

the INDEPENDENT

A Newsletter for Madonna Employees and Volunteers

www.Madonna.org

March 20, 2009

402.489.7102

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 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, March 27.**

Anne Stalker's rewarding experience at TherapyPlus



PAGE TWO

Madonna employee as a patient



PAGE THREE

Teen steers life back on track, completes GED

The rock band, The Eagles, sang about *"Life in the Fast Lane,"* but Crista Hudson lived it. The 19-year-old from McCook, Neb., was a good student, but slowly drifted from her old friends during her junior year and began partying with a completely different peer group. She eventually dropped out of McCook High School near the end of her senior year. "I really had no focus in my life and was more out of control than in control," said Crista.

One bad decision in the early hours of a winter morning brought Crista's carefree life to a screeching halt. On Dec. 1, 2008, after drinking with friends, Crista got behind the wheel of her car. She set the cruise control at 85 mph and began the drive to her boyfriend's house in Colby, Kan. Crista fell asleep at the wheel around 2 a.m., losing control of her vehicle and rolling it three times before landing upside down in a ditch. She lay trapped in her vehicle in the subzero temperature until 7 a.m., when two women passed the accident scene on their way to work and called 911.

Crista was lifelifted to Swedish Medical Center in Denver, Colo., where it was determined she suffered from hypothermia, a fractured wrist and a spinal cord injury that left her paralyzed. Metal plates were surgically placed in the young teen's body, including her wrist, collarbone and neck.

Her mother, Wendy Brown, was at work when she got the news of Crista's accident. Wendy wouldn't learn the extent of her daughter's injuries until she arrived at the hospital. "The accident changed our entire family's life overnight," Wendy shared. Crista remained in the Denver hospital until she gained enough strength to transition to Madonna Rehabilitation Hospital on Jan. 7.

After the accident, Crista's outlook on life

changed. "I felt motivated to get my life back on track," she said. Crista established therapy goals, but also, encouraged by her mom, set a goal to earn a high school diploma.

Crista had started working on her GED (General Educational Development), tests last summer in McCook. Nova Adams, therapeutic education coordinator at Madonna, got the ball rolling again for Crista by contacting the Nebraska State Department of Education. Crista devoted three Saturdays at Madonna to her final exams.

Vicki Bauer, state director of adult education, said Crista was a very determined young woman.

According to Vicki, two of those Saturdays, Crista wasn't feeling well physically, but insisted on finishing. "Crista's final GED scores put her in what would be considered the top ten percent of her class," Vicki stated. "Keep in mind, only 40 percent of seniors who attempt the GED pass it the first time," added Vicki.

On Tuesday, March 3, Crista's therapy team held a graduation ceremony, complete with music, cap, gown and cake. Vicki presented the diploma to her beaming student. "I had a lot of regrets about not graduating with my class, so this feels great!" shared Crista.

As her life shifts gears, Crista's future looks bright. She scored a 26 on the ACT college entrance exam and plans to apply to Kansas State University. She's also considering publicly sharing her story.

"If she could impact even one child, that would be enough," said her mother. Crista says teens think they're invincible. "I would give back all my partying to be able to walk again," said Crista, her arms resting on her wheelchair. "The accident robbed a lot from me, but taught me what's important in life."



Crista celebrates her graduation day with Madonna staff. Shown L-R (Front row) Kathy Malcolm, Crista, Diane Ulmer, (Second row) Nova Adams, Su Wang, Sharon Balters, Fara Cox, (Back row) Starla Schleicher, Mat Frazier and Maurice Seymour.

"The accident robbed a lot from me, but taught me what's important in life."
—Crista Hudson

Former Madonna patient to give a Grand Rounds presentation

"Your name is Danielle Rush. You were in a car accident on November 25, 2005 and received a traumatic brain injury. You are at Madonna Rehabilitation Hospital in Lincoln, Nebraska."

