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Beacon Light: December 1977

St. Cloud Hospital

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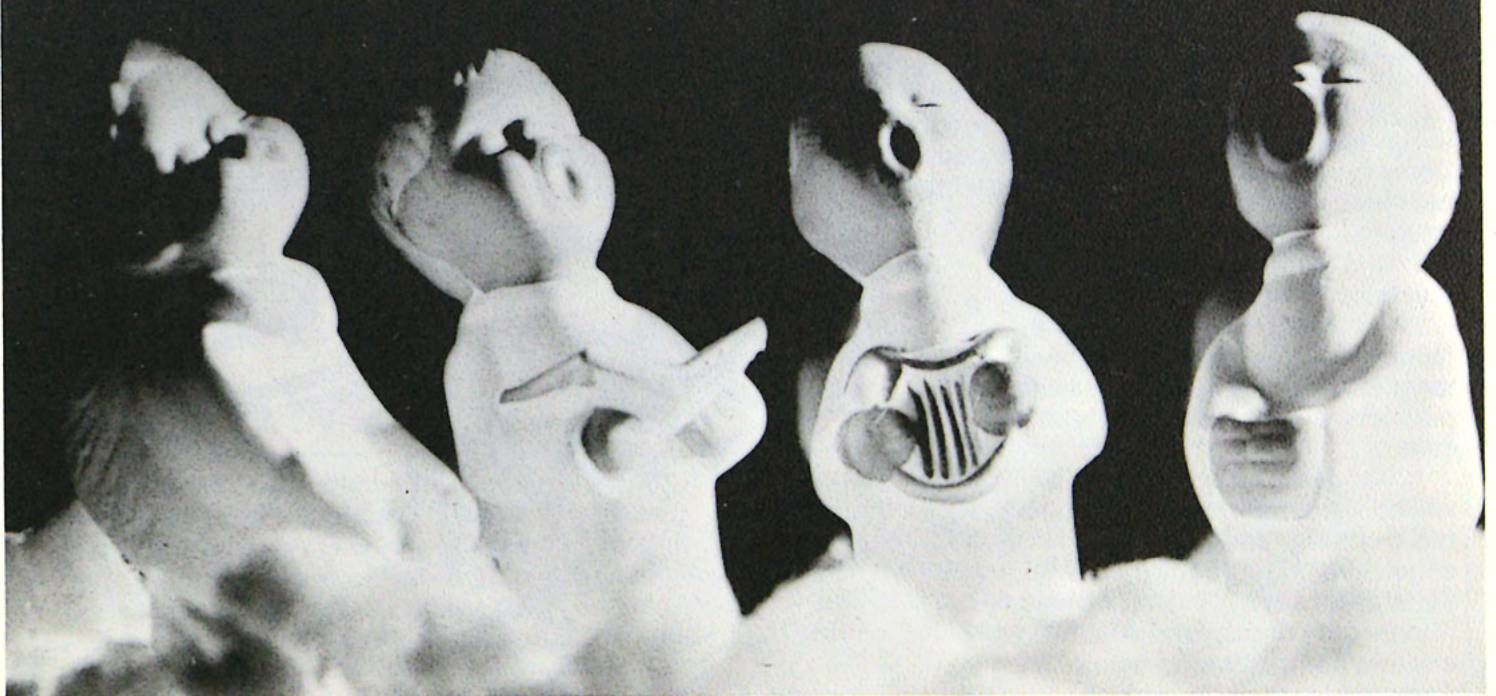
Beacon Light

Volume XXVII, Number 4

December 1977

I AM COME
that they might have life
and that they might have
it more abundantly

John 10:10



Hospital orders C.T. Scanner

The Computerized Axial Tomography (CT) Scanner has been called the single, most major improvement in the field of diagnostic radiology since the development of x-rays.

The scanner is a blend of computer and x-ray technology which allows for increased x-ray sensitivity with no additional radiation. As a pencil-thin x-ray beam scans a cross section of the body, the information is gathered and analyzed by a computer. The final result is a sharply detailed picture displayed on a T.V.-type picture tube. The image is retained in the computer's memory, and can be recalled at any time for future study, or photographed for future reference.

