

# MONTHLY PULSE

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

## Upcoming Events

- July 4 - Independence Day
- July 13 - Cow Appreciation Day
- July 23 - National Vanilla ice Cream Day
- National Grilling Month
- UV Safety Awareness Month

## HAPPY HCHS ANNIVERSARY!

- Donna Kindler - 7/4 - 14 years
- Cheryl Saathoff - 7/5 - 6 years
- Ramona Coffey - 7/6 - 1 year
- Sarah Zikmund - 7/12 - 1 year
- Danielle Landen - 7/13 - 2 years
- Amy Bunch - 7/23 - 10 years
- Jason Calhoon - 7/27 - 10 years
- Toby Thulin - 7/30 - 25 years

## MONTHLY MEETINGS

- Foundation Meeting - 7/11
- Trustees Meeting - 7/18

## HAPPY BIRTHDAY!

- Kendra Humphrey - 7/2
- Kayla Maas - 7/2
- Jana Cochran - 7/8
- Kylee Noonan - 7/8
- Renae Pool - 7/10
- Season Kerns - 7/13
- Jessica Stemper - 7/19
- Brittany Reeg - 7/27
- Adrianna Frerichs - 7/27



## SALUTE TO OUR LOCAL FIREFIGHTER HEROES

Nearly 20 HCHS staff members participated in Alma's annual 4th of July parade! This year's theme was "Saluting Our Firefighters." We showcased our beautiful company vehicle and walked alongside with our banner and passed out candy & temporary fire safety tattoos to the children. Thank you to all who participated this year! It was a great turnout and your representation is very appreciated.



# HCHS FOUNDATION

Last month, the Foundation hosted a sand volleyball tournament in Oxford during their annual Turkey Days! Approximately \$600 was raised and we ended up with 7 teams that played. Thank you to all who participated or helped in any way. The next event is our 2nd annual golf tournament that will take place on August 13th. Golf tournament volunteers and food donation sign-up sheets are up by the cafeteria for anyone that is able to help out. Hope to see lots of you there in support!



## Upcoming Events:

- 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: Ramona Coffey

- This month's employee spotlight is Ramona Coffey! She is an RN and
- had been with us for 17 years prior to rejoining our team last July.
- What she loves most about her job are her co-workers and the
- patients she interacts with. When she's not working, she loves to go
- thrifting and garage sale shopping. If she could choose one
- superpower, she'd love the ability to fly and one thing she can't resist
- are puppies. If she was given the opportunity to travel anywhere, she'd
- love to visit the Czech Republic to see her exchange student. Thank
- you, Ramona, for your hard work and dedication to HCHS!
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# *the* HARLAN HERO *of the month*

Please remember to submit  
your Harlan Hero  
nominations each month!  
Nominations for next month  
will be collected on July 28th  
so please get yours  
submitted prior to that date,  
otherwise they'll be carried  
over for the following month.

“

IF YOU CONTINUE TO  
THINK THE WAY YOU'VE  
ALWAYS THOUGHT,  
YOU'LL CONTINUE TO  
GET WHAT YOU'VE  
ALWAYS GOT.  
- KEVIN TRUDEAU -

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

Other Nominees:  
*Kendra Humphrey*



## AVAILABLE POSITIONS

- RN
- PRN Dietary
- PRN Physician Assist. or  
Nurse Practitioner
- Patient Care Tech
- CEO
- MLS

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





## Cow Appreciation Day July 13

- There are over 1000 different breeds of cattle in the world.
- There are over 1.4 billion cattle in the world.
- They are colorblind to red and green colors.
- Cows get used for various things like dairy, meat, and even leather.
- They have panoramic vision, and they have 300 degrees vision and can see everything except what is directly behind.
- They have just one stomach, that's divided into four different compartments for digestion.
- They eat about 40 pounds of food a day.
- Cows can hear both higher and lower frequencies better than human beings.

## National vanilla ice cream day - July 23!

Vanilla is the #1 most popular ice cream flavor in most ice cream-loving countries, (namely, Germany, Italy, the United States, New Zealand, China, and Brazil).



## UPCOMING COMMUNITY EVENTS :

- July 23 - Alma Public Schools Glow Golf Tournament

## HCHS REHAB

Last month, the Rehab department hosted their annual speed and agility camp for local athletes. They had over 20 participants and everyone had a great time learning new skills! This month they are teaming up with APS again to host their 2nd annual glow golf tournament on July 23rd at the Alma Golf Course. Get your teams signed up by calling Jon Davis at the school.



The physical therapy department sponsored the recovery table after the annual 4th of July 5K run again this year! Volunteers were PTs, Marisa & Carli; and SPT, Joel.

## UPCOMING SCHOOL EVENTS:



### Alma Cardinals

- First Day of School - Aug. 11

- ACT Test Date: July 16
- First Day of School - Aug. 12

SO. Valley  
Eagles





# JULY IS UV Safety Month

Everyone loves the sunny, warm weather but overexposure to the sun and its harmful ultraviolet rays can be bad for you and your skin. The skin is the body's largest organ and it protects you against heat, sunlight, injury, and infection.

*This summer,  
protect your  
skin so it can  
protect you!*

## Did you know?

Protecting your skin from the sun today  
may help prevent:

- SKIN CANCER
- WRINKLES
- BLOTCHES OR SPOTS ON SKIN

## Ways to Stay Protected



### *Stay in the Shade Between 10a.m. & 4p.m.*

The sun's rays are the strongest from mid-morning to late afternoon. Try to stay out of the sun during these peak burning hours.

### *Use Sunscreen with SPF 15 or higher*

Generously apply broad-spectrum sunscreen to cover all exposed skin. The "broad spectrum" variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays. The FDA recommends using sunscreens that are not only broad spectrum, but that also have a sun protection factor (SPF) value of at least 15 for protection against sun-induced skin problems.

SPF  
15



### *Protect your Eyes*

UV rays can also penetrate the structures of your eyes and cause cell damage so wear a wide-brimmed hat or sunglasses with 99 or higher UV block to protect your vision.



### *Use Extra Caution Near Reflective Surfaces or at High Altitudes*

Water, snow, sand, even the windows of a building can reflect the damaging rays of the sun. That can increase your chance of sunburn, even if you're in what you consider a shady spot. Also, you can experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.



Summer is the time for the best outdoor cooking, so it is no surprise July is National Grilling Month!

*What's your favorite food to grill?*

## 15-Minute Shrimp Tacos w/ Slaw



- ☐ 1 lb raw shrimp peeled & deveined (I left tails on)
- ☐ 1 tbsp taco seasoning
- ☐ 1 tsp garlic powder
- ☐ 14 oz bag slaw or 3 cups shredded cabbage
- ☐ 1/2 small bunch cilantro finely chopped
- ☐ Avocado oil (for frying)
- ☐ Ground black pepper to taste
- ☐ 9 corn tortillas
- ☐ Easy guacamole (optional)

### SHRIMP TACO SAUCE:

- ☐ 1/2 cup plain yogurt 2%+ fat
- ☐ 1/4 cup mayo I use avocado oil mayo
- ☐ 1 lime juice of
- ☐ 1/2 tsp taco seasoning
- ☐ 1/4 tsp salt
- ☐ Pinch of cayenne
- ☐ Ground black pepper to taste

Stay safe and protect yourself from UV rays this summer!