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Prescribed Reading: December 2008

CentraCare Clinic

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December 2008

Welcome to our new providers



Nelson Adamson, M.D., is a radiation oncologist who joined CentraCare Clinic and will practice at the Monticello Cancer Center. Dr. Adamson received his medical degree from Harvard University in Boston, Mass., in 1981 and completed his radiation oncology residency at McGill University in Montreal, Quebec, in 1992. From 2000-2008, Dr. Adamson was the director of radiation oncology of Dickinson County Hospital in Iron Mountain, Mich. He has certification from both the American Board of Internal Medicine and American Board of Radiology.



Susan Heying, F.N.P., joined CentraCare Clinic – Heartland Dec. 1. Susan received her nursing degree from the College of St. Benedict's in 1991. She completed her master's degree at Minnesota State University – Mankato in 2008. She is certified as a family nurse practitioner by the American Nursing Credentialing Center. Susan worked for Central Minnesota Heart Center from 1995-2008.

Welcome to these New Employees

Josie Judes, Nursing, Melrose

Paula Peltz, Business Center

Diane Rauma, Medical Assistant, Becker

Julie Thompson, Clinic Services, Plaza – Derm

Recognition for Years of Service

20 Years

Vickie Nash, M.D., Women & Children

10 Years

Sheri Pikus, N.N.P., NICU

Elizabeth Helmin, Women & Children

5 Years

Pamela Bierschbach, Business Center

Ann Dunnigan, M.D., Central Minnesota Heart Center

Denise Hegna, Women & Children

Carol Langner, Plaza – Internal Medicine

Julie Murphy, Becker

Angela Porter, River Campus

Michelle Wacker, Women & Children

Lorinda Zigan, P.A.-C, River Campus

CentraCare Clinic receives two awards

Submitted by CCC QI Department

CentraCare Clinic was recognized by Health Partners for Adult Preventive Services and BMI Assessment. Health Partners' recognizes medical groups for achieving either excellent or superior performance in clinical quality. Health Partners' target goals were 90 percent in preventive services and 80 percent in body mass index assessment. CentraCare Clinic's results were 93 percent and 80 percent respectively.

The preventive service target measures the percent of patients who were up-to-date for all appropriate preventive services including cholesterol screening, pneumococcal vaccine, vision screening, colon, breast, and cervical cancer screening.

The clinic also received an award from Blue Cross Blue Shield for successful patient enrollment in the Fax Back Tobacco Referral program. During a nine-month period, CentraCare Clinic referred 188 patients to the program and 62 enrolled in the program. Research shows that smokers who are asked about their habit by two or more health professionals are more likely to quit.

Special thanks to all CentraCare Clinic staff. Your efforts support our mission of providing excellent service and the highest quality of care to our patients.

CentraCare Clinic offers Sports Medicine program

George Morris, M.D., and **Becky Mueller, D.O.**, family and sports medicine physicians with CentraCare Clinic, have started a Sports Medicine program. As sports medicine physicians, they can provide appropriate care for athletes and active individuals with a variety of aches, pains or injuries. For more information or an appointment, call 229-4917.

Culture of Quality Survey Update

Thank you to all the employees who participated in the Culture of Quality survey. More than 60 percent of clinic employees completed the survey. This feedback will help our leaders assess our organization's culture and determine how we can make needed changes.

New CentraCare Health System Reward Program

Beginning Jan. 1, all CCHS employees will have the opportunity to earn points toward an additional \$100 in their Health Reimbursement Account (HRA) or \$50 cash (if not enrolled in the HRA). Employees can earn points by participating in wellness and health-related activities. For example, you can earn 250 points by completing the annual health assessment in February/March. A complete list of eligible activities with corresponding points will be available on-line at www.CentraCareWellness.com under the "Reward Program" tab starting Jan. 1. If you earn 500 or more points, you will receive \$100 HRA deposit or \$50 cash incentive (non-HRA plan members). If you earn 250-499 points, you will receive a \$50 HRA deposit or \$25 cash incentive. To use the Reward Program, you will need to register at www.CentraCareWellness.com if you have not done so already. Assistance is available for people without a computer, access to the internet, or an e-mail address. For more information, contact Nicole Solarz at ext. 53627 or visit CentraNet, under the Human Resources tab and click on Wellness Programs/Activities.

