

4-1970

## Beacon Light: April 1970

St. Cloud Hospital

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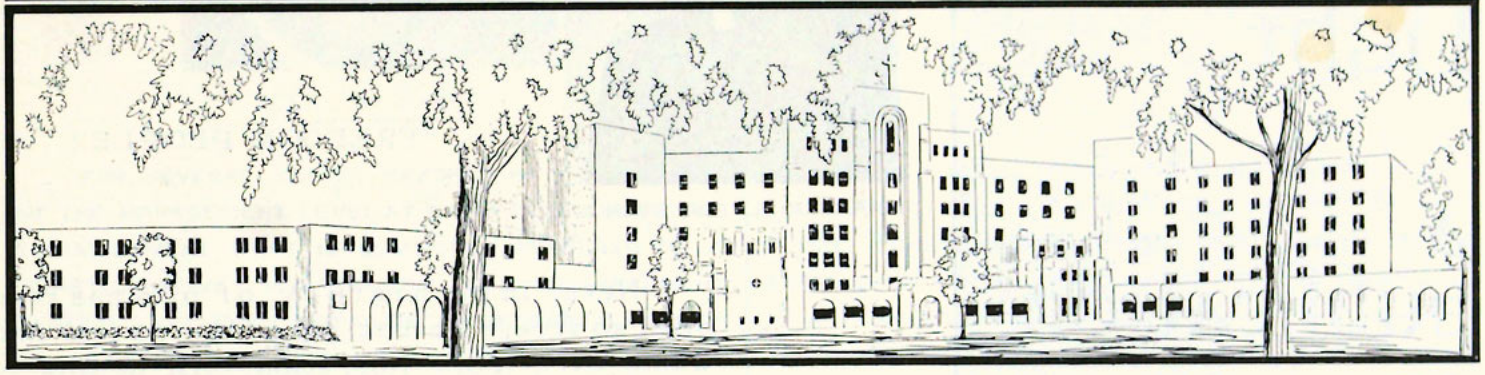
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# Beacon Light



Volume XIX Number 23

ST. CLOUD HOSPITAL

April, 1970



# The BEACON Light

a publication of St. Cloud hospital

editor

SAM WENSTROM

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- MRS. A. MOEGLEIN
- SISTER MARY SCHNEIDER
- MRS. D. STRACK



FATHER ALFRED STANGL

## Chaplain's Corner

by Father Stangl

### "FREEDOM PEOPLE"

Never in the history of man has man been so free. He has been liberated and wants even more liberation. All of this is good and, although many are frightened by all of this freedom, it will be the best for all of man.

One point disturbs me however: man still remains unhappy and lonely. With his freedom and in his ability to use it he still hasn't been able to cope with his own personal self.

With his freedom man has enslaved himself to a fact-filled world. And this part is getting worse rather than better. Harvey Cox suggests man must broaden himself to include both fantasy and festivity in his life. If he does this, then he no longer enslaves himself to the present but includes both the past and the future. He then can celebrate life and have a freedom to do this.

There are dangers in doing this but there are dangers in living and doing anything. However he will accept the danger and move forward. If man doesn't, then I feel he is lost and has no chance in this technological-fact-filled world.



GENE S. BAKKE

## From Our Executive Vice President

FOR SEVERAL YEARS, EFFORTS HAVE BEEN MADE AT THE MANAGEMENT LEVEL AT SAINT CLOUD HOSPITAL TO IMPLEMENT WHAT IS COMMONLY REFERRED TO AS "PARTICIPATIVE" MANAGEMENT. IT IS A MANAGEMENT SYSTEM THAT PUTS EMPHASIS ON DECENTRALIZATION -- AN EFFORT TO INVOLVE THOSE WHO ARE DIRECTLY AFFECTED BY DECISIONS IN A MORE SPECIFIC WAY. IT IS A PROCESS BY WHICH THE OPINIONS AND IDEAS OF THOSE WHO DIRECT AND DO THE WORK ARE EARNESTLY SOLICITED AND CAREFULLY WEIGHED BEFORE A DECISION IS FINALLY MADE. CARRIED OUT EFFECTIVELY, THIS PROCESS SHOULD ASSURE THAT THE NEEDS OF PATIENTS, AS WELL AS THE NEEDS OF THOSE WHO CARE FOR THEM, WILL BE MORE FULLY RECOGNIZED AND THAT PROPER STEPS WILL BE TAKEN TO SEE THAT THOSE NEEDS ARE MET.

THERE ARE AT LEAST TWO SIGNIFICANT REASONS WHY THIS MANAGEMENT APPROACH IS NECESSARY IN TODAY'S HOSPITAL:

FIRST, IT RECOGNIZES THAT THE OPERATION OF A HOSPITAL TODAY IS SO COMPLEX AND COMPLICATED THAT NO ONE PERSON, REGARDLESS OF BACKGROUND AND TRAINING, POSSESSES THE KNOWLEDGE TO MAKE ALL DECISIONS INTELLIGENTLY. THE KNOWLEDGE AND EXPERIENCE OF ALL WHO ARE INVOLVED MUST BE SOLICITED IF THE BEST DECISIONS ARE TO BE MADE.

SECONDLY, IT RECOGNIZES THAT ALL PEOPLE WHO PUT FORTH EFFORT IN THE HOSPITAL PLAY AN ESSENTIAL ROLE -- THAT WITHOUT ANY ONE PROFESSION OR GROUP, THE CARE OF THE PATIENT WOULD SUFFER IN A VERY MATERIAL WAY.

TO INTEGRATE AND SYNTHESIZE THE EFFORTS OF

ALL OF THE PEOPLE IN THE HOSPITAL SETTING INTO A COORDINATED WHOLE IS A DIFFICULT THING TO ACCOMPLISH. IT REQUIRES DEDICATION TO A COMMON PURPOSE BASED UPON A SPIRIT OF COOPERATION AND GOOD WILL -- A TEAM APPROACH ON THE PART OF THE BOARD OF TRUSTEES, THE MEDICAL STAFF AND HOSPITAL PERSONNEL.

SOMETIMES, THESE POSITIVE ATTITUDES MAY SEEM TO BE OVERSHADOWED BY MISUNDERSTANDING, IMPATIENCE, AND A SENSE OF INSECURITY THAT OFTEN DEVELOPS WHEN CHANGES, AND THE REASONS FOR THEM, ARE NOT WELL UNDERSTOOD. THESE REACTIONS TO CHANGE ARE NATURAL PHENOMENA, A DEVELOPMENT THAT OCCURS WITH ALMOST PREDICTABLE CERTAINTY. RECOGNIZING IT AS SUCH, WE NEED NOT OVER-REACT TO IT, BUT RATHER USE IT AS A BRIDGE TO DEVELOP BETTER UNDERSTANDING AND ACCEPTANCE OF THE "PARTICIPATIVE" APPROACH.

WE AT ST. CLOUD HOSPITAL ARE, INDEED, HIGHLY PRIVILEGED TO HAVE A MOST LAUDABLE AND LOFTY COMMON PURPOSE -- THE CARE OF THE SICK AND INJURED. WE TREASURE THE SPIRIT OF COOPERATION AND GOOD WILL THAT PERVADES THROUGHOUT. WE ARE, ASSUREDLY, MEMBERS OF A TEAM -- A HEALTH TEAM DEVOTED TO THE CARE OF OUR FELLOW MEN.

THIS DEDICATION TO COMMON PURPOSE AND POSITIVE SPIRIT OF COOPERATION AND GOOD WILL IS AN ASSET THAT REQUIRES CONTINUED NURTURING AND DEVELOPMENT. PERIODICALLY WE NEED TO RECOMMIT OURSELVES TO THIS LOFTY PURPOSE AND POSITIVE SPIRIT.

