

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- National Rural Health Day - 11/18
- Alma's Fall Preview - 11/19
- Thanksgiving - 11/25
- Small Business Saturday - 11/27
- Radiology Tech Week - 11/7-11/13
- Family Caregivers Month

HAPPY HCHS ANNIVERSARY!

- Brooke Langley - 11/1 - 9 years
- Kylee Noonan - 11/1 - 9 years
- Christel Wilson - 11/4 - 8 years
- Carla Mapes - 11/6 - 4 years
- Karen Wright - 11/8 - 21 years
- Charity Kindler - 11/19 - 7 years
- Jane Robison - 11/20 - 13 years
- Devon Redinger - 11/30 - 1 year

MONTHLY MEETINGS

- Trustees Meeting - 11/15

HAPPY BIRTHDAY!

- Brooke Langley - 11/3
- Doris Brandon - 11/5
- Amy Bunch - 11/6
- Gina Pritchard - 11/9
- Connie Lans - 11/16
- Devon Redinger - 11/17
- Dr. Finkner - 11/20
- Diane Fegter - 11/25



TELEDIGM PULMONARY & NEUROLOGY

Harlan County Health System is expanding services, providing local, around-the-clock treatment for stroke patients through telemedicine. Acute Pulmonary Services are available as of November 1, 2021. Telestroke/Acute Neurology services is available for patients as of November 8, 2021.

The COVID-19 pandemic has highlighted the need for acute pulmonary support in rural hospitals. Board certified pulmonary and critical care physicians help support local providers and offer expertise that allows the rural hospital to care for higher acuity patients, keeping them closer to home and their loved ones.

"Gone are the days of the 'band aid station'. If your loved one is experiencing signs of a stroke, we can take care of them right here in Harlan County, in concert with some of the most skilled specialists in the nation," explains Dr. Patrick Auman, CEO of Harlan County Health System. "This expansion of telemedicine allows your trusted care team to provide around-the-clock affordable, convenient, and reliable neurology and stroke care – while remaining close to home and the local support system."

"Our specialists are available right in the patient's room when they're most needed," says Teledigm Health and Bryan Telemedicine President and CEO Brian J. Bossard, MD. "Patients in Harlan County can receive the same state-of-the-art care as someone in Lincoln or Omaha, because they have immediate access to some of the top specialists in the country."

"If opportunity doesn't knock, build a door." - Milton Berle

FROM THE DESK OF
DR. PATRICK AUMAN
CHIEF EXECUTIVE OFFICER

Dear Team,

I wanted to bring you the news on our new Teledigm/Telemedicine Services.

Please be aware the acute pulmonary and acute neurology telemedicine consultation programs are scheduled to go live in November. Acute Pulmonology launched on November 1, 2021 and Acute Neurology will launch on November 8, 2021. What this means is our practitioners will have board-certified specialists available to them in treating our patients at HCHS.

These services are being implemented at HCHS primarily for two reasons:

1. So we can offer our patients the highest level of care possible;
2. So we can keep and treat more patients right here at our community hospital.

Please remember, these medical specialists are not only available to assist during the acute episode(s), they are also available on an ongoing basis to consult and/or make rounds with our practitioners regarding inpatients. And, of course, this is all possible because of the very sophisticated Computer-On-Wheels (COW) equipment we purchased, specifically designed for this program.

In addition to the two programs described above, we will be adding an outpatient dermatology telemedicine program later in November. And, we will also be adding Acute Cardiology telemedicine by the end of the year.

I am pleased our medical/clinical team will have these highly trained specialist and high tech equipment available to treat our patients.

Patrick A. Auman, Ph.D.
Chief Executive Officer

HCHS FOUNDATION

Upcoming Event: Trivia Night!

When: November 13th

Where: Alma Golf Course

Time: 6:30 PM

Pizza will be served & then we will play multiple rounds of trivia to determine the winner. Teams of 2-4 people are welcome. (\$75)/team. Checks can be made to the HCHS Foundation or cash.

Taylor is currently on maternity leave so monthly meetings are not being conducted. Normal activity will resume when she returns on Nov. 22.

RADIOLOGY TECH WEEK - 11/7 - 11/13



National Radiologic Technology Week is celebrated annually to recognize the vital work of rad techs across the nation. The celebration takes place each year during the week that includes Nov. 8th to commemorate the discovery of the x-ray by Wilhelm Conrad Roentgen on Nov. 8, 1895. It was officially started by the ASRT back in 1979 and continues through the current day. Thank you to our awesome group of Rad Techs for all you do for HCHS!

