Then and now ... The St. Francis information desk in the 1950s and in 2013. Auxilian and volunteer Marlene Foudray shown volunteering in the past and present.

THE END OF AN ERA
After 60 years of giving, the St. Francis Auxiliary disbands.

HEALTH SCREENINGS
Which do you need — and when?

PLANNING A TRIP?
Put a travel clinic visit on your to-do list.

HOSPICE CARE
Learn to separate myth from truth.
Irene Powers, now 90, remembers when good family friend and schoolteacher "Auntie Fischer" was visiting with her mother at home in Chanhassen. They were talking about volunteering and the need for the community to come together to help ready the new, soon-to-open St. Francis Hospital. The year was 1953. Powers was 30 years old and married. Auntie Fischer encouraged her to volunteer, and volunteer she did — for the next 60 years.

This desire to help was felt by many. In fact, 74 women from the surrounding area, including Powers, came together in May 1953 at St. Mark's Catholic Church for the first meeting of the Women's Auxiliary of St. Francis. Antoinette

The first executive board of the Women's Auxiliary, 1953

Members of the executive board of the newly formed Women's Auxiliary of St. Francis at their first meeting. Left to right, seated: Mrs. Walter Majerus, secretary; Miss Frances Terrell, treasurer; Miss Antoinette Fischer, president; Mrs. Neil Kline, vice-president. Standing, left to right: Mrs. K.B. Devoy, publicity chairman; Mrs. John Metcalf, trustee; Mrs. Harry Theis, sewing chairman; Mrs. Kermit Lindmeyer, trustee; Mrs. F.A. Moratzka, trustee.
Fischer would be elected president. Mrs. Harry Theis was named sewing chairman and Mrs. K.B. Devoy, publicity chairman. Annual dues were set at $1 (they would never rise above $3).

The new Auxiliary members immediately went to work as finishing touches were being made on the hospital. They assisted the workmen and Sisters of the nursing staff with fitting knobs on dresser drawers, sewing, cleaning, arranging rooms and waxing and polishing floors. Annabelle Goehring, 84, a lifelong Shakopee resident, remembers how every room had a dresser that needed to be wiped out. It was all finished in time for the Aug. 23 open house and dedication.

On that day in 1953, more than 4,000 men, women and children filled the halls of St. Francis Hospital. The Women’s Auxiliary led tours and served coffee and cookies, made by women of the community and members of the Auxiliary. What started in 1938 as a “poorhouse” for the aged, with 14 older men and outdoor plumbing, had grown into a hospital because of popular demand.

RAISING FUNDS, LENDING HANDS
The Auxiliary began leaving its mark the day the hospital opened, but its purpose expanded quickly into fundraising. Its first official purchase was a $133 vacuum cleaner, in 1954. The Auxiliary would later contribute as much as $200,000 for a hospital expansion.

By 1967, admissions at St. Francis had grown to 3,245. Marlene Foudray recalls the early years when the Auxiliary’s Charity Balls were the talk of the town. She chaired the first event at Hazeltine Golf Club in 1969, which raised $700 for hospital equipment. Tickets were $10 per couple. Her fellow volunteers “became family” and “were all so dedicated,” she shared.

The Auxiliary’s three hospital-oriented, year-round projects included the Pink Ladies, who served at the lobby’s information desk; the Gift Shop; and the Candy Stripers Program. Candy Stripers were a large part of the history at St. Francis. Not only did the program create an interest in the medical field for participants, but also the extra hands helped make a patient’s hospital stay more comfortable. Mrs. Ray Reiter helped organize the program in 1968.

Philanthropy has always been a cornerstone for this hardworking, dedicated, insightful and talented group of women. Its Salad Luncheons, for which tickets in 1971 sold for $1.50, raised upward of $900. In 1978, the 10th Annual Salad Luncheon served 600 people and raised $1,500 for expanding emergency room facilities. Goehring recalls making deviled eggs with a potato masher at night for the events.

