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Beacon Light: September 1994

St. Cloud Hospital

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BEACON

Light

SEPTEMBER 1994

A PUBLICATION OF ST. CLOUD HOSPITAL

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The Beacon Light is produced by Advantage Marketing Group for St. Cloud Hospital.

Al Kremers,
Chair, Board of Directors,
St. Cloud Hospital

John Frobenius,
President,
St. Cloud Hospital

**For more information, call
(612) 253-6392 or 1-800-950-4943.**

The *Beacon Light* gets its name from the warning beacon once located atop St. Cloud Hospital when St. Cloud's airport was at nearby Whitney Park.

Allan Wilke, M.D., to direct Family Practice Residency program

More on residency program on page 2

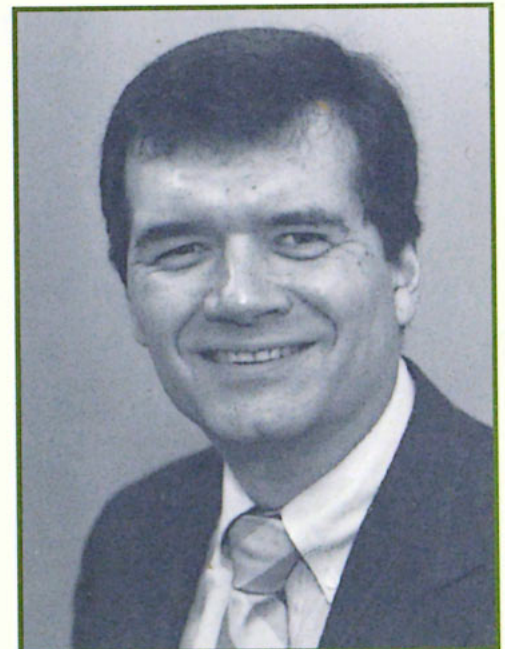
Allan J. Wilke, M.D., puts a lot of stock in hands-on experience. Ensuring medical school graduates spend a good deal of time working directly with patients will be one of his top priorities as director of the St. Cloud Hospital/Mayo Family Practice Residency Program.

"You should train where you're going to spend most of your professional time," Dr. Wilke said. "The ultimate design of the program will be very much office-based, rather than hospital-based."

He said this approach "sounds logical, but it's really kind of radical."

In his view, traditional residency programs, which rotate medical school graduates through a series of hospital wards, are not the best way to prepare physicians for the office-based care they will provide once in practice. The St. Cloud/Mayo program, he said, will allow residents to work in a clinic with a heavy patient load, so they can learn to operate efficiently in that type of setting.

Medical school graduates interested in rural practice will complete a



Allan Wilke, M.D.

three-year residency program in St. Cloud beginning in July 1996. Four residents will be accepted into the program each year, with a total of 12

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residents in training by July 1998. The primary clinical training site will be the new St. Cloud Hospital/Mayo Family Practice Residency Program Outpatient Clinic, in the Heartland Family Practice building, 1510 Whitney Court, St. Cloud.

As part of the hands-on training Dr. Wilke plans to provide, residents will:

- Develop strong patient communication skills.
- Practice community-based epidemiology, which is aimed at making a community healthier.
- Learn to deliver care in a cost-effective way.
- Work on areas such as school health and community service.

Existing residency programs around the country do not emphasize these areas enough, Dr. Wilke said.

Stress is another issue that this residency program will address. As part of their instruction in practice management, the residents will work on what Dr. Wilke calls "survival issues," such as how to make time for their patients, their families and themselves. The survival training also will cover economic issues, Dr. Wilke said, because it's difficult to be a caring doctor and meet patients' needs with a practice that is not economically viable.

Dr. Wilke, 43, has lived the life the program participants will enter once they complete their residencies. In 1983-85, he worked in a group practice in Sparta, Mich., a farming community of about 4,000 residents. There, he worked with victims of "farm accidents, trauma, all sorts of stuff."

From his experience in Sparta, Dr. Wilke said, he learned the value of physician assistants and nurse practitioners, who are health care providers that specialize in delivering primary care, often working with physicians in their offices. Dr. Wilke said he wants this residency program to include training in the skills a physician needs to work well with those medical professionals.

Following his work in Michigan, Dr. Wilke was an assistant director and later associate director of the Cedar Rapids Family Practice Residency Program in Cedar Rapids, Iowa. Since 1990, he had been director of the Flower Hospital Family Practice

About the St. Cloud Hospital/Mayo Family Practice Residency program

The St. Cloud Hospital/Mayo Family Practice Residency Program will attract medical school graduates interested in rural practice to St. Cloud. The three-year residency program starts in July 1996 and will accept four residents a year. The first graduates will complete their training in 1999.

St. Cloud Hospital and the Mayo Graduate School of Medicine will work together to define the program's curriculum and academic requirements. St. Cloud Hospital will be the primary hospital site for clinical training, along with the new St. Cloud Hospital/Mayo Family Practice Residency Program Outpatient Clinic, in the Heartland Family Practice building, 1510 Whitney Court, St. Cloud. Residents will have the option of completing a portion of their training at Mayo Medical Center in Rochester, and it is anticipated that other Central Minnesota clinics and hospitals affiliated with St. Cloud Hospital will be involved in the program to provide a broad, rural medicine experience.

Through this new Family Practice Residency Program, St. Cloud Hospital and Mayo will give physicians the first-hand experience of practicing medicine in non-urban areas of Minnesota. Estimates by the Minnesota Hospital Association and the Minnesota Medical Association indicate about 200 family physicians are now needed in rural areas of the state. Many of those physicians are needed right here in Central Minnesota.

This program should encourage physicians to seek medical careers in Central Minnesota. Other family practice residency programs have been successful in retaining their residents locally after they complete the program. Some programs are able to retain more than two-thirds of their graduates in the immediate area.

Residency Program in Sylvania, Ohio, and since 1991, had been director of medical education at Flower Hospital. He also had been a clinical associate professor in the Department of Family Medicine at the Medical College of Ohio, and has remained an active staff member of hospitals in the communities where he has been an educator.

Dr. Wilke earned his bachelor's and master's degrees in mathematics at Michigan State University and earned his medical degree from the College of Human Medicine at Michigan State University in 1980. He earned the Mead Johnson Award for Graduate Education in Family Practice in 1982 and completed his family practice residency at St. Joseph Hospital in Flint, Mich., in 1983.

As Dr. Wilke directs the St. Cloud Hospital/Mayo Family Practice

Residency Program, his hands-on approach will include a patient case-load of his own. That, he said, will help him to stay in touch with what the residents experience in their work.

His first priority as program director will be to complete the application for the program to the Accreditation Council for Graduate Medical Education.

"There's a lot of work ahead in the next two years," he said.

Dr. Wilke has moved to Central Minnesota with his wife, Bonnie, and their three children: Meredith, 14, Gillian, 12, and Ethan, 9. He said the family looks forward to meeting people in Central Minnesota, exploring the area and experiencing what he called "sustained snow."

