

# PHELPS MEMORIAL HOSPITAL AUXILIARY

## News and Notes

MarApr 2009

Now on the web at <http://www.phelpshospital.org/auxiliary/index.php>

EDITED by JIM REIDY



### *A Message from the President*

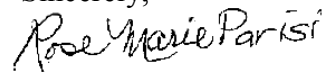
*By Rose Marie Parisi, Auxiliary President*

One of the ways the Auxiliary raises money is through Bake Sales. Another sale is coming up on March 20<sup>th</sup>. Every year it seems to be the same people "manning" the tables and contributing the baked goods. The bake sale opens at 8:30am on the "G" level, outside the cafeteria. We need people to help set up in preparation and we need baked goods to sell. If you would like to contribute, but don't have time to bake or sell, we would welcome fine bakery cakes, muffins, cookies or breads. Please let us know if you are able to help in any way by calling the Auxiliary office at 914-366-3170.

I'd like to encourage our current Auxiliary members to be more active in the Auxiliary. We invite people to attend the Board Meetings to learn more about our goals and activities. Our next meeting is scheduled for Wednesday, March 18, 9:00-11:00am in the Board Room on the "C" level, in Bldg. 701 . I hope to see more of you there.

Our annual **Auxiliary Membership Meeting** will be held on **Monday, April 13, at 2:00 PM** at the James House Mansion. Your attendance is important since we will be electing new officers and distributing certificates for the volunteer hours many of you have contributed. This year we are privileged to have Cheryl Burke, RN, MS, MBA, WCC, Clinical Nurse Specialist in our Stroke Center, as our guest speaker. As you might know, Phelps is now a designated Stroke Center. Cheryl will be talking to us about strokes and the activities of the Stroke Center as well as other valuable information for ALL of us to know. Hopefully all the snow will be gone, the birds will be singing, the sun will be shining and we will have a good turnout on April 13. Please stop by the Volunteer Office to sign up, or call the office at 914-366-3170.

Sincerely,



Rose Marie Parisi

### *A Little Local History*

*By Dennis Corcoran*

Having finished with the history of Phelps Memorial Hospital, the focus for the foreseeable future will be places that are familiar to all of us. Since we are celebrating the 400<sup>th</sup> anniversary of the discovery of our waterway neighbor, our concentration for the next several articles will therefore be the Hudson River. The motivation for this came after hearing the author of *The Hudson - America's River* speak about her brand new book at the Fish Library in Garrison recently. Frances F. Dunwell inspired us to not only buy her book, but also to share the rich history of the river with you.

Henry Hudson discovered the North River in 1609 while sailing for the Dutch on his small ship, *The Half Moon*, but stayed only a few weeks after setting up trading posts in New Amsterdam (New York City) and Fort



*The Half Moon*

*(Continued on page 2)*

## A Little Local History

(Continued from page 1)

Orange (Albany.) He realized this river wouldn't take him to the Northwest Passage and the riches of Asia. Nevertheless, his discovery became the centerpiece of the Dutch commercial empire in North America. They traded with the Native Americans and their claim to North America became known as New Netherlands and it stretched from the Delaware River to the Connecticut River.

The Dutch West India Company needed to bring people to America in order to provide a source of labor so they gave large land grants to patrons or "patroons" who bought large tracts of land from the Native Americans. The patroons then recruited settlers who farmed the land as tenant farmers and paid rent with a share of what they produced.



Van der Donck

Adriaen Van der Donck arrived in 1641 and built a patroonship in what is now the Riverdale section of the Bronx and the city of Yonkers. The city was named after him when it was called *Yonck Heer* meaning "Young Lord." Another patroonship was set up east of Riverdale and was named after its patroon, Jonas Bronck. Van der Donck, according to author Dunwell, was the first visionary of the Hudson River as he fought for the needs of the settlers in New Amsterdam and helped to set up a municipal self-government. This helped to spur more immigrants to leave Holland and settle in the New World.

Unfortunately, the Dutch gave it all up to the British in 1664. The Dutch surrendered without a fight because they could afford to lose New Netherlands since they had a worldwide empire of commerce, especially in the West Indies where they had a profitable trade in sugar and slaves.

The English adapted much of the Dutch culture when they took over including the idea of religious tolerance and free trade while continuing the idea of the patroon system, with the owner now being called the "Lord of the Manor."

*To be continued...*

## A Tribute to Bonnie D'Emidio

By Jim Goldsmith



The DoubleTree Hotel was the site of Bonnie's farewell party and what a wonderful party it was. Attended by over one hundred people including, of course, Mr. Safian and other top Administration personnel, Bonnie was given a heart-warming and heart-felt retirement party.

