

10-1959

Beacon Light: October 1959

St. Cloud Hospital

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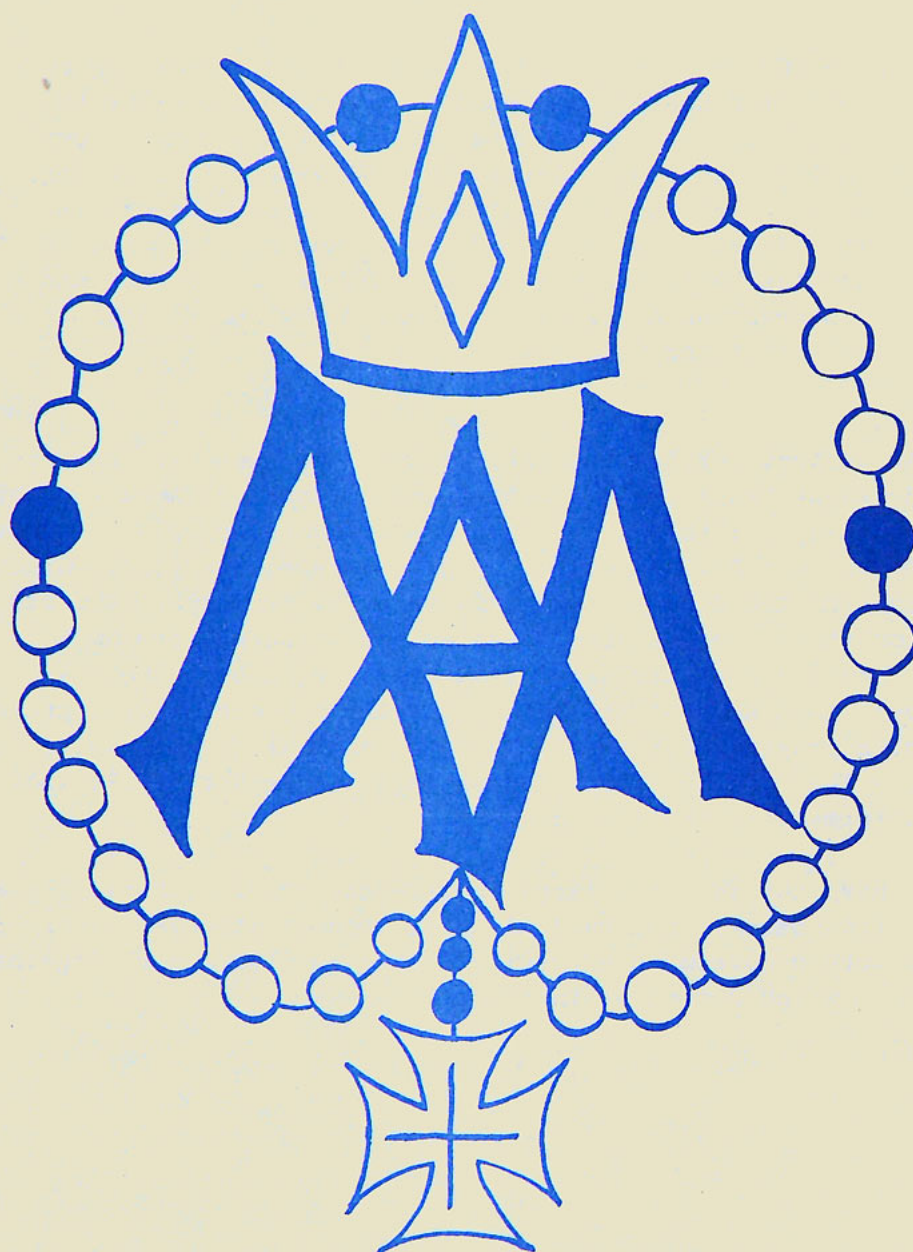
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BEACON LIGHT

Volume XI Number 2

SAINT CLOUD HOSPITAL

October 1959



Queen of the Rosary

Pray for us!

We have heard again and again that many months of the year have a day especially dedicated to Mary. The months of October is dedicated to Mary, Queen of the Rosary. During this month, the Church throughout the world encourages the daily public recitation of the Rosary. Although in the strictest sense the Rosary is not a liturgical prayer, it is one of the most beautiful and most powerful.

