

CENTRACARE Health System

SPOTLIGHT ON HEALTH

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Seniors get in the game

Biking safety: Rules of the road

Rev It Up!!!

Boost your metabolism

You're never too old to play!

Residents enjoy new rec-Wii-ation

By Cheri Tollefson Lehse

Watch out, Tiger Woods. Golf pros are flourishing at St. Benedict's Senior Community.

Since purchasing Nintendo's® Wii™ (pronounced "we") video game console for recreational therapy, St. Benedict's Senior Community has turned sports fans into video game enthusiasts.



Resident Ernest Gunderson was excited when a second Wii™ system was installed on his floor. Gunderson, who was on a bowling league for 10 years, has embraced the new electronic gaming.

"Now I will really be able to practice," Gunderson said.

Wii™ features wireless controllers resembling TV remotes that encourage users to twist, turn and become just as active as the characters on the screen while playing golf, baseball or boxing. Whether players are completely mobile or in wheelchairs, they can



swing the "Wiimote" like a tennis racquet or mimic the motion of rolling a bowling ball down the lane. Sounds enhance the appeal by imitating the game in progress, sounding like real pins falling down.

"It's good exercise for your body and a great way to stimulate your mind," said Betsy Horsch, director of Therapeutic Recreation at St. Benedict's Senior Community.

Besides the Wii™ in the Care Center, the St. Cloud campus also has Wii™ at Benedict Court, the assisted living apartments, and one in the Memory Loss Unit. St. Cloud Hospital Adult Rehabilitation also is using the Wii™ as part of its program.

"This computer game gives residents with memory loss the opportunity to do the things they love — even with physical limitations," said Barb Smith, clinical unit manager for the Memory Loss Unit. "This is not a computer system where only the fingers move. The person needs to swing arms, flex elbows, use wrists, and with some games, move their whole body to play."

"We want our residents to remain active with both their minds and bodies and thought the Wii™ would be a great addition to our facility," said Angie Rangel, director of Benedict Court.

In Monticello, Wii™ is part of the entertainment in the new Club Room at The Village, the independent retirement living apartments. With the big screen TV, Wii™ is good competition for the more traditional games of pool or cards.

"The name Wii™ is perfect as I am now asking CentraCare Health Foundation for a 'wee' bit of money to buy some accessories," Smith said. The four Wii™ systems were made possible by generous gifts from the residents' friends and families through the CentraCare Health Foundation.



Ready, Set, Go!

Get your motor running

By Chris Nelson

When Jean Rushmeyer's cholesterol hit 275 in January, she decided it was time to do something about it. She had gained 56 pounds after undergoing a hysterectomy in 2007, and her cholesterol kept climbing. Her doctor recommended she go on medication, but Rushmeyer decided to give weight loss a try first.



Jean Rushmeyer

"This was such a wake-up call for me," she said. "I had high cholesterol, I was a borderline diabetic and my size 18 pants were getting tight. At age 50, I didn't want to be a size 20, on insulin and high-cholesterol medication."

Rushmeyer chose the CentraCare Diabetes Center's Rev It Up program to help manage her health issues.

"This class is not just for diabetics," said Christina Drontle, a registered dietitian and class coordinator at the Diabetes Center

at CentraCare Health Plaza in St. Cloud. "Anyone can benefit from learning more about their metabolism and how to feed their bodies. By achieving and maintaining a healthy weight, people may be able to prevent diabetes and heart disease."

Rev It Up, a 16-week program, aims to help people achieve a more efficient metabolism and healthy, balanced life through eating and exercise strategies. The program stresses a balance of food, fluid and fitness. It compares taking care of your body to taking care of your car. Your body is the car, your metabolism is its engine and food is its fuel.

Rev It Up teaches you how to pay attention to your body's "fuel gauge." You learn to rate your hunger on a scale of one to 10 to determine when it is time to eat. You also learn how to tell the difference between physical and emotional hunger. Knowing when to eat and when to stop is the key to the program.

Today, Rushmeyer, 26 pounds lighter, is a much healthier woman who feels good about herself. Her cholesterol has dropped 53 points.

"I still have weight to lose and with the Rev It Up program I know I can do it," she said. "The program has taught me to eat breakfast every morning, to get my eight glasses of water in each day and to exercise."

Forever Healthy Cooking Series


"There's more to cooking than just following a recipe," said Rich Flores, a registered dietitian and diabetes educator at the Diabetes Center. "In this cooking series, you will learn how to take plain food and, by adding just the right spices, turn it into something delicious. The key to food is, first, it needs to taste good and second, it needs to be healthy."

If you take this class, you also will learn how to read labels, try new foods that are delicious and healthy, and choose the best fruits and vegetables in the grocery store.

