

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.

January 25, 2008



Mission

Effectiveness

wants to help

Committee

inspiration!

St. Jane staff members expand expertise.



There are participants needed for a walking study.



ATV accidents bring patients together at Madonna for hope and healing

ody Tracy and Patrick Moppin both enjoyed the thrill of riding an all-terrain vehicle, or ATV. And, it was an ATV that drastically changed both of these young men's lives.

On Nov. 11, 2007, Cody was enjoying a day away from his studies at Washburn University with his brother, Cooper. The brothers rode their ATVs over the sand dunes in Alva, Okla. and decided to make one last pass before ending their day. Cody, 22, flew off the edge of a towering dune, lost control and landed face down in a pool of water. The accident resulted in severe damage to his spinal cord. He was lifeflighted to Via Christi St. Francis Hospital in Wichita, Kan., where he was stabilized. Cody transferred to Madonna Rehabilitation Hospital on Nov. 28, where he met with his rehabilitation team and expressed his determination to rebuild his stamina and heal his body.

Patrick Moppin, whose room is two doors down from Cody's, has similar rehabilitation goals. Patrick, 27, of Weston, Mo., was on a camp out with friends Dec. 9, 2007, the night before deer season opened. They hoped to make this an annual event. Patrick was a passenger on an ATV when the driver attempted to back up in the dark and plunged



Patients Patrick Moppin and Cody Tracy share a light moment with the first floor night staff. [Front L to R] Patrick Moppin, Tracy Goodyear, Gail Shiba, Cody Tracy and Patti Mischke. [Back L to R] Taunya Frauendorfer, Ashley Myers and Linda Schroeder.

into at 15-foot ravine. The vehicle landed on Patrick, causing extensive injuries to his spinal cord.

A dozen of Patrick's friends assisted the EMTs at the scene, extracting Patrick from the the ravine via a back board. Patrick spent 11 days in the North Kansas City Hospital's intensive care unit where he underwent surgery to repair his compressed vertebrae and damaged spinal cord.

On Dec. 20, he transitioned to Madonna, but his mother, Patti, said he was in a very fragile state. "He was weak from being in a total body brace and having 7 inches of hip

bone taken out during surgery in Kansas City," Patti recalled. Patrick, a vocational tech school graduate and auto store employee, agreed, "I was weak, but anxious to begin therapy." Soon afterward, he met up with Cody.

"Patrick and I started pushing each other in therapy along with the other spinal cord patients," said Cody. Both young men appreciated the team approach to rehabilitation that Madonna employs. "It's like a miniature community with the nurses, doctors and therapists all working together," Cody added. Patrick and Cody both hold the nursing staff in high regard and appreciate their ability to build a caring patient relationship.

Patrick made great strides in therapy, tackling transfers and rebuilding his upper body. He transitioned to the family four-plex in mid-January and recently discharged. Patrick plans to continue with outpatient therapy in the greater Kansas City area.

Cody continues to work on upper body strength and maneuvering his wheelchair. "Dr. K (Paul Krabbenhoft) and Kip (Ransom) put all my concerns at ease. I feel a real connection with them," Cody stated. He will continue therapy into February at Madonna. His future plans include finishing his bachelor's degree and adapting to life back home in Wichita.

Determination and courage pay off twofold for Subacute patient

mma Roseberry relies on her strong faith to carry her through many of life's obstacles. An active church member and grandmother, her latest challenge involved her health. In mid-September 2007, Emma, 70, was admitted to Bryan LGH Medical Center with pneumonia. A diabetic, Emma suffered complications that led to having her right foot amputated.

In October, Emma transitioned to Madonna Rehabilitation Hospital where she was fitted for a prosthesis. "I set a goal in the beginning to walk out of here," Emma said emphatically. Her husband, John and her family offered their support, which bolstered her spirits greatly.

Her therapy team also served an important support role on a daily basis. "I appreciated the honesty of the Madonna therapists; they didn't sugar coat anything," Emma shared. She said the therapists, including the husband and wife team of Jennifer and Tim Bausch,

were very direct. "They laid out exactly what their expectations were and the effort I needed to put forth," Emma stated.

