

CALENDAR

June 25 Professional Competency
Handwashing, infection control, safe patient handling, accu chek, restraints
Agee
Call ext. 4401, 4402 or 4409 to register

June 26 Intermediate Powerpoint 2007
Sharon Gollehon
Agee
1-3 p.m.
Call ext. 4404 to register

June 27 CPR Certification
Agee
Call ext. 4401 or 4402 to register

June 28 Grand Rounds: Total knee replacement in your active patients
Patrick Hurlbut, MD
Sheridans - Noon-1 p.m.
1 CH

Lincolnite winning battle (cont. from pg 1)

Bolstered by his family, friends and strong faith, Ben remains centered and positive. "When I had nothing, could only move my arms, I relied on God." Believing in that higher power has made a difference to Ben during his recovery from this baffling neurological disorder. "I still remind myself to give it over to God; I am so grateful."

Ben continues to make gains with his rehabilitation and plans to start a local GBS Foundation. He wants Running for GBS to become an annual event benefiting Lincoln and Lancaster County individuals suffering from the rare syndrome. "Ideally, 70 percent of the monies will go to people with GBS and 30 percent to raise awareness of the disorder."

Ben is encouraged by other GBS survivors who have connected with him – like the athlete in Hawaii who is competing in an Ironman triathlon. "That's inspiring – just because you have GBS, your physical life is not over."

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.

June 23 Sue Morrissee and Dan Snow

June 30 Jo T. Karl

Celebrating the angels among us

Nursing staff in the Transitional Care Unit (TCU) were recently honored with Madonna Angel Wings for their support and care. A patient's spouse complimented **Jacque Larson, Candy Bauman, Izzy Barajas and Seth Weiss** saying, "Thank you for your excellent care. You made a big difference in my husband's rehabilitation."

Seth Weiss and Izzy Barajas were also among TCU nursing staff nominated by another patient for Madonna Angel Wings. The patient included thanks to **Michelle Henry, Kim Parks, Jayne Graeve, Amber Pinney and Marie Zimmerman**. "Thank you for the excellent care. You spoiled me! I made a lot of friends at Madonna and I will miss all of you," she said.

The Felton family of Ord, Neb., has eaten a lot of meals in the Commons Café during their daughter, Katie's lengthy recovery at Madonna. In appreciation of the staff's hospitality, the Felton family nominated **Daphne Chase, Vikki Harsh, Tammy Simmons and Sarah Tucker** for Madonna Angel Wing honors. Becky Felton said, "Katie loves coming to the Commons Café to eat and everyone is so nice to her – so kind and helpful." Beckie added that the family wanted to single out Vikki for an Angel Wing pin because she was especially nice and makes the best breakfast sandwiches ever!

Kudos to the respiratory department staff members who also received high praise and Angel Wings honors from the Felton family. Becky, John and Katie Felton honored **Joe Rush, John Moss, Sharon Tucker, Melissa Gulizia and Pam Daly** for their work with Katie who came to Madonna for rehabilitation from acute respiratory distress syndrome (ARDS).

In her nomination, Becky wrote, "Joe Rush and his Respiratory Team, especially John, Sharon, Melissa and Pam – you are the best and we thank you for your expertise. ARDS causes a lot of lung damage, so your skills were so appreciated. Plus, Katie just plain liked you!"

Congratulations to all the Angel Wing honorees and thank you for providing outstanding service to our patients.



Jacque Larson



Candy Bauman



Izzy Barajas



Seth Weiss



Michelle Henry



Kim Parks



Jayne Graeve



Amber Pinney



Marie Zimmerman



Tammy Simmons, Daphne Chase, Sarah Tucker and Vikki Harsh



Joe Rush



John Moss



Sharon Tucker



Melissa Gulizia



Pam Daly

2013 NATIONAL AMPUTEE GOLF CHAMPIONSHIPS

AUGUST 11-16, 2013

Volunteers Needed!

Volunteers of all abilities are needed throughout the week for a wide variety of indoor and outdoor tasks. Interested individuals should contact Marla Buresh at 402.413.4500 or mburesh@madonna.org.

Please help us showcase Lincoln and all it has to offer!

Sponsorship Opportunities: For information on becoming a sponsor of the National Amputee Golf Championships please contact Ryan Lindbeck at 402.413.4787, rlindbeck@madonna.org.

the INDEPENDENT

A Newsletter for Madonna Rehabilitation Hospital

www.madonna.org

June 21, 2013

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.

All story ideas, news items, announcements or recognition information must be submitted the Friday before the Independent is printed. Note: The deadline for the next issue is Friday, June 28.

