

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- April Fools Day - 4/1
- National Nebraska Day - 4/5
- Arbor Day - 4/10
- Easter - 4/17
- National Admin Professionals Day - 4/27
- National Public Health Week - 4/4-4/10
- National Volunteer Week - 4/17-4/23
- Medical Laboratory Professionals Week - 4/24-4/30
- Occupational Therapy Month
- Stress Awareness Month

HAPPY HCHS ANNIVERSARY!

- Jess Stemper - 4/1 - 11 years
- Josh Frerichs - 4/1 - 1 year
- Jessi Zade - 4/4 - 6 years
- Brittany Reeg - 4/10 - 9 years
- Shannon Lynch - 4/21 - 12 years
- Rita Stapel - 4/22 - 31 years
- Kendra Humphrey - 4/27 - 1 year
- Lorelle Foster - 4/27 - 1 year

MONTHLY MEETINGS

- Foundation Meeting - 4/12
- Trustees Meeting - 4/18

HAPPY BIRTHDAY!

- Paige Waggoner - 4/1
- Trista Longsine - 4/6
- Gwen Westerbeck - 4/11
- Danika Hanchett - 4/13
- Jeff Bash - 4/14
- Johanna Popple - 4/21
- Jennifer Taylor - 4/30



PARTNERS PEO TAKES OVER HR, PAYROLL, & BENEFITS

Partners PEO is a professional employer organization based out of Centennial, CO, providing business solutions for partnered organizations. They reduce administration and compliance burdens that prevent businesses from improving productivity and profitability. Their services encompass all facets of the employee life cycle comprised of payroll, safety, workers' comp, human resources and employee benefits tailored to meet the needs of each client.

We have recently partnered with this company and they will be taking over all HR, payroll, and benefit duties. Several of their employees will be onsite each week for the next 3 months and then two 1/2 days each month from then on, unless needed of course.

We are very excited for this new opportunity and feel this will fill major gaps we were experiencing before. If you ever have any questions or need to discuss something, don't hesitate to reach out, as this is what they're here for.

Darlene F. Suer,
Founder & CEO

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(720) 373-1765 (Cell)
darlene@partnerspeo.com

FROM THE DESK OF
DR. PATRICK AUMAN
CHIEF EXECUTIVE OFFICER

Dear HCHS Team,

Happy Spring! Although it's been a pretty mild winter, I'm looking forward to more warmer weather around here. We're also not even halfway through the year and yet, so many exciting things have already happened!

Last month a new HVAC system was installed in our facility, which means better quality air for all. We also have our new wound care program up and running through outpatient services now! This is ran by Dr. Walsh, General Surgeon, and Wound Care Nurse, Amanda Spady. It's a wonderful service to be able to provide to our community and we feel many people will benefit from it. We also have a few leads on some Urology specialists, but nothing is set in stone at this time. Hopefully, more to come on that soon. A comprehensive women's health program is also in the works. This would include several individuals such as, Dr. Jorgensen, Connie Lans, and our Mammography team. Stay tuned for more information on this as well.

I'm also excited to announce our new partnership with Partners PEO. They are a company based out of Centennial, CO that will be taking over our HR, Payroll, and Benefits! I feel this was the best choice overall and will certainly help fill in the gaps from before. If you have any questions regarding any of that matter, you can reach a representative of their company at all times. They will also be onsite every week over the course of the next 3 months and then two 1/2 days a month from then on.

Let's have another great month and keep working towards bigger and better!

Best Regards,

Dr. Patrick Auman

Chief Executive Officer
HCHS

HCHS FOUNDATION

We are hosting another trivia night this month! This will take place on Saturday, April 23 at the Alma Golf Course from 7:30 PM - 9:30 PM. There will be complimentary snacks and cash bar available. Come tease your brain and enjoy a fun night out with friends. \$75 for a team of 4.

Upcoming Events:

1. Trivia Night - April 23 - Alma Golf Course
2. Sand Volleyball Tournament
@Turkey Days in Oxford
3. HCHS Foundation Scramble
August 13 - Alma Golf Course

Lots of fun activities coming up for the Foundation! We hope to see as many of you as possible at these events.

