New pension plan means added benefits for Barnes employees

A broad-based retirement and pension plan for Barnes Hospital employees, expanding the number of employees who qualify and also making the plan non-contributory, has been put into effect.

Major features of the program are (1) employees no longer required to contribute; (2) minimum age for membership has been lowered from 30 years of age to 25; (3) the minimum amount of consecutive employment needed has been reduced from three years to one; and (4) employees will, in general, become “vested” members when continuous service to the hospital reaches ten years. The term “vested” means that the employee is eligible to receive, at retirement age, money which the hospital has contributed to the plan, whether or not he or she is still an employee.

Walter Hanses, director of personnel, said the plan went into effect Jan. 1 and that a booklet will soon be distributed to employees explaining technical details and how they relate to individual employees.

The plan is a result of administrative efforts to develop a pension program which will continue to meet the needs of retired employees in a changing economy. “Some adjustments in our old pension plan were required by the Employee Retirement Income Security Act (ERISA) adopted by Congress in 1974,” Mr. Hanses said. “We have developed a comprehensive program which we think will be very beneficial to our employees.”

The new act also covers part-time employees (those working at least 1,000 hours each year) who meet conditions of age and length of service; includes provisions for early retirement (at age 55); provides benefits for a surviving spouse; and includes disability retirement benefits.

Retiring employees will receive Social Security benefits plus Barnes pension plan benefits to represent a major source of retirement income. Career employees (those who have had at least 33 and one-third years of membership in the plan) would receive total benefits from Social Security and the pension plan totaling approximately 74 percent of their final average salary.

The final average salary is computed on the highest five consecutive years of earnings in the last ten years of employment.

An employee retiring in the future, earning a final average of $12,000 per year, and having had at least 33 and one-third years of plan membership, would have a combined income from Social Security and pension plan benefits of approximately $743 per month, 74 percent of final salary.

Doctors’ lounge dedicated to memory of Dr. Vermillion

Mrs. Crofford Vermillion and her daughter Jan were guests of honor on February 10 when the new attending doctors’ lounge was dedicated to the memory of the late Crofford Vermillion, M.D., former Barnes associate director.

Dr. Vermillion died in 1973 after having been a member of the Barnes staff since 1948. As associate director, he was responsible for several hospital services including anesthesiology, inhalation therapy, social services and medical records.

He also was coordinator of laboratories and the pharmacy, as well as the hospital’s operating room and infection control committees. He was a member of the class of 1947 at Washington University School of Medicine and served as assistant professor of health care administration there.

The lounge is located on the main floor of the Rand Johnson building, in an area long-occupied by the hospital director’s office. The floor was completely renovated in 1975.

Barnes president Robert E. Frank explained that many monetary tributes to the memory of Dr. Vermillion came to the hospital after his death. “We felt that his duties as liaison with the medical staff were a very important part of his life, so it was determined that the most fitting tribute we could pay was to use these contributions to construct, decorate and furnish the new doctors’ lounge.”

Dr. Charles Roper, representing the Barnes Hospital Society, said, “No more fitting tribute could be paid Dr. Vermillion. Many problems he dealt with in the old doctors’ lounge on a man-to-man basis prevented crises from happening 24 or 48 hours later. He would have enjoyed meeting with us here in the new lounge.” Mrs. Vermillion said she was pleased with the plaque which reads, “This lounge dedicated to the memory of Crofford O. Vermillion, M.D., by his friends and associates.”

“He would have appreciated this,” she said. “The words are so appropriate. He thought of the doctors and fellow administrators at Barnes as his friends as well as his associates.”

Chaplain David Wyatt caught the mood of the occasion in his prayer, “May this room be a memorial to the faithful mediating service of our friend Crofford Vermillion.”
“Life Line” will involve medical center personnel

A pilot program to secure organs and tissues for transplantation and medical research has begun at Washington University School of Medicine and will involve personnel at Barnes and other medical center hospitals.

The medical center’s board approved the “Life Line” program in January and plans are underway to reach employees of the medical center asking them to join the program as a means of increasing the number of organs, tissues and blood products available for transplantation and transfusion.

