

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- National Law Enforcement Appreciation Day - Jan. 9
- National Pharmacist Day - Jan. 12
- National Bagel Day - Jan. 15
- Martin Luther King Jr. Day - Jan. 16
- National Soup Month
- National Blood Donor Month
- National Thyroid Awareness Month

HAPPY HCHS ANNIVERSARY!

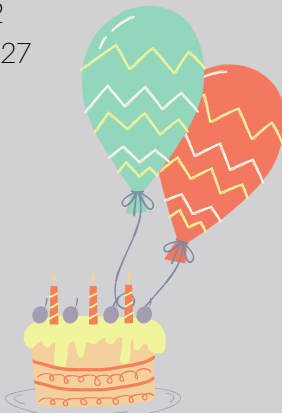
- Renae Pool - Jan. 4 - 15 years
- Connie Lans - Jan. 6 - 2 years
- Roxanne Lush - Jan. 14 - 3 years
- Taylor Molzahn - Jan. 21 - 4 years
- Dr. Long - Jan. 21 - 3 years
- Sammi Laux - Jan. 25 - 1 year

MONTHLY MEETINGS

- Foundation Meeting - Jan. 10
- Trustees Meeting - Jan. 16

HAPPY BIRTHDAY!

- Toby Thulin - Jan. 13
- Craig Farlee - Jan. 22
- Joanna Martin - Jan. 27



NEW SERVICE COMING SOON!

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NEW SERVICE COMING SOON!

PAIN MANAGEMENT

Pain management is a comprehensive approach to diagnosing, treating and controlling pain.



SCHEDULE TODAY!

 308.928.3001
 www.harlandcountyhealth.com



Pain management is a comprehensive approach to diagnosing, treating and controlling pain. It requires coordinating safe and effective options that can address the various aspects of pain: physical, emotional, social, and psychological.

If you are experiencing chronic pain, pain lasting for more than 6 weeks, you should be evaluated so you can find proper treatment and relief.

KAREN WRIGHT NAMED PERMANENT DNS



Karen Wright has officially accepted the position of permanent Director of Nursing Services! She has done a great job in her interim role and we're excited to see what she accomplishes in the future, as she continues to grow and learn in this new role. Congratulations, Karen!



MESSAGE FROM THE CEO

Greetings!

Happy New Year! It's crazy to think we're already beginning a new year, but I'm so excited for what 2023 has in store for us and all that I know we can accomplish. 2022 was a wild year, but I hope you all continue with the same momentum that we ended the year with. We have big goals so we need to ultimately use that as our driving force for this new year.

We're continuing to work on adding more services to help provide as much as we can locally for our community. Pain Management is set to begin in February! This will be a great service to offer and we can't wait for them to officially start. We're currently working through the onboarding process still, but patients can schedule now to be seen and self-referrals can be made. Other services we're looking into include Telepsychiatry, Chronic Care Management, Optometry, and an allergist.

Our visit with Dr. Harms went very well, but he still has some time before he has to make a decision. We hope that Alma becomes his forever home, but we wish him well wherever he ends up. With that being said, we're still working with our recruiter to help find us the best match. This process takes time and we want to make sure this person meets our high quality standards.

Lastly, I wish you all the best this new year. In your work and personal lives. I hope the year brings you happiness, peace, and prosperity! You have all the right tools so go out and make it a good one!

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. **We recently voted in new member, Sandy Guthrie and we're excited for her to begin this month!**

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.

EMPLOYEE SPOTLIGHT: *Marisa Gulizia*

This month's employee spotlight is, Marisa Gulizia! She has been the Physical Therapy Director since March of 2015 (7 years). What she loves most about her job is being creative with exercises and spending time with patients and her team. Marisa is also involved in the 4th of July Road Race, she hosts speed & agility camp for the local high school athletes, and other community involvement through her department. When she's not working, she enjoys spending time with her husband and 3 children, be outdoors, cooking, watching/playing sports, working out, and traveling to see family. If she could have one superpower, she'd choose the ability to get people to connect, and share love/peace to others, nature, and themselves. Something she can't resist is trying new food and if she could travel anywhere, she would take one long cruise/train ride to everywhere! Thank you for your dedication to HCHS, Marisa. We're lucky to have you!



THE HCHS FOUNDATION
PRESENTS

M I D W E S T

**Dueling
PIANOS**

MARCH 31, 2023
ALMA GOLF COURSE
FUNDRAISING EVENT

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.

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.

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

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



**LEADERSHIP IS NOT
ABOUT TITLES,
POSITIONS, OR WORK
HOURS. IT'S ABOUT
RELATIONSHIPS.**

- JIM KOUZES -

This month's Harlan Hero is, Danielle Landen! Thank you for your hard work and dedication to HCHS. Congratulations!



AVAILABLE POSITIONS

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

Apply through Indeed, or fill out an employment application.



