

update

NOVEMBER 16 THROUGH NOVEMBER 30, 2005

B. Thomas Golisano pledges \$6 million to children's hospital *SUNY trustees approve request to name children's hospital after Golisano*

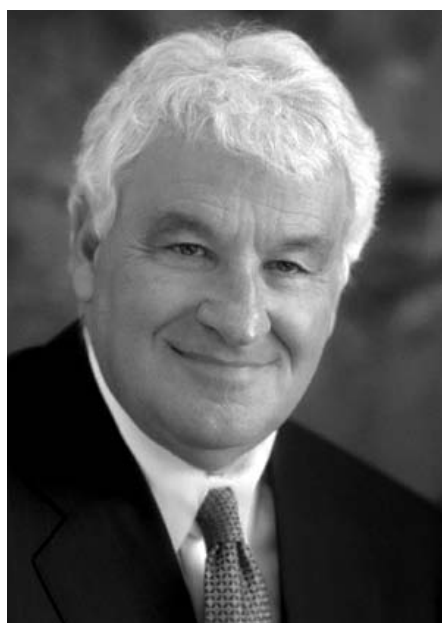
B. Thomas Golisano, philanthropist and founder and chair of Paychex Inc., based in Rochester, has pledged \$6 million to the Central New York Children's Hospital at University Hospital. The announcement was made Nov. 1 at a standing-room only crowd in the Medical Alumni Auditorium of Weiskotten Hall.

The gift is the largest ever from an individual donor in SUNY Upstate history.

In recognition of Golisano's gift, the children's hospital will be known as the Golisano Children's Hospital of Central New York at University Hospital. The SUNY Board of Trustees approve the naming request at its meeting Nov. 9.

"This is a significant day for SUNY Upstate and all of Central New York," said SUNY Upstate President Gregory L. Eastwood, MD. "This generous gift from Thomas Golisano continues his longstanding commitment and support of children's health issues. On behalf of SUNY Upstate Medical University and the Central New York community, I extend a heartfelt thanks to Tom Golisano for his extraordinary gift that will provide the Central New York community with one of the finest medical facilities for our children."

Golisano, of Pittsford, NY, is the founder and chair of Paychex Inc., a leading national provider of payroll



B. Thomas Golisano

and human resource services for small- to medium-sized businesses. He is also owner of the Buffalo Sabres, a National Hockey League team. A graduate of the State University of New York at Alfred, Golisano was named the 2004 Outstanding Philanthropist by the Association of Fundraising Professionals.

"The inspirational work on the part of medical providers, especially those caring for the smallest and most fragile among us is extremely

moving," said Golisano. "With this gift, I salute your care and compassionate work. It is a pleasure to support a project such as this that will benefit the parents and children of Central New York."

During the announcement Nov. 1, Golisano presented Eileen Pezzi, SUNY Upstate's vice president for development with a commitment letter for \$6 million to the children's hospital.

Golisano's beneficence toward children and medical facilities is well known. Over the past two decades, he has contributed \$80 million to various institutions, including Strong Memorial Hospital to create the Golisano Children's Hospital at Strong; Rochester General Hospital; Thompson Health in Canandaigua for an emergency and diagnostic center; Rochester Institute of Technology for the College of Information Technology; Nazareth and Hartwick colleges for academic complexes; and WXXI Public Broadcasting in Rochester, among others.

The \$6 million gift from Golisano will bring SUNY Upstate's children's hospital campaign total to more than \$20 million, exceeding its \$15 million goal. The campaign was launched in the Fall of 2003 and to date has received gifts and pledges from individuals, corporations and

continued on page 7

NRC study: University Hospital most preferred hospital in Syracuse market - see page 3

For SUNY Upstate Medical University news, visit <http://www.upstate.edu/publicaffairs/news.php>

For health information, physician referral and SUNY Upstate services, call **Health Connections at 464-8668**.

Celebrate the Great American Smokeout Nov. 17, from 11 a.m. to 4 p.m. by visiting the booth outside the University Hospital cafeteria. Information from various agencies on how to quit the habit, plus free health screenings, including pulmonary testing, will be available, as well as information on upcoming smoking cessation programs.

Neuroscience Services at University Hospital will present a Stroke Awareness Expo Nov. 17, from 11 a.m. to 6 p.m., and Nov. 18, from 6:30 a.m. to 2 p.m. in the hospital's small cafeteria. The expo will raise awareness of emergency treatment for stroke, provide an update on the Stroke Center Certification initiative with the State Health Department and present best practices for stroke treatment.

SUNY Upstate's Council for Employee Volunteerism (CEV) has created a website for employees to log and track their community service information, including hours, types of volunteerism, awards and special recognition. Log on to the AIS Self-Serve site at <http://selfserve.upstate.edu> using your Oracle username and password, and click on "Community Service" under the "My Information" menu. Individuals who have forgotten their password can reset it online or call the IMT help desk at 464-4115. The site is also linked to the CEV website at www.upstate.edu/cev. Community service information may be entered at any time throughout the year, however employees are encouraged to complete their annual entries by February of the following year for reporting purposes. The new site enables employees to maintain a record of their community service, and SUNY Upstate to recognize their efforts.

The 17th annual Jingle Bell Run/Walk to benefit the Arthritis Foundation will be held Nov. 20, at 1 p.m. at Onondaga Lake Park. To join the SUNY Upstate

team, e-mail delaneyt@upstate.edu or visit <http://www.arthritis.org>.