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

Madonna Child Development Center celebrates seven years



PAGE TWO

Madonna sponsors National Amputee Golf Championship



PAGE FOUR

Lincolnite winning the battle against Guillain Barré syndrome

Ben Yelkin's right hand grips a cane as his neon running shoes beat a path around the hallways of Madonna Rehabilitation Hospital. The shoes that used to propel Ben through 5k races, are helping the active 36-year-old from Lincoln, Neb., get back on his feet after he was diagnosed with Guillain Barré syndrome (GBS) last winter.

On Dec. 12, 2012, Ben woke up with a "pins and needles" tingling in his toes and felt lethargic. Within 24 hours, the prickly sensations moved to his fingertips and Ben went to the emergency room at Bryan Medical Center. Doctors suspected he'd contracted a virus and prescribed rest. The following morning, Ben struggled with his normal morning yoga routine and he knew something was drastically wrong.

Ben's wife, Sarah, researched his symptoms and they matched ones for GBS, a disorder that attacks the central nervous system causing potential deadly paralysis. Ben made a return trip to the ER and tests revealed she was right. He had never heard of GBS. "I remember thinking 'it's not that, it's way too rare,'" said Ben.

There is no known cure for GBS, which strikes one or two per 100,000 people, but the attack can often be moderated by filtering the antibodies out of the blood. Ben underwent plasmapheresis, a plasma exchange and also had intravenous immunoglobulin treatments. His body weakened, Ben caught pneumonia and was on a ventilator for part of his lengthy hospitalization that ended March 24, 2013.

Ben's friends spearheaded a fundraiser to offset medical expenses for the young husband and father of two-year-old Logan. "Running Down GBS" was promoted heavily on Facebook and Twitter. On March 30, Ben watched from his wheelchair at Wilderness Park in Lincoln as more than 270 runners participated in the 5k trail run on his behalf.

In May, a golf tournament at Crooked Creek Golf Course drew 128 participants and 34 sponsors, with all the proceeds going to benefit the Yelkin family. The amount

of support humbled Ben, a commercial sales rep. "You think you have friends, but in times like these, you find out the ones that really matter."

Regaining his independence was a top priority for Ben and he started Madonna's Rehabilitation Program on March 25. "The first weeks were tough," said Ben. The three months of intensive therapy included aquatic therapy, where Ben recovered his range of motion and the ability to do weight-bearing activities. The Lokomat, a robotic-assisted treadmill, provided a wake-up call for Ben's nerves and muscles. Occupational therapy

proved the most frustrating to Ben after losing the ability to complete his daily personal routine. "You have to relearn how to do things slower."

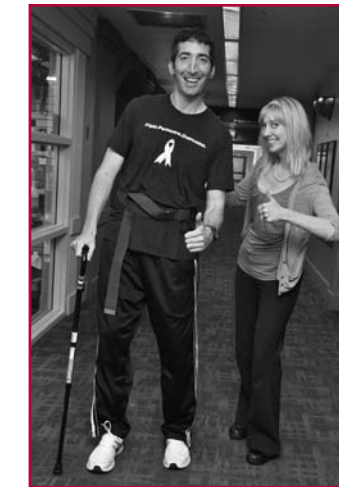
Ben gained confidence and education during a GBS support group organized by Kipp Ransom, professional counselor. Former GBS patients spoke to the group and the members compared notes about therapy, coping with their diagnosis and the value of family support. "GBS affects everyone differently, so it was good to talk with people who'd experienced it."

Ben keeps a list on his cell phone titled GBS Milestones – simple tasks like putting on your socks, getting in and out of bed. "Washing my hair, that's something you take for granted," said Ben. "It felt very liberating just to be able to lift my arms again." There are major goals that have been crossed off the list, too – standing for the first time on May 22 and a week later, walking.

Open communication between patient and therapist is key to positive outcomes. "It's important to match personalities," said Ben, who is outspoken with a unique sense of humor. "The therapy at Madonna feels very custom-tailored to me."

Ben graduated to traditional outpatient therapy in June. Sara Lockard, physical therapist, has seen significant gains in Ben's mobility. "He has progressed from the power wheelchair, to walker, to walking with a cane," said Sara. "Ben's worked hard to return to life as an active husband and father who can keep up with his young son."

(continued on page 4)



Ben Yelkin shares his enthusiasm on walking independently during therapy with Sara Lockard, PT.

Outpatient pediatric expansion continues

Clear the hallway — here come the kiddos! The next phase of the outpatient pediatric redesign is establishing an area on the lower level, supporting Madonna's youngest patients.