## Our Record Of Service

	ADMISSIONS	BIRTHS	OPERATIONS	X-RAYS	LAB. TESTS	EMERGENCY OUTPT. VISITS
MARCH 1970	1374	178	536	3682	14996	539
JANUARY 1 TO MARCH 31	3986	463	1581	10270	51531	1608

### Comment on the Cover...

AN EMPLOYEE SERVICE AWARD, TOKEN OF APPRECIATION FOR LONG AND LOYAL SERVICE TO ST. CLOUD HOSPITAL, IS DISPLAYED ON THE COVER OF THE BEACON LIGHT. DURING NATIONAL HOSPITAL WEEK, 65 STAFF MEM-

BERS WILL BE FORMALLY RECOGNIZED FOR HAVING PASSED ANNIVERSARIES OF 5, 10, 15, 20 AND EVEN 35 YEARS. SEE MORE DETAILS ON PAGE 4.

# 65 Employees to Get Awards; Mayor Speaks

The annual Employees Recognition Dinner, a major part of the National Hospital Week observance, has been scheduled for Thursday, May 14, at David's Supper Club in St. Cloud, according to Sister Joanne, general chairman.

Sixty-five SCH employees will be honored for their length of service during the program. Dr. Clifford Stiles will be Master of Ceremonies, and the main address will be delivered by Mayor Edward L. Henry.



MAYOR HENRY

Those receiving awards will be as follows:

## FIVE YEARS

Tom McLaughlin, Mary Schoffman, Helen Fuchs, Hazel Larson, Mary Thoele, LaVerne Feld, Emily Jewell, Marie Davidson, Lois Frederickson, Phyllis Herranen, Mary Pikus, Olive Stockinger, Jeanette Stack, Rosemary Krauel, Mary Kamphake, Kenneth Moog, Kenneth Kuebelbeck, Pernina Burke, Rita Osgood, Betty Orren, Donna Zima, Colleen Kallal, Bonnie Loidolt, Helen Long, Ellen Lies, Mary Ann Amundson, Eleanor Dekart, Mary Ulrich, Carol Borman, Mary Ann Seydel, Kathleen Rau, Irma Sauer, Barbara Piasecki, Sister Margaret Mary.

## TEN YEARS

Delores Johnson, Myrtle Zanoth, Delphine Kucala, Dorothy Kaeter, Marcella Townsend, Claire Kilian, Mary Ann Henz, Joanne Fettig, Claude Przybilla, Duane Beckstrom, Barb Lahr, Mary Thelen, Theresa Schoener, Maynard Lommel, Clarence Schill, Ervin Nierenhausen, Carol Weinand, Sister Mary Dominic, Virginia Meier, Joseph Stommes, Claude Dullinger, Genevieve Akervik, Elaine Silvers, Renilda Fuerstenberg

## FIFTEEN YEARS

Harry Knevel, Collette Gnifkowski, LeRoy

Martins, Bernice Schoenborn  
TWENTY YEARS  
Rose Wenner, Lena Hagen  
SPECIAL AWARD  
Sister Virginia -- 35 years

Committee members include Dorothea Lindstrom, Andrea Wocken, Pat Walker, Ginger Meier, Joanne Keck, Laverne Feld and Florentine Diedrich.

Also to be recognized will be seven employees who have retired during the past year, or will retire soon. They are Al Maselter, Mrs. Marie Nelson, Mrs. Rose Wenner, Math Jost, Mrs. Claire Kilian, Mrs. Eleanor Lambert and Mrs. Angeline Bonemeyer.

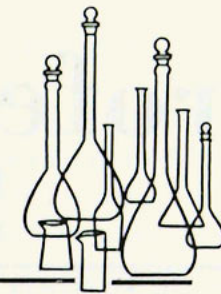
Other National Hospital Week activities include interviews WJON's "Focus 45" program May 11 and 13, and a feature on St. Cloud Hospital Sunday morning, May 10, on channel 7. Sister Mary Ellen is NHW chairman.



TWO STARS OF THE SHOW—DR. CLIFFORD STILES AND SISTER VIRGINIA, LOOK OVER THE PROGRAM PLANNED FOR THE EMPLOYEE RECOGNITION DINNER, SET FOR MAY 14 DURING NATIONAL HOSPITAL WEEK. DR. STILES WILL BE THE MASTER OF CEREMONIES, AND SISTER VIRGINIA WILL RECEIVE AN AWARD FOR 35 YEARS OF SERVICE.

St. Cloud Hospital

# Medical Memo



BY EDWARD F. GRAY, M.D.

JUDGING FROM THE INCREASING CONCERN ABOUT THE DRUG PROBLEM IN THE NEWS MEDIA, THE COMPLEXITIES SEEM OVERWHELMING IN SCOPE. THE TERM "EPIDEMIC" IS USED, AND I FEEL IT IS APPROPRIATE ON THE BASIS OF THE RELATIVE INCREASE OF ABUSE, AND UPON THE AVAILABILITY OF THE DRUGS WHICH MAKES THEM CONTAGIOUS BY NATURE. MOST OF THESE ARTICLES, ESPECIALLY IN THE NATIONAL MAGAZINES, HAVE BEEN WELL RESEARCHED AND DOCUMENTED. THEY DESCRIBE A DISHEARTENING PICTURE.

AS A PSYCHIATRIST; WHO IS THE CONSULTANT TO THE ALCOHOL AND DRUG UNIT FOR THE STATE HOSPITAL AT WILLMAR, I WOULD LIKE TO MAKE A FEW OBSERVATIONS ABOUT THE PERSONALITIES OF DRUG ABUSERS. BASICALLY, I FEEL THERE ARE TWO DIFFERENT PERSONALITY TYPES, AND USUALLY, THE FIRST TYPE IS OF AN OLDER AGE GROUP. THIS TYPE SEEKS A NIRVANA, AN OBLIVION TO FRUSTRATION OR CARE OR CONFLICT. NIRVANA IS AN OUTRIGHT ESCAPE AND THIS TYPE USUALLY USES ALCOHOL, SLEEPING PILLS, AND OR TRANQUILIZERS.

THE OTHER PERSONALITY TYPE OF DRUG ABUSER IS USUALLY FROM YOUNGER AGE GROUPS, EXTENDING DOWN INTO THE TEENS. THIS GROUP USES MARIJUANA, AMPHETAMINES, HALLUCINOGENES SUCH AS LSD, MESCALINE, AND THE NARCOTICS. THERE IS SOMETHING UNIQUE ABOUT THIS PERSONALITY TYPE. I HAVE OBSERVED ONE CONSISTENT, DISTINGUISHING CHARACTERISTIC: HE FINDS IN THESE DRUGS THE POSITIVE SENSE OF WELL BEING WHICH OTHERS GET BY ACCOMPLISHMENT.

THE POSITIVE FEELING OF WELL BEING OR EUPHORIA FROM A JOB WELL DONE IS NOT TO BE CONFUSED WITH NIRVANA THAT THE OTHER PERSONALITY TYPE SEEKS. THE EUPHORIA OF ACCOMPLISHMENT IS ALSO QUITE DIFFERENT FROM THE PLEASURE WHICH ACCOMPANIES THE SATISFACTIONS OF INSTINCTIVE NEEDS SUCH AS FOOD, SEX, AND ETC. THE NEED FOR THIS EUPHORIA MAY, IN FACT, HAVE A STRONGER DRIVE THAN SEX. THE NEED COULD BE CONSIDERED BIOLOGICAL. IT IS THE FORCE BEHIND MANY OF MAN'S ACHIEVEMENTS, JUST AS THE

EUPHORIA IS ONE OF THE REWARDS OF ACHIEVEMENT.