The "Our Fathers", "Hail Marys", and "Glorias" of which the Rosary is composed, are simple prayers but rich in meaning. Christ Himself taught us the Our Father; the angel Gabriel and Elizabeth in speaking of Mary gave us the Hail Mary; the Gloria honors the Trinity of Persons in God. The Rosary is also a meditation on the events of the life, death and resurrection of Jesus as recalled by the Joyful, Sorrowful and Glorious mysteries.

Legend tells us that our Lady herself taught St. Dominic how to say the Rosary. He spent his life in teaching it to others. Great men of all ages have been devoted to this prayer which has conquered vice, caused virtue to flourish and brought Divine graces and blessings to everyone. Great men of today are praying the Rosary. What is more, ever mindful of Christ's words, "Where two or three are gathered together for My sake, there am I in the midst of them," they are not only praying as individuals but they are gathering others about them so that the Rosary becomes a powerhouse of prayer because Christ, too, is praying with them. The most natural group praying together is the family. The family that "prays together is the family that stays together" and teems with the life of Christ.

Here at the Hospital we are a large family--the Hospital Family. As we together pray the Rosary, our bond of union becomes stronger, our individual prayers and work become more effective. May we always work together in the spirit of love which unites us in prayer.

THE ANESTHESIA STORY

It was Sir Oliver Wendell Holmes who contributed the name "Anesthesia", meaning "without feeling", to the state produced by inhaling ether. This was only in the 1840's, but the producing of anesthesia and the search for an adequate anesthetic is as old as pain itself. Can we say that the record of the first anesthetic is to be found in the Bible in the story of Eve's origin? "And the Lord God caused a deep sleep to fall upon Adam..." Since that time such methods as drugs, wine, freezing, and clubbing the victim until unconscious have been tried. Some of these have been discarded, some retained, and some re-discovered, such as hypnosis and hypothermia--reducing the patient's body temperature to subnormal levels.

With the discovery of ether in the 1840's the question became not "what" to give, but "how" and "who" should give it. At first it was anyone! The ether can move from the surgeon's chauffeur, the hospital janitor, or the cook, to medical interns who disliked the job because it distracted them from watching the surgery. Nursing Sisters were the first trained anesthetists until the Doctors Mayo began training lay nurses. Today we have well qualified Nurse Anesthetists and highly specialized Medical Anesthesiologists. So much for "who". Now for "what and how".

Let us indulge in a mild nightmare! Let us suppose you are coming into the Hospital today to have your "rupture" repaired tomorrow morning at 8:00 a.m. It doesn't cause you excruciating pain, but it is something you should have taken care of. What will happen to you anesthesia-wise? Here is your Anesthesia Story.

Your first contact with the Anesthesia Department will be in the form of a visit from the nurse anesthetist. She will answer your questions and give you an idea of tomorrow's events. She will tell you about the pre-operative hypo you will receive about one hour before surgery. This is a narcotic which prepares you for sleep by allaying your fears, and giving you a feeling of well-being; it makes you relaxed and sleepy. It also makes your mouth dry so that you have no extra saliva which might hamper your breathing. You ride to Surgery on a comfortable cart which is like a bed on wheels. On arriving in Surgery, friend Anesthetist will be there to greet you.

Most likely your doctor will want you to have Pentothal Sodium. This is the drug which will put you to sleep when injected into the vein. It acts smoothly, pleasantly and within



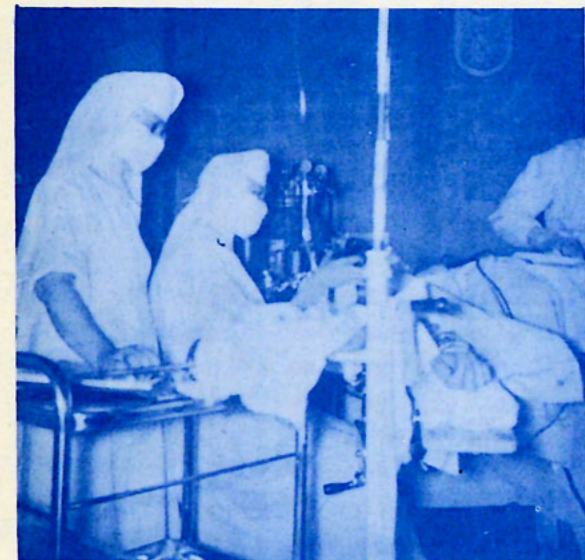
PICTURED ABOVE ARE EILEEN STAFFORD, STUDENT, SUPERVISED BY KYUNG KIM, a GRADUATE OF OUR SCHOOL.

the space of a very short prayer. With Pentothal you will drop off to sleep without excitement or dreams, without saying anything (either foolish or wise) and often without even being aware of its effect. Everyone who has had Pentothal, including the author, will agree that it is a very easy, pleasant way to "go to sleep".

