Barnes Hospital, St. Louis, Missouri, February, 1979, Volume XXXIII, Number 2

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ing to become department head of housekeeping, and in 1966 he also took over dispatch. He was named assistant director and was made responsible for central service, dispatch, laundry and housekeeping in 1970; during this time he worked with vice-president Thomas Winston. In July, 1977, he began working with vice-president Rich Grisham in activity therapy, admitting, bar-

barnes

shop, beauty shop, dietetics, medical records, pharmacy, Queeny Tower restaurant and respi-

ratory therapy in addition to his four areas. He will continue working with Mr. Grisham in these departments.

Barnes budget contains charges to 5.43% increase

A 1979 budget in which Barnes Hospital total charges are contained to a 5.43 percent increase has been approved by the Barnes board of direc-
tors. The 1979 fiscal year began January 1.

The day after the Barnes budget was approved, the Carter administration announced anti-infla-
tion guidelines for hospitals, requesting they con-
tain spending to a 9.7 percent increase.

Raymond E. Rowland, chairman of the board, announced the budget approval and noted that it com-
plies with wage and price guidelines set by the Carter administration. "I am pleased, also, that the percentage of increase is significantly be-
low the national average for hospitals," Mr. Rowland said.

During 1979, Barnes projects that the total patient and ancillary services will provide operating revenue of $100.5 million, a 5.43 percent increase over the 1978 figure of $95.5 million.

Room rates have been increased $6 so that the semi-private room charge is $99 per day and a private room is $111.

Robert E. Frank, hospital president, said, "Hospital

tals feel the effects of inflation and increased tech-
nology more than most individuals or industries. As a referral center, we care for patients whose illness or injury requires the most intensive of care and sophisticated equipment."

Wages paid to Barnes employes are expected to total $43.2 million during the year. With approxi-
mately 4,000 employes, Barnes is one of the larg-
est employers in the City of St. Louis.

Supplies and expenses will cost just over $50 million. Areas with greatest impact in additional costs are radiology, utilities, pharmacy supplies, Social Security taxes, medical and surgical sup-
plies and food costs.

"The hospital industry is dedicated to the nation-
wide Voluntary Effort program," Mr. Frank said. "There have been various legislative efforts to put a cap, or ceiling, on hospital charges but we feel that hospitals themselves can contain costs while meeting the individual medical needs of the populations."

Barnes, with 1,200 beds, is one of the largest not-
profit, private hospitals in the United States. Approximately 40,000 persons were admitted during 1978 and another 150,000 persons received clinic or emergency treatment. Approximately 4,000 babies were born at Barnes during 1978.

Dental insurance to begin March 1 for employees

Effective March 1, Barnes full-time employes with one year or more of service will be covered by a dental insurance plan. The full premium for the plan will be paid by the hospital.

The plan will have a $25 deductible clause and will cover employes only. The insurance will cover up to $1,000 of dental care per calendar year. Meetings will be held in February for all three shifts to explain the program, including what the coverages are and how to make claims.

In general, 100% of the charges for routine ex-
aminations, teeth cleaning, space maintainers, topical fluoride application, emergency treat-
ment, x-rays and lab examinations and tests will be covered. Fifty percent of charges for fillings, extractions and oral surgery, anesthetics, peri-
ocidental treatment of gums, inlays, bridgework, dentures and orthodontics will be covered.

John Tighe, personnel director, said, "Poor den-
tal care can go far beyond a simple toothache; bad teeth can lead to serious health problems. However, regular trips to the dentist can save off most of these, and individuals with dental in-
surance are more likely than others to go for regular check-ups. We feel that with inflation being what it is today, this is another way we can help our employes meet their own health care costs."

He pointed out that more than 50 percent of all Americans over age 65 have lost all of their natur-
al teeth and more than 100,000,000 man-hours are lost each year because of dental illness. "Only two out of five persons see a dentist in a given year and half that number do so only for emer-
gency treatment. We are confident this dental plan will encourage Barnes employes to maintain good dental health."

Armand Stalnaker named Man of the Year

Armand C. Stalnaker, a member of Barnes board of directors, received the St. Louis Globe-Demo-
crat's Man of the Year award in ceremonies held January 5. Mr. Stalnaker is chairman and presi-
dent of General American Life Insurance Co.

