



Weekly Update

Widespread Flu Activity in 2018



One of the biggest health threats that we are facing right now is influenza. Flu is incredibly complex and difficult to predict and this season is a reminder of why flu is one of the world's greatest public health challenges. According to the CDC, in the past few weeks, there has been an increase in influenza-like illness activity, more hospitalizations, and more flu-associated deaths in children and adults. Influenza A H3N2 viruses continue to dominate this season. However, flu viruses including H1N1 and influenza B causing illness have also been reported and in some cases, disproportionately affecting certain age groups.

There are ongoing concerns about whether the flu vaccine that many people received will be effective. The

CDC continues to recommend the flu vaccine even though most flu vaccines have low effectiveness against H3N2 viruses. This is because there is more than one flu circulating this season and its effectiveness is better against other flu viruses. The vaccine may also reduce the severity of symptoms if you catch the flu in spite of being vaccinated. Along with the vaccine, you can also reduce your risk of getting the flu through everyday measures. Please stay at home if you are sick to help prevent spreading viruses to others. Frequently wash your hand to reduce spreading infections and cover your mouth when you cough or sneeze.

Antiviral medications are another

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EVENTS CALENDAR

March 1: Twig VI Chinese Auction

Doors to the Hocking County Fairgrounds Youth Building open at 5:30 p.m.; Drawings begin at 7 p.m. Lottery Tree, Door Prizes, 50/50. Baked goods & refreshments available.

March 21: Auxiliary Book Sale HVCH Meeting Room

Sale is from 7:30 a.m. to 3:30 p.m. Come browse the latest titles at 30% to 70% off retail prices. A variety of books and other items will be available. A portion of the proceeds benefit Hocking Valley Community Hospital through the Auxiliary.

March 27: Blood Drive HVCH Meeting Room

Red Cross is hosting a blood drive at HVCH on Tuesday, March 27th from 10 a.m. to 3 p.m. Call (740) 380-8218 to make an appointment.

INSPIRATIONAL QUOTE OF THE WEEK

"When we seek to discover the best in others, we somehow bring out the best in ourselves.

— William Arthur Ward

Direct to You: Latricia Johnston

Tomorrow, February 17th, is one of my favorite days of the year – Random Act of Kindness Day, and I hope each of you already have it on your calendar and have a plan to make a difference in the life of someone you do or do not know. I personally use it as my reminder to make a list of things to do throughout the entire year, not just on this day, but rather I take a moment to physically stop and jot down four or five things that I plan to do (different than last year of course) to make someone smile. Anyone who really knows me knows that if something can be done differently from before, I'll choose the different path. Example being... when I walk the track at the fairgrounds or at a park... if everyone else is walking in one direction, I will purposely walk the opposite way because it forces me - and everyone else walking out there - to actually look at each other face to face and say 'hello, how are you?' or simply smile. My gesture of kindness may be the only one they receive that day, or even that week perhaps? Simple choices from our normal routine can produce acts of kindness everyday all year long if you allow yourself to be different.



Latricia Johnston,
Chief Public
Relations Officer

helps us to step outside of our comfort zone. We've all heard about the Starbucks random act of kindness chain in Florida a few years ago. Almost 400 coffee loving people got their drink free in St. Petersburg because of one lady who paid for a cup o' joe at 7 in the morning for someone she didn't know. That sparked everyone behind her to do the same thing and by 6 pm 378 people had picked up the tab for someone they didn't know before someone broke the chain. Handing over your credit card and saying "here, I want to cover the bill for the person behind me as well," can be a mega stretch for all of us. We have no idea what that person is planning to order. It could be \$5 bucks or it could be \$55 bucks if they're ordering carryout for their family.

Don't hold back from doing something for someone else. If you're one of those people who feel you aren't creative and can't come up with ways to make a difference, take a look at these simple things you can do anytime throughout the year:

- In your neighborhood, did you check on your neighbors this winter and deliver basic groceries or meals to make sure they are doing okay? Think cereal, milk, bread, peanut butter. Better yet...order and deliver pizza anonymously.
- The Humane Society – have you been

Whether you recognize it or not, this day in particular



Hocking Valley Community Hospital welcomes four new employees for the month of January. Pictured are: Doris Stevens, Associate, Environmental Services; James Powell, Associate, Environmental Services; Donna Peterson, RN, SCU; Krystal Fink, R.N., Inpatient Services.

TWIG VI CHINESE AUCTION

THURSDAY, MARCH 1, 2018

Hocking County Fairgrounds Youth Building
Doors Open at 5 PM; Drawing at 7 PM

LOTTERY TREE • DOOR PRIZES • 50/50

Baked Goods & Refreshments Available!

