



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JUNE 29, 2018

Weekly Update

Happy Independence Day!



Story posted on www.CNN.com

Here's a look at Independence Day, celebrated on the Fourth of July.

America's 242nd Independence Day will be celebrated on Wednesday, July 4, 2018.

History:

July 4, 1776 - The Continental Congress adopts the Declaration of Independence while meeting in Philadelphia at the Pennsylvania Statehouse (now Independence Hall). The Congress declares the American colonies free and independent states. (Note: John Hancock signs on July 4th. The rest sign on August 2, 1776.)

Benjamin Franklin, John Adams, Thomas Jefferson, Roger Sherman,

and Robert R. Livingston comprised the committee that drafted the Declaration. Jefferson, regarded as the strongest and most eloquent writer, actually wrote most of the document. The committee and Congress as a whole made a total of 86 changes to Jefferson's draft.

First two paragraphs of the Declaration of Independence:

"When, in the course of human events, it becomes necessary for one people to dissolve the political bonds which have connected them with another, and to assume among the powers of the earth, the separate and

EVENTS CALENDAR

July 13: Foundation Auction at Hocking Hills Golf Club

The HVCH Foundation annual charity auction will be held Friday, July 13 at the Hocking Hills Golf Club from 5:30 to 9:30 p.m. The silent auction will begin at 5:30 p.m. and the live auction will begin at 8:15 p.m. Come support HVCH!

July 14: Golf Tournament at Hocking Hills Golf Club

Tournament registration is \$150 and includes: breakfast, lunch, refreshments, greens fee, cart fee and golfer gift. Tournament is one-flight, four-person scramble with tee time of 9:15 a.m. Register at www.hvch.org or call (740) 380-8154. Proceeds benefit HVCH Foundation.

Aug. 14: Volunteer Recruitment HVCH Meeting Room

INSPIRATIONAL QUOTE OF THE WEEK

"The key is to keep company only with people who uplift you, whose presence calls forth your best."

—Epictetus

Direct to You: From Lauren Barber

Several years ago, when I was just starting out in my career as an HR professional, I had the pleasure of hearing author, Toastmaster, and motivational speaker Willie Jolley give a talk to a room full of HR professionals like me. The theme of his keynote address that day was “a setback is a setup for a comeback.” He told several anecdotal stories about overcoming the challenges in his life including facing his fears and doubts. One of his more memorable quotes: “Sometimes you’re the windshield. And sometimes you’re the bug.” (That statement is so very true!)

I was 25 when I heard that keynote address but hadn’t truly faced any really tough moments in life yet other than the typical stuff a young person might experience like a hard break-up, having a fight with a friend, or getting a bad grade. But not too long after that conference, I did have a setback – I was laid off from a job. Even though I was fortunate to have unemployment income, I still worried about what



Lauren Barber,
HR Director

I’d do next. The job market was shaky and I knew it would take me some time to find a new position. But to make things worse, my apartment was broken into while I was out of town for a couple of days. I sat on my couch that day and just cried. It really felt like nothing was going my way.

Of course, looking back on it now, 15 years later, I’ve discovered that far worse things can happen in life than someone stealing my DVD player and pocket change. But Willie Jolley’s words struck me when I was at a real low point: a setback is a setup for a comeback. To me, it meant that even though it felt like I couldn’t win, something better was on the horizon.

Setbacks happen all the time – both personal and professional. There are some days when it feels like you’re the bug and not only did you get smacked by one speeding car, but every semi truck on the bypass too. We can do one of two things: let those disasters break us or find a way to overcome. Setbacks give us an opportunity to learn about ourselves, to discover what makes us strong, but also to see our flaws and weaknesses.

DIRECT, PAGE 3



A SUMMER TO REMEMBER

A Summertime Fun Charity Auction

In Support of Hocking Valley Community Hospital Foundation

FRIDAY, JULY 13, 2018 • 5:30 TO 9:30 P.M.

SILENT & LIVE AUCTION | ENTERTAINMENT

Hocking Hills Golf Club,
14405 Country Club Lane, Logan

Come and bid on auction items and trips to make
your summer one to remember!



ANNUAL CHARITY GOLF TOURNAMENT

Saturday, July 14, 2018
Hocking Hills Golf Club

ONE FLIGHT ONLY; MAX 28 TEAMS

Tournament Package: \$150 per golfer
Includes breakfast, greens fee, cart fee, lunch & gift
Register at www.hvch.org or call (740) 380-8154.

