

spotlight | ON HEALTH+

A new year, a revived heart

By Rachel Holzknacht

CentraCare Health – Melrose hailed the New Year in a big way. Before the sun rose on Jan. 1, 2014, hospital staff snatched Grey Eagle native David Van Heel, 67, from the grips of prolonged cardiac arrest.

Baron Van Heel, 21, raced his dad to the hospital in Melrose citing chest pains. After an EKG indicated a heart attack, staff initiated STEMI-SC, CentraCare Heart & Vascular Center's rapid transfer program. One phone call to the STEMI-SC number triggers a step-by-step protocol that results in prompt transfer of heart attack victims to one of four cardiac catheterization laboratories at St. Cloud Hospital.

"They were calling the cath lab when suddenly Dad just fell over backward, and his face went white. And he ... well, he died then," Baron said. "I screamed for help, and the nurses came running in and started CPR immediately, put oxygen on him, used the defibrillator a few times, everything."

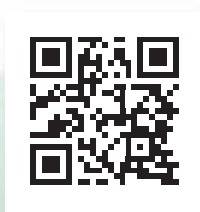
After 35 minutes of manual compressions, Certified Nurse Practitioner Sheila Wing approached Baron with a disconcerting prognosis. She said the chances of a comeback were slim, and even then, severe brain damage was nearly certain.



David (left) and Baron Van Heel are grateful for the life-saving care David received after suffering cardiac arrest on Jan. 1, 2014.

"I just told them to keep trying. If there's any chance at all, don't stop," Baron said. "I was not ready to be without a dad. I don't want to know what it's like without him anytime soon."

When the helicopter arrived, the medical team hooked David to the LUCAS™ 2 Chest Compression System, which pumps blood into the brain and heart more efficiently than manual compressions. After another 19 minutes of compressions, David's heart resumed the fight.



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What's inside?



Learn the secrets to a long life



Mother, son lose weight together



Traveling this winter?



A new year, a revived heart
(continued from cover)

Moments later, the Life Link helicopter was bound for St. Cloud Hospital. Upon arrival, a 100 percent artery blockage prompted Cardiologist Bernard Erickson, MD, to insert a single stent — not far from the two that were inserted 13 years prior. David is a four-time heart attack survivor.

David was moved to the Cardiac Care Unit where he was put into a medically induced coma to preserve brain function. Staff then administered therapeutic hypothermia, cooling David's body to 92.3 degrees for 24 hours and rewarming him over a 12-hour period.

Few patients make a complete recovery after more than 30 minutes of unconsciousness, but David's heart, brain and kidneys sustained no apparent damage — an exceptionally rare outcome.

Since its beginning in 2004, more than 3,000 patients from 25 hospitals within 100 miles of St. Cloud have benefited from STEMI-SC. The program's success rate for opening arteries exceeds 99 percent.

"The quicker we diagnose, stabilize, transport and open arteries, the more heart muscle and lives we can save," said Cardiologist Richard Aplin, MD, STEMI-SC medical director at the CentraCare Heart & Vascular Center. "I'm proud of the dedication shown by everyone involved. Staff devote their lives to this program, being on call 24 hours a day, every day, including weekends and holidays."

St. Cloud Hospital — in Top 50 for Cardiovascular Care

CentraCare Heart & Vascular Center at St. Cloud Hospital was named one of the nation's 50 Top Cardiovascular Hospitals® by Truven Health Analytics, a leading health care data company.

"Advanced technology, expert physicians and wonderfully compassionate staff drive our success," said Bob Johnson, former executive director of the CentraCare Heart & Vascular Center. "The glue that holds it all together is our corporate effort to keep trying to put patients first in all we do."

Award winners are categorized into peer groups. St. Cloud Hospital is categorized as a teaching hospital without a cardiovascular residency program.

The CentraCare Heart & Vascular Center at St. Cloud Hospital is a comprehensive heart center dedicated to the prevention, discovery and management of heart disease. It offers a full range of heart services and is one of the few sites in Minnesota with a heart research program.



Truven Health Analytics evaluated more than 1,000 U.S. hospitals and singled out 50 that achieved superior clinical

outcomes for cardiovascular health. Top 50 heart hospitals have significantly higher survival rates, lower costs, fewer complications and shorter hospital stays.

