Beacon Light: April 1966

St. Cloud Hospital

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NATIONAL HOSPITAL WEEK AT SAINT CLOUD HOSPITAL

Saint Cloud Hospital will join thousands of hospitals throughout the United States during the week of May 8 - 14 in celebrating National Hospital Week. The national theme chosen this year is "Alliance for Health." Through this theme your hospital will show how its facilities and personnel are geared to cooperate with city, county, regional, state and national organizations, hospitals and governmental agencies to bring the best possible health program to all who are in need. With the advent of the national Medicare program which goes into effect on July 1, 1966, this spirit of cooperation for the welfare of the sick is imperative.

The Minnesota Department of Health designated Saint Cloud Hospital as the regional center for the Central Minnesota area in the Coordinated Hospital System of the State because of its history of growth. This seven-county area, pictured at the right, comprises Mille Lacs, Morrison, Todd, Pope, Benton, Sherburne and Stearns counties.

Realizing the responsibility placed upon it, the hospital is determined to fulfill its obligations by carrying out a program of construction and service that will meet the specialized as well as the general hospital needs of the residents of central Minnesota.

Activities are planned to bring pertinent information to the public through newspaper, radio and television coverage. A speakers' bureau has been set up for the use of clubs or organizations who wish to hear "the hospital story." Pamphlets, posters and signs will be distributed or displayed in the hospital, in business places, and the city buses. For the personnel, an employee recognition dinner is planned for the evening of May 11.

National Hospital Week is especially set aside to tell the "hospital story." Through it we feel all can better understand the continued efforts that are being put forth to provide better hospital and health services for you and your family.
Dear Employees,

In reading through some hospital literature I came across the following reminder for ways to improve hospital service:

**TEN COMMANDMENTS FOR GOOD HOSPITAL SERVICE**

1. Speak to People. There's nothing as nice as a cheerful word of greeting to patients, visitors and associates.
2. Smile at People. It takes 72 muscles to frown -- only 14 to smile.
3. Call People By Name. The sweetest music to anyone's ears is the sound of his own name.
4. Be Friendly and Helpful. If you would have friends -- be friendly.
5. Be Sincerely Cordial. Speak and act as if it were a genuine pleasure.
6. Be Considerate of the Feelings of Others. No one likes to be rebuffed.
7. Be Thoughtful of the Opinions of Others. There are three sides to every controversy -- yours, the other fellow's, and the right side.
8. Be Genuinely Interested in People. You can like everyone if you try.
10. Be Alert to Render Service. About all that counts in life is what we do for others.

It is well for us to remember that good patient service is more than giving the prescribed treatments, medications and physical care. It is also well for us to be mindful of the importance of our relationship with all the persons with whom we come in contact. Our attitude and the manner in which service is rendered has a therapeutic effect on the patient and provides a comfortable climate in which to work with others.

From Our Chaplain

I would like to convey belated Easter Greetings to all of the members of the St. Cloud Hospital, employees, workers, staff. It seems that such a great Feast as this needs to have some serious reflection on it and I don't know whether I am capable of that, but I would like to share some of my thoughts with you.

I read recently these words by a famous writer of today, and I would like to explain what they mean to me. "The Easter Message is the most human tidings of Christianity. Christ has conquered in the realm where we experience in practice what we are in essence -- children of the earth who die."

This is what it all means to me. The only way in which the natural man like ourselves can enjoy his food and drink and sleep at night is to turn his eyes as much as possible from that which waits silently at the very end of all that he does and all that he enjoys. In medicine today we fight splendidly against death. As a matter of fact, this is what our hospitals spend most of its energies on. We have pretty well defeated tuberculosis; we have beaten off some of the terrible diseases of childhood; we can even mend a damaged heart; we are gaining ground against cancer, and we can report advance along all the lines against things that cause human mortality. And then we die. Death is a bitter thing. And when you think about it you look at the spring flowers with a little extra gladness. I don't think anyone longs for the sweet, gentle Spring of the year that you will not be able to enjoy, that you will not be able to see -- I'm talking about the natural man now. Most people would like to live, not die. We wish to be. We do not wish to not be.

