

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- National Flag Day - 6/14
- National CNA Day - 6/17
- Father's Day - 6/20
- First Day of Summer - 6/20 
- Community Health Improvement Week - 6/6 - 6/12
- Men's Health Month
- National Safety Month

HAPPY HCHS ANNIVERSARY!

- Kevin Meek - 6/1 - 1 year
- Theresa Metzger - 6/2 - 13 years
- Mary Jo Christensen - 6/8 - 29 years
- Craig Farlee - 6/8 - 14 years
- April Einspahr - 6/20 - 4 years

MONTHLY MEETINGS

- Foundation Meeting - 6/8
- Trustees Meeting - 6/21

HAPPY BIRTHDAY!

- Jennifer Pool - 6/8
- Theresa Metzger - 6/12
- Christel Wilson - 6/15
- Julie Kresser - 6/28
- Jason Calhoun - 6/30



LAB RECEIVES NEW CHEMISTRY ANALYZER



Our Laboratory Department received a brand-new, state-of-the-art chemistry analyzer machine. The new machine gives us the capabilities to add additional testing for Vitamin D, Vitamin B12, CRP, CK, and Covid antibody testing. We are also now running high sensitivity troponin which will better allow providers to see changes in results of patients suspected of a cardiac event. The new machine requires no downtime during transition because it is the same instrument setup as we had before, just an upgraded version. There is also no added training or time away from patient testing!

"The way to get started is to quit talking and begin doing." - Walt Disney

FROM THE DESK OF
DR. PATRICK AUMAN
CHIEF EXECUTIVE OFFICER

Dear Team,

Another month has come and gone and progress continues to be made each time. Things are looking very well for our health system and I'm still very proud of where we are now, compared to when I initially took on this role. Lots of additions and improvements have been made recently, with the hopes of even more in the near future!

This last month we've already seen several improvements in multiple departments. Our inpatient just received all brand-new, top-of-the-line Hill-Rom beds and mattresses. These are equipped with state-of-the-art technology, including an integrated nurse call system that will help with nurse communication between the patients. The lab also got a new chemistry analyzer, which allows us to expand our testing capabilities, including Covid antibody testing.

Cardiac Rehab has recently moved across the hall, into the old billing office, which more than doubles Tonnica's space! This allows for multiple patients to be seen at once and gives her the added room to hopefully start offering pulmonary rehab as well. Also, along with this room, several other places in the hospital will be receiving new flooring over the next several weeks. This will be an ongoing project, with the intentions of updating the entire facility over time. Sections will be evaluated by a committee each quarter to determine what areas have the highest priority. New flooring will be a huge improvement and give us a more modern and up-to-date look/feel.

Last month we also had several open house events, including: the new scope program open house, a meet & greet with Connie Lans, coffee social with Dr. Benavides, & an open house for the relocation of SLS. They were all successful and brought in several community members to experience some of the great things we have going on!

In closing, let's continue to work hard and provide only the best for our patients and community. I've heard nothing but great things about our organization and that's all because of you. As a team we've turned HCHS around and I'm looking forward to what's in store for us over the next several months!

Best Regards,
Patrick A. Auman

HCHS FOUNDATION

Last month the Foundation sold raffle tickets for a fun-filled summer gift basket! This basket included: beach bag, towel, large inflatable floatie, beach ball, pool toys, igloo cooler & one family pool pass for this summer! A little over \$100 was raised and the winner of the fun giveaway was Adrianna Frerichs!

The golf tournament is coming along very well so far. We have multiple hole sponsors and 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!**

HARLAN COUNTY HEALTH SYSTEM
FOUNDATION
PRESENTS

The 1st Annual **CHARITY GOLF** *Tournament*

We are also in search of volunteers and baked good donations for the day of the tournament. If you are interested in helping out, we'd love to have you join us! There's a sign-up sheet back by the cafeteria. We're needing all-day & lunch assistance. As well as baked goods for the player lunches. All volunteers will be fed and can be guaranteed a good time!

EMPLOYEE SPOTLIGHT: *Jessi Zade*

This month's employee spotlight is, Jessi Zade! Jessi has been with HCHS for 4 years now and most recently became our new pharmacy tech. What she loves most about working at HCHS are the patients she gets to interact with. She's also a member of our Service Excellence team! Jessi is a 2004 Alma graduate and is married with two kids. When not working, Jessi loves to go boating and fishing. If she could have any superpower, it'd be telekinesis and her biggest weakness is chocolate. When asked where she'd love to travel to, she mentioned Australia! Thank you for your hard work and dedication to HCHS!



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

Congrats to, Julie Kresser, 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, Julie!

FYI: In accordance with the CDC, we continue to require ALL staff, patients, and visitors to wear a mask at all times while visiting our facility. This ensures the safety of all who enter!

EMPLOYMENT CHANGES/ADDITIONS - CONGRATS!

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

- Haley Booe - RN, Clinic Lead - Perioperative
- Mandi Lehmkuhler - MLT

Please remember to submit your Harlan Hero nominations each month! Nominations for next month will be collected on June 25th so please get yours submitted prior to that date, otherwise they'll be carried over for the following month.