THE ABUSER OF EUPHORIA DRUGS JUST DOESN'T SEEM TO ACCOMPLISH ANYTHING, IN FACT, HE DOESN'T DO ANYTHING. IN OVER 30 PATIENTS WHO WERE INTERVIEWED FROM TWO TO SIX INTERVIEW HOURS, I GOT THE COMPOSITE TYPE PICTURE OF A YOUNG CHILD WHO DID NOT RELATE TO HIS FATHER AND HIS MOTHER OVERCOMPENSATED BY ALWAYS WAITING ON HIM. NO DUTIES WERE ASSIGNED HIM, AND VERY LITTLE WAS EXPECTED OF HIM. HE HAD NO PARTICIPANT INTEREST IN SPORTS, HOBBIES, OR EXTRA CURRICULAR ACTIVITIES IN SCHOOL. HE WOULD RATHER SIT AND LISTEN TO RECORDS THAN TO WORK OR PLAY. HE NEVER PICKED UP HIS CLOTHES, SHINED HIS SHOES, OR EVEN THOUGHT OF EMPTYING AN ASH TRAY AROUND THE HOME.

THERE WAS AN INTERESTING EXPERIMENT TRIED IN A HOSPITAL IN THE TREATMENT OF DRUG ABUSERS. FOOD WAS MADE AVAILABLE, BUT WAS NOT PREPARED OR SERVED. YET, EACH NEARLY STARVED TO DEATH BEFORE HE WOULD FIX HIMSELF A MEAL. IT WAS APPARENT THAT NONE HAD EVER EXPERIENCED THE FEELING OF BUOYANCY THAT RESULTS ONLY FROM ACCOMPLISHMENT. I FELT THESE OBSERVATIONS HAD CERTAIN VALUES IN RECOGNITION OF THE PERSONALITY TYPES ABUSING DRUGS.

IT WAS ALSO APPARENT IN OUR PRESENT TREATMENT SETUP THAT WE MAKE THE MISTAKE OF FURTHER CULTIVATING THE ABUSERS PASSIVE-RECEPTIVE INACTIVITY AS HIS PARENTS DID EARLIER. THIS TYPE MUST SOMEHOW BE TAUGHT THAT THE SENSE OF WELL BEING WHICH HE FOUND IN DRUGS IS BETTER SOUGHT IN ACCOMPLISHMENT. THEREFORE, I FEEL THIS TYPE SUBSTITUTES THESE EUPHORIA DRUGS FOR ACHIEVEMENT. IN THIS ONE RESPECT THEY ESTRANGE THEMSELVES FROM ALL OTHER MALADJUSTED WHO AT LEAST STRUGGLE AGAINST FAILURE. THIS IS THE ONE DIFFERENCE FROM THE NORMAL WHO ARE WILLING TO WORK TOWARDS SOME KIND OF ACCOMPLISHMENT, AND BY THIS TRAIT THEY CAN BE IDENTIFIED.

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# The Professional Services Division

THIS IS THE FOURTH IN A SERIES OF FIVE ARTICLES ON THE ADMINISTRATIVE DIVISIONS OF ST. CLOUD HOSPITAL. THEY ARE WRITTEN BY GIL LUBBERS, DIRECTOR OF ADMINISTRATIVE AFFAIRS, AND THE DIVISION DIRECTOR. CO-AUTHOR OF THIS MONTH'S ARTICLE IS HARRY KNEVEL. NEXT MONTH, GENERAL SERVICES DIVISION.

BY HARRY KNEVEL AND GILBERT LUBBERS

Modern medicine is replete with scientific advances many of which are most apparent in the costly equipment found in the paramedical services. Precision diagnostic and therapy programs under the direction of highly specialized Doctors provide physicians with the vital supporting information to detect and treat disease and other disabilities. The combined efforts of each Chief of Service and Department Supervisor assures the availability of the best equipment properly maintained and utilized. Highly specialized equipment requires equally specialized technical operators to fulfill the overall goal of "quality performance at all times."

Organizing these vital supportive services, varied in number, yet related in purpose -- into a functioning system for delivery to the patient is a monumented task. At St. Cloud Hospital this is accomplished through the Division of Professional Services under the leadership of Mr. Harry Knevel, Director.

The Department of Radiology typifies but one of the areas of tremendous scientific progress. Radiation equipment valued in excess of 1/2 million dollars is used to provide the best diagnostic and therapy programs for our patients. Harry Affeldt is the Chief Registered Technologist and highly competent department supervisor. He is also responsible for coordinating other department functions including operation of the School of Radiologic Technology currently enrolling 20 students. This department performs in excess of 40,000 radiographic and fluoroscopic examinations annually.

The Laboratory Department is under the expert supervision of Claude Przybilla. He is responsible for producing test results to provide diagnostic information in tissue

pathology, body chemistries, bacteriology, hematology and blood bank functions. Great advances in electronic analysis have provided rapid test results with a greater degree of precision. Under his supervision over 300,000 laboratory procedures are performed annually. In addition, the department includes a School of Medical Technology with 12 students currently enrolled.

Inducing Anesthesia (rendering patients insensible to pain) including patient monitoring and close observation of vital signs is a highly-developed science concerned with patient welfare during and after surgery. This department is competently supervised by Eileen Stafford who is also responsible for the Post Anesthesia Room and Inhalation Therapy Unit. Last year 7,000 anesthetics were administered to patients at our hospital. In addition, Eileen is also the Director of the School of Anesthesia with a normal complement of 6 students.

The Pharmacy Department is the most extensively used therapeutics facility in the hospital. It is responsible for the accurate dispensing of over 225,000 patient prescriptions annually. The highly trained staff of pharmacists under the capable direction of Larry Olson, Chief Registered Pharmacist, also maintains a "Poison Information Center" -- a place which provides rapid access to antidotes and other information in the treatment of accidental poisoning. This department looks toward greater future fulfillment of purpose in an I.V. additive program and unit dose system.

The ECG Department is ably supervised by Betty Fisher, who is responsible for training and staffing of technicians to provide accurate electrocardiographs (heart

activity graphs) on a timely basis. The department produces in excess of 5,500 ECG's annually. Everyone associated with the department is anxiously looking toward the future and new quarters which will have the capacity to provide additional and improved services for our patients.

