Building Healthier Communities Together

Our mission at Barnes-Jewish Hospital is to take exceptional care of people. More than an approach to direct patient care, this important mission reaches far beyond the walls of our medical campus. It gives us a sense of obligation to improve the health and wellness of the entire community we have the privilege to serve.

We are so fortunate to have members of our community like you, who come together in support of our mission. Your generosity helps advance research, clinical care and the experience for our patients and families.

We are humbled by the incredible passion shown at our annual Illumination Gala. The event has grown each year and raised a record-breaking $4.36 million in June. Enjoy photos from the extraordinary and inspiring evening on page 2.

Sometimes, however, we face unforeseen challenges that jeopardize the health and wellness of our community. This often requires new approaches to care, in partnership with numerous organizations, all working together to address an unmet need.

As our nation races to respond to the growing issue of opioid abuse, experts at Barnes-Jewish and Washington University School of Medicine are leading efforts in our region. Learn more on page 4 about what our physician-scientists are doing to curb the public health epidemic, including unique programs like Engaging Patients in Care Coordination (EPICC), which provides those struggling with opioid use disorder access to recovery coaching aimed at long-term treatment.

The Foundation’s new Healthy Future Fund is one way you can be an important partner for programs like EPICC and to deliver resources for other issues where the needs are greatest.

Together, we can fulfill our mission. Thank you for all you do to improve the health and wellness of the community we call home.

Thank you,

Robert Cannon
President, Barnes-Jewish Hospital
Group President, BJC HealthCare

The Foundation for Barnes-Jewish Hospital helps donors enrich lives, save lives, and transform patient care through charitable gifts. Please give at FoundationBarnesJewish.org.

Your gift is very much appreciated and fully deductible as a charitable contribution. A copy of our latest financial report may be obtained by writing to The Foundation for Barnes-Jewish Hospital, 1001 Highlands Plaza Drive West, Suite 140, St. Louis, Missouri 63110, or calling 314-286-0600. The Foundation for Barnes-Jewish Hospital was formed in Missouri.

Robert Cannon
President, Barnes-Jewish Hospital
Group President, BJC HealthCare
Nine years ago, Lee Wielansky was one of millions of Americans suffering from atrial fibrillation, a very dangerous type of irregular, rapid heartbeat. Afib increases the chances for blood clots, stroke, heart failure and other heart-related complications.

His condition had gotten to the point where he needed a catheter ablation, an invasive procedure in which a thin, flexible tube is guided through the femoral vein up to the heart where a tiny electrode tip is used to burn off cells causing the irregular heartbeat.

Luckily, the ablation was successful and he hasn’t had further problems. But that hasn’t stopped Lee, who serves on the board of The Foundation for Barnes-Jewish Hospital, from trying to find a better treatment. That’s why he and his wife, Laurie, made a gift to create the Innovation and Collaboration Fund at the Foundation. The fund supports the work of Phillip Cuculich, MD, a cardiologist who specializes in heart rhythm, and Clifford Robinson, MD, a radiation oncologist. The two have developed a noninvasive radiotherapy procedure that many experts believe will be a game changer in the way irregular heartbeats are treated.

“My wife and I are interested in making an impact,” says Lee, an engaged community philanthropist. “I’m a big believer in giving back. I’ve been fortunate in what I’ve done and accomplished. We have to give back in life to accomplish things and to show appreciation for what we have.”

To read the full profile, visit FoundationBarnesJewish.org/LeeWielansky

When Susie Sachs was growing up, her parents, Marilyn and Ken Steinback, encouraged her to participate in sports and exercise regularly. Staying fit was important to the Steinbacks and their family trips often involved skiing and other physical activities.

Susie believed that her family’s lifestyle played an important role in why they were so healthy. Until one day, when her father, an avid jogger, was diagnosed with non-Hodgkin lymphoma. He was 57 years old.

“It hit my family hard,” she says. “Dad had been super healthy. He did everything right, he ate right, he exercised.”

That was about 18 years ago and since that time, Ken has survived three bouts of this aggressive form of cancer and is now in remission.

Susie says she has learned a lot from her father’s experience and his efforts to give back. For example, Ken is a former chairman of the Foundation and he initiated the Kenneth B. Steinback Cancer Research Fund, which supports the work of his physician Nancy Bartlett, MD.

This influenced Susie to follow in her father’s footsteps by joining the Foundation’s board in 2017.

