

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.

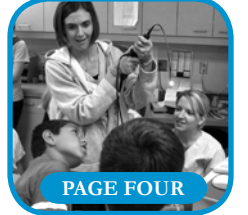
How well do you know Madonna?



Technology helps patient walk after stroke



Students experience swallowing lab



## Greenie of the Month: Tracy Bell

“Anybody at any level can have an opportunity to make a change that causes an impact,” said Madonna accountant Tracy Bell. It’s a statement she’s heard time and again from Madonna President and CEO Marsha Lommel, and one that she takes to heart. Whether it relates to assisting patients to regain mobility or pursuing efficient business practices with eco-friendly benefits, Tracy’s statement is true.

Tracy developed a reporting system that is accessible to involved parties without giving them more information than they need or want for their individual reports. In the process, Tracy streamlined an accounting process to reduce the amount of paper waste and personal time spent preparing and distributing reports.



By actively working to improve the efficiency of her own duties without negatively impacting other areas, Tracy’s idea allowed her to continue to provide maximum customer service in a cost-saving and waste-reducing way. She worked with ITS and other members of accounting to create a system that saves nearly 60,000 envelopes and almost 54,000 pieces of paper annually.

“It really was a team effort. When I first started thinking about how to move the reports to an electronic format, my coworker, Sara Hakel, challenged me to consider the impact the transition could have on other areas, such as unnecessarily using computer storage space, and explore ways to eliminate those concerns. Kyle Kubik in ITS made the reports accessible in a user-friendly format,” Tracy said.

For her efforts, the Green Team salutes Tracy and recognizes her as the Greenie of the Month. “If you truly ‘own’ your job, you know how to perform it efficiently and can do what it takes to perform and enhance it,” Tracy added.

## Determined farmer is a 2008 Goal Award recipient

Dusty Fiel was pleased to be heading to the grain elevator in Russell, Kan., with a truckload of harvested wheat. His wife and two young nephews were with him for the drive, enjoying the end of a warm summer day on June 10, 2006.

Dusty remembers joking with his nephews just before his truck slid off the gravel road into a ravine, crashing through a guidewire attached to a tall pole. The wire cut through the cab of the truck, slicing off Dusty’s left arm just below his shoulder. When the truck landed on its side, Dusty’s wife, Janeen, climbed through a window and pulled the two uninjured boys from the cab. She ran to the road to flag down help and within 20 minutes, a life flight crew was airlifting Dusty to Via Christi Regional Medical Center in Wichita.

Doctors initially told Janeen that Dusty likely would not survive his injuries. In addition to losing his arm, he suffered internal bleeding and a traumatic brain injury. After surgery, Dusty laid in a coma for four weeks.

“I kept thinking Dusty would wake up and we’d be able to go back home,” Janeen said. “I just couldn’t accept how the strong man I had married just six months earlier was so hurt and vulnerable.”

Janeen and Dusty’s family learned about Madonna from Jane Booth, a Madonna nurse

liaison. “After learning about Madonna’s brain injury program and seeing the photos of a tractor in Independence Square, I knew that’s where we needed to go.”

Dusty spent the next several weeks

regaining his cognitive skills and learning to take on daily tasks with one arm and hand with the help of his Madonna team.

“At first, I thought Holly (Schifsky) had taken my arm,” Dusty said. “I don’t remember a lot about that part of my rehabilitation, but I know my therapists worked hard to help me recover.”

Holly Schifsky, program manager and occupational therapist,

remembers Dusty very well. “Dusty had tremendous determination and a great attitude. He never gave up and even when he was pushed in therapy, he was always polite and positive. His improvements came quickly and he’s had a remarkable outcome.”

Twenty-nine year old Dusty credits his wife for helping him through the ordeal. “I’m here today because of her. I knew I was going to marry Janeen in the third grade. She made me wait a long time.”

Dusty and Janeen returned to their home in Luray, Kan., where Dusty has since remodeled much of their house on his own.



Dusty Fiel’s positive attitude and family helped get him back to farming and feeling normal again. (from left) Alex Windholz, Jake Windholz, Janeen Fiel and Dusty Fiel.

