

Leading the Way

— SPRING 2024 —

THE END OF AN ERA

Dr. Keller retires after 40 years at HVCH



HOCKING VALLEY
Community Hospital

A Journey To
**Inner
Wellness**



Stacey Gabriel, HVCH CEO

What a busy start we have had to 2024. We completed our hospital accreditation visit from the DNV, our Laboratory accreditation visit from The Joint Commission, and our annual hospital financial audit. Hocking Valley Community Hospital takes pride in the care we deliver to our patients, and undergoing these various accreditation visits demonstrates our commitment to providing that high-quality healthcare you deserve.

We have had the opportunity to share our hospital story with several legislators this year, by hosting representatives from the Governor, U.S. Senator, and Secretary of State's offices, as well as our State Representative. We appreciate their willingness to listen to the struggles we have faced from a rural perspective and enjoy sharing about the wonderful work being done by our dedicated employees. We have learned the importance of advocacy and keeping rural health top of mind as policy changes are being considered.

Summer is upon us and that means one of our biggest Foundation events is coming up. If you have never been to the HVCH Bids and Brews charity auction, I encourage you to put it on your calendar for 2024. Proceeds raised from the evening directly impact patient care. It is a fun night, so grab your friends, secure a table, and come join us for a wonderful evening on Friday, August 2nd.

Considering what our world was going through four years ago, it is refreshing to be planning for the future of HVCH. Projects were put on hold to respond to a pandemic, which no one had ever experienced. We are taking what we have learned over these past several years and using that to prepare for the future of healthcare delivery. Our commitment to you is that we will be here to meet your healthcare needs for years to come. We stand by our mission of providing extraordinary care close to home, now and into the future.



A PLACE TO RECHARGE

HVCH Foundation supports the hospital in many ways, including donations that assist in the comfort and convenience of visitors and patients. One donation over the past year was wall charging stations that can recharge any device. The charging stations are located in the front lobby and the ER/ Urgent Care waiting room lobby. If you would like to support the hospital, there are many ways to give through the Foundation including Partnership Program, planned gifts, rewards programs and more. Visit www.hvch.org/foundation.





BIDS & BREWS

THROUGH THE DECADES

FREE CHARITY EVENT • AUG. 2, 2024

Join us on a journey through the decades at this year's HVCH Foundation Bids & Brews Benefit. We are once again hosting our largest annual fundraiser at The Poston Manor & Event Barn in Logan on Friday, August 2 from 5 to 10 p.m. Thanks to our generous donors and supporters, last year's benefit raised \$50,000 for the hospital, our largest donation yet! And we're not done.

This year's decades theme will be taking us from the 1920s to the 1990s. In addition to live and silent auctions, there will be trivia, raffles, DJ entertainment and live Clue game. Guests can reserve tables and dress their favorite decade. Each table is encouraged to decorate their own table specific to their chosen decade for a chance to win a prize!

"TV dinner" will be available from Bob's Backyard Barbecue with other snacks and refreshments available from On the Rise, LLC. Beer wine and other beverages will be available at the bar.

Table reservations are now open. Scan the QR code or visit www.hvch.org for more details.



Special thanks to our Foundation partners who provide annual support:



A CLEARER PICTURE

The HVCH Radiology Department has been taking clear advantage of all the new features of the hospital's new CT machine.

Government funds earmarked for HVCH allowed for the purchase a new Siemens Somatom go.Top Excel Computed Tomography (CT) machine.

"We have 'oohed,' 'ahhed' and jumped in excitement while learning all the new things this machine can do." Faith Todd, Director of Radiology, said.

The technological advancements in imaging, specifically CT, have drastically changed since the previous scanner was installed in 2007. The improved workflow allows staff to spend more time at the patient's side, which is especially important when providing care for individuals who may feel anxious or those in critical condition.

"One of my favorite examples of new features is the skull unfolding software. Essentially, the images of the bone are 'flattened' allowing the radiologist to better assess abnormalities that may be present," Todd said.

