

5-1986

## Beacon Light: May 1986

St. Cloud Hospital

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# Saint Cloud Hospital Beacon Light

1406 Sixth Avenue N. St. Cloud, MN 56301

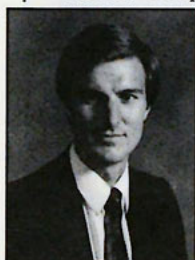
## Corporate Health Systems

### Programs help companies reduce health-care costs

To say that health care has changed drastically over the past several years would be an understatement.

Medicare adjustments, health maintenance organizations and preventive medicine have all played a role in these changes. As a result, hospitals are moving toward an outpatient emphasis, and are designing community-based programs.

Saint Cloud Hospital is embarking on a new venture called Corporate Health Systems.



Joseph Opatz  
director, Corporate  
Health Systems

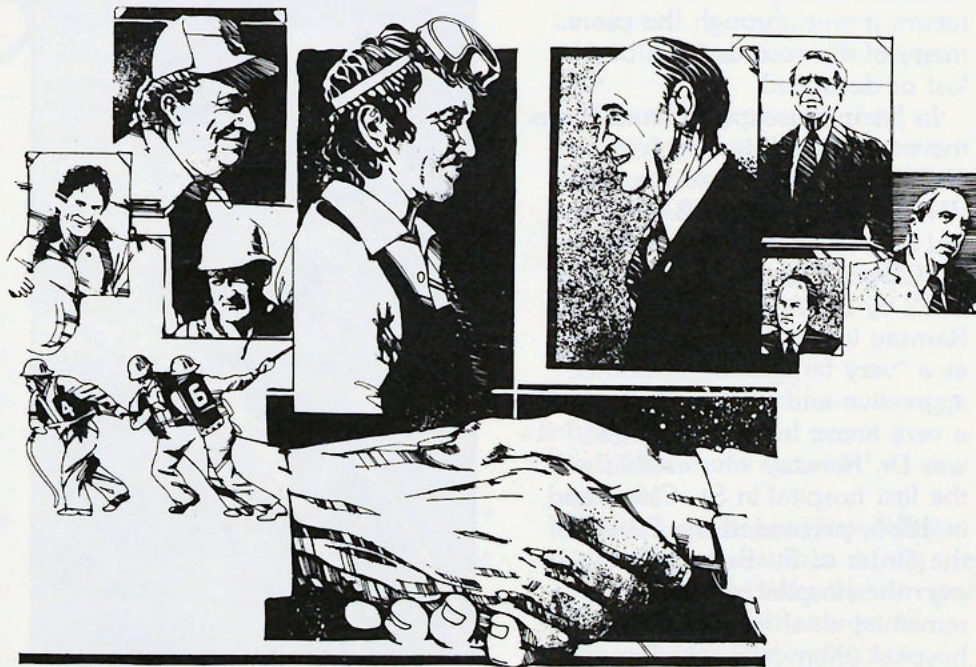
"We can deliver high-quality, reasonably-priced programs to business and industry, especially the smaller and medium-sized companies that aren't able to hire their own health promotion specialists," said Joe Opatz, Ph.D., director

of Corporate Health Systems. "Employers have a direct stake in the health and well-being of their employees. Corporate Health Systems will be working in partnership with these businesses to develop programs that will meet the specific health needs of each company."

Corporate Health Systems (CHS) has two components: an Industrial Health Clinic and a Wellness Clinic. "Through the Industrial Health Clinic, we can introduce ourselves and our programs to employers. We can help them with their immediate needs — worker disability and poor productivity," Opatz explained.

#### Industrial Health Clinic

As part of the Industrial Health Clinic, trained professionals are available to conduct a variety of screenings and programs for companies. Initially, a needs assessment is performed and an individualized program is developed. Through the needs assessment, CHS's staff may see a high incidence of back injuries and determine that the Industrial Back Education program would be beneficial. "Back injuries are the number one work-loss problem. Virtually all of these back-injury accidents are preventable but they occur because employees haven't been trained to take care of their backs properly," Opatz said. Trained specialists will observe



workers in their daily activities and identify poor body mechanics. Then these specialists will work with the employees to develop healthier habits.

