Second fulltime doctor joins emergency dept.

Dr. Robert Marcus, emergency room physician at Mercy Hospital in Baltimore, Md., has joined the emergency department at Barnes Hospital as a fulltime physician, effective March 16, according to emergency director Dr. Robert Stine.

A member of the staff of Mercy Hospital since August, 1978, Dr. Marcus served an emergency medicine residency at Johns Hopkins Hospital in Baltimore and served an internship at Kings County Hospital in Brooklyn, New York. He received an M.D. from the Chicago Medical School in 1974, and an A.B. from the University of California-Berkeley.

Dr. Marcus is an active member of the American College of Emergency Physicians and has served on the audit committee of Mercy Hospital.

THC now available at Barnes

Barnes Hospital pharmacy has received its first supply of THC (delta-9 tetrahydrocannabinol), the active ingredient in marijuana, after receiving approval from the National Cancer Institute, the federal Drug Enforcement Administration, and the State of Missouri to administer the drug. THC, used to relieve severe nausea and vomiting, is kept under tight security which has been approved by the federal DEA. It can be prescribed only to patients undergoing chemotherapy treatments by cancer specialists who have made special application and are registered with the pharmacy to use the drug. Before the drug is issued to the patient, the person will be informed of the possible side-effects and must sign a written consent to use it.

Although THC has been used to treat glaucoma and epilepsy on an experimental basis at other medical centers, the supply at Barnes will be used only for cancer chemotherapy patients.

Volunteer nurse program instituted at Barnes

A special volunteer program for non-working registered nurses who would like to be back in their profession, has started at Barnes Hospital. The program is under the direction of both the volunteer office and the department of education and training.

Jeanine Gettenger, instructor in the department of education and training, explained, "The basis of the volunteer nursing program is to allow an avenue for nurses in the community to return and practice their valuable nursing skills on a volunteer basis." Deborah Bobinette, director of volunteers, added, "The program is designed particularly for those nurses who do not want to work full- or part-time shifts, but in some way, want to utilize their nursing skills." She explained, "By doing so in a voluntary capacity, these nurses are able to have more control of their own time and gain the confidence they need to possibly re-enter the profession on a permanent, paid basis."

The nurse volunteers will take part in the orientation program that every volunteer is required to attend. They will also be required to attend a skill assessment session with the department of education and training where proficiency in the basic nursing skills will be evaluated. The training program will also familiarize the nurses with Barnes Hospital policies and procedures. Ms. Gettenger stressed, "This is not a refresher course in nursing, and it is to be viewed only as a support system for the nurse volunteers in the practical skills of nursing. However, the nurse volunteers are eligible to take continuing education courses offered by the hospital at no cost."

These volunteers will wear a nurse uniform with a volunteer patch distinguishing them from other Barnes nurses. They are required to work a minimum of four hours at one time in conjunction with the needs of the nursing division.

"Besides giving nurses another avenue to re-enter their chosen field, the program also allows Barnes to supplement their nursing service staffs and add an extra touch of tender loving care," explained Mrs. Bobinette.

Any nurse interested in the program should contact the volunteer office at Barnes Hospital for an interview.

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According to pharmacy director Allyn O'Byrne, THC is being offered only in capsule form under controlled circumstances. At Barnes small quantities of THC are kept under tight security which has been approved by the federal DEA. It can be prescribed only to patients undergoing chemotherapy treatments by cancer specialists who have made special application and are registered with the pharmacy to use the drug. Before the drug is issued to the patient, the person will be informed of the possible side-effects and must sign a written consent to use it.

"I Can Cope" offers help to cancer patients, families

The Barnes department of social work, the American Cancer Society and the oncology department at Mallinckrodt Institute of Radiology are sponsoring an eight-week educational course for cancer patients and their families titled, "I Can Cope." The course will be taught at Barnes by doctors, nurses, social workers, dietitians and others who are experienced in working with cancer patients.

