

INSIDE



A note from Steve

A win for local youth.

| PAGE 2



A garden for healing

Boone Hospital dedicates garden to former trustee.

| PAGE 2



'Siteman Kids'

Children's Hospital, Siteman join forces against pediatric cancer.

| PAGE 3



An 'Epic' roadshow

First roadshow is deemed a huge success.

| PAGE 4



Building a better experience

BJC Medical Group strives for excellence.

| PAGES 12-13

HEADLINE NEWS

| PAGES 2-5

FOR YOUR BENEFITS

| PAGES 6-7

FOR YOUR HEALTH

| PAGE 8

NEWS AROUND BJC

| PAGES 9-11, 14-16

WHERE YOU WORK

| PAGES 17-22

ETC.

| PAGE 23

NEWS AND INFORMATION FOR THE PEOPLE WHO BRING BJC HEALTHCARE TO LIFE

BJC TODAY

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Taking one step at a time to heal

Stepping Stones camp helps kids work through issues with grief

| PAGE 24



Campers each make their own stepping stone in honor of their loved one. | Photo by Rene Brinkman

Prepping for a healthy school year

by Laura James, CHES, BJC School Outreach and Youth Development community health educator

BJC ■ It's September and that means school is back in session, which often requires adjusting to new schedules or reinstating routines that may have fallen by the wayside during the summer months. This season is undoubtedly busy for families, but it also can signal a fresh start. Here are a few things you can do at home this year to manage stress and cultivate healthy relationships.

Communicate effectively

Do you tend to take your anger out on others or clam up when there's a conflict? Does your child? Assertive communication is a learned skill that involves respectful dialogue and active listening. You can practice this skill

at home by asking questions to better understand someone's perspective, speaking up when something is bothering you, and being solution-focused rather than getting caught up in the "blame game."

Set boundaries

While boundary setting looks different for every family, the limits we set in relationships are important. This is especially true between caregivers and children. Be specific and clear about what expectations you have of your child and consistent in reinforcing those limits. Children need both unconditional love and consistency in consequences to understand the world around them and build value systems. As a caregiver, know how to say "no" but also be willing to pick your battles.

Establish a routine

Very few people are the best version of themselves when feeling tired, hungry or frazzled. Establish a daily routine in your home and stick to it as best you can. Help your child get to bed at a consistent time each night so that he or she is able to start the next day feeling rested and ready to eat a good breakfast at home or at school. Sometimes getting out the door on time each morning is easier when clothes are laid out the night before and everyone has a designated place to hang their backpack, purse or keys.

Take time to connect

Does the entrance to your home sometimes feel like a revolving door, with everyone rushing from one activity or task to the next? Texting is a great way to keep in touch, but we all need time each day to connect with each



Note: This article is part of a monthly series in celebration of the 25th anniversary of BJC School Outreach and Youth Development.

other face-to-face. Regular family meals, daily walks, or a weekly game night can be great opportunities to catch up, recharge and laugh with loved ones. Consider turning off the TV and enjoying these moments together device-free. ■

Meet your state candidates

BJC ■ The Nov. 8 general election is fast approaching. One of the chief concerns voters often express is a lack of information about the candidates. To help ensure BJC's 30,000 employees are well informed about the important decisions they'll make at the ballot box, BJC's government relations department is hosting a series of Candidate Roundtables across the organization.

"We've found that many of our employees are very engaged in the civic process. They vote in every election they can and they're always looking for more ways to connect with their candidates and learn more about the issues they care about," says Leann Chilton, BJC director of government relations. "During an election season, we try to help bridge any gaps by hosting these events throughout the system, so as many employees have an opportunity to attend as possible."

This year, BJC government relations will coordinate eight Candidate Roundtables between Illinois and Missouri. Area candidates will give brief remarks, followed by a question-and-answer session for attending employees.

Remaining dates and locations are listed below; an RSVP is requested to ensure the hospital's venue has enough seating capacity for all who attend. For more information, contact Sean Grove, external affairs manager, stg0767@bjc.org.

