ISSUE 12

Harlan County Health System

MAY 2021

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- National Fitness Day - 5/1
- Mother's Day - 5/9
- Memorial Day - 5/31
- Small Business Week - 5/2-5/8
- Nurses Week - 5/6-5/12
- National Hospital Week - 5/9-5/15
- National Stroke Awareness Month
- National Mental Health Awareness Month
- National Speech Month

HAPPY HCHS ANNIVERSARY!

- Amy Hanchett - 5/7 - 1 year
- Nicole Bose - 5/20 - 2 years
- Denise Wiedel - 5/25 - 3 years
- Sam Dietz - 5/31 - 15 years

MONTHLY MEETINGS

- Foundation Meeting - 5/11
- Trustees Meeting - 5/17

HAPPY BIRTHDAY!



- Elisa Marshall - 5/1
- Vickie Runyon - 5/2
- Mary Jo Christensen - 5/2
- Leanne Bewley - 5/11
- April Einspahr - 5/14
- Tonda Ross - 5/18
- Jane Robison - 5/20

HCHS EQUIPPED WITH FLUOROSCOPIC SYSTEM



Last month we received our new fluoroscopic system (c-arm)! A Mobile Fluoroscopic System, also known as portable or mobile C-arm, comprises of a generator (X-ray source) and an image intensifier or flat-panel detector. The C-shaped connecting element allows movement horizontally, vertically and around the swivel axes, so that X-ray images of the patient are produced from almost any angle. The C-arm unit is commonly used for studies requiring the maximum positional flexibility such as:

- Angiography studies (peripheral, central and cerebral);
- Therapeutic studies (Line placements, transjugular biopsies, TIPS stent, embolizations);
- Swallowing studies
- Orthopedic procedures

Those that were trained to use the new c-arm machine included: visiting specialist, Dr. David Benavides, HCHS radiology team, and radiologist PA, Jodie Scheele, from Plains Radiology.

FROM THE DESK OF

DR. PATRICK AUMAN

CHIEF EXECUTIVE OFFICER

Dear team,

How is the year almost halfway over already? 2021 is certainly flying by, but that doesn't mean we stop pushing to better ourselves each and every day! We've come so far since I first started, but we are far from over.

Our nursing team and providers are certainly doing well with our inpatient this year. We've successfully increased our inpatient census AND have improved our HCAHP scores. Keep it up! We've also continued to administer COVID vaccinations each week and I'm proud of all the staff members who help make that successful. Our community greatly appreciates it!

Last month's board meeting went well again. I informed them of our decision to part with Studer group. The Steering Committee & myself felt that we weren't fully benefiting from them so we decided to save money by cancelling our 3-year program commitment. However, department heads are still highly encouraged to round on their employees and practice the same things we had already adopted as healthcare leaders and representatives of HCHS.

Throughout the month of May, open enrollment for health insurance will be taking place again. This year we made the decision to switch our health insurance companies, but it should end up benefiting everyone really well. If anyone has questions, please get with either April or Shelli.

Dr. Finkner and I are also still working on adding more visiting specialists to our Outpatient clinic. We are currently recruiting for a Urologist, Ophthalmologist, and Dermatologist. We have had a few leads on some of these so hopefully we'll be able to start offering these services to our community very soon. These are all specialties that our community would really benefit from and would have a large following for.

In closing, I'm very pleased with the work we've accomplished thus far in 2021 and I look forward to what's to come, especially all the opportunities in our new special procedures program. We still have lots of room for growth and new opportunities and as a team we'll be able to accomplish all of the goals we have in mind.

Best Regards,
Dr. Patrick Auman

HCHS FOUNDATION

The Foundation is currently selling raffle tickets for a fun-filled summer gift basket! This basket includes: beach bag, towel, large inflatable floatie, beach ball, pool toys, & one family pool pass for this summer! Tickets are $2 or 3 for $5 and can be purchased at the hospital or by calling Taylor at 308-928-2151.



The golf tournament is coming along very well so far. We have multiple hole sponsors and teams signed up already! If you are interested in playing, please let Taylor know. $220/team (includes lunch and mulligans for the tournament. **You will also have a chance to win a car on hole 8 if you get a hole-in-one!**



EMPLOYEE SPOTLIGHT: Dana Petit

This month's spotlight is Dana Petit! She has been a part of the therapy department as a receptionist for 8 months now. Her favorite part about her job are her coworkers. When she's not at work, she enjoys walking her dog, Tiki, hanging out with friends, watching movies, and decorating her house! If she could have one superpower, she'd choose mind reading to know what people are really thinking. Her biggest weakness is diet pepsi and she'd love to travel to Ireland someday! Dana also has three kids - Jett (21) & his fiance, Bailey, Boston (20), and Sabyn (18). Thank you for your service and dedication to HCHS!



the HARLAN HERO of the month

Congrats to, Brooke Langley, 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, Brooke!

