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**55 YEARS**



**HOCKING VALLEY**  
Community Hospital

**WEEKLY UPDATE**

**March 12, 2021**

# **Radiology & Pain Management Upgrades**



Hocking Valley Community Hospital (HVCH) Radiology and Pain Management departments have expanded their capabilities with a new surgical C-arm unit and upgraded nuclear medicine imaging equipment.

A C-arm machine is a mobile fluoroscopy system which provides real-time medical imaging for use in general, orthopedic and other surgical procedures. This additional unit is equipped with a flat detector, which reduces radiation exposure for both the patient and hospital staff.

As part of a purchased pain management equipment package, a new patient table has been installed for use with the C-arm in the HVCH Pain Management Clinic.

“Thanks to the addition the new machine, patient wait time will decrease and the amount of patients that can be seen each day will increase,” said Jillian Kline, HVCH Director of Outpatient Clinics. “We look forward to continuing to serve our community and finding new ways to better patient experience.”

The hospital upgraded its nuclear medicine imaging with a Siemens Symbia EVO Excel, which offers comprehensive configurations for general purpose, cardiology and oncology studies. Physicians use nuclear medicine procedures to visualize the structure and function of an organ, tissue, bone or system within the body.

With a high-capacity patient bed, larger bore size, and highly flexible detectors, the system is optimized for patient comfort and accessibility. Additionally, the short tunnel and maximum scan length improves patient comfort for claustrophobic and tall patients.

“We are thrilled to bring the Symbia EVO Excel to our community,” said Dr. Matthew Hale,

The HVCH Radiology Department offers a full array of diagnostic imaging including computed tomography (CT), bone densitometry (DEXA), radiography, fluoroscopy, magnetic resonance imaging (MRI), nuclear medicine (NM), ultrasound and mammography. For more information or to schedule an appointment, please call 740-380-8204.

# DIRECT TO YOU

## Stacey Gabriel, Chief Executive Officer



One year ago this week, our world as we know it was turned upside down. We continued to hear about this novel virus that was taking over every corner of the world and making people sicker than we've seen. We scrambled to get infection control practices revamped in order to protect the staff and patients. We had to make decisions that have been some of the toughest decisions I know I have ever had to make in my 26 years of healthcare. Staying updated with the ever-changing information from a plethora of sources was a full-time job in and of itself.

Would we get patients? How many? When would they come? Did we have everything we needed? Would we run out? How do we sustain? How do we keep the employees and patients safe and healthy? What lasting impact with the executive orders have on long-term hospital operations? How do rural hospitals who already have a thin operating margin continue to do business when business as we know it

came to almost a screeching halt? How will we tell what patients are possible COVID and which are not? Is everyone COVID now? How and when will we come out of this pandemic? These and many other questions are what kept many of us up at night.

What I always knew was this. The staff at HVCH are resilient and dedicated. The staff

asked GREAT questions and had wonderful suggestions on how their work environment could be adapted to meet the needs of patients (COVID and non-COVID). Flexibility as is related to the constant change in processes and practice is what made us successful. Everyone pulled together and pitched in when and where needed. We've added COVID testing, we took care of many COVID admissions, we now have vaccine clinics... all in an effort to make a difference during this pandemic.

Was it easy? Nope. Was it exhausting? Yep. Would I do it all over again? You better believe it. I made a promise to do whatever was needed to preserve the health and well-being of our community and to maintain access to high-quality healthcare. This journey is not one that could be done alone. This journey and our ability to sustain throughout the year was possible only because of 100% effort being given by each and every employee. For all that you have done over this past year, I cannot thank you enough. I look forward to the day where we can see each other's beautiful smiles not covered by facemasks. When we can get together and celebrate all of the wonderful things that we do. And most of all to celebrate all of you for hanging in there during this past year and showing what it means to work for common purpose and have the passion in what you are doing.

I can't thank you all enough for your continued drive. We are close!! I feel it. We will finish strong and this experience will make us better than ever.

