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### Beacon Light: Annual Report 1984-1985

St. Cloud Hospital

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*People caring for people. . .*



**Saint Cloud Hospital  
Annual report 1984-85**



## BEACON LIGHT Saint Cloud Hospital

Annual report issue: Nov. / Dec. 1985 Vol. 36 No. 10

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John R. Frobenius

In April of 1985, it was my pleasure to join Saint Cloud Hospital as the new chief executive officer. It was an extreme pleasure for me to accept this responsibility with a health-care organization that is already aggressively involved in dealing with the major restructuring of the health care system as it is occurring today. In joining the organization, I found a hospital with a good financial base, a strong medical staff, and employees who are vitally concerned about the hospital's success and committed to assisting it through the current era of change.

## Outpatient revenue showed increase during 1984-85 fiscal year

My sincere appreciation goes to Gene Bakke for his strong leadership during his years as executive vice president. Mr. Bakke created an excellent health-care facility, laid a good financial base for the organization, and started a program of diversification that is critical to the future of a vertically-integrated health-care organization. Our relationship with St. Benedict's Center and our rapidly growing home care programs are examples of this activity.

The last fiscal year was again a year of transition as we dealt with this tremendous era of change involving a fundamental restructuring of the health-care system in this country. Inpatient admissions at Saint Cloud Hospital for the year were down 10.5 percent; inpatient days, reflecting our continued decline in length of stay, were down 15.5 percent. At the same time, there was an 18 percent increase in the outpatient volume for the hospital. Outpatient revenue is now 15 percent of the total revenue of the institution. The hospital has struggled successfully to meet these challenges and had a good financial performance for the year.

Looking at the coming year, I see the health-care trend toward outpatient services continuing and Saint Cloud Hospital's movement toward outpatient activities growing. I also see opportunities in other selected care areas where the hospital can continue its development. This year, Saint Cloud Hospital joined the North Central Partnership of Voluntary Hospitals of America. This alliance with strong institutions in Minnesota and North Dakota will be a valuable asset in controlling our costs and developing new products.

During this period of rapid transition in health care, Saint Cloud Hospital and St. Benedict's Center remain committed to providing outstanding care in a warm and compassionate manner. We will continue our efforts to find new and better ways to provide high quality health care at a reasonable cost.

John R. Frobenius  
Executive Vice President

ON THE COVER: In the color photo, Mary Kay Wagner, a registered nurse on the Maternity Unit, spends a few minutes with Barb Scheiber, her new baby Rebecca and her three-year-old daughter Briana. Wagner is just one of the many "people caring for people" at Saint Cloud Hospital. (See stories beginning on page 8.) The background photo shows a view of Saint Cloud Hospital from Wilson Park.





Sister Dolores Super, O.S.B.

## Hospital responsive to challenges of changing health care system

A significant occurrence at the Saint Cloud Hospital this year has been the change in our top leadership position. Gene S. Bakke resigned as executive vice president after 17 years of dedicated service. His leadership has made our institution a recognized regional health care facility. The Board exercised its most privileged function in hiring a new chief executive officer, John R. Frobenius. In the past six months he has demonstrated sensitivity, intelligence, friendliness, and creativity as our new executive vice president.

This has been a very special year for the Saint Cloud Hospital. Decisions have been made during this time which will significantly affect the future of our hospital. I am grateful for this opportunity to reflect with you on this past year which has been my first as president of the Board of Trustees.

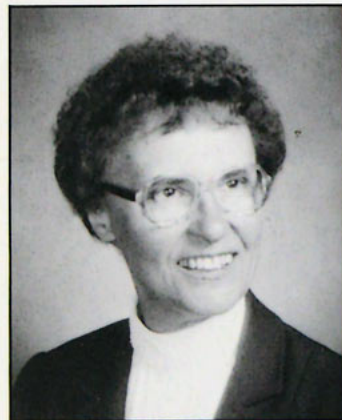
I issue a call to those associated with the Saint Cloud Hospital to continue to be responsive to the challenges and opportunities before us. In a way, the challenges are no greater now than they were on February 25, 1886 when four Sisters of Saint Benedict assumed

responsibility for the hospital in St. Cloud that was started by Dr. A. C. Lamothe Ramsay. Those four Sisters had no training in health care. Resources were scarce and patients were few since hospitals were regarded as the last resort for the indigent sick. History records that the Sisters responded to these challenges with a spirit of faith, with strategies on how to change the unpopular view of the hospital, with hard work and self-sacrifice, and with a reverence for the person of the poor. Included in our history of the past century are many persons from the St. Cloud area who have added to our development from a hospital with a few beds to a major medical facility.

Our roots are deep and they are strong. Our mission "to serve people in need of health care. . . as if they were Christ in person" has had continuous expression for nearly one hundred years. We know there are weighty challenges and risk-filled opportunities ahead. These will touch resources, facilities, services and personnel. We cannot predict the full extent of them anymore than could the four Sisters in 1886. Despite the uncertainties, I propose that we face them with the same courage, good judgment, measured risk, and faith in God as did our forebears.

Sister Dolores Super, O.S.B.  
President of the Board of Trustees

## Current Board of Trustees members



Sister Miriam Ardolf



Dr. James F. DeVinck



Dr. Hans H. Engman



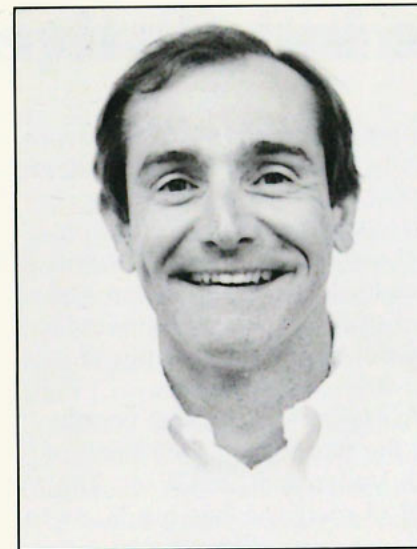
Marvin H. Faber



John R. Frobenius



Sylvester Janochoski



Dr. Philip VanderStoep

## New technologies, services available at Saint Cloud Hospital

removal of stones from the bile ducts, and laser photo-therapy come immediately to mind. There has also been a steady acceptance and employment of the various medical staff and hospital activities grouped under the term of Quality Assurance.

The hospital and the medical staff together continue to experience the phenomenon of declining inpatient census with a fairly dramatic increase in outpatient service use. Closing of the 5 Northwest nursing unit was accomplished smoothly after careful consideration by the medical staff, the nursing staff and the hospital administration. Prospective payment under DRGs, preadmission authorization and similar constraints are now a fact of hospital life.

The 1984-85 year has been one of transition for the medical staff and the Saint Cloud Hospital. The medical staff continues to increase in number and clinical skills with new technologies and modalities becoming available to the community. Interstitial implants of radioactive material for treatment of cancer, endoscopic

Transitions in the hospital administration have perhaps been the most profound. Sister Dolores Super assumed the position of president of the Board of Trustees. Gene Bakke resigned as the executive vice

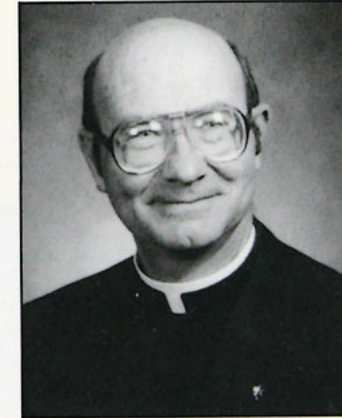
president after many years of able and effective leadership to become a consultant to the Saint Cloud Hospital. A very thorough nationwide search process then resulted in attracting John Frobenius to the position as the hospital's chief executive officer. An early and likely substantial result of Mr. Frobenius' arrival has been the association of the Saint Cloud Hospital with the Voluntary Hospital Association.

The office of Chief of Medical Staff offers many opportunities for personal growth and advancement. The insights and appreciation for the complexity of hospital/medical staff interactions and functions can only be of benefit to the physician fortunate enough to be selected to fill that role for a year.