HVCH Cafeteria Menu July 2-July 6				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Battered Chicken Breast Roasted Potatoes Succotash Zucchini Breadstick Italian Wedding Soup	Hot Dog/Bun Breaded Chicken Wings Tator Tots Fried Corn Broccoli Spanish Rice Tomato Soup	Panini Grill Salad Bar Minestrone Soup HAPPY 4th of JULY!	Baked Zucchini Grilled Chicken Breast Breadstick Mixed Veggies Carrots Bean w/ Ham Soup Corn Muffin	Pizza Burger Macaroni & Cheese Ranch Wedges Breaded Zucchini Peas Broccoli Buffalo Soup

INDEPENDENCE

equal station to which the laws of nature and of nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness. That to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed. That whenever any form of government becomes destructive to these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness."

Other Facts:

In 2012, fireworks sales by wholesalers totaled \$482.6 million and sales by retailers totaled \$368.6.

In 2016, the United States imported \$5.4 million in American flags.

According to the Hearth, Patio & Barbecue Association, the Fourth of July is the most popular day for barbecuing on a grill.

In 2017, the National Retail Foundation estimates Americans will spend \$7.1 billion on food for cookouts and picnics to celebrate the Fourth of July.

Nathan's Hot Dog Eating Contest:

Legend has it that on July 4, 1916, four immigrants gathered at the very first Nathan's Famous hot dog stand in Coney Island and made eating contest history. As the story goes, they were competing to see who was the most patriotic. How did they determine the winner? With a hot dog-eating contest, of course!

So that's how the Famous Hot Dog Eating Contest came to be held at Nathan's original Coney Island location every Independence Day since the first recorded contest in 1972.

The winner eats the most hot dogs and buns within 10 minutes to win prize money and the Mustard Belt.

- Joey Chestnut of San Jose, California, has won the title 10 times (2007-2014 and 2016-2017). He also holds the world record for eating 73.5 hot dogs.
- 2011 - For the first time, men and women compete separately.
- 2017 - Joey Chestnut and Miki Sudo defend their titles in the hot dog eating contest and obtain new personal bests, Chestnut by eating 72 hot dogs and Sudo by eating 41 hot dogs.

DIRECT

From setbacks, we have a chance to become better.

The hospital was blessed this week with our tri-annual visit from The Joint Commission. While we work year-round to ensure we're providing the highest quality and safest environment for our patients, inevitably the surveyors will find areas for improvement. That might mean changing a fixture, fixing a door, or writing a new policy. It's incredibly important not to view the survey process as a critique on our performance or quality of services. Rather, this is our opportunity to shine as a hospital and seek out those opportunities to become better.

Getting setup for a comeback can be challenging especially when you're experiencing real tragedy or loss. Some things simply cannot be replaced, like a loved one or sentimental heirloom. We can, however, choose to focus on what we still have. We can be grateful that we have another day on Earth to face the challenges before us and for more opportunities at comebacks. Everyone gets inspired by stories of people facing insurmountable odds to achieve greatness. A setback is exactly that moment. It's a test of your mettle! And you never know who or what might step up to help you. Adversity has a way of bringing people together.

I consider myself to be the optimistic type most of the time. Instead of seeing the glass as half full or half empty, I like to believe that the glass can always be refilled (even though I might not always end up with the same beverage I began with)! This is a challenging time for healthcare. While it seems like every day we face another setback, we need to remember that we always come back stronger. We are creative, innovative, and find ways to keep serving our community.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- **Food Service Aide - Part Time - Various Hours**
- **Housekeeper - Contingent - Various Hours**
- **Senior Accountant - Full Time**

Project Safe Summer Camp

Hocking Valley Community Hospital participated in the Logan-Hocking School District's Project Safe Summer Camp. The camp was held in June with a "mad science theme." HVCH staff helped students create their own butterfly fruit pizzas, make butterfly bird feeders, practice Zumba, taste-test plantains and assisted with many other activities.



YOU ARE INVITED!

Ribbon-Cutting

& Grand Opening

HVCH FOUNDATION MEDICAL COMPLEX

**Hocking Valley Medical Group
5 to 7 PM Wednesday, August 1
1383 W. Hunter St., Logan**

**HVCH Foundation &
Hocking Hills Chamber of Commerce**

**ATTENTION:
NEW HOURS OF
OPERATION**

**Effective SUNDAY JULY 1ST ,
the Urgent Care at HVCH will have
new hours to better serve you.**

**The Urgent Care will be open from:
10:00am-9:00pm
(seven days/week)**



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 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.