COMMUNITY Is Our Middle Name

At Columbus Community Hospital, it is a privilege to make a healthy difference for our patients in and around Columbus—and this dedication and innovation show in all we do. We’re proud to be an employer of choice AND a health care provider of choice for so many in the area.

“That’s why we’re inspired every day by our Columbus Community Hospital family!”

COMMUNITY OWNED
Columbus Community Hospital is a community-owned, not-for-profit hospital with more than 650 employees and nearly 300 volunteers. Our leaders, physicians, nurses and staff nurture this strong sense of community in every decision and patient interaction each day. It helps us exceed patient expectations, embrace the values we share and enhance the lives of those we are proud to call our friends and neighbors.

“We’re community-owned. We are not a for-profit hospital. We are fiscally responsible. It’s about putting our resources back into the community for many, many generations to come.”

FAR-REACHING CARE
Here, we treat our patients like family, friends and neighbors … because many are! Every day, Columbus Community Hospital fosters a culture built on commitment, compassion and quality and delivers far-reaching care, with the ultimate goal of keeping our valued patients close to home. We offer:

- The most advanced technologies and the latest treatment options
- A commitment to creating the most positive patient-stay experience
- A beautiful, state-of-the-art facility centered on patient safety and quality
- Expertise and exceptional care to meet a variety of health concerns and goals
- Health education, wellness and preventive care to improve residents’ health
- A continuum of care (hospital, primary care, outpatient services, long-term care, pharmacy, skilled nursing care, home health, hospice) for patients of all ages.

“The right people working in the right culture … compassionately providing high-quality care to their community.”

EMPLOYEE BENEFITS
Columbus Community Hospital offers an excellent benefits plan—including competitive pay, employee PTO and a progressive benefits package—to all of our employees, which helps to emphasize our commitment to being the employer of choice and outstanding corporate citizen in Columbus. Plus, our leadership team is committed to ensuring employees are appreciated for their hard work by recognizing employees who have gone above and beyond for a patient, family or co-worker.

“The culture of CCH is one of commitment, compassion and excellence. The longevity of many of our employees makes it clear that they’ve found a home at CCH, where they’re encouraged to compassionately provide high-quality patient care each and every day.”

EMPLOYMENT OPPORTUNITIES
To keep us ready for the future and benefit generations to come, we are committed to bringing the most talented physicians and medical professionals from all over the country to Columbus Community Hospital. And with our culture of positivity and community, great careers are bound to start here.

“Good employees recruit good employees. Good physicians recruit other good physicians. We’re attracting the best because we’re striving to be the best.”

It’s no wonder “community” is our middle name!

To learn more about our quality care or employment opportunities at the hospital, please call 402-564-7118 or visit columbushosp.org today.
When Mat Weekly, M.D., finished his residency in otolaryngology (ear, nose and throat, or ENT), the first place he applied for a job was Columbus Community Hospital. He didn't accept a position at that time because his wife, a radiologist, also needed a job, but the hospital didn't need a radiologist. They wanted to settle in a town about the size of Columbus that needed them both. So they ended up in Aberdeen, South Dakota.

Now, after 20 years of practice, Dr. Weekly has returned to Nebraska to practice at Columbus Community Hospital. “I always kept in the back of my mind that if I was ever looking for a job again, I’d take another look at Columbus,” he said. Dr. Weekly began seeing patients at Columbus Otolaryngology Clinic in July.

Dr. Weekly earned bachelor’s and master’s degrees in biology from the University of Nebraska-Lincoln, and received his medical degree from the University of Nebraska Medical Center in Omaha. He also completed his residency there and is board certified in otolaryngology.

He was born and raised in Omaha, and his wife is from Rushville, Nebraska. “My father was chairman of the board and CEO of Mutual of Omaha, and my whole family lives in Omaha, so we have pretty strong Nebraska ties,” he commented. “I wanted to move closer to Omaha, but I didn’t necessarily want to be in Omaha, because there are so many ENTs there already. Columbus Community Hospital was far more attractive – it’s close to Omaha, and in the right size town for us.”

Dr. Weekly and his wife have two children – a son, 17, and a daughter, 14. His wife and children will stay in Aberdeen until the kids finish high school. When he’s not working, Dr. Weekly is an airplane pilot, photographer, hunter and angler.

