

MONTHLY PULSE

The latest events, community news, and much more!

MONTHLY OBSERVANCES

- National Do Something Nice Day - Oct. 5
- National Farmer's Day - Oct. 12
- National Dessert Day - Oct. 14
- National Boss's Day - Oct. 16
- National Pharmacy Tech Day - Oct. 17
- Halloween - Oct. 31
- National Healthcare Quality Week - Oct. 14-21
- Healthcare Food Service Workers Week - Oct. 1-7
- National Stroke Month
- National Breast Cancer Awareness Month
- National Physical Therapy Month

HAPPY HCHS ANNIVERSARY!

- Julie Kresser - Oct. 2 - 32 years
- Candi Randall - Oct. 5 - 8 years
- Jennifer Taylor - Oct. 10 - 12 years
- Gina Pritchard - Oct. 26 - 3 years

MONTHLY MEETINGS

- Board of Trustees Meeting - Oct. 16
- Foundation Meeting - Oct. 10
- Leadership Meeting - Oct. 17

HAPPY BIRTHDAY!

- Charity Kindler - Oct. 3
- Dr. Long - Oct. 5
- Candi Randall - Oct. 8
- Brenda Losey - Oct. 9
- Joanna Donohoe - Oct. 12
- Tamara Haussermann - Oct. 14
- Amy Hanchett - Oct. 18
- Louis Hays - Oct. 20
- Shannon Lynch - Oct. 21
- Sammi Laux - Oct. 23

OTHER UPCOMING COMMUNITY EVENTS

- Mammos & Margs - Oct. 4
- Applefest - Oct. 7
- Health Fair - Oct. 14
- Auxiliary Bazaar - Oct. 19

MONTHLY MOTIVATION

"DON'T LIMIT YOURSELF. MANY PEOPLE LIMIT THEMSELVES TO WHAT THEY THINK THEY CAN DO. YOU CAN GO AS FAR AS YOUR MIND LETS YOU. WHAT YOU BELIEVE, REMEMBER, YOU CAN ACHIEVE."

MARY KAY ASH



You are NOT alone. 

September was Suicide Awareness Month so HCHS staff and Harlan County community members came together to walk to show their support for #suicideawareness! Suicide is the 11th leading cause of death in the US and Over 700,000 people take their own life each year - that's one person every 40 seconds (World Health Organization).





MESSAGE FROM THE CEO

Hello!

Not sure how it's already October, but I guess that means cooler weather, right?! One more quarter to go for the year so let's end on a strong note! We have had some great months this year and I'm looking forward to what's to come.

Coming up, our Admin team will be conducting their annual retreat to begin planning and setting goals for 2024. Our new mental health services program will be kicking off on Oct. 26! Dr. Webb will be available all day on Thursdays every week so please share with your family & friends about this amazing service. The Auxiliary Bazaar is also coming up on Oct. 19! They would appreciate any baskets or candy donated for this great event. We also added a new IV wellness program through Alma native, Taylor Wright! She will be providing these services out of our outpatient area and will be available 1 Wednesday evening and 1 Saturday morning a month! This is a great community benefit and we're excited for this new partnership with her. Lastly, our next town hall meeting is set for November 8 at 5 PM in the clinic.

Leadership Change: Diane Fegter has decided to retire. We have posted her position and we will be looking for the next person to fill those shoes. Diane has been here 43 years!! So amazing and thanks again for everything you have done for this organization.

Old Clinic: The Fire Marshal inspected the old clinic building. He informed us that we cannot use that building for storage. With that being said, we have produced a plan to start moving things:

- IT Office at the hospital will relocate to the old clinic
- Donna will move her office into the current IT office
- Donna will move all the storage to the larger supply room
- The office that she is in now will be utilized for the auxiliary
- Medical Records will go in the small hallway/storage space between the supply room and Donna's current office.
- Other miscellaneous items will be moved to the garage at the rental property on Lincoln.

Keep up the amazing work! I certainly can't do my job without each one of you so I'm grateful for your dedication to our organization. If you ever need anything, always feel free to reach out or stop by my office.

Sincerely,

Stacy Neubauer, RN, MHA

Chief Executive Officer

HCHS FOUNDATION:

Our next fundraiser is currently happening! We are selling Texas Roadhouse Rolls again. Rolls are \$8 per dozen and \$2 for cinnamon butter. Please have orders & payment to me by Oct. 13. We are also hosting a Husker Tailgate Party on November 4 for the Michigan State game! Entry is \$20 and we will have complimentary appetizers and you can purchase squares before the start of the game too. Don't miss out on either of these!!

