

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- Christmas Eve - 12/24
- Christmas Day - 12/25
- New Years Eve - 12/31
- New Years Day - 1/1
- National Handwashing Awareness Week: 12/5-12/11

HAPPY HCHS ANNIVERSARY!

- Tonda Ross - 12/1 - 17 years
- Gwen Westerbeck - 12/2 - 24 years
- Leanne Bewley - 12/14 - 17 years
- Lynda Lubeck - 12/21 - 37 years

MONTHLY MEETINGS

- Foundation Meeting - 12/14
- Trustees Meeting - 12/20

HAPPY BIRTHDAY!

- Josh Frerichs - 12/8
- Karen Wright - 12/11
- Sierra Bruce - 12/18
- Justin Lueth - 12/30



HCHS SET TO BEGIN 12 DAYS OF CHRISTMAS

Much like last year, HCHS will be participating in 12 days of Christmas fun again! Employees will receive treats and fun gifts for 12 days leading up to Christmas. This is a fun way to get everyone into the holiday spirit and really seems to boost morale! Be on the lookout soon for lots of fun!



**SLS
HOSTING
SOCK
DRIVE:
NOV. 22 -
DEC. 20**

Our Senior Life Solutions team is hosting a holiday sock drive from Nov. 22 - Dec. 20! All socks collected will be donated to the Caring Cupboard & Good Samaritan. If you wish to donate, please drop your socks by the SLS office (Old Medical Clinic) in the bin located outside. Their office hours are: M-F from 8 AM - 4 PM.

Thank you in advance for your donations!

"If you don't like something, change it. If you can't change it, change your attitude." - Maya Angelou

FROM THE DESK OF
DR. PATRICK AUMAN
CHIEF EXECUTIVE OFFICER

Dear Team,

The year is quickly coming to an end and soon we'll begin a new one! One with new opportunities and growth for Harlan County Health System. I'm excited for our future and being able to make even more progress for our rural community.

This last month, our new Teledigm program through Bryan Health officially launched. We plan to host an open house to the public for members of our community to come learn about the new services we have to offer. A representative from Teledigm will be onsite for this special event and be able to show how the program works and explain the benefits of these added services to Harlan County..

During this month, we'll be having our 12 days of Christmas celebration again! Randomly throughout the month, each employee will be gifted with 12 different treats or fun gifts. This was such a successful event last year, that we decided to do it again and we hope you enjoy!

With Christmas and New Years coming up, I wanted to wish you all and your families a happy holidays! I hope you have a safe and enjoyable holiday season with your loved ones. Also, know that I appreciate you and your hard work. Let's continue this in 2022!

Best Regards,
Dr. Patrick A. Auman

HCHS FOUNDATION

The Foundation received a \$200K donation during the month of October from Richard Neubauer's estate. We are so thankful for this generous contribution! This puts us much closer to paying off the new clinic debt so we can hopefully campaign for other new, exciting things again soon!

During the month of November, the Foundation Board hosted their first trivia night at the Alma Golf Course! 8 teams of 4 were in attendance and they enjoyed a delicious nacho bar. Overall, it was a great success and \$530 was raised from this evening.

Be on the lookout for more fun events coming soon in 2022!

WELCOME TO THE HCHS THERAPY CREW!



Our Speech Therapist, Tosha, welcomed a little boy to her family! Tripp Miller was born on 11/8/21 weighing 8 lbs 3 oz and 20 ¼" long. Congratulations to the Winheim family!

EMPLOYEE SPOTLIGHT: *Amanda Spady*

This month's employee spotlight is, Amanda Spady! Amanda first started working at HCHS when she was 16, as a CNA. Through schooling, she worked her way up from CNA, LPN-C, and is now an RN for the clinic, which she has worked now for about 1 1/2 years. What she loves most about her job is her work family, as having such an awesome team makes coming to work enjoyable. She also enjoys the variety of patients she interacts with and the care she gets to provide. In her free time, she enjoys spending time with family and friends. Especially playing cars or Legos with her son. She also enjoys boating in the summer! If she could have one superpower, it would be the ability to eat as much junk food as she wants and not gain weight. Something she can never resist are chocolate chip cookies and if she could travel anywhere, she'd like to visit Europe. Other fun facts about Amanda include: she married her high school sweetheart, Wes, and they have one son, Owen. She's also currently taking a Wound Treatment Associate course and is looking forward to assisting with wound cares at the clinic and hospital. Thank you, Amanda, for your dedication to HCHS. Your work is greatly appreciated!



the **HARLAN** **HERO** *of the month*

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

Congrats to, Shannon Lynch, 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, Shannon!

Other Nominees:

- None

2021 HCHS GIVING TREE

We will be hosting our 3rd annual Giving Tree for students in need at Alma Public Schools and Southern Valley. If you wish to participate, please see Taylor. She will have a list of the students and their respective sizes. Thank you all for your generosity!
Please have gifts ready by Dec. 15th.



AVAILABLE POSITIONS

- RN
- LPN
- PRN Dietary
- FT Housekeeper
- Patient Care Tech

12 DAYS OF CHRISTMAS



HEALTH & WELLNESS CHALLENGE

DECEMBER 1- 12

12 Days of Food Logging

11 Days of Fruit & Veggies

10 Mindful Thoughts

9 Exercises

8 cups of Water

7 Day of No Sugar/Alcohol

6 Screenless Hours

5 Early Bedtimes

4 Fitness Classes

3 Evening Strolls

2 Acts of Kindness

1 Healthy Festive Recipe

Candy Cane Cookies

- 2 sticks (227g) unsalted butter, at room temperature
- 1 cup (200g) sugar
- 1 1/2 teaspoons peppermint extract
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1 large egg
- 2 3/4 cup (385g) all-purpose flour
- 1 teaspoon liquid red food coloring



https://www.simplyrecipes.com/recipes/candy_cane_cookies/

History of Christmas Lights

- Thomas Edison invented strands of lights in 1880, but these weren't used for decorating purposes until 1882, by Edward Johnson
- After President Grover Cleveland used lights on the White House Christmas tree in 1895, they became a national sensation.
- Blinking lights were first introduced in the 1920s.
- For more than 60 years, Hargrove Inc. has decorated the National Christmas Tree in Washington, D.C.

CHRISTMAS TREAT TO THE FIRST 5 EMPLOYEES TO RESPOND 'MERRY CHRISTMAS' TO TAYLOR!

UPCOMING COMMUNITY EVENTS

December 11 - Santa is Coming to Town!



UPCOMING SCHOOL EVENTS:



Alma Cardinals

- 12/2: VBB vs. Bertrand @ 6 PM
- 12/7: VBB vs. Elm Creek @ 6 PM
- 12/10: Wrestling vs. So. Valley @ 10 AM
- 12/17: Wrestling Dual @ 4 PM
- 12/20-1/3: Christmas Break

- 12/3: VBB vs. Elm Creek @ 4:30 PM
- 12/10 - No School
- 12/13: Band/Vocal Christmas Concert @ 6:30 PM
- 12/22-1/3 : Christmas Break

SO. Valley Eagles

