



Investing  
in Health

MAY 2024



## Holly's Highlights

*Holly Gulden  
Vice President,  
Foundation*

Happy Spring! I am reminded of the saying, "April showers bring May flowers". With the rain we've had, I am enjoying the daffodils and tulips every day as I walk my dog. In healthcare, we celebrate **National Nurses Week May 6-12**, and throughout May. This year's theme, "Nurses Make the Difference," honors the incredible nurses who embody the spirit of compassion and care in every health care setting.

We are truly grateful for this [public praise](#) shared on social media for our St. Cloud Hospital nurses and want to share some other notes received by CentraCare Foundation with a gift to recognize the great work of our nurses and other health care professionals.

*"I wish to thank all the wonderful nurses who showed so much support and compassion in helping me with my cardiac issues. We are very fortunate to have a world class healthcare facility in central Minnesota."*

*"Thank you to all of the very loving people at Coborn Cancer Center. God is using you EVERY day to work miracles in people's lives. Please know the difference you make every day with every smile and every kind word that you speak. You are incredible!"*

Do you want to recognize a nurse or another health care hero? We'd love to hear about them! Share your gratitude [here](#).





*Jack and Judy Adams*

## Gorecki Guest House is "home away from home" for Deerwood couple

"Just like our family" were the first words out of Judy Adam's mouth when she was asked what she appreciated most about staying at the CentraCare - Gorecki Guest House located directly across from St. Cloud Hospital.

"The staff and volunteers are so good to us when we stay there," she added. "It's really a haven for families going through so much stress when dealing with medical issues."

The Gorecki Guest House, named after benefactors Benedict and Dorothy Gorecki, opened in 2009 and has expanded to 28 guest rooms. The house, available to families of patients receiving care in the St. Cloud community, has private rooms with bathrooms, large commons areas, two kitchens, a library and laundry facilities. Guests are charged a nominal room fee of \$50 (plus tax) a night.

Judy and her husband, Jack, live on the lake in Deerwood and enjoy spending time with their four adult children and their growing families. Jack has been through a myriad of medical crises dating back to 1999 when, at age 52, he had three stents placed in his heart.

Since then, he has endured more heart procedures and two bouts of cancer, including jaw cancer diagnosed in June 2023. During his most recent round of therapy, Judy stayed at the Gorecki House 65 days, sometimes with Jack as he received outpatient treatment.

Judy stressed that it's nice to meet other people going through similar experiences so she didn't feel so alone.

"I can't think of a better place than Gorecki. Everyone is so supportive and accommodating," Judy said. "I believe having housing for me so close to the hospital helped in Jack's recovery because he knew I was well taken care of at the Guest House so he didn't have to worry about me."

*This story was written by Diane Hageman, GGH volunteer*

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The Gorecki Guest House relies on donations to offset operating costs and to keep room rates affordable. If you would like to join our family of support, [donate online](#) or call CentraCare Foundation at 320-240-2810. You also may support the guest house through a donation of gift cards or household goods, such as beverages, individual serving items, and paper and cleaning products.

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## Remembering Darwin Bonn, a philanthropist and friend to many

We extend our condolences to the family and friends of Darwin Bonn who passed away April 23 at age 91. He will be remembered for his love of family and friends, his quick wit and wonderful sense of humor.

CentraCare Foundation is grateful for his generous spirit that made a lasting impact on our community. His generosity and

dedication to CentraCare improved the lives of residents at St. Benedict's Community and Chateau Waters. His legacy and generosity will live on by supporting the children and families at CentraCare – St. Cloud Hospital Clara's House.

In 2018, Darwin was recognized with CentraCare Foundation's Lifetime Achievement Award. View his recognition video from our 2018 La Gratitude event.



## Tim Steinbach named Director of Development & Campaigns

Tim Steinbach was promoted to Director of Development & Campaigns. Tim originally joined CentraCare Foundation in January 2023 as Senior Corporate & Individual Relations Officer. He moves into the role previously held by Carol Thelen, who left in April.

Tim's background is extensive and impressive from a leadership and fundraising perspective. He has more than 15 years of direct fundraising experience, including corporate, major and principal gifts, and planned giving experience. Tim spent the first 10 years of his career as a collegiate football coach and quickly advanced into leadership roles in Athletic Administration. He was the Associate

Athletic Director – External Affairs at Southwest Minnesota State University where he had oversight of



more than \$1.2M in fundraising for SMSU athletics, including being responsible for annual revenue goals of \$750,000 for SMSU's Sports Marketing Program.

