

FEBRUARY
2014

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The Newsletter Committee

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(Ortho)
- **Beverly Hoelscher**
(Surgical Services)
- **Cameron Purves**
(Ortho)
- **Marybeth Bohn**
(Trauma)
- **Jennifer Stone**
(Outpatient Therapy)
- **Katie Cunningham**
(Radiology)
- **Jennifer Virkus**
(MDI Clinic)
- **Stacy Turpin Cheavens**
(Ortho)

If you have any questions, concerns or comments, please don't hesitate to send an email to [UMHS MDI Newsletter Committee](mailto:UMHS.MDI.Newsletter.Committee). We'd love to hear from you!



Tiger Bones

The Privilege of Giving

Have you watched the television news lately? Our troubled world is full of so many tumultuous events that it is difficult to keep track of them all. Sometimes it seems like good never triumphs and that fear will always reign. Dr. Barry Gainor, a hand surgeon here at MOI, understands this feeling well.

Back in 1996, a member of Orthopedics Overseas named Rodney Belcher, MD, was working in Uganda when he was killed during a car-jacking. Dr. Gainor, who was then the chairman of Orthopedics Overseas, remembers feeling dejected, as he felt no orthopedist would want to go overseas with his organization after hearing of this killing.

Orthopedics Overseas is a group of volunteer doctors who aim to teach Western medical care to health care providers in resource poor nations. However, instead of just sending groups of physicians to a Third World country every so often, they maintain a consistent presence by sending individual doctors or small groups more frequently to teach.

Dr. Gainor, starting in college during the Vietnam War, became very committed to interacting with Third World countries. He remembers thinking, "There has to be a better way for the United States to interact with our global neighbors than just war." Thus began Dr. Gainor's lifetime of passion for volunteer service in undeveloped countries.

After the needless murder of Dr. Belcher, however, what used to be a budding service organization to reach out to Third World countries seemed poised to fall apart.

Shortly thereafter, Dr. Gainor visited his family in Chicago. That weekend, he was reminded that all the world is a risky place, even in the United States. A four fatality shooting occurred at a flower shop in Chicagoland. This tragic shooting gave Dr. Gainor insight. As he says, "I expect to walk in, buy some flowers and walk out of a flower shop alive. Seeing that death can occur no matter where you are gave me insight that doctors would understand that the all the world is a risky place and they would recommit to serve others overseas."

Dr. Gainor was right, as Orthopedics Overseas grew to over 700 members while he was chairman from 1993-1997. He would go on to become chairman of the umbrella organization Health Volunteers Overseas from 2000-2003 and he still serves on the board for the HVO. In all, starting with a visit to St. Lucia in 1984, Dr. Gainor has visited 10 countries and taken over 8 service trips to Third World countries. He and his wife visited Mumbai, India, just last month.

However, as Dr. Gainor points out, working overseas can amount to a contradiction. "Why do we work so much overseas when there are people here in the United States who cannot even afford the medical care that is available to them here." This is why Dr. Gainor started working in 1995 with Children's Hospital here in Columbia, Missouri.



A lifelong musician, Dr. Gainor has a band that performs regularly at the Broadway Brewery, around town at various events and at the Children's Hospital itself. While performing at Children's Hospital, Dr. Gainor and his singers give away surgeons caps that are sown by MU nurses including MOI's very own Ann Weitkemper. The band also performs for in-patients at the Missouri Psychiatric Center during the holiday season. As Dr. Gainor says, "A member of the band says that this is his favorite concert of the year ... You get a chance to show people who do not think anyone cares about them during the Holidays that there are people who care." Any money raised by his band 'Gainor & Friends' goes directly to the Children's Miracle Network.



In addition to all the work Dr. Gainor does overseas and with Children's Hospital, he still finds time to practice banjo rehabilitation. What is banjo rehabilitation? Dr. Gainor says it best on his own website <http://www.banjorehab.com/>.

The Banjo Rehabilitation Center (BRC) is a small workshop located in the heart of the Show-Me State. Its mission statement is: All banjos deserve a second chance. In the shop, disparate banjo parts are adapted to each other to produce a unique instrument which is then sold on e-bay to beginner banjo pickers at bargain basement prices. The founder of the BRC {Dr. Gainor himself} has been playing the banjo for over 50 years.



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What's the difference between operating on a hand and on a banjo? Dr. Gainor says operating on a hand and a banjo really is similar. They both have nuts, screws, and similar features. But, banjos are not made out of bone- except for the bridge that stretches across the neck of the instrument. Maybe, banjos and hands are not so different.

With all of his volunteer work, one might wonder what the most rewarding part of volunteer work is for Dr. Gainor. "I love it when I'm caring for patients overseas," Dr. Gainor said. "Then, I look over and I see another patient smile. That makes me feel that they appreciate having us here. It brings them hope. That is my remuneration for my volunteer work."



