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# 55 YEARS



HOCKING VALLEY  
Community Hospital

## WEEKLY UPDATE

April 16, 2021



On March 29th Ohio began phase 2D of its vaccine plan. Any individuals 18+ can schedule a COVID-19 vaccine at Hocking Valley Community Hospital. Call 740-380-8402 to make an appointment.

[Find COVID Vaccine Eligibility, and Book an Appointment Here!](#)

# DIRECT TO YOU

**Roy Davis, Director of Operations**



## Spring Time

I cannot remember being this excited about springtime since my college spring breaks. Peepers are peeping, the neighbor's baby goats are running around, another neighbor's band is back to practicing again, and the grass needs cut. Everything feels so fresh and new. My personal routine since I was a kid has been to get out the golf clubs and baseball bat/glove to start practicing and playing as much as possible. As springs have come and gone, I have given up the ball and glove, but still golf. Now, when I schedule a tee time, I also schedule an appointment with the chiropractor, and calculate how

soon I can get my knees injected again. I am adapting to the new reality of being older and needing to be smarter about my health.

I do not like the changes that life brings, like others, who are uncomfortable with the changes and uncertainty in the current healthcare industry - but the reality is those changes are coming regardless if you or I believe in them. The last year really changed healthcare both locally and nationally in a way none of us could have imagined. What does it look like without all the other respiratory diseases spreading besides Covid? What does it look like with people avoiding preventative care for a year, putting off surgeries like a knee replacement, or not getting normal lab work to see what glucose or cholesterol values are? None of us know what the future will look like including experts regarding when business will come and what it will look like. When school starts again in the fall, will colds and flu spread, or will social distancing and mask wearing be permanent during the flu season? I can attest that osteoarthritis did not go away and I can guess a lot of Americans feel the same way.

I think most people know who Warren Buffet is. If you do not he is one of the richest people

in the world, having several rules about investing, leadership, and people that have become corner stones of several business schools. The main rule I would like to discuss today is called "The Noah Rule." The rule is quite simple but yet brilliant, "Predicting rain doesn't count. Building arks does."

I want to highlight the Ark that we have built over the last couple years and how it has put us in a position to have a very bright and independent future. I am now in my fourth year on senior leadership team, and we have built a very strong foundation or "Ark" to ensure a successful future. When we make a plan we include input from our local providers, partners at OSU and FMC, the use of big "data" from the Ohio Hospital Association and other national groups. Also, part of that plan is to look internally where we can minimize waste and maximize revenue or opportunities. What if we had not spent those days building our Ark, but instead worrying about if was going to rain?

We as an organization, have done many big and small things to build our Ark. We now own the buildings our practices are in and do not pay rent. We converted to a rural health clinic to receive better payment rates and allowing our patients access to the 340B drug program. We increased our swing bed levels giving us opportunity to accept more patients. These are just a few of our accomplishments. The storm of the pandemic hit our Ark and we were able to sustain during the storm. When the pandemic hit, our financial team worked tirelessly finding all available funds we were eligible to receive, securing them to sustain us during the last year.

The future of healthcare is unknown right now but I do have confidence we have become a very agile system. The dedicated team we have, can adjust quickly to the new unknown landscape, enabling us to continue our bright future of providing care locally.

-Roy

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HOCKING VALLEY  
Community Hospital

## **FREE SPORTS PHYSICALS**

**WEDNESDAY, MAY 19, 2021  
4:00 PM – 8:00 PM**

**HVCH RURAL HEALTH CLINIC  
1383 W. HUNTER ST., LOGAN**

**Physicals will be offered FREE  
of charge to all athletes of the  
Logan-Hocking School District.**

**Masks are required and  
attendance is limited to the  
athlete and ONE parent or guardian.**

**Before your physical, you MUST:**

- 1. Set up account or update all information in Final Forms. Final Forms set up instructions are found on the Logan-Hocking Athletic website.**
- 2. Print out physical form on Final Forms and bring it with you.**

**LEADING THE WAY TO A HEALTHIER  
COMMUNITY!**





Show your support and eat it too! \$9.00 a dozen, pre-paid orders only. Pick up date is Thursday May 13th 9:30 am to 1:00 pm, Community Relations & Foundation Office located in the CIC building, Suite B, next to HVCH. We are limited to how many we can order so sign up ASAP! Click on the link below to order yours now!

