



Leading the Way

FALL 2018

**Orthopedic
surgeon
tackles joint
replacement**

**Meet the
NEW CNO**

**LIVING
RURAL**

The challenges of
rural healthcare

EMPLOYEE CAMPAIGN A SUCCESS

Raises more than \$25,000 for cafeteria renovations

A Thankful Season

As the holiday season quickly approaches it is common for people to reflect and give thanks. As I reflect upon the year, I would like to personally thank the wonderful employees that work at Hocking Valley Community Hospital. Their commitment to working in rural healthcare and their efforts in improving the lives of the patients that we serve is something this community can be proud of. I also would like to thank those who have been so supportive over the past six months as I have transitioned into my new role as CEO. It means more than you'll ever know.

There is a paradigm shift that is happening in healthcare. In the past, hospitals were graded on volume-based statistics. Now healthcare is graded on the value and quality of care that the facilities provide. The providers, employees and volunteers of HVCH work diligently to provide the highest quality of care and provide a quality patient experience. Those who use Hocking Valley Community Hospital for their healthcare needs tell us the care feels more personal. They do not feel like they are a number. We are family taking care of family. That's what makes HVCH special.

It's hard to believe that 2018 has almost come to a close. With the transition to a new electronic health record platform and an accreditation visit from the Joint Commission, it has certainly been a busy year. It is an exciting time at HVCH. We look forward to 2019 and what lies ahead. We continuously explore opportunities to bring additional services to our community in order to minimize traveling outside of the county. When you think about your healthcare needs, we want you to think about using Hocking Valley Community Hospital. I wish you all the happiest of holidays this season.

Stacey Gabriel
HVCH President & CEO



GOING THE DISTANCE

Mark D. Butler, Assistant Football Coach from Denison University, follows local orthopedic surgeon to receive care



"I met Mark Holt when we were freshmen at the University of Toledo in 1979," said grateful patient Mark Butler of Newark, Ohio. "At that time, his girlfriend lived next door to mine, so between them we were introduced to each other. I was playing on the college football team, and Mark was going into medicine. We would chat about football when we hung out.

"I left the University after a year and started coaching football at Newark High School. It was sometime down the road I found out that Mark Holt, M.D. was the orthopedic doctor for Newark High School's athletic team. I remembered him from college, and after I learned he was in town, we connected again. If there was any kind of problem, our team members went to see him."

But little did Butler know, he himself would soon be needing the services of Dr. Holt.

"In January of 2009, I slipped on the ice and tore the meniscus off my left knee. Immediately, my first thought was of Mark Holt when I was told I would be needing surgery. He was in town, and we were good friends from a long time ago, so I went in through the Office of Workers' Compensation (OWCP) and he took care of my Cortisone injections, as well as all the steps necessary to get me comfortable afterwards.

"In our discussion throughout this time he said, 'When you're close to retirement from your job, we'll make sure the OWCP understands and they will take care of replacing your knee for you.' Dr. Holt was in Newark then, but he left and went to Coshocton. I followed him clear to Coshocton to continue my treatments. I would go for visits

and exams, but then that hospital closed.

"Dr. Holt notified me he was becoming the newest orthopedic surgeon at Hocking Valley Community Hospital in Logan, and was reaching out to know if I wanted to continue my care with him. 'Of course,' I said. 'You have been with me from the start, and I'm not going to change horses mid-stream. If you were in Los Angeles I would follow you there.

"There was a period of about six months that once every six weeks I came to Logan to be examined, and he would take a look at my knee. It was about October of 2017, I decided it was time to retire from my job. After I set that up, I went to Dr. Holt and said 'Okay, Doc, this is what I want to do and when can I do surgery?' In January of 2018, my surgery was set up and it was a fantastic experience.

"I had my surgery on the 9th and was released on Wednesday the 10th. I want to share how it was such a wonderful experience. Not only with Dr. Holt as my surgeon, but the entire staff that took care of me, including my physical therapist. The food was great; I never once had any problems with that. My family was well taken care of not only during my surgery, but anytime they visited. They were offered meals, comfortable chairs, whatever was needed, the nurses would help take care of everything. They were absolutely wonderful!

