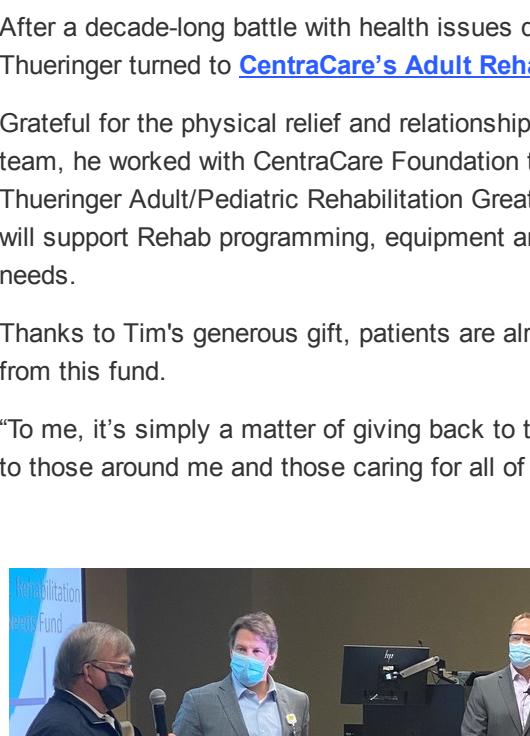


## Investing in Health

NOVEMBER 2020



### Thankful for your support

We wish you a safe, happy and healthy Thanksgiving with your immediate family.

We also extend our sincere appreciation for your continued support and to our health care heroes who are facing this pandemic head-on every day.

Let's show our support for them by wearing a mask, washing our hands and practicing social distancing. We all need to do our part to get through this together.

### Sharing the gift of gratitude

After a decade-long battle with health issues due to Lyme's disease, Tim Thueringer turned to [CentraCare's Adult Rehabilitation](#) team.

Grateful for the physical relief and relationships he had built with the Rehab team, he worked with CentraCare Foundation to establish the Tim Thueringer Adult/Pediatric Rehabilitation Greatest Needs Fund. This fund will support Rehab programming, equipment and patients with financial needs.

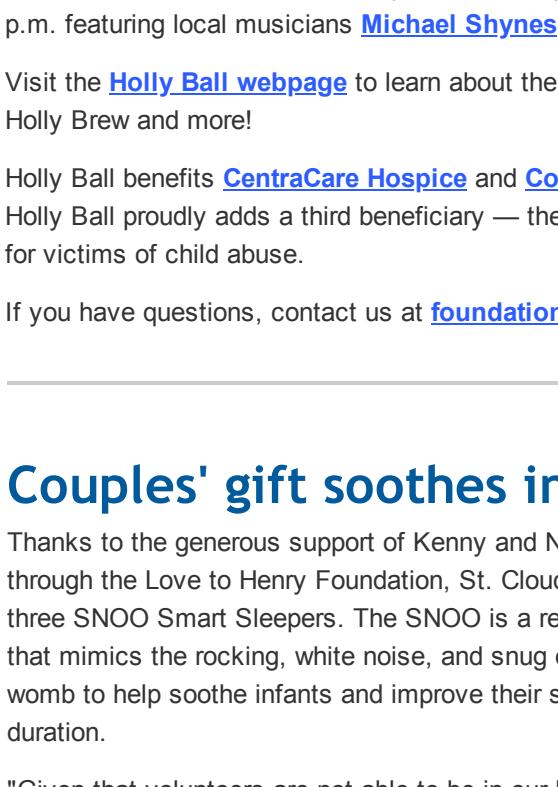
Thanks to Tim's generous gift, patients are already receiving assistance from this fund.

"To me, it's simply a matter of giving back to the community I grew up in – to those around me and those caring for all of us," Tim shared.