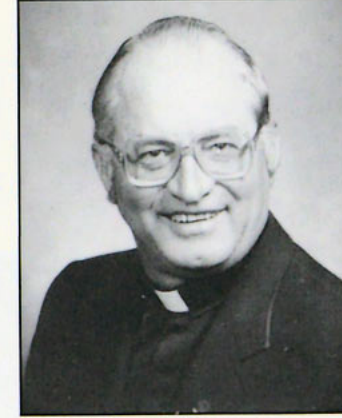
Philip VanderStoep, M.D.  
Chief of Staff (1984-1985)



Sister Jean Juenemann



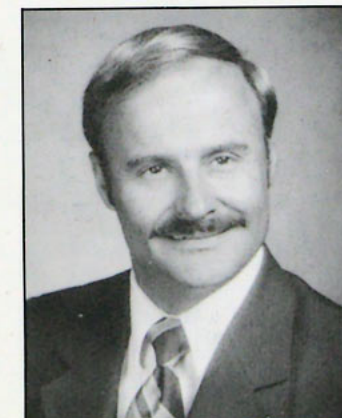
Father Nicholas J. Landsberger



Father Gregory J. Lieser



Robert J. Obermiller



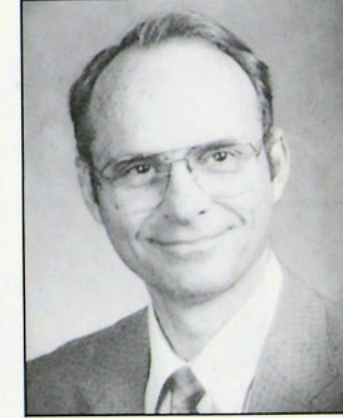
Dr. Terence R. Pladson



Sister Cecelia Prokosch



Sister Paul Revier



Dr. Harold E. Windschitl



## Hospital continues to provide innovative,

**K**eeping in mind the theme, "Innovation, technology and people who care..." Saint Cloud Hospital is surging forward into the newest trends in health care. Our hospital realizes the necessity of answering to the consumer's personal needs as well as keeping up with the latest in technological advances.

Saint Cloud Hospital continues to be responsive to the challenges and opportunities of the '80s by offering a wide variety of services including:

- *Home Care/Hospice Care:*

Generally, patients recover faster when they are able to recuperate at home. Home Care helps many patients return home earlier than was once possible while still receiving the professional care they need. This program makes it possible for the same nurses and

other health care professionals who care for the patient in the hospital to provide that care at home.

Hospice Care, part of the Home Care program, is a specialized service that helps persons with an advanced disease live as fully as possible through the final stages of life. Other Home Care Services are skilled nursing, geriatric maintenance, home IV therapy, homemaker services, and the short-stay maternity option.

- *Cardiology:* With the addition of a second cardiologist, Dr. Pradub Sukhum, Saint Cloud Hospital is continuing to advance in the area of cardiology. Working in the cardiac catheterization lab, Sukhum, and cardiologist Dr. John Mahowald, join forces with hospital personnel to detect heart problems through heart catheterizations.

Sukhum and Mahowald have recently begun performing doppler echocardiograms, a procedure which uses the phenomenon of the changing frequency of sound waves to detect the direction and speed of blood flow. This helps them determine the severity of heart-valve abnormalities.

- *YAG laser:* When most people hear the word laser, they think of Darth Vader and Star Wars. The world of medicine has put lasers to work in a very different way. Saint Cloud Hospital now uses the NdYAG laser, more commonly known as the YAG laser, to perform relatively bloodless surgeries. The laser's light beams deliver energy to tissue to coagulate or destroy that tissue without surgery. The YAG laser is used most often to destroy cancerous tumors in the

## quality services to patients, community

gastrointestinal tract, the lungs and the brain.

- *StayWell:* Realizing the need to help prevent health problems, the hospital now offers businesses and industries StayWell, a series of health and wellness programs recently purchased from Control Data Corporation. Through StayWell, Saint Cloud Hospital's Education Department will assess the health and wellness needs of employees in various businesses and industries. Once the needs are assessed, SCH will offer those employees classroom and independent learning programs ranging from stress management to good nutrition to controlling hypertension.

- *Industrial Clinic:* In addition to StayWell, SCH is developing an industrial clinic, designed to help

businesses and industries prevent on-the-job injuries, and help injured employees return to work. Presently the clinic has three components. The first component, the Back Education Program, strives to give the employees the tools to work with to succeed in preventing injuries — the primary tool being knowledge of how to take care of their backs. The second component, Functional Capacities Assessments, is a four-hour assessment designed to determine an individual's on-the-job capabilities. Job Site Assessment, the clinic's third component, involves qualified hospital personnel looking at a job site and making recommendations to make that site safer. In the near future, a Work Readiness component will be added to the clinic. This program takes a

wholistic approach to preparing injured workers to return to work.

- *Saint Cloud Hospital Inn:* There are times when patients are beyond the point of needing acute care but are not really ready to go home. Saint Cloud Hospital is offering a great new option to these patients. Called the Saint Cloud Hospital Inn, the hospital has designed a group of six rooms on the 6th floor which offer these patients short-term accommodations and nursing care by a licensed practical nurse. The daily charge covers the room and nursing care. Meals, if desired, are available in the Coffee Shop, personnel dining room, or a tray may be ordered from Nutrition Services.





# St. Benedict's Center offers seniors a

Located in the picturesque country atmosphere of southeastern St. Cloud, St. Benedict's Center is a 222-bed long-term care facility which is a corporate division of the Saint Cloud Hospital.



Sister Rita Budig, administrator, St. Benedict's Center. Sponsored by the Sisters of the Order of St. Benedict and the Diocese of St. Cloud, St. Benedict's Center was established to promote the dignity of persons, especially older adults, by providing for their physical, mental, social, emotional, and spiritual needs in a Christian community atmosphere.

The center opened in April 1978, according to Sister Rita Budig, administrator, replacing St. Raphael's Home (now St. Raphael's Convent) and St. Joseph's Home (now St. Scholastica's Convent).

Many changes, with respect to caring for the elderly, have taken place in the last 10 to 15 years, according to Sister Rita. "It's almost been a visible kind of change," she said, "because it's been so dramatic. The needs of the residents are much more complicated and acute. They need intensive kinds of medical, social, psychological, and spiritual care and support." Because of the changes in the residents' needs, there has also been a shift in the type of staff and services provided.

"We need more staff with a higher level of skill to provide the necessary long-term care. Years ago when people entered a nursing home they could almost take care of themselves," she continued, "but that's no longer true."

Since it's opening, St. Benedict's Center has tried to be responsive to those changes, and to be at the forefront of providing alternative forms of care for the elderly.

One of the programs St. Benedict's Center has pioneered is an in-house hospice program for residents. Other nursing homes ordinarily do not have staff specifically designated to work with residents who are terminally ill, but St. Benedict's Center has a registered nurse who is employed



# wide variety of health-care options

full-time to give direct care to residents who are terminally ill and dying. This staff member also provides support, comfort, care and assistance to family members and residents, according to Sister Rita. "We have had people come to St. Benedict's Center specifically so they could be a part of our hospice program," she said. Having a full-time staff member working in the hospice program also provides support and helps create awareness among the staff about the needs of the residents who are terminally ill, Sister Rita said.

Developed to meet the changing needs of the elderly population in St. Cloud, St. Benedict's Center's Adult Day Care program was started about two years ago and has grown steadily. "We serve



about 30 disabled or elderly individuals who live alone and need support services or who are provided care in their home by a care giver, such as a family member," Sister Rita said. St. Benedict's Center provides transportation to and from the center, social, recreational and leisure activities, rehabilitation services, and nursing care. "Each individual is assessed for his or her own needs and then the program is tailored to meet those particular needs." That means one participant might come one-half day a week while another will be there six days a week. One person might receive physical therapy, another occupational therapy and a third might have both.



"The Adult Day Care program provides a good break for the care givers at home," Sister Rita said. "It gives them a chance to have time for themselves and in some cases makes it possible for them to continue caring for their loved-one at home."

In addition to the Adult Day Care program the center also provides Respite Care. Respite Care participants stay over night at the center and generally attend

Day Care activities during the day. Two private rooms have been especially furnished for the people who take advantage of respite care, according to Sister Rita. "Respite care provides short-term — 1 to 30 days — of full-time care for participants. The program is a real help to a care giver who is ill, or planning a vacation, or who just needs some time alone."



SBC, page 21





# People Caring for People...

## Radiology Department

Saint Cloud Hospital's Radiology Department is fully equipped, and staffed with trained personnel around the clock to perform X-ray examinations whenever needed. In addition to standard X-ray procedures, the department has such specialized areas as nuclear medicine, fluoroscopy, ultrasound and CT (Computerized Tomography) scanning which allow examinations of internal organ structures without surgery. Special procedures rooms are equipped with the latest in technology and are available for highly sophisticated examinations and treatments such as the endoscopic removal of stones from the bile duct and cardiac catheterization.

