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CentraCare Clinic

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Welcome to our new providers

Dermatologist Rachel Wenner, MD, completed her medical training and dermatology residency at the University of Minnesota. She has special interests in skin cancer, psoriasis, phototherapy, lasers, acne and cosmetic dermatology.

Susan Heying is a certified family nurse practitioner who transferred from Heartland to St. Joseph. She is a College of St. Benedict graduate and completed her master’s degree at Minnesota State University – Mankato.

Extended clinic hours in St. Joseph

CentraCare Clinic – St. Joseph extended its clinic hours for urgent care appointments to 8 p.m. Thursdays beginning Oct. 1. These extended hours are available to all CentraCare Clinic Family Medicine patients.

Clinic involved in LEAN improvement project

CentraCare Clinic – Heartland is one of three CCHS areas participating in Lean-Six Sigma to gain practical improvements by eliminating time or resource wasters. Some of the clinic’s improvements to date include:

- Timely management of the Epic in-basket;
- Cleaning up the Epic provider preference lists to ensure correct orders are placed and present when patients arrive for ancillary services;
- Evaluating inventory and replacing unused supplies with highly used items as well as standardizing exam rooms and work stations for efficiency.

These changes continue to be audited and refined to ensure the changes achieve the desired results.

Welcome to these new employees

Mallory Hawkinson, Nursing, River Campus
Cheryl Henkel, Clinic Services, Dermatology
Kari Kluver, Nursing, Long Prairie
Mary Rieke, Clinic Services, Heartland
Tanya Sargeant, Nursing, Oncology
Katie Vierzba, Nursing, Plaza – Family Practice

Welcome to our new Quality Improvement leader

Rachael Lesch, RN, has an MBA degree with extensive experience in quality improvement. She looks forward to helping CentraCare Clinic become a leader in the state for quality, safety, service and value. Thank you to Kate Nienaber for providing interim leadership.

Recognition for years of service

15 Years: Kimberly May, River Campus; Christy Mohrman, Business Office; Thomas Schrup, MD, Women & Children
10 Years: Marjorie Andel, River Campus; Jodie Boser, Women & Children; Loretta Lundy, Long Prairie
5 Years: Jody Kamholz and Kelly Shefland, CNP, Women & Children; Debra Burggraf and Connie Reimann, River Campus.

Kudos to . . .

• Stephen Leslie, MD, Allergy, presented on childhood allergies at the Sept. 26 child care provider conference at the St. Cloud Civic Center.
• Jacob Dutcher, MD, Cardiology, presented at an international cardiology conference in Washington, DC, Sept. 24, on the topic of Thrombolytic Management in the setting of an Acute Myocardial Infarct (STEMI).
• Kathy Kulus, MD, Women & Children, spoke at the National Telehealth Conference in Minneapolis, Sept. 24-26 on telephone triage for newborns.
• CentraCare Clinic – Long Prairie and Long Prairie Hospital hosted a community health fair Oct. 1.

Congratulations to . . .

Richard Horn, Business Office, and his wife, Jess, on their marriage; Ruby Wade, River Campus, on the birth of her great granddaughter; Angie Voigt, Women & Children, on the birth of her daughter; Rachel Wenner, MD, Dermatology, on the birth of her daughter; Kelly Boeckermann, Women & Children & Heartland, on the birth of her son; and Michelle Klein, St. Joseph & Health Plaza, on the birth of her daughter.
**Flu vaccination message for health care workers**  
*by Allen Horn, President, CentraCare Clinic*

During the coming weeks and months, much public and media attention will be paid to vaccination against both seasonal and H1N1 influenza. Our patients, families, and friends look to us as a source of accurate information regarding health care matters. We strongly encourage every health care worker to become informed, and then to be vaccinated as appropriate.

The reason for this recommendation is simple: Influenza is highly contagious and can be spread for 24 hours before someone feels ill. Because of this, health care workers can unknowingly give the virus to the very patients they are trying to help. Although the circulating H1N1 strain has produced mild illness for most, it has been severe or fatal for others. The members of our communities who are at the greatest risk from influenza are also the most likely to come to us for medical help. It is in their best interest that we are vaccinated.

