



SEPTEMBER 2022

## Shining a light on suicide

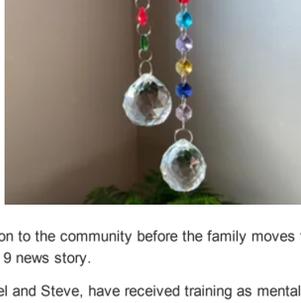
Isaiah Moorefield's light continues to shine thanks to the generosity and efforts of his family. Isaiah's family started making and selling suncatchers as a way to honor the memories of their son Isaiah who died by suicide on July 28, 2018.

In November 2020, the Moorefield family donated suncatchers for St. Cloud Hospital patients who were diagnosed with COVID. In July 2021, they returned with more to share with all inpatient oncology patients.

They recently donated 350 suncatchers to share with every patient in St. Cloud Hospital as a token of appreciation to the community before the family moves to North Carolina later this month. [Click here](#) to view the Fox 9 news story.

In addition to creating suncatchers, Isaiah's parents, Rachel and Steve, have received training as mental health advocates and plan to share the signs and symptoms of those in crisis so that no one else needs to experience the pain and loss they continue to feel.

September is Suicide Prevention Awareness month. For more information and mental health resources, [click here](#) and learn about other suicide awareness activities below.



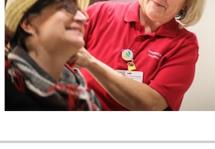
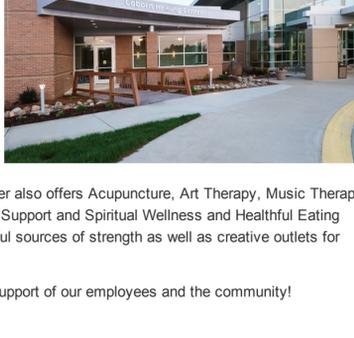
## The healing power of philanthropy

Thanks to the power of philanthropy, 137 patients benefited from our Enhancement Program at the Coborn Healing Center last year.

This 100% philanthropy-funded Center provides patients with a free wig-fitting and wig along with scarves and hats for them to wear during the summer months or when the weather is cooler.

In addition to the Enhancement Program, the Center also offers Acupuncture, Art Therapy, Music Therapy, Massage, Moving Meditation (Qigong), Emotional Support and Spiritual Wellness and Healthful Eating classes. These offerings are intended to be powerful sources of strength as well as creative outlets for patients.

This is all made possible thanks to the generous support of our employees and the community!



## Introducing our new board chair

We recognize and extend our gratitude to our new Foundation Board Chair, **Chad Roggeman**.

Chad has been a member of the Foundation Board of Directors since 2017. He serves on the Foundation's Charitable Planned Giving, Nominating and Executive Committees and will serve as board chair through June 2023. Chad is an Attorney with Rajkowski Hansmeier, Ltd.

We look forward to his leadership and experience over the next year.



## Hitting the gas on fundraising

After learning that some patients who travel a long way for cancer treatment could use gas cards, **Denaë Stuber** and **Terri Larison**, decided to reinstitute a fundraiser for their golf league after COVID caused a two-year hiatus in their previous fundraiser.

To accelerate the fundraising, Denaë bought a plastic gas can and cut a hole in the top. She then toted it around at the women's and men's golf leagues at Rich Spring to garner cash gifts or gas card donations from others. When the final count was done, their efforts along with the generosity of others brought in \$4,350 to purchase for gas cards for Coborn Cancer Center patients.

They also created inspirational notecards to distribute with the gas cards. Thank you for your amazing efforts to make a difference for our patients in need. Terri (left) and Denaë (right) presented the check to Alison Dahlin at the Coborn Cancer Center.



## Free Prostate Cancer screening

Did you know that 1 in 7 men will be diagnosed with prostate cancer in their lifetime?

CentraCare – Coborn Cancer Center, Urology Clinic and Laboratory Services are partnering to offer FREE prostate cancer screening from 4-6 p.m. Thursday, Sept. 29 at the Coborn Cancer Center.

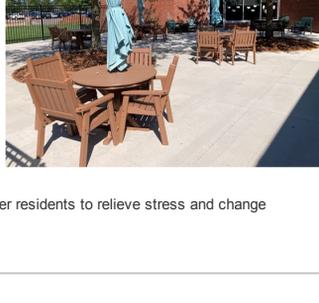
Men ages 45 to 70 with no history of prostate cancer are eligible to receive a FREE PSA test and exam. **Please be sure to pre-register and wear a mask.**

To schedule your free screening, call 320-229-5100.

## Courtyard remodel allows residents to enjoy outdoors

For Care Center residents, especially those in memory care, their surroundings are an important element for stimulating memories. Thanks to employee and community giving, Care Center residents in Melrose have a newly remodeled courtyard to enjoy.

