

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.

All story ideas, news items, announcements or recognition information must be submitted the Friday before the Independent is printed. **The deadline for the next issue is Friday, Nov. 7.**

5th Annual  
Soup & Chili  
Cookoff



PAGE TWO

Determined  
man works  
to gain  
independence



PAGE THREE

## State of Madonna 2008 highlights

An overflow crowd packed the Sheridan Rooms to hear Marsha Lommel, president and CEO of Madonna Rehabilitation Hospital (MRH), give the State of Madonna address on Oct. 13. Following is a summary of the highlights:

**Customer Satisfaction**—There were no major differences since last fiscal year. All the customer satisfaction indicators continue to fall into the “excellent” category.

**Human Resources**—Madonna now employs 1,358 employees; turnover (25 percent) continues to be an issue. A top concern is filling the RN vacancies and reducing turnover.

**Financial Performance**—MRH has experienced slow, steady growth in revenue. Salaries and benefits continue to be the major expenses. The facility’s assets have shown steady growth.

**Safety**—Patient safety numbers were all in the positive range and better than industry standards. There were no significant increases since FY 2006-07.

### Business Performance

#### Rehabilitation Hospital—

- Individuals from 189 communities and 10 states utilized Madonna’s housing.
- St. Benedict redesign was initiated.
- The Peer Volunteer program was expanded.
- 761 people participated in the Adaptive Sports and Recreation programs.
- 40 nurses completed the Certified Rehabilitation Registered Nurses (CRRN) certification.
- The top area referring hospital was Saint Elizabeth Regional Medical Center.
- MRH served patients from a wide geographic area covering 23 states. Marsha said this growth was due to Madonna’s nurse liaisons’ efforts and the hospital’s stellar reputation. “The number of admissions shows Madonna is the rehabilitation hospital for the region,” she added.
- The acute rehab program has experienced a 50 percent increase in patients with spinal cord injury.
- LTACH discharges have decreased.

(continued on page 3)

## 2008 Georgann Claussen award winners named

Dedication, empathy and positivity were some of the descriptives used to nominate Jody Macke and Stacy Watson, both registered nurses and co-winners of the 2008 Georgann Claussen Award. Mark Hakel, director of education and work force management, presented the award at the Oct. 13 WHAM.

Jody’s Acute Rehab coworkers, Theresa Shada, Stacey Brown and Janelle Smith, submitted a joint nomination. Their glowing nomination stated, “Jody’s dedication, compassion, excellence and patient advocacy make her an outstanding role model. Patients, family members, students and coworkers are lucky to have her involved in their lives.”

Stacy was nominated by fellow LTACH registered nurse Mike Hughes. Mike noted that Stacy is an empathetic nurse whose positivity, professionalism and work ethic are excellent.



Jody Macke, RN, accepts the 2008 Georgann Claussen award from Bill (left) and Rich Claussen. [Co-winner Stacy Watson was unavailable for the photo.]

“Stacy represents Madonna and our core values to the highest caliber; it is an honor to work with her,” said Mike.

The annual award, including a certificate and \$250, is given to an outstanding Madonna caregiver who demonstrates dedication to compassion and excellence in helping children and adults with disabilities rebuild their lives. The Claussen Memorial Award was established in honor of Georgann Claussen who came to Madonna as a patient following a stroke in May 1998. Her sons, Rich and Bill, designated Madonna as the beneficiary of Georgann’s memorials following her death in 1999. The

Claussens asked that an award be created to honor the caring staff that they credit with giving their mother an extra year and a half of quality life.

Congratulations to Jody and Stacy on winning this highly coveted award!

## TherapyPlus recognized as No. 1 for therapy

Madonna TherapyPlus was named as the people’s choice for physical therapy in Lincoln, according to the annual KFOR survey. News of the recognition was announced in an insert in the Sat., Oct. 18 issue of the *Lincoln Journal Star*. KFOR is a local radio station, found at 1240 AM.

