



photo by Sarah Pack

"Chief elf" Elizabeth Williams stands in the MUSC Horseshoe, where the Angel Tree parade ends.

'High on caffeine, nerves and excitement'

Editor's note: Elizabeth Williams has been leading MUSC's Angel Tree efforts for 14 years. This year will be her last time to serve as "chief elf." Volunteer Services' program coordinator Melissa Kubu will take over. Williams wrote the following piece to say thank you to everyone who has helped her make the holidays a little brighter for children throughout the Lowcountry.

By LIZ WILLIAMS

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It's a foggy morning in December, and I am pacing Ehrhardt Street. My mind is racing with hundreds of details. Who is due to show up now, and who can

I expect later? Where should I place them? Who can I connect to make their experiences today even better? Who needs some extra attention this year and maybe a pep talk or a hug?

I'm high on caffeine, nerves and excitement when suddenly I hear it. It starts off with a low, melancholy rumble and builds into what can be best described as a wail. I peek around the corner of Ehrhardt onto Bee Street and see through the fog two pipers, dressed in kilts, playing on the corner. It's the bagpipers warming up. It is the beginning of a series of events that will build all day and stir emotions in everyone who comes out to witness it.

See ANGEL on page 10

Angel Tree, Holiday Tree Lighting kicks off the season



photo provided

MUSC Children's Hospital patient Laila Daniels, second from left, and mother India McRae join MUSC President Dr. David Cole, MUSC Health CEO Dr. Patrick Cawley and Salvation Army Capt. Jason Burns at the Nov. 8 annual Angel Tree Kickoff and Holiday Tree Lighting Ceremony at the MUSC Horseshoe. Laila served as the guest tree lighter, flipping the switch to light the decorated MUSC holiday tree and Horseshoe area. According to Cawley, the tree represents 100,000 babies — born since 1976 and the hope that they bring to the world. Since 2013, the tree and all holiday decorating around MUSC's campus have been completed by Interior Landscapes.

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AROUND CAMPUS

PEOPLE

K. Michael Cummings



K. Michael Cummings, Ph.D., professor in the Department of Psychiatry and Behavioral Sciences, was named among the most recent ranking of highly cited researchers.

Compiled by

Clarivate Analytics (formerly part of Thomson Reuters), the list celebrates contemporary research achievements in 21 fields of science and social sciences and is based on the number of citations published between 2005 and 2015.

Ed Jauch



Edward Jauch, professor and interim chair of the Department of Emergency Medicine, received the American College of Emergency Physicians' 2017

Award for Outstanding Contribution in Research. He was presented the award on Oct. 31 from Dr. Paul Kivela, ACEP president.



photo provided
MUSC's Mary Catherine Dubois, left, and Jennifer Pitassi lit candles in honor of children who died in 2017. The MUSC Children's Health annual Service of Remembrance was established to support bereaved parents, families and friends and was held Sept. 10 at St. Luke's Chapel.

Steven Kautz

Steven Kautz, Ph.D., chair of the Department of Health Sciences and Research and a Ralph H. Johnson VA Medical Center biomedical engineer, was nominated to serve a two year appointment on the National Professional Safety Board for the Veterans Health Administration. He is director of the Center of Biomedical Research Excellence in Stroke Recovery and the National Center of Neuromodulation for Rehabilitation. He is also professor and chair for Health Sciences and Research in the College of Health Professions.

Gayenell Magwood



Gayenell S. Magwood, Ph.D., RN., professor in the College of Nursing, recently became a Fellow of the American Heart Association. Magwood is project director and co-PI for REACH 2010:

Charleston and Georgetown Diabetes Coalition, as well as a co-PI for the REACH U.S. Center in the Elimination of Disparities.

EVENTS

A Christmas Carol

The Dock Street Theatre presents Charles Dicken's immortal classic "A Christmas Carol" through Dec. 19. It's the show that always puts you in the Christmas spirit, this year with four spectacular new musical production numbers. Tickets are \$31 to \$68 for adults; \$29 to \$68 for seniors (60-plus); \$26 to \$68 for students (ages 3-25) and active military. For dates, times and information, visit www.charlestonstage.com/shows-and-tickets/49-a-christmas-carol.html or phone 843-577-7183. The Dock Street Theatre is located at 135 Church St.

Serving Our Community Kids

With winter approaching, children at local schools are in need of undergarments. The KidsWell School Based Health program (an MUSC community-based partnership) is seeking donations of new socks, underwear, and T-shirts for children ages 3 to 12. Boys and girls are in need of basic essentials for everyday use. Donations can be dropped off at 136 Rutledge Ave. in the Telemedicine building. A box is available.

