Auxiliary presents record-breaking check to Barnes, announces new pledge

A $315,000 check was presented to Harold E. Thayer, chairman of the hospital’s board of directors, by Barnes auxiliary president Lynn Bachmann, bringing to $2.6 million the total money donated to the hospital by the group since its inception in 1959. The presentation, representing the largest yearly donation in the group’s history, was made at the auxiliary spring luncheon held April 29 at the Le Chateau.

This year’s donation will be used to pay off the $115,000 balance on a 6-year $1 million pledge toward the cost of the cardiology division in the West Pavilion, and the remaining $200,000 will be used to renovate the Wishing Well gift shop and will serve as the first installment on a new pledge—$1 million to design and build new emergency rooms at Barnes.

“It is sobering to think what Barnes would be like without the auxiliary,” said Mr. Thayer at the presentation. “Our outstanding CCU, cardiothoracic surgery ICU and nursing division were backed by you. Now you’ve seen another need and are coming to the rescue by pledging funds for new emergency rooms.” Barnes Hospital without Barnes auxiliary is unthinkable.”

The 677-member auxiliary raises money for yearly donations through sponsorship of in-hospital services including the Wishing Well, Nearly New, Baby Photo and Tribute Fund. The group also sponsors an active volunteer program which last year boasted 434 volunteers donating a total of 57,377 hours of service to the staff and patients at Barnes.

New auxiliary officers elected at the spring meeting include Dolores Shepard, president; Mary Ann Fritschle, vice-president/volunteer services; and Ruth Mavis, recording secretary. New officers join Doris Smith, vice-president/finance; Edie Curtis, vice-president/program and hospitality; Flossie Hartman, treasurer; Martha Eyermann, assistant treasurer; and Joan Kaseberg, corresponding secretary.

Barnes listed among top hospitals in nation

According to the April 27 issue of Business Week magazine, Barnes Hospital is ranked as one of the nation’s top hospitals. All of the 24 hospitals named are true teaching hospitals and all but five are on either the East Coast or the West Coast. Besides Barnes the exceptions include two in Chicago and one each in Atlanta and Denver.

In the article, “How to pick a good hospital,” Business Week first advises, “When you choose a doctor, make sure that doctor is on the staff at a first-rate hospital.” If you need surgery or acute cardiac care, or some other specialized care, your regular doctor will likely refer you to a specialist on the staff of his hospital, according to Business Week. (At Barnes, a referral service, Ext. 2255, is also available to those people who want a doctor on Barnes staff.) The article further urges those needing a hospital to try to get into one of the major teaching hospitals, the ones closely connected to a medical school, where “everyone is a little more on the ball.” It points out that surgeons at teaching hospitals normally also hold appointments at the medical school and are at the cutting edge of new techniques, and that “everyone from review committees to eager young residents serving under them are constantly looking over their shoulders.”

The article cautions that it has become popular in recent years for hospitals to claim status as “teaching” hospitals under circumstances where the affiliation is not really meaningful. The key, according to the article, is that the doctors on the hospital’s staff have academic appointments at the medical school. “That means that they are good enough and their hospital is good enough to do clinical teaching.” (All Barnes doctors are also members of the faculty of Washington University School of Medicine.)

The article also points out the importance of good preoperative, operating room, and postoperative teams, as well as a good residency program. “Residents mean good, round-the-clock medical care by young doctors well-up on the latest developments. The best hospitals attract the best residents. It’s nice to have an expert on the premises at night.”

The article concludes that one can discover a lot by just visiting a hospital. “A bustling, cheerful staff is a good indicator of high morale, and that probably means adequate staff that’s treated well and is well-supervised.”

Insulin pump: raising hope for diabetics

An electronic device weighing less than 10 ounces offers hope of a longer and healthier life for many of the 1.5 million insulin-dependent diabetics in this country. Worn clipped to a belt or pocket, the device presently measures 3/4 x 5 1/2 x 1 inch. A new pump as small as a disposable lighter will be available for initial clinical trials this summer.

The insulin pump, developed by the Parker Hannifan Corporation in collaboration with Barnes/WU pediatric endocrinologist Dr. Julio V. Santiago, is an innovative approach to the treatment of diabetes. It allows patients to maintain close to normal blood sugar levels 24 hours a day. Diabetics have better control of blood sugar levels because insulin can be dispensed as needed, either by the diabetic at mealtimes or automatically by the pump between meals. Previously available forms of insulin therapy were unphysiologic because short-acting insulin was not given with each meal as occurs in nondiabetics.

Using power from rechargeable batteries, the various insulin pumps dispense an insulin solution into the skin approximately every 8 to 32 minutes. The pump uses a 3 cc syringe which is fitted to a plastic tubing at the end of which is a small needle. The needle is inserted into the abdomen, just under the skin and then taped into place. Tubing and needles are changed two to three times per week.

“A few children and adults with diabetic neuropathy (a degenerative state of the nervous system caused by diabetes) have had almost complete reversals of their neuropathy within one year following...”

(continued on page 2)
Insulin pump
(continued from page 1)

In the early days of the pump, leakage of blood vessels in the eye, a common early finding in diabetes, has been reversed following 6 to 12 months of pump use. The methods for measuring leakage of ocular blood vessels were developed by Drs. Stephen Waltman and Theodore Krupin, Barnes/WU ophthalmologists."

