

# spotlight | ON HEALTH+

## Inspired by the heart

By Ann Weismann

Don Stone, 65, faced a decision. Did he want to live or die?

End-stage heart failure ravaged his body, ballooning his weight and hindering breathing so a walk down the stairs to the laundry became difficult. Traditionally those in his situation had two options: hospice or heart transplant.

His cardiologist, Jamie Pelzel, MD, CentraCare Heart & Vascular Center, offered an alternative. When a heart is unable to pump enough blood on its own, a left ventricular assist device (LVAD), also known as a mechanical heart pump, can pump the blood from the heart to the rest of the body. An LVAD can prolong life, in some instances for more than 10 years, when transplant isn't an immediate option.

In the end, Don's choice was easy. "My inspiration to live was my beautiful granddaughter, 4-year-old Cheyenna," Don said. "She needed me. I needed her. I just love that little girl so much."

Don went on to become St. Cloud Hospital's first LVAD patient on Dec. 2, 2015. His cardiothoracic surgeon, Daren Danielson, MD, has performed more than 50 LVAD cases throughout his career. St. Cloud Hospital now is among an elite group, being one of only about 50 programs of its type in the United States to actively perform LVAD surgery, with certification from



Don Stone's inspiration to live was his granddaughter, Cheyenna.

The Joint Commission, an accrediting body that sets safety and care standards for hospitals.

"Don is exactly the type of patient we want to help in St. Cloud," Dr. Danielson said. "He couldn't wait around for a heart transplant, and he wanted to receive all of his advanced heart failure therapy near home. Don has been a model patient, and our team is proud of the opportunity to care for him."

Discharged within 13 days, Don called Dr. Danielson "fantastic" and appreciated his straight-forward approach. Don also credits Gladys, his significant other, with his recovery, noting she helped him every step of the way.

Today Don enjoys walking to the park with Cheyenna and teaching her about their Anishinabe heritage. Recently, as Cheyenna proudly counted "andek" (crows), Don savored the moment, feeling thankful for another

chance to witness his granddaughter growing up a little more each day.

**For details about heart failure services, call 320-656-7020.** Search "Don Stone" on [centracare.com](http://centracare.com) to see a video of Don's story.

### What's inside?



**Learn to handle the ups and downs of life**



**Join us at our health event Oct. 19**



**Just drive!**

**CENTRACARE Health**

# Events break down barriers, build community

By Peg Churchwell

When people come together over a meal, differences diminish and commonalities emerge. CentraCare Health – Long Prairie is learning the value of intentional social interaction (ISI) under the leadership of Marnita Schroedl, community builder and creator of Marnita's Table.

CentraCare's work with Marnita's Table is a year-long project funded through a diversity grant from the CentraCare Health Foundation. This is an opportunity for CentraCare Health – Long Prairie to learn more about the different cultures in the community and to build relationships.

Rocío Fernández Lugo, the Hispanic liaison/family worker at Long Prairie-Grey Eagle Elementary School,

attended the first ISI event last fall, which showcased mock-ups of the new medical campus patient and treatment rooms. Rocío felt welcomed and a part of the community like never before. "It was an experience that made everyone equally valuable," Rocío said.

The second ISI, a career fair in April, was a partnership with the Long Prairie-Grey Eagle Secondary School and the Long Prairie Area Chamber of Commerce. The evening brought together the business community to help students find their career passions and connect them with opportunities.



Dawn Graves, LPN, shares career information and fun with students.



The most recent ISI, Dialogo Entre Mujeres (Conversation Among Women), was an evening for women to talk about family, health and what they desire from their health care providers.

Planning is underway for an event that will bring the community together again, but not for the last time. CentraCare Health – Long Prairie has learned that ISI is not only an important tool in its work to improve community health, but it provides a sense of being one community.

## LIVING BIG *to offset Parkinson's disease symptoms*

By Peg Churchwell

Steve Skillings likes to spend time outside taking care of his three dogs. He also enjoys his daily trip to the mailbox. These are not easy tasks for someone with Parkinson's disease. The 50 yards to the mailbox is exhausting, but Steve feels it helps him keep going. He attributes his mobility and level of confidence to the LSVT BIG® (Lee Silverman Voice Training) program he completed earlier this year at CentraCare Health – Long Prairie.

LSVT BIG® and LSVT LOUD® therapy

help the body create a new normal by exaggerating simple movements and voice. "This is a highly successful therapy for patients with Parkinson's, Parkinsonism or poor balance," said Casey Berg, an LSVT BIG® certified physical therapist who worked with Steve.