The award has been given annually for the past 25 years "to that person who best exemplifies an inspiring level of conviction, purpose and confi-
dence in the development of the greater St. Louis area."

The citation read in part, "Armand C. Stalnaker is a man of dreams and faith, a man with extra-
ordinary vision. Fortified by his own zeal and de-
determination, he has earned his place as a singular leader in business and in his community. . . . He gives with fervor his time, energy and abundant skills to make his community a better place to live and work."

Following tradition, Mr. Stalnaker was presented a framed citation and engraved silver bowl, em-
blematic of the honor, and Mrs. Stalnaker was given a gold, inscribed medallion.

Maureen Byrnes, Dillon Trulove are promoted

Maureen Byrnes, director of nursing, has been named vice-president, and Dillon Trulove has been promoted from assistant director to associ-
ate director of the hospital effective January 1.

Miss Byrnes has been at Barnes since 1973 and has been director of nursing since 1976. A native of St. Louis, Miss Byrnes holds the B.S. degree in nursing from Marillac College and the M.S. de-
gree in nursing from the University of Colorado. She currently is enrolled in a Ph.D. program in health organizations at St. Louis University.

Miss Byrnes was a nurse-practitioner at Charity Hospital in New Orleans, La., prior to joining the Barnes staff in 1973 as an instructor in the School of Nursing. She was named assistant director of nursing and director of the education division of the nursing service in 1974 and was named associate director for quality assurance in 1975.

Mr. Trulove, who started at Barnes in 1946 as an orderly after being discharged from the army, be-
came head orderly and a year later was named supervisor of central service. In 1962 he left nurs-

Front cover: Old Man Winter arrived with the New Year and brought traffic problems, home power out-
ages and extra work for Barnes employes. (See center-
spread story.)

Maureen Byrnes

Dillon Trulove

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blematic of the honor, and Mrs. Stalnaker was given a gold, inscribed medallion.
Portraits unveiled of Drs. Luten and Walsh

Two portraits were added to the gallery of eminent physicians in Barnes corridor recently.

Ceremonies were held in the East Pavilion auditorium on December 28 to unveil a portrait by Gilbert Early of Dr. Drew Luten (1881-1970), who was a physician and cardiologist at Barnes. The portrait was presented to the hospital by Dr. Luten's children, Mrs. Richard Morse, Judge Drew Luten, Jr., and John Luten. It was accepted on behalf of the hospital by Robert E. Frank, president of Barnes.

Principal speaker was Dr. Robert Paine, who recalled Dr. Luten's years at the medical center. Others on the program were Drs. John Davidson, John Shapleigh, Norman Knowlton, Joseph Edwards, Virgil Loeb and Park White.

Dr. Davidson said that Dr. Luten was “everything a fine physician should be; a gentleman who had a balanced perspective and a teacher who transmitted his own attitude toward the sacredness of the practice of medicine to his students.” Dr. Shapleigh recalled, “He kept pounding into me: before you do anything, be sure it will do more good than harm. One couldn't help but respect his in-depth knowledge and his warmth with patients.”

Dr. Knowlton, who was associated in private practice with Dr. Luten after serving a residency under his tutelage, said, “I learned a lot about digitalis you don't read in books.” He added that Dr. Luten had the “humility, equanimity and empathy it takes to make a great doctor.”

Dr. Edwards agreed that Dr. Luten epitomized the fine clinician, “He was very astute in the estimating of human personality.” Dr. Loeb recalled the excitement of knowing and working with Dr. Luten. “You felt the guy was really trying to teach you something. He emphasized the study of illness, not just disease. He felt he had let his patients down if they got sick.”

Dr. White said he wanted to brag about “knowing Drew for 50 years. What a grand time I had sharing offices and swapping quotations with him! He felt that technology need not interfere with humanity.” Representing the family, John Luten recalled his father's love of medicine and his enthusiasm and dedication to Barnes Hospital.

In ceremonies on January 11 in the Walsh auditorium on the ninth floor of McMillan, Dr. Joseph Ogura, otolaryngologist-in-chief, presented a portrait by Fred Conway of his predecessor, Dr. Theodore Walsh, to be hung in the Barnes corridor. Mrs. Walsh unveiled the portrait.