Now that you are anesthetized, your anesthetist never leaves you. She sits at the head of the table, gives you oxygen, makes sure your breathing is adequate, checks your blood pressure and pulse and gives you more Pentothal according to need as surgery progresses. After the operation is completed, she may give you drugs to help you counteract the effects of the anesthetic. Satisfied with your condition, she takes you to the Post-anesthesia Recovery Room. This is the big room close to Surgery where all patients who have received a general anesthetic are taken. Nurses especially trained for this work are on duty every minute, checking your blood pressure, pulse and breathing so you are never left alone while you are waking up. After about 1½ hours you will be taken to your own room. By that time you probably will be awake, aware of your surroundings, but perhaps still drowsy and sleepy.

It may happen that your Doctor wants you to have a Spinal Anesthetic instead of a general anesthetic. This is an injection of a drug close to the spinal cord which anesthetizes the legs and the lower part of the body. Spinal Anesthesia has many advantages. It enables you to remain awake, avoid the dangers of general anesthesia, and yet be free of pain or any feeling in the operative area. Soon after surgery, you will be able to eat and take fluids.

Besides caring for patients who come in for scheduled operations, the Anesthetist's duties include around-the-clock coverage for all emergency surgery, anesthetics for deliveries in the Obstetrical Ward, and for setting broken bones in X-Ray whenever a general anesthetic is used. Last year's count included 3,855 anesthetics in Surgery, and 2,160 anesthetics in O.B.



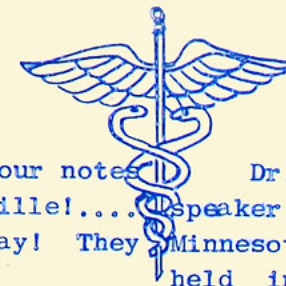
PICTURED ABOVE ARE STUDENT, SISTER MARY VIRGINIA, O.S.B. of STURGIS, N.D. SUPERVISED BY SISTER MARY HYACINTH

Another important phase of activity is providing for the future by educating and training student nurse Anesthetists. In 1953, our Anesthesia Department opened its school for Nurse Anesthetists. Since that time, 26 students have graduated and four students are now busy with books and gas machines, acquiring both knowledge and skill in a service little known by most patients, rarely thanked for, but entirely satisfying to those who are lovingly engaged in it.

An Anesthetist's prayer to St. Rene, our patron, sums up our objective in these words:

"Plead for me at the Throne of the Divine Physician, that I may be able to devote my entire energy to the task at hand and be free from distractions, deceit, worldliness and unworthy emotions. Grant that in my small way, I may serve not only to alleviate pain but also draw myself and others to the love of God."

MEDICAL



STAFF

We're fascinated by the names in our notes! Dr. Richard Kline was principal this month: Flin Flon! Gypsumville!...! Speaker at the meeting of the Central Straits of Mackinaw! Vermilion Bay! They Minnesota Society of Internal Medicine all sound so exciting! held in Brainerd on September 26. His topic was "Chemotherapy of Tumors". Drs. James Kelly and H. Sisk also attended the meeting.

Flin Flon is a place in Canada 1,000 miles north of here where Dr. Cesnik's Hunting party bagged a 1500# moose. We also learned that Dr. Sisk spent part of his boyhood there.

Drs. John Kelly and C. Brigham hunted ducks at Gypsumville. Dr. C. Neska went to Vermilion Bay in search of moose.

Dr. and Mrs. Donaldson spent a few days at the Straits of Mackinaw which connect the upper peninsula of Michigan with the lower peninsula and where the longest bridge in the world was recently completed.

Dr. and Mrs. John Beuning went to British Columbia for moose hunting. Dr. W. Wenner drove to Manitoba, Canada, for ducks but he was so engrossed in telling of his struggles with the 4-inch snowfall on rugged country roads that we didn't find out if he even saw any ducks. Dr. V. Neils was hunting, too, and Dr. Evans. . . but our information is incomplete. Dr. L. Veranth found that moose were scarce—even non-existent—around Lake Bending, Canada, but the trout fishing was excellent!

