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## Beacon Light: December 1976

St. Cloud Hospital

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# Beacon Light

Volume XXVI, Number 4

December, 1976



May the Peace of Christmas enfold you  
the Cheer of Christmas comfort you  
and the Spirit of Christmas abide with you always

# The Chaplain's Corner

by Sister Georganne Burr, O.S.B.



Sister Georganne

## The King is born

The King is born; the Christ lives! The signs of celebration are all around us: the holly, the tree, the tinsel and lights, the laughter and carols. Yes, Christ lives and comes to save us. We should indeed celebrate!

Christ lives in our world today not as an infant, but through many signs. We Christians, for example, are signs of the Word made flesh. However, we cannot witness to Christ if we do not know Him. To truly be a Christ-bearer, we can turn to scripture to learn to know Christ. St. Luke notes that the shepherds were

to look for an infant in swaddling clothes, bedded in a manger. Christ came as a humble person, quiet in His greatness. We, too, will find Christ present in simple, quiet, out of the way places. We as Christians, then, witness to His presence and His act of redemption for us, by being faithful to Him in our everyday lives, living as though we truly believe we are a redeemed people. Our lives showing forth hope in the midst of trial, an inner peace in the midst of turmoil and love in the midst of hatred.



### About our cover . . .

This Christmas photo features one of the many wonderful Christmas ornaments which are now available in the Hospital's Auxiliary Gift Shop. Shipments have been arriving daily and include hand carved incense burners and glass ornaments from the Far East. The unusual, the novel and the practical gift is tucked away in every niche of our Christmas gift giving headquarters, including

stuffed animals, Swedish glass, wind chimes and mobiles.

A visit you will never regret will be the time you spend shopping in the Auxiliary Gift Shop. Also, be on the lookout for Claxton Bakery Fruit Cakes which are now on sale in the Gift Shop for only \$1.50. These 1 pound cakes make a great gift or dessert idea.



## COMMENT

by Gene S. Bakke  
Executive Vice President

## Christmas spirit evident in hospitals

Once again we are approaching the beautiful Season of Christmas, a time when joy and gladness triumphs over sorrow and sadness. The source of this goodness and delight is the knowledge of God's love for mankind so clearly manifested in His sharing in our lives through the birth, life and death of His Only Son. This joy is also expressed in love for our fellow men as we gather with friends and relatives to join in the celebration of the holiday season.

It is difficult today to separate that which flows from the true meaning of Christmas as a religious experience, and that which is characterized by a life style that becomes a bitter, metallic existence not worth the price of endurance—the blatant, canned sounds of the discotheques with their flashing lights and charade-like movements of non-communication and non-content—the brash commercialism of ringing up record sales in a materialistically oriented world.

In a hospital, the spirit of Christmas has a particularly unique opportunity to flourish and grow—not only because it can be an oasis and place of refuge in a world where the material well-being of the individual rules the determination of conduct, but because that kind of spirit is so sorely needed at times of illness and distress. The patient, with his fears and feelings of helplessness and dependency, demands a response that must be more than simply humanistic and ordinary. He presents needs that require more than technical and professional expertise. He needs, in addition to these, the Christmas spirit of love and brotherhood, and

recognition of his dignity as a human being if he is to be treated as a whole person.

To capture this elusive spirit and firmly implant it in the daily operation of a hospital is not easily accomplished. It is difficult simply because it is the sum total of what we all are as individuals who make some contribution to the care of patients and the operation of the hospital. We recognize it as something that cannot be outlined step-by-step in a procedure book and taught as part of job instruction training.

Yet, even though it is elusive and, within each of us, ebbs and flows in tune with our own personal trials and tribulations, it ought not discourage us from attempting to maintain the Christmas spirit all year through, difficult though this may sometimes be. It is a challenge that each of us must accept individually and personally.

That a special spirit of love, compassion, and respect for others already exists at Saint Cloud Hospital is clear from many cards and letters we frequently receive from patients regarding their care, and by simple observation of the edifying way in which all who are associated with the Hospital relate to each other day by day.

So, it is not a spirit we lack and seek to find. It is rather a spirit we would cherish and protect, hoping to enhance and build it up further throughout the coming year.

To everyone, a joyous and holy Christmas and a New Year filled with blessings!