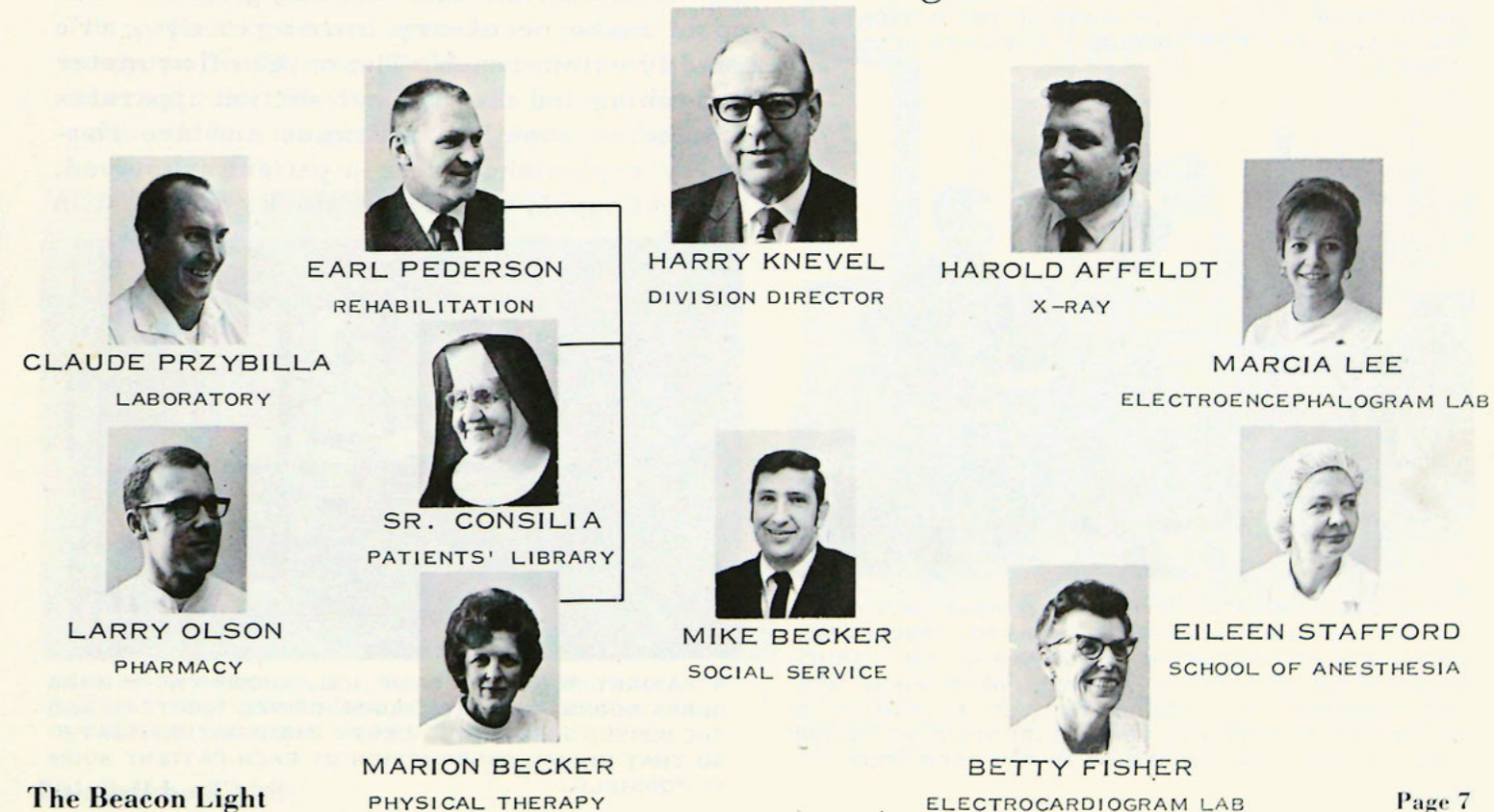
Mrs. Marcia Lee is our technician in charge of the EEG Department. She is responsible for developing accurate graphs of brain activities (electroencephalographs). This service is currently being provided to over 500 patients annually. The department also provides EMG's (electromyographs) using electric means to measure reaction and viability of nerve paths and muscles. New future quarters will also provide better facilities for these two important services.

Earl Pederson, Rehabilitation Coordinator, represents the newest addition to our hospital management staff. He is responsible for coordinating the various services for rehabilitation of the injured and other disabilities which will hasten convalescence and return patients to their optimum normal daily activities. Reporting to Earl and working enthusiastically with him is Marion Becker, Chief Physical Therapist. Under her capa-

ble supervision physical therapy has experienced phenomenal growth from 9,500 procedures in 1958 to 43,000 procedures in 1969. Also reporting to Mr. Pederson is Sister Consilia well known and long time head of the patients library service. Her daily visits provide patients with reading material and other acts of kindness, making their stay a little brighter. Future services scheduled under Mr. Pederson's direction will include Occupational Therapy, Recreational Therapy and Speech. Everyone is eagerly looking forward to the opening of the new unit in the Northwest Wing.

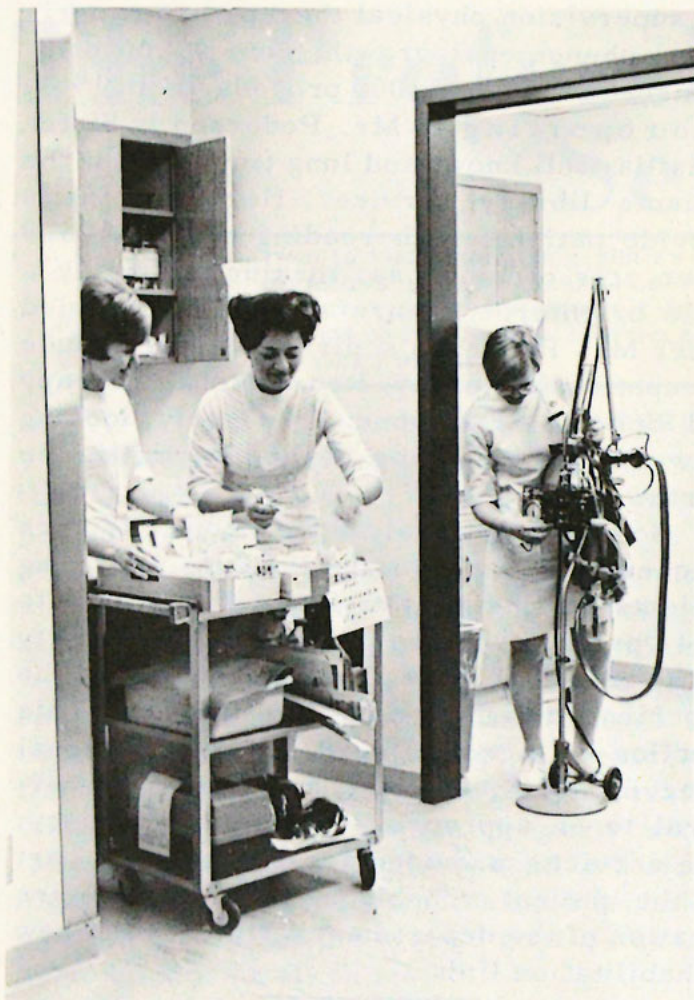
Social, emotional and economic factors frequently accompany illness. Assisting patients in finding satisfactory solutions to these problems is the primary responsibility of the Social Service Department, under the experienced direction of Mike Becker. This function is accomplished through personal interview of the patient, his family or referral to an appropriate community agency. The services provided are an essential part of the patient rehabilitation plan. Future location of the department will be in the new Rehabilitation Unit.

## Professional Services Division Organization Chart



# Our Intensive Care Unit

by the I. C. U. Staff



THE EMERGENCY AREA AND EQUIPMENT ARE KEPT IN READINESS BY ICU PERSONNEL. PICTURED ARE BARBARA KNUDSON, BONNIE HEMMING, AND JANICE ECKBERG. ACCIDENT VICTIMS MAKE UP MOST OF THE PATIENTS IN THE UNIT, WITH POST-SURGERY PATIENTS SECOND IN NUMBER.



FORMER PATIENTS IN THE INTENSIVE CARE UNIT OFTEN RETURN TO VISIT WITH THEIR NURSES. ABOVE, MR. WAYNE DAHME, ROUTE ONE, PLEASANT ACRES, IS PICTURED IN THE CCU-ICU LOUNGE WITH HEAD NURSE MRS. RITA WOCKEN. THE LOUNGE IS USED BY FAMILY OR RELATIVES OF PATIENTS WHO ARE RESTRICTED TO ONE FIVE-MINUTE VISITING PERIOD IN CCU EACH HOUR.

