

## CALENDAR

- Nov. 26 Professional Competency**  
Handwashing/Infection Control, Safe Patient Handling, NORS  
Accucheck, Restraints, Agee  
Call 4401, 4402, 4409 to register
- Nov. 27 CPR Full Certification**  
9:30am-1:30pm -Agee  
Call 4401 or 4402 to register
- Nov. 28 Thanksgiving Day**
- Dec. 2 NEO Week**
- Dec. 3 Caring for the Pediatric Pulmonary Patient**  
Rebecca Wills, RT  
8:30-10:30am Skills Lab  
Call 4401, 4402,  
or 4409 to register.



Mark Kresl focuses his camera on Cate Squires (at left) and her mother, Susan, during a special photo shoot on Nov. 8. Kresl is a professional photographer from Omaha, Neb., who generously donates his talent to provide personalized portraits of patients and their families. This is the third year Kresl has organized the event. The College of Hair Design in Lincoln also provided creative hair and makeup artists that added a "glamour shot" feel to the shoot.

## 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.

- Nov. 24** Treble Talent
- Nov. 28** Thanksgiving  
Inter-denomination Service
- Dec. 1** Exanamo

Do you belong to a group or congregation that hasn't performed at Madonna? We welcome new talent. Contact Steve Werner at ext. 4803 or swerner@madonna.org.

## Stretching your health care dollars

**Understand how your health plan works.** You need to know what is and what is not covered, procedures to follow to ensure your claims are paid, and which providers and facilities to use to get the most cost-effective care. Know the deductibles, copayments and other out-of-pocket costs you are responsible for paying before you use medical products or services or get a prescription filled. Access this information for the Madonna Health Plan on the intranet or call Coventry at 1-888-593-4719.

**Use in-network providers.** Participating providers (doctors, hospitals, and others in the Coventry network) charge discounted rates for plan members. If you select a non-participating provider, you will pay a higher coinsurance percentage (for example, 40 percent out-of-network versus 20 percent in-network). And, you will likely have to pay the difference in price between the participating provider's discounted fee and the non-participating provider's "regular" fee. Go to [www.chcne.com](http://www.chcne.com) to search for Coventry providers.

**Look into freestanding surgical and diagnostic centers.** If you require surgery, you might save money by having it performed at an ambulatory surgical center (a clinic not associated with a hospital.) These sites may charge less than hospitals or their outpatient surgical centers. Freestanding diagnostic centers are also available and tend to charge less for certain tests like MRIs, CAT scans, X-rays and bone density scans. Make sure the facility is in your plan's network and that your plan's benefits cover the service.

**Ask your doctor about home testing and monitoring devices.** Home tests for blood pressure, diabetes and other conditions can help ensure you are following your doctor's orders and that prescribed treatments are working. These tests will usually cost less than in-office testing.

**Only use the hospital emergency room for true emergencies.** If you need medical care when your regular doctor is not available, consider using an urgent care center rather than a hospital emergency room. This can often be a tough call, but avoiding the ER will probably save you money for two reasons: 1) the copayment is lower for a doctor visit or an urgent care visit, and 2) your insurer might make you pay for the full cost of care if you use an emergency room for a non-emergency.

**Carefully check all medical bills.** Keep a careful tally of individual and total family payments. If you have a hospital stay, keep a log of all the services, medications and supplies you are given. Ask for an itemized bill.

**Use any additional programs or discounts provided by your employer or health plan.** Madonna's Health Plan through Coventry provides access to free disease management programs for chronic conditions like asthma, diabetes and heart disease. Madonna offers complementary programs that are designed to prevent illness and lower health costs over the long run, including smoking cessation and discounted employee memberships at Madonna ProActive.

**Live a healthy lifestyle.** Healthy habits like exercising regularly, eating well and not smoking can increase your stamina, lighten your mood and lower your risk for certain diseases. Aside from the physical and psychological benefits, healthy living can also offer financial rewards, such as lower premiums for non-smokers and fewer doctor visits.

**Make careful decisions about prescription drugs.** Prescription drugs are the fastest rising area of health care costs and one of the biggest reasons behind dramatic increases in health care costs nationwide. Here are some ways you can reduce your prescription drug costs:

- Use generic drugs whenever possible. Ask your physician about generic equivalents, lower-cost brand name drugs to treat the same condition and even over-the-counter options.
- Know how your drug plan works. Check your copayments and learn about Madonna's formulary (a list of preferred drugs that are covered).
- Use the 90 day supply of medications if applicable to you. Ordering prescriptions by mail or via the Performance 90 Retail pharmacies can save you money and is ideal for patients who take medication on an ongoing basis and can place orders in advance.
- Talk to your doctor. Make sure your physician knows if you have to pay for prescriptions out of your own pocket. Often there are less expensive, but equally effective, treatment options.
- Compare prices. Shop around for the pharmacy that offers the best value for your needs.
- Look into manufacturer aid programs. Most major drug manufacturers have programs to subsidize patients who are not able to pay for medications they need. All of these programs require your doctor to apply for you.
- Take all medications as prescribed. Not refilling your prescription might seem like a good way to save money, but it may in fact cost you more money in the long run. Many drugs, when taken as directed, can help prevent expensive medical care or hospitalization in the future.

