

MONTHLY PULSE

The latest events, community news, and much more!

MONTHLY OBSERVANCES

- National Brownie Day - Dec. 8
- National Christmas Card Day - Dec. 9
- National Poinsettia Day - Dec. 12
- National Gingerbread House Day - Dec. 12
- National Cocoa Day - Dec. 13
- National Go Caroling Day - Dec. 20
- National Ugly Christmas Sweater Day - Dec. 22
- Christmas Eve - Dec. 24
- Christmas - Dec. 25
- New Year's Eve - Dec. 31
- National Hand Washing Awareness Week - Dec. 5-11
- International Sharps Injury Prevention Awareness Month

HAPPY HCHS ANNIVERSARY!

- Tamara Haussmann - 12/1 - 3 years
- Tonda Ross - 12/1 - 19 years
- Jessica David - 12/2 - 1 year
- Lisa Howsden - 12/3 - 4 years
- Jeff Bash - 12/3 - 4 years
- Kayla Maas - 12/14 - 3 years
- Leanne Bewley - 12/14 - 19 years
- Lynda Lubeck - 12/21 - 39 years

MONTHLY MEETINGS

- Board of Trustees Meeting - Dec. 18
- Foundation Meeting - Dec. 12

HAPPY BIRTHDAY!

- Ashley Billeter - Dec. 1
- Joshua Frerichs - Dec. 8
- Rebecca Kahrs - Dec. 11
- Karen Wright - Dec. 11
- Jodi Johnson - Dec. 27
- Brenda Thomas - Dec. 27

OTHER UPCOMING COMMUNITY EVENTS

- Santa Coming to Town - Dec. 9
- Live Nativity Scene @City Auditorium - Dec. 17



DR. LINDA MAZOUR JOINS THE HCHS PROVIDER TEAM

Harlan County Health System is thrilled to welcome, Dr. Linda Mazour, to our team as a dedicated Family Physician with an incredible 34 years of experience! Dr. Mazour is a proud graduate of UNMC in Omaha, class of 1986, and completed her rural residency through the esteemed Smoky Hill program in Salina, Kansas.

Dr. Mazour is a proud graduate of UNMC in Omaha, class of 1986, and completed her rural residency through the esteemed Smoky Hill program in Salina, Kansas. For the past 31 years, she has been a pillar of healthcare in Nebraska, demonstrating an unwavering commitment to patient care. Now, she's bringing her wealth of knowledge and passion to Harlan County Health System, ready to tackle any challenge that comes her way. Beyond her medical prowess, Dr. Mazour is deeply connected to her roots in small-town Nebraska. She's not just a healer, but also a proud farmer, tending to her beloved Dexter cattle and feathered friends. Family holds a special place in her heart, with a loving husband, 3 incredible daughters, and 7 precious grandchildren. In her downtime, Dr. Mazour enjoys nurturing her garden, creating beautiful quilts, and crafting adorable dresses for little ones. We are beyond fortunate to have Dr. Mazour on our team, and we look forward to witnessing her continued impact on the community's well-being. Let's give her a warm welcome!



HIGH FIVE FRIDAY 2.0!

Lots of staff members gathered last month to take part in "High Five Friday" for one of the Friday mornings before classes began! Such a cool experience!



MESSAGE FROM THE CEO

Dear HCHS Family,

As we approach the end of 2023, I want to take a moment to reflect on the remarkable journey we've had throughout the past year. It's been a period filled with dedication, hard work, and a shared spirit of collaboration that truly defines our HCHS family. As we immerse ourselves in the holiday season and embrace the warmth of Christmas, I am reminded of the incredible efforts and resilience demonstrated by each one of you. Throughout the year, your unwavering commitment to excellence has been the driving force behind our success. As we navigate the challenges and celebrate the victories, it's evident that our achievements are a testament to the remarkable skills and passion that define our team.

I also wanted to take a moment to share some exciting updates and extend an invitation to celebrate the holiday season together.