Steve, now 63, was diagnosed with Parkinson's 10 years ago. A few years later, he tried the intensive treatment and had good outcomes. Over the years, however, he lost some of that

mobility and function. Last spring, he went to CentraCare Health – Long Prairie for a "tune-up." The LSVT BIG® therapy is an intensive four-day-a-week, four-week program. The goal was to work on functional activities that caused Steve difficulties at home. Steve also had homework to do, such as turning or carrying an object while walking big and buttoning his shirt with a specific technique. He knows if he doesn't keep up on the homework, he loses ground. After the tune-up sessions with Casey, Steve found it easier to get around the house and has reduced stiffness and back pain.

Steve says that the homework is hard, but he needs to keep at it to stay mobile and care for his dogs.

**LSVT BIG® and LSVT LOUD® therapy are offered in St. Cloud (320-229-4922) and in Long Prairie (320-732-2131).**



Casey Berg, PT, DPT, demonstrates walking big as part of the LSVT BIG® therapy.

# CentraCare Health *is growing to meet the needs of Central Minnesota* *with the addition of these primary care providers*



**Michael Beste, MD**  
*Family Medicine*  
CentraCare Health –  
Melrose  
320-256-4228



**Diane Larson,**  
**APRN, CNM, CNP**  
*Certified Nurse Midwife*  
Stellis Health –  
Monticello Clinic  
763-295-2921



**Vivian Rider, MD**  
*Pediatrician*  
Stellis Health –  
Monticello Clinic  
763-295-2921



**Teresa Devine, MD**  
*Family Medicine*  
Stellis Health –  
Monticello Clinic  
763-295-2921



**Sandra Lauer, CNP**  
*Family Medicine*  
CentraCare Health –  
Melrose  
320-256-4228



**Katrina Wherry, MD**  
*Family Medicine*  
CentraCare Clinic –  
St. Joseph  
320-363-7765



**Nancy Drange,**  
**APRN, GNP**  
*Geriatric Medicine*  
CentraCare Health –  
Paynesville  
*Paynesville Clinic*  
*and Long-term care*  
320-243-3767



**Yun Chau Lee, MD**  
*Family Medicine*  
CentraCare Health –  
Long Prairie  
320-732-2131



**Sean Wherry, MD**  
*Family Medicine*  
CentraCare Clinic –  
St. Joseph  
320-363-7765



**Harrison Hanson, MD**  
*Family Medicine*  
CentraCare Clinic –  
Long Prairie  
320-732-2131



**Wendy Miller, APRN, CNP**  
*Family Medicine*  
CentraCare Health –  
Paynesville  
*Paynesville Clinic*  
320-243-3767



**Gina Wippler, PA-C**  
*Family Medicine*  
CentraCare Clinic –  
Northway Family Medicine  
320-251-1775



**Sarah Kemp, CNP**  
*Family Medicine*  
CentraCare Health –  
Paynesville  
*Cold Spring Clinic*  
320-685-7787



**Leann Pogatchnik, PA-C**  
*Family Medicine*  
CentraCare Health –  
Melrose  
320-256-4228



**Nicole Zenk, APRN, CNP**  
*Family Medicine*  
CentraCare Clinic –  
Midtown  
320-257-4222

For more information on all CentraCare providers, visit [centracare.com](http://centracare.com).

## Why call when you can schedule online?

Patients now can schedule their own appointments — through MyChart — with the providers who practice in our OB/GYN and Pediatrics departments at CentraCare Health Plaza and in Internal Medicine at the Plaza and CentraCare Clinic – River Campus.

If you have not yet established a MyChart account, ask for details during your next clinic visit or log on to [mychart.centracare.com](http://mychart.centracare.com) to sign up.



# Improve your resiliency

By Diane Reller, MS, LMFT, LADC  
Staff Psychotherapist, Recovery Plus

**Do you know someone who always points out the positives — no matter how horrible the situation is?**



Diane Reller,  
MS, LMFT, LADC

Some people are knocked down by life and come back stronger than ever — that's resilience. Psychologists recognize that resilient people have positive attitudes, optimism, the ability to regulate emotions

and can see failure as a form of helpful feedback. You don't have to be born with these traits. They can be learned and developed.

Being resilient does not mean that you don't experience difficulty or distress. Rather than letting failure overcome you and drain your resolve, you find a way to bounce back.

**Getting help when you need it is crucial. Besides your personal support network, you can try:**

- Self-help books
- Online resources
- Support groups
- A licensed mental health professional

**How do you handle the ups and downs of life? To improve your resiliency:**

- **Find a purpose.** Try to think of the "lesson within" — how can an adverse event bring meaning to your life?
- **Make connections.** Supportive relationships with close family members and friends are important.

Ask for help when you need it. On the flip side, assisting others in their time of need will make you feel good.

