

The Madonna Independent, an employee newspaper 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 or trudder@madonna.org

Research Institute volunteer gains valuable experience



PAGE TWO

Getting to know Jo Ann Druke



PAGE THREE

Appreciation Event honors all employees



PAGE FOUR

Meet 2008 Goal Award recipient Jeromie Meyer: *the stuff of which champions are made*

Eleven-year-old Jeromie Meyer is a national champion. He has a medal from the 2008 Junior Prep National Wheelchair Basketball title, which he and fellow Nebraska Red Dawg teammates earned in February 2008, to prove it. The hardware is tangible proof of the team's efforts. Before the medal came things that can't be seen or touched. Things like devotion, character, consistency, determination and focus.

"You work hard, and it pays off. You don't slack off, and you sacrifice," said Jeromie. Except, Jeromie wasn't referring to his first-year success as a wheelchair basketball player. He was talking about his approach to rehabilitation. The same characteristics that separate mere athletes from champions are also present in the most determined patients at Madonna.

Like Jeromie, who continues to rebound from a spring 2007 crash when a drunk driver struck his bicycle, they refocus and set their sights on their goals.

On April 16, 2007, after receiving medical attention in Omaha at the University of Nebraska Medical Center, Immanuel Medical Center and Children's Hospital, Jeromie arrived at Madonna. He had sustained an incomplete T10 spinal cord injury and several other injuries, including broken bones in his left hand, right leg, left foot, a skull fracture, liver bruising, a dislocated shoulder and others. He had limited sensation and movement, but he worked with his therapists and nurses for hours every day, relearning to do the things that used to be part of his daily activities, like tying shoes, standing up and brushing his teeth.

Despite living more than 100 miles from Lincoln in Woodbine, Iowa, the decision to have their son receive care at Madonna was an easy one for "big" Jeromie and Staci Meyer. "It came down to being close to home, or choosing the best place possible," said Staci. "The first day at Madonna was the only day that Jeromie didn't have a session. The very

next day, they had him working to get better," recalled Staci.

Eventually, Jeromie was using the NU-step and the Partial Body Weight Supported Treadmill System (PBWSTS) to improve his trunk and lower body strength. He enjoyed land-based therapies, but admits time in the pool was one of his favorites. That is still true now that he's an outpatient.

Jeromie completed his 2006-2007 school year in Madonna's Therapeutic Learning Center (TLC). His best friend and older sister Bailee also attended the TLC so she could be close to her brother and the rest of the family throughout Jeromie's rehabilitation.

The schedule was rigorous, and at times the reality of the situation had the family asking, "Why?" Why must the energetic boy with red hair and a curious sense of humor suffer as a result of the driver's carelessness?

"I remember one beautiful day I was having a difficult time accepting Jeromie's condition," Staci recalled. "I was looking out Jeromie's room at Madonna, and I just started to cry. Jeromie

noticed and asked, 'Why are you crying? It didn't happen to you,' Staci said. "I told him I was sorry that he couldn't do all of the things his friends could do," Staci explained, "but his response surprised me. He said, 'This was the hand that God dealt me. I have to play with it for now. I can't change it...yet.' Here was this 11-year-old boy telling me how it was, and he wasn't feeling sorry for himself. It was amazing"

"Why?" is a question many people in traumatic situations ask, but it's the question "now what?" that champions ponder. Jeromie's spirit of determination is just one reason that he is one of the 2008 Madonna Chairman's Goal Award recipients. His answer to "Now what?" has him competing in adaptive sports and recreation activities and pushing himself to complete an extra two minutes on the PBWSTS or walking using tripod canes. As he continues to work in outpatient therapy, He's realized never giving up is what continues to make him a champion.



Family plays pivotal role in recovery

Marilyn Longren thought she'd caught a nasty strain of flu when she visited her local doctor in Newton, Iowa, in March. Instead of a simple prescription, Marilyn, 68, underwent a battery of tests for two weeks, had a brief stay at Newton Hospital and was finally airlifted to Iowa Methodist Hospital on March 30.

Further testing revealed more complications than the flu for Marilyn. Her body was being ravaged by a blood infection, bilateral pneumonia and acute respiratory distress syndrome (ARDS).

"Her oxygen level dropped 50 percent and she was in septic shock," said Larry, her husband of 49 years. Marilyn spiraled downward into a coma-like state. "She just stared at the ceiling; it was hard to watch," Larry recalled. Their close-knit family made sure Marilyn was never left alone.