The Industrial Health Clinic may also be able to help a company which is experiencing a high rate of absenteeism and productivity problems. "Statistics show us that 18 percent of employees are losing 25 percent of their productivity due to personal problems," Opatz said. "For a company with 100 employees who are paid an average of \$20,000 a year, this means that \$90,000 is lost per year due to personal problems." CHS staff can help a business set up an Employee Assistance Program (EAP) which is specifically designed to provide professional and confidential assistance to employees and their families for problems ranging from physical or mental illness to alcohol and drug abuse to financial difficulties.

Another aspect of industrial health is hearing conservation. Dealing with the Occupational Safety and Health Administration's (OSHA) noise level standards can be difficult and confusing. Through the CHS Hearing Conservation program, certified professionals can test and analyze workers' hearing, monitor noise levels, and keep employers informed on OSHA changes and hearing requirements.

#### Workers' Compensation Management

CHS Industrial Health Clinic can also help clear up workers' compensation problems with the Workers' Compensation Management program. "Through this program we review extended absences and workers' compensation claims. We then determine when and in what

capacity workers can return to work," Opatz explained. CHS staff use a method called Functional Capacity Assessments to document employees' capabilities and tolerance levels in relation to their jobs. Then employees can participate in the Return to Work program which is designed to help strengthen injured workers before they go back to work.

Corporate Health Systems can also assist employers with their pre-employment and routine health screenings. Computerized assessment questionnaires are used by CHS professionals to detect new or chronic medical disorders.

#### Wellness Clinic

The other component of Corporate Health Systems, the Wellness Clinic, is prevention-oriented. "By participating in Wellness Clinic programs, we hope that employees will be able to improve their lifestyles. This will have a definite effect on their job performance," Opatz said.

One of the Wellness Clinic's programs is StayWell which was developed by Control Data Health Care Services. "StayWell is designed to build vitality in the workplace through a full range of ready-to-implement products and services," Opatz continued. "Lifestyle change is the emphasis of this program. The courses will give employees the information, skills and support they need to adopt healthier behavior and lifestyles." StayWell has been specifically developed for businesses and industries to help them contain health-care costs, and can be tailored to fit each organization's individual needs.

A second program, Fitness Assessment, is a cooperative effort between CHS and the Human Performance Institute directed by

Dr. Jack Kelly at St. Cloud State University. By conducting tests for endurance, body composition, flexibility, and lung function as well as examining lifestyles, CHS personnel can identify and prescribe behavior change programs for employees who are at particularly high risk of developing future health problems.

Fitness classes make up the third component of the Wellness Clinic. "We all know that exercise is good for us, but it takes a lot of willpower to do it consistently on our own," Opatz said. "By participating in our fitness classes, employees can gain support from their co-workers — and it makes it a lot more fun!"

CHS also offers Nutrition for Excellence, the hospital's nutrition

**"By participating in Wellness Clinic programs we hope that employees will be able to improve their lifestyles. This will have a definite effect on their job performance."**

Joseph Opatz, director  
Corporate Health Systems

education program. "The class is taught by registered dietitians who believe that weight loss through good nutrition is the key to good health," Opatz said.

Opatz was quick to emphasize that all or any of these programs can be offered at the work site, at a near-by facility or at the Corporate Health Systems Center — whichever is most convenient for employers and their workers.

Opatz is excited about the Corporate Health Systems venture and is sure that employers will be satisfied with the results. "Our goal with Corporate Health Systems is to have employers see both short-term and long-term savings," he explained. "Of course, looking at their immediate needs would be our primary concern. But in the long run, by participating in our Wellness Clinic programs, employers will see a significant drop in health risks which will, in turn, reduce costs, improve employee morale, and increase productivity."

Story by Diane Hageman

ON THE COVER: A hospital maintenance worker helps usher in spring by planting flowers.



## Physician researches history of medical staff

**T**hat You May Find Healing, a book which describes the history of hospital care in St. Cloud from its beginnings in 1886 to the present, is being published this month. It will be offered for sale to the general public at the Saint Cloud Hospital Gift Shop and the Stearns County Heritage Center.

