

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.

Spinal cord patient achieves goal to walk



Reduce, Reuse, Recycle!



National Wheelchair Basketball Highlights



Support Rehabilitation

On March 12, LB 765—a bill that would restore the original intent of Nebraska's Certificate of Need law, ensuring moderate growth of rehabilitation beds in Nebraska through a defined expansion process—was heard, debated and voted on General File. The bill advanced to Enrollment and Review Initial with 31 ayes. On March 13, the bill was placed on Select File.

There are two more voting opportunities for LB 765 and two more opportunities for you to contact your senator and urge support of this important bill.

What to tell your senator:

- Please support LB 765, which will help ensure access to medical rehabilitation expertise and nationally accredited rehabilitation programs.
 - There is only 58 percent occupancy of acute rehabilitation beds in Nebraska, so LB 765 helps ensure growth at a reasonable level. It does not prevent hospitals from adding rehabilitation beds.
 - Specialty medical services, such as rehabilitation, require enough patients so that clinical professionals can provide quality care and for program accreditation.
 - Quality rehabilitation services should remain available to all Nebraskans and our surrounding states, and LB 765 will protect that.
- To find your senator and his or her contact information, please see the Unicameral Web. at www.nebraskalegislature.gov.

Love of dance aids patient in recovery at Madonna

Dancing comes as naturally to Megan Steele as walking and talking. "I love dance; it's always been a huge part of my life," explained the bubbly, 16-year-old from Wichita, Kan.

Unfortunately, she had to relearn all three skills following a Dec. 30 car accident that left her with a traumatic brain injury (TBI) and no voice.

Megan, a dance team member and student at Southeast High School, had just left dance practice with a friend when the Jeep she was driving collided with another vehicle. The impact sent her Jeep skidding 125 yards, coming to rest in a ditch.

Megan's friend, Kaitlyn, escaped serious injury and was able to call 911. The rescue crew used the Jaws of Life to extract Megan and she spent the next three weeks at Wesley Medical Center. "The doctors really couldn't give us a prognosis. They had no idea what the deficits would be with Megan's TBI—whether she'd walk or talk again," said her mother, Stephanie.

Her mother and her father, Glenn, along with sister, Alysa, rallied around Megan and made the decision to move her to

Madonna Rehabilitation Hospital on Jan. 21. Within a week, Megan's respiratory therapists weaned her off her ventilator and

trach. After four weeks of silence, Megan pointed to a photo of her best friend and uttered her first word, "Becca."

"Two of my biggest challenges were recovering my memory and walking," said Megan. Her room was decorated with photographs of friends and family to jog her memory and boost her spirits.

Dance was incorporated into part of Megan's therapy sessions. Along with the rustle of pom-poms, you could hear her counting quietly as the sessions provided a creative way to stimulate her cognitive thinking. "Gradually, it all started coming back to me pretty naturally," said Megan.

Laura Corbridge, Madonna physical therapist, said, "I really enjoy seeing our patients recover, and it's so rewarding to see Megan get back to the things she loves to do."

Megan also loves children and has a part-time job at a day care in Wichita. During her therapy, she spent time at Madonna's Child

(continued on page 2)



Megan Steele practices her pom routine as part of her physical therapy session with Laura Corbridge, Madonna physical therapist.

Lifestyle Challenge: A healthier you by July 4!

Are you ready to have fun and improve your fitness? Be a part of the Lifestyle Challenge, a fun and effective physical activity and weight-loss challenge for Madonna employees that kicks off April 9. Teams of five will join together in this fun, spirited wellness competition.

Team members will improve their overall health, vie for exciting prizes and of course, bragging rights! Weight and activity minutes are reported as group results and winners will be rewarded in both weight loss and physical activity minutes. All individual weights are kept top secret by Madonna Fit for Work staff.

Monthly check-ins will be held at Main Campus and ProActive Campus to help keep teams on the right track. Creative activities and surprises will be added along the way to pique your interest.

Team registration lists are posted in the Employee Lounge. Entry fee is \$5 per person. The Challenge check-in event is scheduled for Wednesday, April 9, at Main Campus OR Friday, April 11, from 7:30 a.m.-1:30 p.m., and at ProActive Campus from 10 a.m.-noon.

