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Prescribed Reading: March 2009

CentraCare Clinic

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March 2009

Welcome to our new providers



Donna Mumert, MD, is a board-certified family medicine physician who joined the Family Medicine Clinic at the Health Plaza. Dr. Mumert received her medical degree and completed her family medicine residency at the University of Alberta Medical School in Edmonton, Alberta, Canada.



Michael Schmitz, DO, is a board-certified family medicine physician who joined Heartland. Dr. Schmitz received his medical degree from the University of Osteopathic Medicine and Surgery in Des Moines, Iowa. He completed an internship at Flint Osteopathic Hospital in Flint, Mich., and has a special interest in cardiology.

Women's Health 101 - Take a day for yourself!

CentraCare Health System presents the eighth annual Women's Health 101 from 8 a.m. to 2:30 p.m. Saturday, April 4, at the CentraCare Health Plaza. (Registration in River entrance.) No pre-registration necessary. From 8 a.m. to 1:30 p.m., enjoy free health screenings, presentations, booths, CPR training and pharmacist consults. (Bring your meds.) Join national speaker Dale Anderson, MD, at 1:30 p.m. as he shares a presentation titled "Laugh for the health of it." Participants who donate \$10 for Women's Health education will receive a stylish, pink, recyclable cloth bag courtesy of Coborn's. Participants can come and go as they please. Breakfast/lunch is available from the Health Plaza café. For more information, check out www.centracare.com or call (320) 229-4980.

CentraCare Clinic - St. Joseph to move to new facility, open house planned for May 21

CentraCare Clinic - St. Joseph will begin seeing patients at its new facility at 1360 Elm St. E., (near the intersection of County Roads 75 and 133) April 6. The new, larger clinic will allow for increased appointment access and an on-site Coborn's pharmacy. The clinic hours and phone number will remain the same. A public open house is tentatively planned for May 21.

System wide diabetes collaborative begins

Approximately 50 physicians and employees from family medicine, internal medicine and endocrinology met Feb. 13 to begin work on an 18-month effort to improve diabetes care. The goal is to improve communication and sharing among sites, as well as identify overall system and process barriers and challenges. Thanks to all who participated. We look forward to the continued improvement of diabetes care.

Four CentraCare providers become certified tobacco treatment specialists for QUITPLAN

Donna Harris, CNP, Endocrine; **Julie Anderson, CNP**, Women & Children; **Kathy Katka, CNP**, River Campus; and **Victoria Fenstermacher, CNP**, Becker, recently completed tobacco treatment specialist certification training at Mayo's Nicotine Dependence Center. They now provide QUITPLAN smoking cessation services at CentraCare Clinic. For more information or to schedule an appointment with one of these QUITPLAN counselors, call (320) 229-5010.

Women & Children, Mid-Minnesota clinics join cultural understanding project

CentraCare Clinic – Women & Children and the Mid-Minnesota Family Medicine Center are part of an 18-month initiative to help staff and physicians become more effective in caring for diverse populations. Through this Stratis Health initiative, staff will complete an online questionnaire to evaluate how well the clinics meet national cultural and linguistic standards. When the assessment results are collected, each clinic will develop an action plan and complete a post-assessment to measure progress. CentraCare Clinic sites in Melrose and Long Prairie completed this initiative in 2008. Stratis Health is a non-profit organization that works with providers on health care quality and safety issues.

Clinic now offers electronic prescriptions

CentraCare physicians now can send new prescriptions directly to the computers at some pharmacies without faxing, phoning or writing a paper prescription.

The Pharmacy Health Information Exchange facilitates the secure transmission of prescription information between physicians and pharmacists and provides access to life-saving information about patients during emergencies or routine care. Beginning this summer, CentraCare Clinic will have the ability to receive prescription renewal authorizations electronically. Our physicians will be able to respond electronically to refill authorization requests from pharmacies that are connected to this network.

Congratulations to . .

