



Photos by Sarah Pack

Left Photo: Employees and volunteers load Salvation Army trucks with toys, clothes, gifts and bicycles collected by MUSC employees following the Nov. 30 MUSC Angel Tree Parade. Top photo: Decorated golf carts, tractors and ATVs from Physical Plant/Facilities roll down Ashley Avenue as part of the parade.

Bone marrow transplant patient leads Angel Tree parade

BY LESLIE CANTU

cantu@musc.edu

More than 1,000 Lowcountry children will have a brighter Christmas this year thanks to MUSC employees.

MUSC took more than two-thirds of the Salvation Army's "angels" — children from low-income families whose parents submitted a wish list of wants and needs.

"MUSC's role with us in the Salvation Army is monumental. No other organization across the Salvation Army world that I'm aware of supports the Salvation Army Angel Tree program like MUSC does," said Salvation Army Capt. Jason Burns.

The love and generosity of MUSC

employees were on full display Friday during the annual Angel Tree parade, as the gifts piled up. In some cases, individual employees "adopted" an angel. In other cases, entire units pitched in to adopt.

Morgan Bryson and Jordan Ponder, nurse coordinators for NeuroEndovascular Surgery, have individually adopted angels in the past but this year got their whole group involved and adopted three angels. Mothers themselves, they said the wish lists hit home when the children ask for the most basic things. One of their angels this year was a 14-month-old girl whose parent asked for toys, books and blocks. The nurses said they try to balance the practical, like clothes and



2018 MUSC Angel Tree parade grand marshal Shakyra Young.

underwear, with the fun, like toys. They also always buy winter gear.

The parade is also a chance to celebrate MUSC patients. This year's grand marshal was 10-year-old Shakyra Young, a bone marrow transplant patient, accompanied by her little sister and donor, 6-year-old Sha'mari Young, and their grandmother Ernestine Wilson.

The family lives in Pickens County in the far northwest corner of the state, some 230 miles from Charleston. They've been making trips to Charleston since the spring, when it became clear that Shakyra needed more treatment for her acute myeloid leukemia than she could get there. She got a bone marrow

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AROUND CAMPUS

PEOPLE

Debbie Bryant



Debbie Chatman Bryant, DNP, RN, associate dean for practice and associate professor, College of Nursing, was selected to a three-year appointment on the American

Academy of Nursing's Fellow Selection Committee. Bryant will help direct the recruitment of future academy fellows. Bryant is a Fellow in the American Academy of Nursing, a 2014 to 2017 Robert Wood Johnson Executive Nurse Fellow and a recipient of the Robert Wood Johnson Foundation Community Health Leaders Award.

Mike Caputo



Mike Caputo, chief information officer, MUSC Information Solutions, was recognized with the South Carolina Chief Information Officer Lifetime Achievement Award on Nov. 1 in Columbia. He

also was recognized with 13 other CIOs as recipients of the SC CIO Award, which honors South Carolina-based info technology leaders.



Photo by Helen Adams

MUSC Women's Care Services' Adina Gaines-Garner signs the cutout of MUSC Children's Health patient Joey Benton, who lives with cystic fibrosis, and acknowledges a pledge reminding health care employees to wash their hands at all times. The effort was organized by a Department of Pediatrics Safety Committee.

Jonathan Edwards



Jonathan Edwards, M.D., professor and interim chairman of the Department of Neurology and vice chair for clinical affairs in neurology, was named interim Neuroscience ICCE chief. An

epileptologist, Edwards is director of the Epilepsy Division and has clinical interests in epilepsy treatment and imaging. He is a member of the S.C. Neurological Association.

Terry Kowalenko



Terry Kowalenko, M.D., has been named chair of the Department of Emergency Medicine. Kowalenko comes to MUSC from the Beaumont Medical Group and served as systemwide chair

since 2013. He previously served in other leadership roles with the Beaumont Medical Group and Beaumont Health.

EVENTS

Annual Holiday Market

Mitchell Math and Science Elementary School is accepting donations of gently used items for its 10th Annual Holiday Market on Dec. 20. Children earn points based on their behavior and cash them in for "Mitchell Shark Bucks" to purchase gifts for their parents at Christmas. Last year 300-plus students went home with two gift-wrapped presents for their parents. Needed are wallets, ties, cologne, belts, hats, purses, jewelry, perfume, lotions, artwork, frames, candles — things that would make nice gifts in good condition.

