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Published for the employees, medical staff and volunteers of Saint Cloud Hospital.

On With The SH W!

Have you missed your calling? Have your talents gone unrecognized?

Have you ever thought that you'd like a chance to step into the spotlight?

Well, here's your chance. Pull that guitar out of the attic; search out the old danceline pumps; emote for all you're worth. Mark your calendars. Saint Cloud Hospital is putting on a hospital follies performance April 5 & 6 at Stewart Hall Auditorium on the Saint Cloud State University campus, and you can be in the show.

The event, "Way-Off-Broadway Revue", will be a fund raiser for the Mid-Minnesota Health Clinic. According to coordinator Marge Parry, the one thing it will not be is amateur night. "This will be a very professionally produced show," Parry said. "We are working with a New York organization that specializes in these events. They provide a director, costumes, and script. We just have to find the talent locally. And there is so much talent in this area we know it will be a great success."

The decision to stage an event of

this kind surfaced during discussions about whether to sponsor another Celebrity Event along the lines of the 1988 Andy Williams concert. Several people felt that the hospital should look at something with a more local base. Outreach director Jim Davis and admissions manager Maureen Srur have worked at other hospitals which put on hospital follies performances, and they both spoke very favorably of them.

"Because the New York producers specialize in this, they know how to make it work so that the performers and the audience have a really good time," Parry said. "It's a great way to get the community involved with and behind the hospital. Plus, with this kind of show we can keep the price relatively low, but still raise money for our cause."

Although the event is still in its preliminary planning stages, people who want to get involved in some way are invited to contact Marge Parry or Shelby Brunberg at 255-5652. *Break a leg!*



DOWN THE ROAD WE GO

Several departments are taking their show on the road to new locations.

Hospice is moving from the building at 48 North 29th Avenue to a new location at 3700 West Division Street. Their phone

number will remain the same: 259-9375. Their move takes place on January 15, and puts them in a building in front of the Holiday Inn.

Their space at 48 North 29th Avenue (also home to the Mid-Minnesota Health Clinic) will eventually be taken by the Nutrition Clinic. But that move isn't expected to be completed until March.

Meanwhile, Journey Home is waiting to move into its new location at 210 5th Ave. N.E. The phone number will remain as 259-9149. However, the moving date is dependent upon successful inspection of the premises by local authorities.

When Journey Home moves out, a men's halfway house named Passage Home will move into the old Journey Home building at 103 8th Ave. S.

DIABETES GALA

Recipes were exchanged and treats were munched at the 4th Annual Diabetes Holiday Gala on December 3rd.

This holiday community event features festive treats appropriate for persons with diabetes. Approximately 80 people sampled cookies and drank hot apple cider while listening to a short program presented by Karen Reisdorf, diabetes program coordinator, and Clayton Skretvedt, social services. This event provides an opportunity for people with diabetes, including children, to socialize with each other.

The event was sponsored by Saint Cloud Hospital, the Central Minnesota Diabetes Forum, and Central Minnesota Chapter of the American Diabetes Association.

The following is a recipe suitable for diabetics and other people who enjoy good food:

HONEY PUMPKIN PIE

Ingredients:

- 2 large eggs
- 1/4 cup honey
- 1 1/4 cup evaporated skim milk
- 1 1/4 cup cooked pumpkin
- 1 1/2 teaspoons pumpkin pie spice
- 1/4 teaspoon salt
- 2 teaspoons unsweetened orange juice concentrate
- 1 9-inch unbaked single crust pastry

Method:

1. With electric mixer, beat eggs until foamy, about 1 minute.
2. Add honey, milk, pumpkin, spice, salt, and juice concentrate.
3. Beat until well blended.
4. Pour pumpkin filling into unbaked pie shell.
5. Bake at 375 degrees for 60 to 65 minutes, or until knife inserted in center comes out clean. Yield 1 pie. Serving size 1/8 pie.

Nutrition Information:

Calories 257 Carbohydrates 33g
Protein 7g Fat 11g
Diabetic exchange: 2 starch + 2 fat



SANTA VISITS PEDIATRIC REHAB

Amanda Taylor just loves Santa.

Lucky for her, Santa turned up at the pediatric rehab Christmas party.

Thanks to several elves on the pediatric rehab staff, the SCH Auxiliary, and McDonald's, the pediatric rehab patients and their families had a chance to get into the spirit of the season.

This year's party took place at the Whitney Senior Center. There, children played games, enjoyed treats, and received 110 personalized presents. The presents were bought to match the abilities, interests, and developmental needs of the children. The \$750 for the presents was donated by the Saint Cloud Hospital Auxiliary.

The guests enjoyed the music of The Crayons, and a magic show performed by Santa himself. (Any similarity between Santa and local magician/psychology professor Gerry Mertens is entirely coincidental.)



