

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.

Guess who once owned a Ford Pinto?



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Local golfer back in the swing thanks to Madonna

“We’re going to have to amputate your leg.” The doctors at the Nebraska Heart Institute (NHI) in Lincoln didn’t mince any words when they broke the news to Kyle Deppe.

The active 57-year-old from Valparaiso, Neb., had been dealing with the annoying circulation problems of cold feet and knees, but didn’t think it was anything serious. Kyle’s past history of high blood pressure and cholesterol readings had resulted in twice-a-year monitoring at NHI.

In early Nov. 2007, NHI medical staff were unable to get a pulse in Kyle’s left foot. That’s when the word “amputation” was raised. “I basically had one day to prepare myself for the amputation,” recalled Kyle.

Clots had formed in his left leg and treatments to dissolve the clots failed. Amputation was the only option. “Life isn’t fair, but you have to decide how best to move forward,” Kyle stated.

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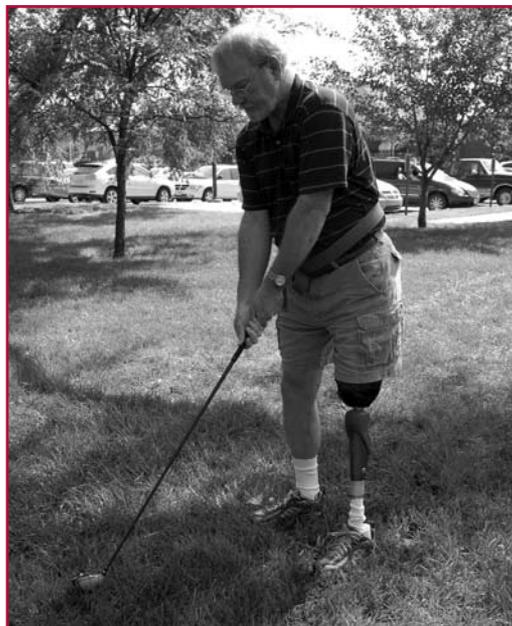
A few days following his surgery, Kyle was admitted to Madonna Rehabilitation Hospital’s Subacute unit. Kyle and his wife, Jane, realized he needed guidance adjusting to a new style of living.

“There was no way I could have gone home,” said Kyle. The team at Madonna taught him everyday fundamentals like transferring in and out of bed. “I never thought I’d be relearning something as basic as getting in and out of a car,” said Kyle.

After a brief five-day stay, Kyle discharged and underwent a second surgery in January and was fitted with his first prosthesis. He returned to Madonna as an outpatient in late March 2008.

It was important for Kyle to connect with a staff who was specially trained to work with prosthetics. “Coming back to Madonna was a no-brainer,” said Kyle. “The therapists here are highly specialized,” he added.

What frustrated Kyle most following his



amputation was the total loss of privacy. “All of sudden you’re having to ask for help; it felt strange and awkward to me,” he said. The Madonna team, Jane, and his two children offered continual support.

Kyle admits regaining his independence was no small feat. “You just have to push yourself to get from point A to point B,” he said.

Kyle and Jane are both avid golfers, a fact that was noted by his outpatient therapy team. Kyle made his primary goal getting back on the greens. “I kept imaging myself out on the golf course,” Kyle said.

Balance and walking were two critical areas that were addressed in Kyle’s therapy. “Kyle and Jane share a love of golf that motivated Kyle to face his fears head-on,” said Jessica Foster, physical therapist.

He learned to climb stairs and adjust to walking with his prosthesis, going a little farther each session.

Gradually, both Kyle and Jane began to notice his progress. “It comes with repetition, but soon you sense that connection with your prosthesis,” Kyle explained.

He appreciated his team’s encouragement and knowledge of working with prosthetics.

(continued on page 2)

Congratulations to Madonna’s 2008 Goal Award honorees



(L to R) Dusty Feil, Bill Cintani (Madonna Chairman), Joan Bunton, Marsha Lommel (Madonna’s President and CEO), Jeromie Meyer, Stephanie Wever and Lee Woodruff (keynote speaker)

Madonna Chairman’s 2008 Goal Awards featured a packed house of more than 600 attendees on Sept. 29 at the Embassy Suites Hotel.

The program included a military tribute by the Madonna ProActive dancers and a DVD tribute to Madonna’s military patients. Marsha Lommel, president and CEO, introduced a DVD that highlighted the individual stories of this year’s recipients: Dusty Feil, Joan Bunton, Jeromie Meyer and Stephanie Wever.

Lee Woodruff, co-author of *In an Instant*, shared her family’s incredible journey after her husband, Bob Woodruff, a newly appointed co-anchor of ABC’s *World News Tonight* was injured in a roadside bomb attack in Iraq.

Look for more details in the next issue!

Attention RNs:

It’s time to renew!

