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Beacon Light: March/April 1979

St. Cloud Hospital

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Beacon Light

Volume XXVIII, Number 4

March/April, 1979

National Hospital Week

What can you do to help keep costs down?

"The Voluntary Effort—It's Working for You" is the theme of this year's National Hospital Week, May 6-12.

"As this year's theme suggests," Mike Patton, EEG-ECG Department Director and National Hospital Week Chairman says, "our focus will be directed at hospital costs—what we are doing to keep them down, and what members of the community can do to help keep their hospital costs down."

One of the most positive ways of keeping your hospital costs down is to stay healthy, Patton indicated. Many of the hospital's National Hospital Week activities will focus on helping people stay healthy.

"Our Crossroads display will feature Hypertension Screening for the fifth consecutive year and diabetes screening for the third consecutive year," he said.

Hypertension (high blood pressure) is directly related to heart attacks. Research has shown that high blood pressure increases the risk of heart attack three to five times. And, it is directly responsible for about 60,000 American deaths each year. Diabetes with its complications is the third leading cause of death in the United States and the leading cause of new cases of blindness. More than 10 million Americans have or will be diagnosed to have diabetes this year.

Members of the Community are invited to take advantage of these free screening clinics. They are being conducted Friday, May 11 from 12 noon to 8 p.m. and again on Saturday, May 12 from 11 a.m. to 3 p.m.

Exhibits by a variety of Hospital Departments and Units will also be available at the Crossroads Display.

Hospital personnel will be participating in two WJON Guest Spot radio programs during National Hospital Week. Gene Bakke, Executive Vice President and John Seckinger, Assistant Administrator for Fiscal and General Services, will be talking with Mike Diem, Guest Spot Host, Monday, May 7. Their topic will be centered on the theme of cost containment and voluntary effort.

On May 10, Joann Thueringer, Emergency Room R.N., and Virginia Zenner, R.N., Nurse Clinician, will be guests on

WJON's Guest Spot program. They will discuss Hypertension, Diabetes and the Screening Clinics.

IT'S WORKING FOR YOU



Join us in the Voluntary Effort to contain health care costs

NATIONAL HOSPITAL WEEK MAY 6-12, 1979

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Board approves proposed \$24 million Master Plan

The St. Cloud Hospital received approval to proceed with a proposed \$24,026,000 Master Plan program at the March meeting of the Board of Trustees.

The \$24 million price tag includes the construction of two new patient floors on the Hospital's Northwest Wing, the addition of a new 30 bed critical care unit, expansion of the radiology and surgery areas and the construction of a 400 car parking ramp.

The final cost estimates also include renovations necessary to bring certain facilities within the Hospital up to codes established by various regulatory agencies.

"We have taken a great deal of time to complete an exhaustive study of our needs," Gene Bakke, Executive Vice President said. "We are convinced the present plan will best meet the needs of our Central Minnesota service area in terms of upgraded hospital care."

More than 70% of the Hospital's patients come from outside the immediate metropolitan area. This

has established St. Cloud Hospital as a primary referral center for the Central Minnesota region.

Recognizing this, Bakke said the Hospital has identified patient service areas which need to be expanded. These include: neurosensory care; oncology (cancer treatment); critical care, surgery (with an emphasis on outpatient surgery); emergency medical services; obstetrics and gynecology. Plans to increase the Alcohol and Chemical Dependency program and to develop a hospice program were also noted.

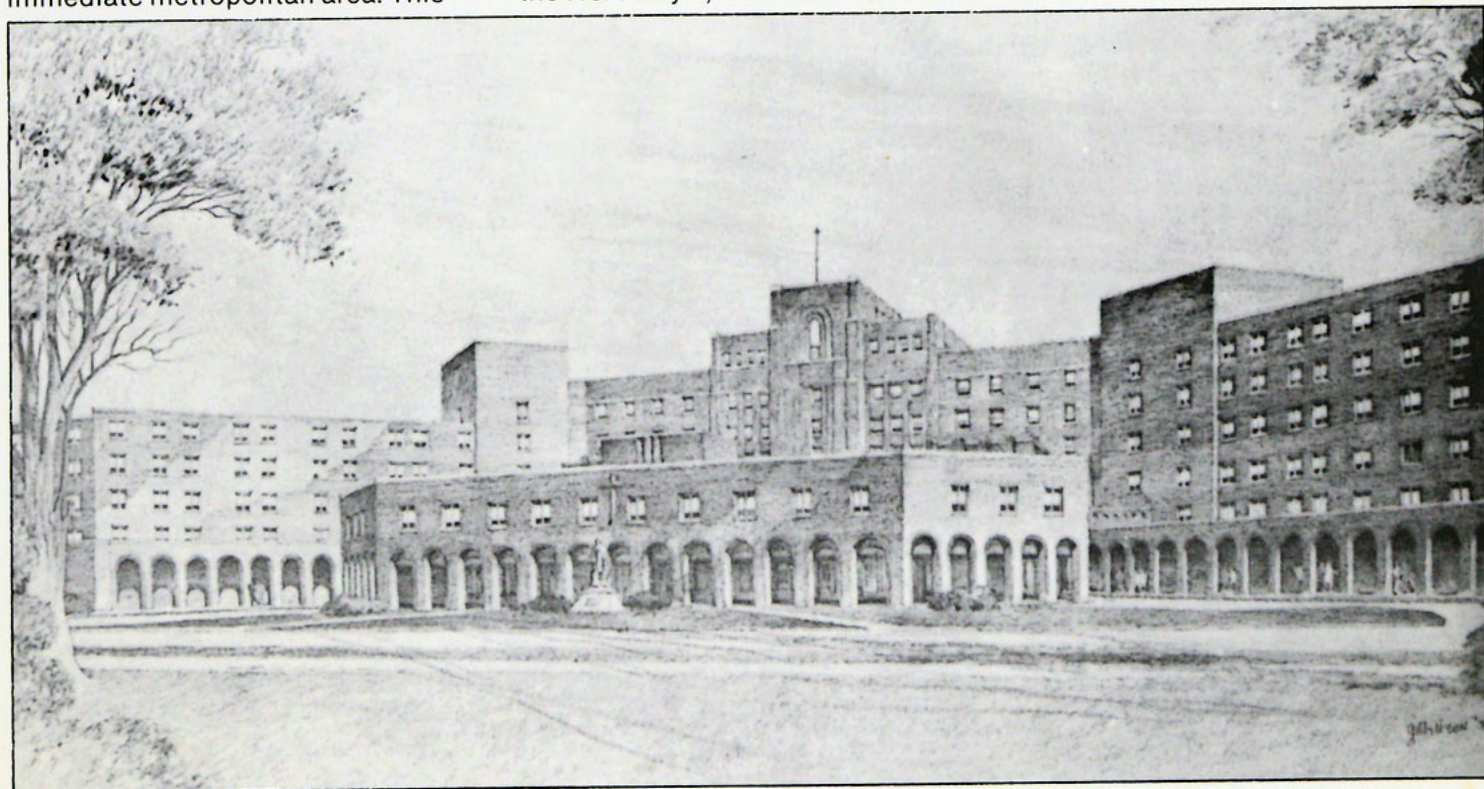
Much of the proposed program seems to be in line with the health systems plan outlined by the Central Minnesota Health Systems Agency (HSA). The health systems plan sets the direction for future care plans in a 14 county region. Ultimately, the Hospital's proposal will have to receive HSA approval through the Certificate of Need process before construction can begin.

The Hospital will submit the Certificate of Need Application to the HSA May 1, 1979.