If all cardiovascular providers in the U.S. performed at the level of this year's winners:

- Nearly 9,500 additional lives and more than \$1 billion could be saved
- More than 3,000 additional bypass and angioplasty patients could be complication free



everybodydancenow
Heart-beating, feet-tapping, finger-snapping, song-singing,
fun-loving, laughter-filled day to kick up your health.

Kick up your heels for your health with this fun evening from 4:30-7 p.m. **Feb. 10** at River's Edge Convention Center, St. Cloud. Find your rhythm by learning new dance steps and taking advantage of our free wellness screenings. No preregistration required. Find details about Day of Dance at centracare.com or call 320-656-7021. Sponsored by St. Cloud Hospital Women & Children's Center and CentraCare Heart & Vascular Center.

Back on track

Diabetes patient takes control and creates a healthier lifestyle

By Kelsey Sauer

When Wayne Carson was diagnosed with Type 2 diabetes in 2011, he was very frustrated. The 61-year-old St. Cloud man didn't have the tools and knowledge to manage the disease.

But the CentraCare Diabetes Center armed Wayne with information about exercise, healthy foods and moderate portions.

Wayne has lost 87 pounds. "I started at 294 and am now down to 207 ... well maybe 208 today since yesterday was my birthday," he said with a laugh.

Staying on track requires dedication and willpower. Wayne has worked hard to choose whole grains, fruits and vegetables instead of mashed potatoes and macaroni. He prepares healthy recipes and works out five days a week.

"Once I hit 220 I thought I would call it a day, but now I'm feeling so

much healthier that I want to keep going. I don't have depression or anxiety any more. Now I feel good all the time. My goal is to someday make it down to 186."

Wayne is thankful for his lifestyle change and for the education and diabetes care he received from CentraCare Health. "I'm willing to do what it takes to be healthy," he said. "I have to do it. I know too many relatives and friends who have died because they didn't educate themselves or get help. I'm giving myself a chance and want to stick with it for the rest of my life because I want to live to an old age. My outlook on life is better.



Diabetes patient Wayne Carson discusses food options with Dietitian Beth Schiemann.

My interaction with people is better. Everything is just better."

"I would like to thank CentraCare Health for giving me a chance," Wayne said. "In order to learn and improve I needed to see it, hear it and respond to it. That's exactly what they offered me — visuals, one-on-one learning and practice."

CentraCare Diabetes Center

provides a full range of diabetes care for patients and families through education, health promotion and preventive services so they can maintain the best possible health and quality of life.

Through Diabetes Self Management Education programs, certified diabetes educators and registered dietitians work with patients and their providers to develop individualized treatment plans that best suit their patients' needs. Individualized plans allow patients to modify their lifestyle choices and control their diabetes, rather than having the disease control them.

In addition to providing care at the CentraCare Diabetes Center in St. Cloud, certified diabetes educators regularly travel to many CentraCare Health primary care clinics to provide patient education.

Blue Zones: Secrets of a Long Life

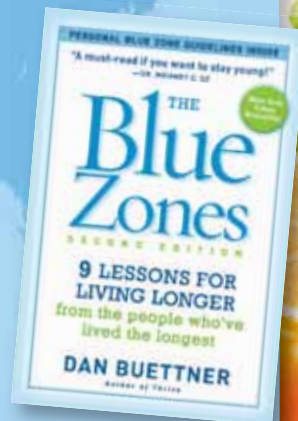
What's the secret to living a longer, healthier life? The Blue Zones team traveled around the world to find communities where people live to a record-setting age. They named these communities "Blue Zones."

Tony Buettner shares the nine diet and lifestyle habits these communities have in common from 6-7:30 p.m. **Feb. 5** at Joy Christian Center, 770 21st Ave. NE, St. Cloud. He debunks myths, while offering a science-backed blueprint that can help the average American live another 12 years with vim and vigor.

Purchase the \$5 tickets at:

- Gift Gallery – St. Cloud Hospital and CentraCare Health Plaza
- Byerly's, service counter, St. Cloud
- Coborn's and Cash Wise, service counters (St. Cloud, Sartell, Sauk Rapids and Waite Park)

For details, call **320-255-5642**. Tickets may be purchased at the door. Sponsored by the CentraCare Heart & Vascular Center.





Steve Deschene poses next to the motorcycle he received for his college graduation present (left). Steve and his wife, Priscilla, put on some miles during a motorcycle fundraiser (right).