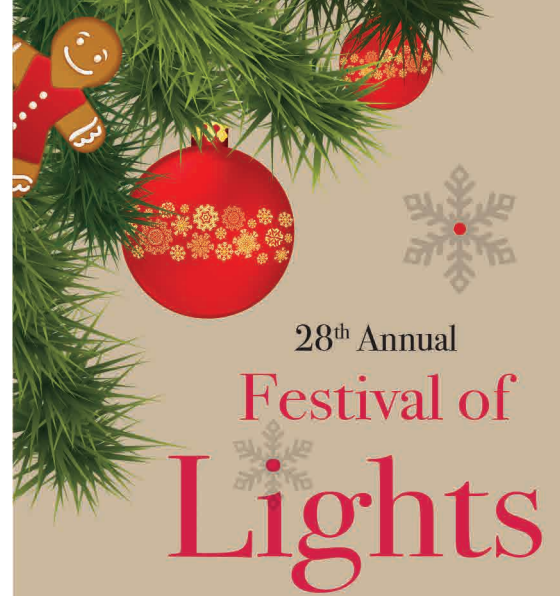
- **Keep it in perspective.** Highly stressful events happen, but you can change how you respond. Try looking beyond the present to how future circumstances may be a little better, and try to stay flexible in your approach.
- **Accept change.** Don't dwell on circumstances that are beyond your control.
- **Develop realistic goals.** Take action toward your goal every day — even if it is just one little thing. Keep moving forward rather than just

wishing the problems would go away.

- **Be nice to yourself.** Nurture a positive view of yourself and your abilities.
- **Stay hopeful.** Be optimistic

that good things will happen in your life. Try visualizing what you want instead of worrying about what you fear.

- **Pamper yourself.** Take care of your physical self: eat right, exercise and get plenty of sleep. Find ways to relax and relieve stress. Do something nice for yourself every day.



## 28<sup>th</sup> Annual Festival of Lights

**Join us for the traditional holiday lighting of St. Cloud Hospital and enjoy:**

- Holiday carols by Tech High School Choir
- Cookies & cocoa
- Horse-drawn trolley rides
- Reindeer
- Santa and Mrs. Claus
- Living Nativity presented by Messiah Lutheran Church of Sartell
- Gorecki Guest House lighting thanks to Emerald Companies Inc.

**Thursday, Dec. 1  
6-8 p.m.  
lighting at 7 p.m.**

**In front of St. Cloud Hospital  
1406 Sixth Ave. N.**

**Stop by St. Cloud Hospital's  
Gift Gallery for its holiday sale.**

*Bring a non-perishable item for the food shelf.*

**CENTRACARE  
St. Cloud Hospital**

**CENTRACARE Health**

# OUR BEST FOR YOU

2016 REPORT TO COMMUNITY

## PLEASE ENJOY OUR 2016 REPORT TO THE COMMUNITY

We care deeply about the health and well-being of people in the communities we serve. That's why we've prepared an online report that features the many ways we partner with our communities to ensure that they are healthy and vibrant.

- Watch videos of patient stories
- Learn about community health partnerships
- Read messages from CentraCare Health leaders
- Understand how CentraCare supports our communities

**VIEW THE SITE NOW AT [CENTRACARE.COM/2016](http://CENTRACARE.COM/2016)**



# Continue recovering close to home

By Kelly Hussman

During his stay, Norb loved to have conversations with nurse Mary Rasmussen, RN, BSN, and other staff.

For a hard-working farmer like Norb Odegard, taking a break doesn't come naturally. Even after numerous surgeries, hospitalizations and radiation treatments, the 74-year-old Sauk Centre man always went back to work right away — until his most recent surgery.

During a yearly check-up, Norb learned that he needed a heart valve replacement. He didn't want to travel to the Twin Cities for care, so he was glad to hear that Cardiologist Tim Schuchard, MD, from the CentraCare Heart & Vascular Center in St. Cloud, sees patients in Alexandria each week. Norb scheduled an appointment immediately.

Dr. Schuchard examined Norb and found that his valve, which is supposed to be the size of a quarter, was down to the size of a ballpoint pen. He recommended surgery, to which Norb responded, "Can we wait until the crops are in?"

In November 2015, Dr. Schuchard's colleague, Cardiovascular Surgeon John Teskey, MD, performed Norb's surgery at St. Cloud Hospital. Norb was discharged after five days; however, he was not ready to go home quite yet. He was advised to receive transitional care at CentraCare Health – Sauk Centre.

"I didn't want to go to a nursing home to recover, and I knew I would get the care I needed in Sauk Centre," Norb said.