The month of February is most often associated with Valentine's Day - the day that celebrates romance. Valentine's Day, however, was not initially about romantic love. Instead, it more closely resembled sacrificial love because the inspiration for the celebration was the martyrdom of St. Valentine in AD 496. Through his work with Health Volunteers Overseas and the Children's Miracle Network, Dr. Gainor has practiced and still practices the generosity of spirit that brought about Valentine's Day long ago.

To learn more about Health Volunteers Overseas, you can visit their website at <http://www.hvousa.org/>.

To learn more about The Banjo Rehabilitation Center, you can visit <http://www.banjorehab.com/>.



ANNOUNCEMENTS

Services planned for Ash Wednesday at the MOI

The Pastoral Care Services staff will lead services and provide ashes to patients, families and employees who wish to participate on Wednesday, March 5. Ashes will be provided in the inpatient unit if requested by a patient. To request ashes, please call Pastoral Care Services at (573) 882-2236.

Presentation—Graduation Date: What Now?

"Graduation Date: What Now?" by Kyle Jeray, MD, associate professor of orthopaedic surgery at the University of South Carolina School of Medicine-Greenville, and "'Subtle' Suggestions for Success in Modern Orthopaedics," by Scott Broderick, MD, associate professor and director of orthopaedic trauma at the University of South Carolina School of Medicine-Greenville; 6:30 to 7:30 a.m. Wednesday, March 5, in the Missouri Orthopaedic Institute, Room 406I. This presentation will be broadcast via telehealth to interested telehealth sites. For more information, please contact Mary Beth Schneider at schneiderm@health.missouri.edu.

MOI Events Committee

We will participate in Cleanup Columbia on Saturday, April 12. Watch for more to come!

What is Cleanup Columbia? Cleanup Columbia is a city-wide trash pick-up event where hundreds of local residents work together to make our city a more beautiful place. The city will provide volunteers with trash bags, gloves, safety vests (where needed) and help you find a trash pick-up location. Volunteers pick up trash in the morning and are asked to start no later than 10 a.m. Columbia Public Works will pick up your filled bags. This is a wonderful event for individuals and groups of all sizes and people of all ages and abilities. There will be a thank-you picnic to celebrate your efforts afterwards, sponsored by APAC-Missouri!

HERE'S THE NEWS

MOI Knowledge Now

You are invited to the Missouri Orthopaedic Institute's Knowledge Now Women's Musculoskeletal Health seminar, "Female Musculoskeletal Injuries from Youth to Maturity and the Importance of Active Lifestyles". Thursday, April 3, 2014, at 6:00 pm. (this is the second date. The seminar on March 20 is already full).

Dr. Sarah Hwang and physical therapists Jennifer Stone and Katie Skibiski will discuss conditions such as pain in the pelvic floor, lower back, and hips, in addition to discussing adolescent pain, pregnancy-related pain, osteoporosis and osteoarthritis.

Our seminars provide a comfortable, informal environment for learning and asking questions. There is no cost to attend and there is free valet parking. Please call 882-3104 to reserve your seat.

Missouri Orthopaedic Institute's
KNOWLEDGE NOW
Women's Musculoskeletal Health

Female Musculoskeletal Injuries from Youth to Maturity and the Importance of Active Lifestyles


Sarah Hwang, MD, and Jennifer Stone and Katherine Skibiski, physical therapists, will discuss important topics and treatment options for conditions such as pain in the pelvic floor, lower back, and hips, as well as adolescent pain, pregnancy related pain, osteoporosis and osteoarthritis.

6-7:30 P.M.
THURSDAY, MARCH 20, 2014

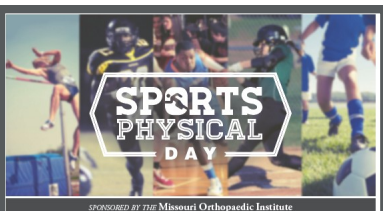
Missouri Orthopaedic Institute
4th floor conference room
1100 Virginia Ave. Columbia, Mo.

Space is limited. RSVP to (573) 882-3104
Free valet parking at the front entrance.

Mizzou Therapy Services
University of Missouri Health Care



MOI Sports Physical Day



SPONSORED BY THE Missouri Orthopaedic Institute

WHO Mid-Missouri middle- and high-school students are invited to attend Missouri Orthopaedic Institute's Sports Physical Day.

WHAT In addition to completing basic sports physicals, MOI also will have ophthalmologist and orthopaedic specialists reviewing each athlete's demonstration in the motion analysis system, and a sports fair with activities and information for parents, coaches and athletes. *Baseline SCAT3 concussion tests are available upon request.*

WHEN Saturday April 26, 2014
9 A.M. TO 1 P.M.

