

9-1961

## Beacon Light: September 1961

St. Cloud Hospital

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# BEACON LIGHT

Volume XIII

SAINT CLOUD HOSPITAL

September, 1961

FIRE CONTROL  
INSTITUTE  
Sponsored by  
ST. CLOUD HOSPITAL  
SEPTEMBER 13.



# FIRE CONTROL AND PATIENT EVACUATION INSTITUTE

From time to time our Safety and Disaster Committee has involved the entire hospital staff with interesting and educational endeavors such as "Doctor Red" and "Operation Disaster". On September 13, 1961, another program sponsored by the St. Cloud Hospital in cooperation with the St. Cloud Fire Department, was presented to a capacity crowd of hospital personnel, nursing home personnel and persons from the fire and police departments.

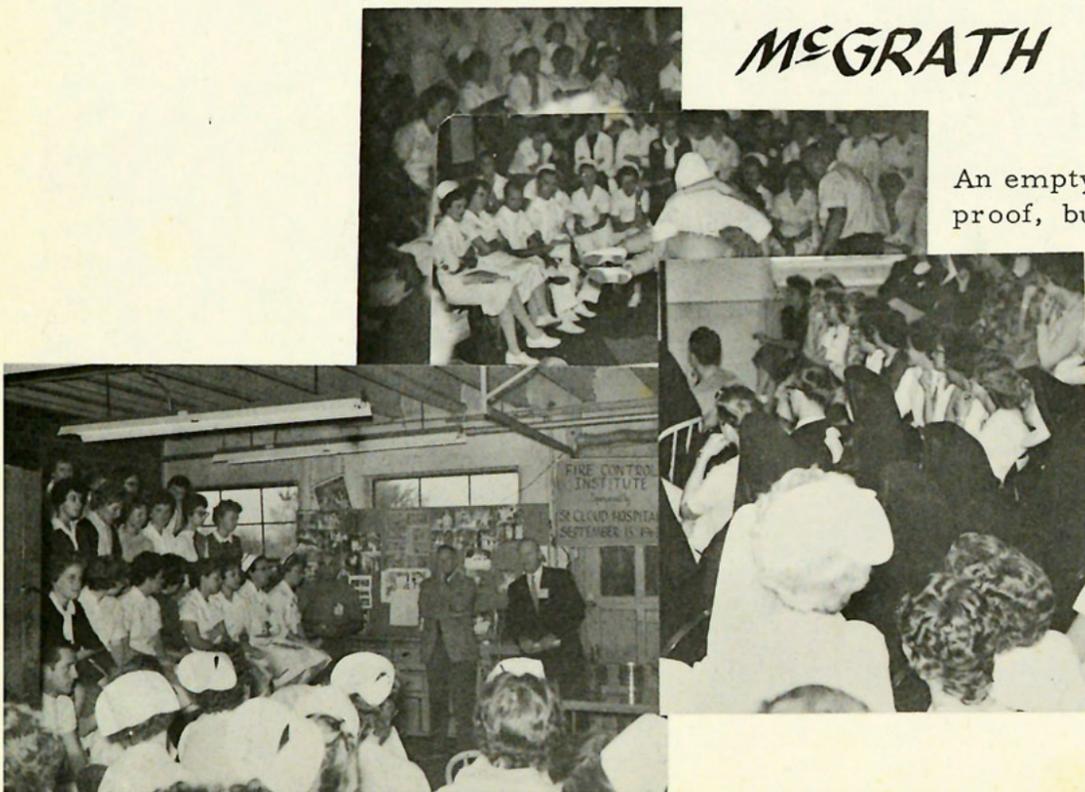
"Humor, danger and drama carefully mixed and controlled," is the formula Lieutenant Robert McGrath used to conduct his successful seven hour meeting. As a Lieutenant with the Chicago fire department for 27 years, he saw the need for training hospital personnel in meeting the emergency of evacuating patients and fighting fires.

McGrath believes that nurses should be familiar with the mechanics necessary to remove one patient from danger, and to cope with a waste basket or other small fire before contemplating the problems of mass evacuation or total involvement. His program is designed specifically for women. Through his lectures and publications, Lieutenant McGrath has become nationally known in his field.