The goal of the course is to help patients and their families learn from each other how to cope more effectively with their disease. The course is being directed by co-leaders Judy Warner and Rebecca Banks. According to Ms. Warner, "The course covers all spheres of cancer including:

(continued on page 2)
learning about the disease, coping with daily health problems, expressing feelings about having cancer, liking yourself, living with limitations and learning about helpful resources," Mr. Banks added, "The course is designed to teach patients how to enjoy life and to understand that not all cancer is terminal."

The course will begin on April 8 and will be held every Wednesday evening from 7 to 9 p.m. in the radiation oncology conference room, first floor of Mallinckrodt at Barnes. There is no charge. Patients or families who feel that they would benefit from this program should contact either Ms. Banks or Ms. Warner at 454-2415.

Barnes doctors, president discuss "Future Medicine"

Barnes/WUMS experts on various aspects of health care looked into their crystal balls to hypothesize for KMOX-TV what might be in store during the next decade. The news segments were aired the week of February 16 and included interviews with Dr. Clarence Weldon, cardiothoracic surgeon-in-chief; Dr. Allan Jaffe, radiologist; Drs. Virgil Loeb and Teresa Vietti, oncologists; Dr. David Kipnis, physician-in-chief; and Robert E. Frank, Barnes president.

Dr. Weldon predicted that advances would be made in the materials used for heart surgery, such as artificial valves and bypass grafts, so that doctors could intervene earlier in the course of heart disease. Dr. Jaffe pointed to improvement in pacemakers and implanted defibrillators and looked for advances in medication to treat heart attacks.

Dr. Loeb and Vietti pointed out that cancer is not just one, but many diseases, and that the numbers of types of cancer that can be cured or forced into remission will continue to multiply.

Dr. Kipnis pointed to the many research projects underway to find both the cure for diabetes and ways of lessening complications, much of which is being done at Barnes/Washington University.

Mr. Frank said there will be more competition for health care dollars in the next decade and people will take more responsibility for their wellness. He said he expects decision makers will be faced with difficult choices in determining how money should be spent, resulting in rationing of some services.

A videotape of the complete series is available from the public relations department and can be shown for interested groups in the hospital.

How "bad luck" saved my life
by Jane Willis

Humming along toward St. Louis from our home in Piedmont, Mo., all three kids temporarily quiet, my biggest worry was that snow might spoil our Thanksgiving plans to visit my grandmother in Marshall, Mo. Suddenly, the trusty old van began to make very UNtrusty noises. By the time we limped into St. Louis, our planned overnight stop at my parents' house there looked very welcome.

Thanksgiving Day, 1980, found us snowed in at Mother's. My ear was aching, and the van was in the shop for a new engine. I was beginning to wonder what to be thankful for. My earache continued to get worse. I had had ear trouble for nearly a year, but this one was setting new records, with fever, chills, and a pain spreading up the side of my head. By Friday morning I had to go to a doctor, who diagnosed an ear infection complicated by possible kidney infection.

By Monday, the pain in my head had become excruciating and I'd been in bed for four days. My parents took matters in hand and called their internist, who is on Barnes staff. I struggled into to my clothes and went to his office, expecting a prescription and hoping for some relief from pain. Instead, within an hour I was sitting in Barnes admitting office.

After four days of inconclusive test results, I was ready to go home, but at lunchtime my nurse ran in and demanded, "What have you eaten?" Replied he hear I do eat only as far as soup, she wheeled me out for another CT scan—this time with higher contrast.

Within 30 minutes I was standing between an otolaryngologist and a neurosurgeon. The CT scan had revealed an abscess on my brain. It seemed it had not yet penetrated the dura—the tough membrane covering the brain. At 7:30 the next morning I was being wheeled into the operating room, suddenly very, very scared.

By the time I left Barnes many days later (even before my follow-up CT scan showed no further problem) I had indeed a plenty of Thanksgiving: "Thank you, Lord, for Dr. E., who recognized that I needed to be in a hospital. Thank you for Dr. G. and Dr. S. and a successful operation. Thank you for the wonderful diagnostic tool, the CT scan. For the laboratory and infectious disease staff who isolated the guilty bacteria. And thank you for Barnes Hospital for providing this to St. Louis and to the nation. And thank you Lord, for the 'bad luck' that caused our van to break down—you can change my plans anytime you want. Amen."

