



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

Weekly Update

FEB. 1, 2019

Go Red for women's heart health



On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

1 in 3 women die of heart disease and stroke each year. So we encourage you to join the movement to end heart disease and stroke in women because it's not just a man's disease. Here's what it means to Go Red:

G: GET YOUR NUMBERS

Ask your doctor to check your

blood pressure and cholesterol.

O: OWN YOUR LIFESTYLE

Stop smoking, lose weight, exercise, and eat healthy. It's up to you. No one can do it for you.

R: REALIZE YOUR RISK

We think it won't happen to us, but heart disease kills one of three women.

E: EDUCATE YOUR FAMILY

Make healthy food choices for you and your family. Teach your kids the importance of staying active.

D: DON'T BE SILENT

Tell every woman you know that heart disease is our No. 1 killer.

For more information on National Go Red Day, visit www.goredforwomen.org.

EVENTS CALENDAR

**March 7: TWIG VI Chinese Auction
Hocking County Fairgrounds**

Come shop some great finds! Held at the Fairgrounds Youth Building. Doors open 5:30 p.m.; Drawings begin at 7 p.m. Lottery Tree, Grocery Basket, Door Prizes, 50/50. Baked goods & refreshments available. All proceeds benefit HVCH.

**March 7-8: Uniform Sale
HVCH Meeting Room**

Robert's Uniforms will be back to offer a variety of scrubs, jackets, shirts and shoes for this HVCH Auxiliary fundraiser. Sale hours are 11-4 on 3/7 and 7-2 on 3/8. Employees may payroll deduct, but anyone may come to shop. Proceeds benefit HVCH.

INSPIRATIONAL QUOTE OF THE WEEK

"If there were no night, we would not appreciate the day, nor could we see the stars and the vastness of the heavens. We must partake of the bitter with the sweet. There is a divine purpose in the adversities we encounter every day. They prepare, they purge, they purify, and thus they bless."

— James E. Faust

Direct to You: From Stacey Gabriel

So tomorrow is Groundhog Day... will the groundhog see his shadow?



Stacey Gabriel, CEO

As the story goes, if Punx-ustawney Phil comes out and sees his shadow, that means we get a "second winter" and therefore have six more weeks of the cold, dreary, snowy, windy weather. However, if he comes out and doesn't see his shadow... the winter months are soon to be a thing of the past and spring should be just around the corner.

I am not sure that Punxautawney Phil is the meteorologist that he has been elevated to, but nonetheless, it's a fun day full of celebration and fellowship. Here in Logan, we participate in a Groundhog Day breakfast with the Hocking Hills Chamber of Commerce. Throughout the morning we receive updates about things happening in our community and then afterwards, enjoy the company of high school students for the remainder of the day.

While here, they "shadow" the wonderful people that work in this organization, learning about what you do and how you came to be in your profession. What a great opportunity to make an impression on these young minds as they are starting to develop a

career path after graduation from high school.

This leads me to the movie "Groundhog Day" with Bill Murray. Bill plays the role of Phil Connors, a TV weatherman who, during an assignment covering an annual Groundhog Day event, is caught in a time loop, repeatedly reliving the same day. Since no one else seems to be enduring this same time loop trap, Phil takes advantage of this situation and behaves in ways that people would not approve of, knowing there would be no consequences for his actions. He then has quite the change of heart and of attitude and instead of making poor, self-centered decisions, he opts to make things better for himself as well as the lives of others.

There are two things I think about in comparison to this movie. First, reliving the same day over and over. I often tell people that one of the reasons I love healthcare is that it truly is something different each and every day. The patients are different, the medical problems are different, the treatment plans are different; it's very individualized for each and every person that comes through our doors seeking healthcare. No two days are ever the same in our healthcare world...and I find that very exciting. The second, is the realization of the impact we can have on others. Phil finally took advantage of

DIRECT, PAGE 3



SAVE THE DATE! JEEPIN' IN THE HILLS JEEP RUN

Join us on a Jeep run through one of Ohio's most scenic fall landscapes - the hills of Hocking County.

Hosted by HVCH Foundation

WHEN: Saturday, October 12th

WHERE: Trip will include various stops throughout Hocking County

Registration: \$45 per adult - \$35 ages 10 and under. Stay tuned for more information on what your registration includes!

Don't have a Jeep? Consider getting your friends together and renting one for the day. Pack a cooler of beverages and snacks, and plan for a day of jeepin' fun! For more information call 740-380-8336 or email ljohnston@hvch.org

HVCH Cafeteria Menu Feb. 4-Feb. 8

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

DIRECT

the time loop in order to better himself and the lives of those around him... which is something we also do every day. Whether it's attending continuing education, learning a new process, or bringing in new technology, we are constantly looking at opportunities to make things better for others.