The words scrawled on a piece of paper were written by Jerre Rush to her 14-year-old daughter—a daughter who excelled at sports, was extremely focused in her school work and who had a plethora of friends. When they arrived at Madonna on Dec. 13, 2005, the girl in the hospital bed had an extremely limited attention span and was disoriented to her environment. With gratitude in their hearts that Danielle survived the accident, the Rush family from Bendena, Kan., still suffered a loss. Danielle would never be the same. Despite frustrations, the family found hope in their faith and in their belief that the team of nurses, therapists, doctors and clinical experts working with Danielle could help her overcome obstacles.

Not quite four years after the accident that



compromised Danielle's relationships and caused great suffering, the high school senior will return to Madonna to give a Grand Rounds presentation titled, "Finding Meaning

in Suffering." Appropriately, her talk will be given on Friday, April 10—Good Friday. In her presentation, Danielle explains her journey to and through suffering and the integral role every person is called to assume in helping others overcome their suffering.

The presentation will begin at 12:15 p.m. in the North Commons. Following the presentation and question and answer period, a special sneak preview of the 2009 Goal Awards video documenting the process of rehabilitation will be shown. All Madonna employees are invited to attend.

Therapists awarded advanced credential

Madonna certified respiratory therapists (CRTs) Amanda Cooper, Kathryn Davison, Michelle Schwab, Rodney Smith and Dawn Yanks recently achieved the Registered Respiratory Therapist (RRT) credential. The National Board for Respiratory Care awards the Registered Respiratory Therapist (RRT) credential to CRTs who have graduated from advanced programs and passed both a written and a clinical simulation examination. Congratulations to these therapists who juggled work, home and school commitments to reach their goal.



Congratulations to respiratory therapists Rodney Smith, Michelle Schwab, Dawn Yanks, Amanda Cooper and Kathryn Davison, who recently passed the registry exam for respiratory care.

Challenge update

We are two months into the Lifestyle Challenge, and the competition is getting fierce!

The top 10 physical activity teams are Repeat Offenders, Kegel, 100% Fat Free, For The "Health" Of It, Winter Mix, Wicked Kitties, Up Chucks, Fatty Patties, Pharmacy Pholks and Waisted Aweighs.

The top 10 weight loss teams are Belly Busters, Repeat Offenders, Problems Or Solutions, Up Chucks, The Eliminators, Shape Up, Waisted Aweighs, Kegel, Pharmacy Pholks and the St. Jane Joggers.

Monthly results are posted on the Wellness Bulletin board outside the Commons Cafe, in the Employee Lounge, outside Employee Health, and in the trainer's room at ProActive. The final check-in event is April 8, from 7:30 a.m.-1:30 p.m. at Main in the Sheridan Rooms and 2:30-3:30 p.m. at ProActive.

Ten reasons to donate blood on March 26

1. Blood transfusions save lives.
2. There is no substitute for human blood.
3. Every three seconds, someone needs a blood transfusion.
4. Approximately 60 percent of the population is eligible to donate blood, yet less than five percent do.
5. A pint of blood, separated into components, can help up to three people.
6. You will make your community a safer place.
7. Donating fulfills your desire to "give back" to the community.
8. You will receive a mini physical. (blood pressure, temperature and iron level)
9. You will learn your blood type.
10. It's safe, simple and saves lives.

Requirements: Must be 17-years-old (16-year-olds can donate with written permission of parent or guardian, weigh at least 110 pounds and be in overall good physical health.) A well-balanced meal is recommended within four hours of donation. Valid identification such as a driver's license, passport or social security number is required.

The Community Blood Bank Mobile will be at Madonna March 26, from 8 a.m.-1 p.m. in the south 3-11 parking lot. Call ext. 6413 to reserve your spot.



Physical Therapist Patricia Walker shows a young student how the Wii® is used in rehabilitation at the "Brain: The World Inside Your Head" exhibit at the Strategic Air and Space Museum. Madonna is a sponsor of the event and is hosting hands-on activities each weekend through March in recognition of Brain Injury Awareness Month.

TherapyPlus patient pleads "no contest" when it comes to great care



While assisting a colleague with a furniture move in January 2009, a table dropped on Anne Stalker's foot. "I'm not really sure if I dropped the table because I hurt my back or if in dropping the table I wrenched my back," Anne said. "I could hardly walk, and as days went by it only got worse. I wasn't sure if I could make it from my car in the parking lot into my office, it was that bad," she added.

