

5-1971

Beacon Light: May 1971

St. Cloud Hospital

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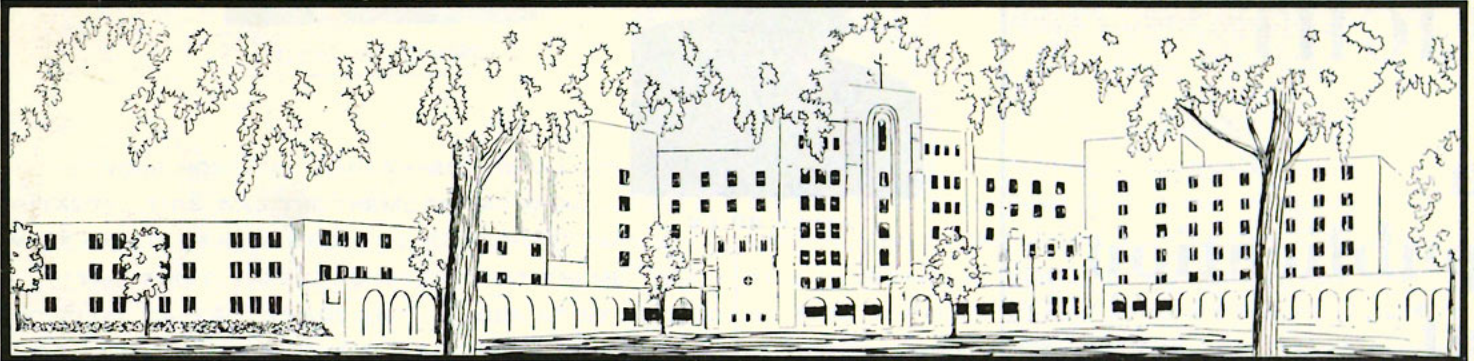
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Beacon Light



Volume XX Number 9

ST. CLOUD HOSPITAL

May, 1971



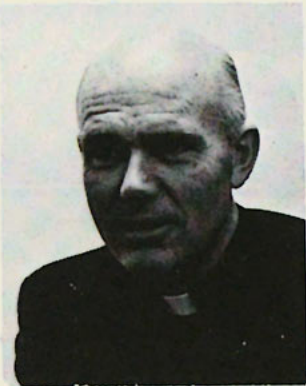
THE
BEACON
LIGHT

a
publication
of
ST. CLOUD
HOSPITAL

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FATHER RILEY

Chaplain's Corner
BY FATHER PATRICK RILEY

I WOULD LIKE TO SHARE SOME REFLECTIONS WITH THE READERS OF THIS PAPER. THIS YEAR I COMPLETED 20 YEARS OF ASSOCIATION WITH FELLOW WORKERS AND PATIENTS OF THIS HOSPITAL.

TWENTY YEARS IS A LONG TIME -- IT IS A LOT OF ANY MAN'S LIFE. WHEN WE ARE REALLY HONEST WITH OURSELVES, WE MUST ADMIT THAT OUR LIVES ARE ALL THAT BELONG TO US. SO IT IS HOW WE USE OUR LIVES THAT DETERMINES WHAT KIND OF MEN WE ARE.

IT IS MY DEEPEST BELIEF THAT BY ONLY GIVING OUR LIVES DO WE FIND LIFE. I AM CONVINCED THAT THE TRUEST ACT OF COURAGE, THE STRONGEST ACT OF MANLINESS IS TO SACRIFICE OURSELVES FOR OTHERS. TO BE A MAN IS TO SUFFER FOR OTHERS -- GOD HELP US TO BE MEN.

MAY THE PEACE OF CHRIST BE WITH US ALL TO GIVE US STRENGTH AND COURAGE TO ACCOMPLISH THIS END.



GENE S. BAKKE

From Our
Executive Vice President

"YOUR HOSPITAL CARES--BUT WHO LUVS A HOSPITAL?" THIS WAS THE THEME OF NATIONAL HOSPITAL WEEK THIS YEAR WHICH WE RECOGNIZED MAY 9-15.

THE FIRST THREE WORDS OF THAT THEME "YOUR HOSPITAL CARES" IS NOT JUST AN IDEA AT ST. CLOUD HOSPITAL. I THINK IT CAN BE TRULY STATED THAT EVERYONE WHO IS ASSOCIATED WITH ST. CLOUD HOSPITAL REALLY CARES ABOUT THE PEOPLE WHO SEEK ITS SERVICES. THE DEDICATION AND COMMITMENT TO CARE AND CONCERN FOR THE WHOLE PERSON IS DOCUMENTED IN MANY WAYS--BY THE BROAD SCOPE OF SERVICES PROVIDED WHICH COVER NOT ONLY PHYSICAL CARE, BUT EMOTIONAL, SPIRITUAL AND PSYCHOLOGICAL AS WELL--BY THE MANY LETTERS AND NOTES PATIENTS WRITE TELLING US OF THE SPECIAL CONCERN SHOWN BY PERSONNEL WHO CARED FOR THEM--BY THE CONSTANT EFFORT MADE TO PLAN WAYS TO SERVE THE PATIENT BETTER--YES, I THINK IT CAN BE TRULY SAID THAT ST. CLOUD HOSPITAL CARES.

BUT THE SECOND PART OF THAT THEME "BUT WHO LUVS A HOSPITAL", SUGGESTS THAT HOSPITALS ARE NOT ALWAYS LOVED. FEW PEOPLE EVER WANT TO GO TO A HOSPITAL BECAUSE IT USUALLY MEANS THEY ARE SICK OR HURT AND MOST OFTEN IT COMES AT A TIME WHEN THEY LEAST EXPECT IT AND HAVE NOT PLANNED FOR IT. SO HOSPITALS WILL PROBABLY NEVER BE LOVED IN THIS SENSE.

BUT THERE IS EVEN MORE REASON TODAY TO RAISE THE QUESTION "WHO LUVS A HOSPITAL?" THE WHOLE HEALTH FIELD IN GENERAL AND HOSPITALS IN PARTI-

CULAR, ARE BEING SEVERELY CHALLENGED TODAY. QUESTIONS ARE BEING RAISED ABOUT HIGH COSTS, INEFFICIENCIES IN DELIVERING HEALTH CARE, DIFFICULTIES IN OBTAINING CARE, POOR QUALITY, HOW CAN IT BE PAID FOR AND SO ON. IT IS A TIME WHEN THE QUESTION "WHO LOVES A HOSPITAL" SEEMS UNFORTUNATELY APPROPRIATE.

