

Donation provides swing for Pediatric Rehab patients in Long Prairie

What may look like a fun, acrobatic contraption is actually a sensory swing that benefits the Pediatric Rehab patients at CentraCare – Long Prairie.

Anne Johnson, Occupational Therapist, CentraCare – Long Prairie, shared the importance of this new piece of equipment. “Swinging provides the opportunity for children to experience motion in all directions. This is one of our foundational sensory systems and when it isn’t functioning appropriately, we see children who are falling over, climbing and getting injured or alternately fearful of any motion or big-body play. Having swings in our Rehab department provides an excellent opportunity to explore movement as well as to build strength, learn body coordination, and it is always a motivator for the kids we see, too!”

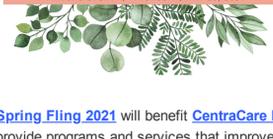
In the past 7 years, the Rehabilitation Department has grown from serving two pediatric patients to more than 140. This significant growth required more equipment to care for the patients – many who travel a long way to seek the care of our reputable and comprehensive team.

This new swing, located in the Vitality Wellness Studio, became a reality thanks to a generous donation from Doug and Mary Schmidt of Long Prairie.

“We were excited to see and learn about the sensory swing and even more thankful to know it is benefitting area children. We believe that CentraCare is a valuable community asset, and we are happy to support efforts to improve health care in the Long Prairie area,” said Doug Schmidt.



From left to right: Kimberly Berns, SLP, and Megan Zahnow, SLP, Speech Therapists; Mary and Doug Schmidt; Anne Johnson, OT, Occupational Therapist; and Susan Peck, PT, Physical Therapist under the new swing.



Celebrate Spring at our virtual Spring Fling on May 20

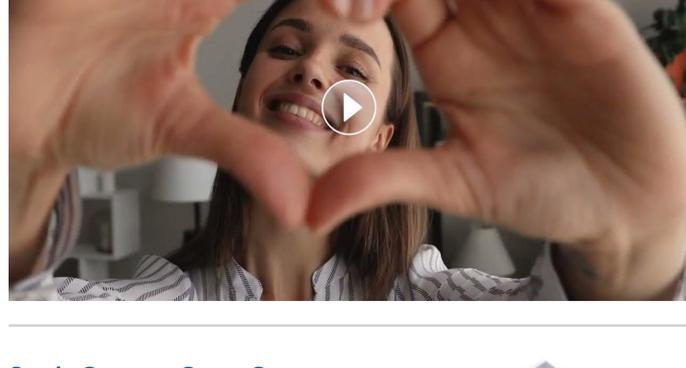
Join us from 7-7:30 p.m. May 20 from your living room or patio to celebrate spring and share stories of fresh starts and inspiration. A link to this free event will be posted soon.

- Hosted by Chanda Gebhardt of [Fairview Gardens](#)
- Music by violinist Gabe Dalhoff
- Featuring herb garden planting and cooking with herbs

[Spring Fling 2021](#) will benefit [CentraCare Pediatrics](#) and [St. Benedict's Community](#). Your gift will provide programs and services that improve the care experience for our young patients and enhance the living and community spaces for our Care Center residents.

Thank you to our presenting sponsor, [Granite Logistics](#) and to our co-sponsors: [Benton/Sherburne County Corn Growers Association](#); [Marco](#); [Leighton Broadcasting](#); [SEI](#); [Lathrop GPM](#); and John & Mary Weitzel; and fund-a-need sponsors [BCI Construction](#) and SEI.

For more details, to purchase a sponsorship or to make a donation, [click here](#).



Sauk Centre Care Center Campaign underway

Following recent CentraCare Board of Directors approval, a \$12+ million Care Center project is moving forward at CentraCare - Sauk Centre.

Slated to begin in Fall 2021 with a goal to add and redesign living spaces to feel less institutional by putting "home" back in senior care.

The plan includes:

- Addition of 29 private, long-term care suites and two double suites on the east side of the building.
- Remodel of current living spaces and construct a Town Center addition to create a friendly, inviting ambience for social, recreational and wellness activities.
- Renovate common spaces to create a more home-like facility.

This state-of-the-art Senior Care Center will include a Community Capital Campaign to help enhance the project. A special Campaign Cabinet consisting of area leaders is in place under the leadership of Campaign Chair Merle Felling of Felling Trailers, Inc., Sauk Centre. Project completion is expected in 18-20 months.



The Spoden Family - Front row: Dave, Sandy, grandson Chandler, Back row: Jack, son-in-law Corey, Cassie, grandson Grayson, Grace and Cody. (Not pictured: granddaughter Hazel)

Get to know us: Sandy Spoden, Office Supervisor

To help you learn more about our Foundation staff, we plan to introduce one team member each month.

How long have you been with the Foundation/CentraCare? I started my CentraCare journey 25 years ago as a receptionist in St. Cloud Hospital Administration and worked in several other roles before joining the Foundation nine years ago.

What is your role and favorite part of the job? As Foundation Office Supervisor, I provide administrative support to Brad Konkler, Vice President, as well as support the Foundation's Board and Committees. I also am the staff lead for the Holly Ball Silent Auction. The favorite part of my job is working with our community volunteers who serve on our board and assist with events. I am always amazed at the generosity of their time and leadership.

