President’s Message

2020 has been a year of challenges and celebrations. The year will hold an indelible place in our individual and collective history. All the hectic and unexpected moments were eclipsed by the moments of love, understanding, and unity.

It has been a busy and productive time for Pinnacle Health Auxiliary. Individually and collectively, we have worked diligently to help others and make central Pennsylvania a better place while we shared a little laughter and invested time and effort to achieve a plethora of success. It has been a privilege to serve as President of the Auxiliary this past year.

Members demonstrated their adaptability by attending virtual meetings from their homes rather than in person. The spring Gala and the meeting originally scheduled at Blooms by Vickrey, arranged by Peggy Gekas and Ginger Zozos, had to be postponed.

The Bylaws Committee lead by Madeleine Casal, Helen Tzanis, and Jill Costopoulos worked on necessary updates to three bylaws which were given final approval at the membership meeting.

Our Corresponding Secretary, Tania Srouji, touched us with notes of gratitude as well as condolences for our members. I am excited for our long-range planning through our Strategic Planning Committee, led by Lisa Frese, to continue its work.

I’m so grateful for the creativity and diligence of our newsletter editors, Lynn Graham, Christy Leo and Dee McLaughlin.

The Auxiliary continues to support literacy health with a $5,000 donation to central Pennsylvania Literacy Council, and we ordered 5,000 more Rock-a-Bye Baby books for our newborns.

We continued the tradition of the Holiday Tribute, which brought great pleasure to our five hospitals, Southgate Building and Brady Building, coordinated by Tanya Wagner, Bill Schneider, and Teri Jakob.

The Scholarship Committee, which coordinates one of the Auxiliary’s signature projects, was chaired by Linda Shannon and included Pam Iams, Kathy Darowish, Cindy Banducci, and Nancy Rohrbaugh. The scholarship deadline was extended to June 1, 2020 and a report is included in this newsletter.  

(Continued on page 6)
Congratulations 2020-2021 Auxiliary Executive Board

Pinnacle Health Auxiliary gathered online on May 26, 2020, for the first virtual membership meeting via the Zoom platform. During the meeting various committees chairs shared updates, including the Bylaws Committee.

Phil Guarneschelli, president of UPMC Pinnacle, joined the meeting to induct our new slate of officers:

Special thank you to Dimitri Zozos for his guidance and leadership during 2019-2021. The amazing work of the Auxiliary could not continue without the dedication of the Board, Committee Members, and the support of the many members.

Meet the Auxiliary's 2020-2021 Executive Board

President
Lynn Graham
An active member since 2015, incoming President Lynn Graham is looking forward to a productive year for the Auxiliary where we all have to be creative, we have to adapt and we have to be nimble. Lynn loves to travel, so the pandemic has certainly clipped her wings! With that happening due to the safer-at-home guidelines, Lynn has made the most of her time.

We asked questions about Lynn's time in quarantine. Here is what she had to say:
Do you ever say “I don’t have time to do that?” Yes, that’s me for sure! So I viewed this time as an opportunity; I made a list of projects and have used the last few months to check things off of that to-do list. I’ve also been keeping busy with lots of cooking, staying connected with family and friends via Zoom and phone calls, and crossword puzzles.

What have I missed the most during this time? Sharing meals with family and friends and hugging my family and friends. But we adapt. While there have been some blue days, I always know that a family member or friend is only a phone call away. As we start to resume some “normalcy” in our lives, I hope I’m able to look back on this time and reflect on the kindnesses I’ve observed and the resiliency of our community. We will come out stronger.

lynnieg623@comcast.net; 717-215-9658
President-Elect
Alex Ableitner
Originally from Arkansas, Alex moved to Pennsylvania about six years ago. Upon joining the Auxiliary in November 2017, she became active immediately. She loves being part of an organization that cares so much about serving others. Alex works as a Corporate Attorney for Church Mutual Insurance Company, dealing with contracts, employment issues, sales and marketing, and lots of fun things that keep each day interesting. An accomplished ballroom dancer, Alex would choose Norway if she could spend two weeks anywhere. Alex has two fur babies, a golden retriever named Moth and a greyhound named Kestral.