THOSE OF US WHO ARE INVOLVED IN THE HEALTH CARE FIELD NATURALLY FEEL SOME SENSE OF FRUSTRATION WITH THIS CRITICAL ATTITUDE. WHAT SHOULD BE OUR REACTION? SHOULD WE RESPOND DEFENSIVELY AND REJECT THESE CONCERNS AND CRITICISMS OUT OF HAND? SHOULD WE TAKE A DEFEATIST ATTITUDE, ADMITTING THAT THERE ARE SHORTCOMINGS BUT CONCLUDING THAT THERE IS REALLY NOTHING THAT WE CAN, OR EVEN WISH, TO DO ABOUT THEM?

OF COURSE, NO ONE WOULD SERIOUSLY SUGGEST THAT EITHER RESPONSE IS APPROPRIATE. NOR IS IT THE KIND OF RESPONSE WE OUGHT TO MAKE IF WE ARE TRULY DEDICATED AS A CHRISTIAN INSTITUTION TO SERVE OUR FELLOW MAN.

RATHER, WE OUGHT TO ACCEPT THE CRITICISMS AND CONCERNS EXPRESSED WITH AN OPEN MIND, WILLING TO OBJECTIVELY AND THOROUGHLY TEST THEIR VALIDITY, AND IF FOUND TO BE VALID, TO MOVE SWIFTLY AND DIRECTLY TO ELIMINATE THE SHORTCOMINGS AND INEFFICIENCIES THAT TRULY EXIST. IT IS A JOB THAT BELONGS NOT TO JUST ONE GROUP OR ONE INDIVIDUAL. IT IS A RESPONSIBILITY OF ALL OF US WHO ARE INVOLVED IN THE OPERATION OF THE HOSPITAL.

Comment on the Cover...

DR. CLIFFORD STILES AS THE "MEDICINE MAN" SERVED AS THE CLIMAX TO THE EMPLOYEE RECOGNITION DINNER HELD DURING NATIONAL HOSPITAL WEEK. DR. STILES PRESENTED A SERIES OF MAGIC CURE-ALLS, INCLUDING

SOME GATHERED FROM THE "VENOM OF VIPERS". EIGHTY-FOUR EMPLOYEES WERE RECOGNIZED FOR SERVICE TO THE SICK. MORE PICTURES ABOUT THE WEEK ON PAGE 4.

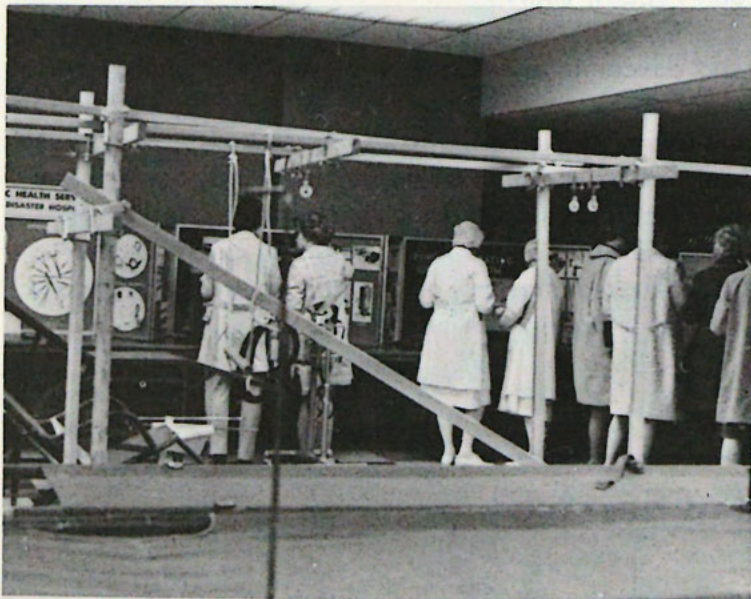
Our Record of Service

	ADMISSIONS	BIRTHS	OPERATIONS	X-RAYS	LAB. TESTS	EMERGENCY OUTPT. VISITS
APRIL 1971	1,381	164	580	3,787	21,240	615
JANUARY 1 TO APRIL 30	5,481	614	2,100	14,984	82,340	2,231

National Hospital Week

Observance chairman David Pflipsen and his committee provided a full week of activities for the annual National Hospital Week, May 9-15, starting with a proclamation by Mayor Al Loehr, and concluding at the Employee Recognition Dinner.

In between, Executive Vice President, Gene Bakke, and Dr. R. E. Reinert, Director of the St. Cloud Veterans Administration Hospital, appeared on WJON's "Focus 45"; Paul Kurtz, Alcoholism-Chemical Addiction Treatment Service Director and Sam Westrom of the Public Relations office were on KFAM's "Opinion Please"; displays were set up at the Crossroads Mall, Zapp National Bank and Cathedral High School; area high school and college counselors were guests for a half-day program on health careers; and over 300 attended a series of training programs on the use of the Packaged Disaster Hospital.



VISITORS AND PERSONNEL VIEW THE PACKAGED DISASTER HOSPITAL DISPLAY, PROVIDED BY THE U.S. PUBLIC HEALTH SERVICE. SCH SPONSORED TWO DAYS OF TRAINING IN THE USE OF THE PDH UNITS. ABOUT 300 ATTENDED. THE VILLAGE OF SAUK RAPIDS ALSO DISPLAYED ITS CIVIL DEFENSE TRUCK, AND BOTH WINTER AND SUMMER RESCUE EQUIPMENT.



MAYOR AL LOEHR ISSUED A PROCLAMATION NAMING THE WEEK OF MAY 9-15 NATIONAL HOSPITAL WEEK. DAVID PFLIPSEN, RIGHT, WAS CHAIRMAN OF THE OBSERVANCE. IN THE PROCLAMATION, MAYOR LOEHR SALUTED THE HOSPITAL FOR ITS CONTRIBUTIONS TO THE PUBLIC HEALTH AND WELFARE, HIGH STANDARDS OF PATIENT CARE, AND FOR EDUCATIONAL PROGRAMS TO RAISE THESE STANDARDS AT ST. CLOUD HOSPITAL.



ENGINEER JOE STOMMES, LEFT, WAS SURPRISED BY AN EARLY MORNING VISIT IN THE BOILER ROOM MAY 12. SISTER COLLEEN, DIVISION DIRECTOR, AND MRS. MARLENE GAMBRINO, VOLUNTEER, PROVIDED COFFEE AND DONUTS AT 2:20 A.M. THE AUXILIARY SERVES COFFEE TO THE STAFF DURING HOSPITAL WEEK EACH YEAR, AND THIS YEAR MRS. GAMBRINO ARRANGED FOR A COFFEE CART TO APPEAR IN EVERY DEPARTMENT ON THE EVENING AND NIGHT SHIFTS, ALSO.

48 Graduate From Nursing School

Commencement exercises for 48 graduates of the St. Cloud School of Nursing were held Saturday, May 22, at St. Paul's Church, St. Cloud. Rev. William Vos delivered the address, and Bishop George Speltz conferred diplomas.

