

DECEMBER 20, 2006

*News from all around
our health care system*



**WISHING YOU AND YOURS
THE SEASON'S BEST!**

**Get a taste of the new
Harrison Street Cafe**

Effective Tuesday, Jan. 2, 2007, the Harrison Street Cafe at Wilson will be expanding its hours of operation. The cafe will be open Monday through Friday, from 7:30 a.m. to 6 p.m. This will accommodate patients' family members and other visitors who come to the hospital after work, as well as night-shift staff on their way home. On weekends, the cafe will be open from 9 a.m. to 3:30 p.m. The cafe is located just off the Harrison Street Lobby at Wilson.

**Lots of food coming in
during Hospitals drive**

Reports from the field indicate that the Department of Food & Nutrition's holiday food drive at United Health Services Hospitals is exceeding last year's total. Watch *Together* for updates on the amount of food collected to help feed the hungry in the community. The drive has become an event that brings in much-needed food supplies for local food pantries, said Tom LaSarlo, Food & Nutrition, Wilson. "The holiday season puts a strain on local food pantries," he said. "It becomes even more important, in support of the Campaign for Excellence Community Pillar, to help spread holiday cheer to those less fortunate." This year there's a challenge associated with the drive. Ed and Betsy Pietriyk challenged Hospitals staff members and others who donate to the annual drive to give more than ever.

**Employees donate time and dollars to create
'Room to Heal' for young cancer patient**

One day in April, Joe Cerra walked into his office and found a newspaper clipping on his desk. Little did he know the effect that single piece of paper would have on his life, the lives of his employees and the lives of the members of a family in Maine, N.Y.

Joe, President and Chief Executive Officer of Professional Home Care and Twin Tier Home Health, was looking at an article that Heather Sanderhoff, an infusion account specialist at PHC, had clipped from *The Press & Sun-Bulletin* about a project a local group called "A Room to Heal" had

completed for a child. A Room to Heal Inc., is volunteer-operated organization dedicated to creating healing environments in the homes of Broome County children who have been affected by serious medical conditions.

"Heather thought this would be a good community service project for the staff at PHC and Twin Tier," Joe said. Employees of the home health care agencies support a wide variety of charities. After reading the article, Joe agreed with Heather that they should investigate getting involved with the organization.

Following a meeting with the leaders of A Room to Heal, Laurie Abess and Linda Salomons, Joe and several members of his staff began raising money for a project. "We received some donations from our vendors, but the lion's share of the money was raised by our staff," Joe said. "We held bake sales, a car wash and special lunches, and had a casual day every Wednesday where employees could dress down for a \$1 donation."

The goal to raise \$3,000 was achieved by October. "About that time, we learned about a local boy who had recently had brain surgery in Boston to remove a tumor," Joe said. "We found out that his family could use some help, as the expenses and stress of the situation were mounting." Luke Zuber, 13, is in the eighth grade at Maine-Endwell Middle School. Joe met with Luke and his mother, Kristy, and younger brother, Jake. The family told Joe about their vision of creating a game room where Luke and Jake could play with their friends. Since they had space in their oversized garage to create such a room, the project was born.

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Photo above: Luke Zuber of Maine and Laurie Abess of the Room to Heal organization look over the game room created for Luke by staff from Professional Home Care and Twin Tier Home Health.



**Hospitals to provide defibrillators
at public locations in region**

As part of its health and wellness mission, United Health Services Hospitals is launching a program to provide automated external defibrillators to five locations in Greater Binghamton that are used for public gatherings. Once selected, each site will receive a defibrillator, and staff at the location will receive training in its use. The Hospitals also will offer ongoing support for the defibrillator, also known as an AED.

An AED is a lifesaving device that allows nearly anyone to administer a shock to a person's heart in the first few minutes following sudden cardiac arrest. Studies have shown that intervention with an AED can greatly increase a heart attack victim's chance of survival. "The addition of an AED at each of these locations will allow lay people to begin administering measures before emergency personnel arrive on the

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'Room to Heal'

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It took assistance from many people to complete the project. Joe noted that local contractors, such as Lew Grubham, Dave Germick, Young Electric and Baker's Plumbing & Heating, donated their time to perform the major construction, while the staff at PHC and Twin Tier donated countless hours during their evenings and weekends to do the finish work on the walls, as well as paint, clean and decorate.

