



PULSE

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September-October 2004

Overlook Auxiliary Website is Launched!

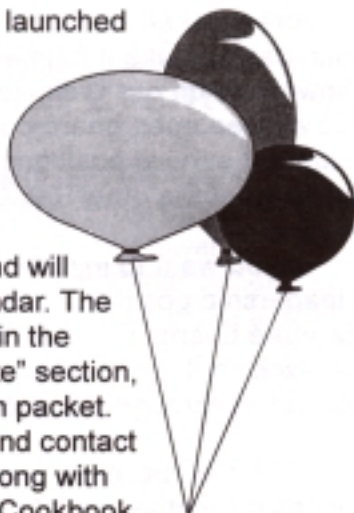
The Overlook Auxiliary website – www.OHAux.org - was launched on September 20, culminating a summer of meetings and creative work by a group of enthusiastic Board members and an experienced, helpful and responsive web design team.

While it is still a work in progress - new pages and links are being added and updated – Twig members can access needed information, updates to the wish list, documents and other confidential forms through password-protected links, and will be able to submit their own activities for inclusion in the calendar. The confidential password and user ID information may be found in the newly-updated "Standing Rules For Twigs" under the "Website" section, which has been distributed to each Twig in the fall information packet.

Our calendar of activities, special events, membership and contact information will be available on the public areas of the site, along with publicity and updates from the Gift and Flower Shop and the Cookbook. Our newly-revised mission statement on the home page communicates clearly what the Auxiliary represents:

The Overlook Hospital Auxiliary is a volunteer organization committed to serving the entire hospital community, fostering a compassionate and comforting environment through hands-on volunteering and innovative fundraising.

It is the Board's hope that the website will serve as a strong communications tool both within our organization and for the entire community we represent and serve. Many thanks to Deb Barnard and Karen Ramsey of Eaglesrise Web Design for their creativity, professionalism and patience in helping us achieve our goals.



from the President's desk.....

Visitors to my house always ask me why there is a Christmas ornament hanging from the lantern over my sink. I tell them it is there to remind me that every day is a gift and to make every second count. My mother died of cancer when she was only 44 and had very little time to say goodbye. So if I seem like I am in a rush to get things done, now you understand. I also am reminded of a saying given by the minister at the memorial of one of my friends, Andrea O'Conner, who died from breast cancer at age 35. He said *"Life is short, be gentle with each other."*



We have so many gifts and so little time to get it all done. If we all do a little each day to make it happen, it will. I encourage you to explore the new opportunities showcased on our Website www.OHAux.org, which we launched this month. There you will see open board positions, wish list items requested by the hospital and open volunteer service positions at Overlook. While you are there, check out the calendar to see what the other TWIGS are doing and join the fun!

If you want to join the board or you know somebody who would be interested in a leadership position, currently there are three open board positions: Nominating, Marquee Events Planner, Webmaster and their committees. All of these positions are exciting, high profile and rewarding. Call the business office at 908-522-2004 or contact us through the website with your recommendations.

With the upcoming Centennial of the hospital, we will be asked to do many things and, as my mother used to say, *"Many hands make light work"*. Building our calendar with fun, irresistible and compelling events will showcase our organization and help us grow. Your ideas are golden, your time is platinum. I need to hear from all of you who want to volunteer on planning events for the Auxiliary and the Centennial which will be open to us and to the community. Overlook Hospital is counting on you to make those contributions.

In closing, thank you for all that you do to make our hospital a caring and compassionate experience for patients and families.

Kathleen L. Beit

Gift Shop Updates

by Liza Tulloch



Spook-tacular Tricks and Treats at the Gift Shop!

Make your home or office BOOOO-tiful this Halloween with bewitching treats from the Overlook Gift Shop. With all proceeds benefiting patient services at Overlook, your patronage makes a difference!!