Areas in which the Hospital's planned development meet HSA guidelines include:

- * Overall reduction in beds from 522 from 489 (expanded services, especially through outpatient care has made this possible)
- * Designation as a regional emergency medical center requiring full time medical coverage in the Emergency Room and renovation of the ambulance entrance to include emergency vans.
- * Developing and promoting ambulatory outpatient service areas including ambulatory surgery service.
- * Development of oncology service with linear accelerator capability

"Residents in our service area have experienced high quality medical care for nearly a century," Bakke said. "Updating our Hospital is a response to the growing, changing health care needs of Central Minnesota."



The architects rendering above shows the new critical care addition which will extend out from the Hospital over the circle drive.

Comment

by Gene S. Bakke
Executive Vice President

Preparation of Wills, Trusts and Charitable Remainder Trusts was the focus of a series of seminars sponsored by St. Cloud Hospital's Development Council. Each of the three individual seminars was held on successive Tuesday evenings beginning April 17.

"We felt that a series of programs on estate planning would be valuable for donors to our Development Fund," said Jerry Furst, the Development Council's Deferred Gifts Chairman.

"The seminars pointed out that while many of our donors had begun to plan their estate, most of

them were able to benefit from the updated information presented at the seminar," Furst said.

Subjects covered included preparation and drafting of a Will, definition of types and purposes of Trusts, and an explanation of various Charitable Remainder Trusts.

The seminars were led by Trust Officers from local trust departments. Speakers included Stan Gaffin, Zapp National Bank & Trust; Doug Holzkamp, First American National Bank; and Ed Wiesner, St. Cloud National Bank and Trust.

Meeting the Need

After over a year of intensive study and deliberation, the Board of Trustees approved a master plan for the future development of hospital patient care services and supporting facilities at their meeting on March 22. Estimated to cost \$24 million, the plan includes two new patient floors on the northwest wing and a new critical care unit to be located in front of the present structure. In addition expanded services in surgery, emergency, outpatient, rehabilitation, and radiation therapy will be provided. Substantial remodeling and upgrading of certain area of existing hospital buildings as well as construction of a 400-car parking ramp, are also included in the plan.

Based on a fifteen-month study begun in November, 1977 involving extensive input from medical and management staffs, medical needs of patients, trends to medical practice, age and population statistics and other factors were carefully identified. After thorough analysis, it became clear that expansion of certain specialized areas and increased emphasis on out-patient services would need to be provided if the hospital is to meet most economically and effectively the needs of patients in the next ten to fifteen years.

The information developed through the planning process also resulted in some significant modifications to the initial plan announced last fall.

First, it became clear that the total cost of the initial plan would be unreasonably high.

Secondly, it appeared that in-patient bed projections, calling for an additional fifty beds by 1985 should be re-evaluated, particularly in view of the decided trend to treat disease on an out-patient basis whenever possible. This further study resulted in the decision to not only eliminate projected additional beds, but to plan a reduction of 33 in the present licensed bed complement of 522.

Third, further study indicated that some sections of the north wing and former convent, originally scheduled for demolition, could be effectively used for certain purposes.

Fourth, the desperate need for additional parking space was recognized.

Though considerable time and effort has gone into the study and evaluation process, it has resulted in a plan that is well thought out, that is within reasonable cost limits, and that will effectively meet the health care needs of the people of St. Cloud and Central Minnesota areas for a good many years. It is a plan that must be implemented if Saint Cloud Hospital is to continue to keep abreast of medical advances and meet the needs of the people it is committed to serve.



According to Development council Chairman Ed Zapp, Sr., the Development Council is looking forward to continuing these seminars in the future for donors to the Hospital's Development Fund.

Keeping it clean—and a whole lot more



Housekeeping Supervisors work with the Head Nurses in ordering cleaning supplies and linens for their Units. Linda Ederhoff, Housekeeping

Supervisor, is pictured above working with Dottie Doerner, 6 South Head Nurse solving one of their Unit's special cleaning problems.

The Housekeeping Department staffs 105 employees who work a variety of shifts throughout the week. They are responsible for insuring that every inch of the Hospital is kept clean and sanitary. This means almost a half-a-million square feet of floor space—over twelve acres—are cleaned each day! And this doesn't include cleaning the walls, furniture or making the beds.

Vera Dingman and Dee Donnell are pictured cleaning the walls in a room on one of the Units.



"A clean environment is a more pleasant work environment," says Steve Vincent, PhD, Psychology Department Director. "When in this situation, employees report happier moods and higher productivity—in our case, better care."

"For patients and visitors, a clean environment immediately builds confidence in their expectations of the hospital and its personnel's ability to provide quality care," he said. "A lack of this confidence can have a negative impact on the patient's treatment."

Creating that all important first impression is the responsibility of the Housekeeping Department. But don't be misled. Although the Hospital's visual cleanliness is important, Housekeeping Personnel have other responsibilities which may surprise you.

"Housekeeping personnel are no longer just cleaning people," Ralph Vasek, Housekeeping Department Director, said. "Today they have to be aware of rules and regulations governing housekeeping supplies, be knowledgeable of housekeeping techniques, the use of disinfectants, and be familiar with all isolation procedures."

"We are constantly reviewing and practicing procedures to reduce chances of cross contamination when going from one patient room to the next," Vasek indicated.

"We are very concerned with cleanliness at St. Cloud Hospital," Vasek said. "Not just with the dirt people can see, but with the bacteria and germs that are not visible to the naked eye."

Historically, housekeeping duties were done by nurses. By the early 1900's, people realized there needed to be a separation of duties. Housekeeping Departments began to develop.

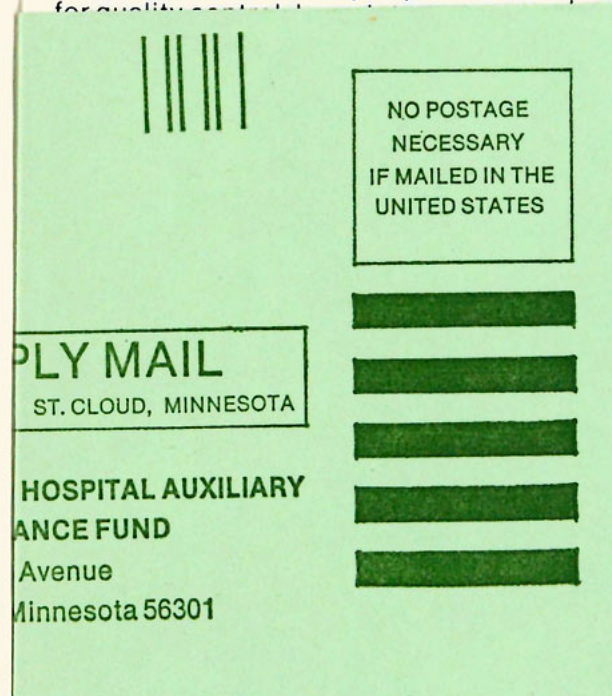
At first, their task was simple—keep the hospital clean. But now, chemicals and housekeeping techniques are changing so rapidly that generally, if the same technique

used a year ago is still being used today, there's a probability it could be wrong.

In addition to maintaining a working knowledge of all rules, regulations, chemical agents, techniques and procedures, Housekeeping Personnel must document their work. keep informed of changing regulations and document their work.

"We keep detailed records of all daily cleaning activities," Vasek said. "Charts are maintained on each floor by the Housekeeping Supervisors."

This procedure is very important for quality control.



Many times the patients develop a sense of ease with our personnel. Our employees have to be good listeners and respect the confidentiality of the patient."

