

MONTHLY PULSE

The latest events, community news, and much more!

MONTHLY OBSERVANCES

- May 5 - Cinco De Mayo
- May 13 - National Dog Mom's Day
- May 14 - Mother's Day
- May 28 - National Hamburger Day
- May 29 - Memorial Day
- May 7-13 - Hospital Week
- May 6-12 - Nurses Week
- Better Speech & Language Month
- Stroke Awareness Month
- Mental Health Awareness Month
- Water Safety Month
- National Military Appreciation Month
- Blood Pressure Education Month

HAPPY HCHS ANNIVERSARY!

- Amy Hanchett - May 7
- Danielle Bonnicksen - May 10
- Ashley Billeter - May 27
- Sam Dietz - May 31

MONTHLY MEETINGS

- Foundation Meeting - May 9
- Trustees Meeting - May 15

HAPPY BIRTHDAY!

- Vickie Runyon - May 2
- Mary Jo Christensen - May 2
- Lisa Splattstoesser - May 3
- Rick Cook - May 8
- Leanne Bewley - May 11
- Tabitha Manahan - May 12
- April Einspahr - May 14
- Tonda Ross - May 18
- Jane Robison - May 20
- Kayralyn Grigg - May 27

OTHER UPCOMING COMMUNITY EVENTS

- Live Music @ North Shore - May 27
- BRAN - June 5
- Live Music @ North Shore - June 17
- Turkey Days - June 17

OUT WITH THE OLD, IN WITH THE NEW!



Last month, the mammography department received a major upgrade! The new 3D mammo machine was installed and we've already had several patients take advantage of getting screened with the new equipment. The Fujifilm's ASPIRE Cristalle mammogram system is one of the best and ours is the first one to be installed in Nebraska! This new system provides brilliant image quality, adapts to different body types and can be used for everyone, has innovative technology that uses low X-ray dose, is specially designed to be more comfortable for you, and is easy to operate so our techs can focus on you with personalized care. By investing in the latest, most comfortable high-technology equipment, we are able to make mammograms easier for you! We so grateful to be able to provide this amazing service to our community and we hope that our patients enjoy this new experience!

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DON'T WASTE A MINUTE NOT BEING HAPPY. IF ONE WINDOW CLOSES, RUN TO THE NEXT WINDOW - OR BREAK DOWN A DOOR.

-BROOKE SHIELDS-



MESSAGE FROM THE CEO

Greetings!

How is it May already?! CRAZY. The school year is almost over and Summertime is about to begin, which makes me eager for some lake time!

I first want to thank everyone that attended the Employee Forums last month. It was a great time to get staff together to learn about all the great things that we have going and are doing here at HCHS. I look forward to having more of these forums in the future. The town hall meeting also went well. We had more community members attend and I anticipate that it will grow more and more every time we have it. I think everyone went away learning something that they didn't know about the hospital. For now, we plan to host these twice a year so the next one won't be until this fall sometime.

Physician Recruitment: I have changed firms that we will use for physician recruitment. This firm is more Midwest focused and has placed physicians in small locations like us in Nebraska in a rather quick timeframe, so I am happy to work with the Jackson Physician Search Company. To do the best recruiting for us, one of their recruiters, Addyson, came to take a tour of Alma, see our facility, and got to know the people of Harlan County, meet our providers, and is now able to better understand what we're needing. We hope she's able to find us someone amazing very soon!

New Phone System: This has been finalized. Our new equipment and the roll out will take place in a few weeks. More to come as the time gets closer. We even sold our old system to someone!

Nurse Call System: We are looking at options for a new system. We have had three vendors that have shared their information to help us decide which would be the best system for our facility.

Sincerely,

Stacy Neubauer, RN, MHA

Chief Executive Officer

HCHS FOUNDATION:

The Foundation recently added another board member! Brittany Reeg will officially be voted on the board this 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

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.

Prize Opportunity: Email Taylor your favorite summer activity for a chance to win a summer kick-off treat! Drawing held May 31.

EMPLOYEE SPOTLIGHT: *Lisa Splattstoesser*

This month's employee spotlight is, Lisa Splattstoesser! Lisa has been with HCHS as a clinic receptionist for 1 year now. She loves the patients and the people she gets to work with! When she's not working, she enjoys following her grandkid's activities, being at the lake, Husker football & volleyball, and being with her family & friends. Something she'd love to experience again is Mardi Gras. "What a blast!" One food item she cannot resist is shrimp and if she could travel anywhere, she'd love to visit all 50 states, she has been to 38. Then she'd go to Mexico or Jamaica! Thank you for your dedication and hard work here at HCHS. We appreciate all that you do!