Holiday Open House for Dr. Mazour and Dr. Dreher: Join us for a Holiday Open House as we welcome Dr. Mazour and Dr. Dreher. This is an excellent opportunity to mingle and enjoy some holiday cheer. All community members are welcome. The event details are as follows: **Date: December 15 / Time: 9 AM-10 AM / Where: Clinic Lobby**

Looking Ahead to 2024: As we approach the new year, there's an abundance of exciting developments to anticipate. In 2024, we're thrilled to announce:

1. Launch of a New Ortho Program through InReach: Prepare for a transformative orthopedic experience as we roll out a new Ortho Program through InReach. This initiative aims to enhance our orthopedic services, providing our community with state-of-the-art care.
2. Ophthalmologist, Dr. Clinch, Beginning in March for Cataracts: In March, we welcome Dr. Clinch, an esteemed ophthalmologist, to our team. His expertise in addressing cataracts will further strengthen our commitment to comprehensive eye care for our community.
3. Official Move Forward with BWBR for Master Facility Project: We're thrilled to share that after careful consideration, we've officially chosen BWBR to lead our Master Facility Project. The project, set to commence in early 2024, will be a transformative journey lasting several months. This undertaking represents our dedication to providing an advanced and comfortable environment for both our staff and patients.

The big things on the horizon will undoubtedly be shaped by the enthusiasm and dedication of our incredible team. I have no doubt that, together, we will continue to reach new heights and make a lasting impact.

I wish you all a joyful Christmas and a wonderful holiday season filled with moments of joy, love, and reflection. May the upcoming year be a canvas for new opportunities, growth, and shared successes.

Thank you for your outstanding efforts and for being an integral part of our organization. Here's to a fantastic end to 2023 and the anticipation of the exciting journey that awaits us in 2024.

Ever Forward,

Stacy Neubauer, RN, MHA

Chief Executive Officer

HCHS FOUNDATION:

Thank you to all who've donated to and/or supported our fundraising efforts throughout this year. We truly appreciate each of you because we wouldn't be successful without your presence. We're looking forward to 2024 and seeing what bigger and better things we can accomplish for HCHS. We've recently added two additional board members and we're excited for their contributions. We wish you all a very Merry Christmas and Happiest New Year!

Lastly, **SAVE THE DATE** for Dueling Pianos on March 15, 2024!! We had such a blast with this fundraiser, that we decided to do it again. Tickets & tables will be available to purchase in January.

Upcoming Events:

- Dueling Pianos - Mar. 15, 2024

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.



HCHS FOUNDATION PRESENTS
M T W T F S S
Dueling PIANOS
MAR 15, 2024
ALMA GOLF COURSE
Tickets: \$40 per person or
\$75 per couple
To purchase: Call 308.928.3013 or
email tmolzahn@harlancohealth.org

THE DOOR OPENS 6:30 PM
SHOW STARTS 7:30 PM

November Newsletter Giveaway Winner - Johanna Popple!



Giveaway opportunities are occasionally snuck into newsletters, but not every month. Be sure to read carefully from now on! **For this month's giveaway, email me your favorite Christmas tradition by Dec. 15!**



Harlan County Health System
YOU ARE INVITED TO OUR
Holiday OPEN HOUSE
WITH SPECIAL GUESTS:
DR. MAZOUR & DR. DREHER
DECEMBER 15
HEARTLAND FAMILY MEDICINE CLINIC
9 AM - 10 AM
LIGHT REFRESHMENTS PROVIDED

DECEMBER SPOTLIGHT:



Not everyone may be pictured, but everyone on our team needs to be in the spotlight this month. We've had an incredible year and you all deserve recognition! Everyone's dedication and contributions help make our organization success. Here's to our awesome team and all we've accomplished in 2023. Bring on the new year!