"Today I'm doing really well. Because I grew up with Osgood Schlatter Disease, later developed tendonitis, and then tore the meniscus in the same knee he replaced, I will never have full bend of it, but I'm working on getting it as far as I can.

"I would recommend Dr. Holt to anyone who needs any kind of orthopedic surgery, and I would highly recommend Hocking Valley Community Hospital."

AN OLD-FASHIONED HOLIDAY AFFAIR

*'Tis' the season for merriment!
Please join us in celebrating this holiday season.*



Photo courtesy Jungle Island Zoo

Activities:

- Meet Blizzard the live reindeer from 5-7:30 p.m. Bring your camera!
- Santa & Mrs. Claus
- Holiday craft making
- Gingerbread house display
- Holiday exhibits including collections of George Johnson Jr., Attorney Larry Beal, Crystal Kerns and Valery Junge
- Can Do Creations & Doodlebugs
- Kissing ball
- Hocking Hills Candleworks & Christmas Treasures
- Tom & Rosemary Nipel Wood Turning
- HVCH Foundation - Greenery, Gift Cards/Tags

Food:

- Schmidt's Sausage Truck
- Logan Kiwanis Club serving kettle cooked bean soup
- Wren Valley Truffles
- Hocking Hills UMC
- Hocking Hills Bakery
- And others!

TUESDAY, DEC. 4 • 5-7:30 P.M.
HVCH OUTDOOR CAMPUS

Schedule of Events:

- 5:00 PM - Hocking Valley Community Hospital Caroling
- 5:30 PM - Logan-Hocking Middle School Choraliers
- 6:00 PM - Auxiliary Celebration of Lights
- 6:30 PM - Hocking County Children's Chorus
- 7:00 PM - Hocking Hills UMC Drama Team

FREE EVENT FOR ALL AGES!



New addition to HVCH

Hocking Valley Community Hospital has welcomed a new face to join its leadership ranks, Stacey Markus, Chief Nursing Officer.

"We are pleased to announce the appointment of Stacey as the new CNO. She comes to us with a wealth of knowledge and experience in the field of nursing and health-care administration," Stacey Gabriel, CEO, said.

Stacey recently served as the CNO and acting CEO at Williamson Memorial Hospital in Williamson, West Virginia. She has been responsible for strategic planning, budget development, and daily operations of the patient care areas. Past experience includes preparation for Joint Commission and CMS surveys, chairing patient experience teams, and managing quality and risk management programs.

"I have been a nurse for roughly 16 years," Stacey said. "My bedside career was all in an ICU, CCU or cardiac step down unit. My first management position was dealing with quality, performance improvement and regulatory requirements, as well as case management."

Stacey earned a bachelor's degree in nursing and a master's degree in nursing administration from Mt. Carmel College of Nursing. She is currently enrolled in Ashland University to receive her master's degree in business administration and has applied to Duke University for a doctorate in nursing.

Stacey's career has taken her to different areas and types of hospitals including Hamot Medical Center in Erie, Penn.; Licking Memorial Health Systems in Newark, Ohio; Palmetto GBA; Medigold Mount Carmel Health; Medical Center of Newark; Mount Carmel New Albany Surgical Hospital; Community Health Systems; and Williamson Memorial Hospital in Williamson, W. Va.

"I have had the opportunity to pursue my career in different states and have worked in metropolitans and rural communities, not-for-profit facilities and for-profit facilities. Each experience has been very diverse, so I have a good understanding of what different processes are like at different places and how they may assist here."

As CNO, Stacey has direct oversight of clinical departments in the hospital.

"At HVCH, that includes inpatients, Swing Bed Unit, Behavioral Health Unit, Surgery, Emergency Department,



"I will be working with staff and providers to make sure we give the best possible care to our patients." — Stacey Markus, HVCH CNO

Urgent Care, Performance Improvement, Social Services and the Outpatient Clinic. Oversight not only includes competency of each department, but also patient experience and clinical excellency. I will be working with staff and providers to make sure we give the best possible care to our patients," Stacey said.

It's also important to network with the community, Stacey continued.

