

1-1957

## Beacon Light: January 1957

St. Cloud Hospital

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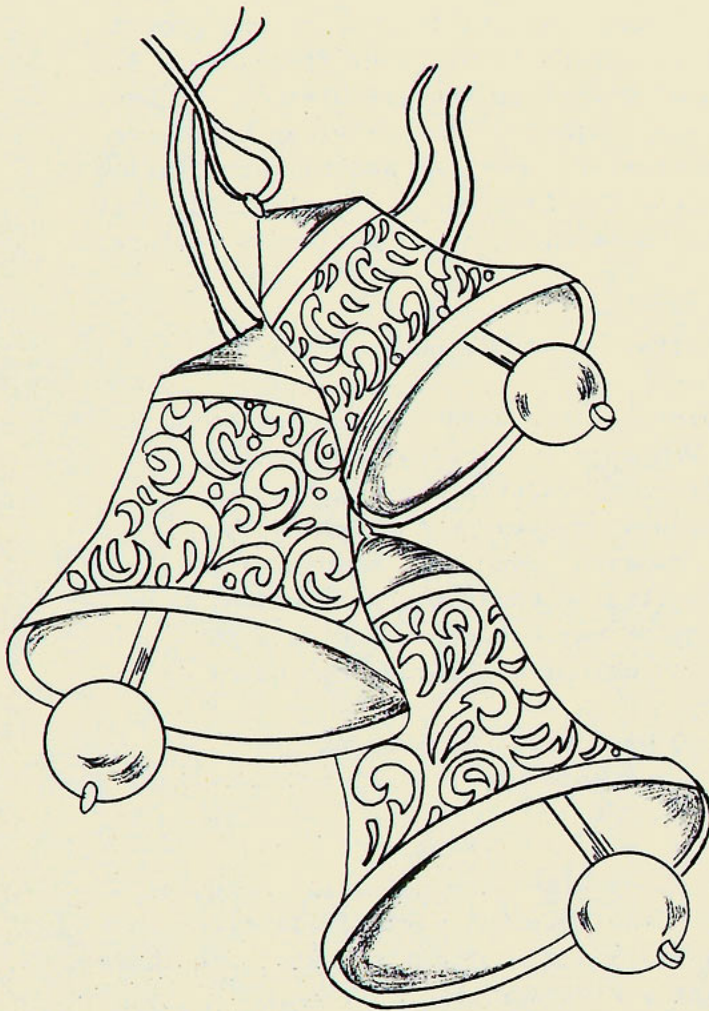
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# BEACON LIGHT

Volume VII No.5

ST. CLOUD HOSPITAL

January, 1957



*May the  
New Year  
bring you  
Peace and*

*Happiness ☆*



## WHAT WOULD THE VERDICT BE???

It happened on December 13, 1956! Yes, the morning mail brought a letter from the Joint Commission on Accreditation of Hospitals. What would the verdict be?

On October 25, Dr. T. Nordlander had visited our hospital to see if we would be eligible for accreditation. This visit was at our request. To many people, accreditation is just a big word! Actually, it means that the hospital and its medical staff are voluntarily cooperating to give all patients the best possible care and to improve this care as fast as medical science advances.

The idea of accreditation was conceived by the American College of Surgeons which for 35 years conducted a hospital inspection program under which hospitals voluntarily agreed to meet its standards. The Joint Commission on Accreditation of Hospitals was established in December 1951, when the College was joined by the American College of Physicians, American Hospital Association, American Medical Association and the Canadian Medical Association. The Commission actually took over the inspection task, an assignment dedicated to the patient's welfare, in January 1953.

Are you wondering what the letter said? We quote in part:

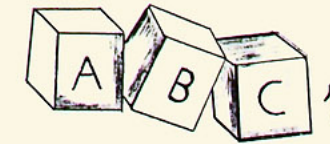
"The Board of Commissions of the Joint Commission on Accreditation of Hospitals has approved the recommendation that the St. Cloud Hospital be accredited for a period of three years or until a subsequent survey is conducted..... The Commission wishes to commend you for maintaining standards deserving of accreditation and for your constant effort to improve the quality of patient care. Please be assured of our interest and of our willingness to be of all possible help to you."

