

spotlight | ON HEALTH+

Heart failure patient gets *second chance*

By Chris Nelson

Gail Johnson, age 75, from Starbuck lived with heart problems for 30 years — until 2010, when her health declined drastically.

“I had lost weight, was short of breath and in a lot of pain,” she said. “I could barely move from my chair to my bed.”

Gail was rushed by ambulance to the University of Minnesota, where doctors inserted a left ventricular assist device (LVAD), which helps the heart pump blood to the body.

“I would not be here today without the LVAD,” she said. “Because I was over 70, I did not qualify to be a heart transplant patient.” Gail was discharged one week after her surgery and transferred to a rehab facility for a week of recovery.

Cardiologist
Jamie Pelzel,
MD, from



Gail Johnson of Starbuck enjoys playing bridge with her friends — despite having heart failure.

CentraCare Heart & Vascular Center in St. Cloud, previously had talked to Gail about LVAD surgery and told her about the “Shared Care” program the Heart & Vascular Center participates in with the University of Minnesota and the Mayo Clinic.

“CentraCare has the busiest ‘Shared Care’ program in the Midwest,” Dr. Pelzel said. “Patients with an LVAD need to be observed closely, which means frequent visits to the cardiology clinic. The ‘Shared Care’ program allows these patients to get their follow-up care close to home. We have the equipment and expertise necessary to make sure the LVAD is working properly and that patients are thriving.”

Today, Gail is able to do just about everything she wants such as entertaining, golfing, playing bridge, traveling and spending time with her grandchildren. “The only thing I can’t do is water activities,” she said. “Living on Lake Minnewaska, that can sometimes be a challenge, but I am just happy to be alive.”

More about heart failure on page 2

What’s Inside?

Test your **sunscreen IQ**

4 signs of alcohol poisoning

Lose weight this summer

A large, modern sign for CentraCare Health. The sign is white with a blue wave graphic at the bottom. The text "CENTRA CARE Health" is written in green and blue. The sign is mounted on a brick base.

CENTRA CARE Health

New name better emphasizes wellness

It's short. It's snappy. It tells our story.

We have dropped the word "System" from our name. We are now **CentraCare Health**.

Why? The health care industry as a whole is moving away from "sick care" to a more proactive wellness and disease prevention approach. CentraCare — and health care organizations across the nation — are rebranding themselves in keeping with that movement.

Our name — and our logos — portray our identity and tie our many services and facilities together.

CentraCare *expands to Monticello area*

New River Medical Center in Monticello officially joined the CentraCare Health family this spring — and now is known as CentraCare Health — Monticello.

CentraCare has a long history of investing in the health of the Monticello area through Big Lake Clinic, Monticello Cancer Center, CentraCare Kidney Program – Big Lake Dialysis and St. Benedict's Senior Community – Monticello. Patients, families and community members will benefit from CentraCare's tradition of health care excellence.

"CentraCare is committed to Monticello, Big Lake and the surrounding communities and has pledged to strengthen and grow health care services there," said Jim Davis, vice president of Corporate Services.

CentraCare Health – Monticello's administrator is Mary Ellen Wells, formerly vice president Client Development for Experienced Resources, Bloomington.

Sue Baker will lead the CentraCare Health – Monticello Medical Group and Big Lake Clinic. Sue has been a part of the CentraCare Clinic leadership team in her role as administrator of Big Lake Clinic since April 2010. As part of this transition, Big Lake Clinic will change its name to CentraCare Clinic – Big Lake effective July 1.

Big Lake Clinic originally opened in January 2008 as a joint venture between CentraCare and New River Medical Center. Now that these two entities are part of one organization, the name change sends a consistent branding message.

Neonatal Intensive Care Unit (NICU) Open House

July 24, 4-6 p.m.

St. Cloud Hospital – North Entrance

Explore our newest "arrival," designed for the tiniest and sickest of infants to grow and thrive. We created a calming and serene environment, which nurtures these infants and their families on their journey home. The new NICU features private rooms, family lounges and advanced technology to ensure an optimal experience. **For more information, call (320) 656-7021.**

What is heart failure?

The heart may suddenly lose its ability to pump blood efficiently; or the condition may develop slowly over many years. The result is that the body does not get as much oxygen and nutrients as it needs, leading to problems like fatigue, loss of appetite and kidney failure.

