Frederick M. Selfridge, MD, is a 1946 alumnus of Loyola University Chicago Stritch School of Medicine (Stritch) and has experienced the Loyola family from all angles: as an undergraduate at Loyola University Chicago (LUC), as a medical student and a faculty member at Stritch, as a physician treating patients at Loyola University Medical Center (LUMC), and as a patient receiving care through LUMC. Dr. Selfridge attributes his successful career to the solid education, training and practical experiences he gained at LUC and Loyola University Health System (Loyola).

“My experiences at Loyola were priceless gifts given to me long ago,” Dr. Selfridge said. “I truly feel that if I had not been accepted at Loyola’s lakeshore campus and the medical school, I would not be where I am today. The fact that I was able to attend both schools is a debt I can never quite repay, and being invited to become a member of the faculty was quite an honor for me as well.”

In recognition of these positive experiences, Dr. Selfridge has made a $1.6 million bequest intention to Loyola allocating more than $1.3 million to Stritch, $25,000 to LUMC, and $250,000 to LUC. The gift is to be used for whatever purpose Stritch, LUMC and LUC deem fit. “Where the need is greatest is where my money should go,” Dr. Selfridge said.

A practicing Catholic who was intrigued by medicine at an early age, Dr. Selfridge chose Loyola because of the Jesuit foundation it provided at the university. “Other schools were better known, but the fact that LUC was a Catholic school that offered me an opportunity to study medicine was the impetus that led me to select Loyola for my education,” he said.

Dr. Selfridge attended LUC from 1940 to 1943 and Stritch from 1943 to 1946. “I was in medical school during World War II and also served in the U.S. Army at that time, so my tuition was paid by the U.S. Army Medical Corps,” he said. Dr. Selfridge recalls wearing his army uniform to school.

He formed close friendships with several classmates, most of whom were men since there were only four women in each class at that time. “I felt very welcomed by all of my teachers and classmates. Dr. Selfridge said. “My health no longer allows me to attend the annual Stritch alumni reunion, but I remain in contact with a couple of my classmates from the Chicago area.”

After graduating from Stritch, Dr. Selfridge served a 15-month internship at Mercy Hospital and Medical Center in Chicago. He then served at a hospital in Guam for the U.S. Army Medical Corps for two years, and provided psychiatric care and general medical care during a three-month tour of duty in Tokyo. After completing his military service, Dr. Selfridge completed a residency in internal medicine at the University of Wisconsin Hospital in Madison, followed by a fellowship at the Tulane University School of Medicine in New Orleans.

A member of the Stritch faculty from 1953 to 1971, Dr. Selfridge served as an associate professor in the Department of Medicine as well as an assistant and associate dean. After leaving Stritch, Dr. Selfridge served as the assistant director of the Department of International Medicine at the American Medical Association, and the director of Professional Services at Mercy Hospital & Medical Center in Chicago. From 1973 to 1988, he was the director of the Department of Medical Education at Holy Cross Hospital in Chicago.

Dr. Selfridge, a Chicago-area native, retired as an internal medicine specialist in 1988. Post-retirement, he has maintained a close relationship with Loyola, remained current with university improvements and is continuing to foster ongoing communications with administrators. “I certainly consider the students and the faculty as an extension of my family,” he said.

For more information on making a bequest to Stritch, contact Shawn Vogen, PhD, in the Office of Development & Alumni Relations at svogen@lumc.edu or (708) 216-5642.
Couple with Ties to Loyola Creates New Scholarship Fund

John and Rosemary Croghan are well aware of the challenges facing medical students, with a son-in-law who is a Loyola University Chicago Stritch School of Medicine (Stritch) alumnus and a son who is a former Loyola University Medical Center (LUMC) resident. The Wilmette couple has made a five-year pledge totaling $500,000 to Stritch to fund the John W. and Rosemary Croghan Medical Student Scholarship Fund.

“John and I have a great respect for Stritch. As one of only four Catholic medical schools in the country, it provides a wonderful opportunity for students,” said Mrs. Croghan. “However, it’s also expensive for students, and we’d like to do what we can to help them out.”

Most of the Croghans’ gift ($375,000) will be used to establish an endowed scholarship fund. An endowment is a transfer of money or property to Stritch with the stipulation that it be invested and the principal remain intact and grow. The income earned by the fund will be used directly toward the stated gift purpose. The remainder of their gift ($125,000) will provide direct scholarships during the next five years.

The Croghans’ son-in-law, Philip H. Sheridan, MD, graduated from Stritch in 1987 and also completed his residency at LUMC. Dr. Sheridan is currently an internist and pulmonologist at Evanston Northwestern Hospital and St. Francis Hospital in Evanston.

