



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAY 17, 2019

Weekly Update

Mental Health Awareness Month



Everyone feels worried or anxious or down from time to time. But relatively few people develop a mental illness. What's the difference? A mental illness is a mental health condition that gets in the way of thinking, relating to others, and day-to-day function.

Dozens of mental illnesses have been identified and defined. They include depression, generalized anxiety disorder, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, and many more.

Mental illness is an equal opportunity issue. It affects young and old, male and female, and individuals of every race, ethnic background, education level, and income level. The good news is that it can often be treated.

Signs and symptoms of mental illness depend in part on the illness. Com-

mon symptoms include

- feeling down for a while
- extreme swings in mood
- withdrawing from family, friends, or activities
- low energy or problems sleeping
- often feeling angry, hostile, or violent
- feeling paranoid, hearing voices, or having hallucinations
- often thinking about death or suicide

In some people, symptoms of a mental illness first appear as physical problems such as stomach aches, back pain, or insomnia.

People experiencing mental health conditions often face rejection, bullying and even discrimination. This can make

EVENTS CALENDAR

July 30: Golf Tournament Hocking Hills Golf Club

Join the fun during the 34th annual Golf Tournament benefitting the HVCH Foundation. The outing will be held on a new day of the week, but is the same great event! Event kicks off with a 9:15 a.m. scramble start and a maximum of 28 teams. Registration is \$100 per golfer, \$400 per team and includes lunch, refreshments, golfer gift, cart fee, greens fee, and afternoon awards. Visit www.hvch.org or call 740-380-8154 to register.

August 8: Auxiliary Book Sale HVCH Meeting Room

Help HVCH while you shop a variety of gifts and books from 7:30 a.m. to 3:30 p.m. in the HVCH meeting room. Payroll available to HVCH employees. Proceeds benefit Hocking Valley Community Hospital.

INSPIRATIONAL QUOTE OF THE WEEK

"I don't believe you have to be better than everybody else. I believe you have to be better than you ever thought you could be."

—Ken Venturi

Direct to You: From Stacey Gabriel

What a great week this has been celebrating hospital week.



Stacey Gabriel, CEO

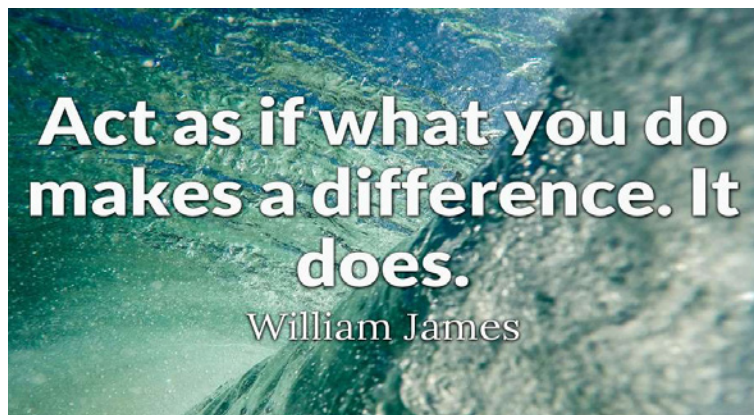
The theme for 2019 was "Celebrating Hope and Healing." This is fitting considering it is what we do each and every day. This week, we celebrate you who give of yourselves each time you walk through those doors to start your shift.

Patients come to us in a time of need. They look to us to help them feel like they are whole again. They want to know "what is wrong with me and what do I need to do in order to feel better."

Our care doesn't just involve perform-

ing the necessary tests or procedures; it also involves the way in which you interact with the patient and their family. Do you take the time to gather thorough information, explain processes, or ask the patient/family if they have any questions? Those little things are what make all the difference in the world, and ensure that we are providing high-quality healthcare.

We thank you for the time you dedicate to HVCH in supporting the mission of "providing our community an unparalleled patient experience through world class service that is both compassionate and professional." You have an opportunity to make a difference in the lives of those you care for. Are you taking that opportunity?



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. Registration includes T-shirt, door prize entry and concert ticket. Anyone can participate, but you must register to receive your swag and concert entry.

Three Sided Soul Reunion Concert:
 Join us for the perfect way to conclude the event, a concert with Three Sided Soul from 7-10 p.m. at Millstone BBQ in Logan! Concert-only tickets are \$5. Call 740-380-8336 for more information.