Others participating included Dr. Hallowell Davis and Dr. Richard Silverman of Central Institute for the Deaf, Chancellor Francis Sooy of the University of California at San Francisco, Dr. Gunnar O'Neil of the University of Kansas, Drs. Harold Cutler and Morris Davidson of the department of oto-laryngology, Dr. M. Kenton King, Dean of Washington University School of Medicine, and Thomas Winston, vice-president of Barnes, who accepted the portrait on behalf of the hospital. Dr. Peter Walsh, of Temple University, had planned to participate in the ceremonies but was unable to attend.

Dr. Ogura said that Dr. Walsh had told him years ago that he wanted his portrait to hang with the other chiefs in McMillan and that “he would have been most proud of this newly renovated structure.” The decision to let the portrait be hung in the Barnes corridor was influenced by the fact that it would then be shared with the many others who admired Dr. Walsh. “He was an expert in otology and no one was his equal in judgment or surgical expertise,” Dr. Ogura said.

Dr. Davis said, “One of the reasons I decided to move to St. Louis was the presence of Theo Walsh.” He recalled the early controversy regarding the fenestration operation in those days and the techniques of speech audiometry. Dr. Silverman said Dr. Walsh possessed the “Three Fs—intensity, initiative and integrity.”

Chancellor Sooy recalled arriving in St. Louis in 1942 from San Francisco to begin his residency in otolaryngology. “Dr. Walsh was selfless and supportive of the housestaff. Our admiration of him stems from his honesty, and he deserves the credit for the tremendous feeling of belonging we have for this institution.” Dr. Proud agreed, adding, “I can’t tell you how much it has meant to be associated with Theo.”

Dr. Cutler admitted, “I am one of the few in this room today who was here before Theo was. I recall that after the war he called me and promised to get me out of the service early if I’d come back for three months. And I agreed. And he got me out one day early. That was my downfall as I had said I would never come back to St. Louis but here I am still.”

Dr. Davidson said, “This distinguished group is a real tribute to the friendship and professional ability of one of the real giants in the field. You could depend on Dr. Walsh and you knew exactly where you stood. He had complete loyalty to anybody who worked for him if they were honest too. And his kindness to his patients was legend. He always had time for them, no matter how busy he was.”

Dr. King, representing the executive faculty, described Dr. Walsh as “a super-specialist, complete gentleman and a thoroughly decent human being. Humaneness, integrity and honesty of the highest order always governed his thinking.”

Barnes doctors hear of HSA work

Representatives from the Hospital Association of Metropolitan St. Louis and the Metropolitan Medical Society discussed the functioning of the St. Louis area Health Systems Agency at the January meeting of the Barnes Hospital Society.

Gerald Malloy, hospital association president, and Ray Dennison, Jackie Akins and Bob Briggs, association officials, presented a history of the Health Systems Agency’s development, resulting from 1974 federal legislation, and detailed the committees which form the operating arms of the agency.

Dr. Hugh Waters, a member of the Health Systems Agency from its inception in St. Louis and a representative of the newly formed Metropolitan Medical Society, spoke about the day-to-day procedures of the agency.

Speakers encouraged the members of the Barnes medical staff to become involved in the Health Systems Agency in order for the agency’s decisions to be based on full information. Both the hospital association and the medical society have supported the agency’s efforts to carry through with its federally mandated duties.

Hospital notes

The president’s office has reported the following on staff: Dr. Barrett Holder, assistant orthopedic surgeon, effective December 8, 1978; Dr. Arthur Jenny, Jr., assistant neurosurgeon, and Dr. Bharath Kuman, assistant radiologist, both effective January 1, 1979.
Barnes arthritis clinic serves 50 patients a week

Arthritis, the number one crippling disease in the United States, affects everyone in some way, directly or indirectly, physically or economically. More than 31 million children and adults have arthritis in some form severe enough to require medical care. At Barnes Hospital about 50 patients afflicted with arthritis are treated each week in the arthritis clinic on the fifth floor of Wohl Clinics.

