



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

FEB. 22, 2019

Weekly Update

EVENTS CALENDAR

March 7: TWIG VI Chinese Auction Hocking County Fairgrounds

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.

March 25: Drs. Day Blood Drive HVCH Meeting Room

Give blood in honor of your health care provider in recognition of National Doctors' Day from 9 a.m.-3 p.m.

INSPIRATIONAL QUOTE OF THE WEEK

"Do your work with your whole heart, and you will succeed - there's so little competition."

—Elbert Hubbard

COME AS YOU ARE



National Eating Disorders Awareness Week Feb. 25-March 3, 2019

Eating disorders are serious but treatable mental and physical illnesses that can affect people of every age, sex, gender, race, ethnicity, and socioeconomic group. National surveys estimate that 20 million women and 10 million men in America will have an eating disorder at some point in their lives.

While no one knows for sure what causes eating disorders, a growing consensus suggests that it is a range of biological, psychological, and sociocultural factors.

Eating disorders have historically been associated with straight, young, white females, but in reality, they affect people from all demographics and are not caused by any single factor.

Misconceptions about who eating disorders affect have real consequences, leading to fewer diagnoses, treatment options, and pathways to help for those who don't fit the stereotype. Under-

standing that eating disorders don't discriminate is critical to making sure everyone has access to help and support. When it comes to identity and eating disorders, one's experience should be understood within the broader cultural context of oppression.

Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health. They are not just a "fad" or a "phase." People do not just "catch" an eating disorder for a period of time. They are real, complex, and devastating conditions that can have serious consequences for health, productivity, and relationships.

Eating disorders can affect every organ system in the body, and people struggling with an eating disorder need to seek professional help. The earlier a

Direct to You: From Lauren Barber

I feel like Mother Nature is on a vendetta against Ohio this winter. I honestly cannot remember



Lauren Barber,
HR Director

seeing so much precipitation in a season. And not just snow, but literally EVERY kind of precipitation – rain, freezing rain, sleet, slush, snow, wet snow, fluffy snow – and all on the same day a couple of times. My yard is a soggy mess. It is, however, easy to be prepared for rain or snow. Pull on your boots, carry an umbrella and it's easy to stay dry even if you're caught off guard by an unexpected storm.

There are some things in life that are definitely harder to prepare for – like the unexpected illness or injury of a loved one. This is a situation my husband and I find ourselves in at the moment. My mother-in-law suffered a serious stroke recently. She was the keeper of her household finances, still worked as a real estate agent periodically, and took care of all the household chores for her and my father-in-law. Her stroke and hospitalization has put us in a bind. There are still bills to pay, laundry to do, and work that is waiting. My mother-in-law isn't able to do any of those things and we aren't sure

if and when she will regain the ability to be independent. We never thought my mother-in-law would have a stroke. And so we were definitely not prepared.

I see these sorts of situations as teachable moments – not just for myself, but for others. Helping my mother-in-law recover and heal is our main priority. However, we're faced with the challenge of keeping her life going while she's undergoing treatment. This means accessing all of her utility and bank accounts to ensure bills are still paid in a timely manner. With a few phone calls, we'll be able to get access to what we need, but it gets me thinking about simply being better prepared in the first place. Doing so can help your loved ones avoid more stress at an already stressful time.

Some things you should consider:

1) Talk about what you want to happen in case of an emergency. Do you have a living will or advance directive in place? Have you discussed your wishes with your family if you become incapacitated?

2) Make sure someone knows where your account credentials can be found – i.e., where you bank, what credit cards you have, what bills you pay and how. Do you have a safety deposit box, a safe, locked filing cabinets, etc? Make sure

DIRECT, PAGE 3

How do I deal with dry, itchy winter skin?

Q. My skin gets dry and itchy in winter, and there are so many moisturizers available. What should I look for?

A. Dry skin develops when your skin doesn't retain sufficient moisture. This is often a problem in winter when the air both indoors and outdoors has low humidity, as the water content of our skin tends to reflect the level of humidity around it. Fortunately, using a good moisturizer is a simple way to relieve winter dry skin.

You're right, there are lots of products available, so finding the right one may mean trying a few. Simple petroleum jelly is one of the most effective moisturizers, however, many people dislike it because it looks and feels greasy. Another option may be creams and lotions that contain some water. Many of them are humectants, an oil-free class of moisturizer that binds water to skin so the smoothing, softening effect lasts longer.

Besides water as a main ingredient, look for moisturizers that contain botanical ingredients, such as jojoba oil, coconut oil, safflower oil, and linoleic acid. These tend to help maintain the skin's outer layer of keratin and keep skin supple.

If you are frequently outdoors, look for a moisturizer that also provides protection from sunlight. Choose one with at least an SPF of 30 that protects against both UVA and UVB rays. However, avoid skin toners. Many contain drying, irritating ingredients, like alcohol or acetone, and highly acidic citrus, camphor, or menthol. As with so many health issues, prevention is best. Don't wait to see dry skin or feel itchy. Moisturize whenever you think of it, and especially right after your bath or shower.

