

Holiday Giving - Thanksgiving Food Baskets Prepared By Twig 2

By Susan Hubbard

New Providence Twig #2 of the Overlook Hospital Auxiliary has generously donated ten Thanksgiving food baskets to Overlook's HealthStart Program. Through HealthStart, Overlook and the New Jersey State Department of Health and Human Services collaborate to provide a clinic that gives comprehensive primary care to expectant mothers and their babies.

New Providence Twig #2 has also supported the HealthStart Program in the past by providing educational books, infant clothing, and a new baby examining table for the clinic.



Pictured in the attached photograph (from left to right) are Sharon Meola (past President of the Overlook Hospital Auxiliary), Nancy Smith, and Ginny Rapp (President of Twig #2).

Laura Brown Named New Board Member for 2005



Pictured from left: Laura Brown and husband Mark, children Alex, Mark and Kyle

Laura Brown of Summit has joined the Auxiliary Board this year as the new Editor and Director of Communications, replacing Pat Steadman, previous Editor and Board Member for over 20 years.

Laura was a longtime resident of Short Hills and has lived in Summit for the past 2 years with her husband and 3 boys ages six, eight and eleven.

Laura is an active member of the Summit Junior Fortnightly Club and the Brayton PTA. Laura also volunteers her time to Susan G. Komen's North Jersey Affiliate and Co-Chaired their "Style for the Cure" 2005 fundraiser. Laura is a member of Twig 10 in Summit.

INSIDE THIS ISSUE:

1 *Recent Happenings*

2 *Letter From the President*

5 *Calendar of Events and Volunteer Opportunities*

Letter From the President



As the months go by, I become more familiar with the Auxiliary and all the wonderful things our members do. As I write this, two Twigs are gearing up to decorate the Hospital for the holidays, and many of you have already contacted HealthStart to see how you might help. We have continued to pay down our pledge to the Foundation and this year we awarded five scholarships to nursing students. And that's just the surface...

As you may know, the Auxiliary offices are moving to the 8th floor of the hospital. While transition is unsettling, it provides us the opportunity to sort, discard and reorganize, and get a fresh start with the start of the New Year - of course I am speaking for the President's Office more than Madonna's, which is the picture of neatness and organization!

As part of the overall lobby renovation, plans are underway for a fabulous new gift and flower shop. Liza Tulloch has been working with the architect and is very excited about the new look, and the opportunities presented by the new space. Please do remember the flower shop for your holiday arrangements!

Some of you have asked for a little more information about me, so here goes. My husband and I have lived in Summit for 12 years. We have two children, a 9-year-old son in third grade, and a six-year-old daughter in first grade, both at Franklin Elementary School in Summit. I have an undergraduate degree in Art History from Swarthmore College and an MBA from NYU. I spent 20 years in the financial services industry, most recently as Managing Director of Wilmington Trust's only NJ office. Economic conditions made it difficult to get a foothold in a new market, and when the office closed, I took the opportunity to reevaluate my career. What I discovered was that the part of my job I most enjoyed was working with nonprofits, both as clients and volunteering. I took some time off from work, but continued to be involved on local boards. I had a brief stint as Executive Director of a small, struggling local nonprofit, and while we unfortunately had to close, it just solidified my commitment. At the same time, I really enjoyed being local and having the flexibility to spend more time with my children. The perfect solution for right now is to use my skills and expertise as a volunteer, with an eye towards returning to work in the nonprofit field when my children are older.

As an aside, my mother received her MD in 1940, and as I was growing up, Mom practiced dermatology from her office located in our home. She was also affiliated with a local hospital, so to that extent, I feel as if being president of the Auxiliary is my destiny!

The Auxiliary is continuing to strengthen our place within the hospital, as we are working directly with senior administration to figure out what we can provide to benefit the hospital. We are beginning to identify new opportunities for service Twigs to replace some of the projects that may no longer meet the hospital's needs. At the same time, Marilyn Chambeau and Lambi Newsham are actively recruiting energetic, involved women to become general members and work on a variety of projects.