Whether you're making a snack for one or a holiday dinner for many, these classes will teach you how to make good nutrition choices. For more information or to register, please call (320) 202-7759. See calendar page on back for next class.

Rich Flores, registered dietitian and diabetes educator at the CentraCare Diabetes Center





It's not the years one lives
but the life in those years that matter.

Offering comfort & hope

By Chris Nelson

The cancer program at St. Cloud Hospital began in 1970 with the arrival of oncologist Harold Windschitl, M.D.

In those early days, cancer inpatients were placed on regular medical units; there was no designated oncology unit. Chemotherapy was given in one small room at the clinic. Nurses, not pharmacists, calculated, mixed and administered chemo medications.

In 1977, Windschitl, who practiced with the St. Cloud Clinic of Internal Medicine, and Nicholas Reuter, M.D., St. Cloud Medical Group, worked with the North Central Cancer Treatment Group (NCCTG) based at the Mayo Clinic in Rochester, to expand St. Cloud's cancer program.

It has been growing ever since.

"In the late 1970s and early 1980s, many types of cancer had dismal prognoses, and

the chance of relapsing was often higher than the chance of remission," said Deb Hall, R.N., one of the first oncology certified nurses at St. Cloud Hospital. (Hall is now the director of St. Cloud Hospital Women & Children's Center Outreach.)

"Amazing progress was made in the 1980s through regional cancer research programs such as the NCCTG. It was incredibly rewarding to be part of this rapid change in treatment, transitioning from offering comfort, to offering hope," Hall said.

Today, the cancer program encompasses five medical oncologists, three radiation oncologists and 218 staff, spanning inpatient and outpatient services. The program is accredited as a Comprehensive Community Cancer Program by the Commission on Cancer. In April 2008, the commission recognized the cancer program with its highest award for outstanding quality.

**"It was incredibly rewarding to be part of this rapid change in treatment, transitioning from offering comfort, to offering hope."
Deb Hall, R.N.,
St. Cloud Hospital**

Drs. Windschitl and Reuter, oncologists with the Coborn Cancer Center in St. Cloud, have seen a lot of changes over the decades and have much hope for the future of cancer patients.

Windschitl stressed the importance of collaborative cancer research.


“Cancer professionals work together around the world sharing data about improved cancer care,” he said. “If we don’t work together, we don’t learn anything. Together, we can make a difference in the lives of cancer patients.”

Reuter notes that “medications have improved so much and there are so many more to choose from than just a few years back. Because of all the clinical research and studies that go on, cancer patients are

living longer and are more comfortable while they combat their disease.”

Cancer patients today are not only surviving cancer but are thriving, thanks to services like the Cancer Survivorship Network at Coborn Cancer Center. The Survivorship Network provides information and services to those whose lives have been changed by cancer, offering access to spiritual, psychological, social and physical resources.

Cancer has afflicted humans since the beginning of civilization. Some of the earliest evidence of cancer was found among fossilized bone tumors, human mummies in ancient Egypt and ancient manuscripts that date back to approximately 1600 B.C.

Visit  www.centracare.com and check out the all-new and greatly expanded Coborn Cancer Center section. There you can learn about the history of cancer, the services and programs, medical staff, clinical trials and more.

Cancer Survivorship Network Resources

Bauerly Resource Center

Located within the Coborn Cancer Center at CentraCare Health Plaza, the library is a place for patients, families and the community to find the most up-to-date cancer information.

Survivorship support groups

Support groups are available for those recently diagnosed with cancer, those who have been living with cancer, and those who provide care for loved ones with cancer. Programs also are available through the Leukemia and Lymphoma Society and the 4th Angel Mentoring Program.

Art therapy classes

Open to cancer patients and caregivers, these classes provide a way to relax and have fun expressing emotions in a creative way. Art therapy taps into the subconscious and fosters self-discovery and healing from both physical and emotional pain.

Nutrition counseling

Coborn Cancer Center offers one-on-one nutrition consultations with a registered

dietitian, specializing in oncology care, to patients and their families.

Survivorship care coordinator

Cancer care coordinator helps patients navigate the complex diagnosis and treatment journey.

Enhancement Program

In a one-on-one consultation with a licensed cosmetologist, patients receive individualized fitting of a wig, hat or turban, and instruction on how to care for a wig.

Spiritual support

St. Cloud Hospital’s Spiritual Care Department provides spiritual support as part of the healing process for patients and their families. The approach of the chaplaincy staff is ecumenical, and the staff respects the beliefs and traditions of all they serve.