The book was written by John Dominik, St. Cloud native and noted author who has written several books on the history of St. Cloud. Included in Dominik's book on hospital history are references to the growth and evolution of the hospital's medical staff. Much of the research on the medical staff's history was done by Dr. Everett Schmitz, a retired surgeon, who joined the medical staff in 1943.

Schmitz serves on the hospital's Centennial Celebration Committee and has spent the past five months digging through old newspaper files, reading old medical staff and board meeting minutes, and searching for reference materials on the medical staff at area libraries. He has also interviewed former and present medical staff members, survivors of deceased members and other relatives to complete the lengthy manuscript detailing the staff's history.

Schmitz concedes the project has been a challenge. "It was like finding parts to complete an antique automobile," Schmitz said. "You find bits and pieces of information in odd places." But assembling the history was something he's always wanted to do. His main concern is that so much of the history has been lost

because nobody bothered to record it and, through the years, many of the records have been lost or destroyed.

In his manuscript, Schmitz traces the medical staff history back to 1856 when two physicians, Dr. W.R. Hunter and Dr. B.R. Palmer, first arrived in the frontier town of St. Cloud. They were followed in 1882 by Dr. A.C. Lamothe Ramsay whom Schmitz describes as a "very farsighted, ambitious, aggressive and dedicated man with a very active interest in surgery." It was Dr. Ramsay who established the first hospital in St. Cloud and, in 1886, persuaded the Sisters of the Order of St. Benedict to take over the hospital work. He remained chief surgeon at the hospital (then called St. Benedict's Hospital) until his untimely death in 1891. By that time, 13 other physicians had joined the medical staff.

During the 1800s, hospitals were often referred to as "pest houses" where people with very contagious or incurable diseases were kept. As late as 1912 there was no laboratory at what was by this time known as St. Raphael's Hospital, nor was there a single microscope on the premises. "Most physicians preferred to care for their patients at home, and most of the babies were delivered at home too," Schmitz observed.

Changes came gradually, with Dr. Philip E. Stangl, for one, complaining loudly for the addition of laboratory equipment and services, for better obstetrical equipment and techniques, and for a pathologist to examine tissues.



Dr. Everett Schmitz  
retired surgeon

(See *Beacon Light*, April 1986.)

By 1921 the medical staff numbered 23 active members, and began holding regular monthly meetings to exchange medical information. The following year, the hospital installed the first X-ray machine with Dr. Maximilian J. Kern serving as staff radiologist. Addition of the X-ray, along with progress in the laboratory and anesthesia areas provided "a real thrust forward for the hospital," Schmitz said.

In 1923, the medical staff petitioned the city administration to pave Ninth Avenue in front of St. Raphael's Hospital, and to provide the public with a safe supply of drinking water since typhoid fever was epidemic in the St. Cloud area. During this time, a

fee schedule was drawn up which listed charges for various medical services. A day visit in town was \$2, a night visit was \$5, a country visit was \$1 per mile. A tonsillectomy cost \$25, a normal delivery \$25. "These fees actually remained fairly stable until into the 1940s," Schmitz said.

Construction of the present Saint Cloud Hospital building was begun in 1926 and completed two years later. The first medical staff meeting in the new facility was held March 16, 1928 with 20 active and three associate staff members present. At such a meeting, a spirited debate arose within the medical staff over the proposed installation of radio receiving sets in patients' rooms in the new facility.

No dramatic changes in medical or hospital care occurred during the early 1930s. However, in 1937 the first of the sulfa drugs became available which helped the medical staff dramatically reduce the mortality rate for such diseases as pneumonia.

With the outbreak of World War II in 1941, many staff physicians and nurses were called or volunteered for duty in the armed forces. That resulted in an acute physician and nurse shortage in St. Cloud, according to Schmitz. Patient care became more spartan as the war years progressed.

