

5-2008

Prescribed Reading: May 2008

CentraCare Clinic

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Recommended Citation

CentraCare Clinic, "Prescribed Reading: May 2008" (2008). *Prescribed Reading*. 5.
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May 2008

Clinic president recognized nationally



Allen Horn, M.D., MBA, FACPE, CentraCare Clinic President, was recognized as a Fellow of the American College of Physician Executives at an ACPE meeting in New York City April 21. A Fellow of ACPE is a diplomat who has held membership for at least two years, is a certified physician executive, and has demonstrated that his knowledge and experience has acquired regional or national stature.

Employees of the quarter recognized

Congratulations to **Angela Hall, Judy Boser** and **Shelley Mackerath**, Women & Children - our fourth quarter winners. Angela, Judy and Shelley were nominated by one of the pediatricians who indicated that they were working late one night and the last patient had a febrile seizure. All three employees stepped up to the plate and quickly took on key roles in responding and taking care of this patient. The nominator said, "Everything went like clockwork, and the patient was in good care." Thank you Angela, Judy and Shelley for doing such a great job supporting the physicians and for your outstanding care to our patients! The following employees also received nominations this quarter: **Linda Klein** and **Irene Neu**, River Campus; **Mary Kay Hoeschen, Lisa Porter** and **Marilyn Skurdahl**, Women & Children; and **Judy Grinde**, Becker.

CentraCare expands dialysis program to Litchfield

The opening of CentraCare Kidney Program-Litchfield Dialysis was May 5 with nine dialysis stations. An open house is planned from 2-5 p.m. June 17 at 520 U.S. Hwy 12 E., Suite 6 in Litchfield. With the addition of Litchfield, the CentraCare Kidney Program offers hemodialysis services in nine communities. Together, the outpatient dialysis program provides approximately 43,000 treatments a year.

Medical Home vs. Primary Care

Medical home isn't that different than primary care, it is just enhanced.



In primary care, patients and families expect their clinic staff will know and remember them, respect their ideas, customs and beliefs, and help them coordinate care and information among multiple professionals and services.

In a medical home, patients are partners in their own care. The care delivered is based upon a personal patient/physician relationship in which the provider gives continuous and comprehensive health care. This includes planned visits, coordination of complex services, co-management with specialists, and assistance with transitions. A provider doesn't cease taking care of a patient's diabetes because he or she sends the patient to see an endocrinologist. Instead, the provider coordinates care with the endocrinologist and continues to monitor the patient's progress toward controlling their diabetes, and works to inform and enable the patient to be able to take control.

This enhanced access to health care provides patients with options such as open scheduling, expanded hours and various arrangements for communication between patients, the physician and health care team, and office staff. This model offers safe, efficient care while preventing unnecessary or duplicate services, thus reducing health care costs.

Calling all bike riders!

People of all ages are invited to participate in an attempt to break the *Guinness Book of World Record's* largest parade of bikes beginning at 2 p.m. June 28 at Whitney Fields in St. Cloud prior to the Granite City Days parade. This FREE event is sponsored by BLEND (Better Living: Exercise & Nutrition Daily). For more information or for volunteer opportunities, contact rohej@centracare.com.

Recognition for Years of Service

25 Years

Cindy Wensmann, Plaza – Gastroenterology

15 Years

Arlys Solien, M.D., Heartland

5 Years

Debra Budig, River Campus

Welcome to these new employees

Pamela Bartes, Certified Medical Assistant, Becker

Jennifer Connors, Radiology, River Campus

Charles Hedeem, Collections, Business Center

Katie Jobin, Nursing, River Campus

Cathryn Lanpher, Coding, Business Center

Kudos!

Cindy Melloy, M.D., pediatrician with CentraCare Clinic – Women & Children, presented on the “Pros & Cons of HPV Vaccination” at the Marching toward Cancer Prevention conference for health care workers March 27-29 in Rochester.

Allen Horn, M.D., presented “Universal Coverage – Why and How” to the Central Minnesota AFL-CIO Trade and Labor Assembly April 15.

CentraCare Team raises \$10,402 for March of Dimes

The March of Dimes Walk for Babies was successful, despite the snow. CentraCare Clinic’s Sunshine Strollers team had 40 walkers including employees, families and friends. The team raised \$10,402 earning the most of any team who participated in the walk. Congratulations!

Increasing skin cancer awareness

- The CentraCare Clinic dermatologists offered more than 85 free skin cancer screenings May 5 and 6 to raise awareness of malignant melanoma and to urge Americans to regularly examine their skin for signs of serious forms of skin cancer. This 11th annual screening coincides with National Melanoma/Skin Cancer Detection and Prevention Month.

-Dermatologist **Rachel Schuneman, M.D.**, presented 65 children with sun protection hats May 5 at Young People’s Place, a daycare in Alexandria. “If we can protect children’s skin, they will be much less likely to develop sun damage and skin cancer as they age,” Schuneman said.

Give Lifeline as a Gift

Lifeline signals for help at a touch of a button, allowing loved ones to live safely and independently at home. Employees receive one month of free service and no registration fee when they sign up parents or in-laws. For details on this perfect gift, call ext. 54619.

Sleep Center Open House, May 15

The CentraCare Clinic Sleep Medicine Department will move their offices to the new Sleep Center May 12. Join them for an open house from 4-6:30 p.m., May 15 located at 1586 County Road 134 (Near CentraCare Health Plaza). The Sleep Center is the first accredited sleep center in Central Minnesota with multi-specialties including ENT, pulmonary, and neurology and offers testing, diagnosis and treatment for adults and adolescents. For more information, call (320) 251-0726.

Make your voice heard!

The CentraCare Health System employee Gallup survey is now “live” through May 25. Workgroup leaders will distribute survey instruction sheets to their employees. Employees may access the survey via phone, internet or through a direct link to the survey on the CentraNet home page. Please take a few minutes to complete this survey.

Statewide program offers free mammograms

More than 3,000 women are diagnosed with breast cancer in Minnesota every year and approximately 700 Minnesota women die annually from breast cancer. Annual mammography can reduce breast cancer mortality by up to one third among women age 40 and older by detecting breast cancer in its earliest stages. The Sage Screening Program, is a statewide program within the Minnesota Department of Health, that offers free breast and cervical cancer screening for uninsured or underinsured women over 40. Free mammograms and pap tests are available at CentraCare Clinic sites for eligible women. Since the Sage Screening Program began in 1991, more than 1,200 women have been diagnosed and treated for breast and cervical cancer. For more information, contact the Minnesota Department of Health toll-free at 1-888-6-HEALTH.

What is peripheral artery disease (PAD)?

If you experience pain or cramps in your legs after walking, PAD could be the cause. **Wade Schmidt, M.D.**, of the Central Minnesota Heart Center, will discuss the disease, causes, symptoms and treatment options. This free program is part of the Women’s Health Community Health Night Series. It takes place from 7-8:30 p.m. May 12 at the CentraCare Health Plaza. Contact hours are available. Please call (320) 229-5139 to register at least one day before the program.

Prescribed Reading is a monthly publication for CentraCare Clinic employees. If you have any employee news or clinic-related information you would like to share, please e-mail it to pauld@centracare.com or send to Deb Paul, Communications department.