

1-2010

Prescribed Reading: January 2010

CentraCare Clinic

Follow this and additional works at: <https://digitalcommons.centracare.com/prescribed-reading>

 Part of the [Organizational Communication Commons](#)



Prescribed Reading

January 15, 2010

A CentraCare Clinic employee newsletter



Health Care Matters: Everyone and every action matters

*A monthly column by Allen Horn, MD
CentraCare Clinic President*

CentraCare Clinic is indebted to each one of its providers and staff. You “make the wheels go round” in the delivery of health care. You perform surgery, provide nursing care, greet patients, keep our clinics clean, handle paperwork, take X-rays, do ultrasounds, diagnose and prescribe, and do hundreds of other functions that make our clinic work.

Every one of us matters – and every thing we do matters – to ourselves, our colleagues and our patients. Quite simply, you and the contributions you make every day are valued and appreciated. Thank you for being part of CentraCare Clinic.

We encourage continued workplace engagement and measure it annually through the Gallup survey.

Engagement is important because engaged employees:

- a) Feel enthusiastic about their work;
- b) Are wholly involved in their job duties;
- c) Help us improve;

- d) Feel a high level of ownership in their work; and
- e) Leave each day feeling they’ve done a great job.

Think about the people who interacted with you and others at your last restaurant visit. Were they noticeably engaged? Did they make you feel like they were “there” for you, like they wanted to make it a great experience for you and seemed to be enjoying themselves while performing with great competence? Their enthusiasm made you feel special and makes you want to go back!

Being engaged in your work at CentraCare Clinic means YOU are the one our patients will remember and YOU have a meaningful impact on their lives and their health care experience.

Being engaged means YOU benefit, as well. When you create and experience great moments because of your commitment and involvement, you go home with the personal satisfaction of knowing you’ve made a difference in peoples’ lives. It’s a win-win-win situation for you, our patients and for CentraCare Clinic.

I would enjoy hearing your comments, ideas or questions. Please send them to Dr. Allen Horn, CentraCare Clinic Administration.

Recognition for years of service

35 Years: Janet George and Betsy Luberts, Heartland

30 Years: Carol Theis, Business Office

20 Years: Stephen Sahlstrom, MD, River Campus

10 Years: Kimberly Kloss, River Campus; Mary Michels, Melrose; Judith Roehl, River Campus; Jennifer Quart, Women & Children;

Laurie Renn, River Campus;

Candace Rolfes, River Campus; Shelly Rothstein, Business Office;

Lola Sutherland, MD, Big Lake;

Diane Zabinski, River Campus

5 Years: Patrick Heller, MD, Melrose;

Charlene Klimek, River Campus; Sara Topp, Heartland

Welcome to our new physician



Mary Joy Sia Su, MD, is a board-certified internal medicine physician who joined the hospitalist team. She received her medical degree from the University of the Philippines in Manila and completed her internal medicine residency at the Cleveland Clinic Foundation in Ohio.

Welcome to these new employees

Rebecca Anderman, Appointments, Plaza – GI Clinic

Katrinah Rudrud, Nursing, Women & Children

Kudos to...

• “Thank you to the **generous employees** who have donated PTO for use during my illness. My family and I were overwhelmed and incredibly thankful for your generosity.” **Marianne Steichen**, Plaza - Family Medicine Clinic.

• CentraCare Clinic **Drs. George Morris, Becky Mueller, David Risher, Chad Haroldsen, David Tilstra, Nathaniel Reuter, Jurgen Craig-Muller, Richard Jolkovsky** and **Rachel Wenner-Ruzanic** are presenting at the Mid-Minnesota Medical Symposium Jan. 22-23 at the St. Cloud Holiday Inn.

• Neurologist **Kathleen Rieke, MD**, River Campus, presented on “Treatment Options for Seizures” Jan. 13 at the St. Cloud Public Library.

• Neurologist **Shelly Larson, MD**, River Campus, is board certified in Neurology by the American Board of Psychiatry and Neurology.

