

4-2010

The Beat: April 2010

CentraCare Health

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



Part of the [Organizational Communication Commons](#)

Recommended Citation

CentraCare Health, "The Beat: April 2010" (2010). *The Beat*. 29.
<https://digitalcommons.centracare.com/the-beat/29>

This Article is brought to you for free and open access by the CentraCare Health Publications (Newsletters, Annual Reports, Etc.) at DigitalCommons@CentraCare Health. It has been accepted for inclusion in The Beat by an authorized administrator of DigitalCommons@CentraCare Health. For more information, please contact schlepers@centracare.com.

Do you have an idea for the *Beat*?

Contact Chris Nelson
in Communications by calling
(320) 229-5199, ext. 71384,
or e-mail nelsonc@centracare.com

Health care reform doesn't change our commitment

By Terry Pladson, MD, President

Health care reform will not change CentraCare's mission, vision or values. We will continue to focus our resources on patients and their families, striving to provide the best care in the state.



The debate over health care reform has highlighted the disparities in cost and quality across the country. Minnesota and CentraCare Health System provide great value, with the best clinical outcomes and lowest costs for Medicare patients, as reported by the Agency for Healthcare Research and Quality. The cities of Miami, Fla., and McAllen, Texas, stand in stark contrast. Their expense per Medicare enrollee, after adjustment for risk factors, is more than twice that of Minnesota. Medicare pays \$6,375 in St. Cloud, \$16,351 in Miami, and \$14,946 in McAllen, according to the *Dartmouth Atlas*. While costs are higher in those cities, they score lower on quality measures.

I believe that CentraCare, as an integrated health care delivery system, is well positioned to respond to health care reform. In fact, many of our principles for reform, as outlined in the November issue of *The Beat*, were included in the recently passed legislation. We have the ability to pursue many models of health care reform because we have a broad spectrum of facilities and services, including a regional referral hospital, critical access hospitals, long-term and sub-acute care, assisted living, senior housing, home care, multiple clinic locations and a large outpatient facility.

As a health system and as a society, we will need to invent new ways to provide the best possible clinical care in the least expensive setting. In the short term, each of us can help to slow the increase in health care consumption by optimizing our personal health.

The challenges of health care reform are daunting, but I am confident that we will succeed with our great team of people, positive organizational culture and our commitment to improving the health of every patient, every day.

April is Donate Life Month

Hospitals give the gifts of life and sight.

St. Cloud, Melrose and Long Prairie hospitals partner with LifeSource and Minnesota Lions Eye Bank, non-profit organizations dedicated to saving and changing lives through organ, tissue and eye donation in the Upper Midwest.



During 2009, St. Cloud Hospital had five organ, 12 tissue and 31 eye donors who saved or changed the lives of hundreds of people. St. Cloud's 48 donors resulted in 34 cornea transplants, one heart transplant, six kidney transplants, four liver transplants, four lung transplants, one kidney/pancreas transplant and the potential for 600 tissue transplants. Additionally, three organs and 18 eyes were devoted to advance the efforts of medical research.

Also in 2009, **CentraCare Health System - Long Prairie** had one tissue donor who helped provide an estimated 50 tissue grafts for transplant recipients and one donor's eyes were devoted to medical research.

CentraCare Health System - Melrose had two eye donors resulting in two cornea transplants and two eyes devoted to medical research.

Over the past 50 years, CentraCare Health System staff referrals have led to more than 652 eye donors whose generosity resulted in restored eyesight through more than 1,000 cornea transplants and 260 eyes devoted to medical research or education.

Please take the steps to donate life and sight — check the box on your driver's license and share your wishes with your loved ones. To learn more about organ, tissue and eye donation or how you can register to be a donor, visit www.donatelifemn.org, www.giftofsight.org, or www.centracare.com.

Organ, tissue and eye donation facts

- There are more than 106,000 people waiting for an organ, tissue or cornea transplant in the United States.
- Each day, 100 more names are added to the list.
- An average of 18 people die each day waiting for an organ transplant.
- One person can save or enhance up to 60 lives through donation.
- Just about anyone can be a donor, regardless of age or health condition.
- There is no cost to the donor or donor's family for donation.

Operating room open house

Give your family a behind-the-scenes look at the St. Cloud Hospital operating rooms from 6-8:30 p.m. May 6. Explore surgical careers and the latest in 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.

