

5-1978

Beacon Light: May-June 1978

St. Cloud Hospital

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Sibling Visiting encourages family involvement

Heather's eyes sparkled with excitement at the sight of her new baby brother. She pointed through the nursery window and eagerly asked when he would be able to come home and play in the sandbox with her.

Her mother smiled and quickly replied, "Soon, but maybe not in the sandbox, at least for a while."

Heather and her parents, Sandy and John Colomy were one of the first families to participate in the Hospital's new Sibling Visiting program.

According to Eve Pearson, OB-GYN/Maternity Unit Head Nurse, the Sibling Visiting program is a part of the Family Centered Nursing Care concept which places an emphasis on total family involvement throughout the maternity experience.

"In the past, parents offered siblings little or no explanation of the mother's pregnancy, only that an addition to the family was on the way," Pearson said. "Many times, the new baby represented an invasion of privacy for the siblings, leading to rivalries because they weren't properly prepared."

"Today's parents are explaining more of the maternity experience to their children and providing them with as much information as they can comprehend," she said. "Sibling Visiting insures that no family member will be denied a very important part of the experience—being able to be with the mother and see the newborn as soon as possible after birth."

Heather had been included in the Colomy's maternity experience

from the beginning of Sandy's pregnancy. She helped get the new baby's clothes, room and toys together, and even felt her mother's tummy when the baby kicked.

Sandy and John worried that being denied the opportunity of seeing the baby right away might lead to feelings of rejection toward the baby and possibly toward Sandy.

Since Heather had never been away from her mother any longer than for an overnight stay, her parents wondered how she would react to not being able to see or be with her mother for at least four days.

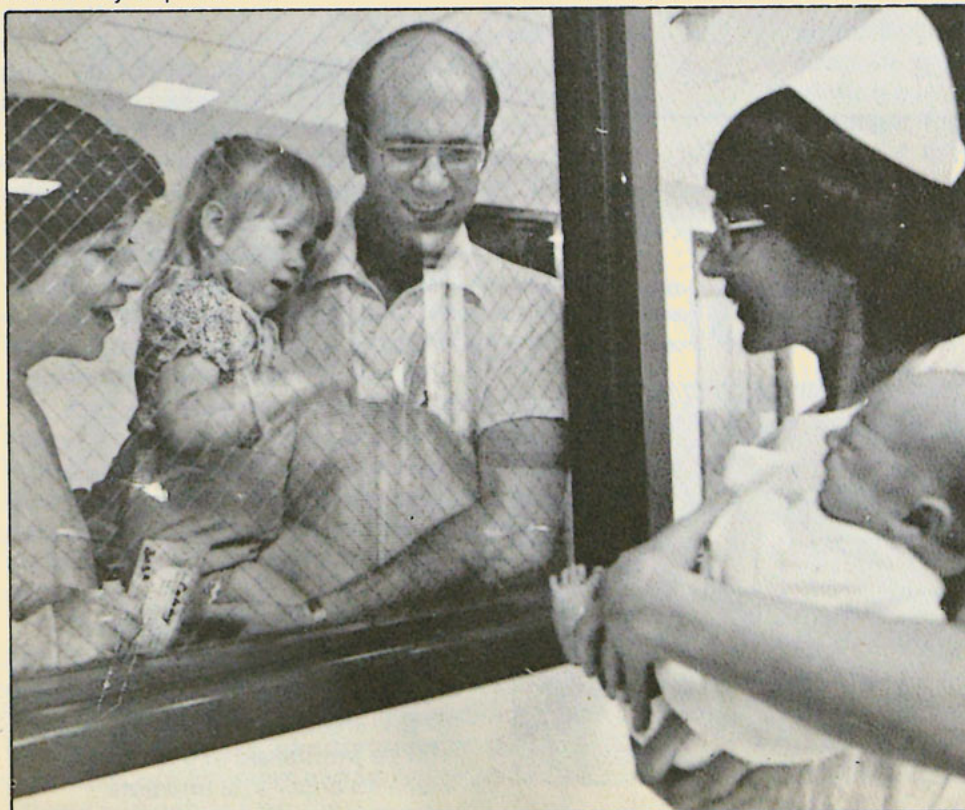
They wondered, too, if Heather could develop an apprehension for hospitals because the hospital had taken her mother away.

"We were really concerned about all these things," Sandy said. "And when we read about the program in the newspaper, we were very relieved."

"It was just great to be able to tell Heather that she had a baby brother and that she could come and see him right away instead of four days later," she said. "I think the program has been great for all of us, especially Heather. She is so excited! She just can't wait for Philip to come home."

So far, 69 families have participated in the program since it began May 1, 1978. According to Pearson, enthusiasm for the program has been very high and the numbers of visiting siblings and families are growing.

(Continued on page 16)



The Chaplain's Corner

By Fr. Al Stangl



Summer-Time

Good old Summer-time
Vacations
Leisure-time
Holidays

Warm days
Growing crops
Refreshing rain

June - dazzling
July - radiant
August - fulfilling
picnics
ball-games
outdoor activities

After the long, cold winter
we need the warmth of summer
to find God in the beauty of
life and nature

Thank you, God

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Bloodmobile coming to SCH

The American Red Cross Bloodmobile will be at the St. Cloud Hospital, Thursday, July 20 from 11 a.m. to 5 p.m. in the Hospital's Recreation Room.