Two years ago use of the pump during pregnancy was begun in hopes of forestalling long-range complications for the diabetic mother as well as insuring the baby is born without defects. Dr. Lee Rigg, Barnes/WU obstetrician, is now using the insulin pump for highly motivated pregnant diabetics. The pump was first used here on diabetic Sue Larksins, a Barnes R.N., because daily insulin injections could no longer control erratic changes in blood sugar levels caused by pregnancy. "After two weeks on the pump, Mrs. Larksins' blood sugars were better controlled than at any time since she became diabetic, and continued superbly controlled for the remaining six months of pregnancy. Unfortunately, perhaps because of poor blood glucose control during the first two months of pregnancy when the heart and other internal organs are formed in the fetus, the baby was born with a serious congenital heart defect and died within weeks of birth. The message to us was an old one, but one which came through loud and clear," Dr. Santiago said. "We need to control diabetics' blood sugars before they get pregnant if we are going to avoid these very early complications."

Mrs. Larksins, who is awaiting the birth of her second child in August, is currently one of several diabetic women participating in a research study with Dr. Rigg, who is conducting ongoing studies on diabetics using the pump before conception, then following the women during and after pregnancy to determine if using the insulin pump to regulate blood sugar levels will result in reduced neonatal complications.

Long-range benefits of the pump are still being researched, and it is hoped that common complications of diabetes such as blindness, kidney failure, nerve damage, heart attack, stroke and amputations due to poor circulation will be minimized with the use of the insulin pump.

These collaborative studies are being conducted with Barnes/WUMC serving as one of 20 clinical centers nationwide. "We're experiencing a dramatic evolution in treating diabetics," Dr. Santiago said. "It's nice to know that we have been able to make important contributions."

Additional liability coverage now being offered to employees

Wausau Underwriters' personal umbrella policy with low-cost liability coverage from $1,000,000 to $5,000,000, is now being offered to supplement homeowners, automobile, recreational vehicle and watercraft liability insurance policies currently owned by Barnes employees.

A $60 basic premium covers a one-year term for $1,000,000 umbrella coverage on one auto and one residence. To extend coverage to include all autos owned by the employee and/or spouse, an additional charge of $16 is added; for each additional home; $10 for each recreational vehicle; $15 for each watercraft with outboard motors over 25 h.p., or with inboard or outboard/outboard combination over 50 h.p., or sailing vessels 26 feet or longer.

Limits of liability higher than $1,000,000 are also offered. To extend coverage to $2,000,000, multiply the total premium by 1.35; for $3,000,000 coverage, multiply by 1.55; for $4,000,000, multiply by 1.85; for $5,000,000, multiply total premium by 2.00. (For example, the basic $60 premium, plus coverage of three additional autos would equal a total premium of $76 for $1,000,000 coverage. To extend coverage to $5,000,000, multiply the $76 by 2.00, for a total premium payment of $152 per year.)

To be eligible for the basic umbrella coverage, employees must have an existing policy providing a minimum of $100,000 comprehensive personal liability or homeowners liability, and automobile liability with $100,000/$300,000 bodily injury and $25,000 property damage or $300,000 combined single limit coverage, and must be responsible for maintaining this existing coverage for the duration of the extended group umbrella coverage. Similar minimum coverage is required on recreation and watercraft vessels.

"In this day of high-dollar lawsuits that easily reach the million-dollar figure, employees may need to take a second look at their existing insurance liability coverage to safeguard their home from the possibility of lien or seizure by the courts to pay off an accident liability suit," said John Tighe, Barnes assistant director/personnel. "We believe that this group umbrella policy gives Barnes employees a viable way to extend their liability coverage at a fair market price."

To obtain more information about the group personal umbrella liability policy, contact the personnel office, 454-2283.

Brian A. Ziemer
Burn Fund established

The Brian A. Ziemer Burn Fund has been established at Barnes in memory of the 21-year-old son of John and Patricia Ziemer to aid other families of burn patients.

Brian, the victim of a fiery car accident, was injured two weeks before his death. Two other young men risked their own lives to pull Brian from the wreckage. "Brian was conscious but he knew he was going to die. The extra days his rescuers and the burn center team gave him were extremely important to him and his family. It gave them time to say, 'I love you,'" explained Sara English, burn social worker.

Brian's stepmother, Sue Ziemer, expressed it another way. "The Barnes burn center staff gave us two weeks with Brian to say all the things needed to tell him goodbye. The entire team was so helpful; they seemed to anticipate our needs before we could verbalize them. The fund is being established to help families of other burn victims here cope with the financial hardships brought on when an accident like this occurs."

Pat Ziemer, Brian's mother, came from Philadelphia to be with her son. "The love, compassion and gentleness the whole staff gave Brian went beyond our wildest hopes. From the first they treated him like a family member instead of a patient. The entire staff gave us the same love and compassion as they did to Brian. One of the comforts we have in this tragic time is knowing that Brian was with family always — whether or not his real family was there."

Although Barnes Burn Center treats all who need its special care regardless of their ability to pay, families of burn victims frequently must incur considerable expense to stay near their loved one, especially when they are from outside the St. Louis area. Knowing this, and in appreciation for the care Brian received, his family has established the Brian A. Ziemer Burn Fund to assist families of other burn victims at Barnes with the financial problems brought on by the tragedy. Donations to the fund may be sent to the Department of Social Work, Barnes Hospital, Barnes Hospital Plaza 63110.

Dr. Ferguson gives Evarts Graham lecture

Dr. Thomas B. Ferguson, Barnes cardiothoracic surgeon and professor of clinical surgery at WUMC, served as the visiting professor of surgery at the thirteenth Evarts A. Graham lecture held May 15-16 at Barnes Hospital.