At our most recent Board meeting, the Co-Presidents (Suzanne Harkins and Sarah White) of CH Twig 15 talked about what they are doing – they have 53 members! We also heard reports from the other two Chatham Twigs, one of which has recently decided to become Emeritus. In addition, Linda Kosnik, Chief Nursing Officer, brought us up to date about the hospital's Centennial plans throughout the year, specifically Family Day on September 17, 2006. She would love Twig/Auxiliary involvement and we will get you some information so you can determine where you might want to help out. There will be lots of activities all over town, and it should be fun!

As I mentioned in my last letter, I am in the Auxiliary offices most Mondays, and would welcome anyone to stop by, whether there's a specific item to discuss, or just to say hello. Any other time you can email me at rachelweinberger@msn.com. The Happiest Holidays to all of you and your families; most importantly, best wishes for a healthy, happy and prosperous 2006.

Auxiliary Reaches Out at Coffee

By Lambi Newsham



(Pictured left to right: Auxiliary Board Members Marilyn Chambeau, Lambi Newsham and Lee Radsch)

The Overlook Hospital Auxiliary recently held an informational morning coffee, hosted by Auxiliary Board members Marilyn Chambeau and Lambi Newsham, to increase awareness about the many volunteer opportunities and activities within the organization. The Auxiliary works to build a stronger local hospital through innovative fundraising activities and hands-on volunteering. The Auxiliary's new President, Rachel Weinberger, was on hand to talk to the potential members about her exciting plans to energize the organization. Angela Schroeder, a Co-Chair of the Overlook Hospital Centennial Committee, also spoke about the hospital's upcoming area-wide celebration and the need for enthusiastic volunteers for several of the events.

The Auxiliary is currently conducting a membership drive throughout the hospital's service area in conjunction with these activities. If you are interested in

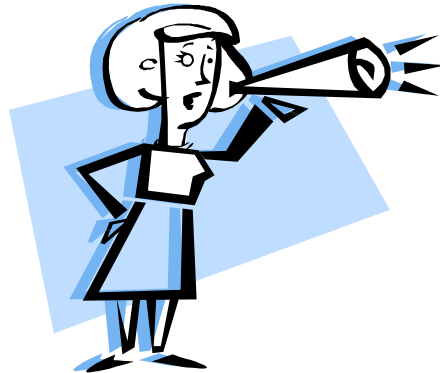
contributing your time and talents towards building a better local hospital, the Overlook Hospital Auxiliary would be interested in hearing from you. You may inquire about opportunities by contacting Madonna Lee, the Auxiliary's Business Manager, at 908-522-2004

Light a Candle in the Darkness



Twig #2 of Summit is busy preparing for it's annual luminary fundraiser. Pre-made luminary sand bags are being sold to neighboring residents and put together by this Twig for pickup on December 7. The luminaries are lit on Christmas Eve, or Christmas Day if raining. It's a beautiful way to raise money and a sight to see.

CALLING ALL TWIGS...WHAT'S UP?? EMAIL OR CALL US!!!!



Because of the very large size of our group, it is imperative that we try to communicate what's going on among us. Please remember to call Laura Brown at 908-608-1208 or email at lbrownsummit@hotmail.com and Sue Hubbard at erhubbard@aol.com so we can get the word out to our Twigs and community regarding upcoming events, current volunteer work and opportunities and fundraising plans. The Auxiliary wants to recognize and communicate to the group what you've been up to, so please give us a call or email!!



Pictured above, left to right: Sharon Kelly, Overlook Emergency Dept. Mgr, Linda Kosnik, Overlook's Chief Nursing Officer, Andreas Odysseos, General Sales Manager-Crown Cadillac, Sam DiFeo, Sr., President-Crown Cadillac, Claire D'Amore, Raffle Winner, Lee Radsch, Auxiliary Vice President and Cadillac Raffle Chair and Julie Planck, Auxiliary Treasurer.

