

# MONTHLY PULSE

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

## Upcoming Events

- Nov. 3 - National Men Make Dinner Day
- Nov. 5 - National Donut Day
- Nov. 11 - Veteran's Day
- Nov. 17 - National Rural Health Day
- Nov. 24 - Thanksgiving
- Nov. 26 - Shop Small Saturday
- Nov. 6-12: Rad Tech Week
- Nov. 13-19: Healthcare Strategy & Market Development Week
- Lung Cancer Awareness Month
- Diabetes Month

## HAPPY HCHS ANNIVERSARY!

- Brooke Langley - Nov. 1 - 10 years
- Kylee Noonan - Nov. 1 - 10 years
- Christel Wilson - Nov. 4 - 9 years
- Carla Mapes - Nov. 6 - 5 years
- Karen Wright - Nov. 8 - 22 years
- Paige Pauley - Nov. 12 - 1 year
- Charity Kindler - Nov. 19 - 8 years
- Jane Robison - Nov. 20 - 14 years
- Devon Redinger - Nov. 30 - 2 years

## MONTHLY MEETINGS

- Foundation Meeting - Nov. 15
- Trustees Meeting - Nov. 21

## HAPPY BIRTHDAY!

- Brooke Langley - Nov. 3
- Doris Brandon - Nov. 5
- Amy Bunch - Nov. 6
- Gina Pritchard - Nov. 9
- Connie Lans - Nov. 16
- Devon Redinger - Nov. 17
- Dr. Finkner - Nov. 20
- Diane Fegter - Nov. 25
- Kelci Winder - Nov. 30



## NHA ANNUAL FALL CONFERENCE



Leaders of HCHS attended the NHA Fall Conference in Lavista last month. During that time, a couple of them received some wonderful awards. The first night of the conference, CEO, Stacy Neubauer, received her Leadership Institute award for her completion of the NHA Leadership Program.

The NHA Leadership Institute is an initiative that is made up of a comprehensive curriculum that combines core leadership competency working sessions and multiple layers of applied practice in health care. Each year, approximately 40 health care professionals from across Nebraska come together for a 10-month program designed to instruct, inspire and invigorate. Participants in the NHA Leadership Institute improve their leadership skills and enhance their effectiveness in the health care field while preserving the care and compassion critical to quality health care delivery. Participants also establish peer-to-peer connections and lifelong bonds with classmates and faculty.



On the final day of the conference, Vickie Runyon, attended the Caring Kind Luncheon, where she received the 2022 Caring Kind Award. The Nebraska Hospital Association's member hospitals from across the state select one award recipient from within their respective institutions to be recognized at The Caring Kind Awards Luncheon, the grand finale of the NHA Annual Convention. Recipients of this prestigious award have gone above and beyond the call of duty to demonstrate compassion for patients, cooperation with co-workers and dedication to excellence in their job responsibilities.

## HCHS HOSTS PUBLIC TOWN HALL MEETING

A public town hall meeting was held by the leadership team on Monday, November 7 at the hospital. Members of the community were invited to listen various department updates, learn about new & current services, and listen to our goals/vision for the future of HCHS. It was a great time and we look forward to the next one!





# MESSAGE FROM THE CEO

## *Greetings!*

We've officially reached the holiday season, which is CRAZY! This year has seemed to fly by, but so many great things have happened this year so we're thankful for that. We have lots of fun activities planned yet before the end of the year so be sure to take part in those.

Many new services are beginning to launch or are in the next steps. These are services we've been working on for month's and it's amazing to finally see them brought to life! We successfully hosted our first Urology clinic last month and we saw 14 patients during Dr. Santa Cruz's first visit. That's awesome! There are several more services we're hoping to add on in 2023 so stay tuned for more updates regarding that.

We have a few physician candidates that we're looking into and they seem very promising. This would be huge for our community and we hope something great comes out of this. I will update you more if we decide to make a decision regarding any of them.

Last month, the admin council team and I met for a 2-day retreat where we worked on some team building, analyzed our strengths, and created goals for 2023. A lot of good came out of those couple days and I'm super excited for this next year and what's to come after that.

We have so many wonderful things happening and I'm confident in our future. We have a strong, capable team here at HCHS and I'm proud of the work you do each and every day. In order for us to be successful, we need everyone on board and doing their part. Keep up the great work!

Lastly, if you ever need anything or just want to pop in and say hi, my door is always open!