EMPLOYEE SPOTLIGHT: *Cheryl Saathoff*

This month's employee spotlight is, Cheryl Saathoff! She has been a part of the HCHS team for almost 6 years now and is the Finance Controller. What she loves most about her job is that her role gives her the opportunity to work with several employees, which she enjoys because she's very much a people person and loves to help others. Also, as an accountant, you have to like numbers. Cheryl is also always willing to help out where needed and volunteers to participate in the 4th of July parade each year. When not at work, she enjoys spending time with family, especially at the lake. Another passion of hers is volleyball, as she's officiated high school volleyball for almost 40 years. During her down time, she also enjoys creating different kinds of crafts. If she could be one superhero, it would be the Wolverine; so she could heal all from infection and disease, as well as age at a snail's pace and regrow parts of limbs and organs after serious injuries. Something she can't resist is spending time with her grandchildren and if she could travel anywhere, she'd love to take her family to Germany to visit their exchange student!

Thank you, Cheryl, for all your hard work and dedication to HCHS! You are a true team player and we're lucky to have you on our side.



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

*Please remember to submit
your Harlan Hero
nominations each month!
Nominations for next month
will be collected on April 29th
so please get yours
submitted prior to that date,
otherwise they'll be carried
over for the following month.*



**YOU CAN'T GO BACK AND
CHANGE THE BEGINNING,
BUT YOU CAN START
WHERE YOU ARE AND
CHANGE THE ENDING.
C.S. LEWIS**

This month's Harlan Hero is
Amy Hanchett! Thank you for
your hard work and dedication
to HCHS. *Congratulations!*
(Celebration date TBD)

Other Nominees:

- Sam Dietz
- April Einspahr



AVAILABLE POSITIONS

- Night RN
- PRN Dietary
- PRN Physician Assist. or
Nurse Practitioner

*Apply through Indeed, or fill out
an employment application.*

MEDICAL LABORATORY PROFESSIONALS WEEK

APRIL 24-30, 2022



An annual celebration of medical laboratory professionals and pathologists who play a vital role in health care and patient advocacy! Thank you Season, Sierra, Kendra, & Mandy for all you do for HCHS & our patients. Keep up the amazing work!

HCHS EMPLOYEE BLOOD DRIVE - APRIL 28

We will be hosting an employee blood drive with the Red Cross on Thursday, April 28 from 9 AM - 2 PM. Your donation could save up to 3 lives! If you wish to donate, please sign-up with Taylor. Our goal is 20 and right now, we're halfway there!



UPCOMING COMMUNITY EVENTS :

- April 16th: Spring Fling/Easter Egg Hunt

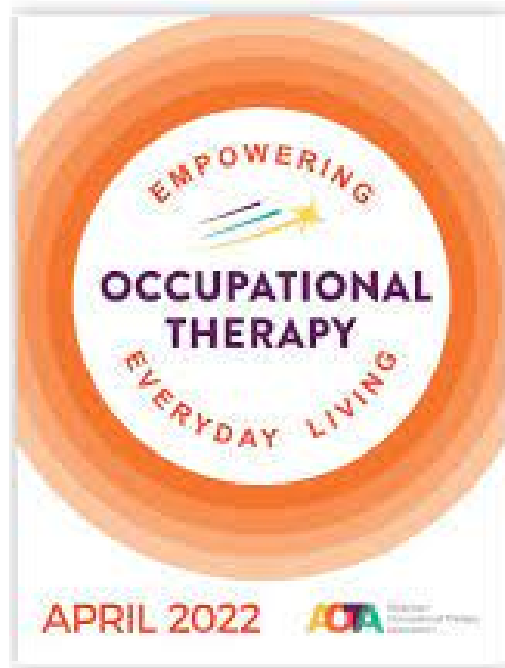
UPCOMING SCHOOL EVENTS:



Alma Cardinals

- 4/4 - Senior vs. Faculty Fundraiser Game
- 4/9 - Prom
- 4/19 - Home HS Golf Tournament
- 4/20 - HS Track @ Arapahoe
- 4/30 - FFA Plant Sale

HCHS REHAB



OCCUPATIONAL THERAPY MONTH - APRIL 2022

Occupational Therapy Month is all about celebrating the holistic approach that OT has brought to healthcare. The vital importance of the profession aside, it is also about celebrating the miraculous achievements of their patients, the small steps they take to achieve the things they want and need to do. Mindy DeJonge is the Occupational Therapist for HCHS. She spends a lot of her time with inpatients and doing home health visits. We're so grateful to have someone of her expertise on our team!

