

# MONTHLY PULSE

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

## MONTHLY OBSERVANCES

- June 2 - National Donut Day
- June 4 - National Cancer Survivors Day
- June 14 - National CNA Day
- June 18 - Father's Day
- National PTSD Awareness Month
- National Safety Month
- National Fresh Fruit & Veggies Month

## HAPPY HCHS ANNIVERSARY!

- Haley Booe - June 1 - 2 years
- Theresa Metzger - June 2 - 15 years
- Mary Jo Christensen - June 8 - 31 years
- Craig Farlee - June 8 - 16 years
- Amanda Spady - June 14 - 17 years
- April Einspahr - June 20 - 6 years
- Mandi Lehmkuhler - June 22 - 2 years
- Megan Thorman - June 28 - 1 year

## MONTHLY MEETINGS

- Foundation Meeting - June 13
- Trustees Meeting - June 19

## HAPPY BIRTHDAY!

- Paige Pauley - June 3
- Kendra Buss - June 12
- Theresa Metzger - June 12
- Christel Wilson - June 15
- Amanda Spady - June 19
- Julie Kresser - June 28
- Jason Calhoon - June 30

## OTHER UPCOMING COMMUNITY EVENTS

- Turkey Days - June 9-10
- Jevueu Night - June 15 (3 pm - 5 pm)
- Live Music @ North Shore - June 17



LEARN AS IF YOU'LL LIVE FOREVER, LIVE LIKE YOU'LL DIE TOMORROW.

-MAHATMA GHANDI-

## HOSPITAL WEEK 2023 RECAP



Thank you to all who participated and helped make hospital week this year a success! Lots of yummy food, fun prizes, and many laughs! Special shout out to the kitchen for all their hard work to make this happen and the service excellence team for planning everything! If you have ideas or suggestions to make hospital week 2024 even better, please let a service excellence member know.

## HCHS PROVIDES SUPPORT FOR BRAN



For 40 years, Bicycle Ride Across Nebraska (BRAN) riders have experienced epic cycling, enjoying the small town hospitality and the beauty of the rolling terrain on the great plains through Nebraska. This year's ride started in Benkelman and will end in Ashland. Alma happened to be a stop along their way! Our PT team set up a recovery table in the park for the participants, Taylor welcomed them to Alma and filled them in on HCHS and what the rest of the town has to offer, and the Auxiliary ladies had homemade ice cream for free will donation (making around \$350!!!). It was a great experience and the perfect publicity event for our organization.



# MESSAGE FROM THE CEO

## *Greetings!*

Goodbye May, Hello June!

- Authorization Specialists: We have started advertizing this position and have received applications, so we will start working through those and then schedule interviews as we feel are appropriate.
- Telehealth Mental Health Services: We had our first call with this new service and are starting to get things in line to move forward. More to come on that as we have things to share.
- Providers: Through the month of June, you may see new faces as we fill gaps in the schedules, please help these people out and make them feel welcome.
- Benefits: Talked to Darlene yesterday and we should have more information this week. Once we have everything we need, and I can review it we will then be scheduling benefit meetings for staff.
- Congratulations! Amanda Spady: Amanda received her Bachelor of Science in Nursing Degree!!  
Mary Lyne: Mary passed her EMT boards. Way to go ladies!!

Amazing things are always going on here and I'm so proud of everyone for their continued efforts to make Harlan County Health System the best place to receive care. We have accomplished a lot of great things since I've taken over as CEO and I can't wait to see what else we can take down in the years to come. We are certainly no where close to being done and with you all on our team, I know we can achieve anything! If you ever have any ideas, suggestions, or questions, don't hesitate to come speak with me. My door is always open to you!

**Sincerely,**

*Stacy Neubauer, RN, MHA*

Chief Executive Officer



# HCHS FOUNDATION:

The Foundation board officially voted, Brittany Reeg onto the board last month and we're excited to have her join us! We think she'll be a great addition and contribute lots of ideas. Our next big fundraiser for the year is our 3rd annual golf tournament on August 19. If you want to sign up a team or help at the event, let Taylor know. It's always a fun time!

## 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.*



## EMPLOYEE SPOTLIGHT: *Ramona Coffey*

This month's employee spotlight is Ramona Coffey! Ramona has been with HCHS for 19 years (2001-2018 & 2021-2023) as an RN on the Inpatient floor. Her favorite part of her job is helping the patients! Ramona is married to Brent Coffey and they have two kids, Ian & Kim. They also once hosted two exchange students from the Czech Republic, Eli & Zuzka (sisters), that they consider as their own daughters. Their family has 3 dogs - Ella, Missy, & Lola. When Ramona isn't working, she loves to vintage shop! If she could have one superpower, she'd choose invisibility and one thing she can't resist are peanut butter shakes. Ramona would also like to someday travel back to Europe to see her Czech daughters. Thanks you, Ramona, for your hard work and dedication to HCHS!