The Faculty and Staff Association for Diversity (FSAD) will hold its annual Meet and Greet Welcome Reception for new employees and residents Dec. 1, from 4:30 to 7 p.m. in the lobby of the Medical Alumni Auditorium in Weiskotten Hall. This event is open to all current and new employees who share the vision and goal of creating a 21st century diverse and inclusive organization. RSVP by Nov. 23 by calling 464-5433 or call 464-5234 for more information.

Syracuse-area Kohl's Stores is offering for a limited time exclusive collector's editions of *A Charlie Brown Christmas*, *I Want a Dog for Christmas Charlie Brown!* and *Snoopy: Flying Ace to the Rescue*; Charlie Brown, Snoopy and Woodstock plush characters and coordinating outfits; and a Kohl's-exclusive CD featuring holiday songs to benefit the CNY Children's Hospital at University Hospital. The items will be sold for \$5 each with 100 percent of the net profits benefiting the children's hospital.

A holiday craft fair and bake sale to benefit SUNY Upstate's Medicine Service Retention and Recruitment fund and the CNY Children's Hospital at University Hospital will be held Nov. 30 in 6335 University Hospital. Jewelry and cookbooks will also be available for sale. As part of the event, a raffle for two afghans and a 50/50 will be held on the second floor lobby of University Hospital. Call 464-6556 for more information.

University Hospital's Department of Surgery, Trauma Services will sponsor a ski helmet sale Dec. 6. The helmets are \$20 each and come in a variety of colors and sizes ranging from extra-small to large. Cash, checks, VISA, Mastercard and the Discover card will be accepted. Appointments are needed for the sale and can be made by calling

464-4773.

A charm featuring the words "The Central New York Children's Hospital at University Hospital" is available for \$20, half of which will benefit the children's hospital. The stainless steel double charm is designed for a nomination bracelet, also known as an Italian charm bracelet. Orders will be accepted through Dec. 1; delivery is Dec. 15. For an order form, visit www.upstate.edu/events, call 464-6133 or e-mail trudella@upstate.edu.

The Department of Orthopedic Surgery is selling cookbooks for \$10 each to benefit the CNY Children's Hospital at University Hospital. To order, call 464-8626 or 464-5226.

Copies of SUNY Upstate Medical University's annual Security Report (Clery Report) are available by visiting <http://www.upstate.edu/publicsafety/report.php>; by visiting SUNY Upstate's chief of University Police in Building #49 or by calling 464-4134. The report includes statistics for the previous three years concerning reported crimes that occurred on campus; in certain off-campus buildings or property owned or controlled by SUNY Upstate; and on public property within or immediately adjacent to and accessible from the campus. It also includes institutional policies concerning campus security, such as policies concerning alcohol and drug use, crime prevention, the reporting of crime, sexual assault, state sex-offender registry and other matters. To access these statistics on the U.S. Department of Education web site, visit www.ope.ed.gov/security/search.asp.

Infection Control is now off-call for off shifts, weekends and holidays. During this time, administrative supervisors will be available to discuss infection control questions and concerns. For blood and body fluid exposures that occur weekdays from 4 p.m. to 8 a.m., as well as weekends and holidays,

continued on page 3

University Hospital is most preferred hospital in Syracuse, survey finds

University Hospital has been designated by the National Research Corporation (NRC) as one of the most preferred hospitals in 180 U.S. markets and as the most-preferred hospital in the Syracuse market, having received the NRC's prestigious 2005/2006 Consumer Choice award.

"We are honored to receive this distinction," said Phillip S. Schaengold, JD, interim executive director of University Hospital. "We are proud of our staff for the excellent care they provide Central New Yorkers. This award confirms what we've known all along—that they are tops in their field and that the community is very aware of their efforts."

NRC annually provides Consumer Choice awards for the most-preferred hospitals in 180 U.S. markets. Winners, named in *Modern Healthcare* magazine, are selected from the nation's most comprehensive, nationwide consumer healthcare profile, the NRC Healthcare Market Guide® (HCMG). Data found in the HCMG represents consumer surveys from nearly 200,000



households in the United States. Consumer Choice Awards for hospitals are based on consumer preference responses. This is the 10th year NRC has awarded hospitals whose consumers have recognized them for providing quality healthcare services.

Winners are determined by consumer perceptions on multiple quality and image ratings collected in the company's annual NRC Healthcare Market Guide® study. Of the 3,000 hospitals named by consumers in the study, the winning facilities rank highest in their Metropolitan Statistical Areas

(MSAs), as defined by the U.S. Census Bureau. The 2005/06 NRC Healthcare Market Guide® study surveyed nearly 200,000 households representing 400,000 consumers in the U.S.

"Consumers are continuing to play an increasing role in their selection of healthcare facilities and services," said Michael D. Hays, NRS chief executive officer. "As further information is made publicly available to consumers, we expect this trend to increase. With the industry's shift to a consumer-driven model, we are pleased to recognize the healthcare organizations named as leaders by those they serve. The winners deserve recognition for the emphasis they have placed on providing quality care."

The 2005/06 Healthcare Market Guide® is the nation's largest and most comprehensive study of its kind. No other study used to measure hospital performance and preferences contains more consumer responses than NRC's study.