At St. Cloud Hospital, Housekeeping Personnel do their jobs well. Comments heard from visitors, patients, new physicians, inspectors and our own staff indicate that the Hospital is attractive and exceptionally clean.

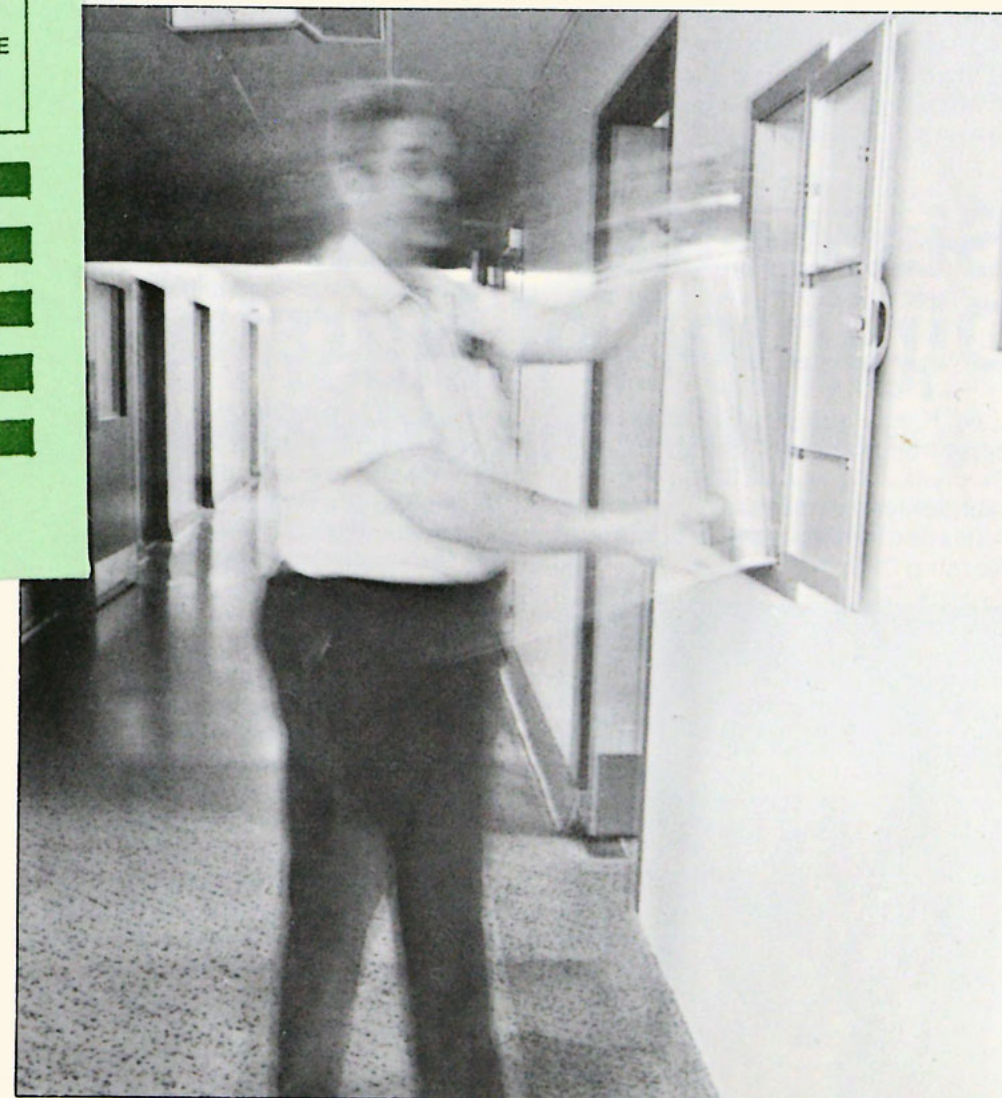
And, according to Vasek, the Hospital's Housekeeping Department has a good reputation with other area health care facilities. "They look to us for leadership and examples in Housekeeping techniques."

Housekeeping Tips

With Spring upon us, now is a good time to review some general cleaning and safety tips to help

make your Spring cleaning easier, and your home a little safer.

1. **Do Not Mix Chemicals** or cleaning agents to make them stronger! It won't work and the vapors given off may be deadly! Follow the directions!
2. Use a safety ladder when washing windows.
3. Turn out lights when they are being cleaned.
4. Use good body mechanics when moving furniture. If an item is too big, get help.
5. Be cautious of tripping hazards and eliminate them. Falls are one of the most frequent causes of injuries in the home.
6. Eliminate the use of extension cords, and do not overload outlets.
7. Select articles of clothing, drapes and furniture that are flame retardant and meet safety standards.
8. Become aware of potential hazards and correct them.



Housekeeping Porters respond to all "Code Reds" within the Hospital. The Department coordinates the Hospital's Lost and Found program,

and also coordinates the purchase of all Hospital furniture, carpets, drapes and cubicle curtains.

Keeping it clean—and a whole lot more



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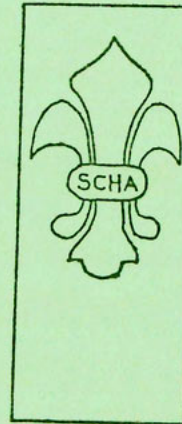
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ST. CLOUD HOSPITAL
 sponsors a Remembrance
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used a year ago is still being used today, there's a probability it could be wrong.

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"We keep detailed records of all daily cleaning activities," Vasek said. "Charts are maintained on each floor by the Housekeeping Supervisors."

This procedure is very important for quality control, he pointed out. A quick glance at any chart at any time will give exact information on any cleaning work done in any room.

"Our records are especially important in determining our annual cleaning schedule," he said. "Besides our daily cleaning, every area of the Hospital must undergo an intensive cleaning at least once each year. This includes completely refinishing the floors, cleaning all walls, ceilings, drapes, furniture and washing more than 2,000 windows."

Housekeeping Personnel must also be able to relate well with people—especially patients.

"Our full time personnel do not rotate or change shifts," Vasek said. "Consequently, the patients see the same person every day. Many times the patients develop a sense of ease with our personnel. Our employees have to be good listeners and respect the confidentiality of the patient."

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Two new physicians join Medical Staff

Two new physicians have joined St. Cloud Hospital's Medical Staff over the past few months.

Thomas Newton, M.D., Family Practice, is associated with the St. Joseph/Cold Spring Medical Clinic. He graduated from Loyola-Stritch School of Medicine and took his Family Practice residency at Saginaw Cooperative Hospitals, Saginaw, Michigan.

Dr. Newton is married and is expecting his first child this September. He enjoys fishing and hunting and chose the St. Cloud area because he is originally from Minnesota and enjoys the close proximity to lakes.

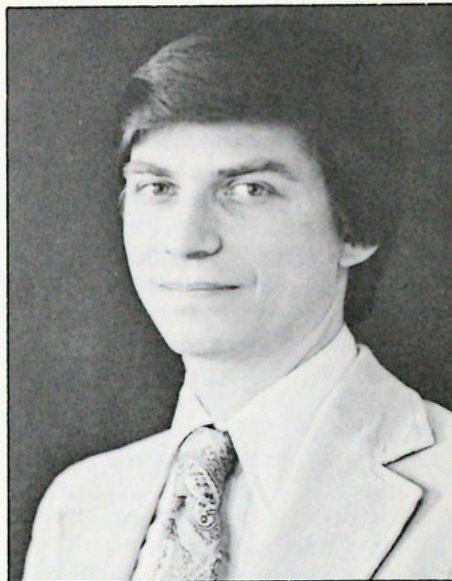
Brad Currier, M.D., Internist, is associated with Dr's. Tom Luby and Terry Pladsen. He is a graduate of the University of Illinois Schools of Medicine and interned at the University of Minnesota.

