

# U P S T A T E update

A publication  
for the  
SUNY Upstate  
Medical University  
Community

NOVEMBER 3 THROUGH NOVEMBER 17, 2004

## Take Note



### **Healing Muse available for sale**

The Fall 2004 issue of *The Healing Muse* is available for sale through the Center for Bioethics and Humanities, 727 Irving Avenue, Suite, 406.

*The Healing Muse* is SUNY Upstate's journal of literary and visual arts that focuses on themes of medicine and healing. Priced at \$10, the journal was founded by the late Bonnie St. Andrews, PhD, Distinguished Teaching Professor of Bioethics and Humanities at SUNY Upstate. Checks should be made payable to *The Healing Muse*.

State University of New York



Upstate  
Medical  
University

## **SUNY Upstate celebrates the Great American Smokeout Nov. 18 with information display**

SUNY Upstate Medical University will celebrate the Great American Smokeout Thursday, Nov. 18, with an information campaign to increase the public's understanding of the benefits of not smoking and the hazards of smoking. The Smokeout takes on greater significance this year at SUNY Upstate since the university announced its goal to become a smoke-free campus by Aug. 1, 2005.

"We see firsthand the serious effects smoking has on one's health. But as an academic medical center, our goal is not only to treat, but to educate and inform the community—to share our expertise—on how we can all lead healthier lives," said K. Bruce Simmons, MD, medical director of Employee/Student Health.

As part of the SUNY Upstate's celebration, an informational exhibit and booth will be displayed outside University Hospital's second floor cafeteria. The booth will feature information on

smoking-related issues and on area resources that offer smoking cessation activities and programs. Healthcare experts and representatives from local agencies will be available for questions.

Representatives from SUNY Upstate's advisory Committee for a Smoke-Free Upstate will be on hand to answer questions about the initiative that was announced last summer by SUNY Upstate President Gregory L. Eastwood, MD.

"A great deal of work at this time is focused on finding the best ways to educate the campus community on the goal of becoming a smoke-free institution," said Dr. Simmons, who chairs the Committee for a Smoke-Free Upstate.

Signs posted throughout campus will ask employees, students and the public to commemorate the Great American Smokeout by voluntarily refraining from smoking anywhere on the SUNY Upstate campus Nov. 18.

## **University Hospital introduces music therapy for children**

When Betsy Weinell visits a child's bedside at University Hospital, she does not come with a clipboard, IV pole or bandage. Instead she brings her guitar, keyboard, drum and a variety of other instruments. With the hiring of Weinell, a board certified music therapist, University Hospital becomes the first hospital in Central New York to offer music therapy to pediatric patients.

"Music therapy can be used as a co-treatment with physical therapy," said Weinell. "Strumming a guitar or playing a drum may provide the motivation necessary for motor skill development and rehabilitation."

Music therapy is growing in popularity in hospitals and nursing homes as a viable therapeutic option. The American Music Therapy Association, which establishes education criteria and clinical training for music therapists, estimates that there are over 5,000 music therapists working today in healthcare settings

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# calendar

## Wednesday, Nov. 3

**Parking Registration.** University Hospital Cafeteria. 7 to 11 a.m. and 1 to 3 p.m.)

**Class.** “Basic Life Support CPR for Healthcare Providers.” Every hour on the hour. First class: 6 a.m. Last class: 9 p.m. 1328B and 1401C University Hospital.

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

**Otolaryngology Grand Rounds.** Jack Hsu, MD. 7 a.m. 6500 University Hospital.

**Orthopedic Grand Rounds.** 8 a.m. 6500 University Hospital.

**Surgery Grand Rounds.** 8 to 9 a.m. 2231 Wsk. Hall.

**Pediatric Grand Rounds.** 9:15 a.m. 6500 University Hospital.

**Health Sciences Library Tour.** Noon. Meet at New Book area. Call 464-7193 for details.

**NIH Director’s Lecture.** Gerald Reaven, MD, Stanford University. 3 to 4 p.m. 2231 Wsk. Hall.

**Neuroscience Grand Rounds.** “Guillain-Barre Syndrome: Evidence for Molecular Mimicry.” Francine Vriesendorp, MD, Upstate Medical University. 4 p.m. 6500 University Hospital.

**Spiritual Care Grand Rounds.** 4 to 5:15 p.m. 5303 Wsk. Hall.

**Burn Survivors Support Group.** 5 to 7 p.m. 6408 University Hospital.

## Thursday, Nov. 4

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

**Fall Meeting of the Society of Clinical Research Associates.** 8 a.m. to 3:15 p.m. Vassar Brothers Medical Center, Poughkeepsie.

**Medical Grand Rounds.** Steven K. Galson, MD, FDA. 8:30 a.m. Wsk. Hall, Medical Alumni Aud.

**Parking Registration.** University Hospital Cafeteria. 10 a.m. to 2 p.m.

**Urology Grand Rounds.** “Update on GU Malignancies from CALGB and American Society of Clinical Oncology Meetings.” Leslie Howard, MD, VAMC. 9 to 10 a.m. 6500 University Hospital.

**Sidelines Lecture.** “Skin Care for Your Face.” Cherie Nash, SUNY Upstate Medical University. Noon to 1 p.m. C.A.B., West Lounge.