Small Works Show

Art has always been a cathartic means of communication. Add works to your collection and/or gift original art for the holidays. All works will be priced \$50 to \$200. Free to attend. The Southern. 2 Carlson Ct. Downtown Charleston.

THE CATALYST

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Catastrophic Leave program donations due by Dec. 15

The Catastrophic Leave program allows employees occupying FTE and Research Grant positions who wish to donate leave to the annual and/or sick leave transfer pools to do so prior to Dec. 15. Employees who may lose annual and/or sick leave because they will exceed the authorized maximum leave carryover of 360 hours for annual leave and 1,440 hours for sick leave are encouraged to donate leave to the transfer pools by mid-December.

Employees who wish to donate leave are reminded that no more than one-half of the annual or sick leave accrued during the calendar year may be donated. Faculty may donate sick leave only. Once leave has been transferred it cannot be restored or returned to the leave donor. To donate, complete a leave donation form at <http://horseshoe.musc.edu/human-resources/univ/forms> or call 792-7225.

Follow these tips for a healthy, happy holiday

Thanksgiving, Black Friday, Cyber Monday – ready or not, the holiday season is upon us. Although it can and should be the most wonderful time of the year, the joy of the season is often lost due to stress. Holiday spending, overindulging and schedule overload can leave us all thinking, “Bah! Humbug!” If you're one of those people who feel the pressure of the holidays, here are a few tips to help you feel balanced, happy and stress-free:

❑ **Finding time for exercise** – The most common reason people give for not exercising is not having enough time, especially during the busy holiday season. But just 10 minutes of physical activity three times per day can reduce stress and burn off some of those extra holiday party calories. When you're exhausted after a long day at work, errands and shopping and all you want to do is hit the couch, try the “10-minute ticker.” You can do anything for 10 minutes, and once you've started, usually you'll continue longer and will feel even

better.

❑ **Calorie check** – Feeling guilty about overindulging at the office holiday party? Don't beat yourself up. It's the balance over time that determines whether you can maintain a healthy weight in the long run. By giving yourself permission to enjoy special meals and treats during the holidays, you'll find you'll be much happier and feel less stressed, and in the end, you'll probably find that you won't overeat as much as you feared in the first place. To make up for that extra helping or sweet treat, move more throughout the day and aim for at least 30 minutes of physical activity.

❑ **Self-care** – Too often we put our own needs aside during the busy holiday season to get things done for our families, work and extra responsibilities. To be your best you, it's important to add a healthy dose of self-care. Try adding calming activities to your day, like lunchtime walks or yoga. Take time off, and use holiday vacation days to recharge and rejuvenate. And don't overlook

your emotional health; get help if you need it to manage stress or other mental concerns.

❑ **Give back** – The holidays are a time for giving. But the reason for the season can get overshadowed by the pressure to consume. If you want to cut back on spending, giving back to the community can be a rewarding substitute for excess shopping. Volunteering makes an immeasurable difference in the lives of others and also offers many health benefits such as lowering stress and boosting self-confidence. Volunteering is also a great way to meet new people and build healthy relationships. By helping improve your community, you're also helping yourself. It's a win-win!

❑ **Holiday spending** – The holidays may be “the most wonderful time of the year,” but they can also be the most stressful time of the year. It is easy to spend beyond your budget, trying to meet holiday expectations. Managing your money well can reduce stress and

MUSC Health & Well-Being

By Susan L. Johnson,
Ph.D., MUSC Office of
Health Promotion



improve physical and emotional health. Create a budget to determine how much money to spend during the holidays, and focus on what really matters: spending quality time with family and friends.

❑ **Stress busters** – It's important to find a balance between staying active, keeping normal routines and not overbooking to the point of distress during the holiday season. Extra time with family can be spent on bike rides and walks, watching favorite holiday movies and most importantly, taking a break from work. Now take a deep breath, relax and have a great holiday!

BOEING SHOWS SJCH SUPPORT



Photo by Anne Thompson

Boeing's Nate Brower, from left, Jessica Jackson, Lindsay Leonard, Tim Keating, Ashley Holbrook and Jeff Shockey join MUSC Vice President for Development and Alumni Affairs Jim Fisher (fourth from left), MUSC Children's Health Chief Medical Officer Dr. Mark Scheurer, center, and senior project manager John Sion (far right) at the construction site during their visit in October.

Brain MRI Study on ADHD

The MUSC Center for Biomedical Imaging is seeking males (ages 14 - 18) with or without Attention-Deficit/Hyperactivity Disorder (ADHD) for a brain MRI research study on ADHD.

