

CALENDAR

Jan. 21 **NEO**

Systems Workshop

9-11:30 a.m.
Flanagan
Call 4401, 4402 or 4409 to register

Jan. 22 **RNES: Holistic Medicine**

Nan Nathenson, RRT
7:30-8:30 a.m., 10-11 a.m.,
1:30-2:30 p.m., 5:30-6:30 p.m.,
7:30-8:30 p.m.
Frontier

ACLS Renewal

Lau
Contact supervisor to register at
4401 or 4402

Jan. 23 **Exceptional Families Part 1 & 2**

Lori Terryberry-Spohr, PhD
3:30-5:30 p.m.
Sheridans
Contact your supervisor to register
4401, 4402 or 4409
Deadline 1/19
1 CH each session

Jan. 28 **Marsha University**

8:30-11 a.m.
Lancaster
Call 4401, 4402 or 4409
to register

Jan. 29 **Professional Competency**

Handwashing/infection control,
safe patient handling, accu-check®,
restraints
Agee
Call 4401, 4402 or 4409 to register

Jan. 31 **CPR Certification**

9:30 a.m.-1:30 p.m.
Agee
Call 4401 or 4402 to register

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.

Jan. 20 Sue Morrissey and Dan Snow

Jan. 27 St. Paul's United Methodist Choir

Do you belong to a group or congregation that hasn't performed at Madonna? We welcome new talent. Contact Steve Werner at ext. 4803 or swerner@madonna.org.

Employees climb ICAN ladder

Madonna's Interdisciplinary Clinical Advancement Navigator (ICAN) program provides a uniform mechanism to recognize and reward the direct care clinician in clinical, competence, interdisciplinary collaboration, knowledge advancement and leadership. ICAN aims to increase retention of team members while enhancing national recognition and reputation.

The four levels of engagement an employee must complete include:

Level I: Department Focused

Level II: Interdisciplinary and Facility Focused

Level III: State and Regional Focused

Level IV: National Focus

Each discipline has specific criteria for each behavior and level. Congratulations to the following ICAN graduates for this quarter:

Level II

Jennifer Bausch, PT
Melissa Gulizia, RT
Racheal Owen, RN
Jessica Trost, RN

Nicole Brown, OT
Dan Kasperek, SLP
Deniece Peterson, PT
Kent Wallinga, PT

Nicole Buss, OT
Sara Mach, RN
Jennifer Romohr, PTA

Level III

Kili Krauter, RN

Rhonda Steckelberg, PTA

Faye Weckle, RN

Level IV

Jackie Krason, RN

Applications are reviewed quarterly and the next application deadline is Friday, Feb. 3, 2013. Applications and criteria are available on the Intranet under Forms. Clinicians should submit their completed applications to Chris Lee, director of rehabilitation operations.

Foral elected to board

Julie Foral, marketing communication specialist, has been elected as vice president of the Nebraska Healthcare Marketers (NHM) board. The NHM is a professional state society devoted to supporting the communication and marketing of health care.



She will serve a two-year term, during which Foral will help define the society's yearly goals, serve on the budget committee and promote skill development and educational opportunities for health care marketing professionals in Nebraska.

Foral, of Brainard, Neb., has worked at Madonna since 2008.

WAY TO GO

Influenza is a deadly respiratory disease hitting the nation especially hard this year. More than half of the U.S. states are experiencing high levels of flu-like illness.

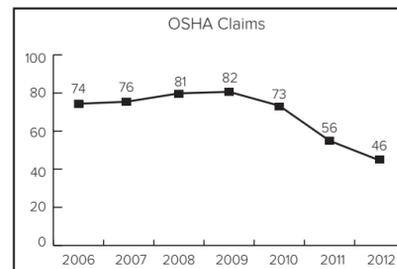
Kristi Felix, infection prevention coordinator, was recently featured on KLKN Channel 8 discussing the hospital's flu prevention procedures. Kudos to the Madonna staff for recognizing this important safety issue; 92 percent of employees received the influenza vaccination. By having the immunization, staff are helping to protect patients, residents, visitors and coworkers. Way to Go!