(continued on page 2)

## 2008 Goal Awards

The Goal Awards annual luncheon honors former and current Madonna patients who have displayed extraordinary courage and determination throughout their rehabilitation.

This year’s event will be held Monday, Sept. 29, at the Embassy Suites ballroom in Lincoln. **The luncheon is open to the public and tickets will go on sale August 15.**

**Contact Stephanie Plummer at 483-9813 or ext. 6813 for ticket information.**

The keynote speaker for this year’s Goal Awards will be Lee Woodruff, co-author of the *New York Times*, No. 1 best seller, *In An Instant*. Lee recounts her story of a marriage, a family in crisis and healing when her husband, ABC *World News Tonight* co-anchor Bob Woodruff, was hit by a roadside bomb in Iraq.

## Madonna 50th anniversary trivia



To celebrate Madonna's 50th anniversary, Misson Effectiveness Committee has created a trivia contest consisting of 50 questions for 50 years. This is a fun activity, and entries can be submitted from individuals or as a group challenge. Here are the first ten questions:

1. What year was Madonna established?
2. What is the name of the order of Madonna's founding Sisters?
3. What was the first name given to the facility known today as Madonna Rehabilitation Hospital?
4. In 1965 who was named the new administrator for Madonna Home?
5. What was the name of the original private hospital on the grounds of today's hospital?
6. Name all the areas of the building by the five "saint" names.
7. Who was the first Madonna administrator from 1958-1965?
8. Name six kinds of therapy available to our current patients.
9. What is the name of the marble statue near the East Main Entrance, and when was it dedicated?
10. What was the Sunshine Coach?

For an official entry form with all 50 questions, please contact Michaela Kumke in marketing and PR or Liz Edwards in radiology. Please deposit the completed questionnaires in the decorated box outside the Radiology department (2nd floor, LTACH area). The deadline for submitting is **August 8**. Prizes will be awarded to winners, who will be announced in an upcoming issue of *The Independent*.

**The next deadline to turn in ICAN applications is Friday, August 8, 2008. Please use the most appropriate communication method within your area of responsibility to communicate this deadline to all eligible personnel.**

## Employee Focus: Fun factoids about Mark



Mark Hakle  
Director of Education and  
Workforce Management Systems  
MRH employee for 26 years

- 1 My youngest child played the part of Winthrop in this summer's presentation of "The Music Man" at Pinewood Bowl.
- 2 My favorite vacation is being with the family at Whidbey Island; sitting outside by the sound, eating crab and being together.
- 3 Paul Dongilli was best man in my wedding and is godfather to my oldest child.
- 4 I am a golf addict. I always walk the 18 holes to maintain a healthy lifestyle!
- 5 I recently turned 50 without a midlife crisis. (at least in my eyes)

## Venue restaurant hosts first annual Venue Classic for Madonna

Venue, in partnership with the Madonna Foundation and ArborLinks Golf Club, is pleased to present the first ever Venue Golf Classic. This fundraising tournament will help Madonna Rehabilitation Hospital acquire cutting-edge technology, helping people who have suffered a stroke or paralysis regain their independence.



**Thursday, August 28, 2008**  
**ArborLinks Golf Course**  
**6038 "H" Rd.**  
**Nebraska City, NE**

Enjoy a full day of golf at the beautiful Arnold Palmer-designed course, followed by wine tasting, top notch raffle prizes and dinner.

Complete details are available on the Madonna Web site under "In the News." To register, please call 1-888-358-3867 by August 18 to reserve your spot.

## Senator Fulton meets Madonna residents



Senator Tony Fulton, state district 29 representative, visited with Madonna's Long Term Care residents during his July 14 visit. A summary of the issues he's been working on in the legislature included budget concerns, roads policy and taxes. He pointed out that 26 cents of each gallon of gas goes to pay for maintenance of Nebraska roads.

## Dusty Feil (cont. from page 1)

He has taken over the family farm and runs a combine, as well as other farm machinery.

"I just have to deal with the hand I was dealt," Dusty explained. "I'm actually surprised at how much I can do ... it just takes me a little longer. Madonna had everything to do with my rehab and getting me back home. Life feels pretty normal."