Construction will continue through the end of the summer on the lower level creating an outdoor playground, waiting area, clinical spaces, and feeding treatment rooms. The Therapeutic Learning Center will move down a floor to provide easier access for students.

The pediatric team extends a big thank you to all the facility management crew for bringing a multitude of ideas to reality. An official open house celebration is being planned once the project is completed. In the meantime, check out the new kid-friendly space and watch the amazing young patients working to meet their challenges every day.



Sugroue named director of development

Madonna Rehabilitation Hospital is pleased to announce Suzanne Sugroue, CFRE, as the new director of development for the Madonna Foundation.



Suzanne has thirteen years of experience in the fundraising industry and joined the Madonna Foundation in 2007 as development director for major and planned gifts.

In her new role, Suzanne will identify, organize and manage major, annual and planned gifts fundraising activities while managing operations of the Lincoln office. Duties also include coordinating support for the Omaha capital campaign.

Suzanne obtained the Certified Fund Raising Executive Designation (CFRE) in 2010, and graduated from Nebraska Wesleyan University with a Bachelor of Science degree in business administration. She is active in numerous community organizations including Lincoln Rotary Club #14, Leadership Lincoln, and a variety of professional organizations. Congratulations, Suzanne on your new role!

Keeping Madonna safe

Thank you to the Employee Safety Committee for their leadership during another successful year of Employee Safety initiatives.

The fiscal year 2014 initiatives will include:

- Culture of safety
- Safe patient handling and movement
- Needle stick prevention
- Slip, trip, fall prevention

Employee Safety Committee members include: Lisa Burns, Lisa Butler, Dick Druke, Rose Hurt, Kim Hamik, Randy Luebbe, Jennifer Luhn, Jody Luzum, Jackie Krason, the Safety Champion Team, Sandy Stutzman and sponsor Davie Shutzer-Hill.

Employee Focus: Fun factoids about Denise



Denise Ashby
Medication Aide
MRH Employee for 10 years

1. I have nine children ranging in age from 18 to 34 and 24 grandkids.
2. I love being a mother and homeschooled all my kids.
3. My two-year-old grandson, Titus, had a trick shot basketball video that went viral recently. He was on Jimmy Kimmel, The Today Show and in a Sprint commercial.
4. I've been a breast cancer survivor for 17 years – I was blessed.

I work nights on the Transitional Care Unit. My coworkers are great and I love getting to know the patients.

Football workshop scores big with kids



Football and spirits were flying high at the Adaptive Sports and Wheelchair football workshop for children on June 8 at Madonna ProActive. The kids enjoyed interacting with members of the Nebraska Cornhusker football team who volunteered at the event.

Wheelchair football is an extremely fun and adaptable sport for children with a variety of disabilities. The sport of wheelchair football was developed by the American Association of Adapted Sports Programs (AAASP) of Atlanta, Ga., to incorporate both the manual and power wheelchair during game play.

Wheelchair football differs from power soccer as the sport is patterned after the game of American Football and the rules are similar. However, this is not a full contact sport. Players in manual chairs have successfully tackled an opponent when they tag the opponent with two hands on the body and above the knees. Players in power chairs tackle successfully when they tag the opponent with one hand on the opponent's body or chair. Individuals with limited use of the hands, arms, and eyes are credited with a catch if the ball hits them above the elbows. Although it is technically touch football, contact may occur chair-to-chair, but injuries are rare.

If you are interested in learning more about wheelchair football or you would like to participate please contact Rick Haith, recreational therapist, at (402) 413-3722 or rhaith@madonna.org

Car seat check ups

Approximately 90% of car seats checked in Lancaster County are not properly installed or used correctly. This may significantly decrease the protection the seat is designed to provide in the event of a crash. Is your child's car seat properly installed? Find out at this FREE car seat check event!

Tuesday, July 9

6-9 p.m.

Madonna ProActive
7111 Stephanie Lane
South Parking Lot

Appointments are scheduled for 45 minutes and can be made by calling Janette at the Lincoln-Lancaster County Health Department for an appointment at 402.441.8045. Appointments are limited and will be filled as calls are received.

Madonna Rehabilitation Hospital is proud to sponsor this program.

Serving up fun and funds for wheelchair tennis

Come support Madonna's Adaptive Wheelchair Tennis program and satisfy your craving for delicious Mexican food! La Paloma, a local restaurant specializing in Mexican cuisine, is teaming up with Madonna to host a fundraising evening for friends and families on **Tuesday, July 23 from 5 to 9 p.m.** The restaurant will donate 15 percent of meal proceeds to the specialized tennis program. Several silent auction items also will be available for bidding.