- 6 million Americans live with heart failure.
- 670,000 new cases are diagnosed every year.
- 281,000 people die annually from heart failure.
- Nearly 600 patients diagnosed with heart failure are admitted to St. Cloud Hospital annually.

CentraCare's Heart Failure Clinic comprises a certified heart failure cardiologist, Jamie Pelzel, MD; two advanced practice providers and two registered nurses who have special training in caring for patients with heart failure.



Jamie Pelzel, MD

The team follows more than 1,000 patients and works closely with their primary care physicians to monitor patients with heart failure.

To learn more about the options at CentraCare's Heart Failure Clinic, call (320) 656-7020 or (800) 448-3455.

What is your sunscreen IQ?

1. What does SPF stand for?
 - a) Standard Protection Factor
 - b) Safe Protection Factor
 - c) Sun Protection Factor
 - d) Sun Performance Factor
2. When should you apply sunscreen?
 - a) once you are outside
 - b) 5-10 minutes before going outside
 - c) 15-30 minutes before going outside
 - d) 2-3 hours before going outside
3. When should you reapply sunscreen?
 - a) after swimming
 - b) after playing hard and sweating
 - c) after being outside for two or more hours
 - d) all of the above
4. You won't burn if you are outside all day during the summer and
 - a) are sitting in the shade
 - b) wear a hat, long pants and a long sleeve shirt
 - c) it is cloudy
 - d) none of the above

Answers: 1. c; 2. c; 3. d; 4. d

Cover up to avoid skin cancer

Is the sun your friend or your enemy? The answer is: both.

Recent studies have found that many Americans are deficient in vitamin D, which is crucial to bone health and has many other health benefits. As a major source of vitamin D, sunlight is definitely your friend. However, as the number one environmental risk factor for skin cancer, sunlight also is your enemy.

The sun's UV rays can damage your skin in as little as 15 minutes whether it's sunny or cloudy. Any time you go out in the sun, you should put on protective clothing and generous quantities of sunscreen with an SPF of 30 or higher. Sunscreen should be applied to dry skin 15 to 30 minutes before venturing outside and re-applied every two hours — more frequently if you're sweating or swimming.

UV rays can reflect off objects into the shade and reach you through



clouds, so you may still burn if you aren't wearing sunscreen. Also, clothing usually only has an SPF of less than 10, which means you can burn when clothed.

If you're concerned about getting enough vitamin D, you can take a supplement. You don't have to be either a sun worshiper or a solar-phobe to take reasonable efforts to protect your skin from your friend and enemy, the sun.

Ask your health care provider if you have skin concerns.

ATVs aren't toys — *Understand the risks before riding*

Unfortunately, all-terrain vehicle (ATV) accidents are all too common. Each year, about 150 kids are killed in ATV-related accidents and another 40,000 are treated for injuries nationwide. According to the Minnesota Department of Natural Resources, Minnesota had 20 ATV deaths in 2012 — five of them were children.

The following Minnesota ATV safety laws only apply on public land, but should be obeyed at all times to avoid accidents and injuries:

- ATV operators and passengers under age 18 must wear a helmet at all times.

- An ATV may not be operated with passengers unless the passengers are minors.
- Operators between ages 12 and 15 must have a safety training certificate and be accompanied by an adult who has a driver's license.

Follow these additional tips to avoid ATV accidents and injuries:

- Wear protective gear including over-the-ankle boots, goggles, gloves, long pants and a long shirt.
- Avoid paved roads.
- Keep kids off adult-sized ATVs.
- Don't drive an ATV at night.



Diabetes patient passionate about life

'My life changed the day I was diagnosed with diabetes.'

By Chris Nelson

Mark Daniels, 44, works and plays hard.

"I was one of those guys who always lived life to its fullest," the Sartell man said. "When I worked, I worked hard; when I played and partied I did that hard, too." That was until five years ago when Mark woke up one morning and was unable to move his left leg.

An MRI showed he had eight blood clots in his leg, and his blood sugar registered more than 700 (normal is less than 140 when not fasting).

"It really was a wakeup call when they had me fill out and sign a health care directive in the emergency room," he said. "My kids and I remember it to this day." Mark was diagnosed with Type 2 diabetes. "I knew it was time to make some major changes in my life — I just hoped it wasn't too late."

Mark has a strong family history of diabetes. "No male on my father's side has lived past the age of 50," he said. "Looking back, I realize I was having symptoms of diabetes for a while and chose to ignore them."