"I guess we're going to have to learn to ski," he said.

St. Cloud Hospital now offers a less invasive, less expensive alternative to surgery for women who have abnormal mammogram screenings.

Traditionally, an abnormal mammogram meant a woman would need to undergo a surgical biopsy to determine if the abnormality, called a lesion, was

New procedure brings non-surgical breast biopsies to St. Cloud

cancerous. Now, St. Cloud Hospital has purchased the equipment to perform stereotactic breast biopsies, which do not require surgery.

The procedure uses computerized X-ray images to help the doctor guide a large needle into the breast lesion.

The needle samples the lesion tissue, which is then examined to determine if it is benign or malignant.

For women who have the procedure, it involves less pain, less scarring and less waiting than with a surgical biopsy. It also is less expensive.

"Once an abnormality is found, this equipment will help us shorten the time to get a definite

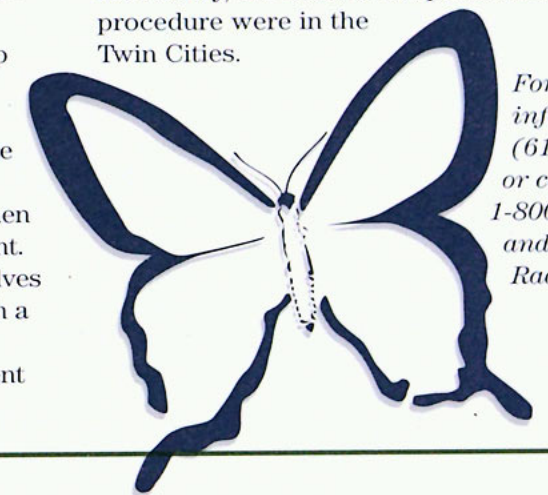
pathology diagnosis, with less trauma for the patient," said Dr. Cheryl Walczak, a St. Cloud radiologist who performs stereotactic core biopsies.

Stereotactic breast biopsy also makes sense in relation to health reform. Although the equipment cost more than \$180,000, money will be saved because fewer surgical biopsies will be performed.

"The total cost to the system over time will be less," Dr. Walczak said.

It also makes sense because 70 to 80 percent of women who have abnormal mammograms do not have cancer, according to Dr. Walczak. Including this less invasive diagnostic procedure in standard treatment patterns ensures that these women do not unnecessarily undergo the risks that surgery involves.

The first stereotactic breast biopsies were performed at St. Cloud Hospital in mid-July. Previously, the nearest hospitals offering the procedure were in the Twin Cities.



For more information call (612) 255-5858, or call 1-800-835-6652 and ask for Radiology.

Corporate membership to include lay people

The Diocese of St. Cloud and the Sisters of St. Benedict have announced a change in St. Cloud Hospital's corporate membership to include lay members. Previously, the hospital corporate membership consisted solely of officials of the religious order and the diocese.

The corporate membership is the Catholic entity that appoints the St. Cloud Hospital Board of Directors and oversees the hospital's Catholic mission and values.

According to the amended bylaws, the hospital, will now operate "under the auspices of the local church of St. Cloud."

The amended bylaws are the result of a natural evolution of the local Catholic community, according to Archbishop Jerome Hanus. When the hospital first opened in 1866, he said, the local church was not yet well organized

and the Sisters of St. Benedict operated it in the name of the church.

The newest change in the bylaws, he said, represents a desire for the entire Catholic community of the greater St. Cloud area to become "the source of the energy and the source of the ministry which St. Cloud Hospital is."

The change will be most visible at the level of corporate membership. The bishop of the St. Cloud Diocese and his vicar general will be ex officio corporate members, along with the prioress and subprioress of St. Benedict's Convent. The four ex officio members are responsible for appointing an additional two to four lay members.

Four Catholic lay people have been appointed as new corporate members:

Karen Becker, St. Cloud, is supervisor of counseling and grief services for Caritas Family Services, a program

of Catholic Charities of the diocese.

Colleen Donlin, St. Cloud, is a registered nurse who has worked at St. Cloud Hospital and is president of American Payment Center, a family-owned business.

Robert Obermiller, Clear Lake, served for nine years on the St. Cloud Hospital Board of Directors and three years on the operating committee of St. Benedict's Center. He retired in 1991 after 28 years at Bankers Systems.

Sy Janochoski, St. Cloud, is retired co-owner of Sy-Ray Plumbing and Heating, Granite City Heating, West Side Plumbing and Heating and Mechanical Management and Equipment Company. He was a member of the hospital Board of Directors from 1978 to 1987 and recently completed nine years on the operating committee of St. Benedict's Center.

Glossary

If all of the health reform dialogue has you running to the dictionary for help, you're not alone.

Unfortunately, much of the terminology used to describe health reform both nationally and in Minnesota is so new it's not in any dictionary.

The following list of terms and definitions may help you to better understand information about health reform:

Capitation

A way to control the rising costs of health care, through which providers are allowed only a set amount of money to take care of the health needs of a given population, encouraging them to treat each patient at the lowest cost. With a capitated payment, all providers share equal financial risk because a prearranged distribution system is set.

Defensive Medicine

A philosophy of health care brought about by current malpractice law; instead of treating patients in the least expensive manner, physicians order the most comprehensive tests and other services, regardless of the cost, to ensure that if a lawsuit arises, they will be prepared to defend themselves.

Employer Mandate

A system of financing health reform largely through employer-based insurance.

Fee-For-Service

The current health care system, through which patients or their insurers pay a fee for each health care service from a doctor, hospital or other provider.

Health Alliances

Large, possibly statewide, government-run organizations that would negotiate with insurers to offer health plans to employers with fewer than 500 workers and to self-insured individuals; proposed in the Clinton health reform plan.

Integrated Service Network (ISN)

A grouping of providers that offers a full range of health care to its patient-members at a fixed price; ISNs must provide data on the cost and quality of care delivered.

Managed Care

A system through which lower cost primary care providers serve as "gatekeepers" to determine which patients should receive specialty care and expensive medical tests.

Managed Competition

A means of controlling health care costs, whereby doctors, hospitals and other health care providers offer a range of services at a set price and provide data on the quality and cost of their services. Advocates argue it promotes consumer choice while ensuring providers offer the best care at the lowest cost, because several health plans compete for consumers' care.

Physician-Hospital Organization (PHO)

An integration model through which hospitals and physicians form a separate corporate entity to provide a range of health care services.

Poverty Level

The family income level set by the federal government to determine when programs such as Medical Assistance (Medicaid) take effect.

Practice Parameters

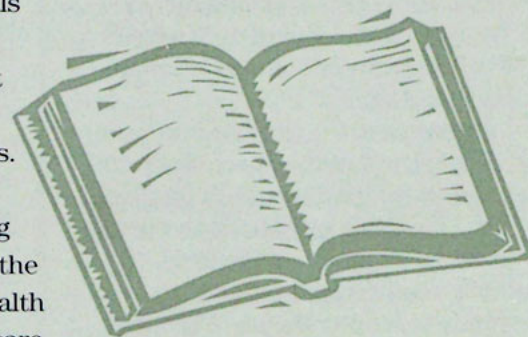
A set of medical treatment guidelines established by the state that offers protection from lawsuits to doctors who follow them.

