

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- World Mental Health Day - 10/10
- First Responders Day - 10/28
- Halloween - 10/31
- National PA Week: 10/6-10/12
- National Pharmacy Week: 10/17-10/23
- Breast Cancer Awareness Month
- Physical Therapy Month

HAPPY HCHS ANNIVERSARY!

- Louis Hays - 10/1 - 42 years
- Julie Kresser - 10/2 - 30 years
- Joanna Martin - 10/2 - 2 years
- Candi Randall - 10/5 - 6 years
- Jennifer Taylor - 10/10 - 10 years
- Gina Pritchard - 10/26 - 1 year

MONTHLY MEETINGS

- Trustees Meeting - 10/18

HAPPY BIRTHDAY!

- Ronda Noren - 10/3
- Charity Kindler - 10/3
- Dr. Long - 10/5
- Candi Randall - 10/8
- Brenda Losey - 10/9
- Denise Wiedel - 10/10
- Tamara Haussermann - 10/14
- Lorelle Foster - 10/18
- Amy Hanchett - 10/18
- Louis Hays - 10/20
- Shannon Lynch - 10/21
- Rita Stapel - 10/28



WELCOME SARAH JEWELL, HR DIRECTOR



We are excited to introduce you to our new HR Director, Sarah Jewell. Sarah is an employee of The Creelgroup, and she is based out of Kansas City. She works remotely and is available to you Monday - Friday during the hours of 8:00am - 5:00pm and after hours in the event of an emergency. She can be reached at 402-281-0712 or by emailing SJewell@harlancohealth.org.

Sarah graduated from the University of Central Missouri and has more than 15 years of experience in HR – including work in a Liberty Hospital in Liberty, MO. You will find she's positive, encouraging, and easy to talk with. You'll be able to meet Sarah face-to-face at HCHS on Oct. 19-20.

EMPLOYEE HEALTH

Two Rivers will administer all Covid Booster shots in the community. Pfizer booster shots are available to anyone over 65 or over 18 with certain immunocompromised conditions. All of the shots given to our community by HCHS were Pfizer.

HCHS employees received Moderna, which is believed to have a stronger initial impact. Diane will administer boosters to employees when Moderna's become available.

Flu shots will be administered Monday, Oct. 18 through Wednesday, Oct. 20. Please report to Diane Fegter's office between the hours of 6:45am and 3:15pm.

If you choose not to take the flu vaccine, you will be required to sign a declination form and provide a written note from a provider. You will also be required to wear a mask during the entire flu season.

"If your dreams don't scare you, they are too small." - Richard Branson

FROM THE DESK OF
DR. PATRICK AUMAN
CHIEF EXECUTIVE OFFICER

While everything is going quite well at HCHS, and Dr. Finkner and myself are working on bringing additional specialist physicians to our hospital, I thought I would just share some fun facts about my favorite time of the year, Autumn.

Fact #1: Americans typically refer to this time of year as "fall," while the British use the word "autumn." Both terms date back to the 16th century but before that it was called "harvest".

Fact #2: Fall was called "harvest" because of the "harvest moon" that occurs when the full moon is closest to the autumn equinox. Before man-made lighting, this moonlight was essential to a prosperous harvest.

Fact #3: Weight gain around this time of year may not only be due to comforting fall foods like pumpkin pie and cider, researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage.

Fact #4: According to The Weather Channel, pumpkins are the most craved food during the fall. Although, if you've left the house anytime recently, this may not come as a surprise to you.

Fact #5: The yellow and orange colors you see actually always exist in leaves but they are overpowered by the abundance of green from chlorophyll. The amount of chlorophyll starts to decrease as the sun weakens and the days grow shorter.

Fact #6: Red and purple leaves are only that color because of the presence of sugars and sap that are trapped within the leaves. These sugars provide plants with the energy they need to survive.

Fact #7: Many birds will prepare for their winter migration during the fall. The distance they can travel is impressive; the Arctic Tern travels 11,000 miles each way for it's annual migration. That's no small feat.

Fact #8: Evergreen trees such as pines, cedars, and spruces stay green because their leaves (needles) are covered with thick wax and they contain materials that prevent freezing when it gets cold.

Fact #9: We can't forget Halloween! Halloween takes place in the fall and comes from ancient Celtic tradition. They believed that ghosts roamed on Halloween and people would wear disguises in order to hide from these spirits.

Happy Fall,

Dr. Patrick Auman

Chief Executive Officer
HCHS



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. (\$\$)/team. Checks can be made to the HCHS Foundation or cash. Please call (000-000-0000) or (000-000-0000) to sign up your team!

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

CARING KIND RECIPIENT 2021



Congratulations to Carla Mapes for receiving the Caring Kind award from the Nebraska Hospital Association! For many years, the Nebraska Hospital Association has been honored to bestow awards to Nebraska health care employees who have risen to the top by providing service excellence and dedication to their profession. These award recipients commit themselves to the betterment of their hospitals and health systems, their customers, their coworkers and their communities. Way to represent, Carla!

