

PHELPS MEMORIAL HOSPITAL AUXILIARY

News and Notes

Jan-Feb 2011

Read it now on the web at <http://www.phelpshospital.org/auxiliary/>

EDITED by JIM REIDY

Last Auxiliary Bake Sale of 2010

By Jim Goldsmith

The Auxiliary held a very successful Bake Sale on December 2nd, raising well over \$700 from baked goods and a 50/50 raffle. We were sold out by 2 PM when we held the raffle drawing. The winner was Bonnie D'Emideo, Mr. Safian's former assistant. She immediately contributed half her winnings back to the Auxiliary as a donation. Thanks, Bonnie!



Also at the sale was volunteer, Dennis Corcoran, who was selling and personally signing his new publication "Induction Day at Cooperstown", a history of the Baseball Hall of Fame Ceremony (see photo). This was a labor of love for Dennis, who also writes the historical articles for the News & Notes. Anyone interested in purchasing one of his books can call Dennis at 914-769-8819 for more info.

As usual, our thanks to all those who baked and helped, especially Rose Marie Parisi who was in charge, Lynne Hansen, Mary Galgano, Muriel Ruchti, and Marguerite Klein (and my apologies if I left anyone out).

President's Message

By Jim Goldsmith, Auxiliary President



It is the holiday season, and I want to wish all our Auxilians, our volunteers and all of your families the happiest and, more importantly, the healthiest holiday and best of everything for the coming year.

This past month or so has not been a particularly happy one for your Auxiliary generally or for me personally, as we have lost four of our dearest friends who can not be replaced: Sylvia Krell, John Policello, Margaret Albert and Ray Rush. Sylvia, who could sell ice in the winter, but melted when she received a kiss from Mr. Safian; John who was my colleague in Transport for a number of years always upbeat, always with a smile; Margaret with her wonderful smile and sense of humor, pushing the magazine cart to all the hospital patients (she also went to Las Vegas every now and then); and Ray, who was a great help to the people in the Emergency Room for almost 15 years.

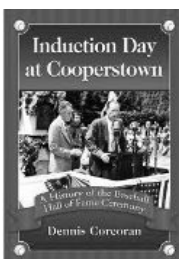
This is why I have mentioned more than once about the importance of taking care of yourself, personally and medically. You know the expression, "If you see something, say something." Well my advice is, "If you feel something, say something to someone."

The best thing about my volunteer day job is to see patients who have been ill for a number of days (or weeks) being discharged from the hospital and their attitude about trying to do more to stay away from Phelps by taking better care of themselves in the future. We all know how quickly we break New Year's resolutions, but taking care of ourselves is one we should keep!

Our Annual Meeting is April 11th and I have asked Dr. Franklin Zimmerman to be our guest speaker on a topic that is so informative and entertaining that you won't want to miss it. It involves the health of our Presidents, past and present! Please plan to attend.

"Induction Day" by our own Dennis Corcoran

Look for Dennis' book at major book stores in February 2011. It is available **NOW** on-line at Amazon.com. He's already sold 164 copies. Get yours now. Call him at 914-769-8819 for more info.

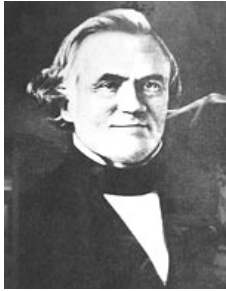


*** Save a Tree - Go Paperless ***

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 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>.

Our continuing series will now explore places in and around where we live today. In this issue our topic is Sing Sing Prison. The name Sing Sing was derived from Sint Sinks, who were the Indians that were native to the area. This local tribe's name is a variation of the term "Ossine Ossine" which means "stone upon stone." The location for the new prison was selected as a prime spot because of the availability of stone to build it after the state's first prison at Newgate, in today's Greenwich Village, couldn't accommodate the growing number of convicts in New York City. Sing Sing was built by prisoners from the Auburn prison in upstate New York and opened in 1828. Since it was 30 miles north of Newgate, the expression "sent up the river" became forever associated with incarceration in Sing Sing. The original cell block was four stories high and contained 800 cells.



Elam Lynds

The first warden was Elam Lynds who was a cruel but innovative superintendent. He began the procedure known as the lockstep where inmates would extend their right arm to the right shoulder of the inmate in front of them while being shackled in leg irons as they moved in unison to their noontime meal. They maintained complete silence throughout the day while they worked in the quarry. If there were any transgressions, the inmates would be whipped with a cat o' nine tails. This practice was ended by the end of the nineteenth century.

