

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 Thursday, Nov. 20.**

Respiratory care week activities



PAGE THREE

Deb Opfer receives Caring Kind Award



PAGE THREE

Madonna donates funds to Honor Flight

A fifth chartered plane carrying 125 Nebraska World War II veterans took off from Omaha's Eppley Airfield on Wednesday, on Oct. 22, headed for Washington, D.C. The Honor Flight participants visited the World War II Memorial, and then took a bus tour to the White House, Capitol, Supreme Court Building and other noteworthy locations. The honored vets also the Korean Memorial, Arlington National Cemetery, where they watched the Changing of the Guard at the Tomb of the Unknowns, before their last stop at the Iwo Jima Memorial. After a day full of site-seeing and reminiscing, the veterans and their volunteer guardians returned to Nebraska.

“The veterans who've gone have been so touched by the experience.”

The first flight of Nebraska veterans left on May 21, 2008. After the next flight on Nov. 19, 745 men and women who served during World War II will have gone on the donor-funded flights. Heartland Honor Flight, organized in Nebraska by Bill Williams of Omaha, is part of the Honor Flight Network, a national non-profit organization that is taking as many World War II veterans as possible to visit the World War II memorial. “The veterans who've gone have been so touched by the experience,” Bill said.

Organizers recently received bad news when they learned the Minneapolis airline through which they chartered previous flights had filed for bankruptcy. The replacement airline they selected charges \$95,000 per charter, compared to about \$76,000, Bill said. The one-day trip, which includes bus transport-

ation and a pre-flight dinner, will now cost about \$120,000, he added.

Madonna Rehabilitation Hospital fulfilled a request to support this cause and donated funds to send a volunteer guardian on the Oct. 22 flight. With the youngest of the World War II veterans currently in their 80s, volunteer guardians and medical assistants assume a vital role on the flights.

Almost 750 other World War II veterans remain on the waiting list. Organizers have already planned a sixth plane, which will leave for Washington on Nov. 19.

In the future, Honor Flight will also pay tribute to America's other heroes who served during Korean and Vietnam wars, followed by veterans of more current wars. National organizers of these Honor Flights have learned that the country's veteran heroes aren't asking for recognition, but appreciate the support of those who have made the flights possible.

Sponsorships for the Guardians cost \$250.00 and can be sent to: Susie Huber, Heartland Honor Flight, 1888 Karol Kay Blvd., Seward, NE 68434. Please make checks out to: Heartland Honor Flight and designate for “sponsorship” in memo field. Donations and contributions for supporting the cost of chartering a plane can be sent to: Heartland Honor Flight, C/O VFW, 2431 North 48th Street, Lincoln, NE 68504. The Peter Kiewit Foundation has pledged several thousands of dollars, if the group continues to receive matching funds.

Search for best chili or soup heats up at Madonna benefit

On Saturday, Nov. 22, from 6-9 p.m., the battle will heat up again when Madonna Rehabilitation Hospital employees and friends gather for the Hospital's fifth annual Chili and Soup Cook off at Pius X High School, 6000 A Street in Lincoln. Madonna hosts this event, which is open to all adults ages 18 and older, to raise money for the St. Benedict Fund.

The St. Benedict Fund was started in 1988 with an endowment gift of \$125,000 from the Sacred Heart Convent toward Madonna's capital campaign. The hospital's Board of Directors later designated the interest earned from the endowed fund to be available to provide emergency assistance to Madonna patients, residents and staff.

“St. Benedict wrote that, ‘Before and above all things, care must be taken of the sick, that they be served in very truth as Christ is served,’” noted Suzanne Sughroue, Madonna Foundation development director of major and planned giving. “Everything we do at Madonna is about serving just as St. Benedict proclaimed. The ability to serve our patients and fellow employees when they are experiencing difficulties is made easier with the St. Benedict Fund,” Suzanne said.

