



NOVEMBER 2022



CentraCare Foundation hosts Chamber Connection

More than 100 St. Cloud Area Chamber members joined us on Friday, Nov. 4, for a lively Chamber Connection meeting hosted at our CentraCare South Point building. A few of the early morning Chamber guests are shown above.

In addition to the wonderful networking opportunities for members, **Brad Konkler**, Vice President, Foundation, shared information about our year-end Community Campaign and the \$100,000 matching gift from [Granite City Motor Car](#).

This year's campaign is raising funds for a new cardiac rehab teaching kitchen. **Hannah Warzecha**, dietitian with CentraCare Heart & Vascular Center, also shared how this new kitchen will make a difference for their patients and shared some heart-healthy eating tips and recipes.

Thank you to all who attended. [Learn more](#).



Join us for our gala in Willmar

We are looking forward to our Masquerade Gala at the Willmar Conference Center on Friday, Nov. 11.



Proceeds from the event will support the purchase of a new linear accelerator for the [Willmar Cancer Center](#). This state-of-the-art medical equipment offers external beam radiation and brings new advances in the fight against cancer for patients throughout our west-central and southwest Minnesota service area.

To learn more or to purchase event tickets, visit [Masquerade gala](#).



Holly Ball 2022 news

Volunteers Needed! Would you like to be part of this annual fundraising event? Volunteer duties could include building pieces, arranging centerpieces, setting up tables, and many other things. Meals and beverages will be provided during event set up on Dec. 1 and 2.

For more information or to sign up to

volunteer, [click here](#).

Tap Takeover at Pantown Brewing: CentraCare staff and volunteers will take over [Pantown Brewing](#) from 3-10 pm on Wednesday, Nov. 16, in support of Holly Ball 2022.

You can help support in two ways!

1. Join us on Nov. 16 when 25 percent of sales that night, future consumption tokens and all tips benefit Holly Ball.
2. Purchase Holly Brew Sugar Plum Sour between Nov. 16 and Dec. 31 and \$1 on pints, \$2 on crowlers or \$5 on growlers will benefit Holly Ball.

Tickets are still available for Holly Ball 2022 on Dec. 3 at River's Edge Convention Center! Our event mission continues to support the [CentraCare Hospice](#), [Coborn Cancer Center](#) and [Child Advocacy Center](#) Greatest Needs Funds.

To learn more or to purchase event tickets, visit [Holly Ball 2022](#).

CentraCare - Long Prairie recognizes 5th anniversary

[CentraCare - Long Prairie](#) opened its new facility on Oct. 14, 2017. Thank you to the generous support of more than 500 community members, local businesses, local civic organizations and many other donors who pledged over \$3.2 million to help make it a reality!

Watch this video to learn how the power of philanthropy can do great things!

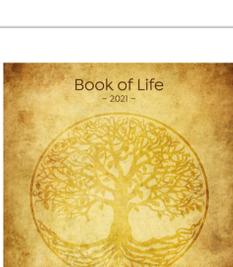


Bench provides rest and recognition

Thank you to **John and Helen Monson** of Long Prairie who recently donated this beautiful bench which was installed outside of Vitality Wellness in Long Prairie.

The bench provides a place for people to wait for family members or for their ride and gives recognition for their generous support of CentraCare Foundation.

John and Helen are pictured with Jose Alba, President, CentraCare - Long Prairie.



Book of Life embodies spirit of loved ones

There are some who bring a light so great to the world that even after they have gone, the light remains.

This quote has great meaning to many of us after losing a loved one. That is why [CentraCare Hospice](#) offers an opportunity to embody the spirit of your loved one by including their name in our Book of Life.

If you wish to add your loved one's name to our [Book of Life](#), you can email the name to Foundation@centracare.com by Nov. 21. We plan to have our 2022 Book of Life online in early December.

Or, please consider submitting your loved one's name along with a gift to benefit our Hospice Program. All gifts received will DOUBLE thanks to a \$100,000 matching gift from [Granite City Motor Car](#).

Thanks to the generous community support, our compassionate hospice team cared for more than 2,100 patients in their homes this past year. These professionals provide emotional, spiritual and physical support for terminally ill patients and their families.

Because many Hospice services are not covered by insurance, your gift will help to enhance the care provided to patients and give families hope for the future.

[Submit name & gift online](#)

"Tending" to increase suicide awareness

Scott and Reyna Roeder and friends recently hosted Tending for a Cause at Beaver Island Brewing to raise money and awareness for suicide prevention in memory of their son, Jackson. This event raised \$2,000 for the [Jackson Roeder Memorial Fund](#).

One example of how these fund dollars are used is the "bridge" mural they donated (shown below). This mural is painted on a wall in St. Cloud Hospital's Inpatient Mental Health Unit which supports adults and adolescent who are engaging a mental health crisis. The original mural was painted by their son Jackson and provides warmth and peace to those on the unit.

Gifts to the Jackson Roeder Memorial Fund also help to provide community trainings and educational materials.

Thank you, Scott and Reyna, for your continued efforts to raise awareness for suicide.



Thank you for your generous community support!

We are grateful for their giving spirit! Thank you to these students who have raised funds to benefit our patients. To learn more about how you can host an event to benefit our patients, [click here](#).



Thank you to the Apollo Volleyball team! They sold shirts and collected donations prior to their Oct. 14 home game -- raising \$1,000 to support the Coborn Cancer Center. What a great victory for our patients with cancer!



Kudos to the St. Cloud Cathedral High School football team. The team held a toy drive during their Tackle Cancer game in support of the Patrick R. McMullen Smile in My Heart Foundation and donated the toys to the St. Cloud Hospital Children's Center.

Celebrating Thanksgiving

For almost every family, Thanksgiving dinner is an annual tradition. Unfortunately, for many people, unhealthy eating and feeling bloated after Thanksgiving dinner also is an annual tradition.



Of course, portion control and eating only until you are full play a big part of eating healthy on Thanksgiving. You also can have a healthy holiday by selecting healthy recipes in advance.

[Click here](#) to learn more about things to be aware of when preparing your menu with the registered Thanksgiving foods and more recipe ideas that have been reviewed by one of CentraCare's traditional dietitians and aim to be part of a heart-healthy diet. We challenge you to find a new favorite recipe to share at holiday parties and meals at Christmas and New Year's, too.



How your gifts make a difference

Many of our programs and services have ongoing needs for items that are not covered by insurance, but are so important to the care provided to our patients.

Here are just a few examples of what your gifts may support:

- Programs and services provided by the Coborn Healing Center for cancer survivors
- Programs and services for Hospice patients and families
- Dignity Closet clothing for patients whose clothing may be damaged during their medical event or treatment
- Medication or transportation costs for patients with financial needs
- Lodging at Gorecki Guest House for family members whose loved one is hospitalized
- Art supplies for Clara's House patients

If you wish to support our patients and families with your gift, [click here](#).

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

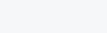
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