50th 1958-2008 Anniversary of Hope and Healing

the INDEPENDENT

A Newsletter for Madonna Employees and Volunteers

www.madonna.org December 1, 2008 402.489.7102

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, Dec. 5.**

Cards made with love at The Arbors

PAGE TWO

Battle for the best Wii™ boxer

PAGE THREE

Madonna case manager plays role of maestro in patient's care

Larry Spurgeon was an active 73-year-old grandfather whose lifestyle changed dramatically following a late-night accident this summer at his home in Centerville, Iowa.

Larry was inspecting his house following a turbulent July 27 storm when a power outage left the house in total darkness. Larry fell face-first down several steps, broke through drywall and landed with his head jammed against the fireplace. The accident caused a C-4 spinal fracture and resulted in Larry becoming a ventilator-dependent quadriplegic. Following hospitalization in Iowa, Larry was transferred to Madonna Rehabilitation Hospital on Aug. 28.

By mid-September, it was determined that Larry's wife, Jan, would gradually assume the role of primary caregiver for her husband. The main goal Larry and Jan established was to get him back into his home in Iowa.

Sally Allamby (right), case manager, confers with Christine Wischmeier, social worker. The two work closely together with the clinical teams to achieve the best patient outcome.

Sally Allamby, Madonna case manager, played a pivotal role in coordinating Larry's patient care to ensure he received quality, yet cost-effective healthcare. Jan was grateful that she didn't have to worry about dealing with insurance companies or financials. "Sally has done so much to make my life easier," said Jan.

CARF, the Commission on Accreditation of Rehabilitation Facilities, requires that a person be designated to coordinate each patient's care. At Madonna, this role is assigned to the case manager, who is generally a registered nurse (RN).

Sally, an RN, has chosen to become certified as a CRRN, gaining expertise in caring for people with physical disabilities and chronic illnesses. Although she doesn't provide direct patient care, her medical background is key in dealing with acute rehabilitation cases. "I'm the resource a patient relies on to get what they need while they're at Madonna," said Sally.

Sally, one of nine case managers on staff, typically handles a daily patient load of 18-20 cases. She enlists the help of coworkers to keep the patient's outcomes at the forefront. "It really is a team effort with myself, a social worker, plus nursing and clinical teams all working together," Sally emphasized.

Monitoring Larry's Medicare days and sharing the updates with Jan was at the top of Sally's list. She also oversaw periodic Medicare reviews to justify that Larry still qualified for care.

Larry also had a long term care policy, which Sally interpreted and acted as the liaison between the insurance company and Jan. "Larry and I have a great amount of confidence in Sally and all the staff," said Jan.

Sally collaborated with social worker Christine Wischmeier on Larry's case. Christine determined that Larry's small town was a barrier for ventilator services, as no branch was close enough to provide a required home visit. The Spurgeon's did have a son who lived in Pella, Iowa, a viable location. Their son offered temporary residency to his parents until the necessary staff could be hired near Larry's hometown. "Through Christine and Sally's efforts, they found the best solution," said Jan.

Larry spent eight weeks on the Long Term Acute Care Hospital following his accident, while Jan logged countless hours in training. "I am so grateful for your patient, fun-loving staff that educated me in the care of my husband," said Jan.

There were also days when Jan simply needed a listening ear and Sally provided it. "Madonna has been our family away from home," Jan said.

On Oct. 29, Larry and Jan transitioned to their son's home. "One of the highlights of my job is the successes—people like Jan being able to take their loved one home," said Sally.

Madonna's Operation Santa shoe and toy drive, Nov. 28-Dec. 14

Here's an opportunity to be Santa's little elf and brighten the holiday for thousands of children in Lancaster county. New unwrapped toys are requested for the drive, and there is also an urgent need for new children's shoes. You may also purchase a gift card to a specific store and include the printed receipt with the card in an envelope.

Drop off sites are located in the main lobby, the Commons' Café and the 52nd Street entrance. Get in the holiday spirit and support this worthy cause that is being coordinated by Madonna's Linen Services employees in conjunction with the Lincoln Action Program.

