

4-1974

Beacon Light: April 1974

St. Cloud Hospital

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The St. Cloud Hospital Beacon Light



Volume XXIII Number 8

April, 1974

During Nat'l. Hosp. Week

Get To Know Us Before You Need Us

Residents of the St. Cloud area will have an opportunity to become better informed about the services, and activities of the St. Cloud Hospital during National Hospital Week, May 12-18, 1974.

The St. Cloud Hospital is joining 7000 hospitals throughout the nation in observation of the annual event with the national slogan "Get to know us before you need us."

During the week, hospitals throughout the nation will concentrate their efforts on demonstrating how hospitals are meeting growing health care needs, both inside and outside their walls. The people they serve have a rightful interest in how effectively and efficiently hospitals are fulfilling their responsibilities, and about rising costs of health care services.

The objectives of National Hospital Week activities are to encourage the people of this community, as well as those closely involved with the institution, to "get to know us." Through their efforts to "get to know us," the public should better understand that the Hospital needs their involvement and support in order to meet its obligations to the community.

Major activities the Hospital has planned in observance of National Hospital Week include: a recognition dinner for 188 employees who have been long-term members of the staff, an in-house display involving the participation of more than 30 hospital departments, a diabetes van offering free diabetes tests on the Mall Germain and a special display, at the Crossroads Mall, dealing with emergency

procedures.

National Hospital Week, sponsored by the American Hospital Association, was begun in 1920 when leaders in the health care field established a National Day to mark the 100th anniversary of Florence Nightingale, the women credited with establishing the modern profession of nursing. In 1953, the National Hospital Day was extended to the week-long event now observed.

Children's TV Star Visits SCH

Patients on the St. Cloud Hospital's Pediatrics unit received a special surprise on Saturday, April 6, when Bob Keeshan, better know to youngsters as TV's Captain Kangaroo, made a special visit there. Keeshan was in St. Cloud as a part of the Week of the Young Child observance, March 31-April 6.

Below: Captain Kangaroo delights a patient on the unit with a balloon.



Members of the National Hospital Week Committee meet to discuss plans for the upcoming event. Pictured above from left to right are: Jeanette Carlson, Donna Thompson, Wayne Lauerermann, Mike Becker, Ralph Vasek, Sheri Lange, Dianne Psyck, Sr. Colleen Haggerty, OSB, and Esther Merklng.



The Chaplain's Corner



Thomas, A Model Believer

Rev. Tetzloff Rev. Richard D. Tetzloff

"If I do not see the scars of the nails in His hands and put my finger where the nails were and my hand in His side, I will not believe." John 20:24-25

Thomas, a model believer, "You have got to be kidding!" Someone might say. Yet Thomas does model or portray what so often passes for belief or faith. "Show me!" "Prove it!" "Where is that written?" Like Thomas, once we see for ourselves, then we find it easy to accept and can say "I believe." However, to my way of thinking, there is little faith in mere intellectual ascent to what is proven to be true.

Later when Thomas actually saw the Resurrected Lord, he exclaimed, "My Lord, and My God." Jesus' response was, "Do you believe because you see me? How happy are those who believe without seeing me!" If Jesus was to have a Resurrection gathering today, He might have as a banner, "WELCOME SKEPTICAL BELIEVERS," especially for people who feel they must live by what is known and not by faith.

What the world needs today is model believers, not those who live by sight, but those who live by faith. Faith not in the law nor absence of it, but in Christ, the Living Resurrected Lord.

Administrative Resident To Train At Hospital

Niels F. Nielsen, a Master of Hospital Administration (MHA) candidate at St. Louis University will turn a page in the institution's history when he becomes the first administrative resident to receive training at the St. Cloud Hospital.



Niels Nielsen

Nielsen will begin his training on May 13 and will work directly with the executive vice president plus other members of the administration and staff.

