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55 YEARS



HOCKING VALLEY
Community Hospital

WEEKLY UPDATE

March 26, 2021

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Ohio Vaccine Eligibility

coronavirus.ohio.gov/vaccine

#IN THIS
TOGETHER 
Ohio

PHASE 1E - MARCH 19, 2021

Ohioans with cancer, chronic kidney disease, chronic obstructive pulmonary disease, heart disease, and obesity.

PHASE 2C- MARCH 19, 2021

Ohioans ages 40+

PHASE 2D - MARCH 29, 2021

Ohioans ages 16+

Phase 2D of Ohio's vaccination plan, will go into effect on Monday, March 29, 2021. This phase includes Ohioans age 16 and older. Eligible individuals can receive a vaccine from the provider of their choice.

Any of these individuals can schedule a COVID-19 vaccine at Hocking Valley Community Hospital. Call 740-380-8402 to make an appointment.

DIRECT TO YOU

Megan Wright, Human Resources Director

Growing up my mom loved to watch Disney classics with me such as Pollyanna with Hayley Mills. It was originally a novel written in 1913 by Eleanor H. Porter but was made into a film in 1960 with Mills in the lead role. The story is of a young orphan named Pollyanna who comes to a new town finds the good in every person and situation she comes across. She teaches many townsfolk the "Glad Game" where you find good in every situation. She teaches even the coldest of hearts how to find the beauty in all things and not to be so negative. Later in the film she suffers a terrible fall and is told she will never walk again. Instantly her attitude changes to anger and negativity. It is up to her friends in



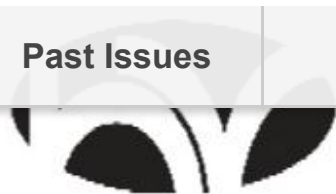
the town to cheer her up and remind her of her Glad Game and all the reasons she has to be happy and positive. Pollyanna has since become a noun to mean an excessively cheerful or optimistic person.

In my teen years I showed quarter horses very competitively. I showed with many of the same kids weekend after weekend. I learned quickly that I didn't fit the typical mold. I was fiercely competitive but always had a good spirit about it and wanted everyone to have a positive experience. There was always some major conflict, bad attitude, and unsportsmanlike behavior with a handful of the kids and it was making showing a negative experience for many. My two main mentors would tend to "dog" the competition if they felt I would win easily, and this did not sit well with me. Sure, they thought they were being comical and that it was harmless banter, but I found that I would perform better if I could find one good thing about them, their

horse, their outfit, or anything at all. I would Pollyanna every competitor and made my mentors do the same. I found this helped my confidence because I felt like I was being a better person and learning to accept differences and deal with bad behavior and bad attitudes in a productive manner. I didn't let negativity hinder my ability to achieve my goals or in creating the life I wanted to lead. We can't control the bad that happens to us, but we can decide how we control ourselves in dealing with it. We can't control the behaviors of others but we can decide how we will respond.

I often think of Pollyanna and remind myself to find the good in all situations and with all people I come across. When faced with a difficult situation or person, I try to find at least one good quality, characteristic, or trait to help start to form a connection or relationship that is positive and productive. This has helped me throughout all of my life and has been very rewarding. I've developed professionally and personally in ways I wouldn't have if I had not found the good in others. It's often hard, but if we try to find the good in one another we will be more productive, happier, and serve a greater good. What we give is often what we receive in return. Think karma and Pollyanna.

-Megan



DOCTORS' DAY
TUESDAY, MARCH 30, 2021

For all you do throughout the
year, *Thank You!*

Cardiac Rehab Receives Recognition

Lifelong Logan resident Jim Kemper thought he was experiencing heart burn after an evening out, but was actually having a major cardiac event.

“We had been out to eat for the first time since COVID began, so I really celebrated and ate way too much. That night, I started feeling chest pain and by midnight I was asking someone to get me some Pepto-Bismol from the store. That didn’t help and I was up all night. By 5 p.m. on Sunday, I asked my wife to take me to the hospital,” Kemper said.