A reception followed in the School Lounge.

Graduates were: Judith Athmann, Freeport; Karen Batcha, Holdingford; Linda Berglund, Loretto; Eugene Breth, Holdingford; Barbara Cardinal, Cloquet; Susan Classen, Glencoe; Denise Dumonceaux, Foley; Bonnie Euerle, Litchfield; Maribeth Feidt, Cannon Falls; Eileen Honkomp, St. Cloud; Elaine Huls, St. Cloud; Susan Jungers, Bird Island; Joyce Klein, St. Cloud; Sandra Kostreba, St. Joseph; Katherine Kraemer, St. Cloud; Margaret Langan, Marshall; Karen Lindmeier, New Ulm; Brenda Link, Monticello; Jean Lonsdale, Minneapolis; Judith Manthei, Danube; Renee Marty, Chokio; Susan Mirabito, Norwich, New York; Sharon Moore, Sauk Rapids; Margaret Muehlbauer, New Ulm; Colleen Mulqueen, Minnetonka; Diane Neubauer, Bird Island; Mrs. Thomas O'Connor, Sauk Centre; Mary Oelrich, Royalton; Mrs. Reta Patri, St. Cloud; Mary Patyk, Little

Falls; Brenda Rymer, St. Cloud; Larry Sampson, Regal; Mary Schmidt, Albany; Naomi Schneider, Alberta; James Schwarz, New London; Monica Seifert, Sleepy Eye; Patricia Serafin, Bloomington; Judith Serbus, Minneapolis; Mary Sowada, Foley; Mrs. Joseph Stotko, St. Cloud; Mrs. David Troska, Glencoe; Margaret Trousil, Alexandria; Margaret Vasecka, Staples; Mary Wavrin, New Ulm; Mary Wiechman, Freeport; Mrs. Don Wiehof, St. Cloud; Suzanne Winkler, Holdingford; Beverly Woidyla, Holdingford.

Mary Weichman Top Senior

Mary Wiechman, daughter of Mr. and Mrs. Aloys Wiechman, Route 2, Freeport, has been selected as the Outstanding Senior Student at the St. Cloud School of Nursing.

Chosen on the basis of scholastic achievement, professional aptitude, interest, personality, attitude and qualities of leadership. Mary was recognized during a tea sponsored by the School of Nursing Alumnae Association.

Selected to receive the Association's five scholarships were Judith Athmann, Freeport; Katherine Kraemer, St. Cloud; Susan Mirabito, Norwich, New York; Naomi Schneider, Alberta; and Sharon Moore, St. Cloud.

The awards were presented by Alumnae president Mrs. Jeron Kobenia. The program included a concert by the "Singing Saints," the St. Cloud area barbershoppers.

School Year Closes May 27

The St. Cloud School of Nursing will close May 27, following the graduation ceremonies held May 22.

The 1971-72 school year begins August 30.

Summer Students To Use Dorm

Thirty to forty Dickenson State College students will call the School of Nursing "home" for eight weeks in June and July.

The students, all working toward a two-year Associate Degree in Nursing, will be studying Psychiatric Nursing at the Veterans Administration Hospital.

Dickenson State is in North Dakota.



WINNING STUDENTS—MRS. CAROL KOBENIA, CENTER, PRESIDENT OF THE ST. CLOUD SCHOOL OF NURSING ALUMNAE ASSOCIATION, PRESENTED AWARDS MAY 4 TO SIX SENIORS. MARY WIECHMAN, LEFT, WAS SELECTED AS THE OUTSTANDING SENIOR. JUDITH ATHMANN, NAOMI SCHNEIDER, KATHERINE KRAEMER, SHARON MOORE AND SUSAN MIRABITO, WERE AWARDED SCHOLARSHIPS.

The Role of the HMO

DR. PAUL M. ELLWOOD, EXECUTIVE DIRECTOR OF THE AMERICAN REHABILITATION FOUNDATION, MINNEAPOLIS, ADDRESSED THE FIFTH IN THE SERIES OF SIX HEALTH FORUMS MAY 3, IN HOPPE AUDITORIUM. FOLLOWING IS AN ACCOUNT OF THAT PROGRAM. THE FINAL FORUM IN THE CURRENT SERIES WILL BE MONDAY, JUNE 7, AT 7 P.M.

It is the hope of the Nixon Administration that 40% of the medical care delivered in this country will be done through Health Maintenance Organizations (HMO) by 1980, according to Dr. Paul Ellwood, Executive Director of the American Rehabilitation Foundation in Minneapolis, and the speaker at the fifth in the series of Health Forums Monday, May 3.

Often called the architect of the administration's health care proposals, Dr. Ellwood described the HMO as "an organization which provides comprehensive medical care including preventive care, physician and hospital services to



DR. ELLWOOD

people who voluntarily enroll in return for a fixed sum of money that is prepaid each year.

"There are a number of organizations that are already in existence that meet this definition," Dr. Ellwood said. "Some of them have been around for as long as 20 or 30 years and serve about 10-million people." He said the Kaiser plan, prevalent on the west coast, is a prime example of such an organization.

The HMO concept, he said, places emphasis on three major factors in delivery system strategy. The first is emphasis on larger organizations providing medical care, the second is serving groups of consumers who enroll by free choice to get most if not all of their medical care from one HMO, and third, the fixed price which covers both physician and hospital services.

LARGE ORGANIZATIONS

Pointing out that the medical care industry is larger than the automobile and steel industries combined, with gross income of \$70,000,000,000 a year, Dr. Ellwood esti-

mated that 150,000 small firms, most of them lone physicians with a small office staff, make up the present system. He suggested that with the HMO concept, the number of firms could be reduced to 1,000 each serving about 20,000 persons, along with another 50,000 firms which would be very much like the present ones.

"So, it would be a situation where medical care would be delivered by basically two kinds of organizations in most communities, the conventional way of delivering health care, and the HMO way," he said.

Pressure from politicians concerned with the cost of medical care and an inclination to regulate it was a primary factor in Dr. Ellwood's conclusion that the HMO concept was the appropriate way for the health care system to organize.

"The Politicians want to get in and regulate everything," he said. "They want to regulate each unit of service that is provided except doctor's fees, to decide how many hospital beds there would be in a community, to decide which hospitals would receive a cobalt unit and which ones wouldn't. It seems to us that they were going to be in tinkering with every facet of the delivery of medical care in their efforts to control the cost. And, that this would result in a very highly regulated industry and one which would be unable to function in the public interest.

"It is my feeling that by going to larger organizations of delivering medical care and saying these organizations were concerned with the results you produced, not with who works there and not with how many units of service you provide, that we could avoid the necessity for increasing government intervention and government regulation of this industry."

