

spotlight | ON HEALTH+

Giving back after loss of twins brings peace, purpose

By Deb Paul

Every baby is a gift from God, and Aaron and Jill Levin appreciate more every day the wonderful gift they received in their son, Wyatt. Born Feb. 23, 2010, at 33 weeks, Wyatt spent several weeks in the Neonatal Intensive Care Unit (NICU) at St. Cloud Hospital.

This blessing was made even more significant in light of the Levins' loss a year earlier. Their twins, Sophia and Noah, were born prematurely at just 24 weeks at St. Cloud Hospital. It was this great loss, coupled with the wonderful care they received, that inspired the Levins to donate to the NICU.

"We are extremely grateful for the specialized knowledge and care of the NICU staff," Aaron said.

In the painful and difficult days that followed the death of the twins, Aaron and Jill experienced tremendous compassion and encouragement from Jill's obstetrician, Stacia Anderson, MD, with CentraCare Clinic – Women & Children, as well staff at the St. Cloud Hospital Women and Children's Center.

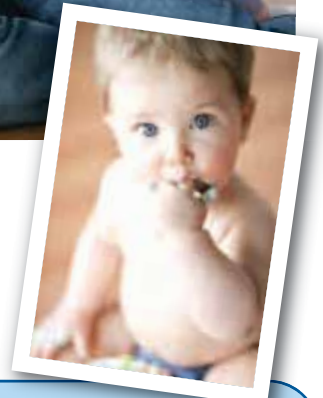


Jill and Aaron Levin shown recently with Wyatt, age 13 months. (Photo courtesy of Jennifer Bahn Photography.)

"They helped us believe that we could try again, that the situation with the twins was unique and that we could have a different outcome," Jill said.

While the memory of the twins always will remain with them, their precious little Wyatt continues to bring them joy and wonderful memories every day.

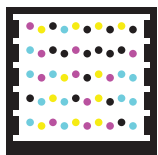
"Giving to the hospital helped provide a sense of peace and purpose," Jill said. "It is a silver lining that came out of the pain we experienced with the loss of the twins and the joy and happy ending we now have with Wyatt."



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Watch a video of the Levins' story by scanning the Tag to the right with your smartphone or visit www.centracare.com.



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Laying the groundwork for the next half-century of medical advancements

By Wara Karim

The Benedictine Sisters built a hospital in St. Cloud more than 80 years ago — a facility the size of which Central Minnesota had never seen. They were told it couldn't be done, but they didn't listen, and their determination became a health care system that now helps and heals more than a half-million people each year. The Caring for Generations Campaign will continue in that spirit to advance the delivery of medicine in this region and to care for generations to come.

The primary goals of the St. Cloud Hospital expansion project are to:

Enhance surgical suites

New surgical suites will enhance surgical efficiency, minimize recovery time, reduce costs and improve outcomes.

Transform women and children's care

The expanded Women & Children's Center will more than double the size of the current facility, allowing adequate room for families. Rebuilding the Neonatal Intensive Care Unit will create single-patient rooms, giving parents the opportunity to stay with their critically ill infants.

Expand and relocate the Intensive Care Unit

The 25-year-old Intensive Care Unit will be replaced and moved closer to surgery, which will reduce costs and improve comfort, medical outcomes and recovery times.

Increase the number of private patient rooms

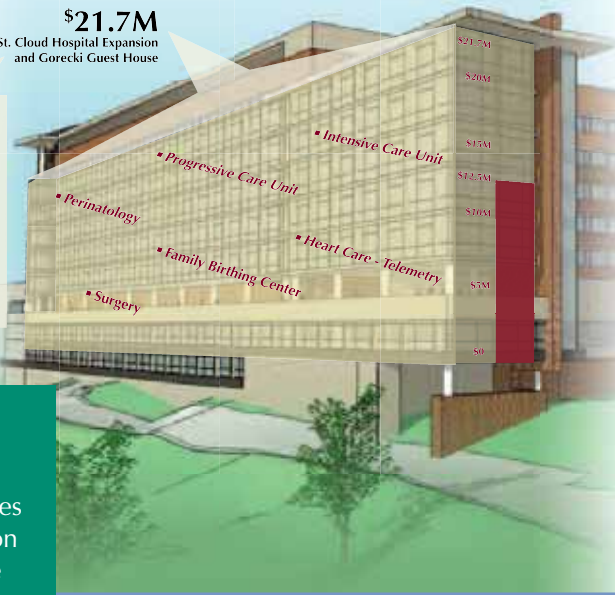
Private rooms will improve patient outcomes, create a more comfortable setting and allow for greater family support.