Being on the board has taught her the important role that the Foundation plays in supporting patient care, research, education and community outreach.

To read the full profile, visit FoundationBarnesJewish.org/SusieSachs

Advancing Our Mission
We are grateful for the expertise, guidance and support of all of our distinguished board members.
An extraordinary evening filled with stories of hope and inspiration, the 12th annual Illumination Gala raised a record-breaking $4,363,163 to support research at the Alvin J. Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine.

Hosted by The Foundation for Barnes-Jewish Hospital since 2007, this year’s event was held on June 1 and featured actor and entertainer Jeff Goldblum, who performed with his jazz band, the Mildred Snitzer Orchestra. The Gala was chaired by Carl Bouckaert, Sue McCollum and Suzanne Sitherwood. This gala was particularly meaningful because it coincided with Siteman Cancer Center’s 20th anniversary.

“Siteman Cancer Center is a special place for our patients who receive care and the skilled and passionate caregivers who provide it,” says Robert Cannon, president, Barnes-Jewish Hospital and group president, BJC HealthCare.

Photo captions: 1. Jeff Goldblum, center, special guest host and entertainer, with Pat Whitaker and her husband, The Foundation for Barnes-Jewish Hospital’s board chair, Dick Miles. 2. Cancer Frontier Fund researcher William Hawkins, MD, and his wife, Michelle, raise their paddles to “Fund-A-Cure.” 3. Previous Illumination chairs Tom and Jennifer Hillman with Rodger and Paula Riney. 4. Kim and Tim Eberlein, MD, director of Siteman Cancer Center. 5. Bob Cannon, president of Barnes-Jewish Hospital and group president of BJC HealthCare, with his wife, Sandy, and Kim and Joe Koenig. 6. Event tri-chairs Sue McCollum, Carl Bouckaert and Suzanne Sitherwood. 7. Foundation board members Mahendra Gupta, PhD, and Ken Steinback.
Mr. Cannon says the moving stories told at Illumination bring home the importance of the work of Siteman’s physician-scientists. “The relentless pursuit of answers has helped establish Siteman as a national leader in research and personalized medicine. We are inspired by the breakthroughs and discoveries made by the Siteman team, which have the opportunity to change cancer care for generations to come.”

Moving Research Forward Faster

The funds raised at the gala support the Foundation, including the Cancer Frontier Fund established by Amy and Bill Koman in 2007 to accelerate pioneering cancer research. Over the past 12 years, funds raised through Illumination have been granted to about 110 of these vital research projects.

The following are just a few of the researchers who have recently received Cancer Frontier funding and the focus of their research:

Todd Fehninger, MD, PhD, is developing and evaluating new treatments for patients with incurable lymphomas.

Brian Van Tine, MD, PhD, is studying weak points in sarcoma cancer cell metabolism with the aim to use therapies to cut off tumor fuel supply.

David DeNardo, PhD, is studying tumor-associated macrophages (large white blood cells) found inside pancreatic tumors so they can be therapeutically targeted.

Gavin Dunn, MD, PhD, is investigating how to implement immunotherapies in patients with glioblastoma, the most aggressive type of brain tumor.

Tim Eberlein, MD, director of Siteman Cancer Center, says these physician-scientists are blazing new trails, identifying novel ways to treat cancer in a personalized fashion. “We have brought together scientists of diverse backgrounds to tackle some of the toughest problems in the field,” he says. “Through the Cancer Frontier Fund, we have made significant progress in developing novel personalized therapies that are more effective and less toxic. Dreams are becoming realities.”

Thank you!

SAVE THE DATE:
Saturday, June 6
2020 Illumination Gala
The Ritz-Carlton, St. Louis

Join us for another evening of philanthropy and entertainment with our 2020 co-chairs:
Pat & Mark Burkhart | Noémi & Michael Neidorff
The opioid crisis is a public health epidemic of epic proportions affecting thousands of families right here in St. Louis, all across our country, and around the world.

World-class addiction medicine experts at Barnes-Jewish Hospital and Washington University School of Medicine are on the front line of the opioid crisis, and their work is impacting the national debate on how to best tackle the problem.

Top experts on opioid use disorder weigh in on what is being done, and what still needs to happen, to solve this growing public health crisis.

Question:
There’s been a lot in the news about the opioid epidemic. How does this affect our region?

