



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAR. 22, 2019

Weekly Update



National Poison Prevention Week
MARCH 17-23, 2019 • 1-800-222-1222

Information courtesy www.aapcc.org

Each year, more than 90% of exposures reported to local poison control centers occur in the home. Here are some ways you can keep your family, friends, and yourself poison-safe at home:

Be Prepared for a Poison Emergency

Put the Poison Help number, 1-800-222-1222, in your mobile phone and display it in your home and at work in case of emergency, or if you have questions. You can also text POISON to 797979 to save the number in your mobile phone. Calls are free, confidential, and answered by experts, 24/7/365.

Practice Safe Storage Habits

The following items should be stored up, away, and out of sight of children, and in their original containers. Alternatively, keep these substances in cabinets secured with child-resistant locks. Keep

in mind that there is no such thing as a 100-percent child-proof lock or container.

- All medicines and pharmaceuticals, including over-the-counter medicines, prescription medicines, vitamins, and supplements
- Tobacco and e-cigarette products, especially liquid nicotine
- Alcohol
- Laundry and cleaning supplies
- Pesticides and insect repellents
- Button batteries, such as those found in musical greeting cards, key fobs, etc.
- Any type of oil or lubricant, including fragrance oils, tiki torch oils, engine oil, etc.
- Personal care products, especially contact lens disinfectants and hand sanitizers

EVENTS CALENDAR

March 25: Drs. Day Blood Drive HVCH Meeting Room

Give blood in honor of your health care provider in recognition of National Doctors' Day! Schedule an appointment from 9 a.m. to 3 p.m. by calling HVCH Lab at 740-380-8218. For those who give in honor of your physician, you will receive a special gift and acknowledgement will be sent to your provider!

April 8: TWIG II Chinese Auction Hocking Co. Fairgrounds

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

April 11: Book Sale HVCH Meeting Room

Shop gifts and books from 7:30-3:30.

INSPIRATIONAL QUOTE OF THE WEEK

"Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice."

— Wayne Dyer

Direct to You: From Latricia Johnston

I must admit, the past couple of weeks have seemed very stressful for many people I came in contact with. Including myself. I'm not sure if we are all just tired of winter and getting irritable, but thought a reminder to all of us might be good.



Latricia Johnston,
Chief Public
Relations Officer

How we interact with others, sets the tone for how we treat each other...anywhere. Be it at home, work, community, school, church, or social groups. Have you noticed when you smile, more often than not you receive a return smile? And, when you walk right past someone without a greeting, they don't offer one either? I have encountered people in my own life who I'm not sure they have ever smiled. Their frown is so implanted on their face, that as grotesque as it sounds, I have envisioned what they will look like in their casket one day. They have walked around in an unhappy state of mind for so long, it's just natural for the corners of their lips to sag down at all times, almost like someone has stitched them in place.

We've all heard it takes

less muscles to smile, so someone has spent some serious time purposely being unhappy.

As many of you know, I am a major fan of Dr. John C. Maxwell and wanted to share some of his thoughts from the book *Today Matters*. He titles one of his chapters, "Today's attitude gives me possibilities." Our attitude towards others often determines their attitudes toward us. You cannot have a bad attitude and encourage others at the same time. Think about it...have you ever met someone who treats people like dirt and has a positive attitude? It's not possible.

He reminds us there are many things in life we cannot choose...our parents, where we are born, our race, a heartbreaking diagnosis, the loss of a child, and the list goes on. We can, however, choose our attitude each day by managing a few disciplines where attitude is concerned.

1) Recognize that your attitude needs daily adjustment. It's not possible on this journey of life to go without disappointments that cause us sadness and grief. We will temporarily lose our joy along the way. But, even on a good day, our attitude will not stay healthy

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Healthy eating at Hocking Hills Elementary

HVCH participated in the Hocking Hills Elementary Reading & Educational Program this week, as a few of our employees visited Kindergarten, 1st, 2nd, 3rd & 4th grades. This is an opportunity to give back to our community by highlighting and educating young students about community healthcare. Pictured: 3rd graders with O.U. Health Service Administration Interns, Danielle Marker-Gjerde & Caitlynn Hamilton, as they assisted in helping the students prepare a healthy plate of food as they discussed the food pyramid.



