



the INDEPENDENT

Madonna Rehabilitation Hospitals

Winter 2021

Recapping the past year
2020 IN REVIEW
pgs. 4–9

COVID-19 and adopting
A NEW NORMAL
pg. 16

Community services persist
DESPITE PANDEMIC
pg. 10

A miracle just in time
FOR CHRISTMAS
pg. 12

From paralyzed to walking—a lesson
IN GRATITUDE
pg. 20



MISSION STATEMENT

Madonna Rehabilitation Hospitals is a Catholic hospital system that provides physical medicine and rehabilitation services to children and adults throughout the nation. We rehabilitate those who have sustained injuries or disabling conditions so they can fully participate in life. We lead research to improve outcomes and prevent physical disabilities and promote wellness through community programs.

Our core values reflect Madonna's history, mission and beliefs.

Collaboration

Hospitality

Respect

Innovation

Stewardship

Teaching

A letter from the President & CEO

Welcome to Madonna's 2020 year-end review. It has been a year unlike any other in our history. Like many throughout our nation, the COVID-19 pandemic has presented us with countless challenges. Since April, Madonna has been treating individuals recovering from COVID-19. They have experienced significant functional limitations from the virus and are fighting to regain their independence. We have been honored to join them in their fight. Key to achieving independence are Madonna's expert staff who provide not only expert care, but hope of recovery to our patients and their families. It's all about hope!

Despite the pandemic challenges, Madonna was able to break ground at both the Lincoln and Omaha Campuses on two very exciting projects in 2020. The Lincoln Campus expansion project, the largest in history, will bring together best-in-class hospital facilities with our nationally accredited clinical programs. In response to the demand for outpatient care, a new physicians clinic building project was launched at the Omaha Campus. Additionally, Madonna was successful in obtaining Rehabilitation Engineering Research Center (RERC) grant funding through the National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR). One of only 15 RERCs across the country, we are proud of this achievement. This recognition and our expansion projects signal the growing need for rehabilitation services and affirm Madonna's position as the provider of choice locally, regionally and nationally. I thank our generous benefactors. Their financial support has helped advance these initiatives, taking our rehabilitation efforts from ordinary to extraordinary.

As you can see, we have much to celebrate as we enter 2021 and are grateful for God's continued blessings on our work.



Paul Dongilli Jr., Ph.D.,
President and CEO

The INDEPENDENT is a magazine published three times a year for friends of Madonna. Direct questions or comments to: 402.413.4292 or info@madonna.org.

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Visit Madonna.org/VirtualTours for an up close look at our hospitals.



CONTENTS

4

Recapping the past year
2020 IN REVIEW

12

A miracle just in time
FOR CHRISTMAS

14

From nurse
TO PATIENT

16

COVID-19 and adopting
A NEW NORMAL

20

From paralyzed to walking—a lesson
IN GRATITUDE

7

Passing the baton of
MEDICAL LEADERSHIP

10

Community services persist
DESPITE PANDEMIC

22

An evening of warm and generous
HEARTS

23

Ambassadors key to
VIRTUAL GALA

25

Sky high
GOALS

27

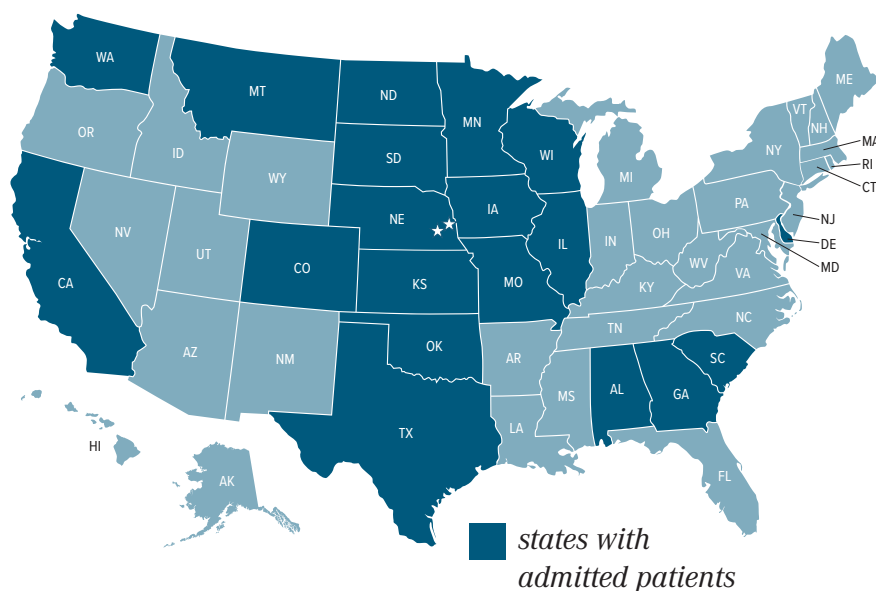
Heeding the
CALL TO HEAL

28

2020
GOAL AWARDS

Providing world-class rehabilitation NATIONWIDE

Madonna Rehabilitation Hospitals continues to be a destination of choice for world-class rehabilitation of both adults and children. Although the year presented unprecedented challenges, Madonna staff demonstrated great resilience, innovative problem-solving and unwavering care for patients, families and one another. From launching a virtual services program to the groundbreaking of a physicians clinic in Omaha and major campus expansion in Lincoln, Madonna continues to grow and establish new ways to serve while maintaining a commitment to excellence in rehabilitation.



Madonna Rehabilitation Hospitals continues to expand its footprint locally, regionally and nationally. In 2020, Madonna admitted **2,309** patients from **19** states, spanning from Washington to Delaware.

2020 MADONNA BY THE NUMBERS

\$174 million

Consolidated net operating revenue

1,040

Patients received rehabilitative services on the Lincoln Campus
50% from Lincoln community
50% from outside Lancaster County

The Lincoln campus is a regional destination for specialized rehabilitation in spine, brain, pulmonary, stroke, burn and pediatrics.

1,269

Patients received rehabilitative services on the Omaha Campus
87% from Omaha metro community
13% from outside Douglas County

The Omaha campus is home to the physical medicine and rehabilitation residency (PM&R) program, in partnership with the University of Nebraska Medical Center; the only such program in the region.

29

Admissions team members who met with potential patients and their families across the country

20,000+

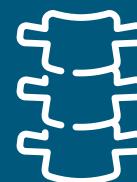
Friends “like” Madonna on Facebook

2,100

Employees dedicated to caring for patients and families in need of hope and healing



Trinidi Rice smiles after her first experience using the ParaGolfer, an all-terrain mobility device, during therapy with Kristin Luethke, recreation therapist. After suffering a paralyzing spinal cord injury last summer, the teen from Aurora, Nebraska, is adapting to her new lifestyle. The Paragolfer, helps a user with disabilities stand upright to play golf and other sports.



SCI PROGRAM OVERVIEW

Madonna's Spinal Cord Injury (SCI) Program served more than 400 patients, across both campuses, who used our comprehensive continuum of care in FY 2020. More than 63% of the SCI patients came from areas outside of Nebraska.

SCI survivors across the nation seek out Madonna's CARF-accredited rehabilitation program. We help adults and children with all levels of injury, including complex individuals requiring ventilator support, return to their life roles.

Madonna offers a unique rehabilitation environment with a true continuum of care. Our SCI program helps maximize independence, resolve barriers of returning to home and community, and establishes lifelong relationships between a patient and their care team. We have the technology, expertise, and commitment to create an individualized program of care for the best patient outcomes.

"It is inspiring to see my patients regain their sense of life and see them get back to living following a spinal cord injury," said Dr. Paul Krabbenhoft, Spinal Cord Injury Program medical director.