Answer:
Evan S. Schwarz, MD, Associate Professor of Emergency Medicine, Medical Toxicology Section Chief, and Director of the Outpatient Medical Toxicology and Addiction Medicine Clinic

In 2017, we had 49,000 Americans die from an opioid overdose. To put that in perspective, if you look at the number of Americans who died in the Vietnam War or the number of Americans who died at the peak of the HIV epidemic in 1995, they were in the 50,000s. So, people we lost just due to opioids have almost equaled both of those totals. And the number unfortunately keeps climbing.

Opioid overdoses increased 70 percent between 2016 and 2017 in the Midwest alone, and Missouri is in the top third of U.S. states most affected. Every day, between five and ten of these patients come through the Barnes-Jewish Hospital emergency room doors—and this number continues to grow.
Question:
What is being done at Barnes-Jewish Hospital and Washington University School of Medicine to address the opioid crisis?

Answer:
Robert F. Poirier Jr., MD, MBA, Assistant Professor, Emergency Medicine, Clinical Chief of Emergency Medicine, and Director of ED Patient Safety, Quality, and Performance Improvement

At the end of 2016, we started a new treatment program called EPICC (Engaging Patients in Care Coordination). Before EPICC, when someone with an overdose came into the emergency department, we would medically resuscitate them, give them a piece of paper with local resources listed, and say, “Call a number on here and try to get into a drug rehab program or follow-up with your primary care physician.” The problem is that this old way of treating patients with opioid use disorder does not work. We would see the same patients return again and again with overdose. Unfortunately many would arrive dead to the emergency department if they arrived at all.

The way addiction works is that as soon as we medically reverse the effects of opioids in someone’s body an overwhelming all-powerful craving overtakes them. The craving is so strong they immediately want to go back out and get to where they were before the opioids were reversed.

We started the EPICC program as a pilot program in the Barnes-Jewish Hospital Emergency Department. Now, when someone comes in with an overdose, we administer usual immediate medical care but also call a peer recovery coach. The recovery coach, who is often a former addict, gives patients hope they too can conquer their addiction. Often patients with chronic opioid use disorder have lost all hope of recovery. Hope is an important part of the treatment. Medication-assisted treatment (buprenorphine or Suboxone) is another crucial part of the treatment. Medication-assisted treatment lessens the intense cravings to go out and immediately use more opioids again.

Patients are connected within a day or two to a substance abuse treatment center that can continue buprenorphine or Suboxone treatment that was begun in the emergency department. The recovery coach stays in touch with the person after discharge to encourage compliance with follow-up.

As of August 2019, at Barnes-Jewish Hospital, we are treating and connecting 120 patients a month through the EPICC program. My goal is to increase the number of patients enrolled in EPICC up to 150 or 160 per month. We have made great strides over the past few years.

The percentage of patients who are referred to EPICC and agree to work with a recovery coach is very high. The referral-to-enrollment rate at Barnes-Jewish Hospital in EPICC is 95 percent.

CONTINUE READING ▶
Question:
How do we intervene earlier and prevent overdose deaths for people with opioid use disorder?

Answer:
Laura J. Bierut, MD, Alumni Endowed Professor of Psychiatry and Director of the Health & Behavior Research Center

My career as a physician-scientist has been discovering genetic underpinnings of addiction. My view of addiction is actually many steps before an individual comes to the emergency room with an overdose.

As I look at the cascade of events moving from drug initiation to misuse to opioid use disorder, I think we’re having a failure to intervene at these earlier times and prevent opioid use disorder from transitioning to overdose and death.

We know most people with opioid use disorder are interfacing with health care systems. They’re going to primary care providers, they’re in the hospital, and they’re going to emergency care. Yet we have this terrible leakage of these patients.

The mantra I have is, “We should not let the sun set on anyone with opioid use disorder without connecting them to treatment.”

We have protocols that if someone has a stroke or a heart attack, we have time limits to get these individuals in treatment. We should be approaching the opioid epidemic in the same way. We should be making sure patients are connected, engaged in treatment, and on this path. We need to implement this in a very precise and efficient manner.

Opioid overdoses increased 70% between 2016 and 2017 in the Midwest.

World-class addiction medicine experts at Barnes-Jewish Hospital and Washington University School of Medicine are finding paths to combat this public health epidemic.

Question:
How can the broader community come together to help patients with opioid use disorder get appropriate treatment?

Answer:
Dr. Bierut

We are building toward a system that we’re calling the “No Wrong Door” model (See diagram on page 7). What we know is individuals with opioid use disorder are really affecting so many different aspects of our system. They’re interfacing with behavioral health centers, mental health clinics, hospitals, the justice system, public health departments, the foster care system, and so on.