On Campus

Caring for Generations Campaign

\$21.7M

St. Cloud Hospital Expansion and Gorecki Guest House



Caring for Generations

St. Cloud Hospital has helped and healed families for generations and now is investing \$225 million to support a 360,000-square foot addition to the southeast side. The hospital expansion is the largest construction project in Minnesota.

As part of the overall investment, CentraCare Health Foundation has set a goal of raising \$21.7 million to support pieces of the project that wouldn't be possible without the generosity of the community and CentraCare Health System employees, volunteers and the medical community. The campaign publicly launched in October 2010 and \$12.5 million has been raised to date. Join us in making a difference in the health of Central Minnesota by giving securely online at http://www.centracare.com/foundation/donate_now.html, calling (320) 240-2810, or e-mailing foundation@centracare.com.

Shown above is a graphic illustrating the Caring for Generations Campaign goal of \$21.7 million: \$12.5 million has been raised to date. Below is an artist rendering of the completed St. Cloud Hospital addition facing the Mississippi.



PERKINS
+ WILL

Get Involved



- 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.

Cardiac arrest patient gets second chance at life

By Chris Nelson

Dec. 5, 2005, was a day like any other for Bob Kempenich, then 52, of Little Falls. After shoveling snow at St. Cloud's eastside SuperAmerica where he worked, he went inside and collapsed.

"Thank goodness there were people right there who knew CPR," Bob said, blessing two customers. "They saved my life."

Two police officers responded within five minutes of the 911 call. They used an automated external defibrillator (AED) before Gold Cross ambulance transported Bob to St. Cloud Hospital. Comatose and unresponsive upon arrival, he was stabilized and admitted to the Intensive Care Unit. The first patient to be treated at St. Cloud Hospital with therapeutic hypothermia, Bob's body temperature was cooled to about 92 degrees for 24 hours



to minimize brain damage and then gradually re-warmed.

Bob recalls seeing a bright light and greeting his departed father and son. Then he remembers being brought back and seeing the look on his wife, Mary's, face. "When he gave me a thumbs-up, I knew he was going to be OK," she said.

With an internal defibrillator implanted in his chest, Bob was discharged from the hospital just eight days after his cardiac arrest and was back to work within four weeks.

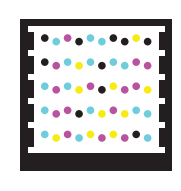
"I know that without the CPR, use of an AED and therapeutic hypothermia that I would probably

Bob Kempenich's second chance at life enabled him to attend his daughter's wedding.

not be here — at least not in the capacity that I am," Bob said. "I will be forever grateful to all who helped me and the care that I received at St. Cloud Hospital."

Watch a video of Bob Kempenich's story by scanning the Tag to the right with your smartphone or visit www.centracare.com.

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SPOTLIGHT ON HEALTH SPRING 2011

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Capital campaign expands the ICU

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." The words of the ancient philosopher, Aristotle, are the hallmark of the Intensive Care Unit (ICU) at St. Cloud Hospital where each day we strive to provide excellent, high-quality care to patients and their families.

The team includes nurses, physicians, respiratory therapists, pharmacists, social workers, dietitians and chaplains who are committed to improving patient care using evidence-based practice. Efforts by the multidisciplinary ICU team have reduced mortality, length of stay and costs.

Gifts to the Caring for Generations Campaign will:

- Improve comfort, recovery times and outcomes through technology upgrades;
- Provide greater standardization of ICU services and more room for patients, staff and family;
- Relocate the ICU closer to surgery for increased efficiency;
- Enhance the Surgical Progressive Care Unit to eliminate the need to transport patients down busy hallways; and
- Allow us to continue to treat complex patients from referring hospitals

Since funding a sepsis, or bloodstream infection program in 2004, St. Cloud Hospital's ICU has decreased sepsis mortality by 35 percent — saving more than 125 lives and \$2 million.

spotlight ON HEALTH+

Mission Statement |

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

CentraCare Health System

Board of Directors Chairman | Tom Cress, MD

President | Terry Pladson, MD

Medical Adviser | David Tilstra, MD

Communications Director | Jeanine Nistler

Editor | Andra Van Kempen-Middlestaedt

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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

Benefactor profiles

Thank you to the following individuals, organizations and foundations who have been leaders in giving to the Caring for Generations Campaign.