REHABILITATION HOSPITALS

LINCOLN CAMPUS

OMAHA CAMPUS

Number of Patients Discharged

602

794

Percent of Patients
Discharged to the Community

75%

73%

Average Length of Stay

30 Days

20 Days

Percentage of Patients Who Rated
Their Experience Excellent or Good

94%

98%

SPECIALTY HOSPITALS

LINCOLN CAMPUS

OMAHA CAMPUS

Number of Patients Discharged

410

438

Percent of Patients No Longer
Needing Ventilator Assistance*

74%

76%

Average Length of Stay

34 Days

26 Days

Percentage of Patients Who Rated
Their Experience Excellent or Good

99%

99%

*Percent of patients admitted on a ventilator who are successfully weaned prior to discharge.

2020—celebrating growth and INNOVATION

MAY



Lincoln Campus Expansion Renovation

Construction began on a \$57 million expansion and renovation project—the largest in Lincoln campus history—followed by an official groundbreaking ceremony in August. The 112,000 square foot expansion includes a new patient wing of 59 state-of-the-art private patient suites with leading-edge technology. Significant renovation of current hospital facilities, including entrances and parking sites, and enhancing outdoor spaces, creates a welcoming environment for patients and their families. The project is expected to be completed by January 2023.

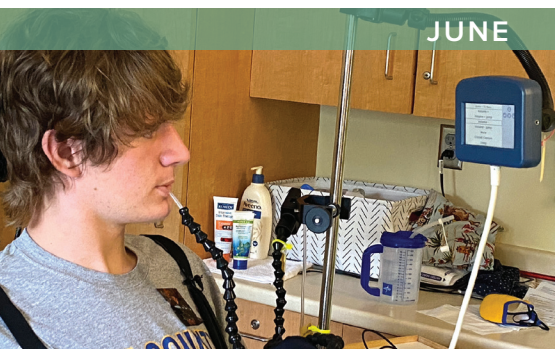
JUNE



Omaha Physicians Clinic Groundbreaking

Madonna's Omaha Campus broke ground on a \$5.5 million, 7,800 sq. ft. physicians clinic to meet the growing need for physician-led physiatry and therapy services. The clinic has been a key component of the Omaha Campus master plan and broadens our PM&R resident training experience. The new exam and clinic space provides dedicated space for Madonna and University of Nebraska Medical Center physicians to meet the growing need for outpatient physiatry and therapy services. Construction is slated for completion March 2020.

JUNE



Commercialization of the AC20

A partnership with Curbell Medical, a medical device manufacturer, established commercialization of the Assistive Control Adapter or AC20. Based on the First Hope system created by the Madonna Research Institute, the AC20 promotes greater independence for patients with limited mobility. The AC20 captures signals, like a sip/puff of air or muscle twitch, allowing a patient control over their environment, from calling a nurse to turning on room lights. Curbell Medical is manufacturing and distributing the AC20 globally to health care facilities.

AUGUST



Research Grant Awarded

Madonna's Research Institute is a co-recipient of a five-year, \$4.6 million grant for the Rehabilitation Engineering Research Center (RERC) on Augmentative and Alternative Communication. RERCs advance engineering research and innovative technology to solve rehabilitation problems and eliminate environmental barriers for people with disabilities. Dr. Susan Fager will lead three development projects. The prestigious federal grant distinguishes Madonna as a leader in rehabilitation research as the RERC on ACC is one of only 16 currently funded RERCs nationwide.

Passing the baton of medical LEADERSHIP

On June 1, 2009, Dr. Tom Stalder became chief medical officer of Madonna's physician team, bringing his wealth of medical expertise to the organization. During his 11-year tenure, Stalder implemented guidelines that reflect the hospital's current exceptional patient care and safety standards. "Significant wins were developing the hospitalist program and the expansion of physician services," Stalder said.

During the COVID-19 pandemic, Stalder, a board certified internal medicine and infectious disease physician, worked tirelessly relaying accurate information while proactively taking measures to ensure patient and staff safety.

Stalder retired in December 2020 and continues as a consultant for the hospital. "It's been rewarding contributing to the work done at Madonna by so many talented people."

Dr. Donald Schmidt has been appointed the new vice president of medical affairs and chief medical officer. Schmidt, a hospitalist by training, served as medical director for the hospitalist program at CHI St. Elizabeth Regional Medical Center prior to entering private practice at Nebraska Internal Medicine in 2009. A native of Bennington, Nebraska, Schmidt's interest in medicine piqued during college. "Working as an emergency room technician sealed the deal," Schmidt said. In medical school at the University of Nebraska College of Medicine, he debated on a specialty. An internal medicine fellowship at UNMC exposed him to a myriad of adult medical issues.

"I enjoy developing a differential diagnosis and the nuances of diagnostic problem solving and medical management," Schmidt said. "I'm always humbled by grateful patients."

Family is a priority and includes his wife, Michelle, and their three daughters. An avid outdoorsman, Schmidt enjoys bow hunting and the thrill of walleye fishing. "I'm excited to be part of the impressive teamwork at Madonna."



Dr. Tom Stalder, (above) steps down after a lengthy career as Madonna's chief medical officer. Dr. Donald Schmidt has been appointed the new vice president of medical affairs and chief medical officer.





Joining hands and hearts in our COMMUNITY

Madonna's mission and values are evident in the hospitals' daily activities and in the ways the organization gave back to the community.

Charity Care

Services provided to patients unable to pay for health care totaled **\$2,389,000** in FY 2020. Madonna offered two avenues for patients to qualify for free or reduced-cost services: charity care provided by Madonna based on patient income level and St. Benedict funds provided by donors to the Madonna Foundation to assist patients and families in crisis.



*Forming strong
partnerships within the
community reinforces
Madonna's core value of
collaboration.*

Unpaid Cost of Public Programs and Subsidized Health Service

Madonna absorbed **\$3,327,000** in losses due to shortfalls between patient care costs and amounts paid by Medicaid and **\$13,788,000** in losses due to shortfalls between patient care costs and the amounts paid by Medicare for the hospitals, TherapyPlus and St. Jane de Chantal Long Term Care Services.

Community Medical Transportation

Due to increased health care needs of people with disabilities and the elderly, isolation from providers can have a profound impact on the quality of their life, health and safety. Madonna's community medical transportation program allows individuals to get the timely medical care they need, decreasing the amount of situations that often result in emergency room trips and increased costs. Madonna transportation provided **10,394** rides to and from non-emergency medical appointments in FY 2020.

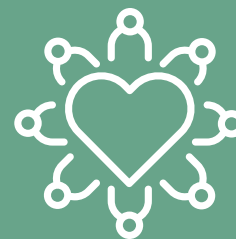
Educational Presentations

In FY 2020, **34** Madonna employees made **63** educational presentations on various rehabilitation and health topics. Local presentations accounted for **28** of the **63** total presentations, while **32** presentations were made regionally and nationally and **3** internationally.

Clinical Training

In FY 2020, clinical staff and physicians spent **32,597** hours providing a clinical setting for training **337** medical students, nursing students or physicians not affiliated with Madonna.

The Physical Medicine and Rehabilitation (PM&R) residency program continues to grow with 14 residents involved in the current program under the direction of Samuel Bierner, M.D. Started in 2018, the PM&R residency is a partnership between Madonna and the University of Nebraska Medical Center (UNMC) and the only one in the region. Residents receive hands-on training in the areas of stroke, brain injury, spinal cord injury and pediatrics at both Madonna campuses, in addition to clinical rotations at UNMC/ Nebraska Medicine, Children's Hospital and Medical Center and the Department of Veterans' Affairs (VA) hospital in Omaha.