Mark was determined to learn all he could about diabetes and how to treat it. "I spent a lot of time

reading about nutrition and exercise," he said. "I found that I loved to cook and explored new ways to make healthy food delicious. It also was important for

me to learn why I eat, what my triggers are and make a plan to combat those triggers."

He also knew he needed exercise. "I remembered as a kid from Nebraska, how much I enjoyed biking," he said. "I bought a bike, helmet and some biking shorts and

haven't stopped since. My blood sugar responds well to biking. I'm able to keep it under control without insulin."

Mark attributes part of his success to his doctor and Christina Drontle,

a registered dietitian from the CentraCare Diabetes Center.

"They both treated me like an individual, not like a number," he said. "Christina helped me customize a food plan that worked best for me. She listens to me and respects my ideas and input. She often sends me links on topics she knows will interest me or recipes she thinks I'd like. I know that she really cares."

Today, Mark is 70 pounds lighter and lives a full, healthy life. He manages to keep his blood sugar under control without insulin or medication. He has great expectations of being the first Daniels male to live past the age of 50 — and far beyond. "Before I was living to survive," he said. "Now I'm living to thrive."



Bicyclist Mark Daniels (second from right) and his team of co-workers from Charter Communications participated in the MS150 Bike Tour in 2007.

Did you know?

- Diabetes has doubled among Minnesota adults since 1995.
- Approximately 7.3 percent of Minnesota adults have been diagnosed with diabetes.
- 1.4 million Minnesota adults have pre-diabetes.



Registered Dietitian Christina Drontle works with people who have diabetes helping them make healthy food choices and teaching them about portion sizes.

Self-Management Education Program

The CentraCare Diabetes Center provides education and support to people with diabetes and pre-diabetes. Certified diabetes educators, who are registered nurses or dietitians, teach patients how to manage their diabetes and assist them in developing self-management skills. "With the help of their health care providers and diabetes educators, patients learn about lifestyles, skills, nutrition, exercise, attitude and motivation to support their long-term health," said Kathy Anderson, CentraCare Diabetes Center director. "We plan to expand the Diabetes Self-Management Education program to all CentraCare clinic sites by year-end."

The CentraCare Diabetes Center is nationally recognized by the American Diabetes Association as a comprehensive Diabetes Self-Management Education Program. **For more information, call the CentraCare Diabetes Center at (320) 202-7759.**

Surgery sheds weight, medication

By Deb Paul

While seeing his toes again wasn't the main goal for Robert Wolfington's weight loss surgery, he admits it was a great feeling when he could.

Robert, age 56 of Benson, underwent bariatric (weight loss) surgery Dec. 20, 2012, after years of research and many unsuccessful weight loss attempts.

After being diagnosed with diabetes in 2001 and having heart bypass surgery in 2006, Robert realized he couldn't accomplish what he wanted most on his own — getting back to a "normal" weight and off of his diabetes medications.

"CentraCare is wonderful. It was the only place I wanted to have my weight loss surgery after my great experience with my heart bypass in 2006," Robert said. "I am very pleased with Dr. Ikramuddin and his team. I have not had any bad experiences throughout this process."

While Robert admits weight loss is never easy, he believes he was well prepared. Before patients undergo surgery, Dr. Sayeed Ikramuddin requires that they lose a certain amount of weight through diet and exercise. Bariatric Registered Dietitian Kristin Ewing met regularly with Robert before surgery to help him keep on track and give him the tools and information needed for his weight loss journey.

"Kristin kept me honest. She had me tracking what I ate for months leading up to my surgery, and now I continue to do it for my own accountability," Robert said. "And thanks to the weight loss, I no longer take any diabetes medications."



Robert Wolfington has more energy to work out at the local gym after his weight loss surgery.

Robert says his biggest challenge after surgery has been finding clothes that fit. Since losing more than 75 pounds, he now fits into pants he hasn't worn for 10 years. With his continued weight loss, he is looking forward to buying new clothes to fit his much smaller body.



CentraCare Bariatric Center has a dedicated team of experienced surgeons, dietitians, nurses, psychologists and a case manager to guide weight loss and management.

CentraCare Bariatric Center Medical and Surgical Weight Loss Seminars

Learn about weight loss options at CentraCare Clinic – River Campus, St. Cloud, at 5:30 p.m. **July 8**; 2:30 p.m. **July 12**; 5:30 p.m. **July 15** and **22**; and 10 a.m. **July 26**.

