

# MONTHLY PULSE

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

## Upcoming Events

- Oct. 3 - National Child Health Day
- Oct. 4 - National Taco Day
- Oct. 10 - Columbus Day
- Oct. 12 - National Farmer's Day
- Oct. 17 - Boss's Day
- Oct. 31 - Halloween
- Oct. 2-8: Healthcare Foodservice Workers Week
- Oct. 6-12: Physician Assistants Week
- Oct. 16-22: Healthcare Quality Week
- Oct. 16-22: Pharmacy Week
- Breast Cancer Awareness Month
- Physical Therapy Month

## HAPPY HCHS ANNIVERSARY!

- Julie Kresser - Oct. 2 - 31 years
- Joanna Martin - Oct. 2 - 3 years
- Candi Randall - Oct. 5 - 7 years
- Jennifer Taylor - Oct. 10 - 11 years
- Gina Pritchard - Oct. 26 - 2 years

## MONTHLY MEETINGS

- Foundation Meeting - 10/11
- Trustees Meeting - 10/24

## HAPPY BIRTHDAY!

- Charity Kindler - Oct. 3
- Dr. Long - Oct. 5
- Candi Randall - Oct. 8
- Brenda Losey - Oct. 9
- Tamara Haussermann - Oct. 14
- Lorelle Foster - Oct. 18
- Amy Hanchett - Oct. 18
- Shannon Lynch - Oct. 21
- Sammi Laux - Oct. 23



*Congratulations!*

2022

**CARING KIND AWARD  
RECIPIENT**



**VICKIE RUNYON,  
Registered Nurse**

Congratulations to, Vickie Runyon, for being selected as the 2022 Caring Kind Award recipient for HCHS! Vickie gets to attend the Caring Kind Luncheon in Lavista, NE on Oct. 21 and will get one night complimentary stay with a guest. We appreciate all that she does for HCHS and believe this award was very deserving!



# MESSAGE FROM THE CEO

## *Greetings!*

Another month has come and gone...CRAZY how fast time flies these days! Lots of exciting stuff has happened and even more coming up! Last month we had another great board meeting and I'm now officially official! On another note, after reviewing the financials at the meeting, I've challenged all departments to see how they can find ways to lower expenses. Any way we can save money is great! I included a list of ideas in a previous Friday email, but if you have other ideas, please send them my way.

In other news, our first round of Jeuveau (Botox) has been ordered and delivered! Connie will be training soon and she hopes to be up and running next month. She'll be available once a month during the lunch hour and from 5-6 PM. We also have Urology clinic officially starting on Friday, October 21. Our wage analysis has been completed and all employees should be receiving a letter from their supervisor, if they haven't already, that shows you the details of your individualized pay range. Lastly, we're currently still reviewing the proformas for special procedures and pain management, but we hope to make a decision regarding these services very soon!

I also want to encourage you to attend any HCHS events that we have coming up if you are able to. A lot of work goes into them and in order for us to gain the community support, we need your support as well. Also, don't forget about the employee Husker party at my house on Oct. 15!

In closing, I just want to say THANK YOU to each and every one of you for what you do. You're a critical piece to our puzzle here at HCHS and without you, we wouldn't be complete. Keep up the good work and please know my door is always open if you ever have a question, issue, or just want to say hi.

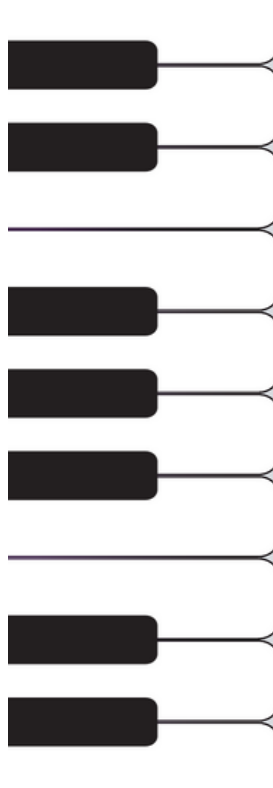
**Sincerely,**

*Stacy Neubauer, RN, MHA*

Chief Executive Officer

# HCHS FOUNDATION

Lots of fun stuff going on for the Foundation! We're currently selling Crumbl cookies through Oct. 14. \$22/half dozen and \$40/dozen. We also plan to sell Texas Roadhouse rolls for Thanksgiving this year so be looking for more information on that soon. In March we plan to host Dueling Pianos so stayed for details on that as well. The Foundation is here to help support needed items when we're able to, so your support is essential in order for us to be successful. Without your help, we wouldn't be able to donate funds back!



