

1978

## Beacon Light: January 1978

St. Cloud Hospital

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## Tentative date set for St. Benedict's Center Open House

An Open House celebrating the opening of Saint Benedict's Center has been tentatively scheduled for the final week of April, 1978, according to Sister Rita Budig, O.S.B., Administrator. Resident admissions will begin just prior to May 1, 1978.

Work on the facility will be substantially completed by March 1, 1978, Sr. Rita said. This means residents could move in at that time. But, she added, they would need the extra month for orientation of staff, the moving in and arranging of furnishings and for cleaning.

"All resident living areas will be completed by the middle of January," Sr. Rita said. "The finishing work, such as carpet and tile installations, will be completed on the remaining first and ground floor areas during February."

The departments on the first and ground floors still requiring finishing work include the Boiler Room, Laundry, Dietary, Coffee Shop, Physical and Occupational Therapy, inservice meeting rooms, Volunteer Department, the Country Store (a gift shop), the Recreation Hall, the Chapel and the Administrative areas.

The Center has been accepting job applications during the past several months and most positions have been filled.

"We have had numerous applications for the positions available," Sr. Rita said. "We still have a few slots remaining to be filled in the Laundry, Housekeeping, Dietary and Nursing Departments."

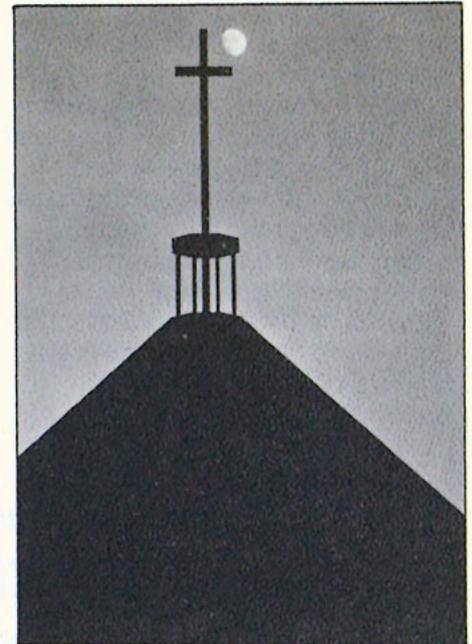
(Persons interested in employment at Saint Benedict's Center should contact Sr. Rita at 251-2700, Ext. 104.)

"We have been fortunate in being able to recruit employees from St. Joseph's Home," she added. "They have an excellent staff and provide all around excellent care."

"They will be filling a majority of positions when the Center is opened," she said. "We anticipate that their presence will help provide an easier, less traumatic transition for former St. Joseph's Home residents."

Both the residents and employees of St. Joseph's Home were given the option of coming to Saint Benedict's Center. Out of 110 residents, 104 have indicated a desire to make the transition, and 85 of 93 employees have accepted new positions at the Center.

"We have had numerous requests for resident admissions to the Center", Sr. Rita said, "and we agree that additional applications can still be taken." (Prospective residents should contact Nora Wagner, Social Services Director, 251-2225.)



A late afternoon moon-rise over St. Benedict's Center photographed late last month.

All department heads for the Center, with the exception of the Chaplain and Volunteer Director, have been selected. The Department Heads have been working on a part-time or full-time basis since November, 1977—and some even earlier.

According to Sr. Rita, they have been helping with the selection of equipment, developing staffing patterns, writing job descriptions, policies and procedures, and assisting with the selection of consultants.

Other members of the Center's staff will begin working as soon as necessary to insure its readiness for the May 1 opening date.

Saint Benedict's Center is a 220-bed skilled and intermediate nursing care facility. It is being constructed to help replace nursing care beds lost to the community by the closing of St. Raphael's Home and St. Joseph's Home.

(Continued on page 8)

# Windschitl appointed Chief of Staff Elect

Harold Windschitl, M.D., Internist, has been appointed Chief of Staff Elect, according to Roger Rovelstad, M.D., Surgeon, Chief of Staff. Dr. Windschitl's appointment came following an announcement by former Chief of Staff Elect, Robert Koenig, M.D., Ophthalmologist, of his desire to resign from the position.