Here is how Alex is spending her time in quarantine:
During quarantine, I have been working from home, which keeps me very busy. My normal hobbies include ballroom dancing and belly dancing. To fill time and keep busy, I’ve focused on adult coloring books and have read a bunch of romance novels.

alexableitner@gmail.com; 479-799-8255

Vice President
Nancy Bachinsky
Nancy Bachinsky moves into the role of Vice President. She considers herself a “Philly” girl. Nancy and husband Bill live in Enola and never have an empty nest – they are always coaching, loving, and encouraging their children and family. In her leisure time, Nancy enjoys traveling, reading, cooking, golf, and pickle ball, along with entertaining family and friends. The chef’s special is Puerto Rican cuisine or making pizza. Yum!

nancybach@comcast.net; 717-645-0816

Treasurer
Cindy Banducci
Cindy Banducci remains Treasurer for 2020-2021. Cindy has held many board positions over her years as a member of the Auxiliary. In her professional career, she was a nurse and once a nurse, always a nurse. Cindy and her husband Dennis have two adult children. They reside in Hershey, where Cindy is butler to “Louis the Wonder Dog.”

lucibanducci@gmail.com; 717-979-5345
Assistant Treasurer
Dee McLaughlin
This is Dee's fifth year with the Auxiliary and her second year as Assistant Treasurer after serving two years as the Corresponding Secretary. She resides in Camp Hill with her fiancé and is a mother to one son and one daughter. Four beautiful grandchildren complete her family.

Here are Dee's insights during our time in quarantine:
Being at home has made me realize how vital our organization is to the community and to me. I receive great pleasure and pride from knowing that in some small way, be it sewing buttons on headbands to hold masks for the hospital personnel, I am contributing at a time of need. A whole new group of wonderful people have become a part of my life. My participation on the Board, as well as various committees, has given me a purpose. Knowing a Zoom meeting was on my weekly calendar where a group of Auxiliary members came together to discuss business in some form, honestly gave me something to look forward to – and some meetings even included a virtual happy hour!

djmclaughlin3@comcast.net; 717-805-9669

Recording Secretary
Jan Lang
Jan Lang, incoming recording secretary, retired in January 2019 after a career with UPMC Pinnacle that spanned over 47 years. Jan has been a member of the Auxiliary for over 25 years. Since Jan's retirement, she jumped right in to serving on the fashion show and gala committees and served as the Auxiliary Parliamentarian this past year.

Jan and her husband, Hans, reside in Harrisburg. In their leisure time, they enjoy traveling and spending time with family and friends.

Here is how Jan spent her time during quarantine:
During the COVID Stay at Home order, I spent time staying connected with family and friends via FaceTime and Zoom. I also spent time searching for inspiring recipes online and experimented these new recipes for Hans.

janzlang@gmail.com; 717-379-1509
Corresponding Secretary
Tania Srouji

Tania Srouji is the proud owner of Eye Candy, a jewelry and accessory business, and an event producing company, Events by Eye Candy, LLC, with her business partner, sister and fellow Pinnacle Health Auxiliary member Abeer Allen.

Here are some changes Tania faced during quarantine:
The quarantine has brought new challenges to our business. All our jewelry shows have been canceled for the year, so we decided to be creative and start a new website called www.PurchaseWithAPurpose.Shop. Not only does this website feature our accessories, we also started making masks and providing other PPE items. We offered purchasers a 25 percent discount on accessory items, and then donated 25 percent to first responders in our community and others serving the front lines or those in need.

There are so many takeaways from this time in quarantine and here are just a few:

- There are so many good people and good businesses in our community stepping up to help others.
- Being forced to stay at home is not always a bad thing. You can get caught up on a lot including family, work, home/work projects that have been sitting there for years, and having the opportunity to cook more often.
- Picking up the phone or sending a card to someone has great power and can be the perfect way to show someone you care.
- Finally, I learn that we are resilient. We have the power to get through anything if we believe in ourselves and check our attitude and keep it positive.

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Programs Committee Annual Report

The Fall Board & General Membership Meeting & Luncheon was held on Tuesday, November 19, 2019 at West Shore Country Club. Guest speakers were Graham Hetrick, Dauphin County coroner and medical legal health investigator, and John DeLorenzo, Esq., associate general counsel, UPMC Pinnacle, spoke on Advance Care Planning.

The Spring Board & General Membership Meeting was to be held on April 28, 2020 at Blooms by Vickrey with a lesson on floral technique. This was canceled due to COVID-19, and hopefully it will be rescheduled at a future date.

Peggy Gekas and Ginger Zozos received flowers and delivered them to the new officers that were installed by Zoom on Tuesday, May 26, 2020.

Ginger Zozos & Peggy Gekas, Co-Chairs Programs Committee

Holiday Tribute Annual Report 2019/ 2020

The 2019 holiday season was greatly enhanced at five of our area hospitals and also at Southgate and Brady Buildings through the generosity and effort of several local businesses/agencies and two system departments.