Prior to joining CentraCare, he was Director of Development – College of Arts & Sciences, at the University of South Dakota. At USD, his fundraising activities included work that benefited the USD Sanford School of Medicine. Tim has a M.S. degree from South Dakota State University and a B.A. degree from St. John's University, where he also played collegiate football.

Tim's wife, Christine, is a high school teacher with 20+ years of experience. Their son, Trey, will graduate from St. John's University this month with a degree in global business. Their daughter, Ashleigh, is a sophomore at the College of St. Benedict's majoring in biochemistry and on the Pre-med track.

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## Adding Flavor to Low-Sodium Recipes

Excess sodium can increase the risk of high blood pressure, which can lead to a number of health problems.

If you're looking to reduce your salt intake, join our Heart Center dietitians on **Monday, May 13**, for a free class at the Cardiac Rehab Teaching Kitchen, located inside CentraCare Heart & Vascular Center.

During this class, dietitians will prepare recipes that are flavorful without using salt, and you'll be able to sample the dishes! Register [here](#).

The Cardiac Kitchen was completed thanks to the generosity of our donors and a \$100,000 matching gift from **Granite City Motor Car!**



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## Better Together: A Day of Wellness event planned

Join Bounce Back Project, Monticello, Big Lake, and Becker schools at the third annual Better Together: A Day of Wellness! This FREE, family event will be from 2-4 p.m., **Sunday, May 19**, at Becker's Lundeen Stadium.

The event will feature musical entertainment from the children's group Koo Koo, mental wellbeing resource tables, make and take stations, food trucks,

concessions, and more!

A collaboration of the Bounce Back Project, Monticello, Big Lake and Becker schools, this event is made possible through donations to CentraCare Foundation.

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## Are you ready to golf?

CentraCare Foundation is excited to support the Long Prairie, Melrose and Sauk Centre

communities at one capstone golf event. Thank you to our Presenting Sponsor, **Viking Coca-Cola.**

This year's golf scramble will be at the Greystone Golf Club in Sauk Centre and includes lunch and a short program, plus plenty of beverages, snacks and games on the course.

Join us on **Thursday, June 27**, to raise funds to support the greatest health care needs of these three communities. We are offering shotgun starts in two waves – at 8 a.m. and 1:30 p.m. [Register today!](#)



Presenting Sponsor:



**THURSDAY, JUNE 27, 2024**

8 am or 1:30 pm Shotgun Starts  
12:30 pm Lunch and Program  
Greystone Golf Club, Sauk Centre



## Exploring the impact of giving first hand

On April 11, dozens of donors, employees and community members had a chance to see and learn more about the **new linear accelerator** at the CentraCare - Willmar Cancer Center.

The radiation oncology team talked about how this new equipment will enhance care for cancer patients in the region.

This equipment was made possible thanks in part to the generosity of CentraCare employees and our community donors.

## CentraCare in the news

Click on these links to review recent media stories featuring CentraCare.

- [Strengthened rural care tied to new medical school](#)
- [A Father's Initiative, 988 Suicide Lifeline Banners](#)
- [Minnesota House Passes Higher Education Bill](#)
- [Meeker Memorial Hospital & Clinics CEO named](#)
- [High Praise given to St. Cloud Hospital Nurses](#)
- [Wadena Cancer Center Project](#)
- [Willmar Cancer Center's radiation technology upgrade](#)
- [CentraCare introducing doula program to St. Cloud](#)
- [Child Advocacy Center highlighted](#)
- [CentraCare-UM Rural Residency Program receives accreditation](#)
- [Physicians and Adaptive Change - The little med school on the prairie](#)
- [Sartell Muskie Back Thanks to CentraCare Heart & Vascular Team](#)



# Are you interested in hosting a fundraising event?

As the charitable, tax-exempt organization for CentraCare, CentraCare Foundation has created policies and procedures designed to guide in planning fund-raising events and activities that benefit CentraCare programs.

If you are interested in hosting a fundraising event for a CentraCare program, visit our [website](#) or call 320-240-2810 to learn more.

We are so grateful for our community partners who make a difference for our patients through their efforts.



## 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](mailto:Foundation@CentraCare.com)

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