Even distance motorcyclists need a home base

By Rachel Holzknacht

Where do you go when your outpatient treatment is six hours from home? Bismarck, N.D. resident Steve Deschene, 59, was confronted with this very question when painful cancer radiation side effects brought him to St. Cloud.

Though Steve loves long-distance riding, he wasn't about to make the daily trek on his Harley Davidson motorcycle. During his six weeks of outpatient treatment at CentraCare Wound Center, Steve found refuge at Gorecki Guest House across the street from St. Cloud Hospital.

"Without Gorecki Guest House, I'd likely have had to stay at a motel for 95 bucks a day and probably take out a loan on the house in the process," Steve said. "I was really surprised and thankful when I found that the Guest House was so reasonably priced and clean. I saved all kinds of money when I made my own meals in the kitchen, too."

Steve was diagnosed with mouth cancer in 2008, and radiation therapy provoked another problem: obstructed blood flow to the jaw, causing severe mouth pain. The Wound Center is one of three sites in the Midwest that offers the hyperbaric oxygen therapy Steve needed to relieve the severe and persistent pain.

The Wound Center's Denise Larson, DO, administered the treatments once daily on weekdays for 30 sessions over six weeks.

The therapy works to increase the body's natural wound-healing abilities by allowing patients to

breath pure oxygen in a clear, pressurized chamber.

Each day after treatment, Steve returned to the Guest House to prepare meals, watch the History Channel in the living room and enjoy phone calls from his wife. House guests cycled in and out, but Steve became fast friends with the regular staff.

"People stay at the Guest House for certain reasons, and they're usually really sad reasons. But the staff — Sally, Kate, Mary — they're all fantastic and so cheerful," Steve said. "They were

always ready to help me navigate around town, find a Walmart and whatnot. I told Kate I really like Chinese, and she pulled the China Star address up for me and told me to treat myself."

Steve's wife and first love, Priscilla, and his Harley — a close No. 2 — were waiting for him upon return. He just had to work in a few motorcycle rides before the frost to make up for lost time.

The **CentraCare Wound Center**, with sites in St. Cloud and Monticello, offers individually customized treatment plans to patients with chronic wounds and conditions such as pressure and diabetic ulcers, non-healing surgical wounds and minor burns. It also offers hyperbaric oxygen therapy to aggressively treat patients with these conditions.

Gorecki Guest House offers hospitality to patients like Steve and those visiting loved ones during uncertain times. Since opening in 2009, the Guest House has served more than 10,300 guests from 45 states and as far away as Canada, England, France, Kenya and Spain. In early 2015, the 12-room facility will begin construction to expand to 28 rooms to accommodate more guests in need.



Calvin Muntifering and his mom, Claudia, seen in May 2012 at Calvin's high school graduation (left) and again in September 2014 (right), supported each other through the Medical Weight Management Program and together have shed 263 pounds.



Losing weight is a family affair

By Kristen Buerman

If at first you don't succeed, try, try again. When it comes to shedding weight, the worn cliché still holds true.

St. Cloud resident Claudia Muntifering tried several weight loss programs, including Jenny Craig, Nutrisystem and Weight Watchers, before her primary care provider suggested gastric bypass surgery. Her health was deteriorating, yet the thought of surgery felt like a last-ditch effort to Claudia.

"Everything hurt — my back, my neck, and I was tired all the time," Claudia said. "I was pre-diabetic and did not want to cross that line."

After meeting with George Morris, MD, at CentraCare Bariatric Center, Claudia decided to try the Medical Weight Management Program instead of surgery.

"They look at obesity as a disease and not just a diet plan," Claudia said. "They don't just put a Band-Aid

on the issue, but change the way you think."

Claudia met with registered dietitians, nurse practitioners and exercise experts and attended nutrition classes along the way to make and maintain lifestyle changes.

"When they would show me the lab results and the progress I made, that was motivating," Claudia said. "Everyone was very supportive. I could call anytime for open and honest communication."

Claudia has lost 144 pounds since starting the program in September 2013. She believes the key to her success is the support she receives and the education on mindful eating.

Now, Claudia exercises more and participates in classes at the gym. "I feel like myself again. I healed from the inside out."

Inspiration close to home

After seeing Claudia's success with the program, her son Calvin decided to make the leap. "I was amazed by Mom's transformation," he said. "Seeing her persevere inspired me to do the same."