COMMUNITY VOLUNTEERS GIVE BACK TO **MADONNA**

During 2020, volunteer resources at both the Lincoln and Omaha campuses gratefully acknowledged **370** volunteers serving **16,575** hours in 69 different roles—saving Madonna **\$421,502** in paid staffing costs. During this year of COVID-19, Madonna was blessed with the generosity of volunteers who continued to serve by making masks and walker/wheelchair bags, even when they could not physically be at the hospital providing extra attention to patients, residents and visitors.

Dr. Matthew Gerrelts, a PM&R resident, listens as Greg Schoerter shares his progress. Greg, of Humphrey, Nebraska, contracted Guillain-Barre syndrome after surviving COVID-19 and is recovering at the Lincoln Campus.



Community services persist **DESPITE PANDEMIC**

The COVID-19 pandemic has impacted every area of our lives, from work and school to health care and wellness. While the pandemic disrupted many daily routines, it hasn't stopped the need for patients to access timely, quality rehabilitation and our client companies from providing wellness services to their employees and members from continuing their personal wellness goals.

In addition to enhanced safety protocols, such as screening and temperature checks, the community services teams worked diligently to adapt services and processes to ensure we continued to meet community needs.

TherapyPlus

A significant opportunity for TherapyPlus was the implementation of telehealth services, allowing patients to continue their rehabilitative services from home. Some patients moved exclusively to a virtual therapy platform while others opted for a mix of telehealth and on-site therapy. We customize programs to meet each patient's needs. Zoom video-conferencing was implemented for caregiver education and family meetings. The virtual technology bridged the caregiver/family connection when loved ones could not be present.



Fit for Work

The pandemic spotlighted the importance of health, wellness and employee engagement, with many employees working remotely. Fit for Work (FFW) adapted services to help companies meet the needs for their remote workforces with virtual wellness programs, drive-thru flu shot clinics, vaccinations and other virtual services.

FFW drive-thru flu shot clinics successfully administered 666 vaccines, nearly a third of their total vaccinations. Gayle Page, Vice President of Human Resources at Farmers Mutual said, "With the ongoing COVID-19 pandemic, Farmers Mutual, of Nebraska had a desire to encourage and equip our employees and retirees to receive their flu shots in the safest way possible. Partnering with Madonna Fit for Work for an on-site, drive-thru flu clinic was the perfect solution. Madonna offered wonderful guidance ahead of time which made this experience a safe and easy option for all involved. We are thankful Madonna helped us think outside-of-the box during these unprecedented times to keep our team as healthy as possible."





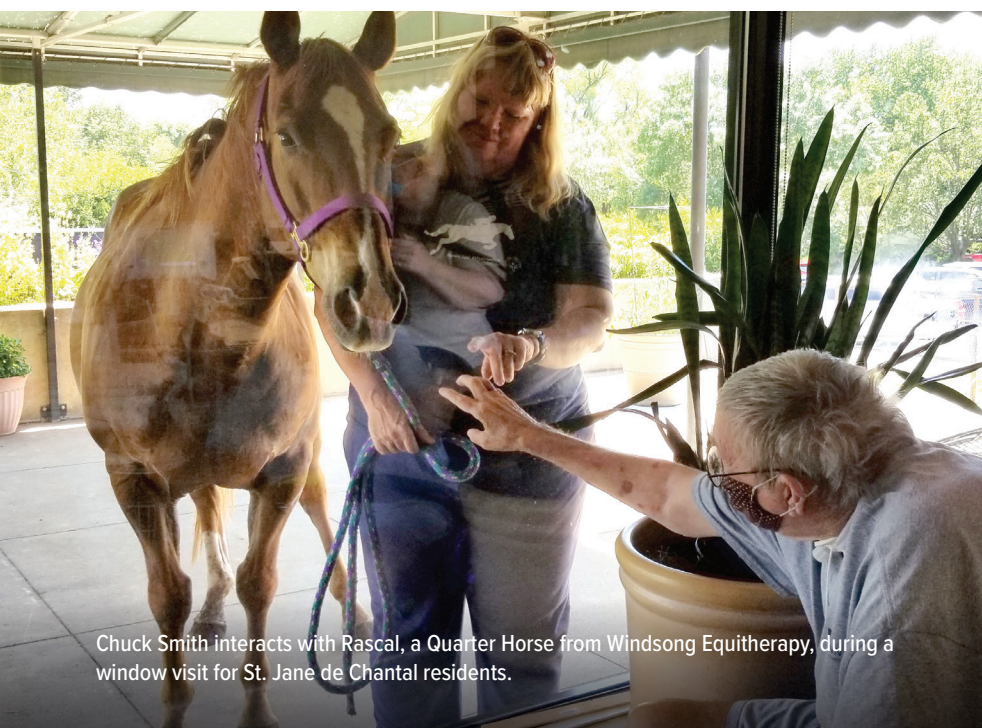
ProActive Medical Fitness

ProActive temporarily closed its doors in March due to the pandemic and developed reopening plans to maximize safety measures. The temporary closure allowed for a deep clean and an overall facility refresh. Upon reopening, members and staff voiced their excitement about the enhanced safety measures including additional separation of equipment space, capacity zoning as well as the facility refresh project. Michelle Carlson, ProActive member summed it up as “ProActive is going above and beyond when it comes to a clean facility, I really do feel safe here because I don’t feel like I’m at risk.”

St. Jane de Chantal

COVID-19 has presented some unique challenges within long term care in 2020. Looking back, while we’ve been impacted financially, our goal from the beginning has been to ensure the health and safety of our residents, patients, families and staff.

“Early on, our team collaborated to develop and implement policies and procedures to protect and keep from harm, those in our care,” said Melody Gagner, administrator of long term care. Taking direction from federal, state and local leaders, the facility instituted COVID-19 safety measures in March including hand hygiene, masking, social distancing and visitor restrictions. Our efforts paid off as in May, St. Jane de Chantal Long Term Care Services completed two successful infection prevention surveys with zero deficiencies.



Chuck Smith interacts with Rascal, a Quarter Horse from Windsong Equitherapy, during a window visit for St. Jane de Chantal residents.

As federal mandates changed to mitigate the community spread of COVID-19, St. Jane staff remained vigilant and adaptable. They created a successful plan to regularly test staff for the virus and later, patients and residents. To maintain the holistic health of residents and patients, staff creatively used technology and the outdoors to connect loved ones.

St. Jane has been recognized as a top Nebraska nursing facility by the Centers of Medicare and Medicaid Services (CMS). The 5-Star overall rating system is an indicator for the quality measures implemented for residents and patients.

A miracle just in time FOR CHRISTMAS

By all accounts, Benedict “Ben” Horvatic is a walking, talking miracle. The athletic, soccer-loving 21-year-old came to Madonna for rehabilitation after spending weeks in the ICU at the University of Kansas Medical Center fighting for his life. In September, Ben went into cardiac arrest and suffered a subsequent stroke while sleeping.

“The prognosis right off the bat was grim,” said Ben’s mom, Beth Horvatic. “The emotions were wordless. Emotions I’ve never experienced. I don’t think they can be defined.”

Ben was diagnosed with hypertrophic cardiomyopathy, a rare disease that causes the heart muscles to be abnormally thick, making it difficult for the heart to pump blood to the body.

“His brain was without oxygen for 45 minutes,” Beth said. “From the first MRI, they told me there was no hope for any meaningful recovery. They said it was a catastrophic brain injury and Ben will never be Ben if he does survive.” After a week in the ICU, Ben’s family made the gut-wrenching decision to take him off life support. The plan was to follow his wishes and donate his organs. Then, an unexpected miracle.