Each tree was decorated beautifully as part of this annual Auxiliary fundraising program, proceeds from which will benefit our Ernest R. McDowell Scholarship Fund. Donations totaled close to $2,000. We are grateful to URL Insurance Services, Hospice of Central PA, PCN-TV, Momentum Consulting, and Frost Salon, whose staffs worked their magic to give our facilities a festive look during the month of December.

Tanya Wagner, Chair
Bill Schneider, Co-Chair
President’s Message
(Continued from page 1)
Ann Froehlich, Membership Chair, announced 18 new members.

Bailey House, our home away from home, was closed to guests on March 15, 2020. Sheron Andrews, who does such a fantastic oversight of the Bailey House, informed us that a new security system was needed. The Auxiliary Board approved its replacement.

The Children’s Health Education Program transitioned to videos. These short videos for the area’s third graders are “Emmy Award Winning.”

Our Annual Meeting and Installation was virtually attended by 30 members. A check for $41,000 was pledged to president Phil Guarneschelli. The Auxiliary also donated $15,000 to the UPMC Pinnacle Foundation COVID-19 Crisis Fund to purchase video-monitors, iPads and other needed supplies.

Our friends at LAMAR Advertising donated two billboards to let us proclaim our appreciation of our Essential Workers.

I commend the Board for their dedication, spirit, and exemplary service they each demonstrated. I am both humbled and grateful to all the Auxiliary members for their talents and support. I continue to welcome your ideas, concerns and any ways in which we can increase YOUR involvement in the Auxiliary.

I welcome our committed and enthusiastic Lynn Graham and her 2020/2021 Executive Board.

Wishing you an enjoyable and safe summer. I repeat the Plato quote that the Auxiliary embodies, “Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.”

Dimitri Zozos
President 2019-2020

A Fall Evening at the Bazaar
We are looking forward to gathering in the fall to celebrate again. The pandemic has touched everyone’s lives. Fortunately, our vendors and partners have allowed this magical evening to be rescheduled for Saturday, November 21. Proceeds from this annual gala will continue to support the UPMC Pinnacle Harrisburg Women and Babies Center in Hollinger Tower. The Pinnacle Health Auxiliary recognizes that providing for the health and well-being of mothers and babies in our community is vital.

All previously purchased tickets and sponsorships will be honored for the new date. If you are unable to attend on the new date, please contact the Auxiliary office to share if you would like a refund or to have your contribution used as a donation to support the UPMC Pinnacle Harrisburg Women and Babies Center in Hollinger Tower.

UPMC Pinnacle Harrisburg is the leading provider of women and babies’ services in Central Pennsylvania and welcomes nearly 4,000 babies every year. The newly expanded Women and Babies Center has enabled UPMC Pinnacle to provide exceptional care for families.

The Pinnacle Health Auxiliary has supported our community for over 130 years. This is only possible through the generosity of individuals such as you.

Visit UPMCPinnacle.com/ SpringGala to purchase tickets. If you would like further information or have any questions, please contact the Auxiliary Office at 717-231-8080 or pn_auxiliary@upmc.edu.
Membership Continues to Expand

A warm welcome to new members from June 2019 to June 2020:

Carol Helt  
Soni Dimond  
Rose Marie Malpass  
Amelia Answay  
Maria Armesto  
Tricia Heisey  
Tona Tennent  
Jane Best  
Jim Meals  
Alexandra Snell  
Lisa Moyer  
Kate Banducci  
Vasiliki Katsaounis-Mazias  
Marilyn Patz  
Sondra Freedman  
George Belehas  
Alesia Skinner  
Elaine Charles

Total Membership: 347  
Life Members: 224  
New Members: 18

Membership Committee  
Ann Froehlich, Ginger Zozos, Nancy Bachinsky, Cheryl Winchester

Pinnacle Health Auxiliary Bylaws Committee

The Bylaws Committee met in January 2020 to discuss allowing board members to conference call into a Board of Directors meeting. Each member present voiced their pros and cons to the proposal. After discussion, a unanimous vote concluded that Article VIII Board of Directors to be listed as 8.8 – Conference calls are not permitted to participate in Pinnacle Health Auxiliary Board of Directors’ Meetings. Motion passed unanimously. The current 8.8 bylaw will move to 8.9, 8.9 to 8.10.

The Committee also discussed the need for clarification of Article XIII, Section 13.2 concerning the voting rights of a chair and co-chair of a standing committee. The wording suggests that both the chair and co-chair can vote, while there is only one vote per committee. After discussion and a unanimous vote, Article XIII, Section 13.2 will read: The chairman or each co-chairman, in instances where co-chairs are appointed, shall have one vote per committee on the Board of Directors.