Dr. Charles Anderson and Dr. Edward Etheredge, Barnes surgeons, are medical directors of the program which is being sponsored by the medical school’s departments of surgery and pathology, the Beaumont Foundation of St. Louis and by the Women’s Division of the Metropolitan Kidney Foundation of St. Louis.

Mrs. Morton D. May, “Life Line” advisor, is the first person to have information entered in the program’s computer system.

Employees of Barnes, Barnard Hospital, Children’s Hospital, the Jewish Hospital of St. Louis and the School of Medicine will be informed of the program and of the opportunity they have to indicate that they wish to donate all or specific organs and tissues at the time of death. Moreover, they may volunteer to be living blood donors for special needs in the medical center.

Enrollment will be accomplished by filling out a registration card. The information will be computerized so that a complete listing will be available on short notice. The program eventually will be local, regional or national in scope.

Dr. Anderson, a transplant surgeon, said that many different organs and tissues are needed for transplantation and medical research. Approximately 400 persons in the St. Louis area need kidney transplants. Cornea transplants also are very much needed. Skin can be used to treat burn victims, and tissue from the pancreas is needed for medical research in the medical center to prove a premise of finding treatments for diabetes. Blood is needed for transfusion of matched blood components and for obtaining white blood cells and platelets, special needs of a major hospital with many acutely ill patients.

“We are becoming more successful in developing immunology to the point where we can cut down on the rate of rejection of transplanted organs,” Dr. Anderson said. “We are close to many new developments in the field of transplants and other medical research and we are trying to plan for today and for five, ten and 20 years from now.” He noted the faster an organ can be transplanted, the better the chance of success.

Search for causes of birth defects

Several researchers affiliated with Barnes Hospital and Washington University School of Medicine have received grants during the past year from the March of Dimes—Birth Defects Foundation.

Dr. W. Edwin Dodson, pediatrician-neurologist, is studying the effects of drugs prescribed for pregnant women on the unborn baby. He is particularly interested in finding whether tranquilizers, sleeping pills, anesthetics and anti-convulsants taken by the mother enter the baby’s bloodstream. He hopes his findings can provide guidelines for preventing adverse reactions in the newborn or suggest safer types of drugs for the mother.

Dr. Carl H. Smith, pediatrician-pathologist, is conducting research into how amino acids are transported from the mother to the unborn baby.

Dr. Jack Lichtenstein, pediatrician, is studying the basic biochemical defects in osteogenesis imperfecta, a condition in which the bones are so fragile they can cause early death or lifelong disability. Dr. Richard Marshall, neonatologist, is studying how and why enzymes act in relation to normal and abnormal development of the fetus.

Funds collected during the annual March of Dimes drive are used for grants to researchers across the country who are trying to find reasons for and prevent birth defects. Much of that research is going on in St. Louis.

New patient menus soon to be in use

New patient menus, designed to be more attractive and informative, are expected to be in use at Barnes in March. The menus, highlighted by colorful artwork, will simplify the food selection process and will more fully explain the food service procedure to patients.

The menus will be smaller in size than the menus now being used but will feature a greater selection. They also will be color-keyed so that a patient on a low-calorie diet, for instance, would receive a different color menu, with slightly different food selections, than that of a patient with no diet restrictions. The color-keying also should speed up tray preparation processes.

Doris Canada, director of dietetics, said the new menus will incorporate traditional food selections along with some with an “international flair.” She said that food service personnel had been working on the new menus for several months. It was a combined effort by all members of dietetic management.

The menus will be based on a six-week cycle. A different menu will be available each day for six weeks and then the cycle will be repeated. “Of course we still will have special meals during holiday periods,” said Mrs. Canada. Information concerning diet restrictions will be printed on one cover of the menus.

“We want the patients to appreciate the additional information on the menus and like the attractive appearance. We also think they will be pleased by the greater selection available.”
Patients benefit from blood bank technology

A father from outstate Illinois lies on a couch in the Barnes blood bank, blood flowing through tubes from his right arm, through a machine, and back into his left arm. He is donating blood platelets that will be transfused shortly to his 14-year-old son who is suffering from leukemia.

The father is able to provide all of the platelets which his son needs to fight the disease. Until recently, however, the technology did not exist to enable the son to receive the blood component exclusively from his father; the cells had to come from many donors.