Cadillac Raffle Winner Awarded Prize!

By Lee Radsch

On October 31, the excited winner of the Overlook Hospital Auxiliary's Cadillac Raffle, Claire D'Amore, a Health Care professional from Springfield, NJ, was awarded her prize, a 2005 Cadillac DeVille. The Raffle was held in conjunction with the Auxiliary's biennial Kitchen Tour on October 6. In attendance for the ceremony were Sharon Kelly, the Overlook Emergency Department manager; Linda Kosnik, Overlook's Chief Nursing officer; Andreas Odysseos, General Sales Manager, Crown Cadillac; Sam DiFeo, Sr., President, Crown Cadillac; Claire D'Amore, Raffle winner; Lee Radsch, Auxiliary Vice President and Raffle Chair; and Julie Planck, Auxiliary General Treasurer. The Auxiliary congratulates Ms D'Amore on winning the car and also thanks the other participants in the Raffle for their generosity. All proceeds from the event will directly benefit the Overlook Hospital Emergency Department.



Lights of Love *By Sue Hubbard*

The annual Lights of Love tree lighting, headed by Pat Barber of Atlantic Health Hospice, is scheduled for Thursday, December 1st, at 6:00 p.m. in the hospital lobby. The tree lighting is a holiday fundraiser for families and patients undergoing hospice care.

Ornaments to honor loved ones can be purchased at the event and placed on the Lights of Love tree – a beautiful Colorado fir. Red, pink and white poinsettias from the Great Swamp Nursery, as well as assorted baked goods, also can be purchased at the event.

If you are interested in becoming involved with hospice, please call Pat Barber at Atlantic Health Hospice (973) 379-8400.

Twig # 10 Planning Meeting

By Kathryn Colao



Summit Twig #10 held a planning meeting and Tea to discuss upcoming events and new ideas for the 2006 Progressive Cocktail Party. This annual event hosted by Twig 10 typically takes place in February, 2006. We look forward to setting a date and coming up with new ideas for 2006.

If you have friends who are thinking of joining our Twig, please invite them to join us. The more the merrier!



Join The team!

Would you like to brighten the day of patients, visitors, and Overlook staff, while fundraising for patient services? The Gift Shop is looking for a few friendly faces to staff the Shop. If you enjoy retail, and have a few hours to commit, a warm smile, and a desire to serve the Overlook community, call Shop Manager Carolyn Penwell to learn more.

Do you want to use your marketing skills in a rewarding volunteer position that benefits the entire Overlook community? The Gift Shop is looking for a spirited individual to promote the Gift Shop throughout Overlook, the Auxiliary, and the surrounding communities. If you are interested, please call Liza Tulloch at the Gift Shop for more information on the Marketing Manager position.

Calendar of Events

Mon - Nov 14	Meeting of Auxiliary Board	9:30 AM-11:30 AM Conference Room #2
Tue - Nov 15	Organ and Tissue Donor table in the Overlook Hospital	11:00 AM-1:00 PM Organ and Tissue Donor table in the Overlook Hospital lobby with Ruth Rosensweig, Simone Shelby and Dorothy Moxley.
Wed - Nov 16	Gift of Life Twig Meeting	12:30 PM-4:00 PM Overlook Hospital - Conference Room #2 From 12:30 to 1 we will have our pictures taken for new IDs. Bring your car license plate number.
Thu - Nov 17	Flu Shots	8:00 AM-12:00 PM Flu shots for Auxiliary members and hospital volunteers.
Mon - Dec 12	Meeting of Auxiliary Board	9:30 AM-11:30 AM Conference Room #2

**Renovation Plans Postpone
Hospitals' Holiday Employee
Reception**

By Rachel Weinberger



As you may know, the Hospital is about to embark on a major renovation and expansion project, involving the lobby and the Neuroscience wing. As a result, the Auxiliary administration offices will be relocated.

This move will take place during the first week of December, although the location of our new offices is still being finalized. As you might imagine, the uncertainty is a bit unsettling, and the prospect of packing and unpacking is a bit daunting!

