



MAY 15, 2020

Weekly Update

National Mental Health Awareness Month

YOU ARE
NOT
ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

May is National Mental Health Awareness Month. A mental illness is a condition that affects a person's thinking, feeling, behavior or mood.

These conditions deeply impact day-to-day living and may also affect the ability to relate to others. If you have — or think you might have — a mental illness, the first thing you must know is that **you are not alone**. Mental health conditions are far more common than you think, mainly because people don't like to, or are scared to, talk about them. However:

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 25 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events. Biochemical processes and circuits and basic brain structure may play a role, too.

None of this means that you're broken or that you, or your family, did something "wrong." Mental illness is no one's fault. And for many people, recovery — including meaningful roles in social life, school and work — is possible, especially when you start treatment

INSPIRATIONAL QUOTES OF THE WEEK

WHO SAID IT?

- A. *"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate, only love can do that."*
- B. *"You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."*
- C. *"The greatest glory in living lies not in never falling, but in rising every time we fall."*
- D. *"There is no gate, no lock, no bolt that you can set upon the freedom of my mind."*
- E. *"Many of life's failures are people who did not realize how close they were to success when they gave up."*

A: Martin Luther King Jr.
B: Eleanor Roosevelt
C: Oliver Goldsmith
D: Virginia Woolf
E: Thomas Edison

Direct to You: From Stacey Gabriel

Every year, we celebrate National Hospital Week across the United States.



Stacey Gabriel, CEO

This year's week was May 10-16. Unfortunately, due to the Coronavirus, we were not able to celebrate as we normally would. We were able to show our appreciation with some popcorn, ice cream, and cappuccino/hot chocolate but that doesn't come close to being enough to thank our dedicated employees for all that they have done, especially this year. The theme for this year's celebration was A Week of Thanks. With all that has gone on since the beginning of this year, I could spend a year thanking people and still not be done.

When the pandemic started to really ramp up about the second week of March, we all knew that we were heading full-steam ahead into uncharted territory. We have planned, prepared and completed drills for the past 20 years on mass amounts of patients entering our facilities. Typically the scenario would play out the most of our patients would need transferred to other facilities for higher levels of care.

What we are experiencing real-world is much, much different. From the very beginning we were told that we needed to figure out how to keep as many patients in our hospital as our resources would allow. We started to plan immediately and think way outside the box. How could we potentially house up to 90 patients and continue to provide the high-quality care we strive for?

We put our heads together and started talking through what resources we would need. We looked both internally and externally and started talking to our community partners about how we could support one another during this pandemic. We participated on calls that connected us to both State and Federal resources. We developed stronger relationships with our local politicians who started to speak loudly on our behalf. People just worked together in order to protect and preserve healthcare in Hocking County.

Living in a small community certainly has its benefits. That has become more evident during this pandemic. The outpouring of love, support, and prayers has been overwhelming. Many thanks to our community for being there for us, and rest as-

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It's not too late! You can still respond to the census

Responses to the 2020 Census help decide how billions of dollars in federal funds flow into communities each year for the next 10 years for critical services.



Census results affect planning and funding decisions for communities for critical public services including:

- Hospitals, health clinics, and health care services
- Emergency and disaster response, fire, and public safety services
- Schools, education programs, grants, and more
- Roads, bridges, and other public transit and infrastructure projects
- Businesses and economic development
- Housing services and programs for special populations
- Family and social services
- Water and waste management

3 Easy Ways to Respond

- **By Phone** – simply call toll free – 844-330-2020
- **Online** – www.2020census.gov
- **Mail in your census form**

| HVCH Cafeteria Menu May 18-May 22 | | | | |
|-----------------------------------|---------------|-------------------|---------------|--------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Lasagna | Much/Swiss | | Chicken Fired | Battered Cod |
| Chicken | Burger | | Steak | Chicken N |
| Fingers | Veggie Burger | Taco & Fajita Bar | Macaroni & | Noodles |
| Sweet Potato | Onion Rings | Nachos & Cheese | Cheese | Mashed |
| Fingers | Baked Beans | Corn | Mashed | Potatoes |
| Cheese Stick | Broccoli | Black Beans | Potatoes | Breaded |
| Brussels | Carrots | Spanish Rice | Cauliflower | Zucchini |
| Sprouts | Tomato Soup | Chili Soup | Green Beans | Broccoli |
| Garlic Bread | | | Succotash | Minestrone |
| Broccoli Soup | | | Tomato Soup | Soup |



Visit from a feathered friend

Patients at HVCH had a special visit from a feathered friend this week. Pat Quackenbush, ODNR Naturalist Supervisor for Hocking Hills State Park, brought Houdini, the Great Horned Owl. The Great Horned owl is the largest species of owl and one of the top predator animal species in Ohio. Houdini is seven years old and has been with the state park for about 6 years after a run in with a car caused permanent wing damage. He has great night vision with his big eyes, but an even better sense of hearing. Patients had the opportunity to ask questions about Houdini from inside their rooms. Thank you so much to Pat and the state park for this visit!



START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time
- Environmental Services Associate/ Housekeeper - Part Time
- Maintenance Technician - HVAC - Full Time
- Medical Laboratory Technician/ Medical Technologist (MLT/MT) - Full Time
- Medical Laboratory Technician/ Medical Technologist (MLT/MT) - NIGHTS - Full Time
- Mental Health Tech - Behavioral Health Unit - Contingent/PRN
- Mental Health Tech - Behavioral Health Unit - Part Time
- Pharmacy Technician - Part Time
- Registered Nurse (RN) - Inpatient Services - Full Time
- Registered Nurse (RN) - PRN/ Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit - Full Time
- Respiratory Therapist - Contingent/ PRN

DIRECT

sured that we are always here for you.

To every employee, I thank you. I thank you for the extreme dedication you've given to HVCH and our community. Without you, none of our efforts would have been possible. You are truly amazing and we are so blessed to have each and every one of you working at HVCH.



Sweet way to celebrate National Hospital Week

Employees celebrated National Hospital Week with a bunch of sweet treats! The hospital provided different snacks throughout the week, including popcorn, ice cream and cappuccino. Also, Foundation Board Member Carrie Cook-Porter and her children conducted a fundraiser to support local businesses while providing meals for hospital employees. The first treat from the fund was provided this week with a dessert buffet from Hocking Hills Diner! Thanks to all who support the hospital!



Congratulations to **Bob Wentz**, HVCH Occupational Therapist, for completing his Bachelor of Science in Applied Management degree through Ohio University!

He completed an internship under the direction of Roy Davis, Director of Operations, and was tasked with working on a portion of the onboarding process. Bob developed a checklist that would detail the responsibilities (in the hiring process) for the different departments here at HVCH.

"Everyone at HVCH was very helpful during the information collection process of the internship. I am very grateful for everyone who assisted me see this project to fruition. I am hoping to someday work my way into a managerial position," Bob said.

HEALTH

early and play a strong role in your own recovery process.

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired/low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step. HVCH Psychiatry office is open and accepting new patients. Telehealth is available for those interested. For more information, please call 740-385-2197.



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.