

the INDEPENDENT

A Newsletter for Madonna Rehabilitation Hospital

www.Madonna.org

August 7, 2009

402.489.7102

The Madonna Independent, an employee newsletter of Madonna Rehabilitation Hospital, is published every other Friday by the Marketing and Public Relations department. To submit a story idea, news item, announcement or recognition information, contact Tami Rudder, editor, at 486-8606.

All story ideas, news items, announcements or recognition information must be submitted the Friday before the Independent is printed. **The deadline for the next issue is Friday, August 14.**

**The Independent can be viewed online at www.Madonna.org*

Staff promotions announced



PAGE TWO

St. Jane de Chantal offers holistic approach



PAGE THREE

Small steps lead Omahan back home

Lottie Chantry was a defensive driver, but this winter, she experienced the stark reality of the sage advice “watch out for the other guy.”

On Jan. 21, Lottie was driving home around 4 p.m. after visiting her sister in Iowa when a car in the opposite lane sped straight towards her. Driving erratically, the driver of a stolen sport utility vehicle passed numerous cars before sideswiping Lottie’s 1990 Toyota Corolla and ricocheting off other cars. The accident totaled Lottie’s car and the 77-year-old Omaha native remained trapped inside and unable to move.

A state patrolman was in the immediate vicinity and called 911 from the accident scene.

Lottie was taken to Creighton Medical Center where her multiple injuries included fractured vertebra, ribs and femurs; a head wound and nerve and tissue damage. She spent three weeks in a coma and endured five surgeries to repair damage to her legs and vertebra.

When their loved one was given an incomplete spinal cord diagnosis, Lottie’s family felt Madonna Rehabilitation Hospital offered the best outlet for rehabilitation. “I remember being transferred here, but was in a fog the first week and slept a lot,” recalled Lottie. Respiratory therapists and nurses helped wean Lottie off the ventilator during her six-week stay on the Long Term Acute Care Hospital unit. More intense therapy lay ahead after Lottie transitioned to the spinal cord unit.

A determined Lottie began working on regaining her strength. Lottie’s physical therapy team introduced her to very basic mat exercises. “I knew I didn’t want to spend the rest of my life in a wheelchair,” said Lottie. “I really wanted to recover to enjoy my family again,” added Lottie, noting her extended family consists of four adult daughters, 11 grandchildren and four great-grandchildren.

Walking was one of Lottie’s top goals and she was driven to becoming 100 percent mobile. Lottie would have to navigate 12 steps once she returned home and that became

her focal point. According to Physical Therapist Kari Mikelson, Lottie was self-motivated. “She was always counting how many feet we walked during a session, so she could walk even further the following day,” said Kari.

Lottie pushed herself hard over a six-week period and reaped the rewards. She remembers progressing from simply standing, to using a walker with very small steps.

“I could see improvement and felt like I was accomplishing so much during physical therapy,” said Lottie.

Before the accident, Lottie enjoyed working with her hands and yearned to get her fingers nimble enough to tackle needlework and baking. The newly remodeled therapy kitchen provided the perfect venue for Lottie to practice baking a cake during occupational therapy.

On May 14, Lottie moved off the spinal cord unit into an apartment at the Cabrini House, one of Madonna’s on-site housing facilities. She appreciated being able to stay in Lincoln to complete her outpatient therapy as part of the Rehab Day Program. “I went on outings to Pioneers Park and the Children’s Zoo,” said Lottie. “In those public settings, it pushes you to interact again,” said Lottie.

Lottie graduated from the Rehab Day Program on July 10 and planned to continue with an outpatient pool therapy program at an Omaha hospital. She was grateful to have regained her independence and be reunited with her family. “We just enjoy each other and being together,” said Lottie. An internal drive paired with her Madonna team made her goals a reality. “You have a wonderful program here at Madonna,” Lottie added, smiling broadly.



Lottie Chantry mastered the stairs in Independence Square as part of her sessions with Physical Therapist Kari Mikelson.