According to LuAnn Reif, R.N., Employee Health Service Nurse and Bloodmobile visit coordinator, a goal of 155 units of blood has been set for the St. Cloud Hospital.

All members of the Hospital's Employee staff, Medical staff, Volunteer and Junior Volunteer Staffs, Students and all family members are invited to participate while the bloodmobile is at the St. Cloud Hospital.

"We are looking forward to an excellent turnout this year," Reif said. "We exceeded the same goal last year with 194 participants and 164 units of blood."

The bloodmobile will be at the VA Hospital for their employees on Friday, July 21. It will return to St. Cloud for the week of August 14-18.

Picnic Plans Set

The Annual Hospital Picnic is being held Saturday, August 5 from 11:00 a.m. to 6:30 p.m. at the Sauk Rapids Municipal Park. All members of the Hospital family: Employees, Physicians, Volunteers and Auxiliary members, Students, Board of Trustees and families are invited. See you there!

Last Issue

This May/June issue of the Beacon Light will be the final issue of this fiscal year. The next issue will be published in September. Have an enjoyable and safe summer.

Comment

by Gene S. Bakke
Executive Vice President



Good Will, Dedication and Generosity

Along with area educational institutions, the public and private school systems and the Veterans Hospital, it was my privilege to accept, on behalf of Saint Cloud Hospital, a Distinguished Service citation from the St. Cloud Area Chamber of Commerce at its recent annual meeting and recognition dinner. Coupled with the citation was acknowledgment of our fiftieth anniversary of providing health care to the people of the Central Minnesota area in the present location.

This was, indeed, a very thoughtful gesture on the part of the Chamber of Commerce. And while it is most gratifying when we receive compliments from patients, it is also very satisfying to be recognized by an organization that represents such an important segment of our civic community.

The Chamber, functioning largely as a volunteer group, has played a significant role in helping form a community of people of which it is a joy and a privilege to be a part. Typically, the Chamber of Commerce has projected a concern for the good of the community as a whole, and has not hesitated to involve itself and its members in the resolution of a multitude of issues, some of them very difficult.

But perhaps more important, the efforts of the Chamber have proven time and time again, that progress and change can take place through the voluntary efforts of dedicated individuals like those who make up the Chamber's one thousand plus membership.

And when we consider the myriad of volunteer activities, and the number of often unheralded individuals serving on committees, boards, development councils, youth leagues and a host of other civic organizations and church groups in our community, we cannot help but be greatly impressed.

The unique thing about volunteerism is that it flourishes and grows only in a free society. Here in America, it has become an integral part of our way of life, and has contributed immeasurably to our success as a nation, as a community, in our hospitals, our colleges and universities and our private and public schools.

If we were able to total up the number of untold—in most cases unmeasured—volunteer hours that were contributed right here in our metropolitan area, we would probably be astounded by the size of the number. And if we went a step further and attached a price tag, we would realize that millions of dollars have been saved because of the good will, dedication and generosity of thousands of people.

Imagine, if all the work done by volunteers in our community—just this past year—had to be paid for through either the public or private sector! What would *that* do to our taxes, or the cost of providing necessary human services? We would either be paying more than we think the service is worth, or we would have to do without and suffer the consequences.

At St. Cloud Hospital, for example, a host of volunteers serve in a variety of ways. Our volunteer program provides necessary patient services from writing a letter for a patient in the hospital to giving them and their families support during their recovery. In addition, volunteers serve on the Board of Trustees and a host of councils and committees produce thousands of dollars for new and expanded services. In our case, volunteers help keep our costs down, and make it possible for us to provide services we otherwise might not be able to afford. (Such as the Home Delivered Meals distributed by over 1,000 volunteers from twenty area churches).

All of us need to be concerned about maintaining volunteerism in our society. We need to be diligent and dedicated to preserving it. Too often we look to local, state and federal government because we think they have unlimited "free" dollars. But in the process, they frequently take over something that could be better done through our own initiative, with the help of volunteers, and at a lower cost.

We are grateful for the recognition given St. Cloud Hospital by our Chamber of Commerce. At the same time we salute the Chamber and its members for demonstrating the continuing effectiveness of voluntary action in meeting community needs.

Changes made in Hospital Board

The St. Cloud Hospital Board of Trustees will have made four changes in membership at its July meeting. Sr. Katherine Howard, OSB, has been appointed President and Fr. Dan Taufen, Fr. Raymond Schultzenberg and Sy Janochoski were named to the Board.

Sr. Katherine was appointed to the board in February, 1978, to replace Sr. Henrita Osendorf, OSB, as Mother Evin Rademacher's, OSB, designate to the Board. Mother Evin is the Prioress of the Sisters of the Order of St. Benedict at St. Joseph, Minnesota. Sr. Henrita had completed 16 years as President of the Board.

Sr. Katherine is replacing Fr. Robert Harren as President. Fr. Harren has been the Bishop's Designate for the past three years and President of the Board for the past year.

Bishop George Speltz, of the St. Cloud Diocese, expressed a need for Fr. Harren's ability for additional service in the diocesan office, another area of ministry. Fr. Harren has been appointed presiding judge of the Church Tribunal.

Fr. Daniel Taufen has been appointed to replace Fr. Harren as the Bishop's Designate. Fr. Taufen is the Editor of the *Visitor*, the official newspaper of the St. Cloud Diocese. He served as Director of the Diocesan Bureau of Information from 1964-1972, and was the associate Pastor of St. Mary's Cathedral from 1956-1964. Fr. Taufen is a graduate of Josephinum College/Seminary at Worthington, Ohio. He completed his graduate studies of Theology in Rome, 1972.