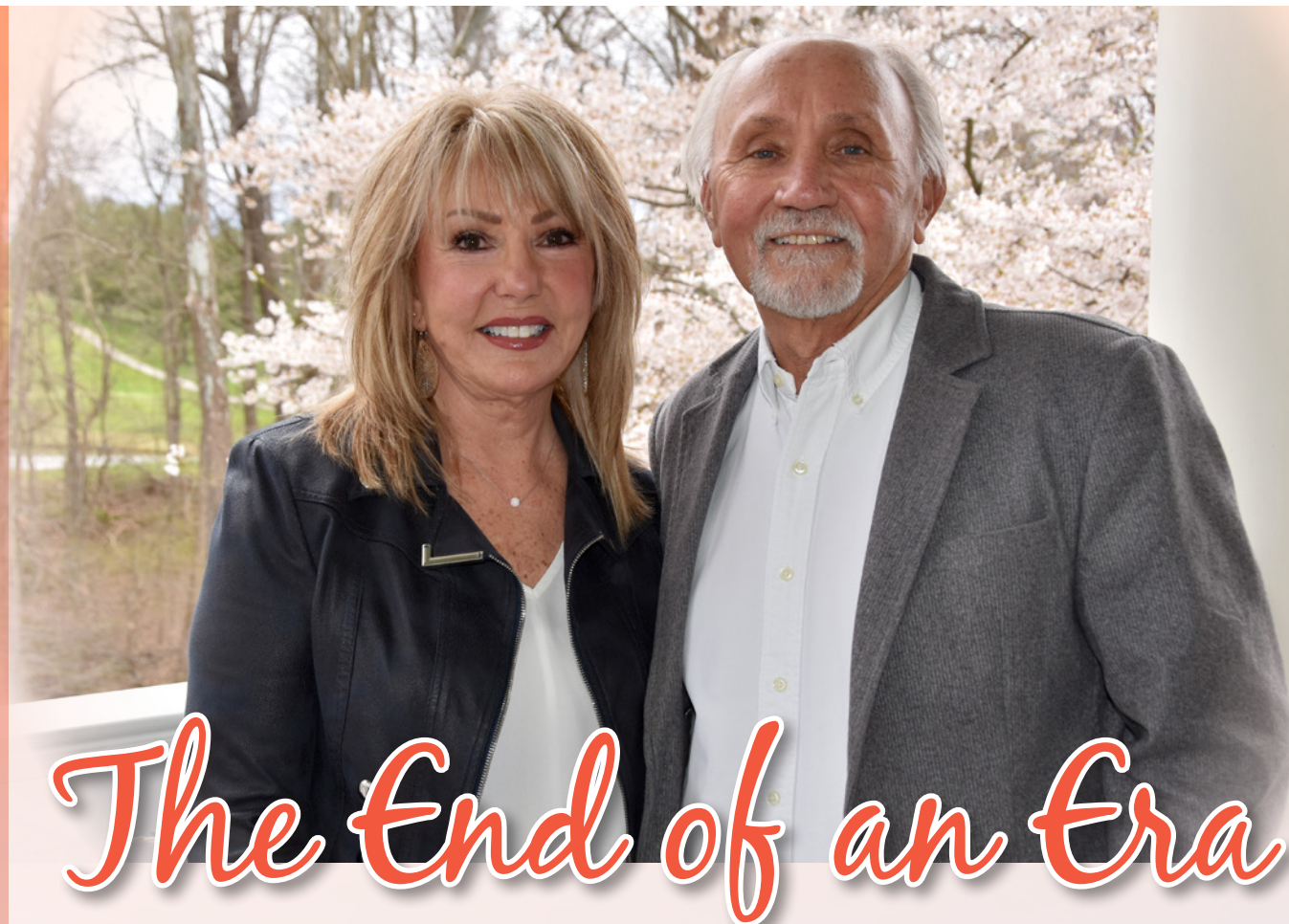
Other standard improvements benefit patients by mitigating the risks associated with radiation exposure, decreasing exam time, and increasing image quality to ensure a more accurate diagnosis for appropriate treatment options.

The HVCH Radiology Department performs various types of CT scans not only used for diagnosing acute illnesses, but also for preventative measures such as low-dose lung cancer screening exams.