## Radiation therapy



linear accelerator

State-of-the-art equipment is available in Radiation Therapy, part of the Radiology Department. A linear accelerator and simulator are used in the diagnosis and treatment of cancer. The simulator allows physicians to see precisely how the treatment should be given before it is done. The linear accelerator enhances the department's capabilities by providing more powerful and faster treatments for patients. Interstitial implants of radioactive material is a relatively new form of cancer treatment also available in Radiation Therapy.



Accuracy, not strength, is the key to being a good horseshoe pitcher, according to Sandy Massmann, radiographer I.



"I think it (the mobile imaging van) is an important service because it lets people take advantage of these procedures in their own towns or clinics..." ~ Sandy Massmann, radiographer I.

## Sandy Massmann

What requires two metal shoes, a small post surrounded by clay, and a good pitching arm? To Radiographer Sandy Massmann, that combination spells horseshoe pitching. "There are five girls in my family," Massmann said, "and four of us pitch. One started and the rest just followed along."

Massmann and her sisters Janet, who works in Nutrition Services and Terry who works in the Laboratory, along with another friend pitch as a team at ladies' league on Wednesday nights at Leyk's Station.

In addition to regular league play, Massmann also competes in tournaments. Tournament competitions are set up by classes according to the percentage of ringers each person pitches. Massmann averages about 35 percent ringers. Because strength isn't a factor in horseshoe pitching, men and women often compete against each other. "I've won a

couple of tournaments in my class," Massmann said, "pitching against both men and women."

Though she spends her evenings pitching horseshoes, she spends her days working in the hospital's Radiology Department. "I work with the mobile imaging van," Massmann said.

The mobile imaging van, a joint venture between the hospital and St. Cloud Radiologists, P.A., carries X-ray, mammography and ultrasound equipment to clinics, nursing homes and hospitals in surrounding communities. Massmann and Jeff Gunderson, ultrasound technician, take care of loading and transporting the equipment and performing the procedures.

Massmann says she enjoys working with the van. "I think it's an important service because it lets people take advantage of these procedures in their own towns or clinics without having to come to the hospital."





## Mental Health Department

Depression. Neurosis. Schizophrenia. Anorexia nervosa. These are diseases that no one likes to talk about. But the reality is that many people suffer from these disorders and they need help.

The staff at Saint Cloud Hospital's Mental Health Department believes that many mental health patients are really healthy people who have met with too many personal crises at one time. The department is founded on the belief that each individual is a worthwhile, unique and valuable member of the community. Because of this, treatment is based on a therapeutic community approach which helps the patients meet their full emotional, social, spiritual, and physical potential.

The Mental Health Department has a wide range of services, offered on both inpatient and outpatient levels. Responding to community need Saint Cloud Hospital recently added an inpatient Eating Disorders Program to its mental health services. This program is designed to help people who are compulsive overeaters, or have anorexia nervosa or bulimia.

For those desiring outpatient counseling, the department has highly-qualified mental health counselors and social workers who provide treatment on an individual or group basis.



A registered nurse on the Mental Health Unit, Claire Stock (front) has been a member of Sweet Adelines for 13 years.



"I'm really happy to be working in this department. I love being able to talk to and help these patients. It gives me great satisfaction." ~ Claire Stock, RN, Mental Health Unit.



## Claire Stock

On the outside Claire Stock is a charming lady with dancing eyes, a quick smile and lots of enthusiasm. A closer look shows an understanding, caring woman who takes her job very seriously.

Stock is a registered nurse in Saint Cloud Hospital's Mental Health Department. She spends 20-25 hours a week caring for mentally ill patients. Nursing in this area involves a lot of one-to-one interaction so each day Stock is assigned to specific patients. Her duties vary from taking vital statistics such as blood pressure and pulse to daily charting to talking to patients after group sessions. "These patients are really very special people and sometimes they just need to talk," Stock said.

For Stock, mental health nursing is a new challenge. She started working in the Mental Health Department in April after 5 Northwest, a medical unit, closed. "I'm really happy to be working in this department. I love being able to talk to and help these patients. It gives me great satisfaction," Stock said.

Working in the Mental Health Department is not the only satisfying aspect of Stock's life. For the past 13 years, she has been a member of the Sweet Adelines, a barbershop-style women's singing group. "I joined when one of the other members called and wanted to start this barbershop group," Stock explained. "It was at a point when I wanted to start something new.

"Sweet Adelines takes care of the little ham in me — I love singing and performing," she said with a smile.

On the average, the Sweet Adelines perform about once a month — at nursing homes, in competition, and in their big public show which is held in October. Stock takes an active role in the choir. She serves as assistant director, chief choreographer and is a member of the tenor section in the choir. Stock has found that she's learned a lot as well as had some fun. "By being in Sweet Adelines I've learned new breathing techniques and better pronunciation.

"But, best of all, I've met some of the most wonderful, outgoing and crazy people — just like me!"



## Alcohol & Chemical Dependency Unit

The Alcohol and Chemical Dependency (A & C) Treatment Center provides detoxification and referral, primary treatment, and follow-up for persons who are dependent on any kind of chemicals. Treatment is available to adults and adolescents on either an inpatient or outpatient basis.

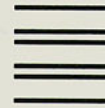
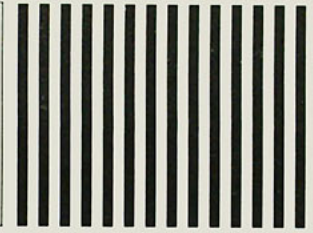
The treatment program consists of many phases. These include introduction to Alcoholics Anonymous, group therapy, individual counseling, spiritual counseling by hospital chaplains, occupational and recreational therapy, relaxation training, and family counseling.

Specialty programs such as the Free to Be program, a support group for children ages five to 12 who are from chemically dependent families; the Free to Care program, a three-day live-in program designed to help adult co-dependents deal with their own recovery process as members of a chemically-dependent family; and the Senior Helping Hands program which provides treatment to the elderly with chemical abuse problems are just a few examples of programs available through the hospital's A & C Treatment Center.



An 'Olympyk' hat is essential to creative chainsaw sculpturing, according to Ellis Liesemeyer, A & C counselor. Liesemeyer sculpts birds of all breeds, shapes and sizes.

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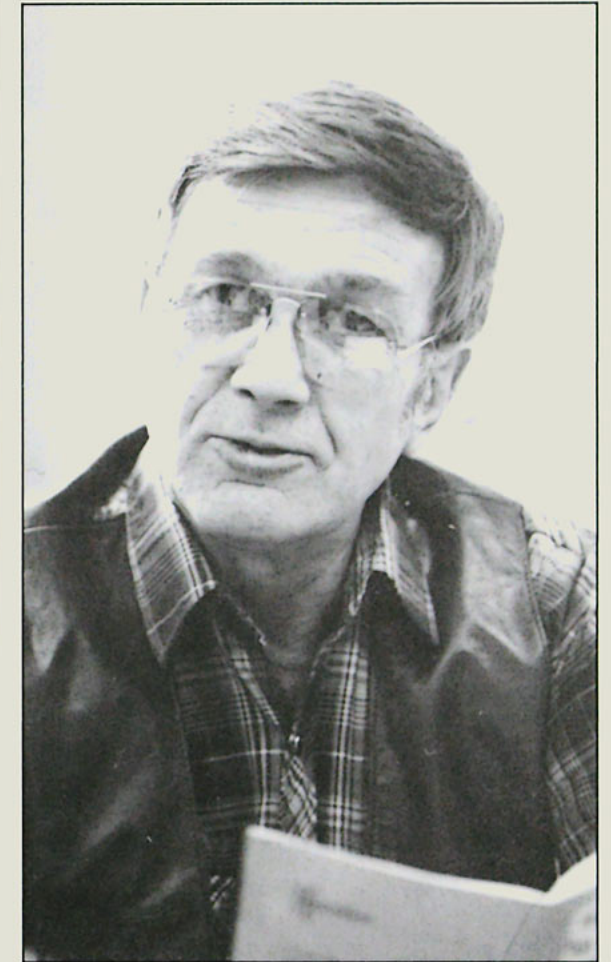
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*Liesemeyer*



"... people deal with their unity again." ~ Ellis Unit



become a counselor "because of a combination of factors. I was grateful for what recovery meant to my family and me and I wanted to share sobriety with others," he said.

The benefits of working on the chemical dependency unit are unique, according to Liesemeyer. "Almost anywhere I go in St. Cloud I run into familiar faces," he said. "Their eyes light up and they're quick to remind me of their experience on the chemical dependency unit at Saint Cloud Hospital and they express their gratitude for their sobriety. I'm grateful to be part of such a dedicated staff that can help people deal with their alcoholism and become functioning members of the community again."