Last month we mentioned the Fall Refresher of the Minnesota Academy of General Practice at the Hotel Radisson on September 22 and 23 in which Dr. N. Fidelman, President of the Central Minnesota Chapter, was to play a leading role. This month we can tell you in addition that Drs. N. Musachio, L. Veranth, W. Hall and L. Wittrock were among the good-sized crowd present.

Dr. S. Raetz attended a meeting of the American Society of Clinical Hypnosis in Chicago the first week of October.

Dr. E. Milhaupt is now in Chicago attending meetings of the American Rhinological Society and the American Academy of E.E.N.T. Dr. L. Timp just returned a few days ago from a national meeting of pediatricians in the same city.

Dr. W. Richards tells of a very interesting two-day annual meeting of the Northwest Pediatric Society at the University Club in St. Paul. Activities included a tour of the recently completed ultra-modern 75-bed addition to Children's Hospital in St. Paul.

Dr. C. Thuringer is no longer quite so sure that Oklahoma, his Alma Mater, is the top football team in the country. He and Mrs. Thuringer went to Evanston to see Oklahoma beat Northwestern on September 26. This was Oklahoma's first encounter with a Big Ten team but Dr. had no doubts about the southerners' invincibility. As you know, Northwestern ran up a score of 45 to the losers' 13. Now Dr. T. is not so sure.

The first in a new series of clinico-pathological conferences was conducted at the hospital on October 8 by Dr. A. Davis. About 12 doctors were present for a discussion of lymphatic leukemia. The "new" doctor in the lab, by the way, is Doctor Milon Bozanich who will work with Dr. Davis.

MEETINGS



The annual meeting of the Diocesan Council of Catholic Nurses was held on September 17, in Sauk Centre, Minnesota. The program for the day included a business meeting, a dinner at which time His Excellency, Bishop Peter W. Bartholome addressed the group; and a program. The guest speaker was Lenora Collatz, Executive Secretary of the Minnesota Board of Nursing who spoke on the graduate nurses teaching responsibility to student nurses and to auxiliary workers. The meeting closed with the entire group attending Holy Mass in St. Paul's Church, Sauk Centre, offered by Father Patrick Riley, Spiritual Director of the DCCN. Those who attended from St. Cloud Hospital were: SISTERS CUNEGUND, KEITH, CASSIAN, CARMEN, DOLORATA, MAUREEN, JOSELIA, JONATHAN, and MISSES J. KOTSMITH C. ZABINSKI, H. MC LANE, MRS. V. RIEDER MRS. CATHERINE BODEN and MRS. C. MOLINE.

SISTER MICHAEL, O.S.B., ALIAN SCHMID, MRS. HELEN FAIRFIELD, and PAZ DICHYPA attended the Northwest Central District of the Minnesota Society of Medical Technologists which was held at Breckenridge on September 27, 1959. Mr. Frerich Weich, Representative of Scientific Products branch of the American Hospital Supply demonstrated the use of the Coulter Counter, an electronic device for counting red cells and white cells in blood (Sister Michael's comment: "No, we can't afford to get one for a while!") Mr. SCHMID found the demonstration quite interesting but was disappointed that there weren't any pheasants on the prowl. The only one he saw was on a billboard. Better luck next time, Schmiddy!

SISTER GLENORE AND SISTER COLLEEN attended the fall meeting of the Minnesota Dietetic Association, held at the University of Minnesota on October 1 and 2. Sister Colleen is the president of the association.

The fall meeting of the Minnesota Association of Medical Record Librarians was held on September 25 at Mount Sinai Hospital, Minneapolis. Sister SEBASTINE and Sister ANTHONY attended the meeting. Dr. Greenfield, chief anesthesiologist spoke on hypothermia. Sample forms of anesthesia records were demonstrated and the possibility of recording patients' progress during surgery by means of phonograph records was discussed. A guided tour of the Emergency Out-patient Department previous to the meeting proved both interesting and instructive for the Sisters.

The Minnesota Library Association held its annual meeting on October 2 at the Pick-Nicollet Hotel in Minneapolis. SISTER CONSILIA, who is in charge of the patients' library, and SISTER RAPHAEL, librarian at the School of Nursing attended the meeting. Dr. Marvin Taves spoke to the group on "Our Changing Society." Since most libraries are faced with problems of back losses, the panel discussion on that topic proved both interesting and helpful to those in attendance.