## The Late Shift: An atmosphere all its own



After attending to four patients in their labor rooms, Alberta Clement takes a moment to sit down and discuss why she likes working nights.

No matter how automatic they become, the boilers must be constantly monitored by experienced, licensed engineers. Al Spoden, Boiler Operator, right, makes his 3:00 a.m. record of the boiler's output.

Upon entering, the silence is deafening. It's almost like walking into another world. But it's not. It's still the Saint Cloud Hospital, only at two o'clock in the morning.

"I really like working nights because of the quiet, relaxed atmosphere," Alberta Clement, Delivery Room R.N., said. "There is no extra traffic of carts and people found on the other shifts."

"The work is the same," she said. "After all, having babies at night is the same as having them in the daytime."

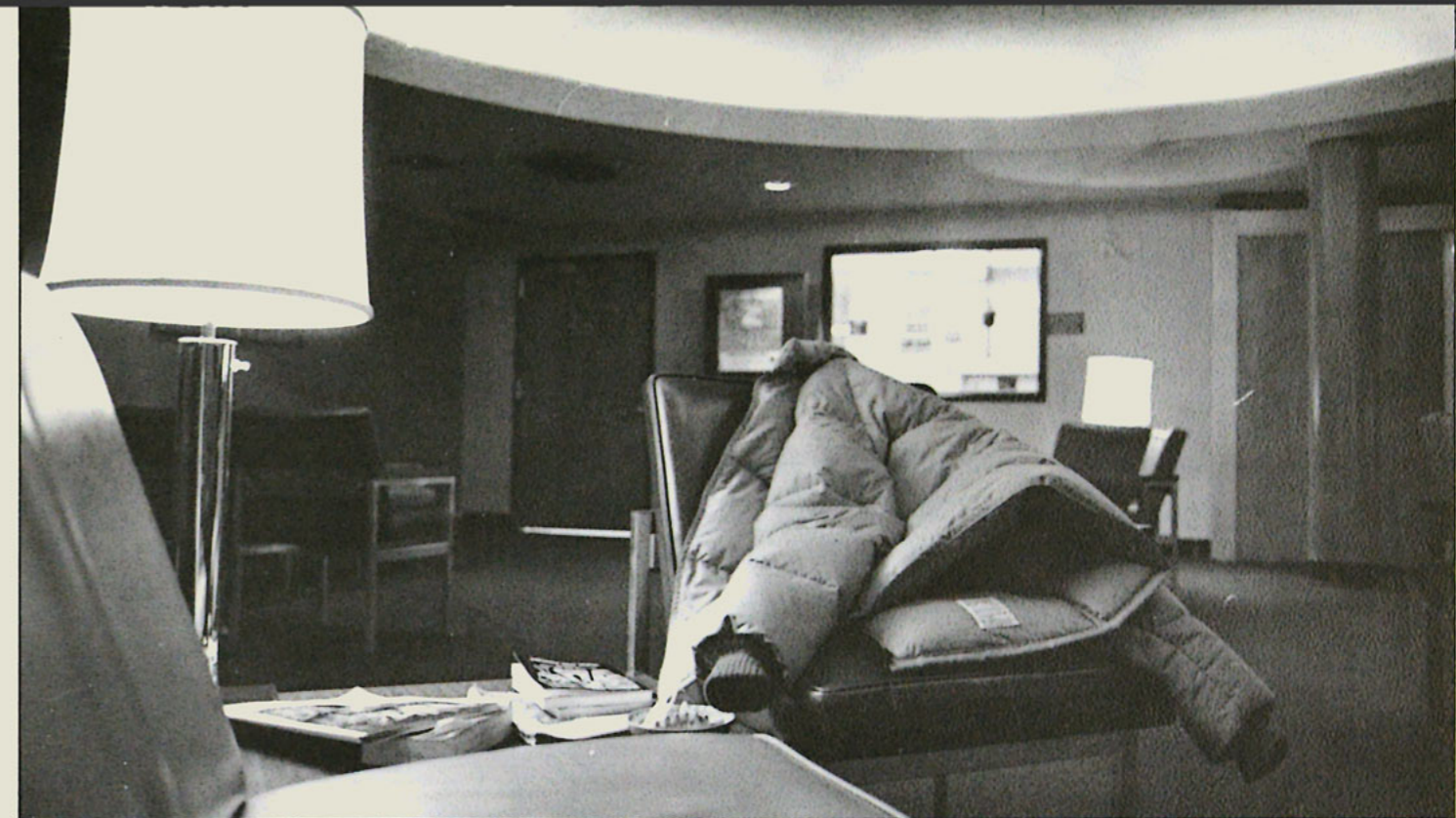
"But, because of the quiet, relaxing atmosphere, the sense of alarm diminishes," she said.

