

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.

All story ideas, news items, announcements or recognition information must be submitted the Friday before the Independent is printed. **The deadline for the next issue is Friday, Oct. 24.**

Healthcare tips to save you money



Madonna photo picked in contest



Dongilli receives nod from peers

Marilyn Altenhofer-Dongilli, inpatient therapy clinical supervisor, is the 2008 recipient of the Physical Therapy Clinical Excellence Award. Each year, outstanding clinicians who have made significant contributions to the profession of physical therapy in Nebraska are nominated by their peers for recognition.



The executive board of the Nebraska Physical Therapy Association (NPTA) reviews the candidates' accomplishments and votes to

recognize the clinician who has best exemplified clinical excellence in the state of Nebraska. Marilyn was presented with the prestigious award at a statewide luncheon on Oct. 11 in Lincoln, Neb.

Marilyn has served as inpatient therapy clinical supervisor since 1997. She has more than 27 years of physical therapy expertise.

Marilyn graduated magna cum laude with a Bachelor's of Science degree in physical therapy from Wichita State University, Wichita, Kan. She is a member the American Physical Therapy Association (APTA), the Nebraska Physical Therapy Association (NPTA) and the specialty APTA sections of neurology and geriatrics. Dongilli is also a member of the honor society Phi Kappa Phi.

Congratulations, Marilyn, on this outstanding recognition from your peers!

Hope and courage highlight Madonna Chairman's 2008 Goal Awards

“We made it through with love and humor,” said Lee Woodruff, speaking to a sold-out crowd of more than 600 people at the 2008 Madonna Chairman's Goal Awards luncheon on Sept. 29 at the Embassy Suites Hotel. Lee was the keynote speaker of the 14th annual event, which honors the outstanding courage, determination and generosity of Madonna patients.

Lee, co-author of *In an Instant*, shared her family's poignant journey after her husband, Bob Woodruff, a co-anchor of ABC's *World News Tonight*, suffered a traumatic brain injury covering the war in Iraq. A roadside bomb detonated next to his vehicle, propelling rock and shrapnel through his skull.

Lee admitted to some “very dark moments” during her husband's rehabilitation and learned to break days into “little chunks of time that made it bearable.” She peppered her speech with uplifting personal anecdotes about her husband's miraculous recovery and easing back into life with their four children.

The Woodruffs are committed to raising awareness about traumatic brain and stress injuries suffered by military personnel. “I think where the system begins to breakdown is with those who are brain injured. Because unlike

a broken leg or a gun shot wound, this is a long term heal,” said Lee. They are passionate about veterans having access to rehabilitation facilities in their local areas.

“I got a chance to see Madonna today. Boy, what a privilege,” said Lee, adding that the Midwest was lucky to have such an innovative

rehabilitation facility. Prior to the luncheon, Lee visited with Madonna patients and their families, offering personal words of encouragement.

The awards celebration opened with a tribute to the military by the Madonna ProActive tap dancers, choreographed by Stephanie Chase. Volunteers from the Nebraska Army National

Guard presented the colors. A DVD tribute highlighted the military patients Madonna has had the privilege to serve.

Madonna President and CEO, Marsha Lommel, then introduced a DVD that showcased the individual stories of this year's honorees: Jeromie Meyer of Woodbine, Iowa, Stephanie Wever of Omaha, Neb., Joan Bunton of Western, Neb. and Dusty Feil, of Luray, Kan. The Madonna Chairman's Goal Award honorees were presented with hand-painted plaques by local artist Susan Brasch, commemorating their courage and positive spirit.



Pediatric patient, Alexis Verzal, made quite an impact on Lee Woodruff during Lee's tour of Madonna on Sept. 29.

“Caring for Your Parents”

a national documentary sponsored by NET Television

Tuesday, Oct. 28

6:30-8 p.m. in the Sheridans

- Enjoy a private, 30-minute screening
- Professional on hand to address your concerns about choosing a nursing home, support services for caregivers, Alzheimer's, dementia and other long-term care issues
- Respite care provided for your loved one
- Tours and refreshments

Call 483-9465 to reserve a seat.

Goal Awards encore presentation at the Ross

As part of Madonna's ongoing 50th anniversary celebration, an encore presentation of the 2008 Goal Awards will be presented at the Mary Riepma Ross Media Arts Center, 313 N. 13th Street, on Thursday, Dec. 4. Doors open at 6:30 p.m., and the program begins at 7 p.m.