We have to stop now and very quietly look steadily at the words of the Gospel, "Christ rose from the dead." They are not difficult words. They are just five very easily understood words. They say a lot and the effort must be to grasp what they say. These five words are strict history. They report something that happened.

Christ died. That's a fact. Having died, he returned to life. This is a fact. With all the force that the present tense can have, we state an actuality. Christ Who died lives. You know, when you really think about it, all at once, everything is changed. The sky outside as I look at it now is a little bit bluer; it is now permanently blue. The little buds that are coming out on the trees are now endlessly beautiful. The faces of my dear friends and yours that we know, we remember, are more alive to us than ever, for we will always be seeing them. We laugh today at the problems of the past. Death is no longer something to be afraid of; death is cut down to size by the risen, eternally living Christ. Indeed, we will all die, as did Christ and, indeed, we will all live after death as does Christ.

The beauty of Easter and the Easter Season is that it dispels all of the fog and fear that once possessed and it clears his vision once and for all. Easter is sort of like turning on the light in a totally darkened room. Easter is life, joy forever with the risen, living, loving and laughing Christ.

From Our Administrator

Dear Employees,

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Father Riley

Sister M. Joseph 1970
A TIME TO REMEMBER

This year’s personnel recognition dinner will be a very special event for Hildegard Theis of the Dietary department, for at this time she will receive a diamond pin recognizing 25 years of service to the hospital. On February 3, 1966, Hildegard had actually completed 27 years as an employee of our hospital, but she took a leave of absence during her mother’s illness which interrupted her continuous service.

In 1939 Hildegard changed her occupation of housekeeping and followed in her cousin’s footsteps to work in our hospital kitchen. She has witnessed many changes since 1939, and the progress can be summed up in her comment, “Years ago we worked harder, but more leisurely; now we work faster, but it is not much heavy work.” A monthly check of $25.00 plus room and board was considered “good pay” in those days. It was not unusual for her to work 11 hours a day on a split day with a half day off each week. Our present south wing on Level B was used as sleeping quarters for the girls and Hildegard spent her first 15 years in residence there. It has been interesting for her to see the progress of employment policies as the days off each week were changed from a half, to one, to a day and a half, and finally our present 2 days off a week. Twenty-five years ago the girls in the kitchen considered themselves fortunate to have every ninth Sunday off. The hours of duty in the kitchen varied as one would be scheduled to work 5:00 a.m. or 8:30 a.m. The jobs were referred to as “charge.” One may have been scheduled to work on vegetable charge or meat charge; the next day it would be soup charge or salad charge. The number of employees needed has changed drastically. In those days five girls plus the Sisters could prepare a half day off each week were changed from a half, to one, to a day and a half, and finally our present 2 days off a week. Twenty-five years ago the girls in the kitchen considered themselves fortunate to have every ninth Sunday off. The hours of duty in the kitchen varied as one would be scheduled to work 5:00 a.m. or 8:30 a.m. The jobs were referred to as “charge.” One may have been scheduled to work on vegetable charge or meat charge; the next day it would be soup charge or salad charge. The number of employees needed has changed drastically. In those days five girls plus the Sisters could prepare a half day off each week were changed from a half, to one, to a day and a half, and finally our present 2 days off a week. Twenty-five years ago the girls in the kitchen considered themselves fortunate to have every ninth Sunday off. The hours of duty in the kitchen varied as one would be scheduled to work 5:00 a.m. or 8:30 a.m. The jobs were referred to as “charge.” One may have been scheduled to work on vegetable charge or meat charge; the next day it would be soup charge or salad charge. The number of employees needed has changed drastically. In those days five girls plus the Sisters could prepare

The early days of her employment were long days...especially in the summer. From the time that the rhubarb stuck its nose out of the spring ground until the last tomato was harvested in October there was the everlasting job of canning. Even now there are a few “old timers” who still refer to the present dietary storeroom as the “preserve cellar.” To can 100 gallons of jam in a day was average; and it was nothing to pick, snip and can 15 to 20 bushels of beans in two days. Hildegard’s memories include a few “unpleasant tasks” such as going to the garden to pick beans, or cut cabbage heads; the never-ending job of defrosting the old refrigerators or when it was her turn to wait on the 25 men who had a special dining room for all three meals.