Dr. Currier is married and has two children. He enjoys fishing and

skiing. Dr. Currier is originally from central Illinois.



Dr. Newton



Dr. Currier

Sister Kara Hennes appointed Director of Nursing Service

Sr. Kara Hennes, OSB, has been appointed the Director of Nursing Services. She will be filling the position vacated by Connie Moline, Assistant Administrator for the Nursing Division.



S. Kara Hennes

Sr. Kara is the Director of Benton County Public Health Nursing Service and is currently serving on the Hospital's Board of Trustees. She has a degree in Nursing from St. Theresa's College in Winona, Minnesota, and holds memberships in the Minnesota Public Health Association and the Minnesota Nurses Association.

She began her training at the College of St. Benedict, but transferred to Winona because they had a nursing program (The College of St. Benedict did not have a nursing program at that time). She graduated in 1974 and was hired as a Staff R.N. on 4 South at St. Cloud Hospital. She worked there for one year before joining the Benton County Public Health Nursing Service. Since then, the Benton County Public Health Nursing Staff has grown from two persons to 13.

Sr. Kara will assume her full-time duties in July after completing a Patient Care Administration Program at the School of Public Health at the University of Minnesota. At the present, this is a two-year credential program, but Sr. Kara hopes that in the near future will apply towards a Masters Degree.

"I am very excited to be back at the Hospital," said Sr. Kara. "I will miss some of the aspects of direct patient care, but I will be able to mobilize the people who offer direct patient care."

Sr. Kara feels that the Nursing Service position will be very similar to her present job only much more complex.

"I will have more management responsibilities compared to the job at the Benton County Public Health Service," said Sr. Kara. "That difference is basically due to the size of the operation."

Volunteers Research "Coping with Terminal Illness"

Hospital Personnel and Volunteers are frequently faced with patients suffering from terminal illness. At present, no Hospital programs dealing specifically with terminal illness are available, so Hospital Volunteers have begun to research the feasibility of such a program.

Volunteers are collecting articles and information from other Volunteer programs that are involved in the Hospice concept. Several members of the Hospital's Continuing Education Department and Sr. Paul Revier, Associate Administrator, have attended workshops dealing with this subject.

The Hospice concept has developed over the past 20 years as a program of special care for terminally ill patients, taking into consideration the physical, emotional and spiritual aspects of dying. The concept also includes extending the service to the family of the dying patient.

Three Hospital Volunteers recently attended the "I Can Cope" workshop sponsored by the St. Cloud Hospital and presented by staff from North Memorial Hospital in Robbinsdale.

"I really appreciated the opportunity to understand how a patient and his family learn to cope with terminal illness," said Jeanne Furst, Nursing Service Volunteer. "I'm frequently in a position to listen to an anxious patient. They share their fears about how their family and friends will react when they learn about the cancer."

A new film on the Hospice Concept was viewed by Hannah Loeb, Ambulatory Surgery Volunteer, at a workshop in St. Cloud.

"I'm very interested in the Hospice concept," said Loeb. "It is not just a nursing unit, but a concept and philosophy of care that makes the approach of death easier for the terminally ill patient and family."

According to Mary Ives, Volunteer Director, the St. Cloud Hospital has budgeted for a person to coordinate the development of a Hospice program fiscal year.

"This program will be an excellent supplement to the planned Oncology unit," said Ives. "I'm hoping that Volunteers will be included as an integral part of the program."



"I'm frequently in a position to listen to an anxious patient," said Jeanne Furst, Nursing Service Volunteer.

"They share their fears about how their family and friends will react when they learn about the cancer."

BSE Program for Junior Volunteers and Mothers

Volunteer Services, in coordination with the American Cancer Society, is offering the Breast-Self Exam (BSE) to Junior Volunteers and their mothers April 23-27. This program is being conducted in conjunction with National Volunteer Recognition Week (April 22-28).

The BSE program will be offered every evening from 6:30-7:30 during the week, and will consist of a film, demonstration of the examination, and a question and answer session with a registered nurse.

"We feel that this program is very valuable for adolescents," said Donna Milander, Volunteer Coordinator. "Girls should learn at an early age to recognize the cancer warning signals, and by developing good check-up habits now, they may control possible problems before they begin."

The program was scheduled for evenings to accommodate the group.

"Most Junior Volunteers are in the Hospital until 7:00 p.m., and the parents arrive at that time to take them home," said Milander. "We felt that this would be most convenient for everyone involved."

Milander stressed that this program is optional for Junior Volunteers but thinks it is very worthwhile.

"I hope that many Junior Volunteers and their mothers take advantage of this program," said Milander. "This is only one of the many benefits available to the members of our organization."

President's Message



16 years ago, I made the decision to join the St. Cloud Hospital Auxiliary. I also was a busy mother of 5 children and housewife. Obviously I didn't join because I had too much time on my hands!

My first exposure to the Hospital Auxiliary was at Fandel's Department Store. The Auxiliary had a Fund Raising project held in cooperation with Fandels. They held a special tea reception for shoppers. It was there that I learned the threefold purpose of the Auxiliary; help provide service to the patient at our hospital, help promote community awareness and understanding, and help raise monies for needed new equipment and services. I believe in these goals.

Being a member of an active organization can be challenging. My involvement has included working on fund raisers from bake sales, and rummage sales in the 60's, to our Fruit Cake Sale, Fashion Show and Holiday Ball in the 70's. Through the years I've experienced serving our hospital patient as a Nursing Service Volunteer, an Admission Escort, a Surgery Lounge Hostess, and a Home Delivered Meal Office Volunteer. I derived a great deal of satisfaction from serving as a representative of the SCH Auxiliary on the District Auxiliary level and as Vice President of the Minnesota Hospital Association Auxiliary.

Who wouldn't be proud to say they belonged to an organization that has grown from humble

beginnings to 265 active members!

We should also take pride in our contributions to fund equipment needs such as the Isotope machine in X-Ray, the Telemetry monitors on 4 south, the Monitoring Equipment for the Special Procedure Suite in Radiology, and the Computerized Monitors for the Critical Care Program. This represents a \$99,000.00 commitment of funds from the Auxiliary.

You've heard why I've been an Auxilian for these past 16 years, but why should **You** volunteer at St. Cloud Hospital?

Because health is one of the most precious gifts we have. Helping people strive to maintain health, and working to recover health are very important to the well being of our community. The St. Cloud Hospital, it's Medical Staff and employees are dedicated to meet the changing needs. Its fitting that our volunteers and our Auxiliary support and encourage their efforts in quality health care and health education.

Our threefold purpose is still relevant and challenging: The St. Cloud Hospital Auxiliary is dedicated to provide the patients with volunteer service, to raise funds for new programs and equipment needs, and to promote community relations for our Hospital.

You should join us, because we need your help.

Miriam Bohmer
President

Nursing Students Study Geriatric Nutrition

A three-week course entitled, "The Dimensions of Aging," was offered to St. Cloud Hospital School of Nursing students last month. One topic covered in the course was nutrition for older adults. Bette Raffenbeul, Home Delivered Meals Coordinator, spoke to the junior class March 12 about geriatric nutrition.

"Many people don't realize that elderly people have poor eating habits," said Raffenbeul. "Ninety-five percent of people over age 65 live by themselves. They eat poorly for many reasons."

Raffenbeul cited poor nutrition, education and limited income as some of the major causes of these poor eating habits.

