

5-2009

Prescribed Reading: May 2009

CentraCare Clinic

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Prescribed Reading

A CentraCare Clinic employee newsletter

May 8, 2009

Make your voice heard!

If you have not yet completed the CentraCare Health System employee Gallup survey, please do so today. Employees may access the survey via phone, Internet or through a direct link to the survey on the CentraNet home page. Please take a few minutes to complete this survey. Today, May 8, is the deadline to complete the survey.

CentraCare team raises \$7,000 for March of Dimes

The March of Dimes Walk for Babies had a beautiful day for its five-mile walk April 25. CentraCare Clinic's Sunshine Strollers team had 25 walkers including employees, families and friends and raised more than \$7,000 this year! Thank you to everyone who joined the team and to those who donated money. One day all babies will be born healthy!

Increasing skin cancer awareness

The CentraCare Clinic dermatologists offered 84 free skin cancer screenings May 4 and 5 to raise awareness of malignant melanoma and to urge Americans to regularly examine their skin for signs of serious forms of skin cancer. This 12th annual screening coincides with National Melanoma/Skin Cancer Detection and Prevention Month.

Calling all bike riders!

People of all ages and abilities are invited to participate in an attempt to break the world record for the largest parade of bikes. Please join us June 27 at Whitney Fields in St. Cloud prior to the Granite City Days parade. This FREE event is sponsored by BLEND (Better Living: Exercise & Nutrition Daily). For specific information on times and registration or for volunteer opportunities, go to www.blendcentralmn.org.

Condolences to ...

Angela Baker, Melrose, on the loss of her husband;
Missy Leukam, Melrose, on the loss of her grandfather;
JoAnn Zenzen, Melrose, on the loss of her sister;
Sharon Blaskowski, Melrose, on the loss of her aunt;
Deb Burggraaf, River Campus, on the loss of her father.

Congratulations to Oncologist Nicholas Reuter, MD



Dr. Reuter received CentraCare Health Foundation's Caduceus Award, which was developed in 2003 to honor the outstanding work of Central Minnesota physicians who exhibit exceptional humanitarian medical efforts to improve health and health care. For nearly 32 years, Reuter has provided outstanding care to his patients. He volunteers countless hours and works tirelessly within the medical community to ensure that programs exist to meet the needs of cancer patients. Dr. Reuter will receive the award at the Caduceus Social May 13. Reuter is the 10th physician to receive the Caduceus award.

Kudos to ..

• **George Morris, MD**, St. Joseph & Health Plaza. Dr. Morris will present "Sports Medicine – Treating the Athlete in All of Us" at the May 15 Grand Rounds for SCH medical staff.

• **Keith Lurie, MD**, Central Minnesota Heart Center. He published an article in the April 2008 issue of *Minnesota Health Care News* on therapeutic hypothermia and the *Take Heart St. Cloud* program.

• **Terry Boxell**, Business Office, who is now certified in Epic's Revenue Cycle Accountability for Resolute Professional Billing Self-Pay Follow-up and Billing Insurance Follow-up.

Program encourages literacy in children

CentraCare Clinic – Women & Children continues to participate in the Reach out and Read Program. From age 6 months to 5 years of age, all children receive a new, language and age-appropriate book when they come in for well-child visits. This program encourages increased literacy and a love of reading. Each year, the clinic disburses more than 3,000 books.

Recognition for Years of Service

30 Years: **Mary Kay Hoeschen**, Women & Children

15 Years: **Katherine Staska**, Heartland

10 Years: **Robyn Brisk and Gwen Gehrke**, River Campus; **Edward “Chip” Martin, MD**, NICU;

5 Years: **Christopher Aronson, MD**, Hospitalist; **Barbara Cavegn and Lisa Lemke**, River Campus

Welcome to these new employees

Carrie Roering, Coding, Business Center

Kathi Schmidt, Quality Improvement

Reminder to employees:

Please remember to bring your insurance card, photo ID and any co-pays or charges due along to your provider visits. Keeping accounts current eliminates the additional health care costs spent on mailing statements – which can amount to approximately \$20/statement. Thank you for your cooperation.

