



Leading the Way

- WINTER 2021 -



**FOR THE
PEOPLE**

55 years of a community hospital

55 YEARS



This year marks 55 years that Hocking Valley Community Hospital has been serving this community at the SR 664 North location. Before the current site of HVCH, residents in Hocking County received their care at the Cherrington Hospital, which was located on Main Street. This hospital was owned and operated by the Cherringtons and later sold to two local physicians - Dr. Yaw and Dr. Jones. It was in 1963 that the Board felt a new, larger hospital was needed to meet the needs of the patients.



STACEY GABRIEL
HVCH President & CEO

I have seen photos of the original SR 664 North building, which we also have outgrown over the years. Several additions have been made as we expanded services to meet the needs of our community. When I first started working here, the tenured ED nurses would talk about how there wasn't even a doctor in-house after a certain time. If someone came to the hospital seeking emergency care, they would contact the physician on call and then begin working with the patient until the physician arrived. That boggled my mind because we now have physicians here 24 hours a day. How times have changed.

At HVCH, our goal is to continuously assess the needs of the community and do our part in meeting them. We understand our patients would prefer to stay as close to home as possible when seeking treatment. I am proud of Hocking Valley Community Hospital and the advances in technology that we have invested in over the years. When you think about the lab equipment or cardiac monitoring capabilities 55 years ago compared to what we have now... what a difference! Just because we live and work in a rural area, doesn't mean we can't provide high-quality healthcare.

So much has changed in the past 55 years. I am proud to serve alongside the best of the best when it comes to delivering the quality of care you need and deserve. I am looking forward to the future of HVCH. Our commitment has always been to create a strong organization that is here to serve patients for years to come. Our mission statement is to provide extraordinary care close to home now, and into the future. You can trust that our team is doing just that.

Rural Health Clinic

Providing care from infancy to adulthood

Patients are best served when their care is provided by an integrated care team led by a primary care provider. At HVCH Rural Health Clinic, our providers work together in our patients' best interests to support comprehensive health care.

Our pediatric providers see patients from birth to age 18, providing wellness checks, vaccinations, lead testing, sick visits (available same day), and on-site urine, strep and flu testing. For those 12 years of age and older, our family care providers offer lifelong medical care, including well checks, regular screenings, disease prevention and management, and diagnosis and treatment of many types of illness.

The Rural Health Clinic also offers coumadin management for patients who need help monitoring and managing medications to prevent blood clots, and a COVID-19 testing and vaccination clinic. To get started with a primary care provider, call us at 740-385-0202.



MEET OUR NEW PROVIDER

Adrienne Nihiser, CNP

Hocking Valley Community Hospital is pleased to announce Adrienne Nihiser has joined the Rural Health Clinic Pediatric Office as a nurse practitioner. Adrienne has been an employee of Hocking Valley Community Hospital for the past 14 years. She started her career as a Labor and Delivery nurse in 2007 and transitioned to the Cardiovascular Department in 2010.

Adrienne completed her Associate Degree at Hocking College in 2007. She returned to school and obtained her Bachelor of Science in Nursing as well as her Master of Science in Nursing from Chamberlain College.

Adrienne joined Dr. Mark Scarmack and Fallon Magdich-Ritchey, CNP, in the Pediatric practice. For appointments, please call 740-385-3069.

OUR TEAM: Dr. Brian Still; Dr. Charles Keller; Dr. Mark Scarmack; Jennifer Shull, CNP; Fallon Magdich-Ritchey, CNP; Amanda Downs Davis, CNP.





Time

"They laughed, joked, and kept me encouraged, because they knew it was going to take a while for me to heal."

– David Hayes

General Surgery:

Anything But Ordinary

Pastor Michael Martin has a long-standing history with HVCH. As a Logan resident and New Straitsville native, he has always chosen HVCH for his healthcare needs.

"I don't understand why anyone would go anywhere else for care when they can come here," Martin said.

"I have been here for a number of things, kidney stones, had my gallbladder removed and most recently had a hernia repair. I didn't need to go all over to have any of those things done. Everything I need to do is local," he continued. "I think a lot of Dr. Michael Tornwall who has done a number of my surgeries and the outpatient surgery staff is wonderful."

Martin has been the pastor of the First Church Praise and Worship Center for more than 30 years. He also has worked at many of the area's major employers including Nicofibers, General Electric, Goodyear and General Mills.

