Beacon Light: December 1965

St. Cloud Hospital
Christmas Peace and Joy to our Readers
If Christmas is for children, it is also for the average man.

As far as any strictly human eye can see, the things that finally count and produce in this world are three: Money, a great name and, more than all the rest, power. These are the glittering things that the average man does not possess. He earns a living; he tries somehow to pay his most urgent bills; his name is unknown outside his neighborhood and his place of work. As far as influence goes, he counts for little.

Father Riley

The overwhelming majority of us are average men and women. For this huge majority the world seems sometimes hostile and certainly not friendly. For them, life, if not a suffering, is not a holiday either, believe me. It is no wonder the plain man or woman tends to grow weary and, at worst, bitter.

Again I say Christmas is for the plain man and woman. It is not because Christmas brings to the common man or woman money, name and power. What Christmas says is that human life can be lived beautifully and with satisfaction without them.

The Child in Bethlehem resting on straw in a feedbox for cattle is a poor child. His parents (and it seems strange to say this) are nobodies. His name when he received it was a common Hebrew name. As for influence, who in Bethlehem or anywhere else for that matter is going to pay much attention beyond a moment of pity to a little refugee baby?

It is true that the birth of this ordinary "Child" was accompanied by the angel choirs. But the angels sang to a handful of plain, ordinary men -- night workers, shabby, unlettered, engaged in work that had absolutely no status. They alone, as I read the Gospels, were invited to the birthday party of the carpenter's and God's little Son. And they were happy. "And the shepherds went home with great joy, glory to God."

"We can be sure that the carpenter and his wife were happy, too. The fact is that Christmas stands stripped of everything that the secular world demands for happiness. And nobody seems to notice the lack of these things in the Christmas scene.

The birth of Our Lord does not change average man into a special man. It does not make ordinary people extraordinary. What it ought to do is make the common man content with his life. Life is full of injustices, disappointments, frustrations. Most of us, when all is said and done, will never amount to much. The mark we make in this world will be remembered by very few. But it is so good and our lives will be so rich and warm if we are simply content to be plain people. For Mary, Joseph and their Little One were plain people.

"Glory to God in high heaven. Peace to men that are God's friends." There is the point. May all the plain folk whom I have taught and worked with at the simple tasks we have here in this hospital, and wherever they may be who read these words, have no deeper ambition than to be God's friends. Let them -- let us at Christmas beg that we may never be more or less than men who are God's friends. God love you and a Blessed Christmas!

Father Riley

PHARMACY STUDY PUBLISHED

Sister Rebecca, Chief Pharmacist at Saint Cloud Hospital since August, 1964, is the co-author of an article entitled, "A Ten Month Study of the Use of Antibiotics in a 175 Bed General Hospital" recently published in the American Journal of Hospital Pharmacy, September, 1965. Her article has stimulated national and even international interest. The purpose of the study was an effort to evaluate the extent of usage of antibiotics at St. Benedict's Hospital, Ogden, Utah, where Sister Rebecca was the Chief Pharmacist. Under Sister Rebecca's guidance, the pharmacy staff tabulated every dose of all antibiotic drugs used in the hospital. Supplemental information included a tally of all antibiotic prescriptions dispensed through the out-patient department, and all doses given in the emergency room. The Sister Rebecca information collected on each patient included the name, age, sex, and hospital number. The data also included the assigned hospital service, whether medical, surgical or pediatric. The initial date of use for each antibiotic to each patient was tabulated, and the date it was discontinued was also indicated. The information that was collected also included the total quantities of antibiotics used of each form for each patient.

The data that were collected and tabulated indicated a very extensive use of antibiotics in the practice of medicine and pharmacy.

Sister states that this is one of the first of this type of study done in hospital pharmacy. The universal response to the study seems to verify this. Requests for reprints of her article have come from Hungary, Czechoslovakia, Sweden, Brazil, Canada and from many parts of the United States including Georgia, Maryland, Nebraska, Texas, Ohio, Kansas and Oklahoma.

