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Prescribed Reading: January 2013

CentraCare Clinic

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The flu season has struck with a fury that most of us haven’t seen in years. The news is full of reports of overloaded hospitals, crowded ERs and overwhelmed waiting rooms. Sadly, there also have been flu-related deaths. I have visited a few of the CentraCare primary care sites in the past week and have seen firsthand how hard our providers and staff are working. I talked to some of the hospital staff who told me how sick some of the patients are. It’s a stressful time and I know that many are exhausted. Long hours are taking their toll on all of us. But despite the strain, I am hearing great stories about customer service. I have heard stories of providers biting their tongues with demanding patients, nurses going above and beyond to provide great service and staff squeezing in one more patient. I am so proud of how we have pulled together to provide care to so many people during this epidemic. I hope the peak will arrive soon and the strain will ease. Please get vaccinated if you haven’t yet done so. Keep washing your hands and keep up the great work!

Familiar face in a new role

Family Medicine physician Michael Schmitz, DO, CPE, is CentraCare Clinic’s new Total Cost of Care Medical Director effective Jan. 1, 2013. In this new part-time role, he will be responsible for oversight and innovation of clinical aspects of the total-cost-of-care contracts for CentraCare Health System. He will oversee development of a patient care approach to eliminate unnecessary or redundant services, ensure quality and reduce costs. He will work with third-party payers to review CentraCare’s utilization of services data and also will work with internal staff on suggested improvements. Dr. Schmitz has been practicing family medicine at CentraCare Clinic – Heartland in St. Cloud for more than two years and will continue to see patients in the clinic on a reduced schedule. He brings previous leadership experience from his prior practice of 26 years as part of the Mayo Clinic Health System and is a certified physician executive (CPE).

Welcome to our new cardiologist

Thom Dahle, MD, FACC, FSCAI, joined CentraCare Heart & Vascular Center. Dr. Dahle received his medical degree and his cardiovascular disease fellowship from the University of Minnesota and completed his interventional cardiology fellowship at Scripps Clinic in La Jolla, Calif. He is board certified in cardiovascular disease and interventional cardiology. Dr. Dahle specializes in complex coronary intervention, peripheral vascular and structural heart disease and has a special focus on valvular heart disease and transcatheter aortic valve replacement.

Meet our new Customer Service Coordinator

Rachel Stack joined CentraCare Clinic Dec. 31. She is a St. Cloud native and a graduate of the University of St. Thomas. Rachel worked in the hospitality business for more than 15 years. She spent six years in Las Vegas and most recently worked for GrandStay Hospitality in St. Cloud.

“I believe that customer service is not a department, but it’s everyone’s job. Every day, every patient, we have the opportunity to enhance the patient’s experience. I am excited to join CentraCare Clinic and I look forward to working with all of you,” Rachel said.

National Wear Red Day is Feb. 1

If you have the option within your department, wear red on Feb. 1 to help raise awareness that heart disease is the No. 1 killer of women in the United States.
Years of service recognition

40 Years: Marilyn Thielman, Heartland; Patricia Langer, River Campus
30 Years: Diane Mehr, St. Joseph; Janice Seguin, Business Office
15 Years: Lawrence Schut, MD, Neurology; Dorothy Janski, Heartland
10 Years: Vickie Berg, River Campus
5 Years: Victoria Fenstermacher, Becker; Sue Martin, Surgery; Kathryn Linder and Elizabeth Peterson, Big Lake Clinic; Jillian Struzyk, Plaza – Dermatology.

Do you work with heart patients?

Health care providers who work directly with cardiac patients are invited to a cardiology seminar from 7:30 a.m. to 4:15 p.m. Feb. 5 in the Windfeldt Room at CentraCare Health Plaza. The seminar will provide education and updates on cardiac care. Cost is $80 for CentraCare employees, $90 for others. Register by Jan. 29. Attendees earn 6.5 contact hours. To register, call (320) 255-5642 or go to www.centracare.com/classes_events.