CentraCare Health System has begun to receive H1N1 vaccine for health care workers. The initial supply is a nasal mist, commonly referred to as FluMist. The Centers for Disease Control and Prevention (CDC) and the Minnesota Department of Health (MDH) have recommended this as a safe and effective vaccine for health care workers, although it is not approved for everyone. Because this is a live virus vaccine, there has been some confusion regarding its use for those involved in patient care. Other concerns have been raised about the timeline of H1N1 vaccine development, which eventually also will be available in injectable form. Here are some important facts:

- The H1N1 vaccine has been produced using the same technology and facilities used to produce seasonal influenza vaccine for many years; it is simply a different strain.
- The CDC and MDH are monitoring the vaccine carefully for safety, and they expect no differences from that seen with the seasonal vaccine.
- People cannot get the flu from either the injectable or nasal mist vaccine. Because these vaccines are given at a time of the year when many viruses circulate, it is not uncommon for people to become ill near the time of vaccination, but this is not due to the vaccine.
- The nasal mist is a live virus vaccine that has been weakened and will live only in the cooler temperature of the nose. It cannot grow or produce illness in the warmer temperature of the lungs.
- People vaccinated with the nasal mist can shed the virus after receiving it. Because the virus is so weakened and there are so few virus particles shed, transmission to others has been documented only very rarely. In those cases, because the virus was so weakened, it caused no illness.
- Millions of doses of seasonal FluMist have been given with no reported cases of transmission to others causing illness. Dr Greg Poland, an internist and vaccine expert at Mayo Clinic states: “The observed risk of transmission causing disease is zero.”
- The only patients who should not be cared for by vaccinated providers are those who are the most extremely immuno-compromised and are in protective isolation such as after a bone marrow transplant. The recommended duration for separation is seven days.
- The nasal mist vaccine is intended for healthy persons aged 2-49, including health care workers.
- Other health care workers should be vaccinated with the killed injectable vaccine. The only recommended reason to avoid vaccination is a significant egg allergy.

It is understandable that people may have questions regarding the vaccine’s effectiveness and safety. We encourage our staff to ask questions and remain informed as we continue the work of protecting our patients. We believe the vaccines to be important and safe – and we strongly encourage staff to receive the vaccination.

Details will be shared soon about plans for H1N1 vaccination of CentraCare employees.

**2009 United Way Campaign runs Oct. 19 – Nov. 6**

“Rustlin’ Up a Better Future” is this year’s campaign theme. Return your pledge card early for a chance to win some great prizes or PTO. Visit the CentraNet for prize and events details.

Thank you to this year’s clinic representatives: Co-chairs: Michele Fischer, Administration, and Carla Zupko, Plaza Family Medicine; Sara Siemers, Lisa Loso, Judy Dirkes, Bobbi Todd, River Campus; Jeanne Viere, Business Center; Sharon Blaskowski, Melrose; Angela Barnett, Becker; Danelle Zazpalka, St. Joseph; Mary Lepinski, Heartland; Ruth Aungst, Donna Corrigan, Angela Hall, Joy Karels and Deanna White, Health Plaza.

**Condolences to:**

Diane Korte, Business Office, on the loss of her father; Connie Reimann, River Campus, on the loss of her aunt; Angela Porter, River Campus, on the loss of her grandfather; and Julie Carry, Long Prairie, on the loss of her grandmother.

