

MONTHLY PULSE

The latest events, community news, and much more!

MONTHLY OBSERVANCES

- National Watermelon Day - August 3
- National Chocolate Chip Cookie Day - August 4
- National Nonprofit Day - August 17
- National Dog Day - August 26
- National Wellness Month
- National Immunization Awareness Month

HAPPY HCHS ANNIVERSARY!

- Vickie Runyon - August 1 - 12 years
- Kendra Buss - August 2 - 1 year
- Brenda Losey - August 12 - 7 years
- Mary Lyne - August 23 - 2 years

MONTHLY MEETINGS

- Board of Trustees Meeting - August 21

HAPPY BIRTHDAY!

- Donna Kindler - August 8
- Carla Mapes - August 12
- Haley Booe - August 13
- Sam Dietz - August 15
- David Blauvelt - August 19
- Lynda Lubeck - August 25

OTHER UPCOMING COMMUNITY EVENTS

- Ladies Breast Cancer Golf Tournament - Sept. 16

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THE GREATEST LEADER IS NOT NECESSARILY THE ONE WHO DOES THE GREATEST THINGS. HE IS THE ONE THAT GETS THE PEOPLE TO DO THE GREATEST THINGS.

PRESIDENT RONALD REAGAN

HCHS WELCOMES NEW HR DIRECTOR, JOANNA DONOHOE, TO THE TEAM!



Meet Joanna Donohoe, our new Human Resources Director! With roots in Phillipsburg, KS, Joanna's journey has taken her to several different cities/states but has finally landed her back home. Married to Kyle Donohoe and blessed with four step-children - Josh, Maggie, Max, and Cody - as well as a Great Dane named Winston, family is at the core of her life.

Joanna's educational pursuit led her to a bachelor's degree in business management from Doane University in 2004. Building upon this foundation, she further honed her skills with a master's in business leadership from William Penn University in 2012. Complementing her academic achievements, Joanna holds SHRM-PC and PHR certifications.

For over 15 years, Joanna has been a dedicated professional in the field of Human Resources. Beyond her career, she finds solace and joy in camping trips, dirt biking adventures, hunting escapades, and exploring new destinations.

Excitingly, Joanna and her husband are making their way back to the community, ready to contribute to the team at Harlan County Health Systems. Welcome to the HCHS team, Joanna!



MESSAGE FROM THE CEO

Greetings!

July has come and gone and now school is literally right around the corner! HOW is that possible already?! Regardless, I'm very excited for the school year to start! We just held our second back school drive at the hospital and we were so happy to see several kids come take advantage of that so they'll hopefully be prepared for the new year now. However, we still have lots of supplies left so if you know of anyone who is in need of things still, please let us know! Otherwise, the remaining supplies will be donated to the school for them to distribute where it's needed most.

The month of July was also very busy throughout the entire organization. I'm really excited to see what the financials for that month look like because I think it was a very successful one! We hope to share that information with you soon.

We also officially signed Dr. Sethi on as a new provider!! We are SO unbelievably excited for her to join us next in 2024. You should find flyers about her, sprinkled throughout the hospital and clinic. We will do an official press release in the spring when it gets closer to her arrival. Thank you all for your prayers in this process. It's finally our turn for an awesome opportunity, such as this!

I'd like to personally welcome our new HR Director, Joanna Donohoe to the team! We are super excited to have her on board with us and look forward to seeing what she's able to accomplish. Please be patient with her as we work through the transition of things.

Our 3rd golf tournament is coming up in a couple weeks and I'd love to see you guys there! I will be playing this year so you'll definitely want to see that! There's also going to be lots of raffle prizes there so if you want to purchase tickets, get with Taylor. We will also be taking an employee group photo on August 29 at 5 PM. It is not required, but I'd love to see as many of you as possible.

Lastly, A new CEO evaluation link should have been sent out so please complete as soon as you can! It's a great way for me to analyze any ways that I can improve to keep our organization going strong.

Sincerely,

Stacy Neubauer, RN, MHA

Chief Executive Officer

HCHS FOUNDATION:

The Foundation's 3rd annual golf tournament fundraiser is quickly approaching! This year, we have TWO hole-in-one sponsors (Tripes Chevrolet & First State Bank). On hole 6, you'll have the opportunity to play for \$10,000 and one hole 8 you'll be playing for a new vehicle! We will also have some awesome raffle items and anyone is welcome to participate in that. If you would like to purchase raffle tickets, let Taylor know. We're also needing some volunteers for that day and will soon be asking for dessert donations. Thank you all for your continued support and we hope to see you on August 19!

Upcoming Events:

- 3rd Annual Golf Tournament - Aug. 19
- Husker Football Watch Party - Nov. 4 - Time TBD

*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 Foundation Presents

The 3rd Annual
CHARITY GOLF
Tournament

HOLE IN ONE PRIZES:
\$10,000 (HOLE 6) & VEHICLE (HOLE 8)
SATURDAY, AUGUST 19, 2023
ALMA MUNICIPAL GOLF COURSE -ALMA, NE
4-PERSON SCRAMBLE

THANK YOU TO OUR 2023 HOLE SPONSORS

Holdrege Soft Water | Rutt's Heating & Air | Pinpoint | Nebraskaland |
C7 Roofing | Partners PEO | Great Plains Health Alliance | Eide Bailly
| CHI - Good Samaritan | Brown's Imaging | County Line Seed

*To sign-up a team, call Taylor at 308-928-3013 or
email tmolzahn@harlancohealth.org*

DEPARTMENT SPOTLIGHT: *Radiology*

All answers voted on by their department.

