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Beacon Light: November 1997

St. Cloud Hospital

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November 1997

Beacon Light

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▲ *CentraCare brings first open MRI clinic to central Minnesota.*

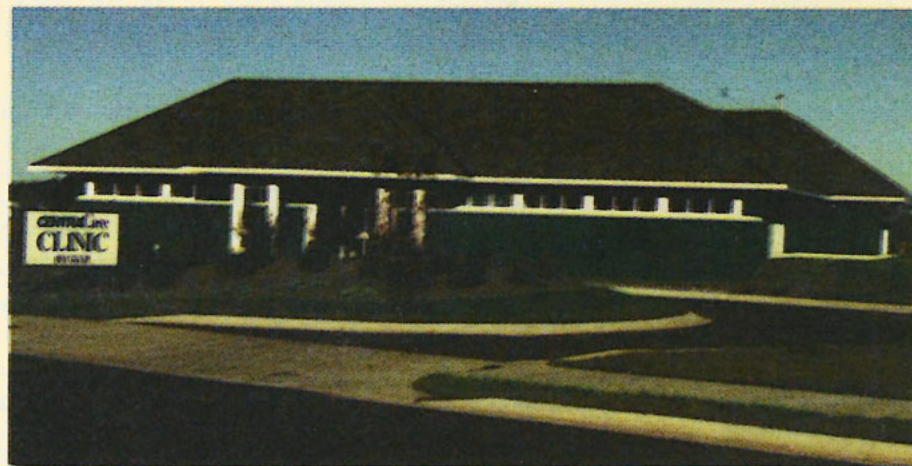
CentraCare – expanding to meet the needs of central Minnesota

Just over two years ago, facing growing pressure for changes in health care, leading health care professionals at St. Cloud Hospital and the St. Cloud Clinic of Internal Medicine crafted a visionary plan to address these demands and continue St. Cloud's role as a medical center for the area. Based on a strategic design that recognized the unique health care needs of central Minnesota, they created CentraCare.

CentraCare was conceived as a not-for-profit, regional health care delivery system based in St. Cloud, dedicated to the goal of delivering quality health care while controlling costs and providing central Minnesotans with local access to specialized medical services.

To reach this goal, CentraCare has brought together more than 2,900 health care professionals in St. Cloud, St. Joseph, Watkins, Melrose, Becker and Little Falls. These partnerships maintain health care providers in their communities thereby assuring people easy access to health care. In addition, CentraCare enhances central Minnesota residents regional access to specialty outreach services, including cardiology, gastroenterology and oncology.

What started out as an integration between the former St. Cloud Clinic of Internal Medicine and St. Cloud Hospital, has grown to include one other hospital and seven clinics throughout central Minnesota.



▲ *CentraCare Clinic-Becker opened this summer.*

CentraCare Highlights

July 3, 1995 — St. Cloud Hospital and the St. Cloud Clinic of Internal Medicine finalize plans to create CentraCare, a not-for-profit health care delivery system serving central Minnesotans.

Dec. 1, 1995 — Heartland Family Practice becomes part of CentraCare and changes its name to CentraCare Clinic-Heartland with facilities in St. Cloud, St. Joseph and Watkins.

April 29, 1996 — Melrose Clinic integrates its practice with CentraCare Clinic. Its new name is CentraCare Clinic-Melrose.

"The health care market is changing rapidly, and we needed to respond to these changes to ensure that area residents have long-term access to the highest quality care at the lowest possible cost," said Allen Horn, M.D., Melrose Clinic physician.

CENTRACARE CONTINUED ON PAGE 2

Aug. 30, 1996 — CentraCare announces plans to invest \$1.2 million for development of a medical clinic in Becker.

“The addition of a medical clinic in Becker means that residents will not have to go out of town to receive medical care,” said Dave Graning, Becker community development director.

Feb. 19, 1997 — A foundation to fund central Minnesota health-related programs is established by CentraCare. CentraCare Foundation is launched with a \$1 million pledge from CentraCare Clinic and St. Cloud Hospital.

