



LANCASTER Rehabilitation Center

March 2020

Connie Gallant visits daughter-in-law Lisa Gallant, Registered Nurse, and dog, Sam, in Lincoln, Neb.

Gallants cherish serendipitous time together

At age 88, Connie Gallant is pretty independent. She lives on her own in the picturesque White Mountains of Rumford, Maine, population: 5,687. She mows her own lawn, and shoveled her own driveway — until her children requested that she let her nephew help instead.

Connie and her husband, Frank, had been married since 1951. He passed away in January 2019.

“It was the biggest loss of my life,” she said.

And this past year was going to be the first Christmas without him.

“I had planned on staying home, but my son, Stephen, and daughter-in-law, Lisa, surprised me with flight tickets to spend

“I’ve worked there five years and seen how we care for people. I knew she was in the best hands possible.”

— Lisa Gallant, RN

Christmas with them,” Connie said. “Two days later, I was on a plane to Lincoln, Nebraska.”

Lisa, a Registered Nurse at Lancaster Rehabilitation Center, noticed Connie seemed short of breath and swollen when she arrived Dec. 23, 2019. A couple days after Christmas, she took Connie to the emergency room. Doctors diagnosed her with pneumovirus, kidney failure and pneumonia.

While obviously a situation she didn’t want to be in, one could say it was fortunate that Connie fell ill while with family instead of at home in Maine. Besides Stephen, she has two sons in New Hampshire, and a daughter in Florida. In Rumford, the nearest hospital only has 20-some beds, Connie said.

In Lincoln, Connie was quarantined and treated for a week before being transferred to Lancaster Rehab.

“I couldn’t even walk when I came to Lancaster Rehab,” she said. “A week later I came out walking on my own thanks to the excellent care there. Everyone was so sweet. I would recommend it to anybody. Having Lisa there made it even nicer.”

Performing physical and occupational therapy up to four

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Schneiders appreciate family-friendly, attentive care

Happily retired from farming and freight conducting, Dennis Schneider was tinkering in his garage when he tripped and fell, fracturing his hip and breaking his leg.

Meanwhile, his wife, Barb, was out grocery shopping and realized something was wrong when her husband didn't answer her calls.

"I called my son, who lives in Elmwood but just happened to be in town, to head over with me," she said. "I didn't know what I was going to find when I got home."

Barb and her son found Dennis by the bottom step in the garage. They called an ambulance to rush him to the hospital.

That week before Thanksgiving 2019, Dennis had hip replacement surgery and a cable inserted to stabilize his leg fracture. But he needed more care before he could return home. The Schneiders picked Lancaster Rehabilitation Center because their son and daughter-in-law had worked there, and they liked the high quality care and facilities.

"Everything has been really good,"

"The staff is outstanding. Everyone's respectful and helpful. They go out of their way for you."

— Barb Schneider



Patient Dennis Schneider, right, plays cards with his wife, Barb, left, and Occupational Therapy Assistant Sasha Orth while increasing standing tolerance and balance.

Barb said. "The staff is outstanding. Everyone's respectful and helpful. They go out of their way for you."

The family spent Thanksgiving, Christmas and New Year's at Lancaster Rehab that year. The Schneiders' five sons and 13 grandchildren visited at different points in time. Barb loved being able to reserve rooms, such as the Husker Room, Theater or Family Dining Room, for those visits. One time, she said, nurses brought extra chairs so seven grandchildren could sit with Grandpa Dennis at the same time.

Dennis worked through physical therapy seven days a week and occupational therapy five days a week before he was strong enough to go home. Therapy was provided even on holidays

such as Thanksgiving, Christmas and New Year's Day, which really impressed the Schneiders.

"The care has been exceptional," Dennis said. "I got a lot of help from the nurses. When I was in pain, they were there. They're always there for me whenever I needed anything."

Both husband and wife were thrilled when Dennis finally came home Jan. 10.

"I can walk now, and I'm good to go," he said. "I'm just ready to be home and be with family again."

Barb agreed and said, "I'd been visiting Dennis at Lancaster Rehab every day from 6:30 a.m. until 5 or 6 p.m. Now we can both sleep in in the morning."

Gallants cherish serendipitous time together

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times a day did wonders for Connie. She appreciated how the staff were helping her meet her goal of going home. Even on days when she felt tired, Connie was grateful that therapists encouraged her to do her best. Her family also wanted her to be as healthy as possible before she left for the Northeast.

"I knew my co-workers would take good care of her," Lisa said. "I've worked there five years and seen how we care for people. I knew she was in the best hands possible."