## Arranger

*Examining the Clifton StrengthsFinder™ theme*

You are a conductor. When faced with a complex situation involving many factors, you enjoy managing all of the variables, aligning and realigning them until you are sure you have arranged them in the most productive configuration possible. In your mind there is nothing special about what you are doing. You are simply trying to figure out the best way to get things done. But others, lacking this theme, will be in awe of your ability. "How can you keep so many things in your head at once?" they will ask. "How can you stay so flexible, so willing to shelve well-laid plans in favor of some brand-new configuration that has just occurred to you?" But you cannot imagine behaving in any other way. You are a shining example of effective flexibility, whether you are changing travel schedules at the last minute because a better fare has popped up or mulling over just the right combination of people and resources to accomplish a new project. From the mundane to the complex, you are always looking for the perfect configuration. Of course, you are at your best in dynamic situations. Confronted with the unexpected, some complain that plans devised with such care cannot be changed, while others take refuge in the existing rules or procedures. You don't do either. Instead, you jump into the confusion, devising new options, hunting for new paths of least resistance, and figuring out new partnerships—because, after all, there might just be a better way.

## A Madonna employee describes how Arranger works in her life

*submitted by Susan Luethke, Business Analyst*

Using the strength of Arranger in my role at Madonna is a lot like working a puzzle. It means having a solid global view of the situation in order to effectively work on the smaller details (or pieces) that need to be organized. This can apply to a large project that touches many departments or a much smaller task. Having a thorough understanding of the entire assignment also allows me to see all the smaller pieces clearly. I can then pull these various pieces together to make the correct picture and help everyone on the Madonna team achieve the best possible outcomes.

## Latest technology aids physician following stroke

It must have been the strawberries. That was Dr. Mark Carlson's initial thought as his speech faltered on a Friday afternoon while he met with patients in his clinic. He'd eaten a few strawberries at lunch, even though he's slightly allergic to them. By 5 p.m. on April 4, the Lincoln, Neb. oncologist was feeling weak, but decided to drive to BryanLGH West to check on his patients. Behind the wheel, Dr. Carlson noticed his steering was off track, but he made it to the hospital safely. He remembers feeling self-conscious chatting with hospital staff. "I was slurring my words and afraid the nurses would think I was drunk," he said. Despite his weakening condition, the 43-year old physician completed patient rounds before heading home.

Upon returning home, Dr. Carlson made his way to the kitchen, reached into the refrigerator and noticed he couldn't grasp a can of soda with his left hand. He then attempted going upstairs and discovered "toe drop"—a drooping of the toes and front part of his left foot.

Dr. Carlson realized he was experiencing classic stroke symptoms. Scouring the cabinets for an aspirin, he came up empty-handed. He phoned his nurse who lives in the neighborhood, and she ran to his home with aspirin. Shortly afterward, Dr. Carlson's wife, Gwen, arrived and immediately took him to the emergency room at BryanLGH West. "My blood pressure was sky high, 250/150, but my hand grip and CT scan were normal. It was the MRI that revealed I'd suffered a stroke," Dr. Carlson said.

"In retrospect, I was the classic textbook case of a doctor thinking a stroke would never happen to me," he recalled. A diabetic, Dr. Carlson knew that he was at increased risk for

stroke, but said he was "in denial" about the symptoms.

The stroke attacked the left side of his body, leaving his arm flaccid and causing a noticeable limp in his leg, including the toe drop. Dr. Carlson also experienced some mild aphasia. After a brief stay in intensive care, his primary care physician, Dr. Mike Pace and neurologist, Dr. John Puente, recommended he come to Madonna Rehabilitation Hospital, where he was admitted April 8.

Dr. Carlson said he'd referred patients from his practice to Madonna, but admitted he knew little about the extent of the specialty programs. "My knowledge of stroke therapy has greatly expanded in the last few months," he said. Dr. Carlson spent two weeks as an inpatient at Madonna where he established goals with his therapy team.

"I'm so grateful that we have a rehabilitation facility like Madonna in Lincoln," Dr. Carlson said. Together with his therapy team, he addressed the physical challenges.

