



Investing
in Health

JULY 2024



Holly Gulden
Vice President, Foundation

Holly's Highlights

In my role as Vice President, I work closely with our Foundation's Board of Directors. In my short time here, I have quickly recognized that our Foundation is blessed with a talented group of community leaders who volunteer their time to serve on our Board. I appreciate their shared wisdom and leadership which guides our decision making within the Foundation. This month, I'm highlighting a few of them for various reasons.

Kelly O'Farrell of Spicer is beginning the second year of her two-year term as board chair. She has served on the Foundation Board of Directors since 2022 as Vice Chair and Executive Committee member. She was part of the former Carris Health Foundation board since 2018. [Learn more](#) about Kelly.

Tom D. St. Hilaire of St. Cloud is our current Board Vice Chair. He has served on the Foundation board since 2015. He is the current chair of the Finance Committee and also serves on the Executive Committee. [Learn more](#) about Tom.

Rick Butte of Melrose, **Jim Johnson** of Big Lake and [Chip Martin-Chaffee, MD](#), of Annandale were approved to serve a second three-year term on our board by the CentraCare Board of Trustees. I am grateful for their continued service to the Foundation.

Finally, I extend my gratitude to our outgoing board members **Melissa Weber** of Sartell and **Peter Spaniol** of St. Joseph. Melissa served on the board since 2021. Peter was a board member since 2019 and also served on the Planned Giving committee. Thank you for your years of service.



*Kelly O'Farrell, Board
Chair*



*Tom St. Hilaire, Vice
Chair*



Rick Butte



Jim Johnson



*Chip Martin-Chaffee,
MD*



Melissa Weber



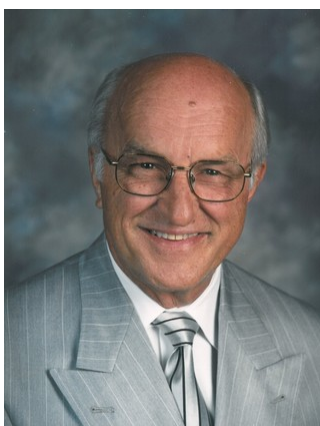
Peter Spaniol



United by a Commitment to Philanthropy

Thanks to the generosity of CentraCare team members, our annual Employee Giving Campaign raised more than \$642,000! Proceeds will benefit each of our communities by funding enhancements such as equipment upgrades, access to care for vulnerable patients and the expansion of services.

Since 1998, CentraCare employees have contributed over \$15.1 million to help elevate the experience for our patients and communities. We are extremely grateful for their ongoing dedication and generosity!



Remembering Al Kremers, a Community Leader and Philanthropist

We extend our condolences to the family and friends of Alois (Al) Kremers who passed away June 5 at age 89. He will be remembered for his community leadership, love of family and friends, and generosity with his time, talent and treasure.

CentraCare Foundation is grateful for his generous spirit that made a lasting impact on our community. Al's leadership and dedication to CentraCare were evident through his role as chairman of the St. Cloud Hospital board during the creation of CentraCare in 1995. Al and his wife Yvonne also served as Honorary Campaign Chairs during the Caring for Generations campaign to expand St. Cloud Hospital from 2008-2013.

Soft, Magnetic Doors Provide Safety and Privacy

As the Behavioral Health team continues to work to create safer and more aesthetically pleasing patient care environments, soft doors have been installed in the bathrooms in the inpatient Behavioral Health and the Emergency Psychiatric Assessment, Treatment and Healing (EmPATH) Units.

This unique style of door is hinge-free and works with internal magnets that attach to the door's steel frame. These "suicide-safe" doors provide privacy and dignity within the patient's room environment. This new Joint Commission requirement is considered the gold standard for Inpatient Behavioral Health bathroom doors.

The door design options also provide a calming oasis within the patient's room with images as shown in photos. Our patients and families have expressed appreciation for the uniqueness, safety, and touch of nature during distressing times.

