A Newsletter for Madonna Employees and Volunteers

February 20, 2009

#### www.Madonna.org

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, Feb. 27.

Megan McClure reviews her lesson

Learning Center.

with Jacque McCullough, educational

coordinator in Madonna's Therapeutic

"My family knew Madonna had a good

reputation and wanted me to be close

to home." -Megan McClure

Madonna cookbooks are being published



National Guard presents grant to Madonna



### Runner is a walking miracle

ngel of the highway, protect us" reads the engraved angel visor clip hanging in what's left of Megan McClure's car. The words have special meaning to the 20-year-old University of

Nebraska at Kearney (UNK) student after surviving a near-fatal car accident.

On Dec. 17, 2008, Megan was driving home from college to Lincoln, Neb., for Christmas break. As she headed out of Kearney, on I-80, Megan swerved to avoid hitting a deer. Her Chrysler Sebring shot across the median and collided head-on with a semi before landing in a ditch. The state patrol arrived on the scene and the Jaws of Life were

used to extract Megan from the wreckage. Her heart stopped at the scene, but paramedics performed CPR and revived her. Megan was rushed to Good Samaritan Hospital in Kearney where doctors drained fluid from her heart and performed surgery on her collapsed lungs. Megan's extensive injuries included eight broken ribs, a broken jaw, lacerated spleen and a mild traumatic brain injury (TBI). She would

spend more than a week in the intensive care unit in a drug-induced coma.

Megan can't recall much about her hospital stay or transfer to

Madonna Rehabilitation Hospital on Dec. 29. But, she remembers the frustration of dealing with her trach and feeding tubes. Within a week, Megan's nursing team had freed her of the tubes and she began eating independently.

Family and friends supported Megan as she healed at Madonna. "My family knew Madonna had a good reputation and wanted me to be close to home," said Megan.

For the captain of the 2008 women's UNK cross country team, physical therapy was easy to grasp. "It was like a coach telling me what to do," said Megan. Long distance running is a passion for her. It's not surprising that Megan's rehabilitation goals included her love of running.

Megan's therapy team incorporated her athletic goal into her therapy. Scott Fandrich, physical therapist and a fellow runner, could relate to her passion. The nurses and therapists started slowly, assisting Megan with standing and

she quickly progressed to walking unassisted. Megan worked on her balance with the Proprio 4000<sup>TM</sup> and the treadmill. Once her balance improved, Scott encouraged Megan on short jogs as he ran alongside, holding her safety belt. "Megan really exceeded all expectations in a very short period of time given the severity of her injuries," said Scott.

Another goal on Megan's list was honing her cognitive skills. The TBI had injured

the right side of Megan's brain. "Initially, everything to do with my left side was so hard for me, but gradually that improved," Megan noted. Madonna's Therapeutic Learning Center (TLC) staff offered the guidance and encouragement Megan needed to regain those compromised skills. Jacque McCullough, a therapeutic education coordinator in the TLC, used deductive reasoning and logical solutions

to challenge Megan's thought processes. "I had trouble with reading and comprehension, but Jacque got me back to where I was before the

accident," said Megan.

Madonna's brain injury support group "Heads Together," provided Megan an opportunity to interact with other patients in a learning environment. Tracy Kalnins, licensed psychologist, explained that members support one another in their recovery while discovering the delicate nature of the brain, its recovery and functions.

On Jan. 15, a smiling Megan jogged down Madonna's hallway. "I couldn't even keep my balance a month ago – I've come so far!" she exclaimed.

(Continued on page 6)

### Madonna to host activities at SAS Museum for Brain Injury Awareness Month



adonna Rehabilitation Hospital is a participating sponsor of the exhibit: "Brain – The Word Inside Your Head" at the Strategic Air and Space (SAS) Museum in Ashland, Neb. The Madonna portion of the exhibit provides information about Shaken Baby Syndrome, concussions and brain injuries in youths, and military combat-acquired brain injury. Patient stories are shared through a DVD and visitors can play Wii® sports to see how the gaming system is used in rehabilitation.

The exhibit runs daily through May 3, but each Saturday and Sunday in March, in recognition of National Brain Injury Awareness Month, Madonna staff will be on hand to share information about brain injury rehabilitation and provide interactive activities for visitors.

