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Barnes Hospital, St. Louis, Mo. Barnes Hospital, St. Louis, Mo.



Harold E. Thayer

Harold Thayer retires as board chairman

After serving as chairman of the Barnes board of directors for six years, Harold E. Thayer resigned his position, effective this month. However, Mr. Thayer will remain as a director on the board. He is succeeded by Armand Stalnaker, a member of the board since 1976.

Mr. Thayer, retired chief executive officer of the Mallinckrodt Chemical Company and consultant to the firm, has been a director since 1973. Under his leadership, Barnes has completed the West Pavilion, making the hospital one of the most modern facilities in the country. Also during his tenure, Barnes was designated a level I trauma center for Missouri and Illinois, has begun construction on modern emergency facilities and a state-of-the-art cardiac care unit and has purchased its first subsidiary, Barnes/Sutter HealthCare.

In addition to his service to Barnes, Mr. Thayer also has been involved in numerous civic activities as an officer of Civic Progress, Inc., the Arts and Education Council, Herbert Hoover Boys Club, St. Louis Regional Commerce and Growth Association and the St. Louis Area Council of the Boy Scouts of America. He also is a former campaign director of the United Way of Greater St. Louis. Currently, Mr. Thayer serves on the board of directors for Avon Products, Inc.

Ogura lectureship scheduled June 5

The fourth annual Joseph H. Ogura lectureship will be held June 5 at 7:30 a.m. in Walsh Auditorium, 9th floor McMillan. Dr. Paul Ward, chairman of the otolaryngology department at the University of California–Los Angeles, will be the featured speaker. Immediately following the lecture, a ceremony will be held dedicating the otolaryngology resource library as the Ogura Memorial Library.

The lecture honors the pioneering work of the late Dr. Joseph Ogura, the first American to construct an artificial larynx in a human, who died in 1983. Dr. Ogura served as Barnes otolaryngologist-in-chief and head of the department for WUMS from 1966-1982. He was internationally recognized for his work in the treatment of head, neck and throat cancer and for his research of nasal and larynx physiology.

Newly renovated CCU reopens April 29

The newly renovated cardiac care unit on the eighth floor of Rand-Johnson reopened its doors April 29 with a ribbon cutting ceremony and open house of the new facility.

Construction began last September to improve the unit's overall efficiency and appearance. Individual patient rooms now contain flooring and wall coverings which create a brighter, more home-like atmosphere—an important consideration for patients in high-tech intensive care. Built-in storage spaces also were added to patient rooms to house supplies.

One major addition to the CCU is a state-of-the-art computer system linking the unit with the nuclear medicine and radiology departments. This new system allows doctors to view x-rays and receive other diagnostic images within minutes. The \$160,000 teleradiology system, operated by the Mallinckrodt Institute of Radiology, is the second of its kind in the nation and the only unit in St. Louis.

The CCU's nursing function has been centralized from two separate work areas into one, making it possible to monitor all 15 patients from one facility. The unit no longer contains graduated and acute treatment areas, creating an "open admission" policy to any of the beds in the CCU.



Dr. Jack Kayes

BHS elects officers, council members

Dr. Jack Kayes, ophthalmologist, was elected to a two-year term as president of the Barnes Hospital Society during

(continued on page 2)

Barnes/Bulletin

BHS elects (continued from page 1)

their meeting April 18. He succeeds Dr. Willard Walker, general surgeon.

Other officers elected during the evening include: Drs. Neville Grant, physician, president-elect; Perry Schoenecker, orthopedic surgeon, vice-president; and James Bucy, urologic surgeon, secretary/treasurer.

In addition to the election of officers, three new council members also were voted into office. They are Drs. Robert Packman, physician; Daniel Schuster, physician; and Richard Sohn, neurologist. Each member will serve on the council for three years.

The BHS is composed of nearly 800 doctors on the Barnes/WU staff. The Society is pledged "to secure the development of the hospital both as a source of community service and as a center for medical progress."

New operation to correct myopia

Merlina Clark, a 32-year-old Wood River, Illinois, resident, leads an active life. However, because she is required to wear eyeglasses or contact lenses to correct myopia (nearsightedness), she feels this lifestyle has been somewhat hindered. Mrs. Clark explained that she tried several types of contact lenses to correct the problem, but could not reach an acceptable level of correction and comfort because her eyes are not moist enough to allow the contact lens to conform to her eye.