Fr. Raymond Schulzenberg accepted an appointment to the board replacing Sr. Herene Mueller, OSB. Sr. Herene has completed her second full three year term on the Board making her ineligible for another appointment.

Fr. Schulzenberg is currently serving his first year as Pastor at Gilman. He had served 16 years as the Pastor of St. Mary's Cathedral in St. Cloud prior to his Gilman appointment.



Sr. Katherine Howard, OSB



Fr. Dan Taufen



Fr. Raymond Schultzenberg

Fr. Schulzenberg attended St. John's Preparatory, University and Seminary, and was ordained in 1946. He is a member of the Diocesan Consultor, a board of nine Priests selected to help make policy decisions for the Diocese. He is also a member of the Priest's Senate, Director of the Priest's Eucharist League and has been the Serra Club Chaplain for the past ten years.

Sylvester Janochoski is replacing Cy Kuefler who has also completed his second three year term on the Board.

Janochoski is a co-owner of Sy-Ray Plumbing and Heating, Granite City Heating and Sun Heating Supply in St. Paul. He is the Vice-Chairman of the Hospital's Development Council Executive Committee, President of the St.



Sy Janochoski

Cloud Serra Club, an officer in the St. Cloud Lion's Club, a member of the St. Cloud Area Chamber of Commerce and the Central Minnesota Homebuilders Association.

The Board of Trustees serves as the Hospital's governing body for developing programs, setting policy and managing the resources of the institution. Other members include:

- Paul T. Moran, M.D.
- Robert Wick, Ph.D.
- Ed Stockinger
- Sr. Giovanni Bieniek
- Bernard Gruenes
- Dwight E. Jaeger, M.D.
- Gene S. Bakke
- Sr. Miriam Ardolf
- Harold Windschitl, M.D.
- Sr. Paul Revier.

Cost Containment efforts pay off

It costs less to be a patient at St. Cloud Hospital than at any other major Minnesota hospital, according to a comparison published in the *Minneapolis Tribune*, Sunday, June 4, 1978.

The comparison showed that the inpatient average cost per stay at St. Cloud Hospital is \$1,086. The average for other Minnesota hospitals of the same class is \$1,336.

The figures are based on the 1977-78 budgets submitted to the Minnesota Hospital Association for rate review.

"Our patients' charges are increasing an average of 7.34 percent on July 1," John Seckinger said. Seckinger is the Assistant Administrator for Fiscal and General Services.

This increase is considerably lower than the average expected 11

percent increase in hospitals throughout the state. Last year, St. Cloud Hospital raised its rates 9.5 percent while the state average was 14. The lower averages can be attributed to two factors, Seckinger said: thorough budgeting before undergoing rate review and cost conscious personnel and physicians.

Rate review is a program required by the State of Minnesota for the first time last year. It is conducted by the Minnesota Hospital Association (MHA). The MHA has conducted a voluntary rate review program for two years prior to last year's mandate.

Under the rate review program, hospital budgets are submitted for review by a panel of hospital representatives, insurance company representatives and consumers. Budgets are either

approved or returned to the hospital with recommendations for lowering costs.

The St. Cloud Hospital has participated in the program since it was initiated. In fact, implementation of the hospital association's rate review program came under the presidency of St. Cloud Hospital Executive Vice President, Gene Bakke. Seckinger noted that St. Cloud Hospital's budget always received approval. This, he attributed to thorough budgeting and good management.

"We started using a precise method of budgeting in 1968, several years before other hospitals," he said. "This method has enabled us to keep cost increases as low as possible by controlling our personnel costs. The cost of staffing a hospital accounts for 60 percent of the annual operating budget. As the patient load increases, the hospital staff does not necessarily increase proportionately."

Seckinger added that another element in the Hospital's ability to budget for a lower percentage of increase is an expected increase in patients next year.

The increase in patient load is expected to come through the expansion of the Alcohol and Chemical Addiction Unit. The Unit has always had a waiting list for admission.

The Hospital's budget will go before the rate review panel on July 20. However, the new rate structure will take effect with the beginning of the Hospital's fiscal year on July 1. Rates for a semi-private room will be \$99.00, up from \$91.00. Private room rates will increase to \$104.00 from their present rate of \$96.00.

The average cost for a day's stay in the St. Cloud Hospital is expected to reach \$184.77, up 6.4 percent from the present \$173.65.