When Calvin moved away for college, his care team was just a phone call away. "Everyone on the team is genuinely interested in my success," he said.

After just five months, Calvin slimmed down from a **size 42** to a **size 34** waist, but the change is beyond physical.

"I am exercising again. I feel great!" Calvin discovered another perk when he and his friends went to Valleyfair this past summer. "I fit in all the rides, and that wasn't possible before."

Claudia and Calvin now are in the program's maintenance phase and are settling into their new lifestyle and habits. "I don't see it as an ending — I'm a changed person," Claudia added.



GAIN HEALTH!

Medical & Surgical Weight Management

CENTRACARE Bariatric Center



Leighton broadcasting

A Marketing Company

Many Leighton Broadcasting employees generously donate their time and resources to the CentraCare Health Foundation. Featured in the photo is Leighton's sales team.



Superhero Preston with his mom, Jackie St. Aubin, and dad, Glenn Holewa, proudly wears his Spiderman costume while displaying his raffle prize winnings.

Leighton Broadcasting *supports* community by investing in health care

When Al Leighton founded Leighton Broadcasting in 1963 with one AM station in Detroit Lakes, he understood the importance of community involvement. In 1975, Leighton began the first music-intensive radio station in St. Cloud and later expanded to Iowa, North Dakota and Texas. Now the company is led by Al's sons, Bob and Jeff, and daughter, Kathy Leighton-Carton.

"Everyone with Leighton Broadcasting — from our receptionist, award-winning creative director, entertaining on-air personalities, to our sales staff — is pleased in being part of a local, employee-owned company dedicated to getting results for your business," said John Sowada, Leighton Broadcasting president/general manager.

Leighton Broadcasting radio stations, KCLD, KZPK, KCML, KNSI, sponsor CentraCare Health Foundation events such as Holly Ball in support of cancer and hospice care and Spring Fling in support of St. Benedict's Senior Community. Cumulatively, Leighton has given more than \$250,000 to CentraCare Health Foundation. They also are active with fundraisers such as Surviving with Style and the Breast Cancer Firefighter Calendar, which benefit St. Cloud Hospital Breast Center.

"It's a natural part of our business and what we do," John said. "Al was all about service. We strive to follow in his footsteps. When you live and work in a community you have a responsibility to help it grow."

Leighton not only donates advertising expertise, they also support their staff's community involvement. For instance, Leighton Sales Representative Doris Westra has been an active member of the CentraCare Health Foundation Community Campaign Committee for two years. She also was instrumental in starting the Firefighter Calendar fundraiser.

"The Leighton family and Leighton Broadcasting show their commitment to our community by investing in health and health care through the Foundation," said Mark Larkin, CFRE, vice president of Philanthropy for CentraCare Health. "They are leaving a legacy of health improvement."

"The dedication of Coborn's support to cancer services in Central Minnesota is phenomenal."

- Mark Larkin, CFRE, CentraCare Health vice president of Philanthropy

Events raise more than \$390,000 for cancer

Coborn's, Inc. raised more than \$196,000 at its 13th annual Grocers on the Green golf tournament Sept. 8. The funds will support St. Cloud Hospital Pediatric Cancer Services at CentraCare Health Plaza, which allows Central Minnesota children and families to stay closer to home while receiving treatment. To date, the event has raised nearly \$1.8 million.

This year's Grocers on the Green spotlight child was Pediatric Cancer Services patient Preston Holewa, of Rice, Minn., featured because of his bravery during treatment.

This past fall, Coborn's and its vendors also raised about \$195,000, through the

annual Food for the Cure promotion, which supports the Coborn Cancer Center Greatest Needs Fund. The money raised

is used to provide events for couples and families with young children, counseling and classes for patients and their families, an endowment to fund registered nurse care coordinators and participation in more than 50 clinical research studies.





Kenneth D. Holmen, MD

New CEO's vision: *Improve health, health care*

He's a small-town Iowa kid, a husband, father and grandfather. He's a physician and an executive.

He's Kenneth D. Holmen, MD, the new president and chief executive officer for CentraCare Health. Dr. Holmen succeeds Terry Pladson, MD, who has retired.

"CentraCare has a rich legacy in your communities," Dr. Holmen said, adding, "we can help shape

the future for these communities to improve health and health care."

Dr. Holmen, who has moved to St. Cloud, was drawn to CentraCare because it is a strong health system with the potential to grow and change to meet area residents' needs. The team that selected him sought a visionary leader who understands primary and specialty care, small and large hospitals and the ever-changing health care industry.

