

MONTHLY PULSE

The latest events, community news, and much more!

MONTHLY OBSERVANCES

- National Ice Cream Day - July 16
- National Grilling Month
- National UV Safety Month
- National Healthy Vision Month

HAPPY HCHS ANNIVERSARY!

- Donna Kindler - July 4 - 15 years
- Cheryl Saathoff - July 5 - 7 years
- Ramona Coffey - July 6 - 2 years
- Dr. Finkner - July 10
- Sara Zikmund - July 12 - 2 years
- Danielle Landen - July 13 - 3 years
- Amy Bunch - July 23 - 11 years
- Jason Calhoun - July 27 - 11 years
- Amy Bradley - July 29 - 1 year
- Toby Thulin - July 30 - 26 years

MONTHLY MEETINGS

- Foundation Meeting - July 18
- Trustees Meeting - July 17

HAPPY BIRTHDAY!

- Dustin Frasier - July 1
- Kayla Maas - July 2
- Kendra Humphrey - July 2
- Kylee Noonan - July 8
- Jana Cochran - July 8
- Renae Pool - July 10
- Jessica Stemper - July 19
- Adrianna Frerichs - July 27
- Brittany Reeg - July 27

OTHER UPCOMING COMMUNITY EVENTS

- APS Glow Golf Tournament - July 15
- Harlan County Fair - July 17 - 22

“

“INDIVIDUAL COMMITMENT TO A GROUP EFFORT—THAT IS WHAT MAKES A TEAM WORK, A COMPANY WORK, A SOCIETY WORK, A CIVILISATION WORK.”

VINCE LOMBARDI



Welcome TO THE TEAM

"I am passionate about providing high quality care locally whether you need routine care or are experiencing an emergency. I am excited to become part of the Harlan County Health System team!"

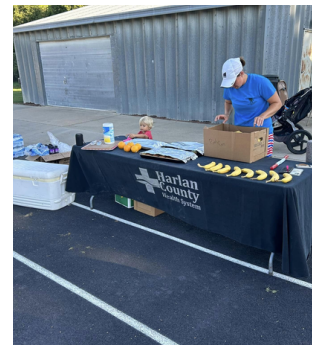


Nurse Practitioner
Rebecca Kahrs

The Heartland Family Medicine Clinic is pleased to welcome our newest provider to our team, Rebecca Kahrs, APRN! Rebecca is a Nurse Practitioner that resides in the Republican City, NE area with her husband, Kelen, and daughters, Violet and Monroe. Rebecca has a Bachelors of Science Degree in Human Biology from Chadron State College (2012), a Bachelors in Nursing Degree from Nebraska Methodist College (2014), and a Masters of Nursing Practice Degree from UNMC (2019). She has a special interest in Emergency Medicine and Family Practice.

Her certifications include: ATLS, ACLS, BLS, PALS, and Wound Care. Rebecca has also had great experience in many areas, including: urgent care, emergency care, family practice, and inpatient care. Kahrs stated, "I am understanding of the unique healthcare needs of rural Nebraska. Family Practice is extremely rewarding in rural areas as I get to take care of the whole family from newborns to the elderly, including people I know personally. I am passionate about providing high quality care locally whether you need routine care or are experiencing an emergency. I am excited to become part of the Harlan County Health System team!"

"ON LAKE TIME" FOR THE 4TH OF JULY



4th of July is always busy here in Harlan County and it was even busier for HCHS staff this year, as we cosponsored the Alma Road Race and had a great of employees walk in the parade! The parade theme this year was "On Lake Time" and our group really showed up and had a great representation. Overall, It was a HOT, but FUN day and it's so great seeing all of the community & staff support. Stay tuned for another awesome time in 2024!



MESSAGE FROM THE CEO

Greetings!

HOW is it July already?! The first half of the year has flown by! None the less though, I know the second half of the year will be just as amazing as the first half. We've done amazing things thus far and we're really starting to see our hard work pay off. Your commitment to delivering quality healthcare has not gone unnoticed, as I continue to receive glowing feedback from numerous community members who have had the privilege of experiencing your outstanding care. This is awesome and I encourage you to keep up the great work!

In light of your invaluable contributions, I am thrilled to share some exciting news with all of you. We have recently hired a Director of Human Resources who will be joining our team. Please join me in extending a warm welcome to Joanna Donahoe, PHR, SHRM-CP. She brings a wealth of experience and expertise to our hospital, and her arrival marks a significant milestone in our journey toward enhancing our staff's experience and well-being. Joanna will play a crucial role in supporting all of you onsite, addressing the concerns and requests that have been expressed by our dedicated staff. Her presence will allow us to better streamline our HR processes, foster a positive work environment, and ensure that your needs are heard and met effectively. She will officially start on August 1 and we're so excited to see what she brings!

