



NOV. 1, 2019

Weekly Update

American Diabetes Month - Preventing Type 2 Diabetes



● WOUNDS HEAL SLOWLY



● EXTREME FATIGUE



● HIGH BLOOD SUG



● ALWAYS THIRSTY

● PRESSURE



AR



● HEALTH FOOD



● NORMAL WEIGHT



● FOOD CONTROL



● DIAGNOSTIC

● EXERCISE



Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk if they make healthy changes. Examples of healthy changes include eating healthy, getting more physical activity, and losing weight.

Reduce Portion Sizes

Portion size is the amount of food you eat, such as 1 cup of fruit or 6 ounces of meat. If you are trying to eat small-

er portions, eat a half of a bagel instead of a whole bagel or have a 3-ounce hamburger instead of a 6-ounce hamburger. Three ounces is about the size of your fist or a deck of cards.

Put less on your plate, Nate.

1. Drink a large glass of water 10 minutes before your meal so you feel less hungry.

2. Keep meat, chicken, turkey, and fish portions to about 3 ounces.

3. Share one dessert.

Eat a small meal, Lucille.

4. Use teaspoons, salad forks, or child-size forks, spoons, and knives to help you take smaller bites and eat less.

5. Make less food look like more by serving your meal on a salad or break-

EVENTS CALENDAR

November 7: Auxiliary Book Sale HVCH Meeting Room

Get a head start on your holiday gift shopping at our Collective Goods Books & Gifts Sale from 7:30 a.m. to 3:30 p.m. in the HVCH Meeting Room. A variety of books and other gifts are available. Proceeds benefit HVCH. Payroll deduct available for HVCH employees.

SAVE THE DATE! December 3: Holiday Affair HVCH Campus/CIC Building

Join us for our 4th annual Holiday Affair. Free and open to the public from 5-7:30 p.m. on the HVCH campus. Special guests this year include the Columbus Zoo and Hocking County Humane Society. Performances by Scenic Hills Senior Center Choir, Logan High School Choir and Hocking County Children's Chorus. Craft vendors, Schmidt's Sausage and more!

INSPIRATIONAL QUOTE OF THE WEEK

"Smiling is definitely one of the best beauty remedies. If you have a good sense of humor and a good approach to life, that's beautiful."

—Rashida Jones

Direct to You: From Julie Grow

Don't forget to "fall back"!

What would you do with an extra hour? If you were given the gift of time... 60 minutes, 3,600 seconds... would you read a book? Catch up with an old friend? Sleep? If you think about, this weekend, when we set our clocks back an hour, we are getting just that. A gift of time. So I challenge each of you to step outside of your norm and do something great with that hour. Time slips by so quickly. It's hard to believe my daughter is a mouthy ten-year-old when it still feels just like yesterday that I was rocking her to sleep, or that it's been two years since I've heard the sound of my mother's voice when I still reach for the phone to call her mid-recipe for advice.



Julie Grow, CFO

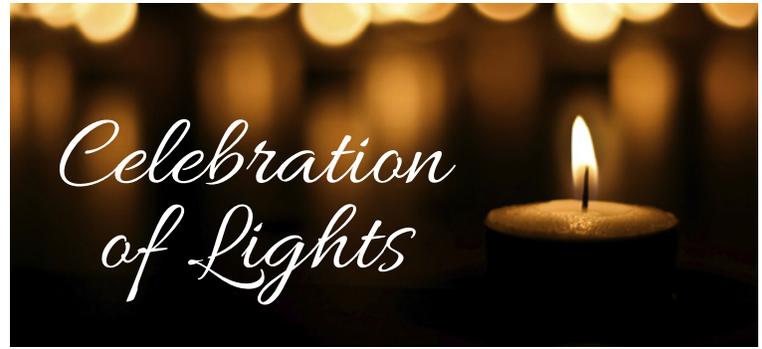
Hundreds of policies had to be written from scratch. Every frontline employee of the medical group had to be converted to a hospital employee for compliance. The Crow Building had to be evaluated from top to bottom to ensure that it was survey ready. Roy Davis and his team, from everyone who volunteered to help or were voluntold (lol) have done a phenomenal job. Once the RHC and provider based clinic changes are completed, it will mean an additional \$1.2 million in reimbursement... fundamentally changing and securing access to healthcare for our community. Our patients will have further access to the Medicare 340B program, making most drugs much more affordable. I literally get goosebumps when I think about it! I hope each one of the team involved with making this change takes the extra hour this weekend to take a moment to REST! They certainly deserve it.

I blinked and 2019 is nearly over. This week, our Board approved the 2020 budget which included a much needed wage adjustment to remain competitive in our market. Meeting our goals for 2020 will take the help of every employee in the organization. Soon, we will be rolling out a "Daily Target" report that will be displayed in many of the patient areas so that each

Time certainly flies in the world of healthcare as well! We are nearing the finish line with the Rural Health Clinic and are officially in our survey window. We started exploring the opportunity in January, and while some may argue it's been a long process, I have been amazed by the commitment, excitement, and ownership of each and every person involved.