"With this new machine's functionality and software enhancements, we anticipate opportunities to add more exams that will enable our patients to have their testing close to home, by compassionate technologists who are utilizing cutting-edge technology," Todd said. "In just a few short months, we have already seen these features positively impacting patient outcomes."

For questions or to schedule a medical imaging appointment, please contact the HVCH Radiology Department at (740) 380-8204.





The End of an Era

After more than 48 years in medicine, more than 40 serving the Logan community, Dr. Charles Keller is officially retiring.

"I wanted everyone to know they had already discovered penicillin before I became a doctor," Dr. Keller joked.

Encouraged by his long-time mentor Dr. Jack Rauch, Dr. Keller pursued a degree in medicine.

"I always liked people. When I was an undergrad, I thought about going into clinical psychology, but when a friend and I went to Florida on spring break, we decided to go to medical school," Keller said.

He completed his undergraduate at Ohio University, received his doctorate from the Kirksville College of Osteopathic Medicine and completed residency at Kirksville Osteopathic Hospital.

He joined the Air Force and served at Tyndall Air Force Base in Panama City, Florida. During his time of service, he received a commendation medal.

"When I served in the Air Force, I was the chief of the family practice clinic. We lived on base in a duplex. Eventually, I wanted to do something different," he said.

He set up practice with two colleagues from his Air Force days in Trenton, Missouri, where he practiced obstetrics and family care for five years. The group served a hospital similar in size to Hocking Valley Community Hospital.

After some time, Dr. Keller and his wife Deb were ready to return home to Logan. They had four children then and wanted to be closer to family.

"Larry Willard was hospital administrator of HVCH at the time. He had made an offer for me to come back to Logan. When I returned, I had a small office downtown," Keller said. "Then things just kind of grew. When Dr. Gay left, I purchased his office and had a solo private practice for 30 years."

"I joined the Hocking Valley Medical Group when LeAnn Helber was administrator of the hospital. It was not unusual for me to see 20-25 patients in a day, do rounds at the hospital, as well as be on call on weekends."

He rotated through the hospital in the times there were no contracted ER physicians and local physicians were on call 24/7.

"The biggest change I've seen in healthcare is the use of technology, computers for billing and then for medical records. The advent of new medication also has altered diseases and it's exciting to see what's coming in the future."

Keller served on the HVCH board and on the board of Wright Memorial Hospital. He also served as representative of the Community Health Plan of Ohio with Dr. Roy Bontrager and Dr. Brian Still for the managed care plan.

"My favorite thing has been getting to know people, getting to know the community," Keller said. "It has been a privilege to take care of patients, to be a part of their lives and to become friends."

Dr. Keller and Deb have been married since 1971 and in addition to their four children, have nine grandchildren.

The Journey to

The journey to inner wellness can be full of ups and downs. Nelsonville native Annie Hollenbaugh has been navigating that journey through mindfulness, yoga and counseling services at Hocking Valley Community Hospital.

Annie was born in Ohio, but moved to California with her parents when she was 14 months old. She grew up in California, and ultimately found her calling as an instructor of Kundalini Yoga. When her family returned to their roots in Nelsonville, Annie followed, but not without quite a bit of culture shock.

"To transition from a large city in California back to small town Ohio was quite difficult," Annie said. "I've always been dealing with mental health issues. I was diagnosed with depression in my 20s and my real diagnosis of bipolar disorder in my 30s.

In San Diego, people saw me. Those in the yoga studio became my family and support system. I was able to visit many different temples and religious settings. A lot of that is different here. I was having a lot of anxiety."

On top of a jarring move, Annie was working through some personal health issues and past trauma.

"I never had a counselor before. I was seeing a psychiatrist for my medication appointments, but during Covid, no one was doing any appointments in person," she shared.

Within a month of moving to Ohio, Annie linked up with Martin Hammar, MSW, LISW-S, of HVCH Outpatient Psychiatry.

