



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

AUG. 30, 2019

Weekly Update

Help stand up to bullying this school year



Bullying is acting in ways that scare or harm another person. Kids who bully usually pick on someone who is weaker or more alone, and they repeat the actions over and over. Bullying starts in elementary school and becomes most common in middle school. By high school, it is less common but still occurs.

Bullying can take many forms, including:

- Physical harm, such as hitting, shoving, or tripping.
- Emotional harm, such as making fun of the way a child acts, looks, or talks. Writing mean things about someone in emails or online journals is also bullying.

Girls who bully are more likely to

do so in emotional ways. Boys who bully often do so in both physical and emotional ways. For example:

- A girl may form a group and exclude another girl or gossip about her.
- A boy may shove another boy and call him names.

Both boys and girls take part in "cyberbullying." This means using high-tech devices to spread rumors or to send hurtful messages or pictures. Emotional bullying doesn't leave bruises, but the damage is just as real.

If you think your child is being bullied—or is bullying someone else—take action to stop the abuse.

Why is it important to stop bullying?

BULLYING, PAGE 3

EVENTS CALENDAR

Sept. 9-14: Hocking County Fair
Hocking County Fairgrounds

October 1: Chinese Auction
Hocking County Fairgrounds

Doors open 5:30 PM – Drawing at 7:00 PM. Grocery Basket, 50/50 Drawing & Lottery Tree. Baked goods & refreshments available! Lots of nice items & gift cards will be featured. All proceeds benefit HVCH.

October 12: Jeep Run
through the Hocking Hills

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. A concert with Three Sided Soul will be held from 7-10 p.m. at the run's last stop! Visit www.hvch.org to register.

INSPIRATIONAL QUOTE OF THE WEEK

"You have to go through the falling down in order to learn to walk. It helps to know that you can survive it. That's an education in itself."

—Carol Burnett

Direct to You: From Beth Kluding

Rural health-care is unique in many ways. The struggles we are faced with in regards to scarcity of resources and limited access is countered by how far people are willing to go to meet the needs of others.



Beth Kluding,
Chief Nursing
Officer

Roy Davis, Business Development Director, and I went to a conference a couple of weeks ago that was all about rural healthcare in Ohio. This conference is one that the State Office on Rural Health offers annually at no cost to the participants.

As I sat in this room filled with people who are all dealing with the same issues we deal with on a daily basis, I thought, "This is how we fix things in healthcare." Everyone working for a common goal, taking care of people. Everyone sharing ideas about getting healthcare to the people. This is what I see at Hocking Valley

Community Hospital and in the town of Logan. I see it every day, and in every interaction where people are kinder than necessary, and care more than required.

Being new to the community, there are a few things that have surprised me with just how far folks are willing to go. Physicians are still making house-calls for patients. Healthcare workers go out of their way to make sure people have rides home, or money for food and medications. There are programs that the community offers for teaching folks how to prepare healthy meals. The churches rotate for free clinic services. The schools offer free meals to students. All of these things are a community recognizing the strength in taking care of one another, and raising one another up. In our continued support for one another, we can continue to assure that people are getting their needs met, turning our uniqueness into our greatest strength.



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 the run's last stop. Call 740-380-8336 for more information.

HVCH Cafeteria Menu Sept. 2-Sept. 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Carrots Broccoli Breadstick Tomato Soup	Philly Steak & cheese Macaroni & Cheese Onion Rings Baked Potato Cauliflower Spinach Chili	Breaded Chicken Breast/Bun Italian Sausage/ Bun French Fries Corn Green Beans Blended Veggies Chicken Soup	Breakfast Pizza Sausage Gravy & Biscuits Egg Omelette Tacquito Oven Browns Bacon Broccoli Soup	Tortilla Tilapia Sweet & Sour Chicken Rice Pilaf Glazed Carrots Brussels w/ Bacon Cauliflower Enchilada Soup

BULLYING

Bullying is a serious problem for all children involved. Kids who are bullied are more likely to feel bad about themselves and be depressed. They may fear or lose interest in going to school. Sometimes they take extreme measures, which can lead to tragic results. They may carry weapons, use violence to get revenge, or try to harm themselves.

Kids who bully others are more likely to drop out of school, have drug and alcohol problems, and break the law.

What are the traits of children who bully?

