



Investing
in Health



OCTOBER 2023

Holly Ball tickets on sale!

Tickets for Holly Ball 2023 "Be the Good" are now on sale!

When you join us at Holly Ball on Dec. 2, plan to explore the sounds, scents and scenery of a magical winter wonderland. We will gather together to celebrate community and raise much needed funds for cancer and hospice programming and the Central Minnesota Child Advocacy Center.

Learn more and buy your tickets [here](#). There's a limited number of tickets, so get yours early!



Other Holly Ball fundraising events:

Oct. 4: Tending for a Cause from 5-7 p.m. at Beaver Island Brewing

Oct. 21: Meat Raffle from 1:30-3 p.m. at Shooter's Saloon & Eatery

Nov. 15: Tending for a Cause from 3-10 p.m. at Pantown Brewing

All funds raised at these events will benefit the Central MN Child Advocacy Center, Coborn Cancer Center and CentraCare Hospice.



Community Campaign kicks off

CentraCare Foundation is grateful for the continued community support. This year's Community Campaign will help CentraCare – St. Cloud Hospital Child & Adolescent Behavioral Health at Clara's House expand to meet the mental health needs of children ages 2-5 and the emergent health care needs in our regional communities, too.

We are grateful to [Magnifi Financial](#), our 2023 Matching Gift Sponsor. Magnifi Financial is dedicated to giving back to local communities and will proudly match up to \$25,000 of gifts received by Dec. 31. Together with their support, we can impact the greatest health care needs in Long Prairie, Melrose and Sauk Centre.

[Make a gift](#) today!

Silver Soiree takes the gold raising over \$340,000

On Sept. 16, over 300 community members gathered for our Annual Gala in Willmar, aptly themed a Silver Soirée, to commemorate the 25th year!

This year's Gala benefitted CentraCare Hospice and the new Growing Our Own Doctors Scholarship Fund. Because of generous sponsors, donors, attendees, and volunteers, over \$340,000 was raised!

Special thanks to **Chappell Central, Inc.** and the **Pierce Family Foundation** for their commitment to advancing local healthcare by being our 2023 Presenting Sponsors. And thank you to all who contributed to the Gala's success. We could not have done it without you!

View and download event photos from the evening [here](#).



Thank you, Brad. It's been a good run!

We bid a fond farewell to Brad Konkler, CentraCare Foundation Vice President, who retired Oct. 1, and reflect on his time with CentraCare.

After a career that spans 35 years in not-for-profit leadership, including 14 in health care philanthropy, Brad has spent his last eight years with CentraCare Foundation.

When asked what he most enjoyed during his time at CentraCare and what he's most proud of, Brad shared that, "From day-one I was struck by the well-established culture of philanthropy in Central and Southwest MN. Our communities clearly value health and well-being and quality care close to home. It has been a joy to collaborate with donors and other friends of the Foundation to use the power of community philanthropy to enhance care in all our service areas. The generosity of CentraCare's donor base, including our employees, has been amazing. Lives have been touched, lives have been changed, and lives have been saved thanks to our thoughtful donors."

I am also proud of building a Foundation staff team that is second to none. As CentraCare has grown, the staff has evolved to consist of highly talented and accomplished healthcare philanthropy professionals who are focused on today but also the needs of tomorrow. In addition, an impressive slate of Foundation volunteers has been assembled. The Foundation Board of Directors, Board Committees, Event Committees, and Philanthropy Councils are composed of top talent community leaders with a deep dedication to CentraCare's mission and purpose."

Brad looks forward to continuing as an Active Central MN Board of Directors member. (ACM produces the annual CentraCare Earth Day Run & Events and the Graniteman Triathlon Series.) "I'll also continue as a volunteer for the Avon Hills Folk School. In coordination with CentraCare, the school recently built a timber frame bike shelter along the Wobegon Trail on the Albany Clinic property. I hope to help them finish the project this fall season."

Thank you, Brad, for your dedication and commitment to CentraCare, our donors and the communities we serve. We wish you many more happy and healthy years in retirement!



Certified in hospitality

Congratulations to the Gorecki Guest House on earning its Certified Hospitality House Certification from the Healthcare Hospitality Network!

The Certified Hospitality House program provides a way to distinguish houses which maintain high training standards and follow best practices.

It was 15 years ago that St. Cloud Hospital broke ground for the Gorecki Guest House. The Gorecki Guest House, located across the street from St. Cloud Hospital, offers affordable, temporary housing to families and patients receiving medical care in the St. Cloud community. The house was funded completely with private gifts, including

a leadership gift from Benedict and Dorothy Gorecki and featured 12 guest rooms with private baths and other amenities when it opened in June 2009.

Today, St. Cloud Hospital-Gorecki Guest House has 28 private rooms and has served more than 40,000 guests from every county in Minnesota, 49 states and 14 countries.

Thanks to the staff and volunteers to their dedication and commitment to those they serve.

