

# MONTHLY PULSE

*The latest events, community news, and much more!*

## Upcoming Events

- National Immunization Month
- National Wellness Month
- Foundation Bingo - 8/20

## HAPPY HCHS ANNIVERSARY!

- 8/1 Vickie Runyon - 9 years
- 8/12 Brenda Losey - 4 years
- 8/19 Tonnica Ouellette - 1 year

## MONTHLY MEETINGS

- Board of Trustees Meeting - 8/17
- Foundation Meeting - 8/18

## HAPPY BIRTHDAY!

- 8/12 Carla Mapes
- 8/13 Tonnica Ouellette
- 8/15 Samuel Dietz
- 8/17 Sally Myer
- 8/25 Lynda Lubeck



## THERAPY HOSTS SPEED & AGILITY CAMP FOR LOCAL ATHLETES

Throughout the week of July 20-24, the HCHS Therapy Department hosted their annual Cardinal Speed and Agility Camp at the Alma High School Gym. This was open to all area athletes, grades 7th-12th. Camp included functional sport testing, proper weight training technique, plyometrics, agility drills, footwork drills and core stability activities. Cardinal coaching staff and a certified strength and conditioning coach also helped lead the camp.



## TEAMWORK

coming together is a beginning  
keeping together is progress  
working together is success  
-Henry Ford

FROM THE DESK OF  
**DR. PATRICK AUMAN**  
CHIEF EXECUTIVE OFFICER

HCHS Team:

It would appear August is going to begin a busy season for us. We are going to be kicking off two major initiatives: our partnership with the Studer Group and, our preparation work in applying for JCAHO accreditation. Both of these initiatives are focused on process improvement, taking the quality of patient care to yet another level. It is truly a team effort and I sincerely appreciate everyone's efforts in working toward these two important goals.

Starting mid-August, HCHS will begin implementing new changes to the organization through a new partnership with Studer Group. Studer Group is a global advisory firm that partners with healthcare organizations to develop the strategies and solutions they need to own their future. Their experts aid clients in fulfilling their mission while creating sustainable growth, for today and tomorrow. They will work closely with our organization to implement effective strategies and practical solutions to align leadership teams, attract, retain, and promote talent and improve organizational culture. Studer Group is portrayed as the "gold standard" in terms of cultural enrichment and leadership development. This enrichment program will involve everyone from the Board of Trustees to all the employees.

Not only is this program intended to help improve the relationships between our employees, it's also intended to improve our patient's overall experience. A customized treatment plan will be created based on our organization's goals. Through interviews, focus groups, brief surveys and analysis of relevant organizational data, Studer Group will collaborate with leaders to develop new behaviors and practices that will transform the patient experience, focusing on key areas of impact such as convenience, accessibility and choice.

Approval for this three-year extensive program was granted back in June by the HCHS Board of Trustees. The organization will undergo many changes in the next few months and even years to come. This is a journey that everyone is pleased to begin, in hopes to improve our culture as a whole and to provide a healthcare experience to our patients unlike any other. This will be an amazing transformation on our health system and our community!

In conjunction with our partnership with Studer Group, HCHS is working to become JCAHO (Joint Commission on Accreditation of Healthcare Organizations) Accredited, which is the "gold standard" in terms of quality. We believe it makes a great deal of sense to bring these programs up simultaneously, as they will both help improve the quality of our organization. JCAHO is a nonprofit organization based in the United States that accredits over 20,000 healthcare organizations and programs in the country. They are a global driver of quality improvement and patient safety in healthcare. Through leading practices, unmatched knowledge and expertise, and rigorous standards, they help organizations across the continuum of care lead the way to zero harm.

Achieving Joint Commission Accreditation demonstrates a commitment to continuous improvement in patient care. The Joint Commission enterprise helps healthcare organizations around the world build a foundation for quality and safety. They will collaborate with us to create a highly reliable organization that patients can depend on for consistent, high quality care. Additionally, HCHS would be only the 3rd Critical Access Hospital in Nebraska out of 64 in the state to have JCAHO Accreditation. This is a huge goal for our organization and we hope that our community and our patients are just as excited as we are. Stay tuned for more updates on both of programs in the months to come!