## Upcoming Events:

- Dueling Pianos - March 31 @Alma Golf Course



**crumbl**  
cookies

*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: *Karen Wright*

- This month's employee spotlight is, Karen Wright! She
  - has been with HCHS for 22 years as an RN and now our
  - Interim DON. What she loves most about her job are the
  - people she works with. She's also involved in the Admin
  - Council and Auxiliary. When she's not at work, she enjoys
  - being outside, walks, reading, & helping w/ livestock. If
  - she could have one superpower, she'd choose the ability
  - to make everyone happy. One thing she can't resist is a
  - good book! If she could travel anywhere, she'd visit
  - heaven to see a few special people & chat awhile about
  - their story that wasn't quite finished. Karen has been
  - married to her husband, Brandon, for 29 years. They have
  - 2 sons, Lane & Cooper, 1 daughter-in-law, Taylor, and 1
  - grand daughter, Lettie. We appreciate all you do, Karen,
- and love having you a part of 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 Oct. 27, so please get yours submitted prior to that date, otherwise they'll be carried over for the following month.

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SOMETIMES WE'RE  
TESTED NOT TO SHOW  
OUR WEAKNESSES, BUT  
TO DISCOVER OUR  
STRENGTHS.

- UNKNOWN -

This month's Harlan Hero is, Gina Pritchard! Thank you for your hard work and dedication to HCHS. *Congratulations!*  
*Other Nominees:*

1. *Amanda Spady*



## 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.*

# MAMMO TEAM PASSES ACR ACCREDITATION!



Congratulations to our Mammo girls for passing their ACR Accreditation again!! The Mammography Accreditation Program provides facilities with peer review and constructive feedback on staff qualifications, equipment, quality control, quality assurance, image quality and radiation dose. The Mammography Quality Standards Act (MQSA) requires all U.S. mammography facilities to be accredited.

This renews their accreditation for another 3 years! Way to go ladies!

## UPCOMING COMMUNITY EVENTS :

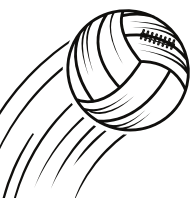
- Tour of Hidden Rooms - Oct. 28
- Downtown Trick-or-Treating - Oct. 31
- Fall Preview/Shop Small Sat. - Nov. 26

## UPCOMING SCHOOL EVENTS:



### Alma Cardinals

- Oct. 12: 10 AM Late Start
- Oct. 13: V CC District Meet
- Oct. 13: V VB RPAC Tournament
- Oct. 14: Jr Cardinal Cheer Camp
- Oct. 14: V FB vs. SO Valley
- Oct. 16: Senior Pancake Feed
- Oct. 21: No School - FALL BREAK



# HCHS REHAB

It's PT Month! Throughout October, the PT department will be providing FREE foot screens and shoe recommendations. Having the best shoes for your feet will help the overall physical health of your body! Talk with Alicia at the front desk and she will schedule you an appointment.

Marisa is also planning to start having geriatric wellness classes for those aged 65+ on Tuesdays and Thursdays. If you know of anyone that could benefit from this service, send them her way!

Lastly, join the group on Wednesdays at 12:30 PM in front of the hospital as they partake in wellness walks around the HCHS campus. This is a great way to start walking more and help improve your health!

NATIONAL  
**PHYSICAL  
THERAPY**  
MONTH  
AMERICAN PHYSICAL THERAPY ASSOCIATION  
**MoveForwardPT.com**

- Oct. 6: V FB vs. Arapahoe
- Oct. 10: Fire Safety Day
- Oct. 12: 2 hr. Late Start
- Oct. 13: V VB RPAC Tournament
- Oct. 14: No School - FALL BREAK
- Oct. 20: HS VB @Wilcox-Hildreth

**SO. Valley  
Eagles**



# 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.

## HEALTHCARE FOOD SERVICES WEEK: OCT. 2 - 8

Healthcare foodservice workers play a significant role in the day-to-day operation of a healthcare facility. They go above and beyond to meet the needs of our patients and staff to ensure everyone is getting a healthy meal each time! We're so grateful to have some of the BEST. Thank you - Brooke, Carla & Lorelle!

## PHYSICIAN ASSISTANTS WEEK OCT. 6-12



Treating patients in today's complex healthcare settings takes a whole team of professionals. Among these medical workers are physician assistants, broadly trained in a wide spectrum of conditions and tasks. Physician Assistants are unsung heroes and deserve their moment in the limelight, so this week is to celebrate them and be thankful for their efforts. Thank you - Jess, Jenn, & Connie!



## OCTOBER IS BREAST CANCER

AWARENESS MONTH

GET TESTED TODAY!

308.928.3008



OCT. 10 -  
WORLD  
MENTAL  
HEALTH  
DAY!

