

11-1976

Beacon Light: November 1976

St. Cloud Hospital

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Beacon Light

Volume XXVI, Number 3

November, 1976

November: National Diabetes Month



Inside The Beacon . . .

Maren Running, a four-year-old diabetic is pictured on our cover learning how to properly administer insulin injections through diabetic education classes. For the rest of her story, see page 5.

Automatic Individualized Deposit

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Hospital begins new automatic paycheck deposit program

"A new program for the automatic deposit of employee paychecks into personal bank accounts will begin in December," according to John Seckinger, Assistant Administrator, Fiscal and General Services Division; and Sam Wenstrom, Assistant Administrator, Personnel Services Division. "The program, called the Automatic Individualized Deposit Service (AIDS), will be optional for present employees and is scheduled to begin on Friday, December 17."

"Discussion of an automatic deposit program began last year," Wenstrom said, "and was followed by a request from the Personnel Advisory Committee that the Hospital consider such a service."

"Hospital auditors recommended that a change in the present method of check distribution be made to provide more security

for the payroll," Seckinger added. This is how AIDS will work.

Each employee has been given an authorization form. To join the program the employee's name, bank name and a copy of a bank deposit slip should be provided. The Hospital's Payroll Office will then transfer the necessary information into a format to be used by the Data Processing Department.

The bank will receive only the employee's name, account number and net deposit. All other information related to gross pay, hours worked, employee benefit information, etc., will appear only on the check stub. Stubs will be batched and sent to supervisors for distribution to employees, much the same as the present check distribution program is conducted.

On payday, checks can be written on the deposited paycheck any

time after 11:30 a.m. Banks will provide deposit verification via their usual report forms.

Present employees not on the AIDS program will receive their paychecks from the Administrative Office Services Department, 1 North, between 11:30 a.m. and 5:00 p.m. on payday, and 8:00 a.m. to 12:30 p.m. on the following Monday. Checks not picked up by 12:30 Monday will be mailed to the home of the employee. Saint Cloud Hospital employee identification cards will be needed to identify those picking up checks in person, and a written authorization from the employee will be needed for another person to obtain the paycheck.

All new employees are required to participate and will sign up during General Orientation.

A series of questions and answers about the program follows:

Q. I live outside St. Cloud and bank in my hometown. Can I designate that bank for AIDS?

A. Yes. The Automatic Individualized Deposit Service may be used for any bank in this area.

Q. Can I place part of my paycheck in savings, and part in checking at my bank?

A. AIDS will place your earnings in only one account, either checking or savings. However, if you want your earnings split, most banks will provide that service with no charge. See your bank.

Q. Who controls the AIDS system?

A. The Saint Cloud Hospital. Therefore, your bank will receive only your name, account number

and net pay. All other information related to your employment such as hourly rate, hours worked, deductions, etc., will not be revealed to your bank.

Q. How can I be sure my paycheck has been deposited?

A. Rest assured that your earnings will be in your designated account by 11:30 a.m. on Friday payday. This will be verified by the check stub given you by your supervisor and by the usual statements provided by the bank.

Q. What if I sign up for AIDS and then want to change banks?

A. Simply notify the Wage & Benefits Department 14 days in advance of the change by turning in a completed Authorization Form

indicating the new bank. The Payroll Office will do the rest.

Q. How will I get cash for my use if I am on the AIDS program?

A. The same way you get cash now, only you won't have to take your check to the bank. You may also want to look into the cash cards offered by many banks.

Q. How do I get an Authorization Form to sign up for AIDS?

A. All employees were sent a form on Friday, October 22. If you need another, see the Wage & Benefits Office.

Q. When will the first checks be deposited automatically?

A. Checks will be deposited through AIDS for the first time on Friday, December 17, 1976.



COMMENT

by Gene S. Bakke
Executive Vice President

Education; Basis for progress

For purposes of appropriately emphasizing certain ideas or programs, most of the months of the year are officially designated by someone for something. In October, we observed "Respect Life" month. This month, November, has been specified as "Education Month", a time when we give particular recognition to the importance of education, and to the people who participate in this highly significant activity.

Education, of course, is the basis for progress in any society. Without added knowledge, we would remain at whatever level we find ourselves individually, as a group, or as a nation.