Weight Loss Surgery Support group

Patients share knowledge and support during their weight loss journey from 5:15-6:15 p.m. on the first Thursday and third Monday of each month at St. Cloud Hospital. Call (320) 240-7869 for more information.

Cleft & Craniofacial Family Picnic

Enjoy a catered picnic lunch, activities, prizes and socializing with your health care providers and other families from noon to 2 p.m. **July 14** at Municipal Park, 1001 River Ave. N., Sauk Rapids. Open to children with craniofacial differences and their families. Free. To RSVP, call St. Cloud Hospital Women & Children's Center at (320) 656-7021.

Long Prairie Golf Scramble

The 17th Annual Long Prairie Golf Scramble is 10 a.m. **July 16** with a 10 a.m. shotgun start at Long Prairie Country Club. The Long Prairie Golf Scramble is a "fun" raiser for improving health and health care in Todd County. The event includes

18 holes of golf, lunch and a prime rib dinner. Funds raised will benefit CentraCare Health – Long Prairie including college scholarships, the "Reach Out and Read" program, infant security system, golf cart for nursing home residents and electronic lift reclining chairs. Register at centracare.com or contact Nicole Bjerke at (320) 732-7337 or bjerkn@centracare.com.

Farmers markets promote health

CentraCare Health – Monticello is supporting a healthy summer for the community by providing free nutrition education, along with blood pressure and glucose checks, at the Monticello Farmers Market from 3:30-7 p.m. **July 18, Aug. 8** and **Sept. 5** at the

Monticello Library parking lot. CentraCare Health – Monticello also will be at the Big Lake Farmers Market from 3-7 p.m. **July 25** at the Big Lake Beach parking lot. For details, call (763) 271-2384.

Pediatric Cancer Services Summer Picnic

Enjoy a catered lunch, activities, prizes and socializing with staff and other families from 1-4 p.m. **July 28** at Kiffmeyer Park, 23380 County Road 7, St. Augusta. Open to children with cancer or blood disorders and their families. Free. RSVP to (320) 656-7021. Sponsored by St. Cloud Hospital Women & Children's Center and CentraCare Health Foundation.



Focus on healthy habits — *not dieting*

By Deb Paul

A “health at every size” approach to life helps people to develop healthy habits regardless of size.

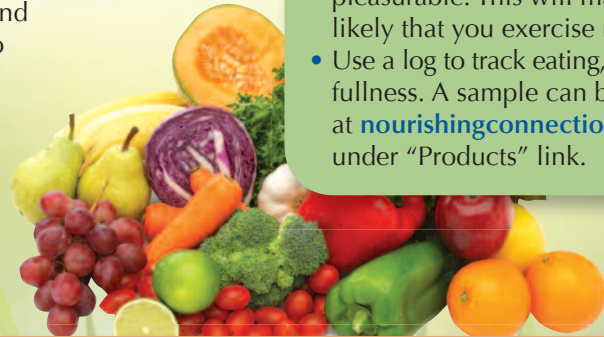
As a licensed registered dietitian in the field of eating disorders, Jennifer Harris has worked very hard to understand what “normal” eating is. This helps her to recognize “eating disorders” in her work at St. Cloud Hospital’s Behavioral Health Clinic.



Jennifer Harris, LRD

“People should engage in exciting and fulfilling health-enhancing endeavors without linking it to weight loss,” Jennifer said. “Unfortunately, many people give up these wonderful endeavors because they are disappointed with what they perceive to be a lack of success.”

By finding balance, we give ourselves permission to eat the food we enjoy in amounts we find satisfying and the discipline to provide regular, reliable meals and snacks.



There are realistic ways to get to a healthy weight

- Be curious and learn about healthy eating. Start by committing to routine eating times to normalize hunger and fullness cues. Try to eat your meals within the same one-hour time frame each day (i.e. eat dinner between 5 and 6 p.m.) or a 30-minute timeframe for snacks (i.e. between 3 and 3:30 p.m.)
- Try not to label some foods as “good” and some foods “bad.” All foods have a place in your life.
- Learn about portion sizes.
- Be active in ways that you find pleasurable. This will make it more likely that you exercise regularly.
- Use a log to track eating, hunger and fullness. A sample can be found at nourishingconnections.com under “Products” link.

Jennifer believes there is danger in oversimplifying the notion that weight loss is the answer to better health. Our tendency to restrict our diets is, in fact, driving up our weight and affecting overall health, Jennifer says. This occurs because our metabolism changes to adapt to this newly restricted diet and inconsistent eating routine.