Dr. Holmen earned his medical degree from the University of Minnesota, where he also completed a residency in anesthesiology. He has spent the past 10 years as vice president of Physician Strategies and Business Development for HealthPartners, headquartered in Bloomington, and as chief medical officer and vice president for Medical Affairs at Regions Hospital.



Twins fan Millie enjoyed her first tailgate party outside of Koronis Manor Care Center, Paynesville.

Making dreams a reality!

When we asked resident Millie about her dream, it did not take much thought. She's a Minnesota Twins baseball fan and she wanted to have a tailgate party (outside of Koronis Manor Care Center).

Millie was able to pick the menu, which included charcoal-grilled food and hazelnut ice cream. She was so excited to sit outside on a beautiful summer day with the game on in the background. She took it all in while fondly reminiscing about her past. Millie had never been to a tailgate party and was overwhelmed with gratitude and full of smiles! I think it is safe to say this is a day she will not forget.

– Shared by a Social Worker at CentraCare Health – Paynesville

Dreams can come true

Thanks to the generosity of CentraCare Health employees, more than \$6,000 was raised for the CentraCare Health – Paynesville

Koronis Manor Care Center's "Dream a Little Dream"



program, which gives residents the opportunity to do something special they always have dreamed of doing.

The money raised plays a critical role in counteracting apathy and boosting self-confidence, improving the residents' quality of life. Your gift can fulfill our residents' dreams and make them feel truly special by creating joyful memories that may not exist without your generosity and support.



Reverse shoulder replacement puts man back on the road

By Dawn Koeniguer

“On the road again, just can’t wait to get on the road again...” For Bob Larson of Isle, driving his Harley again was made possible after a reverse total shoulder replacement.

After more than a decade of shoulder pain, Bob decided he couldn’t wait any longer. “Overuse and over time, my shoulder just wore out. My rotator cuff was gone. They couldn’t repair it,” Bob said. “I couldn’t do anything without having pain.” In January 2014, 64-year-old Bob had a reverse shoulder replacement by Matthew Hwang, MD, St. Cloud Orthopedics, at St. Cloud Hospital Bone & Joint Center.

The reverse total shoulder replacement is unique as it alters the shoulder’s normal biomechanics, truly “reversing” the ball and socket when the prosthesis is placed.

Bob made a rapid recovery and in 12 weeks was ready to get back on his bike. Since the surgery, he has put 5,000 miles on his Harley Trike.

“I’m back to doing what I enjoy,” he said. “I can do things without pain — bow hunt, golf and ride motorcycle. I’d given them up a year before my surgery. I’m extremely happy with the results, so happy, I had the other shoulder done in December 2014.”

Bob is looking forward to a speedy recovery and getting back on the open road next summer.

Reverse total shoulder replacement, approved in the U.S. just 10 years ago, may be recommended if you have:

- A completely torn rotator cuff that cannot be repaired
- Arthritis which develops in a shoulder due to a longstanding rotator cuff tear (cuff tear arthropathy)
- A previous unsuccessful shoulder replacement
- Severe shoulder pain and difficulty lifting your arm away from your side or over your head
- Tried other treatments without relief such as rest, medications, cortisone injections and physical therapy

Reverse total shoulder replacement currently is offered in St. Cloud.

Basic joint replacements are offered at CentraCare hospitals in Monticello, Paynesville, Sauk Centre and St. Cloud.

After a quick recovery from a reverse shoulder replacement, Bob Larson had the other shoulder done and is planning a trip for next summer on his new Harley Trike.



Gluten-free alternatives are available for most commonly purchased food products, including bread, cereal and pasta.

Gluten-free — is it for you?

By Registered Dietitian Sue Dudding, St. Cloud Hospital

Who needs to follow a gluten-free diet? About one in 133 Americans has celiac disease requiring a strict gluten-free diet. The rate of celiac disease has quadrupled since the 1950s. The increased rate of diagnosis is most likely due to better testing and primary care providers’ increased awareness of the disease.

Many people follow a gluten-free diet for non-medical reasons after seeing public endorsements from celebrities using this diet for weight loss or overall improved health. There is no scientific evidence to show that this is true.