The Croghans’ son, John E. Croghan, MD, graduated from Rush Medical College in 1986 and completed his residency and internship at LUMC. He now practices internal medicine, gerontology and rheumatology at Evanston Northwestern Hospital.

The Croghan family connection to Loyola University Chicago (LUC) dates back to 1952, when Mr. Croghan graduated from LUC with a degree in political science. He currently is the chair of an investment management firm in Chicago, Rail-Splitter Capital Management. Mrs. Croghan, a retired registered nurse, is a member of the LUC Board of Trustees and also is a trustee at Loyola Academy, a Jesuit college preparatory high school in Wilmette.

In addition to their involvement with Loyola University Health System (Loyola) and LUC, the Croghans also serve at other Jesuit and Catholic institutions. Mrs. Croghan is highly involved with Cristo Rey, a Jesuit high school in Chicago’s Pilsen/Little Village neighborhood. Students attending Cristo Rey participate in a program where three-quarters of their tuition is paid by the corporations that employ them part-time. Loyola is a leading participant in the program, with many Cristo Rey students working on the Loyola medical campus as patient transporters and in other entry-level jobs. “About 40 of Cristo Rey’s students are working at Loyola now,” Mrs. Croghan said. “It’s a great opportunity for these young people, many who would like to go into health care and would not have had the opportunity to receive such a high-quality education without the Work Study Program.”

Mrs. Croghan is a member of the founding Board of Trustees of Cristo Rey Jesuit High School and still serves on the board today. “I have gained more from the experience than I have given to it,” she said. “I believe when your life has been blessed and you are able to help others, it’s your obligation to do so. Both John and I believe we have been blessed.”

The couple serves on the advisory board of the Alliance for Catholic Education, a two-year service program offering college graduates the opportunity to work as full-time teachers in disadvantaged Catholic schools across the southern United States where financial resources are scarce. They participate in the Patrons Program, a fundraising group to help support St. Procopius, a church and school in poor and remote areas of the United States, and the Lumen Christi Institute, an organization involved with strengthening contemporary Catholic intellectual culture and expanding the Catholic presence in higher education.

Mr. Croghan said his belief in the need for a stronger Catholic presence in higher education is why he is so adamant about supporting Stritch. “Stritch is an integral part of LUC and is fulfilling an important goal in training future doctors who are concerned with moral and ethical health care,” he said.

“When you look at what the Jesuits have done for education in the United States, it’s apparent they are leaders at the high school and university levels,” said Mrs. Croghan. “That excellence follows through also at higher levels, such as graduate and medical schools like Stritch, and we’re proud to have a part in helping these higher-level students.”

Recipients of the John W. and Rosemary Croghan Scholarship for the 2007–2008 school year are:

- Robert Standring, third year; Danielle Suhajda, third year; Tara Abraham, first year; and Daniel Tapia, second year.
T he soon-to-be rehabbed teen lounge in the Ronald McDonald® Children’s Hospital (RMCH) of Loyola University Medical Center (LUMC) would have been the perfect spot for Michael Carta to have kicked back to watch a baseball game on the flat screen television. Although he cannot be there physically, Michael’s spirit will be present in the Michael Carta and Louis Sciame Teen Lounge.

The renovation has been made possible by a $40,000 gift from Mary Lou Carta in honor of her late son, Michael, who was a cancer patient at Loyola University Health System (Loyola) in the late 1980s, and her late brother, Louis. “It’s a good way to let people know the kind of men they were,” she said, describing Michael as a quiet and laid-back young man who also was very courageous and funny. “He never complained the whole time he was sick,” she recalled. “He was upbeat and funny, and the one child I could depend on to make me laugh.”

Mrs. Carta’s brother, Louis Sciame, stepped in as a father figure to her four children when she was widowed in 1975. “Louis was a very generous, giving man to my children,” she said. “He and Michael were especially close.”

Mrs. Carta, of Broadview, Ill., was a Loyola employee from 1985 to 1996. She worked as a secretary in hospital administration, then in several divisions within the Department of Medicine.

Michael was diagnosed with cancerous schwannomas, a tumor originating from the Schwann cells that cover nerves, during his senior year of high school. He underwent several surgeries and chemotherapies during his 17 months of treatments until his death at age 19.

“The care Michael received at Loyola was superb, and the nursing staff was wonderful,” Mrs. Carta recalled. “I met a lot of caring and compassionate people who made our difficult ordeal bearable.”