Emma appreciated being able to practice daily activities in Independence Square including getting in and out of the car and using adaptive devices to simplify her life. "These are all skills that I use at home,"

The determination and courage Emma exhibited throughout her rehabilitation paid off twofold. First, she was presented with a Spirit Award from her team of nurses and therapists. The award is decorated with individual comments from the staff. Secondly, she reached her goal of using a walker and will soon progress to a cane. Despite her other medical challenges, including twice a week dialysis, Emma continued to push herself by walking further distances. "She made tremendous progress in therapy and kept a

positive attitude," commented Tim Bausch, Madonna physical therapist.

On Jan. 10, Emma discharged and was anxious to get back home to her family and friends. And, the Angelic Temple Church of God in Christ will be happy to see her smiling face back in their congregation on Sundays.



Emma Roseberry overcame many obstacles to achieve her goal to walk with her prosthesis.

Calling all cooks!

adonna associates Kelli
Anderson, Sandy
Fruhwirth and Lisa
Culbertson are spearheading the
drive to put together a Madonna
cookbook. The funds raised from
the cookbooks will be donated to the
Madonna Benedictine Fund.

They are asking all employees to please submit their favorite recipe(s) by the Jan. 31 deadline to the designated "recipe recruiter" in their department. If you are unawareof who your recruiter is, contact Kelli Anderson at ext. 6844 or kanderson@madonna.org. Please take a moment to go through your recipe file and share your favorites for this worthy cause.

Quality Corner

Madonna workforce fights influenza

ongratulations to the nearly 750 employees who received influenza immunizations at Madonna. Our goal was to have 55 percent of Madonna employees receive an immunization and we surpassed our goal! 55.4 percent of employees chose to be proactive and get an influenza immunization. Nationally healthcare workers have a 40 percent immunization rate. Madonna's high participation rate demonstrates engaged employees committed to protecting patients, families, coworkers and themselves. Influenza is a sneaky disease; only about 50 percent of persons with the flu show actual signs or symptoms of the disease so you could be spreading the disease and not even know it. Flu season for our part of the country is January to February, so it's not too late to get an immunization. Call Employee Health at ext. 6413 to schedule your appointment.

Going green

reserving Our Planet" is a new Madonna committee established to help increase awareness of environmental issues and identify way in which employees can make a difference. Committee volunteers are needed to address topics such as reducing waste, recycling and implementing "Earth-friendly" projects that are appropriate at Madonna. The official kickoff for "Preserving Our Planet" is slated for mid-March. Look for tips on how you can reduce your impact on the environments limited resources. Staff are encouraged to wear green on Fridays in support of this initiative.

Interested in joining the committee? Please contact Lynn Hallowell-Gottsleben ext. 7704, Melody Gagner ext. 6401 or Linda Stones ext. 6695 for more information.

St. Jane staff members expand expertise

Services has established a goal for the fiscal year 2007-08 to expand expertise in geriatric care. One way they plan to accomplish this goal is to have long term care leadership and professional staff take a 40-hour CEU certificate course in gerontology offered through Southeast Community College. The Certificate in Gerontology represents a specialization in the field of gerontology. It is designed to enhance the knowledge and skills of health care professionals who work with the older adults. The Certificate in Gerontology consists of a total of 10 four-hour CEU courses as follows:

- Introduction To Gerontology
- · Physiology of Aging
- · Mental Health and Aging
- Healthy Aging
- Pain Assessment and Management in the Older Adult
- · Death and Dying
- Sleep and Aging
- The Older Woman
- Elder Abuse
- · Aging and Disorders of Communication

Nine members of the St. Jane Extended

Care staff have completed the course and an additional seven are registered for the fall semester, which began Jan. 16. The coursework was paid for by a chartable contribution through the Madonna Foundation.

The following LTC staff have completed the course and received their certificate in gerontology. Jodi Blowers, Melody Gagner, Tara Harkrader, Janet Kouma, Beth Martindale, Paul Nathenson, Andrea Rigby, Davie Shutzer-Hill and Tonia Sohrweid.



Newly certified associates were grateful for the support from the Madonna Foundation staff that enabled them to complete their certification.

Back row (L to R) Beth Martindale Jodi Blowers, Melody Gagner, Andrea Rigby, Paul Nathenson, and Madonna Foundation staff Bob Campbell, Sue Carraher and Katie Graff. Front row (L to R) Tonia Sohrweid and Janet Kouma..

Looking for inspiration?