He was seen by Dr. Robert Sivier in HVCH's Emergency Department on Sept. 20.

"Dr. Sivier confirmed I was having a heart attack and determined the attack began the previous day," Kemper said. "I was immediately transported to Fairfield Medical Center where I was wheeled directly into the operating room and received two stints. My cardiologist told me the nature of my heart attack should have taken my life."

Kemper was released from the hospital after his surgery, and then was re-admitted a week later after he started having severe pains. He had a second emergency surgery at FMC to check his stints, and later it was discovered he had an inflamed pericardium. A third surgery corrected the pericardium window, which Kemper described as "kind of a rare process."

At the end of his inpatient hospital stay, Kemper had the option to continue his recovery with cardiac rehabilitation.

"I wanted to complete my cardiac rehab at HVCH. It's close to home, and I've always been a fan of our local hospital and want to support it any way I can," he said. "The care I received there, from the folks working in Admitting, to the ER, and especially cardiac rehab, was truly outstanding."

Kemper said he was truly "impressed" by his time in cardiac rehabilitation.

"It benefited me in many ways, and that was my original hope. Prior to having a heart attack, I had a fixed image that cardiac rehab was about helping ill people get better. But it did so much more for me. It helped me change my eating habits, because I also met with registered dietician three times. It helped mentally, which I wasn't expecting. It helped eliminate my fears and not let my imagination run wild about having another cardiac event. It helped with me break habits and physically gave me great confidence in my future and health," Kemper said.

The program lasted 12 weeks and Kemper attended three times a week.



“It was so great. My wife came with me and the whole thing solidified the need to change habits. Adrienne Finster, my cardiac rehab nurse, really took great care of me. She made sure I was taking my meds correctly, showed me the exercises, answered my questions and really held me accountable. She was persistent and patient with me, and was a strong advocate for my care. She would call physicians for me, advocating for medication and calling the pharmacy on my behalf, conducting research when I had an odd pain, and just gave me so much confidence in HVCH and my experience. I can’t thank her enough.”

Kemper completed his cardiac rehab in February.

He wanted to share his experience to not only express his confidence in his local hospital, but to encourage his community not to ignore the warning signs leading up to a cardiac event.

“I was fortunate to get in the right hands at the right time,” he said.

According to the American Heart Association (AHA), common warning signs of a heart attack include:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

Some heart attacks are sudden and intense, but like Kemper’s experience, most start slowly, with mild pain or discomfort. The American Heart Association urges anyone experiencing heart attack symptoms to seek medical help right away. Even if you’re not sure it’s a heart attack, it is better to have it checked out.

While some risk factors for having a cardiac event are unchangeable, such as hereditary, other risk factors can be modified, treated or controlled. According to the AHA, these seven factors can contribute to your overall heart health:

1. **Manage Blood Pressure:** High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.
2. **Control Cholesterol:** High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are

3. **Reduce Blood Sugar:** Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.
4. **Get Active:** Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.
5. **Eat Better:** A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life!
6. **Lose Weight:** When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too.
7. **Stop Smoking:** Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

For more information about heart health and symptoms of heart attacks, please visit the AMA website at www.heart.org. To get in touch with HVCH's cardiac rehab program, call (740) 380-8219.





Lisa Sagraves
RN, Inpatient



Crystal Hickman
Admitting Clerk



MARCH EMPLOYEE ORIENTATION

**WELCOME TO OUR HVCH
TEAM!**

TWIG II Spring Plant Sale

DEADLINE FOR PREPAID ORDERS:

Wednesday April 21, 2021

Flats: \$12; Hanging Baskets: \$12
Terra Cotta Planters: \$11 - \$22

ORDER PICKUP:

Sunday, April 25 from 12-2 p.m.
Hocking County Fairgrounds Shelter
House

ORDER FORMS:

Available here, from a TWIG II member or
the HVCH Administration office. For more
information, call:
Nancy Johnson, TWIG II, at 740-385-4327



Order forms may be returned to any TWIG II member, the HVCH Administration office or mailed to :

Hocking Valley Community Hospital
ATTN: Ginger Johnson
P.O. Box 966
Logan, OH 43138

*Proceeds benefit Hocking Valley
Community Hospital*

Make checks payable to TWIG II; cash also accepted.

