

A Newsletter for Madonna Employees and Volunteers

#### www.madonna.org

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.

Volleyball

for Madonna

nurses

Jake Kearney uses an exercise ball to

strengthen his back during a session

with Janelle Hansen, physical therapist.



Employee appreciation barbeque



Patient regains mobility



#### Teen takes small steps to regain independence

ake Kearney shook his head slowly, "Wow, I never thought I'd have to learn to walk again." But that's exactly what the 19-year-old from Valley Falls, Kan., faced following a traumatic Feb. 23 accident that severely injured his spine and brought him to Madonna Rehabilitation Hospital.

Jake and two high school friends, Hannah and Cameron, were out for a Saturday evening drive in Jake's Toyota pickup on a county road south of town. Suddenly, his truck hit a soft shoulder and the wet ground sucked the

wheels under. The pickup rolled and struck a utility pole. None of the trio were wearing seat belts. Both Jake and Cameron were knocked unconscious, but Hannah was able to call 911 on her cell phone.

Back in Valley Falls, Jake's parents, Rex and Renee, heard the accident report come over the police scanner. "I tried reassuring myself that it wasn't Jake and his friends, but we got a call confirming it," said Renee. The young adults were transported to Stormont-Vail Regional Health Center in Topeka, Kan., where Hannah was treated and released. Cameron wasn't as

fortunate; he died as a result of his injuries. "I lost my best friend," said Jake quietly, struggling with his emotions.

Jake remained at Stormont for two days with a head gash, concussion and broken collarbone. He was released a few days later and visited his chiropractor to relieve nagging back pain. The doctor noticed his spine was out of alignment and rather than perform an adjustment, suggested Jake get an MRI. A return trip to Stormont for the scan revealed two compression fractures in his spine. Jake opted for surgery to rebuild the damaged vertebrae. Post surgery, he was faced with intense pain and one morning his legs became immobile. Doctors again put Jake under the knife to remove fatty tissue that had swelled and was pressing on his spinal cord.

By March 19, Jake had gotten movement back in his feet and transitioned to Madonna for rehabilitation. Jake said "My first evaluation was just pathetic; I scored so low." It was a simple decision to make walking his number one goal.

May 16, 2008

Jake had misconceptions about therapy. "I thought I'd just be doing boring exercises," he said. His beginning therapy consisted of the basics of standing, but eventually included technology like the Body Weight Support Treadmill. "That was hard for me at first, but

felt much easier the second time around," Jake recalled. "My mind set was I was going to walk and this was helping me," he added.

The voc-tech college grad had a therapy program tailored to his occupation as an electrician. "The therapists were awesome and challenged me," said Jake. He relearned to climb a ladder, which is something he does frequently in his profession.

Jake also worked with speech therapist Ricque Harth. Jake's vocal folds had been affected following his surgery giving his voice a quiet, hoarse sound. "We worked on exercises to increase his vocal fold

movement," said Ricque. He progressed to where he could talk from 20 feet away without difficulty. Ricque told Jake to be patient with the hoarseness as it takes time for vocal folds to heal.

Jake and his family could see his significant improvements by his dismissal on April 18. Rex commented, "He climbed a big mountain and we've seen a lot of success at Madonna." Jake shared that Madonna physical therapist, Kristy Britten, said she knew he was ready to go home when he walked and opened the door for her after a therapy session.

The accident changed Jake in many ways. "Life is very fragile; I am never going to take it for granted," he emphasized. Jake said it was the small steps at Madonna that led him back to his family and friends in Valley Falls.

#### Madonna Angels Society Dinner honors Angie Muhleisen

n Friday, May 9, under the glowing stage lights of the Lied Center of Performing Arts, over 150 guests gathered to honor the many angels who support Madonna Rehabilitation Hospital at the annual Angels Society Dinner.



The evening included a spectacular dance performance by Troika Ranch, illuminating how art and science blend together

in rehabilitation research. In addition, both Sen. Ben Nelson and Lt. General (ret.) Roger Lempke spoke of the life affirming rehabilitation programs Madonna provides to thousands of patients each year. Recently, Madonna gained a partnership agreement with the Veterans Administration, enabling dozens of wounded soldiers to access Madonna's brain injury evaluation and treatment programs.

