



On March 29th Ohio began phase 2D of its vaccine plan. Any individuals 18+ can schedule a COVID-19 vaccine at Hocking Valley Community Hospital. Call 740-380-8402 to make an appointment.

Find COVID Vaccine Eligibility, and Book an Appointment Here!

DIRECT TO YOU

Beth Kluding, Chief Nursing Officer



The Stockdale Paradox

I was listening to a podcast the other day, and the speaker mentioned the "Stockdale Paradox". The speaker described this as the faith that one will prevail under dire circumstances, all while accepting the current reality. I had heard the term before, but it was new being used to reference our current pandemic reality. Always curious, I did a little more research to develop a deeper understanding. Stockdale is the name of a soldier, who was a prisoner of war in Vietnam for many years. Jim Collins writes about his story in his book, "Good to Great" (a mustread book for everyone). In this book, he talks about the torture and trials that Admiral Stockdale endured along with his fellow prisoners. He talks about how he never lost faith, that he would prevail, and even turned the experience into a defining life event. He also talks about those who did not prevail, and refers to them as "the optimists." He speaks to how they would say they would be

out by Christmas or Easter, and this optimism left them defeated when this arbitrary date came and went. This defeat is what contributed to their reduced stamina for enduring their current reality.

I thought about that a little more. During the pandemic, our country has been seeing increased mortality, increased mental health needs, loss of employment, and an overall disruption to life as we knew it. I am guilty of thinking optimistically about the pandemic; maybe this will be over come summer, maybe 2021 will be better, maybe once the vaccine is here it will go away. If we apply the Stockdale Paradox to this pandemic, maybe we can set better expectations. If we can change our thinking from optimistically placing irrelevant dates on the end of all of this chaos, then we can then move forward knowing that we will

: for now we will face the day-to-day reality as it presents - this very intriguing and thought-provoking podcast. I am

going to stop thinking optimistically about when this pandemic will end, but instead move in the faith that I know it will, and deal with each day as it comes.

-Beth

Krispy Kreme Donut Fundraiser



Show your support and eat it too! \$9.00 a dozen, pre-paid orders only. Pick up date is Thursday May 13th 9:30 am to 1:00 pm, Community Relations & Foundation Office located in the CIC building, Suite B, next to HVCH. We are limited to how many we can order so nttps://app.etapestry.com/onin/erorms/nockingvaileyCommunitynospita/donutsrund raiser.html

Making a Difference



Missy Poling, Director of Social Services has been mentioned several times for recognition over the past few months. She always goes above and beyond for her patients.

For instance this winter, she had her son deliver a load of wood to an ED patient for his woodstove, she also delivered bottled water, pretzels and beef jerky to this patient. In another example she assisted an outpatient in getting his 4-wheeler fixed (his only mode of transportation) and arranged to have meals delivered to his home.



Brad Kreiger, OU Intern for Nursing Administration. Brad has completed his hours and has been very helpful on many projects especially the Nursing Skills Lab. We wish Brad the best of luck with his future endeavors.

HVCH Foundation Golf Tournament

Past Issues



TOURNAMENT

WEDNESDAY, JUNE 2, 2021

Hocking Hills Golf Club 14405 Country Club Lane, Logan

7:45-8:45 AM: Registration 8:45 AM: Flight Instructions 9:00 AM: Scramble starts DURING PLAY: Lunch on the go

REGISTRATION COST: \$100 per golfer includes greens fee, cart fee, golfer gift, snack bag & lunch.

FORMAT: One flight four-person scramble The tournament reserves the right to determine handicaps for those with no established handicap. Max handicap is 20. Max female handicap is 30.

PRIZES & Course Challenges: Low Net Score Low Gross Score Longest Drive (Men's & Women's) Longest Putt Skins Game

SIGN ME UP!

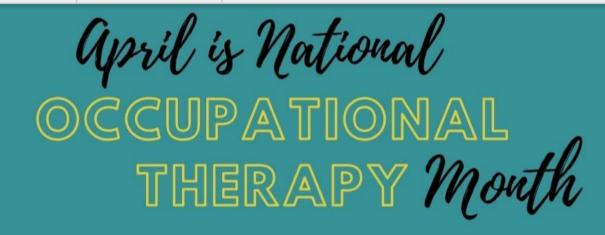
Register online at www.hvch.org or complete the form below.