Long-wear contact lenses now available

Long-wear contact lenses, recently approved by the Food and Drug Administration for general use, are now being prescribed by Barnes ophthalmologists for nearsighted patients.

The contact lenses, which can be worn up to two weeks without being removed, even when the wearer is asleep, had previously been approved only for people who had undergone cataract surgery. As such, the "extended wear" lenses had been used by some Barnes cataract patients for approximately three years.

Made of a plastic polymer, the long-wear lenses have a high water content which allows oxygen to pass through the lenses and reach the eyes. Without atmospheric air the blood vessels of the eye would die. The general use lenses contain up to 55 percent water, and contacts for "extended wear" have between 55 and 80 percent water.

As a general use for correcting nearsightedness, the main benefit of the lenses is convenience, according to Dr. Stephen Waltman, Barnes/WUMS ophthalmologist. "It is more convenient to leave the contacts in the eyes. The lenses do not need to be cleaned as often, and the risk of losing a lens is lessened by the fact that the contacts are not removed as often.

"The only potential side effects are the possible formation of corneal ulcers or scars on the cornea. Some patients with sensitive eyes might also find the cornea cannot tolerate long-wear lenses. But, the great majority of patients will find the new lenses correct their vision for normal life," said Dr. Waltman.

Dr. Tuteur named a health policy fellow

Barnes/WU pulmonary specialist Dr. Peter Tuteur has been named one of six Robert Wood Johnson Health Policy Fellows for 1981-82. As a fellow in the program, Dr. Tuteur will travel to Washington, D.C., for one-year sabbatical to work with government officials, particularly Congressional members, on health issues.

The program, founded in 1974, is designed to allow mid-career professionals working in academic settings to gain understanding of major health policy issues and how they are or are not resolved in our political system. Funded by the Robert Wood Johnson Foundation, the program is administered by the Institute of Medicine of the National Academy of Sciences with assistance from the American Political Sciences Association.

Dr. Franklin E. Walton dies; surgeon emeritus

Dr. Franklin E. Walton, Barnes/WU surgeon emeritus died of a heart ailment February 4 at his home in Ladue at the age of 78.

A graduate of Washington University School of Medicine, Dr. Walton served his internship and residency here and was appointed an assistant general surgeon in 1932. He was a member of the Barnes medical staff until his retirement in 1971.

Dr. Walton is survived by his wife, Helen McNeil Walton of Ladue; a daughter, Mrs. Walter Staley, Jr., of Mexico, Mo.; a sister, Mrs. Charles Smith of Springfield, Ill.; and three grandchildren.

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Eighty-one nursing students graduated from the Barnes Hospital School of Nursing during ceremonies held January 24 at the St. Louis Cathedral.

Gigouge's "Grand Responsive Chorus" organ prelude struck the chord for 81 Barnes School of Nursing graduates to march down the aisle of the St. Louis Cathedral in graduation ceremonies held January 24.

Christine Durbin, acting coordinator at the school of nursing, and student Joseph Sanders served as commencement speakers. Diplomas and class pins were presented by hospital president Robert E. Frank and school director Phyllis Khan, respectively, signifying completion of all necessary course work to become registered nurses. An added gesture of continuing friendship, a single red rose, was also given to each student by Floyce Scherrer, president of the school's alumni association.

Special recognition, in the form of the coveted Glover H. Copher scholarship and auxiliary awards, were bestowed upon five students. The $1,700 Copher scholarship, established by the late Barnes surgeon in 1958, is awarded to the graduate who shows promise of continuing his or her nursing education. The awardee must also have a high academic studies and clinical practice record and have made significant contributions to the overall student program. This year's winner was Willa Pawlikowski.

