

## CALENDAR

March 4 NEO

### Non-Pharmacological Approach to Pain

Paul Nathenson, RN, ND  
3:30-5 p.m.  
Sheridans/North Commons  
1.5 CH Contact your supervisor to register with Education at ext. 4401, 4402, or 4409

### March 5 Caring for the Pediatric Pulmonary Patient

Rebecca Wills, RT  
8:30-10:30 a.m.  
Skills Lab  
Call 4401, 4402 or 4409 to register

### March 7 Shoulder Anatomy Review Course

Matt Ulmer, PT  
5-5:30 p.m. Register/Dinner  
5:30-8:30 p.m. Main Gym  
3 CH for PT and OT  
Pre-Registration required  
Contact your supervisor to register with Education at ext. 4401, 4402, or 4409  
Deadline is Feb. 28

### Marsha University

8:30 a.m.-1 p.m.  
Lancaster  
Call 4409 to register

### March 8 Marsha University

8:30 a.m.-1 p.m.  
Lancaster  
Call 4409 to register

### March 12 RNES Exceptional Families

Dr. Lori Terryberry-Spohr  
7:30-8:30 a.m.  
10-11 a.m.  
1:30-2:30 p.m.  
5:30-6:30 p.m.  
7:30-8:30 p.m.  
1 CH

## 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.

**March 3** Sharon Nore  
**March 10** Richard Miller

Do you belong to a group or congregation that hasn't performed at Madonna? We welcome new talent. Contact Steve Werner at ext. 4803 or swerner@madonna.org.

### March 13 StrengthsFinders Class

8 a.m.-Noon (register for this session if you need to complete the online assessment first)

8:30 a.m.-Noon (register for this session if you've already completed the online assessment)

Agee  
Contact 4401, 4402 or 4409 to register

### March 14 CPR Recertification

9:30 a.m.-12:30 p.m. OR  
5-8 p.m.  
Agee  
Call 4401, 4402 to register

### OZ Principle

9-11 a.m.  
Sheridan A/B  
Call 4409 to register

### Safe Patient Handling for Therapists

Margaret Arnold  
4:30-TBA  
Contact your supervisor to register with Education at ext. 4401, 4402 or 4409

### WalkAide continued from page 1

The resulting movement is a smoother, more natural and safer stepping motion. It may allow faster walking for longer distances with less fatigue.

Traditionally, foot drop is treated with bracing using an ankle foot orthotic (AFO). The passive treatment offered by AFOs do not promote active use of neuromuscular systems and also limit ankle range of motion. The WalkAide may replace the traditional AFO to re-engage a person's existing nerve pathways and muscles.

Advantages of the WalkAide include:

- Easy one-handed operation and application
- Small, self-contained unit
- Does not require orthopedic or special shoes
- May be worn barefoot or with slippers
- Minimal contact means minimal discomfort with reduced perspiration
- May improve circulation, reduce atrophy, improve voluntary control and increase joint range of motion

The WalkAide is a custom-fit device. Hanger, Inc. Prosthetics and Orthotics has specially trained medical professionals on-site at Madonna to help educate patients about this exciting technology.

For more information, contact Hanger at 402-413-4271.

Source: [www.walkaide.com](http://www.walkaide.com)

## WAY TO GO

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Way to go, **Environmental Services**. Look around Madonna and see the commitment and pride of this team who does much more than vacuum and dust! During inclement weather, extra care is taken to ensure the facility remains clean. I am in awe of the level of ownership of each team member. They are a perfect example of Madonna's core values and I thank them for all their hard work.

—Rene Danley

Environmental Services Supervisor

Kudos to the **Therapy Support Staff** for their continued dedication and commitment to inpatient therapy. Our solid team consists of 16 individuals and I am very grateful for the many talents they share with Madonna. A recognition luncheon is scheduled for March 6 to honor the team. Thanks again for all you do!

—Jody Jinright

Therapy Support Supervisor



### Therapy Support team members include:

(L to R) Front row, Jody Jinright, Amanda McAuliffe, Lesa Lucke, Tammy Mousel, Misty Nider, Huong Tran. Back row (L to R): John Cascagnette, Benton Davis, Travis Northrop, David Johnson, Christine Zach. Not pictured: Dawny Boutin, Noelle Crew, Angela Leddy, Maria Pham, Kay Wheeler and Jennifer Willis.

"Those who bring sunshine into the lives of others cannot keep it from themselves."

— Proverb

## Smith is Safety Champion for AVCRH

Janelle Smith, RN, works in the Alexis Verzal Children's Rehabilitation Hospital and is also on the Safety Champion team.