Madonna Child Development Center offers more than traditional day care



The specially trained staff at Madonna Child Development Center (CDC) understands that child development is an individualized process for every child. It involves learning and mastering skills, like sitting, walking, talking, skipping and tying shoes. Children learn these developmental milestones during predictable time periods.

Children develop skills in five main areas of development:

Cognitive Development

This is the child’s ability to learn and solve problems, such as a two-month-old baby learning to explore the environment with hands or eyes, or a five-year-old learning how to do simple math problems.

Social and Emotional Development

This is the child’s ability to interact with others, including helping themselves and self-control. Examples include a six-week-old baby smiling, a ten-month-old baby waving bye-bye, or a five-year-old boy knowing how to take turns in games at school.

Speech and Language Development

This is the child’s ability to both understand and use language. Speech and language milestones include a 12-month-old baby saying his first words, a two-year-old naming parts of her body, or a five-year-old learning to say “feet” instead of “foots.”

Fine Motor Skill Development

This is the child’s ability to use small muscles, specifically their hands and fingers, to pick up small objects, hold a spoon, turn pages in a book or use a crayon to draw.

(Continued on page 3)

Commons Café goes “green”

To jump on the “green bus,” the cafeteria will be closing down the tray return chutes in the Commons Café. All trays will be placed on the moving belt where coworkers will break them down in the kitchen.

This will allow control over the trays to sort recyclables and decrease replacement costs for silverware. It will also eliminate large amounts of fluid from garbage bags, thereby decreasing hallway spills and leaks.

There is not a set date for the chutes to close, but signage is up directing where to set the trays. Any confusion we can eliminate beforehand is appreciated.

Retirement match remains unchanged

Madonna’s 403(b) match amount will continue at \$1,750 for the 2009-10 fiscal year. The match amount did not change from the last fiscal year. Madonna matches employees’ contribution to the 403(b) Retirement Choice Plan dollar for dollar, up to \$1,750, once an employee reaches their one year anniversary at Madonna.

According to some recent surveys, fewer companies are matching their 401(k) or 403(b) plans entirely or are cutting back in their match amounts due to recent changes in the national economy. “We are glad to be able to continue this matching benefit for all qualifying Madonna employees,” stated Wendy Charlton, benefits specialist.

If you aren’t participating in the 403(b) plan and would like more information or enrollment forms, please contact Wendy at 483-9484 or ext. 6484.

Employee Focus: *Fun factoids about Sue*



Sue Carraher
Development Director National
Grants and Gifts
MRH employee for 12 years.

- 1 My most unique job as a writer was creating book jacket back cover synopses of fiction and nonfiction books for a publisher.
- 2 My favorite food is chocolate and I consider myself a “chocolate spokeswoman” – I even own a small chocolate fountain.
- 3 I used to act in community theatre, played a villainess in several melodramas and was at one time a mime (which embarrasses my four sons).
- 4 I’m “mad” about the TV show “Mad Men.”
- 5 Unfortunately, knowing all the lyrics of many Broadway musicals does not come in handy in my job.

I help the Foundation with federal and private grant writing as well as gift proposals, campaign appeals and special events.

Staff promotions announced

Linda Sullivan has been named Vice President for Business Development and Referral Relations. She will take responsibility for Admissions and the Referral Development System.

Chris Lee has been named Vice President for Rehabilitation. In addition to his responsibilities for the Acute Rehab Hospital and inpatient therapies, he will also supervise the Case Managers for Acute Rehabilitation.

Susan Klanecky has been named Vice President for Patient Care. In addition to her responsibilities for LTACH, Subacute and the case managers for both units, she will also be responsible for nursing and will serve as Chief Nursing Officer.



[L to R] Linda Sullivan, Susan Klanecky and Chris Lee

“The person who removes a mountain begins by carrying away small stones.”
—Chinese proverb

What’s cookin’ in dietetics



Sharon Balters, Ph.D., RD, CSG, LMNT, has assumed a new role as the dietitian for Extended Care North and St. Anthony’s units.

