

# REHAB CONNECTION

NEWS FROM YOUR REHABILITATION PARTNERS

SPRING ISSUE 2007  
VOLUME 22, NO. 1

**INSIDE THIS ISSUE!**

**Caregiver Appreciation Night**

**Mild Brain Injury Resource Network**

**The 2007 Rehab Reunion Moves Indoors — MARK YOUR CALENDARS**

**Helpful Hints ... on Caring for the Caregiver**

**Physical Medicine & Rehabilitation Services**

**Meriter's mission is:**

to heal this day  
to teach for tomorrow  
to embrace excellence always  
to serve our communities—  
for a lifetime of quality health care.

## A NEW YEAR BRINGS CHANGES

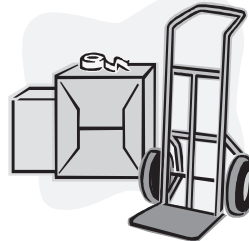
Change is in the air in 2007, with a new plan for the *Rehab Connection* Newsletter and new offices for Physical Medicine and Rehabilitation (PM&R) staff.

The Rehab Connection will be published twice a year instead of quarterly and distributed to Rehab Inpatients and Day Rehab patients who have been discharged during the past two years. It is also mailed to community health care resources, clergy, Dane and Non-Dane physicians and hospitals throughout Wisconsin. Look for the newsletter in April and October, filled with information on rehab program outcomes, extraordinary customer service, new or expanded clinical tools and programs, tips for readers who need to adapt to changed lifestyles after stroke or other illness, announcements and “Patient Revisited”. The newsletter committee is committed to making each issue relevant and interesting to all our readers.

*If you were a patient over two years ago and would like to continue to receive this publication, please contact the PM&R Administration, 202 S. Park Street, Madison, WI 53715, or call 608-267-6177.*



Big changes came to PM&R Administration and Outpatient Clinic in early December 2006 to make way for a fourth physiatrist who will come on board in 2007. Joyce Evers, PM&R Director, Carol Sloniker, PM&R Program Director Assistant, and Monica Odegard, OT Manager, moved lock, stock and barrel from the 2 West Clinic area to the former Audiology suite on 2 North with increased visibility among the therapy staff. Look for changes in the PM&R Clinic area in 2007, as remodeling continues to occur, to welcome the new physiatrist and additional clinic staff.



\*\*\*\*\*



## Introducing Peggy Johnson

Margaret “Peggy” Johnson has joined Physical Medicine & Rehabilitation as Outpatient Clinic Supervisor. Peggy

and her husband moved from Superior, WI where she worked for over 35 years in clinical and administrative positions within the Veterans Administration. Peggy graduated with a BS in Nursing from the College of St. Scholastica,

Duluth, MN and holds licensure in Wisconsin and Minnesota. Peggy has also worked as a nurse in the Army Nurse Corps, Psychiatry and Ambulatory Care, as an Instructor, Emergency Services Coordinator and Nurse Manager in Psychiatry, Intermediate Medicine and a PTSD/Chemical Dependency Program. Peggy enjoys spending time with her grandchildren, rubber stamping (making her own cards), reading and church involvement.





## Caregiver Appreciation Night

On Wednesday, November 1, 2006 as part of National Caregiver Month, 63 people attended a special event held at Meriter Hospital. The sponsors of the event were the *Caring for the Caregiver Program* of the Agency on Aging of Dane County and Meriter Hospital. A grant from the Dane County Caring for the Caregiver program provided the funds for an evening meal and a gift bag filled with helpful items for each caregiver. Each gift bag included a CD on relaxation techniques and mindful breathing techniques to promote a healthy lifestyle. This CD was produced by Judy Smith, the main presenter for the evening. Meriter's Food & Nutrition department prepared the excellent meal and environmental services

helped create a relaxing atmosphere in the beautiful Atrium area.

The evening began with thoughts on being a caregiver by Susan Germann, a rehabilitation psychology student. Then Judy Smith, a physical therapist from Meriter, lead both caregivers and stroke survivors through a variety of mindfulness meditation techniques to help everyone learn to manage the stress in their lives. Gretchen Byfield, PhD, rehabilitation psychologist, and Louise Joyce, stroke support group coordinator, recognized the 35 caregivers with a certificate of appreciation and gifts. Following the presentation, caregivers completed a questionnaire to assist Dane County in developing programs to meet the needs of the caregiver.

\*\*\*\*\*

## Mild Brain Injury Resource Network

The Mild Brain Injury Resource Network is a free support group for adult survivors of brain injury, their families, friends and interested community members. It began in 1991 when survivors wanted to share their experiences with each other and educate the public regarding the challenges and issues they face.

The group meets on the third Thursday of each month from 6:30 to 8 p.m. in the Community Health Education Center at Meriter Hospital. The meetings are led by volunteer co-facilitators Ellyn Kroupa, Ph.D. and John Keegan, a graduate student in Rehabilitation Psychology at the UW.