Barnes Hospital Auxiliary president Lynn Bachmann presented four graduates with $250 awards for outstanding accomplishments in various nursing fields. Catherine Joaquin was recognized for her work in medical/surgical nursing; Connie Moore for pediatric nursing; Stephanie Rymowicz for psychiatric nursing; and Cheryl Tiberend for maternity nursing.

Representing the 24th graduating class, eight males and 73 females joined the ranks of over 1,500 predecessors who have left the school to practice as registered nurses at Barnes and other United States hospitals. Having completed the 29-month diploma school program which includes 1,468 hours of in-hospital clinical training, the 1981 graduates are now prepared to work in all patient care nursing areas.

Of these graduates, 46 remained on Barnes staff in such areas as medicine, obstetrics and gynecology, general surgery, ophthalmology, orthopedics and the burn unit: Mary Ackfeld, Allen Benz, Allen Bon, Linda Boedefeld, Beverly Braden, Elizabeth Brooks, Karen Buns, William Bub, Kenneth Clements, Lisa Crain, Carolyn Cross, Connie Dickson, Ellen Domke, Judith Ennis, Catherine Fedchak, Karen Fischer, Kathleen Friend, Cheryl Griffin, Emily Gruber, Kristi Gundling, Mary Hebron, Karen Hoermann, Jean Jabour, Deborah Jacob, Catherine Joaquin, Carol Kaiser, Beverly Krimmel, Tammy Kunkel, Mark Myers, Jane Miller, Lisa Mohme, Connie Moore, Janet Ross, Stephanie Rymowicz, Joseph Sanders, Sherri Schmitt, Linda Smith, Debra Stachowski, Cheryl Stapleton, Margie Sullivan, Janelle Thornburgh, Kenneth Verser, Pamela Wells, Julie Whipple, Susan Whitaker and Sharon Wise.

Eighty-one nursing students graduated from the Barnes Hospital School of Nursing during ceremonies held January 24 at the St. Louis Cathedral.

A surprised Willa Pawlikowski makes her way to the podium to receive the prestigious Copher award which was presented by hospital president Robert E. Frank.
Renard facilities were. It includes an indoor gym—usually with one patient at a time.

“The new area has attractive, comfortable, pleasant surroundings with capability to segregate the more agitated, seriously ill patients from those with less serious problems,” commented Dr. Samuel Guze, Barnes psychiatrist-in-chief and head of the WU department of psychiatry. The facilities themselves help make the work of doctors, therapists and nursing staff easier.

The 18-bed intensive care unit occupies half of the fifteenth floor. It includes private and semiprivate rooms, two seclusion rooms, interview rooms and treatment rooms, conference rooms and dining room. A recreation room is furnished with a stereo as well as such items as a punching bag and treadmill so patients can work off their frustrations. A large electric convulsive therapy unit and recovery room, which serves both floors, is also housed on the fifteenth floor.

The west end of the fifteenth floor and all of the fourteenth floor house nursing divisions for the less seriously ill patient. Here patients with various forms of mental illness are hospitalized in private or semiprivate rooms for short-term therapy—usually three to four weeks—and then either return home or, if extended treatment is necessary, receive it on an outpatient basis or in a long-term mental facility. Depression is the most common disorder treated; however, patients with all types of psychiatric problems, including alcoholism, psychoses, schizophrenia and anorexia nervosa, for example, are cared for.

The general care areas are housed on 15300, with 29 beds; 14300, with 28 beds; and 14400, with 29 beds. Each division has at least two interview rooms, a music room and a TV/quiet room, as well as a dining room.

The activity therapy department is located on the rooftop that includes basketball and volleyball courts along with lounging areas.

Psychiatric treatment is one-to-one caring for the emotional well-being of each patient. It is a type of caring reflecting carefully monitored individual assessment and diagnosis, because each patient’s problems and personality are unique.

Each patient has specific needs, and as such, psychiatric caring varies individually by those needs. There is no master game plan proven successful in treating all psychiatric disorders. Rather, many interrelated methods work together in providing treatment. The patient’s disorder is diagnosed, then an emotional care plan devised specifically for that individual is put into action.