The end of World War II brought a flood of staff applications from doctors returning from the service. In 1950, the hospital was filled to capacity with patients in lounges, hallways and solariums. "Elective surgery and non-emergency medical cases faced long waits for admission," Schmitz said. The medical staff

Physicians, page 5

### Project Lifesaver goal:

## Decrease vehicle accidents, increase awareness

In America, motor vehicle crashes kill as many people as would die if an airliner crashed every day. Motor vehicle crashes are the leading cause of death for people aged one to 38. In Minnesota alone, 52 percent of fatalities resulting from motor vehicle accidents in 1984 were alcohol related. The total cost to Minnesotans for accidents in 1984 was \$443,870,400.

These statistics and others have led several Minnesota companies and organizations to join together in an attempt to change the attitudes and behavior of Minnesota drivers.

During May, a month-long campaign called Project Lifesaver was started. The objectives of the program are to:

- convince motorists they are

mortal and vulnerable to the dangers of driving;

- persuade everyone to start the seat belt habit; and
- teach every citizen what can be done to prevent drunks from getting behind the wheel.

The ultimate goal is to spread these messages so widely and persistently that in June we will be able to say: "In Minnesota, no one died in a motor vehicle crash during the 1986 Memorial Day weekend."

In the last nine years, an average of eight people have died each year in Minnesota on Memorial Day weekend because of motor vehicle accidents. At Saint Cloud Hospital we see the results of these accidents. We treat the injured and we try to comfort the

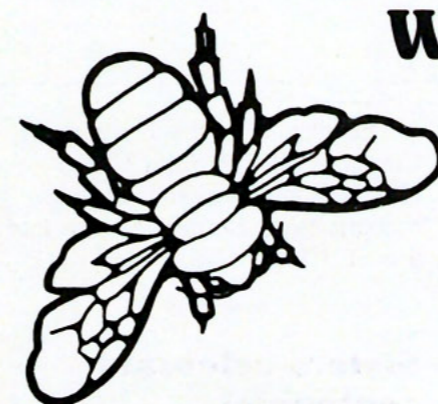
survivors. We know first hand that people get hurt and die from motor vehicle accidents, and we'd like to see the statistics change.

We've taken the first step by encouraging hospital employees to use their seat belts. Our annual seat belt days, where employees who are wearing their seat belts when they leave work receive an apple toward their good health, have been well received. We also provide speakers and films for employees, that discuss the dangers and costs of motor vehicle accidents.

The hospital also has an infant car seat program for children born at the Saint Cloud Hospital. For a

Project Lifesaver, page 4

## Warm weather brings summer pests



**S**pring has sprung. Trees are budding, birds are singing, and skies are blue. It also means that mosquitoes are biting, ticks are crawling, and wasps, hornets and bees are stinging. Yep, it's that time of year when those summer pests descend upon us. So what can be done to steer clear of those pesky little critters?

Dr. Dennis Lofstrom, and registered nurses Maribeth Woitas and David Steele all agree that there are two ways to avoid encounters with these creatures: first, avoid areas these bugs inhabit. With mosquitoes and woodticks, high-risk areas are wooded and grassy regions. And bees, wasps and hornets live in hives and are attracted to flowers so it's best to stay away from these areas. Second, if you're going to be in these bug-infested areas, be sure to wear proper clothing — long-sleeved shirts and pants so your skin is protected.

Usually, the most harm these bugs inflict is nasty bites and stings. But, occasionally, each of these pests can be dangerous.

### Sucking

Woodticks, which like to burrow themselves under the skin, can sometimes carry the germs that cause Rocky Mountain Spotted Fever and Lyme's Disease. "In 1985, only about 500 cases of Lyme's disease were documented in the United States," said Dr. Lofstrom. "It affects the nervous system and causes problems such as a fever, red rash, and joint pain." Lofstrom added that these cases are difficult to diagnose and that people have responded to treatment with antibiotics. Rocky Mountain Spotted Fever symptoms also include a fever and rash as well as a feeling of limppness.

Most of the time, people simply remove the woodticks and don't have any further problems. "The key to removing ticks is to make sure that the feeding apparatus is out," said Steele, the assistant head nurse in the emergency trauma unit. "This is important because if the whole body isn't removed, a person can contract a localized or possibly a staph infection." There are a number of ways to safely

remove woodticks. "Gentle pressure exerted on the body of the tick is the best method of removal. This can be done with curved forceps or tweezers," Steele said. "If nothing else is available, use your fingers — but be sure to wrap them in a protective covering." Lofstrom recommends applying a carbon tetrachloride cleaning solution. Using petroleum jelly or baby oil may also be effective. Applying these solutions suffocates or irritates the ticks and may make them back out. "A person can also put a hot, unlit match on the body of the tick — but take care not to burn yourself," Steele added. He emphasized that once the tick is removed, it is important to thoroughly wash the affected area with soap and water to prevent infection.

