

spotlight | ON HEALTH+

Making a difference one cookie at a time

By Holly Kiffmeyer

The mouth-watering aroma of freshly baked cookies fills the St. Cloud Hospital oncology hallway as volunteers Carole Lysher and Linda Kmitch deliver oatmeal raisin or chocolate chip cookies, still warm from the oven, to patient rooms.

Carole is no stranger to the oncology unit; she spent six months at St. Cloud Hospital when her husband was diagnosed with leukemia in 2006.

Thank you, volunteers!

Last year, 1,247 volunteers served more than 103,952 hours.

We need you to help us provide exceptional quality care with compassion.

Available volunteer positions:

- Children's Center
- Eucharistic Minister
- Gift Gallery
- Gorecki Guest House
- Home Care Office
- Lab Services Aide
- Senior Helping Hands/ Elder Network

"All of the nursing staff went out of their way to make me feel comfortable during the unpredictable time with

my husband — volunteering was a way I could give back," Carole said.

Carole volunteers four hours every week and has served more than 650 hours since starting in 2007. "When you volunteer, you feel as though you are doing something small by bringing cookies and coffee, but you really provide 15 minutes of a normal day during an uncertain time," Carole said.

Linda, who was diagnosed with breast cancer in November 2009 and received chemotherapy at the Coborn Cancer Center, now comforts others. In November 2010, Linda was diagnosed as cancer free. Because she is so grateful for all of the



Linda Kmitch and Carole Lysher enjoy baking and delivering fresh-baked oatmeal raisin cookies to oncology patients at St. Cloud Hospital.

volunteers who supported her, she also decided to volunteer. Linda has served more than 175 hours in the past year.

"Cookies just get me through the door. I talk with patients and their family to see if there is anything I can do to make their stay more comfortable," Linda said. "I gain more as a volunteer than I would have ever expected."

For information on how you can volunteer and make a difference, contact the Volunteer Office at (320) 255-5638 or e-mail volunteer@centracare.com.



Brett Pinkerton, MD, listens to Karen Felger's heart during a recent clinic visit. Dr. Pinkerton delivered all three of Karen's children.

Hip replacements celebrate 4 decades of advancements

Forty years ago, Gerald Iverson, MD, performed the first hip replacement surgery at St. Cloud Hospital. Since that time, advancements in technology and technique have improved outcomes for patients, including quicker recovery, fewer complications and the durability of the new parts. That first year, Dr. Iverson did approximately a dozen hip replacements. Now between 500 and 600 are done each year at St. Cloud Hospital. Across the United States, about 250,000 hip replacement surgeries are performed. Joseph Nessler, MD, who specializes in total joint replacements and revisions, has performed nearly 2,000 minimally invasive muscle-sparing hip replacements.

Doctor becomes perfect patient following hip replacement surgery

By Andra Van Kempen

For several years, Brett Pinkerton of Sartell suffered from pain in her right hip. As a person who enjoyed being active, she found that even walking took great effort. Brett knew it was time to do something when her left hip also began hurting. Following a trip to the Twin Cities in which Brett could barely get around, she consulted with Orthopedic Surgeon Joseph Nessler, MD, St. Cloud Orthopedics. Brett was the perfect candidate for hip replacement surgery.

So at age 46, Brett, an obstetrician and gynecologist with CentraCare Clinic, had hip surgery June 9, 2011, at St. Cloud Hospital to replace both hips that were worn out from developmental hip dysplasia.

"Just 10 to 15 years ago it was much less common to do hip replacements on a young active patient like Brett. Now the 45- to 64-year-old age group is the fastest growing segment of hip and knee replacement patients," Dr. Nessler said.

The same day of surgery, Brett was up and moving. Not really knowing what to expect following the hip replacement, she was thrilled to be pain-free other than the discomfort from the incision.

She was in the hospital just three days following surgery. The doctor became the perfect patient.

"I did everything I was supposed to and was religious about doing my exercises," Brett said.

