

# THE Importance of Caring

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my journey into health care



## Mackenzie Dowding

REHAB SERVICES

In the heart of Columbus, a new chapter is unfolding for Mackenzie Dowding, who joined Columbus Community Hospital in July 2024 as a rehab technician at Rehab Services at the Wellness Center.

Dowding, who moved to Columbus from Lincoln, Nebraska, in August 2023, developed a passion for the health care field when she was a high school athlete and frequent injuries led her to physical therapy sessions. The support and care she received during those times kindled her interest in rehab services.

When she was attending Norris High School in Lancaster County, Nebraska, Dowding was a certified nursing assistant (CNA).

**“At an early age I knew that I wanted to be involved in health care,”** she said. **“I worked in a memory and dementia assisted living facility in Lincoln during the coronavirus. Working through the pandemic was hard because we had to keep the residents still feeling like home.”**

Before she transitioned to CCH, she was a receptionist at the front desk of a local chiropractic office in Schuyler, Nebraska.

**“I decided to pursue a career at CCH because it is an amazing community that is always friendly and positive,”**

she said. **“My husband, Gavin, is an athletic trainer for the hospital at Schuyler Central High School, and everyone was welcoming to both of us during our transition.”**

Dowding handles stocking and cleaning patient rooms and treatment areas, ensuring a hygienic and organized environment.

**“I assist physical, occupational and speech therapists if they need help with their patients during their appointments,”** she said.

Dowding has found that CCH encourages every employee. The support she has received is more than just professional — it is personal. This positive reinforcement motivates her to excel in her role and continue developing her skills.

**“CCH has been exceptionally welcoming and truly values all its employees,”** she said. **“I am most excited to create relationships with coworkers and be able to make an impact on patients.”**

Looking ahead, Dowding is enthusiastic about her future at CCH. Her goal is to continue growing in her career by learning new skills and applying them to her role as a rehab technician.

**“Health care can be a hard field to work in, but the most rewarding part**

**for me is seeing a patient walk through the door with pain,”** she said, **“and within weeks or months of rehab they are able to live their lives with little to no pain.”**

The transition to Columbus has opened doors for Dowding. She is excited about the journey ahead and is committed to contributing to the community spirit that makes CCH such a remarkable place to work.

Anyone who is interested in health care should pursue their passion, according to Dowding. **“Every pathway CCH has will be rewarding and allow you to grow in your career,”** she said.

**“My first three weeks have been really great, and I have been learning a ton of information,”** she added. **“The Rehab Services staff is awesome, and whenever I have questions, they are super quick to help and assist me.”**

When she is not at work, Dowding enjoys spending time with her husband and their Shih Tzu, Stanlee, and watching Husker athletics.

**To learn more about Columbus Community Hospital or available careers currently open within the hospital, visit [columbushosp.org](http://columbushosp.org).**