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Beacon Light: February 1976

St. Cloud Hospital

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Medical Staff News . . .

Early physicians innovative in developing tradition of quality in patient care

St. Cloud's tradition of quality health care dates back to its first physician.

The first hospital was actually established by a physician, Dr. A. C. Lamothe Ramsay. After graduating from one of the East's finest medical schools (Rush Medical College in Chicago) Dr. Ramsay began his practice in St. Cloud in 1882.

A short time later, he found he could not tend to the business of running a hospital and keeping up with his medical practice. As a result, he persuaded the Sisters of the

Order of St. Benedict to take over the hospital's operation.

Like most pioneers, Dr. Ramsay designed his own equipment to meet his needs — including two surgical tables. The first, in 1886, was constructed of wood by a local carpenter under Ramsay's supervision. The second was constructed in 1890 of iron and steel at a cost of \$31.

Although today, the practices and instruments used by St. Cloud's early physicians seem old-fashioned and crude, their knowledge of medicine and its applications equaled the best in the country.

By 1886, a number of talented physicians were working with Dr. Ramsay at the newly completed St. Benedict's Hospital, located adjacent to the present St. Raphael's Home. One such physician was Dr. W. L. Beebe, a graduate of Bellevue Hospital in New York who attained statewide notoriety as the president of the Minnesota State Medical Society from 1890-91.

Other physicians, including Dr. Albert O. Gilman, Dr. George S.

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Inside The Beacon . . .



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Dr. A. C. Lamothe Ramsay

Early physicians innovative . . .

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Brigham and Dr. William Stone had graduated from some of the country's finest medical schools, and many were invited to read their papers before meetings of the Twin Cities and Rochester doctors.

New medical and surgical techniques were constantly being introduced to St. Cloud physicians. In 1893, for example, Dr. John B. Dunn arrived in St. Cloud after studying surgery in both Germany and the eastern United States. He introduced new methods for sterilizing equipment, eliminating the Listerian method of asepsis (the practice of drenching both the surgical table and patient with boiled water and chemical solutions to prevent the possibility of infection).

His new surgical techniques rendered many of the physicians former surgical instruments useless.

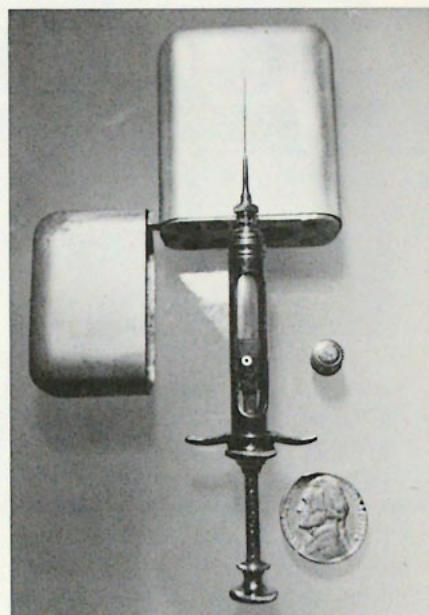
In 1920, the first Medical Staff was formed at St. Raphael's Hospital. There were 37 active, honorary and visiting physicians on the staff, including many of the community's pioneers.

According to St. Raphael's Hospital's annual report of 1923, the physicians held their meetings on the second Friday of each month. The agenda included the "review of case records, full and free discussion to give members excellent training in the best methods of diagnosis and treatment, and papers and frequent reports of the recent literature which added variety and spice to the meetings."

During a 1968 interview, Dr. J. P. McDowell, a member of the original Medical Staff recalled his first meeting of the Stearns-Benton Medical Society in 1917.

"Nine of us met at Dr. Beatty's house for dinner," he recalled, "and one subject we didn't discuss was surgery, because that always led to a row."

Of medical progress, Dr. McDowell added during the 1968 interview, "the next forty years will make our present knowledge old-fashioned in a hurry."



In the late 1800's and early 1900's, almost every physician's medical bag contained a syringe set, similar to the one above. The set includes a metal case with compartments for the metal and glass syringe and extra needles. The small round object to the right of the syringe is a cap used to protect the end of the syringe when stored in its case. The coin is a reference indicating the size of the set.