Campus Briefs —continued from front page 2

employees should report to the Emergency Room. Infection Control will continue to manage blood and body fluid exposures for employees weekdays from 8 a.m. to 4 p.m. For more information, call Infection Control at 464-5258.

Kim Ryder, RN, of 8H, is the winner of the raffle for a seven-day Caribbean cruise for two drawn at the 19th Annual Nursing Excellence Recognition Dinner, held Oct. 26 at the Oncenter.

The SUNY Upstate community thanks the 179 SUNY Upstate walkers who participated in the Light the Night walk, held Sept. 20 in Clinton Square, and who raised \$14,246 (up 18 percent from last year) to benefit the Leukemia & Lymphoma Society of Central New York. Included in this total is \$1,400, raised through the sale of plushable

animals, wristbands, pins and balloons. This year's largest Light the Night fundraisers were Carol Turiello and Lisa Schirtz. The largest teams were coordinated by Cheryl Cook, Lisa Schirtz, Carol Ann Sparrow and Rita Holbrook. Three new teams were welcomed: Joy Wood (MedBest); Melissa Allen (Environmental Services); and Carol Ann Sparrow (off-campus). SUNY Upstate's Light the Night Chair Rita Holbrook extends special thanks to SUNY Upstate President Gregory L. Eastwood, MD; David Duggan, MD; Sheila Lemke, MD; SUNY Upstate Light the Night Co-chair Carol Turiello; and to the SUNY Upstate Light the Night committee members Susan Marsh and Diane Gould and Lisa Schirtz for their support of the event.

Update Production Schedule

Issue
Dec. 14 to 28

Deadline:
Nov. 28

Issue
Dec. 28 to Jan 11

Deadline:
Dec. 12

Issue
Jan. 11 to 25

Deadline:
Jan. 2

ROUNDS



Roy Guharoy

Roy Guharoy, PharmD, presented "Impact of a restricted antibiotic formulary on utilization of piperacillin/tazobactam in a tertiary care teaching hospital" at the annual meeting of American College of Clinical Pharmacy, held in October in San Francisco. Donald Blair, MD, and Frederick Rose, MD, co-authored the paper. Dr. Guharoy was also appointed to the executive committee of the Pharmacy Advisory Board of the University Health Consortium for a three-year term. The University

Health Consortium is a membership organization of all academic health centers in the US.

Ruth Weinstock, MD, PhD, served on the NIDDK (National Institutes of Health) Translation Research for the Prevention and Control of Diabetes Review Panel in Bethesda, Maryland Oct. 17 and was appointed as an associate editor of Mayo Clinic Proceedings, the first non-Mayo-trained physician to hold that position.



Ruth Weinstock

IN THE NEWS

Zafer Soutan, MD, discussed asthma in children on NewsChannel 9's Bridge Street with Rick and Julie.

The *Post-Standard* ran a front page article about the announcement of Tom Golisano's gift to the CNY Children's Hospital at University Hospital. Noted in the article were SUNY Upstate President **Gregory L. Eastwood, MD, Eileen Pezzi, Mary Ann Shaw** and **Thomas Welch MD**. Coverage of the Golisano gift also appeared in *Newsday*, the Associated Press, Rochester's *Democrat and Chronicle*, on WSTM-TV3, WTVH-TV5, WSYR-TV9, News10Now, WSYR-570AM, and WAER-FM88.

University Hospital projects, parking, FTEs among Open Forum topics

A series of open forums with University Hospital Interim Executive Director Phillip S. Schaengold, JD, were held in October. At the forums Schaengold stated that University Hospital has had remarkable success this past year, noting that admissions, emergency room and clinic visits, and operating room cases continue to increase. "The hospital continues to increase its market share in Central New York," stated Schaengold.

The following questions were posed at the forums and answered by Mr. Schaengold.

What are some of the projects we have planned?

The projects planned are: the hospital's vertical expansion that includes the Children's Hospital and new floors for Cardiovascular, Neuroscience and Oncology Services, which will bring the hospital's total bed count to 409; renovations to the lobby, Physical Medicine and Rehabilitation and Pharmacy Services; installing a new CT in the Emergency Department and a new Electrophysiology Lab on the third floor; a Heart Center that will consolidate the hospital's heart services into one physical area; a Stroke Center of Excellence; and an Ambulatory Care Building and garage on the old parking garage site.

How will parking be accommodated when the old garage is demolished?

We are looking into obtaining additional parking space near the SUNY Upstate campus, as well as using our off-site parking lots.

What will happen to the UHCC location when the Ambulatory Care building opens?

If needed, we will continue to lease the building to accommodate other services.

To accomplish all of these projects, I assume we have a strong financial performance.

Although we ended fiscal year 2005 with \$693,000 in cash, the FY06 budget projects ending the year with \$3,335,000 in cash. This should provide us with a positive head start necessary to support our strategic plan.

Are there plans to change the number of FTEs?

The current trend shows an increased number of FTEs based on an upward trend in the number of admissions, emergency visits, operating room cases and clinic visits. The goal for FY06 is to reduce our dependence on agency staff. So far, we have been very successful at converting over 100 agency FTEs to permanent staff.

How are we implementing Performance Improvement? How are we doing?

The mission and vision of SUNY Upstate Medical University Hospital remain focused on our philosophy of continuous improvement. Our performance improvement initiatives have been developed around quality, service, people, growth and finance. We will track our performance on a regular basis. A copy of the Organizational Performance Scorecards, including specific benchmarking data, will be distributed monthly and posted in each department.