Pre-existing Condition

A medical ailment that prevents a person from obtaining health insurance coverage. Insurers may now prohibit individuals who have expensive illnesses from obtaining new insurance policies that cover the costs associated with those illnesses; one of the goals of health reform is to disallow insurers from enforcing such exclusions.

Preferred Provider Organization (PPO)

A system whereby an insurer selects a set of doctors, hospitals and other health care providers to offer services to its members.



Primary Care

Medical practice based on direct patient contact without referral from another physician; usually includes family physicians, general practitioners, pediatricians, obstetricians and general internists.

Purchasing Pool

A group of small employers and individuals that pools resources to offer better, less expensive health insurance for everyone.

Regulated All-Payer Option (RAPO)

The portion of MinnesotaCare that would be in effect in parts of the state where ISNs don't form; a traditional fee-for-service payment plan.

Single-Payer System

A health reform proposal through which a government-run insurance plan replaces all forms of private insurance.

Universal Access

The goal of making health insurance available — but not mandatory — for all Americans.

Universal Coverage

The goal of mandating that all Americans have health insurance.

Vertical Integration

A range of health providers, from primary care physicians to hospitals to nursing homes, joining together to provide a continuum of health care and ensure better access and quality.

Health reform in Minnesota

RAPO. PHO. ISN. HMO. PPO.

No, this isn't some obscure coding system, though some may argue so. It's Minnesota's plan for health reform.

But as confusing as these few acronyms are, they're only a part of this tremendous change we're calling MinnesotaCare.

It's so big, in fact, that Minnesota legislators have worked to slow it down. There's just too much to do in too little time.

Perhaps state lawmakers have realized how truly difficult it is to accomplish what they've set out to do:

- Provide universal coverage, meaning all Minnesotans will have health insurance.
- Limit growth and contain costs, meaning the expansion rate of health care costs will be brought closer to the general rate of inflation.
- Improve quality by measuring the results of different health procedures and organizations and by promoting the best means of providing care through practice parameters.
- Reform the insurance system to eliminate exclusions for pre-existing conditions or other denials of coverage because of health status.
- Subsidize health coverage for those who cannot otherwise afford it.
- Evaluate technology to determine effectiveness and cost-efficient use.
- Strengthen health care in rural areas of the state.
- Establish purchasing pools to allow small businesses and individuals the option of joining a larger group to buy better, less expensive health coverage.
- Change the current malpractice system to offer physicians some relief.
- Streamline state health programs.
- Allow consumers to maintain some

choice in deciding how and where they get care.

That's a long list of goals. From the consumer standpoint, many of them won't be directly noticeable.

Other changes are likely to draw a great deal of attention from consumers:

- Younger, healthier people will pay more, and older, sicker people will pay less to distribute the costs of the whole system more evenly.
- Cigarette and other sin taxes may go up.
- Choosing a physician or other health care provider outside the network to which you belong will cost more, but you'll still be able to choose, if you can afford it.
- Health care networks will become more accountable for quality and cost, meaning you can examine data about your health network to see if it's as good as you'd like it to be.
- Your physician will no longer have as much incentive to recommend costly tests and procedures; instead, physicians will be encouraged to keep costs down without compromising quality.
- You won't lose your insurance because of an illness or job change.

So, when will these changes take place?

Some of them are in effect already.

For instance, a group of physicians from around the state is developing the practice parameters that will become guidelines for how certain ailments are treated. Some guidelines already are in use.

Hospitals, physicians and other health providers throughout Minnesota are talking to one another about ways to hold costs down. The rate of health care inflation has been lowered.

Most important, providers and insurers alike are finally resolved to move forward with reform.

It's no longer a question of whether reform will take place; it's now a matter of how soon.

UPDATE

South Building

Center for Surgical Care

The new Center for Surgical Care at St. Cloud Hospital opened July 18, offering a more streamlined process for delivering patient care, a comfortable atmosphere and convenient access.

The Center, which replaced the Same-Day Surgery unit, was designed in response to demands from patients, physicians and health insurers. It provides a continuum of health care services, including outpatient surgery, short and inpatient hospital stays, comprehensive case coordination and patient education through pre-operative classes.

The new facility has the finest equipment available in the region with space carefully planned to create an efficient, functional environment for both staff and patients. The Center is conveniently located in the new South Building, with attached parking readily available. The comfortable, spacious environment inside the Center offers patients a private, family-oriented atmosphere.

But the changes are more than just physical. New specialty nursing teams and a streamlined pre-admission program are being planned to ensure that each patient receives expert, individualized care.

Open houses and tours were held prior to the Center's opening to acquaint staff and physicians with the new facility. An open house for the general public will be held this fall.



Rehabilitation Medicine

Rehabilitation Medicine of St. Cloud has moved to its new location on the third floor of the South Building. Prior to the move, the physiatry practice of Thomas Balfanz, M.D., and Mark Thibault, M.D., was located within the Rehabilitation Center on 1 Northwest.

Their new clinic has been expanded to include a fitness center with state-of-the-art MedX equipment. MedX involves a special exercise program for treatment of neck and low back pain. *For more information, call (612) 240-7835 or call 1-800-835-6652 and ask for Rehabilitation Medicine.*

Note: The rehabilitation services of occupational therapy, physical therapy, and speech language pathology will remain on 1 Northwest.

Contributions outlined in Social Accountability Report

St. Cloud Hospital provided nearly \$11.5 million in community services and charity care in its 1992-93 fiscal year, according to the hospital's Social Accountability Report.

The report highlights the amount of charity care and other services provided for the poor, as well as support for patients who participate in public health programs such as Medicare and Medicaid. Government reimbursements for those patients do not cover the full costs of delivering care.

"As a Benedictine Hospital, one of our core values is service, especially for those who are poor," said President John Frobenius. "Service to the poor and our community will continue to be an important part of St. Cloud

Hospital's ongoing tradition."

Services outlined in the Social Accountability Report include:

- \$4.4 million for the unpaid cost of treating Medicaid patients.
- \$4.1 million for the unpaid cost of treating Medicare patients.
- \$1,056,695 in charity care.
- More than \$280,000 to support the Mid-Minnesota Health Clinic, which provides health care for people with inadequate or no health insurance.

Other services included cash and in-kind donations to the poor, community health education and other programs.

Gifts and Memorials

St. Cloud Hospital wishes to thank the individuals who gave financial contributions from April 1, 1993, to March 31, 1994. Your donations help us to maintain the highest standards of care while broadening the reach of our services to those in need.

The Remembrance Fund is sponsored by the St. Cloud Hospital Auxiliary. Contributions help to provide additional hospital equipment and services. They may be mailed or delivered to the Volunteer Office, or call (612) 255-5638, or 1-800-835-6652. Once a donation is made, the Auxiliary sends a card to the individual or family in whose name the gift is given.