"It's been really nice to have Martin to talk to about my health issues and triggers. He always listens and is able to keep up and follow the things I'm talking about. I feel seen again. I was really needing that support, to feel seen, to be heard," Annie said. "Everyone in the office is so wonderful and sweet and there is a comfort and closeness I feel here, more than I did with my providers in the big city. They really care and it's really heart-warming."

In addition to counseling and coping mechanisms, Annie and Martin have used EMDR techniques.

"Martin is very open with where I want to go with my counseling and he's able to read if I'm feeling bothered by something. Sometimes it just feels good to spill it all. I feel so blessed to have a safe space where I can do that and I'm really thankful to the staff," Annie said.

Annie's goal is to share some of the keys to inner wellness she's found over the years.

"One thing we are really focusing on right now is 'What you do frequently becomes your frequency.' It takes a lot of mind power to choose what is harder, but what might be better for yourself."

Annie is also sharing the benefits of yoga and meditation through her new yoga studio, which just recently opened in Nelsonville square.

"I share the space with my sister. Her side of the business is a general store for supplements and other health and wellness products called Hole in the Ville. My yoga studio is called Awakened Hills Yoga. We have a regular class schedule for all ages and levels. We also do chair yoga," she shared.

"I have been a yoga practitioner since 2004 and began my journey with Kundalini Yoga in 2021 when I attended my first class at Great Divine Flow in California. I immediately knew I loved the practice and my soul felt familiar with it, at peace and home. Within a year of beginning my practice, I took teacher training and became a teacher. My love for knowledge has never stopped, and I enjoy sharing what I learn with others."

What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy treatment that is designed to alleviate the distress associated with traumatic memories.

"EMDR is a recognized evidenced-based practice for treating post-traumatic stress disorder (PTSD) and other related traumas. Developed by Dr. Francine Shapiro over 30 years ago, it is a method of allowing the brain to process distressful memories, thoughts, emotions, and physical sensations and discharging negative information in a focused way allowing healing to take place," HVCH Psychiatric Provider Martin Hammar explained.

During EMDR therapy, the client attends to emotionally disturbing material in brief sequential doses while focusing on an external stimulus. Therapist directed lateral eye movements are the most commonly used external stimulus - such as watching the end of a waving pen - but a variety of other stimuli including hand-tapping and audio stimulation are often used.

It is widely assumed that severe emotional pain requires a long time to heal. Studies show that by using EMDR therapy people can experience the benefits of psychotherapy that once took years to make a difference. The mind can heal from psychological trauma much as the body recovers from physical trauma.

