

# MONTHLY PULSE

*The latest events, community news, and much more!*

## Upcoming Events

- 12/1 - 12 Days of HCHS Christmas begins
- 12/18 - National Ugly Christmas Sweater Day
- 12/24 - Christmas Eve
- 12/25 - Christmas!
- 12/31 - New Year's Eve

## HAPPY HCHS ANNIVERSARY!

- 12/1 - Tonda Ross - 16 years
- 12/2 - Gwen Westerbeck - 23 years
- 12/3 - Lisa Howsden - 1 year
- 12/14 - Leanne Bewley - 16 years
- 12/21 - Lynda Lubeck - 36 years

## MONTHLY MEETINGS

- Foundation Meeting - 12/8
- Trustees Meeting - 12/21

## HAPPY BIRTHDAY!

- Karen Wright - 12/11



**"DON'T LIMIT YOUR  
CHALLENGES. CHALLENGE  
YOUR LIMITS."**



## SHELLI SHELTON HIRED AS NEW CFO OF HCHS

The Harlan County Health System CEO, Dr. Patrick Auman, would like to announce the hiring of Shelli Shelton as the CFO of HCHS. Under the direction of the CEO, Shelton will plan, organize, and direct all activities related to financial management for HCHS.

Shelton has a Bachelor of Science degree in Accounting from the University of Wyoming and has been a certified Public Accountant for over 27 years. She joins us from Cheyenne, WY, where she worked as the CFO of a community mental health center where quality client care was paramount. After leaving that position, she wanted to continue in healthcare, using her talents to help others. Shelli looks forward to meeting and getting to know both the staff and patients of HCHS. "I want to walk around and be of help where I can, because there is a person with heart and soul behind the numbers I see. I want to be mindful of that at all times," stated Shelton.

When Shelli's not at work, she likes to try new recipes at home and she also loves to sing. She actually started singing karaoke about three years ago, when her church friends invited her to come along. Shelli is also a fan of birds, as she has a 9-year-old Conure named, Jingle, which she received on Christmas Eve, and an 8-year-old Cockatill named, Ceil, that she rescued from the animal shelter. She also has a mini Dachshund named, Buster, which is 13-years-old and is completely spoiled. Lastly, Shelli has a 23-year-old son, Zack, who currently resides in Cheyenne, and a significant other named, Clair.

Welcome, Shelli, to Harlan County Health System and our wonderful community! We wish you all the best and can't wait to see what you accomplish in this new role.

FROM THE DESK OF  
**DR. PATRICK AUMAN**  
CHIEF EXECUTIVE OFFICER

Dear Team,

This year will soon be ending and I'm sure you're all ready for a fresh start after the craziness we've faced throughout 2020. Despite all of the darkness that occurred, I encourage you all to take the time to reflect on the good that came from this pandemic. Not just here at HCHS, but in your personal lives as well. 2020 gave us the added time to spend with our families and reminded us all to live our lives to the fullest since we never know what'll happen tomorrow.

Now please welcome, Shelli Shelton, to our team as the permanent Chief Financial Officer. I believe she'll be a great asset to our team and I look forward to working with her. Be sure to make her feel welcome and to help her out if needed.

This last month's board meeting went very well, as the 2021 budget was approved. Both the Board of Trustees and the County Supervisors were very pleased with everything and the future looks prosperous. Also, recently I've been working with Bill Calhoun, CEO of Kearney Regional Medical Center, and Dr Finkner on setting up new Outpatient clinics in the coming months. Several will be starting soon and will be great additional services for our community. I look forward to this growing relationship with Kearney Regional and all the potential we have as a rural healthcare system. In conjunction with this, I've created a Development & Implementation Team, who will collectively meet with new physicians, as a team, to determine what their needs are going to be.