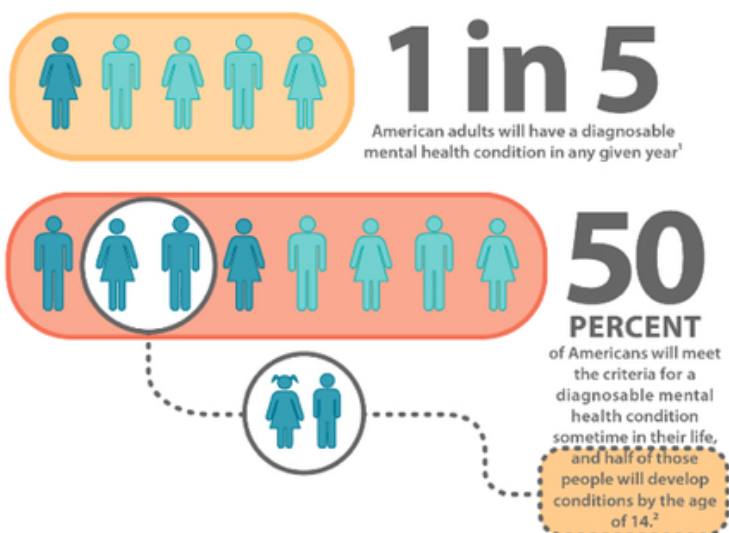
We want to hear from you!
TAKE OUR DERMAL FILLER SURVEY
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We're trying to decide if we want to add Dermal Fillers to our list of services and we need your help! Dermal fillers are gel-like substances that are injected beneath the skin to restore lost volume, smooth lines and soften creases, or enhance facial contours. 6 areas dermal fillers can help improve the appearance of your face include: 1) volumize lips 2) plump cheeks 3) fill in forehead lines 4) Reshape the nose or chin 5) Eliminate Marionette Lines & Nasolabial Folds 6) Reduce appearance of scars. To maintain results, it is recommended to get injections every 4-6 months. 2 week follow-ups will also be provided for any touchups that need to be made.

If you are interested in receiving dermal fillers, we'd appreciate if you would fill out our brief survey so we can determine the level of interest in our community. This service would be performed by Connie Lans, PA.



Mental Health Matters For Everyone



"Nurses Make a Difference: Anytime, Anywhere - Always" honors the unwavering commitment of nurses to their patients, and the value they provide to the unified health care team in accomplishing their medical readiness mission. Thank you to our amazing nursing staff for always providing our patients with the best possible care!



Theme:
"We Are
Healthcare"

This week is for recognizing the amazing people who work in America's hospitals and health systems. We this awesome team of ours and we hope you enjoy all the fun things planned throughout this week!

2ND TOWN HALL MEETING HELD IN APRIL



Last month we hosted our 2nd town hall meeting at the clinic. It was a great turnout and we felt like a lot beneficial information was shared with the community. We hope that those who attended will share with their friends and family! The plan is to host these type of meetings twice a year. Lastly, we saved a special seat for one of our biggest supporters so he could be in attendance as well. Thank you to all who attended and shared valuable info.



AVAILABLE POSITIONS

- RN (Night Shift)
- Lab Manager - \$2500 Sign-On Bonus

Apply through Indeed, or fill out an employment application.

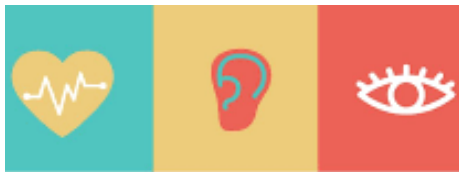
Please Take Our Survey!



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/bp1zwDhZj3Qs5brCA>



MAY IS

BETTER HEARING & SPEECH

MONTH




Tosha Winheim, SLP

May is Better Speech & Hearing Month! Each May, this annual event provides an opportunity to raise awareness about hearing and speech problems, and to encourage people to think about their own hearing and get their hearing checked

HCHS REHAB



A contest was held during March and these were the winners of the prizes! Donna Kindler, Camry Murdoch, & Craig Farlee. Congratulations!



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:



SUMMER



Alma Cardinals

- May 4 - Dale Harsin Track Meet
- May 9 - Athletic Booster Club Banquet
- May 11 - District Track
- May 13 - Graduation
- May 15/16 - 2 PM Dismissal
- May 16 - Last Day of School

- May 4 - V Track @ Alma Twilight
- May 6 - Graduation
- May 8 - 12:30 PM Dismissal
- May 11 - District Track
- May 15 - HS Athletic Banquet
- May 16 - Last Day of School

SO. Valley Eagles



May 2023 - Outpatient Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 • NHI - Dr. Kosmicki	2 • Dietary • HPM Clinic	3 • Podiatry - Dr. Moore • Cardiology - Dr. Dassouki	4	5	6
7	8 • General Surgery - Dr. Walsh	9 • OB/GYN - Dr. Jorgenson	10 • Ortho - Dr. Wilkinson	11 • Nuc. Medicine • Pulmonology - Dr. Cantral	12	13
14 <i>Mother's Day!</i>	15	16 • Oncology - Dr. Hartl • Dietary	17 • Bryan Heart - Dr. Baker • HPM Clinic	18	19	20
21	22	23 • Platte Valley - Dr. Varma	24 • ENT - Dr. Johnson • Audiology - Emma	25 • HPM Procedures • Nuc Med	26 • Ortho - Dr. Wilkinson • General Surgery - Dr. Walsh	27
28	29 CLOSED	30 • Platte Valley - Dr. Varma	31	1	2	3

May is National Stroke Awareness Month

While each individual may experience different stroke symptoms, the ones below are most common. Time is crucial when treating and recovering from a stroke. Act quickly. Don't wait. Stroke is a medical emergency and every second counts.