This year, KFOR utilized Spartan Polling, an Internet-focused consumer opinion market research firm, to conduct the survey. KFOR asked local listeners to go to any one of the station’s six Web sites and click on the “Best of Lincoln” link. The link directed voters to the Best of Lincoln online survey. This survey asked the public who they thought the best is in 60 categories. Only one vote was accepted from each computer. The results of this year’s survey were tabulated from all online votes, as well as a written ballot that was available at the KFOR studio, and according to KFOR, the response was overwhelming.

It was the second year in a row that Madonna was recognized for providing outstanding therapy services. Madonna TherapyPlus earned the top spot followed by BryanLGH Medical Center at No. 2 and Lincoln Orthopedic Physical Therapy at No. 3.

Making its debut to the list was Madonna ProActive. After a relatively short time in the Lincoln market, ProActive came in at No. 3 in the “Health and Fitness” category. Congratulations to both TherapyPlus and ProActive for being recognized as customer-oriented service providers in your prospective categories. Here’s to a sweep in 2009!



## Town hall forum generates buzz

Concerns about the economy fueled many of the questions that employees raised following the State of Madonna address. Using a town hall format, President and CEO Marsha Lommel welcomed the interaction with employees. Following is a sampling of questions from the audience and Marsha's responses.

### Q. Should employees be worried about downsizing at Madonna?

A. Marsha shared that the first big recession she personally dealt with was in the early 1970s and she found that she was glad she was in healthcare. Since then, we have had a number of recessions and healthcare has been more impervious to economic downturns than many other industries. Marsha reassured the group that there are currently no plans to downsize.

### Q. How will the current economy affect Madonna?

A. Marsha explained that everyone is experiencing the rise in prices, especially gas, electricity and food. Madonna is no different. The hospital is paying more for gas for vans, food and medical supplies. And, just like employees are doing at home, the hospital needs to save wherever it can. Last year Madonna employees saved one million dollars in workers' compensation costs by working safely. Marsha encouraged staff to keep that up this year. Another way to reduce costs is to be smart healthcare consumers. Since Madonna is self-insured, every dollar the hospital spends on healthcare affects the bottom line. Employees can minimize negative effects of the economy by working together and working efficiently. Even little things like conserving electricity by shutting your computer down at night will help. "We also need to be smarter about attracting and retaining nurses," Marsha said. "The threat we are most concerned about is not having enough nurses to be able to staff the facility," she added.

### Q. How much will the economic crisis

### affect my 403b?

A. Victor Witkowicz, senior vice president and chief financial officer, cautioned employees against pulling out of their retirement funds. He admitted the fund was down about 30 percent, but advised employees to stay the course, if at all possible.

### Q. Can we stop contributions to our 403(b) and start again later?

A. Marsha stated that employees can stop contributions at any time and restart them later. She stated that if employees need to do that because of financial hardship, they should. However, she emphasized that it is not usually a good idea to stop contributing because the markets are down.

### Q. Are you afraid of a RAC (Recovery Audit Contractor) review?

A. Marsha explained the RAC reviewers main goal was supposed to be to uncover Medicare fraud. Madonna would have no problem with an audit if that was what the RAC auditors were doing. But they are targeting rehabilitation providers and claiming that even patients with qualifying diagnoses, like stroke, did not need a hospital level of care. Madonna is working with affiliated national associations to stop this practice. Madonna has been fighting the same issues with the probe audits and will continue to advocate for our patients.

### Q. I've noticed our census is fluctuating – why?

A. "Madonna used to have a much more stable local population of patients, like those with stroke and orthopedic conditions," said Marsha. "The regional expansion has helped us grow our programs, but that also creates fluctuations in census." She also pointed out that some variance is seasonal. For example, there are more patients with trauma in the summer.



Fall in love with something relaxing...a special gift of thanks for all Madonna employees.

Save 25% on any spa service\* at Soteria Spa now through Nov. 29, 2008.

Call 420.0003 or ext. 7771 to schedule your appointment today.

\*Discount does not apply to waxing and body buffs or polish treatments.