Other Nominees:

1. Tonda Ross
2. Carla Mapes
3. Season Kerns
4. Mary Jo Christensen

HCHS OPEN HOUSES:

- 5/4 - Scope Program Open House w/ Special Guest - Dr. Walsh: 11 AM - 2 PM
- 5/13 - Meet & Greet w/ Connie Lans: 3:00 PM - 4:30 PM
- 5/14 - Coffee Social w/ Dr. Benavides: 10:30 AM - 11:00 AM
- 5/18 - SLS Relocation Open House: 11 AM - 2 PM

Staff are encouraged to attend these open houses if time allows it. We want to support all of our staff & visiting specialists!



AVAILABLE POSITIONS

- RN*
- LPN*
- HR Generalist/Manager

*Indicates a sign-on bonus.

$3,500 Referral bonus

EMPLOYMENT CHANGES/ADDITIONS - CONGRATS!

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

- Chelsey Bishop - PRN RN
- Regan Schoneman - PRN RN
- Kendra Humphrey - MLT
- Lorelle Foster - Dietary
- Danielle Bonnicksen - HIM

CATCH THE WELLNESS WAVE!

Save the date for this year's annual HCHS Health Fair. Labs, snacks, health info, and other fun activities!

When: Saturday, June 5th
What: 2021 HCHS Health & Wellness Fair
Where: Heartland Family Medicine Clinic
Time: 7 AM - 11 AM

**Labs will require an appointment. Please call 308-928-2151 to schedule your appointment today!*
Stay tuned for more info!

Harlan County Health System

Please join us the morning of June 5th from 7 AM - 11 AM for the 2021 health & wellness fair! Labs will be available, refreshments provided, and outdoor activities! We'll be located in the new clinic lobby. If any department wishes to have a booth or information sat out for guests, please let Taylor know.

HOSPITAL WEEK FESTIVITIES!

May 10-14

- Monday - Donovan's Food Truck (free to staff)
- Tuesday - Panera Bagels
- Wednesday - Waffle Bar
- Thursday - Dragonfly
- Friday - HCHS BBQ (Hamburger or brat meal)

Various prizes will also be awarded throughout the week! We plan to play plinko again to determine winners (will sanitize between games)

HCHS THERAPY
2021 SPEED & AGILITY CAMP

Alma Public Schools:
Test Date: May 17 at 3:45 PM
Camp: June 7-11: 7 AM - 9 AM
$75 for 7-12 graders

Franklin Public Schools:
Test Date: May 19 at 8:30 AM
Camp: June 14-18: 7 AM - 9 AM
$75 for 7-12 graders

Camp will include functional sport testing, proper weight training technique, plyometrics, agility drills, footwork drills and core stability activities. To sign your child up, contact Marisa.

UPCOMING EVENTS:



Alma Cardinals

- 5/6 - Varsity Golf @Oxford - 9 AM
- 5/6 - Varsity Track - 1 PM
- 5/8 - Graduation - 3 PM
- 5/13 - Athletic Booster Banquet - 6:30 PM
- 5/14 - Elementary Track Meet - 11:30 AM
- 5/19 - Last Day of School

SO. Valley Eagles

- 5/1 - Varsity Trap @Doniphan -
- 5/6 - Varsity Track @Alma - 1 PM
- 5/8 - Graduation - 1 PM
- 5/10 - No School
- 5/12 - Elementary Field Day
- 5/18 - Last Day of School



HCHS OPEN ENROLLMENT

M a y 1 0 - 1 4

Enrollment Meetings:

5/10 - 7 AM & 2 PM

5/11 - 10 AM & 7 PM

Please sign up for a time within your scheduled hours if you can. You can either join via Zoom or meet in the dining room for the presentation.



No-Bake Fruit Tarts

Ingredients:

- 1 cup peanut butter
- 1/4 cup honey
- 2 tsp vanilla extract
- 1/4 teaspoon salt
- 2 cup oats, dry
- 3/4 cup Greek yogurt, vanilla
- 3/4 cup strawberries
- 3/4 cup blueberries
- 1 medium banana
- 3/4 cup grapes, green

- In a microwave safe bowl, add peanut butter, honey, vanilla and salt. Microwave for 20 seconds, then stir until smooth.
- Take 1 cup of the oats and place in a blender. Blend until the oats are finely chopped and resembles flour. Set aside.
- Add the other cup of oats to the peanut butter mixture and stir. Slowly add in a little of your homemade oat flour at a time until you get a mixture that you can form into a crust.
- Take small amounts of the mixture and form circle shaped disks. Place onto parchment paper or foil for easy cleanup.
- Spread on a layer of greek yogurt. Top with sliced fruit to make your designs and enjoy!

5 Sun Safe Tips to Block the Blaze:



Alma Swimming Pool: Opening Soon!



Pool Hours will be as follows:

Monday- Friday:

- 1:00--5:00 Open Swim
- 5:00-6:00 Adult Swim
- 6:00-8:00 Open Swim

Saturday/Sunday:

- 1-6:00 pm Open Swim

Daily, single, & family pool pass prices are available at the city office.

PH: (308) 928-2242

Harlan County Health System

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.