2-1966

Beacon Light: February 1966

St. Cloud Hospital

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Welcome to the Staff

In January, appointments were made by Sister Jameen, Administrator, to two positions on the hospital staff.

Mrs. Richard Kline was named Director of Volunteers on a full-time basis to direct volunteer activities of the Women's Auxiliary and the Candy Stripers. "We really need a person like Mrs. Kline to schedule and coordinate the activities of the volunteer workers." Sister Jameen said.

Mrs. Kline is a graduate of the University of Illinois, a native of Duluth and has four children. Her husband, Dr. Richard Kline, who passed away a year ago, was a member of the hospital medical staff.

John Seckinger adds the skills and knowledge of a professionally trained accountant to the hospital executive staff. In his position as Controller, Mr. Seckinger will supervise the financial affairs of the hospital.

A 1963 honor graduate in accounting from St. John's University, Mr. Seckinger was formerly employed by the public accounting firm of Sexton, Hartmann, and McMahon and the Miller Construction Company, both St. Cloud firms. He and his wife Judy are the proud parents of a son, Michael, age three months.

We are happy to welcome both Mrs. Kline and Mr. Seckinger to our staff. We are confident that they will find their work at St. Cloud Hospital a challenging and rewarding experience.

Mrs. Richard Kline

Mr. John Seckinger
From Our Chaplain ... DUST TO DUST

Death is the greatest democrat of all because in its sight all men are truly equal; no one is spared. Popes, presidents, pop singers, businessmen, garbage collectors, young people and old, movie actresses, doctors, must all inevitably bend their knees to Death. After that, the body with which each so proudly strode across this platform of time becomes no more than that of the body of the other, a bit of dust as it was in the beginning. How humiliating!

Although this is so obviously true that it is a truism, it seems there is always a need to remind ourselves of it. The reason is, of course, that we work so hard to remove this basic fact of life from our minds.

In our day it is possible for a child to reach manhood with no direct experience at all with the facts of death. Small wonder, then, that Bishop John J. Wright observed recently, "There used to be a time when people faced Death realistically and prepared for it, but no more. Now there are elaborate euphemisms even for the word "die," and it is very difficult for a priest to get permission from a family to give a relative the last rites of the Church. This psychopathic fear of death is a reflection of a sick attitude."

There is one day of the year when the Church brings the fact of our mortality supremely to mind. "Remember man, that you are dust and unto dust you shall return." No Christian can ever lose the memory of this sentence: On the morning of Ash Wednesday it is repeated for each one of us as he makes the sign of the Cross on our foreheads and marks us with a pinch of grayish dust from the ashes of last year's blessed palms.

"You are dust." These words are indeed awe-inspiring; they confront us with the fact of death, which no man can escape, nor can we fail to see the lesson of humility which they are intended to convey. Nevertheless, it is surely a matter for wonder that at this peculiarly solemn moment, at the beginning of Lent, a moment when the Church intends to prepare us to celebrate Christ's victory over Death, and summons us to deepen our spiritual lives, we should be compelled to recognize that we are nothing more than a handful of inert matter.

Yet, this is one of the paradoxes of Christianity that in facing the reality of Death we find life. By admitting that we are dust, that all the things we possess are dust, that all the world is no more than a speck of dust in a universe that has become larger than our imaginations, we are, in fact, more truly that which we were intended to be: much more than dust. For just as there is at the end of the purple and penance of Lent, the golden Alleluia of Easter, so there is for the faithful Christians at the end of this dust-filled travail a joyous Resurrection with our Lord into Heaven.

So it is no small thing to wear the ashes that are distributed Ash Wednesday, for in so doing we admit a common humanity, our common dusthood, if you will, with those to whom we may, for one reason or another, feel superior. By doing this we admit that we are all pilgrims together on the Lenten road of prayer, fast and sacrifice to the Calvary where our Lord died that this dust might live in eternal glory.

