

The Nebraska Medical Center
CUISINE

Executive Chef Jason Street

March. 16 - 20

Storz Deli Specials

Chef Don Upton

Tuesday: Beef on Weck
Wednesday: Chicken Bacon Ranch Wrap
Thursday: Double Cheese Burger
Smoothie: Blueberry
Milkshake: Oreo

Nebraska Café

Chef Nate Bullington

MONDAY

ENTRÉE
• Roast Beef
• Lebanese Garlic Chicken
• Tortellini Casserole

INNOVATIONS
• Beef Broccoli Stir Fry

GRILL
• French Dip Sandwich

TUESDAY

ENTRÉE
• Corned Beef & Cabbage
• Meatloaf
• Rotini Casserole

INNOVATIONS
• Chipotle Chicken Quesadilla

GRILL
• Chicken Fried Steak Sandwich

WEDNESDAY

ENTRÉE
• BBQ Beef Brisket
• Meat Lasagna
• Sweet & Sour Pork

INNOVATIONS
• Buffalo Chicken Wrap

GRILL
• Cheesy Ham & Bacon Melt

THURSDAY

ENTRÉE
• Roast Turkey
• Blackened Chicken Breast
• Garden Quiche

INNOVATIONS
• Teriyaki Steak Wrap

GRILL
• Caesar Grilled Chicken Breast Sandwich

FRIDAY

ENTRÉE
• Beef Pot Roast
• Chicken Parmesan
• Macaroni & Cheese

INNOVATIONS
• Beef Enchiladas

GRILL
• Catfish Poor Boy

Clarkson Café

Chef Kim McQuillen

MONDAY

ENTRÉE
• Roast Beef
• Lebanese Garlic Chicken
• Tortellini Casserole

DELI
• Cape Codder Sandwich

GRILL
• French Dip Sandwich

TUESDAY

ENTRÉE
• Corned Beef & Cabbage
• Meatloaf
• Rotini Casserole

DELI
• Parmesan Pepper Beef Sandwich

GRILL
• Chicken Fried Steak Sandwich

WEDNESDAY

ENTRÉE
• BBQ Beef Brisket
• Meat Lasagna
• Sweet & Sour Pork

DELI
• San Dominico Sandwich

GRILL
• Cheesy Ham & Bacon Melt

THURSDAY

ENTRÉE
• Roast Turkey
• Blackened Chicken Breast
• Garden Quiche

DELI
• Ghana Style Chicken Pita Sandwich

GRILL
• Caesar Grilled Chicken Breast Sandwich

FRIDAY

ENTRÉE
• Beef Pot Roast
• Chicken Parmesan
• Macaroni & Cheese

DELI
• Tuna Salad with Sun Dried Tomatoes

GRILL
• Catfish Poor Boy

News Briefs

Telephone Conference Training

Telecommunications is offering telephone conference training session March 25 from 2:30 to 3:30 p.m. in lower Storz Pavilion, rooms 3 and 4. Authorization codes, meet-me-conferencing, speakerphones, conference phones plus many other conferencing suggestions will be covered. All employees are invited to attend.

Free CPR Training

The American Heart Association and Emergency Cardiovascular Care are offering mass community CPR training March 28. The citywide event will be held at Clarkson College. The all-day event is free and open to the public. The training is ideal for citizens who want to learn CPR and do not need a course completion card. For more information or to reserve a spot in the training, call 2-2432.

Zoo Passes Available

Annual memberships to Henry Doorly Zoo are now available. Family passes are on sale for \$73 through April 5. After the April deadline memberships will increase to \$83. Membership will be on sale in the Clarkson Café from 7:30 to 8:30 a.m. and again from 11:30 a.m. to 12:30 p.m. on the following dates:

- March 16
- March 20
- March 24
- March 30

If you are unable to stop by the café, you can also order a zoo membership by calling Sharon Villagran at 2-6206.



March 16, 2009

THE WEEK

MEG Scanner: The Most Advanced Tool for Studying Brain Function



Dr. Sanjay Singh explains how the MEG scanner measures the magnetic field generated by the brain's neuronal activity during the March 10 open house.

The magnetoencephalograph (MEG) scanner provides doctors at The Nebraska Medical Center the ability to look inside the brain with greater vision than ever before. It also gives patients in need of brain surgery the assurance of a safer and more effective surgery and allows doctors to identify the region of the brain giving rise to epileptic seizures.

The Nebraska Medical Center is one of only about a dozen clinical sites in the country to employ the MEG scanner.

This kind of view into the brain will give doctors the ability to identify where the brain is malfunctioning with increased precision. It will provide neurosurgeons greater precision when operating and it will give epileptologists an increased ability to identify where the brain is malfunctioning.

"MEG is potentially the most helpful tool for treating patients with neurological illnesses like epilepsy," said Sanjay Singh, M.D., director of the MEG Center and the Nebraska Epilepsy Center at The Nebraska Medical Center and associate professor in the Department of Neurological Sciences at UNMC.

