Taking one step at a time to heal

Stepping Stones camp helps kids work through issues with grief

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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 candidates, 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 in information, contact Sean Grove, external affairs manager, stg0767@bjc.org.

- **Sept. 30,** noon-1 p.m., Alton Memorial Hospital – RSVP at https://alon.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://pwvh.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* 
  *The event at the BJC Learning Institute is being hosted by BJC Behavioral Health, BJC Corporate Health Services and BJC Home Care Services.

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.

Food 4 Thought series focuses on mistrust in health care

**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 609.

- **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.

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 to partake in on- and off-site service projects, honoring distinguished alumni and hearing from a grateful patient.

Visit http://gonsn.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.