**Psychiatry Grand Rounds.** “The Impact of Terrorism on Children and Adolescents: Terror in the Skies/Terror on Television.” Wanda P. Fremont, MD, Upstate Medical University. 12:30. PBS Bldg., 713 Harrison St.

**Mindfulness Meditation.** 3:30 to 4:15 p.m. University Hospital Chapel, first floor.

## Friday, Nov. 5

**Obstetrics/Gynecology Grand Rounds.** 7:30 a.m. Marley Education Ctr.

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

**Workshop.** “Conflict Resolution and Crisis Response Team.” 10 to 11 a.m. 1328B University Hospital.

**Seminar.** “War, Doctors, and Professional Obligations.” Kathy Faber-Langendoen, MD, Upstate Medical University. 11:45 a.m. Suite 406, Physician’s Office Bldg.

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

**Film.** “Anchorman.” PG-13 rating. 7:30 p.m. Wsk. Hall, Medical Alumni Auditorium. \$2 admission.

## Saturday, Nov. 6

**Seminar.** “Lung Cancer.” 8 a.m. to noon. HealthLink/OASIS at ShoppingTown Mall.

**Film.** See 11/5 Calendar listing.

## Monday, Nov. 8

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

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

**Multidisciplinary Breast Conference.** 4 p.m. 6500 University Hospital.

## Tuesday, Nov. 9

**Class.** “Basic Life Support CPR for Healthcare Providers.” See 11/3 Calendar listing.

**Department of Medicine Infectious Disease Conference.** 4 p.m. 118 University Hospital.

**Workshop.** “What Every Supervisor Needs to Know About Employee Absence.” 1 to 3 p.m. 205 Jacobsen Hall.

**Mindfulness Meditation.** 5:15 to 6 p.m. University Hospital Chapel, first floor.

## Wednesday, Nov. 10

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

**Otolaryngology Grand Rounds.** Amy Reynders, MD. 7 a.m. 6500 University Hospital.

**Orthopedic Grand Rounds.** 8 a.m. 6500 University Hospital.

**Surgery Grand Rounds.** 8 to 9 a.m. 2231 Wsk. Hall.

**Workshop.** “The FISH! Philosophy: Catch the Energy, Release the Potential.” 9 a.m. to noon. 115 C.A.B., A & B.

**Pediatric Grand Rounds.** 9:15 a.m. 6500 University Hospital.

**Emergency Medicine Grand Rounds.** “Trauma in Pregnancy.” Robert K. Silverman, MD, Upstate Medical University. 11 a.m. to noon. 2231 Wsk. Hall.

**Seminar.** “Cutting Edge Imaging Modalities in Breast Disease—2004.” David Feiglin, MD, Upstate Medical University. 11:45 a.m. to 1 p.m. IHP, Classrooms A, B, and C. R.S.V.P. to 464-5476 or carrolla@upstate.edu.

**Health Sciences Library Tour.** See 11/3 Calendar listing.

**NIH Director’s Lecture.** Linda Waite, PhD, University of Chicago. 3 to 4 p.m. 318 Wsk. Hall.

**Train the Trainer Workshop.** “End-of-Life Care.” 3 to 7 p.m. 9299 Wsk. Hall.

**Neuroscience Grand Rounds.** “Innate Antiviral Responses in the CNS.” Paul Massa, PhD, Upstate Medical University. 4 p.m. 6500 University Hospital.

**Film.** “Before Sunrise.” Rated “R.” 7:30 p.m. Wsk. Hall, Medical Alumni Aud. \$2 admission.

## Thursday, Nov. 11

**Urology Grand Rounds.** “Pediatric Hematuria.” James Listman, MD, Upstate Medical University. 9 to 10 a.m. 6500 University Hospital.

**Psychiatry Grand Rounds.** “Psychiatric Diagnosis in Persons with Intellectual Disabilities.” Andrew Levitas, MD, New Jersey School of Medicine. 12:30 to 2 p.m. PBS Bldg., 713 Harrison St.

**Mindfulness Meditation.** See 11/4 Calendar listing.

## Friday, Nov. 12

**Obstetrics/Gynecology Grand Rounds.** 7:30 a.m. Marley Education Ctr.

**CPR Classes.** 8:30 to 10:30 a.m. and 1:30 to 3:30 p.m. UHCC, fourth floor Community Rm. Call 464-2174 to register.

**Workshop.** "Customer Service – Priceless." 9 a.m. to noon. 1328B University Hospital.

**Workshop.** "Computer Skills for PSLs." Noon to 1 p.m. 1541 University Hospital.

**Workshop.** "MEDLINE on the Web." Noon to 1 pm. Health Sciences Library, meet at Reference Desk. Call 464-4581 to register.

