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Beacon Light: Winter 1980

St. Cloud Hospital

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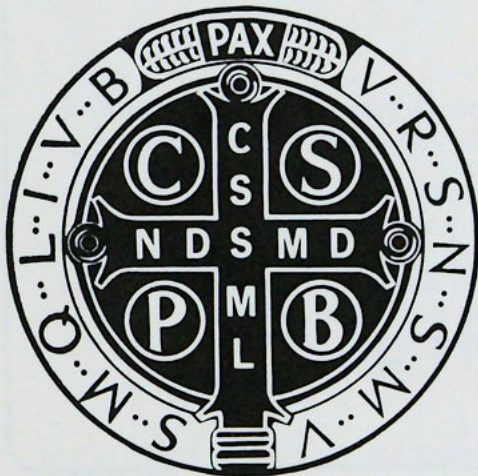
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Hospital joins in 1500th Anniversary Celebration



Jubilee Medal of Saint Benedict

The year 1980 marks the 1500th anniversary of the birth of Saint Benedict and Saint Scholastica, patron saints of the Benedictine Order. A year-long celebration is being prepared to commemorate this event, which involves Benedictines all over the world.

The sesquimillennium, or 1500th anniversary, is being celebrated regionally at St. Benedict's Convent, St. Joseph, MN. St. Benedict's Convent was founded in 1857 and is one of the oldest priories in the United States. As a member of the Federation of St. Benedict, it is also the largest Benedictine priory in the world.

St. Benedict's Convent is also the burial site of Mother Benedicta Riepp, foundress of the American Benedictine women. Mother Benedicta and a group of Benedictine nuns travelled from St. Walsburga's Convent, Bavaria, in 1852 in response to religious needs in the United States. In 1857, the first Benedictine Convent in the midwest was

established in St. Cloud, MN, and in 1863 the priory was moved to St. Joseph.

The St. Cloud Hospital is just one of the institutions sponsored by the Sisters of the Order of St. Benedict. Through the early 1960's the Sisters of the Order of St. Benedict actually owned and operated St. Cloud Hospital. In 1962, the Hospital was separately incorporated as a private, non-profit organization with its own governing board. Although the Sisters gave up direct ownership of the Hospital they maintained the responsibility for sponsorship of the Hospital. In 1975, the Diocese of St. Cloud joined the

Sisters as co-sponsors of the Hospital.

This sponsorship implies that by their presence and influence as members and in board, administrative and staff positions in the Hospital, the Sisters as a community of women religious gave Christian witness of love and compassion for the sick. While fulfilling their professional roles, the Sisters bring an added perspective of their community life to the work community at the Hospital.

All of the people involved with the Hospital's daily operations are grateful for their guidance and support throughout the Hospital's 52 years of existence.

Saint Benedict, 480-547, A.D. Founder of Benedictine Order

Saint Benedict, founder and patron of the Benedictine Order, and twin brother of Saint Scholastica, was born to Eutropius and Abundantia in 480 A.D., in Nursia, Italy. His parents, being of noble birth, were wealthy landowners of that region. When Benedict was young, they sent him to Rome to pursue his studies. Disturbed by the corruption that he encountered, he fled Rome for the solitude of the mountains of Subiaco, where he was tutored by Saint Romanus. His reputation for sanctity gathered a large number of disciples around him, for whom he erected monasteries in which they lived a community life under a prescribed rule.

In 529, Benedict left Subiaco for Monte Cassino, and there founded the great abbey which became the center of religious life in Europe. It was at Monte that Saint Benedict wrote his Holy Rule that shows the way to live the Gospel and the apostolic teaching. His Rule stresses obedience, humility, family spirit, community life, chastity and Christian perfection. Saint Gregory declared Saint Benedict's Rule a "masterpiece of discretion and clarity." Although his Rule has been adapted and modified to meet the needs of the times, its essential values remain intact.

Saint Benedict died March 21, 547 A.D., at the monastery in Monte Cassino.

The Chaplain's Corner

By S. Georganne Burr, O.S.B., Catholic Chaplain



Changing Attitudes

It's that time of the year when we take a look at how we can make life better by setting growthful goals for ourselves. Usually we "attack" our behavior and resolve to change from negative to positive behavior. Somehow we end up with failures and we don't understand why we find it so difficult to change. I'd like to suggest that we look at the attitude out of which we act. We behave or respond a certain way because of an attitude. If we change the attitude, then we can change the behavior! Now, doesn't that make it easier?

The following quote by Rod McKuen is a health attitude that will help us to respond more positively and be happier people.

I've been going a long time now along the way I've learned some things.

