President’s Message

On behalf of our Auxiliary Board, I would like to extend greetings and best wishes for a happy and healthy 2020. January 1 brings a new day, a new decade, and a renewed time of hope. Remember the many blessings that our volunteer work brings – we have great moments to celebrate. The Auxiliary’s greatest asset is the positive energy of its 350 members.

The Auxiliary presented $60,000 in scholarships to area nursing and health care students (thank you Linda Shannon); a 130-year celebration for the Auxiliary, at which time a $130,000 check was presented to the UPMC Pinnacle Harrisburg Women and Babies pledge of $500,000 (thank you Helen Tzanis, Anita Rash, Alicia Stine, and Madeleine Casal); the Holiday Tribute placed nine holiday trees in our hospital lobbies decorated by volunteer organizations (thank you Tanya Wagner, Bill Schneider, and Teri Jakob); the successful fall fashion show, Chic PHantastique, with almost 300 in attendance (thank you co-chairs Alex Ableitner and Peggy Gekas); the annual Children’s Health Fair reaching 900 third graders from area schools (thank you Kathy Darowish); the beginning of our Auxiliary Strategic Plan (thank you Lisa Frese); the Big Top event in conjunction with the UPMC Pinnacle Foundation (thank you Jill Costopoulos, Kristen Wilhelm, and Julie Troegner); the membership committee added 15 members since June 2019 (thank you Ann Froehlich); 100 hand-crafted baby stockings distributed to Harrisburg and York hospitals (thank you Nancy Rohrbaugh); a well written and informative newsletter, the POST (thank you Lynn Graham and Christy Leo); a Bailey House educational open house attended by 22 staff from UPMC Pinnacle Harrisburg Case Management Department (thank you Sheron Andrews).

With all of these wonderful achievements, there are still too many to acknowledge; this is the spirit of the Auxiliary. Thank you for all your hard work, exemplary service, and dedication to our community and UPMC Pinnacle.

Dimitri Zozos, President
Dimitri Zozos hosted the December Board Meeting and luncheon at his beautiful home. In attendance, left to right: Dee McLaughlin, Helen Tzanis, Nancy Bachinsky, Teri Jakob, Alex Ableitner, Ann Froehlich, Lynn Graham, Dimitri Zozos, Maria Nanis, Ginger Zozos, Cindy Banducci, Peggy Gekas, Jill Costopoulos, and Kathy Darowish.

### Spring Gala 2020

The 21st Club PHantastic Spring Gala will be held Saturday, March 28 at West Shore Country Club. Join us for *An Evening at the Bazaar*, a marketplace for fundraising with elegant and vibrant colors, mystery, and fun. Proceeds from this event will go toward the Auxiliary’s Women and Babies pledge, as voted on by the Board of Directors.

There will be a large number of silent auction items that you will be able to preview through the Gala website [www.UPMCPinnacle.com/SpringGala](http://www.UPMCPinnacle.com/SpringGala). Cordier Auctions will be our guest auctioneer to conduct the live auction. Wear your dancing shoes to enjoy dancing after dinner. Plan on a great evening to support the UPMC Pinnacle Harrisburg Women and Babies Center in the Hollinger Tower. For any questions, please call 717-231-8080 or check the website periodically for updates.
Travel Club

Join Pinnacle Health Auxiliary, friends, and Uniglobe Travel on a trip to Europe, Canada, or some other exotic destination to have fun, explore historical sites, meander through gardens, visit museums, and take excursions.

Grab your carry-on, passport, swimsuit, suitcase, sneakers, and get ready to travel. Travel may be by bus, airplane, or boat. You’re sure to have a great time.

If interested, please consider completing the following questions and emailing them to Sheron Andrews at sla1448@aol.com.

1. Does a trip like this interest you?
2. What destinations are of interest?
3. Should we investigate further?

We need to hear from you, our membership! This trip would be open to anyone!

See page 6 for the Totems, Trolleys & Trains trip.

