



# Pediatric Crier

## Department of Pediatrics Newsletter

<http://www.upstate.edu/gch/academics/newsletter.php>

### The Crier Turns 20!

This **December 1, 2018** issue of the Pediatric Crier marks the 20<sup>th</sup> anniversary of the Crier from the date of its first issue. We thought we would start this issue with some Crier Trivia you may, or may not remember.

### Crier Trivia:

1. The “crier” in the current Crier logo is the son of Dr. Jodi Sima. Tyler was born on 2/16/07 and became the Crier’s official poster boy in May 2007.
2. The first issue came out on 12/1/98 and was called the “Communicator.” There was a contest for naming the newsletter.
3. The original editor was Karen Bilinsky up until April, 1999.
4. From 1998 through 9/09 the Crier was only available in hard copy (there is a file with all of the back issues in the Pediatric Offices).
5. The Crier went online exclusively with the opening of the GCH in Sept 2009. However, with the update of the Upstate website, you can currently only find past issues back to 2015.

Attached to this issue, we have included a few somewhat random issues from the Crier’s first 10 years of publications.

### Two New Faculty

We are excited to be able to introduce two of our newest faculty members to you:

#### Welcome Jennifer Myszewski

First, we welcome Dr. Jennifer Myszewski as one of our new hospitalists. “Hi everyone! My name is Jen Myszewski and I am very excited to join the pediatric hospitalist group at Upstate. I’ve taken an unusual path to get here. I’m originally from Milwaukee, WI (well, really the suburb of Wauwatosa) and received my bachelor’s degree from Penn State. As an undergrad, I spent summers working for the USDA Forest Service in Saguache, CO where I discovered my love of the great outdoors. I then pursued a master’s

degree in Forest Resources from the University of Idaho and a Ph.D. in Forestry from Texas A&M, both with an emphasis in genetics and tree improvement. My goal was to breed disease and pest-resistant trees that also produced straight 2 x 4’s. After graduation, I worked for a couple of years as a quantitative geneticist for the Forest Service’s Southern Research Station in Sacier, MS. In 2005, that area was hit by a series of hurricanes, the most devastating of which was Katrina. After a lot of soul-searching, I decided to switch career fields. I returned to Texas, first working for Children’s Medical Center Dallas as a project manager, and then attending the Texas College of Osteopathic Medicine. From there, I moved to Long Island and completed residency at Good Samaritan Hospital Medical Center in West Islip, NY. I stayed on as an attending for about a year before accepting a position as a regional hospitalist with Seattle Children’s in Yakima, WA. I enjoyed living in the Pacific Northwest but missed teaching and being in an academic environment. I am so excited to be here at Upstate and look forward to working with you all!”



#### Welcome, Jill Majewski

The Dept of Pediatrics and Division of Peds Heme/Onc welcomes our new pediatric psychologist, Dr. Jill Majeski. Jill recently moved to the Syracuse area to pursue a career within peds heme/onc and palliative care. She is originally from Susquehanna, PA. Jill tells the Crier that she had this career path in mind since beginning college at Penn State, where she was a student volunteer for the Penn State Dance Marathon (THON), a student-run philanthropic organization that supports families affected by childhood cancer. Since then, she shaped her education and career to meet the needs of children and families in similar circumstances. She completed her residency in pediatric psychology at

Cleveland Clinic Children’s focusing on chronic pain, gastrointestinal disorders, and psychological assessment. She completed a fellowship in pediatric psychology at Children’s Hospital of Pittsburgh of UPMC, focusing on hematology/oncology, palliative care, pain, and gastrointestinal disorders. Her clinical focus is offering evaluation and treatment for children experiencing challenges with medical coping as a result of difficult diagnoses, treatments, and hospitalizations.

Fun fact: As a child, Jill lived in the same home as B.F. Skinner, one of the original behaviorists in psychology.

For fun, Jill spends her time enjoying college football season. She is a Penn State alum/fanatic and often travels to State College, PA to visit friends and watch football games. In the summer, she loves to spend time fishing in Ontario with her family. She spends her free time watching all of the law, medical, and psych TV shows, especially if they are written by Shonda Rhimes. She lives for animals and just adopted a 5-year-old cat named Clyde (pictured below) and hopes to adopt a dog in the near future.



### Ottothon, 2018

The fourth Annual SU Ottothon took place on Saturday, Nov 3<sup>rd</sup>. Hundreds of SU students danced for 12 hours straight to raise almost \$200,000 for the GCH. As in the past, at one point in the day the students danced their way down to the Treehouse to entertain some patients and families looking down from the performance center. We are so thankful to the SU students for all they have done for our kids!



If you think the picture is good, check out the movie version:

[https://www.youtube.com/watch?v=EXC\\_Mjgpl7U8](https://www.youtube.com/watch?v=EXC_Mjgpl7U8)

<http://upstateonline.info/static/November8-November152018/blog/story-2/index.html>

### Corny Caption Contest Congrats!

Last month, the Crier submitted the picture below and asked for your captions. There were several interesting entries (some of the best coming from the corn cob, himself). But we have a tie for first place since two people submitted the same caption:



**"You are what you eat"** - This was submitted by both Dean Karahalios and Joe Nimeh (Dean and Joe, please stop by the Crier for your prize!)

Honorable mention (pretty much exclusively for Beavis and Butthead fans) goes to Joe Nimeh:

"I am the great Cornholio - I mean Karahalios".

Sara: "Uhhhhh, hu hu hu hu hu".

### The 2018 AAP Experience

The 2018 Annual AAP conference took place in Orlando, FL from Nov 2-6. Several members of the Peds Department were there. Dr. Pinnamaneni tells the Crier, "Winter Berry is the current secretary for New York Chapter I District II and soon to be Vice President (June 2019). Winter also had a poster presentation. I am the NY Chapter I, District II CATCH Facilitator and was attending the CATCH (Child Access to Community Health) Network Training in addition to the conference. Also pictured in the group photograph is Jaclyn Sisskind who works at Upstate Pediatrics. Winter told the Crier, "Jaclyn was a wonderful roommate and I came home worth lots of clinical pearls in addition to having the opportunity to share our diaper bank in a resident clinic with other conference attendees." Karen Teelin was also there giving a presentation. The residency program was also well represented as our official AAP rep, Kristin Hornick was able to go. It was clear from the picture she sent us that she found the conference to be extremely uplifting.