In fact, Dr. Owen Yaw, one of the hospital's founding physicians, gave Martin his physical to work at GE.

"I think it's wonderful a town the size of Logan has a hospital people can go to. A lot of peoples' lives have been saved that wouldn't have been if they had to go elsewhere."

"I don't understand why anyone would go anywhere else for care."

– Pastor Michael Martin

Heals All Wounds

Specialty Clinic:

They say time heals all wounds. David Hayes, wound care patient at Hocking Valley Community Hospital, has found that to be the case.

"I had been working on my grandson's motorcycle over Memorial Day weekend when I went to tighten the chain and scraped my leg on the foot peg," Hayes, a Laurelville resident, said. "I drove into Logan to the hospital emergency room. That was my first encounter with the staff at HVCH. I learned I would need to come back for continued care from the wound management team on a weekly basis."

A retired charter boat captain from Florida, Hayes is generally a very active person. He showed about 50,000 people the beauty of the Orange State from behind the captain's wheel.

"What a great time you could have when you were in a boat. Fishing, diving, and the last five years of chartering, I would take the English people up to Silver Springs which was an 80 mile boat ride, 40 miles up to Silver Springs and 40 miles back," Hayes said.

Since his retirement, he has stayed active with swimming and visiting the nature parks in the area. After his injury, Hayes hoped to heal quickly and relied on the staff at HVCH's wound clinic to help him.

"I never dreamed a hospital in Logan would be as advanced as they are. They were just so good in the way they treated me. They laughed, joked, and kept me encouraged, because they knew it was going to take a while for me to heal. Naturally I



wanted to be done yesterday, but they were just so good," he said.

"My experience has just been wonderful. Everyone's bedside manner was fantastic. I never felt like I was going to the doctor, to tell you the truth. Dr. Timothy O'Brien is a magician. All of the nurses have made it a joy. My wound is almost completely healed now and it is so much better. The staff kept saying, 'Just wait, it will happen; it just takes time.'"

With his wound nearly healed, Hayes is now looking forward to getting back to the YMCA to swim with Silver Sneakers.

HVCH welcomes new vascular surgeon



Hocking Valley Community Hospital welcomes Dr. Shankar M. Sundaram, M.D., F.A.C.S., F.C.C.P. as a new vascular surgeon.

Dr. Sundaram has been an active surgeon since 2003, receiving his B.A. in Biology from Washington University in St. Louis, Missouri. He then completed his Doctorate of Medicine at University of Texas Medical Branch, Galveston, Texas.

He will be serving the needs of Hocking County through the

Outpatient Surgery Department at HVCH, providing wound care for lower extremities, debridement, wound vac application, general wound care, basic surgical procedures, limb salvage, and vascular assessments and testing as needed.

"For those patients who have been diagnosed with diabetes this is a great addition to our community," Gabriel said. "Diabetes can slow down circulation and cause issues with wounds of the lower extremities. Having a surgeon within our community working to save the limbs of patients is a significant asset."

To schedule an appointment, call 740-380-8129.

"I have been a patient in and out of Hocking Valley Community Hospital since 1966. I rate the hospital excellent. Their services, their people, their physicians, the nurses or aides are fine quality to me. An A+ rating."
– Pain Management Patient

Specialty Clinic: Reclaim Relief

HVCH offers a wide variety of outpatient procedures and surgeries. One of the newer outpatient procedures is called minimally invasive lumbar decompression, or MILD, procedure, and is performed by pain management physician Dr. Raj Swain.

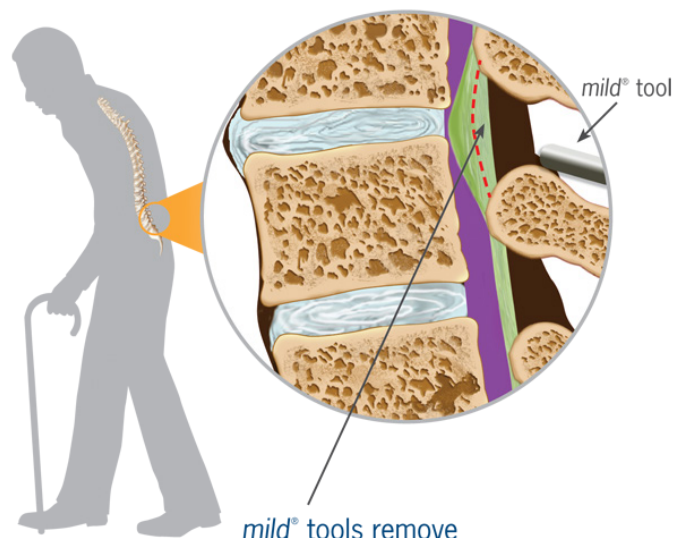
The MILD procedure is aimed at helping those individuals who suffer from lumbar spinal stenosis, or LSS. LSS is a condition where the spinal canal is narrowed, which results in compressed spinal cord nerves in your lower back. The narrowing can be caused by thickening ligaments, formation of excess bone, or compressed/bulging discs. People who are suffering from LSS may experience numbness or tingling upon sitting or walking.