This confidential, no-cost research study involves a phone screen, a clinical assessment visit & a MRI scan visit. If qualified, compensation is provided.

For More Info: call/text **BRAIN** 843-640-5382
email ADHDbrainMUSC@gmail.com



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December “Health Focus” schedule on SC Public Radio

Visit www.southcarolinapublicradio.org/programs/health-focus

Dec. 4 — Segment #1

Topic: Parkinson’s Disease Update & Research

Guest: Dr. Vanessa Hinson, professor of neurology and the director of the Movement Disorders Program at MUSC. Dr. Hinson talks about new discoveries related to Parkinson’s disease.

Dec. 4 — Segment #2

Topic: Children and Influenza

Guest: Dr. William Basco, professor of pediatrics and director of the Division of General Pediatrics at MUSC Children’s Health. Dr. Basco will discuss children and influenza.

Dec. 11 — Segment #1

Topic: Trauma-focused Workshops in Puerto Rico

Guest: Dr. Michael De Arellano, professor of Psychiatry and Behavioral Sciences and a faculty member with MUSC’s National Crime Victims Research and Treatment Center. Dr. De Arellano will talk about training teachers and helping children in Puerto Rico after Hurricane Maria.

Dec. 11 — Segment #2

Topic: The Science of Sleep

Guest: Dr. Andrea Rinn, a physician in the Department of Pulmonary, Critical Care and Sleep Medicine and the medical director of the Sleep Lab at MUSC. Dr. Rinn will discuss the latest understanding of sleep, and why it is so essential for good health.

Dec. 18 — Segment #1

Topic: Nightmares & Night Terrors in

Young Children

Guest: Dr. Maria Riva, a pediatric pulmonologist and sleep specialist at MUSC Children’s Health. Dr. Riva will discuss night terrors and nightmares in childhood and what parents can do to help.

Dec. 18 — Segment #2

Topic: The Amazing Liver

Guest: Dr. Don Rockey, a gastroenterologist and hepatologist and chairman of the Department of Medicine. Dr. Rockey will share information about essential functions of the liver, and the supporting role it plays for other organs in the body.

Dec. 25 — Segment #1

Topic: Mental Health Issues & Primary Care

Guest: Dr. John Freedy, professor of Family Medicine and director of the Behavioral Science Curriculum for the Family Medicine Residency Program at MUSC. Dr. Freedy will discuss mental health and behavioral health issues during a primary care visit.

Dec. 25 — Segment #2

Topic: Research Related to In-Vivo Microscopy

Guest: Dr. David Lewin, professor of Pathology and Laboratory Medicine and director of Gastrointestinal Pathology at MUSC. Dr. Lewin will talk about research related to in-vivo microscopy—a new technology that allows physicians and researchers to look at living tissue, at a microscopic level.

LETTER OF GRATITUDE

Editor’s Note: Greenville native Michael Smith came to MUSC to undergo skull-based surgery to remove cancer on two facial nerves and massive reconstruction on Sept. 14. He was in surgery for 22 hours, with a team of two otolaryngologists, two plastic surgeons and a neurosurgeon. In the last year, Smith has traveled back and forth from Greenville to MUSC to complete three other related surgeries. He wrote this letter to thank Joyce Justice, his nurse who works in the STNICU at the University Hospital.

An Ode to Nurses

Her name was Joyce, and she called me “sweet pea.” I started out the week in the ICU with a tube down my throat and my arms restrained to the bed. After a marathon brain surgery session, they placed me there for early recovery, and that’s where I had what had to be someone placed there by God himself. Unable to communicate and panicking while restrained, she rubbed my head and told me — that if she could take my pain away, she would. With the drug-induced enhanced aura and lighting, I felt like she was an angel talking to me, and I slowly began to calm down. And that’s the power of a good nurse.

When we’re at our most vulnerable moment, they’re there for us. When we’re scared and alone, they’re there for us. When we think we know better, and they refuse to do the easy thing, they’re there for us. And when you smell like a homeless person because you haven’t had a proper shower in a week and use the bathroom where you sleep, they’re there for us. It’s easy for people to take for granted those that dedicate their lives to helping others, but if this week has taught me anything, having a good nurse by your side when you need it the most is like being handed a gift from God, saying “I gotcha covered.”

So to all my friends that are nurses or anyone thinking of becoming one, or retired, I just have one thing to say to you... “Thank you.”

Michael Smith
Greenville, S.C.