Barb and Jeanette Anderson

Barb Anderson, daughter of the founder of Anderson Trucking, Harold Anderson, is very passionate about supporting the St. Cloud Hospital Caring for Generations Campaign. By giving to the expansion project, Barb and her mother, Jeanette, are able to share with the community the blessings that the Anderson family has received.



Barb credits her upbringing and her dad for instilling in her the need to give back.

"My heart is where the hospital is. We have a long history in the community and as a family are very supportive of advancing health care in St. Cloud. We have a good facility with high-quality physicians. I want to ensure through our support that St. Cloud Hospital continues to meet the needs of the community for years to come," Barb said.

Douglas J. and Tanya Boser

Douglas and Tanya Boser of Boser Construction have been active at St. Cloud Hospital through volunteering and philanthropic opportunities for more than a decade. They are proud to build upon their commitment to St. Cloud Hospital and the community it serves by supporting the Neonatal Intensive Care Unit (NICU) through the Caring for Generations Campaign.



"St. Cloud Hospital is a pillar in Central Minnesota and it feels great to be able to support the hospital's ability to care for future generations," Doug said. Both of the Bosers' children, Madeline and Olivia, were born at St. Cloud Hospital. Olivia, now 13, arrived 5 weeks early. "Newborns are a special gift. It is amazing to be able to contribute to the NICU and promote healthy and vital connections of new parents to their precious babies," Tanya said.

Both from small towns, Douglas and Tanya realize the importance of being involved in the community. Now, living in the St. Cloud area, they know that giving and being an active part of a larger community is just as crucial.

Crothall Services Group

Valuing their partnerships with the communities they serve inspires members of Crothall Services Group to be generous. Crothall Services Group, located in Wayne, Pa., provides environmental services to clients throughout the United States including CentraCare Health Plaza. Crothall has donated to the Caring for Generations Campaign and the Gorecki Guest House.

Crothall leaders say that contributing to the community is what the company is all about. Crothall encourages everyone who can, to give back to the community where they live.



Andy & Jodi Fritz, El-Jay Plumbing & Heating, Inc.

Andy and Jodi Fritz of El-Jay Plumbing and Heating are proud to be supporters of the Caring for Generations Campaign.



"St. Cloud Hospital is so important to our community. We all know that our health is our wealth — and by having St. Cloud Hospital near us, we have the best right here. It's good to know that quality health care is available for my family, as well as for my employees and their families," Andy said.

Andy and Jodi chose to support the Central Minnesota Heart Center Family Waiting Lounge in the new addition.

"I wanted people who entered the lounge to know that we are here to support them," Andy said.

Al and Yvonne Kremers

While Al and Yvonne Kremers can't claim to be natives of St. Cloud, they have called St. Cloud home for more than 60 years. Their home-grown values of faith, family and friends helped them raise three children, all born at St. Cloud Hospital. And, all but one of their six grandchildren was born there as well. These values also are what compel them to give back to their community.



The Kremers feel extremely blessed. Yvonne, a former nurse at St. Cloud Hospital, and Al, retired from DeZurik, express that with blessings come responsibility. The Kremers feel supporting the Caring for Generations Campaign is a way to give back.

By supporting health care, Al feels he is able to impact more lives. "It is a broad-based giving opportunity," Al said.

"Health care and education are a priority to us," Yvonne said. The Kremers choose to support areas that have personally impacted their family and friends.

McGough Construction

McGough Construction is very community-focused. Their involvement in the hospital expansion project is no exception.

"By supporting CentraCare and St. Cloud Hospital we know that we are helping to provide improved and readily accessible health care for the entire region," said Tim McGough, executive vice president. "The founders of our firm taught by example and established a culture of community and a willingness to generously give back to the greatest extent possible."



McGough leaders have been impressed with St. Cloud Hospital's commitment to quality, compassionate health care. Equally impressive to them are the health care providers who are at the core of CentraCare's incredible reputation for delivering the best health care in the region.

"It is our distinct pleasure to be a part of this project and the mission of the hospital. We feel fortunate to be able to assist in providing state-of-the-art patient rooms and surgical suites and take care of patients for decades to come," Tim said.