- All RN licenses expire Oct. 31, 2008
- The renewal fee is \$77
- You must have practiced 500 hours in the past five years
- You must have 20 contact hours within the past two years

Notices were mailed on Aug. 1. If you have had a name or address change, make sure the board has your current information. Their phone number is (402) 471-4376. You can also renew online at <https://nebraska.mylicense.com/>.

Correction: Flu shot kick off date Nov. 3

The Madonna employee and volunteer flu campaign kickoff will be on **Monday, Nov. 3**. If you have tentatively marked your calendar, you realize the kick off is only a month away.

The Centers for Disease Control and Prevention recommend the annual flu shot for the following individuals:

- anyone 50 years of age or older
- women who will be pregnant during the influenza season
- anyone with long term health problems or a weakened immune system or those with certain muscle or nerve disorders
- residents of nursing homes and other chronic-care facilities
- anyone who lives with or cares for people at high-risk for influenza-related complications such as the direct care staff at Madonna.

Last year, 744 Madonna employees received a flu shot, just more than 55 percent of the staff. Make it a priority to get your flu shot and encourage your friends to be proactive about their health.

As Nov. 3 approaches, more information will be available on bulletin boards throughout the facility and upcoming issues of *The Independent*. Dates and times have been set to try to accommodate all employees' schedules.

If you have questions or concerns, contact Employee Health Manager Sandy Stutzman at ext. 6313 or 6877.

National Healthcare Food Service Week October 6-12



Day shift food service: (Back row) Tammy Simmons, Laura Auman, Nancy Shattuck, Bonnie Tompsett, Andrea Bethune, Jeff Krull, Joan Stollar and Cheri Towle (Middle row) Samira Duric, Daphne Chase, Sally Griess, Nikki Krionderis, Scott Theobald, Erin Wolf (Front row) Amina Mehic, Michelle Drewes, Alan Duncan and Brandon Greenwalt
Not pictured: Marina Abringe



Night shift food service: (Back row) Anne Jonas, Jordan Foss, Viktor Nurbebyev, Tyler Johnson, James Codina and Carlos Moura (Middle row) Mallory Heck, Laura Hakel and Courtney Deyoung (Front row) Jill Watson and Barb Bodfield

Kyle Deppe (cont. from page 1)

Along with outpatient therapy three times a week, Kyle worked on exercises at home. Jessica noted the extra efforts paid off on subsequent visits.

In July, Kyle was fitted with a new C-Leg prosthesis. He's still adapting to the change, but feels he can maneuver steps easier and now walks short distances without a cane.

Regaining his balance is still an ongoing process for Kyle. "He's a fighter and has a very teachable spirit; a great combination for therapy," said Jessica.

And then there's his golf game. For the first time since his amputation, Kyle and Jane played in a golf tournament in August organized by Madonna's Adaptive Sports & Recreation team. He is thrilled to be back on the course, playing the sport he loves.

Green healthcare summit open to all Madonna employees



Madonna Rehabilitation Hospital, in partnership with the Nebraska Nurses Association and the University of Nebraska Medical Center College of Nursing will present "Go Big Red and Green: a Nebraska Nurses Summit on Green Healthcare" on Friday, Oct. 31, from 10 a.m. to 3 p.m. at Madonna Rehabilitation Hospital.

This learning opportunity is an initiative of Madonna's Green Team and is open for all employees, regardless of a clinical or nonclinical role. It was made possible through a mini grant from Health Care Without Harm.

The summit will describe healthcare's impact on the environment and identify why and how Nebraska healthcare providers are making more eco-friendly building and operations efforts.

For employees who are eligible, 4.0 contact hours can be earned. Tuition for this event is only \$10 and includes lunch. If you would like to participate, but do not plan to stay for lunch, you may attend for free. To learn more about the event, contact Madonna's Education department at ext. 6550 or email educationdepartment@madonna.org.

The goal of a "green" meeting is to reduce or eliminate the use of toxic materials, reduce the amount of solid waste and to conserve water, energy and money. Keeping this goal in mind, attendees are asked to refrain from bringing plastic cups, bottles, Styrofoam products or any other non-disposable items into the conference.

Defining a "super taster"

How many papillae do you have? Papillae are tiny, smooth red bumps with clusters of taste receptor cells or taste buds a person has on his or her tongue. "Super tasters" have an abundance of papillae and tend to strongly like or dislike certain foods.

Children have more papillae than adults, perhaps one of the reasons why a child may be a picky eater. Here's a simple test to see if you fall into the "super taster" category:

1. Start by punching a small hole in a piece of waxed paper.
2. Put the hole on the tip of your tongue and wipe it with some food coloring.
3. With a mirror and a magnifying glass, count the papillae.

Results: "Nontasters" have only five or six, but "super tasters" have dozens of them!