New procedures, made possible by special equipment and highly-skilled personnel, has enabled the Barnes blood bank to collect and transfuse large amounts of concentrated blood components, such as platelets or white blood cells, from donors to patients. The procedures are called platelethpheresis and leukopheresis, respectively, and represent a major coordinated effort between the Red Cross and Barnes Hospital, meeting the needs of many persons in and around the St. Louis area.

The procedures are made possible by a Haemonetics blood processor, for white cells and platelets, and a Fenwal white cell separator according to Dr. Laurence Sherman, director of the blood bank. The machines remove components and return the blood to the donor. The process normally takes two hours and the donor can be platelethpheresed two or three times a week, or daily for leukopheresis. Components obtained are platelets, and white blood cells from one individual on a regular basis. Thus, we can select a donor, in many cases a close relative, whose blood is a close match to that of the patient.

The value of our procedures and these machines,” Dr. Sherman said, “is that we are able to take platelets or white blood cells from one individual on a regular basis. Thus, we can select a donor, in many cases a close relative, whose blood is a close match to that of the patient.”

The two machines work on different principles. The Haemonetics unit separates platelets or white cells, utilizing a centrifuge system, and the Fenwal separates white blood cells by allowing the blood to flow through nylon fibers, Dr. Geoffrey Herzig, assistant director of the blood bank and a member of the hematology division, has been instrumental in setting up the white cell procedure based on his experience at the National Cancer Institute.

Barnes Hospital has added these blood bank procedures because of the large number of patients hospitalized here for severe blood-related diseases. Since blood components are an increasingly vital part of treatment procedures, the utilization of components is expected to increase markedly.

Plans are underway to alternate with the St. Louis chapter of the American Red Cross in providing weekend and evening coverage of the single donor machine pheresis for the entire Bi-State area. This means that Barnes will be providing services to patients outside of the medical center.

Barnes participation with the Red Cross is based on the fact that nearly one-half of the machine

Courses offered here by Stephens College

Many people graduate from high school with intentions of going to college. However, many encounter difficulties—some are married, others find jobs they feel they could not leave, some start families.

Whatever the reason, many persons feel they have not really “completed” their education or that they may not be able to accomplish all they wish because they have lacked the “college experience.”

Now some Barnes employees are working toward college degrees on weekends by attending the “University Without Walls” program offered at Barnes by Stephens College in Columbia, Mo. Contacted by members of the staff of the School of Nurse Anesthesia, Stephens has implemented a program in which Barnes employees and others in the St. Louis community are able to take college classes in a classroom on the fourth floor of the Rand Johnson building.

Those enrolled in the courses first take a required seminar on liberal arts. The seminar, to be offered next in June, is the basis for the ‘Stephens program and is the first step toward a bachelor of arts degree.

Features of the degree program include college credit for work experience and curriculum flexibility. Students are evaluated and credit granted for previous work experience. The program is flexible, offering independent study courses in a variety of areas related to the student’s interest.

Stephens was contacted initially so that faculty members of the School of Nurse Anesthesia could work toward college credits required by new Health, Education and Welfare (HEW) guidelines. Stephens expressed an interest in our needs and was willing to send instructors to us, instead of our going to them, “said Helen Ogle, director of the school.

She said that staff members could not take time from work to attend college. “I imagine this is a problem that a lot of people face,” Miss Ogle said. “With this program we meet on weekends, we study when we have time during off-hours, and, in the independent study courses, we can pursue areas of special interest.”

Doctors’ notes

Dr. Robert Deitchman, Barnes psychiatrist, has been installed as president of the St. Louis County Medical Society for 1976.

Dr. Jack Hartstein, Barnes ophthalmologist, recently spoke in Seattle, Wash., on intraocular lens implantation. He also was recently elected vice president of the Contact Lens Association of Ophthalmologists, Inc.
Coffee has become so much a part of the American way of life—how about iced coffee for a summer quencher—that the non-drinker is a rarity and sometimes feels out of place in social situations at home and at work. This minority usually substitutes tea or cola drinks, both of which contain caffeine. “I’ve never developed a taste for coffee,” said one Barnes employe who regularly starts off the morning with a can of soda. “The best thing I can say about coffee is that I love the aroma of it being ground from whole beans at the grocery store.”