We will be hosting Dr. Sethi this Friday. She is a resident student that is very interested in our facility so she will be meeting the team and getting acquainted with Alma to determine if this is the right fit for her and for our organization. We're excited to have and I hope you make some time that day to speak with her briefly.

Lastly, if you're around next Thursday, come check out the Harlan County Fair! Danielle Landen and I may or may not be participating in the "Showing with the Stars" event at 5:30 PM. Our admin team will also be volunteering in the burger stand that day from 10 am - 2 pm and the Auxiliary will have their stand Wednesday - Friday. The support is always appreciated!

As always, I'm always here if you need to speak with me or just need some support! I'm here to help ensure you are successful in your role here at HCHS because we need you all for the entire organization to be successful as well.

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 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 - 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

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

● EMPLOYEE SPOTLIGHT: Amy Hanchett

- This month's employee spotlight is, Amy Hanchett! She is a Patient Care Tech that has been a part of the team for nearly 4 years now.
- What she loves most about her job are the patients/people she meets. She's also very active amongst various activities within the organization and always a helping hand. When she's not working, Amy spends most of her time at home with her son. Her all time favorite movie is Top Gun and her favorite candy bar is a Caramello. The coolest place she's visited was to Virginia!
- Thank you, Amy, for your dedication and hard work to HCHS. We appreciate you!





Connie Lans, PA

*Now available
three times a week
to see patients!*

Tuesday | Wednesday | Thursday

www.harlandcountyhealth.com



Connie Lans is now available to see patients three times a week. She is now onsite Tuesday, Wednesday, Thursday. We're super excited for this opportunity and hope this appeals to our community!



MORE THAN A NUMBER

AT HARLAN COUNTY HEALTH SYSTEM

One of our swing bed patients shared her story with us and spoke highly about her recent stay with us. Here's what she had to say... "I recently fell from a ladder and ended up with a badly broken leg. Unfortunately, I was out of state when it happened. After surgery, I was discharged to HCHS as a swing bed patient. I can't say enough about the care I received in Alma. In the larger hospital out of state, I was just a number - and a great inconvenience to them. At Harlan County, I was finally able to relax, knowing my nurses were just outside my room - not down a long hallway, around several corners and out of sight! I even got to have a special little visitor - my dog, Macy. It's amazing to see what can be done when people truly care for each other!"



HCHS AUXILIARY,

**We want to
thank you!**

YOU MAKE SUCH A DIFFERENCE IN OUR
ORGANIZATION!

Special thank you goes out to our amazing Auxiliary ladies! They recently purchased TVs for the post-op area back in surgery to help with our patients overall experience. They also help reduce background noise from the doctors and other patients around them. We're grateful for the Auxiliary's generosity and we hope our patients enjoy them.



**WELCOME
REGAN
SCHONEMAN**

Cardiac Rehab Director



SCHONEMAN BECOMES HEAD OF CARDIAC REHAB SERVICES

Regan Schoneman has recently joined us as our new Cardiac Rehab Program Director. She's a 2015 Alma Public Schools graduate and from there she went on to UNL to complete her pre-requisites for nursing school. In 2020, she received her Bachelor's of Science in Nursing from Clarkson College in Omaha. "I look forward to expanding my knowledge in Cardiac Rehab & making connections with my patients. I also look forward to working alongside the rest of the staff at HCHS," Schoneman stated.

In her free time, you can catch Regan spending time with her family & friends, reading, or enjoying the outdoors. If you see her around at HCHS, be sure to say hi and congratulate her on her new position! We're excited to have her a part of our team and look forward to seeing what's she's able to accomplish!



A new school year will soon be starting and that means new school supplies, classroom items, backpacks, etc. After last year's event, we had an influx of backpacks and water bottles leftover so we decided to host another back to school drive for the 23-24 school year! This will take place on Thursday, August 3, from 4 PM - 5 PM over in front of the clinic. We will be handing out backpacks and a limited amount of school supplies. We're excited that we're able to offer this to our community for another year and we hope it's another successful event for HCHS! All local area students are welcome to participate in this and we can't wait to see everyone!