This is a person-centered model. When people are interacting with these different systems, we look at how to identify a person with opioid use disorder and how to connect them to care.

What we have at this institution are incredible areas of excellence: emergency department, psychiatry, internal medicine, OB/GYN—all of these groups are now really starting to approach the opioid crisis.

Answer:
Dr. Poirier

Our overall goal is to establish a Center of Excellence for Addiction Medicine to comprehensively address substance use disorders in our region. To realize that goal we need your help. We need help to finance and provide resources to carry out these efforts. We must identify and target treatment in the very beginning stages of addiction. After a repetitive pattern of substance use disorder has been established, we need to immediately initiate intense, evidence-based, comprehensive treatment to reduce the high likelihood of dying from their addiction disease.

There is no doubt we have a major national crisis, and opioid deaths in Missouri (and especially the St. Louis region), continue to grow faster than the national average. A comprehensive Center will provide the education, research, and coordinated clinical care that are key to solving this crisis. Albeit ambitious, a Center of Excellence aimed at addiction and substance use disorder will create an effective, best practice model of care by bringing our collective expertise together in a way that works best for patients and their families.
How “No Wrong Door” Will Work

Once any system identifies an individual with opioid use disorder, they are able to connect that person/families with the Substance Abuse Disorder Center of Excellence, which can then procure the appropriate treatment services. This closes the gap between systems, ensuring every individual is offered care.

Watch More

To watch the full panel discussion, “Addiction Medicine: Combating the Opioid Crisis,” from The Foundation for Barnes-Jewish Hospital’s Leading Edge Medicine series, visit FoundationBarnesJewish.org/OpioidCrisis.

Laura J. Bierut, MD, Alumni Endowed Professor of Psychiatry and Director of the Health & Behavior Research Center

This is a person-centered model. When people are interacting with these different systems, we look at how to identify a person with opioid use disorder and how to connect them to care.

How You Can Help

The Foundation for Barnes-Jewish Hospital provides support where and when it’s needed most to help solve the most pressing health care issues in our community. If you are interested in supporting the collaborative efforts happening across toxicology, psychiatry, and the emergency department to combat this epidemic, contact Jaclyn Stewart-Strothmann at 314-286-0450 or Jaclyn.StewartStrothmann@bjc.org.

The Healthy Future Fund (area of greatest need) also gives us the ability and flexibility to address community health needs as they arise, including the opioid crisis.
Of course, Pepper is no ordinary dog or just someone’s pet on the loose. She’s one of the specially-trained therapy dogs tasked with bringing smiles to cancer patients, their families and staff. She and owner Patrice Stanley were certified by the nonprofit Duo Dogs Inc., which operates the Touch program that trains volunteers and their dogs to visit hospitals, cancer treatment centers, nursing homes, hospice houses and other health care facilities. Duo receives community grant support from The Foundation for Barnes-Jewish Hospital.

“I’m so happy to see you!” says patient Cheryl Poynter when Pepper trots into the room. The irresistible golden retriever-poodle mix immediately recognizes Cheryl and goes right to her side, tail wagging vigorously as the patient reaches down to give the dog some loving pats.

“I just rave about her,” says Cheryl, who keeps a photo of Pepper in a binder she carries with her. “Just keep bringing Pepper back.”

Cheryl’s affection for Pepper is just one example of why the popularity of therapy dogs is on the rise.

“There is definitely a growing interest by institutions to have visits from therapy dogs,” says Peggy Musen, executive director of Duo. “Dogs undoubtedly bring comfort and joy into the lives of people who are struggling. Not just the patients, but also their families. I also believe the dogs bring a reprieve to the staff as well. And for the handlers, it makes them feel good about giving back and helping someone be less anxious about a treatment or diagnosis.”

One of the last things you would expect to see in a cancer treatment area is a big, affable black dog with a hot pink bow on her head. But Pepper, a five-year-old goldendoodle, has become a very welcome and much sought-after fixture at The Alvin J. Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine.
Stanley Meet Barclay:
The Story of the St. Louis Blues’ Four-Legged Friend

Talk about barking up the right tree! Late last year, as the St. Louis Blues sank into last place in the National Hockey League, the team decided to help raise Barclay, a yellow Labrador retriever puppy being trained to be part of the Duo Dogs Assistance Dogs Program. Then on June 12, 2019, less than six months after Barclay’s arrival, the hockey team won its first Stanley Cup. Barclay, named after former Blues player and coach, Barclay Plager, is now considered one of the team’s good luck charms.