"It is important that we are an organization the community can trust. I have an open door policy, not only for employees, but everyone. Every single department impacts the patient experience."

Personally, Stacey lives in the Columbus area and has two sons ages 12 and 9. She was born in southeastern Kentucky, where she stayed until high school. She is very active with her sons' sports teams, and enjoys reading in her spare time.

"I'm happy to be here and to get involved in the community," she said.

Discover



HOCKING VALLEY Community Hospital

Trust. Hope. Dedication. Community. Compassion. Healing. These are all traits we want you to discover at Hocking Valley Community Hospital.

"Our hospital offers a large variety of services, and we continue to diligently explore new options that will better serve our patients and community," Roy Davis, Director of Business Development, said. "Just this past year, we have added urology and ophthalmology services to our outpatient clinic. We have already increased the number of urology clinic days based on the success of the program."

The ophthalmology clinic is a collaborative effort with The Ohio State University Wexner Medical Center. Two clinic physicians – Dr. Mona Adeli and Dr. Tyler Oostra – provide cataract surgery services with the possibility of additional services in the future.

"This year we also welcomed two new physicians to our sleep medicine program in collaboration with Fairfield Health Professionals, Dr. Laura Mong and Dr. Evin Jerkins," Davis said.

"For a critical access hospital in southeastern Ohio we have an impressive roster of services of which you can take advantage. For most of your services, you can avoid driving distances outside the county to receive treatment. Not everyone can say that."

For more information about any of the services at Hocking Valley Community Hospital, please explore our website at www.hvch.org or call (740) 380-8000.

INPATIENT SERVICES



- **Behavioral Health Unit/The Summit:** Comprehensive psychiatric services for senior citizens with a focus on dementia-related diagnosis.
- **Hospital Medicine:** Care of acutely ill hospitalized patients by hospitalists (physicians), nursing staff and others.
- **Intensive Care:** Specialized care for critically-ill patients with continuous monitoring and nursing supervision.
- **Pharmacy:** Medication delivery, therapeutic recommendations, and promotion of optimal drug therapy.
- **Swing Bed Unit:** Short-term stay program for patients who are transitioning from a phase of illness/recovery and no longer require acute care.

EMERGENCY SERVICES

- **Emergency Department:** Open 24 hours a day, the ED provides initial treatment to patients with a broad spectrum of illnesses and injuries, some of which may be life-threatening and require immediate attention or transport.
- **Urgent Care:** Open daily from 10 a.m. to 9 p.m. to treat less serious accidents and illnesses.

OUTPATIENT SERVICES

- **Cardiovascular:** Testing, monitoring and rehabilitation for those who have experienced a cardiac event.
- **Coumadin Clinic:** Care for patients taking blood-thinning or anticoagulation medications to prevent clotting/strokes.
- **Diabetes:** A self-management training program for those diagnosed with diabetes including nutrition education.
- **Lung/Pulmonary:** Testing, monitoring and rehabilitation for those with chronic obstructive lung disease.
- **Occupational Health:** Employment physicals, work exams, drug screens and immunizations.



- **Ophthalmology:** Treatment of cataracts to maintain eye health, improve and protect vision and prevent blindness.
- **Pain Management:** Helps patients manage and live with chronic pain through a variety of treatment options.
- **Radiology:** Diagnostic imaging including Nuclear Medicine, Mammography, MRI and CT services.
- **Sleep Medicine:** Diagnosis and therapy of sleep disturbances and disorders; testing clinic located within the hospital.
- **Urology Clinic:** Treatment of disorders of the urinary tract in males/females, and the male reproductive system.
- **Wound Care:** Comprehensive care for non-healing wounds from a variety of conditions.

