



Investing
in Health



SEPTEMBER 2023

Giving can be life-saving

The Emergency department at CentraCare – Long Prairie now has the latest technology for airway management. This new intubation system enhances the previous equipment with HD video laryngoscopes for optimal visualization providing safer and more efficient intubations and the best practices in patient care.

"The most common life and death procedure we do in the Emergency Room is intubation. We are fortunate to have the latest technology which provides enhanced visualization in the intubation procedure," Daron Gersch, MD, Trauma & ER Medical Director, CentraCare – Long Prairie.

This purchase was made possible thanks to the generous support of our employees and the community with gifts to the Long Prairie Greatest Needs fund.



Dr. Gersch is pictured holding the intubation equipment.



Celebrating five years

An estimated 150 guests attended the recent open house at the [Coborn Healing Center](#) to celebrate the 5th anniversary of this philanthropy funded facility that provides programs and support to patients with cancer and their families.

Thank you to our wonderful volunteers and community giving which makes this amazing facility possible!

Coborn Healing Center programs and services are made possible thanks to philanthropy.

Peggy's dad said, "Just do it"!

St. Cloud resident Peggy Carlson says she could write a book with all the health care experiences she and her family have had with CentraCare over four generations.

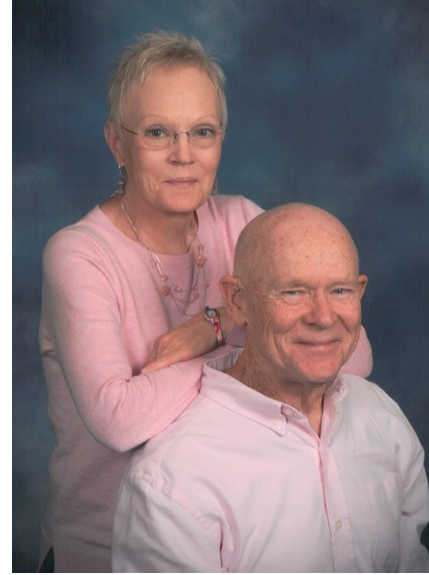
“We are very grateful for all of the care our family has received, and we’ve never had a bad experience,” said Peggy.

Peggy and her husband, Chuck Nielsen, have been long-time benefactors of CentraCare Foundation. Two things they value are hospitality and children and so that’s how they choose to direct their giving.

“We appreciate the hospitality offered by the Gorecki Guest House for people whose loved ones are hospitalized, and we know Clara’s House benefits children with mental health challenges,” added Peggy.

Peggy recalls a quote from her dad, “If you see a need and God has given you the gifts to meet the need, then just do it!”

And so, they do.



Peggy Carlson and Chuck Nielsen



Training together to improve care for kids

About 80 people attended a recent training designed for anyone on the multidisciplinary team working with the Child Advocacy Center and for those who work with children, adolescents, and vulnerable adults who have been abused or maltreatment in some way. These would include law enforcement, human services, county attorneys, mental health professionals, medical health professionals, and nurses, etc.

What a great educational resource to support those who care for victims of child abuse! This training was made possible thanks to gifts to CentraCare Foundation.

Care for the caregivers

Coborn Healing Center is offering a free Caregivers Retreat from 8:30 a.m. to 4 p.m. on Monday, Sept. 18.

This free retreat offers caregivers a day away to renew the energies and callings of caregiving and



reflect on the belovedness they share with the people they care for. To register, call 320-229-5100.

Coborn Healing Center programs and services are made possible thanks to philanthropy.

To view a calendar of other programs and events, [click here](#).



Free Prostate Cancer Screening

Join us Thursday, Sept. 28 between 4-6 p.m. for a free prostate cancer screening.

Men ages 45 to 70 with no history of prostate cancer are eligible to receive a FREE PSA test and exam.

Appointments are required. To schedule, call 320-229-5100.

Suicide Prevention Training & Awareness efforts

September is Suicide Prevention Month and CentraCare is partnering with other organizations to educate and increase awareness.

The American Foundation for Suicide Prevention hosts **community walks** every year to support those affected by suicide and those who support them to raise awareness. It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love, care about, and have lost to suicide. Please join CentraCare in supporting our local Out of the Darkness community walks.

[Register](#) for the **Willmar Walk** - 11 a.m. Sept. 9 at Robbins Island Park.

[Register](#) for the **St. Cloud Walk** - 11 a.m. Oct. 7 at Lake George.



Just like CPR taught community members to keep people alive until they could connect them with a health care professional, **suicide prevention gatekeeper training** does the same for those at risk of suicide. The more trained responders we have in our communities, the healthier and safer we will all be.

[Register today](#) for training from noon to 1 p.m. Sept. 18 sponsored by CentraCare.

“Angst” Documentary Film: Presentation and Discussion

CommUNITY, Adult Mental Health Initiative and Central Minnesota Suicide Prevention Coalition is showing

“Angst,” a film that explores anxiety, its causes, effects and what we can do about it from 6:30-8 p.m. Sept. 20 at Great River Regional Library, 1300 West St. Germain St., St. Cloud.

Angst features candid interviews with kids and young adults who suffer, or have suffered, from anxiety and what they’ve learned about it. The film includes discussions with mental health experts about the causes of anxiety and its sociological effects, as well as help, resources and tools. After the film, we will have a panel discussion with area mental health professionals. The event is free, but please [register online](#).

Congratulations to our scholarship recipients

Advanced Practice Provider Scholarships provided by Sue & Terry Pladson and Mark & Karla Donlin funds of CentraCare Foundation.