No matter what the disorder, careful attention is given to helping each patient adjust physically, mentally and socially. Medication must be carefully prescribed and administered to effect normal behavior. Open-end communication must be established so the patient feels free to talk out fears and anxieties. Therapeutic activities are planned to help the patient cope with the social environment and relearn basic living skills.

Such treatment is possible only through a combined effort. A team of highly skilled psychiatrists, psychiatric nurses, psychiatric social workers and activity therapists work together. Each team member works individually with a patient, giving a specific aspect of care, and then assesses progress with the entire team in weekly conferences.

Psychiatrists and psychiatric residents diagnose the disorder and help institute the patient care plan with psychiatric nurses. Psychiatrists visit each patient and upgrade medications daily. Assisting the psychiatrist is the nurse who gives primary nursing care. Each nurse has a group of five or six patients to care for, and works individually with one patient at a time.

“The psychiatric nurse is sensitive to whatever problems their patients have. The care given is more supportive emotionally than task oriented. The nurse must have good interpersonal relationships with others to be able to communicate and help the patient adjust to daily living,” said Pat Keys, associate director of nursing in charge of psychiatric nursing.

Activity therapists work individually and in group activities to help patients establish appropriate socio-activity lifestyles while developing activities in coping with performing basic living skills. Daily, 13 therapists see between 60 and 70 patients in structured programs. Therapists also work with individual patients.

Physical activities, art crafts, city-wide tours, hygiene classes and practical living skills are all part of the therapeutic program. “Activity therapy gives patients the chance to vent problems, feelings or concerns by means of physical activity. Our basic purpose is to evaluate and assess the patient in order to assist him or her to adjust to the illness or disability and at the same time increase functional ability. Most of our activities are group oriented, but we must consider each person unique and individual. Each patient is different, and we offer a variety of programs tailored to fit the patient’s needs.”

“Such classes as low-cal cooking, offered in conjunction with the dietary department, reinforce basic living skills while the patient cooks a nutritious meal. Our programs broaden the patient’s cultural, social and leisure awareness,” said Cheryl Brady, director of activity therapy.

An integral member of the treatment team is the psychiatric social worker, who evaluates the patient’s psycho-social situation and then offers facilitative assistance or counseling. Depending on the individual, help may be offered in finding a job, housing or financial funding to pay hospital bills. Individual counseling or counseling with family members may also be necessary. The end result is that psychiatric social workers determine which factors may be aggravating the psychiatric illness and then offer whatever help is needed to assist the patient to function socially.

As a team and individually, professionals work on a one-to-one basis with patients to treat psychiatric disorders, with the new psychiatric facilities giving them a better environment in which to effect the best treatment. “Care is given with sincerity, enthusiasm, honesty and empathy,” summed up psychiatric nurse specialist Nancy Keys.
The outdoor recreation area on the rooftop of the West Pavilion awaits warmer temperatures to host such activities as basketball, volleyball and shuffleboard for patients on the 14th and 15th floors.

An indoor gymnasium for basketball and ping pong also boasts a punching bag and room for daily exercises, weight-lifting, dances and banquets.

A private room on the 14th floor.

Activity therapy gives patients the chance to vent concerns, problems through physical activity.

Music/reading rooms are located on each psychiatric division.

A team of highly skilled psychiatrists, nurses, social workers, activity therapists work together to deliver individualized care to each of their patients.
agency. She will also collect hospital data, make statistical analyses to determine trends and patterns in health care and develop ideas for making Barnes as efficient as possible.

From her experience in purchasing furnishings and equipment for the West Pavilion, Ms. Duchon feels that she is well prepared for the responsibilities of her new position. She explained, "As far as the office design of the West Pavilion, I'm familiar with the blue prints, color schedules and overall plans of the hospital."