Madonna nurse shares personal views of financial crisis on NPR

Julie Willnerd, CRNN, director of social work at Madonna, was recently interviewed on National Pubic Radio (NPR) for a series on Marketplace® Money. Julie shared her thoughts on how she and her family are dealing with the current financial crisis.

The Willnerds had used part of their emergency savings to fund two new businesses. They also had an account at Lehman Brothers which was frozen.

"That's money we worked really hard for and the one institution that it happened to be with was the one that the government didn't bail out and that bothers me still a little. And then I remind myself, at the end of the day we'll be OK."

Follow this link to view Julie's story in its entirety: http://marketplace.publicradio.org/display/web/2008/11/21/heres_what_im_doing_willnerd/

Mark Hakel (left) grimaces as his wife, Sara, gets the honor of delivering a pie to his face, while Dan Steinbach looks on with amusement. Mark and Dan were two administrative team members who took a "pie in the face" from Madonna teams who had the highest United Way pledges. Madonna had 160 employees pledge $19,000, surpassing United Way's target for us by almost 27 percent.

Green Team announces recycling sites at Madonna

Plastics can now be recycled at Madonna! Beginning Monday, Dec. 1, 2008, Madonna will begin recycling milk jugs, plastic pop bottles and aluminum cans, in the recycling bins located around the hospital. Locations are as follows:

- Employee Lounge on the Lower Level
- Cafeteria, near the vending machines
- Lounge by the York Room on Acute
- Lounge by the vending room on LTACH
- Education on the Lower Level

Please do your part, and remove the lid from bottles and give a quick rinse to all bottles and cans before you recycle it. Remember, these bins are for recycling, not trash! Put your litter in its correct location.

Thank you to the employee volunteers: Frannie Littrell, Connie Bergman, Paula Ray, Kelly Waggoner, Heather Wemhoff, Ruth Morrow, Sue Koerber, Liz Edwards, Nick Roth, Kristi Felix and Michaella Kumke. These employees have offered to help make this effort possible, and their participation is greatly appreciated! If you would like to become a volunteer, please contact Linda Hippen, ext. 6427.

New 2008 physical activity guidelines

The Federal Government has published comprehensive physical activity guidelines for the first time. The U.S. Department of Health and Human Services (DHHS) has released the 2008 Physical Activity Guidelines for Americans designed to provide information and guidance on the types and amounts of physical activity that provide substantial health benefits for Americans aged 6 years and older. The Physical Activity Guidelines are new because they describe:

- A total amount of activity per week that allows people to design their own way of meeting the guidelines.
- A range of physical activity options that emphasize the more you do the more health benefits you gain. Recommendations for groups such as children and adolescents, adults, older adults, persons with disabilities, pregnant and postpartum women and persons with some chronic conditions.

Developed with health professionals and policy makers in mind, the guidelines are designed to help people realize the many health benefits of physical activity. HHS has developed a toolkit to encourage Americans to be physically active. More information and 2008 Physical Activity Guidelines for Americans materials are available online at http://www.health.gov/paguidelines/.

Source: Nutrition & Activity for Health (NAFH), Nebraska Department of Health and Human Services.

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

Tuesday, Dec. 9
7-10 a.m. OR 4-6 p.m.
In the north Commons Café

Please join us for frittata casserole (egg casserole with ham, green peppers & onions topped with cheddar, mozzarella & bacon), hash browns, fresh fruit, sausage links, Valentino's breakfast pizza, fudge brownies, cinnamon sticks, juice and coffee.

Arbors residents Frances Vergith and Louise Kiner put the finishing touches on their homemade cards. The class was part of the many activities available to residents of The Arbors during the month of November.

A winter alternative for fresh fruit

Consuming fruits and vegetables is easy in the summer when everything is fresh and readily available. What do you do in the winter?

A convenient option is dried fruit. Fresh, dried fruit contains lots of fiber, vitamins A and C, potassium and folate.

