

1-1986

## Beacon Light: January 1986

St. Cloud Hospital

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Saint Cloud Hospital

# Beacon Light

1406 Sixth Avenue N. St. Cloud, MN 56301

**Program coordinator says:**

## Distorted body image produces destructive eating patterns

**T**hink of a tasty home-cooked meal of crispy fried chicken, mashed potatoes, peas smothered with butter, and a mouth-watering piece of apple pie. Most of us are anxious to eat when a delicious meal like this has been prepared. Now, take a moment and imagine what it would be like to look at that meal and be terrified of eating it because you're afraid you'll get fat. Or think about what it would be



Susan Mareck, coordinator, eating disorders program

like to sit down and stuff yourself and then go into the bathroom and force yourself to throw up so you won't gain weight. These are just two ways a person with an eating disorder might react.

Many young women today feel pressured by society's standards to be thin. Young men, especially athletes and dancers, are also pressured to achieve a certain weight. The unrealistic goals these people place on themselves, as well as their distorted body images, produce eating patterns that are self-destructive. It is estimated that five to 20 percent of the population suffers from an eating disorder.

### Types of eating disorders

There are three different types of eating disorders — anorexia nervosa, bulimia and compulsive overeating (obesity). "Anorexics have an intense fear of becoming fat," said Susan Mareck, coordinator of Saint Cloud Hospital's new Eating Disorders Program. "They have a distorted image of their bodies. There is a marked weight loss accompanied by a refusal to gain weight."

Anorexia nervosa usually begins when the person is between 14 and 16 years old, and is associated with puberty. "Typically, anorexics have not had a lot of problems. They're good students and tend to be perfectionists," Mareck said. "Anorexics may be slightly overweight. The problem develops when they start a diet. It slowly becomes an obsession to continue to lose weight."

The second disorder, bulimia, is characterized by recurrent episodes

of uncontrollable eating of large quantities of food in a limited period of time. These episodes are usually followed by purging — either self-induced vomiting or laxative abuse. Bulimia frequently begins between the ages of 18 and 22 and is often associated with the first separation from home, Mareck explained. "Bulimics are also perfectionistic. But these individuals have a greater tendency than anorexics to 'act out.' Chemical abuse and stealing (frequently food) are not uncommon. They have poor impulse control and are often depressed." Bulimics frequently are of normal or slightly above normal weight.

When people with the third disorder, compulsive overeating, find themselves in stressful and uncomfortable situations, they turn to food as a means of coping with their feelings. People with this disorder have disturbed eating patterns and eat beyond the point necessary to maintain a normal weight.

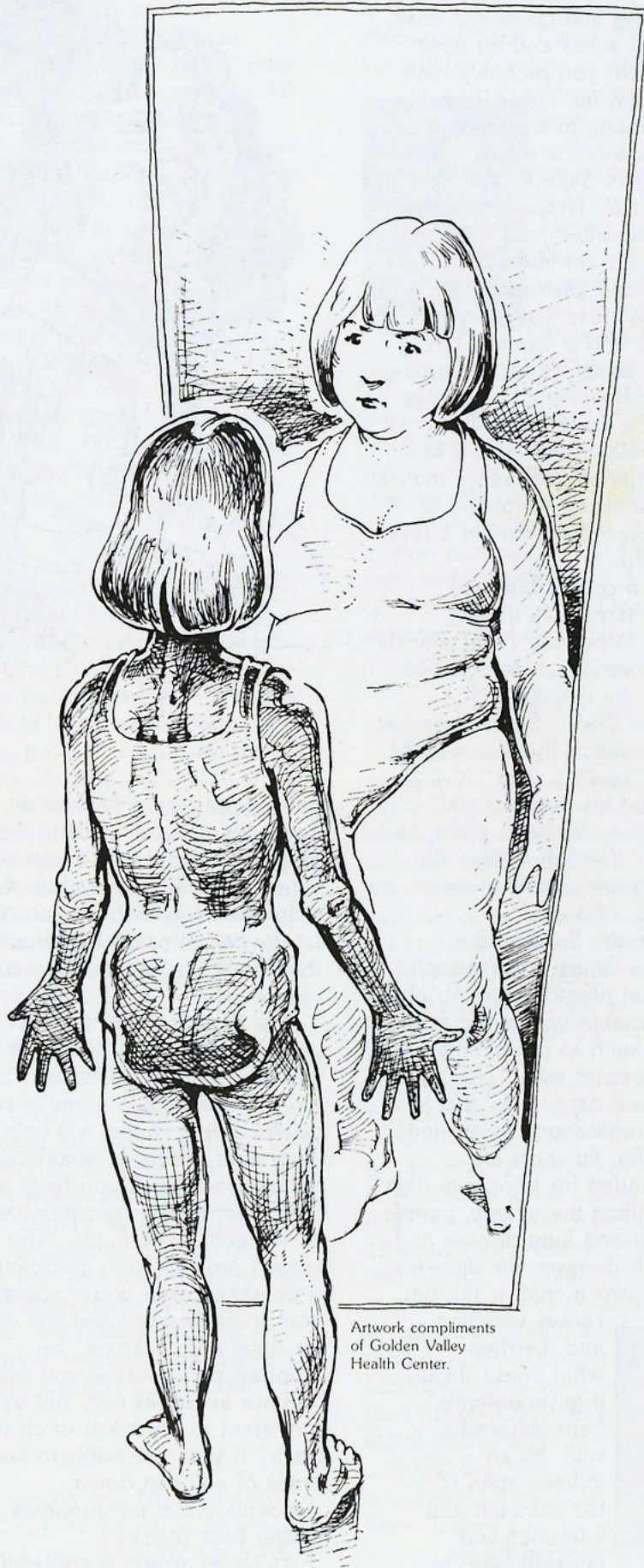
These disorders have been a problem for many years but it wasn't until recently that the needs of people suffering from these diseases were addressed. Saint Cloud Hospital saw a community need and in October 1985 developed the Eating Disorders Program.

Saint Cloud Hospital's Inpatient Eating Disorders Program is an intensive four-week program designed for anorexics and bulimics.