At the far end of the west wing, first floor, is the newly constructed Intensive Care Unit. Situated to allow easy accessibility to the emergency room, surgery, laboratory and x-ray, the unit is intended for complete and constant care of both medical and surgical patients. It is designed for critically ill people, however, and not for the "terminally" ill.

We are staffed by a team of 24 professional nurses, 13 of whom are full time employees and 11 part time. Our clerical personnel include one full-time and one part-time transcriber who work the day shift, and evening shift. Nine of the R. N. 's in I. C. U. are graduates of the St. Cloud School of Nursing.

The physical makeup of our unit constitutes "L" shaped area with eight rooms and a capacity of nine patients. The rooms are each enclosed by glass sliding doors and form a semi-circle about the nurses' station, thus allowing constant watch of the patient even from outside the room.

Wall suction and wall oxygen in each room make necessary emergency care readily within reach. The oxygen flow meter and tubing and the tracheal suction apparatus are in the rooms at all times and are routinely replenished after a patient is moved. Central supply also keeps stock equipment in



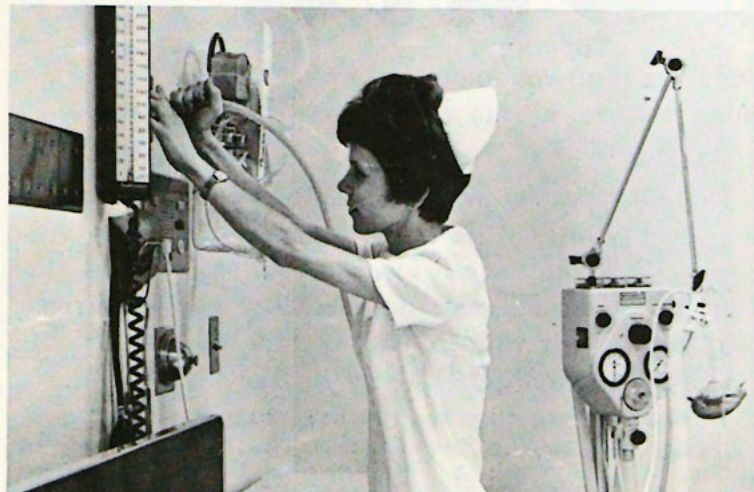
A PATIENT'S EYE VIEW OF ICU, SHOWS THE SLIDING GLASS DOORS, THE HEAD NURSE OFFICE (CENTER), AND THE NURSES DESK TO THE LEFT. THE DESK IS SITUATED SO THAT VISUAL OBSERVATION OF EACH PATIENT ROOM IS POSSIBLE.

St. Cloud Hospital

our unit so we may quickly obtain it when in need, and pharmacy allows certain stock medications for intravenous and intramuscular injection, such as some antibiotics and a group of emergency drugs. Our intravenous solutions are also stocked for easy accessibility. A Bennett respirator and a cardiac monitor with a difibrillator are also a part of our unit.

As with all areas within the hospital, we too have our specific rules and regulations regarding visitors. Visiting hours extend 24 hours around the clock, but each patient is allowed a maximum of 2 visitors for five minutes each hour. Visiting rounds are on the half-hour, 8:30, 9:30, 10:30, etc. and are restricted to immediate family only. Our restrictions are primarily for the good of the patient, as they are intended to allow maximum rest and minimum frustrations induced by an outside-the-hospital setting. They also enable us to administer proper, frequent care, without disturbing the family.

Statistically, our new unit, occupied since August 29, 1968, has housed a total of 709 patients whose ages have ranged from newborn to 94 years old. By way of human interest, the 94 year old was a lady who had gallbladder surgery and left the hospital ambulatory.

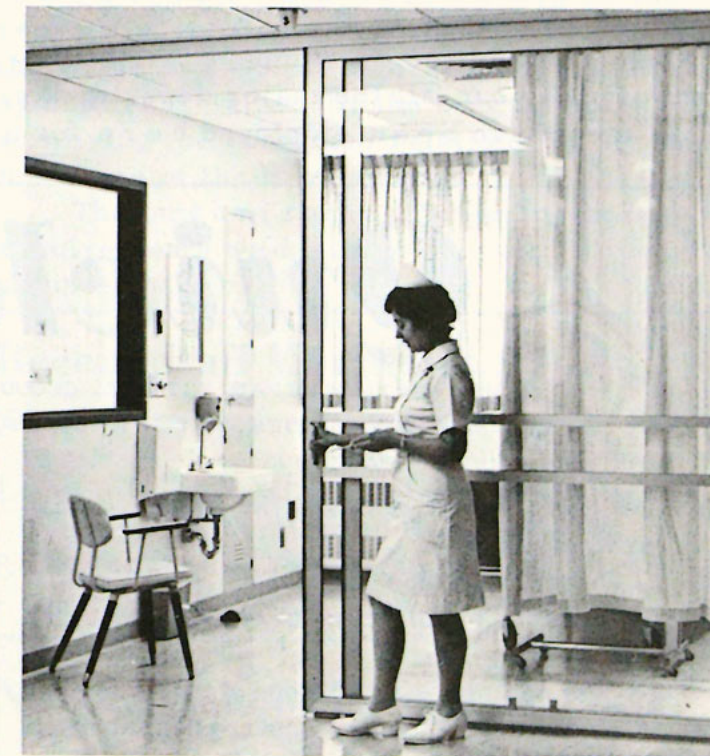


MISS JOANN ARENS, R.N., PREPARES AN ICU ROOM FOR A NEW PATIENT. EMERGENCY EQUIPMENT IS AVAILABLE IN EACH OF THE EIGHT ROOMS IN ICU.

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MONICA MUELLER, R.N., PREPARES A MEDICATION IN THE MEDICATION ROOM IN ICU. MONICA IS ONE OF SEVERAL ST. CLOUD SCHOOL OF NURSING GRADUATES NOW WORKING IN THE UNIT.



HEAD NURSE MRS. RITA WOCKEN DEMONSTRATES THE FLOOR-TO-CEILING GLASS DOORS, WHICH SLIDE BOTH WAYS, AND OFFER VISUAL OBSERVATION TO EACH ROOM FROM THE NURSING STATION, BUT PRIVACY WITH A DRAWN CURTAIN WHEN THAT IS NEEDED. SIX OF THE ICU ROOMS ALSO HAVE AN OUTSIDE WINDOW.

## What's The P.A.C.?

by Mrs. Mildred Varner, R.N.  
President, Personnel Advisory Committee

We would like to acquaint the public with the Personnel Advisory Committee of the St. Cloud Hospital, often referred to as the P.A.C. We try to act as a liaison between the personnel and administration. When an employee or group of employees have any questions or grievances we try to find the reason for the grievance, or what have you, and suggest a solution to them. We also try to develop a spirit of loyalty and pride in the hospital. We have no power to make policies but we do have the duty to make recommendations for new policies or alterations of existing ones, especially in the case of policies affecting the social, spiritual, financial or physical welfare of the employees. That is why we stress that employees elect a representative from their department who will take an interest and do the best job possible for them.

The committee is composed of representatives from all the major departments. They must have been employed here for a

period of six months or more and may not be in a supervisory or department head capacity. Each representative is elected for a period of two years. The committee is divided into two groups and to assure continuity of the committee's objectives and goals, each group holds an election during alternate years. We have monthly meetings.