However, Mrs. Clark found a different solution to her myopia. On February 6, 1985, she underwent radial keratotomy at Barnes. According to Dr. Lawrence Gans, ophthalmologist, Mrs. Clark's visual acuity in the operated eye was restored to 20/25.

Radial keratotomy, a relatively new outpatient procedure, begins with eyedrops to anesthetize the eye. The ophthalmologist uses a diamond-blade knife mounted on a special handle to make fine radial incisions in the cornea (which has been elongated through myopia) leaving a small optical zone in front of the pupil. For severe myopia, a greater number of deep incisions are made, while less severe myopia requires fewer, shallower cuts. Cutting the cornea allows it to flatten and focus images on the retina instead of in front of it.

Approximately one-half hour after surgery, the patient is discharged. During the first 24 hours, patients may experience a slight discomfort in the operated eye, however, they can expect to return to work within 3 to 7 days. One advantage to this procedure is that no stitches are required and, because there is no bloodflow to the cornea, no bleeding occurs.

Ophthalmologists estimate that eyesight in 85 percent of most radial keratotomy patients is restored to 20/40 or better without glasses. Dr. Stephen Waltman, ophthalmologist, predicts that radial keratotomy could become an accepted alternative to wearing corrective lenses for adults with certain visual problems. He said the procedure has successfully been used in Russia for 10 years and in the United States for 4 years.



Ronion Richmond, the Barnes "Miracle Kid," holds her newborn daughter, Yana.

Barnes "Miracle Kid" gives birth to daughter here

The Barnes "Miracle Kid" continues on her dramatic rebound to a full and productive life.

Ronion Richmond, who lay comatose and on a respirator in March of 1982 with little prospect for recovery, once again has astounded her doctors and family. On Easter Sunday this year, Ronion returned to Barnes to give birth to a healthy, 6-pound, 7½-ounce girl, Yana Jenay Conner. Ronion also has a full-time job at the downtown Mercantile Bank where she is employed as a CRT operator and the back-up head operator.

Her illness three years ago began with an unrelenting headache. She was brought to Barnes emergency department when the pain became unbearable. Tests later revealed disseminated encephalomyelitis, an acute inflammation of the brain and spinal cord, which can result in permanent neurological damage and death.

The condition is rare in persons Ronion's age—19 at the time. It usually affects children who are recovering from childhood diseases such as measles or chicken pox. In Ronion's case, the condition quickly worsened and within one week she lay blind, paralyzed, comatose and near death. "They told my family that I wouldn't make it, and that if I did, I would be a vegetable," Ronion told KMOX-TV's medical reporter Al Wiman during an interview a few days after Yana was born.

But, four days later, Ronion opened her eyes and moved her right arm. "We needed a miracle and that's just what we got," Ronion's mother said at the time.

Today, Ronion has nearly fully recovered. Remaining problems include partial loss of vision in her right eye. She has fully retained her optimistic outlook and delighted in visiting old friends at Barnes during her return to the hospital.

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Barb DePalma, Editor

Daisy Shepard, Director

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BARNES HOSPITAL AT WASHINGTON UNIVERSITY MEDICAL CENTER



Dr. Lawrence Gans (second from right) demonstrates an intraocular procedure under the observation of 16 Bangladesh ophthalmologists.

Dr. Gans travels to Bangladesh

"The trip was set up as an exchange program for information. We learned as much from them as they did from us."

That is how Dr. Lawrence Gans, ophthalmologist, summed up his recent weeklong trip to Bangladesh as part of the Project ORBIS program. Through this program, ophthalmologists from around the United States are selected to visit foreign countries to demonstrate sight-saving surgical techniques as well as to exchange information with ophthalmologists in the host country.

Project ORBIS, which began in 1982, consists of a specially equipped eye hospital aboard a DC-8 airplane which visits foreign countries at the invitation of the local governments or ophthalmic societies. The plane contains an ultramodern operating suite equipped with lasers and an audiovisual system which allows ophthalmologists from the host country to observe surgical techniques and treatments performed by the visiting doctors. The plane also includes a classroom, examination/treatment area, several scrub areas and a resource library for videotapes, textbooks and journals containing the most current information on ophthalmic treatments and surgical procedures.

