50th 1958-2008 Anniversary of Hope and Healing

the INDEPENDENT

A Newsletter for Madonna Employees and Volunteers

www.madonna.org September 19, 2008 402.489.7102

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 or trudder@madonna.org

Up close and personal with the HIM director

National Rehabilitation Week Sept. 21-27

REHAB The Power to Change Lives
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Higlights from the Madonna Golf Challenge

Madonna ProActive helps patient regain strength after bout with Guillain Barré syndrome

Tom Cast adjusts the weight on the leg press, eyes focused on his feet. "I'm feeling stronger every week," says the 73-year-old Lincolnite. "I'm not 100 percent recovered, but I'm very close," he added.

A retired engineer for the city, Tom had worked for 30 years and hardly used a sick day. An active father and grandfather, Tom was proactive about his health, including getting an annual flu vaccine. But, in late November 2007, his body harbored a viral infection that clashed with his flu shot.

Two days before Thanksgiving, Tom noticed his feet were numb and his legs ached terribly. Within 24 hours, Tom's wife, Becky, had him in the emergency room at BryanLGH. The numbness had progressed from Tom's feet to his neck, crippling him.

The doctors were quick to diagnose Tom with Guillain Barré syndrome. What exactly triggers Guillain Barré isn't known, but it often follows on the heels of a minor infection. It is a serious disorder that occurs when the body's immune system attacks the nervous system.

Tom spent over three weeks at BryanLGH before he was transferred to Madonna on Dec. 24. He said the hardest part of his illness was losing his independence. "I couldn't feed or dress myself or even walk by myself," recalled Tom.

His therapy team started a regimen, working on hand dexterity and leg exercises. Tom said it was a gradual progression and he celebrated when he reached milestones like being able to take a drink of water himself or use the bathroom unassisted.

Tom enjoyed the water therapy sessions in the pool. "It's easier walking in the water and I gained confidence that I'd once again walk on land," said Tom. By mid-March, he had progressed from wheelchair to walker and, finally, walking on his own and moved to the outpatient program.

Tom enjoyed the variety of activities during outpatient therapy, especially the Nintendo Wii sessions.

"Tom's competitive nature and positive attitude were a great combination for the Wii games, " said Mandy Merten, certified therapeutic recreation specialist.

As part of his outpatient therapy, Tom received a complimentary 30-day membership to Madonna ProActive. He works out faithfully during the weekday mornings.

"ProActive is a beautiful facility and I needed the different exercises I can get here," said Tom. He credits therapists Marin Salisbury, Doug Tvrdy and Sarah Stevicks with tailoring his workouts.

A highlight for Tom was passing his driver's test and gaining back his independence. "I want to thank all the Madonna staff for helping to get me back on my feet," he said.

NEW live feed broadcast of Goal Awards!

The Madonna Chairman's Goal Awards luncheon will be broadcast live, via the Internet, in the Sheridan rooms on Monday, Sept. 29. Drinks and cookies will be provided. Staff and visitors are welcome to bring their lunch and enjoy watching the event for free. The broadcast will start at at noon, with the Goal Awards video scheduled at approximately 12:30 p.m. The program will conclude at 1:30 p.m. A DVD will be available in October for those unable to attend the broadcast.

(see related article from Paul Dongilli on page 2)

Deb Opfer

2008 Caring Kind Award Winner

In her 23-years at Madonna Rehabilitation Hospital, Deb Opfer has touched many lives. Her genuine caring attitude and willingness to share her knowledge with others led to her selection as Madonna's Caring Kind Award recipient for 2008.

The award recognizes one employee from each Nebraska Hospital Association member hospital who exemplifies the "care" that goes into health care. Deb was nominated by several members of her Education team who willingly shared their comments about their honored coworker.

"Deb always has a willing ear, a kind touch and a generous spirit for everyone with whom she interacts," said Cinda Zimmer. Sharon Duffy explained that Deb is an excellent mentor and guide to new employees and each student that she teaches. Mark Hakel noted Deb has been demonstrating that "something special" to patients, staff and students throughout her employment at Madonna. Sharon Gollehon and Vicki Philippi both agreed that Deb supports Madonna's mission. "I believe Deb inspires those around her to be responsible, positive and caring," said Sharon. Vicki added that Deb is an extremely positive role model for those in the patient care field.

Deb started her career at Madonna as a registered nurse. She worked for 12 years on Acute Rehab before transferring to the Education department where she has been for 11 years. Her passion is instructing the nurse aid class. "I feel like our course does a great job in preparing students for their very important role as nursing assistants," said Deb.