Sharon brings 24 years of experience as the former dietitian on Acute Rehab. Sharon is only one of 198 registered dietitians in the nation who is a Board Certified Specialist in Gerontological Nutrition. “It is an honor to have her expertise requisitioned and recognized on a national level by the American Dietetic Association,” said Jennifer Ehmke, Food and Nutrition Services Director.



Amber Pankonin, MS, RD, LMNT, is the new dietitian on Acute Rehab. Originally from Lincoln Neb., Amber received her degree in nutrition science from the University of Nebraska-Lincoln (UNL). After graduation, Amber spent a year in Washington, D.C., where she interned and worked as a personal chef to members of the United State Senate and House of Representatives. While completing the requirements to become eligible for the national board exam for dietetic professionals, Amber participated in a practicum experience at Madonna. “The nutrition therapists appreciate Amber’s positive attitude, team approach, and creative ideas on maximizing nutritional outcomes,” said Jennifer. Amber recently completed her master’s degree in nutrition and health promotion from UNL while working as a dietitian for the Madonna ProActive and Fit for Work programs.



Madonna has two dietetic interns from UNL on staff this year, Zainab Rida and Katie James. Both completed 14-week clinical rotations. Interns then get to choose where to go for a staff relief experience. Zainab and Katie chose to return to Madonna, due in part to their positive experience with staff. Zainab will complete her Ph.D. in nutrition in 2010. Katie will graduate in August with a master’s in nutrition and has been accepted to the doctorate program at UNL this fall.

Call for volunteers

The Madonna Foundation is seeking volunteers to help staff the Venue/Madonna Classic Golf Tournament on Saturday, Aug. 22. Many fun positions are available including serving as a judge on one of the two “hole-in-one” holes to win a Mercedes or a BMW from Husker Auto Group. Call the Foundation office at ext. 6524 for more information or to volunteer.

ProActive membership discounts

Did you know that Madonna staff who are ProActive members receive discounted memberships as well as rebates based upon usage? Madonna provides these discounts and rebates to promote wellness of Madonna employees and families by providing an incentive to utilize ProActive. Currently, rebates are based upon number of visits by the primary member and are applied to all family members. See the table below for the visit levels and associated rebates. Effective August 1, rebates will be calculated based upon individual utilization. The change has been enacted to encourage Madonna employees and family members to adopt a healthy lifestyle. Usage determines future monthly dues. Although the change takes effect in August, the dues change will not be noted until October. Contact ProActive Membership at 420-0000 for more information.

ProActive membership cost per month					
	Non MRH Dues	MRH Employee	4-7 visits (Level 1)	8-11 visits (Level 2)	12+ visits (Level 3)
Primary	\$63	\$52	\$42	\$32	\$22
Associate	\$42	\$34	\$30	\$26	\$18
Senior	\$43	\$43	\$36	\$28	\$20
Teen	\$26	\$21	\$21	\$21	\$21

St. Jane de Chantal offers holistic approach to long term care

A hush falls over the Nebraska Room as Daya Nelson urges her yoga class to raise their arms skyward. The gentle stretch is followed by a collective sigh from the class members as they take a final, deep cleansing breath. “Nice job!” exclaims Daya. “Doesn’t that feel good?” She adds and the class nods in agreement. The 30-minute class is part of the new holistic approach to long term care at St. Jane de Chantal.

In addition to yoga, St. Jane residents can choose from Tai Chi, aromatherapy and music therapy.

Paul Nathenson, Long Term Care Business Leader, is a big proponent of the holistic classes. “Tai Chi may improve one’s balance, circulation, strength and peace of mind,” said Paul. “Research has shown practicing the art of Tai Chi may also reduce the incidence of falls in older adults,” Paul added.

Tai Chi was originally developed in China and consists of a series of fluid, graceful movements with each one flowing into the next. The movements, called postures, connect the mind and body. Anyone, regardless of age or physical ability, can practice Tai Chi because it emphasizes technique over strength.

Following a Tai Chi session, St. Jane residents often describe their mood as “calm” or “relaxed.”

The aromatherapy is offered in conjunction with music therapy. A small cart houses the aromatherapy oil and a CD player that emits soothing music. The cart can be wheeled into a resident’s room or other

setting. When enjoying a pleasant aroma, one’s breath becomes deeper and slower, relaxing into a respiratory pattern similar to meditation.