Give the gift of independence and safety

Consider giving Lifeline as a gift for Mother's Day to the mothers in your life who may be concerned about living safely at home. Help is available with the simple push of a button worn on the wrist or neck. Lifeline also offers medication reminders and a daily check-in system for those living alone. See the enclosed payroll stuffer for more information about Lifeline. As a benefit, employees will receive half off the first three months of service. Call Lifeline today, ext. 54619.

Women & Children receives \$7,500 grant

CentraCare Care Clinic - Women & Children received a \$7,500 grant from CentraCare Health Foundation for its Reach Out and Read program, which allows pediatric providers to give each patient a free book at well-child visits.

St. Cloud Hospital again ranked in top 100

St. Cloud Hospital is again one of the "100 Top Hospitals" in the country. This is the eighth time — and the fifth consecutive year — that the hospital has earned this honor. Thomson Reuters is recognizing St. Cloud Hospital with its second "Everest Award for National Benchmarks."

We received this award in 2009, which was the first year that it was given. Everest Award winners have reached the highest level of accomplishment on the 100 Top Hospitals scorecard. St. Cloud Hospital and Buffalo Hospital are the only Minnesota hospitals to earn the Everest Award. Four hospitals in Minnesota ranked in the top 100 this year: St. Cloud Hospital, Mayo Clinic – Rochester Methodist Hospital; Buffalo Hospital in Buffalo; and Woodwinds Health Campus in Woodbury.

Let's move together

Join the 2010 Arthritis Walk - St. Cloud at 9 a.m. May 1 at the CentraCare Health Plaza. Visit www.stcloud2010.kintera.org or contact Lindsey Kumlien at (800) 333-1380, ext. 117, for details. Sponsored in part by CentraCare Clinic.

Garden party blooms at SBSC in St. Cloud

Join us for a Spring Fling Progressive Garden Party at St. Benedict's Senior Community (SBSC) June 10. The social begins at 5 p.m. followed by the dedication of Rosie's Garden, candlelight dinner and dancing in Lillian's Garden to the music of the George Maurer Variety Group.

Tickets are on sale at SBSC, St. Cloud Hospital Gift Gallery and online at www.centracare.com. For more information, call (320) 240-2810.

Kudos to ...

Pediatrician Marilyn Peitso, MD, Women & Children. Dr. Peitso is the current president of the Minnesota Chapter of the American Academy of Pediatrics.

Sartell Apple Duathlon

Sponsored in part by Central Minnesota Heart Center May 29 at the Sartell Middle School. Visit www.appleduathlon.com for details.

Employee Campaign ends April 30

It's not too late to participate in the Employee Campaign. We're striving to achieve our goal of 30 percent participation. Every gift is appreciated and makes a difference. Visit CentraNet for blank pledge cards and more information.

A benefit for Clara's House

The Clara Foundation presents "Stickin' to It" at 6 p.m. May 4 at the Sauk Rapids-Rice High School Performing Arts Center. Includes keynote speaker Marya Hornbacher, author of "Wasted." Call (320) 240-2810 for details.

Shining the spotlight on skin health

See spots this spring! Steam Brothers will give spring cleaning tips on removal of stains and Dermatologist Rachel Schuneman, MD, will share facts you need to know about skin health before stepping out in the sun from 6:30-8 p.m. May 10 at CentraCare Health Plaza. Free. Call (320) 229-5139 for details.

Caring for your loved one and caring for yourself

Nurture your gardening skills as Fairview Gardens demonstrates how to make festive salsa, mojito and tea patio herb gardens from 6:30-8:30 p.m. May 24 at CentraCare Health Plaza. Then, nurture yourself by learning tips to avoid burnout, save time and get organized as a caregiver. The completed herb gardens will be given as door prizes. Free. Presented by St. Cloud Hospital Women & Children's Center, Home Care & Hospice and Lifeline. Register at www.centracare.com. Call (320) 229-5139 for more information. Part of our ongoing Caregivers' Night Out Series.

Performance to benefit NICU

Sister Productions will perform a special concert to honor and celebrate women of all ages at 3 p.m. May 2 at the Sauk Rapids-Rice Middle School. A portion of the proceeds will benefit the St. Cloud Hospital Neonatal Intensive Care Unit (NICU). Tickets are available at Coborn's in Sauk Rapids or can be purchased online at www.SisterProductions.com.