June 1, 1997 — St. Cloud Women & Children’s Medical Center merges its practice with CentraCare. The clinic’s new name is CentraCare Clinic-Women & Children’s Health Center.

The merger brings 86 employees from Women & Children’s into the CentraCare Clinic network. These include 20 physicians who specialize in obstetrics, gynecology and pediatric services; three certified midwives and five nurse practitioners.

June 24, 1997 — CentraCare Clinic-Becker and Becker Pharmacy host a grand opening and begin treating patients. The clinic is staffed by three physicians, a physician assistant, a pharmacist and support personnel.



▲ CentraCare is currently building a clinic in Waite Park that will house Central Minnesota Open MRI.

June 27, 1997 — CentraCare and Regional Diagnostic Radiology, a St. Cloud radiology group, announce plans to break ground for an outpatient clinic specializing in open-sided magnetic resonance (MRI) services. The new clinic, named Central Minnesota Open MRI, will begin accepting patients in December.

July 1, 1997 — Melrose Hospital and affiliate services integrate with CentraCare. The integration reflects a new lease agreement between Melrose Hospital and CentraCare Health Services, a division of CentraCare..

CentraCare is in the process of constructing a new clinic that will be attached to the hospital building and will eventually become the site of CentraCare Clinic-Melrose.

Aug. 15, 1997 — St. Cloud Hospital’s renal program announces plans to open a fourth satellite dialysis unit in Monticello. The unit, scheduled to open in October, will be located in a space between RiverPlace Physicians and Snyder Drug in the former Ben Franklin store site. ■

Volunteering – the opportunities are endless, and rewarding

The reasons why people volunteer are as diverse as the volunteers themselves.

According to the Gallup organization, the top five reasons for volunteering are: doing something useful to help others, enjoyment of the work, interest in the work or activity, felt those with more should help those who had less and gained a feeling of personal satisfaction from giving and volunteering.

In 1995, 89.4 million people in the United States gave more than 20 billion hours of unpaid time to causes they believed in, that’s according to a March 1996 report in the *Ventura Independent*. The following statistics show there is no clear profile of the typical volunteer:

- ◆ Married (52 percent)
- ◆ Single (39 percent)
- ◆ Largest age category is 35-49 years old (54 percent)
- ◆ Employed (62 percent full or part-time)
- ◆ 54 percent of parents in households with children under 18 years old
- ◆ 38 percent of seniors over age 65
- ◆ Likely to make short-term commitments
- ◆ Likely to prefer on-the-job training
- ◆ About 52 percent of the U.S. population volunteers on a regular basis for a variety of reasons

Volunteering provides people with a psychological boost that comes only from helping people who are sick, homeless, abused or needy.

“Volunteering can help add structure to a person’s day and give them a sense of purpose or



▲ Matt Mohs, a volunteer for Home Delivered Meals, delivers a warm meal to Bill Hanson.

and handicapped homebound people in the St. Cloud area. The meals are delivered and served by volunteers from area churches and service groups.

Bill Hanson, St. Cloud, is one recipient who is thankful to have a meal delivered to him. He is a quadrapalegic and says it’s sometimes difficult for him to cook. With home delivered, meals all he needs to do is warm-up the meal in the microwave.

“I started getting home delivered meals in 1983 when my grandmother thought I should have at least one good, square meal a day,” Hanson said.

accomplishment,” said Dr. Scott Palmer, a psychologist at the Behavioral Health Clinic at St. Cloud Hospital.

If you’re looking for volunteer opportunities,

Volunteer finds enjoyment in helping others

Matt Mohs, St. Cloud, began volunteering nine years ago. He received a call from someone at his parish asking if he would be interested in volunteering for Home Delivered Meals. Mohs said he would give it a try.

“I love it,” Mohs said. “I enjoy delivering the meals and getting a chance to visit with the people who receive them. A lot of times we are the only people they get a chance to talk to, and they are so appreciative of what we do.”

