

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- National Women Physician's Day - 2/3
- National Wear Red Day - 2/5
- Valentine's Day -  14
- National Patient Recognition Week - February 1-7
- American Heart Month

HAPPY HCHS ANNIVERSARY!

- 2/1: Ronda Noren - 55 years
- 2/4: Diane Fegter - 41 years
- 2/5: Johanna Popple - 2 years
- 2/13: Janeice Imm - 43 years
- 2/18: Danika Hanchett - 2 years

MONTHLY MEETINGS

- Foundation Meeting - 2/9
- Trustees Meeting - 2/15

HAPPY BIRTHDAY!

- Regan Brugh - 2/2
- Amy Bradley - 2/3
- Lisa Howsden - 2/8
- Taylor Molzahn - 2/9
- Jessi Zade - 2/9



HCHS NOW OFFERS OBGYN SERVICES



Dr. Amie Jorgensen, of Kearney Regional Medical Center & Contemporary Obstetrics & Gynecology of Kearney. Dr. Jorgensen will be hosting an OB-GYN clinic through our Outpatient clinic on the second Tuesday of every month, beginning February 9th. She will be able to provide full OB-GYN services to our community, which will save a lot of travel time for her patients. For individuals needing OB services, your initial appointment will take place in Kearney, as this is generally a more in-depth examination and will help you become familiar with her main place of operation, but then all other appointments can be performed at HCHS up until the delivery of your baby. Dr. Jorgensen was born in Lincoln, Nebraska. However, she was raised in Alma and Kearney and went to Kearney High School. Her father, J.M. Finkner (Kearney), and grandfather, J.R. Finkner (Minden), are both physicians, which led Dr. Jorgensen to go into medicine. After completing her undergraduate degree at the University of Nebraska-Lincoln, she went to the University of Nebraska Medical Center for medical school and residency. She is now a board certified surgeon and medical doctor and has met the criteria to qualify as a Fellow of The American Congress of Obstetricians and Gynecologists (F.A.C.O.G.). Dr. Jorgensen married her high school sweetheart, Josh Jorgensen, and they have four children. When not spending time with her family, she enjoys running, cooking, gardening, and canning.

***"Put your heart, mind, and soul into even your smallest acts.
This is the secret to success."***

FROM THE DESK OF
DR. PATRICK AUMAN
CHIEF EXECUTIVE OFFICER

Dear Team,

We're officially one month into the new year and we're still moving along strong. We've now officially added four new visiting specialists to our Outpatient Clinic (Dr. Cantral - Pulmonologist, Dr. Jorgensen - OBGYN, Dr. Johnson - ENT, & Dr. Benavides - Spinal Surgeon. I look forward to growing these relationships and continuing to make our partnership with Kearney Regional Medical Center even stronger.

Last month's Board of Trustees meeting went well and the County Supervisor's meeting was great as well. Everyone is pleased with our expanded hours at the clinic now and adding back a third day at the Oxford clinic too. We hope this'll be more convenient for our community and potentially increase our volumes over time.

At this point, we have successfully distributed our first 100 doses of the COVID-19 vaccine, with the second dose of those individuals almost complete. We will now be getting 36 doses every week to be distributed to members in the community, starting with those 65 years and older. If you have loved ones that wish to get on a waiting list, please call the clinic to get their spot reserved.

In February, the administrative council team, the board, and our Studer mentors will be participating in a strategic planning retreat at the Johnson Center for the day. The purpose of the retreat is to gather information from each other and put together a strategic plan to follow over the course of the next 3-5 years. The main initiative will be on how to grow our inpatient census.

Lastly, we are still recruiting for many positions in the hospital. Those include: RN, LPN, MLS, MLT, & the most recent, HR Generalist/Manager. We have a couple candidates that we'd like to interview for the HR position, but again, we are taking our time so we make the best possible choice for our healthcare system.

I encourage you all to continue working hard at what you're doing. Without everyone's input, we would not be the health system we are today. Continue to represent HCHS with poise and determination. Through that, comes success.

Best Regards,
Dr. Patrick Auman

HCHS FOUNDATION

The Foundation currently has a "Hearts for Healthcare" campaign going on! The first part of the fundraiser involved heart-shaped door hangers. From those we profited almost \$200. The second half of the fundraiser will be a Facebook campaign, where individuals can simply just donate a said amount of their choice. Also, save the date for our first annual golf tournament on August 14th! This will be a 4-person scramble. \$220/team. If you'd like to have a team or volunteer the day of, let Taylor know.