Norb cannot say enough about his great experience with transitional care. "I've had many hospitalizations throughout my life, but my stay in Sauk Centre was the best. The nurses were so nice and friendly, and they took such good care of me."

The nursing staff gave Norb the attention he needed to recover. "They saw to it that I was walking around right after my surgery, and they routinely checked my blood pressure," he said. He added that having his family close by and seeing them every day helped with his recovery.

After six days, Norb was ready to get back to work on the farm. He was happy that he chose to take time to recover and even decided to continue participating in cardiac rehab sessions at the hospital since he enjoyed them so much.



## Transitional care at CentraCare Health

Transitional care is for patients who are well enough to leave a traditional hospital setting but still have nursing, therapy or respiratory needs that may not be met in their homes or skilled nursing facilities.

Hospital-based transitional care programs offer a number of important advantages such as:

- An excellent nurse-to-patient ratio
- A strong team culture
- The ability to address sudden changes in condition with physicians, radiology and laboratory staff
- A patient-centered approach that includes bedside rounds with the care team on a regular schedule

### Transitional care locations

CentraCare Health Transitional Care is provided within CentraCare Health hospital settings in the following communities:

- Long Prairie, [320-732-7245](tel:320-732-7245)
- Melrose, [320-256-1766](tel:320-256-1766)
- Monticello, [763-271-2246](tel:763-271-2246)
- Paynesville, [320-243-7705](tel:320-243-7705)
- Sauk Centre, [320-351-1761](tel:320-351-1761)

CentraCare also offers transitional care at St. Benedict's Senior Community's private, amenity-rich Therapy Suites in Sartell ([320-534-3000](tel:320-534-3000)), and Short Stay Care in the Gorecki Care Center on St. Benedict's campus in southeast St. Cloud ([320-654-2355](tel:320-654-2355)).

## Nationally recognized orthopedic care



St. Cloud Hospital was ranked 32<sup>nd</sup> in the nation for orthopedics by *U.S. News & World Report* in its "Best Hospitals" edition. In all, just 154 hospitals — less than 3 percent of those in the nation — earned a national ranking in at least one specialty. The rankings are based on patient safety, advanced technology and other measures. The St. Cloud Hospital Bone & Joint Center is proud to provide Central Minnesota with comprehensive, high-quality orthopedic care.

Kim Puzach, cancer survivor,  
and Rebecca Lueck, daughter

# Our healing journey

By Rebecca Lueck

My mom and I have a special kind of relationship, one that is more than just a mother and daughter relationship — she is my best friend.

I will never forget the day that she told me she had cancer. I probably didn't react like most would when they hear these words. My instincts immediately told me to be strong and hold back the tears. I think a lot of what I was experiencing was the fright of what my mom was about to go through. All my life my mom has been there for me — now it was my turn to be there for her and help her get through this. I immediately knew that I wanted to be actively involved in her treatment and cancer journey.

Our family made the decision to have treatment at Coborn Cancer Center, not a hard decision to make because both my mom and I work for

CentraCare Health. Although neither one of us work in patient care, we see the patient- and family-centered care that is delivered daily to patients.

It was now our turn to experience first-hand the exceptional care delivered by Dr. Dahlia Elkadi, her nurse, Tiffany, and those on the care team.

I remember Dr. Elkadi and her nurse coming into the room at each of my mom's visits with a warm smile, gentle touch, and at times, a hug, when most needed. The staff in oncology, chemotherapy and infusion are compassionate and kind-hearted — they truly have a special gift when delivering care to patients.

I saw that my mom was in good hands throughout her treatment and appreciate all the support that the Cancer Center provides, including the unique Survivorship Program offered to cancer patients and their caregivers. My mom was able to get fitted for a wig at no charge when she started losing her hair from chemotherapy and find special hats and scarves to make her feel beautiful (even though she was so beautiful bald). She also utilized the Look Good, Feel Better service, support group options and educational and other therapeutic resources to help us cope.

Now that my mom is finished with active treatment, our healing journey continues. I can't thank our family, friends, co-workers, Coborn Cancer Center and care team enough. Our family will forever be grateful for you taking outstanding care of my mom. We are so thrilled to hear that Coborn Cancer Center will be expanding its Survivorship Program to provide cancer patients, survivors and caregivers an additional space to enhance the resources already provided to those who are dealing with a cancer diagnosis.



# Holly Ball

presents



The Nutcracker  
"A Timeless Affair"

December 3, 2016

River's Edge Convention Center  
6 p.m. - 12:30 a.m.

Holly Ball is a gala event to raise money for CentraCare Health Hospice and Coborn Cancer Center Greatest Needs Funds.

Enjoy grand hors d'oeuvres and desserts, a silent auction and entertainment by Boogie Wonderland and NEW Celebrity Video DJ "Rage" from Orlando, FL, and special guest appearances.

