

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- June 1 - National Say Something Nice Day
- June 3 - National Donut Day
- June 11 - National Corn on the Cob Day
- June 14 - Flag Day
- June 19 - Father's Day
- June 21 - First Day of 
- June 24 - Take your Dog to Work Day
- Community Health Improvement Week: June 5 - 11
- Men's Health Week: June 13 - 19
- National Safety Month
- National Dairy Month
- National Fresh Fruit & Veggies Month

HAPPY HCHS ANNIVERSARY!

- Haley Booe - 6/1 - 1 year
- Theresa Metzger - 6/1 - 14 years
- Mary Jo Christensen - 6/8 - 30 years
- Craig Farlee - 6/8 - 15 years
- Amanda Spady - 6/14 - 16 years
- April Einspahr - 6/20 - 5 years
- Mandi Lehmkuhler - 6/22 - 1 year

MONTHLY MEETINGS

- Foundation Meeting - 6/13
- Trustees Meeting - 6/20

HAPPY BIRTHDAY!

- Theresa Metzger - 6/12
- Christel Wilson - 6/15
- Amanda Spady - 6/19
- Julie Kresser - 6/28
- Jason Calhoon - 6/30



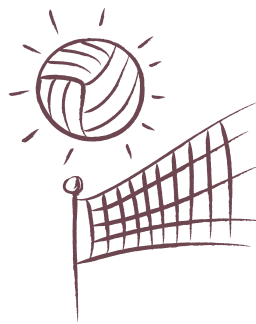
HCHS CELEBRATES HOSPITAL & NURSE'S WEEK!

For Nurse's Week & Hospital Week, the 2nd Week of May was full of fun, prizes, games, and yummy food! The staff celebrated with Donovan's Food Truck, enjoyed root beer floats and many other delicious treats, and competed for some awesome prizes! It was another successful event and we're already looking forward to next year's celebration. Below are some candid shots from throughout the week.



HCHS FOUNDATION

This month, the Foundation is hosting a sand volleyball tournament at Turkey Days in Oxford. Teams of a minimum of 6, with at least 2 females. \$15/player. Please see Taylor if you have a team to sign up! The 2nd annual golf tournament will take place on August 13th. Golf tournament volunteer and dessert donation sign-up sheets will be by the cafeteria soon. Hope to see lots of you there in support!



Sand Volleyball Tournament

- Teams of at least 6, including 2 female players
- \$15/player
- Winning team receives entry fee back.

Sign-up w/ Taylor

Upcoming Events:

- Sand Volleyball Tournament
@Turkey Days in Oxford - June 18th

- HCHS Foundation Scramble
August 13 - Alma Golf Course



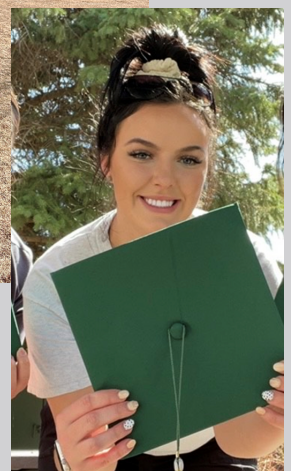
Lots of fun activities coming up for the Foundation! We hope to see as many of you as possible at these events.

● EMPLOYEE SPOTLIGHT: *Sierra Bruce*

- This month's employee spotlight is, Sierra Bruce! Sierra has
- been a part of our lab for 1.5 years now and just recently
- graduated with her MLT (Congratulations!!). What she loves
- most about her job is getting to talk and see the regular
- patients that come in.

- When not at work, Sierra enjoys going kayaking or studying
- for her MLS degree. If she could pick one superpower,
- she'd love the ability to fly so she wouldn't have to drive.
- Something she can't resist is a quiet evening, reading
- outside and if she could travel anywhere, she'd love to visit
- Europe. She also has a dog, Roxy, who is her whole world!

- Thank you for your dedication to HCHS! We enjoy having
- you on our team!