"Arthritis is a condition of pain or discomfort in the joints," said Dr. John Atkinson, head of the clinic. "It runs the spectrum from little bumps on the finger to conditions where people can't walk." Although the word arthritis literally means inflammation of a joint, it is widely used to cover close to 100 different conditions which cause aching and pain in joints and connective tissues throughout the body.

The most common form of arthritis is osteoarthritis, a degenerative disease of the joints which usually comes with age. "Most of our patients have this degenerate type of arthritis," Dr. Atkinson said. "All people get it a little as they get older. It primarily affects weight-bearing joints, such as the knee, hip and spine, and can be quite painful and disabling."

Another serious and common form is rheumatoid arthritis. Inflammatory and often chronic, rheumatoid arthritis primarily attacks joints and can also cause disease in lungs, skin, blood vessels, muscles, spleen and heart. Other common forms of arthritis are ankylosing spondylitis, a chronic inflammation of the spine; systemic lupus erythematosus, an acute systemic disease which can inflame and damage joints and organs throughout the body; and gout, a disease related to excessive amounts of uric acid in blood which can attack and inflame any of the joints, usually one at a time. Gout, once the cause of a tremendous amount of workdays, for southern Illinois during his 18 years of private practice in Alton. He was honored with five design awards.

At Barnes, he will be involved with new construction, remodeling and maintenance programs. He, his wife Patricia (Toolen) Flippo, who formerly worked as an educational therapist at Jewish Hospital, and 15-year-old daughter Val live in Godfrey, Ill. His other daughter, Toni Ireland, is a landscape architect in Texas.

William Flippo joins plant engineering staff

William Flippo, a native of Alton, Ill., was named manager of engineering services in plant engineering at Barnes Hospital effective January 2.

Mr. Flippo, a registered architect in Illinois and Missouri, received a bachelor's degree in architectural engineering from Washington University in 1952. He has designed various types of buildings, including schools, churches, a YWCA, a YMCA, state office and federal court buildings, medical offices and industrial buildings, for southern Illinois during his 18 years of private practice in Alton. He was honored with five design awards.

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Renard Hospital receives full JCAH accreditation

Barnes Hospital has been notified by the Accreditation Council for Psychiatric Facilities of the Joint Commission on Accreditation of Hospitals that Renard Hospital, Barnes psychiatric unit, has been granted a full two-year accreditation, effective October, 1978.

Robert P. Maurer, Jr., assistant director of Barnes, explained that Renard is reviewed separately from Barnes because it has more than 100 psychiatric beds.

Phyllis Khan named to nursing school post

Phyllis Khan, psychiatric nursing coordinator and curriculum chairman, has been named associate director of Barnes Hospital School of Nursing, according to Barbara Bradshaw, director of the school.

Ms. Khan, who came to the school as psychiatric nursing coordinator in 1970, received her baccalaureate degree in nursing (1965) and her masters degree in psychiatric nursing (1968) from Washington University. Before coming to Barnes, she was an instructor in psychiatric nursing at Southern Illinois University at Edwardsville.

Originally from Doniphan, Mo., Ms. Khan has lived in the St. Louis area for about 20 years. She and her physician-husband presently live in Waterloo, III.

Two Barnes directors named to RCGA posts

Edward J. Schnuck and Donald E. Lasater, both Barnes directors, have been elected officers of the St. Louis Regional Commerce and Growth Association.

Mr. Schnuck, chairman and chief executive officer of Schnuck Markets, Inc., is the new chairman of the board of the RCGA and Mr. Lasater, chairman and chief executive officer of Mercantile Bancorporation, Inc., is treasurer.

Mr. Schnuck succeeds Armand C. Stalnaker, board chairman and president of General American Life Insurance who is also a member of Barnes board of directors.

Ambulatory transfusion service offered

A new ambulatory transfusion service has been implemented by the Barnes blood bank. Registered nurses in the blood bank donor room are available to administer transfusions when scheduled and prescribed by the appropriate physician. The nurses are in attendance during the procedure and a physician on the laboratory medicine staff is on call for transfusion-related problems.

