Students show support for Wellness Center

Carol Daly

Medical College of Georgia students want to do more than just learn about maintaining healthy bodies. They want to put what they've learned into action. The students would like to see a wellness center built at the Medical College, to be used not only by students, but also by employees, alumni and patients.

In a proposal approved by the Student Government Association, the students have agreed to support the construction of a wellness center by establishing a student athletic fee. The $30 per quarter fee assessed each student would go into effect the academic year construction was completed on the project.

The Student Government Association made the proposal realizing it was only a statement of support and that the plan could not be initiated without the approval of Medical College of Georgia administrators and the Board of Regents of the University System of Georgia, said Dr. James B. Puryear, vice president for student affairs.

The proposed student athletic fee would contribute about $1 million toward the construction of the wellness center, expected to cost between $4 and $6 million to build.

The students would like to see the facility be not only an exercise center, but also a place where other areas of wellness are emphasized, such as good nutrition and sports medicine.

The student government voted to support the proposal because there is no real facility on campus for wellness activities, said Frank Carter, president of the Student Government Association.

"It's a big problem for intramurals. It's a big problem for anybody who wants to just get a little exercise," said Mr. Carter.

Wellness workshop to be held

A nutrition and sports medicine workshop will be held from 7-9:30 p.m. Aug. 14 in Augusta College's Grover C. Maxwell Performing Arts Theatre.

The workshop, sponsored by NutraSweet Co. and the Georgia Institute of Human Nutrition of the Medical College of Georgia, will focus on the relationship between diet and athletic activities. Speakers will include Olympic swimmer Steve Lundquist and Dr. G. William Hettler III, founder of the National Wellness Institute and director of health services at the University of Wisconsin-Stevens Point.

Registration is $30. Participants may register at the door the evening of the seminar.

Unique process allows couple to take healthy child home

Toni Baker

A Dothan, Ala., couple has a healthy baby boy thanks to some unique capabilities at the Medical College of Georgia.

"We're still floating around not believing it. I can't believe that we're really taking him home," said Alice Morris as she prepared to take her 4-pound, 6 1/2-ounce son, Will, home.

It was the very special expertise of Dr. Hossam E. Fadel, professor of obstetrics and gynecology, that allowed a happy ending to the bittersweet tale of a loving couple, Dan and Alice Morris, who so wanted a second child.

The essential problem was that Mrs. Morris' blood was incompatible with her developing son.

Mrs. Morris has an Rh negative factor in her blood, while her husband has Rh positive factor. Rh factor is an antigen present normally in red blood cells.

When couples such as the Morrises have children, the child stands a better than 50 percent chance of having Rh positive blood.

Wellness classes are a popular part of the student athletic program.

Board of Regents," said Dr. Puryear.

The approval of the student government's proposal shows the students' level of commitment, Dr. Puryear said. "They are dedicated to wellness and it shows that they're willing to commit themselves because they see it as being that important."

The proposed facility would house three basketball courts, an exercise room, weight room, swimming pool and support facilities such as locker rooms and lounge area.

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"It's a big problem for intramurals. It's a big problem for anybody who wants to just get a little exercise," said Mr. Carter.

Dan and Alice Morris and elder son Webb are glad to be taking a healthy new baby home with them.
Surgeon retires after 30 years service

Catherine Boardman

Dr. Floyd E. Bliven came to the Medical College of Georgia 30 years ago — just before the institution's newly built hospital was to open its doors. He was a member of a group of surgeons recruited by Dr. William H. Moretz — president emeritus and professor emeritus of surgery — charged with enlarging the orthopedics program.

"My main focus was on the residency program since there was a growing need in the state for a larger program," Dr. Bliven said. Since then, 70 residents have completed their orthopedic residency with Dr. Bliven and his colleagues at the Medical College of Georgia Hospital.

After many years service to the Medical College, Dr. Bliven retired June 30.