"Elderly people often cannot afford to prepare special diets, some have limited mobility or physical disorders, and some plainly don't feel a need to eat, due to loneliness."

The Hospital's Home Delivered Meals Program was developed to bring a properly balanced diet to the aged, infirm, or incapacitated homebound in the St. Cloud area through the services of dedicated volunteers. These volunteers not only deliver the meals, but also serve as possibly the only daily contact with the person receiving the meal.

Student nurses participated in the Home Delivered Meals Program for one week to develop an understanding of the elderly.

"This was a very good experience for the student nurses," said Raffenbeul. "They were able to develop an awareness of the situation of the elderly that should carry over into their nursing career."



Student Nurses worked with the Hospital's Home Delivered Meals program in conjunction with a class on aging. Jane Nord is pictured helping Home Delivered Meals volunteer Mabel Burkhaul.

Auxiliary to participate in national Community immunization program

The St. Cloud Hospital Auxiliary will join the Minnesota Hospital Association Auxiliary in a campaign to persuade parents to have their children immunized against measles, mumps, rubella, polio, diphtheria, whooping cough and tetanus.

This community immunization program is part of a national campaign to raise childhood immunization levels to at least 90% and stop the increase of these vaccine-preventable diseases said Mary Ives, Volunteer Services Director. She pointed out that measles, which should be virtually eliminated by now, was back in record numbers in 1977 with over 2,600 reported cases in Minnesota, a 500% increase from the previous year.

"Contrary to public opinion, measles is an illness with potentially dangerous and even fatal consequences", said Ives. "Some of the children suffering from measles will develop pneumonia, ear infections and deafness, blindness and convulsive disorders. Some cases will be fatal."

The Auxiliary will be supportive of immunization awareness activities presently being provided on our Maternity unit which include a March of Dimes Family Health Record and an information brochure on immunizations.

"We will be considering initiating a follow up program where new mothers are contacted by phone at 2 months and again at 15 months after their discharge from the hospital," said Ives.

Immunization against disease should begin at about 2 months of age, with the first dose of combination vaccine for diphtheria, tetanus and pertussis (Whooping Cough). Polio immunization begins at the same time and both of these vaccines are repeated at specified intervals during the first year and a half of life, and then repeated once again when the child is ready for school.

At the age of 15 months the child should be immunized for measles, mumps and rubella. These three vaccines can be given separately on different office visits, or, more commonly at one time in a combination vaccine. These together with those already mentioned, complete the child's first immunization series. They protect against 7 diseases that historically have caused disability and death in large numbers of children and still strike some of those who remain unprotected.

The Auxiliary plans to place reminder posters in neighborhood grocery stores and laundromats. The health of our children is important enough for the Auxiliary's Education Committee to take action. According to national figures almost 40% or 20 million of the 52 million children under the age of 15 are not immunized against childhood diseases.

Educational Opportunities Offered at General Membership Meetings

Understanding the rapid changes in medical technology is as important for Volunteers as it is for Hospital Personnel. The Hospital Auxiliary, stressing health education as a priority for the upcoming year, tries to provide educational programs for its members at each of its general membership meetings.

At the last meeting, held February 14, the Auxilians welcomed a presentation by Jacqueline Brezinski, Radiographer 11 at the Hospital. Brezinski provided Auxiliary members with information about the Hospital's newest piece of diagnostic equipment, the Computerized Tomography (C.T.) Scanner. Brezinski showed slides of the C.T. Scanner and fielded questions about its function.

According to Mary Ives, Volunteer Director, this type of program is a great asset for the Auxilians.

"The volunteers need to grow along with the health care facility they serve. Offering these programs during general membership meetings is an excellent opportunity for Auxilians to expand their knowledge of the Hospital and enable them to share with the community the services available at St. Cloud Hospital."

A panel discussion by members of the Hospital's support groups is planned for the May general membership meeting. Representatives from the Stroke Group, the Ostomy Group, "Reach to Recovery," Alcoholics Anonymous, Parents Anonymous, the Diabetic Group and Birthright will participate in the discussion.

Junior Volunteers Initiate Award Program

"We're trying to change the emphasis of the Junior Volunteer awards program," said Mary Ives, Volunteer Director.

"We're hoping that by providing awards that recognize outstanding achievement and service, the Junior Volunteers will develop a greater enthusiasm for learning, and we will strengthen the basis of the program."

Ives is referring to the new Spotlight Award program being developed for the Junior Volunteers. Beginning June 1, 1979, Junior Volunteers will be

eligible to receive a Spotlight award. This award will be presented six times a year, following nominations by Hospital Staff and other Junior Volunteers. Final selections for the award will be made by the Junior Volunteer Recognition Committee.

This award program will recognize outstanding duty and will take into consideration the Junior Volunteer's enthusiasm, responsibility, cheerfulness and willingness to cooperate with others. The program is an addition to the present hours-of-service

Juniors plan fundraiser for annual field trip



Models from Dayton's participated in a benefit style show at the St. Cloud Holiday Inn in July to help fund the Junior Volunteers Rochester field trip.

Every summer, the Hospital's Junior Volunteers schedule an educational field trip. In order to finance such a project, the Junior Volunteers sponsor several fund raisers during the year. Last year, the Juniors conducted two car washes and a style show to raise money for a field trip to Rochester.

The fund raiser planned for this year is a Volunteer-A-Thon, and will be conducted during the month of April in conjunction with National Volunteer Month. Junior Volunteers will solicit pledges from the community for the hours that they work at the Hospital.



award system.

The six annual winners of the Spotlight Award will be eligible to receive the Rosalie Timmers Junior Volunteer of the Year Award, named after the founder of the St. Cloud Junior Volunteers. Mrs. Timmers will present the award at the Annual June awards program.

"I think this program will be very motivational for our young people," said Ives. "Award winners will receive recognition from their peers, members of the Hospital Staff and the community."

"We are sponsoring the Volunteer-A-Thon for several reasons," said Denise Bohrer, Junior Volunteer President. "We want to make other young people aware of our volunteer program and we are raising money for educational trips for our members."

The 110 juniors in the volunteer program have set their goal at \$1500 and will also be conducting two car washes and a raffle to supplement the amount raised from the Volunteer-A-Thon.



Junior Volunteers sponsored two car washes last summer to raise funds for their educational field trip.

Are you ready for Summer?

If you are like most Minnesotans, you have probably spent most of the cold winter hibernating from physical activity. But in just a very short time, all that will be changing. Will you be ready for Summer Activities?

The following series of articles is designed to prepare you for summer by acquainting you with some of the basics of your physical condition, equipment, nutrition and places where summer activities can be conducted.

Take a few minutes to read through the articles and then get ready to really enjoy this summer.

Are you physically ready?

Are you physically ready for summer? Before answering that question, ask yourself what summer activities you will be participating in, suggests David Gilchrist, M.D., Orthopedic Surgeon on the Hospital's Medical Staff.

"Different activities require different levels of physical readiness," Dr. Gilchrist said. "A weekend golfer doesn't have to be as physically ready as a person who plans on playing softball 3-4 times a week."

"Another determination which has to be made is the intensity with which you will be participating," he said. A person who golfs an average of 18 holes a week will require a lower level of physical conditioning than a person who golfs 18 holes a day.