Clinic employees provide gift to newborns

Thanks to the generosity of CentraCare Clinic - Long Prairie's F.U.N. Club and several area women, newborn babies at Long Prairie Memorial Hospital receive a gift bag with a book, a stuffed bear and a onesie as part of the “Read to me Program.” The F.U.N. Club donates the material and stuffing for the bears which are sewn by community members. The F.U.N. Club consists of Long Prairie employees **Margie Danger, Deb Wall, Betty Schenk, Mona Kaley, Julie Carry and Toni Tebben.**

New payroll tax withholding tables

New payroll tax withholding tables were put into effect on the March 13, 2009 paycheck. The new tables, prescribed by the Department of the Treasury, reflect the Making Work Pay credit and other changes resulting from the American Recovery and Reinvestment Act of 2009. Employees do not have to submit a Form W-4, Employee's Withholding Allowance Certificate, to get the automatic withholding change. If you do not want your withholding reduced, you can file a new Form W-4 and claim fewer allowances or request additional amounts to be withheld on line 6. For additional help, get IRS Publication 919, How Do I Adjust My Tax Withholding? or visit the IRS website at www.irs.gov and use the “Withholding Calculator.”

Employee Campaign concludes!

Thank you to the 1,600 employees who have participated in the campaign! We've seen amazing generosity and great success! If you still want to participate, cards will still be accepted. The final campaign numbers and prize winners will be announced in mid-May. For more information, call ext. 52810.

Clinic hours set for July 4th holiday

Clinics will be open as usual Friday, July 3. Clinics will be closed Saturday, July 4. All full-time clinic employees will have eight hours of PTO added to their PTO balance in July as payment for the holiday.

Sharing our MN Community Measurement success

CentraCare Clinic was in the top 10 performing medical groups for preventive services - more than any other medical group - in the 2008 MN Community Measurement (MCM) report. In recognition of this success, CentraCare Clinic (represented by Medical Director David Tilstra, MD) was invited to represent the provider perspective at a community dialogue on Incenting Improvement in Preventive Care. This panel, hosted by the Buyers Health Care Action Group, is from 8-10 a.m. May 12 at the Hilton Airport Hotel in Bloomington. Other panel participants include Target Corporation representing an employer/purchaser perspective and HealthPartners representing the health plan perspective. Andy Webber, President and CEO of the National Business Coalition of Health, will be the main speaker. CentraCare Clinic was in the top 10 performing medical groups for four of the six screenings monitored by 2008 MCM report. MCM is an independent, non-profit organization with a mission to improve health by publicly reporting health information.

Flexible Spending Accounts – pay stub explanation

A flexible spending account section is listed on your pay stub for medical and/or dependent care expenses. This tells you what amount you signed up for, what your balance is to-date, and what you have left to claim.

Sign-up amount: This is the total amount you signed up for the given expense claim year. For example, if you signed up for \$650 for medical expenses, it will show under “Sign Up Amount.”

Balance to date (Paid less claims): This is your deductions to date minus claims reimbursed. For example, if you've had \$425 deducted to date for medical expense and medical expense claims reimbursed are \$500, your “Balance to date” would be -\$75. Remember, when you submit dependent care claims, they will not be reimbursed until your “Balance to date” on your previous check is large enough to cover the total claim amount. For example, if you have a dependent care claim for \$500 but only have \$450 sitting in your “Balance to date,” nothing will be reimbursed until you have the full \$500 accumulated in that “Balance to Date” amount.

Balance YTD (sign-up minus claims): This is your sign-up amount minus claims reimbursed. For example, if your sign-up amount is \$650 and claims reimbursed is \$500, your “Balance YTD” would be \$150.