



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

NOV. 2, 2018

Weekly Update

300 million
INDIVIDUALS WORLDWIDE HAVE COPD

**AND WORLDWIDE DEATHS ARE EXPECTED
TO INCREASE MORE THAN**



November marks National COPD Awareness Month, an internationally-recognized event held annually to enhance exposure around chronic obstructive pulmonary disease (COPD).

What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) is an umbrella term used to describe progressive lung diseases including emphysema, chronic bronchitis, and refractory (non-reversible) asthma. This disease is characterized by increasing breathlessness.

COPD is a progressive and (currently) incurable disease, but with the right diagnosis and treatment, there are many things you can do to manage your COPD and breathe better. People can live for many years with COPD and enjoy life.

- In Emphysema the tiny, delicate air sacs (alveoli) in your lungs are damaged. The walls of the damaged air sacs become stretched out and your lungs actually get bigger, making it harder to

move your air in and out. Old air gets trapped inside the alveoli so there is little or no room for new air to go. In emphysema it is harder to get oxygen in and carbon dioxide (the waste product of your breathing) out.

- Chronic bronchitis is an inflammation of the breathing tubes (bronchial airways) inside your lungs. Tiny hair-like structures (cilia) line your airways and sweep mucus up, keeping your airways clean. When cilia are damaged, they can't do this, and it becomes harder for you to cough up mucus. This can make your airways swollen and clogged. These changes limit airflow in and out of your lungs, making it hard to breathe.
- Refractory (non-reversible) asthma is a type of asthma that does not respond to usual asthma

COPD, 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**

OSHIIP 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. 16: TWIG IV Basket Raffle
HVCH Meeting Room**

Purchase raffle tickets and put them in the gift basket(s) you would like to win. Winners will be drawn same day. Proceeds benefit HVCH.

INSPIRATIONAL QUOTE OF THE WEEK

"Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step." — Lao Tzu

Direct to You: From Latricia Johnston

No-
vember
– A time
of thanks,
a time
of giv-
ing. Each
morning, I
am greet-
ed by this
“Thankful”
sign in my
home. I actually pur-
chased it last year during
an end of season clear-
ance, so I didn’t get it out
until fall of this year. At
first, it was just an “oh,
isn’t that pretty?” kind of
thought when I looked at
it. But, shamefully, I have
realized, I should have
hung one from the begin-
ning as a testimony to the
many blessings I receive.



Latricia Johnston,
Chief Public
Relations Officer

As I am sure the crea-
tion of the piece was
meant to evoke some sort
of thought or feeling on
the buyer’s part, each day
now, there is an instant
scene that crosses my
memory of something for
which I am grateful: My
home is made of stone
and mortar and is often
filled with the sounds
of family and friends. I
remember how happy I
was to sign on the dot-
ted line. Someone else’s
shelter is crafted of straw
or tent-like material and
is filled with the familiar
sound of crying from
hunger pains, abuse, or
sadness. I can turn on

the faucet and have good
clean water. Someone
somewhere is ill from
drinking contaminated
water. While I don’t
always sit down at the
table for dinner, my plate
is plenty full of nourish-
ment, often raised in my
parents’ garden. Some-
one else this day will eat
much less, if at all. I am
blessed with a wealth
of good friendships to
celebrate life. Others be-
gin and end each day in
loneliness.

My employer, HVCH,
took a chance on me a
few years ago, and today
I have a steady income
to pay my bills. There
are those who will pick
and choose this week
between medications,
food, or rent. I have a pet
that I care and tend to his
needs, but we have all
encountered the unfor-
tunate ones that roam,
foraging for food and
warmth. For most of us
our children attend good
schools and the students
have amazing teachers.
I am saddened for those
who will never learn to
read or write. I have a
dentist, yet some have
never seen a toothbrush.

There are countries
that have very limited
access to good health care
with people relying on
ill equipped clinics and

DIRECT, PAGE 3



HVCH employee education held

HVCH hosted Employee Development Institutes this week for all hospital staff. The annual education was held to update hospital staff on a number of different topics, as well as to receive input and new ideas. Training continues next week.

Steppin’ Out with Dr. Kauffman 9 AM Thursday, Nov. 15 Walking Trail at HVCH

Take a walk with Dr. Matthew Kauffman, Orthopedic Surgeon, in celebration of National Rural Health Day and hear about how you can still be active with disabilities. Meet at the start of the walking trail at Hocking Valley Community Hospital, 601 S.R. 664 North, Logan, Entrance B. Walk begins promptly at 9 AM. For more information, call 740-380-8336.



