

# MONTHLY PULSE

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

## MONTHLY OBSERVANCES

- Labor Day - Sept. 4
- National One-Hit Wonder Day - Sept. 25
- National Surgical Techs Week - Sept. 17 - 23
- National Farm Safety Week - Sept. 17 - 23
- National Pain Awareness Month
- National Suicide Prevention Month

## HAPPY HCHS ANNIVERSARY!

- Adrianna Frerichs - Sept. 1 - 3 years
- Stacy Neubauer - Sept. 8 - 3 years

## MONTHLY MEETINGS

- Board of Trustees Meeting - Sept. 19
- Foundation Meeting - Sept. 12
- Leadership Meeting - Sept. 19

## HAPPY BIRTHDAY!

- Stacy Neubauer - Sept. 2
- Mary Lyne - Sept. 2
- Jessica David - Sept. 16
- Scott Bruehahn - Sept. 18
- Sara Zikmund - Sept. 20
- Sara Beins - Sept. 20
- Carlee Stuhmer - Sept. 22
- Megan Thorman - Sept. 24
- Arika Aiken - Sept. 27
- Mandi Lehmkuhler - Sept. 28
- Cheryl Saathoff - Sept. 30

## OTHER UPCOMING COMMUNITY EVENTS

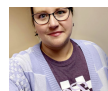
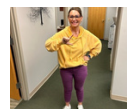
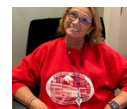
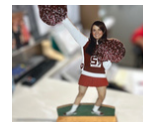
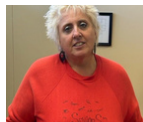
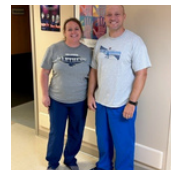
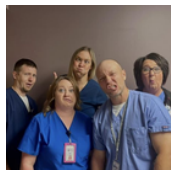
- Ladies Breast Cancer Golf Tournament - Sept. 16
- Stamford Pork Days - Sept. 23 & 24
- Mammos & Margs - Oct. 4
- Applefest - Oct. 7



NO MATTER WHAT PEOPLE TELL YOU, WORDS  
AND IDEAS CAN CHANGE THE WORLD.

ROBIN WILLIAMS  
AS JOHN KEATING IN  
'DEAD POETS SOCIETY'

## HCHS SPIRIT WEEK 2023



The last week of August we celebrated spirit week, which led up to the Homecoming game for Alma that Friday! From alumni day to our inner Barbies, It was definitely one for the books. We even had a yummy tailgate to get us pumped up for the Nebraska Football season opener! It was a blast getting to show off our spirit for APS. There truly is nothing like the bond we have here at HCHS and the love we have for our community.



# MESSAGE FROM THE CEO

*Greetings!*

Believe it or not, September is here!

Thank you to everyone who participated in Spirit Week! It was so much fun to show some school spirit and see how creative you guys are.

With a little luck and A LOT of work, we will soon be fully staffed. Thank you to Joanna who hit the ground running on recruitment.

We are still working on adding some new services. We hope to have our new mental health program up and going by the first of November. We are also looking at adding Ophthalmology in 2024 with Dr. Clinch. Most likely, it would be an every other month situation, where he'd perform cataract surgery. If you ever have any other suggestions, please let us know.

We also have a lot of events coming up!

Sept. 19: Board Meeting

Sept. 22: Health Needs Assessment is due.

Oct. 4: Mammos & Margs - First State Bank: 5-7 PM

Oct. 12-13: Admin Strategic Planning Retreat

Oct. 14: Health Fair, 7:30-11:00 am. See Taylor for an appointment

Nov. 4: Husker Tailgate Party, \$20 per person, snacks provided.

This year is flying by, but I continue to see great things happening every month! We have such an amazing team and I'm grateful for your continuous hard work and the passion you have for Harlan County Health System. Although, Dr. Sethi didn't work out, I'm fully confident that our right match is still out there and we will find them. Until then, we will continue to perform like we have been. It'll just make things that much sweeter once we finally sign a physician that is fully committed to our organization. We've got this! Now go on and make this month GREAT.

**Sincerely,**

*Stacy Neubauer, RN, MHA*

Chief Executive Officer



# HCHS FOUNDATION:

The Foundation's 3rd annual golf tournament fundraiser was a HUGE success! Collectively we raised \$10,000 for HCHS and we couldn't be more proud of our efforts. It takes a lot of work to make these type of fundraisers run smoothly, so to see a major return, makes it all worth it! We're truly thankful for all of the support we received that day. Thank you to all of those who volunteered throughout the day and/or donated something. We couldn't do it without you! For our next fundraiser, we will be selling Texas Roadhouse Rolls again and the our Husker Tailgate Party will on November 4 for the Michigan State game! Don't miss out on either of these!!