Rising at 4:30 a.m. and setting out in a drizzly rain was a gay occasion for several members of the X-Ray Department as they began a weekend trip to Rochester, Minnesota to attend the annual convention of the Minnesota Society of X-Ray Technicians on October 2nd. Hosted this year by technicians of the Mayo Clinic, the convention proved to be a most profitable experience, both in knowledge gained and friendships renewed. Technicians attending the event were SISTER JONATHAN, SISTER SANDRA, MR. E. SMITH, MRS. S. GEBHARDT, MRS. E. WENNER, and MRS. B. CHIRHART. A tour of the Mayo Clinic's X-Ray Department was one of the most fascinating and impressive sights the technicians were treated to. Incidentally, Sister Sandra was elected one of our State Councilors for the coming year.

BUSINESS OFFICE HI-LIGHTS

Something new has been added to our Business Office. On October 2, a new National Cash Bookkeeping machine was installed. Several hours of preparatory planning were necessary before its installation and changes will probably be necessary as work progresses.

The use of the machine will require a number of subsequent changes in our office procedures. Perhaps you have noticed one already, a new type of admission sheet for each patient.

The main purpose of the bookkeeping machine is to provide an accurate and rapid daily summary of each patient's account. A short explanation of what this consists might be of interest to you. Each day numerous patients are rendered services in the various departments of our hospital. In order to keep a proper record, every charge for a particular service is recorded on a separate ticket and is sent to the Business Office. At the end of the day, these tickets are recorded by use of the bookkeeping machine into a permanent record sheet for the patient. It is our hope that the new machine will complete this process efficiently and accurately.



OPERATING THE NEW BOOKKEEPING MACHINE IS MISS VIOLA UTSCH, THE ACCOUNTS RECEIVABLE CLERK



Now dost
Thou dismiss
Thy servant
O Lord, in peace,
according to
Thy word,

Compline - Luke 1:1-3

The Life of Grace and Glory is the same,
The Life of Grace is by another name
Heaven on earth,
And death is but a change in range
And nothing strange.

Their lies between our seeing and believing,
One pulsing continuity of being
O when the Life of Glory we achieve,
Why grieve?
We only lose our having to believe.

Alfred Barrett

CASPER STEIN, our elevator operator, died here at the Hospital on the Feast of the Holy Rosary, October 7th. He is the second elevator operator who "lost his having to believe" within a relatively short period of time. We will not easily forget to give him a "lift" with our prayers since we cannot help but miss his courteous service. May he rest in peace!

NURSING SERVICE HAS A NUMBER OF NEW STAFF MEMBERS THEY WOULD LIKE TO INTRODUCE TO YOU

Mrs. Ziebol came to us from Swedish Hospital and is employed on 1 South.

Mrs. Delores Johnson, also employed on 1 South graduated from the Rice Memorial Hospital in Willmar, Minnesota.

Mrs. Graeve R.N., a graduate from St. Mary's School of Nursing, Rochester, Minnesota, working on 2 North. She was formerly employed at St. Gabriel's Hospital, Little Falls.

Mrs. Westberg R.N. from 3 North is a graduate nurse from Sioux Valley School of Nursing Sioux Falls, South Dakota. She was employed at the St. Joseph's Hospital, Brainerd, Minnesota prior to moving to St. Cloud.

Miss Maehren is a graduate nurse from St. Mary's School of Nursing, Minneapolis, Minnesota. She is from St. Cloud and is presently employed on 3 North.

Mrs. Challen R.N. is a graduate nurse of St. Luke's Hospital, Duluth, Minnesota. She was employed in Pine City, prior to moving to St. Cloud. She now works on 3 South.

Miss Davis R.N., a graduate nurse of St. Catherine's, St. Paul, Minnesota and Miss Klingbeil, a graduate nurse from the Abbott Hospital School of Nursing are now currently employed on 4 North.

Two new graduate nurses have been added to the staff on 2 South. They are Carol Seims, a graduate from Abbott Hospital School of Nursing and Mrs. Grunerud from Ontario, Canada, a graduate of Ontario Hospital Training School, Whitely Ontario, Canada.

Four graduates from the Vocational School of Nursing are now employed as L.P.N.'s here. They are: Miss Steil from St. Cloud and Mrs. Mueller from Princeton, Minnesota who are both working on 2 South. Mrs. Anderson of Red Wing, Minnesota who is a member of the staff on 3 North and Miss Siegmund of St. Cloud who works on 4 South.

