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Beacon Light: November 1959

St. Cloud Hospital

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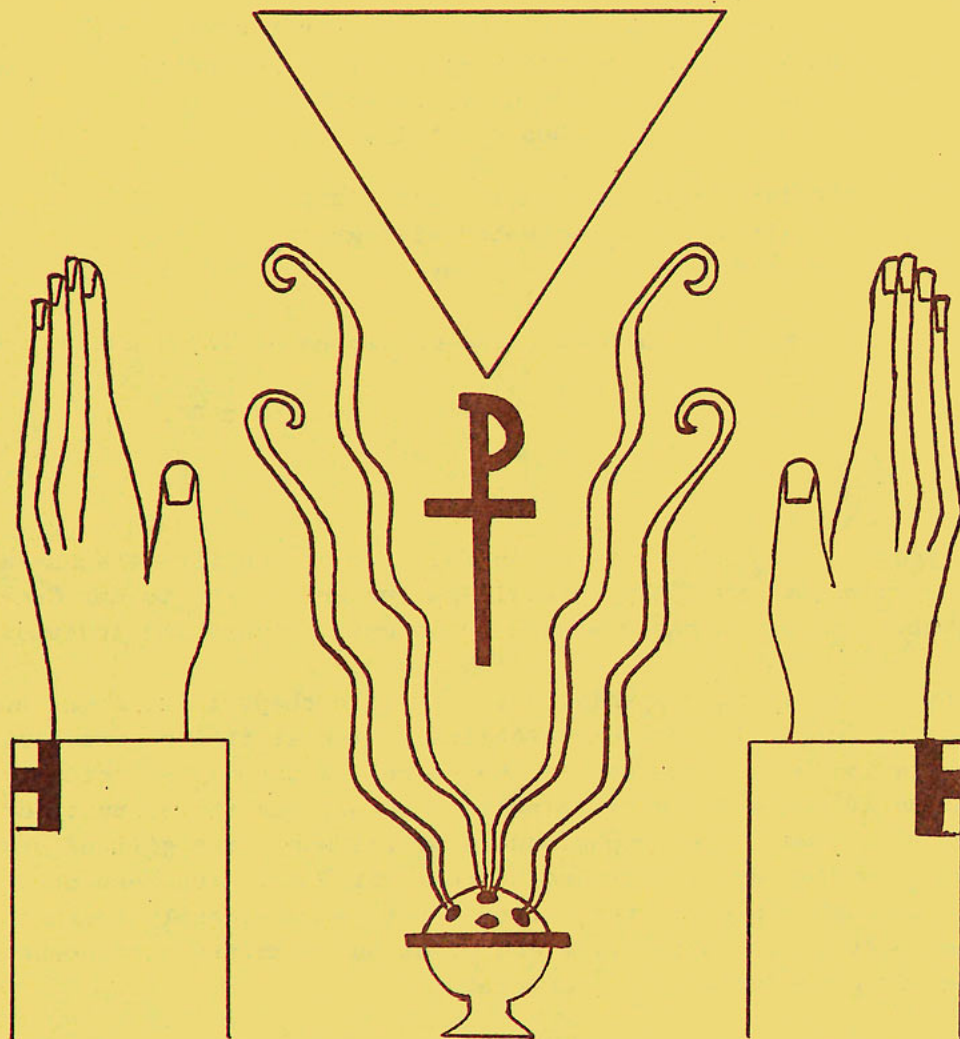
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BEACON LIGHT

Volume XI Number 3

SAINT CLOUD HOSPITAL

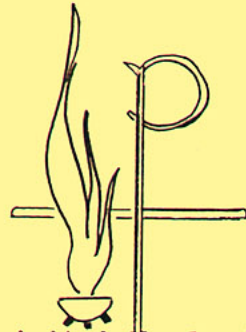
November 1959



WE GIVE THANKS

PRAYER OF

THANKSGIVING



You have visited the land and watered it;
Greatly have You enriched it.
God's water courses are filled;
You have prepared the grain.

Thus have You prepared the land;
Drenching its furrows, breaking up its clods,
Softening it with showers, blessing its yield.

