

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- National Cocoa Day - Dec. 13
- National Ugly Christmas Sweater Day - Dec. 16
- Christmas Eve - Dec. 24
- Christmas - Dec. 25
- National Candy Cane Day - Dec. 16
- New Years Eve - Dec. 31
- National Influenza Week - Dec. 5 - 9
- National Hand Washing Week - Dec. 4 - 10

HAPPY HCHS ANNIVERSARY!

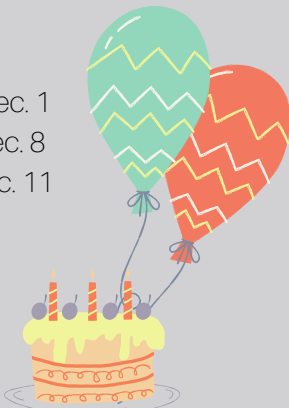
- Tamara Haussermann - Dec. 1 - 2 years
- Tonda Ross - Dec. 1 - 18 years
- Gwen Westerbeck - Dec. 2 - 25 years
- Lisa Howsden - Dec. 3 - 3 years
- Jeff Bash - Dec. 3 - 3 years
- Krista Kubik - Dec. 6 - 1 year
- Kayla Maas - Dec. 14 - 2 years
- Leanne Bewley - Dec. 14 - 18 years
- Lynda Lubeck - Dec. 21 - 38 years

MONTHLY MEETINGS

- Foundation Meeting - Dec. 13
- Trustees Meeting - Dec. 19

HAPPY BIRTHDAY!

- Ashley Billeter - Dec. 1
- Josh Frerichs - Dec. 8
- Karen Wright - Dec. 11



DIABETES EDUCATION

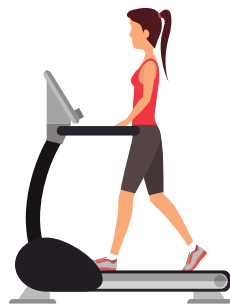
WITH JESSICA STEMPER, PA

Our education program will give you insights to effectively manage your diabetes so you can live a healthier life.



Jess Stemper recently completed a 30-hour class called Core Concepts of Diabetic Care and Education. This was done through the Association of Diabetes Care and Education Specialists (ADCES). "I took this course because Diabetes is a very complicated disease that can effect an individual in multiple ways. It can impact our physical health, emotional health and overall day to day activities. Although medication is a large part of keeping you healthy, there is so much more that you can do to improve your overall health and well-being. I would like the opportunity to help you reach your goals as best as possible," stated Stemper. She plans to utilize Gina Dunse for the diet education side of things, but it will be great to have access to someone again who can educate patients on the various forms of insulin.

PHASE III CARDIAC REHAB NOW AVAILABLE!



We will now be offering a new service called 'Phase III Cardiac Rehab,' which is a service for our cardiac rehab patients to continue using our exercise equipment to help them stay active and their heart healthy! Only patients who have completed Cardiac Rehab are eligible for this service. Equipment will be available for use M-W-F from 8 am - 3 pm and this will be a cash pay service.



MESSAGE FROM THE CEO

Greetings!

We're finally down to the last few weeks of 2022...CRAZY! Lots of great things have come out of this year so we should all be proud of what we've accomplished, but I have feeling 2023 will be even better. So many new services will be officially launching and we have several others that are currently being looked at as well. I'm excited for what's to come and I'm so glad I get to do this with all of you.

As you all know, we have been actively been recruiting for another physician for quite some time now and we finally have a candidate that will be coming to visit soon! Dr. Harms will be here on December 29 for various interviews with staff, a tour of our facility and our community, and ultimately decide if Alma is the right fit for him and his family. I think we'd be a perfect place for him so let's be sure to show off all of our great attributes while he's here.

Another big challenge we've had recently was the completion of the 2023 budget. We have been doing our best to make sure things work out on paper, but it will definitely take a lot of effort by each department to ensure they follow their budgets very diligently so that we can have a successful year.

I hope you all work hard to finish this year strong so we can have a great start to the new year. Also be sure to take time for your loved ones this holiday season and enjoy their presence. It's easy to get burnt out this time of year so take time for yourself and your family. Again, my door is always open if you ever have any questions, comments, or concerns. I'm here for you and want to help where I can if need be. Have a Merry Christmas and Happy New Year!