Meetings alternate between open-forum group discussions on subjects of interest and listening to invited speakers. Invited speakers discuss topics such as dealing with depression or anger, understanding neuropsychological testing or benefits of cognitive retraining. Many members look forward to attending because it is the one time each month when they can relax, laugh, help others and be completely themselves. Our traveling library offers books, handouts, and a free information packet on brain injury.

For further information, please call Ellyn Kroupa at 238-3571 or email her at [elkroupa@tds.net](mailto:elkroupa@tds.net).

**EMPLOYEES OF THE MONTH**

**October**

Krista Bultmann, PT,  
Acute Care

**November**

Jim Larsien, PT, Middleton

**December**

Piper Bacskai, OT, Peds  
Karen Bartlett, OT, Peds  
Mary Kirchberg, OT, 2N  
Amy Krachey, PT,  
Peds/Acute  
Deanna Simonson, PT,  
Peds

**January**

Mary Walker, RN, PM&R  
Clinic

**February**

Julie Kleinheinz, Speech

**The 2007 Rehab Reunion Moves Indoors  
MARK YOUR CALENDARS**

Many of our readers have attended the Rehab Reunion Picnics in the past. These events were sponsored by Physical Medicine and Rehabilitation. This year some positive changes have been made to make the event even more enjoyable.

Meriter Rehabilitation invites former patients and their families to attend the 13<sup>th</sup> Rehab Reunion Reception. Attendees will have an opportunity to renew friendships and reconnect with rehab staff.

When: Thursday August 2, 2007

Time: 4:00-7:00p.m.

Location: The Lussier Family  
Heritage Center

This new location affords a bug free, waterproof, indoor, air-conditioned

facility with accessible transportation from Meriter Hospital to the scenic Lussier Family Heritage Center on 3101 Lake Farm Road. Meriter will provide the main dish, beverages and utensils, condiments and set up. Participants are asked to contribute a 'pot luck' side dish.

Invitations will be sent to patients who have been in Meriter's rehab over the past two years. We understand that for some readers this event is a long standing tradition. If you wish to attend this year's reunion, please contact Meriter so we can include you on the invitation list.

For more information or to be added to the list call 267-6487.

\*\*\*\*\*

**Helpful Hints...on Caring for the Caregiver**

According to The National Family Caregivers Association, the best present you can give your loved one is your own good health. To make sure you are taking care of yourself while being a caregiver for someone else, here are helpful resources:

- Join the **National Family Caregivers Association**, 10400 Connecticut Ave, Suite 500, Kensington, MD 20895-3944. This group publishes a monthly newsletter with ideas for the caregiver. Check [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) for a free membership or call 1-800-896-3650 for a free informational pamphlet loaded with healthy tips.
- Locally, contact the **Caring for the Caregiver Program of Dane County**. If you are a friend or family member caring for someone 60 years of age or older, you may be eligible for financial assistance (for respite, training on personal care techniques, supportive home care) and other supportive services. Call the Area Agency on Aging of Dane County at 261-9930 for more information.
- Meriter Hospital offers a **Caregiver Support Group Meeting** on the first Wednesday of each month. This group is facilitated by Gretchen Byfield, Ph.D, rehabilitation psychologist. For more information contact 267-6487.
- To organize a group to care for someone who is seriously ill, visit [www.sharethecare.org](http://www.sharethecare.org) or contact **Share the Caregiving, Inc.**, 320 East 35th Street, Ste 3B, New York, NY 10016, phone 1-212-686-9254.
- You could purchase the book *Share the Care*, a handbook and caregiving model.

**REHAB CONNECTION CONTRIBUTORS**

Co-Editors: Sharon Best and Carol Sloniker

Editorial Staff: Krista Bultmann, Carol Harm, Louise Joyce, Karen Mathias and William Shannon, M.D.

Printing Production: Accurate Response, SilverLine Studio, Meriter Printing Services

*Rehab Connection* is published semi-annually by Meriter Hospital's Physical Medicine and Rehabilitation Program. For more information about the program and services, call (608) 267-6177.



## Patient Revisited — Sara Moses

To see Sara Moses' bright smile, you would never guess how many hours of hard work she has put forth on her journey towards recovery. Sara had surgery to repair a dissected carotid artery and then suffered a stroke. This mother of two young children needed extensive rehab for deficits that included severe left side weakness and an inability to see things in the left side of her world. At first Sara could not walk and needed a wheelchair. She learned to do many things one handed. Now after months of therapy, Sara is walking on her own using a cane for stability. She worked hard and is now driving a car that has been modified for her stronger hand. "One of my goals is to get back to work" to her full-time job in computer sales. "You have to be patient with yourself. It just takes time. Do whatever the therapists tell you. Just don't give up." A hobby of Sara's prior to her stroke was running. "Ultimately I want to do the Crazy Legs run," Sara says. "My family has been a big help to me during all of these challenges. My faith has also helped me."

*Sara is a member of the Young Stroke Survivors support group and shares her determination and enthusiasm for life with the other members. For membership information, call 608-267-6487.*

