



CentraCare
Foundation

Investing
in Health

SEPTEMBER 2024

Hi all,

Each month, I share a video update in our CentraCare employee newsletter. I thought this month's video which includes an update on CentraCare's Family Residency Program and our upcoming events may be interesting information for you as well. I hope you agree!



Holly's 
Highlights



NICU parents find "place of love and comfort" at Gorecki Guest House

by Diane Hageman, Gorecki Guest House volunteer

In November 2023, Michelle and Nathan Schultz were eagerly awaiting the birth of their daughter, Stella. The pregnancy was easy and uneventful -- until the birthing process.

Michelle labored for 36 hours at CentraCare – Long Prairie Hospital and ended up having a Caesarean section.

Braylin, Nathan, Michelle and Stella
Schultz

Complications at the end of the labor resulted in an ambulance ride to CentraCare – St. Cloud Hospital (SCH) for Stella and Michelle.

Little Stella, born full-term and weighing 7 lbs., 7 oz., had developed Meconium aspiration syndrome. This occurs when a newborn breathes a mixture of meconium (first bowel movement) and amniotic fluid into the lungs during delivery.

This was followed by persistent pulmonary hypertension when her circulatory system didn't adapt to breathing outside the uterus.

After two nights at SCH, Michelle was discharged, but Stella remained in the Neonatal Intensive Care Unit. Michelle and Nathan couldn't bear the thought of being away from Stella and driving back and forth to their home near Little Falls. They were grateful for the option to stay at the [Gorecki Guest House](#) directly across from SCH. For 20 days, this was their home.

"Everyone was so welcoming. It made a crazy, uncomfortable situation more manageable," said Nathan. "Our experience far exceeded our expectations."

"We found a place of love and comfort," added Michelle.

Today, Stella is a thriving, happy baby whose expressions melt the hearts of her parents and big sister, Braylyn. Her parents will be forever grateful for the Gorecki Guest House in their time of need.

The Gorecki Guest House, named after benefactors Benedict and Dorothy Gorecki opened in 2009 and has 28 guest rooms to serve families of patients receiving care in the St. Cloud area.

The guest house relies on donations to offset operating costs and to keep room rates affordable. If you would like to join our family of support, donate online or call CentraCare Foundation at 320-240-2810. You also may support the guest house through a donation of gift cards or household goods, such as beverages, individual serving items, and paper and cleaning products.

If you ever thought about going on a medical mission, read on

By Teri Houle, RN, and retired CentraCare employee of 34 years

In February 2024, we experienced another very successful month-long medical mission in Honduras coordinating and working with International Health Service (IHS) medical and dental teams. IHS had four medical/dental teams, one plastic surgery team and a team that taught local nurses and performed cervical cancer screening and treatment.

The team I led worked along the Mosquito Coast (northern Honduras along the Caribbean) on the Patuca River where we went by boat to four villages on the river.

When we arrived at each village destination, we set up our clinic spaces, kitchen and sleeping areas in the church or school. About 120 people were seen per day in our medical clinic and about 50-60 in the dental clinic.

Our team's accommodations consisted of individual tents with basic food, including beans, rice, tortillas, vegetables, fruits, and other foods cooked on a camp stove. We had no running water, so we filtered water from streams and brought a generator for electricity to give us light after dark.

Our team included three local translators, two medical doctors, two registered nurses, two general helpers for the medical clinic, a dentist, ham radio operator and two general helpers who worked in the kitchen and



kept everyone fed and hydrated.

It was a great team and a rewarding experience for all!

If you are interested in volunteering on a medical mission, visit [International Health Services](#).

If you wish to learn more about scholarship opportunities, visit [CentraCare.com](#).

The Houle Medical Mission Scholarship provided three scholarships for the Feb. 2024 medical mission. Nicholas and Teri Houle support teams of people who can help meet the health care needs of people in developing countries including the country of Honduras. While they welcome volunteers from any background, their primary focus is on recruiting physicians, nurse practitioners, nurses, pharmacists, dentists and dental assistants.



View 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 features photos, decor, dresses and more highlighting the past 50 years of this annual benefit for CentraCare Foundation.

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

Thank you to our Presenting Sponsor, Chappell Central, and to ALL of our Gala 2024 sponsors



Dental Clinic addresses critical need in rural health

The [CentraCare - Dental Clinic](#) represents a collaborative initiative between CentraCare and the University of Minnesota School of Dentistry, addressing a critical need in rural healthcare. While oral health is not traditionally thought of as a hospital-based service, patients turn to emergency rooms for oral health issues when they are unable to find dental care.