Not one to bask in the limelight, Deb felt very humbled by her coworkers' comments. "I just believe in what we do, the lives we help restore at Madonna," said Deb.

Deb will receive her award at the Caring Kind luncheon on Friday, Oct. 31, at the Cornhusker Marriott Hotel with her family and coworkers cheering her on.

Reflecting on Goal Awards

by Paul Dongilli,
Executive V.P. Rehabilitation and Chief Operating Officer

Madonna's 14th Annual Chairman's Goal Awards Celebration is next week. The event is a sell out with all 600 seats purchased or reserved. This is hard to believe for those of us who participated in the first Goal Awards luncheon, which took place here at Madonna in the Flanagan room.

The purpose of the Goal Awards event was, and still is, twofold. First, it is a way to acknowledge the hard work demonstrated by our patients and their families as they strive to regain their independence. When the goal award recipients are informed of their selection, they are surprised, humbled and honored. They serve as rehabilitation patient ambassadors, representing the thousands of other patients served at Madonna. Secondly, it is a meaningful way to promote our programs and services in the community with the goal of providing access to rehabilitation to all.

At that first Goal Awards event, patients and their families, members of Madonna's Board of Directors, staff members and a few referral sources were present. It was a huge success and with each passing year the number of attendees gradually increased. It is easy to understand why. The stories of our featured speakers and patients served at Madonna are truly inspirational. They bring to life Madonna's mission – the reason why we exist, as well as the reason that many employees have dedicated a lifetime of service to this organization. The growth in attendance has come primarily from regional referral sources and members of the Lincoln community who have heard about the Goal Awards event and want to join in the celebration.

Awareness about Madonna has spread well beyond Lincoln to the entire state of Nebraska and Midwest region. Patients are routinely coming from across the region. In fact, this last year the number of patients admitted from outside the city of Lincoln increased from 16 to 21 percent

To our delight, the Goal Awards program continues to grow and I believe that attendance could easily reach 700. The problem now is that there is no local venue that can support a group of this size. This is a wonderful thing! We have finally identified a meaningful way to educate the community about the benefits of rehabilitation and share our message of hope and healing. Unfortunately, to accommodate the ever increasing request for spots by community members, we have had to limit the number of staff members who can attend. This fact is disappointing to everyone and the decision to limit attendance by Madonna staff has been difficult. We have tried to identify ways, like the remote telecast, to share the event with staff members here at Madonna. We will continue to try and identify other ways to make the event for all staff members here as festive as possible. If you have some ideas on how to make this happen please email them to me. I do not guarantee that they will be used, but I can guarantee that they will be thoughtfully considered.

I hope this article has helped you understand the purpose of the Goal Awards event and the reasons for limiting staff attendance. For the staff attending the Goal Awards event, you, too, are Madonna ambassadors, representing the hundreds of other staff members who work tirelessly to meet the needs of all patients. As you visit with others at the event, please acknowledge and thank your coworkers. To our staff members who remain to keep the hospital running, I want to thank you for exemplifying our core value of hospitality, graciously offering our community guests the opportunity to learn about the miracles at Madonna.

Take aim against the flu Nov. 4

Mark your calendars for Monday, Nov. 4 at 9 a.m. This is Madonna's kick-off date for all employees and volunteers to get their flu vaccine. How much money will you need to save to get this life-saving vaccination? Zero - it's FREE! Average cost for treating a flu outbreak per person? $71. Average number of flu cases nationwide? 25-50 million annually. Please take advantage of this simple precaution to significantly reduce the chances of contracting the flu! Look for more specifics to come in future issues of *The Independent.*

Employee Focus: *Fun factoids about Kent*

Kent Eichelberger
Dir. Health Information Mgt.
MRH employee for 16 yrs.

1. I have traveled to all four corners of the United States.
2. One of my favorite pastimes is horseback riding.
3. *The Sixth Sense* is one of my favorite movies.
4. I have a four-legged child (dog) named Luce.
5. I enjoy learning and improving processes.

Are you challenged yet?

Madonna staff members improved their buns of steel status by taking on the "Nosebleed Seats" challenge. Did you know that 544 calories are burned per hour by climbing up and down the stairs (based on a 150 pound person)?

- **93 people** together conquered 236,655 stairs in a week's time!
- **2,545 stairs** on average were climbed per person within the challenge week.

Cheri Towle won the prize drawing for challenge No. 1, a 128 ounce water mug — you could be next!