(Signed) Dr. Kenneth B. Babcock  
Director of the Joint Commission

All of you can and should be happy with this news. You have helped to make this possible! Everyone in the hospital must at all times work toward improving patient care. We must not sit back now that we have received this approval but constantly keep working.

The best possible care for the lowest possible cost-- this should be our constant aim. It can only happen if all of us work together toward this objective.

THE

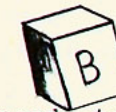


'S OF A GOOD HOSPITAL EMPLOYEE

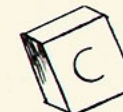
(This is the first in a series of articles written for our employees.)



**Are you ALERT?** Every employee must be alert to his surroundings, not only for his own safety but also for the safety of patients and fellow-workers. A good hospital employee will be watchful as to how to improve the work he is doing, adhering always to principles that have been set down. The hospital employee will at all times be alert to the feelings of others, knowing that sick people are generally rather sensitive and their visitors, too, very often are concerned and may be quite apprehensive.



**Are you BIG-HEARTED?** You will need to be. Unless you are willing to give of yourself to others, you are in the wrong field. Yes, you must have a spirit of service, a spirit of love, kindness, generosity, devotion, cheerfulness, patience and sacrifice, and all these virtues must come from inside of you. In order to hold all these virtues, your heart must be big -- big to over-flowing!



**Are you always COURTEOUS?** True courtesy springs from a real love for people. It should not be difficult for us who are Christians, working in a Catholic Hospital to be courteous to the members of Christ's Mystical Body. If we don't have a real love for the people we work with, we might as well fold up our tent and go home. It's too hard a job being polite and gracious if we really don't mean it. Courtesy is an acquired virtue. If it doesn't come easy, you can begin learning right now!



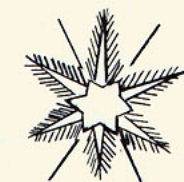
**Have you a sense of DUTY?** Can you be depended upon to do the right thing at the right time, even though it may inconvenience you? Will you be at your given post because you feel a responsibility toward the sick people that we are caring for? We are not an ordinary institution and failure to duty is considered a grave injustice to our sick.



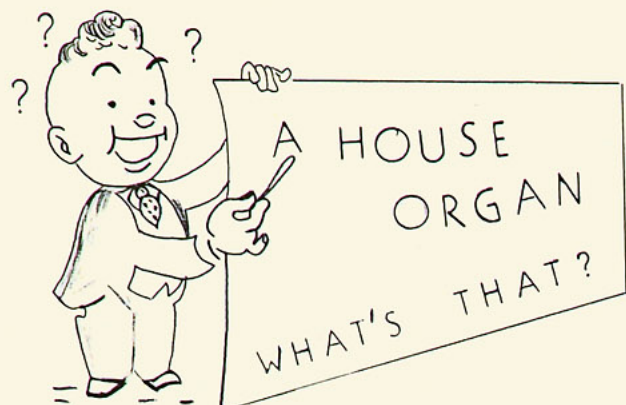
**How do you rate in EFFORT?** Or in ENERGY? Do you always do your best? Do you really exert yourself when there is a hard job to get done? Or are you tired, weary and exhausted before you ever start? Do you try to anticipate the needs of the patients as well as those of your fellow-workers? If we all put forth a reasonable amount of effort and energy, the work will not be too hard for any of us. Why not give it a try?



**Are you FRIENDLY?** Do you always radiate a kind and cheerful attitude? Are you interested in the needs of others? Do you notice the "little things" that mean so much to all of us? A friendly disposition is an absolute must for a hospital employee.







