

## > CALENDAR

**April 14 & 15 Comfort Touch**  
 Sheridans  
 8 a.m.-5 p.m.  
 Supervisor call 6550, 6476 or  
 6406 to register  
 16 CH (must attend both days)

**April 16 NEO**  
**Systems Workshop**  
 9-11 a.m.  
 Flanagan

**April 19 CPR Recertification**  
 Agee  
 1-4 p.m.  
 9:30 a.m.-12:30 p.m. or 5-9 p.m.  
 Please call 6550 or 6476  
 to register

**Pediatric Pulmonary  
 Rehabilitation, Part II**  
 Kilee Oetjen, PT, DPT  
 Sheridans  
 4:30-5 p.m. Registration  
 5-7 p.m. Program  
 2 CH

## St. Jane de Chantal sponsors Arthritis Walk

Let's Move Together® is the theme for the 2012 Lincoln Arthritis Walk starting at 10 a.m. on Saturday, May 19 at East High School. St. Jane de Chantal is a sponsoring partner of this signature fundraising event for the Arthritis Foundation.

Every year, people unite and make a positive impact on the lives of people living with arthritis by raising funds for arthritis research, education and life improvement programs. This year's theme encourages people to get moving and heighten community awareness about arthritis.

If you'd like to join St. Jane de Chantal's team, contact Lisa Culbertson at ext. 6688 for more details and to receive your FREE t-shirt.

St. Jane de Chantal will also host a bake sale on May 3 from 8:30 a.m.-12:30 p.m. All proceeds will be donated to the Arthritis Foundation.

## 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.

**April 15** Nebraska Wesleyan  
 Women's Choir

**April 22** Union College Octet

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.

## Lunch & Learn

"The New Cisco Phone System"

May 1 at Noon

Sheridans

Presented by Linda Hippen and  
 Martha Weishahn

## In celebration of Earth Day – April 22

Earth Day was introduced in San Francisco, Calif., a city named after Saint Francis, the patron saint of ecology. Designed to bring environmental awareness to the general population, Earth Day was held on the first day of spring, March 21, 1970.

Later that year, Wisconsin senator Gaylord Nelson organized an educational assembly focused on promoting ecology and sustainability of the Earth. The inspiration for this second Earth Day came to Nelson after witnessing the devastation of an oil spill in Santa Barbara, Calif. An educational session was held on April 22, which is now celebrated annually as Earth Day.

Earth Day has led to more than just spreading awareness about the environment. In fact, the Environmental Protection Agency was formed due to Earth Day. The government agency is responsible for creating the Clean Air, Clean Water and Endangered Species acts. First introduced solely in the United States, Earth Day is now celebrated by more than a billion people in more than 175 countries worldwide.



Recycling takes just a little extra effort. You may have to wash out containers, use a special recycling bin, pay to recycle some containers or sit in line to recycle aluminum cans. But these steps on your part make a huge difference to the environment.

### Earth Day Fun Facts:

1. Recycling one aluminum can saves enough energy to watch a TV for three hours, which is equal to half a gallon of gasoline. It takes 90 percent less energy to recycle a can than it takes to make a new one.
2. The energy from one recycled glass bottle is enough to power a standard light bulb for four hours.
3. More than 200,000,000 Hershey's Kisses® are wrapped every day. That's 133 square miles of tinfoil that could be recycled.
4. If every newspaper on earth was recycled, we could save 250,000,000 trees each year. Sadly, it is estimated that only 27 percent of newspapers in the US are recycled. It takes 64 percent less energy to make new paper from recycled paper than from trees. Don't forget that oxygen is produced by trees.
5. There are 500 million automobiles on Earth using an average of two gallons of gas per day releasing 20 pounds of carbon dioxide. If there were more trees to absorb the carbon dioxide, there would be more oxygen and less CO2 in the atmosphere.
6. One gallon of oil can contaminate two million gallons of water. Walmart Lube Express Centers is one of many sites that accept used car oil.
7. The amount of paper and wood discarded each year could heat 50 million homes for 20 years. Ultimately, 84 percent of all "waste" could be recycled.

## WANTED



### YOUR OFFICE RECYCLABLE GOODS AND YOUR CREATIVITY THE CHALLENGE IS ON!

- Create a display of only recyclable items. No food products.
- Tape, glue and adhesive are allowed for construction.
- Compete for prizes.
- Contest entry by individual or group (Four member maximum)

Contest entries should be ready for judging on Earth Day, Friday April 20 (before noon). Sculptures may be displayed the week of April 16-20.