Dr. Ferguson is president of the American Association for Thoracic Surgery, president-elect of the American Board of Medical Specialties, immediate past-president of the Council of Medical Specialty Societies, past-chairman of the American Board of Thoracic Surgery, past-president of the Society of Thoracic Surgeons and is on the editorial boards of the Society of Thoracic Surgeons' Annals of Thoracic Surgery and the American College of Chest Physicians' journal, Chest.

Dr. Ferguson joins a distinguished list of past lecturers including Dr. Jerome Decosse, chairman of the department of surgery at Memorial Sloan-Kettering Cancer Center (1979); Dr. John Mannick, Moseley Professor of Surgery at Harvard Medical School (1978); Dr. Samuel Wells, Jr., of Duke University Medical Center (1977); and Dr. Denis Burkitt, Medical Research Council in London, England (1976).

Dr. Evarts A. Graham, who served as Barnes surgeon-in-chief from 1919 to 1957 and chairman of the department of surgery at WUMC, is known as "the father of chest surgery."

Mark Weber named an assistant director

Former evening administrator Mark Weber has been named Barnes assistant director/assistant to the president, according to hospital president Robert E. Frank. The promotion was effective May 27.

An evening administrator since July, 1979, Mr. Weber is a May graduate of the master's program in health care administration at Washington University. He is a native of Webster Groves and received a B.A. degree in political science from the University of Missouri-Columbia. He also served a two-year administrative residency at Bethesda Hospital in St. Louis.
Cancer Committee, Tumor Registry enhance patient care

A hospital-wide Cancer Committee and Tumor Registry are now active at Barnes according to a report by Dr. Marc Wallack, head of surgical oncology. Dr. Wallack, who serves as chairman of the committee, addressed the May meeting of the Barnes Hospital Society.

The Tumor Registry is a division of inpatient medical records and is designed to help the physician provide more meaningful follow-up care for cancer patients and to serve as a source of cancer-related statistics. The Cancer Committee is a standing committee of the Medical Advisory Committee.

According to the Commission on Cancer of the American College of Surgeons, the goal of a cancer program is to decrease the morbidity and mortality of patients with cancer by prevention, early diagnosis, pre-treatment evaluation, staging, optimal treatment, rehabilitation, surveillance for recurrent and primary cancers and care for the dying.

The responsibility of the Cancer Committee is to plan, initiate, stimulate and assess the results of cancer activities within Barnes. The committee has chosen to publish a consolidated educational calendar of multidisciplinary, hospital-wide, case-oriented cancer conferences. This calendar is posted in the physicians’ lounge and distributed to the clinical chiefs. The American College of Surgeons requires that the committee plan and implement a minimum of two medical audits annually, one short-term and one long-term.

To assure that consultative services in the major disciplines are available to cancer patients at Barnes, the committee has begun preparation of the Cancer Resource Guide, which is scheduled to be printed by the end of the year and will be distributed to all departments and available to the house staff. To assure that cancer rehabilitation services are available and being used, a portion of the cancer resource guide will be devoted to rehabilitation services at WJIR.

The last objective of the Cancer Committee is to encourage the development of a support care system for the patient dying from cancer. To meet this objective an ad hoc committee to study the feasibility of a hospice at Barnes was established in March. Their report is expected by fall.

A cancer data system known as a Tumor Registry will be the fundamental resource of the cancer committee. The registry indexes all Barnes patients newly diagnosed as having cancer or previously diagnosed and undergoing treatment for cancer, keeps statistics on the number of cancer patients admitted here annually, and identifies the different kinds of tumors being treated and the types of therapy used. These treatments will then be compared to determine which is the more effective for a specific tumor. At six-month intervals, a follow-up check to see how successful treatment has been will be made with the referring and/or attending doctor, hospital or facility. Plans are being made to keep the initial referring doctor notified of information gained through follow-up of patients referred to Barnes.

Dr. Wallack pointed out that the Cancer Committee, the Tumor Registry and the integration of the cancer programs at Barnes will enhance the hospital’s recognition as a cancer treatment center and total care facility, and will serve as a first step toward receiving a certificate of approval from the Hospital Cancer Program Division of the American College of Surgeons.

Barnes Hospital Society installs new officers

Dr. Richard V. Bradley, general surgeon, was elected president of the Barnes Hospital Society at a meeting in the East Pavilion auditorium April 16. He succeeds Dr. Robert Packman.

Dr. Bradley, who has been on Barnes staff since 1957 and is also assistant professor of clinical surgery at Washington University School of Medicine, will chair the medical staff organization for the 1981-82 term. Approximately 800 doctors who are members of the society are pledged to secure the development of Barnes both as a source of community service and as a center of medical progress.

Dr. Allan Kolker, ophthalmologist, was elected vice-president; Dr. Donald Packman, otolaryngologist, was re-elected as secretary-treasurer; and Dr. George Tucker, general surgeon, was named president-elect.

Barnes Hospital Society members also elected the following to serve three-year terms as council members: Dr. Neville Grant, physician; Dr. Robert Koehler, radiologist; and Dr. James Felts, anesthesiologist. Dr. Kenneth Arnold, general surgeon, was installed as a council member to complete Dr. Tucker’s unexpired term which ends in 1982.

Dr. Jay Liss, psychiatrist, and Dr. Jay McDonald, pathologist and director of the diagnostic laboratories, were elected to two-year terms as the Society’s representatives to the Medical Advisory Committee.