Since 2002, more than a thousand people have requested assistance through the St. Benedict Fund. Money raised has helped families confronted by mounting medical bills; patients struggling to make ends meet after a traumatic accident; and employees who give their all at work and home, but are unexpectedly faced with financial challenges. “Last year, the fund expended every available dollar assisting patients, employees and their families in a time of crisis,” Sughroue explained.



Goal Awards encore celebration tickets

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 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. To get your ticket, contact Nancie Ninneman in Marketing & PR at ext. 6891, or by e-mail, nninneman@madonna.org.

(continued on page 2)

Communication

Examining the Clifton

StrengthsFinder™ theme

You like to explain, to describe, to host, to speak in public and to write. This is your Communication theme at work. Ideas are a dry beginning. Events are static. You feel a need to bring them to life, to energize them, to make them exciting and vivid. And so you turn events into stories and practice telling them. You take the dry idea and enliven it with images and examples and metaphors. You believe that most people have a very short attention span. They are bombarded by information, but very little of it survives. You want your information—whether an idea, an event, a product's features and benefits, a discovery, or a lesson—to survive. You want to divert their attention toward you and then capture it, lock it in. This is what drives your hunt for the perfect phrase. This is what draws you toward dramatic words and powerful word combinations. This is why people like to listen to you. Your word pictures pique their interest, sharpen their world, and inspire them to act.

A Madonna employee describes how communication works in his life

submitted by Mike Munro, General Counsel

For me, the communication strength manifests itself in the enjoyment I find in written and oral communication with my peers. I enjoy the opportunity to paint a picture with words to hold the recipient's attention. As the legal representative of Madonna, it is important to explain complex issues in a clear and concise manner. This type of interaction with Madonna staff, both oral and written, is one of the most enjoyable aspects of my job.

“ You, O Lord, keep my lamp burning; my God turns my darkness into light ”

—Psalms: 18:28

Employee Focus: Fun factoids about Thad



Thad Buster
Chief Research Analyst
MRH employee for 3 years

- 1 My favorite time of day is when I am reading to my kids.
- 2 I was a college wrestler.
- 3 In the last year, I finished my basement, shingled and re-sided my house by myself.
- 4 I play the guitar.
- 5 I love hunting and fishing.

October 24, 2008

To Marsha Lommel:

About a month ago I entered your south doors and found an angel. Her name was Linda Sullivan. She helped me connect with Madonna ProActive for my mother. I received a very quick response from Shannon, a physical therapist, and the process of wonders began.

My mother is receiving aquatic and land therapy to help her walk again. She has been in Nebraska since July when I had to move her from her home of 42 years in Akron, Ohio.

From previous encounters with the wonderful staff at Madonna, including Sharon Duffy, I can't say thank you enough for all the miracles your gifted staff performs on a daily basis. Please congratulate the staff at ProActive for all the dedication to helping other in so many ways.

Sincerely,

—Carol Weigand
daughter of Marilyn Culler

Feedback is welcomed

Madonna encourages employees, patients and visitors to submit their ideas for improving the facility. Four "Improvement Idea" black boxes are located throughout the facility:

- outside the Nebraska Room
- outside Patient Accounts/Accounting
- by 2nd floor LTACH nurses station
- on the lower level near the vending machines

Comment cards are provided and must be signed. The boxes are checked monthly.

The Plant Operations department coordinates the review of ideas and reminds people that suggestions should relate to Madonna's core values: collaboration, hospitality, respect, innovation, stewardship and teaching. Dan Steinbach, director of plant operations, responds directly to each person.

For further information, please read Operational Definition #1118 on the Intranet.

Chili and soup cookoff (cont. from page 1)

"Activities such as the Madonna Chili Cook off help replenish the fund and help us serve those who need our help the most," she added.