In May, Ms. Duchon will graduate with the bachelor's of science degree in business administration from Fontbonne College. She finds that she is able to integrate her work experiences into her class projects and vice versa. Ms. Duchon first joined the Barnes staff in 1972, as an administrative secretary in the purchasing department. She also served as a buyer before her promotion to project budget analyst in 1977.

Hospital notes

The following are reported on staff by the president's office: Dr. Joan Clark, assistant physician, effective July 1, 1980; Dr. Stephen J. Walker, assistant orthopedic surgeon, and Dr. Alfred B. Knight, Jr., assistant obstetrician/gynecologist, effective January 1, 1981.

The meeting of the 21st annual Instructional Course in Contact Lens Fitting to be held in New Orleans, La., on April 2-5, 1981, honors Barnes/WU ophthalmologist Dr. Jack Hartstein for "ten years of dedication and service." The program is sponsored by the Rudolph Ellenden Medication Foundation and the Louisiana State University Eye Center.

Barnes auxiliary and volunteer Barbara Butler was named a St. Louis Globe-Democrat 1980 Woman of Achievement for health concern in ceremonies held January 21 at the Chase-Park Plaza Hotel. She received the award for her work with the Missouri chapter of the Lupus Foundation of America.

Barnes/WU pediatrician Dr. Virginia Weldon has been named to serve a term on the National Advisory Research Resources Council of the National Institutes of Health. Dr. Weldon's appointment will run through October, 1984.

Bill Burket, Barnes security director, has been elected treasurer of the International Association of Hospital Security Officers, St. Louis chapter.

Dr. M. Lawrence Cobb, Barnes/WU anesthesiologist, was a delegate of the 17-member anesthesia group that toured hospitals in the People's Republic of China late last year as part of the cultural exchange program sponsored by People to People International.

Gen George and Nealia Meeks retire

Gen George, accounting, and Nealia Meeks, housekeeping, retired January 30. Both Mrs. George and Mrs. Meeks were presented with certificates of appreciation for more than 15 years of service to Barnes Hospital patients and staff.

Mrs. George started in the Barnes accounting department 35 years ago as a "jack of all trades," and spent most of her years there as an accountant with an adding machine she broke-in and nurtured until her retirement. "Perhaps I'm from the old school, but I've always liked my old, trustworthy adding machine and never switched to the new calculators."

Co-workers made certain Mrs. George would not have to make any unnecessary drastic changes during retirement—like adjusting to an electronic calculator to balance her checkbook. At a reception in her honor, Mrs. George was presented with her old adding machine as a special momento of her years at Barnes. "Besides," said vice-president and controller Robert McAuliffe during the presentation, "no one else remembers how to run the thing." Now that she doesn't have to report for work, Mrs. George said, "I plan to do all of the things I haven't been able to do." She explained, "My husband travels a lot on his job, so now I'll get to go with him. And my son gave me a dollhouse which I'll be busy decorating. I seriously doubt that I'll have much rest. I'll always find something to do."

Nealia Meeks spent 22 years in the housekeeping department of Barnes. She commented, "Now that I'm retiring, I could rest for about 15 years." Besides resting, Mrs. Meeks plans to participate in the activities sponsored by her apartment complex and spend time with her 10 children and 27 grandchildren. She added, "Before I started working, I used to sew a lot. Now that I'll have more time, I'd like to start that hobby again."

Mrs. Meeks was honored at a special luncheon given by the housekeeping department. She remarked, "I really look forward to retirement, but I'm also going to miss the good friends I've made here at Barnes."

Sandy Duchon named planning coordinator

Sandy Duchon, formerly project budget analyst in purchasing, has been promoted to planning coordinator of Barnes Hospital. As planning coordinator, Ms. Duchon will work closely with hospital planners and directors. She will also work with physicians interested in leasing offices on the 16th and 17th floors of the West Pavilion.

Ms. Duchon will be responsible for staying well-versed on the topic of health legislation, including regular contact with the local health systems.

Many benefit from patient care fund

The Barnes Hospital Patient Care Fund helped 23 private patients pay hospital bills that exceeded the amount picked-up by the individual's insurance coverage in 1980.