Home Delivered Meals is a program funded by the St. Cloud Area United Way and administered through St. Cloud Hospital. The program provides properly balanced, nutritious meals to elderly, sick and handicapped homebound people in the St. Cloud area. The meals are delivered and served by volunteers from area churches and service groups.

a good source to begin with is your local United Way office, which supports a variety of service organizations. ■

CentraCare brings first open MRI clinic to central Minnesota

If you have ever had an MRI (magnetic resonance imaging), you may already be familiar with the conventional tunnel-like MRI scanners. For claustrophobic and larger people, the conventional MRI can be uncomfortable and frightening. Fortunately, open MRI technology is now available that provides all patients with a more comfortable experience.

In mid-December, CentraCare will open the first of its kind clinic in central Minnesota that will specialize in open-sided MRI services.



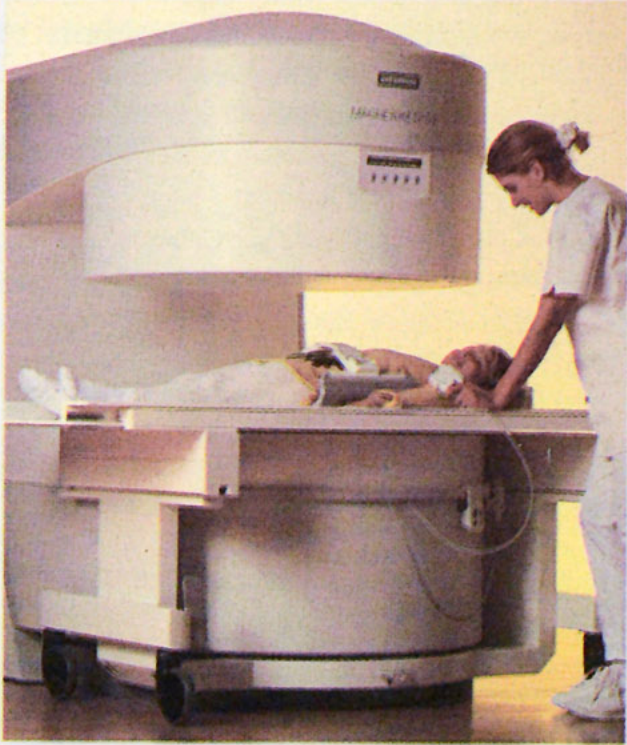
“The Central Minnesota Open MRI clinic will help fulfill an imaging need in central Minnesota that is not currently being met,” said Tereasa Simonson, M.D., medical director of the clinic. “The open MRI is a more inviting and comfortable imaging machine for patients. The open space allows patients to be more relaxed.”

Magnetic resonance imaging technology utilizes powerful magnetic field and radio frequency energy to image various tissues of the body. In conventional MRI systems, patients are positioned within a narrow tube that may entirely enclose the body. In addition to accommodating claustrophobic and large patients, open MRI allows joints to be scanned through their entire range of motion because of the open design of the magnet.

In the future, Central Minnesota Open MRI also plans to provide computed tomography (CT), ultrasound and general radiography and fluoroscopy.

The clinic, which is part of the CentraCare health system, will be managed by Regional Diagnostic Radiology and staffed by eight radiologists and five support/technical personnel.

The clinic will be located at 426 2nd Street South in Waite Park. ■



▲ MRI of the body

◀ MRI of the head

Winter survival tips – being prepared

Unprepared winter travel is dangerous. Car trouble or any emergency road situation could result in an extended stay out in severe weather making you wish you had planned ahead for comfort, if not for your very survival.

A winter survival kit for your car:

- ✱ A sleeping bag for each person
- ✱ A coffee can to burn candles for heat
- ✱ A coffee can with lid for sanitary facilities
- ✱ Matches and candles
- ✱ Wool caps, mittens and overshoes
- ✱ First aid kit with pocket knife
- ✱ Large box of facial tissues
- ✱ Flashlight with extra batteries
- ✱ Shovel
- ✱ Canned nuts, dried fruit and candy
- ✱ Radio with extra batteries
- ✱ A small sack of sand or one set of tire chains
- ✱ Booster cables, screwdrivers, pliers and tools
- ✱ Ice scraper and brush
- ✱ A gallon of clean water. Melted snow should be used only if necessary and then it must be warm.

