



Investing  
in Health

**JUNE 2024**



*Holly Gulden*  
*Vice President, Foundation*

## Holly's Highlights

June already?! It hardly seems possible that six months have passed since I joined CentraCare Foundation. I am still drinking from a fire hose, but it's quality water!

I continue to travel across our CentraCare service area to meet leaders, volunteers, donors and community members. The passion they share for making rural lives healthier and keeping healthcare local is inspiring and drives the work of the Foundation. Thank you all for your passion and partnership.

As we move into June, the summer sprint starts and our attention turns to making the most out of the great outdoors – camping, swimming, bicycling, gardening, relaxing on patios and enjoying outdoor concerts... the list goes on and on! My calendar is filled with options in Central Minnesota. I'm ready and hope you are too. Enjoy and for heaven's sake

be safe!

I hope you enjoy the articles in this newsletter. They highlight some of the people, events and activities that tell the CentraCare story. Cheers!



## Groundbreaking completed for new early childhood

# program at Clara's House

We are thrilled to announce that Clara's House, a St. Cloud Hospital mental health program for children and adolescents, is launching an Early Childhood Partial Hospitalization Program (PHP) for patients ages 3 to 5 — a first in the Midwest. Clara's House has been a beacon of hope for patients ages 5 to 18 for 20 years.

A groundbreaking for this expansion project took place on May 28, with CentraCare leadership and volunteers, planning committee members, and architect and construction partners.

The fundraising campaign for this project has seen remarkable support, with a total of \$3.1 million pledged from generous community donors. Due to the increased cost between the original project estimates and current costs, CentraCare Foundation is actively working to secure additional funding to ensure the successful establishment of an early childhood playground, equipped with safe and age-appropriate facilities for children aged 3 to 5. [Learn more.](#)



*Elizabeth working with her therapists*

## Gifts make big strides for young patients in Long Prairie

CentraCare – Long Prairie Physical Therapist Megan Tessman, DPT, sees the difference community and employee gifts make every day!

While her department had a gait trainer and adult-sized harness to help her adult patients learn to walk again, she advocated to have similar equipment for her pediatric patients. When the annual budget did not allow for this purchase, CentraCare – Long Prairie leadership elected to use community and employee gifts designated to CentraCare – Long Prairie's Greatest Needs fund to make this important purchase.

The new pediatric-sized harness arrived early last summer and is making a big impact on the young patients and staff.

To read the rest of Elizabeth's story, [click here.](#)

## Learn more about our La Gratitude award recipients

CentraCare Foundation Board of Directors presented La Gratitude on May 9 in St. Cloud and May 16 in Spicer.

These annual events recognize and thank philanthropic leaders for their generous support of CentraCare and our community.

Congratulations to our award recipients listed below. [Visit our website](#) to watch their videos and learn more about our award recipients.

Recipients on May 9:

Lifetime Achievement: **Jim Christensen**

Philanthropist of the Year: **Jan & Lee Hanson**





Service to Foundation: **John Schnettler**

Rising Star: **Lou & Leo Louis**

Caduceus Award: **Dr. David Tilstra**

Recipients on May 16:

Tradition of Caring: **Steve Linder**

Rising Star Award: **Mary Wilkens, MD, & Steve Peterson**

Service to Foundation: **David Anfinson**

Visionary Award: **Bev Schafer**



*Greg Windfeldt with Granite Partners presents award to Ken Holmen, MD*

## Holmen receives Cornerstone Award from Granite Partners

Ken Holmen, MD, CentraCare President and CEO, received the Cornerstone Award from [Granite Partners](#) for his “steadfast support of a [new medical school in St. Cloud](#) that will enable health and wellbeing into the future.”

The Cornerstone Award recognizes those who have made foundational contributions to the Granite mission to grow companies to create value for all stakeholders.

In the award announcement, Granite Partners shared: "Early in his tenure, Dr. Holmen shared his vision for a local medical school. After building support for nearly a decade, the University of Minnesota Medical School CentraCare Regional Campus St. Cloud is becoming a reality. The school will graduate physicians to

practice across Greater Minnesota and serve a large share of Granite Company team members and their families.”

## Save the date for the Willmar Gala

Sparkles & Smiles is the theme for the 26th annual CentraCare Foundation Gala, on Friday, **September 13**, at the Willmar Conference Center.

New this year is the addition of late-night entertainment featuring Michael Shynes and David Gerald Sutton.

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.

Stay tuned for the release of tickets for this annual event! And thank you to **Chappell Central Incorporated** for being our presenting sponsor! For more information, visit our [website](#)!



## CentraCare partners on new Cancer Center in Wadena



A groundbreaking ceremony took place May 7 at the Astera Health Campus in Wadena for a new cancer center that is a partnership between Astera Health and CentraCare.

It will be a state-of-the-art facility offering a wide range of services not easily accessible in rural Minnesota, including radiation, PET scanning and expanded infusion therapy. With the expertise of the CentraCare oncology team and Astera Health, this program will bring full-service care with better outcomes for

patients.

The goal of both organizations is to improve access to cancer care in Central Minnesota. This partnership was spurred by increased cancer rates in Minnesota and patients struggling to receive care. Currently, many people must travel long distances while suffering from cancer symptoms and the effects associated with such intense treatment. Construction started May 8, and it will be open to patients in July 2025.

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## CentraCare Golf Scramble planned for June 27

CentraCare Foundation is excited to support the Long Prairie, Melrose and Sauk Centre communities at one capstone golf event at the Greystone Golf Club in Sauk Centre. While the event is sold-out for golfers, there are still opportunities for hole sponsorships and course event sponsors. If interested, please contact the Foundation office at 320-240-2810.

Watch this video to learn more about our our **Presenting Sponsor, Viking Coca-Cola**, and their commitment to the communities they serve.



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## Grief Camp encourages kids to express their feelings

CentraCare Hospice has been providing a successful grief camp for kids, Camp GK Bear, for over 20 years, and this spring was no exception.

This year, 11 children were each paired with an adult mentor to talk one-on-one with them, and even more importantly, they were able to connect with other kids who have gone through similar grief journeys. The losses some of these kids experience can go beyond the death of a loved one and may include a change in homes, schools, or communities, a change in the family structure, or a change in what's "normal" for them. Through playtime, music time, reflection, and memory time, our grief staff and volunteers allow the children to express themselves, and after camp is over, we often will hear, "It's okay to let your feelings out."

CentraCare Home Health & Hospice is proud to offer this service, and it's all made possible through donations to CentraCare Foundation.



## CentraCare in the news

Click on these links to review recent media stories featuring CentraCare.

- [Online 'influencers' scam teens about skin care](#)
- [CentraCare St. Cloud Hospital Achieves Another Medical First](#)
- [St. Cloud Planning Commission Greenlights Expansion Plan for Plaza Campus](#)
- [CentraCare gets commission's approval for 170K-square-foot Minnesota ASC](#)
- [Board members share insight during community meeting](#)



## 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.



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