When asked about the role reversal from doctor to patient, Dr. Carlson explained that he was a willing patient. "The Madonna therapists are true scientists in dissecting your motor function and devising exercises to get you back to normal," Dr. Carlson commented. A high point in his therapy was actually seeing his progress. "Attempting an exercise that I couldn't do two days ago and completing it—that was motivating," Dr. Carlson shared.

However, he was skeptical when his therapy team proposed using the Bioness L200 and L300. "Courtney Kossow (Madonna occupational therapist) provided me with the published reports, and I was impressed with what I read," said Dr. Carlson. These devices are on the leading edge of the functional electrical stimulation (FES) technology.

The L200 helps treat stroke patients with upper limb paralysis. It uses a remote microprocessor to pre-program the level and cycle of stimulation in hand movements. The L300 helps decrease foot drop, again, using electrical stimulation to facilitate the muscle that lifts the foot. Dr. Carlson said he's now an advocate. "It's important for people in stroke situations to take advantage of this technology," he stated. He has purchased his own Bioness system to wear at home.

Dr. Carlson shares this advice with anyone suffering a stroke: "Get help immediately! Don't be afraid to ask, and be aggressive!" he stressed. The trauma of the stroke made Dr. Carlson reevaluate priorities. "It's given me a new perspective on what's important in my life," said Dr. Carlson. "I've established an entirely new lifestyle from here on out," he added.



Dr. Mark Carlson visits with occupational therapist Addie Vance as she straps the Bioness L300 on his leg before a therapy session. The innovative technology helps decrease drop foot using electrical stimulation to facilitate the muscle that lifts the foot.

## Be ready to kick the big out of your red

As you start gearing up for Husker season, do you think about all of those steps to your seats in the "nosebleed" section? How about all of the naughty treats from football parties? If you've been trying to make healthier choices recently, it may require some coaching to dodge those extra calories.

Madonna Fit for Work staff has developed a unique, fun way to tackle the challenges of football season. *Get In The Game Season Training* combines e-challenges and education with live *What's Cooking* events on campus to support your efforts. Starting in late August, those who have enrolled will receive emails that contain a special challenge for the week. Those who meet the challenge will return their results to Employee Health to receive a fun prize. There will be both fitness and nutrition challenges throughout the football season. You really will not want to miss them, so sign up now to assure being included in the first challenge.

Enrollment is easy. Simply stop by Employee Health to sign up, or e-mail Brittany Cochran of Employee Health your preferred email address to receive the challenges. Please also include your department in the email, as we are having a little competition between departments to see who can have the most staff involved.

The Madonna Fit for Work team is looking forward to helping you kick off a healthy new year with some fun and fitness. So don't red shirt, be a walk on and show us your first string skills. If you have further questions, please contact Brittany from Employee Health at 486-8611 for more details.

### When will I know my Health Screening & Lab results?

Lab Results will be available for pick-up Monday, August 4 in the Commons Café from 8:30-10:30 a.m. The Health Risk Assessment will be available online starting August 4 until 4:30 p.m. on August 15. Instructions regarding the Health Risk Assessment will be provided to you when you pick up your lab results.

## National PBS documentary shown at Madonna

Seventeen people from the community attended a screening of "Caring for Your Parents" on Sunday, July 13, at Madonna Rehabilitation Hospital. The national documentary sponsored by NET Television is intended to open up conversation between adult children and their parents.

Paul Nathenson, vice president of corporate planning and Long Term Care business leader, introduced the 30-minute film and spoke about Madonna's Long Term Care program. Other Madonna coworkers presenting included Jodi Blowers, Long Term Care operations assistant; Melody Gagner, director of nursing; Geri Hepp, Memory Care program manager and Diana Kluthe, Extended Care social worker.

## > CALENDAR

**July 28** **NEO 2nd Week:  
CPR Recertification**  
9:30 a.m. or 5 p.m.  
Agee  
Call 6550, 6476 or 6406 to register

**July 29** **NEO 2nd Week:  
Med Aide Competency**  
7:30 a.m. or 12:30 a.m.  
Agee

**August 6** **Webcast: "Ethical Decisions  
Encountered in RT"**  
1 p.m.  
Lau  
Call 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.

