

KHEA Newsletter

March 2021

Kansas Healthcare Engineers Association
www.kheaks.com



“What is **NORMAL** anyway.”

“Has the whole entire world gone crazy?”

Message from YOUR President

By *Brian Leabo*

Dear friends and colleagues,

As I begin my second term as your Kansas Healthcare Engineers Association President, I’m hopeful that we see the region’s COVID numbers continue to fall and we can once again meet to have our conferences, as well as our fun golf outings. In the meantime, our program committee continues to work on building great conference curriculums, as well as looking into alternative ways to get the material out to our members that are unable to attend. Keep your fingers crossed that we’ll be able to meet in April!

As I look back on the year of 2020....(hindsight is 20/20 you know)....and I think about all of the craziness that we lived through, I am hopeful that 2021 can return us back to what we once knew as “normal”. And what is *normal* anyway? Merriam-Webster defines *normal* as “Conforming to a type, standard, or regular pattern: characterized by that which is considered usual, typical, or routine”. Normal to me is going into the grocery store, or Lowes, or Walmart, and not having to put a mask on. Normal to me is not having to stomp back to your car because you forgot the damn mask in the first place! Normal to me is being able to actually see through your glasses without fogging them up (you young guys giggle now...your time is coming!). Normal to me is going to visit your elderly parents without having the fear that you might pass on a virus that could actually kill them. Normal to me is being able to go purchase a Mr. Potato Head for a child and not being worried about the new gender-neutral version of the toy. I read that on a news blog recently and I have to wonder what kind of world we’re living in that people are upset about the gender of a plastic toy. Really?!? Is it me, or has the whole entire world gone crazy? Maybe I’m just getting more grumpy the older I get.

Continued from Page 1

A second definition by Merriam-Webster says *normal* is “generally free from physical or mental impairment or dysfunction”. As strange of an idea as it may seem, hospital maintenance seems to be a place of normalcy to me, as it’s generally free from physical or mental impairment/dysfunction. It’s something that I know. It’s something that I’m familiar with, and there is a peace in knowing that I understand and can control some things. As Hospital Engineers you probably know what I mean. We know the familiar hum of the air handler or the low rumbling sounds of the boiler. We can smell when the air/fuel mixture isn’t right with the generator or the sour rotten egg smell of a p-trap gone dry. We can feel the air pressures when they’re off and they’re causing wind tunnels down our corridors or holding our fire doors open. Our buildings are living, breathing things and if given enough time, we get to know them as if they were a person. We have a relationship with our buildings. Some of them even have personalities. And if we take care of them, they will take care of us. Quite frankly, some of us probably know our building better than we know our own spouse or significant other. And much like a person, we might not be able to express what exactly normal is, but we can certainly feel or sense when something isn’t quite right...and then we need to jump into action. Ignoring a problem with your building is like ignoring a problem with another person. It isn’t going to get any better and it’s not going to return to *normal* all by itself. It takes work, commitment, time, troubleshooting, energy, thoughtfulness, reflection, and maybe even a little TLC.

So, as we get started in this new year of 2021, I hope that each one of us can begin to slowly slip back into what you would consider *normal*. I hope that we can begin to have our KHEA conferences once again. I hope that we can go golfing again. I hope that we can ditch the masks at some point. And I hope that MR. Potato Head can remain a MR. and not have to go through some horrific plastic toy gender reassignment.

Keep smiling!

BL



Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic

<https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>

Whether you are going into work or working from home, the COVID-19 pandemic has probably changed the way you work. Fear and anxiety about this new disease and other [strong emotions](#) can be overwhelming, and workplace stress can lead to [burnoutexternal icon](#). How you [cope with these emotions and stress](#) can affect your well-being, the well-being of the people you care about, your workplace, and your community. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and manage job stress, and know where to go if you need help. Recognize the symptoms of stress you may be experiencing.