He added the HMO's could be owned by a wide variety of individuals and groups includ-

ing a hospital, doctor, church, insurance company, consumers or medical groups, and could be profit or non-profit in nature. The minimum size Dr. Ellwood suggested would be about 20,000 enrollees with about 20 doctors. But, if the HMO were to own a hospital, 50,000 consumers would be minimum, with about 50 doctors.

VOLUNTARILY ENROLLED CONSUMERS

Under the Nixon plan, as HMO's develop, people would be expected to choose one of these organizations and get the health care they need from this single source. "The reasons for doing this," Dr. Ellwood explained, "are that it guarantees to the consumer that he will have access to medical care when he needs it because the organization (HMO) has to guarantee to make that care available and has to guarantee that the care will be of quality.

"And, on the other hand, the organization providing the care has the advantage of being able to plan in advance on how many people it is going to have to provide services to, and to allocate the resources to do so. And, since the consumer has agreed to come to them for a year, they also have a guaranteed monthly income so that there are no ups and downs of cash flow which is a major problem for so many hospitals today.

"We think, too, that these kinds of organizations will help to resolve some of the problems of distribution of health manpower," he continued.

FIXED PRICE CONTRACTS

The third major concept of the HMO is that, under this system, the consumer agrees to pay a certain amount of money for a year, and the organization has to provide him with all the medical care that he needs for that sum of money.

"If they are successful in preventing illness, or very efficient in treating illness, then the HMO can retain the difference to provide training or to provide additional benefits or to expand," Dr. Ellwood explained. "If

they are unsuccessful in doing so, they have to make up the difference, so that instead of our being paid on the basis of sickness, I suppose it will be on the basis of health."

He said the major rationale for the capitation financing arrangement is to try to control the cost of hospitalization.

Other points of major interest about the HMO concept were:

- We find that hospital utilization under these kinds of arrangements definitely goes down somewhere between 10% and 20%. But, the amount of physician services doesn't drop at all.
- There is less hospitalization for diagnostic purposes under HMO-type organizations. Also, less hospitalization for minor illness and infections.
- HMO's will influence costs by creating larger units for the delivery of services, realizing some economies of scale.
- Rather arbitrary work rules exist today, where it is not uncommon for 20 different health professionals to be licensed to perform only certain kinds of service and legal barriers prevent sharing of tasks.
- These kinds of organizations have a positive affect on quality of care.
- Because HMO's would be in a position to exercise greater control over practice opportunities I think we can avoid national control over medical specialty slots.
- Higher capitation rates in underserved communities may attract doctors.
- I think that the HMO concept is likely to come about. For instance, Blue Cross of Minnesota has been approached by 40 different doctor groups about the possibility of establishing Health Maintenance Organizations.

The final Health Forum in the current series will be conducted Monday, June 7, at 7:00 P.M. in Hoppe Auditorium. The speaker will be Dr. Thomas H. Ainsworth, Associate Director of the American Hospital Association, on the topic: "The Role of Ameriplan".

St. Cloud Nurses Alumnae

Reserve August 3, 1971 Annual Picnic-Riveredge-St. Cloud Hospital

The New Pediatrics Unit

Thursday, May 6, was moving day for the Pediatrics Department. That was the day the patients and staff left the old 4 South, and occupied the modern, bright, new 4 North. And, what a change.

Visitors in the new unit will first notice the bright, happy colors, and the carpeted floors, not only in hallways and nursing stations, but in every room.

Bright colors appear everywhere. In patient rooms, accent walls are often used in the decorating schemes, different from the rest of the walls.

Striped carpeting, incorporating almost every color of the rainbow, is a striking decor feature in the new Teens Unit, a 10-bed area designed especially for the older Peds patients. This unit has telephones at all bed-sides, and a lounge room equipped with vending machines for refreshments and snacks.

Behind the nurses station, a three-bed intensive care room can be viewed through

large windows. Windows also dominate the hallway, so personnel can see patients easily as they walk by. "V" shaped charting desks are also built into hallways, designed with viewing windows so nurses can monitor patients while completing records.

Perhaps from the little patient's point of view, the two most important areas on the 41-bed unit may be the indoor and outdoor play rooms. Built on the roof of the chapel, protected by a redwood fence, is an outdoor play area. And, at the north end of the unit, in the solarium, the indoor playroom is available with carpeted floor, lots of toys, and plenty of storage space.

Mrs. Martha Smith is head nurse. Scheduled to open later in May were the renovated units on 2 - North and 3 - North, both of which will be Medical-Surgical Floors.

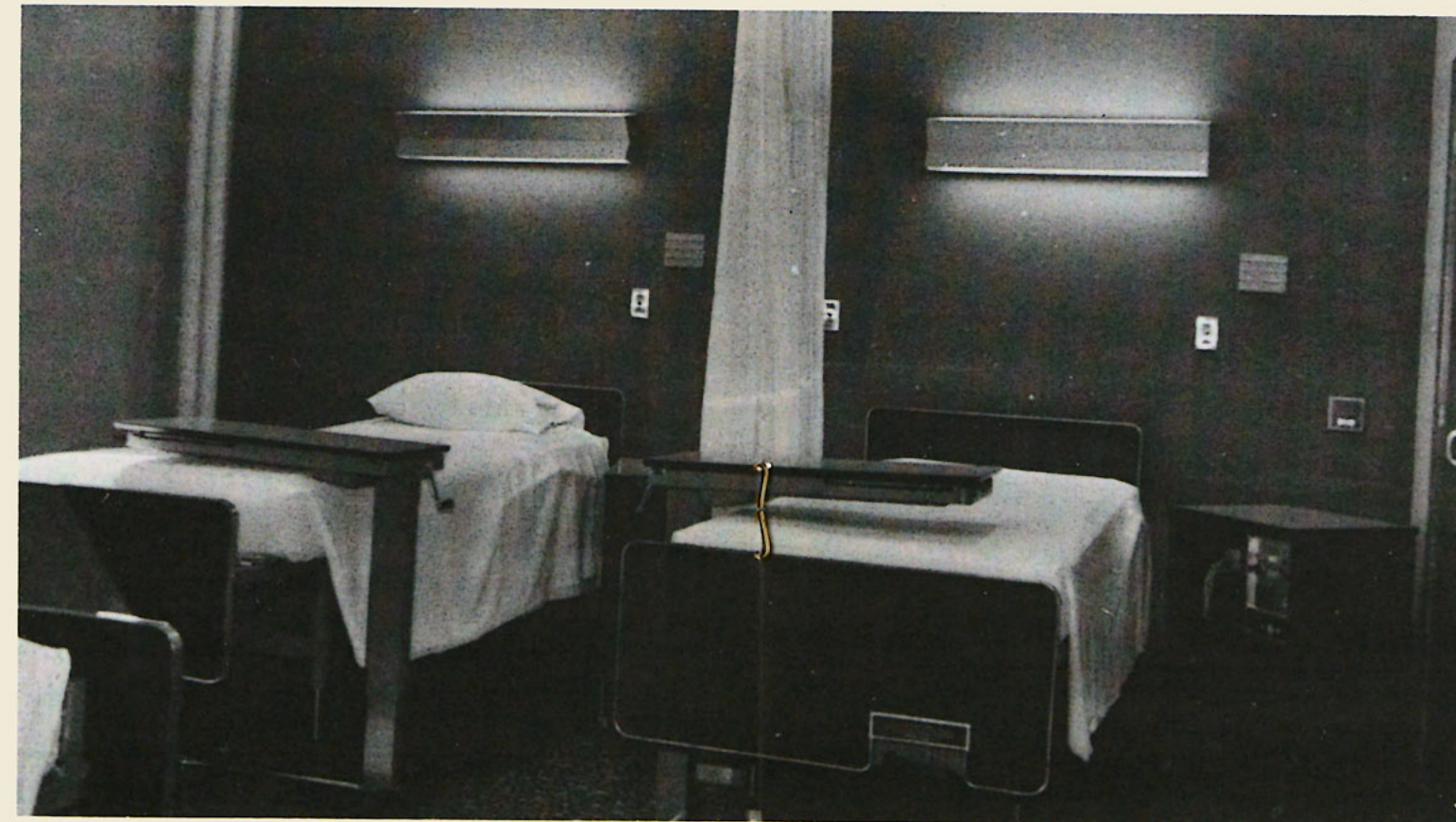
The next construction activity will be on 2, 3 and 4 South, all of which will be rebuilt. Completion is scheduled for January, 1972.