Contributions to the Gift of Life fund help to pay the costs of health care for needy Central Minnesotans. A donation to this hospital fund may be made by contacting Advantage Marketing Group, (612) 253-6392 or 1-800-950-4943.

Contributors to each fund are listed as follows along with the individual in whose name the gift is given, if applicable. Donation amounts are kept confidential.

Gifts of Life

GREATEST NEED

Ronald Altman
Cambridge Memorial Hospital
Jane Domek
Fraternal Order of Eagles
Fred & Barrie Eldridge
Virginia Eldridge
Minnesota Association of Farm Mutual Insurance Companies
Dorothea Reif
School Food Service Directors of Minnesota
Mr. & Mrs. R. L. Sporleder
Dave & Susan Wray
Zapp Bank
Georgia Zimmerman

MATERNAL CHILD

MARY ELLER
Family Birthing Center Staff

MID-MINNESOTA HEALTH CLINIC

RON BRAUN
Louise Muggli
RICHARD KEMPENICH
Louise Muggli

ONCOLOGY

GLENN HULSLANDER
Mille Lacs County Attorney
Office Staff
DICK KALUSCHE
Lois Kalusche

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NON-DESIGNATED

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Bishop Marty Council 3603
Members
Cub Foods
Sister Germaine Gagnon
Sister Kara Hennes
Marie Hinson
Patrick Ingrund
Peace United Church of Christ
St. Cloud FOE #622 Auxiliary
St. Cloud Jaycees
St. Cloud Times
Scheel's Sport Shop
Kathy Scott
John Walker
Irene Walsh
Zapp Bank
JAMES V. ABATE
June Roos

JOHN ABEL

Linda Abel

ROSE AMAN

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Betty Domschot

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Fern Michalski

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VICTOR HEMMESCH

Women of Today - District 11

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Irene Arens

Sue & Dan Childers

Dave & Lucy Cook

Pam & Mike Dille

Maurice Ellingson

Paul Fitzgerald

Rikki Grandy

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Mike & Karel Helgeson

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Kathy & Jim Plombon

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Cindy & Todd Wyatt

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Harriet Hess & Family

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Viola Hiemenz Family

RAYMOND HORMANN

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- C.H. Hormann
- Oliva Hormann
- Robert Hormann
- Margaret Kappes
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- Harold G. Schaefers
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- PAT INVIE
- Lois Hobbs
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- Dr. Robert Brown
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- Leon Schmidt
- Laverne Wilger
- DOROTHY LEWIS
- Kelly Inn Employees
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- JOHANNA MENDEL
- Terry, Sandi, Dean, Joni, Jeff & Cindy Erickson
- Jason Fleming & Karla Daniels
- Kelly & Dianne Fleming
- Bob & Cheri Gans
- Perry Grile
- Chad Jensen
- George Jones
- Charlie & Dawn Keller
- Kurt & Deb Reiter
- Trinity Lutheran Church
- Urtar Family
- Mary Zupan
- HARRY W. MOBERG
- Apollo High School
- Deborah J. Barrett
- Mr. & Mrs. Ernest Barrett
- Marvin Bierschbech
- Mr. & Mrs. David Fleming
- Kathy Goenner
- Dr. & Mrs. Bruce Grellong
- Mr. & Mrs. Brian Gross
- Mr. & Mrs. David R. Gross



Stearns Electric Association Donates \$3,300 To Hospice Program

Stearns Electric Association, Melrose, recently donated \$3,300 to St. Cloud Hospital's Hospice Program. Susan Weisbrich, Hospice director, accepted the first installment of the

donation from Bernard Roscoe, president of the Stearns Electric Association Trust Board.

The money was raised through the Stearns Electric "Operation Roundup" program and has been designated to serve Stearns County families in need of Hospice services.

Last year alone, members of St. Cloud Hospital's Hospice team made more than 400 visits each month to patients in their homes and an average of 125 monthly contacts to grieving families. Many Hospice services are not reimbursed by insurance, so the Hospice Program depends on donations like these to carry on this vitally important work.

- Mr. & Mrs. Robert A. Gross
- Mr. & Mrs. Thomas Koontz
- Paul Levine
- Muriel Moberg
- Mr. & Mrs. Dennis Peterson
- Dr. & Mrs. Greg Smock
- Helen T. Swanson
- WALTER B. MOOG
- Don & Lee Hemburger
- Mr. & Mrs. Len Trushenski
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- Leon Schmidt
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- Ruth Sundby
- Edward Weber
- Marguerite Wegner
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- MARY AGNES STACK
- Cecilia McCarry
- Susan O'Keefe
- RICHARD TESSENDORF
- Marcelle Carmichael
- LEONE THEISEN
- Clarence Theisen
- SCOTT THOMPSON
- Jackie Janski
- MARY & LEE TORBERG'S 25TH WEDDING ANNIVERSARY
- Urban & Jill Schleper
- JOHN L. TUCKER
- Mr. & Mrs. Larry Diedrich
- CLARA TURK
- Dennis Bettendorf
- BERNIE VARTDAL
- Audrey Down
- FRED & RITA VERMEULEN
- Jerome & Diane Voit
- ELMER VOSS
- Loretta Pflapsen
- LUDVINA WAGNER
- Joyce Schmitz
- GEORGE WALKER
- Rosemary Walker
- SALLY WARZECHA
- Sally Warzecha Family
- ROBERT ZLOCK
- Elizabeth Patridge
- Mary Zlock

IN MEMORY OF:

- JOHN P. ABEL
- Dr. Robert & Pat Cumming
- SANDRA BURTON
- Clarence Lorraine Rauch
- GEORGE BYERS
- Marge & Gene Binsfeld
- Anne Byers & Family
- Mary T. C. Morris
- EDITH CONDON
- Sauk Rapids Legion Auxiliary
- MARVIN CONDON
- Theresa Pecorino
- DONALD DAUBANTON
- Constance Zierden
- VIRGIL DOMBROVSKI
- Mary Dombrovski
- Glen & Betty Orren
- ERNEST ELDRIDGE
- Rosalie Eldridge
- Dr. & Mrs. Victor L. Marty

- ALICE FAUST
- Samuel & Louise Roth
- FATHER LEONARD GAIDA
- Louise Adolph
- Father Leonard Gaida Estate
- CATHY GRUENES
- Norman & Shirlee Bauer
- KAY HALVORSON
- Harold Halvorson
- KATHLEEN HARDWIG
- Paul Hardwig
- Leo & Bea Pundsack
- ELIZABETH HOBBS
- Mathew Hall Lumber
- DON HONER
- Ann Honer
- Teckla Karn
- Constance Zierden
- REUBEN "BILL" HOPFNER
- Beverly Hopfner
- Jennifer Hopfner
- Rebecca Hopfner
- Sarah Hopfner
- MARK W. HOPP
- Loretta Pflapsen
- DONALD HORMANN
- Bill Goebel
- Barbara Hormann
- C. J. Hormann
- Mr. & Mrs. Ray Hormann
- Mary Lacher
- Clarice Lanz
- Bernice Sitzman
- JOE KAPPES
- Helen Kappes
- REGINA KIFFMEYER
- Albert Kiffmeyer