## Goal Awards encore celebration

As part of Madonna's 50th anniversary celebration, an encore presentation of the 2008 Goal Awards will be held at the Mary Riepma Ross Media Arts Center, 313 N. 13th Street, on **Thursday, Dec. 4**. Doors open at 6:30 p.m., and the program begins at 7 p.m.

This event gives employees, especially those who could not attend the Goal Awards luncheon, a unique opportunity to see the recorded event in a festive, holiday atmosphere. Desserts and refreshments will be provided.

Seating is limited, but Madonna employees have the first opportunity to reserve their **FREE** ticket to this event. Tickets are exclusively available to employees through **Friday, Nov. 7**. After that date, tickets will be open to the public. To get your ticket, contact Nancie Ninneman in Marketing & PR at ext. 6891, or by e-mail, [nninneman@madonna.org](mailto:nninneman@madonna.org).

## Meal replacements and weight loss

Today's fast-paced world has many people turning to meal replacement options to help with weight loss. Are meal replacements effective?

Research has shown meal replacements, such as liquid drinks, meal bars and portion-controlled meals can be an effective weight management aid for some people. They offer convenience, ease and may be able to reduce sensory stimulation from food itself.

Nutritionally speaking, regard meal replacement products as if they were meals, not snacks, and check the product's Nutrition Facts panel for calorie and nutrient information.

Source: American Dietetics Association's Public Relations Team

## Employee Focus: Fun factoids about Shannon



Shannon Collins  
Woods Program Supervisor  
MRH employee for 4 years

- 1 I was a three-time state track qualifier and a four-time conference track champion for Arapahoe High School.
- 2 I love NFL football; my fantasy team is in first place!
- 3 As a kid, I put my knee through a window trying to lock my sister out of the house. I ended up with 32 stitches.
- 4 I love everything to do with Halloween, especially haunted houses.
- 5 I am learning how to play golf and can't wait to go again!



Saturday, Nov. 22, 2008  
6-9 p.m. at Pius X High School  
6000 A Street

Cost is only \$8/person

Advance tickets can be purchased from Mark Hakel at ext. 6444 or Michaella Kumke at ext. 6479.

## State of Madonna (cont. from page 1)

### St. Jane de Chantal Long-Term Care (LTC)

- The LTC business unit underwent a major reorganization. New positions include: Melody Gagner, BN, RN, director of nursing, Donna Haney, ADN, assistant director of nursing, and Julie Willnerd, RN CRRN, director of social work.
- The Quality of Life initiative was established.

### TherapyPlus Outpatient

- TherapyPlus clinics were once again voted no. 1 for physical therapy in the KFOR “Best of Lincoln” survey.
- 160 soldiers were referred through the VA contract for brain injury assessments.
- 273 discharged patients participated in the Structured Independence program at ProActive; 32 percent joined ProActive upon completing their free 30 days.

### Madonna ProActive

- Membership grew to 3,600 members.
- Fibromyalgia program was developed in partnership with Dr. Robert Valente of the Nebraska Arthritis Center.
- Several special events were open to the public, including the Adaptive Dance Workshop, the 3rd Annual Adaptive Sports and Recreation Fair and Youth

Adaptive Sports and Recreation Workshops.

- Revenue continues to grow slowly, but was below expectations for the year.

### Madonna Fit for Work

- Fit for Work saw significant changes, including new staff hires Michelle Welch, RD/LMNT, corporate wellness developer; Karen Rehm, corporate wellness coordinator; and Melissa Rose, Fit for Work coordinator.
- Secured 54 Fit for Work corporate clients and 336 new ProActive corporate members.
- Increased Madonna staff participation in wellness programming by more than 300 percent.

### Institute for Rehabilitation Science and Engineering

- Received first federally awarded research grant for \$600,000 funded through the National Institute on Disability and Rehabilitation Research (NIDRR) and initiated the first part of research.
- Partnered with the Lied Center and Troika Ranch Digital Dance Studio in a project with individuals with disabilities who are unable to use traditional methods of artistic expressions.

- A new 12-camera motion analysis system and sophisticated processing software were purchased with the assistance of federally funded research projects.