Dried fruit is a portable snack and in the kitchen it can be added to salads, pancake batter, bread recipes or a bowl of cereal.

Read package labels carefully. Some dried fruit may contain more calories per serving than fresh and are preserved with sulfite, which can trigger allergic reactions in some people.

Source: American Dietetics Association's Public Relations Team

W-2s headed to mail boxes soon

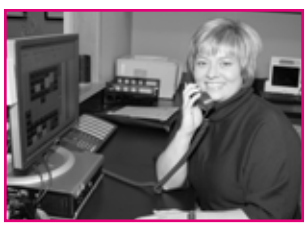
The 2008 W-2s will be issued according to IRS regulation and mailed by January 31, 2009. The W-2 will be sent to your home address. Check the address on your most recent earnings statement to ensure that it is accurate.

If you've had a life-changing event (e.g., marriage, divorce, death of a family member), this could affect your

- withholding status
- emergency contact person or
- the beneficiaries for your life insurance and retirement plans.

Also, if you've had changes to your name, address or social security number, you'll need to complete paperwork to make the changes official. The W-2 mailing process begins before the January 31 deadline, so please contact Human Resources today with any necessary changes.

Employee Focus: *Fun factoids about Wendy*



Wendy Baker
Outpatient Therapy Scheduler
MRH employee for 14 years

1. I enjoy spending my free time with my two daughters… and my husband.
2. My guilty pleasure is watching reality TV.
3. I survived a heart attack at the age of 29.
4. I am from Harvard, Neb., which has fewer people than Madonna's payroll.
5. I love watching football.

Intellection

Examining the Clifton Strengths Finder™ theme

People strong in the intellection theme are characterized by their intellectual activity. They are introspective and appreciate intellectual discussions.

A Madonna employee describes how communication works in his life

submitted by Christopher A. Lee
Director of Rehabilitation Operations

You might have the intellection theme if:

- you have a best friend at work, and it's you.
- you find that you love to engage in lively conversations and debates, but mostly with yourself.
- you love a good workout as long as it's your brain you're exercising.
- you feel a need for mental activity nearly all the time.
- you enjoy spending time alone, being introspective and reflecting on ideas.
- you find yourself working through two-sided conversations in your head as you prepare for meetings.

The real trick to managing intellection is to make it work for you productively, while avoiding the label of "the crazy guy who talks to himself in his office." Following are my suggestions that you can adapt for use with your intellection strength:

- Think through complex issues, and formulate concise explanations, which may help your workgroup better understand the issues.
- Encourage others to challenge your thinking. You will likely be stimulated by the challenge, and gaining new insights from others will enrich your knowledge.
- Set aside time just to think. For those with intellection this is not unproductive time, but where you find yourself solving problems and formulating new approaches.
- Read, summarize and evaluate information for others who may not share your great love of reading.
- Present your thoughts, proposals and analysis to others often. This forces you to fine tune, focus, clarify and defend your thoughts. In simple terms, don't stay in the gym all day. To be productive you need to turn that work in the gym into "real world lifting."
- Consider partnering with an Activator to put your ideas into action. You may need to someone to give you a swift kick in the pants every now and then to get you out of the gym and put the mental muscle you have been developing to work.

Madonna 403(b) Retirement Choice Plan

The Recent State of the Markets and Response to Market Volatility

Who: All Madonna employees

What: Listen to the experts from Smith Barney and Union Bank review the current state of the markets and answer questions regarding market volatility.

When: Friday, Dec. 5
7:10 a.m., 12:10 p.m. or 3:10 p.m.

Where: Agee Room

Track the way to prizes and a healthier you

The wellness quarter is ending in December. Remember to enter your wellness activities into the Health Activity Tracker (HAT). Track your wellness participation for a chance to win fabulous prizes! A prize drawing will take for participants that have a total of 850 points entered into the HAT by Jan. 6.

