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Beacon Light: April 1976

St. Cloud Hospital

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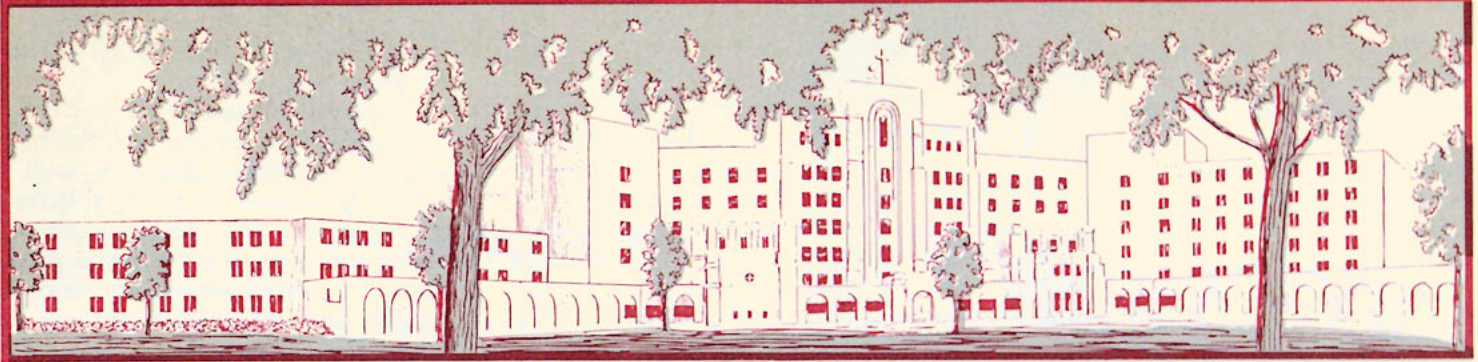
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The St. Cloud Hospital Beacon Light



Volume XXV, Number 8

April, 1976

National Hospital Week, May 9-15

Heimlich Maneuver, Hypertension Screening highlight Hospital Week activities

Two community oriented programs will highlight the many activities to be sponsored by the Saint Cloud Hospital during the Bicentennial observance of National Hospital Week.

Both the Heimlich Maneuver — a procedure to save the life of a choking victim — and Hypertension Screening — testing for high blood pressure — will be featured during the two day display at the Crossroads Mall, Friday and Saturday, May 14-15.

The programs sponsored will reflect the Week's theme, "Healthy Birthday America."

"As this year's theme suggests, we want to help and encourage members of the community to stay healthy," Sr. Marion Sauer, O.S.B., Admissions Director said. Sr. Marion co-chairs the National Hospital Week committee with Maynard Lommel, Director of Centralized Purchasing and Materials Management.

"We are concerned with patient and community education regarding the steps everyone can take to contribute to their own good health," Lommel added.

Through it's National Hospital Week activities, the Hospital will focus on the patient and community education programs available at the

Hospital, which are designed to help maintain good health throughout the Bicentennial year.

"We encourage members of the community as well as those closely involved with the Hospital to participate in the health education programs," Sr. Marion said. "In just a few minutes time, they will be able to learn a valuable life-saving technique or receive more information about a serious health problem — high blood pressure."

The Heimlich Maneuver, a procedure which can be used to save the life of a choking victim, will be demonstrated at the Crossroads Shopping Center on Friday, May 14 from 1:00 to 8:00 p.m. and again on Saturday, May 15, from 11:00 a.m. to 3:00 p.m. The presentation will include a film and demonstration of the technique with time to practice on each other. Since it was first introduced to the Hospital in March, members of the Hospital's Continuing Education staff have presented the program to over 1500 members of area clubs and organizations, including close to half of the Hospital's personnel.

The Crossroads display will also feature Hypertension Screening,

(Continued on page 2)



The National Hospital Week display at the Crossroads Shopping Center will also feature the "Happy the Clown" pre-surgical party for children and an information booth regarding the educational programs available through the Hospital.

Inside The Beacon . . .

- Medical Staff Newspage 2
- Commentpage 3
- Home Delivered Meals
at SCHpages 4-5
- My Job and Why I Like It . . .page 5
- Hospital offers clinical
Pastoral Trainingpage 6
- Chaplain's Cornerpage 7
- Recipepage 7
- From the Auxiliarypage 8

Medical Staff News . . .

Leukemia patients live longer through research

"Slowly but surely, years of good living are being added to the lives of many acute leukemia patients by the work of research scientists and dedicated physicians," Everett Schmitz, M.D., President Elect of the



Everett Schmitz, M.D.

Minnesota Division of the American Cancer Society said.