Continued on next page.

BACK FROM VIETNAM

The fact that care of the surgical patient varies greatly throughout the world is well known. The extent of this variation was made more evident when Captain Lawrence Bearson related some of his experiences of his past year spent in Viet Nam.

Captain Bearson, a 1962 graduate of our School of Anesthesia, recently returned from Viet Nam where he acted as a member of an armed services surgical team under the auspices of the State Department of the United States government. The team consisted of two doctors, two nurses, one anesthetist, one X-ray and laboratory technician and a navy corpsman. Their “hospital” was set up about 200 miles from Saigon for the purpose of serving the medical needs of the area. These included the military men and Vietnamese as well as unidentified Viet Cong.

The work of the team was complicated by a drastic lack of supplies, equipment and modern facilities. This was especially serious when it came to performing surgical procedures. Besides this lack, the situation was further complicated by the constant danger of enemy attack which threatened at any time. An even greater challenge, however, was achieving an understanding and acceptance of the existing cultural differences in the very short period of one year. The small value placed on health and life itself made the team realize some of the odds against them.

Captain Bearson is pictured above with his wife, the former Rose Yackley also a graduate of our School of Anesthesia, and Sister Virgene, O.S.B., former Director of the School of Anesthesia.

Continued.....

Although Hildegard rooms across the street from the hospital, she has never left her home in Rockville. Hildegard is the only girl in a family of four. One of her brothers still lives at home. On her days off he is happy to have her come home for she prepares delicious meals in addition to baking and decorating cakes. She enjoys sewing, but her favorite hobby is crocheting.

Congratulations to Hildegard for 25 years of faithful service at our hospital. Her willingness to try most anything has kept her adaptable during these years of change and progress. Perhaps knowing that you have been a part in the making of the history of the St. Cloud Hospital carries a certain satisfaction all its own.
Night Lights

Mrs. Mary Lou Stiegel moves about from night to morning giving nursing care with a gentle hand, to her patients on 1 South Nursing Unit.

Born the youngest in a family of eight children, she grew up on a farm near Callaway, Minnesota. After finishing grade school there, she graduated from high school in Waubun, Minnesota and began her nursing education at St. Gabriel's Hospital School of Nursing in Little Falls, Minnesota. After graduation in 1954 she enjoyed an extended trip through the western and southwestern United States and Mexico, and later worked in California.

In 1956 she married John Stiegel and came to St. Cloud to live. She worked at St. Cloud Hospital on the 2 South and 1 South nursing units. After her husband's graduation from St. Cloud State College, she moved with her family to Minneapolis, where Mr. Stiegel worked for Monroe Business Machine Company. In August, 1964, the Stiegels returned to St. Cloud and Mrs. Stiegel returned to St. Cloud Hospital where she worked on 3 North, 2 North and finally on 1 South nursing units.

Because of her varied nursing duties, Mrs. Stiegel has managed to keep active in many areas of the nursing profession and this has been a source of real satisfaction to her. Her favorite pastimes are playing bridge, reading and listening to semi-classical and classical music. Heading the list of interests however are Jonelle, Jacqueline, Steven, Paul and Jean who keep their Mom busy and happy providing for their needs and receiving their love.

Meet Our Sisters

SISTER DENISE GOUGH

The sixth child in a family of thirteen, Sister Denise was born and raised in Covington, Kentucky, where her father who is now retired worked on the Chesapeake and Ohio Railroad. Sister received her grade school education in Covington, and after seven years of clerical work in a book-binding establishment, she entered the Convent of St. Walburg in Covington in 1952.