Instruments provided by Robert P. Koenig, M.D.

Ophthalmologist honored by Medical Society

Joseph Benedict Gaida, M.D., Eyes, Ears, Nose and Throat specialist, (EENT) and former SCH Chief of Medical Staff, recently received recognition from the Stearns/Benton

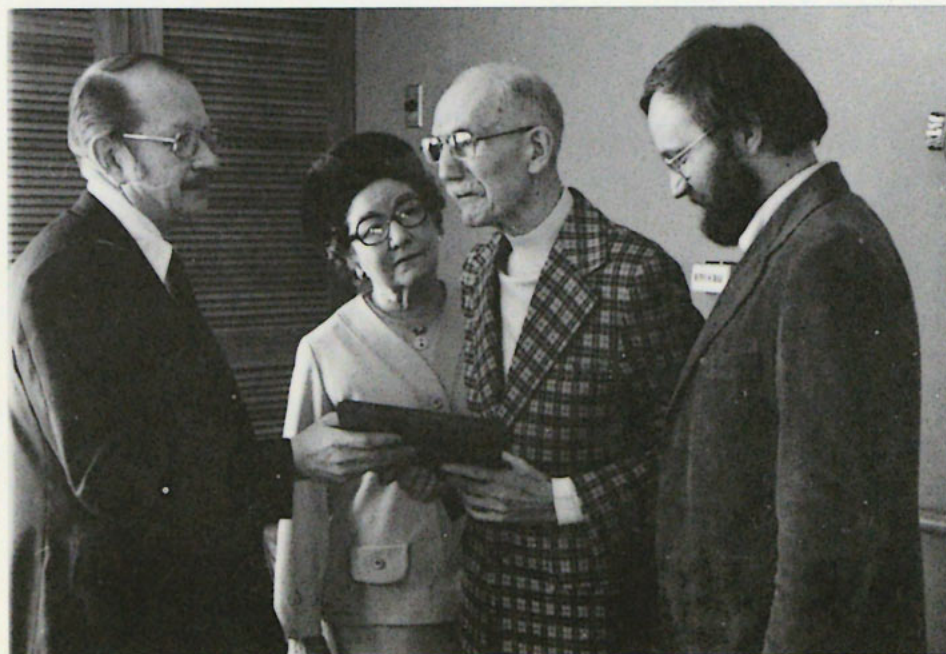
Medical Society honoring him for his many years of dedicated service to the community.

Dr. Gaida, who was born in Holdingford, Minnesota, graduated

from the University of Minnesota School of Medicine in 1932 following an internship at St. Mary's Hospital, Minneapolis.

After a short general medical practice in Kilkenny, Minnesota, he returned to the University and Ancker Hospital for specialized post-graduate work in EENT. He came to St. Cloud in 1936 and was associated with Dr. Gelz and Dr. W. T. Wenner. Dr. Gaida established his own practice in St. Cloud in 1940 and remained active in it until 1974 when his involvement in an automobile accident forced him to retire.

Dr. Joseph B. Gaida, EENT, former SCH Chief of Medical Staff, is pictured above with his wife Naomi accepting a plaque from Dr. R. A. Rovelstad, left, president of the Stearns/Benton Medical Society and Dr. J. J. Hansen, Medical Society Secretary-Treasurer.



COMMENT

by Gene S. Bakke
Executive Vice President



For their years of service

February 27 is the date which has been selected this year for the Ninth Annual Board of Trustees — Medical Staff Dinner — an occasion in which we pay tribute to those dedicated individuals who have completed service on the hospital Board of Trustees, and physician members of the Medical Staff who have voluntarily served in positions of significant responsibility or who have cared for patients in the hospital for twenty-five years.

At this year's event, two trustees will be honored — Edward A. Zapp and Sister Luke Hoschette, O.S.B.

Ed Zapp served on the Board of Trustees for eight years. He was among the first three lay men to be appointed to the Board in June, 1967, the membership having been made up of members of the Sisters of the Order of St. Benedict up to that time. During his tenure, Mr. Zapp served as Treasurer of the corporation and chairman of the Board's Finance Committee, headed up the community fund campaign conducted in 1967-68, and in the eyes of his fellow members, enjoyed a trust, confidence and respect in his judgment and competence that would be highly desired by anyone.