Barnes Hospital Society members also hold part-time faculty positions at the Washington University School of Medicine.

Summer need not be sunburn season

June makes it official. Summer is finally here. And with it comes the long-awaited summer sun. No longer will the sun be peaking from behind gray clouds, but will be glaring boldly from the sky, luring people outdoors to bask, swim and play in its rays.

Not all persons react the same to the sun’s ultraviolet rays. Exposure to the sun has an immediate effect of either a tan or a burn. The result depends on genetics. Most dark-haired, brown-eyed persons can soak up rays to acquire deep, golden tans. Fair-haired, blue-eyed persons tend to burn and freckle.

For those fair-skinned, steps can be taken to avoid severe burns, protect the skin tissue and even develop a tan with use of sunscreen oils or lotions. Over-the-counter sunscreens contain para-aminobenzoic acid (PABA) or benzophenone, (PABA) blocks more of the burning rays, while benzophenone blocks more of the tanning rays.) These sunscreens are numbered from 2 to 15. The higher the number, the longer the person can stay in the sun without burning. “Fair-skinned persons should use a number 15, Caucasians who tan easily should use a protective factor of 10 or 8, while blacks, orientals and Italians can go even lower with a protective factor of 2,” said Dr. Delores Tucker, Barnes/WU dermatologist.

“Whether fair or dark-skinned, everyone should pamper their skin to prevent peeling and preserve the tan. Applying moisturizers frequently throughout the summer months will replenish vital skin oils lost from exposure to the sun. Teenagers, however, should be warned that these moisturizers, when applied to the face, can add to acne problems.

Exposure to the summer sun is destructive to the elasticity of the skin and can promote premature wrinkles. Other long-range side-effects could include liver spots and skin cancer, according to Dr. Tucker. “Applying home suntan mixtures such as olive oil and iodine, or the ‘quick tanning’ lotions available on the market are alternatives to getting the look of a tan. These alternatives are basically ‘dyes’ and will not last long, but they do give the appearance of tan without exposure to ultraviolet rays.

No matter how careful a person tries to be, sunburn is always possible. ‘Should a person burn, advises Dr. Tucker, ‘he or she should rest, keep cool and take aspirin to inhibit inflammation or redness.’

Barnes Blood-A-Thon ’81 to be June 20

The second annual Barnes Blood-A-Thon will be held Saturday, June 20, from 8 a.m. to 5 p.m. in the air-conditioned recreation center at Queeny Park. The area-wide blood drive, sponsored by Barnes Hospital, is being held in cooperation with the American Red Cross and the St. Louis County Parks and Recreation Department. Queeny Park is located at 550 Weidman Rd., between Manchester and Clayton Rds.

According to co-chairmen Jim Hubbard, Barnes assistant director, and Paul Hartwell, chief cashier and Barnes blood drive chairman, “Blood-A-Thon ’81 will help supply bi-state hospitals with blood to handle the increased need over the July 4th weekend.”

Mr. Hartwell stated, “Barnes’ goal for Blood-A-Thon ’81 is to collect 750 units, which is the daily requirement of the 146 Missouri/Illinois hospitals in the region.”

A variety of St. Louis TV personalities, as well as St. Louis Blues hockey players and St. Louis Cardinals football and baseball players will be invited to Blood-A-Thon ’81. Entertainment and refreshments will be provided for all donors.

Pre-registration will be held at approximately 20 area Schnuck Markets from 9 a.m. to 5 p.m., Saturday, June 6. Representatives from Barnes, as well as bloodhounds Corpuscle Red, Leukocyte Lil, and puppies Donor Dan and Dolly Donor will be on-hand at the recruitment sites. To pre-register, call the Barnes volunteer office, 454-3489.
You are cordially invited
to attend the Barnes Hospital
Service Awards Dinner Program
to be held Friday, April 24, 1981
at the Chase Club, Chase Park-Plaza Hotel
Reception 7 p.m.
Dinner 8 p.m.

35 Years
Velma Jones, nursing administration
Bama Minard, pharmacy
Dillon Trulove, administration

30 Years
Lillian Coleman, W.P. OR
Esther Gatewood, W.P. PAR
Florence Hess, anesthesia
Lotha Long, emergency department
John Keppel, patient accounts
Everett Menendez, data processing
Hortense Roberts, 10200
Ethal Stephenson, 12200
Juanita Street, medical records
Flora Jean Washington, anesthesia

25 Years
Marge Arnold, beauty shop
Annie Blackwell, 7400
Retha Bornett, 12100
Alberta Curry, 10200
Ethel Goldsbie, 7400
Velma Hendrix, laboratories
Johnetta Hodges, laboratories
Anna Ikeda Tabor, nursing administration
Aretha Jenkins, laundry
Ellen Murdock, administration
Leanna Pate, 8400
Rosie Porter, 15400
Walter Schatz, purchasing
Emma Simms, 4400 W
Ethel Travers, 4 Wohl
Beatrice Turner, housekeeping
Jane Wallace, 11400 S
Lizzie Williams, 9100
Ruby Woods, 8100

20 Years
Izetta Baskin, 4400 nursery
Mary Buchanan, 6400 nursery
Earnestine Bunyard, laboratories
Martha Darris, 6200
Leatha Dickens, 2300 ICU
Vivienne Dobbs, E.P. PAR
Mary Dozier, 15400
Marjorie Ellis, clinics
Robert Frank, administration
Dolores Hays, patient accounts
Ella Husher, medical records
Bernice Johnson, 4400 W
Emma Johnson, laboratories
Nancy Julian, dietetics
Sina Love, W.P. OR
Dorothy May, dietetics
Donald McGeerhan, supply
Marie Mercan, 12200
William Montgomery, personnel
Bobbie Moore, laboratories
Martha Nicholson, clinics
Carol Olson, laboratories
Edith Perry, 5400 E
Amanda Phillips, 5300
Louise Sewart, 6400 nursery
Georganne Tiemann, laboratories
Jennie Ward, 6200
Vetta Watson, W.P. OR
Syliva White, 9200
Claudine Williams, 10200
Ernestine Williams, 12100

Claudine Williams, 20 years; Mildred Haliburton, Maurica White, 10 years; and Henry Potts join in pre-dinner visiting.

