



*Holly Gulden*  
*Vice President, Foundation*

## Holly's Highlights

I made it through my first snowstorm since returning to Minnesota in early January. It was beautiful. I worked from home while my husband shoveled and shoveled again! Together, we got done what needed to be done. It is the foundation of our relationship.

Teamwork is important in health care as well. Our Foundation could not do what we do without your help. Thank you for your support. Whether you choose to support hospice, cancer, behavioral health, your region's greatest needs fund or another CentraCare fund you are helping us do what needs to be done to keep healthcare accessible and local. I appreciate "all y'all"! (As we say in the South!)

This month, we join the rest of the country in celebrating National Doctors' Day. We express our heartfelt appreciation for the dedication, skill and unwavering commitment of our physicians in providing high-quality health care to our patients. I encourage you to take this opportunity to express your appreciation to your physician as well.

Speaking of physicians, momentum for the new University of Minnesota CentraCare Regional Campus is growing! Renovations to the Administrative Support Building, which will house the medical school, will begin in earnest later this spring and the inaugural class will start in Fall 2025. Statistics show that medical students who learn and train in rural areas are more likely to practice in rural areas. This medical school will create a pipeline of physicians for our region. For more information and updates, visit our [website](#).

Be well – and be on the lookout for robins and daffodils!

*Holly*

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## A Year of Healing and Hope

This year, CentraCare's [Annual Report](#) focuses on our bright future including the CentraCare and University of Minnesota partnership to create a regional campus for the U of M Medical School in St. Cloud.

We celebrate our achievements and financial strength. Most importantly, we renew our vision to make rural life healthier.

If you have questions about any of the information within our report, we encourage you to [email us](#).

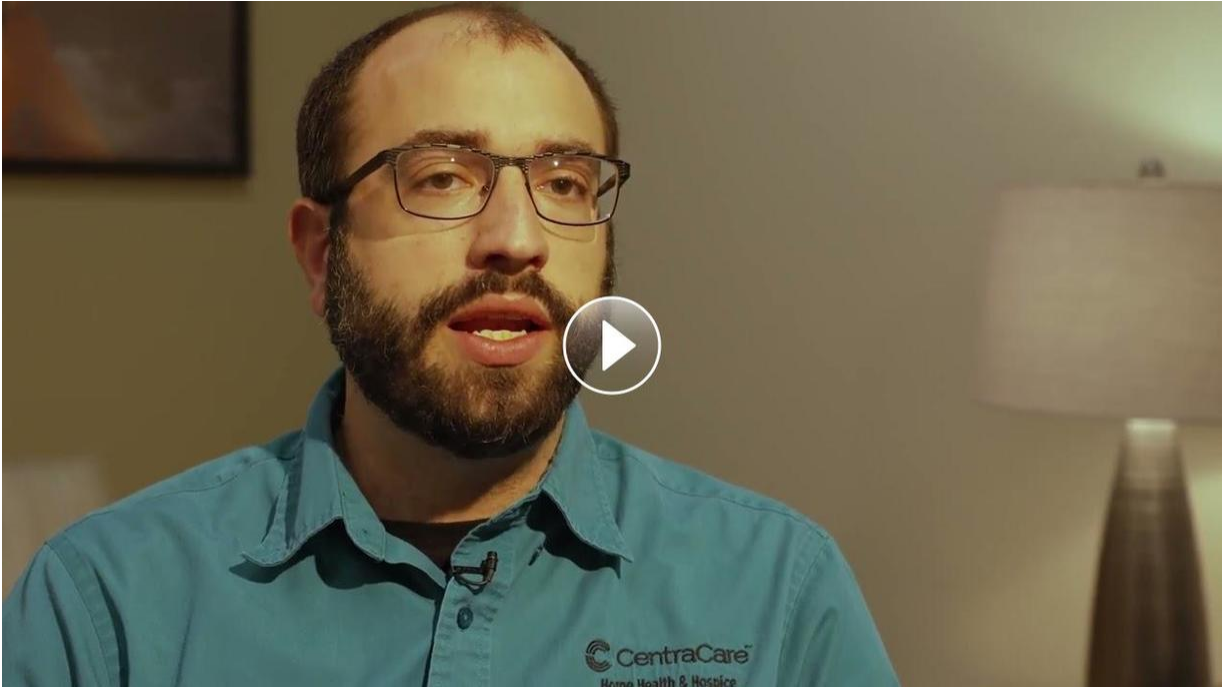


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## Impact of Giving: The new empathy app for Hospice

Thanks to funds raised at Holly Ball 2023, CentraCare Hospice recently purchased a new tool for use by their patients' families called the Empathy app. This tool is designed to support families by providing 24/7, real-time support for those experiencing their hardest days.

Watch this video to learn how the empathy app supports our CentraCare Hospice families with end-of-life tasks.



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## Suicide Prevention Program grows

We introduce **Summer Coleman**, who has joined Lisa Bershok as CentraCare's second Suicide Prevention Coordinator.

Summer is a clinical social worker and transitioned into this new position from CentraCare's Integrated Behavioral Health (IBH) program where she worked with many of our rural locations for five years. She was instrumental in helping to establish the IBH Telehealth program when CentraCare received a grant to start the project in 2018. Summer is also an adjunct professor at the College of St. Benedict where she teaches Psychological Disorders courses.

Thanks to generous community and employee giving, CentraCare was able to add this second Suicide Prevention Coordinator to support the growing needs of our service area.



*Summer Coleman*

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## Foundation Staff Hires, Changes and Recognition

Welcome to **Amy Hanfler** who joined our team as our new Sustaining Giving Officer. This role opened up when **Deb Paul** moved into the new Donor Relations Manager position. Prior to joining us, Amy worked as Marketing Manager at BerganKDV.