Phillip Schaengold, JD

Will you continue to hold periodic Open Forums?

Yes, the next Open Forums will be scheduled for February 2006. In the meantime, staff can communicate with me via Dear Phil — a confidential web-based communication tool for staff to share ideas on how to improve operations, share success stories, acknowledge colleagues, share how things are going on the floor, unit or department. The web address for Dear Phil is: <http://www.upstate.edu/uha/intra/dearphil/>

SUNY Upstate research initiatives focus of faculty and student poster sessions

For the second year in a row, the Charles R. Ross Research Poster Session, showcasing research conducted at SUNY Upstate Medical University, will include posters depicting medical student research.

The poster session will be held Nov. 30 and Dec. 1 in the atrium of the Institute for Human Performance. It is free and open to the public. Faculty will be available to discuss their research at a reception in the atrium Nov. 30, between 3 and 5 p.m. A copy of the publication of abstracts will be sent to all SUNY Upstate faculty before Thanksgiving. For more information about the Ross Poster Session, call 464-4317.

Student Research Day will be held concurrently with the Poster Session Nov. 30 in atrium of the Institute for Human Performance. A variety of poster types will be presented, including basic science, clinical research, clinical vignettes and case reports.

An open luncheon for faculty and students will be held, from noon to 2 p.m., when medical students will be available to discuss their posters.



Student Research Day will be held concurrently with the Ross Poster Session Nov. 30 in the atrium of the Institute for Human Performance.

Medical student platform presentations will be given, from 5 to 6 pm, in 318 Health Sciences Library, followed by an awards ceremony and a reception in 1164 Weiskotten Hall.

The Student Research Day is hosted

by the AOA gamma chapter, the College of Medicine, the Office of the Dean, the Office of Research Development, and the Curriculum Office. A book of student abstracts will be available for viewing during the event.

SUNY Upstate benefactor Rose Setnor dies at 94

Rose Setnor, who with her husband, Jules, and brother-in-law, Stanford, donated a naming gift of \$3 million for the construction of SUNY Upstate's Academic Building, died Oct. 7 at the age of 94.

Rose Setnor attended Syracuse University, where she met her husband, Jules. The Setnors enjoyed a rich love and appreciation of music, which led to their gift of scholarship support to SU's School of Music which now bears their name. They followed up their gift to SU with a \$3 million gift to SUNY Upstate to help build an academic building to

benefit students.

Jules Setnor received a medical degree from in 1935 from SU's College of Medicine, now SUNY Upstate.

The Rose and Jules R. Setnor, MD '35, and Stanford S. Setnor, MD '42, Academic Building will enhance available teaching space at SUNY Upstate and enable the university to strengthen its curriculum in areas that require special teaching space.

The building, to be attached to the north side of Weiskotten Hall, is expected to open in 2007.

SUNY Upstate
Medical University
Art Gallery
Through Dec. 16
Watercolors by
Dan Kishman
Health Sciences Library
Free and open
to the public

Doors to be locked, card-accessed

As an added security measure for University Hospital patients, visitors and for the SUNY Upstate community, the doors leading to Crouse Hospital from University Hospital's fifth floor tunnel and the doors leading to Weiskotten Hall from University's Hospital's seventh floor tunnel will be locked at all times, effective Dec. 19.

The doors can be accessed 24 hours a day by all members of the SUNY Upstate community who possess a valid, current SUNY Upstate identification card.

These badges will automatically be programmed to allow access to and from Crouse Hospital and to and from Weiskotten Hall by swiping them through the appropriate card readers.

For more information, call 464-4134.

Thanksgiving holiday affects pay schedule

Payroll Services will be closed for the Thanksgiving holiday Nov. 24 and 25. Research Foundation employees who would normally receive a pay check on Nov. 25 may claim them Nov. 23, at 3 p.m. Checks not claimed by 4:30 p.m. will be mailed. Paychecks for student assistants and college work study students who would normally be paid Nov. 24 will be available Nov. 23, from 7:30 a.m. to 4:30 p.m.

No pay dates will change due to the upcoming Christmas and New Year's holidays. Payroll staff reminds the SUNY Upstate community that the need to pick up a pay check can be avoided by signing up for Direct Deposit. Direct Deposit forms are available at www.upstate.edu/payroll/.

Groupwise statepr@upstate.edu with questions.

**Holiday
Happening**

**Coming Dec.
14 and 15**

**See details in
next issue of
Upstate Update**

Nov. 17 is Great American Smokeout; tips to quit smoking

If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is a very addictive drug. Usually people make 2 or 3 tries, or more, before finally being able to quit. Each time you try to quit, you can learn about what helps and what hurts. Quitting takes hard work and a lot of effort, but you can quit smoking.

Quitting smoking is one of the most important things you will ever do.

- You will live longer and live better.
- Quitting will lower your chance of having a heart attack, stroke, or cancer.
- If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- The people you live with, especially

your children, will be healthier.

- You will have extra money to spend on things other than cigarettes.

Keys for Quitting

- Set a quit date.
- Change your environment.
- Get rid of ALL cigarettes and ashtrays in your home, car, and place of work.
- Don't let people smoke in your home.
- Review your past attempts to quit. Think about what worked and what did not.

Learn New Skills and Behaviors

- Once you quit, don't smoke.
- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.

- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise, or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids. Free smoking cessation classes are available to the SUNY Upstate community. For more information, call Cynthia Cary at 464-4426.

-courtesy of the Centers for Disease Control



Eileen Pezzi, vice president of development for the Upstate Medical University Foundation, accepts the commitment letter from B. Thomas Golisano acknowledging his gift to the children's hospital.



Thomas Golisano speaks with reporters following the announcement Nov. 1 that he has pledged \$6 million to the children's hospital.

SUNY Upstate President Gregory L. Eastwood, MD, (left) announces that the Central New York Children's Hospital will receive a \$6 million pledge from Rochester businessman and philanthropist Thomas Golisano. The announcement took place in the Medical Alumni Auditorium Nov. 1 before a standing-room only crowd. With Dr. Eastwood are, from left: Mary Ann Shaw, Thomas Welch, MD, and Golisano.



B. Thomas Golisano pledges \$6 million to children's hospital —continued from front page 1

foundations from all across Central New York and beyond.

"Tom Golisano's philanthropic spirit is shared by many in Central New York, as is his commitment to enhancing medical care for children," said Mary Ann Shaw, chair of the Central New York Children's Hospital campaign committee. "We are grateful for his support and that of all who have

given and will continue to give to the children's hospital."

The Central New York Children's Hospital increases the amount of dedicated space to pediatric medicine at University Hospital from 18,000 square feet to 87,000 and features 70 private patient rooms with enough space for a pullout sofa or bed to accommodate parents who want to stay the night in

their child's room.

Construction of the children's hospital, which will comprise the top two floors of University Hospital vertical expansion, which includes new patient care floors for cardiovascular, neurosurgery and oncology, is expected to begin in early 2006 and be open in early 2008.



University Hospital celebrates lobby opening with ribbon-cutting ceremony

SUNY Upstate Medical University President Gregory L. Eastwood, MD, cuts the ribbon to officially open University Hospital's newly renovated lobby and entrance during a ceremony for community leaders Nov. 2 in the hospital lobby. Participating in the ribbon-cutting are, from left, Steven Scheinman, MD, SUNY Upstate executive vice president and dean of the College of Medicine; Phillip C. Schaengold, JD, interim executive

director of University Hospital; Suba Viswanathan, vice president of the Advocates for Upstate Medical University; Dr. Eastwood; State Sen. David Valesky; Eileen Pezzi, SUNY Upstate vice president for development; Assemblyman William Magnarelli; and Syracuse Mayor Matt Driscoll.

Media outlets will announce weather closings for SUNY Upstate colleges

In case of inclement weather, students in SUNY Upstate's four colleges can learn if their classes are canceled or delayed by tuning into the following media outlets: WSYR 570AM, B104.7, Y94FM, 93Q, WAER FM88, WRVO 90FM and WKRT 920 AM (in Cortland), WSTM-TV3, WTVH-TV5, WSYR-TV9 or News10Now or by calling Health Connections at 1-800-464-8668, when prompted dial 1-1-1-2. An announce -

ment on weather-related closings will be available by 6:15 a.m.

The following messages will be heard:

For delayed opening:

"The colleges of Medicine, Health Professions, Nursing and Graduate Studies at SUNY Upstate Medical University are closed until ____today. Classes and other normal activities are canceled until that time."

For closing:

"The colleges of Medicine, Health Professions, Nursing and Graduate Studies at the SUNY Upstate Medical University are closed and classes have been canceled. Only essential services are operating."

Departments that need to cancel programs open to the public, such as lectures and seminars, because of inclement weather should contact Public and Media Relations at 464-4836.

Register for workshops by visiting www.upstate.edu/hr/training/classes.shtml unless otherwise noted.

Nov. 17. 8 a.m. to 3:30 p.m. Radisson Hotel and Conference Center at the Marx. 701 East Genesee St., Syracuse.

"When Cancer Enters the Classroom" is a conference for school partners that addresses the core areas of information that build a collaborative approach for supporting children with cancer in the classroom. For details or to register, call 464-6133.

Nov. 17. 9:30 a.m. to noon. 205 Jacobsen Hall.

"What Every Supervisor Needs to Know About Employee Absence" addresses policy, contractual and legal constraints as well as time and attendance counseling/discipline.

Nov. 18. 8 a.m. to 3:45 p.m. Radisson Hotel and Conference Center at the Marx. 701

East Genesee St., Syracuse.

"When Cancer Enters Your Life" is a conference for parents, adolescent and young adult survivors (15 and older) and community partners that provides a foundation for understanding the long-term impact of childhood cancer. For details or to register, call 464-6133.

Nov. 21. Noon. 3111 Wsk. Hall. Faculty Development Seminar.

"Mentoring for Research Careers." Kenneth L. Barker, PhD, provost and vice president for academic affairs and research for SUNY Upstate, will discuss defining a personal research career vision, securing resources to support research and the statistics of research career development for PhDs, MDs, and MD/PhDs. Also discussed will be career planning for postdoctoral fellows and early career basic science and clinical faculty, including defining a personal research goal and developing a portfolio of mentors to help achieve this

goal, among other topics associated with mentoring for research careers.

Nov. 21. 1 to 2:30 p.m. 205 Jacobsen Hall.

"Tune-up for Facilitators" explores the barriers to team productivity, the attributes that contribute to productive team processes, and identifies strategies that are likely to result in positive team experiences for all.