Working and writing for the American Society of Hospital Pharmacists is not a new experience for Sister Rebecca. In the June, 1958, issue of the American Journal of Hospital Pharmacy, Sister contributed an article entitled "The Role of an Antibiotic Committee of the Medical Staff," and she has presented many papers at national and state conventions of Hospital Pharmacy.

Pictured here are two members of our hospital family who served many years behind the hospital scenes. Sister Roseanne died on November 14, after spending twenty years as a hospital housekeeper and seamstress for the hospital Sisters.

Sister Valentine died on November 25 after a long illness. Sister had worked many years in the surgery department prior to her hospitalization. May the Lord grant them eternal rest.

Sister Roseanne, OSB

Sister Valentine, OSB
Sister Bernadine and Sister Davidica are sisters with the family name of Ballman. They were born in Freeport, Minnesota, where they received their early education. Sister Bernadine attended Saint Benedict’s High School, and then worked a year before entering the Convent of Saint Benedict in 1936. Being a little younger, Sister Davidica had to wait until 1940 before she could join her sister at Saint Benedict’s.

Sister Bernadine traveled to Tacoma, Washington, in 1938 to cook for the Sisters there, and to do the housekeeping for what is now the Saint Placid’s Priory. Nine years later she returned to Minnesota and to the Saint Cloud Hospital. During the sixteen years that Sister Bernadine has been in housekeeping work at our hospital, her work has taken her literally all over the hospital. At present, she is the Executive Housekeeper for Saint Cloud Hospital.

While Sister Bernadine worked in Tacoma, Washington in 1938, and later to Saint Cloud Hospital, Sister Davidica was busy with similar tasks. In 1943 Sister Davidica became housekeeper at the House of Studies in Saint Paul, Minnesota. Six years later Sister was asked to return to Saint Benedict’s Convent to help with housekeeping tasks there and to assist with car driving. In 1961, twelve years later, she traveled to Hutchinson, Minnesota, to do the cooking for the Sisters stationed there. Housekeeping again needed her talent, so in 1965 she came to Saint Cloud Hospital to supervise the housekeeping activities on third and fourth floors, a job most recently vacated by Sister Bernadine when the latter took over her new duties as Executive Housekeeper.

With laughing eyes, Sister Bernadine will tell you that her hobbies are decorating (Christmas decorating?), talking, eating popcorn, and above all keeping all the floors and halls of the hospital “shining clean.”

Sister Davidica has a similar sparkle in her eyes when she admits that she likes to do “just about everything.” On the top of her list, however, is reading. She does admit that teasing people rates a close second.

It rarely happens that two sisters are together in the same place, and it happens even less frequently that they work together in the same department. Our situation is even more unique, since Sister Bernadine is now Sister Davidica’s supervisor. However, it is a common fact that talent does run in the family, and such is the case with the Ballman sisters. We consider ourselves “twice blessed” with the energy, organization and efficiency of two people intent on doing a good job in our hospital.

WHAT IS IN-SERVICE?

Attitude, knowledge and skill are learned and can be taught. The aim of In-Service Training is to teach and to learn the necessary attitudes, knowledge and skills required in caring for Christ’s sick. Thus the aim of in-service is identical with the primary goal of the Saint Cloud Hospital, “To give the best possible care at the lowest possible cost, in a Christ-like manner.”

In order to attain this goal it is first of all essential that we all have the right attitude toward the patient, our job, our fellow workers, our supervisors and those we supervise, and the hospital itself. It is furthermore essential that we all understand the role of the hospital in the community and the part we play in that role.

Secondly, it is equally essential that we have the necessary knowledge and skill to fulfill our responsibilities in attaining the stated goal. It is not sufficient that we just have the right attitude. We must also be competent in our job, whether we be a department head or a department aide.

In order to assure the success of in-service, several organized formal programs have been planned and conducted. The orientation program for new employees is intended to teach the knowledge of hospital employment in general but more important to instill the attitude of service in a human and Christian manner. The Management Development Program is intended to convey some first principles of good management and to promote an attitude of democratic and human treatment of employees.