Our apologies that her name was inadvertently left out of the article on Safety Champions that ran in the Feb. 15 issue of *The Independent*.

# the INDEPENDENT

A Newsletter for Madonna Rehabilitation Hospital

[www.madonna.org](http://www.madonna.org)

March 1, 2013

402.413.4292

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 402-413-4292 or [trudder@madonna.org](mailto: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, March 8.

The Independent can be viewed online at [www.Madonna.org](http://www.Madonna.org)

Meet the newest members of Madonna's Angel Wing club



PAGE TWO

Kiner goes the extra mile to make a good first impression



PAGE THREE

## Preschooler emerges strong after violent attack

Xavier Njemanze is an active two-year-old boy who loves anything that involves wheels, balls, climbing and wrestling. He dumps ranch dressing on most of his food. Standing just under three feet tall, Xavier loves to smile and flash his chocolate brown eyes as he talks – a true extrovert. "He's got a magnetizing affect on people," said his mother, Chika. "And he's one of the funniest kids – very comical!" Her son also possesses an innate sense of rhythm, gravitating to music and dancing. "He loves interacting with others," said Chika.

It seems unbelievable that one year ago on March 1, 2012, this happy-go-lucky toddler was brutally attacked by an intruder in his home in Rochester, Minn. Xavier was stabbed repeatedly in his stomach, chest and back – the wounds lacerating his liver, kidney, left lung and bowel. He sustained a traumatic brain injury from the loss of blood and spent 10 days in a drug-induced coma in the intensive care unit at the Mayo Clinic. After enduring four surgeries to repair the damage to his body, Xavier recovered for two months in a pediatric hospital. "His body and brain needed to heal and re-circuit," said Chika.

Xavier was using a wheelchair and could barely crawl. "It was like having an infant inside a two-year-old's body," said Chika.

The entire family, including Xavier's father Thomas, and five-year-old brother Malik, felt consumed by the tragedy. "What happened seemed very surreal, like a movie," said Chika, who confessed to having a lot of sleepless nights. "But, you can't fold; you have to fight your way through it and be strong for your kids."

Thomas' parents reside in Lincoln and Xavier's family relocated here in May 2012 so he could attend the outpatient program at the Alexis Verzal Children's Rehabilitation Hospital at Madonna. Chika was nervous

about uprooting her family and placing Xavier in a new environment.

But Xavier quickly bonded with his therapy team and Chika's fears subsided as she watched her son soar with his strengths again. "It was this huge release of emotion for Xavier when he began to recover," said Chika. Xavier has rediscovered his cognitive and physical skills through creative therapy, like singing or counting with an iPad, pushing a kid-sized grocery cart weighted with colorful balls or navigating the stairs in the playground.

Due to injuries that weakened the left side of his young body, Xavier would often catch his foot on the floor while walking. Amanda Weiner, PT, DPT, collaborated with Hanger, Inc., introducing

the WalkAide® electronic stimulation into Xavier's therapy. "He was scared initially, but learned to alert us when he feels the 'tickle' (electric stimulation) from the WalkAide," said Amanda. The device stimulates the muscles in Xavier's lower leg to pick up his toes and foot at a critical time in the gait cycle. "This helps Xavier improve his gait pattern and strengthens that muscle through the electrical stimulation."

Chika is proud of her son's accomplishments. "Once he pushed through all the pain, there was the Xavier we all knew – emerging strong and remaining true to himself." Armed with a broad vocabulary, Xavier will start preschool at McPhee School this fall.

Chika won't dwell on the one-year anniversary of the violent act. "We celebrate the fact that Xavier is alive and plan to make his birthday (March 6) extra special."

Reflecting on the past year has been therapeutic for Chika. "My faith has grown considerably and I feel like I'm almost through the dark tunnel." Yet the trauma still haunts the young mother, who often wakes during the night and rechecks the door locks. She plans to take a women's self defense class to empower herself.

Talking about Xavier's recovery has helped her move on. "If someone can find strength and inspiration from me sharing this story, then it's been worth it."

## WalkAide: A step towards independence

The WalkAide is a FDA cleared medical device that may provide improvement in walking for people who have sustained a stroke, incomplete spinal cord or traumatic brain injury, or suffer from cerebral palsy or multiple sclerosis.

Interruption of the natural nerve-to-muscle communication between the brain and leg inhibits one's ability to lift the foot naturally resulting in foot drop. This causes a person to drag the toe of the shoe on the ground or slap the foot on the floor.

The WalkAide is designed to assist with the ability to lift the foot for those individuals who have suffered an injury to their central nervous system that causes foot drop.

