



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAY 24, 2019

Weekly Update

Walking can help with arthritis



Arthritis is one of the most widespread health conditions in the United States. It affects about one in four adults overall. That's over 54 million men and women. To recognize this toll on Americans' health, May is recognized as Arthritis Awareness Month.

Arthritis in Rural America

Arthritis affects working-age adults, older adults, and even children. The number of adults who live in rural or urban areas and are affected by arthritis was the topic of a recently published CDC analysis. Researchers found that more adults in rural areas are affected by arthritis with nearly 1 in 3 affected, than in urban areas. Adults living in the most rural areas were more limited by their arthritis, too. Over half reported being limited by arthritis. Arthritis limitations can include difficulties with

moving and performing daily tasks, as well as social and work limitations.

Moving in May

No matter if you live in a rural area, suburb, or urban neighborhood, walking has been shown to improve arthritis pain, fatigue, function, and quality of life. There is no better time to begin a walking program or recommit yourself to a walking routine than during Arthritis Awareness Month. Walking is a great way for people with arthritis who live in rural areas to be physically active. For those uncertain about walking, proven programs such as Walk With Ease can help people get started.

Walking is recommended—All adults, including adults with arthritis, should get 2 hours and 30 minutes (150

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

"A man's country is not a certain area of land, of mountains, rivers, and woods, but it is a principle and patriotism is loyalty to that principle."

—George William Curtis

Direct to You: From Julie Grow

Although Memorial Day marks the unofficial beginning to summer, it is important to



Julie Grow, CFO

take a moment to stop and remember the true meaning behind the holiday. According to Gallup, only 28% of Americans know the reason we celebrate: to honor the armed forces men and women who died while fighting for our country. Most, about 60%, believed the holiday had something to do with veterans, while others thought it was to honor loved ones who passed.

Up until 1971, Memorial Day was always observed on May 30th, but when Congress began recognizing it as a national holiday, it was decided to change it to the last Monday in May to create a three day weekend. This change, some argued, would contribute to Americans neglecting the true meaning and observances of the holiday.

Herman Wouk, World War II Veteran and Pulitzer Prize winning author, passed away last week in his sleep at the age of 103. He spent most of his life writing about the horrors and consequences of war. He said, "The beginning of the end of war lies in remembrance." So I urge

you, this Memorial Day to take a moment to stop and reflect on the true meaning behind the holiday... to remember those who gave the ultimate sacrifice so that you can possibly enjoy a three day weekend or burgers and brats at a family picnic.

Ways to celebrate Memorial Day:

- Fly your flag at half-staff from sunrise until noon only, then raise it briskly to the top of the staff until sunset. This may be a good time to check the condition of your flag. If it is time to replace it, do not throw it away; take it to your local American Legion for proper disposal.

- Help your local veterans groups (VFW, American Legion, etc.) to replace worn out grave markers/ flags of deceased veterans at your local cemetery. Some civic groups or Boy Scout or Girl Scout troops put flags or flowers on veteran's graves on the Saturday before Memorial Day. Consider your cemetery's guidelines.

- Pause at 3:00 p.m. EST time for the duration of one minute on Memorial Day for the National Moment of Remembrance. This Memorial Day, IAVA (Iraq & Afghanistan Veterans of America) will lay a wreath before the Tomb of the Unknown Soldier at Arlington National Cemetery.

- Visit a war memorial,

DIRECT, PAGE 3



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 27-31

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

DIRECT

war monument, or a military museum.

- Talk to your kids about Memorial Day. Read a book to educate them. Color a picture and send it to a veteran. Take time to do a poppy craft activity. Invite them to ask veteran family members about their wartime experiences. Ask them how they celebrate Memorial Day. Visit a nearby Veterans Hospital.

Most importantly, remember that to some, those families and loved ones of the armed services men and women who were killed in the line of duty, every day is Memorial Day. So, if you are lucky enough this Memorial Day to spend it with the ones you love, surrounded by BBQs and swimming pools, soaking up the first bit of summer sun, take a moment to give thanks for those who died so that we may enjoy such freedoms. As always, thank you for the difference you make in the lives of our patients every day and thank you to those men and women who serve our country.