Accompanied by her husband, John, and children, Bonnie looked radiant and actually got through her speech without too much emotion, although it was easy to tell it was there.

Jojo was in charge of the music and it didn't take too long to get everyone up and dancing to mostly rock tunes. I kept waiting for a Perry Como medley (which never came) but I have high hopes for next time.

Cocktails were served at the start and a buffet dinner followed with bar service always available. Someone I had never met paid for my first drink and I kept looking for him the entire evening but he managed to avoid me, so I was on my own.

Bonnie received numerous gifts including a one thousand dollar gift card to be put towards a vacation cruise, Soap Opera Digest so she could catch up on all her favorite shows she missed while working and TV Guide so she will never have to miss another one.

It was a fitting tribute to a person who has meant so much to Phelps and has always been an active member of the Auxiliary. Bonnie has been a good friend to the Auxiliary and will be missed.

## Nominees for the Upcoming Elections

President..... Rose Marie Parisi  
1st Vice Pres. .... Marguerite Klein  
2nd Vice Pres. .... Laurie Zimmerman  
Secretary ..... Lynne Hansen  
Asst. Sec. .... Helen Chanowsky  
Treasurer ..... Mary Kay Olson  
Asst. Treasurer ..... Nancy Eichorn  
Nominating Committee Chair.. Sylvia Krell

**Be sure to place your ballot!!!**

## Dates to Watch!!

**March 18th** - Regular monthly board meeting - all are invited - 9:00AM in the Board Room.

**March 20th** - Bake Sale - 8:30AM until all is sold (or eaten). Call 366-3170 to help.

**April 13th** - Auxiliary Annual Meeting - please make a point to attend.

**April 15th** - Regular monthly board meeting - all are invited - 9:00AM in the Board Room

## GIFT SHOP LOBBY SALES

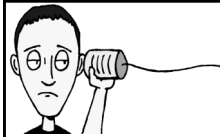
Schedule courtesy of Iris Hill

### March

Thurs.	3/05/09	Exile C.D.'s
Fri.	3/06/09	D & D Jewelry
Wed.	3/11/09	Sock Exchange
Fri.	3/13/09	Cathi Locati Galleri
Fri.	3/27/09	Leather Outlet
Mon.	3/30/09	Tastefully Simple

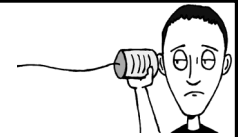
### April

Thurs.	4/02/09	Save on Socks
Fri.	4/03/09	Applause Fashion
Mon.	4/06/09	Silver Dreams Jewelry
Thurs.	4/16/09	Second Story Interiors
Fri.	4/17/09	Activewear Plus



## What did you say?? I can't hear you!!!

By Jim Reidy



As we age some of our parts don't work quite like they used to. Our eyes can't focus quite as sharply, our legs don't move quite as swiftly and our ears don't hear quite as acutely. Science and technology have developed many drugs and devices to overcome these losses. Eyes glasses, which have been around for hundreds of years, help us see. Advil helps us deal with the common aches and pains and helps us move. To hear better, though, technology has supplied many devices which over the years have become smaller and smaller.

I recall as a young man in Catholic grade school (yes, I was a 12-year Catholic school kid) several of the older nuns that taught us used hearing devices that were basically boxes hanging from their necks (usually under their habits) with an earpiece not unlike those of the old transistor radios.

Over the years technology has made smaller and smaller devices with more features and improved sound with a less obvious profile. Some are now so small and discrete that unless you look closely, you don't even know they are there.

My mother-in-law, for years, had worn the in-the-ear aids and hated them. They occlude the canal and she describes the experience as "being in a muffled tunnel". Her own voice was muddled and aggravating.

Along come **Zounds** and **Siemens**. Both companies (and others) manufacture discrete behind-the-ear amplification devices with small clear tubes that lead into the ear that are barely noticeable yet bring the hearing to a nearly normal state. They are adjustable by use of a small remote control that you carry with you and they eliminate that irritating noise of the surroundings, allowing you to focus on what you are trying to hear - your guests, the music or the waiter.

If you are wearing conventional aids, you should consider looking into these new devices. They have changed my mother-in-law's life (and ours, as well).

## Welcome to our newest volunteers!!

Courtesy of Pat Makai

Aleem Bakhtiar	Silver Spoons/Transport
Susan Bodansky	Transport
Ching-Hua Chen-Ritzo	Silver Spoons
Menoka Fuard	Transport
Connie Jackson	Pulmonary Rehab.
Carol Perlmutter	ATS
Melanie Tripp	Silver Spoons
Jessie Zhang	Information Desk



## We are looking for YOU..

The newsletter committee is always looking for people to help out by writing articles and bringing in fresh ideas. If you'd like to become a member, or submit items for publication, please contact Jim Reidy through 914-366-3170.