Invented by a team of researchers at the University of Alberta, WalkAide uses functional electrical stimulation (FES) to restore typical nerve-to-muscle signals in the leg and foot, effectively lifting the foot at the appropriate time.

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## TCU staff and Madonna volunteers earn Angel Wing recognition



Cara Bassinger



Joyce Jaixen



Rhonda Steckelberg



Jody Macke, Carole Johnson, Bess Jensen and Janelle Smith

Several staff members of Transitional Care Unit (TCU) were recognized recently with Angel Wings. A grateful patient shared her thanks with those who made a difference in her care on the unit. Here are some of her comments about the employees she honored:

“**Cara Bassinger** is a great therapist who gets to be more like a friend. She helps you accomplish all the goals she sets out for you.”

“**Joyce Jaixen** is an exceptional therapist. She knows what she’s doing and is very creative in coming up with things that she knows will work for you.”

“We appreciated **Rhonda Steckelberg’s** sense of humor. She is the type of person who motivates you. Her energy is inspiring.” This is Rhonda’s third Angel Wing nomination.

The patient and her husband also nominated several TCU nursing staff for their exceptional care. Angel Wings were presented to **Barb Funkhouser, Jacqu Larson, Jenny Ruhter and Amanda Schiermann**. In their nomination, the patient wrote: “Thank you for the excellent care. You spoiled me! I made a lot of friends at Madonna and I will miss all of you.”

Two Madonna volunteers received a surprise gift on Valentine’s Day that truly warmed their hearts. **Bess Jensen and Carole Johnson** were nominated for Madonna Angel Wings Awards by Jody Macke, RN and Janelle Smith, RN, for all the special care they provide to the children in the Alexis Verzal Children’s Rehabilitation Hospital.

“Bess Jensen and Carole Johnson are two of the most dedicated volunteers in the Alexis Verzal Children’s Rehabilitation Hospital,” Jody and Janelle wrote in their nomination letter. “They are surrogate grandmothers — rocking the babies and playing games with the children. These two amazing women provide helping hands for staff whenever they are needed. The unconditional love Bess and Carole share with patients is heartwarming. They overlook the child’s injury or illness — seeing them as just a child who needs to be loved.”

According to Jody and Janelle, all the staff members in the children’s hospital are grateful to Bess and Carole for their volunteer support.

Congratulations to the TCU staff and to the Madonna volunteers for receiving these special honors.



## Fit to Quit kicks-off March 26

Madonna is offering the Fit to Quit program to help employees ditch their tobacco habit. Fit to Quit is provided free of charge and offers four on-site group classes and two individual coaching sessions. The program begins Tuesday, March 26, at 4:30 p.m. in the Lau. To participate, contact Kim Amen in Employee Health at ext. 4879 or email [kamen@madonna.org](mailto:kamen@madonna.org) before March 22.

## It’s all about nuts

By **Katie Taylor, RD, LMNT**  
*Madonna ProActive*

Did you know that eating 1.5 ounces of nuts per day is part of a healthy diet? Nuts are low in saturated fat and cholesterol and may reduce the risk of heart disease. Here’s the scoop—with approximate servings—in a nutshell!

### Almonds

- 23 nuts per one ounce serving
- Excellent source of vitamin E and folate
- Also provide calcium and magnesium

### Macadamias

- 12 nuts per one ounce serving
- High in fat but 17 of the 22 grams are monounsaturated (aka heart healthy fat!)
- Excellent source of manganese

### Pistachios

- 49 nuts per one ounce serving
- Contain antioxidants — lutein and zeaxanthin

### Cashews

- 18 nuts per one ounce serving
- Excellent source of copper and magnesium
- Soft consistency with delicate, sweet flavor

### Walnuts

- 14 halves per one ounce serving
- Rich in antioxidants and excellent source of alpha-linolenic acid (ALA), the plant-based form of omega-3
- Grooves hold flavor well and are delicious when seasoned sweet or hot

### Pecans

- 19 halves per one ounce serving
- Rich in antioxidant and monounsaturated fat

Source: *Academy of Nutrition & Dietetics – Food & Nutrition Magazine, Jan/Feb 2013 Edition*

# WAY TO GO!

## CELEBRATING OUR SUCCESSES



Grandma **Melody Gagner** with precious granddaughter Morgan Kaylea, who was born Nov. 23, 2013. She is the love of my life!

A huge thanks to **Robert Scinski, Greg Wenzl and their team** for all the work and support during the dishwashing machine construction. YOU GUYS ROCK!

—Food and Nutrition Services Staff

Congratulations to **Kathy Ross** in Respiratory Care who never missed a day of work last year! This is huge commitment to excellence.