March 7-8: Focus on brain injury in military combat featuring guest speaker Michael Mason, "Head Injuries Experienced in Battle" March 14-15: Speech, physical therapy and occupational therapy for brain injury rehab March 21-22: Focus on pediatric brain injury, demonstration of Tech Tot Toys March 28-29: Focus on sports concussion and prevention

The SAS Museum is open 9 a.m. to 5 p.m. daily, and admission is \$8.50 for adults, \$7 for seniors, \$6 for active and retired military, and \$4 for children. The museum is located between Lincoln and Omaha, Exit #426 from I-80. Parking is free.

Learn more by visiting the SAS Web site at www.sasmuseum.com.

### **Deliberative**

### Examining the Clifton Strengths Finder<sup>TM</sup> theme

ou are careful. You are vigilant. You are a private person. You know that the world is an unpredictable place. Everything may seem in order, but beneath the surface you sense the many risks. Rather than denying these risks, you draw each one out into the open. Then each risk can be identified, assessed and ultimately reduced. Thus, you are a fairly serious person who approaches life with a certain reserve. For example, you like to plan ahead so as to anticipate what might go wrong. You select your friends cautiously and keep your own counsel when the conversation turns to personal matters. You are careful not to give too much praise and recognition, lest it be misconstrued. If some people don't like you because you are not as effusive as others, then so be it. For you, life is not a popularity contest. Life is something of a minefield. Others can run through it recklessly if they so choose, but you take a different approach. You identify the dangers, weigh their relative impact and then place your feet deliberately. You walk with care.

#### A Madonna employee describes how Deliberative works in his life

submitted by Bob Heydon, Assistant Director, Technical Services

Having deliberative as my top strength is perhaps what steered me to the information technology (IT) profession. IT always seems to be changing; most times for the better, but sometimes not so much. IT is well-known for systems that did not go as well as promised.

For new projects and IT services, there is typically much hope and promise on what can be delivered. However, there are also obstacles underneath the surface that may not be easily recognized. The deliberative theme helps me to be vigilant in identifying and assessing these risks. By tapping into my deliberative theme, I can plan how to mitigate and avoid problems before they

When faced with a new problem or task, I want to learn as much as possible about the problem and solution desired. I try to plan how best to succeed by identifying what might go wrong and planning for any roadblocks. I look to team up with people who have more "action-oriented" themes, to avoid 'paralysis from analysis' syndrome. In Gallup signature vernacular, these are persons with command, self-assurance and activator strengths.

### Special thank you from Madonna Foundation

"Five hundred twenty-five thousand six hundred minutes. How do you measure a year in the life? How about love? Measure in love."

—"Seasons of Love" from the musical, Rent

t the Madonna Foundation, we can measure the past year in love . . . the love of generous employees who make so much possible at Madonna through financial support. Perhaps you are one of our annual donors through regular payroll deduction gifts. Maybe you participated in our 50<sup>th</sup> Anniversary capital campaign. Some of you did both! In whatever way you choose to support Madonna, please know that your gifts are making a difference.

We are pleased to list employees who have made an annual gift or campaign gift during the 2008 calendar year. Several of our employees chose to remain anonymous and are not listed here, but are equally thanked for their generosity. It is not our intention to omit anyone, but if we have inadvertently missed your name, please let us know and accept our apologies. Listings are printed according to employee publication preferences. Please let us know if your listing should be different. Please see insert for complete listing of employees.

### Employee Focus: Fun factoids about Bonnie —



Bonnie Huff
Admissions, Referrals and
Development Coordinator
MRH employee for 30 years

- 1 I love to travel and recently went to Ireland.
- 2 I'm a voracious reader and favor mysteries.
- 3 I love to cook and entertain.
- 4 My three grandchildren are my hot buttons.
- 5 Favorite quote: "Don't point your finger, offer your hand."

# Pankoke named to local board



adonna Human Resources Manager, Mark Pankoke, has been named to the 2009 Lincoln Human Resources Management

Association (LHRMA) board of directors.

Mark, an 11-year member of the association, is in his second year as president-elect, government affairs committee chair. The committee follows state and federal legislation and comments on legislation through committee members and other members of the association. Beginning in 2010, Mark will serve a two-year term as president of the 350-member-association.