"This is in contrast to a survival of only three months before the beginning of drug therapy as pioneered by the late Dr. Sidney Farber in 1947," Dr. Schmitz said. "Now as we begin this year's educational and fund raising crusade in our community, special emphasis will be placed on the progress against leukemia, a form of cancer of the blood forming system."

It is estimated that there will be 21,000 new leukemia cases this year and 2,100 of them will be children under 15. The American Cancer Society spent five million dollars in 1974 on leukemia and leukemia-related research, Dr. Schmitz pointed out.

"The important thing to remember is that the latest treatment for leukemia is available for all children at some 80 medical centers throughout the country," Dr. Schmitz said. "Combinations of drugs, sometimes along with radiation treatments have prolonged the lives of

young leukemia patients for up to 10 years and more."

"Leukemia, however, is not only a cancer of the young," Dr. Schmitz warned. "It strikes adults as well."

"While success in treating leukemia in adults has not approached that of children, there is some prospect for improvement as cancer centers begin treating the disease in adults more aggressively," he said.

"Parents should be aware of the first signs of leukemia," Dr. Schmitz said. "The child becomes listless, acts tired, shows muscle weakness, bleeds easily and may complain of bone and joint pain."

"Any or all of these symptoms do not necessarily mean leukemia," Dr. Schmitz added, "but should be brought to the attention of a physician."

"It's what you don't know about cancer that can hurt you," he said.

Information regarding cancer and its warning signs is available through the Stearns County Unit of the American Cancer Society.

Hospital Week

(Continued from page 1)

checking for high blood pressure. These tests will be conducted during the same times as the Heimlich Maneuver.

Other activities include the Employee Recognition dinner for Hospital employees, Monday, May 10 beginning at 6:30 p.m. at the Germain Hotel; a writing contest for the children of Hospital employees, and an employee prayer service, being held on Friday, May 7 at 9:30 a.m., 1:30 and 7:30 p.m. in the Hoppe Auditorium.

"Through our observance of National Hospital Week, we hope to show the variety of educational programs available to the community through the Hospital," Sr. Marion added.

Emergency Medical Services Week, May 3-9

Local representatives sponsor Emergency Medical Services Week activities

The prompt action and teamwork necessary to save the lives of emergency victims will be demonstrated by members of Minnesota's many Emergency Medical Services (EMS) teams during Emergency Medical Services Week, May 3-9.

EMS teams operating in the Saint Cloud area include Police and Fire Department personnel, Ambulance attendants and Hospital Emergency Outpatient Department personnel.

In order to demonstrate how these

Emergency Medical Services operate together as a team, a simulated accident will be set up on the Downtown Mall, Friday, May 7, at 3:00 p.m., and at the Crossroads Mall on Saturday, May 8, at 3:00 p.m.

An informational booth will also be located in the Crossroads Center. Members of the Hospital's Emergency-Out Patient Department will be on hand to answer questions. The entire display is free and open to the public.

COMMENT

by Gene S. Bakke
Executive Vice President



Appreciation extended for many gifts received

Throughout the course of a year's time, St. Cloud Hospital is the beneficiary of substantial contributions of time, effort and funds on the part of many people and organizations throughout the Central Minnesota area. We try to make it a point to express our gratitude to each of them individually, but such generosity also deserves some public recognition now and then.

For example, one of the most significant contributions to the Hospital that goes on year after year is the service given by some 350 volunteers of all ages and from many walks of life. Last year, these dedicated people gave 38,974.5 hours of their personal time and effort to the care of patients and in many departments of the Hospital. If we were to calculate a value of only \$2.00 per hour for these contributed services, it amounts to \$77,949 in monetary terms. Of course, it is not money that stimulates the volunteer to perform their tasks, but rather a sense of commitment to help their fellow men by assisting them at a time of great need.

Besides the time contributed by volunteers, many groups and individuals donate funds to special projects or programs conducted by the Hospital. Here's a list of a few:

For Telemetry Equipment

- Winter Wonderland Ball (Sponsored by the Medical, Dental and Hospital Auxiliaries) \$6,000.00
- Central Minnesota Home Builders Auxiliary 100.00
- Beta Sigma Phi Sorority 125.00

Financial Assistance for Hearing Impairments

- Sauk Rapids Lions Club \$1,000.00
- The Society for the Preservation and Encouragement of Barber Shop Quartet Singing in America 250.00

For Pediatrics (Children's) Department

- Newcomer's Club (Rocking Chair and Toys) \$ 400.00
- Stearns-Benton Medical Auxiliary (Play Furniture) 200.00
- Burlington Northern Fellowship Club (Toys) 100.00

For the Patient Library

- Kiwanis Club of St. Cloud \$ 100.00

For Educational Materials

- The Ethyl Cummings family \$ 300.00

St. Cloud Hospital School of Nursing (Scholarships)

- 40 and 8 \$ 100.00
- P. L. Halenbeck, M.D. 1,000.00
- Women's & Children's Medical Center 100.00

We are very grateful to everyone who gives a part of themselves to make these contributions possible, whether it be in volunteer services or in the form of monetary donations. It represents a noble expression of concern for our neighbor, whoever that person might be.