This new service is offered in addition to the already available services of therapeutic and donor pheresis, plasma pheresis and phlebotomy. Initially, the ambulatory transfusion service is available to patients on the uncovered medicine service floors although there are future plans to extend the service to private and clinic outpatients of the attending staff.
Old Man Winter ushered in the New Year with the season's first ice storm, causing widespread power outages in near zero temperatures, cancellation of party plans, weather-related accidents and injuries and general discomfort for the nearly 4,000 Barnes employees who had to continue their daily activities despite the inclement weather.

The ice storm touched nearly everyone in the metropolitan St. Louis area and Barnes Hospital was not immune to its adverse effects, although, because of the efficiency of various departments, hospital functions continued on a normal basis. According to executive housekeeper Ernest Launsby, "it was a round-the-clock job to keep both parking lots, hospital entrances and sidewalks salted, with the biggest problems being the Wohl and Renard bridges which iced up very fast." Ten thousand pounds of salt and chemicals were used to fight the ice; 12 tons of cinders were ordered to use in the receiving area to keep it open for deliveries.

"I’ve seen them (housekeeping) work constantly for 24 hours keeping sidewalks, parking lots and the emergency room entrance salted," said Betty Falkenberg of security.

In addition to the never-ending job of salting, housekeeping personnel were kept busy cleaning up the melted snow and ice that was tracked into the hospital. Mr. Launsby pointed out that during the winter months his employees have a double workload mopping up the floors and cleaning the carpets.

Although current construction on the West Pavilion caused additional hardship for both housekeeping and plant engineering during the severe cold weather, employee efficiency prevented the patients from being affected. "Anytime it’s cold like this, there’s continual cold air in the buildings because of the construction," said Don Braeutigam of plant engineering. "Anytime things can contract in the extreme cold, anything can happen. Pipes could freeze, roofs could split, automatic doors could stick."

"Our main problem was keeping cold air out," Mr. Braeutigam said. "It’s a never-ending battle." Because of the construction, facing had been taken off of the old building, creating open spaces for cold air which caused some of the heating/cooling lines in the ceiling in the East Pavilion to freeze and break; when the air holes were plugged, the lines thawed out and leaked. "A lot of the time you don’t know they’re frozen until it warms up and then comes the water," Mr. Braeutigam said. When the pipes leaked, housekeeping personnel worked over 90 hours that week to clean up the water.

In addition to the heating problems in the East Pavilion, Mr. Braeutigam said that the Euclid exit from the subsurface garage was closed when the electric heater in the ramp shorted out causing the ramp to glaze with ice.

Although Barnes was fortunate not to have any power outages, employees living in various parts of the metropolitan area were not quite so lucky. Electric power began going off on the morning of New Year’s Eve and, in some areas, remained off for as long as six days.

“We packed up and moved to my mother-in-law’s house,” said Barb Kosciolek of patient accounts, when her electricity went off at her home in Affton. And it was a good move, too, because the power remained off for four days. “It was like a total blackout,” she said. Eleven family members shared the house with the only problem being the crowded conditions in the bathroom.

An old wood-burning stove saved the day for one Barnes administrator who was without electricity for 61 hours. He kept a fire burning in the fireplace upstairs while his wife stoked the woodburning stove in the basement until they realized that the fireplace was taking the warm air out of the house. So, they retreated to the basement, and, although their pipes didn’t freeze, the temperature averaged between 42 and 45 degrees. In addition to the lack of light and heat, the family was troubled by a tree, heavy with ice, which fell across their driveway.

The ice storm hit at the height of the holiday season, affecting the plans of many Barnes employees for celebrating New Year’s Eve. Tammy Buenning, patient accounts, was stranded in Collinsville, Ill., at her fiance’s house where “we spent New Year’s Eve just sitting around looking at each other.”

Dr. Ernst Friedrich, Barnes obstetrician/gynecologist, couldn’t get out of the parking area behind his house to go to a party. “We have a large tree by the driveway and the ice had bent the branches to the ground, then the tips froze in the ice, making a formidable barricade. I finally got it hacked out on New Year’s Day and tied the branches up to our deck.”

For 13 hours Gloria Metzger, associate director of nursing, manually operated her hot water radiator so that she had some heat. She and her brother celebrated the arrival of the new year just sitting around looking at the fireplace.

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For 13 hours Gloria Metzger, associate director of nursing, manually operated her hot water radiator so that she had some heat. She and her brother celebrated the arrival of the new year sitting in front of a fireplace in a room lighted by candlelight.