This event gives employees, especially those who could not attend the Goal Awards luncheon, a unique opportunity to see the recorded event in a festive, holiday atmosphere. Following the program, a reception will be held in the Van Brunt Visitors Center.

Seating is limited, but Madonna employees have the first opportunity to reserve their **FREE** ticket to this event. Tickets are exclusively available to employees through Friday, Nov. 7. After that date, tickets will be open to the public. To get your ticket, contact Nancie Ninneman in Marketing & PR at ext. 6891, or by e-mail, nninneman@madonna.org.

Veterans focus of brain injury task force

Peggy Reisher, a social worker at Madonna, recognized that many of the veterans returning from service with brain injuries were getting shortchanged. The Veterans Administration (VA) and National Guard were doing a great job of assisting the soldiers, but many fell through the cracks from of lack of awareness about brain injury, willingness to get screened by the VA or accessibility of resources.

Peggy, who is also the brain injury coordinator for the Nebraska Brain Injury Advisory Council, spearheads a committee with members from the military branches and the private and government sector. They are focusing on outreach and awareness to the veterans through various forums and funneling information to communities across Nebraska.

Currently, Nebraska is the only state with a VA brain injury task force in place. The committee is also researching what other states are doing. "Many states have a position in state government whose main focus is brain injury; Nebraska does not," Peggy stated. The task force has drafted a legislative bill requesting resource facilitation for brain injury. "We hope Nebraska senators are willing to step up and help us get started," said Peggy.

Healthy goodies for your little goblins

When your children come home with their trick-or-treat bags filled with candy, you don't need to give up on your goal of teaching them healthy eating habits. The keys, as always, are balance, variety and moderation.

You and your children should agree in advance on how much candy they can eat at a time, and when they can eat it.

Post trick-or-treating, help your children sort their candy into two piles: "favorites" and "not so favorites." Make sure the "favorites" pile contains miniature pieces to help control portions.

As with any treat, candy can be a part of a child's healthful eating plan — in moderation.

Source: American Dietetics Association's Public Relations Team

Employee Focus: Fun factoids about Matt



Matt Sexton
Medical Technologist
MRH employee for 6 months

- 1 I enjoy exercising and recently ran my first half-marathon.
- 2 I love sports - played football and golf for Doane College.
- 3 I got three college credits for an eleven day cruise to "study" the Caribbean culture.
- 4 I grew up in the small town (pop. 1,000) of Cambridge, Neb., and loved it.
- 5 My favorite TV show is "The Office;" I never miss an episode.

Flu shot: make it a priority

A message from Marsha Lommel, Madonna President and CEO

The flu vaccination needs to be a priority for all Madonna employees who have direct patient contact and also any "at risk" employee. We feel so strongly about this at Madonna that we offer the flu shot FREE to all Madonna employees and volunteers.

Employee Health is gearing up for the flu vaccination kick-off beginning **Monday, Nov. 3 through Sunday, Nov. 9**. Numerous times have been established for every shift to have the opportunity to get the immunization. Vaccines will be available in every nursing area to accommodate staff who are unable to receive it during a scheduled time slot. Check with your manager.

Employee Health is also starting a new "mobile unit" that will go around to all nursing areas on various days and times to offer the vaccine. We realize everyone has hectic schedules. Please take the few seconds out of your day to get vaccinated. Being proactive about your health can help prevent you from missing work should you contract the flu.

I want to stress, **you cannot get the flu from the flu vaccine itself.** Employee Health would be happy to discuss any concerns you have about getting the flu shot. You can stop in and see them on the Lower Level or call at ext. 6413.

Please watch for more information regarding the importance of the flu shot. Again, please make getting your vaccine a priority in November!

CPR classes offered

Starting in November, CPR recertification classes will be offered the third Thursday of each month at 9:30 a.m. and 5 p.m. The CPR certification class will remain on the fourth Thursday of each month at 9:30 a.m. Classes are held in the Agee. Call the Education Department at ext. 6406 to sign-up for a class.

