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## Daily Dose: January 18, 2017

CentraCare Health

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# Daily Dose

OUR BEST  
BEGINS WITH **ME**



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Jan. 18, 2017

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

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[Moves to South Point are complete](#)

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

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

[Hallway closures on Medical Unit 1](#)

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## CentraCare Health

## Events

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

### I CAN prevent diabetes program

Take charge of your health and join us for the [I CAN Prevent Diabetes Program](#), a lifestyle coaching program led by the Centers for Disease Control & Prevention from 5-6 p.m.

Tuesdays **Jan. 31 – May 16** in the CentraCare Diabetes Education Center at CentraCare Health Plaza.

**Must pre-register by Jan. 25.**

[Complete](#) the registration form

## Moves to South Point are complete

Thank you to everyone for their flexibility and help with making the transition to South Point a smooth one. You can find the following departments located at South Point:

- Contracting & Procurement
- Education
- Finance
- Foundation (BLEND & Wellness)
- Human Resources
- Legal
- Performance Excellence
- Strategy & Network Development
- Volunteer Services

Phone numbers and extensions will remain the same. Interoffice mail will be delivered to South Point.

If you have questions about a department moving, please direct them to that department as they will be best equipped to assist you.

### Human Resources has moved

The St. Cloud Campus Human Resources offices now are located at South Point. Reminder that all Human Resources 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 new hires (both volunteers and employees). There will continue to be an Employee Health Services location at St. Cloud Hospital for employees.

Please contact Human Resources at [hradmin@centracare.com](mailto:hradmin@centracare.com) or ext. 55650

and survey.

## Schedule a checkup for your car seats

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. **today** 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.

## Healthcare Reform Quarterly Update

Attend the Healthcare Reform Quarterly Update from 2-2:50 p.m. **Jan. 19** in St. Cloud Hospital Hoppe Auditorium.

(320-255-5650) with any questions.

If you know someone looking to apply for a job with CentraCare Health, please refer them to our [employment website](#). All applications are done online. After applying online, Human Resources will communicate with applicants about their next steps.

## 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 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](#).

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

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](#).

Hosted by the Inpatient Rehabilitation Unit

## Cultural Café Film Festival

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

This movie, free of charge, is

### ***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](#).

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## **St. Cloud Hospital**

### **Hallway closures on Medical Unit 1**

The hallways on Medical Unit 1 on the 5th floor east addition of St. Cloud Hospital are being resurfaced for the next four to six weeks. Alternate routes are posted on the unit.

### **Linens must be signed out**

All linens leaving the Laundry department must be signed out. There are clipboards by each exit for non-Laundry staff to sign out what is being taken. This information is used for a variety of purposes, including Medicare reporting, so it 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.

### **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 yoga, mindful meditation classes and retreats.

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

vital it be signed out accurately and every time. Thank you for your cooperation.

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

Share your success story at  
[questions@centracare.com](mailto:questions@centracare.com)

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BEGINS WITH **ME**

## Save a life — *be a donor*



The [St. Cloud  
Hospital Blood  
Drive](#) is from 9 a.m. to 3  
p.m. **Feb. 24** in the Aspen Room  
in St. Cloud Hospital's  
Conference Center. Schedule  
your appointment by calling ext.  
57301 or  
visiting [redcrossblood.org](http://redcrossblood.org). Enter  
sponsor code: St. Cloud Hospital.  
Please bring your photo ID or  
donor card.

Donors can save time by  
completing their pre-donation  
reading and healthy history  
questionnaire online, on their  
donation day, prior to arriving at  
the blood drive. [Check it out!](#)

[See tips and benefits of  
donation.](#)

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