Useful with a Variety of Diseases

MEG will also allow doctors to explore and gain a better understanding of other neurological and psy-

chiatric diseases like depression, schizophrenia, autism, dementia, Alzheimer's disease and Parkinson's disease.

"Unlike other testing methods, the MEG scanner gives us the ability to look at the brain in real time," said Dr. Singh. "For example, we get to look inside the brain when a person is solving complex problems like mathematics, when a person is feeling happy or sad and when a person responds to a noise. If a person moved his finger, the MEG would also allow us to see what part of the brain told the finger to move."

The MEG works by measuring and recording the brain's magnetic fields that are created by the brain's electrical activity. The scanner detects instantaneous changes in brain activity, allowing doctors to track changes that happen in milliseconds.

"During a MEG scan, we get to see the brain in action," said Tony Wilson, PhD, MEG scientist at The Nebraska Medical Center and assistant professor in the Department of Neurological Sciences at UNMC. "During the MEG scan, we may ask a patient to read a specific word and we can see the word appear in the visual areas of the brain first, then get transferred to the language areas of the brain and then to the speech areas.

"Compared with other brain imaging technologies, it has the unique ability to monitor brain dynamics. MEG takes pictures with millisecond precision, therefore, I can see brain areas become active and communicate with other brain areas to produce complicated actions and thoughts."

Assists in Critical Brain Surgery

At The Nebraska Medical Center, the MEG scanner will be used for patients needing brain surgery near critical areas of the brain (or parts of the brain that make a person uniquely human). For

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MEG Scanner

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The MEG scanner works by measuring and recording the brain's magnetic fields that are created by the brain's electrical activity.

epilepsy patients, surgery is done to remove the areas of brain tissue causing seizures. For patients with a brain tumor, the goal of surgery is to remove as much of the tumor as possible.

“One of the great challenges of brain surgery is removing the diseased part of the brain, while sparing healthy brain tissue that controls vital functions,” said Deepak Madhavan, MD, associate director of the MEG Center and assistant professor in the Department of Neurological Sciences at UNMC. “The MEG will give neurosurgeons a roadmap of the brain to help them identify the areas to be removed and help to preserve the critical areas of the brain.”

“For a patient with epilepsy who has had no luck controlling epilepsy with medications, the MEG opens up a whole range of surgical options to becoming seizure free. The MEG allows us to localize the area of seizure generation or the seizure onset area with greater precision so that neurosurgeons can perform a more complete surgical removal of that area.”

The non-invasive, outpatient MEG scan takes about an hour. MEG recordings are done in a special shielded room that blocks magnetic fields in the environment. This ensures that only the magnetic fields generated by the brain are detected by the MEG sensors. The patient sits underneath a helmet shaped area, which resembles a 1950s salon hair dryer. The helmet has 306 super-cooled sensors that measure changing patterns of the brain's magnetic activity. After the MEG scan, the MEG recordings are combined with a magnetic resonance imaging (MRI) scan, which shows the actual structure of the brain. The combined scan, called magnetic source imaging (MSI), shows areas of the brain that may be generating seizures as well as localizes areas of normal brain function with precise timing. MSI can provide neurosurgeons a detailed “map” of the brain.

“The MEG technology is the best thing that has happened to neurosciences in a long time,” said Dr. Singh. “The clinical uses of the MEG are many and the research possibilities are endless.”

Joint funding for the MEG scanner was secured from an anonymous donor by the Office of Development at The Nebraska Medical Center with the medical center funding the remainder of the expense.

Shuttle Route Altered to Allow Less Time Between Trips

The schedule for the shuttle route between the East Campus Corporate Pavilion (ECCP) and the main campus has been revised. Effective March 16, the new schedule will be in effect.

The revised schedule offers an additional trip from the ECCP to the main campus every hour. The shuttle will leave ECCP at six minutes after the hour, 22 minutes past the hour and 49 minutes after the hour. It will arrive at Kiewit Tower at 15 minutes past the hour, 30 minute past the hour and 58 minutes after the hour. Another change to the schedule is the stop at the BSC building will only occur once an hour – at 35 minutes past the hour. During that trip the shuttle will return to Kiewit Tower before heading back to ECCP.

Since the shuttle began in the fall, the majority of shuttle traffic has been between ECCP and Kiewit Tower. There are very few drop-offs at the BSC building. The addition of one more trip during the hour will also lessen the wait time between trips.