Genetic counseling - Familial Cancer Clinic


The Familial Cancer Clinic, a service of CentraCare Clinic - Women & Children, is a resource and information center for

families and individuals with concerns about their genetic risk of cancer.

Behavioral health counseling

Coborn Cancer Center offers specialized services to meet the needs of all patients through collaboration with the Behavioral Health Clinic of St. Cloud Hospital. Patients and families have an opportunity to discuss difficult emotions and learn strategies for coping with the physical and emotional impact of cancer.

For more information or to register for survivorship services, call (320) 229-4907.

Many cancer survivorship services are provided at no charge to patients and would not be possible without generous gifts from the community to CentraCare Health Foundation. To support this program, please contact the Foundation at (320) 240-2810 or visit  www.centracare.com.

To see a list of benefactors supporting our work, visit www.centracare.com/foundation/benefactors.

Expanded Kidney Program brings services closer to patients

By Deb Paul

Since November 2007, 80-year-old Arthur Reilein of Litchfield and his wife, Alice, have traveled to the CentraCare Health Plaza in St. Cloud three days a week for Arthur's dialysis treatments. Needless to say, he's very excited that the CentraCare Kidney Program recently opened a dialysis unit in Litchfield – four blocks from his house.

"Not only will I save two hours of travel each time, but with the price of gas continuing to increase, the savings will be huge," Reilein said.

In addition to the Litchfield site, the CentraCare Kidney Program recently opened a dialysis unit in Cambridge, bringing the total number of dialysis sites in Central Minnesota to nine.

Tom Leither, M.D., is proud of the program's growth during the past 22 years. Leither, CentraCare Clinic, returned home to St. Cloud

in 1986 after completing medical school to be the first nephrologist to practice in the area.

"This program is very mission-driven and focuses on the needs of Central Minnesota," Leither said. "The majority of our patients receive dialysis three times per week, so the less they have to travel, the better."

As the number of patients receiving dialysis continues to increase due to the higher incidence of diabetes and hypertension (two leading risk factors for chronic kidney disease), the demand for kidney transplants has increased as well.

"In 1986, the wait time for a kidney was about one year, now it's about a five-year wait," Leither said. "That's one of the reasons we strongly encourage living donors for all of our patients."

"This program is very mission-driven and focuses on the needs of Central Minnesota."
Tom Leither, M.D.,
CentraCare Clinic



Tom Bevans, L.P.N., visits with Arthur Reilein, Litchfield, during a recent dialysis treatment at CentraCare Health Plaza.

How to help: What you can do

Living donation takes place when a living person donates a kidney for transplantation to another person. The living donor can be a family member, such as a parent, child or sibling. Living donation also can come from someone who is emotionally related to the recipient, such as a good friend, spouse or an in-law. In some cases, living donation may even be from a stranger.

For more information about living donation, checkout <http://www.kidney.org/transplantation/livingDonors/index.cfm> or call (800) 622-9010.



Your keys, please!

St. Cloud Hospital offers valet parking to patients, visitors

Free valet parking is available for St. Cloud Hospital patients and visitors from 6:30 a.m. to 5:30 p.m. Monday through Friday, with the exception of major holidays.

If you wish to use the valet service, drive to the A entrance just off Sixth Avenue North, where an attendant will assist you. The hospital is contracting with Prestige Parking & Valet of St. Cloud to minimize inconvenience while work is under way on hospital ramps and lots. When construction is complete, the campus will have more than 500 additional parking spaces.

The parking upgrades are just one part of a \$200 million construction project designed to ensure that the hospital can continue to provide quality care in a quality facility.

Sharing the road safely

Youngsters revel in the freedom of summer, zipping around the neighborhood on their bikes. Adults, meanwhile, bicycle for exercise or to save fuel. Whether you are cycling or driving a vehicle, following a few rules will help you, and others, stay safe.



Bicyclists:

- Obey traffic lights and signs just as cars do.
- Ride in a straight line. (Be predictable.)
- Always wear a helmet.
- Use hand signals.
- Always ride in the same direction as traffic.
- Wear brightly colored and reflective clothing.
- Don't ride too close to parked cars as doors may open unexpectedly.
- Equip your bike with reflectors and a red (blinking preferred) light in back and headlight in front.
- Never ride on the handle bars or piggy back.

Motorists:

- Give appropriate right of way, yielding to cyclists.
- Slow down when nearing a cyclist.
- Don't follow closely behind.
- Drive cautiously through neighborhoods.
- Watch for children who are hard to see because of their size.
- Remember that children on bikes are often unpredictable and don't always know the rules of the road.
- Allow four feet of distance between you and the biker.
- Do not use your horn near cyclists.