**Sincerely,**

*Stacy Neubauer, RN, MHA*

Chief Executive Officer


# HCHS FOUNDATION

The Foundation will be meeting again this month to officially start 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.

## 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.*

 Harlan County Health System




## Healthcare Strategy & Market Development Week

November 13-19

The first ever healthcare marketing week is here! This week we recognize the role in which health care marketing, digital engagement, communications...

[Read More →](#)[Save](#)



## EMPLOYEE SPOTLIGHT: *Mandi Lehmkuhler*

This month's employee spotlight is, Mandi Lehmkuhler! Mandi has been with us for a little over a year now as a Medical Lab Technician. She loves being able to assist the clinician in diagnosis of patients, so that the best possible care can be given. When she's not at work you can find her remodeling/updating/DIY home projects. She's also a licensed financial coach so spends a lot of time with people adapting financial strategies! If she could have one superpower, she'd choose the power of invisibility. Two things can't resist are puppies and chocolate! If she could travel anywhere, she'd love to visit each continent. Lastly, she recently celebrated her 20 year anniversary with her husband, John. Her 4 children keep her busy and her 4 year old granddaughter is the BEST. Thank you for your hard work and dedication to HCHS, Mandi! Happy to have you on our team!





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

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

“

**YOU DEFINE YOUR  
OWN LIFE. DON'T LET  
OTHER PEOPLE WRITE  
YOUR SCRIPT.**

**- OPRAH WINFREY -**

This month's Harlan Heroes are, Jason & Craig! Thank you for your hard work and dedication to HCHS.

*Congratulations!*

*Other Nominees:*

*1. Donna Kindler*



## **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.*





Thank You - Brittany, Amy, Tonda, Craig, & Jason! We appreciate the care you provide to your patients and your dedication to HCHS.

# HCHS REHAB



During the month of October, PT competed against other area Therapy Departments to see who could collect the most dry goods for their local food pantry. Our community showed up and donated SO much that was all recently taken to the Caring Cupboard! They were blown away with their generosity.

**Dr. Santa Cruz**

**10 Reasons to SEE A UROLOGIST**

1. Kidney stones
2. Enlarged prostate
3. Overactive bladder
4. Vasectomy
5. Laparoscopic Surgery
6. Prostate Cancer
7. Kidney Cancer
8. Bladder Cancer
9. Erectile Dysfunction
10. Urinary Incontinence

**308.928.3001**

Not sure if you should see a Urologist or not? Here's top 10 reasons why you should! Dr. Santa Cruz comes on the 3rd Friday of the month, which means he'll be here next week on Nov. 18. Let your loved ones know they can schedule by calling 308.928.3001

They also offered free foot screenings throughout the month and over 35 individuals took advantage of this service. It was great to learn about the different types of shoes and which ones would work best according to the form of your foot. This group is very knowledgeable and we're lucky to have them!

## UPCOMING COMMUNITY EVENTS :

- Fall Preview/Shop Small Sat. - Nov. 26
- Harlan County Christmas House Tour - Dec. 4
- Santa's Coming to Town! - Dec. 10

## UPCOMING SCHOOL EVENTS:



### Alma Cardinals

- Nov. 11 - Veteran's Day Program
- Nov. 14 - Winter Sports Practices Begin
- Nov. 15 - 1 PM Dismissal
- Nov. 16 - 10 AM Late Start
- Nov. 23-25: Thanksgiving Break



- Nov. 9 - 2 Hr. Late Start
- Nov. 10 - Fall Fine Arts Festival
- Nov. 11 - Veteran's Day Program
- Nov. 14 - Winter Practices Begin
- Nov. 23 - Early Dismissal
- Nov. 24-25: Thanksgiving Break

### SO. Valley Eagles







# Tenueau & Juice!

WITH CONNIE LANS, PA

NOVEMBER 29  
HFM CLINIC - ALMA  
5 PM - 6 PM

SAME DAY CONSULTS/INJECTIONS  
HOLIDAY KICK-OFF SPECIAL - \$8/UNIT  
GIFT CERTIFICATES AVAILABLE



## GOLF FITNESS EVALUATION

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



”

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.