— Sandy Stutzman
Employee Health & Safety Manager

OSHA claims decline

The number of Occupational Safety Health Administration (OSHA) recordable employee events continues to decrease. Madonna's service standards are: safety, courtesy, rehabilitation and efficiency.

Guided by these standards and conscientious safe work practices, staff is seeing positive outcomes. The decline in reported events means fewer employees are being injured.



Roy Kelsey, continued from page 1

is holding his job. Company executives visited Roy, upgraded his cell phone and added free service. "They've been incredible," said Roy.

On Dec. 22, Roy was ecstatic to rejoin his family in Missouri. He can walk 1,000 feet aided by a walker, and plans to transition to a cane. Roy says his battle with GBS made him appreciate his loved ones. "Life's too short — I got a nice Christmas present to go home early."

View a video of Roy's recovery at www.bit.ly/RoyKelsey.

¹Source: MayoClinic.com

the INDEPENDENT

A Newsletter for Madonna Rehabilitation Hospital

www.madonna.org

January 18, 2013

402.413.4292

The Madonna Independent, an employee newsletter of Madonna Rehabilitation Hospital, is published every other Friday by the Marketing and Public Relations department. To submit a story idea, news item, announcement or recognition information, contact Tami Rudder, editor, at 402-413-4292 or trudder@madonna.org.

All story ideas, news items, announcements or recognition information must be submitted the Friday before the Independent is printed. Note: The deadline for the next issue is Friday, Feb. 1.

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

Website features online gift shop



One-handed keyboards



Missouri native wins battle against Guillain-Barré syndrome

What began as an annoying foot tingle morphed into a medical nightmare for Roy Kelsey. On

Wednesday, Sept. 5, 2012, Roy noticed his feet were numb and "going to sleep." The 48-year-old worked Labor Day weekend cutting trees near his home in St. Joseph, Mo., and thought he'd pinched a nerve. A visit to his chiropractor didn't provide any relief. By Thursday, the tingling sensation spread to Roy's hands and the pain sent him to the emergency room at Heartland Regional Medical Center in St. Joseph. Doctors believed he was suffering from nerve damage caused by the physical labor and sent him home.



Roy Kelsey used the Lokomat to rebuild his leg strength and coordination after Guillain-Barré syndrome left him paralyzed last September. By Christmas, Roy had traded his wheelchair for a walker and rejoined his family in Missouri.

On Friday, Roy's health was rapidly declining and by the time his doctor scheduled more tests at the hospital, he couldn't stand. A spinal tap confirmed Roy had contracted Guillain-Barré syndrome (GBS). "I'd never heard of it before," said Roy. His fiancé, Lana Robinson, and his family, researched the uncommon disorder in which the body's immune system attacks its own nerves. "That's when I learned I was a rare statistic," said Roy. GBS is uncommon, affecting only 1 or 2 people per 100,000.¹ Weakness and tingling in the extremities are usually the first symptoms. These sensations can spread swiftly and eventually paralyze the body — that was Roy's outcome.

During his month-long hospitalization, Roy quit breathing twice and had to be intubated. "It was terrifying for Lana and my family," said Roy. "I'm so grateful to be alive!"

When Roy was admitted to Madonna's Long Term Acute Care Hospital (LTACH) on Oct. 8, he was tethered to a ventilator, trach and feeding tube. Roy communicated through grunting and slight head

movements as nurses transferred him in and out of bed with a Vanderlift, a battery-operated lift system. A gregarious and active guy, Roy felt trapped in a bad dream.

"Seeing Roy when he first got here, I thought to myself, wow, this is probably as bad as it gets," said Darin Forman, a registered nurse on LTACH, who himself is a GBS survivor. Despite his weakened state, Roy was dedicated to his daily therapy. The nursing and respiratory teams gradually weaned Roy off the ventilator and feeding tube — celebrating when he could breathe and eat independently. With each

step, Roy moved closer to his main goal — to walk again.

Within four weeks, Roy's arms and legs felt normal again. He transferred to Madonna's Acute level and through a specially designed care program, his therapy intensified. "I kept telling everyone I am going to walk out of here," said Roy. Using technology like the Moveo™, Proprio 4000™ and Lokomat®, restored Roy's leg strength and coordination. In aqua therapy, his stamina and balance increased using the water's resistance and ankle weights.