In his years of practice, Dr. Bliven has seen the field of orthopedic surgery expand with technological advances. Infected wounds are available. In addition, diseases such as polio and tuberculosis, which were major concerns when the Medical College of Georgia Hospital first opened, have almost disappeared.

Yet the meaning of orthopedics has not changed. "Orthopedics means making a child straight that's still the heart of orthopedics," Dr. Bliven said.

Dr. Bliven's work has not been confined to the Medical College of Georgia Hospital. Since 1958, he has traveled to Waycross, Ga., on the second Thursday of every month to provide orthopedic medical care to children in the Waycross Crippled Children's Clinic. In honor of the kind and caring man, the town of Waycross recently proclaimed June 12 "Dr. Floyd E. Bliven Day."

Dr. Bliven also has served on numerous regional and national committees. Committee assignments at the Medical College include serving as president of the Medical Research Foundation, president of the Faculty Senate and Faculty Assembly and as a member of the executive committee of the medical and dental staff. He also served as chief of the section of orthopedics from 1956 to 1979.

Dr. Bliven came to the Medical College of Georgia because of its emphasis on education and its high standards, he said. "The Medical College is an active institution that has grown in the last 30 years and will continue to grow. I have great appreciation for the opportunities the Medical College of Georgia has given me," he said.

Counselor is Extra Special Person

Everyone knows her, her boss contends.

Whether they have called her to find out about teachers retirement or hospitalization, Medical College of Georgia employees have long relied on Phebe Blizzard to provide them with the information about benefits in a good-natured, efficient way.

That's why Ms. Blizzard, a benefits counselor in the Personnel Division, is a Medical College of Georgia Extra Special Person.

"A lot of people will just ask for Phebe when they call because she's helped them in the past," her nomination said.

A native of Hephzibah, Ms. Blizzard began working in Personnel's records section 15 years ago. After 2 1/2 years, she moved to what was then called the insurance section which was expanded and is now known as the benefits section.

In her job, Ms. Blizzard responds to questions about insurance, teachers retirement, retirees' benefits and more. Being a benefits specialist can be a demanding position because of the ever-changing laws that affect benefits, but it's a job that Ms. Blizzard has grown to like a lot.

"It's interesting keeping up with the changes. I also enjoy the contact I have with people as they come on board at MCG," she said.

ESP spotlights Medical College of Georgia employees who, through their attitudes or actions, respond in special ways to the needs of coworkers, patients and their families and citizens. Nominations may be submitted to ESP in care of Hospital Public Relations, BA-A240.

Training programs offered

The Medical College of Georgia Personnel Division will offer several training programs this year. They include:

- TeleCARE, a telephone courtesy program. Taught by Lori Berger, Personnel Division, Aug. 14 and Sept. 19.
- The secretary as manager, taught by Dr. Anne Matthews and Patricia Moody, consultants from Columbia, S.C. Aug. 20.
- Women in the workplace. Dr. Lucille M. Ryan, Augusta College. Nov. 7.

Management Excellence Series:
- Management by wandering around. Ken Hennings, Georgia Certified Public Manager Program. Sept. 4.
- Preventing sexual harassment in the workplace. Representative from the Georgia State Merit System. Dec. 18.

Baby con't from p. 1

Should the baby and mother have different Rh factors, the mother's body recognizes the baby's blood as a foreign substance to be eliminated. Her body begins producing antibodies to the baby's blood. The results of this antibody action vary widely — from a mild form of anemia that causes the baby essentially no problem to a severe form of anemia that can be deadly.

With the first born, couples such as the Morrises usually have no problem, primarily because there is no real exchange of blood between mother and baby until the time of birth.

 Routinely, when the first child is born with an Rh factor that conflicts with the mother's, a substance called Rh immune globulin is given just after delivery to prevent production of antibodies that would harm future children.

But in about one in 10,000 pregnancies — such as was the case with Mrs. Morris — the production of antibodies began before the first child was even born. Apparently as the first-born, Webb, was developing, a small amount of his blood mixed with the mother's and the antibody production began.