DUSTY FRASIER, PT

Call to schedule a Golf Fitness Evaluation  
308.928.3002



## Pay Your Bill Hassle Free!

PAY NOW



## Thanksgiving Fun Facts!

1. TV dinners were created from leftovers from Thanksgiving.
2. Americans eat 46 million turkeys each year on Thanksgiving
3. The first Thanksgiving feast was eaten with only spoons and knives. Pilgrims didn't know what forks were at the time.
4. The average turkey weighs 15 pounds.
5. Every year, the U.S. Presidents spares a turkey from being eaten at Thanksgiving dinner. President Truman pardoned the first turkey back in 1947.



What are  
you  
Thankful  
for?

Send an email to Taylor about what you're thankful for and you'll get entered into a drawing for the month of November!  
Deadline is Nov. 17.





# THE HISTORY OF VETERANS DAY



★ HONORING ALL WHO SERVED



www.history.navy.mil

## ORIGINS

1918

11th Hour - 11th Day - 11th Month

On November 11, 1918, fighting ceases during World War I when an armistice goes into effect on the eleventh hour of the eleventh day of the eleventh month. This day is celebrated worldwide and comes to be known as the end of "the war to end all wars."

Armistice Day

1919

President Woodrow Wilson proclaims November 11, 1919 as the first commemoration of Armistice Day.

"...the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory..."

- President Woodrow Wilson, 1919

1938

Armistice Day: A Federal Holiday

On May 13, 1938, Congress passes legislation making Armistice Day, November 11, a legal Federal holiday.

1954

Armistice Day Becomes Veterans Day

Veterans of World War II and the Korean War, in addition to veterans of World War I, are now being honored on Armistice Day. So, on June 1, 1954 President Dwight D. Eisenhower signs legislation changing the name of Armistice Day to Veterans Day.

1968

The Uniform Holiday Bill

On June 28, 1968, the Uniform Holiday Bill is signed, moving the observance of Veterans Day from November 11 to the fourth Monday in October, effective in 1971. However, many states did not agree with this transition and continued to celebrate Veterans Day on November 11 because of its historic significance to Armistice Day.

Celebrates Veterans Day Fourth Monday in October

Celebrates Veterans Day November 11

1971



1972



1974



1975



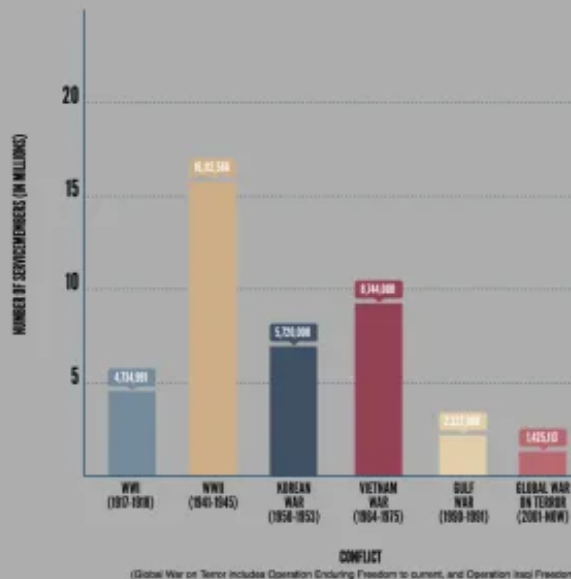
The 'Return' of Veterans Day

In 1978, the annual observance of Veterans Day returns to November 11 after President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479) on September 20, 1975.

1978



## TOTAL U.S. SERVICE MEMBERS BY WAR (WORLDWIDE)\*



RED POPPY

## THE FLOWER OF REMEMBRANCE

The red poppy became a symbol of remembrance among the allied countries after Col. John McCrae, a surgeon with Canada's First Brigade Artillery, wrote a poem expressing his grief over the rows and rows of poppies among the graves of soldiers who had died on Flanders' battlefields during World War I. Today, veterans organizations around the U.S. distribute poppies as a tribute to those who gave their lives in service of our country.

## VETERAN STATISTICS



22 MILLION+

Number of veterans who have served in the U.S. Armed Forces.



2.1 MILLION

Approximate number of veterans in California, the most of any U.S. state.



2.2 MILLION+

Number of World War II veterans who went to college on the G.I. Bill.

1 MILLION+

Number of veterans who are currently receiving education benefits from the U.S. Department of Veterans Affairs.



1,000+

Number of hospitals and medical centers the U.S. Department of Veterans Affairs operates worldwide.



144

Number of veterans and military service organizations in the U.S.



