



Holly Gulden
Vice President, Foundation

Hello from Holly ...

I write this as I begin my fourth week as the Vice President of CentraCare Foundation. It is also my first month back home in Minnesota after spending the past seven years in New Orleans. Other than the first week of cold temperatures, this is not the winter I was expecting. I'll take it!

I have been busy getting to know the excellent people on the Foundation team and Board of Directors as well as CentraCare leadership across the system including Benson, Long Prairie, St. Cloud and Willmar. This week, I will travel to Paynesville and Redwood Falls and next week to Monticello. I plan to visit all CentraCare hospitals, including Melrose and Sauk Centre, by the first week of March to learn about their hospitals, communities and fundraising priorities. I look forward to meeting people in each of the communities to hear their dreams of a healthier tomorrow.

At the same time, I am learning more about the new University of Minnesota Medical School, CentraCare Regional Campus St. Cloud and the impact it will have across the system. To be able to build a pipeline of physicians dedicated to serving rural communities, especially in the CentraCare footprint, is an amazing opportunity. With funding from the State of Minnesota and generous support from local donors, we are building momentum as we prepare to welcome the inaugural class in the Fall of 2025.

Opportunities to make rural life healthier abound and I am excited to lead the Foundation at this pivotal time. I look forward to working with you all to make our future a healthier reality.

"Whatever you choose to do, leave tracks. That means don't do it just for yourself. You will want to leave the world a little better for you having lived." - Ruth Bader Ginsburg

Your generous support helped to double the impact!

Between Oct. 1 and Dec. 31, our generous donors and matching gift sponsors helped CentraCare Foundation raise **\$883,677** during our year-end Community Campaign.

We are grateful to [Magnifi Financial](#) who was proud to support our year-end campaign with a generous \$25,000 matching gift to benefit the greatest health care needs in

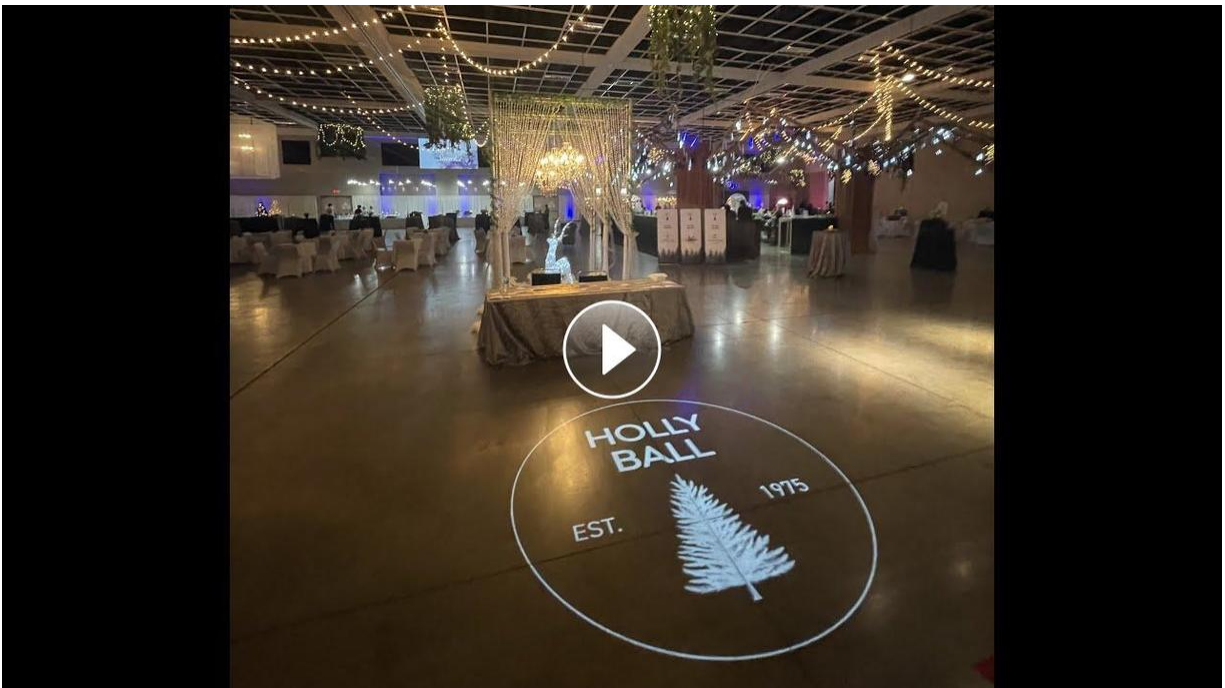


Long Prairie, Melrose and Sauk Centre. In addition, we received a remarkable \$250,000 matching gift from an anonymous donor to expand CentraCare – St. Cloud Hospital Child & Adolescent Behavioral Health at [Clara's House](#) to meet the mental health needs of children ages 2-5.