NANCY DELLES, 4, DAUGHTER OF MR. AND MRS. ROGER DELLES, ST. CLOUD, WAS THE FIRST PATIENT MOVED FROM 4 SOUTH TO 4 NORTH MAY 6. LEFT TO RIGHT ARE SISTER COLLEEN, CONSTRUCTION COORDINATOR, MRS. MARTHA SMITH, HEAD NURSE, JEAN SCHLOMMER, NURSES AIDE, AND SISTER BERNADINE, HOUSEKEEPING.



COLORFUL SMOCKS WORN OVER THE WHITE IS NOW A STANDARD PART OF THE UNIFORMS ON 4 NORTH, MODELLED ABOVE BY HEAD NURSE MRS. MARTHA SMITH, DOROTHY LOCH, LPN; CAROL SANDMAN, RN; AND CECILIA WINKLER, NURSE AIDE. THE SMOCKS, MOST OF WHICH ARE FLOWERED OR HAVE PICTURES OF ANIMALS, PROVIDE A SOFTER APPEARANCE THAN THE ALL-WHITE UNIFORM AND THE CHILDREN SEEM TO APPRECIATE THEM.



ONE OF THE BRIGHT, NEWLY EQUIPPED PATIENT ROOMS IN THE TEENS AREA. EACH PATIENT ROOM HAS CARPETING, NEW FURNITURE, ELECTRIC BEDS, BEDSIDE UNITS WITH TELEPHONES, PIPED-IN OXYGEN AND SUC-

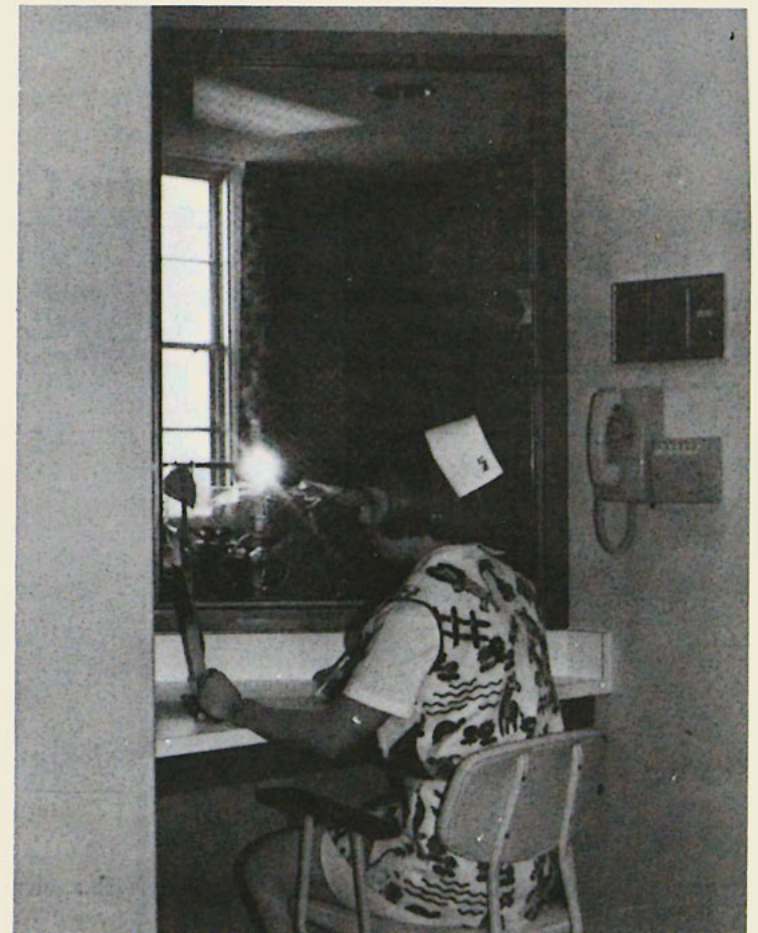
The Beacon Light

TION AND ALL ARE AIR-CONDITIONED WITH INDIVIDUAL TEMPERATURE CONTROLS. THE PEDIATRICS AREA HAS 41 BEDS.

St. Cloud Hospital



THE NURSES STATION ON 4 NORTH, THE NEW PEDIATRICS FLOOR. IMMEDIATELY BEHIND THE DESK IS A THREE BED INTENSIVE CARE UNIT FOR YOUNGSTERS, IN FULL VIEW THROUGH LARGE WINDOWS.



MARY SIS, LPN, USES ONE OF THE "V" SHAPED CHARTING DESKS BUILT INTO THE HALLWAY AT SEVERAL LOCATIONS ON 4 NORTH. LARGE WINDOWS ALLOW PERSONNEL TO COMPLETE RECORDS AND VISUALLY MONITOR PATIENTS IN TWO ROOMS.

Page 9

Student Nurses Get Cape, Cap and Candle

Fifty-six Freshmen at the St. Cloud School of Nursing received cape, cap and candle April 25, during traditional ceremonies marking the third quarter of study.

Rev. Alfred Stangl celebrated the Mass. Rev. Richard Tetzloff announced recipients' names.



The Cape . . .