Research shows that:

- 95 to 98 percent of diets fail;
- Almost all dieters gain back all the weight they lost within five years;
- Many dieters gain back more weight than they lost;
- Children and youth who diet are more likely to gain weight in a manner that is inconsistent with their genetic disposition; and
- Structure and routine is good for our bodies.

Support group offers ways to respond to a loved one’s eating disorder

Nearly 30 million U.S. residents suffer from an eating disorder, such as anorexia or bulimia, at some point in their lives. An eating disorder affects the whole family. To help, the St. Cloud Hospital Behavioral Health Clinic is offering a Family and Friends Support Group for Eating Disorders from 4:30-6 p.m. the first Thursday of the month in the Leonard, Street & Deinard room, CentraCare Health Plaza, St. Cloud. There will be no support group in July. Free. **For more information, please call Bette Bakke, PhD, LP, at (320) 229-4918.**

Recipes for a Healthy Lifestyle: Fortify Your Spine

Add flavor to your life by increasing range of motion, improving mobility and relieving neck and back pain due to osteoporosis, arthritis and joint or spinal disc degeneration. Kelly Collins, MD, Rehabilitation Medicine Physicians, will present information on diagnosis and treatment as well as recipes and tips to fortify your spine from 6:30-8:30 p.m. **Aug. 6** in the Windfeldt Room, CentraCare Health Plaza, St. Cloud. Light snacks and a door prize available. Sponsored by St. Cloud Hospital Women & Children’s

Center and Center for Neurosciences. Free. Register early at centracare.com; seating is limited. For details, call (320) 656-7021.

Camp We-No-Wheeze

Camp We-No-Wheeze gives kids with asthma the chance to do almost everything kids without asthma do at camps. The 20th annual Camp We-No-Wheeze is **Aug. 10-12** at Camp Friendship in Annandale. For more information, contact St. Cloud Hospital’s Respiratory Care. at (320) 255-5675 or e-mail gregort@centracare.com.

Expo for Seniors

Learn about senior services at the 11th annual Expo for Seniors from 8 a.m. to 12:30 p.m. **Aug. 17** at Whitney Senior & Recreation Center, St. Cloud. John Gagliardi, retired Saint John’s University head football coach, will share words of wisdom and lots of laughter. His accomplishments, on and off the field, have built a legacy that is unrivaled in college football. For details, call the Senior Linkage Line at (800) 333-2433 or visit expoforseniors.com. Sponsored in part by St. Benedict’s Senior Community. Free.

New *L.I.F.E. style* helps woman lose weight, control diabetes

By Deb Paul

“You can lead a horse to water, but you can’t make it drink.”

“The third time is a charm.”



David Kroska, MD

They may be clichés, but Susan Miles of St. Cloud says these expressions took on a new meaning for her weight loss.

David Kroska, MD, obstetrician and gynecologist with

CentraCare Clinic – Women & Children, helped Susan and her husband, Robert, through infertility issues due to her polycystic ovarian syndrome. This led to the birth of their son, Michael, in 2000.

Now age 42, Susan has been a repeat attendee of Dr. Kroska’s **L.I.F.E. (Lifestyle, Food & Exercise) Program**. After her third time through the eight-week program, Susan is 70 pounds lighter and no longer needs the three medications she had been taking for her diabetes.

“I believe in Dr. Kroska and the program,” Susan said. “I was dragging my feet after the first two times through the program, but now that I’m doing what I need to do, the weight is just falling off. And my husband has started eating the same foods as he recognizes the incredible success I have had.”

“Our basement stairs used to be a huge challenge for her,” Robert said. “Now she can carry a basket of laundry up and down the steps — and I need track shoes to keep up with her on walks.”



David Kroska, MD, visits with Susan Miles about her success with the L.I.F.E. Program at a recent appointment.



Now 70 pounds lighter, Susan Miles and her husband, Robert, enjoy walking for exercise.

The **L.I.F.E. (Lifestyle, Food & Exercise) Program** is an eight-week, physician-led educational program consisting of weekly two-hour seminars. These sessions provide extensive education on diet, exercise and nutrition, as well as practical and behavioral aspects of a healthy lifestyle. The eighth session covers menu planning and food preparation tips.