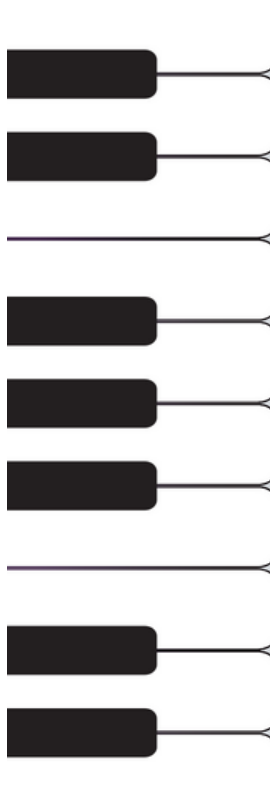
Sincerely,

Stacy Neubauer, RN, MHA

Chief Executive Officer

HCHS FOUNDATION

The Foundation will be meeting again this month to continue planning for their Dueling Pianos event that is planned for March 31, 2023. They will also begin planning for other fundraising opportunities that they find to be helpful. We are also still recruiting for new board members. If you have any fundraising ideas or know of anyone interested in being a part of the board, please let Taylor know! We're open to any/all suggestions.



THE HCHS FOUNDATION
PRESENTS

M I D W E S T

**Dueling
PIANOS**

MARCH 31, 2023
ALMA GOLF COURSE
FUNDRAISING EVENT

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TICKET PRICING:
\$40/INDIVIDUAL OR \$75/COUPLE

\$500 - Reserved 8-person table & 2 complimentary bottles of champagne for the table.
(Limited Number of Tables)

DOORS OPEN AT 6:30PM
ENTERTAINMENT AT 7:30 PM

**CASH BAR & COMPLIMENTARY
HORS D'OEUVRES AVAILABLE**

To purchase tickets or reserve a table, call Taylor Molzahn at 308-928-2151 or stop by Alma hospital.

Upcoming Events:

- Dueling Pianos - March 31 @Alma Golf Course

We hope to see as many of you as possible at our events! Your support means a lot and it shows you care if you're in attendance when you can.

You can purchase tickets from Taylor for \$40/individual or \$75/couple. Reserved 8-person tables are \$500 and include 2 complimentary bottles of champagne.

● EMPLOYEE SPOTLIGHT: *Dusty Frasier*

● This month's employee spotlight is, Dusty Frasier!
● Dusty has been helping off and on since 2013, but
● became full-time in March this year. He is a Physical
● Therapist and Athletic Trainer. What he loves most
● about his job are the people. "Our staff are top notch
● and the patients are the best." Dusty is also serves on
● the hospital's Board of Trustees. When he's not at
● work he enjoys being outside. Activities include golf,
● yard work, and going to the lake. If he could pick one
● super power, he'd choose 'healing hands' - the ability
● to heal people through touch. Dusty also loves
● sweets and would love to take his family on an
● African safari someday! Thank you, Dusty, for your
● dedication to HCHS and our patients.



the HARLAN HERO *of the month*

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

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*OUT OF THE
MOUNTAIN OF
DESPAIR, A STONE
OF HOPE.*

- MARTIN LUTHER KING JR. -

This month's Harlan Hero is, Donna Kindler! Thank you for your hard work and dedication to HCHS. *Congratulations!*
Other Nominees:

1. *Mindy DeJonge*



AVAILABLE POSITIONS

- RN
- PRN Dietary
- PRN Physician Assist. or Nurse Practitioner
- Lab Manager
- PRN MLT or MLS

Apply through Indeed, or fill out an employment application.

COVID Boosters Available!



Pfizer Bivalent boosters available for ages 12+
December 15th - By Appointment Only.

308.928.2103



www.harlancountyhealth.com

Covid boosters will be available for anyone interested on Thursday, Dec. 15 - By appointment only. We are only getting the Pfizer bivalent booster for those aged 12+. To schedule an appointment, contact the clinic. We plan to do this once a month until interest is no longer there.

