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August 14, 2009

Welcome to our new providers



Thomas Ferry, MD, is a board-certified family medicine physician who joined Long Prairie. Dr. Ferry received his medical degree and completed his residency in family medicine and general surgery at the University of Minnesota. Most recently, he practiced in Zimmerman, Minn.



Alexander Schad, MD, is a nephrologist who joined the CentraCare Kidney Program. Dr. Schad received his medical degree from the University of Minnesota. He completed his internal medicine residency at Hennepin County Medical Center and a nephrology fellowship at the University of Minnesota. He has special interests in acute renal failure and chronic disease management.



Kathleen Rieke, MD, is a board-certified neurologist who joined the Neurology Department at River Campus. Dr. Rieke received her medical degree from the University of North Dakota School of Medicine and Health Science in Grand Forks and completed her neurology residency and her clinical neurophysiology fellowship at the University of Minnesota. She has a special interest in epilepsy.



Suresh Gundaji, MBBS, is a family medicine physician who joined Long Prairie. Dr. Gundaji received his medical degree from Osmania Medical College in Hyderabad, India, and completed his residency at Louisiana State University Health Sciences Center in Shreveport/ Monroe, La.



Nathan Reuter, MD, is a board-certified surgeon who joined the Surgery Department at River Campus. Dr. Reuter received his medical degree and completed his general surgery residency at the University of North Dakota. He also completed a surgical oncology fellowship at the University of Louisville, Ky. He has special interest in esophageal, gastric, liver, pancreatic, ovarian, endometrial, breast, colon and rectal cancers, as well as melanoma, sarcoma and laparoscopic surgery.

Employees of the Quarter recognized

Congratulations to our first-quarter winners **Tammy Roden** and **Lynn Zwiener**, Women & Children.

Tammy's co-worker wrote, "Tammy is an exceptional nurse. Patients and families love her. She's enthusiastic and does her job with class."

Lynn's co-worker wrote, "Lynn has been a true asset to our department. She always puts patients first and learns quickly. We are thankful she is on our team."

Mara Szydlowski, River Campus, was the first quarter's random drawing winner. Others nominated include Women & Children employees: **Tricia Heitzman, Deb Mock, Stacy Reisinger, Monica Schwickerath** and **Colleen Stach**.

Congratulations to our second-quarter winners **Audrey Kelley**, River Campus; and **Rick Wolf**, Plaza - Dermatology.

Audrey was nominated by co-workers for her outstanding work with the Diabetes Collaborative. "Audrey is an energetic, positive force and continues to move the staff and physicians to meet goals. She has new ideas to keep the team positive and rewards staff."

Rick's co-worker wrote, "Rick has been an unsung hero for 12 years. He is extremely motivated and a hard worker. He is a team player, adored by patients and does many things which make our department great."

Cindy Wensmann, Health Plaza – Gastroenterology Clinic, was the random drawing winner. Other nominations include: **Kim Piersak** and **Sue Ackerman**, River Campus; **Joann Gallant, Mary Daniels, Sarah Rueckert, Beth Blomker, Kathy Solarz, Audrey Borash, Kari Patton, Michelle Schreifels, Caitlin Trettel, Angie Voigt, Denise Bethell, Deb Ertl** and **Jessica Hengel**; Women & Children; **Katie Staska**, Heartland; and **Roxanne Hoye**, Health Plaza – Gastroenterology Clinic.

Welcome to these new employees

Kayla Dobberstein, Imaging, River Campus

Jacob Huset, Imaging, River Campus

Michelle Lowell, Admitting, River Campus

Kelly Meyer, Nursing, Women & Children

Stasia Mock, Nursing, Women & Children

Shannon Petroske, Admitting, Plaza – Dermatology

Kudos to...

• **George Morris, MD**, CentraCare Clinic – Health Plaza, who is the medical director for the 2009 Twin Cities Breast Cancer 3-Day Walk Aug. 21-23. Dr. Morris oversees participants' medical needs during this event.

• **CentraCare Clinic – Women & Children** received \$3,000 from Target and \$500 from Walmart for the Reach Out & Read program to purchase children's books for their pediatric patients.