The cape is presented to represent a mantle of mercy. The blue is symbolic of the loyalty with which she will serve. The crimson lining signifies the love which will spur her on.

The Cap . . .

The cap is the crowning glory of the nurse, considered an emblem of consecration because it stamps the wearer with dignity and devotion. By virtue of its design the cap of the nurse represents her school whose imprint will be a part of her as long as she lives.



The Candle . . .

The candle is an ancient symbol of Christ, and is used in the capping ceremony with special meaning, for the vocation of the nurse is to carry Christ to others, to the sick and suffering, throughout the world.

Menu-Matic Aids Food Service

So you think your job is difficult. Try this one.

Let's say you have a staff of about 90 persons, and your job is to turn out over 300,000 patient meals a year, a daily average of 844 meals, with one-third of them modified in some way because of food restrictions.

That's the job of the SCH Dietary Department, which actually produces over 600,000 meals a year, if you include those eaten by personnel in the cafeteria.

To assist in preparing patient meals, a new "Menu-Matic" tabulating device and new



ANNA MAE SUPAN, DIETARY DEPARTMENT MESSENGER, OPERATES THE MENU-MATIC COUNTING DEVICE WHICH ADDS THE VARIOUS ITEMS ORDERED BY PATIENTS FOR THREE MEALS IN ADVANCE, AT THE RATE OF 100 PER MINUTE. THE MACHINE WILL COUNT FIVE TYPES OF DIETS IN 10 MINUTES, PROVIDING CHEFS WITH ACCURATE QUANTITY REQUIREMENTS.

Eleven in X-ray School

Eleven students are currently enrolled in the School of X-Ray Technology, according to Director Sister Jolene.

Those from St. Cloud are Wayne Chirhart, Mary Keller, Kateri Stawarski, and Susan Westerlund.

Others are Mary Copeland, Maple Lake; Rosalyn Hermanson, Willmar; Patricia Miller and Deborah Varner, Sauk Rapids; Katherine Schreifels and Charlene Worm, Richmond; and Warren Rossen, Freeport.

X-Ray Technology is a 24-month course.

patient menu forms were installed in March.

The new three-week cycle menu forms offer the patient a list of foods available to him for the next three meals, and he is asked to mark his selections with a pencil. Meals are selected by the staff for youngsters under 14. The menus are then processed by the Menu-Matic machine, which electronically counts each item ordered for all three meals. These totals guide chefs in preparation of quantities.

"Before this machine age," said Mrs. Mary Schoffman, Director of Dietetics, "we used to visually count each item from each menu, in order to get totals for each meal. Now, the machine counts about 100 per minute very accurately, and does five types of diets in about 10 minutes."

Patients may write in special items if they wish, but the wide assortment of foods keeps special requests to a minimum.

Other advantages of the new system are easy to read menus, errors are reduced, and it offers Dietary personnel opportunities to teach good nutrition.



BARBARA BANDER, DEPARTMENT ASSISTANT, HOLDS THE SELECTION OF MENUS USED IN THE THREE-WEEK CYCLE. FOODS FOR DINNER, BREAKFAST AND LUNCH ARE LISTED WITH A WIDE VARIETY OF MEALS AVAILABLE, AND PATIENTS MAY WRITE IN SPECIAL REQUESTS IF THEY LIKE. PATIENTS SELECT THEIR OWN FOODS, CONFINED ONLY BY DOCTOR'S ORDERS. COLORED STRIPS ON THE EDGE OF EACH MENU INFORM TRAYLINE EMPLOYEES WHICH FOOD ITEMS ARE CALLED FOR AND WHICH CONDIMENT PACKAGES GO ON THE TRAY, FACILITATING SPEEDY, ACCURATE SERVICE.

Nine Suggestors Get Cash

Nine employees were awarded cash, and two received merit certificates, for ideas submitted in the Employee Suggestion program this month.

Cash went to Kelly Costello, 2 Northwest; Arlene Sauer, 2 South; Dale Schibonski, Physical Therapy; Alvina Goering, 5 North; Carole Miller, X-Ray; John Kucala, Dietary; Florian Loehrer, 2 West; Eileen Gruber, Pharmacy; and Baron Majette, Storeroom.

Merit certificates went to Sherry Thomas, 6 North for a patient chart idea, and Lou Ann Weyer, Laundry, for suggesting some educational equipment.

The May awards were presented by Gene S. Bakke, Executive Vice President.



Last Coal Boiler Is Dismantled



THE LAST OF THE ORIGINAL COAL-BURNING BOILERS, INSTALLED WHEN THE HOSPITAL WAS BUILT IN 1927, WAS REMOVED THE WEEK OF MAY 9 TO MAKE WAY FOR THE NEW GAS-OIL BOILER TO BE READY FOR USE THIS FALL. ACCORDING TO CHIEF ENGINEER, FRANK KARN, INSTALLATION OF THE NEW BOILER WILL COST \$102,000, AND IT WILL BE CAPABLE OF PRODUCING 35,000 POUNDS OF STEAM PER HOUR. THE OTHER TWO COAL BOILERS WERE REPLACED EARLIER, WITH THE LAST COAL BEING BURNED HERE IN APRIL, 1969. KARN'S RECORDS SHOW

THAT THE HIGHEST CONSUMPTION OF COAL WAS IN 1967, WHEN 2,815 TONS WERE USED, WITH FEBRUARY 28, 1967, THE RECORD HIGH DAY IN WHICH 28,770 POUNDS OF COAL WERE BURNED. ST. CLOUD HOSPITAL NOW MEETS ALL POLLUTION CONTROL STANDARDS WITH ITS GAS-OIL FIRING OF BOILERS. AT THE LEFT ABOVE, WORKMEN REMOVE THE FIRE BRICK WALLS OF THE OLD BOILER. AT THE RIGHT, THE OLD COAL ROOM AND CART STAND EMPTY. THIS AREA WILL BE USED FOR OTHER EQUIPMENT.



THE ST. CLOUD ELKS CLUB GAVE 4 NORTH, PEDIATRICS, SIX LARGE RIDING TYPE TOW TRUCKS FOR THEIR NEW PLAYROOM DURING NATIONAL HOSPITAL WEEK. JERRY CHANCE, 4, SMILES HIS APPRECIATION TO TOM HANNON, YOUTH ACTIVITIES CHAIRMAN FOR THE ELKS; BILL COBORN, EXALTED RULER; AND MIKE COSTELLO, CLUB MANAGER. MRS. MARTHA SMITH, HEAD NURSE, IS PICTURED BEHIND JERRY. THANK YOU.

Employee Roster Tops 1,200

The number of payroll checks issued by St. Cloud Hospital for a two-week period surpassed the 1,200 mark for the first time in the hospital's 43-year history April 30, according to John Seckinger, Controller.

