

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- Suicide Prevention Month - Sept.
- National Preparedness Month - Sept.
- Labor Day - 9/7
- Suicide Prevention Day - 9/10
- 9/11
- National Women's Health & Fitness Day - 9/30
- Foundation Bingo - 9/17

HAPPY HCHS ANNIVERSARY!

- 9/11 - Bridgette Bingham - 3 years

MONTHLY MEETINGS

- Board of Trustees Meeting - 9/21

HAPPY BIRTHDAY!

- 9/30 - Cheryl Saathoff



HCHS DONATES TO MAKE-A-WISH NEBRASKA



Last month, Harlan County Health System made a donation of \$500 to the Make-A-Wish Nebraska organization! Every 34 minutes Make-A-Wish grants the wish of a child diagnosed with a life-threatening medical condition in the US. We are so excited to be able to contribute to this for the children in our very own state!



T . E . A . M

Together Everyone Achieves More

FROM THE DESK OF
DR. PATRICK AUMAN
CHIEF EXECUTIVE OFFICER

HCHS Team:

On Monday, August 17, following the Board of Trustees meeting, I had the opportunity to present Dr. James S. Long with a plaque in his honor for his years of service and dedication to Harlan County Health System. This plaque now resides on our gallery wall in the hall for all to see as they pass by. We are all so grateful for all he's done in order to get us to where we are today!

"Physician, father, mentor, friend, neighbor. These are just some of the many roles that Dr. Long has played within the Harlan County community. He began his legacy as a family medicine physician and now helps oversee Harlan County Health System as a part of The Board of Trustees. Since the beginning, Dr. Long has been an advocate for strengthening health services in rural areas, and has served as a teacher and preceptor to countless medical students and residents. He has truly shown what it takes to build a successful and lasting health system in a rural community, all while raising a wonderful family alongside his wife Joan. In 1955, Dr. Long and partner purchased the Alma Medical Practice and began a forty year legacy of quality medical service and leadership to the community. In 1971, through the perseverance of Dr. Long and his partner, the first clinic was opened in Alma. That clinic served the Harlan County community for nearly 50 years, up until the recent build of the new facility that officially opened in March of last year. In honor of Dr. Long for his years of service, the new Heartland Family Medicine Clinic was then dedicated as the Dr. James S. Long Medical Building. And now today, we dedicate this plaque to him as well and officially honor him as Chief of Staff, Emeritus. Although now retired, you have continued to support our health system and see to it that we provide the same quality of healthcare that you did for many years. We are extremely grateful for your dedication to this community, Dr. Long, and we hope to sustain the reputation of a wonderful health system for years to come. Here's to you, Dr. Long!"



HCHS FOUNDATION

Next Bingo Night: Sept. 17th
@The Johnson Center - 6:30 PM

The 'Healthcare Hero' sponsorship fundraiser was very successful as we were able to bring in almost \$2300 by collecting 65 sponsorships. The board is extremely grateful for the community support. ***The deadline to use your certificate at Dragonfly Desserts will be Thursday, October 1st.***

MEET THE NEW HIRES!

- Stacy Neubauer - CNO/COO
- Season Kerns - Lab Supervisor
- Joanna Martin - SLS Program Dir.
- Ellen Shafer-Lind - SLS Therapist

HCHS STAFF MEMBERS PLAY IN LOCAL GOLF FUNDRAISER

On Saturday, Aug. 22nd, some of our own staff formed a team and participated in the Alma Golf Course's Annual Fundraiser! The team placed 3rd in their flight and fun was had by all. We were so glad we could help support one of the amazing businesses we have here in Alma!

EMPLOYEE SPOTLIGHT: Amy Bunch

- Amy has been with us for 8 years now as a Radiologic Technologist.
- She has a Bachelors in Medical Diagnostic Imaging, and is registered in Radiography, CT, Mammography, Bone Densitometry, and Quality Management. What she loves most about her job is the food and paycheck, but also the challenge each patient brings to get the best images & the constantly evolving technology. She also participates in parades and other community events for work...she makes many posters, art work, and chalks the sidewalk for us! When not at work she enjoys bike rides, walks at the track, golf, yard games, and spending time with family. If she could pick one superpower it would be the ability to time travel. One thing she can't resist are pickles and if she could travel anywhere, it would be back in time to revisit favorite memories growing up with family members that are no longer present.



THE MOONBEAM IS HERE!

With our COVID funds, we were able to purchase a cleaning device known as a "MoonBeam." It's designed to disinfect surfaces with an intense germicidal UV-C light.



the HARLAN HERO

The service excellence committee has kicked off the new HCHS 'Hero of the Month' program.

Nomination boxes are located in the dining room and in the clinic. The cutoff will be the 15th of every month and a winner will be announced in the next month's newsletter.

BENEFITS SPOTLIGHT:

Vision Insurance (Low Plan)

- 1 eye exam yearly
- New frames every year (\$150 allowance after \$15 copay)
- Standard lens enhancements yearly - covered in full (limited to: UV coating, progressive standard, and anti-reflective lenses)
- Get 20% savings on the amount of the frames in excess of the \$150 allowance.

HIPAA & SAFETY TRAINING

Our annual HIPAA & safety training in Relias needs to be completed by all employees. *All trainings must be completed by Oct. 8th.*

UPCOMING HOME GAMES:



Alma Cardinals

- 9/3: JV/V VB vs. Cambridge/Bertrand - 5 PM
- 9/4: V FB vs. Medicine Valley - 7 PM
- 9/5: SB vs. Minden - 10 AM

- 9/3: JV/V VB vs. Cozad - 4 PM
- 9/4: V FB vs. Blue Hill - 7 PM

SO. Valley
Eagles



HEALTH FUN FACTS!

- Owning a dog can lower your risk for heart disease.
- Chewing gum sharpens your focus
- Coffee and oatmeal could help fight levels of depression



MEXICAN CHICKEN AND ZUCCHINI SKILLET

Mexican Chicken and Zucchini cooked in one skillet with black beans, corn, fresh herbs, taco seasoning and melted cheese on top. One pan, low carb and 30 minutes dinner. *Full recipe:*

<https://ifoodreal.com/chicken-and-zucchini/>