*All proceeds benefit Hocking Valley Community Hospital.
For more information call HVCH at 740-380-8154*

HVCH Cafeteria Menu Feb. 19 - Feb. 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Chicken Fingers Grilled Sweet Potato Fingers Breaded Cheese Ravioli Brussel Sprouts Garlic Bread Broccoli Cheese Soup	Taco & Fajita Bar Nachos and Cheese Corn Black Beans Spanish Rice Chili	Roast Turkey Baked Ham Mashed Potatoes and Gravy Dressing Peas & Mushrooms Baby Carrots Chicken Buffalo Soup	Pork Tenderloin Macaroni & Cheese Grilled Cauliflower Brussel Sprouts Succotash Tomato Soup	Battered Cod Chicken N Noodles Mashed Potatoes Gravy Breaded Zucchini Brussels With Bacon Minestrone Soup

Thank You

Hocking Valley Community Hospital Foundation is thankful for the support of our major *leading the way* partners!

PREMIERE PARTNER:



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HOCKING VALLEY
Community Hospital
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Widespread

tool in the fight against flu. And can be used for treatment. They can help reduce symptoms and shorten the time you are sick. Most people who get flu have mild illness and will get better without medical care or antiviral drugs. However, those who obviously are very sick or at high risk of developing serious flu complications should be treated as soon as possible with antiviral drugs. Remember that young children, people 65 and older, pregnant women, and people with heart or lung disease have a particularly hard time with the flu and should take as many precautions as possible to avoid getting sick.

There have been signs that activity in the west may be easing up. However, we are by no means out of the woods. Most seasons last up to 20 weeks and we probably have several weeks left of increased flu activity.

Hocking Valley Community Hospital is here for those affected by the flu. Our Emergency Department is open 24 hours a day, 7 days a week and our Urgent Care is open from 11:00 AM to 11:00 PM to serve our community.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Radiologic Technician, Part Time
- Registered Nurse (RN) - Full Time - Nights - Emergency Department
- Registered Nurse (RN) - Full Time - Nights - Inpatient Services
- Registered Nurse (RN) - Part Time - Nights - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- State Tested Nursing Assistant (STNA) - PRN/Contingent - Inpatient Services
- Student Intern - Healthcare Administration - Unpaid

DIRECT

down lately to help walk the dogs or clean cages? Delivered any extra towels or pet food you might have? I am including a dog biscuit recipe for your convenience. I can personally tell you, when you make a few batches and walk around to each cage handing them all a treat...you will hug your dog extra tight when you get home. Who said random acts of kindness did not include our fur babies?

- Local shelter – Served food lately? Can't serve? Send food. It's easily done. Example: At your next gathering – make baked spaghetti. Double the batch, bake in a disposable turkey roasting pan and deliver. They will love you.
- In your work life, pause for a moment and ask yourself when is the last time you did something nice for your staff, co-worker or boss? Not to score brownie points, but because you truly understand the challenges and stressors we all face in healthcare (or any career for that matter,) and you just want to do something nice without expectation of anything in return – A Kroger gift card to help with the cost of the family Easter or Thanksgiving meal; pack an extra lunch or order in; stop others from spreading a rumor; slice two apples instead of one in the morning to bring for snack; and...if you're just not feeling like a nice person...zipping your lip today might be the best act of kindness you could offer anyone.

Are these items too much of a stretch?

- See a parking meter ready to expire? Throw in a quarter
- Take a treat to EMS or Fire Station
- Leave a decent tip for your next waitress. Go beyond the recommended 20%
- This one is a real toughy for some of us....Let them have the parking space
- Call your mom
- Bring in the neighbor's trash cans
- Donate crayons and coloring book for our Emergency Department
- Refrain from the facebook post you really want to say
- Leave your phone in the car at dinner out
- Make a donation to our HVCH Foundation in honor of someone
- Leave the change in the vending machine

If after these suggestions, you're just simply finding it difficult to be nice...maybe you should start at home and be kind to yourself today. If you like that feeling...pass it on.

Use this day as a reminder - everyone is fighting their own struggles. I saw a sign recently that said, 'kindness is a language the blind can see and the deaf can hear.' Find a way...if it's just for a day...to do something nice.

— *Latricia*

Bacon Dog Biscuits

Ingredients

- 2 Eggs
- 1 Cup Milk
- 1/2 Cup Water
- 1 Teaspoon Salt
- 10 Tablespoons Bacon Fat Melted
- 5 Cups Whole Wheat Flour



Directions

Mix ingredients. Will make a stiff dough. Roll out to 1/2 inch thickness, cut with dog bone shaped cookie cutters or into strips. Bake at 350 degrees in the oven on a lightly greased cookie sheet for approximately 20 minutes or until hard.

Serve with lots of behind the ear scratches and pats on the back!



'Extra Mile' employee recognized

Jenny Jordan (center) was recently recognized for going the "Extra Mile" in the service she provides as the utilization nurse. Presenting the awards were Julie Stuck, CEO and Stacey Gabriel, CNO.

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@hockingvalleycommunityhospital



HOCKING VALLEY Community Hospital

OUR MISSION

To provide extraordinary care close to home now and into the future.

OUR VISION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

HVCH is a 25-bed, 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.