### Stinging

Overcoming battles with bees, wasps and hornets involves a different strategy. If it is impossible to avoid these insects, take caution not to aggravate them by swatting at them. It is best to hold still and hope they leave the area without stinging you, said Woitas, the head nurse in the emergency trauma unit.

"Bees are different from wasps and hornets in that they sting only once in their lifetime. And when they do sting you, they leave the stinger in the skin," Woitas said. "Wasps and hornets don't leave the stingers in so they can sting you several times."

Responses to these stings can range from mild pain and swelling to redness and itching to very serious allergic reactions. "The best way to treat these stings is to try to keep the person calm. If the person has been stung by a bee, remove the stinger. The most effective method is to run a flat object with an edge, such as a credit card, across the surface of the skin," Woitas explained. "Do



not use tweezers to remove a stinger because it might inject more toxins into the bloodstream. Once the stinger is removed, apply cold packs to reduce the swelling.

Adolph's meat tenderizer may also be applied. It contains enzymes which help inactivate the stinger cells.

"If people know that they are sensitive to bee stings, it is vital that they wear Medic-Alert tags and carry bee sting kits that contain adrenaline. These are available by prescription only," Woitas added.

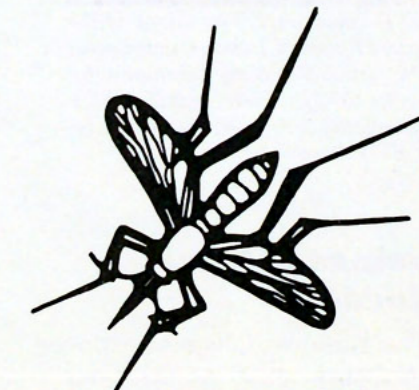
### Stabbing

And, last but not least, a word or two must be said about that great Minnesota state bird — the mosquito.

For the most part, mosquitoes make their appearance during the summer months after the sun goes down. Their favorite target is exposed skin. Generally, when people are bitten, they feel a mild stinging sensation followed by some itching. The affected skin may appear red and swollen. "In handling mosquito bites, the best treatment is prevention. We recommend using a good repellent such as Muskol," Steele said. "However, if you are bitten, try not to scratch it. That will just make it worse." A baking soda/cold water compress or taking an anti-

histamine should help reduce the swelling. And applying Caladryl to the bite should cut down on the itching.

For those hearty people planning a lot of outdoor excursions this summer, Woitas advises assembling a first aid kit. The Emergency Trauma Unit has free copies of the "Guide to First Aid Kits" available to the public. "This guide will tell you how to assemble your own first aid kit with items you have at home so the cost is very low," Woitas said. For your free "Guide to First Aid Kits," stop in or call the Emergency Trauma Unit at 255-5656.



Story by Diane Hageman

## May is National Blood Pressure Month

Approximately 58 million Americans have high blood pressure — almost 30 percent of the adult population. If left untreated, elevated blood pressures can lead to stroke, heart failure, or kidney disease. Medical experts do not know the cause of most high blood pressure, but research findings suggest that excess sodium intake and obesity are often associated with the disease. While high blood pressure usually has no physical symptoms and cannot be

cured, it can be treated and controlled.

May is National High Blood Pressure Month. If you haven't had your blood pressure checked recently, now is a good time to have it done. If you have high blood pressure, now is a good time to decide to keep it under control. Your physician can help.