- Amber Juetten
- Jennifer Lundebrek
- Nicole Muzik
- Rachel Brothers

Regional Diagnostic Radiology Education Support Scholarship

- Natalie Theysen

William J. Held Memorial Scholarship

- Joshua Johannes

Rice Memorial Hospital Schafer Education Endowment Scholarship

- Katie Felt

St. Cloud Hospital School of Nursing Alumni Scholarship

- Alexis Roberts
- Myckenzie Cremers

Yvonne Obermiller Kremers Nursing Scholarship

- Teagan Polster

Linda Chmielewski Nursing Scholarship

- Melissa George
- Erin Jones

Rosalie Timmers Memorial Scholarship for St. Cloud Hospital Junior Volunteers

- Sarah Weno
- Favour Gerald-Ugwu
- Hieu Tran
- Lillian Kuhl

For the list of scholarships available through CentraCare and the timelines, visit centracare.com.

Your gifts are starting to build

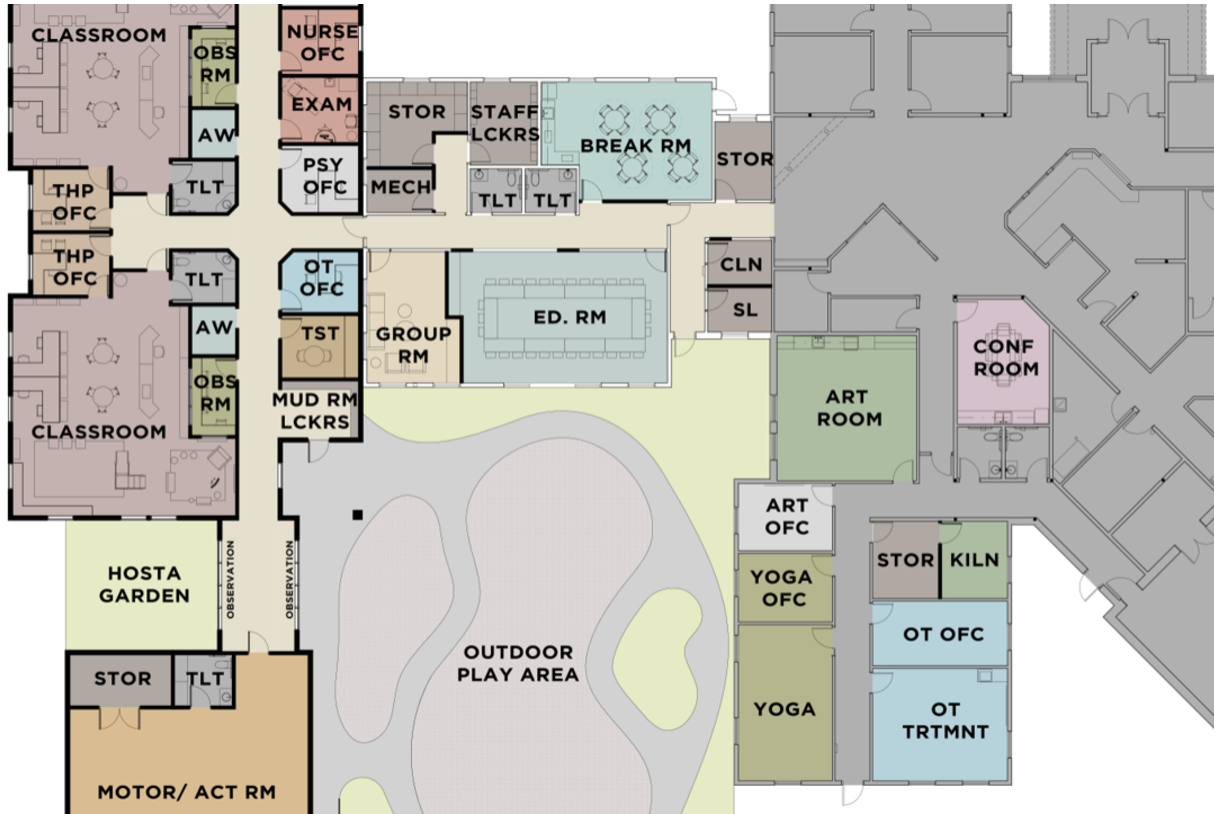
We are grateful for the generous response of the community and employees to our Lighting the Path campaign for Mental Health. More than \$6.2 million was raised.

These gifts will support a \$450,000 construction project, beginning by October, on the St. Cloud Hospital EmPATH team space.



In addition, construction on the Clara's House expansion, to serve ages 2-5, will begin in Spring 2024. Below is the architectural drawing for this expansion.

Philanthropy is making a BIG difference for patients of all ages who need mental health care.



Clara's House expansion plans for ages 2-5. It will be attached to current facility.

Thank you to our generous community partners

The Tuesday night Rich Spring Ladies Golf League recently raised \$2,556 for gas cards for patients going through treatment at Coborn Cancer Center who need assistance with transportation costs.

Thanks for your generous and thoughtful support for our patients with cancer - and for having fun while doing it!



Terri Larison, (right) delivered the gifts to Alison



Team Photo



Team photo

Are you interested in hosting a fundraising event?

As the charitable, tax-exempt organization for CentraCare, CentraCare Foundation has created policies and procedures designed to guide in planning fund-raising events and activities that benefit CentraCare programs.

If you are interested in hosting a fundraising event for a CentraCare program, visit our [website](#) or call 320-240-2810 to learn more.

We are so grateful for our community partners who make a difference for our patients through their efforts.



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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