### Community Service

- MRH remains committed to giving back to the community. Employees raised awareness for a variety of causes, including The Alzheimer’s Association, Toys for Tots, The American Heart Association, Matt Talbot’s Kitchen and the Community Blood Bank.
- MRH gave \$3,576,000 dollars in uncompensated and subsidized care.
- The total benefit to the community was \$4,212,000.

### Madonna Foundation

- The “Madonna at 50” Capital Campaign is 72 percent toward its goal of \$8.5 million.
- Madonna employees pledged \$405,648 to the Capital Campaign; exceeding the Madonna Family goal of \$400,000. Marsha remarked, “Surpassing the goal was an incredible show of support from our staff!”
- \$6,031,202 in gifts and pledges were raised in the last fiscal year.

## Courage and support help local man back to farm life

Jeff Schlechte’s feet have found their rhythm on the treadmill, motivated by country singer Chris LeDoux’s voice booming out of a CD player. Soon all the therapists are singing along with Jeff, the polite Nebraska farm boy who loves music.

His passion for music is one of the things the near-fatal car accident didn’t steal from Jeff— the accident on Oct. 25, 2005, near Springfield, Mo., that he remembers nothing about. The one his parents, Sandy and Gene, busy in the fields with harvest, learned about after a county sheriff tracked them down and told them their son’s car rear-ended a semi truck.

Sandy ticked off her son’s injuries: broken femurs and right arm, bruised lungs, a lacerated liver and a severe traumatic brain injury (TBI). The doctors offered little hope for the young University of Nebraska-Lincoln alum from Waco, Neb.

Jeff’s parents were asked twice to consider removing their son from life support. “We just couldn’t do it,” said Sandy, her eyes still welling up at the memory. Jeff fought to stay alive. Gradually his condition upgraded and on Nov. 23, he was air flighted to Madonna Rehabilitation Hospital. Unable to walk, talk or feed himself, Jeff began the first stage of his rehabilitation journey on Long Term Acute Care.

Katie Gentert, then a new speech-language pathologist, said Jeff was one of her first patients. Jeff, an agricultural journalism major, was determined to regain his speech. “After



three months, Jeff had a breakthrough and said his first word, ‘mom,’” said Katie. She immediately wheeled him over to show off his new skill to Sandy. “I was so excited that I may have cried more than Sandy did!” Katie recalled.

Jeff had to relearn basic skills, like feeding himself. It was a challenge for the young man who had been an active Alpha Gamma Sigma brother and American Royal member. “Learning to do things independently again and being mobile were the toughest obstacles for me,” Jeff said. Holly Schifsky, program manager, recalled the first time Jeff was able to stand with assistance. “At that moment, I saw it was finally all coming together for him,” Holly said. Jeff remained focused on his goals and soon moved to Acute Rehab.

Many staff, including nurses, aides and therapists, were involved in Jeff’s recovery process. “They all encouraged me to stay tenacious,” shared Jeff. His family support was strong with Sandy his biggest cheerleader and a constant presence. “My mom and dad are life savers,” said Jeff.

When Jeff got stronger, he transferred to Quality Living in Omaha, Neb., in March 2006, where he spent almost 11 months. Jeff returned to participate in Madonna’s Rehab Day program from February through May 2007. Sarah Stevicks, physical therapist assistant, remembers Jeff vividly during his pool therapy. “There was never one day he wanted to take it easy or gave less than 100 percent,” said Sarah.



Jeff’s unique sense of humor resurfaced after the accident. He chose nicknames for the staff and his daily quips made them smile. Jeff revitalized his vocabulary and memory by reciting a “word of the day” (sometimes in Spanish) that he shared with staff. Jeff doesn’t let the language deficits caused by TBI restrict his outgoing personality; he loves to talk.

Jessica Foster, physical therapist, has worked closely with Jeff in outpatient therapy. She and other Madonna staff helped Jeff achieve his goal to walk (with assistance) in his fraternity brother’s wedding last summer. “Jeff currently walks with a platform walker 100 feet with supervision,” said Jessica. He is also independent in bed mobility and transfers himself at home, she added.