**November Comedy hour with mentalist Craig Karges.** Happy Hour: 5:30 p.m. Performance: 6:15 p.m. C.A.B., lobby.

## Sunday, Nov. 14

**Memorial Service in memory of deceased patients.** 3 p.m. Interfaith Chapel, University Hospital, first floor.

## Monday, Nov. 15

**Class.** "Basic Life Support CPR for Healthcare Providers." See 11/3 Calendar listing.

**Workshop.** "The Leader Within: Emotional Intelligence/Assessment." 9:30 to 11 a.m. C.A.B., East Lounge.

**Workshop.** "Using Performance Improvement Tools When Working With Ideas." 1 to 2:30 p.m. 205 Jacobsen Hall.

**AA Open Meeting.** See 11/8 Calendar listing.

## Tuesday, Nov. 16

**Workshop.** "Train the Trainer." 8:30 a.m. to 4:30 p.m. C.A.B., East Lounge.

**Workshop.** "A Guide to Obtaining Great Employees." 9 to 11 a.m. 205 Jacobsen Hall.

**Community Giving Campaign Thank You Celebration for Department Representatives.** 2:30 to 4 p.m. Wsk. Hall, 9th floor cafeteria.

**Department of Medicine Infectious Disease Conference.** 4 p.m. 118 University Hospital.

**Mindfulness Meditation.** 5:15 to 6 p.m. University Hospital Chapel, first floor.

## Wednesday, Nov. 17

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

**Otolaryngology Grand Rounds.** Burke Chegar, MD. 7 a.m. 6500 University Hospital.

**Orthopedic Grand Rounds.** 8 a.m. 6500 University Hospital.

**Surgery Grand Rounds.** 8 to 9 a.m. 2231 Wsk. Hall.

**Workshop.** "Train the Trainer" See 11/16 Calendar listing.

**Pediatric Grand Rounds.** 9:15 a.m. 6500 University Hospital.

**Health Sciences Library Tour.** See 11/3 Calendar listing.

**Neuroscience Grand Rounds.** "Normal Pressure Hydrocephalus." Charles Hodge, MD, Jennifer Jennings, MD, Upstate Medical University. 4 p.m. 6500 University Hospital.

**Forum.** "A Community Call to Action: Obesity in Onondaga County." 4 to 5:30 p.m. Oncenter.

**Film.** "Before Sunset." Rated "R." 7:30 p.m. Wsk. Hall, Medical Alumni Aud. \$2 admission.

## SUNY Upstate Medical University Art Gallery Health Sciences Library



**Nov. 1 through Dec. 3**

*Featured artist:*  
**Joan Applebaum**

*Free and open to the public*

Applebaum has taught in the Kids in Art program at SUNY Upstate and at other area institutions. Many of the Applebaum's works on display at the Health Sciences Gallery have also appeared in *The Healing Muse*, SUNY Upstate's journal of literary and visual arts.

## Thursday, Nov. 18

**Great American Smokeout Informational Display.** University Hospital, second floor cafeteria.

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

**Medical Grand Rounds.** Sastry Prayaga, MD, Upstate Medical University. 8:30 a.m. Wsk. Hall, Medical Alumni Aud.

**NPA Medical Alliance Grand Rounds (organization of nurse practitioners and physician assistants.)** "The Vascular History and Physical Exam." Dr. Vivian Gahtan, Upstate Medical University. Noon. 6500 University Hospital.

**Psychiatry Meeting** (full-time psychiatry faculty and members of the PPG). Noon to 2 p.m. PBS Bldg., 713 Harrison St.

**Sidelines Lecture.** "Building for the Future." Dick O'Shea, Upstate Medical University. Noon. C.A.B., East Lounge.

**Mindfulness Meditation.** See 11/4 Calendar listing.

**12th Annual Clinical Campus Research Poster Session.** "Collaboration for Health." 5:30 to 7:30 p.m. Binghamton Psychiatric Center, 425 Robinson St., Binghamton.

## Friday, Nov. 19

**New York City Holiday Excursion (Nov. 19 through 21).** Sponsored by C.A.B.

**Obstetrics/Gynecology Grand Rounds.** 7:30 a.m. Marley Education Ctr.

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

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

## Sunday, Nov. 21

Jingle Bells Run for Arthritis. Registration: 11 a.m. to 1 p.m. Onondaga Lake Park.



**Music Therapy** continued from page 1

and schools across the country. More than entertainers, music therapists are trained in assessing, creating and delivering music therapy as part of a patient's treatment plan.

Weinell's visit with a patient usually takes place at the child's bedside. During a recent session she calmed an anxious child by using music to transport the child to the beach by playing soothing chords on her guitar to mimic the sounds of the surf. Another visit, resembled a jazz session with a patient exercising an injured arm by beating a drum and strumming a guitar or playing a keyboard.

Oftentimes the therapy session will be more like a sing-a-long, which is especially beneficial for children with respiratory ailments. "Singing is a wonderful way to provide deep-breathing therapy for children," said Weinell.

Following a therapy session, Weinell compiles a detailed report outlining the session and how the patient may have benefitted from the visit. The report then becomes part of the patient's medical record. The paperwork also includes a follow-up survey for parents and patient to fill out.

Currently, Weinell is at University Hospital every Tuesday. Her position is funded by the Starlight Foundation. The CNY Children's Miracle Network and the Advocates for SUNY Upstate Medical University provided funding for Weinell's instruments, music cart and compact discs.

"We're hoping to be able to expand the program in the coming year," said Nellis. "We'd like music therapy to be part of the Central New York Children's Hospital."