Help Preserve Rural Healthcare

Congress is expected to consider as soon as this week legislation that would extend the freeze on the 2% Medicare sequester cuts that are expected to resume on April 1 without additional congressional action. Reps. John Yarmuth, D-Ky., Richard Neal, D-Mass., Frank Pallone, D-N.J., and David Scott, D-Ga., March 12 introduced a bill that, among other health care provisions, would eliminate the 2% across-the-board cut to all Medicare payments, known as sequestration, until the end of 2021.

Sequestration (2% cut to payments from Medicare) has already decreased reimbursement to Hocking Valley Community Hospital over \$845,000 since its inception in 2010 and if no action is taken to continue the moratorium / freeze, our Medicare reimbursement will be reduced in 2021 by over \$65,000... at a time when every dollar counts to put towards our treatment and vaccination efforts against COVID-19.

This legislation is not subject to reconciliation and therefore bipartisan support is crucial to obtain the 60 needed votes in the Senate. Our advocacy groups, including the American Hospital Association, the National Rural Health Association, and the Coalition to Protect America's Healthcare have urged providers to have as many supporters as possible contact their state's representatives to urge them to support this much needed legislation.

Time is of importance because if action is not taken before the next congressional recess, the cuts will take place on April 1st.

Here is a great link that makes the process very easy to contact our congressional representation. Feel free to pass this along to those who will join us in the fight to preserve rural healthcare!

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https://action.protechseniorcare.org/co/2021-medicare-cuts-email-sm?utm_medium=email&utm_source=healthcare&utm_content=3+-++if+consfirstname+consfirstname+s+else+S&utm_campaign=20210317MedicareCutse1w&source=20210317MedicareCutse1w

Once you click on the link it will take you to a page, where you will add your contact information and send an email to your representatives.

Once you hit "send email" you will receive "Thank you for sending your message."



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The Hocking County Kidpalooza Committee Proudly Presents...

Kidpalooza

FREE



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

Thursday May 13th 2021

New Location

10am – 2pm



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

Drive-Thru Event



11:00 AM-1:00 PM

SPONSORED BY



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CareSource



HCBDD

Hocking County Board of
Developmental Disabilities

facebook



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



**VOLUNTEER WITH HOCKING SWCD ON
THURS. APRIL 8TH
NOON-2:00PM**



SPRING CLEANING LOGAN LITTER PICK-UP

Check-in at Worthington Park to pick up a trash bag, safety vest, trash grabbers and gloves, courtesy of Athens-Hocking Solid Waste District.

Volunteer the whole 2 hours or give 15 minutes of your lunch break. All are welcome, hope to see you there!



MENU

MONDAY

Chicken Fettuccine; Sloppy Joe;
French Fries; Seasoned Carrots;
Blended Veggies; Seasoned
Broccoli

TUESDAY

Meatball Sub; Chicken Fingers;
Spinach and Cheese Casserole;
Tater Tots; Seasoned Cauliflower;
Cheesy Breadstick

WEDNESDAY

JOB OPENINGS

- [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,](#)

Baked Beans; Creamed Spinach;
Cinnamon Baked Apples

THURSDAY

Breaded Chicken Wings; Macaroni and Cheese; French Fries; Seasoned Cauliflower; Seasoned Green Beans

FRIDAY

Hot Dog; Breaded Cod Square;
Green Beans with Bacon;
Vegetable Medley; Seasoned
Brussel Sprouts

- HVAC Maintenance Technician- Full Time
- Licensed Practical Nurse (LPN) - Urgent Care - Contingent
- Licensed Practical Nurse (LPN) - Rural Health Clinic
- Mammography/CT Technologist - Full Time - Day Shift
- Medical Laboratory Technician/Medical Technologist - Full Time
- MRI Technologist - Full Time - Day Shift
- Occupational Therapist - Part Time
- Registered Nurse (RN) - Emergency Department - Contingent
- Registered Nurse (RN) - Emergency Department - Full Time - Nights
- Registered Nurse (RN) - Float - Full Time - Nights
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit/Nursing Supervisor - Full Time - Night Shift