The 2008 Crystal Angel Award was presented to Angie Muhleisen, President of Union Bank and Trust and long-standing member of Madonna's Board of Directors.

Former Crystal Angel Award winner Margie Donlan presented the award, stating, "When community members think of Angie Muhleisen,



words like dedicated, positive, community-concious, team builder, and most of all – humble – come to mind. This energetic woman has infused the Lincoln community and beyond with her quiet brand of leadership, her grace under pressure and her hope for a bright future."

Both the Madonna Rehabilitation Hospital Board and the Madonna Foundation Board have benefited from Angie's leadership over the past 15 years. Her expertise and guidance have helped Madonna grow into a regional

(continued on page 3)

# Madonna nurses bump, set, spike!



National Nurses Week activities included a volleyball tournament held at Madonna ProActive on May 4. Six teams participated and the champion trophy was awarded to the Wood Chippers, a team from the Woods House. Runner-up honors went to the ARU All-Stars and second runner-up was the LTACH Popstars.



Wood Chippers champion volleyball team: **Back Row:** Shannon Collins, Brad Bernadt, Shane Maloley, **Front Row:** Amanda Willits, Danyelle Scott, Jamie Maloley, Cassie Steele

## Winter is over – no more chillin'... so it's time to do some grillin'!

The Employee Appreciation Team is hosting a barbeque.

Thursday, May 29, 2008 11 a.m. – 1:30 p.m. OR 4:30 – 6:30 p.m.

North Commons Café



Come feast on hamburgers, veggie burgers, chips, pop, cookies and fresh fruit.

Make plans to get together and celebrate!

#### Includer

Examining the Clifton
StrengthsFinder<sup>TM</sup> theme

**CC** tretch the circle wider." This is the philosophy around which you orient your life. You want to include people and make them feel part of the group. In direct contrast to those who are drawn only to exclusive groups, you actively avoid those groups that exclude others. You want to expand the group so that as many people as possible can benefit from its support. You hate the sight of someone on the outside looking in. You want to draw them in so that they can feel the warmth of the group. You are an instinctively accepting person. Regardless of race or sex or nationality or personality or faith, you cast few judgments. Judgments can hurt a person's feelings. Why do that if you don't have to? Your accepting nature does not necessarily rest on a belief that each of us is different and that one should respect these differences. Rather, it rests on your conviction that fundamentally we are all the same. We are all equally important. Thus, no one should be ignored. Each of us should be included. It is the least we all deserve.

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

submitted by Beth Danek, registered nurse

"Being an includer means no one should be left out of the group—ever. I tend to either avoid being in an exclusive group or try to somehow bring groups together. My belief is that everyone has something to offer. I look for ways to help people find their place within the group. I feel terrible if I think I may have overlooked someone."

#### Campaign update

Madonna's Foundation is pleased to announce they've raised \$5,280,050 of the \$8.5 million goal. The employee campaign has raised more than \$300,000 of its \$400,000 goal.

#### Employee Focus: Fun factoids about Angie



- 1 I enjoy kicking people's "buns" in class!
- 2 I am listed in the Nebraska girl's state basketball records for career scoring and rebounding.
- 3 I am 100% Czech and proud of it!
- 4 I enjoy participating in triathlons.
- **5** I love outdoor activities fishing, boating and camping.

Angie Farnik, ProActive Aquatics Manager, MRH employee for a year and a half

#### Retirement Choice 403(b) Plan Investment Changes

he Retirement Choice 403(b) Plan Committee monitors the mutual fund choices available in the plan with the assistance of Smith Barney on a regular basis. They oversee and evaluate issues such as performance, diversification, investment style, style overlap, volatility/risk, management changes and fees. They want to be certain that the investment alternatives offered under the plan continue to be reasonable, appropriate choices that complement each other.

