

News Release

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Local Employee Wellness Program Highlighted at Statewide Conference

Diana Lecher, Home Health and Hospice Director with Chadron Community Hospital (CCH), presented at the *Creating a Culture of Wellness in Healthcare Settings* conference in Nebraska City this past weekend. Lecher spoke on a panel with Becky Vinton-Dorn from WELCOM and Dr. James Canedy from SimplyWell.

The panel, appropriately titled “A Clinic Wellness Program Recipe: one cup passion, one cup evidence, half cup of assessments, mixed by a team, and seasoned to taste with policies,” provided session attendees with tangible ideas of how to develop a wellness program in a clinical setting. Lecher provided examples of how the hospital has created a culture of wellness in their organization, leading them to receive the Governor’s Excellence in Wellness Award at the Grower Level and be featured in best practice success stories in both state and national publications.

Harold Krueger, CCH CEO has touted their employee wellness program as one of the best benefits they can provide stating, “A healthy employee is a happy productive individual who casts the wellness glow onto other employees and the patients that we serve. It's one of the best benefits that we can give to our employees and to our own future. It just makes sense.”

The hospital’s wellness program has demonstrated excellent results with their tobacco cessation, mental wellness, and physical activity and nutrition supports through the key components of strong leadership and a wellness committee.

Lecher believes the key is to have a good balance of fun programs and promotions with ongoing strategies like supportive policies and environmental supports. A current promotion the hospital is running for employees is on Fiscal Fitness, spearheading an employee giving campaign by decorating piggy banks with proceeds to benefit local charitable organizations and local financial experts providing educational lunch ‘n learns. Finances is one of the leading culprits of employee stress so to balance out the campaign, the hospital also provides an Employee Assistance Program for ongoing support.

Lecher also provided a brief presentation on her own personal wellness journey saying, “I realize life gets busy, work can get crazy, and the overall life balance sometimes gets overwhelming; however, we have to keep wellness at the forefront of our mind. We must make sure to take good care of ourselves so we can take good care of others too.”

Chadron Community Hospital benefits from membership in the Panhandle Worksite Wellness Council through training and networking opportunities and local resources for continued support and development of their employee wellness program. Lecher also sits on the council advisory committee providing guidance and oversight of services for the benefit of area organizations.

The Panhandle Worksite Wellness Council is a division of Panhandle Public Health District. The wellness council provides tools and ongoing consultation for members, training and quarterly networking opportunities. Additionally, ready-to-use services such as monthly employee newsletters and bulletins, resource lists, podcasts and customizable policies and behavior change programs make it is easy for worksites to promote wellness to employees. Registering is easy and dues are minimal. More information is available online at www.pphd.org/pwwc.html.