Connie was discharged Jan. 21 and continued in-home therapy until she flew home to Maine Feb. 7. Her favorite memory before she left: getting to watch her first Lincoln Stars game and meeting hockey player Brad Morrissey. He

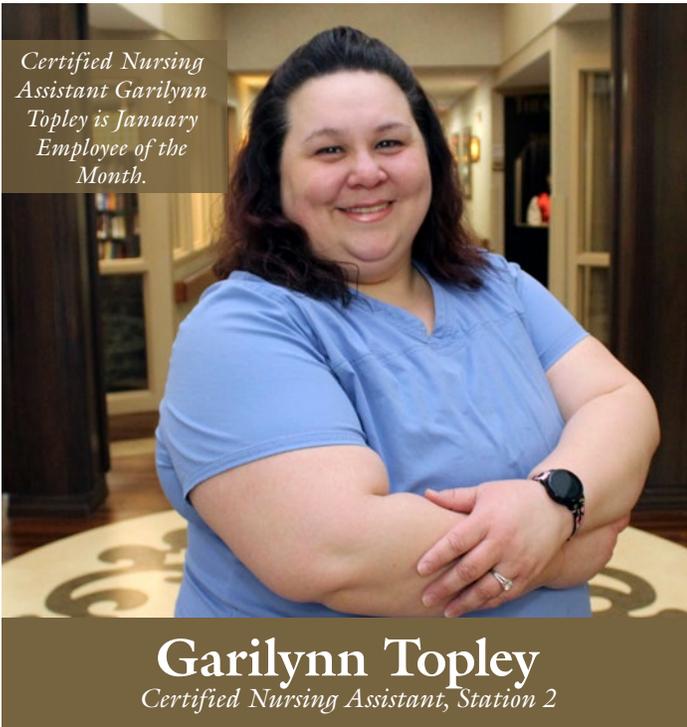
was from Tignish, Prince Edward Island, Canada, just like her husband's father, Connie said. She got a Lincoln Stars T-shirt, an autographed hockey puck and photo with Morrissey, and was even interviewed by KOLN/KGIN 10/11 News at the game.

Although at first Connie was upset that sickness had taken her by surprise, she treasured the season's memories with family such as Stephen, Lisa and their darling dog, Sam.

"I feel good about going home now," she said. "I have good kids. They don't live near me, but I always know they're there when I need them. I don't know what I'd do without them."

Q & A Exceptional People, Extraordinary Care

Lancaster Rehab's recent Employees of the Month



How many years have you worked at Lancaster Rehab?
“I just reached three years in December 2019.”

Where are you from?
“Oahu, Hawaii.”

What do most people not know about you?
“I’ve been taking college courses for the last five years, and I’m aiming to enroll in a registered nursing program next year. I’m loving what I’m learning; it makes me appreciate nurses who’ve done this for years before the technology and resources we have today.”

What is the best part about your job?
“I love learning all the little things that make my residents happy and help them feel the best they can. This past holiday season I had Christmas lights and bows in my hair. It made my residents’ days. I love dressing up for different occasions throughout the year too, like Lancaster Fridays and Husker football season.”

What others are saying about Garilynn:
“Garilynn brings a team spirit attitude and a willingness to help where needed at a moment’s notice. Garilynn is exactly the kind of team member that Lancaster Rehab takes pride in having!”



How many years have you worked at Lancaster Rehab?
“Five years.”

Where are you from?
“Lincoln, Nebraska.”

What do most people not know about you?
“I have 10 biological and adopted brothers and sisters — five girls and five boys. I’m the oldest of my biological siblings.”

What is the best part about your job?
“I stock nursing supplies in the whole facility, and I love the chance to visit with residents. Previously, I was a Certified Nursing Assistant and a Transportation Aide, so I remember patients from that time who have transitioned to long-term care as our residents. I like interacting with the older generation. I’m very close to my grandma, and they remind me of her.”

What others are saying about Marci:
“Marci currently oversees the daily operation of our Central Supply Department. She has identified areas of cost savings, process improvement and teamwork efforts to ensure the central supply needs of Lancaster Rehab are her priority. Marci is detail oriented and highly organized. She is tenacious in making sure her department runs efficiently.”

Make a Difference Award winners



JANUARY

**STEPHANIE MARR
CERTIFIED NURSING
ASSISTANT, STATION 3**

“Stephanie has been an outstanding aide at Lancaster Rehab for the past five years. Her kindness, compassion and patience doesn’t go unnoticed by the residents and their families. Stephanie goes out of her way to be accessible and present, and she is quick to respond to the requests of her patients.”



JANUARY

**MARIA PRECIADO
CERTIFIED NURSING
ASSISTANT, STATION 3**

“Maria joined Lancaster Rehab eight months ago. She always makes sure the residents’ needs are being met in a timely manner, and she makes time to visit and get to know her patients.”



FEBRUARY

**ALYVIA SIMMONS
LIFE ENRICHMENT
AIDE, STATION 5**

“Alyvia has made a big impact at Lancaster Rehab since becoming a team member nine months ago. She has a perpetual smile on her face and is always willing jump in and do whatever is needed. She is a constant source of encouragement to the residents and is committed to making activities fun. The residents love her!”