"What's Kicking with Karen: Cooler Strength Training with Bands, Cans and More" is the next live event in coordination with the "Get in the Game Season Training for Football Fans." The event will be held Tuesday, Sept. 23, 11:30 a.m.-12:30 p.m. in the Commons Cafe, 1:45-2:15 p.m. at ProActive and 3:30-4:30 p.m. roving unit to unit. Get a free strength training band and a copy of the next challenge for attending!

Contact Brittany Baack in Employee Health if you have questions at 486-8611.

Specifics about each challenge are available on the Wellness Healthy Habits Link on Madonna's Intranet.

Sub Acute is donating unused supplies to C.R.O.S.S. Ministries, a Christian relief group that works with supplies and services in Iowa, all over the United States and overseas. Please bring your units unused supplies to the bin on Sub Acute on Lower Level or contact Lorinda James via e-mail or ext. 6634. For more info see www.forministry.com/USIACCDOCFCC5

"Walk to Cure Diabetes"

Come join Madonna in the Juvenile Diabetes Research Foundation's Walk to Cure Diabetes. The family-oriented event will be held Sunday, Sept. 28, at 2 p.m. in Haymarket Park.

Approximately 21 million Americans suffer from diabetes, including hundreds of thousands of children affected with this lifelong disease.

With your support, the Juvenile Diabetes Research Foundation will continue its mission: to find a cure for diabetes and its complications through the support of research.

In addition to having a company tent, Madonna's goal is to have 50 walkers and raise an additional $1,000 collectively.

To join this worthy cause, please contact one of the team captains to get signed up:

Heith Wilkinson, ProActive, ext 7762 or hwilkinson@madonnaproactive.org

Sharon Duffy, Soteria, ext 7787 or 420-0003 or sduffy @madonna.org

Michaella Kumke, Marketing and PR, ext 6479 or mkumke@madonna.org

Kickoff to National Rehabilitation Week

Madonna Rehabilitation Hospital will feature three exciting programs as part of Grand Rounds in observance of National Rehabilitation Week Sept. 21-27.

Sept. 23
Innovations in Pediatric Rehabilitation
Presented by: Holly Schifsky, OTR/L and Kilee Oetjen, PT/DPT
The program will provide participants information on unique clinical practice within the world of pediatrics and discuss clinical research to support these innovations.

Sept. 24
Burn Rehabilitation Strategies
Presented by Sara Bills, PDT
The program will review with health care professionals the mechanism of burn injury and rehabilitation strategies to prevent long-term disability.

Sept. 26
Taking a "Look" at Vision Rehabilitation
Presented by Brooke Murtaugh, OTD, OTR/L
This educational session will review benefits of rehabilitation for visual deficits secondary to traumatic brain injury, cerebrovascular accident and other nuerological disorders.

All programs will be held from noon-1 p.m. in the Sheridans A/B. 1.0 contact hours will be awarded for each session. Nurses, social workers, therapists and healthcare providers are encouraged to attend.

Straight from the hard hat

- **The front lobby** is OPEN! Check out the new tile and beautiful waterfall feature. Two tvs with touch-tone screens will soon showcase former Goal Award winners and content from Madonna's Web site.
- **Work has started** on the gazebo reception area in Independence Square and will continue until the first of the year. The Sampson Construction crew is adding skylights and updating the grocery store and laundry areas. Anderson Ford of Lincoln has donated a car and four-wheel drive pickup to enable patients to practice their transfers.
- **Real plants** are a welcoming feature in the south hallway with the hanging planter baskets. Window boxes for the gift shop and front lobby are also on order.
- **Look for the gift shop** to be open for business within two to three weeks. Flowers, magazines, cards and Madonna apparel will be available for purchase.

Nursing scholarship recipients announced

Congratulations to the following Madonna staff who have been selected as recipients of the Madonna Nursing Scholarship:

Ashley Classen, CNA
Sarah Musil, CNA
Josiah Unger, CNA

The winners were selected based on completed applications and letters of recommendation from registered nurses. Each will receive a $500 scholarship. The funds are made available through the Dr. R.F. and Margaret O. Mullin Endowed Education Fund.

Take advantage of your health care benefits

The Madonna Health Plan is committed to improving the overall health of employees and their dependents who are covered by the plan. Preventative wellness benefits are just as important to maintaining good health as seeking treatment for illnesses and/or injuries.

To meet this commitment to achieve optimum health, wellness benefits in both high and low option health plans are included.