You have crowned the year with Your bounty,
And Your paths overflow with a rich harvest;
The untilled meadows overflow with it
And rejoicing clothes the hills.

The fields are garmented with flocks
And the valleys blanketed with grain.
They shout and sing for joy!

May we be filled with the pleasures of Thy House.

-- Psalm 64.

Each year a day is set aside on which we are to give thanks--a day on which, as a Nation, we publicly acknowledge our great debt to our Creator for the inestimable graces He has bestowed on us collectively and individually.

But why should it be a special day? Is it perhaps that, being human, we all too often forget to show our gratitude---forget that we owe all we have and all we are to God? Each evening as we review the day's activities, we should habitually pause and give thanks; not only for the security of a job, the shelter of a home, the companionship of friends, the gift of health but also for pain, suffering, trials and sorrows which may have been ours. It is especially through these latter "gifts" that we more easily learn to understand true values in this life and place our complete confidence in God, recognizing our dependence as His creatures.

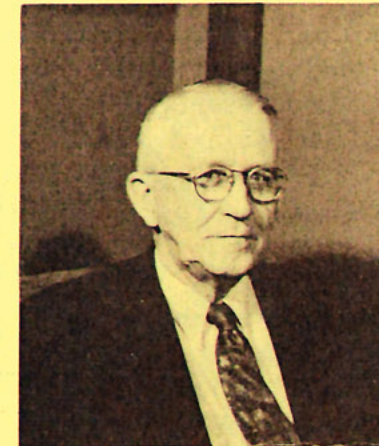
Let us, this Thanksgiving Day, give thanks in a special way for all things and try in some small way to make up for our lack of gratitude in the past.

A TRIBUTE TO DOCTOR KARL WALFRED

FROM THE MEDICAL STAFF:

The death of Dr. Karl A. Walfred has left a unique void in the medical ranks of the community. Possessed of a keen inquiring mind, he was an avid reader, a tireless searcher for the latest, the newest, and the best in medical trends and techniques. His was a counsel often sought, and as often given, generously and without flourish or fanfare. His humility and inconspicuous approach which came so naturally to him were the facade behind which he hid a solid, scientific knowledge and a profound dedication to his work. Karl Walfred's character and competence earned for him the deep respect and warm affection of all who knew him. Death serves but to intensify this respect and affection.

J. P. O'Keefe, M.D.
Chief of Staff



FROM THE NURSES:

The Nurses of the St. Cloud Hospital lost not only a valuable member of their medical team, but a friend, in the death of Doctor Karl Walfred on October 22, 1959.

We have benefited in many ways by the service he gave to the Medical Staff. We will remember Doctor Walfred's kind, unassuming personality, his keen sense of humor, the twinkle in his eye, his courage, his ability to listen and evaluate. Yes, we will remember all of these things but most of all we will remember the recognition Dr. Walfred gave the nurse as an individual, realizing her need for guidance and assistance to perform as a professional person.

When making rounds with him or reporting to him by telephone day or night, the nurse always felt, from his response, the respect and confidence he placed in her as a part of the medical team. Dr. Walfred gave us constructive criticism and suggestions when it was necessary, doing it in a mature, gentlemanly manner; but likewise he never forgot to commend and express a sincere thank you for a job well done.

Yes, we grieve at the passing of Dr. Walfred, our friend, but we are thankful we had the privilege of knowing and working with him.

Mrs. L. Hagen, R.N.
Director of Nursing
Service

MEETINGS



SISTER SEBASTINE, JUDITH JOHNSON and HELEN SCHEIBEL attended the national convention of the American Association of Medical Record Librarians which was held at the Radisson Hotel in Minneapolis from October 12 through October 15. The highlight of the educational program was a talk by Dr. Kenneth B. Babcock, the director of the Joint Commission on Accreditation of Hospitals.



On October 14, the Directors of Hospitals and Homes for the Aged of the Diocese of St. Cloud met with Father Riley in the Nurses' Home. Plans were discussed for a Regional Institute to be held in St. Cloud in early Spring of 1960 for Directors and personnel of Homes for the Aged, Nursing Homes and other long-term facilities. The Institute will be sponsored by the Catholic Hospital Association and will be the first of its kind.