8A. Minneapolis Tribune Sun., June 4, 1978

Comparison of hospital costs

	Average length per stay (in days)	Inpatient average cost per stay	Change in cost per stay (%)	Inpatient average cost per day	Change in cost per day (%)
Group A — Basic urban hospitals					
Mercy, Coon Rapids	6.1	\$1,361	8.6	223	1.7
Unity, Fridley	6.2	1,375	12.0	223	12.0
St. Ansgar, Moorhead	7.7	1,274	4.1	166	4.1
St. Cloud	7.4	1,086	6.8	147	7.6
St. John's, St. Paul	8.4	1,495	16.5	178	15.6
Riverview, St. Paul	7.3	1,387	6.1	191	7.0
Divine Redeemer, South St. Paul	6.8	1,338	1.1	197	4.0
Samaritan, St. Paul	7.7	1,667	1.9	216	8.2
Eitel, Minneapolis	6.6	1,510	14.5	229	14.5
Bethesda Lutheran, St. Paul	7.4	1,329	10.8	180	10.8
Lutheran Deaconess, Minneapolis	9.0	1,822	17.1	202	14.5
Midway, St. Paul	—	—	—	—	—
Fairview-Southdale, Edina	5.8	1,095	9.4	189	12.2
Group A average		1,336		190	
Group B — More specialists-oriented urban hospitals					
St. Mary's, Duluth	7.7	1,333	12.7	173	12.7
St. Mary's, Minneapolis	9.3	1,522	9.3	164	9.3
St. Joseph's, St. Paul	8.3	1,314	7.3	158	7.3
Methodist, St. Louis Park	6.2	1,261	7.7	203	8.4
Mount Sinai, Minneapolis	7.1	1,620	7.5	228	7.5
North Memorial, Robbinsdale	5.9	1,184	7.2	199	7.2
Fairview, Minneapolis	—	—	—	—	—
St. Luke's, Duluth	—	—	—	—	—
Group B average		1,372		189	

Bug Bites: Treatments and Complications

by Tom Wyne, M.D.
Family Practice

Hornets, yellow jackets, wasps, and bees probably kill more people each year than rattlesnakes. For the severely allergic person, a single sting may be fatal.

For most of us, however, these stings are merely annoying—occasionally quite painful. As many of you know, there are several types of reactions to these stings.

1. Local reactions. Itching and pain followed by some redness and swelling at the sting site is the normal reaction to a single sting. Simple home remedies are usually prescribed—ice packs, soothing lotions (such as calamine) and antihistamine tablets to relieve itching and reduce scratching. If the sting occurs about the eyes, nose, or the throat, it is apt to be much more painful and seeking medical help is probably indicated.

2. Generalized reactions. When generalized reactions after an encounter with an insect occur, medical help must be sought swiftly. These reactions include a dry, hacking cough; a sense of constriction in the throat or chest; swelling and itching about the eyes, sneezing and wheezing; a

rapid pulse and sense of uneasiness or impending disaster.

3. Toxic reactions. Toxic reactions result from innumerable insect stings to a single victim, as when a colony of bees or wasps is disturbed. The principal symptoms are gastrointestinal (including diarrhea and vomiting) as well as faintness. These are accompanied by headache, fever, drowsiness, involuntary muscle spasms, and sometimes convulsions.

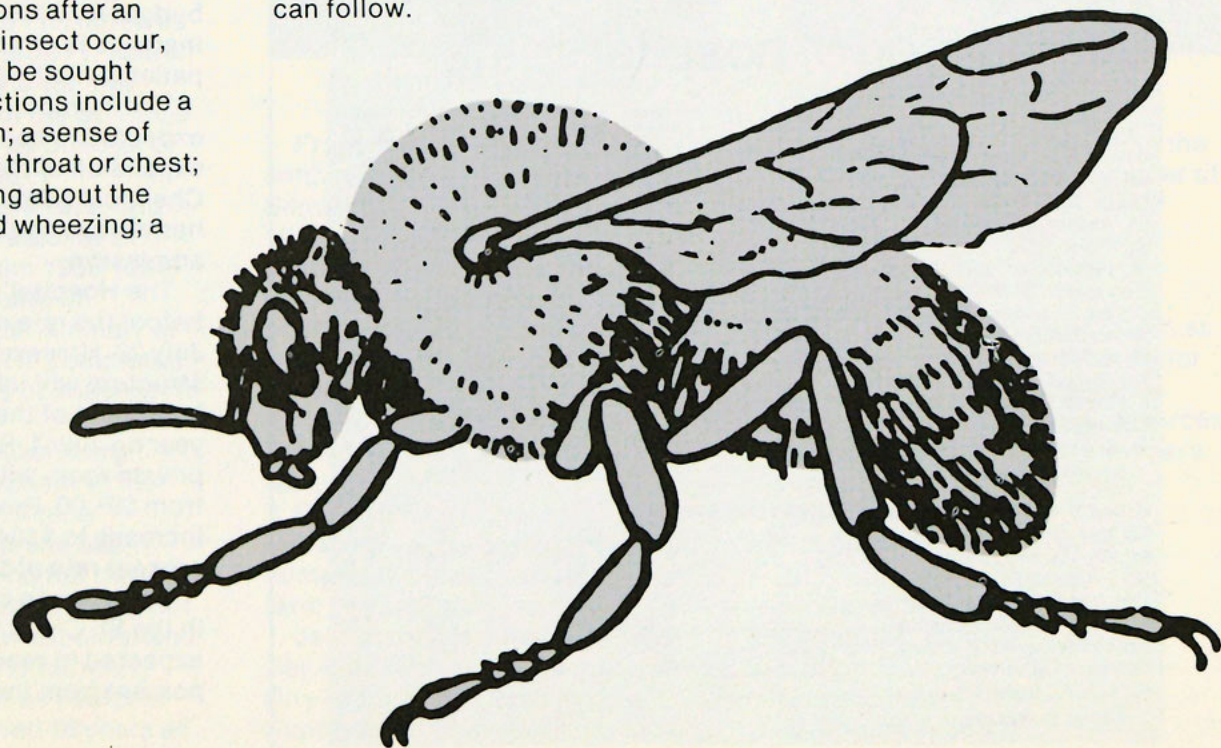
4. Delayed reactions. Some patients experience delayed reactions to stings. In this instance, symptoms of fever, malaise, headaches and "arthritis" occur as late as 10 to 14 days after the actual sting. If such a person is stung again, the response may be immediate and generalized.