Velma Jones, 35-year honoree, is presented a diamond and ruby pin by hospital president Robert Frank.

John Keppel receives congratulations for his 30 years of service to Barnes from Robert Frank, one of this year's 20-year honorees.

Vice-president Rich Grisham poses with Rebecca James, 15 years, and Lucy McMenamy, 10 years.

Brooks Pumphrey, 10-year honoree, is presented a service awards pin by vice-president Dillon Trulove. Mr. Trulove also was honored for 35 years of service.
Claudine Williams, 20 years; Mildred Haliburton; Maurica White, 10 years; and Henry Potts join in pre-dinner visiting.

15 Years

Percy Alford, QT restaurant
Helen Armstead, cardiac diagnostic laboratory
Martha Beamon, 3 Wohl
Rutha Becks-Bray, 5200 ICU
Vivian Bobo, 6400 E
Nathaniel Branchcomb, central service
Adean Brinkley, housekeeping
Rosa Brown, 5300
Nancy Bryant, 6300
Eliza Bush, housekeeping
Lillie Bush, 6200
Barbara Calloway, QT restaurant
Mary Carnes, laboratories
Ray Campbell, plant engineering
Robert Carter, medical records
Mary Cayse, 6400 W
Grace Cicken, QT restaurant
Mattie Collins, 10200
Norma Cunningham, laboratories
Samuel Dunn, QT restaurant
Airlean Dye, housekeeping
Ardella Johnson, admitting
Susie Henson, dietetics
Clancie Hodges, QT restaurant
Anita Holmes, 2300
Rosalie Howard, activity therapy
Ann Hughes, GYN OR
Ernestine Isaiah, 12100
Letha Jackson, central service
Rebecca James, admitting
Ardea Johnson, admitting
Mabel Johnson, 7300
Roberta Jones, housekeeping
Frank Knox, laundry
Margaret Lackland, housekeeping
Ethel Lawrence, 4400 E
Mable Louchs, clinics
Dora Luccket, 6200
Theresa Luckey, E.P. PAR
Evelyn Mandley, W.P. OR
Anna Mannin, 2200
Georgia McCray, burn unit
William McKenzie, security
Marie McMillan, laboratories
Rafael Medina, laboratories
Roy Nigeneo, data processing
Glover Miller, E.P. OR
Grace Nilla Mills, 4400 E
Pamela Mirabelli, clinics
William Mitchell, plant engineering
Vallie Moore, W.P. OR
Olean Murray, 7200
Virginia Nelson, clinics
Richard Nichman, plant engineering
Mary Jane Palmasano, education & training
Peggy Paul, QT restaurant
Betty Pierce, GYN OR
Edna Piolet, emergency department
Kay Powell, 10100
Herbert Privor, admitting
Brooks Pumphrey, dispatch
Annie Louise Reed, dietetics
Earline Reed, 6400 W
Vandella Russell, 10200
Betty Scallise, central service
Gloria Scott-Owens, admitting
Doris Sharp, 15300
Louise Shotwell, 7400
Carolyn Smith, cardiac diagnostic laboratory
Gloria Smith, 11200
Agnes Soll, 12100
Hermine Steadman, 4400 E
Margaret Stewart, laundry
Eloise Stith, dispatch
Besie Stokes, housekeeping
Dolores Sullivan, personnel
Noreen Talalifar, 6300
Delores Talle, 10100
Bernice Taylor, 4 Wohl
Joan Taylor, dietetics
Clara Thomas, dietetics
Rebecca Thomas, 7300
Veola Thomas, QT restaurant
Marie Thornton, 11100
Ronald Trulove, accounting
Vera Turner, dietetics
Wallraud Van Hook, 6400 E
Winston Vaughn, payroll
Herman Wignier, Jr., dietetics
Georgia Walker, 6200
Gwendolyn Walker, 9200
Myrtle Warren, 11200
Otis Washington, dietetics
Sylvester Watts, housekeeping
Bernice Webster, housekeeping
Maeola Weeden, QT restaurant
Peggy Weseman, 5 Wohl
Charletta Williams, medical records
Edna Williams, E.P. PAR
Joy Williams, W.P. PAR
Lousanna Williams, 6300
Gloria Wolford, 7400
Annette Worshim, 12200

Velma Hendros and Johnna Hodges, both 25-year award recipients, get autographs from guest speaker Art Fleming.

