

spotlight | ON HEALTH+

Hospice honors veteran for service

By Andra Van Kempen-Middlestaedt

When Eugene Marthaler was drafted into the Korean War at age 20, he left behind a young bride and small-town Minnesota for the frontlines as a tank crew member. After a year, he returned home to a 6-month-old baby. Four more children soon followed and life took on a rhythm of work, home and family.

As the children grew up in St. Cloud, Eugene instilled high standards and the value of a good education.

"He was proud to be an American and to have served his country. He was the first to stand and salute when the American flag went by," said Eugene's daughter, Nancy Goodwin.

Eugene's children were just as proud of their dad. As Eugene's health declined this past spring from his battle with colon cancer, he was moved to Quiet Oaks Hospice House near St. Cloud.

While at Quiet Oaks, he was honored by St. Cloud Hospital Hospice Services, a national partner with the We Honor Veterans campaign. The campaign was developed by National Hospice and Palliative Care Organization along with the

Department of Veterans Affairs to provide care and support to veterans in hospice care to reflect the important contributions made by veterans.

Eugene wasn't looking for accolades for serving his country, so it came as a surprise when hospice volunteer George Aleshire presented a plaque to honor him. Eugene was moved to tears. The tribute came just two days before Eugene died.

"Being able to honor a fellow veteran is a privilege," said George.

The children were grateful to the staff of St. Cloud Hospital Hospice and Quiet Oaks for honoring their father for his contribution.

"The care and support given by the hospice staff was so personal. We weren't doing this alone," said Nancy.

Eugene's son, David Marthaler, added, "The ceremony really strengthened him during his last days.



George Aleshire, We Honor Veterans volunteer, recently paid his respects to the children of deceased veteran, Eugene Marthaler, near the war memorial at Lake George. Shown next to Aleshire are Tom, Paul and David Marthaler and Nancy (Marthaler) Goodwin.

My dad was a firm believer that it is our obligation as a citizen to pay back this great country and not just have our hand out."

Each year, more than 25 percent of those who die in the United States are veterans. Many of the veterans who served in World War II and Korea are passing away — and the number of Vietnam veterans' deaths is beginning to rise.

For information about St. Cloud Hospital Hospice, call (800) 835-6610.



Joe Kolstad has his blood thickness checked by Sue Knese, a phlebotomist and ECG technician at the Central Minnesota Heart Center at St. Cloud Hospital.



Mended Hearts program provides encouragement

By Andra Van Kempen-Middlestaedt

The night before Joe Kolstad's scheduled triple bypass surgery and mechanical aortic valve implant at St. Cloud Hospital, his mind was racing with fears of the unknown and who would take care of his family if he didn't survive.

A visit to his hospital room by Denny Wintheiser, a Mended Hearts volunteer, helped ease his worries. Mended Hearts volunteers use their personal experiences with heart disease to help others prepare for the challenges of treatment, recovery and lifestyle changes. Denny, who had a quadruple bypass in June of 1997, reassured Joe with his calm presence and words. Denny shared how within one year of his surgery, he ran a marathon — and still is running them.

"Talk about relieving my anxiety. I really felt like I was doing the right thing. Denny's visit instilled a great deal of confidence about the procedure I was about to face," said Joe.

Following his surgery, Joe attended a Mended Hearts support group meeting. Joe hoped to meet someone in a similar situation. "Because I had a mechanical valve placed in my heart, I was told that I would have to take blood thinners for the rest of my life," said Joe.

At the meeting Joe was introduced to a member who said she had a replacement valve and had been on blood thinners for 24 years.

"She explained to me many of the things that I would have to be concerned about, but that life can go forward in a fairly normal manner. I also want to thank the cardiac rehab staff at St. Cloud Hospital. They were terrific in everything they did. The physical exercises were great and the excellent classes aided my wife, Maureen, and me tremendously," said Joe.

The Mended Hearts program, supported by Central Minnesota Heart Center at St. Cloud Hospital, offers services to heart patients through visits, support group meetings and educational forums. Its mission is to help people understand that there can be a rich, rewarding life with heart disease. The St. Cloud Mended Hearts chapter has monthly support group meetings at the Whitney Senior Center. The next meetings are Oct. 17, Nov. 21 and Dec. 19. All affected by heart disease, including families and friends, are welcome to attend.

For more information, contact Kellie at (320) 251-2700, ext. 57445.