Although quite common in industry, the term "house organ" still has an unfamiliar ring for many people in hospitals. In our own hospital, mention the BEACON LIGHT and there is recognition. The former expression is simply a more general description of the latter. House organs were first introduced into industrial organizations and were found so useful for promoting good personnel relationships that they were later adopted by hospitals. They are a medium which brings people who are working together closer together in thought.

A house organ's advantages are many: it affords an interchange of ideas, provides the employee with the recognition he deserves, educates him on hospital policies and operation, and helps him to develop a more informed personality. It also aids in promoting the family spirit by making hospital happenings the common information of everyone.

The BEACON LIGHT does not limit its news to one group of personnel in the hospital. It aims to include everyone associated with the operation of the hospital as well as news from or about patients, for whom the hospital exists.

Everyone is welcome to contribute news. The only requisite is that your story will be of interest to others.

TO KEEP  
YOU  
INFORMED

## ST. NICHOLAS VISITS THE CHILDREN

On the eve of St. Nicholas, the children on 4 South ate their supper a little earlier and with a great deal of excitement because very soon St. Nicholas would come. Yes, he would bring their dessert .... they didn't get any for supper. Children that were well enough were gathered together in the Play Room. Others who were in their beds were pushed into the doorway; still others were held by the nurses and aides.

"Jolly Old St. Nicholas" was heard coming over the speakers and there he was! St. Nicholas himself. With him came an angel and "Ruprecht". Saint Nicholas, in full bishop's attire complete with mitre and staff, visited each room and had a special message for each youngster. He was assisted by an angel in distributing his gifts. Ruprecht, in the traditional black attire, entertained the children (and nurses, too!) by dancing for them and giving them balloons.

The part of St. Nicholas was played by Dr. Joseph B. Gaida, Chief of Staff for the year 1956, Ruprecht by Dr. Mark Kim, Anesthesiologist, and the angel by Miss Kathleen Ahrens, nurse.

I shall pass through this world but once. Any good thing, therefore, that I can do, or any kindness I can show to any human being, let me do it now. Let me not defer it nor neglect it, for I shall not pass this way again.

## CHRISTMAS CAROLERS

We again had many groups coming in to carol for the patients. Since so many of you have asked who they were, we print here the names of the various groups. We hope we haven't forgotten any!

Dec. 10...Students from St. John's U.

Dec. 11...Student Nurses

Dec. 14...Group from St. Benedict's College and St. John's University

Dec. 15...Freshmen from College of St. Benedict

Dec. 16...Group from the Church of Christ at Ronneby

Dec. 17...Girl Scouts

Dec. 18...Personnel from the X-Ray Dept.

Dec. 20...Girls' Chorus from Cathedral High School

Dec. 23...Redeemer Lutheran Church Choir

Dec. 24...Student Nurses

Dec. 25...Sisters' Choir from Hospital

Dec. 26...Bethlehem Lutheran Church Choir

In addition, we had two groups that prepared a program which was broadcast over Station W E L L:

Dec. 13...Student Nurses

Dec. 23...5th grade pupils from St. Paul's School (Christmas Program)

TO ALL OF THESE, A MOST SINCERE  
THANK YOU!

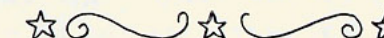
## Feast of the Holy Family

January 13

This feast is to remind us that we must take our own family life as seriously as the Holy Family considered theirs. We are urged to return with renewed spirit and energy to the practices of family life, long held sacred but sadly neglected with the passing of the years. Among such practices is family prayer, the anchor of family life.

Parents carry a tremendous responsibility for the future as they fashion the lives of their children. Pope Pius XII has said, "When churches are closed, when the image of the Crucified is taken from the schools, the family remains the providential and, in a certain sense, impregnable, refuge of Christian life."

Let us this day pray that the Holy Family may be the guide for all families. Spiritually united families can do much to help society.



When folks is mean, it ain't that they hate you personal. It's more likely because they're miserable about something in their insides. You got to remember how most of the time when they yell at you or get after you, it ain't that they're yelling at you but something inside themselves you never even heard tell of, like some other person has been mean to them, or something they hoped for didn't come true, or they done something they are ashamed even to think of, so they get mad at you just to keep their mind off it.