In the past, patients with LSS may have undergone spinal surgery, which requires general anesthesia and overnight hospital stays. The MILD procedure, however, is a minimally invasive procedure that requires little to no sedation and is done on an outpatient basis in our outpatient surgery department.

Through a couple of minor incisions, the physician is able to guide a small port along the back and remove the material that is compressing on the spinal nerves and relieve much of the pain associated with LSS.

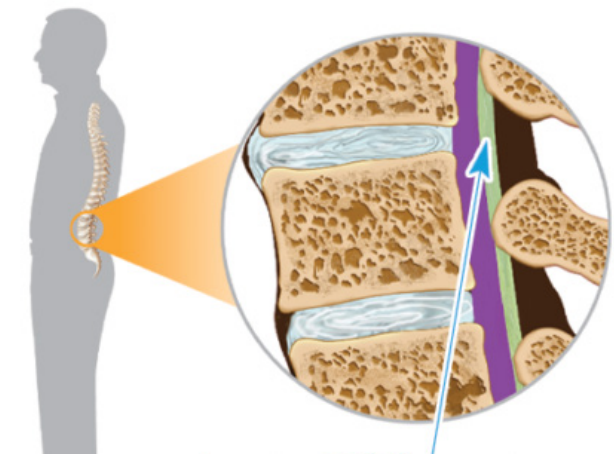
For more information on this procedure, please call our Specialty Clinic at 740-380-8171 to see if the MILD procedure would be appropriate for you.

BEFORE *mild*



mild tools remove excess ligament

AFTER *mild*



After the *mild* procedure, space is restored

The outpatient clinics at Hocking Valley Community Hospital include: Orthopedics, General Surgery, Urology, Ophthalmology, Pain Management, Wound Care, Infusion, Vascular and Psychiatry. Our experienced providers are here to offer you exceptional care close to home. Wait times to be seen in the clinics are minimal and our experienced providers look forward to providing you quality care.

OUTPATIENT SERVICES



DR. HOLT
ORTHOPEDICS



DR. O'BRIEN
SURGERY/WOUND CARE



DR. TORNWALL
SURGERY



DR. COHN
UROLOGY



DR. BLOCH
UROLOGY



DR. CUNNINGHAM
UROLOGY



DANIEL MENELEE, FNP
UROLOGY



ALICIA PHILIP, FNP
UROLOGY



DR. OOSTRA
OPHTHALMOLOGY



DR. SUNDARAM
VASCULAR



DR. SWAIN
PAIN MANAGEMENT



TARA STEVENS, CNP
PAIN MANAGEMENT



MIRANDA SWINEY, CNP
PSYCHIATRY



TRISHA BAIL, CNP
PSYCHIATRY



PRAMODA FATEHCHAND
PSYCHIATRY



DR. VASILAKAS
PSYCHOLOGY

- **Pain Management & Wound Care Clinics: 740-380-8171**
- **Urology, Ophthalmology, Infusion & Vascular Clinics: 740-380-8129**
- **Orthopedics & General Surgery Clinics: 740-380-8140**
- **Outpatient Psychiatry Clinic: 740-380-8410**



Rehabilitation:

Finding Balance

Ida Neely was at a party with family and friends when she began to feel light headed. Being a previous stroke victim, she checked for other signs of a stroke, face drooping or slurring of speech. With no other stroke signs present, she tried to stand, and then toppled over.

“When I fell, I tried to avoid landing on my knees and went straight backward and hit my head on the ground. Because I bounced my head so hard, I had a concussion and knocked the crystals in my ear out of place,” Neely said.