The completed video room includes a game table, an Xbox 360, a DVD player and a table for playing board games and working on school projects. There are comfortable chairs and a couch for "hanging with friends."

Funds raised for the project were used to purchase building materials, furnishings and special games. In addition, the team received donations and discounts from local organizations, such as Warehouse Carpet Outlet, Olum's Furniture, Sleep World, Al & Sherry's Sports Shop, Toys R Us and Boscov's.

The team intended to "reveal" the room to Luke and his family on Dec. 14. However, Luke had to return to Boston that day to visit his doctors, so the team quickly put the finishing touches on the room and revealed it a day early. Joe reported that the family was very pleased with the video room and Luke had the opportunity to spend time playing and relaxing in the new space before he traveled to Boston.

"This room is going to be a great place for Luke to relax, unwind and have fun with his friends," Joe said.

Founded about a year ago, A Room to Heal has created healing environments for five children in four homes. "We had a wonderful experience working with PHC and Twin Tier," said co-founder Linda Salomons. "They were professional and caring, and really made a wonderful game room for Luke and his brother, she said. "We hope they will continue to partner with us in the future."

Defibrillators donated

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scene," said Matt Salanger, President and Chief Executive Officer of United Health Services Hospitals. "Early defibrillation has tremendous benefits, and this could make a difference in saving lives."

The Hospitals already have helped area school districts with training and ongoing support for their AEDs, and Stay Healthy provided the AED at the Oakdale Mall, along with training and support for its use. Eligible applicants to receive an AED under the program include not-for-profit organizations that have a facility or other site where the public gathers.

Applicants should be from Broome, Tioga, Chenango, Otsego or Delaware counties. Applications may be picked up at Stay Healthy, and are available at www.uhs.net. They are due to be returned to United Health Services Hospitals by Jan. 19, 2007. Awards will be announced during February, which is designated as Heart Month.

Keep up with all the latest news from around the United Health Services system by visiting <http://intranet.uhs.net> on a regular basis. You can check late-breaking stories in the "What's New" section, and keep up with developments at your work site by visiting your system member's own Web page.

Travel for Fun!

EXCITING TRIPS FROM BOSCOV'S TRAVELCENTER

Take some time for yourself and enjoy one or more of the following exciting trips.

Contact Boscov's for all the details on any of the trips listed here. All are arranged through Boscov's Travelcenter, which has an office in the Boscov's Department Store in downtown Binghamton. To sign up for a trip, contact the Travelcenter at 722-4220 or e-mail bsotravbinghamton@boscovs.com. **Here are the next scheduled trips in the Boscov's lineup:**

Las Vegas

Direct flights from Philadelphia in 2007. Jan. 3 to 7: Excalibur, \$613 per person; Treasure Island, \$685 per person; Mirage, \$731 per person. Jan. 18 to 22: Excalibur, \$635 per person; Treasure Island, \$701 per person; Feb. 1 to 5: Excalibur, \$712 per person; Treasure Island, \$866 per person. Call Boscov's for more information.

Disney World, Orlando

2007 nonstop flights from Wilkes-Barre/Scranton International Airport at Avoca. March 4 and 22; April 8, 15, 22 and 29; May 6, 13, 20 and 27; June 3, 10, 17 and 24. Six nights, seven days prices, starting at \$492 per person. Children ages 3 to 17, price is \$269. Call for details.

Bermuda

Cruises from the East Coast. Zenith sailings, seven nights, from Cape Liberty, N.J., to Bermuda. Prices starting at \$599 per person. Explorer of the Seas, five nights and seven nights, from Cape Liberty. Prices starting at \$549 per person. Empress of the Seas, seven nights from Philadelphia. Prices starting at \$599 per person.