Charleston Holiday Parade

Parade and tree lighting: Kick off the holiday season with the 2018 City of Charleston Holiday Parade at 3 p.m. Sunday, Dec. 16. The parade will begin near Colonial Lake and continue up Broad Street to King Street. The annual Tree Lighting Ceremony will follow the parade in Marion Square. For info, contact Basil Punsalan at 843-577-2311.

Dining experience

Join Charleston chef Brett McKee at "The McKees," a private dining and social club from 5:30 to 8:30 p.m. Jan. 5 at 139B Market Street. Enjoy a healthy cooking class and dinner, proceeds from which will benefit the MUSC Weight Management Program. The class is open to all levels of cooking. Visit <https://www.eventbrite.com/e/healthy-cooking-class-dinner-tickets-52720392112>.

MUSC CATALYST news

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PARADE *Continued from Page One*

transplant June 14 and stayed in the area until Hurricane Florence sent them home. Since then, she's been coming to Charleston every other week for appointments and seeing her doctors at Greenville Health System on opposite weeks.

Shakyra's bubbly enthusiasm before the parade was contagious. She talked a mile a minute, as she shared her plans for the future. She wants to be a nurse or doctor at Greenville Health and can't wait for her April Make-a-Wish trip to Disney World. She's already planned her wedding, which will occur in front of the Eiffel Tower in Paris, followed by a honeymoon to Bora Bora, and she plans to have twin girls who she will dress in matching outfits and who might prank her sometimes. But that excitement was in stark contrast to her behavior before she was diagnosed.

She already had aplastic anemia, diagnosed at age 5, that was controlled through regular transfusions. But last fall, Shakyra began to be tired all the time, her grandmother said. The girl would fall asleep in the car after she was picked up from school. At home, she would fall asleep by 4 p.m. and sleep until it was time to get up for school the next morning. Wilson knew something was wrong. The diagnosis came back as acute myeloid leukemia, and the family was told they needed to move quickly to begin treatment.

Shakyra started chemotherapy in Greenville.

"I've very proud of the way she took the chemotherapy," Wilson said. "I took it harder than she did."

After the chemotherapy, Shakyra

transferred to MUSC Children's Health. In fact, when asked how she felt about being in the hospital, Shakyra said it was fun.

Fun in a hospital?

"I had fun because my crazy nurse was there," she said.

Their community back home rallied around the family, Wilson said. The school held a fundraiser to help the family afford the constant travel. The medical staff there continued to check on Shakyra, even in Charleston, and a nurse drove Sha'mari here for her part of the operation. Shakyra's teacher and his wife spent much of their summer driving down to Charleston to check in on Shakyra.

"I've had plenty of help," Wilson said.

Wilson also praised MUSC Children's Health's Michelle Hudspeth, M.D.

"I'm very grateful to her and the good Lord above," Wilson said.

On Friday, the family got to ride a float and wave to everyone assembled to watch the Angel Tree parade. Beforehand, Shakyra and Sha'mari practiced their "princess" hand waves.

The girls were joined by the many MUSC employees, Patriot Guard Riders, Charleston Police Pipes and Drums honor band, Burke High School High Steppin' Bulldog Band, Lowcountry Model 'A' Ford Club, Y102.5, princesses from Glass Slipper Productions, Charlie T. RiverDog, Coastal Belle Singers and, of course, Santa and Mrs. Claus.

Burns, from the Salvation Army, said the organization is grateful for MUSC's support.

"We are just so humbled to be a part of this year after year. We don't take it for granted. We are so blessed and humbled at this partnership," he said.



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Group offers support to those who lost loved ones to murder

Vigil planned for Dec. 14 to honor victims' memories

By LESLIE CANTU

cantu@musc.edu

For the first 13 years after her son was murdered, Tyese “Sister” Miller kept up with her volunteerism. She worked as a volunteer arbitrator in the 9th Circuit Juvenile Arbitration Program; she did prison ministry at the county jail, just as she had the night he was killed; she even helped guide other homicide victims’ families to support services. But she didn’t partake of those services herself. She thought keeping busy by helping others would help her work through the grief.

But in that 13th year, the grief caught up with her. She was crying every day, was tired but not sleeping and stopped doing the volunteer work that meant so much to her. She would chew her fingernails down to nubs, and her diabetes was out of control.

Finally, she went to the Survivors of Homicide Support Group holiday vigil, and from there began attending the support group as well as individual counseling. Now, she tells other survivors there is no timeline for working through grief. There’s certainly no time when a survivor is “over it,” but survivors do have to face their emotions, she said.