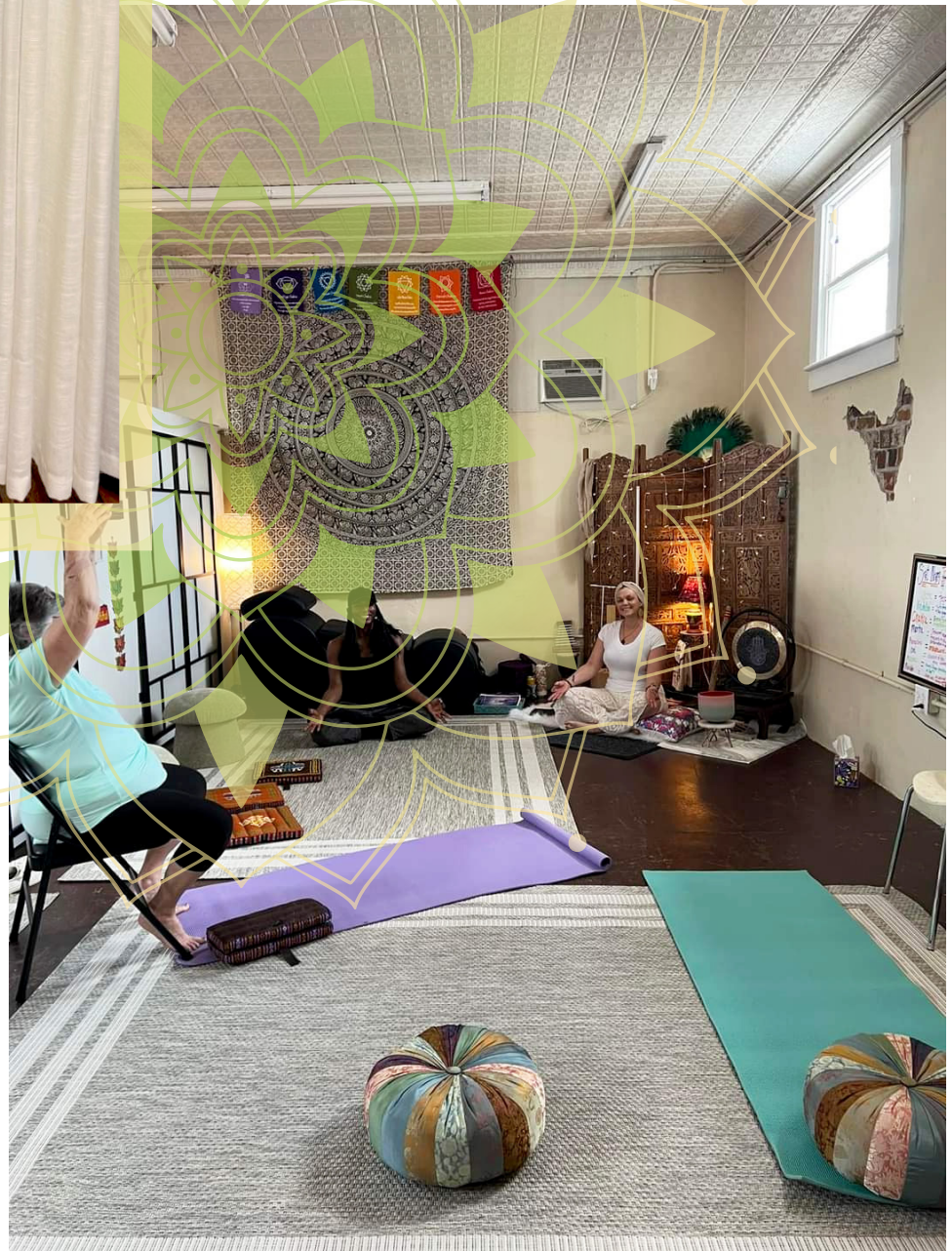
Inner Wellness

HVCH Outpatient Psychiatry

Accepting new patients starting at age 4 for counseling, mental health assessments, medication management.

- TERESA JORDAN, DNP, RN, CNP, PMHNP-BC
- SUNNY SCHLABACH, CNP, PMHNP-BC
- MARTIN HAMMAR, MSW, LISW-S

Contact the office at 740-380-8410.



**What you do
frequently
becomes
your
frequency.**

EMERGENCY MEDICINE

For the past year, HVCH's newest medical director has been making advances to improve emergency medicine and other healthcare programs at the hospital.

Dr. Derrick Nitsche is originally from San Antonio, Texas, where he lived through medical school, completed at the University of Texas. He moved to New York and completed his residency training at North Shore Long Island Hospital.

During the height of the COVID pandemic, he was a traveling emergency physician living in Manhattan. He would travel to hospitals in New York, Ohio and Indiana. Looking to get away from living in the city, he moved to Columbus at the end of 2020.

Dr. Nitsche joined Community Emergency Health Partners, a physician-owned emergency group led by Dr. Gary Katz. HVCH partnered with CEMP in 2023 to provide emergency room staffing.

