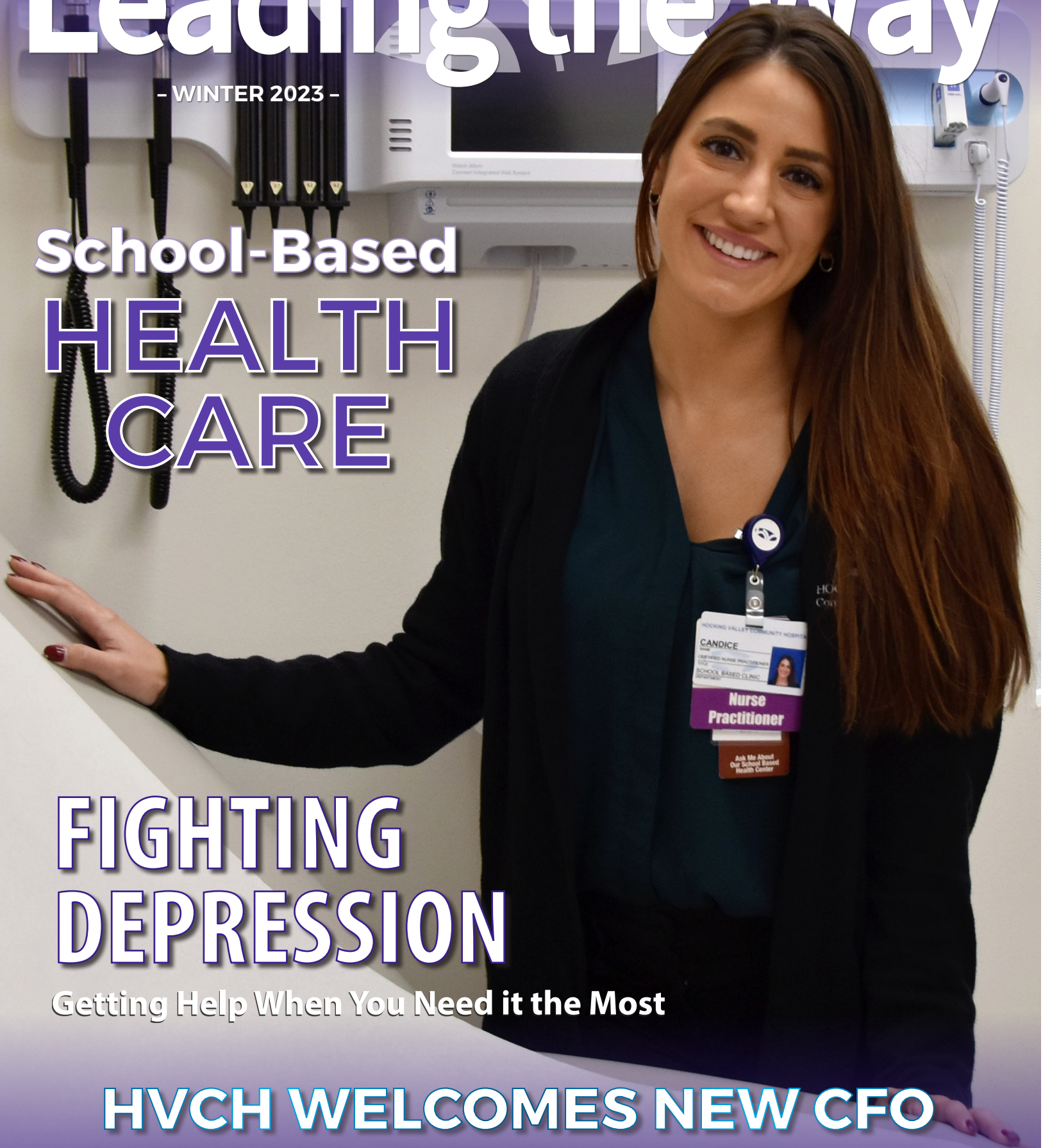


Leading the Way

- WINTER 2023 -

School-Based HEALTH CARE



FIGHTING DEPRESSION

Getting Help When You Need it the Most

HVCH WELCOMES NEW CFO & NEW FAMILY CARE PROVIDER



Stacey Gabriel, HVCH CEO

Is it just me, or does everyone feel like 2023 has come and is almost gone in the blink of an eye? What a year this has been for Hocking Valley Community Hospital. We've continued to add providers, bring in additional services, and invested in updated equipment to continue providing high-quality healthcare to you and your family.