Aware that this is the case, and being committed to a concept of constant improvement in the care of patients, the Saint Cloud Hospital regards education as one of the most important of its purposes. In the articles of incorporation we obligate ourselves "to carry on related (health) educational activities as may be justified, desirable and appropriate".

Over the years, the Hospital and through it, its sponsors, the Sisters of the Order of St. Benedict, have carried on numerous educational programs designed to prepare people to work in the health care field. The School of Nursing, for example, has been in continuous operation since 1908; and over that period of 68 years has prepared almost two thousand young men and women to function as registered nurses. The Hospital has also conducted training

programs in anesthesia, medical technology and x-ray technology for many years.

In addition to educational programs conducted by the Hospital itself, it has assumed a rapidly growing role as a clinical experience site for college and vocational students enrolled in health care courses. Presently there are twenty-five different programs conducted in the Hospital for students from eleven different colleges or universities and two vocational technical schools.

Besides formal educational programs leading to a degree or diploma, the Hospital carries on extensive programs of continuing education for all Hospital personnel as well as physicians on the medical staff. Continuing education is, of course, essential to keep abreast of new developments and to refresh and reinforce current knowledge.

Another area where the Hospital is becoming increasingly involved is in health education programs for patients and the general public. There are many who feel that, in terms of education, this is currently the area of greatest need.

Education, then, is clearly a corporate purpose that enjoys a high priority and a strong commitment at Saint Cloud Hospital. This month we pay special tribute to all who are involved in education. In a real sense, they hold the key to our continued efforts to serve the people in an effective and efficient manner.

Diabetes: Over five million Americans affected

"With the purification of a pancreatic extract rich in the hormone insulin in 1921, it was hoped by the medical community that a cure for diabetes had been found," says Jerome J. Ballantine, Internist on the hospital's Medical Staff. Ballantine is also president of the Central Minnesota Diabetes Group which is affiliated with the American Diabetes Association of Minnesota.

"Although insulin perhaps is the cure for diabetes, the ability to deliver insulin to the diabetic in proper amounts for changing requirements from minute to minute, hour to hour, and day to day has continued to elude the medical profession."

"However, insulin does enable the diabetic to control the condition and to live a longer and more productive life," Ballantine added.

Diabetes mellitus is the fifth leading cause of death by disease in America, Ballantine said. It is the second leading cause of new cases of blindness and is a major risk factor for heart attacks, strokes, high blood pressure, gangrene, and kidney failure. Diabetes affects over five million Americans.

Diabetes is a disease in which the body is unable to properly convert carbohydrates (or glucose) into the energy needed for normal activity because of a deficiency of insulin. Insulin, produced in the pancreas, enables glucose to

enter body cells where it is converted to energy. Without insulin, the glucose remains outside the cells and, in effect, starves the body for energy. The unusable glucose then builds up in the bloodstream until the concentration becomes so great that it is lost in the urine.

Because the glucose pulls water out of the body tissues, causing more frequent urination, diabetics who are out of control have excessive thirst. They frequently become weak, tired, and hungry because of the lack of energy provided by glucose. Eventually, they begin to lose weight because the starved cells begin getting their nourishment from body protein and fat.

The conversion of so much fat and protein into energy produces a dangerous byproduct in the blood called ketone. As the ketone level rises, it creates an abnormal state of acidosis of the blood and body tissues, which can lead to diabetic coma and, eventually, death. This cycle is, of course, entirely reversible with the proper administration of insulin.

"Any one at any age can become a diabetic," Dr. Ballantine said. "Those persons most likely to contract the disease are children of relatives of diabetics, those people who are over 40, and people who are overweight."

"Since symptoms are not always



Jerome J. Ballantine, M.D.

present in a mild diabetic," Dr. Ballantine added, "a person can have the disease and not even know it."

"Mild cases of diabetes may require only a modified diet," he said. "However, for most diabetics, a daily insulin injection coupled with the modified diet is still the best way to effectively control the disease." "Oddly enough, the disease does have one good point," Dr. Ballantine pointed out. "Because a diabetic has to be sensible about his diet and daily activities, he may frequently live a healthier life than many persons without diabetes."

Education important for diabetes control

How does a four year old child learn to accept the fact that she has diabetes mellitus; that there is no known cure for the disease and that she will have to live the rest of her life in a controlled, many times restricted environment?

How do the parents of the four year old learn to cope with the problems both they and their child will be dealing with in order to better understand their role in the treatment program?