All Holly Ball tickets must be purchased online at:  
[centracare.com/foundation/events/holly-ball](http://centracare.com/foundation/events/holly-ball)



Like St. Cloud Holly Ball on Facebook

CENTRACARE Health Foundation

# Join CentraCare Health Foundation in building a new dimension of cancer care

*More than 7,000 cancer survivors will benefit from new survivorship center*

A Cancer Survivorship Center will provide all of the resources patients and their families need as they move from treatment back to work and home. It also will serve as the connection place for survivorship services that truly enhance patients' lives throughout their cancer journey.

CentraCare remains dedicated to providing leading-edge quality care in Central Minnesota. To make the Survivorship Center a reality, \$3.2 million in funding is needed to build this space dedicated to our cancer survivorship initiatives and to provide funding for patients when cancer services are not covered by insurance.

**We need your help.** Community gifts allow CentraCare to continue to be a leader in the delivery of care, while improving the patient experience. *Every gift — of every size — makes a difference.*



A special thank you to Marco for their generosity and support to improve health care.

**Your donation will double!**  
Marco generously will match donations up to \$100,000 received by Dec. 31, 2016.



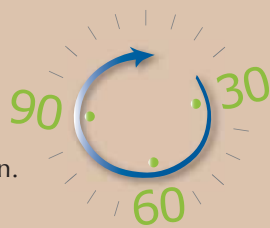
Jeff Gau, CEO, Marco

"Please join Marco in supporting CentraCare Health Foundation's Community Campaign this year!" - Jeff Gau, CEO, Marco

For questions regarding your gift or the match, please contact the CentraCare Health Foundation at **320-240-2810** or visit [centracare.com](http://centracare.com).

## Employee generosity impacts Cancer Survivorship Center

CentraCare Health employees contributed \$400,000 toward the Cancer Survivorship Center through the 2016 Employee Campaign. More than 2,200 employees participated in the campaign, raising more than \$822,000 for an array of projects.



CentraCare Employees Give

**CANCER SURVIVORSHIP CENTER** — As our patients move through their cancer journey, transitioning from treatment back to work and home, a new dimension of care is needed.



# CentraCare prepares for flu season

By Todd Lemke, PharmD, CDE  
CentraCare Health – Paynesville  
Global Immunizations  
Hospital Work Group Lead



Todd Lemke,  
PharmD, CDE

Influenza, commonly known as the flu, is a virus that spreads by droplets when people with the flu cough, sneeze or talk. If these droplets land in your mouth, or you touch a contaminated surface and then touch your eyes, nose or mouth, you can be at risk of being infected with influenza. Once you have been infected, you can infect others a day before, and, up to a week after you start noticing flu symptoms.

Symptoms include fever, chills, cough, sore throat, headache, runny nose and fatigue. In more serious cases, hospitalization and even death can occur. While everyone can get influenza, it is most dangerous for children, the elderly and those with respiratory and other chronic illnesses.

CentraCare Health has been getting ready for the upcoming flu season for a number of months. Staff started



SHARE MEMORIES  
NOT THE FLU

Ask your provider for the flu vaccine today.

getting immunized in mid-September and screening patients to help prevent infection and spread of influenza. Adults over 65 years of age will receive a special, higher dose flu vaccine that provides them better protection.

### FluMist

A change this year is that the FluMist (nasal flu vaccine) will not be given due to a recommendation by the Centers for Disease Control and Prevention and Minnesota Department of Health. The FluMist was found not to be as effective in preventing influenza infections as the injectable form of the vaccine.

In preparation for the change, we will have additional injectable vaccine available for children.

While the flu season varies in length each year, it is never too late to ask your health care provider if you need a flu shot. Helping you stay healthy with the right vaccinations is just another way that CentraCare Health is giving **Our Best For You!**

Visit [centracare.com](http://centracare.com) to see when flu clinics are available in your area.

## Exploring the Value & Function of Grief Symptoms

### The "Companioning" Helping Role

Wed., Nov. 16 • 9 a.m. - 3:30 p.m.

College of Saint Benedict

Admission: \$119

Registration Deadline: Nov. 9

Registration is limited and taken on a first-come, first-serve basis.

A special evening seminar for the community:

### Understanding Your Grief: Touchtones for Hope & Healing

Tues., Nov. 15 • 6:30 - 8:30 p.m.

CentraCare Health Plaza

Pre-registration is preferred – Program: \$5

Presented by

**CENTRACARE Health**



**Alan D. Wolfelt, PhD, CT**

Author, Educator, Grief Counselor

Visit [centracare.com/events](http://centracare.com/events) to register or call 320-259-9375 for more information.