Having grown up in Logan, it's important to me that you continue to have access to healthcare close to home. After all, that is our vision – To provide extraordinary care close to home now and into the future. The “future” has been and will always be our focus. HVCH has been an independent, county hospital since it was incorporated in 1949. We opened at our current site in 1966 and healthcare delivery has been transforming ever since. And we certainly aren't done. We are committed to being your community hospital for years to come.

Rural health remains a focus for the Centers for Medicare and Medicaid (CMS) as well as our legislators in Washington D.C. We continue to see a shift in how policy makers look through a rural lens at how their decisions will impact those who deliver healthcare in rural areas. Focusing on access to healthcare and equity in services is top of mind. Our community recently completed a community health needs assessment. There are many partners committed to your wellness, and throughout 2024, we will be working together to make an impact.

For those of us who work in rural health, it's a passion... a calling perhaps. We are dedicated to ensuring our family, friends and neighbors not only have the best care, but the best experience when they need our services. Whether planned, or emergent, we are here for you. We understand the difference we can make in your time of need. From our wide array of outpatient services to outstanding inpatient care, our promise to you is that we will take care of you like you are one of our family members.

As we enter the last months of the year, I am wishing you all a happy and healthy holiday season.



HVCH welcomes new Chief Financial Officer

Randy Montgomery has been named the new Chief Financial Officer of Hocking Valley Community Hospital.

Randy started at HVCH in 2018 as a Senior Accountant and in 2019 transitioned to the Director of Finance and Materials. He has been directly involved in many aspects of financial operations including preparation of cost reports and budgets. He has played an integral role in the annual audit process, as well as month-end preparation.

"I'm looking forward to the opportunity to continue the upward trajectory of HVCH's future," Randy said of his new role.

Prior to coming to HVCH, Randy served as an accountant for JC & Company from 2014-2018 where he prepared tax returns for non-profits and audited not-for-profit and governmental entities. In addition, he audited benefit plans. Randy has been involved in several major hospital projects including the hospital's conversion to new workforce management solutions and migrating the hospital's general financials to Multiview financial software.

Randy graduated from Ohio University in 2014 with a degree in Accounting and Finance. His goal is to help HVCH continue to grow in service to our community and for employees to have a great place to work.

"We are excited to announce Randy Montgomery as our next Chief Financial Officer. Randy's extensive financial background has prepared him for the next step in his career. He will make a great addition to our Senior Leadership team," Stacey Gabriel, HVCH CEO, said.

A LESSON IN SAFETY

After a near-fatal accident, a local family is thankful for those who helped in the aftermath.

Danielle Snider, her husband, Trevor, and two daughters, Hazel, 5, and Ivory, 2, were at the Logan city pool for a July celebration.

"We were here for a church pool party and playing with family and friends. Both the girls had puddle jumpers on. Everyone was taking turns watching everyone's kids. Suddenly, I couldn't find Ivory anywhere. We found her puddle jumper on the ground, but couldn't find her," Danielle said. "A family friend found her floating and pulled her from the pool. I could tell she was unconscious. She was laid down on the ground and one of the life guards on duty, Corbin Dennis (16), started chest compressions."

"When she was pulled from the pool she was blue and lifeless," Danielle continued. "After CPR, she had spit up quite a bit of fluid. EMS arrived and I rode with her to HVCH. She was lethargic and they were monitoring her vitals."

"When we arrived at the hospital, Ivory was conscious again and they did lots of tests. They measured her blood oxygen, blood pressure, did an EKG and x-ray after the chest compressions. Ivory ended up being admitted to Nationwide Children's Hospital to be monitored for the potential of second drowning."