This miraculous dog, who was eight weeks old when taken in by the Blues, is owned by Duo, a nonprofit that trains service and therapy dogs. Not only does Duo receive community grant support from The Foundation for Barnes-Jewish Hospital, but Barclay is the offspring of Honey, a dog owned by Pat and Aja Stokes, who initiated the Foundation’s campaign for Hospice which resulted in Evelyn’s House. Pat is a former chair of the Barnes-Jewish Hospital board of directors and currently an emeritus member of the board.

From the moment he was born, Barclay has been with humans for 24 hours a day to accclimate him to all social situations. Certainly being raised by a hockey team presented plenty of those. Indeed, videos of his playful antics, particularly those on the ice, have turned him into an Internet superstar and his Instagram feed, @stlbluespup has more than 76,000 followers. He also won the award for NHL’s Best Team Dog where hockey fans voted from around the country.

Randy Girsch and Hannah Arnold, the Blues’ vice president and director of community development respectively, are Barclay’s primary and secondary handlers. Either of them will take him home with them at night and on the weekend. After he’s with the team for a total of about 18 months, he’ll be returned to Duo for advanced training which will last about six months, and then he will be evaluated on how he will fit into the Assistance Dog Program. Another Duo Program, Touch Therapy, has owners and their dogs volunteer at several BJC HealthCare entities, including Evelyn’s House. The dogs provide support and relieve stress and anxiety for people undergoing extensive treatments or who just received a devastating diagnosis.

To ensure The Foundation for Barnes-Jewish Hospital is able to continue to support community programs that strengthen the patient experience, make a gift to support our Areas of Greatest need online at FoundationBarnesJewish.org or call 314-286-0600.
Randy Sims, a double lung transplant recipient, has faced and overcome many discouraging statistics in his life.

As a young child, he was diagnosed with cystic fibrosis (CF), a genetic disease that affects the lungs and digestive system and makes breathing difficult.

After years of frequent chest colds, shortness of breath and digestive problems, doctors in his small rural hometown told his worried parents that he just had a series of viruses. Randy finally received an accurate diagnosis after his parents took him to St. Louis Children’s Hospital for a second opinion when he was 10 years old.

But along with his diagnosis came some disheartening news. He was told he may only make it to 12 years old. When he made it to 12, he was told 16. Then 18. Then 21. But he survived and surpassed all of these milestones.

Right after celebrating his 31st birthday, Randy received the call that his lung function had decreased to the point that he would need a double lung transplant. He was put on the waiting list for donor organs.

Twenty months later, he received the double lung transplant he had been waiting for and faced another frightening reality: five years post-transplant, only 50 percent of patients survive.

But today, two decades later, Randy and his beloved wife, Teresa, are celebrating his ability to beat the odds, and he’s not taking anything for granted.

A Happy “Breath Day”

In his chapter after transplant, Randy is most grateful for the little things in life, like being able to start the day without cumbersome and time-consuming breathing treatments for his CF; being able to take the trash out without becoming winded; and being able to partake in his favorite sport, golf.

Randy recently celebrated the 20th anniversary of his double lung transplant, which Teresa calls his “Breath Day.” To mark the special milestone, Teresa planned 20 experiences for 20 years.

In his worst days before his transplant, Randy was unable to work and could barely swing a golf club. Now, he’s playing some of the best courses in the country. The couple recently traveled to one of the most beautiful golfing destinations in the country in Pebble Beach, California, and attended the Masters Tournament in Augusta, Georgia.

“I can tell you that the first 32 years of my life were good, but these past 20 years have truly been amazing,” Randy says.
“Twenty years to the day, to the hour, of the surgery, I was walking around on the grounds at the Masters. I wouldn’t have believed it if someone told me right before my surgery, ‘Hey, don’t worry about anything. This is what you’ll be doing in 20 years.’”

Giving Back to the Best

Two years after his transplant surgery, Randy participated in an article for a local newspaper celebrating Barnes-Jewish Hospital’s ranking as one of the best hospitals by the U.S. News & World Report. He framed several copies of the article with thank you notes and sent them to his care team, including John Lynch, MD.

Several years later, Randy and Teresa were visiting Barnes-Jewish and stopped in to say hello to Dr. Lynch, now vice president and chief medical officer of Barnes-Jewish Hospital.