The residency is an educational requirement of most accredited MHA programs and participants seek only the leaders from among the nation's 7000 hospitals in which to take their training. The program is intended to provide the student with an overview of the internal organization of the

hospital and to analyze the external or community-oriented relationships between the hospital and the total health care environment.

"Interning is a very important part of the hospital administrator's training," said Gene Bakke, Executive Vice president, "because he gets an opportunity to apply his classroom learning in an actual situation."

Nielsen and his wife Diane, are both from the Chicago area. They have been married for the past two years. His wife is a certified special education and elementary school teacher.

The St. Cloud Hospital also provides internships and a clinical facility for students in other health care related fields through its educational affiliations with St. Cloud State College, Mankato State College, the College of St. Benedict, St. John's University in Collegeville, the University of Minnesota, the University of North Dakota, and the Brainard, Alexandria, and Anoka Vocational-Technical Institutes plus its own School of Nursing.

PAC RAP

by Mary Leyendecker

Do you remember the Kentucky Fried Chicken ad where you can take the whole family to the movies for five dollars, but only three of you could get in? Your worries are now over. You can now take your family of five to the movies and all get in.

It's true! It's one more benefit available to you through Wage and Benefits Department. The tickets, which cost only \$1 each are good at both the Hays and the Paramount Theaters for most every show. Before, you could only afford a movie on pay day. Now you can see one every week for the same price!

I think it's really a great benefit. I seldom could afford to see all the movies I wanted to see. Now there are few I miss—thanks to Wage and Benefits selling tickets for one dollar.

If you haven't gotten your movie tickets through the Wage and Benefits Office, before — try to remember for the next time. It's a buck in your pocket and everyone could use that extra dollar now-a-days.

5 1/4 % On
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**St. Cloud
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Employees
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16th and St. Germain 252-5393

Beacon Light
published by
The Public Relations Department
of
The Saint Cloud Hospital
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COMMENT

by Executive Vice President

Gene S. Bakke



Gene Bakke, Executive Vice President

The Year Ahead, Challenges and Opportunities

One of the most important procedures we carry out annually at the Saint Cloud Hospital is the setting of specific goals and objectives for the coming fiscal year. It is a time when we briefly look back on the accomplishments of the past, to determine not so much what has been achieved, but what is yet to be done. Even more importantly, we look forward to the year ahead with its new challenges and opportunities to more effectively serve the people of St. Cloud and the surrounding area.

As a community institution operating under religious auspices, we have always been conscious of the Christian, Catholic principles and beliefs upon which the hospital was founded 88 years ago. But today, with the gap growing wider between what is socially acceptable and what is taught by the Church, it precipitates a re-evaluation of the validity of those teachings as related to the current social environment in which we function. For those who are unsure, decisions become more acutely difficult. For those who are certain, the commitment becomes deeper and stronger.

Two years ago, the Sisters of the Order of St. Benedict conducted a workshop at the Motherhouse in St. Joseph designed to promote understanding of the role of the Sisters as a religious order in the operation of institutions functioning under their auspices. At St. Cloud Hospital, subsequent seminars were held to acquaint all hospital personnel with the same information. Then, this past January, a retreat was held for members of the Board of Trustees and medical and administrative staffs for the purpose of further defining the role of the hospital as an integral and functional activity of the Catholic church.

Without being presumptuous, it would seem safe to say that these efforts have had the effect of renewing and revitalizing the long standing commitment of the St. Cloud Hospital to providing health care in the context of Christian principles and beliefs. The hospital's objectives for 1974-75 could be offered as evidence of this renewed commitment.

To provide an umbrella under which more specific objectives could be developed, it was determined that next year, the hospital will focus on three areas:

- * To proclaim the Good News of the Gospel.
- * To establish, to the fullest extent possible, a Christ-Like Community.
- * To meet the health care needs of the people in a manner that exemplifies Christ-Like Service.

Within the context of these broad goals, already more than two hundred specific objectives have been stated, agreed upon and accepted. By the time the total process has permeated every segment of the organization, we could have commitment to well over five hundred specific activities that hopefully will be carried out in the coming year, all directed toward the three over-all objectives previously stated.