Dr. Gans was invited by Project ORBIS to visit Bangladesh and demonstrate several different surgical techniques requested by the host doctors to treat their patients. Dr. Gans' week began with examinations of patients at both major eye hospitals in the country. On his second

day, Dr. Gans performed several intraocular procedures in the plane's operating room, while 16 local ophthalmologists observed on the plane and an additional 35 surgeons watched the procedures via closed circuit in an airport classroom. Among the procedures demonstrated were corneal transplantation, cataract surgery with lens implantation and pars plana lensectomy-vitrectomy. According to Dr. Gans, this last procedure was the first ever performed in that country. This procedure requires two needles-one which cuts the lens and vitreous of the eve then aspirates them, while the other infuses fluid to maintain normal eye pressure. It is done in the U.S. for congenital cataracts, eye injuries and in some forms of diabetic eve disease.

Dr. Gans explained that one of the purposes of his visit was to teach the local doctors how they could perform modern procedures in their hospitals using existing equipment. He added that many Bangladesh ophthalmologists are trained in Great Britain and are very experienced surgeons. However, the country has only 80 ophthalmologists to treat the 100 million residents. "They are overwhelmed with the amount of cases of severe eye disease they must treat," Dr. Gans said.

At the end of the week, Dr. Gans visited a "cataract camp." These camps are organized to allow local doctors to perform eye surgery on people in rural areas. Dr. Gans said the local doctors perform as many as 150 cataract operations daily in unlit schoolhouses using only the equipment they could carry into the area.

"My trip to Bangladesh gave me the opportunity to see things we rarely see here in the United States," Dr. Gans said. "They had complete wards of patients with diseases we might see here only once per year."

CDL expands its outreach program

Barnes cardiac diagnostic laboratory (CDL) has expanded its rural outreach program to include community hospitals in Potosi, Missouri, and Sparta, Illinois. In addition, eight private physicians have contracted to have the program's services set up in their offices. The CDL's outreach program provides technical and professional assistance in holter monitoring and echocardiography to outlying communities in Missouri and Illinois.

Technicians are trained to operate holter monitors and/or echocardiography units in hospitals and doctors' offices in these areas. After the tests are completed, the results are sent to the Barnes CDL via private courier to be analyzed by the department's state-of-the-art computer. The final results are reviewed by Barnes cardiologists who compile a complete report which is dispatched to the referring hospital's medical records department.

The program began last year in Salem, Farmington and Troy, Missouri, and Breese, Red Bud and Murphysboro, Illinois. Negotiations are continuing with additional hospitals and one private industry.

The outreach program will begin an additional service this month through its "on-line" hookup between the CDL's main computer and a hospital's ECG equipment. St. Joseph's Hospital in Breese, Illinois, will be the first to be coupled with the Barnes system. Through this service, the ECG will be transferred from the hospital directly to the CDL's main computer. The results are then reviewed by Barnes cardiologists and sent back within a short time. This on-line hookup will eliminate the waiting period between when the test results are picked up and returned to the hospital.

SHARE offers breast cancer conference

SHARE (Support Has A Reinforcing Effect), the breast cancer support group at Barnes, will hold it 4th annual breast cancer educational conference June 1 from 8:30 a.m. to 4 p.m. at Barnes. The purpose of the conference is to teach breast cancer patients, their families and friends, and health care professionals about the disease, its treatments and how to deal with feelings about breast cancer.

Fee for the conference is \$10 and registration is required by May 28. For more information, or to register, call the Barnes department of social work at 362-5585.

Barnes/Bulletin

Patient Edu



Diabetes education is an important component to overall patient treatment. Here, a registered dietitian explains diet and exercise plans during a class held for Barnes patients.

Education is an integral part of overall patient care. Through educational programs, patients can learn about diseases, their early warning signs, treatments and technological advancements which can offer hope for a cure or establishment of a more healthy lifestyle. By being informed, patients can play a more active role in their healthcare and treatment.