MUSC President Dr. David J. Cole and leadership receive heartfelt letters and emails from patients, patient families and staff commenting on the excellent care and experiences they’ve received while at MUSC. Periodically, *The Catalyst* will reprint these letters (or excerpts from these letters) recognizing employees and their continuing commitment to putting patients first.

Wellness Center offering Holiday Hustle Circuit Training

Gain health not weight during this year’s holiday season. Starting Nov. 29 through Jan. 5, the MUSC Wellness Center is offering a new morning circuit workout program called the Holiday Hustle. The program features morning workouts at 6:15 a.m. — Wednesdays and Fridays for six weeks. It includes an express circuit workout, “homework

workouts” for the holidays, motivational emails, health recipes, optional weigh-in and an InBody before-and-after measurements.

The cost is \$49 for Wellness Center members, \$40 for students and \$99 for non-members.

For information, sign up or call the Wellness Center membership desk, 843-792-5757.

Thank you for
keeping patient
information
confidential and for
recycling!

Paper Recycling



1. Do not empty a file cabinet or purge files into the regular shredding bin
2. Plan ahead and order a “Clean-Out” bin early: call 2-5600 (2 days before)
3. To ensure patient confidentiality wait for the bin to be delivered before you take documents out of a filing cabinet
4. Keep your confidential paper safe until the secure bin is delivered
5. As soon as your Clean-Out bin is full, call 2-5600

GoGreen

Contact us: 2-5600 or email your questions: recycle@muscd.edu

MEET GEAN



Gean Johnson

Department; How long at MUSC

Transplant; 34 years

How are you changing what's possible at MUSC

By providing the staff, patients and guests of our organization with the best service and experience that enriches their time within our community

Favorite childhood memory

Swinging and talking to my grandmother on the porch swing

Last book read

"Life Without Limits" by Nick Vujicic

Favorite restaurant

The Big Bib BBQ in San Antonio, Texas

Favorite place in the world *Hawaii*

Best thing about living in Charleston

The beaches and the food

Favorite quote

"Whatever we believe about ourselves and our ability comes true for us."

— Susan L. Taylor

Conversation Cafe

12.6.17

Sustainable Nutrition

Learn about the benefits of a whole food plant-based diet



Wednesday December 6th
12pm-1pm -BE112

recycle@musc.edu



OPEN ENROLLMENT IS FROM NOVEMBER 1 – DECEMBER 15!



Of health plans purchased through the marketplace in South Carolina, 9 out of 10 qualified for discounts on monthly premiums.

Visit www.SignUpSC.org or call 888.998.4646 for questions or to sign up.

MUSC shows Tri-county area love on Day of Caring

By MIKIE HAYES

hayesmi@musc.edu

MUSC employees continue to demonstrate what caring people working together for the good of the community can accomplish. For the 17th straight year, MUSC volunteers have lent a lot of helping hands — 512 this year to be exact — to the Trident United Way's annual Day of Caring.

Amanda Netsch, TUV's strategic volunteer engagement manager, said the annual event is the Tri-county's largest day of service and one that brings the community together in a big way.

"Each unique project is a part of a much larger communitywide event, involving hundreds of projects and thousands of people. This year, we had 5,509 volunteers in total from 133 companies who completed 277 projects that benefited 139 schools and nonprofits."

And MUSC made up 256 of those

volunteers, comprising 16 teams that helped the community become healthier, safer and more beautiful. The projects MUSC employees tackled ran the gamut from building bird cages at the Center for Birds of Prey, preparing hot meals for kids and seniors in the Zucker Family Production Kitchen at the Lowcountry Food Bank and conducting health screenings and fitness tests at Carolina Voyager Charter School to painting, landscaping and cleaning at Tricounty Family Ministries.

Caroline Morris, TUV marketing and communications manager, credited MUSC for always stepping up to help. "MUSC is one of our largest partners, and we couldn't do it without them. One department or another is involved in everything we do — from workplace campaigns to Healthy TriCounty to the Day of Caring. We appreciate the entire organization and count on MUSC to sustain the valuable work we do."



Above photo: Employees in the Division of Finance spent Nov. 17 Day of Caring activity cleaning up the school garden at James Island Elementary School. Middle photo: College of Medicine-COE's Sarah Johnson, Lexington Shelby, Maggie Ford, Nicole Scruggs and Kristine Goodrich volunteered time at the Charleston–Dorchester Mental Health Center.



An MUSC Department of Pharmacy employee sorts out cans of food and organizes items in the kitchen of Tricounty Family Ministries on Nov. 17. A total of 16 MUSC departments took part in this year's Trident United Way Day of Caring activities.

