

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.

St. Benedict
ice cream
social



Child
Development
Center has
openings



Open house
demonstrates
augmentative
technology



The Capital Campaign needs you!

By now, most employees are aware that Madonna is conducting a capital campaign to raise funds for hospital renovations and equipment. You've seen the progress in the cafeteria or perhaps worked with the new driving simulator made possible through the campaign.

Yet, not all employees have had the benefit of a capital campaign presentation at a staff meeting. Representatives from the Madonna Foundation have made approximately 25 staff meeting presentations, but that doesn't begin to cover all the possible departments.

- If you are a department manager, it's not too late to schedule a presentation at your next staff meeting.
- If you are an employee who is ready to make a gift to the campaign, we will be happy to assist you.
- If you have questions about the campaign, the Foundation is available to meet with you by phone or in person.
- Pledge forms are available right outside the Foundation Office.

Remember, gifts of at least \$1 per pay period over five years qualify you for a complimentary scrub top with your department name embroidered on it or a Madonna t-shirt.

Participation is more important to this campaign than the amount you give. Madonna Family gifts currently total \$376,508 toward the employee goal of \$400,000. The current campaign total stands at \$5,863,317. Help put us over the top! The Madonna Foundation appreciates your support and can be reached at 483-9523.

403(b) plan to increase match

Madonna Human Resources is excited to announce the new match amount for the 403(b) plan will increase to **\$1,750 from \$1,500**. If you are currently enrolled in the 403(b) plan and save at least \$68 per pay period for the entire plan year, you will gain the full match amount for next plan year beginning July 1, 2008.

If you are setting aside less than \$68 each pay period, you may want to adjust the percentage you have deducted for the 403(b) plan to take full advantage of the \$1,750 match.

If you are interested in reviewing the amount you set aside each pay period to determine if you will gain the full \$1,750 match for the upcoming fiscal year, please feel free to contact Wendy Charlton in Human Resources at ext. 6484 or Cindy Rohlmeier at ext. 6814. If you are not a current participant in the Retirement Choice 403(b) plan, contact Wendy to find out how you can take advantage of this opportunity to boost your retirement savings.

Kansas teen rebounds after car accident

It's hard to imagine Mary Zwolinski ever losing her voice. The effervescent 17-year-old junior from Overland Park, Kan., was a chamber singer at Blue Valley North High School, who sang in the choir and enjoyed chatting with her friends. A car accident on March 28 temporarily silenced Mary's voice.

Mary was driving her Chevy Blazer in a residential area of Overland Park, when she is believed to have fallen asleep at the wheel and her vehicle plowed into a vacant house. "I don't remember anything about the accident," Mary said. A neighbor pulled her from the wreckage and called 911.

Mary's parents, Robyn and Gene, were at home watching television when a policeman knocked on their door with news of the accident. "It's that scene every parent dreads," said Robyn. Facing the unknown, they headed to Overland Park Regional Medical Center, where their daughter would spend the next 17 days in the critical care unit.

The collision had shattered Mary's right leg, femur, several ribs and vertebrae. Two surgeries were performed on her leg and a rod was installed. Mary also suffered a traumatic brain injury (TBI). The formerly active teen,

nicknamed "Mary Sunshine" by her family, lay unresponsive and vent-dependent. Mary's family and friends prayed for the teen's recovery.

A glimmer of hope came on April 15. Robyn, a constant presence at her daughter's bedside, attempted to bring some normalcy



Mary takes a break from her therapy to play with Bailey, a Madonna Angel Dog.

into the hospital room by playing Mary's favorite CDs. As she struggled with the CD player that morning, Robyn looked over and Mary was grinning at her. "It was the first recognition I'd gotten since the accident," Robyn shared. They quickly established a simple communication system with Mary using eye blinks for "yes" and "no." The

following day, she was transferred to Madonna Rehabilitation Hospital.

Scott Fandrich, physical therapist, recalls that Mary did not speak or walk, was dependent in all her transfers and couldn't even hold her head up. "She had to overcome challenges with her head injury along with the fracture of her right leg," said Scott.

Goals were established for Mary with her therapy team and family working together. The list included walking 100 feet unassisted, performing self-care, honing verbal skills, feeding herself and staying alert all day.