HARLAN COUNTY HEALTH SYSTEM
FOUNDATION

PRESENTS

The 1st Annual **CHARITY GOLF** Tournament

SATURDAY, AUGUST 14, 2021

ALMA MUNICIPAL GOLF COURSE -ALMA, NE

EMPLOYEE SPOTLIGHT: *Season Kerns*

- This month's employee spotlight is Season Kerns! Season
- has been a part of HCHS for nearly 6 months as our Lab
- Supervisor. She enjoys the patients & working with an
- amazing group of people. Season is also a part of the
- leadership team, Studer group, and the Implementation
- team! When she's not working, she enjoys watching her kids'
- activities and snuggling with her doggos. She also enjoys
- being outdoors, camping, and working in her yard. If she
- could pick one superpower, she'd want Wonder Woman's
- truth lasso to know what some people are REALLY thinking. If
- you want to bribe her, she can't resist a good taco. Lastly, she
- would love to travel to Scandinavia, as she recently learned
- that she's a Viking and would love to see that part of the
- world. Thank you for your hard work and dedication to
- HCHS, Season!



the HARLAN HERO of the 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!

Other Nominees:

1. Lynda Lubeck
2. Danika Hanchett
3. Taylor Molzahn
4. Tonda Ross

AVAILABLE POSITIONS

- Medical Technologist*
- Medical Laboratory Tech.*
- RN*
- LPN*
- HR Generalist/Manager

*Indicates a sign-on bonus.

\$1K Referral bonus



New Alma Clinic Hours

These hours will go into effect on Monday, Feb. 1st.

M: 7:30 AM - 8:00 PM
 T-F: 7:30 AM - 5:00 PM
 S-S: CLOSED

Appointments can be made over the noon hour now as well.

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To schedule an appointment, call 308-928-2103.



ENVIRONMENTAL SERVICE TEAM SCORES HIGH HCAHPS

High HCAHP scores were achieved by this awesome team in the month of December! Congratulations for your hard work and dedication to HCHS. We appreciate all you do for all facility and patients.

UPCOMING EVENTS:



Alma Cardinals

- 2/5: HS Bball @ SO. Valley - 4:30 PM
- 2/9: HS Bball vs. Northern Valley - 4:30 PM
- 2/13: District Wrestling @ Weeping Water
- 2/19: NO SCHOOL - Winter Break

- 2/1: Bowling Districts @ Lexington - 10 AM
- 2/6: HS Bball vs. South Loup - 2 PM
- 2/12 - NO SCHOOL - Spring Break
- 2/13 - HS Speech @ Minden

SO. Valley
Eagles



American Heart Month

February is American Heart Month, a time when all people can focus on their cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke. About 2,200 Americans die each day from cardiovascular diseases. That's about one every 40 seconds!



FEBRUARY 5TH, 2021

NATIONAL WEAR RED DAY

For Women's Heart Health

Go Red for Women

The first Friday each February, American Heart Month, the nation comes together, igniting a wave of red from coast to coast. Wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do.



Healthier Valentine's Snack Mix

Skip the high calorie Valentine treats and sub in this delicious and Healthier Valentine's Snack Mix to make everyone happy. Mix all the ingredients together and enjoy!

- 1 cup dried strawberries
- 1 cup yogurt bites
- 1 cup rice or corn Chex
- 1 cup pink m&m's
- 1 cup strawberry fruit snacks
- 1 cup sour cherry candies

Valentine's Day Fun Facts

- The first Valentine was sent in year 1415
- Americans spent over \$20 billion on Valentine gifts in 2019
- Americans send 145 million Valentine's Day cards each year
- The first heart-shaped box of chocolates was introduced in 1861
- Conversation hearts got their start as medical lozenges
- Nearly 6 million couples get engaged on Valentine's Day

Stop waiting
for friday,

for summer,
for someone to
fall in love with you,
for life. Happiness is
achieved when you stop
waiting for it and make
the most of the moment
you are in now.

U.S. COVID-19 Vaccination Progress

People who received first dose
19,252,279

Of those, people who received second dose
3,346,390



Find the latest data on
CDC's COVID Data Tracker

Data as of January 19, 2021
Source: COVID Data Tracker - Vaccinations



COVID-19 vaccines are an important tool to help stop the pandemic. As of January 25, 2021, more than 19 million people had received at least one dose of COVID-19 vaccine and, of those, more than 3 million had received both doses and are fully vaccinated against COVID-19. Continue to do your part to protect yourself and others by practicing healthy habits.