2023

December

OUTPATIENT SERVICES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 • Pain Management • Dietary	6 • Cardiology - Dr. Dassouki • Podiatry - Dr. Moore	7 • Ortho - Dr. Wilkinson	8 • Urology - Dr. Santa Cruz	9
10	11 • Cardiology - Dr. Kosmicki • General Surgeon - Dr. Walsh	12 • OB/GYN - Dr. Jorgensen	13 • Pulmonology - Dr. Ghosh	14 • Pain Management • Nuclear Med	15	16
17	18 • General Surgeon - Dr. Wheeler	19 • Dietary • Oncology - Dr. Hartl	20 • Pain Management • Cardiology - Dr. Baker	21 • Ortho - Dr. Wilkinson	22	23
24 31	25 MERRY CHRISTMAS	26	27 • ENT - Dr. Johnson • Audiology - Emma	28 • Pain Management • Nuclear Med	29	30



Patient TESTIMONIAL

The entire staff has been wonderful. Jennifer has been great & ALL the staff. So glad to have this healthcare so close! Great hospital & staff.

CLOSE TO HOME. FAR FROM ORDINARY.



WE ARE HIRING!
WE ARE HIRING!
WE ARE HIRING!
WE ARE HIRING!

Current Openings:

- Medical Laboratory Technician (MLT)
- LPN or RN (Night Shift)
- SLS Program Director
- PRN Float EVS/Dietary



send resumes to:
jdonohoe@harlancohealth.org

HCHS THERAPY



HIGH FIVE FRIDAY!

Our PT team was the first to take part in "High Five Friday" for one of the Friday mornings last month before classes began! It was a blast for all!

1,051 IMPACTS

Made in the 1st year of the geriatric wellness classes.



HAPPY ANNIVERSARY "SILVER STRONG WELLNESS!"

October marked our 1-year anniversary, and what a year it has been! We are proud to report a total of 1,051 positive impacts during our inaugural year.

This milestone represents not just a number but the lives we've touched, the progress we've witnessed, and the community we've built. Our 'Silver Strong' classes are about fostering health, camaraderie, and empowerment at every stage of life. Thank you to all who have been a part of this inspiring journey. Here's to continued growth, strength, and well-being for all!

UPCOMING SCHOOL EVENTS:



Alma Cardinals

- V wrestling @ SV - Dec. 8
- JV/V Bball vs. Southwest - Dec. 12
- 10 AM Late Start - Dec. 13
- Secondary Christmas Music Concert - Dec. 18
- 2 PM Dismissal - Dec. 19
- 2 PM Dismissal - Dec. 20
- Christmas Break - Dec. 21-Jan. 3

- V Fball vs Alma (Senior Night) - Oct. 13
- SV Blood Drive - Oct. 18
- V Vball vs Wilcox-Hildreth - Oct. 19
- No School (Fall Break) (Oct. 27)

SO. Valley Eagles





IV Therapy

Holiday Special

\$20 off all IVs (excluding reboot)

Dec. 2 (8 AM - 12 PM)

Dec. 13 (5 PM - 8 PM)

To book, call 308.777.2476

Elevate Health
IV Therapy

IV Cocktail Menu

Reboot - mineral complex, vitamin B complex - \$110

Reboot Plus - mineral complex, vitamin B complex plus zofran - \$115

Immunity - vitamin C, vitamin B complex, zinc - \$135

Get up & Go - amino acid complex, vitamins b complex - \$135

Quench - vitamin c, vitamins b complex, mineral blend - \$135

Performance & Recovery - amino acids, vitamin C, B complex, mineral blend - \$150

Myer's - the boss for overall wellness - \$175
includes calcium, magnesium, B complex, vitamin C, vitamin B12

IV consultation without infusion \$50

Add ons

Extra bag of fluids - \$25

Zofran - \$15

** HSA eligible for most insurances



Congratulations!