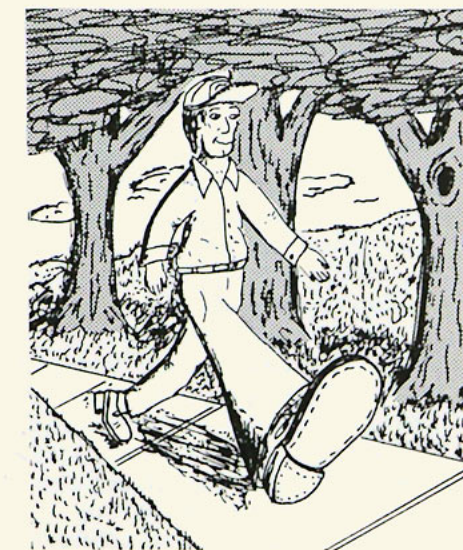
"Once you have determined what activities you will be participating in and how intense your participation will be, then you will be able to assess your physical condition," he said.

There are no concrete rules to determine whether you are ready to jump right into a summer activity or if you should consult your physician first.

If you are a newcomer to the active life, or if you have been sedentary throughout the winter months, Dr. Gilchrist advises you to pay attention to the following guidelines:

- * If you are under 30 and in good health, you need not check with your physician.
- * If you are between the ages of 30-50, you should be able to participate in most activities, such as running, but if you plan on strenuous participation, check with your physician first.
- * If you are over 50, check with your doctor first.

"Generally, if a person can walk for a mile or two without any unusual effects, or if a person can jog for 30 seconds and walk another minute or two with no unusual effects, they should be in good enough condition to get started in their activity," he said.



"If you are not sure of your condition, or if you have a chronic illness, such as diabetes or hypertension, contact your doctor," Gilchrist advised. "Let your physician determine if you should receive a physical first or if you should work together in establishing an activity schedule."

Whether you consult your physician or not, participants should ease into whatever physical activity they choose.

"Start out by reading about the activity or exercise program before getting involved," Dr. Gilchrist suggested. "Find out what's involved and set up your own activity schedule based on your physical condition, ability and desire."

"When you are ready to start, don't jump into the program, build yourself up gradually," he advised. "Haste may result in physical problems, especially with injuries to muscles and joints."

Before actually participating in any activity, Dr. Gilchrist recommends spending as much time as necessary in a warm-up period. This is important for all people in all activities because it prepares the body for the activity and helps avoid injuries.

continued on page 12

Physical Shape . . .

continued from page 11

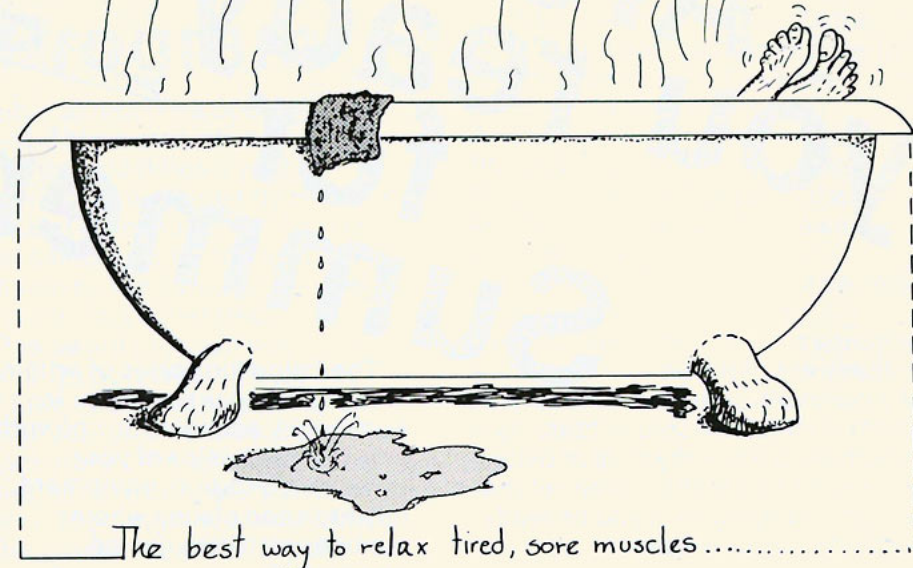
Once you are into your activity, stay within your tolerance levels. Avoid straining and pushing yourself to the extent that you become overly fatigued.

"Knowing when to quit is as much psychological as it is physical," Gilchrist said. "People have to be careful not to ignore their common sense when it tells them to quit!"

"We see a lot of injuries to 'weekend athletes'—those people who don't exercise regularly throughout the week and then give it everything they have on the weekends—because they don't take the time to warm-up and they push themselves beyond their tolerance levels."

Your activity should leave you feeling fit and vigorous, not overly fatigued and chronically tired.

When you are through with your activity, another important activity is the cool-down. Slumping into complete relaxation can cause fainting or dizziness. It's a good idea to walk around or jog until your body is ready for rest.



The best way to relax tired, sore muscles . . .

And, as with any activity, you may encounter some sore muscle problems. Don't worry! The soreness will go away as the muscles become stronger.

For temporary relief, soak in a tub of hot water.

Once your muscles start feeling better again, gradually increase your participation.

Physical activity is a great way to improve our physical and mental health. And, whatever the activity, it is important that you are participating not just because it is good exercise, but because it is fun!

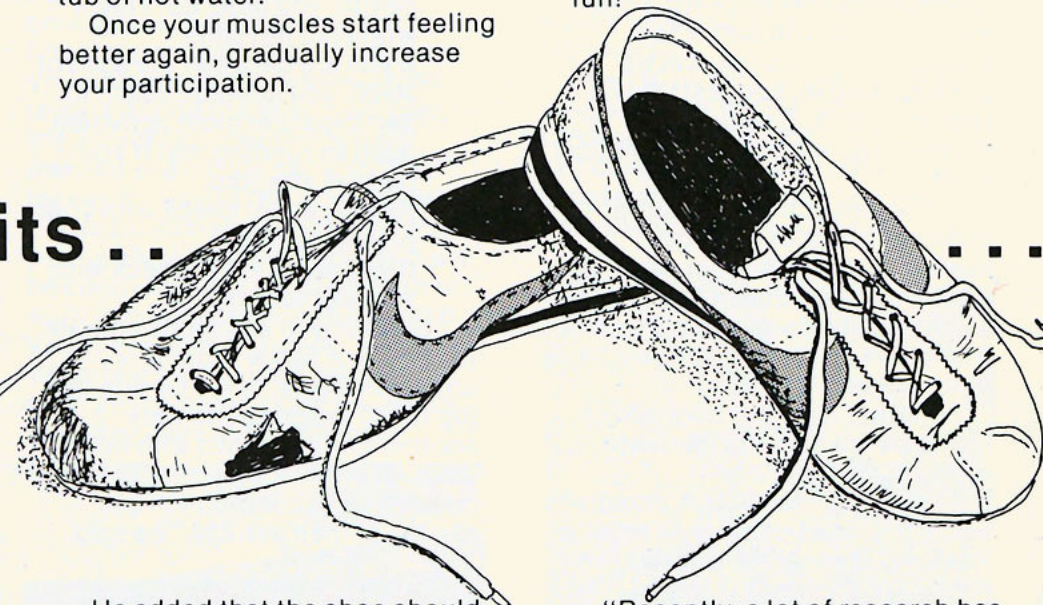
If the shoe fits . . .

Remember that old expression, "If the shoe fits . . . wear it!" Well, when it comes to buying equipment for your summer activities, that could be the best rule to follow!

"Proper equipment can make the difference between really enjoying an activity or being completely dissatisfied with it," Jack Kelly, Ph.D., St. Cloud State University Health, Physical Education and Recreation instructor said. "The single most important piece of equipment to consider is the shoe."

Kelly explained that shoes should be purchased objectively. Comfort and fit should come before brand, style and color.

"People should go in blindfolded and try on every shoe in the store," he mused. "That way, they will be able to pick the shoe that fits the best and provides the most comfort without being influenced by brand, style or color."