Source: ADA's Public Relations Team

Employee Focus: Fun factoids about Virginia



Virginia Schweitzer
Occupational Therapy Assistant
MRH employee for 10 years

- 1 My first car was a Ford Pinto-scary!
- 2 I was a cheerleader in high school for a year-even scarier!
- 3 I am a military brat. My father spent 20 years in the Air Force.
- 4 One of my favorite movies is "Remember the Titans."
- 5 My second career choice was to become a teacher.

“Get in the Game” challenges: staying fit and having fun

Challenge # 3 “Cooler Strength Training with Bands & Cans” ends soon. Remember to turn in your challenge sheets by **Oct. 7** to Brittany Baack in Employee Health or to Michelle Welch at ProActive.

Challenge #4 will be coming to coworkers via email and can be found on the intranet under the “Wellness Healthy Habits” tab. Challenges are also posted on the wellness bulletin boards outside the Commons Cafe, Employee Health and in the Employee Lounge.

Results are in from **Challenge #2** “Think Your Drink Challenge,” in which 96 team members tracked beverage choices over a football weekend. The grand total of beverage calories consumed by all participants was 76,254 calories. The average of beverage calories per individual per day was 265 calories. This was an eye-opener on what a Husker weekend can do to your waistline.

Congratulations to Brenda Florea who won the big prize drawing for Challenge #2.

2010 Special Olympics coming to Nebraska

Mayor Chris Beutler has announced that Nebraska will host the 2010 Special Olympic National Games July 18-23, 2010. The games will bring approximately 30,000 athletes, coaches, volunteers and fans to Lincoln and Omaha. Madonna Rehabilitation Hospital is proud to be a sponsor of the games.

Established in 1968 by Eunice Kennedy Shriver, Special Olympics is an international organization that provides people with intellectual disabilities opportunities to realize their potential, develop physical fitness, demonstrate courage and create new friendships.

Special Olympics serves more than 2.5 million persons in more than 180 countries through year-round sports training and athletic competitions.



Special Olympics



Making a connection

Do you know what a difference a child can make in someone’s life? Residents of Madonna’s Long Term Care (LTC) recreation therapy program do. Madonna’s Child Development Center (CDC) preschool groups team up with LTC patients for fun weekly exercise sessions.

Toddlers show off their finger plays, songs and dancing. Smiles abound at these informal sessions and friendships are formed. The children are learning to display two core values of Madonna, “respect,” a high regard for all people, and “teaching,” demonstrating attitudes and behavior that inspire others.

For more information on Madonna’s CDC, contact Liz Helm at 486-8602.



2008 Adaptive Sports and Rec Fair Highlights



Attendance grows for Adaptive Sports & Rec Fair

Attendance surpassed the century mark at the third annual Adaptive Sports & Recreation Fair on Sept. 21 at Madonna ProActive. The health and wellness facility provided the perfect venue to showcase the wide variety of sports and other recreational activities available to physically challenged adults and children.

The afternoon was filled with live demonstrations of basketball, tennis, power soccer, quad rugby and sitting volleyball. Various booths provided information on handcycling, golf, horticulture, pedal cars, scuba, fencing and Tech Tot Toys. Sessions on travel information and music therapy rounded out the agenda. Twelve members of the Nebraska women’s volleyball team made an appearance, volunteering and interacting with the crowd.

Karen Divito, director of rehabilitation programs, said, “This year we were able to offer a large variety of sports for adults and children with disabilities could participate in. It was wonderful to hear so many people say ‘I had no idea these activities were available to me.’ That is truly what this event is all about!”

Madonna’s wellness program reaps honor

Madonna Rehabilitation Hospital was recognized by Gov. Dave Heineman for its outstanding work site wellness program at the first Governor’s Excellence in Wellness Awards at a luncheon on Sept. 22. Madonna’s program was acknowledged for its serious commitment to helping employees establish a healthier lifestyle and earned the highest level of distinction, the Grower’s Award. The Grower Award honors businesses and organizations demonstrating significant improvement in employee health behaviors.

The Governor’s Excellence in Wellness Awards was created to honor Nebraska businesses that offer wellness programs for their employees, and to recognize Nebraska businesses that have developed successive wellness programs. Factors considered for the award included the level of support for the program by company leaders, assessment of employee needs, wellness plan design, outcomes and benefits, and policies supporting healthy behaviors.

Congratulations to Madonna employees for your devotion to wellness and enthusiastic participation in 2008!

