



Investing in Health



MAY 2023

Annual donor event recognizes three award recipients

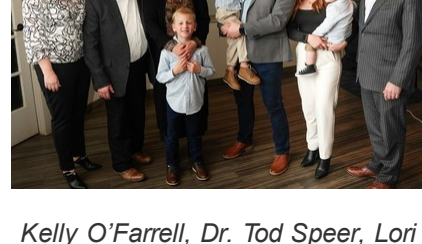
On April 20, we hosted La Gratitude in Willmar. This annual donor recognition event honors donors, physicians, and community leaders in the Willmar, Redwood Falls, Benson, and Paynesville areas who have generously supported CentraCare and the health of patients and their families.

"Personally, La Gratitude is always a very special evening as we gather to thank those who make a deep impact on those we serve," said Brad Konkler, CentraCare Foundation Vice President. "Their support is critical to our organization and allows us to fulfill our mission to provide quality care close to home."

During the evening's program, the 2023 La Gratitude Awards were presented to three local recipients:

- Dr. Tod & Lori Speer:** Tradition of Caring Award
- Brad Schmidt:** Service to the Foundation Award
- Chappell Central, Inc.:** Corporate Partner of the Year Award

Congratulations and thank you to these deserving recipients!



Kelly O'Farrell, Dr. Tod Speer, Lori Speer, Thomas & Anna Speer, Cameron, Conner, Logan, and Brad Konkler



Kelly O'Farrell, Mary Jo Patton, Rachel Schmidt, Brad Schmidt, Cheryl Schmidt, and Brad Konkler



Chappell Central, Inc. - Paul Krueger, Matt Kelly, Ross Pederson, Joe Meyer, Mona Beming, April Dory, Kelly O'Farrell and Brad Konkler

Our employees are partners in caring and giving

Thank you to the 1,500+ employees who contributed to our annual Employee Campaign raising more than \$750,000. This year's primary fundraising focus was our Lighting the Path campaign for mental health along with other region-specific funding needs.

Since 1998, CentraCare employees have contributed more than \$14.5 million to provide an exceptional experience for our patients and the community through additional programs and services.

We are grateful for their continued generous support!



EMPLOYEE CAMPAIGN 2023
Partners in Caring



Long Prairie hosts suicide attempt survivor & panel

On April 28, Long Prairie welcomed Emma Benoit, a 23-year-old suicide attempt survivor, to the Long Prairie Grey Eagle (LPGE) auditorium.

During her visit, students and other attendees watched a 90-minute film called *MyAscension* in which Emma shared her feelings that led to her suicide attempt at age 16 and how it altered her life.

After the film, Emma appeared on the stage with a panel of four local experts and invited students to ask questions about mental health and suicide via text message. Emma and the panel spent the next 35 minutes answering questions and talking about mental health and suicide. The panel also shared local resources and the new, 24-hour 988 Suicide and Crisis Lifeline.

Once the Q&A ended, Emma spent the next 90 minutes meeting individually with the students who wished to discuss topics and take photos.

A big shout out to all the students who showed respect and dignity not only to Emma and the panel, but to the heavy topic that was being discussed.

This planning group and presentation laid the foundation for future endeavors with the youth of Long Prairie. CentraCare, North Pines Mental Health and LPGE Schools are committed to working together to provide continued education and additional resources on mental health and suicide prevention.

Thank you to our CentraCare – Long Prairie employees whose generous support made this event possible through their gifts to CentraCare Foundation's 2022 Employee Campaign.

To learn more about Emma's story, visit [My Ascension](#).

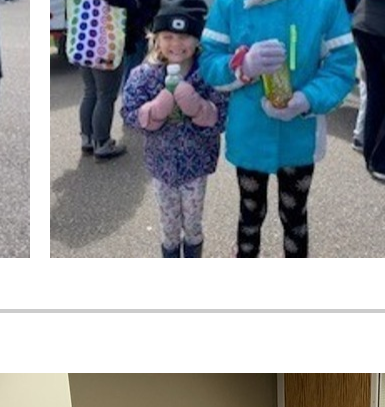
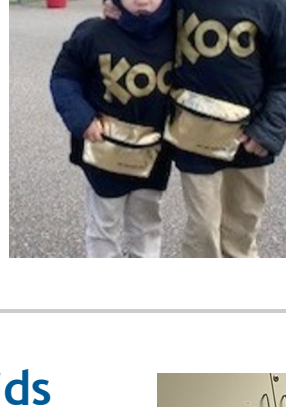
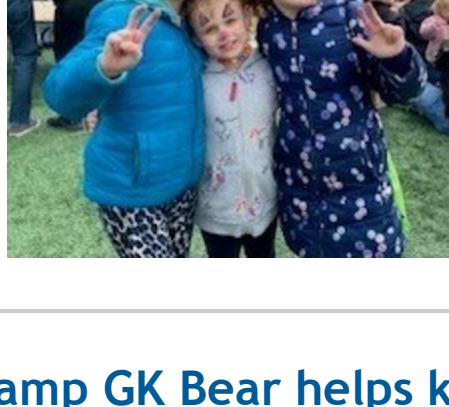


Monticello event brings families together

More than 800 guests braved the brisk, spring breeze for the second annual Better Together: A Day of Wellness event on April 30 at Monticello Memorial Stadium.