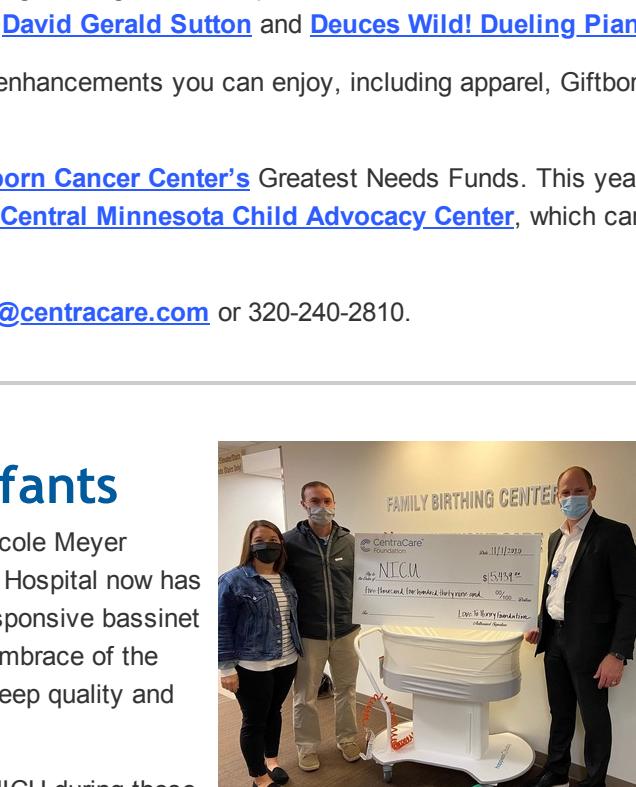


Tim Thueringer

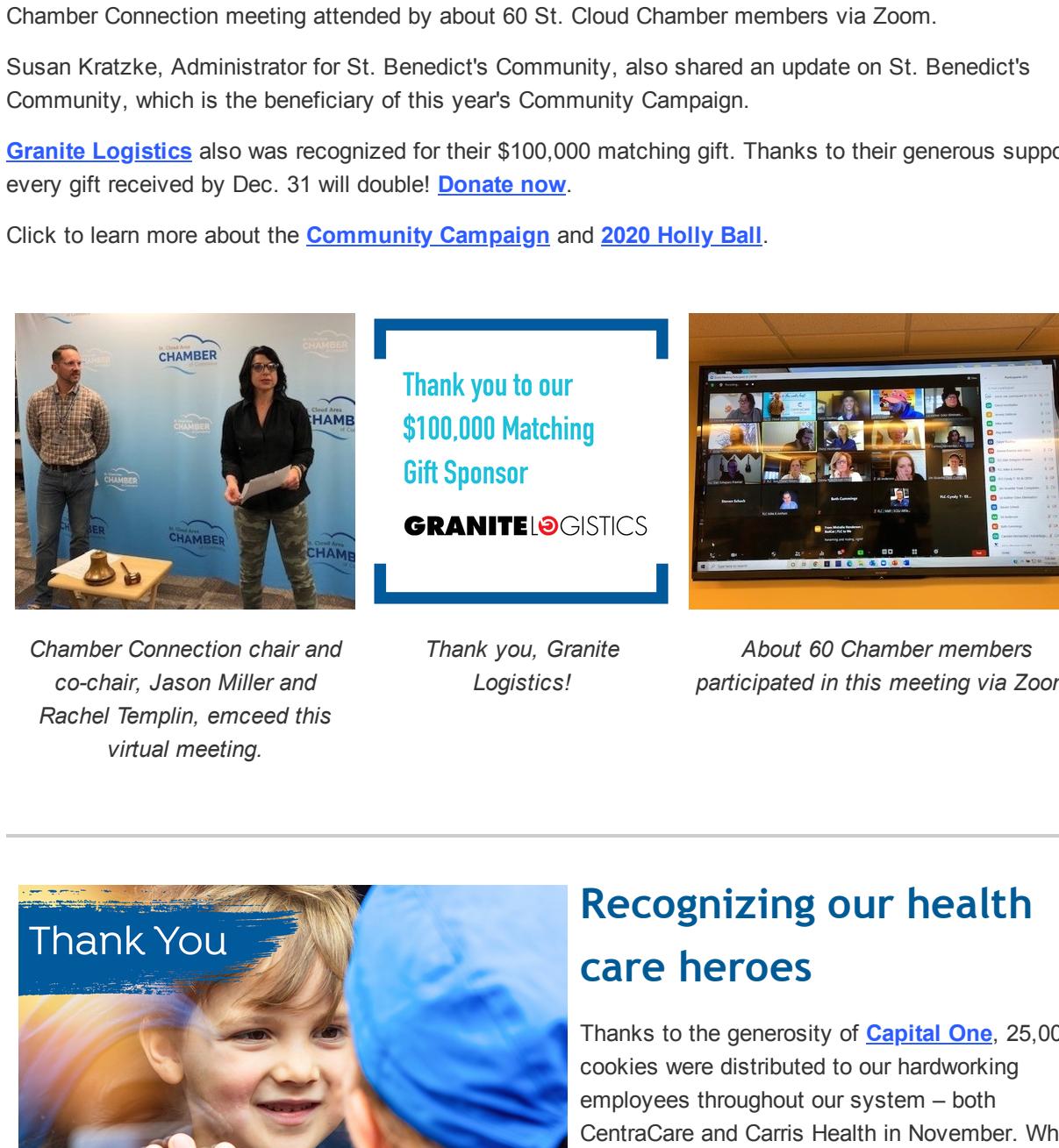
*Watch for a feature on Tim's gift in CentraCare's upcoming annual report.*