The tiny crystals in the inner ear allow people to be sensitive to gravity and to help keep balance. Normally, a jelly-like membrane in the ear keeps the crystals where they belong. If the ear is damaged — often by a blow to the head — the crystals can shift to another part of the ear. When they are out of place, it can make one sensitive to movement and position changes that normally wouldn’t affect them, sparking vertigo.

Neely spent some time in the hospital to ensure she did not have a brain bleed or a stroke. After experiencing continued vertigo, it was recommended for her to try vestibular therapy.

“My biggest problem is that I was dizzy all the time. Even something as small as moving my hands would make me dizzy and sick. I couldn’t drive; I couldn’t read,” she said. “It was like I couldn’t get my head and my eyes to coordinate. My eyes were constantly making movements. I was using a walker, that’s how uncomfortable I felt. I needed it for balance.”

For Neely, performing her job as the Ohio Division of Financial Institutions Chief Examiner for Credit

Unions was nearly impossible. She had been working from home using her computer, but was unable to concentrate on the screen when bouts of dizziness rendered her unable to move.

“When I was referred to HVCH for vestibular therapy I was really unsure. The first time I did it at the hospital to try to realign my crystals, I felt very sick. But my therapist Kari is very competent and made me feel comfortable,” Neely said.

Vestibular therapy consists of different types of exercises to improve balance and reduce problems related to dizziness. Exercises vary according to the patient’s diagnosis and progress. Some exercises include vision stability training, posture training, stretching and strengthening exercises, balance re-training, walking exercises and neck mobility/stretching exercises. Patients can be seen one to two times a week for six to eight weeks.

Neely returned for several sessions; each time she was assessed for improvement. She also was given exercises to complete at home to help when she was feeling dizzy. Over time, Neely began to feel better.

“It may take months to eliminate the concussion itself, but now I have no dizziness or nausea. It was scary thinking I was going to have to live the rest of my life like that,” she said.

She has now gotten back to work and is able to drive and perform other daily functions, including spending plenty of quality time with her family.

“I feel very blessed to have worked with Kari; she is just phenomenal. We are so fortunate to have HVCH in our area. As small as this area is, I’m so proud of what the staff accomplishes, and the quality of care and compassion you receive.”

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Cardiovascular/Cardiopulmonary:

The Road to Recovery



would recommend this program for anyone. It builds your confidence, lifts your spirits and gets you back into the groove."

– Jeff Sheets

Hocking County resident Jeff Sheets wasn't sure he would be able to recover after a cardiac event left him incapacitated earlier this year.

"In March I got really sick with a high fever and chills. I went to the hospital and it was discovered I had a lung infection," Sheets said.

While recovering from the infection, Sheets returned to the ER where his heart stopped. He had a heart cath and another hospital stay. After his discharge, he was referred to HVCH for cardiac rehab.

"I have come a long way. I couldn't imagine I would be where I am. I would get short of breath with everything, had little energy and little confidence. I was kind of depressed not knowing if I would get back to myself," Sheets said.

Designed to help patients on the road to recovery, the cardiac rehab program begins as early as two weeks following discharge from the hospital after a cardiac event with a provider referral. The program helps patients make the transition to the highest possible quality of life as they gradually achieve a higher level of fitness.

The program is 12 weeks of exercise and education. In addition to returning to physical health, participants learn about heart health, consult with a dietician to manage their nutrition and a pharmacist to manage their medication. While exercising in the cardiac rehab gym, the participant's heart rate, oxygen level and blood pressure are closely monitored. Updates of progress are reported to the patient's referring provider.

A lot of patients are still vulnerable when they enter the program, but as they learn to exercise properly and find what equipment works best for them, they become their own support group. It is common for them to share experiences and to help each other reach their individual goals.

"It's a great source of information of what to expect during your recovery," Sheets said. "They help with your medications, side effects you may have and act as a liaison with your provider. The other patients are great and the staff has been extremely helpful. It feels like a safe environment to heal; I always feel comfortable with what I'm doing and every day gets better."

After he completes his rehabilitation, Sheets looks forward to deer hunting and tending to his large garden on his 65 acres of land.

"I would recommend this program for anyone. It builds your confidence, lifts your spirits and gets you back into the groove."