Submitted by Sheron Andrews

Welcome New Members

A warm welcome to:

George Belehas
Sondra Freedman
Marilynn Patz
Alesia Skinner

To become a volunteer, giving any amount of time and energy is a way to contribute to our communities. All are welcome to share what you can. Don’t hesitate to reach out to one of the Executive Board members to find out what might be a good fit for you.

Submitted by Ann Froehlich, Membership Chair

Corrections to the Pinnacle Health Auxiliary Directory 2019-2020

Here are corrections that we received to the Membership Directory mailed to you in December.

Please send corrections to: 
PN_Auxiliary@upmc.edu or call 717-231-8080

We will include a reminder in the summer newsletter so that you can make sure that membership has your correct information for the next directory.

Jane Best
717-678-3085 (cell)

Margie Fultz
myfultz@verizon.net

M. Gwendolyn Gilroy
Frey Village, Apt 805
1020 N. Union St.
Middletown, PA  17057
717-546-2347

Connie Keriazes
petetena@gmail.com

Marilyn Kranzel-Stoner
Mesue1016@yahoo.com
Delete home phone #

Dr. Elisabeth Kunkel
717-782-4796 (work)

William Schneider
717-737-3494

Tona Shaver to Tona Tennant
717-571-2536

Helena Train
hopvtrain@gmail.com

Tanya Wagner, M.Ed
717-763-5756
Children’s Health Fair

Some very exciting news for this year’s Children’s Health Fair! In the past, the Children’s Health Fair was only one day; but for 2020 an extra session is being added. **Mark your calendars for Thursday, May 7 and the morning of Friday, May 8, 2020.**

By adding this extra session, the program will be able to provide health and safety education to nearly 1,400 students from area school districts. The Health Fair will continue to be conducted in three separate but identical sessions running over the day and a half.

For information about the Health Fair, contact Kathy Darowish at 717-503-3793 or by email at kdntow@aol.com. (If you email Kathy, please put Children’s Health Fair in your subject line.) You can volunteer for Thursday and Friday or just some portion of the event.

Kathy will tell you that this is the most fun you will ever have as a volunteer. Remember, too, that you need security clearances for this event; so be sure to get those completed in time.

Board & General Membership Fall Meeting

Over 45 people attended the fall meeting at the West Shore Country Club on Tuesday, Nov. 19, 2019. We were fortunate to hear from two distinguished speakers. Here are some notes from their presentations:

**Advanced Directives**  
John Delorenzo, Esq., Associate General Counsel, UPMC Pinnacle Legal Services

Mr. Delorenzo’s office often has to step in when family members have differences on the patient’s care and when the patient does not having a living will.

He distributed Five Wishes, which walks you through the five most important things to talk about when it comes to advance care planning. Visit [www.fivewishes.org](http://www.fivewishes.org) to help start your discussion with your loved ones.

**How We Are Living & How Should We Die**  
Graham Hetrick, Dauphin County Coroner and Medical Legal Health Investigator

Mr. Hetrick spoke about his role as Dauphin County Coroner and his show, “The Coroner: I Speak for the Dead.”

He is convinced that the deceased tell a story. He also spoke about the opioid crisis. In 2005, he wrote an article on the opioid crisis, but he never anticipated fentanyl would be an issue like it is now.

He also mentioned research underway to test if a person could become addicted to opioids prior to being prescribed them.

**Security Clearances**

In the last issue of the POST, we outlined the process for getting security clearances necessary for many volunteer opportunities involving children. Many of you likely nodded your heads and said, “I’m good. I have my clearances.”

This is a reminder to also check the expiration dates of the various clearances. The standard is that these clearances are good for five years. If you are approaching your expiration date and need to renew or update your clearances, remember to take into account the approximate six weeks of processing time.

Your new application or renewal application should be started by March 20, 2020 to ensure sufficient time for processing.
Those Precious Babies . . . and Those Precious Baby Caps

Look at these adorable babies! They are so warm and safe in the new UPMC Pinnacle Harrisburg Women and Babies Center in the Hollinger Tower wearing darling baby caps knitted by the Auxiliary’s own Anita Rash. Anita loves to knit and is always knitting something for a variety of reasons and for a variety of good causes.