AVAILABLE POSITIONS

- RN
- LPN

CARDIAC REHAB GETS A FACELIFT



Just recently, our cardiac rehabilitation department has relocated across the hall from its original location and has gotten a wonderful facelift! The program's space has more than doubled, which allows for multiple patients to be receiving treatment at the same time. Along with the added space, we hope to add pulmonary rehab onto our services in the near future! "There is a great need for both of these services in our area and I'm looking forward to the expansion of this program. I know my patients will love having the added space and I hope this brings in many more patients as well," stated by Tonnica Nickell, Cardiac Rehab Program Director.

HCHS RECEIVES NEW INPATIENT BEDS



We are pleased to announce that all of our patient beds and mattresses have been replaced with brand-new ones! Each bed comes with an integrated nurse call-system built right in. This will allow us to improve patient care and experience overall, while being able to respond to patients in a quicker fashion. Our nurses are very excited for this upgrade and we hope these new beds provide ultimate comfort for our patients during their stay with us.

HCHS THERAPY 2021 SPEED & AGILITY CAMP

Alma Public Schools:

Camp: June 7-11: 7 AM - 9 AM

\$75 for 7-12 graders

Franklin Public Schools:

Camp: June 14-18: 7 AM - 9 AM

\$75 for 7-12 graders

Camp will include functional sport testing, proper weight training technique, plyometrics, agility drills, footwork drills and core stability activities. To sign your child up, contact Marisa.

CATCH THE WELLNESS WAVE!

Save the date for this year's annual HCHS Health Fair!
Labs, snacks, health info, and other fun activities!

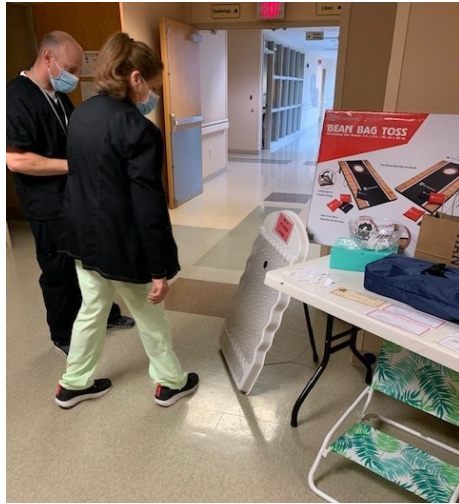
When: Saturday, June 12th
What: 2021 HCHS Health & Wellness Fair
Where: Heart and Family Medicine Clinic
Time: 7:00 AM - 11:00 AM

*Labs will require an appointment. Please call 308-928-2151
to schedule your appointment today!
Stay tuned for more info!



HCHS CELEBRATES HOSPITAL WEEK!

Hospital week was celebrated May 10-14 with daily treats and lots of fun prizes! This year's festivities were such a great time and it was nice experiencing some sort of 'normalcy' again. You all deserved everything and we hope you enjoyed it. Here's to another great year at HCHS!



JUNE is MEN'S HEALTH MONTH



Did you know?

ON AVERAGE
men live
about
5 years less
than women

1 in 2
men
will develop
cancer

MEN HAVE A
higher death rate
for most leading causes of death
including cancer, heart disease, diabetes, and suicide

APPROXIMATELY
30,000
men
IN THE U.S.
die each year
from
prostate
cancer

Men are more likely to be **uninsured** than women

Men make
1/2 as many
physician visits for
prevention
as women

JUNE IS National Safety Month



WORKPLACE INJURIES BY THE NUMBERS



Every 7 seconds... a worker is injured on the job.

540
per hour

90,400
a week

99,000,000 = Production days lost due to work-related injuries in 2014



12,900
a day

4,700,000
a year

Most common types of injuries
keeping workers away from work



Sprains, strains or tears



Soreness or pain



Cuts, lacerations
or punctures

Flag Day Facts & History

1. Flag Day occurs on June 14th every year, but is not an official federal holiday
2. Flag Day was originally the celebration of the adoption of United States Flag.
3. In 1916, President Woodrow Wilson is recorded as officially setting June 14, as Flag Day. Even with Wilson's act, on a federal level the holiday was not passed by Congress.
4. The design of the American Flag was not made official until 1912. At that time, a governmental order adopted the current design.
5. Over the past years the flag has changed 27 times. The last change was on July 4, 1960 to include the 50th state, Hawaii.



- Your favorite fruit(s)
- 3 tbsp Honey
- 1 tsp Vanilla extract, pure
- 1/4 cup Almonds, lightly salted or granola
- 2 cups Greek yogurt, nonfat plain

Mix together yogurt and vanilla. Spread out yogurt on a sheet of parchment paper. Drizzle on honey. Add fruit, almonds, and other toppings you desire. Freeze for 20-30 minutes. Cut up and enjoy!
*Stored in air tight container or zip lock bag in the freezer.

UPCOMING COMMUNITY EVENTS

- June 16-17 - *Bicycle Ride Across Nebraska* Group coming through
- June 19 - Glow Golf Tournament
- June 26 - Floatopia/Boatopia @Patterson Harbor
- 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



UPCOMING EVENTS:



Alma Cardinals

- 6/1 - First Day of Summer School
- 6/7-6/11 - Speed & Agility Camp
- 6/22-6/23 - Girl's Bball Camp
- 6/28-6/29 - Football Camp

- 6/1 - First Day of Summer Camp
- 6/9-6/10 - Junior High & High School Bball Camp
- 6/13-6/15 - Wrestling Camp
- 6/25 - Football Camp

SO. Valley
Eagles





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.