If you get trapped in the snow:

The shelter and warmth of a vehicle can lead to a false sense of security during winter travel. By using the following safety rules, you can help protect your family from the harshness of winter.

- Stay in the car. It will keep you from getting lost or suffering from exposure.
- If you get stranded, tie a colorful banner on the car antenna. Tie a nylon cord or rope to the car and yourself if you must leave the vehicle for any distance during the storm.
- Run the engine only 10 minutes out of every half hour. You cannot smell carbon monoxide so keep the exhaust clear and partly open a window.
- Wear a hat and any other winter clothing you brought.
- Keep moving. Do not fall asleep.
- A multi-wick candle called “Dakota Heat” is claimed to keep the interior of a car comfortable for 24 hours. ■



Addition of Adolescent Services highlights new Behavioral Health Center

Behavioral Health Services at St. Cloud Hospital currently consists of The Behavioral Health Clinic, which provides outpatient and inpatient behavioral health services, including an intensive care mental health unit and Recovery Plus, a program that provides chemical dependency treatment to patients. There are many services within each of these areas that contribute to the delivery of behavioral health services at St. Cloud Hospital.

In 1996, more than 900 people were admitted to the mental health unit at St. Cloud Hospital; and 885 people were admitted to Recovery Plus chemical dependency treatment programs.

Professional's Recovery Program

Recovery Plus at St. Cloud Hospital has introduced a chemical dependency treatment program specifically designed for individuals for whom a private setting is particularly desirable. This new program provides targeted recovery services for professional people with a level of confidentiality that will encourage them to seek assistance.

According to Tom Vaudt, licensed psychologist and social worker at Recovery Plus, a large need in chemical dependency treatment programs has been the unavailability of treatment options for high-profile individuals.

"As with all programs at Recovery Plus, this is tailored to a particular population," Vaudt said. "This is designed for professionals, including community leaders, business executives and government representatives."

The recovery-focused programming is combined with evening meetings, flexible scheduling and individualized care for family members.

"We've had to refer people to other facilities - sometimes it's our recommendation and other times it's their preference," Vaudt said. "In any case, as a regional treatment center, we want to offer individualized treatment services for all populations."

The program is available through St. Cloud Hospital's Employee Assistance Program, 1555 Northway Drive, Suite 110, St. Cloud. For more information, call (320) 529-0069.



▲ A computer-enhanced image of the planned expansion shows the nearest building as the Behavioral Health Center.

Construction of a new building, dedicated to mental health and chemical dependency services, starts this winter on the hospital campus. Completion of the 61,000 square foot addition is scheduled for the winter of 1999 at a cost of \$12.7 million.

"In recognizing the overwhelming need for behavioral health services in the community, the expansion of services this building will allow makes it an anxiously anticipated and long-awaited project," said hospital CEO John Frobenius.

The introduction of the first adolescent inpatient chemical dependency program and adolescent intensive care mental health unit in central Minnesota has already had local impact on this high risk group. According to the American Academy of Child and Adolescent Psychiatry, mental illness affects 12.5 million children and adolescents in the United States. Their data shows that suicides among young people have tripled since 1960 and that it is the third leading cause of death for 15 to 24 year olds, and the sixth leading cause of death for 5 to 14 year olds.

Since coming to St. Cloud from San Francisco, Calif., in July 1996, Dr. Mary Beth Lardizabal, child and adolescent psychiatrist at the Behavioral Health Clinic, says she has seen dramatic increase in the number of adolescents seeking treatment.

"We've had to send youth out of this community for help because we lack proper facilities," Lardizabal said. "Behavioral health is often a familial phenomena, and to the extent that a patient's family and support system can be involved, the outcome for the entire family is dramatically improved."

The building will provide adolescents with an intensive care mental health unit, an inpatient chemical dependency treatment program and a mental health partial hospitalization program.

"This will be a place where adolescents can be with their families," Lardizabal said.

New Building Highlights

- The intensive care adult mental health unit bed capacity will increase from 9 to 20.
- A 10-bed intensive care adolescent mental health/chemical dependency unit will be added.
- An adult and adolescent mental health partial hospitalization program will be included.
- An open, 30-day chemical dependency unit with services for medical detox, inpatient, intensive day outpatient and outpatient residential services for adults will be housed in the new building.

