First Occupants Move Into New East Pavilion

Barnes' new East Pavilion received its first tenants in mid-January when Central Services moved its preparation and packing area into a portion of the new structure's ground floor.

More than a dozen employees shared the distinction of being the first occupants of the clean, brightly-illuminated area immediately south of Central Services location in the Barnes Hospital basement.

Currently workmen are busy removing a partition between the new building and the old area. When renovation is completed, the packing and preparation operation will be moved once again, and sterilization equipment installed in its place.

Meanwhile, work on the remainder of the East Pavilion is proceeding about as expected. The building has been sealed-off to the weather and heaters installed to maintain a temperature in which workmen can function. Plaster work is about three weeks ahead of schedule and plumbing and ceiling tile installation approximately two weeks behind. The latter are expected to be back on schedule soon.

Full occupancy of the two lower floors is scheduled for mid-May. The entire structure should be ready for occupancy by late this year.

Metro Hospital Assoc. Installs Mr. Frank, Previews Movie

Robert E. Frank, Barnes Director, was installed as president of the Hospital Association of Metropolitan St. Louis at the group's annual dinner meeting January 28 at Strouffer's Riverfront Inn. During 1971 Mr. Frank served as vice-president of the Association, which includes 44 member hospitals.

Robert J. Guy, retiring president of the Association, and administrator of Baptist Hospital, turned over the podium to Mr. Frank following his review of the Association's activities during the past year.

Barnes Hospital also was prominent in the Association's new film, "The Hospitals are the System," shown for the first time during the meeting. The movie illustrates that hospitals are part of the health care system as a whole; that they interact as a system in St. Louis; and that the individual hospital, such as Barnes, is a system in itself.

Several scenes in the movie, photographed in color, were taken at Barnes, including the coronary intensive care unit and special procedures room; the new evening ambulatory

(Continued on page 8)
Nursing Personnel Pick Poster Contest Winner

Mrs. Ethel Robinson, an LPN on the 10th floor of Queeny Tower, has been voted the winner of the 1971 nursing safety slogan contest. She was presented with a $25 Savings Bond by Barnes Director Robert E. Frank at an award dinner attended by all eleven contest entrants and other nursing personnel.

Mrs. Robinson's poster received the largest number of votes from nursing service employees. The poster depicted a nurse pushing an obviously terrified wheelchair patient at a breakneck speed while saying, "If this is too fast, don't hesitate to tell me!"

Poster contest winner Ethel Robinson demonstrates the proper way to push a wheel chair. Her passenger is Mrs. Loretta Cunningham, a Queeny Tower patient.

Wires Crossed? Use the Hospital Directory

You can save yourself and everyone else inconvenience and lost time by dialing the correct number, say Barnes telephone operators. If you are unsure of a number, look it up in the hospital's 1972 telephone directory, available this month, says operator Quilline Donovan.

New Laboratory Computer System Expected to Afford Many Benefits

The purchase of a new, computerized data processing system for the hospital's diagnostic laboratory was approved last month by Barnes officials. The system, to be built by Laboratory Computing, Inc., will provide medical, technical and clerical benefits otherwise unobtainable, says Dr. Leonard Jarett, laboratory director.

Although the new system will be the first of its kind in the St. Louis area, such devices are already in use in the labs of more than 100 medical and research facilities throughout the United States.

The rapidly increasing volume of laboratory work at Barnes, which has doubled in four years—compared to a national average of five years—has necessitated computerization.

And, as the number of tests has increased, so has the amount of paper work involved in requesting tests, calculating results and reporting them to medical personnel. Studies have indicated that from 20-40 per cent of a laboratory technician's time is now spent on essentially clerical tests. Dr. Jarett believes the computer will cut this in half.

With the new system, admission information about patients, the tests requested and the results will all be stored in the computer and will be available almost instantly, saving technicians a significant amount of time.

The time and energy saved thanks to these automated procedures will allow technicans more time to implement new and better tests. In addition, it will make possible the creation of a continuing educational program for the technical staff, Dr. Jarett says.