HVCH Cafeteria Menu Nov. 5-Nov. 9				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Joe French Fries Carrots Cabbage Corn Potato Soup	Meatball Sub Chicken Fingers Spinach & Cheese Casserole Fried Potatoes Cauliflower Breadstick Chicken Soup	Waffle Bar Bacon Cheeseburger Cheesy Hashbrowns Corn Broccoli Onion Rings Tomato Soup	Burritos Loaded Nachos Baked Potato Bar Fried Rice Brussel Sprouts Beef Pot Roast Soup	Hot Dog/Bun Battered Cod Breaded Green Beans Vegetable Medley Peas Cauliflower Cheese Soup

DIRECT

local “healers.” No ambulances or 9-1-1 available to respond to their emergencies. No taxis to take them to the nearest doctor, forcing them to walk for miles or even days to finally see a provider. I can physically look out my window right now and see our local EMS, and I am sitting in one of the finest critical access hospitals I know. It befuddles me why someone might choose to drive elsewhere for healthcare, when we are blessed to have a hospital with certified and credentialed staff to keep our families healthy. There are countries where according to Healthcare in the Developing World, people sometimes start lining up at three o’clock in the morning to squeeze through the doors of a hospital when it finally opens at 9 a.m. We are fortunate in Hocking County that our hospital is open 24/7 and that we have the EMS team to come pick you up in a critical situation.

As we move into this season of Thanksgiving, I hope that you put HVCH somewhere near the top of your list, too. When you need a surgeon, pediatrician, family provider or psychologist, I encourage you to call the Hocking Valley Medical Group. They can refer you to our hospital for your testing, preventing you from unnecessary travel time and expenses going elsewhere. It’s easy to become complacent and not realize how lucky we really are. A community without a hospital is not a robust and thriving community. Protecting the livelihood of HVCH should be the goal of all of us as a community. And, it really does take a village. Wishing you and yours a time of wonderful Thanksgiving.



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 or visit Administration.

DEADLINE TO ORDER IS MONDAY, NOV. 12.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Certified Occupational Therapy Assistant (COTA) - Contingent/PRN
- Clinical Psychologist (Contract/Consultant) - Geriatric Behavioral Health
- Desktop Support Technician - Information Services - Full Time
- Environmental Services Associate - Part Time - Variable
- Maintenance Technician/Mechanic - Full Time
- 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) - Part Time - Inpatient Services
- Registered Nurse (RN) - Part Time - Float
- Registered Nurse (RN) - Special Care Unit - Part Time
- Respiratory Therapist - Full Time
- Sleep Tech (Polysomnographic Technician) - Full Time
- 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: Nut crackers, Nativity scenes, Christmas stockings, Santas, old fashioned ornaments, old fashioned Christmas cards.



A message from the HVCH CEO

Hey there! It's Stacey Gabriel, CEO of Hocking Valley Community Hospital. Coming soon is a day that I'm excited to share with all of you. Hocking County is just one little spot in the heart of Ohio, however we have people that visit us from all over the globe. Sometimes when they are here, they have to visit our healthcare facility. We have patients from 88 counties in the state of Ohio and 48 of the 50 states. So please stay tuned in the coming days; we have more exciting news to share. Everybody have a great day!



Please consider honoring or making a lasting tribute for someone you hold dear. The Annual HVCH Auxiliary Celebration of Lights Ceremony will be held during the annual Holiday Affair event on:

**Tuesday, December 4th at 6:00 p.m.
 HVCH Outdoor Campus**

Recognition is:

- \$10 in Memory or Honor of an Individual**
- \$10 in Memory or Honor of a Family or Couple**
- \$25 in Honor of a Business**

Names honored will be recognized during the Celebration of Lights tree lighting ceremony and will be on display in the Main Lobby throughout the holiday season.

All proceeds benefit the HVCH Auxiliary and payroll deduction is available for hospital employees. Order forms are available on the bulletin board outside the HVCH Café hallway or by calling the Community Relations office at (740) 380-8154.

Completed order forms must be returned to the Community Relations office by Friday, November 23rd, to be included in the program and honorary display.