Recognition for years of service

30 years: **Deb Ertl, RN**, Women & Children, and **Carl Melling, MD**, Melrose.

20 years: **John Johnson, MD**, and **Stephen Reichl, MD**, Internal Medicine.

15 years: **Mary Birk**, **Stephen Honebrink, MD**, **Donna Shold**, and **Mary Lepinski**, Heartland; **Rene Eldidy, MD**, **Ruth Wingeier, CNM**, Long Prairie, and **Dante Beretta, MD**, Melrose.

10 years: **Deborah McCarl, MD**, and **Jodi Regan, MD**, Women & Children.

5 years: **Jeffrey Humbert, MD**, **Stasia Mock, RN**, and **Tracy Kranz**, Women & Children; **Alicia Strandberg**, Internal Medicine; **Jennifer Thomas**, Long Prairie; **Susan Piehl, CNP**, Neurosurgery.

Mark your calendar for Loop the Plaza

Join us Saturday, Sept. 12 for the third annual "Loop the Plaza" walk/run event sponsored by the CCHS Wellness Committee. Earn 20 Reward Points for participating! Cost is \$5 per person. All participants will receive a T-shirt, beverages and snacks. Register on CentraNet under the Human Resources/Wellness Program tab. For more information, contact Nicole, ext. 53627.

Free colon cancer screening project a success

Nearly 500 Central Minnesotans picked up free colon cancer screening kits in March. This screening resulted in 32 positive findings for blood in participants' stools with 12 participants receiving colonoscopies. Three of these 32 participants were found to have a type of polyp that potentially could result in cancer. One participant was diagnosed with early stage rectal cancer and another with esophageal cancer. When colorectal cancer is found early and treated, the five-year relative survival rate is 90 percent. For more information, call Coborn Cancer Center at (320) 229-5199, ext. 70855, or visit centracare.com.

Marketing and Communications receive awards

The Minnesota Health Strategy & Communications Network recognized CentraCare Health System July 23 with five awards for excellence in research, planning, marketing, communications and public relations. The following projects received awards: SCH Mission Matters calendar; Caring for Generations capital campaign; Coborn Cancer Center annual report 2007; Women's Health 101; and CentraCare Surgery Center open houses.

Critical Care program celebrates five years Aug. 23

St. Cloud Hospital's Critical Care was one of the first programs in the state to have certified doctors in critical care medicine. **Scott Davis, MD**, Medical Director of the ICU, helped to start the program. He was joined by **Drs. John Olsen** and **Sandeep Jain**. These doctors work exclusively in Intensive Care. Pulmonologists **Jeff Kowitz, MD**, **David Risher, MD** and **David Shuster, MD**, also assist with the Critical Care Program.

Mini-Law School for Caregivers

Navigate the legal system more effectively as a caregiver from 6:30-8 p.m. Sept. 21 at CentraCare Health Plaza. A lawyer will discuss management of your loved one's financial affairs, medical decisions and preserving family assets. Cost \$10. To register, call (320) 229-5139.

Expo for Seniors

Several CentraCare services will be represented at the Expo for Seniors from 8 a.m. to 1:30 p.m., Aug. 22 at Whitney Senior Center (1527 Northway Drive, St. Cloud). This free event features former Minnesota Twins baseball player Tony Oliva. For details, visit expoforseniors.com.

Navigating the Lunch Line

A dietitian will guide participants in making smart food selections at home and school from 6:30-8 p.m. Sept. 28 at CentraCare Health Plaza. \$10. For more information, or to register please call (320) 229-5139.

Telemedicine provides real-time communication

St. Cloud Hospital Medical Staff can collaborate on care for a critically ill or injured child through the use of telemedicine with the University of Minnesota Children's Hospital. For more information, contact Deb, ext. 76738.

Tough health care decisions seminars offered

"Making Tough Health Care Decisions" is a free session from 1-2 p.m. Aug. 19, Sept. 16 or Oct. 21 in the Coborn Cancer Center classroom. Participants will learn to clarify treatment options, engage in more effective dialogue with physicians, take a more active role in health care and understand the risks and benefits. For more information, call LaNae, ext. 70128, or visit centracare.com.