

MONTHLY PULSE

The latest events, community news, and much more!

Upcoming Events

- 1/12 - National Pharmacist Day
- 1/28 - National have fun at work day
- Blood Donor Month
- Thyroid Awareness Month

HAPPY HCHS ANNIVERSARY!

- Elisa Marshall - 1/2 - 3 years
- Renae Pool - 1/4 - 13 years
- Taylor Molzahn - 1/21 - 2 years

MONTHLY MEETINGS

- Foundation Meeting - 1/12
- Trustees Meeting - 1/18

HAPPY BIRTHDAY!



- Toby Thulin - 1/13
- Craig Farlee - 1/22
- Joanna Martin - 1/27

FIRST DOSE OF COVID VACCINES HAVE BEEN GIVEN TO EMPLOYEES

We're excited to announce that we have received our first round of doses of the Moderna COVID-19 vaccine. We take great pride that our staff was able to be a part of the first wave of vaccinations against COVID-19. These are just some of our frontline heroes and makes us hopeful for the future!



"The new year stands before us, like a chapter in a book, waiting to be written."

FROM THE DESK OF
DR. PATRICK AUMAN
CHIEF EXECUTIVE OFFICER

Dear Team,

2020 has now come to an end and I'm looking forward to what's to come this new year. We've overcome many challenges this past year, bonded together, and formed some great partnerships/relationships with some wonderful people at Kearney Regional. I believe we've set a great base for some excellent growth in 2021 and years to come.

In January I will be working closely with our Administrative Council to work on our goals and begin creating a strategic plan for what we want to accomplish in the near future. I will also be working with the Development Implementation Team who will be meeting with our new visiting specialists to help ensure a smooth start for them when they begin practicing in our Outpatient clinic. Pulmonologist, Dr. Cantral, will begin in January and plans to be here on the second Thursday every month. I'm also excited to add OB-GYN services by Dr. Amie Jorgensen (Dr. Finkner's daughter) and Dr. Matt Johnson, ENT physician. These additional services will be great for our community and I'm looking forward to growing strong relationships with them all.

As I'm sure you know, we've been fortunate to have already received our first round of doses of the Moderna COVID-19 vaccine for our staff. We will work to ensure that those who are wanting to receive it on our frontline team, will be first in line. At this time, we're still waiting to see when we'll have enough to begin administering vaccines to the public and what the priority list will look like. We will certainly let everyone know once more information becomes available to us, as this is a wonderful thing that we will be able to offer for our community as well. Hopefully soon we will see an end to all of this madness and we can all get back to some sort of normalcy in our lives.

I'm also pleased to welcome, Connie Lans, PA, to our provider team. I believe Connie will make a great addition to HCHS and our clinic. Connie once practiced at Phelps Memorial so she is a local and we can't wait for her to begin. This is a great opportunity for us and I'm looking forward to working with her soon!

Lastly, you all took on 2020 with a strong-willed attitude. Let's all do the same this new year and continue crushing our goals TOGETHER.. Big things are to come for HCHS!

HCHS FOUNDATION

2020 has been a challenging year for fundraising, but we're excited for what's to come in 2021 and hope that we can start planning fun events again for the community. Although we were faced with some challenges this year, we still made an effort to raise some money and for that we're grateful. We plan to start an annual golf tournament in August this year and hopefully we can get back to hosting bingo nights again real soon.

AVAILABLE POSITIONS

- Medical Technologist*
- Medical Laboratory Tech.*
- RN*
- LPN*
- Accounts Receivable Clerk

*Indicates a sign-on bonus.

MEET THE NEW HIRES!

- Kayla Mass -
Radiology Tech (PRN)
- Connie Lans, PA
- Joseph Debban -
Nurse Practitioner

EMPLOYEE SPOTLIGHT: *Johanna Popple*

This month's employee spotlight is, Johanna Popple! Johanna has been with HCHS for nearly 2 years now as a Clinic Receptionist. She enjoys all the people she meets and getting to know our patients. Johanna also helps out with activities that HCHS participates in. In her free time she enjoys spending time with family and friends. She especially loves being a grammy and that goes along with that role. She also enjoys gardening, walking, antiquing, and watching Nebraska FB & VB! Lastly, if she could travel anywhere, she would love to go back to London, England. Thanks for all you do for the clinic and being dedicated to HCHS!



the HARLAN HERO

Congrats to, Season Kerns, 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 HCCHS. Way to go, Season!

Other Nominations:

1. Gwen Westerbeck
2. Sam Dietz
3. Taylor Molzahn

CHARITY KINDLER ACCEPTS ACCOUNTING CLERK POSITION

Congratulations to, Charity Kindler, on accepting the new Accounting Clerk position. We're happy to keep Charity on our team and looking forward for what's to come!