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 TESTIMONIALS

- "I feel my care is better here than other places I've been."
- "You are very thorough"
- "My therapy team is very professional and has a positive attitude towards me making my treatments tolerable and helping my back get stronger and back to normal"
- "All staff members were very helpful and they listened to my needs. They are professional and makes coming to therapy a positive experience"



**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



**SO. Valley
Eagles**



JULY 2023

Outpatient Services



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 • Dietary	4 Independence Day CLOSED	5 • Cardiology - Dr. Dassouki • Podiatry - Dr. Moore	6	7 • HPM Clinic	8
9	10 • NHI - Dr. Kosmicki • General Surgery - Dr. Walsh	11	12 • Ortho - Dr. Wilkinson	13 • Nuc. Medicine	14	15
16	17 • General Surgery - Dr. Walsh	18 • Dietary • Oncology - Dr. Hartl	19 • Bryan Heart- Dr. Baker • HPM Clinic	20	21	22
23	24 • Pulmonology - Dr. Ghosh	25	26 • ENT - Dr. Johnson • Audiology - Emma	27 • Nuc. Medicine • HPM Procedures	28 • Ortho - Dr. Wilkinson	29
30	31					

National Ice Cream Day

July 16



- It takes 12 pounds of milk to produce just 1 gallon of ice cream.
- The average number of licks to finish a scoop of ice cream is 50.
- The country that consumes the most ice cream is USA, followed by Australia then Norway.
- The most popular flavor is vanilla, then chocolate.



JOIN US AT OUR NEXT

JEUVEAU

day

JULY 19
3 PM - 5 PM

BY APPOINTMENT ONLY.



UV SAFETY
AWARENESS
MONTH



July is UV safety awareness month. During the sunny summer months, a lot of emphasis placed on protecting our skin and eyes from Ultraviolet (UV) rays.

- Check the UV Index First.
- Slather on SPF.
- Stay Inside When The Sun is Strongest.
- Wear Sunglasses.
- Water Doesn't Protect You From the Sun's Rays.
- Keep Away From Tanning Beds.



'SILVER STRONG' WELLNESS

JOIN US!

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

AGED 50+

TUESDAY &
THURSDAY

**JOHNSON
CENTER - ALMA**

- >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.

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



N | EXTENSION

2023 HARLAN COUNTY FAIR



MONDAY, JULY 10

6PM 4-H JUST FOR FUN DOG SHOW
FAIRGROUNDS | ORLEANS

MONDAY, JULY 17

8AM 4-H HORSE SHOW
FAIRGROUNDS | ORLEANS

7PM 4-H TALENT & FASHION SHOW
AG CENTER | ORLEANS

TUESDAY, JULY 18

8-11AM ENTRY DAY
of 4-H Static & Open Class Exhibits

2PM ALL BARN OPEN
for large and small animals

4-6PM LIVESTOCK CHECK-IN & WEIGH-IN
of market animals

The weighing in of market sheep, market goat, market swine, market beef, as well as the entering of all breeding livestock, dairy, rabbits and poultry.

WEDNESDAY, JULY 19

8AM 4-H & FFA SMALL ANIMAL SHOW
(cats, rabbits, poultry, and pocket pets)

4PM OPEN CLASS &
4-H MARKET & DAIRY GOAT SHOW

5PM OPEN CLASS & 4-H SHEEP SHOW
BEST DRESSED GOAT SHOW
directly following the Sheep Show



THURSDAY, JULY 20

8AM 4-H BEEF SHOW

5PM HARLAN COUNTY CATTLEMAN'S FREE BARBECUE

5:30PM SHOWING WITH THE STARS
4-H AWARD CEREMONY | AKSARBEN FARM FAMILY AWARDS

7PM RANCH RODEO
CALCUTTA AT 7 P.M. | RANCH RODEO AT 7:30 P.M.



SCAN ME
TO DONATE,
NOMINATE
& VOTE!

FRIDAY, JULY 21

8AM OPEN CLASS & 4-H SWINE SHOW

1PM 4-H LIVESTOCK JUDGING CONTEST

6PM-MIDNIGHT
HARLAN COUNTY FIREMAN BEER GARDEN

7PM EVENING ENTERTAINMENT
MUSIC BY THE BAND
"NO DRINKING ON GROUNDS"
WITH OPENING ACT: TYLER ANTHONY



NO DRINKING ON GROUNDS

SATURDAY, JULY 22 **8-11AM** RELEASE OF 4-H EXHIBITS
& OPEN CLASS EXHIBITS

9AM ANNUAL HARLAN COUNTY JUNIOR
FAIR LIVESTOCK AUCTION

7PM-MIDNIGHT AFTER PARTY WITH ENTERTAINMENT - HOSTED BY ORLEANS FIRE DEPARTMENT

CONCESSIONS AVAILABLE
WED | THURS | FRI | SAT

ROCKIT EVENT PROS 5:00PM-10:00PM
WED | THURS | FRI

THANK YOU TO **OUR SPONSORS**

FULL LIST OF SPONSORS AND HOW TO BECOME A SPONSOR CAN BE FOUND ON OUR WEBSITE

www.harlancountyjrfair.com

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.

