



HOCKING VALLEY
Community Hospital

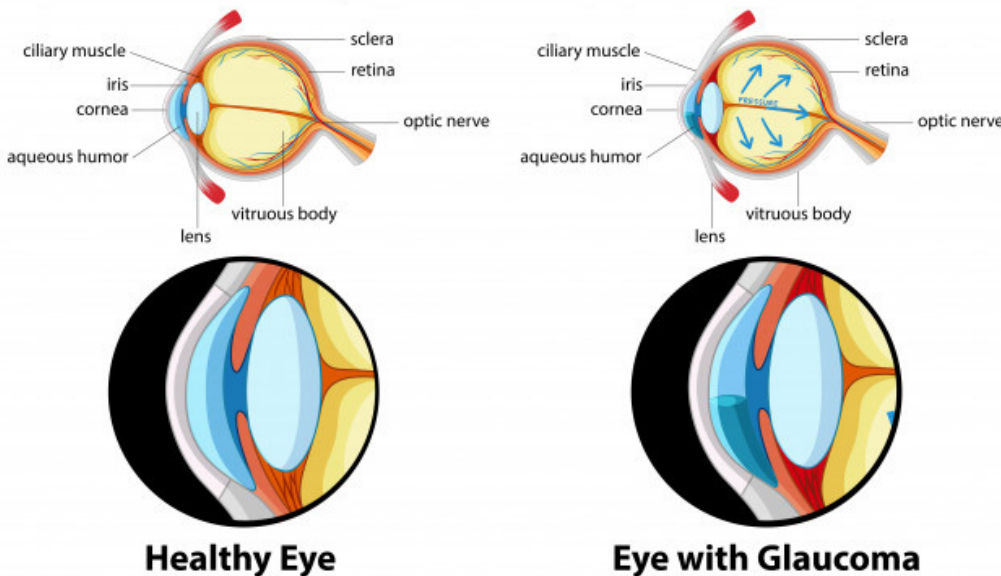
LEADING THE WAY TO A HEALTHIER COMMUNITY

Weekly Update

JAN. 24, 2020

Protect Your Sight: Glaucoma Awareness

Development of Glaucoma



January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more preva-

lent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

What is Glaucoma?

EVENTS CALENDAR

Jan. 28: Women's Cancer Screenings, HVCH Campus

Free breast and cervical cancer screenings provided by the Ohio University College of Osteopathic Medicine for qualifying women. Appointments from 9 a.m. to 3 p.m. Call 800-844-2654 to schedule or to confirm eligibility.

SAVE THE DATE: *Foundation Golf Tournament* *Friday, June 19, 2020*

SAVE THE DATE: *Bids & Brews Benefit* *Friday, August 7, 2020*

SAVE THE DATE: *HVCH Foundation Jeep Run* *Saturday, October 3, 2020*

INSPIRATIONAL QUOTES OF THE WEEK

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."

— Confucius

Direct to You: From Roy Davis

I would like to update everybody on a few projects and moves that have been happening at the Valley.



Roy Davis,
Director of
Operations

• Before Christmas, we received our notice that we passed our Rural Health Clinic inspection. I want to thank everyone that contributed to this project, it being a tremendous success. There were many hours devoted to getting ready for the inspection including late nights, early mornings and some weekends. The RHC designation allows us to be reimbursed at a higher rate from Medicare and Medicaid for our family practice and pediatric providers and also allows us to be eligible in July 2020 for the pharmacy 340B program that will benefit our patients greatly.

• We have been working closely with Fairfield Medical Center and Fairfield Health Professionals to move them to the Medical Arts Building providing more clinic time and space. When the move

is completed, we will put out a finalized list of specialists who see patients at the Logan office detailing clinic days and hours. I would like to thank our IT department for all the help with the transition and making it very seamless.

• We are actively out trying to recruit a second psychiatrist and in the interviewing process for psychiatric nurse practitioners to meet the needs of our community.

• The telemetry project was approved by the board at the December meeting, and we are finalizing plans with the vendor and Ohio State for install, training, and connection to our medical record system Epic.

• The hospital has also converted our orthopedic and general surgery office to hospital-based clinic and they will look similar to our pain, wound, ophthalmology and urology clinics. We are training now on billing and collections.

I would like to thank everyone for their support and hard work in 2019 and look forward to more positive changes in 2020 for a bright future at Hocking Valley Community Hospital.



Thanks to our RHC staff!

