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The Beat

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10-2008

The Beat: October 2008

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Do you have an idea for the Beat?

Contact Chris Nelson in Communications by calling (320) 229-5199, ext. 71384, or e-mail nelsonc@centracare.com

You deserve to feel proud of your work, CentraCare



Dear Friends:

From those scary, tear-filled moments in the emergency room to the gentle removal of a little boy's grimy, autograph-covered cast, we are there.

From the jittery, uncertain wait in the lobby for a chemical dependency assessment to the triumphant completion of treatment, we are there.

From the sadness of leaving the home where she raised her family to Grandma's contentment in her assisted-living apartment, we are there.

These are the opening words of the 2008 CentraCare Health System Annual Report, which we will distribute this fall to community leaders at Report to the Community breakfasts in St. Cloud, Long Prairie and Melrose. We conduct these meetings each autumn as part of our effort to be transparent to our communities. We highlight our services, give an update on the system's finances and share patient success stories.

The meetings provide an opportunity to engage opinion leaders in the work that we do, in our efforts to improve the health of every patient, every day. It is important that the communities we serve trust that we are spending their health care dollars wisely, that our clinical work is of the highest quality, and that we have their best interests in mind in all that we do.

By early November, copies of the annual report will be available on CentraNet and www.centracare.com as well as in lobbies throughout the health system. I encourage you to take a few moments to look through the report, to take pride in the great work that you and your co-workers do. As stated in the annual report:

A friendly face.

A straight answer.

A reassuring handshake.

Combine those with technical knowledge and clinical expertise – and you have a CentraCare staff member who can make a difference.

Sincerely,

Terry Pladson, M.D.

President/CEO, CentraCare Health System

Juny Plodson

Golf tournament raises \$130,000 for pediatric cancer

Coborn's and other grocers from around the state provide hope to children with cancer by hosting the Grocers on the Green Golf Tournament each year in early September. The tournament has raised more than \$703,000 since 2001! Tournament proceeds benefit St. Cloud Hospital Pediatric Cancer Services through the Pediatric Cancer Fund of CentraCare Health Foundation. For more information about CentraCare Health Foundation, call 240-2810.

Learn about heart attacks and treatment

Cardiologist Richard Aplin, M.D., will discuss the causes of heart attack, historical treatments and present day therapies including interventions from 7-8 p.m. Nov. 3 at the Whitney Senior Center. For more information, please call 251-2700, ext. 71391. No RSVP is necessary.

United Way Celebration

CentraCare Clinic, St. Benedict's Senior Community and St. Cloud Hospital are currently hosting their United Way campaigns Oct. 20-Nov. 7 with a theme of Live United! Don't forget to participate in these exciting activities:

- * Gift Basket Raffle
- * Children's Coloring Contest
- * UNITE Cards

For more details, see your United Way department representative or visit CentraNet.

CentraCare employees volunteer for Day of Caring

This year, 14 CentraCare employees participated in a painting project at the Wacosa building in Waite Park for the United Way Day of Caring on Sept. 26. A total of 325 volunteers from 34 companies completed 40 projects for an estimated \$26,000 worth of volunteer hours across the community.

Telling our story at Report to the Community

CentraCare Health System will host its annual Report to the Community Oct. 30 at the CentraCare Health Plaza. This event shares a summary of information and updates on CentraCare Health System with Central Minnesota business people. Health system representatives also will present this information in Long Prairie Nov. 19 and in Melrose Nov. 26.

CentraCare physicians make health care leaders list

Four physicians from CentraCare Health System were named readers' choices to the list of 100 most influential Minnesotans in health care. Minnesota Physician Publishing, publisher of *Medfax* and other health care periodicals, comes out with the list every four years. CentraCare physicians on the list include:

- Terry Pladson, M.D., CentraCare Health System president and Minnesota Hospital Association board member;
- Allen Horn, M.D., CentraCare Clinic president;
- George Schoephoerster, M.D., CentraCare Family Medicine Clinic;
- L. Read Sulik, M.D., medical director, Child and Adolescent Psychiatry, St. Cloud Hospital.

Ice fishing seminar

St. Cloud Hospital Respiratory Care is sponsoring an ice fishing seminar featuring ice fishing pro and hall-of-famer, Dave Genz, from 6-9 p.m. Nov. 19 in the Windfeldt Room at CentraCare Health Plaza. The evening includes a silent auction. Cost is \$5. Advance tickets are available at Respiratory Care, from 8 a.m. to 3:30 p.m. Monday through Friday, or the evening of the event at the door. Proceeds benefit the Breath Savers Support Group. For more information, call 251-2700, ext. 54345.



Pictured [L-R]: Mark Larkin, executive director, CentraCare Health Foundation; Chris Coborn, president and CEO, Coborn's Inc.; Cindy Melloy, M.D., medical director of the St. Cloud Hospital Pediatric Cancer Unit; Terry Pladson, M.D., president, CentraCare Health System; Andy Knoblauch, senior vice president of Sales and Marketing, Coborn's Inc.

'Food for The Cure' raises \$102,000 to fight cancer

Coborn's recently gave a check for \$102,262 to the CentraCare Health Foundation for fighting cancer through the Coborn Cancer Center and St. Cloud Hospital Breast Center. "With these funds, we are able to provide patients and their families with treatment options, and give them hope and guidance as they live with cancer," said Mark Larkin, executive director of the Foundation. Each year, Coborn's gives more than \$2 million and thousands of volunteer hours to the communities it serves.

Use a CentraCare pharmacy

Take advantage of the following perks next time you need a prescription filled:

- Four convenient locations at St. Cloud Hospital, Heartland Clinic, CentraCare Health Plaza and Becker that are open to the public and accept most major insurance plans;
- Lower co-pay for Mayo/CentraCare health plan participants;
- Continuity of care as a result of patient record access by CentraCare pharmacists;
- Drive-through to pick up prescriptions at the St. Cloud Hospital location;
- Online prescription transfers and refills available at all CentraCare Pharmacy sites. For online prescription transfers and refills go to www.centracare.com and click on Prescription Refill Request.