How does the entire family learn to live with diabetes?

Through education.

"When we first learned that our four year old daughter, Maren, had diabetes, we didn't know how to react," Cheryl Running said. "We knew so very little about the disease."

"The first thing we did was to begin educating ourselves to diabetes," Mrs. Running said. "And, we enrolled in the diabetes classes at the Saint Cloud

Hospital."

"We have been conducting a regular series of diabetes classes for the past three years," said Jeanette Carlson, RN. Carlson is an Education Coordinator on the Hospital staff. "The series includes five, one-hour class sessions which provide information on proper diets, urine testing, insulin reaction and diabetic coma, oral medications and insulin administration and a final session on general hygiene and social aspects."

"The classes are open to all diabetics with their physician's approval on both an in-patient and out-patient basis," Carlson said. "And, of course, families are encouraged to participate."

"We have found diabetes to be a disease which cannot be handled on an individual basis," Running said. "It takes the help and cooperation of everyone in the family."

"When the whole family partici-

pates, the disease becomes less critical," Running said, "but we have all had to learn before participating."

Mrs. Running pointed out that even Maren's six year old sister, Sara, has learned enough to be a big help to the family.

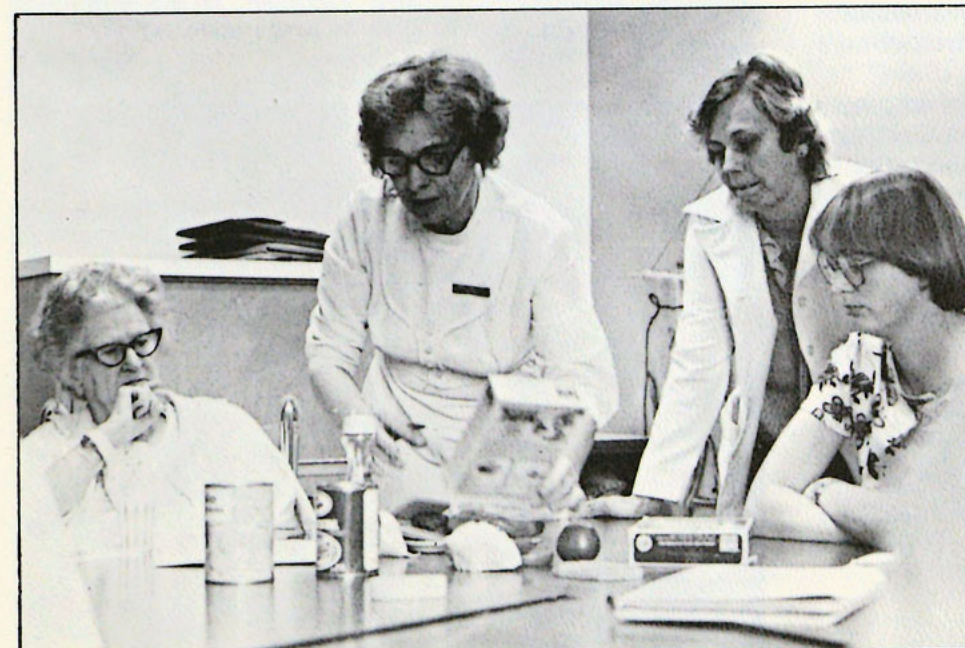
"Sara has learned the signs of an insulin reaction," Running said. "And, if Maren should get a reaction while they are outside playing, she immediately runs home to tell me."

"In a sense, diabetes has improved the quality and health of our lives through the education we have received," she added. "Even though we are much more regimented and controlled, we are a closer family, we have been eating better, getting more exercise and a good night's sleep every night."

The Runnings are continuing their educational participation by attending the Central Minnesota Diabetes Group Meetings and the Diabetes Education Center's classes in Minneapolis.

"The education we are receiving allows Maren to live her life as a person first, and a diabetic second," she said.

The Saint Cloud Hospital also provides educational programs with a focus on the community's health needs. They include a "Happy the Clown" program to welcome children to the Pediatric Unit, a social club for ostomies of any type, prenatal and prepared childbirth programs, a children's asthma exercise class, a "Reach to Recovery" program for mastectomy patients, the Heimlich Maneuver which is a technique for saving the life of a choking victim, and Body Mechanics which teaches the proper ways of lifting.