Tell us more about you: I grew up on a farm near Rockville with my two brothers and four sisters. There was always work to be done, but it also meant we had room to play baseball and night games or skate on our pond. The year after I graduated from high school, my parents, two sisters, grandma and I moved to California where I lived for 10 years before moving back to Minnesota. I am grateful for that life experience, but I do question my decision each winter!

My husband Dave and I have four children, ages 15 to 31, and three grandchildren who are the light of our lives! We live on 10 wooded acres south of Cold Spring and have chickens (fresh eggs), pigs, cats, dogs and bunnies. We love the space which gives our children and grandchildren room to run, walk in the woods, play in the dirt, and play kickball.

Each spring, I look forward to planting flowers and our garden. As a kid, I very much disliked gardening, but now it has become a sense of pride and is good therapy on many days!

Other work experience: While living in California, I worked as an Office Manager for Mass Mutual Life Insurance. My first job in high school was cleaning rooms at the Holiday Inn. The woman who trained me gave me the best advice "clean it how you would want to find it", and I still apply this advice to the work I do today. My dad also told me, "if you have time to do it twice, you have time to do it right the first time".

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

Employees contribute generously during annual campaign

Even during a pandemic, CentraCare employees contributed more than \$715,000 to enhance various programs and services. This support demonstrates that our employees not only deliver superior care, but share their treasure to improve the experience for those we serve.

Since 1998, CentraCare employees have generously contributed more than \$11 million through this annual campaign. We are so grateful for their continued support.

Here are a few comments received with employee gifts:

"I am so thankful for our wonderful Care Center (in Sauk Centre). I am most appreciative for the excellent care they gave my brother when he was a resident there from March 2020 until his death on Dec. 13, 2020. The communication was excellent along with the care he received! Thank you from the bottom of my heart. Our community is very fortunate to have this wonderful care center!"

"I'm so thankful that I have this opportunity to be able to give. From being a survivor of attempted suicide, to having my grandpa complete death by suicide, suicide prevention will always be a priority for me."

"I give in memory of my Mother. If it wasn't for Coborn Cancer Center, I would have not been able to spend her final weeks with her. My family will forever be grateful for the outstanding services available in Central MN. I would like to extend my gratitude by giving to the Coborn Healing Center, to help the patients and families recovering from cancer."



EMPLOYEE CAMPAIGN 2021
Partners in Caring

Start living again! Get your COVID-19 vaccine!

Over the last year, we've given up so much. We've missed milestones. We've missed people. That all can start to change if we come together and get vaccinated.

As you can see in the below video, people are choosing to get the COVID-19 vaccine so we can hug again. Celebrate again. Live again.

We understand there is some hesitancy surrounding this new vaccine. And that's understandable. Please feel free to ask questions and talk to your doctor about the vaccine's safety.

COVID-19 vaccinations are now available to the general public. [Schedule your appointment online](#) or call CentraCare Connect at 320-200-3200.



History shows community support for health care

On May 1, 1956, a new Long Prairie Memorial Hospital opened to the public. Following the closing of an outdated facility in 1953, the citizens of Long Prairie conducted a multi-year fund drive to build a new hospital.

After successfully raising \$500,000 from the community, the city built a 30-bed hospital which currently houses long term care and an eye clinic.

Long Prairie Memorial Hospital joined CentraCare in 1999. After a successful \$3.2-million fundraising campaign in 2016, a new hospital and clinic opened in 2017 along with a 40-unit assisted living facility.

The Long Prairie community has shown through their generous support that they want local health care available for future generations.



1956 facility



1956 architectural drawing



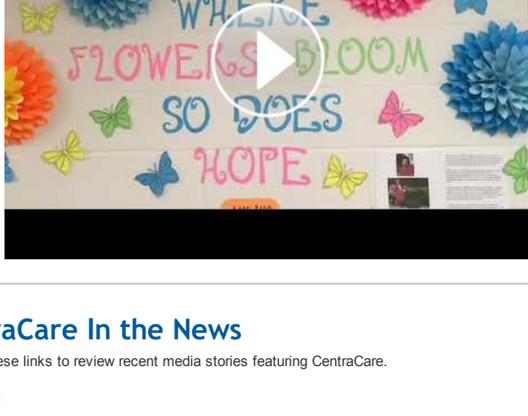
Current facility

Displaying Hope for a World of New Beginnings

Last year, we came together around the COVID pandemic with a World of Hearts. A year later, we have several vaccines available in the United States and hope for the dispersal of these around the world. To signify resilience in the face of continued COVID infections in our communities and hope for a brighter future, CentraCare departments created displays that represent spring with flowers and rainbows.

Watch this video montage showing beautiful displays that represent our system, which brought joy to employees as they had a chance to do creative team building.

We invite the community to join us by making your own displays and sharing on social media with the hashtag, #WorldofNewBeginnings.



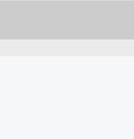
CentraCare In the News

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

- [April 23-30](#)
- [April 9-23](#)
- [April 2-8](#)

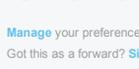
Follow us on Facebook

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

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