NATIONAL PHARMACIST DAY

Jan. 12 is National Pharmacist Day! The day focuses on the importance of pharmacists, and it honors how much they impact our health and well-being. Thank you , Louis, for all you do for our hospital and have done for our community! We appreciate your knowledge and expertise.



HAVE A QUESTION FOR US? ASK AWAY!
Frequently Asked Questions

What is pain management?

Pain management is a comprehensive approach to diagnosing, treating and controlling pain. It requires coordinating safe and effective options that can address the various aspects of pain: physical, emotional, social, and psychological.

What is a pain management provider?

A pain management provider is a medical specialist that is able to diagnose and treat acute and chronic pain conditions using a comprehensive, balanced approach.

When should I see a pain management specialist?

If you are experiencing chronic pain, pain lasting for more than 6 weeks, you should be evaluated so you can find proper treatment and relief. In general, the earlier you can be evaluated, the greater the diagnostic accuracy and faster time to relief.

Do I have to be referred by a physician?

No. You can self-refer to HPM providers.

What does a treatment plan look like?

Chronic pain is a complex process. A combination of treatments will be used in order to achieve the best results. After completing a detailed history and a thorough physical exam, your pain management provider may order additional tests such as blood tests, X-rays, MRIs, CT scans, etc. A treatment plan will be tailored to the individual patient but may include medications, minimally-invasive procedures, and/or physical therapy.

HCHS REHAB

Patient Testimonials:

- "Thank you for your encouragement and enthusiasm."
- "I would recommend this place to anyone."
- "Happy with all the wonderful help they give."
- "Great facility. Knowledgeable staff. I appreciated the take home instructions to continue my goals at home." - Cynthia K.

Other Services:

- Golf Fitness Assessments are available for \$60/session with Dusty Frasier. Make the perfect gift as well!
- Geriatric Wellness Classes - T/TH
 - \$5/class or \$36/month

CELEBRATE MENTAL WELLNESS MONTH



National Health Service (NHS) suggests five mental wellness activities that may benefit your mental health:

1. Be kind.
2. Connect with other people.
3. Get moving.
4. Learn new skills.
5. Pay attention to the present moment (mindfulness).

UPCOMING SCHOOL EVENTS:



Alma Cardinals

- Jan. 5 - V BB vs. Franklin
- Jan. 6 - V Wrestling at SV
- Jan. 9 - Blood Drive
- Jan. 11 - 10 AM Start
- Jan. 13 - V BB vs. Hitchcock County



SO. Valley Eagles



- Jan. 6 - Wrestling Senior Night
- Jan. 13 - V BB at Holdrege
- Jan. 18 - 2 Hr Late Start
- Jan. 19 - V BB at Arapahoe
- Jan. 31 - V BB vs. McCook

NEW T NOW



STEP OVER BOTOX, IT'S TIME FOR JEUVEAU.

Jeuveau is a neurotoxin intended to be injected into areas of the face to help lessen the appearance of frown lines.

Connie Lans is the expert on all injections and would love to see you for a consultation! She'll do an evaluation of your face and consult with you what she recommends. We currently offer Jeuveau for \$10/unit and this is a cash pay service. Speak with the clinic about getting your consult/appointment scheduled today!



Law Enforcement Officers of every rank and file have chosen a profession that puts their life on the line every day for their communities.

They've answered a call to public service that is demanding and often unappreciated.

RECIPE OF THE MONTH: CREAMY TORTELLINI SOUP



- 1 lb ground sausage
- 2 cans of diced tomatoes
- 4 cups of chicken broth
- 1 block of cream cheese
- 1 package of tortellini (your choice of kind)
- 2 cups of fresh spinach (Optional). *Can substitute for spinach stuffed tortellini.*



GOLF FITNESS EVALUATION

Designed to help golfers improve their flexibility, power, and strength.



DUSTY
FRASIER, PT



Call to schedule a Golf
Fitness Evaluation
308.928.3002

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The golf fitness evaluation program can benefit many golfers of all skill levels who want to improve their game or patients recovering from other injuries who want to return to golf.

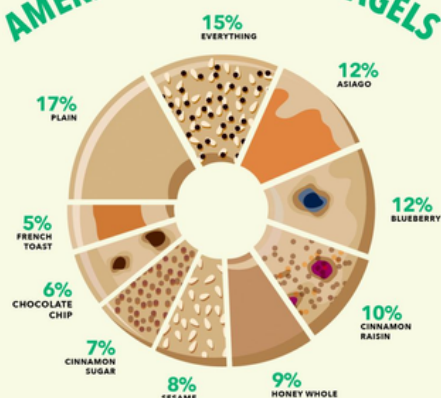


Pay Your Bill Hassle Free!

PAY NOW



AMERICA'S FAVORITE BAGELS



Bagels have a history that is richer than your favorite cream cheese spread! These rounds of dough can be found just about anywhere: breakfast joints, coffee shops, supermarkets, or even your kitchen pantry. In fact, 2018 saw more than 354 million bagels sold.