



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

NOV. 9, 2018

Weekly Update

NOVEMBER: National Diabetes Awareness Month

*Promoting health after
gestational diabetes*



Info courtesy www.niddk.nih.gov

This year's National Diabetes Month is focused on promoting health after gestational diabetes. Gestational diabetes is a type of diabetes that develops during pregnancy. Mothers who've had gestational diabetes need to know that they and their children have an increased lifelong risk for developing type 2 diabetes.

Gestational diabetes often has no symptoms, or they may be mild, such as being thirstier than normal or having to urinate more often. Gestational diabetes is sometimes related to the hormonal changes of pregnancy that make your body less able to use insulin. Genes and extra weight may also play a role.

Your doctor will test you for gestational diabetes between 24 and 28 weeks of pregnancy. Tests include the glucose challenge test and the oral glucose tolerance test (OGTT). If the results of the glucose challenge test show high blood glucose, you will return for an

OGTT test to confirm the diagnosis of gestational diabetes.

You can lower your chance of getting gestational diabetes by losing extra weight before you get pregnant if you are overweight. Being physically active before and during pregnancy also may help prevent gestational diabetes.

Most of the time, gestational diabetes goes away after the baby is born. Even if the diabetes goes away, you have a greater chance of getting diabetes — and your child from that pregnancy is at future risk for obesity and type 2 diabetes. In fact, half of all women who had gestational diabetes go on to develop type 2 diabetes.

If you've had gestational diabetes—

1. Get tested for type 2 diabetes within 12 weeks after your baby is born. If the test is normal, get tested every 3 years.
2. Talk to your doctor if you plan to become pregnant again in the

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EVENTS CALENDAR

**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. 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.

**Dec. 4: Holiday Affair,
5-7:30 PM, HVCH Campus**

Join us for the 3rd Annual Holiday Affair at HVCH! This year will be an old-fashioned theme with live reindeer, Schmidt's Sausage Truck, Kiwanis kettle beans, Christmas collection displays, crafts, a variety of entertainment and handmade goodies.

INSPIRATIONAL QUOTE OF THE WEEK

*Your heaviest artillery will be
your will to live. Keep that big
gun going.*

—Norman Cousins

Direct to You: From Lauren Barber

National Rural Health Day is on Thursday, November 15th. The purpose of National Rural Health Day is to recognize everyone involved in providing healthcare in rural communities as well as to bring attention to many of the challenges those same communities experience in ensuring continuing access to healthcare. This year's theme is "The Power of Rural." Every day, I see in the halls of our hospital the amazing people who keep Logan and Hocking County vibrant and successful. They exemplify what makes rural communities great: commitment to family and neighbors, self-reliance, hard work, and pride.



Lauren Barber,
HR Director

While I grew up and still live in the city, rural is definitely in my veins. Both of my parents were raised in Appalachia. My mom is from Hammondsville and my dad grew up in Toronto, both small Ohio River Valley towns just north of Steubenville. For many years, my grandmother struggled to receive high-quality healthcare as the closest hospital and many of her providers were more

than 25 minutes away by ambulance. Because her small farm was isolated in the rolling hills and she did not drive, ensuring she had access to medications and healthcare at times was difficult. She had open heart surgery many years ago and had a difficult time participating in cardiac rehab because there was no program nearby. Grandma came to Columbus to stay with my parents and eventually moved permanently. Her story highlights the challenges that many rural Americans face every day – access to quality care, close to home, when it's needed most.

Hocking County is very fortunate to have an excellent hospital and quality providers at Hocking Valley Community Hospital. For the thousands of patients we see every year, we are a lifeline. The Senior Leadership Team and Board of Trustees are strongly committed to the ongoing success of the hospital, but we realize that we're not just a brick and mortar building. In order to provide necessary services to our community, we need people.

One of the biggest challenges to rural health is the shortage of qualified professionals from doctors to nurses to respiratory therapists to CT techni-



Help us collect items for Holiday Affair!

HVCH Community Relations is collecting the following items to help with the upcoming holiday festivities at HVCH: yarn of any color; scrap country/homespun fabric; buttons; spools; empty milk jugs, gallon or half gallons; empty glass jars pint or quart size such as those for spaghetti sauce, mayonnaise, pickles, vegetables, etc.; access to fresh pine and pine cones for decorations and crafts. Please bring any of these items to the Community Relations office or contact us at 740-380-8336.



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. 12-Nov. 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Carrots Broccoli Breadstick Tomato Soup	FREE DAY Pizza Veggies	Hot Dog/Bun Macaroni & Cheese Onion Rings Baked Potato Cauliflower Spinach Chili	Chicken Tator Casserole Salisbury Steak Mashed Potatoes Baked Beans Cabbage Parmesan Peas Broccoli Soup	Tortilla Tilapia Creamed Chip Beef Mashed Potatoes Glazed Carrots Brussels w/ Bacon Biscuit Dumplings

DIRECT

cians. Many young people graduating from high school are unaware of the career possibilities in their own backyards. Instead of getting a degree or certification and staying in their communities, they are leaving for opportunities elsewhere.

It has become increasingly difficult to recruit and hire for some positions at the hospital, most notably nurses. Nationwide, there is a shortage of nurses and even more so in rural communities. Many older nurses are hanging up their stethoscopes and retiring. Not enough young people are entering school to become nurses. Not only are we facing a shortage of nurses, many allied health professions are seeing the same struggle including Lab Techs and Respiratory Therapy. The lack of qualified professionals creates an even bigger strain on communities struggling to maintain health services. "The Power of Rural" is truly in the hands of the people.