The new computer will also be able to "talk" to other computers, such as the one in data processing. Establishing the "normal ranges" for various tests as well as evaluating the tests themselves will be within the computer's capabilities.

"But," Dr. Jarett says, "the ultimate reason for computerization is to provide better service to our physicians so they, in turn, will be able to treat their patients more effectively."
New Tax-Sheltered Annuity Plan
Now Available to Barnes Employes

A new annuity plan that will allow hospital employees to place up to one-sixth of their annual income in a tax-sheltered savings and/or retirement plan went into effect at Barnes recently. The new program has provisions for both a fixed and a variable annuity.

Under the fixed annuity program the insurance company, General American Life, guarantees a minimum annual return of 3 1/2 per cent or more on the money invested. The interest rate is currently 6 1/2 per cent.

With the variable annuity plan there are no such guarantees. Instead, General American invests the money in common stocks and the value of the annuity rises or falls with the value of the stocks held. Over the long haul, such investments should provide a hedge against a possible loss of purchasing power caused by inflation, General American says.

Anyone participating in the program may put his money in either the variable or fixed plan or any combination of the two. For example, 30 per cent of the employee's contribution could be put into the variable annuity and 70 per cent into the fixed.

Both types of annuity are subject to a $10 per year administrative charge, and a sales deduction of 4.75 per cent is made from each payment. In addition, the variable annuity is subject to an annual deduction of 1 1/4 per cent, for investment management services and annuity rate and expenses assurance.

The wages invested in the annuity are not subject to federal income tax. Thus, if an employee's income this year is $5,000, and he or she invests $500, then federally taxable income will be considered $4,500.

The federal government provides this type of tax shelter only to employees of not-for-profit institutions such as schools and hospitals because these organizations usually cannot afford to offer the pension plans, stock options, or other forms of deferred income or tax relief commonly given employees of profit-making institutions.

Should the annuity or a part of it be withdrawn before retirement, the employee is taxed on his total income at that year's rate. If, for example, a nurse invested in the program for four or five years and then decided to travel or continue her education, the money could be withdrawn during that time. It would be taxed at a lower rate than if it had been paid out while she was also earning her regular salary.

At retirement, the annuity may be taken in several forms. The money can be taken in a lump sum; distributed in a number of monthly payments over a fixed period; converted to a lifetime annuity that will pay monthly for the employee's lifetime; or converted into a lifetime annuity with a provision to continue lifetime payments to a survivor as well.

Should the employe die before retirement, the stipulated beneficiary will receive the total value of the annuity in whatever form desired.

If the insured employe leaves Barnes before retiring, he or she may leave the money in the annuity, receiving the same benefits as before. However, more money cannot be invested in the program on a tax-sheltered basis, unless, of course, the individual goes to work for another non-profit organization with the General American program.

Employees who wish to participate in the program simply sign a release in the personnel office, authorizing the hospital to deduct a fixed amount of money from their paychecks every two weeks. The amount of the deduction cannot be changed more than once a year.

Barnes makes no recommendations as to the advisability of taking part in this program, nor does it assume any responsibility for the financial advantages or disadvantages that may result from it. Copies of General American's prospectus and other informational brochures are available in the personnel office to aid employees in deciding if they wish to participate.

1971 Was Another Busy Year For Barnes' Volunteers

Barnes Hospital's Volunteers added several new services to their already extensive program during the past year, according to the Auxiliary's annual report.

During 1971 the Volunteer Office initiated a hostess and escort service for patients in the Mallinckrodt Institute of Radiology's X-ray department, a service which may be expanded this year. The establishment of a similar service to aid self care patients in getting to and from various areas of the hospital is under consideration for 1972, the report says.

The Volunteers also began lending a hand in the obstetrics and gynecology clinic last year, helping with patients and performing other tasks. Nearly a dozen and a half ladies in pink also started a program to assist the nursery with infant care.

The Volunteers were busy in the pre-admitting area, too. More workers will likely be needed for such work this year, the Auxiliary predicts.
You Can Beat Those Old
There is no warm soil in which to grow things in mid-winter. The crisp air of fall has given way to the chilly damp. The activities of the holiday season are over. The Super Bowl (and all those other bowls) are now football history.