From the time scanners were introduced five years ago, they have been in constant demand because of their increased diagnostic capabilities. Improvements in their design and abilities were being introduced almost every day. After five years of use and development, CT scanners seem to have reached a sophisticated level of maturity.

Now, after three years of planning, the Saint Cloud Hospital is purchasing its own.

The Hospital submitted a Certificate of Need for a CT Scanner and received approval from the Minnesota Department of Health about a year ago to purchase the scanner. According to Harry Affeldt, Radiology Department Director, the Hospital hesitated in purchasing the new equipment until now because of the rapid technological advancements being made.

"We wanted to wait and order a reliable scanner which would best meet the needs of our patients and our medical community," Affeldt said.

"Changes in equipment design will continue to be made, but the basic concept and application should not undergo any major updates for several years," he said. "Under our contract agreement, any new computer programs developed in the future which

expand the scanner's diagnostic capabilities will be furnished at no additional cost."

The scanner will be a part of the Radiology Department. It will be used for neurological studies (head scans) and body scans—diagnostic capabilities which were not previously available here at Saint Cloud Hospital.

"The CT Scanner is a beneficial diagnostic tool because of its ability to reproduce very detailed images of abnormalities within the body," Affeldt said.

Prior to the scanner, the best methods of identifying abnormalities within the body were often uncomfortable, possibly dangerous and more expensive. Some of the procedures required hospitalization, adding further to the cost.

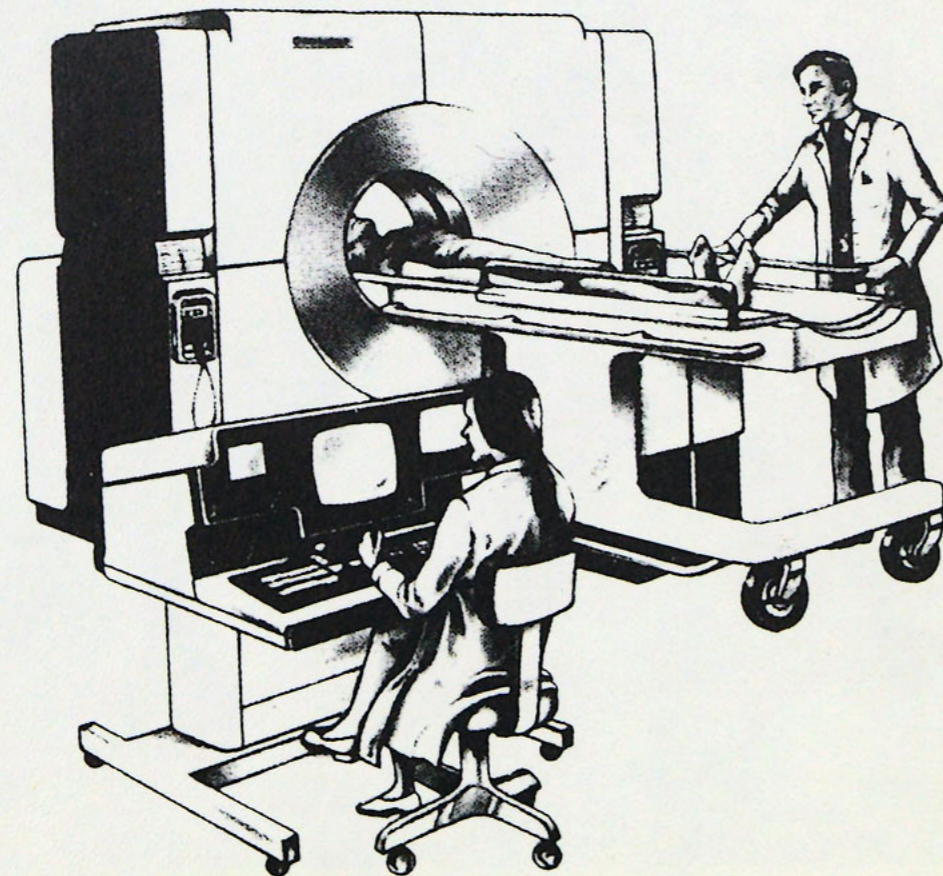
"As a regional center, we provide our services to a large group of people," Affeldt said. "By having a scanner in the Hospital, we will be able to save our patients needing this procedure the

expense and inconvenience of a trip to the Twin Cities."