Based on this evaluation of funds, effective on or around May 15, 2008, the following changes will occur:

- 1. Franklin Balance Sheet will be replaced with Sentinel Mid Cap Value Fund.
- 2. Fidelity Advisor Freedom Funds will be a new option available as an investment fund

Sentinel Mid Cap Value Fund seeks longterm capital appreciation. The Fund seeks to achieve its objective by investing in small to medium capitalization companies that appear to offer above average growth potential at an attractive price.

Fidelity Advisor Freedom Funds are life cycle funds, offering a group of mutual funds in a single fund along with the added benefit of professional asset allocation. Using a mix of stocks, bonds and short-term Fidelity Funds, the Freedom Funds series invest more aggressively when you are younger and retirement is further away. The fund automatically becomes more conservative as you near retirement.

No action on your part is necessary if you currently invest in the Franklin Balance Sheet Fund. Participants already invested in the Franklin Balance Sheet Fund will have their balances automatically rolled to Sentinel Mid Cap Value Fund on or around May 15, 2008.

If you would like to make changes to your allocation, or add the Fidelity Advisor Freedom Funds to your investments, please visit the Web site at www.ubtrust.com or call the TrustStar line at 323-1696 to access your account and implement fund transfers. If you change your investment election and/ or allocation of balances, remember to look for confirmation in the mail within five to ten business days after the change is made. Contact Union Bank if you do not receive a confirmation of any changes you make or if the confirmation you receive does not reflect the changes you intended to make. Any questions regarding the Web site or TrustStar line, contact Tim Ashton at Union Bank at 323-1746.

Please direct questions to Madonna's investment consultants, Nancy Foltz or Sue Hahn at Smith Barney, 474-2400.

Prospectus' and additional fund information are available in the Human Resources office. Please consult the prospectus before making any investment.



# Straight from the hard hat...

he hallways at Madonna should be a bit quieter now as Sampson Construction workers will be focusing on finish work in several areas.

- The new flooring in the Commons area is being laid.
- Completion of the living room area by the east elevators is expected to take two weeks.
- A salt water aquarium is in place by the east elevators and should be completed in the next two weeks. "We've contracted with Reef Tectonic, Inc. to maintain the aquarium and it will be a very unique addition," said Dan Steinbach, director of facilities management. He said the aquarium will house exotic, colorful fish (no carp or bluegill!), lush plants and coral.
- A temporary ATM will be installed by the Therapeutic Learning Center (TLC).
- Goal Awards photographs have been removed from the walls during remodeling to prevent any damage to the frames. They will be re-hung once renovations are complete.
- Individual donor bricks and street signs will be removed from Independence Square area. This recognition will be transferred to another location. Look for more details in the upcoming issue of *The Independent*.



#### "Gear Up for Safety"

Thursday, May 29, 3-7 p.m. Salvation Army Community Center 1645 N. 27th Street

#### **Activities for Everyone!**

Fire Safety House Simulated Rollover Crash Bike Helmets for \$12 Educational Displays Hands-on Demos Low-Cost Family Meals Live Remote with B107.3

Prizes given away throughout the event.

Bring your family and enjoy an evening of fun, food and prizes! Join Safe Kids Lincoln-Lancaster County to learn how to keep your family safe this summer.

Presented by Safe Kids Lincoln-Lancaster County and its members.

#### Get fit on the trail

pring is finally here! This is the perfect time to suit-up and explore the Lincoln city trails. The trails are a great amenity for walking, running or cycling. Do you want to go green and get fit, too? Use the Lincoln city trails and walk or bike to work. Madonna's main campus bike rack is tucked in by the parking lot closest to St. James Wing and the ProActive rack is located outside the front entrance. Get outdoors, enjoy the weather and mark your physical activity minutes for the Lifestyle Challenge! The Great Plains Trails Network map is available in the main campus employee lounge or online at www.gptn.org. Contact Brittany Cochran, employee wellness coordinator, at ext. 8611 with any questions.

#### A Madonna moment



In this photo, circa 1958, Sister Henrietta Jundt assists a worker from the Painter's Union during one of the first renovations.

Angels Society Dinner (cont. from page 1) rehabilitation hospital and as the current vice chair of the hospital board, she has been instrumental in the success hospital's current capital campaign.