1. Most likely to become a crazy cat person - Tonda
2. Most likely to break a world record - Jason
3. Most likely to NOT get away with murder - Craig
4. Most likely to not text back - Amy
5. Most likely to bring their pet to the office - Brittany



FAREWELL TO JANEICE IMM

For the last 45 years, Janeice Imm has been a part of the HCHS team, wearing many different hats and caring for our patients like they were her own. She's a friend, a colleague, and always a fun time. You can always count on Janeice to help out wherever help is needed. We will miss her fun and caring personality around here, but we wish her all the best in this new chapter of life. You will be greatly missed around here and we hope you enjoyed your "until next time" party! Happy retirement, Janeice!



HCHS TAKES ON THE HARLAN COUNTY FAIR



Members of HCHS participated in this year's Harlan County Jr. Fair this last month! Stacy and Danielle L. were lucky enough to partake in this year's "Showing with the Stars" and Danielle brought home 1st place! Together, they were able to help raise the 4-H and Harlan County Fair Board over \$8,000. These ladies weren't the only ones there though. The Auxiliary ladies had their annual concessions stand as well. They had lots of yummy, homemade food for sale and were so busy

that they blew their expectations out of the water! Members of the admin team also volunteered in the infamous burger stand. We had great representation and it was so fun being able to give back to the community that supports us so much. Thank you to all who were able to help and for donating their time. Being involved in other community events is such a great experience and truly shows that we care for everyone in our area.



“Patient Testimonial” ★★★★★

Everyone has been wonderful. No complaints on care. The provider has been great! Scott in the kitchen has been so good & brought some very good food.



WE ARE
HIRING
join our team

Open Position

- PRN Clinic RN or LPN
- Lab Technician
- Lab Manager - **\$10,000 Bonus**
- Cook - **\$1,000 Bonus**
- RN or LPN

Apply Now

Submit your CV on Indeed!



**WE'RE
HIRING!**

- DIRECTOR OF MENTAL HEALTH PROGRAM (RN)
- OUTPATIENT BEHAVIORAL HEALTH THERAPIST

Apply Now

For more information, email:
careers@psychmc.com



HCHS THERAPY

What is Dysphagia? Speech Therapist, Tosha Winheim, explains!

Dysphagia, which means difficulty swallowing. Every day we talk, eat, and drink without giving it much thought. The swallow process is a complex sequence that involves the coordination of 22 muscle groups and four cranial nerves. Difficulty swallowing can affect someone's quality of life. The person may avoid certain foods or drinks, present with weight loss and/or dehydration, and get frequent respiratory infections. Dysphagia can be caused by several different factors including: neurological events or disorders (i.e, CVA, TBI, Parkinson's Disease, ALS, dementia), head and neck cancer, trauma or surgery involving the head and neck, and critical care that involved intubation. Medications, metabolic disturbances, and GERD (reflux) can also cause swallowing difficulty.



**Please Take
Our Survey!**



*Scan me using
the camera on
your smart phone!*

Harlan County Health System and the Physical Therapy department is interested in knowing your initial thoughts on adding a wellness center to the community and determine if it would be beneficial or not. This is an anonymous survey so we would appreciate your open and honest feedback. It should take no more than 5-10 minutes of your time.

Thank you for taking the time to complete our survey!
<https://forms.gle/bp1zwDhZj3Q5sbrCA>

UPCOMING SCHOOL EVENTS:



Alma Cardinals

- First Day of School - Aug. 10
- Football Sports Drink Scrimmage - Aug. 11
- Athletic Booster Hamburger Feed/Fall Sports Pep Rally - Aug. 15
- First Day of PreK - Aug. 23
- Spirit Week - Aug. 28 - Sept. 1
- V Fball vs. Thunder Ridge - Sept. 1
- Cardinal Cheer Camp - Sept. 1

- First Day of School - Aug. 15
- Fall Sport Scrimmage - Aug. 19
- HS Vball vs. Hi-Line - Aug. 24
- HS Fball @ Ravenna - Sept. 1

**SO. Valley
Eagles**





HUSKER

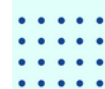
TAILGATE PARTY!