“At some point, you’re going to have to deal with it. Because if you don’t, the way that it’s going to deal with you is going to be very hard,” she said.

The Survivors of Homicide Support Group is a collaborative program between the National Crime Victims Research and Treatment Center within the Department of Psychiatry and Behavioral Sciences at MUSC and the Charleston County Sheriff’s Office of Victims Assistance. It’s a safe place, Miller said, where survivors can release their tears, vent their anger and talk about their loved ones.

Olivia Fiallo, homicide case manager at MUSC, said the group is for adults who had a close relationship with someone who was murdered. The grieving process is different for traumatic deaths than for other types of deaths, she said, so it’s important to offer specialized services for the survivors.

The support group meets weekly and rotates locations – twice per month on the MUSC campus, once in North Charleston and once in West Ashley. Victim advocates from the sheriff’s office and trained clinicians from MUSC attend every session.

The group also has three annual events: a survivor fellowship picnic in the spring; the National Day of Remembrance for Murder Victims on Sept. 25, to honor those killed in prior years; and a candlelight vigil and



Photo by Leslie Cantu

Tyese “Sister” Miller holds a photo of her son, Skippy Jackson, who was murdered in 1998.

service of remembrance during the holiday season. This year the service will take place on Dec. 14 at the John Wesley United Methodist Church in West Ashley.

Fiallo said the holiday vigil tends to be the biggest event of the year. “I send out 400 invitations. I have a running list of people who have lost loved ones to murder in the community.”

The individual and group counseling, as well as medication, helped Miller immensely with her depression. She said there’s still a stigma within the African-American community about accessing mental health services, but she has been fighting for people to understand that getting treatment for mental health is no different than getting treatment for diabetes or high blood pressure.

REMEMBERING SKIPPY

Billy “Skippy” Jackson, Miller’s son, was 19 when he died in April 1998. He was coming home when two teens robbed and shot him. One was a childhood friend. The memory of driving up to the scene with all the first responders’ lights flashing is seared in Miller’s memory. At MUSC, the doctor told her Skippy was brain-dead. She sat with him until 2 a.m., when his heart stopped.

19th Annual Candlelight Vigil and Service of Remembrance coming Dec. 14

The Survivors of Homicide Support Group will hold its 19th Annual Candlelight Vigil and Service of Remembrance at 6:30 p.m. Dec. 14 at the John Wesley United Methodist Church in West Ashley.

Transportation may be available for the event. Call Easter LaRoche at 843-745-2250 or Olivia Fiallo at 843-792-6123 by Dec. 12 for more information.

For more information about the support group or case management support, contact Fiallo at 843-792-6123.

The support group and other services for survivors of homicide are funded in part through a Victim of Crime Act grant by the South Carolina’s Attorney General’s Office.

After her loss, she continued visiting teens in jail.

“I had told a lot of children in jail, when they asked me would God forgive them, because they murdered somebody, I said, ‘The God I serve, that I read about in the Bible, he did forgive Moses, and he went on to write the Ten Commandments.’ But now it was me. Could I change the story, because it was me?”

The grief bubbled up in odd ways. She would find herself crying over apples at the grocery store. Skippy loved her homemade apple pies. He would devour them before his brother or sister had a chance to get a slice. After his murder, she stopped making apple pies. It was only when she went to the spring picnic for the first time, that she made an apple pie again.

“It was a process,” she said. “Because when I went to get the apples, I was crying. When I was rolling the dough, I was crying. But I got through it. When I got done, and it came out of the oven, I was so happy. I said, ‘I finally made your apple pie. I finally made your apple pie.’”

One thing that helps Miller get through is the knowledge that Skippy knew she loved him. The morning of his death, she had just told him so.

“That day I gave him a hug. I told him how much I loved him. I told him I was proud to have him as a son,” she said.

She had no idea she would never speak with him again, so that last conversation is especially dear to her. Many survivors don’t get a chance to say “I love you” before their loved one dies; instead they go off to school or work not realizing their lives are about to change forever.

See VIGIL on page 11

MEET SHARLENE



Sharlene Atkins

Department; How long at MUSC
Office of Communications and Marketing;
10 years

How are you changing what's possible at MUSC

Using my strengths and skills to their fullest potential to ensure our shared accomplishments contribute to MUSC's growth and success

Family and Pets

Husband, Bill; two sons; six grandchildren; and a golden retriever friend, Mac

Contributions to MUSC you're most proud of

I have put together the "Meet" feature in The Catalyst News for the last eight years.