MCI Carpet One – Ryan Corrigan

Growing up in St. Cloud and with much of his family still in the area, Ryan Corrigan of MCI Carpet One has strong ties to this community and its well-being.

MCI has done a substantial amount of work for St. Cloud Hospital and supports the hospital's mission. "St. Cloud Hospital is an important institution for our area and its continued success is important to MCI and our Employee Stock Option Program members," Corrigan said.



Corrigan understands building for the future. He credits the example his parents set and the support of his wife, Stacie, for his philosophy of working hard, setting goals and reaching them.

"Business leaders who I admire for their philanthropy in sharing their financial success within the community include Bob and Linda Feuling and the Coborn family," Corrigan said.

Corrigan's most recent personal experience with St. Cloud Hospital was when he and Stacie welcomed their now nearly 3-year-old daughter into the world. He added, "The birth experience at St. Cloud Hospital was great. After the construction project is done, the Family Birthing Center is going to be even more impressive."

Terry and Sue Pladson

"Al and Yvonne Kremers have been role models for Sue and me," said Terry Pladson, MD, CentraCare Health System president. "We are most impressed by their willingness to volunteer in multiple roles throughout CentraCare as board members or on committees such as the Caring for Generations Capital Campaign Cabinet. I am especially impressed by the generosity of the Kremers and all members of our boards of directors, as well as our employees, volunteers and Medical Staff who have made a phenomenal commitment to the Caring for Generations Campaign."



Since St. Cloud Hospital is the birth place of Sue and four of the Pladsons' grandchildren, they have a personal connection to the hospital. CentraCare has provided exceptional heart disease, stroke and cancer care for the Pladson family.

"The construction project will improve the facility to achieve the state-of-the-art medical care that our community deserves," said Dr. Pladson. "We have the right people to achieve our vision to become the leader for quality, safety, service and value."

Chris Shorba

Chris Shorba is a visionary. A certified public accountant and partner at Kern, DeWenter, Viere, Ltd. (KDV), Chris provides tax help along with comprehensive business consulting and valuations to help clients reach their long-term goals. He also is their trusted advisor. It's a role that Chris takes seriously and with grateful appreciation to the community he has called home for the past 24 years.



It is with this same forward-reaching vision that Chris chose to support the campaign and expansion project.

"We can't allow the status quo. I am honored to associate myself with CentraCare and reinvest in the quality of St. Cloud Hospital. This community is going to continue to grow. This expansion plans for the growth we know is going to happen in a smart way," Chris said.

St. Cloud Hospital receives generous support towards Caring for Generations Campaign

St. Cloud Hospital received a combined gift from the Otto Bremer Foundation & Bremer Bank in support of the hospital's Caring for Generations Campaign. The Otto Bremer Foundation funds a wide variety of projects that demonstrate true community need and improve the vitality and health of communities in Minnesota, North Dakota and Wisconsin. "St. Cloud Hospital has historically demonstrated a focused approach to rational growth in order to better serve its communities," said Charlotte Johnson, an Otto Bremer Foundation trustee. "This is a well-considered, well-executed campaign that aligns with the Foundation's vision to help build healthy and vibrant communities."



"Bremer is committed to building healthy communities through partnerships," said Tom Rickers, Bremer Bank president. "Teaming with our owner, the Otto Bremer Foundation and St. Cloud Hospital is a great example of a partnership that enhances the overall health of this community."

A gift also was made by US Bank in support of the Caring for Generations Campaign. US Bank works with community partners who understand the needs of individuals, families and organizations and matches resources with those community needs. "We are proud to collaborate with CentraCare Health Foundation in support of the St. Cloud Hospital building project," said Mike Markman, Mid Minnesota region president. "St. Cloud Hospital is a tremendous community asset and has proven to be a strong partner in providing lasting value in serving the regional health care needs for our community. We know our gift will touch the lives of community members throughout Central Minnesota for years to come."



Gene and Sheelah Windfeldt

Gene Windfeldt, retired president of The Kirby Company and owner of Preferred Credit, Inc., credits his success in life to his role models in business and philanthropy. Those individuals have inspired Gene and his wife, Sheelah, to follow in their footsteps.

The Windfeldts have long recognized the ongoing investment needed to have a state-of-the-art medical facility, and as with many new facilities, the cost of artwork is often not included in the budget. For that reason, the couple decided to donate the artwork for the atrium outside the future surgical rooms.