In May, the committee conferred by phone on the following motion made by Jill Costopoulos: Article V-Meetings 5.5. In the case of a State of Emergency, the Board of Directors shall be permitted to conduct and vote on matters before them electronically to continue business at hand. This includes, but is not limited to, approving the new Slate of Officers.

All the above suggested bylaw changes or additions were approved by the Board of Directors and at the final yearly meeting, by the General Membership.

Bylaws Committee: Madeleine Casal, Chair; Jill Costopoulos, Co-Chair; Sheron Andrews; Cindy Banducci; Ann Froehlich; Anita Rash; Helen Tzanis; Ginger Zozos

Coffee Shops

The Coffee Shops Committee oversees our two coffee shops, making sure they are in compliance with the rules and guidelines of the auxiliary:

HIDDEN DOOR CAFE  
Harrisburg Hospital Campus

KALEI DOSCOPE KAFE  
Fredricksen Outpatient Center

The main source of monthly income is the rent paid by Maria and Jimmy Nantis, the vendors who have run the coffee shops for the past 23 years.

This year, 2019-2020, there was an interruption in the monthly income. Due to the COVID-19 pandemic, hospital employees had to work remotely. Only essential employees were permitted on site, and visitors were not permitted in the hospital. As a result, the coffee shops’ business was severely reduced.

The Auxiliary voted to forgive our vendor for two months’ rent (April and May 2020) and to require the vendor to pay only half of the monthly rent for the months of June, July, and August. After that time, the Committee will assess the situation, and hopefully, things will return to normal, or at least close to normal. If so, the vendor will return to the monthly schedule of payment for the remainder of the lease term.

Coffee Shops Committee: Helen Tzanis, Coffee Shops Chair; Madeleine Casal, Co-Chair; Sheron Andrews; Maureen Negler
Bailey House Happenings

Bailey House continues to be closed due to COVID-19, and is eagerly awaiting the day when it can reopen. From May 2015 until March 15, 2020, Bailey House welcomed 1,711 guests.

Sheron Andrews believes we will be seeing the number of guests increasing due to the pandemic. Many people are still out of work and their finances are compromised. More guests will need overnight lodging to be with their family members who are in the hospital.

To prepare for the re-opening of Bailey House, consider the following:

Donating items:
- Travel size toiletries
- Protein bars
- Napkins of any size and color
- Lysol wipes and can tabs are still being collected

Making a Contribution:
We began a "Sustain the Flame" campaign last year for endowing Bailey House. Consider making a donation to that campaign or sponsoring a guest for a night of lodging, which costs $55 per night.

Buying an Umbrella:
Beautiful umbrellas are for sale at $20 each.

Volunteering:
Volunteers are always needed to join this happy group. Join Bailey House to help make guests happy while at their home away from home.

Sheron Andrews, Bailey House Chair

Scholarship Committee

For the 2019-2020 school year, the scholarship committee reviewed 90 applications. Due to COVID-19, adjustments had to be made to the selection process.

The application deadline was extended from March 20 to June 1. On June 8, the committee had a Zoom conference to review and select this year’s recipients.

We are honored to announce that $60,000 was awarded to 71 worthy students. Receiving the Pinnacle Health Auxiliary Ernest R McDowell Health Career Scholarship are 48 college and 23 high school students. We wish all recipients the best of luck as they pursue their degrees and go forward into the community to advance quality health care.

Scholarship Committee:
Linda Shannon, Chair; Pam Iams; Kathy Darowish; Cindy Banducci; Nancy Rohrabaugh.
Children’s Health Fair 2020

Due to the COVID-19 virus, the onsite health education day could not be held. However, the creative and inspired staff from UPMC Pinnacle created a virtual health education fair. Videos were created for each educational segment, which were then viewed by 1,200 third graders!

The videos were distributed to the participating school districts. Each session was approximately 15 minutes, with the presenters sharing their material, using their props and offering a great alternative approach for use by the different schools. Also included were the lesson plans for the teachers to introduce the topics, as well as for use in evaluating the sessions.

This is a great example of UPMC Pinnacle staff and Pinnacle Health Auxiliary demonstrating creativity and adapting an important educational event to the current circumstances.

Kathy Darowish, Chair

Auxiliary Donates $15K to Support COVID-19 Fund

In April, the Pinnacle Health Auxiliary agreed to donate $15,000 to the UPMC Pinnacle Foundation COVID-19 Crisis Fund to support needs during the pandemic.

The COVID-19 Crisis Fund was recently established to assist those areas of most need in our hospitals and community. Jessica Ritchie, vice president of Development, shared her sincere appreciation stating, “Their generosity would have an AMAZING impact on those in need.”