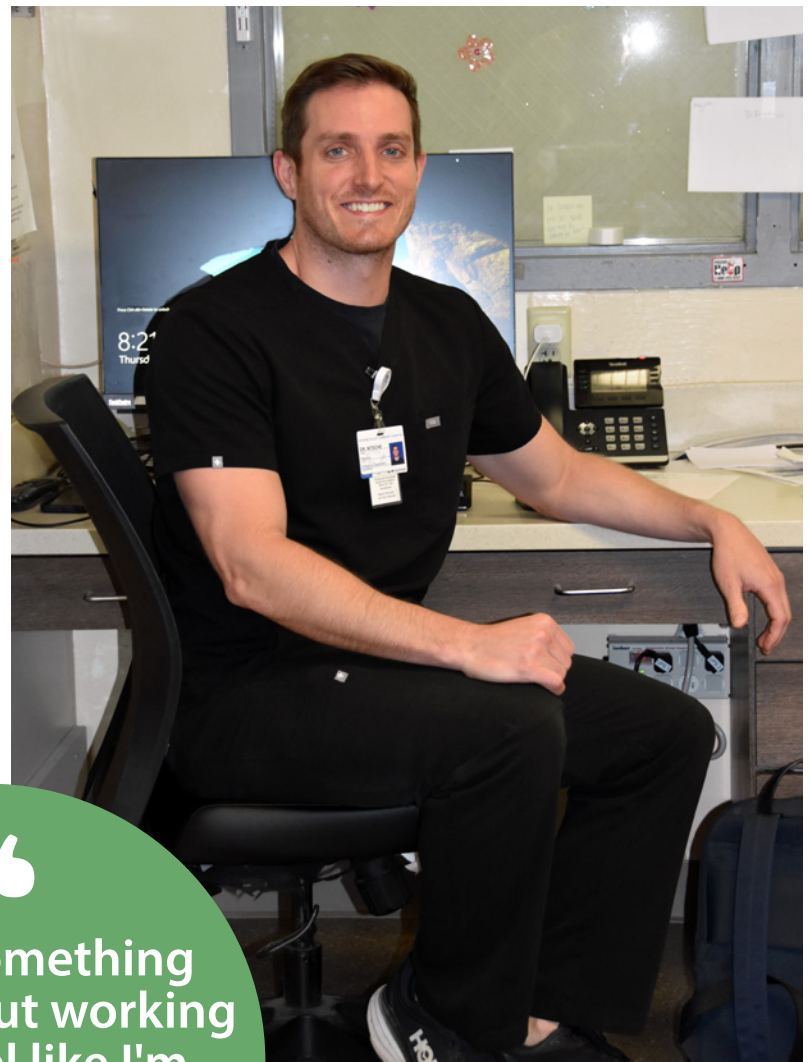
"Community Emergency Health Partners really focuses on rural health for smaller communities," Dr. Nitsche said. "First and foremost, we focus our efforts on getting board-certified emergency medicine physicians into these communities. The CEMP group is specifically designed to assist smaller, rural areas, and has the ability to incorporate ourselves more into the community and work more closely with administration than larger staffing groups."

He worked at the Fayette County Medical Center and with the Mt. Carmel health system before joining HVCH as an ER physician and new medical director.

"This has been my favorite place I've worked. It's been a great experience so far; I feel like I've become part of the community," Dr. Nitsche said. "There's something special about working here. I feel like I'm treating friends and family members."

As medical director, Dr. Nitsche has many responsibilities both in and outside the ER.

"A medical director is involved in anything that pertains to the providers on staff including making schedules, making sure we are providing quality care to the community, meeting all standards of care metrics, working with the nursing staff to improve processes of flow, identifying better ways to deliver care - including any additional programs we might need, working with the inpatient hospitalists to coordinate the transfer of care, and ensuring patient satisfaction," Dr. Nitsche explained.



“
There's something special about working here. I feel like I'm treating friends and family members.
”

One of the ways Dr. Nitsche has helped make improvements in the ER and Urgent Care is through the use of a new ultrasound machine. HVCH recently acquired a new machine through grant funding that can be used in multiple departments.

"We are increasing the use of this equipment in the ER and have created a training program to make sure we are getting quality images. This equipment is more mobile and easier to use than the previous ultrasound machine, so we are making the most of it."

Another improvement is changes to the triage process when patients come in for the ER or Urgent Care.

"We really want to improve the way that people interact with our ER and better the patient experience," Dr. Nitsche said.