Feeling irritation, anger, or in denial
 Feeling uncertain, nervous, or anxious
 Lacking motivation
 Feeling tired, overwhelmed, or burned out
 Feeling sad or depressed
 Having trouble sleeping
 Having trouble concentrating

Know the common work-related factors that can add to stress during a pandemic:

Concern about the risk of being exposed to the virus at work
 Taking care of personal and family needs while working
 Managing a different workload
 Lack of access to the tools and equipment needed to perform your job
 Feelings that you are not contributing enough to work or guilt about not being on the frontline
 Uncertainty about the future of your workplace and/or employment
 Learning new communication tools and dealing with technical difficulties
 Adapting to a different workspace and/or work schedule

Follow these tips to build resilience and manage job stress.
 Communicate with your coworkers, supervisors, and employees about job stress while maintaining social distancing (at least 6 feet).

- Identify things that cause stress and work together to identify solutions.
- Talk openly with employers, employees, and unions about how the pandemic is affecting work. Expectations should be communicated clearly by everyone.
- Ask about how to access mental health resources in your workplace.



Identify those things which you do not have control over and do the best you can with the resources available to you.

Increase your sense of control by developing a consistent daily routine when possible — ideally one that is similar to your schedule before the pandemic.

- Keep a regular [sleep scheduleexternal icon](#).
- Take breaks from work to stretch, exercise, or check in with your supportive colleagues, coworkers, family, and friends.
- Spend time outdoors, either being physically active or relaxing.
- If you work from home, set a regular time to end your work for the day, if possible.
- Practice [mindfulness techniquesexternal icon](#).
- Do things you enjoy during non-work hours.

Remind yourself that each of us has a crucial role in fighting this pandemic.

Remind yourself that everyone is in an unusual situation with limited resources.

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting and mentally exhausting

Connect with others. Talk with people you trust about your concerns, how you are feeling, or how the COVID-19 pandemic is affecting you.

With Permission from the CDC Website



DATES TO REMEMBER!!

- April 20 Golf in Salina Country Club
- April 21-22 Spring Conference at Hilton Garden Inn
- Summer Golf-TBD
- September 28 Golf at Colbert Hills in Manhattan
- September 29-30 Fall Conference in Manhattan

Scholarship Opportunity:
What is a trait that a great leader possesses and how do they stand out from other leaders?



Board Members

<p>President Brian Leabo</p> <p>President Elect Lance Smith</p> <p>Past President Brian Rowan</p> <p>ASHE Liaison Barry Koetkemeyer</p> <p>ASHE Advocacy/ Sustainability Liaison Mike Stallbaumer</p> <p>Vendor Liaison Luanne Kramer</p> <p>Secretary Jaci Gottschalk</p> <p>Treasurer Mike Connell</p> <p>KHA Liaison Jennifer Findley</p>	<p>Board Members Northeast: Harold Scott Southeast: Preston Whittley North central: Nathan Sicard South central: Shane Meier Northwest: James Pemberton Southwest: Gregg Freelove</p> <p>Committees Scholarship: Jennifer Findley Social Committee Chair: Eric Gaschler</p> <p>Program: Norbert Flax Steve Rippert Lance Smith Tracy Robinson Darren Bottom Francis Dreiling Shawn Hoss Troy Nickel Mike Stallbaumer Taylor Haviland Pat Benefield</p>
---	--



2021 STAR VENDORS

- American Boiler & Mechanical
- Apex Medical Gas Systems
- Assa Abloy
- Becker Pumps
- Central Mechanical Construction Company
- Commercial Laundry Sales & Service
- DCS Services
- DH Pace
- Edelman-Lyon Automatic Door
- Electronic Contracting Company
- Energy Solutions Professionals
- Glassman Corporation

- Johnson Controls
- McConnell and Associates
- McCownGordon Construction
- Mechanical Sales Midwest Inc.
- Mid-Continental Restoration Company
- Nabholz
- P1 Group
- RamAir
- Roofmasters Roofing & Sheet Metal Company Inc.
- Schneider Electric