Winners of the Auxiliary's 2023 Raffle:

1. CONNIE HORWART - NE FLAG
2. LACEY SMITH - CHRISTMAS SIGN
3. BECKY HAYS - STADIUM SEATS
4. CRAIG FARLEE - FIREPIT
5. RHONDA CALHOON - \$50 HOGELANDS GIFT CERTIFICATE
6. JANET LUTJEHARMS - \$50 CHAMBER BUCKS



Congratulations to the winners of the Auxiliary's Raffle! The lucky names were drawn on December 1st and have been notified. A heartfelt thank you to everyone who purchased tickets, contributing to the success of this initiative. Your support is greatly appreciated!



NATIONAL
HANDWASHING
AWARENESS
WEEK

December 5-11

MONTHLY MOTIVATION

"WE CANNOT BECOME
WHAT WE WANT BY
REMAINING WHAT WE ARE."

MAX DEPREE



GIVE THE GIFT OF

Self Care!



Any NEW Jeuneau patient
can receive \$80 off now
through Dec.31.
Gift Certificates Available!

TESTIMONIAL

“

“Cardio rehab center is very needed in our community. Glad there was no travel needed. Regan was a pleasure to be around. She made cardio rehab very pleasant. Regan was very attentive to my questions and concerns. This is my 3rd round. I actually feel like a new person. Regan is very good at her job, I feel like she cared about my performance. She is without a doubt one of the best nurses I have dealt with. Thank you Regan for curing my cardiac issues!!”

A wonderful message was sent to Regan from one of her most recent cardiac rehab patients! It's so nice to hear about our patients' experiences and even better when we get to share it with you and our community. We're so grateful for staff like, Regan. Ones that truly care about their patients and are dedicated to the mission of our organization.

2023 HCHS Giving Tree



Thank you all who've volunteered for this! We're so grateful for kind and giving individuals like yourselves. The kids truly appreciate it and so do the teachers. We're not all fortunate enough to have new things and being able to help provide some hope for these kids, means a lot.



The 2023 Staff Holiday Cookbook is a delightful compilation of recipes from the talented kitchens of our colleagues. This cookbook is not just a collection of recipes; it's a celebration of the rich tapestry of cultures and traditions within our staff. Enjoy the flavors that make each family unique, and savor the spirit of togetherness that transcends from our kitchens to yours. Happy cooking and happy holidays!



Christmas Fun Facts:

- 3 billion Christmas cards are sent in the U.S. each year.
- Christmas trees have been sold in the U.S. since 1850.
- It takes about 15 years to grow the average Christmas tree.
- Alabama was the first state to officially recognize Christmas in 1836. Oklahoma was the last, in 1907.
- Santa Claus is based on a real person: St. Nikolas of Myra. He is the patron saint of banking, pawn broking, sailing, orphans and New York City.
- President Teddy Roosevelt, an environmentalist, banned Christmas trees from the White House in 1901.
- Approximately 35 million living Christmas trees are sold each year in the U.S.; more than 45 million are planted.
- Holiday purchases account for one sixth of all yearly retail sales in the U.S.
- "White Christmas" by Irving Berlin is the best-selling single record of all time, with over 100 million sales, worldwide.
- All the gifts in the Twelve Days of Christmas would equal 364 gifts.



BETTER MENTAL HEALTH STARTS HERE!

We give you the
tools to live
healthier & happier.



psychiatric
assessment



ongoing
evaluation



medication
management



treatment
planning

Telepsychiatry appointments available to treat:

- Anxiety
- Bipolar disorder
- Depression
- Mood disorders
- PTSD
- Suicidal thoughts



HARLAN COUNTY HEALTH SYSTEM PROVIDERS



DR. FINKNER



DR. MAZOUR



DR. DREHER



REBECCA
KAHRS, APRN



CONNIE
LANS, PA



JESSICA
STEMPER, PA



JENNIFER
TAYLOR, PA

Clinic Hours:

M: 8 AM - 8 PM

T-F: 8 AM - 5 PM

S/S: CLOSED

FOR APPOINTMENTS:

308.928.2103

Ice Melt Placement