**Smoke Free** continued from page 1

The idea for the Great American Smokeout came from a Massachusetts resident who asked people to give up smoking for a day in 1971 and donate the money they would have spent on tobacco to a local high school. On Nov. 18, 1976, the California Division of the

American Cancer Society successfully prompted nearly one million smokers to quit for the day. That California event marked the first Smokeout, and the Society took it nationwide in 1977.

(See related article on page 7.)

## CCM announces Spring 2005 courses

The Consortium for Culture and Medicine (CCM) announces its Spring 2005 courses to be held from Jan. 18 through May 5.

- Global Health and Ethics, Tuesdays from 4 to 7 p.m. in 3111 Weiskotten Hall, will be taught by James Dwyer, PhD, of SUNY Upstate Medical University. This course examines the ethical issues in global and international health.

- Bioethics and the Law, Wednesdays from 4:30 to 7:30 p.m. in 101 Syracuse University College of Law, will be taught by Kathy Faber-Langendoen, MD, of SUNY Upstate and Leslie Bender, JD, LLM, of Syracuse University. This seminar-like course is open to medical, graduate nursing and law students.

- Ethics and the Health Professions, Wednesdays from 6:45 to 9:45 p.m. in 3109 Weiskotten Hall, will be taught by Ernest Wallwork, PhD, of Syracuse University. The course examines the

use of ethical theories and standards by health care professionals.

- Culture and Mental Disorder, Thursdays from 6:30 to 9:30 p.m. in 3111 Weiskotten Hall, will be taught by John Townsend, PhD, of Syracuse University. The course will analyze health, illness, and healing from ecological and cross-cultural perspectives.

CCM is a cooperative program of SUNY Upstate Medical University, Syracuse University and LeMoyne College. Courses are open to upper-division undergraduate students, graduate students, medical students and faculty from the cooperating institutions. Students from SUNY Upstate's colleges of Health Professions and Medicine may register in 203 Campus Activities Building. College of Nursing students may register at 545 Cedar Street.

For more information, contact Peg Braungart at 464-8454 or Lois Dorschel at 464-5404.

## Deadline extended for Employee Volunteer Survey

SUNY Upstate's Council for Employee Volunteerism is extending the deadline for its Employee Volunteer Survey to Nov. 10. The survey asks employees to list their volunteer participation in outside community organizations. The Council will use the findings to generate an annual community impact report that will illustrate achievements in all areas of volunteerism and identify a SUNY Upstate-wide community project based on employee interest and the community need.

For more information about the survey or for additional copies, call Committee Chair Zanette Howe at 464-4263.



## Diversity initiatives update

*The subcommittee of the President's 6th Diversity Forum and Upstate Update will publish a series of articles that summarize each of the four concurrent workshops and the plenary speaker's address featured during the Sept. 14 Diversity Forum. The series begins with a summary of Workshop 1.*

### Workshop 1: New Skills for the Workplace: The impact of culture on our interactions in the workplace.

Melanie Littlejohn, human resources consultant for Niagara Mohawk, led this workshop that focused on skills needed in the workplace to successfully interact with co-workers who differ in culture, ethnicity, lifestyle, religion, sex, age, and abilities and beliefs. This workshop targeted indirect patient support staff, supervisors, and managers.



Melanie Littlejohn

The objectives of the workshop were to create an opportunity for participants to define their own cultural values by examining the impact of culture on our daily interactions with co-workers; and to identify ways to work productively against perceived barriers and cultural differences. These objectives were accomplished through several interactive scenarios and by the completion of a diversity assessment and questionnaire.

Participants thought the diversity self assessment/questionnaire was very helpful and responses included recognition of the necessity of learning more about different cultures, self-awareness about biases, and the realization that when we are not aware of differences, problems that negatively impacts the work environment and productivity occur in the workplace. Additionally, participants learned about tools needed to change, how to manage diversity on a daily basis, and being aware of cultural confusion, often the result of stereotyping.

To enhance our ability to effectively interact with others at work, Littlejohn suggested a behavioral approach that incorporates two simple rules we should practice at work:

- Golden Rule: Do unto others as you would have them do unto you.
- Platinum Rule: Do unto others as they would like you to do unto them.

The Golden and Platinum rules are attainable through respect, trust and value. When properly practiced, acceptance and healthy relationships emerge which leads to friendship, trust, teamwork, and a sense of personal safety.

Final thoughts from Littlejohn and workshop participants include:

- Be more aware of what's going on around you. It is not just politically correct to do so; most importantly, it is about understanding, courtesy, and respect.
- Address new skills as the dynamics of change for our organization and community. Life is much more fulfilling when we make and accept changes.
- Step out of our comfort zones to learn about others. It will make our work environment and life richer.
- Get "in touch" with the child inside of you. Don't be afraid to ask questions.
- When diversity is enhanced, we grow financially.
- We should change from being exclusive to inclusive, bringing everybody to the same table.
- Think about how to create the right environment within our workplace. One in which all people can thrive and prosper. One suggestion is to keep our minds and hearts open and practice learning and accepting the richness that other cultures and differences can offer us.

Call 464-4392 with comments related to this workshop as well as any diversity concerns.

To view evaluations and comments from this workshop, visit [www.upstate.edu/affirmativeaction](http://www.upstate.edu/affirmativeaction).