As an estimator and project manager, Roy relies heavily on his hands. In occupational therapy, tasks like folding clothes and frying an egg revived his dexterity. Recreational outings to play shuffleboard and air hockey provided social and physical outlets.

Cheerleaders through Roy's recovery fueled his positivity. Darin, sharing his own fight with GBS, proved invaluable insight. "Darin was awesome and let me know what to expect," said Roy. His family and Lana offered constant encouragement. Roy's employer, Brooner Construction and Crane,

(Continued on page 4)

Butler named pharmacy director

Madonna Rehabilitation Hospital is pleased to announce Curt Butler as pharmacy director. Butler brings an extensive background in pharmacy.



He was director of pharmacy at Good Samaritan Village in Hastings, Neb., prior to starting his career at Madonna. Butler's most recent position with Madonna was pharmacy manager.

Butler completed his pre-professional undergraduate requirements at Chadron State College, and earned a Doctor of Pharmacy degree from the University of Nebraska Medical Center College of Pharmacy.

"Madonna's unique mission was apparent to me the first time I stepped through the doors," said Butler. "I'm continually inspired and humbled by the amazing, dedicated people I have the great fortune of working with — what a team we have!"

Madonna Chili Cookoff

There is still time to get your team in contention!



The 2013 Chili Cookoff will be held March 2 at Pius X High School.

The following teams are currently competing for the coveted Best Chili and Best Booth awards:

- Case Management
- Extended Care North
- Rehab Day Services
- 200 Therapy Office
- St. Angela VAU/SN
- WRAD (Education/Staffing)

Space is available for three more teams.

The Cookoff is guaranteed to be a great time! To sign up, contact Mark Hakel at ext. 4400 or mhakel@madonna.org.

Grateful patients express thanks through Angel Wing donations



(L to R) Amber Herrington, Rick Haith, Dan Kasperek and Gina Mailander



(L to R) Kari Connelly, Ruby Plager, Marin Salisbury, Sarah Stevicks, Caitlin Schumacher, Virginia Schweitzer, Corey Behrens and Kristin Miles



(L to R) Kathy and Mark Doak with Hollis Jennings



Jen Korinek



Casey Seay



Lana Fry

The December meeting of Madonna Therapy Plus kicked off with a number of Madonna Angel Wing honors for deserving employees.

Jen Korinek, PT, was honored by a current patient who said: "Jen is not only my physical therapist, but my friend who listens, shares, and becomes involved with my life, encouraging normalcy and living life to the fullest. From flat on my back to using two canes and walking is a miracle . . . it is Jen."

Another past patient and his wife shared their thankfulness to all of Madonna TherapyPlus, but especially wanted to single out "four special angels" – Gina Mailander, Dan Kasperek, Amber Herrington* and Rick Haith. The patient's wife wrote: "Recently, we looked back and realized that Madonna helped my husband regain his vision, perception, cognition, reading comprehension and much more. He is busy cleaning up the farm and enjoying it. Every day is a good day!"

Outpatient Mark Doak and his wife, Kathy, nominated outpatient staff members who they felt had "the right stuff" in helping Mark on his road to recovery. Here are a few excerpts from Mark and Kathy's extensive nomination letter about the winners:

Ruby Plager – "An extra reassuring force to all she assists. She continues to exude confidence for all she works with."

Casey Seay and Caitlin Schumacher – "Extremely bright lights who beam with exuberance for their work. They each share their positive work ethic and pleasant demeanors."

Sarah Stevicks* – "One of the most engaging, open, knowledgeable, skillful and

positive therapists we have experienced at Madonna to date."

Lana Fry – "Lana is not only a very heart-warming, patient and positive professional, but the daily workload she performs is phenomenal! Some of Lana's outstanding attributes are her outgoing positive personality with her hands-on approach."

Cory Behrens – "An exceptional communicator and always adept at explaining new training techniques and the logic behind desired results."

Virginia Schweitzer – "Fosters a non-nonsense attitude and the work ethic that greatly benefits survivors like myself to push on and work that much harder to advance and gain the best results."