This free, family-friendly event featured the wildly popular musical guest Koo Koo Kanga Roo. The event also included make and take stations, food trucks and booths featuring local resources from the community.

A collaboration of the Bounce Back Project, Monticello, Big Lake and Becker schools, this event is made possible through donations to the CentraCare Foundation.



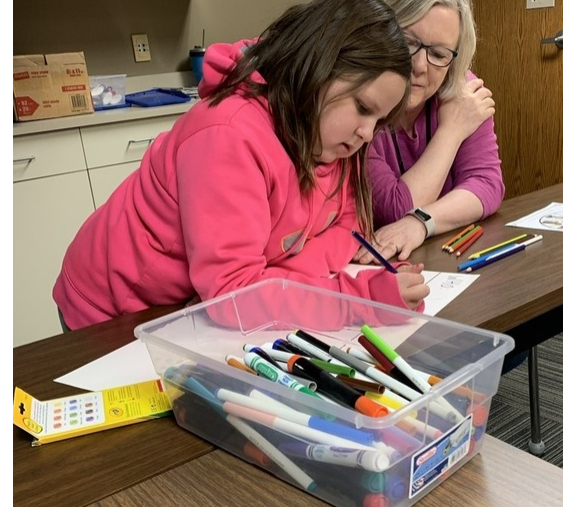
Camp GK Bear helps kids cope with loss of loved one

CentraCare Hospice staff and volunteers in Willmar came together April 29 to host Camp GK Bear, a grief camp for kids who have had a loved one pass away.

Children are paired with an adult mentor for the day to be there to talk one-on-one with them, and even more importantly, they are able to connect with other kids who have gone through similar grief journeys.

Whether it was through games, music or art, each child shared memories of their loved one. Some of the comments from this year's campers included:

- I learned it's ok to be both sad and happy.
- I learned there are other people like me.
- My favorite activity was the Memory Box.
- I had fun meeting new friends!



Camp GK Bear is held twice a year and made possible through donations to CentraCare Foundation.



Are you ready to golf?

Spring is here and summer can't be too far behind! It's time to start thinking about golf!

CentraCare Foundation is excited to support the Long Prairie, Sauk Centre and Melrose communities at one capstone golf event while preserving the legacy of past Foundation golf events.

This year's golf scramble will be at the Greystone Golf Club in Sauk Centre and includes lunch, dinner and a short program, plus plenty of golf and games!

Join us on June 29 to raise funds to support the greatest health care needs of these three communities. Shotgun starts at 8 a.m. and 1 p.m. with dinner to follow at 5:30 p.m. [Learn more](#).

THURSDAY, JUNE 29, 2023

8 am or 1 pm Shotgun Starts

5:30 pm Dinner and Program

Greystone Golf Club, Sauk Centre

Thank you to our thoughtful community partners



All Saints Academy 4th graders shared proceeds from their bake sale with the Central MN Child Advocacy Center (CAC). They raised more than \$2,000 for two local charities. A CAC representative visited the class to share how their gift will make a difference for the children and families they serve.



Mahowald Insurance Agency team members donated items for Easter baskets which they assembled as a group and delivered to our youngest patients in time for Easter!



Students at Kennedy Elementary in Willmar brought in donations over a three-week period and raised \$863 for Willmar Cancer Center patients. Pictured (L to R): Conrad Mitzel, Cancer Center; Samantha Loomis, Foundation; Kennedy Elementary Students; and Leah Thorpe, Willmar Public Schools.

Are you interested in hosting a fundraising event?

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

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

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



Thank you to our health care heroes!

Since May is nationally the official month to recognize nurses and all health care workers, we extend our gratitude for our health care heroes who continue to make a BIG difference for our patients!

We appreciate that you choose to show up every day to care for your community. Thank you from the bottom of our hearts!

Do you want to recognize a special health care hero? We'd love to hear about them! Share your gratitude [here](#).

Follow us on Facebook

CentraCare Facebook has so many stories to share and people to thank that we've created our own [Facebook page](#) where you can find all these things and more! We invite you not only to like our page, but to take it a step further — invite your friends to the page to engage and interact with the posts on Facebook. And give feedback on how we can share the great things CentraCare Foundation is doing for our community, our patients and their families thanks to the generous support of our employees and the community.



Contact us at 320-240-2810 or Foundation@CentraCare.com

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