Both scent and music can evoke positive memories and emotions for residents. “It’s very nice; I feel peaceful,” remarked Margarete Styber after a recent session.

Melody Gagner, Director of Nursing on Long Term Care, also endorses the benefits of the holistic approach. “Along with the murals throughout St. Jane, these holistic classes strive to reduce stress levels in our residents and promote serenity,” said Melody. By

adopting the holistic lifestyle, St. Jane de Chantal sets itself apart from other long term care facilities in the area.

“Research has shown practicing the art of Tai Chi may also reduce the incidence of falls in older adults.”



Instructor Daya Nelson leads St. Jane de Chantal residents through a weekly yoga session.

Madonna CDC (cont. from page 1)

Gross Motor Skill Development

This is the child’s ability to use large muscles. For example, a six-month-old baby learning how to sit up with some support, a 12-month-old baby learning to pull up to a stand holding onto furniture, and a five-year-old learning to skip.

Madonna CDC helps children from infants through preschool reach developmental milestones. Children in each classroom follow daily scheduled activities in art, science, small groups, centers, group time, free choice and outdoor play. Children also experience special theme parties and interaction with patient groups at the main campus of Madonna Rehabilitation Hospital.

Laura Corbridge, physical therapist at Madonna, has two children enrolled at the CDC. “My children love going to ‘school’ every day and participating in activities with friends,” said Corbridge. She appreciates the teachers who spend time getting to know their students before engaging them in activities. The teachers also provide structure for children to learn in a fun environment. “Each person that I encounter truly cares about children,” Corbridge added.

Madonna CDC also provides developmental screenings for every child at 9 months, 12 months, 18 months, 2 years, 3 years, 4 years and pre-kindergarten. A screening is an interactive session with a child and his/her development specialist teacher, focusing on all areas of development. Just as children need well-baby checks to determine if they are growing in healthy ways, parents and teachers need to monitor children for developmental and behavioral wellness.

Madonna CDC is located at 5304 Normal Boulevard in a secured building. The center offers front door pick-up and drop-off parking slots and an open door policy for parents. The staff is educated, experienced and specially trained. Madonna CDC has opened its doors to the general public and currently has openings. Call Liz Helms at 486-8600 to arrange a tour and see the difference Madonna CDC can make for your child.



(L to R) The energetic team of Lisa Culbertson, Kelli Anderson and Sandy Fruhwirth raised \$2,114.63 through sales of the Madonna cookbooks. All proceeds will go to the St. Benedict Fund. The fund supplies emergency assistance monies to Madonna patients, residents and staff.

> CALENDAR

- Aug 12** **Greg Brockmeier APS Annual Abuse & Neglect**
7:45 a.m., Noon, 1:45 and 3 p.m.
North Commons
- StrengthFinder**
8 a.m.-Noon
Agee
Call 6507, 6406 or 6550 to register
- Aug 13** **Blood and Medical Assist**
7:30 a.m.-4 p.m.
Call 6550, 6476 or 6406 to register
- Aug 17** **Marsha University Session I**
8:30 a.m.-1 p.m.
Flanagan
Call 6406, 6550 or 6476 to register
- LTC Mental Health Series: Dealing with Difficult Behaviors I**
Sheridans
3-4 p.m.
1 CH
- Aug 18** **MES: Catheter Management**
Sue Tayler, RN, Urology PC
5:30-6:30 p.m.
Sheridan
1 CH
- Aug 19** **Marsha University Session II**
8:30 a.m.-1 p.m.
Flanagan
- Aug 20** **CPR Recertification**
9:30 a.m.-12:30 p.m. or 5-9 p.m.
Call 6550, 6476, 6406 to register
- LPNC Workshop**
7:30 a.m.-2:30 p.m.
Call 6550, 6476 or 6406 to register
5.75 CH
- Aug 27** **CPR Certification**
9:30 a.m.-12:30 p.m.
Agee
Call 6550, 6476 or 6406 to register

Chapel Services

Catholic Mass is offered Monday, Tuesday, Thursday and Friday at 4 p.m., Wednesday and Sunday at 10:30 a.m. and Saturday at 4:30 p.m. The Worship Service is Thursday at 10:30 a.m. Hymn/Music Program is Sunday at 3:30 p.m.

