



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

FEB. 28, 2020

Weekly Update

Learning to live with low vision



"What exactly is low vision?" you may ask. Low vision is a term commonly used to mean partial sight, or sight that isn't fully correctable with surgery, medications, contact lenses, or glasses. In the United States, the most common causes of low vision are age-related macular degeneration (AMD), glaucoma, cataracts, and diabetic retinopathy. People can also be born with conditions such as albinism or optic nerve damage that can result in low vision. Low vision can have an impact on people of all ages.

In observance of Low Vision Awareness Month, have a complete eye exam from a licensed ophthalmologist or optometrist. Getting a yearly exam increases the chances of early detection

and diagnosis of conditions that may lead to vision loss.

A low-vision evaluation will help you and your doctor find ways to make the best use of your remaining vision.

Your doctor will ask questions to find out how your vision loss has affected your life and what changes you have already made to cope with reduced vision. Talk with your doctor about your needs and goals. Questions may include the following:

- What are the problem areas associated with your vision loss? How has your life changed? What activities have become harder, and which ones are the most important to you?

EVENTS CALENDAR

March 5-6: Uniform Sale HVCH Campus

Robert's Uniforms will be set up in one of the HVCH meeting rooms (TBD) with selection of scrubs, jackets, shoes and other apparel. Payroll deduct available for employees. Proceeds benefit HVCH.

April 2: TWIG VI Chinese Auction Hocking County Fairgrounds

Held at fairgrounds Youth Building. Doors open at 5 p.m. Drawing at 7 p.m. Proceeds benefit HVCH.

April 10: Blood Drive HVCH Meeting Room

A blood drive will be held in the HVCH meeting room from 9 a.m. to 3 p.m. Call 740-380-8218 to schedule a time to donate.

INSPIRATIONAL QUOTES OF THE WEEK

"It takes someone with a vision of the possibilities to attain new levels of experience. Someone with the courage to live his dreams."

—Les Brown

Direct to You: From Roy Davis

Ash Wednesday is one of the most important holy days on the Catholic calendar. Ash Wednesday opens Lent, a season of fasting and prayer. Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too.



Roy Davis,
Director of
Business
Development

ance. Even non-Christians and the excommunicated are welcome to receive the ashes. The ashes are made from blessed palm branches, taken from the previous year's Palm Sunday Mass.

Why the lesson on Ash Wednesday? I see so many employees hold onto errors that they made and forget about how many wonderful things that they do for each other and our patients. During this time, I am asking that you forgive yourself for things you did or might have said out of anger, and let go of the burden because more than likely that person has forgotten the incident ever happened.

I find myself having to reset my thinking many times when I start to dwell on a patient where I missed a change in status and they became more sick or I forgot to follow through on something for an employee and felt like I broke a promise. We are all flawed humans. A solution I use is to focus on all the patients that I did catch something early and was able to help prevent a hospitalization or trip to the emergency room.

Please take the next forty days to reflect on all the good that you do and value you bring to our team. Our patients and your teammates need you at your best so take care of yourself both physically and emotionally.

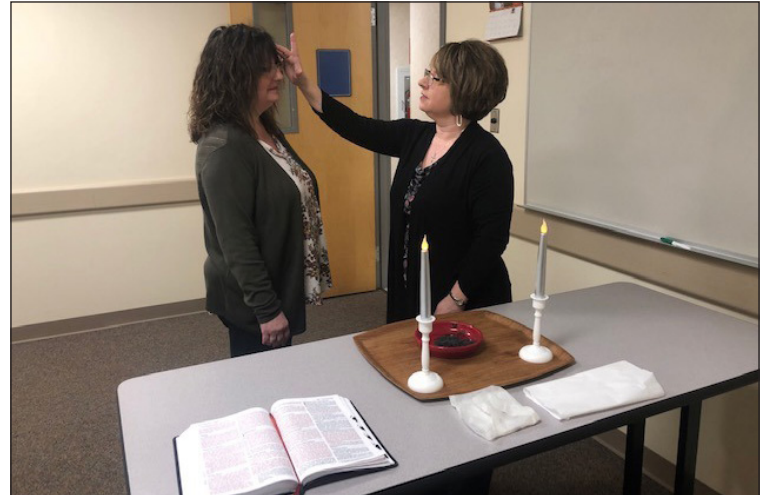
Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, they speak the words: "Remember that you are dust, and to dust you shall return."

Alternatively, the priest may speak the words, "Repent and believe in the Gospel."

Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God.

Writings from the Second-century Church refer to the wearing of ashes as a sign of penance.

Priests administer ashes during Mass and all are invited to accept the ashes as a visible symbol of pen-



HVCH holds Ash Wednesday recognition

At Hocking Valley Community Hospital we appreciate that many of our patients, staff and visitors celebrate the season of Lent. To compliment this special time of year, the HVCH Pastoral Care Team hosted an Ash Wednesday moment of spiritual renewal for anyone who wished to participate. Special thanks to HVCH Chaplains Pastor Charlene Mitchell of Hocking Hills United Methodist Church and Pastor Elizabeth Wagner of First Presbyterian Church for providing this service.



Employees welcome new HR director

HVCH employees took a moment to officially welcome new HR Director Megan Wright to her role this week. Meet and greets were held for employees to get to know Megan. We look forward to working with you!