This is a great opportunity to bring community awareness to wheelchair tennis and Madonna's Adaptive Sports and Recreation program. La Paloma is located at 8320 Northwoods Drive (southwest corner of 84th and Holdrege).

MADONNA Adaptive Sports & Recreation



Fun for ALL.
MADONNA
Now you can!

Madonna Child Development Center celebrates seven years of caring for children

By Liz Helms McCracken, CDC manager



Happy belated birthday to the CDC! On June 5, 2006, the Madonna Child Development Center opened its doors to provide childcare for 65 children. Today, more than 166 children are enrolled in the Center. Expansion and growth of the Center in the past seven years has included the following:

- The demand for infant rooms increased from two to six.
- Initially there were two toddler rooms and now there are five.
- Preschool rooms have increased from two to three.
- A pre-Kindergarten program is offered year around.
- The current staff includes 16 specialists, six assistants and a manager.
- The playground was overhauled and moved to a new area.

Thank you for your ongoing support of the Child Development Center and intrusting us with the most precious gift of all, your child.

Best Care EAP helps ease stress factor

Health care reform, electronic records, new systems and working hard are familiar to many Madonna staff. It is no longer business as usual in an industry best described as "evolving, changing and sometimes stressful." For some individuals, adding non work-related issues, like home, marital, financial or health to the mix and life is definitely stressful.

FREE assistance is available

Best Care Employee Assistance Program (EAP), is free and confidential service offered to Madonna full and part-time employees and their dependent family members. Often people think EAP is only for individuals who feel they need an extended therapy/counseling sessions. This is not the case. Ideally, the program is designed to help people with managing their work and/or home life. Best Care also offers a web site of educational resources regarding stress and other health/wellness topics at www.bestcareeap.com.

Best Care EAP is not only geared to individuals, but can be accessed by supervisors looking to help their employees. If things like heavy workloads or strained professional relationships are disrupting work, supervisors can call EAP for advice on how to assist team members.

To speak with a counselor at Best Care EAP or to make a confidential daytime or evening appointment, call (800) 666-8608. Emergency services are also available after hours.

Lincoln Bike Challenge

Madonna cyclists are busy logging miles as part of the National Bike Challenge. The health and wellness initiative, sponsored by the League of American Bicyclists and the Kimberly-Clark Corp., encourages people to ride bikes for transportation and recreation.



Cyclists are competing as individuals and on teams against communities and states across the country to see who can log the most miles. Last year, Nebraska placed third in the country in the competitive cycling program that runs from May 1 through September 30.

Currently, Madonna is in 16th place as a team and fourth as a workplace. Team members include: Laura Bennett, Doris Lewis, Molly Nance, Natalie Padilla-Gillett, Catherine Pompeo, Nick Roth, Tami Rudder, Suzanne Seberg, Jill Tillinghast (team leader), Matt Tillinghast, Jennifer Williss and Linda Winter.

Participants earn points based on mileage that is tracked through either a smartphone app or a website. Anyone who rides more than a mile a day is eligible for prizes.

You can join at any point in the Challenge at www.nationalbikechallenge.org. Click the "Join" button and become a new user, or join via your Facebook profile. Every mile counts! If you have questions, contact Jill Tillinghast at ext. 4892.

Mettle of Honor

"Mettle" (met'l) — noun, possessing an especially high quality of character, spirit, courage or ardor

Request for nominations

- Eligible nominees include former patients/members (2010 to present) from inpatient, outpatient and Madonna ProActive.
- Think about a courageous patient/member who stands out in your mind and nominate them TODAY!
- Download the "Patient/Member Recognition Nomination Form" under "Forms" on the Madonna Intranet OR pick one up in the Marketing & PR offices, located on the lower level.

Please return nomination forms to Janelle Hansen, OT, by the **Friday, July 12 deadline.**

Four recipients will be honored at a reception during Rehabilitation Week on Sept. 19.

Wellness health screen packet

More than 700 Madonna employees participated in this year's annual health screening and your results are ready!

Fit for Work will be distributing individual health screening results packets in the Sheridans the following dates:

Tuesday, June 25 11:30 a.m.-1 p.m.
Thursday, June 27 2-3:30 p.m.

If you are not able to attend any of the packet distribution sessions, please contact Kim Amen in Employee Health to arrange a time to pick up your results. The last day you can pick up your packet is Friday, July 5.

WAY TO GO

There were many positive comments about the quality of service provided by direct care staff in the latest TCU customer satisfaction survey. We rocked it at 83 percent...way to go!

—Paul Nathenson

Vice President Long Term Care and Community Services and Integrative Health