In addition to the different atmosphere, Alberta said she enjoys working nights because it fits her schedule better than either days or reliefs.

"When I started working nights 13 years ago, I liked the hours because I was able to be home when my children were up and about," she said. "I was able to be with them before they left for school, and to attend their evening school activities."

"Now, my schedule works well because I am going back to school for my Nursing Degree and most of my classes are in the daytime," she said.

And if all these reasons aren't cause enough for enjoying the night shift better, Alberta has one more.



Except for a lone jacket, the Admissions Lobby is completely void of any signs of activity at three in the morning.

But don't be fooled by the absence of people, there is still plenty of activity behind the scenes.

"Besides, by working nights I am able to watch soap operas during the day."

Nursing Units aren't the only active places during the early hours of the morning. There is always someone staffing the Emergency Room, the Admissions desk, and a Switchboard Operator has to be on duty to handle the telephone calls.

Other departments, such as Data Processing, Security, Laboratory, Radiology, Anesthesia, Surgery,

and Respiratory Therapy, provide personnel 24 hours a day to meet the patients' emergency medical needs.

The Hospital might slow down a

bit after dusk, but don't let the dark building and quiet atmosphere be misleading. At 2:00 a.m. the Hospital is still one of the busiest places in town.



Hot soup and sandwiches are served in the Personnel Dining Room from 2:00 till 3:30 a.m. According to Karen Schwartz, night cashier, approximately 25-30 people make use of the food service each night. One of those people is Evelyn Brinkman, 5 South R.N. who has been working nights for the past 24 years. She is pictured paying Karen for her lunch.



In the Intensive Care Unit, Mary Rademacher, R.N., checks a patient to make sure his respirator is still functioning properly.

## My job...and why I like it

# Nurse of the Year committed to serving people

Nursing isn't just Marilyn Anfenso's job, it's a commitment to serving people in need.

"I really enjoy people," Marilyn said. "Nursing enables me to work directly with people and to help them in their time of need."

Marilyn has been involved in nursing every year since she graduated from Lutheran Deaconess Hospital School of Nursing in 1952. More than half of those years have been spent directly in maternal and infant nursing as a Pediatric Nursing instructor at the Hospital's School of Nursing.

As a result of her concentrated efforts and achievements in this specialty area, Marilyn was named 1976 Minnesota Nurses Association March of Dimes Nurse of the Year. She received a \$500 award to be used for Continuing Education or Maternal Infant Health Care improvement projects.

"I am very honored to have been chosen to receive this award," Marilyn said. "And, I will use it to further my education."

Marilyn is currently working on her Masters Degree in Nursing through St. Cloud State University. She indicates that a good combination of both practical experience and classroom education helps to make better nurses.

"In-hospital experiences are a



On the Pediatric Unit, Marilyn teaches students the realities of nursing. "The practical experience of actually working and learning on the Unit helps the students gain insights into working with people."

very important part of the student's education," she said.

"On the Unit, they learn how to deal with people by working with the patients and their families.

"The cooperation we have received from all of the physicians and staff members of the Pediatric Unit has been wonderful," she added. "They have a genuine concern for the student's education and set excellent examples to follow."

"Teaching offers a sense of satisfaction in knowing that I have made an impression, hopefully a good one, on my students' lives and careers," Marilyn said. "But the real reward comes when a student who has been out of school for a few years drops in for a visit."

"We are able to carry on meaningful conversations about their lives and careers," Marilyn said. "And, I can't help but feel as though I have played a significant role in that person's success."

## FROM THE ST. CLOUD HOSPITAL KITCHENS

### HOLIDAY CRANBERRY SALADS

This month's recipe from the Hospital's Kitchen is a delicious way to brighten any holiday dinner.