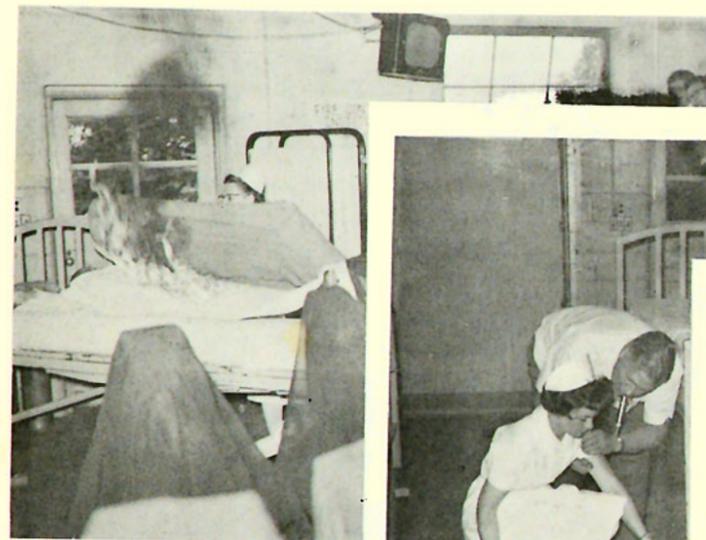
## McGRATH SAYS.....

An empty metal container is fire proof, but when paper, cloth and other flammable materials are added in the normal atmosphere, the container can no longer be considered "fire proof". The addition of a third element, heat, by means of a cigarette is sufficient to cause a flame.



The supply of oxygen can be cut off by use of blankets or paper. Apply it quickly and tightly, pushing flames away. Each trainee was successful in easily extinguishing the wastebasket fire, sometimes to their surprise.

Perhaps it would be a bed fire. Here Mrs. Huls carefully followed the previously given instruction and extinguished the fire on this bed patient, Lieutenant McGrath! Apply the blanket, push the flames away and pat out possible air pockets with hands and arms.



The soda acid type extinguisher was demonstrated.



The small red Carbon dioxide extinguishers may be effectively used.

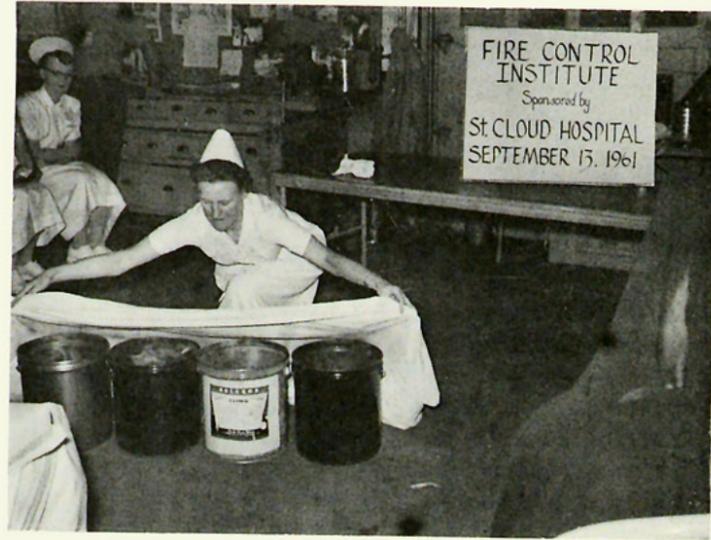
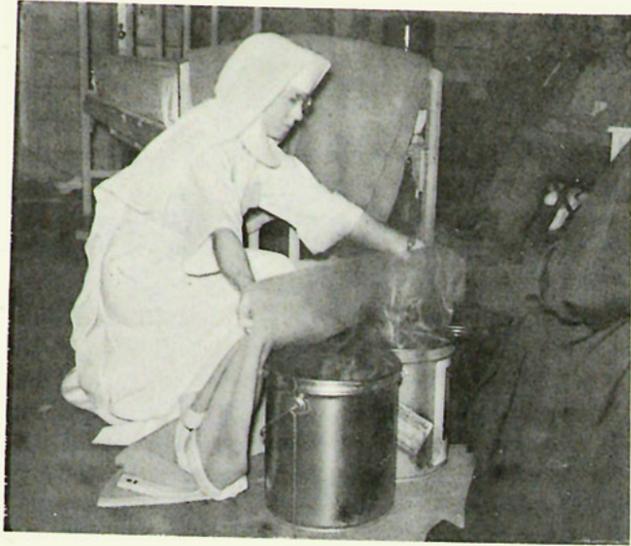
"Begin the Co<sub>2</sub> at the edge of the fire and then move in to cover the fire area."



Fire does not go out by itself. Unless something is done to it, fire continues to consume flammable materials.



As the demonstration proceeded, bigger fires were built in more complicated situations.



