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Published for the
employees, medical
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Hospital sponsors paraplegic pilot in air show

Saint Cloud Hospital is sponsoring one of this year's Wheels, Wings and Water Festival Airshow's premiere acts, Steve Soper, a paraplegic pilot.

Soper has been involved in airshows since 1974, but a 1986 accident left Soper without the use of his legs.

"We're proud to be sponsoring Steve Soper. His determination and perseverance make a strong statement to our own rehabilitation patients," said Earl Pederson, manager of the hospital's rehabilitation unit. "It tells them that it is possible to return to many of their routine activities or jobs. Steve is a real inspiration to all of us."

Soper will also be attending a luncheon hosted by the rehabilitation department on Friday, July 6 at the hospital. Paraplegics and quadriplegics from the community are invited. One of them will be the recipient of a free airplane ride with Soper.

The airshow will be from 2:30 - 5:30 p.m. on Sunday, July 8 at the St. Cloud Airport.



Soviet to complete residency at Recovery Plus

Saint Cloud Hospital's alcohol and chemical dependency unit, Recovery Plus, will host a chemical dependency expert from Leningrad, Soviet Union this summer as part of its newly developed international residency program.

Mark Pevsner is scheduled to arrive July 10 and spend 4 weeks studying our treatment process. He wants to learn more about the

Minnesota model of treatment including how we segment treatment programs to meet the different needs of all individuals including relapse, adolescent, outpatient, and family programs.

Marcia Kurilla, RN, Recovery Plus, is coordinating Pevsner's visit. She hopes it will be the first in an international residency program she's working to develop. If all goes well,

Kurilla could coordinate trips from chemical dependency experts in Israel, France, Switzerland and other countries.

Pevsner's visit is part of the statewide "Moscow on the Mississippi" program. Sponsored by the Honeywell Foundation and the state of Minnesota, the exchange program is designed to explore common problems and issues.

-Lori J. Tiffany



Diabetes Not-Too-Long Bikeathon

The first Diabetes Not-Too-Long Bikeathon organized by Health Systems Institute, a division of Saint Cloud Hospital, departed Saturday, June 23 at 8 a.m. in front of SCH. Fifty cyclists pedaled approximately 120 miles in two days, along a scenic route through lake country in the Brainerd area. "The event was flawless," said Marge Parry, one of the event



Quilt marks 75th anniversary of Catholic Health Association

Each Catholic hospital that played a role in founding the Catholic Health Association of the United States (CHA) has helped in the creation of a Founders Quilt.

Saint Cloud Hospital was one of the founders, and like each of the other 42 founders, has created a square in the quilt. The quilt, which measures 9 feet by 12 feet, was unveiled on June 10 in Washington, DC.

"We chose a quilt because it is a symbol of unity, a symbol of distinctly

different pieces being joined together into a strong whole," explained John E. Curley, Jr., CHA president and CEO. "Seventy-five years ago these hospitals came together to create CHA to provide the strength in unity that they needed to effectively respond to the changes occurring in healthcare standards and



education. This quilt and this anniversary year celebrate the ingenuity of our founders and the continuing ability of CHA members to creatively respond to change."

The hospital's square was created by Sisters Mary Cecilia Kapsner, Ruth Nierengarten, and Thomasette Scheeler, all members of the Sisters of the Order of St. Benedict. It features embroidered images of the original Saint Cloud Hospital and three successive buildings. The quilt now hangs in St. Louis, Missouri, at the national headquarters of CHA.



coordinators. "The cyclists said that they really enjoyed it, and that they would tell their friends to ride it next year if the hospital decides to do this again."

Cyclists pledged a minimum of \$175 to ride in the Bikeathon. One couple pledged a combined total of \$1,500. Many cyclists pledged several hundred dollars over the minimum \$175. The money raised will be used for scholarships for diabetes education programs.

BENEFIT WISE

What is the hospital's retirement plan? Am I a participant in the plan? When are changes going to be made to the plan?

These are some of the more common questions that employees ask.

The hospital does have a retirement plan called Sisters of the Order of St. Benedict Retirement Plan. The plan is a benefit fully paid for by the hospital at no cost to the employee. Annually, the hospital contributes about 6% of the total hospital payroll to the fund.

Major improvements have been made to the retirement plan retroactive

to the beginning of the current plan year, 7/1/89. These improvements are highlighted in the following question and answer section.

How do I become a participant in the retirement plan?

You need to be at least age 21 and work at least 1,000 hours in a fiscal year (July 1 through June 30).

What is "vesting"?