Sandy is encouraged by the independence he’s gained at Madonna. “Jeff keeps saying it’s not ‘if’ he walks again, but ‘when,’” said Sandy.

Jeff’s big heart is another characteristic he’s maintained. He’s a loyal Husker football fan and a season ticket holder. Jeff has been known to donate his tickets to other patients who he feels need a boost.

“I enjoy life on the farm and visiting with friends,” said Jeff. He connects with friends on Facebook™ and MySpace™ and hopes to one day resume his involvement with his fraternity, Ag Future of America and the American Royal organization. Jeff’s courage and incredible family support will no doubt make that a reality. As Jeff states, “After all, I’m a progress in process.”

# COLD OR FLU?

Symptom	Cold	Flu
Fever	Fever is pretty rare with a cold.	Fever is usually present with the flu. 80 percent of flu cases include a fever. A temperature of 100 degrees Fahrenheit or higher for three to four days is associated with the flu.
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Chills	Chills are uncommon with a cold.	Chills are fairly common in most flu cases. 60 percent of flu cases include chills. Chills and shivering are a normal reaction to a cold environment, but unexplained chills can also be a sign of the flu.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu. It's normal to feel tired at the end of a long day or when you don't get adequate sleep, but unexplained tiredness can be a sign of the flu.
Sudden Symptoms	Cold symptoms are not sudden and develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Coughing	A hacking, productive (mucus producing) cough is often present with a cold.	A nonproductive cough that does not produce mucus is usually present with the flu. Dry cough is present in 80 percent of flu cases.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not commonly present with the flu.
Stuffy Nose	A stuffy nose usually accompanies a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
Sore Throat	Sore throat is commonly present with a cold. A sore throat is pain and inflammation in the throat that usually comes with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu. Chest discomfort is pain or abnormal sensations that you feel anywhere along the front of your body between your neck and upper abdomen.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80 percent of flu cases.

**DISCLAIMER:**

This is not a substitute for a professional, on-site medical diagnosis. Visit your doctor or other healthcare professional for an accurate diagnosis of the flu or cold.

[fluFACTS.com](http://fluFACTS.com)

## 5 more tips for stretching your healthcare dollars

You can hardly turn on the news or pick up a newspaper without hearing about the rising cost of healthcare and the stifling effect it is having on individuals and employers. With experts predicting national healthcare cost increases to stay in the double-digits, employers are passing more costs on to their employees, and individuals and families are looking for ways to stretch their healthcare dollars. Below are ways you can easily reduce your healthcare expenses and do your part to help keep overall healthcare costs down:

- 1 Carefully check all medical bills.** Insurance companies and hospitals are not immune from making billing errors. When you get a bill, check to make sure you are charged only for the procedures that you had done and for items you used during your visit or hospital stay. Ask for an itemized bill if you do not receive one from your provider. When you receive the Explanation of Benefits form from the insurer, review it to make sure the benefits were paid correctly as outlined in your health plan booklet.
- 2 Use any additional programs or discounts provided by your employer or health plan.** Many employers offer complementary programs that are designed to prevent illness and lower health costs over the long run. Madonna offers smoking cessation, weight loss programs and other wellness programs, as well as discounts at ProActive..
- 3 Live a healthy lifestyle.** Healthy habits like exercising regularly, eating well and not smoking can increase your stamina, lighten your mood and lower your risk for certain diseases. Aside from the physical and psychological benefits, healthy living can also offer financial rewards. A recent study noted that people with high blood pressure spent 24 percent more days in the hospital than people with normal blood pressure. It also found that overweight people were hospitalized 143 percent more than people of average weight.
- 4 Make careful decisions about prescription drugs.** Prescription drugs are the fastest rising area of healthcare costs and one of the biggest reasons behind dramatic increases in healthcare costs nationwide. The driving factors behind this upward trend are increased advertising, development of new and expensive drugs and greater utilization of drugs. You can reduce your prescription drug costs by a) using generic drugs whenever possible; b) knowing how your drug plan works (copays, formulary, etc); c) using a mail order pharmacy when utilizing medication on an ongoing basis and d) comparing prices between pharmacies by shopping around for the pharmacy that offers the best value for your needs.
- 5 Use Madonna's Medical Reimbursement Account to pay for medical expenses with pre-tax money.** This account lets you set aside pretax money from your paycheck to pay for eligible items like prescription drugs and over-the-counter medications, deductible, coinsurance, dental expenses and vision care. Because you don't pay taxes on the money in the account, you are actually getting a discount on everything you purchase with the saved money.