Nov. 22. 1 to 4 p.m. 205 Jacobsen Hall.

"Customer Service-If Disney Ran Your Hospital" will focus on the need to create customer experiences and to think about the perception of customers.

Nov. 29 and 30. 8 a.m. to 4 p.m. 305 Jacobsen Hall.

"Train the Trainer," explores adult learning theory, the roles of good trainers, curriculum design and delivery and dealing with challenging participants.

Tips for preventing and treating sore throats

The majority of sore throats are caused by a virus that usually goes away on its own within a week. Only 10 percent of sore throats are bacterial, requiring medical care and less than one in 10 adult sore throats are strep related. Antibiotics are not effective against viral illnesses.

Viral illness comes from contact with someone who carries the virus or by using an object that has viral material on it, such as a phone or a door knob. To protect yourself from the virus, avoid hand contact with your eyes, nose, and mouth while in public places and wash your hands frequently. Also, smokers are more susceptible to sore throat, as well as people who are exposed to second hand smoke or who have seasonal allergies.

Questions regarding sore throats may be referred to Employee/Student Health at 464-4260

To help prevent a sore throat

- Get plenty of rest.
- Double your intake of non-caffeinated fluids.
- Rest your voice.
- Gargle with warm salt water.
- Take throat lozenges.

Seek medical care if you have:

- A severe sore throat lasting more than seven days.
- Severe problems swallowing or breathing.
- A temperature higher than 102.
- Tender or swollen lymph glands in your neck.
- Pus in the back of your throat or if you develop a rash.
- Hoarseness for more than two weeks.
- Blood in your saliva or phlegm.
- Close contact with someone who has been diagnosed with strep throat.

-courtesy of Susan Greetham, FNP. Employee and Student Health

Wednesday, Nov. 16
Anesthesiology Grand Rounds. 7 a.m. Wsk. Hall Auditorium.

Surgery Morbidity/Mortality Conference. 7 to 8 a.m. 2231 Wsk. Hall.

Otolaryngology Grand Rounds. Joseph Smith, MD. 7 a.m. 6500 University Hospital.

Orthopedic Grand Rounds. "Orthopedic Aspects of Child Abuse." Danielle Katz, MD. 8 a.m. 6500 University Hospital.

Surgery Grand Rounds. "The Need for Original Thought: Accepted Wisdom and Other Myths in Surgical Care." Frank R. Lewis, Jr., MD, The American Board of Surgery. 8 to 9 a.m. 2231 Wsk. Hall.

Neuroscience Grand Rounds. "Eloquent Neuro-ophthalmologic Models of Tissue Injury in MD." Elliot Frohman, MD, 8 a.m. Marley Education Ctr.

Pediatric Grand Rounds. "Rapid Diagnostics for Pediatric Infectious Diseases: From the Routine to the Extreme." Ghristine Ginocchio, PhD, North Shore Health Systems Laboratories. 9:15 a.m. 6500 University Hospital.

Health Sciences Library Tour. Noon. First floor, Wsk. Hall. Meet at New Book area. Call 464-7192.

*** Rev. Weez's Storytime.** Noon. Interfaith Chapel, University Hospital.

"Upstate Gives Thanks" Videotaping. 3 to 4 p.m. Interfaith Chapel, University Hospital.

NIH Wednesday Afternoon Lecture Series. "The Khoury Lecture: Jim Alwine, PhD, University of Pennsylvania School of Medicine. 3 p.m. 318 Health Sciences Library, Wsk. Hall.

Film. "Broken Flowers." Rated R. 7:30 p.m. Medical Alumni Auditorium, Wsk. Hall. \$2 admission.

Thursday, Nov. 17
SUNY Upstate New Employee Orientation. 7 a.m. to 3:30 p.m. East Lounge, C.A.B.

Conference. "When Cancer Enters the Classroom." 8 a.m. to 3:30 p.m. Marx Hotel, 701 East Genesee St., Syracuse.

Medical Grand Rounds. Annual Winkleman Lectureship: One Flu Out of the Cuckoo's Nest: Avian and Flu, Epidemic Influenza." James Sexton, MD, Upstate Medical University. 8:30 a.m. 1159 Wsk. Hall.

Workshop. "What Every Supervisor Needs to Know about Employee Absence." 9:30 a.m. to noon. 205 Jacobsen Hall.

Great American SmokeOut Celebration. 11 a.m. to 4 p.m. Second floor lobby, University Hospital.

Stroke Awareness Expo. 11 a.m. to 6 p.m. Cafeteria annex, University Hospital.

*** Devotions.** Noon. Interfaith Chapel, University Hospital.

Psychiatry Meeting for Full-time Faculty. Noon to 2 p.m. 713 Harrison St.

Friday, Nov. 18
Stroke Awareness Expo. 6:30 a.m. to 2 p.m. Cafeteria annex, University Hospital.

New York City Holiday Shopping Trip. Reservations only. Sponsored by C.A.B.G.

Obstetrics/Gynecology Grand Rounds. "Fetal Infant Mortality/Morbidity Registry." Richard Aubry, MD, MPH, Upstate Medical University. 7:30 a.m. Marley Education Center.

Conference. "When Cancer Enters Your Life." 8 a.m. to 3:45 p.m. Marx Hotel, 701 East Genesee St., Syracuse.