ARTHRITIS

minutes) of moderate-intensity aerobic activity (i.e., brisk walking) per week and do muscle-strengthening activities two or more days a week. If you take brisk walks for 30 minutes a day, 5 days a week, you will meet the aerobic activity recommendations from the Physical Activity Guidelines for Americans.

Don't think you can walk for 30 minutes at one time? You can break it up into 10 minute sessions and spread it out during the day—walk the dog 10 minutes in the morning, take a 10 minute walk to the post office, coffee shop, or grocery store in the afternoon, and then take a 10 minute walk after dinner.



Employees participate in vendor fair

HVCH employees had the opportunity this week to attend a vendor fair to see and learn about different types of new cardiac monitors. The hospital will be upgrading its current monitors, which was part of the 2019 HVCH Foundation Employee Giving Campaign. More than \$22,000 was pledged by employees to help fund the upgrades.



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 the Community Relations and Administration offices 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 Hours
- Radiologic Technologist - Full Time - Night Shift
- State Tested Nursing Assistant (STNA) - Inpatient Services (Full Time & Part Time)
- Student Intern - Healthcare Administration, Business Administration, or Human Resources (Unpaid)

Congratulations to the graduates of 2019! From preschool students to seniors, here are some of the graduates HVCH employees wanted to recognize:

- **Ethan Collins:** Ethan is the grandson of Jeri Collins, Medical Records. He graduated from Miller High School and plans to attend Douglas Education Center in Pennsylvania majoring in the Special Effects Program.
- **Clay Hunter:** Clay is the son of Janel Hunter, RN, Surgery. He graduated from Logan High School and plans to attend a Recording Workshop in Chillicothe, OH, then see where life takes him.
- **Alexa Poling:** Alexa is the daughter of Missy Poling, Social Services Director. She graduated from Logan High School and plans to attend Capital University where she will be majoring in Biology and playing softball for the Capital Crusaders.
- **Miranda Thompson:** Miranda is the daughter of Sheri Thompson, Payroll & Benefits Coordinator. She graduated from Bowling Green State University with a Bachelor's degree in Biology and a minor in Environmental Services. She was a member of Alpha Phi Omega and was coordinator in the Herpetology Lab.
- **Haleigh Sammons:** Haleigh is the daughter of Tammy Little, Inpatient Services Director. She graduated from New Lexington High School and plans to attend Ohio University for Nursing.
- **Landon Little:** Landon is the bonus-son of Tammy Little,



- Inpatient Services Director. He graduated from Logan High School and plans to attend Ohio University Lancaster for Business.
- **Madison Jane Neal:** Madison is the granddaughter of Jane Green, Associate. She graduated from Trimble High School and plans to attend Hocking College to become a Special Education Teacher.
- **Darrin Cox:** Darrin is the grandson of Gwen Harmon, Medical Records. He graduated preschool from Hocking Hills Elementary and will be attending Kindergarten at Hocking Hills Elementary.
- **Joey Wagener:** Joey is the grandson of Kandy Fizer, Education Director. He graduated Kindergarten from Green Elementary. He plans to spend summer with his four-wheeler, playing on his swing set and drinking juice boxes pool-side.
- **Alexis Snyder:** Alexis is the daughter of Alicia Snyder, STNA, Inpatient Services. She graduated from Otterbein University with a Bachelor's of Science in Exercise Science and Health Promotion.
- **Hannah Stilwell:** Hannah is the daughter of Sarah Crihfield, Unit Secretary, Cardio. She graduated from Logan High School and plans to attend Morehead State University majoring in the Vet-Tech Program.
- **Breanna Burrell:** Breanna is the daughter of Brian and Letha Burrell, RN, Outpatient Surgery. She graduated from Mount Carmel College of Nursing with her BSN. She graduated Magna Cum Laude and was a member of Sigma Theta Tan International. She has accepted a position at Nationwide Children's Hospital NICU.



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.