WHERE Missouri Orthopaedic Institute
1100 Virginia Ave. Columbia, MO 65201

COST \$10 per student with all proceeds being donated back to the student's athletic department.

WALK-INS WELCOME

For more information, please email Whitney Wright: wrightwh@health.missouri.edu

Mizzou Therapy Services
University of Missouri Health Care

Mid-Missouri middle school and high school students are invited to attend the Missouri Orthopaedic Institute's Sports Physical Day from 9 a.m. to 1 p.m. Saturday, April 26, at the Missouri Orthopaedic Institute. Ophthalmologist and orthopaedic specialists will be on hand to evaluate each athlete. Baseline SCAT3 concussion tests are available upon request. The day will also include a sports fair with activities and information for parents, coaches and athletes as well as demonstrations using the institute's DARI motion-detection system.

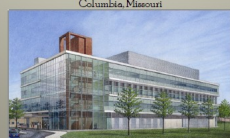
Physicals cost \$10 per student, with all proceeds being donated back to the student's athletic department. Walk-ins are welcome. For more information, please email wrightwh@health.missouri.edu.

Comparative Orthopaedics Day


This year **CO Day** is dedicated to honoring those serving in the medical branches of our armed forces and we are so honored to have two keynote speakers: **Dr. Philip J. Belmont Jr.**, Professor, Department of Surgery with Uniformed Service Health Sciences School of Medicine and program director of the Orthopaedic Surgery Residency Program with the William Beaumont Army Medical Center/Texas Tech University Health Science Center in El Paso. Additionally, Colonel Belmont has served as the orthopaedic surgery consultant to the U.S. Army Surgeon General since 2013. He served as an orthopaedic surgeon with the 228th Combat Support Hospital in Iraq. **Also featured is Dr. James T. Giles III.** Dr. Giles serves as chief of the Animal Health Branch with the Department of Veterinary Sciences at the Army Medical Department Center and School in Fort Sam Houston, Texas. He recently served as the senior veterinary surgeon in Afghanistan, providing medical support to military working dogs in a combat theater.

The University of Missouri's
Comparative Orthopaedic Laboratory
and
Department of Orthopaedic Surgery
proudly present

The 14th Annual
Comparative Orthopaedics Day
Friday, April 25, 2014
Missouri Orthopaedic Institute
4th Floor Conference Center
1100 Virginia Avenue
Columbia, Missouri



Registration is FREE, but you must register via Email to attend—salswood@missouri.edu
Directions at http://www.mohi.org/body_moi.cfm?id=3372
Parking in garage immediately north of MOI





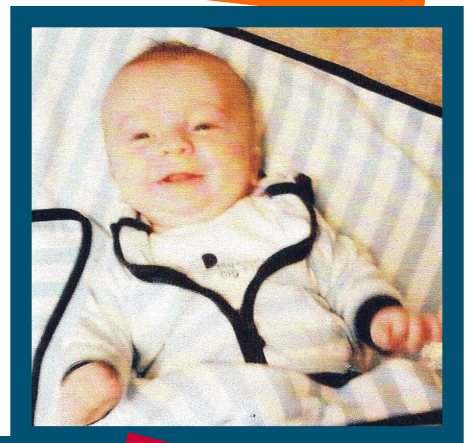
*There are moments
you wait for all your life...*



The arrival of Beau Scott Clementz marks a new beginning in the lives of Anna, Nursing Acute Care Supervisor, and her husband, Jeff. Beau was born on February 10, weighed 7 lbs and measured 21 inches long.



Andy & Kerri Wyatt are pleased to announce that a very cute branch got added to the family tree. Brooks Rollin Wyatt made his arrival at 8:07 a.m. on November 19, 2013, weighed 7 lbs and measured 19.5 inches. Kerri is a PACU nurse. Sisters Cindy and Morgan are very happy with the new family addition.

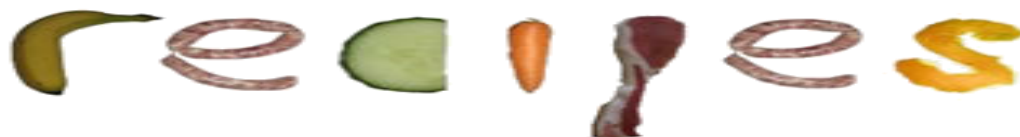


Patti Lindquist, Senior Management Analyst, is officially a grandma! Carson Lee Mills made his arrival at 12:52 AM on February 23, weighed 8.3 lbs and measured 21 1/2 inches long. Congratulations, Patti!



Motherhood is a great honor and privilege, yet it is also synonymous with servanthood. Every day women are called upon to selflessly meet the needs of their families. Whether they are awake at night nursing a baby, spending their time and money on less-than-grateful teenagers, or preparing meals, moms continuously put others before themselves.

