

# MONTHLY PULSE

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

## Upcoming Events

- Aug. 2 - National Ice Cream Sandwich Day
- Aug. 3 - National Watermelon Day
- Aug. 7 - National Friendship Day
- Aug. 17 - National Nonprofit Day
- Aug. 7 -13 - National Health Center Week
- Children's Eye Health & Safety Month
- Immunization Awareness Month
- National Wellness Month

## HAPPY HCHS ANNIVERSARY!

- Vickie Runyon - Aug. 1 - 11 years
- Brenda Losey - Aug. 12 - 6 years
- Season Kerns - Aug. 17 - 2 years
- Mary Lyne - Aug. 23 - 1 year

## MONTHLY MEETINGS

- Trustees Meeting - 8/15

## HAPPY BIRTHDAY!

- Donna Kindler - Aug. 8
- Carla Mapes - Aug. 12
- Haley Booe - Aug. 13
- Sam Dietz - Aug. 15
- Lynda Lubeck - Aug. 25



## STACY NEUBAUER CHOSEN AS NEW CEO OF HCHS



Harlan County Health System would like to announce the hiring of Stacy Neubauer, as the Chief Executive Officer (CEO). In this role, Neubauer will oversee all operations of the 19-bed critical access hospital and rural health clinic. Stacy has been a part of HCHS for nearly two years now as the Chief Nursing Officer/Chief of Operations Officer and now we're thrilled to have her as the new CEO. Her experience includes an Associate's Degree in Nursing (RN), Bachelor's in Healthcare Management, and then a Master's in Healthcare Administration. She also has 24 years of experience in many different roles, such as a CNA, RN, & administration.

"I am very honored to have been chosen to be the CEO at Harlan County Health System. I came to this organization almost 2 years ago as the CNO/COO and it has been a wonderful experience. I have watched this organization grow inpatient volumes, add several OP providers and services, startup endoscopy, along with many other positive improvements. Our team here at Harlan County Health System, has so many goals to keep moving this healthcare system forward. Serving the community is our #1 priority and we want to continue to serve you, right here at home," stated Neubauer.



# MESSAGE FROM THE CEO

## *Greetings!*

I first want to start out by saying thank you to everyone for their support and well wishes as I begin the transition into my new position. I'm excited to work more closely with each of you and I look forward to seeing how our organization continues to grow. I strongly believe we have an amazing team here at HCHS and I know we will accomplish so much together. I'm just so grateful for this opportunity to lead you all and to represent HCHS well in our community!

In other news, we are certainly continuing to move forward with many of our ongoing projects, despite this current transition. There are several new services we are looking at adding on in the near future and many of us are working hard to determine all of the necessary requirements for each service and whether they'll be revenue enhancing or not. Our physician recruitment is also still going on and we hope to get a match sometime soon. We also just purchased a BioFire machine through some grant funding. This new equipment will allow us to do all of our cultures, respiratory, and GI panels in house. It will also help us to provide patients with a quicker diagnosis and could also potentially lead us to keeping more patients, rather than sending them to a larger facility. Having this equipment will be great and our providers are excited to put it to great use!

Although I've started my new position, Les will still be onsite a couple days a week over the next few months to help make this transition process much smoother. If you happen to see him while he's here, be sure to thank him for his dedication to HCHS and for sacrificing many things in his personal life to help us out. Lastly, I just want to encourage you all to keep up the wonderful work you're doing. Without you, we would not be successful!

**Sincerely,**

*Stacy Neubauer, RN, MHA*

Chief Executive Officer

# HCHS FOUNDATION

Our 2nd annual golf tournament is coming up on August 13th. Special thank you to all who donated items or volunteered to help during the tournament. Your support is greatly appreciated and we certainly wouldn't be successful without you. Once the tournament is over, we will be back to planning other fun activities/events for the community.



## Upcoming Events:

- HCHS Foundation Scramble  
August 13 - Alma Golf Course

*We hope to see as many of you as possible at these events.*

## ● EMPLOYEE SPOTLIGHT: Sara Zikmund

This month's employee spotlight is, Sara Zikmund! Sara has been a part of HCHS for 1 year now, as a Clinic RN/Scribe. What she's love most about her job are her amazing co-workers. When she's not at work, she enjoys spending time with her boys and husband, run, and hanging out with family/friends. If she could have one superpower, she'd choose the power of time travel, to go back to special times with special people, even for just a minute. Sara also loves a good Law & Order episode and can't resist a good coffee. Lastly, if she could travel anywhere right now, she'd go to the mountains with her family, as it is their favorite place to go, and they try to go as often as they can!

Sara, thank you for your hard work and dedication to HCHS. We're happy to have you on our team!





# *the* HARLAN HERO *of the month*

*Please remember to submit  
your Harlan Hero  
nominations each month!  
Nominations for next month  
will be collected on August  
26th, so please get yours  
submitted prior to that date,  
otherwise they'll be carried  
over for the following month.*

“

**TALENT WINS  
GAMES, BUT  
TEAMWORK AND  
INTELLIGENCE WIN  
CHAMPIONSHIPS.**

**- MICHAEL JORDAN -**

This month's Harlan Hero is,  
Mary Jo Christensen! Thank you  
for your hard work and dedication  
to HCHS. *Congratulations!*