Father Patrick Riley

HOSPITAL CAREERS

When I assumed my duties as a Ward Clerk on 2 North, I did not fully realize the complexities of a large hospital. During orientation sessions and while touring the hospital, I couldn't help but realize that there is so much invested here at St. Cloud Hospital, both materially and spiritually.

Several times in the past it had occurred to me that working in a hospital would be interesting, but I never realized just how fascinating it would be until I assumed my duties as Ward Clerk on 2 North. The duties of a Ward Clerk are many and varied. They include the responsibility of ordering medications and admitting patients. I am also responsible for ordering all supplies and typing reports each day. These plus many other small duties which arise throughout the day keep my days filled and very interesting.

Working at St. Cloud Hospital has given me an opportunity to meet many people and observe the in-tradepartmental relations that are a vital part of such a complex organization as our hospital.

I am not a native of St. Cloud. I was born in Red Lake Falls, which is a small city in Northern Minnesota. Upon completion of high school and a business course in Minneapolis, I spent several years working for the Navy Department in Washington, D.C.

This was the period during World War II, when a large number of civilians were recruited through Civil Service to fill the office positions in our nation's capital.

In June of 1943, I moved with my family to St. Cloud from Ontario, California. Our family was not able to adjust to the way of life in California. We found that one can easily lose one's identity in an area so crowded and so fast moving. We also missed the open and traffic conditions and the smoke and smog that is part of big city life. Perhaps, most of all, I missed the change of seasons with which I was familiar here in my native Minnesota.

My family likes St. Cloud very much. I have two sons attending colleges in the St. Cloud area, a daughter in high school, and two sons in grade school. With both my family responsibilities and my job here at St. Cloud Hospital, I find that I don't have much time for hobbies, however, I do enjoy reading whenever I have a spare moment. I am looking forward to the summer months when I can continue working on the landscape project around our new home.

ETERNAL REST GRANT UNTO THEM....

We would like to express our sincere sympathy to

Sister Antonine on the death of her brother, Andrew Gottwalt
Mrs. Mary Pikus, X-Ray Receptionist on the death of her husband, William Pikus
Sister Generose on the death of her Sister-in-law, Mrs. Catherine Bickler

Mrs. D. Kanyusik

By admitting that we are dust, that all the things we possess are dust, that all the world is no more than a speck of dust in a universe that has become larger than our imaginations, we are, in fact, more truly that which we were intended to be: much more than dust. For just as there is at the end of the purple and penance of Lent, the golden Alleluia of Easter, so there is for the faithful Christians at the end of this dust-filled travail a joyous Resurrection with our Lord into Heaven.
Meet Our Sisters

SISTER BERNO FLINT

Sister Berno Flint was born on a farm in Roscoe, Minnesota, the fourth of a family of seven children. After her hometown grade school education, Sister Berno attended St. Benedict's High School, after which she entered the Convent of St. Benedict, and attended the College of St. Benedict.

Sister Berno entered upon her nursing career soon after, receiving her nursing education at the University of Minnesota and St. Louis University. In the years between 1940 and 1950, Sister was a member of the faculty of the School of Nursing at St. Cloud Hospital, teaching a variety of subjects including her favorite course, Nursing Arts. In 1950, Sister Berno moved to St. Benedict's Hospital School of Nursing in Ogden, Utah, where she was Director of the School until 1964. During this time, Sister Berno served as a member of the State Board of Nursing in Utah for five years. In the fall of 1964, Sister joined the nursing staff in the Intensive Care Unit at St. Cloud Hospital and this fall she assumed her present position as instructor in Orthopedic Nursing. With her keen interest and love for rehabilitative nursing, Sister Berno finds real joy in working with her patients on 4 North.

The quiet demeanor of Sister Berno hides a sparkle of wit and wisdom, enjoyed by her fellow Sisters and those who "get to know her." From mending clothes to playing pinochle to telling jokes, Sister Berno's humor brings to those around her the relaxation of a good laugh and a good time.