A trip by ambulance from St. Cloud to Minneapolis currently costs about \$200. Add to this the higher cost of health care in the metropolitan area plus the extra cost and inconvenience for relatives, and the total could mean a substantial increase on the final bill.

This purchase represents the largest single outlay of cash ever made by Saint Cloud Hospital for one piece of equipment. The total cost for the scanner is \$625,000. It will be the only scanner in the Central Minnesota region, at this time. Other scanners in Minnesota are located in the Twin Cities, Rochester and Duluth.

The scanner was ordered from the Ohio Nuclear Company. The delivery date is scheduled for August, 1978. Affeldt explained that the delivery date is approximately eight months from the ordering date because each scanner is assembled individually.



COMMENT

by Gene S. Bakke
Executive Vice President



The Beacon Light: For Your Information

Among the issues currently receiving national attention by the federal government, health care is one that shares the limelight. Hardly a day passes but what there is a story in the media relating to this popular subject.

In pursuing this public debate on an issue as important as health care and the provision of health services, it is of critical importance that complete and accurate information be available to all, if reasoned judgments are to be made. The availability of health services is often a matter upon which life or death depends, and decisions affecting that availability should be carefully weighed, rather than based on political strategies ostensibly designed to win elections.

Recognizing the need for us to share information about Saint Cloud Hospital, we have added approximately 1,000 people to our BEACON LIGHT mailing list. They are receiving their personal copy for the first time with this issue.

We are concerned that the people we serve are kept informed about the changing health environment. As with any segment of our society, change is the order of the day, and health care is no exception. Furthermore, it is our desire to acquaint

the people of the area with the various services provided at Saint Cloud Hospital. These not only include the medical services offered within the hospital itself, but an expanding number of educational programs designed to provide our community with information on a variety of health related topics.

In the future, we intend to continue adding to our mailing list. If you know of people who you think might enjoy receiving the BEACON LIGHT, have them contact the Department of Development and Community Relations here at the hospital (251-2700 - Ext. 110) or just drop a card.

This being the Christmas Season, I would like to extend holiday greetings from Saint Cloud Hospital. This period of Advent reminds us of the great privilege that is ours to serve you in the Spirit of Christ, Whose Birthday we celebrate this month. Through sharing the concerns of our hospital, its various services, challenges and activities, we will be sharing our concerns for people who need health care services. During times of rapid change, and increasing attempts to focus attention strictly on costs, we hope these human life concerns will be given at least equal weight.

About our cover

This month's cover photo features one of the many wonderful Christmas gifts available in the Hospital's Auxiliary Gift Shop. These tiny ceramic angels would make a perfect centerpiece for any Christmas table. The Gift Shop's unique selection also includes mystic jade jewelry from the Orient, delicate music box dolls, a large assortment of

mobiles and much more.

A visit to the Hospital's Gift Shop will never be forgotten. Stop by for that unusual gift, today. Also, be on the lookout for Claxton Bakery Fruitcakes being sold by the Auxiliary. These cakes make great gifts for your friends, or yourself!

Social Services: A Part of Living

Josh had unexpectedly entered the Hospital after experiencing a disabling stroke. For as long as anyone could remember, he had lived alone on his farm. He had never needed or accepted help from anyone.

But the past few weeks have been different. After admission to the Hospital he began to wonder how he would pay for his care. Because of his disability, he realized he would not be able to return to the farm. His relatives had long since moved away and were unable to take care of him.