Cardiac surgery program receives three-star rating

The Central Minnesota Heart Center cardiac surgery program received the top rating of three stars as performing above the national average in the September 2011 issue of *Consumer Reports* magazine. The rating was based on overall performance, complications and other quality measures. The data is gathered by the Society of Thoracic Surgeons from more than 90 percent of the roughly 1,100 surgical groups in the United States that perform cardiac surgery. This is the second time in two years the Central Minnesota Heart Center has been recognized in *Consumer Reports* for the quality of its cardiac surgery program.

Heart Center cardiac surgeons include: John Castro, MD; Edgar Pineda, MD; and John Teskey, MD.

Heart Center changes name

The Central Minnesota Heart Center at St. Cloud Hospital now is known as the CentraCare Heart & Vascular Center. Adding the word "vascular" to the name emphasizes the full range of vascular services provided by the center's physicians and staff. Cardiologists in the Heart and Vascular Center perform a variety of vascular procedures, including:

- Imaging that show how quickly the kidneys remove unwanted chemicals from blood;
- Studies to help in diagnose blockages of arteries in the lung;
- Angioplasties to treat diseases of the arteries farthest from the heart; and
- Endografts, a technique for repairing aneurysms.

Future plans include varicose vein reconstruction.

CENTRA CARE Heart & Vascular Center

Big-city treatment with down-home support

By Holly Kiffmeyer

Two hours west of the Coborn Cancer Center in St. Cloud, the Kellen family's 550-acre farm is home to 100 dairy cows, dozens of chickens, goats and horses. Kenneth and his wife, Tracy, never expected that their pastoral life in Beardsley would be impacted by cancer.

In December 2010, Kenneth, 40, had difficulty swallowing so he made an appointment with his local physician for an evaluation. After an endoscopy, Kenneth was diagnosed with esophageal cancer. In March 2011, doctors at the Mayo Clinic evaluated Kenneth who wanted Mayo quality care closer to his family and farm.

"We decided to transfer my treatment to Coborn Cancer Center as the communication and treatment was excellent and I am closer to



Kenneth and Tracy Kellen are shown with the baby goats born during Kenneth's cancer treatment. Kenneth is undergoing his final treatments and is cancer free. The Kellens visit Pigeon Falls near the Minnesota/Ontario border (above).

my family's and friends' support," said Kenneth. "Dr. Nathan Reuter was easy to talk to and understand. His treatment plan was consistent with Mayo. I felt like I was part of the planning process."

To shrink his tumor, Kenneth started six weeks of chemotherapy and 28 radiation treatments on April 15. In June, Kenneth had esophagectomy surgery to remove part of his esophagus and the top part of his stomach. The esophagus and stomach then were reconnected. Dr. Reuter, a surgical oncologist, is specially trained in this procedure.

As the care coordinator for gastroenterology cancer patients, Amy Stolt, RN, helped Kenneth coordinate his appointments and treatments. Amy also provided emotional support and education.

"Every time we left the Coborn Cancer Center, Tracy and I knew exactly what was going on and my next appointments were arranged. Good communication and caring as well as skill are part of what is important for treatment. We feel we made a great decision."

Strong bones are the foundation of healthful lifestyle

By Andra Van Kempen-Middlestaedt

Having strong bones is the building block of a healthful lifestyle, one that many people neglect or ignore. But, keeping bones healthy to prevent osteoporosis should be a priority.

Did you know that osteoporosis, a disease that lowers bone density and causes brittle bones, affects more than 24 million Americans? Annually, the disease is responsible for approximately 1.3 million fractures, 250,000 of which are hip fractures. Breaking a bone is serious, especially when a person is older. Twenty percent of seniors who break a hip die within one year, from problems associated with the fracture or surgery to repair it. Many others require long-term nursing home care.

Risk factors include:

- **Age** - Risk increases with age;
- **Gender** - Women are more susceptible, with more than half aged 50 and older breaking a bone;
- **Family history** - If a parent had osteoporosis, your chance increases;
- **Body size** - If you are small and thin, you are at greater risk;
- **Hormone levels** - low levels of estrogen for women and low levels of testosterone in men can lead to osteoporosis; and
- **Medication** - Some medicines, such as steroids, lead to bone loss.