**Them: I'm so sad summer  
will be ending soon!**

**Me:**



# Preorder Crumbl Cookies Fundraiser Sale

ASSORTED FLAVORS

AVAILABLE FOR  
PREORDER  
OCT. 1 - OCT. 14

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\$22 - 1/2 DOZEN  
\$40 - 1 DOZEN

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PICK UP ON OCT. 23  
OR 24 FROM THE  
HOSPITAL.  
11 AM - 1 PM

**TO ORDER:**  
**308.928.3013 or**  
**[tmolzahn@harlancohealth.org](mailto:tmolzahn@harlancohealth.org)**

*PROCEEDS HELP SUPPORT CAPITAL & ENDOWMENT NEEDS OF HCHS/HFM CLINIC*



# HCHS

*GERIATRIC WELLNESS*

**65+**

**LOCATION: CITY AUDITORIUM**

**DATES OF CLASSES: TUESDAY/THURSDAY**

**COST: \$5/CLASS OR \$36/MONTH**

Improve Strength ◆

Improve Bone Health ◆

Balance Improvement ◆

Improve Sleep ◆

Reduce Injury ◆

Reduce Stress/Anxiety ◆

Independence Improvement ◆

**CLASSES BEGIN OCTOBER 4TH!**



# GERIATRIC WELLNESS CLASS TYPES:

## LEVEL I:

For beginners, older individuals, chronic conditions, and balance problems. This class will focus on gentle stretching, gentle yoga poses, balance and light strength training that will all be performed sitting in a chair or standing at a chair for short periods of time.

**@ 1030 AM-1100 AM**

## LEVEL II:

For beginners who are looking for more dynamic movements and higher intensity than Level I. This class that will focus on stretching, yoga poses, balance and strengthen training. Participants will need to be able to stand independently and transfer down and up off the floor independently. Requesting you bring a yoga mat to class.

**@ 11:10 AM -11:55 AM**

*Equipment that will be provided: weight cuffs, dumbbell weights (1-10lbs), theraband (light to heavy resistance), oximetry, blood pressure cuff, chairs*

Marisa J Gulizia, PT, DPT, CSCS, 200RYT

HCHS Rehabilitation Director

# 2022 HCHS REHAB SHOE PURCHASE GUIDE

Shoe Recommendations: are based on what will bring you the best posture, mechanics, sensory input, and balance while standing and walking in your shoes. The shoe quality and build can greatly affect not only your feet but your whole-body alignment.

The Shoe List: are just a few recommendations under the general four types of foot postures we see; this list is not inclusive and there are other shoes of good quality that might be the right fit for you. Your PT will recommend shoes based off not only a foot screen but your posture and walk.

 308.928.3002

# SHOE GUIDE:



## High Arch (rigid mid-foot):

- Asics Cumulus 24 (MESH)
- New Balance 880 V12



## Low Arch (dropped mid-foot):

- Brooks Addiction 15
- Brooks Addiction Walker Suede



## Average Arch (semi-rigid mid-foot):

- Brooks Adrenaline 22
- Asics Kayano 28
- Saucony Guide 14
- New Balance 860 V12



## Poor 1st Toe Mobility/Early Heel Rise (Rocker Shoe):

- Brooks Glycerin 19 (NOT GTS)
- Hoka Arahi 6 (average arch)
- Hoka Bondi 7 (high arch)
- Hoka Clifton 8 (low arch)

# SHOE SHOPPING TIPS:

- Your heel should be secured in the back of the shoe, no slipping. The back shoe posting should be firm and supportive.
- The middle of the shoe should be stiff and not easily bent or twisted.
- Your shoes should feel comfortable immediately when you put them on. You should not have to "break in" your shoes (no blisters).
- Shoes should be laced up and tied tight.
- You should walk around the store wearing the shoe to get a "feel" for the shoes. You should be able to feel your heel, arch, and big toe in both feet in the bottoms of both your shoes.
- You should stand on one foot and balance. Again, you should be able to feel your heel, arch, and big toe all at the same time or together while standing in your shoe.
- If the shoe does not meet the above criteria than the shoe is not the right fit for you.



21+



PLEASE JOIN US ON

# THE TOUR OF HIDDEN ROOMS

OCTOBER 28 | 7:00 PM

MEET IN FRONT OF CLEAR VIEW REALTY  
(CORNER OF MAIN AND JOHN STREET)

ENJOY A TOUR OF 5 HISTORIC BUILDINGS IN  
DOWNTOWN ALMA AND LEARN ABOUT THE  
HISTORY BEHIND EACH ONE.

CALKINS LAW OFFICE | CLEARVIEW REALTY |  
SIMPLY YOU | THE HEX & THE HIVE | THE AUDITORIUM

\$20 TICKETS SOLD AT THE FLOWER PATCH,  
HOGELANDS MARKET, MAIN STREET VARIETY, FIRST  
STATE BANK, & BANNER CAPITAL BANK.

TOUR ENDS WITH BLOODY MARY BAR AT THE OFFICE!

PROCEEDS TO AUDITORIUM RENOVATION

MUST BE 21 OR OVER, BE ABLE TO CLIMB MULTIPLE STEPS,  
& WILL NEED TO SIGN AN ACCIDENT WAIVER TO ATTEND.

SPONSORED BY THE ALMA CHAMBER OF COMMERCE