• Neurologist **Anh Nguyen, MD**, River Campus, earned a 10-year Neuromuscular Medicine certification from the American Board of Psychiatry and Neurology.

• **Roxanee Charles, MD**, Long Prairie, is board certified in Family Medicine.

• **Drs. Scott Davis** and **John Olsen**, Critical Care, and others from St. Cloud Hospital published an article on “The effect of the implementation of a delirium bundle on the outcome of acute delirium in the ICU in a community hospital” in the Dec. 29 issue of *Critical Care Medicine*.

• **Oluade Ajayi, MD**, and **Pat Hart, CNP**, from NICU, and others from St. Cloud Hospital conducted an in service on “respiratory distress in the newborn and the use of nasal CPAP” in Wadena Dec. 9.

• **Richard Aplin, MD, Daniel Tiede, MD, Bernard Erickson, MD, Wade Schmidt, MD, Jamie Pelzel, MD,** and **John Mahowald, MD**, were part of a team who published “A Regional System for Delivery of Primary Percutaneous Coronary Intervention in ST- Elevation Myocardial Infarction: STEMI-St. Cloud” in the Dec. 2009 *Journal of Invasive Cardiology*.

• **Yassir Sonbol, MD**, Central Minnesota Heart Center, presented an “Ask the Cardiologist” session Dec. 29 at Rice Memorial Hospital in Willmar.

• Thanks to the **CentraCare Clinic – Melrose** employees and providers who helped with the clinic move and Dec. 13 open house. Approximately 400 people attended the open house.

Congratulations to ..

• **Ann Dunnigan, MD**, Cardiology, was named to the Best Doctors in America 2009-2010 list compiled by *U.S. News & World Report*. The list honors the top 5 percent of doctors in the nation selected by their peers.

Sarah Mecklenburg, Heartland, on the birth of twins.

Condolences to:

Clayton Jacobson, Maintenance, on the loss of his brother; **Elaine Notch**, River Campus, on the loss of her mother and her father-in-law; **Lisa Pfannenstein**, Business Center, on the loss of her sister; and **Pat Roshaven** and **Janet Schlangen**, Business Center, on the loss of their father-in-laws.

Reaching out to the community

CentraCare Clinic – Becker will participate in the Becker Community Expo Saturday, Jan. 23 in the Becker Fieldhouse.

Annual PTO Payout scheduled for February 2010

Employees with 1-4 years of service are eligible to trade-in up to 40 hours of PTO for cash if they used 40 hours of PTO*. Employees with five or more years of service are eligible to trade in up to 80 hours of PTO if they used 80 hours of PTO*. Letters will be sent to eligible employees by mid-January.

*PTO must have been used between 12/16/08 and 12/26/09.

Medical expense/dependent care reminders:

• The deadline for claims submission for 2009 dates of service is March 15. Claim and enrollment forms are available under the Forms tab on CentraNet.

• Letters of medical necessity are needed for new and ongoing OTC vitamins and supplements and massage therapy. A doctor’s written prescription is needed stating the medical condition and prescribed treatment.

• 2009 flexible spending account balances can be found on your pay stub under Balance YTD (su less claims).

• In order to ensure your W-2 reaches you in a timely fashion, please notify Human Resources of any address changes by completing an “Employee Data Change Form.”

• 403(b) limits will stay the same for 2010 (\$16,500, age 50+ \$22,000).

Take the 2010 health assessment and earn 250 reward points!

Fifteen minutes every year is a small investment to make in assessing your health risks. Complete the 2009 Mayo Clinic Health Assessment beginning Feb. 1, 2010. Don’t miss this annual opportunity to access important health resources and be eligible for Lifestyle Coaching offered by Mayo Clinic or the Central Minnesota Heart Center. Visit www.centracarewellness.com to get started. Open to all CentraCare Health System employees, spouses and dependents age 18 or older. All results are confidential. Employees who complete the health assessment will earn 250 Reward Points (or half of the incentive) for the year.