He added that the shoe should need no break-in period, and if it doesn't feel comfortable right from the beginning, don't buy it.

Different activities require different foot movements, and shoes designed to accommodate these different movements should be worn.

"Tennis, basketball, racquetball—almost all court activities require a lot of stop-and-go running with lateral movements," Kelly explained. "Shoes for these activities must have good side construction for durability and to provide foot support for comfort and safety against ankle twists and sprains."

"Recently, a lot of research has helped develop shoes especially for running," he indicated. Shoes are really the only investment a jogger or runner needs to make, and it should be a good one.

"Runners or joggers can expect to pay from \$25-\$35 for a good pair of running shoes, and shoes for anything less than that may be inadequate," he said. "Running shoes should have durable uppers with thick soles to help cushion the pounding usually taken by the feet and legs."

What to eat—and when

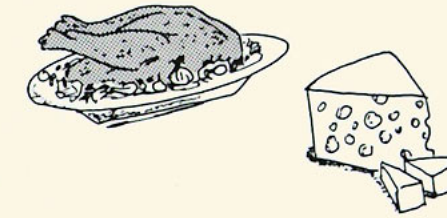
Do your body a favor this summer—make sure it gets proper nutrition.

"The most important nutritional requirement for active performance is supplying the body with energy (calories)," Laurie Perry, Dietitian said.

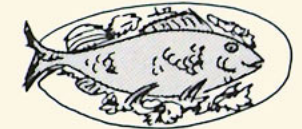
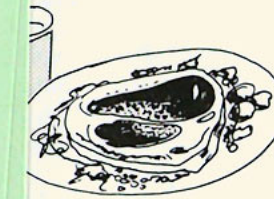
"The amount of energy needed depends on the amount and duration of muscular work used," she said. Activities of short duration, such as short distance swimming, running, tennis, bowling, golf, softball, volleyball or slow to moderate speed bicycling actually do not increase normal energy needs if you participate in them for less than one hour each day.

amino acid supplements which are widely advertised for muscle building can be expensive, dangerous and useless.

The highest quality protein for your daily needs is provided by foods such as meat, fish, poultry, eggs, cheese and milk.



"What you eat or how much you eat before participating in an activity will have little effect on your performance," Perry said. However, there are guidelines which may be helpful in increasing endurance and comfort for the summer ahead.



continued on page 16

Where?

The following table indicates the activities available in the variety of parks and schools in St. Cloud. (A racquetball court is now available at Seeburger Park).

AREA	ACTIVITIES																
	ARCHERY	BUTTS	BAND CONCERTS	BASEBALL	DIAMONDS	FLORAL GARDEN	FOOTBALL	HORSESHOE COURTS	HARD SURFACE AREA	TABLE TENNIS	PICNIC TABLES & GRILLS	RUNNING TRACK	SWIMMING POOL	WADING POOL	TENNIS COURTS	RACQUETBALL COURTS	APPARATUS AREA
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WILSON SCHOOL																	
WOODLAND HILLS PARK																	
WHITNER PARK																	
AROLLO SR HIGH SCHOOL																	
COLONIAL GARDENS																	
MUNICIPAL SPORTS CENTER																	

KEY
 ■ SUPERVISED AREAS
 ☒ UNSUPERVISED AREAS

Physical Shape . . .

continued from page 11

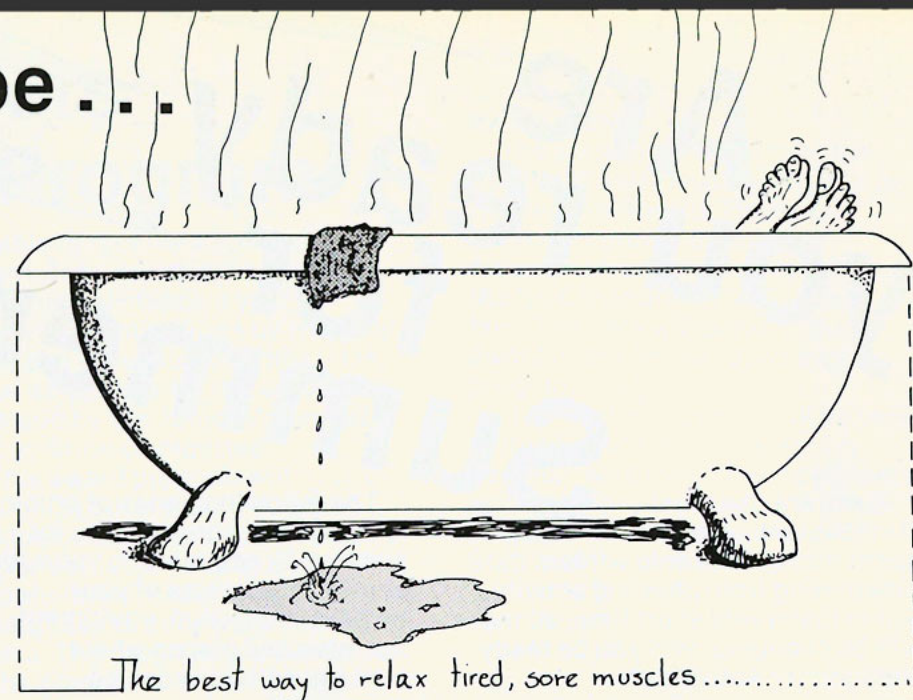
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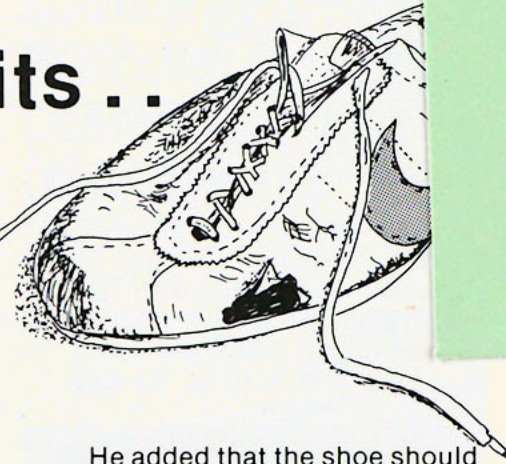
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What to eat—and when

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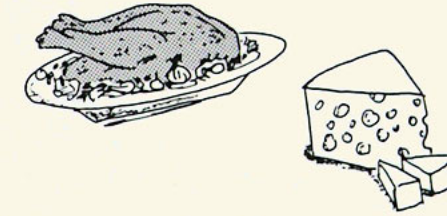
"The amount of energy needed depends on the amount and duration of muscular work used," she said. Activities of short duration, such as short distance swimming, running, tennis, bowling, golf, softball, volleyball or slow to moderate speed bicycling actually do not increase normal energy needs if you participate in them for less than one hour each day.

"Eating adequate amounts of everyday foods will supply the energy needs for these activities," she said. "This means eating balanced meals with selections from the four basic food groups: milk, meat, fruits and vegetables, breads and cereals."

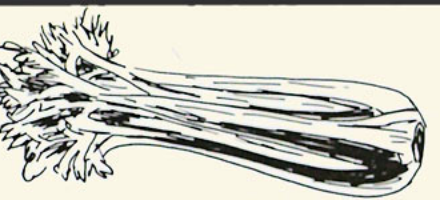
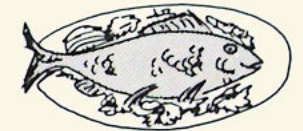
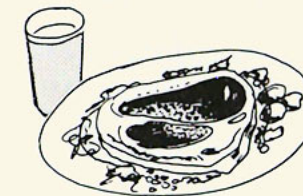
Perry indicated that, contrary to a popular belief, protein in excess of ordinary daily needs is not a source of muscular energy. In fact, she indicated that protein and

amino acid supplements which are widely advertised for muscle building can be expensive, dangerous and useless.