“Getting to know his patients is another aspect of the job that Dr. Weekly particularly enjoys. “It’s easier when you work in a small town,” he noted. “I think that’s the biggest advantage to working in a town the size of Columbus. It’s rewarding to develop relationships with patients.”

Dr. Weekly enjoys the variety that is an inherent part of being an ENT. “In other specialties, you may see primarily one patient demographic, such as older men or younger women,” he explained. “But as an ENT, I see patients of all ages and both sexes. In addition, there’s quite a variety in the cases I see. One day I may be inserting tubes in a child’s ear and the next day doing a major cancer surgery.”

“I wanted to move closer to Omaha, but I didn’t necessarily want to be in Omaha, because there are so many ENTs there already. Columbus Community Hospital was far more attractive – it’s close to Omaha, and in the right size town for us.”

It’s rewarding to develop relationships with patients.

– DR. MAT WEEKLY
Now HAPPILY SERVING Little Ones and Families

We have exciting news to share … the new Columbus Community Hospital Child Care Center is now open! Available to all hospital employees with additional space for area families, our brand-new center is a wonderful resource for residents in Columbus.

FULFILLING A GROWING NEED
This project has been in the planning stages for some time as a result of feedback from three initiatives that identified this need. These include insights gleaned from our participation with the Quality of Life community initiative, results from two Community Health Needs Assessments and through employee survey feedback. Taking this information into consideration, it became apparent that there was a growing need for more quality child care in the area.

“Our Columbus Community Hospital leadership team and Board of Directors listened to this feedback and began planning to address this need,” said Scott Messersmith, Vice President of Operations and Human Resources at Columbus Community Hospital (CCH).

“Not only is our Child Care Center providing a much-needed service to our community, but high-quality child care will also attract the best and brightest health care professionals to Columbus … and then help keep them here,” Messersmith explained. “It’s a win-win for CCH employees and all of Columbus.”

EXTENDED HOURS, EXCEPTIONAL HIRES
Our Child Care Center offers extended hours to coordinate with a wide variety of clinical schedules (see Extended Hours Offered).

The quality of our Child Care Center staff is second-to-none – with many teachers holding two-year, four-year or even master’s degrees in early childhood education. Our employees’ passion for guiding, nurturing and helping young minds to learn and grow is an incredible benefit.

“It’s our goal to create a warm, safe and homelike environment, where you’re always a name and not a number,” noted Melinda Long, Columbus Community Hospital Child Care Center Director. “We have individualized goals and the perfect balance of play and structure for children of every age – from infants to school-aged kids. We want our center to feel special and be a home away from home for kids.”

A BIG, BEAUTIFUL PLACE TO GROW
The Child Care Center has plenty of room for kids to grow and learn, all inside a beautiful new building. It has new playground equipment, furniture, toys and books, and is conveniently located right on the CCH campus, just steps from the hospital. Other features include:

- Enhanced security – Double-badge entry and cameras in every room for peace of mind
- Safe room – A fortified room that can withstand tornadoes or other natural disasters
- Bathrooms in every classroom – More ease, safety and convenience for kids and teachers
- Clean and tidy space – Hospital cleaning and disinfecting standards mean less germs
- Heated infant room floors – Keeps little ones cozy and warm during colder months
- Heated sidewalks – Heating coils melt away snow and ice to keep walkways safe and dry
- Lactation room – Available for breastfeeding moms visiting their babies during the day

EXTENDED HOURS OFFERED
The Child Care Center at Columbus Community Hospital offers extended hours to accommodate the varied schedules of staff members.

- It is open from 5:00 a.m. to 7:30 p.m., Monday through Friday, for infant, toddler, preschool and school-aged care.
- The prekindergarten program begins at 8:30 a.m. and ends at 12:30 p.m., Monday through Friday – with 12:30 to 7:30 p.m. slotted for structured extended care.
- It also will be open on holidays falling Monday through Friday, depending on need.

LEARN MORE ABOUT OUR NEW CHILD CARE CENTER TODAY!
For more information, contact Melinda Long at 402-562-3289 or mslong@columbushosp.org.
GIVING BACK Is Ingrained in Foundation Donor

Dick Breuer has lived in Columbus for 44 years, and he and his wife raised their three sons here. His involvement with the Columbus Community Hospital Foundation began years ago when he was first a patient at the hospital. With his positive attitude shining through, he joked, "I happen to be one of those lucky ones who've made multiple visits to the hospital over the years – especially the last 10 years." His wife was also treated numerous times at Columbus Community Hospital.