"Most new buildings are missing art because the owners see it as expensive and not necessary right away," Gene said. "But Sheelah and I recognize the importance of art and see value in the comfort and healing it may bring to future surgical patients and their loved ones."



Simply put, your gift will give hope for generations.



Featured at left is David Larson, Director of Facility Management for CentraCare Health System and Cindy Jensen Melloy, MD, a pediatrician at CentraCare Clinic – Women & Children.

Employees give back *through the Employee Campaign*

By Holly Kiffmeyer

Cindy Jensen Melloy, MD, and David Larson, Director of Facility Management for CentraCare Health System, are proud to have the opportunity to make a difference in the community by giving back through the Employee Campaign.

“Financial support of any kind can make all the difference to ensure that services are sustained and continue to improve and expand,” said Dr. Melloy.

David Larson has the opportunity to see the hospital expansion firsthand every day since he oversees the construction project.

Dr. Melloy, a pediatrician, joined CentraCare Clinic – Women & Children 22 years ago. She knows the difficulties associated with receiving specialized medical care when it isn’t offered in the community. Twenty years ago, her son was diagnosed with leukemia.

“We received excellent care in St. Cloud,” she said. “However, my son needed pediatric oncology services which weren’t offered in St. Cloud at that time. We traveled to the Twin Cities three times a week for his care. We

learned firsthand how important it is to have quality medical care close to home so patients and their families can lead normal lives.”

Dr. Melloy’s son was able to beat cancer and today lives a healthy life.

Because of Dr. Melloy’s motivation to provide superior patient care close to home, she started a pediatric oncology program in St. Cloud.

“With the generosity of the community and support from CentraCare Health System, we are able to provide this specialized service,” she said. “The Grocers on the Green golf fundraiser has raised nearly \$1 million since 2002 for the pediatric oncology services. It is great that the community has been so generous. My contribution to the Employee Campaign is my gift back.”

Larson, on the other hand, was born at St. Cloud Hospital but hadn’t been back to the hospital until 2008 when he was hired to oversee the construction project.



A view of the St. Cloud Hospital construction project at dusk.

He was immediately impressed by St. Cloud Hospital after participating in the employee orientation program. “I have never worked at a place that teaches its new employees so much about the organization,” he said. “I liked what I heard and walked out of there proud to be a part of this great organization.”

Today, Larson still is proud to work at St. Cloud Hospital. “I enjoy the opportunities that I have been given working here,” he said. “And because I am so involved in the expansion project, I get to see firsthand what my dollars are doing to make this expansion a reality.”

Thank you for giving

The individuals, foundations and corporations listed here have contributed \$10,000 or more during the Caring for Generations Campaign. We are truly grateful for the generosity of our benefactors.

\$3,000,000+

CentraCare Health System Employees and Medical Staff

\$2,000,000+

Benedict F. & Dorothy J. Gorecki

\$1,000,000+

The Coborn Family
Ms. Mae Ellingson-Skalicky
Bob & Linda Feuling
John & Mary Weitzel
Anonymous

\$250,000 - \$499,999

Douglas J. & Tanya Boser – Boser Construction Inc.
Crothall Services Group
Patrick E. Lynch
McGough Companies
Otto Bremer Foundation – Bremer Bank
St. Cloud Hospital Auxiliary
St. Cloud Hospital Pediatric Physicians
Gene & Sheelah Windfeldt

\$100,000 - \$249,999

Barb Anderson and Jeanette Anderson
J.C. Christensen & Associates, Inc.
Roger & Betty Duininck
Andy & Jodi Fritz El-Jay Plumbing & Heating Inc.
Al & Yvonne Kremers
Dr. John K. & Joyce A. Matsuura
John & Cherie McDowall – McDowall Company
Multiple Concepts Interiors Carpet One
Dr. Terry & Sue Pladson
Christopher Shorba
US Bank

\$50,000 - \$99,999

Vonnie Bangtson
Bernick's
Dick & Mimi Bitzan
Craig & Karen Broman
The Carlson Family and C & L Distributing
Design Electrical Contractors Inc.
Paul & Joanne Dorsher
Form A Feed Inc.
The Lynn Johnson Family Foundation
Mahowald Insurance Agency & Mahowald Financial Partners
Metropolitan Mechanical Contractors, Inc.
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\$25,000 - \$49,999

