



Keep Your Ghouls & Goblins Safe on Halloween and Help Support Overlook Hospital!

A Halloween Safety Kit Drive is being conducted by Overlook Hospital Auxiliary Group Twig 4. Safety kits will include the following:

- Safety Guidelines from Summit Police Department
- Flashlight
- Glowsticks for visibility
- Halloween Treat Bag

To purchase your kit, please contact Anne St.Clair 917.560.6441 or Email annestclair@optonline.net. Proceeds will support the Overlook Hospital HealthStart Clinic, Overlook Hospital and the New Jersey State Department of Health and Human Services to help ensure healthcare delivery to all children. Twig 4 members: *Kelley Brasfield, Debbie Coffey, Christine Cote, Meghan Duttonhofer, Sharon Cote, Janie Garrett, Maureen Griffith, Meredith Guida, Beth Gustafson, Rebecca Kranzler, Liz Martin, Valerie Minton, Alicia Pinkston, Anne St.Clair & Laurie Zimmermann*

Great Gatherings Home and Kitchen Tour Wonderful Success!



By Mary Mokuvos and Clelia Biamonti

Congratulations on Overlook Hospital Auxiliary's 2005 *Great Gatherings Kitchen and Home Tour*. This tour has traditionally served as one of the Auxiliary's main fund raising events. This year, we are happy to contribute all proceeds to Overlook's recent Emergency Department Expansion Project; a much needed and vital part of our community. We are also pleased and honored to congratulate Overlook Hospital on 100 years of outstanding service as they celebrate their centennial year. We can only imagine what the home tour might look like in another hundred years! There was an outstanding collection of spectacular Summit and Short Hills homes. We feel these homes reflect the beauty, grace and grandeur of these beloved towns. All have undergone extensive recent renovations to reveal the homeowners' visions of beautifully constructed and stylishly designed living spaces.

This year's collection included homes that range from a graciously appointed and innovatively designed bungalow to the grandeur of a 16,000 square foot historic landmark. Truly, there was

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Letter from our New President



I am just completing my first month as President of the Auxiliary and I'd like to thank everyone for the warm welcome. I'm delighted to be part of such a dedicated, hardworking group. The Auxiliary has a remarkable breadth of activities and contributions that I, for one, didn't realize fell under our purview. Therefore, an important goal is for us to improve our image and expand our reach. We support an important cornerstone of the community and can provide a variety of volunteer opportunities. As one of our dedicated volunteers said recently, "(other) groups do an excellent job of marketing themselves. We want to be sure people know about the Overlook Hospital Auxiliary."

To that end, the Board is discussing ways to generate new membership and to expand our volunteer base into communities such as Westfield and Scotch Plains. We are exploring the idea of sponsoring a 'marquee' project that all Twigs and Auxilians contribute to in some way throughout the year. At our September Board meeting, two nurses from the HealthStart clinic discussed the services they provide and their needs. The wealth of ideas that flowed from this discussion clearly defined HealthStart as our marquee project for this year...stay tuned for more details about how you and your Twig can help.

In November, I'd like to add a standing agenda item to all Board meetings. Twig Chairwomen or their representatives will be invited to attend Board meetings to give an overview of their Twig's activities. I will be forwarding a list of Board Meeting dates and your Twig's scheduled meeting to you in the near future. This allows Board members to get to know Twig Chairwomen and become familiar with the vast work that is accomplished within this cohesive organization. It is critical that we maintain open communication and that we come together as often as possible. Most of us are comfortable using email, cell phones and voice mail, however, nothing is better than "face-to-face", for there is an energy that comes from being in the same room together.

Finally, I want to thank everyone involved in this year's House Tour. The Tour Committee worked tirelessly, diligently and didn't miss a single detail. They were supported in their efforts by the dynamic co-chair team of Clelia Biamonte and Mary Mokuvos, without whom we wouldn't have achieved the extraordinary success of the 2005 Tour. Kudos to all – and I hope that now you can enjoy a more relaxed pace!

I am in the Auxiliary office most Mondays, and would welcome anyone to stop by, whether there's a specific item to discuss, or just to say hello. You should also introduce yourself to our terrific Business Manager Madonna Lee, who is in the office every day except Wednesday. If you would prefer to schedule an appointment with me, please call Madonna (908-522-2004) - or you may email me at rachelweinberger@msn.com.

I look forward to working with all of you throughout the year!



Gift of Life Twig Celebrates its Tenth Anniversary

In May 1995 the Overlook Hospital Auxiliary held one of its open public meetings and the topic was transplantation. After the lung recipient told his miraculous story, Lenore Ford proposed that Overlook Hospital start an organ and tissue donor awareness program. Mike Sniffen gave his blessing and volunteers came forward. At our first meeting we set forth our goal: "To educate the public on the great need for donations and to dispel myths surrounding transplantation". Thus, 10 years ago, with the support and encouragement of the Overlook Hospital Auxiliary and [The Sharing Network](#) (the organ procurement organization for New Jersey) the Gift of Life Twig was born.