When the electricity went off at 6:25 p.m. on New Year’s Eve at the Webster Groves home of
Dr. Edward Etheredge, Mrs. Etheredge was in the middle of preparing dinner. "We just transferred the food to the grill and I cooked it outside," said Dr. Etheredge, who said that was a common practice when he lived in Minnesota. "Then we ate by candlelight. Actually, it was very pleasant." Fortunately, the power came back on just a little after midnight—in plenty of time for Dr. Etheredge to spend New Year’s Day watching the football game.

Medical records director Rose Dunn had a whole freezer full of food as a result of having only four persons out of 12 show up at a party at her house on New Year’s Eve. Tina Lambert, also in medical records, made reservations months in advance to go dining and dancing at a local restaurant, all to no avail since the restaurant had no power that night.

If power would have gone off at Barnes, essential areas in the hospital would have been supplied by emergency generators powered by gasoline and natural gas, according to safety director Ed Thurman. He pointed out, though, that he could not remember any major power outages during the last 15 years.

For some employees, including Diane Way, admitting, Barbara Wedge, clinic nursing, Shirley Hirtz, security, and Jean Wildermuth, East Pavilion unit manager, the storm meant broken bones from falling on the ice. It was a common problem, according to Jackie O’Rourke, unit manager in the emergency room, who said that all was quiet on New Year’s Eve and New Year’s Day, but as people started back to work on Tuesday, the emergency room became busy. "Tuesday morning when people went out to work, many of them fell down," she said. There were 157 emergency room visits Tuesday, with 33 accidents caused by people falling on the ice, followed by more falls on Wednesday and Thursday.

With the temperature remaining near zero and the wind-chill factor many degrees below that, it was no surprise that the emergency room also received numerous calls from people wanting to know the symptoms and cures for frostbite, Mrs. O’Rourke said.

Not only did the cold temperature affect fingers and toes, but it also kept security busy with "1046" calls. More than 50 calls were received that week from visitors and employees who were stranded on the parking lots or in the garages with cars with dead batteries. Officer Mike Horner said one day, after starting three cars in the Queeny Tower parking garage, that security officers spent many hours out in the cold starting cars. He pointed out that he had to keep the security truck running to recharge its battery after being drained from so much use.

The bad weather not only slowed down social activities, but it also practically put a halt to construction on the West Pavilion. "If this weather hadn’t arrived, they would have topped out (finished pouring concrete at the top of the West Pavilion) this week," a spokesman said.

Although this winter’s first ice storm was followed by a significant snowfall the next weekend, not everyone at Barnes was inconvenienced by it. Telecommunications director George Voyles, once a resident of Wisconsin where snow and cold are a way of life, said the icy conditions didn’t bother him at all. Always prepared, from the first of November through the end of April, he carries extra clothes with him each day to work—just in case he can’t make it home to Leesburg, Mo. “You can’t change the weather so you might as well enjoy it," he said. And he just might be right.
Mary Ellen Dempsey, fund-raising specialist, has been running for the past year to firm up her muscles and “for health reasons.” She said, “It gives me more energy for the rest of the day.” She runs four miles each day on the track, although in the summer she runs outdoors.

Administrative secretary Jo-Ann Tillinghast, who tries to run three miles five times a week, got started by just wanting to do some exercise that wouldn’t take a long time and that wouldn’t be too expensive. Her boss, Bob Maurer, who has been running for the past two years, has recently graduated from the indoor track to running four miles a day in Forest Park. He likes to run during the day instead of after work because “it makes the day go better.”

“A daily routine of exercise is necessary in any one’s life,” he said. “It also clears up the mind and is a good, inexpensive way to exercise.”

Sue Fein, nurse-specialist, new to the running game, has been running for only a month and one-half. She runs a mile each day and got started “just for the desire for exercise.”

In addition to the Barnes employees who run the track regularly, Esther Scheer and Penny Thompson of patient accounts walk the track each day. “I don’t want to sit for that half an hour each day,” Mrs. Scheer said. “It’s a little monotonous walking around the track but it’s better than just sitting.”