Questions? Contact Brittany Cochran at 486-8611 or bcochran@madonna.org. Grab your co-workers, think of a catchy team name and be ready to strut your stuff this summer!



Web site gets makeover

Madonna Rehabilitation Hospital is a nationally respected leader in medical rehabilitation, known for its expertise and innovation. Now, we have a completely renovated Web site that reflects the visionary progressiveness of our hospital at www.madonna.org.

In developing the new site, the Madonna Web site Task Force reviewed dozens of top Web sites, selecting the best features, design styles and navigation to incorporate into the new Madonna site. The Task Force also gained input from employees, patients, families and clinicians on content for the new site.

Content on the site will be updated frequently to keep the site interesting to visitors. Log on today and see our new look!

Let's celebrate Madonna's 50 years

The Employee Appreciation Team invites all employees to an ice cream social complete with fresh strawberries!

**Monday, April 7
1:30-4 p.m.
Commons Area**



Sister Valentine McNearney, OSB, the first Madonna administrator loved strawberries so she often bought large quantities of “strawberries on sale.” She asked for volunteers—mostly the Benedictine Sisters—to come to the kitchen (in the old building) and help clean the strawberries. We were rewarded with all the strawberries we could eat with ice cream. It was always a fun time and Sister Valentine loved celebrations. *(contributed by Sister Phyllis Hunhoff, OSB)*

Patient achieves goal to walk

On Thursday, March 13, John Andrews fulfilled his dream to walk out of Madonna Rehabilitation Hospital on his own after four months of inpatient rehabilitation. In November 2007, the media specialist and filmmaker from Lincoln was riding home on his bike when he had an accident that sent him over the handlebars and chin-first onto the street.

“I don’t remember the fall,” John said. “I woke up inside an MRI machine and asked them (technicians) to pull me out and unstrap me. A doctor came into the room and



John Andrews makes his way down the corridor as he prepares to leave Madonna after being a patient here since November 2007. John had suffered a spinal cord injury and set a goal to walk on his own.

explained that I wasn’t strapped. That’s how I found out I was paralyzed.”

John and his family became part of the extended family at Madonna.

“I told my nurses, they’re going to come in here on Friday and I’ll be in my bed asking ‘what’s for breakfast.’ I’m excited to leave, but I also don’t want to leave. I’ve made so much progress,” John said.

John is using his talents to create a documentary about his rehabilitation and his wife’s battle with breast cancer. “There were times I felt frustrated and angry at all we’ve been through. But we’ve also been truly blessed. Eventually, you see the big picture and what I’ve lost physically, I think I’ve gained mentally.”

Learner

Examining the Clifton StrengthsFinder™ theme

You love to learn. The subject matter that interests you most will be determined by your other themes and experiences, but whatever the subject, you will always be drawn to the process of learning. The process, more than the content or the result, is especially exciting for you. You are energized by the steady and deliberate journey from ignorance to competence. The thrill of the first few facts, the early efforts to recite or practice what you have learned, the growing confidence of a skill mastered—this is the process that entices you.

Your excitement leads you to engage in adult learning experiences—yoga or piano lessons or graduate classes. It enables you to thrive in dynamic work environments where you are asked to take on short project assignments and are expected to learn a lot about the new subject matter in a short period of time and then move on to the next one. This Learner theme does not necessarily mean that you seek to become the subject matter expert, or that you are striving for the respect that accompanies a professional or academic credential. The outcome of the learning is less significant than the “getting there.”

A Madonna employee reflects on how Learner plays out in his life

*submitted by Travis Groft
Neuropsychology Clinical Manager*

When I was young, we lived on a farm and there was not much social activity. I discovered the World Book encyclopedias when I was in elementary school, and I would spend hours randomly opening them and reading whatever articles I found. I still enjoy reading books, and of course the Internet is like a ‘candy store’ for those with Learner themes.