Feel blue? You may have a case of the mid-winter glumps, or the post-Christmas slumps. What's the cure for this mild depression?

Barnes psychiatrist Theodore Reich's advice is "Hang in there." Spring is not far behind. "The person who feels moody probably enjoys it, though he may not realize it. This person is sensitive and emotional, feels strongly about everything and wouldn't want to give up moodiness for an even-tempered existance. That would seem quite dull," he says.

However, the individual who is experiencing real depression should seek help. Dr. Reich cautions. "If the depressed feeling is beyond what seems normal to the person, he should realize that it can be treated, just like a bad headache," he says.

Based on coroners' statistics, frequently used as an indicator of the overall incidence of certain mental diseases, bad weather at any time is usually accompanied by more suicides, all other things being equal.

But studies of suicide rates in the United States have found that during the January to March period only the average number of persons decide they want to take their own lives. In December the suicide rate usually dips slightly, perhaps indicating that the holidays are indeed a time of good cheer for everyone.

Surprisingly, the highest suicide rate occurs in the springtime, says Richard Wetzel, an instructor in medical psychology at the Washington University School of Medicine.

"While there is no hard data on why these people choose springtime to commit suicide, a reason could be that they anticipate they will feel better in spring. When even the change in season doesn't cheer them up, they have a sense of hopelessness," Mr. Wetzel says.

Here at Barnes, most people have found ways to cope with the ennui of midwinter, the Bulletin found. Many Barnes employees take advantage of the long nights and less demanding recreational schedules to sew, bowl or play cards.

In the mall's dismal glut of after-Christmas bills, the splash of color afforded by a seed catalog lifts the spirits of gardeners. These are "dream books" to those who enjoy raising things to eat and look at during the summer. They plan their spring plantings, and somehow it seems a little less cold.

A current popular song advises, "It's time to start givin' some time to yourself...plan a vacation or do something new; like go to the opera or zoo." Certainly vacations to a warm climate can take the edge off winter and some Barnes employees, such as Miss Jackie Treybal, operating room supervisor, who is going to Acapulco, Mexico this month, and Miss Stephanie Lengyel, personnel, who will visit relatives in California soon, will enjoy a brief respite from winter's clutches.

Miss Kathy McThompson, head nurse on the 8th floor of Maternity, is beating the blues because she's now busy planning her April wedding. Another employee with wedding arrangements on her mind is Mrs. Karol Johnson, nursing office, whose daughter, Gail, will be married in June.

Even the snows of winter aren't all bad. The bonfires burn on Art Hill and by the frozen ponds in Forest Park, and many of the persons hurtling down the slopes on sleds have long ago left their childhoods behind.

A fire on the hearth, a good book, a carpentry project; whatever your pleasure, there's time for it now.

This season may not bring you joy. But serenity has some rewards of its own.

"If winter comes, can spring be far behind?"—P. B. Shelley

"The promise of spring brightens the winter for Thomas Metzger, associate director of nursing service's special services.
Snow: At Least Penguins and Kids Like It

The winter's first snowfall was a mixed blessing, as such things often are. Traffic was paralyzed throughout the area. For most adults it meant arriving at work hours late, while for some children it meant a day off from school.

At Barnes, housekeeping personnel worked continually to keep sidewalks free of the rapidly-falling snow, while across Kingshighway, Barnes School of Nursing students romped in the near zero temperatures as snow silently blanketed Forest Park.

Although it's hard to find, there is a sled underneath this pile of nursing students who took advantage of some free time to romp in Forest Park.

Despite the snow, Ken Shumake was busy hauling sand to other workmen inside the East Pavilion.

Safety and Security patrolman DeLeon Greer helps a patient into a wheel chair while "Dixie" Trovillian, housekeeping, works to clear the sidewalk.
January Gifts to the Barnes Tribute Fund

Following is a list of honorees (names in boldface) and contributors to the Barnes Hospital Tribute Fund during January, 1972.