## Be a part of the Community Giving Campaign!

Upstate  
employees...



MIKE  
GARVER  
SUPPORTS  
THE YMCA



MAXINE THOMPSON  
SUPPORTS THE DUNBAR  
ASSOCIATION



...committed to  
supporting our  
community!

## Book offers spiritual help for parents of hospitalized children; seeks stories

A book offering practical and spiritual help for parents with hospitalized children—written by parents of hospitalized children—will be published next year by the Pediatric Spiritual Care Advisory Council of SUNY Upstate Medical University and University Hospital.

The book, to be called a “A Second Set of Hands: Practical and Spiritual Help for Parents With Hospitalized Children,” will serve as an inspirational resource and practical guide for families who navigate the stormy waters of their child’s medical needs, said the book’s coordinating editor, the Rev. Wesley Fleming, a member Pediatric Spiritual Care Advisory Council and pastor of Eastside Vineyard Church in DeWitt.

“We hope this book will help these parents cope with the feelings of helplessness, fear and anxiety they may have when their children are seriously ill, in need of hospitalization or a medical procedure,” Fleming said.

The book takes its title from a story told by Lou Farchione, MD, a member of the Pediatric Spiritual Care Advisory Council and a retired Syracuse pediatrician who

described his approach to patient care as involving both his hands and “a second set of hands” from God. The book will include stories from parents about how their spiritual life helped them through their ordeal. Sidebars and footnotes will provide helpful tips and resources for managing stress, maintaining healthy family relationships, and balancing career and financial concerns—challenges that are unique to parents with children who have medical needs.

Fleming is seeking additional inspirational stories from parents or families to be included in the book. For information on how to submit stories contact Rev. Terry Culbertson, Spiritual Care Manager, SUNY Upstate Medical University, 750 East Adams Street, Syracuse, NY 13210, or e-mail to [culbertt@upstate.edu](mailto:culbertt@upstate.edu).

The Pediatric Spiritual Care Advisory Council of SUNY Upstate and University Hospital Council works directly with University Hospital’s Pediatric Chaplain Rev. Louise Shepard in strengthening spiritual care to hospitalized children and their families.

# A Community’s Call to Action: **Obesity** in Onondaga County

You are invited to join us for a discussion about how to mobilize our community’s resources in the fight against obesity.

**Wednesday, November 17, 2004**  
**4 to 5:30 p.m.**  
**Convention Center at OnCenter**

Refreshments • RSVP by Friday, November 12  
 Call Health Connections at 464-8668

**PARTICIPANTS:**

- **SCHOOLS**
- **HIGHER EDUCATION CENTERS**
- **FAITH-BASED ORGANIZATIONS**
- **COMMUNITY ORGANIZATIONS**
- **HEALTH CARE PROVIDERS**
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## Advisory committee established to help support goal of smoke-free campus

SUNY Upstate Medical University President Gregory L. Eastwood, MD, has established the advisory Committee for a Smoke-free Upstate to provide recommendations for programming designed to meet the goal of creating a smoke-free campus by Aug. 1, 2005.

The committee is chaired by K. Bruce Simmons, MD, medical director of Employee/Student Health.

Members are Robert Fluck, a registered respiratory therapist and associate professor in the Department of Respiratory Therapy Education; Eric Frost, benefits manager in the human resources department; George Gaebler, director of respiratory care; Darryl Geddes, director of public and media relations; Jim Holsapple, MD, professor of neurosurgery; Shelley White, director of patient access services, Eric Luft, PhD, curator of historical collections; Barbara Riggall, director of organizational training and development; Dana Savici, MD, associate professor of medicine; Frank Tees, director of public safety; Kris Waldron, medicine service line administrator; Ronald R. Young, vice president for public and governmental affairs; and Mary Ellen Keeney, associate vice president for human resources.

In an open letter to the SUNY Upstate community, Dr. Eastwood announced the goal of creating a smoke-free campus as a means of achieving "a healthier environment for the well-being of everyone here at Upstate Medical University."

In its early work, the committee has reviewed policies and programs from universities and medical centers

that achieved the goal of becoming a smoke-free campus.

"We are fortunate that others have gone before us in this endeavor and that we are able to learn from their experiences," said Dr.

Simmons. "We have interviewed individuals at the various campuses and reviewed some of the programming to see what has been most successful in achieving the goal of a smoke-free campus."

Some institutions that have shared information with SUNY Upstate include St. Mary's Mercy Medical Center in Grand Rapids, Mich., (all three hospitals in Grand Rapids have smoke-free campuses), University of Michigan Health System and University of Arkansas.

"In addition to significant educational programming, these institutions also offer their employees various smoking cessation programs," Simmons said. "We are looking at all the options to see what would work best for our campus and employees."

Meetings are currently under way with the various unions to negotiate concerning this subject.

The committee is also developing an educational video and special website that would provide information on the smoke-free initiative.

Simmons said the entire campus community, including patients and visitors, would benefit from a smoke-free campus. "The goal of creating a smoke-free campus will be to clear the air to create a more healthful environment for all," he said.

Dr. Eastwood has said that the goal of a smoke-free campus fits squarely within the mission of SUNY Upstate, which is dedicated to preventing disease and improving health.