- **Sept. 30**, noon-1 p.m., Alton Memorial Hospital – RSVP at <https://alton.eventbrite.com>
- **Oct. 4**, noon-1 p.m., Missouri Baptist Medical Center – RSVP at <https://mbmc.eventbrite.com>
- **Oct. 6**, 6-7 p.m., Progress West Hospital – RSVP at <https://pwh.eventbrite.com>
- **Oct. 11**, 5:15-6:30 p.m., Boone Hospital Center – RSVP at <https://boonehospital.eventbrite.com>
- **Oct. 12**, 4-5 p.m., St. Louis Children's Hospital – RSVP at <https://slch.eventbrite.com>
- **Oct. 13**, 8-9 a.m., BJC Learning Institute* – RSVP at <https://bjcli.eventbrite.com>

* *The event at the BJC Learning Institute is being hosted by BJC Behavioral Health, BJC Corporate Health Services and BJC Home Care Services.* ■

Food 4 Thought series focuses on mistrust in health care

by Scott Ragan

BJH ■ The Center for Diversity and Cultural Competence at Barnes-Jewish Hospital is launching a four-part series focused on understanding issues of mistrust in health care within communities of color.

Historic and present events contribute to the mistrust that some people of color have in the health care system, and it can negatively impact health outcomes. According to the Institute of Medicine's report "Unequal Treatment," patients who don't trust the health care system are more likely to postpone treatment, potentially hurting their own health and raising overall health care costs. They are also more likely to ignore medical advice and neglect to go to follow-up appointments or fill prescriptions.

The goal of Food 4 Thought is to bring BJH team members together to learn and discuss issues related to diversity, cultural competence, health disparities and improving outcomes for vulnerable populations. Participants are invited to bring their meal or snack to the sessions.

Sessions will begin with a brief conversation starter on the selected topic followed by facilitated dialogue.

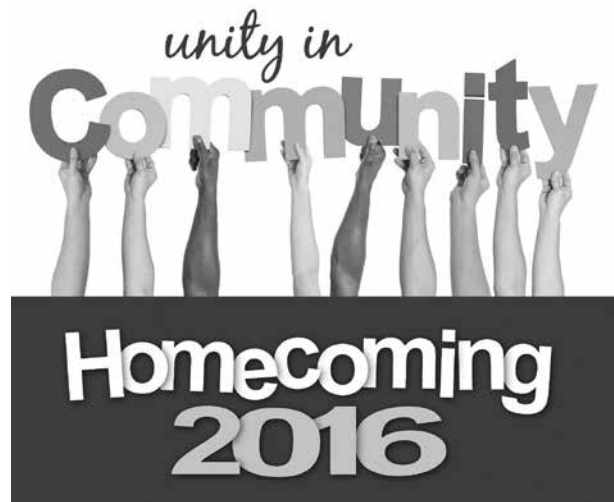
The following topics will be offered noon-1 p.m. at the BJH Center for Outpatient Health, room 605:

- **Sept. 22** – Tuskegee: Racism and Medical Research on African Americans
- **Oct. 27** – The Latino Community: Do Language Barriers Impact Privacy?
- **Nov. 17** – Native Americans: A History of Broken Promises
- **Dec. 8** – Asian American Health: Perceptions of the "Model Minority"

For more information, visit BJCnet or contact Chris Fan, Christopher.Fan@bjc.org or 314-362-8103. ■

Scott Ragan, sragan@bjc.org

Goldfarb prepares to celebrate Homecoming 2016



GSON ■ The Barnes-Jewish College Alumni Association invites all alumni, students, faculty and staff to the "Unity in Community" homecoming celebration, which will take place 11 a.m.-6 p.m., Sept. 30. The celebration includes lunch, a free T-shirt (while supplies last) and a fun-filled afternoon of entertainment and attendance prizes. Attendees will also have an opportunity take part in on- and off-site service projects, honoring distinguished alumni and hearing from a grateful patient.

Visit <http://gson-ne.ws/4o> to RSVP online. Look for this story on BJCnet for the agenda.

For more information, contact June Cowell-Oates, 314-454-8694 or Jcowell-oates@bjc.org. ■