- MARGARET KIRCHNER
- Robert Kirchner & Family
- HAROLD KNETTEL
- Virginia Meyer
- MARY LINN KNEVEL
- Esther Reischl
- ED KOWITZ
- Virginia Kowitz
- AL KRON
- Jeanette Kron
- VI KUTZORIK
- Mrs. Ermalinda Rudolph
- BURDELL LOWER
- Ida Couch
- Jane Lemmons
- Thelma Lower & Family
- Lura Sprague
- CLARA MATHIASSEN
- Charleen Singer
- FRED MATHIASSEN
- Mr. & Mrs. Jim Nahan
- Charleen Singer
- HELEN McREAVY
- Dick & Mimi Bitzan
- JAMES MCGEE
- Cathy Posch
- Debbie Randall
- Denise Schneider
- Lynn Valek
- Susan Weisbrich
- STEVE MORGEL
- Millie Morgel
- HARPER McCULLOUGH
- MYERS
- Michelle Myers Bollenbeck
- JIM O'KEEFE
- Dr. & Mrs. Robert Cumming

- GLORIA OLSON
- Laila Utke
- DOROTHY PANKAKE
- Kim Allore
- Violet Boreen
- Sue Fagel
- Sharon Hanson
- Bruce & Dianne Jones
- Bonnie Studer
- Constance Wolff
- LOUIS PIERSKALLA
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- LOU ANN PRZIBOROWSKI
- Mel Prziborowski & Family
- Sauk Rapids Legion Auxiliary
- VICTOR M. RICE
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- JORDAN ROSE
- Norwest Bank
- ROBERT ROUFS
- Eleanor Roufs
- Naomi Roufs
- DAMIAN RUDOLPH
- Mrs. Ermalinda Rudolph & Family
- RITA SAND
- Jack & Gen Bastien
- Mr. & Mrs. Mike Murphy
- Jim & Helen Nahan
- Glen & Betty Orren
- Delroy Sand
- MARY SAUER
- Mrs. Vincent Meyer
- Jim & Rose Sauer
- Mary Sauer Family
- MONICA SCHNEIDER
- Sandra Hurd

 **SAINT CLOUD HOSPITAL**
In the Nation's Top 100!

In a year of great change at St. Cloud Hospital, the news that a national study had ranked the hospital and medical staff as one of the top 100 in the nation was cause for celebration.

The hospital was included in a report titled "The 100 Top U.S. Hospitals — Benchmarks for Success" in January, and employees celebrated with cookies, posters and buttons.

In the report, high value provided to customers, efficient patient care delivery, and facilities investment were named as reasons for St. Cloud Hospital's superior performance. These factors, the study reported, provide a balance that best measures an institution's long-term stability.

The study, produced by Health Care Information Association Inc. and Mercer Management Consulting, divided the 5,600 acute care hospitals in the United States into five categories.

St. Cloud Hospital was one of 800 evaluated in the non-teaching hospitals category. Only 20 such hospitals made the list, and just two from Minnesota were included. The other was Fairview Southdale in Edina. In other categories, six more Minnesota hospitals were included: Memorial Hospital in Cambridge, Fairview Ridges Hospital in Burnsville, Rice County District One Hospital in Faribault, Abbott Northwestern Hospital in Minneapolis and the University of Minnesota Hospital and Clinic in Minneapolis.

Zonta Gives to Journey Home

Zonta, an international service organization that promotes the advancement of women, recently donated \$2,100 to Journey Home, a hospital-sponsored halfway house for women in recovery from chemical addiction. The donation will be used to improve the day-care program for the residents' children.

Pictured are, from left to right, Sherry Finneman, Journey Home parent/child coordinator; Jean Osendorf, Zonta treasurer; Jesseli Moen, Journey Home coordinator; and Ruthe Lachelt, Zonta president.



Mary Lou Jameson
E. J. McMahon
LaDonna Reisdorf
Monica Schneider Family
CLARENCE SCHULTZ
Bertha Fiedler
ROSELA SIS
Florence & Sylvester Warnert
MARY AGNES STACK
Dr. & Mrs. Joseph Belshe
Ida Bohm
Robert Calhoun
Mrs. Richard Cash
Jean Challeen
Laverne Cruzen
Kathleen Dwyer
Mr. & Mrs. Robert Galindo
Jeanne Greenwood
Ann Hiltner
Elaine Hinnenkamp
Rose Hubner
Carol Jacobs
Danette Jones
Carol Neeser
Mary Mick
Marie Nunn
Eileen Olson
Albina Perowitz
James Pinckney
Judy Rebeschke
Dolores Salchert
Paul Schmidkunz
Renee Sebasky
Wanda Sis
Ed Stack & Family
Jeannie Stack
Karen Thom
Rachel Veaser
Margaret Vessely
Mrs. Alvin Wredberg

MARIE THOMES
Christ Thomes
Martin Thomes
MICHAEL UMBREIT
Celeste Simon
Delores Umbreit
ROBERT WASEKA
Bev & Bernie Berg
Ila Waseka
WALTER WASILOSKI
Tom & Mary Bukowski
Joe & Susan Furey
Ser & Myra Hagen
Alma & Edmund Herbst
Gilbert & Johanna Mendel
Glen & Betty Orren
Tom & Donna Thueringer
Lillian Tuschek
Ruth Zulkowsky
AL WEBER
Anne Schroeder
ELIZABETH WIEHOFF
Helen Cumming
Martinella Muggli

St. Cloud Hospital Auxiliary Remembrance Fund

CHILDREN FUND
SISTER BENORA GAIDA
Monica Daniel
STEPHANIE KINNEY
Gen Alexander
Marie Johnson

ANDY KRUSCHKE
Rita Johnson
LAURA RANK
Loren & Rosalie Timmers

CARDIAC CARE

HELEN BARICH
Sy & Corrine Janochoski
DONALD LE BLANC
Val & Kathleen Henning
DR. JAMES O'KEEFE
Loren & Rosalie Timmers
DONALD ORTH
Val & Kathleen Henning
CLARA SCHMIT
Anonymous
ESTELLE TOMCZIK
Rosalie Timmers
ROSE ZIMMER
Jack & Janie Amundson

CANCER FUND

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Herb & Darlene Bechtold
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William J. Conlon
BILL & ROSE GOHMAN
Herb & Darlene Bechtold
MARY ANN ZIMMER
Herb & Darlene Bechtold

GREATEST NEED

LEONE ARMSTRONG
Rance Armstrong
HELEN BURKE
Loren & Rosalie Timmers
CLARA DINNDORF
La Verne Oster
Mr. & Mrs. Wally Pattock
VELMA EHRESMANN
C. & Helen Lauer
LORETTA FRITZ
Monica Daniel
GEORGE FRUTH
Dan & Gladys Schneider

WILLIAM HAGGERTY
Olive Haggerty
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CLAUDIA JACOBS
Mary & Lyle Morris
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Ray & Rose Augustinack
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WEDDING ANNIVERSARY
Jack & Janie Amundson
ELIZABETH WIEHOFF
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HOSPICE FUND

IDA GAMBRINO
Monica Daniel
RAYMOND HORMANN
Val & Kathleen Henning
SISTER ELAINE JOST
Monica Daniel
ANDREW KIRMEIER
Monica Daniel
RUTH MORTON
Loren & Rosalie Timmers
MARY SCHMIDT
Renee Strack
Loren & Rosalie Timmers
ELMER VOSS
Monica Daniel

Gifts, challenges come with serving as board chair

Dolores Super, O.S.B., retires

When Dolores Super, O.S.B., was asked to chair the St. Cloud Hospital Board of Directors a decade ago, her first thought was, "What do I know about health care?"