Mission Effectiveness Committee wants to help!

he Mission Effectiveness Committee is planning to revamp the "InSight InSpirit" page on Madonna's Intranet. This portion of the Intranet acts as an online spiritual retreat, informing visitors about



mission-related news and information. As part of this revitalization effort, the committee is asking Madonna employees and volunteers to submit brief thoughts, words of wisdom, inspiring verses, quotes or the like, which others can read and use for personal meditation. The simple act of meditation can help relieve stress, give thanks, provide a helpful perspective, reinforce the positive and restore hope. To submit a meditation, e-mail it to Madonna's Mission Services group. Although this effort is sponsored by the Mission Effectiveness Committee, every Madonna employee and volunteer is a steward of Madonna's mission. Together, we are tasked with fulfilling the mission and vision of Madonna by carrying out the core values and guiding principles.

Wellness quarterly incentive winners

he quarterly winners for October-December include Kristin Luethke, Kelly Thelen, Amy Hobza, Carol Luedders, Linda Storz, Natalie Padilla-Gillett, Doris Lewis, Sally Allamby, Martha Weishahn, Mark Neeman, Cindy Schumacher, Jenny Swanson, Ian Thompson, Ann Mulinix, Sister Mary Clare Vu, Erin Martin, Lou Ann Manske, Linda Stones, Pat Smetter and Connie Bergman.

Quarterly winners are allowed to choose a prize valued up to \$250 including iPods, TVs,

spa packages, digital cameras, Madonna's Coffee Club, lunch for a month and more.

Thank you to everyone who participated in last quarter's wellness activities. Remember the next quarter has already kicked off. Be sure to pick up your calendar of events located in the employee lounge and in employee health.

Haven't been participating in the Madonna "Healthy Habits" Wellness Incentive Program? The first step is completion of a health risk assessment & blood profile. Your next opportunity is coming in April.

Participants needed for study

Exploring strategies to help people improve their walking

Purpose: Elliptical trainers are often available in fitness facilities. These exercise devices are sometimes hard for persons with weakness, balance problems, or pain to use. The goal of this project is identify changes that can be

made to elliptical trainers to make them usable by people with a wide range of disabilities. We need your help to learn how to best modify these devices.

Study Duration and Activities:

You will be asked to attend two to three sessions, each lasting approximately two hours. During the first visit, you will be asked to complete several questionnaires to help us understand how your medical condition has impacted your life. After completing the questionnaires, you will be asked to take part in a clinical evaluation. In particular, your

balance, walking ability, strength and flexibility will be assessed. During your second visit, you will have an opportunity to try each elliptical trainer and provide feedback regarding how easy, safe, and comfortable the equipment is to use. Individuals and equipment will be available to help you use the elliptical trainers

Faye Weckle

Jane Vrtiska

safely. Your suggestions regarding how to further improve each elliptical trainer will be recorded. During your final visit, you will have an opportunity to use the elliptical trainers that have been modified based on the feedback that

> you and others provided. You will be asked to again comment on the ease and safety of using the modified equipment.

Eligibility: To participate in this study you need to be at least 19 years of age, have challenges with walking, and have one of the following conditions:

- brain injury
- cerebral palsy
- · hip fracture
- below knee amputations



Thad Buster 402-486-9064 tbuster@madonna.org All inquiries confidential

ARU

Extended Care



National Certified Registered Nurses Week Jan. 20-26

1 Milloniai Cortifica	1 Logistoriou I VIII 303 VV CONS	Jun. 20 20
Sally Allamby	CRRN	Case Management
Jackie Anderson	CRRN	Nursing Administration
Kelli Anderson	CRRN	LTACH
Tricia Bruha	CRRN	ARU/LTACH
Rita Choquette	CRRN	ARU X
Lisa Culbertson	CRRN	VAU MDS Coordinator
Bethany Danek	CRRN	Nurse Therapist ARU
Lisa Decker	CRRN	Admissions
Sharon Duffy	CRRN	ProActive
Tarasa Farlin	CRRN	ARU
Kristi Felix	CRRN	Risk Mgmt Holds Infection Control
Sandy Fruhwirth	CRRN	LTACH Nurse Therapist
Jennifer Hoebelheinrich	CRRN	LTACH, Nursing Management
Lori Horner	CRRN	Education & Staff Development
Susan Klanecky	CRRN/CCM	Case Management
Jennifer Marrison	CRRN	ARU
Kim Moore	CRRN	Admissions
Ruth Morrow	CRRN	LTACH
Paul Nathenson	CRRN	Administration
Mary Olsen	CRRN/Med Surg	ARU
Deb Opfer	CRRN	Education & Staff Development
Ginn Parks	CRRN/CCM	Case Management /ARU
Mike Quicke	CRRN	ARU Nursing Management
Annette Reith	CRRN	Extended Care
Robyn Sejkora	CRRN	SAR
Doug Sessions	CRRN	LTACH
Teresa Shada	CRRN	ARU
Linda Stones	CRRN	Administration
Sandy Stutzman	Occ Health/COHN/CCM	Employee Health
Kristy Taylor	CRRN	SAR Nursing Mangement
Kelly Thelen	CRRN	Physician Services
Mei-Huey (Su) Wang	CRRN	ARU

