

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- 4th of July - 7/4
- UV Safety Awareness Month

HAPPY HCHS ANNIVERSARY!

- Cheryl Saathoff - 7/5 - 5 years
- Amy Bunch - 7/23 - 9 years
- Jason Calhoon - 7/27 - 9 years
- Toby Thulin - 7/30 - 24 years

MONTHLY MEETINGS

- Foundation Meeting - 7/13
- Trustees Meeting - 7/19

HAPPY BIRTHDAY!

- Kendra Humphrey - 7/2
- Kayla Maas - 7/2
- Jana Cochran - 7/8
- Kylee Noonan - 7/8
- Renae Pool - 7/10
- Season Kerns - 7/13
- Jessica Stemper - 7/19
- Brittany Reeg - 7/27
- Adrianna Frerichs - 7/27



Harlan County Health System welcomes, Haley Booe, to our staff! Haley has recently been hired for a new position as our Perioperative Lead RN. She will be onsite Monday-Friday and her initial focus is getting the OR ready for our new scope program, which begins on June 18th! Haley joins us with 15 years of experience on Med-Surg, 10 years in Perioperative Services with patient care and management, and also some home health. "I am excited to be a part of the growing team here at HCHS and I'm looking forward to working with the team to continue the growth and build the trust of our patients," stated Booe.

Haley and her family live in Oxford, NE. Her and her husband, Jared, have 3 kids, Gage (14), Alivia (7), and Brooklyn (2). When she's not working, she enjoys spending time with her family and friends, attending various sporting events, and anything outdoors! We are very excited to have Haley as a part of our team, as we believe she is the perfect candidate to help take our scope program to the next level. Her level of expertise is just what we needed to help grow HCHS and we look forward to building a strong relationship with her!

"Success only comes to those who dare to attempt." - Mallika Tripathi

FROM THE DESK OF
DR. PATRICK AUMAN
CHIEF EXECUTIVE OFFICER

Dear Team,

We are officially halfway through 2021 and what a crazy, yet exciting year that it's already been! We are continuing to make improvements along the way in order to become the best facility we can be in our area and things are looking really well!

Within this last month we've hired several new employees! Our lab is now fully staffed and our nursing team is almost complete. This is wonderful news after the last year we've experienced. COVID-19 really took a toll on healthcare, but we're starting to bounce back and I see nothing but good things in the future. I applaud both departments for being so accommodating during the shortage for so long and always willing to help where needed. You are all true team players!

As you all know, we have recently been working on getting the OR back up and running to perform special procedures. Dr. Walsh was onsite on June 18th and successfully completed his first day of scopes! We're so excited to be able to offer these services so close to home again for our patients. Along with this addition, we've also hired, Haley Booe, as our new Perioperative Lead RN to help manage the special procedures program. The next step will be to add on more elective surgeries in the future! This is a huge improvement to our health system and will put us on the competitive level that we strive to be on.

Other improvements that we've been working on are a new HVAC system for our facility, which will allow us to have two more negative pressure rooms, one for the hospital and one for the clinic. The Physical Therapy Department also got their new flooring installed and looks fantastic! These are both wonderful things to happen to HCHS and I look forward to continue making these type of necessary changes to our facility. These type of things make our facility stand out and keep us looking up-to-date. The way we appear to our community and outside visitors speaks volumes on the type of care they will receive from us.

I encourage you all to keep working hard and to continue doing your part to help HCHS succeed. Without each of you, we wouldn't be where we are today. Nothing but great things will continue to happen when we all work as a TEAM.

Best Regards,
Dr. Patrick Auman

HCHS FOUNDATION

The Foundation golf tournament is quickly approaching! We have all of our hole sponsorships filled and many teams signed up already! If you are interested in playing, please let Taylor know.

\$220/team (includes lunch and mulligans for the tournament. **You will also have a chance to win a car on hole 8 if you get a hole-in-one!** If you wish to volunteer for the event, please see Taylor or sign-up on the sheet by the cafeteria bulletin board. Other fun items for the day will include: a 50/50 raffle, silent auction items (custom corn-hole set, autographed poster of Scott Frost, and 2 Husker Football tickets for the 9/11 game), other fun games on the course, and MORE!