Lieutenant McGrath clearly demonstrated the importance of good body mechanics and proper leverage. Results are amazing!

Instruction

Demonstration

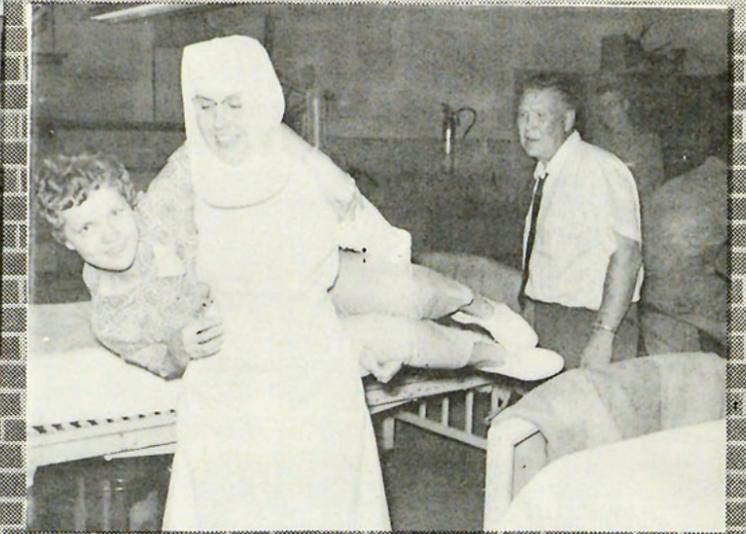
Practice



Two person swing carry.



Pack Strap Carry through a flaming doorway



Hip Carry

Three Person Lift

Four Person Blanket Carry



A fourth person helps place the patient





One person may turn a patient from prone to supine position by means of the Ankle Roll.



The grand finale was the extinguishing of approximately ten fires and evacuating three bed patients, each requiring a different lift. Four nurses satisfactorily accomplished this in a few seconds.

## Thank You

Thank you all, Lieutenant McGrath, 'patients', and trainees. A special thank you to Mr. Karn and his maintenance men for providing the wall-to-wall and floor-to-ceiling, sitting and standing room out of the rain. Thank you, Safety and Disaster Committee and Administration.



# Introducing Mother Richarda



We would like to introduce to you Mother Richarda, the Religious Superior of the Sisters at the Hospital. Mother comes to us enriched by years of valuable experience and associations with her Religious Community and persons in this area.

As a young Sister she taught mathematics, and later was Superior and Principal at Cathedral High School in St. Cloud. Among her students during these years at Cathedral, were many people now associated with our hospital. Certain members of our Medical Staff will recall serious, amusing and sometimes embarrassing (for them!) memories of their youthful years under her prudent and wise instruction and discipline. Following this, she attended the Catholic University in Washington, D. C., to complete work for a Ph. D. in Psychology.

From the Catholic University, Mother Richarda returned to St. Benedict's to become Dean of Residence of the College and a member of the teaching faculty. After several years in this position, she returned to Cathedral High School as principal.

In 1949, her Sisters elected her as their Prioress, and she returned to St. Benedict's to assume the serious responsibilities of leading and directing her Community for twelve years. At the completion of these years as Prioress, Mother Richarda came to the St. Cloud Hospital this summer to become the Religious Superior of the Sisters.

In addition to this responsibility she is also the Mother President of the Congregation of St. Benedict, which includes the Benedictine Pories at St. Joseph; St. Paul; Duluth; Bismarck, North Dakota; Eau Claire, Wisconsin; Nauvoo, Illinois; and Olympia, Washington.

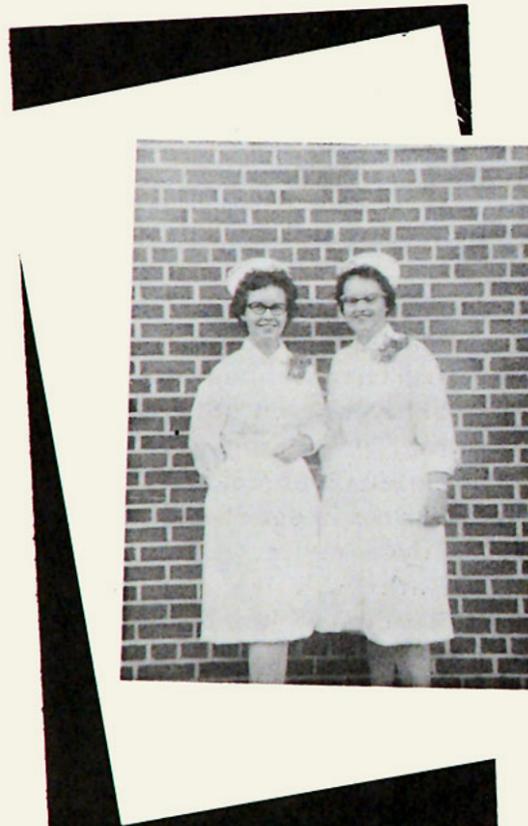
As you become acquainted with Mother Richarda you will discover that she has many and varied interests. Far from the least of these is her interest in the sick, and you will often meet her as she makes "rounds" to visit them.