Sister Luke Hoschette served as a member of the Board and secretary of the corporation from July, 1971 through June, 1975. Effective as she was as a trustee, and having a professional background in hospital administration, she was invited to join the hospital administrative staff full time, and thus gave up her position as a trustee.

During the past year, Dr. Stephen D. Sommers completed his term as chief of the Medical Staff. In addition, many physicians finished out a year of intense, time consuming activity as chiefs of clinical departments, committee chairman, and members of numerous medical staff committees.

Both of these groups — trustees and medical staff members — serve in these capacities voluntarily and without pay. It represents a very significant contribution of time and energy on the part of people who are already very busy in their own sphere of activity. If they were compensated for the time, it would result in a substantial increase in costs to operate the hospital.

To all of them we say "thank you"! They have all rendered a significant service to the community and area.

Thank You

We would like to extend our appreciation for all of the prayers and expressions of concern and sympathy we received from Tommie's fellow employees and friends.

The Family of Dorraine "Tommie" Tomczik.



Jim Lange, Systems Analyst, discusses the keyboard's best use for verifying Laboratory input with operator Kathie Bieniek.



Carol Boeckers, Laundry, left, feeds a clean sheet into the ironer.



Donna Gasperlin, Business Office, far left, double checks files for patient billing information.



Karen Schreiner, Accounts Payable, left, assists a fellow employee in handling a disbursement.

Fiscal and General Services: Behind the scene role in patient care

Text by John Seckinger, Assistant Administrator, Fiscal and General Services Division.

The Fiscal and General Services Division is primarily a staff division providing service to others in the hospital who render direct patient care.

The purpose of the division is to provide a first-rate facility that is safe and secure for patients, visitors and employees; to make quality supplies, goods and equipment available to all departments; to assure accurate and timely information facilitating good decision-making to all departments; and to collect the funds needed to finance current operations and provide the necessary monies for building and patient services expansion.

After the recent administrative reorganization in July, 1975, the Fiscal Services Division was expanded to include departments from the former General Services Division. The five departments within the new division include Accounting, Data Processing, Business Office, Engineering Services and Centralized Purchasing and Materials Management.

The Accounting Department, headed by Ron Spanier, employs a

total of five persons and is responsible for recording and disbursing all funds for the hospital as well as preparing financial statements and third party cost reports.

Just recently, the department computerized its general ledger and accounts payable system through the Data Processing Department speeding up the entire accounting process.

The hospital operates two computer systems through the Data Processing Department which employs 11 persons and is under the supervision of Terry Heinen. The department's computers assist both a business system and a patient information and retrieval system.

The business system performs normal business functions such as patient billing, payroll, inventory control, property ledger, and most recently, some of the accounting process.

The computer assisted patient information and retrieval system currently allows five hospital departments to have instant access to patient files. It is used by Admissions, Information Desk, Pharmacy, Laboratory and the Rehabilitation Unit.

The Business Office helps patients meet their financial obligations for the care they receive during their stay at the hospital. Its services assist patients with handling insurance claims, budget counseling, finding financial aid through welfare and other public services, and aids in obtaining loans for hospital care.

The Patient Representative is also a part of this department and

assists patients in dealing with social service agencies as well as the complex hospital environment. The department is under the direction of Wayne Lauermann and employs 23 persons.

Engineering Services provides overall building operation services, maintenance of the buildings and equipment, and safety and security for the hospital. John Seelhammer directs this department which employs 33 persons.

The Department of Centralized Purchasing and Materials Management is a combination of three previously separate departments — Laundry, Purchasing and Central Service. Maynard Lommel manages this department which has a total of 71 employees. The merger to create the new department was done in order to coordinate the distribution of materials. It supplies the hospital with linens, sterilized instruments and supplies as well as some personal items for patients.

Operating on an annual budget of \$2,060,765, the Fiscal and General Services Division's 143 employees provide their services to every other department within the hospital, helping them to better serve the patient.



Denny Pundsack, Engineering Services, winds his way through a maze of pipes making a safety check on a valve.