### Treatment

The first step taken in the program is to stabilize the patients' medical problems. These can range from a general weakness to dehydration to organ damage. Once the medical problems have been taken care of, the patient works to re-establish proper nutritional intake. Dietitians help the patients develop healthy diet plans. This is one of the most crucial steps. At first, patients are supervised closely for all three of their daily meals. As the patients become more cooperative and accepting, they are allowed to choose their own meals but are still supervised. Slowly they work up to eating their meals without any supervision. All patients are weighed twice a week as a means of measuring their progress.

The next step in the inpatient treatment program is patient education. The patients are taught about their diseases and the importance of good nutrition is



Artwork compliments of Golden Valley Health Center.

emphasized. This education is done through lectures and group work with other patients. Family groups are also conducted. "We work to improve their communication within the families and we try to increase the whole families' knowledge of eating disorders," Mareck said.

The final phase of the Eating Disorders Program is 10 weeks of aftercare. "This gives patients ongoing support in a group environment and helps them maintain healthy eating patterns,"

she explained. "Our ultimate goal is to help our patients regain control of their eating. But to be successful in treatment, we need a commitment from the patients. This is reflected by their cooperation with the treatment plan."

Since it is necessary to closely monitor anorexics, it is essential that they be hospitalized for their treatment. While many bulimics

**ON THE COVER:** Susan Mareck, coordinator of the hospital's new Eating Disorders Program. All patients in the new program are weighed twice a week as a means of measuring their progress. See the story on this page.



## Washing hands is best prevention against colds, flu

If you have a runny nose, sneezing and coughing, fever, muscle aches and an upset stomach, you probably have the stomach flu, right? Probably not, according to Dr. George Schoephoerster, a family practice physician on Saint Cloud Hospital's medical staff. Those symptoms actually describe three different illnesses: the common cold, influenza and gastroenteritis.

A runny nose, sneezing and coughing, and a scratchy throat generally signal a cold, according to Schoephoerster. "Sometimes you'll get a low fever with a cold, but generally if you have a fever, you're suffering from more than a cold." The exception to this is children who often do get a fever with a cold.

Unlike a cold, influenza generally starts with a fever. Contrary to popular belief, the flu usually doesn't include diarrhea. Influenza, by definition, is a respiratory illness, Schoephoerster said, and affects the throat and lungs. It usually comes on quite rapidly and involves general fatigue, muscular pain, chills, and headache. Though similar, the symptoms are usually more severe than those of a cold.

Though the flu can be a dangerous illness, it isn't usually the flu that physicians worry about. "The flu makes you prone to other illnesses, such as pneumonia," Schoephoerster said. "That's when it gets more dangerous." Because of the complications associated with the flu, flu shots are recommended for people at high risk, including the elderly, people with heart and lung disease and those with diseases like diabetes.

So if it isn't a cold or flu that causes vomiting and diarrhea, what does? "I call it gastroenteritis," Schoephoerster said. It's an inflammation of the stomach and intestines and generally involves cramping, vomiting, and

diarrhea. "Gastroenteritis is different from colds and flu because it tends to happen all year round," according to Schoephoerster, "where the other two most often occur in the winter." Gastroenteritis is usually the shortest-lived, too. While a cold may linger for as long as two weeks, gastroenteritis may be over within 24 hours.

Despite the differences in symptoms, the three illnesses do



have similarities. They are all caused by viruses, making them very hard to treat. "We can treat some of the symptoms, but the only way to get rid of them is to let the body's natural defenses do their work and let the virus run its course."

The standard advice of get plenty of rest, drink lots of fluids and take aspirin holds true for all three illnesses. When you're sick, getting plenty of rest will help your body fight infection, according to Schoephoerster. If you have a fever, diarrhea or vomiting, your body needs extra fluids. "The biggest problem with gastroenteritis is dehydration. If you're vomiting you probably won't feel like eating anything and that's ok," he emphasized, "because you need to let your intestines rest. But it's very important to drink lots of clear fluids." If you aren't able to keep fluids of any sort down, Schoephoerster recommends calling your physician.

As far as aspirin is concerned, it doesn't do anything to get rid of the virus that is making you sick. "Many people take aspirin when they feel a cold coming on," Schoephoerster said, "thinking that will get rid of it." In reality, the only thing aspirin can do is relieve some of the symptoms like headache and muscle pain. For those under 20 years old, a non-aspirin substitute is recommended, because aspirin has been linked to Reyes Syndrome in children.

The worst part of a cold is the runny nose and for that

time, so I only recommend using them for five days in a row."

If your symptoms include a cough, look for a cough syrup with dextromethorphan, usually shown on a label as DM. "That's probably the most effective ingredient in a cough syrup for stopping a cough, that you can buy without a prescription," Schoephoerster said.

Since colds, flu and gastroenteritis can't really be treated once you have the virus, the best cure is prevention. Research has shown that the cold and gastroenteritis viruses are picked up when a person touches something that is infected with the virus then touches their nose or mouth. All the research is not in on how the flu virus is spread. "It could be in the same way that a cold is spread or by being in the same room with someone who is sick, and breathing in the virus," Schoephoerster said. How do you prevent the spread of the virus? "Wash your hands," he said. And that doesn't mean just running a little water over them once a day. A thorough scrubbing with soap and water after contact with your own or your child's secretions is just what the doctor ordered.

Story by Gail Ivers

## Hospital exceeds United Way goal

With over 65 percent of the employees participating, Saint Cloud Hospital again exceeded its United Way goal. "We reached 117 percent of our goal or a little over \$42,000," according to Jerry Carlson, chief speech pathologist, who chaired the hospital's United Way committee. Pledges were up 23 percent over last year's goal.

"I thought the campaign was fun," Carlson said. "I enjoyed working with the people and everyone was very cooperative. I think the employees at Saint Cloud Hospital showed their humanitarianism by how they supported the United Way." Carlson also credited the hospital's United Way committee members and co-chair Sue Weisbrich, home care coordinator, with the success of the campaign.

Everyone who participated in the campaign was eligible to win one month's worth of parking in a prime spot in the parking ramp.