Early detection is the best way to protect against osteoporosis. Having a bone density scan will check how dense your bone is in your hip, spine

or other areas. To lessen your chance at getting brittle bones, the National Osteoporosis Foundation suggests:

- Adults age 50 and older need 1,200 milligrams (mg) of calcium and 800-1,000 international units (IUs) of vitamin D every day;
- Weight-bearing and muscle strengthening exercises;
- Not smoking; and
- Limiting alcoholic beverages to between two and three drinks a day.

If you are concerned that you may be at risk for osteoporosis, talk with your primary health care provider. Bone density scans are done at CentraCare locations in St. Cloud, Melrose and Long Prairie.



Grandpa survives stroke thanks to emergency care at St. Cloud Hospital

By Andra Van Kempen-Middlestaedt

Gabrielle Sigler can't thank the doctors and nurses at St. Cloud Hospital enough for saving her grandpa's life following a stroke in 2008.

Her grandpa, Thomas Robertson of St. Cloud, was at work in Royalton when a blood vessel burst in his brain, causing him to have a severe headache, weakness on his right side and trouble speaking. Thomas was rushed to St. Cloud Hospital, where the outcome looked grim and his condition continued to deteriorate.

Gabrielle was in sixth period at Apollo High School when her mom called to tell her the news. When Gabrielle arrived at the emergency room, the seriousness of the situation sank in.

"Blood was coming out from every hole in grandpa's head. It was the scariest thing I have ever seen in my life," said Gabrielle.

CentraCare Clinic neurosurgeon, Thomas Falloon, MD, did an emergency operation to drain the pooling blood from the brain and relieve pressure. Thanks to early stroke intervention, Gabrielle's grandpa is around yet today to enjoy his family, including the newest addition, Gabrielle's 6-month old daughter, Khloe, who was born Feb. 10, 2011.



Electronic medical record enhances patient care

By Deb Paul

Thanks to a shared electronic medical record, a physician in St. Cloud now can readily access critical medical information about a patient transferred from Wadena, Monticello or Alexandria. Also, physicians in those and other communities can quickly find the patient-specific information that will help them provide the best care possible.

That's the benefit to our patients when CentraCare collaborates with other Central Minnesota health care facilities on the Epic electronic medical record (EMR).

The following organizations are connected to CentraCare Health System's Epic EMR:

- Allergy, Asthma & Pulmonary Associates, St. Cloud;
- Big Lake Clinic, Big Lake;
- Broadway Medical Center, Alexandria;
- New River Medical Center, Monticello;
- St. Michael's Hospital, Sauk Centre;
- Tri-County Hospital, Wadena, and Wadena Medical Center; and
- Williams Integracare Clinic, Sartell.

Other health facilities that will be connected are:

- Douglas County Hospital, Alexandria (November 2011);
- Rice Memorial Hospital, Willmar (February 2012);
- Center for Pain Management, St. Cloud (spring 2012); and
- Central Minnesota Neurosciences, St. Cloud (spring 2012).

Thomas Robertson attended the graduation party of his granddaughter, Gabrielle Sigler, June 14, 2009, after recovering from a stroke.

About strokes:

There are two main types of strokes — ischemic, caused by blocked vessels, and hemorrhagic, caused by a blood vessel bursting. Hemorrhagic strokes are less common and account for about 20 percent of all strokes. Hemorrhagic strokes often are caused by uncontrolled hypertension and aneurysms.

Strokes affect people of all ages, ethnicities and backgrounds. Strokes are the third leading cause of death and are the leading cause of serious disability. Each year, 795,000 Americans have a stroke — each minute that treatment is delayed 2 million brain cells die. Treatment is available to help reduce a stroke's severity, but must be provided within three hours of symptom onset.

If you have any of the following signs or symptoms, call 911.

- Sudden numbness or weakness of the face, arms or legs, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.

Fortunately, 80 percent of strokes are preventable. Learn more about stroke risks at www.centracare.com and search key word "stroke."

St. Cloud Hospital has earned The Joint Commission's Gold Seal of Approval™ for certification as a Primary Stroke Center after meeting nationally developed standards for stroke care. This achievement recognizes centers that make exceptional efforts to meet the unique and specialized needs of stroke patients and foster better outcomes.

For more information about the Stroke Center, call (320) 255-5772.

Breast cancer patient finds the support to be a survivor

By Holly Kiffmeyer

On Sept. 22, 2007, Pam Wostrel shaved her head to support her sister, Nancy, a breast cancer patient. Ten days later during Pam's routine physical, a lump was discovered and Pam learned that she, too, had breast cancer.