At Barnes, patient education has always been a part of the hospital's underlying mission as a teaching facility. However, in recent years, a more diversified patient education program has been implemented to meet the ever-increasing needs of patients and members of the community. A new trend has emerged in health care-that of improving an individual's health status and shortening length of hospital stays. Through its extensive education program, the Barnes department of education and training has set out to meet this new challenge to train people to take more responsibility for staying well. Hundreds of Barnes' staff and physicians have participated in this interdisciplinary effort.

The Barnes program offers educational assistance in 18 specialty areas including outpatient, general and plastic



Linda Knight, patient education coordinator, explains material in one of the many brochures found in the Health Education and Screening Center.

surgery, dermatology, respiratory, otolaryngology, psychiatry, infection control, obstetrics, gynecology, burn care, diabetes and others. Each specialty area operates a patient education subcommittee chaired by a physician with representatives from departments such as nursing, the Irene Walter Johnson Institute of Rehabilitation, activity therapy, respiratory therapy, clinical dietetics, social work, pharmacy and education and training. The purpose of each sub-committee is to constantly assess what patient needs are present and meet these needs through development of classes, printed materials, videotapes and other instructional materials. The sub-committee's efforts will be honored during Patient Education Appreciation week, June 24-28.

In November, 1984, the Barnes patient education program received national recognition from the American Hospital Association for excellence in its hospital-wide management of patient education and for its chronic obstructive pulmonary disease (COPD) patients. Barnes' COPD education program was the first to receive the AHA's Leader Award, the highest honor for outstanding achievement, and was the only adult lung program in the United States to receive national recognition. Hospital-wide programs coordinated through the department of education and training are headed by Walter Klein, DET director, and Linda Knight, patient education coordinator.

Last September, the Health Education and Screening Center (HESC) opened on the ground floor of the West Pavilion following a generous donation from the Barnes Auxiliary. This center was developed to offer educational screenings, courses and materials to Barnes patients, employees and members of the community. Ongoing screenings offered in the HESC detect health problems such as high blood pressure, breast cancer, diabetes and colorectal/prostate cancer. These screenings are performed by a nurse specialist or an instructor in the department of education and training and are available from 9 a.m. to 4

ication



The department of education and training offers a wide variety of free screenings in the Health Education and Screening Center. Here, Norma Barr, DET instructor, performs a blood sugar exam.

p.m. in the center. The HESC staff relies on the vast expertise of Barnes doctors when further evaluation or treatment is needed.

People coming to the HESC also can benefit from the enormous collection of printed materials and videotapes available in specialty areas such as aging, arthritis, diabetes, hypertension, heart disease, stomach disorders, nutrition and weight control, parenting, pregnancy and childbirth, smoking cessation and stress management. The HESC staff serves as a centralized resource to answer questions from patients and their families, Barnes employees and members of the community on topics concerning diseases and their treatment.

The screening center is frequently used to conduct regularly-scheduled classes such as childbirth, sibling preparation, diabetes education, coronary care and pulmonary home care. Community programs and group meetings also are held in the center including Fitness through Aerobics programs and meetings of the Neurofibromatosis Foundation; St. Louis Chapter for Ileitis and Colitis; SHARE (Support Has A Reinforcing Effect), the breast cancer support group at Barnes; and the Pacemaker Club.

Outside the HESC, the patient education program also plays a large role in overall healthcare by offering instructional programs via closed circuit television in each patient room. To view these programs, patients simply must turn the television in their room to Channel 10. These free programs can be seen even if the patient has decided not to rent the television during their hospital stay. Each program averages approximately 15 minutes in length and topics covered include diabetes testing, understanding anesthesia, arthritis, post-coronary care, the heart, lower back pain, learning to breathe better, new baby care, weight control, heart



Daily classes are held to teach cardiac patients about their disease and its treatment. Here, a registered dietitian explains the importance of a balanced diet to overall care.



Diabetic patients can learn more about their disease through a filmstrip and printed materials available on the diabetes education cart.

catheterization, hip replacement, pacemakers and hypertension. These programs are designed to give patients general information about common illnesses and explain treatments they may receive while hospitalized at Barnes.