Marge Coyle, Registered Dietitian, center, participates in the Hospital's Diabetic Education classes by teaching proper nutrition and food preparation.

Total Patient Care Goal of Spiritual Care Department

"Successful treatment of illness and injury is not possible unless the patient's spiritual and emotional needs are also met," Father John H. McManus, O.M.I., Director of the Spiritual Care Department says. "Our goal is to bring support and understanding to those in need after the manner of Christ in His work."

The Saint Cloud Hospital's Spiritual Care Department was formally introduced in 1968. Prior to that time, Saint Cloud Hospital, like most other hospitals, relied on resident hospital chaplains. They began forming independent departments about 25 years ago when health care professionals began recognizing the need for total patient care.

"This concept of total patient care has evolved from the idea that a person's body, spirit and mind are one," Father McManus said. "When one part of the whole is sick, it has an adverse effect on the entire person."

"As accepted members of the health care team," McManus added, "We help treat the entire person - not just the disease."

The Spiritual Care Department has seven employees including Father McManus, a full-time Catholic chaplain who also serves as department head; the full-time Protestant chaplain, Rev. Richard Tetzloff; Father Al Stangl, who serves as a part-time Catholic chaplain; Sr. Georganne Burr, O.S.B., a full-time Associate Chaplain; Merwina Theisen, a full-time housekeeper; Sr. Enrico Stang, O.S.B., who serves as a full-time sacristan; and Sr. Dorothy Doerner, O.S.B., who serves as a part-time organist.

"Besides our regular employees," Father McManus said, "we have a host of volunteers who render valuable assistance in the performance of our ministry."

(Continued on page 7)



Sr. Enrico Stang, OSB, Chapel Sacristan, is pictured above, lighting the altar candles in preparation for the next service.



Sr. Georganne Burr, OSB, is pictured above with Sr. Benora Gaida, OSB, visiting a newly admitted patient.



Fr. Al Stangl is pictured left, helping a patient solve a personal problem. For the chaplains, counseling is a very important part of their ministry.



"Eleven volunteer sister visitors, coordinated through Sr. Georganne, visit in the hospital each day," McManus said. "They introduce new admissions to the wide range of spiritual care services offered by the chaplains."

"Rev. Tetzloff also coordinated a number of volunteer women from local congregations to visit our out-of-town protestant patients," McManus said. "This is done because the long distances sometimes prevent visits by their regular pastors."

"Although we will fill in for a patient's regular pastor when he is unavailable, we are not replacement pastors," Father McManus said. "Our role is to supplement their ministry."

"Chaplains who work in hospitals must receive special training in ministering to the sick," he added. "We learn to recognize the special spiritual and emotional problems of the sick and bring support, assurance and counseling through our faith."

"Because it is a special ministry which can only be learned through hospital experience," Father McManus said, "we offer clinical pastoral training for students at St. John's University School of Divinity and Bethel Baptist Theologic Seminary who are particularly interested in hospital ministry."

"Besides our ministry to the sick," McManus added, "we view ourselves as having partial responsibility for focusing attention on the Catholic identity and Christian values of the Hospital."

"This is done through prayer and worship services, periodic seminars, inservices and programs such as our Respect Life programs," Father McManus said. "Our physical presence and existence as a department within the Hospital alone helps to establish our identity as a Christian hospital."



Rev. Richard Tetzloff, Protestant Chaplain, above left, reviews the daily surgery schedule with Rev. Bruce Nelson. Rev. Nelson is the first protestant seminarian to be enrolled in the Clinical Pastoral Training program at the Hospital.

Sr. Dorothy Doerner, OSB, is pictured left, practicing a song she will be playing during the next Hospital service. She plays the Hospital Chapel organ for all Saturday, Sunday and holiday services.

Cardiac patients' fears removed through education

Last November the Auxiliaries associated with the Saint Cloud Hospital raised over \$6,000 toward the purchase of telemetry equipment for the Hospital. That equipment has not only saved lives, but has had a significant effect on the Cardiac Treatment Program at Saint Cloud Hospital. The Second Annual Auxiliary Ball is scheduled for November 13, 1976. Proceeds will again be used to help offset the cost of remote telemetry equipment used on 4 South.

"The cardiac patient's fear of the unknown is tremendous," Evonne Dahlin, 4 South Head Nurse said. "Once the unknown is explained, the fear is alleviated and the patient learns to accept the disease and adjust to it."