The purpose of the LHRMA is to provide for the interchange of ideas, experiences and methods concerning the relationships between management and employees, and to promote professional ethics and acquaintanceship among those involved in professional human resource management.

### Nurses earn degrees

ongratulations to Tracy Saddler and Nicolle Johnson, who earned their Certified Rehabilitation Registered Nurse degrees in December 2008.

Tracy attended Southeast Community
College (SCC) and received her LPN diploma
in 2001. She began working at Madonna in
May 2002 on the Long Term Acute Care
Hospital (LTACH) unit. Tracy returned
to SCC to complete an advanced LPN-C
certification in 2002. She graduated from SCC
in 2006 with a registered nursing degree. Tracy
continues to work full time on LTACH and
plans to work on a Bachelor of Science in
Nursing (BSN) degree.

Nicolle Johnson graduated with a Bachelor of Science degree in business and psychology from Nebraska Wesleyan University (NWU) in 2001. She worked for a year while attending SCC to pursue a degree in nursing. Nicolle earned an associate's degree in nursing from SCC in 2006. Following graduation, she joined Madonna as an registered nurse on the LTACH unit. Nicolle's future plans include pursuing a BSN degree at NWU.



(L to R) Nicolle Johnson, CRRN and Tracy Saddler, CRRN

### 2008 Madonna Foundation Employee Donors

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(Continued on page 4)

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Employee giving has been an important part of our history. Employee generosity, combined with employees demonstrating Madonna's core values in their work each day fosters a positive environment, which in turn promotes philanthropy among our community. Generous philanthropic gifts to Madonna from employees, community members, corporations and foundations have contributed to:

- · Research Institute
- St. James addition
- Chip Woods young people's assisted living house
- James E. Ryan Chapel
- Hazel Abel Tallman warm water therapy pool
- · Therapy gym and equipment
- Katherine Anne "Kit" Scott Therapeutic Learning Center
- Rehabilitation experience therapy practice spaces
- Adaptive sports and recreation programming
- · Community Medical Transportation program
- Gardens and courtyards
- All current patient rooms and therapy space renovations

Jennifer L. Zuelch

• Family four-plex

Mary N. Turner

If you would like more information on how to make a gift to Madonna, please call the Madonna Foundation at 483-9524 or visit the Madonna Web site at www.Madonna.org and click on "Make a Gift."

# National Guard awards grant to Madonna

n Friday, Feb. 13, leaders from the Nebraska National Guard presented Madonna President and CEO Marsha Lommel with a \$4,000 grant check to support research for using Wii® gaming technology for rehabilitation.

Brig. Gen. Robert Bailey, Command Sgt. Maj. Dick Burch and Veterans Administration (VA) Benefits Spc. Bonnie Bessler met with Madonna staff to award the check and discuss how the National Guard, VA and Madonna can collaborate in providing services and education to injured military and their family members.

"Thanks to the advancements in protective armor and emergency care at the front, many more soldiers are surviving what would have been mortal injuries in the past," said Marsha. "Unfortunately, the survival rate includes a higher incidence of traumatic brain injuries and other injuries requiring comprehensive rehabilitation. At Madonna, we are very pleased to help our military service men and women, who have given so much to our country, get back to their families, activities and work."

Since March 2008, Madonna has evaluated more than 250 referred military from the VA for possible brain injury.



(L to R) Brig. Gen. Robert Bailey, Marsha Lommel, Bob Campbell, Sgt. Maj. Dick Burch

### Green team tip

ecycle your water bottles – do not reuse them. Five recycled soft drink bottles make enough fiberfill for a man's ski jacket. Thirty-six recycled bottles can make



one square yard of carpet. If your water bottle states "Do Not Refill" or "No Refill," heed the warning and do not refill them because the plastic may leach chemicals if reused.

Remember, you can recycle your emptied and rinsed aluminum cans and plastic bottles at five convenient locations around Madonna's main campus: in the lower level employee lounge, cafeteria by the vending machines, lounge by the York Room on Acute, lounge by vending room on LTACH and on the lower level near the Education department.