HVCH Foundation employee campaign concludes

Congratulations to Team #3 - "The Food Fighters" for a strong finish during our HVCH Foundation Employee Campaign Team Fundraisers! Their fundraising efforts consisting of lollipop pull, chili cook off, pallet signs, resale of home goods & Halloween candy grams generated \$1,385 during the month of October.

Thank you to all who participated in our team fundraisers & stayed tuned for next week's edition as the final winning team will be announced!

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 receives Donate Life flag for organ donation awareness

With nearly 115,000 individuals on the national waiting list for life-saving organ transplants, the need for more registered organ, eye and tissue donors in the U.S. is critical. An estimated 20 people – men, women and children – die each day for lack of an available organ. In Ohio alone, more than 2,900 are currently waiting for the Gift of Life.

To raise public awareness about this drastic medical need, Donate Life Ohio is endeavoring to raise Donate Life flags in each of Ohio's 88 counties in 2018. By inviting local government offices, schools, hospitals, BMV's, businesses and organizations to get involved with these local flag-raising events, Donate Life Ohio hopes to encourage the public to stop, pause and consider the difference they can make as a registered organ, eye and tissue donor.

Flags Across America, a nationwide celebration honoring donors, recipients and waiting patients, was born in 2006. What began as a unique idea for National Donate Life Month, took on a life of its own and spread like wildfire. It soon became a year-round tribute with the added benefit of being able to increase donor designations, generate positive media stories and honor donors, recipients and waiting patients. Donate Life flags have been incorporated into flag raising ceremonies, donor recognition ceremonies, workplace partnerships, presented to donor families, displayed at funeral homes during visitations and at memorial services — either on display, as a casket cover or altar cloth, and more.

Since 2006, 50,000 Donate Life flags have served as a nationwide display of unity, remembrance and hope, while honoring those touched by donation and transplantation. Coinciding with the 10th anniversary of the Flags Across America initiative, Donate Life Ohio will begin raising flags in March and will hold events throughout the state through November 2018. This statewide initiative shall serve as an opportunity for Ohioans to consider the difference they can make as an organ, eye and tissue donor.

COPD

medications. In an asthma attack, bronchial airways tighten up and swell. Medications can usually reverse this, opening up the airways and returning them to how they were before the asthma attack. In refractory asthma, medications cannot reverse the tightening and swelling of the airways.

Signs and Symptoms of COPD

It's easy to think of shortness of breath and coughing as a normal part of aging, but these could be signs of COPD. That's why it is important to talk with your healthcare provider as soon as you notice any of these symptoms. COPD can progress for years without noticeable shortness of breath. Ask your healthcare provider about ordering a spirometry test.

Symptoms of COPD can be different for each person, but common symptoms are:

- Increased shortness of breath
- Frequent coughing (with and without mucus)
- Increased breathlessness
- Wheezing
- Tightness in the chest

Not all COPD is the same

There are different types of COPD. Each type may affect how well different treatments work, how your symptoms affect your everyday life, and how they progress. If you have another health condition in addition to COPD (co-morbidity), such as high blood pressure, heart disease, heartburn, depression, or diabetes, this can also affect your COPD and how it is managed.

Here are some things that can help determine your particular type of COPD. Taking these things into consideration can be useful in addition to your spirometry numbers and other factors.

- Do you have a cough? If so, do you cough up mucus on most days for at least three months in a period of at least two years?
- If yes, you may have a chronic bronchitis type of COPD that will respond to different medicines.
- Are your lungs stretched out and larger than normal? If so, this may be more of an emphysema type of COPD. Sometimes it is possible to decrease the size of the big, stretched out places in your lungs.

Learn more about the common causes and risk factors of developing COPD including smoking, environmental factors and genetic factors at www.copdfoundation.org.

The goal of the Pulmonary Rehabilitation program at Hocking Valley Community Hospital is to enable the patient with COPD to live as independent and normal a life as possible. The program is designed to assist physicians in meeting the complex needs of patients with lung disease. For more information about the HVCH's Lung and Pulmonary Program, call: 740-380-8219

Enter our Holiday Affair Gingerbread House Competition!