Employees of St. Cloud Hospital, the area's third largest employer, number 1,205, with 465 part-time, and full-time equivalent of 910.

Total payroll for the period was \$242,000.

SCH To Host Coronary Seminar

The Minnesota Heart Association's Central Minnesota Heart Division will sponsor a seminar on coronary care in Hoppe Auditorium, Thursday, June 17. Dr. T. H. Luby is Division President.

Seminar co-sponsor is the Northlands Regional Medical Program.

The program faculty includes Administrators, Nurses, Physicians, and Technicians, and discussion will center on Pharmacologic and Electrical Therapy in patient's with acute chronic coronary disease.

An informal dinner at the St. Cloud Country Club will follow.



JERRY CARLSON, LEFT, DIRECTOR OF SPEECH AND HEARING SERVICES AT SCH, ACCEPTS A \$200 CHECK FROM BURTON OLSON, PRESIDENT OF THE NON-PROFIT ST. CLOUD CHAPTER OF THE SOCIETY FOR THE PRESERVATION AND ENCOURAGEMENT OF BARBERSHOP QUARTET SINGING IN AMERICA. THE BARBERSHOPPERS SPONSORED A "PARADE OF QUARTETS" AT THE BENEDICTA ARTS CENTER IN APRIL TO RAISE THE MONEY. THE NATIONAL SLOGAN FOR THE SOCIETY IS "WE SING SO THEY SHALL SPEAK," AND THE LOCAL GROUP ALSO PROVIDES FUNDS FOR THE INSTITUTE OF LOGOPEDICS, WICHITA, KANSAS. THANK YOU!



HEALTHY BABY WEEK—THE MARCH OF DIMES RECOGNIZED MRS. ROBERT PLEMEL, ROUTE TWO, RICE, THE MOTHER OF THE FIRST CHILD BORN DURING HEALTHY BABY WEEK, MAY 9-15. MRS. PLEMEL, RIGHT, GAVE BIRTH TO A BOY, WEIGHING 8 POUNDS, 14 1/2 OUNCES, HER FIRST. AT THE LEFT ARE COLLEEN KALLAL, HEAD NURSE IN NURSERY, AND MRS. PAT ZENNER, REPRESENTING THE NATIONAL FOUNDATION. MAJOR THRUST OF THE MARCH OF DIMES IN RECENT YEARS HAS BEEN TO PROVIDE FUNDS FOR RESEARCH INTO BIRTH DEFECTS.

Five Employees Promoted . . .

Mary Ann Smoger, Staff Nurse on Nursing Service 6 North for almost nine years, has assumed additional responsibility upon her promotion to Nursing Service Supervisor Trainee.

Judith Spoden, Ward Clerk and Nurse Aide on Nursing Service 2 South for 8 1/2 years, has been promoted to Transcriber Trainee.

Lois McMahon, Clerk-typist in Administration for two years, has transferred to Nursing Service 3 North and has assumed more responsibility upon being promoted to Transcriber Trainee.

Mary Sisk, EKG Technician in EKG for one year and nine months, has been promoted to the Chief EKG Technician.

Diane Serna, Transcriber Trainee on Nursing Service 4 West for four months, has been promoted to Transcriber.

Thirty Complete Course

Thirty members of the SCH staff have completed the 20-hour course in Anatomy and Medical Terminology, conducted by Sister Mary Schneider, Director of Medical Records.

Receiving certificates of completion April 30 were: Mrs. Mercedes Brandl, Mrs. Arlene Bratton, Mrs. Kathryn Carriar, Mrs. Charlotte Ellingson, Miss LaVerne Feld, Mrs. Lorelie Helie, Mrs. Linda Hesch, Miss Doris Hinnenkamp, Miss Linda Holthaus, Mrs. Thelma Hoffman, Mrs. Judi Hoffmann, Miss Anita Korte, Mrs. Bernadette Kroska, Mrs. Marilyn Lepinski, Miss Kathleen McMahon, Mrs. Delores Orcutt, Mrs. Marcella Robertson, Mrs. Frances Rydberg, Mrs. Diane Schwinden, Miss All Shinabarger, Mrs. Mary Spychala, Mrs. Barbara Storbeck, Mrs. Delphine Terwey, Miss Donna Theisen, Mrs. Peggy Theisen, Miss Kathleen Theisen, Mrs. Mary Thoele, Mrs. Marie Tronnes, Miss Katherine Viere, and Mrs. Patricia Walker.

Who Is This . . .



JENNY AKERVIK WAS ONE OF TWO SUBMITTING CORRECT GUESSES FOR THE "GUESS WHO" PICTURE LAST MONTH. THE LITTLE GIRL IN THE PHOTO WAS MRS. LU VERNE KIRSCHT, FOOD SERVICE. JENNY WINS A CAFETERIA LUNCHEON TICKET. LOOK AT THE PICTURE ABOVE, AND THINK WHO THIS LITTLE BOY IS. CLUES: HE'S ALL AROUND THE HOSPITAL, BEEN HERE ABOUT 2 1/2 YEARS, WEAR GLASSES, LIKES BOATING AND IS AN EXPERT ON THE "GOOD" BOOKS. ALL CORRECT GUESSES WILL BE PLACED IN A HOPPER AND THE WINNER OF THE LUNCHEON TICKET DRAWN. DEADLINE FOR ENTRIES, TO BE DELIVERED TO THE PUBLIC RELATIONS OFFICE, IS MAY 31.

From Our Kitchen . . .

A recipe for spring and summer, something to cool the taste on those hot days coming up. The St. Cloud Hospital Dietary Department says the Lemon Love Bar, featured this month, fills the bill to perfection. It's another of those famous desserts from our kitchens. To save for a 3 x 5 card file, clip along the dotted lines.

From The St. Cloud Hospital Kitchens LEMON LOVE BARS

1/2 CUP BUTTER
1/4 CUP SUGAR
MIX BUTTER AND SUGAR TOGETHER. ADD FLOUR, MIX UNTIL IT RESEMBLES FINE CRUMBS. PAT INTO UNGREASED 9 INCH SQUARE PAN. BAKE 15 MINUTES IN 350° OVEN. COOL SLIGHTLY.
2 TBSP. LEMON JUICE
2 BEATEN EGGS
2 TBSP. FLOUR
GRATED RIND FROM 1 LEMON
1 CUP SUGAR
1/2 TSP. BAKING POWDER
MIX ALL INGREDIENTS TOGETHER. POUR CAREFULLY OVER CRUST MIXTURE THAT IS SLIGHTLY COOLED. RETURN TO OVEN AND BAKE 20 TO 25 MINUTES. COOL. FROST.

FROSTING

3/4 CUP POWDERED SUGAR
1/2 TSP. VANILLA
1 TBSP. BUTTER
MIX WITH ENOUGH MILK TO MAKE A THIN FROSTING.