Holiday Highlights



FESTIVAL OF LIGHTS

Lights, festive singing, cookies and horse drawn trolley rides brought a crowd of about 300 to the Festival of Lights.

Young and old alike enjoyed the holiday spirit and the sight of the hospital's impressive facade outlined in pinpoints of brilliance.



HOLLY BALL AND TREE FESTIVAL BREAK RECORDS

This year's Holly Ball and Tree Festival was a record breaker!

More than 1,000 people attended the Holly Ball, and 2,000 attended the Tree Festival. More than 50 Christmas items were displayed and auctioned.

Both events took place at the Holiday Inn early in December. They raised a total of \$46,000. This money will be used to support Saint Cloud Hospital's hospice program, as Holly Ball funds have since 1986.



SENIOR SINGERS SWING INTO SEASON

The St. Cloud Area Senior Fun Singers swung into action for the hospital's volunteer party.

Volunteers filled the North Annex Riverside Room, where they enjoyed Christmas treats and received a holiday gift. They also enjoyed traditional Christmas songs performed by the Fun Singers, led by Edith Williams.

Parking Update

The parking situation around the hospital has taken a few shifts and turns in recent months, so here's a brief recap of where to park.

Effective Dec. 12, parking in Lot A and Lot B (between the hospital and North Parking Lot) was discontinued for hospital staff, due to the need of those parking spaces by patients and visitors.

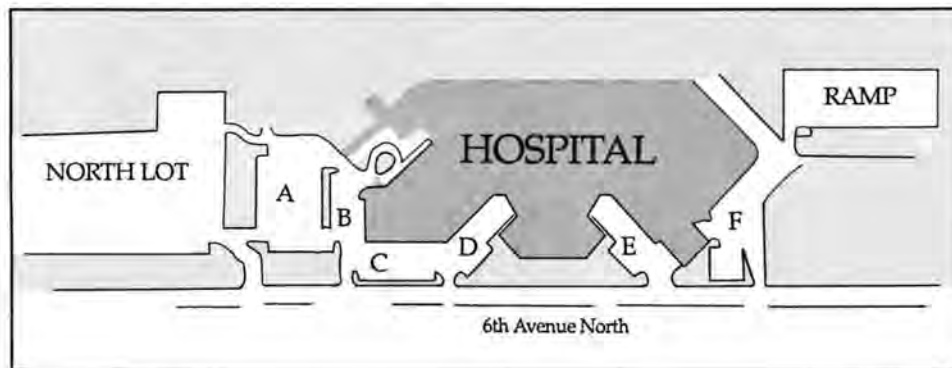
Day shift employees who do not need access to their vehicles are requested to park at Whitney Playing Fields on Northway Drive. The latest incentive to Whitney parkers is a ticket redeemable for food items from the SCH kitchen. Good deal!

Day shift workers may otherwise park in the North lot or Parking Ramp.

Afternoon shift personnel beginning after 1 p.m. need to park either in the North Parking Lot or the Reserved Medical Staff area of the Parking Ramp.

Night shift personnel coming on duty at 6 p.m. or later will continue to use either the Parking Ramp or Lot C, which is directly in front of the hospital.

Please, park in the designated area. Escorting service is available for all personnel at any time by contacting the Security Dispatch Center at extension 1234.



PROMOTIONS

Deborah Alle, resident assistant, Journey Home, to sr. resident assistant.

Kimberly Carver, housekeeping aide, environmental services, to environmental services supervisor (trn.).

Carolynn Clement, licensed practical nurse, KDU, to graduate nurse.

Gwendoline Kunkel, registered nurse, home care, to patient care coordinator.

Ellen Lies, licensed practical nurse, 3 South, to graduate nurse.

Neil Meyer, supervisor, distribution, to senior buyer, purchasing.

Patricia Obermiller, licensed practical nurse, 4 Northwest, to graduate nurse.

Mary Lynn Statz, licensed practical nurse, 4 Northwest, to graduate nurse.

ACHIEVEMENTS

Pat Johnson, CCU transcriber, completed the national certification for unit coordinator.

Sharon Kalkman, RN, 4NW, passed the national medical surgery exam, and is now certified in medical surgery nursing.

Peggy King has been certified as a Certified Chemical Dependency Counselor-Reciprocal (CCDCR) by the Institute for Chemical Dependency Professionals of Minnesota.

Kären Peterson, assistant manager, NICU, completed the NAACOG national certification exam for neonatal intensive care nursing.

Barbara Plachecki, assistant nurse manager, OR, graduated from St. Francis with a Bachelor of Arts.

Carol Pohlkamp, RN, mental health unit, completed the ANA certification exam for psychiatric/mental health nursing.

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January 1991 Volume 4, Number 1

Center Scan is published monthly by the public relations and development department. Any comments or questions should be addressed to the editor.

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A RECYCLED AND RECYCLABLE PAPER

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