In her very important role in relation to the Sisters, and thereby in relation to all who enter the hospital as patients, doctors, employees or visitors, her influence is unlimited--she reaches out to touch the lives of all.

# PRESENTING



# OUR NEW GRADUATES



## SCHOOL OF MEDICAL TECHNOLOGY

Judith Wilkus  
Barbara Mass

Medical Terminology Class

Diane Dockendorf  
Joan Petron  
Mrs. Patricia Walker

# Welcome

Linda Adkins, Brainerd  
 Mary Kathryn Barrows, Morris  
 Karen Ann Bendzick, LeSueur  
 Sandra Bidinger, Redwood Falls  
 Mary Ann Boerger, St. Cloud  
 Marie Ann Bovee, St. Paul  
 Mary Agnes Brenny, Holdingford  
 Mary Cain, Cambridge  
 Mary Ann Carrigan, Hutchinson  
 Deanna Clementson, Eagle Bend

## Freshmen Student Nurses

Kathryn Lamberty, Northfield  
 Jacquelyn Latterell, Foley  
 Kathleen Latterell, Sheldon, Iowa  
 Margaret Ann Leighton, Ironton  
 DiAnna Louisiana, Litchfield  
 Elizabeth McKim, Puposky  
 JoAnn Martin, Hinckley  
 Rosemary Marx, Albertville  
 Mary Lee Mies, Watkins  
 Judith Moe, Fargo, North Dakota

Mary Coughlin, Mankato  
 Marlene DeMartelaere, Marshall  
 DiAnn Dietz, New Prague  
 Mary Carolyn Dybdahl, Little Falls  
 Nora Dynan, Annandale  
 Harriet Edlin, Jackson  
 Carol Fridgen, Vining  
 Joan Gangl, Grey Eagle  
 Mary Ellen Goettl, North Mankato  
 Kathleen Goggin, DeGraff

Dona Novotny, Maple Lake  
 Mary Robeck, Albertville  
 Karen Rogers, Nelson  
 Janice Rudnitski, Foley  
 Trudy Sandvig, Minneapolis  
 Mary Scherman, St. Paul  
 Mary Lee Schloemer, St. Joseph  
 Karen Schmitt, Park Rapids  
 Virginia Schroepfer, Sleepy Eye  
 Ida Anne Seeberger, Glendive

Margaret Seim, Bayport  
 Barbara Serbus, Franklin  
 Sharon Short, Slayton  
 Marilyn Stephanie, St. Paul  
 Helen Trebnick, Grand Rapids  
 Sharon Wegscheid, Waseca  
 Joyce Welle, Albany  
 Kathryn Wilke, Miliona  
 Rosemary Worth, Robbinsdale  
 Kathryn Zins, Nicollet

Gertrude Janzen, Aitkin  
 Mary Kaeter, St. Cloud  
 Colleen Kallal, Lonsdale  
 Janice Kastanek, Pierz  
 Karen Kelly, Darwin  
 Dianne Konietzko, Litchfield  
 Elizabeth Kraemer, Nassau  
 Gloria Kraemer, St. Cloud  
 Ann Frances Krajeck, Holdingford  
 Katherine Kucera, Faribault



# to our new students

## X-Ray Technicians

Linda Albright, Henning  
 Madeline Brenny, Rice  
 Ronald Burg, St. Cloud  
 Gail Koch, Wadena  
 Judith Pederson, Maple Lake  
 Carol Walz, Melrose

## Total School Enrollment

Nursing: Seniors	48
Juniors	50
Freshman	60

X-Ray: Seniors	6
Freshman	6

Medical Technology	8
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Anesthesiology	8
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## Medical Technologists

Bonnie Laubach, St. Cloud  
 Marjorie Maher, Danvers  
 Rita Phillips, Sauk Rapids  
 Leo Pohl, St. Cloud

## Anesthetists

Walter Curry, Ohio  
 Larry Wertz, Ohio  
 Sister Mary Eric, O. S. F., Little Falls

The old year was closed and a new one ushered in with the election of new officers during a short business meeting on September 20. The setting was a "picnic" in the Nurses Home recreation room. As has often happened, our annual picnic was favored with drizzly weather, but this did not dampen spirits or decrease any appetites!