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 December.

Upcoming Events:

- Texas Roadhouse Rolls Fundraiser - Orders due by Oct. 13
- Husker Football Watch Party - Nov. 4 - Time TBD
- 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.

Texas Roadhouse Rolls Fundraiser



Preorder Frozen Texas Roadhouse Rolls by the dozen.
Orders due by Oct. 13

- Dozen Rolls - \$8
- Cinnamon Butter - \$2

Pick Up Date -TBD
Alma Hospital



HUSKER TAILGATE PARTY!

SAVE THE DATE

NOVEMBER 4

NEB @ MICHIGAN ST.
\$20 ENTRY - ALMA GOLF COURSE
FOOD | GAMES | SILENT AUCTION
*FUNDRAISER FOR HCHS FOUNDATION



FLU SHOT CLINIC

📅 October 14
📍 HFM Clinic
🕒 9:00 AM - 11:00 AM

Schedule Today!

308.928.2103



**NOV.
8TH**

HCHS TOWN HALL MEETING

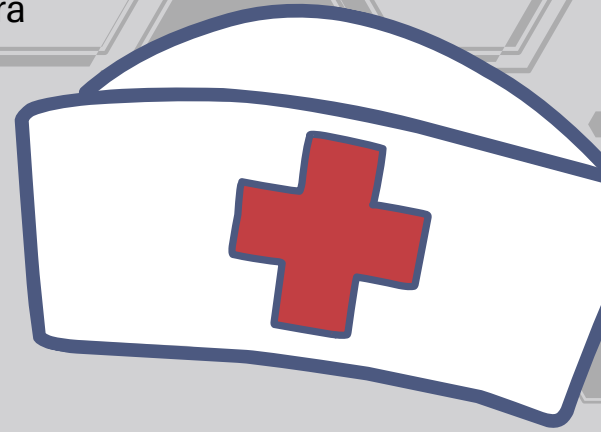
HEARTLAND FAMILY MEDICINE
5:00 PM




DEPARTMENT SPOTLIGHT: *Clinic*

Nursing Most Likely's:

1. Most likely to be late for their own birthday party? - Ramona
2. Most likely to clap when their plane lands? Kylee Noonan
3. Most likely to get a random tattoo on a night out? Tamara
4. Most likely to become an internet meme? Teresa
5. Most likely to move to a foreign country? Ramona
6. Most likely to win a Grammy? Sara
7. Most likely to bring home a random pet? Danika
8. Most likely to commit a crime? Karen
9. Most likely to win Jeopardy? Jodi J.
10. Most likely to lie to get out of a family holiday? Tamara
11. Most likely to end up in jail? Karen
12. Most likely to become a pirate? Vickie
13. Most likely to hand make you a birthday present? Tamara
14. Most likely to trip in front of a crowd? Mary
15. Most likely to fake a foreign accent? Jana



October 2023 OUTPATIENT SERVICES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 • Cardiology - Dr. Kosmicki	3 • HPM Clinic • Dietary	4 • Cardiology - Dr. Dassouki • Podiatry - Dr. Moore	5 • Ortho - Dr. Wilkinson • HPM Procedures	6	7
8	9 • General Surgery - Dr. Walsh	10 • OB/GYN - Dr. Jorgensen	11	12 • Nuclear Med • Pulmonology - Dr. Cantral	13	14
15	16	17 • Dietary • Oncology - Dr. Hartl	18 • Cardiology - Dr. Baker • HPM Clinic	19 • Ortho - Dr. Wilkinson	20 • Urology - Dr. Santa Cruz	21
22	23 • Pulmonology - Dr. Ghosh	24 • Cardiology - Dr. Varma	25 • ENT - Dr. Johnson • Audiology - Emma	26 • Nuclear Med • HPM Procedures	27	28
29	30 • General Surgery - Dr. Wheeler	31  	1	2	3	4



**WE
WANT
YOU**

WE ARE HIRING

OPEN POSITIONS:

- PATIENT CARE TECHNICIAN
- QUALITY & RISK MANAGER
- DIETARY WORKER



HCHS THERAPY



October is
**NATIONAL
PHYSICAL
THERAPY
MONTH**

Every October we celebrate National Physical Therapy Month to raise awareness with consumers about the many benefits of physical therapy. It's also a great opportunity to appreciate what PTs, PTAs, and students do to transform lives.