Only those with these conditions should follow a gluten-free diet after talking with their primary care provider:

- Diarrhea, fecal urgency, incontinence
- Excess gas formation or bloating
- Constipation
- Unexplained iron deficiency anemia
- Marked vitamin K deficiency
- Unexplained osteoporosis
- Unexplained weight loss (or failure to gain weight in children)

Celiac disease can be diagnosed with a simple blood test. An endoscopy with small intestinal biopsy is recommended for nearly all suspected cases.

Talk to your primary care provider if you suspect you might have celiac disease. Make sure you need to follow a gluten-free diet before you start making changes.



Sexuality plays important role in overall health

Sexual health is not a topic many people like to talk about, but sexuality counselor and educator Joni Steffens, RN, CNM, understands that sexual health is an important part of well-being.

While working as a certified nurse midwife from 1995-2005 at CentraCare Clinic, Joni developed a special interest in the impact of illness on sexuality. After receiving a post-master's certificate in Sexual Health from the University of Michigan,



**Joni Steffens,
RN, CNM**

Joni now works with individuals and couples to address the effect of chronic conditions on sexual health. She also counsels on common sexual concerns such as diminished desire, difficulties with orgasms, attaining and maintaining arousal, challenges with erections and ejaculation and sexual pain disorders.

Joni believes that safe, pleasurable, healthy sexuality is something that everyone — regardless of age, physical ability or health status — deserves. She helps people navigate the sexual challenges that keep them from experiencing the pleasure and intimate connections they desire. Education and talk therapy are key components of her care.

“Getting the conversation started and then listening are crucial in my role,” Joni said. “And, honoring the privacy of these conversations is something I do not take lightly.”

Conditions that can affect sexual health include:

cancer, vulvar disorders, heart disease, diabetes, depression, neurological disorders, physical disabilities, substance use, hormonal imbalances and mental health problems.

Joni works with her patients to create a personalized, flexible plan of care that supports their desires.

For more information or an appointment, call **320-654-3688**. The clinic is in the Women & Family Specialty Center, Suite 2375, at CentraCare Health Plaza, St. Cloud.



Crock Pot Corn Chili Soup

- 2 medium onions, diced (or 1 cup diced onions)
- 1 clove garlic, minced
- 1 bell pepper (red or green), diced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 2 cups corn (or 10-ounces of frozen corn)
- 2 cups chunky salsa (or 16 ounces bottled salsa)
- 2 (1-pound) cans black beans, with liquid
- 1 cup Monterey Jack cheese, reduced fat

Condiments: Salsa, fat-free sour cream, hot sauce, etc.

- ▶ Spray crock pot with non-stick spray.
- ▶ Put all ingredients except cheese and sour cream into the crock pot and heat on low for 4-6 hours.
- ▶ Before serving, top each bowl with 1/8 cup cheese and condiments as desired.

Yield: 6-8 servings



Nutrition Information Per Serving:

Calories	Fat	Sat. Fat	Trans Fat	Sodium	Carb.	Fiber	Protein
240	4 g.	2 g.	0 g.	400 mg.	34 g.	4 g.	5-7 g.

Lung Cancer Screening & Nodule Program

The Lung Cancer Screening Program offers low-dose computed tomography (CT) scans to detect lung cancer as early as possible in current or former smokers. Lung cancer screening can prolong life by detecting disease early, when it is potentially more treatable. The out-of-pocket cost for the CT scan is \$99.

To be a candidate for lung screening, an individual must:

- Be 55 to 74 years old.
- Be a smoker or a person who quit smoking less than 15 years ago.
- Have a smoking history of 30 pack-years. (One pack-year is equal to smoking 20 cigarettes, or one pack, every day for one year.)

If you do not meet all criteria, but believe you would benefit from screening due to exposure and/or family history, contact the Lung Cancer Screening & Nodule Program nurse for further evaluation.

The Lung Nodule Program is designed to evaluate individuals who have had lung nodules identified on a screening CT scan or on scans performed for other diagnostic reasons.

To learn whether you are an appropriate candidate, please contact the Lung Cancer Screening & Nodule Program nurse at **320-240-7867**.





calendar OF EVENTS

Outpatient Nicotine Dependence Program

This five-week outpatient nicotine dependence program is offered from 5:30-6:30 p.m. Thursdays starting **Jan. 22** at the CentraCare Heart & Vascular Center at St. Cloud Hospital. The program offers personalized treatment, a support group, medication therapy, relapse prevention and self-help plan. Register by Jan. 19. For details, call 320-251-2700, ext. 57448.