3D MAMMOGRAPHY

A clearer picture for an accurate diagnosis

Hocking Valley Community Hospital is excited to offer 3D mammography exams, utilizing Hologic advanced breast tomosynthesis technology. These Genius 3D Mammography™ exams are clinically proven to significantly increase the detection of breast cancers and also decrease the number of women asked to return for additional testing.

The breast is a three-dimensional object composed of different structures located at different heights within the breast. These structures can overlap and cause confusion when viewed as a flat two-dimensional image. This confusion of overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary callbacks. Using breast tomosynthesis technology, the Hologic system creates a three-dimensional image of the breast structure, which enables radiologists to more clearly see through overlapping tissue to detect cancers, often at an earlier stage.

Mammograms with this technology include both 2D images and tomosynthesis scans. During the tomosynthesis portion of the exam, an X-ray arm sweeps in a slight arc over the breast, taking multiple images. A computer then converts the images into a stack of thin layers, allowing the radiologist to review the breast tissue one layer at a time.

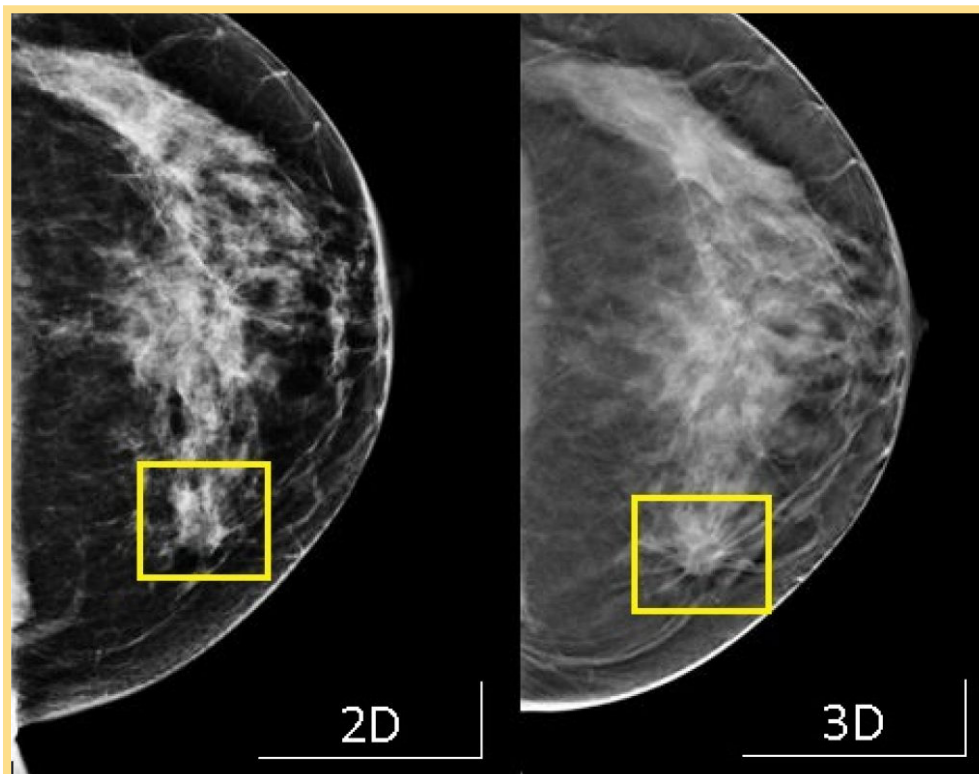
“This requires no additional compression and takes just a few seconds longer than a conventional 2D breast cancer screening exam,” Faith Todd, Director of Radiology, said.



“Hocking Valley Community Hospital is committed to the fight against breast cancer. In offering the 3D exam, we are able to provide a more accurate tool for breast cancer screening,” Todd said.

If you would like to schedule a mammogram at HVCH, or have questions about this important breast health procedure, please contact our Radiology department at 740-380-8204.

The Hologic system is the first FDA-approved breast tomosynthesis system in the U.S. To date, more than 8 million women have been screened with this advanced screening system.