After a week and a half in therapy, life started to change for Mary. "The first thing I remember is seeing my birth mother, Rachel, standing by my bed," said Mary, who's adopted. After her initial disappointment over being in a hospital, Mary realized that working hard in therapy was her ticket back home.

A big turning point came on April 29 when Mary's voice returned. Gene had just left the hospital when his cell phone rang. "I heard the two best words of my life, 'Hi, Dad' after she'd been at Madonna," said Gene.

(Continue on page two)

Ice Cream Social and Interactive Open House



Friday, July 11
2:30-3:30 p.m.
North Commons
Hosted by Mission Effectiveness Committee

Learn about St. Benedict and the religious order of nuns who share his name. Benedictine nuns founded Madonna 50 years ago.

Green initiatives making a difference



Since the introduction of the Green Team at Madonna, Styrofoam usage across the hospital is down 1,500 cups per week.

That's greentastic news! Continue to use your washable cups, like the "Drink to the Earth" versions available in the Commons Café.

Here's a new challenge: save energy! Close your blinds or shades during the hottest hours of the day to keep the air conditioning system from running constantly. Log off and shut down your computer at the end of each work day, and unplug chargers and flip the switch off of all unnecessary lights when you leave a room, including meeting rooms. These small changes will truly make a world of difference!

Teen rebounds (cont. from page one)

Mary's days passed quickly with speech and occupational therapy, in addition to her physical therapy. She began with relearning to stand and soon progressed to walking. "I loved going outside at Madonna; the lilacs reminded me of home," Mary said.

There was a poem Mary wrote titled "Believe" that hung in her room at Madonna. A line of that poem states, "All you have to do is believe." That's the kind of positive attitude that Mary adopted in her therapy.

On May 23, she discharged from Madonna having attained or surpassed each goal on her list. "Mary Sunshine" is back with her family and friends, enjoying her life and talking up a storm.



Straight from the hard hat

- The front lobby will remain closed for approximately eight weeks. New ceramic tile is being laid and a water feature added.
- A flat-screen television will be mounted on the wall in the living room. A few more pieces of furniture of varying heights and thickness will be added for patients to practice transfers. More tropical fish are swimming around the aquarium!
- The south hallway is being spray-textured in the evenings. New lights and wall lanterns will be added soon.
- A proposed bank area will be completed in the next few weeks, which will replicate a Union Bank facility.
- The Therapeutic Learning Center now has two windows flanking the doorway. Graphic murals representing a flag and a old-fashioned school bell will complete their new look.
- Bamboo-like flooring is being laid in the walk-through area of the Commons.
- The goal to replace all the windows in the St. Joseph wing is halfway to completion. The energy efficient panes are part of our "going green" efforts.

Connectedness

Examining the Clifton StrengthsFinder™ theme

Things happen for a reason. You are sure of it. You are sure of it because in your soul you know that we are all connected. Yes, we are individuals, responsible for our own judgments and in possession of our own free will, but nonetheless we are part of something larger. Some may call it the collective unconscious. Others may label it spirit or life force. But whatever your word of choice, you gain confidence from knowing that we are not isolated from one another or from the earth and the life on it. This feeling of Connectedness implies certain responsibilities. If we are all part of a larger picture, then we must not harm others because we will be harming ourselves. We must not exploit because we will be exploiting ourselves. Your awareness of these responsibilities creates your value system. You are considerate, caring and accepting. Certain of the unity of humankind, you are a bridge builder for people of different cultures. Sensitive to the invisible hand, you can give others comfort that there is a purpose beyond our humdrum lives. The exact articles of your faith will depend on your upbringing and your culture, but your faith is strong. It sustains you and your close friends in the face of life's mysteries.

A Madonna employee describes how Connectedness works in her life

*submitted by Sandra Slama,
Madonna social worker*

I have always had a strong belief that all people are connected and what you do always comes back to you in one way or another. I try to approach things in a positive manner, looking for the connection that can bring about the best results.

Things happen for a reason whether we know what that reason is or not. It is good to think about the connections we have in life with other people and how those relationships affect us in our day-to-day life.