Space here does not permit the printing of those specific objectives that the personnel of the hospital have developed. And even if they were printed, achievement would not be assured. What is important, of course, is that the care patients receive at St. Cloud Hospital is given in a spirit that is readily identified with Christ and His teachings. This is our commitment and this is our goal.

OUR RECORD OF SERVICE

	Admissions	Births	Operations	X-rays	Lab Tests	Emergency Out-Patient Visits
February 1974	1338	115	526	3644	23454	882
1974 to						
February 28	2907	232	1204	7921	50258	1724

For The Handicapped**Project Outreach: A Recreation Program**

The need for a recreation program involving the handicapped has been apparent to the St. Cloud Hospital's Recreation Department for the past several years. After leaving the Hospital, handicapped people have no established place in the St. Cloud area they can use for recreational programming. To fill this need members of the Recreational Therapy Staff have been working with the problem for the past several months and have recently begun a new program called Project Outreach.

"Many handicapped people have turned to the community and joined a handicap organization but, they only become involved with a select group. There is still no bridge between the handicapped and the community," stated Dan Baumgartner, a recreational therapist at the Hospital.

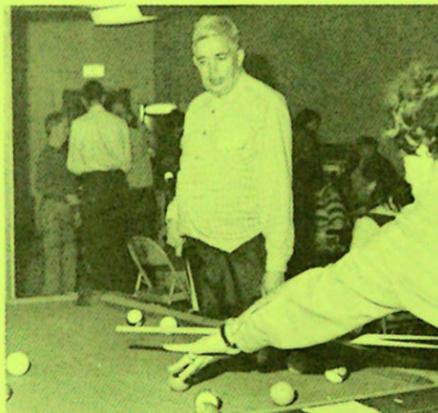
Baumgartner and St. Cloud State College student Sue Kraemer have been establishing groundwork for Project Outreach. "We have made many phone calls, visits and speaking engagements with various handicapped groups in the area. There was a great deal of interest and enthusiasm among the handicapped for an established program in the community," Baumgartner explained.

A survey was taken to find out if

people wanted a program and to determine the various recreational interests handicapped people have. "The return rate from the surveys was excellent. After being tabulated, they indicated that a program should be provided," Baumgartner said.

Next, he cited the need for a facility. "The St. Cloud Recreation Department was approached to see if the Whitney Memorial Building at the Old Airport could be used. The Department agreed to open the facility every other Friday night."

The first outing was March 1st and about 40 people turned out. "Foosball,



Pool, checkers and other games were enjoyed at the first outing of Project Outreach.

pool, basketball, air hockey and table games such as cards and checkers kept the people busy the entire evening," Baumgartner explained.

In addition to the every other Friday night outings, Project Outreach is attempting to get community service organizations to sponsor a day a year for the handicapped. These days would help bring members of the community and the handicapped together. "It is just as important to help the handicapped after they have left the Hospital as well as while they are here. That is the purpose of Project Outreach," emphasized Baumgartner.

**FROM THE ST. CLOUD HOSPITAL KITCHENS**

With the coming of Spring, this month's recipe adds some country flavor for everyone to enjoy. Try in in place of a Chef's Salad for a summer lunch.

From The St. Cloud Hospital Kitchens**COUNTRY STYLE SALAD**

- 1 cup cooked cubed potatoes
 - 1 cup cooked cubed carrots
 - 1 quart cubed cooked ham
 - ¼ cup chopped onions
 - 1 cup cooked lima beans
 - 1½ cup cooked peas
 - 1½ cups sliced dill pickles
 - 1 cup mirracle whip
 - Salt and Pepper to taste.
- Combine all ingredients. Mix. Serve on a lettuce leaf. Serving for 12.



