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The Beat: April 2013

CentraCare Health

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The Beat

April 2013

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

A monthly CentraCare Health System employee newsletter

April is a special time for CentraCare Health

By Terry Pladson, MD, President

This is the month in which we recognize our volunteers (National Volunteer Week is April 21-27) — and conduct the Employee Campaign. Both of these April events are all about generosity, about giving of one's time, talent and treasure.

I see wonderful examples of generosity as more than 1,150 volunteers scurry about their work, helping to create a welcoming environment for patients and visitors and helping myriad departments operate efficiently. We simply could not do what we do without our amazing volunteers — and we need more like them (see box).

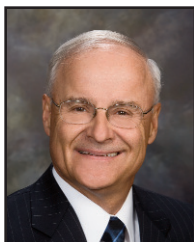
We also could not do what we do without the financial gifts of our employees. This is the fifth year of the five-year *Caring for Generations* Employee Campaign. I want to say thanks to the more than 2,000 employees who have already contributed \$3.05 million during the first four years. I encourage you to:

Please encourage friends and family who possess the volunteer spirit to apply, as we have more than 100 open shifts every week.

They can visit centracare.com, e-mail volunteer@centracare.com, or call:

- CCHS – Long Prairie, (320) 732-7259;
- CCHS – Melrose, (320) 256-1769;
- CentraCare Health – Monticello, (763) 271-1399 or (763) 271-2271
- CCHS – Sauk Centre, (320) 351-1798,
- SBSC, (320) 252-0010, ext. 30580;
- SCH, (320) 255-5638.

giving to CentraCare Health Foundation, thank you.



Spring into good health at Women's Health 101

David Kroska, MD, lives his mission of healthy diet and lifestyle and has been sharing the importance of this lifestyle with women since he started as an OB/GYN in St. Cloud in 1981. In 2006, he formalized the L.I.F.E. (Lifestyle, Food & Exercise) program, an eight-week series offered three times each year. Since that time, Dr. Kroska has shared his message with hundreds of area residents and given them the knowledge needed to gain a lifetime of health through sound nutrition and lifestyle changes.



On April 20, Dr. Kroska will share his keynote-worthy message at the 12th annual Women's Health 101 event. At his 1:15-2:30 p.m. presentation, he will share the impact of food on our life and what powerhouse foods we should not go without. He also will provide evidence of how making healthy choices can minimize or postpone (indefinitely) many health issues.

Between 8 a.m. and 1:15 p.m., Women's Health 101 attendees can participate in more than 15 health screenings, a variety of other presentations and visit more than 40 educational booths. Free glucose and cholesterol screenings are available until 10:30 a.m. or to the first 225 people. Thanks to all of the health care providers who are volunteering their time to present on a variety of women's health topics.

Women's Health 101 is free, but a suggested \$10 donation is encouraged for women's health education. For more information or to pre-register, visit www.centracare.com/women/wh_101.html.

Women's Health 101
Saturday, April 20
8 a.m. to 2:30 p.m.
CentraCare Health Plaza

- Enjoy the campaign's music theme, The Sound of Giving;
- "Like" the CentraCare Employee Campaign on Facebook;
- Give generously when completing your pledge card, which is due April 30 (new pledges will be deducted from payroll from July 12, 2013 through June 27, 2014).

Our goal is to have 2,200 employee benefactors by the end of April. If you aren't already contributing, please take that step this month. And if you already are

CENTRACARE Health System

Organ donation saves lives



Cindy Bruder,
*Radiology, CCHS -
Long Prairie*

"I received the best birthday gift possible — a kidney from my cousin!"

I was born with hereditary polycystic kidney disease. By 2004, my kidney function had begun to deteriorate to the point where I needed dialysis three days a week. My siblings were tested to see if they could be my kidney donor but because the disease was hereditary, they did not qualify.

On my 50th birthday, March 9, 2005, I received a happy birthday call from my cousin, Bev, who said she had a present for me. She had gotten tested and found that she was a match and could be my kidney donor! I received Bev's kidney in June 2005. Not a day goes by that I am not grateful for her gift.

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.agiftofsight.org or www.centracare.com.



CentraNet offers a look at patient survey results

Employees can view the most recent patient satisfaction data by clicking on the Performance Improvement tab on CentraNet, then choosing Patient Satisfaction Results under the Dashboards heading. The first page of the results section features survey data for CentraCare Clinic, CentraCare Surgery Center and the hospitals in Long Prairie, Melrose and St. Cloud. You can click through to unit-specific results as well as tips and scripts. A key for reading the dashboards is provided at the top of each section.

It's official

New River Medical Center in Monticello officially has joined CentraCare Health System. The center's new name is CentraCare Health – Monticello.

Since January, CentraCare has operated the facility under a management agreement signed by both organizations. During this time, the organizations worked toward finalizing the lease and affiliation agreements, which have been approved.

New name, new location — same great people

Beginning April 29, the following CentraCare services will have new names and a new home at 1555 Northway Drive, St. Cloud. Phone numbers remain the same.

Located on the first floor:

- CentraCare Clinic – Heartland becomes CentraCare Clinic – Northway Family Medicine.
- CentraCare Pharmacy – Heartland becomes CentraCare Pharmacy – Northway.

Located on the second floor:

- Mid-Minnesota Family Medicine Center becomes CentraCare Family Health Center. The University of Minnesota/ St. Cloud Hospital Family Medicine Residency program also will move, but will retain the same name.

Join us for an Open House from 5-7 p.m. May 2 at CentraCare Northway, 1555 Northway Drive. Tours will showcase the clinics, residency program and pharmacy. Refreshments will be served.

For more information, call (320) 240-3157.