Wellness benefits covered within the Madonna health plans include:

- Routine physical examinations
- Routine lab tests
- Immunizations
- Routine outpatient x-ray
- Pap smears
- Mammograms
- Prostate screenings
- Well child care
- Routine eye exams and refractions

The Madonna Health Plan covers 100 percent of expenses incurred for wellness benefits up to $500 for all covered employees, spouses and children age 2 and older during each calendar year. If you exceed the $500 wellness benefit for a given calendar year, the excess is applied to the deductible and then paid at 80 percent after the deductible if a PPO provider is used and 60 percent if a non-PPO provider is used.

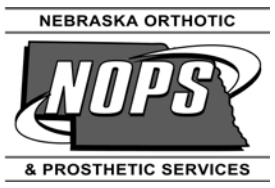
For children under the age of 2 there is no limit to the wellness benefit during each calendar year. The plan pays 100 percent of all wellness benefits incurred during the first two years of life for each covered dependent child.

Wellness benefits save employees money in the short term by offering the above health care resources at no or low out-of-pocket cost to the employee. They also save employees money in the long term because preventing an illness is much less expensive than treating a full-blown illness.

If you have questions about the wellness benefit or the health plan in general, please contact Wendy Charlton, benefits specialist at ext. 6484 or 483-9484.

NOPS to feature new technology

Nebraska Orthotics & Prosthetic Services will be showcasing the C-Leg microprocessor knee, the latest in prosthetic technology, on Sept. 24 from 1-4 p.m. in the Flanagan room B.



The C-Leg differs from other prosthetic in that it moves more freely in everyday situations. Users can move more confidently thanks to security from the microprocessor adjusting the knee in "real" time - not a step too late.

The team includes people with personal experience fitting the C-Leg. This is not a sales pitch, but an informative presentation.

The agenda includes an education session, patient demonstration and testimonials, followed by a question and answer segment.

Two CEU credit hours are available for health care professionals. Please RSVP by Sept. 23 by calling 486-8671.

Jess Truby tees it up during the Adaptive Sports and Recreation golf tournament at the Highlands Golf Course.

Sun, fun and fore!

Sunshine and blue skies prevailed at the Madonna Challenge Golf Tournament hosted by the Adaptive Sports and Recreation team on August 29 at the Highlands Golf Course.

Eight teams of four players participated, composed of one player with an activity limitation and three without. A Vegas-style scramble format was used with the roll of the dice deciding on the shot used.

The Highlands, with its Scottish-style layout, proved to be challenging terrain with rolling hills and bunkers on every hole. Players enjoyed the cameraderie, flag prizes and food.

The winning team members were Dave Wagner, Ricky Rech, Nate Fruehauf and Ryan Brenden who shot a team score of 58.

The tournament sponsor was Nebraska Orthotic and Prosthetic Services, and the Gold Level sponsor was Hanger Prosthetics and Orthotics.

> WAY TO GOs

A special thanks to the **Admissions staff** for their ongoing positive organization of Sub Acute and ARX admissions. Their dedication and willingness to work with our staff is very much appreciated and doesn't go unnoticed. Kudos for going the extra mile for both staff and patients!

Thanks to **all of the leaders on Sub Acute/ ARX** who go above and beyond every day and empower others to be the best they can be for Madonna and the patients we serve.

—Rebecca Seeber
Subacute/Support Nurse Manager

Thanks to **Deb Oates and Randy Luebbe** for helping out a patient on the Special Needs unit. They brought some of her personal furniture into Madonna, so she could practice transferring and using these items prior to going home. Great teamwork!

—Doris Lewis
Clinical Supervisor, Therapeutic Recreation

Thanks to **Kelsey McDonald!** When I floated to Lower Level, she was so thoughtful and helpful. I also observed her orienting a coworker; she is a kind and thorough mentor.

—Sarah Parker
LPN Float Staff

A huge thanks to **all the members of the Madonna Team** for a very successful federal survey on both the LTACH and the Acute Rehabilitation programs, including the off-site TherapyPlus and Proactive programs. Every department in Madonna was touched in some way, and there are too many individuals to thank you all separately. Your professionalism and commitment to providing the highest quality of care came shining through on each survey. Thanks for all that you do and again, congratulations on a very successful survey!

A special thank you to **Mike Quicke** and the ARU team for all of the work touring and responding to the surveyors. Your availability and professionalism were instrumental in achieving a very successful survey.

Thank you to **Shirley Hadley** for all of your support, friendly smiles and responsiveness to changing demands. You are a great support and a true trooper! Thank you!