This month, the PT department is also hosting a winter clothing drive though Oct. 13! Please bring new/gently used winter coats, hats, gloves, and boots to the front lobby of the hospital. This will also be donated to families in need in Harlan County.



JOIN US AT OUR NEXT

JEUVEAU
day

OCTOBER 12
4:30 PM - 6:30 PM
BY APPOINTMENT
ONLY.



UPCOMING SCHOOL EVENTS:



Alma Cardinals

- V CC (RPAC) @ Home - Oct. 5
- JV/V Vball vs Hi-Line (Senior Night) - Oct. 6
- V Fball vs Hi-Line (Senior Night) - Oct. 6
- 10 AM Late Start - Oct. 11
- 2 PM Dismissal - Oct. 19
- No School (Fall Break) - Oct. 20

- 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**



MEET

Taylor Wright

APRN, FNP-C

Bringing IV
Therapy & its
benefits to
the Harlan
County Area!

308.777.2476



IV Therapy is coming to Harlan County Health System! We are excited to announce our newest outreach partnership with Alma native, Taylor Wright, to be able to provide IV Wellness Therapy to the Harlan County community. Taylor will be available 1 Wednesday evening and 1 Saturday morning a month at HCHS. Her first dates are Wednesday, Oct. 11 and Saturday, Oct. 28. This is a cash pay service, but is HSA eligible for most insurances. To schedule an appointment, you can call Taylor directly at 308.777.2476. Appointment Process - Initial 15 minute consult, 1 Hour for IV.

★Why IV Therapy?

Water soluble vitamins dissolve quickly in the body and are a "use it or lose it" type of vitamin. They are needed to function at our best and for optimal health. Many of us do not get enough of these vitamins in our average everyday life, leaving feelings of fatigue and a sad immune system. IV Hydration Therapy can help supply our body with these essential vitamins by giving them directly into the bloodstream and bypassing the gut leading to 100% absorption, leaving you feeling great!

★How long does it last?

This can vastly vary, depending on each individual person, body type, and metabolism. Roughly 2 weeks of feeling great before needing another boost but allowing your body to tell you when its time is essential.

PINK
tober

**BREAST CANCER
AWARENESS MONTH**

For cancer prevention, early
diagnosis is important for a better
cure, always consult a doctor

308.928.3008



**HCHS SPOOKTACULAR
PUMPKIN
CARVING CONTEST**

Bring pumpkins Oct. 23

Service Excellence is hosting the annual staff pumpkin carving/decorating contest again this month! Must bring pumpkins on Oct. 23 to the lobby of the hospital. The pumpkin that receives the largest cash donation, will win a prize! Jars will be set in front of each pumpkin for patients, guests, and employees to put spare change in to determine the winner. Proceeds will be donated back to the Foundation, which in return go to the hospital. Good luck to all participants!

We are going PINK this month! October is #NationalBreastCancerAwareness Month! Throughout the month, every lady who receives her annual mammogram will receive a small gift AND be entered into a drawing for a chance to win a basket FULL of goodies worth \$200.

#MentalHealthMatters



COMING SOON
**MENTAL
HEALTH
SERVICES**

Beginning:

October 26

Availability:

Thursdays (All Day)

With:

Dr. Clint Webb

Schedule an appointment: 308.928.2103



HCHS REHAB

Winter Clothing Drive!

Donate new/gently used winter coats, hats, gloves, & boots.



Sept. 25 – Oct. 13

Please drop off items with the PT Department at the hospital in Alma.



2023 Community

HEALTH FAIR



Saturday
October 14



7:30 AM -
11:00 AM



HCHS

Available Labs	Cost
Complete Metabolic Panel	\$25
Fasting Lipid (Cholesterol, Triglycerides)	\$20
Glucose	\$5
Thyroid Stimulating Hormone (TSH)	\$15
Prostate Specific Antigen (PSA - Men Only)	\$20
Vitamin D	\$45
Complete Blood Count	\$10
Hemoglobin A1C (Diabetes)	\$15
Blood Type	\$10

JOIN US

To sign up for an appointment, please call

308.928.3013