

The Madonna Minute

A briefing about the programs and innovations at Madonna Rehabilitation Hospital

September 2007

Adaptive Sports and Recreation — the benefits of play

Children and adults with acquired physical disabilities as a result of traumatic injury or illness often are not aware of the availability and benefits of recreation and adaptive sports activities. Just as with able-bodied individuals, participation in recreational activities and adaptive sports promotes physical health and wellness by increasing heart and

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respiration rates, facilitating muscle tone, maintaining optimal weight, and honing agility skills. These activities can also impact social and emotional wellbeing by providing interaction with peers, offering distraction from the stresses of daily life, and providing



Golf is one of many recreational activities offered through Madonna’s Adaptive Sports and Recreation Program



The Madonna Invitational Basketball Tournament is an annual event. Teams from throughout the region are invited to compete.

the individual with a sense of personal accomplishment and satisfaction. Further, research studies have shown physical exercise to have a positive effect on depression and anxiety.

Integration of adaptive sports and recreation activities into rehabilitation provides a unique and fun context for working on specific therapeutic activities and skills, such as balance, coordination, advanced gait-training, fine motor control, and even cognition and communication. Often patients are so focused on the game or activity they don’t even realize they are working on those other skills. Madonna Rehabilitation Hospital is one of the only hospitals in the region that offers a structured Adaptive Sports and Recreation Program with multiple opportunities for inpatients, outpatients, and community members to participate in various sports. Last year more than 600 individuals participated in monthly golf, tennis,

marksmanship, and wheelchair basketball, as well as several other activities, such as fishing, quad rugby, volleyball, and hand-cycling that are offered intermittently throughout the year. Madonna also sponsors the Madonna Magic wheelchair basketball team, which competes regionally, and held several workshops and tournaments in the Lincoln area.

Second annual Adaptive Sports and Recreation Fair

Each September, as part of the Celebration of Rehabilitation Week, Madonna offers an Adaptive Sports Fair to the general public. This year, the event is scheduled for Sunday, Sept. 23, from 1-4 pm. It will be held at Madonna ProActive, 7111 Stephanie Lane (55th and Pine Lake Rd.). The event is free and open to the public.

The fair gives participants an opportunity to receive information on a variety of sports through demonstrations, hands-on experiences, and interactions with actively involved athletes with disabilities.

Activities and Booths

A partial listing of activities includes mouth sketching, quad rugby, wheelchair basketball, handcycling, sit ski, social dance, adaptive photography, yoga, Sip ‘N Puff playstation and

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Now you can.

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much more that will interest people of all ages and abilities.

Schedule of Live Demonstrations

- 1 p.m. Quad Rugby (*Gym*)
Yoga (*Meditation Room*)
- 1:30 p.m. Basketball (*Gym*)
Dance (*Upstairs*)
- 2:30 p.m. Dance (*Gym*), featuring
guest performers
Kris Lenzo and
Anita Fillmore
- 3 p.m. Quad Rugby (*Gym*)
Dance (*Upstairs*)
- 3:30 p.m. Basketball (*Gym*)
Yoga (*Meditation Room*)

2007 Chairman's Goal Award winners to be honored

The Madonna Chairman's Goal Awards were established in 1994 to honor patients for outstanding courage and fortitude while confronting a disability. This year's recipients are Fred Daigle, Lincoln, Neb., Heather Tice, Belton, Mo., Deb Spanyers, Dorchester, Neb., and Brady Beran, Lincoln, Neb.

The Thomas Hayes Business Leadership Award will be presented to Siebert and Associates, an adaptive equipment and transportation company based in Glenwood, Iowa.

The luncheon will be held on Sept. 23 from noon-1:30 p.m. at the Embassy Suites in Lincoln. Tickets to the event are \$30 each and reservations can be made by calling the Madonna Marketing and Public Relations department at (402) 483-9572. Seating is limited and reservations are requested by Sept. 11, 2007.

Unique wheelchair dance performance to be highlighted at fair

A special wheelchair dance performance, featuring Kris Lenzo and Anita Fillmore, is scheduled at 2:30 p.m. during the fair. At the age of 19, Kris had both legs amputated above the knee after an industrial accident. Through determination and his love for sports, Kris started playing wheelchair basketball, track and road racing just months after his rehabilitation. He went on to earn national championships in wheelchair track and basketball. He started dancing with MOMENTA, the premier dance



Kris Lenzo and Anita Fillmore will perform at the Second Annual Adaptive Sports and Recreation Fair at Madonna ProActive on Sept. 23.

company of Oak Park, Ill., in the fall of 2002 and first performed in 2003. Kris' dance partner, Anita Fillmore, currently serves on the teaching

faculty at the Academy of Movement and Music. Her dance work has been performed in Chicago, New York and internationally. Kris and Anita will perform Tango No. 4 at the Madonna Chairman's 13th Annual Goal Awards luncheon on September 26 at the Embassy Suites in Lincoln, Neb. For Goal Award ticket information,

please call 402/483-9572.

Come celebrate National Rehabilitation Week at Madonna Rehabilitation Hospital

MONDAY, SEPTEMBER 17 Best Practices in Stroke Rehabilitation

12-1 p.m. — Amy Goldman, DPT

Visit our booth from 1-2 p.m. to learn more.

The goal of this program is to educate health care professionals and community members on industry standards for stroke rehabilitation programs, including best practices to treat persons with stroke.

WEDNESDAY, SEPTEMBER 19 Solutions for Daily Living: Assistive Technology and Spinal Cord Injury

12-1 p.m. — Diane Ulmer, OTR/L and Colleen Spellman, OTD, OTR/L

Visit our booth from 1-2 p.m. to learn more.

The program's objective is to educate health care professionals and community members on low and high technology options to facilitate daily living activities for persons with spinal cord injury.

FRIDAY, SEPTEMBER 21

An Interdisciplinary Approach to Behavior Management of Patients with Traumatic Brain Injury (TBI)

12-1 p.m. — Lori Terryberry-Spohr, Ph.D., ABPP

Visit our booth from 1-2 p.m. to learn more.

This program will address interdisciplinary behavior management strategies for persons with TBI.

TUESDAY, SEPTEMBER 25 Traumatic Brain Injury Awareness 4:30-5:30 p.m. - Eric Hartman, M.D.

The program will demonstrate understanding of brain injury severity classification, describe prognostic indicators of brain injury recovery and define common symptoms after Mild Traumatic Brain Injury (MTBI).

Call 483-9550 to pre-register for all sessions.