Four South is the Hospital's newest addition to its Cardiac Care program. It is a remote telemetry unit which enables specially trained nursing personnel to continually monitor their patient's heart rates without confining them to their beds.

"Four South was originally established to serve as a step-down unit for patients coming off of the Cardiac Care Unit (CCU)," Dahlin said. "Now, although we still provide that service for all patients leaving the CCU, more than half of our patients come directly to our unit from outside the Hospital."

"For many of them, our Unit is their first exposure to cardiac care," she said. "They have a lot of questions and fears which we try to help them with."

"The first thing we do is explain remote telemetry and how it works," Dahlin said. "In order to do this, members of our nursing

staff review a small brochure describing telemetry with each individual patient."

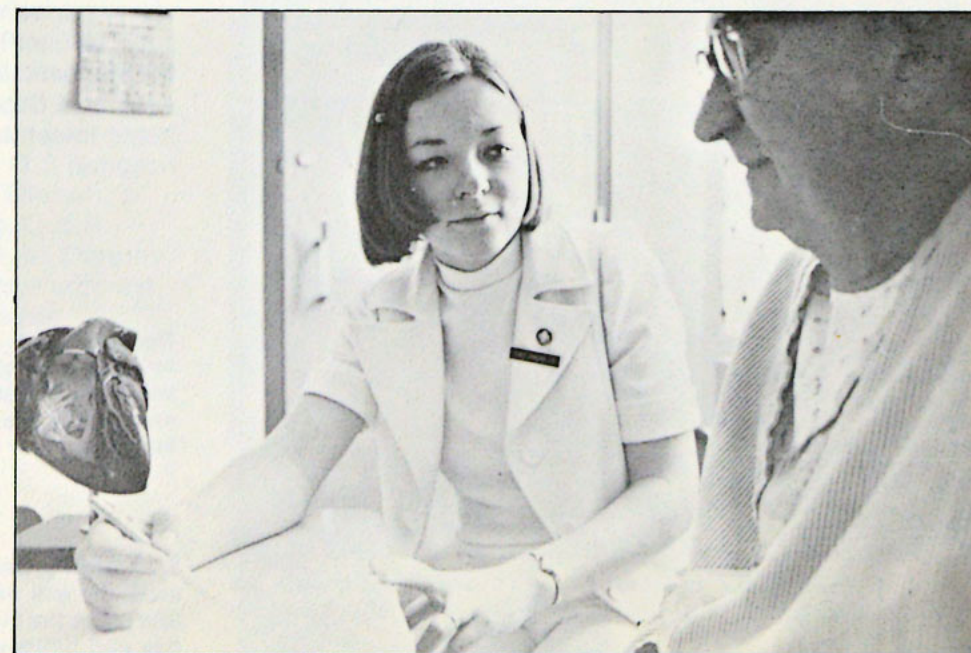
"The next step is to educate the patient to heart disease," Dahlin said. "Once again, members of our staff review a teaching booklet with all cardiac patients."

"The booklet explains what the heart is, what it does, how heart attacks occur, what causes them, warning signs of a possible attack, certain measures patients can take to prevent the possibility of an attack, and what to do if they get an attack," Dahlin added.

"The educational materials become the property of the patient," Dahlin said. "They are encouraged to take them home and use them for future reference."

"We have also found that patients who have taken time to read through the educational materials are easier to care for," she added. "They know what the treatment procedures are and they are ready for them."

"It should also be pointed out," Dahlin said, "that once patients know which conditions can be altered to prevent future attacks, they make efforts to practice them."



Sandy Johnson, 4 South R.N., is pictured left, reviewing their heart attack booklet with Lawrence Hollenkamp. The books become the property of the patient and can be used as reference books once they are discharged from the Hospital.

"Our cardiac patients receive medications cards when they are discharged," she said. "The cards identify the medications their physicians have prescribed, explain what the drug is designed to do, and any side effects which may be produced."

The addition of four new monitors in February, 1976, brought about a change on 4 South. A physical remodeling of the nursing station was completed to accommodate all eight monitors now in use. But, beyond that, Dahlin has noticed a change in attitude among the unit's personnel.

"We couldn't find a situation exactly like ours anywhere in the country, so we started from scratch to design our own program to meet our specific needs," Dahlin said.