Thank you for making a BIG difference for those we serve!

What Holly Ball looks like from start to finish

If you've attended Holly Ball in the past or have seen event photos, you may wonder how all the beautiful decor comes together each year. This timelapse video from Holly Ball 2023 shows the progress from the start of set-up on Wednesday before Holly Ball through the take-down post-event. Enjoy!

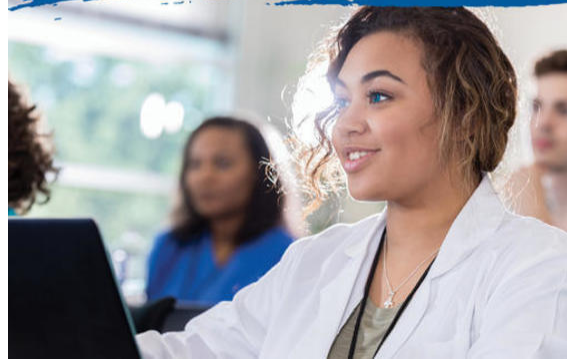


Sharing the "G.O.O.D" news

CentraCare Foundation is thrilled to unveil the ["Growing Our Own Doctors" Scholarship](#) – a new initiative supporting aspiring medical students! This opportunity reflects CentraCare's dedication to nurturing local talent and addressing the healthcare needs of the region. "The best way to create a rural doctor is to start with a rural student, educate and train them locally, and then bring them back home," said Cindy Firkins Smith, MD.

Up to full tuition scholarships will be awarded to one or two individuals in 2024. While students accepted to any medical school will be considered, preference will be given to those attending University of Minnesota Medical School. Priority will also be given to applicants who have a current or past residence in one of the communities served by CentraCare's Southwest Region including Willmar, Redwood Falls, Paynesville, Benson, Litchfield, and surrounding communities. The deadline to apply for this scholarship is June 1, 2024 and will reopen in the fall of 2024 for 2025 applications. In 2025, the scholarship will be exclusive to those attending the new University of Minnesota CentraCare Regional Campus in St. Cloud.

Growing Our Own Doctors Scholarship



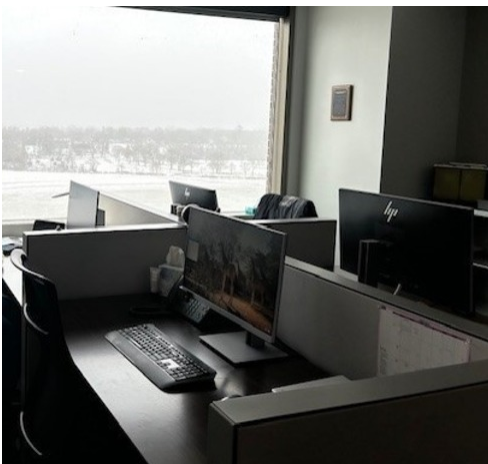
Please share this information with any aspiring medical students or students who have been accepted into medical school.

New team space allows for better patient care

Thanks to generous donor support to our Lighting the Path Campaign, the Behavioral Health Consult and Liaison teams now have more adequate space to collaborate privately about patient care and provide telehealth to our regional hospitals as well. This new space is located next to the CentraCare Helmsley EmPATH Unit at CentraCare - St. Cloud Hospital.

The teams benefitting from this new team space are the Consult & Liaison Psychiatry, Substance Use, Psychotherapy, and Behavioral Dysregulation & Withdrawal Specialist Consultants. These teams' function like an enterprise-wide service line. They offer support to patient populations admitted to the hospital for medical reasons who could also use the support of mental health specialists. The team also provides collaborative mental health guidance and resources to bedside patient care team members caring for patients with mental health needs.

Below are a few photos from the new space.



Team work space



Psychiatry Consultant Office



Virtual Health space



Major milestone for Willmar Cancer Center

On January 27 and 28, a dedicated team of four, plus two forklifts, delivered the new linear accelerator to the newly built radiation suite at CentraCare - Willmar Cancer Center.

On the subsequent Monday, two specialists arrived to connect the machine to electricity and initiate its operation. As the linear accelerator came to life, it

paved the way for the next phase. For the next month, three teams of two will work in rotation to ensure a flawless installation and testing process, setting the stage for the commissioning phase led by our physics team.