A few things that have been accomplished through the efforts of this committee are that the benefits of Blue Cross hospitalization are being paid in full by the hospital. Fringe benefits for part-time employees have been initiated, such as vacation and sick leave time. Also improvement of snow removal has come about. Better selection of food in the cafeteria and the security of the Pinkerton men have been obtained.

## 4 Students Attend N.S.A. Meeting

Four students will represent the St. Cloud School of Nursing at the national convention of the Nursing Students Association in Miami, Florida, April 28 - May 4.

Attending from here will be Roberta Collins, Sandra Nietfeld, Karen Soukup and Joan Weber.

# Quick Quiz

ARE YOU FAMILIAR WITH ST. CLOUD HOSPITAL? DO YOU KNOW ALL OF THE FACTS ABOUT SIZE, FACILITIES, PATIENT TOTALS, BUDGETS? TAKE THIS QUIZ. ANSWERS MAY BE FOUND ON PAGE 14.

1. HOW MANY BABIES WERE BORN AT ST. CLOUD HOSPITAL IN 1969?  
A. 1,770 B. 2,103 C. 1,987
2. THE CURRENT BUILDING-RENOVATION PROJECTS WILL COST:  
A. \$10,000,000 B. \$6,500,000 C. \$14,500,000
3. ST. CLOUD HOSPITAL HAS \_\_\_ FULL-TIME AND PART-TIME EMPLOYEES:  
A. 775 B. 981 C. 1,096
4. WHEN THE CONSTRUCTION PROGRAM IS COMPLETE, ST. CLOUD HOSPITAL WILL HAVE \_\_\_ BEDS:  
A. 300 B. 400 C. 500
5. TAKE A GUESS! HOW MANY WINDOWS IN THE SOUTH-WEST WING:  
A. 400 B. 600 C. 800 D. 1,000
6. TAKE ANOTHER GUESS! HOW MANY DOORS IN THE SOUTHWEST WING:  
A. 250 B. 400 C. 550 D. 750
7. GUESS AGAIN! IN 1969, SCH USED \_\_\_ GALLONS OF WATER:  
A. 11,126,277 B. 27,766,159 C. 34,124,539
8. THE SCHOOL OF NURSING HAS GRADUATED \_\_\_ R.N.'S:  
A. OVER 500 B. OVER 1,200 C. OVER 1,500

## Alumnae Plan Homecoming

Alumnae of the St. Cloud School of Nursing are planning a homecoming for June 27, according to Sister Paul, Secretary.

Tickets, \$7.50 each, are available by contacting Anne Domeier Hopke, Route #4, St. Cloud, Minnesota, 56301.

## Room Is Charmed For Health

Mrs. Ann Mader, mother of Mrs. Rosalie Timmers, Auxiliary president, was a patient on 2-South in March, and when she was discharged, left the following note:

"Since I am leaving to make room now for someone else, I hope you learn to love the nice nurses one and all as much as I do, and this nice room and hospital, and improve in health as fast as I did. Do not worry, this room has lots of charm for fast health." Mrs. Ann Mader, Chokio, Minnesota.

Thank you, Mrs. Mader, and congratulations to the staff on 2-South.

## Promotions...Congratulations!

Mrs. Catherine Donabauer - Bakery Aide to Bakery Assistant

Mrs. Rosalyn Barthelemy - Laboratory Aide - Laboratory to Processing Aide - Central Service



MRS. DOLORES HANISCH AND DAUGHTER ANDREA WATCH AS AN INFANT PATIENT IN PEDIATRICS ENJOYS THE FIRST SWING IN THE 'SWINGMASTER' GIVEN TO SCH BY THE HANISCH FAMILY. 4-SOUTH HEAD NURSE MRS. MARTHA SMITH IS AT THE RIGHT. THE SWING, WHICH WINDS UP AND SWINGS AUTOMATICALLY FOR 10 MINUTES AT A TIME, WAS GIVEN "IN MEMORY OF BROTHER PAUL, A BABY WHO LOVED TO SWING." THANK YOU!

## Pearce Heads "Fish" Group

David Pearce, Director of the Wage & Benefits Department, has been elected chairman of the steering committee to organize a



DAVID PEARCE

local chapter of The Fish, Inc., a multi-denominational group offering a wide variety of emergency services in communities throughout the nation.

The first meeting was attended by 50 interested persons who plan to offer the emergency service on a 24-hour basis helping those trapped in emergency situations, as well as reading to the blind, visiting with the elderly, preparing meals for invalids, providing transportation, etc.

Pearce said The Fish is an ancient Christian symbol originating in the early days of the church when Christians in Rome secretly identified with each other by drawing the shape of a fish in the sand. He said the symbol is retained by the organization, signifying the continued relationship between members of the human race.

The organization has no membership requirements and all work will be done by volunteers.

## Recent Staff Marriages...

Yvonne Zwilling - Laundry Aide to Jerry Bentler

Lorelie Heden - Medical Secretary - Medical Records Department to Robert Helie

Ruth Jansen - Transcriber - 6 North to Larry Steele

## Nursing School Formal Planned

The annual dinner-dance for students at the School of Nursing will be held on Friday, May 1, at David's Supper Club.

This formal is an annual occasion for the school's 150 students.

## Employee Insurance Expanded

by Jack Euteneuer, P. A. C. Member

For a number of years employees of SCH have been able to secure Blue Shield insurance which pays for physicians' services. This insurance is set up on a scheduled basis, that is, a specific dollar amount is paid for a specific service. In recent years, in many cases, this scheduled amount proved to be too small to cover physicians' charges so that the employee often wound up with a bill from the doctor. The Blue Shield M-series of scheduled payments provides for payment for in-hospital services by physicians. It also provides for some coverage for treatment on an out-patient basis such as X-Ray and lab. services on a scheduled basis.

The Personnel Advisory Committee, in reviewing our Blue Shield insurance coverage, decided to find out what other alternate insurance plans might be available through Blue Shield. In consulting with Elmer McLean, Blue Shield Representative here in St. Cloud, the committee learned that a stronger program is available, the Usual & Customary Plan, at a somewhat higher cost. The Usual & Customary program calls for payment of physicians' services for in-hospital services in full, treatment following an accident,



MATH JOST, A SCH PAINTER FOR SEVEN YEARS, RETIRED IN MARCH, AND ENGINEERING AND MAINTENANCE PERSONNEL SPONSORED A PARTY FOR HIM, HELD IN THE CARPENTER SHOP. MR. JOST, WHO WORKED IN THE AREA FOR 52 YEARS AS A PAINTER, TOLD THOSE ATTENDING: "AS JACKIE GLEASON WOULD SAY, ST. CLOUD HOSPITAL WORKERS ARE THE GREATEST WORKERS IN THE WORLD. I JUST HOPE YOU WON'T HAVE TO CLOSE DOWN AFTER I LEAVE." HE SAYS HE'S GOING TO DO A LITTLE TRAVELING, LOTS OF RELAXING AND, MAYBE, SOME PAINTING.

diagnostic studies such as X-Ray and lab. work, out-patient or in-office surgical procedures. In comparison the Usual & Customary program is a much more comprehensive and complete payment program than the scheduled M-series (M-42, M-60 and M-75).

After studying the Usual & Customary payment program by Blue Shield the Personnel Advisory Committee contacted employees within their respective departments in order to determine whether or not our employee group wanted to change coverage from the Blue Shield M-series to the Usual & Customary. The result of the study and subsequent contact with our employee group was that an overwhelming majority of employees wanted stronger insurance coverage through Blue Shield and settled on the Usual & Customary Plan.