Last year's Cook off was held in March 2007 and generated \$9,796. Each of the previous four cook offs produced about \$10,000 each. Although last year's funds were down from previous years, the committee hopes to have its most successful event to date, said committee director Mark Hakel. "It takes a lot of dedicated staff, time and hard work to present the Madonna Chili Cook off, but knowing we've been able to provide financial assistance to some of the thousands of patients Madonna serves annually makes it worth the effort," said Mark. "We started this event as a Madonna staff event to have a little fun and raise money for a great cause. It turned out to be a great time that was well received by the Lincoln community, so we want to be sure as many people as possible know about it and attend," Mark added.

That sentiment is shared by the dozens of employees who go to great lengths to highlight their creativity both in booth design and secret soup recipes. Madonna Environmental Services Supervisor Kenee Fox said the chili feed goes much deeper than earning a title, although, for the record, the Environmental Services team has earned a trophy two of the last three years. "Of course we participate because we like to eat, but really it's because the event is positive for Madonna and all who are involved," Fox said. "Madonna is not just a place to work. We get involved with the community and support our fellow employees," he added.

The event is also part of the on-going celebration of Madonna's 50th anniversary. From its beginning in 1958 as the "Madonna Home," under the direction of the Benedictine Sisters of South Dakota, Madonna Rehabilitation Hospital has been dedicated to compassionate care and helping others in need.



Ticket and Auction Information

- Cost is only \$8/person.
- Advance tickets can be purchased from Mark Hakel at ext. 6444 or Michaela Kumke at ext. 6479.
- Many silent auction items to bid on including: jewelry, electronics, artwork and a chance to meet Husker Football Head Coach Bo Pelini in person and get his autograph.

Highlights from Respiratory Care Week

Madonna respiratory therapists celebrated Respiratory Care Week October 19 -25 with food and generosity. Following are some highlights of the week:

- Respiratory care coworkers enjoyed everything from trail mix and ice cream sundaes to a beef brisket meal served at their monthly meeting. Sheri Struebing, RRT, also cooked a scrumptious breakfast for her team.
- A booth in the Commons Café displayed the team's accomplishments for 2008. Madonna respiratory therapists (RTs) delivered 54,307 aerosol breathing treatments, placed 12,656 one-way communication devices, discharged 118 patients who admitted on ventilators and weaned 69 percent of these patients from vent dependence in just 22.9 days!
- Amanda Cooper earned the Registered Respiratory Therapist (RRT) credential and Joe Rush earned the Neonatal Pediatric Specialist (RRT-NPS) credential.
- Madonna RTs are increasing their participation in state and federal efforts by joining the American Association of Respiratory Care (AARC).



Joe Rush, RRT-NPS, demonstrates emergency airway intubation to a Park Middle School class. Rush spoke to the sixth graders about respiratory care as a career.

- Nancy Nathenson, RRT was elected by her peers to the Nebraska State Society for Respiratory Care (NSRC) for a three-year term as Nebraska State Society Director for the Lincoln area.
- On Oct. 20, Joe Rush RRT-NPS visited Park Middle School where he spoke to 29 sixth grade students about respiratory therapy as a career. The kids had fun with the TheraVest (a special vibrating chest wall secretion clearance therapy) and practiced emergency airway intubation with the intubation mannequin.
- The RT team organized two fund raisers in 2008. A bake sale raised \$578 to support the Community Asthma Education Initiatives "Winning with Asthma" program. The program provides training to activities personnel to prevent and treat asthma attacks at sporting events and practices.

Husker football tickets were raffled off in support of "Camp Super Kids," a summer camp for children with asthma sponsored by the American Lung Association (ALA). With the \$180 raised from the raffle, the ALA will be able to send up to seven children to the camp.

United Way campaign

Nov. 3-17

Madonna kicked off their United Way campaign on Nov. 3. Madonna programs benefit both directly (transportation, Alzheimer's program) and indirectly from United Way funds. The target goal is to have 25 percent of Madonna's staff offer up a pledge. This would represent the highest participation rate in Madonna's history of giving to United Way.