We extend a sincere THANK YOU to the retiring officers: Mrs. Alvina Goering, Miss Teckla Karn, Miss Linnea Wheeler, and to the untiring program chairman, Mrs. Mary Ellen Anderson.

We look forward to a new year with increased membership and continued enthusiasm and pledge our support to the newly elected officers: President, Mrs.

Mary Ann Graeve, Vice-President, Mrs. Ann Hopke, Secretary-Treasurer, Miss Carol Zierden.

You will try to attend the Annual Fall Meeting at Little Falls on October 15, won't you? It promises a worthwhile and stimulating day.

And... see all of you at the November meeting, the third Wednesday.

memo to employees.....

about your check

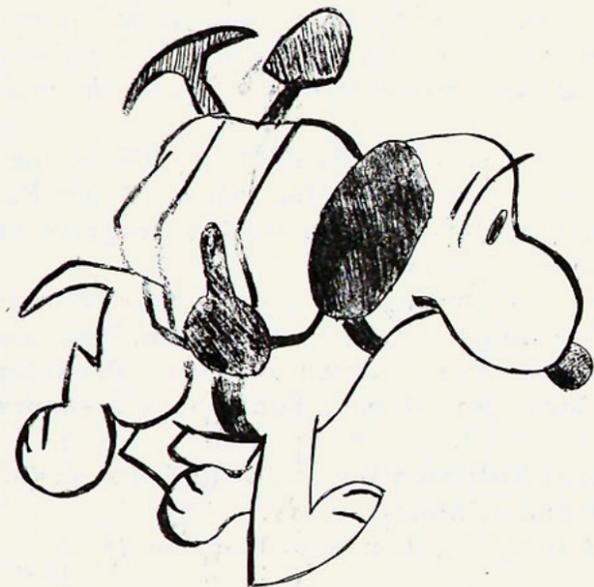
Beginning October 1, 1961, the payroll office is required to withhold MINNESOTA INCOME TAXES from your wages. The amount withheld during the year must come as close as possible to your Annual Minnesota Income Tax. To figure the amount to withhold from your wages, the payroll office is permitted to use the number of exemptions claimed on your Federal Exemption Certificate unless you notify them that you desire to claim a different number of exemptions for Minnesota Withholding. You may do so by filing Minnesota Form MW-4. The payroll office will furnish this form to you.

**YOU MUST NOT CLAIM MORE EXEMPTIONS THAN YOU ARE ENTITLED TO UNDER MINNESOTA LAW.**

If you are single and had gross income in excess of \$750, or if you are married and the combined gross income of you and your spouse is in excess of \$1,500, or regardless of the amount of your gross income, if the tax computed on your net income exceeds your allowable personal and dependent credits you must file a Minnesota Tax Return and pay the additional Minnesota Income Tax due if any. If the tax withheld exceeds the amount due any such excess will be refunded.

Even though you are not required to file a Minnesota Tax Return, you should file a return to get a refund of Minnesota income taxes withheld.

We're back on the job....



The Beacon Light is the monthly publication for employees of the St. Cloud Hospital, St. Cloud, Minnesota.

The Beacon Light will be published the final payday of each month. News will be due on the first payday.

We are happy to be with you again this year.

The Beacon Light Staff



It's time you met...

DR. BERNARD HUGHES, General Surgeon, has moved to St. Cloud after practicing in Brainerd for a number of years. He is associated with Dr. Broker.  
DR. JOHN KNIGHTS, who was born in Crookston, returned to Minnesota after practicing radiology in California. He replaces Dr. Charles Greenwald, who went to open a department in a new hospital.  
DR. RICHARD HENRY, General Practitioner, practices with Dr. Stiles in Foley. A native of Minneapolis, Dr. Henry returned to Minnesota after interning in Ohio.  
DR. STEPHEN SOMMERS, Pediatrician, came to St. Cloud from the USAF Hospital at Indiana University Medical Center.  
DR. DONALD HECKMAN, Pediatrician, came to St. Cloud from California. He is associated with the St. Cloud Medical Group.