But where to begin! Dr. Henry Liss had the answer. With his help and support and that of Dr. John Gregory, Lenore was allowed to speak at the physicians' quarterly meeting. The doctors were asked if donor cards could be placed in their offices, to which they agreed. Next, through the Chamber of Commerce, we approached the businesses in the area and went door to door with our donor cards. To broaden our audience we made presentations to schools, churches, temples and numerous civic organizations.

April is Donate Life Month nationally, and each year we have asked the Mayors of 15 towns surrounding Overlook Hospital to issue proclamations to that effect and to allow the committee to tie green ribbons around town trees. We have marched in parades, participated in town fair days and even had the lights of the Empire State Building turn green for donor awareness. And to gain national TV coverage for our vital message we appeared outside on the Today Show with Al Roker.

When we started our efforts in 1995, there were 42,000 people in the United States waiting for life saving organs. Today more than 87,000 persons are on the list. Although donations have increased, the gap between the donations and the present need is huge and ever widening. New and creative medical methods must be found to bridge this gap. Living liver

lobe transplants and living four-way kidney transplants are two such creative answers. Recently, one of our own Overlook doctors participated in a successful 4-person kidney transplant.

We continually ask people to become donors in order to give those in need a second chance at life. Please consider becoming an organ and tissue donor. Organs include heart, liver, lung, kidney and pancreas, while tissues include corneas, long bones, skin, heart valves, tendons and ligaments. Only 1% of us dies in such a way that we can donate our life saving organs and of that small percentage only 51% do. *We need everyone to become donors.*

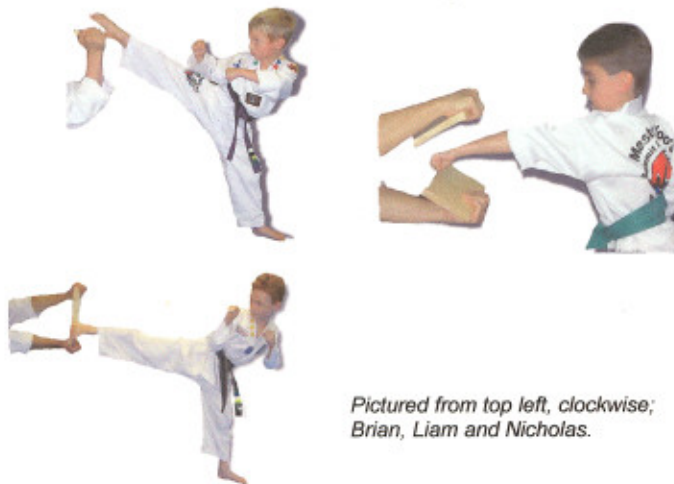
In this 10th Anniversary year, the 40 Gift of Life volunteers continue our work and hope others will join our efforts.

For more information or to become part of the [New Jersey Donor Registry](#) please call Lenore Ford at (973) 984-2174.

Shopping Event at Bloomingdales!



New Providence Twig #2 is hosting a Shopping Event with Bloomingdales from **October 27, 2005, 10am - 10pm**. Purchasing a \$10.00 ticket entitles the bearer to a **15-20% savings** on almost all merchandise with limited exclusions. All ticket proceeds benefit the hospital. For additional information or to purchase tickets contact the business office at 908-522-2004. This offer is valid at Bloomingdale's at Short Hills, Bridgewater, Willowbrook and The Shops at Riverside.



Pictured from top left, clockwise; Brian, Liam and Nicholas.

Kick for Overlook

By Mary Mokuvos

What does breaking a board, martial arts, and a home tour have to do with raising money for the Emergency Department Expansion Project at Overlook Hospital? Well, everything if you are Master Yoo of Master Yoo's Summit Martial Arts. Master Yoo is a sixth degree black belt and headmaster of Master Yoo's Summit Martial Arts. He is currently in his 3rd year of business operating a Tae Kwon Do school in his studio at the Strand Mall in downtown Summit. Master Yoo has over 25 years of Tae Kwon Do experience and is a 7 time Korean National Champion. Part of his philosophy in training his Tae Kwon Do students to develop their minds and bodies is to teach the importance of community service. Every year he looks for opportunities to involve his business and students in efforts to give back to the community. This year, Master Yoo became aware that the parents of many of his students were involved in the *Great Gatherings Home and Kitchen Tour 2005*. To show his support for these families and for Overlook Hospital, Master Yoo decided to hold a *Board Breaking Event*.

During the *Board Breaking Event*, each Tae Kwon Do student had the opportunity to raise money for the hospital by getting sponsors to purchase boards at a cost of \$2 per board. At the end of each class during the month of August, the students demonstrated their board breaking abilities to their fellow classmates and attending parents. The act of successfully breaking a board is huge thrill for the students by giving them the opportunity to show skill, focus, strength and confidence by breaking a board with a powerful kick or strike. The *Board Breaking Event* was an overwhelming success for the students, their families and the staff at Master Yoo's. The smiling faces and cheers were proof enough!