FEBRUARY

**DARRELL VAN
HOUSEN
DIETARY AIDE**

“Darrell has been with Lancaster for 1 1/2 years and is no stranger to hard work. He is always willing to step up and help where needed and makes sure everyone feels welcome in the Bistro. Our residents love his friendly and caring nature, and Lancaster Rehab is fortunate to have him on our team.”



Kristin Crouch, MDS Coordinator

Leader of the Quarter

Congratulations to first quarter Leader of the Quarter: Kristin Crouch, MDS Coordinator!

What others are saying about Kristin:

“Kristin has been a dedicated Lancaster Rehab team member for the last 10 years. She is a role model for other staff and is willing to take new team members under her wing to ensure they don’t fail. Her willingness to accommodate schedules doesn’t go unnoticed; and her sense of humor brightens the day for those around her. Kristin represents Lancaster Rehabilitation Center well and works hard to make this a great place to live and work.”

Cardiac care at its finest at Lancaster Rehab

When it comes to cardiac care, Lancaster Rehabilitation Center gets to the heart of the matter.

Employees specialize in post-cardiac skilled services, including care for congestive heart failure, acute respiratory failure, atrial fibrillation, LifeVest use, and left ventricular assist device use, and administration of total parenteral nutrition, dobutamine and dopamine, cardiac medications, and lab values.

“Our staff collaborates with cardiologists to work toward positive outcomes for patients,” Administrator Amy Fish said.

More than half of Lancaster Rehab patients receiving rehab services stay in a dedicated cardiac care neighborhood — 30 private rooms across two wings.

Jessica Wilcox, nurse manager of short-term rehabilitation services, oversees nearly 30 registered nurses, medication aides and other clinicians. Patients also benefit from the expertise of registered dietitians and therapists.

“Lancaster Rehab enjoys an excellent working relationship with Lincoln’s leading cardiologists and has earned the trust of many physicians,” Wilcox said.

Recent reports show 97% of patients receiving rehab therapy care at Lancaster Rehab are satisfied with the level of care.

“Our success is evident from our numerous patient testimonials,” Wilcox said. “We ensure patients return home safely in a timely manner, and their transition to home is monitored closely by our team.”

The patient satisfaction score speaks volumes about the 17-member therapy team led by Chad Schlueter, therapy services program director. Steeped in tradition and skilled in the services they provide, the therapy team is unified in its goal



Station 3 nurses celebrate American Heart Month in February.

to deliver high-quality short-term rehabilitation services seven days a week.

Schlueter said, “Our goal is to administer effective techniques, which leads to positive patient outcomes and an expedited schedule of having the patient return to the independent lifestyle they enjoy at home.”

Resident profile: Rosemary Fryda



Rosemary Fryda, Station 1 resident

Lancaster Rehabilitation Center is home to more than 200 residents who benefit from long-term care. Here’s a little about Rosemary Fryda on Station 1.

Born: “I was born March 10, 1938, on a farm in Floodwood, Minnesota, but I’ve moved around a lot because my husband was in the Air Force.”

Occupation: “I worked at an independent living center in Lincoln, Nebraska, and was a mother to 11 children.”

Length of stay at Lancaster Rehab: “I been her for 3 1/2 years.”

Family: “I have 11 children — six sons and five daughters. Three have passed away. Most live in the Lincoln area.”

Interests: “I enjoy attending all the activities Lancaster Rehab offers, including music, arts and crafts, and Bible studies. They keep me busy and active.”

Favorite food: “I like Chinese food

and sweet treats like M&Ms.”

Favorite movie: “I like Ma and Pa Kettle movies.”

Favorite music: “I enjoy polka, country and Christian music. I also loved playing the piano.”

Favorite season: “Spring and summer are my favorite seasons.”

Favorite place I’ve traveled to: “I’ve traveled to San Diego, California, to visit my son. I also like Colorado Springs, Colorado, and Watertown, South Dakota.”

One thing I marvel at is: “The Holy Family Shrine, a glass church in Gretna, Nebraska.”

When I was younger, I remember paying: “5 cents for a candy bar and 50 cents for a loaf of bread.”

One of my favorite childhood memories is: “Going fishing and going to the fair.”

For news coverage, contact Jaclyn at the newsletter office by phone at 402-475-6397, fax 402-475-6398, email jaclyn.tan@newslink.com or mail information to 122 S. 29th St., Lincoln, NE 68510-1403. This material is intended to be an overview of the news of the Lancaster Rehabilitation Center. If there are any discrepancies between this newsletter and any collective bargaining process, insurance contracts or other official documents, those documents will govern. Lancaster Rehab continues to maintain and reserves the right, at any time, to alter, suspend, discontinue or terminate all plans and programs described in this newsletter. This newsletter is not an employment contract or any type of employment guarantee. Any photo submitted may be used. Anyone who submits a photo retains all rights to the image. However, by submission you give the newsletter permission to use your photo(s) in all related media. Thanks to everyone who contributed to this newsletter.

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