Employee Benefit Reminder

Please remember to have all 2009 benefit forms to your HR representative before Dec. 12, 2008.

Kudos to ...

- The following CentraCare Clinic physicians are presenting at the annual Mid-Minnesota Family Medicine Symposium Jan. 23 in St. Cloud. They are: **Jurgen Craig-Muller, M.D.**; **Jason Erickson, M.D.**; **David Kroska, M.D.**; **Troy Payne, M.D.**; **David Risher, M.D.**; **Wade Schmidt, M.D.**; and **David Tilstra, M.D.**

- **Simon Milstein, M.D.**, will present at the 24th Congress of Cardiology in Uruguay in December.

- **Jennifer Markfort**, Heartland, on becoming a grandmother.

Health professional seminar on diabetes

Register now for a full-day diabetes education class for health professionals on April 14, 2009, in the Windfeldt Room at CentraCare Health Plaza. Cost is \$85. To register, call (320) 255-5642.

Tree of Hope recognizes children with cancer

The Minnesota Tree of Hope ceremony will be from 1-3 p.m. Jan. 10 in the Windfeldt Room at the CentraCare Health Plaza. Do you know a child who has or had cancer? Honor them with a gold ribbon. To place a name on the tree, contact Pediatric Short Stay at (320) 229-4923 or email childhoodcancer@aol.com by December 15. There is no cost to add a ribbon to the tree. Sponsored by St. Cloud Hospital, CentraCare Health Foundation and St. Cloud Optimists Clubs.

Condolences to ...

Minto Porter, M.D., Women & Children, on the loss of her husband's grandmother; **Brenda Pressnall**, Women & Children, on the loss of her mother-in-law; **Cheryl Tschakofsky**, River Campus, on the loss of her mother-in-law; **Heidi Rice**, Women & Children, on the loss of her father.

Heart Center ranks in nation's top 100 — again

The Central Minnesota Heart Center was named one of the 100 Top Cardiovascular Hospitals in the United States for the eighth time. The study — 2008 Thomson Reuters 100 Top Hospitals®: Cardiovascular Benchmarks for Success — examined the performance of 970 hospitals by analyzing clinical outcomes for patients diagnosed with heart failure and heart attacks and for those who received coronary bypass surgery and angioplasties identifying the 100 United States hospitals that are setting the nation's benchmarks for cardiovascular care.

Coborn family makes \$2 million contribution

A \$2 million contribution from the Coborn family to CentraCare Health Foundation will enhance cancer services at Coborn Cancer Center and support the \$225-million construction project at St. Cloud Hospital.

Home Care and Hospice named to elite list

St. Cloud Hospital Home Care and Hospice was named in the top 25 percent for the 2008 HomeCare Elite top agency list by OCS, Inc., a market leader in health care information solutions. This list is a collection of the most successful Medicare-certified home health care providers in the United States. The annual review identifies leaders through an analysis of performance measures in quality outcomes, quality improvement and financial performance.

Women's Health 101 planned

Mark your calendar for CentraCare Health System's eighth annual Women's Health 101 event scheduled from 8 a.m. to 2:30 p.m., Saturday, April 4. New this year will be keynote speaker Dale Anderson, M.D., who will tickle our funny bone with a presentation titled "Never act your age." There also will be free screenings, health-related presentations, CPR training and booths. Watch for more information in the near future.

Stroke & blood vessel screenings

St. Cloud Hospital offers three simple 15-minute screenings to determine your risk for stroke, peripheral vascular disease and abdominal aortic aneurysm. Cost is \$35 for each screening. To schedule a weekday appointment, call Imaging Services at CentraCare Health Plaza, ext. 74986. To schedule a Saturday appointment, call Central Minnesota Heart Center at SCH, ext. 55706.