Last month a new program was begun, a program aimed at better understanding and better communication between departments. With a greater knowledge of the work and the needs of other departments we develop a more constructive and helpful attitude toward our fellow employee and see and appreciate his role in patient care. This program includes a series of meetings between Nursing Service personnel and the various other departments involved with patient care, either directly or indirectly. The first session was conducted by Mrs. Becker on the work and operation of the Physical Therapy Department. The next week involved an explanation of x-ray functions, followed in succeeding weeks by the laboratory, business office, housekeeping, inhalation therapy, dietary and pharmacy departmental inter-relationships.

In order to establish the training needs of the Nursing Service personnel and to plan and carry out programs to meet these needs an In-Service Committee was established. The members include Sister Albert as Chairman; Sister Evangeline as Secretary; Mrs. Jussila, LPN from 5 North; Mrs. Lock, R.N. from Pediatrics; Mrs. Plumhoff, R.N. from 3 North; Mrs. Henly, Nurse Aide from 3 South; Mrs. Young, Ward Clerk from 4 North and Mr. McLaughlin, Personnel Director. Ex Officio members are Sister Leonarda, Director of Nursing Service and Sister Jameen, Administrator.

The committee meets weekly to discuss and evaluate existing programs and to recommend, plan and implement succeeding programs. Participation on the committee has been excellent and enthusiasm for further programs of education and training is high. For the near future the committee is planning a program on the spiritual care of the patient to be conducted by Father Riley.
If this winter is like last winter any "snowbound" employees will find their mattresses moved out in the hall!! The new dining and serving rooms for the Sisters were renovated from their old community room, which had doubled last winter as an employee "snowstorm bedroom".

It is just a year ago that the Sisters moved into their new convent, so it is fitting that as an anniversary of the event, they are now enjoying the spacious new dining and serving rooms. You would like to see it? Rumor has it that you just might. It seems that convent open house affairs are becoming an annual holiday event!

Hospital Hosts Educators

Business-education Day, an annual event sponsored by the Saint Cloud Chamber of Commerce, provides the city's business establishments and institutions with the opportunity to inform teachers of the inner workings of their particular enterprise.

On November 10, ten teachers from the parochial and public schools in Saint Cloud spent the day learning about the Saint Cloud Hospital. Following a noon luncheon, Sister Jameen, Hospital Administrator, welcomed the group and presented general information about the hospital. Dr. E. J. Schmitz, Chief of Staff, described how the medical staff is organized and how it functions. Mr. Gene Bakke, Assistant Administrator, explained the future building plans to the group. A tour through the hospital was conducted by Sister Roger and Sister Jonnan. The day concluded with a coffee break, at which time a question and answer period was conducted, and any additional information and pertinent questions were answered for the assembled teachers.

"I never realized how big and complicated this hospital is; it's really a city in itself," one of the teachers commented. Other comments and thank you cards indicated that the teachers did appreciate the opportunity to spend the day at the hospital, and that they learned much through this experience.
**GRADUATE LEAVES FOR AFGHANISTAN**

Miss Janice Rudnitski, daughter of Mr. and Mrs. Joseph J. Rudnitski, Foley, Minnesota, and a graduate of the Saint Cloud Hospital School of Nursing has been named a Peace Corps Volunteer, having completed 12 weeks of training at Portland State College. Miss Rudnitski received her assignment to work in Afghanistan, and left for her mission in late November.

She will teach in nursing schools and will give on-the-job training in hospital wards. Her duties will expand the work of the ten Peace Corps nurses presently serving in Afghanistan.

With the arrival of this new group of Volunteer Workers, some 170 Peace Corps Volunteers will be in Afghanistan working as accountants, secretaries, medical technologists, mechanics, surveyors, foresters and teachers of English, mathematics, science, medicine, physical education and business subjects.