Gleanings

"GLEANINGS" IS A REPUBLICATION, IN WHOLE OR IN PART, OF A VARIETY OF ARTICLES FOUND IN HOSPITALS, JOURNAL OF THE AMERICAL HOSPITAL ASSOCIATION, THOUGHT TO BE OF GENERAL INTEREST TO BEACON LIGHT READERS.

End seen to 'standpatism' in health care delivery

An end to "standpatism" in the system of health care delivery and an end to state hospital association timidity in political and legislative arenas has been forecast by David M. Kinzer, executive vice president of the Illinois Hospital Association.

Addressing the 34th annual meeting of the Maine Hospital Association, Mr. Kinzer also predicted the cessation of the sometimes polarized relationship among administrative, medical, and nursing staffs of hospitals.

James M. Clark, Ph.D., vice president for academic affairs, University of Maine, Orono, told the more than 200 persons in attendance that Maine's educational resources must be reoriented to meet the growing demand for health professionals. He said that the university already has met the demands for more professionals in the fields of education and agriculture and that there now is emerging "a strong argument for health that is sufficiently sound to justify

reorientation of some existing university sources and application of more future resources to a larger effort in health professionals education."

If hospitals are to survive in today's world, they must learn financial management, Donald M. Canders, treasurer of Rumford (Maine) Community Hospital, told the group. Mr. Canders said that the health care field is only beginning to recognize the importance of managing its money and that it has been slow to learn and to use new techniques of financial management which have gained widespread acceptance in industry.

Medical center developing prepaid group practice plan

George Washington University Medical Center, Washington, D.C., is developing a prepaid group practice plan that will provide comprehensive health care to some 40,000 Washington residents.

The program's participants will be recruited from the community surrounding the medical center and will represent all income levels. Sixty per cent of the enrollees will have some form of health insurance coverage. Medicare and Medicaid recipients will account for 32 per cent of the program's participants. The remaining 8 per cent will be low-income persons who do not earn enough money to pay for medical care but who earn too much money to be eligible for Medicaid.

The medical center is attempting to secure financial support to provide medical care to the low-income persons.

Cleveland college to develop health communications unit

Cleveland's Case Western Reserve University plans to develop a health sciences communications center designed to provide a regional program of health education. The center initially will link the university's schools of medicine, dentistry, and nursing and ultimately will link a wide variety of health agencies in a communications network.

The center will utilize television, audio and visual tapes, and other teaching methods to accelerate and strengthen its production of physicians, dentists, and nurses. Multimedia techniques also will be used to provide continuing education to health professionals in the area and will provide an opportunity for research in educational methods.

The project is being financed by a five-year \$1.5 million grant from the W.K. Kellogg Foundation, Battle Creek, Mich.

Hospitals supply data for chromosome registry

Seventeen hospitals and health centers in New York State are participating in a program to compile information on residents of the state who have rare inherited diseases or ailments.

Information provided by the participating hospitals on 500 such persons has been compiled by the state health department's Birth Defects Institute for the first volume of a Chromosome Registry. Updated volumes will be published as hospitals report additional persons with inherited diseases to the institute.

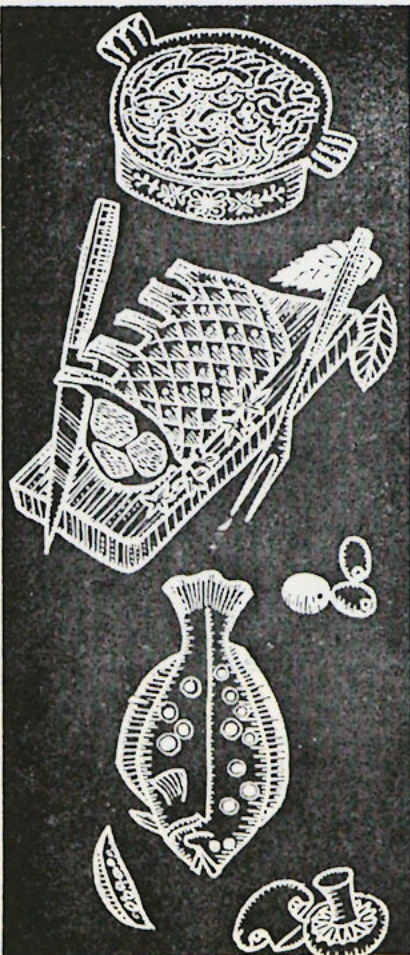
The registry allows a physician who is concerned with a particular disease to quickly determine if there are other persons with similar ailments elsewhere in the state. If there are, he can then contact the physicians in charge of those patients to obtain additional information.

Survey finds public's attitude toward hospitals 'favorable'

Four out of five persons who participated in a survey designed to measure the public's attitude toward hospitals indicated that they view hospitals favorably.

The survey was conducted earlier this year by the Robert W. Pratt research organization for the Connecticut Hospital Association. Some 600 residents of Hartford County participated in the survey. The participants represented a statistical sample of the state.

Although the participants expressed concern about the rising costs of health care, 85 per cent of them said they believed that the cost of care is beyond the direct control of hospital management. Of that 85 per cent, three out of four identified salaries, personnel problems, equipment costs, and inflation in general as the major causes of rising health care costs.



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FACTS ABOUT HAY FEVER



This discomforting disease was named by a London physician who noticed that people experienced the symptoms (sneezing, runny nose, itching, swollen eyes) during the haying season in England. Americans have adopted the name, despite the fact their misery is caused by many things besides hay and is rarely accompanied by a fever.

BREEZES BRING SNEEZES Hay fever is an allergic reaction to some ordinarily harmless substance in the air. Most of the 10 million American victims are allergic to the pollen from various trees, grasses, and weeds, especially ragweed. The "hay fever season" for a particular person occurs when the plants to which he is sensitive are pollinating. For most sufferers, the season is between early spring and late fall. Those allergic to house dust, mold spores, and animal fur may sneeze all year round. Most discomfort is temporary, but

one third of the untreated cases will develop into asthma.

YOUR DOCTOR CAN HELP Let your personal physician help identify the cause of your hay fever. For temporary relief he may recommend antihistamines and eye drops, air conditioning and air purifying devices, or a vacation in another part of the country.

In some cases he may suggest desensitization. After a series of tests to identify the offending allergen, the doctor makes up a graded series of injections containing minute amounts of the substance. If the injections are started before the hay fever season begins, it is possible to build up an immunity to the allergen. If all else fails, you can make a permanent move to a new climate, but other allergies may await you in this new location.



- Avoid the cause of your allergy if you can. Have it treated if you can't.

- Don't attempt to doctor yourself with non-prescription remedies.

- Avoid getting overheated and exhausted. Fatigue can trigger hay fever into activity.