Dr. Windschitl graduated from The Creighton University School of Medicine in 1959. He interned at St. Paul Ramsey Hospital, formerly Ancker Hospital.

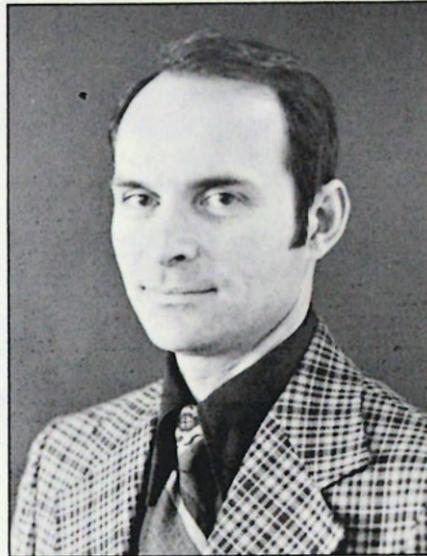
After serving three years in Public Health Service at Rapid City, South Dakota, Dr. Windschitl completed his residency at the University of Minnesota and remained on staff there for six

years. He moved to St. Cloud in 1970 and is associated with the St. Cloud Internists, Ltd. Dr. Windschitl is from Comfrey, Minnesota.

Dr. Windschitl is a charter member of the North Central Cancer Treatment Group and is an Examiner for the Minnesota State Medical Society Accreditation Committee for Continuing Medical Education.

He has chaired the Department of Medicine for two years and has served as Secretary of the Medical Staff for almost three years.

Following an election by the Medical Staff at the beginning of the next fiscal year, the Chief of Staff Elect generally becomes the Chief of Staff.



Harold Windschitl, M.D., Internist.

## Birth Defect Prevention Month

# New Program trains health professionals on first six hours of life

Birth defects are the nations most serious child health problem.

"The March of Dimes is dedicated to the protection of unborn and newborn children from the life-threatening effects of birth defect disorders and diseases," said Stephen Sommers, M.D., St. Cloud Hospital Pediatrician and Medical Advisor for the Central Minnesota Chapter of the March of Dimes.

"The March of Dimes knows how fragile the first few hours of human life are to the newborn," he added, "They have developed a special educational program for health professionals dealing specifically with this time."

"Training those responsible for newborn care to be more aware of symptoms and problems which put the infant in a high risk situation will save lives," Sommers said.

"Brain damage resulting in blindness, deafness or other physical defects can be caused by a variety of factors as simple as temperature changes or as complex as the sugar level in a baby's blood."

The program, entitled, "The First Six Hours of Life", is being presented by St. Cloud Hospital in conjunction with the March of Dimes and the Mrs. Jaycees.

According to Jim Painter, R.N. Education Coordinator, the program's first installment, held this past November, was very successful.

"Those who attended the program completed an evaluation to provide us with ideas for improvement on the next presentation," Painter said. "Everyone responded positively, indicating it was a very interesting and informative program."

The remaining four modules in the five-part series are being held according to the following schedule:

- March 16, 1978  
"Hypoglycemia in the Newborn"
- April 20, 1978  
"Assessment of Risk in the Newborn"
- May 18, 1978  
"Resuscitation of the Newborn"
- June 16, 1978  
"Early Parent-Infant Relation"

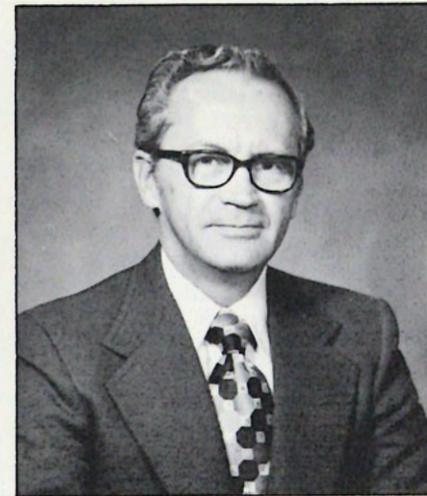
All modules will be held at the St. Cloud Hospital in the Recreation Room from 12 noon to 4:00 p.m.