How can you enter? Go to the Wellness Healthy Habits link on Madonna's Intranet and click on On-line Health Activity Tracking System. Enter your User ID and Password initially provided in your Health Risk Assessment packet (distributed in August). Click on "Report Activities" located in the top right corner and start entering your wellness participation. Need help logging onto the HAT? Contact Brittany Baack at bbaack@madonna.org or ext. 8611.

Wellness program impacts employees

A whopping 97 percent of 773 participating Madonna staff gained awareness from the "Get In the Game Season Training" program. The Fit for Work team offered live events ranging from stadium foods to strength training and sugar-free margarita tasting. Smarter lifestyle choices as a result of the live presentations were reported by 78 percent of the staff.

Additional challenges were completed by 124 staff members. Physical activity and nutrition-related challenges were included that impacted a different segment of being a football fan in peak season condition. Challenge results were reported on increased stair steps, "beverage" calories during a football weekend and more. Again, 97 percent of participants reported learning more from the mini events, and 75 percent reported making changes during or after their participation in the challenges. Thanks to all the staff who participated in the fall program.

Get your Goal Awards encore celebration tickets

Tickets are still available for the 2008 Goal Awards encore celebration. The event will be held 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 event in a festive, holiday atmosphere. Desserts and refreshments will be provided.

Jeromie Meyer is one of four 2008 Goal Award honorees.

Seating is limited, but Madonna employees have the first opportunity to reserve their **FREE** ticket to this event. To get your ticket, contact Nancie Ninneman in Marketing & PR at ext. 6891, or by e-mail, nninneman@madonna.org.

Give the gift of life

The Community Blood Bank will stop at Madonna's main campus on Thursday, Dec. 18, from 8 a.m.-1:45 p.m. To schedule a time to donate, please contact Jim Fry at ext. 6405 or jfry@madonna.org

Get ready to rumble

It was the boxing match of the century between Madonna employees Tonia Sohrweid and Lily Green. Tonia and Lilly battled each other in three rounds of Wii™ boxing on Friday, Nov. 21. The boxing matched was a unique way to get employees excited for the Madonna Chili and Soup Cook off. Congratulations to Tonia Sohrweid on your excellent boxing skills!

> CALENDAR

Dec 1 **NEO Week 1**

Dec 3 **Beginning Excel**
1-4 p.m.
Call 6507 to register

Dec 4 **Hospital Acquired Pressure Ulcer: Making the Connection** (teleconference)
10 a.m.-2 p.m.
Agee
Call Sharon Balters at ext. 6396 to register

Goal Awards Encore Event
6:30-9 p.m.
Ross Media Arts Center
Call 6891 for tickets

Dec 5 **Outlook Web Access**
9-10 a.m.
Call 6507 to register

Dec 6 **Joint & Soft Tissue Mobilization for the More Medically Complex Patient**
6 CH for IP OT/PT
9 a.m.-4 p.m.
Main Therapy Gym
Register with cont. edu form

Dec 8 **Intro to the Interdisciplinary Care of Spinal Cord Patient**
4.25 CH
8 a.m.-12:30 p.m.
Sheridans
See your supervisor to register with cont. edu form

Dec 9 **Employee Christmas**
7-10 a.m. or 4-6 p.m.
Sheridans

Dec 10 **Intro to Strengths Finder**
Agee
Call 6406, 6550, 6476 to register for a time

Dec 11 **Blood & Medical Assist**
Agee
Call 6406, 6550, 6476 to register for a time

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.

Dec 7 Union College Men's Choir
Dec 14 Madonna Melodians

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.