### A Kenyan Sunset

Dr. Ripal Patel was in the 2<sup>nd</sup> group of residents to go to Kenya this year. She shared a sunset over Lake Victoria with the Crier as well as the following about her experience there:

"It has been incredibly awesome! I think everyone should experience a global health rotation. It is eye opening and really shows us that we are privileged and have a lot more resources. We should also just appreciate the life we have, because no matter how bad our problems are, someone has it worse. It's a good place to do a procedures elective. We usually have multiple lumbar punctures and blood draws a day. We get to teach the medical students and run rounds. It's a great all rounded experience, and you get to go to another country + go explore. I love it!!"



### In the News:

#### The St Baldrick's Grant

Upstate Online reported that the GCH received a \$59,075 grant from the St. Baldrick's Foundation to support Peds Heme/Onc clinical research and, hence, help beat kids' cancer. Several of our peds members have participated in the annual St. Baldrick's head shaving at Kitty Hoynes here in Syracuse. It goes to show that a little hair goes a long way.

<http://upstateonline.info/static/November15-November222018/blog/story-3-2/index.html>

### Two Halves Make a Whole

The 7th running of the Syracuse Half Marathon took place on Saturday Nov. 11<sup>th</sup>. While nearly 3,400 runners finished the Marathon, Syracuse.com happened to capture two Upstate runners in one picture.



We seriously debated having another caption contest for this one, with two speech bubbles, but resisted the urge. Congratulations to future pediatrician Nick Puoplo and Dr. Steve Blatt.

### A Typical October 31<sup>st</sup>

The Crier received several interesting pictures taken at UPAC on 10/31.



Meanwhile, another rather rowdy looking crew also got together to celebrate.



### December events –

- Peds Dept Holiday Party – 12/13
- Resident/Faculty Luncheon – 12/20

### Photo Bombing in Kenya



### DECEMBER BIRTHDAYS

- 12/1 Gloria Kennedy
- 12/16 Kathie Contello
- 12/19 Carlee Lenehan
- 12/23 Robert Lebel
- 12/24 Linda McAleer
- 12/25 LaShaun Jones
- 12/28 Jennifer Nead
- 12/31 Nadya Dillon

# COMMUNICATOR

Department of Pediatrics

## Introducing the Department of Pediatrics Monthly Newsletter

### Increasing Communication

In order to increase communication between services in the Department, the Social Committee has decided to circulate a monthly newsletter. In it you will find announcements, birthdays, department news and much more. To get off to a great start, we are holding a contest to find a name for our newsletter. The winner will receive a gift certificate to the coffee bar in the main lobby. All those having suggestions can give them to Carol or Sherry by Dec, 14.



We encourage everyone to participate in making this newsletter a success. Please feel free to drop off any news, announcements or upcoming events to Carol or Sherry by the 15th of each month and they will be put in the newsletter for the next month.

Newsletter Author: Karen Bilynsky

### Mark Your Calendar



The Department would like to invite everyone to the annual Holiday Party on December 16 from 2-4 pm in the Crouse Cafeteria.

On Friday, December 18 there will be a Pot Luck Luncheon for Housestaff and Faculty. It will be held in Room 5342 starting at noon. Please bring a dessert to pass.



The annual Midwinter Dinner Dance will be held January 30 at 6:30 pm at the Carousel Sky Deck. Be sure to bring your dancing shoes because Better Music is providing the tunes. For all concerned, there will not be a strobe light this year.

### Birthdays in December

Dec 1 Josh Kanter

Dec 4 Paul Fuller

Dec 9 Carol Colella

Dec 14 Vicki Meguid

Dec 16 Kathie Contello

### New Faces

Kathryn Ryan joins us as a Medical Office Assistant for GI.

Patty Murray is a transcriptionist for pulmonary services.

Mithila Hasan has joined the ID division as a full time secretary.

Stacy Scalione, joined the Pulmonary Division as an Nurse Practitioner.

Sue Sheffield, a nurse practitioner, joins Jim Listman, M.D. in nephrology services.



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Now on the World Wide Web at <http://www.hscsy.edu/peds/crier.html>

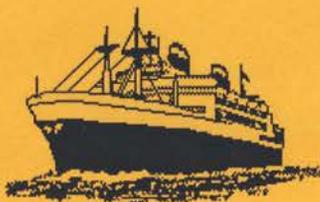
## The Frank A. Oski, M.D.

**Distinguished Visiting Professor** will be Lewis R. First, M.D. from October 4-6, 1999. Dr. First is Professor and Chairman, Department of Pediatrics, University of Vermont. The complete schedule of his visit is posted throughout the department.

## Presidential Recognition

The Crier has learned that our own Dr. Dave Sadowitz received a personal letter from President Clinton. One of Dr. Sadowitz's patients was invited to meet the president on his recent visit and the patient asked Dr. Sadowitz to come along. Dr. Sadowitz had the opportunity to speak with all three members of the Clinton family and presented them with gifts and brochures describing the Children's Cancer Center. Less than two weeks later he received a personal handwritten letter from President Clinton.

The Crier was given permission to quote that letter in which he wrote, "Thank you so much for your gifts to all of us, your nice letter, and your prayers. I need them and daily add my own to the messages all which God hears. Thank you too for your devoted service to children and your commitment to your own children and family. When all is said and done, on this earth, that matters most. Sincerely, Bill Clinton." Dr. Sadowitz also received a note from Mrs. Clinton expressing her interest in visiting the Children's Cancer Center some day.



## (ALMOST) LOST AT SEA

What started out as a relatively typical intern retreat nearly turned into the sequel of Titanic. The PL-1's had their annual retreat on September 9-10 at the Stella Maris Retreat Center in Skaneateles. Having heard they had spent the night practically in his own backyard, Dr. Stuart Trust showed up the next morning and invited anyone who was interested for a ride across Skaneateles Lake on his 24 foot pontoon boat. Naturally, everyone wanted to go. The boat left shore with 13 people and headed to sea.

In an exclusive interview with the Crier Dr. Trust assured us that his vessel is "exquisitely safe and sturdy" when operating within its weight limitations. While there was seating for 15, apparently our current interns know how to throw their weight around. After viewing the home where the Clintons had stayed, the Trusts' regal lakeside mansion, and the Roosevelt Estate, one of the interns was so excited that he headed up to the front of the boat to get a soda from the cooler. Suddenly, the boat listed violently forward throwing the intrepid sailors toward the front. The bow dipped under the surface of the water and for a few dramatic moments the outcome of the

excursion was in jeopardy. Fortunately, the boat eventually straightened itself out and the passengers were nothing more than a little wet and shaken up. The only two non-swimmers donned lifejackets for the remainder of the trip and the entire crew returned safely to shore. Dr. Trust informed the Crier that next year he is going to screen the passengers to check for their "sea legs." But rumor has it, he may not get as many takers next year.