“On the night of the tenth day, he started to show some responses,” Beth said. “He would try and open his eyes. He would squeeze our hand. He even knew right from left.”

Ben moved to Madonna’s Omaha Campus to start his rehabilitation journey. When he arrived, he was unable to walk or eat solid food. With help from his care team, he



Ben works with Kaylee Wallace, occupational therapist, to strengthen his muscles and coordination using an ArmeoSpring.



quickly became strong enough to stand, walk, and eat and drink whatever he wants. But the work of therapists and nurses goes beyond physical care. Staff also provided comfort and support during every step of Ben's journey to regain independence, helping him make emotional and intellectual strides as well.

"This is the best rehabilitation place ever," Ben said. "The people are just so phenomenal." A driving motivation in his therapy: Ben's love of Christmas and his goal of being home for the holiday. "It's such a family holiday," Ben said. "It's just a time of peace and family and I'm just grateful to be alive for it."

Care teams incorporate patients' favorite activities into therapy. For Ben, decorating one of Madonna's Christmas trees with ornaments and tinsel helped improve fine motor skills and vision. To add to the holiday spirit, family and friends sent dozens of Christmas cards and ornaments for Ben to display in his room at Madonna.

"It just makes me feel so good that everybody is taking the time to show they care," Ben said. Each ornament sent to Ben reminds him of his time at Madonna and the recovery journey he's been on. Ben now has a defibrillator. He plans on getting genetic testing done in an effort to prevent anyone else in his family from going into cardiac arrest or suffering a stroke.



STROKES A RISK REGARDLESS OF AGE

Stroke is the fourth leading cause of death in Nebraska, and it doesn't discriminate.

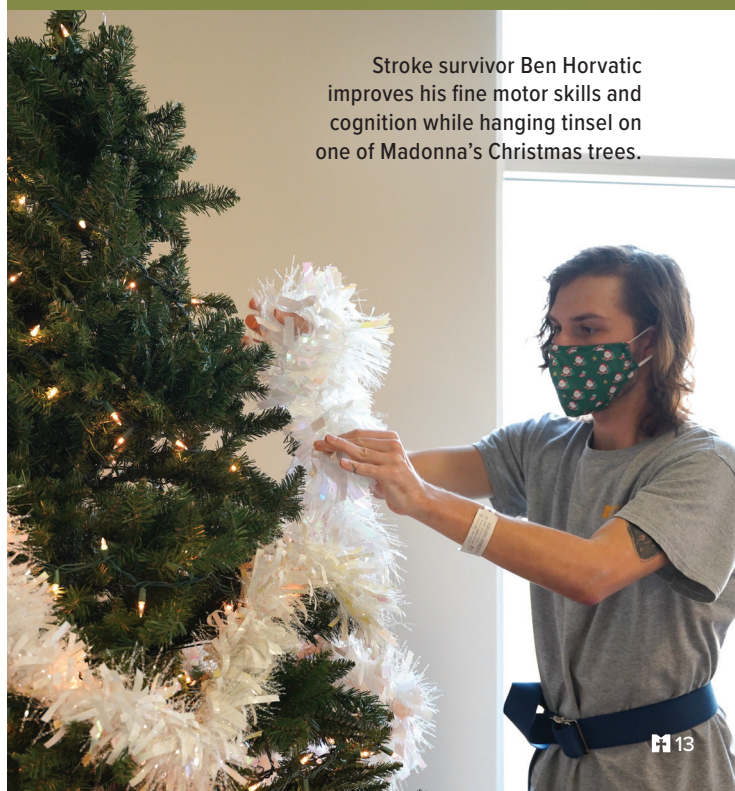
"People think strokes only affect 'old people.' We know in fact, this is just simply not true. Stroke can occur at any age," said Amy Goldman, Stroke Program manager at Madonna.

Goldman said more young people are experiencing stroke as risk factors for heart disease and stroke are beginning at a younger age, including hypertension, high cholesterol, diabetes mellitus and sedentary lifestyle. It can also be caused from heart abnormalities, like in Ben's case.

To lower stroke risk, it is important to eat healthy, stay active and get regular medical check-ups.



See more of Ben's story at:
Madonna.org/BenH



Stroke survivor Ben Horvatic improves his fine motor skills and cognition while hanging tinsel on one of Madonna's Christmas trees.

A large photograph showing a female nurse in a blue shirt assisting a patient in a swimming pool. The nurse is smiling and supporting the patient from behind. The patient is wearing a black swimsuit and a white snorkel mask. The water is clear and blue.

From nurse TO PATIENT

Aquatic therapy helped Debbie gain strength and confidence to take monumental first steps during her recovery from spinal surgery.

Nursing has been a key part of Debbie Wahlert's identity for more than 30 years. As a registered nurse in a rehabilitation unit in Des Moines, Iowa, she's witnessed firsthand the struggles and the triumphs of rehabilitating back from serious injury or illness. But seeing it is one thing, living through it is a whole different story.

As a tenured registered nurse with experience working in post-acute care, Debbie Wahlert knows that recovery from a serious injury doesn't happen overnight. For 30-plus years, she's helped patients discover new routines as they adapt after a life-changing event.

Debbie experienced a life-changing event of her own last February. She had back surgery for a calcified herniated disc. When she woke up, she couldn't move her legs. Doctors performed a second surgery to remove a blood clot in her spine, but the procedure still left her partially paralyzed. That's when Debbie and her



"I felt that I was always respected, asked for my opinions and thoughts and was always listened to."

husband, Brad, sought Madonna for its specialized spinal cord injury program.

"My surgeon knew that he wanted me to come to Madonna," Debbie said. "And my husband and I both knew this was where we wanted to be."

Debbie began a nearly three-month stay at Madonna in mid-February. Quickly immersing herself into therapy sessions, Debbie began to see daily glimpses of progress.

"The first time I stood in a standing frame eight days after I arrived was an exciting day," Debbie said. "Then

walking across the pool for the first time in aquatic therapy gave me hope that those movements would come back.”

Through the combination of physical, occupational and aquatic therapy, Debbie regained strength in her legs and core. Activities like cooking and laundry provided a sense of normalcy, especially when COVID-19 halted community outings and visitation.

During those weeks where Brad couldn’t visit, Debbie relied on relationships she fostered with her care team for support. As a fellow nurse, she was able to connect with her nurses and therapy staff on a deeper level.

“There is always temptation to not tell people you are a nurse,” Debbie laughed. “But I felt that I was always respected, asked for my opinions and thoughts and was always listened to. The knowledge I brought with me and the goals I had were of value.”

Debbie returned to work as a quality partner at Younker Rehabilitation Center, part of the UnityPoint Health system in Des Moines, in July—three months after leaving Madonna. She collects data from patients to submit to Medicare for

reimbursement. It’s different from her previous role as an RN in the rehabilitation unit at Iowa Lutheran Hospital, but the position has allowed her to ease back into work while balancing home life and weekly therapies.

“It’s been trial and error in finding a good routine,” Debbie said. “I think about my care team at Madonna on a regular basis, and continue to practice some of the suggestions they made early on because they knew what my goal was.”

Today, small steps forward continue to be Debbie’s guiding principal. She’s passed a driver’s exam and plans to purchase a car she can adapt to her needs in the spring, and she continues to strengthen her walking abilities.

“I feel like I’m still healing,” she said. “I’m still getting stronger and just want to be in the best shape possible.”