Of course, the best way to treat a bee sting is to prevent the sting from happening. There are some precautionary measures everyone can follow.

1. Avoidance of stings. By all means have an enjoyable summer, but be aware of a few simple precautions. While on picnics, know that watermelons and melting ice cream cones will attract these insects, often in droves. Rotting fruit under the old apple tree is likely to be alive with yellow jackets and wasps. Most of these insects make their homes in hollow trees and stumps, old posts, under eaves and windowsills, or accessible attics.

2. Warning tags. Any person that is moderately to severely allergic to insect stings should wear such a tag or bracelet.

3. Sting kit. I recommend that the allergic patient keep an insect kit handy always, taking it along when wandering afield in warm weather. The kit can be purchased with a doctor's prescription from almost any drugstore.



Internist named Chief of Medical Staff

Harold Windschitl, M.D., Internist, will assume the duties of Chief of the Medical Staff at St. Cloud Hospital for the 1978-79 fiscal year. He is replacing Roger Rovelstad, M.D. who's term has expired.

Dr. Windschitl is a native of Comfrey, Minnesota and a 1959 graduate of The Creighton University School of Medicine. He interned at St. Paul Ramsey Hospital, formerly Ancker Hospital.

After serving three years in Public Health Service at Rapid City, South Dakota, Dr. Windschitl completed his residency at the University of Minnesota and remained on staff there for six years. He moved to St. Cloud in 1970 and is associated with St. Cloud Internists, Ltd.

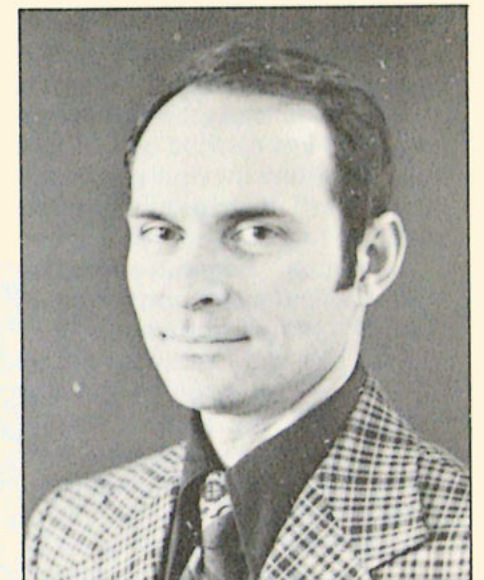
Dr. Windschitl is a charter member of the North Central Cancer Treatment Group and is an

Examiner for the Minnesota State Medical Society Accreditation Committee for Continuing Medical Education.

He has chaired the Department of Medicine for two years and has served as Secretary of the Medical Staff for three years.

As the Chief of Staff, Dr. Windschitl will be responsible for presiding over Hospital medical staff meetings, working directly with the Hospital's administration and other departments of the medical staff in determining medical policies, and for serving on the Board of Trustees as a liaison between the medical staff and the Board.

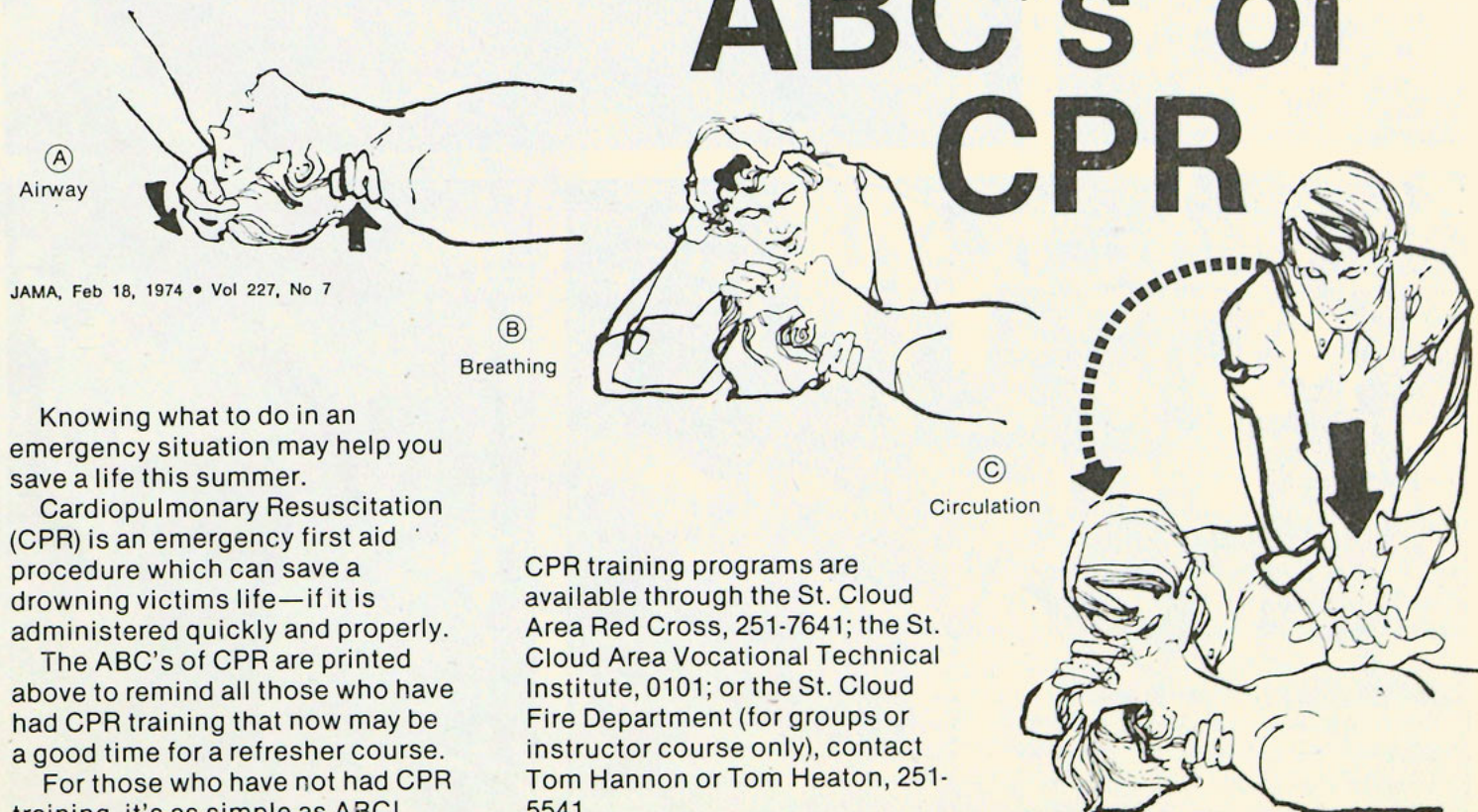
Thomas Cress, M.D., Pediatrician, joined the Hospital's Medical Staff in August, 1968. He will serve as Chief of Staff Elect for the upcoming fiscal year, and with medical Staff approval, he will succeed Dr. Windschitl as Chief of Staff.