All proceeds from this event benefit Hocking Valley Community Hospital Foundation and the patients of the hospital. I would like to participate in the 35 th annual HVCH Foundation Golf Tournament.	
\$400 Team Tournamer	it Package
I am unable to attend, but would like to make a donation to the HVCH Foundation: \$	
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Please return registration and payment to: HVCH Foundation, P.O. Box 966, Logan, OH 43138 For more information, call (740) 380-8336.

Expiration Date: _____ CVC#

Print Your Registration Form Here



transforming lives. building independence. providing hope





CLEAN SINGLE STREAM RECYCLABLES

Computer/Office paper Newspaper Magazines/Catalogs Corrugated cardboard Paperboard (cereal boxes, etc.) Glass (clear, brown, blue, green) Aluminum cans Tin/Steel cans Scrap aluminum and metal Plastics 1-5

FREE

E-Waste (electronics) Scrap Metal (ferrous and non ferrous) Household Batteries



HOCKING COUNTY SPRING RECYCLING DAY

May 8th, 2021 9am-1pm

33845 Sutton Rd. Logan, Ohio 43138 (Off St. Rt. 93 North, just past the GE plant)



(740) 753-6885 | ahswd.org P.O. Box 693, Athens, Ohio 45701

MONDAY

School House Pizza; Battered Chicken Breast; Honey Roasted Potatoes; Seasoned Peas; Breaded Cauliflower; Breadstick

TUESDAY

Hot Dog with Bun; Breaded Chicken Wings; French Fries; Seasoned Corn; Seasoned Broccoli; Coleslaw; Macaroni Salad

WEDNESDAY

Gingered Pork; Pecan Tilapia; Lo Mein; Baked Potato; Cheesy Spinach Casserole

THURSDAY

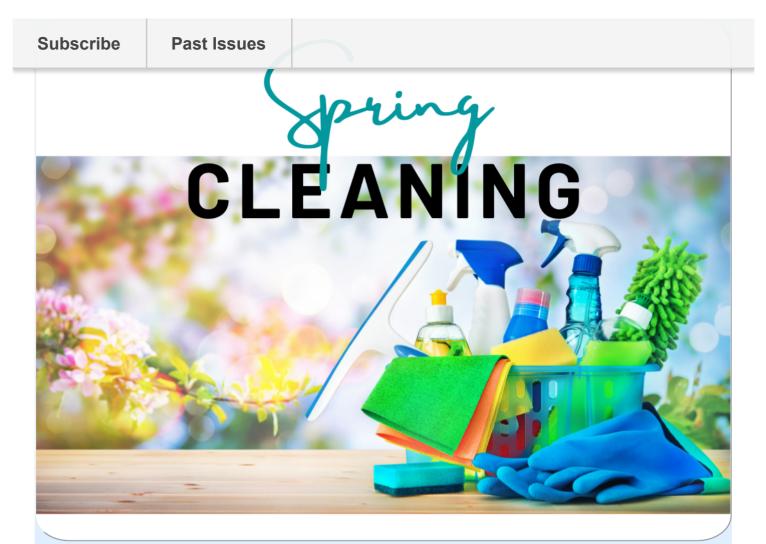
Beef Macaroni; Grilled chicken Breast; Cheesy Breadstick; Grilled mixed Vegetable; Seasoned Carrots

FRIDAY

Cheeseburger; Battered Cod; French Fries; Green Beans with Bacon; Seasoned Broccoli