New joint replacement program offered

Patients needing total joint replacement care now will be able to stay closer to home through a partnership between Little Falls Orthopedics and CentraCare Health System – Long Prairie, Melrose and Sauk Centre. The Joint Replacement Program brings together a dedicated and specialty trained orthopedic team to deliver high quality care to area residents.

Congratulations to Dr. Leither!



CentraCare Health Foundation is pleased to honor Thomas Leither, MD, recipient of the 2013 Caduceus Award, for his dedication to health care and

community service. Dr. Leither, a nephrologist at CentraCare Clinic - River Campus, has served the St. Cloud community for 28 years. Dr. Leither started CentraCare Kidney Program where he now serves as medical director. He serves on the CentraCare Health System board of directors and is the chair of the CentraCare Clinic board of directors. As a member of the CentraCare Health System Quality Improvement Committee, Dr. Leither promotes quality in the organization and advocates for prevention. He gives of himself, from mission work in Honduras to developing a community garden at CentraCare Health Plaza through the Central Minnesota Sustainability Program.

Diabetes Center education expands

CentraCare Diabetes Center is rolling out Diabetic Self Management Education (DSME) to the primary clinic setting. Diabetes educators have started seeing patients individually and in group settings at Plaza Family Medicine and St. Joseph locations. Reports show that patients who receive DSME at their primary clinics are more engaged in their plan of care and diabetes self management improves.

Recognizing quality work in Sauk Centre

CentraCare Health System - Sauk Centre clinic staff received CentraCare Clinic's 2012 Quality Award for their focus on quality and service excellence.



St. Cloud Hospital, Melrose honored for EMR achievement

St. Cloud Hospital and CentraCare Health System - Melrose have been recognized by HIMSS Analytics with its Stage 6 achievement for electronic medical record (EMR) sophistication. This award honors health care organizations that achieve significant advancement in information technology capabilities. Both sites are within one step of reaching the highest level of electronic medical record implementation. Only 476 hospitals in the U.S. have achieved Stage 6, only 105 hospitals in the U.S. (three in MN) have achieved Stage 7.



Roadwork near Health Plaza expected to begin soon

When making referrals and confirming patient appointments at CentraCare Health Plaza, please inform patients about the County Road (CR) 120 detour so they can plan accordingly.

Beginning about April 15, westbound CR 120 at the intersection of Highway 15 will be closed while the Minnesota Department of Transportation constructs a diverging diamond interchange at that location. People traveling to the CentraCare Health Plaza from Highway 15 will be redirected to a temporary entrance at 23rd Street South — just north of CR 120. Highway 15 road construction continues through Fall 2013 and will remain open in both directions for the entire project.



You can direct patients to [centracare.com](http://www.centracare.com) for a map with the detours and directions. http://www.centracare.com/maps/art/cchp_construction_apr_oct13.pdf

More road construction

The seven-mile stretch of I-94 between Clearwater and St. Cloud will be reduced to one lane at various times from April to July for resurfacing. This is expected to cause significant back-up during peak driving times.

Administrative Support building has new tenants

The Administrative Support building located at 1600 County Road 134 (near CentraCare Health Plaza) became home to CentraCare Health Foundation's grant writers, BLEND (Better Living: Exercise and Nutrition Daily) and Smoke Free Communities staff. This building also is home to many Information Systems' staff (previously located at DeZurik).

Survey gathers community health snapshot

CentraCare Health System has joined local public health agencies to conduct the Central Minnesota Community Health Survey to gather information that will create a more accurate picture of health and wellness within our community. The confidential survey, conducted by Wilder Research, was mailed at the end of February to approximately 12,000 households.

Survey questions include residents' access to health care, nutrition, physical activity, tobacco use and other social, physical and mental health-related issues. Survey data will be used to assess the current health status of residents and will help identify health perceptions and barriers to healthy living.

If you received the survey, please complete and return it so that public health and health care professionals can get a clear picture of the health care needs of this region. If you have questions, contact Dave Borgert, director of Community and Government Relations, ext. 74978.

Collaborating with the community

CentraCare Clinic - Heartland has started providing pre-employment exams, drug and alcohol screening as well as workers' compensation visits for Anderson Trucking. The site averages approximately 10 pre-employment Department of Transportation exams and drug screens every Monday.

For a complete list of CentraCare events, classes and support groups, visit www.centracare.com and click on the Classes & Events tab.

CentraCare wins United Way award



From left: United Way award is accepted by CentraCare staff Trish Ball, Health Insurance specialist; Jessica Klaphake, transcriber; Nicole Solarz, Wellness/Benefits specialist; Abby Foley, Payroll specialist; Tanya Lindquist-Fleegel, Administrative specialist; Ruth Primus, educator, Nursing Orientation; Heather VanZee, Human Resources director, St. Benedict's Senior Community; and Erin Hjort, Human Resources coordinator, CentraCare Clinic.

CentraCare Health System won the Best Giving Community: Leadership Giving for a large company from the United Way of Central Minnesota. CentraCare was recognized for increasing the number of employees who contribute at leadership levels (\$1,000+). In 2012, the CentraCare United Way campaign raised more than \$380,000. United Way of Central Minnesota helps people in more than 30 communities. More than 99 percent of your gift stays right here in Central Minnesota to help our families, friends and neighbors.

St. Cloud Hospital designated for quality, efficiency

Blue Cross and Blue Shield of Minnesota recently designated St. Cloud Hospital as a Blue Distinction Center for Specialty Care[®] program in the areas of Spine Surgery⁺ and Knee and Hip⁺ Replacement for quality and cost efficiency.

St. Cloud Hospital is the only Blue Distinction Center for Spine Surgery north of the Twin Cities, and is only one of three Blue Distinction Centers⁺ for Spine Surgery in Minnesota.