Barnes received approval recently to distribute the StayWell program in St. Louis city and county, as well as Jefferson and St. Charles counties and Madison and St. Clair counties in Illinois. This program, developed in 1979 by the Control Data Corporation, is designed to offer a full range of health promotion products and services including health risk screenings and profiles, needs assessment, educational classes, fitness plans, support groups and ongoing follow-up. The program also offers courses on weight control, stress management, controlling high blood pressure, nutrition and stopping smoking.

Media spotlight

Suction lipectomy, the surgical removal of fatty deposits from the body, was featured as part of the 9:30 p.m. news broadcast on KPLR-TV March 20. **Dr. Leroy Young**, plastic surgeon, was interviewed for the segment. Dr. Young also was interviewed on suction lipectomy for articles appearing in the *Northwest County Journal* and *Press Journal* March 27.

Donna Granda, nursing director of operating rooms, discussed the **increase in outpatient surgery** during a segment aired on KMOX Radio March 21. The new Outpatient Surgery Center in March broke its January record; 631 outpatient procedures were performed at Barnes last month (compared to 617 in January).

Dr. Jay Marion, medical oncologist, explained **advancements in the treatment of cancer** during the 5 p.m. news broadcast March 22 on KSDK-TV.

Dr. Charles Anderson, head of the Barnes kidney transplant team, spoke on the **critical need for organ donations** as part of the 5 p.m. news broadcast on KTVI-TV March 31. He also was interviewed for an article on kidney transplants which appeared in the April 1 edition of the West Frankfort, Illinois, *Daily American* and for an article on Rayetta Salchow, Missouri's longest-living kidney transplant recipient, which appeared in the Springfield, Missouri, *Leader and Press.*

Cancer, its early detection and treatment were outlined during a half-hour segment aired on KMOX radio March 31. **Dr. Robert Lund**, general surgeon, and **Dr. Jay Marion**, medical oncologist, were interviewed by reporter Vicki Atlas.

Dr. William Catalona, urologist-inchief, and Dr. Ralph Clayman, urologist, discussed with Martha Muench, medical reporter for KFVS-TV in Cape Girardeau, Missouri, the innovative techniques used for kidney stone removal and the nerve sparing operation used to treat prostate cancer. Ms. Muench also interviewed Dr. Keith Bridwell, orthopedic surgeon, about a new spinal cord monitoring technique available at Barnes which lessens the risk of paralysis during surgery on or near the spinal cord; and interviewed **Dr. Roy Petrie**, neonatologist-in-chief, on **oxytocin** for inducing labor.

Tissue plasminogen activator (t-PA), a new drug capable of stopping heart attacks within minutes by dissolving the blood clots that cause them, was discussed by Dr. Alan Tiefenbrunn, cardiologist, as part of a segment aired April 4 on KMOX radio. Articles on t-PA also appeared April 4 in the St. Louis Post-Dispatch and St. Louis Globe-Democrat. Cardiologist-in-chief Dr. Burton Sobel and cardiologists Drs. Philip Ludbrook and Tiefenbrunn were interviewed. KPLR-TV aired an interview on t-PA April 4 as part of its 9:30 p.m. news broadcast. Dr. Allan Jaffe, director of the Barnes cardiac care unit, and Dr. Tiefenbrunn were interviewed by reporter John Schieszer.

"Living with Cancer" was the cover story for the April 8 issue of *Newsweek* magazine. Dr. Gary Ratkin, medical oncologist, was one of the doctors nationwide that were interviewed for this story.

Hospital notes

The following are reported on staff: Drs. David D. Chaplin, assistant physician; Richard A. Hopkins, assistant cardiothoracic surgeon; John B. Lowe, assistant pathologist; John F. Mantovani, assistant pediatrician and neurologist; Peter Fox, assistant neurologist; David C. Hardy, assistant radiologist; Raju Mantena, assistant anesthesiologist; Theodore M. Meiners, assistant obstetrician/ gynecologist; Mark A. Mintun, assistant radiologist; Fredrick G. Regenstin, assistant physician; and Ronald N. Riner, assistant physician.

Dr. J. Regan Thomas, otolaryngologist, received the Young Physicians Award during a meeting held at the University of Missouri-Kansas City medical school April 12.

Daisy Shepard, public relations director, recently served as a guest panelist on "Trends and Issues in Health Care Public Relations and Marketing," for a seminar sponsored by the St. Louis chapter of the Public Relations Society of America.