Below is a low-sodium, low-fat recipe for *Chicken with Tomato Sauce and Herbs* to get you started in the right direction:

### Chicken with Tomato Sauce and Herbs

6 large tomatoes, peeled, seeded, and chopped	1/8 tsp. pepper
1 medium onion, chopped	1/4 tsp. basil
1/3 cup celery	1/4 tsp. oregano
2 tbsp. parsley, chopped	1 garlic clove, minced
1 tsp. sugar	2 tsp. olive oil
	2 lbs. chicken, skinned
	1 tbsp. margarine or butter

- Saute onion, celery, and garlic in oil.
- Add tomatoes and seasonings. Simmer over medium heat for 20 minutes.
- While sauce is simmering, saute chicken in skillet.
- Transfer chicken into baking dish.
- Pour sauce over chicken, and bake at 350° for one hour.

Yield: 8 servings.

Per serving: 201 calories; 102 mg sodium; 7 g fat; 99 mg cholesterol.



## Beacon Bits

### Groundbreaking



Sister Dolores Super, president of the hospital's Board of Trustees, participates in the groundbreaking ceremony for Benedict Village, a senior citizen apartment building being built adjacent to St. Benedict's Center.

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### Business Office relocates

The Business Office has moved from their location on first floor near the Information Desk, to larger office space on 5 Southwest. There is no satellite office on the main floor, so in order to pay bills or do business with the Business Office, you will have to go to 5 Southwest. "Most patients will not have to come to the office anymore," according to Elaine Silvers, assistant director of the business office, "because we are now discharging most patients from the floors."

If you need to cash checks or buy stamps, please go to the Business Office rather than to Accounts Payable. The office hours remain the same: Monday through Friday: 7 a.m. - 6 p.m.; Saturday: 7 a.m. - 4 p.m.; and Sunday and holidays: 9 a.m. - 2 p.m.

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### National Hospital Week

As part of National Hospital Week, Saint Cloud Hospital will be sponsoring displays at Crossroads Shopping Center on Tuesday and Wednesday, May 13 and 14. The displays will highlight various hospital services including the Lifeline program, Hospice, Home Care, Same Day Surgery, Pharmacy, Laboratory, Radiology, Emergency Trauma Unit, Mental Health Unit, Rehabilitation, Alcohol and Chemical Dependency, Respiratory Care, Volunteer Services, and Anesthesia.

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### Highway signs



In April, the Minnesota Department of Transportation put up new signs along I-94, directing people to the Saint Cloud Hospital.

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### Freedom from Smoking

Have you decided to quit smoking, but need a little help or support? Saint Cloud Hospital's Freedom From Smoking program may be just what you need. To find out more about this program, a free information session will be held Wednesday, May 28 from 7-8 p.m. at the hospital. Registration deadline is May 30 for the class

beginning June 3. For more information, contact the Education Department at 612-255-5642.

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### BETTER HEARING & SPEECH MONTH

An estimated 22 million Americans have communication disorders — problems with hearing, speech, or language. This makes communication disorders our nation's number one handicapping disability, affecting more people than heart disease, paralysis, epilepsy, blindness, tuberculosis, cerebral palsy, muscular dystrophy, and multiple sclerosis combined. Just the yearly loss of earnings due to communication disorders is a staggering \$1,750,000,000. Fully 10 percent of our local citizens are affected by speech and hearing problems. May is Better Hearing and Speech Month — a time to become even more aware of communication disorders. For information, contact the Saint Cloud Hospital's speech pathology staff at 255-5678.

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### Hospital featured at Heritage Center

A display of historical pictures and artifacts from the Saint Cloud Hospital will be featured at the Heritage Center in St. Cloud during May and throughout the summer. Some of the items, dating back to the late 1800s, include an oral thermometer, a physician's drug kit, a "pneumonia jacket," and a 1927 nurse's uniform. Photos include patients' rooms, operating rooms, St. Raphael's Hospital in 1902 and a picture taken in the 1930s of hospital room 338, the deluxe patient room at that time.

The display at the Heritage Center is part of Saint Cloud Hospital's centennial celebration recognizing a century of care in the St. Cloud area.

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### Sisters celebrate centennial



A reception and prayer service was held for the Sisters of the Order of St. Benedict as part of the hospital's centennial celebration. Addie Armstrong (L), RN in the Float Pool, took advantage of the opportunity to chat with Sr. Loraine Bischof, LPN on 6 South, Sr. Johnora Kemmet-mueller, and Sr. Roselma Roers.