I have pages of bookmarks to Web sites on science, politics, history, archaeology and so on. I’m not sure that all of that directly helps me in my daily work, but I think the general impulse to ‘learn more’ is helpful in psychology and rehabilitation. When faced with a new problem or task, I want to learn the history, gain input from lots of different people and spend time just thinking about it. There is usually a reason why things are the way they are, and learning the background of a problem or process always makes me feel more confident and prepared. Of course, I find that it is helpful to team up with people who have more action-oriented signature themes, to prevent getting bogged down in the history and details. Both sides of the equation—action and information gathering—are crucial, and it’s a good example of how people can productively work together for a common goal.

Driving rehabilitation forward with employee support

Starting this week, the Madonna Foundation will be sharing information on ways employees can support the capital campaign. Check out the campaign display in the cafeteria each Wednesday. Each week will feature drawings for prizes and gift baskets. If you see someone with a “50” on their name tag, you’ll know they have already chosen to participate. Help us drive rehab forward at Madonna!

Love of dance *(continued from page 1)*

Development Center, interacting with the children. Megan appreciated having a venue on site that allowed her to ease back into that role.

Cracking the books again was another hurdle that Megan cleared with help from Madonna’s Therapeutic Learning Center (TLC). “I not only did homework at the TLC, but practiced reading out loud, with Nova (Adams),” Megan said

While Megan worked hard in therapy, her dance team back home sold bracelets as a fundraiser, emblazoned with her name and favorite leopard print. “I’m going to donate all the monies to charity once I’m home,” said Megan.

Getting home by her birthday on March 19 was a goal that Megan set when she first arrived at Madonna. On March 13, she was excited to announce she was discharging the following morning and couldn’t wait to see her extended family and friends.

Looking back, Alysa said bringing her sister to Madonna was a difficult decision because of their security net of family and friends in Wichita. “But, people we consulted said Madonna was not just a ‘good enough’ facility, but the **best**, and that proved to be very accurate in Megan’s case,” Alysa said.

Southeast is having their final pep rally of the school year in May and Megan will be there, kicking up her heels with the rest of the Southeast dance team.

A Madonna moment



Sister Valentine McNearney, OSB., Mother Jerome Schmidt, Prioress, OSB., Sister Henrietta Jundt and Sister Marie Helene Werdel hang crucifix in main lobby 1958.

Staff completes certification

Madonna St. Jane de Chantal Extended Care Services has teamed up with Southeast Community College (SECC) to improve staff knowledge and competence in the field of gerontology. Twenty-four long term care leadership and professional staff have successfully completed a 40-hour CEU certificate course in gerontology.



The Certificate in Gerontology represents a specialization in the field of gerontology. It is designed to enhance the knowledge and skills of healthcare professionals who work with older adults. The certificate consists of a total of 10 four-hour CEU courses, which includes courses on the Physiology of Aging, Healthy Aging, Pain Assessment and Management, among other important topics.

According to Melody Gagner, RN director of nursing for Madonna St. Jane de Chantal Extended Care Services, "Providing this level of education is a way to support and show appreciation to our staff who are so dedicated in the care of our residents."

Facility Administrator Paul Nathenson said that the education initiative is one of several projects underway to improve the quality of care for the residents we serve. In addition to staff education, we are working on a Quality of Life project with the purpose of improving the resident's voice in how services are offered. The coursework at SECC was paid for by a charitable contribution through the Madonna Foundation.

Recently certified staff included:

- Jodi Blowers, *Long Term Care Admin. Support*
- Lisa Culbertson, *RN*
- Leah Dawn, *RN*
- Melody Gagner, *RN, BSN, Dir. of Nursing*
- Donna Haney, *RN*
- Tara Harkrader, *LPN*
- Shelley Harrington, *RN*
- Geri Hepp, *Memory Care Program Manager*
- Keli Heydt, *RN*
- Deborah Kapperman, *RN*
- Diana Kluthe, *Long Term Care Social Worker*
- Janet Kouma, *RN*
- Doris Lewis, *Recreation Therapist*
- Beth Martindale, *LPN*
- Jan Muldoon, *RN*
- Kara Merchant, *Long Term Care Social Worker*
- Paul Nathenson, *RN, NHA*
- Tonya Richards, *Case Coordinator*
- Davie Shutzer-Hill, *RN*
- Tonia Sohrweid, *LPNC*
- Jayne Tucker, *LPN*

National Wheelchair Basketball Tournament Highlights



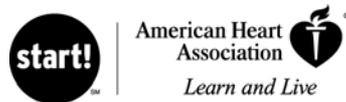
Arkansas Rollin' Razorbacks player and tournament MVP Steve Tew (20) looks to pass as his teammate Grant Stroback sets a pick in the championship game.



