



MARCH 2023

Take a "Chance" and view this "dog-gone" sweet story

Thanks to community support and volunteers, our CentraCare Hospice program is able to offer therapy dogs for our Hospice patients. Enjoy this volunteer's story about how they took a chance with their dog.



Sauk Centre Care Center celebrates Open House

Over 250 community members gathered Sunday, Feb. 12, to celebrate the opening of the CentraCare – Sauk Centre Care Center addition. The new addition includes 29 private, long-term care suites and two double suites, dining and gathering spaces, laundry room, salon, chapel and library. Residents moved into their new space on Feb. 21 and now work begins to remodel the old care center to reflect updated lifestyle standards and amenities.

Thank you for the generous community support that helped to make this wonderful facility happen!



Employee and community giving keeps CentraCare - Long Prairie a "step" ahead

Thanks to generous community and employee giving, CentraCare – Long Prairie recently purchased a new Recumbent Stepper for patient use after the previous equipment failed.

"The Recumbent Stepper is appropriate for cardiac and pulmonary rehab patients of all fitness levels as it allows low-functioning patients to build endurance and confidence to exercise like patients who appear to be in better shape. It also allows higher-functioning patients to increase workloads and push themselves without the joint pain they may experience if they were doing weight-bearing exercises," shared Marc Arndt, Exercise Physiologist, MA, CentraCare – Long Prairie.

Having the necessary equipment is very important in a patient's recovery process. Most patients will attend Cardiac Rehab three days a week for 12 weeks before graduating from the program so not replacing the equipment as soon as possible was not a good option for patients.

By having access to Long Prairie's Greatest Needs fund through CentraCare Foundation, CentraCare – Long Prairie was able to purchase new equipment right away versus waiting to find dollars elsewhere to replace the equipment.



Cardiac Rehab patient Tony Tobas works with Marc Arndt, Exercise Physiologist, MA, CentraCare – Long Prairie, on the new machine.



Cardiac Rehab patient Sharon Brown works with Marc Arndt, Exercise Physiologist, MA, CentraCare – Long Prairie.

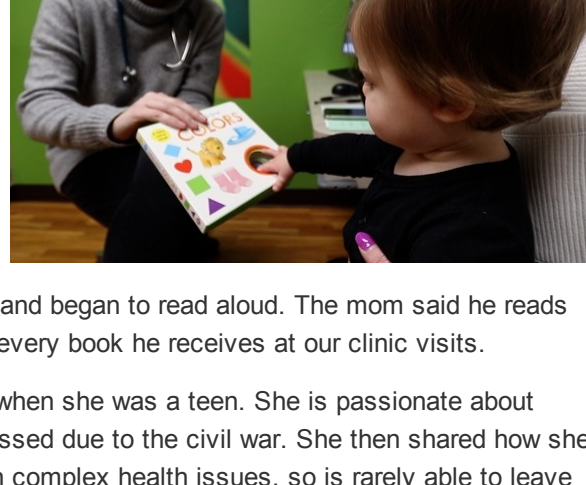
Making a BIG difference with little patients!

Since March is National Reading Month, we want to share this story from a CentraCare pediatrician which shows the impact of our philanthropy-funded Reach Out & Read (ROR) program.

"A 5-year-old boy with autism came in for a well check. He was very nervous and politely said 'go home' when I entered the room. After I gave him his new Reach Out & Read book, he immediately calmed and began to read aloud. The mom said he reads everything he can! He reads business/road signs and every book he receives at our clinic visits.

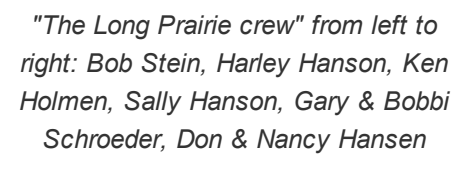
This boy's mom came to the US as a Somali refugee when she was a teen. She is passionate about ensuring her children receive an education that she missed due to the civil war. She then shared how she cannot afford to buy books. She has another child with complex health issues, so is rarely able to leave the home. This makes a library visit nearly impossible. She is looking forward to him starting Kindergarten next year, so he has access to more books. These ROR books have become his love, joy and calming mechanism."

Thank you! Employee and community giving is making an incredible impact on our patients and families every day.