Pre-registration is mandatory and each session will be limited to 30 persons. Those interested in participating in one or more of the remaining sessions should contact the Hospital's Department of Continuing Education.

If you are receiving an extra copy of the *Beacon Light*, please, pass it on to a friend.

## COMMENT

by Gene S. Bakke  
Executive Vice President



### Planning to meet the need

One of the most important management functions of any successful organization is planning. It is perhaps the most important single factor in determining the future effectiveness of an organization in meeting people's needs. And the ability to meet the needs of people—to provide a needed service or commodity in a manner that is desirable and acceptable—is the ultimate test of the accuracy and competence of the planning process.

Here at St. Cloud Hospital, planning has been recognized as a function of critical importance for many years. The constant growth and development of hospital facilities in St. Cloud from a modest beginning almost 100 years ago to the major-medical center of today attests to the importance and effectiveness of planning to meet the needs of an ever-expanding community of people. In the early days, the community served was relatively small in number and largely confined to the people living in St. Cloud. Today, the population is much larger and the area served has expanded to include the whole Central Minnesota area. This expansion in number and area adds more compelling emphasis to the need for planning and increases the importance of accuracy and expertise in carrying it out. Added to that is the enormous complexity of society, science, medicine, economics and government regulation

that has recently occurred at such an accelerated pace.

Over the past fifteen years, we have developed three separate master plans that have guided our decisions regarding the services we should provide, and the facilities required to meet the public's health care needs in 1963, 1970 and 1974. Those studies resulted in the addition of many new and expanded services—services that have demonstrated their worth in improving the health and well being and extending the lives of thousands of people in the area.

Once again, we are at a point in time where another look must be taken at what the future holds. What must we do to respond effectively to the needs of the community for hospital and health care services over the next five to ten years?

By July 1 of this year, we hope to have developed a blueprint that will tell us how we might serve you better in the years ahead. It will be a difficult, time-consuming task, and more complicated to develop than was the case in the early days. But it is an essential process, and one that we approach with great interest—even excitement. At the same time, we realize the serious obligation we have to serve the people well. It is a privilege for which we will always be grateful!

Kevin Dierkhising, right, jots down the parking sticker number of an employee's car with its lights on. Back in the Hospital, the owner can be identified and informed that the lights were left on.

# Security and Safety



A typical security and safety officer is often pictured in the movies as a person who checks buildings at night to make sure the lights are out and the doors are locked.

In reality, security and safety officers play a much more important role, especially at St. Cloud Hospital.

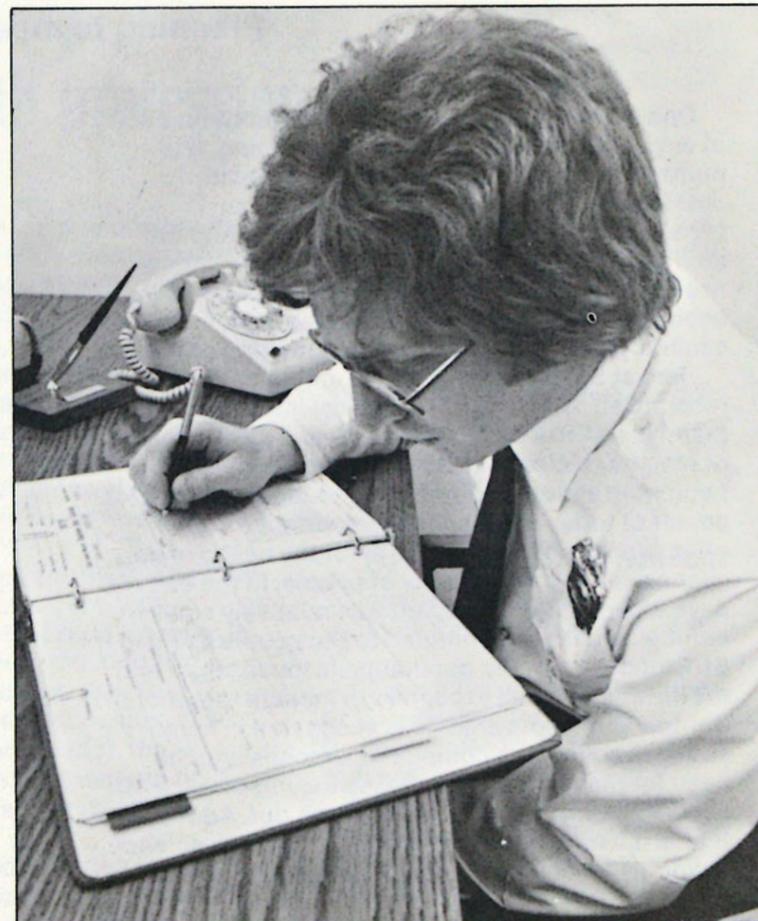
"Our officers are responsible for prevention," Bill Becker, Security and Safety Unit Director said. "Members of our team are trained to locate possible problems and to correct them before they become incidents."