- Adolescent intensive day outpatient chemical dependency services will be available in the new building.

- An education conference center is being planned.

- Space for therapeutic recreation and fitness facilities for patients will be available.

- There will be a covered employee access from the north parking ramp to the new building.

Depression: More than the 'blues'

Most people are sad or discouraged at some point in their lives. Holidays, relationships or other life circumstances may create feelings of uneasiness that normally go away over time.

But when sad feelings linger and consume a person's life, it's depression. That's what caused Ben*, a 21-year old college student to become suicidal after breaking up with his girlfriend. When the relationship ended, being alone left him feeling desolate.

Ben is one of 17 million Americans who are diagnosed with depression each year. However, according to Dr. Gary Wallinga, a psychologist at the Behavioral Health Clinic at St. Cloud Hospital, less than half of those people seek treatment.

Fortunately, Ben began receiving treatment before it was too late. Since beginning therapy with Dr. Wallinga, Ben realizes the importance of getting help and wishes he would have done it sooner.

"I would have never committed myself," Ben said. "I didn't want to believe that therapy was the answer. But when my boss suggested treatment, he helped me realize it was the right thing to do."

Ben was overcoming his shyness and learning how to approach people more easily. Eventually, his self-esteem increased, and he learned to talk about his fears.

Although Ben seemed to be recovering, after two months of therapy, he was having suicidal thoughts again.

"When my girlfriend and I ended our relationship, we decided to remain friends," Ben said. "We continued to talk and see each other, but I didn't want to let go of the deeper relationship we once shared. Finally, the pain was too great."

Police took Ben to St. Cloud Hospital where he was kept on a 72-hour hold. During that time, he stayed in the hospital and was observed by nurses and a psychiatrist who periodically met with him to talk about his feelings.

"The 72-hour hold was the best thing for me," Ben said.

Ben stayed four more days in the hospital's inpatient unit. While there, he made a life management plan that includes such activities as taking a

walk, talking to friends, taking a shower or listening to music. These activities help Ben pick himself up when he is getting depressed.

Despite one setback during therapy, Ben feels strongly that without the therapy he wouldn't be here today.

"It's so important for people to seek help," Ben said. "Even if you think your problem isn't severe and you just have the blues, it's important to seek professional help."

* Name has been changed.

If you believe that you or someone you love may be suffering from depression, call the Behavioral Health Clinic at St. Cloud Hospital at (320) 255-5777.

Depression: What to watch for

The American Academy of Child and Adolescent Psychiatry cautions parents to be aware of the following warning signs that their child may try to commit suicide. They recommend that if one or more of these signs occurs, parents need to talk to their child about their concerns and seek professional help should the concern persist.

- Change in eating and sleeping habits.
- Withdrawal from friends, family and regular activities.
- Violent actions, rebellious behavior or running away.
- Drug and alcohol use.
- Unusual neglect of personal appearance.
- Marked personality change.
- Persistent boredom, difficulty concentrating, or a decline in quality of school work.
- Frequent complaints about physical symptoms, often related to emotions, such as stomachaches, headaches, fatigue, etc.
- Loss of interest in pleasurable activities.
- Not tolerating praise or rewards. ■

One Woman's Journey Home

When I first came to Recovery Plus, I was an angry, self-pitying woman. I thought I had all the answers, and it took me awhile to realize that I didn't have a clue.

I managed to learn a few things in my 49 days of treatment, but I'm a stubborn woman, and most of it didn't sink in for quite sometime. I had a lot of time to think about it when I went to jail for three months. But instead of using the time wisely, I tried to deal with my alcoholism on the surface by "talking the talk."

When I got out of jail, I went straight to Journey Home where I thought I was just in a nicer cell. I was still trying to manipulate everything to go my way by using anger and intimidation. I didn't get anywhere with my counselors, therapist or child protection worker. Then one day my counselor pointed out that I was fighting a losing battle by "reacting" instead of "acting." She suggested that I needed to prove myself with actions instead of digging myself deeper by reacting with anger.