# Daily aspirin recommendations have changed

## Should I talk to my doctor?

By Sarah Ertl, PharmD  
Team Care Pharmacist  
CentraCare Health – Plaza Pharmacy

Heart attacks and strokes are the No. 1 and No. 2 causes of death and disability. A simple daily aspirin has been shown to prevent a first heart attack or stroke.



Sarah Ertl, PharmD

However, aspirin use is not appropriate for everyone. And medical guidelines have recently changed, recommending that fewer people take an aspirin each day.

If you have been taking a daily aspirin

or if you are thinking of doing so, you need to have a conversation with your health care provider. He or she can help determine if it's right for you.

This change has caused some uncertainty among patients and families. Here are the answers to some common questions about taking a daily aspirin.

### Who should take a daily aspirin?

You may be a candidate if you:

- Are between the age of 50 and 69
- Have not had a bleeding ulcer from the stomach or intestine
- Are not allergic to aspirin
- Are not taking other clot-preventing or anti-inflammatory medications

Those with additional risk factors of having heart attack or stroke may benefit more from a daily aspirin. These are individuals who smoke, have diabetes, high cholesterol, elevated blood pressure and/or have a family history of early heart attacks or strokes.



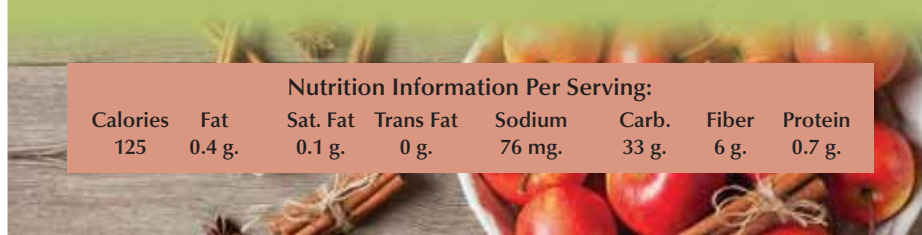
## Homemade Applesauce

3 lbs. apples  
1 tsp. cinnamon  
1 pinch nutmeg

1 ½ c. water  
2 lemon slices  
¼ tsp. salt

- ▶ Peel and core apples; remove skin if desired and cut apples into 1" cubes.
- ▶ Add all ingredients to pot and heat on high; bring to boil, cover and reduce to low heat.
- ▶ Simmer until apples soften, about 20 minutes. Stir frequently to prevent sticking.
- ▶ Add more water if necessary and remove lemon slices.
- ▶ For chunky sauce, mash with potato masher; use a food mill for a smoother consistency and serve warm or cold.

Yield: 8 servings



### Nutrition Information Per Serving:

Calories	Fat	Sat. Fat	Trans Fat	Sodium	Carb.	Fiber	Protein
125	0.4 g.	0.1 g.	0 g.	76 mg.	33 g.	6 g.	0.7 g.

### How can a daily aspirin work to prevent heart attacks and stroke?

Daily aspirin helps prevent clots and lowers your risk of heart attack and stroke. Most heart attacks and strokes are caused by clots that occur inside the arteries that supply the heart or brain. Clots can form quickly and clog the flow of blood to these important organs. When blood flow is restricted to the heart, a heart attack occurs and heart muscle dies. When blood flow is restricted to the brain, a stroke occurs and brain tissue dies.

### Are there health risks with taking a daily aspirin?

Because aspirin prevents clots, people who use aspirin daily have a slightly higher risk of bruising and bleeding. Bleeding can occasionally be serious (for example, when associated with a stomach ulcer). Some people may be allergic to aspirin. It's important to ask your doctor or a health care professional if aspirin is right for you.

### Many kinds of aspirin are available. What are the differences?

Aspirin is effective whether it is generic or brand name, buffered or plain, enteric-coated or chewable. Enteric-coated aspirin is layered with a protective coating that stops the pill from dissolving in the stomach and irritating the lining. The pill dissolves in the intestines instead. Buffered aspirin contains an antacid to help neutralize stomach acid.

### Can a daily aspirin be taken if I am also taking other medications?

Aspirin has been proven safe to take with almost all other medications. But to minimize risk, you should only take daily aspirin if your health care provider has prescribed it. In general, you shouldn't take aspirin to prevent a first heart attack or stroke when you are using other anti-clotting medications.

Call your health care provider if you have questions or log in to MyChart to send a secure message to your provider.

Ask About Aspirin

For more information or to take a self-assessment to see if aspirin use is right for you, visit [www.askaboutaspirin.org](http://www.askaboutaspirin.org).