The main challenge while recovering was getting dressed because of the need to lift her legs. Within a month she was swimming and now, more than six months later, has recovered almost 100 percent.

"Not having the chronic ache in my hip joint is such a gift," she said.

As a person who helps others, Brett gained insight for those with physical ailments. She said her only regret is not having the surgery sooner.

About minimally invasive and muscle-sparing surgery

Total hip replacement is a common procedure that involves removal of the head of the femur and replacement of the ball-and-socket mechanism of the hip with artificial implants.

Newer techniques, technology (such as computer navigation) and implants have been developed to make hip replacement less invasive, shorten recovery time and prolong the durability of the implants.

Surgery can be performed through one or two small incisions, usually 3-6 inches long, instead of the previous 10- to 12-inch incision. Muscles are spread apart rather than detached or cut, allowing for a quicker recovery time and return to normal activities.

The Bone & Joint Center, a collaborative effort of St. Cloud Hospital and St. Cloud Orthopedics, offers a full array of specialty and subspecialty care in total joint replacements, total joint revisions, spine surgery, hand/shoulder surgery, foot/ankle surgery and sports medicine.

For more information, call the Bone & Joint Center at (320) 255-5606 or St. Cloud Orthopedics at (320) 259-4100.

Challenges no match for Princeton woman

By Andra Van Kempen

Ceona Voss, Princeton, was no stranger to challenges. She faced cervical cancer in 1975, a tornado in 1992 that nearly destroyed the family farm and a fire two years later that finished what the storm left behind. Her husband of 31 years, Duane, died in 2008.



Ceona Voss

When a colonoscopy in 2010 showed stage 3 cancer, Ceona did what she's always done — face it head on.

The colonoscopy was performed in Princeton by Gastroenterologist Randy Saliates, MD, as an outreach service of CentraCare Digestive Center. A gastroenterologist is an internal medicine physician who has additional training in problems of the digestive tract.

Colonoscopies done by one of the 12 gastroenterologists at CentraCare Digestive Center meet or exceed the national standard for reaching the top of the large intestine and polyp and cancer rate detection. A complete exam is more likely to find and remove polyps, thus preventing cancer to develop in the colon. The Digestive Center performs more than 8,000 colonoscopies each year.

Following the diagnosis and surgery to remove part of her colon, Ceona chose to have cancer treatment at the Coborn Cancer Center. Oncologist Girum Lemma, MD, oversaw her 12 radiation treatments, which ended April 26.

"Everyone explained everything so well, even showing me pictures," Ceona said.

Ceona was pleased with her care by CentraCare Health System from start to finish.

To schedule a colonoscopy, call the Digestive Center at (320) 229-4916.

The flu season usually peaks in February, so it's not too late to get your flu shot — call today!

Melrose recognized for flu vaccine rates

The Minnesota Department of Health honored CentraCare Health System – Melrose for vaccinating more than 70 percent of employees against the flu during the 2010-11 season.



Children's Hospitals and Clinics of Minnesota, St. Cloud Hospital expand partnership

By Andra Van Kempen

Children in Central Minnesota needing pediatric specialty care for cancer and blood disorders now will be able to stay closer to home through a partnership between St. Cloud Hospital and Children's Hospitals and Clinics of Minnesota.

The partnership will keep children closer to their families, doctors and homes when possible, and provide coordinated care to Children's Minneapolis campus when more specialized care is required. The partnership gives St. Cloud Hospital expanded access to Children's treatment guidelines, protocols and recommendations. Oncologists and hematologists from Children's also will increase availability in St. Cloud, scheduling outpatient visits several days each month.

"This partnership with Children's expands upon an already established relationship and strengthens St. Cloud Hospital as a referral center of excellence for pediatric services," said Penny Beattie, RN, care center director of the Women & Children's Center at St. Cloud Hospital.

"By co-managing care at the site that is most appropriate to patients and their families, we can improve the lives of sick children and improve patient outcomes," Penny continued.