Structural Heart & Valve Clinic Open House planned

Join us for an open house celebrating the 10-year anniversary of our Structural Heart & Valve Clinic on **Thursday, Oct. 5**, from 5-7:30 p.m. at the CentraCare Heart & Vascular Center, 1406 Sixth Avenue N, St. Cloud.

The evening includes a short presentation, opportunity to meet staff, light hors d'oeuvres, beverages, cath lab tours and educational booths that will allow you to get a closer look at the medical devices used in our practice.



Park in the South Ramp. Take South Ramp Elevator to Floor 2.

To RSVP or ask questions, email: valveclinic@centracare.com.



Empowering wellness for cancer patients & caregivers

Did you know humans take 25,000 breaths per day? The majority of adults are dysfunctional breathers, which contributes to poor sleep, stress, panic and asthma. Join us to learn about the power of breath in reclaiming your health from 4:30-6:30 p.m. **Friday, Oct. 6**, at Coborn Healing Center, 1900 CentraCare Circle, St. Cloud.

Led by experienced instructors, this two-hour breathing workshop will teach you how to improve your breathing techniques to improve your physical and mental well-being. You'll leave feeling refreshed and energized, ready to take on any challenge. Don't miss out on this opportunity to learn the benefits of breath!

This \$10 workshop includes:

- Breathing fundamentals
- Get your breath check
- Experience Peak Flow's science-based breath training ecosystem
- Open Q&A with our special guest, Peak Flow Founders

[REGISTER TODAY](#)

Learn cooking strategies for healthful eating

Update your diet with these heart healthy recipes, perfect for the crisp, cozy days ahead at this Fall into Healthy Cooking class from 1-2 p.m.

Wednesday, Oct. 11 at the CentraCare Heart & Vascular Center.



Our registered dietitians teach cooking strategies for healthful eating within the new cardiac rehab teaching kitchen funded by last year's Community Campaign. They will prepare recipes in front of the group and provide samples.

Recipes:

- Baked Pumpkin Oatmeal
- Fall Salad
- Popped Garbanzo Beans
- Pumpkin Spice Beverage

Call 320-251-2700, ext. 52444, with questions. The event is free, but registration is required.

Book of Life embodies spirit of loved ones

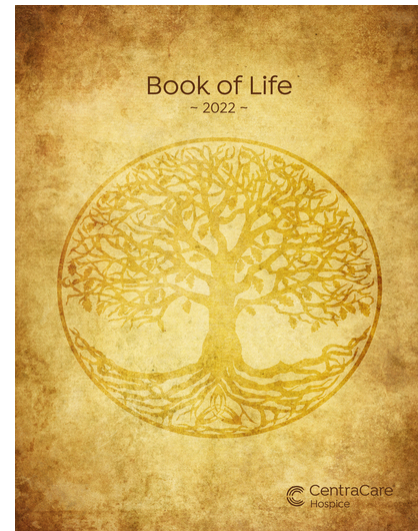
"It's hard to forget someone who gave you so much to remember."

This quote carries profound significance for those who have experienced the loss of a loved one. It is in this spirit that CentraCare Hospice offers an opportunity to honor and remember your loved one by including their name in our Book of Life.

If you wish to add your loved one's name to our Book of Life, [email their name](#) by **Nov. 21**. We plan to have our 2023 Book of Life available online by early December.

Alternatively, we invite you to consider submitting your loved one's name along with a gift to support our Hospice Program.

Many of the services provided by Hospice are not covered by insurance. Your generous contribution will help enhance the quality of care offered to patients and provide families with hope for the future.



[Submit name & gift](#)



Beaming with excitement

CentraCare - Paynesville hosted a beam-signing event on Sept. 29.

Traditionally, a beam-signing signifies growth and prosperity for the project and the community. The 9-foot beam, signed by community members and employees, is the last steel beam to be installed in the Paynesville hospital project.

Craig Henneman, President, CentraCare - Paynesville, and Jake Goetsch, Mortenson, spoke to business leaders and Foundation donors about the project progress and the future impact this facility will have on rural health care.

Thank you to our hardworking community partners



Eagle Scout Ethan Duncan solicited more than 200 toys and \$744 in donations for children hospitalized at St. Cloud Hospital. Ethan was inspired to collect toys for hospitalized children after receiving a Lego set when he was hospitalized.



Xcel Energy volunteers returned for their eighth year of fall clean-up projects at the Gorecki Guest House. One volunteer shared that she wanted to give back as her family used the Guest House when her mom was in the ICU. She said it was a Godsend for their family.

Follow us on Facebook

CentraCare Foundation has so many stories to share and people to thank that we've created our own [Facebook page](#) where you can find all these things and more! We invite you not only to like our page, but to take it a step further — invite your friends to the page to engage and interact with the posts on Facebook. And give feedback on how we can share the great things CentraCare Foundation is doing for our community, our patients and their families thanks to the generous support of our employees and the community.



Contact us at 320-240-2810 or Foundation@CentraCare.com

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