### Madonna cookbook update

he cookbook committee is excited



to report publishing has begun on "Recipes from the Heart of Madonna." The cookbook will include more than 750 recipes from Madonna coworkers. The proceeds from the presale of 300 cookbooks will benefit the Benedictine Fund. Additional cookbooks will be available to purchase in the Gift Shop in the next few months.

# Mullins nursing scholarships awarded



Suzanne Sughroue, development director of Madonna's Foundation, (center) presented 2009 Mullins Nursing Scholarships to (L to R) Bobbie Lewis, Josiah Unger and Tonya Rains on behalf of the Dr. R.F. and Margaret O. Mullin Endowed Education Fund.

hree Madonna nursing students have been awarded Mullins Nursing Scholarships for 2009. Recipient Bobbie Lewis, a medication aide, will graduate in September as a licensed practical nurse. The other recipients are nurse aides Josiah Unger, who will graduate in December as an registered nurse (RN) and Tonya Rains, graduating in December 2010 as an RN.

The scholarships are made possible through the Dr. R.F. and Margaret O. Mullin Endowed Education Fund. The fund was established in 1986 by Mrs. Marilyn (Mullin) Story, along with her sister, Mrs. Charlene (Mullin) Hammer, to honor their parents.

During Dr. Mullin's stay as a patient at Madonna, the family witnessed first-hand the high quality of care made possible by the dedicated team. The family was deeply touched by the comfort afforded to their loved one during his final days.

Suzanne Sughroue, development director of Madonna's Foundation, explained the Mullin Fund is dedicated to providing continuing education opportunities to Madonna staff. As a former nurse, Mrs. Story appreciates the need for a talented nursing staff. "She believes strongly in the power of education to help people help themselves," said Suzanne.

### **FREE counseling**

adonna's EAP (Employee Assistance Program) is a free, confidential counseling benefit provided to all employees and their dependent family members.

Are you feeling overwhelmed by all of life's trials and tribulations? Are you worried about how you are going to make ends meet in these difficult financial times? Maybe you just need a listening ear. EAP counselors provide assistance for a wide variety of concerns including:

- Stress
- Relationship and marriage problems
- Work related difficulties
- Emotional problems
- Substance abuse
- · Grief and loss
- Depression
- Family concerns

You can arrange to have a confidential appointment by calling (402) 354-8000 or 800-666-8606. You can find more information on the Web site, www.BestCareEAP.org. Click on the employee tab, type the user name: bcmrhe and the password: mrh.

## Riss achieves national board certification



oger Riss, Psy.D., staff psychologist at Madonna, has become a diplomate of the American Board of Professional Neuropsychology

following completion of an extensive multiyear process. The national-level certification recognizes Roger's superior level of knowledge and experience in neuropsychology.

Roger joined Madonna's neuropsychology staff in 1984 and works primarily within the outpatient programs. He has played a leadership role in developing Madonna's neuropsychology services within specialty programs such as the Work Injury Rehabilitation Center and the Mild Traumatic Brain Injury (TBI) Clinic. Roger provides neuropsychological evaluation and therapy services with an emphasis on young adult through geriatric age groups, including services to returning veterans who have sustained mild TBIs in combat.

Roger also holds board certification with the American Academy of Pain Management and is a fellow of the Biofeedback Certification Institute of America, with specialty training in the use of biofeedback in rehabilitation and pain management applications. "I have a commitment to lifelong learning and have had the opportunity to work with several great mentors," said Roger.

Congratulations, Roger, on achieving this high level of certification and for sharing your expertise with the patients at Madonna.

### > CALENDAR

Feb 23 Outlook Web Access (OWA)

1-2 p.m.

Please call 6507 to register

Feb 24 HHS Recognizing and Reporting Chid Abuse

7:30 a.m., Noon, 1:15 p.m. or 3:30 p.m.

Sheridans

Feb 26 CPR Certification

9:30 a.m.

Agee Call 6550 or 6476 to register

**Beginning Excel** 

9 a.m.-Noon

Please call 6507 to register

March 2 NEO

March 3 AARC Webcast: New Modes of

Mechanical Ventilation Part I: Nan Nathenson

Nan Nathens Noon

Sheridans

March 6 Grand Rounds:

Intergrating holistic practice into your personal/professional life,

Paul Nathenson Noon

Agee

### > WAY TO GOs

We would like to thank **Bob Heydon and Brad Done** in the IT department as well as **Peter Smith and all the purchasing staff.** 

You have been very customer focused in responding to our needs in the Institute. We appreciate your quick response in providing the services and supplies needed so we are able to move our research forward. Thank you for being great Madonna team players.