See more of
Debbie’s story at:
Madonna.org/DebbieW

COMPASSIONATE NURSING SUPPORT

Madonna’s patient-centered approach to care reflects our Benedictine roots of hospitality and compassion. Nurses are often the first point of contact for a newly admitted patient. Staff learn each individual’s personal history, unique interests and spiritual needs. In the rehabilitative setting, rapport is built during weeks of recovery.

Nurses share their expertise to encourage a patient’s best outcomes. They teach self-care techniques and provide education to help patients and families cope with a life-altering illness or injury. Working closely with the interdisciplinary team, nurses make a lasting impact on patients’ lives.

Amber Wilson of Peck, Kansas (at right), celebrates with her care team after receiving a Spirit Award for her positivity and perseverance throughout recovery from a debilitating stroke following brain tumor surgery.

“I’m young, active and work out; I never guessed this would happen to me,” said the 30-year-old labor and delivery nurse. “Being over four hours from home, the Madonna nurses and aides were my champions. They helped me tremendously.”



COVID-19 and adopting A NEW NORMAL

2020—it's the year everything changed with a pandemic taking center stage. From our personal to professional lives, the way we operated shifted dramatically due to COVID-19. Like so many others, Madonna adopted a new normal.

Our core values—collaboration, hospitality, respect, innovation and stewardship—flourished as staff rededicated themselves to our mission. Beneath the eyes peering over a surgical mask is the heart and soul of what makes Madonna different. Grounded in our Benedictine faith and leading with a resilient and innovative staff, we continued to provide world-class rehabilitative care.

Leading the charge

When COVID-19 hit, Dr. Thomas Stalder, then vice president of Medical Affairs and chief medical officer, helped Madonna navigate the pandemic crisis. Stalder, an infectious disease physician, placed the safety of patients and staff first during daily coronavirus updates. Kristy Felix and Lindsay Kroenke, registered nurses (at right), head the infection control program. They trained staff on minimizing the spread of infection, including the vigilance of proper mask-wearing and handwashing protocol. Jackie Krason, director of quality and risk management, played a pivotal role in relaying the latest information, from contact tracing to vaccine rollout, across the hospital system.



Forging new connections

Madonna prides itself on a family-centered care approach to rehabilitation. Due to restrictions during COVID-19, the absence of this important family support component strained relationships between patients, families and staff.

Relief came through Virtual Services, a multi-faceted initiative, with one feature providing crucial patient-family virtual connections. Between March and December 2020, staff facilitated 1,100 Zoom video-conferencing calls for over 30,000 communications.

Madonna's long-term plan rollout for Virtual Services was escalated due to the pandemic. Other Virtual Services included telerehabilitation, access to Madonna's outpatient therapy programs and physiatrists through telemedicine, and participation in virtual support groups. Technology kept the channels of communication open.



Madonna staff embrace Wear Red Fridays in support of Nebraska Medicine and health care workers across the state.
(Note: This photo was taken in Spring 2020 as mask mandates evolved.)

Feeling the love

Donning red apparel comes naturally to Nebraskans, but during COVID-19 it developed a whole new meaning. Every Friday, Madonna staff proudly sported their favorite red shirt to Wear Red in support of our colleagues at Nebraska Medicine and all health care workers statewide. It's a Friday tradition that continues across our campuses.

Additionally, the outpouring of encouragement Madonna received from the local communities was overwhelming. Whether it was stopping by with coffee, sewing masks, posting uplifting signage, staff appreciated each loving gesture.

Thank you to Sampson Construction, Kiewit Corporation, Ameritas, Lincoln Chinese Cultural Association, College of Saint Mary, PPE for NE, Runza, Scooter's Coffee, Nothing Bundt Cakes, Midwest Medical, Lincoln Quilters Guild, and many other individuals and groups who supported Madonna in their outreach during the pandemic.

Screening kiosks

On Nov. 10, new screening protocols went live for employees and visitors entering the hospitals and ProActive. Employees scan their badge at the kiosk, get their temperature taken and answer a series of questions related to COVID-19 to gain access into the facility.

All other individuals follow a similar process using a government-issued photo identification card to gain access or via manual entry and receive a sticker upon successful completion. Screeners continue to be on hand to answer questions or troubleshoot issues.





Keeping hope alive

Support during recovery didn't stop despite visitor access restrictions. Patient families and friends arranged creative drive-by parades and window visits to lift the spirits of their loved ones.

Nash Lindberg loves football, but a spinal cord injury sidelined the 12-year-old from Great Bend, Kansas, last August. During his 66 day rehabilitation at the Lincoln Campus, Nash's family and friends adopted a #NashStrong mantra as he worked to regain his mobility.

Additional support came from a surprise drive-by visit from the energetic Lincoln Vipers, Nebraska's first youth-select football team. The colorful signs and shouts of encouragement from his peers inspired Nash to keep fighting for his independence.



Honoring resilience

In June, the Workplace of Choice Committee spearheaded a special employee appreciation event, Helping Hands. Sixteen staff from Human Resources, Marketing, and Education, assisted the committee by devoting five hours to stuffing 2,200 gift bags with a variety of treats.

The system-wide thank-you acknowledged staff for going the extra mile beyond their normal job responsibilities to maintain Madonna's reputation for providing excellent patient and resident care. "I applaud each one's courage and commitment in displaying our core values while providing a helping hand to those in need," said Paul Dongilli, president and CEO.



Solidarity in faith

On May 3, 2020, the Mission Services team engaged the diocese of Lincoln, catholic churches, the Lincoln and Omaha communities and the entire Madonna family to join in a virtual evening prayer vigil. The silent show of solidarity acknowledged patients, front line nurses and clinical providers nationwide impacted by the pandemic. Windows of patient rooms were illuminated with LED candles and pastoral care managers and employees encircled both campuses in the visual display of compassion.

Additionally, David Weyhrauch, with Mission Services, recorded a moving rendition of “Shelter Me,” a song written during the pandemic. The video was shared with patients, staff and long term care residents to instill hope.