The timing of the move, and the uncertainty around it, has resulted in the decision to postpone the Auxiliary's annual Holiday Employee Reception, originally scheduled for December 7. Summit Twig 21 is the host of the event, and they have decided to postpone this year's celebration until such time as we are more settled and the lobby space is operational. We remain optimistic that it will be well in advance of the 2006 winter holidays!

We know that the hospital employees and Auxiliary members very much enjoy this annual event. Summit Twig 21 is quite disappointed that it has to be postponed, but asks that you tuck those recipes away so they are ready for next year's grand Holiday Celebration!

*Just in time for your holiday meal and baking. Truly wonderful recipes from
GREAT GATHERINGS - By Terry Andrews*



Holiday Potato Casserole

2 1/2 lbs. potatoes, peeled and quartered
1/2 cup butter, softened
2 (3oz) packages cream cheese, softened
1 cup shredded cheddar cheese, divided
1 (2oz) jar diced pimiento, drained
1/2 green pepper, finely chopped
1 bunch scallions, finely chopped
1/2 cup grated parmesan cheese
1/4 cup milk
1 t. salt

Cook potatoes about 15 minutes or until tender. Drain and mash. Add butter and cream cheese. Beat with mixer until smooth. Stir in 1/2 cheese and other ingredients. Put in greased baking dish. Bake at 350 degrees for 40 minutes. Add the rest of the cheese. Bake 5 more minutes or until cheese melts. May be made ahead and chilled.

Muffins "Calavaza" Pumpkin Muffins

2 medium eggs
1 cup sugar
2/3 cup vegetable oil
8 oz. canned pumpkin or fresh
1 1/2 cups all purpose flour
1 1/2 t pumpkin spice (or apple pie spice)
1 t baking soda
1 t baking powder
1/2 t salt

Optional:

1/2 t orange peel
1/2 t lemon peel
1/2 cup raisins
1/2 cup chopped walnuts

Beat eggs on medium speed. Add sugar, oil and pumpkin. Beat well. Sift dry ingredients and gradually add to egg mixture. Fill small muffin tins, sprayed with Pam about 3/4 full. Bake at 350 degrees for 25 minutes. Large muffins bake for 35 minutes. Loaf pan bakes for 40 - 50 minutes. Freezes well.

**REMEMBER TO VISIT THE LADIES
AUXILIARY WEBSITE!**

www.ohaux.org to catch up on Auxiliary happenings and other Overlook Hospital events and news. Contact Carol Aronson at craronson@comcast.net to submit articles.

SUBMITTING ARTICLES FOR PUBLICATION IN THE PULSE

To submit a new story for the Pulse, simply call Laura Brown at 908-608-1208 or email your article and send to lbrownsummit@hotmail.com. You may also contact Susan Hubbard at 908-273-8109 or email at erhubbard@aol.com regarding any and all news publications and pictures for submittal to the Pulse and other news publications. The Pulse is produced every two months, from September through the last issue in the May-June publication period. Pictures may also be emailed or sent to Madonna Lee, Business Manager, phone 908-522-2004, email at Madonna.lee@ahsys.org or just drop off at the business office.

The Pulse is published 5 times a year by the Overlook Hospital Auxiliary, Summit, New Jersey

Rachel Weinberger, President 908-522-2198,
rachelweinberger@msn.com

**Laura Brown, Editor and Director of
Communications, 908-608-1208,**
lbrownsummit@hotmail.com

Susan Hubbard, Public Relations Director,
908-273-8109, erhubbard@aol.com

Madonna Lee, Business Manager, 908-522-2004,
Madonna.lee@ahsys.org

**Overlook Hospital Auxiliary
P.O. Box 220
Summit, NJ 07901**

**NON-PROFIT
ORG.
US POSTAGE
PAID
PERMIT NO. 83
SUMMIT, NJ
07901**

ADDRESS CORRECTION REQUESTED

Mailing Address
Street Number and Name
City, State 98765-4321