SISTER REINOLD ZIMMERMAN

Sister Reinold Zimmerman, a student in our hospital School of Medical Technology came to us from the Convent of St. Benedict. Sister graduated from the College of St. Benedict in 1963 with a Bachelor of Arts degree in Biology. Her first assignment as a Sister brought her to St. Cloud Hospital and into laboratory work.

Sister grew up on a large farm near Sauk Centre, Minnesota, and attended both grade school and high school in Sauk Centre. She is the sixth oldest in a family of ten children. Her sister, Mrs. Bernice Schoenborn, is the new Evening Nursing Supervisor here at St. Cloud Hospital, and another sister, JoAnn Zimmerman, teaches history and German in nearby North Junior High School.

Sister Reinold's favorite pastime is reading. Being a "country girl" at heart, she enjoys all forms of outdoor activities and sports -- these include especially skating and tennis.

World Traveler

A graduate of St. Cloud Hospital School of Nursing in 1963, Miss Penny Swanberg, a staff nurse on 1 South has continued her education in a unique way and in a variety of places. Through her extensive travels, Miss Swanberg has learned that her life is a very small part of this world... that people the world over are friendly and willing to help, and that while the language barrier limits conversation, it does not prevent communication. Travel has also taught Miss Swanberg a real appreciation for the little everyday things that one takes for granted all the time such as hot water for bathing, fresh milk and fast mail service, telephones, and most of all the American flag and all that it stands for.

Miss Swanberg's "postgraduate education" began when she accepted a job as a staff nurse in the Intensive Care Unit at the University of Minnesota Hospitals in the open heart and kidney transplant section. Later she traveled to Little Fork, a small community in northern Minnesota near the Canadian border where for five weeks she assumed complete charge of a 50 bed hospital-nursing home until an administrator was hired.

In the fall of 1964, Miss Swanberg flew to Miami, Florida, and after a short vacation, was hired as a private duty nurse to a VIP on a yacht, and she spent Christmas holidays in Nassau, Bahamas. Next Miss Swanberg continued private duty nursing in Doctors' Hospital in Coral Gables, Florida. She worked there until May, 1965, and then after spending a two week vacation with her family she boarded the ship "Oslofjord" and set sail for Europe.

From June to August, 1965, Miss Swanberg attended the University of Oslo, Norway. She took a course in Medical Service and Public Health from Dr. Karl Evang, now President of WHO (World Health Organization). Besides the formal lectures in world health problems, the course also included a three weeks field trip above the Arctic Circle, touring various medical institutions. Such things as the beautiful midnight sun, herds of reindeer, the quaint Lapp people, mountain and glacier climbing and even the slaughter of a whale became an incidental, but nevertheless fascinating part of the course.

Having experienced all other forms of travel, Miss Swanberg next set off as a hitchhiker, traveling to Copenhagen, Denmark; to Hamburg, Germany; and into East Berlin. From Nuremberg she traveled to Ansbach where she spent one month with friends at the U.S. military base there. She then went on to Braunschweig and Munich with her relatives. Having learned some German language, she soon became sufficiently familiar with it to be able to appreciate the beautiful sights of the German countryside and to join in the celebration of the Octoberfest and the International Travel and Communications Fair.

She next took a train to Amsterdam where she met friends from Minneapolis and together they enjoyed Brussels, Luxembourg, Koblenz on the Rhine and Heidelberg. They witnessed also the horror that was Dachau. They next traveled through the

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ANESTHESIA GETS NEW EQUIPMENT

It was a red letter day on January 17, when two Quantiflex gas machines arrived in the Anesthesia Department. These machines were purchased from the Fraser Sweatman Company in New York through our area representative of the National Cylinder Gas Corporation. The cost per machine is approximately $2,000.

The Quantiflex machine has many features. It is a small, compact, mobile machine with four pin-indexed yokes for oxygen, nitrous oxide, helium, and cyclopropane. Each gas has its own calibrated liter flow with the first liter calibrated into 100 ml. When the gas is used, a colored rotometer shows how much gas is being administered to the patient.