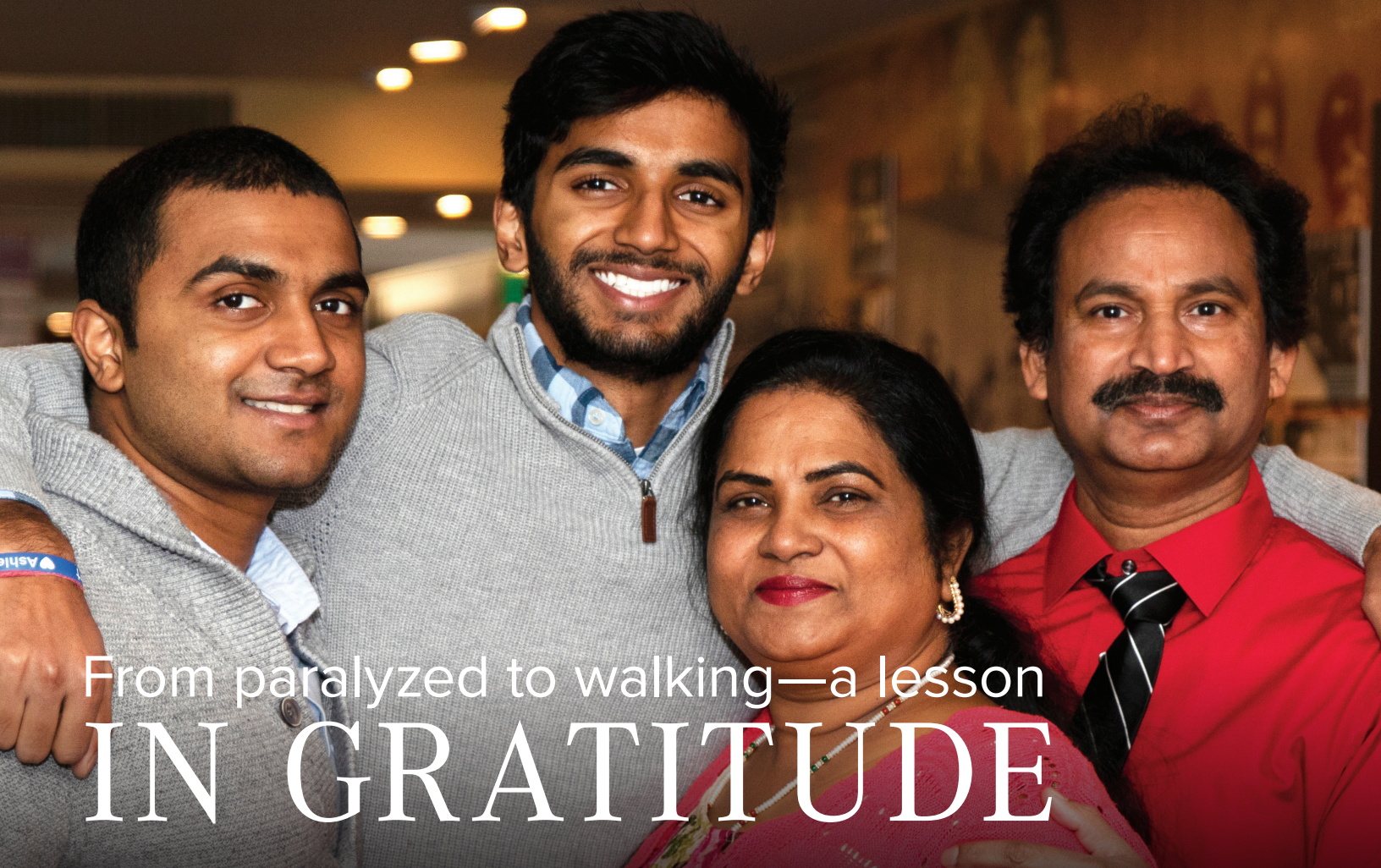


Rising to the challenge

Precautionary COVID-19 measures displaced many Madonna staff from their regular job duties. They swiftly transitioned to assist in other areas of the hospitals as needed. Employees helped the purchasing team fill orders to ensure clinical staff had access to medical-grade personal protective equipment. Outpatient therapists became entrance screeners performing mandatory temperature checks. Personal trainers from ProActive led stretching classes for long term care residents and made friendships with a new clientele. The collaboration and adaptability of staff to shift gears kept our facilities running seamlessly and all staff working.



Nearly 8% of Madonna’s workforce (150 plus non-direct staff in 24 departments) transitioned to remote work. ITS and Telecom teams configured computers, monitors and phones to securely connect users to Madonna’s network. A Madonna-authenticated computer provided consistent security measures restricting its use to hospital. End-user benefits included familiarity of one’s office computer and easy access to hospital applications. The ITS team’s expertise in troubleshooting issues helped create a safe and viable option for working remotely.



From paralyzed to walking—a lesson IN GRATITUDE

“Looking back, I’m proud that I didn’t lose focus and kept pushing. Throughout some of the toughest moments in my life, I’ve realized that staying positive and optimistic during the journey contributes greatly to the recovery. Instead of losing my mindset and feeling sorry for myself, I decided to see it as an opportunity.”

- Abhilash “Dabi” Arnipalli

Ask a group of college freshmen to name their top priority and you may get sarcastic answers like “coffee” and “food.” But 19-year-old Dabi Arnipalli’s response reflects the maturity of a survivor. “I’m grateful for everything I have.”

On Dec. 10, 2019, Dabi experienced a life-changing health scare that’s become his crucible. One week before finals at the University of Kansas, Dabi went to bed feeling fine and woke up eight days later in the hospital.

His roommate had discovered Dabi unresponsive on their dorm room floor. Rushed to St. Luke’s Hospital in Kansas City, Kansas, Dabi spiked a 106 degree fever, suffered from seizures



*This journey definitely
changed me; it’s made
me more grateful for life.*

and respiratory distress. Diagnosed with viral meningitis, he remained in a week-long coma.

“When I woke up, I had no memory of what happened,” Dabi said. “I had hand tremors, zero feeling from the waist down.” Being immobile frightened the active young man who played basketball and soccer. “I didn’t know what the future would hold.” After six weeks of acute care, a doctor recommended Madonna Rehabilitation Hospitals, but cautioned the damage to Dabi’s body may or may not be permanent.

Sarah Hohensee, physical therapist, remembers meeting Dabi at the Lincoln Campus. “He could hardly move his

Dabi Arnipalli shares an embrace with his family, including his brother Abhishek, mother Anu and father Naidu, whose loving support uplifted him during a lengthy recovery from viral meningitis.



See more of
Dabi's story at:
Madonna.org/Dabi

legs and required a lot of assistance,” Hohensee said, who quickly bonded with her patient over a love of football. “Initially, we walked a fine line between pushing and over-exerting because his tolerance was so low.”

Specialized technology, like the ICARE, a motorized elliptical trainer, helped Dabi retrain his leg muscles. “He’s one of the hardest working patients I’ve known and welcomed new challenges with an open mind,” Hohensee said.

Dabi’s team incorporated his sports interest into engaging therapies. A turning point came during a therapy outing at a bowling alley. “Sarah asked me to stand up and bowl, no walker, nothing, and I did it!” Dabi said, his confidence restored.

Weeks later, in the outpatient Rehabilitation Day Program, Dabi’s leg

and core strength increased with speed and agility exercises. “I felt more like my old self.”

The convenience of staying in Madonna’s onsite housing allowed Dabi’s family to witness and celebrate his progress. “We really felt like it was our home away from home,” said Anu Arnipalli, Dabi’s mother.

Three months after his diagnosis, Dabi waved goodbye walking out of Madonna. He’s completing online classes at KU, works part-time at a supermarket and is back playing recreational sports. Last summer, his legs got a workout hiking and biking in Colorado and California.

“This journey definitely changed me; it’s made me more grateful for life.” Dabi said. “I was given a chance to work for what I had lost; it all paid off.”



Dabi fine tunes his driving skills on the STISIM Drive (top photo) and core strength and mobility in a group bowling outing.



DRIVER RETRAINING

Getting back behind the wheel is a major step toward independence for many patients after illness or injury. In 1989, Madonna created the Driver Retraining Program to help patients regain the skills and confidence to drive. The program is licensed by the State of Nebraska and includes an evaluation with a registered occupational therapist with advance training in driving assessments. The evaluation gauges reaction time, visual and perceptual skills, problem-solving and basic driving knowledge.

A patient’s care plan may include specialized technology to hone driving skills. The STISIM Drive is an interactive virtual reality simulator that mimics characteristics of an actual vehicle using a steering wheel, accelerator and brake pedal. The simulator provides therapists over 90 scenarios to simulate real-world driving in a safe and controlled environment.

Miracle Night for Madonna 2019 donations helped fund the STISIM Drive. Last year, Madonna assisted 120 patients in returning to the road.



An evening of warm and generous HEARTS

Nearly 400 Madonna friends from 16 states and 88 cities raised critically needed funds at the virtual Miracle Night for Madonna.

The 3rd Annual Miracle Night for Madonna looked a little different in 2020. While the pandemic prevented friends from gathering in person, the virtual format allowed Madonna supporters to gather from coast-to-coast to show their support.