UPCOMING COMMUNITY EVENTS :

- Santa's Coming to Town! - Dec. 10

UPCOMING SCHOOL EVENTS:



Alma Cardinals

- Dec. 8 - JV/V Bball vs. Blue Hill
- Dec. 9 - JV/V Bball vs. Wilcox
- Dec. 10 - One Act Play Performance
- Dec. 14 - Christmas Music Concert
- Dec. 15/16 - 2 PM Dismissal
- Dec. 19 - Jan. 2 - Christmas Break

HCHS REHAB

- Dusty has gift certificates if anyone wants one for his Golf Fitness Evaluations he does. They would make a perfect gift or stocking stuffer! They are valued at \$60, which is good for one session. You can purchase one from the Therapy reception desk.
- Next year, PT plans to take over the 4th of July race. We're busy working on making adjustments to that and hopefully it'll make it an even better experience for all!
- Marisa is continuing to provide geriatric wellness classes to those 65+ on Tuesdays and Thursdays. She has two different levels of classes she offers. \$5/class or \$36/month. For more information, talk with Marisa!

SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder, also known as S.A.D., is a seasonal disorder that typically occurs in the winter months. Unlike, regular depression, a person who suffers from S.A.D. only has the condition at certain times of the year, most often in late fall and winter.

A great way to help the older adults in your life is to recognize and understand the signs and symptoms of S.A.D.

A few typical warning signs include:

- Feeling depressed most of the day, nearly every day
- Having low energy
- Having problems with sleeping
- Losing interest in activities you once enjoyed

- Dec. 8 - JV/V Bball vs. Gothenburg
- Dec. 9 - No School
- Dec. 9 - JV/V Bball vs. Arapahoe
- Dec. 12 - Christmas Music Concert
- Dec. 20 - Friday Dismissal
- Dec. 21 - Jan. 3 - Christmas Break

SO. Valley Eagles





We officially had our first Jeuneau patients at the end of November and it went great! We're still offering an \$8/unit special thru the end of the year and we also have gift certificates available to purchase. To schedule an appointment or purchase a GC, contact the clinic.

Christmas Fun Facts!

1. Christmas decorating sends nearly 15,000 people to the ER.
2. In 2019, the USPS delivered an estimated 910 million packages between Thanksgiving and New Years Day.
3. Americans, on average, spend nearly \$1,000 on gifts during the holidays.
4. "Jingle Bells" was originally a Thanksgiving song.
5. Rudolph was originally a marketing ploy in 1939 and didn't appear in any movies until 1964.



What is your
favorite
holiday
tradition?

Send an email to Taylor about your favorite holiday tradition and you'll get entered into a drawing for the month of December!
Deadline is Dec. 16.





UPCOMING EVENTS!

DEC

12

11:00 AM - 1:00 PM

Donovan's Food Truck Onsite

Donovan's will be on-site for lunch. Employee pays for their own food.

DEC

16

5:00 PM

Employee 'After Hours' Social

Join the service excellence team for drinks and conversation at the Station after work! The perfect way to start the weekend and a great opportunity to get to know your coworkers in a relaxed setting.

DEC

21

Hosted by Kitchen
11:30 AM - 1:00 PM

Employee Christmas Dinner

Free Christmas meal for all employees.

DEC

22

Hosted by The Kitchen

Potluck & Ugly Christmas Sweaters

Sport your favorite ugly Christmas sweater and bring a snack or appetizer to share for an employee potluck.

OTHER:

- HOLIDAY 'BOTOX' SPECIAL - \$8/UNIT
- \$60 GOLF FITNESS EVALUATIONS: DUSTY FRASIER
- GERIATRIC WELLNESS CLASSES: MARISA GULIZIA
- DUELING PIANOS FUNDRAISER - MARCH 31, 2023

A clean hand is a caring hand.

Did you know proper hand hygiene is the #1 way to prevent the spread of germs?

Follow these simple steps for proper hand hygiene.



Soap and water

- 1 Turn on water
- 2 Wet hands
- 3 Apply soap to palm of one hand
- 4 Scrub for 20 seconds
- 5 Rinse
- 6 Dry with paper towel
- 7 Turn off water with a clean towel



Hand sanitizer

- 1 Apply to palm of one hand
- 2 Rub over both hands
- 3 Let dry