Harold Windschitl, M.D., Internist

Dr. Cress graduated from the University of Indiana School of Medicine in Indianapolis in 1963. He served as an intern in Dallas, Texas from 1963-64. After two years in the Navy, he returned to school to complete his training in his specialty area.

ABC's of CPR



JAMA, Feb 18, 1974 • Vol 227, No 7

Knowing what to do in an emergency situation may help you save a life this summer.

Cardiopulmonary Resuscitation (CPR) is an emergency first aid procedure which can save a drowning victim's life—if it is administered quickly and properly.

The ABC's of CPR are printed above to remind all those who have had CPR training that now may be a good time for a refresher course.

For those who have not had CPR training, it's as simple as ABC!

CPR training programs are available through the St. Cloud Area Red Cross, 251-7641; the St. Cloud Area Vocational Technical Institute, 0101; or the St. Cloud Fire Department (for groups or instructor course only), contact Tom Hannon or Tom Heaton, 251-5541.

Do you have Leisure Time?

All of us have leisure time. It is the free time we have uncommitted each week. But there are many of us who do not take full advantage of this time because we are simply not aware it exists.

Dan Baumgartner, a Senior Recreational Therapist at St. Cloud Hospital, is trying to change this. He has completed an extensive study of leisure time and developed a simple, yet effective program for creating a better awareness of our free leisure time and how we can better utilize it. The program identifies the amount of uncommitted leisure time a person has available, how that time is currently being spent, and how the person would rather use it.

The first step in the leisure awareness program is to find out how much time is spent each week in the following areas:

1. work/school (include driving to and from)
2. sleeping
3. shopping
4. personal hygiene
5. preparing and eating meals

6. house work/yard work
7. watching television
8. talking on the telephone
9. appointments and meetings
10. recreational activities with family
11. recreational activities with significant others
12. recreational activities by yourself
13. recreational activities with people other than immediate family

Subtract the total number of hours spent each week in these activities from 168—the total number of hours in a week. The remaining figure is the total amount of uncommitted or free time available each week.

Now that the amount of time available is known, the next step, according to Baumgartner, is to become more aware of present interests and activities by listing them along with memberships in organizations and clubs, hobbies, accomplishments, collections and travel experiences.

The next item to complete is the "Dream Sheet"—a list of all the recreation skills and activities you would like to try and learn. This list should also contain any problems which may prevent you from carrying through with the activity.

"Now comes the most difficult part of the program," admits Baumgartner. "Now the individual must make a commitment to plan for the activities he or she wants to do and then do them!"

The activities can be anything from jogging to watching television, he added. The kind of activity should complement or balance the persons work style. For example, the person who works in an office would probably desire a physically active leisure time activity whereas a construction worker might prefer playing cards or watching television.

"Our program was developed for use with patients from our Mental Health Unit," Baumgartner said. "We have found through this program, that patients' illnesses tend to follow a specific pattern of development."

According to Baumgartner, the first step in the pattern is a loss of interest in recreational activities, followed by a loss of interest in other people. At this point, people begin to withdraw and isolate themselves. They become depressed and don't know how to get out. This leads to more severe depression resulting in the need for professional help.

"The only way patients can get out of a depression is to work their way out, and recreation is a natural way," Baumgartner said. "Recreation is an excellent way to burn up energy, release anxiety and tension and to interact with people."