SUNY Upstate New Employee Orientation. 8 a.m. to noon. East Lounge, C.A.B.

*** Mass.** Noon. Interfaith Chapel, University Hospital.

SUNY Nursing Services Orientation. 1 to 3 p.m. East Lounge, C.A.B.
Film. "Flightplan." Rated PG-13. 7:30 p.m. Medical Alumni Auditorium, Wsk. Hall. \$2 admission.

Saturday, Nov. 19
New York City Holiday Shopping Trip. See 11/18 listing.

*** Mass.** 4 p.m. Interfaith Chapel, University Hospital.

Film. "Flightplan." See 11/18 listing.

Sunday, Nov. 20
New York City Holiday Shopping Trip. See 11/18 listing.

*** Mass.** Noon. Interfaith Chapel, University Hospital.

Jingle Bell Run/Walk to Benefit the Arthritis Foundation. 1 p.m. Onondaga Lake Park.

Monday, Nov. 21
Workshop. "Getting Started with Medical Terminology, Part II." 8 to 10 a.m. 205 Jacobsen Hall.

*** Communion Service.** Noon. Interfaith Chapel, University Hospital.

SUNY Upstate Medical University Smoking Cessation Class. Noon to 1 p.m. 207 Computer Warehouse Building.

Faculty Development Seminar. "Mentoring for Research Careers." Kenneth Barker, PhD, Upstate Medical University. Noon. 3111 Wsk. Hall.

AA Open Meeting. Noon. 4137 University Hospital. Call 463-5011 for more information.

SUNY Nursing Services Orientation. 12:45 to 3:30 p.m. East Lounge, C.A.B.

Workshop. "Tune-up for Team Facilitators." 1 to 2:30 p.m. 205 Jacobsen Hall.

Kirpalu Yoga Class. 5 to 6:15 p.m. East Lounge, C.A.B. Call 464-4579 for information.

Tuesday, Nov. 22
Weight Watchers at Work. 11:30 a.m. to 1:30 p.m. 5303 Wsk. Hall.

Workshop. "Medline on the Web." Noon to 1 p.m. 220 Health Sciences Library.

*** Weekly Prayer Service.** Noon. Interfaith Chapel, University Hospital.

Workshop. "Customer Service-If Disney Ran Your Hospital." 1 to 4 p.m. 205 Jacobsen Hall.

Department of Medicine Infectious Disease Conference. "HIV/HBV Co-infection: Special Drug Considerations." Madhu Choudhary, MD, Upstate Medical University. 4 p.m. 118 University Hospital.

Salsa Dance Lessons. For C.A.B. members and SUNY Upstate students only. 7 to 8:30 p.m. C.A.B. Free.

Wednesday, Nov. 23
Anesthesiology Grand Rounds. 7 a.m. Wsk. Hall Auditorium.

Surgery Morbidity/Mortality Conference. 7 to 8 a.m. 2231 Wsk. Hall.

Otolaryngology Grand Rounds. Christopher Schmidt, MD. 7 a.m. 6500 University Hospital.

Orthopedic Grand Rounds. "Military Medicine." Robyn Ratcliff, MD. 8 a.m. 6500 University Hospital.

Neuroscience Grand Rounds. David Eng, MD, PhD. 8 a.m. Marley Education Ctr.

Health Sciences Library Tour. See 11/16 listing.

*** Rev. Weez's Storytime.** See 11/16 listing.

Friday, Nov. 25
*** Mass.** Noon. See 11/18 listing.

Saturday, Nov. 26
*** Mass.** See 11/19 listing.

Sunday, Nov. 27
*** Mass.** See 11/20 listing.

Monday, Nov. 28
Workshop. "Getting Started with Medical Terminology, Part II." 8 to 10 a.m. 205 Jacobsen Hall.

SUNY Upstate Medical University Smoking Cessation Class. Noon to 1 p.m. 207 Computer Warehouse Building.

*** Communion Service.** See 11/21 listing.

AA Open Meeting. See 11/21 listing.

Kirpalu Yoga Class. See 11/21 listing.

Tuesday, Nov. 29
Workshop. "Train the Trainer." 8 a.m. to 4 p.m. 305 Jacobsen Hall.

Weight Watchers at Work. See 11/22 listing.

*** Weekly Prayer Service.** See 11/22 listing.

Department of Medicine Infectious Disease Conference. "Exploiting Polyketide Biosynthesis to Obtain New and Improved Macrolides." Chris Boddy, PhD, Syracuse University. 4 p.m. 118 University Hospital.

Vascular M & M. 5 p.m. 8800 University Hospital.

Coffeehouse Series. "Edible Red Duo." 8 p.m. West Lounge, C.A.B. Specialty coffees, dessert and performance are free. Sponsored by Campus Activities Governing Board.

Wednesday, Nov. 30
Charles R. Ross Research Poster Session. All day. Atrium, Institute for Human Performance. Reception: 3 to 5 p.m.

Student Research Day. All day. Atrium, Institute for

Human Performance. Open Luncheon for Faculty and Students; Noon to 2 p.m. Medical Student Platform Presentations, 5 to 6 p.m. 318 Health Sciences Library. Awards Ceremony to follow, 1164 Wsk. Hall.

Holiday Craft Fair and Bake Sale. 6335 University Hospital.

Anesthesiology Grand Rounds. 7 a.m. Wsk. Hall Auditorium.