HELPING BOTH PATIENTS AND EMPLOYEES
In the early years, the Auxiliary purchased items, including beds, cribs and wheelchairs, to benefit St. Francis patients. In 1971, the Auxiliary presented an $800 check to Sister Celsa for a warming cart in the Pediatrics Ward. Patient services were improved with air conditioners and televisions. Enhancing the employee experience was also a priority,
with purchases such as education materials, training classes and
a refurbished employee cafeteria. Lounges, conference rooms,
lobbies and offices were also enhanced to create a warm,
welcoming environment.

In 1989, St. Francis introduced the Lifeline Program to
residents of the Minnesota Valley. The Auxiliary helped pay for
equipment. Coordinated by Carol Link, the emergency response
system allowed subscribers to call for help 24 hours a day.

As the years went on and medical equipment became more
complex, the Auxiliary continued to respond, including helping
to fund new breast imaging equipment to fight cancer. When
the hospital expanded to its current location and the Cancer
Center lost a window, the Auxiliary funded a
beautiful wall-length mural, to the delight
of patients. Thanks to the Auxiliary,
lifesaving automatic external defibrillators
for each of the school districts in the St.
Francis service area were made possible.
Auxiliary funding also helped bring the
meditation garden and the Healing
Environment art program to campus.
Throughout its existence, the St. Francis
Auxiliary contributed more than $750,000.

THE GIFT OF TIME — AND FRIENDSHIP
Not only were dollars raised by Auxiliary members, their
devotion to St. Francis included their priceless gift of time.
Relay for Life, Spring Connection and various other community
service events were supported by this committed group. Virgilla
Geske and Muriel Koskovich have fond memories of giving
hospital tours to children having surgery at St. Francis in order
to show the workings of the hospital, an every-other-month
service of Auxiliary members.

Bonnie McLaughlan joined the Auxiliary in 1997.
A dietitian at St. Francis for years, she found the volunteers
irreplaceable, which led her to volunteer herself. She said
the Auxiliary was "always in the know." She appreciated their
knowledge on hospital happenings and also highly valued
the group's educational programs. "From women’s health to
long-term care insurance to community safety to diabetes,
the Auxiliary worked hard to bring in experts in various fields
to educate its members and the public," said McLaughlan.

The Auxiliary's countless volunteer hours allowed hospital
patients, their families, employees and community members
to benefit more completely from the services offered by
St. Francis. A sentiment shared by so many Auxilians is how
the members thoroughly enjoyed spending time together.
They met friends who became a part of their life forever. Today,
Powers and Goehring represent the only two living members
of the Auxiliary’s 121 charter members. Powers’ original pink
smock hangs in the Gift Shop office.

Throughout its existence, the St. Francis Auxiliary
has contributed more than $750,000.

THE HEART OF ST. FRANCIS
Since those early days, St. Francis has grown exponentially
and is now a comprehensive medical center serving an
ever-growing community. In 2012, St. Francis served 45,991
patients. But as times have changed, so, too, have the variety
of volunteer opportunities and the other demands on women’s
time, including working outside the home.
The Auxiliary saw a decline in membership, which peaked
at 140-plus members in the ‘60s and ‘70s and
will consist of nearly 40 members as the
organization ends its work at the end of 2013.
Many former members of the Auxiliary, which
grew to include men, will continue to serve
within the St. Francis Volunteer Program to
help those in need, learn new skills and share
their expertise. They include McLaughlan,
who said she will sorely miss the Auxiliary
but looks forward to continuing her service
with the volunteers.

Before St. Francis Hospital, volunteers
with a vision worked for decades to bring
the hospital to fruition. There was also a devoted group
of Auxilians who pledged to support the formation of the
hospital in inspiring ways. Because of the enthusiastic spirit
and personal drive of these volunteers, the St. Francis
Auxiliary formed the groundwork on which St. Francis
Regional Medical Center was founded.

"We will always look back on the organization’s service,
energy and dedication with fond memories," said Alan
Spillers, executive director of the Saints Healthcare
Foundation. “I am grateful that I will continue to have
the opportunity to work with many of the Auxilians
as volunteers at the hospital and through community
fundraising.” Because dedicated volunteers now, as they have
been from the beginning, are truly the heart of St. Francis.