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### Nutrition Services sponsors food drive

During National Nutrition Month in March, the hospital's Nutrition Services Department sponsored a food drive to help stock local food shelves. In four weeks, employees of Saint Cloud Hospital donated 278 pounds of food and over \$100. Because of the tremendous response, the Nutrition Services Department has decided to make the Food Shelf Drive an annual Nutrition Month event.

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### Hospital participates in health fair



Saint Cloud Hospital and St. Benedict's Center participated in the TV 11 Health Fair in April. Almost 400 people took part in the health fair, which was held at Crossroads. Sixty-three participants paid a small fee to have their blood drawn and analyzed for coronary risk.

### Project Lifesaver

Continued from page 2

small fee, parents can rent the car seats for six months, and start their child out from birth with a good habit — the use of car-safety restraints.

You, too, can be part of Project Lifesaver. Start wearing your seat belt and make it a habit. Insist that everyone else in the car wear their seat belts. Never drive while under the influence of alcohol or drugs and don't allow others to drive while intoxicated.

Last year 715 motor vehicle

accidents occurred in Minnesota during the Memorial Day weekend, resulting in 395 injuries and five deaths. Eleven of those injuries were treated at the Saint Cloud Hospital. In 1986, Project Lifesaver and the staff at Saint Cloud Hospital would like to see those numbers reduced, and have the number of deaths drop to zero.

For more information on how you can help, call the Project Lifesaver information line at (612) 340-9525.

## Board of Trustees adopts values statement

Recently the Board of Trustees considered a Statement of Values for the organization. It is important that we clearly state what it is we stand for. That is extremely helpful in providing a framework for our decision making and planning. The Statement of Values is important to us as a guide for our daily activities. The following statement has been approved by the Board of Trustees.



Saint Cloud Hospital strives to be a full service, regional health care provider serving residents of Central Minnesota with a full range of health care services and education. Among our values are the following:

1. We are committed to providing health care services to all.
2. Innovation is an important element in meeting future health care demands.
3. Communication with our public, medical staff and employees promotes better understanding of needs and, as a result, services that are attuned to the needs of our service area.
4. The pursuit of current, up-to-date technology is necessary to assure our patients the most effective services.
5. The organization must remain financially strong to perform its mission.
6. Our most important asset is our employees. We will provide them with adequate communication, opportunities for self improvement, and the opportunity to grow and develop. In return, we expect a strong commitment to the goals of the institution, excellence in all aspects of performance, and the provision of the highest level of patient care.
7. Management is committed to being responsive to the needs of our employees, our medical staff, and our community in an efficient manner.
8. All of our resources are dedicated to meeting the needs of our service-area population; there is no higher priority.
9. In addition to providing the best technology in patient care, we are committed to providing care in a way that supports the dignity of every individual and is personalized to that individual. Without compromising our values, we will be competitive with other providers, where competition exists, by providing better service.
10. We are dedicated to providing our services in the most cost effective way possible and to assist the public in managing their health care costs in the most effective manner.
11. We support the education of our patients and the community in general on matters of health maintenance and health education.
12. We will recognize performance that supports the values of the organization and service to our patients.
13. As a Catholic hospital, we will maintain Christian values in fulfillment of our missions.

John R. Frobenius  
executive vice president

### A & C Unit receives grant



John Frobenius (L), Saint Cloud Hospital's executive vice president and Jim Forsting, director of the hospital's Alcohol and Chemical Dependency Unit accept an Otto Bremer Foundation grant from A.D. Didier, president and chief executive officer of First American National Bank of St. Cloud.

Saint Cloud Hospital recently received a \$25,000 grant from the Otto Bremer Foundation to help fund the Senior Helping Hands Program. The grant will be used over the next two years to help pay for the general operating expenses of the program.

Sponsored by the Alcohol and Chemical Dependency (A & C) Treatment Center, the Helping Hands Program is for the elderly with chemical abuse problems. Helping Hands staff and volunteers guide seniors through a pathway of recovery by offering a variety of services including education, intervention, counseling, and follow-up care. They also assist family and friends through education and family support groups, according to Jim Forsting, director of the A & C Treatment Center.