On April 16 she had surgery to install a tracheostomy to replace the respirator tube. There is no medical cure for ARDS and Marilyn's lungs needed time to heal. It would be April 27 before Marilyn opened eyes.

After nearly eight weeks in the ICU, Marilyn's family began to research rehabilitation hospitals and chose Madonna Rehabilitation Hospital, where she began aggressive therapy on June 3. Marilyn was unable to eat, speak, walk or breathe on her own. "I never thought I'd walk again," she said.

"Two goals I made were to wean off the ventilator and walk," Marilyn said. She recalled when sitting five minutes in a chair would result in intense pain. Not one to give up, she stayed focused and eventually was riding a therapy bike. "With each accomplishment Marilyn's smile grew larger and she exhibited tremendous strength," shared Heidi Beardslee, physical therapist.



[L to R] Heidi Beardslee, physical therapist, Larry and Marilyn Longren

(continued on page three)

ICAN achievement levels recognized

The Interdisciplinary Clinical Advancement Navigator (ICAN) is a program designed to recognize and reward direct care clinicians for their achievements in the areas of clinical competence, interdisciplinary collaboration, knowledge advancement, and leadership. Professionals with at least twelve months experience at Madonna, who are free of written disciplinary action for conduct or performance, and who carry the following credentials are invited to apply: RN, OTR, PT, SLP, CRT, LRCP, Psychologist, LMNT, Social Worker, RP, MT, COTA, PTA, and Speech Assistant.

Each quarter the ICAN Board meets to review applications and award advancement levels based upon points earned through documented achievements. The next deadline for application is Friday, November 7, 2008. Applications must be reviewed and signed by your supervisor prior to being forwarded to Chris Lee, ICAN Chairperson. Full details are available in O.D. 1968. Criteria and application forms are available on the intranet forms page.

The ICAN board would like to recognize clinicians recently awarded ICAN status in the first quarter of fiscal year 2008 – 2009.

Level II

Lisa Culbertson
Heidi Estell
Debbie Johansen

Amy Potter
Robyn Sejkora
Faye Weckle

Level III

Kelli Anderson
Katie Gentert
Carrie Windhorst

The ICAN board would like to recognize all other clinicians currently participating in ICAN:

Level II

Shiela Alemzadeh
Lisa Andersen
Tim Bausch
Heidi Bartlett-Allen
Tim Bausch
Sara Bills
Kristine Bogue
Ryan Burger
Carrie Childers
Michelle Claycomb
Laura Corbridge
Sandra Fruhwirth
Melissa Glinsmann
Jessica Haas
Lori Holz

Joyce Jaixen
Carol Jensen
Tracy Kalnins
Jacquelyn Kiritsy
Sarah Koebernick
Jessica Kohn
Jennifer Korinek
Courtney Kossow
James Loeffel
Kristin Luethke
Kathy Malcom
Mandy Merten
Ann Mulinix
Brooke Murtaugh
Kelly Myers

Linda Ohnoutka
Virginia Parks
Peggy Reisher
Joseph Rush
Marin Salisbury
Colleen Sankey
Amy Schumacher
Cathy Smith
Teresa Springer
Sheri Struebring
Michelle Tieszen
Brent Travis
Jenna Woodford
Addie Vance

Level III

Cory Behrens
Kristi Britten
Judy Clementson
Gail Finsand
Amy Goldman
Lynette Hahne
Judy Harvey
Wade Lucas
Carol Olson
Stacy Reichmuth

Roger Riss
Holly Schifsky
Colleen Spellman
Linda Storz
Doug Tvrdy
Diane Ulmer
Cheryl Wagoner
Rebecca Wills
Dawn Yanks

Level IV

Sharon Balters
Sonya Irons
Nancy Nathenson
Annie Ocampo
Lori Terryberry-Spohr

Research Institute opens doors for student volunteer

As a top student at Pius X High School in Lincoln, Neb., Michaela McBride wanted to pursue studies in the health field when she graduated, but knew she didn't want to be a physician. "I'm interested in the science of how the human body works and the director of engineering student programs at the University of Nebraska-Lincoln (UNL) suggested I look into biological systems engineering."

"The summer after my freshman year at UNL, I wrote Dr. Burnfield to see if I could volunteer at the Research Institute. I was actually a subject for one of the studies in the lab during my freshman year, so I knew about Madonna and the Research Institute."