9 oz. can (1 cup) Pineapple Crushed	1 cup Cranberries, fresh, ground
1 - 3 oz. pkg. Cherry Gelatin	1 Small Orange, peeled and ground
1/4 cup Sugar	1 cup Celery, chopped
1 T Lemon Juice	1/2 cup Walnuts, broken

1. Drain pineapple reserving syrup.
2. In saucepan combine gelatin and sugar.
3. Add water to syrup to make 2 cups. Add to gelatin mixture. Heat and stir until gelatin and sugar is dissolved. Add lemon juice. Chill till partially set.
4. Add ground fruits, celery and nuts. Pour into mold or 8 individual molds. Chill until firm.

## Second Annual Auxiliary Ball successful and fun

The Second Annual Auxiliary Ball turned out very well, according to Bernice Landy, Pat Cumming and Helen Catton. These three co-chaired the event's planning committee. They added that the Auxiliary members involved did an excellent job of transforming the Germain Hotel into a building of the past. Each room had a character of its own, and an atmosphere of nostalgia.

Although the final figures have not yet been tabulated, this year's event looks like it will be even more successful than last year's. The Auxiliaries donated \$6,000 to the Hospital's Cardiac Care program as a result of last year's ball.

The Co-Chairmen of the Ball's Planning Committee would also like to compliment the members of the Hospital's Auxiliary, the Stearns/Benton Medical Auxiliary and the St. Cloud Dental Wives on their ability to work so well together towards the success of the Ball.



Pat Cumming left, and Helen Catton right, are pictured above adding the finishing touches to a display of past Presidents.



Shirley Windschitt and Ruth Koop work together to put up the last of the wall hangings used to brighten up the Election Campaign Display.

They also extend a special thank you to those persons and businesses in the community whose donations of time and materials made the Ball possible, especially the J. C. Penney Company, Burlington Northern, the Stearns County Historical Society and O'Neill's Floral.



This group of people stopped to relax and visit in the hotel's main lobby which was decorated in a Victorian setting.

## Beacon Light

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## Area legislators meet with hospital staff members

Local State Senators and Representatives from legislative districts 16, 17 and 18 will be meeting with members of the St. Cloud Hospital's Board of Trustees, Medical Staff and Administrative Staff, Wednesday, December 15.

According to Dale Stein, the annual meeting is being held in order to discuss the Hospital's 1977 legislative concerns. Stein is the Chairman of the Hospital's Legislative Action Plan Committee (SCHLAP). He is also Assistant Administrator for Special Projects.

"The SCHLAP Committee has identified 15 major legislative concerns of our Hospital," Stein said. "Some of the more important items includes Professional Liability, Department of Public Welfare's (DPW) Rules 35 and 36, Cost/Benefit Analysis and the St. Cloud Hospital School of Nursing."

"The Professional Liability problem, more commonly referred to as the malpractice problem, is characterized by a lack of availability of insurance coverage and increased premium costs," Stein said. "We will be recommending four changes which will help to minimize these problems."

"DPW Rules 35 and 36 pertain to additional governmental requirements and review of Alcohol and Chemical Addiction and Mental Health Programs," Stein said. "Because Rule 35 and 36 add significantly to yearly operational costs, we will request that our programs be exempt from these rules on the basis that they are already licensed by the Department of Health and accredited by the Joint Commission on Accreditation of Hospitals."

"We feel this will also help keep patient charges in line," Stein added.

"The Cost/Benefit Analysis is a sophisticated, evaluative tool in which the benefits of a state program, agency or regulation are directly compared to the costs which their implementation are likely to create," Stein said. "The Hospital supports the Cost/Benefit Analysis as a possible means for controlling rising costs in the health care field and for assuring that regulations will achieve their intended objectives."

"State regulatory agencies are currently facing pressures to phase out three year nursing education programs and replace them with two or four year programs," Stein said. "Acceptance of these pressures could mean the end of the three year program and the Hospital's School of Nursing as we now know it."

"Dissolving the three year program in Minnesota would adversely affect the availability of Registered Nurse graduates trained for the hospital setting," Stein added.

"Through this meeting," Stein said, "We hope to reflect legislation which will assist efforts to provide quality health care without unnecessary cost increases."