Tammy Hagerty, Women & Children, on the birth of her daughter; **Josie Judas**, Melrose, on the birth of her son; and **Camelia Florea, MD**, Plaza Internal Medicine, on becoming a U.S. citizen.

Condolences to ...

Kim Kloss, River Campus, on the loss of her grandfather; **Judy Ringeisen**, River Campus, on the loss of her brother-in-law; **Stacy Denbrook**, River Campus, on the loss of her father and the loss of her uncle; and **Lisa Loso**, River Campus, on the loss of her grandfather.

Recognition for years of service

25 years: **Judy Thielen**, Melrose

20 years: **Jennifer Matvick**, Women & Children

10 years: **Janet Scholtes-Toenjes**, River Campus

5 years: **Melissa Garding**, St. Joseph; **Stacy Price**, Internal Medicine, Health Plaza; and **Olayiwola Adetunji, MD**, River Campus.

Mantoux testing policy change

Effective March 1, CentraCare Clinic employees will receive mantoux testing every other year, rather than annually. Physicians and Advanced Practice Providers will continue to receive annual mantoux tests. Since CentraCare Clinic falls into a low-risk rating for TB according to CDC guidelines, we have made the move to bi-annual testing. All new employees will continue to be offered and/or receive a mantoux upon hire.

March of Dimes March for Babies is April 25

The March of Dimes March for Babies starts at St. Cloud State University and travels along the Beaver Island Trail. Last year, CentraCare's team was the first team in the St. Cloud walk history to raise \$10,000. We hope to reach this goal again. For more information or to join the CentraCare team, contact Sara Tylutki at ext. 73624 or tylutkis@centracare.com. Sponsored in part by CentraCare Clinic.

Feed Our Families

Local food shelf usage has increased almost 20 percent in 2008 due to increased lay offs and other financial challenges. CentraCare Health System is partnering with United Way and other community organizations to raise 100,000 pounds of food and/or funds (\$1=1 lb. of food) for the local food shelves. CentraCare Health System's food drive will take place March 16-27. Watch for more information.

St. Cloud Arthritis Walk 2009

Arthritis affects more than 46 million people, including 300,000 children. Help us fight this devastating disease by walking in the Arthritis Foundation's St. Cloud Arthritis Walk May 9 at CentraCare Health Plaza. Enjoy a fun-filled day with family and friends while raising money for a great cause! For more information or to register, visit www.arthritis.org or call (800) 333-1380. Sponsored in part by CentraCare Clinic.

Central Minnesota Heart Walk

Join the fight against heart disease and stroke May 2 at CentraCare Health Plaza. If you would like to form a team or join a team, please contact Ann Weismann at ext. 71391. Sponsored in part by Central Minnesota Heart Center.

Drive-thru colon cancer screening

In recognition of Colon Cancer Awareness Month, Coborn Cancer Center is offering free screenings for colorectal cancer. Simply pick up a free immunochemical fecal occult blood test (iFOBT) screening kit at CentraCare Pharmacy at St. Cloud Hospital or Coborn Cancer Center, complete and mail back. Test results will be sent to the individual and his provider if indicated. It is free, simple and does not require dietary or medication restrictions. One kit per person. Limited to the first 500 people. All returned completed kits will be entered into a drawing for a \$100 Coborn's gift card. This test does not replace a colonoscopy which is the best method to detect colorectal cancer. To schedule your colonoscopy, please call CentraCare Digestive Center at (320) 229-4916. For more information, please call (320) 229-5199, ext. 70855.

Got Spirit?

As a Spirit of Women hospital, St. Cloud Hospital is now initiating an annual Spirit of Women Awards program to recognize unsung heroes in our community. The awards celebrate women in our community who take action to make their communities healthier, safer and a more inspirational place to live. Nominate someone online at www.spiritofwomen.com/awards_nominate.html. Nomination deadline is March 20, 2009.

If you have employee or clinic-related information to share, e-mail it to pauld@centracare.com or send to Deb Paul, Communications department.