Volunteers needed.
KEEP THE TRADITION ALIVE
St. Francis is always looking for volunteers to help with
clerical work, in the Gift Shop or with patients. For details,
visit stfrancis-shakopee.com and click Volunteer, or call a
volunteer coordinator at 952-428-2065 or 952-428-2615.
St. Francis celebrates 75th anniversary

With reform on the horizon, creating new paths to better health care

St. Francis Regional Medical Center is celebrating 75 years of providing excellent health care to the communities in Scott, Carver and Dakota counties. But its leaders are definitely not resting on their laurels.

Hospitals are on the cusp of tremendous change. Access to health care coverage is expanding, and providers are focusing on improving health and the patient experience, while also making health care more affordable.

“When I think about the future, I come back to seeing things through the eyes of our patients,” said Brian Prokosch, MD, St. Francis’ vice president of medical affairs. “It’s the essence of our mission statement. If it was you or someone you love in that bed, what type of care would you want?”

Prokosch said we may see more change in health care in the next couple of years than in the last 30 years. “It will be challenging to recruit enough trained doctors and nurses. Clinics and hospitals must work hard to figure out the most effective, evidence-based treatments.”

Prokosch described some key areas of innovation for St. Francis’ future:

Tools to manage your health.

MyChart, an online health connection for patients of Allina Health, offers access to medical records and communication with health care providers. These features will help make health care more accessible and efficient. Telehealth tools will connect patients with providers in other locations and help with home medical monitoring.

Easy access to care.

St. Francis is affiliated with clinics in Savage, Chaska, Shakopee and Jordan that could become extremely busy as more people access services as a result of health care reform. The emphasis will be on providing the right level of care, at the right time, in the right setting. Some care will shift from the hospital to urgent care, clinics and home care and from doctors to physician assistants, nurse practitioners, care guides and care coordinators.

Managing complex and chronic health conditions.

Evidence is growing that new types of care teams, including nonmedical care guides and coaches, help improve care and health outcomes. St. Francis embraces this concept. The hospital has reduced readmissions for patients with pneumonia, heart attacks and heart failure. “We’re now looking across all diagnoses and working closely with home care on making sure the patient has good food, good sleep and a safe environment at home,” Prokosch said.

St. Francis also offers inpatient integrative therapy. Massage therapy, acupuncture, aromatherapy and guided imagery have been proven to reduce pain, improve sleep and enhance healing.

“St. Francis is reinventing itself,” Prokosch said. “Sitting in a hospital bed is often not the best treatment for a patient. We’re strengthening connections with our affiliated clinics and St. Gertrude’s so that we can shift patients to home and transitional settings and deliver better, less expensive care.”
If your doctor could tell you one thing that could influence your health, what would it be? Read on for advice from our experts.

**MORE INJURIES OCCUR WHEN TEENS LACK SLEEP**

Lack of sleep can increase the risk for sports injuries in teen athletes. A study published for the American Academy of Pediatrics showed that athletes who slept eight hours each night were 68 percent less likely to become injured than those who slept less. The hours of sleep were significantly associated with injury, and the higher the grade, the more chance for injury. Active teens need to make sleep a priority. Decide as a family what your teen must change to get enough sleep to stay healthy and avoid sports injuries!

**TAKE TIME TO MAKE THE HOLIDAYS MEANINGFUL**

Think about what your holidays mean to you:
- What are you celebrating?
- What values do you think of when you think of your holidays? Are you practicing them?
- Consider past holidays. Where did you invest your energy? Was it worth it?
- As a family, consider the traditions and rituals that you practice. Which ones do you enjoy?
- Which traditions bring your family closer together? Sometimes the simplest rituals are the most meaningful. It’s OK to re-evaluate past traditions and let some go.

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**Smart strategies for dining out**

**BY DEE DEE FRANCIS, REGISTERED DIETITIAN**

As the weather gets cold, many people think about soups to try to warm up. While soups are often a healthy alternative, the savvy consumer needs to be careful to limit calories and fat. A local favorite, Zuppa Cucina, located across from Target at the corners of 17th Avenue and Sarazin Street, is known for its large selection of soups, salads and warm sandwiches.