**Our sincere apologies**

Pulmonologist Keith Leavell, MD’s name was inadvertently omitted from an August newsletter article about the critical care program’s five-year anniversary. Dr. Leavell plays a significant part of this program’s continued success. We apologize for this error.
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Oct. 15: Kick off at Clinic Leadership meeting
Oct. 19-29: Gitty-Up Gift Basket Raffle ($1/per chance or 6/$5)
Oct. 20-Nov. 6: Stampede Game
Purdy as a Picture Sale: Oct. 20-22 at SCH and Dec. 1-3 at CCHP;
Oct. 19-28: I Want to Be a Cowboy (Purchase 25-cent nomination tickets)

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Concert celebrates 20 years of Jacob's Hope
CentraCare is sponsoring a “Celebration of Children” concert by Red Grammer at 7 p.m. Oct. 17 at the Benedicta Arts Center. Tickets are $5. For more information, call 363-5777. Proceeds benefit the Jacob Wetterling Resource Center and the Boys & Girls Club.

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Food Allergy Basics
From 6:30-8 p.m. Oct. 26, pediatric allergist Mary Keating, MD, Women & Children, and Molly Travers, RD, St. Cloud Hospital, will share information about eight common food allergies, ingredients to avoid with certain food allergies, how to avoid cross-contamination of foods and revision of recipes. $10 fee. For more information or to register, please call (320) 229-5139.

#1 Best Place to Work in Minnesota
CentraCare Health System has been named the #1 Best Place to Work in Minnesota, in the large company category, by the Minneapolis/St. Paul Business Journal. The recognition is based entirely on employees’ responses to an online survey conducted this spring. CentraCare, along with other Best Places to Work winners, was featured in the Aug. 28 edition of the Minneapolis/St. Paul Business Journal, is noted at http://twincities.bizjournals.com/twincities/ and was honored at an Aug. 27 luncheon in Minneapolis.

Spirit Girls’ Night Out
Simply glamorous! Rich dark chocolate, purple boas, luxurious massages, cherished friends … Women, take action for your health by joining us for Spirit Girls’ Night Out from 5:30-8:30 p.m. Oct. 19 at CentraCare Health Plaza. This enchanted evening includes a personal consultation with a bra-fitting expert, health education speakers, screenings and booths. Free gift bags to all participants and a chance to win a $100 cash giveaway. Cost is $10 and space is limited. For more information or to register, call (320) 229-5139 or visit www.centracare.com. Sponsored by St. Cloud Hospital Breast Center and Women & Children’s Center.

SCH Operating Room Open House
Give your family a fascinating behind-the-scenes look at the St. Cloud Hospital Operating Rooms from 6-8:30 p.m. Nov. 12. Explore surgical careers and learn about the latest surgery procedures and technology, including the da Vinci robot. Sponsored by the St. Cloud Hospital Perioperative Nurses. Tours begin in A Lobby. Call (320) 229-4980 for details.

Gratitude and Your Health
Find the secret to health and happiness from 6:30-8 p.m. Nov. 9. Ruth Stanley, OSB, will demonstrate the mental, physical and emotional benefits of a grateful heart. $10. For more information or to register, call (320) 229-5139.

CLIMB program offered at Coborn Cancer Center
Coborn Cancer Center is offering the CLIMB (Children’s Lives Include Moments of Bravery) program for children ages 6-11 who have a parent or primary caregiver going through cancer. The free six-week program, starting Oct. 15, offers 90-minute group sessions where children talk and complete activities by specially trained facilitators. The group is open to children or grandchildren of patients at Coborn Cancer Center. For more information or to register, call LaNae Harms-Okins, ext. 70128, or visit www.centracare.com.
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Novel H1N1 Influenza Update CentraCare Health

System is working with public health agencies and providers across the region to ensure that we are ready for H1N1. As part of our preparations, we encourage all to be informed and to take precautions to protect themselves, their families and our patients. Here are a few simple precautions to keep from getting the flu or spreading it to others: • Cover your cough. • Clean your hands frequently and thoroughly with soap and water or an alcohol-based hand sanitizer. • Limit your contact with others who may be ill. • Stay home from work if you are sick. To learn more about novel H1N1 influenza, visit: • www.health.state.mn.us • www.cdc.gov

Walmart supports clinic’s reading program

(photos) Chris Ehlen from Walmart presented the $500 check for the Reach Out and Read Program to Susan Malone, ROR program coordinator, Sylvia Sundberg, MD, and Pat Faust, CCC-W&C.