Sister Denise entered Nursing in 1954. She graduated from St. Elizabeth Hospital School of Nursing in Covington in 1957. Her duties as a nurse led her into a variety of hospitals and institutions. She worked as a staff nurse at Mount Mary Hospital in Hazard, Kentucky, and spent four years at St. Joseph's Hospital in Florence, Colorado. Later she worked for a time as the Infirmarian at the Convent in Covington, and then was transferred to the Madonna Manor Nursing Home in Covington.

On September 7, 1965, Sister Denise arrived at St. Cloud Hospital to enter the School of Anesthesia.

When her studies and duties do not occupy her time, Sister enjoys reading. It is also a known fact that Sister wields a wicked ping pong paddle! Sister has been a life-long Reds fan with a good natured laugh. (She says she doesn’t worry about Grapefruit League victories!)

BIRTHS

Mrs. Melvin Wolbeck (Gail Levandowski)
Mrs. Joseph Zabinski (Joan Haehn)
Mrs. John Amundson (Mary O'Malley)
Mrs. Herbert Doll (Adeline Schmit)
Mrs. David Brown (Kathleen Wassel)
Mrs. Leander Torborg (Mary Kraemer) Twin Girls
Mrs. Richard Meier (Darlene Schafer)
Mrs. Howard Olson (Sylvia Yahe)
Mrs. Kenneth Strack (Luane Lardy)
Mrs. Herbert Hoppe (Valerie Kolb)
Mrs. Earl Laudenbach (Rosemarie Jackels)
Mrs. William Ibes (Kathryn Ditter)
Mrs. William Moline (Constance O'Donnell)
Mrs. Thomas Sullivan (Florine Bauer)
"As speed, specialization and the space age impinge on us and affect all areas of human endeavor, we in the hospital need to stop and reflect on the meaning of 'person,' 'life,' and 'suffering.'" These thoughts expressed by Mrs. Robert Joyce to the personnel at several inservice meetings on March 9, 10, 15, and 16 gave new insights into these vital topics.

Her lecture, "The Patient As a Person," was well chosen as she pointed out how our society has contributed to the disease of "functionalism" ... an awareness of only part of the person, the part we are working on or with. It is only after one experiences oneself as a unique self, that he can develop a conversion of awareness to others. This awareness of "Person" gives an appreciation of "withness," a presence which often expresses far deeper meaning than words. Dr. Albert Schweitzer possessed this awareness which is summed up in his philosophy of "reverence for life." This reverence for life leads one to find meaning in life, meaning in suffering, and meaning even in death.

Those who attended Mrs. Joyce's lecture were indeed challenged and stimulated to more reflection and reading ... Don't forget the book she recommended: Man's Search for Meaning by Victor Frankl.

Mrs. Joyce received her Masters degree in Philosophy from Loyola University in Chicago and is currently teaching General Psychology and Child Psychology in our School of Nursing.

We are grateful to Mrs. Joyce for sharing her thoughts and for helping us to become more vibrantly aware of our own "reason for being"... and also more aware of "the patient as a person" who is a whole person to whom we must relate with our whole self.

MAY THEY REST IN PEACE ......

We would like to express deepest sympathy to:
Sister Benora, O.S.B., Mrs. Constance Scepanik and Dr. Joseph Gaida on the death of their mother, Mrs. Katherine Gaida.
Rosemary Diedrich and Helen McLane on the death of their mother and sister, Mrs. Roman Diedrich.
Sister Longina, O.S.B. on the death of her sister, Mrs. Catherine Waldo.
Mrs. Sylvia Valley on the death of her father, Mrs. Erwin Meyer.
Mr. Frank Karn on the death of his sister, Mrs. Elizabeth Quafot.

Since April is the month of Easter and Spring with their spirit of rebirth and growth, what better hobby to tell about than that of Doctor Louis Loes. Doctor Loes raises orchids.

When he built his house six years ago, he decided to build a large greenhouse because he had always enjoyed growing flowers. Through a process of elimination he decided to specialize in orchids, for once you have the temperature and humidity set, they do not require too much special care. Also, since orchids grow in bark or fern fiber instead of soil, the insect problem is not as great. This proved the ideal hobby for a busy doctor! He now has 200 plants in his greenhouse and usually has at least one plant in bloom at all times.