Hocking Valley Community Hospital is the third largest employer in Hocking County. There are hundreds of good-paying jobs right here in Logan that offer amazing benefits and opportunities. To get the message out, we're visiting Logan High School all day Thursday, November 15th. Students in all grades, specifically juniors, will have the opportunity to visit with hospital employees from several disciplines to learn about careers in health-care and the importance of rural health. There will also be representatives from several area colleges to discuss education requirements and programs. We're very excited about this collaborative opportunity! Please encourage your high school-aged child or grandchild to visit our displays in the Auxiliary Gym at Logan High School.

If your child or grandchild doesn't attend Logan High School but is interested in learning more about the hospital or healthcare careers, please reach out to us. We're happy to host students interested in job-shadowing and internships through the year. And you're interested in a career with the hospital, please visit our job board at www.hvch.org and click on "Careers!"

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
- Clinical Psychologist (Contract/Consultant) - Geriatric Behavioral Health
- Desktop Support Technician - Information Services - Full Time
- Environmental Services Associate - Part Time - Variable Hours
- 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) - Part Time - Inpatient Services
- Registered Nurse (RN) - Part Time - Float
- Registered Nurse (RN) - Special Care Unit - Part Time
- Respiratory Therapist - Full Time

November 15, 2018 #powerofrural

National Rural Health Day ™

Celebrating the Power of Rural!

IT'S NOT JUST A DAY, IT'S A MOVEMENT.



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.



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.

Employee campaign concludes

The 2018 HVCH Foundation Employee Giving Campaign has wrapped up! Congratulations to Team #1 "Chump Change" and Captain Dawna Evans, as they are the winning team in this year's campaign!

Through pledges, cash gifts and team fundraisers, they raised \$10,658.73 and earned 182 points for their team!

This year, the employee campaign raised a total of \$27,825.98. WOW!

Team #1 consisted of: Pharmacy, Inpatient Services, Special Care Unit, Laboratory, Cardiovascular/Cardiopulmonary, Performance Improvement, Community Relations, Human Resources & Admin. Reps. of Lauren Barber and Latricia Johnston. This winning team will be highlighted on our billboard in February!

Thank YOU to all employees for your continued support and generosity throughout the campaign. Stay tuned for updates over the next few weeks regarding the HVCH Cafeteria renovation project, which is expected to begin early in the New Year!

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.

Secret Santa for Super Seniors

Help brighten the life of a local homebound senior this winter! The Southeast Ohio Regional Kitchen is accepting donation items as special gifts for Meals on Wheel clients. Donations will be accepted until Dec. 7 and delivered with meals beginning Dec. 10. Suggestions of gift items include: gloves, hats, socks, slippers, chapstick, cough drops, tissues, tea and crackers. New items only please! There is a drop-off location in the front lobby of Hocking Valley Community Hospital as well as the Pochie Parlor, Logan and Laurelville libraries, Subway in The Plains, and the HAPCAP Glouster office.



A guide to the new HVMG locations

Having trouble finding your providers at the Hocking Valley Medical Group? The HVMG practitioners recently relocated and went from having nine office locations to three. Please see the helpful guide below to find your health care provider. If you don't have a provider yet, please give us a call!



HVCH Foundation Medical Complex - 1383 W. Hunter St.

- Family Practice: Dr. Woltz, Dr. Keller and Amanda Downs-Davis, NP-C - 740-386-0202
- Pediatrics: Dr. Scarmack and Fallon Magdich-Ritchey, NP-C - 740-385-3069
- Psychiatry: Dr. Aziz, Dr. Haque and Pramoda Fatehchand, PA-C - 740-385-2197



CIC Building - 541 S.R. 664 N.

- General Surgery: Dr. Tornwall and Dr. O'Brien - 740-380-1300



Medical Arts Building - 819 S.R. 664 N.

- Orthopedic Surgery: Dr. Kauffman, Dr. Holt and Scott Cryder, PA-C - 740-380-8140

DIABETES

future.

3. Tell your child's doctor if you had gestational diabetes.
4. Keep up healthy habits for a lifetime to prevent or delay type 2 diabetes.

Type 2 diabetes, the most common type of diabetes, is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes mainly from the food you eat. Insulin, a hormone made by the pancreas, helps glucose get into your cells to be used for energy. In type 2 diabetes, your body doesn't make enough insulin or doesn't use insulin well. Too much glucose then stays in your blood, and not enough reaches your cells.

You can develop type 2 diabetes at any age, even during childhood. However, type 2 diabetes occurs most often in middle-aged and older people. You are more likely to develop type 2 diabetes if you are age 45 or older, have a family history of diabetes, or are overweight or obese. Diabetes is more common in people who are African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander.

Managing your blood glucose, blood pressure, and cholesterol, and quitting smoking if you smoke, are important ways to manage your type 2 diabetes. Lifestyle changes that include planning healthy meals, limiting calories if you are overweight, and being physically active are also part of managing your diabetes. So is taking any prescribed medicines. Work with your health care team at Hocking Valley Community Hospital can create a diabetes care plan that works for you.

For more information about our Diabetes Self-Management Training Program, please call (740) 380-8242.



FOLLOW US ON FACEBOOK!

Make sure you follow us on Facebook for the latest tips, news, events, and updates!

<https://www.facebook.com/HockingValleyCommunityHospital/>

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



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.