While the rewards are great, counseling can be very intense and

ays are frustrating, ig to Liesemeyer. To help pent-up energy, he has p an unusual hobby — v sculpturing. "I got started vo years ago," Liesemeyer said. "I was out cutting trees in a woods near Cold Spring. There was a broken tree and the top of it looked like feathers. I thought with a little work it might look like an Indian. So I went at it with the chainsaw, and it turned out pretty good!"

The Indian now stands in Liesemeyer's backyard, guarding the entrance to what he calls his "rookery." The rookery is actually a breezeway between the garage and house that is filled with carved eagles, owls, and geese of all sizes.

Liesemeyer does most of the sculpturing in a woodshed he built several blocks from his — and the neighbors' — home, in order to cut down on the noise. Wood is piled high on each side of the shed. Liesemeyer pointed to one of the piles in which all of the logs were shaped like the letter "Y" and

said with a twinkle in his eyes, "Those are eagle eggs waiting to be hatched."

For anyone thinking of taking up chainsaw sculpturing, Liesemeyer provides the following advice:

*"When sculpturing with a chainsaw, it's important to wear grubby clothes, as sawdust, chainsaw oil and grime are part of the act. A two or three day beard helps. To aid in creativity, I believe that it's imperative to wear a cap provided by a chainsaw dealer, that says 'Husquvarna' or 'Olympyk' on it. The greasier the cap, the better. If you plan to saw at home where there are close neighbors, providing ear plugs may be a good idea. As hard as it is to believe, the chainsaw symphony that is music to my ears, apparently is racket to others. Once you have the proper equipment and clothing, just keep an eye out for some eagle eggs that need hatching!"*

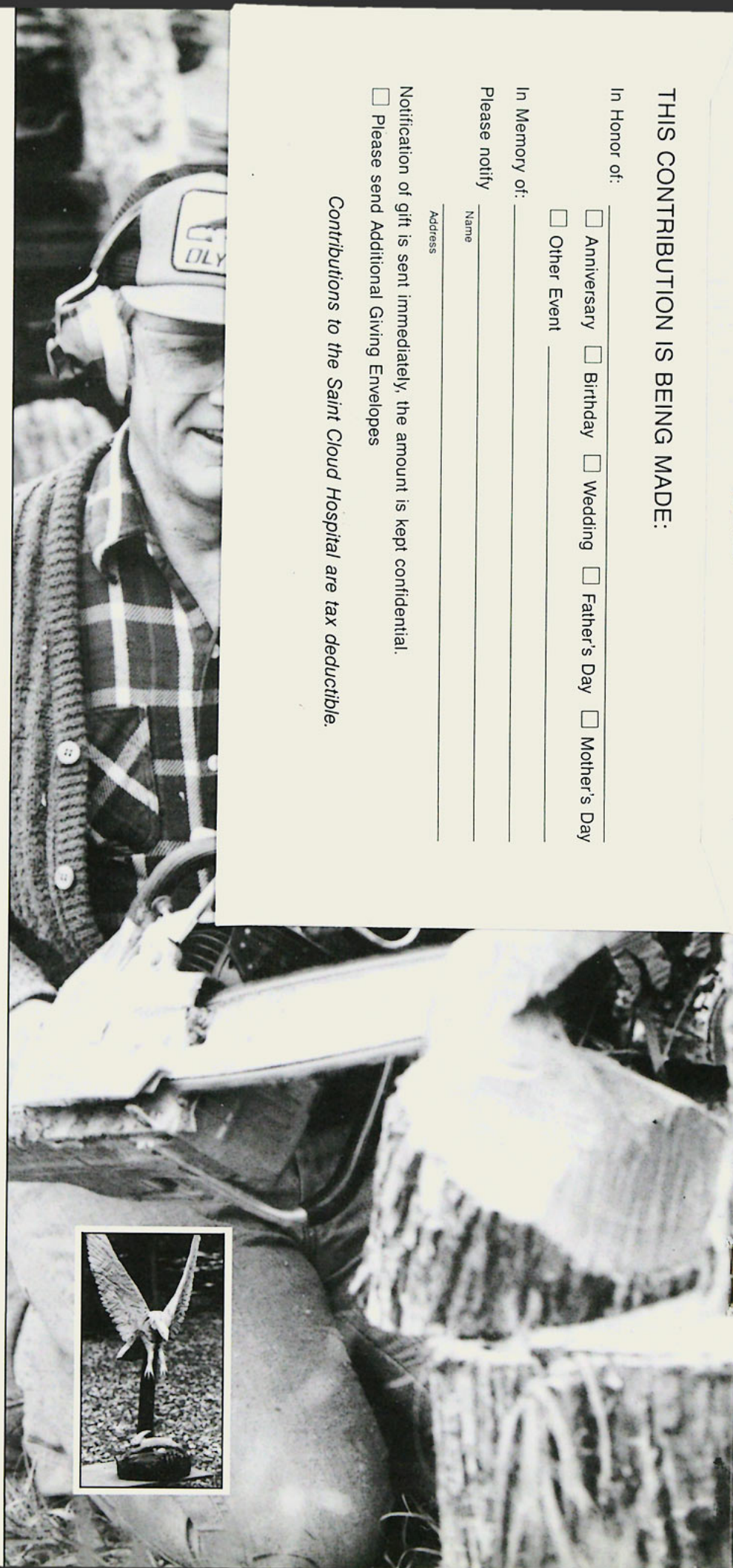


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**Saint Cloud Hospital**



*an help people deal with their community again." ~ Ellis Liesemeyer, A & C counselor.*

*Liesemeyer*

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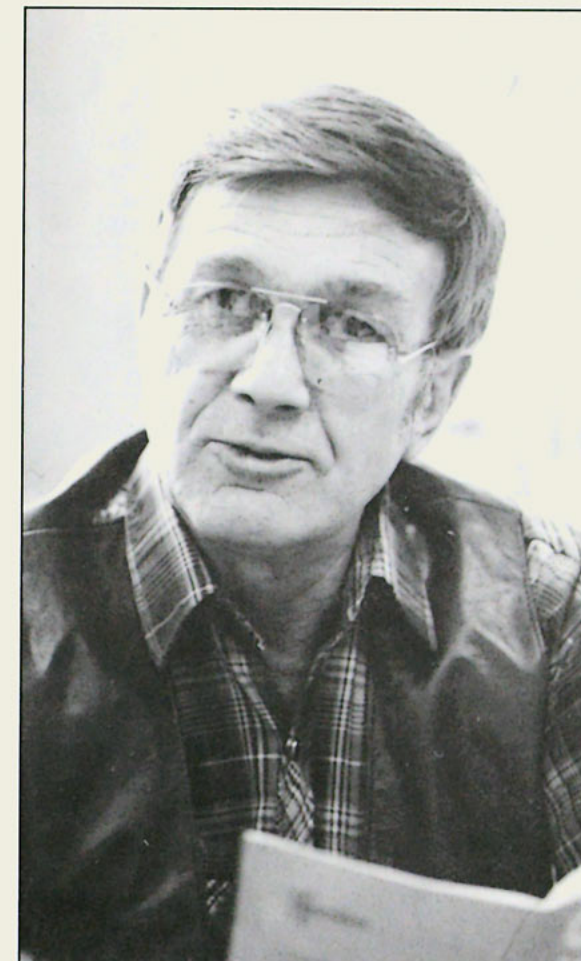
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said with a twinkle in his eyes, "Those are eagle eggs waiting to be hatched."

For anyone thinking of taking up chainsaw sculpturing, Liesemeyer provides the following advice:

*"When sculpturing with a chainsaw, it's important to wear grubby clothes, as sawdust, chainsaw oil and grime are part of the act. A two or three day beard helps. To aid in creativity, I believe that it's imperative to wear a cap provided by a chainsaw dealer, that says 'Husquvarna' or 'Olympyk' on it. The greasier the cap, the better. If you plan to saw at home where there are close neighbors, providing ear plugs may be a good idea. As hard as it is to believe, the chainsaw symphony that is music to my ears, apparently is racket to others. Once you have the proper equipment and clothing, just keep an eye out for some eagle eggs that need hatching!"*





## Alcohol & Chemical Dependency Unit

The Alcohol and Chemical Dependency (A & C) Treatment Center provides detoxification and referral, primary treatment, and follow-up for persons who are dependent on any kind of chemicals. Treatment is available to adults and adolescents on either an inpatient or outpatient basis.

The treatment program consists of many phases. These include introduction to Alcoholics Anonymous, group therapy, individual counseling, spiritual counseling by hospital chaplains, occupational and recreational therapy, relaxation training, and family counseling.