## Upcoming Events:

- Texas Roadhouse Rolls Fundraiser - Coming early September!
- Husker Football Watch Party - Nov. 4 - Time 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.*

## *2023 Foundation Golf Tournament Recap*



## *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



To order:

Email [tmolzahn@harlancohealth.org](mailto:tmolzahn@harlancohealth.org)



## HUSKER TAILGATE PARTY!

SAVE THE DATE

**NOVEMBER 4**

NEB @ MICHIGAN ST.  
\$20 ENTRY - ALMA GOLF COURSE  
FOOD | GAMES | SILENT AUCTION

\*FUNDRAISER FOR HCHS FOUNDATION



# DEPARTMENT SPOTLIGHT: *Clinic*

## HFM Clinic Most Likely's:

1. Most likely to not be on time... **Amanda**
2. Most likely to have the most unread emails... **Amanda & Brenda**
3. Most likely to die first in a zombie apocalypse... **Johanna & Lisa**
4. Most likely to write a bestselling book... **Dr. Finkner**
5. Most likely to make a significant breakthrough in medical research... **Jennifer**
6. Most likely to participate in a survivalist challenge... **Jess**
7. Most likely to laugh during a serious moment... **Sara**
8. Most likely to have the biggest snack drawer... **All of us.**
9. Most likely to binge an entire series in a day... **Shannon**
10. Most likely to own a pet chicken... **Sara & Rebecca**
11. Most likely to talk their way out of a speeding ticket... **Shannon & Rebecca**
12. Most likely to start a podcast... **Connie**



## September OUTPATIENT SERVICES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4 Labor Day - CLOSED	5 • Dietary • Pain Management	6 • Cardiology - Dr. Dassouki • Podiatry - Dr. Moore	7 • Ortho - Dr. Wilkinson	8	9
10	11 • General Surgery - Dr. Walsh	12 • OB/GYN - Dr. Jorgensen	13	14 • Pain Management • Pulmonology - Dr. Cantral • Nuclear Medicine	15 • Urology - Dr. Santa-Cruz	16
17	18	19 • Dietary • Oncology - Dr. Hartl	20 • Cardiology - Dr. Baker • Pain Management	21 • Ortho - Dr. Wilkinson	22 • General Surgery - Dr. Walsh	23
24	25 • Pulmonology - Dr. Ghosh	26 • Cardiology - Dr. Varma • Pain Management	27 • Dr. Johnson • Audiology - Emma	28 • Nuclear Medicine	29	30





WE ARE  
**HIRING**  
*join our team*

#### Open Position

- PRN Clinic RN or LPN
- Cook - **\$1,000 Bonus**
- RN (Night Shift)

[Apply Now](#)

Submit your CV on Indeed!



# HCHS THERAPY



## Patient Testimonial

"It was lots of fun and everyone was great. Following my surgeries I now have 11 screws and a plate in my knee. Everything feels great now and I'm appreciative of the HCHS PT staff for all they did to help with my recovery."



## 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/bp1zwDhZj3QsbrCA>



MESSAGES

now

### HCHS

New Appointment Reminder Alert System Coming Soon!



# UPCOMING SCHOOL EVENTS:



## Alma Cardinals

- JV/V Vball vs. Elm Creek - Sept. 7
- V Cross County Meet at Alma - Sept. 11
- JV/V Sball vs. CCV - Sept. 12
- Husker Harvest Days - Sept. 13
- 10 AM Late Start - Sept. 13
- Cardinal Jr. Cheer Camp - Sept. 15
- V Fball vs. Arapahoe - Sept. 15
- 1 PM Dismissal - Sept. 21

- V Fball vs. Maxwell - Sept. 7
- No School - Sept. 13
- Little Eagle Cheer Camp - Sept. 15
- V Vball vs. Cambridge - Sept. 15
- Cross Country SV Invite - Sept. 19
- Homecoming - Sept. 29
- V Fball vs. Sandy Creek - Sept. 29

**SO. Valley Eagles**





WE INVITE YOU TO PARTICIPATE IN OUR  
**COMMUNITY HEALTH  
NEEDS ASSESSMENT!**



SCAN ME!

YOUR INPUT & FEEDBACK HELPS US BETTER  
UNDERSTAND OUR COMMUNITY AND HELP US FIND  
SOLUTIONS TO WHAT THEY'D LIKE TO SEE AT HCHS.



Every 40 seconds,  
someone loses  
their life to suicide.

It's time to raise awareness and  
recognize our role to help prevent it.



Ask.



Listen.



Encourage them  
to seek help.

**Suicide Prevention Walk:**

September 22 @HCHS Main Entrance  
10 AM



SEPTEMBER IS

**PAIN**

AWARENESS

**MONTH**

**MAMMOS**  
& Margs!

OCT.  
**04**

**2ND ANNUAL BREAST  
CANCER AWARENESS -  
LADIES NIGHT OUT**

First State Bank  
5 PM - 7 PM



Breast Cancer Awareness Info - Snacks - Refreshments







# 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***



**YOU ARE**  
*enough*

IF YOU OR SOMEONE YOU KNOW IS IN AN EMERGENCY, CALL 911 IMMEDIATELY. IF YOU ARE IN CRISIS OR ARE EXPERIENCING DIFFICULT OR SUICIDAL THOUGHTS, CALL OR TEXT THE SUICIDE AND CRISIS LIFELINE AT 988.

FOR INFORMATION, EDUCATION, AND SUPPORT ON THIS AND OTHER MENTAL HEALTH TOPICS, PLEASE CONTACT OUR PROGRAM AT 308-928-9048







HARLAN COUNTY HEALTH SYSTEM PRESENTS

# JEUVEAU

JEUVEAU® IS AN FDA-APPROVED PRESCRIPTION MEDICINE USED TO TEMPORARILY IMPROVE THE LOOK OF MODERATE TO SEVERE FROWN LINES BETWEEN THE EYEBROWS (GLABELLAR LINES) IN ADULTS.

YOU WANT JEUVEAU BY EVOLUS, A MODERN-MADE TOX DESIGNED TO ACHIEVE FAST-ACTING, NATURAL-LOOKING RESULTS STARTING IN AS LITTLE AS 2 DAYS.\*

**\$10 PER UNIT**

**APPOINTMENTS AVAILABLE  
EVERY OTHER WEEK!**

**308.928.2103**



# **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**