As a civil clinic assistant, Anne works closely with administrators and students at the University of Nebraska-Lincoln's College of Law. Her responsibilities keep Anne moving between her desk and various areas of the office for filing. After the injury, she found it difficult to keep her focus. "I had to keep getting up to move, even though it was painful because it hurt for me to sit for very long lengths of time. Soon, I realized that I was thinking more about the pain than about my work," Anne explained.

For the busy mother of two teenagers, there wasn't time for Anne to slow down, but when she found herself crawling to her closet one morning to get her shoes, Anne recognized that the pain had become unmanageable.

Anne's doctor recommended physical therapy. She knew she was going to choose Madonna TherapyPlus. Not only was one of the four clinics located in her neighborhood, but she'd also had a great experience there several years earlier when she received rehabilitation after a car accident. She knew the scheduler at the northwest clinic would work to get her in quickly and that she could set her appointment times around her work schedule.

"My therapist worked with me on stretching and strengthening," Anne said. "I remember I could barely even walk in for my first appointment, but by the end of that first session, I was having significantly less pain. After only two weeks, my pain was gone!" Anne recalled. "I felt even better than I did before the accident."

Anne knows what it takes to build a great case for court. And when it comes to testifying about great outpatient services after a work injury, Anne says it's Madonna TherapyPlus, no contest.

Employee Focus: Fun factoids about Drew



Drew Osborne
Fitness Trainer, Madonna ProActive
MRH employee for 6 months

- 1 My favorite genre of music is classic rock.
- 2 I'm a sushi nut.
- 3 My favorite book is *1984*.
- 4 To relax I enjoy running (or having a cold brew).
- 5 My favorite movie of all time is *"The Godfather."*

Buying, selling, posting: clarifying Solicitation OD

Madonna's Solicitation OD#408, relating to non-work-related activity:

- Establishes procedures for requesting solicitation, distribution, raffles and surveys at Madonna
- Ensures coordination and communication with the Madonna Foundation to prevent conflict with Foundation activities
- Provides a work environment with a minimum of disruption

Solicitation or distribution within an employee's own department may be allowed with a request by the employee to his or her manager. The employee request to solicit or distribute form (form PERS290) is available on the intranet.

For facility-wide solicitation or distribution, send a written request to Lou Ann Manske, director of human resources. The Madonna facility-wide request for solicitation, fund-raising or raffles sale (form PERS297) is also available on the intranet.

Facility-wide posting of non-work related employee solicitations or distributions concerning sales or purchase of non-work related products, personal items, tickets or fund-raising for charitable causes is allowed in the classified ads section in Outlook for up to one week. Postings must not be offensive or encourage illegal, inappropriate or unprofessional conduct. Pre-approval is not required for these postings.

Inappropriate postings on Outlook or throughout the facility will be removed. Examples of inappropriate solicitations are: Emails to "Everyone" selling products, personal items or tickets, asking others to write their legislators about a non-Madonna sponsored topic, or other similar requests are not allowed. Only departmental solicitation, upon manager approval, is permitted. Employees may post personal sales on the classified section in Outlook.

Communication regarding retail store discounts, special shopping days, etc. are not to be posted on bulletin boards, in *The Independent*, through e-mails, intranet or via fliers. Refer these requests to the Human Resources director for review.

It is inappropriate to advertise classes or other services offered by employees or external parties. You may post these on the Outlook classifieds or in your own department with manager approval.

For questions regarding your department's procedures, contact your department manager. Refer to Madonna's Solicitation OD #408 for details.

Madonna employee shares experience as patient

Since January 2008, Kipp Ransom, neuropsychology counselor at Madonna Rehabilitation Hospital, has been fighting a determined foe — staph infection. What started out as a minor skin irritation on his left elbow progressed to an open wound, requiring five surgeries by June to irrigate and debris the site. His doctor used different weapons: powerful oral antibiotics, IV antibiotics, even a PICC line to continuously deliver medicine near the infection site.