After Michael’s death, a number of Mrs. Carta’s friends gave the family monetary donations, encouraging her “don’t let Michael’s spirit die.” She invested the money and every year donated the interest to Holy Cross High School, Michael’s alma mater, to be used for scholarships for students who succeed despite learning disabilities. When the school closed, she gave the money to Immaculate Heart of Mary High School, but that school also closed. She then decided to give the money to Loyola and the donation was used to purchase computers for the teen lounge.

When her late brother recently left her $40,000, Mrs. Carta once again thought of Loyola when determining how to share her gift. “Looking back on Michael’s care, I remembered there were not a lot of activities in the hospital for the teens compared to the younger children,” she recalled.

Mrs. Carta’s gift will provide a complete overhaul for the teen room, from the floors to the walls. “Our goal is to give it a teen-friendly, coffee house look,” said Julie Ziman, child life coordinator, RMCH.

Two flat screen televisions will be installed, allowing the teens to watch DVDs and play video games. A couch, small tables and chairs will be arranged around the room giving teens a comfortable spot to watch TV, use laptop computers and play board games. The walls will be repainted and new flooring installed, both in a darker, richer color, and new lighting with dimmer switches will be installed so that teens can adjust the lighting to their activities.

Ms. Ziman said the renovation will begin later this year or early next year. “The room is used daily by our teen patients and was sorely in need of an update,” she said. “There is no way the rehab could have been completed without Mrs. Carta’s gift. We are so grateful that a gift given in honor of her teenage son will benefit Loyola’s current teen patients.”

Mrs. Carta is certain that Michael would have loved the flat screen TVs in the teen lounge as he was a soccer and baseball fan and enjoyed watching the games. “But he always hated the Chicago teams,” his mother recalled with a smile.

Before Michael graduated from high school, Mr. Sciame offered to take him on a trip since Michael was not well enough to take a regular senior class trip. Michael chose to visit Anaheim, Calif., so he could go to a Los Angeles Angels of Anaheim baseball game and Disneyland. “My brother actually went to Loyola to learn from the nurses how to care for Michael before taking him to California for a week,” Mrs. Carta said. “He later commented on how glad he was that he had spent that time with Michael. That’s just one of the reasons I’m so happy to be honoring both him and my son through the new teen lounge.”

For more information about making a donation to the Ronald McDonald® Children’s Hospital of Loyola University Medical Center, contact Eva Moss in the Office of Development at emoss@lumc.edu or (708) 216-8249.

New Developmental Screenings Enhance Well-Child Visits at Loyola

P ediatricians are accustomed to examining children for illnesses, providing immunizations and assessing growth during routine well-child physicals. A new developmental screening program, funded in part by the Illinois Children’s Healthcare Foundation (ILCHF) is allowing Loyola University Health System (Loyola) providers to improve the quality of screening for developmental delays such as speech progress and motor skills.

The $138,765 grant has provided funds for additional staffing and new training materials to teach Loyola pediatric physicians, nurses and residents how to execute the screening program. “This was a program we felt was vital to implement, and receiving this generous grant allowed us to hire staff specifically for this project,” said Jerold Stirling, MD, chair of the Department of Pediatrics, adding that Loyola conducts approximately 7,000 pediatric outpatient visits each year. “We’re grateful that the ILCHF is enabling us to improve upon the quality of care we provide to our pediatric patients.”

“Loyola physicians and nurses are very motivated about the new screenings and excited about implementing them,” said Melanie Cesar, Loyola child development specialist, one of the new staff members who was hired as part of the program to help providers learn how to administer the screenings.

The ILCHF is working to ensure that every child in Illinois has access to affordable and quality health care, according to Susan Kerr, ILCHF president. Its focus is on giving in three specific areas: improving the oral health of underserved children, addressing the mental health needs of children and increasing developmental screenings for young children.

“Loyola’s commitment to the practice of making developmental screenings a part of primary care See Developmental, on page 5
Women at risk of postpartum depression are receiving referrals for counseling, medication and other forms of assistance through a new program initiated in March 2007, at Loyola University Health System (Loyola) and is partially funded by a local health foundation.

Through the Pregnancy and Postpartum Depression Screening and Treatment Program, every woman who receives prenatal care at Loyola and/or gives birth at Loyola University Medical Center (LUMC) will be screened four times for depression during the prenatal and postpartum period: the 28th week of pregnancy, prior to discharge from the hospital after giving birth, two weeks after the birth and six weeks after the birth. The program is a joint effort between the Departments of Obstetrics & Gynecology (OB/GYN) and Psychiatry & Behavioral Neurosciences.