The winners were:

**November:** Geraldine Roman, Mental Health Unit

**December:** Carla Angell, Respiratory Care

**January:** Shirley Lutgen, PACU

**February:** Linda Libert, Laboratory

**March:** Karen Herian, Medical Records

**April:** Jackie Weber, Radiation Therapy

**May:** Susan Mareck, Mental Health Unit

**June:** Barb Plachecki, Surgery

**July:** Betty Andersen, 4 South

**August:** Kay Smidt, A & C Unit

**September:** Sharon Judovsky, Housekeeping

**October:** Alice Gerads, 6 South

## Sinus problems: Not something to sniff at

At one time or another, almost all of us suffer from sinus troubles. You know, that nagging post-nasal drip, that headache just above the eyes, or that tightness in our cheeks. These are just a few of the symptoms associated with sinus problems.

### What are sinuses?

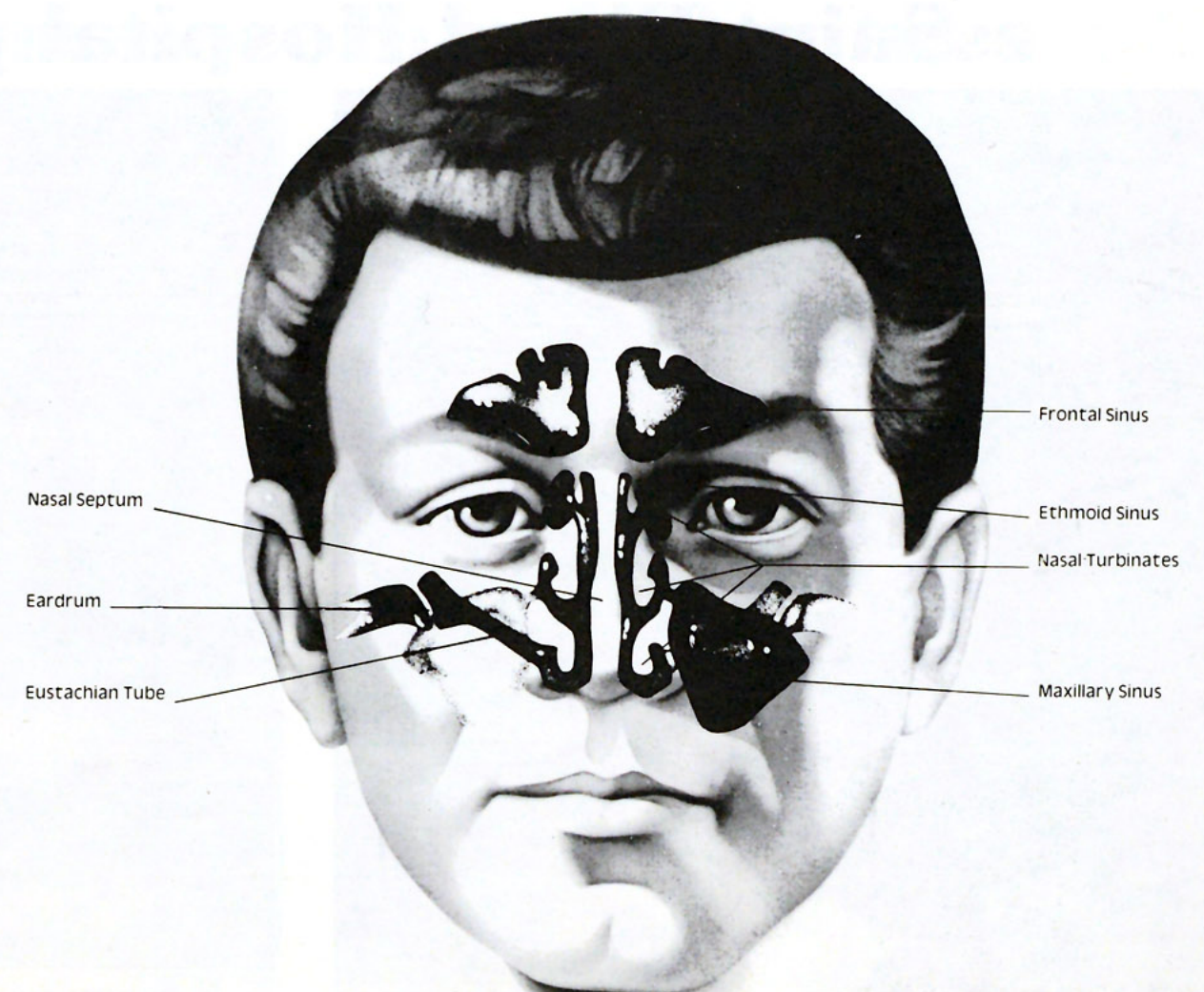
Exactly what are sinuses? They are four pairs of tiny chambers — maxillary, ethmoid, frontal and sphenoid — inside our heads. The maxillary sinuses, responsible for most of our problems, are located in our cheeks. The other sinuses are located above the eyes, behind the bridge of the nose and deep in our skulls. They are connected to the nose through narrow channels called ostia and are covered by the same mucous membrane that lines

the inside of our noses, according to Dr. John Decker, an ear, nose and throat specialist on the hospital's medical staff.

While no one is quite sure what the purpose of sinuses is, Decker

offered a couple of theories as to their usefulness. "Some believe that they help make the skull lighter because they are filled with air, not bone," he said. "We do know that the sinuses help lubricate nasal passages, and humidify and warm the air before it reaches the lungs. They also give resonance to our voices." Decker added that he feels the sinuses were poorly designed for human beings. "They drain against gravity. You really need to lean forward or be on all fours for them to drain easily."

Problems occur when the tiny passages leading from the nose to the sinuses become blocked. "The common cold or allergies can cause swelling which obstructs these passageways and causes



poor ventilation in the sinuses," Decker explained. "When this occurs, secretions accumulate and interfere with the natural movement of the cilia." Cilia are tiny hair-like growths that sway back and forth and push bacteria-carrying secretions out of the sinuses. If the blockage of the sinuses persists, the secretions become infected with bacteria from the nose. This produces true bacterial sinusitis.

