

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- Benefit for Otto Ingram - 8/1
- Foundation Golf Tournament - 8/14
- Immunization Awareness Month
- National Wellness Month

HAPPY HCHS ANNIVERSARY!

- Vickie Runyon - 8/1 - 10 years
- Brenda Losey - 8/12 - 5 years
- Tonnica Nickell - 8/19 - 2 years

MONTHLY MEETINGS

- Foundation Meeting - 8/10
- Trustees Meeting - 8/16

HAPPY BIRTHDAY!

- Donna Kindler - 8/8
- Carla Mapes - 8/12
- Tonnica Nickell - 8/13
- Haley Booe - 8/13
- Sam Dietz - 8/15
- Lynda Lubeck - 8/25



HCHS NOW OFFERS PULMONARY REHAB SERVICES

We are excited to announce the launch of our new Pulmonary Rehabilitation Program! Pulmonary rehabilitation, also known as respiratory rehabilitation, is an important part of the management and health maintenance of people with chronic respiratory disease who remain symptomatic or continue to have decreased function despite standard medical treatment. This is a supervised program that includes exercise training, health education, and breathing techniques for people who have certain lung conditions or lung problems due to other conditions.

These new services will take place in our new Cardiac Rehab room and will be directed by Tonnica. "We are very pleased to be able to now offer cardiopulmonary services to our community and believe this will be a huge addition to our facility. I'm excited for this new expansion and I look forward to working with many new patients in the near future," stated Cardiopulmonary Rehab Director, Tonnica Nickell. Tonnica was also able to go to Kearney Regional with Stacy & Haley for some quick training and is eager to get this new program rolling!

If you have questions about the qualifications of the program or what it would all entail, please see her about the details.

"Imagination is more important than knowledge. Knowledge is limited; Imagination encircles the world." - Albert Einstein

FROM THE DESK OF
DR. PATRICK AUMAN
CHIEF EXECUTIVE OFFICER

Dear Team,

Over the last year, Harlan County Health System has experienced several changes, all of which have led to where the organization currently resides. Things have certainly not been easy this last year, but with hard work and determination, we are proud to be where we are today and we continuously strive for higher achievement every single day,

HCHS has seen tremendous improvement in several areas of operations since this time in 2020. The average monthly admissions and the average monthly patient days have thus doubled since then. We have also seen a 47% increase in Outpatient clinic visits, which is in response to the addition of five new specialty clinics this year (ENT, Spinal, OBGYN, General Surgery, & Pulmonology). Financially speaking, we have seen a \$2M increase in total patient revenue and a \$1.1M improvement in our net operating income. And finally, in regard to this operating year, our net income shows a \$2.5M improvement, as compared to 2020.

These numbers clearly indicate that Harlan County Health System is doing quite well. Not only should our staff be proud of these accomplishments, but so should our community. Being the largest employer in Harlan County, we are extremely grateful to be able to keep our doors open, as many rural health systems have not been as fortunate as us. With numbers like this, we are able to keep reinvesting back into our organization by purchasing newer equipment or adding on more services to help build for a better future. Our end goal is always to provide the best quality of care to our patients and by staying financially sound, we are able to do so.

Finally, I would like to express my appreciation the team at HCHS, whom have made this possible, including all of my employees, the providers, the Board of Trustees, and of course to the people we serve.

HCHS FOUNDATION

The Foundation golf tournament is this month on August 14th! We have all of our hole sponsorships filled and many teams signed up already! If you are interested in playing, we have a few spots open so please let Taylor know asap. \$220/team (includes lunch and mulligans for the tournament. **You will also have a chance to win a car on hole 8 or \$10K on hole 6 if you get a hole-in-one!** If you wish to volunteer for the event, please see Taylor or sign-up on the sheet by the cafeteria bulletin board.

Other fun items for the day will include: a 50/50 raffle, silent auction items (custom corn-hole set, autographed poster of Scott Frost, 2 Husker Football tickets for the 9/11 game, or a gift basket), other fun games on the course, and MORE!

HARLAN COUNTY HEALTH SYSTEM
FOUNDATION
PRESENTS

The 1st Annual **CHARITY GOLF** *Tournament*

2021 HOLE SPONSORS:

The Station/Fisherman's Corner
Farm Bureau - Alma
Nebraskaland Aviation
Pinpoint
Holdrege Soft Water Service
Kearney Regional Medical Center
CHI - Kearney
Tri City Signs
Great Plains Health Alliance

EMPLOYEE SPOTLIGHT: *Jason Calhoon*

This month's employee spotlight is, Jason Calhoon! Jason has been a part of HCHS as a Radiologic Technologist for nine years. His favorite part about his job is getting to know the patients. Jason is also very versatile and will help other departments as needed. In his free time, Jason enjoys working on his Chevelle and attending car shows. If he could pick one superpower, he'd choose the power of time travel. He also can't resist a good snack and if he could travel anywhere, he'd go to the Amazon rainforest. Thank you for your hard work and dedication to HCHS, Jason!



the HARLAN HERO *of the month*

Save The Date!