Her second thought was, "I can learn."

Now, as Sister Dolores retires from the board, she looks back on her tenure as both a gift and a challenge.

The gift, she said, came from the opportunity to begin a new venture in mid-life.

"I've been in education all of my life," she said. "Seeing another aspect of the community so closely has been tremendously rewarding. I have received far more than I ever gave."

The challenge, she said, stemmed from the continuing changes faced by St. Cloud Hospital in an ever-evolving health care system, often prompted by community and government reform.

"It's the coming together to create that seamless garment of health care — that's the biggest challenge," she said.

That challenge is still being addressed, but Sister Dolores witnessed the beginnings of reform efforts and helped to resolve many other challenges along the way. Among them:

■ Just as Sister Dolores' term as chair was

beginning, the board had to find a new leader for the hospital, a task she called "the most important thing a board can do." Their choice was John Frobenius, who has served as president for nine years.

- The uninsured and underinsured of Central Minnesota now have access to health care through the hospital-sponsored Mid-Minnesota Health Clinic, which opened in 1990.
- St. Cloud Hospital has established itself as a regional — not just local — medical center and added more specialty care services such as the Central Minnesota Heart Center and the neonatal intensive care unit.
- St. Benedict's Center, the senior care portion of the hospital corporation, has broadened its scope to encompass a variety of alternative services for seniors, including adult day care, assisted living and independent living facilities.
- A family practice residency program is being developed in conjunction with the Mayo Graduate School of Medicine to help train more family physicians in rural medicine.

Now that her time on the St. Cloud Hospital board is finished, Sister Dolores is moving on to other ventures. Her position at the College of Saint Benedict is changing, as she moves from the Academic Affairs office to director of Studium at St. Benedict's Convent. She also joined the board of directors of Queen of Peace Hospital in New Prague for a three-year term starting in January 1994.

But that doesn't mean she'll leave all thoughts of St. Cloud Hospital behind. "As a long-time fan of St. Cloud Hospital, I'll still be watching," she said. "It's an exciting time in health care right now, and I'm still interested — from the sidelines now, but still interested."



Dolores Super, O.S.B.

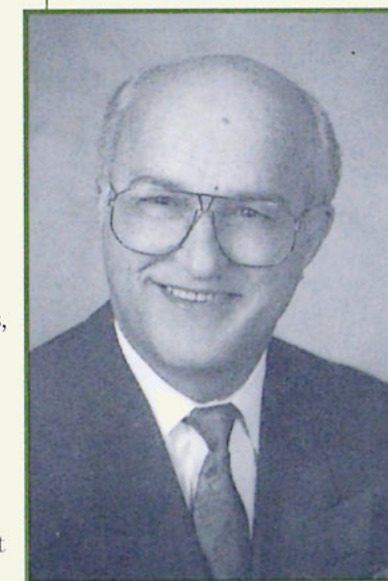
New chair named for St. Cloud Hospital Board of Directors

Al Kremers, retired long-time president of DeZURIK, is the new chair of the St. Cloud Hospital Board of Directors.

Kremers, who joined the St. Cloud Hospital Board in 1991, replaces Dolores Super, O.S.B., who served as chair of the board for 10 years.

Prior to his retirement, Kremers was group executive and president of DeZURIK from 1983 to 1993. He became president in 1975, and had worked in marketing and sales for the company since 1960. He will serve a three-year term as St. Cloud Hospital Board chair.

Kremers is a lifelong Central Minnesotan. He graduated from Tech High School and St. Cloud State University. He also attended the Harvard Graduate School of Business in Cambridge, Mass., in 1974.



Al Kremers

Directors. He also is a member of the College of St. Benedict Board of Trustees.

Kremers and his wife, Yvonne, live in St. Cloud. They have three grown children.

BEACON T S

Urology Clinic recognized for cancer activities



The Adult and Pediatric Urology Clinic of St. Cloud have received awards from the American Cancer Society (ACS) Greater St. Cloud Unit and St. Cloud Hospital's cancer program.

The ACS Partners In Cancer Control Award recognized the clinic for providing free screenings for prostate cancer during National Prostate Cancer Awareness Week. The Partners In Cancer Control Award is presented yearly to recognize a business, institution or other organization that gives outstanding assistance to the St. Cloud Unit of the American Cancer Society.

St. Cloud Hospital's cancer program also recognized the Adult and Pediatric Urology Clinic. The annual Silver Crab Award was presented in recognition of outstanding work in the prevention and treatment of cancer.

In this picture, Greg Meyers, M.D., (left) presented the Silver Crab Award to (from left to right) A. David Matthew, M.D., Judy Lazer, R.N., and Cindy Koerner, L.P.N., all of the Adult and Pediatric Urology Clinic. Lazer is holding The Partners In Cancer Control Award.

St. Cloud Hospital awards nursing scholarships



St. Cloud Hospital and the St. Cloud Hospital Auxiliary presented six students with a total of \$6,000 in nursing scholarships in June. Three \$1,000 scholarships were awarded to high school students planning to study nursing in college, and three \$1,000 were awarded to college students nearing completion of a nursing program.

Rosemary Krauel, Auxiliary president, (far left) and Linda Chmielewski, SCH vice president of operations, (far right) are pictured here with scholarship winners (from left to right) Kathleen Marie Sowada, North Hennepin Community College; Katie Marie Rudolph, Cathedral High School; Charity Danelle Host, Foley High School; Jodi Lisbeth Friedrich, Apollo High School; and Janet Mary Ophoven, College of St. Benedict. Not pictured is scholarship winner Kirsten Naomi Skillings, College of St. Benedict.

Medical staff officers elected

Scot Hutton, M.D., will serve as chief of St. Cloud Hospital's medical staff for the coming year. Dr. Hutton, a gastroenterologist with the St. Cloud Clinic of Internal Medicine, 1200 6th Ave. N., joined the medical staff in 1984. For the past year, he has served as chief of staff-elect.

