Fall Faculty Convocation set for Sept. 13

All Upstate Medical University individuals are invited to attend the Fall Faculty Convocation, Wednesday, Sept. 13 at 4 p.m. in the Weiskotten Hall Medical Alumni Auditorium. A reception will immediately follow the Convocation.

The Convocation features the annual “State of Upstate Medical University” address by President Gregory L. Eastwood, M.D., and an awards ceremony that acknowledges outstanding individuals for their accomplishments. (See inside for names of awards recipients.)

Preceding the Convocation, a reception honoring emeriti faculty will be held at 3 p.m. in Room 1164, Weiskotten Hall.

The day’s activities also include a portrait unveiling of M. Janice Nelson, Ed.D., to take place at 2:30 p.m. in the Medical Alumni Auditorium. Dr. Nelson is professor & dean emerita of Upstate’s College of Nursing.

Dr. Nelson served Upstate as professor and the Founding Dean of the College of Nursing since 1986. She retired as Dean of the College in 1996. She led the College of Nursing through many unique programs and through successful accreditation exercises by the National League for Nursing. Dr. Nelson also led the efforts for the incorporation of the College of Nursing Alumni Association in 1991.
Wednesday, August 30
Anesthesiology Grand Rounds.
7 a.m. Wsk. Hall, M edical Alumni Aud.
Pediatric Grand Rounds. 8:15 a.m. University Hospital, Rm. 6500.

Thursday, August 31
Medical Grand Rounds. “Case Study.” Discussant: Borys Bunia, M.D., Upstate Medical University. 8:30 a.m. Wsk. Hall, Room 1159.

Monday, Sept. 4
Childbirth Education Class. 2 to 4 p.m. Women’s Health Services, UHCC, third floor. Call 464-2169 to register.

Tuesday, Sept. 5
Breastfeeding Class. 3 to 4:30 p.m. Women’s Health Services, UHCC, third floor. Call 464-2169 to register.

Wednesday, Sept. 6
Anesthesiology Grand Rounds.
See 8/30 Calendar listing.
Pediatric Grand Rounds. 9:15 a.m. University Hospital, Rm. 6500.
Health Sciences Library Guided Tour. See 8/30 Calendar listing.
Seminar. “Nutritional Supplements.” Presenter: Terry Podolak, R.D., Upstate Medical University. 5:30 to 6:30 p.m. UHCC, Rm. 4066. Call 464-8668 to register.

Thursday, Sept. 7
Medical Grand Rounds. “Future Directions in the Treatment of Allergic Diseases.” Presenter: Mark Ballow, M.D., SUNY Buffalo. 8:30 a.m. Wsk. Hall, Rm. 1159.

Friday, Sept. 8
Oasis Senior Celebration Day at the Rosamond Gifford Zoo. Call 464-6555 for more information.


Comedy Hour featuring comedian M arsha Warfield. 5:30 p.m. C.A.B., lobby.

Monday, Sept. 11
Childbirth Education Class. See 9/4 Calendar listing.

Tuesday, Sept. 12
Nursing Grand Rounds. “Cultural Diversity Awareness and Skill Training.” 8:30 to 10 a.m.

Wednesday, Sept. 13
Anesthesiology Grand Rounds. See 8/30 Calendar listing.
Otolaryngology and Communication Sciences Grand Rounds. 7 to 8 a.m. University Hospital, Rm. 6500.

Human Resources Module. “Coaching, Counseling & Discipline.” 8:30 to 11 a.m. C.A.B., East Lounge.

Surgical Grand Rounds. “Cardiac Contusion.” Presenter: William M arx, D.O., Upstate Medical University. 8 to 9 a.m. Wsk. Hall, Rm. 103.

Pediatric Grand Rounds. 8:15 a.m. University Hospital, Rm. 6500.

Emergency Medicine Grand Rounds. “Death of a Child in the ED: Caring for the Family.” Presenter: Kathleen Brown, M.D., Upstate Medical University. 11 a.m. to noon. Health Sciences Library, Room 318.

Faith & Values Forum. “Native American Spirituality: Different Perspectives; Different Cultures.” Presenter: Steve Allen, J.D., M.D., Upstate Medical University. Noon to 1 p.m. Wsk. Hall, Room 9295. Free pizza and soda.

Health Sciences Library Guided Tour. See 8/30 Calendar listing.