Send registration slip or email registration to Sue Koerber by Tuesday, April 17.

### GREEN TEAM RECYCLING SCULPTURE CONTEST

Name(s): \_\_\_\_\_

Team name: \_\_\_\_\_

Sculpture Title: \_\_\_\_\_

Phone contact #: \_\_\_\_\_

Location of sculpture: \_\_\_\_\_

Main Campus or ProActive  
 (circle one)



# the INDEPENDENT

A Newsletter for Madonna Rehabilitation Hospital

www.Madonna.org

April 13, 2012

402.489.7102

The Madonna Independent, an employee newsletter 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.

All story ideas, news items, announcements or recognition information must be submitted the Friday before the Independent is printed.

**Note: The deadline for the next issue is Friday, April 20.**

*\*The Independent can be viewed online at www.Madonna.org*

Madonna volunteer logs more than 4,000 hours



Recyclable Goods Creativity Challenge



## Occupational therapists put the joy back into the everyday lives of patients

Madonna boasts an outstanding team of occupational therapists (OTs) and occupational therapy assistants (OTAs) who help patients return to their occupations and the joys of daily living. Occupational therapy at Madonna encompasses a wide range of ages – from children with limitations seeking reentry to school and social situations to adults experiencing physical and cognitive changes due to stroke, spinal cord injury or traumatic brain injury.

Occupational therapy services may include comprehensive evaluations of the client's home and other environments (e.g., workplace, school), recommendations for adaptive equipment and training in its use, and guidance and education for family members and caregivers. Using holistic perspective, OTs focus on adapting the environment to fit the person.

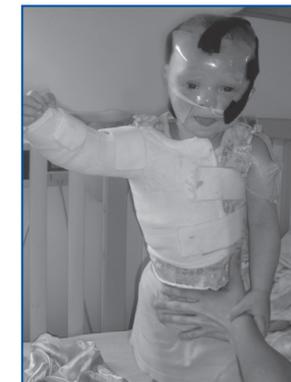
Madonna's OTs are highly creative in steering patients toward independence. Here are some unconventional methods OTs have used to help patients accomplish their goals:

I had a patient who did not have functional left hand control to carry an iPod® while running. I fabricated an iPod splint that slips over the palm of the hand. This allowed the patient easy access to get the iPod on and off.

— Raegan Hoffman, MS, OTR/L  
 Outpatient OT

I used an airplane splint in a pediatric patient who had shoulder burns. An airplane splint is used to keep one or both arms in a raised position to provide a long stretch to the shoulder joint. The splint prevented her from losing motion in her joint.

—Lynn Dolezal, OTR/L  
 Inpatient OT



An airplane splint helped elevate and stretch Sami's arm to promote healing to her shoulder burns. It also prevented the toddler from losing motion in her joint.

One of my 5-year-old female patients was getting a lifelike American Girl® doll for Christmas. I fabricated an airplane splint (see description in Lynn's story) for the doll to help

my patient better accept her own splints. I was apprehensive during fabrication when I had difficulty cutting the casting material from the doll's body. There wasn't any "give" space between the hardened cast and the doll's skin. I didn't want to damage my patient's Christmas gift by having to use a cast saw to remove the splint! Finally, I removed the splint using scissors, leaving only a tiny scratch on the doll's arm. Now, my patient enjoys putting splints on her doll to mimic the ones she herself uses every day.

— April Lieb, MSOTR/L  
 Outpatient OT

I devised a way for a person who is quadriplegic to continue her love of sewing despite the foot pedals on a typical sewing machine being inaccessible. She purchased a "quilter's sewing machine" with a button on the front of it. This button operates the needle mechanism on the machine for a foot-free sewing experience. I also adapted the lever to the presser foot of the machine, lengthening it with thermoplast (a splinting material), to make it easier for her to reach.

— Michelle Wiggins, OTD, OTR/L  
 Outpatient OT

The most interesting thing I have created was a program for an autistic 11-year-old for oral hygiene. He gags easily and is orally hypersensitive. I started using his interests of dinosaurs and ninjas. We first drew pictures of dinosaur teeth and labeled the parts so he would learn the areas he needed to brush (sharp part, shiny part, etc.) Next, we worked on slowly increasing the water-to-mouthwash ratio and teaching him to spit like a germ fighting ninja. Both concepts are working well and tooth brushing is no longer a battle!

— Erin Reier, OTD, OTR/L  
 Outpatient OT

### Madonna's occupational therapy team

Madonna's occupational therapy (OT) supervisory staff includes: Lisa Anderson, Linda Storz, Kathy Schmidt and Mikayla Humm.