Recipes for a healthy life: brain food

Nourish your mind with tips and recipes that will help prevent or reduce the effects of migraines, insomnia, Alzheimer’s disease and other neurological disorders from 6:30-8:30 p.m. Jan. 31 at CentraCare Health Plaza. Presented by neurologist Kathleen Rieke, MD, River Campus and Donna Anderson, RD, St. Cloud Hospital. The evening includes light snacks and a door prize. Free. Register at centracare.com. For details, call (320) 229-5139. Sponsored by St. Cloud Hospital Women & Children’s Center and CentraCare Heart & Vascular Center.

Eating RIGHT on the Run!

Join us from 6:30-8 p.m. Feb. 5 at CentraCare Health Plaza as Zonya Foco, a registered dietitian, TV host and best-selling author, shares her 15 must-haves to stock in your kitchen and heart healthy family dinners you can have on the table in just 15 minutes. Purchase $5 tickets at the Gift Gallery at St. Cloud Hospital or CentraCare Health Plaza, Byerly’s and all Coborn’s and Cash Wise locations. Call (320) 255-5642 for details. Tickets may be purchased at the door, but seating is limited. Sponsored by the CentraCare Heart & Vascular Center.

Know someone with spirit?

Nominate a woman for a Spirit of Women Award. The award celebrates women in our community who take action to make our community healthier, safer and a more inspirational place to live. To read about the 2012 winners and nominate a woman for 2013, visit www.centracare.com and click on “For Women,” “Spirit of Women” and “Awards Program.” Winners receive a $1,000 award to further their commitment to their community. Deadline is March 1. For more information, call (320) 240-2810.

Travel around the world at Day of Dance

Olé! Travel around the world by sampling international food and dance steps from 4:30-7 p.m. Feb. 19 at River’s Edge Convention Center, St. Cloud. As a reminder of your journey, you’ll leave the event with health screening results, education materials, a photo booth memento and possibly a door prize. Dancing and other aerobic exercise help prevent heart disease so take action for your health today! Free. No pre-registration required. For more information, visit centracare.com or call (320) 229-5139. Sponsored by St. Cloud Hospital Women & Children’s Center and CentraCare Heart & Vascular Center.

United Way mission – completed!

A big thank you to all who participated in the 2012 United Way campaign. CCHS exceeded our original goal and raised more than $376,000 (a $12,000 increase from last year) to help local people in need. Our system-wide participation rate was 32 percent.

Do you have a high school senior?

Scholarship application forms for high school seniors are available on CentraNet under the Education Tab. Application must be postmarked by March 15. For more information, call Gail at (320) 251-2700, ext. 54684.

New OB Triage Unit now open at SCH

Expectant mothers who arrive at St. Cloud Hospital experiencing signs of labor now have access to the new OB Triage Unit next to the Family Birthing Center. Women still need to check in at the hospital’s South or North entrance before going to the OB Triage Unit. If in labor, patients will be admitted to Labor and Delivery based on the physician’s direction.

Do you want a customized workout?

Exercise physiologists at CentraCare Heart & Vascular Center now offer CCHS employees personal training sessions. The eight-week, once a week, half hour sessions will include fitness testing and customized workout information for $100. Participants receive 20 points toward the 2013 HRA dollars Rewards Points Program. For more information or to register, e-mail fernholzk@centracare.com. Space is limited.

Strength training for women

Try a gentle, weight-lifting program from 4:30-5:30 p.m. Mondays and Thursdays at CentraCare Health System – Long Prairie. It helps women increase muscle mass and bone density, tone their muscles, slim down and feel more energetic. Cost: $1/session. Call (320) 732-3668 to register.

CentraCare pharmacies offer lower co-pays

Reminder: Employees covered under the CCHS medical plan are eligible to receive prescriptions at CentraCare-owned pharmacies at a lower copay.