Reception honoring Emeriti Faculty. 3 p.m. Wsk. Hall, Rm. 1164.

Fall Faculty Convocation. 4 p.m. Wsk. Hall, M edical Alumni Auditorium.

Seminar. “Uterine Artery Embolization.” Presenter: Kenneth D. Murphy, M.D., Upstate Medical University. 5:30 to 6:30 p.m. UHCC, Rm. 4066. Call 464-8668 to register.

Thursday, Sept. 14

Psychiatry Grand Rounds. “New Developments in the Pharmacological Treatment of Anxiety Disorders.” Presenter: David Sheehan, M.D., University of South Florida College of Medicine. 12:30 to 2 p.m. 713 Harrison St.

Friday, Sept. 15

Lecture. “Budgeting/Coordination of Radiology Services in Clinical Trial Studies.” Presenters: John Cardella, M.D. and Jeff Zehn, Upstate Medical University. Lunch: 11:45 a.m. Lecture: Noon. Wsk. Hall, Rm. 5303.
Native American Spirituality: Different Perspectives; Different Cultures

Understanding the implications for the medical profession.

Whether a Native American lives in New Mexico or in Central New York, he or she is defined by a spirituality that is likely to be quite different from that which defines the majority of monotheistic Americans.

Steve Allen, Jr., M.D., has volunteered as a family physician at the Zuni Indian Reservation in New Mexico for several years and has also provided care at the Onondaga Nation through the Family Medicine Department of Upstate Medical University. He has gained a new understanding of Native American spirituality and the importance of physicians and other caregivers becoming culturally sensitive and culturally competent.

Dr. Allen will be joined by others from the Department of Family Medicine to discuss spirituality issues and the unique implications they have on molding a better medical professional. 

SPONSORED BY THE COOPERATIVE CAMPUS MINISTRIES COMMITTEE

Fall Faculty Convocation Awards Recipients

SUNY Distinguished Service Professor
Patricia J. Numann, M.D., Surgery

Chancellor’s Award for Excellence in Teaching
Brenda G. Engbrecht, Ph.D., College of Health Professions

Chancellor’s Award for Excellence in Professional Service
Jane E. Dantoni, R.N., NP, Breast Care Center

President’s Award for Excellence and Leadership in Research
Barbara W. Streeter, M.D., Ophthalmology

President’s Award for Excellence in Research by a Young Investigator (New Category)
Barry Knox, Ph.D., Biochemistry & Molecular Biology

President’s Award for Excellence in Professional Service
Mary AnnMerklein, CMSC CPCS Medical Staff Office

President’s Award for Excellence in Faculty Service
Frederick R. Davey, M.D., Pathology

President’s Award for Advancement of Affirmative Action
Deirdre C. Neilen, Ph.D., College of Health Professions

President’s Award for Excellence in Teaching
Robert E. Hutchison, M.D., College of Medicine, Basic Science
Paul E. Phillips, M.D., FACP, FACR, College of Medicine, Clinical Department
Patricia J. Duffy, M.P.S., RT(R)(CT), College of Health Professions

President’s Award for Voluntary Faculty Service
Robert E. Hutchison, M.D., College of Medicine, Basic Science
Paul E. Phillips, M.D., FACP, FACR, College of Medicine, Clinical Department
Patricia J. Duffy, M.P.S., RT(R)(CT), College of Health Professions

President’s Award for Distinguished Service
Irwin M. Weiner, M.D., Ruben P. Cowart, Jr., DDS

President’s Award for Excellence in Philanthropic Service, (Corporate)
Stephen Kimatian, WIXT-TV - News Channel 9

President’s Award for Excellence in Philanthropic Service, (Individual)
Christopher James Novak
Celebrate Respiratory Care Week by purchasing flowers to be delivered during the week of Sept. 10. Proceeds from the sale will benefit the Central New York Chapter for Respiratory Care. The selection and prices include: one dozen roses (red, pink, yellow, or peach) $15; 1/2 dozen mixed carnations $4; one dozen mixed carnations $7; ten-stem bunch of Alstromerias (pink lily) $10.

Contact Sheila Young at 464-6873 or Youngsa@upstate.edu by Friday, Sept. 1 for more information.