Source: The SilverStone Group

## Employee clinic saves time and money

Madonna's employee clinic is available to all Madonna employees as well as employee family members who are enrolled in the hospital's insurance plan. This includes the employee's spouse and any children ages five and older.

The Madonna employee clinic is a one time, urgent care service for treating non-complex or chronic medical conditions, such as a sore throat, fever, upper respiratory condition, earache or skin rash. The clinic is not intended to replace your family physician services and is not for emergency care.

The clinic is located in the Madonna Physicians Services building at 5445 South St., and same day appointments are usually available. **For an appoint-**

**ment call Physician Services at 483-9531, Monday through Friday.** The clinic is not open on weekends or evenings.

Family members need to provide their Madonna health insurance card at the time of the visit to show eligibility. The services are covered by the visit fee and are not submitted to insurance carriers and will not apply toward any deductible.

Kelly Thelen, APRN, provides care at the clinic. The cost of an appointment is only \$15 paid by cash or check at the time of service. Save time and expense by using the convenient Madonna employee clinic for your family!

## Flu shoots Nov. 3

Employee Health is gearing up for the flu vaccination kick-off beginning **Monday, Nov. 3 through Sunday, Nov. 9.** Numerous times have been established for every shift to have the opportunity to get the immunization. Vaccines will be available in every nursing area to accommodate staff who are unable to receive it during a scheduled time slot. Check with your manager.

Employee Health is starting a new "mobile unit" that will go around to all nursing areas on various days and times to offer the vaccine. Please take a few seconds out of your day to get vaccinated.

## > CALENDAR

- Nov 3**      **NEO Week 1**
- Nov 5**      **Outlook Web Access (OWA)**  
1-2 p.m.  
Call 6507 to register
- Nov 6**      **Speak the truth without making people angry**  
8 a.m.-4:30 p.m.  
Sheridans  
**Multi-disciplinary approach to burns**  
4-8 p.m.  
Agee  
Call 6550 to register
- Nov 10**     **NEO Week 2**  
**WHAM: Lynn Hollowell-Gottleben & Heith Wilkinson**  
12:10-3:30 p.m.  
Sheridans
- Nov 11**     **Putting it all together: The future of dementia**  
8:30 a.m.-3:30 p.m.  
Embassy Suites  
Call 6550 to register
- Nov 13**     **Blood & Medical Assist**  
Agee  
Call 6406, 6550, 6476 to register for time  
**Rehabilitation of the burned hand**  
4-6 p.m.  
Agee  
Call 6550 to register

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.

- Nov 2**      St. Paul's Methodist Choir  
**Nov 9**      Nebraska Wesleyan Women's Choir

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](mailto:swerner@madonna.org).

The Madonna Chairman's 2008 Goal Award event DVDs are now available for check-out from the Education Department. Please call ext. 6550 to reserve your copy.

The Madonna 2008 Annual Reports are in stock. If you would like a copy, please contact Nancie Ninneman at ext. 6891 or email [nninneman@madonna.org](mailto:nninneman@madonna.org).

## > WAY TO GOs

On August 30, my family's world turned upside down after my mom suffered a stroke. After conferring with the doctor, we decided to transport Mom the 300-miles to Madonna for rehabilitation. On arrival, I assured her Madonna would get her back to where she was prior to the stroke. I can't begin to express my gratitude to everyone who helped Mom on her road to wellness. **Julie Kiner** in Admissions made the transfer easier and welcomed us at the door. **Thanks to all the nurses, Dr. Zeng, the therapists and all of the support staff.** After discharge, Mom continued her outpatient therapy and attended the Rehab Day program. Initially, she didn't want to join the program, but a few days into it, she stated they are all one big family! Mom is back in her home, living independently and enjoying all her favorite activities again. Each one of you is what makes Madonna the best!