HCHS COMMUNITY LAB FAIR 2021

When: September 25th
Where: Heartland Family
Medicine Clinic - Alma
Time: 7 AM - 11 AM

Lab appointments will be required. More details to come.

Congrats to, Jane Robison, for being this month's 'Harlan Hero.' This award was presented based on their ability to go above and beyond normal work duties, as well as their teamwork and commitment to HCHS. Way to go, Jane!

Other Nominees:

1. Haley Booe
2. Johanna Popple

Please remember to submit your Harlan Hero nominations each month! Nominations for next month will be due on August 27th so please get yours submitted to Craig prior to that date, otherwise they'll be carried over for the following month.



AVAILABLE POSITIONS

- RN
- LPN
- Patient Care Technician

EMPLOYMENT CHANGES/ADDITIONS - CONGRATS!

Welcome new HCHS employees! We wish you all the luck in your new positions.

NEW ELECTRONIC MESSAGE BOARD INSTALLED



Last month, our new electronic message board was installed in front of our Alma clinic location by Tri City Signs of Grand Island! This new form of advertising will allow for us to reach more people as they drive by our facility and get important messages to the public quickly. We will also utilize it to advertise for any/all HCHS upcoming events, any closures, and to display our hours for all to see. We are excited for this new addition and we hope this leads to even better communication with the community

TORA KNAUS, PTA RECEIVES CERTIFICATION IN CUPPING THERAPY

HCHS Therapy's PTA, Tora Knaus, recently became trained in cupping therapy! Cupping is used to treat various physical issues but offers many benefits when done properly. This treatment can help decrease pain, lower inflammation, improve blood flow, enhance relaxation and well-being, and is used as a deep tissue massage. What a great addition to our therapy services!



NEW MEMORIAL PLACED IN HOSPITAL

One of our very own, Ronda Noren, donated a grandfather clock to our organization in memory of her husband, Don Noren. Don passed away in late February of this year and was very into woodworking so that's why a wooden clock was chosen. This is a beautiful piece that's now located in our hospital hallway and such a wonderful tribute. We hope all of our guests enjoy its presence!

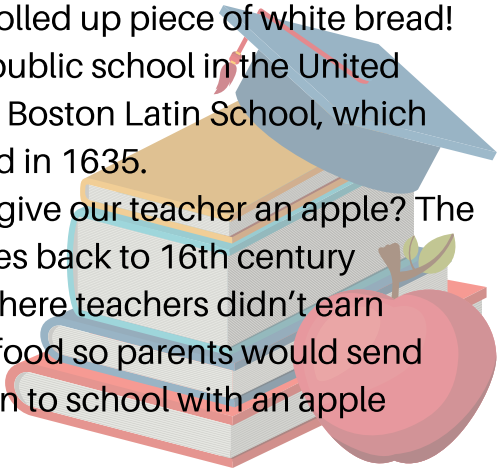
NEW PAYMENT COLLECTION PROCESS IN PLACE



Starting July 12, patients are now required to make a copay or \$50 payment upon registering for their appointment. This is to be collected by our ward clerks/registration. Most other healthcare facilities already do this so it was only a matter of time for us to implement the same process. This will hopefully help with individuals going to bad debt and keep money coming in each month.

Back To School Facts

1. There's approximately 8 million teachers in the US
2. The average family spends about \$700 in school supplies each year.
3. Before pencil erasers were invented, a common way to get rid of pencil markings was with a rolled up piece of white bread!
4. The oldest public school in the United States is the Boston Latin School, which was founded in 1635.
5. Why do we give our teacher an apple? The tradition goes back to 16th century Denmark, where teachers didn't earn enough for food so parents would send their children to school with an apple for them



UPCOMING COMMUNITY EVENTS

- Aug. 1-6 - Harlan County Fair
- Aug 7 - Floatopia/Boatopia - 1 PM
- Aug 12 - First Day of School - Alma
- Aug 14 - Foundation Golf Tournament
- Aug 17 - First Day of School - SO Valley