Respiratory Care offers Flower Sale

In 1999, the state University of New York (SUNY) conducted its first survey of alumni to determine how graduates viewed their undergraduate experience. According to its dean, Hugh Bonner, PhD, the College of Health Professions of SUNY Upstate Medical University scored number one among the seven specialized colleges (Downstate, ESF, Farmingdale, Maritime, Optometry, and Utica/Rome) in the overall rating which includes academic climate, faculty, cooperative activities, and the general undergraduate experience. The college ranked number two of the 29 four-year state operated colleges.

Located in Silverman Hall, the College of Health Professions offers degree programs in seven disciplines. It is an upper-division transfer college for students who have had a minimum of two years of college experience, primarily in the sciences and humanities. Nearly 100 percent of the college’s graduates find jobs in their chosen profession or go on to graduate school.

College of Health Professions receives high ratings

Upstate Runners capture awards at Chase Corporate Challenge

Ninety-five Upstate employees participated in the Chase Corporate Challenge 3.5 mile walk/run held on the Onondaga Lake Parkway. The 2000 Syracuse Corporate Challenge attracted a record 7,500 participants from nearly 300 companies. Special thanks to team captains Zanette Howe and Mary Emanuelli of Upstate’s Marketing division, for organizing Upstate’s participation in the event.

The team of Dr. Tim Damron, Orthopedics; Dr. Charles Bradshaw, Neurology; Karen Kemmis, PM & R; and Cassandra Crane, IMT easily outpaced the other coed teams in capturing the 2000 Chase Corporate Challenge. The combined team time of 83:02 was over six minutes faster than the nearest challengers, and good enough for second best time of all U.S. teams in this year’s competition. Dr. Damron led all Upstate finishers, followed by Dr. Bradshaw.

Karen Kemmis was the top Upstate female finisher, and the second overall female finisher for the second consecutive year. Next up for the coed team is the Chase Corporate Challenge Championships in New York on Oct. 7.

The women’s team of Anne Haley, IMT; Annette Sherwood, Nutritional Services; and Kathleen Iacuone, MedBest, captured third place in the Women’s team competition.

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(Above): The Corporate Challenge was delayed by wind and rain. A few team members took shelter in the Sodexho Marriott truck. The race continued as the storm cleared.

(left: from left are: Cassandra, Crane (IM T), Karen Kemmis (PM & R), Dr. Charles Bradshaw (Neurology), Kathleen Iacuone (MedBest), Anne Haley (IM T), and Annette Sherwood (Food and Nutritional Services.) Not photographed: Dr. Tim Damron (Orthopedics).
C.A.B. Notes

• Mark your calendar for Upstate Medical University’s first Comedy Hour of the fall semester featuring the comedic talents of Marsha Warfield. The event will be held Friday, Sept. 8 at 5:30 p.m. in the Campus Activities Building. For more information call Marsha at 464-8829.

• The Campus Activities Governing Board and the Office of Campus Activities are offering the following upcoming trips, ticket offers and events. There are a limited number of tickets and seats available for all trips. The program schedule includes:
  - SU Season Football Tickets. Currently available for purchase for Upstate students and CAB members. Season tickets include tickets to six home games and are on sale for $115 per seat.
  - Famous Artist Broadway Theatre Series Tickets. Season tickets are currently sold out for the 2000-2001 Famous Artists Broadway Theatre series, but CAB will purchase additional tickets to two of the shows: Rent (3/1); Les Miserables (4/5).
  - Mark your calendars for the following fall excursions open to all members of the Upstate community.
    - Seneca Lake Wine Tour (9/16). Packages include round trip bus transportation, visits to five wineries, lunch and four souvenir wine glasses. Price are $25 per person for Upstate students and CAB members and $35 for all others.
    - Toronto Day Trip (10/7). Packages include round trip transportation and a continental breakfast on the bus. Prices are $30 for Upstate students and CAB members and $40 for all others.
    - Keuka Lake Holiday Wine Trip (11/5 - note date change). Packages include a day of tastings and holiday foods at the Keuka Lake wineries, round trip transportation and lunch, souvenir glass and ice bucket. Prices are $30 individual and $55 couple for Upstate students and CAB members. Non member prices are $40 individual and $65 couple.
    - New York City Overnight Holiday Trip (11/18 and 11/19). This trip is currently sold out. Individuals who would like to place their name on a waiting list for available spots, should call Marsha in the Office of Campus Activities at 464-8829.
    - Holiday Shopping at the Finger Lakes Outlet (12/2). Packages include round trip transportation and refreshments on the bus. Prices are $5 for Upstate students and CAB members and $10 all others.