“I joked with him a little bit that I was glad that he remembered me since I had not done a very good job of keeping in touch,” Randy says. “He then told Teresa and me to come back to his office. There on the wall in the middle of his degrees and certificates was a framed article and my picture with my note of thanks that I had given him some 13 years ago.”

Dr. Lynch then looked at Randy and said, “I’m not going to forget you.”

“That’s the kind of people that I get to have take care of me,” Randy says. “And that’s the kind of people that you’re investing in to continue the great work here at Barnes-Jewish Hospital.”

Randy knows firsthand the importance of giving back to benefit the research of the world-class physicians, like Dr. Lynch, who helped save his life.

“We’ve got the best of the best,” Randy says. “We need to make sure they have the tools necessary to continue on. If anyone is going to advance and improve the transplant statistics, it’s going to happen here in St. Louis with this transplant team. The time is now. We’ve got the assets of the brainpower here, so we need to make sure they have the resources. It’s going to be a huge victory for the health care world. I am very excited and hopeful to personally witness this victory some day. And I am so thankful to God and for the entire team of transplant surgeons, physicians and coordinators who are on this journey with me!”

“If anyone is going to advance and improve the transplant statistics, it’s going to happen here in St. Louis with this transplant team. The time is now.”

Randy Sims

For more information on how to make a gift to support the lung transplant program at Barnes-Jewish Hospital and Washington University School of Medicine, please contact Corey Pashea, director of development, at 314-286-0604 or Corey.Pashea@bjc.org.
Finding Peace at Evelyn’s House

by Gail Appleson
Nanette Stevenson knew she needed to be an advocate for her husband, Oliver, during the year he lived in a memory care facility. But her mind was put at ease after the couple, who had been married for 44 years, settled in at Evelyn’s House.

“He was in loving arms,” she says about the hospice home, where her husband passed away on March 30, 2018. “I had never seen care like that in my life. In addition to helping him be as pain free as possible, they honored him and took care of his whole body.”

However, Nanette says she hadn’t been quite sure what to expect when they first arrived at the facility and was worried that she might need to continue her vigilance.

Nanette’s initial concern wasn’t that unusual for a family member who had been a caregiver for a loved one, says Katie Karr, one of the nurses on Oliver’s treatment team.

“Family members may come in feeling very guarded, but within 24 hours, you can see that change,” Katie says. She explains that it can be difficult for caregivers to feel it is safe to let go of responsibility when they have become so accustomed to making sure the patient gets the right medication and proper attention.

“We’re here to do all of that,” says Katie. “It allows them to be the loving family members they need to be.”

Indeed, Evelyn’s House provides a holistic approach to the emotional, spiritual and physical care of both terminally ill patients and their families. Designed to look like a home, rather than a medical facility, Evelyn’s House is a unique space that offers warmth, beauty and tranquility at a time when they are most needed.

In the case of the Stevenson family, Nanette says the staff at Evelyn’s House watched over her and her daughter, Rose, providing comfort and helping them find peace.

“I felt everyone had complete empathy, not just for my husband, but for me and my daughter,” she says.

It is that holistic approach that drew Katie, who has been a nurse for about 35 years, to Evelyn’s House. She joined the facility when it opened in 2017 after working in the home hospice field for five years.

She finds practicing in hospice to be very rewarding because it is the area in which she feels she can help patients and their families the most. Katie says that while many health care practices can feel very rushed, everything slows down in hospice. It’s a period when professionals can help patients and their families figure out where they are in their journey and if the timing is right for hospice.

“You have to think about the quality of life and hospice is a form of living,” Katie says. “You are giving them a choice to have a good journey. I just want patients and their families to experience a good, peaceful end.”

And that’s exactly what Evelyn’s House provided the Stevenson family, says Nanette.

“The nurses are a very special type of people. It’s something they do from the heart,” she says, adding that the Evelyn’s House team was able to bring beauty and spirituality to this very sad time. “Oliver died with dignity and that’s all I wanted.”
When Nikolas “Nik” Meggos was a student at Alton High School in Illinois, he thought he would become an accountant. After all, he was good at math, so it made perfect sense. The last thing on his radar was a career in medicine, especially since he was afraid of doctors and needles.

But now, he’s in his first semester at Goldfarb School of Nursing at Barnes-Jewish College. Not only is he on his way to becoming a nurse, but he is the recipient of the Nancy Carroll Allen Scholarship, the first Goldfarb scholarship that covers total tuition and fees.