The Personnel Advisory Committee recommended to the Administrative Committee that the change be made. Administration has endorsed the committee's recommendation. Meetings conducted by Blue Shield and Blue Cross representatives will be held with our employees. The new Usual & Customary insurance program will be effective May 15th and will replace the M-series. While the Usual & Customary program will mean additional cost to the individual employee it was felt by the employee group that it will be well worth it.

## Speech Program Ends First Year

The Speech and Hearing Department, established last April, has issued a report revealing that 70 patients were treated during the first 12 months of the program, which is co-sponsored by St. Cloud Hospital and Easter Seals.

Gerald Carlson, speech therapist, said 1,356 half-hour treatments were provided, with 24 physicians utilizing the department services.

Types of cases treated included 38 stroke patients, 2 who suffered from traumatic brain damage, 3 who were mentally retarded with articulation problems, and 4 who had cerebral palsy.

St. Cloud Hospital

## Candy Strippers Discuss Careers

An informative discussion on Future Careers in Nursing or other paramedical fields was given by Mrs. Loren Timmers, R. N., volunteer director of Candy Strippers, during the monthly meeting in March. A question and answer period showed considerable interest by the junior hospital volunteers in several phases of hospital-related careers.

Mrs. Timmers gave information on the possibility of obtaining educational loans and/or scholarships for the 3 and 4 year nursing programs and the names and addresses of schools of practical nursing, x-ray technology, dietetics, laboratory technicians, medical and dental assistants. She explained a list of scholarships and loans may be obtained from the National League of Nursing, 10 Columbus Circle, New York, 10019, at a cost of 10¢.

Mrs. Timmers stressed some personal qualifications for becoming a nurse; a sincere interest in people and a desire to serve. Good judgement is essential as is the ability to maintain good interpersonal relationships. Academic ability and good study habits are a necessity. Tact, adaptability, and a sense



FRESHMEN CLASS OFFICERS AT THE SCHOOL OF NURSING POSED FOR THEIR FAMILY PORTRAIT, WITH CLASS ADVISOR MRS. ROSEMARY COOK. LEFT TO RIGHT ARE JOAN WEBER, WATKINS, SECRETARY; JOANNE HENEFIELD, EDINA, COUNCIL REPRESENTATIVE; RANDEE KINSELLA, MOORHEAD, TREASURER; KEN KLEINSCHMIDT, LITTLE FALLS, PRESIDENT; DICK LUCKEROTH, ST. CLOUD, VICE PRESIDENT; MRS. COOK, AND MARY RYAN, ST. PAUL, COUNCIL REPRESENTATIVE.

The Beacon Light

of humor are important characteristics to possess.

Following the talk and the regular meeting of the Candy Strippers, a lively discussion was held regarding regulations, programs, merits, demerits, etc.

Five committees were formed with the following as chairman: Self Improvement, Mary Patton; Nominating, Kathy O'Brien; Program, Janice Kuebelbeck; Hospitality, Debbie Howard and Publicity, Jane Herring.

The Candy Strippers wishing to serve on any committee may contact any of the committee chairmen and leave their name in the volunteer office of the hospital.

## School of Nursing Graduation

Forty-five seniors will graduate from the St. Cloud School of Nursing in exercises scheduled for Saturday, May 23, at St. Paul's Church, St. Cloud, Bishop George Speltz officiating.

Father Wilfred Illies will be the main speaker.

Receiving diplomas will be Stella Jane Lang, Diane Marie Berning, Kathleen Sue Bertrand, Bonita Marie Blenkush, Jeanette Marie Carlson, Roberta Ann Collins, Theresa Ann Curtis, Carolyn Yvette Dietz, Norma Jean Erickson, Lynette Helen Felling, Karen Ann Gossen, Elizabeth Ann Gresser, Kathleen Theresa Gruba, Mary Ann Peterson, Mary Jane Hillesheim, Janice Mary Hoelker, Priscilla Beatrice Hoffmann, Caroline Cecilia Juni, Donna Marie Korkowski, Audrey Jean Loher, Patricia Jean Lonneman, Glenn Roger Lund, Kathleen Anne Mahoney, Cynthia Lee Goodell, Kathleen Dolores Mareck, Charlotte Ann McGraw, Barbara Jean Froiland, Patricia Jean Norman, Karen Marie Phillips, Muriel Mary Plakut, Mary Ann Pluth, Maureen Kay Pyan, Janet Martha Schmidt, Karen Margaret Schmit, Karen Mary Soukup, Jean Renee Thomes, Lois Elaine Thompson, Bonnie Jean Waibel, Darlene Ethel Wedel, Nancy Jean West, Ronald Guy Winters, Beverly Ann Wren, Heidel Ann Lorimer, Linda K. Merklings and Ann E. Vollmar.



## Symposium On "Death Education"

The Spiritual Care Department and the Nursing Department of St. Cloud Hospital will co-sponsor a symposium on death and dying to be held on Friday, May 15. Guest speakers for the day will be Dr. John Brontener and Prof. Robert Slater from the University of Minnesota.

Dr. Brontener is an Associate Professor in the Division of Clinical Psychology and will be discussing "Death and the Self." Professor

Slater serves as an Educational and Clergy Consultant to the National Funeral Directors Association in addition to his teaching and administrative duties at the University of Minnesota, and will be speaking on "Coping with Death and Grief." An opportunity will be provided for small discussion groups and individuals may choose a discussion topic of interest to them for personal and professional growth.

The workshop will be limited to 150 individuals - 25 members of the Medical Staff, 50 area Clergymen and 75 nursing personnel. Advanced registration will be required with a fee of \$1.00 to cover the cost of materials and the luncheon.

The symposium will begin at 10:00 a.m. in the 2 West recreation room.

## Quick Quiz Answers

HERE ARE THE ANSWERS FROM THE ST. CLOUD HOSPITAL QUICK QUIZ ON PAGE 12. HOW DID YOU DO?

- |      |      |
|------|------|
| 1. A | 5. C |
| 2. A | 6. D |
| 3. C | 7. C |
| 4. C | 8. C |

IF YOU HAD 7-8 CORRECT ANSWERS, CONSIDER YOURSELF A WELL-INFORMED EMPLOYEE. VERY GOOD IF YOU SCORED 5-6. ANYONE WITH 4 OR LESS... BETTER START READING THE BEACON LIGHT, THE FRIDAY BULLETINS, ANNUAL REPORTS, AND OTHER PUBLICATIONS!

## Sister Madonna Gets M.S.

Sister Madonna Kuebelbeck, 2-West, received her Master of Science degree in Psychiatric Nursing from the University of Minnesota March 21.

Sister Madonna also holds a B.S. from Boston College.

## From Our Kitchen . . .

Liver is a controversial food item on most home menus, because many do not like it, especially children. But, the SCH kitchens have developed a recipe which is so popular among employees, the Dietary Department frequently has requests for it. Two keys to success . . . slice the meat very thin, and use bacon fat in preparation.

From The St. Cloud Hospital Kitchens

### Crispy Liver Saute

- 1 CUP FINE DRY BREAD CRUMBS
- 2 EGGS
- 1 TABLESPOON LEMON JUICE
- 4 THIN SLICES BEEF LIVER (ABOUT 1 POUND)
- 2 TABLESPOONS BUTTER OR MARGARINE

1. PLACE BREAD CRUMBS IN ONE PIE PLATE; BEAT EGGS SLIGHTLY WITH LEMON JUICE AND SALT IN SECOND PIE PLATE.
2. COAT LIVER SLICES WITH BREAD CRUMBS; DIP IN EGG MIXTURE, THEN COAT AGAIN WITH BREAD CRUMBS.
3. SAUTE SLOWLY IN BUTTER, MARGARINE OR PREFERABLY BACON FAT IN LARGE HEAVY FRYING PAN, TURNING ONCE, ABOUT 8-10 MINUTES TOTAL, OR UNTIL RICHLY BROWNED. IF CUT INTO, MEAT SHOULD BE BARELY PINK. OVERCOOKING TOUGHENS LIVER SO WATCH CAREFULLY.

