

PHELPS MEMORIAL HOSPITAL AUXILIARY

News and Notes

May-Jun 2011

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EDITED by JIM REIDY



President's Message

*By Jim Goldsmith,
Auxiliary President*

I'm surprised I am writing this, because I was counting on your new co-president, Mark Frederich, to be doing the honors. However, he has been away so I will step in for him.

We had, as you will read later in this issue, a very successful Annual Meeting which started with an upbeat talk by Dr. Franklin Zimmerman, and ended with upbeat comments by our hospital president and CEO Keith Safian and our new Auxiliary co-president, Mark Frederich.

The Trustees of the Hospital itself have just elected a new Chair of the Board, Mr. Andrew Merryman, and we wish him well in his new position as he and the Trustees help guide the Hospital in the coming years. At the same time, we want to thank outgoing Board Chair, David Coulam, for his exemplary work and guidance over the past years.



Mark Frederich

Auxilians that also volunteer in the hospital, like myself and Mark, see on a daily basis the effect Phelps has on the lives of its patients. No one ever wants to be a patient in a hospital, but Phelps, its doctors, employees and volunteers always seem ready to do whatever they can to relieve the uneasiness that patients inherently bring with them when they enter. Do all the stories have happy endings? Realistically they do not, but the percentage that do far outweigh the few cases that don't. So let's not let up in our effort to make Phelps the best. We have the doctors and nurses, now it's up to us to add the personal touch.

The Phelps Golf Classic & Tennis Tournament



The Phelps Golf Classic & Tennis Tournament will take place on Monday, June 13, 2011 at Sleepy Hollow Country Club. While the Golf Classic will be celebrating its 8th year, the Tennis Tournament will be making its debut.

The Golf Committee, under the leadership of William and Ellen Melvin and John and Connie Curran, and the Tennis Committee, under the leadership of Jim Goldsmith, are working hard to organize a memorable day of golf, tennis, lunch, evening cocktails and a buffet dinner, highlighted by prizes and contests. Funds raised from the event will support facility improvements to enhance patient comfort.

Sponsorships are still available. The fee for individual golfers is \$800 and the fee for individual tennis players is \$400. The deadline is May 27.

For further information, please contact Ruth Burton; Development Office; 914-366-3115; rburton@pmhc.us.



Phelps Annual Volunteer Supper

On June 1st at 4:00 PM, the Phelps Volunteers are invited to attend a dinner to thank them for their dedication and service to Phelps Memorial Hospital. The dinner will be held at The James House Mansion. See "Pam's Corner" later in this issue for more information. Mark your calendars, volunteers, and accept our thanks. You are all an invaluable asset to this hospital community.



*** Save a Tree - Go Paperless ***

By Jim Reidy

Five times a year your Auxiliary prepares and mails 350 copies of this Newsletter. At \$0.44 a copy, we spend \$154 per issue in postage alone. Add the price of printing and it becomes costly. If you can or would like to receive your Newsletter in your email, contact me at phelpsaux@optimum.net. You can read the newsletters online, as well, at <http://www.phelpshospital.org/auxiliary>.

2011 Annual Auxiliary Meeting

By Jim Goldsmith

Nearly fifty Auxilians gathered at the James House Mansion on April 11 to attend our annual meeting. The weather was good and the 1 PM starting time, rather than the usual 2 PM, didn't seem to deter anyone.



We began earlier so that our guest speaker, Dr. Franklin Zimmerman, could spend his lunch hour talking to us before returning to his office to care for his patients. First, he fascinated us with information about the health of our presidents from Teddy Roosevelt to Barak Obama. Then he presented preliminary results of a study he is doing on the effect that watching your favorite baseball or football team has on your heart rate and blood pressure. He'll share more information with us when the study is completed.

The minutes of last year's meeting were approved, as was a change to our by-laws that provides the Auxiliary Board with the discretion to create or dissolve committees and services without requiring a vote of the members.

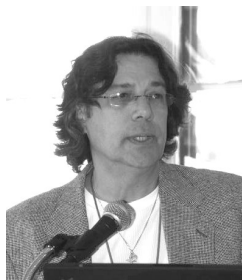
Pam Cardozo, Director of Volunteers, welcomed all and honored Jane Kavy with flowers for her fifty years serving as a volunteer and Auxilian.