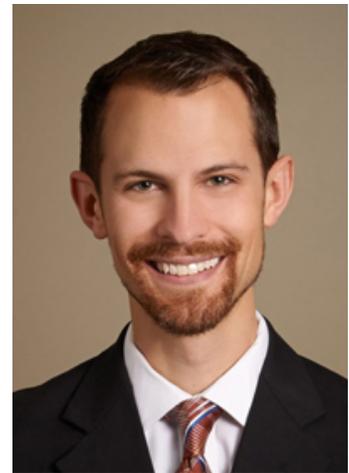
NEW FACES ADDED TO OUR VISITING SPECIALISTS LIST



Dr. David Cantral
Pulmonologist

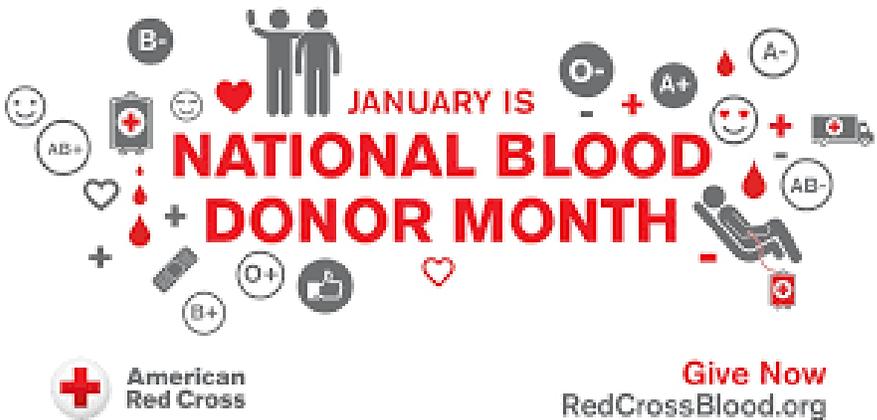


Dr. Amie Jorgensen
Obstetrics & Gynecology



Dr. Matt Johnson
ENT Physician

Dr. Cantral will be here on the second Thursday of every month. Our Development Implementation Team will be meeting via Zoom with Dr. Jorgensen and Matt Johnson this month to determine their start dates and needs to help ensure a smooth implementation. We're excited for these new opportunities for our community and with Kearney Regional Medical Center



COVID SUCCESS STORY

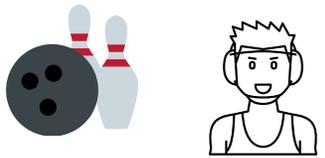


Matt came to HCHS swing bed for rehab after being on a ventilator for over a week due to COVID-19. Matt was very motivated and with the aid of our PT/OT team, he improved from using a mechanical lift for transfers to being able to walk independently again to return home safely.

Donating blood saves many lives and improves health for many people. According to the World Health Organization, "blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma." 1 pint of blood can save up to 3 individuals!

Next local donation opportunity: Tuesday, March 9th.
Location: Alma High School
Time: 10:30 AM - 4:30 PM
 American Red Cross

UPCOMING EVENTS:



Alma Cardinals

- 1/7: G/B Bball vs. Franklin - 4:30 PM
- 1/9: Varsity Wrestling at Franklin - 10 AM
- 1/13- 10 AM late start - teacher inservice

- 1/5 - G/B Bball vs. Franklin - 4 PM
- 1/7 - G/B Bowling vs. Lexington - 5 PM
- 1/14 - Varsity Wrestling at Holdrege - 6 PM

SO. Valley
Eagles



Thank you all who were able to help with the 2020 giving tree for local Alma students. With your help we were able to help 46 kids that were in need. Your generosity is very much appreciated and I know the kids really enjoyed it as well.



Happy New Year! 2020 certainly challenged us to no other, but let's make 2021 even better. HCHS has SO much more to prove. Together we can achieve our goals this year!

WHAT'S YOUR
NEW YEAR'S
RESOLUTION?

"New year, new me"...you hear this every single new year. For some this is true, but for others, they tend to start out strong and quickly fall back into old habits. After the crazy year we all just experienced, there's absolutely no reason not to better ourselves. I challenge you to set at least one resolution for year 2021 and make every attempt to achieve it. You have 365 days to succeed at whatever you want...there's no rush, but you have to believe in yourself first! It only takes 21 days to create a habit. You got this!



COVID-19 AFFECTS MENTAL HEALTH

For the 7th year in a row, Mental Health America (MHA) released its annual State of Mental Health in America Report, which ranks all 50 states and the District of Columbia based on several mental health and access measures. As the pandemic relentlessly persists, we are seeing the highest levels of anxiety and depression reported since the pandemic hit the U.S. in March. This is a troubling trend being fueled by loneliness and isolation. We are also seeing alarming numbers of children reporting thoughts of suicide and self-harm. The 2021 State of Mental Health in America report confirms the trend that mental health in the U.S. continues to get worse and many states are ill-prepared to handle this crisis.