Board of directors elects two new members

B. A. (Dolph) Bridgewater, Jr., chairman of the board, president and chief executive officer of Brown Group, Inc., and Dr. William D. Owens, Barnes’ anesthesiologist-in-chief, were elected to the Barnes board of directors at the June meeting.

Mr. Bridgewater, who was named to a five-year term, joined the Brown Group, a St. Louis-based corporation, as president and chief operating officer in 1979. He has served as chief executive officer since 1982 and was elected to his present position in 1985. Before joining the Brown Group, Mr. Bridgewater served as executive vice-president and director of Baxter Travenol Laboratories, Inc., in Chicago, Illinois.

Mr. Bridgewater also serves as the associate director, national security and international affairs, of the office of management and budget in the executive office of the President of the United States during 1973.

Mr. Bridgewater also serves on the boards of directors of FMC Corporation, McDonnell Douglas Corporation and Centerre Bancorporation, and is a trustee of Washington University. A native of Tulsa, Oklahoma, Mr. Bridgewater is a graduate of Westminster College in Fulton, Missouri. He holds a bachelor of law degree from the University of Oklahoma and a master’s degree in business administration from Harvard Business School.

Dr. Owens was recently appointed chairman of the Medical Advisory Committee at Barnes for a two-year term. In 1985, the bylaws of the board were changed to provide that the chairman of the Medical Advisory Committee, president of the Barnes Hospital Society and the president of the Barnes Hospital Auxiliary be eligible annually for nomination for a one-year term on the board.

A member of Barnes’ medical staff since 1973, Dr. Owens began his tenure as an assistant anesthesiologist. In 1976, he was appointed co-director of the surgical intensive care unit and also served as medical director of respiratory therapy. Dr. Owens served as an associate anesthesiologist from 1976 to 1982, when he was named anesthesiologist-in-chief.

Dr. Owens is a member of numerous professional organizations, including the American Medical Association, the American Society of Anesthesiologists, the Society of Critical Care Medicine and the Academy of Anesthesiologists. He has extensive background in research and is active on many committees within the medical center complex, including Barnes.

Like Mr. Bridgewater, Dr. Owens received his undergraduate degree from Westminster College. His medical degree is from the University of Michigan School of Medicine in Ann Arbor. Dr. Owens’ graduate hospital clinical experience included an internship at Presbyterian Medical Center in Denver, Colorado, a residency at Massachusetts General Hospital and a fellowship at the Harvard Medical School.

Barnes Hospital, St. Louis, Mo.
August, 1987, Vol. 41, No. 8

Dr. William D. Owens

A native of Tulsa, Oklahoma, Mr. Bridgewater is a graduate of Westminster College in Fulton, Missouri. He holds a bachelor of law degree from the University of Oklahoma and a master’s degree in business administration from Harvard Business School.

The provision of regional helicopter ambulance service is the goal of a newly formed consortium composed of St. Louis’ three adult Level I trauma centers. Barnes Hospital, St. John’s Mercy Medical Center and The University Hospital have entered into a joint venture to be known as ARCH, an acronym for Area Rescue Consortium of Hospitals, Inc.

The new corporation last month acquired for $1.5 million the helicopter ambulance service previously known as MARC, which had been operated by St. Louis University since 1979. The air ambulance service logged 901 flights during 1986.

ARCH representatives view the joint venture as an opportunity to provide helicopter ambulance services needed by all three trauma centers in a cost-efficient manner. This consortium will result in significant savings for the institutions and their patients, while providing a much-needed service for the two-state region, “said Ken Hetlage, Barnes associate vice-president and ARCH liaison.

ARCH will operate two helicopters full-time with a third used part-time and as a backup. All the helicopters and their pilots will be provided by St. Louis Helicopters, Inc., the company that has worked for MARC since its formation. A helicopter and crew, including flight nurse, will be stationed at each of the three hospitals comprising the consortium. ARCH will contract with other area hospitals to supply helicopter ambulance service.