Directors and representatives of the hospitals of District III of the Minnesota Hospital Association held their quarterly meeting at the Nurses' Home at the St. Cloud Hospital. addressed the group on "Business Practices for the Small Hospital". In conjunction with the District III M.H.A., members from Hospital Auxiliaries of District II held a discussion session at the St. Cloud Nurses' Home Faculty Room. MRS. A. MOEGLEIN was moderator. Fund raising projects, membership, programs and supply work were discussed as the major programs, along with its primary work of Public Relations between the hospital and the community. Representatives included members from Sauk Center, Melrose, and St. Cloud.

The Joint Committee Meeting on Affiliation for Psychiatric Nursing at an's Hospital was attended by SISTERS LEONARDA, KEITH, MERCEDES and MISS WILLIAMSON. The Institute on Supervision at this hospital which was held on October 22 and 23 was attended by SISTERS MARION, LEONELLE and PAUL. This workshop was conducted by CECILIA PORRODIN, R.N., M.S., who is author of the book SUPERVISION OF NURSING SERVICE PERSONNEL. Also attending this workshop were MRS. L. KRAY, MRS. R. MOHS, MISSES R. WEIHS, A. DOMEIER, P. BURG-MEIER and C. ZABINSKI.

The Minnesota Nurses Association held its Annual Convention at the Radisson Hotel in Minneapolis from October 26 to 28. Attending this convention were: MISS T. KARN and SISTERS JOEL, CASSIAN, LEONARDA and DOLORATA.

"Sister-Lay Personnel Relationships in the Hospital Apostolate" was the topic of discussion at the annual meeting of Minnesota Conference of Catholic Hospitals held on November 4th at St. Mary's Hospital, Minneapolis. The day began with Holy Mass celebrated by the Most Reverend L.P. Cowley, Auxiliary Bishop of St. Paul. Bishop Cowley, in his sermon, impressed his audience with importance of keeping in mind the dignity of man as a person. Following the Mass, the group met in the auditorium to hear the viewpoints of a Hospital Chaplain, Administrator, nurse, teacher, medical technologist, and record librarian on the topic, "Sister-Lay Personnel Relationships." We from St. Cloud were especially proud of SISTER KEITH whose paper treated of the influence of the Sister Supervisor in engendering in her help a Christ-like attitude towards the sick. Others who attended were SISTERS JAMEEN, CUNIGUND, JONATHAN, SANDRA, JOEL, LEONARDA, COLLEEN, and DANILE.

THE WHITE MASS

What is the White Mass? It is the Memorial Sacrifice of Our Lord's death on the Cross offered:

- as a group tribute to all in our community who care for the sick,
- that their dedication to their Christ-like vocation may be renewed with the noblest of motives,
- to express our admiration for medical science and its never tiring research to relieve man's suffering,
- in appreciation by mothers and fathers for the devotion and self-sacrifice of doctor, nurse and all others who care for our families and friends in time of crisis and sorrow,
- in token of homage and esteem by our Bishop and clergy as ministers of souls and to you who minister to the body and mind of man's natural life.

The White Mass is an annual gathering for public worship by those who care for the sick:

- in adoration of the Creator of all life by the men and women who cooperate with God in its preservation here on earth,
- in union with Our Lord Jesus Christ, Healer of bodies as well as Savior of souls, Divine Comforter of the afflicted and the halt and lame,
- under the patronage of St. Luke the Evangelist, himself a physician and for nineteen centuries world-wide model for the medical profession,
- to emphasize the truth of the Spirit in man, who through the sublime instrumentality of parenthood is composed of body and soul, matter and spirit, immortal through the endless ages after death,
- in testimony that we humans are made to the image and likeness of God, made to know Him, love and serve Him that we might become sharers in His Divine Life here and in the eternity to come.



This year the White Mass sponsored by Saint Mary's Physicians' Guild will be offered in the St. Cloud Hospital Chapel on Monday, November 30 at 6:30 p.m. All doctors and dentists of the diocese and surrounding area, as well as nurses and hospital personnel, are invited to assist at the Holy Sacrifice of the Mass in honor of their patron, St. Luke.