Kari Connelly* – "Her warm and always friendly demeanor is inviting and only complements her outstanding communication skills which translate into one of the best therapy work environments at Madonna."

Marin Salisbury – "Marin is a very active, energetic, professional person who always gives her extra effort to patiently answer all concerns and constantly communicates in a sincere attempt to find new solutions."

Kristin Miles – "Kristin's biggest asset is her delightful demeanor, outgoing personality and fun that she shares with all of those she connects with. This helps others relax, get relief and diffuses many on-going stressful and emotional situations."

The Madonna Angel Wing program isn't just for employees. Hollis Jennings was the second Madonna volunteer to be nominated for an Angel Wing honor this year.

Mark and Kathy said the following about Hollis in their nomination letter: "Madonna could not function or be the same wonderful place that it is without its volunteers. There is one particular volunteer who certainly deserves to be honored for his dedicated volunteer service. That person is Hollis Jennings who weekly works the front desk as a volunteer information specialist."

"For years Hollis has volunteered his time to run the weekly Bingo game on One Center. Hollis is a gem! He always creates positive fun and interaction among all patients who play Bingo. He has recruited several other volunteers to assist patients who have trouble placing Bingo chips. Because of Hollis, all family members and visiting children always feel welcome and enjoy playing, too. Hollis is always a joy to be around and has provided a dedicated volunteer service to Madonna for years. He deserves to be singled out and honored for his outstanding contributions."

Gifts made to the Madonna Foundation in honor of these employees benefit programs and services at the hospital. Madonna Angel Wings brochures are available in the lobbies, in the Foundation office or on the website at www.madonnafoundation.org.

*Denotes second Angel Wing honor.

Giving back through blood donation

Every two seconds someone in the U.S. needs a blood donation. There is no substitute for human blood. The Nebraska Community Blood Bank relies on blood donations from volunteers — people like you. **Their mobile unit will be on the Madonna campus, Wednesday, Jan. 30 from 10 a.m. to 12:30 p.m. in the south (3-11) parking lot.** The entire process takes about 30-45 minutes and you help three individuals through your donation. First time donors will receive a special t-shirt. Remember to bring your blood bank card if you have one.

Call Jody Luzum at ext. 4878 to reserve a time slot. Be the type that gives!

The following letter was received recently from a former patient's family.

Dec. 7, 2012

Dear Administrators:

My husband, Duane Heinert, was a patient at Madonna Rehabilitation Hospital from Sept. 6, 2012 until his passing on Oct. 21, 2012. I would like to acknowledge the nurses and staff who took care of Duane during his stay. Duane was not a man of many words, but he let me know when he received exceptional care. There were people he'd point to, he'd give me a thumbs up and mouth the words "good." With a nod of his head, I knew that Duane meant it.

I want to recognize the staff who were with him on his final day, especially his nurse Kili Krauter. She was his nurse for much of his stay at Madonna. Kili explained things well and worked past the end of her shift to be with us when Duane passed. Her presence brought us much comfort. Kili displayed a virtue of empathy for both his suffering and our loss. Her display of care and compassion exemplify why people choose to follow the nursing profession.

Although Duane's death was not the outcome we had hope for, he'd had enough. We felt selfish wanting him to stay with us here on earth. In the end, Duane was not afraid to die and was ready to meet his maker in Heaven. As Christians, we find comfort in knowing that we will be with him again. Duane will be pain free, in an unbroken body.

Thank you to all who have shown us sincere kindness and sympathy. Keep up the good work.

— Patti, Melissa and Rebecca Heinert

Gift shop latest addition to web site



MY MADONNA
Resources for Madonna patients, families and friends.

The Madonna website now includes a gift shop, including floral arrangements, gift items, gift certificates and food items that can be delivered to a patient's room. Orders placed by 1 p.m., will be delivered the same day and all orders placed later will be delivered the following day. Payment is accepted only by credit card or a PayPal account.

Explore all the gift shop offerings by clicking on "My Madonna," at www.madonna.org.