Congratulations
TO
St. Cloud
on receiving the
All-American
City Award

Equipment, CCTV, Programming All Part Of Audio-Visual Function

Programs for the St. Cloud Hospital's Closed Circuit Television Channels 6 and 13, affiliation with the Network for Continuing Medical Education, a new continuous information service and providing equipment and programming assistance for all St. Cloud Hospital Departments are among the services the Audio-Visual Section of the Continuing Education Department is providing.

Having complete production facilities, the Hospital's Audio-Visual Section (AV) produces and televises educational programs which are sent throughout the Hospital on Closed Circuit Television (CCTV), Channel 6. Over 100 programs have been produced so far, ranging from Diabetes to Pharmacology.

AV also supplies outside organizations such as the Area Health Education Center (AHEC) and Birthright with equipment and programming assistance. In cooperation with the Veterans Administration Hospital a three hour program was taped on Cerebral Dysfunction which AHEC will use throughout the Central Minnesota area for health education. During April, AV and the School of Nursing will produce a program titled the "Care and Handling of the Cystic Fibrosis Child". Cystic Fibrosis is a hereditary disease causing symptoms such as respiratory problems and excessive loss of body salt. The program will be used by the School of Nursing and the Continuing Education Department.



Sister Core Marie OSB, demonstrates the procedure for using the rear projection movie machine.



Phil Schneider tapes a program for Nursing Service in the 7th floor studio.

Future plans for channel 6 include an information service for staff and patients that will run continually when other programming is not scheduled. Channel 13, CCTV's other channel provides chapel services and other information for patients.

In addition to producing its own programs, the Continuing Education Department is part of the Network of Continuing Medical Education (NCME). Over 700 hospitals belong to the Network, which provides a one hour videotape on a bi-weekly basis, containing new programs on current medical subjects.

While AV's major emphasis is television production, it also has equipment available to be checked out by each department for educational instruction. AV will even help produce programs using tape recorders and slide projectors. Overhead and movie projectors are also available for use by Saint Cloud Hospital staff members.

On May 1 an audio-visual workshop will be held in the seventh floor classroom. Topics to be covered will include all AV services and equipment. If at anytime equipment or programming assistance is needed, please call Media Coordinator, Phil Schneider at Ext. 308.

Media Coordinator Phil Schneider checks out a overhead projector to be used for continuing education in a department.



Schneider prepares the control booth for another video taping session.



Ped's Play Cart: Learning Experience Plus Good Patient Care

Carts are not an unfamiliar phenomena at the St. Cloud Hospital. The use of Food carts, Laundry carts, Central supply carts become an essential to good patient care. However, today in the Pediatric Department there is a new cart on the scene called the Pediatric Play Cart.

Marilyn Anfenson, Instructor at the St. Cloud School of Nursing, with financial assistance from the Stearns-Benton County Medical Auxillary and Zonta International Club of St. Cloud

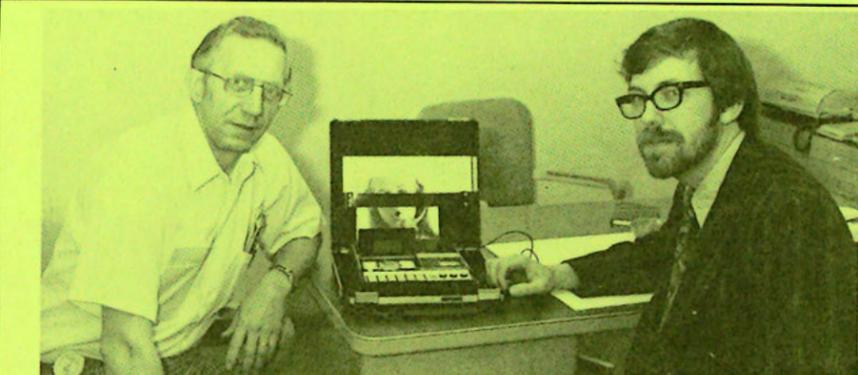


St. Cloud Hospital School of Nursing student Barbara Kunz makes her rounds with the Ped's Play Cart.

have supplied the cart with art and craft materials, paints, crayons and "scraps of nothings" to be turned into "some-things" by the Pediatric Patient.

