

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- May Day - 5/1
- Mother's Day - 5/8
- National Apple Pie Day - 5/13
- National Hamburger Day - 5/28
- Memorial Day - 5/30
- National Small Business Week - 5/1-5/7
- Nurses Week - 5/6-5/12
- Hospital Week - 5/8-5/14
- National EMS Week - 5/15-5/21
- National Speech Therapy Month
- National Stroke Awareness Month
- National Mental Health Awareness Month
- National Water Safety Month
- National Women's Health Month

HAPPY HCHS ANNIVERSARY!

- Amy Hanchett - 5/7 - 2 years
- Kendra Humphrey - 5/10 - 1 year
- Sam Dietz - 5/31 - 16 years

MONTHLY MEETINGS

- Foundation Meeting - 5/9
- Trustees Meeting - 5/16

HAPPY BIRTHDAY!

- Mary Jo Christensen - 5/2
- Vickie Runyon - 5/2
- Leanne Bewley - 5/11
- April Einspahr - 5/14
- Tonda Ross - 5/18
- Jane Robison - 5/20



HOSPITAL PASSES SURVEY WITH ZERO DEFICIENCIES

The hospital surveyors were onsite last month (last survey took place in 2018) analyzing our entire facility and we are proud to say we have successfully passed with ZERO DEFICIENCIES!! The surveyors stated, "HCHS is a safe, clean, & modern facility. Your team should be proud of themselves because their hard work clearly shows."

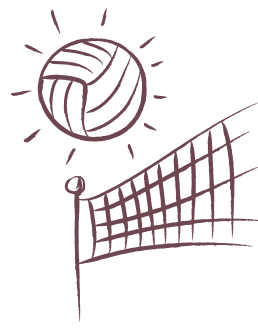
HCHS YEARS OF SERVICE PRESENTATION



After two years, the HCHS employee appreciation dinner and years of service presentation took place on Friday, April 29 at the Alma Golf Course! It was a wonderful turnout and congratulations to all who received a years of service award. The Station catered the meal and Brian Wolfe was in charge of entertainment. We look forward to next year's celebration!

HCHS FOUNDATION

Last month the Foundation hosted another trivia night at the golf course. It was a fun time and we hope to do it again in the future. We are also looking at hosting a sand volleyball tournament in June at Turkey Days in Oxford and then our 2nd annual golf tournament will take place on August 13th. 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: Brooke Langley

● This month's employee spotlight is, Brooke Langley! She is the Dietary Manager and has been with HCHS for almost 10 years. What she loves most about her job are the people! When she's not at work, she enjoys spending time with family, photography, and hanging outside. If she could have a superpower, she'd love the ability to jump across buildings in a single bound. She can't resist a good cup of coffee and if she could travel anywhere, she'd love to take her grandma to Alaska.

● We're so glad you're a part of our team, Brooke. We appreciate all of your hard work and dedication to our staff & 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 May 27th
so please get yours
submitted prior to that date,
otherwise they'll be carried
over for the following month.*

“
**YOUR SETBACK
IS JUST A SETUP
FOR YOUR
COMEBACK.**

- STEVE HARVEY -

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

HOSPITAL WEEK FESTIVITIES!

- May 9: Donovan's Food Truck - 11:30 AM - 1 PM (Employee Expense) + Complimentary root beer floats
- May 11: Complimentary Staff Breakfast
- May 12: Ice Cream Sundaes @ 1:30 PM

Prizes will be given out throughout the week!



AVAILABLE POSITIONS

- RN
- PRN Dietary
- PRN Physician Assist. or Nurse Practitioner

Apply through Indeed, or fill out an employment application.

MAY IS MENTAL HEALTH AWARENESS MONTH



Mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health. #Together4MH

**HEALTHY WOMEN =
HEALTHY COMMUNITIES**

May is National Women's Health Month. It's a great reminder for all women (and those who love them!) to make their health and well-being a top priority. With women typically being the sole decision maker on their family's healthcare needs, their health is at the heart of the health of the community.

Women's "Health Days" are set to begin at HCHS soon! Stay tuned for more info.

UPCOMING COMMUNITY EVENTS:

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

UPCOMING SCHOOL EVENTS:



Alma Cardinals

- 5/5: HS Golf @ SO Valley
- 5/5: Noon Dismissal
- 5/5: Dale Harsin Track Meet
- 5/7: Graduation
- 5/10: Booster Club Athletic Banquet
- 5/13: Elementary Track Meet
- 5/19: Last Day of School - 2 PM Dismissal

HCHS REHAB

May is Better Hearing & Speech Month



Better Speech and Hearing Month is observed in May each year to increase awareness about communication disorders and hearing health. Founded by the American Speech-Language-Hearing Association (ASHA), this day also provides an opportunity to honor the roles of ASHA members in providing treatment to those affected by speech and hearing disorders.



**TOSHA WINHEIM,
MS, CCC-SLP**

"Communication is the essence of human life."

- Janice Light

Tosha is the Speech Language Pathologist here at HCHS. Since receiving her Master's in SLP in 2009, she has worked in rural communities serving adult/geriatrics in long-term care, outpatient, and hospital settings. She is a member of the American Speech and Hearing Association (ASHA) and serves as a clinical instructor for SLP students from a variety of Master's programs!

- 5/2: Honors Banquet
- 5/4: Elementary Field Day
- 5/5: HS Track @Alma
- 5/7: Graduation
- 5/9: No Scholl
- 5/17: Last Day of School

**SO. Valley
Eagles**



NATIONAL Water Safety MONTH

May is National Water Safety Month and the American Red Cross wants to ensure that every member of your family becomes water competent. This means being water smart, having swimming skills and knowing how to help others.

F Facial drooping
A Arm weakness
S Speech difficulties
T Time to call emergency services

May is Stroke Awareness Month



We Are
H Health Care

NATIONAL HOSPITAL WEEK | MAY 8 - 14

EMS WEEK

Rising to the Challenge
May 15-21, 2022

MEMORIAL DAY FACTS

*And they who for their country die
shall fill an honored grave, for glory
lights the soldier's tomb, and beauty
weeps the brave. ~Joseph Drake*



Did you know that..
"National Moment of Remembrance" takes place at 3:00pm, local time

Did you know that..
The red flower used during Memorial Day is nicknamed the "Buddy Poppy"



New York was the 1st state to officially recognize Memorial Day.

On May 5, 1868, General John A. Logan issued General Orders No. 11, which set aside May 30, 1868 "for the purpose of strewn with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion."



PORK SHOTS RECIPE



Ingredients:

- 1 Coil of Sausage – use your favourite
- 1 Pack of Thick cut bacon sliced in halves
- Postal Barbecue Original Rub
- BBQ Sauce
- Toothpicks

Cream Cheese Filling (makes about 14):

- 1 Block of Cream Cheese
- $\frac{3}{4}$ cup Shredded Cheese
- 1 Diced Jalapeno Pepper (add more to increase spice level)
- 1 tbsp Postal Barbecue Original Rub (or to taste)

<https://postalbarbecue.com/recipe/smoked-pig-shots-recipe/>

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

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