David Kroska, MD, is the program’s medical director and class facilitator. The program requires an initial appointment with readiness screening, a physical exam and lab work. A \$375 per person fee covers eight, two-hour sessions; several books; and a follow-up appointment within one year. The program’s cost includes the option to bring your spouse or significant other without additional charge (materials will be shared). Participants must register at least one week before the program begins by calling (320) 654-3630, ext. 70291. The next L.I.F.E. Program starts Oct. 15.

Melrose Harvest Celebration

Join us on **Sept. 21** at the Freeport Community Center, Freeport, for an elegant meal, silent auction and comedian C. Willi Myles. This annual fundraising event is dedicated to raising 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.

ZERO Prostate Cancer Run

Zero prostate cancer deaths. Zero prostate cancer cases and for those with prostate cancer,

it means a zero prostate-specific antigen. Our name conveys what we stand for — all action and zero tolerance for prostate cancer. Lace up your sneakers and join Adult & Pediatric Urology and Coborn Cancer Center at the ZERO Prostate Cancer Run – St. Cloud on **Sept. 28** at Whitney Park & Recreation Center for a 5K Run/Walk and 1K Super Hero Run/Walk. For more information, visit zeroprostatecancerrun.org/st-cloud.

Surviving with Style

Wear pink to support breast cancer survivors at Surviving with Style from 11 a.m. to 1 p.m. **Oct. 6** in the Gorecki Ballroom, College of Saint Benedict, St. Joseph. The fundraiser includes lunch, refreshments, silent auction and a fashion show with model clothing being provided by Macy’s. Tickets are \$50 and available at St. Cloud Hospital Gift Gallery, Sauk Rapids Coborn’s and at centracare.com. Proceeds benefit the Breast Center Fund of CentraCare Health Foundation.



Be confident when you choose St. Benedict's Senior Community

By Jennifer Vogel



Confident Choices For Senior Living designation has been awarded to Benedict Homes, Benedict Court, Benedict Village, Benet Place and Benet Place South in St. Cloud and St. Benedict's Senior Community – Monticello for the third consecutive time.

"To once again be awarded this designation is an honor. It tells the public and our tenants that our community focuses on quality care, exceptional services and vital lifestyle," said Robin Theis, administrator of Housing and Community Services.

The Confident Choices program by Aging Services of Minnesota offers consumers a way of finding senior living communities that demonstrate higher standards of quality and customer satisfaction. To receive this designation, St. Benedict's Senior Community met requirements in ethical practice, management experience and training, customer satisfaction, resident information and communication, regulatory compliance, staff training and satisfaction, performance improvement and resident services.



Alzheimer's disease strikes every 68 seconds

An estimated 5.2 million Americans have Alzheimer's disease and about 200,000 of those are younger than age 65. By 2050, the disease will affect another person every 33 seconds, according to the Alzheimer's Association.

Having a loved one with memory loss can be stressful for a family. St. Benedict's Senior Community (SBSC) is a recognized leader in the specialized care of those with Alzheimer's disease. We offer a model of excellent care built on the principles of dignity, respect and choice. For families, we provide meetings, education and support in a compassionate environment.

The Special Care Unit on the St. Cloud campus provides a safe environment to meet the unique needs of those with Alzheimer's disease or related dementia disorders. In addition, we offer residential living at Benedict Homes in St. Cloud and memory care apartments in Monticello. For details, call (320) 252-0010 for St. Cloud and (763) 295-4051 for Monticello.



Walk to End Alzheimer's

Raise awareness and funds for Alzheimer's care, support and research from 9-11:45 a.m. **Sept. 28** at Lake George Municipal Complex, St. Cloud.



To join the St. Benedict's Senior Community

team, call Nicole Radika at (320) 252-0010, ext. 30220, or visit act.alz.org/goto/stbenedicts.

Annual Alzheimer's seminar is Sept. 25

Learn about the latest Alzheimer's disease research for treatment and hope for a cure at 1 p.m. **Sept. 25** at St. Benedict's Senior Community – St. Cloud.

The 2013 Jake and Mary Essen Annual Alzheimer's Education seminar features nationally recognized speaker William H. Frey II, PhD. He is the director of the Alzheimer's Research Center at Regions Hospital, St. Paul; professor of Pharmaceutics and Oral Biology and faculty member in Neurology and the Neuroscience Program at the University of Minnesota; and consultant to the pharmaceutical and biotechnology industry. Dr. Frey's work on an intranasal insulin treatment for Alzheimer's disease has been shown in clinical trials to improve memory in both Alzheimer's patients and normal adults in multiple clinical trials.