Researchers have found :

- The 3D mammography exam finds 20-65% more invasive breast cancers compared to 2D alone, an average increase of 41%
- Only the Hologic Genius 3D Mammography exam is FDA approved as superior for women with dense breasts compared to 2D alone
- The 3D mammography exam reduces callbacks by up to 40% compared to 2D alone



FROM THE FOUNDATION

KYLE WALKER, CHAIRMAN

Like so many, I have always associated the Hocking Valley Community Hospital Foundation with two main events every year, the golf outing and the auction. It wasn't until I joined the Foundation Board in 2018 that I really got a true understanding of what the Foundation stood for and the vital role that it plays not only in supporting the hospital but also our community as a whole. While the golf outing and auction are two of the largest fundraisers the Foundation hosts each year, there are so many things happening behind the scenes. You just don't get a true sense of how many hard working members of our community we have until you get involved.

At the start of the COVID-19 pandemic, the uncertainty mounted with mandates, masks, social distancing, visiting restrictions, and stay at home orders. It was enough to drive anyone crazy.

Through all the craziness, what has remained constant is the continued outpouring of support and concern from our neighbors and community during the last 18 months. Whether it be PPE being donated when it couldn't be sourced from vendors, homemade masks being sewn around the clock to make sure our healthcare professionals were able to still care for our community safely, sweet treats being dropped off or even children making signs about our frontline heroes to let them know they were thinking about them and valued the critical role they have played in helping to fight this pandemic.

These donations helped to protect our local healthcare heroes so they could continue to care for those who had become ill from COVID-19 as well as other ailments.

As chairman of the board for Hocking Valley Community Hospital Foundation and on behalf of my fellow board members, I say thank you for your continued support in our local hospital.

2021 FOUNDATION PARTNERS



ON THE COVER:

This year marks Hocking Valley Community Hospital's 55th anniversary. HVCH first opened its doors as a brand new, state-of-the-art medical facility in February 1966 in order to meet the healthcare needs of Logan and Hocking County communities. Pictured is Ida Neely of Laurelville, one of the many patients HVCH has helped over the years.

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SENIOR LEADERSHIP

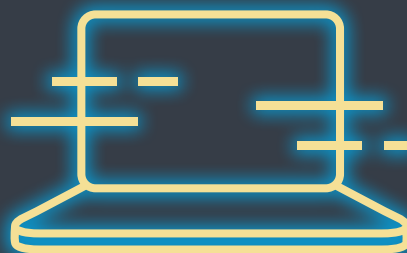
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- Managing Editor:* Leslie Stebelton
- Contributing Writers/ Photographers:* Leslie Stebelton, Stacey Gabriel, Kyle Walker, Latricia Johnston, Clay Meyer

VIRTUAL AUCTION

HVCH Foundation is hosting a virtual progressive auction this year with new items being posted throughout the winter. Follow along on the HVCH Facebook page or the hospital website at www.hvch.org for information about each item and how you can place your bid. All proceeds benefit HVCH Foundation for hospital improvements, patient amenities and other services.





HOCKING VALLEY Community Hospital

601 State Route 664 N.
Logan, OH 43138
www.hvch.org

ARM YOURSELF GET VACCINATED AGAINST COVID Call 740-385-0202



HOCKING VALLEY
Community Hospital

RURAL HEALTH CLINIC |



NEWS FROM THE FOUNDATION

We have had a very successful year and want to share some of those highlights with you.

Hocking County Farm Bureau hosted a tractor ride to benefit our Diabetes Fund donating \$1,000, and Hocking Hills Podcast completed a Jeep Run raising over \$14,000 for the Foundation. Green Elementary School students brought in change to their classroom, raising \$605 that was matched by their principal to purchase bird seed for our bird feeders outside patients rooms.

Identifying new ways to raise funds for the hospital, the Foundation launched Food Truck Days throughout the summer. The community also supported us through purchasing Krispy Kreme donuts during our first ever donut fundraiser.

Our golf outing sold out this year, so if you are interested in a team in our 2022 event, keep watching for more information coming in spring of 2022. Finally, to those who have given in memory of a friend or loved one, we are mindful to uplift you in our prayers throughout the year.

To our annual and end of year partners who have so generously continued to support us each year, you are crucial in strengthening and securing our hospital's future, and we are so grateful. Knowing that you stand beside us propels us forward, and sends the message to others that you understand the need for protecting and preserving our independent community hospital.

Please accept our heartfelt thank you. It is our hope as you prepare your Christmas list for 2021 that our Foundation will come to mind. May your holiday season be safe, healthy, and full of reasons to smile.

TEXT GIVE TO 740-247-5616

**or visit www.hvch.org and
click on the DONATE link**

P.O. Box 966, Logan, OH 43138