"Each of the staff members helped with the design of the unit, with the preparation of our educational materials and in the teaching of patients."

"The job wouldn't have been completed if it weren't for the team effort of everyone on the staff," she added. "And this has developed into a very strong feeling of pride and unity among the entire 4 South staff."

My job...and why I like it

Accurate communications key to Transcriber's position

"Accurate communications skills are very important for this position," Bob Stratton, Float Transcriber said. "And, knowing that I can handle the job gives me a really good feeling of confidence."

"When I first started in this position, it took me awhile to learn everything necessary for doing my work properly," Bob added. "The people I worked with were very patient and supportive in helping me to learn the position."

"Now, the feeling of confidence and faith they have in me helps me to do a better job," he added.

Bob has worked at the Saint Cloud Hospital for the past five years. He began in the Housekeeping Department as a porter and moved to the Nursing Service Department three years ago. As a transcriber, Bob's duties include transcribing or rewriting the physicians' orders and notes from the patients' charts, ordering the various tests and treatments through the proper

department, handling the unit's telephone calls, and greeting visitors to the unit.

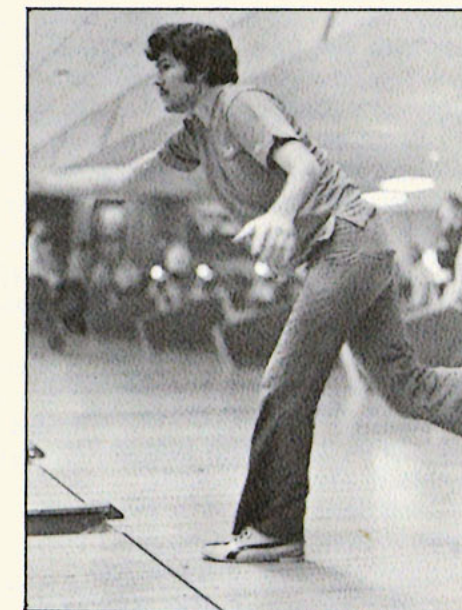
"Accurate communications are especially important when we have to call another department or unit for stat medications or tests," Bob said. "We also have to know what many of the tests are so we can answer patients' questions in case their physician or a nursing staff member is unavailable."

"I really enjoy working as a Float Transcriber because I get to work on so many different floors with so many different people," he said. "And the people at the Saint Cloud Hospital are the greatest. They enjoy their work and care about their patients," he added. "It makes me feel good to know that I am able to work with so many unselfish, dedicated people."

In his spare time, Bob attends Political Science and Business classes at St. Cloud State University. He is also an avid football

fan, enjoys tennis and bowling. Last year, he was involved in bowling as the Hospital's Bowling League President.

"Involvement is important to me because you have to be involved in order to help," Bob said. "It's a great feeling when you can help."



Bob Stratton, Float Transcriber, enjoys his leisure time by participating in tennis, and bowling on the Hospital's Bowling league, above.



Bob considers accurate telephone communications above, to be especially important when calling other departments for stat medications or tests.

From the Auxiliary

"Americanna Ball" plans finalized

"The Second Annual Auxiliary Ball will be held Saturday, November 13, 1976, beginning at 7:30 p.m. in the Germain Hotel," Bernice Landy, St. Cloud Hospital Auxiliary member and co-chairman for the planning committee said. Other persons co-chairing the committee include Mrs. Helen Catton, representing the St. Cloud Dental Wives, and Mrs. Pat Cumming, representing the Stearns/Benton Medical Auxiliary. "The title for this year's event will be 'Americanna Ball'," Mrs. Landy said. "Its decorations and activities will be a nostalgic walk back to yesteryear in celebration of America's Bicentennial."

"Letters of invitation have been sent to community business and professional people," Mrs. Catton added. "And we want the whole St. Cloud community to know they are invited to attend."

Tickets for the Ball will go on sale November 1, 1976, from 11 a.m. to 2 p.m. at the Germain Hotel, the Saint Cloud Hospital and at Dayton's. The cost of the tickets is \$15 per person.

"Each donation of \$15 will do three things," Lois Olinger, ticket co-chairman from the Medical Auxiliary said. "It will provide a scrumptious buffet meal, great dancing music, and the good feel-



Members of the Stearns/Benton Medical Auxiliary, the St. Cloud Dental wives and the St. Cloud Hospital Auxiliary are pictured above in one of the many planning meetings needed to coordinate the second annual Auxiliary Ball.

ing that comes from knowing you may be helping to save the life of a cardiac patient at the Saint Cloud Hospital."