Nursing Home Administration

The internal drive: **Achiever**

Examing the Clifton StrengthsFinderTM theme

7 our Achiever theme helps explain your drive. Achiever describes a constant need for achievement. You feel as if every day starts at zero. By the end of the day, you must achieve something tangible in order to feel good about yourself. And by "every day" you mean every single day - workdays, weekends, vacations. No matter how much you may feel you deserve a day of rest, if the day passes without some form of achievement, no matter how small, you will feel dissatisfied. You have an internal fire burning inside you. It pushes you to do more, to achieve more. After each accomplishment is reached, the fire dwindles for a moment, but very soon it rekindles itself, forcing you toward the next accomplishment. Your relentless need for achievement might not be logical. It might not even be focused. But, it will always be with you. As an Achiever you must learn to live with this whisper of discontent. It does have its benefits. It brings you the energy you need to work long hours without burning out. It is the jolt you can always count on to get you started on new tasks and challenges. It is the power supply that causes you to set the pace and define the levels of productivity for your work group. It is the theme that keeps you moving.

A Madonna employee examines Achiever

by Brooke Murtaugh, OTD, OTR/L, Occupational Therapist

Achiever is my number one strength. The Achiever description accurately describes my personality and the way I live my life. The descriptor words of an Achiever deeply resonate within me including drive, internal fire, energy and achievement. I arrive at Madonna every day with the internal fire, drive and energy to achieve the goal of being the best occupational therapist for my patients. In striving for excellence on a daily basis, I hope to inspire each patient to do his or her best, achieve his or her personal goals and find the Achiever that lies within him or her.

A Madonna moment

How Madonna got its name

Following the receipt of word that contracts had been signed, Bishop James V. Casey issued the following statement: "It is with a deep sense of happiness that I extend a joyful welcome to the Sisters of St. Benedict who are coming to Lincoln to establish Madonna Home. I express this word of welcome on behalf of our priests, religious and laity, who rejoice with me that our observance of the Marian Year (hence the name Madonna) has merited for us this splendid development as a significant sign of Our Lady's favor."

> CALENDAR

January 28

CPR Recert

9:30 a.m. or 5 p.m. class Call 6507 to register

Beginning Excel

1 - 4 p.m.

Call 6507 to register

January 29

Med Aide Annual Competencies

7:30 a.m. - Noon or 12:30 - 4:30 p.m.

Life Balance

Noon - 1 p.m. Sheridan A/B

Supervisory Ed wk 3

4 - 6 p.m. Flanagan B

January 31

Blood Pressure Clinic

11:30 a.m. - 12:30 p.m.

Cafe

February 1

Deadline date for Med Aide

Class Application

February 6

Ash Wednesday

February 7

Techniques for Managing Stressors

Noon - 12:30 p.m.

Sheridan's

Intermediate Word

9 a.m. - Noon Call 6507 to register

Legislative Update

submitted by Linda Stones

The Nebraska State Legislature is now in session. Here are some bills that might be of interest to Madonna staff members.