Nuclear Medicine offers new imaging technique for detection of acute venous thrombosis in lower extremities

In September, Upstate Medical University’s division of Nuclear Medicine will offer a new imaging technique for the detection of acute venous thrombosis (DVT) in the lower extremities. The technique uses a Technetium labeled imaging agent (AcuTect™) which is injected intravenously. Its approved and prime use is for scintigraphic imaging of patients who have signs and symptoms of acute venous thrombosis, particularly of the lower limb(s).

AcuTect is reported as being superior in its accuracy to detect acute clot than ultrasound, particularly below the knee. The study is noninvasive and pain-free and should be considered before contrast venography. AcuTect will not detect the presence of chronic or organized thrombus. Its use in the diagnosis of pulmonary emboli is not yet confirmed.

A thrombus is a blood clot that forms in a vessel, frequently a vein, and remains there. An embolism is a clot that travels from the site where it formed to another location in the body. The clinical sequelae of thrombi and emboli can be very serious and even life threatening.

It is estimated that approximately 4 million procedures are performed annually worldwide to diagnose venous thrombosis. Patients requiring this type of diagnostic study are typically individuals who are sedentary because of poor physical condition or are confined to bed after surgery. Patients at greatest risk are those that have had surgery on their lower limbs or pelvis.

Register today for the discounted defensive driving course

NYSUT/UUP will offer a discounted defensive driving course, Mondays, Sept. 25 and Oct. 2 from 4:30 to 7:30 p.m. in University Hospital, Room 6500. The fee is $30 per person. Call Ronald Daloia at 464-6134 for more information or to register.
Improving Disability Access on our Web Sites

The Web Group at Upstate's Educational Communications (Ed Com) has been working to ensure that Upstate's institutional name appears correctly on all websites and that all Upstate web-sites provide universal access to persons with disabilities, the latter being a mandate from New York State to all of its state agencies. Ed Com is well into the process of providing universal access to persons with disabilities on Upstate’s “official” website in order to meet the state imposed deadline of Sept. 31. However, Ed Com’s Web Group needs the help of everyone on campus who has created and/or who are managing campus web sites. Please review the following information to ensure that these sites are more accessible to all screen readers.

Guidelines for Improving WWW Access for People with Disabilities:
• Images and Animation: Use the “alt” attribute to describe the function of each visual.
• Image Maps—Use client side MAP and text for hot spots.
• Hyper text links: Use text that makes sense when read out of context. For example, avoid “click here.”
• Page organization: Use headings, lists and consistent structure. Use CSS for layout and style where possible.
• Graphs and Charts: Summarize or use the “longdesc” attribute.
• Frames: Use “NOFRAMES” and meaningful titles.
• Tables—make line-by-line reading sensible. Summarize.
• Check your work. Validate. Use tools, checklists, and guidelines at: http://www.w3.org/TR/WAI-WEBCONTENT

Keep in mind that the work you do for this initiative will serve the dual purpose of preparing your pages for unencumbered use by non-graphic computers and cell phones as well.

For more information, contact Carol Ceraldi, web designer, at 464-7931 (phone) or ceraldic@upstate.edu (e-mail).

Update on the 2001 New York State Flex Spending Accounts

• Health Care Spending Account (HCSAccount) is a new flexible spending account program that gives State employees the opportunity to pay for unreimbursed medical expenses on a pre-tax basis. Individuals can set aside $150 to $3,000 annually in pre-tax salary to pay for health related expenses that are not reimbursed by health insurance. Medically necessary medical, dental, prescription, vision and hearing expenses for enrollees and their dependents are eligible for reimbursement.

To be eligible to enroll in the Health Care Spending Account, individuals must be a permanent employee, work at least half time and meet the eligibility criteria for enrollment in the New York State Health Insurance Program.

• The Dependent Care Advantage Account (DCAAccount) is a flexible spending account program that gives State employees the opportunity to pay for child care, elder care, or other dependent care expenses on a pre-tax basis.

Individuals who would like to participate for the year 2001, must enroll before Nov. 17. Current participants must re-enroll in order to continue their benefits in 2001 (re-enrollment material will be sent out directly by Fringe Benefits M anagement Company).