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The Klick Foundation
Sue & Greg Klugherz
Linus J. & Marina A. Koopmeiners
Hub Levandowski & Karol Moorman
Aaron & Jill Levin
Gary & Jane Marsden
Michael & Patricia Sipe
Slumberland Furniture of St. Cloud
Thermo-Tech Windows

Delphine[†] & John Undersander Family
Joan B. Volkmuth
Bob & Penny White

\$10,000 - \$24,999

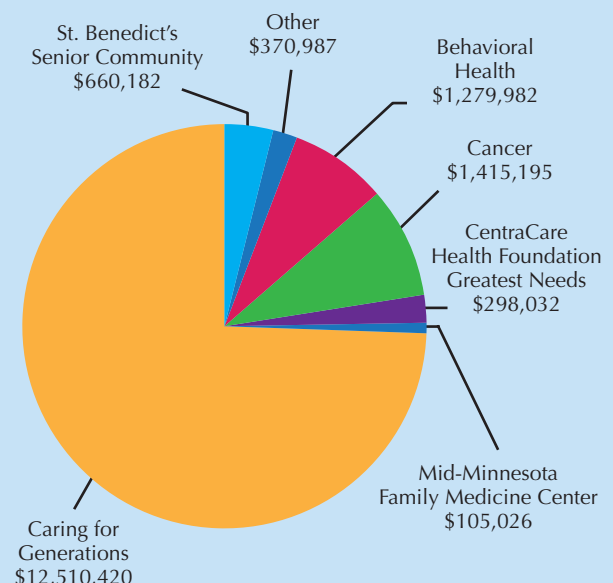
Dr. Oluade A. & Adeyoola A. Ajayi
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Roberta D. Basol
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Linda & Joe Chmielewski
Mark Coborn
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Williams Dingmann Funeral Homes
Greg & Beth Windfeldt
Dr. Mohamed S. Yassin
Todd & Kyoko Zaun
Sonja & Steven Zitur

Deceased[†]

Total contributions* to the CentraCare Health Foundation \$16,689,825

*As of March 31, 2011





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Spring 2011



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SPOTLIGHT ON HEALTH SPRING 2011

From tragedy to triumph

By Andra Van Kempen-Middlestaedt

Sixty-eight steps. Sixty-eight steps from room 14 of the St. Cloud Hospital Intensive Care Unit (ICU) to the door of the south lounge. It was these 68 steps that Marc DeVarenes would walk many times while his son, Stephen, lay somewhere between life and death.

Sometimes they were the longest steps.

"From pain to joy, to tears to happiness, to tears to amazement — 68 steps," Marc wrote in a CaringBridge entry less than a week after an Oct. 7, 2007, single-vehicle accident crushed Stephen's skull.

Marc recalls the days following the accident as a blur of health care workers doing their part — the hum of a ventilator breathing for Stephen, a myriad of beeps by machines monitoring Stephen's vital signs.

At times it was more than this father of three could bear.

"As a dad, I want to protect my wife and children. But I couldn't make it better," Marc said.

"Learning that your child was in an accident and that he might not make it is every parent's nightmare," said Joyce DeVarenes, Stephen's mom.

Throughout their journey, Marc and Joyce were able to find comfort in

the care and compassion given by staff at St. Cloud Hospital. Marc recalled how the nurses would stay at the foot of Stephen's hospital bed, watching him.

"I could tell how much they cared," Marc said.

"Everyone, from the physicians and nurses to the respiratory therapist, the person drawing the blood and the cleaning lady, Arlene, was so kind," Joyce said.

With every step, the DeVarenes family felt embraced by the healing mission of St. Cloud Hospital. Now, more than four years following his accident, Stephen has made a full recovery. He has been working for a pipeline contractor in Minnesota and Michigan for two years.

"The work is very physical, conducted in all types of weather, and a new experience that he loves," Marc said. "He lives out of town on his own and manages his life well — although he can forget where he parks his truck now and again."

Joyce and Marc are forever grateful to the St. Cloud Hospital team who supported them on their journey.

Stephen now is taking his own steps — heading into the future — blessed by God.



(Top) Stephen and parents, Marc and Joyce DeVarenes. (Middle) Stephen working as a pipeline contractor. (Bottom) Stephen with sisters, Katelyn and Alyssa, and parents.

Watch a video of Stephen DeVarenes' story by scanning the Tag to the right with your smartphone or visit www.centracare.com.

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