Each machine is equipped with a fluotec, pentec, and kettle through which halothane, methoxyflurane, or ether can be administered to the patient. Halothane and methoxyflurane or two nonexplosive agents. All gases can be administered through a closed, semi-closed, or non rebreathing system.

Another safety feature is that if for any reason the oxygen supply should fail, all the other gases in use will shut off automatically and immediately thereby protecting the patient from anoxia.

The work counter on the unit is very adequate and provides easy accessibility to the inner mechanism of the machine. Respirators and/or electrocardiographic equipment can be mounted on the upper bar of the machine. Present these machines have the E type cylinders, but the gas outlets can be connected to the piped-in gas system that are planned for the new suite...

...continued from page 5

Bavarian Alps and on through Austria. They visited the great Opera House in Vienna, and traveled on to the quiet city of Venice, where they enjoyed the canals and boats. Their trip was reaching its climax as they headed next for the Eternal City. One week was not enough time to spend in the huge city of Rome with its many historical sites, but they spent ample time at St. Peter’s Basilica and they were able to see Pope Paul a total of six times with the privilege of an audience with him and an opportunity to participate at a Pontifical High Mass celebrated by His Holiness.

They traveled from Rome to Pisa, where the leaning tower stands out as the landmark for all generations, and to Florence where the great artists live on in their masterpieces.

But the trip was fast becoming a mirage of memories, and it was soon time to board the plane for home. And so she flew back by way of Luxembourg, Iceland and on to New York and Chicago and back to Cass Lake, Minnesota, that was small, quiet but HOME.

GRADUATES RETURN TO S.C.H.

Pictured at the left are Sister Maureen, O.S.B., recently graduated from Northwestern University in Chicago with a B.S. degree in Physical Therapy and Sister Paul, O.S.B., just recently returned from Boston College where she received her B.S. degree in Nursing.

Human resources are vital ingredients in the promotion of improved patient care. As new methods, techniques, knowledges, skills and attitudes are demanded in the care of Christ's sick, the quality of human resources is becoming increasingly significant. To meet the challenge, hospital Sisters in greater numbers are being given either basic or additional academic preparation. Recently two recipients of additional preparation returned to our hospital to share with us and our patients the results of their experiences, knowledge and talents.

Sister Maureen, O.S.B., returned from Northwestern University Medical School after completing academic preparation in Physical Therapy. Prior to this, Sister had completed the necessary requirements to become a Registered X-Ray Technician here at our hospital School of X-Ray Technology. She also holds a Bachelor of Science degree in Occupational Therapy from the College of St. Catherine in St. Paul, Minnesota. In addition, Sister has begun academic work toward a Master of Theology degree. In her versatile role, Sister is working with and for patients who require either physical or occupational therapy or both.

Sister Paul, O.S.B., is our most recent returnee having completed course work for the degree of Bachelor of Science in Nursing at Boston College. Opportunities to grow in skills and knowledge were almost limitless in historical New England.

Sister's Bostonian accent is occasionally revealed when Sister removed the r's from words such as "Sista" and adds is to such words as "Minnesoter." "Sista" is now working in the Surgery Department.

Welcome back, Sisters.
HOSPITAL HOUSEKEEPING IS CLEANING ON A GRAND SCALE

How long do you think it would take a person to sweep, scrub, and wax a floor with a total area of 165,000 square feet -- equal to a strip ten feet wide and more than three miles long?

This is the amount of floor space that the hospital Housekeeping Department must maintain in sparkling condition every day of the year. And of course, floor maintenance is only a part of the housekeeping job. There's cleaning and dusting of furniture and equipment in patient rooms, offices, technical departments and other areas -- bathrooms, mirrors, windows, walls, drapes, blinds, and a hundred other items to keep clean and fresh -- refuse and waste materials of all types and description, much of it requiring special handling, that must be properly disposed of.

All of this is accomplished by a dedicated staff of just four Sisters, twenty-three full time, and six part time personnel.

How well do they do it? In the words of a recent patient, "I've spent a lot of time in hospitals in the past few years and this is the cleanest I've ever been in."