During her training, Miss Rudnitski studied Dari and Pushtu, two of the languages spoken in the Middle Eastern country. She also took courses in nursing education and on-the-job training. Other fields of study included the history and culture of Afghanistan, United States History and world affairs.

We would like to extend our congratulations to Janice and we wish her every happiness and success in her work as a Peace Corps Volunteer.

The following is a poem written by Kathy Dougherty, a senior nursing student now on psychiatric nursing affiliation at the Veterans Hospital here in Saint Cloud. We feel it explains itself.

**ON RELATIONSHIPS**

In that corner over there,

sits a man, a broken man.

He walks and talks,

I see no scars,

Yet he's hurt, yet he's sick.

My heart yearned,

Yet my hands did not reach out,

He was emotionally ill,

"How?" I cried.

I wanted to do, not sit,

I wanted to talk, not listen,

I wanted to answer, not question,

Gradually as I sat longer,

I listened, I nodded,

I commented, I heard.

Ideas broadened, memory deepened,

My heart reached out, my hands did not,

We had a human bond,

Wrought by effort and concern,

He responded.

In that corner over there,

Sits a man, a broken man,

But he is better,

He knows I understand.
CHRISTMAS MESSAGE --
FROM OUR ADMINISTRATOR

Christ did not come into the world to be served, but to serve. May we, who devote ourselves to caring for the patients in our hospital, experience the true joy that comes from giving service to others and always hold it a privilege to care for Christ's sick.

I want to express very specially my appreciation to the generous people who volunteered to give service on Christmas Day and New Year's Day. May the Lord bless their sacrifice.

Mother Richarda and all the hospital Sisters join me in extending to the members of the medical staff, the employees, the auxilians and the students, sincere wishes for a joyful Christmas and a New Year filled with peace and the richest of blessings.

[Signature]
To those not directly involved, it may appear that the development of plans for the $5 million building program scheduled to get underway next year is a fairly simple matter. But to those who are responsible for planning the highly technical departments that will be located in the new addition, it is extremely complicated and it takes a lot of time and energy from those concerned.

Besides being complicated, department heads know that the basic plans being made at this time will have to serve the needs of the hospital for many years to come. Since it will be completed and ready for use, it is necessary to project all plans ahead, so that the 1969 needs must be the very minimum for which all present plans are made.

Department heads are not left alone to shoulder the heavy responsibility of planning. Hospital consultants from the firm of Herman Smith, M.D., Chicago; the architect, A. Fisher of the firm of Hills, Gilbertson, and Fisher, Minneapolis; and planning consultants from the hospital supply industry are all pooling their expert knowledge to help everyone arrive at the right conclusions.

"Our goal," Sister Jameen states, "is to plan a facility that will be as well done and as far-sighted as the plans were for our present building. If we accomplish this goal, I know we will have done an outstanding job."

PUPPETS FOR PEDS

Recently the Tri Sigma Sorority and the Theta Chi Fraternity, two social Greek organizations on the campus of State College, donated to the Pediatrics Department an enchanting puppet show complete with two puppets and a beautiful background.

Pictured here we see Sister Helaine, supervisor on the Pediatrics Nursing Unit, and two of her little "charges" looking on as Mr. Mike Rengel, orderly, begins the setting up process of a real live puppet show.

NIGHT LIGHTS

Among the cheerful smiles that greet the dark night at 11:30 here in our hospital, is the smile of the recently appointed night Nursing Supervisor, Miss Carol Zierden. Miss Zierden could be thought of as having stability in the midst of change. For over 10 years, Miss Zierden has been associated with Saint Cloud Hospital, and though changes have been made, and she has assumed new and different hospital roles, she is still the same cheerful, helpful and efficient worker that she was when she started to work as a nurse aide.

Carol was born in Saint Cloud, the youngest of four children. She attended Saint Mary's Grade School, and Cathedral High School. She entered the Saint Cloud Hospital School of Nursing in 1955 and graduated in 1958. Before she entered nursing, Miss Zierden worked as a nurse aide on 2 North. Since her graduation, she worked as a staff nurse on 3 South until her appointment as Night Supervisor in March, 1965. Her new role is for her "a challenge that I enjoy."