Helicopter ambulances are essential for rapid transportation of seriously ill patients, such as those with life-threatening heart disease and severe trauma or burns, accident victims, transplant patients and premature infants. In addition, helicopters often are used to transport organs for transplant, to airlift patients out of areas made inaccessible by either terrain or traffic conditions, and to transfer patients who require tertiary care because of severity of illness.

Barnes/Sutter signs Lerwick Clinic option

Barnes/Sutter HealthCare, the community’s largest provider of occupational medicine services, has signed an option to purchase Lerwick Clinic in downtown St. Louis. During the option period, while negotiating final terms for acquiring the business, Barnes/Sutter will oversee the continued operation of the Lerwick Clinic as it currently exists.

The purpose of the interim step is twofold, to allow Barnes/Sutter to further evaluate the health needs of the downtown community and to re-examine the Clinic’s existing obligations.

“Lerwick Clinic presents an outstanding physical facility with a number of assets,” says Ken Hetlage, a Barnes associate vice-president serving as administrative liaison with the Clinic. “During the option period, we hope to further examine how the complementary services of Barnes/Sutter and Lerwick Clinic could enhance healthcare in the downtown community.”

Lerwick Clinic, established by Dr. Everett R. Lerwick in February, 1986, in the renovated Mississippi Valley Trust Co. at 4th and Pine Streets, was designed as a multi-specialty facility. The Clinic features advanced diagnostic and therapeutic equipment for outpatient services.

Barnes/Sutter, a wholly-owned subsidiary of Barnes Hospital, was created in April, 1984, when Barnes purchased the 25-year-old Sutter Clinic at 819 Locust St. Established by Dr. Richard A. Sutter, Sutter Clinic was a pioneer in providing emergency care outside of a hospital setting. Barnes/Sutter is currently the St. Louis business community’s preeminent provider of occupational and executive medical services.

In addition to the downtown facility, Barnes/Sutter operates an outpatient center in Olivette and is planning a new center in Fenton, to open later this year. Operation of the Barnes/Sutter centers will not be affected by the Lerwick Clinic option.
“We feel like part of the Barnes family... The people are really friendly. They go out of their way to make us feel comfortable."

“It’s been positive for the city as a whole,” she adds, “What more can the city ask than to have an ambulance stationed at one of the top ten hospitals in the nation?"

Hospice offers shelter for 20th century ‘travellers’

For centuries, weary travelers looked forward to a restful haven where they could receive food, shelter and medical care. Those havens, dating back to 475 A.D., were known as hospices, from the Latin “hospes,” meaning “place of rest.”

Today, weary travelers of a different sort look to the comfort of a hospice program as a respite in the final months of life. The 20th century hospice is a concept rather than a place, offering special care for dying patients and their families that focuses on pain relief and emotional support.

In January, 1986, under the direction of the late Dr. Morton Binder, Barnes joined the growing movement across the country to offer hospice care as a realistic and specialized form of treatment for the terminally ill. The hospice philosophy involves working with the patient and family to control the symptoms and pain of terminal disease and to accept the changes wrought by the dying process. In the United States, more than 1,500 programs provide hospice care to over 100,000 patients and families each year.

The Barnes hospice is composed of an interdisciplinary team of healthcare professionals, including medical director Dr. Bernard Shore, registered nurses, home health aides, social workers, dietitians and specially trained volunteers. The hospice program emphasizes home care and works in conjunction with Barnes Home Health. Inpatient care is available in the hospice unit at the hospital during periods of medical crisis. Hospice care emphasizes death with dignity in the comfort of familiar surroundings among loved ones, with the support of the interdisciplinary team. Participation in the program is based upon a limited life expectancy, acceptance of the concept of palliative treatment and a commitment by a family member or friend to become the primary caregiver with support from the team.