I strongly feel we are guided by God and can choose the higher road if we want. We need to be open to the support of others. What a relief to know we are all in this together! We should include others on this journey to provide support for, and accept support from others.

Following the Golden Rule is the best illustration of connectedness and knowing we are all affected by the actions of others. We need to pause to consider what our actions are saying about ourselves and our attitudes towards others. We are all connected, no one person being less important than another, no matter where we come from or where we go.

Employee Focus: Fun factoids about John



John Long
Outpatient Physical Therapist
MRH employee for
14 years

- 1 I am an ordained minister in the Episcopal Church (in the Sacred Order of Deacons) and I am also an Oblate of St. Benedict.
- 2 I have earned black belts in Tae Kwon Do and Karate.
- 3 I worked as a nursing assistant and physical therapy aide at Madonna from 1985-1991, returning as a physical therapist in 1994.
- 4 One of my favorite hobbies is reading.
- 5 I was once bitten by a kangaroo.

Madonna to offer FREE health screens

Has your blood sugar been creeping up? Do you have family members with heart, stroke or diabetes history? Be proactive and join us for the next health screening opportunity in July.

- **Biometrics and blood lab work** will be done Tuesday, July 8, from 6:30-10 a.m. in the Lau OR Friday, July 11, from 6:30-10 a.m. in the Sheridan Rooms.
- **Health risk assessments** need to be completed online during the week of August 4.

Why should I participate in the screenings?

The health screens provide a convenient way to measure and improve your health. Taking part in the assessments provides you a chance to learn your five most important numbers including blood pressure, cholesterol, BMI, glucose and body fat percentage, what the healthy ranges are and ways to maintain or improve your health.

What is involved in the screening process?

- **First step** – A lipid profile and blood glucose will be used to evaluate your overall health. **These tests do require you to be in a fasting state for at least eight hours prior to the test.** Thyroid and prostate tests are available upon request and for a nominal fee. Biometrics Test included: blood pressure, weight, body mass index, body fat percentage and waist circumference.
- **Second step** – An online health risk assessment will provide a snapshot of your current health based on lifestyle choices, family history and your overall wellness in seven key areas. This tool will be available the week of August 4.

Who will see my results?

Fit for Work health professionals who process the data will ensure that your information is kept confidential. A group report will be provided to the Madonna Healthy Habits committee to provide guidance in future programming efforts and to help measure changes in health risks for employees.

How do I participate?

Sign-up sheets are located in the Employee Lounge and Commons Café on the wellness bulletin board or you can contact Brittany Cochran at ext. 8611.

What are the fees?

The health-related measurements and basic lab screenings don't cost you any money—in fact, you'll receive a special surprise for participating. You may request to have the PSA (prostate) screen for men ages 50+ for \$20 or the TSH (Thyroid 2) screen for \$20.

What if I miss the screening days?

Contact Brittany Cochran, Madonna's employee wellness coordinator, at ext. 8611 or bcochran@madonna.org for information on how you can still participate.

Madonna Child Development Center:

A peek into the creative learning environment

Toys, learning, field trips – it's all happening at the Madonna Child Development Center (CDC). The CDC is a unique childcare facility located directly south of the hospital. Different weekly lesson plans created by the children and teachers keep learning fresh. The children of the CDC always have a voice in what is planned. An open-door policy is extended to CDC parents who are encouraged to visit and participate in activities.

Children are divided into four age-appropriate areas at the center including infants, toddlers, preschool I and II and the summer school-age program.

Infants enjoy sensory explorations, communication, self-help and small/large motor activities, social skills and daily surroundings at the CDC. Walks up to the main hospital to visit parents and friends occur frequently. Developmental sheets for parents are done on a monthly basis for each child, tracking their growing skills.