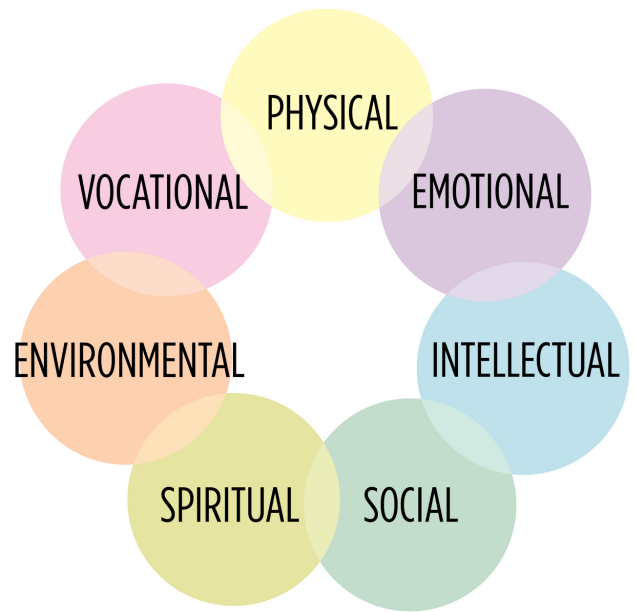
UPCOMING EVENTS:



Alma Cardinals

- 8/2-8/6: Conditioning Week
- 8/16: Athletic Booster Club Cookout/Fall Pep Rally @6:30 PM
- 8/19: Volleyball Sports Drink Scrimmage @4 PM
- 8/20: Football Scrimmage @7 PM
- 8/24: SB vs. Chase County @4 PM

The 7 Dimensions of Wellness



AUGUST - NATIONAL WELLNESS MONTH

National Wellness Month focuses on self-care, managing stress, and promoting healthy routines. Human Resources' Learning of the Month is to create wholesome habits in your lifestyle all month long and see how much better you feel.



National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

- 8/9: First Day of Fall Sports Practice
- 8/20: SB vs. Chadron @4:30 PM
- 8/23: Volleyball Jamboree @6 PM
- 8/27: FB vs. Ravenna @ 7 PM

SO. Valley
Eagles





WHAT'S THE SECRET TO ACTUAL WEIGHT LOSS

Diet? Exercise? Combination of both?

So you're wanting to lose that stubborn belly fat...what's your plan to do so? Will you start eating less? Work out? Purchase an expensive diet plan? Take supplements? While these are all options, there is not one single answer for you to be successful. Sure eating less or working out more will help you begin to lose weight, but it takes more than that. A successful weight loss journey requires discipline in all areas of your life. One must be conscious of their eating habits, as well as regular exercise in order to see desired results.

WHAT AM I CONSUMING?

- 1 piece of pie = 475 cal.
- 1 bag of M&M's = 210 cal.
- 1 glazed donut = 250-300 cal.
- 1 large fry = 500 cal.
- 1 slice of pizza = 320 cal.
- 1 hamburger = 520 cal.

1 slice of pie/day for a year = 48 lbs of weight gain. $(365 \times 475) / 3600$

**A NORMAL DAY
WITHOUT
EXERCISE
REQUIRES 1800-
2000 CAL.**

**IN ORDER TO
LOSE 1 LB, YOU
HAVE TO RUN 36
MILES! (EXERCISE
ALONE AND NO
DIET CHANGES)**



Striving to provide patients with the necessary information that pertains to them in order to live their healthiest life and better understand the services we provide.

HCHS SPEAKER'S BUREAU

SPEAKING TOPICS:



Medicine for Dummies

By: Dr. Finkner

Learn more on various topics such as, vaccines, proper diets, over the counter drug facts, etc.



Routine Screening Exams

Connie Lans, PA

Review what and when they're needed based on your age.



Breast Health

By: Mammo Techs

Understand signs and symptoms to be concerned about and learn how to perform a self-breast exam.



Spinal Services

By: Dr. Benavides

Learn the type of spinal services we offer and signs and symptoms to know when you should visit a specialist.



Ear, Nose, & Throat Services

By: Dr. Johnson

Learn about what an ENT physician can do for you. Also get to know Dr. Johnson's Audiologist & more about our hearing aid services.



Lab Services

By: Season Kerns

Become familiar with the various tests that can be ran and why they can be beneficial to your health.

Set up your session today!

Needing a speaker for your next local event, monthly meeting, luncheon, etc.? Check out these awesome speakers that are available! Get to know more about your health from one of our experts!

You can set up your session today by contacting Taylor at the number below.