Sara Schmeer, social worker, and Norma Stern, coordinator of the Barnes Alarms for Life program, were recently honored for their community involvement with the Alarms for Life program. Each received a plaque from the St. Louis unit of the National Association of Social Work.

Steven K. Whitson, evening/night administrator, was a member of a panel which discussed "Health Care in the 1990s: Trends and Strategies" during the annual American College of Hospital Administrators' student luncheon and roundtable held February 15 in Chicago.

Gifts to Barnes Hospital

Listed below are the names of persons (honorees in **boldface**) who have made contributions during the period March 12 to April 5 to the funds at Barnes Hospital. Because Barnes is a private hospital and does not receive public funds, it relies on the gifts of individuals to continue providing quality patient care and to support research aimed at improving the lives of our patients.

Donations to the hospital may be made through the Barnes Hospital Auxiliary or the Development Office. (Donations through MasterCard or Visa are welcome). The Auxiliary coordinates the Tribute Fund, which is used for specific hospital projects.

Auxiliary Tribute Fund

IN	MEMORY OF:	Daughter, Theta
	. Edward L.	Mrs. Larry Tucker
	a kewell, Jr. rles E. Claggett	IN HONOR OF: The Auxiliary's Silver
Irvi	ng Colby	Anniversary
	A Otis J. Garland	L. T. Bannes & Joseph F. Shaughnessy
Joh	n V. Downen	Bannes Shaughnessy,
Edr	nund C. Immer	Inc.
M/N	ien B. Guze A Joseph Henry chweich	Anniversary of D/M Ralph V. Gieselman M/M Milton Darmstatter
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Barnes Hospital Auxiliary

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M/M Lester Cohen

M/M Arnold L. Cole

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M/M Floyd Ernest &

M/M Bernerd Feinstein

M/M Skip Erwin

& Family

M/M Stephen G.

Dardick

Family

Ruth G. Daytz

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Father of Morris Tamsky M/M Dan Sokol

Michael Yatkeman M/M Robert Fischer M/M Alvin Kutner

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Strauss Family

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New Home of the

Howard Hurwitz

D/M Julius Hartstein

Matthew Omells' Bar

Family

Family

Mitzvah

IN HONOR OF: Birthday of Samuel

> Stern Marie H. Eichenlaub Norma E. Stern Sheryl L. Stern

Award from NASW for Sara Schmeer Karen D. Greening

Award from NASW for Norma Stern Laura, Jacob & Bennie Bury Marie Eichenlaub Sam Stern

Barnes/Bulletin

Hospital week set for May 12-18

The Barnes Hospital family consists of more than 5,000 full-time and part time employees working in hundreds of specialty areas. From the admitting clerks to the housekeepers, from dietary workers and nurses to pharmacy employees, everyone has a role to play in the overall care of the patient.

National Hospital Week, observed May 12-18, has been designated to recognize the life-supporting role of hospitals in their community and the dedicated services performed by hospital employees. This week was established by the American Hospital Association in 1921 to honor the many contributions made by hospitals each year.

Junior volunteer recruitment begins

Teenagers aged 14 and over are invited to apply for volunteer positions open this summer in the JV program at Barnes Hospital. JVs work in areas such as admitting, dietetics, discharge waiting, information desks, radiology and recovery rooms.

For more information on the Barnes JV program, contact the volunteer department at 362-5326.

Awards dinner honors employees

Barnes Hospital will hold its spring service awards dinner May 17 at 8 p.m. at the Radisson Hotel in downtown St. Louis to recognize 170 employees celebrating special employment anniversaries.

Heading up this spring's list of honorees is Peggy Liles, nursing education, with 35 years of service. Other top honorees at the dinner will include Catherine Lampkin, medical records; Anna Garner, medical records; Earlean Clark, housekeeping; Iris Franks, housekeeping; and Florence Walters, data processing, each with 30 years' service.

Other honorees will include those employees who are celebrating 25, 20, 15 and 10 years of service.





Barnes doctors were honored March 29 with complimentary doughnuts and a boutonniere as part of the Doctors' Day observance sponsored by the Barnes Auxiliary.



Barnes Hospital Barnes Hospital Plaza St. Louis, Missouri 63110

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