## Welcome to our Newest Auxilians

Submitted by Nancy Eichorn

Lucy Coulam Menoka Fuard  
Patricia Horner Rebecca Reynolds

## Our Deepest Condolences

We wish to pass on our condolences to two members of the Auxiliary who each recently lost a loved one:

### James Timmings

Marie Timmings' husband passed away unexpectedly on February 16th. He also leaves three children, Claire, James and Eileen as well as six grandchildren.

### Angela R. Schwiezer

Marie Case is mourning the loss of her mother, Angela, who died on February 17th at the age of 100 years. Angela leaves two children, seven grand children, ten great grandchildren and six great great grandchildren.

## Upcoming Auxiliary Board Meetings

Mar 18th and Apr 15th at 9:00AM in the Board Room.

News and Notes Mar-Apr 2009 Vol. XI No. 2

### Editorial Staff and Contributors

Jim Goldsmith Nancy Eichorn  
Pam Cardozo Dennis Corcoran  
Pat Makai Joyce Moes Iris Hill Jim Reidy

\*\*\* Photos courtesy of Jim Goldsmith \*\*\*

News and Notes is published by the Phelps Memorial Hospital Auxiliary, Sleepy Hollow, NY 10591. Contributions, comments and suggestions are welcome.

Please call the Volunteer Office at (914) 366-3170.

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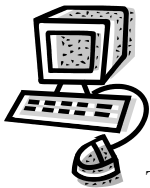
## MAIL FIRST CLASS

PHELPS MEMORIAL HOSPITAL AUXILIARY  
SLEEPY HOLLOW, NY 10591

### Pam's Corner

By Pam Cardozo

We are seeing an increase in the number of people who sadly have lost their jobs and would like to volunteer while looking for new employment. We certainly wish them success in finding new employment, but are very grateful for any help they can give us in the interim. If you know of someone in this situation, please have them give us a call at 914-366-3170.



Coming soon!! We will have a new and improved volunteer website – check it out by going to [www.phelpshospital.org](http://www.phelpshospital.org) to see our progress.

The Presidential Inaugural Committee and the Advertising Council recently launched a new public service advertising campaign aimed at summoning a new spirit of service in America. President Obama believes each of us, as Americans, has a responsibility to do what we can for our communities and fellow citizens. “Don’t underestimate the power of people who join together... they can accomplish amazing things” stated Obama. Let us all take heed of President Obama’s sentiments!



“Save the Date” – Our Annual Volunteer Supper will take place on Wednesday, June 3, 4-7 pm, at The James House Mansion. Wonderful weather is predicted so we hope to have a good turn-out! Mark your calendars now!

**You’re gonna be in pictures!** Our volunteers will soon be receiving a letter in the mail reminding them to **wear their uniforms** to the Annual Meeting on Monday, April 13, at The James House Mansion. We are going to be taking group photographs of those volunteers with 5 or more years of service, so please be sure to join us on April 13 and ready to smile for the camera!

### Yummy Little Pizzas (a great snack or lunch)

Submitted by Jim Reidy

#### Ingredients

- 1 Pkg. Arnold Select Whole Grain Sandwich Thins
- 1 Jar of your Favorite Pizza Sauce
- Whole Milk Shredded Mozzarella Cheese
- Garlic Powder
- Onion Powder (or Dried Minced Onions)
- Oregano Flakes
- Red Pepper Flakes (optional)

#### Instructions

Preheat the oven to Low Broil. If you only have one broil setting, move the rack down to the second level below the broiler.

- Separate the sandwich thins into halves and lay them crust down on a cookie sheet.
- Place them under the broiler and WATCH them. Remove them when the bread just starts browning.
- Using a regular tablespoon, dab one heaping spoonful of pizza sauce onto each thin and spread it evenly.
- Sprinkle each thin with onion, garlic, oregano and pepper to taste.
- Cover each thin with a generous amount of mozzarella cheese.
- Place the sheet under the broiler and WATCH until the cheese is bubbling and starting to brown.
- Eat!

**Yield** - each package of Sandwich thins makes 16 pizzas.

**Alternates:** Instead of Arnold Sandwich Thins (which make thin crust pizzas) you can use English Muffins which make them more like thick crust pizzas.

Use crushed tomatoes instead of pizza sauce. You may need to use more of the spices to get a good flavor.

**Note for dieters:** Each pizza provides about 150 calories, which is about 3 points on the Weight Watchers scale.