CENTRACARE Health





# calendar OF EVENTS

centracare.com

10

SPOTLIGHT ON HEALTH FALL 2016

## Melrose Harvest Celebration

Join us from 5:30-10 p.m. **Oct. 15** at the Freeport Community Center for a meal, silent auction and entertainment by magician Jared Sherlock. This annual event raises money to improve health and health care in Melrose. For event information or sponsorship opportunities, contact Julie Baum at 320-256-1807 or [baumj@centracare.com](mailto:baumj@centracare.com).

## Sauk Centre area wellness event

Join us at the "Aging With Attitude" wellness fair from 8 a.m. to 1:30 p.m. **Oct. 21** at Sauk Centre High School. Visit booths, receive door prizes and enjoy presentations. Free. Call 866-352-3350 for details or to register.

## Melrose Report to the Community

Learn about CentraCare Health's plans for continually enhancing health care services for the region and visit our health information booths from 7-8:30 a.m. **Nov. 2** at CentraCare Health – Melrose, Big and Little Birch Rooms.

## Piece of pie for peace of mind

Join us for pie, information about memory loss and a confidential memory screening from 2-5 p.m. **Nov. 2** in the Bonn Great Room at St. Benedict's Senior Community – St. Cloud. Mark Reese, MA, LMFT, will present on Caregiver Stress from 3-4 p.m. Screening appointment is needed. For details, call 654-2355. Free.

## Advanced Health Care Directives

Free advanced health care directive information programs are offered on the following dates and times. Facilitators and a notary public will be on hand to assist with completing directives.

**Nov. 7:** 1:30-3 p.m.

St. Cloud Hospital, Hoppe Auditorium

**Nov. 10:** 5:30-7 p.m.

CentraCare Health Plaza, St. Cloud, Windfeldt Room

Call 320-259-9375, or visit [centracare.com/events](http://centracare.com/events) for details.

## Nicotine Dependence Program

This five-week outpatient nicotine dependence program at the CentraCare Heart & Vascular Center at St. Cloud Hospital, starting **Nov. 7** from 4:30-5:30 p.m., features personalized treatment, a support group, medication therapy, relapse prevention and self-help plan. Call 320-251-2700, ext. 57448, for more details.

## Diabetes Health Fair

CentraCare Health – Monticello is hosting a free interactive Diabetes Health Fair from 3-6 p.m. **Nov. 9** at the hospital. Come for blood pressure checks, glucose screenings, tips for healthy food choices and interactive education on diabetes products, technology, resources and treatments. For details, call 763-271-2405.

## Explore! Find Your Career Passion

Kids and parents can explore career options from 1-4:30 p.m. **Nov. 10** at Long Prairie-Grey Eagle Secondary School in Long Prairie. An interactive wall for shadowing, internship and job opportunities will be available. Call 320-732-7324.

## Surgery Open House

Get a behind-the-scenes look at the St. Cloud Hospital operating rooms from 6-8 p.m. **Nov. 10**. Park in the South ramp. Take the South ramp elevator to Floor A. Tours begin in the Surgery entrance. Free. For details, call 320-251-2700, ext. 54468.

## CentraCare Health Wishbone Run

Event starts at 8 a.m. **Nov. 24** at the St. Cloud Area Family YMCA, with a kids' activity area, 5K, 2-mile and 1K fun run/walk. \$5 for individuals; \$10, families. Register at [scymca.org](http://scymca.org) by Nov. 2 to be guaranteed a T-shirt. Call 320-253-2664.

## L.I.F.E. Program

Lose weight and gain a lifetime of health with the L.I.F.E. (*Lifestyle, Food & Exercise*) Program, led by David Kroska, MD, **Jan. 3-Feb. 28** at CentraCare Health Plaza. For details, call 320-654-3630, ext. 70291. Register at least one week before start date.

**YOU'RE INVITED TO**

# OUR BEST FOR YOU

## 2016 HEALTH EVENT

**OCTOBER 19**  
St. Cloud River's Edge Convention Center  
*FREE!*

<p><b>EXPLORE</b></p> <p>Exhibits, free screenings and light hors d'oeuvres.</p> <p>2-3:30pm &amp; 4:45-7pm</p>	<p><b>DISCOVER</b></p> <p>Our new community wellness initiative unveiled.</p> <p>3:30-4:45pm</p>	<p><b>ENTER</b></p> <p>To win a spa package, YMCA membership and more!</p> <p>2-7pm</p>	<p><b>SPECIAL PRESENTATIONS</b></p> <p><b>EATING GREEN WITH GUSTO</b> Flavorful veggies all year.</p> <p>5:15-6pm</p>	<p><b>STRETCH YOUR MINUTES</b> Exercises for busy people.</p> <p>6:15-7pm</p>
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**CENTRACARE Health**      **DETAILS AT [STCLOUD2016.COM](http://STCLOUD2016.COM) • RSVPS ENCOURAGED**

Visit [centracare.com](http://centracare.com) for birthing, breastfeeding, parenting/grandparenting and car seat education. Also visit us online for a list of support groups, scholarships and additional event details.