"Because of the way the nurses and other hospital staff treated me during all those visits, I decided to contribute to the Foundation after just about every stay," he explained. "Then, when my wife passed away, my family made a more substantial donation to the Foundation. Over the years, the hospital has treated our family really well, and we wanted to give back."

SOLID BACKING
Breuer appreciates the Foundation’s support of the hospital and the community as a whole. He admires the way the Foundation encourages the community to get involved, for example with walks to raise funds for good causes. And he’s grateful for the support they provide to the hospital when big-ticket items must be purchased.

"I’ve had multiple surgeries and procedures over the years," Breuer said. "Columbus Community Hospital has always had access to whatever tools and equipment were needed to take care of me, and the same was true for my wife. I credit the Foundation for stepping up to help keep the hospital up-to-date with technology."

Donating to the Foundation is Breuer’s way of paying back the kindness he’s been shown. He explains that it’s a value he grew up with:

"I was born during the Depression and grew up in a farm community where neighbors had to help each other. It wasn’t just a matter of being neighborly; it was also a matter of survival. Once helping others becomes ingrained, it just sticks with you. That’s why I donate to the Columbus Community Hospital Foundation."

A BENEFIT FOR OUR COMMUNITY
Before retiring, Breuer recruited engineers from out of state for an electric utility headquartered in Columbus. One of the quality-of-life benefits of living in Columbus that he stressed to prospective employees was quality health care from Columbus Community Hospital. "The hospital was good then, and it’s improved significantly since those days," he noted.

Breuer is proud to be a donor to the Foundation. "The same professionalism, caring attitude and love of their job that I’ve observed from the nurses and staff at the hospital also applies to the Foundation staff."

"I intend to keep donating to the Foundation as long as I’m able, and I hope that’s a long time."
TRUSTED CARE for Terrible Tumbles or Other Emergency Situations

Life can sometimes be unpredictable, and serious health scenarios come our way when we least expect them. Fortunately, Columbus Community Hospital provides comprehensive, quality emergency care that residents in and around Columbus can trust when the unexpected happens.

READY FOR ANYTHING, ANYTIME
Our Emergency Department is fully prepared to care for any emergency situation that comes through our doors, with an in-house emergency physician here – 24 hours a day, seven days a week.

Experienced emergency medicine physicians and highly trained nurses and medical assistants are here to expertly treat patients of all ages, all in a modern, state-of-the-art facility. Plus, our team of six emergency physicians is employed by the hospital and, together, includes more than 100 years of emergency and trauma experience.

THE AREA’S BEST EMERGENCY CARE
Columbus Community Hospital’s Emergency Department offerings include:

- Experts with pediatric nursing certification to deliver more specialized care for our youngest patients
- Laboratory, diagnostics and respiratory experts available all day, every day, who use the latest technology such as next-generation X-rays, CT scanners and ultrasounds
- Specialists and surgeons always on call for a quick response whenever needed
- Minimal wait times provide more convenience for patients and families
- An injury prevention program created to help lower patient injury incidences

LEVEL III TRAUMA CENTER DESIGNATION
We were the first hospital in the region to be certified as a Level III Trauma Center. As such, we follow a comprehensive quality assessment program through the American College of Surgeons – the Trauma Quality Improvement Program (Level III TQIP). This means we use best practices, collaborate with other TQIP centers and participate in training to improve patient care and outcomes and set the highest standards in emergency and trauma care.

Also, as a Level III Trauma Center, Columbus Community Hospital educates and collaborates with other rural facilities and EMS personnel to build healthy medical relationships and, ultimately, enhance patient care.

All this adds up to emergency care that residents in and around Columbus can count on.

To find out how Columbus Community Hospital Emergency Department and our Level III Trauma Center designation can help you when you need it most, call 402-564-7118 or visit columbushosp.org.