10 Years

Raymond Adams, plant engineering
Patricia Aikens, laboratories
Sylvia Anderson, 6300
Ernestine Atkins, activity therapy
Helen Bailey-Smith, 7400
Gladye Barnhardt, clinic cashiering
Donna Barron, cashiers
Elizabeth Bennett, Wishing Well
Emily Berardino, clinics
Michael Birninger, W.P. OR
Mary Bishop, housekeeping
Gloria Blackmon, dispatch
Marianne Blake, nursing administration
Evelyn Bonander, social work
Donna June Bottom, 11400 ICU
Rene Brown, nursing office
Dianne Bryant, medical records
Bobby Sue Buchanan, medical records
Patricia Burch, telecommunications
Evelyn Butler, 9100
Mary Carter, dietetics
Clementine Chatman, 10100
Cecelia Clark, cashiers
Jane Claasen, 4400 nursery
Teresa Clawson, cashiers
Loma Coday, laboratories
Hazel Collins, pharmacy
Kenneth Collins, plant engineering
Gertrude Crowell, W.P. PAR
Katherine Cross, laundry
Sallie Crowley, W.P. PAR
Cynthia Croy, central service
Ethel Cutchfield, QT restaurant
Yvonne Davis, 12100
Dorothy Dickens, 11400 S
Radine Ehrlch, admitting
Robert Endicott, W.P. OR
Carol Ezell, education & training
Floy Rose Fagala, 4400 E

Colleen Fagnani, 3 Wohl
Betty Falkenberg, security
Susan Fein, nursing administration
Barbara Fowler, dietetics
Minnie Freeman, 11400 N
Donna Gall, 7100
Vernon Gramlich, housekeeping
Howard Green, patient accounts
Marie Green, 6300
Sheryl Halston, nursing administration
Gary Hamilton, W.P. OR
Louise Harris, 8200
Nancy Harris, laboratories
Paul Hartwell, cashiers
Deborah Henley, patient accounts
Johnny Hospin, laundry
Rita Horwitz, W.P. OR
George Jackson, plant engineering
Carrie Jennings, housekeeping
Helen Jiles, 7200
Cecelia Johnson, laboratories
Miriam Johnson, 9200
Oselia Johnson, security
Mary Jones, medical records
Rosa Maria Kendall, 5400 E
Marilyn Lamoureux, 6400 W
Elise Lang, nursing school
Excell Lawrence, QT restaurant
Carl Legate, plant engineering
Louise Lewis, housekeeping
Vera Linea, 8300
Mary Lyons, 6400 W
Cheryl Macon, W.P. OR
Richard Mansfield, Jr., security
McKinley McDaniel, dispatch
Patricia McLafferty, social work
Lucy McMenamy, admitting
Louise McQueen, 3 Wohl
Maureen Miller, 14300
Lennie Mitchell, dietetics
Erma Moffitt, central service
Willa Moore, 8200
Margaret Nenninger, 8200
Larry Null, print shop
Dorothy O’Connor, telecommunications
Sydney Ortmann, plant engineering
Ernestine Patton, 5400 E
Mary Ann Pousosa, patient accounts
Gary Queenen, pharmacy
Marjorie Reece, telecommunications
Elmer Reed, plant engineering
Eloise Rhimes, W.P. PAR
Polly Richardson, nursing office
Melean Roberson, 5400 nursery
Mary Ross, housekeeping
Jane Rudolph, emergency department
Alberta Savage, dietetics
Gayle Spera, 4400 W
Dorothy Stewart, dietetics
Marion Striker, dietetics
Mary Sullivan, purchasing
Hattie Swift, 5 Wohl
Reada Thompson, nursing school
Vivian Threet, GYN OR
Victoria Thurman, purchasing
Charles Tisdale, security
Suzanne Torrence, accounts payable
Frank Tranchilla, dietetics
Arcelia Wallace, housekeeping
Mattie Ward, central service
Diane Webb, 5400 E
Maurice White, optical shop
Theresa White, medical records
Armanda Williams, QT restaurant
LaVern Williams, security
Martha Wright, emergency department

Brooks Pumphrey, 10-year honoree, is presented a service awards pin by vice-president Dillon Trulove. Mr. Trulove also was honored for 35 years of service.
Dorothy May retires

After 20 years as a dietitian's assistant at Barnes Hospital, Dorothy May retired on May 1. She was presented with a certificate of appreciation from hospital president Robert E. Frank for her years of service to Barnes.

The dietetics department surprised Mrs. May with a retirement party and gave her a gift of money on her last day. She commented, "It's good to retire, but I'm really going to miss everyone. They've been so nice."

Sleeping late is at the top of Mrs. May's list of retirement activities. For the past 20 years she awoke at 4 a.m. to report to Barnes by 5 a.m. Travelling is another plan. Mrs. May and her husband, William, will be visiting their children and grandchildren in Hawaii and Washington, D.C., as well as those living in St. Louis.

Special edition of Beaumont biography

A special limited edition of the Life and Letters of Dr. William Beaumont, by Dr. Jesse S. Myer, has been published by The C. V. Mosby Company of St. Louis to celebrate its 75th anniversary.

Dr. Estelle Brodman, head librarian and professor of medical history at WUMS, has contributed a biographical study giving personal insights into Dr. Beaumont, whose famous experiments in the 1820s are still recognized as the greatest single advancement in the understanding of digestion. The WUMS library houses the William Beaumont Collection of more than 1,000 documents.

Dr. Robert Shank, Barnes chief of preventive medicine and head of the department of preventive medicine for WUMS, has provided an analysis of Dr. Beaumont's work to bring an updated medical perspective to the book. According to a spokesperson for the publisher, the book has been limited to 1250 copies, only a small number of which are for sale.