**Use a health care spending account to pay for medical expenses with pre-tax money.** Your employer offers a Flexible Spending Account (FSA). This account lets you set aside pretax money from your paycheck to pay for eligible items like prescription drugs, deductibles, coinsurance, dental expenses and vision care. You save for these expenses gradually, rather than having the money in your checking account when the need arises. You don't pay taxes on the money; it's like getting a discount on purchases. For example, assuming the government takes 20 percent of your income, and you put \$500 in your health care spending account, you save about \$100 in taxes. You can enroll in the FSA each year during Madonna's annual enrollment period (July).

Source: SilverStone Group

# the INDEPENDENT

A Newsletter for Madonna Rehabilitation Hospital

[www.madonna.org](http://www.madonna.org)

Fall Issue

402.413.4292

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 402-413-4292 or [trudder@madonna.org](mailto:trudder@madonna.org).

The Independent can be viewed online at [www.Madonna.org](http://www.Madonna.org)

Kudos to Dr. Kota



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UNL athletes partner with Madonna's power soccer team



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## Adaptive tennis program honored

The Nebraska Tennis Association honored Madonna Rehabilitation Hospital as the statewide Member Organization of the Year for its adaptive tennis program. Kristin Luethke, recreational therapist, (at left, in photo) accepted the award at the association's banquet on Nov. 10. Luethke has coordinated the tournament for the past four years. Rick Haith (at right) also assists with tournament registrations and Sue Carraher, with Madonna's Foundation, secures funding for the event. "It's truly a team effort," said Luethke.



## The Cameron Effect: Random acts of kindness

Cameron Freeman of Lincoln, Neb., was killed by a drunk driver in 2010. Cameron's parents created the Cameron Effect, a movement of kind deeds to honor the Lincoln East High graduate's legacy. People are asked to perform seven acts of compassion. From Nov. 7 to Dec. 7, Madonna employees are encouraged to take part in the Cameron Effect. These don't have to be big or costly, they can be simple, even thoughts of forgiveness count. Forms to track your acts of kindness can be picked up in Employee Health, in the Employee Lounge or on the Wellness bulletin board by the Commons' Café. Note cards are available to pass out to family, friends and co-workers. Give with an unconditional, generous spirit.

## Toddler born prematurely makes huge gains

Grady Uckert giggles as therapists guide his little feet across the rotating mat of the treadmill. Suspended from a harness and tethered to a ventilator, the three and half-year-old's laughter elicits smiles from everyone in the room. But, no one is grinning as proudly as his parents, Jess and Rich. They realize each step is a giant leap for Grady, who has spent most of his life in a hospital.

In December 2010, Jess was 19 weeks pregnant with their firstborn when her water broke and she was restricted to bed rest at Sanford Hospital in Sioux Falls, S.D. Grady was born at 25 weeks and 2 days old, with multiple problems. His diagnosis read like a complex medical dictionary: Cerebral palsy, seizure disorder, shunted hydrocephalus and bronchopulmonary dysplasia (BPD). The doctors explained Grady wasn't born with BPD, also known as chronic lung disease. It develops as a consequence of prematurity and progressive lung inflammation. "Grady was a pretty extreme case," said Rich.

The first year was a nightmare for the young parents. "We never knew if Grady was going to be there from one day to the next," said Jess. Doctors repeatedly suggested they take their son off the ventilator that was keeping him alive. "We couldn't do it; I knew in my heart Grady was going to be okay," said Jess, who moved from their home in Clear Lake, S.D., to be with Grady in the neonatal intensive care unit. For a year, Rich commuted back and forth, while holding down his job as a civil engineer. "We just put our lives on hold and focused on Grady," said Rich.

After his first birthday, Grady transferred to Nationwide Children's Hospital in Columbus, Ohio, to adjust his ventilation. A few days later, he suffered a second hypoxic brain injury – the first was at birth. No one could pinpoint the cause. "It was devastating," said Jess.