For more than 10 years, St. Cloud Hospital and Children's have worked together to provide pediatric cancer services in St. Cloud. This new partnership formalizes the relationship and allows both organizations to build upon the success of a collaborative care model. Already the new partnership has helped St. Cloud Hospital form a Pediatric Sedation program this past spring, and talks are underway to expand the relationship into neurosciences within the next year.





12 ways to good health in 2012

By Holly Kiffmeyer

1. **Begin a holistic approach to health care:** Use innovative medical testing as a basis for improving overall health, reducing stress and enhancing quality of life. For details, call Holistic Services at the CentraCare Heart & Vascular Center at (320) 240-7841.
2. **Complete a health care directive:** Let your physician, family and friends know your preferences for end-of-life care and organ donation. File the directive in your medical records. Visit www.mnaging.org/advisor/directive for the forms.
3. **Exercise:** Bundle up and take a walk on a nice winter day. The fresh air will clear your mind and your lungs! Register your entire family for a run, walk or other healthy activity. Subscribe to the BLEND online newsletter for a weekly listing of local wellness activities at www.blendcentralmn.org.
4. **Socialize:** Plan regular visits with family and friends. Pull out a board game and laugh a little!
5. **Call the clinic:** Schedule your mammogram, colonoscopy or other health maintenance appointment, including your children's well-child visits.
6. **Find easy, nutritious recipes as well as health information on topics of interest to you:** Subscribe to CentraCare's, free personalized monthly e-newsletter called *My Healthy News* at www.centracare.com.
7. **Quit tobacco:** Enroll in the Nicotine Dependence Program for personalized treatment, support groups, medication therapy and relapse prevention. Call the CentraCare Heart & Vascular Center at (320) 656-7020.
8. **Read:** Curl up on the couch and relax with a book. Take a nap if you feel the urge.
9. **Attend a wellness event this year to learn more about your health:** Mythbusters: which health & fitness products really work?, Day of Dance and Women's Health 101.
10. **Volunteer:** Make a difference in the lives of patients and their families. Contact St. Cloud Hospital's Volunteer Office at (320) 255-5638 for details.
11. **Identify your heart disease risk and customize a plan for minimizing that risk:** Modestly priced screening packages include one-on-one consultations with a nurse practitioner, dietitian and exercise physiologist. For details, call the CentraCare Heart & Vascular Center at (320) 240-7841.
12. **Make healthful food choices:** Eat a variety of grains, fruits, vegetables and proteins — avoiding those high in sugar, carbohydrates and sodium.



Eating disorders: what to watch for

By Andra Van Kempen

As many as 10 million females and 1 million males in the United States struggle with an eating disorder such as anorexia or bulimia, according to the National Eating Disorders Association. More than half of teenage girls and nearly a third of teenage boys use unhealthy behaviors such as smoking cigarettes, taking laxatives, vomiting, fasting or skipping meals to control weight.

While eating disorders have increased throughout the years, it is not always evident that someone has one based solely on appearance. A person with anorexia may conceal his or her weight loss by wearing baggy clothing. Someone who is bulimic often has normal or slightly above-normal weight. Only a small percentage actually appear to be extremely underweight.

Signs and symptoms may include:

- Decreased concentration, energy, muscle function, coordination and speed;
- Light-headedness and dizziness;
- Abdominal pain;
- Increased impatience, crankiness;
- Dramatic weight loss;
- Preoccupation with weight and food consumption;
- Often stating they feel "fat";
- Maintaining a rigid exercise program;
- Lots of empty wrappers indicating consumption of large amounts of food; or
- Skipping meals.

Identifying an eating disorder early is critical to having a full recovery. **If you suspect you or a loved one is struggling with an eating disorder and need help, call St. Cloud Hospital Behavioral Health Services - Eating Disorders program at (320) 229-4918.**

Visit www.centracare.com for information about upcoming events and programs or to sign-up for newsletters.

Long Prairie recognized for depression care

By Deb Paul

Although she's not a licensed counselor, Judy Tomaso, LPN, plays a key role in caring for patients with depression. As a care coordinator, Judy keeps in regular contact with patients suffering from depression before, during and after their clinic visits.