Presently, local Kiwanis Clubs are involved with a fund raising effort to provide additional financial support for the Kiwanis Patient Library. Their time and efforts are sincerely appreciated.



Members of the Hospital's Dietary Department are pictured above preparing over 50 daily meals for the Home Delivered Meals program. Jerry Kneusel,

Head Chef, said that, "Even though we have taken on additional work and responsibility, we feel it is an honor to be of service to the community."



Mary Halstrom, above, Volunteer Driver for the Home Delivered Meals program, checks through one of her two food chests to make sure everything is in order before leaving the Hospital on her daily delivery.



The Home Delivered Meals program provides a nutritional, well balanced meal, similar to those served at the Hospital. Pictured above is a typical meal. They are served in insulated containers which help to keep the hot foods hot and the cold foods cold.

Hospital participates in Home Delivered Meals program

The Saint Cloud Hospital's Dietary Department has been producing an extra 50 or more meals each day since March 15 — the day the Hospital began providing home delivered meals to area residents.

The Hospital's program is replacing the Home Delivered Meals program formerly offered through the Nutrition Center at Key Row.

"The demand for hot meals delivered to homes grew to a point where the Nutrition Center could no longer handle the need," Father Richard J. Leisen, Director of Catholic Charities said.

"We were seeing a need for 50% of our daily meals to be home delivered," he added. "That meant about 80 meals each day."

The Nutrition Center depends on money from the Federal Government to provide balanced meals to the area's low income residents. According to the Federal regulations, only 10% of the meals could be home delivered.

Mike Becker, Assistant Administrator for Rehabilitation and Counseling Services (who is administra-

tively responsible for the program) said the hospital took over the responsibility for the program so this particular community need could continue to be met.

"We will be providing this service for six months, at which time the program will be evaluated," Becker said. "If successful, we will continue with the service until the Nursing Care Facility at Saint Benedict's Center is completed and they can assume responsibility for the program as a part of their outreach services."

"Saint Benedict's Center is scheduled for completion in January, 1978," Becker added.

Barb Andrews has been coordinating the project for the Hospital, and she indicates the present program is operated in much the same manner as the former Key Row project.

"Those people receiving the meals are still the same as before, and many of the volunteer drivers who delivered Key Row's meals are also delivering ours," Andrews said. "From this standpoint, the Home de-

livered Meals program is a fantastic community effort that involves many people."

When we took over the program, we were making about 50 deliveries each day," Andrews added. "We are now preparing and delivering approximately 60 meals daily, and the number keeps rising."

According to Andrews, for every person receiving a home delivered meal, there are probably another three who should receive one.

"County health officials and social workers are aware of only a small amount of the population who need home delivered meals," Andrews pointed out. "As they learn of more persons needing the meals, we take the necessary steps to supply them."

The meals are similar to those served to Hospital patients. The charge for each meal is \$1.25. That cost is supplemented by United Way funds or food stamps for those people who cannot afford to pay the full price.

"Many times our volunteer drivers note that the persons needing meals live alone and rarely leave their homes," Andrews said. "For them, a visit by a volunteer each day is a brief moment of personal contact — of friendship to help brighten the day."



Mary is pictured left, delivering a noon lunch to Mrs. Irma L. Franke. Mrs. Franke has been receiving Home Delivered Meals for about 2 years because of health reasons which restrict her from preparing her own meals.

My job . . . and why I like it.



"This is a new job for me — and a challenge," Barbara Andrews said. "I was ready for a change and this experience will be good for me."

Barb Andrews has been the Project Coordinator for the Home Delivered Meals program since March, 1976. She first came to the Hospital in 1971 as a Dietary Aide, and was later promoted to Food Service Dietary Clerk.

"As the project Coordinator, I act as a sort of go-between for the Volunteers and the Dietary Department," Barbara said. "The entire success of the program hinges on their cooperation and ability to communicate with one another through me."

In order to keep the channels of communication open, Barbara works very closely with Head Chef, Jerry Kneusel, and all Food Service personnel. She also works closely with the volunteers — preparing their schedules and routes.