Most Americans, however, don’t wake up until that first cup of coffee. Studies have shown that caffeine does allay drowsiness and fatigue and facilitates clearer thinking. Although reaction time is appreciably diminished, motor activity is increased and typists, for instance, work faster and make fewer errors after a few cups.

Coffee intake has been routinely restricted for persons with certain health problems, such as ulcers or heart disease. It is not necessarily true, however, that coffee worsens ulcers. “When we withdraw coffee from a person with an ulcer,” Dr. David Alpers, a gastroenterologist, said, “normally it is not because the coffee itself is bad for the person, but that the coffee will cause pain.”

Dr. Alpers said that he drinks coffee, in moderation, “because it tastes good.” He recommends that coffee be drip-brewed instead of perked to cut down on the amount of caffeine.

Kathy McClusky, director of education for clinical dietetics, says she considers coffee drinking an addiction. “I drink a lot myself even now. But as a student I drank more than 20 cups a day. It made me very hyper and I had no trouble going without sleep for long periods. I don’t think that’s good for you though, and I’ve cut down.”

Many parents feel coffee is an adult beverage and do not allow their children to drink it. One old wives’ tale is that coffee “stunts growth.” Dr. Laurence Jacobs, an endocrinologist, doesn’t believe that there is anything to that assertion.

“There is no real basis for the notion that children shouldn’t drink coffee. It is just the way we are brought up. Children in France, for example, grow up drinking wine every day and that doesn’t seem to hurt them. American children get a lot of caffeine from soda pop and chocolate bars.”
Some research has indicated that large amounts of caffeine might be harmful to unborn babies. Dr. Ernst Freidrich, obstetrician, said he does not limit his patients to a certain amount of coffee during pregnancy unless they complain about symptoms. "We encourage fluids and I presume many patients use coffee as part of their fluid intake. Caffeine does have some pharmacologic effects on the uterus."

Dr. John Olney suggests caution. "If it is true that very large amounts of coffee can cause brain damage in an unborn baby, a prudent pregnant woman should limit coffee drinking to only one or two cups a day to be on the safe side."

A politician's daughter
Was accused of drinking water
And was fined a great big 50 dollar bill
They're got an awful lot of coffee in Brazil

Decaffeinated coffee is sometimes recommended for patients with heart disease or others who cannot tolerate caffeine. However, recent studies have indicated that the gastric stimulant in coffee may be something other than caffeine. For some people, only two or three cups of coffee can cause nausea, dizziness or irritability.

Heavy coffee drinking combined with a lot of tea, cola and chocolate can sometimes cause symptoms severe enough to suggest anxiety neurosis. Doctors and nutritionists agree that moderation is the key. "If one drinks a good deal of coffee and has any unpleasant symptoms, cutting down on coffee for a few days may alleviate some of them," one doctor suggested.

For the great majority, however, facing the day without Brazil's gift to North America is unthinkable. And even though coffee prices have risen sharply, there is every reason to believe that it will continue to be as much a part of the American scene as Mrs. Olson.
Governor proclaims housekeeping day

Flowers, refreshments and a “thank you” were the order of the day Feb. 13 as Barnes Hospital joined in statewide observances of Missouri Hospital, Housekeeping Employes Recognition Day.

Governor Christopher S. Bond signed a proclamation in Jefferson City saying the state recognizes the importance of the contributions, through personal performance and pride, of the housekeeping employe to the overall health in the state. Barnes executive housekeeper Ernest Launsby attended the state ceremonies.

Corsages and boutonnieres were presented to the approximately 285 housekeeping employes at Barnes. Tom Winston, vice president of Barnes, told employes that the hospital realizes the key role which the department plays and that he was honored to be asked to participate in the observance. Also speaking were Dillon Trulove, assistant director of the hospital, and Mr. Launsby.

Refreshments were served during the day, and the Governor’s proclamation was on display in housekeeping offices. Kenneth Bell, a housekeeper in Wohl Clinics and the department’s “resident poet,” read a poem written for the day.

New intern class begins

Ten students have begun the dietetic internship program offered by the dietetics department at Barnes Hospital. They are Ann Ortbal, Royal Oak, Mich.; Ruth Campbell, Moscow, Idaho; Janet McVey, Missoula, Mont.; Sue Beard, Sabina, Ohio; Peggy Starr, Avila Beach, Cal.; Shirley Kelley, Kalispell, Mont.; Catherine Nara, Mountain View, Cal.; Susan Stern, Valley Stream, N.Y.; Sharon Sass, Plainview, Neb.; and Alane Kalert, Caseyville, Ill.