October is physical therapy month

Today, millions of Americans will find that simple activities like standing or sitting are extremely painful and require a physical therapist's expertise. Madonna's physical therapists are experts in how the body works. They help improve a patient's quality of life, from easing everyday aches and pains to treating more serious problems that prevent an individual from moving independently.

Madonna's physical therapists hold nationally recognized specialty certifications in the areas of orthopedics, neurology, geriatrics, cardiopulmonary, and assistive technology/seating and positioning. They are active in teaching at the university level, credentialed clinical instructors for practicum students, and elected officers within their professional organizations, such as the Nebraska Physical Therapy Association and the American Physical Therapy Association.

Kudos to Madonna's 66 inpatient and outpatient physical therapists and assistants!



(Front row, L to R) Kathy Malcom, Kristi Britten, Lori Holz, Carol Olson, Sonya Irons **(Second row, L to R)** Scott Fandrich, Michele Ohlmann, Sara Bills, Laura Corbridge, Jenna Woodford, Amber Lingen, Cali Cordes (student), Marilyn Dongilli **(Third row, L to R)** Janelle Hansen, JoAnne Clement, De Shafer, Heidi Beardslee, Amy Goldman, Michelle Claycomb **(Fourth row, L to R)** Tim Bausch, Jennifer Bausch, Wade Lucas, Joyce Jaixen, Patricia Walker, Rhonda Steckelberg **Not pictured:** Lisa Butler, Leah Clarke, Sarah Kobernick, Mary Lu Long, Dave Nelson, Ellen Saure, Melissa Starr, Matt Ulmer



(Front row, L to R) Marin Salisbury, Julie White, Jen Korinek, Kari Mikelson, Michelle Tieszen, Tara Tobia **(Middle row, L to R)** Jessica Foster, Daina Green, Jill Witzel, Melissa Glinnsmann, Debbie Johansen, Chris Mallam, Jill Smith, Lynn Hollowell-Gottleben, Sarah Stevicks **(Back row, L to R)** Kilee Oetjen, Mark Neeman, Bob Lueke, Dustin Reinbold, Doug Tvrdy **Not pictured:** Ryan Burger, Shannon Schultz, Darrin Bryant, John Long, Lana Meyer, Lori Lane, Heather Mehlhaff, Amber Herrington, David Kennedy

Stretching your healthcare dollars

You can hardly turn on the news or pick up a newspaper without hearing about the rising cost of healthcare and the stifling effect it is having on individuals and employers. With experts predicting national healthcare cost increases to stay in the double-digits, employers are passing more costs on to their employees and individuals and families are looking for ways to stretch their healthcare dollars. Below are ways you can easily stretch your healthcare dollar and do your part to help keep overall healthcare costs down.

- 1 Understand how your health plan works.** This is a critical first step in getting the most for your healthcare dollar. You need to know what is and what is not covered, what procedures you need to follow to ensure your claims are paid and which providers and facilities to use to get the most cost-effective care. Know the deductible, copays and other out-of-pocket costs you are responsible for paying BEFORE you use medical products or services or get a prescription filled. Use your health plan booklet as a reference. Contact Human Resources if you do not have one.
- 2 Use in-network providers.** Participating providers (doctors, hospitals and other providers in the Midlands Choice network) generally charge discounted rates for plan members. When you go to a non-participating provider, you will pay a higher coinsurance percentage and you may 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.midlandschoice.com to access the participating providers in Madonna's health plan.
- 3 Look into freestanding surgical and diagnostic centers.** If you need surgery, you might save money by having it performed at an ambulatory surgical center. These centers usually charge less than hospitals or their outpatient surgical centers. Freestanding diagnostic centers tend to charge less for certain tests like MRIs, CAT scans, X-rays and bone density scans. Before you schedule an appointment, make sure the facility is in your plan's network and that your plan's benefits cover the service.
- 4 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.
- 5 Only go to the hospital emergency room for true emergencies.** If you need medical care when your regular doctor is not available, think about going to an urgent care center rather than a hospital emergency room. This can often be a tough call, but for a cold or a minor sprain, avoiding the ER will probably save you money because the copayment is usually lower for a doctor visit or an urgent care visit than for an ER visit. Also, getting treatment at an urgent care center will usually be faster than at the ER.

Source: The SilverStone Group



Yoga at The Arbors

Every Monday morning, a collective sigh comes out of a group of residents at The Arbors. Members of Judi Olivetti's yoga class live with Alzheimer's or related dementia and her 30-minute class gives a peaceful start to their week.