This reporter spent a delightful hour and a half listening to Doctor Loes tell about orchids. I learned that there are over 24,000 different kinds of these flowering plants growing wild, and an even greater number of hybrids are now registered. They grow in the ground, in water, on rocks, trees or shrubs. Some orchids also grow underground. Orchids can be found from the steaming, tropical jungle to the frigid valleys of Alaska; from the snow-covered Himalayas to the sandy deserts of Australia and Africa. They come in all colors except black. Orchids range in size from 1/32 of an inch to 12 inches in diameter.

I was able to add all sorts of new names to my vocabulary. The orchids used in corsages come from the genus Cattleya. The Cymbidium, a species which Doctor Loes is holding in the picture, comes in many colors and is usually in bloom for Easter and Mothers' Day. And do you know what a Cypripedium Reginae is? None other than our state flower, the moccasin.

Doctor Loes has been "wild orchid hunting" on Grand Bahama Island, and has brought back some of these plants. They survived the trip and the transplanting, but have not bloomed as yet. Doctor feels this is probably due to insufficient sunlight.

The nicest thing about Doctor Loes' hobby is that so many people can enjoy it with him, for Doctor Loes gives his blooms away. The line forms to the right folks, just behind your reporter and...
These men and women represent 355 years of loyal and dedicated service to the community of St. Cloud. As honored employees of St. Cloud Hospital they will receive special awards during National Hospital Week at the Annual Employees' Recognition Dinner to be held May 11.

At the top of the list of service awards is Miss Hildegarde Theis who has served the Hospital and particularly the Dietary Department for twenty-five years. To Hildegarde and Mrs. Maude Lepinski and Miss Cecilia Winkler (20 years) and Mrs. Rose Wenner and Mrs. Lena Hagen (15 years) and to all of you, our congratulations and best wishes for the future, and our thanks.
**Just Thought We'd Ask**

**WHY ARE YOU A CANDY STRIPER?**

Beth Gilhooly: Because there isn't too much for us to do in St. Cloud and I am a Candy Stripper so I can help people and be of service.

Kathleen Przybilla: I want to help people and to see if I want to go on in nursing or a medical profession.

Joanne Peerman: Because I like people.

Debbie Varner: I enjoy being with people and helping them when they need help.

Diane Lauerman: Because I like to help people and this is one of the best means to meet people who may need me. I also will have an opportunity to see if I'd like a future in the medical field.

**TASK.... POSITION.... JOB ??**

Who is that bright-eyed young man with the large notebook in the office next to Nursing Service? He is Dennis Kittler, graduate student at State College, animal fancier, and part-time job analyst for St. Cloud Hospital.

Mr. Kittler has been working for the past several months analyzing jobs for the Engineering, Maintenance and Housekeeping Departments.

A native of Chicago, Mr. Kittler graduated from Coe College in Cedar Rapids, Iowa, where he played end on the varsity football team. He started his academic career at Tarkio College in Tarkio, Missouri. However, this institution of higher learning did not appreciate his love for animals and insisted that he remove his horse from the campus, so with considerable deliberation Dennis transferred to Coe College at the semester. He has since decided that a dog is man's best friend.
FOR WOMEN ONLY

GOD’S WORD IS ALIVE .... A MESSAGE TO BE LIVED BY US TODAY

A thoughtful look at the Gospels reveals Christ’s relationship with women. He praised His own mother publicly because she had heard the word of God and acted upon it. He added that we who do likewise are His brothers and sisters.

It was the Samaritan woman to whom Christ revealed His identity as Messiah. She ran to carry His word to others. When the men fled at the time of Christ’s Passion, the women followed Him even to the Crucifixion. Magdalen, who was changed by Christ’s word, continued to seek Him after His death. She wept at His absence from the tomb, and she recognized Him in the gardener. It was she who was sent to announce the resurrection to the apostles.