Though the wound showed signs of improvement, it never completely healed. In November while hunting, Kipp noticed his elbow getting more swollen and red. The next day, the skin split into a long, open gash. After initial treatment, Kipp and his physician planned a new strategy to defeat the stubborn infection by using a rare type of skin flap surgery. On Dec. 27, Kipp's arm was surgically attached to his side.

"I thought I'd be able to manage at home, but the pain was too severe and the way my arm was set toward my back made transfers very difficult," Kipp said.

On Jan. 3 of this year, Kipp admitted to Madonna's LTACH unit for help with medical management while his arm was healing.

Kipp said his care was excellent, and he didn't notice special treatment because he was an employee. "Everybody on the unit was treated well, whether an employee, or not. Although it was frustrating being a patient, people came in to visit and that helped take

my mind off the limitations." Kipp said he looked forward to the evening visits from his wife Angie and their son, Cade, but the time was short and he missed being at home.

After two weeks on LTACH, Kipp needed to return to BryanLGH for another surgery. The sutures on the flap attachment had pulled loose and required re-suturing.

"Nobody from BryanLGH or Madonna had seen a flap like this. It's unusual. But, no one acted surprised. I'm not sure how the sutures came loose because everyone was very careful with the transfers.

They had to be confident. If someone wasn't comfortable with transferring me, I asked them to find someone who was. The Madonna staff was great."

Kipp had his last surgery on Jan. 29 to remove his arm from his side and cast the arm while the flap continues to heal. He discharged home on Jan. 30 and has returned to work. As of Feb. 16, Kipp has had a total of nine surgeries over the past 14 months.

When asked about what he thought of his experience as a Madonna patient, Kipp replied, "I grew. I learned once again what it's like to be a patient after 22 years. How important friends and family are. I wanted to get back to normalcy and get back to my job. It was a humbling experience, but in a good way. I'm very thankful for the excellent care, cards, meals and staff members who stopped by to visit."



Madonna counselor Kipp Ransom helps motivate patient Tyler Hockett during a physical therapy session.

Tech Tots: an adaptive toy lending library

Toys are useful in developing gross and fine motor skills, as well as cognition, language and social skills in children. Madonna Rehabilitation Hospital, in collaboration with United Cerebral Palsy, operates an adaptive toy lending library.

The Tech Tots lending library provides adaptive toys and devices to children with developmental and physical disabilities. Michelle Wiggins, OTD, library curator, explained the library is open to the community. Parents and children can visit the library together to explore and decide which toys suit the child best. Toys are checked out on a short-term basis, free of charge and cleaned after each check-in.

Tech Tots can especially benefit children with limited use of arms, inability to communicate, early intervention services and unique sensory needs. There are a variety of unique toys designed to fit each specific child's needs. "We have several switch-activated toys for children with very little motor coordination," said Michelle.

Play is the most important "work" explored by children of all abilities. As children engage in play, they practice and master specific physical, emotional and creative skills necessary for interacting in the world

around them. For more information about Tech Tots call, 402-486-8617.



Ashley Briere works on her visual skills with a tech tots game during her therapy session with occupational therapist Michelle Wiggins.

> CALENDAR

- March 23** **Marsha University**
8:30 a.m.-1 p.m.
Agee
- March 24** **Adolescent Considerations During Rehabilitation**
10-11 a.m.
Sheridans
- March 25** **Marsha University**
8:30 a.m.-1 p.m.
Flanagan
- March 26** **Continuity of Care Breakfast: Are you ready?**
Doug Abilberg
Sheridans
- Intro Outlook**
1-2 p.m.
- Outlook Calendar**
2-3 p.m.
- CPR Certification**
9:30 a.m.
Agee
Call 6550 or 6476 to register

"Books are Fun" Book Fair

April 2 and 3

8:30 a.m.-3:30 p.m.

North Commons

**All proceeds will go to the
Therapeutic Learning Center*

Saluting our physicians: Doctor's Day, March 30

Thanks for your daily support and dedication to physician services, patients, families and Madonna staff. Without your medical expertise, the patient success stories would not shine so bright on the walls of Madonna.