## SUNY Upstate thanks its Community Giving Campaign representatives



*Community Giving Campaign campaign representatives*

*One hundred and fifty department representatives and their supervisors attended SUNY Upstate's Community Giving Campaign kickoff breakfast, held Sept. 23 in the atrium of the Institute of Human Performance. The program included a welcome by committee member and department representative Sharon Putney and remarks by SUNY Upstate President Gregory L. Eastwood, MD, and Sister Kathleen Osbelt from Francis House. The program was followed by a training session for department representatives.*



LECTURES, SEMINARS, WORKSHOPS & CONFERENCES

- **Nov. 3, 9, 15. Every hour on the hour. First class: 6 a.m. Last class: 9 p.m. 1328B and 1401C University Hospital Workshop.** “Basic Life Support CPR for Healthcare Providers.” Required annually for licensed nursing staff and clinical technicians. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).
- **Nov. 4. Noon to 1 p.m. C.A.B., West Lounge. Lecture.** “Skin Care for Your Face.” Cherie Nash of SUNY Upstate discusses skin care tips that help balance and restore moisture to the skin and tools for the maintenance and healing of skin tissue. Part of the Sidelines “brown bag” lunch program. Register at [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training) or call 464-5463.
- **Nov. 4. Vasser Brothers Medical Center, Poughkeepsie, NY. Fall Meeting of the New York State Society of Clinical Research Associates (SoCRA).** Workshops are: “So You Want to be a Clinical Research Coordinator,” led by Martha Nelson, RNMS of the United Health Services Hospitals (8 a.m. to noon) and “Responsibilities in Clinical Trials: Who’s in Charge Anyway?” led by L. Glenn Massimilla, PharmD, and investigator for the Bioresearch Monitoring Team, FDA, New York District Office (1:15 to 3:10 p.m.). The Chapter meeting will be held 12:45 to 1:15 p.m. E-mail [durdonk@upstate.edu](mailto:durdonk@upstate.edu) for more information.
- **Nov. 5. 10 to 11 a.m. 1328B University Hospital. Workshop.** “Conflict Resolution and Crisis Response Team.” Assists new supervisors and managers with resolving conflicts while nurturing the growth and development of staff in a highly structured and hierarchal environment. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).
- **Nov. 6. 8 a.m. to noon. HealthLink/OASIS at ShoppingTown Mall. Seminar.** “Lung Cancer.” Includes discussion of treatment options by SUNY Upstate experts Leslie Kohman, MD, and Stephen Graziano, MD, and remarks by representatives of the American Cancer Society, Hospice of CNY and a lung cancer survivor. Call 464-8668 to register. Seating is limited.
- **Nov. 9. 1 to 3 p.m. 205 Jacobsen Hall. Workshop.** “What Every Supervisor Needs to Know About Employee Absence.” Addresses policy, contractual and legal constraints, as well as time and attendance counseling/discipline. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).
- **Nov. 10. 9 a.m. to noon. C.A.B. 115 A & B. Workshop.** “The FISH! Philosophy: Catch the Energy: Release the Potential.” If you’re looking to bring back passion, playfulness, commitment and a positive attitude to work every day, this is the program for you. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).
- **Nov. 10, Dec. 8 and Jan. 12. 3 to 7 p.m. 9299 Wsk. Hall Addition. Train the Trainer Workshop.** “End of Life Care: Critical Aspects.” Covers the skills needed to offer support for end-of-life patients and their families. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).
- **Nov. 10. Lunch: 11:45 a.m. Lecture: Noon to 1 p.m. IHP, Classrooms A, B & C. Lecture.** David H. Feiglin, MD, of Upstate Medical University, will discuss cutting-edge imaging modalities in breast disease at the Clinical Trials Office’s “Hot Topics in Research” lecture. R.S.V.P. to Anita Carroll at 464-5476 or [carrolla@upstate.edu](mailto:carrolla@upstate.edu).
- **Nov. 12. Noon to 1 p.m. 1541 University Hospital. Workshop.** “Computer Skills for PSLs.” Learn GroupWise, Microsoft Word and Internet skills. Evening classes can be arranged by calling 464-6124. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).
- **Nov. 12. 9 a.m. to noon. 1328B University Hospital. Workshop.** “Customer Service - Priceless.” Trainer Holly Haines McCurdy of SUNY Upstate offers customer service models, theories and techniques. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).
- **Nov. 15 (9:30 to 11 a.m.); Nov. 22 (Noon to 3 p.m.); Nov. 29 (Noon to 3 p.m.) C.A.B., East Lounge. Workshop.** “The Leader Within.” Covers emotional intelligence/assessment and managing across generations. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).
- **Nov. 15. 1 to 2:30 p.m. 205 Jacobsen Hall. Workshop.** “Using Performance Improvement Tools When Working with Ideas.” Offers better understanding of various tools to use when looking at performance improvement initiatives. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).
- **Nov. 16 and 17. 8:30 a.m. to 4:30 p.m. C.A.B., East Lounge. Workshop.** “Train the Trainer.” Explore adult learning theory, the roles of good trainers, curriculum design and delivery and dealing with challenging participants. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).
- **Nov. 16. 9 to 11 a.m. 205 Jacobsen Hall. Workshop.** “A Guide to Obtaining Great Employees.” Participants work on reviewing a résumé for an open position. Participants will screen the résumé, prepare for the interview, identify strategies for developing



## LECTURES, SEMINARS, WORKSHOPS &amp; CONFERENCES

questions that will elicit screening for emotional intelligence, practice asking the right questions and review how to conduct reference checks. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).