On her off-duty time, Carol conveniently enjoys cooking and baking, since she is the "chief cook and bottle washer" for her father with whom she lives. Her mother died when Carol was a nursing student. Her hobbies include dancing and reading.

PEDIATRIC AND OBSTETRICAL NURSING SEMINAR

CONDUCTED AT SAINT CLOUD HOSPITAL

On Tuesday, November 16, the first of two instructional seminars was conducted at Saint Cloud Hospital by Miss Marilyn Wilfong, R.N., a Maternal and Child Health Nursing Consultant from the Minnesota Department of Health. The subject of the discussion was "Emergency Room Nursing and Pediatric Emergencies." The subject included also the battered child syndrome nursing. Supervision in Emergency Room and Pediatric Department in addition to a movie on tetanus was also included in this seminar.

On the following Tuesday, November 23, "Obstetrical Nursing Emergencies In and Out of the Hospital" was the subject under discussion. A movie often used in training police, ambulance personnel and firemen in obstetrical emergency deliveries was shown to the attending nurses.

SCHOOL OF NURSING -- Congratulations to Miss Teckla Karn, R.N., who was elected as a delegate of the Minnesota Nurses Association to the American Nurses Association Convention to be held in San Francisco in June, 1966.
CHANGE TO DISPOSABLES

When a patient comes to the hospital, it is often said that among his chief concerns are hot coffee, sharp needles and low cost. The coffee is hot at Saint Cloud Hospital, for the dietary department has provided thermo containers for coffee and hot beverages to keep them at the proper temperature for "coffee time." Now, sharp needles and low cost are another problem, and a real one. In fact their significance to patient well-being precipitated a specific bit of research that led to a whole new break-through for disposable items in many areas of hospital care.

About six years ago an intensive study was undertaken to investigate the possible replacement of the old type re-usable needles for the newer disposable type. The former needles required constant inspection and re-sharpening besides the extensive cleaning, sterilizing and packaging. The advantages provided by the newer disposable needles include increased patient safety, reduced cost and personnel time, and added patient comfort. It was mainly these advantages that provided data and the justification necessary in making the careful decision to adopt disposable needles in Saint Cloud Hospital. This was only the beginning. Since that time, further studies have led to similar conclusions and disposable and prepackaged individual portion items are literally invading the patient’s room. Some of these items include syringes, special plastic tubes, enema administration sets, bed pads, alcohol sponges, individual packets of sugar, salt, pepper, jelly, butter, soy sauce, honey, syrup, crackers, salad dressing, individual dosage dropperettes of eye and ear medications, single dose injectable medications, measuring tapes, paper towels, paper dishes and on and on.

Although it is difficult to measure, patient safety and comfort are two of the many advantages obtained by the adoption of disposable items by our hospital. The danger of cross-contamination within a hospital environment is reduced, and the patient is safeguarded and assured of absolutely clean and/or sterile items where disposable items are used. Cost is another important factor, and one that can more easily be measured. There is substantial evidence that with the adoption of disposable items we have eliminated lengthy processing, multiple handling of items, and costly technics of sterilization and cleaning, and thus we are able to cut corners on cost. The freed labor time has been redirected to improving other technics and to expanding services to other needs within the hospital.

As industry continues to place more "disposables" on the market, research at the Saint Cloud Hospital will continue. Evaluation of products will be made by patients, personnel and physicians. Those items that meet with universal approval will be adopted into use by the hospital. This is one way in which we feel that the goal of improved patient care at the lowest possible cost can be more effectively realised. The patient’s concern is the concern of all of the workers in the hospital, whether it is a hot cup of coffee or a sharp needle.
MY COMMITMENT AS A NURSING STUDENT TO DISADVANTAGED INDIVIDUALS

I walk into the room, and what do I see? A figure clad in white looks up at me and in his eye there is a plea for help and yet, a demand for respect. He is the disadvantaged, or deprived, or neglected person, and I as a nursing student must help him.