**July 27** St. Michaels Laus Leo  
**August 3** Students of Jo T. Karl

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](mailto:swerner@madonna.org).



Bob Heydon (left) reaches for a dish of ice cream as committee members Mary Frank, Paul Dongilli and Liz Edwards (back) help with the event honoring St. Benedict.



Carrie Windhorst, (holding scope) and Ricque Harth, speech language pathologists, gave a fascinating demonstration of Madonna's swallowing lab to elementary students from the Bright Lights summer school program.

## > WAY TO GOs

The "Caring for Your Parents" event on July 13 was a terrific success thanks to the efforts of **Tami Rudder, Jodi Blowers, Melody Gagner, Geri Hepp and Diana Kluthe**. I know our guests benefited – and I learned something new, as well. Thanks very much for your outstanding work in bringing this important issue to our community for discussion, as well as promoting the excellent quality of life that is available through extended care living at facilities such as St. Jane de Chantal.

—Paul Nathenson, CRRN, HN-BC, MPA  
*Vice President Corporate Planning  
and Long Term Care*

A big thank you to **Kevin Sommers and Danielle Lund** for their help getting my ring out of the vent system! I really appreciated it!  
—Taunya Schlueter, RN

Please congratulate **Joe Rush** for successfully completing the Neonatal/Pediatric Respiratory Care Specialty Examination. This exam is designed to ensure the highest level of competence in the care of neonatal and pediatric patients and is a real plus for our developing pediatric program.

—Jim Pelton, BA, LRCP  
*Respiratory Therapy, Radiology Manager*

Our "Your Change Can Make a Change" coin collection campaign held last year at the cash registers in the Commons resulted in more than \$1,360 in loose change that was divided among and donated to the People's City Mission, Tabitha Meals on Wheels, Food Bank of Lincoln/Lancaster County, Back Pack Program and Catholic Social Services. Thanks to the **Food Service Department** for organizing this collection and to our **visitors and employees** who have contributed throughout the year. Way to Go!

—Janice Bennetch  
*Executive Assistant*

I wanted to congratulate **Kyle Kubik** on his recent success in getting the Foundation's online giving set up and for working with the Venue staff to make the connection back to our credit card processor. I have appreciated all your expertise, in making this as well as other online payment activity a reality. It's really been my first opportunity to work directly with you on a project, and I really appreciated the great collaboration. You have reached a milestone in bringing Madonna payment options to a new level.

—Tracy Bell  
*Accountant III*

**Margaret Mandigo will be retiring after 29 years of employment at Madonna. Margaret has worked in several positions at MRH including nursing, dietary and linen service.**

**We will celebrate Margaret's retirement with a Tea on July 30th in the Agee from 2-3 p.m.**

## "Smart Hospital Semi" showcases technology

The Cerner "Smart Hospital Semi" made a stop at Madonna Rehabilitation Hospital on July 9 to showcase their medical technology to staff.

The rooms staged in the semi included:

- Medication administration with bar coding to validate the patient, drugs and nurses to the electronic med orders.
- Badge readers to electronically capture the entrance of a nurse or physician entry in the patient room for integration with the nurse call system.
- Biometric devices that automatically capture the blood pressure readings and vitals into the electronic medical record.
- The latest Hill-Rom bed featuring innovative technology for fall protection risk alerts, safe skin and clear lung care features.
- A "patient experience" showcasing the CareAware myStation™, offering interactive health information, education and entertainment to improve the patient experience.

## New Madonna CRRNs



Congratulations to the following Madonna registered nurses who recently completed their CRRN (Certified Rehabilitation Registered Nurse) exam. (Front row L to R) Julie Francis, Ev Sufficool, Michelle Drake (Back row) Cathy Smith, Faye Weckle and Carol McNeil. Not pictured: Jeff Kubik and Heidi Estell.



## Straight from the hard hat

- Remodeling is almost complete in the Commons area. Windows for the new gift shop have been installed. The shop will feature fresh flowers, greeting cards, candy and Madonna apparel.
- The work in the front foyer is almost halfway complete. Traffic should begin flowing through the main entrance again in approximately four weeks.
- Tropical fish continue to be added to the aquarium. This has proven to be a big hit with both patients and visitors.