Your idea of a dream vacation

Italy — I bought a suitcase, and I'm making plans!

Words of advice

"Don't sit upon the shoreline and say you're satisfied: Choose to chance the rapids and dare to dance the tide." — Garth Brooks (the great theologian)

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Event honors military veterans, active reservists

By MIKIE HAYES

hayesmi@musc.edu

At the 11th hour on the 11th day of the 11th month of 1918, the Great War ended. On the first anniversary of the end of WW I, Veterans Day originated as "Armistice Day." Nov. 11 became a national holiday in 1938, explained Jennifer Hooks, U.S. Air Force retired chief master Sgt., and manager of performance improvement at MUSC. In '54, President Dwight D. Eisenhower changed the name of the holiday to Veterans Day, as we know it today.

Hooks served as the master of ceremonies at MUSC's annual Veterans Day Ceremony, Nov 9. It was a day filled with pride, honor, recognition and celebration, as leaders, employees, students and faculty joined MUSC's military veterans and active reservists to pay tribute to their brave and dedicated colleagues.

As a hush fell over the Drug Discovery Auditorium, anticipation built. This day has deep and personal meaning to many in the room. For others, it's more a heartfelt duty to honor friends and colleagues for their patriotism, love of country and sacrifice for the greater good.

The presentation of colors by the Joint Base Charleston Honor Guard set a solemn tone for the



Photo by Sarah Pack

MUSC employees gathered to be recognized at the Nov. 9 Veterans Day ceremony. Employees received challenge coins, viewed a veterans video, enjoyed a donated lunch and were encouraged to join the new MUSC VETS Group, which organized this year's celebration.

event. And while some had lumps in their throats or Kleenex tucked in their palms, all had hands over their hearts, as they recited the Pledge of Allegiance, led by LaQuana Simmons, a specialist in MUSC Health Human Resources and a U.S. Coast Guard veteran. Patriotism had enveloped the room, and guests listened intently as Jennifer Aldrich performed "The Star Spangled Banner" with perfection.

MUSC Chaplain Frank Harris, a U.S. Air Force

veteran, shared a prayer and after, asked for a moment of silence.

"Bless this special observance, as we gather to recognize contributions that continue to reflect our nation's most sacred values. We are also grateful that those traits that make our armed forces strong also make our MUSC community strong."

See **VETERANS** on page 11

"My Reviews Speak for Themselves"

David Kent

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Health Care Heroes: Five of MUSC's own honored

A celebration of those who go above and beyond call of duty

By MIKIE HAYES

hayesmi@musc.edu

It's a night dedicated to heroes — not the caped crusading kind — the real-life kind. The kind who save lives. Prolong lives. Add quality to lives. Health care heroes who show up to work every day with purpose and passion and the determination to change the lives of others for the better, regardless of what is happening in their own. Regardless of the fact that the people they care for are nearly always strangers — at least at first. The kind of heroes with a calling, not just a job.

And so they are celebrated. Every year, the Charleston Regional Business Journal honors these extraordinary

community health care heroes. The journal held this year's event on Nov. 28 at the Francis Marion Hotel. With local news anchor Dean Stephens again manning the podium, there was lots of laughter, and tears, accompanied by heart-meltingly cute dogs, humble recipients and stories that touched the heart.

The journal solicits nominations from the health care community in nine categories. In addition to health care provides, it includes categories such as researcher, first responder and construction engineer. This year, MUSC Health had heroes in five categories: health care professional, nurse, physician, volunteer, and therapy/service animals.



Photo provided

Physician honoree Dr. Joshua Lipschutz receives a plaque from MUSC Health CEO Dr. Patrick Cawley at the Charleston Regional Business Journal's Health Care Heroes event on Nov. 28.

Patrick Cawley, M.D., CEO of MUSC Health and vice president of Health Affairs, University, spoke at the event and presented plaques to honorees. "Heroes are the ones who always manage to get it done, regardless of the hurdles they face." The best of the best, he called them.

When asked after the event why this

distinction is so special, he paused. "We have so many heroes among us. I am inordinately fortunate in that every year, I see our people honored for the countless compassionate, courageous and unwavering acts they perform — not only day in and day out, but year after year

*See **HEROES** on page 10*

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KIDS HELPING KIDS HOLIDAY CARDS



Artwork provided

Holiday cards were created by MUSC Children's Hospital patients and family members as part of a seasonal fundraiser to support the MUSC Shawn Jenkins Children's Hospital. Featured are Lowcountry flamingos, left, by Della Powell, 6, and a happy snowman, right, by Auburn Jewett, 6. A 12-pack of assorted holiday cards is \$20 per pack and can be purchased at the hospital gifts shops at ART and Children's Hospital or at www.musckids.org/holidaycards.



