



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

SEPT. 20, 2019

Weekly Update



PREPARED,
NOT SCARED



FEMA

Ready.

National Preparedness Month 2019

Be prepared. Make an emergency plan today and practice it. Here are some tips to get started:

- It's important to include kids in the disaster planning process. Review your family emergency plan together so that they know what to do even if you are not there.
- Practice your fire escape plan by having a home fire drill at least twice a year with everyone in the home.
- Download a group texting app so your entire circle of family and friends can keep in touch before, during & after an emergency.
- Practice evacuating in the car with your animals, so they're more familiar if you need to evacuate in an emergency.
- Get the @fema app with weather alerts for up to 5 locations, plus disaster resources and safety tips: fema.gov/mobile-app
- Contact your water and power companies to get on a "priority reconnection service" list of power-dependent customers

if you rely on electrical medical equipment.

- Learn how to turn off utilities like natural gas in your home.
- Be prepared for a power outage by having enough food, water, & meds to last for at least 72 hours.
- Most homeowners' and renters' insurance does not cover flood damage. Learn more about flood insurance at FloodSmart.gov.
- Snap photos of important documents and personal belongings to help you quickly file an insurance claim after a flood.
- Keep some cash on hand in case of emergencies, since ATMs and credit card readers won't always be available. Cash can help pay for immediate expenses like lodging, food and gas.
- Set aside a small amount from each paycheck to go into your savings account.

Preparing your family for an emergency is as simple as a conversation over dinner. Get started with yours today on the FEMA website at www.ready.gov/plan.

EVENTS CALENDAR

October 1: Chinese Auction Hocking County Fairgrounds

Doors open 5:30 PM – Drawing at 7:00 PM. Grocery Basket, 50/50 Drawing & Lottery Tree. Baked goods & refreshments available! Lots of nice items & gift cards will be featured. All proceeds benefit HVCH.

October 12: Jeep Run through the Hocking Hills

REGISTRATION: \$45 per adult - \$35 ages 10 and under. Registration includes T-shirt, door prize entry and concert ticket. Anyone can participate, but you must register to receive your swag and concert entry. Stops include Jack Pine Studio and a future campground owned by the Roger Shaw family. A concert with Three Sided Soul will be held from 7-10 p.m. at the run's last stop at the Hocking County Fairgrounds. Visit www.hvch.org to register.

INSPIRATIONAL QUOTE OF THE WEEK

"If you fall during your life, it doesn't matter. You're never a failure as long as you try to get up."

—Evel Knievel

Direct to You: From Julie Grow

To follow in Stacey’s footsteps from last week... Fall, too, is, by far, my favorite time of year and has been for as long as I can remember. First of all, I was born in October, so one could argue that a love for all things pumpkin spiced, crisp mornings, leaves changing, and apple picking were, quite literally, born into me.



Julie Grow, CFO

Some of my happiest childhood memories occurred in the fall when our whole family, from my grandparents, to my aunts, uncles, and cousins would all gather at my grandparent’s farm market to unload the pumpkins from the delivery truck and the apple cider slushy fights that always ensued with my cousins afterward.

Each September, my old hometown celebrates a homecoming of sorts with the annual Apple Festival (currently going on now, I might add) when the streets are lined with all things apple –from cider, to pie, dumplings... and even chicken wings coated in apple infused BBQ sauce! If you happen to go, be sure to stop by the past queen’s booth and you might just recognize a familiar face from the 90’s.

I will admit, though, that

not all of my fall memories are happy ones. It’s hard to believe how quickly time goes by, or in the words of Robert Frost, “leaf subsides to leaf.” In just a few short weeks, it will have been two years since I kissed my mother’s cheek one last time and held her hand as she crossed over from this world into the next. It’s bittersweet to have lost her during the time of year I feel most at peace, but also fitting in that it reminded me that just as the leaves change from green to golden and then brown, so does life and you learn to rise again come spring and not every change from one season to the next is easy.

Often referred to as the season of change, I would have to say that Hocking Valley has embarked upon our season of fall. As Stacey’s article discussed last week, there are so many great and wonderful things upon us that will lead us into the next era of health-care.

Just as one season builds upon the next, we have been making calculated efforts to ensure our roots run strong and deep and that HVCH will be a steadfast pillar in the community long after we are all gone. Each step – Epic, purchasing the Crow Building, converting the Medical Group to a hospital-based Rural Health Clinic, and many others have been, like nature’s progression,

DIRECT, PAGE 3



JEEPIN’ IN THE HILLS JEEP RUN

Join us on a Jeep run through one of Ohio's most scenic fall landscapes - the hills of Hocking County.

Hosted by HVCH Foundation

WHEN: Saturday, October 12th

WHERE: Trip will include various stops throughout Hocking County

REGISTRATION: \$45 per adult - \$35 ages 10 and under. Registration includes T-shirt, door prize entry and concert ticket. Anyone can participate, but you must register to receive your swag and concert entry.

Three Sided Soul Reunion Concert: Join us for the perfect way to conclude the event, a concert with Three Sided Soul from 7-10 p.m. at the fairgrounds.

Call 740-380-8336 for more information.