Barnes employes are running instead of eating

Although eating on the run is an American habit, some employes at Barnes Hospital are running instead of eating. The fifth floor indoor track at the Irene Walter Johnson Institute of Rehabilitation is a busy place at lunch time for the Barnes employes who prefer exercise to eating.

The oblong track, which is 1/20th of a mile long and which has four lanes with banked curves, was opened in 1975 as part of the cardiac rehabilitation unit designed to provide exercise under controlled conditions for persons who have suffered heart attacks. It is also open Monday through Friday to WUMC employes.

“I feel much better since I run,” said budget director Rich Schellhase. “I’m eating less and feeling better.” For the past two years he has been running on his lunch hour Monday through Friday and runs farther on weekends when he has more time. In addition, since his job at Barnes is mainly a desk job with minimal exercise, he said that he enjoys the exercise and feels much better when he comes back to his desk. “The thing I really like is that you can do it on your own,” he continued.

Beth Uhliman, planning coordinator, agrees that it “makes me feel better.” She has been running the track since May and tries to do it almost every day. She feels that it builds up stamina and increases lung capacity and “all that good stuff.” Although she usually runs 45 minutes each day and one to one and one-half hours on the weekends, she started out running only three minutes and slowly built up her time.

Dr. Fernando Arias, Barnes gynecologist/obstetrician, who believes in the psychological good of running, takes an hour each day to run eight miles “to preserve the sanity of my secretary.” Not only does he keep in shape, but he also gets rid of daily anxiety.

Executive secretary Juanita Fuller starts her lunch hour off with a few warm-up exercises, followed by 30 to 35 minutes of running on the track. “I feel better internally,” she said. She runs a little over three miles each day and a little farther on the weekends.

Joe G. Scher, associate professor of medicine, has found running to be a good way to maintain his fitness level. He runs about three miles each day and says that “it makes me feel better.”

Sue Fein, nurse-specialist, new to the running game, has been running for only a month and one-half. She runs a mile each day and got started “just for the desire for exercise.”

In addition to the Barnes employees who run the track regularly, Esther Scheer and Penny Thompson of patient accounts walk the track each day. “I don’t want to sit for that half an hour each day,” Mrs. Scheer said. “It’s a little monotonous walking around the track but it’s better than just sitting.”

Barnes Labs part of visiting professor program

Barnes Hospital is one of three institutions selected by the American Association for Clinical Chemistry as part of a pilot visiting professor program, which has proved to be so successful it will be extended and expanded in the future to other medical centers.

As part of the program, the clinical chemistry section of laboratory medicine recently hosted Morton Schwartz, Ph.D., as its first visiting professor in clinical chemistry. Dr. Schwartz is chairman of the department of biochemistry and vice-president for laboratory affairs at the Sloan-Kettering Cancer Center in New York.

During his stay here, Dr. Schwartz gave several talks and met with a number of residents and fellows in laboratory medicine as well as persons from the departments of surgery, radiology and internal medicine with research interests similar to his. Dr. Schwartz presented a lecture, “Hormone Receptors, Enzymes and Tumor-Associated Antigens in Breast Cancer,” spoke on “Colon Carcinoma, Metastases and Carcinoembryonic Antigen” at the clinical chemistry case conference, and gave the Friday noon clinic of the department of medicine on “Biochemical and Immunochemical Markers in Cancer.”

Dr. Schwartz will be at Barnes again on February 22-24 as a guest faculty member for the program, “Use of the Laboratory in Clinical Practice,” presented by the division of laboratory medicine and the office of continuing medical education of Washington University and the diagnostic laboratories of Barnes Hospital.

As Barnes contribution to the new program, Jack H. Ladenberg, Ph.D., co-director of clinical chemistry at Barnes and assistant professor of pathology and medicine at Washington University School of Medicine, recently served as visiting professor at Detroit’s Henry Ford Hospital, Wayne State University and the University of Windsor (Canada).

Debbie Lord named director of volunteers

Debbie Lord has been named director of volunteers at Barnes. Formerly the director of recreational therapy at Children’s Hospital, Miss Lord has had experience working with a volunteer staff for the past eight years.

“I’ve always loved working with volunteers,” she said. “They have a different attitude. They come in to work because they want to. There is a different kind of dedication in it.”