Each nursing student in their pediatric rotation at the St. Cloud Hospital School of Nursing spends three days as "play nurse." The cart is wheeled from room to room by the play nurse so that

children are able to choose what type of project they would like to do that day. The Pediatric Play Cart has not only aided the nursing student in her understanding of the importance of play in a child's life but has also helped the time for hospitalized children go by a little faster.



Pictured above with Norm Sjobeck and Jerry Carlson is the repeat recorder donated to the Minnesota Easter Seals Society by S.P.E.B.S.Q.S.A. (The Society for the Preservation and Establishment of Barber Shop Quartets). Every year at this time the Barber Shop Quartet sponsors a benefit concert and contributes money to the Easter Seal Society. This year's concert was held at Apollo High School. The National Barber Shop Quartet Society contributes over \$1 million to Logo-Pedics, a Therapy Center in Kansas. Sjobeck is past president of the Quartet and Carlson is an Easter Seals Therapist.

Poison Information: A Hospital Service For Area Physicians

Poison, the word itself creates fear in the hearts of almost everyone. It can cause sickness, severe pain, and even death. Even the most unsuspecting substances such as vitamins and plants can be dangerously poisonous, according to recent information released by the Hospital's Poison Information Center. Providing fast, accurate and up-to-date information on how to counteract the effects of accidental poisonings is a service the Center has been providing to area physicians for the past several years.

Accidental poisonings automatically create an emergency situation. As a result, the first thing to do in treating



Larry Olson, a pharmacist at SCH, uses the microfiche machine to find the antidote for proper treatment of a poison.

a poison victim is to call his physician. He will often give instructions on procedures to follow in aiding the victim. If a doctor cannot be reached, call the Hospital's Poison Information Center.

The Center is a part of the Hospital's Pharmacy Department. "Its main function is to provide an information center for physicians," said Roger Buchholz, Director of Pharmacy at SCH, "this is the reason why the victim, or the person aiding the victim, should first call the family doctor."

"When the Poison Information Center first got off the ground, our information was stored on 5" x 8" index cards," said Buchholz. "When we quit using that system, we had ten drawers full," he said.

In the spring of 1973, the microfiche system went into effect in Poison Control Centers throughout Minnesota. Each of the poison index cards has been photographed, reduced and put onto a 4" x 6" microfilm index card called a microfiche. Each fiche contains the information of about 140 index cards. With the information on microfiche, the ten drawer storage area needed for the 5" x 8" cards has been reduced to 1 inch space in one drawer.

"We receive approximately 7 to 10 calls a month for poison information,

and most of them involve children under 5 years of age," stated Larry Olson, pharmacist at the hospital.

Olson has worked with the Center for the past several years and recently attended a Poison Seminar sponsored by the Minnesota Department of Health. "The history of Poison Information Centers, new first aid techniques for treating poison victims, and new drugs which could be potentially poisonous were some of the subjects discussed," Olson stated. "Poison Information Centers started in Minnesota in the early 1960's and are now coordinated by the National Clearing House for Poison Control Centers," he said.

Olson stated that one of the biggest problems lately is gasoline. "The energy crisis has brought on an unexpected increase in the swallowing as well as the breathing of gas fumes. As little as a teaspoon can cause death in a matter of hours," he said.

Both Buchholz and Olson emphasized the importance of knowing the substance the victim has taken. "If the victim has taken a particular drug or product, make sure you have the container and read it carefully for antidotes or other instructions," Buchholz said. "However," he cautioned, "the family's physician should always be notified before any action is taken."

Hospital, Provides Bridge Over Troubled Water For Alabama Family

"You people really were a bridge over troubled water," said a young man recently, as he referred to his experience with members of the St. Cloud Hospital staff.