Pam, Sauk Rapids, immediately met with the breast cancer care coordinator, Juli Sanner, RN, who explained her options. "The initial shock made all the information difficult to consider. Juli recommended I wait a couple of days to make my decision. Two days later, I decided I wasn't going to let breast cancer beat me — I will beat it!" said Pam.

Pam took into consideration the different types of cancer in her family (at the time of Pam's diagnosis, her sister, Nancy, was going through the genetic testing to see if they had a genetic link to breast cancer). Her family history played a big part in deciding to have the bilateral mastectomy and Deep Inferior Epigastric Perforator (DIEP) Flap breast reconstruction.

General surgeon Matthew Maunu, MD, and plastic surgeon, John Houle, MD, performed the mastectomy and DIEP Flap breast reconstruction on the left breast and three days later on the right breast at St. Cloud Hospital.


"I wanted to walk into the hospital with my own body and walk out with my own body," Pam said.

Pam, 54, is in remission and attends the breast center support group through Coborn Cancer Center and sees her oncologist every six months. "It's important to surround yourself with upbeat people and to keep a solid support group," Pam said. "Luckily, I had my husband, Don, family and friends who helped and supported me.

"I'm a firm believer in early detection, finding the right doctor, setting goals for feeling better, laughing, smiling as much as you can and thanking God for giving you such caring people to surround you during your battle to beat cancer!"



Pam Wostrel and husband, Don, attended the 2009 Surviving with Style fashion show.



DIEP Flap breast reconstruction is the most advanced form of breast reconstruction available today. The surgery uses the patient's own abdominal skin and fat to reconstruct a natural, warm, soft breast after a mastectomy. The DIEP Flap preserves all the abdominal muscles. Only abdominal skin and fat are removed, similar to a "tummy tuck." Patients experience less pain after surgery, enjoy a faster recovery and maintain their abdominal strength long-term with this muscle-sparing technique.

Hospitalists improve patient care

By Holly Kiffmeyer

Before the hospitalist program began at St. Cloud Hospital in 2001, Karen Neis, RN, would regularly call a patient's doctor at the clinic or at the physician's home.

Often, one of the physician's colleagues would be on call for the group and knew little about the patient, so the nurse had to describe the patient's health history and current condition over the phone.

Now, thanks to the hospitalist program, there are multiple physicians caring for patients in the hospital setting.

"Having a hospitalist at your side during a critical event is very comforting and reassuring,"

said Karen, who has worked at St. Cloud Hospital for more than 30 years. "Hospitalists work as part of the team to provide the best care to the patient, acting not only as a healer, but a mentor by teaching the nurses what to look for and how to handle critical situations."

Hospitalists can quickly assess the patients and take action to prevent complications. Continuous monitoring of patients allows for timely adjustments in their care, translating into shorter lengths of stay and lower cost for the patient.

"One of the great benefits to the patient is the 'second opinion' that each patient receives when the

hospitalists change shifts," said hospitalist Eric McFarling, MD. "One doctor may see something with a patient that was not apparent to the other — and vice versa."

As specialists in internal medicine, hospitalists have a great understanding of the entire body.

"We often discuss the difficult and challenging cases so that we can share and teach each other," said hospitalist Holly Peterson, MD.

"Central Minnesota is blessed with many great doctors and wonderful nurses, and we're glad to be part of the health care team," said hospitalist Darin Willardsen, MD.

This is *our* hospital

By Candace Braulick and Chris Nelson

St. Cloud Hospital has helped and healed families for generations. With your help, it is expanding to provide advanced health care in Central Minnesota for you, your family, friends and neighbors for generations to come. The expansion will provide:

- A state-of-the-art Intensive Care Unit for critically ill patients;
- More privacy for the tiniest and sickest of infants and their parents;
- New surgery suites equipped with the latest technology; and
- Additional private rooms to give patients privacy during their stay.

CentraCare Health Foundation will kick off its Caring for Generations Community Campaign Oct. 24 to raise support for pieces of the project that wouldn't be possible without the generosity of the community.

A donation of \$20, \$50, or any amount will help transform health care at your hospital.

Your donation will double! **Marco** will generously match donations up to **\$100,000** received by **Dec. 31, 2011.**



"A major car accident left my legs mangled in metal in August 2005. I was airlifted to St. Cloud Hospital and underwent several emergency surgeries. I spent the next three months healing and rehabilitating. The exceptional care I received at St. Cloud Hospital gave me a second chance to coach my sons' hockey team."