A big thank you to the staff of the pediatric and family practice offices who were instrumental in HVCH receiving a Rural Health Clinic designation for these offices. Way to go!



HVCH Cafeteria Menu Jan. 27-Jan. 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Chicken Fingers Sweet Potato Fingers Cheese Stick Brussels Sprouts Garlic Bread Broccoli Soup	Sub Your Way Day Veggie Pizza Potato Salad Pasta Salad Cole Slaw Tomato Soup	Taco & Fajita Bar Nachos & Cheese Seasoned Corn Black Beans Spanish Rice Chili Soup	Chicken Fried Steak Macaroni & Cheese Mashed Potatoes Cauliflower Green Beans Succotash Tomato Soup	Battered Cod Chicken N' Noodles Mashed Potatoes Breaded Zucchini Broccoli Minestrone Soup

GLAUCOMA

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Types of Glaucoma

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Regular Eye Exams are Important

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is a leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

Risk Factors

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.

Info courtesy the Glaucoma Research Foundation. More info at www.glaucoma.org.



HVCH is participating in an exciting workforce development program in Southeastern Ohio!

The Ohio University Stevens Literacy Center has been awarded an Aspire grant through the Ohio Department of Higher Education. These grant funds are specifically for helping adults obtain their GEDs and to participate in on-the-job training and workplace education with the goal of helping them be better prepared for today's workplace.

The Stevens Literacy Center has asked to connect with HVCH directly to launch a pilot program of participants in winter 2020. The program will run from February 3rd through March 6th.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Clinical Liaison - Full Time
- Licensed Practical Nurse - PRN - Contingent/PRN
- Maintenance Technician - HVAC - Full Time
- Medical Laboratory Technician/ Medical Technologist (MLT/MT) - NIGHTS - Full Time
- Nurse Practitioner - Psychiatric/ Behavioral Health Services - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Night Shift - FT/PT/CNX - Full Time



What does it mean to be grateful?

Gratitude is saying "thank you." But it's more than a thank-you to a friend for a favor or gift. Gratitude is saying thanks for everything that is important to you and good in your life. You are thankful for a gift, but you're also thankful to watch a sunset, do well at a sport, or to be alive. You see your life and your experiences as a gift.

Gratitude is linked to well-being. One group of three studies suggests that people who practice gratitude appear to be more optimistic, pleased with their lives, and connected to others when compared to those who reflect on daily hassles or on everyday events. Another study suggests that gratitude in teens is linked to feeling good about life, being optimistic, and having a good social network.

You also might find that gratitude may help decrease anger. If you find yourself thinking about how someone has wronged you, shift your attention to someone else who has been there to support you.

Gratitude may also be linked to resilience, which is having an "inner strength" that helps you bounce back after stressful situations. The traits mentioned above, such as optimism and connection with others, are often found in people who are resilient.

How can you practice gratitude?

To practice gratitude, you say "thanks" and you appreciate what's important to you.

Spend a few minutes at the end of each day and think about, or even write down, what you are grateful for that day. Think about people, events, or experiences that have had a positive impact on you.

Call or email someone just to say "thanks."

Write thank-you notes as well as saying "thank you" when you receive gifts or favors. Or write a letter of gratitude and appreciation to someone. You don't have to mail it.

Write a letter to the editor of your local newspaper about something a stranger did for you. Or just say "thank you" to people you don't know, such as waving when a person lets your car cut in during heavy traffic.

When feeling burdened by your health, give thanks for the abilities you still have.

Start a family ritual of gratitude, such as giving thanks before a meal.

Find a creative way to give thanks. For example, plant a garden of gratitude or take pictures of things you are grateful for.

Spotlight On: Jeff Miller

The Hocking Valley Community Hospital Foundation Board welcomes new board member Jeff Miller.

Jeff lives in Fairfield County and is a store manager of Kohl's Department Stores. He graduated from Logan High School Class of 1984 and attended Ohio University.

He was raised in Hocking County and actually served as a candy striper for the American Red Cross in the '70s and '80s.

In his spare time, Jeff enjoys cooking, landscaping and interior decorating.

Welcome to the board Jeff; thank you for your volunteer service!



Complete care for all your *urgencies*

Our Urgent Care is open from 10 a.m. to 9 p.m. daily to treat less serious accidents and illnesses with immediate access to labs and diagnostic testing. If an emergency arises, you can be admitted into our 24-hour ER without the expense of an additional visit or transportation. We accept all patients, regardless of ability to pay, and offer a financial assistance program.



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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.