Robyn Thurston, practice director, OB/GYN, has been instrumental in implementing the new program at the Loyola medical campus in Maywood and the satellite offices that offer prenatal care. “When you make a practice of screening patients on a regular schedule for postpartum depression, you make providers aware of the condition and more mindful of looking out for it,” Ms. Thurston said. “You also make our patients increasingly knowledgeable about the condition and less likely to dismiss their feelings of depression.” Before the program began women were not screened at regular intervals for postpartum depression and often did not have the early access to intervention that is available to them now.

The new program is partially funded by a $37,500 gift from an anonymous health foundation that is available to them now. The grant will run through June 2009. At that time, the program staff will determine if the program does not have an increase in attendance at the New Mom Peer Support Group, held Monday afternoons at Loyola. Postpartum depression went largely unrecognized and untreated in the past, and those women who were in need of treatment did not always receive it. In recent years, this condition has been taken more seriously, and the symptoms are now widely recognized by hospital medical staff and family members. More programs with treatment options have evolved and are available to women who suffer from this disorder. Ms. Kenny believes that educational programs and the grants that fund them have played a part in bringing this condition out into the open. “When outside sources start taking notice and funding programs like ours, they lend credibility to the condition, and it becomes a more recognizable problem,” she said. “It's wonderful we had the opportunity to apply for the grant, and it's great that the foundation made this money available to help treat women in need.”

The grant will run through June 2009. At that time, the program staff will determine if the screenings resulted in an increase of new mothers being referred for evaluation and treatment, an increase in attendance at the New Mom Peer Support Group or a decrease in women who fail to receive follow-up care for depression. Program staff will seek additional funding for the program from Loyola’s individual, foundation and corporate donors.

If you would like to support the Pregnancy and Postpartum Depression Screening and Treatment Program, or other prenatal or postpartum care for women, contact the Office of Development at development@lumc.edu or (708) 216-3201.

Upcoming Events

Mark your calendar for these upcoming events. For more information, email the Office of Development at development@lumc.edu.

**Sept. 21-23**
Stritch Alumni Reunion 2007

**Oct. 1**
Urgent Care Open House Reception
Loyola Center for Health at Homer Glen

**Oct. 6**
Stritch Future of Research Breakfast Series

**Nov. 9**
Stritch 2007 Annual Awards Dinner

Save The Date

**The Future of Research Breakfast Series**

**Women's Health Concerns Highlighting the Female Pelvic Medicine & Reconstructive Surgery Research Team**

Saturday, October 6, 2007
10:00 a.m. – 11:30 a.m.
John & Herta Cuneo Center
Stritch School of Medicine
2160 S. First Ave., Maywood, IL

For more information, contact Ericka Lynk, Office of Development at (708) 216-3634.
Tournament Benefits Scholarship Fund
commitment to life-long learning.
compassion, integrity, enthusiasm and a
demonstrated the exemplary qualities of
scholarship to a fourth-year Stritch student who
Committees. The Ages & Stages Questionnaire is a more specific
questionnaire that caregivers can complete if the
general survey shows they have concerns. Parents
assist in assessing their own child's development by
observing them or by having them perform differ-
ent activities. For example, the questionnaire
designed for 18-month-olds asks caregivers to
observe whether their toddler can walk down the
stairs when holding an adult's hand, can stack
blocks and can say eight or more words in addition to
"mama" and "dada."
The results of the questionnaires determine if a
child needs intervention. Once a determination
is made, Loyola staff offer referrals and track the
progress of the child. Loyola is using some of the
grant money to make this process more efficient
by incorporating the screening results into each
patient's electronic medical record and setting up
a process for staff to track referrals and
patient progress.
"Follow-up care is the most crucial part of the
developmental screening process," said Dr. Stirling.
"It is also the most difficult part of the process.
Some parents may not perceive their child's delay as
a critical issue and may not follow through with a
recommended treatment referral. Others may feel
they can't afford assistance for their child."
However, assistance is available for children of all
income levels through the Illinois Early
Intervention Program, which provides occupation-
al and physical therapy services to the child's home
free of charge or on a sliding scale pay. Loyola
also provides therapy services at a variety of locations
throughout the western and southwestern suburbs.
In the short time it has been implemented, the
screening program already has identified children
in need of intervention. In reviewing one family's
screening questionnaire, Dr. Stirling said he was
able to recognize a 5-year-old girl who would have
experienced difficulties keeping up with her class-
mates. "We were able to provide her with an eval-
uation and therapy referral in the summer so she
could get an early start in preparing for school,
instead of waiting until September," he said.