Our Emergency Department is fully prepared to care for any emergency situation that comes through our doors.
WORKING TOGETHER to Better Manage Concussions

In the United States, 1.6 to 3.8 million sports- and recreation-related concussions occur each year, and it’s likely that many more people sustain them, but don’t seek medical attention. Concussions can be challenging to diagnose and manage, because many providers aren’t experienced in treating concussion patients. Yet, without proper diagnosis and management, these head injuries can have lasting effects on a person’s overall health.

WE ARE HERE TO HELP
Fortunately, concussions are treatable when proper protocol is followed and the brain is allowed to heal completely. The Concussion Management Clinic at Columbus Community Hospital provides comprehensive, consolidated and specialized care all in one practice – using standardized evaluation and treatment guidelines for patients who have sustained a concussion.

A COLLABORATIVE CONCUSSION TEAM
Led by Robert Miller, M.D., Emergency Department physician and Concussion Management Clinic Medical Director, this team consists of trauma and sports medicine physicians, trauma nurses, athletic trainers and physical, occupational and speech therapists. The multidisciplinary group collaborates on diagnosis and treatment to ensure patients with concussions are properly managed.

“New research shows the potential for serious long-term effects associated with closed head injuries. When patients come to our clinic, we team up to closely monitor them … taking them through a well-defined recovery protocol and getting them back to their sport, the classroom, work and activities,” said Dr. Miller. “We are now seeing many more non-sports-related adult concussion cases. These are people involved in car crashes or hard falls who may have gone untreated or undertreated in the past.”

“Patients who have sustained a concussion now have a consistent, well-managed resource for their condition from start to finish, which fosters faster, better recoveries,” explained Dustin L. Volkmer, M.D., Orthopedic Surgeon and Sports Medicine Medical Director at Columbus Community Hospital.

FRONT-LINE RESPONDERS
Our athletic trainers and emergency room team are usually the first to evaluate a patient with a head injury, diagnosing a concussion and removing them from competition or work, which is why training is vital. Rob Marshall, Athletic Trainer at Columbus Community Hospital, and his fellow athletic trainers use the ImPACT® concussion assessment tool to serve the three Columbus high schools and do outreach for athletic departments at area high schools, along with Central Community College.

“For those of us on the front line of defense, concussion education is key in how we help patients return to play or return to learn,” noted Marshall. “The hospital has made a huge investment in building our team and training, through our regional partnership in the Nebraska Sports Concussion Network and other programs. This commitment to concussion management is not typically seen in a community our size, and we’re very lucky.”

TAUGHT REHABILITATIVE SPECIALISTS
CCH Rehabilitative Services’ specialists from three disciplines work in the same space to give specialized concussion care and treatment plans for patients of all ages. Physical, occupational and speech therapists collaborate and assess patients daily to improve cognitive function and get them back to everyday activities faster.

“There are treatments we use that can help 10 to 20 percent of concussion sufferers who need more than just time and rest,” stated Doug Janssen, Director of Rehabilitative Services at Columbus Community Hospital. “Our collaborative model and vital interventions ensure that these patients don’t get missed.”

“The team approach we use is effective and proven,” said Michell Ruskamp, Assistant Director for Rehabilitative Services. “Patients can stay close to home and take advantage of the state-of-the-art equipment, the latest innovation and concussion training normally found in a larger city setting.”

SIGNS AND SYMPTOMS OF A CONCUSSION
- Confusion or disorientation
- Memory deficits
- Delayed verbal expression
- Slowed reaction time
- Headaches
- Lack of coordination
- Nausea or vomiting
- Dizziness/drowsiness
- Irritability
- Emotional/behavioral changes

PROTECT YOURSELF AND YOUR LOVED ONES
Learn more about our concussion management team by calling 402-562-4710 or visiting columbushosp.org.
Diabetes Education – A KEY to Control

Diabetes education is the cornerstone of diabetes management because it requires day-to-day knowledge of nutrition, exercise, monitoring and medication.

Diabetes is unlike other diseases such as high blood pressure and high cholesterol where medication alone can often successfully treat it. People with diabetes face many challenges, including understanding the disease process, managing nutrition, being more physically active, taking medications, monitoring blood sugar and adjusting to living with the condition. Diabetes education puts you in control, allowing you to better incorporate what you learned to improve your day-to-day life.

TEAMWORK MAKES A DIFFERENCE
A diabetes care team helps with your self-care. This team usually includes a physician, certified diabetes educator, dietitian and nurse educator.