What can I do? This figure in this room can be any person in any place. Because I am still a student forming my own ideals, I can now decide on goals aimed at helping him and countless others like him. Must I go out into the slums of New York to help him? Should I travel to the South to aid the tormented Negro? Do the immigrants flocking to this land of freedom need my help?

Too often, a student feels that the disadvantaged person must be sought out. She thinks he can only be helped by a graduate nurse who has the opportunity to get out into the world and really do things. But, is this really true? It is good to be idealistic in formulating goals.

The disadvantaged person is the eighty-year-old man suffering from congestive heart failure; it is the fifty-year-old woman dying of cancer; or it is the young mother in the hospital "just" for studies. It can be anyone in any situation and it is the duty of the nursing student to answer this call for help and to fulfill this demand for respect.
Beginning with this issue, I plan to tell the Volunteer story by introducing our Volunteer women to you and by explaining to you a little of what they actually do in the hospital. Each month I will feature a department. I plan to do it alphabetically, so I will begin by introducing you to the "girls" in Admissions. These women work under the direction of Sister Rosalinda. The Volunteer Admission Hostesses include Mrs. Ed Laubach and Mrs. Frank Pickard who work on Mondays. Mrs. A. Grothe, Mrs. Lawrence Hall and Mrs. Valerie Meinz work on Tuesdays. On Wednesday, you will see Mrs. Don Bohmer and Mrs. James Gans. Thursdays you will be greeted by Mrs. Don Barrett, Mrs. Frank Liljedahl, or Miss Clara Putney. On Sundays, our daughters, the Candy Stripers, take over these duties.

What is the job of these Volunteer Admission Hostesses? For the new patient, these ladies are the link between home and the hospital. Immediately after checking in at the Admissions Office, the patient is taken by Mrs. Volunteer Worker to his or her first stop in the hospital. This may be to the patient's assigned room, or the patient may go to the X-ray Department or to the Laboratory for his or her admission blood work. To many patients, this is their first experience away from home and from their loved ones. How much more pleasant it is to walk this distance with a "friend," Mrs. Volunteer Worker, in her cheery cherry uniform.

Until next month, when I will introduce you to the "girls" in Administration, I would like to say, "A blessed Christmas to all of you."

Your Auxiliary Reporter,

Bernice Landy

Miss Clara Putney

Mrs. Lawrence Hall
Mrs. Valerie Meinz

Mrs. Ed Laubach
Mrs. James Gans
The BEACON LIGHT is the monthly publication for the personnel, alumnas and friends of the St. Cloud Hospital, St. Cloud, Minnesota

<table>
<thead>
<tr>
<th>STAFF</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-Editors</td>
<td>Mr. Gene Bakke</td>
<td>Administrator's Message</td>
</tr>
<tr>
<td></td>
<td>Sister Roger</td>
<td>Chaplain's Message</td>
</tr>
<tr>
<td></td>
<td>Sister Bridget</td>
<td></td>
</tr>
<tr>
<td>Feature Writers</td>
<td>Sister Pius</td>
<td>Medical Staff News</td>
</tr>
<tr>
<td></td>
<td>Mrs. M. Athmann</td>
<td>Layout</td>
</tr>
<tr>
<td></td>
<td>Mrs. A. Moegelein</td>
<td>Pharmacology</td>
</tr>
<tr>
<td></td>
<td>Sister Albert</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mrs. B. Kantor</td>
<td>Art</td>
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<td>Thomas Nahan</td>
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<td>Sister Helaine</td>
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<td>Jean Christensen</td>
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<td></td>
<td>James Studer</td>
<td></td>
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<tr>
<td>Auxiliary News</td>
<td>Mrs. R. A. Grothe</td>
<td>Personnel News</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alumnae and Student News</td>
<td>Mrs. M. Hackett</td>
<td></td>
</tr>
</tbody>
</table>

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