Grady was fitted with a Passy-Muir valve, a simple medical device used by trach

and vent patients to improve communication. At 14 months old, his parents were able to hear Grady's voice for the first time. For more than a year and a half, Jess and Rich lived in Columbus and worked with professionals on improving Grady's condition before returning home with him to Sioux Falls. Grady was joined by a new baby sister, McKenna, who was born last August.

In October 2013, Grady's struggles with eating and breathing brought him to Madonna. His parents were excited about the Mary Massery technique they read about on Madonna's website. The therapy is designed to help people with breathing problems learn to breathe with their chest wall muscles to compensate for weakness.

Weaning a child who's been on a ventilator since birth can be intimidating.

"We were so scared," admits Jess. They already knew what Grady couldn't do. "Madonna helped us work towards what Grady can do."

In five weeks, Grady achieved monumental success through gait training on the body-weight support treadmill and respiratory retraining. His sucking reflex was restored using the NTrainer, an FDA approved medical device that uses a pulsating pacifier.

Sarah Economides, physical therapist, is amazed at Grady's progress. The toddler is only using the vent at night, eating pureed food and holding a cup. "Grady was a blast to work with, always had a smile."



Grady Uckert shares a light moment during his therapy with Sarah Economides, PT. Grady was born premature with multiple complex medical issues. The body-weight support treadmill training improved Grady's gait and physical endurance.

## Call for nominations: Georgann Claussen Memorial Award of Excellence

Nominations are being accepted for the 2013 Georgann Claussen Memorial Award of Excellence. The award, including a \$250 bonus, is presented annually to a Madonna caregiver who possesses compassion and excellence in helping children and adults with disabilities rebuild their lives.

Please take this opportunity to nominate a co-worker (with at least three years of service) that fulfills the above requirements. Nomination forms are located in Human Resources and must be returned by Monday, Dec. 2. If you have any questions, contact Barb Schlickbernd in Human Resources at ext. 4335.

## NEW Christmas Club to provide support for Madonna family

Soon, the holiday season will be in full swing with people buying gifts, baking cookies and planning parties. But for some of us — members of our own Madonna family — the strain of economic hardship can make the season stressful and sad.

Here is a new way to help lighten some of that burden for fellow employees. The Administration Team at Madonna has approved the establishment of a Madonna Christmas Club — a special fund in the Madonna Foundation that will assist employees who have inadequate resources for the holiday season to purchase presents for their children or provide a holiday meal. Application forms will be available Dec. 1.

This is a wonderful way to enjoy the true meaning of Christmas and share our Benedictine values by taking care of one another. We are all members of the Madonna family and families make sure no one is left behind. For more information, contact the Madonna Foundation at ext. 4777.

## Employee Focus: Fun factoids about Felicia



**Felicia Myogeto**  
Registered Nurse Case Manager-ARU  
MRH Employee for 10 years

1. I have been a registered nurse for 10 years.
2. If I were not a nurse, I would want to be a truck driver.
3. My husband and I have three kiddos: Jaylen, 13, Rylan, 11 and Kaylyn, nine.
4. Our family loves to camp, boat and clay/target shoot—just not all at the same time!

I coordinate the insurance piece of a patient's care. Although I no longer do direct patient care, I get great satisfaction in assuring patients that I will manage their resources as if they were my own.

## Kota named Outstanding Postdoc

Srinivas Kota, Ph.D., was awarded the 2013 Outstanding Postdoc Award from the University of Nebraska-Lincoln (UNL) on Nov. 7. The award honors exceptional comprehensive achievement in research, teaching, mentoring, innovation, and service.

Kota received his MS in Electrical and Computer Engineering from Southern Illinois University (SIUC), Carbondale, Ill., in 2004. He received his Ph.D. in Electrical and Computer Engineering from SIUC in 2010. Kota was a Postdoctoral Research Associate in the Department of Psychology at UNL, where Dr. Dennis Molfese mentored him.

During his postdoctoral training at UNL, Kota co-developed a method to record brain signals from athletes on the sideline during sporting events and to utilize the brain signals as an additional measure of concussion. In addition, Kota co-authored a case study on a unique application of brain recordings to assess neuro-optometric rehabilitation progress in patients with traumatic brain injury.

Kota is a Movement and Neurosciences Research Scientist with Madonna Rehabilitation Hospital's Institute for Rehabilitation Sciences and Engineering. He is developing studies to understand cortical reorganization that occurs in stroke patients in response to physical rehabilitation across the continuum of care. Kota's interdisciplinary research training includes a strong emphasis on enhancing a person's quality of life by integrating neurocognitive research into the biomechanical and physiological domains.



