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The Beat: March 2009

CentraCare Health

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Do you have an idea for the *Beat*?

Contact Chris Nelson
in Communications by calling
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or e-mail nelsonc@centracare.com

We are 'Caring for Generations'



Dear Friends:

I've looked illness in the face, yet all I see is hope.

These words speak volumes about the impact of the work that we do. These are the words of Susan Merchant, a Clear

Lake woman, whose fears were calmed, heart repaired and hope restored at St. Cloud Hospital after she suffered a heart attack.

Merchant, who is featured in materials promoting the Caring for Generations employee campaign that runs April 1-30, is but one example of the lives we touch each day. The employee campaign gives us an opportunity to affect people in a profound and lasting way. By pledging to contribute the amount of money that we would earn in 30, 60 or 90 minutes of work each pay period in this five-year campaign, we help to ensure that the healing work of CentraCare Health System will continue for generations.

The money raised through the employee campaign, and through a community-wide capital campaign that still is in the silent phase, will lay the groundwork for the next half century of medical advancements. The dollars will help make important changes at St. Cloud Hospital:

- Enhance surgical suites;
- Increase the number of private patient rooms;
- Renovate labor and delivery rooms;
- Transform the neonatal intensive care unit;
- Expand and relocate the intensive care unit.

Generous contributions from employees, physicians and board members also will inspire community members to give. The impact of community gifts can be seen in construction of the St. Cloud Hospital Gorecki Guest House, built with \$1 million donated by Benedict and Dorothy Gorecki. Other community members also have given generously. The Coborn family in November announced a \$2-million gift to enhance services at the Coborn Cancer Center and support the \$225-million construction project at St. Cloud Hospital. Earlier this month, Bob and Linda Feuling gave \$1 million to support the St. Cloud Hospital Women & Children's Center.

Any gift, large or small, helps. I understand that these are difficult times, that you may be facing personal financial challenges. I also know that the need for philanthropy is greater now than during good times. Please join me in making a gift that will make a difference for generations.

Sincerely,

Terry Pladson, MD
President, CentraCare Health System

Foundation receives \$1-million contribution

Bob and Linda Feuling announced a \$1-million contribution to CentraCare Health Foundation March 2 to help support the St. Cloud Hospital Women & Children's Center. The Feulings own Westside Liquor stores in St. Cloud and seven other communities along with local businesses, Liquid Assets and Bella Boutique in Sartell.

CentraCare sponsors walks

St. Cloud Arthritis Walk, May 9

(800) 333-1380

Central Minnesota Heart Walk, May 2

(320) 229-5199, ext. 71391

March of Dimes

March for Babies, April 25

(320) 229-5199, ext. 73624

Southern gospel band concert

St. Benedict's Senior Community – Monticello is hosting the southern gospel band Gone Fishin' at 2 p.m. April 4 in the Great Room at St. Benedict's Senior Community - Monticello. The concert is free but space is limited, so please call (763) 295-4051 to reserve your seat. Tours will be available after you have enjoyed the show and refreshments.

Alumni scholarship offered

A scholarship will be offered to a graduate or a family member of a graduate of the St. Cloud Hospital School of Nursing, who is seeking a specialty degree within the field of nursing. The application deadline is May 15. For more information, call (320) 240-2810 or visit www.centracare.com/hospitals/sch/scholarships.

Women's Health 101

Don't miss CentraCare Health System's Women's Health 101 from 8 a.m. to 2:30 p.m. 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, cloth bag courtesy of Coborn's. For more information, check out www.centracare.com or call (320) 229-4980.

Activities for all ages

Learn how to make physical activity and healthy eating a fun and everyday part of life at the BLEND kids expo at the Earth Day Half Marathon Festival from 1-7 p.m. April 17 at the St. Cloud State University Halenbeck Field House. Kids age 12 and younger also can participate in a 1k fun run at 6 p.m. Register at www.runearthday.com/registeronline.htm. For more information, call Jodi at (320) 229-5199, ext. 71205.

Melrose Area Hospital lab passes state inspection

Melrose Area Hospital's laboratory passed a two-year recertification inspection by the Minnesota Department of Health. To participate in Medicare, it must comply with all Clinical Laboratory Improvement Amendments requirements.

Clinic to move to new location

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.

We want your feedback!

CentraCare Health System's Communications department is re-evaluating the method of distribution for *The Beat* newsletter. Your feedback will help us to better meet your communications needs. (Circle one answer for each question.)

1) How often do you read *The Beat* newsletter that is included in your pay envelope once a month?

Every month

Several times a year

A few times a year

Never

2) Would you prefer to receive *The Beat* by e-mail?

Yes

No

3) Do you ever read *The Beat* on CentraNet?

Yes

No

4) What aspect of *The Beat* do you find the most interesting and/or useful?

a) Dr. Terry Pladson's letter to employees

b) Brief news items from around the system

Please return the completed survey, via interoffice mail, to Chris Nelson in the Communications department at CentraCare Health Plaza. To be eligible for a \$25 Holiday station gift card, please include the following information.

Name: _____

Extension: _____

Facility: _____

Department: _____