Judi has taught at The Arbors, a Madonna-Legacy memory care facility, for more than a year, guiding residents through basic yoga moves. "Yoga helps this group connect movement, syllables and words," said Judi. She explained that yoga works with the endocrine system to reduce stress and lubricate joints.

Michele Roy, activity coordinator, contacted Judi to integrate yoga at The Arbors. "The residents really seem to enjoy it, and we have also seen a decrease in falls." Judi added that yoga is a mind-body connection that builds a calming center of focus for the residents.

Madonna initiative encourages employees to get out and vote

The 2008 campaign is rapidly approaching. Madonna Rehabilitation Hospital encourages you to get out and vote. Many members of the Madonna family work odd hours and have busy personal schedules. The administration at Madonna wants to make the voting process easy to understand, convenient and enjoyable.

After all, it is important to exercise this patriotic responsibility!

The deadline to register to vote by mail is Friday, Oct. 17. If you are not a registered voter, or need to update your voter information, you have until Friday, Oct. 24 to do so in person at your County Clerk or Election Commission office.

If you would like to receive a ballot to vote early, you may do so by completing and mailing in an Early Voter's application by Wednesday, Oct. 29.

If you have questions about the election or voting process, visit <http://www.sos.ne.gov/elec/2008/index.html>.

National Patient Account Management Week Oct. 13-17

Submitted by Tim Bruner

Madonna Patient Accounts Manager



(Back row L to R) Sue Sailors, Tara Graham, Tim Bruner, Linda Jordan, Tami Naber, Vicki Davis
(Front L to R) Sally Thompson, Judy Jameson-Theye, Cherise Baker, Terri Melvin

The focus of my comments could be the number of claims sent or the complexity of what is involved in obtaining payments from the many payers. However, I believe the focus of National Patient Account Management Week is more than just the daily activities this department performs. It signifies the individuals within the department, along with the commitment and dedication they bring to Madonna Rehabilitation Hospital.

Patient Accounts is comprised of nine staff members. The organizational structure of the department relates to three business lines of the hospital. The inpatient team members are: Jody Jameson-Theye, Susan Sailors and Linda Jordan. The outpatient team members are: Terri Melvin, Cherise Baker, Tara Graham and Sally Thompson. Tami Naber represents the Long Term Care area. Vicki Davis provides support to all areas of the department with an emphasis on the system operations.

Each of these individuals takes pride in her work and seeks to provide the best service to our patients. Their jobs involve processing claims, third party follow-up, self-pay collections, payment review and appealing denials. They communicate with patients, family representatives, peers within the hospital and third party payers. The team is continuously looking for ways to streamline processes and eliminate waste to ensure maximum reimbursement and cost savings.

It is a pleasure to work with each of the staff in Patient Accounts. I want to personally applaud them for their efforts and the positive impact they have on our facility.

5th Annual Chili & Soup Cookoff

Saturday, Nov. 22, 2008

6-9 p.m. at Pius X High School
6000 A Street

Cost is only \$8/person

Advance tickets can be purchased from
Mark Hakel at ext. 6444 or
Michaella Kumke at ext. 6479.

> CALENDAR

- October 20** **NEO Week 1**
Effective Meeting Module 2
 9-11 a.m.
 Flanagan
 Call 6406 or 6476 to register
- October 21** **MES: OSHA & Workers Comp**
 “Why we do what we do”
Sandy Stutzman
 5:30-6:30 p.m.
 Sheridans
- October 23** **CPR Certification**
 9:30 a.m.-2:30 p.m.
 Agee
- October 27** **NEO Week 2**
Marsha University
 8:30 a.m.-1 p.m.
 Flanagan
 Call 6406 to register
- Nurse Aide Class Begins**
 8:30 a.m.-3 p.m.
- CPR Recertification**
 9:30 a.m.-12:30 p.m. or 5-9 p.m.
 Agee
- October 29** **Marsha University**
 8:30 a.m.-1 p.m.
 Flanagan
- October 31** **Go Big Red & Green:**
Nebraska Nurses Summit
on Green Healthcare
 9:30 a.m.-3 p.m.
 Call 6550 to register or give
 request for registration to
 supervisor

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



Congratulations to Christa Yoakum for having her photo selected for publication in the October edition of the national magazine “*Provider*,” published by the American Health Care Association. Christa’s photo (above) was submitted for the “Love is Ageless” photo contest. Delores Francis, a St. Jane de Chantal resident, is shown reading to one of the young visitors from Madonna’s Child Development Center.