HVCH CEO presents to Rotary

HVCH CEO Stacey Gabriel recently made a presentation about the hospital to the Rotary Club of Logan. Stacey talked about the importance of rural health care and the unique challenges facilities in these areas must overcome.

HVCH Cafeteria Menu March 25-March 29				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna				Battered Cod
Chicken Fingers	Sub Your Way Day	Taco & Fajita Bar	Pork Tenderloin	Chicken
Sweet Potato Fingers	Veggie Pizza	Nachos & Cheese	Macaroni & Cheese	Noodles
Cheese Stick	Potato Salad	Seasoned Corn	Baked Potato	Mashed Potatoes
Brussels Sprouts	Pasta Salad	Black Beans	Cauliflower	Breaded Zucchini
Garlic Bread	Coleslaw	Spanish Rice	Green Beans	Broccoli
Broccoli Soup	Tomato Soup	Chili Soup	Succotash	Minestrone Soup
			Tomato Soup	

POISON

• Other chemicals

Read and Follow Labels and Directions

Make a habit of reviewing the label on any potentially hazardous substance or product prior to use, especially before administering medicines. Take care to follow usage directions, as well as instructions for safe storage and disposal. Call your local poison control center at 1-800-222-1222 if you have any questions about the directions.

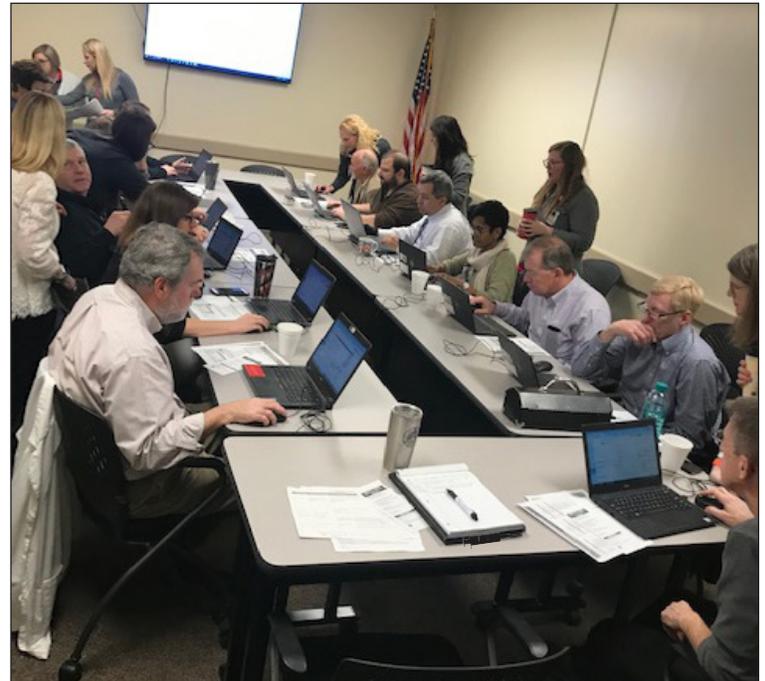
Detect Invisible Threats

To protect your family, install carbon monoxide detectors in your home. Carbon monoxide is a colorless and odorless gas that can lead to severe illness and even death. Most carbon monoxide exposures occur during the winter months or during power outages.

Prepare Food Safely

Practice safe food preparation and handling to avoid food poisoning.

Need help now? Call the Poison Help line at 1-800-222-1222 or visit PoisonHelp.org.



Epic training session at HVCH

OSU spent the day on site with HVCH and HVMG providers conducting training on Epic, the hospital's electronic medical record system. They helped the providers create more efficient work flows that will help them throughout their workday. Thank you to all of the providers who were here on Tuesday. Much appreciated!