Heart Healthy Eating

Registered Dietitian Diane Giambruno, CentraCare Heart & Vascular Center, will give an update on guidelines suggested for heart healthy eating from 6-7:30 p.m. **Jan. 27** at Sauk Rapids-Rice Middle School, 901 First St. S., Sauk Rapids. For details or to register, call Sauk Rapids-Rice Community Education at 320-258-1577 or visit www.isd47.org/ce. Cost is \$18. Registration deadline is Jan. 21.

You Make Me Sick

Registered Dietitian Kristin Johnson will discuss symptoms, risk factors, diagnosis and treatment of food allergies from 6:30-8 p.m. **Jan. 29** in the Windfeldt Room, CentraCare Health Plaza, St. Cloud. Preregistration required at centracare.com. Free. For details, call 320-656-7021. Sponsored by St. Cloud Hospital Women & Children's Center.

Latino Health Fair

Visit health-related booths, receive blood pressure, glucose and hearing screenings and hear presentations related to employment, education and legal services from 2-4:30 p.m. **Feb. 1** at CentraCare Health – Melrose. Sponsored by St. Cloud State University, CentraCare Health, local churches, businesses and non-profit organizations with support from the Universidad de Concepcion, Chile. The event is free and includes daycare, interpreters and light refreshments. For more information, contact Elizabeth Valencia-Borgert at 320-308-0955.

It's All in Your Head

Think that persistent, throbbing ache is just in your head? Think again. Though everyone gets the occasional headache, about 30 million people suffer from migraines. Neurologist Shelly Larson-Peters, MD, CentraCare Clinic, will explain migraine causes, triggers and when to seek help to fight the pain from 6:30-8 p.m. **Feb. 12** in the Windfeldt Room, CentraCare Health Plaza, St. Cloud. Free. Preregistration required at centracare.com. Register early; seating is limited. For details, call 320-656-7021. Sponsored by St. Cloud Hospital Women & Children's Center and Stroke Center.

Weighty Issues: Safe, Sustainable Weight Loss Strategies

Registered Dietitian Diane Giambruno, CentraCare Heart & Vascular Center, will present healthy weight loss strategies to help you be successful from 6-7:30 p.m. **Feb. 24** at Sauk Rapids-Rice Middle School, 901 First St. S., Sauk Rapids. For details or to register, call Sauk Rapids-Rice Community Education at 320-258-1577 or visit www.isd47.org/ce. Cost is \$18. Registration deadline is Feb. 18.

St. Cloud Heart Walk

CentraCare Heart & Vascular Center is a proud sponsor of the American Heart Association's St. Cloud Heart Walk from 8-10 a.m. **Feb. 28**, Crossroads Center, St. Cloud. Join us in the fight against heart disease and stroke. Call 952-278-7911 or email Amy.Countryman@heart.org to join a walk team.

Free Drive-Thru Colon Cancer Screening

Detecting colon cancer early can lead to more effective treatment. If you have no other risk factors, you should begin screening for colorectal cancer soon after turning 50. During Colon Cancer Awareness Month (**March**), people who are age 50 or older can receive a free immunochemical fecal occult blood test (iFOBT) colon cancer screening kit from the drive-up

window at CentraCare Pharmacy at St. Cloud Hospital or from Coborn Cancer Center. Kits are limited. The iFOBT screening does not replace a colonoscopy, which is the best method to detect colorectal cancer. For details, call 320-229-5199, ext. 70857.

Who has made an impact on your life?

Has a woman made a positive impact on your life or the lives of others? Nominate her for a Spirit of Women Award on centracare.com. The awards celebrate women in our community who take action to make our community healthier, safer and a more inspirational place to live. Winners receive a \$1,000 award to further their commitment to their community. Deadline is **March 6**. For more information, call the CentraCare Health Foundation at 320-240-2810.

Sauk Centre Spring Fling

Spring Fling 2015, a benefit for the CentraCare Health – Sauk Centre Hospice program, is **April 10** at the American Legion in Sauk Centre. Event includes supper and silent and live auctions. Supper tickets will be available in February and at the door. For details, call Deb Johnson at 320-352-2221, ext. 21798 or email johnsonDe@centracare.com.

Knee pain slowing you down?