HVCH Cafeteria Menu March 2-March 6				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fried Rice	Meatball Sub	Turkey Burger	Burritos	Hot Dog/Bun
Sloppy Joe	Chicken Fingers	Bacon Cheeseburger	Loaded Nachos	Battered Cod
French Fries	Spinach Casserole	Cheesy Hashbrowns	Baked Potato Bar	Green Beans
Carrots	Oven Fried Potatoes	Corn Broccoli	Fried Rice	Vegetable Medley
Cabbage	Cauliflower Breadstick	Onion Rings	Brussels Sprouts	Peas
Broccoli	Chicken Soup	Tomato Soup	Beef Pot Roast	Cauliflower
Potato Soup			Soup	Cheese Soup

VISION

- Can you do home-based tasks using near vision, such as reading your mail or a newspaper or managing bank accounts and paying bills? Have you tried using a magnifying glass?

- What sort of lighting do you have in your home? Do you use a night-light? The doctor may ask other questions about your home environment.

- Can you do tasks that require distance vision, such as recognizing faces or seeing traffic signals? Are you still able to drive?

- Can you still travel and function in your environment? Do you bump into obstacles, such as curbs, or miss steps? Can you find items you want and count your money when shopping? If you are still working, does your vision loss affect how well you can do your job?

Other questions may deal with your current living situation, whether you live alone, and what sort of assistance is available to you. Your family members or others close to you may also be asked to provide information.

Exams for remaining visual ability

Your doctor will do visual tests to find out the quality of your remaining vision, including:

- Visual acuity for both near and distance vision. Visual acuity tests measure the eye's focusing power and your ability to see details at near and far distances. They usually involve reading letters or looking at symbols of different sizes on an eye chart. These tests will also take into account any refractive error in your vision, such as nearsightedness or farsightedness.

- Defects in both central vision and side (peripheral) vision. These tests look for flaws and blind spots (scotomas) in your visual field, which is the entire area seen when your gaze is fixed in one direction. The complete visual field is seen by both eyes at the same time, and it includes the central and peripheral visual fields.

- Contrast sensitivity. These tests measure your eye's ability to distinguish objects and their surroundings based on differences in brightness or color (contrast), rather than shape or location. The tests may also show how much light (illumination) you need to be able to distinguish objects with similar brightness or color (low contrast). Because side (peripheral) vision is less sharp than central vision, contrast may play a more important role in helping you locate and identify objects if you lose some central vision.

Your doctor may also conduct vision tests for brightness acuity (which may show how sensitive you are to glare), color perception, and how well your eyes work together to provide depth perception.



HVCH Video Series




Check out our new video series to be posted to our Facebook and YouTube pages every week!

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- **Clinic Director - Full Time**
- **Licensed Practical Nurse (LPN) - Float - Contingent/PRN**
- **Maintenance Technician - HVAC - Full Time**
- **Medical Laboratory Technician/Medical Technologist (MLT/MT) - NIGHTS - Full Time**
- **Practice Manager - Rural Health Clinic - Full Time**
- **Registered Nurse (RN) - Emergency Department - Full Time**
- **Registered Nurse (RN) - PRN/Contingent - Inpatient Services**
- **Registered Nurse (RN) - Special Care Unit/Supervisor - Full Time**
- **State Tested Nursing Assistant (STNA) - Part Time - Dayshift**
- **State Tested Nursing Assistant (STNA) - Part Time - Nights**
- **Student Intern - Healthcare Administration, Business Administration, or Human Resources (Unpaid)**

Cafeteria renovations near completion



The renovations to the HVCH cafeteria are nearly complete and the cafeteria is expected to reopen on Monday, March 2. Renovations include new flooring, paint, fixtures, hot food bar, new tables and chairs and others. Thank you to all who worked on this project! We look forward to unveiling the final look!



VISION

Consultations with other specialists

A low-vision evaluation may also include consultations with specialists such as an occupational therapist or a social worker who can provide counseling and training on dealing with reduced vision to help you keep your quality of life as much as possible. If you are working with your primary care doctor, the consultations will also include an eye care specialist such as an ophthalmologist or optometrist. Your own eye doctor may refer you to another who specializes in low-vision evaluation and rehabilitation.

To understand your home environment and your needs, a low-vision evaluation may also include home visits by your doctor or by rehabilitation specialists.

When the evaluation is complete, you and your doctor will be able to identify ways for you to make the best use of your remaining vision.

The ophthalmology clinic at HVCH can see patients for a number of different conditions including: Cataract, Corneal scarring, Infectious or inflammatory keratitis, Keratoconus, Corneal edema, Fuchs' endothelial dystrophy, Other corneal dystrophies, Salzmann's nodular degeneration, Pterygium, Conjunctival melanoma, Ocular surface squamous neoplasia, Other conjunctival disorders, Dry eye and Chalazion. Please speak to your optometrist for a referral to the clinic.

VISITOR RESTRICTIONS

Due to the high number of flu cases and for the safety of our patients, visitation is limited:

- **No visitors under the age of 12.**
- **Limit visitors to immediate family members and/or support persons.**
- **No visitors with flu-like symptoms: -Fever -Cough -Cold**

Thank you for your cooperation in preventing the spread of the flu.



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.