Fortunately, Ivory had no further complications

"Corbin didn't skip a beat," Danielle said. "Another lifeguard called 911. Nurses and aides there with the church were assisting. Each one played a role to make sure we had what we needed. We are so thankful to God for saving her; without His grace we wouldn't be here."

Ivory and Hazel have since been enrolled in Infant Swimming Resource (ISR) lessons.

ISR is a self rescue swimming program for infants and young children. All students, even those as young as 6 months old, learn the fundamental ISR skill of rolling onto their backs to float, rest, and breathe. Infants and toddlers who are not yet walking well learn to maintain this position until help can reach them. Older children learn to swim a short distance, rotate onto their back to a floating position, and then turn over to continue the sequence of swimming and floating until they can reach safety at the steps, side of the pool, or shoreline.

"We have learned that drowning is the leading cause of death in children ages 1 to 4. The scary thing is, it's always quiet," Danielle said. "You never expect it to be you. I never thought it would happen in a million years. Every parent thinks it won't happen to them."

In addition to thanking the pool staff, EMS, HVCH and others who came to their aid, the Snider family wanted to share the importance of ISR training for all children.



Pictured are Danielle Snider and her two daughters, Hazel and Ivory, as well as the Snider family with Logan lifeguard Corbin Dennis.

INFANT SWIMMING RESOURCE

To find an instructor in Infant Swimming Resource (ISR), visit www.infantswim.com.

Heather Cornelius - Lancaster
740-974-8288

Brittany Carroll - Kingston
740-497-8081

HVCH WELCOMES

FAMILY CARE & SPORTS

MEDICINE PHYSICIAN

Dr. Conner Hosner, MD, has joined the family care practice at the HVCH Rural Health Clinic.

Not only will Dr. Hosner see patients as a primary care physician, but also for sports medicine issues, including sports and non-sports related injuries.

"We are excited to have Dr. Hosner join our team. His work in both primary care and sports medicine will be an asset to our community. Dr. Hosner has a passion for working in rural communities and I have no doubt he will feel right at home here in Hocking County," HVCH CEO Stacey Gabriel said.

Dr. Hosner obtained his Doctor of Medicine from Central Michigan University College of Medicine. He completed his residency at Poudre Valley Hospital in Fort Collins, Colorado. He also completed a sports medicine fellowship at Penn Highlands Healthcare in DuBois, Pennsylvania. He has served as team physician for various high school teams in Pennsylvania and Colorado, and is a member of the American Medical Society for Sports Medicine and American Academy of Family Physicians.

Dr. Hosner is accepting patients across the lifespan from birth to adulthood. As a primary care doctor, he provides important health screenings, well visits, immunizations, minor surgical procedures, chronic illness management and more. He also can address issues such as sprains, strains, breaks, concussions, and tears.

For those suffering with arthritis pain, he can help with the use of ultrasound-guided steroid injections to help alleviate the pain directly at the source. Dr. Hosner will be available to do multiple types of injections and joint aspirations, and works closely with orthopedic doctors Mark Holt and David Vaziri to address orthopedic surgical needs.

Dr. Hosner is an avid outdoorsman and enjoys hiking; he is excited to start his practice here in the Hocking Hills.

"I'm eager to make an impact on the health and well-being of the community with a commitment to excellent patient care and education. I believe in the direct correlation between healthy lifestyle, prevention, and disease management," Dr. Hosner said.

Dr. Hosner is accepting new patients for family care and sports medicine. To make an appointment with for family care, call 740-385-0202 and ask to complete a new patient packet. For any of your musculoskeletal aches and pains, call (740) 380-8140 to schedule an appointment.



CHIEFTAIN CLINIC

SCHOOL-BASED

HEALTH CARE



Candice Kilbarger, CNP

As a Logan High School graduate, I am excited to come back to this community and serve as the nurse practitioner at the new school-based health clinic located at the Logan High School. I graduated from Logan High School in 2012 and went on to Ohio State University where I received my Bachelor of Nursing in 2016 and Master of Science in 2020. I have four years of nursing experience at the James Cancer Hospital and three years of experience as a nurse practitioner in primary care and oncology. I went into health care with my end goal being to move home one day and provide health care within my community. The position as the school-based nurse practitioner aligned perfectly with my passion to help bridge the gap in rural healthcare.