 Webb was not harmed, but by the time a second child was born, Mrs. Morris already had large amounts of antibodies. The Morrises lost their second child shortly after birth. Heart failure related to anemia was the cause of death.

When Mrs. Morris decided to try again to have a child, she came looking for Dr. Fadel.

The reason was the Medical College of Georgia professor's unusual, dual approach to treating severe cases such as the Morrises'.

In the pregnancy Dr. Fadel began a process called plasmapheresis in which the mother's blood is removed, the red blood cells saved and the fluid portion of the blood is discarded. The fluid contains the antibodies to the baby's blood. The red blood cells are then put back in a fluid and returned to the mother. The idea is to reduce the level of antibodies the mother had to the baby's red blood cells.

Later in the pregnancy, he began giving the developing baby transfusions of Rh negative blood. This is done through a delicate procedure in which a needle is inserted through the mother's abdominal wall, through her uterine wall and finally into the baby's belly. Dr. Fadel is guided by ultrasound in this delicate process.

The purpose of these intrauterine transfusions is to replace the baby's own red blood cells with those compatible with its mother.

Dr. Fadel said the Medical College's dual approach to the problem of incompatible blood factors is unique in the country.

In cases as severe as Will's, the baby stands only about a 10 percent chance of living if nothing is done. With the dual treatment used by Dr. Fadel, the baby has about an 80 percent chance of living.

Since his birth on July 11, Will has been progressing well and shows no signs of the problems, according to Dr. Chastrapna Bumey, neonatologist at the Medical College.

The baby will be followed by a pediatrician in Dothan and will return to the Medical College in about six months for a checkup.
Edible creations add special touch

Carol Daly

Her creations have appeared at Medical College of Georgia receptions, banquets and retirement parties. Peeping from the piles of carrots and celery on a vegetable plate stands a perky penguin made from a summer squash.

A swan, expertly carved from a melon and filled with fruit dip, often is the main attraction on a tray laden with strawberries, grapes and melon balls.

Barbara Walker’s expertly carved fruits and vegetables also appear in the form of rose petals, palm trees, mice and sharks.

Food service manager for the Student Center, Mrs. Walker devotes time to making edible creations because she believes it’s the little things that make a difference.

“I take a lot of pride in what we put out here,” said the woman who has been managing food service at the Student Center since ABI Food Services took over the operation last year.

Though the fancy fruit and vegetable garnishes are not essential to a successful reception, they can mean added effort for Mrs. Walker and her staff.

But adding that extra touch can mean added effort for Mrs. Walker and her staff.

If garnishes are needed for an evening banquet, Mrs. Walker may begin slicing and dicing her decorations at 6:30 or 7 a.m.

Among her creations might be a rose made from a tomato and bell pepper.

Mrs. Walker begins by peeling the tomato, using the peeling to wind into the shape of a rose. Then pieces of bell pepper are added to make the leaves.

Another imaginative creation is a palm tree made with a carrot for a trunk and a specially cut bell pepper for the leaves. A flat slice of apple forms the base.

“Garnishing is more time consuming than anything in the (food service) business,” Mrs. Walker admits. “Often you need things that are practical and don’t take a lot of time.”

But Mrs. Walker enjoys making the garnishes and contends that almost anyone can do what she does. Already, several of the women on her staff have taken an interest in the creations and are learning to make their own. “Anyone can do it. Books give step-by-step and tips of how to do it,” she said.

Mrs. Walker's interest in culinary work began in the late '70s when she was dating Eddie Walker, who later became her husband.

Mr. Walker, who is now executive chef at the Augusta Country Club, encouraged her to attend culinary arts school with him at Asheville-Buncombe Technical College in Asheville, N.C.

Though one might assume that the Walkers would get enough of the cooking business at work, Mrs. Walker said they never tire of their profession.

Mrs. Walker creates a swan from a honeydew melon.