This project was a gargantuan undertaking.

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Please consider honoring or making a lasting tribute for someone you hold dear. The Annual HVCH Auxiliary Celebration of Lights Ceremony will be held during the annual Holiday Affair event on:

**Tuesday, December 3rd at 6:30 p.m.
HVCH Outdoor Campus**

RECOGNITION IS:

- \$10 in Memory or Honor of an Individual**
- \$10 in Memory or Honor of a Family or Couple**
- \$25 in Honor of a Business**

Names honored will be recognized during the Celebration of Lights tree lighting ceremony and will be on display in the Main Lobby throughout the holiday season.

All proceeds benefit the HVCH Auxiliary and payroll deduction is available for hospital employees. Order forms are available on the bulletin board outside the HVCH Café hallway or by calling the Community Relations office at (740) 380-8154.

Completed order forms must be returned to the Community Relations office by Friday, November 22nd, to be included in the program and honorary display.

HVCH Cafeteria Menu Nov. 4-Nov. 8				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna			Chicken Fried Steak	Battered Cod
Chicken Fingers	Sub Your Way Day	Taco & Fajita Bar	Macaroni & Cheese	Chicken Noodles
Sweet Potato Fingers	Veggie Pizza	Nachos & Cheese Corn	Mashed Potatoes	Mashed Potatoes
Cheese Stick	Potato Salad	Black Beans	Cauliflower	Zucchini
Brussels Sprouts	Coleslaw	Spanish Rice	Green Beans	Broccoli
Garlic Bread	Tomato Soup	Chili Soup	Succotash	Minestrone Soup
Broccoli Soup			Tomato Soup	

DIRECT

one of us can know how we're doing. How many patients do we need on the floor to meet our goal? Did we see enough patients in our clinic today or did we fall a little short? How many ER patients were converted to admissions? It's important that each member of the team knows the answers to these questions. These Daily Targets will be posted prominently in the departments.

Rural healthcare isn't easy. We have fewer resources at our fingertips. We have patients with more chronic issues and less ability to access the care they need. It's frustrating, demanding, exhausting work. Yet, it's rewarding, exhilarating, and gives such a strong sense of purpose to care for those who cannot easily care for themselves. I was asked by a friend recently if I like my job... and without hesitation my response was that I love it! I can't imagine myself anywhere else. Rural healthcare is a calling and I work with over 350 men and women who see the value in our mission... to meet the healthcare needs of our community, no matter how challenging that can sometimes be. So this Sunday... take that hour... read an extra chapter, spend time with your family, REST, relax... do whatever brings you joy. You certainly deserve it. And as always, thank you for the difference each of you make in the lives of our patients.

~Julie G

DIABETES

fast plate.

6. Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you are full.

7. Listen to music while you eat instead of watching TV (people tend to eat more while watching TV).

Dance it away, Faye.

8. Show your kids the dances you used to do when you were their age.

9. Turn up the music and jam while doing household chores.

10. Work out with a video that shows you how to get active.

Let's go, Flo.

11. Deliver a message in person to a co-worker instead of sending an e-mail.

12. Take the stairs to your office. Or take the stairs as far as you can, and then take the elevator the rest of the way.

13. Catch up with friends during a walk instead of by phone.

DIABETES, PAGE 4



Seeing Double

Dr. Mark Fratzak poses with a scarecrow that looks a lot like his dopelgänger! The scarecrows were part of a Halloween contest by HVCH employees and are on display along the hospital walking trail until 11/22.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Housekeeper - Environmental Services - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Contingent/PRN
- Registered Nurse (RN) - Inpatient Services - Part Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Emergency Department - Full Time
- Registered Nurse (RN) - Float - Full Time
- Registered Nurse (RN) - Special Care Unit - Full Time
- Respiratory Therapist - Full Time