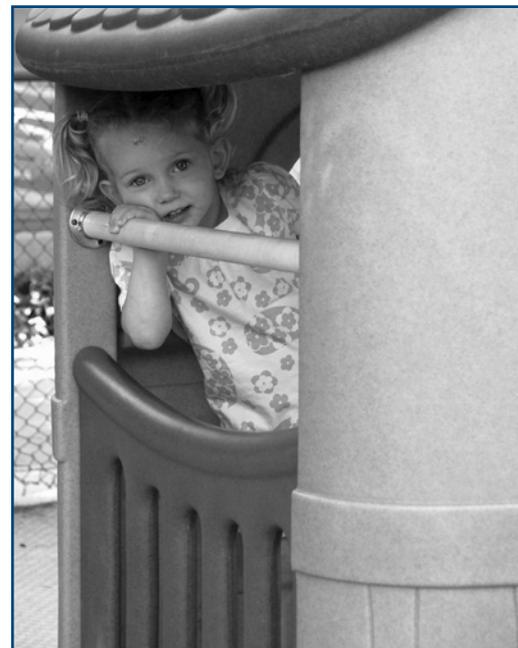
Toddlers get to participate in a daily schedule of group time, stories and songs, outside play, work time, art, food sensory and potty training. They also explore the important social interactions of forming friendships.

Preschool I and II children learn the beginning of fundamental school skills with preschool daily from 8:30-11 a.m. Activities include ABCs, 123s, learning centers, following directions, show and tell, group communication, fun field trips and friends. Preschool children join patients of Madonna for activities in the Alzheimer's unit, Adult Day Services and an exercise class with residents who rely on wheelchairs for mobility.

The Summer School-age Program is packed full of fun themes each week. These include field trips, special summer safety shirts, computers, theme parties and retaining school skills with brain stimulating activities. Summer is a time to have fun with friends at the CDC.

Special events at the CDC include a New Year's Eve PJ party (at noon), Easter egg hunt, Mother's Day pot luck, Father's Day picnic, Fourth of July parade, water play days, Aloha days, Go Big Red party, Halloween costume parade, Thanksgiving feast, Christmas program and many more.

The CDC understands your child is your most precious gift. If you're searching for a learning environment for your child, call Liz Helms at 486-8600 for more information or to schedule a tour.



On the move at Madonna... 2009 bed reconfiguration

To ensure the most appropriate allocation of beds for the anticipated patient mix, and in compliance with state and federal regulations, the Bed Configuration Committee has developed the following bed configuration for Fiscal Year 2009:

- Areas NOT experiencing changes include: 400 area, 300 area, and the 200 level.
- The 1W team will be located in rooms 104 to 123. Anticipated daily census is about 17 patients. Diagnoses groups will include spinal cord injury, shorter stay cardiac, amputation and laminectomy when appropriate for acute rehabilitation.
- The 1C team will be located in rooms 100-103, 124-130, and 149-153. Anticipated daily census is approximately 14 patients. Diagnoses groups will include stroke and general neurology.
- The 1E team will be located in rooms 131-148. Anticipated daily census is

estimated at 14 patients. Diagnoses groups will include traumatic brain injury, pediatrics, major multiple trauma and some miscellaneous diagnoses.

- Lower Level: 17 Subacute Rehabilitation beds will be located in rooms L54 – L57 and L63 – L67. Anticipated daily census will be approximately 15 patients. Diagnoses groups will be primarily orthopedic with some other miscellaneous diagnoses.
- Lower Level: Eight Acute Rehabilitation Unit beds will be located in rooms L58 – L62. Anticipated daily census is estimated at six patients. Diagnoses will be primarily orthopedic.

Acute Rehabilitation Unit beds were added to the Lower Level to accommodate patients while patient rooms are remodeled on the 100 level. The bed changes will be implemented on Tuesday, July 1.

> CALENDAR

- July 1** **Ground Rounds: Dyspraxia in Pediatrics** by Heather Mehlhaff
Noon-1 p.m.
Sheridan Rooms
1.0 CH for PT/OT
- July 7** **NEO 1st Week**
Nurse Aide Class begins
4:30 p.m.
- July 8** **NEO 1st Week**
RES: Cultural Competence: Improving Patient Outcomes
5:30-6:30 p.m.
Sheridan Rooms
- July 9** **Strengths Orientation**
8 a.m.-noon
Agee
Call 6507 to register
- July 10** **Beginning PowerPoint**
9-11 a.m.
Computer Lab
Call 6507 to register
- Blood & Medical Assist**
Agee
Call 6406, 6550 or 6476 to register for a time

The calendar of events is subject to change and events may be cancelled. Please contact Kim Howard at ext. 6406 to verify listings.