Hospital Board member and emcee Tiffany Verzal and her daughters, Alexis and Abby, infused the 45-minute event with warmth and enthusiasm, sharing personal stories and introducing inspiring past patients, visionary leaders and selfless advocates. Tiffany and her husband, Brandon, donated their services through V2 Content to produce the event from their home, adding a festive flair to the evening.

A record number of sponsors stepped forward during the pandemic to help Madonna this year:

- **Presenting Sponsor**
Sampson Construction
- **Video Sponsor**
V2 Content
- **Ambassador Sponsors**
Carpet Land, Union Bank & Trust, and Landscapes Unlimited
- **Ambassador Sponsors Website**
Omaha Media Group
- **Gold Sponsors**
Kiewit; DLR Group; AGP Processing Inc.; Dr. Paul and Marilyn Dongilli; Kidwell

- **Silver Sponsors**

ACCESSbank, D.A. Davidson, Davis Design, The Harry A. Koch Co., Olsson, Seim Johnson, and AOI Healthcare

- **Bronze Sponsors**

Cline Williams Wright Johnson & Oldfather; Mike and Mary Ann Hedderman; Lamson Dugan & Murray, LLP; PayLESS Office Products; O'Neill, Heinrich, Damkroger, Bergmeyer & Shultz, PC, LLO; RCG Advertising and Media

Committee chairs Liz and Ken Koop, Jr., led the charge during a challenging year for events, along with the 2020 Miracle Night for Madonna Committee: Kaylen Akert, Marilyn Dongilli, Julia Gale, Kacey Lempka, Maria Lighthall, Britta Muhleisen, Lauren Pugliese, Kim Shirk, Audrey Svane and Amee Zetzman.

Mark your calendars for Friday, Dec. 3, 2021, when the 4th Annual Miracle Night for Madonna will take place at The Empire Room in Omaha.



**MADONNA
FOUNDATION**

**SAVE THE DATE
2021 EVENTS**

DISH & BLOOM
April 14, 2021

MILES FOR MADONNA
Sept. 25, 2021

**MIRACLE NIGHT
FOR MADONNA**
Dec. 3, 2021



Tiffany Verzal with her daughters, Abby (left) and Alexis, hosts the Virtual Miracle Night for Madonna from their festive holiday home.



Ambassadors key to VIRTUAL GALA

Madonna Ambassadors, a team of past patients, raised more than \$5,000 through an online campaign in the days before the virtual Miracle Night for Madonna gala to inspire event participants to match and exceed their gifts to purchase two innovative wheelchair technologies: the Action Trackchair and the Omeo.

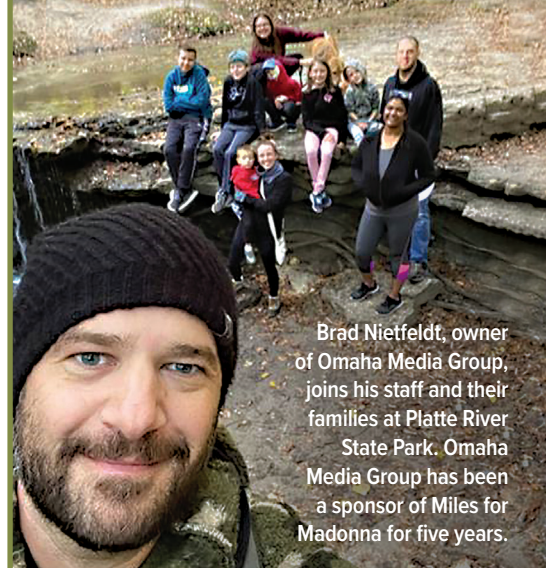


Logan Anderson, of Medelia, Minnesota, trials the Action Trackchair during his recovery from a spinal cord injury.

The 2020 Ambassadors included Matthew Hague, Isabel Kiechel, Chris Maxwell, Alex McKiernan, Ethan Newell and Kelli Pellman. Ambassadors shared their recovery stories on personal fundraising pages, attracting support from friends and family from 14 states and 38 cities.

Additional gifts made during the virtual event, along with generous sponsorships from Carpet Land, Union Bank & Trust and Landscapes Unlimited, will allow Madonna to purchase an Omeo and an Action Trackchair for each campus. This equipment truly represents the hope and possibility of returning to a full life following injury or illness.

In 2018 and 2019, 22 Ambassadors, along with the Miracle Night guests and sponsors raised funds for a driving simulator and two sets of therapeutic bionic legs.



Brad Nietfeldt, owner of Omaha Media Group, joins his staff and their families at Platte River State Park. Omaha Media Group has been a sponsor of Miles for Madonna for five years.

VIRTUAL RUN HITS ITS STRIDE

A multitude of events and activities may have been canceled in 2020 due to COVID-19 but running wasn't one of them.

The Madonna Foundation safely hosted its 5th Annual Miles for Madonna by inviting participants to schedule a 5K run or 1 mile walk at their convenience between Sept. 21 and Oct. 3, 2020. A total of 276 participants from 49 cities and 12 states accepted the challenge.

Through the virtual format, participants could choose to run/walk outside on a favorite trail or stay inside on their treadmill all while supporting Madonna's world-class rehabilitation.

The Madonna Foundation is grateful to Scheels for serving as this year's title sponsor. Special thanks to our generous sponsors who returned in 2020: Cox Business, Cunningham's Pub & Grill, Hy-Vee, Mobility Motoring, Omaha Media Group, Pitch Pizzeria and Regal Printing Company.

The 6th annual event returns to Zorinsky Lake in Omaha on Saturday, Sept. 25, 2021.

Independence and INSPIRATION

On a day when Americans celebrate their freedom, Scott Burger lost his independence. He chose Madonna to regain it.

Scott and his wife, Barbara Person, were preparing for their annual Independence Day party on July 4, 2019. While retrieving a table in his garage, some heavy panels collapsed onto Scott, causing an incomplete spinal cord injury. Scott spent a week in the ICU before transferring to Madonna's Lincoln Campus, paralyzed from the neck down.

"Before my accident, I had the fortune of reading a book by a Harvard-trained brain scientist who had endured a massive stroke," Scott recalled. The book, "My Stroke of Insight" by Jill Bolte Taylor, recounts the author's rehabilitation experience.

Scott learned how the brain possesses "plasticity" – an ability to compensate for injury or disease by forming new connections and pathways. That information proved beneficial as Scott began to navigate his own recovery journey.

"A big highlight for me was regaining enough movement to transition to a power wheelchair. Zooming through the hallways really brought a big smile to my face," he recalled. An electrical stimulation cycle helped re-fire the nerves

in Scott's arms and legs. The ICARE, a computerized, motorized elliptical trainer developed by Madonna researchers, helped him work on his walking abilities and improved his balance and endurance. Scott's care

bridged both of Madonna's campuses as he transferred to Omaha for his outpatient therapy. On each campus, he found inspiration in the therapy gym, surrounded by so many patients and therapists all working together.

"The teamwork is extraordinary. There was such an intense focus on helping me and a relentless attention to solving my problems," he added. "A guy of my age doesn't have the opportunity to interact with a lot of young people, so I appreciated getting to work with a team of such highly trained and motivated individuals." In fact, Scott and Barbara made a gift to the Madonna Foundation to honor members of Scott's care team with Madonna Angel Wings Awards.



Spinal cord injury survivor Scott Burger and his wife, Barbara Person, are grateful donors to Madonna's mission.

Today, Scott is back leading his team at Source Asia, Inc., the global import company he founded more than 30 years ago. He and Barbara continue to support Madonna on an annual basis.

"It's simply a way of giving back to a place of unique capabilities in Nebraska."