The New York Central Railroad built a station at the prison in 1848. It should be noted that there were also women who were imprisoned at Sing Sing in a separate building until 1877 when other facilities were built for them throughout the state. The village of Sing Sing changed its name to Ossining in 1901 because local merchants didn't want their goods associated with merchandise from the prison.

Lewis Lawes took charge in 1920 and went on to become the country's most famous and admired warden. He completely overhauled the physical plant and made reform and rehabilitation his top priorities. During his tenure in the 1920s and 1930s, the New York Yankees and the New York Giants baseball teams played exhibition games against the prison team, and purportedly Babe Ruth hit a home run over 600 feet while playing there. Other celebrities such as boxer Jack Dempsey and actor-comedian Jimmy Durante were invited to speak to the inmates along with many others. On a personal note, my daughter lived at the Hudson Point condos several years ago overlooking Sing Sing. A residence was built for Warden Lawes in the early 1930s, which now serves as the Hudson Point Clubhouse. Furthermore, Warner Brothers made several movies at Sing Sing in the '30s and '40s. The studio built a gym there that is still utilized today, which I can attest to since I officiated at a basketball game there back in the 1990s.



Lewis Lawes
Published on the Cover of
Time Magazine 11-18-29

We would be remiss if we didn't mention the Electric Chair, invented by Thomas Edison, and nicknamed "Old Sparky." It was first used in 1891 and, after 614 executions, its use was discontinued in 1963. The most notable execution took place when civilians Ethel and Julius Rosenberg were found guilty of transmitting atomic secrets to the Soviet Union and were electrocuted in 1953. Today Old Sparky can be seen at the Newseum in Arlington, Virginia.

Sing Sing occupies 55 acres today where a year-round theater program called Rehabilitation Through the Arts is being used to reduce recidivism. There is a museum located at the Caputo Community Center in the heart of Ossining where two cells from the prison are on display along with many other photos and artifacts. Pending sufficient funding, a much more ambitious project is being planned to convert the old power plant at Sing Sing into a museum which will include the original cellblock from 1825, listed on the National Register of Historic Places, as part of a walking tour.

In Memoriam

MARGARET ALBERT

Margaret was a longtime Phelps Library volunteer. She passed away on November 29, 2010. For five years Margaret was a resident of Kendal on Hudson where she was a member of the Bell Ringers group. She is survived by two sons and one daughter.

JOHN A. POLICELLO

John volunteered at Phelps Memorial Hospital in the Transport service from 2001 through 2009. Predeceased by his wife, Mary Ann in 2000, he leaves behind his brother, George, his companion, Emma Faiella, and many nieces and nephews.

RAYMOND W. RUSH

Ray passed away peacefully at home on December 4th. For 15 years he volunteered in the Emergency Room at Phelps Memorial Hospital, working as a Medical Technician. Ray survived his wife, Lucy who passed away in 2009, and leaves behind a son, daughter and 4 grandchildren.

SYLVIA KRELL

After a brief illness, Sylvia died in the comfort of her home with her family by her side. A long-time volunteer at Phelps Memorial Hospital, she is survived by her son and daughter, their S/O's, her sister as well as 10 nieces and nephews.



AUXILIARY ANNUAL MESSAGE 2010

By Keith Safian, FACHE,
Pres. & CEO, Phelps Hospital

Another year has flown by – think of all we accomplished! As the year comes to a close, I want to thank the members of the Auxiliary for their outstanding work.

The Auxiliary helps Phelps in so many ways that it is nearly impossible to enumerate them.

Our Volunteers are active in numerous Hospital services, where they make a significant difference to our patients. They provide an added dimension to patient care - comfort and personal services that would not otherwise be possible.

Volunteers and Auxilians contribute substantially to Phelps being an excellent hospital. Your fund-raising efforts make you a major financial contributor to the continuing development of Phelps as a modern community hospital - one with which we are all proud to be affiliated.

On behalf of all of the members of the Phelps “family”, I gratefully acknowledge all that you have accomplished in the past year and thank you in advance for what you will continue to do in the future. Keep up your exceptional effort and commitment!

Keith F. Safian

AUXILIARY HOLIDAY PARTY

by Jim Goldsmith

OK, so I forgot to order coffee and tea! OK, so I forgot to order a Diet Coke for Mr. Safian! At least I ordered enough food and there was plenty left over for the



50 or so Auxilians to take some home. Not only that, but each person received a free (or many free) tubes of Vaseline lotion as a holiday present. How often has that happened?