Although we've filled several positions in the last couple months, we still have several needs for RNs. There is now a \$10K sign on bonus for this position and we've now implemented a \$1K referral bonus for any employee that recruits an RN. Please be thinking of anyone that might be interested in joining our team and give their name to Stacy if you'd like for her to reach out to them. We also have openings for a Medical Technician (MT) and a Medical Laboratory Technician (MLT), both having a sign on bonus attached to them as well.

Lastly, I hope you all have a wonderful holiday season that's filled with joy and much more! Enjoy your time with your loved ones and prepare yourself for another year. I have a feeling it will be a good one for all!

Best Regards,  
Dr. Auman

# HCHS FOUNDATION



The Foundation is currently planning for 2021 as we can't host events right now due to COVID-19. We recently sent out holiday letters to our current and past donors. We will also be selling candy cane grams from Dec. 1 - 15. They will be delivered on the 17th & 18th of December and can include a personalized message with them. The cost is \$1/candy cane. Deliveries only within the town of Alma.

## AVAILABLE POSITIONS

- Medical Technologist\*
- Medical Laboratory Tech.\*
- RN\*
- LPN\*

\*Indicates a sign-on bonus.

## MEET THE NEW HIRES!

- David Redinger - Patient Care Tech
- Tamara Haussermann - RN

## EMPLOYEE SPOTLIGHT: Shannon Lynch

This month's spotlight is, Shannon Lynch! She has been a part of HCHS for 10 years and is an RN at the clinic. She's a part of the leadership team here at HCHS and is Vice President of the Foundation. Shannon is also on our town's Board of Health. When she's not at work, she enjoys working out, reading, and spending time with family. Shannon and her husband, Jeff, have two boys: Creighton - 12, and Bentley - 6. She also loves Mexican food and is a sucker for sweets! Thank you for your hard work and dedication to HCHS, Shannon!



# the HARLAN HERO

Congrats to, Jessi Zade, 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, Jessi!

## Other Nominations:

1. Sam Dietz
2. Diane Fegter
3. Danika Hanchett

## TOGETHER WE WILL GET THROUGH THIS

The Nebraska Healthcare Marketers and Nebraska Hospital Association created this new campaign to enable Nebraska hospitals to easily share info with their key audiences. The campaign focuses on Nebraska pride and our state's willingness to support one another with an overall theme of: ***We're in This Together, Nebraska.*** They encourage all healthcare professionals and team members to serve as examples within their community.



## HCHS EMPLOYEE BBQ



Special thank you to Dr. Auman and his assistant, Craig, for grilling burgers for our employee bbq on November 6th. It was a delicious meal and a beautiful day for a staff cook out!

## CEO, DR. PATRICK AUMAN, ASSISTS WITH TEST NE

Not only the boss, but a team player as well. Pictured, CEO, Dr. Patrick Auman, geared up and assisted on Thursday, November 19, at the weekly Test Nebraska COVID testing. Auman assisted with the QR code scanning and directing traffic through the ambulance bay. "I'm here to actively participate in our community events, not to just be another executive behind closed doors. It was great to be a part of the action today and get a feel for what our nurses and lab technicians have been dealing with these last eight months," stated Auman.



## DR. CANTRAL OFFERS PULMONOLOGY SERVICES AT HCHS



Harlan County Health System is excited to announce that, Pulmonologist, Dr. David Cantral of Platte Valley Medical Clinic in Kearney, NE, will now be offering Pulmonology services out of our Outpatient clinic starting December 10th. He will be here on the second Thursday of every month and you can make an appointment to see him by calling 308-928-2151 and asking for Outpatient Services.

Dr. Cantral received his Bachelor of Science Degree from Creighton University. He then went on to the University of Nebraska Medical Center (UNMC) to receive his Doctorate of Medicine. After the completion of his Doctorate, he continued to stay with UNMC, where he completed his Internship & Residency in Internal Medicine, and then his Fellowship in Pulmonary & Critical Care Medicine. He is also board certified through the American Board of Internal Medicine for Pulmonary Disease and the American Board of Sleep Medicine.