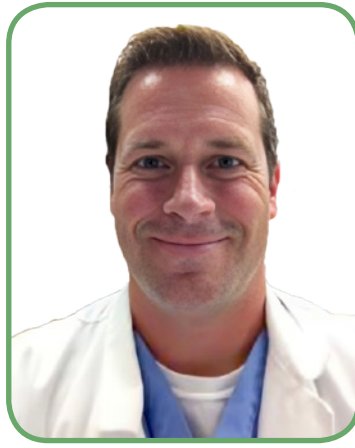
Dr. Nitsche also is glad to be part of plans involving the hospital's future. The hospital's master facilities plan includes eventual renovations and upgrades to the emergency department and urgent care areas.

"HVCH Administration has been very supportive of requests and changes that have been noted. We have been able to implement many positive changes so far and we are headed in the right direction. There are always things to improve upon, but we have a really positive momentum going."

MEET OUR TEAM



Dr. Mistafa Hafid



Dr. Matthew Smith



Dr. Derrick Nitsche

Drs. Hafid, Smith and Nitsche are a few of the regular providers who serve in the Emergency Department.

Paula and Holly serve in Urgent Care.



Paula Fortner, CNP



Holly Smith, CNP

DO YOU NEED URGENT CARE OR THE EMERGENCY ROOM?

Whether it's urgent or an emergency, we're here to help you. Our Urgent Care hours are from 11 a.m. to 8 p.m. EVERY DAY for less serious accidents and illnesses and our Emergency Department is open 24/7.

Cold & Flu Symptoms	Sore Throat	Minor Cuts	Chest Pain or Shortness of Breath	Severe Trauma or Bleeding	Drug/Medication Overdose or Reaction
Eye, Ear & Dental Problems	Minor Headaches & Back Pain	Broken Bones & Sprains	Stroke-Like Symptoms	Loss of Vision	Major Burns
Minor Burns	Insect Bites & Rashes	Urinary Symptoms	Broken Bones with Deformity	Abdominal Pain	Depression/Suicidal Thoughts

HOCKING VALLEY COMMUNITY HOSPITAL 2023 ANNUAL REPORT

In 2023, HVCH invested in state of the art technology to provide world-class care close to home:

CAPITAL IMPROVEMENTS:

\$1,965,000

- Patient Care Upgrades - \$713,000
- Technological Upgrades - \$1,034,000
- Building Upgrades - \$218,000

REVENUE FROM OPERATIONS:

\$44.1 MILLION

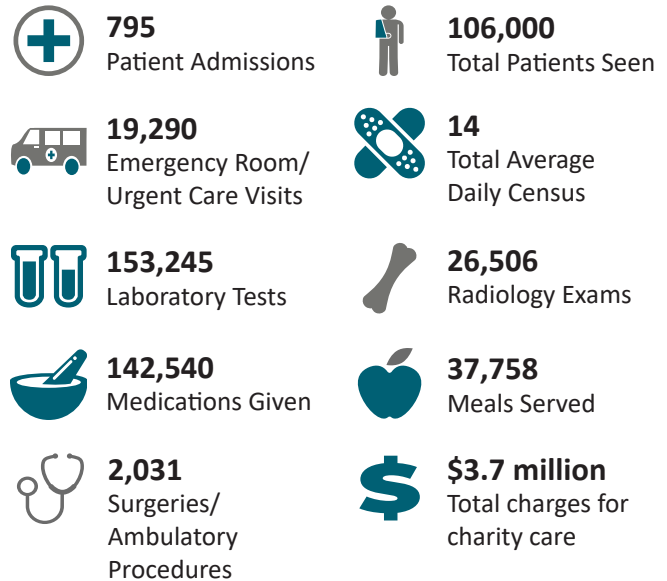
OPERATING EXPENSES:

\$44.8 MILLION

OPERS LIABILITY:

\$1.5 MILLION

STATISTICS:



HVCH FOUNDATION 2023 ANNUAL REPORT

From January 1, 2023, to the end of our fiscal year on December 31, 2023, the HVCH Foundation generously received more than \$275,367 in donations from the following:

INCOME: \$275,367

- Individuals - \$23,674
- Partnerships - \$12,500
- Grants - \$17,246
- Events - \$97,387
- Raffles - \$12,274
- Rental Income - \$110,000