Stephen Ministry training session offered

The Spiritual Care department at St. Cloud Hospital, on Oct. 25, is offering a training session for laypeople to serve as Stephen Ministers. Each interested person will complete a spiritual gifts inventory, followed by a period of prayerful discernment to confirm if the Lord is calling them for this ministry. After a period of reflection, a person can make a commitment to become a Stephen Minister candidate and will be provided with more than 50 hours of training in Christian care giving.

The bulk of the mission and training revolves around truly listening to the patient and spiritually helping them succeed with life’s challenges. Volunteers are trained to provide confidential, one-to-one Christian care to help patients through difficult times. Upon completion of training in May 2010, these candidates will be formally appointed as Stephen Ministers for St. Cloud Hospital. To learn more about Stephen Ministry, visit www.centracare.com. If you are interested or have any questions about the ministry, please call ext. 54625.

Art Therapy classes offered in October

In October, the Coborn Cancer Center Survivorship Network is offering a four-week series of art therapy classes on Wednesday mornings from 9:30-11 a.m. in the Coborn Cancer Center classroom. Dates include: Oct. 7, 14, 21 and 28. Cost is $15 for the four-week series, or $5 per session. Art therapy helps cancer patients and caregivers record their thoughts and feelings in a “visual journal”, manage pain, depression, anxiety and stress, relax and meet new friends. Katie Kinzer, a master’s level art therapist, guides individuals in the creative process using a wide assortment of art supplies. To register, or for more information, please call Katie at ext. 79943.

Quilt raffle

Purchase your chance to win one of two beautiful, handmade quilts being raffled by Breath Savers Support Group. Tickets are $1 and are available at the Respiratory Care department or the SCH Gift Gallery. Proceeds will help fund local outings for Breath Saver members. The drawing will take place Dec. 2 at the Breath Savers support Group Meeting at Whitney Senior Center. For more information, contact Pulmonary Rehab, ext. 54345 or Respiratory Care, ext. 55675.

Ice Fishing Seminar

SCH Respiratory Care is sponsoring an Ice Fishing Seminar featuring ice fishing pro and hall-of-famer, Dave Genz, from 7-9 p.m. Nov. 18 in the Windfeldt Room at CentraCare Health Plaza. The evening includes a silent auction and door prizes. Cost is $5. Advanced tickets are available at the SCH Gift Gallery or Respiratory Care from 8 a.m. to 3:30 p.m., Monday through Friday, or at the door. Proceeds benefit the Breath Savers Support Group whose goal is to help improve the quality of life for those who suffer from chronic lung disease with educational meetings and supported outings. For more information, call ext. 55675.

Pulmonary Rehab Program receives certification

The St Cloud Hospital Pulmonary Rehabilitation Program - Respiratory Care Department, is proud to announce it has received certification from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This certification is recognized as the gold standard for quality in the delivery of pulmonary rehabilitation care.
Pulmonary rehabilitation cares for patients with chronic respiratory impairment using a multidisciplinary team including respiratory therapists, exercise physiologists, physical therapists, occupational therapists, pharmacists, dieticians, nurses, spiritual care staff and palliative care staff. The program is individually tailored to meet the needs of each patient. Pulmonary rehabilitation is a life-saving pathway from inactivity to activity, isolation to socialization, depression to hope, and from being an observer of life to an active participant.

Celebrating 10 years of exceptional living
Join us to celebrate the 10th anniversary of St. Benedict’s Senior Community – Monticello during an open house from 11:30 a.m. to 3:30 p.m. Sunday, Oct. 11. Our exciting amenities feature a movie theater, chapel for all faiths, fitness center, general store, club room and large outdoor courtyard. St. Benedict’s Senior Community – Monticello has 150 apartments to provide exceptional housing and health care services for adults 62 years of age or better.