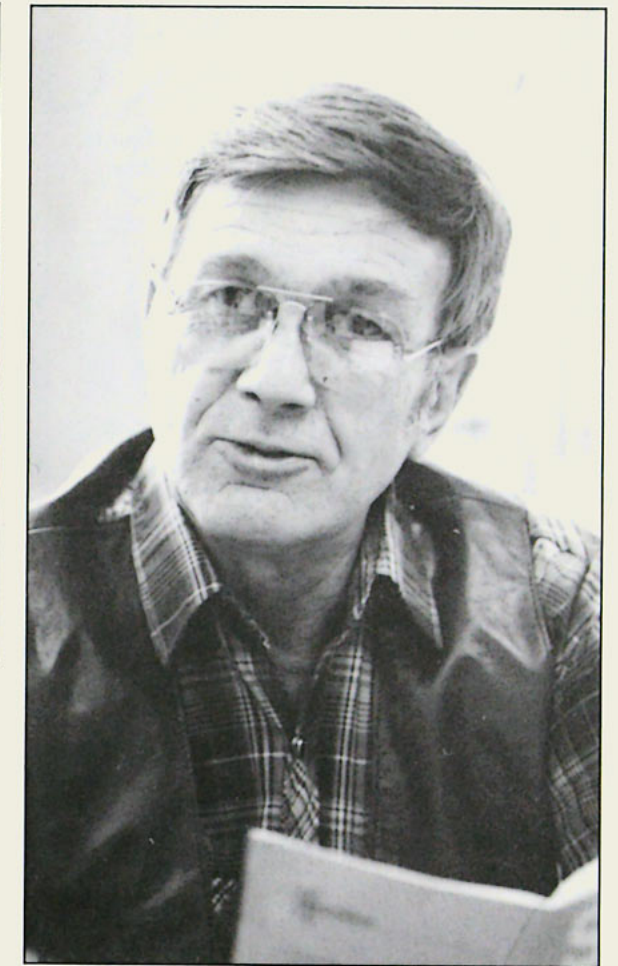
Specialty programs such as the Free to Be program, a support group for children ages five to 12 who are from chemically dependent families; the Free to Care program, a three-day live-in program designed to help adult co-dependents deal with their own recovery process as members of a chemically-dependent family; and the Senior Helping Hands program which provides treatment to the elderly with chemical abuse problems are just a few examples of programs available through the hospital's A & C Treatment Center.



An 'Olympyk' hat is essential to creative chainsaw sculpturing, according to Ellis Liesemeyer, A & C counselor. Liesemeyer sculpts birds of all breeds, shapes and sizes.



"I'm grateful to be part of such a dedicated staff that can help people deal with their alcoholism and become functioning members of the community again." ~ Ellis Liesemeyer, counselor, Alcohol & Chemical Dependency Unit



## Ellis Liesemeyer

Ellis Liesemeyer has been a chemical dependency counselor at Saint Cloud Hospital for just over 10 years. After dealing with his own alcoholism, Liesemeyer decided to become a counselor "because of a combination of factors. I was grateful for what recovery meant to my family and me and I wanted to share sobriety with others," he said.

The benefits of working on the chemical dependency unit are unique, according to Liesemeyer. "Almost anywhere I go in St. Cloud I run into familiar faces," he said. "Their eyes light up and they're quick to remind me of their experience on the chemical dependency unit at Saint Cloud Hospital and they express their gratitude for their sobriety. I'm grateful to be part of such a dedicated staff that can help people deal with their alcoholism and become functioning members of the community again."

While the rewards are great, counseling can be very intense and

some days are frustrating, according to Liesemeyer. To help expend pent-up energy, he has taken up an unusual hobby — chainsaw sculpturing. "I got started about two years ago," Liesemeyer said. "I was out cutting trees in a woods near Cold Spring. There was a broken tree and the top of it looked like feathers. I thought with a little work it might look like an Indian. So I went at it with the chainsaw, and it turned out pretty good!"

The Indian now stands in Liesemeyer's backyard, guarding the entrance to what he calls his "rookery." The rookery is actually a breezeway between the garage and house that is filled with carved eagles, owls, and geese of all sizes.

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## Emergency Trauma Unit

The Emergency Trauma Unit at Saint Cloud Hospital is a level II trauma center officially designated as the Emergency Medical Services (EMS) Regional Resource Hospital for central Minnesota. It is a vital component of the EMS system, working with law enforcement agencies, fire departments, rescue units and ambulance services.

Working as a team, these agencies provide prompt professional help to people experiencing any type of emergency. The Emergency Trauma Unit has a sophisticated EMS radio communication system, and highly-specialized equipment, medications, and supplies which help the unit's personnel handle emergencies.



The staff in the Emergency Trauma Unit are specially trained to handle all types of illnesses and injuries from minor problems to acute emergency situations. The unit is staffed 24 hours a day, seven days a week

by highly qualified physicians trained to handle emergencies and meet a large variety of health-care needs in a timely manner. Professional nurses, trained and qualified in the practice of emergency nursing, also staff the unit 24 hours a day. From July 1984 through June 1985, the Emergency Trauma Unit's personnel saw nearly 19,000 patients.

The Emergency Trauma Unit also takes an active role in providing numerous health care programs to the community and is the regional poison education center working closely with the Minnesota Poison Control Center.

*It all began with a couple of huskies and some camping trips. Now Janice Springer, registered nurse in the Emergency Trauma Unit, spends her free time caring for her 18 dogs and training for the Bearchase Dogsled race.*



*Janice Springer RN BSN*

Just say the words dog sled racing and Janice Springer's round, intense eyes sparkle and an impish grin spreads across her face.

Springer and her partner, Bill Dahl, spend the better part of their winters mushing their dogs across the snow-covered fields of Minnesota.

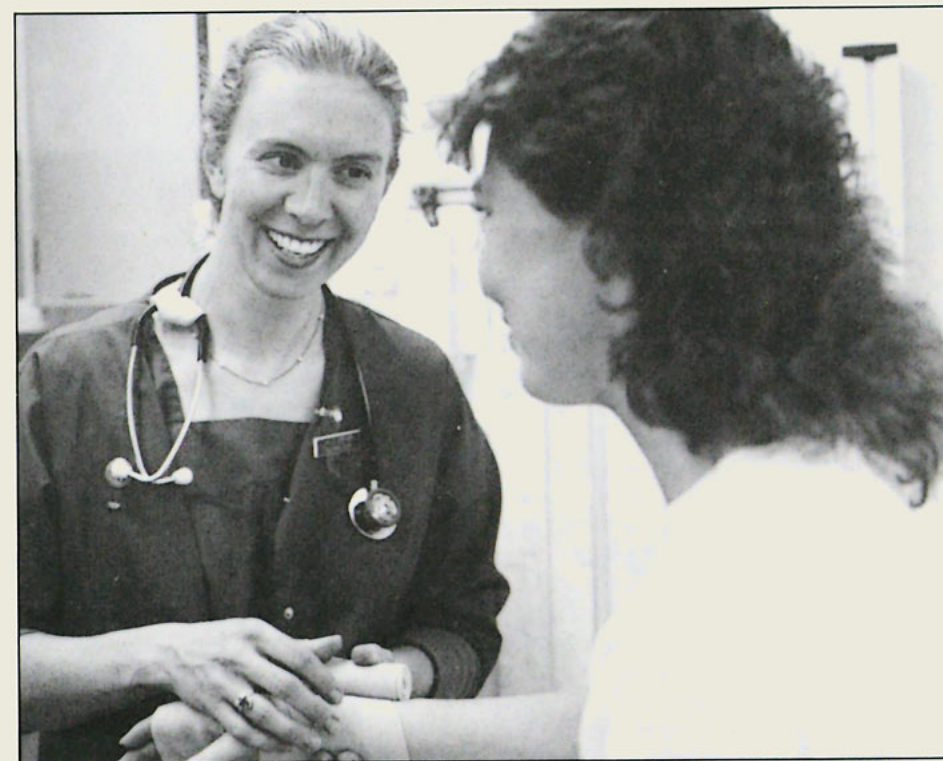
It all began four years ago when Springer, a registered nurse in Saint Cloud Hospital's Emergency Trauma Unit, and Dahl, a physician at St. Cloud State University's Health Service, were working in Alaska. They owned a couple of Alaskan huskies which accompanied them on winter camping excursions. They'd hook the dogs up to a sled and mush their way across Alaska's white terrain. Slowly their team of four dogs grew to a team of 17 Alaskan huskies and one golden retriever.