The open enrollment period for the HCSAccount and the DCAAccount is Oct. 16 to Nov. 17.

Individuals will receive an informational flyer that includes a postcard via interoffice mail. Return the preaddressed postcard to Fringe Benefits M anagement Company to receive a 2001 Flex Spending Account Enrollment Kit.

Additional information relating to the HCSAccount or the DCAAccount is available by calling the FSAHotline at 1-800-358-7202.

(NOTE: Employees of the Research Foundation of State University of New York are not eligible for this benefit.)
Central New York Region Skins Game a success!!

More than 4,000 Central New Yorkers participated in Upstate Medical University Foundation’s 2nd Annual Central New York Region Skins Game. The event was held June 20 at the Green Lakes State Park Golf Course. The Skins Game, featuring golf pros Gary Player, Chi Chi Rodriguez, Tom Scherrer and Joey Sindelar, raised $120,000 for medical, education and research programs at Upstate Medical University and University Hospital.

Special thanks are extended to the 250 volunteers who helped to make the event a success!

1) Volunteers are a key component of the Skins Game’s success. In addition to 70+ on-course marshals, over 150 additional volunteers helped during and after the event. Photographed is volunteer coordinator JoAnn Shupe sharing a laugh with golfing legend Chi Chi Rodriguez.

2) Pro golfers Joey Sindelar, Chi Chi Rodriguez, Tom Scherrer, Gary Player.

3) Advisory committee members included these people who met early in the morning before the VIP Corporate Breakfast to help. They are (from left) co-chair Don Denton, Dr. Chung T. Chung, co-chair Dr. Andy Palmer, Sal Bellavia, Tom Scherrer, Eve Pollock, Jerry Pollock, Jack Estabrook, Dr. Berkeley Brandt, Judith Sayles, Dr. Gregory Eastwood, Matthew Harmand, and Dr. Bill Harmand. Missing from the photo are Alfred Audi, Bill Browning, Billy Dutch, Chuck Harty, Billy Jackson, Gary MacLachlan, Tom Owens, Howard Quoss, Theresa Underwood, Dean Vlassis and Dodie Vlassis.

4) Player and Rodriguez entertain onlookers after Rodriguez makes a birdie putt from 12 feet on the fourth hole, stealing a “skin” from Tom Scherrer.

5) Volunteers (from left) Linda Venditti, administrative assistant for the Alumni Associations for the Schools of Nursing and Health Professions, and former Upstate employee Lori Riedl of Citadel Communications.

6) Skins Game Advisory Committee co-chairs Dr. Andy Palmer, noted hand surgeon and interim chair of the Upstate Department of Orthopedic Surgery, and Don Denton, managing partner of Hancock & Estabrook law firm and chair of the Upstate Foundation Board of Directors, pose with Skins Game winner Tom Scherrer and a check for $100,000 in “winnings” for the Upstate Foundation. The final tally for the day showed Scherrer with $59,000 in “skins,” Sindelar with $37,500, Rodriguez with $2,000 and Player at $1,000. The golfers each played for an appearance fee and donated their Skins winnings back to the Foundation.
Clinical Decision Support Systems is topic of program, Sept. 7

Stanley L. Pestotnik will present “Implementing Clinical Decision Support Systems to Improve the Safety of Patient Care,” Thursday, Sept. 7 in the Weiskotten Hall Medical Alumni Auditorium. Pestotnik, president and chief executive officer of TheraDoc, Inc. in Salt Lake City, is nationally recognized for his work on streamlining therapeutic decision support and its impact on patient care outcomes. Registration and refreshments will take place at 6 p.m.; the lecture will be held from 6:25 to 8:30 p.m. Coffee and desert will follow.

The goal of the program is to provide a greater understanding of the role of clinical decision support systems (CDSS) in improving the quality and safety of patient care.

The program is approved for 2.0 Continuing Medical Education contact hours for physicians and for 2.5 Continuing Education Units contact hours for nurses and pharmacists. It will provide a greater understanding of the role of clinical decision support systems in improving the quality and safety of patient care.