Tim Thueringer (left) is pictured with Brad Konkler, Vice President, Foundation, and Steve Sperl, Director of Outpatient Rehabilitation Services.



Tim with two members of his care team, Physical Therapist Holly Groesch (left) and Occupational Therapist April Doten, at the Rehab team meeting where he announced his gift.



### Register today for Holly Ball 2020: a virtual gala

We hope you enjoy this video preview which introduces you to some of the great entertainment you will experience Dec. 5 at our free, virtual Holly Ball 2020 "Hope & Healing Through Music".

[Register](#) now to receive a link to the event to enjoy from your home with your loved ones.

Be sure to check out the silent auction, which officially opens on Wednesday, Dec. 2, and closes at 9 p.m. Saturday, Dec. 5.

We welcome you and your family to order a Holly Ball-themed meal by Nov. 27 to enjoy in the comfort of your home during this virtual Holly Ball event.

Pre-event festivities kick off at 7 p.m., and the program begins at 7:30 p.m. with a concert to follow at 8 p.m. featuring local musicians [Michael Shynes](#), [David Gerald Sutton](#) and [Deuces Wild! Dueling Pianos](#).

Visit the [Holly Ball webpage](#) to learn about the enhancements you can enjoy, including apparel, Giftbombs, Holly Brew and more!

Holly Ball benefits [CentraCare Hospice](#) and [Coborn Cancer Center's](#) Greatest Needs Funds. This year, Holly Ball proudly adds a third beneficiary — the [Central Minnesota Child Advocacy Center](#), which cares for victims of child abuse.

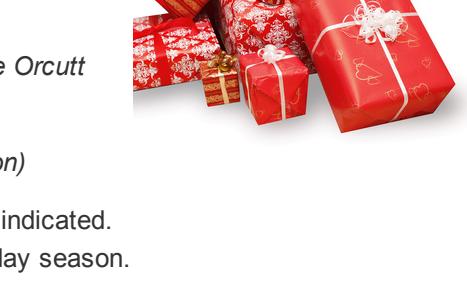
If you have questions, contact us at [foundation@centracare.com](mailto:foundation@centracare.com) or 320-240-2810.

### Couples' gift soothes infants

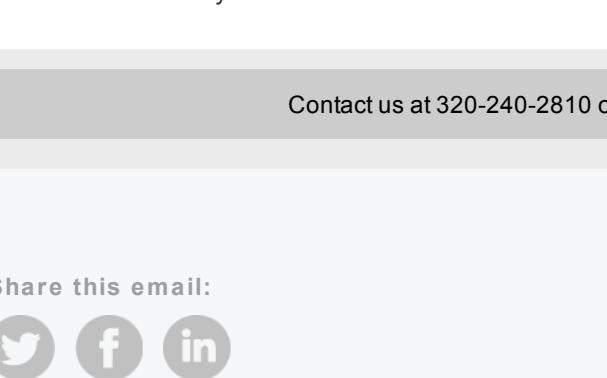
Thanks to the generous support of Kenny and Nicole Meyer through the Love to Henry Foundation, St. Cloud Hospital now has three SNOO Smart Sleepers. The SNOO is a responsive bassinet that mimics the rocking, white noise, and snug embrace of the womb to help soothe infants and improve their sleep quality and duration.