Hand signals (use left hand)



Left turn



Right turn



Stop

CENTRACARE Health System SPOTLIGHT ON HEALTH

MISSION STATEMENT

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

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QUESTIONS AND TIPS

If you have questions or comments, please contact Andra Van Kempen-Middlestaedt at (320) 251-2700, ext. 71386, or VanKempen-Middlestaedt@centracare.com.

Cover Photo: Ernie Gunderson, resident at St. Benedict's Senior Community, receives some coaching on the Nintendo® Wii™ from Nancy Schempp, recreation coordinator. Cheering Ernie on are residents (front row from left) Joan Lehner and Bernice Jansen; (back row) resident Lloyd Swenson and recreation staff Cynthia Hogenson and Debbie Henderson.

July-August 2008

Upcoming Events

Child Passenger Safety

Have your car seat evaluated from 3-6 p.m. July 15, August 20 and Sept. 16 at Gold Cross Ambulance. Call (320) 251-2700, ext. 54492, for appointments.

Pediatric Cancer Picnic

Pediatric cancer patients and their families are invited to a summer picnic from 1-4 p.m. Sunday, Aug. 3, at the CentraCare Health Plaza. The afternoon includes food, games and a petting zoo. Please RSVP to (320) 229-4923.

Cleft & Craniofacial Picnic

Children with craniofacial differences and their families are invited to a summer picnic from noon to 2:30 p.m. Sunday, Aug. 3, at Municipal Park in Sauk Rapids. The afternoon includes games, fun and socializing. Please RSVP to (320) 229-5139.

Expo For Seniors

This free event from 8 a.m. to 1 p.m. Saturday, Aug. 23, at Whitney Senior Center, 1527 Northway Drive, provides seniors and adult children with information on senior resources available in Central Minnesota. The expo features health care, housing, finance, fitness and safety vendors along with free lunch, health screenings, door prizes and music. Sponsored in part by St. Benedict's Senior Community. Call the Senior Linkage Line at (800) 333-2433 or visit www.expoforseniors.com for details.

L.I.F.E. Program

This doctor-monitored program gives you the knowledge needed to lose weight and to gain a lifetime of health through sound nutrition and lifestyle. The program requires an initial appointment with readiness screening, physical exam and lab work. A \$350-per-person fee covers seven two-hour weekly sessions, three books and three individual coaching sessions. The next session runs Sept. 3-Oct. 15. For more information call (320) 654-3630, ext. 70291.

CENTRA CARE Health System

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Weight Loss Information

St. Cloud: Would you like to learn more about weight loss surgery? The next informational sessions are at 6:30 p.m. July 7 and 15, Aug. 4 and 19, Sept. 1 and 16 in the Spruce Room at St. Cloud Hospital. To register for the free seminar, call (320) 251-5676.

Long Prairie: Would you like to learn more about the Lap-Band weight loss surgery? Learn more at 6 p.m. every third Thursday of the month at Long Prairie Memorial Hospital. Call (320) 749-2607 to register for the free seminar.

Nicotine Dependence Program

Improve your health. Quit tobacco through five weekly group sessions led by experts from the Central Minnesota Heart Center. The next session begins Sept. 9. Find success through the program's personalized treatment, support group, medication therapy, relapse prevention and self-help plan. Call (320) 251-2700, ext. 57448, for details.

Reproductive Seminar

This one-night program from 6:30-7:30 p.m. on the first Wednesday of each month gives an overview of the treatment available for couples having difficulty conceiving, experiencing multiple pregnancy losses or seeking donor insemination. Free. Call (320) 654-3630 for details.

Stroke & Blood Vessel Screenings

St. Cloud Hospital offers three simple 15-minute screenings to determine your risk for stroke, peripheral vascular disease and abdominal aortic aneurysm. Qualified doctors interpret the screening results. Cost is \$35 for each screening. To schedule a **weekday** appointment, call Imaging Services at CentraCare Health Plaza at (320) 229-4986. To schedule a **Saturday** appointment, call Central Minnesota Heart Center at St. Cloud Hospital at (320) 255-5706.

Skills Group For Binge Eaters

Sessions from 5:30-7 p.m. Thursdays at CentraCare Health Plaza help participants learn what prompts overeating and provide coping skills to prevent it. Call Barbara Carver, PhD., at (320) 229-4918 for details.

Rev It Up

The Rev It Up program, sponsored by the CentraCare Diabetes Center, is a 16-week weight loss program for adults, with or without diabetes. The program will meet weekly from 4-5 p.m. Sept. 3 through Dec. 31 in the CentraCare Diabetes Center. Taught by a registered dietitian, it is an interactive instruction class designed to help achieve a more efficient metabolism and a healthy, balanced life. Call (320) 202-7759 for more information or to register.