The unit's safety activities cover a wide range of duties from sanding icy sidewalks to making regular fire inspections of all the Hospital's property.

"We measure our success by the number of accidents that actually happen and by the number of people who react properly to each situation," Becker said.

"A large number of accidents means the officers must provide more safety inservices to prevent them from reoccurring," Becker said. "Any employee who does not know how to respond during a fire drill will receive immediate, individual instruction from a Safety and Security Officer."

The Unit works closely with the Hospital's Safety Committee. As the Committee initiates new policies or programs, the officers enforce them.



Ted Jewell, above, fills in his daily report at the end of his work shift.

Security Officer Bob James, left, performs one of the Security and Safety Unit's newer services—helping to start employee's cars during the cold winter months.



"We are currently working on bringing our accident rate down to zero," Becker said. "We are trying to get more managers and supervisors involved in the investigative follow-up to better understand why as well as how incidents happen."

"Our employees' cooperation and willingness to learn has enabled us to provide very successful fire safety inservices resulting in one of the best fire prevention programs in the community," Becker said. "We are positive this same cooperative spirit can be carried through into our accident prevention program."

"Our officers will play a big role in this program by enforcing the safety regulations to increase employee awareness," Becker said. "They will also provide immediate instruction as mistakes occur."

Security and Safety Officers are also responsible for providing a secure building for the Hospital's patients, employees and visitors, Becker said.

"Again, prevention is our main goal," Becker emphasized. "We have trained our officers to recognize potential security hazards and to take action to correct them."

This may mean anything from checking to see that a door is locked to escorting an employee to their car during the evening and night hours. It also means making regular patrols through the Hospital's parking lots to protect employees' cars from vandalism and theft.

Security and Safety Officers respond to other Hospital needs such as restraining persons displaying disorderly conduct on Hospital property. They meet incoming patients and help them park their cars and find their way throughout the Hospital.

"Versatility is a must for our officers," Becker said. "Many times, the Security and Safety Officer is the first contact patients and visitors have with the Hospital. The officer has to know how to tactfully handle the variety of emotions and situations these people present."

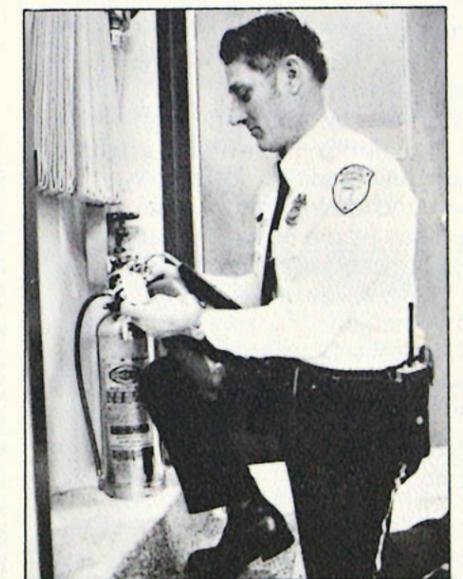
To meet their varied demands, Security and Safety Officers receive general Hospital orientation, instruction on therapeutic intervention with the violent patient from the Hospital's Continuing Education Department, Fire Safety Instruction from the St. Cloud Fire Department, and Self Defense and Law from the St. Cloud Police Department. Other pertinent safety or security related programs are taken as they become available.