SURGICAL SERVICES

HVCH surgeons offer a broad spectrum of surgical services, both inpatient and outpatient. Surgical suites and post-operative facilities are state-of-the-art with a zero-percent infection rate. Surgery specialties include:

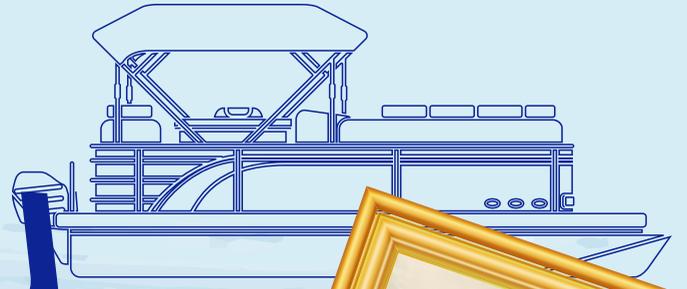
- **General Surgery**
- **Orthopedics**
- **Urology**
- **Gynecology**
- **Podiatry**
- **Ophthalmology**

REHAB. SERVICES

- **Inpatient Rehabilitation:** Extensive rehabilitation program for hospitalized patients or those in the Swing Bed Unit recovering from surgery or illness.
- **Physical Therapy:** Decrease pain, increase range of motion, and improve strength following an injury or surgery affecting joints, muscles, or nerves, as well as regain independence.
- **Occupational Therapy:** Increasing strength and range after an injury to resume daily basic life skills such as bathing, cooking, driving, etc.
- **Speech Therapy:** Helping those who have speaking difficulties including those with developmental delays or who have suffered stroke, injury or neurological disorder.



So Long Snoopy



When you attend our annual HVCH Foundation Charity Auction, you never know what you might find available to purchase. We offer a wide selection from household items, to evenings out, even trips to get away for some healthy rest and relaxation with the family. It was this past summer that local resident Doug Wells helped our efforts of raising funds to support HVCH, by purchasing a pontoon trip at Lake Logan.

While many of us would spend the afternoon lazily cruising the water and enjoying the exquisite lake side view, it was for a much more personal reason that Mr. & Mrs. Wells chose this particular item to buy that evening.

Many of you know Doug through his years of service at Citizens Bank. But, what you may not know, is on Memorial Day of this year, their four-legged fur baby passed away.

"He was 14 years old and we had him since he was a pup," Wells said. "It was just his time, old age I guess."

Doug goes on to describe the late Snoopy. "He was a black lab/ beagle mix. We got him the year my wife was diagnosed with breast cancer in 2004, so that reinforced the strong emotional attachment our family had with him. He also had a good local friend – a cat believe it or not! Her name is Mela. He enjoyed visiting her, and he liked to sit by me at the dinner table for some odd reason."

The Wells decided purchasing the Lake Logan pontoon trip would be the perfect place to spread Snoopy's ashes after his passing. We hope that by knowing their support of our annual charity auction is helping to save lives, this will bring peace and comfort to their family. Sail on, Snoopy, sail on.

Thank you to our 2018 HVCH Foundation Partners

These are the individuals and organizations who partnered with HVCH throughout 2018 and received recognition of their monetary and service contributions.



\$100 - \$499

Bobbi Bishop
Fred & Jean Black
Frazier's Home Furnishings
Laughlin Vending
MPM Medical, Inc.
Marlene J. Riddle
SAM FM Radio
Sears Hometown of Logan
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\$500 - \$999

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Nauman Outdoor Advertising, Inc.
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\$1,000 - \$1,500

Dick's Sporting Goods
Edward Jones
Kilbarger Construction, Inc.
Logan Daily News
Logan Moose Lodge #873
Logan Rotary Club



The Value of Giving

What is the value each of us add to the world? What is our legacy? Planned giving allows you to express your beliefs and values by leaving a legacy for those who come behind you. But, are you aware of how simple it is, and the fact that it does not even affect your way of living today?

Hopefully most all of us have crafted a will. This is so important for families during a difficult time to have things already prepared. And, if you're searching for opportunities to be remembered in a meaningful way, this is the easiest avenue for a planned gift. By naming Hocking Valley Community Hospital Foundation as a beneficiary in your bequest, your charitable desires will be fulfilled without burdening others with your wishes.