Photos provided



The Education and Student Life team worked at Haut Gap Middle School.

Project SANDs connects patients to providers

Duke Endowment grant continues work, dedication to serve people with special needs

BY SYDNI EDWARDS

edwardsy@muscd.edu

People with special needs face an array of obstacles that can challenge their everyday lives. Project SANDs (Special Adult Network of Dentists) was developed so that finding the right dentist for individuals with special needs is not another one of those obstacles.

In 2015, Project SANDs was launched, with the goal to expand and improve access for all patients with special needs in South Carolina. Project SANDs provides patient navigator services across the state to assist in locating a dental provider. SANDs personnel partner with Family Connection SC to follow up and assure that appointments are kept and patients are satisfied.

In order to assist with locating providers, a web-based directory was created. This directory provides a comprehensive list of dentists and clinics across South Carolina that are prepared and willing to treat patients with mild, moderate or severe disabilities.

It also includes information pertaining to what insurances are accepted and languages are spoken at these offices. Patients may be seen at the James B. Edwards College of Dental Medicine Special Needs Clinic, or they can be paired with

a dentist in the community closer to the patient's home.

The Duke Endowment awarded the James B. Edwards College of Dental Medicine \$600,000 over three years to fund the innovative program. Elizabeth Pilcher, D.M.D., associate dean for faculty affairs, and Michelle Ziegler, D.D.S., director of advanced education in general dentistry and director of the Division of Special Care Dentistry are the co-principal investigators on the Duke Endowment grant.

Although Project SANDs is relatively new, the idea to provide easier access to people with disabilities is not. According to Lisa Summerlin, one of SANDs 'program coordinators, the idea was yet another accolade that should be added to the accomplishments of Carlos Salinas, D.M.D. Dr. Salinas served as the director of the MUSC Craniofacial Anomalies and Cleft Palate team before his death in January 2015.

"I was blessed to work with Dr. Salinas many, many years ago," she said. "He created a database for parents or caregivers, so they could more easily find dental providers in South Carolina."

Ziegler credited Dr. Salinas' vision for the creation of Project SANDs. "He developed a similar list many years ago, but it became stale, since it was difficult and costly to maintain. Technology and the Duke grant have allowed us to improve on his idea. He also designed this clinic," she said, referring to the Clinic for Adolescents and Adults with Special Health Care Needs.

Project SANDs is a very unique program, due to its design. There is only one other web-based database like it in the nation. Combining the database with patient navigator services and follow-up care make it truly unique. Additionally, the patients who are seen in the College of Dental Medicine Special Needs clinic are treated by students and residents, providing experience in the care of

See SANDs on page 9



photo provided

MUSC College of Dental Medicine students treating a SANDs patient in the James B. Edwards College of Dental Medicine Special Needs Clinic.



Pilcher



Ziegler

GIVING THANKS AND SHARING A MEAL WITH PATIENTS, FAMILIES, STAFF



For the fourth consecutive year, the Wickliffe House prepared and hosted a Thanksgiving dinner for about 180 patients, families and staff of the MUSC Children's Hospital. Scratch Kitchen of Charleston owners Wendy and Jeff Gleim, who operate the Wickliffe House, and their staff prepared and served the meal donated by U.S. Foods in Charleston.

Photo provided

SANDs *Continued from Page Seven*

patients with special needs for those future practitioners after graduation, when they enter private practice, adding to SANDs database of providers.

Diane Piccolo, mother of 22-year-old Nicholas Piccolo who has Down syndrome, has not always had welcoming experiences when trying to find care for her son.

“When I lived in Connecticut, it was not easy trying to find a dentist that would work on a child with special needs. They’d tell us that they’re fully booked, and then we’d get turned away,” she explained. “I’ve been doing this for 22 years, I know they’re making excuses; they assume it’ll be a liability,” she said with frustration.

But when she was referred to Project SANDs by a colleague of her son’s primary care provider, everything changed. “Project SANDs found a dentist right away; they welcomed us with open arms.” She can’t say enough good things about the program. “It’s phenomenal, fabulous, wonderful and terrific!”

She is concerned, however, for other patients with disabilities who are not so lucky.

Some private dental practices decline to take special needs patients, because of the complexities of their disabilities. Joan McLauren, a SANDs program coordinator, explained. “Most patients have more emergent issues that need to be dealt with prior to oral care. Dental care is often pushed down to the bottom of priorities, and then when they can finally address the dental issue, it is worse.”

Piccolo agreed. She had noticed the poor oral care at her son’s adult day care center. “I can clearly see the other adults with rotting teeth, because they cannot find anyone to help them. If the word is spread, this will change the lives of so many people who are desperately in need.”