Areas supported through this fund have included:

- Assistance with purchasing essential medications
- Patient care kits with lotions, stress balls, Play-Doh, journals, notes of inspiration, coloring books, and colored pencils
- Home blood pressure monitoring equipment for telemedicine prenatal visits
- Video monitors to assist staff with communication in negative pressure rooms
- iPads and accessories that support communication with loved ones for those recovering from COVID-19 during their hospital stay
- "Code Lavender" care kits for hospital staff, which contain a variety of tea, water, snacks, calming essential oils, and other comfort items to assist with managing stress and anxiety during times of crisis and loss
- Assistance with food and housing needs
- Gift cards, food vouchers, and meals for staff and patients in need

If you want to be a true professional, you will do something outside yourself.
Something to repair tears in your community. Something to make life a little better for people less fortunate than you.
That’s what I think a meaningful life is – living not for oneself, but for one’s community.
Justice Ruth Bader Ginsburg
Recipes to Make Your Summertime Special

The following recipes, submitted by Sheron Andrews, come from the Pinnacle Health Auxiliary Cookbook which was most recently reprinted in 2018. The recipes are from members past and present and we thank them for their delicious contributions.

Gazpacho

*Sandy Strock*

6 cups chopped tomatoes
1 onion
1/2 cup green pepper
1/2 cup cucumber
2 cups V-8 juice
1 garlic clove
1/2 tsp. cumin
1 tsp. salt
Black pepper
1/4 cup olive oil
1/4 cup red wine vinegar

Mix all of the above in a blender. Pour mix into large pot and simmer for 5 minutes, then refrigerate and serve cold in individual bowls. To garnish each serving, chop tomatoes, onion, green pepper, and cucumber then scatter on each serving.
Can also garnish with garlic croutons

Hot Pasta Side Dish

*Gretchen Miller*

2 sliced medium zucchini
2 sliced medium yellow squash
1 cup fresh broccoli florets
1/2 cup sliced onion
1 cup sliced fresh mushrooms that you will need to sauté
1/2 cup butter melted
1/2 cup whipping cream
3/4 cup parmesan cheese grated
Ground pepper

Arrange zucchini, squash, broccoli, and onion in steamer. Place rack over boiling water. Cover and steam 5-7 minutes until crisp tender. Add mushrooms that you already sautéed, steam 1 more minute. Cook spaghetti according to package directions; drain. Add melted butter, whipping cream, cheese, pepper. Toss well. Add vegetables to the spaghetti, toss gently. Serve warm.

Chinese Spareribs

*Nan Gunner*

1 cup chicken broth
3 tbsp. honey
3 tbsp. soy sauce
5 tbsp. sugar
2 tbsp. ketchup
1 tsp salt
4-5 pounds spareribs

Cut and wash spareribs, place in baking pan. Heat the rest of the ingredients and boil a few minutes. Pour over ribs, cover with foil and marinate at room temperature 2 hours, turning once or twice. Uncover and bake in 300 degree oven for 2 1/2 to 3 hours, turning 3 or 4 times.
What a good summer meal needs is a great cocktail!

**Bumble Bee Juice**

*Sue Rillo*

1 fifth whiskey  
2 cups gin  
2 cups vodka  
1 quart club soda  
2 quarts Wink  
1 quart pink grapefruit/pineapple juice (Del Monte makes this juice combo)  
8 ounces of honey  
10 ounces of red maraschino cherries, juice and all

Dissolve honey into whiskey, gin and vodka [heating will help]. Then mix all ingredients together and refrigerate until used. Keeps several weeks in refrigerator. Serve in a pretty glass and garnish with pineapple chunk or cherry.

**Lemon Lush**

*Pat Pease*

1 stick butter  
1 cup flour 3/4 cup chopped nuts, need to then divide, saving half for the crust

Combine and pat into 9x13 inch pan. Bake at 350 degrees for 12-15 minutes.

1 8 oz. cream cheese  
1 cup whipped topping such as Cool Whip [8 oz.]  
1/2 cup 10X sugar

Mix and spread on cooled crust  
2 packs lemon instant pudding mixed with  
3 1/2 cups milk and then spread over cream cheese mixture. Top with rest of cool whip and sprinkle with remaining nuts.
An Evening at the Bazaar

**Date:**
*Saturday, November 21, 2020*

**Location:**
*West Shore Country Club*

**Time:**
*5:30 p.m. General Admission*

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**Stay Safe!**

- Social and Physical Distance
- Wash Your Hands (at least 20 seconds)
- Wear a Mask
- Clean Your Phone