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

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

Other Nominees:

Sierra Bruce

Sam Dietz

Please remember to submit your Harlan Hero nominations each month! Nominations for next month will be collected on June 30th so please get yours submitted prior to that date, otherwise they'll be carried over for the following month.

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**IT ALWAYS
SEEMS
IMPOSSIBLE
UNTIL IT'S DONE.**

- NELSON MANDELA -



AVAILABLE POSITIONS

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

Apply through Indeed, or fill out an employment application.



THANK YOU to the great group of Alma FFA students and Ben Robison for planting flowers around the hospital and clinic again! They donate their time and flowers every year and it is much appreciated.



HCHS REHAB



During the month of May, the rehab department celebrated their 11th anniversary with HCHS! They invited the community to partake in their celebration as they had Donovan's Food Truck and other goodies to share. Despite the rain, it was a fun time!



Alma's 1st grade classes of Mrs. Olsen and Mrs. Christensen, colored Mental Health Awareness Month pages for the Senior Life Solutions team to raise awareness for Mental Health Month in May!



GET TO KNOW
**PHYSICAL
THERAPY
STUDENT**

Joel Schroeder

Joel, is a second year PT student from UNMC in Omaha, NE, that will be onsite with us for 8 weeks. He's originally from Paxton, NE and wishes to get back into rural practice after graduation. He felt physical therapy was the right fit for him because he has a passion for helping individuals of all ages. In his free time he enjoys golfing and hanging out with friends.

We're so excited to have Joel with us and hope our patients are as well. If you happen see him around the hospital or town this summer, please make him feel welcome!

UPCOMING COMMUNITY EVENTS :

- Oxford Turkey Days: June 17-19
- July 4 - Alma Road Race & City Fireworks

UPCOMING SCHOOL EVENTS:



Alma Cardinals

- Summer School: June 1-3, 6-10

- ACT Test Date: June 11

**SO. Valley
Eagles**





4th of July in ALMA

Presented by *Alma*
Chamber of Commerce



WWW.ALMANECHAMBER.COM

Sponsored by Flower Patch and Alma Chamber of Commerce

FUN RUN AND WALK - 7:45 A.M.
10K AND 5K ROAD RACE - 8:00 A.M.

Start and end at Alma High School Football Field
Questions? Terri - 308-928-2888

Art in the Park
10 A.M. - 3 P.M.

More info: 308-928-2992



Sponsored by
Alma Chamber of Commerce

**SOUTHERN VALLEY
CHEERLEADERS**
Face Painting
and Snow Cones
IN THE PARK

CITY WIDE
Garage Sales
ALL WEEKEND

Sidewalk Sales
FRIDAY JULY 1 • SATURDAY, JULY 2



PARADE

SALUTING OUR
Firefighters

10:30 a.m.

Prizes provided by
First State Bank of Alma
More info: 308-928-2992
(Please, no candy thrown from vehicles)



CONCESSIONS
during the parade at
Parrot Theatre

LUNCH IN THE PARK
TACO IN A BOWL
Zeta Alpha Sorority
HOMEMADE ICE CREAM
Peace Lutheran Church

Youth Group Fundraiser
FREEDOM BAPTIST
will be serving
Hot Dogs,
Hamburgers
and Chips
IN THE PARK



Gymnastic
Exhibition
Right after the
parade at
**QUANTUM
GYMNASTICS**

Fireworks at 10 P.M.

Come see the largest fireworks display
in the area over the water of

BEAUTIFUL HARLAN COUNTY RESERVOIR!

Sponsored by *The City of Alma &*
Alma Chamber of Commerce

Be sure to also visit

THE ALMA GOLF COURSE, THE VETERAN'S MEMORIAL + THE POOL!

NATIONAL TAKE YOUR DOG TO WORK DAY - JUNE 24TH



*Send Taylor a picture of
your dog(s) and we'll
post them on Facebook
on June 24th!*



**National Corn on
the Cob Day - June 11**

Corn Facts!