Reprinted.....



Automation!  
Automation!  
Automation!

Automation is in the air! Day in and day out you hear about automatic this and automatic that. To hear the hawkers tell it, you'd think we can't live without automation. Whether that's true or right, it's not up to us to say.

But one thing is certain, if automation is all right in one's physical and material life, it definitely should have no place in our attendance at Mass. Sad to say, however, too many of us are hardly more than automatons at Holy Mass. We might go through the prayers, but where is our attention? And how many do not even bother with the prayers, but just moon away the time, and wonder why it's taking the priest so long! A missionary once said that too many of us assist at Mass in a sort of trance --- not the kind that the saints have been known to have, neither, but the hypnotic condition of an automaton just doing the motions without a thought of what he's doing.

While the priest, at the foot of the altar, says the Confiteor, are we truly heart-sorry for our sins? Are we really interested in obtaining the help of the saints mentioned, in our battle to overcome sin?

Do we really listen to the instruction intended by the Epistle and Gospel? At the Offertory, do we ever think of offering ourselves with the bread and wine soon to become Christ?

Do we consider Communion as an integral part of our Mass? At the altar rail do we anxiously await the coming of Our Lord and God?

Returning to our pew, do we ever set aside prayerbook and formal prayer to

devote a few precious moments to speak with Him, informally, telling Him in our own simple way of our love for Him, our desire to remain close to Him always?

After Mass, do we skip out as fast as our legs can carry us, or do we spend at least a few brief moments thanking our Saviour for the privilege of sharing in the Holy Sacrifice? Do we think of seeking God's blessings on us and our families kneeling in the pew with us?

Let's keep automation for the assembly line. For our assistance at Mass none of this automatic stuff! Everything should be motivated; everything should be done for a conscious reason, with a conscious appreciation of what the Mass is. Motivation, MOTIVATION, MOTIVATION!

(Taken from The Family Communion Crusader)



CONGRATULATIONS

TO

MARIAN SCHOLARSHIP RECIPIENTS

Two Marian Scholarships, each in the amount of \$100.00, were presented to Patricia Ziemkowski and Florence Keable. These scholarships were established in the Marian Year (1954) by the St. Cloud Hospital and offered to two students in the School of Nursing at the beginning of their third year of training. To be eligible for the scholarships, the student must possess marked qualities of Christian character, professional knowledge, nursing skills, leadership ability and a personality which exemplifies those womanly qualities so necessary to the true Christian nurse.

1857  
Centenary  
1957

THAT IN ALL THINGS

God

MAY BE GLORIFIED!

January 1, 1957, the Convent of St. Benedict (our Motherhouse) had the first in a series of celebrations commemorating the one-hundredth anniversary of the coming of four Benedictine Sisters to Minnesota to establish a new foundation here. The Sisters arrived in St. Cloud by way of the Mississippi River and took up residence in a house situated where the present St. Cloud Post Office is located. In 1863 the Convent was transferred to St. Joseph, Minnesota, where it has remained.

The Convent of St. Benedict has grown tremendously in the 100 years. Six independent daughter-houses have been established:

Atchison, Kansas.....1863	Eau Claire, Wisconsin.....1948
Duluth, Minnesota.....1892	St. Paul, Minnesota.....1948
Bismarck, North Dakota.....1947	Olympia, Washington.....1952

The professed Sisters at the Convent of St. Benedict now number 925. The Sisters conduct schools, hospitals, homes for the aged, a retreat house, Indian missions and foreign missions.

We will tell you more about our centennial observance in other issues of the BEACON LIGHT.

WORDS OF WISDOM. . .

He who has no time to pray, has more to do than God intended.

If you can't do what you like, like what you do.

Don't be like the rooster who thought the sun rose to hear him crow.

A halo has only to fall a few inches to become a noose.