## READING MATERIALS SOUGHT FOR 4A, 4N, & 4C

The Parent Advisory Council is establishing a library of light reading materials for the families of 4A, 4N, and 4C. They are accepting donations of used paperbacks, magazines and books. Donations may be brought to the Pediatric Floor each Wednesday morning from 9:00 to 10:30 AM.

## CANDLELIGHT VIGIL

In recognition of Childhood Cancer Awareness Month a Candlelight Vigil was held in the University Hospital Lobby on September 24th. Dr. Ron Dubowy and Joanne Ondrako led the ceremony. The event was sponsored by the Parent Reach Out Program (PROP) and the Center for Children's Cancer and Blood Disorders.

## OCTOBER BIRTHDAYS

10/2 Farhana Amanullah  
10/3 Amy Goldberg  
10/22 Howard Weinberger  
10/28 Parinda Mehta  
10/31 Mithila Hassan

## SEPTEMBER BIRTHS

9/19 Anushka Maqbool (6lb, 2oz).  
**Congratulations, Farhana!**



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Now on the World Wide Web at <http://www.hscsyr.edu/peds/crier.html>

## The Refugee Center Linda McAleer

**CULTURE:** *"The way of life of a group of people."* Third grade definition by Leah McAleer.

Culture has many implications for us as health care professionals. Our knowledge of people's culture impacts intensely on our health care delivery and its effectiveness. The Pediatric and Adolescent Center at UHCC (UPAC) has been culturally enriched by the children and families from Bosnia, Somalia, Ukraine, Kosovo and most recently the Congo.

About 70 people will be coming from the Congo within the next 2-3 months. Many of these people have been in a refugee camp in Africa for the past 6 years and are leaving as a result of the war conditions. The adults have witnessed brutal killings. Typically families have many children. The primary language of the Congo is French. Many of the new refugees are educated people who enjoyed a much higher standard of living prior to war.

The UPAC staff has reaped the benefits of learning about these cultures from the experts: the families and the interpreters. UPAC has hosted three meetings with the staff from the Refugee Center. This open dialogue between UPAC staff and the interpreters has fostered a positive rapport and a collaborative working relationship between both groups. Development of this relationship through enhanced communication is paramount to providing competent, efficient and culturally appropriate health care for these immigrant and refugee families.

The interpreters tell us we Americans ask too many personal

questions. This is viewed as an invasion of privacy. It is also associated with fear of why we need so much information. It is critical that we take the time to explain what is so obvious to us... "why" a test is needed, "how" it is done, "what" it is for and most importantly how this intervention benefits their infant or child. There is one consistent message we hear from all the interpreters: When families and children are treated with respect and compassion, despite the enormous language barriers, they will sense our concern for their children and respond to us in a cooperative manner. Compliance and trust will eventually follow.

A note of recognition to Zarita Hack, Coordinator of the Refugee Resettlement Program and all of the interpreters. They work with us daily to improve the process and facilitate prompt care for these diverse families. Without them our jobs would be extremely difficult. They have become valued members of our Team.

**Additional resources at UPAC:** Vaccine information statements on site in French, Serbo-Croatian, Russian and Spanish.

TB and BCG literature available in Arabic, French, Serbo-Croatian, Russian and Spanish.

Board books are given to children for well visits up to age five (through our ROR Program) in Russian, Serbo-Croatian, Spanish and French.

Healthy Kids anticipatory guidance information is available in Somali, Russian, Chinese and Korean. Serbo-Croatian is being developed.

**UPAC Makes the Spotlight**  
Congratulations to the entire staff at UPAC for the special mention they received in the CNY Immunization Registry Report. The Registry praised them for the significant raise in immunization rates they achieved. The report stated, "The improvements were a result of several operational changes and vigorous staff education...The staff at UPAC has done an incredible job and deserves recognition." A very proud Dr. Fuller tells the Crier, "Our staff worked very hard to achieve this."

### MATCH RESULTS

The Crier is delighted to announce another great year for the department in the National Resident Matching Program. We filled with a fine team of 12 new interns including three of our own medical students. Special thanks to all the residents and faculty who took part in the interview process. We couldn't have done it without you. The match list is posted throughout the department.

### PUMPED UP!

Margaret Nellis has asked the Crier to spread the word about our new departmental lactation room. It is located in Room 4343 (U.H.) and is to be used by employees and mothers of pediatric patients who may be nursing. It is available 24 hours a day. Keys are located at the 4A, 4C, 4N and 8X nursing stations.

### APRIL BIRTHDAYS

4/16 Maggie Wason  
4/20 Monica Jones  
4/21 Mike Soeder  
4/21 Carol Plumley  
4/25 Jim Listman  
4/25 Shabib Alhadheri



*Pictured Above: Cowpokes Hakim, Rahme, Tfayli, Woodall-Ruff, Wakim, Zeidan, Blatt and Haidar*

### **Housestaff on the Range**

*As reported by On-the-scene (and on-the-horse) Reporter, Steve Blatt*

“On November 3, a cold & snowy Sunday, 17 brave souls, age 6 to pre-geriatrics, met at Quarry Ridge Stables for a roundup. Organized by UPAC nurse Toni Heer, an experienced equestrian and horse owner, riders came from four continents. The group even included a resident applicant from Cleveland. The one hour ride took the cowboys and cowgirls across fields, up hills and through beautiful, snow covered woods. Although each rider had their favorite part of the trip, everyone seemed to enjoy the entertainment provided by Dr. Woodall-Ruff. No one would have guessed that a person of such small physical stature could yell so loud or for so long. The Crier has learned that after the ride, it took 4 days before her horse once again responded to noises. Look for future outings from the UPAC staff.

### **And now, the rest of the story...**

*As reported by Roy Rogers Haidar*

“The sky was cloudy, but nothing like the snowy previous night that attempted to threaten the whole plan. After a short drive out of Syracuse, we were in the countryside. It was a bit chilly but the air was still and the scenery was gorgeous. Nurses, doctors, families, and even an applicant for our residency program came. One by one the group of 20 gathered on the field and after a brief introduction to our new friends; Chaos, Duchess, Legend, etc, everyone mounted their horses in preparation for the brief but exciting journey.