<https://app.etapestry.com/onlineforms/HockingValleyCommunityHospita/donutsfundraiser.html>

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**Letha Burrell, RN Surgery** - "Letha has been helping to cover in the General Surgery office while we have been without a nurse. She has done so much more for the office than just "patient intake." She has organized our supply closets/cabinets, learned how to input patient medical history and even check nurse voicemail line. We are thankful for her willingness to help." Submitted by Debbie Joy

**Natasha Colley, RN Surgery** - "Tasha has been helping to cover in the General Surgery office. She has helped Letha organize our supplies and closets and handled patient issues as they have come up. We are thankful for her willingness to help." Submitted by Debbie Joy

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Hocking Valley Community Hospital  
Saturday 4/24  
11:00am to 6:00pm



# Real. German. Food.

## Schmidt's Famous Sausages

**SANDWICH PLATTER**

<b>Bahama Mama</b>	\$8.00	\$11.00
Hickory smoked beef & pork sausage with our special spices		
<b>Original Bratwurst</b>	\$8.00	\$11.00
Pure pork sausage—first in Columbus!		
<b>NEW! Chicken Bratwurst</b>	\$8.00	\$11.00
94% fat free		
<b>German Knockwurst</b>	\$8.00	\$11.00
Hickory smoked beef & pork sausage with just a hint of garlic		
<b>Fat Daddy</b>	\$8.00	\$11.00
Extra thick hickory smoked German bologna served on a Pretzel Roll		
<b>Frankfurter</b>	\$7.00	\$10.00
Schmidt's jumbo beef frank		

**Top off your sandwich with your choice:**  
 Sauerkraut • Braised Red Cabbage • Sautéed Sweet Onions  
 Platters include German Potato Salad & Red Cabbage.

## Sides

**PER SERVING**

<b>Schmidt's German Potato Salad</b>	\$5.00
<b>Red Cabbage</b>	\$3.00
<b>Sauerkraut</b>	\$3.00
<b>Potato Soup (Nov-Feb)</b>	\$5.00
<b>Chips</b>	\$1.50

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Jumbo Vanilla Cream Puff \$7.00

Jumbo Feature Cream Puff \$7.00

### Beverages

Pepsi, Diet Pepsi \$2.75

Bottled Water \$2.50



Track the Truck at  
**[schmidthaus.com](http://schmidthaus.com)**

# HVCH Foundation Golf Tournament





HOCKING VALLEY  
Community Hospital  
FOUNDATION

**GOLF**

**TOURNAMENT**

**WEDNESDAY, JUNE 2, 2021**

Hocking Hills Golf Club  
14405 Country Club Lane, Logan

7:45-8:45 AM: Registration

8:45 AM: Flight Instructions

9:00 AM: Scramble starts

**DURING PLAY: Lunch on the go**

**REGISTRATION COST:** \$100 per golfer -  
includes greens fee, cart fee, golfer gift,  
snack bag & lunch.

**FORMAT:** One flight four-person scramble  
The tournament reserves the right to  
determine handicaps for those with no  
established handicap. Max handicap is 20.  
Max female handicap is 30.

**PRIZES & Course Challenges:**  
Low Net Score  
Low Gross Score  
Longest Drive (Men's & Women's)  
Longest Putt  
Skins Game

Register online at [www.hvch.org](http://www.hvch.org)  
or complete the form below.

All proceeds from this event benefit Hocking  
Valley Community Hospital Foundation and  
the patients of the hospital.

☐ I would like to participate in the 35<sup>th</sup> annual  
HVCH Foundation Golf Tournament.

\_\_\_\_\_ \$100 Individual Tournament Package

\_\_\_\_\_ \$400 Team Tournament Package

☐ I am unable to attend, but would like to make a  
donation to the HVCH Foundation: \$\_\_\_\_\_.