You have to make the good times yourself take the little times and make them into big times and save the times that are all right for the ones that aren't so good.

FROM THE

ST. CLOUD HOSPITAL KITCHENS

FRIED CABBAGE

- 3 Tablespoons bacon drippings or margarine
- 1/2 head cabbage (medium) cut
- 3/4 tsp. salt
- 1/4 tsp. pepper

1. Place bacon drippings in skillet to melt
2. Add cabbage and seasonings
3. Simmer until tender (covered)
4. Serve hot
5. Makes 6 servings

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Comment

By Gene S. Bakke
Executive Vice President



Cost Containment Programs Keep Health Care Costs Down

In the minds of most people these days, inflation is regarded as the most important domestic problem that confronts us as a nation. In the year 1979, the annual increase in the consumer price index (CPI) is expected to hit 13% after all of the figures are in.

One of the elements included in the CPI is Medical Care. In 1979, the annual increase in the Medical Care component is estimated to be 11.6%, significantly below the general inflation rate and much less than increased costs of energy, housing and many other items we must pay for on a daily basis.

There is, of course, a reason for this notable difference in the inflation rates. The cost increases in the Medical Care component are lower because the people who provide health care have not only committed themselves to controlling costs voluntarily, but they have translated that commitment into specific programs designed to minimize cost increases while maintaining quality.

At the national level, a coalition of representatives of hospitals, medicine, labor and industry have carried on an effective, cooperative, nation-wide program focused on containing health care costs. Called the Voluntary Effort (VE), it has set specific, quantified objectives, all of which have so far been met or exceeded. The CPI comparisons document the success of VE.

In our state, the Minnesota Hospital Association set up a voluntary Rate Review program in 1975. In 1977, that program was given official sanction by the state Legislature, and now all hospitals must submit budgets to that body for review prior to making any rate increases. This voluntary effort on

the part of hospitals in the state has resulted in cost increases that have consistently been lower, on the average, than hospital cost increases nationally.

Here at St. Cloud Hospital, our record of achievement in cost containment efforts is very significant:

- *The average increase in charges for services over the past six years has increased only 7.5%
- *Our average per diem cost is the lowest in the Rate Review peer group to which we are assigned (13 hospitals of similar size, services and programs)

All of this has been achieved through voluntary efforts by people who provide health care. Its success is unique because no other major industry has even attempted, let alone achieved, these kinds of cost containment results. Its success is being recognized in Congress by its recent refusal to create a mammoth bureaucracy to do a job that is already being done effectively.

A general theme that one hears more and more these days is that government has intruded into our lives to the point of suffocation. We can hardly do anything without that action being controlled by some law or regulation. Many are saying "We've had enough!"

In the field of health care we have, indeed, had "enough". But that does not mean the problem of increasing costs of health care will go away. It does mean, though, that we recognize the problems and are doing something about them. The results so far indicate that a pretty good job is being done.

Statz appointed to Hospital Board

Richard Statz, Division General Manager of Northern States Power, St. Cloud, was recently appointed to the Hospital's Board of Trustees. Statz replaces Ed Stockinger, a member of the Board since 1974, who passed away in September 1979.

Statz, 56, is a lifelong resident of St. Cloud. He attended Holy Angels Elementary School and Cathedral High School.

He began working at Northern States Power in 1942. Since there were no postmen, he personally delivered bills to customers.

He served in the Air Force during World War II and returned to Northern States Power in 1946. He has since worked in the Accounting Department, Storeroom and Payroll before becoming Office Manager in 1961 and Division General Manager in 1973.

Statz has a long record of active service to the community of St. Cloud. He was elected to the St. Cloud City Council for one term from 1964-1968 and has been active with the Chamber of Commerce, the Rotary Club and various other civic organizations. Statz also served on the United Way campaign budget committee and headed the successful 1978 campaign.

Statz believes that one must be a participant to belong to a community. He contributes his sense of responsibility to his parents and his education by Benedictine nuns.

Statz also enjoys his family life. He has eleven children, ranging in age from 11 to 33 and is the grandfather of five.

He will serve as a board member until June 1982.



Psychologist joins Hospital Staff



John Kearns, Ph.D., has recently joined the Hospital's Psychology Department. Kearns, a Staff Psychologist, is originally from Manchester, New Hampshire.

Kearns will be conducting psychodiagnostic evaluations and psychological testing on both an inpatient and outpatient basis, along with providing psychotherapy and counseling for individuals and families. He will also be conducting inservices for Hospital personnel and coordinating the Hospital's weight reduction program, a multi-disciplinary program geared towards controlling weight through proper exercise, diet, and behavior modification.