Grillo's homemade brew takes a blue

In the first annual beer tasting competition of the Missouri Winemaking Society's 1981 wine fair, clinical chemistry's Tony Grillo took home a blue ribbon for his pale beer entry and an honorable mention for his Merlot. "I've been publishing my wines in the Missouri Winemaking Society's 1981 wine fair, but this is my first entry," said Grillo. "I'm excited to see how my wine will do in this competition." The competition was held April 26 at the Gardenville Community Center on Gravois.

Mr. Grillo, also a backyard winemaker, was featured in a December, 1979, Barnes Bulletin article, 10 months after Public Law 95-58 went into effect. The law allows heads of households to brew up to 100 gallons of beer annually for home consumption.

The basics of running, a simple form of exercise

One of the simplest forms of exercise is running. Deciding to take up the sport tomorrow, however, will not qualify someone for a marathon next week. Running requires bodily systems to be in working order; heart and blood vessels, lungs, muscular and skeletal systems all functioning properly.

Dr. Walter Bauer, Barnes/WU surgical pathologist and long-distance runner, commented, "Novice runners must think of the sport in terms of being a long project. Each of the bodily systems will become trained at a different rate before endurance is matched."

In order to get acquainted with running, beginners should do some walking first. Start with a slow pace and a goal of walking a daily mile for several weeks. Then begin to jog or run, gradually increasing distance. It should take anywhere from three to six weeks for a beginner runner to get up to a mile a day. Younger persons may take less time.

"Although one doesn't need to be strong to run," said Dr. Bauer, "being limber helps." He suggests several stretching exercises to physically prepare the new runner. "Any form of exercise that involves stretching muscles in the calves, ankles, thighs, abdomen and hamstrings is effective. Toe-touches, knee-bends and sit-ups are excellent. They should be done easily, slowly, without stretching beyond the limit of comfortability, for 10 counts and finally holding for a steady stretch. As it becomes easier, muscles can be stretched further and exercises should be done for longer time periods.

Another aspect of running that beginners should consider is the type of shoe to wear. Dr. Bauer recommends that it be a well-established brand name running shoe that is available in widths. He explained, "A wide size fits the foot better and shoes specifically designed for running are light, provide arch and heel support and absorb shock."

Julio Happa, chief technologist in the surgical pathology lab and long-distance runner, feels that books and magazines on running provide useful information for all runners. Mr. Happa also believes that other forms of exercise aid in toning the running muscles. Such sports as swimming and bicycling are excellent for cardiovascular conditioning and directly help runners.

Mr. Happa's theory for beginners is, "If a runner starts by taking 20 strides of walking and alternates it with 20 strides of running for half a mile, he or she can increase this to 40 strides at three-fourths of a mile and after a month or two, achieve two or three miles." Mr. Happa stressed, "Once a person takes up running, they should never stop. To maintain endurance, they must run continually, seven days a week, rain or shine, sleet or snow. From experience, he recommends that a beginner choose a partner to run with. "Having someone to run with not only gives a runner someone to talk to, but there's less chance of skipping the daily run."

Admitting hosts tours for NAHAM conventioners

Barnes admitting staff hosted tours for 50 persons attending the seventh annual convention of the National Association of Hospital Admitting Managers on May 20. The tour was the final item...
on the agenda of the three-day conference held at the downtown Marriott's Pavilion Hotel.

Admitting and public relations personnel conducted tours through the patient admitting area in the West Pavilion which opened earlier this year, cardiological nursing divisions, data processing, diagnostic laboratory area, activity therapy and outpatient surgery areas. NAHAM visitors also enjoyed refreshments in Queeny Tower dining room overlooking Forest Park.

Rich Grisham, Barnes vice-president and administrator for the admitting area, served as a member of an interaction panel which discussed "The humanization of health care in the admitting office environment."

Hospital notes

The following are reported on staff by the president's office: Dr. Daniel Bauwens and Dr. Robert Schneider, assistant physicians; Dr. Peter Smith and Dr. Kenneth Faw, assistant otolaryngologist; Dr. Robert Olt, assistant ophthalmologist, all effective July 1, 1981; Dr. Nareskumar Solangi, assistant pediatrician, effective April 1; Dr. Michael Nichols, assistant pediatrician, effective May 1; Dr. Garrett Brodner, assistant pediatrician, effective May 11, and Dr. Howard Schlandsky, assistant pediatrician, effective July 1.

Dr. George Bohigian, Barnes/WU orthopedist, has been named president of the St. Louis Ophthalmological Society for the 1981-82 term. Dr. Bohigian has also been elected vice-president of the Missouri State Medical Society.

Charles Knight, board chairman and CEO of Emerson Electric and member of the Barnes board of directors, tied for third place in a survey of the best chief executive officers of the Fortune 500 companies. Fortune Magazine polled chief executives of the nation's largest companies for the survey.

Dr. Paul Lacy, Barnes pathologist-in-chief and director of activity therapy, Cheryl Brady, is survived by his wife Beverly; a daughter, Nancy S. Nentwig; and four grandchildren. In honor of the Dr. Arthur Stein Memorial Fund has been established at Barnes.

Dr. Arthur Stein, Jr. dies at age 56

Dr. Arthur H. Stein, Jr., Barnes/WU orthopedic surgeon, died of a heart attack at his home May 15. He was 56 years of age.

A native of St. Louis, Dr. Stein was a graduate of Amherst College. He graduated magna cum laude from Washington University Medical School in 1948 and served his internship and residency at Barnes Hospital. A member of the Barnes/WU orthopedic staff since 1955, Dr. Stein was also a former orthopedic surgeon-in-chief at the hospital.