Common Errors in CHUA Protocol Submissions is topic of forum on Sept. 20

Dr. Robert Quinn will address “Common Errors in CHUA Protocol Submissions,” in a forum to be held Wednesday, Sept. 20 from 2 to 4 p.m. in the Weiskotten Hall Medical Alumni Auditorium. Dr. Quinn is director of Upstate’s Laboratory Animal Resources. The forum will address several aspects of the application form that commonly result in approval delays as well as provide a question/answer period to address individual concerns. Contact the CHUA office at 464-6563 for more information.

Let’s Not Meet by Accident receives $31,000 grant from the New York State Department of Health

The “Let’s Not Meet By Accident” program at University Hospital has received a $31,000 grant from the New York State Department of Health to continue its efforts to educate teenage drivers about the grim reality of combining drinking and driving. Teenage drivers have a higher risk of fatal crashes than older drivers at all alcohol levels. According to one National Institute on Alcohol Abuse and Alcoholism (NIAAA) supported study, combining classroom and community interventions to prevent alcohol use by young adolescents reduced the onset of alcohol use by 28 percent.

Let’s Not Meet By Accident program received a Certificate of Special Recognition in 1998 and the Norma Coburn award in 1999 from the Onondaga County Traffic Safety Advisory Board. The Coburn award recognizes organizations which have demonstrated a commitment to enhancing traffic safety and have also consistently contributed organizational and/or personal resources which have impacted positively on the community.

Since 1997 the program has reached more than 5,000 students.
A Retirement Incentive Program for 2000 is approved.

The New York State Legislature passed and the Governor signed legislation authorizing a 2000 Retirement Incentive Program for eligible employees of the State of New York. The SUNY Board of Trustees approved a resolution for State University participation in the 2000 Retirement Incentive Program.

To be eligible, State employees must be:
- at least age 50 with 10 or more years of service credit on the effective date of retirement, or at least age 55 with five or more years of service if a member of the Employees’ Retirement System or Teachers’ Retirement System;
- continuously in active service (includes a paid leave of absence or a leave without pay of not more than 12 weeks) from Feb. 1, 2000 to the date immediately prior to the commencement date of the Open Period;
- and in a targeted position.

Letters were mailed to those employees who, based on SUNY Upstate Medical University records, may be eligible for the 2000 Retirement Incentive Program. Employees of the Research Foundation of State University of New York are not eligible for the 2000 Retirement Incentive Program.

The Open Period established for the SUNY Upstate Medical University is Oct. 2, 2000 through Dec. 30, 2000. Eligible employees who wish to participate in the Retirement Incentive Program must:
- select their preferred retirement date that falls within the Open Period;
- file a “Request to Retire Under the 2000 Retirement Incentive Program” form with the Human Resources Department no later than 4:30 p.m. on Sept. 29, 2000;
- submit an incentive election form to the Human Resources Department no later than 4:30 p.m. on Dec. 8, 2000; and
- if a member of the New York State Employee’s Retirement System or the New York State Teachers’ Retirement System, a service retirement application must be filed with the applicable retirement system no later than 14 days prior to their effective date of retirement.

Some of the key features of the 2000 Retirement Incentive Program are:
- For eligible employees who are members of the Employees’ Retirement System (ERS) or Teachers’ Retirement System (TRS), one month of additional retirement service credit will be provided for each year of service up to a maximum of thirty-six months of additional credit. NOTE: An early retirement benefit reduction may apply depending on your age, tier and years of service.
- The additional incentive credit noted above can in some instances be used to qualify for an improved benefit. For example, members can use the additional service to reach the 20-year service credit requirement for a higher benefit and tier 2, 3 and 4 members under the age of 62 can use the additional service to meet the 30-year requirement for increased early retirement benefits.
- For eligible employees who are participants in the SUNY Optional Retirement Plan (ORP), will have an incentive payment equal to 1/12 for each year of service in the Optional Retirement Plan, multiplied by 15 percent, multiplied by annual salary rate in effect on March 3, 2000; not to exceed 45 percent of your March 3, 2000 salary rate, directed to TIAA-CREF annuity contracts. If the amount of the contribution exceeds the IRS 415 limit, the excess will be contributed to a 403(b) Tax Deferred Annuity contract. If the TDA contribution exceeds the IRS limit, the remaining amount will be paid in three equal installments.
- Eligible employees age 50 or older may participate in the NYS Health Insurance Program during retirement. The State currently pays 90 percent of the cost for individual coverage plus 75 percent of the additional cost for dependent coverage. (NOTE: If enrolled in an HMO, the State contribution will not exceed 100 percent of the dollar contribution toward the Empire Plan.) The actuarial value of accumulated sick leave may also be used to offset part or all of a retiree’s share of the cost. When M edicare becomes a retiree’s primary coverage, the State will reimburse an amount equal to the usual cost of M edicare Part B coverage, unless reimbursement is received from another source.