The development of tumors or polyps in the passageways can also cause sinus problems. "Polyps are grape-like clusters that swell up the mucous membranes. They hang down in the nose and grow to block off the sinus or nose," Decker said. "Sometimes these develop as a result of asthma problems or aspirin sensitivity." The common denominator with these problems is that there is some form of blockage, whether it's mechanical (a tumor or polyps) or physiological (a viral infection).

As acute sinusitis develops, pus builds up in the sinuses causing the person to blow out a yellowish discharge which may have a bad odor. Sinusitis sufferers may also experience pain in their cheeks or gums, headaches above their eyes, a low-grade fever and have a bad

taste in their mouth accompanied by bad breath.

### Treatment

Treatment of acute sinusitis usually consists of taking antibiotics — penicillin or its variants. Decongestants, antihistamines and nasal sprays aimed at restoring normal drainage also help combat the problem. "Nasal sprays really help open up the passageways. But they should only be used for three or four days because they're addictive," Decker said. He also stressed that it is important to identify and treat the underlying problem — whether it's a cold or allergy or something else.

If a person has a continuous drainage problem, it becomes necessary to clean out the infected tissue and restore the open passageway. This is usually done surgically. One method is the Caldwell-Luc procedure. The physician makes an incision under the lip, above the teeth on the gum line, and lifts up the tissue over the front of the maxillary sinus. The thin plate of bone covering the sinus is then broken through and the sinus is cleaned out. At the same time, a window

is created into the nose to ease drainage. This procedure is also used to remove polyps from the sinuses.

### Prevention

Decker stressed that prevention is the key to avoiding problems. "When you feel a cold coming on, try to treat it early. This will really cut down on your sinus problems," he said. Getting the proper treatment for allergies is also essential. Other good prevention tips include: if you smoke, try to quit. Smoke irritates the nose and sinuses. Make sure your home and workplace are adequately humidified. Dry air will dry out the nose and increase the chances of bacteria overgrowth. And, if you are experiencing sinus symptoms, it is not a good idea to take an airplane trip or dive into a pool. The air pressure will aggravate the symptoms.

Story by Diane Hageman



# Saint Cloud Hospital photo contest winners chosen from more than 100 entries



## 1st: Scenery & General Interest

"I was on a motorcycle trip in Colorado and I saw this river, so I took the picture. I thought it was a beautiful picture. I take a lot of photos, but this is the first photo contest I've ever entered." ~ Rosie Sauve, Coffee Shop



## Judges praise quality of photos

It took the judges almost two hours to narrow the field of pictures from 103 entries to six winners and seven runners up. "I've judged a lot of photo contests," said contest judge Mike Knaak, photo editor for the *St. Cloud Daily Times*, "but this is one of the few where there aren't some obvious winners. All the pictures are very good." Contest judge Sister Nancy Bauer, photographer for the *St. Cloud Visitor*, agreed. "All the pictures are very good. There really isn't a bad one in the bunch."

"Normally in a photo contest, there are at least a few pictures that are not in the running for a prize," said contest judge Dick Hill, photojournalism instructor at St. Cloud State University. "But that wasn't the case here, which made this contest particularly hard to judge."

This was Saint Cloud Hospital's first staff photo contest. First, second and third place prizes were awarded in each of two categories: People & Animals and Scenery & General Interest. A display showing all of the photos that were entered can be seen in the glass cases by the northwest lobby of the hospital. We extend a special thank you to everyone who participated in the contest, to the three judges who volunteered their time, to the Camera Shop and Brown Photo for donating prizes, and to the Saint Cloud Hospital for sponsoring the contest and donating the first-place prize money.



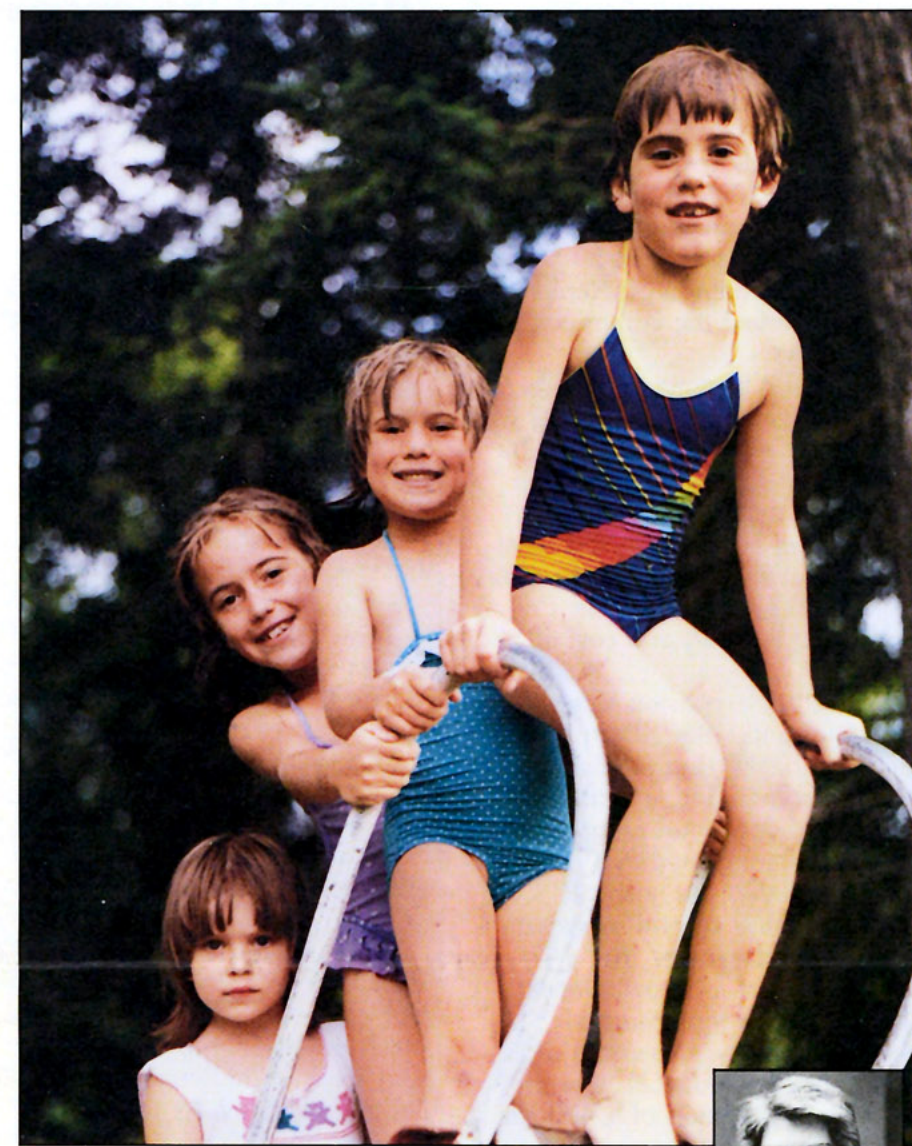
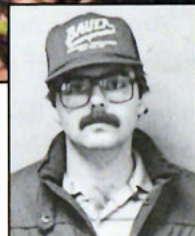
## 3rd: Scenery & General Interest