— by **Howard LeWine, M.D.**

Editor in Chief, Harvard Men's Health Watch

| HVCH Cafeteria Menu Feb. 25-March 1 | | | | |
|--|---|---|---|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Lasagna Chicken Fingers Sweet Potato Fingers Cheese Stick Brussels Sprouts Garlic Bread Broccoli Soup | Sub Your Way Day Veggie Pizza Potato Salad Pasta Salad Coleslaw Tomato Soup | Taco & Fajita Bar Nachos & Cheese Corn Black Beans Spanish Rice Chili Soup | Pork Tenderloin Macaroni & Cheese Baked Potato Cauliflower Green Beans Succotash Tomato Soup | |

DIRECT

someone knows where to find your keys or combinations to get access if needed.

3) Consider a Durable Power of Attorney for Finances to ensure your finances can be managed in case you are incapacitated. Who do trust that can make decisions for you when you cannot?

4) Ensure you have beneficiaries designated for all your assets including your bank accounts, insurance policies, retirement accounts, and personal property (i.e., vehicles, home, etc.).

5) Talk with an estate planner. They can help you set up a will and also discuss options for paying for your care if you can no longer live on your own.

6) Keep a notebook of any other important information someone might need to know like allergies, medical history, current medications, dietary restrictions, etc. This can include things like how to care for your pets, where certain important items are located, emergency contacts, and more.

It's also important to remember that even if you believe something will never happen to you like a stroke, serious illness, cancer, or accident, you should still prepare as if it could happen. No one likes to think about being sick or dying, but having a plan in advance can make a terrible situation a lot easier.

EATING

person with an eating disorder seeks treatment, the greater the likelihood of physical and emotional recovery.

Signs of an eating disorder are both emotional or physical and can include:

- Behaviors and attitudes that indicate that weight loss, dieting, and control of food are becoming primary concerns
- Preoccupation with weight, food, calories, carbohydrates, fat grams, and dieting
- Refusal to eat certain foods, progressing to restrictions against whole categories of food (e.g., no carbohydrates, etc.)
- Appears uncomfortable eating around others
- Food rituals (e.g. eats only a particular food or food group [e.g. condiments], excessive chewing, doesn't allow foods to touch)
- Skipping meals or taking small portions of food at regular meals
- Noticeable fluctuations in weight, both up and down
- Stomach cramps, other non-specific gastrointestinal complaints (constipation, acid reflux, etc.)



HVCH attends college job fair

HVCH attended the Hocking College student job fair this week. The fair was held for all students with variety of different professions to give ideas on employment after graduation.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Licensed Practical Nurse (LPN) - Urgent Care - Full Time
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - Full Time
- Mental Health Tech (State Tested Nursing Assistant) - Behavioral Health Unit - Full Time
- Pharmacy Technician - PRN/Contingent
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Full Time - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Respiratory Therapist - Full Time
- Specialty Clinic Coordinator (RN) - Full Time
- Student Intern - Healthcare Administration, Business Administration, or Human Resources (Unpaid)
- Unit Secretary - Contingent/PRN

Clothing collection for Hocking College students

The Hocking College Foundation Board is collecting new or gently used business attire to assist the students of Hocking College who cannot afford the proper clothing to wear on a job interview. Business wear for both male and female students is needed, including jackets, ties, dress pants, slacks, blouses, etc. If you wish to donate, please call Bill Rinehart at 740-385-9605 (office) or 740 603-4940 (cell) or email wrinehart@centurnationalbank.com to arrange for pick up.

What’s good for your heart is good for your brain, even later in life



A French study published Aug. 21, 2018, in The Journal of the American Medical Association suggests that the more steps you take to boost your heart health, the lower your risk for developing dementia. Researchers evaluated health and lifestyle data for more than 6,000 men free of dementia and heart disease men in their 70s to see how they were doing when it came to following seven steps recommended by the American Heart Association: not smoking; controlling weight; getting regular physical activity; eating a healthy diet (that included fish twice a week or more, and fruits and vegetables at least three times per day); and maintaining healthy blood pressure, cholesterol, and blood sugar levels. Researchers also conducted psychological testing on participants at various times. After eight years, it appeared that men who followed five to seven of the healthy habits had the least risk (8%) for developing dementia during the study, compared with men who followed two or fewer habits (they had a 13% risk). The study was observational and doesn't prove that following heart-healthy habits will lower your dementia risk. But many other studies have made similar connections. The takeaway: It's not too late to try to prevent dementia.

American Red Cross

Give blood. Help save lives.

Blood Drive
Hocking Valley Community Hospital

Meeting Rooms A & B
601 St. Rt. 644 N
Logan, OH 43138

Monday, March 25, 2019
9:00 AM to 3:00 PM

Call the HVCH Lab at 740-380-8218 to schedule an appointment.

EATING

- Menstrual irregularities
- Difficulties concentrating
- Abnormal laboratory findings (anemia, low thyroid and hormone levels, low potassium, low white or red blood cells)
- Dizziness, especially upon standing
- Feeling cold all the time
- Sleep problems
- Cuts and calluses across the top of finger joints (a result of inducing vomiting)
- Dental problems, such as enamel erosion, cavities, and tooth sensitivity
- Dry skin and hair, and brittle nails
- Swelling around area of salivary glands
- Muscle weakness
- Yellow skin (in context of eating large amounts of carrots)
- Poor wound healing
- Impaired immune functioning

For more information, visit www.nationaleatingdisorders.org or call 740-385-0202 to speak to a primary care physician.



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.