“I had a sudden change of heart,” he says explaining his decision to switch from accounting to nursing. “I realized that this is something I have to do. I couldn’t sit at a desk all day doing numbers. I’m a shy person, but I want to help people.”

“I’m fairly religious and I feel this is my service to help others. I was given the gifts of gentleness and patience and being a nurse is a better use of these gifts than being an accountant.”

And the generosity of one donor made Nik’s nursing dreams possible.

The scholarship he received is the result of a gift from Nancy Carroll Allen, a 1965 alumna of Jewish Hospital School of Nursing and former staff member of Jewish Hospital, a predecessor of Barnes-Jewish Hospital. Nancy, a native of Alton, specified that the scholarship be offered to an Alton High School student or graduate who is also active in the Alton community in order to give back to the city she calls home.

After graduating from Alton High School in 1962, Nancy applied to Jewish Hospital School of Nursing but wasn’t sure how her family would afford the tuition. Thankfully, she was offered a scholarship that opened the door to her future. It was an anonymous scholarship that she never forgot.

“I was so thrilled,” she says. “My parents were not well off so without the scholarship, it would have been a real struggle. This was a life-changing experience.”

Nancy went on to work at Jewish Hospital after obtaining her nursing degree in 1965. During her pediatric infectious disease rotation, she met the man who would become her husband: Robert Allen, MD. They had one date and she knew he was the one.

It was the beginning of a long and exciting journey for the couple. Dr. Allen became a renowned physician-scientist, conducting pioneering work in the diagnosis and understanding of deficiencies of vitamin B12 and folate. His work was important because patients with B12 deficiency can develop serious hematologic and neurologic abnormalities.

In 1978, he invented a much more accurate method for measuring vitamin B12 in blood; Nancy worked alongside her husband as the clinical coordinator of the human studies using the new test. Today, the test is used by clinical laboratories throughout the world.
The Allens, who now live in Denver, are retired and focused on giving back.

“We have been very fortunate,” Nancy says of their life together. And it all started after she became a nurse. “I was given a scholarship that helped me pursue my dream and I want to pay it forward.”

In Nik’s case, the scholarship means that he can make it on his own without relying on his parents for tuition.

“Nancy Carroll Allen

The Challenge was established during a perfect storm: aging baby boomers are putting a greater strain on health care systems while experienced nurses are retiring at an accelerating rate. Although there has been a slight increase in entry-level nursing programs, it is far from sufficient to meet the projected demand for nursing services, including the need for more nurse faculty, researchers and primary care providers.

“We need more nurses and there is simply not enough focus and money directed at nursing,” Tanja says. “The cost of education can limit who can go into nursing and we want to broaden the base of those who can enter the field. One way is to make it possible for more students to attend through scholarships.”

“Our goal is for Goldfarb to attract the best, brightest, and most diverse students by meeting their financial needs,” says Gene. “To us, it represents a great opportunity and we feel fortunate to be doing it.”

Join the Nursing Scholarship Challenge!

Gene Kahn and Tanja Schwendinger are longtime friends who have put their shared interest in nursing and philanthropy into action. The special synergy between them has resulted in an opportunity to help more students become nurses while at the same time ensuring Goldfarb School of Nursing at Barnes-Jewish College attracts the best and brightest.

That opportunity is the Schwendinger-Kahn Nursing Scholarship Challenge, which is designed to inspire new and increased gifts aimed at lessening students’ financial burdens. It was created with a gift of $150,000 from Gene, a Barnes-Jewish Hospital and Goldfarb board member, and his wife, Connie, along with Tanja, a board member of The Foundation for Barnes-Jewish Hospital, and her husband, Bob.

“It had never been done at Goldfarb before, but we decided to give it a try,” says Gene. “It was just natural and it all came together. Tanja and I are both very passionate about nursing.”

“It was really organic,” agrees Tanja. “Gene and I both serve on the boards and we have all been friends for a long time.”

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“We need more nurses and there is simply not enough focus and money directed at nursing,” Tanja says. “The cost of education can limit who can go into nursing and we want to broaden the base of those who can enter the field. One way is to make it possible for more students to attend through scholarships.”

“Our goal is for Goldfarb to attract the best, brightest, and most diverse students by meeting their financial needs,” says Gene. “To us, it represents a great opportunity and we feel fortunate to be doing it.”