—Dawn Yanks  
Respiratory Clinical Supervisor

Kudos to **Jill Cohen and Ame Nelson!** You are both wonderful Certified Nurse Aides who plan your care and work your plan.

—Amy Haycock, RN

I would like to thank all of the **Case Management staff** for their dedication and commitment to Madonna. The team has pulled together to assist in covering three maternity leave of absences, a military leave of absence and a previous vacancy on the 1 West team. We have a great department and each of you are the reason for this success.

—Susan Koerber  
Case Management Manager

Big thanks to **Jennifer Luhn** for her awesome planning and leadership with the dish room remodel. We couldn’t have done it without you!

—Food and Nutrition Staff

Congrats to Telecom computer operator **Kari Williams**, who will be getting married on April 18.

—The Telecommunications team

Thank you, Alfonso Meza!

If you’re a float nurse, you may feel all thumbs and left feet some days, but with Alfonso as your CNA, things go smoothly. He is wonderful with patients. I have worked occasionally on VAU/SN and am extremely thankful for Alfonso.

—Amy Haycock, RN

Three cheers for the **Food and Nutrition team** for your positivity and team building during the new dishwashing machine install. The process was smooth and pleasant because of your attitude.

Thanks to everyone for helping to move our department forward to better serve patients, residents and customers. Also, a BIG thanks to the entire hospital for your cooperation and support during the construction process.

—Sheila Folsom and Jennifer Luhn  
Food and Nutrition Services

Way to go, **Lina Bergman and Amber Strong** on your return to school. Advancing your to a Medical Laboratory Scientist degree shows your dedication to laboratory medicine and increases the skills you have to offer Madonna. The laboratory is very pleased to have you as part of the team.

Way to go, **Lodge Carroll!** Your years of experience and expertise in microbiology have significantly impacted patient care by bringing blood culture testing in-house at Madonna. Our lab now reports gram stains and positive blood cultures faster, thus reducing the time for physician intervention.

—Patty J. Eschliman  
Clinical Laboratory Manager

I’d like to acknowledge the fabulous **Outpatient Occupational Therapy team**. We have seen many changes in our department in the past year and I want to thank each of you for having a great attitude and work ethic. A special shout out to **Ann McHale**, our newest member, for passing her national board certification test in January and hitting the ground running. Congratulations also to **Bethany Arnold**, who recently gave birth to Kate Elizabeth on Feb. 19. I feel privileged to work with and mentor such a terrific group.

—Lisa Andersen  
Clinical Supervisor, Outpatient OT

## Kiner exemplifies MRH core value of hospitality



A patient was recently transitioning from an acute hospital to Madonna and stopped with her daughter at a McDonald’s for ice cream. She was upset to learn their ice cream machine was broken. Upon arriving at Madonna, the disgruntled patient refused to get out of the car until she got some ice cream.

Unfazed by the request, **Julie “Jules” Kiner**, inpatient registrar, quickly delivered two cups of soft serve ice cream from the Commons Café. The patient and her daughter were elated! It was a small act of kindness and one that exemplifies Madonna’s core value of hospitality. Way to go, Jules!

—Sandy Stutzman  
Employee Health & Safety Manager

Congratulations to **Leia Rumsey and her husband, Ross**, on the birth of their beautiful son, Harrison James. We are so happy to have you back at work, Leia!

—The Madonna Foundation Staff

Congratulations to **Jenn Romohr, Rhonda Steckelberg, Kent Wallinga, and Jennifer Bausch** for their completion of the ICAN! Special recognition to **Joyce Jaixen, Rhonda Steckelberg, Heather Knight, Jennifer Hines, and Kilee Oetjen** for being recognized by their former patients and families with Angel Wings this past quarter. hard work. We are grateful for everyone’s contributions to our successful team!

—Sarah Koebernick, Jenna Woodford, and Marilyn Dongilli  
Inpatient Physical Therapy Supervisors

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## Employee Focus: Fun factoids about Deann



**Deann Dickey**  
Outpatient Service Specialist  
MRH Employee for 3 years

I enjoy working here at Madonna for several reasons. First, I enjoy getting to know people and I get to do that here every day. Second, I like the people I work with, making it easy to come to work. Last, but not least, watching a patient’s progress with their therapy, from beginning to end, is the best part of this job very inspirational!

1. I was a preschool teacher for 20 years before coming to Madonna.
2. I have two children. Jared is 17 years old, likes to hunt and play football. Kiersten, 12, enjoys volleyball. They both love to shoot trap competitively.
3. I grew up on a farm in central Nebraska and love going back and spending time there.
4. There were six people in my high school graduating class!