- Trace Roller, Sartell resident



"We've lived here, raised our family here and served in the jewelry business for 45 years. We are grateful for the high-quality, compassionate care St. Cloud Hospital has provided to our family, our employees and their families, and our customers for generations."

- Dick & Mimi Bitzan, D.J. Bitzan Jewelers



"We've lived, raised our family and practiced medicine here for more than 30 years. Thousands of babies and children have been in our care within the walls of St. Cloud Hospital. The hospital expansion project will further enhance the high-quality, family-centered care provided to our patients."

- Dick Hart, MD, pediatrician – St. Cloud Medical Group
- Pat Hart, certified neonatal nurse practitioner – St. Cloud Hospital Neonatal Intensive Care Unit

Get Involved



- Give now – make a secure online donation at www.centracare.com/foundation. For other giving options call (320) 240-2810.



- Attend a Hard Hat Tour — one of the best ways to see first-hand the need for the expansion project. Call (320) 240-2810 to sign up or e-mail bartosj@centracare.com.



- Subscribe to our e-newsletter at www.centracare.com/foundation to receive the latest information about the Caring for Generations Campaign and St. Cloud Hospital expansion project.



- Connect with us on Facebook at www.facebook.com/CentraCareHealthSystem.

CentraCare ranks as state's #1 Best Place to Work

The *Minneapolis/St. Paul Business Journal* has recognized CentraCare Health System as the #1 Best Place to Work in Minnesota — in the large company category — for the third consecutive year.

"It is rewarding to know that our employees think highly of CentraCare

Health System," said Terry Pladson, MD, president and CEO. "We know that happy, engaged employees are loyal and productive, that they work hard to support the organization's mission and values."

CentraCare employs more than 6,000 people at CentraCare Clinic, CentraCare Laboratory Services, St. Cloud Hospital, the hospitals and long-term care facilities in Melrose and Long Prairie, and the St. Benedict's Senior Community facilities in St. Cloud and Monticello, as well as the CentraCare Health Foundation.



YOUR BEST HEALTH IS IN THE BAG



Spirit Girls' Night Out

Oct. 25, 4:30-7 p.m.

Holiday Inn Hotel & Suites,
37th Ave. & Division St., St. Cloud

Good health and good taste go hand-in-hand. Join us for an accessory fashion show, mini-makeovers, image consultant, mini-manicures/hand massages, bra-fittings, refreshments, health screenings and speakers. The night includes door prizes to suit your purse-onality! Free. For details, visit www.centracare.com or call (320) 229-5139. Sponsored by St. Cloud Hospital Breast Center and Women & Children's Center.

Test your memory at Nov. 15 screening

Join us for pie, coffee and information about memory loss from 3-6 p.m. Nov. 15, in Woodland Hall at St. Benedict's Senior Community – St. Cloud.

This event provides free, confidential memory screening to people concerned about memory loss. Neurologist Kathleen Rieke, MD, will present "A Caregivers Guide to Medications Used in the Treatment of Dementia" at 4 p.m. Visit booths from area health care providers and non-profit organizations and take a tour of St. Benedict's Senior Community.

"Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia," said Brenda Turner, LSW, director of Resident Support Services at St. Benedict's Senior Community. "Screenings also are helpful in establishing a baseline for future comparisons."

Ask yourself:

- Am I becoming more forgetful?
- Do I have trouble concentrating?
- Do I have difficulty performing familiar tasks?
- Do I have trouble recalling words or names in conversation?
- Do I sometimes forget where I am or where I am going?
- Have family or friends told me that I am repeating questions or saying the same thing over and over again?
- Am I misplacing things more often?
- Have I become lost when walking or driving?
- Have my family or friends noticed changes in my mood, behavior, personality, or desire to do things?

Sponsored by St. Cloud Hospital Home Care & Hospice and St. Benedict's Senior Community. To schedule a memory screening, call (320) 654-2355.

St. Benedict's Senior Community recognized for providing high-quality long-term care

The American Health Care Association and National Center for Assisted Living selected St. Benedict's Senior Community – St. Cloud as a 2011 recipient of the Silver – Achievement in Quality National Award for its outstanding performance in the health care profession. Facilities begin the quality improvement process at the Bronze level, which St. Benedict's Senior Community received in 2009. Silver applicants must demonstrate a level of quality achievement through good performance outcomes that have evolved from the facility's ability to embrace the core values and concepts of visionary leadership, a focus on the future and resident-focused excellence.