Columbus Community Hospital has an American Diabetes Association-recognized Diabetes Education Program that includes both individual and group classes. Both types of classes are important. During an individual session, your specific needs will be assessed to find out what type of education would be most effective. On the other hand, you may feel more comfortable in a group class because you'll interact with people who have similar concerns. You can share your experiences and frustrations, and hear answers to questions you may not have thought of yourself. In both individual and group sessions, you create an individualized plan and set goals that are measurable and achievable. You should create very specific short- and long-term goals. An example of a short-term goal is that you will walk for 20 minutes five days a week, while a long-term goal would be to lose 20 pounds.

EDUCATION BENEFITS
Diabetes education with a diabetes educator is an ongoing process that should be repeated every one to two years, allowing you to update your diabetes knowledge. Medicare covers 10 hours of education the first year of diagnosis and up to four hours in each subsequent year. Private insurance coverage varies. Scholarships are available. Columbus Community Hospital offers education on insulin administration, insulin pump training and continuous glucose monitoring. We also provide free weekly activity classes, support groups and spring and fall diabetes events.

Those with prediabetes are welcome to join our new National Diabetes Prevention Program. This yearlong program focuses on making healthy lifestyle changes. It's recognized by the Centers for Disease Control and Prevention (CDC). If you are interested in any of these classes or programs, contact Joan Plummer, RD, LMNT, CDE, at 402-562-4462.

Diabetes education gives you the power to control your diabetes, so it doesn’t end up controlling you.
WELLNESS GARDEN: Therapy for a Healthier Tomorrow

Gardening, like therapy, can be a healthy experience and therapeutic in its own right for all of us.

The Columbus Community Hospital Rehabilitative Services department recently collaborated with the Columbus Family YMCA Togetherhood Group to create a Wellness Garden. The Wellness Garden brings together families, friends and neighbors to learn about tending a garden, as well as using garden produce to make healthier meals.

Located on the northeast corner of the Columbus Wellness Center, the Wellness Garden yields tomatoes, onions, zucchini, cucumbers, squash and melons. The fresh, harvested produce is given to the Complete Health Improvement Program (CHIP) and to YMCA programs focused on healthy eating. Any extra produce will be donated for use in the community.

The Wellness Garden is a great addition to the list of accomplishments at the Columbus Wellness Center. It’s another outlet of health-related education and activities in our community. The Wellness Garden teaches kids, patients, members and participants about the importance of volunteering. Not only does this garden provide rehabilitative benefits; it also fosters a spirit of giving.

Holing Out FORE HEALTH!

With the assistance of local supporters and dedicated volunteers, the 15th annual Columbus Community Hospital Foundation Holing Out Fore Health Golf Outing was held Friday, June 2, at the Elks Country Club in Columbus. The two-person scramble hosted 140 golfers and raised more than $103,000. Thanks go out to Title Sponsor TSP and Executive Sponsors Heartland Builders and Pinnacle Bank and Trust and to many other generous sponsors for their support! Because of such generous contributions, patients can receive care and diagnostic screenings, close to home.

Proceeds from this year’s event helped fund the purchase of the Wide Bore MRI (magnetic resonance imaging) system that was installed in October 2016. Pledging to raise $400,000 for the project, the Foundation Board met the goal due to an outpouring of support by the community.

The system uses state-of-the-art technology that allows larger-sized patients or those with claustrophobia to receive scans here in Columbus. Patients also will experience much quieter scans, and scan times may be reduced. For more information about the Wide Bore MRI, please call Diagnostic Imaging at 402-562-3180 or visit columbusbosp.org.
EDUCATION AND SUPPORT GROUP SESSIONS
EDUCATION AND SUPPORT GROUP SESSIONS ARE FREE, UNLESS OTHERWISE NOTED

Baby Care

BABY CARE CLASS
› For more information, call 402-562-3266.

BREAST-FEEDING CLASS
› For more information, call 402-562-3266.

BREAST-FEEDING SUPPORT SESSIONS
› For more information, call 402-562-3266.
By appointment only.

BABY SIGNS® SIGN LANGUAGE CLASS
› For more information, call 402-562-3341.

Diabetes Education

COMPREHENSIVE DIABETES CLASSES
› For more information, call 402-562-4462.

CONTROL DIABETES FOR LIFE
› For more information, call 402-562-4462.

