



## New unit for emergency mental health care opens

The [CentraCare Helmsley EmPATH Unit](#) at St. Cloud Hospital provides a model of care that transitions patients away from the sometimes chaotic environment of the emergency department into a welcoming and calming setting where a team

of mental health professionals can provide assessment, initiate treatment, and begin the healing process. The patient and this team of professionals will develop a tailored treatment plan prior to transitioning to the next level of recommended care.

Funding to construct this new unit was made available through [The Leona M. and Harry B. Helmsley Charitable Trust](#) and CentraCare Foundation community donors.



## THANK YOU! Your support is making a BIG difference

As we 'close the books' on another fiscal year, we want to share a few examples of how your gifts are improving the patient experience.

This brief list showcases some of the programs and services that your gifts bring to life for those we serve.

- Funding for the establishment of a "dignity closet" for pediatrics and Muslim patients and Muslim-appropriate hospital gowns. A dignity closet provides clothing to those patients who need it upon discharge.
- Behavioral health books for patients or family members to help them better understand their conditions.
- Coverage of specific patient medications due to extreme financial hardship.
- Medical Legal Partnership that provides our patients living on the margins access to needed resources and reduces stress due to legal hardship (i.e. rent, debt issues, etc.)
- Reach Out & Read Program across the health system (approximately 15,000 books annually).
- Blanket warmers for patients and residents.
- Toys and comfort items for our pediatric patients.
- Hearing aid batteries and personal comfort and grooming items for adult patients.
- Games, puzzles, blankets, water bottles, and other comfort items for patients with extended hospital stays.
- 475 patient care staff attended training to provide better patient care above routine CMEs (for example vascular team received pain reduction techniques and diabetes educators received motivational interviewing training)
- 125,000+ meals and treats distributed to our front line workers.



## Congratulations to Jeff Gau!

Congratulations to Jeff Gau, retired CEO of Marco Technologies, Foundation board member from 2010-2016 and current CentraCare board member, who was recognized as one of the 2021 Twin Cities Business Hall of Fame honorees.

We are grateful for Jeff's leadership and generous community support through the years.

[Learn more](#) about why Jeff was honored.

## Getting to know us: Paul Knutson, Development Officer, Sauk Centre

I spent 10 years as a Parish Pastor in the Lutheran church (ELCA) in Stillwater, Scandia and St. Michael before I was hired by CentraCare as a Mission Development Specialist 20 years ago this month. In that role, I directed Project HEAL (Health, Education, Access, Link) which provides free outreach screening clinics to underserved people in central Minnesota.

In March 2017, I transitioned to my current role as Development Officer for CentraCare - Sauk Centre. The favorite part of my job is meeting with donors, community members, and other partners in the mission to help others. I enjoy hearing their stories, listening to their passion and connecting them with an opportunity that creates impact around their purpose.

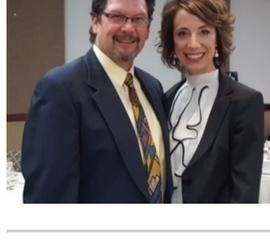
I also enjoy working with community volunteers on our Regional Development Committee (RDC) and Capital Campaign Cabinet. The RDC helps with our annual Golf Scramble and our 'Come and See Tours' which bring community members into our facility to see what goes on within our walls. The Campaign Cabinet helps with the fundraising for our Care Center Capital Campaign.

My wife, Reggie Adams, and I have lived in Alexandria for the past four years in a 110-year-old home that we are maintaining and restoring! Between us, we have four wonderful children: Amanda (34) married to Jake; Abagale (26) to marry Derek in August; Alisha (26); Eli (25) and our grandson Myles (2).

Outside of work, I love family time – playing with my kids and grandkids and boating on the lakes near Alexandria. I also love to sail in the Apostle Islands and other parts of Lake Superior.

A lot of my spare time is spent riding my tractor, mowing, tree work and deer hunting on my family's farmstead in Elbow Lake. In the winter, I like to ski and snowshoe, but I must admit I am really good at the art of making snow angels! I also brew my own beer sometimes which generally leads to making snow angels. Life is about F.U.N.

For a full list of Foundation team members, visit our [website](#).



## Golf Scrambles benefit local needs

Join your friends and neighbors while helping to support CentraCare Foundation at one of our annual golf scrambles planned for:

**Aug. 10 in Long Prairie**

**Aug. 27 in Paynesville**

**Sept. 14 in Sauk Centre**

[Click here](#) for details and to register. Proceeds benefit community-specific goals.

## Spring Fling helps to provide comforts of "home"

If you missed our Spring Fling on May 20, take a few minutes to hear from Susan Kratzke about the updates planned at St. Benedict's Community, which was one of the beneficiaries for this year's Spring Fling which raised more than \$135,000.



## Scholarships benefit future Radiology technicians

Three, \$1,000 scholarships were awarded at the St. Cloud Hospital Imaging Graduation Ceremony on June 25. Scholarship recipients plan to continue a second year with the St. Cloud Hospital School of Radiologic Technology Program as a full-time student.

Congratulations to Kamryn Hund who was selected as the [William J. Held Memorial Scholarship](#) recipient and to [Madison Brinkman](#) and [Jonathan Bauer](#) who were selected as the Regional Diagnostic Radiology scholarship recipients.

*Pictured left to right are Susan Held, Madison Brinkman, Kamryn Hund, Catherin Held (wife of the late Dr. William Held) and Jonathan Bauer.*

## August is "National Make a Will" Month

No matter what age, all adults should have a will that states their wishes should something unexpected happen to them. A simple will can help to eliminate a lot of extra headaches and heartaches for loved ones after you're gone.



We are grateful to the many gracious people in our [Beacon Society](#) who have included CentraCare Foundation in their will. This giving option allows people to continue to make a difference for future generations.

If you have a will, be sure to take that next step and learn more about the tax benefits of charitable giving for your heirs. If you would like information about our complimentary [Estate Planning Review](#) or a copy of our "Guide to Your Estate Planning Options," contact us at [foundation@centracare.com](mailto:foundation@centracare.com) or call 320-240-2810.

## CentraCare In the News

Click on these links to review recent media stories featuring CentraCare.

[July 24-30](#)

[July 17-23](#)

[July 3-16](#)

[June 25-July 2](#)

## Follow us on Facebook

CentraCare Foundation 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](mailto:Foundation@CentraCare.com)

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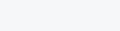
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