To some, getting on top of the horse was like sitting on a bicycle, to others it was more like riding a raging bull, but to all it was a thrill. Soon, everyone( with few exceptions) was comfortable on their saddles.

Lined up in a chain of horses, we started moving towards the hill. In the woods, bumping into trees was the rule, with a twig in the hair and a branch in the knee, it was a fun chore to keep the horses on the right track.

Shortly after reaching the "forest" it started snowing, and those of us without gloves experienced the nice weather of Syracuse. Holding on to the buckle on the saddle as hard as you can in such a weather can anesthetize your hands and it might be difficult to tell whether the smeared blood on them comes from you or from your horse, Legend! At least that's what someone reported happening there. Others were not comfortable on top of Duchess and had the urge to tell her how and where to walk on that muddy hill. Amazingly, Mia (Dr Blatt's daughter) on her little pony was riding like a cowwoman in a Marlboro ad (except that she would be giving the wrong impression for kids).

An hour passed in what seemed like 5 minutes and we were back to the starting point, getting off the horses, everyone thinking about the next time they would be able to repeat that great experience they had.”

### **Star-Of-The-Month**

The Pediatric Star-of-the-Month goes to Wendy Spadafore for her deft handling of a bizarre early morning incident. Her bravery and quick thinking are most appreciated! Bravo!

### **Emergent Excellence**

Congratulations to Richie Cantor who was named the 2002 Award for Outstanding Contribution in Education by the American College of Emergency Physicians from a field of more than 22,000 EM physicians.

### **DECEMBER BIRTHDAYS**

12/4 Paul Fuller  
12/9 Carol Cambareri  
12/15 Jan Bach  
12/14 Vicki Meguid  
12/16 Kathie Contello  
12/18 Cary Qualia  
12/26 Tom Welch  
12/30 Aaron Thaker

The entire staff of the Pediatric Crier wishes each of you in the department a most blessed holiday season!





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Don't miss the full color online edition at [www.upstate.edu/peds/crier.shtml](http://www.upstate.edu/peds/crier.shtml)

## 1-2-3-Down! The Intern Retreat

By Embedded Reporter Nelsen

It's September and you know what that means -- time to find coverage for the floors and the clinics! The interns were allowed out of the zoo for a day to connect, reflect, and be merry. We headed out from the hospital en masse around 6 PM Thursday after everyone was done with sign out and clinic. Even though Imad insisted that Amy should have more judicious use of a turn signal as the lead vehicle, we all arrived at Stella Maris in one piece. If you haven't been, it's a beautiful and large old homestead that's been meticulously kept by a group of Catholic nuns and a handful of lay people. We located our rooms, freshened up, and headed out for a night on the town.

Now, what happens in Skaneateles stays in Skaneateles. I will tell you that it was great to have all thirteen of us in the same spot for the first time and that our meal at the Blue Water Grill was excellent. I won't, however, tell you how many bottles of wine or shots of tequila were consumed, or how many times Bashar and Hazar tried to teach us how to swear in Arabic. After our evening in the village, we walked back to the retreat house in a light rain. We thought we lost JoJo but he went into stealth mode on us and came out of nowhere. We all put our pajamas on (I was faulted, however, for having worn scrubs of all things) and retired to a screened porch. Ramzi attempted to start an introspective discussion but it quickly deteriorated into a discussion of favorite cartoon characters. One by one, we retired to bed, looking forward to what the next day would bring. The next morning we enjoyed a breakfast prepared by some of the nuns before

(Intern Retreat continued on back)

## Here Comes Diala

*Editor's Note: Diala Faddoul and Hussein Yassine were married in Cleveland, Ohio last month. Congratulations, Diala! Here's her firsthand report:*

Saturday, Sept. 2nd was the most beautiful day of my life. Among a wonderful group of friends and family, Hussein and I had the blessing of our marriage at the Boulevard Presbyterian Church in Cleveland. Friends that I haven't seen in a long time flew from all over the country to celebrate this happy day. Mom, despite all the turmoil that was happening in Lebanon, could attend the wedding and double my joy. After the church we all went for the party where we danced "dabkeh" (the traditional Lebanese dance) and of course had tasty Lebanese food. It's a day that I can never forget!



## An Adirondack Chair

Joan Pellegrino

Sunday, September 3rd was the annual Labor Day picnic for fourth year medical students interested in pediatrics hosted by the Welchs at their summer home in the Adirondacks. The weather was overcast and drizzling but that did not dampen the spirits of the attendees or the breathtaking views of the lake from the Welch's home. There were 3 medical students in attendance, Sarah Finnochiarro, Caryn Kerman and Jonathan Henderson, as well as the

Sveen's, the Dosa family, the Weiner's and the Pellegrino's. With Tom at the grill, we had a lovely spread of food and enjoyed eating in the boat house. Other highlights included a tour of the lake by boat, a game of Monster badminton, and searching for rocks and shells in the lake. It was a wonderful afternoon in a beautiful setting and a nice way to cap off the summer!



## RMDH Homecoming Party (from Dr. Welch)

The department is again sponsoring a table at the Ronald McDonald House annual reception, which this year is honoring the pediatric nurses of Syracuse. The event will be on Friday, 10/27, from 6:30-10:00 PM. Please let Sherri know if you are interested in attending; it will be "first come--first crack at the tickets"!

## Coming this Month:

The Oski Visiting Professor, Alan Lake, M.D. - October 16 - 18th

## Pediatric Star of the Month

The Crier is pleased to report that there are TWO Pediatric All-Stars this month. These honors go to Ann Botash for covering the Friday noon conference so brilliantly at the very last minute, and to Manika Suryadevara for the two nominations she received for going above and beyond the call of duty. These lovely women should be an inspiration to us all. Manika and Ann, please contact Lisa (4-7600, [blystonl@upstate.edu](mailto:blystonl@upstate.edu)) to select your Star-of-the-Month Prize (or see Patty for help in doing this).

## Intern Retreat, con't

the day's festivities. Drs. Andrade and Duca arrived around 9 to guide us through the remainder of our retreat. We started off by playing a board game called Infection, courtesy of our friends in the ID department. It's a game where players (or in our case, teams) journey around the board catching and giving all sorts of diseases (and some surgical conditions, apparently). There are medical stations where you can pay for cures and even a Medicaid space where you collect money for all the diseases you have. The team of Roopa, JoJo and Bashar was unfortunate to have contracted jock itch early on but cured it with a trip to the voodoo doctor. The team of Hazar and Derek tried to stump the team of Kirti, Lubna and Beth by describing the treatment for a hernia but ended up being the victim of one when hernia was correctly guessed. While Kirti's team jumped out to an early lead by getting an all-important vaccination, the team of Sharon, Imad and Amy eventually won after being cured of their cholera.