In Memory Of
Gilbert K. Smith
Ruben Slichtman
Sigmund Meyer
Mr. and Mrs. John M. Friedman
Chester E. Kessler
Park Electric Repair
Dr. and Mrs. Terrence J. Fisher
Mrs. Wm. Shahan
Mrs. Charles W. Tooker
Clara J. Gooding
Mr. and Mrs. August H. Homeyer
Harry Stansbury
Mary and Paul Gleeson
Mrs. Edward Cannady
Dr. Edward Massie
Norman Shane Jr.
Leonard and Rosalie Hornbein
Fred Tyler
Ben Ellis
Martha V. Robertson
Mildred White
Mr. and Mrs. Monroe J. Cassens
Dan Menzer
Mr. and Mrs. Bill Rickman
Mr. and Mrs. Charles Sherman
Mr. and Mrs. Joe W. Rickman
Mrs. Joyce Sloan
Mrs. Steve Francis Jr.
Betty Harbutte
Arla and Jack T. Witbeck
Mr. and Mrs. Charles Sloan
Mrs. June S. Zick and Family
Mr. and Mrs. Jewell Burk and Family
Mr. and Mrs. David Arends and Family
Warren E. Fayart
Scientific Products
Marleen and Pat Ehlert
Jack and Marilyn Young
Rev. A. Mitchell
Ott Beka
Jewish Hospital Purchasing Department
Mr. and Mrs. Paul Michel
Walt Stilbeck
Mr. and Mrs. Herbert O. Johnson
Mr. and Mrs. Edward Lane
Miss Bertha Maki
Mr. and Mrs. Thomas Hughes
Mr. and Mrs. Frank A. Ehrmann
Mr. Robert J. Cooper
Jane and Hattie Sloan
Mr. and Mrs. Richard Ocarson
The Frank Smith Family
Mr. R. P. Crook
NDM Corporation
Pharmaseal
Bradenton Valley Church
Victor Chapter #502, Order of Eastern Star
Lillian E. Hanson
Mr. and Mrs. Doyle Lee
Mr. and Mrs. Bernard Brachen
Mrs. Leonard S. Fosdick
Mrs. Ann Poikonen
Mr. and Mrs. Elmer Johnson
Mr. and Mrs. Isaac Saari
Mr. and Mrs. David Bellmore
Mr. and Mrs. Roy Johns
Mr. William Kuivinen
Mrs. Fannie Niemi
Mr. and Mrs. Geno Calliovi
Mrs. Norma Skolanski
Mrs. Ted Bessen
Mr. and Mrs. William Lane
Mr. and Mrs. Mertis Ahola
Mr. and Mrs. John Negro
Mr. and Mrs. Chester Piarzyk
Mrs. Katie Bryant
Mr. and Mrs. Duane Lane
Mrs. John Lane
Mr. Kurt Ehlerle
Mr. Jerry McMiniment
Mr. John Cowan
Mr. Kevin Walsh
Mr. Jay Tomkyins
Mr. Jeffrey Fallon
Mr. and Mrs. John Lepisto
Mr. and Mrs. C. A. Jacobson
Mr. and Mrs. William Jacobson
Mr. and Mrs. Ernst Drettin
Mrs. R. F. Cloon
Mrs. Roy Bedell
Mr. and Mrs. Garret Trudgron
Mr. and Mrs. H. B. Sutter
Mr. and Mrs. Mauritz Bye
Mrs. Ruth L. Potter
Mrs. Adele Baynes
Mrs. Ted Rydeski
Mrs. Xavier Zazaski
Mr. and Mrs. Fred Lane
Mr. and Mrs. Joseph Szczepanik
Mr. and Mrs. Nels Kuivinen
Mr. and Mrs. Clyde Lepisto
Mr. and Mrs. Joseph M. Beber and Family
Mrs. Celeste Beber Sr. and Family
Mr. and Mrs. Charles Kryslak
Mr. and Mrs. Raymond Zawicki
Mr. and Mrs. Marvin Comes
Mr. and Mrs. Dick Atkins
Mr. and Mrs. John Kohtala
Mr. and Mrs. Anthony Holup
Mrs. Thomas Lane
Mr. and Mrs. Zigmund Vrbanski
Mrs. Ella Noll
Mrs. T. J. Rosendahl
Mr. Erwin Bieber
Mr. Donald Bieber