A warm welcome from Arizona

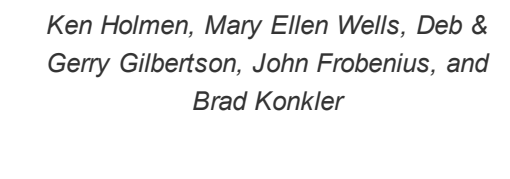
On Feb. 20, CentraCare President & CEO, Ken Holmen, and Foundation Vice President, Brad Konkler, spent the day in Arizona visiting with several of our Foundation friends who are enjoying the winter season in that area. Attendees were provided a Foundation update from Brad and a CentraCare update from Dr. Holmen. About two dozen people attended the gatherings which took place in Phoenix and Mesa. Thank you to all who attended!



"The Long Prairie crew" from left to right: Bob Stein, Harley Hanson, Ken Holmen, Sally Hanson, Gary & Bobbi Schroeder, Don & Nancy Hansen



Richard Falk & Maxine Zempel



Ken Holmen, Mary Ellen Wells, Deb & Gerry Gilbertson, John Frobenius, and Brad Konkler



Save the date!

25th Foundation Annual Gala

Watch for the Gala theme reveal, coming soon.

Saturday, September 16, 2023

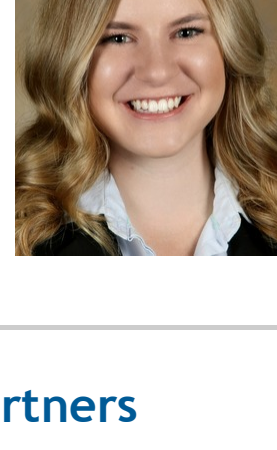
Willmar Conference Center

Congratulations, Candyce!

Congratulations to **Candyce Thompson, CMP**, Events Manager, for obtaining her certification as a Certified Meeting Professional.

The CMP credential is recognized globally as the badge of excellence in the events industry. The qualifications for certification are based on professional experience, education and a rigorous exam.

Candyce joined CentraCare Foundation on June 28, 2022, and manages all of our Foundation events.



Thank you to our generous community partners



Thank you to the Rocori FFA students who recently donated fleece blankets that they made for cancer patients.



The Redwood Valley Cardinals recently hosted a "Stick it to Cancer" event raising funds for CentraCare – Redwood. With the help of everyone involved, the Redwood Valley Varsity Hockey team donated \$953.50!



About 30 snowmobile riders hopped on the trails between Lake Crystal in Merrifield and the Cedar Chest in Cross Lake on Feb. 18 to raise money for Suicide Prevention.

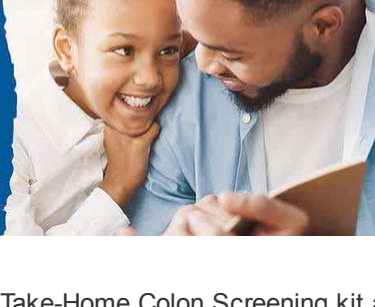


This 50-mile ride raised just over \$9,500 for CentraCare's Suicide Prevention fund.



Thank you to those who helped to support this important cause and to Dr. Ryan Engdahl and Dr. John Schmitz from CentraCare Behavioral Health, who organized and participated in this fundraising event.

FREE Take-home Colon Cancer Screening



Colon and rectal cancer are a leading cause of cancer death for men and women despite being one of the most preventable forms of cancer if treated early. Regular screening should start at age 45 or sooner with if there's a family history of cancer or other risk factors. Approximately 70 percent of people with colorectal cancer have no family history.

Until May 31, people who are age 45 or older can receive a FREE immunochemical fecal

occult blood test (iFOBT) Take-Home Colon Screening kit at many CentraCare locations thanks to support from CentraCare Foundation.

[Click here](#) for the consent form and list of locations.

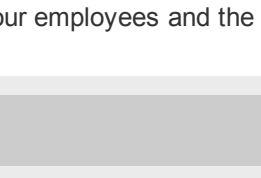
How your gifts make a difference

Many of our programs and services have ongoing needs for items that are not covered by insurance, but are so important to the care provided to our patients.

Here are just a few examples of what your gifts may support:

- Programs and services provided by the Coborn Healing Center for cancer survivors
- Programs and services for Hospice patients and families
- Dignity Closet clothing for patients whose clothing may be damaged during their medical event or treatment
- Medication or transportation costs for patients with financial needs
- Lodging at Gorecki Guest House for family members whose loved one is hospitalized
- Art supplies for Clara's House patients

If you wish to support our patients and families with your gift, [click here](#).



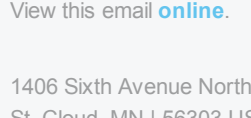
Follow us on Facebook

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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