Holly Ball 2011

Join us at Holly Ball 2011, "Enchanted Evening of Mystery and Magic," for grand hors d'oeuvres, silent auction, music and dancing from 6:30 p.m. to 12:30 a.m. Dec. 3 at the St. Cloud Civic Center. For details, call (320) 240-2810 or visit www.centracare.com. Holly Ball is a gala event to raise money for the St. Cloud Hospital Hospice fund. Entertainment at the event features The Fabulous Armadillos and Mick Sterling and The Irresistibles.





Visit us on the Web at
www.centracare.com.

Fall 2011 — spotlight on events

For location and event details, visit www.centracare.com.

Harvest Celebration

Join us for a Harvest Celebration, sponsored by CentraCare Health Foundation – Melrose, from 6-11:30 p.m. Oct. 15 at the American Legion in Melrose. An elegant meal, silent auction and entertainment by the River Rats Dueling Pianos will wow guests and raise funds to help the hospital purchase a fetal monitor and a cardiac monitor/defibrillator. For more information, contact Julie Baum at (320) 256-1807.

Food allergy basics

Get back to the basics as pediatric allergist Mary Keating, MD, CentraCare Clinic, and Kristin Johnson, Registered Dietitian, St. Cloud Hospital, provide information about the eight most common food allergies, ingredients to avoid with certain food allergies and methods to avoid cross-contamination of foods from 6:30-8 p.m. Oct. 17 at CentraCare Health Plaza. Free. Register at www.centracare.com. For details, call St. Cloud Hospital Women & Children's Center at (320) 229-5139. 1.8 MN Board of Nursing contact hours provided.

Kids & Parents Expo

Join us from 10 a.m. to 4 p.m., Oct. 22 at the St. Cloud Civic Center. CentraCare Health System women and children's services will provide information about keeping children healthy. Adults \$4; kids 12 and younger free. For details, visit www.kidsandparentsexpo.com.

Grandparenting: What has changed?

Discover your new role as a grandparent and the latest changes in infant care, methods of feeding and home, car and toy safety from 6:30-8:30 p.m. in the Hughes Mathews Room at CentraCare Health Plaza. Aunts and uncles are welcome, too! The next classes are Oct. 24, Nov. 28 or Dec. 12. Free. For details, call St. Cloud Hospital Women & Children's Center at (320) 229-5139.

Ice fishing seminar

St. Cloud Hospital Respiratory Care is hosting an Ice Fishing Seminar with fishing pro and hall-of-famer Dave Genz from 7-9 p.m. Nov. 16 in the Windfeldt Room at CentraCare Health Plaza. Doors open at 6:30 p.m. The evening includes a silent auction. Cost is \$5. Proceeds benefit the Breath Savers Support Group, which meets from 2-3 p.m. the first Wednesday of each month at the Whitney Senior Center. For details, call (320) 251-2700, ext. 54345.

Control blood sugar ups and downs

Enjoy a tasty snack from our *Diabetic-friendly Thanksgiving Recipes and Tips* booklet, from 6:30-8:30 p.m. Nov. 21 at CentraCare Health Plaza, as Kim Dodds, RD, and Sue Kruse, RN, CDE, share news on the latest in diabetes prevention and management. The evening includes a copy of the booklet and chance to win a \$25 door prize. For details, call (320) 229-5139.

spotlight₊ ON HEALTH+

Mission Statement |

CentraCare Health System works to improve the health of every patient, every day.

CentraCare Health System

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Questions and Comments |

If you have questions or comments, please contact Andra Van Kempen-Middlestaedt at (320) 229-5199, ext. 71386, or VanKempen-Middlestaedta@centracare.com

Celebrate Festival of Lights

Kick off the holiday season! Bring your family and friends to the 22nd annual Festival of Lights from 6-8 p.m. Dec. 1 in front of St. Cloud Hospital, 1406 Sixth Ave. N. In addition to the traditional holiday lighting ceremony at 7 p.m., there will be horse-drawn trolley rides, reindeer, holiday carols, a living nativity, cookies and hot cocoa. Please bring non-perishable food items to donate to the food shelf. Free. The Gift Gallery at St. Cloud Hospital also will host its annual holiday sale from 8 a.m. to 8 p.m. Dec. 1 and 8 a.m. to 7 p.m. Dec. 2.