Next, we took some time to consider how our lives have changed since becoming interns (and in some cases, since becoming doctors). We were stunned into a collective silence at the prospect of having to think on a day off. After about 10 minutes of reflecting and writing, we started to discuss both professional and personal aspects that have been altered since June 26th. Surprisingly, there were some very common themes. We feel that our level of responsibility has increased exponentially and that we are now being required to do things that we have never needed to do before. In some instances, we feel inept because we don't understand the system or the procedures involved even though this is expected of us and has thus made the transition from medical student to intern difficult. We also agreed that

there's not enough time in the day to accomplish everything we'd like to get done, whether that means laundry and grocery shopping or spending time with family or reading a novel. Perhaps the most important thing we found was that we as a group are our own finest resource, our closest colleagues, and best friends. We resolved to never let each other forget what it's like to be an intern (even when we're old and jaded PL-3s) and that we definitely need to hang out more.

Rather than getting in a group hug and having a good cry, we had lunch of roasted turkey, mashed potatoes and gravy and then moved the party outside for one more team building exercise and group photos. Dr. Duca introduced us to the helium stick. We lined up in two parallel rows facing each other and stuck out our hands with index fingers pointed face down. She layed a long, thin rod on the tops of our fingers and gave us the task of lowering the stick to the ground. Initially, we had some difficulties in coordinating but we got it together with the phrase of the retreat: "1-2-3—DOWN!" We had to start over once or twice because the stick kept going up instead of down but we eventually succeeded. The trick is that the collective upward pressure created by everyone's fingers tends to be greater than the weight of the stick and if the effort is uncoordinated, the stick will rise (hence the helium moniker). We took some more photos down by the lake and called it a day. Most of us headed back into the village for ice cream and window shopping before going back to Syracuse, and in the case of Angelle and I, back to work.



A big thank you goes to the PL-2s and PL-3s for keeping the place afloat while we were gone. Another big

thank you goes to Drs. Andrade and Duca and to anyone else who assisted in planning and arranging our day. An intern retreat is a unique experience among all programs, not just at our own institution but across the country and we feel very fortunate to have had our day together. It was beneficial, influential, and above all, it was a great deal of fun.

## A 1000 Words and a Diamond

By Joe Nimeh

"A picture is worth a thousand words, so this short paragraph will serve as a caption only. I'm the dude on one knee. The woman (Amy) nearly in shock is my fantastic girlfriend...and fortunately, now, fiancée. The balcony and table are part of the rooftop bar at the Boathouse, a great seafood place situated on an inlet (seen behind the dude and the woman) and within view of the Atlantic. There was a fantastic sunset, and there were dolphins (not pictured here) hanging out eating dinner and surfacing in the bay for about an hour as we had wine, became engaged, and celebrated with champagne. I gave the camera to the guy sitting next to us when Amy wasn't looking and told him what was about to happen. He did a great job, and I have no idea what his name is."



## Citizen Atallah

Congratulations to Nader Atallah, who officially became a US citizen on 9/21/06.

## OCTOBER BIRTHDAYS

10/4 Ron Dubowy  
10/11 Sue Sheffield  
10/15 Subhashini Subramanian  
Alicia Pakarsky  
10/16 Vicki Keeler  
10/22 Howard Weinberger  
10/23 Frank Smith  
10/24 Adrienne Tedeschi



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## Adventures in El Salvador

Joe Domachowske

During February break, I had the privilege of joining 23 high school students and 5 adults from local Young Life and Youth Ministries on the trip of a lifetime. Destination: Bajo Lempe-- located in a rural area of El Salvador. We each carried a small personal backpack and two large suitcases of school and medical supplies to donate to the people of the region. When we arrived, at one a.m. local time, the entire community was up and waiting to welcome us. Including the chickens, turkeys, pigs, and cows. We settled in, got some rest and woke the next morning ready to get to work.

The tasks of the week included distributing the school and medical supplies, painting the school, teaching some English, and building chicken coops. The community rallied around us. They quickly taught us the things we needed to know to help with the projects—even though 25 members of our group didn't speak any Spanish! The projects came along well. Chicken coop construction is hard work—especially in the 105° heat. All together, we put up 18 of them. The grateful families offered various treats to us when each coop was finished. I watched as a 40 year old women shimmied up a coconut tree to retrieve a bunch of fruit, hop back down and proceed to use a machete to open one for each of us. All of the livestock seemed to roam free—I discovered later that chicken coops are necessary to protect the birds from coyotes and mountain lions. 250 chickens were donated, and arrived a week before we did, so the next task was to retrieve them. Chickens can run pretty fast! All together, we found (and caught) enough of the chickens to fill every coop with at least 9 hens and 2 roosters.

(continued on back)

## Welcome, Richie and Irene

*The Dept of Pediatrics welcomes our new dynamic duo, Richie and Irene Sills to our faculty. Richie is the new director of the Division Section of Heme/Onc. Irene will be working in peds diabetes and also the director of our newly reestablished peds endo fellowship. But, then, you already knew all that. Now, here's the inside scoop as reported by Mrs. Dr. Sills:*

Richie and I started quite early in our marriage to hike and backpack. We then realized that the best way to do that in the winter was on skis, so we got into back country skiing. We have been to many US National Parks in the winter - which is a great time to visit these parks if you don't like crowds! We have also skied in the Canadian Rockies and British Columbia in beautiful snow. However, anything we go down we must climb up on skis with climbing skins. We have especially liked skiing in a remote area that requires a helicopter ride to get to.

Richie adores cooking and eating good food. He shops carefully and will travel distances for great ingredients. The folks that sell fish, chocolate, cheese, great balsamic vinegar, and excellent produce are his heroes. The only good thing that Richie can say about the Bush administration is that it is allowing the export of Alphonso mangoes to start next year from India.

I love to read novels, do the Sunday NY Times crossword puzzle (I "cheat" and google some clues...), and have learned to knit. We spent 1976-1978 in Syracuse and have great memories of much outdoor fun. We are really looking forward to returning.