EMPLOYEE SPOTLIGHT: Christel Wilson

This month's employee spotlight is, Christel Wilson! Christel has been a part of HCHS for 8 years now. She started as a Phlebotomist and is now our Accounts Receivable Clerk. What she loves about her job is that she gets the best of both worlds. She gets to work with numbers/business items and then still gets to engage with patients. Other HCHS activities that she is involved in include the Service Excellence committee and our Harlan Hero voting team. When she's not at work, she enjoys hanging with her family and listening to her husband, Bobby, play music. If she could have one superpower, it'd be the ability to clone herself so she could be in multiple places at once. Something she can't resist is Jane's coconut pie and if she could travel anywhere, she'd love to visit Ireland. Christel has also been married to her husband for 25 years now and they have 2 kids - Tyler & Lavella. She also has 6 grandkids. Thank you, Christel, for your hard work and dedication to HCHS!



the HARLAN HERO *of the month*

*Please remember to submit
your Harlan Hero
nominations each month!
Nominations for next month
will be collected on
November 25th so please
get yours submitted prior to
that date, otherwise they'll
be carried over for the
following month.*



Congrats to Vickie Runyon 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, Vickie!



AVAILABLE POSITIONS

RNs, Acute and Outpatient



Thanksgiving Facts & History

1. The first Thanksgiving was celebrated in 1621 over a three day harvest festival.
2. Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries
3. Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863.
4. The average number of calories consumed on Thanksgiving is 4,500.
5. The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.

Fall Bucket List

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|---|--|
| <input type="checkbox"/> TAKE A SCENIC DRIVE TO SEE THE FALL COLORS | <input type="checkbox"/> BUY A NEW COZY FALL CANDLE |
| <input type="checkbox"/> VISIT A PUMPKIN PATCH | <input type="checkbox"/> HAVE A CHILI AND FALL MOVIE NIGHT |
| <input type="checkbox"/> MAKE A HALLOWEEN COSTUME | <input type="checkbox"/> INVITE FRIENDS OVER FOR A CINNAMON ROLL BREAKFAST |
| <input type="checkbox"/> PACK A PICNIC AND GO ON A FALL HIKE | <input type="checkbox"/> MAKE A FALL FLORAL WREATH OR CENTER PIECE |
| <input type="checkbox"/> MAKE YOUR FAVORITE FALL RECIPE | <input type="checkbox"/> TAKE A MOONLIT WALK WITH THE FAMILY |
| <input type="checkbox"/> SATURDAY MORNING CIDER AND DONUTS | <input type="checkbox"/> SAVOR APPLE PIE |
| <input type="checkbox"/> JUMP IN A PILE OF LEAVES | <input type="checkbox"/> ORDER A PUMPKIN SPICE LATTE |

UPCOMING EVENTS:



Alma Cardinals

- 11/10: 10 AM Late Start
- 11/24-11/26: Thanksgiving Break

Four-Flavor Sheet Pan Pie



Ingredients:

Crusts:

Two 14.1-ounce boxes refrigerated rolled pie crust (4 crusts total)

All-purpose flour, for dusting

1 large egg, lightly beaten

1/4 cup turbinado sugar

• Apple Pie:

2 pounds mixed apples (such as Granny Smith, Gala and McIntosh), peeled, cored and sliced 1/4-inch thick

1/4 cup granulated sugar

1 tablespoon fresh lemon juice

4 tablespoons unsalted butter

2 teaspoons all-purpose flour

3/4 teaspoon ground cinnamon

Kosher salt

• Sour Cherry Pie:

2 cups drained jarred sour cherries, plus 3/4 cup juice from the jar

2 tablespoons cornstarch

1/4 cup granulated sugar

• Pumpkin Pie:

1 1/3 cups canned pure pumpkin puree

2/3 cup evaporated milk

1/2 cup granulated sugar

1 teaspoon pumpkin pie spice

1 large egg

• Pecan Pie:

1/2 cup packed light brown sugar

1/2 cup light corn syrup

4 tablespoons unsalted butter, melted

1 teaspoon pure vanilla extract

2 large eggs

Kosher salt

3/4 cup roasted pecan halves

- 11/2: Fine Arts Festival @ 6:30 PM
- 11/25-11/26: Thanksgiving Break

SO. Valley
Eagles