"I really enjoy working with the Volunteers who deliver the meals," Barbara said. "These people have a real concern and love for what they are doing."

"I am very enthusiastic about the potential of this service," she said. "The community representatives involved with the program have been considering a follow-up visitation program for those persons who can't get out of their homes."

"For many of the people receiving the meals, the Volunteer drivers are their only personal contact," Barbara added. "Their emotional needs are every bit as important as their nutritional needs."

"People helping people is the underlying theme of this program and my job," Barbara said. "I can't think of anything more important or fulfilling."

Educational role expands to include Bethel Seminary students

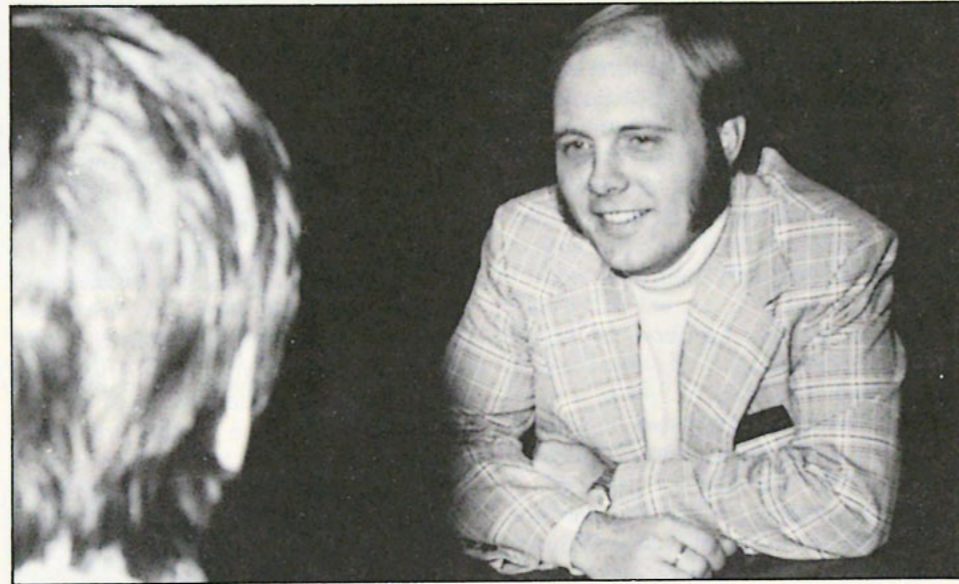
"It's been an excellent experience for me," Reverend Bruce Nelson said. "I've been able to contribute and learn a great deal about hospital procedures and the specialized type of counseling involved in hospital pastoral care."

Rev. Nelson is a pastor at Calvary Baptist Church in Saint Cloud. He is also the first person to be enrolled in a newly developed educational program to provide hospital pastoral training to graduate protestant seminary students. Catholic seminary students from St. John's University have been participating in a similar program since 1969.

According to Reverend Richard Tetzloff, Protestant Chaplain at the Saint Cloud Hospital, the internship has been coordinated through Bethel Seminary, a Baptist institution in St. Paul which prepares students for the Baptist ministry.

"The program is a graduate studies internship designed to give Seminary students practical training

in hospital pastoral care in preparation for their full time ministry to the church and community," Tetzloff said.



Bruce Nelson, a pastor for the Calvary Baptist Church, is the first person to be enrolled in the new Hospital Pastoral Training program for graduate protestant Seminary students. Nelson is pictured above talking with a patient on the Mental Health Unit.

"The training involves practical experience through personal patient

(Continued on page 7)

Saint Benedict's Center's Nursing Care facility, shown in the architects rendering, will replace the nursing home beds which will be lost to the community by the closing of Saint Joseph's and Saint Raphael's Homes.

According to Dale J. Stein, Saint Cloud Hospital Assistant Administrator, Shared Services Division, construction of the facility is planned to begin in August, 1976, with a completion date set for January, 1978.

"The 220 bed facility will be located near Saint Joseph's Home in Southeast St. Cloud," Stein said. "It is bordered on the north by Minnesota Boulevard and on the west by Fifteenth Avenue."

"It will provide both skilled and intermediate nursing care for the elderly citizens of our community," Stein said.

"Once completed," Stein added, "the nursing care facility plans to offer outreach services, such as home delivered meals, housekeeping, laundry and chore services to elderly persons living outside the nursing home."

The estimated cost for the skilled and intermediate facility, including land, building and equipment is \$6.4 million. Saint Benedict's Center will be a subsidiary corporation of the Saint Cloud Hospital with its own Board of Trustees, according to Stein.