The Madonna Foundation salutes Angie in recognition of her tireless and visionary efforts on behalf of Madonna Rehabilitation Hospital.

## Healthy participants needed for study

he Research Institute is seeking healthy participants for a study to better understand how elliptical trainers can be used to improve walking.

To be eligible to participate in this study, you need to be at least 60 years old and not have any medical conditions that would hinder your ability to walk and exercise.

You will participate in three sessions, each lasting approximately two hours. During your last session, information about the movements of your legs and the activity of your muscles will be recorded using special technology.

For more information, contact Thad Buster at tbuster@madonna.org or 486-9064. All inquiries are confidential.

#### Orthopedic patient mobile after stay at Madonna

he familiar nursery rhyme "Humpty Dumpty" comes to mind as Robert Hughes relates how he came to Madonna Rehabilitation Hospital. On the night of March 23, Robert, 87, of Lincoln, Neb., was in the midst of planning Easter dinner for his family. He drove to the local HyVee grocery store for some last minute supplies. Robert had his "great fall" in the parking lot, landing face down. He attempted to stand, but fell again, and a bystander called 911.

In place of his holiday meal prep,
Robert got an emergency ambulance ride to
St. Elizabeth's Medical Center where doctors
repaired his broken right shoulder and hip.
The late-night tumble also left Robert with
a cut to the head, injured knee and some
large bruises. Faced with rehabilitation
options, Robert chose Madonna based on
recommendations from his friends. "They
all claimed Madonna was the best and that's
exactly where I wanted to be for therapy."

Arriving at Madonna a week later, Robert was starting from square one, relearning to walk. "It was too painful for him to even take one step," recalled Jennifer Bausch, physical therapist. She added, "Consequently, working on ambulation became the major therapy focus." Robert began with "baby steps," using the parallel bars in the Therapy Gym, progressing to a walker and finally mastering a four-legged quad cane.

During one of his therapy sessions, Robert noticed the KFOR banner hanging from the ceiling, proclaiming that Madonna was voted number one in therapy. "I thought to myself, I absolutely would vote you number one after my



patient experience here." Robert shared.

Robert enjoyed his sessions in Independence Square where he practiced negotiating the variable terrains. He felt the staff knew exactly how far to push him to get results. "I wanted to work hard to get back to living independently and was quite willing to be the student," said Robert, a former history teacher in the Lincoln Public Schools for 30 years.

Unlike Humpty, Robert had a much more positive outcome from his fall. The morning he discharged on April 23, he was traveling the hallways of Madonna assisted only by his quad cane. "I really think a lot of the entire staff at Madonna – they put me back together again," said Robert.

#### > CALENDAR

**May 20** 

MES: An evening with Lavinia Dock-RN nursing pioneer 5:30-6:30 p.m. Sheridan Rooms 1 CH

May 21 Supervisor Ed wk 4

9:30-11:30 a.m.

Lau

Introduction to Outlook

1-2 p.m. Computer Lab Call 6507 to register

Outlook Calendar

2-3 p.m. Computer Lab Call 6507 to register.

May 22 CPR Recertification

9:30 a.m. Agee Call 6550, 6406 or 6476 to register.

Continuity of Care

Breakfast: Resiliency- the Power to Bounce Back 8-9 a.m. Sheridan Rooms Call 6550 to register. 1 CH

May 23 Grand Rounds

12-1 p.m. Sheridan Rooms

May 29 Intermediate PowerPoint

9-11 a.m. Computer Lab Call 6507 to Register.

Employee Appreciation

8 a.m.-5 p.m. North Commons

The calendar of events is subject to change and events may be cancelled. Please contact Renee Horner at ext. 6550 to verify listings.

# Mariachi band performs at Madonna



Madonna residents and staff were treated to the beautiful harmonies and sounds of Mariachi Luna Y Sol on May 9. One of the best Latino performance groups in the area, Mariachi Luna Y Sol is comprised of talented adult and youth performers who travel the state promoting their heritage through music.

#### > WAY TO GOs

Happy Volunteer Week, Joan Schach!

Human Resources volunteer

Valuable is the work you do.