Miso-Buttered Succotash

Ingredients

- 2 teaspoons canola oil
- 1 small red onion, chopped
- 2 cans (15-1/4 ounces each) whole kernel corn, drained
- 1-1/2 cups frozen shelled edamame, thawed
- 1/2 medium sweet red pepper, chopped (about 1/2 cup)
- 2 tablespoons unsalted butter, softened
- 1 teaspoon white miso paste
- 3 green onions, thinly sliced
- Coarsely ground pepper

Directions

- In a large skillet, heat oil over medium-high heat. Add red onion; cook and stir until crisp-tender, about 2-3 minutes. Add corn, edamame and red pepper. Cook until vegetables reach desired tenderness, 4-6 minutes longer.
- In a small bowl, mix butter and miso paste until combined; stir into pan until melted. Sprinkle with green onions and pepper before serving.

- White miso paste has a subtle, salty flavor. You can increase the amount of miso in this recipe for more flavor.
- Leftover miso paste is especially delicious in soups!
- Try mixing a bit of leftover miso paste into cold spreads—mix it with mayonnaise, cream cheese or sour cream, for example—to boost flavor. It can give salad dressings and marinades a lift, too.

Nutrition Facts

3/4 cup: 193 calories, 9g fat (3g saturated fat), 10mg cholesterol, 464mg sodium, 20g carbohydrate (11g sugars, 6g fiber), 8g protein.

BLOOD DONATIONS

ARE
Essential



American
Red Cross

Blood Drive
**Hocking Valley Community
Hospital**

Meeting Rooms A & B
601 St. Rt. 664 N
Logan, OH 43138

Thursday, April 8, 2021
9:00 a.m. to 3:00 p.m.

To schedule an appointment call the Laboratory at (740) 380-8218.

**Streamline your donation experience and save up to 15 minutes by
visiting RedCrossBlood.org/RapidPass to complete your
pre-donation reading and health history questions on the day of
your appointment.**

Schedule a blood donation appointment today:

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

©2021 The American National Red Cross | 329801-4

What is Holy Week: Holy Week begins on Palm Sunday and ends on Easter Sunday. For many religious organizations it celebrates the death and victorious resurrection of Jesus Christ over sin and death.

Ways to celebrate: Many churches and faith based organizations provide many opportunities throughout the week to partake in the meaning of the upcoming week.

*Palm Sunday – Oftentimes guests are provided a palm upon entering, to wave during the service at specific times such as songs of Hosannah. Scripture reading: John 12: 12-15

*Lent – Lent begins 40 days prior to Holy Thursday. Many individuals have spent time sacrificing something of importance to spend time in fasting and prayer during Lent. Many churches will celebrate Maundy Thursday of Holy Week through feet washing service. Scripture reading: John 13:1-17;

* Good Friday - Passion plays have been longstanding activities on Good Friday. Services are often found to start at 3:00 pm in the afternoon, a time many Christians believe that Christ died on the cross, and include a time of self reflection and communion. Scripture reading: I Corinthians 11:23-34

*Easter Sunday – You might remember a childhood memory of dressing up in your Easter dress/suit and bonnet and heading out bright and early for “Sunrise Service.” These times of celebration most likely included a church breakfast gathering, and songs of the living Savior. This is still a practice in many modern day worship centers. Regular morning worship services generally follow at normal times. Families will sometimes use this service as an opportunity to buy Easter flowers that are placed in front, in memory or honor of loved ones. Scripture reading: Luke 24:6-7; Romans 8:34



"They took branches of palm trees and went forth to meet Him and cried, Hosanna! Blessed is He who comes in the Name of the Lord!"
John 12:13

55 Ways to Be a Better Me



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Back to Basics 1

“QUOTE”

"No act of kindness, no matter how small is ever wasted." -Aesop



OUR MISSION

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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