The Chaplain's Corner

By Reverend Bruce Nelson

Two years ago on Easter Sunday evening I preached one of my first sermons. It was the only sermon my mother ever heard me preach. Three months later, after her summer of battling cancer, we buried her. However, the truth of that Easter message has given me great joy even in the death of my mom and my dad seven years earlier. Because we all suffer such losses, I'd like to share with you the reality of life which goes beyond the grave.

The eleventh chapter of the gospel of John contains the drama. Mary and Martha were grieving over the death of their loved brother, Lazarus. The pain and emptiness were very real to them. Although they were a religious family a certain disappointment crept over them; disappointment in religion and in Jesus. Jesus had been notified, He could have come and He could have healed. Now it was too late. Lazarus was dead and rotting in the grave. Sure, they still had their religious doctrines; but how can teachings and church sooth the great pain of present loss? Martha and Mary believed in the future resurrection, but death was painfully present and real.

Martha, aching to the quick, said to Jesus, "I know that he (Lazarus) will rise again in the resurrection on the last day." Jesus replied to her, "I am the resurrection, and the life; he who believes in me shall never die. Do you believe this?" Martha spoke of the future while Jesus made claims concerning the present. Jesus simply spoke and Lazarus came forth, alive again. The future hope became a present reality.

I am much like Martha. I believe, but if only Jesus had come sooner; if only God would do something now. This Easter time will you listen with me to the claims of Jesus? "I am the resurrection and the life . . . do you believe this?" He proved to be who He claimed when He raised Lazarus and, most powerfully, when He Himself experienced and conquered death. Let's celebrate the living Christ. He provides life for us—abundant and eternal. Jesus lives and in Him we have life.

(Continued from page 6)

interaction," Tetzloff said. "This experience is gained in many different areas including surgical, long-term, mentally ill or chemically addicted and Emergency Room (Crisis Counseling) patients."

"The Saint Cloud Hospital is an ideal center for this experience because of its wide range of medical specialties and capabilities," Rev. Nelson said.

"This internship will enable me to be a better pastor for my congregation because it will give me a better understanding of my hospitalized parishioners needs," Rev. Nelson added.

The 400 hour internship is completed over the course of a full year. It is a requirement for all seminary students seeking their Masters Degree in Divinity.

The program is not limited to full time students. It is open to pastors who have completed their formal education and would like to add to their training.

"I look at the internship as an open textbook," Rev. Tetzloff said. "Its flexibility will allow it to keep up with the changing needs of the patients at the hospital."

FROM THE ST. CLOUD HOSPITAL KITCHENS

MOLASSES CRINKLES

This month's recipe is being printed by popular request and provides a delicious snack for Spring's active people.

Shortening	1 3/4 cups	Flour	6 cups
Brown Sugar	2 1/2 cups (packed)	Soda	1 1/4 tsp.
Eggs	3	Cloves	1 1/2 tsp.
Molasses	1/2 cup + 2 Tablespoons	Cinnamon	1 1/4 Tablespoons
Salt	1 tsp.	Ginger	2 1/4 tsp.

1. Cream shortening. Add sugar gradually and cream thoroughly.
2. Add eggs and beat well.
3. Add molasses.
4. Sift dry ingredients. Gradually add to creamed mixture. Mix well.
5. Roll into balls. Dip into sugar. Place on greased cookie sheet. Size of cookie depends on you.
6. Bake until set but not hard in 375 degree oven.
7. Cookies may be frosted with thin powdered sugar icing — then do not dip in sugar.

The Beacon Light

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From the Auxiliary . . .

SCH Auxilians receive local, national recognition



Merle Lennartson, above, recently retired Director of the Great River Regional Library, and now an active SCH Auxiliary member — has been honored by the St. Cloud Area Chamber of Commerce. The Outstanding Citizen Certificate was presented by Mayor Loehr.

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Rosalie Timmers, right, very active member of the SCH Auxiliary was one of the many health professionals honored at the annual meeting of the St. Cloud Area Chamber of Commerce.

Mrs. Timmers has 40 Years of nursing service in our community and is still active at College of St. Benedicts' School of Nursing. Her longevity of service is topped only by her dedication to her community.



Becky Hage, right, Candy Striper at SCH — was recently honored both on the State and National level by the President's Council for the Handicapped. Her 1st place entry was a profile on the Personal Achievement of a Handicapped person from our community.

Governor Anderson presented Becky with her state competition awards of a \$200.00 Savings Bond and a trip to Washington D.C. Her national competition award is a \$1500.00 scholarship to be presented at a reception at the Nation's Capital.



Beacon Light

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