

## 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](mailto:communications@stanfordmed.org).

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## IN FOCUS: Sports Medicine

### New Sports Medicine Breaks Old Age Barriers



Kevan Del Grande is soft-spoken and gentlemanly, as befits a 75-year-old grandfather, owner of a long-successful business and community-minded patron of the arts. Put him on a handball court and that version of Del Grande is gone. Del Grande has played with such conviction and force over the years that by age 71, he had shredded his shoulder joint's protective sleeve of muscles and tendons, commonly called the rotator cuff.

[Read full article...](#)

### The Transition to Arthroscopy

Today, all rotator cuff surgeries are performed arthroscopically and because that does so much less collateral damage, patients can go home the same day. Along with the new procedural instruments, physicians use newly developed sutures and anchoring bolts to reattach the cuff's tendons to bone.

[Read full article...](#)



### Adding Music to Medicine: A Resounding Success



Every single day at Stanford Hospital & Clinics, music is, by design, an audible and effective element in healing. Within each month, every part of the Hospital receives a scheduled visit from a musician. Patients can request a special visit from a musician, for any reason. They can order CDs from the Hospital's collection to play in their room. Or, if able, they can attend the Bing Concert Series twice weekly concerts in the Hospital's atrium, a central space four stories high that is illuminated by a wall composted entirely of windows. Or they might hear and see a musician playing in the hallway of their care unit.

[Read full article...](#)

## Stanford Blood Center Events; January 20 at SHC Atrium



Stanford Blood Center will host several events and offer special giveaways during January, National Blood Donor Month. The Stanford Hospital drive takes place January 20 and will feature a big-screen television on-site for donors to watch media coverage of Barack Obama's inauguration. [Read full article...](#)

## View to a Dream



Finding creative solutions to health problems and providing a healing environment for patients is all in a day's work for hospitals across the country. Unfortunately, most hospital buildings don't reflect that mission, forced by space and money constraints to follow decades-old patterns of windowless hallways and crowded public areas. The design for the new Stanford Hospital breaks that pattern in a major way. The new hospital, now in the final design stages, will physically embody the hospital's two main focuses: treating patients as a whole and continuous adoption of new technology. Along the way, it will break new ground in sustainable design. [Read full article...](#)

## Kidney Chain Story on NBC 11 Highlights SHC Patients



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. "We each said something like, 'Are you OK?'" Soriano recalled, as she talked with a visitor 48 hours after her surgery. [Click here](#) to view news story broadcast on NBC 11.

## Volunteer "Star"



Margie Ford is a volunteer at Healing Partners, a community service program at Stanford Hospital & Clinics that pairs Healing Touch volunteers with women diagnosed with breast cancer. Healing Touch is a gentle form of energy balancing work that promotes deep relaxation. In addition to working with breast cancer and fertility patients, she is also a core provider in clinical research studies and organizes Healing Touch booths at various events. When she isn't volunteering, Margie runs an energy healing practice utilizing her skills as a Healing Touch Practitioner, Reiki Master, Seichem Master, hypnotherapist and life coach. She is passionate about fitness and spends

her free time weight training, running, doing yoga and golf. Margie also loves gardening, travel and spending time with family and friends. Margie was drawn to volunteer with Healing Partners after undergoing her own medical procedure and experiencing the beneficial effects of energy work, and now wants to help others. "Margie truly embodies the spirit of service," says Kathy Turner, RN, NP, Director of Healing Partners. "Her combination of enthusiasm, energy and compassion along with her willingness to take on any challenge has been an invaluable gift to Healing Partners and to all the individuals with whom she interacts."

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

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