

3-2010

The Beat: March 2010

CentraCare Health

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Share your blessings to help those we serve

By Terry Pladson, MD
President

*"A man's true wealth is the good he does
in this world."* – Chinese proverb



This quotation captures the essence of philanthropy, which is the act of donating out of concern for others' welfare. It captures what I hope is in your hearts as CentraCare Health Foundation in April launches the second year of the five-year Caring for Generations Employee Campaign.

The campaign focuses on raising money for portions of the St. Cloud Hospital expansion that would not be possible without your gifts. The project will enhance surgical suites, increase the number of private patient rooms, renovate the Women & Children's Center, transform the Neonatal Intensive Care Unit and expand/relocate the Intensive Care Unit. If your passion for giving lies outside of this project, you may designate your gift for other Foundation funds.

If you already have made a five-year pledge, thank you! If not, please consider making a gift this year. We encourage you to donate 30, 60 or 90 minutes of pay per pay period. New this year: the option to make a four-year or one-year commitment of a 30-, 60- or 90-minute gift. If you choose one year, you will have an opportunity to renew the gift next year if you wish.

We are focusing on those closest to CentraCare: employees, physicians, board members and key community leaders before announcing our fund-raising efforts to the public for their support. Participation from those closest to CentraCare is what community members rely on to make their decisions of support. We are striving to raise \$22.5 million, \$20 million of which would go toward the \$215-million hospital expansion. The remaining \$2.5 million would go toward construction of the Gorecki Guest House and an endowment to fund operations of the house.

Please join this important effort, which will help us fulfill our healing mission.

*"Giving to the Employee Campaign
is my way of volunteering. I can't give
my time, but I can give my money."*

Jennifer Capretz, Home Care



Employee campaign begins

Help raise the level of health care for the people of Central Minnesota by contributing to the CentraCare Health Foundation Caring for Generations Employee Campaign that runs April 1-30. Gifts directed to funds other than the hospital expansion project will count toward the Employee Campaign goals.

Any gift is greatly appreciated and will make a difference for generations.



Visit CentraNet for campaign details, inspiring employee stories, weekly games and more. Participate by making a gift to the campaign for your chance to win a flip video mini camcorder and Coborn's, Subway, iTunes and gas gift cards. Check out the Employee Campaign display in C Lobby April 4-10. For more information on how you can support the mission of CentraCare Health Foundation, call (320) 240-2810.

Become a 'Fan' of the Employee Campaign on facebook

The 2010 Employee Campaign kick-off is just around the corner. Become a fan of CentraCare Employee Campaign on facebook (at a kiosk computer or at home) for the chance to win a \$30, \$60 or \$90 iTunes gift card.

More than just a fan

Watch for weekly posts and share your message of what inspires you to give on the wall of the CentraCare Employee Campaign page on facebook and be entered into a special prize drawing — just for sharing.



Care packages provided for employees in the military

CentraCare Health System has sent 38 care packages to St. Cloud Hospital employees who are serving in the military or to employees' family members who are serving in the military as part of the Military Support Program that began in January 2009. Mailed every three months, the care packages provide comfort to employees and their loved ones while they serve overseas. For more information about the care packages, contact your Human Resources department or Abby Foley at (320) 251-2700, ext. 53623.

DIAMOND program expands

Thanks to the success of DIAMOND (Depression Improvement Across Minnesota, Offering a New Direction) in Melrose, the program has been expanded to other CentraCare Clinic primary care sites. Patients diagnosed with depression are assigned a care manager who is trained to monitor a patient's progress through follow-up care.

Long Prairie extends hours

CentraCare Clinic – Long Prairie has extended its clinic hours until 6 p.m. Monday through Thursday to better serve its patients.

Nursing alumni scholarship offered

A St. Cloud Hospital nursing alumni scholarship is offered to graduates, or family members of graduates of the St. Cloud Hospital School of Nursing, who are seeking a specialty degree within the field of nursing. The application deadline is May 14. For more information, please call (320) 240-2810 or visit www.centracare.com/hospitals/sch/scholarships.html.

Home, Health & Family Expo set in Melrose

Check out the CentraCare Health System – Melrose booth for information about keeping you and your family healthy from 9 a.m. to 2 p.m. April 10 in the Melrose Public Elementary School gymnasium. Call (320) 256-7174 for details.

Have you registered for MyChart?

MyChart gives patients the ability to view their (or their children's) medical records and test results, as well as receive medical advice from their providers online. MyChart registration currently is available through Plaza Family Medicine Clinic, Heartland, St. Joseph, Becker and the Pediatric Clinic at Women & Children.

Have some fun at Women's Health 101!

CentraCare Health System's ninth annual Women's Health 101 is from 8 a.m. to 2:45 p.m., Saturday, April 10, at CentraCare Health Plaza. The event is free, but a \$10 donation is encouraged for the women's health education fund. Visit booths, receive free screenings and enjoy health-related presentations. At 1:45 p.m., the Three Sisters Inspired will motivate the audience to live with passion and purpose. Breakfast/lunch is available for purchase. Pre-registration is encouraged at www.centracare.com. For more information, call (320) 229-4980.

New linear accelerator comes to radiation oncology clinic

CentraCare Radiation Oncology at Douglas County Hospital in Alexandria updated its technology by installing the Varian IX linear accelerator in January. Led by Medical Director **Barbi Kaplan, DO**, and Radiation Oncologist **Eitan Medini, MD**, CentraCare Radiation Oncology has served the Alexandria area for more than 10 years.

Earth Day runs planned

The half marathon, 5K and kids' run are presented by the Central Minnesota Heart Center April 16 and 17 at St. Cloud State University. Call (320) 308-5105 or visit www.runeearthday.com for details.

Walk-in Care is going strong

Pediatric Walk-in Care saw 707 patients in January and increased to 1,454 patients in February. Walk-in care is available from 8 a.m. to 4 p.m. Monday-Friday for children with cough/cold, ear pain, sore throat, fever, vomiting/diarrhea, minor injuries, pinkeye, rash, stomach pain or urinary symptoms.

Sister Susan Rudolph receives caregiver award

Sister Susan Rudolph, director of Pastoral Care at St. Benedict's Senior Community in St. Cloud, was recognized as District D Caregiver of the Year by the Aging Services of Minnesota in February. She has provided a supportive, caring presence in the lives of St. Benedict's Senior Community residents since 1994.



From left, Linda Doerr, SBSC vice president, gives Sister Susan the caregiver award.

Hall recognized for service

Deb Hall, RN, St. Cloud Hospital Women and Children's Center director of Outpatient & Outreach, recently was recognized by Stearns County for her seven years of volunteer service on the Stearns County Emergency Planning Advisory Committee. Hall represents the medical community and provided input in emergency planning.



St. Cloud Start! Heart Walk

Presented by the Central Minnesota Heart Center April 24 at CentraCare Health Plaza. Call Ann at (320) 229-5199, ext. 71391, to join a walk team.

Pediatric tours offered

Children scheduled for surgery will be better prepared and more at ease thanks to a collaborative effort by the St. Cloud Hospital Children's Center and Center for Surgical Care (CSC). Children and their families are invited prior to surgery to participate in a guided tour of the CSC and Children's Center, enjoy hands-on exploration of surgical equipment and receive a take-home activity bag. Tours are provided by a child-life specialist and a surgical center nurse to help familiarize the child and family to the different things they will experience the day of surgery. Tours are given on the first and third Tuesday of each month, or by appointment. A surgery video called "Ava Goes to Surgery" also is available for viewing for children and families unable to attend a tour. For more information, please call (320) 229-5139.