- Aug 9** Dennis & Max
Aug 16 Sharon Nore

Do you belong to a group or congregation that hasn't performed at Madonna? We welcome new talent. Contact Steve Werner at ext. 6831 or swerner@madonna.org.

HALL TALK

Psst!

Dr. Paul Dongilli, Vice President and Chief Operations Officer

Q. Why do we still offer the Gallup StrengthsFinder™ to new employees now that we have switched to the Kenexa employee survey?

A. Both tools involve an employee survey and it may appear that they do the same thing; however, this is not the case. The two surveys are very different and each serves a unique purpose. The Gallup StrengthsFinder identifies an individual's talents or areas of strength. This tool and the 34 strength themes provides a framework or common language and helps employees to better understand themselves and each other. Kenexa tools assess employee engagement and facility culture. One of Kenexa's employee surveys replaces the Gallup survey for employee engagement. The Kenexa engagement survey was completed in May 2007. A second Kenexa survey identifies the work environment or culture of an organization – it helps us to better understand Madonna. It provides two types of information. The first is whether the behaviors in our work environment are consistent with our values. In other words, do Madonna employees act in a way that is consistent with our core values of collaboration, hospitality, respect, innovation, stewardship and teaching? The second type of information surrounds the reasons why employees choose to stay at or leave Madonna. We will continue to use the Gallup StrengthsFinder and Kenexa employee survey to create a positive work environment for all.

Operating Officer Paul Dongilli wants to address your questions or concerns. Share your operational or employee concerns by emailing Paul at pdongilli@madonna.org, calling ext. 6242 or sending a note interoffice. Participants can remain anonymous. Questions will be featured in future issues of the Independent in his column.

Relay for Life team marks sixth year

Several Madonna employees banded together to participate in the Relay for Life at Haymarket Park July 24-25. The annual event celebrates the lives being saved from cancer, remembers lives lost to the disease and raises money for research and programs of the American Cancer Society. Madonna's team, Seeds of Hope, walked all night around a field outlined with luminaries in memory and honor of friends and family. This was the sixth year the Seeds of Hope team participated in the event and raised \$4,556 to help find a cure for cancer.



(L to R) Madonna's Relay for Life team members: Carol Olson, Mary Lu Long, Barb Ufford (seated), Jennifer Williss (standing), JoAnne Clement. (Not pictured) Ginn Parks, Tammy Mousel, Michelle Sachtjen, Shiela Alemzadeh, Courtney Kossow, Dave Nelson, Alison Olson, Virginia Schweitzer, Sarah Stevicks and Lisa Yager.

Postage stamps sold in Commons



For employees' convenience, postage stamps can now be purchased at the register in the Commons Café. They are being sold in books of 10 (\$4.40) and 20 (\$8.80).

Benedictine monastic info sessions

Christian monasticism through the centuries has based its spirituality on an intense relationship with Christ. Through the discipline of one's prayer life, both personal and shared, we enter the heart and mind of Christ. This is a special way of life where Benedictine Oblates feel the energy of seeking God together and in bringing this experience to enhance one's own daily, ordinary experience.

There will be two information sessions offered at Madonna on Sunday, August 23 from 7-9 p.m. in the Sheridans and Monday, August 24 from 7-9 p.m. in the Lancaster.

Men and women of all faiths learn Lectio Divina (holy reading, meditation, prayer and contemplation) and Liturgy of the Hours (Morning and Evening Prayer) in the Benedictine Monastic tradition.

Regular meetings are held monthly on the second Sunday of the month from 7-9 p.m. or on the Monday following the second Sunday. The class offerings are free, but there is a fee for the books.

For further information, see <http://bit.ly/9AyFE> or contact Sister Phyllis Hunhoff, OSB at 402-488-6731 or phunhoff74@windstream.net.