These concerns created considerable anxiety for Josh, but early intervention by a social worker helped prevent this anxiety from overwhelming him.

The social worker helped Josh acquire financial assistance. Through early discharge planning, arrangements were made for Josh to be transferred to a nearby nursing care facility that offered complete medical and physical therapies.

The social worker helped Josh realize his capabilities and accept his limitations.

These kinds of services are provided by social workers every day in hospitals across the nation, including the Saint Cloud Hospital.

Saint Cloud Hospital established its Social Service Department in November, 1967. Over the past ten years, the Department has grown from one person, who served the entire Hospital, to a Department of five, each of whom have their own specialty areas of medical social work.

Hospital Social Workers are often asked to talk about their profession and the Hospital's program at area Colleges and Universities. Clayton Skretvedt is pictured left talking to a class at the College of St. Benedict.

"Traditionally, the social worker was either a volunteer or a nurse who had a knowledge of hospital organization and community resources," Clayton Skretvedt, Social Services Department Director said. "Health care professionals began realizing the need for people trained in the understanding of psycho-social problems.

"As a result, better trained social workers now help the patient and the patient's family meet their psychological, social, environmental and financial needs," he added.

According to Skretvedt, social work at Saint Cloud Hospital can be divided into four main service categories. They are: financial, discharge planning, counseling and education.

Patients without adequate medical insurance or financial resources often receive help from the Social Services Department in locating sources which will help provide partial or total payment of the hospital bill.

Through discharge planning, the medical staff, nursing staff, social worker, and other health care professionals assess what special needs the patient has prior to leaving the Hospital. A variety of outpatient services are available in the community to meet these needs.

These services may range from nursing home care for patients unable to continue living alone to public health nursing and homemaker services which enable the patient to remain at home. The social worker is instrumental in arranging for the provision of these services.

Counseling with the patient, the family, or both may begin the moment the patient enters the hospital. Counseling may help the patient adjust to hospitalization, accept a disability or cope with a terminal illness. Ongoing individual, group and family therapy are important services provided by social workers throughout the Hospital.

As educational resources, social workers serve as consultants to area nursing homes and make presentations at local colleges and universities. Through Hospital inservices, members of the social service staff explain their role in the provision of health care to allied professionals.

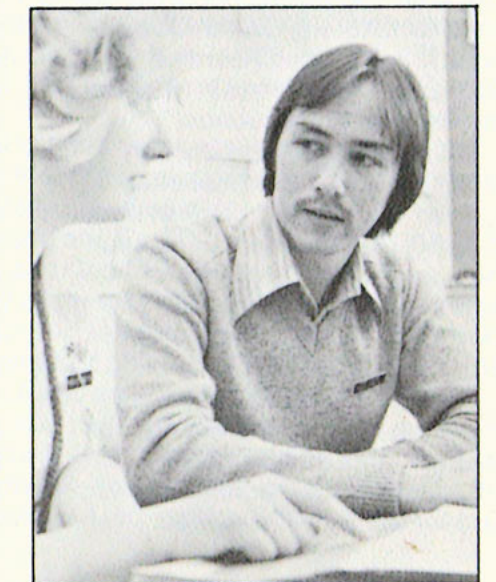
"The Hospital's nursing staff is our biggest asset," Skretvedt said. "Nursing personnel are involved with every patient and may recognize a potential problem. Before the problem becomes overwhelming to the patient, they can notify the patient's physician or social services so that an order for our involvement can be obtained."

Each of the five social workers has experience, special capabilities or interest in a particular area of medical social work.

"But the boundaries are not rigid," Skretvedt said. "To insure continuity of care, social workers maintain involvement with patients even if they are transferred from one unit to another."

"The involvement between social worker and patient may not end when the patient is discharged," Skretvedt said. "Our involvement continues as long as there is a need. Discharged patients are encouraged to utilize community services whenever possible."

Social workers are on duty from 8:00 a.m. to 4:30 p.m., Monday through Friday. When necessary, social workers are available to meet with patients and families during the evening or on weekends.