HVCH Cafeteria Menu Sept. 23-Sept. 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Carrots Broccoli Breadstick Tomato Soup	Philly Steak N' Cheese Macaroni & Cheese Onion Rings Baked Potato Cauliflower Spinach Chili	Breaded Chicken Breast/Bun Italian Sausage/ Bun French Fries Corn Green Beans Blended Veggies Chicken Noodle Soup	Breakfast Pizza Sausage Gravy/ Biscuit Egg Omelet Taquito Oven Browns Bacon Broccoli Soup	Tortilla Tilapia Macaroni & Cheese Potato Wedges Glazed Carrots Brussels w/ Bacon Cauliflower Enchilada Soup

DIRECT

building blocks for the next season to come. Converting the medical group's government designation to hospital clinics will mean nearly \$1 million in more reimbursement to the hospital with no more cash out the door than we are spending today. That's \$1 million that we will be able to reinvest back into our employees, patients, and the community each year. We would not have qualified for the rural health clinic designation without Epic and purchase of the Crow Building. Those purchases may not have seemed to make sense to those who were not familiar with our goal of improving reimbursement for those clinics. The return on investment for those large purchases will quickly be realized, not to mention, further secure access for our patients to receive quality care close to home.

Another exciting development in this season of change, is as Stacey mentioned, the amount of publicity and exposure the importance of rural healthcare is finally getting at both the state and federal level. The newscasts and articles seen on almost a weekly basis of rural hospitals closing all over the country have been scary, but it has opened the eyes of our lawmakers to realize that change has to happen, and fast. Most recently, the Ohio legislature passed changes to the Upper Payment Limit (UPL) program. This program provides much needed funds to high Medicaid volume hospitals to offset the reduced reimbursement. Flaws in the calculation did not account for the massive move from patients over the years using traditional Medicaid, to the Medicaid Managed Care plans like Caresource or Molina. This caused a decline in the funding over the last several years to the point that HVCH did not receive a single dollar of benefit from the program in 2019... when in years past we received anywhere from \$500,000 - \$1 million annually. Ohio has rectified this oversight for the coming years and in 2020 alone, HVCH will receive \$1.2 million of benefit from the UPL program. Again, this additional money to the hospital will not cost us anything. We will be able to put these funds straight back into securing our future and caring for our patients.

Weathering these past few seasons has not been easy. I would be lying if I said there haven't been nights that I lost sleep or wished that we could do more, faster. But I'm confident that we have made it into the next season. We did not sit idle and wilt under the changing conditions around us. We have adapted and grown into something stronger, more resilient, and ready to withstand the tests of time.

So, do you see why fall is my favorite? As I look ahead, knowing the growth we can encourage with the stron-

ger financial position we have spent the last few seasons cultivating... that will allow us to provide raises to our employees, upgrades to our equipment and buildings, and strengthen our financial reserves. I get overwhelmed with the excitement of it all. To our physicians and staff, thank you for the difference you make in the lives of our patients every day and for your dedication to HVCH through all of our seasons of change... and HAPPY FALL!!! ~Julie G

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time
- Food Service Aide - Part Time
- Housekeeping Supervisor - Full Time
- Maintenance Technician - HVAC Mechanic - Full Time
- Medical Assistant - Outpatient Medical Office - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Contingent/PRN
- Painter/Groundskeeping Assistant - TEMPORARY/SEASONAL
- Phlebotomist - Full Time
- Registered Nurse (RN) - Inpatient Services - Part Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Full Time - Behavioral Health Unit
- Registered Nurse (RN) - Special Care Unit - Full Time
- Respiratory Therapist - Full Time
- State Tested Nursing Assistant (STNA) - Inpatient Services - Full Time
- State Tested Nursing Assistant (STNA) - Inpatient Services - Contingent/PRN
- State Tested Nursing Assistant (STNA) - Nights - Inpatient Services - Part Time
- Surgery Technician - Part Time - Day Shift

SPOTLIGHT ON: Urology

WHO: Hocking Valley Community Hospital partners with Central Ohio Urology Group out of Columbus; consisting of doctors Michael Cunningham, Evan Cohn and William Bloch. These physicians also practice at several Columbus area hospitals.

WHERE: Located within the hospital in the old skilled nursing unit. Registration takes place in the registration area back by the cardiovascular department in the same area surgery patients register. Both physician and self referral by the patient are accepted. You can call 740-380-8129 Monday through Friday to schedule an appointment.

WHEN: Our urologists are here the 2nd and 4th Tuesdays of every month and the 1st through the 3rd Fridays of every month. Our office is staffed for nurse visits and to schedule appointments Monday through Friday.

WHAT: Our urologists use innovative treatments and advanced technology to meet our patient's needs. We understand that urological and sexual health issues can range from embarrassing to painful and life threatening. Our urology department provides information and options in a way that makes our patients feel comfortable, allowing them to make the best possible informed decision. If advanced care is needed that is not offered here at HVCH, these physicians can continue our patient's care in one of their Columbus locations, often times allowing your follow up care back here close to home.

Some of the conditions treated are as follows:

- Bladder Cancer
- Bladder Disease
- BPH
- Elevated PSA
- Erectile Dysfunction
- Female Incontinence
- Female Pelvic Medicine
- Female Urology
- Incontinence
- Kidney Cancer
- Kidney Stone
- Male Infertility
- Male Urology
- Neuro-Urology
- Overactive Bladder
- Partners with OBGYN (Hysterectomies, Prolapse)
- Peyronie's Disease
- Prostate Cancer
- Renal Cancer
- Renal Mass
- Urinary Calculi
- Urinary Tract Cancer
- Urogynecology



"Blue Phone" connects to Children's Hospital

The Nationwide Children's Hospital "Blue Phone" in the HVCH Emergency Department allows our ED Physicians to have a "Direct Connect Line" for pediatric patient transfers and/or consults. The line is staffed 24/7 by an RN who can immediately connect to the Transport Team and/or attending physician. This is a great resource for our pediatric patients!



Fun at the Fair

HVCH had a great time at the Fair last week! Thanks to everyone who stopped by our booth. We also enjoyed helping serve meals to those who attended the Senior Day festivities.





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.