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Handicap: \_\_\_\_\_

Name & number of club/league to verify handicap:

Single Player/Foursome will include:

\_\_\_\_\_ HDC \_\_\_\_\_

\_\_\_\_\_ HDC \_\_\_\_\_

\_\_\_\_\_ HDC \_\_\_\_\_

\_\_\_\_\_ HDC \_\_\_\_\_

☐ MULLIGAN \$5 each (Limit 2 per player) \_\_\_\_\_

☐ 50/50 RAFFLE TICKET \$10 each \_\_\_\_\_

☐ SKINS GAME \$40 per team \_\_\_\_\_

**Payment:**

\_\_\_\_\_ Check made out to HVCH Foundation

\_\_\_\_\_ Please charge my credit card:

Name on Card \_\_\_\_\_

Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVC# \_\_\_\_\_

Please return registration and payment to:  
HVCH Foundation, P.O. Box 966, Logan, OH 43138  
For more information, call (740) 380-8336.

**Print Your Registration Form Here**

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# April is National OCCUPATIONAL THERAPY Month

transforming lives. building independence. providing hope





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CAR TIRE  
\$4.00



ON RIM  
\$6.00



LIGHT TRUCK TIRE  
\$5.00



ON RIM  
\$8.00



TRUCK TIRE  
\$10.00



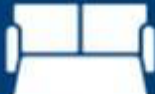
ON RIM  
\$15.00



TRACTOR TIRE  
\$25.00



COUCH  
\$10.00



HIDE A BED  
\$15.00



STUFFED CHAIR  
\$5.00



MATTRESS  
\$5.00



BOX SPRING  
\$5.00



TV (CRT)  
UNDER/OVER 20"  
\$5.00/\$10.00



TV (FLAT SCREEN)  
\$20.00



AIR CONDITIONER  
NOT ACCEPTED



REFRIGERATOR  
NOT ACCEPTED



WATER HEATER  
FREE



WASHER  
FREE



DRYER  
FREE



STOVE  
FREE



DISHWASHER  
FREE



MICROWAVE  
FREE



TOASTER  
FREE



VACUUM  
FREE



FAN  
FREE



FLUORESCENT TUBE  
4 FT. AND UNDER  
30¢ EACH

FLUORESCENT TUBE  
5 FT. AND OVER  
35¢ EACH



COMPACT BULB  
35¢ EACH

### CLEAN SINGLE STREAM RECYCLABLES

Computer/Office paper

Newspaper

Magazines/Catalogs

Corrugated cardboard

Paperboard (cereal boxes, etc.)

Glass (clear, brown, blue, green)

Aluminum cans

Tin/Steel cans

Scrap aluminum and metal

Plastics 1-5

### FREE

E-Waste (electronics)

Scrap Metal (ferrous and non ferrous)

Household Batteries

~~PAINT~~

~~FREON~~

~~BOOKS~~

## HOCKING COUNTY SPRING RECYCLING DAY

May 8th, 2021 9am-1pm

33845 Sutton Rd. Logan, Ohio 43138

(Off St. Rt. 93 North, just past the GE plant)



(740) 753-6885 | ahswd.org  
P.O. Box 693, Athens, Ohio 45701

## MONDAY

Chili Macaroni; Chicken Fingers;  
Grilled Sweet Potato Fingers;  
Pretzel Cheese Bites; Brussel  
Sprouts; Breadstick

## TUESDAY

Mushroom Swiss Burger; Turkey  
Burger; Onion Rings; Baked  
Beans; Broccoli; Seasoned Carrots

## WEDNESDAY

Walking Taco; Nachos-N-Cheese;  
Seasoned Corn; Black Beans;  
Spanish Rice

## THURSDAY

Chicken Fried Steak; Macaroni and  
Cheese; Mashed Potatoes and  
Gravy; Cauliflower; Green Beans  
with Bacon; Seasoned Succotash