DIABETES

- 14. March in place while you watch TV.
 - 15. Choose a place to walk that is safe, such as your local mall.
 - 16. Get off of the bus one stop early and walk the rest of the way home or to work if it is safe.
 - Snack on a veggie, Reggie.**
 - 17. Buy a mix of vegetables when you go food shopping.
 - 18. Choose veggie toppings like spinach, broccoli, and peppers for your pizza.
 - 19. Try eating foods from other countries. Many of these dishes have more vegetables, whole grains, and beans.
 - 20. Buy frozen and low-salt (sodium) canned vegetables. They may cost less and keep longer than fresh ones.
 - 21. Serve your favorite vegetable and a salad with low-fat macaroni and cheese.
 - Cook with care, Claire.**
 - 22. Stir fry, broil, or bake with non-stick spray or low-salt broth. Cook with less oil and butter.
 - 23. Try not to snack while cooking or cleaning the kitchen.
 - 24. Cook with smaller amounts of cured meats (smoked turkey and turkey bacon). They are high in salt.
 - Cook in style, Kyle.**
 - 25. Cook with a mix of spices instead of salt.
 - 26. Try different recipes for baking or broiling meat, chicken, and fish.
 - 27. Choose foods with little or no added sugar to reduce calories.
 - 28. Choose brown rice instead of white rice.
 - Eat healthy on the go, Jo.**
 - 29. Have a big vegetable salad with low-calorie salad dressing when eating out. Share your main dish with a friend or have the other half wrapped to go.
 - 30. Make healthy choices at fast food restaurants. Try grilled chicken (with skin removed) instead of a cheeseburger.
 - 31. Skip the fries and chips and choose a salad.
 - 32. Order a fruit salad instead of ice cream or cake.
 - Rethink your drink, Linc.**
 - 33. Find a water bottle you really like (from a church or club event, favorite sports team, etc.) and drink water from it every day.
 - 34. Peel and eat an orange instead of drinking orange juice.
 - 35. If you drink whole milk, try changing to 2% milk. It has less fat than whole milk. Once you get used to 2% milk, try 1% or fat-free (skim) milk. This will help you reduce the amount of fat and calories you take in each day.
 - 36. Drink water instead of juice and regular soda.
- More tips at National Institute of Diabetes and Digestive and Kidney Disease's website: <https://www.niddk.nih.gov>.

you are Appreciated!

October 20–26 | Respiratory Care Week

During National Respiratory Care Week, respiratory therapists celebrate their fastgrowing profession while raising awareness of lung health. Respiratory therapists help people who suffer from chronic respiratory diseases like asthma, bronchitis and emphysema. They also provide emergency care to patients suffering from heart attacks, drowning or shock. Thank you to these compassionate, dedicated members of our team.

November 1–7 | Medical-Surgical Nurses Week

This week honors the medical-surgical nurses who make a difference in the lives of patients every day. They care for adult patients who are acutely ill with a wide variety of medical issues or are recovering from surgery. Medical-surgical nurses provide care 24/7 and have more face time with patients than any other professional in the hospital. They are trusted by patients and valued by colleagues as highly skilled and compassionate caregivers.

SECRET SANTA FOR SUPER SENIORS

Help brighten the life of a local home-bound senior this winter! We will have donation bins set up for a special gift for our Meals on Wheels clients. We will be accepting donations 10/24/19 through 12/4/19.

Suggestions include:

- Gloves & Hats
 - Gift Cards for Pet Food
 - Slippers & Socks
 - Chapstick
 - Cough Drops & Tissues
 - Tea & Crackers
- *New items only please*

Drop-offs at:

- Hocking Valley Community Hospital
- Poochie Parlor, Logan
- Logan and Laurelville Libraries
- Subway Restaurant, The Plains
- HAPCAP Glouster Office


Southeast Ohio Regional Kitchen
 A Program of Hocking Athens Perry Community Action

HVCH ANNUAL HOLIDAY AFFAIR

“Christmas at the North Paw!”

As part of this year’s community annual holiday affair, Santa is bringing some of his furry “paws” from the Columbus Zoo and the local Hocking County Humane Society to celebrate the holiday with us!

Included in this exciting event, is the “paw-paw” tree competition/Chinese auction and we are asking you to consider participating. Proceeds go to the Hocking County Humane Society.

HOW IT WORKS:



- You and/or your organization registers by Nov. 30 to donate an artificial tree between 2-3 ft in height (table top.) There is no cost to enter. Decorations should be 100% animal themed and can be homemade or purchased. Consider trees decorated in stuffed animal toys, TV animal character themes, usable items such as lead ropes, collars, pet clothes, pet treats, or animal toys. Animal themed ornaments/lights, etc. The options are endless—check out Pinterest!
- Trees are to be delivered to HVCH between 10 am and noon on Monday, Dec. 2. at the CIC building next to the hospital. Enter through the side door and go to the first office on the right.
- Trees will be on display from 4:00 pm to 7:30 p.m. Tuesday, Dec. 3, and auctioned off through Chinese auction at 7:00 p.m. Winner need not be present to win.
- All tree lights should be battery operated only. Electricity not provided. 
- Guests will have the opportunity to judge 1st, 2nd, and 3rd places during the event.
- Auction winners may pick up their trees that evening or any day between Dec. 4-6th. Trees not picked up by this date will be donated to the Hocking County Humane Society. Winners are also encouraged to consider donating their winning tree to the local humane society to help with their needs during the winter months.

Organization Name



Contact Person and Phone #

Title of Paw-Paw Tree

Email Address

Entry forms may be mailed to HVCH c/o Latricia Johnston @ 601 St. Rt. 664 N, Logan, OH 43138, or emailed to ljohnston@hvch.org. For additional information please call 740-380-8336.



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.