"St. Cloud is a growing community and our Unit has had to change with it", Becker commented.

"Our officers must be up-to-date on all legal aspects of security and safety work," Becker said. "They must be qualified with some experience in criminal justice and safety."

"Both the St. Cloud Fire and Police Departments have been very helpful and cooperative in providing the opportunities for our personnel to receive the educational experiences they need," Becker added.

The Hospital staffs eight Security and Safety Officers. They are responsible for maintaining a safe and secure Hospital environment which includes 31.5 acres of land, 9 buildings and 14 parking lots.



Prevention is the key to a successful safety program. Leroy Zierden inspects the Hospital's fire extinguishers to make sure they are charged and ready for use.

# That Good Old Nashville Music

During the week, Char Pollock is an Admissions Clerk at St. Cloud Hospital.

But on the weekends, she joins her sister, Judy, for a duet singing combination which has already landed them a recording session in Nashville and a record.

Char and her sister, a senior at Holdingford High School, have been singing together for the past five years. Most of their engagements have been at parties and other social gatherings. In 1975, they joined a group and have been singing every Friday and Saturday night in the Canteen Bar at Camp Ripley.

"When we got the chance to audition for a record company, we took it," Char said. "We had always wanted a record of our singing, mostly as a souvenir."

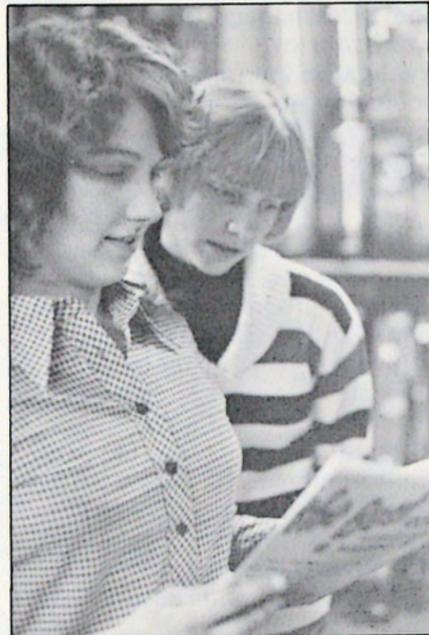
Char and Judy waited two days for the results of the audition. Tape recordings of all the participants were fed into a computer and compared for voice tone, pronunciation, harmony, blend and style. The computer gave them its stamp of approval.

"After they accepted us, we had to decide whether or not we wanted to go to Nashville to make the record", Char said. "Naturally, we were excited and we accepted."

Char, Judy and their parents arrived in Nashville on a Wednesday morning. They immediately met with the producer and selected two songs they wanted to sing from five songs picked by the computer according to the duo's ability.

"We spent the rest of that Wednesday listening to just the melodies of the songs without words or other musical accompaniment," Char said. "We listened to them about 50 times each."

We put words and harmony to one song on Thursday and to the other song on Friday.



Char and her sister Judy, right, shop for sheet music to some new songs.

"These practice sessions were pretty intense," she said. "They worked with my sister on the pronunciation of just one word for 45 minutes."

"We finally got into the studio at 9 a.m. the following Monday," Char said. "Just to see what the studio looked like was amazing."

There, they met the musicians for the first time and began the recording session, Char said. It took almost a full hour to arrange the sound recording levels for all the different microphones. By 11 a.m., they had finished recording both songs onto the master tape.

"It was an experience I'll never forget," Char said. "The studio, the actual recording and hearing the master tape of us singing with the musicians—that was the most exciting part, that's what we were waiting for."

The total cost for producing the single 45 rpm record was about \$6,000. The total cost for Char was about \$3,400-\$3,500.

"I had to take out a loan to finance our trip," she said, "But, if we are successful, we will get the chance to go back, and that's what we want."

"Both my sister and I want to make singing our careers because we know our music is pleasing to people," Char said. "You have a sense of creation and pride when you hear what you have done, not for yourself, but for other people."

"The sound, the excitement and fun makes me want to do more," she said.