The man had come here from Spokane, Washington, in response to his mother's emergency hospitalization. His mother had suffered a severe stroke aboard a bus passing through St. Cloud enroute to her home in Alabama. She was accompanied by her daughter and 3 year old granddaughter. The family had barely enough money to get back home, they had no medical insurance and no funds for any type of an emergency.

The woman was admitted to the hospital's intensive care unit in critical condition. Almost immediately, arrangements were made for her daughter to stay in a private home near the hospital. The 3 year old granddaughter was placed in a home with a local family where she could be cared for while her mother was visiting the hospital. A third family provided a place

for the brother from Spokane.

In a few short days it was over, their mother died peacefully in her sleep. The family's grief was summed up by a hospital Chaplain: "This is one of the closest, most loving families I have seen since I have been in the ministry." Now they were living through a tragedy in a strange community hundreds of miles from their home, penniless and confused. They didn't even have enough money to buy a meal, not to mention making burial arrangements and getting home.

Local public and private service organizations were quickly polled for assistance. But it soon became clear that all that could be offered was burial for the mother in St. Cloud. "Mom was so much looking forward to getting back to Alabama," the daughter despairingly stated, "that was all she wished or talked about."

The ingenuity of a sensitive staff coupled with the generosity of a "gracious" community, soon led to a solution. Reverend Richard Tetzloff, the hospital's Protestant Chaplain; Duane

Murray, a Respiratory Therapist, Sister Georganne Burr, OSB, Associate Chaplain, and Sister Monica Roy, OSB, Social Services, spearheaded a fund-raising effort involving the hospital and medical staffs plus the Sisters of the Order of St. Benedict.

"Within an hour," said Reverend Tetzloff, "we raised enough money to transport the three family members and the body of the deceased mother to Alabama where the funeral ceremonies were held." The people who rescued the family from its dilemma, according to Tetzloff, were composed of hospital staff, medical staff, community clergy, a private social agency, a private service club and the Sisters of the Order of St. Benedict. In addition, Tetzloff observed that he was particularly grateful to a local funeral home whose services helped facilitate arrangements.

"I guess you could say we WERE a bridge over troubled water for that family," said Tetzloff, "but I see this happen every day. What we really have here is an abundance of Good Samaritans in this hospital and in our community."

Nursing School Receives Reaccreditation Visit

The St. Cloud Hospital School of Nursing received an accreditation visit by the National League for Nursing March 10-14. The School participates in this voluntary accreditation process in an effort to continue its level of excellence in nursing education.

The program consists of a self evaluation report written by the School and submitted to the League, followed with a visit by a team of consultants representing the National League for Nursing. During the visit, the evaluation team tours the school as well as the clinical facility it uses in making its determination whether or not accreditation will be continued. Accreditation by the League means that

the School has met national standards of excellence in nursing education. The League accredits schools of nursing every six years. The St. Cloud School of Nursing has maintained continuous accreditation with the League since 1956.

"Our faculty views the accreditation process as an outstanding motivational influence when striving toward excellence in nursing education," said Sr. Mary Jude OSB, Director of the Hospital's School of Nursing. "While a great amount of work goes into the preparation for an event such as this, the effort always pays off with a higher quality of nursing education for our students," she said.



Representatives from The National League for Nursing check patient charting with representatives from the Hospital School of Nursing during their visit. Pictured from left to right are: Sr. Mary Jude Meyer, OSB, Director; Claudia Fossen, student nurse; Marilyn Burkhardt, representative from the National League for Nursing; Lila Fouquette, student nurse; and Patricia Davis, National League.

\$1,000,000 Paid Annually For Social Security

Late in 1973, a two-stage benefit increase was signed into law that will raise benefits to Social Security recipients by a total of 11%. The first stage, raising benefits by 7% effective March 1974, showed up in checks received early in April; the remaining 4% will show up in checks received in July. In addition, the maximum annual amount of earnings taxable under the law and credited for the benefit purposes ran to \$13,200 in 1974. President Nixon's budget suggests raising the maximum annual amount of earnings taxable in 1975 by another \$900.00, to \$14,100.