The Otto Bremer Foundation, founded in 1941, is committed to encouraging the social and

economic health of the communities served by Bremer-affiliated banks. St. Cloud's affiliate is the First American National Bank.

"We, at First American, commend Saint Cloud Hospital and the Senior Helping Hands Program for their work in developing a chemical abuse program for our older citizens," said Mike Swanton, vice president of marketing at First American National Bank of St. Cloud. "Everyone is aware and sensitive of the problems with younger people and we tend to overlook the needs of older people with this problem."

"The Otto Bremer Foundation looks for programs in Bremer-bank communities that deal with critical issues in the areas of health and human services, and we are pleased to be able to assist Saint Cloud Hospital in the development of this program."

### Physicians

Continued from page 2

now numbered 46 active, eight associate and one honorary members.

During the 1950s a significant change began occurring in the medical staff. Until then, most physicians were general practitioners, with a heavy emphasis on family practice. For many years, there were only two specialists on staff — a pathologist and a radiologist. "The trend (toward specialization) accelerated to the point of having a largely specialist staff," Schmitz said.

Today, Saint Cloud Hospital boasts a medical staff representing almost every major medical specialty. With the advent of Medicare and Medicaid in the 1960s, the problems of reimbursement for the

staff was divided into 13 departments, and dentists were allowed to become members of the courtesy staff. The Friday Forum, a weekly educational program for the medical staff, proved very popular and continues today.

The 1980s continue to be marked with concern about Medicare and Medicaid as the hospital and its medical staff struggle with new regulations regarding reimbursement for patients covered by these programs. Professional liability insurance is now required of all staff members, with the cost of such insurance escalating at an alarming rate. Today, 100 years after the first hospital opened in St. Cloud, the medical staff continues to grow both in size and specialties represented. The staff has increased from one physician to 133 physicians and 14 dentists on the active staff plus 11 associate, 19 honorary and 62 courtesy members. Together, they have joined in a common commitment to provide high quality health care to the people they serve.

medical staff and the hospital increased, as did the paperwork. "No one could foresee... what a storm of paperwork was being unleashed, or how large a portion of physician time needed for patient care would be consumed," Schmitz observed.

During the 1970s the medical

Story by John Krueger



Saint Cloud Hospital

# Beacon Light

1406 Sixth Avenue N. St. Cloud, MN 56301

Celebrating a century of care 1886-1986

May 1986



The month it was the  
month of May,  
And all along the  
pleasant way,  
The morning birds  
were mad with glee,  
And all the flowers  
sprang up to see...

Louise Moulton

## Corporate Health Systems

Helping companies save money

Story on page 1.

### Hospital remodeling includes space for Auxiliary art exhibit

The Saint Cloud Hospital Auxiliary began sponsoring an art exhibit in the halls of the Saint Cloud Hospital in April. As part of the remodeling of the hospital's main floor and patient lounges, permanent sites were created for the display of original artwork produced by area artists.

"We thought this would enhance the atmosphere of the hospital and at the same time show support for area artists," said Barbara Brown,

director of volunteer services and staff coordinator of the project. Brown and auxiliaries Ethel Boyle and Carole Otto have headed up the project. "Each artist will be asked to bring in approximately 30 pieces of art to put on display, and we hope to change the exhibit about once a month."

The artwork is for sale, Brown emphasized. Each piece will be labeled with an identifying number and the cost. "When people see a piece of artwork they would like to

buy, all they have to do is go to the hospital Gift Shop and tell the attendant the identifying number that is shown on the artwork," according to Brown. The Gift Shop attendant will arrange for the artwork to be removed from the wall.

The art exhibits will include works in many mediums, including oils, watercolors, acrylics, photography, fabrics, and others.

The hospital Auxiliary will receive a commission for each sale

of art, Brown said. Proceeds will go toward purchasing permanent pieces of art for the hospital corridors, offices and patient lobbies.

In May, photographers Duane Paulson and John Tennant will be displaying their work. The display will be changed in June to feature oil paintings by Bette Johnson and Mary Greene.

## Beacon Light

1406 Sixth Avenue N. St. Cloud, MN 56301

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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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