> WAY TO GOs

Congratulations to the **LTACH Unit-2C Team** for all of your hard work and dedication. Joan Bunton, 2008 Goal Award Recipient, is just one of the many success stories on the 2C Team. Our patients are truly the beneficiaries of all of your talents and abilities. The difference you make in the lives of our patients is exceptional and amazing. I am very blessed to be a part of such a wonderful team, and I appreciate all of your efforts. Thanks 2C team for a job well done!

—Sue Koerber
RN Case Manager

Way to go to **Tony Kirk** in maintenance for taking quick action and responding to requests on the St. Anthony unit.

—Paul Nathenson
Vice President Corporate Planning and Long Term Care

Thank you to the **Lower Level nursing staff** for helping transport the lower extremity exercise group on the weekend. We appreciate your team work!

—Therapy Rehabilitation Associates

Congratulations to **Heather Mehlhaff, Kristin Luethke, Karen Divito, Sue Carraher and Lynn Hallowell-Gottleben** for their work on a grant that was awarded from the National Center for Safe Transportation of Children with Special Health Care Needs. The award letter stated, “We were impressed with your facility’s commitment to providing transportation services to children with special health care needs across the spectrum of ages, disabilities and settings.” Way to go!

—Kathy Schmidt, OTR/L
Clinical Supervisor of Inpatient Occupational Therapy

Way to go **Inpatient Stroke Team!** The inpatient stroke discharge to community rate was 66.7 percent this quarter; 10 percent greater than last fiscal year’s average and above the regional benchmark. Everyone on the team has been working hard on implementing salient features/critical factors and increasing family involvement in therapy sessions. These efforts no doubt had a positive impact on the positive outcome. Thanks to everyone who works so hard every day to provide the best quality care to all the patients we serve at Madonna. You have so much to be proud of!

—Amy Goldman
Stroke Program Manager

Way to go **VAU\SN staff** for going 144 days without an employee injury related to patient movement! The last employee injury related to patient movement was on July 15. You have completed more than 90 days towards the next goal of 150 days to be met by Dec. 11. Kudos!

—Sandy Stutzman
Employee Health Services Manager

Many thanks to the following coworkers

for helping with the 2008 Chairman’s Goal Awards celebration: **Cheri Towle and the catering staff, Randy Luebbe, Marty Sullivan, Kevin Goertzen and the rest of the maintenance staff, Katy Martin, Ian Thompson, Mary Scott, Kathy Harrington, Martha Weishahn, Donna Stokes, Connie Bergman, Kristi Felix, Vicki Harsh, Kristin Lommel, Vicki Phillipi, Marla Buresh, Bob Heydon, Stephanie Plummer, Jody Kiner, Sherry Taylor, Mary Ann Schultz and the Telecom staff.** You all helped make this year’s event a huge success. We couldn’t have done it without you!

—Marketing & PR Staff

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.

- October 19** Southwood Men’s Choir
October 26 Sheridan Lutheran Praise Team

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.

Celebrating National Case Management Week Oct. 12-18



(Standing L to R) Julie Willnerd, Kara Merchant, Nancy Hall, Ginn Parks, Sue Koerber, Sue Gerber, Christine Wischmeier, Sally Allamby, Amy Hobza, Lisa Blecha, Sandra Slama, Mary Beth Carlson, Jane Bilau, Tamara Dahlman and Kathy Kuehn **(Seated L to R)** Diana Kluthe, Peggy Reisher and Heather Bartlett-Vanis

National Case Management Week is dedicated to recognizing the significant contributions that case managers make to the quality of patient care. Thank you, Madonna Case Managers and Social Workers, for all you do each day in working with patients, families, teams and external customers to ensure a coordinated patient stay, effective communication, quality outcomes and a smooth discharge.

This week-long celebration serves to recognize case managers, educate the public about case management and increase recognition of the significant contribution of case managers to quality healthcare for the patient, healthcare provider and payor.