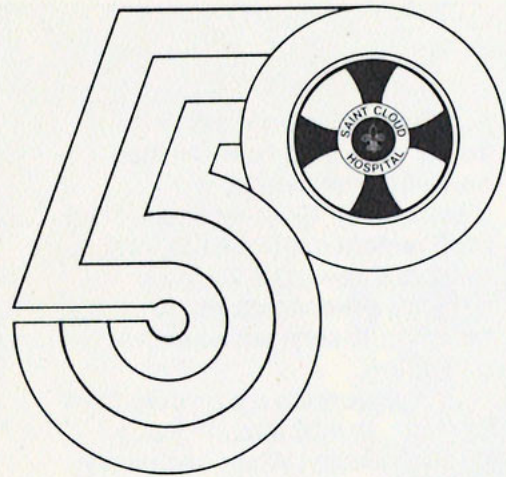


Gerry Dungan is pictured right in a discharge planning session with members of the 6 North Nursing Staff.



The newest member of the Social Service team is Marcia Davidson, pictured above visiting with a patient on the Orthopedic Unit.





Anniversary events planned

From a hospital no larger than a modern home with a medical staff of just one physician, one lay nurse and four Sisters, the Saint Cloud Hospital has grown to be a major regional medical center, providing the Highest quality patient care available.

Members of the community and Hospital's staff have played important roles in the historical development of the Hospital. Now, they are being invited to join in the planning and celebration of the Hospital's 50th Anniversary.

A committee of community members and Hospital personnel has spent the past three months planning special activities to increase awareness of the medical facilities available at Saint Cloud Hospital.

The concentration of the Anniversary celebration will be from February 16, 1978, through National Hospital Week, May 7-14, 1978. The first month of activities

will focus on employees and patient involvement. The remaining period of time will focus on community involvement.

Some of the special events being planned include: an exhibit of antique hospital equipment; a historical tabloid depicting the development of health care in St. Cloud and the Saint Cloud Hospital; a booklet illustrating 50 years of growth and services at the Hospital with special emphasis on the services now available; tours to community groups, and presentations.

A slide/tape program of the historical development of health care services in the St. Cloud area is available for presentation at organizations, church groups, and education groups. Contact the Hospital's Department of Development and Community Relations, 251-2700, Ext. 110, to schedule the program.

Newspaper headlines of 1928 said the Saint Cloud Hospital was, "Built for the Future; Materials are Best; Structure Is One of Modern Type; Many Unique Features Including Latest Ideas in Hospital and General Construction."

Fifty years ago this February, 1978, the Saint Cloud Hospital opened its doors for the first time at its present location. It marked the opening of the fourth and largest hospital built for the St. Cloud area by the Sisters of the Order of St. Benedict.

The Sisters had been actively providing health care services for people in this area since 1886 in fulfillment of their commitment to care for the sick and injured.

Hospital Ball is Community Success

A paper snowstorm inside the Germain Hotel made this year's "Sno Ball" a festive Winter's Eve for more than 600 friends of Saint Cloud Hospital.

"People seemed to enjoy dancing amid the glitter and snowflakes," June Wolseth, Co-Chairperson from the St. Cloud Dental Wives said. "Their enjoyment made the blisters we got from cutting out paper snowflakes all worthwhile."

"The Skating Pond turned out to be a favorite meeting place for friends," Shirley Windschitl, Co-Chairperson from the Stearns/Benton Medical Auxiliary said. "Many lovely memories of the evening were shared and captured on film by the Sno Ball's photographer."

Copies of photographs taken at the Sno Ball are on display in the Volunteer Office at Saint Cloud Hospital.

"The evening slipped away so quickly, which it always does when you are enjoying yourself," Shirley added. "Everyone wished the bands would have played on and on."

"Our treasurer is still finalizing her report, but she has confirmed that ticket sales exceeded 700 this year," Barb Gerards, Co-Chairperson from the Saint Cloud Hospital Auxiliary said. "This gives us an excellent start toward reaching our \$20,340.00 goal for monitoring equipment in the Radiology Department's Special Procedures Suite."