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Goal setting for 2019: Focus on what's possible

As we approach the end of the year and anticipate the beginning of a new one, many of us begin to reflect on the past and set goals for the future. And although New Year's resolutions are made with good intentions, 80 percent of Americans break them before Valentine's Day.

There is value in setting personal goals; primarily, they provide focus, direction and motivation. People don't break their resolutions because they are impossible to keep, but because they aren't focused on what is possible. So let's take a page from the MUSC branding book and consider changing what's possible in our own lives in 2019. Consider these helpful strategies:

❑ When setting a personal goal, it is important to create one that is based on an action and not a desired outcome. For example, instead of thinking "I want to lose 20 pounds," which is a desired outcome, you should base your goal on

actions that can be controlled such as increasing exercise or following a meal plan.

❑ Use tactics that are positive and inclusive. For example, instead of a focus on eliminating sweets, create a goal of what to eat more of. Goals related to limiting or eliminating foods like desserts, fast food or alcohol only increase cravings for those foods, and feelings of deprivation can lead to resentment or frustration and eventually, overindulgence. Goals focused on consuming more — more vegetables at lunch, more water during work, breakfast before leaving the house — provide not only a full belly but also a sense of empowerment.

❑ Decide ahead of time what success will look like. Is it when a consistent bedtime routine is in place or you've read a certain number of books? Success must be defined by the individual and not based on input from others. For

example, successful stress reduction may be when a daily meditation practice increases from 5 minutes a day to 15, not when a spouse or coworker say, "You seem less stressed out."

❑ Set a "due date" to evaluate progress, and then break the bigger goal down into short-term "micro-wins." If the goal is to run a 5K in the spring, find a specific race and commit to it. Then, create shorter-term goals such as working up to a one-mile run by the end of January.

❑ Finally, be accountable. Whether it's confiding in a friend, tracking progress with an app or posting about the journey on Facebook, sharing your goals provides accountability and support. This can also provide feedback on whether or not the goal needs to be adjusted. Maybe it was too ambitious or an unexpected hurdle appeared... life happens. The purpose, after all, is to make an improvement in the area of focus, and it's better to make some progress then to feel stumped and

MUSC Health & Well-Being

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



give up completely. To quote "goal guru" Stephen Covey: "The main thing is to keep the main thing the main thing."

Most of us are familiar with the song, "Let it Go" from Disney's successful movie "Frozen" about letting go of fear and breaking from the past. As we say goodbye to 2018, we would like to challenge everyone to let it go, and embrace a new way of thinking that empowers health, productivity and happiness. Best wishes for a happy, healthy holiday and New Year from the Office of Health Promotion.

Office 365 Cloud Email

Be ready: email accounts to migrate by Dec. 31

BY MELANIE RICHARDSON

Information Solutions

MUSC plans to move all email accounts to Microsoft's cloud-based Office 365 email platform by the end of calendar year 2018. The reasons for this migration are threefold: We will receive better support and development from Microsoft, it gets us out of upgrading exchange and helps us create a cloud ecosystem.

Benefits to Upgrade

- ❑ Increased mailbox size — 50 GB
- ❑ Free access to Office 365: A free download of Outlook 2016, which is the same as Office 365, is available at <http://office365.musc.edu>
- ❑ Improved web functionality

WHAT YOU NEED TO KNOW

Users will receive several email notifications starting about two weeks before IS moves their email accounts to the "cloud." Migrations will be done on Sunday evenings, starting at 6 p.m., and the Information

Solutions Service Desk will provide 24/7 support.

After your email account is moved, it may take a few days for it to sync to all systems. Therefore, you may encounter some issues such as slowness or problems accessing shared calendars. Remember, you can always access your email via the web at exchange.musc.edu. We greatly appreciate your patience during this time.