We also want to recognize **Chris Backes**, Prospect Researcher for CentraCare Foundation. Chris was invited to share his expertise in Prospect Development and Research with 200+ attendees as part of a Best Practice Webinar for [Apra](#) on Feb. 28.



*Amy Hanfler, Sustaining Giving Officer*



*Deb Paul, Donor Relations Manager*



*Chris Backes, Prospect Researcher*

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## Tour our new Linear Accelerator Suite

Community and employee giving to CentraCare Foundation has helped to enhance the cancer care provided at the [CentraCare - Willmar Cancer Center](#), 301 Becker Ave. SW, Willmar.

You are invited to join us for a tour of the new linear accelerator suite from **3:30-5:30 p.m. on Thursday, April 11.**



Please stop by and witness firsthand the impact of philanthropy. Refreshments will be provided.

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## Free cancer prevention & screening event

Coborn Cancer Center is offering a FREE cancer screening night from **4-6 p.m. April 2 at the Coborn Healing Center.**

You can receive a free skin check, radon test kit, take home colon cancer screening kit, tour the giant colon and get questions answered by health care professionals.



Learn about prevention and screening for cancers including breast, colon, HPV, lung, melanoma and prostate. Screening increases the chances of detecting certain cancers early, when they might be easier to treat.

**Pre-registration is required for Quick Skin Check**— to schedule an appointment, call 320-229-5100.

**Free Colon Cancer Screening:** Also until April 15, people who are age 45 or older can receive a free Take-Home Colon Screening kit. [Click here](#) for additional details and locations where you can get your free kit.

The screening kits are free thanks to our generous donors.

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## Surgery Open House planned

St. Cloud Hospital's **Surgery Open House** will take place on **Thursday, April 11, from 6-7:30 p.m.** at St. Cloud Hospital. You and your family can take an interactive, self-guided tour of Central Minnesota's largest surgical center and gain insight into surgical careers, the latest procedures and advanced technology. All ages are welcome!

Tours begin at the Surgery Entrance. Park in the South Ramp. Take the South Ramp Elevator to Floor A. The event is free, and no RSVP is needed – come and go as you please.

Call 320-251-2700, ext. 54468, with any questions.



## Bridging the language gap for better prenatal care

CentraCare - Plaza Clinic Obstetrics & Women's Health created a series of education videos for Somali women on the topic of gestational diabetes.

The three Somali-language videos focus on blood glucose testing, how to use an insulin pen and gestational diabetes meal plan basics. [Click here to](#)

[view.](#)

This video project was done to improve health outcomes for mom and babies and made possible thanks to community gifts to the CentraCare Foundation Diabetes Education fund.

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## Thank you to our wonderful community partners



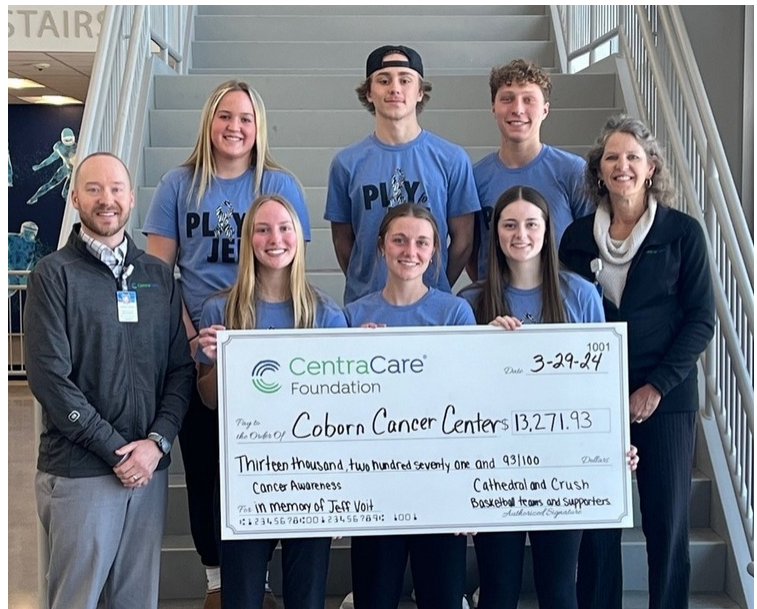
*Thank you to the Rocori FFA for making and donating 19 tie blankets to the Coborn Cancer Center. Pictured are: Autumn, Alana, Allison & Brynn with Monique Bork, Cancer Center*



*Thank you, St. Cloud Toyota, for supporting our Heart & Vascular Center patients! During American Heart Month in February, they donated \$100 for every used vehicle purchased raising a total of \$15,125!*



*Thank you to All-Star Nutrition for conducting a New Year, New You challenge for their clients. They donated \$1 to Gorecki Guest House for every percent of weight lost or muscle gained. The final gift was \$568!*



*Thank you to the Cathedral High School, St. Cloud Apollo and St. Cloud Tech boys and girls basketball teams who joined together to raise \$13,272 at a cancer awareness fundraiser in memory of Jeff Voit who coached many of the girls in youth basketball. The captains of the basketball teams presented the check to Nick Sanner, Coborn Cancer Center, and Deb Paul, CentraCare Foundation. #VoitStrong*

## Follow us on Facebook

CentraCare Foundation has so many stories to share and people to thank that we've created our own [Facebook page](#) where you can find all these things and more! We invite you not only to like our page, but to take it a step further — invite your friends to the page to engage and interact with the posts on Facebook. And give feedback



on how we can share the great things CentraCare Foundation is doing for our community, our patients and their families thanks to the generous support of our employees and the community.

Contact us at 320-240-2810 or [Foundation@CentraCare.com](mailto:Foundation@CentraCare.com)

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