Wow! What a difference that made in my life. I did exactly what she suggested. I got involved with my AA groups by doing service work. I started thinking before reacting, walking away when I could and biting my tongue when I couldn't. I took parenting classes voluntarily and did whatever my child protection worker asked of me. Within three months, I had my kids with me at Journey Home which seemed impossible when I first moved in.

Now I have my own place, a job that I love, a car and 18 months of sobriety. I always wanted to stop drinking, and I have finally learned how to have a good life without alcohol. By getting involved in AA, even if it's only making coffee or giving rides to those less fortunate, the rewards are tremendous.

By talking when I need to and listening when I can, by reaching out when I am in need and when someone else needs me, and by surrounding myself with people who have been where I am standing now - I can overcome any obstacle that life places in my path.

—Journey Home resident

For more information about Journey Home, call (320) 259-9149.

Hospice Program sings Hallelujah for Holly Ball

Each year, amidst the glitz and glamour of Holly Ball, an elegant symbol of the ultimate peace stands as a reason for celebrating life. The Remembrance Tree stands in honor of loved ones whose final days were made more comfortable, thanks to St. Cloud Hospital's Hospice Program. It is a reflection of the true reason for Holly Ball.

Holly Ball began in 1975 when the St. Cloud Hospital Auxiliary, Stearns Benton County Medical Auxiliary and West Central Dental Auxiliary started it as a fund raising event. Since 1986, all the proceeds from Holly Ball have been designated for Hospice.

Peace in dying, the priceless gift Hospice offers, is indeed expensive to provide. During a time when families are facing an intense reality of saying goodbye, the availability of hospice's services means they do not need to worry about other things. Things like how much insurance is paying for the medications, personnel and equipment needed to make their loved one comfortable; something they do not want to go without. Hospice operates at a loss because reimbursement agencies do not cover all the things necessary to maintain a person's comfort in the last days.

"It's good to know there is someone there who understands," said Beverly Pearson. Her husband, Clinton, battled prostate cancer for nearly seven years.

In early 1994, Clinton's doctor told him the war was over; there was no more they could do. Thanks to hospice, Clinton and his family could deal with the reality of his cancer in their own home, in the most comfortable way possible. Even though they lived 45 minutes from St. Cloud, Mimi Sauer, Clinton's Hospice nurse, traveled to see him almost daily.

"She took care of his every need," Beverly said. "When he couldn't breathe, she arranged for oxygen. When his bed hurt him, she got a hospital bed and took care of all the linens. She is an angel... he loved her."

Thanks to the good care Mimi and Hospice provided, Clinton's last days were filled with clear, conscious hours of family and friends. One Saturday evening in December 1994, Clinton peacefully slipped into unconsciousness.

"Mimi wasn't on duty that night," Beverly said. "But she had been coming all those months for Clinton, and that night she came for me."

That night, Beverly slept, and by Sunday afternoon Clinton was gone.



▲ Beverly Pearson reflects on her Hospice experience with Mimi Sauer. Mimi, a Hospice nurse, helped Beverly care for her husband while he was dying of cancer.

Having Hospice there to turn to with questions is a tremendous resource for family members. When Lori Johnson's dad, Bob Pflepsen, a cancer patient at St. Cloud Hospital became uncomfortable in his own bed at home, Lori's mom, Margaret, called Hospice to see if they could help.

"She called early that evening," Johnson said. "And already, the next morning, a big white van pulled up to their house on Grand Lake near Rockville. Inside were a hospital bed and three people to help us move the old bed out and the new one in."

"What amazed me is we didn't even ask for it," Johnson said. "Hospice made it possible for Dad to be at home, and for Mom to tolerate and accept the role of caregiver," Johnson said. "The service we received was phenomenal."

Hospice took a lot of the burden off of the family and helped them understand what was going on with Dad, Johnson said.

"It is an absolutely fabulous program," Johnson said.

Hospice has about 70 volunteers, including four medical directors and four nurses, said Kathy Murphy, Hospice Director.