- **Nov. 18. Noon to 1 p.m. C.A.B., West Lounge. Lecture.** “Building for the Future at Upstate.” Dick O’Shea of

SUNY Upstate discusses the construction and plans for SUNY Upstate’s vertical expansion, new garage, lobby, pharmacy, academic building and other projects. Part of the Sidelines “brown bag” lunch program. Register at [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training) or call 464-5463.

- **Nov. 23. 7:30 to 8:30 a.m. and 3:30 to 4:30 p.m. 1328B University Hospital. Workshop.** “Ethics Forum: Problems with DNR Orders.” Discussion of problems with obtaining and following Do Not Resuscitate orders. To register, visit [www.upstate.edu/hr/training](http://www.upstate.edu/hr/training).

## EVENTS

## SUNY Upstate employees “light the night”



*SUNY Upstate Light the Night Walk participants*

More than 250 members of the SUNY Upstate community raised over \$16,500 by participating in the **Light the Night Walk** to benefit the Leukemia and Lymphoma Society Oct. 7 in Clinton Square. SUNY Upstate’s teams included 22 team captains with teams ranging from three to 37 participants. The largest team was the combined Oncology Services Team made up of the Regional Oncology Center, Oncology Nursing and Radiation Oncology. Special thanks to Tina Evans, Loretta Linehan and Colette Zerrillo. Rita Holbrook’s team, (Department of Medicine), with 35 participants raised the most money at \$4,468. Special thanks are extended to the team, SUNY Upstate President Gregory Eastwood, MD, and to Sheila Lemke, MD, for their support of the Light the Night kick-off breakfast and for their continued support for this event, and to all SUNY Upstate individuals who participated in the event.

- **Nov. 12. Happy Hour: 5:30 p.m. Performance: 6:15 p.m. C.A.B., lobby. November Comedy Hour** with mentalist Craig Karges Display of illusion, the paranormal and extraordinary phenomena using total audience participation. Food and beverage available for purchase. Open to Upstate community, their families and friends. Inappropriate for children under 18 years. \$3 admission. Call 464-5618 for more information.
- **Nov. 14. 3 p.m. Interfaith Chapel, University Hospital, first floor. Memorial Service** in memory of University Hospital patients who died this past year, presented by Spiritual Care Services. Patient family members and loved ones and SUNY Upstate staff are invited. A reception will be held following the service. Call 464-4687 for more information.

## Children's Hospital fundraisers

- The CNY Children's Hospital at University Hospital has been selected by the Clay Barnes & Noble store as its holiday book drive charity. To participate, individuals may visit the Clay store anytime between Nov. 22 and Dec. 23 to purchase a book and sign a gift card for a University Hospital pediatric patient. The Clay Barnes and Noble store, located at 3956 Route 31, is open 9 a.m. to 11 p.m. Monday through Saturday and 9 a.m. to 9 p.m. on Sundays. The telephone number is 622-0370.
- The Inpatient Medicine Services Retention and Recognition Committee is selling holiday cookbooks, featuring over 150 recipes, to benefit The Central New York Children's Hospital. The cookbooks are \$15 each or two for \$20; gift wrapping is available. Cookbooks will be delivered the week of Dec. 17.  
Order forms are available on 6A (464-6556) and 7U (464-7400). For information, call Sheila Ruff at 464-9115.

- Purchase a 2005 Men of Pathology calendar to benefit the CNY Children's Hospital at University Hospital. The calendar, a project of SUNY Upstate's National Medical Laboratory Week Committee, features caricatures of SUNY Upstate male laboratory personnel as they work on their hobbies or other outside interests. The caricatures were drawn by Dan Dippel of SUNY Upstate's Duplicating and Printing Services. Dippel also illustrated the children's hospital logo featuring three children in dress-up clothes. The calendar is \$8 with all proceeds benefiting the children's hospital.



Last Spring, the committee raised \$150 for the children's hospital through the sale of Krispy Kreme donuts. The sale was held during National Medical Laboratory Week in April.

To purchase a calendar, call Mike Lowe at 464-6731 (daytime) or Heather Persin at 464-6701 (evening).

# 2004 gala

**Upstate Medical University Foundation**

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friday, december 3, 2004

8 pm to midnight • convention center at oncenter  
patron party for special guests from 6:30 to 8 pm

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

proceeds will benefit

the central new york  
**Children's Hospital**  
at university hospital

## Save the Date!

## APPOINTMENTS &amp; RECOGNITIONS



Ann Sedore, PhD, RN

- **Ann Sedore, PhD, RN**, chief operating and nursing officer for University Hospital, has been elected to a three-year term to the Visiting Nurse Association (VNA) of Central New York, Inc. The VNA provides professional health care to the home and teaches families how to care for their loved ones.
- A book authored by **Stephen V. Faraone, PhD**, Child and Adolescent Psychiatry Research, Department of Psychiatry, received the *American Journal of Nursing (AJN)* “Book of the Year” award in the category of Consumer Health Publications. Faraone’s book is titled “*Straight Talk About Your Child’s Mental Health: What to Do When Something Seems Wrong.*” The AJN Book of the Year award recognizes excellence in nursing publishing.
- **Michael (Mike) Allain, RN**, has been named the patient service manager for the Neuroscience Step-Down Unit-7C, replacing Ann Delaney who has accepted a nurse practitioner position with the Neuroscience Service Line. Allain’s phone number is 464-9312.