Individual incentives will be given based on dollar amounts pledged:

- All participating United Way donors will receive a "Casual Day" sticker to be worn on Friday, Nov. 21.
- Pledge \$1 per pay period or make a \$24 donation and your name will be entered into a drawing to win either a pair of movie tickets (10 pairs given away), a free week of meals in the Commons Café (\$6/day for five days) or a Madonna polo shirt.
- For \$2 to \$4 per pay period (\$48 to \$96) pledges, you will be eligible to win a free one-hour massage, a Hewlett Packard (HP) camera or a Litmann stethoscope.
- By pledging \$5 or more per pay period or \$100 and above, you will be eligible for a year's membership to ProActive or a HP laser color printer.

Two team prizes will also be awarded for:

- Team with the most coworkers participating
- Team with the highest percentage of coworkers participating. In the event that there are multiple units with 100 percent participation, one team will be selected as a winner.

Winning teams will get the honor of delivering a pie in the face of a participating administrative team member: Mark Hakel, Paul Dongilli, Melody Gagner, Christopher Lee or Dan Steinbach.

As a bonus, an additional facility casual day and dessert bar will be offered if 25 percent of Madonna employees pledge to the campaign.

For questions, please contact Mark Hakel, ext. 6444, Michele Neiderhaus, ext. 6546 or Mike Munro, ext. 6632.



Hats off to our veterans

All branches of the military were represented during a special Veteran's Day celebration for Madonna residents on Nov. 11. The Nebraska Room was overflowing with patients and staff who were on hand to salute the resident veterans.

Doris Lewis, clinical supervisor for therapeutic recreation, organized the event and introduced Sergeant Mack Richards, with the Nebraska Army National Guard.

Sergeant Richards gave a brief background of his military service. He was injured during a 2007 tour in Iraq. "Coming to Madonna for rehabilitation was the best thing that happened to me," said Mack.

Sergeant Richards presented certificates to thirteen of Madonna's veterans and thanked them for their service to our country.

Holiday Jumpstart

- Do you face temptations during the holiday season?
- Are you struggling to adjust your workout routine with the seasonal changes?
- Would you like to maintain your weight instead of gain this holiday season?

If you answered "yes" to any of the above questions, being part of "Holiday Jumpstart" might be the biggest gift you can give yourself this season. The program is a fun way to prevent weight gain and it's only two dollars to join. It will encourage physical activity and healthier holiday choices.

No need to pre-register – just attend the check-in event on Nov. 18 from 9:30-11:30 a.m. in the Sheridan rooms or at ProActive from 12:30-1:30 p.m. Two additional check-in events will be held in Dec. and Jan. January's check-in event will also kick-off the Lifestyle Challenge.

Madonna Fit for Work's health professionals will provide confidential check-ins. You will receive monthly education materials to increase your holiday health IQ, and be rewarded with incentive prizes. Coworkers maintaining their weight through Jan. will win a bonus prize!

For more information contact Brittany Baack, Madonna's wellness coordinator at bbaack@madonna.org or 486-8611.



Deb Opfer received her Caring Kind Award from the Nebraska Hospital Association President Laura Redoutey at the annual luncheon on Oct. 31 at the Cornhusker Marriott Hotel. This prestigious award honors outstanding health care employees who have demonstration compassion with patients, cooperation with co-workers and excellence in their field. Congratulations, Deb!

> CALENDAR

- Nov 17** **NEO Week 1 Systems Workshop**
9 a.m.-Noon
Flanagan
Call 6406 to register
- Nov 18** **MES: Pulmonary Hypertension, Marilyn Schmidt**
5:30-6:30 p.m.
Sheridans
- Nov 20** **CPR Recertification**
9:30 a.m. or 5 p.m.
Agee
Call 6550 to register
- Continuity of Care: A holistic approach to the management of pain**
7:30-9 a.m.
Sheridans
Call 6550, 6406 or 6476 to register
- Nov 22** **5th Annual Chili and Soup Cookoff**
6-9 p.m.
Pius X High School
- Nov 24** **NEO Week 2**
- Nov 26** **CPR Certification**
9:30 a.m.
Agee
Call 6550 or 6476 to register for a time

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 16** Jeri Gibson
Nov 23 St. Michael's Praise Team Nebraska

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.