1930

Year the U.S. Department of Veterans Affairs was created.

\* Total Servicemembers By War (Worldwide) graph figures as of May 2015. Sources: U.S. Department of Veterans Affairs; Department of Defense; Defense Manpower Data Center; U.S. World War I Centennial Commission; U.S. Army Center of Military History. Photo Sources: Official U.S. Navy file photo, www.navy.mil; Infographic by Annalisa Underwood, Naval History and Heritage Command Communication and Outreach Division.



# LUNG CANCER SCREENING DETECTION TOOL

MAKES  
GAINS AS

While lung cancer remains the leading cause of cancer death, low-dose CT lung cancer screening is an important tool for early detection among high-risk patients. Screening rates remain low, but data shows progress for patients who do participate.

## LEADING CAUSE OF CANCER DEATH

1 Ranking of lung cancer among cancer death\*

154,000

Approximate deaths related to lung cancer each year\*

200,000

Approximate number of men and women diagnosed with lung cancer each year\*

## LUNG CANCER SCREENING ADHERENCE

2021

U.S. Preventive Services Task Force (USPSTF) issued updated guidelines for lung cancer screening



1 in 8

Eligible patients reported receiving recommended screening\*\*

50-80



Age range recommended for lung cancer screening for those at high risk under USPSTF guidelines

## THE PROMISE OF SCREENING

20%

Reduction in risk of dying from lung cancer among high-risk patients who underwent lung cancer screening in the National Lung Cancer Screening Trial.



A SNAPSHOT

# DIABETES IN THE UNITED STATES



## DIABETES

29.1  
MILLION

29.1 million  
people have  
diabetes



That's about 1 out of every 11 people

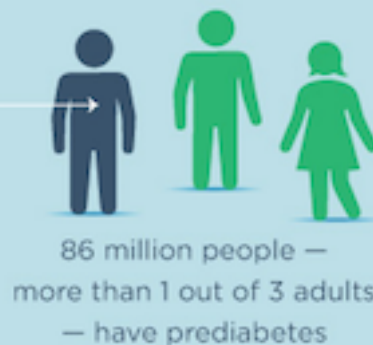


1 OUT  
OF 4

do not know they  
have diabetes

## PREDIABETES

86  
MILLION



9 OUT  
OF 10

do not know they  
have prediabetes

## JESSICA STEMPER IS SET TO BEGIN PROVIDING DIABETIC EDUCATION

It's diabetes awareness month! Which is why we're super excited to share that Jess Stemper will soon be offering diabetic education to patients that are in need. We felt like this was a service that was definitely needed in our community and you don't have to be diabetic to take advantage of these services. If you struggle figuring out what types of food are best for your health, Jess would love to help you out! The plan is to do some 'Grocery Shopping 101' education videos to help with this as well. She is currently taking some online education and will soon start seeing patients. Stay tuned for more education materials!



# UPCOMING EVENTS!

NOV

21

## Sign Up Opens for Secret Santa

Join the fun of gift giving this year! \$25 spending limit.

NOV

22

Hosted by The Kitchen

11:30 AM - 1:00 PM

## Employee Thanksgiving Dinner

Free Thanksgiving meal for all employees.

NOV

29

Hosted by Clinic & Connie

5:00 PM - 6:00 PM

## Jeuveau & Juice

Come learn about our new 'botox' product that Connie Lans is certified to inject. Get a free consult and receive on the spot injections to help fix any fine lines you wish to correct on your face. \$8/unit (Holiday special!). Gift Certificates available.

DEC

1

Hosted by Vickie

## Secret Santa Begins!

First gift will be delivered by your secret Santa!

DEC

12

Hosted by Service Excellence

11:00 AM - 1:00 PM

## Donovan's Food Truck Onsite

Donovan's onsite for lunch! Employee's on their own.

FLIP!



DEC

15

Hosted by Taylor

### HCHS Giving Tree Items Due

If you were assigned kids to purchase items for, please have everything turned in by this date so they can be delivered before Christmas break.

DEC

16

Hosted by Service Excellence  
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 The Kitchen  
11:30 AM - 1:00 PM

### Employee Christmas Dinner

Free Christmas meal for all employees.

DEC

22

Hosted by Service Excellence  
ALL DAY

### Ugly Xmas Sweaters & Potluck!

Sport your favorite ugly holiday sweater and bring a snack to share for a fun employee potluck day!

#### OTHER:

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