-Stacey



Students at Green Elementary raised \$1,105 for Hocking Valley Community Hospital Foundation through their Help Feed the Birds fundraiser. Students helped raise the funds to purchase bird seed, feeders and other supplies to be used outside patient windows at the hospital. This has been a very important program over the past year as visitation was

restricted. Bird feeders and houses are located outside every patient window. Patients have enjoyed watching the birds during their stay. The Foundation is appreciative of the hard work of all the students and staff of Green Elementary and their donation to this initiative!



## Time to Spring Ahead!

Daylight Saving Time begins this Sunday, March 14th at 2 a.m.



**Trisha Bail**  
Nurse Practitioner, Psych



**Savannah Spohn**  
STNA, Inpatient Services



**Sophia Greco**  
STNA, Inpatient Services



MARCH NEW EMPLOYEE ORIENTATION

**WELCOME TO OUR HVCH  
TEAM!**

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**DEADLINE FOR PREPAID ORDERS:**

Wednesday April 21, 2021

Flats: \$12; Hanging Baskets: \$12

Terra Cotta Planters:\$11 - \$22

**ORDER PICKUP:**

Sunday, April 25 from 12-2 p.m.

Hocking County Fairgrounds Shelter House

**ORDER FORMS:**

Available here, from a TWIG II member or the HVCH Administration office. For more information, call:

Nancy Johnson, TWIG II, at 740-385-4327 or Ginger Johnson at 740-380--820

Order forms may be returned to any TWIG II, the HVCH Administration office or mailed to :

Hocking Valley Community Hospital  
ATTN: Ginger Johnson  
P.O. Box 966  
Logan, OH 43138

Make checks payable to TWIG II; cash also accepted.



[Public Plant Sale Order Form](#)

*Proceeds benefit Hocking Valley Community Hospital*

## MENU

**MONDAY**

School House Pizza; Battered Chicken Breast; Honey Roasted Potatoes; Seasoned Peas; Breaded Cauliflower; Breadstick

**TUESDAY**

Hot Dog/Bun; Breaded Chicken Wings; French Fries; Seasoned

## JOB OPENINGS

- [Ambulette Driver - Contingent/PRN](#)
- [Computer and Network Technician \(IT II\)- Full Time](#)
- [Emergency Room Unit Secretary - Full Time, Nights](#)
- [Environmental Services Associate/Housekeeper - Contingent - Various Hours](#)
- [Environmental Services Associate/Housekeeper - Part Time, Variable](#)

### WEDNESDAY

Gingered Pork; Pecan Tilapia; Lo Mein; Baked Potato: Cheesy Spinach Casserole

### THURSDAY

Beef Macaroni; Grilled Chicken Breast; Cheesy Breadstick; Grilled Mixed Vegetable; Seasoned Carrots

### FRIDAY

Cheeseburger; Battered Cod; French Fries; Green Beans with Bacon; Seasoned Broccoli

- [Variable Hours](#)
- [Front Desk Receptionist](#)
- [General Maintenance- Full Time, M-F](#)
- [HVAC Maintenance Technician- Full Time](#)
- [Licensed Practical Nurse \(LPN\) - Outpatient Clinic/Medical Office](#)
- [Licensed Practical Nurse \(LPN\) - Rural Health Clinic](#)
- [MRI Technologist - Full Time - Day Shift](#)
- [Registered Nurse \(RN\) - Inpatient Services - Full Time - Day Shift](#)
- [Registered Nurse \(RN\) - Behavioral Health Unit - Full Time](#)
- [Registered Nurse \(RN\) - Emergency Department - Full Time - Nights](#)
- [Registered Nurse \(RN\) - Float - Full Time - Nights](#)
- [Registered Nurse \(RN\) - PRN/Contingent - Inpatient Services](#)
- [Registered Nurse \(RN\) - Special Care Unit/Nursing Supervisor - Full Time - Night Shift](#)