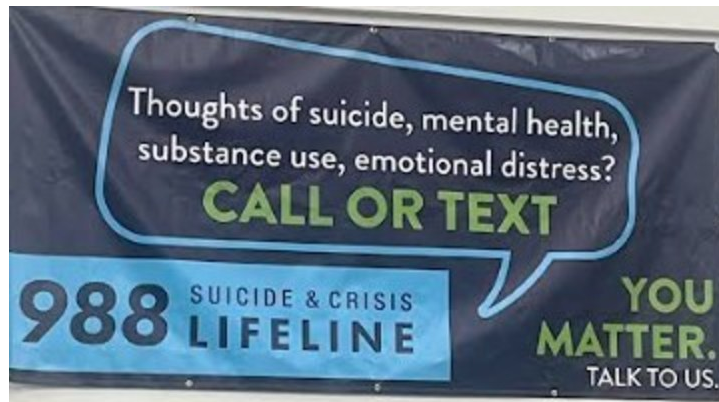
Our target is to start treating our patients with the new linear accelerator on April 29. This state-of-the-art technology will bring precision and efficiency to the forefront of our cancer care efforts.

In May, we'll bid farewell to our previous linear accelerator as we prepare to repurpose the old room for high dose-rate brachytherapy procedures. Currently, these high-dose radiation treatments are done in the early morning or late afternoon, and this transition means we can now offer these crucial treatments during regular daytime hours, providing even more accessibility for our patients.

Thank you to our community and employee donors who helped to make this new equipment possible!

Banners designed to increase 988 awareness

To increase awareness of the 988 Suicide & Crisis Lifeline number, CentraCare, the Jackson Roeder Memorial Fund, and the Central MN Suicide Prevention coalition worked together to design, print and distribute the banner (pictured) to area schools and other community event locations throughout the region.



This wonderful partnership helps to better equip our communities with resources and support around suicide prevention. CentraCare is proud to work with area organizations on issues that impact public health, such as suicide prevention.

These new banners were paid for through the [Jackson Roeder Memorial Fund](#). Jackson died by suicide in February 2017 and his father, Scott Roeder, and his family continue to advocate for suicide awareness and prevention in his memory.

For more information or suicide prevention resources, visit centracare.com.

Dietitian in the kitchen

Cancer patients at any stage of treatment and their caregivers are invited to join our oncology-



registered dietitian in the kitchen at Coborn Healing Center on the second Thursday of the month from 11:30-12:30 p.m. Cost is \$5.

To register, call Coborn Healing Center at 320-229-5100.

Check out these [Dietitian Recipes](#) available online.

This class is supported by CentraCare Foundation.

If only suicide disappeared like the snow did this year

In the spirit of most Minnesota winters, a group of wishful snowmobile riders gathered to celebrate their successful fundraising efforts for their “non-snowmobile” ride for Suicide Prevention.

Despite the lack of snow, this committed group still raised more than \$9,200 for CentraCare's Suicide Prevention fund! If you'd like to support this cause, visit their [website](#).

Thank you to those who helped to support this important cause and to those who organized and participated in this fundraising event.



Thank you to our wonderful community partners



We are so grateful to the Saint Cloud Crush Dance Team who made and delivered these warm, beautiful fleece blankets to the Central MN Child Advocacy Center to give to victims of child abuse. Thank you for dancing your way into our hearts with this kind gesture!



Thank you to Texas Roadhouse for their donation of bread and honey butter for the Coborn Cancer Center staff and 80+ Texas Roadhouse gift cards to share with cancer patients.



Thank you to The Church of Jesus Christ of Latter-Day Saints in St. Cloud for the 60 blankets donated to the Central MN Child Advocacy Center. What a thoughtful way to show your support for these children.



The dedicated and efficient Foley Swim team showed up at 10 p.m. on Dec. 2 to "undecorate" the Holly Ball dinner room.

We greatly appreciate their willingness to help, their great attitudes and their friendly faces.



This hardworking group of young men from the Cathedral High School Hockey team joined us early Sunday, Dec. 3 to help with packing, lifting, hauling, loading and unloading several semi loads of decorations from this year's Holly Ball!

Thanks a ton! You probably carried that much!



CentraCare Breast Center staff participated in a Breast Cancer Awareness event hosted by Runnings. After the event, Runnings donated \$1,000 to CentraCare Foundation to benefit our patients at Coborn Cancer Center. Thank you for this gift to benefit our patients!

Annual Statement reminder

CentraCare Foundation Annual Statements were recently mailed to all donors who contributed more than \$250 between Jan. 1 and Dec. 31, 2023.

If you have any questions or did not receive your statement, please call our office at (320) 240-2810.



Follow us on Facebook

CentraCare Foundation has so many stories to share and people to thank that we've created our own [Facebook page](#) where you can find all these things and more! We invite you not only to like our page, but to take it a step further — invite your friends to the page to engage and interact with the posts on Facebook. And give feedback on how we can share the great things CentraCare Foundation is doing for our community, our patients and their families thanks to the generous support of our employees and the community.



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

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