HVCH Cafeteria Menu May 20-24				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna				Battered Cod
Chicken Fingers	Sub Your Way	Taco & Fajita Bar	Pork Tenderloin	Chicken N' Noodles
Sweet Potato Fingers	Veggie Pizza	Nachos & Cheese	Macaroni & Cheese	Mashed Potatoes
Cheese Stick	Potato Salad	Corn	Baked Potato	Zucchini
Brussels Sprouts	Pasta Salad	Black Beans	Cauliflower	Broccoli
Garlic Bread	Coleslaw	Spanish Rice	Green Beans	Minestrone Soup
Broccoli Soup	Tomato Soup	Chili Soup	Succotash	
			Tomato Soup	



HVCH welcomes new employees

Several new employees joined the HVCH team for the month of May including: Tamara Harmon, Associate, Environmental Services; Brittany Cox, MHT, Behavioral Health Unit; Corbin Smith, STNA, Inpatient; Michele Rid-enour, RN, Special Care Unit; Vickie Keading, RN, Behavioral Health Unit; and Jessica Whalen, RN, Inpatient. Welcome!



Beautifying downtown Logan

HVCH CEO Stacey Gabriel and Emily McGreevy (granddaughter of retired HVCH CFO Mike McGreevy) were two of many volunteers who helped plant flowers and mulch as part of Logan in Bloom's downtown beautification project. Thanks to all the volunteers who helped plant!



Get your ticket today for a chance to win a One Week stay at Majestic Beach Oceanfront Resort in Panama City, Florida! Includes \$1,000 in VISA gift cards for travel expenses. Total package value: \$3,000!

Tickets are \$20 each

Reservations must be confirmed by December 1, 2019. Resort stay must be completed by October 1, 2020. Condo accommodates six with king size master suite and attached bath/spa tub, bunk room, and pull out double bed sofa. Drawing will take place during the Bids & Brews Benefit, Friday evening, August 9, 2019, held at the Hangar located at 28769 Murphy Road, Logan, Ohio. Winner need not be present to win.

To purchase tickets, visit: <http://www.hvch.org/community/beachraffle/>. Tickets may also be purchased in Community Relations at Hocking Valley Community Hospital. Call 740-380-8336 to learn more.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time - Variable Hours
- Food Service Aide - Part Time - Various
- Radiologic Technologist - Full Time - Nights
- State Tested Nursing Assistant (STNA) - Inpatient Services

HEALTH

their journey to recovery longer and more difficult. Stigma is when someone, or you yourself, views you in a negative way because you have a mental health condition. Some people describe stigma as shame that can be felt as a judgement from someone else or a feeling that is internal, something that confuses feeling bad with being bad.

Navigating life with a mental health condition can be tough, and the isolation, blame and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support and living well. Learning how to cope with stigma and how to avoid and address stigma are important for all of us.

MENTAL HEALTH FACTS

- 1 in 5 (46.6 million) adults in the United States experience a mental health condition in a given year.
- 1 in 25 (11.2 million) adults in the United States experience a serious mental illness in a given year.
- Approximately 46.6 million adults in the United States face the reality of managing a mental illness every day.
- Half of all lifetime mental health conditions begin by age 14 and 75% by age 24, but intervention programs can help.
- Up to 90% of those who die by suicide have an underlying

ing mental illness as revealed by psychological autopsy. 46% of those who die by suicide have a diagnosed mental illness.

- Suicide is the 10th leading cause of death in the United States. With effective care, suicidal thoughts are treatable, and suicide is preventable.
- Individuals with mental health conditions face an average 11-year delay between experiencing symptoms and starting treatment.
- Common barriers to treatment include the cost of mental health care and insurance, prejudice and discrimination, and structural barriers like transportation.
- Even though most people can experience relief from symptoms and support for their recovery in treatment, less than half of the adults in the United States get the help they need.

Individuals with a mental illness can often ease their symptoms and feel better by talking with a therapist and following a treatment plan that may or may not include medication.

To speak to one of the psychiatrists at the Hocking Valley Medical Group, call 740-385-2197. The National Suicide Prevention Hotline is always available at 1-800-273-8255.

(Information courtesy Harvard Health Online and NAMI)

HVCH celebrates National Hospital Week



Hocking Valley Community Hospital celebrated National Hospital Week this week. As part of the celebration, employees were treated to a make your own snack mix bar, pancake breakfast served by senior leadership and an ice cream sundae bar as a way to say thanks for the hard work each and every team member puts in everyday.





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.