Judy Tomaso, LPN

"If a patient is feeling depressed, I tell them I have big ears and can listen — often they just need to believe that someone cares."

Judy is just a call away for those patients who have questions or concerns between visits or who need to increase their medication.

Psychiatrist John Schmitz, MD, from St. Cloud Hospital's Behavioral Health Services also is available to Judy or other Long Prairie providers by phone when questions arise. This teamwork is what makes the **DIAMOND** (*Depression Improvement Across Minnesota, Offering A New Direction*) program a successful model for care.

This care has been noticed. CentraCare Health System – Long Prairie was recognized by Minnesota Community Measurement as the third best in the state for its outstanding care of patients with depression. Visit www.centracare.com for details on the **DIAMOND** program.



Caregivers tap into resources

By Cheri Tollefson Lehse

Are you one of the 50 million Americans who provide care for a chronically ill, disabled or aged family member or friend? If you answered yes, you are a caregiver. Even though it's very rewarding to help others, being a caregiver can be stressful when compounded with other responsibilities such as children and work.

To prevent caregiver burnout, you need to take care of yourself. Help is available. CentraCare Health System has numerous services to assist you, such as:

- **Home Delivered Meals** - nutritious meals delivered by St. Cloud Hospital volunteers to homebound, elderly or convalescing people within St. Cloud and Waite Park city limits.
- **Link to Life** - a personal emergency response system that puts a call for help right at a person's fingertips with fall detection and medication dispenser options.
- **St. Cloud Hospital Home Care** - nursing, rehabilitation therapy, speech pathology, social work and personal care provided to those best served at home.
- **St. Benedict's Senior Community Respite Care** - caregivers can rest and recharge while their loved ones stay at the Gorecki Care Center.

When staying at home is no longer feasible, CentraCare Health System has senior living options in Long Prairie, Melrose, Monticello and St. Cloud. Visit www.centracare.com and click on "**For Seniors.**"

Nurse midwives provide care for women of all ages

By Deb Paul

When Shelly Lais, age 29 of Browerville, was pregnant with her now 2-year-old daughter, Quinn, she enjoyed having a nurse midwife for her prenatal care and delivery.

"We are very fortunate to have this service in Long Prairie," Shelly said. "I know others who drive a long way to receive their pregnancy care here."

Certified nurse midwives have been providing care in the Long Prairie area since 1994. This past year, Certified Nurse Midwives Ceree

George and Yvette Rodriguez joined the CentraCare team. Both are fluent in Spanish and are able to assist the growing number of Hispanics in the Long Prairie area.

In addition to pregnancy care, Ceree and Yvette also provide women's health care, family planning and well-child care up to age 2.

When Shelly was pregnant and delivered her second daughter in September at CentraCare Health System – Long Prairie, Ceree was her nurse midwife.

"It was a wonderful experience, and I'd recommend her to everyone," Shelly added.

Three nurse midwives also practice in St. Cloud at CentraCare Clinic – Women & Children. Although they don't deliver babies, they do provide prenatal care and women's health services similar to those provided by the nurse midwives in Long Prairie.



Certified Nurse Midwives Ceree George and Yvette Rodriguez.



Kim and Scott Blattner

Generous gifts *improve medical care for Central Minnesota*

By Chris Nelson

The CentraCare Health Foundation's *Caring for Generations* Campaign, publicly launched in October 2010, is raising funds for the new addition to St. Cloud Hospital. So far, gifts totaling \$18.2 million from local benefactors, employees and physicians have been raised. The campaign aims to raise \$21.7 million by June 2012, to help fund the \$225-million, 360,000-square-foot addition to St. Cloud Hospital's southeast side.

Donations double thanks to Marco

In support of the project, Marco offered a matching gift of up to \$100,000 for all donations received by Dec. 31, 2011. The community portion of the campaign has resulted in 804 donors contributing \$105,918 to achieve the \$100,000 Marco match.