Champaign Fire Division II Midwest Champs. They will continue their run at a national division II title in Kentucky the first weekend in April.



Nebraska Governor Dave Heineman provided welcome remarks to the players and attendees during the opening ceremonies of the National Wheelchair Basketball Association's Division II Midwest Regional on Saturday, March 15, then joined the Magic and event coordinators for a group photo. Back row, from l to r: Lance Perez, Ian Thompson (Madonna coordinator), Dr. Paul Krabbenhoft, Greg Suing, Lauren Wegmen (Lincoln Convention and Visitors Bureau coordinator), Brent Rasmussen, Gov. Heineman, Natalie Schneider and Matt Anderson. Front row, l to r: Bruce Hromek, Scott Zessin, Pat Driver, Doug Bargman and Eric Kingery.



HEART WALK.

2008 Heart Walk

set for May 17

Get your team together NOW!

On May 17, Madonna Rehabilitation Hospital coworkers will join together to raise money for the American Heart Association and boost awareness of heart disease and stroke in our community.

Madonna's goal is to have 12 teams of 10 people, with each team raising \$1,000. Here's how you can get involved in this worthy cause:

- 1 Captain a team of 10 people
- 2 Join a team to help fund raise
- 3 Make a donation to a team
- 4 Walk with us on May 17!

Please contact Sara Bills at ext. 8374 or sbills@madonna.org if you are interested in any level of involvement.

Being green: reduce, reuse and recycle!

Stewardship is one of the Core Values at Madonna. It means carefully and responsibly tending to something entrusted to your care. One way we can be responsible stewards of our resources is to use them **only when necessary**. Reusing and recycling are great practices, but the Golden Rule of living green is to reduce what we produce as consumers.

200,000

is the number of sheets of paper used each week at Madonna. Think first! Is it necessary to print that e-mail or those meeting notes? If it's not, then don't. But if you must print, consider reusing a piece of paper and printing on the clean side.



5,000

is the number of foam cups Madonna employees use each week. Refillable cups are the way to go! If you're a regular consumer of hot



beverages at the Commons Cafe, consider joining the Coffee Club. If cold beverages quench your thirst, new refillable cups will soon be ordered. If you'd like to have one of these cups ordered for you, sign up in the Commons.

If you just want a quick drink, skip the foam fill up and head to the drinking fountain.

> CALENDAR

- March 24** **CPR Recert.**
9:30 a.m. or 5 p.m. class
Call 6406, 6550 or 6476 to register.
“Get a Grip” bingo ends today
- March 26** **Beginning PowerPoint**
1-3 p.m. in the Computer Lab
Call 6507 to register.
Effective Meeting II
1-3 p.m. in the Lau Room
Basic Ventilator Management of ARDS
1-2 p.m. in the Agee Room
- March 27** **Outlook Web Access (OWA)**
9-10 a.m. in the Computer Lab
Call 6507 to register.
CPR Class
9:30 a.m.
Call 6550, 6406 or 6476 to register.
Oz Principle
(Program Managers only)
8-10 a.m. in the Lancaster Room
Continuity of Care Breakfast
8-9 a.m. in the Sheridan Rooms 1 CH
Call 6550 to register.
- March 28** **Blood Pressure Clinic**
11:30 a.m.-12:30 p.m. in the Commons area
“Get a Grip” bingo cards due to Employee Health today.
- March 31** **NEO Nurse Aide Class**
4:30-10 p.m.
Joiner
8 a.m.-5 p.m. in the Sheridan Rooms
Call 6406 to register.

> WAY TO GOs

Thank you to **Kyle Kubik** in ITS for designing the Intranet site for the Radiology department. It looks so nice! The “easy access” format will be helpful to everyone. You did a great job, Kyle. Thanks!

