

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- Groundhog's Day - Feb. 2
- National Wear Red Day - Feb. 3
- National Pizza Day - Feb. 9
- Super Bowl Sunday - Feb. 12
- Valentine's Day - Feb. 14
- Random Acts of Kindness Day - Feb. 17
- American Heart Month

HAPPY HCHS ANNIVERSARY!

- Diane Fegter - Feb. 4 - 43 years
- Johanna Popple - Feb. 5 - 4 years
- Dustin Frasier - Feb. 7 - 1 year
- Janeice Imm - Feb. 13 - 45 years
- Danika Hanchett - Feb. 18 - 4 years
- Doris Brandon - Feb. 18 - 3 years
- Rick Cook - Feb. 28 - 1 year

MONTHLY MEETINGS

- Foundation Meeting - Feb. 13
- Trustees Meeting - Feb. 20

HAPPY BIRTHDAY!

- Erin Laizure - Feb. 2
- Amy Bradley - Feb. 3
- Lisa Howsden - Feb. 8
- Jessi Zade - Feb. 9
- Taylor Molzahn - Feb. 9
- Danielle Bonnicksen - Feb. 26



HCHS NOW OFFERS SURGICAL SERVICES

We are excited to announce that we are now offering surgical services! Procedures available within the following specialties: general, ortho, and urology. This is a beneficial service for our patients and our community and we're so grateful to be able to keep patients closer to home now when possible! Our first successful surgery was held on Jan. 9. Dr. Walsh also now comes twice a month and we only continue to grow!



**Jeuneau
& Juice!**
WITH CONNIE LANS, PA
MARCH 2
HFM CLINIC - ALMA
5 PM - 6 PM
SAME DAY CONSULTS/INJECTIONS
GIFT CERTIFICATES AVAILABLE

SAVE THE DATE FOR 'JEUNEAU & JUICE' NIGHT!

Save the date! We have rescheduled our Jeuneau night to March 2 at 5 PM in the clinic. Same consults/injections will be available and our Jeuneau Rep, Lexie, will be onsite to help answer any questions. Bring a friend for a fun night out!



MESSAGE FROM THE CEO

Greetings!

One month down already for 2023, how crazy! January has flown by, but not without any accomplishments. Since the year started, we've already had 1 PRN MLS start in the lab, Dr. Walsh started coming twice a month AND performed his first two surgeries, Dr. Santa Cruz performed a procedure as well, and we began interviewing CFO candidates. I also held several 'In the Know' meetings with departments and they seemed to go very well.

We had another good board meeting and it was approved to purchase a new 3D mammo machine! This is a HUGE upgrade for us and will keep us competitive. Tonda did some amazing negotiating for the new machine so we're able to save lots of money up front. This was initially included in the 2023 capital budget, but I'm all for saving money whenever and wherever we can.

I have a group that's still looking into chronic care management, psychiatry, ophthalmology, pediatrics, and any other service we think would be beneficial for our community. We have also been finalizing some grants and looking into more this year. Last year, we were able to upgrade and/or purchase several needed items between the clinic and hospital. We also got the SLS van wrapped, which made a tremendous difference! We're still working on a couple negative pressure rooms (1 in the ER and 1 in the Clinic), but those should be done in the next few weeks or so.

We continue to strive for more and with the team and tools we have, I know we will only accomplish greatness the remainder of the year. If you ever have questions or just want to chat, know my door is always open. I'm here for you and want to help you be successful!

Sincerely,

Stacy Neubauer, RN, MHA

Chief Executive Officer

HCHS FOUNDATION

The Foundation is currently working on some fun new things! We have been looking into adding an electronic donor board, which will be displayed in the front lobby of the hospital. We also came out with new donor recognition levels and a new employee payroll deduct program. Information for both are located towards the end of the newsletter! We are still working on recruitment. Sandy Guthrie officially started in January and we're very excited to have her join us.

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.

EMPLOYEE SPOTLIGHT: *Alicia Karash*

This month's employee spotlight is, Alicia Karash! Alicia is the Receptionist for Physical Therapy and has been a part of the team for a year now. What she loves most about her job is meeting & helping new people. When she's not working, she enjoys spending time with her family. Alicia is a local girl, who traveled with her Air Force husband and 4 girls for many years. She loves animals...she has 5 dogs! Alicia is also a licensed Esthetician and has her own spa in Oxford. If she could have one superpower, she'd like to be elastigirl from the Incredibles because she can shrink and stretch to get those things off the top shelf (short girl problems lol). She can't resist sugar, popcorn, and a good couch. She'd also love to travel to Europe! Thank you, Alicia, for all you do and we're glad you're a part of HCHS!



You can purchase tickets from Taylor for \$40/individual or \$75/couple. Reserved 8-person tables are \$500 and include 2 complimentary bottles of champagne.

