



Investing
in Health

AUGUST 2024



*Holly Gulden
Vice President, Foundation*

Holly's Highlights

I'm proud to have joined an award-winning health system that has a long-list of [past awards](#) and a few more recent awards and achievements.

1. CentraCare – St. Cloud Hospital has been ranked third in the [U.S. News & World Report's](#) list of **Best Hospitals in the State**.
2. CentraCare Heart & Vascular Center received the [Get with the Guidelines®-Heart Failure Gold Plus Award](#) from the American Heart Association for its commitment to ensuring heart failure patients receive the most appropriate treatment.
3. CentraCare - St. Cloud Hospital received **Get with the Guidelines®-Resuscitation awards** for implementing measures that improved quality of care of those who suffer cardiac arrests within the hospital.
4. CentraCare was recognized on the **Heart Failure Honor Roll and**

Type 2 Diabetes Honor Roll.

5. The CentraCare Hospice program is the only hospice agency in Minnesota to become a Level 5 partner with [We Honor Veterans](#), a program of the National Hospice and Palliative Care Organization.

While this recognition is wonderful, I also am honored to work with caregivers who earn the following accolades from the patients they serve. These notes accompany gifts to CentraCare Foundation.

"Thank you so much for the wonderful and thorough care for me while I was hospitalized in April. All of the nurses were great!"

"Thank you for all the professional, caring staff: doctors, nurses and assistants. You are the best!"

"Thank you to all of the very loving people at CentraCare. God is using you EVERY day to work miracles in people's lives. Please know the difference you make every day, with every smile and every kind word you speak. You are incredible!"



Thank you to our team members whose hard work and compassionate care make a difference for those they serve.

Calming the MRI "wiggles" without sedation

As the Child Life Specialist for the St. Cloud Hospital Pediatrics Unit, Stephanie McNaughton has acquired many techniques and tools to reduce the anxiety for children who are hospitalized.



Over the years, Stephanie and the patient care staff have been focusing on finding ways to help children (and many adults!) successfully complete an MRI without the need for intravenous (IV) sedation. For imaging to be successful, the patient must lie still and, until recently, holding a child's attention with the limited distraction options has not been easy.

The recent purchase of an [MRI Video Display](#) is helping with that challenge. This new equipment allows patients to watch a movie of their choice or themed videos, such as the ocean, sunset, or animals to help distract them during their procedure and reduce the need for IV sedation.

Previously, almost all children undergoing an MRI needed to be sedated (requiring IV pokes) to keep them still for accurate images. The entire hospital visit could take up to five hours and the use of sedation had increased risks. Without sedation, the hospital appointment can be completed significantly faster allowing both the child and their family to return to their normal daily routine.

While it may not work for every patient, Stephanie has witnessed great success with this new MRI video viewer and even convinced a few skeptics, including parents and providers.

"It was a great option! I didn't think she could sit still for 20 minutes due to her age and attention span," shared Brittany Christensen about her 5-year-old daughter, Kallen.

"Stephanie was amazing," added Brittany. "She showed Kallen a video of what to expect during the MRI, kept her distracted before the procedure with other activities, and remained in the waiting area with me during the procedure."

While this equipment is currently only available in the Imaging Department at St. Cloud Hospital, the hope is that one day all CentraCare locations will have this system to support all patients.

The current video unit was purchased thanks to gifts to the Children's Health Fund at CentraCare Foundation.



Kallen Christensen



Brittany Christensen



This shows the video display set up for a head-first scan



A great day on the course!

More than 200 golfers and volunteers participated in CentraCare Foundation's Golf Scramble at Greystone Golf Club in Sauk Centre raising more than \$104,000 for the greatest health care needs for the Long Prairie, Melrose and Sauk Centre communities.

"We are grateful for the outpouring of support for this event, from the golfers and volunteers to our generous sponsors," shared Holly Gulden, Foundation Vice President. "As a Foundation, we appreciate opportunities like this to partner with the local communities that we serve — it was a wonderful day on the course!"

We extend a special thank you to all of the event sponsors, community partners and volunteers who helped to make this event a success! [Click here](#) to view the event photos, prize-winning teams and event sponsors.

Mark your calendar for next year's CentraCare Foundation's golf scramble on June 26, 2025, at the Lynx National Golf Course in Sauk Centre!