In general, creamed soups tend to be much higher in calories than broth-based soups. If you love cream soups, opt for the smaller size and add half a salad. At Zuppa’s, try the Vegetable Minestrone soup or Chicken Noodle soup as healthier alternatives. The Forest Green salad helps increase your vegetable intake and is a great addition to a bowl of soup. Ask for the dressing on the side, and use only what you need. Don’t forget about adding a side of fruit, too. Many restaurants, including Zuppa’s, offer it as an alternative to potato chips.

A warm sandwich at Zuppa’s might be what you’re craving. Opt for half a ciabatta sandwich instead of the full one. I love the fact that they really only charge you half-price if you order the half-sandwich, and it’s a satisfying lunch with a side of fruit. Try the Roasted Zucchini sandwich or Smoked Turkey Breast sandwich as lower-calorie options.

Being savvy about calories and portion sizes can help you avoid weight gain this winter. When you’re dining at this local favorite, follow the tips above to enjoy all the flavor and warmth of comfort food without all the extra calories.
New providers at St. Francis

Brian Bjerke, MD
*Orthopedic surgery*
Twin Cities Orthopedics
952-456-7000

John Boone, MD
*Otolaryngology*
Minneapolis Otolaryngology
952-920-4595

Jeffrey Seybold, MD
*Orthopedic surgery*
Twin Cities Orthopedics
952-456-7000

Not pictured:
Aaron Holley, MD
*Emergency medicine*
Suburban Emergency Associates
952-428-3000

**NEWS FROM:**
– St. Francis Bariatric Center
– Pulmonary Rehab and Pulmonary Care at St. Francis

Jayson Dock, MD-FACS, Allina Medical Clinic – Shakopee, has been named medical director of the St. Francis Bariatric Center. Dock is an experienced general and bariatric surgeon and has performed more than 450 weight-loss surgeries. Bariatric surgery is a lifesaving procedure that has been shown to reverse the complications of obesity, high blood pressure and diabetes and stop the progression of joint injury. For more information or to make an appointment, call 952-428-5433.

Salim Kathawalla, MD, Park Nicollet Health Services, has been named medical director of Pulmonary Rehabilitation and Pulmonary Care at St. Francis. Kathawalla is board-certified in pulmonary medicine and sleep medicine. Pulmonary rehabilitation helps people with emphysema or chronic obstructive pulmonary disease (COPD) enjoy a better quality of life, with fewer symptoms and less shortness of breath. For more information or to make an appointment, call 952-428-2377.
Which health screenings do you need?

One important component to living a long and healthy life is preventive screening for serious diseases. Screening means testing for a condition before there are signs or symptoms. If your doctor finds a disease early, the problem is often easier to treat. Here’s a look at the health screenings needed throughout the decades. Recommendations may vary, so it’s best to talk with your doctor about these tests.

**BLOOD PRESSURE.** All adults should be screened once a year. If the blood pressure is in the low normal range, this can be extended to every two years.

**CERVICAL CANCER.** Women should be screened at least every three years. After age 65 or after a hysterectomy for benign disease, women may stop having Pap tests as long as their previous Pap tests were normal and they are not at high risk for cervical cancer.

**CHOLESTEROL.** The U.S. Preventive Services Task Force suggests that men have cholesterol screenings starting at age 35. Women should begin at age 45 if they’re at high risk for heart disease. Both men and women should consider getting this blood test earlier if their risk for heart disease is particularly high.

**BREAST CANCER.** The American Cancer Society (ACS) recommends annual mammograms for women starting at age 40. Talk with your doctor about frequency, as well as other imaging tests if you have a family history of breast cancer. Mammograms are the best way to detect early cancer, but all women should also know how their breasts feel normally and report any changes to their doctor. Clinical breast exams should be done yearly in women after age 40.

**PROSTATE CANCER.** The ACS suggests that men talk with their doctor at age 50 about whether they should be tested for prostate cancer. African-American men and men with a father or brother who had prostate cancer before age 65 should have this talk at age 45.

**COLORECTAL CANCER.** The ACS suggests that both men and women be screened for colorectal cancer starting at age 50. The gold standard diagnostic test is the colonoscopy. If no precancerous polyps are found, you may not need to have the test repeated more than once every 10 years. If you have a family history of colon or rectal cancer, you may need to be tested earlier.