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.

- June 29** American Lutheran Praise Team
July 6 Ron Walker

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.

Lifestyle Challenge

Team standings from the June 4-5 check in event are posted. Team results can be found in the employee lounge; on the bulletin board outside the Commons Café; in the trainer's room at ProActive; and on Madonna's Intranet under Wellness Healthy Habits. Congratulations to all participants on a net loss of 632 pounds and reporting 8,400 hours of physical activity.

Come celebrate on Wednesday, July 2 at the Lifestyle Challenge Watermelon Feed on main campus in Sheridan Rooms at 3:30 p.m.

Final team standings will be revealed and prizes awarded!

> WAY TO GOs

I have had several patients and visitors comment about the beautiful landscaping around the facility. They all wanted to acknowledge the appropriate person, so... Way to go, **Randy Luebbe**, for "brightening the corner where you are."

—Tami Rudder
Marketing & PR

Many thanks to **Heather Dendinger and Viktoria Osiychuk** for your help on the St. Anthony's unit on June 10. Heather helped locate Viktoria who floated to St. Anthony's, gave baths to the residents and assisted them at meal time. Her kind and gentle approach put the St. Anthony's residents at ease; not always an easy task, but she made it appear so. Thank you, Heather, for your quick response and Viktoria, for your willingness to help.

—St. Anthony's 3-11 Staff and Geri Hepp,
Memory Care Program Manager

A huge thanks to **Amy Hobza and the entire SCI team** for taking great care of my mom, Connie Sundell, when she was here. It's never easy having your family member at MRH and knowing the employee/family boundaries. My mom's doing great and walking for the first time in a year on her OWN!

—Linda Sullivan
Director of Referral Relations

A special thanks to **Sharon Duffy and Samantha Beaubier** for the fantastic job they did helping with the ProActive pool party. We had approximately 80-100 people attend and heard a lot of positive comments.

—Angie Farnik
Aquatics Manager

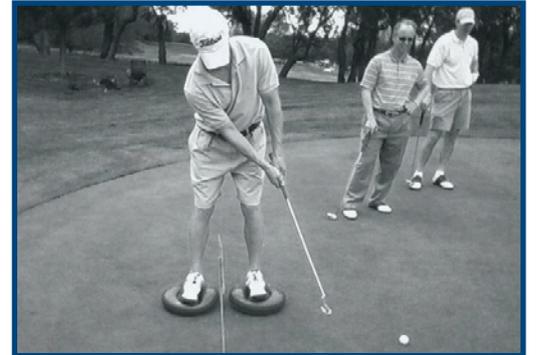
Way to Go and many thanks to the following individuals:

- **Robert Suzinski and his staff** for responding so quickly in obtaining a patient's favorite chair from another facility and also to Michelle Niederhaus in Transportation for helping to coordinate the move.
- **Donna Haney and all her nursing staff** who pulled together during an especially busy week on the VAU/Special Needs unit to help new patients and families make the adjustment to a new facility.
- **Brittney Gardner and Deb Kapperman** who covered for Cathy Hutchinson during her recovery; and to **Cathy** for bringing her expertise back to us a little earlier than expected from her medical leave.
- **Diana Kluthe and Kara Merchant** for being so collaborative in coming up with a solution to streamline processes.

—Julie Willnerd
RN Case Manager VAU/SN Unit
Director of Social Work, Nursing Facility



Husker athletes T.J. O'Leary (left) and Karl Jones were on hand to help Angie Farnik, ProActive aquatics manager, with the annual pool party on June 6. Approximately 100 members enjoyed food, fun and prizes!



A golfer tries to sink a putt while standing on stability disks at the hole sponsored by Madonna at the Updowntowners Annual Golf Tournament on June 5 at Wilderness Ridge. Representatives of Madonna ProActive's Sports Acceleration program and Fit for Work promoted Madonna's services to more than 75 golfers.



Emerson Thompson and Katie Smith strut their stuff at the ProActive dance recital on May 24-25 at Northstar High School.



Julie Foral tries the HeadMouse Xtreme, a device that allows the user to control the computer with head movements as Carrie Windhorst (left) and Susan Fager look on. A May 20 open house highlighted technology for patients with speech limitations.