Don Martin, Print shop, above left, makes adjustments on his press while printing an order of hospital forms.



Irene Karls, Central Service, above, opens the locking wheel on one of the department's instrument sterilization units.



For Mike Voz, Storeroom Clerk, left, accuracy in materials handling is an important part of his job.

Revised Manual serves as diet management reference

Proper nutrition for good health can be obtained only through a balanced diet. But, what may be a

proper diet for one person may be totally wrong for another. Questions about the right diet

for proper nutrition can now be readily answered through the recently revised Diet Manual, produced by the St. Cloud Hospital's Dietary Department.

"The new Diet Manual represents today's generally accepted interpretations of the present knowledge of nutrition and diet therapy, and will serve as a reference for the special nutritional needs of our community," Dr. Stephen Sommers, former SCH Medical Staff Chief said in his introduction to the Diet Manual.

According to Sommers, the manual contains more up-to-date
(Continued on page 7)

Out-patient Dietetic Counseling is not just for the patient — its for the family too. Alice Lang tries to accompany her husband David on each of his bi-monthly interviews. The couple is pictured above with Marge Coyle, Registered Dietitian, checking to see how much weight David has lost over the last two-week period.



PAC Rap by Al Blommer

New officers elected to Personnel Advisory Committee

At our last Personnel Advisory Committee (PAC) meeting in January, nominations and elections of new officers took place according to the present by-law rules. The new officers are: Chairman - Al Blommer, Laboratory; Vice Chairman - Henry Chavez, Dietary; Secretary - Jan Fritz, Accounts Payable.

As we begin another year of activities, I would like to take this opportunity to remind everyone why the PAC was formed and how it functions within the hospital.

The PAC was established to serve as a communications link — a medium of exchange between members of the Administration and hospital staff. Often times our interests are at opposite ends of the spectrum, but our goal is the same, to serve the needs of our patients in the best way possible.

The PAC meets the first Thursday of each month. Typical items of discussion include resolving em-

ployee problems, fringe benefits, food service related problems, parking problems, vacation arrangements for employees through the R&R Committee and various sub-committee reports.

We are presently discussing proposed by-law changes, R&R Com-

mittee activities and a computer system naming contest.

Input from all SCH personnel is important to the success of the PAC. I would like to encourage all employees to get to know their representatives and participate in the PAC.



The new PAC officers elected for 1976 are, l.-r., Al Blommer, Laboratory, President; Jan Fritz, Accounts Payable, Secretary; Henry Chavez, Dietary, Vice-President.

The Chaplain's Corner

by Sister Georganne Burr, O.S.B.



Sr. Georganne Burr

Lent is fast approaching. The Church has provided this time in its calendar to give us an opportunity to reflect on our lives and change those things that keep us from deepening our relationship with our God. The search for a relationship with God is sometimes a difficult search and if we tend to be impatient it can seem too much effort, over too long a time, is required.

The search for God through prayer is a positive way to change our lives because we are looking toward God, which will make it easier for us to move away from sin. Concentrating only on our faults, without God in the picture, can be depressing and leave us lonely. Loneliness is one of the most universal forces of human suffering today. How often, when we are lonely, do we find ourselves clinging to people, books, events, plans, etc., hoping they will take care of all our loneliness. It's true, they are important and do help but we need to go a step further. We need to take our loneliness to God in prayer and meditation and ask Him to give us the gift of solitude in its place. The solitude of a quiet inner center in the midst of all our activities. Impossible? Not any more impossible than being lonely amid all the activities we find ourselves caught up in, in our daily lives. Without this solitude of heart, found only in prayer, the intimacy of friendship, of marriage or of community cannot be creative. Without this solitude relationships can become exploitive by using people to fulfill our own wants and needs. In solitude, however, we can sense an inner unity and live in union with our fellow human beings and find our God.

So I suggest that during Lent we try to put perspective in our lives by looking at the Lord through prayer, which leads to solitude, and thus find out who we really are and what life can become for us if we place ourselves in the care of our God.

FROM THE ST. CLOUD HOSPITAL KITCHENS

TENDERLOIN TIPS ala ERIE

This month's recipe from the SCH Kitchen is a favorite of many SCH employees and is being printed by popular request.