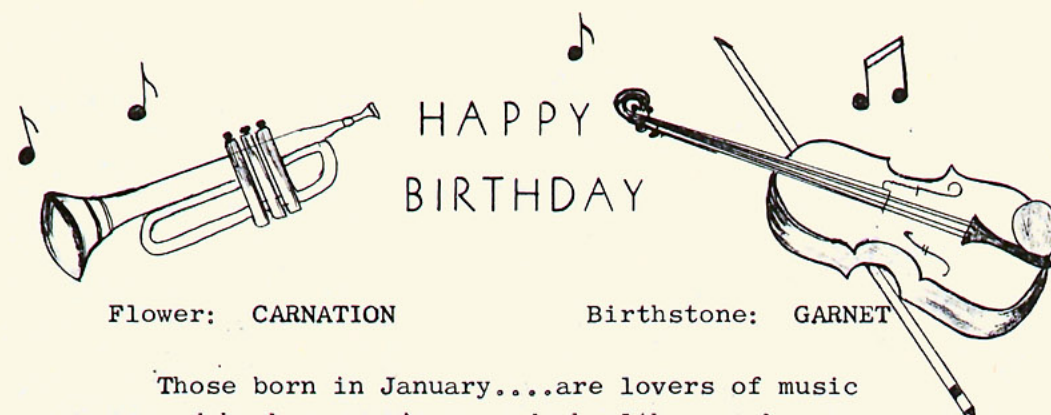


CHURCH UNITY  
OCTAVE  
Jan. 18-25

The Chair of Unity Octave is an eight-day period of prayer for the conversion of unbelievers and the reunion of Christendom. It was begun by Father Paul Francis of Greymoor, New York, and is observed in nearly all parts of the world.

Pray especially during this Octave "that all may be one".





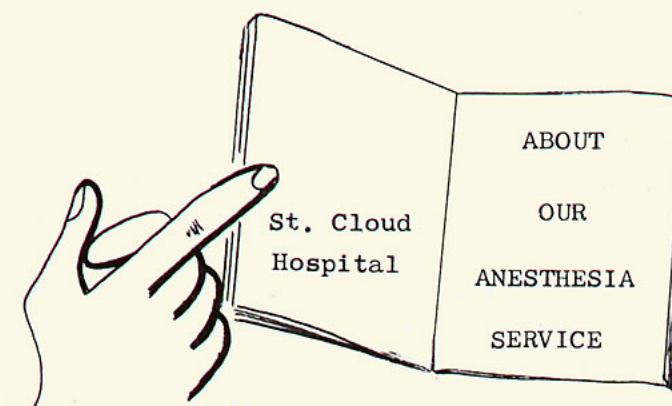
Flower: CARNATION

Birthstone: GARNET

Those born in January....are lovers of music and books....enjoy good health....make reliable teachers....and live happy and contented lives.

To the following employees born during the month of January, we extend BIRTHDAY GREETINGS. Let us ask God to bless them!

Patricia Regar	Nurse	4 South
Mrs. Evelyn Malikowski	Hospital Aide	Dishwashing Room
Mrs. Alice Krebsbach	X-Ray Technician	X-Ray Department
Christine Rausch	Hospital Aide	5 North
Mrs. Lena Hagen	Assistant Director	Nursing Service
Mary Rengel	Department Aide	Laboratory
Kathleen Peschl	Hospital Aide	5 North
Gail Levandowski	Hospital Aide	4 South
Mrs. Alice Borck	Nurse	5 North
Mike Jaeger	Machine Operator	Laundry
Mrs. Irene Stawarski	Nurse	1 South
Geraldine Krier	Hospital Aide	2 South
Joan Kronenberg	Hospital Aide	Diet Kitchen
Carol Prom	Hospital Aide	Cafeteria
Donald Jarrot	Porter	Housekeeping
Mrs. Lehanna Obermiller	Nurse	5 North
Janet Cole	Medical Technologist	Laboratory
Dorraine Tomczik	Nurse	2 South
Mrs. Leora Stommes	Hospital Aide	Laundry
Mrs. Collette Gnifkowski	Dieticians' Aide	Diet Kitchen
Rita Eich	Hospital Aide	Main Kitchen
Mariella Bernick	L.P.Nurse	4 North
Gwendolyn Wampach	Nurse	3 South
Mrs. Lois Aldrich	Nurse	5 North
Irene Terwey	Hospital Aide	4 North
Mrs. Rosemary Bliss	Nurse	5 North
Sharon Henkemeyer	Hospital Aide	2 South