In 1973, with a tax rate of 5.85% and a wage base of \$10,800, the maximum amount of Social Security tax that could be payed was \$631.80. In 1974, on a wage base of \$13,200 the top tax rises to \$772.20. With an anticipated wage base of \$14,100 in 1975, the top tax rises to \$824.85.

The hospital pays a matching amount for its employees. For Fiscal Year 1973, the hospital will pay about \$416,000 to match the amount paid by its employees toward social security benefits. 1974 will likely see St. Cloud Hospital and its employees taxed nearly \$1,000,000 for social security benefits.

Medical Memo:

Cancer's Danger Signs

by Dr. John Wahl, MD
President - Stearns County Unit
American Cancer Society

A few years back, a physician would NOT have been able to find among his patients many who had been cured of cancer. The situation is changed today. Indeed, in the United States right now, there are more than a million and a half cured cancer patients. From my own experience as well as from statistical information, I can assure you that the earlier cancer is detected and treated, the better are the chances of the patient recovering. That's why you should learn cancer's seven Warning Signals and see your doctor promptly if any of these signals apply to you. Chances are you won't have the disease, but why take a chance. Also make regular checkups part of your way of living. Each year April is designated as Cancer Control Month, so remember We Want To Wipe Out Cancer In Your Lifetime, and with your help, our chances will improve. Please fight cancer with a checkup.

Cancer's seven warning signals:

1. Unusual bleeding or discharge
2. A lump or thickening in the breast or elsewhere.
3. A sore that does not heal.
4. Change in bowel or bladder habits.
5. Hoarseness or cough.
6. Indigestion or difficulty in swallowing.
7. Change in size or color of a wart or mole.

Staff Promotions

Tom Fagerholm, Orderly in Nursing Service, was promoted to Senior Orderly.

Rose Feneis, EDP Operator, was promoted to Senior Operator.

Diane Norton, Jr. Medical Records Clerk, was promoted to Senior Medical Records Clerk.

Barbara Erickson, Secretary Receptionist in Employment, was promoted to Employment Interviewer.

Diane Psyck, Secretary in Administration Pool, was promoted to Senior Secretary.

LouAnn Deuermeyer, Transcriber Trainee on 2 NW, was promoted to Transcriber.

Sharon Reberg, Secretary AHEC, was promoted to Senior Secretary.

COMING PROGRAMS

Natural Family Planning Group Instruction	April 24; May 2, 9, 16, 23 & 30 7:00 - 9:00 p.m.	Garden Room. For interested parents Detailed information may be obtained by calling the Natural Family Planning Office Saint Cloud Hospital.
Hospital Nursing Clinic Seminar	April 25 All Day	Open to any interested Saint Cloud Hospital personnel.
"Happy the Clown Party" (Pre-Surgical Party)	May 1 & 15 7:00 p.m.	Busch Room. Sponsored by the Pediatric Dept. Open to parents and children scheduled for surgery. Includes tour of Peds and introduction to staff. Guests are to report to the Information Desk. Refreshments will be served.
Cerebral Palsy Meeting	May 1 7:00 - 9:00 p.m.	Garden Room. Open to any interested people.
Birthright Meeting Calix Society	May 4 & 20 May 11 - 7:00 p.m.	Open to interested people. Holy hour for Calix Society Members in the Hospital Chapel. Breakfast meeting of Calix Society Members after mass.
Candy Striper Meeting	May 12 7:00 p.m.	Pierz Room. Monthly meeting open to all Candy Stripers.
National Hospital Week Displays	May 15 All Day	Recreation Room. Various displays will be featured regarding hospital activities. Open to all hospital personnel and interested community people.
Ostomy Club	May 21 7:00 p.m.	Busch Room. Open to all interested people.
Epilepsy League Educational Meeting	May 21 7:00 p.m.	Garden Room. Open to all interested people.

Beacon Light

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