WHAT'S CHANGING

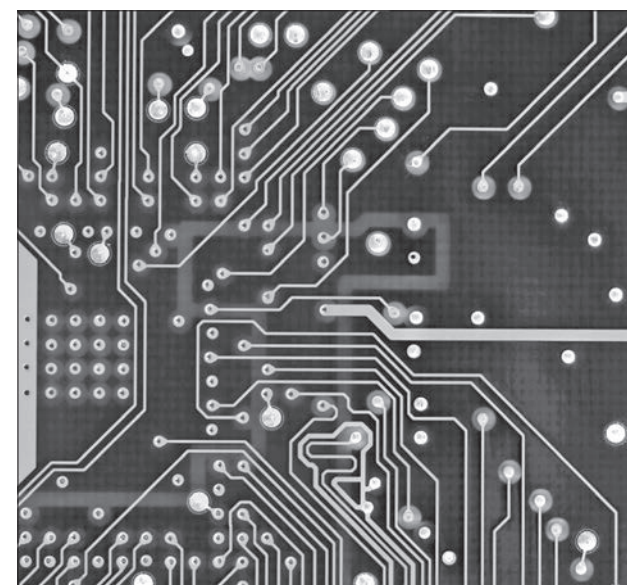
After IS moves email accounts to the cloud, users will need to log into their email accounts with NetID instead of `clinlan\netid`. For example, `abb122@musc.edu`.

Off-campus access for cloud email is available through three methods:

1. Outlook Web: exchange.musc.edu
2. Microsoft Office 2016 for Windows
3. Microsoft Office 2016 for Mac

A free download of Outlook 2016 (same as Office 365) is available at office365.musc.edu for anyone with a NetID.

❑ This applies to both Macs and PCs regardless of operating system.



- ❑ This applies even if you use our virtual private network (VPN).
- ❑ This does not affect access on smart phones.

WHAT'S NOT CHANGING

For security reasons, MUSC email does not allow you to auto-forward to an external email account, and MUSC automatically deletes all emails after 180 days. This has always been the case and has not changed with the migration.

HEROES *Continued from Page Seven*

— for our patients, our community, our state. And while we at MUSC see these heroics — small and large — on a daily basis, on one special night every year, our people shine brightly for the entire community to see and thank for their heroic efforts.”

Health Care Professional: Jessica Bullington, program specialist in palliative care

Stephens explained to guests at the Health Care Heroes event that Jess Bullington is a registered nurse who joined the palliative care team at MUSC Health, because she’s passionate about improving the lives of those suffering with serious illnesses. And she is doing just that, he added.

“She recently initiated a complementary therapy program in which volunteers administer a variety of pain relief modalities, such as acupuncture and massage, to promote healing and reduce suffering among patients,” Stephens said.

“It took a year to get the program operational, but Jess never wavered in her persistence. The result? One patient recently called the massage a godsend. Says a coworker about this initiative, ‘It is truly the pinnacle of hard work that was above and beyond what was required, making a difference in patients’ lives.’”

But Bullington refused to take the credit, making it more about her patients and the volunteers. “I love working in Palliative Care, supporting patients and their families coping with serious illness. Being honored for the work I have done with these patients is something I will treasure always. My work would be impossible without the contributions of the MUSC volunteers who donate their time and skills to make complementary therapies available for free to our patients.”

Nurse: Laura Barlow, clinical staff nurse leader

Stephens also shared Laura Barlow’s story from her nomination, which had the audience in tears. “A young man came to the intensive care unit on the verge of death from cancer. He and his wife shared their concerns for their four children, particularly their youngest daughter, who turned 5 the next day. That’s when Laura Barlow sprang into action,” he read.

“She and the night crew transformed common hospital equipment into pink and purple flowers, leis, streamers and even a princess crown. When the family arrived the next morning, the little girl’s face lit up with joy, and the family was able to forget for a few hours the unspeakable tragedy confronting them. That evening, with his daughter asleep at his feet, the patient slipped away peacefully. Barlow gave that family a gift that will be with them their entire lives.”

Physician: Joshua Lipschutz, M.D., professor of medicine and the Arthur V. Williams Chair in Nephrology



Photo provided

Reba was honored as a Health Care Hero – Service/Therapy Animal.

At any given time, you could hear director of the MUSC Division of Nephrology Joshua Lipschutz referred to as Dr. Lipschutz or Col. Lipschutz — his rank in the S.C. Army National Guard. But across the board, people refer to him as warm, dedicated, determined and deserving of being a Health Care Hero.

While he’d always wanted to serve his country, after 9/11, Lipschutz joined the military as a doctor. Deeply wanting to help, it was something he felt compelled to do, he said. During his four deployments, twice to active war zones, he cared for thousands of troops. Passionate about improving the lives of those who served their country, Lipschutz also treats veterans at the Ralph H. Johnson VA Center.