(A leaflet containing the following information is given to each patient who enters our hospital)

With the discovery of new and more delicate surgical procedures, and ever increasing varieties of anesthetic drugs and methods, it has become desirable to enlist the aid of a trained specialist to assist us in our anesthesia service.

We now have an Anesthesiologist, Dr. Mark K. Kim, on our staff. He is a Doctor of Medicine who has taken post-graduate work in the field of Anesthesia at the University of Minnesota.

In most cases, Dr. Kim will visit you in your room before the operation, so that he will be as familiar as possible with your physical condition. In consultation with your doctor, he will choose the anesthetic drugs and techniques which he thinks will give you the utmost safety

and comfort. In the Operating Room he will supervise our nurse anesthetists and will, if your doctor requests it, administer the entire anesthetic himself.

When Dr. Kim supervises, there will be no separate fee rendered by him. However, when he administers the entire anesthesia himself he will bill you directly for his service. If you have medical insurance, it will cover this fee in part or in full.

Following the operation you will be kept in our Recovery (awakening) Room where specially trained nurses under the supervision of Dr. Kim will watch your condition carefully until you are awake and ready to return to your room.

# THOUGHT FOR THE DAY..

We have not succeeded in solving all of our problems. Indeed we sometimes feel we have not completely solved any of them! The problems we have solved only serve to raise a whole set of new problems. In some ways we feel as confused as ever but we believe we are confused on a higher level and about more important things.

"The Importance of Supervisory Training" was the main topic of discussion at the program meeting of the Third District MNA Director's Conference on December 13th at Fairview Hospital. The meeting was attended by Sister Keith and Sister Joel.

The group includes all directors of Nursing Service from the Twin City area and Sister Keith was asked to join them in the program meetings which will be held every other month.



# SAFETY

NATIONAL SEMINAR conducted by the American Hospital Association in collaboration with the National Safety Council under joint auspices of the AHA Committee on Safety and the AHA Committee on Insurance for Hospitals.

Sister Rita Claire and Sister Leo attended this seminar in Chicago, November 26th through the 30th. They were filled with enthusiasm when they came home and are still bubbling over with all the many fine things that were discussed. They have spoken (and demonstrated!) to several categories of our personnel and already have several more commitments. Probably the one "thing" that they treasure most is a new booklet they received while at this seminar. The title of the booklet is "Emergency Removal of Patients and First-Aid Fire Fighting in Hospitals." The booklet was written by Lt. Robert McGrath, a national figure in Fire Prevention. So that all of you can share in what the Sisters learned as well as in the material in this new booklet, we shall quote a section from this booklet in each issue of the Beacon Light during 1957.

Quote:

## "Waste Basket Fires"

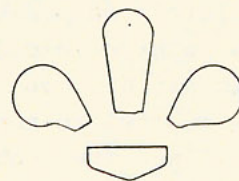
"Questions are often asked about handling waste basket fires. It is pointed out that blankets and sheets are not available in office locations and that extinguishers are often some distance away. These fires can be put out by completely covering the top of the container with a magazine, a newspaper, or a phone book. If nothing else is handy, a person can peel off his suit coat, grasp a shoulder of the coat in each hand and drape it over the container.

Nurses have put out a fire in a can by sliding a single sheet of paper over the top. Putting out fire with paper may appear to be spectacular but is just another method of shutting off the oxygen necessary to support combustion."