Dr. Cantral was born and raised in North Platte, NE. His wife, Kim, is a Pharmacist at Kearney Regional Medical Center and they have three kids (Michaela, Natalie, & Alex). We're so happy to be able to provide these services to our community and we look forward to building a strong relationship with Dr. Cantral!

## BENEFITS SPOTLIGHT: *Long-Term Care*

Whether it's due to a motorcycle accident or a serious illness, it is the type of care you may need if you couldn't independently perform the basic activities of daily living: bathing, dressing, using the toilet, transferring from one location to another, continence and eating, or if you suffered severe cognitive impairment.

People often buy long term care insurance at an early age because the younger you are, the more affordable the rates.

## SEASONAL AFFECTIVE DISORDER YOU ARE NOT ALONE!



The COVID-19 pandemic has caused a surge in mental health issues across the country, with at least 40% of Americans reporting struggling with mental health in a recent CDC survey. As we approach the winter, more Americans may also struggle with seasonal affective disorder (SAD) -- also referred to as seasonal depression -- a form of depression that can strike in the winter as the days get shorter and colder. To learn more, please visit: <https://www.cnet.com/health/seasonal-affective-disorder-what-it-is-and-how-to-treat-it/>

If you or someone you know is struggling, please call Harlan County Health System's Senior Life Solutions program at 308-928-9048

# UPCOMING EVENTS:



## Alma Cardinals

- 12/8 - BB vs. Wilcox-Hildreth - 4:30 PM
- 12/18 - Varsity Wrestling Duals - 10:00 AM
- 12/21-1/4 - Christmas Break

- 12/3 - BB vs. Minden - 4:30 PM
- Varsity Wrestling @home - 10:00 AM
- 12/21 - 1/4 - Christmas Break

SO. Valley Eagles



In times of uncertainty, provide hope for a child in need. The HCHS giving tree will be take place again during the month of December. If you're interested in purchasing items for a child in need, please see Taylor. She'll have a list of students from Alma Public Schools and what each one is in need of. This is completely voluntary and will be anonymous again. A list of names will be available on Dec. 4th and items will need to be delivered to Taylor by the 17th so they can be taken to the school before Christmas break. Thank you all for your generosity!

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## SIMPLE STAY-HEALTHY TIPS

for the Holidays

### Get Moving

ANY MOVEMENT COUNTS- TAKE WALKING BREAKS, GO OUT DANCING, ENJOY A YOGA CLASS!



### Make Moderation your Mantra

BE AWARE OF YOUR CHOICES: DON'T MISS OUT, BUT DON'T INDULGE WHEN IT'S NOT WORTH IT!

### Treat Yourself

RELIEVE STRESS WITH A MASSAGE, MANICURE OR EVEN A FEW DAYS OF REST! DO THINGS THAT MAKE YOU HAPPY.



### Wash your hands often

SINGLE MOST EFFECTIVE WAY TO PREVENT THE SPREAD OF INFECTIONS!



### Less Liquid Calories

WINE, MIXED DRINKS, EGG NOG, CARAMEL LATTES & HOT CHOCOLATE CAN ADD HUNDREDS OF CALORIES TO YOUR DAILY INTAKE.



### Get plenty of Sleep

PREVENTATIVE MEDICINE! A GOOD NIGHT'S SLEEP CAN BE ONE OF THE BEST DEFENSES AGAINST GETTING SICK.



## Random Christmas Facts

FACEBOOKS.COM

1. in 1836, Alabama became the first state in the US to declare that Christmas be celebrated as a legal holiday.
2. The world's tallest xmas tree at 221 ft. high was erected in a Washington shopping mall in 1950.
3. In the year 1857, a man named James Pierpont wrote the song that is known as 'Jingle Bells.'
4. The first artificial Christmas tree was created in Germany. It was made of dyed goose feathers.