Dr. Stein, the author of more than 40 publications on orthopedic surgery, was a pioneer of joint replacement surgery and, at the time of his death, was one of only a handful of trained orthopedic surgeons nationwide evaluating Oxford knee prostheses for the Food and Drug Administration.

He is survived by his wife Beverly; a daughter, Nancy S. Nentwig; and four grandchildren. In honor of the Dr. Arthur Stein Memorial Fund has been established at Barnes.

Gifts to Barnes Hospital

Listed below are the names of persons (honorees in boldface) who have made contributions during the period April 11 to May 15 to the various funds at Barnes Hospital. Because Barnes is a private hospital and does not receive public funds, it relies on the gifts of individuals to continue providing quality patient care and to support research aimed at improving the lives of our patients.

**In Memory of:**

- Mrs. Eugenia Maritz
- Sophie Cleere
- Milton H. Tucker
- M/M Philip L. Moss

- Mrs. Mary Harford
- D/M H. Rommel Hildreth
- Dr. Guerdan Hardy
- Mae Martin

- Thomas Hoopes
- D/M Henry G. Schwartz

- William E. Hewitt
- Barnes Education and Training Department

- Frieda Becker
- Harry Kolker

- Thelma Hampton
- D/M Henry G. Schwartz

- Marian Stroer
- Vicki Hersler
- Carol J. Baer
- Mimi Dammer

- Tom Brewer
- Vicki Hersler
- Carol J. Baer
- Mimi Dammer

- Capt. Martin W. Imber
- Louis Imber

**Tribute Fund**

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<th>Name</th>
<th>Gift Category</th>
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<tr>
<td>Mrs. A. W. Wrieden</td>
<td>Speedy Recovery</td>
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<td>Mary Delle &amp; Bob Arthur</td>
<td>of Mrs. Ben Harris</td>
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<td>Anne Abel</td>
<td>Rosemary Harris</td>
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<td>Lynn Dean</td>
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<td>Lois Metzner</td>
<td>of Eva Glazer</td>
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<td>Mabel Cohn</td>
<td>M/M M. Krupin</td>
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<td>Virginia Watts</td>
<td>Buddy &amp; Morie Mathis</td>
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<td>Mildred Atkins</td>
<td>Audrey &amp; Stanley Kolker</td>
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<td>Geneva Keller</td>
<td>50th Wedding Anniv.</td>
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<td>Fred Brugenhen</td>
<td>of M/M J. Mathis</td>
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<td>Verna Smith</td>
<td>of M/M Elliot Harris</td>
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**Brian A. Ziener Memorial Burn Fund**

- Becky Baum
- Ray Davis
- Phyllis & Joyce Hooker
- McDonnell Douglas
- Research Labs & Plasma
- Physic Labs
- M/M John A. Yacovelli
- Diene H. Irwin
- M/M Wayne Moncey
- M/M Dale Oestreicht
- Mrs. Gloria Oestreicht
- M/M Ken Schleuter

**Planned Gift Fund**

- Carl W. Adams
- Ernest L. Avenza
- Lucille C. Boykin
- Dorothy Ann Brodhead
- Charlotte S. Brooks
- Virgil A. Buchanan
- Wilbert N. Henken
- Rosemary Lynn
- Henry Meyr
- M/M Louis W. Miller
- Martha Rickard
- M/M Robert T. Ringhoff
- Irene K. Rodgers
- Helen Trifonoff
- Ethel S. Pershall
- Iner Steed
- M/M D. Wanamaker
- Almeda M. Watson
- Edith V. Weidner

- M/M Walter Snyder
- Mrs. Evelyn Baton
- M/M Jeanne M. Luers
- M/M John T. Sikes
- M/M M. R. Ziemer
- children

**In Memory Of:**

- Mrs. Lucile Gerhart
- International Shoe Company Manufacturing Department:
  - T. F. Long
  - R. C. Bell
  - E. V. Sexton
  - J. W. Riley
  - R. D. McCullick
  - V. E. Shelton

**Eyes for the Needy Fund**

- Tillie Nornberg
- Viola Sharp
- M/M George W. Brown

**IN MEMORY OF:**

- Mrs. Dorothy Rogers
- Nelson & Bernice Rogers

**IN MEMORY OF:**

- My husband, Lawrence and my daughter, Theta
- Mrs. Ann Tucker

**Cronbach Fund**

**Memorial Endowment Fund**

**IN MEMORY OF:**

- Mrs. Dorothy Rogers
- Nelson & Bernice Rogers

**IN MEMORY OF:**

- Alice Cronbach Uchitelle
- M/M J. Henry Schweich

**IN APPRECIATION OF:**

- Fine Medical Staff
- D/M Robert M. Feibel

**Annual Fund**

**IN MEMORY OF:**

- Mrs. Margaret Dorn
- M/M Joe Pisacane

**IN MEMORY OF:**

- My husband, Lawrence and my daughter, Theta
- Mrs. Ann Tucker

**Cronbach Fund**

**IN MEMORY OF:**

- Alice Cronbach Uchitelle
- M/M J. Henry Schweich

**IN APPRECIATION OF:**

- Fine Medical Staff
- D/M Robert M. Feibel
Former Miss America Judi Ford Johnson presents a rose in honor of Mother's Day to obstetrics patient Naomi Fishman, wife of Barnes/WU physician Dr. Norman Fishman. Mrs. Johnson distributed roses to new mothers on 5400 and 6400 May 6 on behalf of Roses, Inc., the American Association of Rose Growers.