*Editor's Note: And we're looking forward to having you back!*

## Mid Winter Royale

by Caitlin Sgarlat

This year's Pediatric Dinner was truly a glamorous event with the spin of a James Bond twist. It was held at the Genesee Grande on a snowy February evening. The typical frigid weather did not stop anyone from putting on their best fancy threads and coming out for a dazzling party. There were even several James Bond tuxedos as well as beautiful Bond Girl look-alikes.

The night began with guests entering the Casino Royale-themed room decorated with poker chips, playing cards, and sparkling oversized martini glass table centerpieces. While all of the James Bonds and Bond Girls mingled prior to dinner, cocktails were sipped including the drink of choice-- martinis, shaken not stirred of course.

After a scrumptious dinner and some dancing the games began. Bond themed trivia questions were handed out to guests at each table and then scored. The big winner of the evening (by a landslide) was the department 007 himself- Dr. Cunningham! The highlight of the night came with the announcement of the winner of the best Bond. It was a very tight count, but the James Bond of the event was Joe Nimeh with Dr. Andrade as a close second (both stunners in their classic tuxes)! All of the winners received prizes, new nicknames, and a license to kill! Cameras also were placed secretly at a few tables and were used by those who found them to capture the event for yet another contest (winner announced below).

The rest of the party was spent either dancing to "Goldfinger" and "Diamonds are Forever", or joining the authentic poker game started by the Texas hold'em fanatics of the third year resident class. Casino Royale was a truly royal affair!

## El-Salvador, con't



In our spare time, we were able to help the families with some of their medical needs. Most of the 'clinic' time was used to administer first aid. I was struck by the strength of even the youngest children there. I cleaned up wounds on 5 years olds that would require conscious sedation here! And these kids barely winced! We also had the opportunity to promote nutrition, with an emphasis on the youngest children and the pregnant and nursing mothers.

For me, a highlight of the trip was the food. The locals eat mostly beans and rice. Meat is reserved for very special occasions—they need the chickens for the eggs, and the cows for the milk. We were lucky to have a three-person kitchen staff to prepare healthy food for us while we were there. They were San Salvadorans, so they kept the meals authentic to the region (beans and rice, tamales, pupusas and lots of corn-based dishes). The last day we were there, the families arranged for a huge banquet so we could all celebrate together. Each family donated corn to prepare masa (the dough used to make the corn tortillas). Some of us helped the women of the community make about 600 tortillas that afternoon! They also honored us by slaughtering one of their calves for the banquet. This time, there was plenty of food for everyone. The locals absolutely insisted that our group eat first. When we finished, it was our pleasure to serve them.

One of the things people tell me that they love about the country is the peace and quiet. Don't get me wrong, Bajo Lempe is a very peaceful place, but every morning, starting around 4 a.m., the roosters begin to crow. And it is LOUD. Good thing we were getting to sleep shortly after dark (there was no electricity, so nighttime activities were limited to what you could do with a flashlight).

The people of Bajo Lempe are delightful. Without money or things, they are among the happiest people I

have ever met. When asked what they want, they tell me education and health. The state of education is that children attend school for about an hour a day—there are only two teachers and two classrooms. The state of their health is even worse. They are chronically malnourished with very poor dentition. There is no access to safe, clean drinking water. A health care promoter visits once every 18 months. Vaccines are not used and medications are not available. They see a doctor or nurse 3 or four times during their lifetime. I did see one man in his 60's, but was struck by how young the rest of their population was. Very few people survived to their late 40s.

Bajo Lempe has no plumbing. Sewage and ground water are synonymous. Bathing is via well water or a trip to the river. Conditions are absolutely filthy. I could not have imagined the squalor of this place, even after seeing photos. Until last week, it was even more unimaginable to me that people who live their lives under these conditions can be so intensely happy.

I was curious about how the 23 high school students were interpreting this experience and had many opportunities to talk to them (my son James included!). I was very impressed with their articulate descriptions of their observations. I was overwhelmed by their reactions to the experience. Many wanted to stay longer, and most want to return next year. Collectively, they were most impressed by the ability of an entire community to be content without the amenities that we take for granted.

I think the happiness of the people in rural El Salvador comes from their hearts, their families, and their freedom. I'll always refer to our trip to Bajo Lempe as a week-long visit to the Kingdom of God. I learned so much from them. For that I am grateful. (*Editor's Note: For additional pictures see online Crier*).

## Mid Winter Photo Contest

Four cameras were distributed at the Dinner Dance and were used by three different secret agents to capture their colleagues (photographically speaking). All other agents who attended the dance were polled as to

which set of photos best captured the event. It was a close call, but the winner is Secret Agent Weinberger! Congratulations! You will be receiving a special prize shortly (should you choose to accept it). See Crier online for the winning photos).



## Jody Baby

Congratulations to former resident Jody (Davis-Connelly) Sima on the birth of Tyler Joseph Sima on Feb 16th at 7lbs 15.5 oz.



## Pediatric Star of the Month

The Pediatric All-Star for this month is Tracey Rheaume. Her story was so remarkable the Crier has decided to reprint it below. Congratulations, Tracey. Please contact Lisa Blystone (4-7600) to pick out your prize.

## Tracey's Daring Rescue

*Star submitted by Joan Pellegrino*

Tracey Rheaume, a nurse in the Center for Neurodevelopmental Disabilities at 550 Harrison, went to the lab with a patient of mine. The mother had a newborn (who I was seeing) and two sons aged 2 and 4. The older children got away from the mother, ran in opposite directions down the hallway and then one of them ran out the door and ACROSS ADAMS STREET! Tracey dropped everything and chased the child across traffic, scooping him up on the other side of the street. She carried him back despite his kicking and screaming and then, he bit her! This could have been a disaster but Tracey's quick action saved the child. Thanks, Tracey.

## APRIL BIRTHDAYS

4/4 Nick Bennett  
4/11 Carrie B. Greene  
4/21 Carol Plumbley,  
4/25 Jim Listman  
4/29 Kirti Kandalkar



# Pediatric Crier

## Department of Pediatrics Newsletter

Don't miss the full color online edition at [www.upstate.edu/pediatrics/crier.php](http://www.upstate.edu/pediatrics/crier.php)

### The Grand Opening



Obviously, the thought foremost on almost everyone's minds here in the Department

of Pediatrics this month is the grand opening of the Upstate Golisano Children's Hospital. Hence, much of this issue will be dedicated to the celebration of this most historic occasion.