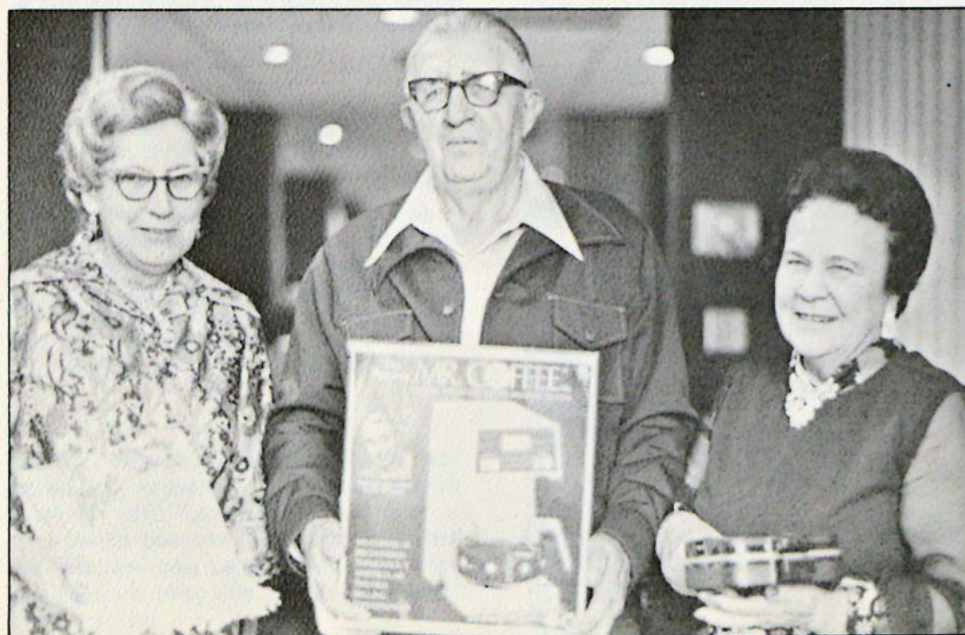
All proceeds from the Americanna Ball will be used to offset the cost of remote telemetry equipment in the Hospital's Cardiac Care program.

"We will have music for everyone," Mary Tetzloff, Hospital Auxiliary music co-chairman said. "Square dancing will be demonstrated by Al Nolden and members of local square dance clubs, Ball Room dancing will be provided by

the big band music of the Nocturnes and Rock and Roll, provided by the Fu Man Chu, will begin at 10 p.m.

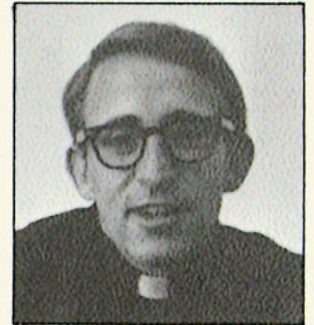
The second annual Americanna Ball is a project of the St. Cloud Hospital Auxiliary, the Stearns/Benton Medical Auxiliary and the St. Cloud Dental Wives. Other persons co-chairing the various sub-committee includes: Tillie Blattner, Treasurer; Jean Streed, Secretary; Mrs. Shirley Windschitl and Jean Streed, Publicity; Lois Olinger, Becky Peterson and Pat Reinholz, Tickets; Rosalie Timmers, Ruth Koop and Mona Dedolph, Decorations; Barb Pappenfus, Posters; Mary Sommers, Costumes; Miriam Bohmer, Mary Tetzloff and Carol Mackinac, Music; Mary Weyrens and Mary Wenner, Food; Ruth Brattenborg, Norma Licari and Helen Johnson, Host and Hostess.

Retired Hospital employees were recently honored by the Hospital with a party. Pictured above are the winners of the door prizes. They are: I-r., Tekkla Karn, former School of Nursing Instructor with her new set of towels; Frank Karn, former Engineer with his new coffee machine; and Marie Nelson, former Nurse Aide on the Pediatric Unit with her new automatic hamburger/sandwich maker.



The Chaplain's Corner

by Fr. Al Stangl



Fr. Stangl

NOVEMBER

The Death Month
Nature is dying
the snow hasn't come yet
Trees are barren
grass is brown and dead
Days are short.