However, there are different types of bequests for your convenience:

- **Honorary or memorial:** Your gift can be named in honor or in memory of someone. It may be restricted so as only the income generated on your initial gift is used depending on the level of giving. There may be options for you to specify how the funds are used, or they can be used for area of greatest need.
- **Have you evaluated your life insurance policies lately?** Oftentimes a person will carry more insurance coverage than family obligations now require, or maybe the policy is no longer needed. Has the need to consider current beneficiaries changed? Designating HVCH Foundation as a partial or full beneficiary to an existing policy can provide a gift to our hospital and possibly save on inheritance tax for a remaining family member.
- **Retirement planning?** Designating retirement plan assets to HVCH Foundation is an easy, tax-efficient way to fund your legacy. When done properly, charitable donations of retirement assets can minimize the amount of income taxes imposed on both your individual heirs and your estate. Most banks and

financial services firms have beneficiary forms they can provide that would also allow you to identify the Foundation as a beneficiary to an IRA or other retirement asset. Once the designated forms are in place, the retirement assets generally will pass directly to your beneficiaries without going through probate.

Finally, you do not need cash to give a gift to HVCH! Through transfer of appreciated stocks, bonds, or mutual funds that you have owned more than one year, you can also make a difference. In lieu of selling appreciated assets and then donating the proceeds to charity, consider directly transferring them to HVCH Foundation as this will likely increase the value of your gift, avoiding sales expenses and the transfer will not generate a taxable capital gain.

Real estate is a unique way to provide lasting benefits to HVCH. Donated property (home, vacation property, land, etc.) can save you taxes if you choose to donate them. When you gift us appreciated property, this can eliminate capital gains tax and you no longer have to manage property maintenance costs, taxes or insurance, or worry with listing and selling.

At the HVCH Foundation, we know the importance of leaving a meaningful charitable legacy. We encourage you to discuss your philanthropic plans with your family so they may participate in your estate giving plans. Upon completion of your wishes, please let our Foundation know so that we may properly thank you.

You can be a very special part of the history and future of HVCH. When you drive by the hospital we want you to be able to say "that's our hospital." Call our office today at 740-380-8336 to learn more!



**HOCKING VALLEY
Community Hospital
FOUNDATION**



LIVING RURAL

Rural communities are wonderful places to live and work, which is why more than 60 million people – nearly one in five Americans – call them home. These rural communities also have unique healthcare needs. Those who live in rural areas tend to have more chronic health conditions and at times, less access to healthcare coverage.

"For those of us who work at Hocking Valley Community Hospital, what matters most is ensuring patients receive the care they deserve," Stacey Gabriel, HVCH CEO, said.

There are approximately 1,330 Critical Access Hospitals in the United States, 34 of which are in Ohio, and HVCH is one of them. A Critical Access Hospital (CAH) is a designation given to eligible rural hospitals by the Centers for Medicare and Medicaid Services. The CAH designation is designed to reduce the financial vulnerability of rural hospitals and improve access to healthcare by keeping essential services in rural communities. To accomplish this goal, CAHs receive certain benefits, such as cost-based reimbursement for Medicare services.

"Hospitals such as ours make up about 30% of acute care hospitals, however, receive less than 5% of total Medicare payments to hospitals," Gabriel said. "More than 60% of critical access hospital revenue comes from government payers. All payment reductions to Medicare or Medicaid can have an immense impact on critical access hospitals' ability to remain viable.

"We are fortunate that our hospital is here to provide a wide range of services when needed including: laboratory, radiological (mammograms, bone density studies, and MRIs), surgical procedures (general and orthopedic), as well as pain management and wound care," Gabriel continued.

"If your provider finds the need to order tests for you, I encourage you to have them done locally. We take

pride in keeping our equipment updated with the latest technology, not to mention our new health record platform – Epic – that allows us to easily share your results with your providers.

"Keeping our community healthy is important to us. That is why we will remain committed to 'Leading the Way to a Healthier Community.' You are our friends, family, and neighbors. We want you to feel confident that when you choose Hocking Valley, you choose quality and compassion."

Please visit our website at www.hvch.org for further information or follow us on Facebook.