## *Other Nominees:*

Jana Cochran

Leanne Bewley

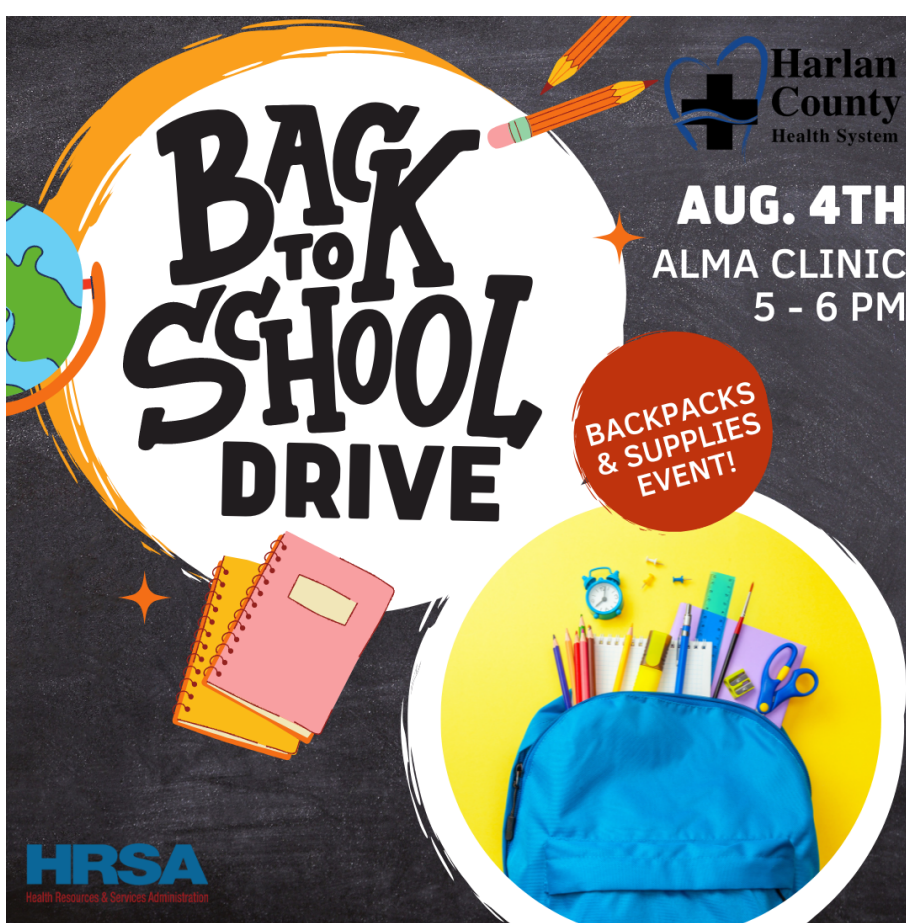


## AVAILABLE POSITIONS

- RN
- PRN Dietary
- PRN Physician Assist. or  
Nurse Practitioner
- MLS
- Director of Nursing

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





HCHS hosted a back to school event that was fully funded by a grant that we received. Nearly 75 backpacks were handed out to students that included school supplies, swag items, and educational info on vaccines, our services, etc. Thank you to all who were able to help make this event successful! Extra backpacks will be taken to the schools if they're kids in need still and then we'll save the rest for next year!

## UPCOMING COMMUNITY EVENTS :

- Trail of Treasures - Sept. 30 - Oct. 2
- Applefest - Oct. 1

## UPCOMING SCHOOL EVENTS:



### Alma Cardinals

- Fall Sports Conditioning Begins - Aug. 1
- First Day of School - Aug. 11
- Booster Club/Fall Sports Pep Rally- Aug. 15 - 6:30 PM
- FB vs Axtell - Aug. 26

## HCHS REHAB



Last month, members of our therapy department and Good Sam home health, hosted free balance screening event at the Alma Senior Center! Nursing checked vitals, Physical Therapy did balance screens, Occupational Therapy did grip strength testing, and Speech Therapy provided education and strategies for memory, voice, and swallowing.

- Fall Sports Conditioning Begins - Aug. 1
- First Day of School - Aug. 12
- FB vs Sandhills Valley - Aug. 26
- VB vs Sandhills Valley - Aug. 26
- SB vs Fillmore Central - Aug. 30

### SO. Valley Eagles





National Health Center Week (August 7 – 13) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers. Community Health Centers serve as the beacon of strength, service, and care in their communities. In moments of pain and loss, they offer support and love. In moments of triumph, they offer hope and a vision for the future.

## Immunization Awareness

**National Immunization Awareness Month** is an annual observance that highlights the importance of vaccines for people of all ages.



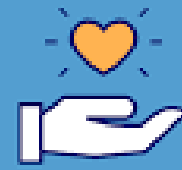
Vaccines are among the **safest** medical products available



Vaccines not only **protect you**, they can protect vulnerable people in your community who cannot be vaccinated.



Vaccination is as important for **adolescents and adults** as it is for children.



## NATIONAL NONPROFIT DAY

On August 17th, National Nonprofit Day (NND) recognizes the goals and positive impacts nonprofits have on communities and the world.

## August is National WELLNESS MONTH

### 10 Ways to Celebrate National Wellness Month

1. Drink more water.
2. Nourish your skin.
3. Get outside & exercise.
4. Streamline your snacks.
5. Practice deep breathing.
6. Cut back on sugar.
7. Treat yourself to a spa treatment.
8. Take time to slow down & relax.
9. Stretch.
10. Learn what's in the foods you're consuming.

## National Ice Cream Sandwich Day August 2nd

The original ice cream sandwich sold for a penny in 1900 from a pushcart in the Bowery neighborhood of New York. Newspapers never identified the name of the vendor in articles that appeared across the country. However, the ice cream sandwiched between milk biscuits became a hit. Soon, pushcarts popped up around the city and country during the summer months selling the portable treats. Early pictures show beachgoers at Atlantic City getting their ice cream sandwiches for 1¢ each.



# 1 IN 4

**CHILDREN HAS A VISION PROBLEM.<sup>1</sup>**



1. According to Prevent Blindness America, one in four school-age children have vision problems that, if left untreated, can affect learning ability, personality and adjustment in school.