## FRIDAY

Tortilla Tilapia; Asian Chicken; Egg  
Roll; Fried Rice; Grilled Broccoli

- [Ambulette Driver - Contingent/PRN](#)
  - [Computer and Network Technician \(IT II\)- Full Time](#)
  - [Director of Behavioral Health Unit](#)
  - [Emergency Room Unit Secretary - Full Time, Nights](#)
  - [Environmental Services Associate/Housekeeper - Contingent - Various Hours](#)
  - [Environmental Services Associate/Housekeeper - Part Time, Variable Hours](#)
  - [Environmental Services Associate/Housekeeper - Full Time, Days, Variable Hours](#)
  - [Front Desk Receptionist](#)
  - [Hospital Dietary Aide - Full Time](#)
  - [HVAC Maintenance Technician- Full Time](#)
  - [Licensed Practical Nurse \(LPN\) - Inpatient Services - Full Time - Night Shift](#)
  - [Licensed Practical Nurse \(LPN\) - Urgent Care - Contingent](#)
  - [Licensed Practical Nurse \(LPN\) - Rural Health Clinic](#)
  - [Mammography/CT Technologist - Full Time - Day Shift](#)
  - [MRI Technologist - Full Time - Day Shift](#)
  - [Registered Nurse \(RN\) - Emergency Department - Full Time - Nights Shift](#)
  - [Registered Nurse \(RN\) - Float - Full Time - Nights](#)
  - [Registered Nurse \(RN\) - PRN/Contingent - Inpatient Services](#)
  - [State Tested Nursing Assistant \(STNA\) - Full Time - Nights Shift](#)
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The Hocking County Kidpalooza Committee Proudly Presents...

# Kidpalooza

FREE



Event for Infants, Toddlers, Preschoolers, and their families.

Thursday May 13<sup>th</sup> 2021

**New Location**

10am – 2pm



Hocking County Fairgrounds 150 N Homer Ave, Logan, OH 43138

## Drive-Thru Event



11:00 AM-1:00 PM

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CareSource



HCBDD

Hocking County Board of  
Developmental Disabilities

facebook



For More Information Call Misty at (740)380-1315





Where does faith come from? How is it that some people are “religious” and others are not? Have you ever wondered about that?

There are a lot of potential answers to this question. Some suggest what seems to be most obvious to them, that it comes down to where you were born. If you were born in a particular area, to a family which practices a particular religion, presto chango, you are a religious person of that variety. Now, the fact that conversions happen, it seems to me, would at least somewhat undermine this answer. But it’s a popular one, nonetheless.

Others suggest there is an innate potential “aptitude” for being religious, something akin to a personality type. Sometimes this is construed positively or at least neutrally; other times it is construed negatively, as if we religious folks have some sort of mental defect. This, too, I think is at least somewhat undermined by the fact that religious people cover the gamut of all personality types, as well as cognitive abilities. But, again, it is a popular answer. As a Christian, however, I believe “faith,” at least as Christians understand it, does not arise from within you, or even from your point of origin (though, admittedly, your family can play a big role in receiving it for many people).

Faith is something which “comes to you from the outside,” so to speak. To quote St. Paul, “Faith comes by hearing.” Hearing what? St. Paul calls it “the Word of Christ,” otherwise known as “the gospel,” or “the good news.” That is to say, it comes by hearing that your sins are, indeed, truly forgiven, all of them, in Jesus Christ, and you have been made an inheritor of eternal life through Him.

As I write this, we are coming up on April 18, 2021 “Good Shepherd Sunday” at my congregation. Many others will be celebrating it the following Sunday. In the expanded Gospel reading for Good Shepherd Sunday, we hear Jesus say “My sheep hear my voice”. May I encourage you, if you really are curious about faith, or are interested in having yours strengthened, that you find someplace this Sunday where you will hear that voice. What does it sound like? It sounds like that “Word of Christ” I mentioned above. You will know it when you hear it. That voice is echoing in many congregations around this area.

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# 55 Ways to Be a Better Me



**Want Optimal Health in 2021? Part 4**

**“QUOTE”**

**"The habit of persistence is the habit of victory."**

**-Herbert Kaufman**

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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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