- **More than 50 percent of vehicle crash-related fatalities happen in rural areas, even though less than one-third of miles traveled in a vehicle occur there.**
- **In rural areas there is an additional 22 percent risk of injury-related death.**
- **Rural areas have more frequent occurrences of diabetes and coronary heart disease than non-rural areas.**
- **Rural residents often travel long distances to receive services, are less likely to be insured for mental health services, and less likely to recognize the illness.**
- **Family physicians comprise only 15 percent of the U.S. outpatient physician workforce nationwide, but they provide 42 percent of the care in rural areas.**

Eat, drink & be healthy



Denise Kiamy, Tracy Jackson and Romona DeLong, HVCH Dietary Dept.

Eating delicious food is one of life's greatest pleasures, especially during the winter's holiday season. While it's popular belief that average weight gain during the holidays is 5-10 pounds, research suggests the average American gains about one pound between Thanksgiving and New Year's Day. But that's no reason to indulge! Many do not lose that extra pound gained during the holiday season, which can add up over the years!

Food-focused celebrations, stress, exhaustion, and cold weather are all factors of holiday weight gain. So what can you do to stay healthy this winter?

- **Be realistic.** The holiday season is not the best time to start trying to lose weight - your goal should be to maintain your current weight.
- **Limit alcoholic beverages.** Alcohol is an empty source of calories and can also contain carbohydrates.
- **Focus on activities that don't involve food.** Attend holiday productions, go shopping, decorate or shop. Plan parties around an activity such as caroling, card making, or walking around looking at decorations.
- **Bring a healthy dish to get together.** That way, you know you will have something tasty and healthy to enjoy without being as tempted.
- **Avoid grazing near finger foods.** Socialize away from the table! Finger foods like nuts, cheese and crackers can add up to 500 calories fast.
- **Eat regular meals.** Eating your regular meals instead of "saving up" for a special get-together will help you eat less overall. Curb your appetite by eating a small, low-fat snack before an event.

Whole Grain Stuffing Squares

Prep Time: 35 min.; Cook Time: 45 min.

- 7 oz. whole grain croutons
- 5 tbs. olive oil
- One 8 oz. package mushrooms, thinly sliced
- 1/2 medium onion, finely chopped
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 1 tsp. rosemary
- 1 tsp. thyme
- 1 tsp. sage
- 1/2 tsp. garlic powder
- 1 cup shredded carrots
- 1/2 cup finely chopped celery
- 1/4 tsp. baking soda
- 4 large eggs, beaten with 1/4 cup water

Preheat oven to 400 degrees F. Grease an 8x8 inch baking dish. Place croutons in a large bowl. In a large skillet, heat 1 tbs. oil over medium heat. Add mushrooms and cook, stirring often, until browned, about 5 minutes. Add to the croutons. Add the remaining 3 tbs. oil, onion, salt, pepper, rosemary, thyme, sage and garlic pepper to the skillet. Cook over medium heat until onion is softened and lightly browned, about 8 minutes. Add to the crouton mixture. Add the carrots, celery and baking soda to the bowl and mix well. Stir in the eggs. Spoon the mixture into the prepared dish and spread evenly; bake until browned, about 25-30 minutes. Let cool for 5 minutes; cut into 16 squares.

ON THE COVER:

Dr. Mark Holt, orthopedic surgeon, joined the Hocking Valley Medical Group in 2016 and hit the ground running. He has many loyal patients, including Mark Butler, who he attended college with at the University of Toledo. See his story on page 3.

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 Mark Butler
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HOCKING VALLEY Community Hospital

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Work Together, Give Together

Employee campaign raises more than \$25,000

Hocking Valley Community Hospital employees have donated more than \$25,000 for hospital improvements, specifically renovations to the 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.

Ten percent of the donations also are going to the HVCH employee emergency fund to help employees during unexpected catastrophic events.

Employees began making pledges to the campaign in May with \$23,325 pledged in 2018. Employees were formed into three teams and conducted additional fundraisers throughout the summer and fall. Nearly \$4,000 was raised during those fundraisers, which included a bake sale, car wash, chili cookoff, lollipop pull, pallet sign sale, shoe drive, raffles and many others.

"We thank the employees for their dedication to this hospital and for giving so generously to the HVCH Foundation on this project," Latricia Johnston, Chief Public Relations Officer, said. "These renovations will make a huge impact on a public space in the hospital where employees and patients gather for nourishment and rest."