One-handed keyboards

by Tabitha Sorensen, OTD, OTR/L
Home Assessment and Assistive Technology Specialist

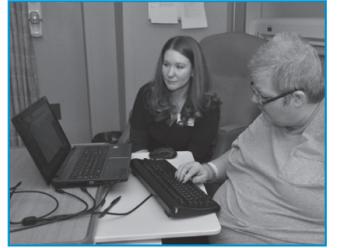
Keyboarding is a complex activity involving multiple body systems. Illness or injury can potentially disrupt the system, resulting in reduced efficiency or the inability to enter text via keyboard. This can result in reduced success with computer access, thereby limiting an individual's ability to complete daily tasks, such as sending email, engaging in work tasks, performing social media up keep, etc.

There are multiple technologies to assist in restoring an individual's ability to use a keyboard or enter text in an alternative way. Choosing the best technology depends on the specific computer tasks involved, the individual's physical and cognitive capabilities, as well as his or her personal preference. A team approach is being used to help patients regain keyboarding skills using a one-handed keyboard.

Robin Polsgrove is a transcriptionist with 35 years experience transcribing medical dictation into typewritten documents. Until Nov. 14, 2012, Robin was an extremely efficient typist. Robin transitioned to Madonna after surviving an intracranial hemorrhage that resulted in right arm and leg paralysis, as well as balance and visual disturbances. Returning to work is one of Robin's goals, although she is concerned about returning to work as a medical transcriptionist with the use of only her right hand.

Robin attended the Assistive Technology Clinic where staff assessed her status and explored options to restore her keyboarding skills. A one-handed keyboard was obtained for Robin and specialized training began.

Robin quickly realized that relearning to type would take dedication and lots of practice. She has been working with her team of occupational, speech language, and recreation therapists, to master keyboarding skills using the new one-handed technique. As she rehabilitates after her stroke, Robin continues to improve her keyboarding. Robin eventually plans to contact Vocational Rehabilitation, a federal-state agency dedicated to assisting individuals with disabilities in rejoining the workforce.



Robin Polsgrove practices using a one-handed keyboard during therapy with Tabitha Sorensen, OTR/L. Robin is a medical transcriptionist who suffered a intracranial hemorrhage, or bleeding within the skull, that resulted in paralysis of her right arm.

Eat smart in the New Year with Nutrition 411

by Katie Taylor, RD, LMNT
Madonna ProActive

In true New Year's resolution-fashion, my goal this year is to send nutrition and food information to ProActive employees and members who have attended one of my classes, former and current clients, and anyone who wants reliable and up-to-date nutrition information and delicious recipes.

Nutrition 411 is an email group that I have created to accomplish my goal. Participants will receive two emails out each month. The first email will contain upcoming nutrition classes and at least one recipe, and the second will include nutrition information, fun food facts and more. I will also use this email group for feedback on classes and handouts.

To join the Nutrition 411 group, email Katie at ktaylor@madonnaproactive.org. If you know a ProActive member, friend, or coworker who may like to receive the emails, please forward Katie's contact information.



Getting ProActive about your health

Trying to reach a fitness goal for the New Year? Each employee of Madonna Rehabilitation Hospital has the opportunity to be rewarded for leading a healthy lifestyle. When employees and their household members join Madonna ProActive, they receive an employee benefit credit toward monthly dues.

A monthly usage credit may also be earned — the more you use ProActive, the more you save on your membership dues! You can receive a greatly reduced rate by working out at ProActive only 12 times per month.

Take advantage of the combined power of the Lincoln 500 wellness challenge and a membership at ProActive to improve your health. If you would like more information about becoming a member, contact ProActive membership services at ext. 4019.



Employee Focus: Fun factoids about Michelle



Michelle Riddle
Transportation Driver
MRH Employee for 6 months

1. LaMars doughnuts are my kryptonite.
2. I enjoy riding the Harley with my husband.
3. I compete in lawn and garden tractor pulls.
4. My favorite vacation spot (so far) is the Black Hills.

I transport patients (both Madonna and others in the community) to and from medical appointments. I also have the privilege of taking Madonna patients home when they discharge. I love interacting and have met some amazing people. I enjoy my coworkers in the Transportation Department — they're like a goofy family!