DEPART ECCP	KIEWIT	BSC	KIEWIT
6:49 a.m.	6:58 a.m.		
7:06 a.m.	7:15 a.m.		
7:22 a.m.	7:30 a.m.	7:35 a.m.	7:41 a.m.
7:49 a.m.	7:58 a.m.		
8:06 a.m.	8:15 a.m.		
8:22 a.m.	8:30 a.m.	8:35 a.m.	8:41 a.m.
8:49 a.m.	8:58 a.m.		
9:06 a.m.	9:15 a.m.		
9:22 a.m.	9:30 a.m.	9:35 a.m.	9:41 a.m.
9:49 a.m.	9:58 a.m.		
10:06 a.m.	10:15 a.m.		
10:22 a.m.	10:30 a.m.	10:35 a.m.	10:41 a.m.
10:49 a.m.	10:58 a.m.		
11:06 a.m.	11:15 a.m.		
11:22 a.m.	11:30 a.m.	11:35 a.m.	11:41 a.m.
11:49 a.m.	11:58 a.m.		
12:06 p.m.	12:15 p.m.		
12:22 p.m.	12:30 p.m.	12:35 p.m.	12:41 p.m.
12:49 p.m.	12:58 p.m.		
1:06 p.m.	1:15 p.m.		
1:22 p.m.	1:30 p.m.	1:35 p.m.	1:41 p.m.
1:49 p.m.	1:58 p.m.		
2:06 p.m.	2:15 p.m.		
2:22 p.m.	2:30 p.m.	2:35 p.m.	2:41 p.m.
2:49 p.m.	2:58 p.m.		
3:06 p.m.	3:15 p.m.		
3:22 p.m.	3:30 p.m.	3:35 p.m.	3:41 p.m.
3:49 p.m.	3:58 p.m.		
4:06 p.m.	4:15 p.m.		
4:22 p.m.	4:30 p.m.	4:35 p.m.	4:41 p.m.
4:49 p.m.	4:58 p.m.		
5:06 p.m.	5:15 p.m.		
5:22 p.m.	5:30 p.m.	5:35 p.m.	5:41 p.m.

Benefit Update

Is a Target Date Fund for You?

Your 403b and retirement matching plan offer seven Target Date Fund options that provide you all-in-one diversification. Your investments are rebalanced by a manager who gradually shifts the combination of individual funds from a growth focus to a more conservative focus as the target date of the fund approaches. These types of funds can help eliminate the confusion many employees have around mutual fund choices. Each Target Date Fund is a mix of cash, bonds and stocks.

To determine if one of the Target Date Funds will work for your retirement goals, make sure to attend the March retirement education session. Joanna Perkins from First National Bank will be discussing the Target Date Funds available in your 403b and their corresponding investment strategies. The sessions will be on the following dates:

- March 25 – 10 a.m., ECCP second floor, rooms 2090 A and B
- March 25 – 3 p.m., lower Storz 1 and 2 (this session will be video conferenced to Clarkson West and The Cancer Center near Village Pointe)
- March 26 – 2:30 p.m., Private Dining Rooms B and C

Mark your calendars and plan to attend.

Pursuing Excellence through Employee Referrals

The quarterly PEER Rewards winner of a \$500 Nebraska Furniture Mart gift certificate is Sheila Schadeke, a rehabilitation aide with Physical Therapy. Schadeke has been with the organization since December 2003. Her name was drawn as the winner from all employees who referred a new hire who started at The Nebraska Medical Center in October, November or December. Schadeke referred Angela Felton-Coleman, staff nurse, who began employment in October.

Congratulations, also, to the following employees who not only received a \$50 gift certificate, but also are recipients of additional rewards for referring new employees who started in December:

- Jane Grandi-Andersen, staff nurse, NICU (\$250 Nebraska Furniture Mart gift certificate), for referring Nicole Chambers, patient attendant, 5 West
- Carrie Griffin, radiology technologist, Radiology (\$100 gift certificate), for referring Beth Tomasek, radiology technologist, Radiology
- Judith Heermann, clinical nurse researcher, Nursing Resources \$50 Company Store gift certificate), for referring Lori Sayles, clinical informaticist, Bellevue Medical Center

The next monthly PEER Rewards drawing was held Feb. 1 for all employees who referred a new hire that started in January. The next quarterly drawing for all employees who referred a new hire during January, February or March will be held April 1 for a \$500 Nebraska Furniture Mart gift certificate.

Thanks to all of our employees for referring potential employees. There's really never been a better time to refer a friend.

Corporate Logo Wear Reminder

To ensure the quality and integrity of The Nebraska Medical Center brand, all orders for logo wear must go through the Marketing Department. Employees and departments cannot order any product featuring The Nebraska Medical Center logo directly from a vendor.

Contact Kara Haworth at 9-3828 or khaworth@nebraskamed.com for more information on how to proceed with department T-shirt or other apparel orders. You can also fill out a Marketing Work Request (MWR) on the hospital intranet under Department/Marketing, Planning, Media Relations.

SUPPORT **sight**
SAVE **money**



Drop off your used eyeglasses at The Company Store to help support Prevent Blindness Nebraska.

Receive a **10% off coupon** to The Company Store for your donation.
(limit one coupon per person)




Story Ideas?

We want to feature special things that happen at The Nebraska Medical Center everyday. If you know of something that would make a great story, e-mail Kara Haworth at khaworth@nebraskamed.com.

Deadline for submission of articles is Tuesday at 9 a.m., the week before publication. Please send stories and photograph opportunities to:

- Gregg Dahlheim, Zip 8132, gdahlheim@NebraskaMed.com