The proceeds are the results of the dedicated efforts of more than 75 volunteers from the three sponsoring organizations and the generosity of the community.

"Our success is really the community's success," Barb said. "Many members of the community will profit from this equipment and the maintenance of the fine quality of health care that our Hospital provides." The presentation of the proceeds by the three co-chairpersons will be made to the Hospital this January.

The Chaplain's Corner

by Fr. John McManus, OMI



Tomorrow May Be Too Late

I come to proclaim good news to you—tidings of great joy to be shared by the whole people. "This day in David's City a Savior has been born to you, the Messiah and Lord." Luke 2

As the signs of Christmas become more pronounced around us, a spirit of awe swells up within as we hear again the angelic message, "A Savior has been born to you." Perhaps we long to have been a part of that first Christmas in Bethlehem?

In a poem by Phyllis McGinley there is the story told about an old grandmother. She is about to retire for the night when shepherds come knocking on her door. They tell her of a royal child just born in Bethlehem's barn, and beg the grandmother to come and help. The grandmother is good-hearted, but to leave her warm home on a chilly night, "Tomorrow," she answers. But the shepherds knock again and ask for comforting gifts to carry in her stead. But again she answers, "Tomorrow."

True to her word, early in the morning she takes her basket of gifts, food and warm clothing, but the stable was empty when she came. Too late, how often that is our story. We do not find empty stables but empty lives. We wait too late—to tell or show

others that we love them. Too late to mend a quarrel. Too late to enjoy health or the gift of children or parents. Too late to enjoy God's gift of today. Too late to find Christ.

The poem ends on a sad note as the grandmother joins all the wanderers who have ever lived searching for the One who brings hope and meaning to their lives. She finds children and with each she leaves gifts with each precious infant, hoping it is the Christ Child. However, she was not far from the truth.

Look to a child, if it is hard to believe that our humanity is the hiding place of divinity. Every child is love made visible, and God is love. Every child is joy, joy to the world and God is joy. Every child is a new beginning, and God is the One who said, "Behold, I make all things new." This Christmas time our search for Christ is ended for He is here. Look for him in the accustomed places—Word and Sacrament, grace and power. Look also to ourselves, and to the poor, and to those whom love has gathered around us. Good Christian people, rejoice! For Christ is born this day in all the Bethlehems of a weary world. He lives, God in man. Come, let us adore Him.

FROM THE ST. CLOUD HOSPITAL KITCHENS

Holiday Punch

This month's recipe from the Hospital's Kitchen is a bright punch for parties or just the family. Serve as is or with your own brand of "Holiday Cheer".

- 4 Cups Cranberry Juice Cocktail, chilled.
- 2 Cups Pineapple Juice, chilled.
- 1 1/2 Cups Sugar
- 8 Cups Gingerale, chilled.

Combine sugar and juices in punch bowl. Just before serving add gingerale and an ice wreath or ice cubes with a cherry frozen in each. Makes about 3 1/2 quarts or 25 servings.

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LETTERS TO SANTA

It's getting close to Christmas, and some of our younger Pediatric patients have found an important way of making use of their spare Hospital time—writing letters to Santa Claus. Some of the letters, written with the help of the Play Nurse, a student from the Hospital's School of Nursing, have been reprinted below.

A WHITE
A D

Dear Santa
I'm leaving you a card case on the
counter top.
I would like a fuzzy pumper and
a baby heartbeat.
Love, (H) A I
ANNIE

DEAR SANTA

I would like you to
bring a big pillow - one that I
can sit on to watch T.V. - and some
games - like Jaws and Candy Land. We
also need a new shovel for Mikey.
I've been a good boy.
I live in St. Cloud - close
to Shopko

MIKE MARK

Dear-Santa

I dont know how to write so some
one else is writing this. I am in the
hospital. A car hit me and broke
my leg. I would like a new bike for
Christmas. I am six years old.
I rode in the ambulance to the
hospital.

From
id ot