- LB 253 is legislation to repeal Nebraska's motorcycle helmet law. If this bill passed, individuals would NOT be required to wear helmets if over the age of 21. A debate was held on the floor this week, LB 253 failed to advance. The vote count, however, was extremely close 23 voted to repeal and 25 opposed the removal of a motorcycle helmet mandate. There is a possibility that this bill will be seen again. Feel free to weigh in to the debate by contacting one of your senators.
- LB 765 is legislation that will provide clarification to the Certificate of Need law. The current law states that a facility can increase Rehab beds or Long Term Care beds by either 10% or 10 beds which ever is lower. This is currently being interpreted as 10% of a facility's total beds. This bill intends to clarify LB 765 to mean that the increase be 10% of the total Rehab or total Long Term Care beds, not 10% of the total facility bed. A hearing is being held this week on the bill.

> WAY TO GOs

Congratulations to Ann Mulinix for the honorable mention that she received during the recent long term care surveyor revisit. The surveyors commended Ann for her excellent, thorough nutrition assessment documentation, and intend to use her charting as an example for other clinicians in the field. Thank you, Ann, for representing us so eloquently through your professional expertise.

Lynn Ostrem Food and Nutrition Service

I would like to acknowledge VAU for their reduction in employee injuries. We have made it 89 days as of today with out an injury. We set a goal to have 150 days without an injury. Once that's reached, we plan a unit celebration party with food and fun.

I also want to acknowledge ECS, ECN and St. Anthony's for reducing the over all med error rate. We have worked hard on this initiative and we have seen some great advances towards increasing Resident safety. Way to go LTC for making a difference in the lives of our Residents!

Kudos to the whole LTC team for their role in our recent survey process. Because of these associaets, we have become a stronger team and have made positive improvements in our overall processes. I am very proud to be a part of this dynamic TEAM!

Melody Gagner Extended Care

I would like to thank all the Staff on Vent/ Special Needs and EC South. They make me want to come to work. We have such loving, wonderful people on staff! I am truly blessed.

Cathy Hutchison VAU/SN A big Way to Go to the- 3-11 shift, LLSAR. Thank you for all your help; we sure work great together!

Deb Cole, Kim Parks, Jayne Graeve

Way to Go Ulonda Fletcher! Thank you for your excellent services to the inpatient therapy department. You are always there when we need you and responsive to our requests.

Therapy Rehabilitation Associates and Kathy Schmidt, Inpatient OT

Thanks to the following individuals who stepped up to the plate to be the first preceptors in the Nursing Preceptor Program: Sheri Aguilar, Marie Bullock, Malia Campbell, Leah Dawn, Heidi Estell, Julie Francis, Janet Irick, Cody Kohles, Jody Macke, Joy Robinson, Carol Sandblom, Tim Schulz, and Cathy Smith. They will be responsible for on-boarding our new professionals with the goal of retaining them into our facility.

Linda Stones and the Nurse Executive Group

Thank you, Ardyth Bowen and Robin Allgood, for your work in helping to cover hours at TherapyPlus Northwest! You are each appreciated for all that you do for us! It's wonderful that we have such a team-oriented and flexible work group. We're glad that you've been willing to help us out in the past month and hope that it's been a good experience for you as well!

Jill Smith, MSPT Madonna TherapyPlus Northwest

Way to Go to Terry Carstenson for retrieving photos off my old hard drive. I know it took extra time and you helped me meet a deadline!

Tami Rudder Marketing and PR

FREE CHAIR MASSAGES!

Tuesday, Jan. 29 from 1-5 p.m. in Sheridan A/B

Call Brittany Cochran at ext. 8611 or email bcochran@madonna.org. to schedule your 10-minute massage.

February music programs

Feb. 3	Sharon Nore
Feb. 10	College View
	Adventure Club
Feb. 17	Serenity Singers from
	Christ Methodist
Feb. 24	Shepherd of the
	Hills Choir

If you are a member of a group or congregation that hasn't performed at Madonna, contact Steve Werner at ext. 6831 or swerner@madonna.org.

2008 Goal Award nominees sought

lanning for the Madonna Chairman's 2008 Goal Awards event is underway. Recognizing the importance of family support in rehabilitation and honoring our military patients are the key themes of this special event. Do you know of a patient who has shown exemplary courage, determination and enthusiasm? Do you know of a family that has supported not only their own loved one, but also has reached out to others? Now is the time to share the amazing patient stories that have made the Madonna Goal Awards one of the area's most beloved events. Please download a Goal Awards Nomination form from the Forms section of the Intranet, or call Marketing & PR at 483-9891 (ext. 6891) to request a form. Nominations are due March 21, 2008. More details about the Goal Awards event will be published in the next *Independent*.