EXPENSES: \$114,426

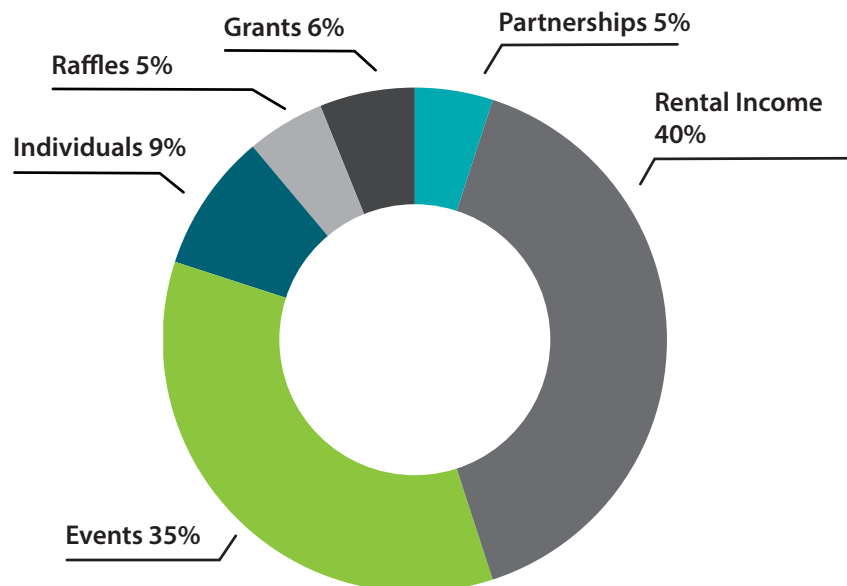
- Events - \$17,562
- Operations - \$62,813
- Depreciation - \$34,051

** No contributions are used for administrative salaries. HVCH supplements the salaries of Foundation staff.*

TOTAL ASSETS:

\$4,114,269

- Cash - \$398,598
- Other - \$7,524
- Investments - \$1,675,044
- Fixed Assets - \$2,033,102



Every dollar donated to HVCH Foundation stays at Hocking Valley Community Hospital enabling us to continue investing in the health and quality of life in Hocking County. It is our hope that every time you hear someone mention Hocking Valley Community Hospital, you know the important role that you have had in caring for our community through your contributions to the Foundation.



BUTTERFLY CONSERVATION

HVCH is doing its part to make sure butterflies have habitats and sustenance by maintaining butterfly spaces around the HVCH campus. Last year, the 2023 Class from Ohio University's Rural and Urban Scholars Pathways Program planted two new butterfly-shaped flower beds outside the windows of the hospital Inpatient Unit. These beds are planted with perennials and annuals that act as a variety of feeder and host plants.

Every year, the hospital displays butterflies from the cocoon stage through metamorphosis in the butterfly habitat located at the front entrance of the hospital. The butterflies are released, allowing patients and staff to participate in education and appreciation of our winged friends. As one of the stops of the Hocking Hills Butterfly Trail, the hospital has earned its "wings" that guests can visit and take photographs with. Around the one-mile walking trail circling the hospital campus are also 10 different stops with butterfly education and additional feeder stations.

"Over the past couple of years, we have really worked to add features that complement the natural beauty and native creatures of the Hocking Hills," Stacey Gabriel, HVCH CEO, said.

ON THE COVER:

After more than 40 years serving the Logan-Hocking community, Dr. Charles Keller has retired. He reflects on some of the many changes he's seen during his time in the medical field.

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HOCKING VALLEY Community Hospital

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www.hvch.org

There are many ways to be physically active. All kinds of active pastimes can help improve our physical and mental well-being, making physical activity one of the best ways to stay or get healthy. Some benefits can be achieved immediately – like improved blood pressure and reduced anxiety – while other benefits are the result of making physical activity a regular part of your routine. The key to a successful fitness program is consistency and making exercise fun!

Adults should move more and sit less throughout the day. Some physical activity is better than none. Walk whenever possible, move more in your home and live actively. Take advantage of the one-mile walking trail around the HVCH campus, complete with outdoor exercise stations. See the equipment below and follow the QR codes for short directions on how to use each piece.