1. Corn is called maize by most countries, this comes from the Spanish word 'maiz'.
2. A bushel is a unit of measure for volumes of dry commodities such as shelled corn kernels. 1 Bushel of corn is equal to 8 gallons.
3. Corn will always have an even number of rows on each cob.
4. There are over 3,500 different uses for corn products.
5. An ear or cob of corn is actually part of the flower and an individual kernel is a seed.

"Your health is an
investment, not an
expense."



WOMEN'S HEALTH DAYS

The health screenings and
exams you need all in one
convenient location.

SCHEDULE TODAY!



Conveniently have all of your annual health
screenings and exams performed in one day!
*Schedule today with Dr. Amie Jorgensen or
contact your local family healthcare provider.*

NATIONAL DAIRY MONTH

India is the world's largest milk producer, making
up 22 percent of global production in milk of all
types. The US, China, Pakistan and Brazil follow
India in global milk production. India, the world's
largest milk producer, increased its production by
4.2 percent in 2019 to 192 million tons according
to the OECD-FAO report.

The ten largest milk consumers in the world are:

- Finland - 430.76 kg/capita
- Montenegro - 349.21 kg/capita
- Netherlands - 341.47 kg/capita
- Sweden - 341.23 kg/capita
- Switzerland - 318.69 kg/capita
- Albania - 303.72 kg/capita
- Lithuania - 295.46 kg/capita
- Ireland - 291.86 kg/capita
- Kazakhstan - 288.12 kg/capita
- Estonia - 284.65 kg/capita



got milk?®

Speed and Agility Camp 2022 in Alma

TEST DATE: May 16th at 3:45pm

CAMP DATE: June 13th-17th

7am-9am for 7th—12th graders

WHERE: Alma High School Gym

Cost for 7th-12th grade: \$75.00

If you are going into **5th or 6th grade** and are interested in attending camp, PLEASE CONTACT MARISA GULIZIA.

Camp will include functional sport testing, proper weight training technique, plyometrics, agility drills, footwork drills and core stability activities. Cardinal coaching staff, physical therapy staff and a certified strength and conditioning coach will be leading this camp.

OPEN TO ALL ATHLETES FROM ANY SCHOOL



For more information contact

Isaac Frecks: isaac.frecks@almacardinals.org
or

Marisa Gulizia at mgulizia@inspirerehab.com

308.928.3002



TURKEY DAYS

JUNE 17-19, 2022

One clue per day. Clues will be posted down town.
Prize: \$100 in Chamber Bucks. All hunting on public property. **NO** trespassing on private property - **NO** EXCEPTIONS. Contact: Mike Quinn at 308-991-7652 when medallion is found.

FRIDAY, JUNE 17TH

11:30 AM- Tasting Tea Salad Luncheon: "Lettuce Taco 'bout a Fiesta"
\$10/person - Includes recipe book.
Location: St. John's Lutheran Church.
Contact: Lisa Watson @ 308-991-0116.

1:00-3:00 PM - Sidewalk Chalk Art Contest at Village Mercantile
Contact: Angie Mitchell @ 308-991-8798.

4:00-7:00 PM - Museum of Oxford Open. Located at 602 Central St.

5:00-7:00 PM - Hamburger Feed at Golden Generation Center
Sponsored by Pinpoint Communications.
Contact: Heather Linden @ 402-831-0954.

6:30-10:30 PM - Main Street Downtown - Rock It Event Pros.
Featuring: 250' Zip Line, Spider Mountain (bungee trampolines, climbing web, slide), Train, Obstacle Course, large Bounce Castle, large Inflatable Slide and Cash Cube. **Arm Bands:** \$10/person for all rides/activities. Available at Ampride or on the midway.

7:00-10:00 PM - National Wild Turkey Federation BB Gun Shooting Trailer
Main Street downtown. Sponsored by Oxford Jr. Shooters.