Jim Goldsmith presented Helen Chanowsky with flowers to thank her for her service as Asst. Secretary. He did the same later in the day for Lynne Hansen, the outgoing Secretary (See Lynne's thank you message in this issue).

Keith Safian, President and CEO of Phelps, then thanked the Auxilians and volunteers for all they do for the hospital and talked about the state of the hospital today.

New co-president Mark Frederich thanked everyone for the opportunity to serve the Auxiliary and promised to work on increasing Auxiliary membership in the coming year. The meeting was adjourned and all proceeded to enjoy coffee, tea, and small sweets.



A Thank you from Lynne Hansen

Thank you, Auxilians, for the lovely flowers you presented me *in absentia* at the Annual Meeting! I have enjoyed my years of involvement on the Board - the work, the camaraderie, the insights into the workings of our beloved hospital - and plan to keep an active interest in all your endeavors (in other words, I'm still around!).

Wishing you all joy and success in the coming year.

Thank you, Lynne.

Join Phelps' New Breakfast Club for Seniors

by Ellen Woods, Program Manager

The Vitality Initiative is a concept recently developed by Phelps which places emphasis on community outreach activities for the adult and senior populations, provides information on healthy living and acts as a resource for aging -in-place initiatives. The Vitality Initiative is pleased to announce the start of a Breakfast Club for Seniors. The program will kick-off on Thursday, June 9, with breakfast, from 8:30-10:30 AM. Come learn how protect your health on hot summer days, and prevent the heat's harmful effects on medications and food. Each Breakfast Club session will include a presentation on a topic of interest from a Phelps healthcare professional, a healthy breakfast and some light exercise. Please call the Vitality Initiative at 914-366-3937 for registration.

Thank you from Helen Chanowsky

Thank you for remembering me with the beautiful bouquet. It was most appreciated. I enjoyed my terms on the Board and hope to continue to be of service to Phelps.

Helen Chanowsky

Living Well Livable Communities Workshop

by Ellen Woods, Program Manager

The Vitality Initiative at Phelps is hosting a Living Well information session on how to cope with chronic illness. Living Well is part of the Livable Communities Program which is a federally funded initiative being implemented by the Westchester County Department of Senior Services.

The Living Well Program is sponsoring a series of workshops designed to help you manage your chronic health problems. The workshops are given by specially trained seniors who are also learning to deal with long-term health problems. Find out how this program can change your life by attending a free information session. Please call the Vitality Initiative at 914-366-3937 to find out more about the Living Well program.

Congratulations to the New Board

Co-President.....Mark Frederick
 Co-President..... Jim Goldsmith
 1st Vice President Rose Marie Parisi
 2nd Vice President..... Laurie Zimmerman
 Treasurer Jack Beck
 Asst. Treasurer Nancy Eichorn
 Secretary Sara Boyce
 Asst. Secretary Phyllis Weaver
 Nominating Chair Joan Rink-Klein

Welcome to our Newest Auxilians

Submitted by Nancy Eichorn

Dr. Bruce Heckman, Andrew Merryman
 Dr. Saleem Mir, JoAnne Moroney, Louis Poulin
 Lianne Shaw, Joanne Sturans

❖❖❖ Dates to Remember ❖❖❖

Volunteer Supper - Wednesday, June 1, 2011 4-7 PM at the James House Mansion. All volunteers are welcome.

Phelps Golf Classic & Tennis Tournament - Monday, June 13, 2011 Sleepy Hollow Country Club - Introducing the addition of a Tennis Tournament - RSVP by Wednesday, Jun. 1 to Ruth Burton - 914-366-3115

Phelps Auxiliary Bake Sale - June 23, 2011. Starting at 8:30 AM and ending when there's no more to sell. We will be outside of the cafeteria on the G level.