[L to R] Dr. Andrew Bohart, Kelly Thelen, APRN, Dr. Magda Beauchamp, Dr. Eric Hartman, Dr. Wenjia Zeng and Dr. Paul Krabbenhoft

Individualization

Examining the Clifton Strengths Finder™ theme

Your Individualization theme leads you to be intrigued by the unique qualities of each person. You are impatient with generalizations or "types" because you don't want to obscure what is special and distinct about each person. Instead, you focus on the differences between individuals. You instinctively observe each person's style, each person's motivation, how each person thinks and builds relationships. You hear the one-of-a-kind stories in each person's life.

This theme explains why you pick your friends just the right birthday gift, why you know that one person prefers praise in public and another detests it, and why you tailor your teaching style to accommodate one person's need to be shown and another's desire to "figure it out as I go."

Because you are such a keen observer of other people's strengths, you can draw out the best in each person. This Individualization theme also helps you build productive teams. While some search around for the perfect team "structure" or "process," you know instinctively that the secret to great teams is casting by individual strengths so that everyone can do a lot of what they do well.

A Madonna employee describes how Individualization works in her life

submitted by Nancy Hall

Outpatient Social Worker/Case Manager

A former supervisor here at Madonna once said that the Individualization theme was the perfect description of the outpatient social worker. Many of my daily tasks here point out the special, unique characteristics of our patients. Their specific interests, vocations, learning styles and family involvement all blend together to personalize each patient's special care plan. Being able to share this information with the treatment teams helps produce better outcomes and greater customer satisfaction. Likewise, recognizing the specific strengths of my team members helps me appreciate their expertise and cheer their successes.

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.

March 22 St. Paul's United Church of Christ

March 29 Silvia Griffin

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.

Go Red efforts boosted by purple power

Cardiovascular disease is the no. 1 killer in Lancaster County, but individuals and businesses across Lincoln are working with the American Heart Association to overcome that statistic. On Friday, Feb. 13, 2009, the fifth annual Go Red for Women luncheon was celebrated in Lincoln. A luncheon and silent auction, which raised \$30,000, will provide much needed financial assistance for women's heart health research, education and community service programs in the Lincoln area. For the fifth year, Madonna Rehabilitation Hospital was a silver sponsor of the event.

Planning is already underway for next year's celebration. Madonna will have key roles in the development and message at the 2010 event. Linda Sullivan, director of referral relations and sales at Madonna, will be co-chair alongside MaryJo Gillespie. Additionally, Michelle Welch, RD, LMNT, with Madonna Fit for Work will offer the keynote address. With Michelle's quick wit and unstoppable energy, the audience is sure to leave feeling enlightened, educated and energized as they set out as stewards of good heart health.

If you are interested in bringing your talents to this committee, please contact Linda Sullivan at lsullivan@madonna.org or ext. 6010.

Grand Island to host brain injury conference

The 3rd Annual Nebraska Brain Injury Conference, "Strengthening Connections," will be held April 30-May 1, in Grand Island, Neb. Three Madonna employees will be presenting at the conference including:

- "Neurological Vision Rehabilitation" by Brooke Murtaugh, OTD, OTR/L
- "Neurological Vision Rehabilitation" and "American Academy for the Certification of Brain Injury Specialists (AACBIS) Training," by Judy Harvey, MS, CCC, SLP
- "The Role of Pediatric Neuropsychology Following Brain Injury" by Paula Ray, Psy.D

The purpose of the conference is to identify Nebraska resources and treatment options available to individuals who experience brain injury and their families. The conference is arranged and supported by the Nebraska Traumatic Brain Injury Advisory Council.

For more information call toll-free 1-888-806-6287 or register for the conference online at <http://www.braininjury.ne.gov>.

Watch for upcoming sales of \$1 Jeans Day tickets (good for March 31) in the Commons area, or contact Lori Terryberry-Spohr, ext. 6809 to purchase a ticket. All proceeds will go toward funding the new brain injury activities area on 1 East.