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The Beat: November 2009

CentraCare Health

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Individuals' daily actions can help control costs



Dear Friends:

You have the power to help control the cost of health care. This has nothing to do with lobbying Congress, with engaging in the complex national debate about health care reform. Rather, your role is one of personal responsibility.

You can take steps every day to control spending on ailments related to obesity, chronic lung disease and smoking-related cancers, and preventing and managing diabetes. How? Simply by practicing good health habits: eating right, exercising and not smoking. If you have a chronic condition, you can help control costs by following your doctor's orders. Properly managing chronic disease can have a substantial impact on health care spending, as evidenced by research that indicates that just 10 percent of patients use 80 percent of the health care resources.

CentraCare Health System is helping you take healthy steps by contracting with MMSI to provide risk assessments as well as education and coaching programs. CentraCare also offers an employee wellness program that encourages healthy habits.

If, in addition to making healthy choices, you would like to contact elected officials about health care reform, it may be helpful for you to know CentraCare's position. We support reform that would measurably improve people's lives. We want health care reform that:

- Ensures transparency;
- Reduces administrative costs;
- Implements tort reform to reduce waste from frivolous lawsuits;
- Rewards coordinated care through a health care home;
- Supports prevention of chronic disease;
- Rewards quality, not quantity of services;
- Covers those who have pre-existing conditions;
- Provides for portability of insurance;
- Ensures that government programs pay reasonable rates to providers.

In short, we want health care reform that guarantees high-quality, compassionate care for all.

Sincerely,



Terry Pladson, MD
President, CentraCare Health System

Golf tournament raises more than \$150,000

CentraCare Health Foundation thanks Coborn's and other



Grocers on the Green golf tournament sponsors for providing hope to local children with cancer. Since 2002, the annual tournament, which takes place in September and involves grocers from around the state, has raised more than \$869,000. Tournament proceeds benefit St. Cloud Hospital pediatric cancer services through the Pediatric Cancer Fund of CentraCare Health Foundation. For more information about CentraCare Health Foundation, call (320) 240-2810.

SBSC receives Quality Improvement Award

St. Benedict's Senior Community Quality Improvement Team received the Care Providers of Minnesota's Quality Improvement Team Award. This award acknowledges the use of a continuous quality improvement-based approach to enhance the quality of care for residents. The Gorecki Care Center received this award for the Falls Reduction & Prevention Plan created by the Nursing Leadership.

Dermatology department part of television documentary

Freeport native Michael Mills, a veteran of the Iraq war who was injured by a roadside bomb, received follow-up care with Dermatologist Christina Anderson, MD. The Learning Channel (TLC) network has followed him on his road to recovery and will air a documentary at 8 p.m. Nov. 22.

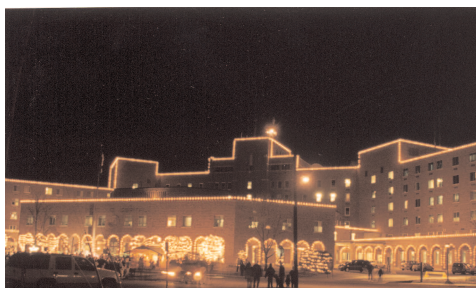
New cardiologist based in Willmar

Yassir Sonbol, MD, cardiologist with the Central Minnesota Heart Center, is primarily practicing at Rice Memorial Hospital in Willmar. As an introduction to the community, Dr. Sonbol discussed heart disease intervention and treatment Nov. 19 at Rice Memorial Hospital.

Clinic Open House planned in Melrose for Dec. 13

CentraCare Clinic – Melrose staff and providers will begin seeing patients in their new clinic Dec. 7. A public open house is planned from 1-4 p.m. Sunday, Dec. 13. Tours and refreshments will be available.

Celebrate Festival of Lights at St. Cloud Hospital



Kick off the holiday season! Bring your family and friends to the 21st annual Festival of Lights from 6-8 p.m. Thursday, Dec. 3, in front of St. Cloud Hospital. In addition to the traditional holiday lighting ceremony at 7 p.m., there will be horse-drawn trolley rides, reindeer, holiday carols by the St. Cloud Hospital men's choir, a living nativity by Messiah Lutheran Church, cookies and cocoa. The Festival of Lights is free and open to the public. Please bring non-perishable food items to donate to the food shelf. The Gift Gallery at St. Cloud Hospital hosts its annual holiday sale from 5-8 p.m.

Home Care receives top honor

St. Cloud Hospital Home Care again has been named to the 2009 HomeCare Elite top agency list by OCS, Inc., a market leader in health care information solutions. Home Care enables patients to stay in their homes, which is where they want to be, and yet still receive compassionate, high-quality care. Home Care provided 35,126 visits to 1,878 patients in 2008. Hospice provided 9,968 visits to 332 patients.

Hospital receives award for organ donation



Pictured from left: Kathy Selden, hospital liaison, LifeSource; Linda Chmielewski, RN, vice president of hospital operations; Barb Scheiber, RN, director of patient care support; and Susan Gunderson, CEO, LifeSource.

On Nov. 11, on behalf of the United States Department of Health and Human Services, LifeSource Organ & Tissue Donation presented St. Cloud Hospital with the bronze medal of honor for achieving a 75 percent conversion rate for organ donation this past year. The conversion rate is the percent of actual organ donors out of the potential number possible. St. Cloud Hospital is one of 15 hospitals in the LifeSource Service Area, which includes Minnesota, South Dakota, North Dakota and Wisconsin, and one of 430 hospitals nationally, that were recognized. LifeSource is a non-profit organization dedicated to saving lives through organ and tissue donation in the Upper Midwest.

Donate a book to St. Cloud Hospital

St. Cloud Hospital Children's Center has been chosen as this year's Barnes and Noble holiday book drive recipient. From Nov. 1 through Dec. 31, Barnes and Noble customers will have an opportunity to purchase a book to donate to the St. Cloud Hospital Children's Center. Books purchased and donated during this period will be given to children hospitalized at St. Cloud Hospital throughout the year. Please thank Barnes and Noble for selecting St. Cloud Hospital as its charity of choice for this holiday season.