24th Annual Champagne Ball - Saturday, Oct. 15, 2011 Trump National Golf Club - RSVP by Monday, Oct. 3 to Ruth Burton, Dev.Off., 366-3115; rburton@pmhc.us

GIFT SHOP LOBBY SALES

Schedule courtesy of Iris Hill

May

Mon.	05/02	Unique Concept Jewelry
Tues.	05/03	Jenny Ng Jewelry
Wed.	05/04	Silver Dreams Jewelry
Thurs.	05/05	Tupperware
Fri.	05/06	Classy Karat Jewelry
Thurs.	05/12	Applause Fashion
Fri.	05/13	As Seen on TV
Thurs.	05/19	Second Story Interiors
Fri.	05/20	A Creative Touch
Thurs.	05/26	Full of Sheets

June

Thurs.	06/09	The Clog Shop
Wed.	06/15	Your Nutz
Thurs.	06/23	Leather Outlet
Fri.	06/24	Angielyn's Scrubs

Welcome to our Newest Volunteers

by Fran Kelly

Rose Anderson	Croton on Hudson	Transport/ Atrium Trans
Nicholas DelBene	Carmel	Transport
Ivo Fernandes	White Plains	PT
Christine Flanigan	Mamaroneck	PT
Joan Fuller	Crugers	Cherry Door
Judi Hark	Croton on Hudson	PT
Amy Howard	Croton on Hudson	Administrative
Karen Matos	Tarrytown	Gift Shop
Kevin McKenzie	Pleasantville	Trans/Admin
Jesse Misarti	Scarsdale	Trans/Info Desk
Merry Thornton	Katonah	Transport
Johnny Vanegas	Ossining	PT

In Memoriam

FORREST WILCOX

Forrest S. Wilcox, 88, of Montrose, NY departed this life peacefully with family by his side on March 22, 2011. He served during WWII in the Pacific as a B-24 Liberator pilot. Forrest was a member of the Auxiliary. He leaves behind his companion, Joan Lederman, as well as his sister Lasca, three daughters, Beverly, Lorraine and Caroline, and several nephews and grandchildren.

MARGARET (PEG) CALLAHAN

Peg past away unexpectedly on February 21, 2011. She was an active volunteer at Phelps Memorial Hospital. She leaves her husband of 53 years, Joe, her children Joe, Kate and David as well as ten beloved grandchildren and numerous nieces and nephews. Peg was predeceased by her son Mark and sisters Patricia and Mary.

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Editorial Staff, Contributors and Proof-Readers

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 Pam Cardozo Dennis Corcoran Pat Makai
 Fran Kelly Iris Hill Ruth Burton Mary Sernatinger

*** 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.



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 me, Jim Reidy, at phelpsaux@optonline.net.

Upcoming Auxiliary Board Meetings

May 18 and June 15 - All meetings will be held in the Auditorium and will start at 9:00 AM unless otherwise posted.

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SLEEPY HOLLOW, NY 10591**

Pam's Corner

by Pam Cardozo

Volunteer Supper

Wednesday, June 1, 2011 – 4 to 7 PM at the James House Mansion. For your convenience, there is a sign-up sheet in the Volunteer office, or you may call us at 366-3170. We are looking forward to seeing you there!



Jane Kavy – Volunteer for 50 Years

Please join us in congratulating Jane Kavy for 50 years of volunteer service to Phelps Hospital! Jane was honored at the annual meeting of the Auxiliary, of which she has been an Honorary Member since 1986. Jane has volunteered in the Gift Shop and has been active in a variety of roles with the Phelps Hospice Program. Thank you, Jane, for your friendship and dedicated service!



Edna Coggins – An Inspiration

Edna Coggins, who has been photographed and featured in several recent newspapers and magazines, is an inspiration to us all. Edna has the distinction of being our most senior volunteer at 95 years young! She has volunteered in Marketing and Public Relations for the last 18 years and recently added volunteering her services to Mammography to her resume. Truly ageless, Edna is a happy person with a generous heart.

Junior Volunteers

We are gearing up for our summer high school students who soon will be joining us in their crisp new uniforms with enthusiastic smiles. About 20 senior high school students will be graduating in June. Many have been with us since their freshman year. We want to say “thank-you” for their many hours of service and wish them all the best in their future endeavors.



Cherry Door

Congratulations to all the Cherry Door volunteers! Gross income in March was the highest ever achieved in the history of the thrift shop. Kudos to all *and* the van!

Staff Additions

We are delighted to welcome two new staff members. Lucille Bellacosa joined our staff as Office Manager on March 2. A resident of Mahopac, Lucille brings a strong administrative background and work ethic to the position, as well as a warm, friendly personality. In addition, Fran Kelly, a volunteer since 2005, is now the part-time Volunteer Services Coordinator providing invaluable assistance to our team.