Paula Gianino, hospice coordinator, describes the thrust of the program as medical, psychosocial and spiritual. "The first goal of a hospice program is to control the symptoms of the disease, which many times means alleviating pain. In this way, we seek to enhance the quality of life that remains. As the patient is made as comfortable as possible, our attention turns to the patient's and family's psychosocial and spiritual concerns about illness and the dying process. Our culture finds it very difficult to talk about death and to say goodbye, and when death is imminent, many, many emotions come to the surface."

Much of the focus of the hospice team is helping patients and their families to accept and prepare for death. "By facilitating open and honest communication, the hospice nurse or other team member helps patients and families gradually let go and say goodbye," explains Ms. Gianino. "This process, though difficult and painful, involves listening, caring, consoling, supporting, planning and instructing."

Through bereavement support, which continues for one year following the patient's death, families are allowed to express their grief, to reminisce and to take the time needed to reorganize life.

The hospice team works as a complementary unit, with each member fulfilling a different need. Nurses provide continued assessment of the patient's condition, instruct the family members as primary caregivers, dispense medication prescribed by the physician and supervise the work of the home health aides who fulfill regular hygiene and other basic needs. Dietitians monitor nutritional status and social workers offer continuing supportive counseling and social, financial and practical advice.

More than 30 trained volunteers fill a special need for the patients and their families by offering ongoing personal support services. The volunteers visit as needed, to sit with the patient while the caregiver runs errands or takes time out for other personal needs, and to become a companion to the patient and family.

While the nature of hospice work is often difficult and challenging, hospice team members say the rewards far outweigh the strain of dealing with death on an almost daily basis. ‘As patients struggle with the impacts of their illnesses, as their physical bodies place limitations upon their functioning, as they grow weaker and more dependent, we often see a tremendous strength of spirit emerge,’” reflects Ms. Gianino. “Hospice patients and their families teach us much about life and living. They remind us not to take life for granted, and I think we are grateful to them for that.'”

July 4th: A special day for a new American

“I’m official now. I can eat hot dogs and apple pie,” says Lilly Sy, a medical technologist in Barnes’ chemistry laboratory. Miss Sy was one of 255 “new” Americans sworn in by former Chief Justice Warren Burger in the naturalization ceremony under the Gateway Arch during the VP Fair celebration, July 4.

Originally from the Philippines, Miss Sy came to St. Louis in 1979 to visit her brother, Dr. Robin Yu, who then was practicing neuroradiology at Mallinckrodt Institute of Radiology. After touring the city, she knew she wanted to stay. “This is a dream come true. I had wanted to come to the United States since I was a little girl watching American movies.”

Before someone from another country can apply for naturalization, he or she must establish
participating in the ceremony under the Arch. She received a letter informing her that she would be participating in the ceremony under the Arch. The ceremony was very nice . . . afterwards, we all sang the national anthem. I feel more American now.”

Although she misses her family in Manila and her brother, who has since moved to Baltimore, Maryland, Miss Sy is thrilled to be an American and is proud of her new country: “I love the freedom, the independence, the democracy. Now I can vote. Instead of just living here, I can spend more time visiting family and friends. Miss Sy has planned for my retirement is a little traveling,” says Mrs. Gray, who worked as a checker for American Airlines before she began working for Barnes. She would like to explore the sights of Missouri. After 18 years of service to Barnes, Novella Drane, food and nutrition, retired on the last day of June. Mrs. Drane also received a certificate of appreciation from Mr. Poll at a retirement gathering in her honor. In 1969, Mrs. Drane joined the Barnes staff as a waitress in the Queeny Tower Restaurant. She later went to work in the cafeteria.

Mr. Kayser has spent six years in public accounting, most recently with Coopers and Lybrand, where much of his time was devoted to working with healthcare organizations as a senior accountant and supervisor. Previously, he served as a senior accountant for the firm of Kerber, Eck and Braeckel. Mr. Kayser received his bachelor’s degree from Eastern Illinois University and is a C.P.A.

Employee retirements

Nurse technician Cleo Gray retired from Barnes June 19 after 23 years of service. Mrs. Gray recently received a certificate of appreciation from Barnes Hospital president Max Poll at a retirement gathering in her honor.