The clinic will be open 8 a.m. to 4 p.m. Monday through Friday during the school year and two half days during the summer. We provide services such as well visits, sports physicals, work physicals, and sick visits including sore throat, ear infection, urinary tract infections and more. Vaccinations will be offered in the future. The clinic also will collaborate with Hopewell Health Centers school counselors to help manage anxiety and depression.

The services provided at the school-based clinic are not meant to replace established relationships between children and primary care providers within the community. Parents should always first reach out to their provider when there is a medical need. If the established provider is unable to see the patient due to scheduling, or if the family is having issues with transporting the child to their visit, then the school clinic can be utilized.

My recommendation following treatment at the clinic will always be to follow up with their primary care provider. The treatment and plan from the visit will be sent to the patient's

primary care provider. I am a firm believer that continuity of care promotes the highest quality of care, which is why it is so important to keep patients with their primary care providers who know and understand their full medical history. Collaborating with the providers in our community will be key to caring for students with us all having the same goal in mind, to keep them healthy and in school. For those who do not have a primary care provider, the clinic will be able to help connect the students to practitioners within the community or provide primary care services within the clinic.

The clinic can be utilized by parents calling into the office to schedule appointments for the services listed above or if a child is seen by the school nurse/aide and they require the services of the clinic. All students must have a consent form signed by a parent or guardian to receive services, however verbal consent will still be obtained before each individual visit and the plan of care will be explained to the parent or guardian following the visit. My goal is to include parents as much as they choose in their child's care, and I welcome parents to attend the visits if they are available.

The goal of the clinic is to provide care to children that may not receive regular health care and to give easy, quick access to children in medical need. We hope to make the clinic accessible by implementing a shuttle system that was grant funded by Nationwide Children's Hospital to transport students from outlying schools to the high school. We also hope to connect parents and families that meet criteria with health insurance options. By utilizing these resources and collaborating with other providers, I am positive that this clinic will be a great addition to our community, promote health in our children and keep them in school. The clinic will be ever evolving to the meet the needs of our students and community and I am excited to get started on this journey with the teamwork of our community.

Download the new patient packet at www.loganhocking.school/page/chieftain-health-clinic.



Together, let's help decrease the stigma related to mental health conditions!

Teresa Jordan, DNP
HVCH Outpatient Psychiatry

Did you know that about 22% of residents in Hocking County have been diagnosed with depression? However, based on the results of the 2020 community health survey, over 46% of residents reported significant symptoms of depression affecting their functioning in the previous 30 days! This evidence begs the question, how many people are unnecessarily struggling with untreated depression?

Depression can affect anyone regardless of sex, race, or financial status. Depression screenings are simple and often self-reported tools to help patients and providers determine treatment routes. Like many other health problems that are routinely screened, depression should also be a routine screening for all patients. You may have had this done at a routine doctor appointment or an emergency room visit.

HVCH Psychiatry Clinic offers GeneSight genetic testing to help determine how your genes may affect your outcomes with medications commonly prescribed to treat depression, anxiety, ADHD, and other mental health conditions.

The simple mouth-swab test evaluates how the patient may metabolize or respond to certain medications and may help inform medication selection and dosing. The test includes 64 medications approved by the FDA.

Any patient considering medication treatment is a candidate for the test.

Depression can be sneaky and sometimes the symptoms are not as obvious as medical problems such as diabetes and hypertension. Difficulty sleeping, an empty feeling, nervousness, lack of motivation, and difficulty making decisions are a few of the symptoms that often can be overlooked. Sometimes these symptoms are present for a long time and are assumed to be a normal part of life.

If you have experienced these symptoms for more than two weeks, you should reach out to your healthcare provider and schedule an appointment to complete a screening. Depression screenings are the first step in getting help. If you are experiencing thoughts of death or suicide, you should reach out immediately by calling 911 or go to your nearest emergency room.