## Faith

Death came in and knocked but once;  
And, in living, took one we loved.  
But taking was not absolute;  
Nor is life ever begun or ended here.  
We humans are more little ones  
Who do the best we know;  
To somehow fathom and to understand  
What goes on here below.  
We know, however, that where knowledge stops  
And, where comprehension ends.  
In steps faith and with it strength,  
To live on as God wants!  
And is, though death has greeted us,  
So has life stormed now begun,  
For one we loved--  
And faith is our foundation that holds up  
our lives  
And now, above all, gives the will to life.

....Bruce Hagen



## PRIESTS - TO - BE

Thirty-three young "priests-to-be" spent the afternoon of December 4th here at the hospital getting just a little acquainted with hospital activities. This annual event is most eagerly looked forward to by both the deacons and the Sisters.

After a talk given by Sister Francis Xavier on the development of hospitals, their place in the community, the business angle of hospital operation as well as the "patient" aspect of hospitals, the deacons were toured through various departments of the hospital including all of the services on the 6th floor, the nursery, kitchen, laundry and the boiler room. Sister Jonathan, Sister Virgene, Sister Judith, Sister Danile and Sister Marion served as tour leaders.

Father Riley and Father Morslander spoke to the deacons at 4:30 when Monsignor Renner joined them also. Lunch was served at 6:00 o'clock and only because the group was scheduled to leave at 7:00 o'clock did the questions end. Everyone seemed to have enjoyed the day.



CHRISTMAS WEDDINGS held the spotlight for three of our nurses; and all three received the Sacrament of Matrimony on December 29th. We ask God's choicest blessings on the following:

Helen Keller (3 So.) and Michael Sivinski  
Virginia Popp (3 No.) and Lambert Zenner  
Jeanette Howe (5 No.) and Donald Flynn

## Welcome \_\_\_\_\_

Several new employees joined our hospital staff during the month of December. We hope they will enjoy their days of employment here at the hospital:

William Thelen  
Verlie Winning  
Luella Roering  
Mrs. Marjorie Record  
Mrs. Corrine Payne  
Mary Ann Geise  
Mrs. Ruth Noben  
Marge Jager  
Eileen Riesner  
Alice Timmers  
Mary Ann Osendorf  
Virginia Breth  
Mrs. Anna Lease

## CONGRATULATIONS to

DR. and Mrs. Wm. Autrey on the arrival of Steven on Dec. 15th. Steven weighed in at 7 lbs. 7½ oz. and was 20½ inches long.



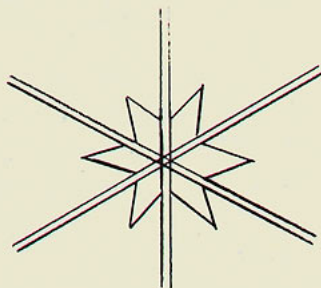
Also to the following former employees and alumnae of our hospital we extend congratulations on the birth of new sons or daughters:

Mrs. John Gagliardi (Peggy Dougherty)  
Mrs. Jerome Strack  
Mrs. Lowell Long

## — SPECIAL —

As this issue of the BEACON LIGHT was going to press, we received word that our Nursing School received full accreditation. We know you'll be happy with us!





Dear Employees,

The Sisters join me in saying a most sincere "Thank You" for the wonderful Christmas gift. Again, it was a complete surprise --- you know how to keep a secret very well!

The furniture has been tried out by nearly all of us and we "approve" highly. It is not only lovely to look at, but is comfortable and is indeed practical. We wish that Spring would come fast so we might try out the other things, too, which also are very practical. Without a doubt you picked gifts that we really needed.

All the Sisters join me in saying "THANK YOU" and "GOD BLESS YOU". We also appreciated the many other ways in which you helped us to have a Happy Christmas and to give our patients such also.

Don't forget! Our Employee Christmas Party is Monday, January 7 at 7:30 p.m. in the Nurses' Home.

*Sister Francis Xavier*

Administrator

The Beacon Light is the monthly publication for employees of the St. Cloud Hospital, St. Cloud, Minnesota.