TUESDAY, DECEMBER 4, 2018 - 5:00-7:30 PM

RULES:

- Theme: An Old Fashioned Christmas!
- Group participation is encouraged; one entry per individual, business, group, or organization will be accepted.
- Cost to enter: FREE
- Registration Deadline: Friday, November 30th. (Please complete & return entry form)
- Structure should be constructed on a sturdy base (heavy cardboard, foam core or wood dependent on weight).
- Base dimensions cannot exceed 24" x 24". If using cardboard, cover base with aluminum foil so that moisture from the icing does not soak in.
- All Gingerbread Houses must be 100% edible candy/embellishments/materials except the base board and candy wrappers. However, you are permitted to use hot glue guns if necessary.
- Due to weight of the decorated house, as well as environmental conditions in display areas, we suggest always building an infrastructure for support. This can be built from foam core, heavy cardboard, Styrofoam, or rice crispy treats using a substantial amount of Royal Icing as "glue." The houses are on display for an extended period of time. The combination of heat, moisture and weight will cause them to deteriorate if there is not enough support or icing used.
- No electrical components should be included in the structure, batteries are acceptable.
- Non-edible decorations, such as paint, ribbon, figurines, etc.

- may be used ONLY to decorate your base.
- A list of materials used to create your Gingerbread House along with a brief description should be included with Gingerbread House upon delivery.
- Any inedible decorative objects included with your entry will NOT be returned at the end of the display.
- We do not recommend structures made with egg or butter icings, as they quickly turn rancid and soften causing the structure to disintegrate.
- If baking gingerbread from scratch, bake several days before assembling to prevent shrinkage.
- Do not use anything on your house that requires refrigeration (such as prepared Jello, etc.)
- If not using hot glue to assemble, we recommend using Royal Icing to assemble and decorate. Allow each portion to dry and harden before moving.
- Gingerbread House drop off times: Tuesday, December 4th from 11a-2pm (Sorry...no exceptions or late entries).
- Drop off location: HVCH Medical Arts Building – 819 St Rt 664 N, Logan (Brick building past Kachelmacher Clinic.)
- Please enter through main entrance doors, then office on right for drop offs.
- Best of Show & Runner Up will be determined by number of guest votes. Winners will be announced at close of Holiday Affair, on Tuesday, December 4th.
- All Gingerbread Houses will be sold in silent auction that evening.
- Questions? Please contact Latricia Johnston at Hocking Valley Community Hospital: 740-380-8336

**HVCH THIRD ANNUAL HOLIDAY AFFAIR
GINGERBREAD HOUSE EXHIBIT & COMPETITION**

ENTRY FORM – Due by Friday, November 30th – Sorry, No Exceptions

Individual Name, Business or Organization (to be displayed night of Holiday Affair):

Title of Gingerbread House (to be displayed night of Holiday Affair):

Address: _____

Contact Phone Number: _____



Please mail entry form to:
HVCH – Community Relations
601 St. Rt. 664 N
Logan, Ohio 43138



Or Email form to:
Beth Bell: bbell@hvch.org



HEALTH TOPICS

A - Z

(W)ound Care

The wound clinic at Hocking Valley Community Hospital uses a multidisciplinary approach including advanced wound care technologies and traditional medical therapies to healing wounds. Patients who suffer from diabetic ulcers, infections and other wounds that do not heal receive a personalized wound management plan.



Tara Jacobs
Director of Surgery
Hocking Valley Community
Hospital

Do you suffer from chronic wounds, pressure ulcers, diabetic ulcers, bone or skin infections? If you are a diabetic, over time the combination of poor blood flow and diabetic neuropathy inhibits wound recovery. If you have received radiation for cancer, your skin may have incurred injury. If you or your loved one lives with limited mobility, you are at risk for pressure ulcers. Treatment of these kinds of non-healing wounds can be a battle.

Our specialty clinic brings together a team of specialists to provide you convenient therapy options.

At HVCH your caregiver might recommend evaluation and monitoring; cleaning and bandaging; patient education; medications; or surgical treatment that includes wound debridement.

Diabetic foot ulcers, radiation wounds, pressure ulcers, surgical incisions and burns are just few of the diagnoses our clinic can help you with.

Not sure if you should seek help yet? Ask yourself, "Has my wound been trying to heal for over 30 days?" "Is there drainage around the wound that produces odor or is discolored?" "Have you ever been diagnosed with diabetes and have a non-healing wound?" If you have answered yes to any of the above questions, we encourage you to contact our office at 740-380-8171 or ask your medical provider for a referral.



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.