**OSTEOPOROSIS.** The U.S. Preventive Services Task Force suggests that women be screened for osteoporosis starting at age 65. Your doctor might advise you to start earlier if you are at high risk for bone loss or a broken bone.

Of course, screenings are just one step you can take to prevent disease. Other crucial steps include avoiding tobacco, maintaining a healthy weight, eating a healthful diet, getting at least 30 minutes of exercise on most days of the week and drinking alcohol only in moderation, if you drink at all.

**Time for your test?**

St. Francis Regional Medical Center and its medical providers offer a vast array of screening and diagnostic testing using top-notch equipment in a setting unlike any other in the area. For more information, call the “Ask St. Francis” information line at 952-428-2000.
To make an appointment at any of these Allina Health clinics, call 952-428-0200.
Personal safety beyond
the walls of St. Francis

St. Francis and its partners are dedicated
to providing compassionate care in
a safe environment. The hospital’s
Security Department works closely with
patient care staff, providing assistance when
necessary and education when appropriate.

As St. Francis’ supervisor of security,
Paul Espey understands that the more you
know about crime and how to prevent it,
the less likely you are to be a victim. Police
departments have addressed this by
developing programs to prevent crime, with
great results. Espey saw an opportunity to
provide greater awareness around personal
security by creating a crime prevention team
for the medical campus.

“In a hospital situation, it makes sense,”
Espey said. “We work hard to maintain a
secure environment, but we’re open 24/7.
People we don’t know are coming and going at
all times. At the same time, it’s a group of
people who have a lot on their minds, whether
they’re getting care, supporting someone they
love or giving care.”

WORKING TOGETHER FOR A
SAFE COMMUNITY
Espey approached police departments in
Savage and Shakopee to collaborate with
him to educate staff and create awareness
around security issues. Rodney Seurer, chief,
Savage Police Department, sees great value
in these partnerships.

“This is a win-win for everyone,” he said.
“By working together, we’re better able to
deliver crime prevention initiatives throughout
our community and at St. Francis.”

Jeff Tate, chief, Shakopee Police,
agrees. “Having organizations actively
involved in the safety and quality of life
in our community is critical. Leadership
at St. Francis has shown that they take
this seriously.”

A PLAN TO PREVENT CRIME
To date, St. Francis’ Crime Prevention team
has taken the following actions:
• “Secret Shopper” visits to the hospital
  identified potential safety threats.
• Free public forums provided expert
  presentations from the MN BCA and
  Eden Prairie Police Department on
  Internet crime and identity theft.
• Staff education on general and home
  safety provided easy instructions that
  employees could follow at home, then
  share with neighbors.
• Crime alerts, called Knowing Is Half
  the Battle, were distributed.
• Child identification kits were made
  available at the annual St. Francis
  Baby Fair.
• Traffic feedback signs have been posted
  in school zones to reduce speeding.

KEEPING PEOPLE SAFE
For more information about
St. Francis’ Crime Prevention
team, email Paul Espey at
paul.espey@allina.com.
The 2013 Tee One for Hope golf event was a success. Our 145 golfers helped generate more than $73,000 to support Integrative Health therapies at St. Francis and St. Gertrude’s. Thanks to all our sponsors, donors, golfers and volunteers. Save June 12, 2014, for the next Tee One for Hope event.

**BOARD LEADERSHIP CHANGE**
The Saints Healthcare Foundation Board of Directors recently elected Steve Snider and Cindy Anderson to serve as co-chairs. Snider and Anderson both have been active serving with Saints Healthcare on various committees, events and fundraising. We are excited to have them as co-chairs for the coming year.

**NEW STEREOTACTIC BREAST BIOPSY EQUIPMENT**
A special thanks to all our donors who helped bring this mammographically guided breast biopsy equipment to St. Francis. A stereotactic breast biopsy is performed when a mammogram shows a breast abnormality such as:
- a suspicious solid mass
- microcalcifications, a tiny cluster of small calcium deposits
- a distortion in the structure of the breast tissue
- an area of abnormal tissue change
- a new mass or area of calcium deposits present at a previous surgery site.