Art show raises funds for local school

Ohio University's Patton College of Education hosted the 12th annual Art Extravaganza on November 5th, 2018. OU selected one school in the area to display their artwork, which hung on the walls of McCracken Hall until the auction on March 4th, 2019. Hocking Hills Elementary students were in attendance to present their artwork to auction bidders. Proceeds from the auction were split between the student artist and Hocking Hills Elementary. Pictured with her artwork is Kenna Stivison, 2nd Grade student at Hocking Hills and Stacey Gabriel, CEO.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time - Variable Hours
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - Full Time
- Registered Nurse (RN) - Full Time - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- State Tested Nursing Assistant (STNA) - Full Time - Inpatient Services
- Unit Secretary - Part Time - Inpatient Services

DIRECT

without tending to it daily. And, if you're a natural pessimist, the more attention you will need.

2) Find something positive in everything. Yes, there are some people in my world that it's just painful to find something positive about them. But, when I put my personal opinions aside...I usually identify something that reminds me, "the world would not look the same without this person."

3) Say something positive in every one of your conversations during the day. Begin with those closest to you and work your way out. Maybe the news you have to share today isn't the fact that someone is winning an all expense paid trip to Maui. But, figure out the good piece and start there.

4) Practice removing negative words from your vocabulary. "I can't" - becomes "I can." "I don't think" - becomes "I know." "Maybe" - becomes "absolutely." Are you seeing the trend?

5) Find some way...no matter how big or small...find some way to express gratitude to others every single solitary day! I'm a baker, so I often share a pie or muffins.

There are many things in our daily walk that are not contagious...such as a co-worker's natural born talent or a senior leader's knowledge and experience. But, attitude IS contagious. Example: When a new person on the team is teachable and his humility is rewarded by improvement, others in the department are more likely to display similar characteristics. When the department leader remains positive and upbeat during discouraging circumstances, others admire this and want to imitate or help.

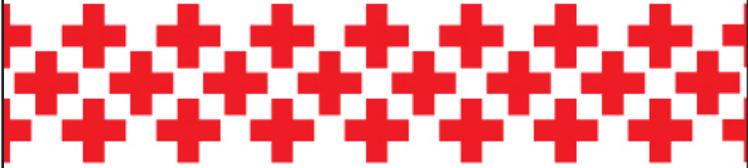
In closing, the bottom line is that a good attitude does help increase all of our possibilities. It help us face that upcoming surgery. It gives us energy to sit down and reassess our finances and make a plan for getting out of debt. It provides peace in a world where at times it can be hard to find. And, it brings cohesiveness at home or in the workplace.

A pessimist usually gets what he or she expects. But, so does the optimist. If you find that your bad attitude starts at home...go home and love your family. In order to make a positive impact in the world, you must first start at home by treating your family members like treasures.

On the opposite page is an exercise I am taking from Dr. Maxwell's book to share. I would encourage each of us to do a daily attitude check with the following exercise:

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.

ATTITUDE EXERCISE

Today Matters - 12 Daily Practices to Guarantee Tomorrow's Success - John C. Maxwell

1. Have I already made the decision to choose and display the right attitude today? If so, when did I make that decision and what exactly did I decide?
2. Of those listed, what one attitude discipline must I practice today and everyday?
3. Think about all the factors that have contributed to my attitude and make a list. Now forget about them. I am making a commitment to take full responsibility for my current attitude and choose to be positive today - no matter what.
4. Begin working on my bad attitude area by making a list of my negative thoughts and habits. Next to each item I will write a positive response or opposite characteristic. Example: If I believe that people take advantage of me - I will write the word "trust" next to that item.
5. Each week place a new positive quote or positive saying where I can see it several times a day.
6. Set the tone for my day by treating people better than I expect to be treated.
7. If I fall back into a negative pattern, make an appointment to do a mind check.



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.