Mrs. Gray spent her years at Barnes in the premature and newborn nurseries. “The only thing I have planned for my retirement is a little traveling,” says Mrs. Gray, who worked as a checker for American Airlines before she began working for Barnes. She would like to return to some of the places she visited as an airline employee, and would like to explore the sights of Missouri.

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"Something that matters"

Junior Volun

"I'm doing something that matters," is the sentiment echoed by the 60 junior volunteers (JVs) donating time, energy and cheer at Barnes Hospital this summer. JVs help out with willing hands and cheerful smiles in many hospital departments, including central service, dispatch, the emergency department, discharge waiting, human resources, nursing service, outpatient surgery, medical records and the Wishing Well Gift Shop and Flower Shop. Benefits are two-fold, says Susan Collins, volunteer director, as the hospital receives extra help and the JVs have the opportunity to make new friends and to explore a multitude of future employment possibilities available in a hospital setting.

Barnes treated the JVs and their parents to a night at the ballgame July 29 and will cap the summer JV activities with an awards ceremony August 28 in Wohl Auditorium.

One of 60 JVs helping out at Barnes this summer, Jeff Kretchmer makes sure the shelves are well stocked in the Wishing Well Gift Shop. He also enjoys working with the courtesy cart—"a favorite with the junior volunteers."
has a very practical reason for becoming a JV. "I want to be older, so I wanted to get experience in a hospital setting," helps volunteer Janet Williams, patient representative, at the station desk.

First-year JV Emily Chan spends some of her time doing clerical work on nursing floor 10200. Other junior volunteers use their clerical skills in medical records, human resources and on other nursing floors.

Nita Muse, an aspiring child psychologist, gets hands-on training at one of Barnes' sibling preparation classes. Nita, who usually works on 7500, shows a future big sister how to hold a baby correctly.
Media Spotlight

As a national leader in patient care and medical research, Barnes serves as an information re-source center. To date in 1987, more than 700 queries from broadcast and print media re-presentatives were made to the public relations department requesting that Barnes medical and professional staff explain current health care concerns and discoveries. Highlights of the media’s coverage of Barnes during the last month include the following:

Dr. John D. Halverson, gastric surgeon, an-swered reporters’ questions following a presenta-tion about stomach stapling. Dr. Halverson said 90 percent of dangerously obese patients have benefited from long-term weight loss after undergoing the operation, which creates small pouches in the stomach. He was interviewed by medical reporters from KTVI-TV and the St. Louis Post-Dispatch.

An article in the June 10 New England Journal of Medicine discussed treatment of certain al-lergies with steroids. Dr. Donald G. Sessions, an ear, nose and throat specialist, explained on KMOV-TV that steroids are sometimes used to control nasal congestion, but cannot be given orally or by injection over a prolonged period because of complications. He said the study may lead to a steroid nose spray.

A study published in the Journal of the American Medical Association June 18 was explained by Dr. Anne C. Goldberg, a lipids researcher, and Dr. Thomas B. Ferguson, cardiothoracic surgeon. The report found clear evidence that athero-sclerosis may be slowed and even reversed in coronary arteries following heart bypass sur-gery of the eye region, recently participated in a symposium at Vanderbilt University titled “Practical Ophthalmic Plastic Surgery: Update 1987.” Dr. Custer lectured on congenital ptosis and lacrimal disorders.

Dr. Joseph Fields, radiation oncologist, pre-sented “Treatment of Inflammatory Carcinoma of the Breast” at the 69th annual meeting of the American Radium Society in April in London.

The heart attack drug tissue-plasminogen ac-tivator (t-PA), received national television news coverage on ABC June 18. The Food and Drug Administration recently declined to give gen-eral approval of the drug, which Barnes and Washington University doctors believe is effec-tive in dissolving the offending blood clot dur-ing a heart attack. The FDA requested addi-tional clinical investigation. Dr. Alan J. Tiefen-brunner, cardiologist, said he was surprised at the FDA decision, but added that he is optimistic about eventual widespread availability of t-PA for emergency treatment.