His Excellency, Bishop Peter W. Bartholome, would like to take this opportunity to show his appreciation to medical and hospital personnel for their contribution in caring for the sick and will speak to the doctors at dinner following the Mass.

Attention

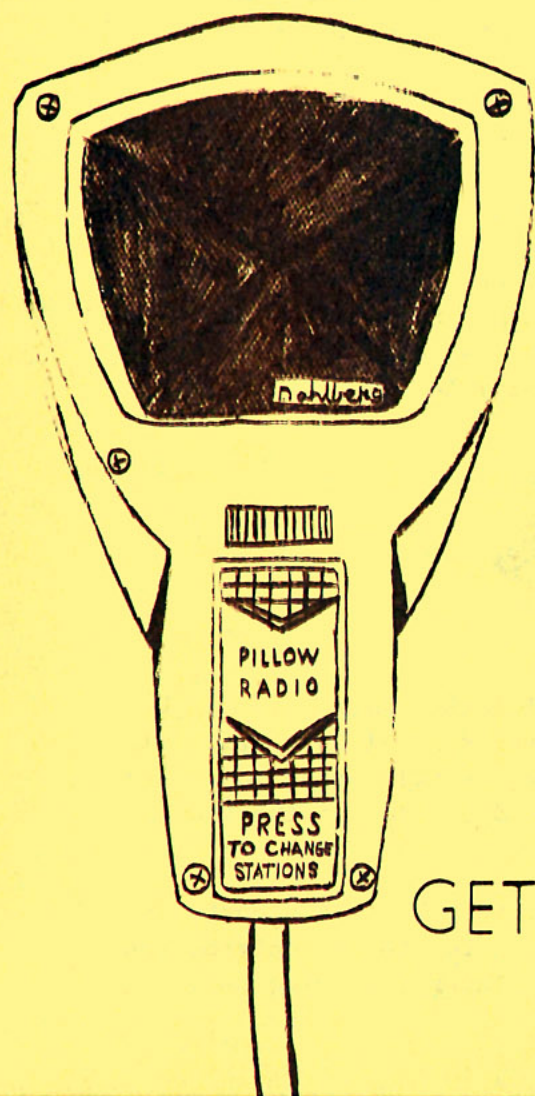
HOSPITAL PERSONNEL and D.C.C.N. MEMBERS

Dr. John McNamara will be guest speaker on November 18th at 8:30 P.M. at the Nursing School Library. This will follow the DCCN meeting at 8:00. Because of the opportunity for learning more about mental health, we are extending an invitation to all hospital personnel to attend this meeting.

Dr. McNamara is a member of the Central Minnesota Mental Health Clinic which is located in St. Cloud. We, the people who represent the hospital to our community, owe it to ourselves and our community to learn more about mental health and the resources for assistance that are available for us here.

This meeting will be counted as an in-service meeting for Nursing Service personnel.

ON THE AIR



November 13th marks the third anniversary of the opening of our Radio Station W-E-L-L. This station with the hall speakers and chapel broadcast was installed by the Dahlberg Company of Minneapolis as a closed radio circuit for the St. Cloud Hospital in 1956.

W-E-L-L is "on the air" approximately 14 hours daily. We begin each day's program by broadcasting the 6 o'clock Mass from our hospital chapel. For other chapel broadcasts we encourage you to consult your radio log.

Our program of music begins at 8:00 a.m. and usually continues through until 8:30 p.m. There are no commercials and thus only relaxing music will be heard over the pillow speaker.

Encourage your patients to listen to W-E-L-L since it is especially for them that the station exists. Show the elderly patients how to operate their radio so that they will have something worthwhile to break the unavoidable monotony of an enforced hospital rest. You can help us carry out our motto:

GET WELL-LISTEN TO W-E-L-L

Our studio is located on 1 South Solarium--drop by to see us Friday!

FEAST OF ST. ELIZABETH

November 19th



Legend has it that Queen Elizabeth made it a practice to feed the hungry poor. One day upon being accosted and questioned as to her purpose in carrying something in her apron, she too was surprised to find the bread turned to roses! God was pleased with her work and saved her the severe reprimand about to be given her.