—The Radiology staff

Congratulations to the **entire SAR team.** SAR discharged 57 patients in a 29 day month with 79 percent immediate satisfaction and 88 percent discharge to community! These results reflect amazing team work.

—Kristy Taylor

Subacute Nurse Manager

—Susan Klanecky

Director of Admissions and Case Management

Congratulations **Annie Ocampo** on being chosen for the first Leadership Lincoln class to focus exclusively on developing the talent in our minority communities!

Way to go **Ian Thompson and Katy Martin!**

Thank you for all of your hard work organizing and coordinating the Division II Regional Wheelchair Basketball games here in Lincoln. It was a huge task that involved collaboration with other external agencies. The event was a great success, providing Madonna with some regional exposure. Good job!

—Karen Divito, MSHA

Director Rehab Program

Thanks to **Donna Haney** and **all of the VAU staff** for the commitment and engagement they have shown in this tough transition. Everyone has stepped up to the plate and continued to provide high quality care to our residents. You all are a great team to work with. Thanks for all you continue to do!

—Melody Gagner

Director of Nursing, Extended Care

Big thanks to everyone who helped to make the 2008 Regional Basketball tournament a success. Madonna hosted a great event and it could not have been possible without the hard work of **Katy Martin** of Madonna ProActive and **Laren Wegmen** of Lincoln Convention and Visitors Bureau, co-tournament directors along with myself. You both were a pleasure to work with and I sincerely appreciated all of your assistance.

Lincoln is bound to get another chance to act as host; the commissioner of the league was present and complimented us on a well-run tournament! **Linda Ohnoutka, Mandy Merten and Kristin Luethke** did a fantastic job making sure the volunteers and concession stands ran smoothly. Thanks to **Molly Nance** for helping set up and hang banners. **Asha Cooper** and **Linda Sullivan** did a great job keeping score and a huge thanks to **Michaela Kumke** for orchestrating the media plan and helping with the program.

I am very proud of the work everyone expended—truly a team effort!

—Ian Thompson

Member Coach, Madonna ProActive

The NWBA Division II Regional wheelchair basketball tournament was a great success thanks to all of the teamwork and volunteers. Thank you to **Michaela Kumke** for developing the program, advertisements and coordinating media relations, **Kristin Luethke, Mandy Merten,** and **Linda Ohnoutka** for being site supervisors, and to all of the great volunteers, **Asha Cooper, Bruce Froendt, Marissa Kastanek, Molly Nance, Dave Ruback,** and **Linda and Greg Sullivan.**

The Madonna Magic advanced to the semi finals, but lost to the No. 1 seed, the Arkansas Rollin’ Razorbacks. Congratulations to the **Madonna Magic** on a great season!

—Katy Martin, Ian Thompson,

and Lauren Wegman

Tournament Directors

“And He departed from our sight that we might return to our heart, and there find Him. For He departed, and behold, He is here.”

—*St. Augustine*

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. The Hymn and Music Program is Sunday at 3:30 p.m.

March 23 Easter Service

March 30 Echoes of Mercy

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.

A salute to Madonna's doctors

March 30 is Doctor's Day. This nationally recognized day was established in 1990 to publicly show appreciation for the role of physicians in caring for the sick, advancing medical knowledge and promoting good health.

Madonna has more than 400 physician members on its medical staff. Physicians responsible for the daily medical and rehabilitation care of Madonna's inpatients include: 14 attending physicians and one pediatric hospitalist. A number of specialists on Madonna's medical staff provide leadership and guidance to specific programs and services. If you see one of Madonna's doctor's, please thank him or her for all that he or she does at Madonna.

Be the type that gives

The Community Blood Bank will stop at Madonna on April 8, from 8 a.m.-12:45 p.m.

Donors must meet the following criteria:

- Must bring photo I.D.
- Must be at least 17 years old
- Weigh at least 115 lbs.
- Be in good health: no colds, flu or cold sores.
- No antibiotics 72 hours prior to donation (allergy medication is fine if you have been on it for more than two weeks and symptoms are under control)
- Eat a regular meal within five hours of donating
- No tattoos within last 12 months
- Drink plenty of fluids BEFORE and AFTER donation
- Get a good night's rest
- Please keep your appointment!