If you would like to learn more or make a gift to the Schwendinger-Kahn Nursing Scholarship Challenge, please visit FoundationBarnesJewish.org/skchallenge or contact Marilyn Sheperd at 314-286-2241 or Marilyn.Sheperd@bjc.org.
Keeping a Family Legacy Alive

A RESEARCHER LEAVES HER MARK THROUGH A PLANNED GIFT

by Gail Appleson

Even as a child, Lisa Westfield had a knack for solving puzzles. In fact, her parents realized that giving Lisa a mind-bending challenge was a great way to keep their young daughter entertained. It turned out that Lisa’s early drive to find answers was a quality that heralded her future as a staff scientist at the Washington University School of Medicine.

Indeed, Lisa has spent most of her adult life engaged in complex hematology research. But she doesn’t think her abilities are random. Instead, Lisa, who’s a strong believer in genetic influence, is convinced her love of science is inherited. One might even say it’s in her blood.

Describing the science-related backgrounds of several relatives, she hone s in on Tom, a maternal uncle. He had worked in early photo reconnaissance for the Army during World War II and later joined the aerospace industry. After he succumbed to lung cancer, Lisa and her mother decided to honor him by arranging a gift in their estate plans to support thoracic oncology research.

Fighting cancer is particularly important to Lisa because it has claimed most of her family members. In addition to Tom and other relatives, Lisa’s father was a victim of lung cancer and her mother died from lymphoma. Cancer also took another uncle, who was employed by North American Rockwell and worked on the Apollo 11, the first spacecraft to land astronauts on the moon.

Because of that, Lisa is planning to memorialize additional family members with her gift.

“Setting up a legacy gift is one of the nicest ways to honor a loved one,” she says. “I’ve spent my career in research, so I appreciate the need for money.”

A molecular biologist and protein chemist, Lisa has spent more than 33 years as a researcher. Most of her work has been with the late pioneering hematologist J. Evan Sadler, MD, PhD, a world-renowned expert in the study and treatment of blood clotting disorders and director of the Division of Hematology at Washington University School of Medicine. Dr. Sadler died last year after a brief illness.

During her tenure with Dr. Sadler, Lisa helped to sequence genes associated with Von Willebrand disease (VWD), a blood disorder in which the blood does not clot properly. VWD is the most common bleeding disorder, found in about one in every 100 people in the United States, according to the Centers...
for Disease Control and Prevention. VWD is almost always inherited from a parent.

“It was a thrilling time to be in science,” she says. “I’m very fortunate to be living in the genetic era.”

Lisa, who also holds a Master of Laws, recently began to expand her focus of research by joining a lab headed by Peggy Kendall, MD, the new Chief of the Division of Allergy and Immunology in the Department of Medicine at Washington University.

Regardless of the type of medical research, Lisa says most large amounts of funding come from federal grants. However, this type of support is highly restricted, and gifts from donors can be used for a wide range of important purposes without being encumbered by government limitations.

“Things come up in a lab. A couple hundred dollars can pay for a chemical that is badly needed. Or you can send a researcher to an important conference. It gives you the flexibility you don’t have with regulated grants,” Lisa says.

“What are some simple ways to make a legacy gift?”

You can designate The Foundation for Barnes-Jewish Hospital as a beneficiary of your bank account, retirement account or life insurance policy. Or you could include the Foundation as a beneficiary in your will or trust. Your gift might be a set dollar amount, a percentage of your estate, real estate assets, or you can also designate the remainder of your estate after distributions to your other beneficiaries.

“These funds are critical. They can make all the difference in the advancement of your work. I’ve been able to see it.”

In addition to knowing her gift is helping other researchers, Lisa sees the fund as a way to keep her family’s legacy alive.

She points to the long line of her ancestors who include gunrunners in the American Revolution; abolitionists; Union soldiers in the Civil War; and veterans of both world wars, Vietnam and Iraq.

“I’ve got some of that spirit in me,” she says. “We are just a common family from rural America but my relatives did their share. It’s a legacy that I’m proud of and I’d like to make sure my family’s story continues.”

“What are some simple ways to make a legacy gift?”

Learn more about legacy giving and begin the process:

For additional information please visit our website at barnesjewish.planmylegacy.org or contact Joan Cheaney, CFRE, manager of planned giving, at Joan.Cheaney@bjc.org or 314-286-0704.
Your generosity strengthens and promotes lifesaving research, essential patient care services, nursing scholarships, community outreach programs and so much more.

Thank you.