Steak Tips	2 lbs.
Onions, julienne	¾ Cup
Mushrooms & Liquid	4 or 5 oz. Can
Green Pepper, diced	½ Cup
Garlic, chopped	1 Teaspoon
Parsley, chopped	½ Cup
Tomatoes, diced	¾ Cup
Flour	3 Tablespoons

1. Cut steak into ½" cubes.
2. Brown on all sides in 2 Tablespoons oil.
3. Add onions, garlic, and green pepper. Cook until tender.
4. Add mushrooms and liquid, tomatoes, and parsley. Simmer about 20 minutes or until meat is done. Add more liquid if necessary.
5. Mix flour with water to a smooth paste. Stir into meat mixture. Cook about 10 minutes.
6. Serve over rice or buttered noodles.

Serves 6 - 8.

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Like Daughter like Father -- A pleasant surprise



When Erv Studer joined the St. Cloud Hospital's volunteer program something pleasantly out of the ordinary took place — a father and daughter volunteering their services together to the hospital's patients and staff.

"I have been medically retired for 15 years," Erv said, "and have been active in volunteer work the entire time."

"After I saw the kind of work my daughter was doing at the hospital, and how much she enjoyed it, I thought I would give it a try," he added.

Laurie Studer and her father Erv team up to deliver newspapers to SCH patients.

Erv joined the program in October, 1975. Laurie, a 16 year old Candy-Striper, began in 1972.

"I applied for the Candy Striper position after reading about the program in the school newspaper," Laurie said. "I enjoy Candy Striping and plan to continue with it until I graduate from High School and get a job."

Although Laurie does not plan on a nursing career, she indicated that it was great being able to work so closely with the patients.

"Our schedules don't coincide too often," Erv said, "but I especially enjoy those opportunities when I get to work with Laurie."

"Many times parents do not have the opportunity to get involved in their children's interests," Erv said. "Through the Volunteer program, Laurie and I have found a common interest which, I think has enabled us to better understand each other."

In July of 1975, the Candy Striper program at the hospital was expanded to include Junior male volunteers. According to Mary Ives, Volunteer Director, no father and son volunteer combinations have been formed yet.

"In time, I'm sure we will have both fathers and sons together on the program," she said. "It's possible to have an entire family working together as volunteers."

Mary Ives appointed Director of Volunteer's

Mary Ives has been appointed Director of the Volunteer Department according to Sam Wenstrom, Assistant Administrator for Personnel and Public Relations Services.

Prior to her appointment, Ives worked as a Registered Nurse at St. John's Mercy Hospital in St. Louis, Mo., where she received her diploma in nursing. Following her marriage to Michael Ives, she moved to St. Cloud ten years ago and began managing the Retail Sales Center Office of the Sherwood Manor Park which is owned by her husband.

Mrs. Ives has chaired the area, city-wide Mothers March for the Tri-County March of Dimes since 1970. She is a member of the Board of Directors of the St. Cloud Area Chamber of Commerce and the Executive Board of the March of Dimes. She also serves on the Executive Board of the St. Cloud Area Chamber of Commerce. Mrs. Ives and her husband have two children and live in Rice.

PHYSICIAN'S MEMORIAL FUND

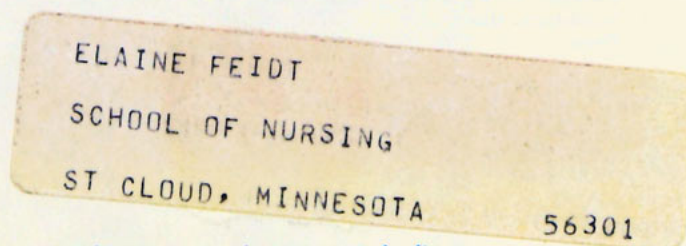
A Physician's Memorial Fund has been established to honor physicians who have distinguished themselves through services to patients at the St. Cloud Hospital. Funds are used for continuing medical education, scholarships and research. Additional information can be obtained by contacting the Medical Staff Office, St. Cloud Hospital, 251-2700-ext. 139.

Beacon Light

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