

Welcome to Discover

Stanford Hospital & Clinics is recognized as one of the preeminent hospitals in the country, where inspiration, innovation and knowledge are uniquely combined for the benefit of our patients.

In this monthly newsletter, we feature the extraordinary people whose accomplishments and dedication change lives every day.

We welcome your feedback at communications@stanfordmed.org.

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SHC Holiday Events

"Sophie and the Enchanted Toyshop" Ballet

December 3, 2pm, Atrium
For more info call 8-3333

Christmas Celebration

December 16, 4pm, Atrium
For more info call 3-5101

Hanukkah Candle Lighting

December 21-28 (daily)
4-4:30pm, Atrium
For more info call 3-5101

Hanukkah Festival of Lights

December 22, 4pm, Atrium
For more info call 3-5101

For more information:
[Spiritual Care Services](#) or
[SHC Music Program](#)

IN FOCUS: SHC Celebrates the Holidays

Bright Spirits Warm Winter Holidays for Patients at SHC

Every year in New York City, thousands gather at Rockefeller Center for the lighting of a mammoth Christmas tree. Since 1931, that flip of a switch has heralded the quasi-official opening of the city's winter holiday season. Stanford Hospital & Clinics'



Christmas tree tradition didn't start until 50 years later. But its tree, officially named the Friends of Nursing Tree, is sizeable enough to reach past the second floor walkway overlooking the Atrium. It has come to be just as popular a draw for patients, their families and employees.

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Caring for SHC's Caregivers

First comes the question of who will be at the Hospital for the holidays. Just as it is for patients, not being with family is hard for SHC employees, too. But when the actual holiday days arrive, there's a special treat in the café for everyone working those shifts. "It's all about celebrating the people that are giving up their holidays at home with families to take care of patients," said Henrietta Tillery.

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Q&A with David Spiegel, MD, Director, Integrative Medicine Clinic

Dr. David Spiegel has spent the majority of the last 33 years teaching, researching and providing psychiatric care for patients at Stanford Hospital & Clinics. In preparation for the upcoming holiday season, Dr. Spiegel shares some tips for staying stress-free and making the most of the holidays.

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Stanford Hospital Participates in Bay Area First; Kidney Chain



Twenty-four hours after she donated one of her kidneys at Stanford Hospital & Clinics, Josephine Soriano picked up the bedside phone and called her husband. He also was recovering from kidney surgery, on the floor just below her. Both patients were, in fact, doing fine. Out of bed, walking, eating, and joking with their doctors and nurses.

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Plenty of Pluck and Lots of Compassion



Harpists at Stanford Hospital & Clinics say their work is about music as a gift, not as therapy. They're always ready to pluck a Celtic, pop, classical or bluegrass tune – whatever is requested. The harpists are part of a team of six musicians who circulate through the hospitals and respond to calls to play in patient rooms. They provide music at no cost, thanks to generous donors.

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Smooth Operators: Emergency Nurses' Phone Calls Enhance Patient Health



In her 36th year of nursing at Stanford Hospital & Clinics – the last 30 spent in the emergency room – Mary Durando is a veteran of ED programs. This year that expertise was acknowledged, as she and five other ED nurses were named the 2008 Best Nursing Team by *Advance for Nurses*, a magazine that serves nurses in northern California and Nevada.

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Neurosurgeon Recovers a Future for Young Athlete



When 21-year-old Tara MacInnes leaped into the cold water of the San Francisco Bay to swim the length of the Golden Gate Bridge, it was no mere indulgence of youthful daring. The long, wave-whipped swim is another affirmation of her survival against a potentially lethal brain disease called Moyamoya, a disease found in just one in one million Americans, so rare that few doctors know of it and fewer still can do the delicate surgery that offers hope for a healthy future.

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Volunteer "Star"



Rhona Baum has been the Visual Art Collection volunteer for 2 years in the Art & Music program at Stanford Hospital & Clinics. Rhona is unwavering in her enthusiasm and diligence to complete projects and has a deep appreciation for many forms of art. Although she does not consider herself an artist, she enjoys creative endeavors in photography, and making cards and gift wrap from recycled materials. When she's not volunteering, Rhona works as a consultant in the fields of communications, human resources, and training. She also teaches English to foreign business professionals and their families. Rhona volunteers because she wants to help brighten the days of patients and their visitors during stressful or

tedious hospital stays. "Rhona has a way of putting others at ease and is great in sharing the load," says Linh Dang, Coordinator of the Art & Music program in Guest Services. Rhona presents invaluable ideas and it is hoped that she will be volunteering for many more years to come!

[Click here for information on volunteering at Stanford Hospital & Clinics](#)

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