He received his Bachelor of Arts degree in Psychology from Colby College, Waterville, Maine, in 1969, and received his Master of Arts degree in Psychology from Northeastern University, Boston,

Massachusetts in 1973.

Kearns completed his dissertation and received his doctorate in Psychology from Northwestern University in 1977. He completed his internship in Clinical Psychology in 1979 at the Veterans Administration Hospital in Bedford, Massachusetts.

Prior to his internship, Kearns worked one year for a counseling center in Boston, Massachusetts.

With the exception of a vacation several years ago, this is John's first encounter with the Midwest.

"I like the city of St. Cloud so far," said John. "The people are very friendly and courteous and the city has a lot to offer for its size. I am also impressed with the cleanliness of this area."

John is single and has a wide variety of interests. He enjoys cooking, reading, downhill skiing, canoeing and traveling.

Construction Update

"One of the Hospital's major efforts right now is the emphasis on program and facility planning," said Harry Knevel, Assistant Administrator of Planning and Implementation. Knevel is referring to the planning of stages for the Hospital's construction/renovation project, that calls for the expansion of many of the Hospital's medical service areas.

According to Knevel, Division Directors, Department Heads, Unit Managers, Medical Staff and personnel, assisted by the architects and engineers, are actively engaged in a concerted effort to compress the length of time for programming through preliminary designing.

"We would like to cut two-three months off our planning time," said Knevel, "while still addressing each area carefully."

In the final planning stages now are the areas classified as Stage VI of the construction project. These areas include the ground and basement levels of the Hospital that face the Mississippi River. These areas will house the new Personnel Dining Room, being moved to accommodate new Surgery suites, Volunteer Services, Archives, Housekeeping, meeting rooms and mechanical equipment storage.

Bids opened late in February for Stage III, the proposed 400-car parking ramp to be located southeast of the Hospital. Bids will also open on the State VI package the last week in April and are expected to be awarded approximately by May 2.



Work continues on the Southeast construction site. Workers are now building the elevator and stair tower

for the new parking ramp to be located east of the Hospital's School of Nursing.

Construction should begin as soon as weather permits.

Construction to date has involved rerouting the Hospital's Ambulance Entrance and service roads to the rear of the Hospital, and constructing a utilities tunnel connecting the Hospital with the School of Nursing and the proposed parking ramp. The construction of two retaining walls on the southeast site and the addition of two floors on the Northwest Wing have already begun.

Interior construction has begun on the third floor of the North Wing, and will house the offices of Alcohol and Chemical (A & C)

Addiction Unit counselors, Psychology Services and A & C group meeting rooms. This floor recently contained the offices of Volunteer Services, Utilization Review, Community Relations, Health Service and Management Engineering.

Remodeling will soon begin in the Sister's Convent, recently renamed the North Annex, and will include the construction of a passageway linking the North Annex to the Hospital. Scheduled for completion in September, the North Annex will then be occupied by A & C Counselors, and the Employment and Community Relations Departments.

Hospice Care Program Initiated

What is hospice? Hospice is a term used to describe programs designed to control and relieve the emotional and physical suffering of terminally ill patients.

The hospice concept of care for the terminally ill has just recently been gaining acceptance in the United States. Many hospice programs are now being developed around the country, and though there may be differences from one program to another, they all have the same essential characteristics.

A hospice is an autonomous, centrally administered program of coordinated in-and out patient services. This physician-directed, nurse-coordinated, program of health care provides physical symptom control, along with psychologic, sociologic and spiritual services on a 24-hour, seven-day-a-week basis.

In January, St. Cloud Hospital's Hospice Care Program became a reality in response to a commitment as a Catholic Hospital to care for the total good of patients.

This program, coordinated by Jean Halen, R.N., helps make the final period of life before death as comfortable and as productive as possible for the terminally ill patient.

"One of the major goals of our program is to maintain the quality of life," said Jean. "We want to relieve the patient's pain, and treat any symptoms to keep their comfort at an optimum level."

Haley stated that pain medication is administered on a scheduled basis to provide maximal pain relief with minimal dosage, thus enabling the patient to remain active.

Patients and family are also provided with counseling, to help relieve their concerns about psychological and social problems that may be more distressing than the disease itself. Often depression and anxiety plague the relatives of the terminally ill as well as the patient. The Hospice Program is designed to attend to family's needs as well.

Looking at the concept of the patient and the family as a unit of care, the Hospice program provides services after the death of the patient through the family's bereavement period.

Patients are referred to the Hospice program with the consent and participation of the primary physician, family and patient, following an evaluation by the Hospice Care Coordinator.