To continue health insurance benefits for yourself and your eligible dependents in retirement, you must: 1) be enrolled in a health insurance program as an enrollee or dependent at the time of retirement; 2) be qualified for retirement as a member of a retirement system administered by New York State or its political subdivisions; and 3) have completed at least five years of service with New York State and/or participating employer(s) or agency(ies) if last hired before April 1, 1975 or 10 years if last hired after April 1, 1975.

Choosing when and under what terms to retire will be among the biggest decisions an employee will make in his/her lifetime. Many of the elections made during this process are irrevocable. It is not possible to predict if Retirement Incentive Programs will be offered again in the future. Even if similar legislation passes in upcoming years, there is no guarantee that SUNY and the SUNY Upstate Medical University will choose to participate.

Any questions regarding the 2000 Retirement incentive Program should be referred to Eric Frost (464-4942 /frostee@upstate.edu) in the Human Resources Department.
Free Health and Wellness Seminars

University Hospital will offer a series of free health and wellness discussions by experts from Upstate Medical University. The discussions will be held from 5:30 to 6:30 p.m. in Room 4066, University Health Care Center, 90 Presidential Plaza, Syracuse. Parking is free.

“Nutritional Supplements,” will be presented by outpatient nutrition counselor Terry Podolak, RD, on Wednesday, Sept. 6. This discussion focuses on the safety of supplements including vitamins, minerals, and weight loss drugs; the difference between natural and synthetic supplements; and how to read labels.

“Uterine Artery Embolization,” will be presented by Kenneth D. M urphy, M D, on Wednesday, Sept. 13. Dr. Murphy is division director of Cardiovascular and Interventional Radiology. He will discuss a new, safe and effective non surgical alternative to hysterectomy and other traditional treatments for uterine fibroids.

“Osteoporosis,” will be presented by Gary Litvin, LRT and Cathy Sinnott, R N, BSN, M A on Wednesday, Sept. 27. They will discuss prevention and treatment of osteoporosis, bone density testing, medications, diet and exercise.

To register or for more information call Health Connections at 464-8668.

Reach out and Read needs volunteers

The Reach Out and Read program (ROR) needs volunteers to read to the children who visit the Pediatric and Adolescent Center at the University Health Care Center. Volunteers are needed Mondays through Fridays from 9 to 11 a.m. and from 12:30 to 4:30 p.m. If interested, contact Kathy Fiumano at 464-5596.

“Cultural Diversity Awareness and Skill Training” is topic of program Sept. 12

“Cultural Diversity Awareness and Skill Training” is the topic of Nursing Grand Rounds, to be held Tuesday, Sept. 12, from 8:30 a.m. to 10 a.m. in the Weiskotten Hall Medical Alumni Auditorium. The Nursing Grand Rounds is the first program in a series of quarterly events which are open to all Upstate individuals. The goal of the series is to provide cultural diversity awareness and skill training across the Upstate campus and to increase employees’ skill in working with people who are different from themselves.

Contact Educational Support Services for more information, 464-5463.

John Cardella, M D and Jeff Zehel present lecture Sept. 15

John Cardella, M D and Jeff Zehel of Upstate’s Radiology Department will discuss “Budgeting/Coordination of Radiology Services in Clinical Trial Studies,” at the next “Hot Topics in Research” lecture. The lecture is scheduled for Friday, Sept. 15 in Room 5303, Weiskotten Hall. Lunch will be served at 11:45 a.m. with the lecture to follow at noon. The lecture series is presented by the CTO Education Fund of Upstate’s Clinical Trials Office (CTO). For more information, contact the CTO at 464-5476.

Light the Night Walk is Sept. 21

Be sure to participate in the Leukemia and Lymphoma Society’s 1.5 mile Light the Night Walk, to be held Thursday, Sept. 21 (rain or shine), beginning at 6:30 p.m. at Longbranch Park in Liverpool. Although there is no registration fee, a minimum donation of $25 is required to carry an illuminated balloon. Money raised at the event will fund research for leukemia, lymphoma, Hodgkin’s disease and myeloma.