Kim and Scott Blattner consider St. Cloud Hospital to be an important asset to the community. "I was born at St. Cloud Hospital along with many of my family members and co-workers," Scott said. "For those of us who have always lived here, it's easy to take the hospital for granted until we need it in an emergency. Then we realize how blessed we are to have such a state-of-the-art facility that provides the best medical care possible. Kim and I are fortunate to be able to support the hospital and know it is a wise investment for the future of health care in Central Minnesota."

Meyer Family Fund

Gordy and Michelle Meyer hope their gift to the hospital construction project will inspire others to give. "We know quality health care is important to our thriving community," Michelle said. "By modernizing our hospital and keeping up with

technology, we will attract the best health care professionals who will provide industry-leading care to the people of Central Minnesota," she said. "The expansion project also provides local jobs to not only construction workers but to a significant number of permanent medical and support jobs as the hospital grows and expands," Gordy said. "These factors are essential to our local economy."

Doug Bischoff, CEO of Design Electric Contractors, Inc., thinks exceptional health care is one of the best assets a community can have. "It's a comfort for us who live in St. Cloud to know that we can receive the best care possible right here," Doug said. "Having a hospital in the community that is of such high caliber as St. Cloud Hospital also builds community pride. People come from miles around to receive care here and that is something to be proud of. My gift will ensure that the high quality of care and services continues."

Ron and Irene Schmidt are thankful for the services that St. Cloud Hospital offers and wants them to continue and expand. "Everybody is hurting in this economy," Ron said. "But to continue the high level of services that are offered at St. Cloud Hospital, everyone needs to give. You don't get services without funding and some of that funding needs to come from the community."

The St. Cloud Hospital Volunteer Auxiliary has given a total of \$600,000 to help fund the Gorecki Guest House and the St. Cloud Hospital east addition. The house provides patients and their families a place to stay while they receive medical care in the St. Cloud community. A \$300,000



Gordy and Michelle Meyer

pictured with their children, Zoe, Grant, Ali and Trent, all born at St. Cloud Hospital.



Doug Bischoff



Ron and Irene Schmidt

gift was made in 2006 to help build the house and an additional gift was made in October 2011 to help fund the endowment of the guest house through the CentraCare Health Foundation.

The Volunteer Auxiliary, which began July 9, 1958, has a long history of providing service, public relations and fundraising opportunities to St. Cloud Hospital. The auxiliary annually distributes funds earned from the St. Cloud Hospital Gift Gallery, baby pictures, art sale and various other fundraisers to help support projects throughout CentraCare Health System that otherwise would go unfunded.