> WAY TO GOs

Way to go to **Amanda Cooper** for passing the Registry Respiratory Therapy exam. You are a real asset to the team and an outstanding advocate for the patients you serve. Congratulations on your accomplishment!
—Jim Pelton and Joe Rush

Thank you to the **PACE team** for responding to our recent calls. Your input, whether changes are made or not, helps to assure us that we are doing all we can to meet the patient's needs. Our patient's are then able to get the most out of their rehab program. We appreciate your support!
—The 1 Center Nurses

A special "way to go" for the **Madonna Laboratory Team**—thank you for a fantastic debut at your first Madonna chili and soup cook off. All of you went above and beyond to make the event fun and even though we did not win, you are all winners to me!
—Patty J. Eschliman
Laboratory Manager

The Madonna Foundation would like to thank **Mark Hakel, the Chili Cook-off Committee and all the creative teams** for your hard work in making this year's event such a success. You are the heart of Madonna! It's great to see so many people come together for the benefit of those in need. Congratulations to the winning teams and all the participants—you're all winners in our book.

We also would like to take the opportunity during this season of thanks to express our gratitude for the hospital's support of the 50th anniversary capital campaign. The Madonna Family's response was the largest in the history of the hospital. Your support truly makes a difference in the lives of those we are all privileged to serve. Thank you!
—Bob Campbell, Suzanne Sughroue, Katie Graff, Sherry Taylor, Jody Kiner and Sue Carraher

Way to go to **Wendy and Mark Charlton, Linda Ohnoutka, Caitlin Schumacher, Jessica Madsen, Danica Harris, Holly Glenn, Lisa Simmons, and Ronda Berlowitz** for helping with the Madonna Magic Conference games. Thank you for the effort you gave to help make the games a success!
—Katy Martin and Ian Thompson

Flu vaccinations hit record high

Madonna hit a new record with 761 employee flu shots given to date. This translates to a 52 percent participation rate out of Madonna's 1,484 employees. The goal is to have 57 percent participation. Flu shots will continue to be given as long as vaccine is available. Call Employee Health at ext. 6413 if you haven't been immunized.

Way to go to the **Chili Cook off committee!** Because of your commitment to the value of the St. Benedict Fund and many, many months of hard work, the rest of us enjoyed a fun evening of camaraderie and good chili and soup (plus Miller and Paine cinnamon rolls, great deserts and drinks…) I especially want to thank **Mark Hakel, Dan Steinbach and Sara Hakel** for their hard work and leadership. And kudos to the rest of the Chili Cook off team: **Tim and Jennifer Bausch, Sue Brandl, Jennifer Ehmke, Kenee Fox, Sheila Folsom, Lily Green, Kathy Harrington, Jennifer Hoebelheinrich, Kim Howard, Michaella Kumke, Randy Luebbe, Molly Nance, Deb Rima, Mary Scott, Marcie Stoner, Carrie Stratman and Ian Thompson.**
—Marsha Lommel
Madonna President and CEO

Way to go **Long Term Care!** VAU won best chili and Extended Care team won best booth! Thanks to all of the VAU staff for making my transition to manager a positive experience. I have a great team!
—Donna Haney
Assistant Director of Nursing LTC

Congratulations and a big thanks to all of the **Long Term Care staff** for a successful state survey re-visit. Thanks to everyone for improving the lives of our residents.
—Melody Gagner
Director of Nursing, Extended Care

Keyboards and mouse: *spreading germs*

Outbreaks of the norovirus, which accounts for more than 90 percent of stomach flu outbreaks in the United States each year, have been linked to contaminated computer keyboards and mice, according to a report by the U.S. Centers for Disease Control and Prevention (CDC).

"There is evidence that shared objects and surfaces help transmit disease," said Dr. Shua Chai, a CDC epidemiologist. "This is the first time that we have demonstrated that keyboards and computer mice can be a source of transmission of norovirus."

Another study published in Infection Control and Hospital Epidemiology also found germs were widespread on computer keyboards. Twenty-five computers from the University of North Carolina's (UNC) burn intensive care unit, cardiothoracic intensive care unit and six nursing units were tested for bacteria. The researchers found that EVERY computer keyboard was contaminated with two or more microorganisms.

What can you do to protect yourself? Washing your hands regularly with soap and water is still one of the best defenses. Routinely disinfecting your computer keyboard and mouse by wiping it down is another excellent way to reduce the spread of disease.

Source: Six-Wise.com