- 4/9 - HS Track @ Cambridge
- 4/22 - HS Golf @ Bertrand
- 4/22 - No School
- 4/25 - HS Track @ Red Cloud
- 4/29 - No School

SO. Valley Eagles



HOW TO IDENTIFY OLDER ADULTS AT RISK FOR DEPRESSION

LOOK FOR OLDER ADULTS WHO:

- Are caregivers
- Are isolated, living alone, or disconnected from family, friends, and community
- Have chronic health conditions
- Live in closed living facilities
- Recently received a new health diagnosis



OLDER ADULTS WHO DISPLAY/REPORT ANY OF THESE SYMPTOM'S MAY ALSO BE AT RISK

- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease with treatment
- Decreased energy or fatigue
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Eating more or less than usual, usually with unplanned weight gain or loss
- Expressed fear, anxiety, sadness, anger, or confusion due to the Pandemic
- Failing to keep routine appointments
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Fear of leaving the house
- Frequent crying
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Moving or talking more slowly
- Persistent sad, anxious, or "empty" mood
- They received a new habit/lifestyle-altering diagnosis

If you encounter an Older Adult who meets these descriptions, don't hesitate to contact us.

We are your hospital's program, designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging.

Call us today, at (308) 928-9048



April Fool's Day!

Some historians believe that April Fools' Day started in 1582. During this year, France switched to a different calendar. This meant that the start of their year used to be around 1st April, however it changed to 1st January, like it is today. Some people accidentally celebrated new year in April and were called 'April fools'!



April 4-10, 2022

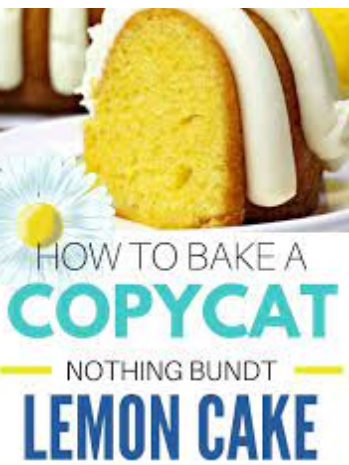
Where we live impacts our communities' health. And we can make our communities healthier, stronger and safer!

STRESS AWARENESS MONTH



The CDC provides some basic ideas to help you cope with stress...

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Discuss your problems with a parent, friend or another trusted source.
- Avoid drugs and alcohol.
- Recognize when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.



Ingredients

- 1 lemon cake mix
- 3.4 oz lemon pudding mix dry, instant pudding
- 1 cup sour cream
- 4 large eggs
- 1/2 cup oil
- 1/4 cup lemon juice
- 1/4 cup water

Frosting

- 16 ounces cream cheese softened
- 1/2 cup butter softened
- 2 teaspoons vanilla extract
- 3-4 cups powdered sugar

<https://www.favfamilyrecipes.com/our-version-of-nothing-bundt-cakes-lemon-cake/>



A day to celebrate all things that make up our great state

What Makes NE Unique:

- The only thing going on during Husker's game day is the Huskers game.
- Chili + Cinnamon rolls are perfect together
- Runza & Dorothy Lynch are exclusive to NE (except for a few locations)
- Corn is more than mere food - it's headgear
- The Henry Doorly Zoo is ranked the 3rd "Best Zoo" in the country.
- Traffic Jams are caused by herds of cattle
- There are more cows than people



APRIL 17, 2022

The idea of the Easter bunny delivering candy and eggs originated in Germany during the Middle Ages, with the first written mention of this tradition dating back to the 16th century.