**SPIRIT OF THE SAINTS GALA**
The 2013 Spirit of the Saints Gala was held Saturday, Nov. 9, at Mystic Lake Casino Hotel to support Integrative Health therapies at St. Francis and St. Gertrude’s.
More people use hospice care near the end of life, when the focus of care shifts from treatment to keeping people pain-free and helping hospice patients and their loved ones make the most of the final months of life. But there are many common misconceptions about hospice care, and many families could benefit from seeking hospice care sooner.

“People often tell me how much they didn’t know about hospice care,” said Julie Such, a palliative nurse practitioner who works with patients at St. Francis Regional Medical Center and helps some transition to hospice. “It takes time to develop a relationship with a hospice team, so you’ll benefit more at the end if you enroll earlier.”

St. Francis patients can receive hospice services in their own home, a residential hospice house such as Marie Steiner Kelting in Chaska or a skilled nursing facility such as Friendship Manor. The hospital works with hospice agencies and connects people with the right resources, based on their past experience with a particular hospice agency or doctor affiliation.

“Talk with your doctor about the natural course of your illness,” Such said. “Then you can learn if and when hospice might be an option to consider. Knowledge is power.”

Here are some misconceptions people have about hospice care — and the facts:

**MYTH:** Hospice is only for people who have cancer.
**Truth:** Hospice care is for anyone with an end-of-life diagnosis. Many hospice patients have cancer, but many others have cardiovascular conditions, end-stage dementia, chronic obstructive pulmonary disease (COPD) or other illnesses.

**MYTH:** Hospice care lasts only for six months.
**Truth:** To qualify for hospice care, a doctor must certify that a patient’s life expectancy is six months or less. Care usually continues indefinitely, with face-to-face recertification every three months, unless the person improves significantly.

**MYTH:** Only wealthy people can afford hospice.
**Truth:** Hospice services are covered by Medicare, Medicaid and most commercial insurance. They do not pay for room and board, unless you have medical assistance.

**MYTH:** If I have in-home hospice care, people will be in my home 24/7.
**Truth:** The amount of time that hospice staff and volunteers spend in your home depends on your symptoms. The hospice team makes regular visits (two to three times a week, 30 to 60 minutes) and is available by phone for support during the night to help avoid hospital or ER visits. To prevent caregiver burnout, families need a team of family and friends to provide the care.

**MYTH:** Hospice actually helps people die.
**Truth:** Hospice care allows a natural death; it neither hastens death nor prolongs life. Such tells people that it’s a way of living and having the best possible quality of life — it’s not just about dying.

**UNDERSTANDING THE OPTIONS**
To find out more about Allina Health Hospice, you can view a video at allinahealth.org/hospice. To learn about hospice services in the south metro area, call Allina Health Home Care Services at 651-635-9173.
Classes and Events
To register for prenatal classes, go to allinahealth.org/classes or call 1-866-904-9962. Dates and times subject to change.

Prenatal Classes
Baby and Me
Offered as a four-week series
Class includes parenting, infant development, infant sleep/calming and feeding.

Small Talk and Baby Sign Language
This is a sign language class for babies who can hear. This class will help you and your baby or toddler understand each other and decrease frustration.

New Brother/New Sister
Offered every four to six weeks
A one-night class to help children ages 2 to 8 prepare for the birth of a sibling. All participants should bring a doll or stuffed animal.

Breastfeeding preparation
Offered once a month
A one-night class offering helpful hints to prepare for breastfeeding.

Coping with labor
This class is designed to help you become an active participant in your own labor.

Childbirth preparation
Choice of a four-week series or the Weekend Express.

All About Babies
Offered every month
Designed for new parents to learn how to care for their infant.

Natural childbirth class
Offered as a four-week series
Learn how the mind and body are connected and work together to help you give birth in comfort and awareness. Plan to complete the class during your second or early third trimester of pregnancy.

Vaginal birth after Cesarean
Offered quarterly
Designed for women who have had a previous Cesarean birth and are considering vaginal birth.

Infant and child CPR
Offered every four to six weeks

Car seat safety
Offered once a month
This class helps the expectant or new parent learn about car seat safety. UCare covered. Scholarships and seats available for those in need of assistance.

Bloom Yoga: Prenatal Yoga and Baby & Me Yoga
Several classes offered throughout the week
Fitness, fun and togetherness for mom and baby. Call 952-848-1111.