You're invited to The Gala in Willmar on Sept. 13

Join us at the Willmar Conference Center on Friday, Sept. 13 for the 2024 Foundation Gala – Sparkles & Smiles!

Since 1997, the Foundation Gala has raised more than \$4.1 million to support the work of CentraCare hospitals and clinics in Willmar, Redwood Falls and Paynesville.

Proceeds from this year's event will benefit the [CentraCare – Dental Clinic](#) in Willmar and help us continue to provide oral health services and education to those who have limited access

to dental care from our 17 surrounding counties. A full range of general dentistry services are offered, including examinations, fillings, crowns, extractions, cleanings, root canals, and dentures.

Thank you to our Presenting Sponsors [Chappell Central Incorporated](#) and the [Pierce Family Foundation](#).

[Click here](#) for ticket information and more event details.



Don't miss the "50 Years of Holly Ball" exhibit at the Stearns History Museum

Thank you to the [Stearns History Museum](#), 235 33rd Ave. South, St. Cloud, for hosting a historical exhibit featuring 50 years of Holly Ball from Sept. 5 to Dec. 3. The exhibit will feature photos, decor, dresses and more highlighting the past 50 years of this annual benefit for CentraCare Foundation.

Also, be sure to check out our ["Holly Ball Remembered"](#) Facebook page and share your favorite memories from past Holly Ball events!

For more information about this year's Holly Ball, visit our [website](#).



Roeder works to destigmatize mental health in area schools

It's been just over two years since the U.S. made asking for help in a mental health crisis as simple as dialing or texting 988 as an alternative to calling for police or paramedics.

The switch to three digits mirrors 911 in its ease to remember, but it's only useful when the public knows it exists.

Scott Roeder lost his son Jackson to suicide in 2017. Since then, he's worked to get the word out about suicide prevention, including awareness of 988 and destigmatizing mental health concerns and treatment in and around St. Cloud.

"People talk about grief and getting over it. And it's just something you really never 'get over it.' It changed our lives," Roeder said. "And with that change, in memory of Jackson, we wanted to do something here in central Minnesota to make a difference."

That difference took the form of the [Jackson Roeder Memorial Fund](#), philanthropic events and memorializing his son by maintaining a website Jackson himself started in 2016.

For the full article published on MPR News, [click here](#).



Cancer: Thriving & Surviving Workshop offered

If you or someone you know has cancer or is a survivor, family member, friend or caregiver, this workshop is for you!

Developed by Stanford University, sessions are highly participative where mutual support and success builds

your confidence to manage your health and maintain an active and fulfilling life.

This FREE, six-week series runs Mondays from 1-3:30 p.m. starting August 12, through Sept. 16, 2024 at the Coborn Healing Center. **Registration is required** by calling 320-229-5100. Please note the course materials also reference other serious illnesses.

Willmar Hospice welcomes six new pet handler teams

CentraCare Hospice in Willmar announced the "graduation" of six therapy dogs and their owners to our hospice volunteer team following our 2024 Canine University ending June 9.

All six volunteer duos have completed temperament testing, hospice volunteer training, and Canine University training, which includes testing and observations with patients to become certified with the [Alliance of Therapy Dogs](#), a national organization. The training is funded by gifts to CentraCare Foundation.



CentraCare Hospice's therapy dog program serves to provide comfort, support, and animal companionship for the patients and families we serve throughout greater Minnesota. If you and your dog are interested in joining our program, contact CentraCare Hospice at 320-231-4450.



Thank you to our generous community partners

In partnership with [The Leukemia & Lymphoma Society](#), [St.Cloud Subaru And Used Car Outlet](#) made a generous donation of 80 blankets and 30 Patient Care Kits to Coborn Cancer Center. These kits contain colored pencils, coloring book, heart-shaped stress ball, pack of tissues, socks, eye mask and collapsible water bottle.

"The blankets and care kits donated by St. Cloud Subaru and The Leukemia & Lymphoma Society are a unique and comforting gesture we give our newly diagnosed patients at the Coborn Cancer Center. It can be a daunting and cold beginning of a journey when you are diagnosed with cancer. Providing the comfort of a soft pillow that transforms into a blanket often brings a smile to our patients' faces. Cancer affects all ages. When a young adult, or a grandma or grandpa brings a child with them, the art kits are one of the

most special things to give them,” said Juliana Neumann, RN, Hematology Care Coordinator at Coborn Cancer Center.

We are incredibly grateful to both organizations for this generous gift!

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

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