## The End of a Nurse's Day

THIS POEM WAS CONTRIBUTED BY THE STAFF OF FOUR-NORTH. THE STAFF THERE FOUND IT WHILE CLEANING OUT CUPBOARDS IN ANTICIPATION OF THE MOVE TO SIX-SOUTH, AND THOUGHT IT WAS SO TOUCHING AND APPROPRIATE THAT IT SHOULD BE SHARED THROUGH THE BEACON LIGHT. THE AUTHOR IS UNKNOWN.

SEVEN O' CLOCK! AND THE NURSE'S WORK

WAS DONE FOR ANOTHER DAY!

SHE HEAVED A SORT OF TIRED SIGH

AND PUT THE CHARTS AWAY.

THEN SAT FOR A MOMENT AND BOWED HER HEAD

OVER THE LITTLE WHITE DESK --

" I WONDER, " SHE SAID TO HERSELF, " AFTER ALL,

AM I REALLY DOING MY BEST?"

" PERHAPS I COULD HAVE BEGUN THE DAY

WITH A BRIGHTER, CHEERIER SMILE,

AND ANSWERED THE BELLS WITH -- 'RIGHT AWAY'

INSTEAD OF 'AFTER A WHILE' ."

" AND I MIGHT HAVE LISTENED WITH SWEETER GRACE,

TO THE STORY OF SIX'S WOES;

SHE MAY BE SUFFERING MORE, PERHAPS,

MORE THAN ANYONE KNOWS."

" AND I MIGHT HAVE REFRAINED FROM THE HALFWAY FROWN,

ALTHOUGH I WAS BUSY THEN,

WHEN THE FRAIL LITTLE GIRL, WITH SAD BLUE EYES,

KEPT RINGING AGAIN AND AGAIN."

" AND I MIGHT HAVE SPOKEN A KINDLIER WORD,

TO THE HEART OF THAT RESTLESS BOY,

AND STOPPED A MOMENT TO HELP HIM FIND

THE MISSING PART OF HIS TOY."

" OR PERHAPS THE PATIENT IN 401,

JUST NEEDED A GENTLER TOUCH;

THERE ARE A LOT OF THINGS I MIGHT HAVE DONE

AND IT WOULDN'T HAVE TAKEN MUCH."

SHE SIGHED AGAIN AND BRUSHED A TEAR,

THEN WHISPERED. -- PRAYING LOW,

" MY GOD, HOW CAN YOU ACCEPT THIS DAY,

WHEN IT HAS BEEN LACKING SO?"

AND GOD LOOKED DOWN--HE HEARD THE SIGH,

HE SAW THAT SHINING TEAR;

THEN SENT HIS ANGEL MESSENGER,

TO WHISPER IN HER EAR . . . .

" YOU COULD HAVE DONE BETTER TODAY,

BUT, OH! THE OMNIPOTENT ONE,

SEEING YOUR FAULTS DOES NOT FORGET,

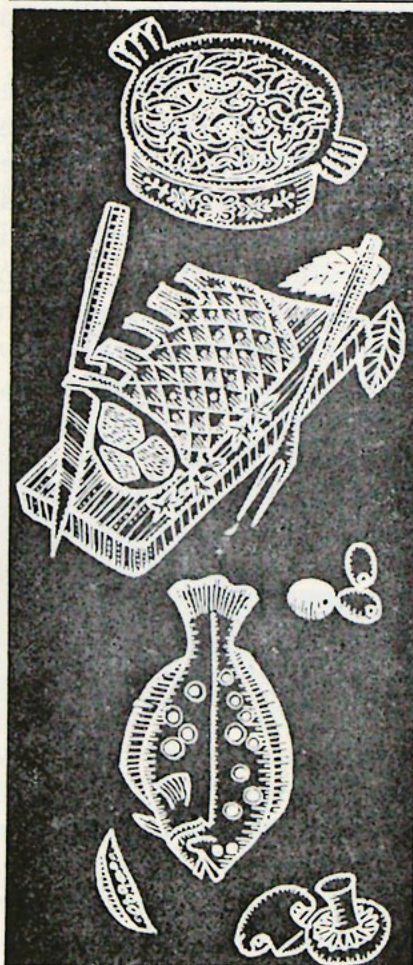
THE BEAUTIFUL THINGS YOU HAVE DONE."

" HE KNOWS LITTLE NURSE, THAT YOU LOVE YOUR WORK

IN THIS HOUSE OF PAIN AND SORROW,

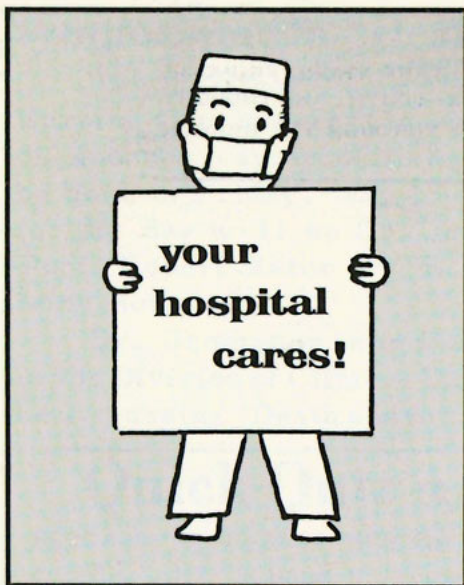
SO GLADLY FORGIVES THE LACK OF TODAY,

FOR YOU WILL DO BETTER TOMORROW."



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## *timely* **tips** ... on health and safety

### Upstairs, downstairs, all through the house



Catherine de Medici hid deadly poisons behind a secret panel in her boudoir.

Chances are, your supply of potential poisons is not so well hidden. Seemingly harmless household items—items which cause half a million accidental poisonings in our country each year—are probably stored in every room of your house. Before someone finds them accidentally, look for these items:

**Kitchen killers** Household chemicals such as detergents, ammonia, silver and brass polishes, disinfectants, room deodorants, and insect poisons may be under the kitchen sink where children can easily reach them.

**Bathroom bugaboos** Medicines cause most accidental poisonings in children, and aspirin leads the pack. Cosmetics, deodorants, shaving lotion, and unlabeled medicine can poison

adults who take them in the dark without reading labels.

**Workshop worries** Children are curious enough to drink paints, lacquers, varnishes, and turpentine, especially if you leave these chemicals in empty pop bottles.

**Garden gremlins** Insect sprays, weed killers, and fertilizers may benefit your plants, but they can kill children. Store garden chemicals out of reach. When applying, keep preparations away from eyes, nose, mouth, and skin.

**Bedroom beasts** Never leave cosmetics and pills on tabletops or in low drawers where children can find them. Mothballs are a hazard, if you store winter clothes in a low chest or drawer that children can reach.

**Make the final check**

- Label everything.
- Keep medicine in a locked cabinet.
- Never store chemicals in food or beverage containers or on food shelves.
- Date medicines and discard old drugs regularly.
- Use only prescriptions ordered for you by a physician.
- Do not contaminate food or utensils with insect sprays, aerosols, rat poisons, weed killers, or cleaning agents.
- Keep potential poisons out of children's reach.