Richard Hart, M.D., a pediatrician with St. Cloud Medical Group, 1301 St. Germain St. W., is the new chief of staff-elect. David Hanson, M.D., a rheumatologist with the St. Cloud Clinic of Internal Medicine, was re-elected secretary of the medical staff.

Officers are elected each year by the 200 physicians who are active members of the St. Cloud Hospital medical staff.

Tiffany Miley receives Rosalie Timmers Junior Volunteer Award

St. Cloud Hospital presented the Rosalie Timmers Award, its highest Junior Volunteer achievement award, to Tiffany Miley, St. Cloud, at a ceremony at the hospital Wednesday, June 8.

Miley, the daughter of Jerry and Alice Miley, is a recent graduate of St. John's Preparatory School who has served more than 800 hours as a junior volunteer since June 1990. She also has served as Junior Volunteer vice president and assisted with orientation of new volunteers.

Junior Volunteer officers for 1994-95 also were announced at the recognition ceremony. Liz Stangler, St. Joseph, will serve as president. Other officers are Russ Heigl, Sauk Rapids, vice president; Jaime Justin, St. Cloud, secretary; and Troy Fischer, St. Cloud, treasurer.

The annual recognition night this year honored 97 Junior Volunteers who have donated 20,050 hours of service to St. Cloud Hospital.



Hospital begins screening newborn hearing

Thanks to three Central Minnesota Sertoma Clubs, St. Cloud Hospital now screens all high-risk babies for hearing impairment before they are discharged from the hospital.

The new service recently was demonstrated for the media. Pictured here, Kevin Lutz held his son, Zachary, as the baby was screened and tested negative for hearing impairment. Also pictured are Wanda Lutz, left, Zachary's mother, and St. Cloud Hospital respiratory therapist Barb Manuell, who administered the test.

The goal of the program is to detect hearing deficiency early, before the crucial learning period for speech and language is past. The program will test all babies in St. Cloud Hospital's newborn intensive care nursery as well as healthy newborns with these risk factors: facial or neck deformities, or a family history of hearing impairment.

The Downtown and Westside Sertoma Clubs in St. Cloud and the Brainerd Sertoma Club raised the \$12,000 needed to purchase the screening equipment.



Perinatology services added for high-risk mothers-to-be

Women experiencing high-risk pregnancy will now be able to make appointments with a perinatologist at St. Cloud Hospital. The perinatologists will provide consultation, Level II Ultrasound testing and amniocentesis testing.

This new service will allow high-risk mothers-to-be to stay in the St. Cloud area for their care.

Emanuel P. Gaziano, M.D., and perinatology staff from the Perinatal Center at Abbott-Northwestern Hospital, will see patients every Thursday in the Women's Health unit on third floor of St. Cloud Hospital.

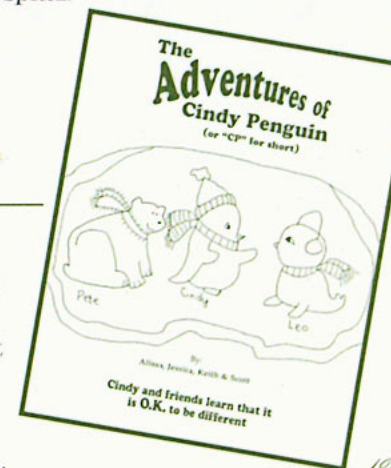
For more information, call (612) 656-7093, or call 1-800-835-6652 and ask for the Perinatology Clinic.

Kids Club wins best publication award

A story about a bird, Cindy Penguin, captured the hearts of the United Cerebral Palsy Association national award committee and won recognition for United Cerebral Palsy of Central Minnesota and St. Cloud Hospital's Kids' Club.

In "The Adventures of Cindy Penguin (or 'CP' for short)," Cindy Penguin is a bird, but she can't fly like the other birds. And she walks funny. Cindy's animal friends make fun of her, but Pete the Polar Bear comes to her rescue, and together the animals learn that it is OK to be different.

The story was created by Alissa, Jessica, Keith and Scott, members of Kids' Club, a joint program of United Cerebral Palsy of Central Minnesota and St. Cloud Hospital's Psychology Clinic.



St. Cloud Hospital goes smoke free

St. Cloud Hospital's no-smoking policy was expanded May 1 to include the hospital grounds and vehicles. Previously, the policy covered only the hospital buildings.

The decision to include the grounds was made in the interest of promoting healthy lifestyles, said Terry Bradford, director of Human Resources.

"As an organization whose mission is to care for the sick and promote good health, it is necessary that we provide a smoke-free environment," he said. "We cannot overlook the numerous health risks associated with smoking, including heart problems, premature infant death and cancer."

New signs have been posted throughout the hospital to remind everyone of the change, and patients have been notified through admission information. The hospital also is offering smoking cessation classes for employees.

Paynesville Area Health Care System affiliates with St. Cloud Hospital

The Paynesville Area Health Care System signed an affiliation agreement with St. Cloud Hospital several months ago to enhance specialty services and improve the information exchange between the two hospitals.

"This affiliation is good news for our hospital and the people who live in our community," said Willie LaCroix, administrator for Paynesville Area Health Care System. "We have been working with St. Cloud Hospital since 1981, but the affiliation formalizes our relationship and demonstrates a commitment to work together for the benefit of our patients."

The agreement, which includes no exchange of money, is a mutual commitment between the two organizations to work together in delivering quality care to patients of both hospitals.

St. Cloud Hospital long has offered specialty medical services in Paynesville, and that service will continue and possibly expand. Educational events also are planned, along with a better information system to allow for improved communication among staff members of both hospitals. The agreement also states that whenever possible, patients who live in Paynesville will receive care there.

Jim Davis, vice president of network development at St. Cloud Hospital, said the affiliation marks a coming era of greater cooperation among health care providers.

"With the rapid changes in health care and the pressure to bring down costs, we believe there is a strong need to work together," he said. "By working together more closely, we hope to avoid duplication and enhance the capabilities of both organizations."

patients, the change will offer a continuation of the high-quality dialysis services they've come to expect at St. Gabriel's.

In addition to the dialysis unit at St. Cloud Hospital, the hospital also operates the dialysis unit at St. Joseph's Medical Center in Brainerd.

Melrose, St. Cloud hospitals reach management agreement

The administration of Melrose Hospital soon will be in the hands of St. Cloud Hospital, after the Melrose City Council approved a recommendation for a change in the hospital's management.

For a management fee, St. Cloud

Hospital will provide a full-time administrator for Melrose Hospital and the associated Pine Villa Nursing Home. The administrator will be employed by St. Cloud Hospital but will live and work in Melrose, with reporting duties both to St. Cloud Hospital and to the Melrose Health Services Board. The Health Services Board oversees the Melrose Hospital and recommended the management change to the City Council.

The three-year agreement does not involve the sale of Melrose Hospital and is not intended to lead to the sale of Melrose Hospital. Aside from the administrator, all other Melrose Hospital and Pine Villa workers will remain employees of the City of Melrose. A search for a new administrator already is under way and will be complete before Jan. 1.