The team members involved believe Project SANDs is a giant leap for dentists and patients in South Carolina, making an overwhelming process more convenient and safe.

Summerlin said that although the grant ends next year, the chance to see the program grow has been extraordinary. “I hope there’s a way to keep funding for the navigation services in the future and the web-based program can sustain itself. As far as Special Needs Clinic at the CODM, I hope that the students will continue to have the opportunity to treat and work with patients with special needs.”

Pilcher agreed. “The SANDs team has done a tremendous job. We have many success stories. Maintaining this website and adding to it by graduating dentists trained and comfortable treating patients with special health care needs will continue to make a difference for these individuals across our state.”

Hollings Cancer Center



The Mobile Unit is Coming to You!

Onsite Mammography Screening Where You Work

It's Easy and Convenient

December 13, 2017
8:30am - 3:00pm
Harborview Office Tower

Appointments Required
Please call Outreach Services to schedule your appointment
843-792-0878



MUSC Health
Medical University of South Carolina

Changing What's Possible

MUSC Translational Research Day

Friday, January 26, 2018
8:30am to 12:30pm

Drug Discovery Auditorium & Lobby
A Continental Breakfast will be served


Registration for Posters and Poster Setup
opens at 8:00am.

Keynote Address by Dr. Richard M. Silver
begins at 9am

Join the MUSC SCTR Institute as we highlight
translational research efforts across MUSC.
Translational Research Day will provide a forum for
trainees, K scholars and translational investigators to
display translational-based research to the MUSC
community via a judged poster session.

**\$500 SCTR vouchers will be awarded to the best
poster presentations at the end of the event!**

Register or submit an abstract for your poster NOW at
sctr.musc.edu (under Quick Links)




Richard M. Silver, MD
Distinguished University Professor
Medical University of South Carolina

Dr. Richard Silver serves as Director of the Division of Rheumatology & Immunology at the Medical University of South Carolina (MUSC). In 2007, MUSC's Board of Trustees named him a "Master Teacher" and bestowed the University's highest academic recognition, Distinguished University Professor. Also in 2007, the Scleroderma Foundation named him their "Doctor of the Year." Dr. Silver's major research interest is Interstitial Lung Disease associated with Systemic Sclerosis.

Submit an abstract by:
Thursday, December 7, 2017 at 5pm

General Registration ends:
Friday, January 12, 2018 at 5pm



South Carolina
Clinical & Translational
Research Institute

ANGEL *Continued from Page One*

It is the MUSC Angel Tree Parade day.

And it is magical.

The magic began in 2003. The transplant program manager asked me to find a family to adopt for the holidays. I called the Salvation Army and they connected me with a grandmother, living around the corner from our offices, who was singlehandedly raising her three young grandchildren. By sheer coincidence, they had connected me to a woman who had not only been a nurse at MUSC, but had also been at the forefront of the 1960s campus demonstrations for better pay and treatment. All she had asked for was warm blankets for herself and her grandchildren. Our department showered her with holiday love, and it took me two trips in a minivan to deliver it all.

The next year I asked for more angels from the Salvation Army and casually walked them around campus seeing if any other departments would be interested. I had requested people drop off their angel tags and gifts in the Horseshoe at noon on the first Friday in December. I remember standing in the Horseshoe at noon with my coworkers worrying whether anyone would show up. But then the revolving doors of the hospital started turning. Employees started pouring out carrying bags of gifts and pushing hospital carts filled with toys. Some were dressed in their Christmas sweaters and wearing festive hats and others were riding bikes and singing Christmas carols. The common denominator was everyone's ear-to-ear grins. I must have hugged and cried a million times over that year. The response was more than I ever could have imagined. We had to request a 14-foot truck, and we filled it until it would barely close.

After that, I began hanging angels on the walls of the main hospital. Nearly every morning, the walls would be empty. In 2009, I was standing in the ART lobby when I noticed someone had donated a violin, and it was under the Christmas tree. One of our MUSC administrators walked over and began playing "The First Noel." The notes drifted up and must have reached the heavens because, as has happened every year, magic showed up.



"Perhaps it should not have been a surprise that MUSC employees would step up in such a big way when asked. Our employees have the biggest hearts."

Elizabeth Williams

Inexplicably, I happened across an angel card where a young boy was asking for a violin, so he could learn to play and get in a better school. (As an aside, Channel 5 followed up the next year, and he did!)