Additional OT staff members are: Bethany Arnold, Cara Bassinger, Cory Behrens, Nicole Brown, Kimberly Burhoop, Amie Burpee, Nicole Buss, Amanda Cool, Lynn Dolezal, Shannon Eckery, Mary Goggins, Raegan Hoffman, Tanya Kilpatrick, Courtney Kossow, Kristin LaPorta, April Lieb, Jamie Louch, Melissa Macklin, Gina Mailander, Jessica Masin, Mimi Mollner, Brooke Murtaugh, Kelly Myers, Coreen Noack, Rob Noack, Erin Pickus, Stacy Reichmuth, Erin Reier, Colleen Sankey, Whitney Santo, Tabatha Sorenson, Colleen Spellman, Roxane Swanson, Lindsay Tuxhorn, Jessica Virgil, Dinceen Vlasnik and Michelle Wiggins.

## Cheerleaders needed for Lincoln Marathon

Employees, friends and family

members are invited to join the Madonna cheering station at the Lincoln Marathon and Half Marathon on Sunday, May 6, from 7-10 a.m. Inspire the runners, joggers and walkers as they cross 48<sup>th</sup> St. near Hwy 2. Refreshments and bagels will be provided for volunteers, as well as a free Madonna visor or ballcap.

Bring signs, cheer poms and encouraging words to the Madonna cheer station. To register, please email Julie Foral at jforal@madonna.org or call ext. 6584.



## National Volunteer Week April 15-21

### Appreciation for the helping hands at Madonna

Last year, Madonna benefitted from the volunteer services of 397 individuals, 40 Angel Dogs and one Angel Cat. Marla Buresh, volunteer resources coordinator, feels fortunate to work with a team that is dedicated to helping patients, families and staff. Here are some thoughts from Marla and other staff members who recognize the generous service volunteers selflessly provide to the hospital.

**To all the volunteers** — “The words ‘thank you’ cannot express the depth of what your time has meant to me and countless others at Madonna. You hold a special place in my heart where the memories of your many acts of kindness live. ‘Thank you’ isn’t enough to convey what my heart feels. Every day is a blessing just because of your efforts. Happy Volunteer Week!

—Marla Buresh  
Volunteer Resources Coordinator

Many thanks to Tim Nabb, Ruth Ford, Sean May, Dian and Don Peterson, and Mike Pitz for volunteering in Telecom. We deeply appreciate all you do with the patient mail sorting/delivering and distributing new phone books to the patient rooms. You are a treasured part of our team!

—The Telecommunication staff

A special shout out to Carol Johnson, Christie Sucha and Michelle Grieser for all their morning help in The Alexis Verzal Children’s Rehabilitation Hospital (AVCRH). It really helps get the day off to a great start. It allows me to focus my attention on things I need to get done and I truly appreciate all you do for us. Additional thanks to Michelle for leading our parent group. This is a valuable services for our families. We hope to grow this program and, with Michelle leading the way, it will be a success!

—Jody Macke, The AVCRH

Thank you to volunteers Bess Jensen and Virginia Packett in the Human Resources Department for your hard work and dedication. We truly appreciate you.

—The Human Resources staff

Hats off to the following outstanding volunteers in the Institute for Rehabilitation Science and Engineering: Bethany Barber, Chris Black, Nick Doher, Travis Eichenberger, Cody Flower, Nolan Harms, Haley Hatter, Lindsey Hirsch, Elana Karkowski-Schelar,

Adam Koch, Marissa Lyons, Nathan Mannebach, Cole Marolf, Larry Merriman, Ross Oborny, Corey Richards, Zach Roth, Eric Schussler, Alex Sellers, Derek Shafer, Greg Stevens, Nhat Tran, Megan Tunik, Marc Uzman, Claire Uryasz and Brian Watt.

—Institute for Rehabilitation Science and Engineering staff

We appreciate all the amazing volunteers in the AVCRH, including Jordan Ruskamp, Elizabeth Bartels, Danielle Henery, Harleen Sidhu, Selina Martinez, Meagan Saunders, Kjell Cronn, Katie Martin, Shelby Kruse, Mallorie Granquist, Ariel Tranmer, Megan Leach and all of the Kiwanis members. You help make each child’s hospital stay more fun. To Carole Johnson, Christie Sucha and Bess Jensen – thank you for your loving care of our youngest patients. To Michelle Grieser – You make everyone’s day a little bit better. Thank you for supporting our families each Parent Night. You are truly an inspiration.