Special instrumentation has made surgery for chronic, repeated sinus infection possible on an outpatient basis. Dr. Stanley E. Thawley, ear, nose and throat specialist, explained the pro-cedure from the operating room to KPLR-TV medical reporter John Schiesse June 24.

Meniere’s disease was explained in a report on KTVI-TV June 24 by medical reporter Lisa Al-len. Dr. Peter G. Smith, neurotologist, ex-plained that patients with Meniere’s disease ex-perience periods of debilitating vertigo. He said about 60 percent of patients may be treated with medicine; for those who aren’t, highly spe-cialized surgery is available.

A St. Louis Post-Dispatch series June 28 to July 1 followed Barnes R.N. Mim Luette through her first year after graduation from the Barnes School of Nursing. The story, by writer Judith Newmark with photographs by Odell Mitchell, Jr., was an in-depth look at the nursing profes-sion, personalized through lengthy interviews with Miss Luette. Other Barnes professionals interviewed included Sherlyn Hailstone, asso-ciate vice-president for nursing; Mary Jane Meyer, director of the School of Nursing; and Mary Soybel, head nurse on the cardiac step-down division.

Injuries are usually born of carelessness, and thus can be prevented, Dr. Bruce Kraemer, plastic and reconstructive surgeon, explained in a safety film produced for Southampton Bell Telephone’s 61,000 employees. Dr. Kraemer has spent long hours in the operating room reattaching severed digits and limbs.

Hospital notes

The following doctors are reported on staff: Drs. James M. Shear and Anastasios N. Triantafil-lou, assistant anesthesiologists; Brent T. Allen and Christopher S. McCullough, assistant general surgeons; Miles S. Evans, assistant neu-rolgist; Christine M. Cherry and William R. Gerber, assistant obstetricians/gynecologists; Clayton T. Gibson, assistant orthopedic sur-gon; Dale J. Anderson, assistant psychiatrist; and Robert G. Kopitsky, Stanley J. Korsmeyer and Janet B. McGill, assistant physicians.

Dr. Samuel A. Wells, Jr., Barnes’ general sur-gon-in-chief, has been elected to the Institute of Medicine of the National Academy of Sciences.

Dr. Philip L. Custer, Barnes ophthalmologist specializing in plastic and reconstructive sur-gery of the eye region, recently participated in a symposium at Vanderbilt University titled “Practical Ophthalmic Plastic Surgery: Update 1987.” Dr. Custer lectured on congenital ptosis and lacrimal disorders.

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Principles and Practices of Radiation Oncology, published in April, was co-edited by Dr. Carlos A. Perez, Barnes radiologist and director of the Radiation Oncology Center at the Mallinckrodt Institute of Radiology, and Dr. Luther W. Brady. Contributing authors included Barnes radiologists Drs. Venkato Rao Devineni, Bah-man Emani, Gilbert Kussbaum, William Pao, Miljenko Plepich, James A. Purdy, Joseph Simpson, Patrick Thomas and Todd Wasserman.

Joseph Burke, administrative director of the department of emergency care, received a proclama-tion from St. Louis Fire Department Chief Neil Swetanas for his efforts in assisting the fire de-partment in establishing its first in-house emer-gency medical technician class. Mr. Burke, who was assisted by the department of education and training, has made it possible for the fire department’s EMT students to fulfill the clini-cal requirements of the Missouri bureau of emergency medical service.

Registered nurse Jacqueline Dudley, a graduate of the Barnes Hospital School of Nursing and board member of the Kilo Diabetes and Vas-cular Research Foundation, has been named to the National Institutes of Health Diabetes Ad- visory Board.

Drs. Katherine DeSchryver and Pat Bucy, sur-gical pathologists, presented "Liver Transplan-tation: The Barnes Hospital Experience" at the International Academy of Pathology in Chicago, Illinois. Drs. M. Wayne Fye and Douglas Hanto, general surgeons, co-authored the paper.

