



# Pathways to Wellness NEWSLETTER

MAY/JUNE 2021 EDITION



## CEO CORNER: FCH Master Facility Plan Update

COVID-19 delayed various construction plans this past year, but I'm pleased to say that we're finally making some headway. You've probably noticed a lot of activity in the lot west of the hospital/clinic. The majority of the equipment and activity there is related to the road paving project that the City of Geneva is heading up with JEO Construction. In the next few weeks 18th street, 17th street, G Street and various other areas will transition from gravel to pavement. In the northeast corner of that lot a section is being prepared for the hospital's new Ambulance/Maintenance Building.

The need for this building has been growing for several years and includes storage capacity, maintenance workspace, garage space, and living quarters for various staff whose jobs require occasional overnight stays. The building will be approximately 5000 square feet and will house FCH's vehicles including our transfer ambulance, behavioral health van, and maintenance vehicles. New workshop space

will enhance maintenance staff's ability to do small projects in-house. Additional storage space will be very valuable for maintenance and the whole facility. Lastly, three sleep rooms are being included on the north side of the building that will serve as a place for various staff to stay overnight such as providers, paramedics, and students doing short term clinical affiliations. The building is being funded by cash reserves that FCH set aside and is expected to be completed by late Summer, 2021.

Below is a rendition of the new Ambulance and Maintenance Building at FCH. It will face east – towards the hospital.



Following completion of this building, it's quite possible that the hospital will continue this Fall with Phase 1 of the hospital's addition and renovation plan. Plans include an addition to Fillmore County Medical Clinic, a new Conference Center for meetings/education, a new and larger pharmacy, a new short stay surgery suite area, several new negative pressurized rooms in existing and new spaces, and renovations to radiology, administration, and the "old" pharmacy area. Details on these plans will be shared later this year when everything is known on timelines, phasing, and funding. Currently the design team of Health Facilities Group out of Wichita and Sampson Construction out of Lincoln (the same team that designed and built the FCH campus) are proceeding on planning and details with hospital leadership. Final approval for the additions and renovations would be in July/August. I'm grateful that FCH is in the position to be considering these vital improvements that will serve Fillmore County and the surrounding area for years to come.

*Chris Nicholas*

## MAY IS MENTAL HEALTH AWARENESS MONTH

This past year presented so many different challenges and obstacles that tested our strength and resiliency. The global pandemic forced us to cope with situations we never even imagined, and a lot of us struggled with our mental health as a result. The good news is that there are tools and resources available that can support the well-being of individuals and communities.

Now, more than ever, we need to combat the stigma surrounding mental health concerns. That's why this Mental Health Month, Fillmore County Hospital is highlighting #Tools2Thrive - what individuals can do throughout their daily lives to prioritize mental health, build resiliency, and continue to cope with the obstacles of COVID-19.

Throughout the pandemic, many people who had never experienced mental health challenges found themselves struggling for the first time. During the month of May, we are focusing on different topics that can help process the events of the past year and the feelings that surround them, while also building up skills and supports that extend beyond COVID-19.

We know that the past year forced many to accept tough situations that they had little to no control over. If you found that it impacted your mental health, you aren't alone. In fact, of the almost half a million individuals that took the anxiety screening at MHAscreening.org, 79% showed symptoms of moderate to severe anxiety. However, there are

practical tools that can help improve your mental health. We are focused on managing anger and frustration, recognizing when trauma may be affecting your mental health, challenging negative thinking patterns, and making time to take care of yourself.

It's important to remember that working on your mental health and finding tools that help you thrive takes time. Change won't happen overnight. Instead, by focusing on small changes, you can move through the stressors of the past year and develop long-term strategies to support yourself on an ongoing basis.

A great starting point for anyone who is ready to start prioritizing their mental health is to take a mental health screening at MHAscreening.org. It's a quick, free, and confidential way for someone to assess their mental health and begin finding hope and healing.

Ultimately, during this month of May, Fillmore County Hospital wants to remind everyone that mental illnesses are real, and recovery is possible. By developing your own #Tools2Thrive, it is possible to find balance between life's ups and downs and continue to cope with the challenges brought on by the pandemic.

**For more information, please call Fillmore County Hospital at (402) 759-3192 or visit us [www.myfch.org](http://www.myfch.org).**

# REHABILITATION

## OCCUPATIONAL - PHYSICAL - SPEECH

The Fillmore County Hospital Rehabilitation Team offers high quality health care along with therapeutic modalities to address a wide range of conditions and diagnoses, meeting the needs of individuals in our surrounding communities. Our therapists have access to a jetted pool for aquatic therapy to assist our patients with strengthening, pain relief, and healing. Patients ranging from pediatrics to geriatrics can benefit from using our rehabilitation services.



### Occupational Therapy:

- LSVT BIG for Parkinson's and Other Neurological Disorders
- Pediatric Therapy
- Lymphedema Management
- Upper Extremity Rehabilitation including Splinting
- Visual Perceptual Skills Assessment and Training
- Patient and Family/Caregiver Training
- Home Safety Evaluations
- Adaptive Equipment Assessments
- Wheelchair Evaluations



### Physical Therapy:

- Balance Training/Fall Prevention using a state-of-the-art Balance Master
- Graston Instrument-Assisted Soft Tissue Mobilization
- Sports Injuries
- Back to Work Training
- Vestibular Training
- Orthopedic Post-Op Rehabilitation
- Gait Training
- Pediatric Therapy
- Joint and Muscle Pain



### Speech Therapy:

- LSVT LOUD for Parkinson's and Other Neurological Disorders
- Developmental Delays
- Autism
- Dementia
- Dysphagia
- Apraxia
- Stuttering
- Head/Neck Cancer

**CALL 402-759-3198 TO SCHEDULE YOUR EVALUATION!**



**Bryan Felker**  
Physical Therapist, Rehab  
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**Jaci Nichols**  
Physical Therapist



**Heather Probasco**  
Occupational Therapist



**Tara Voss**  
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**Maddie Taylor**  
Physical Therapist Assistant



**Cindy Haggadone**  
Speech Therapist



**Jill Speece**  
Occupational Therapist Assistant

Local  
Postal Customer



**JOIN OUR TEAM:**  
[WWW.MYFCH.ORG/CAREERS/](http://WWW.MYFCH.ORG/CAREERS/)

- *Nutritional Services Worker - Late Cook*
- *Mental Health Therapist-\$4,000 Sign On Bonus*
- *Laboratory Manager*
- *Medical Records Clerk*
- *Nursing House Supervisor*

- *Surgery Registered Nurse*
- *Nutritional Services Worker*
- *Registered Nurse*
- *Licensed Practical Nurse*