NEUROPLASTICITY

Neuroplasticity is the brain's ability to restructure itself to compensate for injury and disease and form new connections. Madonna has been harnessing the power of neuroplasticity in the area of movement science to help people regain their ability to walk and use their upper extremities. Thousand of repetitive steps help the brain rewire. This mass repetition is achieved through innovative technology like the ICARE, a motorized elliptical trainer developed by Madonna researchers. Learn more about the Madonna Institute for Rehabilitation Science and Engineering at madonna.org/institute.

Sky high GOALS



By Gary Hausmann
Madonna Foundation Board Member

It's been 14 years since I was a patient at Madonna, after suffering a traumatic brain injury and broken vertebrae when a car slid into the path of my motorcycle. Although wearing a helmet, I was critically injured and arrived at Madonna unable to walk and with very limited ability to speak.

During recovery, my major goal was to return to my life as a commercial pilot for Werner Enterprises. Thanks to intensive physical and occupational therapy, I walked out of Madonna three and a half weeks later. Returning to my flying career was a goal most people would not have dreamed possible. Yet, less than four years after my accident, I was back in the cockpit as a pilot-in-command.

Since my accident, I have stayed in touch with my care team at Madonna and many of the patients I have met over the years. I know from personal experience that Madonna's staff makes every patient's recovery their personal mission.

In 2017, I was honored to be asked to serve on the Madonna Foundation Board. I give of my time and my resources to pay it forward to make sure world-class rehabilitation is available for the next "Gary Hausmann." I often wonder where I would be today without Madonna's help.



FISCAL YEAR 2019-20

IN REVIEW

\$4,304,042

Total gifts/pledges to
Madonna Foundation

1,522

Number of donors

677

Number of employee donors

516

Number of loyalty donors
giving five or more
consecutive years

208

Number of Angel Wings
Awards from grateful patients

35

Number of states and
District of Columbia
representing donor gifts

72

Number of corporate donors

455

Number of patients helped
through the Madonna
Foundation's financial
assistance funds

Heeding the CALL TO HEAL

Nursing student commits

Michaela Aulner chose a pre-med curriculum as a freshman at Northwestern College in Orange City, Iowa. After graduating magna cum laude in May 2019 with a bachelor of arts in biology, Aulner began applying to medical schools when she felt a calling to switch to nursing.

Guided by her strong faith, the 23-year-old from Omaha, Nebraska, earned her certified nursing assistant credentials after completing 75 hours of classes and passing comprehensive written and clinical competencies. In August 2019, Aulner joined the Lincoln Campus Specialty Hospital. “My faith aligns with Madonna’s core values,” she said. “I have a compassionate heart.”

In January, Aulner started the intensive, one-year Accelerated Bachelor of Science in Nursing program at the University of Nebraska Medical Center. She’s working less to focus on her studies in hope of returning full-time as a registered nurse. “Helping patients in the rehabilitation setting is rewarding.”



Helping patients like COVID-19 survivor Gary West is fulfilling to Michaela Aulner, nurse aide.



Jody Luzum celebrates a milestone work anniversary of 40 years with Madonna.

Four decades of care

She isn’t one for pomp and circumstance, but Jody Luzum, LPN with Employee Health, has earned her right to celebrate an impressive work milestone, marking 40 years of service with Madonna. Jody started when she was just 18, after losing a 3-week-old baby.

“I sat at home and cried and needed to change my mindset,” she said. “Madonna needed nursing assistants and I did ‘on the job training.’”

Since then, she’s become a familiar face on Lincoln’s campus. From working as a nursing assistant, stroke unit secretary, float LPN, roles in Adult Day Services and Employee Health, Jody has really done it all at Madonna, but she jokes she’ll be remembered as “that loud lady who always says ‘Top of the morning to ya!’” The reason she’s stayed with Madonna, she says, is the people.

“I always tell new hires that longevity speaks well of any company but especially in healthcare,” Jody said. “If you are treated well, that speaks volumes about a place.”

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EX OFFICIO (NON-VOTING MEMBER)

Mike Pallesen,
legal counsel



"2020 brought renewed gratitude for those that enter our doors each year. Staff imagined new ways to deliver the world-class, family-centered care that makes Madonna so special. This included more than 1,100 Zoom sessions to keep families from 19 states connected. With industry-leading outcomes and the Lincoln Campus expansion underway, we enter 2021 with a greater sense of resilience and optimism for a bright future."

Kevin Werts

Madonna Rehabilitation Hospital Board Chair



"The Madonna Foundation is grateful to all those who have moved our mission forward during the last year. Despite the challenges of a pandemic, Madonna friends and donors stepped-up with generous hearts. Your gifts allowed Madonna's commitment, to those we are privileged to serve, to thrive. Madonna is world-class rehabilitation thanks to your support of our Lincoln and Omaha campuses."

James Fitch

Madonna Foundation Board Chair

2020

GOAL AWARDS

Madonna established the GOAL Awards celebration in 1994 to honor patients for outstanding courage and determination as they completed their rehabilitation, returned to their communities and resumed their life roles. Due to COVID-19 restrictions, we celebrated virtually with video updates on a few past recipients and honored Sidney Doane as the 2020 GOAL Award winner. Learn more about their recovery journeys at madonna.org/news.



SIDNEY DOANE

At 23 years old, Sidney survived an icy car crash in 2014 and sustained a severe brain injury. The Downs, Kansas, native spent years in intensive therapy rewiring her brain to walk, eat, speak and resume

college coursework. Today, she's back riding and showing horses, driving and finishing her master's degree in educational psychology. Sidney is an inspiration to everyone she meets.



JOSH HODGSON

In 2005, Josh Hodgson was 13 when he suffered a devastating stroke, affecting his right side and leaving him unable to walk, talk or play sports. The family lived in Blair, Nebraska, and for a year made

the daily trip to Lincoln for his specialized therapies. Josh continues to achieve success whether it's work-related or pursuing his passion for woodworking.



RYLEE ROBINSON

Rylee's life forever changed after being hit by a distracted driver while riding her bike. Rylee, then 13, suffered a traumatic brain injury and amputated leg. Throughout her recovery, she never lost her infectious

smile and bright spirit. Rylee keeps defying the odds, including buying her first home and working at a job she loves. She's an outspoken advocate for others living with disabilities.



COLBY JOHNSON

A swimming accident in July 2010 shattered Colby's spinal cord at the C-6 vertebrae, resulting in an incomplete spinal cord injury that left him paralyzed. Colby made rehabilitation his full-time job

and celebrated each accomplishment with his wife, Jo. Ten years later, Colby juggles the fulltime responsibilities of his career and being a husband and father of two boys.

ELECTRONIC SERVICE REQUESTED



Brain injury survivor Palmer Nowlin listens as Kelsie Kraft, rehabilitation associate, offers encouragement during a physical therapy session. Palmer is recovering from a near fatal car crash outside his hometown of Wamego, Kansas.

On the front: After a paralyzing bout of viral meningitis last year, Abhilash “Dabi” Arnipalli, of Overland Park, Kansas, never lost focus of regaining his independence. Support from his close-knit family and Madonna team helped Dabi return to college and an active life.

At Madonna Rehabilitation Hospitals, we combine heartfelt hospitality with unmatched innovation and education. Our rehabilitation programs are world class. Our clinical expertise, rehabilitation research and state-of-the-art equipment provide the tools to help all patients, even those whose diagnoses pose the most complex challenges. Our investment in exceptional talent, groundbreaking technology and progressive treatments is changing the face of rehabilitation.

Hospital: 402.413.3000 | Admissions: 402.486.8260 | Toll Free: 800.676.5448 | Locations in Omaha & Lincoln