## Understanding the Tdap vaccine

Tdap vaccine can protect adolescents and adults from tetanus, diphtheria, and pertussis (also known as "whooping cough"). One dose of Tdap is routinely given at age 11 or 12. People who did not get Tdap at that age should get it as soon as possible. Tdap is especially important for healthcare professionals and anyone having close contact with a baby younger than 12 months.

Whooping cough, or pertussis, is a highly infectious respiratory illness that can be particularly dangerous to babies and infants. Symptoms appear similar to the common cold and may include a runny nose, sneezing and fever. A mild cough can develop into violent coughing that can last for days or weeks at a time. It is spread when a person infected with the pertussis bacteria coughs or sneezes.

An increase in the number of whooping cough cases in the country have some experts predicting that it could be the worst year for the disease in America in the last 50 years. California has epidemic numbers of whooping cough cases.

There have been nearly 18,000 cases reported in 2012, including nine deaths, with the hardest hit state being Washington with nearly 3,000 cases. If the pace keeps up, it will be the highest number of cases since 1959, when there were 40,000 nationwide.

The Centers for Disease Control and Prevention (CDC) also recommends that adults receive a Tdap shot instead of a regular tetanus booster, which is suggested to be received every 10 years. Pregnant women are highly encouraged to get a Tdap vaccination with each pregnancy. Visit [www.cdc.gov](http://www.cdc.gov) for additional information on this important vaccination or contact Madonna's Employee Health and Safety at ext. 4878.

Source: [www.cdc.gov](http://www.cdc.gov)

## Holiday Celebration

The Madonna Employee Appreciation Team cordially invites all employees and volunteers to a holiday celebration.

**Thursday, Dec. 12**  
**7-10 a.m. or 4-6 p.m.**  
**Sheridans**

*Come celebrate with your Madonna family!*



## Power soccer win-win

by Rick Haith, CTRS

Goal! Madonna's Adaptive Sports and Recreation program has completed another successful power soccer series. Power soccer is the first competitive team sport designed specifically for power wheelchair users. Participating athletes' disabilities include quadriplegia, multiple sclerosis, muscular dystrophy, cerebral palsy, amputee, and many others.

The fast-paced game is played in a gymnasium on a regulation basketball court. Two teams of four players attack, defend, and spin-kick a 13-inch soccer ball in a game similar to able-bodied soccer.

For two consecutive seasons, the University of Nebraska-Lincoln (UNL) women's soccer team has generously volunteered their time to help power soccer players learn the game. The Lady Huskers recently invited the Madonna team to watch a Big 10 soccer match, Nebraska vs. Michigan, and tour the stadium.

Both teams have been positively impacted from this special relationship. Below are some of the comments shared by the Lady Huskers and the players.

"I appreciate them [power soccer players] letting us help during their practices. I see their improvements in every practice."

—Helena Ferraz, UNL goalkeeper

"Getting to know these kids and really seeing their personalities shine and come to life has been very gratifying, and they certainly inspire me to strive to become a better person. My days are always brighter when I get to spend time with these kids!"

—Katie Kraeutner, UNL forward

"I think it's cool that they get to know us for who we are and not just people in wheelchairs."

—Josh Coppas, player

"I like it because it gives me a chance to meet new people and I really like how they (UNL soccer players) help us with soccer. They pass balls with us and cheer us on. They are amazing people!"

—Lily Lautenschlager, player

Power soccer is open to anyone of any age. For more information, contact Rick Haith at (402) 413-3722 or [rhaith@madonna.org](mailto:rhaith@madonna.org).

## Books are Fun Book Fair

**Nov. 26-27**  
**8:30 a.m. — 3 p.m.**  
**North Commons**

Avoid the crowds by doing your holiday shopping at Madonna. The Books Are Fun Book Fair offers more than 250 great titles at unbelievable prices. There's something for everyone on your list!

The extensive categories from top publishers include:

- Children's storybooks and educational products
- Cookbooks
- General interest books
- New York Times bestsellers
- Stationery, scrapbooking, music collections.

The Books are Fun Book Fair is sponsored by the Madonna Foundation.

**Special offer: Get a FREE tote bag with a \$25 purchase.**



## Harrington honored by Nebraska Sports Council

Kathy Harrington was presented with the Joe Neal Memorial Volunteer of the Year Award by the Nebraska Sports Council (NSC) during the Cornhusker State Games banquet on Nov. 7. Kathy was recognized for her longtime volunteer commitment to the annual summer games and numerous other events hosted by the NSC. She has worked as a facilities assistant at Madonna for six years.



Kathy Harrington accepts her award alongside NSC Board President Brian Larrington (far left) and members of the Neal family (left to right) Kristie, Brady, Joey and Skyler.