The students now have the satisfaction of knowing they greatly contributed in heart and in monies to the renovation of the Emergency Room (let's just hope they never have to use it!). Master Yoo has instilled in his students the spirit of community service and volunteerism. With all proceeds from the *Board Breaking Event* going toward the Emergency Department Expansion Project, the Overlook Emergency Department is \$1600 closer to its target.



Spook-tacular Tricks and Treats this Fall at the Gift Shop!

By Liza Tulloch

Make your home or office boooo- tiful this Halloween and Fall with bewitching items from the Gift Shop! With all proceeds benefiting patient services, your patronage makes a difference at Overlook! **Gift Shop (908) 522 - 2133**

The Flower Shop is ready for your Fall Event! Flower Shop (908) 522 - 2117

Did you know that every stunning flower arrangement in the Gift Shop is created by a talented volunteer florist using only the freshest flowers available that day? The dedicated Flower Shop ladies also arrange for private parties, often using customers' own containers and flower selections, for truly custom creations. And, you can expect the most reasonable prices in town! So add flair to your next event while benefiting Overlook by choosing the Flower Shop! **Flower Shop (908) 522 - 2117**

Continued on page 6

Volunteer Opportunities -Join the Gift Shop 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.

Are you an experienced bookkeeper looking for a volunteer position in a dynamic retail environment? The Gift Shop is in need of a treasurer to join this talented volunteer group. Please call Gift Shop Manager Carolyn Penwell to learn more about this position.

Calendar of Events

		10:00 AM Old Guard - New Providence City Hall.
Tue - Oct 18	Gift of Life Presentation	Speakers: Ruth Rosensweig, Jack Lo Cicero, Frank Bodino
Sat - Oct 22	"Eye on You" article	"Eye on You" article on the Gift of Life program to appear in the Summit Herald.
Oct 27	Overlook Flu Shots for Auxiliary members	8:00 am to 12:00 pm, 1-2:30 pm At Overlook hospital, cookbook room
Mon- Nov 14	Meeting of Auxiliary Board	9:30 AM-11:30 AM Conference Room #2
Nov 15	Pulse Deadline	Pulse Deadline - Please submit entries to Laura Brown at lbrownsummit@hotmail.com
Wed- Nov 16	Gift of Life Twig Meeting	1:00-4:00 pm Overlook Hospital Conference Room #2
Nov 17	Overlook Flu Shots for Auxiliary members	8:00 am to 12:00 pm at Overlook hospital, cookbook room

Great Gatherings, continued

something for everyone. This tour was made possible by the commitment and generosity of so many people in our community. We wish to thank the following individuals and businesses who have volunteered their time, donated money and services, and shared with us their inspired ideas:

- The homeowners for graciously opening their homes
- The Great Gatherings committee members for hundreds of hours of service
- Alister Carey and Beth Baxley for their tireless efforts to produce the Resource Guide
- The docents for making the day possible
- The home sponsors and advertisers for their generous support of the Resource Guide
- Master Yoo's Summit Martial Arts for his board-breaking fund-raiser for the Auxiliary
- And so many others

We hope you had a lovely, inspired day!!

Clelia Biamonti Mary Mokuvos

Cadillac Raffle Winner

And the winner is... Claire D'Amore of Springfield NJ was the lucky winner on Thursday, October 6th. The winning ticket was chosen by Brian,



student of Master Yoo and involved in the "Kick for Overlook" project. The ticket sales proceeds from the Cadillac raffle raised approximately \$14,000 to be donated to the Overlook Hospital Emergency Room Expansion Project.

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

www.ohaux.org to catch up on Ladies 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 type your article in Microsoft word and email to lbrownsummit@hotmail.com as an attachment. The Pulse is produced every two months, from September through the last issue in the May-June publication period. Pictures may be emailed or sent to Madonna Lee, Business Manager, phone 908-522-2004 at the business office. P.S. we review the website for articles already submitted!

Rachel Weinberger, President 908-522-2198

Madonna Lee, Business Manager, 908-522-2004

Overlook Hospital Auxiliary
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Summit, NJ 07901

ADDRESS CORRECTION REQUESTED

Flu Vaccine Available at Overlook to Ladies

Auxiliary Members!

The flu vaccine will be offered free of charge this year to all Auxiliary members. The vaccine will be given in the cookbook room according to the following schedule: *October 27, 8:00 am to 12:00 pm, and 1:00 pm to 2:30 pm, November 17 from 8:00 am to 12:00 pm. Must show badge or be registered member on database.*

Kick for Overlook, continued from page 4

We are so grateful to Master Yoo and his staff for taking the interest in this project by giving his time and enthusiasm to the event, providing the boards and donating the proceeds to the hospital. What a truly unique and uplifting way to support the community and inspire our children.

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The Pulse is published 5 times a year by the Overlook Hospital Auxiliary, Beauvoir Ave., Summit, New Jersey 07901

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