Vesting is the number of years necessary for you to receive a benefit at normal retirement (age 65). To receive a vesting credit for a year, you must work 1,000 hours in the fiscal year. Pension hours are indicated on your paystub.

How many years do I need to be vested?

The plan previously required 10 years of 1,000 hours to be vested. Now, with the improvements as of 7/1/89, you only need 5 years of 1,000 hours to be vested. Years prior to 7/1/89 will count towards the 5 year vesting requirement.

How is my retirement benefit calculated?

Your retirement benefit is based on a formula. As of 7/1/89, the formula has been restructured to increase the benefits available at retirement. The social security offset in the previous formula has been eliminated plus other changes have been made to the formula. The formula is based on a percentage of your final average salary times your years of service of 1,000 hours.

When am I eligible for my retirement benefit?

Normal retirement is age 65. However, another enhancement has been added as of 7/1/89 for those of you who may be considering early retirement. If you are at least age 60 and your age plus years of service (with 1,000 hours or more) equal 85, there will be no reduction to your monthly benefit. However, if you wish to retire before age 65 and do not meet the above requirements, you may receive benefits at a reduced amount if you are at least age 55 and have 15 years of service with 1,000 hours.

If you are a current plan participant, you recently received your annual pension status report. Please review this report which shows you a comparison of your estimated benefit under the old plan and the new plan. If you have questions concerning your pension status report or the retirement plan in general, a representative from our plan actuary will be available to answer your questions on Wednesday, July 18, in the Hoppe Auditorium. Date and times will be announced in the Today.

New Management



Debra Eisenstadt, RNC, BSN, has been hired as assistant manager of 4S. She is nationally certified in gerontology. Before coming to SCH, she worked at the St. Cloud Veterans Administration Medical Center for 11 years.

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Center Scan is published monthly by the public relations and development department. Any comments or questions should be addressed to the editor.

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Employee recognized for junior volunteer work

Recipient of this year's Rosalie Timmers Award for outstanding service by a junior volunteer is Karin Reichensperger. Reichensperger recently graduated from Technical High School, and plans to attend the pre-med program at the College of St. Benedict. She is the daughter of Charles and Connie Reichensperger of St. Cloud.

Reichensperger is employed in the hospital's telecommunications department, and previously worked for nutrition services. She was the 1989-90 junior volunteer president, and has donated more than 800 hours of volunteer service.

Reichensperger received the award at a ceremony to honor 84 junior volunteers who have together donated more than 14,700 volunteer hours to SCH.

Mid-Minnesota Health Clinic hires medical director

The hospital is pleased to announce that John Richard Hann, M.D., has accepted the position of medical director for the Mid-Minnesota Health Clinic.

Dr. Hann has been in private practice in St. Paul, Minnesota. Prior to that he worked with the National Health Service Corps in Paragould, Arkansas.

The clinic will serve people living within a 30-mile radius of St. Cloud who are either uninsured or inadequately insured. It is expected to open in August. The clinic will be located at 2850 First Street North, St. Cloud.

Clinic staff will include a clinic manager, family practice physician, nurse practitioner or physician's assistant, volunteer coordinator, nursing and support staff. It is estimated that the clinic will be able to accommodate about 7,000 patient visits per year.

PROMOTIONS

Barbara Curtis, jr. physical therapy orderly, P.T., to physical therapy assistant.

Julie Goenner, Recovery Plus counselor, Recovery Plus, to Recovery Plus sr. counselor.

Robert Lacroix, chemical dependency specialist, Recovery Plus, to Recovery Plus counselor.

Paul Lentner, jr. physical therapy orderly, P.T., to sr. physical therapy orderly.

Barbara McConnell, employee health service nurse, to adult nurse

practitioner, Health Systems Institute.*

Kirsten Pederson, staff occupational therapist, O.T., to sr. occupational therapist.

Patty Popp, trainee transcriber, ETC, to transcriber.

Lori Rice, jr. physical therapy orderly, physical therapy, to sr. physical therapy orderly.

Michael Steil, home health aide I/homemaker, home care, to nursing assistant, float pool.

*Will work both positions.

ACHIEVEMENTS

The marketing division received a Gold Spirit Award during the fifth annual Catholic Health Association Marketing & Public Relations Forum June 8 in Washington, DC. The "Special Media" award was for promotional Christmas ornaments designed as part of the neonatal intensive care unit marketing campaign.

Ann LaFrence, oncology data coordinator, had two articles published in the National Tumor Registrars Association spring publication of *Abstract*. The articles were titled "Improved Registry Through Better Documentation," and "The Oncology Data Professional, Registry Excellence Through Service."