Learn knee pain causes, prevention and treatment using the latest technology from 6-8 p.m. **April 28** at the Paramount Theatre, St. Cloud. Surgeons and staff from St. Cloud Orthopedics and patients who have benefited from treatment will speak from 6-7:30 p.m. A Q&A session and viewing of a live surgery will follow on the Paramount's big screen, narrated by Joseph Nessler, MD. Visit with staff at informational booths from 5:30-8:30 p.m. in the lobby. To reserve your free ticket, call 320-259-5463 or reserve online at paramountarts.org. Sponsored by St. Cloud Hospital Bone & Joint Center and St. Cloud Orthopedics.



Chateau Waters, envisioning a new way to live!

By Jennifer Vogel

The future of senior living has been reimagined. A resort style, hospitality-focused senior living development broke ground Oct. 27 in Sartell. The new development, named Chateau Waters, is designed to empower individuals to maintain the independence they have come to enjoy. Chateau Waters will feature programs and amenities that not only complement an active lifestyle, but enhance it.

The facility will include an expansive spa and wellness center that will boast the latest in health, relaxation, beauty and fitness. Indoor and outdoor spaces are designed to engage and entertain tenants in their favorite hobbies such as gardening, golfing or socializing with friends and families.



Robin Theis

“Our vision for Chateau Waters was to create a remarkable place for seniors,” stated Robin Theis, administrator, housing and community services at St. Benedict’s Senior Community. “St. Benedict’s has been providing quality, innovation and exceptional service for years and it is our mission to continue to reinvent ourselves and provide new options. I couldn’t be more pleased to say that this unique project demonstrates that commitment.”

If a tenant prefers to spend the day in the comfort of home, all apartments



Representatives from St. Benedict’s Senior Community and CentraCare Health along with honored guests came together at an Oct. 27 groundbreaking event to celebrate the new project.

will feature balconies, fireplaces and natural lighting and accents like stone, glass and wood — all designed to create a high-quality living experience. Other in-home conveniences include full kitchens, ample storage, washers, dryers and more.

Chateau Waters will have a variety of other amenities including:

- Concierge services
- Restaurant
- Stargazing area
- Fire pits
- Grilling areas
- Theatre
- Art studio
- Chapel
- Bistro
- Media center
- Gift shop
- Exercise and yoga classes
- Walking paths

Chateau Waters will have 72 one- and two-bedroom exquisitely designed apartment homes available for rent in addition to 24 short-stay rehab suites. The community also will offer home care services as needed.

Chateau Waters will begin construction this spring. An anticipated

completion and grand opening is scheduled for summer 2016.

For more information on Chateau Waters, call **320-654-2352**.

Chateau WATERS



spotlight ON HEALTH+

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Women's Health  101

Positive changes for a better **YOU.**

CentraCare Health's 14th annual **Women's Health 101** is from 8 a.m. to 2:30 p.m. **March 14** at CentraCare Health Plaza, St. Cloud. The event is free, but a \$10 donation is encouraged for the

women's health education fund.

Visit booths, receive free screenings and enjoy health-related presentations. Participants can come and go as they please. Breakfast/lunch is available for purchase. Preregistration is encouraged at centracare.com. For more information, call **320-229-4980**.

Thank you to our generous sponsors, Times Media, Spirit 92.9 and the St. Cloud Hospital Volunteer Auxiliary.



Free bag for all attendees



Are you traveling this winter?

Even hardy Minnesotans love a winter escape to warmer climates. However, if you've ever left children or elderly loved ones behind, you've probably felt a nagging, "What if?" You may have had worries about your own well-being while traveling.

Here are a few tips to help you rest your mind and enjoy your vacation:

- Leave detailed instructions with caregivers. Specify health history, allergies, current medications and contact information for primary care providers.
- Leave your itinerary and contact information with responsible adults.
- Be assured that if your loved one requires hospitalization, he or she will be in good hands.

What to pack in your travel health kit:

- Prescription medications and your health insurance card in your carry-on bag
- Over-the-counter medicines to treat diarrhea and other stomach upsets, motion sickness, sinus congestion, pain, fever, cough
- Supplies to prevent illness or injury (insect repellent, sunscreen, antibacterial hand wipes or alcohol-based hand sanitizer, eye drops)
- Basic first aid supplies (bandages, antiseptic, tweezers, aloe gel, digital thermometer)

For more information, visit <http://www.centracare.com/services/travel-medicine/>.