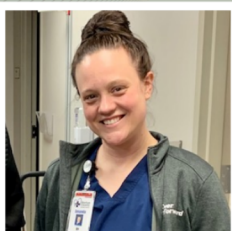






# CONGRATULATIONS

## *On Your Achievements!*



**AMANDA SPADY**  
Clinic RN



**MARY LYNE**  
RN



## WE'RE HIRING!

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

**Apply Now**

For more information, email:  
careers@psychmc.com



## WE ARE hiring!



Employment Opportunities 🔍

- Authorization Specialist - Remote
- PRN Clinic LPN or RN
- Lab Technician
- Lab Manager - \$2,500 BONUS
- Cook - \$500 BONUS
- PRN LPN/RN (Clinic)

To Apply, call:  
**308.928.2151**

Join  
our team!



"The best road race  
by a dam site"

## 2023 Road Race

### July 4, 2023 - Alma, NE



Sponsored by:  
Harlan County Health System, In Conjunction with: Alma Chamber of Commerce



\$30/participant and includes a t-shirt if you register by June 16. To register, scan the QR code or talk with Taylor. Volunteers are still needed!



## 23-24 SPORT PHYSICALS



### SPORT PHYSICALS AVAILABLE! \$35

- 📍 Alma Public Schools
- 📅 June 20 (Jess Stemper) & July 19 (Dr. Finkner)
- 🕒 9 AM - 12 PM

For all incoming 8th-12th graders planning to participate in school activities for the 23-24 school year. Forms can be picked up at the school.

Sport Physicals are scheduled for June 20 with Jess Stemper and July 19 with Dr. Finkner. These will all take place at Alma Public Schools from 9 am - noon. Forms can be picked up from the school and must be brought back on the day you get your physical. The cost is \$35. Cash (exact amount) or check are acceptable forms of payment. Let the clinic girls if you have any questions!



# ROAD RACE T-SHIRT CONTEST WINNER!



Congratulations to the winner of the 2023 Alma Road Race t-shirt contest, Swara Patel! She's a recent graduate from Alma Public Schools and we're excited to see her design on the race shirts this year! Thank you to the other participants: Danny Cook, Natasha Hock, Riley Scott, Sabrina Schemper, Titus Epp, Bladyn Herrick, Tessa Johnson, Tryan Deiter, Aslynn Fischer, Jersey Lewis, and Mikaela Christensen.

# 'SILVER STRONG'



- "It's a great experience. I feel more flexible, have better endurance, and it's fun!" - Jim M
- ".It makes me feel a lot better, especially my back and has helped with my balance. We also have a fun group and we always have a good time!" - Arlene
- "The class is great for stretching and it makes you feel good. It's a positive experience and we have fun people in our group. We have great interaction and we wish we had class every day." - Mary



**NEW FACE**  
*at HCHS!*

**Jaiden Kully**



... **WELCOME,**  
**JAIDEN**  
**KULLY**  
**TO HCHS!**

Welcome our new PT student, Jaiden Kully! Jaiden is a Physical Therapy student from UNMC who will be helping out this summer in our PT Department. She is currently in her second year at UNMC in Omaha. Jaiden is originally from Hastings, NE, and attended the University of Nebraska at Omaha for undergrad, where she received a Bachelors of Science Degree in Kinesiology. "I am loving the rural healthcare setting here in Alma and learning all about the patients' stories during our treatment sessions! This rehab team is amazing and I can't wait to gain more knowledge from them all," stated Kully. One fun fact about her is that she has her pelvic health physical therapy certification that she received during her first year of PT school.



HCHS THERAPY DEPARTMENT

# GOLF


FITNESS EVALUATIONS

"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."

**Dusty Frasier, PT**

CALL TO SCHEDULE A GOLF FITNESS EVALUATION

**308.928.3002**



\$60/Session. Contact the Rehab Department if you're interested. Gift certificates are also available to purchase.