THE HCHS FOUNDATION
PRESENTS

M I D W E S T

Dueling PIANOS

MARCH 31, 2023
ALMA GOLF COURSE
FUNDRAISING EVENT

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TICKET PRICING:
\$40/INDIVIDUAL OR \$75/COUPLE

\$500 - Reserved 8-person table & 2 complimentary bottles of champagne for the table.
(Limited Number of Tables)

DOORS OPEN AT 6:30PM
ENTERTAINMENT AT 7:30 PM

CASH BAR & COMPLIMENTARY
HORS D'OEUVRES AVAILABLE

To purchase tickets or reserve a table, call Taylor Molzahn at 308-928-2151 or stop by Alma hospital.

the HARLAN HERO of the month

We are no longer going to be doing Harlan Hero. We felt that the concept is burnt out and we need to shift gears a little. We have other ideas in the works so stayed for more information.

BEATING THE WINTER BLUES

For some, cold temperatures and lack of sunlight can lead to feelings of sadness and even seasonal affective disorder. These 7 steps may help lift your spirits and ease you out of the doldrums that can affect you during the long winter months.

1

WHAT ARE YOU GRATEFUL FOR?

Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.



2

LET YOURSELF INDULGE IN LITTLE THINGS

Participate in activities that bring comfort, warmth and peace.



4

GET ENOUGH SLEEP

A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.



5

STAY ACTIVE

A daily 30-minute walk may help prevent depression, so get out there!



7

ADJUST HOLIDAY EXPECTATIONS

Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.



6

ENGAGE IN SOCIAL ACTIVITY

Even a small amount of social engagement can help you feel energized.



Information reviewed by
Stephanie H. Felgoise, PhD, ABPP,
Department of Clinical Psychology,
Associate Dean for Academic
Integration in the School of
Professional and Applied
Psychology, Department Chair and
Director of Clinical PsyD Program

“

PEOPLE BUY INTO THE
LEADER BEFORE THEY
BUY INTO THE VISION.

[JOHN MAXWELL]

NEW SERVICE COMING SOON!

PAIN MANAGEMENT

Pain management is a comprehensive approach to diagnosing, treating and controlling pain.



SCHEDULE TODAY!

308.928.3001

www.harlandcountyhealth.com



WE'RE
HIRING

AVAILABLE POSITIONS

- RN
- PRN Dietary
- PRN Physician Assist. or Nurse Practitioner
- Lab Manager
- PRN MLT or MLS
- Chief Financial Officer
- PRN MA, LPN, or RN

Apply through Indeed, or fill out an employment application.

February is

American Heart Month

#HeartMonth

Although we've learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family.

02.03.2023
NATIONAL WEAR RED DAY

The first Friday in February (February 3) is National Wear Red Day. On this day, which is considered American Heart Month, everyone across the country dons the color red in order to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation.

UPCOMING SCHOOL EVENTS:

WINTER
Break



Alma Cardinals

- Feb. 3 - V Bball at SO Valley
- Feb. 7 - V Bball vs. Northern Valley
- Feb. 9 - 1 PM Dismissal & Parent/Teacher Conferences
- Feb. 17 - No School - Winter Break
- Feb. 24 - V Girls District Finals
- Feb. 28 - V Boys District Finals

HCHS REHAB

Patient Testimonials:

- "You have all been sensational"
- "Great group! Very helpful and caring! Would recommend them to others!!!"
- "The staff that have been treating my back pain are very good at their job. They are always friendly, helpful, and knowledgeable about what they are doing."

Other Services:

- Golf Fitness Assessments are available for \$60/session with Dusty Frasier. Make the perfect gift as well!
- Geriatric Wellness Classes - T/TH
 - \$5/class or \$36/month
- The HCHS Sportsmanship Award will be presented to winter sport athletes soon! Basketball and Wrestling are the sports recognized.

SAVE
The
DATE

HCHS Employee
Appreciation Dinner

04.29.2023



- Feb. 3 - V Bball vs. Alma
- Feb. 10 - No School & Parent/Teacher Conferences
- Feb. 17 - No School
- Feb. 24 - V Girls District Finals
- Feb. 28 - V Boys District Finals

SO. Valley
Eagles



Throw KINDNESS around like CONFETTI.

Spread some kindness on Random Acts of Kindness Day, February 17, 2023. Here some small ways to bring cheer to someone's day!

1. Compliment a stranger
2. Treat someone to lunch
3. Anonymously donate to a charity
4. Help an elderly neighbor with a small task
5. Let the person behind you go ahead of you.

the history of Valentine's Day!



Valentine's Day originated as a Christian feast day honoring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

RECIPE OF THE MONTH: KETO CHEESECAKE

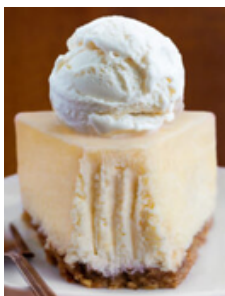
Filling:

- 24 oz cream cheese (or vegan cream cheese)
- 2 cups yogurt
- 2 1/2 tsp pure vanilla extract
- 1 tbsp lemon juice, optional
- 2/3 cup erythritol (sugar or maple syrup also work for non-keto)
- 1/4 cup almond flour

Crust:

- 2 cups almond or pecan flour
- 1/4 tsp salt
- 4-6 tbsp melted coconut oil OR enough water to make it slightly sticky.