Staff changes

The President’s Office reports the following physicians have joined the staff, Dr. Arnoldo Kuczer, assistant otolaryngologist, and Dr. Bharath A. K. Kuman, assistant radiologist. Both appointments were effective Jan. 1.

Food Fair scheduled for early March

The annual Barnes food fair, to be known this year as “The Great Bicentennial Nutrition Exposition,” is scheduled for March 10 on the ground level of the East Pavilion.

Kathy McClusky, director of clinical dietetics and education, said the fair will feature booths dealing with weight control, nutrition, outside influences on what we eat, and vegetarian foods. The Lipid Research Center and the Food and Drug Administration will also have booths.

A feature of the fair will be initial weigh-ins of a weight control program for medical center employes. “We will have a three-month program, ending June 10, during which we are going to encourage persons to control or reduce their weight,” Mrs. McClusky said.

Marian Cavaness and Mrs. McClusky are coordinating the program which is sponsored by the education division of the nursing service and by the dietetics department. Weekly weight-ins are scheduled and a system is being devised to identify participants by number for the purposes of posting results.

Participants who obtain a doctor’s permission to participate in the program will be eligible for a certificate upon completion of the program. Preliminary plans are for participants to weigh themselves and for programs during the three-month period featuring medical personnel talking about nutrition and weight control.

“‘At the booth we will have information about what a person should weigh, based on height and skeletal type,’” Mrs. McClusky said. “We are not telling people they are overweight, we are simply saying that if a person is bothered by their weight, perhaps they should reduce.”

The food fair will be part of National Nutrition Week and Barnes dietetic personnel will participate in nutrition programs throughout the metropolitan area.

United Way story wins in feature competition

A story profiling the United Way giver has been awarded first place in the feature story category in the 1975 United Way Editors Competition, co-sponsored by the United Way and the International Association of Business Communicators/St. Louis (IABC).

“United Way: A Profile,” received the first place award during an IABC/St. Louis meeting Feb. 24. The story was the center story in the October, 1975, issue of Barnes Bulletin. The story was also supported by the United Way survey of contributors. The story also quoted many Barnes employes on why they support the United Way.

A moose story

Jim Hubbard, Bulletin editor, right, accepts award from Paul Bregitzer of the United Way. The award was presented for a feature story profiling the United Way contributor. The moose, center, did not participate in award ceremonies.
The following is a list of honorees (names in boldface) and contributors to the Barnes Hospital Tribute Fund from Jan. 23 to Feb. 23, 1976.

IN MEMORY OF:

- Minnie Fleischer
  Martin and Lillian Krupin
  Dr. and Mrs. Allan Kolker

- Dr. John R. Smith
  Antionette Bryan
  Dr. Harold K. Roberts

- General L. J. Sverdrup
  Dr. and Mrs. Henry G. Schwartz

- Ray E. Becherer
  Louise Ann McCann
  Mrs. Bertha Becherer

- Mr. Robert Decker
  Jan L. Meyer

- Nathan Cowensky
  Mrs. Ida Cowensky

- Frank Chambless Rand, Jr.
  Dr. and Mrs. Clarence S. Weldon

- Harry Holmes
  Harold and Margot Hastings

- Edward Vigus
  Harold and Margot Hastings

- Mrs. Schantz
  Audrey and Stanley Kolker

- Mr. and Mrs. O. A. Erickson
  Mr. and Mrs. Erickson

- Eula C. Hackworth
  Caroline Metz
  Mr. and Mrs. E. C. Pilasterer
  Mr. and Mrs. Robert Burgess

- W. Frank Stickle, Jr.
  Audrey A. Ross

- Lurline Holland
  Mrs. W. E. (Mae) Martin
  Lois H. Vahle
  Jean Graham

- David L. Brooks
  Mr. and Mrs. Darwin Portman

- Edwin H. Twiehaus
  M. R. Chambers

- David Ehrlich
  Radine Ehrlich

IN HONOR OF:

- Arthritis Recovery
  Jim and Shirle Scheffel

- Heart Research
  1975 Walk for West County
  (Lafayette Service Council)

- Patient Care Fund

  Dolores Woerheide
  Mrs. Joseph E. West
  Norman J. Sutter
  James A. Maritz
  Ann Oglander
  Bryon Moser, Jr.
  Norman O'Connor
  William A. Stern
  May P. Stern
  Ruth B. Mauk
  Helen Williams
  Louise Olin Walker
  Francis A. Stamper
  Ronald E. Anderson
  Jennie C. Golding
  Tolise Purfroy
  Effie B. Curr
  Granita M. Fugger
  Peter K. Bottchen
  Marcella Busenhart
  Toby Goldstein
  Elia Mueller
  Bert Neugarten
  Julia McCormick
  Pandeli Sotir
  Arthur A. Zimmerman
  James Wallace
  Mathilde Westin
  William H. Deal
  Amy E. Webster
  Raymond Hosken
  Eldon C. Weder
  Phillip Light
  Mr. and Mrs. Arthur Smith
  Thomas Stipcak
  Mr. and Mrs. Meyer Levy
  Mr. and Mrs. Philip L. Moss
  Mrs. Argie Belt
  Carla Miramonti
  J. J. Mikulin
  Mr. and Mrs. John Pomatto, Jr.
  Mrs. Idade Cordes
  Caroline T. Gardiner
  W. W. Duckworth
  Harry Gleditsch
  John Bohlen
  John Bollero
  Margaret Case
  Louise B. Croft
  Leona Gollaher
  Albert Huber
  Mrs. Bertha L. Jenner
  Milton Kushner
  R. T. Miller
  Frances Ann Parrish
  Don L. Proctor
  Lenora Riffle
  Eli C. Seigef
  Viola M. Sharp
  L. E. Smith
  Basil F. Starkey
  Walter Steinmeyer
  Philip N. Hirsch
  Mrs. Alfred Seele
  Thomas N. Dillard
  Mr. and Mrs. William Stegall
  Mr. and Mrs. Warren Friedlander
  Mr. and Mrs. Roscoe Lee
  Mr. and Mrs. Austin Magrath
  Helen M. Bullmer
  Iva E. Bye
  Mary E. Drumm
  Anna Kussman
  Dolores E. Rose
  Wilson J. Scharr
  Mr. and Mrs. Robert J. Schatz
  Mr. and Mrs. Raymond A. Zimmerly
  Willis Wilson
  Margaret Jones

- R. J. Vance
  Laura E. Wadsworth
  Ellen E. Gibbar
  Mary C. Ferguson
  Charles H. Green
  Clarene Hamilton
  Leo Houpt
  Lottie H. Kelly
  Dolores A. Moehle
  Edward C. Pobloski
  William R. Snedecor
  Joseph P. Falca
  Corrine Bowlby
  Florence Davis
  Mr. and Mrs. Warren Friedlander
  Mr. and Mrs. Roscoe Lee
  Mr. and Mrs. Austin Magrath
  Helen M. Bullmer
  Iva E. Bye
  Mary E. Drumm
  Anna Kussman
  Dolores E. Rose
  Wilson J. Scharr
  Mr. and Mrs. Robert J. Schatz
  Mr. and Mrs. Raymond A. Zimmerly
  Willis Wilson
  Margaret Jones

- Going up

A new landmark in the medical center is this 250 feet smokestack being constructed across Euclid from the McMillan building. An older, and shorter smokestack is at left.
Nancy Olson receives diploma as a graduate of the dietetic intern program at Barnes. Presenting the diplomas were Doris Canada, right, director of dietetics, and Joseph Greco, associate director of Barnes. Miss Olson is now employed in the nutrition clinic.

Doctors’ notes

Dr. Thomas Ferguson, Barnes surgeon, was recently installed as president of the 1,500 member Society of Thoracic Surgeons at a meeting in Washington, D.C. He recently delivered lectures at Michigan State University, Cleveland (Ohio) Clinic and the University of California at Irvine.

Dr. Lawrence Kahn, Barnes pediatrician, has been re-elected president of the St. Louis Regional Maternal and Child Health Council. He has served as president since 1974 when the council was founded to improve maternal and child health services.