Most of the terminally ill patients accepted into the Hospice Program are cancer patients, and most of them are patients of St. Cloud Hospital, but patients may also be referred from a physician's office.

The Hospice approach emphasizes home care with backup services by the hospice team. Hospice patients who have returned home receive visits from

Volunteers, clergy, Home Health Aides, Public Health Nurses and the Hospice Care Coordinator. Volunteers and family members are encouraged to assist the patient with many essential services, such as grooming and personal hygiene, shopping, housekeeping, and clerical work.

The Hospice Care Program is geared to provide medical services on the basis of health needs and not on the ability of the patient to pay.

"The Hospice program is a very holistic approach to medical care," said Jean. "We need to support the development of these programs because they are a valuable addition to health care in our country, and a response to our beliefs as a Catholic health care institution."

Hospice Program Receives First Donation



St. Cloud Hospital received its first donation to the newly developed Hospice Program from the family of Leola Dingmann, who passed away last September. Members of the Dingmann family contributed \$200 to be used for the development of the new program.

Pictured here from left are: S.

Colleen Haggerty, Assistant Administrator for Community Relations and Development; Leola's daughters, Mrs. Trude Hartmann, Eden Prairie; Mrs. Carol Ergen, St. Cloud; Mrs. Rita Ander, Anoka; and Mrs. Betty Nokk, Anoka; Harold Windschitl, M.D., and Jean Halen, R.N., Hospice Care Coordinator.

The "Holly Ball"



The original idea for the creation of a Hospital Benefit Ball was developed by Bernice Landy, St. Cloud Hospital Auxiliary, Pat Cumming, Stearns-Benton Medical Auxiliary and Helen Catton, St. Cloud Dental Wives, in 1975. Initially, they wanted to provide the community with a festive evening of dining and dancing while raising money for needed equipment at St. Cloud Hospital.

The first ball, the "Winter Wonderland Ball", was held November 15, 1975, at the Germain Hotel, and featured a buffet dinner with dancing.

The second ball was titled "the Americanna Ball" and was held November 16, 1976 at the Germain Hotel. This event commemorated America's Bicentennial celebration. Proceeds totaling \$14,000 from the 1975 and 1976 balls were used to purchase telemetry monitoring equipment for the Hospital's post cardiac care unit.

In 1977, the "Sno Ball" was held on November 12 at the Germain Hotel. Again, the Auxiliary upheld its tradition of success, raising \$8,500 for the purchase of new equipment for the Special Vascular Procedures Suite in the Hospital's Radiology Department.

The 1978 "Fantasy Ball" held November 11 at the Germain Hotel, was also successful, raising



\$10,000. The proceeds were used to purchase a computer component of an automatic arrhythmia monitoring system for the Hospital's Intensive Care Unit, which allowed nursing personnel to immediately and accurately detect cardiac irregularities.

And in 1979, the fifth Annual Auxiliary Ball, the "Holly Ball" was held December 1, at the St. Cloud Holiday Inn. Several exciting changes in the Ball's format made this event more exciting than ever. A continuous sit-down dinner was again served, with the added highlight of a Grand Prize drawing at midnight, compliments of area merchants. The lucky winners were:

Date set for 1980 Auxiliary Ball!

Mark your calendars! The Annual Auxiliary Ball has been scheduled for Friday, December 5, 1980, at the St. Cloud Holiday Inn. Chairpersons for next year's

W.E. Clemens - a diamond cocktail ring, D.J. Bitzan Jewelers
Audrey & Dwight Jaeger - a color television, J.C. Penney
Howard Fuchs - a Las Vegas Trip for two, Dick Bastien & Sons, Inc.

Mrs. Paul Moran - a leather chair, Randy's Furniture Plaza
Connie Moline - a microwave oven, Sears
Judy Kline - a Rubin Bros. suit, Halberstadt's Ltd.

The Ball Committee topped its previous successes, selling over 750 tickets and raising \$13,500 for the purchase of a soundproof audiometric testing suite for the Hospital's Speech Pathology Services.

event are Pat Nelson, St. Cloud Hospital Auxiliary, Mille Rice, Stearns-Benton Medical Auxiliary and Margé Cook, St. Cloud Dental Wives.

Nursing Service Department Strengthens Management Support at Bedside



S. Kara Hennes
Nursing Service Director

Over the past 12 years, the Nursing Service Department has undergone some major changes in its organizational structure. The primary emphasis during those years, according to Connie Moline, Assistant Administrator of the Nursing Division, was on improving systems that would allow the nurse to nurse. In the late 1960's, a Registered Nurse (RN) was accountable for approximately 20 patients. This nurse may have had a Licensed Practical Nurse and one or two Nurse Assistants working under her. With this RN-patient ratio, the RN was unable to provide little direct care.