St. Michael "Who is like God"

In 1941, Pope Pius XII declared the great Archangel Michael as patron of X-Ray and radium and as such to be invoked by Catholics who make use of such devices whether as doctors, operators or patients. Just as the sacraments were instituted by the mercy and love of God to bring health and strength to our souls, so the science of medicine was put into the minds of men for the amelioration and cure of disease, and one of the greatest helps to medical science has been the discovery and development of x-ray and the powerful forces of radium.

As the flaming sword of St. Michael pierced and put to rout the armies of the evil angels, so the invisible rays of the electric tubes pass through the tissues of the diseased or broken body, marking upon the sensitive film the shadows which show where evil lies and guide the hands of the surgeon or the physician in his work of healing and repair. The tremendous force of radium, so powerful that it often succeeds in mitigating, even sometimes curing, the inroads of the dreadful disease of cancer, is again like a flaming sword, but a sword that heals instead of destroying.

What more fitting than that the great archangel should be invoked for spiritual aid by those who operate and make use of these tremendous physical and therapeutic natural forces!

Saint Michael, pray for us!

October 18th. -- St. Luke

St. Luke, a physician by profession, is a world-wide and centuries-old model for the medical profession. The High Mass in the hospital chapel on this day will be offered for the doctors and hospital personnel.

The date for the traditional White Mass will be announced later.

Sept. 26

Feast of St. Rene  
Patron of  
Anesthesiology

Sept. 27

Feast of St. Cosmas  
and Damian  
Patron of Pharmacy

Sept. 29

Feast of St. Michael  
Patron of X-Ray

NURSES ALUMNAE MEETING

First Tuesday of October.  
8:00 p. m. - Nurses' Home.  
Father Peter, O. S. B., Guest Speaker!  
See you there - - and bring a new member!

THE PINK SHEET

Featuring the  
Candy Stripers



Pictured above left to right are:  
Row 1 - Kathryn Moeglein, Kathleen Gerber, Sandra Goehrs.  
Row 2 - Marguerite Ernst, Judith Fredericksen, Kathleen Orr, Lois Koopmeiners.  
Row 3 - Roberta Landy, Karen Reif, Kathleen Pattison, Susan Emery, Mrs. Loren Timmers, Director.



Left to right: Marguerite Ernst, Kathryn Moeglein, Kathleen Gerber.

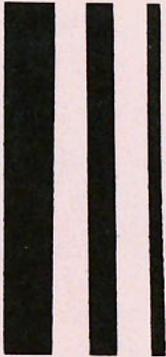
A pretty teen-age girl is playing a game. But this is not the type of game one would expect a fifteen year old girl to be playing. Nor is she playing it in her own environment with boys and girls of her own age. You see, this young lady has joined the newest branch of our Hospital Family, the "Teen-Age Volunteer". Because of her stiffly starched pink and white pinafore and crisp white blouse which she wears while working here, she is known as a "Candy Striper". She may select her own type of work from several jobs--helping with the children in Pediatrics, helping to make supplies in Central Service, or she may prefer to deliver a writing portfolio to each newly admitted patient. But, to which ever job she goes, she brings with her a warmth and enthusiasm which only youth can bring; and the smile that appears on the face of the small child who is experiencing his first separation from his family, when he sees his "play-friend" walk into the play room, is reward enough for a "Candy Striper".

Although girls of the 13-17 age group have been doing volunteer work in hospitals all over the country since 1942, it was just four months ago that the Candy Stripers program was inaugurated at our hospital. But in this short period of time, these twelve girls have given many hours of service to us; their reward--the warm feeling of knowing that they have been of service to their fellowman.

"Because the Candy-Stripers have benefited the hospital so much," says Sister Jameen, Administrator, "we would hate to be without them. Not that we couldn't continue to help the sick get well, but we know that our patients who come in contact with these girls, would miss that little "extra" that these girls give them. And, as a matter of fact, the entire staff would miss these young smiling Misses.

"We, at the St. Cloud Hospital, are proud to add you to our family. Many fine compliments have been uttered in praise of the wonderful job that you are doing; your punctuality, your friendliness, and your utmost consideration for patients and staff alike. Be as proud of yourselves as we are of you."

**MEMO** to Candy Stripers:  
Please contact Mrs. Knevel in the Volunteer Office in regard to the hours that you can give during the school year!!



Pictured below left to right are:  
Kathleen Orr, Judith Fredericksen,  
Patient.



Left to right: Carol Megarry, Mrs. Ruth  
Knevel, Volunteer Coordinator.