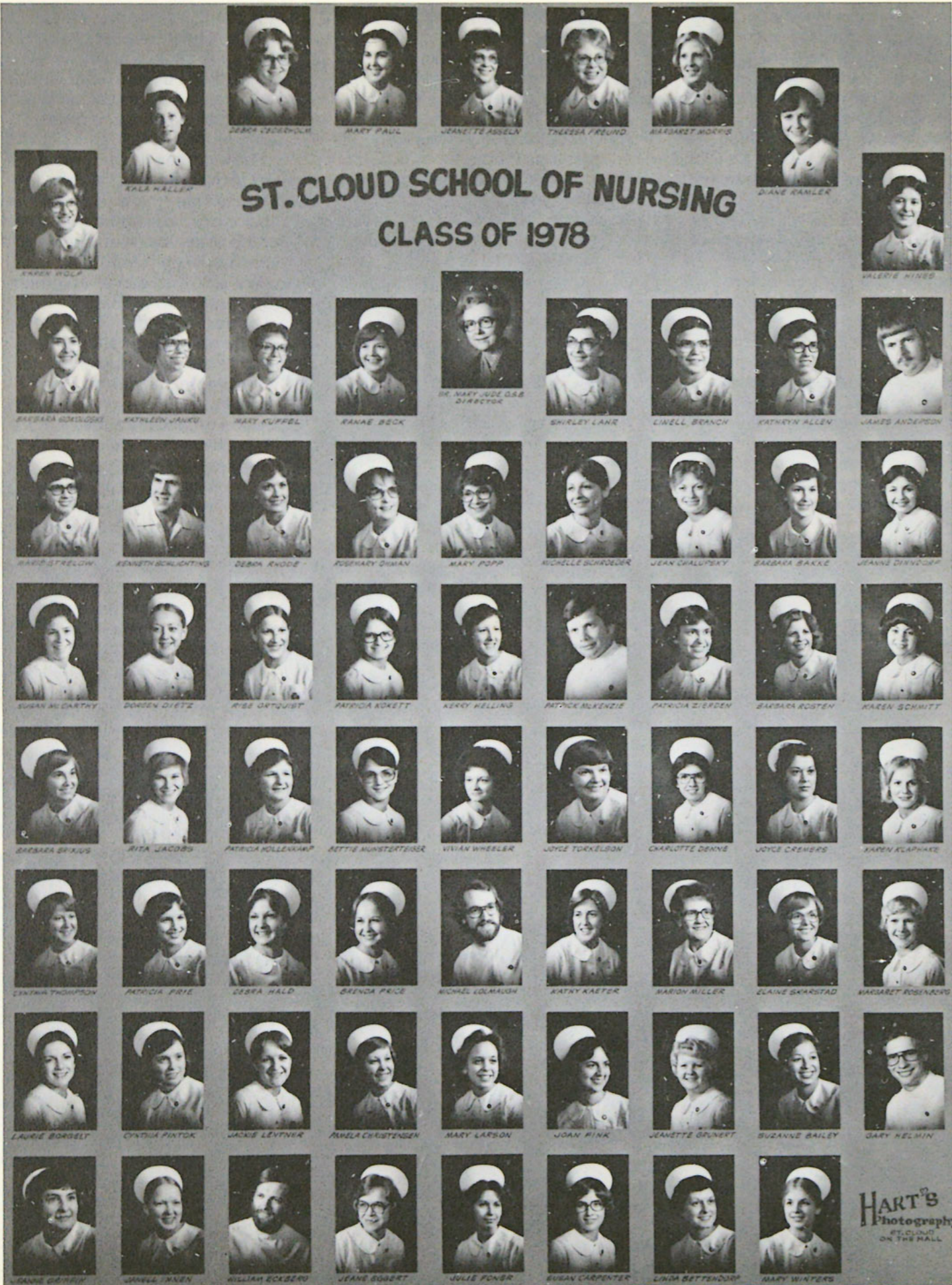
"Mental health and physical health go hand in hand," Baumgartner added. "Because recreational activities are no longer a part of our patients' lifestyles, we help them plan for them during their leisure time."

But, leisure time planning is not limited to patients, Baumgartner emphasized. It is a program which can and should be followed by everyone who wants to make the most of their time.



Dan Baumgartner, Senior Recreational Therapist.

ST. CLOUD SCHOOL OF NURSING CLASS OF 1978



Graduation honors 50th Anniversary students

Typically, the St. Cloud Hospital School of Nursing graduating class is honored with a dinner the evening before commencement exercises.

The Nursing Service Department presents the students with a cake and brief presentations are made by the School's Alumnae President, the Chief of the Medical Staff and the Hospital's Executive Vice-President.

The students are awarded their school pins and they are off to graduation.

This year was pretty much the same, except for five special guests. This year, the graduating class invited the 1928-1931 class to join in their activities in honor of the Hospital's 50th Anniversary.

The former graduates arrived Friday afternoon and attended a special half hour service in the Hospital's Chapel. Following a brief reception in the Recreation Room, they retired to one of their hotel rooms for champagne and conversation. The evening was topped off with the dinner at the Germain Hotel.

"The banquet and get together at the Hospital was just great," Rosalie Timmers, former graduate said. "We really got a kick out of it."



The five members of the 1928-1931 School of Nursing class who attended the special reception are, from left to right: Elvina Orth (Mrs. Venner) of Grey Eagle; Rosalie Mader (Mrs. Loren Timmers) of St. Cloud; Joan

Hunstiger (Mrs. Hubert Mockenhaupt) of St. Cloud; Dorothy Harder (Mrs. Ashenbach) of Milwaukee, Wisconsin; and Lidwina Hennen (Mrs. Kray) of St. Cloud.

"I think what the Hospital did was just fantastic," she added. "I only wish more of the class could have attended."