The highest quality protein for your daily needs is provided by foods such as meat, fish, poultry, eggs, cheese and milk.



"What you eat or how much you eat before participating in an activity will have little effect on improving your performance," Perry said. However, there are some guidelines which may be helpful in increasing endurance and comfort for the summer months ahead.



"Eat a good meal about three hours before participating in a strenuous activity," Perry advised. "This allows enough time for digestion and absorption of energy from the meal. The meal should contain carbohydrates (bread, cereal, potatoes), protein and moderate amounts of fat."

To prepare for body fluid loss through perspiration, include 2-3 cups of liquid with your meal. Beverages such as skim milk, juices, broth, fruit drinks are readily absorbed into the system and are low in fat.

"Salt foods well in hot weather, unless use of salt is restricted by your physician," she said. For most people, this will replace the sodium lost through perspiration.

continued on page 16

Where?

The following table indicates the activities available in the variety of parks and schools in St. Cloud. (A racquetball court is now available at Seeburger Park).

AREA	ACTIVITIES															
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COLONIAL GARDENS																
MUNICIPAL SPORTS CENTER																

St. Benedict's Center Celebrates first anniversary

It's been a full year since an article about Saint Benedict's Center appeared in the *Beacon Light*. (The last one was in March, 1978, and referred to the Center's April Open House.)

And despite the way it appears, the work isn't finished when construction is completed, it's just beginning.

"A lot of things people take for granted in the operation of a health care facility had to be started," Sr. Rita Budig, OSB, Administrator for Saint Benedict's Center, said.

"A multitude of committees had to be formed, a general orientation program for employees was firmly established, a Resident Council was developed, and the list goes on and on," she said.

For Sr. Rita, who has had experience as a nursing care facility administrator in Cold Spring from 1973-1977, taking over as Administrator for Saint Benedict's Center has been a growth experience.

"This was the beginning of everything," she said. "It's a lot different from building upon existing programs."

"It has been a lot of hard work, at times disappointing and discouraging," she admitted, "but there has also been great joy and satisfaction in seeing the programs grow."



Nursing Assistant Linda Oehrlein is pictured above pouring a drink for

resident Mathew Koep.

Sr. Rita quickly pointed out that this challenging and growing experience is not limited to herself, but applies to her staff as well.

"This has been a real growing experience for everyone here at Saint Benedict's Center," she indicated, "because everyone has been able to participate in the development of a whole new establishment—and these kinds of opportunities don't happen very often."

"The first year is the toughest," Sr. Rita said. "We have initiated and developed a lot of programs quickly, but not hastily. We have planned our route, and now we are following it."

"During the next year, we will begin to re-focus our attention and refine, develop and improve upon what we have started," Sr. Rita said. "The next year will be a continuation of that process and a time to begin looking at future programs."



A favorite pastime for many residents of St. Benedict's Center, including

Louise Belmont left and Susan Haakonson is playing cards.

The Chaplain's Corner

by Fr. Al Stangl



BE STRONG

*Be strong through living you are an example of God's creation.
You are the most intelligent mind for the perfect body.
Strength allows you to help
And weakness allows you to be helpless.
Be strong and you will see the inner most warmth of life.*

By Chris Harlander

SBC . . .

continued from page 14

The Center was at full occupancy (95%) by October 31—just six months after it opened. Sr. Rita indicated that that was faster than had been budgeted for, but not really a surprise.

Saint Benedict's Center currently employs 260 persons, and has a resident capacity for 220 persons. The building has four floors. The first floor is for intermediate care patients—those who require less assistance, are generally more ambulatory and can help themselves. The second floor is a combination of intermediate care patients and skilled nursing care patients—those who require a considerable amount of nursing care and support services, such as Social Services, and Rehabilitation Therapies.

Both the third and fourth floors are skilled nursing care floors.

FROM THE ST. CLOUD HOSPITAL KITCHENS

Chocolate Drop Cookies have long been a favorite of Saint Cloud Hospital Personnel. This issue of the *Beacon Light* is featuring two recipes—both by popular request—for the cookies and their Marshmallow frosting.

LARGE CHOCOLATE DROP COOKIES

5 cups Flour	3-¾ cups Brown Sugar
1 tsp. Baking Powder	3 eggs
1 tsp. Salt	5 oz. Chocolate Naps (melted)
1 tsp. Soda	1-½ cups Sour Milk
1-⅓ cup Shortening	½ tbisp. Vanilla

1. Cream shortening, add sugar gradually
2. Add eggs
3. Add melted chocolate naps
4. Add dry ingredients alternating with the sour milk
5. Add vanilla
6. Drop by tablespoon on cookie sheet
3 tablespoon = 1 large cookie
This makes 3 dozen large cookies
7. Bake 15 minutes till done at 350 degrees
8. Frost with chocolate icing or marshmallow and coconut

MARSHMALLOW FROSTING for Chocolate Cookies

2 tbisp. Gelatine	¾ cup Hot Water
¾ cup Cold Water	1 tsp. Salt
2 cups Sugar	2 tsp. Vanilla

1. Dissolve gelatin in cold water
2. Bring sugar and hot water to a boil
3. Add dissolved gelatin mixture.
4. Add salt and vanilla
5. Beat at high speed of mixer until frosting forms peaks
6. If frosting gets too stiff before finishing frosting cookies, just beat again.
7. May add different colors for variety in frostings - green, pink or add peppermint flavor—instead of vanilla - sprinkle with coconut if desired.

The Beacon Light

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Estate Planning seminars offered to Development donors

Preparation of Wills, Trusts and Charitable Remainder Trusts was the focus of a series of seminars sponsored by St. Cloud Hospital's Development Council. Each of the three individual seminars was held on successive Tuesday evenings beginning April 17.

"We felt that a series of programs on estate planning would be valuable for donors to our Development Fund," said Jerry Furst, the Development Council's Deferred Gifts Chairman.

"The seminars pointed out that while many of our donors had begun to plan their estate, most of them were able to benefit from the updated information presented at the seminar," Furst said.

Subjects covered included preparation and drafting of a Will, definition of types and purposes of trusts, and an explanation of various charitable remainder trusts.

The seminars were led by Trust Officers from local Trust Departments. Speakers included Stan Gaffin, Zapp National Bank & Trust; Doug Holzkamp, First American National Bank; and Ed Wiesner, St. Cloud National Bank and Trust.

According to Development Council Chairman, Ed Zapp, Sr., the Development Council is looking forward to continuing these seminars in the future for donors to the Hospital's Development Fund.

What to eat . . . *continued from page 13*

"Sugar supplements used during your activity may help to relieve fatigue, but will not improve your performance," Perry said. "An excess amount of sugar, candy or honey, can actually be detrimental as they tend to draw fluids from other parts of the body into the intestinal tract, adding to the problem of dehydration," she said. "A thermos of chilled fruit juice would be a good choice for a quick 'pick-up' during activity because it provides quick energy and replaces lost fluid."

"Dietary supplements: vitamins, minerals, extracts and such, are not necessary if you are in good health and maintain an adequate diet containing a variety of foods," Perry explained. "Supplements have not been shown to improve physical performance and will not correct faulty eating habits.

"Maintaining ideal body weight and a state of nutrition throughout the entire year will do far more toward increasing your ability to participate in summer activities than any sudden nutrition program," Perry advised.