"I took this picture after the first snow fall last year; I wanted to capture the look of our house. We've lived here for 18 years. I've taken some other views of the house in different seasons, but I like this one best." ~ Phyllis Thielman, 3 South



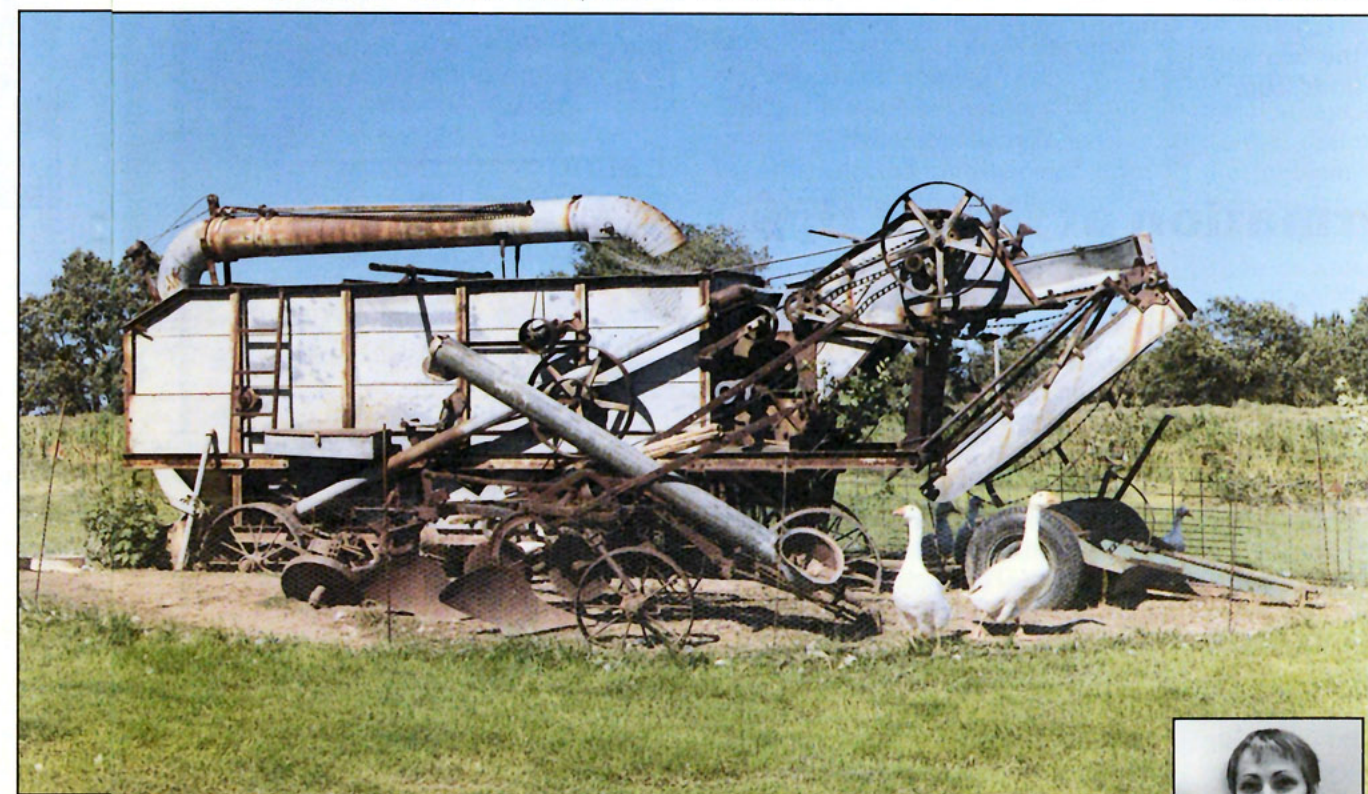
## 1st: People & Animals

"I'm just learning how to take photos, my wife is teaching me. We were at her parents farm and we saw this cat sleeping in the grass. Normally they run off when you get close, but this one just looked at us and then looked away, so I snapped the picture." ~ Paul Mergen, Security



## 3rd: People & Animals

"We go up north every year to go camping with all the relatives on one side of the family. My cousin's kids were running around and I said 'Why don't you climb up on the slide and I'll take your picture?' I was really happy with the way it turned out." ~ Shirley Kuehn, 4 Northwest



## 2nd: Scenery & General Interest

"I was visiting my folks on their farm and I saw this old thrashing machine and plow that they had fenced in. Apparently my mother thought it made a good pen for the geese, and I thought it made a good picture." ~ Colleen Burgoyne, Nursery



## 2nd: People & Animals

"I took this picture while we were vacationing last February on Lido Beach near Sarasota, Florida. We were out for a walk on the beach and I saw this 'slough poke.' It let me get up closer and closer until I was only three feet from it — my husband and our friends just laughed at me for taking the picture, they hardly stopped to watch." ~ Hazel Carr, 4 South