“A lot of people would think you wouldn’t have much to talk about when you get home from work. But we always ask, ‘What did you learn new today?’”

Even in their off hours, the couple keep at their cooking. Their kitchen, which houses two ovens, six gas burners, a broiler and flat tops, is the sight of many a culinary creation.

“My husband and I are trying new things all the time. It’s crazy. You’d think we’d get tired of cooking, but we don’t.”

Wellness Center cont’d from p. 1

Yearly, there has been increasing involvement in student government intramural sports, according to Dr. Randy Butterbaugh, director of campus activities. About 1,300 students participated in a variety of intramural activities in the 1985-86 academic year including flag football, volleyball, basketball, softball and soccer.

Aerobics classes, held in the cafeteria area of the Student Center, have attracted growing numbers of students since they were started two years ago. Classes are held five days a week, except during the summer when they are held three days a week.

“The big concern is that it is a hospital and health sciences university promoting wellness, yet it is the only university in the (state) system without any kind of athletic facility,” said Mr. Carter.

At present, the campus does have putting and chipping greens, a small weight room, tennis courts and outdoor volleyball courts. But most intramural activities, such as volleyball and basketball, are held in rented gymnasiums off campus. “Most anything we do, we have to pay to rent the facility,” said Mr. Carter.

Mr. Carter said the students understand that there are limited funds to allocate for such a project, but they feel time might be running out. “It’s the right time to make the move because money is getting tighter and tighter. If it isn’t done now, we may never get it done. It’s something that has been needed for a long time.”

Dr. Given receives appointment

Dr. Kenna S. Given, professor and chief of the section of plastic surgery at the Medical College of Georgia Hospital, has been elected to the American Association of Plastic Surgeons.

Membership in the society is based on nomination and election by its 250 members from across the country.

Dr. Given, recently named director of the Association of Academic Chairmen of Plastic Surgery, is president of the Georgia Plastics Society and president-elect of the Medical Research Foundation of Georgia.

He is a graduate of Duke University School of Medicine and has been on the Medical College of Georgia faculty and medical staff since 1977.

Ball game tickets available

Seats for 500 Medical College employees and alumni have been reserved at field level on the Atlanta Braves dugout side of Atlantic's Fulton County Stadium for Medical College of Georgia Day Aug. 17.

The Braves will be playing the Houston Astros in the game which starts at 2:10 p.m.

As part of the festivities of Medical College of Georgia Day, Kimberly Pearson, a data control specialist for the Medical College's Physicians Practice Group, will sing the national anthem. If Ms. Pearson is not able to sing the day of the game, Sharon Flowers, a dental student at the Medical College, will stand in for her.

Tickets are $5.60 and are available from the Health Center Credit Union, the Student Center Bookstore and the Personnel Division.

Dr. Finch receives award

Dr. Stuart Finch, professor of psychiatry and health behavior at the Medical College of Georgia, has received the 1986 Agnes Purcell McGavin Award from the American Psychiatric Association.

The award is presented for outstanding contributions in the prevention of mental disorders in children.

Dr. Finch was cited for his career work of insuring that pediatricians, psychiatrists and other medical specialists understand the importance of the early detection and treatment of children's emotional problems.

Dr. Finch, director of the child psychiatry outpatient program at the Medical College of Georgia, is the founding president of the American Board of Child Psychiatry and the author of several standard textbooks on child psychiatry.

Before coming to the Medical College of Georgia, he was the founder and director of the division of child psychiatry at the University of Michigan.

Mr. Carter said the students understand that there are limited funds to allocate for such a project, but they feel time might be running out. “It’s the right time to make the move because money is getting tighter and tighter. If it isn’t done now, we may never get it done. It’s something that has been needed for a long time.”