—Linda Stones
Vice President and Chief Nursing Officer

A big thank you from the Institute to **Kim Casarez** in Purchasing for her patience and help. Kim obtained extra supplies in a short time with a very helpful attitude. We appreciated it; she's a great team player!

—Nadine Wiley
MRH Research & Education Istitute

Thank you to **Melissa Starr, PPT,** for always following up with patients on missed therapy sessions to ensure they have the best care!

—ARV Therapists

Many thanks to **Sheri Aguilar,** VAU nurse extraordinaire, who is also an amazing phlebotomist. You have assisted in the lab during many difficult situations. Your collaboration and teamwork (not to mention your skill) is greatly appreciated!

—Patty J. Eschliman
Laboratory Manager

During July and August, many float/PRN/ support nursing staff were assigned on LTACH. During that time, the following LTACH nurses were recognized for their helpfulness, friendliness and displaying the core values of Madonna: **Christine Griess, LPN, Ev Sufficool, RN, Michelle Daake, RN and Carol McNeil, RN.** Keep up the good work! We appreciate everyone who was assigned to LTACH to help care for our patients. This is a great display of collaboration.

—Jennifer Hoebelheinrich
LTACH Nurse Manager

Thank you to **Beckie Kimes** for the wonderful resident/staff picnic. It turned out great despite the challenges Mother Nature presented. We appreciate all you do for the Extended Care North residents. Thanks also to the **3-11 staff** for helping to make the picnic extra special for the residents and to the **dietary staff** for the wonderful food.

—Sharon Stovall
Extended Care North

"Way to Go" **Steve Tangen and Chris Range** at Sports Performance for referring your clients to ProActive TherapyPlus, helping get patients to the next level and return to their sports activities. Thanks also for initiating the "Hamstrings Reconditioning Program." Your work with our discharged patients and inclusion with the new hamstrings injury program is much appreciated!

—Darrin Bryant
Madonna TherapyPlus at ProActive

Thank you to **Debbie Johansen, PTA,** who helped me put together our new aquatic program, "Ripple Effects," aquatic therapy designed specifically for breast cancer survivors.

—Melissa Glinsmann
Madonna TherapyPlus at ProActive

"Way to Go" **Robert Sicinski and Susan Fager** for innovations to improve accessibility at the Woods House.

"Way to Go" **Davie Shutzer-Hill** for your leadership in survey preparation and Long Term Care specific documentation

"Way to Go" **Respiratory Therapy staff** for team work and excellent patient care on VAU.

—Paul Nathenson
V.P. Corporate Planning & Long Term Care

Way to Go **Melissa Glinsmann, PT,** for passing your rheumatology certification exam and completion of the training course down in Florida in June. Congratulations on your outstanding scores on both the written and practical portions of the exam!

—Madonna TherapyPlus ProActive staff

A huge "Way to Go"to all **Acute Rehab and ARX nursing staff** who shined brightly during our state survey! Surveyors commented on the outstanding care our patients receive and how it was evident in everything they observed and reviewed. Keep it up; you make "Madonna Miracles" possible every day!

—Mike Quicke,
Acute Rehab Nurse Manager

Thanks to **outpatient OT and Rec staff** for covering while I was gone on leave! Special thanks to **Lisa Andersen, Carol Jensen and Lynn Hallowell-Gottsleben.**

—Cory Behrens

> CALENDAR

Sept. 22 **NEO Week 1**

CPR Recert
9:30 a.m. or 5 p.m. - Agee
Call 6550, 6476 or 6406
to register.

Sept. 24 **NEO Week 1**

CPR Recert
Outlook Web Access (OWA)
1-2 p.m. - Computer Lab

MRH Branding Standards
2-3 p.m. - Computer Lab
Call 6507 to register for classes.

AARC Webcast: Respiratory Issues in the Management of Children with Neuromuscular Disease
1-2 p.m. - Lau

Sept. 25 **Continuity of Care: Is it Alzheimer's?**

Teresa Stitcher-Fritz and
Kathy Ware
7:30-9:30 a.m: - Sheridan Rooms

CPR
9:30 a.m. Call 6550, 6406 or 6476
to register.

Sept. 29 **NEO Week 2**

Madonna Chairman's 2008 Goal Awards
Embassy Suites Noon-1:30 p.m.
Special live-feed broadcast of the event in the Sheridan Rooms

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.

Sept. 21 St. Peter's Catholic Church choir

Sept. 28 St. John's Catholic Church choir

Do you belong to a group that hasn't performed at Madonna? We welcome new talent. Contact Steve Werner at ext. 6831 or swerner@madonna.org.