—Brenda Florea  
*Soteria*

Way to go to the team at **Physician Services: April Sears, Sandy Swanigan, Jenny Swanson, Cathy Willmann, Terry Bevans and Linda Becker.** You filled in for me many times this summer when we were short-staffed in Health Information Management. Whenever I needed help, you always volunteered and often surprised me by having the work done ahead of deadline. You kept my sanity and humor intact. Thank you!

—Mary Hillebran  
*Health Information Management*

I want to commend the **LTACH nurse aides, unit secretaries, LPNs, RNs, and RTs** who were involved in the "code" on Sept. 20 and the two urgent discharges to Acute care on Sept. 21. Staff utilized their knowledge, caring and technical skills to all work together for these patients. Nurses quickly finished transfer forms and stayed with patients to keep physicians informed. **Dr. Cheloha** made arrangements with the hospital, while **Wanda Dietrich and Carol Luedders** organized paperwork. So many staff were involved and you all deserve kudos for a superb job. As the EMS person remarked to me, "Good job, guys!"

—Ruth Morrow  
*LTACH Weekend Supervisor*

Team effort is working together for the good of the cause and these folks demonstrated this to a "T" when we were short-staffed in Health Information Management (HIM) this past summer. I would like to extend a big "Way to Go" to **Kathy Steinmeyer, Tracy Cooper, Ruby Plager, Lana Fry, Cassie Jones, Ardyth Bowen, Laura Maxwell and Linda Plummer** from Madonna Outpatient Services and to **Tanya Colson, Kaite Krause, Teri Schnieber, Lisa Radcliffe, Margi Wilson, Rose Burling, Lana Warner, Karen Everitt, Kent Eichelberger and Pam Petracek** from HIM for helping out. You kept me afloat and I could not have done it without everyone's help. We really do have the best staff working at Madonna!

—Mary Hillebran  
*Health Information Management*

## Halloween wellness challenge

**"H**alloween Tricks: Scary or Sweet," the final "Get in the Game" wellness challenge is now available! Track those tempting little Halloween treats that you eat between Oct. 29-Nov. 2 and return the challenge at the "Get in the game" wrap-up party. The challenge is located on the Intranet under Wellness Healthy Habits and on the bulletin boards outside the Commons Café, Employee Health and in the Employee Lounge.

The "Get in the Game" final party is a "come and go" event on Tuesday, Nov. 4, from noon-1 p.m. in the Commons Café. Be ready for fun, prizes and more!

"Go the Distance," the fourth challenge, had team members track their longest non-stop walking minutes from a Friday through Sunday. Kudos to the 57 team members who completed the challenge. More than 290 co-workers also attended the live "What's Cooking with Michelle" session.

If you have questions about the wellness challenges? Contact the Employee Wellness Coordinator, Brittany Baack at 486-8611 or [bbaack@madonna.org](mailto:bbaack@madonna.org).

## Recycling plans will soon be a reality at Madonna

**I**t's almost here! Thanks to pledges from several employee-volunteers, Madonna will kick off its own hospital-wide recycling initiative. Logistics are being worked out with involved departments, but you can expect to know more about this effort in just a couple of weeks!



In the mean time, do something at home or in your own department to make a difference. Did you know that the recycling rate in the Lincoln and Lancaster County was only 27 percent in FY 2006-07?

In an effort to boost that statistic, you are reminded to take part in America Recycles Day (ARD) on Nov. 15. It the only nationally recognized day dedicated to encouraging Americans to recycle and buy recycled products. Celebrating its 10th year, it has grown to include millions of Americans pledging to increase their recycling habits at home, work and school and to buy products made with recycled materials. Do what you can to make a difference. And here's a thought, recycle this information by passing it along to a friend!