The recipients were between 19 and 64 years old. More than half had cancer; two had eye problems limiting vision; and others had such illnesses as a brain tumor, disc disease, pituitary tumor, heart ailment and pancreatic disease. The grants totaled $22,500.

Established in 1977, the fund assists private patients who, through no fault of their own, find themselves confronted with financial hardships as a result of a major illness requiring hospitalization. The needs of each patient recommended for aid are reviewed confidentially by a committee consisting of the director of social work, the director of development and the director of patient accounts. The final decision, based on the group's recommendations, is made by the president of the hospital.

"Donations range from a dollar or two to several hundred dollars. With the patient care fund, people in the community can help another human being who is deserving. In this day and age, that is the way people want their donations spent," said Jim Hubbard, director of development. The fund is financed from donations given to Barnes development office.

Gifts to Barnes Hospital

Listed below are the names of persons (honorees in boldface) who have made contributions during the period January 16 through February 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.

Donations to the hospital may be made through the Barnes Hospital Auxiliary or the Community Relations Office. The Auxiliary coordinates the Tribute Fund which is used for specific hospital projects. The various other funds are part of the development program of the Community Relations office.

Tribute Fund

IN MEMORY OF:
Margaret Dorn
Tim & Charlene Bancroft
Mae Martin
Ronald & Carol King
Don H. Teltorhorst
Pearl McGeehan
Samuels Shoe Company
Roland C. Baer
M/M Wylie Todd
D/H G. Schwartz
Dr. Paul F. Max
D/M John E. Hobbs
Blanche Kosky
M/M Richard Fisher
Natalie Wald
Dr. Lawrence W. O'Neal
Margaret Woodcock
Lansing
Mrs. Roland O'Bryen

Edward Radloff
Bennie & Sylvia Roman
John Lavin
Alma & Bob Dahlin
Barbara & Jay Watson
Don & Jessica Dahlin
Dale & Cheryl Dahlin
Florence M. Ross
M/M Philip L. Moss
William E. Hewitt
Vee Verchinski
Mrs. Lucius McGehee
Mrs. Justin Cordonnier
Dr. Franklin E. Walton
Barnes Hospital Society
Barnes Hospital Board of Directors & Administration
Dr. Paul Max
James H. Bryan, M.D.
Dietetic interns discuss good nutrition tips

Celebrating the American Dietetic Association’s official designation of March as National Nutrition Month, Barnes dietetic interns, in conjunction with the dietary department, will man a series of information booths at Barnes on nutrition topics March 10-13.

Starting March 10, dietetic interns will provide handouts on the four food groups—fruits and vegetables, milk and dairy products, breads and cereals and meat—and necessary servings from each group to maintain daily nutrition habits. Planning a nutritious meal on a limited budget as well as daily vitamin and mineral intake will be discussed.

How to cut calories and successful tips on dieting are among the handouts given at the weight reduction information booth March 11. Low calorie recipes will also be available.

Nutritional requirements which must be met to remain actively fit are the major source of handouts to be provided at the exercise and physical fitness booth March 12. Summing up nutrition week is an informational booth on food fact and fallacy. The effectiveness of fad diets plus the necessity of vitamin and mineral supplements will also be discussed March 13.

Barnes speakers bureau serves area groups

Barnes speakers bureau has been reactivated to provide community organizations with qualified speakers on a wide range of health and hospital related topics. It is coordinated by the public relations department. The service is free and can be for either daytime or evening meetings.

Speakers include nurses and therapists as well as administrators and departmental specialists. Topics can range from “Why it costs so much to be sick” to “Care of the burn patient,” “Coping with stress,” “Therapeutic recreation” and “Violence in our society.” Various other medical and hospital topics are available, including ones about Barnes Hospital, specifically. Talks can also be tailored to the interests of the group. Some talks are accompanied by audiovisuals.

For further information or to schedule a speaker, call 454-3515. A copy of the brochure, “Barnes Speaks to You” is also available from the public relations office.