Don't get me wrong, being in healthcare is far from easy. Things change and we have to learn to quickly adapt. We have learned over the years how to do that with grace and the perseverance to ensure we are here 50 years from now, still providing healthcare. I want you all to remember that we never lose sight of that. Our vision is for our community to continue receiving services right here at Hocking Valley, even long after we have all gone. So take a step back, look at your day, and have some self-awareness on what it is that you are doing to make sure this happens. It will take us all, not just the efforts of a few. Enjoy your Groundhog Day weekend!!

Cafeteria renovation project under way

Thanks to the generous contributions from the Employee Giving Campaign and Giving Tuesday, the cafeteria project is now underway. We are currently in the process of obtaining final bids from all of the vendors and deciding on final plans, configurations, and equipment for the project. Vendor meetings will all be completed by the first week of March. At that time, all of the new equipment and furnishings will be ordered and the necessary construction/updates will be scheduled. You should begin seeing the transformation starting to take place in the next month or so, dependent upon lead times from the manufacturers.



HVCH Foundation donors recognized in hospital

Annual donors to the Hocking Valley Community Hospital Foundation are proudly recognized on a new display in the hospital's ER lobby. We thank these donors for their continued support every year. The Foundation plans to extend the display with historical giving recognition in the coming year.

Looking for a fun way to give back to the community?

JOIN TWIG!

TWIG (Together With Important Goals) is a group of women who raise funds for Hocking Valley Community Hospital. HVCH treats all patients, regardless of their ability to pay and provides over \$5 million in charity care every year.

TWIG 2 & TWIG 6 ARE WELCOMING NEW MEMBERS FOR 2019!

Each group holds regular meetings to brainstorm and execute fundraisers with all proceeds benefitting the hospital.

**IF YOU ARE INTERESTED, PLEASE CONTACT:
NANCY JOHNSON, TWIG 2 - 740-385-4327
LISA PICKRELL, TWIG 6 - 740-974-9810**

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Education & Training Assistant - Full Time
- Licensed Practical Nurse (LPN) - Urgent Care - Full Time
- Maintenance Technician - Skilled - Full Time
- Pharmacy Technician - PRN/Contingent
- Registered Nurse (RN) - Part Time - Behavioral Health Unit
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Respiratory Therapist - Full Time
- Surgery Technician - Full Time, Day Shift



TWIG IV Valentine Basket Raffle

TICKETS: \$1 each or 6 for \$5
 Tickets available in HVCH
 Administration Offices.
 Drawing will be Feb. 13, 2019.

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|---------------------|------------------|
| \$25 Cheesecake | Wine / glasses |
| Factory Card | Plush Blanket |
| \$25 Bob Evans Card | Photo Frame |
| \$25 Starbucks Card | Dish Towels and |
| Lottery Tickets | Pot Holders |
| Pioneer Woman | Stuffed Animal |
| Cookbook | Balloons |
| Candy | Movie |
| Candle | Cake Mix & Icing |
| Lantern | Lotion |

All proceeds benefit HVCH. Payroll deduction available for HVCH employees.

The one type of food that's really raising your cholesterol

You've probably been told to stay away from certain high-cholesterol foods so that you can keep your cholesterol in check. While eating things like eggs or cheese can raise the cholesterol levels in your blood, it's a relatively modest raise. What does raise blood cholesterol levels, though, are saturated fats.



What are saturated fats? In short, saturated fats are a type of fat that contain a high proportion of fatty acids without double bonds. While they're not the worst type of fats you can consume, they're not the best either. Saturated fats raise total blood cholesterol levels more than dietary cholesterol because they tend to boost both good HDL and bad LDL cholesterol. The net effect is negative, meaning it's important to limit saturated fats. Limiting saturated fats in your diet is key to maintaining a healthy weight and good cholesterol levels and avoiding chronic conditions.

What should I do? Limit fat in your diet, but don't cut it out completely. Focus on reducing foods high in saturated fat, trans fat and cholesterol, and select foods made with unsaturated fats. Consider these tips when making your choices:

- Sauté with olive oil instead of butter.
- Use olive oil instead of vegetable oil in salad dressings and marinades.
- Sprinkle nuts or sunflower seeds on salads instead of bacon bits.
- Snack on a small handful of nuts rather than potato chips or processed crackers, or try nut-butter spreads (non hydrogenated) on celery, bananas or rice cakes.
- Add slices of avocado, rather than cheese, to your sandwich.
- Prepare fish such as salmon and mackerel, which contain good monounsaturated and omega-3 fats.



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.