Recently employed graduates from the St. Cloud Hospital School of Nursing are well represented throughout our hospital. They include: Miss Darlene Henderson, formerly employed by the American President Lines who is now working on 2 North. Miss Lutgen, Miss Maybury, Miss Franta, are all employed on 4 South. Miss Skwira and Miss Killeen have joined the staff in the delivery room. Mrs. Trutwin is employed in the Nursery, and Miss Goering is working on 5 North.

Mrs. Gray R.N. is a graduate nurse from Ancker Hospital School of Nursing, St. Paul, Minnesota. She has been working at Brainerd, Minnesota, and now is working on 4 South.

Miss Mechtenberg, L.P.N., a graduate from the School of Practical Nursing, Pierre, South Dakota is from Mitchell, South Dakota. She was employed at the St. Joseph Hospital, Mitchell, South Dakota before she came to us. She is now working on 5 North.

Miss Hudalla, L.P.N. on 5 North graduated from the School of Vocational Nursing, Rochester, Minnesota.

Little Falls Hospital School of Nursing has given us two of their recent graduates. They are Miss Steichen from Kimball who works on 3 North, and Mrs. Naegel, a staff nurse who works on 5 North.

NEWS FROM THE SCHOOLS

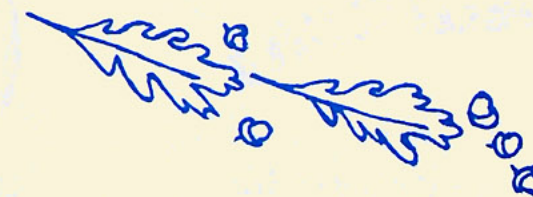
October 5th was a day of real celebration for the students of the School of Medical Technology and the laboratory staff. Duane Beckstrom received his diploma from the School of Medical Technology. Duane graduated magna cum laude, (or was it summa?). It was cum laude anyway. (That means noisy, doesn't it?)

Sharing the spotlight were Miss Paz Dischupa and Mr. Dale Ellison. Amid the cheers of their confreres they proudly achieved the ranks of "capped students." We all agree that the cap is becoming to Miss Dischupa, however, Dale will have to continue unrecognized in his recent achievement of being capped, since the top hat with which he was bestowed has now become the prized possession of his oldest son.



Pictured here are the students recently honored. Mr. Dale Ellison, (displaying the "cap" he received.), Duane Beckstrom, the honored graduate, and Miss Paz Dischupa, proudly wearing the cap of a student "Med. Tech".

September 28th, the Feast of St. Michael, patron of x-ray, was the day chosen for the annual fall picnic of the students of the School of X-Ray Technology. Although the weather seemed a little cold, it was so cozy around the bonfire that they were very reluctant to leave!

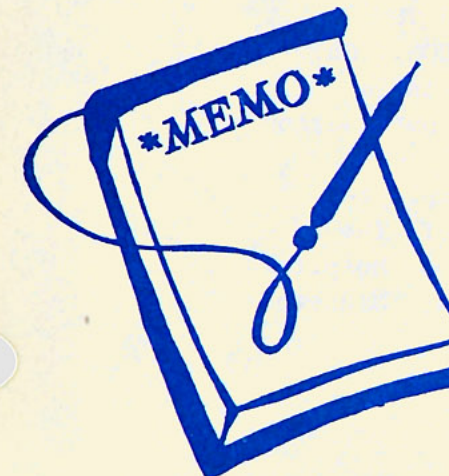


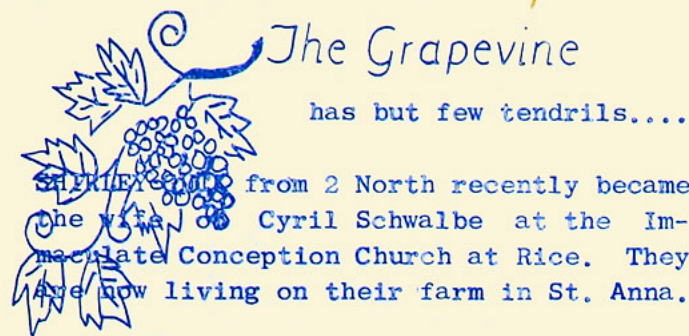
The St. Cloud Hospital Nurses Alumnae Association is sponsoring a silver tea to raise funds for the Sister Elizabeth Scholarship Fund.