A devoted kidney specialist and renowned researcher, Lipschutz is never idle. In the lab he established at MUSC, he and his collaborators continue their pioneering polycystic kidney disease work. And in addition to his clinical, research and National Guard responsibilities, he lectures around the globe on the subject of PKD, a leading cause of kidney failure. So how in the world does he get it all done? Hard work, persistence and a good sense of humor, he said.

Five years ago, when he was recruited from University of Pennsylvania to join MUSC, he wasn’t quite sure what to expect. “I hadn’t spent any time in the South, except for officer basic and pre-deployment military training, prior to my tours in Iraq and Afghanistan. I had heard of ‘Southern hospitality,’ and, after coming to Charleston, I can confirm that it exists. Everyone at MUSC, and indeed in Charleston, has been so welcoming to my family and me, which we have really appreciated. I have tried to pay that forward, which is why receiving the honor was so rewarding.”

Volunteer: Sandy Bennett, volunteer at MUSC Children’s Health

Another honoree, Sandy Bennett, described her role as rewarding as well. “Being the volunteer Health Care Hero for 2018 is an immense honor and joy for me,”

the MUSC Children’s Health volunteer said. “I adore what I can do for the children and their parents, no matter how small, bringing a little comfort and fun means everything.”

Volunteering her time with children was natural for Sandy Bennett, her nomination read. After all, she was a schoolteacher for 35 years. Stephens read just a handful of the countless things Bennett has done that made her stand out as a health care volunteer.

“Bennett began her service in the Born to Read program and now assists nurses in a variety of ways, including sitting with families during difficult times and playing with children to help create a positive memory of their experience. She began hosting meals to serve families who were staying inpatient and has begun to serve as a peer mentor for new volunteers,” Stephens read. He explained that the staff says she has the utmost compassion for patients and families, and she never stops smiling. Bennett said she’s smiling, because the experience is so rewarding. “Volunteering with enthusiastic, selfless people brings me joy and satisfaction.”

Service/Therapy Animal: Reba – MUSC Health therapy dog

Sometimes the best therapists have tails and four legs. With soulful brown eyes and a gray muzzle of wisdom, the affectionate bluetick coonhound makes her way

See HEROES on page 11



Ed
HUNNICUTT
REAL ESTATE TEAM

VETERANS *Continued from Page Six*

Hooks reminded veterans how important they are to the MUSC enterprise and equally important in terms of diversity and inclusion. “Leaders are here for veterans and want to see them at the table,” she said.

Hooks introduced keynote speaker, Army (Ret.) Col. Larry Matthews, mentioning his numerous commands and staff positions. He was a Secretary of Defense fellow, a Desert Storm veteran and received many awards and decorations such as the Legion of Merit and Bronze Star.

“This is a great day to be Larry Matthews, because I get an opportunity to spend few minutes with some real heroes, our veterans,” he said.

Matthews shared three main points with the audience: pride, experiences and mission.

“As veterans, take pride in your service. That title wasn’t bestowed on you; you earned that title as a veteran — from basic training to your honorable discharge. You be proud of that service.”

Matthews had words of wisdom to share with the veterans, based on personal experience. “Speaking of experiences, it was Gen. Colin Powell who said, ‘You can never explain to someone what it’s like to wear to wear the uniform of one’s country. You can only experience it.’ You must realize,” Matthews emphasized, “each one of you, you’re living history, and your family members and friends would like to hear stories of your service. You don’t have to tell them everything – but let them know what you experienced.”

He told the veterans that currently, 3 percent of MUSC employees are veterans — 300 people. “Your mission is we need 7 percent of the workforce to be

veterans. We need about 900. How do you play into this? You know a lot of vets. I want you to encourage them to come over and see if there might be a place for them at MUSC.

He said MUSC has figured it out. “Why do we want veterans? You have a lot of inherent skill sets that other people don’t have. You have self-discipline, You know what it’s like to be a member of a team. You’re mission oriented. You’re not afraid to show up early and stay late. And best of all, you still remember what shoe polish is.”

In his final thoughts, he said that people are told that there are only three to five people that they will be really close to. That might be family members; it might be friends.

“One thing I’ve never forgotten. A veteran told me about walking down a path. When your day is going so bad, and you’re sitting at your desk, thinking, my day can’t get any worse than this, and all of a sudden, you look up and here comes the very person — a friend, the one you love — walking down your path, and you think, ‘Someone has finally come to help me understand.’ When you leave here today — I want you to think about this. I want you to be that person walking down somebody’s path. Identify people who might need your help and friendship. Remember the words to that recruitment song: ‘When we were needed, we were there.’”