Thank you to the following people who participated in the hospital's photo contest:

Name	Department	Name	Department
Harry Affeldt	Radiology	Shirley Kuehn	4 Northwest
*Dan Baumgartner	Therapeutic Recreation	Ken Kuebelbeck	Laboratory
Mitzie Brinkman	ICU	Peggy Lange	Respiratory Care
Colleen Burgoyne	Nursery	Florence Litchy	Volunteer
Mary Bye	Radiation Therapy	Paul Martinan	A & C Unit
*Jerry Carlson	Speech Pathology	*Paul Mergen	Security
Hazel Carr	4 South	Fran Murtley	Coffee Shop
Henry Chavez	Nutrition Services	Renee Pemble	Nursing Student
Vicki Dahl	Home Care	Lynn Pfannenstien	Business Office
Sandy Denne	Laboratory	Renee Pintok	Nursing Student
Dee Donnell	Housekeeping	Judi Rassier	Float Pool
*Mark Getchell	Nursing Student	Rosie Sauve	Coffee Shop
Linda Gruba	Data Processing	Sr. Joan Schafer	Bakery
Mary Hallberg	Physical Therapy	Lois Schmitt	Business Office
Pat Johnson	Volunteer	*Bill Schwartz	Physical Therapy
Jake Kalkman	Therapeutic Recreation	Dr. Robert Shapiro	Medical Staff
Tom Kirchner	Storeroom	Wayne Smith	Engineering
Carol Koenig	Payroll	*Georgia Sobiech	3 South
Sr. Louise Koltes	Medical Records	*Janice Springer	Emergency Trauma Unit
Mary Kay	Post Anesthesia	Mary Stotko	Business Office
Schutz Korman	Care Unit	Mary Super	Radiology
Kevin Krueger	Therapeutic Recreation	Phyllis Thielman	3 South
		Sue Weisbrich	Home Care
		Debra Westenberg	Laboratory
		Audrey Buysse	Laboratory

\*Received an honorable mention



## Hospital Care in St. Cloud 100 years old

**C**elebrating a Century of Care is the theme chosen to commemorate the 100th anniversary of hospital care in St. Cloud. This year, 1986, Saint Cloud Hospital and the Sisters of the Order of St. Benedict along with hospital auxiliary and medical staff members are observing this centennial celebration through a number of special events, projects and displays.

In early February, the *Saint Cloud Daily Times* will print a tabloid insert devoted to the 100th anniversary of hospital care. The tabloid will include historical accounts of hospital development in St. Cloud, as well as descriptions of new services and medical technologies available to the people served by Saint Cloud Hospital.

A book on the history of hospital care in St. Cloud has been commissioned by Saint Cloud Hospital and will be written by John Dominik, noted author, whose past works include a book on the history of St. Cloud entitled "St. Cloud - The Triplet City". The hospital history book will be offered for sale to the general public at the SCH Auxiliary Gift Shop and the Stearns County Heritage Center.

Commemorative coffee mugs and a special calendar featuring line drawings of early hospital structures will also be produced and made available to the public during the centennial year.

A display of hospital and medical artifacts dating from the earliest days of hospital care in St.

Cloud is being assembled and will be exhibited at the Stearns County Heritage Center during the month of May.

Other special events to commemorate the 100th anniversary of hospital care are being planned for hospital employees and the general public. These events will be announced as soon as times and dates are finalized.

The history of hospital care in St. Cloud dates back to 1885 when Dr. A.C. Lamothe Ramsay purchased a newly-erected residence and provided the first hospital services in the city.

Soon he discovered he was unable to handle the time commitment required by his private practice and the hospital. Dr. Ramsay persuaded the Sisters of the Order of St. Benedict to take over the hospital work in 1886. The Sisters purchased a home on Ninth Avenue North and remodeled it into the first hospital building. They announced its opening for February 25, 1886 under the name of St. Benedict's Hospital. The hospital was staffed by four Sisters, one lay employee and one physician.

In 1890, the Sisters received a gift of five acres of land on the east side of the Mississippi River and decided to build a new hospital building there to accommodate the increasing number of patients. The new hospital building was named St. Raphael's Hospital and was located near the Minnesota Correctional Facility. Unfortunately, the two and one-half mile distance from town

and the poor, often impassable roads made the hospital virtually inaccessible. The Sisters treated only 94 patients during the first year.

In 1900, the hospital facilities were moved back to the city and a third hospital constructed on a site adjacent to the first. The 50-bed hospital, also named St. Raphael's Hospital, served the community for 28 years.

By 1926 it became apparent that this hospital could not adequately serve the needs of the ever-increasing population of the St. Cloud area. That same year, construction began on the present Saint Cloud Hospital building. The original 300-bed facility was completed in 1928 at a cost of \$2 million.

No further expansion was necessary until 1966. Then, to meet the health care needs of a growing community, an extensive expansion-renovation program was begun and completed in 1974. Five years later, the hospital embarked on a second expansion program that involved the construction of a 30-bed Critical Care Unit, two replacement nursing units, the expansion of emergency and surgical services, and the construction of a 400-car parking ramp. This project was completed in 1983.

Today, 100 years after the first hospital building was dedicated, Saint Cloud Hospital is licensed for 489 beds and serves as a regional health care facility with most major medical specialties.

### Saint Cloud Hospital Inn opens

**T**he Saint Cloud Hospital Inn is a new and innovative concept in hospital care.

The Inn meets the needs of patients who no longer require extensive hospital care, but who do not feel quite ready to go home. Guests at the Inn may include Same Day Surgery patients who choose not to go home at the end of the day, persons scheduled for early surgery or diagnostic testing, or those who need some medical supervision, but not acute care.

What makes the Inn unique is that nursing care, provided by a licensed practical nurse (LPN) is available to Inn guests 24-hours a day, providing that extra measure of care that would not be available at home or in other public accommodations. In addition, a spouse, friend or family member is encouraged to stay with the Hospital Inn guest to provide any routine assistance that might be needed.