Everyone is welcome!

Yes! Make a note of it!

It will be held Sunday, October 25th from 1 to 5 p.m., in the Nurses' Home of the St. Cloud Hospital School of Nursing.





The Grapevine

has but few tendrils....

SARAH E. RICE from 2 North recently became the wife of Cyril Schwalbe at the Immaculate Conception Church at Rice. They are now living on their farm in St. Anna.

KATHLEEN SHAY from D.K. was married on October 6th in Albany. The lucky man? Edward Ostendorf.

From the Inhalation Therapy Department we hear that HAL GOEHRS has left our employ to attend St. Cloud State College. He is being replaced by CHARLES KELLER, who is a senior student at Cathedral High, and JIM ELLER.

A new High Humidity oxygen tent has just been purchased as well as another new hydrojette.

VICTOR TRUTWIN has returned from Miller Hospital in St. Paul where he spent a day in the Inhalation Therapy Department to pick up new ideas on therapy techniques. He reports a very worth-while and enlightening trip.

Congratulations

to the following who welcomed a new member to their homes:

Mrs. Robert Cook.....(Rosemary Legatt)
Mrs. Edward Beuning.....(Virginia Ramler)
Mrs. Nicholas Kirchner....(Eileen Lehner)
Mrs. Russell Schrupp..(Barbara Galligher)
Mrs. Marvin Faber.....(Corrine Hassing)
Mrs. Joseph O'Donnell..(Catherine Prasch)
Mrs. Donald Howland.....(Betty Harper)
Mrs. John Lanz.....(Clarice Blonigan)
Mrs. Elred Wicker.....(Doris Fischer)

and to

Dr. and Mrs. William Rice on the birth of a baby boy!

We WELCOME the following employees who joined our "family" during the month of SEPTEMBER:

Virginia Hiemenz
Joseph Stommes
Mrs. Mary Ann Rice
Miss Judith Urbaniak
Charles Keller
Mrs. Mayme Dombrovski
Patricia Hennek
Jane Chakel
Leora Gelhar
Mrs. Violet Wainright
Josephine Lenzen
Delores Johannes
Mrs. Theodora Dullinger
Eileen Zenner
Mrs. Mary Spychala
Lenea Wheeler
Mrs. Diane Reller
Mrs. Kathryn Johnson

May you enjoy your work here at the hospital!



THE
BEACON LIGHT
is a
monthly publication
for
employees
of the
St. Cloud Hospital
St. Cloud, Minnesota

STUDENTS PAGE

With the opening of the Saint Cloud Hospital School of Nursing, the usual events occurred: the High Mass in honor of the Holy Spirit, the all-school picnic, and a talent show. The school chaplain, Father Riley, was celebrant of the High Mass in which the student body participated on September 17. In his sermon Father helped all present realize anew what a noble vocation learning to care for Christ's sick really is.

The school picnic at the river's edge began about five o'clock on the sunny, comfortably pleasant autumn day of September 14th. All were enjoying filling their plates, roasting weiners, and chatting...

For the Freshmen it was a new experience, this informal chit-chat with their teachers and the upper-classmen. For the others it was good to be together again with their old friends and the very new freshmen. Shortly after five o'clock, something most untraditional happened. A wind, sweeping in without a moment's warning, changed the peaceful setting into one of bedlam! Paper plates flew, dumping their contents on tables and clothing; pop bottles spilled; and the temperature fell a degree a minute! After a time, and in changed surroundings, the picnic continued with playing lively games in the recreation room of the Nurses Home. Everyone agreed it was a Monday evening well-spent and not soon to be forgotten!



THE TALENT SHOW on September 28 was the work of the Junior Class under the direction of Geraldine Rosenberger. "Charms, Charlestons, and Chills" portrayed in a series of songs and acts the decades from 1910 to 1960. Three of the acts are pictured from left to right: The 1960 "Mummy Song" enacted by Pat Barrett and Ruth Boedingheimer; World War I songs by a marching "drill team"; and selections from "The King and I" by Barbara Sobotik. All in all, players and audience enjoyed the well-planned performance, an evidence of the Junior's talent.

Hail
WHO HAST WOVEN
Maidenhood
WITH
Motherhood

AKATHISTOS HYMN