Operations Excellence brings achievements in quality, savings

The 18-month, St. Cloud Hospital work restructuring process known as Operations Excellence came to an end this summer, though operations improvement efforts are ongoing.

Operations Excellence was prompted by impending health care reforms that will require St. Cloud Hospital to enter a world of integrated delivery systems. Under an integrated delivery network, the hospital and other institutions in the network will be asked to provide a full array of health care for a flat fee paid by all Central Minnesotans who wish to join.

In an integrated delivery system, the goal is to provide high-quality care at the lowest possible cost. Operations Excellence was aimed at preparing St. Cloud Hospital to enter this dramatically different health care market.

Among the goals were:

- **To maintain or improve the quality of care.** Only suggestions that were projected to maintain or enhance the quality of patient care were implemented. Specific service monitors were used to continuously measure patient satisfaction, and St. Cloud Hospital still ranks highly in recent patient satisfaction surveys.
- **To save money.** By Sept. 30, the hospital will have surpassed its \$9.23 million annualized savings goal, with a projected annual savings of \$9,246,161.
- **To identify and understand customer expectations.** The Operations Excellence process developed more than 40 hospital-wide customer service standards, including: "admitting process takes no more than 10 minutes" and "all patients receive explanation of tests."
- **To monitor performance.** A report analyzing various performance indicators has been developed and will be distributed quarterly to physician and management staff

to help them better monitor performance.

■ **To continue development of effective relationships with customers, especially patients, medical staff and businesses.** In an effort to reach out to these customers, hospital representatives are meeting with St. Cloud business leaders to discuss their needs and expectations.

As part of the Operations Excellence process, Care Center Boards were developed to serve as liaisons between the hospital staff and the physicians of the medical staff in the operation of the hospital's seven care centers.

Specifically, Care Center Boards will be involved in planning, budgeting, performance improvement, technology valuation and acquisition, compliance with government regulations and accrediting standards, and selection and evaluation of care center directors.

Care Center Boards also will identify and develop needed collaborative care plans, which are standard parameters used in the care of patients with similar ailments.

The boards will be composed of physicians and hospital staff. Seven physicians have been appointed to serve as chairpersons in the following areas:

- **Medical/Oncology:** Harold Windschitl, M.D., and David Hanson, M.D.
- **Orthopedics/Neurology/Rehabilitation:** John Geiser, M.D.
- **Parent, Child & Women:** Nelson Sirlin, M.D.
- **Home Care:** John Hann, M.D.
- **Behavioral Health Services:** Tim Rasmussen, M.D.
- **Central Minnesota Heart Center:** John Mahowald, M.D.
- **Surgical Services:** James Lundeen, M.D.
- **Special Care Services:** Scott Davis, M.D.

Central Minnesota Heart Center signs Blue Plus contract

The Central Minnesota Heart Center at St. Cloud Hospital has signed a two-year contract with Blue Cross and Blue Shield of Minnesota and its HMO affiliate, Blue Plus, to join the cardiac services network.

The agreement means Central Minnesotans who have Blue Plus health coverage are assured of receiving high-quality cardiac care close to home. Previously, the nearest Blue Plus cardiac services network members were in the Twin Cities.

The extensive application process began in 1992, when Blue Plus did not include the Heart Center in its network but agreed to allow its members to continue to receive care at the Heart Center pending a more detailed review. That review is now complete, and the contract has been signed.

"We're pleased that our efforts to provide top quality care at the Central Minnesota Heart Center have been recognized by Blue Cross and have allowed us to form this new partnership," said John Teskey, M.D., a cardiac surgeon with the Heart Center.

The Central Minnesota Heart Center is an affiliation of St. Cloud Hospital, the St. Cloud Clinic of Internal Medicine, Cardiac Surgical Associates, PA, and Anesthesia Associates of St. Cloud, Ltd. It is located at St. Cloud Hospital.

The Heart Center offers a full spectrum of state-of-the-art cardiac care, ranging from cardiac rehabilitation services to procedures such as angioplasty and coronary bypass surgery.

Blue Plus started its cardiac services network in 1993 to designate high-quality cardiac programs throughout Minnesota and in border communities as a cardiac referral network for Blue Plus members. The goal of the network is to ensure high-quality cardiac care while containing costs.

Ties to the region

St. Cloud, St. Gabriel's hospitals sign dialysis unit agreement

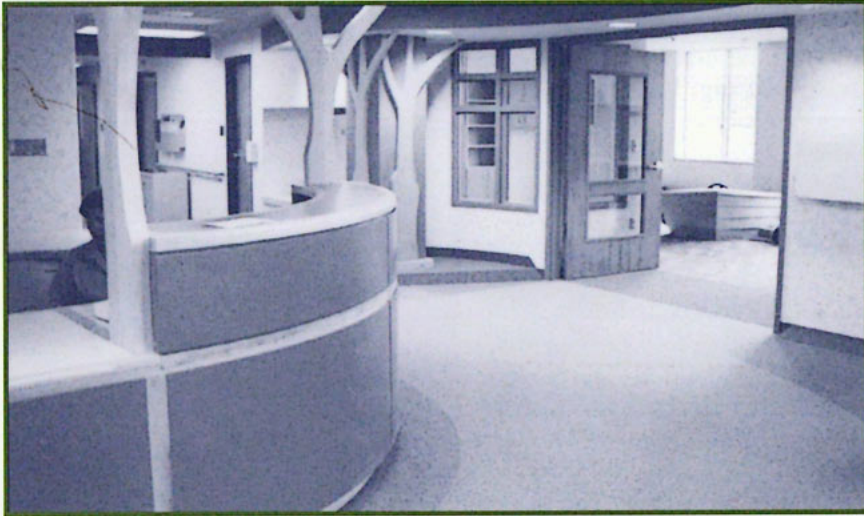
St. Cloud Hospital has signed an "agreement to purchase" the Little Falls Kidney Dialysis Unit from St. Gabriel's Hospital.

The agreement means St. Cloud Hospital could assume operations of St. Gabriel's dialysis unit as early as mid-September.

The move was prompted by health care reform efforts that encourage hospitals to collaborate, rather than compete, in providing health care. For

Pediatric Unit

RELOCATES, RENOVATES TO MEET CHANGING NEEDS



Sick children and adolescents can now recuperate in the new Child and Adolescent Care Unit at St. Cloud Hospital on 3 Northwest.

The renovated unit, which opened July 6, was designed in response to focus groups composed of past patients, patients' parents and other parents. Input was obtained in regard to design, equipment and furnishings, physical layout, safety and security, facilities for parents, siblings and visitors, recreational activities and equipment, and food.

The new Child and Adolescent Unit is designed with a nature theme to promote a child-friendly, healing environment. Carved wooden trees surround the nursing station, and the carpeting is curved throughout to simulate a river. Outlines of trees surround the door to each patient room, and there are imprints of animal tracks on the ceiling tile. These soothing, natural aspects help to create a family-focused atmosphere.

BEACON

Light

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