Thank you to our generous donors who helped to fund the purchase of these doors through their gifts to CentraCare Foundation.



Paul Van Gorp, MD

Providing Training and Education to Amish Birth Attendants

CentraCare - Long Prairie partnered with Astera Health, area Certified Nurse Midwives and three Public Health departments to host training sessions in Long Prairie, Wadena and Bertha focused on enhancing home birth safety within the Amish community.

The six goals for this training were to:

1. Improve confidence and safety of Amish birth attendants.
2. Provide guidelines for home birth safety and when to ask for help.
3. Teach advanced skills for home birth attendants.
4. Advise about nutrition during pregnancy.
5. Provide information that a medical professional will want/need when calling for advice or asking for help.
6. Identify what before-birth care is most important to increase the

likelihood of a safe, home birth.

Long-time CentraCare physician, Paul Van Gorp, MD, worked with Robin Colbern, CNM; Anna Miller, CPM; and Ashley Briner, CNM and Todd, Wadena and Ottertail's departments of Public Health to create a reference manual containing useful information and guidelines that was provided to each attendee.

"These educational sessions were well received by the Amish community who often do not seek prenatal, birth or post-partum care due to the cost," said Dr. Van Gorp. "By partnering with other organizations, we

were able to educate them in an effort to increase the likelihood of a safe, home birth."

CentraCare Foundation provided funding to cover the costs associated with these education sessions.

Congratulations to These Scholarship Recipients

Thank you to our benefactors who make these scholarships possible. Click on each scholarship title to learn the scholarship criteria.

[William J. Held, M.D., Memorial Scholarship](#): **Bailey Maurstad** (photo below)

[Regional Diagnostic Radiology Education Support Scholarship](#): **Audrey Zenzen** (photo below)

[Linda Chmielewski Scholarship](#): **Katherine Popp, RN**, Float Pool, is pursuing Doctor of Nursing Practice and **Caedyn Gertken, RN**, Birth Center, is pursuing Baccalaureate in Nursing (Photos below)

[St. Cloud Hospital School of Nursing Alumni Association Scholarship](#): **Anna Meeker, Mykenzie Cremers** and **Brea Worlie**

[Advanced Practice Provider Scholarship](#): **Katherine Popp, Amy Hilleren, Holly Mondloch, and Jodi Olson** (Thank you to Mark and Karla Donlin and Sue and Terry Pladson for establishing a fund for these annual APP scholarships.)

[Halenbeck High School Scholarship](#): **Fatoumata Bah**, St. Cloud Tech High School/Volunteer; and **Micaïla Herold**, Cathedral High School/Nursing Assistant/Telemetry

[St. Cloud Hospital Volunteer Auxiliary Scholarship](#): **Megan Montes-Genis, LPN**, Surgical Care Unit; **Casey Fredrickson**, Volunteer; **Grant Hiltner**, Volunteer; **Sadie Johnson**, Nursing Assistant/Integrated Pain Medicine; and **Samantha Pounds**, Specialty Scheduling Asst/Endoscopy

[Rosalie Timmers Award and Scholarship](#): **Grace Ritter**, Sartell High School, Volunteered 400 hours, headed to University of Wisconsin Madison to study biology (*photo below*)

[Rosalie Timmers Scholarship](#): **Fatoumata Bah**, Tech High School, Volunteered 400 hours, headed to the University of Minnesota Twin Cities to study Human Physiology or Health Sciences (*photo below*)



Bailey Maurstad with Anne, Catherine & David Held



Audrey Zenzen with Dr. Craig Meiers from RDR



Melissa Fradette with Katherine Popp



Caedyn Gertken with St. Cloud Hospital Birth Center team members



Fatoumata Bah and Grace Ritter



Thank you to our generous community partners

Coborn Cancer Center recently received a donation of 300 cancer care packs from [Prince of Peace Lutheran School](#). We are beyond grateful for their incredible act of kindness and generosity!

Thank you for making a BIG difference for our patients!

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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