

# MONTHLY PULSE

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

## Upcoming Events

- Independence Day
- Foundation Bingo - August 20th

## HAPPY HCHS ANNIVERSARY!

- 7/1 - Sarah O'Doniel - 1 year
- 7/5 - Cheryl Saathoff - 4 years
- 7/10 - Dr. Finkner - 19 years
- 7/14 - Mike Andrews - 10 years
- 7/16 - Melody Dawson - 1 year
- 7/23 - Amy Bunch - 8 years
- 7/27 - Jason Calhoun - 8 years
- 7/30 - Toby Thulin - 23 years

## MONTHLY MEETINGS

- Board of Trustees Meeting - 7/20
- Foundation Meeting - 7/21

## HAPPY BIRTHDAY!

- 7/8 - Kylee Noonan
- 7/8 - Jana Cochran
- 7/10 - Renae Pool
- 7/19 - Jessica Stemper
- 7/21 - Melody Dawson
- 7/27 - Brittany Reeg



## HCHS (FINALLY) CELEBRATES HOSPITAL WEEK!

Due to COVID-19, normal hospital week activities were pushed back. We were finally able to celebrate during the week of June 15-19. Snacks, prizes, meals, & laughs were just some of the great things the staff was able to enjoy together as a team. Although things were different this year, we were still grateful to be able to celebrate in some way! Thank you to all who helped with activities and congrats to all the prize winners!



## SUCCESS

Success is not an activity  
but a process.

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

Let me first express my sincere appreciation to the entire Team at HCHS and specifically the Board for asking me to stay on as the permanent CEO. As you might imagine, there were a number of variables that went into my decision to accept this most gracious invitation. Without question, the more important factor in my decision was the opportunity to continue to work with the terrific team at HCHS! I am reminded of the line the then Head Coach, Rudy Tomjanovich, used in 1995 when the Houston Rockets won back-to-back NBA World Championships, "Never underestimate the Heart of a Champion." The Team at HCHS are champions and, working together, we will accomplish much good over the next few years.

In other (great) news, the Board approved us to become a "Studer Hospital." If you know anything at all about the Studer Group (<https://www.studergroup.com/>), and what it means to be affiliated with them, they are the "gold standard" in terms of hospital cultural development. The Board has allowed us to subscribe to the full three year Studer organization will literally be working with us, in partnership, helping us build an even better culture and processes in an effort to provide excellence in patient care. We will become to hospitals what the Ritz Carlton and Four Seasons are to hotels. You will be hearing much more about the Studer processes in the weeks and months to come.

It's a great time to be part of HCHS and I am just so pleased to be coming along with you for the journey.

Dr. Patrick Auman  
Chief Executive Officer  
Harlan County Health System

# HCHS FOUNDATION

Upcoming - Bingo: August 20th  
@The Johnson Center - 6PM



The Foundation rolled out a new fundraiser this last month, called "Healthcare Heroes." For \$35, someone can sponsor an HCHS employee to help recognize our local healthcare workers and bring some cheer to their crazy lives! They will be rewarded with a yummy treat and/or drink from Dragonfly Desserts and they'll get proper recognition in the local newspaper for their sponsorship.

## NEW HIRE - SANDY SEEMS

Welcome, Sandy Seems to the HCHS team! Sandy is now a part of our billing department as a billing specialist. If you see her in the hall, be sure to say hi and make her feel welcome!

## 4TH OF JULY CLOSINGS

### **HFM Clinic:**

- July 3rd: CLOSED
- July 4th: CLOSED

### **HCHS Business Office:**

- July 3rd: CLOSED

### **Hays Pharmacy:**

- July 4th: CLOSED

## EMPLOYEE SPOTLIGHT:

### *April Einspahr*

This month's employee spotlight is April Einspahr! She is the Executive Assistant and this summer she's celebrating 3 years of marriage, her move to Harlan County & her start here at HCHS! What she loves most about her job are the people she works with, serving those around her, and watching the other staff in action. In her position, she acts as a liaison between committees and the CEO.

When April isn't at work, she enjoys spending time with her family, bragging about her fat weenie dog (she has her own FB page...check it out!), and gardening. If she could pick one superpower, it would be to have the power to sing like Dolly, look like Carrie, & sass like Miranda. Her weakness is also Diet Dr. Pepper and she wishes to travel to Bora Bora!



# NEWSLETTER WINNER!

Last month's issue was nameless and we left it up to you all to determine what the official name of the newsletter would be. Congratulations to Danielle Landen for coming up with the winning name, "Monthly Pulse."

## BENEFITS SPOTLIGHT:



Be prepared for the unexpected with a MASA membership. No matter where you live, you could have access to vital emergency medical transportation for a minimal monthly fee. That membership could one day save your life, and, every day, it will give you peace of mind like nothing else.

## WELLNESS TIP:



### Importance of \_\_\_\_\_ **HYDRATION**

#### SYMPTOMS OF DEHYDRATION:

- THIRST
- DIZZINESS
- CONFUSION
- FATIGUE
- DRY SKIN/MOUTH
- LESS-FREQUENT URINATION
- INCREASED HEART RATE

*Tips to hydrate*

- DRINK AT LEAST 64 OUNCES OF FLUID PER DAY
- MINIMIZE THE CAFFEINE
- AVOID ALCOHOL AND SUGARY BEVERAGES
- WHETHER YOU ARE THIRSTY OR NOT, DRINK WATER BEFORE, DURING AND AFTER EXERCISING

## WHAT'S IN SEASON?

Fresh fruit and vegetables that are currently in season:

1. Cantaloupe
2. Cucumbers
3. Watermelon
4. Mint
5. Rhubarb
6. Tomatoes
7. Summer Squash
8. Strawberries
9. Corn
10. Peaches



- **Alma Farmer's Market - Saturdays 9 AM - NOON**
- **Orleans Farmer's Market - Fridays 5 PM - 7 PM**