Changes have been made in staffing ratios, and many other systems over the years that have led the RN back to direct patient care. At the same time, the accountability and authority of the Head Nurse was strengthened to allow that person to become the manager of patient care on the unit.

As stated, the emphasis over the last 12 years was primarily focused on adding nursing staff at the bedside. These activities have led to changes the past two years, said Moline, that will help to provide the nursing profession with a management team that will support good bedside care.

"The nursing staff needs management support at the bedside," said Moline. "Hopefully, with the emphasis now on changing roles in our management team, we will allow our staff nurses to be facilitators of care at the bedside."

Here is a summary of the changes that have evolved in the Nursing Department since 1968:

- 1968: -Transcribers were added to all the nursing units
- Assistant Head Nurses were added to all the large nursing units
- Licensed Practical Nurses (LPN's) were allowed to give medications
- A refresher course for RN's was initiated
- The 4-hour RN position was developed
- 1969: Expansion of patient teaching programs with the opening of the Mental Health Unit, the Rehabilitation Unit and the Extended Care Facility
- 1972: - SCH hired its first Nurse Clinician
- Two Assistant Directors were added to management staff

"Hopefully, with the emphasis now on changing roles in our management team, we will allow our staff nurses to be facilitators of care at the bedside."

- Quality Control Studies implemented
- Patient teaching programs were expanded to include Diabetic, Ostomy groups
- Established meeting with Chiefs of Service and Head Nurses to promote better patient care and Doctor-Nurse relationships
- 1973: - The PETA (Patient Classification System) was established to respond to

- the level of care patients needed
- Group nursing was implemented
- Coordination with three schools of nursing for studying clinical experience
- 1974: - The Med (medication) Cart System was established
- Telemetry was installed
- Two more Clinicians were added to staff
- Philosophy and standards for the department were established
- 1976: - Centralized scheduling developed
- 1977: - Four more Clinicians were added to present staff of three, covering the following seven specialty areas: Cardiac, Orthopedic, Medical, Surgical, Pediatrics, IV Therapy and Neuro-Rehab
- 1978: - IV Standards established and implemented
- Supply cart exchange system initiated
- Pre-and post-operative teaching program developed

The past two years, the major

concerns have dealt with the nursing management group and the basic structure of the department. In 1978, an initial planning meeting was held to evaluate the present nursing management structure. Some of the problems cited in the present structure included communication within the department, responsibility and accountability. A basic proposal was initiated



Carol Borman
Assistant Director

in the fall of 1978, and in November Connie Moline, Nursing Service Director, was named as the new Assistant Administrator of the Nursing Division, replacing Harry Knevel, who accepted the position as Assistant Administrator for the new Planning and Implementation Division. Sister Kara Hennes, Director of Benton County Public Health Nursing Service, was appointed in July 1979 to fill Connie Moline's position as Director of Nursing Service.

It was determined that the line position needs included adding one Assistant Director of Nursing, bringing the total to three. By having three Assistant Directors, each has fewer nursing units to supervise and can assume more responsibilities that currently require Head Nurses to be absent from the unit. This arrangement minimizes the amount of time that the Head Nurse must be



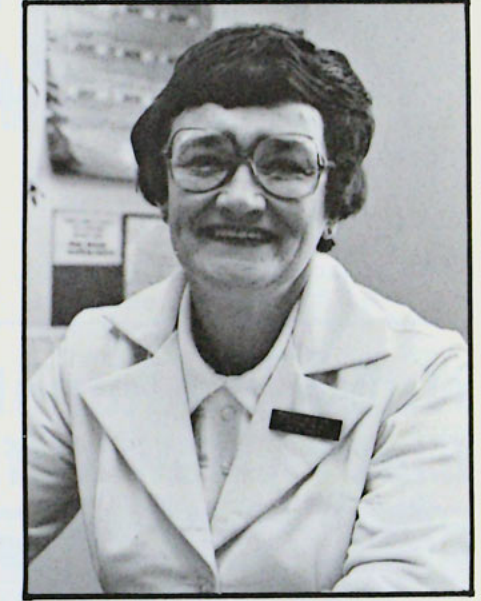
Gerry Janson
Assistant Director

absent from the unit so that she can more effectively supervise staff and patient care. Also, all Supervisors now report to one Assistant Director, thus improving communication between nursing Administration and the Supervisor group.

The four staff positions in Nursing Service Department are: Project Coordinator, Clinician Coordinator, Scheduling/Staffing Coordinator and Float Pool Coordinator.