“ For with God nothing shall be impossible. ”

—Luke 1:37

➤ CALENDAR

- October 8** **Strengths Orientation**
8 a.m.-Noon
Agee
Call 6507 to register
- October 9** **Blood & Medical Assist**
Agee
Call 6406, 6550 or 6476 to register for a time
- October 13** **NEO Week 2**
WHAM: *Marsha Lommel*
12:10-3:30 p.m.
Sheridans
- October 14** **RES:** *"The recognition and management of respiratory distress in children"*
5:30-6:30 p.m.
Lau
- October 15** **Effective Meeting Module**
9-11 a.m.
Agee
Call 6406 or 6476 to register
- Supervisor Education**
9:30-11:30 a.m.
Lau
- October 16** **Med Aide Competency Testing**
7:30 a.m.-Noon
or 12:30-4:30 p.m.
Agee

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.

- October 5** Nebraska Christian Men's Choir
October 12 Joseph's Youth Choir

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.



The front entrance hallway has been renovated, showcasing photographs of former Madonna patients and inspiring quotes. The display gives an accurate portrayal of Madonna's mission of hope and healing.

➤ WAY TO GOs

A huge thank you to **Dennis** in maintenance for coming in after hours to look at the walk in cooler that had broken down. Also, thanks to **Kevin** for calling Dennis and myself. You both saved Madonna some big money! And thank you to **Jordan Foss** who came in to move the contents of the cooler to alternate locations! Thank you guys!

—Jennifer and Sheila
Food & Nutrition Services

Way to go to **Judy Burnfield and her team** for their work on the special ProActive project they just completed. When given a challenge you rolled up your sleeves and dove right in and it is greatly appreciated! Thank you!

—Linda R Stones
Vice President and Chief Nursing Officer

Thanks to **Karen Divito, Ian Thompson, Katy Martin, Kari Mikelson, Gina Mailander, Lauren Sheehan, Kipp Ransom, Heidi Bartlett-Allen, Amber Harrington, Lori Lane, Mandy Merten, Kristin Luethke, Tami Rudder, Diane Ulmer, Tony Divito, Kristi Britten, Michelle Wiggins and Danae Koopman** for making the 3rd Annual Madonna Adaptive Sports and Recreation Fair on Sept. 21 a huge success. The event was well attended with 100 plus participants!

—Linda Ohnoutka
Adaptive Sports and Rec Program

A special thank you to **Kelly Myers** for her hard work as she trained me to work with the patients in CRG! I appreciated her willingness to share her time, patience, and wisdom. Thank you very much!

—Rob Noack
Subacute

The Pharmacy would like to thank **Dan Schafer** for the five years of outstanding service to our department. Dan worked as a pharmacy technician while attending The University of Nebraska and then Bryan nursing school. He was willing to help out in anyway that was needed, often rearranging his personal time to fit our needs. As a part-time employee, he even developed a new method for controlled substance billing that was effective in improving efficiency.

We will miss Dan in our department, but are pleased to continue our association with him as a registered nurse on the LTACH unit.

We also thank **Frederick Dunkerson** for his help during our staffing issues throughout the summer. Frederick is a University of Nebraska Medical Center pharmacy student. His summer break was used to fill in many of the holes in our technician schedule. Fred is now back at school, but we hope to see him occasionally.

Thanks again **Dan and Frederick** for making what could have been a very difficult summer much easier.

—The Madonna Pharmacy staff

Thank you **Kathy Harrington and Mary Scott**. Without your "above and beyond" help, the photo collage and quote display in the main entrance hallway would not have been a reality. I sincerely appreciate your Madonna spirit of collaboration and hospitality.

Marsha Lommel, your creative vision to share the "Madonna story" through photos and inspirational quotes has been a huge hit with patients, visitors and employees. Thank you, **Marsha**, for your creative genius, and to **Paul Dongilli** for the time you spent helping bring the project to fruition.

—Michaella J. Kumke
Marketing & PR

My heartfelt thanks goes to **Jody Kiner** for her invaluable support. She portrays the genuine spirit of the Madonna culture – always willing to step up to the occasion and help in any way. I truly appreciate Jody's friendship and her positive attitude.

—Cindy Schumacher
Executive Assistant

Way to go **Sue Brandl**. Sue is always so cheerful and helpful whenever she comes out to The Arbors. She wears a smile and gives 110% to her job. We really appreciate you!

—The Arbors staff

Madonna raises awareness for Alzheimer's Walk



Twenty-one devoted individuals and two dogs made up the Madonna/Arbors team that captured third place for team contributions in the Alzheimer's Memory Walk on Sept. 21. The team, captained by Geri Hepp, collected more than \$2,200. Individual walkers Father Steve Cooney and Paul Nathenson each collected more than \$800 in contributions.

The team was awarded a gift certificate from Campbell's Nursery that will be used to purchase bushes and plants for Madonna's Memory Care unit.

Madonna's booth had brisk activity and was staffed by Jodi and Camden Blowers, Krista Yoakum, Geri and Jerry Hepp and Betty Hansen.

The monies raised will go toward research to treat and prevent Alzheimer's and programs to improve the lives of millions of Americans already affected by the disease.