With this brief glance at the Gospels, we see that WOMEN, ALL WOMEN, have the privilege and opportunity to bring Christ to others... at work, at home, in the neighborhood. To do this however we need to hear God’s word and act upon it. We must listen to Him at the well as the Samaritan woman; recognize Him in His passion in our daily trials and those of others, and minister to Him with love as the holy women. WE WANT TO KNOW THE RISEN CHRIST AS MAGDALEN AND RUN WITH HIS MESSAGE TO OTHERS.

This brings us to the Council of Catholic Nurses. The members of this group are trying to become aware of God’s message to them, that they may live it wherever they are as SINGLE, MARRIED AND RELIGIOUS WOMEN.

We invite the women who are involved in the care of the sick to keep Wednesday evening, the eve of the Ascension (May 18) free. We want you to join us at the Eucharistic Banquet in the hospital chapel, and to meet with us afterwards in the hospital dining room for dinner, that we may know Christ better, for it was in the "BREAKING OF THE BREAD" that the apostles recognized Christ.

THE WOMEN IN THE GOSPEL TODAY

STUDENTS SOLICIT FUNDS

RED CROSS DRIVE

It had been a warm Wednesday, but toward suppertime a slight drizzle began and fog rolled up from the river. One hundred nursing students gathered in the dormitory lounge for a pep talk which was a prelude to their first Red Cross Drive. It was March 9, and the Red Cross campaign in St. Cloud was underway. Outside the Nurses’ Home the Red Cross Volunteers waited in their cars to take groups of students to various residential districts.

Doctor Lawrence Thienes who headed the drive and recruitment advised the group, "If they say they usually give one dollar, ask for two this year." The student body responded with a groan. "All right," he said, "say something else," and soon grins returned to the faces of the young recruits.

It was a new experience to tramp down the misty roads and sidewalks. Dogs barked, yard lights snapped on, and curious faces peered through windows. Finally and sometimes reluctantly, the doors were opened. "Hello, I’m a student nurse and...

And so finally, $916 later, the students returned to the School of Nursing for donuts and hot chocolate, pleased with their success as recruits for their local Red Cross Chapter, and especially pleased at the generosity and kindness they experienced from their local patrons.

MUSCULAR DYSTROPHY DRIVE

For the second year in a row, the St. Cloud School of Nursing accepted the role of soliciting funds for the Muscular Dystrophy Association. Mr. Richard Traux heads the Muscular Dystrophy Drive. Before the campaign got under way, Mr. Traux presented a film to the students. The film emphasized the extensive research being done in this field, and also the fact that 10% of funds collected by this group goes into these research projects.

Four buses donated by the Trobec brothers took 100 student nurses to the specified areas. The students left the buses in pairs and canvassed the areas for two hours. Many people were expecting the students because of advance newspaper and radio publicity.

After the work was done, the students met together at the Moose Lodge where a pot-luck supper was served them. The success of the student effort was determined as they tallied their contributions. A grand figure of $973 was collected.
As an approach to improving patient care, the Saint Cloud Hospital Nursing Service Department has further adopted the team concept of nursing care. Team nursing goals of our hospital are based on the philosophy that each individual patient, as a creature of God possessing a body and soul, has dignity and innate worth which must be recognized and respected. In a similar manner the team nursing approach recognizes that each team member has a unique contribution to make, and that he or she has a responsibility to contribute according to his or her individual talents and educational background. It is further believed that each team member possesses a potential which must find expression and development.

Under the leadership of a registered nurse, who functions as a team leader, team members including licensed practical nurses, nurse aides and/or orderlies care for a group of patients, usually 15 to 18 in number. The team nursing approach emphasizes the individuality of each patient and worker and seeks to ascertain the patient's needs and to understand the patient's problems. As a unit, the team plans ways and means of meeting these needs.

In promoting effective team nursing, two major tools are used. The team nursing conference is the nucleus. This conference is held daily for and by the team members so that they may meet as a group and contribute their observations of patients and identify patients' care needs. Together they explore solutions to these needs, evaluate the nursing care plan, and revise and develop each plan to meet the changing needs of patients. The nursing care plan is a written record which is initiated upon the admission of each patient for the purpose of guiding individualized care of a patient on a 24-hour basis.

