in the last 15 years.

'Tis the Season!
TWIG IV HOLIDAY
GREENERY SALE



Great Holiday Gifts!
Fragrant, Fresh Greenery & Holiday Plants

Orders are due by: October 25, 2018
Delivery will be: Between November 27 and December 6

All proceeds benefit HVCH

Payroll Deduction is available for hospital employees.
Checks can be made payable to HVCH TWIG IV.

Please call Ginger at 740-380-8207 or visit the HVCH Administration office to order.

CURE

cause of toxin buildup or aluminum exposure.

Getting regular mammograms is one of the most important things a woman can do to find breast cancer early – when it’s small, hasn’t spread, and is easier to treat.

The American Cancer Society recommends the following for finding breast cancer early in women at average risk and without symptoms:

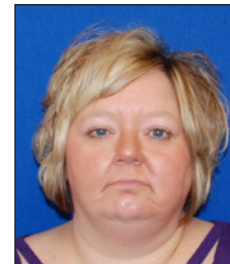
- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms if they wish to do so.
- Women ages 45 to 54 should get mammograms every year.
- Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10 or more years.

All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. Some women at high risk for breast cancer – because of their family history, a genetic tendency, or certain other factors – should be screened with MRIs along with mammograms. (The number of women who fall into this category is very small.) Talk with a health care professional about your risk for breast cancer and the best screening plan for you.

Mammograms may be scheduled anytime at Hocking Valley Community Hospital’s Radiology Department with a physician’s order; call (740) 380-8204. There also will be a free breast and cervical cancer clinic at HVCH on October 30 with the Ohio University College of Osteopathic Medicine Mobile Clinic. Call (740) 593-2432 to schedule an appointment.

Medicare open enrollment event at HVCH

HVCH is pleased to once again provide an opportunity for our community members to meet one-on-one with representatives from the Ohio Senior Health Insurance Information Program (OSHIIP). These reps are available to help you navigate through the Medicare enrollment process and help you find the best insurance program for your needs. Medicare is the federal health insurance program for individuals who are 65 years and older, select individuals who are younger with disabilities and people with End-Stage Renal Disease. Appointments will be held at HVCH on Thursday, November 15 from 9 a.m. to 2 p.m. Please call 740-380-8305 to schedule yours today.



HVCH welcomes new employees for October

HVCH welcomed new employees for the month of October including: Candy Yonis, Admitting Clerk; Laurie Withem, Admitting Clerk; Alyssa Daubemire, STNA, Inpatient Services; and Joanna Brown, RN, SCU.



Donate Your Gently Worn, Used and New Shoes To HVCH

Help us raise funds for our HVCH cafeteria renovation project by donating your gently worn, used and new shoes! Shoes must be: Clean, Good Condition, Wearable Condition. Any and all types of shoes are accepted – Boots, athletic shoes, baby shoes, dress shoes, etc.

Drop your shoes off at HVCH Community Relations Department, 601 S.R. 664 N., Logan, or call 740-380-8207 for information.

Community Drop Off Event: Tuesday, October 30, 4-6 PM, HVCH Front Canopy by the flagpole area.



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.