

1-9-2017

Daily Dose: January 09, 2017

CentraCare Health

Follow this and additional works at: http://digitalcommons.centracare.com/daily_dose



Part of the [Organizational Communication Commons](#)

Recommended Citation

CentraCare Health, "Daily Dose: January 09, 2017" (2017). *Daily Dose*. 6.
http://digitalcommons.centracare.com/daily_dose/6

This Newsletter is brought to you for free and open access by the CentraCare Health Publications (Newsletters, Annual Reports, Etc.) at DigitalCommons@CentraCare Health. It has been accepted for inclusion in Daily Dose by an authorized administrator of DigitalCommons@CentraCare Health. For more information, please contact schlepers@centracare.com.

Share this:   

Daily Dose

OUR BEST
BEGINS WITH **ME**



Jan. 9, 2017

Submit items to communications@centracare.com by noon the day prior to publication.

[South Point transitions continue](#)

[What's new with the Wellness website?](#)

[Our Best Begins With Me: Curiosity is this month's theme](#)

[Members needed for infectious disease, emergency response teams](#)

[Interruption of service for employee ID badges](#)

[Do you have high cholesterol?](#)

CentraCare Health

Events

centracare.com

Insanity Live!

[Register](#) by **Jan. 11** for the Monday [Insanity Live](#) classes which start **Jan. 16** in the Fellowship Hall at Recovery Plus. Cost is \$15. Beginners welcome.

Verbal De-escalation for Providers

This presentation from 6-7 p.m. **Jan. 17** will help providers plan appropriate responses to de-escalate potentially violent situations and apply de-

South Point transitions continue

The transition to South Point will continue this week with the following departments moving throughout the week:

- Human Resources (80+ staff)
- Legal (3 staff)

The following departments have already made the move to South Point:

- Contracting & Procurement
- Strategy & Network Development
- Education
- Performance Excellence
- Volunteer Services
- Finance
- CentraCare Health Foundation (BLEND and Wellness)

Details about HR move

The current St. Cloud campus Human Resources (HR) office will remain open Monday – Thursday this week. On Friday, Jan. 13, the office will be closed and will reopen Monday, Jan. 16 at their new South Point location.

All HR forms, including benefits, biometric screening and FMLA, can be found on CentraNet. Forms can be scanned and emailed, sent via interoffice mail or faxed to 320-656-7022.

An additional Employee Health Services location will open at South Point for the onboarding of new hires (both volunteers and employees). There will continue to be an Employee Health Services location at St. Cloud Hospital for employees.

Reminder: Phone numbers and extensions will remain the same for those who are moving. Interoffice mail also will be delivered to and from South Point.

escalation tips in response to difficult behavior in the safest, most effective way possible.

This live activity earns a maximum of 1.0 AMA PRA Category 1 Credit™.

[Click here](#) for more details.

Schwartz Center Rounds

"From College to Chemo: Lessons from a Teenager"

Employees are invited to Schwartz Center Rounds® from noon to 1 p.m. **Jan. 17** in St. Cloud Hospital Hoppe Auditorium for a presentation titled "[From College to Chemo: Lessons from a Teenager.](#)"

Box lunches are provided starting at 11:30 a.m. No registration required. For more information, contact Judy, ext. 71285.

Schwartz Center Rounds sessions are open to all employees, affiliated clinicians,

Please contact HR at hradmin@centracare.com or ext. 55650 (320-255-5650) with any questions.

What's new with the Wellness website?

CentraCare has partnered with Viverae, a wellness program provider, to deliver a fun and engaging experience to help you create or maintain a healthy lifestyle. Feel good every day with a secure website that lets you begin working on health goals with peer challenges, health app and device data integration and more resources to help you make measurable progress toward your goals.

Register for a new account. You need to register for a new account if you haven't already done so in 2017. [Learn how](#).

[Learn more](#) about what the new wellness program has to offer.

Reward points: There are many ways to earn points. (It is slightly different from last year). [Learn ways to earn reward points](#).