"I think the Remembrance Tree has really cemented the relationship between Holly Ball and Hospice," Murphy said. "It's such a solemn, unique piece that symbolizes the entire event and what it stands for."

1997 Holly Ball activities

The 23rd annual Holly Ball and Tree Festival will be Dec. 6 and 7 at the St. Cloud Holiday Inn. Holly Ball festivities begin at 6 p.m. Saturday, Dec. 6. Guests will enjoy dining and dancing to this year's Holly Ball theme, Christmas in Central Park.

A silent auction of uniquely decorated Christmas trees, wreaths and holiday collectibles will take place from 6:30 -10 p.m. Dinner music will be provided by Laurie Pretorius and Brian Kinney. After dinner, The Flames will hit the stage for your dancing pleasure.

The centerpiece of the evening will be the Remembrance Tree. Adorned with thousands of lights and gossamer angels, the Tree honors the many terminally ill patients who have received care through St. Cloud Hospital's Hospice Program.

Tickets for Holly Ball are \$60 and can be purchased through Volunteer Services at St. Cloud Hospital, (320) 255-5638.

The Tree Festival is dedicated to family fun and will take place on Sunday, Dec. 7 from 11 a.m. to 4 p.m. Enjoy reindeer rides, children's crafts, face painting, a magician, music by the Crayons and the Ritzer sisters and many other activities including a special visit from Santa Claus. The Remembrance Tree, along with the collection of unique trees, wreaths and collectibles will be available for viewing. Admission is \$2 per person and \$1 for seniors. ■

Each year, names continue to be added to the tree's list, and each year Hospice volunteers stand by to visit with people who may need extra support or assistance.

"If it weren't for Holly Ball, we would be forced to look for other support to continue," Murphy said. ■

Exercising and enjoying the outdoors – all winter long



Whether you're working up a sweat shoveling or skiing, it is important to wear proper clothing, and to be prepared for the outdoor elements.

For some people, cold weather means nestling in a blanket near the fireplace. For others, it means snowmen, sledding and hot cocoa. But for most people, cold brings a challenge. An environmental challenge that must be overcome while at the same time carrying out daily activities.

For athletes and fitness enthusiasts who regularly exercise outdoors, as well as those who enjoy winter activities like skiing and skating, the cold can become a competing factor in their activities. Fortunately, most physically active people have the physiological capacity to cope with cold weather.

Exercise and activity in the cold can be pursued safely, enjoyably and successfully if certain precautions are taken. Russell Pate, Ph.D., professor and director of the Human Performance Laboratory at the University of South Carolina, suggests the following precautions:

- **Proper warm-up.** Optimal performance in many athletic activities, particularly those relying on speed and power, requires elevating muscle temperature before competition.

- **Wear appropriate clothing.** Select clothing that will maintain comfort during the activity, not at the start of activity before metabolic heat production has reached a steady state. Layered clothing works best to help insulate the body. The innermost layer should hold moisture away from the body (polypropylene or cotton fishnet materials are recommended), and the middle layer should provide insulation (goose down or synthetic materials with similar properties). In windy and rainy conditions, the outer layer should be water and wind resistant.

Because heat can be lost through the head, a proper head covering is a must. Also, remember to protect the ears, fingers and toes from frostbite.

- **Gauge the wind.** Wind direction can greatly affect your comfort during exercise or activity in the cold. During training, cross country skiers, runners and other endurance athletes are advised to start their activity facing the wind and finish with the wind. This avoids the discomfort that comes with exposure to high wind chill while wearing sweat-soaked clothing.



- **Avoid rapid cooling after exercise.** Post-exercise hypothermia can develop because although heat production has decreased, the rate of heat loss remains at a high level. To prevent hypothermia, add clothing soon after finishing a cold weather endurance event and get in a warm environment. ■

A Holiday Gift to Yourself

Among the pleasures of the holidays are foods and festivities of the season. For many, this presents a special challenge - but not an impossible task. Moderation and balance is the key to enjoying the holidays while maintaining a healthy diet.

Most foods, even traditional holiday treats, can fit into a healthy eating plan. Follow these helpful guidelines, and give yourself the gift of good health this holiday season.