## Employees celebrating work anniversaries in March.

**HAPPY  
WORK  
ANNIVERSARY!**

### ONE YEAR

Margaret Johnston, STNA - Inpatient Services

### FOUR YEARS

Jennifer Swearingen, Admitting Clerk - Admitting  
Angel Tucker, STNA - Inpatient Services

### EIGHT YEARS

Jennifer Jordan, Utilization Review -Nursing Administration

### TEN YEARS

Amanda Rose, Admitting Clerk - Admitting

### ELEVEN YEARS

Jeri Collins, Registered Medical Record Tech - Medical Records

### **FIFTHTEEN YEARS**

Traci McKinney, CT Technologist - Radiology  
Matthew Davis, Operating Room Technician - Surgery

### **SIXTEEN YEARS**

Audrey Atkins, Xray Technologist - Radiology

### **SEVENTEEN YEARS**

Amy Douglas, Office Coordinator - Admitting

### **TWENTY-TWO YEARS**

Michelle Matheny, Director of Emergency Department -Emergency

### **TWENTY-FOUR YEARS**

April Smith, Admitting Clerk - Admitting

### **THIRTY-NINE YEARS**

Letha Burrell, Registered Nurse -Surgery



BLOOD DONATIONS

ARE  
*Essential*



**Blood Drive**  
**Hocking Valley Community  
Hospital**

Meeting Rooms A & B  
601 St. Rt. 664 N  
Logan, OH 43138

**Thursday, April 8, 2021**  
**9:00 a.m. to 3:00 p.m.**

To schedule an appointment call the Laboratory at (740) 380-8218.

**Streamline your donation experience and save up to 15 minutes by  
visiting [RedCrossBlood.org/RapidPass](https://www.redcrossblood.org/rapidpass) to complete your  
pre-donation reading and health history questions on the day of  
your appointment.**

**Schedule a blood donation appointment today:**

Download the Blood Donor App | [RedCrossBlood.org](https://www.redcrossblood.org) | 1-800-RED CROSS | 1-800-733-2767

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If I were to compile a Top Ten list of things I hear when doing pastoral care, likely somewhere on that list would be the classic “I know God forgives me, but I just can’t forgive myself.” That one, in some variation or another, comes up with some frequency. Ironically, people often apply it to themselves especially for things which nobody else would ever dream of holding them responsible for: honest mistakes, accidents, incidents where there was no ill-will whatsoever. But telling them that nobody else would think they deserved any blame for whatever it was doesn’t actually help them, of course.



Lots of people struggle with self-forgiveness, I expect. Whether you did whatever you did on purpose or not, dealing with our shames, regrets, and guilt is a hard thing to do. I know I can pretty quickly come up with a laundry list of things that still haunt me guilt-wise just from the last few years, let alone my whole life. I, too, have said these words. I once had a confidant, to whom I had said these words, tell me “So you’re telling me you’ve got a better moral compass than God?”

I’ve stolen that response a time or two since then.

But, I think, when it comes to self-forgiveness, part of the problem arises, actually, from a misunderstanding of what forgiveness is.

For one thing, forgiving is not the same thing as excusing. Something that can be excused doesn’t need, necessarily, to be forgiven. For another thing, forgiving is not pretending as if something doesn’t hurt (or didn’t hurt). We commonly make this mistake when someone apologizes to us and instead of forgiving them, we say “It’s okay.” And so, lastly, when it comes to self-forgiveness, forgiveness is neither excusing ourselves nor trying to make ourselves feel a certain way.

For me, anyway, as a Christian, self-forgiveness is all about holding onto something greater than my sins and even greater than my feelings of guilt. It is about holding on to that very forgiveness of God given to me in Jesus. It is holding on to the fact that what He says about me is more important than what I say about me. It’s being honest about what I have done, but more importantly holding onto what He has done. Because in Christ God has promised that you are forgiven, and who are you to argue?

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## 55 Ways to Be a Better Me

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Want to Optimize Your Health in 2021?

“QUOTE”

"Nothing is IMPOSSIBLE.. The word itself says  
I'M POSSIBLE"

— Audrey Hepborn



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## 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 DMV 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.*

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