Surgery Morbidity/Mortality Conference. 7 to 8 a.m. 2231 Wsk. Hall.

Otolaryngology Grand Rounds. Brian Park, MD. 7 a.m. 6500 University Hospital.

Workshop. "Train the Trainer." See 11/29 listing.

Orthopedic Grand Rounds. "Evolution of the Human Hand." Brandon Massey, MD. 8 a.m. 6500 University Hospital.

Neuroscience Grand Rounds. "EEG and ERP Analysis Using Wavelet-based Signal Extraction Methods." Helen Barkan, MD, PhD. 8 a.m. Marley Education Ctr.

Pediatric Grand Rounds. "Are Any Infants with Birth Weights less than 1 kg. Normal?" Allan H. Jobe, MD, PhD, Cincinnati Children's Hospital. 9:15 a.m. 6500 University Hospital.

Health Sciences Library Tour. See 11/16 listing.

*** Rev. Weez's Storytime.** See 11/16 listing.

NIH Wednesday Afternoon Lecture Series. Tania Baker, PhD, Massachusetts Institute of Technology. 3 p.m. 318 Health Sciences Library, Wsk. Hall.

Thursday, Dec. 1
Charles R. Ross Research Poster Session. Atrium, Institute for Human Performance.

SUNY Upstate New Employee Orientation. 7 a.m. to 3:30 p.m. East Lounge, C.A.B.

Medical Grand Rounds. "HIV Update 2005." Donald Blair, MD, Upstate Medical University. 8:30 a.m. 1159 Wsk. Hall.

Biochemistry and Molecular Biology Seminar. "A DNA-array Based Approaches to Analyze Replication Origins in Mammalian Cells." Chiharu Kumagai, master's thesis defense seminar. 10 to 10:45 a.m. 2231 Wsk. Hall.

Biochemistry and Molecular Biology Seminar. "Influence of Transcription on Specification of Replication Origins." Seemab Shaikh, master's thesis defense seminar. 10:45 to 11:30 a.m. 2231 Wsk. Hall.

*** Devotions.** See 11/17 listing.

Psychiatry Grand Rounds. 12:30 to 2 p.m. 713 Harrison St.

Faculty and Staff Association for Diversity Annual Meet and Greeter Welcome Reception. 4:30 to 7 p.m. Medical Alumni Auditorium, Wsk. Hall.

Friday, Dec. 2
Obstetrics/Gynecology Grand Rounds. 7:30 a.m. Marley Education Center.

SUNY Upstate New Employee Orientation. 8 a.m. to noon. East Lounge, C.A.B.

Bioethics and Humanities Seminar. "Professional Roles and Personal Care." Dave Pasinski, Hospice and Palliative Care of CNY. 11:45 a.m. Suite 406, 725 Irving Avenue.

*** Mass.** Noon. See 11/18 listing.

SUNY Nursing Services Orientation. 1 to 3 p.m. East Lounge, C.A.B.

Comedy Performance by Dan Ahdoot. Happy Hour: 5:30 p.m. Performance: 6:15 p.m. C.A.B. Door Admission: \$3.

Saturday, Dec. 3
*** Mass.** See 11/19 listing.

Sunday, Dec. 4
*** Mass.** See 11/20 listing.

* Broadcast live from the Chapel on in-house Channel 40.

Watch SUNY Upstate's news program "Upstate Magazine" on Staff Ed TV Channel 62 or by visiting <http://www.upstate.edu/edcom/upstatemag>

Gala 2005
A CLASS AFFAIR

Friday, December 9, 2005
8 pm to midnight
Convention Center at Oncenter
Patron Party for special guests
from 7 to 8 pm

Proceeds will support scholarships for students in the four colleges of Upstate Medical University and benefit the Central New York Children's Hospital.

For sponsorship opportunities and reservations, contact the Upstate Medical University Foundation at 315.464.4416



The children's hospital kids now have names thanks to three area youngsters. Those who penned the winning entries are, from left, Amanda

Ceravolo, with Hope; Antonio Pereira, with Oliver; and Paige Noel, with Isabella RosieCheeks.

Introducing the children's hospital kids: Isabella RosieCheeks, Oliver, Hope

Their images are synonymous with the Central New York Children's Hospital, but until now they were nameless. They are the three children, illustrated by SUNY Upstate's Dan Dippel, who have showed up on billboards, posters and other materials used in the children's hospital campaign.

A contest to name the children's hospital campaign kids children, launched at this year's New York State Fair, attracted more than 3,000 entries.

The winning entries were submitted by Paige Noel, 7, of Fulton, who provided the name of Isabella RosieCheeks;

Antonio Pereira, 4, of Dewitt, who provided the name of Oliver, and Amanda Ceravolo, 11, of Fayetteville, who thought Hope was the best name for the girl who has an arm in a cast and a thermometer in her mouth.

"Thanks to Paige, Antonio and Amanda, we now have Isabella RosieCheeks, Oliver and Hope," said BJ Adigun of the Central New York Children's Hospital. "We appreciate the community's continued support of the children's hospital and especially all the children who participated in our 'Name the Kids' contest."

Note: Contact the Human Resources Department for address changes and corrections.

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Upstate Update is published by the Public and Media Relations Department at SUNY Upstate Medical University, Syracuse, NY. To submit news or calendar items, contact editor Doretta Royer, Fourth Floor, 250 Harrison Street, 464-4833; e-mail: royerd.

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