### A Note From Our Chairman

*Thomas Welch, M.D.*

"September marks a milestone in the history of child health care in Syracuse. For many years, we had the distinction of being the largest city in the United States without a dedicated children's hospital. For a city which otherwise rightly prides itself on many great features, this was an embarrassment.

As we went to the community to gather support for this project, we promised that we would devise something of which the entire community could be proud--in a way, making up for decades of lacking. Once you have a chance to visit the new hospital, I hope that you will agree that we 'delivered' on this promise. I have visited scores of children's hospitals in the past several years, and honestly believe that we can hold up the Golisano Children's Hospital to any of them. We have always been proud of the care we have been able to deliver. Now, we can be proud of the place where we deliver it."

### Upstate Golisano Children's Hospital Celebration Weekend At A Glance

#### Thursday, September 10

12:00 - 3:30 PM - Staff Celebration and Upstate Family  
4:00 - 6:00 PM - Community Dedication with State VIPS/Media

#### Friday, September 11

8:00 AM - 2:00 PM - Special Donors and Corporations (Invitation Only)

7:30-3:00 PM - Pediatric Teaching Day: New Heights in Pediatrics - OnCenter.  
4:00 - 5:30 PM - Pediatric Teaching Day (Children's Hospital)  
5:30 - 9:00 PM - Opening Celebration/Ribbon Cutting (Major Donors-Invitation) Saturday, September 12  
9:00 AM - 12:00 PM - Special Donors Tours/Reception (Invitation Only)  
1:00 - 5:00 PM - Public Tours Sunday, September 13  
9:00 AM - 12:00 PM - Special Donors Tours/Reception (Invitation Only)  
12:00 - 5:00 PM - Public Tours (Full Schedule Online)

### General Design (online)

### The Multisensory Room (online)

### Treehouse Trivia (online)

### Treehouse Timelines

It seemed important to review some of the events that led up to today. While there are several different timelines that have been put together marking the countdown to the Children's Hospital, this is the only one we know of that goes all the way back to 1834.

<http://library.upstate.edu/collections/history/institution/history-of-hsc.php>

A more recent timeline was published in the Upstate Clinical Update in July, 2008 (online).

What neither of the two timelines above document are any of the rumblings that had been going on within the department from as far back as the days of Frank Oski in the 1970's.

The Upstate community also expressed interest in a hospital for its children. In 1997 the Syracuse Newspaper also printed an editorial in support of a Children's Hospital. ([link](#))

And of course no Children's Hospital timeline is complete without mention of Neal Seidberg's Children's Hospital

letterhead and database first designed and implemented in 1994.



Our former Chair, Dr. Howard Weinberger, contributed the following recollections of the road to a Children's Hospital:

### Some Reflections on the Opening of the Upstate Golisano Children's Hospital

*Howard L. Weinberger*

To paraphrase President John F. Kennedy, "Success has many parents..."

As we approach the opening of the Upstate Golisano Children's Hospital, it is worth recalling the long history of the efforts of many in this community who dreamed and labored for this day.

As early as the 1970's, the late Frank Oski (Chair of our Department from 1972 to 1984) and his good friend, Al Berne (Chief of Radiology at Crouse-Irving Memorial Hospital) spoke of the possibility of a Children's Hospital in Syracuse. When Frank left to chair the Department of Pediatrics at Johns Hopkins, he often spoke of the high quality of care our faculty in Syracuse provided the children of Central New York. What was missing was a single structure within which everyone who worked would be dedicated exclusively to the care of children and their families.

Dr Warren Grupe came to Upstate from Boston Children's Hospital to serve as Chair from 1987- 1991. Warren advocated for the development of a Children's Hospital from the beginning of his tenure here, along with faculty in the Department and supporters in the greater community. People such as Claude Incaudo (then, President of P&C and first honorary chair of the Children's Miracle Telethon), Mary Ann Shaw, Maureen Zupan and others met with the administration of Crouse and University Hospitals.

During this period, we reached the point where a nationally recognized hospital architecture group was contracted to develop a physical plan for a free-standing Children's Hospital. For a number of reasons, the time was just not quite right. Economic factors, Inter-hospital politics and a variety of Issues put the plans on hold.

The goal of combining all children's Inpatient services In a single institution remained high on the agenda of the Department faculty, community pediatricians, nurses and many lay members of the Syracuse community throughout the 1990's while I served as Chair of the Department.

Many meetings were held with strong support of Mike Ratner, our Cardiologist colleagues (especially Winston Gaum and Frank Smith), our Vice Chairs, Len Weiner and Bob Kanter, Ben Moore (then CEO of University Hospital) and many others. It became clear that the best option for Syracuse would be the model of a "Hospital within a Hospital" rather than a freestanding Children's Hospital.

One major question remained unresolved at that time was the actual site for the facility. Strong arguments were made for siting the Children's Hospital at either Crouse Hospital or University Hospital.

In 2001, Dr Thomas Welch was recruited to be the next Chair of the Department. Tom came from a nationally recognized Children's Hospital in Cincinnati and I think it is safe to say that his recruitment could not have been successful without the firm commitment to develop the Children's Hospital at University Hospital.

With support from the State of New York Construction Fund and an outstanding fundraising campaign in the local community, we were on our way. St Joseph's Hospital agreed to close its Inpatient Children's service as did Crouse Hospital (effective June 30 of this year). A wonderful Tribute Evening was held on July 1 to acknowledge the history of outstanding care by Crouse Hospital nurses for children in our community, dating back over a century.

As we look forward to "Opening Day", our commitment to provide the best possible medical and surgical care for children and their families remains the cornerstone of our mission. "Success has many parents..." Many people dreamed and worked for this day. (I apologize if I

## Crier, page 2

omitted unintentionally others who contributed constructively to the discussion during those years.) Tom Welch and the current administration of Upstate Medical University and University Hospital deserve the credit for bringing these dreams to reality.

**Speaking of history...perhaps you can help (From Dr. Welch's newsletter - online)**

## Alaskan Adventures (online)

### St. Agatha CAREs

Linda Markell

The CARE Program is excited to have received a \$25,000 award from The Saint Agatha Foundation. The grant project will address the need to help children suspected of abuse to heal, and the need to prevent abuse by raising awareness about coping with normal childhood developmental phases.