Dr. Stuart Finch received the M.D. degree from the University of Colorado School of Medicine.
Summer retirements

Several retirement parties were held for long-time Medical College of Georgia employees this summer. (From left to right) Maude Malone and Lula McKie were honored by housekeeping. James Thigpen, a 30-year employee was honored by the Physical Plant Department. Harold A. Deus and Jamie B. Dunn, 30-year veterans, were honored by their co-workers in radiology.

Grant proposal deadlines set

Submission dates have been changed for Medical College of Georgia Research Institute small grants program proposals.

Applications to the program will be accepted Sept. 15, Jan. 15 and April 15.

The Medical College of Georgia Research Institute small grants program was established to provide interim support to faculty members whose grant applications to major funding agencies (excluding Veterans Administration merit review) have been approved but not funded.

The program is also designed to provide support for new full-time Medical College faculty (two years or less) to establish pilot studies required for the development of grant applications to major funding agencies.

To accomplish these goals, the research institute's executive committee has appointed a study section to review and make recommendations on funding requests from faculty. Awards, not exceeding $10,000, will be made by the research institute in the small grants program.

For more information or to obtain applications, call ext. 2592 or 3110.

Head nurses named to units

Marsha Seigel and Velma Barron have been named head nurses at the Medical College of Georgia Hospital.

Miss Seigel is serving in the 20-bed neonatal intensive care unit and Mrs. Barron on 4-North, the 25-bed family medicine and ear, nose and throat unit.

A native of Rome, Ga., Miss Seigel served as obstetrical nurse, coordinator and neonatal intensive care nurse in hospitals in Rock Springs and Casper, Wyo. She received an associate degree in nursing from Floyd Junior College and a bachelor's degree from the University of Wyoming.

Mrs. Barron formerly served as head nurse of the Medical College of Georgia Hospital's neurosurgical unit from August 1983 to September 1985, when she entered the master's program in nursing at the Medical College of Georgia.

She received her diploma in nursing from Lankenau Hospital in Philadelphia and her bachelor of science degree in nursing from the University of Maryland. She is a member of the American Nurses Association.

Mrs. Barron served seven and a half years in the Army Nurse Corps, one of which was in Vietnam.
Newsbriefs

Nursing units receive awards

The Medical College of Georgia Hospital's 3-North nursing unit is the winner of the Department of Nursing's Safety Excellence Award for May and June.

The unit earned 52 points out of a possible 54 points for the two-month award period. Tied for second place, with 51 points each, were 5-North and 4-North.

Winner of the award for March and April was 5-North. The January-February winner was 9-Maximum Security.

Scores are based on cleanliness and neatness of storage areas, patient identification, sanitary conditions, proper disposal of instruments and adherence to fire regulations.

"Scores for the first six months of 1986 were very close," said Duane Perry, hospital safety officer. "Fourteen units were within 10 points of each other. The close scores attest to the good efforts being made by all of them."

Office moved

The Medical College of Georgia Hospital Biomedical Engineering Department office has moved to a new location.

Previously located in BAN 242, the office has moved to the Mezzanine floor, BBR105-114. The Mezzanine floor is in the research wing of the hospital.

The office telephone number will remain the same, ext. 1588.

For more information, call Harry Jacobs of hospital administration, ext. 3588.

Interest rates drop

Lower interest rates will be offered for a limited time through the Health Center Credit Union for loans for new and one-year-old cars.

With 20 percent down, the new car interest rate is 9.75 percent. Cars that are one year old or less will be financed at 11.75 percent.

Discounts offered

Special discounts are available to Medical College of Georgia employees.

These include annual membership discounts to the Newman Tennis Center on Wrightsboro Road and to the YMCA of Augusta.

Discount booklets for Krystal restaurants are available at the Health Center Credit Union and in the Personnel Division, room CC-135.

Ticket discounts also are available to Busch Gardens in Tampa, Fla., and Williamsburg, Va., Disney World in Orlando, Fla., Sea World in Orlando and Opryland USA in Nashville, Tenn. These can be picked up in room CC-135 of the Personnel Division.