Since its inception in December 2007, the CentraCare – Dental Clinic has become a vital resource for the community. The facility is equipped with 10 dental chairs and state-of-the-art dental equipment and offers a comprehensive array of general dentistry services, including examinations, cleanings, fillings, root canals, crowns, dentures, and extractions.

The clinic hosts a rotation of four dental students, one dental therapy student, and two dental hygiene students on a year-round basis. These students provide care under the direct supervision of experienced faculty dentists and hygiene instructors.

Over the years, the clinic has made a significant impact:

- Treated 17,596 unique patients
- Provided 379,406 oral health services
- Trained 1,054 University of Minnesota School of Dentistry students

The CentraCare – Dental Clinic accepts most insurance plans, including public assistance programs, and serves patients of all ages. A sliding fee scale is available for uninsured patients, ensuring that everyone in the community has access to the dental care they need.

This initiative is not just about treating patients; it's about building a healthier future for rural Minnesota.

The CentraCare Dental Clinic is the beneficiary of our [2024 Gala](#) on Sept. 13.

This fundraising group is NOT



Pictured from left to right Carley Roda, Shelby Forsberg, Terri Larison and Alison Dahlin, Coborn Cancer Center.

running out of gas

Thank you to the Rich Spring Ladies Tuesday Night Golf League for their generous gift to Coborn Cancer Center. This gift will be used to purchase gas cards or other patient transportation needs.

Terri Larison (second from right) is a breast cancer survivor. She started this fundraiser three years ago after hearing from one of the Cancer Center team members that sometimes people must cancel their appointments because they can't afford the gas or other transportation.

"I just didn't want that to be a barrier for people to get to their necessary treatment," shared Terri.

She then recruited several other women from her league to help and received support from the Rich Spring Golf Course and Shady's Longshots as well.

Thank you to our generous community partners

The CentraCare - Willmar Cancer Center recently received a \$650 gift from the Southwest Initiative Foundation (SWIF), directed by Abdirizak Mahboub in honor of his more than six years of leadership on the SWIF board.



"We are truly grateful to Zack Mahboub and the Southwest Initiative Foundation for their generous support of the CentraCare - Willmar Cancer Center. This grant will help to provide programs and services that are not reimbursed by insurance but enhance the patient and family experience," said Holly Gulden, Vice President of CentraCare Foundation.

Pictured are SWIF staff Nancy Fasching and Nancy Kaping; Abdirizak Mahboub and his wife, Sahra Gure; Dr. Tod Speer, Radiation Oncologist and Medical Director for CentraCare - Willmar Cancer Center; Jessica Vagle, Senior Director Acute Division, Willmar CentraCare; and Holly Gulden, Vice President, CentraCare Foundation.

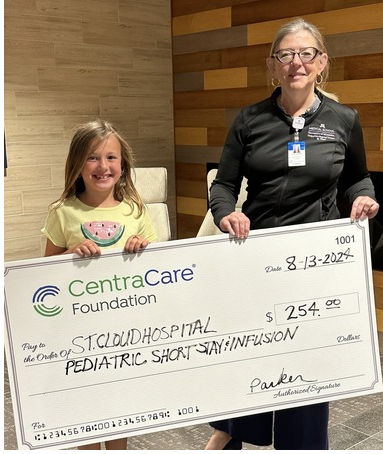
When life gives you lemons...

Thank you, Parker, for your inspiring act of compassion and generosity!

Parker raised \$254 for CentraCare - St. Cloud Hospital Pediatric Short Stay & Infusion Unit with her successful lemonade stand this summer. She was inspired by seeing commercials featuring pediatric cancer and wanted to do something to help kids!

What a wonderful act of kindness!

Parker presented her check to Holly Gulden, Vice President, CentraCare Foundation.



Save the date!

The annual Tending for a Cause event for the [Jackson Roeder Memorial Fund](#) is planned for Wednesday, Sept. 25, from 5-7 p.m., at [Beaver Island Brewing Company](#) in St. Cloud. \$1 per pint and all tips earned during this two-hour benefit will be donated to Jackson's fund.

This annual event helps to raise important awareness about suicide prevention and mental health support in the community. For example, the Jackson Roeder Memorial Fund helps to support the costs of educational materials and promotional costs for events planned by CentraCare's Suicide Prevention program.

Join us September 25 for an unforgettable evening at Beaver Island Brewing Company downtown, St. Cloud. We look forward to serving you!



Scott & Reyne Roeder organize this annual benefit in memory of their son, Jackson, who died by suicide in 2017.

Contact us at 320-240-2810 or Foundation@CentraCare.com

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