Providers at the Loyola Family Health Center at North Riverside also have been quick to use the
screening for the benefit of their patients. "The
screening program is creating a sense of awareness
among the staff about developmental delays," said
Ms. Cesar. "They are so excited to be implementing
it and are already adapting it to older children even
though that part of the screening hasn't been for-
mally implemented yet."
For more information on supporting children's
health-care programs at Loyola, contact Eva Moss,
in the Office of Development at
evamoss@lumc.edu or (708) 216-8249.

News in Brief
Swim Across America Pledges Top $125,000 for Cardinal Bernardin Cancer Center
approximately 150 swimmers braved the chilly water of Lake Michigan at Chicago's Ohio Street
Beach on Saturday, July 21, to participate in Swim Across America. They were warmed,
however, by the sunny day and the news that they raised $125,000 for the Cardinal Bernardin
Cancer Center, the highest amount ever raised in the event's 14-year history. In total, Swim Across
America has raised more than $625,000 for the Cancer Center since 1993.

After the morning swim, participants
who raised the most money were honored
at an awards cere-
mony. Phil Dodson,
a four-time cancer
survivor, raised more
than $11,000; Caitlin
Garvey, whose moth-
er is a breast cancer
patient at the
Carolyn Bernardin
Cancer Center, raised almost $8,000; Jean Barbato, the wife of Anthony Barbato, MD, former president
and chief executive officer of Loyola University Health System raised over $5,000; and Larry Lindahl,
who has several family members and friends who were touched by cancer, raised more than $5,000.

Illinois Burn Prevention Association Golf Invitational Raises $55,000 for Loyola

The 12th Annual Illinois Burn Prevention Golf Invitational, held June 12, at the
Cantigny Country Club in Wheaton, Ill.,
raised $55,000 for the Loyola University Health System (Loyola) Burn Center. The invitational,
which was hosted by the Illinois Burn Prevention Association, raised money to assist children who
have experienced a significant burn injury requir-
ing hospitalization. Other beneficiaries of the
event include "Camp I Am Me," a camp that
builds children's self-esteem while they are
learning to deal with injuries and the National
Fire Sprinkler Association Educational Fund.
Would you like to make a difference, and make your mark on the future of medicine? A planned gift to Loyola will enable you to assist Loyola University Health System (Loyola) or Loyola University Chicago Stritch School of Medicine (Stritch) with our mission of outstanding patient care, medical research and medical education, while simultaneously reducing your burden of income, capital gains or estate taxes. Many donors have found that, through a planned gift, they can make a larger contribution than they thought possible.

If you currently have financial responsibilities for yourself and your loved ones, a bequest may be a good option. A will can stipulate that you have decided to leave Loyola or Stritch a specific monetary amount, a piece of property or a percentage of your estate. A general bequest is the most popular type of bequest, you simply leave a specified dollar amount to Loyola or Stritch. A percentage bequest allows you to leave a percentage of your estate. In a specific bequest, you can designate a specific property you want Loyola or Stritch to receive, such as a specified stock or a vacation home. In a residuary bequest, you can give a portion of your property after all debts, taxes, expenses and other bequests have been made. Regardless of the type of bequest you choose, the Office of Development is available to help you include the appropriate language in your will. If you are interested in leaving your legacy through a bequest gift, please email the Office of Development at development@lumc.edu or call (708) 216-3201.

For More Information
Loyola is committed to disciplined research and planning concerning both the purposes for which a gift will be used and the impact a gift makes on your personal and financial goals. The Office of Development will be happy to formulate a plan with you and/or your financial advisor that takes full advantage of the available tax benefits, while at the same time fulfills your desire to benefit Loyola. We understand that your charitable gift intentions are a personal matter. We encourage you to contact us for help with answering or researching any questions about clinical or academic activities or for more information on making your gift to our institution. All discussions will be treated confidentially.

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Loyola University Medical Center Office of Development
2160 S. First Ave.
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(708) 216-3201

Loyola University Chicago Stritch School of Medicine Office of Development & Alumni Relations
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(708) 216-3204

Gift Giving is Easy Online
Ways to Give: outlines how to contribute individual gifts to Loyola through cash, credit, securities or real estate, and make these gifts online.
Areas of Support: offers explanations of our three priorities; patient care, education and research.
Family of Philanthropy: includes profiles of Loyola’s philanthropic families.
Recognition: highlights our donor recognition societies such as The Leadership Society and Society of the Shield.
Visit our Web site at www.LoyolaMedicine.org/giving to learn more about philanthropic opportunities.

Vision
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