In January 1984, Springer, Dahl and their family of 18 dogs moved to Minnesota. In January 1985 they entered the 400-mile Bearchase Race. The course takes the racers from Duluth to Grand Marais and back.

Clad from head to toe in layers of warm woolen clothes, Springer mushed the dogs across the frosty northern Minnesota wilderness. Dahl, and Janice's sister and her boyfriend were the handlers — they met Springer at each checkpoint and watered, fed and took care of the dogs while Springer rested.

It was a grueling race and there were times she wanted to quit. She pushed on. "You're out in the wilderness — it's totally quiet. It's amazing to watch those dogs work. They're beautiful animals," Springer said.

Springer and Dahl placed 14th out of 25 teams. "Our goal was not to be the winners but to finish,"



*"I really enjoy this type of patient/nurse contact. At a time of crisis, we can make a difference in people's lives." ~ Janice Springer, RN, Emergency Trauma Unit*

she said. "Having completed the race is a personal accomplishment for me."

This year, as autumn moves into winter, Springer and Dahl are once again preparing for the race. In the 1986 race, Dahl will run the dogs and Springer will be the chief handler.

Training the dogs for this race is a long process. They started in September by hooking the dogs up to a combination motorcycle/go-cart vehicle. They began by running a couple of miles three to four times a week and are working their way up to 150 miles a week. Springer and Dahl will travel about 1000 miles before the big race. As the dogs' mileage increases, so do their appetites. During the off season, the dogs consume about 100 pounds of dry dog food a week. But when they're in training, Springer and Dahl make the dogs two hot meals and a snack a day.

The dogs double their weekly consumption.

Dog sled racing is not the only aspect of Springer's life she finds challenging. She has been a registered nurse in Saint Cloud Hospital's Emergency Trauma Unit since moving to St. Cloud. For Springer, the move to Minnesota meant a slight change in her career. She had been working in intensive care nursing since 1977. "Emergency care nursing is very exciting — you never know what types of patients you're going to get. The cases can be anything from sniffing colds to major traumas.

"I really enjoy this type of patient/nurse contact. Someone comes in, we help them and — we hope — put them on the road to recovery. It's nice to see immediate rewards," Springer said. "This is a really high-impact type of job. At a time of crisis, we can make a difference in people's lives."



## Maternity Unit

Saint Cloud Hospital believes that the arrival of a baby is an occasion to be shared with family and friends. Because of this, the Maternity Unit is concentrating on making childbirth a family-oriented experience and is undergoing a number of changes to better meet the needs of its patients, their families and visitors.

One of the more visible changes has occurred with visiting hours. Fathers, grandparents, siblings and friends are welcome in the mother's room at any time, even though the baby is also in the room. It is the mother's choice as to how many visitors she has and the time of day they see her, though the staff still recommends that friends try to schedule their visits during the posted hours (2:30-3:30 p.m. and 7-8:30 p.m.) or call ahead to make sure the mother isn't resting.

During the next few months, the Maternity Unit will be taking on a whole new look. New carpeting, wallpaper and wall hangings will be added to give the unit a more homey atmosphere.

In addition, after discussing available options with their physicians, the mothers are being given more freedom of choice with respect to their own care.

Some things will not be changing. For instance, the hospital's Nutrition Services Department will continue to provide new parents with an "Evening of Elegance." This private dinner is specially prepared for new parents to help them celebrate the birth of their baby. Educational classes will continue to be offered and the short-stay maternity option, offered through the Home Care Department, will also remain available.



*She started golfing to socialize, but Mary Kay Wagner, a registered nurse on the Maternity Unit, has turned golf into an award-winning hobby.*



*"I like the mood on 3 South — it's a cheerful place to work. The birth experience is always thrilling." ~ Mary Kay Wagner, RN, Maternity*

*Mary Kay Wagner*

Twenty years ago Mary Kay Wagner decided she didn't want to sit around while her husband was out golfing.

She had learned to play golf while growing up in Alexandria so she decided she'd brush up on her skills and join her husband, Gordon, on his golfing excursions. "At first I went to socialize," Wagner said. "Then it slowly developed into a real hobby and I went because I enjoyed playing golf."

For the past three years, Wagner has participated in the Minnesota Women's Public Golf Association Tournament. In July 1985 she placed first in the fifth flight. (Players are categorized into flights based on their handicaps.) Wagner described her victory as a "real thrill. I shot well but it was still

hard to believe I won," she said.

During the summer months, Wagner golfs two to three times a week and participates in about six tournaments a year. Golf is a sport all the Wagners enjoy — Mary Kay, Gordon, and their four children. While Wagner likes the competition of golf, she still enjoys the socialization aspect of the game. "I've met some really nice people and made some good friends."

When Wagner isn't busy golfing, she can often be found on 3 South, Saint Cloud Hospital's Maternity Unit. She has worked part time for the past five years as a registered nurse. "I like the mood on 3 South — it's a cheerful place to work. The birth experience is always thrilling."

Wagner describes her job as one that involves a lot of teaching. "I teach mothers how to care for themselves and their babies — they usually have a lot of questions," she said with a smile.



Wagner also feels it is exciting to be part of a unit that is going through change. "There's going to be so many neat things happening in the next several months," Wagner said. The unit is concentrating on making childbirth more of a family-oriented experience. Some of the changes include relaxing the visiting hours, redecorating the unit, and allowing the mothers to have more freedom of choice concerning their care. (See story on page 16.) "We want to make this a more enjoyable experience for everyone involved," Wagner said.



## Surgery

Saint Cloud Hospital has available a modern operating room suite consisting of ten operating rooms and one cast room. The suite features the newest in surgical facilities and instruments, and is staffed by professional nurses and skilled technicians 24 hours a day.

## Neurosurgery

With NdYAG, argon and CO<sub>2</sub> lasers, an operating microscope and the recent purchase of the Cavitron Ultrasonic Surgical Aspirator (CUSA), Saint Cloud Hospital now boasts one of the best equipped neurosurgery suites in a seven state region.



Dr. Reg Watts, neurosurgeon, using the CUSA.

Neurosurgery procedures involve surgery of the nervous system, its supporting structures and its blood supply and include, but are not limited to, removal of pituitary and brain tumors, peripheral nerve grafts, and removal of cerebral aneurysms.

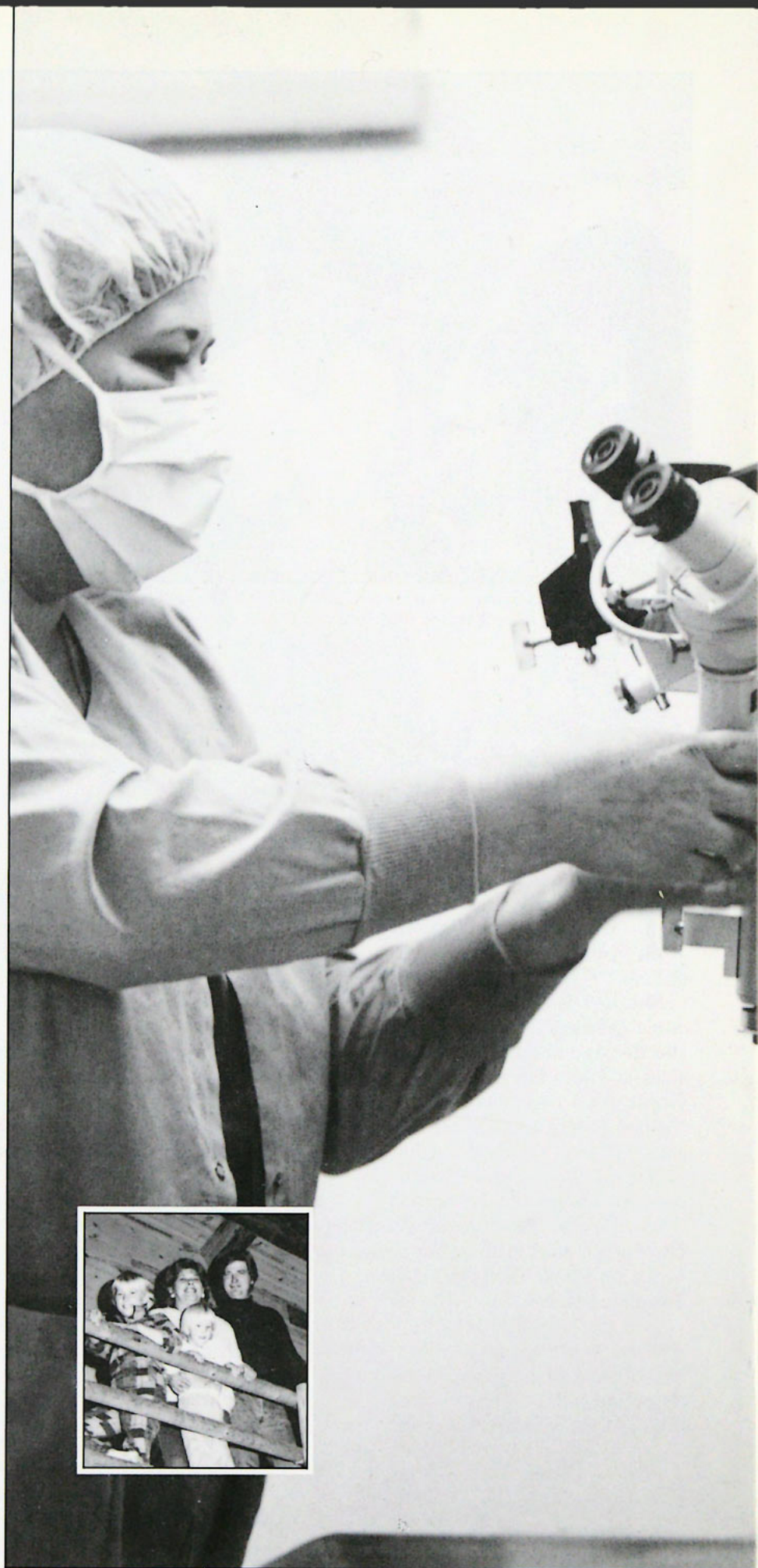
The use of a stereotactic frame allows surgeons to put special probes into the brain in precise locations under X-ray guidance for such procedures as tumor biopsies, implanting electrodes, and for some forms of tumor surgery.