- <u>Ambulette Driver Contingent/PRN</u>
- <u>Computer and Network Technician (IT II)- Full</u> <u>Time</u>
- <u>Director of Behavioral Health Unit</u>
- Emergency Room Unit Secretary Full Time, Nights
- <u>Environmental Services</u>
 <u>Associate/Housekeeper Contingent Various</u>
 <u>Hours</u>
- <u>Environmental Services</u>
 <u>Associate/Housekeeper Part Time, Variable</u>
 <u>Hours</u>
- <u>Environmental Services</u>
 <u>Associate/Housekeeper Full Time, Days,</u>
 <u>Variable Hours</u>
- Front Desk Receptionist
- Hospital Dietary Aide Full Time
- HVAC Maintenance Technician- Full Time
- Licensed Practical Nurse (LPN) Inpatient Services - Full Time - Night Shift
- Licensed Practical Nurse (LPN) Urgent Care -Contingent
- Licensed Practical Nurse (LPN) Rural Health Clinic
- <u>Mammography/CT Technologist Full Time -</u> <u>Day Shift</u>
- MRI Technologist Full Time Day Shift
- Occupational Therapist Part Time
- <u>Registered Nurse (RN) Emergency</u> <u>Department - Full Time - Nights Shift</u>
- <u>Registered Nurse (RN) Float Full Time -</u> <u>Nights</u>
- <u>Registered Nurse (RN) PRN/Contingent -</u> <u>Inpatient Services</u>
- State Tested Nursing Assistant (STNA) Full Time - Nights Shift





Spring Cleaning time. If you're procrastinating about spring cleaning, check out this website for ideas on how and where to begin!
https://www.sylvane.com/blog/spring-cleaning-tips-and-checklist/

Encouraging Words from Pastor Charlene Mitchell, Hocking Hills United Methodist Church, Logan, OH

"When my heart is overwhelmed, lead me to the Rock that is higher than I" Psalm 61:2 NLT

Have you ever felt overwhelmed? Immediately when we see the word "overwhelmed" we may have a negative reaction to it because being overwhelmed can make us uncomfortable and out of sorts. Maybe we are overwhelmed by our schedules, our health concerns, our choices...there are many things that can cause us to be overwhelmed.

Subscribe Past Issues and put to the test, he humbles himself into to a

pause and cries out to God to lead him to the "Rock that is higher than himself". David had reached a point that he had no strength in himself. He was, as it were, in a low vale, exposed to every enemy. He wished to be put in a place of safety.

And so, we too find ourselves in low places and in situations where we may feel attacked by the enemy and the world around us. While we can muster up strength to get through challenges, if we are honest with ourselves, we know that our own strength just isn't enough. Our strength must be found through Christ Jesus for the long haul. And He is very willing and able to meet is in our overwhelming moments.

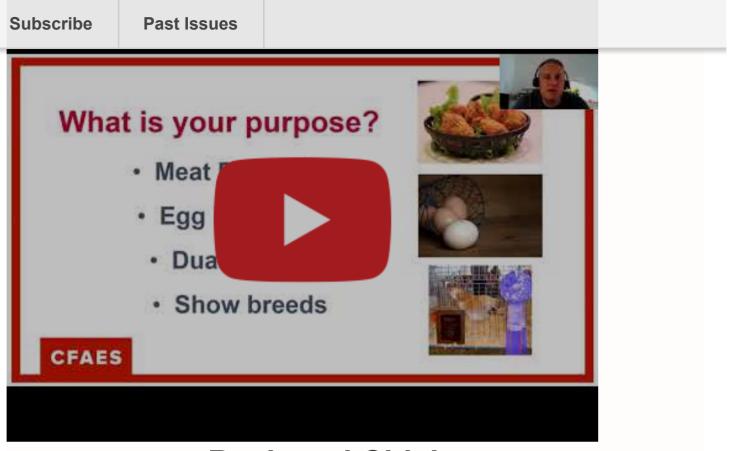
Through Jesus, we find this Rock to be a place of refuge...a stronghold where we may be safe. And Christ alone is only where we can find that refuge and strength. It is my encouragement to you to come to the Savior daily to rest on His rock of love, mercy and strength.

We can also take this very same question and turn it into a more positive outlook. Let me ask the question again...."Have you ever felt overwhelmed?". It is my prayer that you find the answer to be"Yes! I am truly overwhelmed with the grace and love that Jesus Christ has for me". Let us find ourselves overwhelmed with His peace, His stability ,His strength and His love. And in doing so....let us shower His



peace to one another in order to be overwhelmed with a community of peace, compassion and love for one another, as Christ desires for his people.

55 Ways to Be a Better Me



Backyard Chickens



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 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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