A separate 9 a.m. session will focus on Naomi Feil's Validation method for individuals with behaviors associated with dementia and Alzheimer's disease. Please call (320) 255-5642 to register. Free and open to the public.

Gifts improve community health

In 2012, CentraCare Health Foundation Grants Committee approved a \$15,000 grant for St. Cloud Area Legal Services – Minnesota Health Care Outreach Project, when its federal grant funds expired. Through this project, people with low income receive assistance enrolling in health care programs at CentraCare Family Health Center (CCFHC).

“When we were facing the prospect of closing the Health Care Outreach Project, we reached out to CentraCare Health Foundation for support,” said Ralonda J. Mason, supervising attorney with Mid-Minnesota Legal Aid. “We asked for interim funding to keep us going while we prepared for health reform and looked for other funding. We were able to maintain our services in the St. Cloud community while competing for additional grant funding.”

Partnering with CCFHC, the Minnesota Health Care Outreach Project received a Blue Cross Blue Shield Foundation grant to continue working with CCFHC as well as expanding its services to more clinic sites for uninsured or underinsured individuals. If you need assistance applying for health care programs such as MinnesotaCare and Medical Assistance, call (320) 253-0121 or (888) 360-2889.

Grants approved by the Foundation Board in April include:

- Melrose Chamber of Commerce Yellow Bike Program for Lake Wobegon Trail;
- Light the Legacy Advanced Directives Program, which encourages people to document their end-of-life care choices;
- Stearns Benton Medical Society Central Minnesota Community for free pertussis (whooping cough) vaccinations;
- St. Cloud Hospital Women & Children’s Center Charitable Car Seat Program for special needs car seats;
- St. Cloud Hospital Respiratory Care Breath Savers Support Group for people with chronic lung disease;
- Central Minnesota Sustainability Project for an orchard project at CentraCare Health Plaza; and
- St. Cloud Area Somali Salvation Organization Access to Medical Services for Somali Refugees.

Generous heart has ‘room’ for giving

By Cheri Tollefson Lehse

Darwin Bonn, St. Cloud, has been involved at St. Benedict’s Senior Community (SBSC) for so long that he’s not sure how it started. It might have been through a fundraiser. No matter what the genesis was, the end result has been decades of volunteering on committees and financial support.

He and his wife, Rosie, started several named funds for family members such as the Wayne & Hazel Bonn Memorial Fund. The fund helps to support life enrichment activities including the aviaries, aquariums and pet programs. They also created The Darwin and Rose Mary Bonn Fund to support the memory loss programs at SBSC.

Since Rosie became a resident due to memory loss, Darwin funded an endowment to create and support Rosie’s Garden as a testimony of his love for his high school sweetheart.

“My babe, Rosie, loved people, cooking, card playing, movies, sewing, fishing and snowmobiling,” Darwin said. “But most of all, she loved her husband, children and extended family. Her church was a really important part of her life. She was one of a kind.”

After Rosie passed away in 2010, Darwin became a “Friendly Visitor” volunteer at SBSC. He also keeps himself busy by volunteering at the St. Cloud VA Health Care System. Recently, Darwin decided to give another tribute to Rosie at SBSC.

The St. Cloud campus’ largest gathering place, Woodland Hall, gives residents a place to sing, dance, play games, create art, mingle and celebrate special occasions with family and friends. But the original 1978 décor is nothing to sing about. Woodland Hall will be remodeled this fall and renamed the Bonn Great Room in honor of a generous gift by Darwin.

Darwin remembers fondly when he and Rosie used to take her aunt, Marie, to Woodland Hall to dance to concertina music. He hopes that a renovated Woodland Hall will encourage families to get involved with events at SBSC.

“Darwin is such a role model for our community,” said CentraCare Health President Terry Pladson, MD. “His gift will impact all of the residents at St. Benedict’s and many more in the future.”

Rosie’s Garden at St. Benedict’s features a waterfall, gazebo and gorgeous flowers.



At St. Benedict’s Senior Community in 2010, Rosie and Darwin Bonn celebrated the dedication of Rosie’s Garden.



Let the doctors drive to you

By Cheri Tollefson Lehse

When you are going through cancer treatment, having to travel long distances for appointments may not be ideal. CentraCare Health brings oncologists from the Coborn Cancer Center monthly to Long Prairie, Melrose and Sauk Centre to provide care closer to home.