Children who bully are often physically strong. They may bully because they like the feeling of power. They may be kids who do things without thinking first and may not follow rules. These boys and girls have not learned to think about the feelings of other people.

Kids who physically bully others sometimes come from homes where adults fight or hurt each other. They may pick on other kids because they have been bullied themselves.

Children who bully need counseling. It can help them understand why they act as they do. And it can teach them how to interact with others in more positive ways. Family counseling is especially helpful for these children.

How do children who are bullied act?

Children who are bullied are often quiet and shy. They may have few friends and find it hard to stand up for themselves. They may begin to think that they deserve the abuse.

What can children do if they are bullied?

Children are often scared and angry when they are bullied. They may not know what to do. Teach them to:

- Talk back. Say, "Leave me alone," or "You don't scare me." Have your child practice saying this in a calm, strong voice.
- Walk away. Don't run, even if you are afraid.
- Tell an adult. A parent or teacher can then take steps to stop the bullying.

What can you do to stop bullying?

Bullying can be stopped if people pay attention and take action.

Bullying most often occurs in school, and it is most common in schools where students are not well supervised. If bullying is happening at your child's school, talk to the principal or vice principal. Urge the school to adopt a no-bullying policy. All children should know that those who



HVCH visits FMC information fair

Amber Kilpatrick, Director of HVCH's Behavioral Health Unit, visited Fairfield Medical Center for their case manager information exchange. This is an opportunity for referring case managers to get information about services that can help patients, such as the BHU/Summit at HVCH. Thanks Amber for representing the hospital and demonstrating the behavioral health services we offer our senior citizens!

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time
- Food Service Aide - Part Time
- Licensed Practical Nurse (LPN) - Outpatient Clinic/Medical Office - Full Time
- Maintenance Technician - HVAC Mechanic - Full Time
- Medical Assistant - Outpatient Orthopedic Clinic - Full Time
- Medical Receptionist - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Full Time
- Radiologic Technologist - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Emergency Department - Full Time
- Registered Nurse (RN) - Special Care Unit - Full Time
- Respiratory Therapist - Full Time
- State Tested Nursing Assistant (STNA) - Inpatient Services - Full Time
- Surgery Technician - Part Time - Day Shift

BULLYING

bully will be disciplined. Children who are bullied should be supported and protected.

As a parent, you can help your child get involved in new hobbies or groups, such as school clubs or church youth groups. Being part of a group can help reduce bullying. Having friends can help a child have a better self-image.

Kids can help keep other kids from being bullied. If you are a kid, don't let yourself be part of the problem.

- Speak up when you see someone else being picked on. It can help to say something like, "Cut it out. That's not funny." If this is too hard or scary to do, walk away and tell an adult.
- If someone sends you a mean email about another person, don't forward it to others. Print it out and show it to an adult.

Children can help avoid bullying if they:

- Try to stay away from those who seem to not like them.
- Play or take breaks near adults while at school.
- Walk to school with older brothers and sisters or friends.
- Sit near the bus driver.

Bullying is less likely to occur when children are in groups and are in areas supervised by adults. But these strategies only work when schools have firm policies in place against bullying. Staff must be trained and supported in consistently enforcing these policies.

Children who bully look for an easy target. Bullies are less likely to pick on those who:

- Can quickly respond to threats in a self-assured way. Help your child practice what to say if he or she is bullied.
- Act confident and do not seem easily scared. Help your child learn to use strong body language, such as standing up straight, looking other children in the eye, and speaking firmly.

Bullying is reinforced when it is ignored or quietly accepted. Encourage children to stand up for each other. Help your child think of ways to help someone who is being bullied. For example, you might suggest that a child say, "Why are you picking on him? If you think it makes you look good, you're wrong." Other simple ways include refusing to watch or participate in bullying. Sometimes distracting a bully, such as by starting a conversation, can prevent a confrontation.

Defending another person may sometimes be too much to ask. Help your child understand that, at the very least, he or she should tell an adult.



Searching for a job?

Sign up for job alerts on our website at:
<https://hvch.applicantpro.com/jobs/>

Anytime a new career is posted, you will receive an email alert. Apply for the position directly from our website.



SEPT. 9-14

HVCH is going to the Hocking County Fair! The booth will be set up under in the art hall. Different departments will be on hand each day to discuss services offered at the hospital. We also will be helping with Thursday's Senior Day festivities. See you at the fair!



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.