SAVE THE DATE

NOVEMBER 4

NEB @ MICHIGAN ST.
\$20 ENTRY - ALMA GOLF COURSE
FOOD | GAMES | SILENT AUCTION

*FUNDRAISER FOR HCHS FOUNDATION



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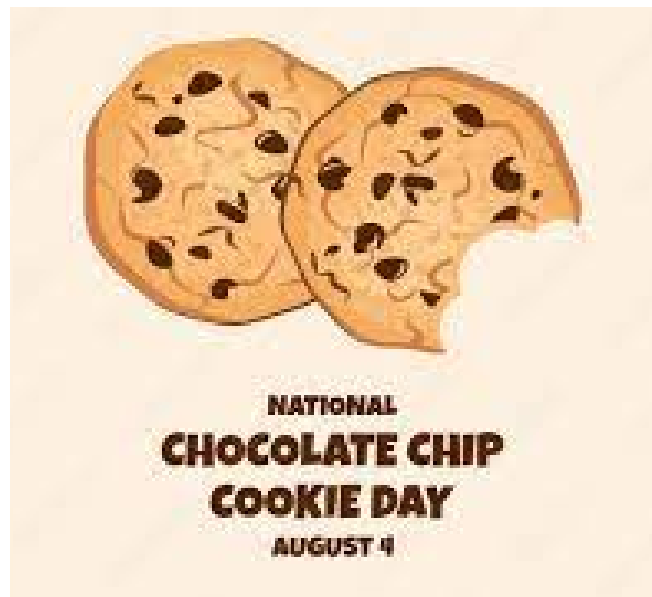


A special thank you is in order for our generous housekeeping ladies for sprucing up this little flower garden at HCHS! How adorable is the little pelican?! This is now the perfect place for our inpatients & their visitors to sit outside and enjoy while they're staying with us!



August is National Wellness Month, and it's a perfect time to focus on taking care of yourself physically, mentally, and emotionally. Make it a goal to try one of these 8 ways to boost your wellness each day.

1. Exercise
2. Drink more water
3. Spend time outside
4. Practice deep breathing
5. Get enough sleep
6. Take a social media break
7. Call a friend or family member
8. Cut back on sugar and load up on fruits and veggies



Chocolate Chip Cookie Facts

- They were created by accident in 1930
- Once referred to as "butterdrop dough cookies"
- The world's largest chocolate chip cookie weighed over 40,000 lbs
- They're the official cookie of Massachusetts
- More than 53% of American adults prefer chocolate chip cookies over the next most popular kind: peanut butter

3D Mammography

AVAILABLE AT HARLAN COUNTY HEALTH SYSTEM!

- State-of-the-art 3D mammography machine, staffed by certified Mammography Technologists
- New comfort paddle that adapts to your body, with less compression time and helps create a more comfortable experience.
- Provides brilliant image quality for results you can trust.
- Has innovative technology that uses low x-ray dose.
- Quick turn around time for results.
- We accept patients from any provider and results can be sent to any facility.
- We have a passion for quality of care and take pride in providing you with the best experience possible.



BOOK AN APPOINTMENT

308.928.3008

717 Brown St | Alma, NE

Close to Home, Far from Ordinary.



HARLAN COUNTY HEALTH SYSTEM PRESENTS

JEUVEAU

JEUVEAU® IS AN FDA-APPROVED PRESCRIPTION MEDICINE USED TO TEMPORARILY IMPROVE THE LOOK OF MODERATE TO SEVERE FROWN LINES BETWEEN THE EYEBROWS (GLABELLAR LINES) IN ADULTS.

YOU WANT JEUVEAU BY EVOLUS, A MODERN-MADE TOX DESIGNED TO ACHIEVE FAST-ACTING, NATURAL-LOOKING RESULTS STARTING IN AS LITTLE AS 2 DAYS.*

\$10 PER UNIT

**APPOINTMENTS AVAILABLE
EVERY OTHER WEEK!**

308.928.2103



MENTAL HEALTH SERVICES COMING SOON!

it's ok to not be ok.
Mental health is just as
important as your
physical health.

Telehealth Mental Health
services will be available
at the Alma Clinic soon!
Patients will have access
to a nurse practitioner
via telehealth for:

- Med Management -
ADD, ADHD, etc.
- Consultations
- Support
- and MORE

308.928.2103





'SILVER STRONG' WELLNESS

JOIN US!

*"Wellness is not
a destination,
it's a way of life"*

TUESDAY &
THURSDAY

**JOHNSON
CENTER - ALMA**

AGED 50+

- >IMPROVE STRENGTH
- >IMPROVE BONE HEALTH
- >BALANCE IMPROVEMENT
- >IMPROVE SLEEP
- >REDUCE INJURY
- >REDUCE STRESS/ANXIETY
- >INDEPENDENCE
IMPROVEMENT

Level I

10:30 AM - 11:00 AM

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.

Level II

11:10 AM - 11:50 AM

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.

GOLF FITNESS EVALUATION

DESIGNED TO HELP GOLFERS IMPROVE THEIR FLEXIBILITY, POWER, AND STRENGTH.

DYNAMIC WARM-UP

LINEAR LEG SWING

Hold the golf club in your left hand and swing your leg frontwards and backwards for 8 reps. Repeat with opposite side.



LATERAL LEG SWING

Hold the golf club in your left hand in front of your body. Swing your leg from left to right with your toe up for 8 reps. Repeat with opposite side.



BACK SWING ROTATIONS

Hold the club in front of your body using an overhand grip. Keep the hips in place and rotate your trunk from left to right for 8 reps.