Maybe that is why St. Elizabeth has been chosen as a patron for bakers. And so our bakers should turn to her especially on her feast. And WE might well wish them a happy day as we pass the bakery.

What have our bakers done? During this past year, about 44,100 lbs. of flour have been converted by deft hands into items for our use. Each day some 45 loaves weighing 2 lbs. each are moulded, bringing the total for the year close to 12,000 loaves. Besides the bread---cracked wheat, white and rye---countless rolls, cookies, coffee cakes, pies, cakes and what not have been prepared for us.

So let's not just oh and ah as we sniff the delectable odors, but say a prayer for them and wish them a happy day!

Hats off to our bakers!

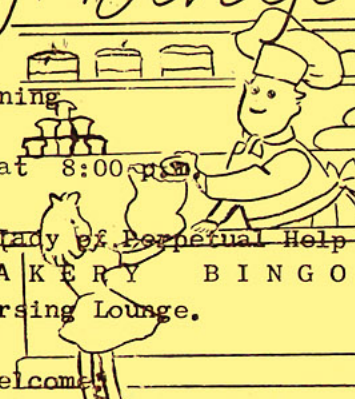
Bakery Bingo

Wednesday evening

November 19th at 8:00 p.m.

The Sodality of Our Lady of Perpetual Help is sponsoring a BAKERY BINGO in the School of Nursing Lounge.

Everyone is welcome!



HAPPY FEAST DAY TO OUR SCHOLA

St. Cecilia is a dear friend and patron of our Schola, commonly known as "the choir". Her feast comes on November 22, and our friends will receive extra blessings on that day as she intercedes for them. And WE should pray for them too, even if we never remember them otherwise. We are greatly indebted to the Schola.

Sisters and students comprise the Schola under the direction of Sister M. Gemma. Through their efforts we are encouraged and supported in our singing of Mass which has been particularly encouraged by the late Pope Pius XII and so dear to the heart of the present Holy Father.

It is a privilege to belong to the Schola although it does entail sacrifice. Practice or rehearsal each week prepares the work for the Sunday or other feasts or events. It would be much easier to listen to a favorite recording, or watch a pet show on TV, or just chat...

Besides the chapel singing, our Schola members sing at the Veteran's Hospital one Sunday each month and carol for our patients and others during Advent, Christmas, and Easter.

Let us cooperate with them in their work and help wherever or whenever we can.



It's all right with the Lord if we pray for a good harvest, but He expects us to keep right on plowing.

Antidote to "Achin' Backs"!

Since handling materials is a major factor in many accidents, we'd like to share a bit of wisdom from a Safety Newsletter. This worthwhile article was prepared by Warren D. Wilt, Associate Safety Engineer for the Civil Service Commission, City of Detroit, Michigan.

The first thing we should do is look over our object to see where and how we are going to grab it. Maybe it has handles, or parts sticking out, or maybe we have to get our fingers under the edges.

Next, step into position—feet close to the object and ten to twelve inches apart.

Now bend your knees and squat down. Get your hold on the object, straighten your knees to stand up. Don't lift with your back or you'll throw it out. Keep your back straight. OK, back straight, bend your knees and put it down again.