EMPLOYEE SPOTLIGHT: Taylor Molzahn

This month's employee spotlight is, Taylor Molzahn! Taylor has been a part of HCHS as the Marketing/Foundation Director for nearly 3 years now. What she loves most about her job is getting to be the representative in the community for HCHS and also getting to work closely with every department! Taylor is involved in the Administration Council, Service Excellence Committee, fundraisers, all community events, and the Wellness Council.

In her free time, she enjoys spending time with her friends & family, loving on her new baby girl, traveling, online shopping, exercising, and boating. She also can't resist a trip to Target, Scooters iced coffee, or a good Mexican restaurant. If she could travel anywhere, she'd love to visit Ireland, Germany, or take a road trip up the West Coast.



the HARLAN HERO *of the month*

*Please remember to submit
your Harlan Hero
nominations each month!
Nominations for next month
will be collected on October
29th so please get yours
submitted prior to that date,
otherwise they'll be carried
over for the following month.*

EMPLOYMENT CHANGES/ADDITIONS - CONGRATULATIONS!

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

- Mary Lyne, PCT
- Sarah Jewell, HR Director



Congrats to Jana Cochran 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, Jana!

Other Nominees:

- Season Kerns
- Cheryl Saathoff
- Diane Fegter
- Gina Pritchard
- Sam Dietz



AVAILABLE POSITIONS

- RN
- LPN Case Manager
- Scrub Tech

NATIONAL PHYSICIAN ASSISTANTS WEEK

OCTOBER 6 - 12

National PA Week is held October 6-12th of every year in order to celebrate and increase awareness of the PA profession. National PA Week also serves as an opportunity for PAs to reach out to the community about health and preventative care. Thank you to these awesome ladies for all you do for your patients and HCHS!

*HCHS PA's: Jess Stemper, Jennifer Taylor
& Connie Lans*



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. The goal is to get as many people as possible involved in raising awareness and funds to help support life-saving research and life-changing support. 1 in 7 women will be diagnosed with breast cancer in their lifetime. Mammograms are the best way to find breast cancer early, when it is easier to treat, and before it is big enough to feel or cause symptoms.

PHYSICAL THERAPY MONTH

October is National Physical Therapy Month — a time to celebrate the profession and all the ways physical therapists, physical therapist assistants, and PT and PTA students help that improve lives across the country.

**National
Physical
Therapy
MONTH**

HALLOWEEN FACTS & HISTORY

1. The most lit jack o'lanterns on display is 30,581.
2. Halloween originated from an ancient Celtic festival.
3. Candy corn was originally called Chicken Feed
4. Trick-or-treating has existed since medieval times.
5. Halloween is the second largest commercial holiday in the country.
6. Illinois produces up to five times more pumpkins than any other state.



Ingredients

Dry Ingredients

-
- 1 ½ cups gluten free flour blend can sub for oat flour*
- ½ cup coconut sugar
- 1 tsp baking soda
- 1 tsp baking powder

Wet ingredients

- 1 large egg*
- ½ cup Greek yogurt I used Chobani 0%*
- ½ milk of choice I used Unsweetened Almond milk
- ½ cup mild tasting nut butter of choice I used almond butter
- ½ cup canned pumpkin not pumpkin pie filling

Cream cheese filling

- 3 T cream cheese softened*
- 1 tsp pumpkin pie spice
- 1 tsp coconut sugar can sub for brown

healthy PUMPKIN CHEESECAKE MUFFINS

5 TRICKS FOR PICKING THE BEST PUMPKIN AT THE PATCH

1. Look for different types of pumpkins
2. Go for green stems
3. Make sure your pumpkin sounds hollow
4. Check for firmness
5. Don't ignore wounds

Instructions

- Preheat the oven to 180 degrees Celsius. Generously coat 2 standard sizes muffin trays with oil or butter (this recipe makes 15 muffins- if you want giant ones which overflow, you can use a standard 12 count tray).
- In a large mixing bowl, combine the flour, coconut sugar and baking powder. In a small mixing bowl, whisk the egg, Greek yogurt, milk, nut butter and canned pumpkin until fully incorporated.
- In a separate small mixing bowl, combine the softened cream cheese, pumpkin pie spice and coconut sugar and mix until combined. It should look similar to butter. Set aside.
- Add the wet mixture to dry mixture and mix well until no clumps remain. Do not overmix.
- Pour 3 tablespoons of batter into the muffin tray. Add 1 teaspoon of the cream cheese filling as close to the centre of each muffin as possible. Top each remaining muffin with around 2 tablespoons of the remaining batter until it is fully used up.
- Bake in the oven for 18-25 minutes (depending on oven type) until the tops are golden. Do not over bake.
- Remove from the oven and allow to sit in the tray for 5 minutes, before removing to a wire rack. Allow to cool completely.

UPCOMING EVENTS:



Alma Cardinals

- 10/8: FB vs. Elm Creek @ 7 PM
- 10/14: VB Triangular - Minden @ 5 PM
- 10/22: No School - Fall Break

- 10/1 FB vs. Bertrand @ 7 PM
- 10/4: No School
- 10/14: FB vs. Arapahoe @ 7 PM
- 10/15: No School - Fall Break
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SO. Valley
Eagles