If you would like to seek an evaluation for depression, or any other mental health concern, please call Hocking Valley Community Outpatient Psychiatry, 740-380-8410, and we are very honored to assist.





HOCKING VALLEY Community Hospital FOUNDATION



Giving back during the holidays has always been tradition for many individuals. It is the time of year where we spread goodwill and joy throughout our land. Our Hocking Valley Community Hospital Foundation especially takes time at end-of-year to reflect on all the support we have received throughout the year.

We would like to take this moment to thank you for the many ways you have shown your kindness and generosity in 2023.

- **Consistent Giving** - These donors have designated ongoing contributions to the Foundation through either automatic bill pay or by setting up reminders either weekly, monthly, quarterly or annually to donate to the Foundation.
- **Memorials** - In lieu of flowers is often how many families or friends choose to memorialize a loved one.
- **Food Trucks** - Visiting and purchasing from our food truck days throughout the year.
- **Golf Outing** - If you have never participated in our annual golf outing - we encourage you to do so! Held each year in June at Pumpkin Vine Golf Course in Bremen. Watch for information in the spring.
- **Bids & Brews Benefit** - Our annual auction held each year on the 1st Friday in August. Fun, fun, fun - enough said!
- **Online Raffles** - Your purchases of tickets for auction items online help to support our foundation beyond our annual Bids & Brews Benefit.
- **Hocking Hills Jeep Run** - Jeep owners take this opportunity to see the beautiful hills of Hocking County while making an impact on our local hospital. Special thanks to Hocking Hills Podcast for organizing this annual event.
- **Memorial Garden** - Your gifts to remember a friend or loved one supports our planters and landscaping throughout our hospital campus.
- **Partnership Program** - Your organization can join other businesses through our year long partnership program providing you with marketing opportunities and recognition.
- **Employee Campaign** - Many of our staff and providers choose to have a portion of their income donated back to the foundation through payroll deduction.
- **Planned Giving** - A wonderful way to leave a legacy that does not impact your way of living today and can go much further than you can ever imagine.

If you would like to take part in any of the above opportunities, or would like additional information, do not hesitate to reach out to the HVCH Foundation office at 740-380-8336. We would love to share with you the many ways to make a lasting impact on our community.

ON THE COVER:
Candice Kilbarger, Certified Nurse Practitioner, provides health care services for students of the Logan-Hocking School District in the new Chieftain Clinic.

BOARD OF TRUSTEES
Ruth Ann Spatar, Chair
Maria Galanti, Vice Chair
Bobbi Bishop, Secretary
Brice Frasure
Rick Webb
Blaine Davidson
Alton Frizzell
Amy Tootle

FOUNDATION BOARD
Kyle Walker, Chair
Matt Mahaffey, Vice Chair
Carrie Cook Porter, Treasurer
Laurel Danes-Webb
Greg Vermillion
Jeff Miller
Shad Mace
Fallon Magdich-Ritchey
Abigail Saving

SENIOR LEADERSHIP
Stacey Gabriel, CEO
Beth Kluding, CNO
Randy Montgomery, CFO
Laticia Johnston, CPRO
Megan Wright, HR Director
Ginger Johnson, Executive Assistant

**LEADING THE WAY
EDITORIAL STAFF**
Editor-in-Chief:
Laticia Johnston
Managing Editor:
Leslie Stebelton
*Contributing Writers/
Photographers:*
Leslie Stebelton
Laticia Johnston
Stacey Gabriel
Candice Kilbarger



HOCKING VALLEY
Community Hospital

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



**CANDY COATED
CHRISTMAS**

ANNUAL HOLIDAY AFFAIR

TUES., DEC. 5 • 5 TO 7:30 PM

HVCH Campus • 601 S.R. 664 North, Logan

**Craft & Food Vendors • Santa House
Entertainment • Live Nativity**

5:30 p.m. Auxiliary Celebration of Lights

6:00 p.m. Hocking County Children's Chorus

6:30 p.m. Logan-Hocking Middle School Choir

7:00 p.m. Logan High School Chamber Singers



Lots of sweet treats! Free cotton candy!