"Given that volunteers are not able to be in our NICU during these times coupled with COVID and practicing social distancing, the SNOOs are like an extra pair of hands to help our nurses and new moms. This allows babies to feel safe and sleep better as it soothes babies with a slight rocking motion and white noise rather than a human holding them. The SNOO has been shown to consistently add 1-2 hours/night to a baby's sleep, from birth to six months of age."

Visit their [Love to Henry Foundation](#) Facebook page to learn about the "why" behind this wonderful gift.



Nicole and Kenny Meyer with Dave Walz, Senior Director, Family Birthing, are shown with one of the bassinets they purchased.

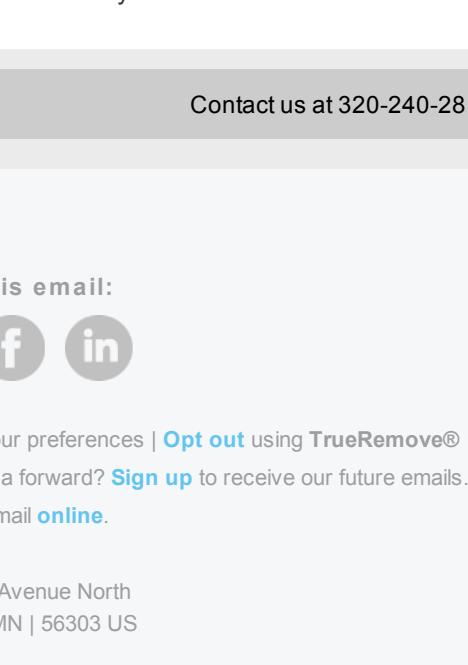


### Recognizing our health care heroes

Thanks to the generosity of [Capital One](#), 25,000 cookies were distributed to our hardworking employees throughout our system – both CentraCare and Carris Health in November. What a sweet reward for our health care heroes!

If you wish to send a message of gratitude for our health care heroes, click [here](#). We will be sure to share your appreciation with them.

Or until Dec. 31, you can order a [health care hero care package](#) to be distributed to one of our health care heroes working this holiday season. Part of the proceeds from these care packages will benefit our Holly Ball beneficiaries, too.



Craig Broman, MHA, FACHE

Joy Plamann, DNP, RN

### St. Cloud Hospital leadership changes

We extend our appreciation and best wishes to St. Cloud Hospital President Craig Broman who is retiring in February after serving 18 years in this role.

We also congratulate Joy Plamann, current Vice President of Acute Services, who will become the new president of St. Cloud Hospital. When Joy steps into her new role as the 16th chief administrator of St. Cloud Hospital, she will be the first nurse since 1948 and the first laywoman to serve in this role.

### It's the giving season!

If you who wish to make the season a little brighter for our youngest hospitalized patients and/or victims of child abuse, check out the wish lists that our staff has created on Amazon.com with fun gift ideas as well as other identified needs for the kids.

Here are the links with a COVID-friendly delivery option:

[Child Advocacy Center](#) (for direct delivery, choose "Cheyenne Orcutt Child Advocacy Center" option.)

[Children's Center](#) (for direct delivery, choose "Child Life" option)

Shop from home and have it shipped directly to the addresses indicated. Staff will share your generous gift with a child in need this holiday season.



Craig Broman, MHA, FACHE

Joy Plamann, DNP, RN

### Event for Survivors of Suicide Loss on Nov. 21

International Survivors of Suicide Loss Day brings those affected by suicide together for healing and support. Join other loss survivors for this Nov. 21 virtual Survivor's Day event.

This year, due to COVID-19, CentraCare has partnered with the Minnesota Chapter of the [American Foundation for Suicide Prevention](#) to hold a virtual Survivor's Day event. [Register now](#).

### Follow us on Facebook

CentraCare Foundation has so many stories to share, updates to give 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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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.



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