Discount tickets for the Biltmore Mansion, Asheville, N.C., White Water, Atlanta, and Six Flags over Georgia, Atlanta, are available at the Health Center Credit Union.

For more information, call ext. 3779 or visit room CC-135, Personnel Division.

Forms available for reimbursement

Classified employees may apply for tuition reimbursement by completing an application form now available from the Medical College of Georgia Personnel Division, room CC-135.

To be eligible for reimbursement, an applicant must be a benefits-eligible employee; have been employed at the Medical College for a minimum of one year as of Sept. 9, 1986; enroll in an accredited program that is job or career-related; receive a grade of C or better in the course; not be participating in any other reimbursement program; and certify and submit an application to Personnel by the Sept. 9 deadline.

For more information, call ext. 3779.

Secretarial seminar offered in August

The Medical College of Georgia Personnel Division is sponsoring a seminar, "The Secretary as a Manager," on Aug. 20 in room 108 of the Medical College Library.

The first session will be held from 9 a.m.-noon, then repeated from 1-4 p.m.

Seminar topics include time management, decision making, goal setting and information processing.

For more information, call Patsy Landrum or Gail Mason at ext. 3531.

Ms. McGrath retires

Susan B. McGrath, staff assistant in the physical plant's supervision department, retired Aug. 1. She has been employed with the Medical College since 1970.

Credit union increases fee

A recommendation by the Health Center Credit Union to increase its membership share fee was approved by the state's Department of Banking and Finance.

Effective July 1, 1986, the membership share was increased from $5 to $25.

New loans or renewal of loans by the Credit Union will be accepted until the member increases his share amount to $25. In addition, members who have a certificate of deposit, Christmas club, vacation club or I.R.A. will be required to increase their share amounts.

Student honors program

Students are honor students at the Medical College of Georgia for a minimum of one year.

The study, being conducted by Dr. Roger Smith, associate professor of obstetrics and gynecology at the Medical College, would require the women to spend two to three hours in the clinic during their menstrual period. In addition to treating the patients with TENS, the study would also measure intrauterine pressure.

Those interested in participating in the study should call Dr. Smith at ext. 2542.

Beeper deadline

The deadline for submitting articles or information for Beper, MCG's biweekly employee newsletter, is two weeks prior to publication.

For example, information for the Aug. 27 issue of Beper must be submitted to the Division of Institutional Relations no later than Aug. 13. Information for the Sept. 10 issue must be submitted by Aug. 27, the Sept. 24 issue, by Sept. 10, and so on.

To submit articles and information to Carol Daly/Beper, AT-107. If you have suggestions for articles, need assistance or would like more information, contact Ms. Daly at ext. 4412.

Employee honored

Elaine Brown has been selected at the Georgia War Veterans Nursing Home employee of the month for July.

Mrs. Brown is unit clerk for the home's 48-bed second floor. She has been employed at the nursing home since February 1985.

Dr. Boudewyns to be honored

Dr. Patrick Boudewyns, professor of psychiatry and health behavior at the Medical College of Georgia, will be honored by the American Psychological Association (APA) at its annual meeting in August.

The APA will present him with its annual Certificate of Appreciation award for public service psychology.

Dr. Boudewyns will be cited for his ongoing significant contributions to the field of public service psychology, his service to the Veterans Administration and his research.

Dr. Boudewyns, who also serves as chief of the psychology service at the Veterans Administration Medical Center, is a Ph.D. graduate of the University of Wisconsin-Milwaukee.

He was director of the behavioral change and self-control program at Duke University's Medical Center before coming to the Medical College.

He is a fellow of the American Psychological Association, a member of the Association for the Advancement of Behavioral Therapy and of the Georgia Psychological Association.

In addition, Dr. Boudewyns is the co-author of two textbooks. He serves on the editorial board of the "Journal of Behavioral Medicine", as consulting editor of the "Journal of Consulting and Clinical Psychology" and as the associate editor of "The VA Chief Psychologist".