Upstate Medical University serves as a co-sponsor of the event. To register or for more information contact Kathleen Paice at paicek or 464-4839.
**Doctors Without Borders volunteer Michael E. Kimerling, M.D. to deliver Weiskotten Lecture, Sept. 22**

“Doctors Without Borders” volunteer Michael E. Kimerling, M.D., M.P.H., will discuss his experiences in Cambodia and Russia at the 46th Annual Weiskotten Lecture, Friday, Sept. 22 at 4 p.m. in the Weiskotten Hall Medical Alumni Auditorium. The lecture, free and open to the public, serves as the kick-off to Upstate Medical University’s 125th Annual College of Medicine Reunion, to be held Friday and Saturday, Sept. 22 and 23. The Weiskotten Lecture has been designated as a continuing medical education activity for 1 credit hour.

The Reunion features a Specialty Brunch, to be held on Saturday, Sept. 23 at 8:30 a.m. In the atrium of the Institute for Human Performance. All alumni, faculty, former house staff, students and residents.

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**Cards for Kids**

“Cards for Kids,” a collection of holiday cards designed by and benefitting the children in University Hospital’s Center for Children’s Cancer and Blood Disorders are now available through brochure orders. This year, a new Hanukkah card as well as the Center’s “signature card” will be included in the selection. Brochures are available by calling 464-6133 (include your name and address in your phone message) or through email: trudella@upstate.edu

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**Sex & Sexuality: What’s Age Got to Do With It?**

With Dr. Ruth Westheimer

**Tuesday, Oct. 3, 2000, 7 - 9 p.m.** (Doors open at 6 p.m.)
An Evening with Dr. Ruth (Ruth Westheimer, Ed.D.)

Hotel Syracuse Radisson Plaza
Hosted by Carrie Lazarus, WIXT Channel 9 News

**Wednesday, Oct. 4, 2000, 8 a.m. - 4:50 p.m.**

Day-long Conference on Aging & Sexuality*
Hotel Syracuse Radisson Plaza

*The conference is designed for health care professionals & other interested individuals.

$ 30 An Evening with Dr. Ruth only
$100 Day-long Conference only
$125 An Evening with Dr. Ruth and Day-long Conference
(includes course materials & meals) (Students: $95; $65 conference only)

Call the Continuing Medical Education Office, 464-4606, or Health Connections, 464-8668, for more information.
in the spotlight...

SUNY Upstate Medical University

Peter Cronkight, M D, joins University Health Care Manlius

Peter Cronkight, M D, will join University Health Care Manlius as a primary care physician, beginning Sept. 1.

Cronkight joins Vincent Frechette, M D, and Karen H eitzman, M D, as primary care physicians at University Health Care Manlius.

Cronkight, who serves as clinical associate professor at SUNY Upstate Medical University, earned his medical degree from Wayne State University Medical School in Detroit. He did his residency in internal medicine at Wayne State University Affiliated Hospitals.

Dr. Camporesi elected president of Undersea and Hyperbaric Medical Society

Enrico Camporesi, M D, was installed as president of the Undersea and Hyperbaric Medical Society Inc. (UHMS) at the annual UHMS meeting in Stockholm. Camporesi is professor and chair of the Department of Anesthesiology at Upstate Medical University. He organized and established University Hospital's clinical hyperbaric facility and has extensive experience with physiological studies on work performance during deep diving (Atlantis series) and clinical experience in diving injuries.

Article published in “Veterinary and Human Toxicology”

The article “Respiratory Distress Secondary to Both Amphotericin B Deoxycholate and Lipid Complex Formulation” written by William A. Rolland 3rd, PharmD; Roy Guharoy, PharmD; Luis Ramirez, M D.; Donald Blair, M D.; Joe Medicis, PharmD; and Umar Khan, M D., of the departments of clinical pharmacology and infectious disease was published in the August 2000 edition of Veterinary & Human Toxicology.

Upstate Update is published by the Marketing and University Communications Department at SUNY Upstate Medical University. To submit news or calendar items, contact editor Doretta Royer, Rm. 205, 250 Harrison Center, 464-4836; email: royerd.

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