With the Hospital Inn rooms located on the sixth floor of the hospital, guests don't even have to leave the building to take advantage of the attractive accommodations. As they check out of their hospital acute-care room, guests can promptly register for a Hospital Inn room. People coming from outside the hospital can register at the Admissions Desk.

For more information about the Saint Cloud Hospital Inn, call the Admissions Office at (612) 255-5614.

### Eating

Continued from p. 1

also need to be hospitalized, some may choose an alternate plan — an eight-week outpatient program which will be starting soon at Saint Cloud Hospital.

Structured much like the inpatient program, outpatient treatment consists of a thorough evaluation followed by eight weeks of intensive treatment. "Heavy emphasis is placed on meal planning, diet counseling, education, and individual and group counseling," Mareck said. The outpatient program also concludes with a series of aftercare sessions.

If you would like more information about Saint Cloud Hospital's Eating Disorders Program, call Susan Mareck, coordinator, 255-5601.

Story by Diane Hageman

## A look at 1986



**W**ith the Christmas and New Year holidays so recently behind us, I've taken this opportunity to reflect on where the hospital has been, where we are headed, and what our purpose is.

Obviously, the last two years have been a challenging and stressful period for Saint Cloud Hospital and St. Benedict's Center. We have seen a transformation in the form of reimbursement for our services and a change in use patterns that have reduced our patient days by one-third in a three-year period. Accommodating these changes has been stressful for all of us.

The new year will see the hospital functioning in a similar environment with a continuation of the reimbursement and utilization constraints. It appears that federal legislation will pass that will freeze Medicare reimbursement at or near current levels. That will impact 40 percent of our revenue. Operating results of the last few months

suggest that the patient volume may be stabilizing near current levels.

During the coming year, there will be opportunities for the hospital to grow and develop in certain clinical areas. A new cardiac catheterization laboratory will be developed to greatly enhance our services in cardiology. Physician recruitment efforts are going forward in physical medicine and rehabilitation, neurosurgery and neonatology to enhance our development in those clinical areas. We expect a second radiation therapist to join our staff during the coming year, aiding our efforts to serve as a regional center for cancer care. A nephrologist (kidney care specialist) will join us and assist in developing an acute-care dialysis program.

The new year will find us working hard on our interpersonal skills to deal with our various publics. The program entitled "The Competitive Edge" is a valuable tool in building on the caring attitudes of our staff.

1986 will be the 100-year anniversary of our sponsoring organization's, the Benedictine Sisters, role in hospital care in St. Cloud. The first 100 years have left us with a legacy of caring and service that is critical to our mission. We exist to serve our community, not ourselves. As long as we dedicate ourselves to that goal, we will be a successful organization.

John R. Frobenius,  
executive vice president

## Beacon Bits

An Employee Assistance Program (EAP) was started in December for all Saint Cloud Hospital and St. Benedict's Center employees and their families. EAP Coordinator Pauline Page is available to assist employees in finding solutions to problems whether they are physical, mental or emotional illnesses, finances, marital or family distress, alcoholism, drug abuse, legal problems or other concerns. All information is kept confidential. The EAP hours are Monday, Wednesday, and Friday from 8 a.m. to noon and Tuesday and Thursday from 1 - 4:30 p.m. The EAP office is Room 538 on 5 Center at the hospital and the phone number is 255-5705.

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A satellite dish was put on top of Saint Cloud Hospital at the beginning of December allowing the hospital to tie into some of the available health networks. The dish will initially be used mostly for receiving programming from the Voluntary Hospitals of America (VHA) and the American Hospital Association (AHA). The hospital hopes to become an open site for AHA teleconferences. This means that some of the people outside of Saint Cloud Hospital, who sign up for conferences through AHA, would be sent to Saint Cloud Hospital to view the conference.

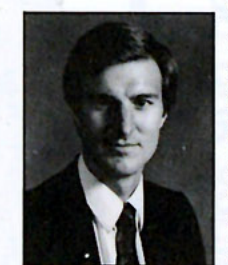
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Saint Cloud Hospital's Therapeutic Recreation staff is sponsoring an amateur variety show on Wednesday, Feb. 5 from 6:30 - 7:30 p.m. in the hospital's Hoppe Auditorium. The program, which is free and open to patients, staff and interested community members, will feature musicians and comedy routines. For more information, call 251-2700, extension 3211.

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"Developing and Nurturing My Inner Child," is the name of a new two-day live-in program designed especially for adult children of alcoholics. The program is sponsored by the hospital's Alcohol and Chemical Dependency (A & C) Unit. Some of the goals of the program will be to build trust, help rework developmental stages, and increase awareness of the need for balance between work and play. It is very important that participants are prepared to have fun, play, laugh, and create together. For more information, call the A & C Unit at 255-5612.

Joseph Opatz, Ph.D., has been hired as the director of health promotion at Saint Cloud Hospital. He will be developing and coordinating health promotion and wellness programs for business and industry. Before coming to SCH, Opatz was executive director of the National



Wellness Institute at the University of Wisconsin in Stevens Point, and has been a consultant to corporations, universities and hospitals across the country. He has also edited numerous wellness and health promotion publications, and has authored a book called *A Primer of Health Promotion*. Opatz assumed his duties at the hospital in December.

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Minnesotans pride themselves in being able to handle harsh winters. But just because you've lived through a number of winters, doesn't mean you should stop taking winter storms seriously. This year, winterize yourself and your car by keeping the following items in your car throughout the winter:

- Extra clothing such as a snowmobile suit or an extra jacket
- Blanket
- Emergency flashers or flares
- Flashlight
- Small shovel
- Two-pound can of salt or sand
- A survival kit including a pocket knife, two candles, matches, a 12-square inch warning flag that is red, orange or yellow, a 30-foot section of rope or twine, a plastic whistle, dehydrated food such as soup or cocoa, jumper cables, hard candies, a small can of sterno fluid for cooking and a quarter taped to the lid of the can.

If you are going on a long trip, it is a good idea to let someone know where you are going and when you will be returning.

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Dr. David Frederickson, emergency medical director, was honored at the Stearns County Emergency Medical Services (EMS) conference in December. Dr. Frederickson received a plaque for his many hours of dedicated service to Stearns County EMS.