Miss Lord’s duties include recruiting, interviewing and selecting volunteers and keeping areas serviced with volunteers (Barnes has more than 400). She is available to talk with them each day and she coordinates the times that they work and the areas in which they work as well as assign them jobs according to their talent, needs and wants.

Volunteers work throughout the hospital in areas such as admitting, central service, clinics, dietary, Wishing Well, information desks, labor and delivery, nursery and pharmacy. In addition to the regular daytime volunteers, there are evening, weekend and junior volunteers. “We can always use more volunteers and urge anyone interested to call our office (454-3446) for an interview,” Miss Lord said.

Orientation held Feb. 3 for junior volunteers

Orientation for junior volunteers who want to work weekends this winter at Barnes was held Saturday, Feb. 3, in the Peters classroom. The students toured the hospital complex and learned about Barnes’ history, hospital rules and regulations and appropriate dress.

Barnes junior volunteers may choose from a number of work areas. They may fold linens, help eye patients choose a menu, carry messages, run errands, assist in medical records, sell in the gift shop or distribute x-ray pamphlets. Older junior volunteers may assist in the recovery room, and nurse volunteers, who require extensive training, may assist in feeding patients, combing hair and making beds.

Debbie Lord, director of volunteers at Barnes, and Shirley Piette, junior volunteer chairman, are in the process of recruiting junior volunteers by visiting area junior high and high schools to inform interested students about volunteer opportunities at Barnes. Their presentation includes a slide show about Barnes and volunteer work at the hospital, background information on volunteer work and a question and answer period to give the students an opportunity to learn about the role of junior volunteers.

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Tribute Fund

The following is a list of honorees (names in boldface) and contributors to the Barnes Hospital Tribute Fund from December 18, 1978 to January 19, 1979.

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Dr. Hutto dies; was obstetrician/gynecologist

Dr. A. Herman Hutto, Barnes obstetrician/gynecologist, died December 20 after a prolonged illness. He was 68 years old.

Dr. Hutto received his M.D. degree from Washington University School of Medicine in 1935 and served his residency at St. Louis Maternity and Barnes Hospitals, then joined the staff. He was born in Ozark, Ala., and attended the University of Alabama at Tuscaloosa.

He is survived by his wife Sarah and a son Robert of St. Louis; and a daughter Janice, who is director of the Bureau of Botany of Union Carbide Company in Johannesburg, South Africa.
Patient Care Fund helps 21 patients

The Patient Care Fund, which was instituted in July, 1977, for the purpose of providing assistance to medically indigent private patients, has helped 21 patients so far, according to Joseph Greco, director of development and associate director of Barnes Hospital.

Patients ranged in age from 16 to 72 years and the size of the grants ranged from a low of $98.50 to a high of $2,000, the maximum under the policy and procedures of the Patient Care Fund Committee. The first grant was made in October, 1977, and at the close of 1978 five patients were under consideration for assistance from the Fund.

Patients who benefited from the Fund had diseases ranging from heart problems and various forms of cancer to life-threatening obstetrical complications, brain disorders, renal failure and multiple sclerosis. Anyone wishing to make a tax-deductible contribution to the Fund may do so by contacting the development office at 454-2261.

Hospital notes

The first annual meeting of the St. Louis Metropolitan Medical Society was held January 20 with Dr. George M. Bohigian, Barnes ophthalmologist, installed as president. The organization is the successor of the St. Louis and St. Louis County societies.


Dr. Weldon named Woman of Achievement

Dr. Virginia Weldon, Barnes and Children's Hospital pediatrician, has been named one of the St. Louis Globe-Democrat's Women of Achievement and will be recognized, along with other honorees, at a luncheon on February 7, where each will receive an engraved silver plate.

Dr. Weldon is an internationally known pediatric endocrinologist who treats children who come to St. Louis from throughout the world because they have growth problems or suffer such ailments as diabetes, kidney disease or heart disease. She is medical adviser for the St. Louis Human Growth Foundation and helped develop a test for growth hormone deficiency.

Dr. Weldon's husband is Dr. Clarence Weldon, Barnes cardiothoracic surgeon-in-chief, whom she met while both were at Johns Hopkins.