In Honor Of
Mr. and Mrs. Julian G. Samuels Sr.
Anniversary
Mr. and Mrs. Julian G. Samuels Jr.
Dr. and Mrs. John Hobbs, Anniversary
Dr. and Mrs. H. Rommell Hildreth

Barnes Volunteers
Mrs. Genevieve Steele
Donald McBride

B100 Nursing Staff, Mr. Harry Steusloff,
Mr. Jerry Sloan, Mr. Roger Sloan,
Mr. Charles Sloan, Mr. John Hewitt,
Mr. Janie Kissel
John Sloan

Mr. and Mrs. Gilbert Rogers Anniversary
Mrs. Theodore Schrotth

Dr. Henry Schwartz
Mr. and Mrs. Burt Wenneker

A Christmas Donation
Mrs. Marie (Edward) Burtard
To Drs. Arneson & Scott

2 Medical Society Awards to Drs. Arneson & Scott

Two Barnes physicians, Dr. A. Norman Arneson, associate obstetrician-gynecologist and associate radiologist, and Dr. Wendell G. Scott, associate radiologist, were presented with the St. Louis Medical Society’s Gold Medal and Award of Merit at the group’s January meeting. Drs. Arneson and Scott were honored for their distinguished work against cancer.

Two Barnes assistant surgeons, Drs. Eugene N. Mitchell and James M. Stokes, were installed as councilors at the same meeting.

Three other Barnes physicians were presented with honor memberships in the St. Louis Medical Society for their distinguished service to medicine and the community. They were: Dr. Lauren V. Ackerman, Surgical Pathologist-in-Chief; Dr. Walter Baumgarten Jr., assistant physician; and Dr. Joseph C. Peden Sr., assistant surgeon.

A new treatment for glaucoma victims developed by Dr. Bernard Becker, Ophthalmologist-in-Chief, and associates was discussed before a recent meeting of the American Academy of Ophthalmology and Otolaryngology, according to a report in the Journal of the American Medical Association (JAMA).

The treatment, based on the oral administration of diphenylhydantoin, resulted in a reversal of glaucomatous field vision loss or actual improvements in the visual field in 9 of 21 patients treated, preliminary reports said. No patient showed further progression of visual loss, the JAMA reported.

Dr. P. E. Luecke Jr. has been named president-elect of the Dallas County, Texas, Medical Society. Dr. Luecke is a graduate of the Washington University School of Medicine.

Seven more physicians have been named to the Barnes Hospital attending staff, according to the January change-in-status report issued by the Director’s Office. The following are reported on staff:

- Dr. Theodore Reich, assistant psychiatrist, Renard Hospital;
- Dr. E. James Anthony, assistant psychiatrist (return to active status);
- Drs. Haruo Kusama, Lincoln B. Calvin and Barbara M. Herjanic, pediatric consultants;
- Dr. Gerald G. Morris, assistant physician, preventive medicine department; and
- Dr. P. Robert Schwetschenau, assistant physician.

The status of three doctors has been changed from assistant to associate. They are: Dr. Jessie Ternberg, associate surgeon; Dr. Joe Grisham, associate pathologist; and Dr. Dorothy Jones, associate pediatrician.

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Barnes Surgical Pathologist-in-Chief, recently returned from a working visit to Iran where he studied that nation’s pathology programs as the guest of the Empress of Iran. Dr. Ackerman described Iran’s medical schools as progressive, after visiting six institutions and evaluating their pathology departments.

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The bloodmobile's first visit this year will be on Thursday, February 24. Additional information will be available from supervisors. At least four such visits will be made here during 1972, according to the Red Cross.

Barnes employees who wish to give blood at some other time may do so by contacting the Red Cross office at 4901 Washington Blvd. Donors should request that their blood be credited to the Barnes Participating Group plan.