The holiday party - buffet style

A buffet doesn't have to mean a large holiday "spread". Here are some tips for holding the line at holiday buffets:

- Eat small, low-calorie meals during the day so you can enjoy a special treat later. Eat a healthy snack right before the party. A hungry stomach can sabotage the strongest willpower.
- Make only one trip to the buffet and be selective. Choose only the foods you really want to eat, and keep portions small.
- Skip the fried foods and eat the crackers, bread and fruit. If you want to nibble on cheese, take only one or two pieces.
- Fresh vegetables are always great. Take a small dollop of dip, just enough to coat the end of the carrot or broccoli flowerette.
- Boiled shrimp or scallops are a good choice. Choose cocktail sauce, lemon or horseradish as a condiment.

The holiday dinner party - when the menu is selected

Dinner invitations could mean eating at a friend's house or at a country club or hotel for the company party. In any case, the meal is planned and you may not have a menu choice. If you're bringing a dish, make a lower-fat version of a family favorite.

Once the food is on the table, you can make the following healthy choices:

- If possible, choose two non-fried appetizers instead of an entree or share an entree with a friend.
- Choose skinless white meat or poultry. It has fewer calories and fat than dark meat.
- Eating a roll is fine. If it's fresh, you may not need butter or margarine.

Winning strategies for healthy holiday eating

- Be realistic. Trying to lose weight during the holidays may be a self-defeating goal. Striving to maintain your weight is a reasonable expectation.
- Forget the "all or nothing" mindset. Depriving yourself of special holiday foods or feeling guilty over a particular food choice are not part of a healthy eating strategy and certainly not part of the holiday spirit.
- Have fun! Sharing food is an important way to spread holiday cheer. Enjoying a traditional meal or celebrating with family and friends shouldn't destroy the healthy food habits you've nurtured all year. ■

Modify your traditional holiday menus and recipes to reduce fat, cholesterol and calories. For example.

Original menu

3 1/2 ounces roast duck
1/2 cup stuffing
1/2 cup broccoli with hollandaise sauce
1/2 cup jellied cranberry sauce
1 medium crescent roll
1 slice peach pie
Total calories: 1,205
Total fat: 55 grams

Leaner Menu

1 1/2 ounces roast turkey breast
1/2 cup rice pilaf
1/2 cup broccoli with lemon juice
1/2 cup fresh cranberry relish
1 fresh roll
1 slice pumpkin pie
Total calories: 730
Total fat: 21 grams



1406 Sixth Avenue North
St. Cloud, Minnesota 56303-1901

Healthy community happenings

Depression After Delivery Support Group

This group offers support and understanding for those experiencing depression after delivery. The sessions are facilitated by Family Birthing Center nurses and social workers. The sessions are the fourth Monday of each month from 7-8 p.m. in the 3 North Lounge at St. Cloud Hospital.

Hysterectomy Class

Information is provided on the surgical procedure, post-surgical recovery and emotional adjustments. The class meets the first and third Mondays of each month from 7-8 p.m. in the 3 North Lounge at St. Cloud Hospital.

Health Safari

Health Safari is a health fair for kids. The fair will feature a variety of screenings, activities and educational learning experiences for children up to 6th grade. The fair is Feb. 21, 1998, 10 a.m. to 5 p.m., at Crossroads Mall, St. Cloud. For more information or if you wish to be a sponsor, call Fay Chawla, St. Cloud Hospital, (320) 255-5634.

St. Cloud Hospital's Educational Events Calender

For more information, call (320) 251-2700, extension 5642.

Dec. 3, 1997 - Suicide, Street Drugs, Gangs: Community trends and impact

Jan. 14, 1998 - Nursing and the Law

Feb. 24, 1998 - Parish nurse seminar

The *Beacon Light* is produced by Executive Resource Group for St. Cloud Hospital.

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St. Cloud Hospital

For more information,
call (320) 251-2700.

St. Cloud Hospital Mission Statement

We are a Catholic, regional hospital whose mission is to improve the health and quality of life for the people of Central Minnesota in a manner that reflects the healing mission of Jesus and supports the dignity of those providing services and those being served.