The Project Coordinator is involved with the implementation of new programs, policies and procedures and completes the research and data gathering for these projects.

The Clinician Coordinator has direct responsibility for the Clinicians. The Clinicians continue to have a specialty area of nursing and participate in Nursing Service Orientation, Staff Development and Patient



Martha Smith
Assistant Director

Education Programs. The Scheduling/Staffing Coordinator is a non-nurse position and has responsibility for the coordination of schedules and daily staffing of all nursing units.

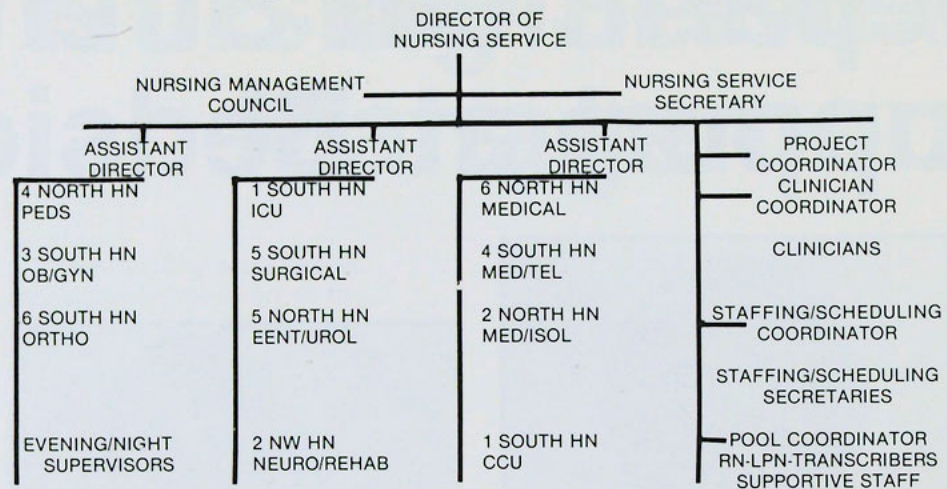
The Float Pool Coordinator is responsible for developing a pool of RN's, LPN's, Transcribers and supportive staff that service nursing units in the Hospital.

A Nursing Service Management Council has also been established, which includes the Nursing Service Director, the three Assistant Directors and the four Coordinators. The purpose of this council is to improve overall communication in the department, eliminate some of the committees and speed up the decision-making process.

(Continued on page 10)

(Continued from page 9)

Nursing Service Organizational Chart



"We have really firmed up our overall organizational structure," said S. Kara Hennes, Nursing Service Director. "The added positions of Assistant Director and Project Coordinator, combined with the resignation of our Float Pool Head Nurse, stimulated a series of promotions and appointments within the department."

The following chart illustrates the organizational structure.

Nursing Alumni Association Elects New Officers



New Nursing Alumni officers, from left: Kala Haller, Debbie Wimmer and

Barbara Scheiber.

Bloodmobile Meets Goal

St. Cloud Hospital surpassed their goal when they contributed 151 units of blood at the annual Bloodmobile, sponsored by the St. Cloud Hospital and the St. Paul Regional Red Cross, Wednesday, November 14, 1979.

"We had excellent participation this year," said Jane Ceynar, Bloodmobile chairperson. "171 persons registered to give blood, with 151 donating and only 20 deferrals."

"The Bloodmobile last April collected 117 units of blood, so

we experienced a large increase," Ceynar said. "Of the 151 persons that donated blood, 35 persons were first donors."

Ceynar also noted that several persons received awards for donating one and two gallons of blood. Dorothea Doerner, 6 South, and Bonnie Elfmann, School of Nursing, both received pins for having donated two gallons of blood. Tom Nahan, Radiology; Verna Decker, Housekeeping; Wayne Smith, Maintenance; and Daniel Riley all received pins for

New officers presided at the November 3 St. Cloud School of Nursing Alumnae luncheon held at the Sunwood Inn.

Barbara Scheiber, Float Pool Coordinator at St. Cloud Hospital and incoming Alumni president, informed the group about available continuing education programs offered by the St. Cloud Hospital Continuing Education Department. She indicated that some of the Hospital's programs are open to all area nurses.

Positive attitudes about "Aging" was the topic chosen by Lenea Wheeler, guest speaker.

Alumnae luncheons will be held semi-annually, the second or third Saturday every April and October. The purpose of these meetings is to give the nurses an opportunity to get together and share ideas.

The Nurses Alumni Association will be hosting a Spring "Dutch Treat" Brunch and Meeting. Saturday, April 26, from 10 a.m. -12 noon (site to be announced later).