The Saint Agatha Foundation, philanthropy established by Laurie Mezzalingua, has distributed over two million dollars in four years. Laurie battled breast cancer for 12 years from the age of 29 until she died this year on July 4. Her long struggle with breast cancer caused her to refocus her career in order to effectively help others, especially women and children. Laurie requested that this award be used to provide comfort to children in the central New York community who are suspected of being abused. The CARE program offers medical exams and forensic evidence collection for suspected abuse victims 18 years old or younger as well as assistance with referrals to community agencies that provide victim advocacy services for families in a time of crises.

Dr. Ann Botash, Medical Director of the CARE Program, said, "Laurie's generosity makes it possible to tackle projects that were well beyond the reach of our budget. One project is to support the creation of prevention booklets to address key phases of normal childhood development that put children at risk of harm." The booklets will have practical tips about difficult behaviors that can frustrate parents and guardians, provoke angry confrontation and trigger emotional or physical abuse. Understanding key childhood phases helps parents to anticipate difficult phases, plan behavior modification and prepare to cope with frustration. A planned approach can offer

relief for caregivers, bring about positive changes in the child, and keep a child safe from abuse.

Saint Agatha funding will also be used to purchase supplies, such as activity kits and books, to give to children referred to the CARE program from the Central New York catchment area.

### Karen Teelin's Baby

Congratulations to Karen Teelin on the birth of beautiful baby girl Nora Maureen Teelin on 7/28/09 at 6 lbs; 14 oz.

### In the News:

In case you missed it, our very own Margaret Nellis (Child Life) was recently featured in a wonderful article in the August issue of the Post Standard's Healthy CNY. (online)

### A Note From Pam

*Editor's Note: We received the following note from Pamula Picciano whose last day was 8/6/09.*

Dear pediatric friends,

I can't tell you all how much I am going to miss you and the work we do here. I have found myself needing to dedicate more time to taking care of myself right now, and have been unable to do that and meet the needs of the units I work on. I am deeply saddened to not be here for the big day that we have all been waiting for, but hope I can join you again sometime down the road. I want to thank everyone who has supported me through my journey with metastatic breast cancer and know that I couldn't have done it without that help. Some of you are directly responsible for saving my life (more than once). Good luck and good-bye for now and remember if you want to be happy for life, love what you do. You are a great team.

Love, Pamula

*If you would like to send Pam a note, her home address is:*

501 Curtain Road, Tully, NY 13159.

### Infectious Pool Party (online)

### SEPTEMBER BIRTHDAYS

9/1 Lisa Blystone

9/4 Mabel Yew

9/6 Sarah El Yaman

9/10 Wendy Holz

9/11 Brad Olson

9/28 Barb Delaney



# Pediatric Crier

## Department of Pediatrics Newsletter

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### The Grand Opening, Continues.

*Editor's Note: It has been an exciting month since we reported the upcoming Upstate GCH celebration weekend on September 10 – 13. The event was a stunning success as multiple ribbons were cut, ceremonies held, and the Central New York community was introduced to their very own Children's Hospital.*



*On September 23, 2009, the dream became a reality as patients were moved from the floors and PICU at Upstate into the new Golisano Children's Hospital. The beautifully decorated and state-of-the-art equipped rooms suddenly came alive with the bustle of nurses, residents, attendings and, of course, kids! We are grateful to Leola Rogers for this insider's report:*

### Movin' On Up

*Leola Rogers, MPH*

On Wednesday, September 23, Pediatrics gave a whole new meaning to "Movin' On Up to the East Side" with the moving of 48 patients from all over University Hospital to the new Upstate Golisano Children's Hospital. The move was a culmination of more than 30 years of planning and design of a children's hospital, an extraordinary capital campaign and a dedication weekend heretofore not ever seen in Syracuse.

The day started a little slow and tepid with the plan to move a potential of 56 patients from 7 am thru 3:30 pm. The order of moves was 4A, 7H, 8P/8K and finally 4C/4N. There were over 50 volunteers not including staff from other departments. The logistics of the move



was fine tuned with the experience of moving almost 100 adult patients on July 8. It included public safety and physical plant staff manning the Gold, Blue and Yellow elevators ensuring that while patients and families were moved to the 11th or 12th floors in the Blue elevators, their belongings and overbed tables were moved at the same time in yellow elevators. So many of our patients were on isolation precautions; which, required another level of logistics in terms of communication of patient status to those assisting in the move to ensure infection control standards are maintained. The move of 4A was complete by 7:45 am, almost 45 minutes ahead of schedule. The Incident Command group gathered and the decision was made to move the schedule up with 7H moving by 8:15. The move plan timeline was accelerated as we continued to improve upon the time it took a unit to complete a move until the final patient was moved at 1:10 pm. In essence the move was completed almost 2 ½ hours ahead of schedule. There were so many stories to be told, one included a child and family who indicated that we could not make them leave the hospital as we attempted to discharge them from one of the older units, they wanted to be moved to the new hospital and then discharged. The compromise...give them a tour of the new hospital!

Communication was essential from the point of when a unit was ready to move and began moving the first patient, entry to the first set of elevators, placement on the floor and then the next patient. What patients arrived on the right unit and what room they were going in as well as fitting in patients from the ED and Center for Children's Surgery. Another critical component of the move were the staff and physicians. They were everywhere and with their patients to ensure patients were

safe and comfortable and to ease any fears or concerns of the patients and families.

The work continued with the settling of patients and families in their rooms. Tim Horton's again was one of the heroes of the day, providing coffee, donuts and muffins for the families and staff in the Family Lounges. It was amazing to see some of the technological advancements in place and working, especially the ceiling booms in the PICU. In each room you could see where the patient beds were located at different angles and sections of the room to allow greater visibility by the nurses at the charting stations; but, also visibility and access by the parents. The subdued artificial lighting in the patient rooms allowed greater natural lighting from the large windows in the patient rooms. Stories abounded from the parents and staff of their new home and all the possibilities. I knew it had all come together the next morning when Mike Vivlemore, Manager for 12E general Pediatrics indicated that a father said he slept all night. This is just a part of what it is all about and what it was meant to be.



**The Upstate GCH in Pictures and in the News:**

### The Upstate Photo Gallery

[http://www.upstate.edu/publicaffairs/mediagallery/main.php?g2\\_itemId=1273](http://www.upstate.edu/publicaffairs/mediagallery/main.php?g2_itemId=1273)

### Upstate GCH – a Youtube Hit!

[http://www.youtube.com/watch?v=sW1JQoc\\_DNQ&feature=player\\_embedded](http://www.youtube.com/watch?v=sW1JQoc_DNQ&feature=player_embedded)