The record has been nationally released by Caprice Records to 300 radio stations. It is being played on local stations and is available in local record shops. If the record is successful, it could mean more promotion and more singing opportunities for Char and her sister.

"I've never really thought about what making this record could mean until now," Char mused. "We want the record to be successful, not for the money, but because people around us like it, and that's important."

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The St. Cloud Hospital opened its doors February 16, 1928. Watch for future announcements of the community activities planned to celebrate the Hospital's 50th Anniversary.

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# The Chaplain's Corner

By Fr. Al Stangl



## JANUARY - 1978

1977

Another year gone

### Good Memories

New friends  
I have grown  
A better person

### Some Regrets

Haven't done all I wanted to do  
Same old me  
Not yet reached the level I want to be

1978

### A New Year

New Hopes  
New Dreams  
New Goals

### A Time

To Grow  
To deepen relationships  
Deepen our faith

MAY IT BE 
 / Peace-filled  
 \ Faith-fulfilled

## FROM THE ST. CLOUD HOSPITAL KITCHENS

### SCOTCH TREATS

A new taste treat—hearty enough for January appetites. It is being printed by popular request.

Butterscotch Chips	1 cup
Peanut Butter	1/2 cup
Rice Krispies	3 cups

1. Melt chips with peanut butter over low heat or in double boiler until well blended. Remove from heat.
2. Add cereal stirring until well blended.
3. Drop on wax paper. Let cool. Can also be pressed into greased 8" x 8" pan and cut into squares.

## Credit Union sponsors annual meeting

The fourteenth annual membership meeting of St. Cloud Hospital Employees' Credit Union (SCHECU) will be held at 8:00 P.M. Friday, February 17, at the Elks Lodge Clubrooms, 1445 E. Highway 23. Dinner will be served at 7:15 P.M., preceded by a social hour for all ticket-holders. Cost of dinner tickets is being held to \$3.50 per person. Tickets will be available after February 1 from all Board and Committee members, as well as at the Credit Union Office, 1532 St. Germain.

As of December 31, 1977, SCHECU has granted 3,333 loans for a total of \$3,109,907.48, and our total assets, as of that date, have reached \$842,593.48.

Several new services are being contemplated for the near future, and of course, the first services will stand—a good, safe place to save with 5 1/4 % interest on passbook savings, PLUS low-interest, insured loans. Payroll deduction at the Hospital remains one of the chief attractions—it's the easiest way to save or repay loans.

Members are urged to attend the meeting and to make their voices heard in electing new officers. Guests are cordially invited. There will be dancing until 1:00 A.M. after the meeting. Come and get acquainted with your fellow Credit Union members. SEE YOU THERE!

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Address Correction Requested

# Donations brighten Pediatrics, Home Delivered Meals Christmas



Christmas is a time for sharing. The St. Cloud Hospital Auxiliary and the St. Cloud Lions Club took this message to heart this past holiday season.

The St. Cloud Hospital Auxiliary donated about 150 sets of colors, coloring books and reading books to the Hospital's Pediatric Unit. The gifts were presented to the Unit in a sleigh fashioned out of cardboard. They will remain in the Pediatric Unit for use by children throughout the year.

Auxilian Alice Latzka is pictured sharing one of the Christmas gifts with Pediatric Unit patient, Tim Lombard.



The St. Cloud Lions Club donated 60 wreaths to the Hospital's Home Delivered Meals Program for the second year in a row.

The wreaths were delivered by members of the Home Delivered Meals Volunteers and Hospital Junior Volunteers during the Christmas week. The Home Delivered Meals volunteers are members of 23 area churches.

St. Cloud Hospital Junior Volunteers Ida Holft, left, and Kim Grosser, right, are pictured helping with the wreath delivery.

## St. Benedict's Center

*(Continued from page 1)*

The Center is a division of the Saint Cloud Hospital Corporation. An Operating Committee of the Hospital's Board of Trustees was established in August, 1977. The Operating Committee holds immediate responsibility and

authority for the Center's buildings, debts, operational activities, programs, policies and procedures. The Committee is responsible to the Hospital's Board of Trustees.