Between July 1, 1984 and June 30, 1985, 7628 patients were treated in Saint Cloud Hospital's surgery suite, 327 of which involved neurosurgery.

*"I need the type of on-going challenge I have in neurosurgery to be happy in my work. I like to give the best I can to my job."*

*— Dianne Schendzielos, RN, neurosurgery*

*Outside of work, Schendzielos spends her time with her husband Greg and daughters Gretchen, 10 and Samantha 3, in a log home they built themselves.*



The bricks for Dianne Schendzielos' kitchen floor are from the hospital's old ambulance garage. After several years of research, she and her husband, Greg, have built a log home about 30 miles southwest of St. Cloud.

*Dianne L. Schendzielos*

A large field-stone fire place dominates the living room. Overhead a beamed ceiling arcs toward a loft that houses two bedrooms and overlooks the living room. Wicker baskets hang on the wall around the stove in the kitchen.

"The bricks are from Saint Cloud Hospital's old ambulance garage," said Dianne Schendzielos. She was referring to the brick floor in the kitchen of her log home that she and her husband Greg built.

"Greg's brother was hired to tear down the old ambulance garage and haul away the brick. We knew he was doing that and since we had been looking for old brick to put in for the kitchen floor, Greg asked his brother if we could have a couple of truck loads." It took an air chisel, electric grinder and acid to clean the bricks up before they could be used in the kitchen.

"That's all we did for two weeks," Schendzielos said, "was clean old bricks. But it was worth it."

Schendzielos and her husband,

hand-hewed all the logs used for beams and railings and did much of the interior work themselves. The house is filled with antique and antique-style furnishings. For instance, in the upstairs bathroom is a claw-foot bathtub and an antique chest of drawers that Schendzielos turned into a sink and vanity. The brass faucets in the downstairs bathroom belonged to her grandmother, Schendzielos said.

There are still some things left to be finished, according to Schendzielos, but what with her work at the hospital and taking care of her two daughters, Gretchen, 10 and Samantha, 3, it's sometimes hard to get motivated to finish some of the final details.

A registered nurse at Saint Cloud Hospital, Schendzielos is in charge of neurosurgery services. "I take care of equipment, order supplies, set up the operating room, make sure the equipment operates properly, and generally make sure that what the surgeon needs is available," she said.



Always looking for a new challenge, Schendzielos was recently appointed as head laser nurse specialist. "There wasn't anyone who really knew anything about lasers," she said, "so I volunteered to be on the committee. We will be in charge of writing procedures, learning how to maintain the lasers, teach other people about lasers — things like that."

Schendzielos worked in orthopedic surgery both at St. Paul Ramsey Medical Center and at the Orthopedic Clinic in St. Cloud before coming to Saint Cloud Hospital two-and-a-half years ago. "Surgery is a challenging service," she said. "Neurosurgery uses a lot of sophisticated technology, there's a lot of tension because of the type of surgery it is, and it seems like there is something new going on all the time. I need the type of on-going challenge I have in neurosurgery to be happy in my work. I like to give the best I can to my job."



## Good planning, preparation helped hospital fare "quite well" under new Medicare system

Saint Cloud Hospital braced itself for the worst on July 1, 1984. That's when the federal government began reimbursing the hospital for Medicare patients based on a patient's diagnosis, not on the cost of treating the patient.

We weren't alone in our concern. Hospital planners across the nation forecast that the new Medicare reimbursement system would result in financial catastrophe for many of the hospitals treating Medicare patients. Some feared it would also result in reduced quality of care for Medicare patients.

Under the new Medicare system, hospitals are reimbursed by the federal government for Medicare patients based on the principal diagnosis for which the patient is admitted, with reimbursement amounts set in advance. All possible diagnoses have been grouped into 468 diagnosis related groups, or DRGs, and a relative price assigned to each. These prices were determined by averaging costs paid for treatment of Medicare patients in the past.

Although Saint Cloud Hospital has experienced a decline in inpatient census that can be attributed in part to the DRG system, with the average length of stay for Medicare patients hospitalized here dropping from 8.1 days in 1983-84 to 7.4 days in 1984-85, the hospital has not experienced financial catastrophe — nor have Medicare patients received reduced quality of care.

"Actually, we've done quite well under the new system," said Mary Buhl, director of quality assurance. "If you compare our costs to what we have been reimbursed for Medicare patients, the hospital is faring slightly better under DRGs," Buhl said. "That's pretty good."

Buhl attributes the favorable revenue results during the past fiscal year to "good planning by both the hospital and medical staffs." That planning included the designation of the hospital's Quality Assurance and Medical Records Departments as resource centers in helping physicians document information to support the appropriate DRG categories for their Medicare patients. In addition, the Quality Assurance and Education Departments worked together to produce brochures and educational programs for Medicare patients which outline their rights under the Medicare system.

"Medicare patients still receive the same high quality of care here as they have in the past," Buhl said. "However, the amount of time a Medicare patient remains hospitalized may have decreased, depending on the diagnosis." To accommodate those Medicare patients who are discharged earlier but need continued outpatient care, Saint Cloud Hospital has expanded its various home care programs. These programs include skilled nursing, home health aide, homemaker services, physical, occupational and speech therapy, dietary counseling, and volunteer assistance. The Social Services Department has also taken an active role in counseling Medicare patients and their families on patients' rights under the Medicare law.

But even as the hospital adjusts to the new Medicare system, the federal government plans to implement changes that will alter the amount the hospital is reimbursed for certain DRG categories. "The government has re-evaluated its DRG data and has decided that some Medicare payments need to be increased, while others need to be decreased," Buhl said.

For instance, Buhl noted, the hospital can expect to receive lower Medicare payments for stroke and diabetic patients and for patients requiring upper gastrointestinal surgery, and hernia repairs. It can expect higher payments for major head and neck surgical procedures, patients receiving permanent heart pacemakers, lower gastrointestinal procedures and some urologic procedures. In all cases, if the hospital can provide care for less than the DRG payment, it can keep the surplus as profit. However, if its costs are greater, the hospital must absorb the loss. The profit from the first case will be used to offset the loss from the second case.

"Even with these changes, the hospital and its patients should continue to do well under the new Medicare system," Buhl predicted. "We will continue to monitor changes in the Medicare law and inform our patients, employees and medical staff on how these changes will affect them."

## Refinancing generates savings

Saint Cloud Hospital expects to save nearly \$650,000 a year on interest payments by refinancing its outstanding taxable debt through the issuance of approximately \$35 million in tax-exempt health care facilities revenue bonds.

The hospital is currently paying 13 percent interest on taxable bonds issued to help finance the hospital's \$28 million construction/renovation program completed in 1983. By issuing tax-exempt bonds, the hospital will get a 9.9 percent interest rate on bonds to repay the outstanding debt. Savings from the reduced interest would be used to "enhance existing hospital services and to reduce the health care costs to our patients," said John R. Frobenius, executive vice president.