Place on the middle rack (above the rack with the water pan). Bake at 350 for 30 minutes (or 38 minutes if using an 8-inch pan), and do not open the oven at all during this time. Once time is up, still do not open the oven, but turn off the heat and let the cheesecake sit in the oven an additional 5 minutes. Then remove from the oven—it will still look underdone. Let cool on the counter 20 minutes, then refrigerate overnight, during which time it will firm up considerably.



FUN FACTS ABOUT THE SUPER BOWL:

1. The Super Bowl is the second-highest eating day for Americans (behind Thanksgiving)
2. The Green Bay Packers were the first team to ever win a Super Bowl
3. 12 NFL teams have never won the Super Bowl
4. The University of California is the school which produced the most Super Bowl QBs
5. The NFL doesn't pay bands/artists for performing at the halftime show
6. Highland Mint crafts a specific unique coin to use for the toss



Who do you think will win? Email Taylor your vote and those who guess right will be thrown into a drawing for a little Valentines day treat!

me on the 14th of february pretending to be shocked at the flowers, roses, & chocolate outside my door that i put there



Happy Groundhogs Day! - Feb. 2

Do you think we'll have an early spring or 6 more weeks of winter?!

EMPLOYEE 'PAY IT FORWARD' PROGRAM



ABOUT THIS PROGRAM

Donations that are received help fund projects that promote a higher quality of health for our employees and community. Employees are encouraged to donate a minimum of \$1/pay period, which amounts to \$24/year and approximately \$.06/day. Your donation will automatically be taken out of your paycheck each pay period for an efficient experience.

HOW TO SIGN UP

Fill out the necessary paperwork with Taylor.



*Quality Care...
Building on Excellence*

Yes! I want to support the Harlan County Health System Capital Campaign.

Name: _____

Home Phone: _____ Work: _____ Cell: _____

Address: _____ City: _____ State/Zip: _____

Email: _____

I commit to a total contribution of \$ _____, to be paid over _____ years:

☐ Bi-Monthly

☐ Cash **Installments of \$ _____**

☐ Monthly

☐ Check: # _____

☐ Quarterly

☐ Credit Card: # _____

☐ Yearly

Expiration Date: ____ / ____ 3-digit Security Code: ____

☐ Now

☐ Automatic Bank Debit (ACH)

☐ Other: _____

☐ Payroll Deduct

☐ I would like to visit with a representative from Harlan County Health System Foundation about the possibility of an Estate Gift.

I would like my first pledge payment to be due on _____.

Dated: _____ Signature: _____

Thank you! How may we recognize your generous gift?

☐ Please list me/my family's name as: _____

☐ I prefer that my gift be anonymous.

☐ My gift is in honor of _____

Please notify them at this address: _____

☐ My gift is in memory of _____

Please notify the Family: _____

at this address: _____



Donor

RECOGNITION LEVELS

FRIENDS OF FOUNDATION.....	\$25-\$99
HARLAN HEALTH CLUB.....	\$100-\$999
EXCELLENCE LEAGUE.....	\$1,000-\$4,999
HARLAN HEROES.....	\$5,000 - \$49,999
THE SUMMIT GROUP.....	\$50,000-\$99,999
THE PINNACLE SOCIETY.....	\$100,000+

Each level is reviewed on a yearly basis or upon request. If you donate yearly, you will get continuous recognition each year, but your recognition level will be based on the amount you've donated in that given year. However, you will have an overall status level as well.

308.928.3013

FOUNDATION@HARLANCOHEALTH.ORG

WWW.HARLANCOUNTYHEALTH.COM



12 TIPS FOR HEALTHY SLEEP

1. Stick to a sleep schedule. Go to bed and wake up at the same time each day with at least 8 hours of sleep. Sleep is the basis for your performance the next day.
2. Exercise 30 minutes each day but AVOID exercising too late in the day.
3. Getting outside at least 30 minutes a day is key to regulating daily sleep patterns.
4. Avoid alcoholic drinks before bed. Alcoholic beverages before sleep may help you relax but will keep you in the lighter stages of sleep.
5. A light snack is okay but try to stay away from large meals and having too many fluids before you sleep, as it may cause indigestion or frequent trips to the bathroom.
6. Try to avoid any medication that may delay or disrupt your sleep. Please consult with your physician or pharmacist about your current medications.
7. Staying away from any stimulants such as caffeine, nicotine, colas, coffee, teas, and some chocolate can take up to 10 hours to fully wear off.
8. Try not to nap too late in the day, as it can make it hard to fall asleep at bedtime.
9. Taking a relaxing hot bath or shower before bed. The body will rapidly cool with air and lower your body temperature before sleep.
10. Create a bedtime ritual. Slow down 30-40 minutes before bed by relaxing with a book, music, meditation, or yoga.
11. Reducing light in your room and removing any gadgets that will distract you from falling asleep will ensure a more comfortable and relaxing sleep.
12. If you find yourself still awake after staying in bed for more than 20 minutes. Get up and do a relaxing activity until you feel sleepy.