Anita is one of our tireless volunteers. She has served two terms as our Auxiliary President. She is always on a committee, chairing something, or providing guidance. Her talents are also on display in her volunteer work with the Harrisburg Symphony Society. Thank you, Anita!

Joyce Acri – Honoring a Life Well Lived

Have you ever met one of those people who make you say, “Wow, she’s amazing?” That would be Joyce Acri. Joyce began volunteering in the early 1970s and continued to work selflessly in the community until her passing in 2018. She started out as a PTO representative, assisted at Villa Theresa Nursing Home, the Lady Keystone Golf Tournaments, and the East Shore Area Library. She was a member of the Pinnacle Health Auxiliary for 40 years. All of this while raising her beautiful family with her husband, Jerry.

Everyone who worked with Joyce over the years described her not only as an enthusiastic worker, but also as a warm, wonderful individual whom we all admired and cherished. A hospital auxiliary member for 40 years, Joyce was a past president of the Harrisburg Hospital Auxiliary. She further served as a board member of the Pinnacle Health Auxiliary, chairing numerous committees and participating in all kinds of helpful ways, including overseeing Bailey House for several years. Her smiling face was a familiar one to Harrisburg Hospital gift shop customers, where she volunteered two mornings a week behind the counter for well over a decade and still found time for membership in the Harrisburg Symphony Society. Joyce was also actively involved with Hospice of Central Pennsylvania and was awarded the A. Thomas Andrews Founders Award in 2013 for her 30 years of tireless service to Hospice. In 2017, she received a YWCA Tribute to Women of Excellence Award for her many accomplishments. The memory of her strength of character and concern for others inspires us to emulate that same devotion she had for community causes. She is missed and will never be forgotten.

The plaque pictured above may be found outside the UPMC Pinnacle Harrisburg Gift Shop to honor Joyce’s many years of service.
TOTEMS, TROLLEYS & TRAINS

ANCHORAGE (SEWARD) TO VANCOUVER

Seven Seas Mariner®
July 8, 2020
7 Nights

DATE     PORT                      ARRIVE  DEPART
Jul 8    ANCHORAGE (SEWARD)        8am    5pm
         Embark
9       CRUISING HUBBARD GLACIER   9am    6pm
10      SITKA, ALASKA             9am    6pm
11      JUNEAU, ALASKA            9am    11pm
12      SKAGWAY, ALASKA           7am    3pm
13      KETCHikan, ALASKA         12am   8pm
14      CRUISING THE INLAND PASSAGE 8am    6pm
15      VANCOUVER, CANADA         8am    6pm

THE ALL-INCLUSIVE REGENT EXPERIENCE

- 2-For-1 All-Inclusive Fares
- FREE Roundtrip Air*
- FREE Unlimited Shore Excursions
- FREE 1-Night Pre-Cruise Hotel Package*
- FREE Unlimited Beverages Including Fine Wines and Premium Spirits
- FREE Open Bars and Lounges PLUS In-Suite Mini-Bar Replenished Daily
- FREE Pre-Paid Gratuities
- FREE Specialty Restaurants
- FREE Transfers Between Airport and Ship
- FREE Unlimited WiFi

*See below for Terms & Conditions.
* Applies to Concierge Suites & higher

You Travel, Uniglobe donates!
A donation of $200 per cabin* will be made by Uniglobe Travel to the Bailey House, operated by the Pinnacle Health Auxiliary!
*Based on double occupancy

Uniglobe Travel Management Consultants
Rosemarie Malpass
717-766-4862
rose@uniglobetmc.com

Book with Uniglobe Travel Management and receive an additional $400 Regent Choice Credit!