Let us also not forget the champagne punch (first time that has happened) which, from all the comments, was a definite highlight even to those die-hard wine fans!

It was a fun affair that started an hour earlier this year and ended at a time when it was still light enough to drive home without worries. There was holiday music supplied by Mark Frederich (two speakers and an attached iPod – what will they think of next), visits from Mr. Safian, President and CEO; Alice Layne, Mr. Safian’s assistant; Joanne Sturans, VP Human Resources; and Dr. Franklin Zimmerman, who stayed for dinner and will be the featured speaker at our annual meeting on April 11.

I am telling you now, make plans to be at our annual meeting because Dr. Zimmerman’s speech will be extremely interesting, focusing on Presidential health issues and a study Dr. Zimmerman is conducting concerning heart rate of fans watching their favorite baseball and football teams play on television.

A lot of Auxilians helped with the breakdown of the tables, chairs, etc. when the party was over, which made the process go very rapidly and was a tremendous help.

Welcome to our Newest Volunteers

by Nancy Aragon

Susan D'Iorio	Briarcliff Manor	Transport
Betty Lanigan	Ossining	Transport
Helen-Dorothy Maiden	Thornwood	Atrium Transport
Barbara Makanoff	Scarborough	Transport
Christina Yates	Bronx	Occupational Therapy
Susan Zullo	Ossining	Transport

Welcome to our Newest Auxilians

Submitted by Nancy Eichorn

Susan D'Iorio, Mark Frederich, Roberta Freilich
Betty Lanigan, Helen Dorothy Maiden
Barbara Makanoff

GIFT SHOP LOBBY SALES

Schedule courtesy of Iris Hill

January 2011

Wed	01/05	Discounted Nurse Shoes
Fri	01/07	Angielyn Scrubs
Fri	01/14	Tupperware
Thurs	01/20	Full of Sheets
Fri	01/21	Save on Socks
Thurs	01/27	The Glove Lady

February 2011

Thurs	02/03	Classy Karat Jewelry
Mon	02/07	Unique Concept Jewelry
Thurs	02/10	Silver Dreams Jewelry
Fri	02/11	A Creative Touch
Thurs	02/17	Applause Fashion

❖❖❖ Dates to Remember ❖❖❖

2nd Annual Wine Tasting - Thursday, Mar. 11, 2011
Trump National Golf Club - RSVP by Tuesday, Mar. 1

8th Annual Phelps Golf Classic - Monday, Jun. 13, 2011
Sleepy Hollow Country Club - Introducing the addition of a Tennis Tournament - RSVP by Wednesday, Jun. 1

24th Annual Champagne Ball - Saturday, Oct. 15, 2011
Trump National Golf Club - RSVP by Monday, Oct. 3

RSVP: Ruth Burton, Dev.Off., 366-3105; rburton@pmhc.us

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*** 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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SLEEPY HOLLOW, NY 10591**

Pam's Corner

by Pam Cardozo

Welcome Nancy Aragon, Office Manager

We are happy to welcome Nancy Aragon, who joined us as Office Manager on November 22. An Ossining resident, Nancy has been a Phelps employee since 2007 and served as Office Manager for the Behavioral Health Department. When you visit the Volunteer office, be sure to introduce yourself!

Silver Spoons Seeking More Volunteers

Silver Spoons is a volunteer program designed to assist patients at meal times. The goals include improving nutrition, promoting swallowing safety, and providing social interaction. Silver Spoons volunteers are trained during a two-hour lecture and discussion by speech-language pathologist, Judith Christopher, and mentored on the patient unit in the routine and feeding of patients until they can feed independently. Volunteers report a high degree of satisfaction and recognition for their efforts by the nursing staff, and patients feel cared for and "nourished." If you are blessed with patience and good communications skills and are interested in this program, please call the Volunteer Office at 914-366-3170.

Joint Commission Visit a Success

Thanks to all Volunteers for preparing for the recent Joint Commission visit. It was a success, and we are very proud of our volunteer team and our Hospital.

Flu Shot Reminder

It's not too late to get your FREE flu shot. Anyone who is *actively volunteering* can make an appointment with Employee Health by calling 914-366-3160. And remember - hand washing is the single-most important factor in preventing spread of germs.

Upcoming Auxiliary Board Meetings

Jan. 19th and Feb 16th. All meetings will be held in the Board Room and will start at 9:00AM unless otherwise posted.



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.