Flu shot reminder

If you have not yet received your FREE influenza vaccination by Nov. 14, you can still get the shot by contacting Employee Health Services at ext. 6413. The vaccine will be given as long as serum is available. It is FREE to all Madonna employees and volunteers.

Remember, you can play a big role in reducing the number of influenza outbreaks by getting vaccinated. This simple action on your part can minimize a larger outbreak of the seasonal virus.

> WAY TO GOs

A heartfelt thanks to **Stephanie Plummer** for all of your expertise and assistance in designing the IP PT month program and display board materials. Your work is always very creative and "top notch" – we are very grateful for all of your help.

—Marilyn Dongilli and Michele Ohlmann

Way to go to **Mike Quicke, Rebecca Seeber and Jan Vrtiska** for your willingness to participate in career fairs as well as help tour nursing students as they begin their clinical experiences at Madonna. Sharing your enthusiasm for nursing at Madonna is appreciated.

—Angela Kugler and Janet Bauer
Human Resources Recruiters

Way to go **Michaela Kumke and Heith Wilkinson** for helping coordinate the Pre-Holiday Open House at ProActive. The live remote by Froggy 98, advertising and other publicity helped fill the facility with new visitors, many of whom signed up as new members. Your enthusiasm and creativity are terrific assets for Madonna and much appreciated by staff.

—Molly Nance
Director of Strategic Planning and Marketing



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.

Meet the NEW massage therapists at Soteria!

Jessica Thurmond

- Receive 20 percent off any hour massage of your choice thru November 29. Choose from Fibromyalgia, Foot Reflexology, Swedish, Deep Tissue, Prenatal, Shiatsu, Reiki and Watsu (a warm water massage that is done in the whirlpool).

Amy Zwingman

- Receive 20 percent off any hour massage of your choice thru November 29. Choose from Swedish, Deep Tissue and Hot Stone. Amy will also be offering early morning massages starting at 7 a.m. on Mondays and Fridays.



Little ghosts and goblins from the Child Development Center strolled through the halls of Madonna on Halloween. The children visited employees and patients while showing off their festive costumes.

The Madonna Employee Appreciation Team cordially invites all employees and volunteers to a Christmas celebration.

Tuesday, Dec. 9
7-10 a.m. OR 4-6 p.m.
In the north Commons Café

Please join us for frittata casserole (egg casserole with ham, green peppers & onions topped with cheddar, mozzarella & bacon), hash browns, fresh fruit, sausage links, Valentino's breakfast pizza, fudge brownies, cinnamon sticks, juice and coffee.

FREE holiday meal

The Employee Appreciation Team at Madonna is offering a FREE Thanksgiving dinner to employees working Thanksgiving Day, Thursday, Nov. 27. The holiday meal will be served at lunch (10:45 a.m.-1:30 p.m.), dinner (4-6:30 p.m.) and also at 1 a.m. for the night shift. The menu will feature turkey and all the trimmings, including dressing, mashed potatoes with gravy, green bean casserole and pumpkin pie. Be sure to wear your name tag to take advantage of this FREE meal!

Alcohol adds calories

Counting calories this holiday season? The chart below tells how many calories are in an average drink.

You can cut down on the number of calories you drink. Drink slowly—or less. Dilute beverages with ice or juice. For those who consume alcohol, the Dietary Guidelines recommend one drink per day for women and up to two drinks a day for men.

Drink	Calories
Beer: regular, 12 oz.	150
Beer: light, 12 oz.	100
Wine: dry, 5 oz.	100
Wine cooler: 12 oz.	180
Distilled spirits (80-proof): 1 1/2 oz	100
Cordial or liqueur: 1 1/2 oz	160

*Mixers add calories

Source: American Dietetics Association's Public Relations Team