*Fares are subject to increase. All fares are per person in U.S. dollars, valid for residents of U.S. and Canada, based on double occupancy for new bookings only and may be withdrawn at any time without notice. Not all promotions are combinable. 2-for-1 Fares are based on published Full Brochure Fares; such fares may not have resulted in actual rates in all viable categories and do not include additional charges as detailed in the Guest Ticket Contract. **FREE Economy Class Air applies to flights from the following airports: ATL, BOS, CLT, DEN, DFW, DTW, EWR, FLL, IAD, LAX, JFK, LAX, LGA, MCO, MDW, MIA, MSP, ORD, PBI, PHL, PHX, SAN, SAV, SEA, SFO, TPA, YUL, YVR, YZJ. Airfare is available from all other U.S. and Canadian gateways for an additional charge. Ground transfers between airport and ship are included. All airport fees, surcharges and government taxes are included; however, airline-imposed personal charges such as baggage fees may apply. Custom Air arrangements may be made 270 days prior to sailing (custom air fees apply). Guests who elect not to participate in Regent Seven Seas Cruises' FREE Air Program or do not purchase transfer arrangements from Regent Seven Seas Cruises will be responsible for their own transfer arrangements to and from the ship. FREE 1-Night Pre-Cruise Hotel Package applies to guests aged 21 in Concierge Suites and higher, includes transfers from hotel to pier only and is not available for new bookings made within 90 days of departure. Single supplement savings are based on double occupancy. 2-for-1 fares and are capacity-controlled on selected sailings on select categories. Guest savings are a reduced single supplement that elects not to participate in our FREE Air Program will receive an air credit only for one guest. Kids sail from $699 per offer available on select voyages and is per-person, inside-only. Offer is available to kids age 17 years or younger at the time of sailing, who are sailing as a 3rd guest in a suite accompanied by an adult, 21 years of age or older. Fares include FREE Unlimited Shore Excursions and are subject to alteration and conditions stated herein. FREE Unlimited WiFi includes one log-in, one device, per suite. Concierge Suites and higher receive up to four log-in, four devices, per suite. FREE Unlimited Valet Laundry Service for Master and Grand Suites excludes dry cleaning and pressing. Ships Registry: Marshall Islands & Bahamas. ©2019 Regent Seven Seas Cruises.
Pinnacle Health Auxiliary Holiday Tribute

Pinnacle Health Auxiliary’s Annual Holiday Tribute was celebrated throughout December in two ways: 1) **With Tree Decorating**: Directly after Thanksgiving, lighted trees at each hospital site were beautifully decorated by a number of area businesses and organizations, each choosing a site and sending their employees to bedeck that tree with lovely ornamentation. Results were delightful, generating many compliments. 2) **By Honoring With A Donation**: Donors were able to express admiration and affection for a family member or special friend by giving in that individual’s name to benefit the Ernest R. McDowell Health Career Scholarship program, an Auxiliary program that assists an ever-increasing number of deserving students seeking a future in health care.

In December, “Comfort and Joy” brochures promoting the Holiday Tribute were mailed and available in the gift shops and at each tree. We thank all of you who have contributed to this worthy cause, but others can still do so by donating online or by downloading the brochure for mailing at this secure link: [https://www.pinnaclehealth.org/giving-back/pinnaclehealth-auxiliary/our-programs-and-activities/holiday-tribute](https://www.pinnaclehealth.org/giving-back/pinnaclehealth-auxiliary/our-programs-and-activities/holiday-tribute). You may also simply mail your contribution (noting Holiday Tribute on your check) to:

Pinnacle Health Auxiliary/Holiday Tribute
PO Box 8700
Harrisburg, PA 17105

The above website link will close March 31, 2020.

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**Bailey House Holiday Decorating Day**

Sheron Andrews organized a day for decorating Bailey House for the holidays on Dec. 4. Assisting Sheron were wonderful Auxiliary volunteers Elaine Bucs, Frankie Glass, Jim Meals, Neely Meals, Linda Reeser, Bill Schneider, and Tanya Wagner. The house looked festive and homey, certainly providing comfort to those who were visiting loved ones over the holiday season. This is another example of the spirit of the Auxiliary volunteers.
Upcoming Events

April 28, 2020
Spring Membership Meeting

May 7 & 8, 2020
Children’s Health Fair, Brady Hall

May 26, 2020
Officer’s Installation

2020 Gala

An Evening at the Bazaar

March 28, 2020

West Shore Country Club
100 Brentwater Road
Camp Hill, PA

UPMCPinnacle.com/SpringGala