Outstanding is how you always come through.
Loyal, sincere and full of good cheer.
Untiring in your efforts throughout the year.
Notable are the contributions you make.
Trustworthy in every project you take.
Eager to reach your every goal.
Effective in the way you fulfill your role.
Ready with a smile like a shining star.

—Your friends in HR - Marla, Peggy, Lou Ann, Pat, Wendy, Cathie, Cindy, Janet, Angela

Way to go, Jodee Sun, RN from VAU, for all your help at the Woods House! Jodee quickly responded to a need during the night shift to help one of our tenants. Thanks for taking the time during your busy shift to help us out.

—Kristi Felix RN, Paige Teeple ALA and Elyse Steinkruger ALA

A special thanks to our Occupational Therapy Month planning committee (Jennifer Collins, Kelly Myers, Lindsay Tuxhorn, Virginia Schweitzer, Erin Lubbert) for the fantastic job they did in regards to increasing everyone's awareness of occupational therapy during the month of April. Way to Go, OTs!

—Linda Storz Inpatient OT Supervisor

I want to recognize all of the LTC staff in honor of National Nursing Home Week and National Nurses Day. LTC is a team of excellent care givers and support staff that are respected by management for the awesome job they perform every day at Madonna. Hats off to LTC!

—Melody Gagner Director of Nursing, Extended Care

We'd like to give a huge thank you to the LTACH therapists for all the food they brought us during nurses week! A satisfied nurse is a happy nurse! Thanks for being great team players all year long.

—Kelli, Sandy and Ev *LTACH Center* 

A special thank you to **Molly Nance and her staff** for finalizing the Early History Book of Madonna! It was a joy working with you and I hope it answers the questions that many people ask. Blessings to all!

-Sister Phyllis Hunhoff

Way to Go to Doris Lewis and her recreation staff for organizing, preparing and hosting the reception for the National Nursing Home week event. Thanks also to the volunteers that assisted with the serving, music and the clean up. The reception was a big success!

—Melody Gagner Director of Nursing, Extended Care

Thank you to Mike Quicke and Heather Denninger for their help in running the Nurse's Week volleyball tournament. Your commitment to making the day fun and run smoothly was greatly appreciated.

Thanks to all of the nurses for participating in the tournament. We had six teams. It was a great workout and lots of fun! The best part – no broken bones!

A huge thank you to the **ProActive staff** and management for allowing us to hold our annual tournament at ProActive. We also appreciated the specials offered to nurses for ProActive memberships and Soteria spa discounts!

—Linda Stones Vice President and Chief Nursing Officer

Congrats to the Wood Chippers nursing volleyball team for winning the 2nd Annual Nurses Week Volleyball Tournament on May 4 at ProActive. Thanks to all those who participated in the action packed tournament! Special congrats to the ARU All-Stars runners up: Susan O'Grady, Jennifer Parker, Asmir Mehmedbegovic and Paige Sapp. We hope to see you back next year with more of your coworkers. Thanks to the ProActive staff for allowing us to use their facility for the tournament, Linda Stones for refereeing, Jan Vrtiska (and others) who helped organize tournament and to Heather Dendinger who put in a long day keeping score, referring and updating brackets!

-Mike Quicke and the Nurse Managers

The TherapyPlus outpatient physical therapists came to my rescue once again. On a pain level rating of 1-10, I was minimally an 8 when I started my physical therapy approximately one month ago. When I was finished wish my first appointment with Jen Korinek, my pain immediately decreased dramatically. Jen set the stage for my followup appointments with Daina Green and Michelle Tieszen. I am totally pain free immediately after each of my therapy sessions and am now able to keep the pain to what I refer to as "a dull roar" throughout the week. Daina and Michelle have truly worked well together as a team to ensure that I continue to improve and have successfully taught me how to recognize and address the warning signs. I sincerely look forward to my appointments!

—Cindy Schumacher Executive Assistance

#### **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. The Hymn and Music Program is Sunday at 3:30 p.m.

May 18 Students of Jo T. Karl May 25 Sarrah Schott, Organ Concert

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.