CentraCare Health – Long Prairie, Melrose and Sauk Centre have chemotherapy-trained registered nurses who provide one-on-one personalized care. The nurses work together with your local health care providers, the medical oncologists and nursing staff from the Coborn Cancer Center to provide comprehensive care throughout your cancer treatment.

Micki Lovelace, oncology nurse at CentraCare Health – Melrose, frequently hears “we are so fortunate to have our chemotherapy here in Melrose.” Especially during the winter, patients are grateful not to drive far from home.

“Patients value how peaceful and serene our infusion rooms are,” Micki said. “It is very rewarding to hear that we are doing a good job and are appreciated by our patients and their families.”

Oncologists from Coborn Cancer Center also travel to Glenwood, Little Falls and Paynesville.



Micki Lovelace (right) shares a laugh with patient Diane Frank recently. Photo courtesy of Beacon Photos by Carol Moorman.



To reduce your cancer risk:

- Stay away from tobacco.
- Maintain a healthy weight.
- Get moving with regular physical activity.
- Eat plenty of fruits and vegetables.
- Limit alcohol (if you drink at all).
- Protect your skin.
- Know yourself, your family history and your risks.
- Have regular check-ups and cancer screening tests.

Golf fundraiser on par for cancer

Grocers on the Green tees up for the 12th annual tournament on **Sept. 9** at Pebble Creek Golf Club in Becker to support St. Cloud Hospital Pediatric Cancer Services at CentraCare Health Plaza.

Through this event, Coborn's, Inc., raised \$186,000 last year, which allows Central Minnesota children and families to stay close to home while receiving treatment. The money also helps to fund two child-life specialists, who ease children through the health care experience. To date, the event has raised nearly \$1.4 million.

This past fall, Coborn's and its vendors also raised \$78,400 through the annual Food for the Cure promotion, which supports the Coborn Cancer Center.



Residential treatment for young people expands

By Andra Van Kempen

While many teens try drugs and alcohol, experimentation easily can develop into addiction. Nearly nine percent of teens report using chemicals regularly; and 90 percent of addicts say they began using drugs as adolescents.

Approximately 16 percent of Americans age 12 and older (40.3 million people) meet the medical criteria for addiction — more than the number of people with cancer, diabetes or heart disease combined, according to The National Center on Addiction and Substance Abuse at Columbia University, New York.

To combat the growing problem of addictions in young people, St. Cloud Hospital Recovery Plus



built a 25-bed residential facility near CentraCare Health Plaza to serve adolescents with alcohol and substance abuse problems who also have other mental health issues. This unique facility in Central Minnesota opens to patients July 1.

Recovery Plus Adolescent Services include:

- Primary care programming (4-6 weeks);
- Long-term extended care services (3-6 months);
- Access to mental health diagnostic screening, meeting with a psychiatric nurse practitioner,

medication management and ongoing individual therapy with a psychotherapist;

- Art and recreation therapy;
- Family programming; and
- Onsite schooling through St. Cloud School District 742.

St. Cloud Hospital Recovery Plus has provided specialized inpatient, partial hospitalization and outpatient services for adolescents aged 12 to 18 with chemical addictions since 1977. Since then, more than 7,500 youth have used Recovery Plus adolescent services. **For more information, call (320) 229-4996.**

Alcohol poisoning requires medical attention

Drinking too much alcohol in a short period of time can lead to alcohol poisoning — and death.

Alcohol poisoning can affect a person's breathing, heartbeat and gag reflex, which protects against choking. The drinker's body temperature may drop, leading to cardiac arrest. Blood sugar levels can fall low enough to cause seizures.

Binge drinking kills about 80,000 Americans each year, according to the Centers for Disease Control and Prevention. Binge drinking is defined as four or more drinks in two hours for women and five drinks for men.

Signs of alcohol poisoning:

- Cold, clammy, pale or bluish skin;
- Unconsciousness or inability to awaken;
- Slow or irregular breathing; and
- Vomiting repeatedly or uncontrollably.

A person's blood alcohol level can continue to rise even after he or she stops drinking, potentially leading to alcohol poisoning, according to Jenna Fuchs, senior counselor for Recovery Plus. To avoid alcohol poisoning, don't drink more than one shot, mixed drink or beer per hour.

If you suspect someone has alcohol poisoning, **call 911** and seek medical attention right away. Don't assume that the person can sleep it off.



spotlight ON HEALTH+

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

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