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## Daily Dose: January 13, 2017

CentraCare Health

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# Daily Dose

OUR BEST  
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Jan. 13, 2017

Submit items to [communications@centracare.com](mailto:communications@centracare.com) by noon the day prior to publication.

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[Nominate a physician, staff member or volunteer for the Deb McCarl Diversity Award](#)

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## Events

[centracare.com](http://centracare.com)

### Employee/volunteer meeting today

Plan to attend an employee/volunteer meeting at 7:30 a.m. or 10 a.m. **today** at CCH – Sauk Centre. President & CEO Ken Holmen, MD, will present along with a senior leader from your area.

### Weight Watchers Webinar: The Weight Watchers Experience

During this **free** webinar at 2 p.m. **Jan. 17**, Weight Watchers

## CentraCare Health

### Nominate a physician, staff member or volunteer for the Deb McCarl Diversity Award

#### ***Nominations due Feb. 3***

This award acknowledges outstanding accomplishments of physicians, staff and volunteers whose efforts foster greater appreciation, advancement and celebration of diversity and inclusiveness in the CentraCare Health culture and environment.

All physicians who practice at a CentraCare Health facility, whether employed or independent, as well as all CentraCare staff and volunteers are eligible for recognition. Nominations should describe the nominee's commitment to the advancement of diversity, inclusion or multiculturalism as demonstrated by efforts and accomplishments.

One physician and one staff member or volunteer will be honored each April as part of CentraCare's celebration of National Minority Health Month. Thank you for taking the time to recognize our dedicated physicians, staff and volunteers.

Submit the [nomination form](#) by **Feb. 3** to [Sharon Samson](#).

### Mini-Quit Monday

Beat tobacco one mini-quit at a time. The mini-quit challenge for **Jan. 16** is no smoking for two hours after every meal. Sign up for the challenge at [QuitPlan](#) or text "Enter" to 37619. Open to adult residents of Minnesota only. At the end of each mini-quit challenge, QuitPlan will randomly draw a winner for a \$100 electronic Amazon gift card.

experts will take you through a guided tour of the Weight Watchers Beyond the Scale Program including these topics:

- How to eat better, move more and shift mindset
- Weight Watchers SmartPoints food plan
- Digital and mobile tool

Get behind the scenes, interact with our experts and ask questions in this engaging setting.

[Click here](#) to register.

### 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-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™

## Accessing patient experience help

CentraCare Health defines “experience” as genuine interactions and relationships with all while delivering care that is of the highest safety, quality, satisfaction and value.

Providing great care with a premium “top box” experience is difficult in the real world. There are barriers we all come up against daily. Some of those barriers we have the resources to fix; others we don’t even know where to go for the fix. So, we tend to get frustrated, which adds to burnout.

We want to better support you, because if we can get even some of the barriers out of your way, we help you provide the excellent care you desire for every patient, every day. So, when you come across roadblocks that you need help addressing, feel free to send a note to the patient experience team at [patientexperience@centracare.com](mailto:patientexperience@centracare.com). We may not be able to address it ourselves, but we can investigate who can and make sure those that need to know about your concern hear about it.

We also want to make sure you have the resources to provide that great experience and will be posting the monthly Press Ganey newsletters, offering webinars and articles on ways to bolster your patient experience efforts. [See the January newsletter](#).

## Exercise equipment tips

Don’t let your New Year’s resolution crumble and your exercise equipment get covered in dust. [Read tips](#) on how to incorporate your exercise equipment



[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, trainees and other authorized personnel.

## Schedule a checkup for your car seats

into your daily fitness routine.



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## CentraCare Health Plaza

### Get your annual health work done at the Health Plaza

Volunteers and employees of St. Cloud Hospital who work at the Health Plaza can have their annual health work done from 7:30-9:30 a.m. **Jan. 24** in the Leonard Street Deinard Conference Room (Plaza lower level). Please have your online health work questionnaire completed **before** you arrive.

Employees/volunteers whose birthdays are in January should have received an email at the beginning of the month with a link to the questionnaire. If you have not received the link, call ext. 55634.

If you are unable to make it this day, there is an Employee Health Services (EHS) nurse located at the Health Plaza. Call ext. 53539 to make an appointment.

Employee Health Services staff will be available to check the arms of those employees who receive a TB skin test by coming to their respective departments from 8-9 a.m. **Jan. 26**. Look for future Plaza employee health work dates on [CentraNet](#).

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## St. Cloud Hospital

### South Bistro open on week-ends in January

The South Bistro at St. Cloud Hospital will be open from 7:30 a.m. to 2:30 p.m. on

Protect your children and grandchildren by having car seats checked for correct installation and fit. The next car seat check is from 3-6 p.m. **Jan. 18** inside the warm Gold Cross Ambulance garage, 2800 7th St. N., St. Cloud. Encouraged for those with children ages 12 and younger, **including those in booster seats**. Free.

[Find](#) additional dates and times in St. Cloud, Monticello and Paynesville. Call 320-656-7021 with questions.

## 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

week-ends in January.

## January volunteers of the month

Congratulations to **Robert Czaplicki**, **Vicki Abraham**, **Fatuma Odowa** and **Victoria Dorn** who were honored as January's volunteers of the month.

[See the details of their service and learn why they were chosen for the award.](#)



Robert  
Czaplicki



Vicki  
Abraham



Fatuma  
Odowa



Victoria  
Dorn

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.

## Healthcare Reform Quarterly Update

Attend the Healthcare Reform Quarterly Update from 2-2:50 p.m. **Jan. 19** in St. Cloud Hospital Hoppe Auditorium. David Borgert, director of CentraCare Health Government Relations, will present information about the:

- Affordable Health Care Act
- Impact on St. Cloud Hospital patients
- Rehab & Post Acute
- General overview of health care
- Current legislation to health care

[See more details.](#)

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Hosted by the Inpatient  
Rehabilitation Unit

CentraCare Health Communications, 320-229-4980

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