Dr. Jack Hartstein, ophthalmologist, delivered a talk on lens implant surgery and disposable contact lenses to the ophthalmology department of Rothchild Hospital in Haifa, Israel in June.

Mary Jane Meyer, director of the Barnes Hos-pital School of Nursing, has been appointed as health educator to the Missouri Board of Nurs-ing Home Administrators. Mrs. Meyer will serve a two-year term.

Dr. R. Joseph Olk, ophthalmologist, was named a 1987 recipient of the James A. Campbell, M.D., Alumni Service Award from Rush Medical Col-lege in Chicago, Illinois.

Retired ophthalmologist

Dr. Daniel Bisno dies

Dr. Daniel Bisno, ophthalmologist emeritus, died June 9 at the age of 81. Dr. Bisno was ap-pointed to the Barnes medical staff in July, 1946, as an assistant ophthalmologist. He took emeritus status in 1976.

Dr. Bisno received his medical degree from Johns Hopkins University in 1931. He served residencies at Billings Hospital in Chicago, Illi-nois, and DePaul Health Center in St. Louis County.

Gold-medal winner: Kimberlee Workman (right), regis-tered nurse on 14300, was presented the Hospital Asso-ciation of Metropolitan St. Louis (HAMSFL) Gold Medal Award for Barnes Hospital by KTVI-TV anchor Karen Gallagher at a luncheon at the Omni Interna-tional Hotel in Union Station, June 24. The Gold Medal is awarded annually to an employee from each HAMSFL member hospital who demonstrates excep-tional concern for the well-being of others by a signif-icant humanitarian act or a long-term commitment to caring for those in the community. Ms. Workman, who has worked for Barnes for two years on a psychiatry nursing division, was selected by a committee of her peers on the basis of her genuine selflessness in serving the homeless in the St. Louis community.
Informational program on sinus treatment set

If you suffer from sinus or nasal disorders, take the opportunity to learn about the latest advances in treatment at a free program for the public Monday, September 14. The “Ask the Doctor” presentation will begin at 7 p.m. in Barnes’ East Pavilion Auditorium on the first floor.

Dr. Stanley Thawley, otolaryngologist, will discuss nasal and sinus disorders such as polyps, chronic infection and other conditions, and will present information about the latest advances in treatment, including endoscopic surgery techniques which offer surgeons improved visualization of the labyrinthine nasal/sinus passages. The program will include slides and printed materials, as well as time for individual questions and answers.

Although the program is free of charge, reservations are required. For more information or to register (314) 362-5290. Free parking is provided in the subsurface garage, directly south of the hospital.

Gifts to Barnes Hospital Funds

Listed below are the names of persons (honorees in boldface) who have made contributions during June, 1987, to the 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 patients.

Donations to the hospital may be made through the Barnes Hospital Auxiliary or the Development Office.

Auxiliary Tribute Fund

IN MEMORY OF:
Genovesa G. Brittain
M/M Francis C. Budde
Mrs. Carl (Florence) Hartman
Bryden Circle of Salem Methodist Church
Audrey O’Byrne
Pat Perryman
Alice Marshall
Helen Pohlan
M/M Oscar Goldberg

Froma Rich Memorial

IN MEMORY OF:
Jack Levy
M/M Joe Weinberg
Harold Margulis
Stan Rich
M/M Joe Weinberg

IN HONOR OF:
Birth of Jordan Culver
Stan Rich

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Anne Dailey, Editor
Kimberly Kilston, Managing editor
Daisy Shepard, Director
Future big brothers and sisters take a peek at a newborn in the nursery during "I'm Important, Too," a sibling preparation class offered by Barnes Hospital on the first Monday of each month. The class is designed to increase children's acceptance of a new baby through discussion of the importance of each child in the family and through hands-on practice holding, feeding and diapering a life-like baby doll. For more information, or to register for the class, call (314) 362-5250.