For questions about the Wellness website, contact Viverae customer service at 888-848-3723.



trainees and other authorized personnel.

Cultural Café Film Festival

In honor of Dr. Martin Luther King Jr. Day, CentraCare is delighted to offer the presentation "[Selma](#)" shown at 5:30 p.m. **Jan. 19** in St. Cloud Hospital Hoppe Auditorium.

This movie, free of charge, is part of the Cultural Café Film Festival, which shows films monthly that help foster awareness and inclusion for all members of the community we serve.

Those who attend will be entered into a drawing for two tickets to the Parkwood 18 theater.

'I Can Prevent Diabetes' classes

CentraCare
Health –Paynesville, Central MN

Curiosity is this month's theme

"The important thing is not to stop questioning ... Never lose a holy curiosity."

~ Albert Einstein

If we throw out an idea as soon as we see a negative, we will be throwing out lots of possibilities that might contain even bigger positives. So, catch yourself when you slip into a judgmental way of thinking, and open yourself to being curious!

Sign into the new [culture website](#) using the employee password: CCH2016.



Council on Aging and the CBS/SJU nursing program have joined together to provide an evidence-based curriculum to prevent or delay Type 2 diabetes.

Classes are offered from 8-9 a.m. Tuesdays beginning **Jan. 24** at CentraCare Health Paynesville – Cold Spring Clinic. [See more details.](#)

To pre-screen and pre-register, please call Melissa Dols at 320-243-7713.

Members needed for infectious disease, emergency response teams

St. Cloud Hospital is recruiting clinical staff (Providers, RNs, LPNs and Respiratory Therapists) and non-patient care staff who are interested in being a part of a Global Infectious Disease Response Team and/or a Hospital Emergency Response Team.

The purpose of the Global Infectious Disease team is to further develop skills and knowledge in the care of patients during infectious diseases outbreaks, increase our ability to respond to emerging infectious diseases and develop a cohesive approach to caring for patients involved in these situations. Training is four times per year, for up to eight hours total.

The purpose of the Hospital Emergency Response Team is to provide

Are you stressed?

Participate in an eight-week Mindfulness-Based Stress Reduction course from 6-8:30 p.m. Tuesdays **Jan. 24 - March 14** in the lower level of CentraCare Health Plaza. Learn ways to manage the demands and stress you face in life and how to live with increased contentment.

[Learn](#) more about voaa. mindful

decontamination to contaminated patients presenting to the Emergency Trauma Center, assist patient care units with evacuation and provide radio communications during disaster situations. Training is six times per year, for up to 18 hours total.

For more information or if you are interested in joining, please email [Rachel Mockros](#).

Interruption of service for employee ID badges

No CentraCare Health employee ID badges will be issued from noon **Jan. 10** to noon **Jan. 11** due to new carpet installation. We are sorry for any inconvenience this may cause.



Do you have high cholesterol?

[See if you're eligible](#) for an investigational drug study that may lower blood cholesterol levels. The CLEAR-Harmony Study is being conducted to learn more about the safety and

tolerability of an investigational study drug designed to lower cholesterol levels by limiting your liver's ability to make cholesterol.

meditation classes and retreats.

To register, contact [Patsy Murphy](#), 320-290-2155.

Advanced Practice Provider Education

CentraCare Health advanced practice providers are invited to attend a [Palliative Care presentation](#) from 11:30 a.m. to 12:30 p.m. **Jan. 25** in the St. Cloud Hospital Spruce Room.

No registration necessary.

Participants can earn a maximum of one contact hour.



Wanna Come Out and Play?

The Bounce Back Project is hosting a night of laughter with [Wanna Come Out and Play](#),

Have you found Our Best Begins With Me working for you at home or work?

Share your success story at questions@centracare.com

OUR BEST BEGINS WITH ME

featuring the comedy of The Peabody Players at 8 p.m. **Jan. 27** at River City Extreme in Monticello. Online registration is available for \$10 at centracare.com.

CentraCare Health Communications, 320-229-4980

CentraCare Health | St. Cloud, MN 56303 US



[Subscribe](#) to our email list