Family Birth Place tour
Offered at no cost to parents and families who plan to give birth at St. Francis. Registration required.

Other Classes
Certification
CPR/life support classes
Call 612-262-5040, or visit allinahealth.org and click Find Events or Classes.

Free CPR Anytime classes
Once a month, 6-7 p.m.
This class teaches basic adult and child CPR. Participants do not receive a CPR card. To register, call 952-428-2000 or email gregory.jones@allina.com.

Joint care
FREE
Designed for people who are scheduled for total knee or hip replacement surgery. To register, call 952-428-2565.

Support Groups
Cancer Education and Support Group
First Thursday every other month, 3 p.m. Next meeting is in January.
St. Francis Conference Room area
This free support group for men and women provides speaker presentations and forums to discuss cancer-related issues.

Heart
Offered the first Tuesday of every month, 7 p.m.
For people who have been diagnosed with heart disease. Call 952-428-2080.

Diabetes Education
Offered the first Monday of every month, 7 p.m.
Call 952-428-3324.
At St. Francis, we value the contributions of our doctors and clinic partners, not only as providers of high-quality health care, but also as community and organizational leaders. Recognizing the need for strong medical services in this rapidly growing area, they have committed to meeting that growth with added resources and services. For more information about our doctors or clinics, call the “Ask St. Francis” information line at 952-428-2000.

**ST. FRANCIS**

**GENERAL INFORMATION**
952-428-3000

**CANCER CENTER**
952-428-2031

**CARDIAC REHABILITATION**
952-428-2080

**CAPABLE KIDS PEDIATRIC REHABILITATION CENTER**
Chaska 952-428-1265
Savage 952-428-1565

**DIABETES AND NUTRITION EDUCATION**
952-428-3324

**DIAGNOSTIC SERVICES**
952-428-2151

**FAMILY BIRTH PLACE**
952-428-2062

**PEDIATRICS**
952-428-3360

**PHYSICAL, OCCUPATIONAL, SPORTS MEDICINE AND SPEECH THERAPY**
Shakopee 952-428-2001
Chaska 952-428-1250
Savage 952-428-1550

**RADIATION ONCOLOGY**
952-428-2663

**SAINTS HEALTHCARE FOUNDATION**
952-428-2070

**ALLINA MEDICAL CLINIC**
Shakopee 952-428-3535
- Bariatric
- Diabetes education
- Family medicine
- General surgery
- Internal medicine
- Nephrology
- Obstetrics/gynecology
- Podiatric medicine/surgery
- Psychiatry
- Psychology

**ALLINA MEDICAL CLINIC — CROSSROADS**
Dean Lakes 952-496-6700
- Family medicine
- Obstetrics/gynecology
- Diabetes education
Chaska 952-448-2050
- Family medicine
- Obstetrics/gynecology
- Travel medicine
- Diabetes education

**ST. FRANCIS HEALTH SERVICES IN JORDAN**
952-428-1200
- Family medicine
- Obstetrics/gynecology
- Adult and senior medicine

**QUELLO CLINIC**
Savage 952-428-0200
- Family medicine
- Obstetrics/gynecology
- Travel medicine
Burnsville 952-428-0200
- Family medicine
- Obstetrics/gynecology
- Diabetes education
Lakeville 952-428-0200
- Family medicine

**PARK NICOLLET CLINIC**
Shakopee and Prior Lake 952-993-7750
- Audiology
952-993-1880
- CPAP
952-993-7950
- Cardiology
952-993-3246
- Certified nurse-midwives
952-993-3282
- Contact lens
952-993-3150
- Family medicine
952-993-7750
- Gastroenterology
952-993-7803
- General surgery
952-993-3180
- Neurology
952-993-3200
- Obstetrics/gynecology
952-993-3282
- Ophthalmology
952-993-3150
- Orthopedic surgery
952-993-3230
- Otolaryngology
952-993-3250
- Pediatrics
952-993-7750
- Physical therapy
952-993-5900
- Podiatric medicine/surgery
952-993-3670
- Pulmonology
952-993-3242
- Urology
952-993-3190

**WITZKE PLASTIC SURGERY**
1601 St. Francis Ave.
Shakopee, MN 55379
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