HARLAN COUNTY HEALTH SYSTEM
FOUNDATION
PRESENTS

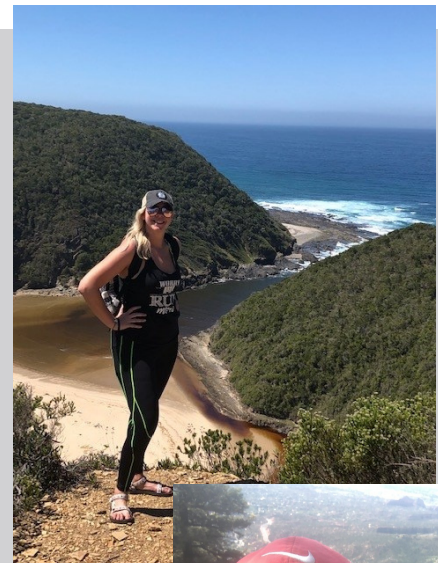
The 1st Annual CHARITY GOLF Tournament

2021 HOLE SPONSORS:

The Station/Fisherman's Corner
Farm Bureau - Alma
Nebraskaland Aviation
Pinpoint
Holdrege Soft Water Service
Kearney Regional Medical Center
CHI - Kearney
Tri City Signs
Great Plains Health Alliance

EMPLOYEE SPOTLIGHT: *Brittany Reeg*

This month's employee spotlight is, Brittany Reeg! She has been with HCHS as a Radiologic Technologist for 8 years. When asked what she loves most about her job, she said, "Having the opportunity to work/learn in every modality that we have to offer. No day is ever the same, love the variety. Having awesome co-workers isn't too bad either!" When she's not working, you can find Brittany either in the mountains or on a beach, golfing, boating, or on a girl's trip somewhere! If she could have one superpower, she'd choose the power of time travel and if you want to make her day, she's a sucker for coffee. She also has a bucket list of places she wants to travel to including: The Maldives, Ireland, Bali, Greece, & New Zealand. Thank you for your dedication to HCHS, Brittany!



the **HARLAN** **HERO** *of the month*

Congrats to, Donna Kindler, for being this month's 'Harlan Hero.' This award was presented based on their ability to go above and beyond normal work duties, as well as their teamwork and commitment to HCHS. Way to go, Donna!

Other Nominees:

1. Adrianna Frerichs
2. Vickie Runyon
3. Gina Pritchard
4. Jana Cochran
5. Carla Mapes
6. Sam Dietz
7. Josh Frerichs

Please remember to submit your Harlan Hero nominations each month! Nominations for next month will be due on July 30th so please get yours submitted prior to that date, otherwise they'll be carried over for the following month.



Harlan County Health System is hosting a school supplies drive for Harlan County students! We will be accepting community donations from July 5 - August 6. Supplies needed: backpacks, boxes of Kleenexes, notebooks, pencils, crayons/markers, glue sticks, etc. Please drop off items at the hospital or clinic during the scheduled timeframe. All items will then be taken to the school prior to the first day of school.

EMPLOYMENT CHANGES/ADDITIONS - CONGRATS!

Welcome new HCHS employees! We wish you all the luck in your new positions.

- Mandi Lehmkuhler - Lab
- Kai Wolfe - RN
- Sara Zikmund - Clinic Scribe/RN
- Ramona Coffey - RN



AVAILABLE POSITIONS

- RN
- LPN

HCHS INSTALLING NEW HVAC SYSTEM

Sam & Josh have recently been working with Rutt's Heating & Air to get a new HVAC (heating, ventilation, and air conditioning) system installed in our facility! The goal of these systems is to provide thermal comfort and acceptable indoor air quality. Along with this system, we're adding two negative pressure rooms, one in the clinic and one in the hospital. In total we will have three negative pressure rooms, as we already have one inpatient room with these capabilities. What is a negative pressure room? Negative pressure rooms, also called isolation rooms, are a type of hospital room that keeps patients with infectious illnesses, or patients who are susceptible to infections from others, away from other patients, visitors, and healthcare staff. These rooms have become very necessary within the last year because of Covid and by adding two additional rooms, allows us to house more patients with health concerns such as this.



NEW FLOORING GETS INSTALLED IN HCHS THERAPY DEPARTMENT

Last month our Therapy Department received a facelift and had new flooring installed throughout their entire workspace! It's such a wonderful improvement to this area, as the old flooring was very scratched up and worn down. We are so excited for our patients to see their updated training space and hope they enjoy this awesome upgrade!



HCHS SCOPE PROGRAM OFFICIALLY LAUNCHED

Friday, June 18th, our new scope program officially began! Dr. Walsh was here performing scopes and saw patients in our outpatient clinic as well. For those that don't know, Dr. Walsh is a general surgeon that now joins us each month from Kearney Regional Medical Center. As of right now, he's only performing scopes, but we have intentions of adding on more! We are grateful to be able to provide these services so close to home for our community and we can't wait for what's to come in our future.

HCHS THERAPY DEPARTMENT HOSTS 2021 SPEED & AGILITY CAMP IN ALMA

Last month the therapy department hosted their annual speed & agility camp at Alma Public Schools AND Franklin Public Schools! This was a 5-day camp for all 7-12 graders and lasted from 7-9 AM each day. The camp focuses on functional sport testing, proper weight training technique, plyometrics, agility drills, footwork drills and core stability activities. HCHS Therapy Director, Marisa Gulizia, and some of the Alma & Franklin coaches helped to make these events a success! Marisa is planning one for Southern Valley this month as well. This overall goal of the camp is for local athletes to work on improving their techniques and learn new drills to help them achieve their athletic goals.



