

Upstate ELU

NEWSLETTER

January, 2023

'TIS THE
SEASON
OF
giving

It is a wonderful time of year to give back to our community and our Upstate ELU members have been busy...



Veronica Farrell and her team in Pharmacy collected over 90 books to donate to the **United Way Book Drive** which supported the **Salvation Army Christmas**

Bureau! After receiving permission from the Foundation and President's Office, she set out to get support for her project with a simple donation box and it certainly paid off. Thanks for all the donations and for putting this together and **thanks to all the ELU members that volunteered at the Christmas Bureau at the book tables.** Upstate was again well represented.



We had a full crew for the December breakfast at the **Samaritan Center** which was met with several smiles and thanks from guests. Led by **Scott Neal** each month, ELU is ready to work.



In 2022 we set a new record for the **United Way CNY Care Package Project**, prepping over 1,000 boxes that were sent to Samaritan Center, Rescue Mission, Interfaith Works, Salvation Army, Catholic Charities, ACR Health all in Central New York. **Thank you to all the volunteers that helped to sort all of the items and put together the packages.**



United Way of CNY: Our Time to Shine, 100th Anniversary Gala



The United Way of Central New York's 100th Anniversary Gala, sponsored by IBEW Local 43, was a sold-out event hosted on November 5th at the historical Landmark Theatre. Many Upstate Emerging Leaders United members attended to commemorate the 100-year milestone. The event celebrated the many successes of the United Way of CNY in their advocacy of many CNY organizations over the century.

Representing Upstate in attendance were President Dr. Dewan, Zanette Howe, Linda Veit, Tri chairs of Upstate's Emerging Leaders United Mathew Capogreco, Michael Longo, Sarah Trapani and ELU member Scott Neal.



Arel Moodie, A time to learn, network, connect and laugh!

Social networking is key to any emerging leader and a core value of the Upstate ELU group. Arel Moodie, author, host of Disney+ show 'Family Reboot' and keynote speaker of the United Way event held at Sky Armory in October 2022, highlights the impact of networking in his talk.

The idea of an in-person social networking event can feel a bit unfamiliar in a post-pandemic world. As you enter a room, the thoughts that pervade your mind include, "did I bring a mask", "how close do I sit to people", "are we hand shaking or fist bumping as a greeting." You could feel the hesitations as people walked into the room, of the event titled "Get in the Bunker: How a simple strategy can unlock the power within your community." For many professionals who are part of the ELU and Women United membership this is one of their first in-person social networking events hosted by the CNY United Way since 2019.

Arel didn't waste time breaking the ice with inviting attendees to sit closer and meet someone new. This simple request was the catalyst for an event full of laughs, inspiring and perspective reflections on how you can make a difference in your communities.

Key takeaways include:

- ⇒ **Get Social:** Arel shared that most of us have that internal dialogue where you hesitate to go to social events, you find chores or assignments that suddenly take priority. He highlights how in those moments of hesitations to choose being social because what you get in return is immeasurable.
- ⇒ **Explore New Perspectives:** Arel shared a story of a hungry lion, her cub and a zebra to showcase perspective. If you are the lion or the zebra you have a perspective of why you keep showing up and 'fighting' he encourages us to take a moment to consider others struggles and perspective before making decisions.
- ⇒ **Stay Active in Your Community:** Arel shared a touching personal story of how programs supported by the United Way helped him and his family as he grew up in NYC. He demonstrated simple ways in which you could support local community organizations and programs, highlighting the important work of the United Way.
- ⇒ **Be Prepared:** Always have an arsenal of dad jokes to break the ice of a crowd of stiff professionals. Arel shared a variety of 'dad' jokes to get the audience relaxed. As the talk progressed the smiles and belly laughs grew creating an abundant of positive energy in the room.



To learn more about Arel Moodie's work, you can find him on all major social media platforms. We thank the United Way of CNY for hosting an opportunity to network!

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Emerging Leaders Organize First Ever Trivia Night Fundraiser

The Emerging Leaders of the United Way developed and hosted the first ever Trivia Night on Wednesday, October 19th. In partnership with Syracuse Trivia Company (www.syracusetrivianight.com) and Syracuse History (find and like on Instagram) this was not only informative and fun but a fundraiser to boot.

ELU members formed teams and were present at all seven locations—we can't thank you all enough for the support. Through Syracuse related questions (curated by Syracuse History), we were able to raise awareness of the United Way AND collect just over \$700 in our inaugural night!

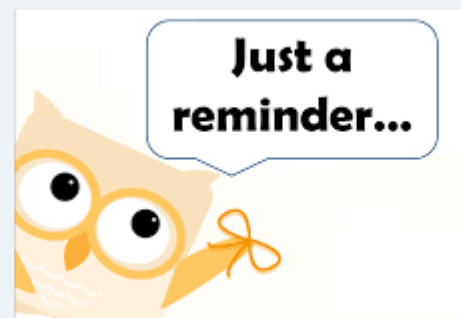
This is an event we are looking forward to doing again in 2023 so stay tuned for details and start brushing up on your trivia knowledge now.



Member Spotlight

Congrats to ELU member **Nicole Harf** who has transitioned from Professional Development Program Manager to Nurse Manager of Medicine Subspecialties at UHCC

Emery House, MSN, RN, CCRN, CMSRN, has accepted the position of Evidence-Based Practice Nurse Research Program Manager beginning February 2, 2023. This new position is part of the Nursing Practice Excellence Team and will work closely with the Nurse Scientist to support nurses at all levels in evidence-based practice and nursing research.



- ⇒ Our email address is ELU@upstate.edu
- ⇒ We meet the first Monday of the month at noon
- ⇒ ELU podcast <https://unitedcny.org/WWCD>

Our First Upstate ELU Sarah's Guest House Dinner

Our Upstate Emerging Leaders group created a goal in October to have 3 monthly volunteer opportunities by September 2023. Our first was already established with the Samaritan Center and very quickly Jackie Pilon got to work on our second with Sarah's Guest House.

Each month, a group of 4-5 ELU members will be signing up to organize a dinner for the guests at Sarah's Guest house. The group will be responsible for creating the meal plan, purchasing food, and preparing the meal. Aprons are available on site and we encourage members to bring any supplies they might need. Of course safety is a priority so gloves, clean hands, hair coverings/ties, and subs if you are ill are required.

With over 50% of their guests from Upstate, Sarah's Guest house supports those in need with low to no cost housing during their treatment or visits. Upstate has supported them in the past as the 2022 Your Cause recipient and will continue to support them in the future. The Emerging Leaders are happy to give them a homecooked meal as part of our volunteering.



- * **Samaritan Center Breakfast Prep:** 3rd Wed. of the month; 6:15 AM to 9 AM. Contact Scott Neal to sign up.
- * **Sarah's Guest House Dinner Prep:** 2nd Tuesday of the Month; 4:30 PM until complete; sign up via Teams [Sarah's Guest House Meal Prep](#); contact Jacqueline Pilon for more information.
- * **January Social Event:** house party hosted by Scott Neal on Thursday January 19th, 5:30-7:30 (or later); 127 Harrington Rd, Syracuse.
- * **March Social Event:** axe throwing TBD.
- * **May Social Event:** craft event TBD.

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