The former graduates were also invited to attend the next day's graduation ceremonies. Commencement exercises for the 70 seniors were held at St. Paul's

Church. The Commencement Address was given by Robert Wick, Ph.D., Vice President of University Relations at St. Cloud State University and Board of Trustee member for St. Cloud Hospital.

Bishop George Speltz, of the St. Cloud Diocese conferred the degrees.

Second R.N. Refresher Course

The second R.N. Refresher Course is being offered through the St. Cloud Hospital School of Nursing from July 31 to August 18, 1978.

The course is open to 30 registered nurses. While it is intended primarily for those non-practicing R.N.'s who want to reactivate their license, it is not limited to this purpose. Any registered nurse who is concerned with improving nursing skills is encouraged to participate.

The course consists of three 40 hour weeks. Theoretical instruction in the classroom takes up 58 of those hours, and the

remaining 62 hours will be spent in supervised Medical/Surgical clinical instruction at St. Cloud Hospital.

The instructor for the classroom training will again be Rozann Reyerson, R.N. Reyerson has her Masters degree in Nursing Education and had been teaching at the College of St. Benedict. She currently lives in Mason City, Iowa. Clinical instruction will be provided by Reyerson and two, former instructors from the Hospital's School of Nursing.

According to Sr. Mary Jude Meyer, School of Nursing Director, "Because of continual changes in administration of nursing care, the

professional nurse has a responsibility to become reacquainted with basic skills and learn new skills."

"Attendance at the refresher course will provide the non-practicing R.N. the opportunity to fulfill the requirements of the Minnesota Board of Nursing for return to active licensure," she added.

Persons interested in participating in the program should call the School of Nursing, 251-2700, ext. 320. Registrations will be accepted on a first come, first served basis. The cost for the three week program is \$135.

Home Delivered Meals has new coordinator

"My dad says to tell you the meals have improved. He thinks Bette is a good cook" . . . a message phoned in by the family of a Home Delivered Meals Recipient.

He was referring to the new Coordinator, Bette Raffenburg, whom he had the opportunity to meet the week before. Bette has been a Hospital employee for three years in the Communications Department before transferring to Home Delivered Meals.

"Just to set the record straight, I'm not the Home Delivered Meals cook," says Bette. "I do have the pleasure of working with the many hundreds of volunteers who make this community service possible."

Bette applied for the position because it appeared to be a challenging and interesting job. She said she enjoys working with Volunteers and older people. Plus, it seemed to be a people serving people job.

After her first few weeks, Bette admits that the job has turned out to be everything she was hoping for, and more.

"The Volunteer Drivers have such great attitudes," she said, "It's fun to see that they're enjoying helping in the community."

Bette assumed the Coordinator responsibilities on April 24. She met with the Community Advisory Board in April and is working out a schedule to make a personal call on each recipient this summer. She has already been able to make a few of these visits.

"When I actually see how much the program is needed and helping, it makes it all worthwhile," she said.

Home Delivered Meals have been coordinated from Saint Cloud Hospital since April of 1976. The recipient must meet a need criteria to be eligible and does pay \$1.25 toward the cost of the meal. Inability to pay does not, however, prevent an eligible applicant from receiving the meals, as the program is partially funded through the United Way and the Hospital.

The number of homebound residents served has doubled since 1976, now averaging 90 meals delivered each weekday. Increased costs will soon force an increase in the charge to recipients which has remained the same since 1976. The proposed figure is \$1.50 and the Hospital's Administration hopes to initiate the change effective August 1.



Bette Raffenburg, Home Delivered Meals Coordinator.

"Besides providing a well-balanced meal, our volunteers also provide a personal contact with each person, sometimes their only contact with another human being. It helps people remain independent and in their own homes. It also permits earlier discharge of patients from Hospitals. Those are benefits that are hard to buy at any cost," commented Bette.

Bette hopes to visit more church groups and service organizations to increase her volunteer staff as the need for volunteer drivers increases with the increase in recipients.

FROM THE ST. CLOUD HOSPITAL KITCHENS

RHUBARB CRUNCH PIE

One of the all-time favorites at SCH. Put in *all* the vanilla, bake, and settle back with a cup of coffee for a special treat.

4 cups	Rhubarb, diced	Unbaked pie shell
3	Eggs, slightly beaten	
1½ cups	Sugar	
3 tablespoons	Flour	
1 teaspoon	Salt	
2 tablespoons	Butter, melted	
2 tablespoons	Vanilla	

Beat eggs slightly. Gradually add sugar, salt, flour, and melted butter. Pour over rhubarb in pie shell. Sprinkle top with 1 cup buttered, crushed graham cracker crumbs. Bake in 350 degree oven for 45 minutes.

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New officers for the Hospital's Junior Volunteer program were elected recently. They are from right to left: Denise Bohrer, President; Joyce Steichen, Vice President; Mary Jorgenson, Secretary; Todd Kimlinger, Treasurer; and Shirley Loso, Junior Volunteer Coordinator.

Sibling Visiting

(Continued from page 1)

The visiting hours for siblings are from 6:30 p.m.-7:00 p.m. every day. Siblings are able to view the newborns at the Nursery Window and visit with their mothers in the Maternity Classroom.

The Sibling Visitation Policy is limited to the Maternity Unit. All

other areas of the Hospital are continuing to abide by the current visiting policy which states: Children under the age of 12 will not be allowed to visit in any patient room, except by special permission of the Unit's Head Nurse.