DIABETES ACTIVITY GROUP
› For more information, call 402-562-4462.

ADVANCED CARBOHYDRATE COUNTING CLASS
› For more information, call 402-562-4462.

Support Groups

THE AMERICAN CANCER SOCIETY’S LOOK GOOD ... FEEL BETTER® PROGRAM
› For more information, call 402-564-2900 or 402-564-0160.

A TIME TO HEAL
› For more information, call 402-562-4618.

COLUMBUS CANCER CARE
› For more information, call 402-562-8666 or 402-562-4499.

COPD SUPPORT GROUP
› For more information, call 402-562-3344.

GRIEF SUPPORT GROUP
› For more information, call 402-562-2522.

PARKINSON’S EXERCISE GROUP
› To learn more or to register for the program, call 402-562-3333.

PARKINSON’S SUPPORT GROUP
› For more information, call 402-562-3333.

LOUD CROWD EXERCISE GROUP
› For more information, call 402-562-3333.

TBI/STROKE SUPPORT GROUP
› For more information, call 402-562-3333.

Fitness & Nutrition

SHAPEDOWN®
› For more information, call 402-562-4462.

Learn a variety of health tips or more about specific conditions by visiting our Online Health Library at www.columbus hosp.org. Select “Health Library” under “Our Services.”
Columbus Community Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Columbus Community Hospital does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

If you have questions about the law, please contact our Risk Manager. You can either call 402-562-3361, write to Columbus Community Hospital, Attn: Risk Manager, 4600 38th St, Columbus, NE 68601 or email info@columbushosp.org.

COLUMBUS COMMUNITY HOSPITAL:
Provides free aids and services to people with disabilities to communicate effectively with us, such as:
- Qualified sign language interpreters
- Written information in large print, audio, accessible electronic formats or other formats

Provides free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages

If you need these interpreter services, speak with a hospital employee or call 1-855-837-8682.

If you believe that Columbus Community Hospital has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance in person or by mail, fax, or email:
Risk Manager
4600 38th Street
Columbus, NE 68601
Phone: 402-562-3361 Fax: 402-562-3376
info@columbushosp.org

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Risk Manager is available to help you. Please see the contact information above.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at www.bbs.gov/ocr/office/file/index.html


注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-837-8682; (TTY: 1-800-833-7352).

XIIYEEFANNA: Afaan dubbattu Oroomiffa, tagaajila gargaarsa afaar kafaltiiddaan ala, ni argama. Bibilaan 1-855-837-8682; (TTY 1-800-833-7352).


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ध्यान दिनिए: तपाईंले नेपाली बोल्डुक्का भने तपाईंले निर्मल भाषा सहायता सेवाहरू पनि उपलब्ध छ। फोन गर्नुहोस् 1-855-837-8682; (टिडिटिज़) 1-800-368-1019

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をご了解、または、日本語を話す場合、無料の言語支援をご利用いただけます 1-855-837-8682; (TTY: 1-800-833-7352) まで、お電話にてご連絡ください
7th Annual We Can Run, Walk & Roll

The 7th Annual We Can Run, Walk & Roll 5K and 1-Mile event will be held on Saturday, October 7, 2017, at Columbus’ Pawnee Park Memorial Stadium. Proceeds will be used to purchase AmTryke® tricycles for individuals with disabilities who live in our community. Since the first event in 2011, over 35 AmTrykes have been given to individuals and their families.

The event aims to change the perceptions of disability in the minds of all participants and spectators, and elevates the common desire to improve our health and well-being by participating in a communitywide event. This race is for everyone from beginners to competitive runners, joggers and walkers. It includes the opportunity for individuals using wheelchairs to compete individually or with the assistance of a team of up to three pushers during the race. Participants can choose between 1-mile and 5K (3.1 mile) routes.

We invite you and your friends to participate in this inspiring event brought to you by CCH’s Rehabilitative Services and Wiggles & Giggles Therapy for Kids™ at the Columbus Wellness Center. We challenge everyone to do something healthy and fun!

For more information, visit our website at columbushosp.org.

CHECK US OUT AT WWW.COLUMBUSHOSP.ORG.

- Search our Online Health Library
- Manage your hospital bill online
- Make a donation to the CCH Foundation
- Send an e-card to a loved one or friend at CCH