Anne Walz enjoys creating handwritten cookbooks which include her favorite recipes. She has made 29 for her children, friends and neighbors. She also embroiders dish towels.

For more information about wound care at CentraCare Health, visit [centracare.com](http://centracare.com) or call these locations:  
 St. Cloud - 320-656-7100  
 Monticello - 763-271-2846

## Wound care helps patients get back to *enjoying life*

By Chris Nelson

After receiving chemo and radiation to treat her bladder cancer, Anne Walz of Sauk Centre was diagnosed with radiation cystitis, which prevented her bladder from healing.

Instead of surgery to remove her bladder, Anne's doctor recommended she receive hyperbaric oxygen therapy (HBOT), a simple but effective treatment in which a patient breathes pure oxygen inside a pressurized chamber. The therapy quickly and safely delivers high concentrations of oxygen to the bloodstream, increasing the body's ability to heal.



Dee Ochs and her husband, John

Anne was apprehensive. "I'm claustrophobic," she said. "So the thought of being inside a chamber scared me. But the chamber has clear sides that I could see through and I was able to watch game shows on TV while I received my treatments. If I needed anything, staff was always in the room with me. I could just tap on the window and they could talk to me by phone."

Anne underwent 40 HBOT treatments from February to April 2016 at the CentraCare Wound Center in

St. Cloud. "The staff there was terrific," she said. "They took such great care of me."

Dee Ochs and her husband, John, were frustrated and worried after one of Dee's incisions became infected after having ankle surgery in Florida in January 2016. When she arrived in Minnesota in April for the summer, Dee's foot was still infected and she was unable to put weight on it.

In mid-April, Dee was referred to the CentraCare Health – Monticello Wound Center, where she started receiving Negative Pressure Wound Therapy treatments. This method promotes healing by creating a vacuum through a sealed dressing, drawing fluid from the wound and increasing blood flow to the area. "Within one week, I had marked improvement," she said.

"I knew I was in good hands after my first experience at the Monticello Wound Center," Dee said. "From the receptionist who put us right

at ease to the nurses and doctors, they answered all our questions, calmed our fears and even made us smile for the first time in a very long time." After receiving her final treatment in June, Dee could walk on her own. "I couldn't have asked for a better experience and a better outcome," she said.

### spotlight ON HEALTH+

**Mission Statement |**

CentraCare Health works to improve the health of every patient, every day.

**CentraCare Health**

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If you have questions or comments, please contact Chris Nelson at 320-251-2700, ext. 71384, or [nelsonc@centracare.com](mailto:nelsonc@centracare.com).

Fall 2016



[centracare.com](http://centracare.com)

## Just drive

Distracted driving is more than just texting. It is talking on the phone, adjusting the radio, putting on makeup, using a navigation system or handing a snack to your kids in the back seat. Distracted driving is anything that takes your attention away from the task of driving.

Despite the high awareness of associated dangers, more than 3,100 deaths and 400,000 injuries are caused by distracted driving each year in the U.S. "Many people feel the pressure to answer a phone call or text while they are driving because we have grown to expect instantaneous responses," said Joseph Mahoney, MD, pediatrician with

Monticello Clinic, "but these moments of distraction can lead to tragic results. The death of Phillip LaVallee motivates me to just drive and do what I can to end distracted driving in our community." In 2013, Phillip LaVallee of Monticello was out for a run when he was struck and killed by a distracted driver.

CentraCare Health – Monticello is committed to raising awareness of the dangers of distracted driving by working with community partners to remind drivers to keep their focus on the road. "We've surveyed residents in our community and they've identified distracted driving as our community's top health concern," said Melissa Pribyl, MSN, RN,

community health and wellness specialist at CentraCare Health – Monticello.

"Distracted driving affects people of all ages. From our children riding in cars to our neighbors walking down the street, it's our job to keep each other safe," Melissa said. "We should all be a part of the solution to end distracted driving. Put your phone in the trunk, take a pledge to just drive, educate others and stop distracted driving in cars you're riding in."

Dr. Mahoney talks with kids during well child visits about the importance of attentive driving. "Kids know we are not supposed to text and drive, and I encourage them not to ride with someone who does," he said. "It's important that parents and adults model appropriate behaviors. If we expect our children to put away their phones and concentrate on driving, we should do the same."



**Joseph Mahoney,**  
MD



**Melissa Pribyl,**  
MSN, RN