Michaela began work on a "Sit-to-Stand" study with Megan Krause, a recent graduate of the UNL Biological Systems

Engineering Dept. to analyze the therapeutic effectiveness of devices used in rehabilitation settings. "Clinician work-related injuries are a problem in health care and this study will provide data on how using an assisted sit-to-stand device may help reduce injuries," Michaela explained.

Now, Michaela is back to finish her senior year at UNL and complete the Sit-to-Stand study with her collaborator Aaron Hueftle, who is also a senior at UNL. Her research is funded by the UCARE (Undergraduate Creative Activities and Research Experiences) Program at UNL.

This year Michaela was accepted into the Science, Mathematics And Research for Transformation (SMART) Scholarship for Service Program, which is sponsored by the Department of Defense. Michaela was one out of just 175 selected among nearly 12,000 applicants for the scholarship.

"The SMART program will pay for my last year and a half of college and I'll work for the Army Research Labs in Aberdeen, Maryland next summer. After graduation, I'll have a post-graduation service position with the Department of Defense. It's an exciting opportunity," Michaela explained.

"Michaela is an incredibly gifted and driven young researcher with wonderful interpersonal skills and a desire to grow, learn and make a difference," said Dr. Judith Burnfield, PhD, PT, Director of the Institute for Rehabilitation Science and Engineering. "Her collaborative work on the Sit-to-Stand study has significantly advanced our understanding of the potential therapeutic uses of this device. Ultimately this work is expected to guide patient care at Madonna as we strive to improve the lives of the patients entrusted to our care."

Employee Focus: *Fun factoids about Jo Ann*



Jo Ann Druke
Mgr., Volunteer Resources
MRH employee for 8 years

- 1 *My favorite hobby:* Super quilter!
- 2 *Last book read:* *Death Walked In* by Carolyn Hart.
- 3 *Best vacation:* Exploring the historic city of Savannah, Ga., with my grandkids.
- 4 *Accomplishment:* Completing my master's degree at the University of Nebraska-Lincoln (UNL).
- 5 *Words of Wisdom:* Treat others as you would have them treat you.
- 6 *My first job:* I worked at UNL, Selleck Quad, as a mail room clerk.

Restorative

Examining the Clifton StrengthsFinder™ theme

You love to solve problems. Whereas some are dismayed when they encounter yet another breakdown, you can be energized by it. You enjoy the challenge of analyzing the symptoms, identifying what is wrong, and finding the solution. You may prefer practical problems or conceptual ones or personal ones. You may seek out specific kinds of problems that you have met many times before and that you are confident you can fix. Or you may feel the greatest push when faced with complex and unfamiliar problems. Your exact preferences are determined by your other themes and experiences. But what is certain is that you enjoy bringing things back to life. It is a wonderful feeling to identify the undermining factor(s), eradicate them, and restore something to its true glory. Intuitively, you know that without your intervention, this thing—this machine, this technique, this person, this company—might have ceased to function. You fixed it, resuscitated it, rekindled its vitality. Phrasing it the way you might, you saved it.

How Restorative works in my life

submitted by Linda Winter, RN
MDS Assessment Nurse

Restorative is my top strength. Completing the Minimum Data Set (MDS), a lengthy form that determines our reimbursement from the federal government for Medicare and Medicaid patients and drives the patient's plan of care, is a mundane task to many. However, I like the structure and familiarity it provides. It falls right in line with the restorative aspect of "seeking out specific kinds of problems that I have met many times before."

Being a detail-oriented person is not only beneficial when analyzing data and completing the MDS, but it is also helpful in team meetings. This tends to drive all the "big-pictured" persons crazy, but it provides for a more comprehensive plan of care for Madonna's patients.

Trivia survey results/winners

Madonna's 50th anniversary trivia survey was a big hit! It was sponsored by the Mission Effectiveness Committee. All of the questions and answers can be found online. Visit Madonna's Intranet homepage and scroll to InSight InSpirit on the left menu, then go to "Our Perspectives" and "Just for Fun." Congratulations to the following prize winners: Kathy Harrington, Nick Roth, Tamara Mousel and Helmut Bossert, and thank you to everyone who participated. Kudos to Liz Edwards for creating the engaging and educational quiz!

Please pass the salt(s)

A rose is a rose is a rose ... is it the same for salt?

Everyone is familiar with table – or iodized – salt. But recipes increasingly refer to other types of salt, like kosher, sea, seasoned, light and rock salt. How do they differ? Isn't salt just ... salt?