-Movement and Neurosciences Center

Way to go to Sara Hakel for working with the Nursing Leadership Group on understanding the budget process and providing tips on managing budgets. Thanks for sharing your expertise!

—Nursing Leadership Group

### **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.

Feb. 22 College View Adventure ClubMarch 1 St. John's Catholic

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.

# Therapist lends a hand to neighborhood



atie Gentert, a speech language pathologist at Madonna Rehabilitation Hospital, has lived in Lincoln's Witherbee

neighborhood for more than a year. As a member of the founders board, she was excited to learn about a new "village" concept the neighborhood association is hoping to begin offering by summer.

The Witherbee Village would resemble a brokerage of sorts, providing members with information and service vendors. For roughly \$60 a month, homeowners in the Witherbee area could receive services including snow blowing, yard maintenance, transportation to health care appointments, shopping and more. The services would be offered without age restrictions, so people from baby boomers to single mothers would benefit.

"This is simply one way I can give back to the community." —Katie Gentert

The plan was inspired from the success of a village that formed in the Beacon Hill district of Boston. The Witherbee Village would be the first offering this service in the Midwest. Allowing people like aging baby boomers to stay in their own homes provides stability for the neighborhood and prevents it from shifting into rental units. "The village concept is a way for people to retain familiarity by staying in their home," Katie explained.

Katie aligned herself with the village concept because it seemed a natural continuation of Madonna's values. "It fits with Madonna's goal to help people get back to being independent," said Katie. She hopes the new plan will also provide an outlet for people to get to know their neighbors.

"I had no idea how strong the Witherbee Neighborhood Association was until I got involved," said Katie. In addition to the founders board, she chairs the vendors and services committee. "This is simply one way I can give back to the community," said Katie.

#### The winner is....

winner has been selected for Madonna's new Clinical Information system project name. On Wed. Feb. 25, the winner will be revealed at the noon kick-off celebration in the Sheridan!

# Lifestyle Challenge heats up

he competition is getting fierce as the Lifestyle Challenge enters the second month. Here are what some of the participants are doing to creatively boost their activity minutes.

#### 97% fat free team

Kelly Thelen kept those pounds off by roller skating with her children and shoveling snow. Her family enjoyed her eagerness to stay active. She is way past her goal – way to go!

#### Repeat offenders team

Michaella Kumke participated in 90 minutes of collegiate-level rugby practice. She helped a friend who is coaching the University of Nebraska-Lincoln women's rugby team. A former UNL rugger, Michaella didn't sit on the sidelines and watch, but participated in all the drills, including sprints and mauls, with the team...and even participated in the scrum!

Tami Rudder got carried away when the temperature rose in the 60s on Feb. 7. She rode her bicycle roundtrip from Lincoln to Seward, 70 miles, with a 14 mph average—a ride she typically cranks out in the spring.

What creative activity is your Lifestyle Challenge team participating in to stay competitive? Email your stories to Tami Rudder, trudder@madonna.org.

### Patients needed for Goal Award documentary

he Madonna Marketing and PR department is seeking your input for patients to possibly feature in the 2009 Goal Awards documentary. While we prefer new patients so we can track their progress, all recommended patients will be considered. Please contact Molly Nance at ext. 6572 or Michaella Kumke at ext. 6479 if you have a patient to recommend.

#### Megan McClure cont. from page 1

Megan's mother, Joyce, captured her amazing feat on video and uploaded it to YouTube<sup>TM</sup> to share with others. A week later, Megan was back home with her family.

Megan recently completed the Rehabilitation Day program and attends outpatient therapy. She's working with Madonna's driver retraining program to get her license renewed by March 14, her 21st birthday. Future plans for the exercise science major include returning to college and her cross country team. For now, she's relishing life one day at a time. "It's really a miracle I'm alive," said Megan.

To view the video clip of Megan jogging to go: http://www.youtube.com/watch?v=Gw7Wkk69-vA.