# UPCOMING SCHOOL EVENTS:



## Alma Cardinals





**SO. Valley Eagles**



# JUNE 2023 - OUTPATIENT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05 • NHI - Dr. Kosmicki	06 • Dietary • HPM Clinic	07 • Cardiology - Dr. Dassouki	08 • Nuc. Medicine • Pulmonology - Dr. Cantral	09	10
11	12	13 • OB/GYN - Dr. Jorgenson	14 • Ortho - Dr. Wilkinson	15	16 • Urology- Dr. Santa Cruz	17
18 Father's Day	19	20 • Oncology - Dr. Hartl • Dietary	21 • Bryan Heart- Dr. Baker • HPM Clinic	22 • HPM Procedures • Nuc Med	23 • Ortho - Dr. Wilkinson • General Surgery - Dr. Walsh	24
25	26	27 • Platte Valley- Dr. Varma	28 • ENT - Dr. Johnson • Audiology - Emma	29	30	01 



## JUNE 2 - FUN FACTS!

- National Doughnut Day was officially established in 1938 by the Chicago Salvation Army to raise much-needed funds during the Great Depression.
- In the U.S. alone, more than 10 billion doughnuts are made every year.
- The largest doughnut ever made was an American-style jelly donut weighing 1.7 tons.



## 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/bplzwDhZj3Q5sbrCA>

## HOW TO MAKE HEALTHY FRUIT PIZZA:



### Dough:

- 1 large egg
- 1 teaspoon vanilla extract
- ¼ cup honey
- 2 tablespoons coconut oil softened
- 2 cups blanched almond flour
- ½ cup coconut flour
- ½ teaspoon baking soda
- pinch of salt

### Filling:

- 3 oz. cream cheese
- 1/2 cup nonfat Greek yogurt
- 1.5 - 2 tablespoons honey or more depending on how sweet you like it!
- zest from 1/2 lemon

### Fruit Toppings of choice:

- Strawberries, blueberries, kiwi, etc.

### Instructions:

- Preheat oven to 350°F and grease a 10-inch cast iron or round pan. Set aside.
- Mix wet ingredients in a medium-size bowl. Set aside.
- In a separate bowl, mix dry ingredients.
- Slowly add dry ingredients to wet ingredients. The dough will be thick, and it's easier to mix and knead the dough with your hands until combined (it helps to wet your hands with water to keep the dough from sticking to your hands). Form into a ball.
- Place the dough ball into your greased round pan and evenly flatten the dough to the bottom of the pan.
- Take a greased spatula and carefully separate cookie dough from the edge of the pan to make removal easier after baking (see photo for example).
- Bake for 14-17 minutes.
- While crust is baking, place all ingredients for the filling into a blender or single serve smoothie cup and blend until smooth. It should be thick and creamy.
- Let crust cool and then remove from pan. Evenly spread filling over the top of the crust.
- Decorate fruit pizza with berries and garnish with lemon zest.
- Place in the fridge and let sit for 15-20 minutes.
- Enjoy!



# STAFF SHOUT OUTS!

---

- "Vickie, thank you for riding the ambulance for our ER patient!" - Mona
- "Thanks Stacy for the surprise coffee day!" - Cheryl
- "Amy H. & Theresa M., thank you for the awesome help in the ER!" - Vickie
- "Taylor - thank you for organizing the prizes and all the planning you did for hospital week" - Karen
- "Jessi - thank you for helping us on nuc med day! Appreciate you jumping right in to help out on a busy day!!!" - Haley
- "HCHS Nurses - thank you for the countless hours you all work! You are all outstanding & I am proud to your colleague" - karen
- "Vickie - thanks for doing an extra round of CPR classes! You da best!" - April
- "Vickie & Karen - thank you for taking ALS transfers in a pinch!"
- "Stacy - thanks for surprise coffee day!"
- "Vickie - thanks for staying 3 hrs past your shift to help in ER" - Jana
- "Thank you Christel for the yummy popcorn"
- "Thank you to everyone who took part in a great week of food & fun!!! Happy hospital week to all!" - Haley
- "Carla & Scott - thank you for making root beer floats! Perfect!" - April
- "Jane, Mary, Paige, Amy H. - thank you for covering shifts. Really appreciate you!" - Dannielle L
- "Thanks to all who helped fix the meals for hospital week! It was appreciated"
- "Thanks to everyone who planned and helped with hospital week activities! It was awesome!" - Cheryl
- "Leanne - thanks for taking care of IV fluid pt while OP had a busy clinic!!" - Lynda
- "Vickie - thank you for staying late and helping in the ER. I really appreciated it!" - Lacy S.
- "Thanks Dr. Finkner for making sure your hospital peeps were safe during the tornado warning."
- "Thanks to the kitchen staff for all the yummy, amazing meals during hospital week!" - Cheryl
- "Carla & Scott - thank you for the delicious food for hospital week & every other meal you cook - you are both amazing" - Karen



# '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**