The difference between types of salt usually concerns their taste and texture. For example, kosher salt has a coarse grain and gives a clean taste to foods. Sea salt comes in either fine or coarse grain and has a slightly different taste caused by other minerals it contains.

Seasoned salt is flavored with herbs and other ingredients; for that reason, it actually has less salt content than other types of salt.

Rock salt is used as a decoration on food, or to make ice cream. But it's not used in cooking because of its size.

Salts do have one thing in common: They all contain sodium. So if you have hypertension or otherwise need to watch your salt intake, keep checking food labels and monitor how much salt you consume – no matter what kind it is.

Source: American Dietetics Association's Public Relations Team at www.eatright.org

Come join your coworkers at The Arbors/Madonna cure Alzheimers...



Nationally presented by
Genworth Financial

September 21, 2008 at 1 p.m.
Antelope Park & Auld Rec Center
Registration, entertainment & activities begin at noon

Memory Walk is the Alzheimer's Association's signature event for awareness and fundraising. Since 1989, Memory Walk has raised more than \$225 million to help fight Alzheimer's and help those currently living with the disease.

Sign up online TODAY at
www.alz.org/memorywalk

- Type 68506 for the zip code in the yellow Search box
- Select Lincoln, NE for the city/state
- Select "Join a Team" option at top of page & read the waiver
- Select "Join a Team" again, type "The Arbors/Madonna" in Team Search
- Select "Join Team" and fill out form

Questions?

Contact Geri Hepp at ext. 6675
OR Lisa Ferguson at 310-8650.

The long and short of saving for retirement

Everyone has both short-term and long-term financial goals. Short-term goals could include anything from saving for a new car to putting money aside for your vacation.

On the long-term side, investing for retirement is the primary objective. A 40-year-old investor may not retire for 25-30 years and then will potentially need his or her money to last another 25-30 years throughout retirement. Investing for this kind of extended time horizon takes patience.

As you focus on your long-term retirement income goals and manage your retirement plan investments, keep these points in mind:

Go for growth – Although no one can guarantee that past performance will reflect how stocks will perform in the future, historically, stocks have offered good opportunities for long-term growth. The longer your time horizon, the more stock funds you may want to have in your portfolio, keeping in mind the need to diversify among other types of investments to keep your risk in check.

Remain invested – Many financial planners agree that staying invested for long time periods offers a good chance for investment success. This strategy is called "buy and hold." Employing short-term tactics like moving money in and out of the markets is called market timing. It is often more difficult to successfully invest using market timing because you have to know the optimum time to sell your shares and then the optimum time to buy them back.

Avoid early withdrawals – Taking money out of your account before retirement can severely impact your long-term growth strategy. You may owe taxes on distributions and those taken before age 59½ may trigger additional penalties. Distributions also pull money out of your investments, meaning that money can no longer provide you with long-term growth potential.

Remember, saving successfully for retirement requires you to balance short-term desires with long-term patience. Stay invested in your retirement plan for the long haul.

Source: *Smith Barney, Plan Perspectives Volume 8, Issue 1*

Family plays (continued from page one)

On August 12, she discharged, toting her portable oxygen tank to the car. "The staff is amazed and proud of what Marilyn accomplished," said her social worker, Christine Wischmeier.

It was hard for Marilyn to contain her excitement to return home to family and friends. Larry claims she's a walking miracle. Marilyn believes it was the result of her efforts and the support of others. "My family and everyone at Madonna truly cared about me; it's amazing what a difference it made in my recovery."

> CALENDAR

August 25 NEO Week 2

WHAM: Victor Witkowicz on Financial Report

CPR Recert

9:30 a.m. or 5 p.m. in Agee
Call 6550, 6476 or 6406 to register.

August 27 Beginning Power Point

1-4 p.m.
Computer Lab
Call 6507 to register

August 28 CPR

9:30 a.m.
Call 6550, 6406 or 6476 to register

The calendar of events is subject to change and events may be cancelled. Please contact Kim Howard at ext. 6406 to verify listings.

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.

August 24 Richard Miller

August 31 Laus Deo from St. Michael's

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

Let's celebrate

Sara Nielsen's retirement with a tea on Wednesday, Aug. 27 from 2-3 p.m. in the Agee. Sara retires after serving 27 years in Madonna's linen services!