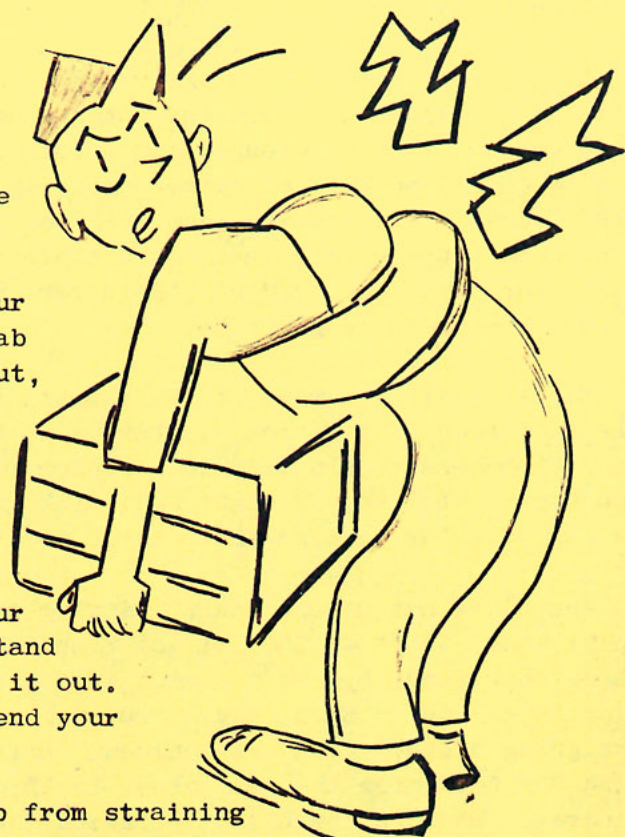
Try this method. It is the only way to keep from straining your back or getting a hernia — and you won't be bushed at the end of the day.

GOOD RULES TO KNOW

1. Look over the object to decide the best way to grasp it.
2. Place your feet close to the object to be lifted.
3. Get a good grip on the load.
4. Bend your knees — keep your back straight.
5. Keep the load close to your body.
6. Be sure you can see past the load.
7. Get help for large or heavy objects.
8. In team lifting — cooperate with your buddy.

He: "You accuse me of buying things we have no use for. Can you name me one?"

She: "What about that fire extinguisher you bought last year? We haven't used it once, yet!"



Guess Who~



Do you like to enter contests? Are you good at guessing? Well, if you have answered yes to these questions, you will enjoy the new contest which will appear in every issue of the BEACON LIGHT beginning with this issue. Each month we will publish the baby picture of some member of our hospital family. If you guess who it is, you will win a FREE dinner in the Cafeteria. A clue to aid you in identifying the person will also appear. Just follow the rules given below and join in the fun and win yourself that free dinner.

RULES

1. All hospital personnel are eligible to participate except the Staff of the BEACON LIGHT who will act as judges.
2. All entries must be submitted by 5:00 p.m. on Friday, November 20, 1959 to the Administrative Office.
3. Only one answer may be submitted by any one employee.
4. The correct answer will appear in the next issue of the BEACON LIGHT.
5. Print your name and department on your entry.

This month's clue:
EVERYONE KNOWS THIS EMPLOYEE.
IF YOU DON'T, YOU SHOULD!

BEHOLD, CHILDREN ARE
A GIFT OF THE LORD!

Congratulations to the following to whom boys were born:

Mrs. Thomas Peterson.....(Grace Dinger)
Mrs. Roger Lydeen.....(Patricia LaValley)
Mrs. Fred Smoger.....(Mary Ann Anderson)
Mrs. George Westra.....(Marian Johnson)
Mrs. Robert Danzl.....(Gertrude Kuffel)

and to the parents of girls:

Mrs. Arthur Fischer....(Kathleen Fischer)
Mrs. John Maus.....(Barbara Reh)
Mrs. Julius Aitkinson..(Bernice Hoeschen)
Mrs. John Schnettler....(Delores Reardon)

WELCOME

The staff of the St. Cloud Hospital extends a hearty welcome to the following new employees who joined our hospital family during the month of October:

Mrs. Delores Johnson
Miss Joan Haehn
Mrs. Ramona Muller
Mr. Duane Beckstrom
Mrs. Lorys Westberg
Mrs. Rose Lehn
Miss Joyce Cruser
Mr. Gerald Orthaus
Mrs. Julie Kurvers
Mrs. Barbara Houliston
Miss Marguerite Winje
Miss Jeanette Lehnen
Miss Marlene Gasser
Miss Alice Sand
Mrs. Elizabeth Schnaser
Mrs. Joan Reberg
Miss Mary Ann Serlet

We need baby pictures for our GUESS WHO CONTEST. The picture will be returned in its original condition. How about submitting your baby picture?

The Sister Elizabeth Memorial Tea sponsored by the Nurses' Alumnae Association on October 25 was very successful. We extend a big THANK YOU to all who helped and attended. The money will be used for a scholarship fund for student nurses.