—Amy Nordness  
Pediatric Program Manager

Thank you to all of our Brain Injury Program peer and student volunteers, especially Brady Beran and Danielle Rush, for supporting and encouraging patients and their families affected by brain injury. We value your contributions and the hope you offer through your personal stories. Thank you to the student practicum volunteers, Madison Farmer, Dana Anderson and Ben Siemers,

who give their time and enthusiasm to the activities programming. We appreciate your investment and hope it paves the way for you to pursue a lifetime of service in the health professions.

—Lori Terryberry-Spohr  
Brain Injury Program Manager

Thanks to all of the volunteers that give freely of their time to help in the AVCRH. From rocking babies and engaging kids in activities to accompanying kids to the aquarium, you are a reliable source of help and entertainment. We appreciate the little things you do – answering the phone, buzzing visitors in/out, cleaning toys – that help us so much. We couldn’t operate as well without you.

—The patients, families and staff  
of the AVCRH

Kudos to our front desk volunteers – Paige Bek, Barbara Brunken, Peggy Dillon, Darrel Didrichs, Mike Green, Hollis Jennings, Bess Jensen, Carole Johnson, Sister Helen, Jan Maul, Tony Sanson, Jean Winters, Arlyce Thompson-Krug, Ron Tolliver and Jean Weygint. Volunteer is more than just a word. It’s a world filled with people like you - dedicated to serving others.

—Marla Buresh  
Volunteer Resources Coordinator



Kjell Cronn shares his love of music every Friday with the pediatric patients and their families at The Alexis Verzal Children’s Rehabilitation Hospital.

To Milt Schmidt – Thanks for your flexibility with our crazy schedules. Your dedication makes our day easier. Most importantly, thank you for the scones!

Thanks to Kathie Repp, Bob Becker and Larry Obrist for providing our stroke patients with the peer support they need during this important time in their recovery. You are a strong asset to our team.

Thank you to Ken Johnson for putting our patients at ease while transporting them to and from therapy. Your help is always appreciated.

Hollis Jennings (“Bingo Guy”) and Linda Haith, you brighten our patients’ spirits and giving them something fun to anticipate each week.

—The 1 Center Stroke Team

A big “thank you” to my loyal volunteers: Eileen Crosby, Ron Tolliver, Pat Yates, Judy Schilz and Claire Tan, who assisted in transporting St. Jane de Chantal residents to community events last year. I couldn’t manage without your help! Special thanks to Amy Givens, who volunteers on one of her day’s off each month, so residents of the VAU/SN unit can attend outings with technical support.

—Deb Oates, St. Jane de Chantal  
Long Term Care Services

Put your hands together for the following volunteers who give freely of their time and friendship to the St. Jane de Chantal residents: Dorothy Applebee, Patricia Bower, Tyler Brakhahn, Eileen Crosby, Dennis Drudik, Pam Edwards, Julie Felzien, Susan Fertig, Jackie Gess, Bonnie Helter, Teresa Hendricks, Lisa Henning, Bob Joeckel, Cheryl Johnson, Cory Jurgens, Dan Kehler, Ann Kittell, Jim Leslie, Monica Lu, Flo Murphy, Joan Murray, Melissa Nealy, Morgan Netz, Mary Lou Novak, Carol Olson, Barb Peterson, Renee Pickerel, Cathy Ray, Kris Reiswig, Daveen Renner, Saint Joseph’s Group, Judy Schilz, Gina Simanek, Liz Sutton, Ron Tolliver, Claire Tran, LaDonna Van Engen, Pat Yates and Helen Zimmerman.

—The St. Jane de Chantal Recreation staff

My heartfelt thanks to Connie Hain and Pat Yates for their help in addressing Marsha Lommel’s Christmas cards this past year. Their extraordinary efforts gave a personal touch to each card that was mailed.

—Cindy Schumacher

Thank you to the Spinal Cord Injury Program peer volunteers for your support of our patients throughout their recovery. We appreciate the important role you play in making the program successful through your hope and inspiration.

—Diane Ulmer  
Spinal Cord Injury Program Manager

A big round of applause for the Commons Café’ volunteers – Blake Loos and Jim Hewitt. These two young men work very hard and are a pleasure to be around. Thanks also to their coordinator Darlyn Boye, who keeps everyone working together. You three are awesome!

—The Commons Café staff

Thanks to our stroke program peer volunteers – Bob Becker, Larry Obrist, Kathie Repp, Becke Voight and Stephanie Wever – for supporting and encouraging patients and families. We value your contribution and the hope you offer through your personal experiences.