7:00 PM - Parade
Sponsored by Oxford Chamber of Commerce.
Theme: "Let's Rock It, Oxford".
Registration begins 6:00PM at Harlan County Health Clinic - 811 Howell St.
Contact: Michelle Haag @ 308-991-6850.

AFTER PARADE

Running of the Ballz at Mitchell Park entrance
Sponsored by Oxford Jr. Shooters. Balls available for purchase at Village Mercantile or from any Jr. Shooters member. Prizes awarded.
Contact: Tina Hutchens at 308-350-0715.

Ice Cream Social - Main Street downtown
Sponsored by First Baptist Church.
Contact: Bryan Jenkins at 308-708-1180.

Wing Eating Competition at Twirly Bird Café
Contact Eric Jackson at 308-991-1734.

KRVN CASH CAR - Available downtown until 9:00pm.

Longbranch Sports Bar: Karaoke

SATURDAY, JUNE 18TH

8:00 AM - Steve Billeter Memorial FFA Fun Run
Registration 8am-8:45am at Oxford Tennis Courts. Run begins at 9:00am.
Entry fee: Before June 9th - \$20 includes T-shirt. After June 9th - \$20 T-shirt not included. Contact: Laura McInturf @ 308-991-5201.
Sponsored by Southern Valley FFA Alumni Assoc.

9:00 AM - Fishing Fun Day at Mitchell Park Pond
Sponsored by Oxford Fire Dept. Bring your own poles and tackle.
Grand Prize: Red & Reel. Contact: Bill Grossnicklaus at 308-962-4266.

9:00 AM - Craft Show at Hilltop Event Center
20+ vendors. Contact: Heather Linden at 402-831-0954.

10:00 AM - Kids Games at George Mitchell Park
Coin Scramble sponsored by: South Central State Bank.

10:30 AM - Sand Volleyball Tourney at George Mitchell Park.
Sponsored by Harlan County Health Systems Foundation.
\$15/person entry fee - 6 person per team minimum. Must have 2 ladies per team. Shoes required. Unlimited teams. Registration begins at 9:30 AM.
Contact: Taylor Molzahn at 402-300-0372.

1:00-4:00 PM - Museum of Oxford Open. Located at 602 Central St.

1:00 PM - Swimming Games at Oxford Pool
Age groups. Contact Lacy Rice at 308-920-2334.

1:00-6:00 PM - Free Swimming at Oxford Pool

1:00 PM - Father-Son/Daughter Golf Scramble at Cardinal Country Club
\$100 entry fee/team. Supper included. 18 holes. Limited carts available.
Contact: Cody Quinn at 308-991-0281.

5:00 PM - Cornhole Tournament at George Mitchell Park
\$50/team - 2 person teams. Limited teams.
Sponsored by Golden Generation Center.
Contact: Heather Linden at 402-831-0954.

5:30 PM - Turkey Days BBQ Blowout at George Mitchell Park
Sponsored by Oxford Turkey Days, Inc. Register by Thursday, June 16th. \$100 entry fee. Contest begins Friday, June 17th. Meat pickup from 5-7pm. Rules meeting Saturday, June 18th at 9am. Judging Saturday, June 18th @ 4pm.
To enter, call: Clint McQuiston at 308-655-8275 or Mike Quinn at 308-991-7652. Serving to the public begins at 5:30 PM. \$5.00 per plate.

Turkey Days Medallion Hunt Winner
Winner of medallion announced
Prize: \$100 in Chamber bucks.

Longbranch Sports Bar: Live Music by Ryan & TJ
9 PM to close. Cover charge. No minors.

SUNDAY, JUNE 19TH

8:30AM - Community Wide Church Service at George Mitchell Park
Refreshments to follow. Sponsored by Oxford Ministerial Association.

1:00AM-4:00PM - Museum of Oxford Open. Located at 602 Central St.

1:00PM - Oxford Outdoor Club Open Shoot at Oxford Gun Club
Added prizes. 1mi west & 1/2 mi south on Hwy 136.
Contact: Val Percival at 308-991-0399.