All the veterans were presented with a special challenge coin to symbolize MUSC’s gratitude for their service. The theme songs of each branch of service played while the veterans proudly filed through and posed together for photos.

What was special about this year’s ceremony was the

collaborative planning, coordination and contributions made by members of the new MUSC VETS group.

Chad Breeden, a specialist with MUHA Human Resources, was among dozens sitting in the audience during last year’s Veterans Day ceremony. A Marine Corps veteran, Breeden, teamed up with fellow veteran employees Matt Wain, chief operating officer for MUSC Health (U.S. Army) as well as Hooks to plan this year’s ceremony. They approached Anton Gunn, chief diversity officer for MUSC Health, who was already interested in organizing a formal veterans group for the institution.

“Planning came as early as hours after last year’s Veterans Day ceremony and continued throughout the year,” he said.

While the room was filled this year with those who were able to attend, the committee set up a WebEx link to live stream the event for health care team members who couldn’t attend in person.

HEROES *Continued from Page Ten*

into patients’ rooms. They love to cuddle with sweet Reba, who has the ability to empathize with the patients and touch their lives.

Her handler, Don Austin, said she had a pretty rough time of it after giving birth to a litter of puppies. She was abandoned and malnourished when he rescued her. But now, he said, Reba rescues others who are in pain or suffering heartache.

Reba and Austin are staples at MUSC, listening to people’s hopes and fears. “Dogs have a calming effect on people and are able to open doors of communication not available through other means,” Austin said. Opening those doors is work they both seem to love.

Receiving this honor means the world to Austin. “It was an honor to represent MUSC at this prestigious event,” he said. “Reba and I don’t do this job for the glory, but because we love what we do. However, it was nice to be recognized and get to tell our story. This was a wonderful conduit for exposing the masses to the work that therapy dogs do every day.”

Cawley said these Health Care Heroes demonstrate the enterprise values of compassion, collaboration, respect, integrity and innovation.

“As I always say, leading health innovation means that MUSC is out there in front of everyone else, leading everyone in clinical care, research and education. And it’s through our people that we accomplish this. We can have the greatest technology, cutting-edge equipment, the latest drugs, but without our dedicated care team — our shining stars who care and deliver and then go above and beyond — those things don’t make a difference. Leading health innovations for the lives we touch is not just something we say. It’s how we live. Our health care heroes embody that vision every day.”

VIGIL *Continued from Page Four*

Fiallo said a lot of the people who come to the support group are parents, but anyone close to a homicide victim is welcome. Some people have been coming for years, she said; others come once or twice or around the holidays. Sometimes people start coming when the perpetrator is released from prison.

“They thought it was put behind them. They thought they forgave the person, but now, all of a sudden, the person is released from jail, and now their grieving process is going back to the beginning,” she said.

That happened to Miller, too. One day, she got a notice in the mail that the prison was about to release the killer. He was under instructions to turn around and walk away if they were to bump into each other, but that was cold comfort, she said. And because she’s active in the community and frequently gives interviews about her experience, she wondered if he would target her.

“I had to look at his picture to know what he looks like, in case I bump into him. Oh, that was hard. I

cried and cried and cried. I stayed in my bed. I was so depressed that whole two or three weeks. I was a nervous wreck. I didn’t want to go anywhere,” Miller said.

But the support group came through for her. The support group members are like a second family, she said. When Miller learned the prison would release the perpetrator, she called another support group member, and that survivor cried with her.

FULL CIRCLE

Miller inextricably links her family’s story to MUSC. It’s where Skippy was born and where he died. It’s where he got help for his ADHD and where Miller sought counseling and group therapy after his murder. Now, 20 years after his death, and after 25 years of volunteerism throughout the state, she said she’s ready to give back to MUSC.

A chaplain sat with her that awful night. Now, she said, she intends to volunteer with the chaplaincy program. She considers her work a celebration of her son.

HOLIDAY CHAMBER MUSIC FOR ALL



Photo by Cindy Abole

Chamber Music Charleston musicians Regina Helcher Yost, flute, Jenn Weiss, violin, and Timothy O'Malley, cello, performed a program of holiday tunes including "Fantasia on Greensleeves," the "March" from "The Nutcracker," "Deck the Halls" and other merry tunes on Dec. 4 in the Colbert Education Center/MUSC Library. The event was sponsored by the MUSC Cultural Projects Council.

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