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The Beat: March 2014

CentraCare Health

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The Beat

March 2014

Do you have an idea for the Beat?

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

A monthly CentraCare Health employee newsletter

Celebrate: We are CentraCare

By Terry Pladson, MD, President

With the generous support of employees, physicians, volunteers and the community, the CentraCare Health Foundation has been able to support programs and facilities over the past 17 years that would otherwise not have been possible. A few of these key programs and facilities include Clara's House, a facility where children and adolescents receive treatment for chemical dependency and behavior health needs; the Gorecki Guest House; the Gorecki Senior Center; the BLEND program for childhood obesity and RN care coordinators at the Coborn Cancer Center. St. Cloud Hospital's recent expansion also received tremendous support of more than \$39 million.



The theme of the 2014 Employee Campaign is "I am CentraCare." This is a time to celebrate what we have accomplished and look toward our future goals.

As each site within CentraCare has a unique personality, we have specialized focus areas for the 2014 Employee Campaign to meet the greatest needs of those communities. That way you can support compassionate health care for your patients and your families in your community.

In April, you can learn more about the Employee Campaign on CentraNet with testimonials from your coworkers, games and videos.

In the past five years, employees and physicians have contributed more than \$3.5 million to support CentraCare programs and services. When we go to community members to ask for gifts, the fact that our own employees are our largest benefactors speaks volumes.

For the Employee Campaign, please consider a gift of 30, 60 or 90 minutes per pay period. 30/60/90 is our organization's philosophy of giving. It was adopted to give all employee benefactors equal recognition in the gift category regardless of the end dollar amount.

Our goal is to have 2,300 employee benefactors by the end of April. We appreciate your support. Thank you!

Monticello welcomes new arrivals



CentraCare Health – Monticello Birth Center nurses

The arrival of a new baby is a treasured moment; that is why the Birth Center at CentraCare Health – Monticello is designed to care for each new birth in a serene environment so that moms can focus on what is most important to their newest family member.

The new Birth Center, which opened March 4, offers moms and their babies and families a private, calming and contemporary environment.

Moms stay in one Birth Center suite through labor, delivery, recovery and postpartum to allow for a more comfortable experience. Each suite features amenities such as: sofa beds, flat screen televisions with a dedicated channel to promote comfort and relaxation, private bathrooms with air-jetted tubs, specially designed sinks for baby's first bath, refrigerators and wireless internet. A family room also is available for visitors.

An expert team of obstetricians, family medicine physicians and pediatricians from the Monticello and Albertville/St. Michael clinics, along with anesthesiologists and highly skilled nurses provide care at the Birth Center. This knowledgeable team is trained to care for a broad range of delivery situations and is experienced to support personalized birth plan wishes.

"Delivering their new babies close to home is very important to moms and their families," said Timothy Olson, MD, OB/GYN, Monticello Clinic. "I am confident the community will be impressed with the detail and work that went into creating a special place to welcome new babies."

CENTRA CARE Health

March into better health

CentraCare Health's 13th annual Women's Health 101 is from 8 a.m. to 2:30 p.m.

March 15 at

CentraCare Health

Plaza. The event is free, but a \$10 donation is encouraged for women's health education. Visit booths, receive free screenings, tour operating rooms and enjoy health-related presentations. CCH employees who attend receive 10 Wellness Reward points. **For more information or to pre-register, visit centracare.com.**



Bariatric Center reaccredited

The CentraCare Bariatric Center has received three-year reaccreditation as a Bariatric Surgery Center of Excellence by the American Society of Metabolic & Bariatric Surgery. This designation demonstrates the center's commitment to multidisciplinary, high-quality, patient-centered care.

Free drive-thru colon cancer screenings

During the month of March, Colon Cancer Awareness month, people who are age 50 or older can receive a free immunochemical fecal occult blood test (iFOBT) colon cancer screening kit from the drive-up window at CentraCare Pharmacy at St. Cloud Hospital or from Coborn Cancer Center. The iFOBT screening does not replace a colonoscopy, which is the best method to detect colorectal cancer. **For details, call 320-229-5199, ext. 71791.**



Take the health assessment!

Employees enrolled in the CCH medical plan who want to receive the premium incentive must: take the health assessment, take the biometric screening and be a non-nicotine user. To take the 2014 Health Assessment, employees should visit centracarewellness.com. **Deadline to take the health assessment and biometric screening is March 31.**

Expanded Neuroscience/Spine unit opens April 29



CENTRA CARE
St. Cloud Hospital
Center for Neurosciences

As the array of neuroscience services has grown, we have packaged them in a brand we call the St. Cloud Hospital Center for Neurosciences, a virtual center which includes hospital and clinic services for spine, stroke, neurosurgery, neurology, sleep and rehabilitation (OT, PT & speech).

Recent investments include expanding dedicated space on the unit, attracting new physicians, and enhanced technology — such as Telestroke — to improve outcomes for patients.

With the addition of neurosurgeons and a growing interventional neurology program, St. Cloud Hospital has increased inpatient beds to care for all neuroscience/spine patients. **Starting April 29, the Neuroscience/Spine Unit will include 37 Neuroscience/Spine beds, eight neuro progressive beds, new consult rooms, a large family lounge, staff conference room and additional restrooms for staff and visitors.**

Long Prairie news...

Doris Lieser, LPN, CentraCare Health – Long Prairie, has been selected by the Minnesota Hospital Association to receive the Good Catch for Patient Safety Award. This award program honors Minnesota hospital professionals who “speak up” to prevent potential harm to patients.



Doris was nominated and selected because of her request to have a new product installed on all lift chair recliners, reducing patients' risk of falls.

CentraCare Health – Long Prairie has been awarded a \$15,805 grant from the Minnesota Rural Hospital Flexibility Grant Program to collaborate with Northern Pines Mental Health Center for behavioral health care strategic planning. The funds will be used to complete a strategic plan that establishes the steps necessary to fully integrate care coordination for patients of CentraCare Health – Long Prairie and Northern Pines Mental Health Center.

Paynesville news...

Emergency Medical Services (EMS) for Paynesville added two sleeping rooms for on-call staff to ensure a three-to-five minute response time for emergencies. This not only gives better accommodations for on-call staff who live outside the normal distance for on-call response, it's become popular with the entire department. “We're finding that it's used a lot,” stated Steve Stang, EMS manager. “In bad weather situations, it makes a great option for all on-call staff to be right here for faster response time.”

Paynesville employees raised a total of \$1,335 (\$885 raised plus a matching grant of \$450) for Food for Kidz, an organization that helps feed hungry children locally and internationally. More than 350 volunteers participated in the packaging event with more than 80,000 meals packed.

Olympic competitions held at Koronis Manor Care Center



Rhonda Kaelke's Housekeeping department, won a gold medal for its “Olympic Broom” torch.

CentraCare Health – Paynesville employees and residents participated in the Koronis Manor Care Center Olympic Opening

Ceremony Parade. Fourteen departments entered a contest for creating the best torch. Wii skiing, archery, curling and wheelchair races were held during the two-week period, concluding with a closing ceremony and medals.

Organ donation/recipient stories needed

Have you been impacted by the gift of organ, tissue or eye donation? By sharing your story, you educate and inspire others by showing how important donation is and how it impacts the lives of others. **For details, contact Chris Nelson at 320-229-5199, ext. 71384 or nelsonc@centracare.com.**