To provide a better understanding of the team nursing concept, the Nursing In-Service Committee invited and received the gracious assistance of Mrs. Thora Kron, team nursing consultant and author of the book, Nursing Team Leadership. Mrs. Kron spent March 29 and 30 with nursing service personnel and junior and senior nursing students discussing the team nursing philosophy, methods of patient care, nursing care plans and team nursing conferences. "How can I help my patient?" was her constant refrain. The participants in this workshop received concrete and practical ideas for providing good patient care. The unanimous group response was one of appreciation for her help and a determination to improve personal, individual care of the patient.

On Thursday of each week patients from ages 8 to 80 who are afflicted with the disease diabetes mellitus meet to discuss and share their knowledge of their conditions and experiences with one another and with hospital workers. The "students," some of whom are newly diagnosed as diabetics and others who have lived with the disease for years, discuss such topics as insulin therapy, oral insulin substitute medication, foot care, diet, skin care, clinic test testing and interpretation, and generally learning to live with diabetes. Besides the patients, other participants in these classes include a diettian, nursing students and nursing personnel. The class is under the direction of Miss Carol Balme, R.N., staff nurse on the 2 North nursing unit.

These classes are supplementary to the individual patient teaching plan delegated by the patient's physician. Patients who have taken part in these discussions have stated that they have gained a greater insight into their illness through this mutual discussion during these classes. "I learned that I can live a normal life with my diabetes," states one patient.

Hospital personnel learn much from their patients, too. The theory of diabetes becomes a living fact for the student, when she is able to discuss and share experiences with those who actually have the disease. We would encourage any member of the nursing service personnel who is interested and wishes to learn more about diabetes to attend these classes. They are held every Thursday morning at 10:30 a.m. in the 2 South nursing unit classroom.
Thanks to hard work and good management of Co-chairmen Mrs. Angelo Gambrino and Mrs. Ed Kain, the Hospital Auxiliary Day at Fandel's Department Store was a huge success. March 21, 1966, was a "red letter day" for all Auxilians, for this day marks the big occasion when we went "over the top" and we are now able to buy the cardioverter for the Saint Cloud Hospital.

Coffee was served all day on second floor at Fandel's. Department heads from Saint Cloud Hospital took their turns pouring coffee for friends and shoppers who came to the store.

In the picture to the right Mother Richarda is offering coffee to Mrs. Kline, Director of Volunteers at Saint Cloud Hospital, while Sister Jameen, Mrs. Robert Schwartz, Mrs. Loren Timmers and Mrs. Gambrino look on.

The highlight of the evening was a style show put on by the senior class Candy Stripers. These girls modeled the latest in spring styles from Fandel's Store.

All decked out in their favorite spring outfits are:
Row 1: Bonnie Machtmes, Mary Kruchten, Toni Reif.
Row 2: Joanne Mosley, Pat Stevenson, Marilyn Herbert, Vicki Clark.
Row 4: Sue McDonnell, and Gail Sova.

Worry about the Russians -- then get knocked over by Mr. Inarush coming through the "Golden Door" from Level A to the Lobby!
Worry about radioactive fallout -- then get a "cold" from lack of proper handwashing.
Worry about the kids running in front of cars -- then you carelessly dance in front of the floor scrubber operated by the porters.
Worry about getting enough exercise -- then ring for an elevator to go from fourth to fifth floor.
Worry about getting the car greased every 1000 miles -- then never get a medical check-up.
Worry about the kids getting proper nourishment -- then skip breakfast routinely so you can sleep longer.
Worry about retirement -- then do everything you can to keep from lasting that long.
Worry about arthritis -- then get crippled up by a power mower or power tool.
Worry about tornadoes -- then get liquidated in a whirlwind force auto collision because you are late for work.

Adaptation of article from National Institute of Health Plant Safety Branch News.
The BEACON LIGHT is the monthly publication for the personnel, alumnae and friends of the St. Cloud Hospital, St. Cloud, Minnesota.

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