Interested persons should contact Kala Haller, 252-6689; Debbie Wimmer, 253-3414; or Rosalie Timmers, 252-3019.

donating one gallon of blood.

Patients need blood every day, all year round. In 1978, St. Cloud Hospital transfused 3,500 units of blood to approximately 1,200 patients. They depend on the success of our efforts.

United Way Campaign a Big Success

We did it! St. Cloud Hospital reached and surpassed the \$24,500 goal set for the 1979 St. Cloud Area United Way campaign.

St. Cloud Hospital was again designated as a "pacesetter" for the community. In 1978 the Hospital goal was \$23,000; the actual amount raised was \$24,335.21, or 106% of the goal. In 1979, St. Cloud Hospital went 8% over its goal.

"I am very proud of the united effort at St. Cloud Hospital," said Jean Laudenbach, Mental Health Unit Department Head and Blue Ribbon Committee Chairperson. "The Blue Ribbon Committee, my co-chairman, and all the departments in the Hospital did a tremendous job. We would never have reached our goal without the time and effort those people have given. We have set a good example to the community as a United Way pacesetter."

This year the United Way Campaign slogan was COUNT ME IN. St. Cloud Hospital was in the industrial division. This division is the largest and accounts for one third of the total community goal which was set at \$691,544.



The United Way

As a pacesetter, St. Cloud Hospital began with movies, etc. the week of August 20.

The drive officially began Monday, August 27, when United Way Board of Directors member, Milford Johnson, was the guest speaker at a presentation in the Hoppe Auditorium.

On Tuesday, August 28, presentations were given throughout the day by Dick Statz, 1978 Campaign Chairperson for the St. Cloud Area United Way.

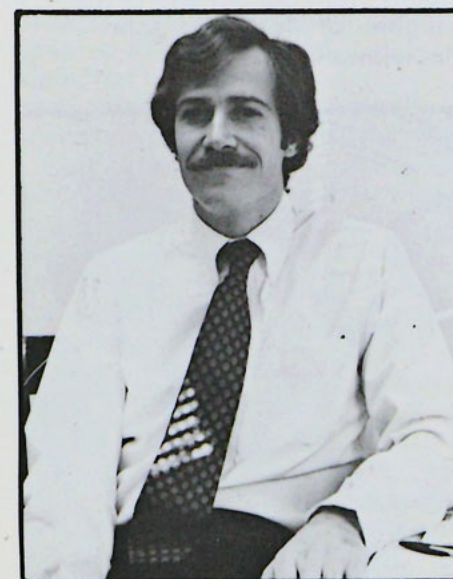
Hospital employees got off to an excellent start, contributing

\$9,007.46, or 37% of goal, to the United the first week of the campaign.

The St. Cloud Area United Way contributes funds to 30 area agencies, including the Home Delivered Meals Program at SCH and the Good Shepherd Lutheran Home Delivered Meals Program.

Three new agencies were added to the United Way this year. They were: "Task Force for Battered Women", "Whitney Senior Center", and "Minnesota Charities Review".

Physician joins SCH Medical Staff



Patrick Lalley, M.D.

Patrick Lalley, M.D., Family Practice, is associated with the Central Minnesota Group Health Plan, St. Cloud. He graduated from the Michigan State University College of Human Medicine. Dr. Lalley took his residency at St. Mary's and Fairview Hospital in Minneapolis in the Family Practice Residing Program.

Dr. Lalley is married and has one child. He enjoys sailing, tennis, canoeing and camping.

thanks



thanks to you
it works
for all of us

Home Delivered Meals has new coordinator

After working at St. Cloud Hospital for six months, Lou Ann Garner, new Home Delivered Meals Coordinator, still finds the St. Cloud Hospital a very enjoyable place to work.

"I've never seen so many smiling faces," said Lou Ann when asked about her first impressions of the Hospital. "Everyone who works here seems so happy. I'm really glad to have joined the Staff here."

Garner is replacing Bette Raffebuel, Home Delivered Meals Coordinator for the past year and a half. She accepted the position because she is interested in working with Volunteers and felt it would be a very challenging job.

"I enjoy working with the recipients of our program," said Lou Ann. "I have never worked with the elderly before, but they are bright and acutely aware of everything. I have learned a great deal from them."

Lou Ann comes to St. Cloud Hospital with a variety of volunteer experiences. She has served as secretary, vice-president and president of the ARTS Group of the American Association of University Women, is a past-president of the American Lutheran Churchwomen of the Atonement Lutheran Church and former Sunday school teacher, is a past vice-president and president of the Wilson Elementary School Parent Teachers Association, and was General Chairperson of the 1972 May Bowle. She has also volunteered as a driver for the Key Row Home Delivered Meals Program and the St. Cloud Hospital Home Delivered Meals Program.