~Charles Stanley



PEOPLE SEED

Linda Landry, Nurse Clinician for Sonny Bal

INGREDIENTS:

1 box of Teddy Grahams	1 medium bag of M&M
1/2 Cheeze-it crackers	1 medium bag of peanut M&M
1 can shoestring potatoes	1/2 bag of pretzel sticks
1 can of mixed nuts	1 bag of cereal or dried fruits

DIRECTIONS:

1. Empty all ingredients in a large bowl or bag and mix.
2. Store mix in an air tight container. Enjoy!



Fun and easy little snack that even the kids can make by themselves.

FLOURLESS PEANUT BUTTER COOKIES

Beverly Hoelscher, Surgical Services

INGREDIENTS:

2 cups peanut butter (1 jar)	1/4 cup brown sugar
2 eggs	1 tsp vanilla extract
3/4 cup white sugar	1/2 tsp baking powder

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Combine ingredients and drop by teaspoonfuls on cookie sheet. Bake for 8 minutes. Let cool.



This is perfect with a big glass of ice cold milk!

SPINACH AND CHEESE STRATA

Katie Quilty, RN, Surgical Services

INGREDIENTS:

3 tbsp. unsalted butter	Dash freshly grated nutmeg
1/2 cups onion, finely chopped	8 cups cubed French or Italian bread, cut into 1-inch cubes
2 (10 oz.) packages frozen chopped spinach, thawed and drained	6 oz. coarsely grated Gruyere (about 2 cups)
1 tsp. salt, divided	2 oz. finely grated Parmesan (about 2/3 cup)
1/2 tsp. pepper, divided	9 large eggs

DIRECTIONS:

1. Melt the butter in a medium skillet over medium heat. Add the onions to the pan and sauté until soft, about 5 minutes. Add 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper, and the nutmeg, and continue to cook for 1 minute more. Stir in the spinach, remove from the heat and set aside.
2. Butter the inside of a 2 1/2-3 quart baking dish. Layer the bottom of the dish with one third of the bread cubes. Top with one third of the spinach mixture and one third of each of the cheeses. Repeat these layers twice more with the bread, spinach and cheese.
3. In a medium bowl, combine the eggs, milk, the remaining 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Whisk together until blended. Pour the mixture evenly over the bread and spinach layered in the baking dish. Cover with plastic wrap and chill for at least 8 hours or up to 1 day.
4. Remove from the refrigerator 30 minutes before baking. Preheat the oven to 350° F. Bake uncovered until puffed, golden brown and cooked through, 45-55 minutes. Let stand at least 5 minutes before serving.



Easy, delicious and perfect meal when you don't have a lot of time to prepare dinner!

All About Me

Elise R. Brion, Patient Service Representative

How long at MU: 2 years

Birthday: January 5

Family: I am married with two amazingly bright and loving children

Where From: St. Louis, MO

School: University of Missouri—Columbia

Pets: Opi and PiToo, Puddle mizes, and Dobby the Bunny

Hobbies/Interests: Writing my published books, writing songs for my produced albums, gardening, reading and studying the Bible.

Favorite Things: GOD always and first... praying, observing people being healed in Christ, laughing, being with my husband, Ninos, dogs, gardens and bunny.

Most memorable vacation or activity:

Going to the Yucatan Peninsula in utero... and to the Philippines to visit my family at age 13.



"If I ever get stranded on a deserted island, I would bring the Holy Bible, my son and my daughter. My husband and I are already one—I cannot bring him separately."

Mike Kateman, Senior Research Lab Technician



How long at MU: 4 years

Birthday: September 18

Family: My Dad's name is Dan and my mom's name is Ann, so there's that. I also have an 18 year old brother named Kyle.

Where From: St. Charles, MO

School: Mizzou. I'm starting Podiatry School in Iowa this fall.

Pets: I don't have any pets in Columbia, but I do have a dog back home. He is a Beagle/Jack Russell mix named Buster.

Hobbies/Interests: My hobbies include hanging out with my friends, watching movies, working out, and playing soccer and volleyball.

Favorite Things: If you know me, my one true love is food (any kind but mainly pizza followed closely by my car. I also like being a jokester and scaring people around the office.

Most memorable vacation or activity:

I would have to say my most memorable vacation was just this past summer. My friend texted me and asked if I wanted to go down to Tampa, FL for a couple of days to visit some of our friends who were interning down there. I said yes, and a week later we flew down. We met up with them, went to the beach and decided to take a spontaneous trip to Disney World. Being 22 years old I was a bit skeptical of a Disney Park, but I had the time of my life there! We were actually planning on taking another trip down there this summer since we all had so much fun.

"If I ever get stranded on a deserted island, I would bring my swimming trunks, sunglasses and a cooler full of ice and beer."