It could be the friendly cooperative spirit among the housekeeping personnel -- or the knowledge that they are making an important contribution to the care of patients that brings about the good results. Whatever it is they are building a reputation for Saint Cloud Hospital as "one of the cleanest hospitals I've been in."

Janet Meyer enjoys her work in Pediatrics and she shows it!

Frank Pallansch begins on that strip of floor ten feet wide and three miles long!
**Just Thought We'd Ask**

**WHO IS YOUR VALENTINE?**

Sister Helaine, O.S.B., Head Nurse, Pediatrics: "Little boys five years and under, because they are just all boy."

LaVerne Feld, Business Office Clerk: "My Godchild, because he liked his Christmas present so much."

Mrs. T. Schoener, Aide, Central Supply: "My six grandchildren, because they are all so dear to my heart."

Mrs. L. Plumhoff, R.N.: "Oskie...do I need a reason?"

Don Donais, Stock Room Clerk: "Grandmother, mother and girlfriend...just to play safe."

**ALUMNAE NEWS**

The St. Cloud Nurses Alumnae Association held its first business meeting for 1966 on February 1. Mrs. Patricia Zenner, newly elected president, conducted the business meeting. After the meeting, Dr. Robert Murray, Pathologist at St. Cloud Hospital, spoke to the group about the Red Cross Blood Program. We were impressed with his message and we hasten to encourage all of you to support the blood drive when the Bloodmobile Unit comes to St. Cloud in April.

**D. C. C. N. NEWS**

Richard Connel, Ph. D., was the speaker for the regular D. C. C. N. meeting held at the School of Nursing, January 19. He spoke on the legitimate place of authority in society as it works for the common good. Dr. Connel is a philosophy professor at St. Thomas College in St. Paul.

A special Lenten meeting of the D. C. C. N. will be held on March 23.

Those wishing to pay membership dues should send them to:

Mrs. Michael Court, 453 North 24 Avenue, St. Cloud, Minnesota

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**Wanted: More Snow to Blow**

This is the plea of a new piece of equipment purchased by the Maintenance Department of St. Cloud Hospital. Brand new, all shined up and ready to go, our new snow blower is eagerly anticipating its first experience with a real Minnesota blizzard.

After the heavy snowfall of last winter and the resulting problem of keeping our driveways, sidewalks and parking lot cleared of snow, a study was made to determine the advisability of purchasing our own equipment for snow removal. Going over the past expenditures for this service it was found that over a short period of time we could cover the cost of this piece of equipment and bring about a considerable saving for the hospital in the future.

As a result for this study, we are now the proud owners of a four-wheel drive, 25 horse power snow removal unit with a bucket and a snow blower attachment.

With the use of the bucket attachment, snow can either be scooped up and moved in one simple operation or the bucket can be turned downward and serve as a plow for clearing snow. Because the bucket serves as a scoop device, it provides service for the maintenance department not only in the winter, but the year around. Possibilities include the hauling of sand or dirt, moving rubbish on to dump trucks, and at the present time it is being used for hauling debris from areas that are being renovated, thus freeing our trucks for other types of work.

The snow blower attachment is used exclusively for removing snow. The snow blower makes this unit capable of forging through high snow banks and drifts and blowing the snow up to a distance of 30 feet beyond the area being cleared. This has the advantage of eliminating snow banks and the additional work of hauling the snow away later.

Sitting inside its warm, enclosed cab you will see its operator Albert Zieglimer, Supervisor of Outside Maintenance, who thinks back to the many cold days he spent on an open snow plough and thinks that this is quite an improvement. The enthusiasm he has for this new piece of equipment tells us that he is "sold" on its performance and the need it has already fulfilled in the short time we have had it.

I understand Mr. Zieglimer is also anxiously waiting to initiate the snow blower to a good Minnesota snowstorm. After last winter and the memory of 15 foot snow banks, do we dare now wish for "more snow to blow?"
We Shall Have Weather...