# HCHS FOUNDATION

**Upcoming - Bingo: August 20th  
@The Johnson Center - 6PM**

After a long fundraiser pause, the Foundation will be hosting monthly bingo again on the third Thursday of every month at the Johnson Center! Things will look a little different due to the current COVID regulations, but it'll still be a great evening to come out and enjoy. Limited seating will be available so come early or reserve your spots a head of time if you plan on attending. Can't wait to see all of our supporters again soon!



## MEET THE NEW HIRES!

- Danielle Landen, Clinical Informations, Operations, and Process Improvement Lead
- Justin Lueth, Medical Lab Technician
- Sheri Trahern, Interim CFO
- Linda Graf, Patient Care Technician

## A VISIT FROM CHI-KEARNEY

On July 24th, CHI's flight team was able to take Good Samaritan's president, Mike Schneiders, to Harlan County Health Systems to meet with Dr. Patrick Auman, CEO. Luke Ballmer, a part of their Air Care Team, was able to show off a day in the life of a flight nurse! It's so important to connect with our surrounding community health partners in these times!



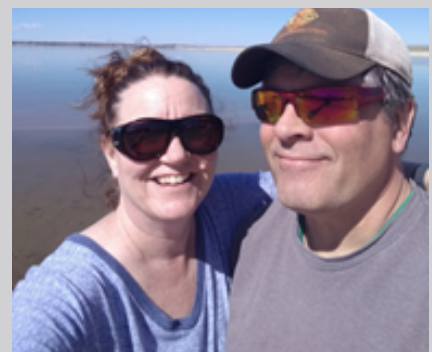
## EMPLOYEE SPOTLIGHT:

### Candi Randall

This month's employee spotlight is Candi Randall! Candi has been a part of HCHS for almost 5 years already as a Housekeeper ("Wonder Woman") and what she loves most about her job are the people. She is also a founding member of the HCHS "Fun Committee!"

Candi is originally from Thornton, CO but moved to Naponee, NE in 1991 and has never regretted it. Her favorite time is the time she gets to spend working with children, which is something she's done since she was 10 years old. Also, when Candi is not at work she enjoys planting flowers.

If she could pick one superpower, it would be to have the ability to fly. She also can't resist oreo cookies & milk. Lastly, if she could travel anywhere she would go to St. Croix with her sisters or if possible, heaven to see her dad.



# HEALTH FACTS!

- Laughing is good for the heart and can increase blood flow by 20%.
- Bananas can improve your mood: they contain approx. 30% of your daily vitamin B6. Vitamin B6 helps your brain produce serotonin, which is a mood stabilizer

## BENEFITS SPOTLIGHT:

### HSA Account

Did you know with the recent changes in our health insurance coverage plans this last year, there is now the option to open an HSA account? If you choose to take the higher deductible, you're able to open an HSA account, which allows you have pretax deductions every pay period. This can be used for office visits, prescriptions, etc. and will carry over every year!

## Summertime

## Smoothies

### RAZZLE-DAZZLE SMOOTHIE

1/2 cup low-fat milk  
1/2 cup nonfat Greek yogurt  
2 cups frozen raspberries  
2 bananas, cut into pieces

### STRAWBERRY FIELDS SMOOTHIE

1/2 cup coconut water  
1/2 cup coconut yogurt  
1 cup strawberries  
1/2 cup frozen peaches

### MANGO MADNESS SMOOTHIE

1 cup orange juice  
1/2 cup coconut yogurt  
1 1/2 cups frozen mango  
1 med carrot, grated

### GREEN MACHINE SMOOTHIE

1 cup unsweetened almond milk  
1 1/2 bananas, cut into pieces  
3 cups baby spinach  
2 Tbsp almond butter  
2 pitted dates  
2 Tbsp chia seeds