The primary advantage to the buyers of tax-exempt bonds is that they pay no income tax on the interest earned. This allows the hospital to sell them at interest rates lower than is available in the rest of the bond market.

The St. Cloud City Council at its September 30th meeting gave unanimous approval to Saint Cloud Hospital's request to issue the tax-exempt bonds. Federal law requires that the hospital obtain approval from the city to issue tax-exempt bonds, although such bonds issued by the hospital are not considered "private activity" bonds and do not become part of the city's total federal allocation for tax-exempt bond issues.

A public offering of the bonds is being made by the following brokerage firms: John Nuveen & Company, Chicago; Piper, Jaffray & Hopwood, St. Cloud; and Dain Bosworth Inc., St. Cloud.

## SBC

continued from p. 7



People do not have to be associated with St. Benedict's Center in any way to take advantage of the Respite Care program, according to Sister Rita, but interested persons are encouraged to call ahead of time to reserve space.

In an attempt to meet another need of the elderly in St. Cloud, St. Benedict's Center had a preliminary study done during the past year, on the feasibility of developing a retirement housing project near the center. The preliminary investigation and architectural design are in progress.

"Many alternatives for caring for the elderly have been developed," Sister Rita said, "from senior citizen apartments, to day care and respite care, to geriatric maintenance (a home care

program jointly administered by St. Benedict's Center and the Saint Cloud Hospital) to nutrition centers and other outreach programs.

"These many choices and alternatives are important and needed," she continued. "But individuals need to take advantage of the services that most accurately meet their needs — whether that is full-time care in a nursing home or a weekly home-visit from a geriatric maintenance nurse. People must be made aware of what services are available in order to take proper advantage of them."



## Statement of changes in financial position

### Saint Cloud Hospital

	Years ended June 30 (less 000s)			
	1985		1984	
<b>OPERATING REVENUES</b>				
Inpatient	\$44,348	92.1%	\$45,979	97.0%
Outpatient	7,727	16.0	6,072	12.8
<b>Total</b>	<b>\$52,075</b>	<b>108.1</b>	<b>\$52,051</b>	<b>109.8</b>
Less: Discounts, allowances, and uncompensated care	5,371	11.1	6,072	12.8
	46,704	97.0	45,979	97.0
Add: Other operating income	1,461	3.0	1,400	3.0
<b>Total operating revenues</b>	<b>\$48,165</b>	<b>100.0%</b>	<b>\$47,379</b>	<b>100.0%</b>
Less: Operating Expenses				
salaries and wages	24,227	50.3	23,418	49.4
employee benefits	4,004	8.3	3,751	7.9
supplies and other expenses	10,108	21.0	10,379	21.9
interest expense	3,102	6.4	3,593	7.6
depreciation	2,764	5.7	2,656	5.6
<b>Total</b>	<b>\$44,205</b>	<b>91.8</b>	<b>\$43,797</b>	<b>92.4</b>
Income from operations	3,960	8.2	3,582	7.6
Add: Non-operating income	791	1.6	513	1.0
<b>Net income retained for capital requirements</b>	<b>\$ 4,751</b>	<b>9.8%</b>	<b>\$ 4,095</b>	<b>8.6%</b>
Other sources of funds:				
Add back non-cash charges to operations — depreciation, etc.	2,847		3,049	
Increase in long-term debt	32		14,428	
Decrease in Trustee and Board designated funds	3,593		1,212	
Donated equipment and other	87		84	
<b>TOTAL SOURCES OF FUNDS</b>	<b>\$11,310</b>		<b>\$22,868</b>	

#### APPLICATIONS OF FUNDS:

Increase in working capital	\$ 5,919	\$ 3,708
Principal payments on long-term debt	3,814	14,540
Additions to land, buildings, and equipment	1,548	2,936
Payments on construction costs	29	937
Additions to Board-designated funds	--	747

**TOTAL APPLICATIONS  
OF FUNDS** **\$11,310** **\$22,868**

## Balance sheet

### Saint Cloud Hospital

	Years ended June 30 (less 000s)	
	1985	1984
<b>ASSETS</b>		
<b>Current Assets</b>		
cash	\$ 9,628	\$ 3,302
accounts receivable, net	9,416	8,083
inventories	1,263	1,217
other	320	370
<b>Total current assets</b>	<b>\$20,627</b>	<b>\$12,972</b>
<b>Other Assets</b>		
Board designated funds	66	3,658
Note from related organization	487	510
Financing Costs	497	580
Real estate investments	324	317
Property, plant and equipment, net	36,826	38,106
<b>Total other assets</b>	<b>\$38,200</b>	<b>\$43,171</b>
<b>TOTAL ASSETS</b>	<b>\$58,827</b>	<b>\$56,143</b>

#### LIABILITIES AND EQUITY

<b>Current liabilities</b>		
current installments on long-term debt	\$ 1,197	\$ 1,074
accounts payable	1,258	1,123
settlements due third-party payors	1,524	217
accrued expenses	4,329	4,186
<b>Total current liabilities</b>	<b>\$ 8,308</b>	<b>\$ 6,600</b>
Long-term debt	21,686	25,469
Equity	28,833	24,074

**TOTAL LIABILITIES  
AND EQUITY** **\$58,827** **\$56,143**

## Statement of changes in financial position

### St. Benedict's Center

	Years ended June 30 (less 000s)			
	1985		1984	
<b>OPERATING REVENUES</b>				
Resident service income	\$ 4,294	98.0%	\$ 4,322	99.0%
Add: Other operating income	86	2.0	56	1.0
<b>Total operating revenues</b>	<b>\$ 4,380</b>	<b>100.0%</b>	<b>\$ 4,378</b>	<b>100.0%</b>
Less: Operating Expenses				
salaries and wages	2,708	61.8	2,529	57.8
employee benefits	207	4.7	139	3.2
supplies and other expenses	996	22.8	939	21.4
interest expense	408	9.3	414	9.5
depreciation	249	5.7	246	5.6
<b>Total</b>	<b>\$ 4,568</b>	<b>104.3</b>	<b>\$ 4,267</b>	<b>97.5</b>
Income (Loss) from operations	(188)	(4.3)	111	2.5
Add: Non-operating income	168	3.8	94	2.1
<b>Net income (Loss)</b>	<b>(\$20)</b>	<b>(0.5%)</b>	<b>\$ 205</b>	<b>4.6%</b>

#### Other sources of funds:

Add back non-cash charges to operations — depreciation, etc.	250	246
Decrease in accounts receivable — contractors	192	--
Expenses financed by restricted funds and other	2	25

**TOTAL SOURCES OF  
FUNDS** **\$ 424** **\$ 476**

#### APPLICATIONS OF FUNDS:

Increase in working capital	\$ 237	\$ 356
Reduction of long-term debt	83	76
Additions to land, buildings, and equipment	29	44
Increase in Board- designated funds	47	--
Decrease in amounts charged to private-pay residents in excess of rates paid by medical assistance	28	--

**TOTAL APPLICATIONS  
OF FUNDS** **\$ 424** **\$ 476**

## Balance sheet

### St. Benedict's Center

	Years ended June 30 (less 000s)	
	1985	1984
<b>ASSETS</b>		
<b>Current Assets</b>		
cash	\$ 1,069	\$ 702
accounts receivable, net	293	296
inventories	63	58
other	10	8
<b>Total current assets</b>	<b>\$ 1,435</b>	<b>\$ 1,064</b>
<b>Other Assets</b>		
Board designated funds	183	135
Accounts receivable — contractors	--	193
Property, plant and equipment, net	5,183	5,403
<b>Total other assets</b>	<b>\$ 5,366</b>	<b>\$ 5,731</b>
<b>TOTAL ASSETS</b>	<b>\$ 6,801</b>	<b>\$ 6,795</b>

#### LIABILITIES AND EQUITY

<b>Current liabilities</b>		
current installments on long-term debt	\$ 88	\$ 76
accounts payable	144	62
accrued expenses	223	182
<b>Total current liabilities</b>	<b>\$ 455</b>	<b>\$ 320</b>
Other liabilities	99	127
Long-term debt	4,313	4,396
Equity	1,934	1,952

**TOTAL LIABILITIES  
AND EQUITY** **\$ 6,801** **\$ 6,795**



# GIFTS & MEMORIALS

Throughout the year Saint Cloud Hospital receives financial support from many people. We are grateful for your continued confidence and support as expressed by your generous contributions.

The Saint Cloud Hospital gratefully acknowledges contributions from the following individuals, families, and businesses, received between May 1, 1985 and September 30, 1985.

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# BEACON LIGHT Saint Cloud Hospital

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