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

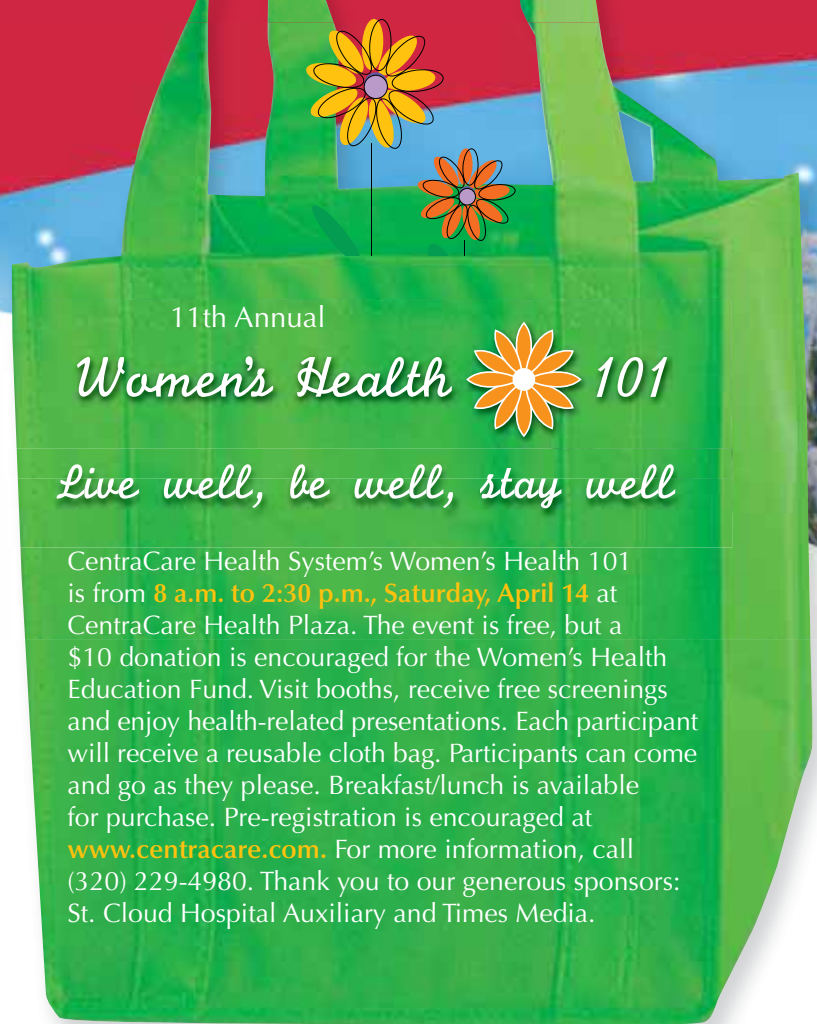
Day of Dance[®]

FOR YOUR HEALTH

Feb. 23, 4:30 - 7:30 p.m.
Holiday Inn Hotel & Suites,
37th Ave. & Division St., St. Cloud

Take action for your health! Reach out to friends and invite them to Day of Dance. Learn hip hop hustle, Polynesian dance, carnival cusqueño, Zumba and steps to other dances. The night includes food samples, a fun photo booth, health screenings and a chance to win \$50 and other prizes. Free. For more information, visit www.centracare.com or call (320) 229-5139. Sponsored by St. Cloud Hospital Women & Children's Center and CentraCare Heart & Vascular Center.

Special thanks to: Holiday Inn Hotel & Suites, Marisa Thull-Vargas, Caryn's Studio, Radiant Moon Belly Dancers and Ms. Melinda's Dance Studio.



11th Annual

Women's Health  101

Live well, be well, stay well

CentraCare Health System's Women's Health 101 is from **8 a.m. to 2:30 p.m., Saturday, April 14** at CentraCare Health Plaza. The event is free, but a \$10 donation is encouraged for the Women's Health Education Fund. Visit booths, receive free screenings and enjoy health-related presentations. Each participant will receive a reusable cloth bag. Participants can come and go as they please. Breakfast/lunch is available for purchase. Pre-registration is encouraged at www.centracare.com. For more information, call (320) 229-4980. Thank you to our generous sponsors: St. Cloud Hospital Auxiliary and Times Media.

Clinic sites recognized for excellence

Congratulations to the CentraCare Clinic sites recognized with the HealthPartners - Partners in Excellence award. **St. Joseph** was recognized for providing optimal diabetes care; **Health Plaza – Family Medicine** was recognized for the highest rate of generic prescribing, and **Cardiology** received two awards for patient experience.

Long Prairie receives education grant

The Minnesota Department of Employment and Economic Development awarded CentraCare Health System – Long Prairie \$178,406 to educate employees on ways to improve the quality and safety of care.

Nurse receives award



Patricia (Trish) Theisen, RN, a core charge nurse for the CentraCare Digestive Center, was honored by the March of Dimes as a Minnesota Nurse of the Year winner in the General Care category for her leadership and contributions that have made a significant impact on her community and to the nursing profession.