I will never forget television anchor Debi Chard becoming speechless and holding back tears while live on camera as she watched our employees fill the Horseshoe with toys. Ambulatory Medicine began looking for ways to make money all year long, and they used it to buy toys and bikes. Lots and lots of bikes. They begin riding those bikes from Calhoun Street to the Horseshoe, all decked out in Christmas finery. Our MUSC grounds crew stepped in to handle all the toys. They offered their golf carts and trailers for transport. I will never forget the first time they pulled up. They all had all dressed in Christmas

costumes and had decorated their carts and trailers with greenery, bows, and other Christmas decor. These two groups planted the seed that eventually became the Angel Tree Parade.

Perhaps it shouldn't have been a surprise that MUSC employees would step up in such a big way when asked. Our employees have the biggest hearts. MUSC became the single biggest support of the Angel Tree in the Lowcountry and eventually in the entire Southeast. In 2009, I realized it was too much for one person to organize, and the MUSC Angel Board was formed. With the help of Volunteer Services, we picked a few dozen of MUSC's finest employees. Today the board consists of approximately 40 outstanding people, both on and off campus, who exemplify the MUSC mission. They are the backbone of this event and have made it one of the wildest, most fun, most diverse, events on campus.

In 2011, I received an email from a fellow employee. He told me he had a parade float business on the side and wondered if we would be interested in a few floats for our parade. Why yes! Herman Allan has provided floats every year since then, with an "as many as you need" attitude. All at his own expense. A few years ago, after Herman's wife passed away (she was also an employee here at



Photos provided

Left photo: Cinderella (Cindy Kramer) hands 4-year-old Brianna Causey a rose at the 2011 MUSC Angel Tree Parade.

Above photo: Members of the Burke High School drum corps perform at the 2016 Angel Tree Parade.

MUSC, as well as a cancer patient at Hollings Cancer Center), the grounds crew honored her memory by planting and dedicating a tree in her name. Her family rode one of the floats that year and let us love them in their grief.

Also in 2011, I received word that one of our critically ill patients was a mother who had promised to take her daughter to Disney when she was discharged from the hospital. I was told the mother's time was limited, and she likely wouldn't make it out of the hospital. I sent an email out to the board wondering if we could do anything special for the little girl. I quickly received a response.

One of my board members also had also lost her mother at that age. She told me she remembered every kindness shown to her during that time, and she was going to make our parade day something that little girl would never forget. She contacted the Disney organization and got them to overnight a full Cinderella costume and glass slippers. The only hitch was it would be delivered to Myrtle Beach. Our board member left work early and drove through a torrential storm to get that costume. Word got out about this little girl, and donations began pouring in. We were offered a Cinderella horse-drawn

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Green 'canvas' begins transformation of medical district

First changes celebrated at Nov. 20 kickoff event

BY HELEN ADAMS

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Charleston Mayor John Tecklenburg faced an audience of city and hospital leaders on a grass-colored section of Doughty Street by MUSC and declared, "This is the greening of Charleston and a great thing for our city."

He spoke Nov. 20 at the kickoff celebration for the Charleston Medical District Greenway, which will transform an area used by patients, visitors and employees of the three medical campuses that border it: MUSC, Roper Hospital and the Ralph H. Johnson VA Medical Center.

Doughty Street permanently closed to cars and trucks on Nov. 8 between President and Ehrhardt streets. That section has been painted green to symbolize the grass that will be planted there.

Trees in huge planters with lights in their branches line the street. They'll go in the ground after the asphalt is removed, but for now they give the area a holiday glow after sunset. Chairs and tables — green, of course — have been set up to give people a taste of what the area will ultimately look like.

MUSC President David Cole put it this way at the celebration. "Where we sit right now is not the endpoint. To me, it's a canvas. We have the opportunity to fill that canvas in as a community. We have the opportunity to envision what this can become as it moves forward. The work is not done."

It won't be done for a while. After the grass and trees go in, they'll be followed by permanent outdoor seating and some covered areas for shade. The idea is to turn the space into an environment that is relaxing and welcoming where people can sit, talk, eat and enjoy the outdoors. The plan is to finish this part of the greenway by 2019 when the MUSC Shawn Jenkins Children's Hospital opens.

Cole, who is a surgeon, said it's important for the healing atmosphere of hospitals to extend to the surrounding area. "From an MUSC perspective, one of our five strategic goals is building healthy communities. We have to be intentional and shoulder into that."

Building healthy communities under the MUSC plan involves encouraging healthy lifestyles, preventive care and treatment based on research showing it works.