Jackie Kiritsy, RT, shares a laugh with (middle) Madonna's President and CEO Marsha Lommel at the Employee Appreciation Event on Aug. 19. Employees were treated to a complimentary breakfast, a redeemable coupon for a polo shirt and a special cash payout.

> WAY TO GOs

A very special thank you to **Ardyth Bowen**, outpatient therapy scheduler and **Madonna Transportation** for going out of their way to help me. On Friday, Aug. 8, I wasn't able to leave work to take my husband home from physical therapy. Ardyth immediately picked up the phone and worked with the transportation department who fit another trip into their busy schedule. I really appreciated the great customer service!

—Geri Hepp
Memory Care Program Manager

I would like to recognize the **staff on the St. Anthony's unit** for all of their hard work and patience during the painting of the beautiful murals and the installation of the new windows. They were able to keep the residents content and secure during the transition.

—Melody Gagner RN, BSN, NHA
Director of Nursing, Extended Care

Way to go **SAR/ARX Interdisciplinary team** for your continued dedication to the unit and our patients! Thanks for keeping the communication open between the nursing staff. I value the team's daily planning for each patient in working together toward discharge.

—Rebecca Seeber
Nurse Manager

Thanks to **Linda Plummer, Ardyth Bowen, Michelle Vallabhbhai, and Laura Maxwell** in the outpatient scheduling office for all of the extra work they have been doing to help us serve the returning veterans. You play an important role in making this project successful. Linda has also done an outstanding job keeping a complicated system organized and moving forward.

—*The Neuropsychology Department*

"A big thanks goes out to **Cathie Miller and Cindy Rohlmeier** for all their efforts handling the extra payroll for the employee bonus payout. They completed this extra project in a very short period of time, working extensive after hours and weekends. This is just another example of their dedication and willingness to go the extra mile.

—Lou Ann Manske and Mark Pankoke
Human Resources Department

Thank you **Jennifer Hoebelheinrich and the LTCH team members** for a very successful federal licensure survey. The surveyors had many positive comments on the care that is being provided to our LTCH patients, especially the great wound care, nursing care and quality improvement. Great job team for all of your work and big kudos to Jennifer for all your work for a positive outcome!

Kudos to **Cathie Miller and Cindy Rohlmeier** for all the extra effort they put forth to help make the employee appreciation event extra "rewarding."

Linda R Stones
Vice President and Chief Nursing Officer

Lifestyle Challenge helps change lives

How many co-workers can you lose in three months? The answer from Madonna's first ever Lifestyle Challenge is about six. Madonna staff managed to slim down by more than 850 pounds, which would equal losing six, 140-pound people.

Many couches became lonely this spring as Madonna staff spent more than 12,270 hours, or 511 uninterrupted days, engaging in physical activity.

"I was especially impressed by the efforts of Madonna staff to become more physically active and to stick with it throughout the initiative," said Michelle Welch, RD/LMNT, corporate wellness developer for Madonna Fit

"It's a joy to see people's lives so improved by this simple and fun event."

for Work and originator of this event. "The number of healthy weight team members during the Challenge that focused on increasing their fitness, stress management, and improving their nutrition was higher than I have seen in other Challenge environments."

Lifestyle Challenge began in 1998 when Welch developed the program for Avera Holy Family in Estherville, Iowa. The program has received national recognition from the U.S. Department of Health and Human Services, the Centers for Disease Control and American Hospital Association. Madonna's Lifestyle Challenge was a pilot program for Fit for Work as they expand their offerings to serve businesses throughout Lincoln.

Some of the significant results reported:

- **66% increase in personal time spent participating in physical activity**
- **65% said they felt "happier with myself"**
- **62% increased vegetable intake**
- **61% improved the fit of their clothes**
- **23% reported decreased stress**

Further, 71 participants reported taking new steps to monitor or improve their blood pressure after undergoing a screening within the Lifestyle Challenge. Three participants quit smoking, one decreased smoking and ten remained smoke-free after previously quitting.

"The impact of Lifestyle Challenge reaches areas you wouldn't typically predict," Welch said. "It's a joy to see people's lives so improved by this simple and fun event. I'm thrilled to see the impact on the families of the team members. Twenty-three percent reported spending more family time in physical activity, so you can see the impact stretch far beyond the Challenge," Welch added.

Madonna Fit for Work will bring back the Lifestyle Challenge in January and has an entirely new set of programming to keep wellness fun and "real." Please contact Madonna's wellness coordinator Brittany (Cochran) Baack at ext. 8611 for more details.