Volunteers, St. Cloud Hospital president honored for excellence



Einas Alkhatib

Einas Alkhatib and **Stephanie Eswine** received the Minnesota Association for Volunteer Administration (MAVA) Award for Excellence in Volunteerism. Einas received the Outstanding Young Adult Volunteer MAVA Award. Einas has contributed more than 675 hours of her time. She began as a junior volunteer and now is a college volunteer. Stephanie, who began volunteering at St. Cloud Hospital May 2009, received the Outstanding High School Volunteer MAVA Award. As a junior volunteer team lead, Stephanie trains new junior volunteers and has served more than 270 hours.



Stephanie Eswine

Gerry Keymer was named Volunteer of the Year by the Health Care Auxiliary of Minnesota for enhancing the experiences of patients, visitors and staff at St. Cloud Hospital. Keymer

volunteers as tour guide, ambassador, imaging patient transporter and trainer to new volunteers. He has served more than 4,950 hours since 2006.



Gerry Keymer

Craig Broman, St. Cloud Hospital president, was honored with the Senior Leadership Award from Health Care Auxiliary of Minnesota for support of and enthusiasm for the St. Cloud Hospital Auxiliary programs. He recognizes that it would be impossible to deliver the quality and quantity of services St. Cloud Hospital is noted for without the daily assistance of the volunteers.



Craig Broman



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

Winter 2012 — spotlight on events

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

First Aid, CPR, AED Course

Learn critical skills needed to respond to and manage emergencies from the first few minutes until emergency medical services (EMS) arrive. Join us 5-9 p.m. Jan. 24 at CentraCare Health System – Long Prairie, Blue Education House, 27 Ninth St. SE. Cost is \$45. To register, call (320) 732-7273.

Solving digestive disorders

Feel “all right now” by learning from Carol Robinson, BSN, RN, CGRN, from 6:30-8:30 p.m. Jan. 26 about the most common digestive disorders and how to control them. The evening includes a \$25 door prize. Free. For details, call (320) 229-5139.

National Wear Red Day

Join us for cooking demonstrations, blood pressure screenings and other heart-healthy activities from 11 a.m. to 1 p.m. Feb. 3 at Macy’s in the Crossroads Center, 4201 W. Division St., St. Cloud. For details, call (320) 251-2700, ext. 71391.

Myth busters: Which health & fitness products really work?

As consumers, we’re constantly bombarded with promises of a quick fix for our fitness or weight control woes. Join John Porcari, PhD, a professor of exercise and sports science, from 7-8:30 p.m. Feb. 7 to review some of the latest fitness equipment, fads and gimmicks to help you determine what works and what doesn’t. Cost is \$5. Call (320) 255-5642 for details.

Healthy snacking made easy

Healthy eating can be a challenge with our busy lifestyle and all of the snacks, fast food and convenience items available to us today. Join Diane Giambruno, RD, and Jessica George, RD, of the CentraCare Heart & Vascular Center, from 6:30-8 p.m. Feb. 21 to learn portion control and see how easy it is to prepare several recipes that are healthy alternatives to traditional snack foods. For details, call Sauk Rapids-Rice Community Education at (320) 258-1577.

Know someone with spirit?

Nominate a woman for a Spirit of Women Award. The awards celebrate women in our community who take action to make our community healthier, safer and a more inspirational place to live. To read about the 2011 winners and nominate a woman for 2012, visit www.centracare.com and click on “For Women,” “Spirit of Women” and “Awards Program.” Deadline is March 2. For details, call the CentraCare Health Foundation at (320) 240-2810.

LIFE 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 \$375 per person fee covers seven two-hour weekly sessions, three books and three individual coaching sessions.

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 at (320) 229-5199, ext. 71386, or VanKempena@centracare.com

Clarifications for fall 2011 *Spotlight on Health*: “Strong bones are the foundation of healthful lifestyle” p. 3: All suggestions are general and do not meet individual needs or requirements. Please ask your doctor if you have specific concerns. Women should limit alcohol consumption to one drink each day; “Electronic medical record enhances patient care,” p. 4 should have included Interventional Pain & Physical Medicine Clinic as a part of the EMR collaboration.

The next LIFE Program class begins March 20. Registration deadline is March 13. Call (320) 654-3630, ext. 70291, for details.