### Newborns receive Christmas hats



Saint Cloud Hospital Auxiliary member and volunteer June Proznik gave newborn Angela Mae Eikmeier and her mother, Mary, a Christmas baby hat. The Auxiliary bought the yarn and enlisted the help of members to knit the hats which were given to infants born around Christmas.



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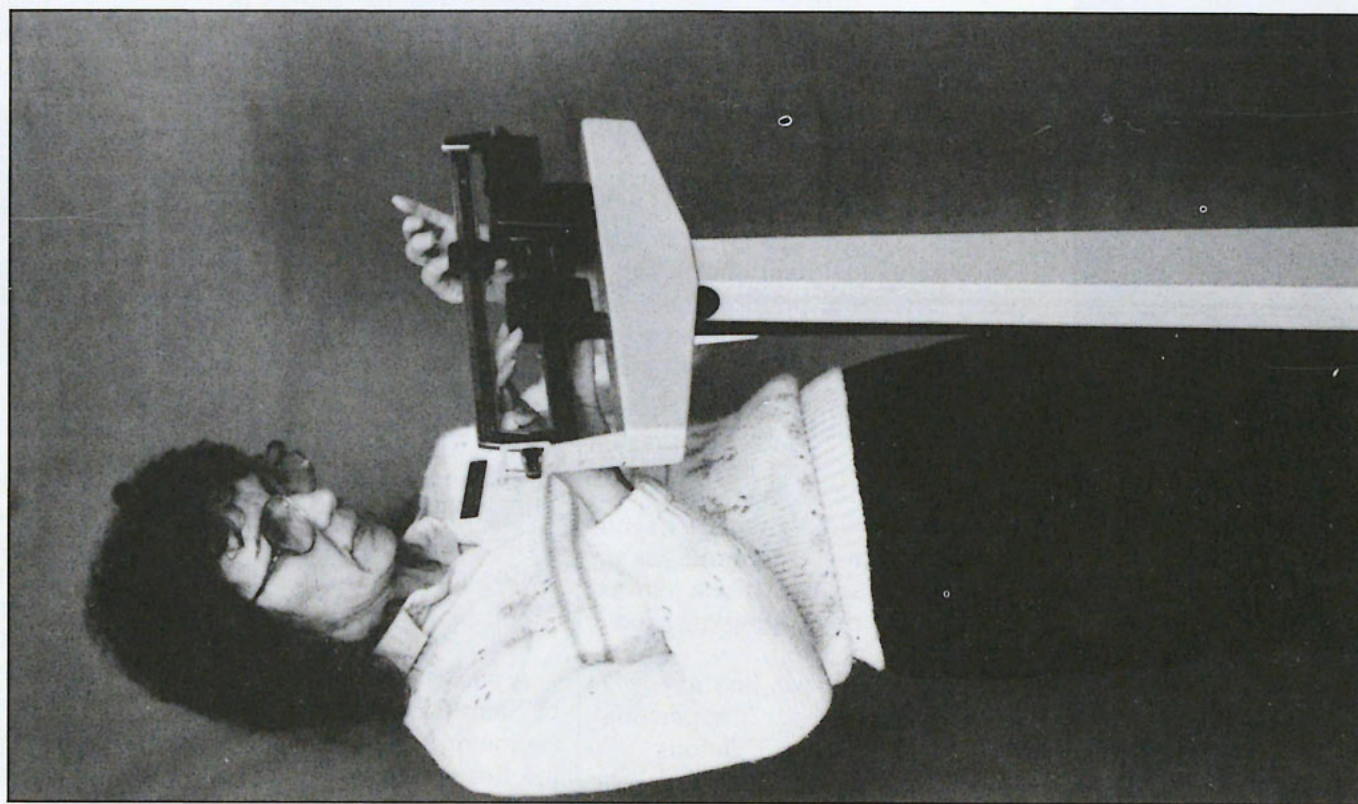
Saint Cloud Hospital

# Beacon Light

1406 Sixth Avenue N. St. Cloud, MN 56301

"Innovation, technology and people who care ..."

January 1986



**Eating disorders  
clinic opens**  
Story on page 1.

**Photo contest  
winners**  
Pages 4 and 5.



Celebrating a century of care 1886-1986

## Holly Ball raises \$22,500 for Outpatient Services



Holly Ball co-chairs Paulette Como, Pat Hart and Shirlee Barich present Saint Cloud Hospital Executive Vice President John Frobenius with the proceeds of the 11th Annual Holly Ball.

Saint Cloud Hospital was presented with a check for \$22,500 by chairpersons of the 1985 Holly Ball at a breakfast ceremony held at the hospital on Friday, December 13.

The money represents the proceeds of the eleventh annual Holly Ball held on Saturday, December 7, at the St. Cloud Holiday Inn. More than 700 guests attended this year's fundraising dinner and dance.

Accepting the check on behalf of the hospital was John R. Frobenius, Saint Cloud Hospital's executive vice president, who thanked the Saint Cloud Hospital Auxiliary, the Stearns/Benton County

Medical Auxiliary and the West Central Dental Auxiliary, and congratulated them on their successful efforts in organizing this year's Holly Ball.

The \$22,500 will be used to help purchase several pieces of equipment for the hospital's Outpatient Services area. This equipment will be used in Outpatient Services for early diagnosis and treatment of gastrointestinal diseases.

Chairpersons of the 1985 Holly Ball were Shirlee Barich, Saint Cloud Hospital Auxiliary; Pat Hart, Stearns/Benton County Medical Auxiliary; and Paulette Como, West Central Dental Auxiliary.

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January 1986 Vol. 37 No. 1

Address Correction Requested

Saint Cloud Hospital, founded in 1928, is a 489-bed hospital sponsored by the Sisters of the Order of St. Benedict and the Diocese of St. Cloud. Saint Cloud Hospital adheres to the Ethical and Religious Directives of the Catholic Church in providing health care services to the community it serves.

Saint Cloud Hospital is fully accredited by the Joint Commission on the Accreditation of Hospitals (JCAH).

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