**Guess Who**

Meet the Mystery Employee for the month of February. This person has been an employee of St. Cloud Hospital for several years and has held more than one position during this time. No matter in what capacity this person works, our Mystery Employee can always be identified by a friendly and courteous manner.

Here are a few facts that might aid in identification: Lives in St. Cloud and has other members of the family employed at St. Cloud Hospital.

If you think you can identify this person, write your guess on a slip of paper, include also your name and the department where you work. Place your "lucky guess" in the suggestion box near the cafeteria by March 1. All winners will be awarded a prize for knowing their hospital family.

**Postulants Visit Hospital**

January 31 was "Postulants Day" here at St. Cloud Hospital. On this day 20 young girls, prospective "Benedictines," were guests of the Sisters of St. Cloud Hospital for a day of orientation to the life of the apostolate of the sick.

With Sisters Reinold, Maureen and Paul as guides, they toured the hospital and got in on some "behind the scenes" of hospital activity. Of special interest was a side tour of the Sisters' new convent.

A delicious chicken dinner in the new dining room followed by a song fest with the Sisters provided an atmosphere of relaxation and enjoyment and an opportunity for the Sisters and the girls to become better acquainted.

The day ended with the Postulants and the Sisters joining together in praying Compline, the night prayer of the Church.

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There is an old saying, "Everybody complains about the weather, but nobody does anything about it." This chart gives valid reason for complaint...it recorded an all time low in the history of this recording device; it actually went off the chart! We did what we could about the weather, and we publish for our readers this record of our cold spell so you can see for yourself...and shiver a little as you remember those cold January days.

- January 28, 1966 between 6:00 and 7:00 A.M., it dropped below -30°
- January 29, 1966 between 1:00 and 3:00 A.M., it dropped below -30°
Each Sunday night finds Mrs. Dolora Guck and husband, Larry, at the Starlight Inn conducting square dance lessons for the beginners class of the Belles and Beaus Square Dance Club.

Mrs. Guck has been with the St. Cloud Hospital since November 1961. Her efficient and gracious work at the information desk has brought her in contact with patients, visitors, doctors and employees.

A graduate of Technical High School, Mrs. Guck took additional training in office work at the St. Cloud Business College in preparation for her job as bookkeeper with G. R. Herberger's, Inc., here in St. Cloud.

The square dancing couple work with both the St. Cloud club and the one in St. Stephen. In addition to teaching beginners classes and calling for the regular clubs, Larry Guck does guest calling in other parts of the state. Larry and Dolora began this dancing with the Belles and Beaus when Doctor Brainerd, the club's original organizer, was caller. Since then they both have played a vital role in square dancing activities throughout Central Minnesota.

**HOT OR COLD?**

Food temperatures are often spot checked by the dietitian and we thought you might be interested in the findings; this was a study of the food on patients' trays:

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>TEMPERATURES</th>
</tr>
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<tbody>
<tr>
<td>Soup</td>
<td>144 °</td>
</tr>
<tr>
<td></td>
<td>1) 125 °</td>
</tr>
<tr>
<td></td>
<td>2) 130 °</td>
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<td></td>
<td>3) 130 °</td>
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<td></td>
<td>4) 120 °</td>
</tr>
<tr>
<td>Meat</td>
<td>140 °</td>
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<tr>
<td></td>
<td>1) 120 °</td>
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<tr>
<td></td>
<td>2) 130 °</td>
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<tr>
<td>Vegetable</td>
<td>128 °</td>
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<tr>
<td></td>
<td>1) 124 °</td>
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<td>2) 120 °</td>
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<td></td>
<td>3) 124 °</td>
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<tr>
<td></td>
<td>4) 116 °</td>
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</tbody>
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As you can see the vegetables lose heat faster than the other foods. The starred (*) temperatures were foods tested on a tray that was not carried promptly; there was time "wasted" in this particular instance.

So when you see a dietitian testing food with a thermometer it is not because the "food is sick" but the dietitian is "sick" because the food may be getting cold!