A resident of St. Cloud for the past 20 years, Lou Ann still involves herself in many civic activities. She is an active member of the Beta Sigma Phi sorority, a high school gymnastics judge and a member of several committees at her church. She also belongs to the local YMCA and is a racquetball enthusiast.

The Home Delivered Meals Program has experienced several changes since Lou Ann began in September.

"We are trying to help our

drivers conserve energy," said Lou Ann. "We've duplicated the set of styrofoam containers used to carry meals so that drivers will not have to return to the Hospital each day after their routes.

"We are also working with Dietitians from the Dietary Department to develop nutritional information to be used for a bi-monthly newsletter to our recipients."

The Home Delivered Meals Program has been coordinated from St. Cloud Hospital since April, 1976. The program brings over 90 properly-balanced nutritious meals to the aged, sick, or handicapped homebound in the St. Cloud area each weekday. Recipients must meet a need criteria to be eligible and pay \$1.50 toward the cost of the meal. Inability to pay does not, however, prevent an eligible applicant from receiving the meals, as the program is partially funded through the St. Cloud Area United Way and the St. Cloud Hospital.

Nursing Students Receive Scholarships

Pat Larson (left) and Cherie Maciejewski (right) are pictured accepting nursing scholarships from representatives of the Voiture 415 of the National 40 & 8. Presenting the scholarships from left to right are: Roland Moltzan, Nurses Training Director; Don Lemmerman, Chef de Gare; Carl Schellin, Grand Nurses Training Director; and Jerry Kvistberg, Grand Chef de Gare.

The scholarships are awarded



The program also helps people remain in their own home or place of residence longer, permits earlier discharge of patients from hospitals or other health care facilities, improves the nutritional status of the individuals and provides the persons receiving the meals with a daily visit from the volunteers who deliver the meals.

BAD Program

Employees submit over 1000 cost-saving ideas

Throughout the months of January and February, St. Cloud Hospital employees have been striving to fight inflation by submitting ideas that will have an immediate impact on reducing hospital costs.

The program, called BAD (Buck-A-Day), was initiated by the Hospital's Cost Containment Committee and emphasizes submitting ideas that have relatively quick payoff with little or no capital expenditure. In addition, to the immediate savings that result from this program, hopefully it will generate a continuing cost-reduction attitude among hospital employees.

Earl Pederson, Director of Rehabilitation, is the coordinator of the BAD campaign at St. Cloud Hospital. He has been in charge of the collection and

implementation of the cost-saving ideas, the distribution of employee awards and the evaluation of the total program.

"We have been very pleased with the response," said Pederson. "We received over 900 ideas, dealing with many aspects of health care, the main thrust being energy conservation and office supply usage. The difficult task will be the evaluation of the ideas and coordination of their implementation."

Pederson also cited that if implemented, ideas relating to X-Ray, Communication systems and Laboratory and other areas will amount to substantial savings for the Hospital.

The program was initiated on January 7, with the arrival of footprints stating "Can you fill the shoes of a BAD guy?" Employees were "teased"

throughout the whole first week, before being briefed on the program. Once the employees were briefed, signs and banners supporting the program were placed all over the Hospital.

Employees received a "BAD Guy" mug for submitting an initial idea, and subsequently received redeemable "rubber bucks" good for a beverage in the Personnel Dining Room.

"We're hoping our personnel have had fun with this campaign," Pederson said, "while at the same time offering some positive suggestions for cutting costs of the Hospital's daily operation."

Gifts and Memorials

The St. Cloud Hospital Development Council has just recently established three major memorial funds. These memorials have been named the Ed Stockinger Memorial, the Mary Linn Knevel Memorial and the Joseph B. Gaida Memorial. Gifts donated to these special

memorial funds will be designated for specific projects according to the families wishes. Future Development Fund direct mail programs will provide for designated giving. Funds are currently being developed for the following projects:

Critical Care
Cardiac Care
Hospice Program
Oncology
Alcohol and Chemical
Dependency Treatment
Pediatrics
Ophthalmology

The Council would also like to thank the following individuals, families and businesses for their gifts to the Development Fund.

These gifts were received between September 1 and January 31, 1979.

Thank you for your generous support of our Development Fund.
*\$100-\$499
**\$500-\$999
***\$1,000 and above

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Edward L. Stockinger Memorial

Mr. & Mrs. Gene Bakke*
Mr. & Mrs. Edward A. Zapp, Sr.**

Mary Linn Knevel Memorial

Iver M. Linneman

Joseph B. Gaida Memorial

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