## FACULTY ROUNDS



Allen Silverstone, PhD

- **Donald Blair, MD**, Infectious Diseases; **Fred Rose, MD**, Infectious Diseases; and **Roy Guharoy, PharmD**, Pharmacy Services, presented three papers at the 33rd annual meeting of the American College of Clinical Pharmacology. Also, the article, “Amiodarone Potentially Harmful to Many Body Systems” by Dr. Guharoy appeared in the August issue of *Today in Cardiology*.
- **Allen Silverstone, PhD**, Microbiology and Immunology, has been appointed a member of the Steering Committee of the three-year, \$3.2 million PCB Health Study in Anniston, Ala., where most of the PCBs used in the United States were made from 1929 to 1973. The project is funded by the Agency for Toxic Substances and Disease Registry, a unit of the Center for Disease Control. It is being conducted by a consortium of experts from Alabama and Georgia, as well as SUNY campuses at Buffalo, Albany, and Roswell Park. In addition, Dr. Silverstone, who is also a member of the Science Advisory Committee of a major NCI/EU community PCB study in the Slovak Republic, has been appointed to the U.S. National Academy of Science/National Research Council “Provisional Committee on the Review of EPA’s Assessment of the Health Implications of Exposure to Dioxins.”

## IN THE NEWS

- University Hospital nurses **Roxanne Hughes** and **Amy Piontkowski** were featured on WIXT News in an interview regarding the flu vaccine shortage. **Roy Guharoy, PharmD**, Pharmacy Services, was interviewed by WSYR on the same subject.
- **Howard Simon, MD**, Surgery, was quoted in a *Post-Standard* article about the benefits of bariatric surgery.
- **John McCabe, MD**, Emergency Medicine, was quoted in a *Post-Standard* article about the implementation of the Sexual Assault Nurse Examiner program in the University Hospital Emergency Department.
- Provost **Ken Barker, PHD**, was the lead expert on a story in *In Good Health* on the merits and issues surrounding stem cell research.
- **Gregory L. Eastwood, MD**, SUNY Upstate President, was the subject of a two-part series in *In Good Health* titled “A Conversation with Upstate Medical University President.”
- **Max Mozell, PHD**, dean of the College of Graduate Studies, was quoted in a *Post-Standard* article regarding the Nobel Prize in Medicine honoring olfactory research.
- **Rev. Louise Shepard**, Spiritual Care Services, was interviewed on WCNY’s “Women’s Voices” program about pediatric spiritual care and the CNY Children’s Hospital.



## Construction Update

Construction of a new 4A Infant Formula Mixing Room is scheduled for completion by the end of October. The room allows for the preparation of commercial infant formula on-site and consists of a preparation room and an anteroom. The preparation room includes a laminar flow hood, stainless steel counter and a hands-free washing sink. The anteroom is supplied with an under-counter commercial grade dishwasher, a standard refrigerator equipped with an alarm to indicate loss of power, a hand-washing sink, disposable gown storage and telephone. Alcohol gel dispensers are provided for additional hand sanitizing. Nurse call will also be supplied to the area.

## Share your magazine with others

Share your magazines with others by bringing them to the Volunteer Express office for distribution to waiting rooms. The Volunteer Express Office, located in 1500 University Hospital, is open from 9 a.m. to 3 p.m., Monday through Friday.

## On the Move

The Clinical Trials and Sponsored Programs Office of SUNY Upstate's Research Administration has relocated to 1212 Weiskotten Hall. The telephone (464-5476) and fax numbers (464-5386) remain the same.

## 2005 Dine-a-Mate books for sale

The Nursing Honor Society, Omicron Alpha Chapter of Sigma Theta Tau International is selling 2005 Dine-A-Mate books for \$25. Checks should be made payable to Omicron Alpha. To place an order, contact Nancy Lyon (lyonn@upstate.edu) at 464-4277.



CARDS FOR  
**Kids**

## We're ready to take your order!

To get everyone in the holiday spirit, we're taking orders for our 2004 holiday cards. We hope you enjoy our cheery holiday selection created by pediatric cancer patients, their families and friends to benefit the Center for Children's Cancer and Blood Disorders.

To place your order, download our brochure and mail in your order form from our web site [www.upstate.edu/events](http://www.upstate.edu/events)

or you can contact Mandy Trudell, 464-6133 or e-mail [trudella@upstate.edu](mailto:trudella@upstate.edu) to have a brochure mailed to you.

**Thank you for your continued support.**  
Have a healthy and happy holiday season!

Note: Contact the Human Resources Department for address corrections.

## Upstate Update Production Schedule

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