The transformation of Doughty Street isn't the only change in the works to improve the atmosphere in the medical district. The city will "calm" traffic on Courtenay Street, which will remain open to vehicles



Roper Hospital CEO Stephen Porter, MUSC President David Cole, Charleston Mayor John Tecklenburg and Ralph H. Johnson VA Medical Center assistant director Felissa Koernig celebrate the four-way partnership that is making the greenway possible.

photo by Sarah Pack

but become more pedestrian friendly. And Courtenay could extend across Calhoun Street to Alberta Long Lake, connecting to Fourth Street and continuing on to Lockwood Drive near the Charleston City Marina. The idea is to make it easier for people to move from West Edge, The Citadel, Hampton Park and Wagener Terrace through the Medical District Greenway to Long Lake Park, Colonial Lake and on to the Battery.

The idea for the greenway came about a few years ago when Cole proposed it to leaders at Roper Hospital, who were about to build a parking deck off Doughty Street. They agreed to come up with another parking solution and move forward with the greenway. The VA Medical Center and city of Charleston were soon on

board, too.

Felissa Koernig, assistant director of the VA Medical Center, reminded the crowd how big the impact of the greenway could be. "As the second fastest-growing VA in the United States, with more than 75,000 veterans in our care, we understand the pressing need to balance more clinical space with an environment that promotes healing, healthy lifestyles and community engagement."

Tecklenburg said, to applause, that the greenway will encourage everyone to walk more and drive less. "There are no cars here right now because the thought is we need to learn, as a community, to get around by other ways than just driving a car all the time. This is a big step in that direction."



— HEALTH CARE POLICY —
symposium

Slouching Toward Health Care Reform

December 11, 2017 | 1:30 – 2:30 p.m.
Drug Discovery Auditorium



Speaker:

Christian L. Soura
Vice President, Policy & Finance,
South Carolina Hospital Association

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carriage, a woman's Cinderella costume, hair and makeup services and dozens of yellow roses for her to hand out.

I knew of one woman tall enough and blonde enough, to wear the costume: one of our Hollings nurses. On the morning of the parade, the little girl was dressed up in her special costume, and she and her grown-up Cinderella went to the mom's room for an emotional visit. They came out of the elevators into the ART lobby and were blinded by camera flashes and surrounded by media. Each of the TV stations, the Post and Courier newspaper and our Catalyst were there.

Another little girl from that year will remain forever embedded in our memory. She was a patient at MUSC, waiting for a heart and hooked up to a very large machine, called a Berlin heart. She was dressed as Snow White and had been waiting patiently all morning in the Horseshoe for a glimpse of Cinderella. Toward the end of the parade, Cinderella pulled up, and all eyes were on her as she stepped out of the white carriage and went over to that little girl. This wasn't just a costume any longer. To that little girl, and everyone watching, the real Cinderella had arrived. They talked and spent time together, and Cinderella agreed to write to her. I saw the letter. On pale blue stationery that sparkled in the light, our Cinderella wrote, "When I wish upon a star tonight, I'll wish for you a heart."

There is something in the air on parade day. It is a special event that

I've heard more than one person say completes their holiday each year. It is so much fun that people love to be a part of it. Early on I was approached by the Patriot Guard Riders. Among the many things these amazing people do is stand guard at military funerals. They asked if they could lead our parade. I wait at the corner for them every year. You hear the dozens of motorcycles long before you see them. As they round the corner and pull onto the street, it has become a tradition to salute them. It gives me chills every time.

One of our first parade participants was the Burke High School drum corps. These young people show up every year and make it impossible not to smile and dance. I'm not proud to say it was a number of years before I realized they gave up their lunches each year to join us. I let our cafeteria know, and they have kindly fed these young men each year before they go back to school.

So many departments have stepped up and demonstrated MUSC excellence and heart at this event. From the beginning, Public Safety quietly stood by and stepped in when needed. When things got bigger, and a bit out of control, they stepped in and provided the organization that ensured everything ran smoothly, as well as an honor guard for our parade.

To the many employees and patients who have contributed to the Angel Tree over the years, I thank you, and more importantly, the children of the Lowcountry thank you. You have reminded all of us of the true meaning of the Christmas spirit.



DON'T MISS IT! THE MUSC ANGEL TREE PARADE OF TOYS! FRIDAY, DEC 1ST @ NOON



PLEASE JOIN US FRIDAY, DECEMBER 1ST AT NOON
FOR THE MUSC ANGEL TREE PARADE OF TOYS!

We will start the parade on Ehrhardt Street and march down Bee & President Streets to Jonathan Lucas turning onto Calhoun and then taking a left onto Ashley Avenue where we will unload the toys in the MUSC Horseshoe.



It will change your holiday experience this year!