Housing options include:
- Retirement living apartments;
- Assisted living apartments;
- Memory care apartments.

St. Benedict’s Senior Community - Monticello is conveniently located just off I-94, near the Super Target. If you are unable to attend the open house, please call (763) 295-4051 for a free DVD or to schedule a private tour with a complimentary lunch or visit www.centracare.com.

Binge eating skills group
The 14-week skills group is for women and men age 18 and older who have frequent episodes of eating large quantities of food in short periods of time and experience two of the following:
- feeling out of control over eating behavior
- feeling ashamed or disgusted by the behavior
- eating large amounts of food when not physically hungry
- eating alone because of being embarrassed by how much one is eating

Groups are led by licensed psychologists and a registered dietitian, and will help participants learn what prompts overeating and provide coping skills to prevent it. The skills group is now forming for October and will meet Tuesdays at CentraCare Health Plaza. This is not a weight-loss program. Group sessions will be submitted to your insurance. For more information, or to register, please call Barbara Carver, PsyD, at (320) 229-4918.

Coborn Cancer Center offers lung cancer support group
A lung cancer support group named “Working to Inspire Each Other Every Day” will meet from 3-4 p.m. the third Thursday of each month in the Administrative Conference Room at Coborn Cancer Center. The group combines education and group discussion to help support people living with lung cancer as well as family members and caregivers. For more information, please call Debbie Corrigan, R.N., at (320) 229-5199, ext. 70830.

Tough health care decisions seminars offered at Coborn Cancer Center
“Making Tough Health Care Decisions” is a free educational session held from 1-2 p.m. on the third Wednesday of each month in the Coborn Cancer Center Classroom. These sessions are intended to educate patients and their families about the tools available to help clarify their preferences and values about treatment options. By using a shared decision making tool, patients and families can engage in more effective dialogue with their physicians and take a more active role in the management of their health care. The tool also will help them understand the risks and benefits, as well as the roles others play in their decisions. For questions, please call LaNae at ext. 70128, or visit www.centracare.com.

A.W.A.K.E. Support Group
(A.W.A.K.E.: Alert, Well and Keeping Energetic) meetings are held the third Tuesday of every other month: January, March, May, July, September, November. If you have questions or would like more information, please call 320-251-0726.

Stroke & blood vessel screenings
St. Cloud Hospital offers three simple 15-minute screenings to determine your risk for stroke, peripheral vascular disease and abdominal aortic aneurysm. Cost is $35 for each screening. To schedule a weekday appointment, call Imaging Services at CentraCare Health Plaza, ext. 74986.

Simply Glamorous!
Rich dark chocolate, purple boas, luxurious massages, cherished friends… Women, take action for your health by joining us for Spirit Girls’ Night Out from 5:30-8:30 p.m. Oct. 19 at CentraCare Health Plaza. This enchanted evening includes a personal consultation with a bra-fitting expert, health education speakers, screenings and booths. Free gift bags to all participants and a chance to win a $100 cash giveaway. Cost is $10, and space is limited. To register, visit
Antiquities Photos Deadline Extended

As part of the upcoming United Way Campaign, you can have an old-fashioned portrait taken of your child complete with props and clothing Oct. 23-25 at CentraCare Health Plaza. To participate, you will need to purchase a coupon from your United Way Department Representative for a 10x13 portrait by Monday, Oct. 12. A United Way committee member will contact you shortly thereafter to set up the appointment for your photo. Other photo packages also will be available for purchase following your photo session. For more information, call ext 53627.

Rustlin' Up a Better Future

CentraCare Clinic, St. Benedict's Senior Community and St. Cloud Hospital are currently holding their United Way campaigns Oct. 19-Nov. 6 with a theme of Rustlin' Up a Better Future. For a minimum donation of $26 ($1 per pay period), you have a chance to win a Nintendo Wii game system, portable GPS navigation system and a $25 gift card to Coborn/Little Dukes. For more details about these incentives or our western-themed activities, see your United Way department representative or visit CentraNet.