Independence Day Facts

1. The first Independence Day celebration took place in Philadelphia on July 8, 1776.
2. Every 4th of July, the Liberty Bell is tapped thirteen times in honor of the original 13 colonies.
3. Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All the others signed later.
4. The stars on the original American flag were in a circle so all the Colonies would appear equal.
5. Benjamin Franklin proposed the turkey as the national bird but he was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.
6. The White House celebrated Independence Day for the first time in 1801.

UPCOMING COMMUNITY EVENTS

- July 3 - Fun Run/Walk - 7:45 AM
- July 3 - Alma Parade - 10:30 AM
- July 3 - Luke Mills Concert - 9 PM
- July 4 - Alma Fireworks - 10 PM
- July 17 - Glow Golf Tournament
- 8/1-8/6 - Harlan County Fair
- Aug 7 - Floatopia/Boatopia - 1 PM
- Aug 14 - Foundation Golf Tournament

UPCOMING EVENTS:



Alma Cardinals

- July - Elementary Summer School
- 8/12 - First Day of School

- 7/26-7/28 - Band Camp
- 8/17 - First Day of School

SO. Valley
Eagles

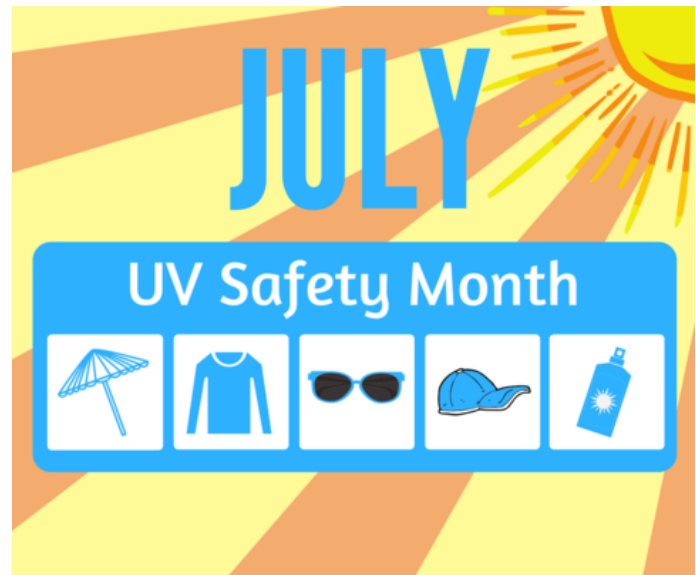


Patriotic Punch

INGREDIENTS:

- cran-cherry juice
- kid-friendly pina colada drink
- blue-raspberry drink
- Twizzlers

1. Start by filling the glass about 1/4-1/3 of the way up with the drink with the highest sugar content per serving (red in this case).
2. Then, fill the cup FULL with ice.
3. Pour the drink with the next highest sugar content (white in this case) very slowly over the ice. You'll use the ice as a sort of buffer - pouring directly on to the ice with a very slow pour (small amount). If you just pour a whole bunch in quickly, the colors will combine.
4. Repeat with the last layer (blue in this case)
5. Snip the ends off of a Twizzlers candy and place in the drink for a straw. For some added fun, you could take some of the red, white, and blue Twizzlers PULL 'N' PEEL candy to add a little edible bow or tie to your straw.





Striving to provide patients with the necessary information that pertains to them in order to live their healthiest life and better understand the services we provide.

HCHS SPEAKER'S BUREAU

SPEAKING TOPICS:



Medicine for Dummies

By: Dr. Finkner

Learn more on various topics such as, vaccines, proper diets, over the counter drug facts, etc.



Routine Screening Exams

Connie Lans, PA

Review what and when they're needed based on your age.



Breast Health

By: Mammo Techs

Understand signs and symptoms to be concerned about and learn how to perform a self-breast exam.



Spinal Services

By: Dr. Benavides

Learn the type of spinal services we offer and signs and symptoms to know when you should visit a specialist.



Ear, Nose, & Throat Services

By: Dr. Johnson

Learn about what an ENT physician can do for you. Also get to know Dr. Johnson's Audiologist & more about our hearing aid services.



Lab Services

By: Season Kerns

Become familiar with the various tests that can be ran and why they can be beneficial to your health.

Set up your session today!

Needing a speaker for your next local event, monthly meeting, luncheon, etc.? Check out these awesome speakers that are available! Get to know more about your health from one of our experts!

You can set up your session today by contacting Taylor at the number below.