Now, the residents can sit outdoors around new tables and chairs in a safe, shaded area while they reminisce with family, friends and staff. Experiencing the fresh air is a well-documented, positive way for our Care Center residents to relieve stress and change behaviors.



## Turning plastic bags into benches

Thank you to the **Albany Girl Scout Troops 248 and 251** for their bench donation.

The Scouts collected 500 pounds of plastic bags and then gave the plastic bags to NexTrex, a recycling company, who awarded them the bench for their efforts.

The Scouts then donated the bench to CentraCare – Albany Clinic.



*Pictured (left to right): CentraCare – Albany Clinic employees: Mandy Green, Lizzie Parker, Dorine Rausch, Dr. Nagel, Easton Popma, Ani Ellingson; Girl Scouts (left to right): Aubrey Gaebel, Bethany Larkey (front), and Amarissa Thompson.*

## Thank you to our generous community partners!

Thank you to these organizations and individuals who organized fundraising events or donated items to benefit our patients. We appreciate it greatly and so do our patients!



*Angushire Golf Club hosted its annual Golf for Charity event and donated \$2,669 to benefit patients at the Coborn Cancer Center!*



*The Sauk Centre Lions donated blankets for patients going through cancer treatment at CentraCare – Sauk Centre. Tara Hinnekamp, RN, accepted the blankets from Jacque Heinen, Sauk Centre Lions.*



*Lisa Anderson and Dylan Remsik hosted a golf tournament raising \$4,250 for cancer and PTSD awareness. Hallie Becker, Monticello Cancer Center, accepted the check. Lisa's husband, Mark, lost his battle to esophageal cancer in February 2021 and Dylan's father, John, died due to the lingering effects of PTSD.*



## Welcome to Jose Alba, President, CentraCare - Long Prairie

**Jose Alba** comes to CentraCare with more than eight years of leadership experience in health care. For the past five years, he held the position of Chief Ambulatory Officer at Astera Health (Tri-County Health) in Wadena, Minn. He also has held management roles with Sanford Health and Catholic Health Initiatives.

He received his Bachelor of Science in Health Services Administration from Minnesota State Moorhead and earned his healthcare MBA from the University of Mary, Bismarck, ND. He currently holds Fellow status through the American College of Healthcare Executives and serves on the boards for two local non-profits. Jose is working towards becoming a certified rural hospital CEO through the National Rural Health Association.

Jose and his family currently reside in Wadena and look forward to moving to the Long Prairie area. Originally from Staples-Motley, he considers central Minnesota home.

## Sauk Centre Care Center construction moves along

The photos below show some of the projects the construction crews have been working on recently.



## September is Suicide Prevention Awareness month

Suicidal thoughts can affect anyone regardless of their age, background, or gender. These thoughts may occur due to untreated mental health conditions or challenging circumstances.

Join CentraCare's Suicide Prevention Program Manager to learn more about S.A.V.E., a suicide prevention training that teaches people how to recognize the warnings signs of suicide, ask more questions, and connect someone at risk to care. Just like CPR taught community members to keep people alive until they could connect them with a healthcare professional, **S.A.V.E. suicide prevention training** does the same for those at risk of suicide.

There will be two virtual training options:  
Monday, September 29 from 12-1 p.m.  
Thursday, September 29 from 12-1 p.m.

Please register on the [EventBrite site](#).

CentraCare walk is sponsoring **Out of Darkness Walks** that support suicide loss survivors as they come together to walk in remembrance of their loved ones and to raise funds to support the American Foundation for Suicide Prevention. CentraCare partners with our state AFSP chapter on many local outreach events and for our International Survivors of Suicide Loss Day where we provide an opportunity for loss survivors to come together to find connection, understanding, and hope through their shared experiences. Consider participating in one of the walks and visit our CentraCare table for free suicide loss survivor resources.

Wilmar Out of Darkness Walk at Robbins Island at 11 a.m., Sept. 10  
St. Cloud Out of Darkness Walk at Lake George at 10 a.m., Oct. 2

For more information or to register, visit the [AFSP website](#).

Visit CentraCare's Suicide Prevention [webpage](#) for more resources.



*988 is the new national mental health and suicide crisis hotline. Call, text, or chat with Minnesota-based crisis hotline staff at any time by dialing 988.*



## Chalk it up and spread hope

CentraCare's Suicide Prevention program is a member of the local Central MN Suicide Prevention Coalition. As a way to raise awareness and decrease stigma around mental health and suicide, the coalition is focused on spreading HOPE by hosting a month-long virtual activity.

During the month of September, draw or write a message of hope, awareness, or promise on a sidewalk or driveway and then share your creation to the Central Minnesota Suicide Prevention Coalition [Facebook page](#).

## 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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