The regular monthly meeting of the NAA was held November 3 in the Nurses' Home. After the business meeting, Mrs. John Kraul entertained the group with slides taken during her stay in the Middle East.

DEC. 1st is the date of our next meeting. Mark your calendar and make a special effort to attend -- election of officers will take place at this time. DON'T FORGET -- Tuesday, December 1st!

MEMO: 1960 Alumnae dues (\$2.00) must be in by January 1st. Be sure to include your address so your BEACON LIGHT will "find you."

HAVE YOU HEARD. . .

The Central Service Department has come up with a hospital "first" -- MR. MAYNARD LOMMEL is now the "man in the house" as the Central Service Supply Clerk. On Pick-up and Delivery Service, his 6 feet and 2 inches plus an understanding interest will lighten the load for C.S. and Nursing Stations.



JERRY KNUESSEL, JR., who is a porter here at the hospital, was the lucky winner of one thousand silver half-dollars for guessing the time it takes to climb the 1000 foot television tower.

Jerry guessed 40 minutes 23 seconds, which was only one-half second off the actual time. The official time was 40 minutes 22½ seconds. Just in case you didn't know, Jerry is the son of JEROME KNUESSEL, SR., the chef at our hospital.

Undoubtedly most of you have seen the gleam in JOANNE VOGEL'S eye. Could it be the reflection of the sparkler she wears on her third finger, left hand?

After working here as Housekeeping Aids the following newly weds should not have any difficulty in keeping their own homes spic and span: IRENE KRAEMER, married to Edward Weitalla on October 7th; now living at Waverly, Minnesota.

JOAN BRINKER, married to Sylvester Olmscheid on October 13th, living at Cold Spring, Minnesota.

IRENE HEINEN, the bride of Roger Boeckemann on October 20th, making their home at Melrose.



From Nursing Service we learn that MRS. BETTY YOUNG is back with us as Relief Supervisor after having left us during the summer months to care for the cabins they own at Clear Lake. Welcome back Mrs. Young! MRS. MUNSINGER who does so well in filling in for Mrs. Young during the summer months is again back on the relief shift on 4 No.

MR. ED HILL, one of our orderlies, has finished his studies at State College and is now doing his practice teaching in Brainerd. Plans are to return again to our family when he begins studies for his Masters Degree at State College.

FORTY HOURS

"O Sacred Banquet, in which Christ is received;
The memory of His passion renewed;
The mind is filled with grace;
And a pledge of future glory is given to us."

(Magnificat Antiphon)

Forty Hours Devotion will be held in our Hospital Chapel November 20, 21 and 22. These grace-filled days will provide us with rich opportunity to meditate and reflect on the glory of the Eucharist and the real value it has for us in our personal lives. Let us not neglect to make use of this grace by visiting Him often during these days of Forty Hours.

SOCIAL SECURITY INCREASE. . .

A monthly deduction is made from your pay check for Social Security Benefits. Starting January 1, 1960, the new Social Security law requires an increase in your Social Security deduction from the old 2½% to the new 3% of your pay. The tax will be deducted at this rate each pay day until your total wages reach \$4,800 during the year.

As you know, the hospital will increase its contribution to match yours, dollar for dollar. This means the hospital will pay another 3% of your wages to your Social Security account. This deduction from your check, plus the contribution from the hospital, is kept by the Federal Security Agency in a central fund from which you become eligible for old age benefits or survivors' insurance.

OUR FEAST

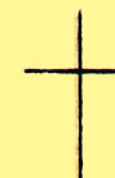


"Let the whole multitude of the faithful rejoice in the glory of our beloved Father Benedict and of

all those who followed in his footsteps."

(Magnificat Antiphon)

We invite all of our friends to join us in celebrating the Feast in honor of All Benedictine Saints this Friday, Nov. 13.



ETERNAL REST GRANT UNTO HER, O LORD Remember in your prayers the soul of Mrs. Henry Westendorf who died recently. She is the mother of Julia Westendorf, an employee in the Admitting Office.

Let us remember the deceased relatives of all our employees during this month dedicated to the Holy Souls in Purgatory.