B

E

F

A

S

T

BALANCE
Loss of balance, headache/sudden or "thunderclap" headache or dizziness

EYES
Blurred vision

FACE
One side of the face is drooping

ARMS
Arm or leg weakness

SPEECH
Speech difficulty

TIME
Time to call for ambulance immediately

5 MEMORIAL DAY

Facts You Never Knew

Memorial Day is a federal holiday that occurs on the last Monday in May each year. It's a poignant day to remember America's military men and women that died while serving.

1868
Decoration Day first observed nationwide

1882
Name officially changed to Memorial Day

1891
Memorial Day became an official federal holiday

2000
Congress passed a law demanding Americans pause at 3 PM local time as a mark of respect on Memorial Day

TODAY
Most businesses mark Memorial Day as the unofficial beginning of summer



National Burger Day - May 28



HAMBURGER FUN FACTS:

- Americans consume 50-billion burgers a year.
- The average American eats a hamburger three times a week.
- McDonalds sells 75 hamburgers every second, and sells 550 million Big Macs each year.
- Nearly 60-percent of all sandwiches sold worldwide are actually hamburgers.



There's a good chance you've heard of (and perhaps even raised a salted glass in honor of) the holiday known as Cinco de Mayo, or the fifth of May, so it's high time you learned a little bit more about the event. Fun Facts:

- Cinco de Mayo celebrations came stateside thanks to president F.D.R.
- Cinco De Mayo is celebrated with street festivals
- It's not a federal holiday in Mexico, but is in the U.S.
- It's intended to be celebrated for the outcome of the Battle of Puebla, but is a celebration of Mexican culture in the U.S.

STAFF SHOUT OUTS!

- "Vickie - thank you for staying over and helping in ER" - Night Shift
- "Jessi - Thank you for all you do! I know we have been needy :)" - Haley
- "Amy Bradley - you rock! Thank you for all you do and caring"
- "Sammi - Thank you for your help with audits. Appreciate you!" -Haley
- "Thank you Brenda for sweeping dining room for our coffee." - Diane
- "Mary - thank you for covering 1/2 night shift and your help in the ER" - Night Shift
- "Maintenance - thank you for painting my office!" - Taylor
- "Housekeeping - thank you for the gift cards to Dragonfly for lab week. We appreciate all you do!" - Lab
- "Donna - thank you for your help on Monday! Much appreciated!" - Janeice
- "Teresa H. - thank you for taking on CR - you are doing great!! Thanks for all you do!" - Haley
- "All involved - thank you for the employee appreciation dinner"
- "Amanda Spady - thanks for always being so helpful." - Jane
- "Donne & Jill - thank you for taking on scrub orders in your already busy day! We all appreciate it so much!" - Haley
- "Mary - thank you for staying and helping Monday night! You rock!" -Jacey S.
- "Stacy - thanks for bagel day!" - April
- "Gina - you are doing awesome in surgery and learning the SPD side too! Keep up the great work. thanks!" -Haley
- "Danielle L - thanks for helping with an auth for PM"
- "Housekeeping - thank you for always working with our schedules! We appreciate you!! - Haley
- "Craig - thanks for bringing bagels from Kearney!" - April
- "Shout out to Haley Booe! When registering a patient today - she couldn't compliment Haley enough on how she followed up on her after a procedure!!"
- "Scottie - thanks for working a long shift while short staffed!" - April
- "Brenda - thanks for sweeping before the employee forum!" - April

2023

Hospital Week

8
MAY

Donovan's Food Truck

Each employee is allowed up to \$8 of meal credit.

11:30 AM - 1:00 PM

9
MAY

Breakfast Waffle Bar

Enjoy a delicious, complimentary waffle bar with all of the yummy fixings!

6:00 AM - 9:00 AM

10
MAY

Employee BBQ

Complimentary burger meal.

12:00 PM - 1:00 PM

11
MAY

Taco Thursday

Have your choice of 2 tacos or taco salad! Served with brownie sundaes for dessert. All complimentary.

11:30 AM - 1:00 PM

12
MAY

What's Poppin?

Popcorn day! Bring your favorite topping to share.

2:00 PM

'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.

Speed and Agility Camp 2023 in Alma

CAMP DATE: June 5th-9th (*Testing will be done 1st day of camp*)

TIME: 7am-9am

WHERE: Alma High School Gym

Cost for 7th-12th grade: \$75.00

If you are going into **6th grade** and are interested in attending camp or need financial assistance,
PLEASE CONTACT MARISA GULIZIA.

Camp will include functional sport testing, proper weight training technique, plyometrics, agility drills, footwork drills and core stability activities. Cardinal coaching staff, physical therapy staff and a certified strength and conditioning coach will be leading this camp.

OPEN TO ALL ATHLETES FROM ANY SCHOOL



For more information contact

Isaac Frecks: isaac.frecks@almacardinals.org

or

Marisa Gulizia at mgulizia@inspirerehab.com

308.928.3002