—Amy Goldman  
Stroke Program Manager

Many thanks to the front desk volunteers who assist the drivers every day. We appreciate your courtesy calls to the units for the patients and residents being transported.

—The Transportation staff



Angel Dog Cha-Cha and her owner Tae, are part of Madonna’s Angel Dog pet therapy team who bring joy and smiles to patients through their personal visits.

Thank you to the Employee Health volunteers – June McKnight and Betty Buman. As my mom, June continues to demonstrate the value of generously sharing her time. She has built lasting relationships at Madonna. Betty is my aunt and volunteers when my mom is out of town. You can see it’s a family affair!

—Sandy Stutzman  
Employee Health and Safety

I am eternally grateful to Bess Jensen for her help every night on the AVCRH. You are a surrogate grandmother, Bess - the children and nurses all love you!

—Janelle Smith  
The AVCRH

To Laura and Sally Jaeger – You are always here assisting residents to our programs and services. People look forward to your happy faces. Spiritual care is blessed by your presence. Thanks for all you do.

—Pastor Steve Werner  
Spiritual Care Department

Thanks to Terri Shoop, our very special volunteer, who goes above and beyond the call of duty every day. Her cheery attitude and amazing talents never fail to brighten our day.

—The Madonna Foundation staff

Joan Schach has volunteered in Human Resources for 21 years and logged more than 5,000 hours! We would be lost without her and are grateful to have her on the team. Thanks for your dedication and service to Madonna.

—The Human Resources staff

Huge thanks to Ms. June McKnight, a most happy and über-efficient volunteer. June does way more than file and best of all – she provides comic relief. We love you, Grandma June! She is the ‘bestest’ and no, you can’t have her.

—Jody Luzum, Employee Health Services

We appreciate Mary Ann Schultz for her valuable volunteering! Thanks to Mary Ann, *The Independent* gets mailed to many subscribers, our ads are organized and filed and we are able to keep up with our projects. Thank you, Mary Ann, for your sunny smile and friendship. We are grateful to have you on our team!

—The Marketing-PR Department

## GenerosiTEAM – the final Gnome-bers

Thanks to all of the staff who recently joined GenerosiTEAM, the new employee giving club unveiled by the Madonna Foundation. The spring campaign proved extremely successful.

- Madonna Foundation had 154 employees donate to benefit Madonna patients.
- Eighty-three staff joined as first time donors, joining more than 550 employees already giving to Madonna.
- Recurring payroll deduction gifts from the Gnome Week promotion will generate nearly \$25,000 a year to support Madonna patients.
- Stellar prizes, including a Kindle Fire, Royals baseball tickets, coolers and umbrellas, were won by 74 GenerosiTEAM members.

Kudos to Donna Haney and all the generous employees of St. Jane de Chantal, VAU and TCU who pledged during GenerosiTEAM week. More than half of the Gnome Week donors were from these units.

Haven’t made a gift yet? You can join the GenerosiTEAM at any time by making a donation to the Madonna Foundation. Contact Katie Graf at ext. 6410 or [kgraf@madonna.org](mailto:kgraf@madonna.org) for more information. Watch for the next employee giving promotion in November, promising more prizes and games.

## Zero weather-related injuries

The Nebraska winter of 2012 proved to be mild, but Mother Nature sent one sizeable snow fall on Lincoln in February. Temperature fluctuations throughout the winter caused melting and refreezing of snow. The resulting slick surfaces of parking lots and steps provided potential hazards for employees and visitors.

Madonna Rehabilitation Hospital is happy to report that no serious injuries due to inclement weather occurred this winter. This is our second year to celebrate this accomplishment. “This is phenomenal given the daily foot traffic into the facility,” said Sandy Stutzman, employee health and safety manager. “It’s another positive outcome directly related to our improved culture of safety.”

Guided by the leadership of Randy Luebbe, the teams of the Maintenance Department and Environmental Services did an excellent job keeping Madonna’s external and internal paths safe.

## Volunteer Focus: Fun factoids about Mary Ann



Mary Ann Schultz  
MRH volunteer for 18 years

- 1 I have a nine-year-old Himalayan cat named Buster. He is mellow and a real prince of a cat.
- 2 I am 80 years old and been married to my high school sweetheart Bob for 62 years. We have three children, four grandchildren and one great-grandson.
- 3 I am a “people person.” Being around others makes me happy. I’m on the altar guild at my church, volunteer at Bryan East Hospital and help first graders with their reading at Randolph School.
- 4 I have accumulated more than 4,000 hours volunteering at Madonna. I enjoy working with the wonderful Marketing and Public Relations staff. I feel very blessed.