We dream:
Past memories
Summer beauty
Autumn Colors

Future Happenings:
The snowflakes
Christmas
cold

Reality hits us:
branches are free of leaves

There is starkness
Nothing to hide

We look at life:
In its realness - barrenness
Honesty
Openness

God gives us this Month:
To learn
To see beyond
To know that *death leads to life.*

FROM THE ST. CLOUD HOSPITAL KITCHENS

POTATO ONION SOUP

This month's recipe makes good use of new potatoes from the garden.

4 cups potatoes, thinly sliced
1/2 cup onions, thinly sliced
6 1/2 cups milk
3 Tbsp. butter
Salt & pepper to taste
2 1/2 Tbsp. flour

1. Cook potatoes until tender. Drain.
2. Saute onions in butter.
3. Add flour to butter and cook until slightly brown.
4. Combine all ingredients. Heat.

Makes 10 servings.

Beacon Light

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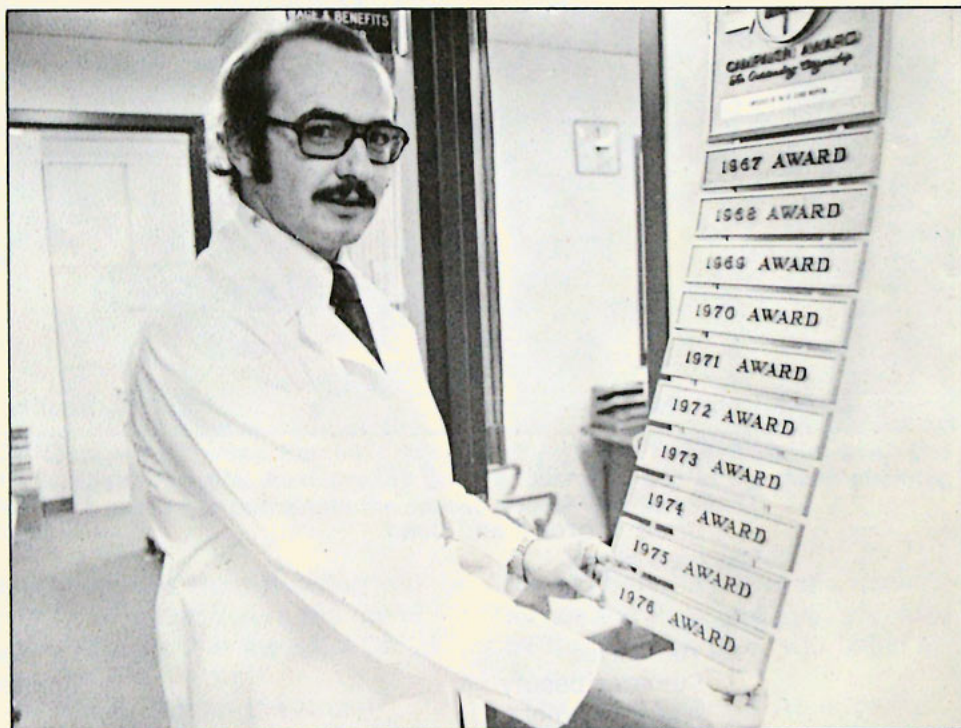
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United Way Report



Mike Patton, Blue Ribbon Committee chairman is pictured above displaying the Hospital employees tenth consecutive United Way Outstanding Citizenship award.

Hospital employees reach 100% of goal

"I am really impressed by the enthusiasm displayed by all of the Hospital's personnel during our 1976 United Way campaign," Mike Patton, Blue Ribbon Committee chairman said. "Our success upholds the long-standing tradition of Saint Cloud Hospital support and commitment to helping people."

"In just a matter of 15 days, Hospital employees contributed more than \$21,600 to reach their 1976 United Way goal," Patton added. "It is an honor to be associated with so many people who are totally committed to helping people in any way possible."

"I would like to extend my thanks to all of those persons who contributed," Patton said. "And, a special thank you to the 36 people who served on the Blue Ribbon Committee. Their time and efforts were greatly appreciated."

The Saint Cloud Hospital Employee's contributions totalled \$21,621.71 or 100% of the final goal.

"Thanks to all of us," Patton added, "The United Way will continue working for everyone in our community."