Choose the Flower Shop for your next Floral Arrangement or Special Event

Every stunning arrangement in the Gift Shop is created with only the freshest flowers by one of the talented volunteer florists in the Flower Shop. From traditional to contemporary, from simple to extravagant, let the creative ladies in the Flower Shop customize a special piece to suit your needs beautifully! Again, all proceeds benefit patient services at Overlook. Call the Flower Shop at 908-522-2117 - and make a difference!

Twig #3 Cookbook

by Amanda Ford

Looking for a great hostess gift for the holidays? Come into the Overlook Hospital Gift Shop and pick up a copy of *Great Gatherings*. Choose from the many menu selections we've provided. Try our easy, great-tasting soups and mouthwatering entrees. Looking to satisfy your sweet tooth? Browse through the dessert section. All recipes were hand-picked and tested by our committee. Cookbooks sell for \$21.95 plus tax. Any questions, or if you would like to order a cookbook, call 908-277-3019.



Short Hills Twig 22 Urges You To Vote for Overlook

We invite you to join our Non-partisan
Fundraising Campaign for Overlook Hospital

Saturday, October 2, 2004
Christ Church in Short Hills
6:00 – 9:00 p.m.
66 Highland Avenue
Short Hills, New Jersey

Sixth Annual Live and Silent Auction
Twenty-five Dollars Per Person

Hearty Hors D'oeuvres
Wine, Beer, Soft Drinks

Kindly respond by
September 18, 2004

Our Platform:

Support Overlook Hospital
Contribute to the Emergency Center
Give to Home Care/Hospice
Donate to the Child Life Program
Attend Overlook Hospital Auxiliary Special Events
Provide Refreshments for the Holiday Open House

Cast Your Vote!

Join Our Delegation and Attend The Party on October 2nd.

Register Your Credentials Today

For reservations call Lynn Barnard at 908-665-0650

Featured auction item: Two Wanamaker tickets to the 87th PGA Championship at Baltusrol Golf Club, August 8-14, 2005

Art At Overlook Schedules New Show

Recent works by popular local artist Tim Gow will be on display and for sale along with those of members of the Essex Water Color Club from September 18 to November 12 in the fifth floor corridor exhibit areas at Overlook . Please take a moment to stroll these galleries on your next visit to the hospital and enjoy the work of these talented artists.

Tim Gow currently resides in Summit, and in Bolton Landing, NY. He began painting in 1972, but did not have the opportunity to become immersed in his dream of full-time painting until retiring from business in 2002. Primarily a watercolorist, he works with a wide variety of subjects including landscapes, still life and portraits. Many of his landscapes display his love of the Adirondacks. Others come from photos taken while traveling, as well as from mental images.

When you make a purchase from the *Art at Overlook* committee, 20% of the sale price goes to support research and services to cancer patients at Overlook Hospital. Purchases are made through the Overlook Hospital Auxiliary Gift Shop. For more information, call 908-522-2004.

Free Community Health Programs to be Presented in October by Overlook Hospital

On Friday, October 8, from 11 am to 3 pm, Overlook 's *Women's Heart Advantage Program* will take place at Nordstrom's in the Short Hills Mall. There will be free blood pressure readings and nurses will be handing out information regarding risk factors for Women and Heart Disease.

On Saturday, October 30, from 9:30 am to 11:30 am, a program on "*Gut Feelings – From Heartburn to Hemorrhoids*" will be presented in Wallace Auditorium at Overlook. Speakers will be Dr. Craig Rezac, Colon/Rectal Surgeon, and Dr. Michael Fuhrman, Gastroenterologist.

Registration is required for both of these free programs at 1-800-247-9580, and refreshments will be available. .



Gift of Life Twig Promotes Donor Awareness Throughout the Area

by Lenore Ford

Overlook Hospital Auxiliary's Gift of Life Twig for organ and tissue donor awareness has had an active spring and summer and is looking forward to a busy fall. Committee members "Bowled for Life" in April, marched for donor awareness in Summit's Memorial Day Parade; and with the leadership of Ruth Rosensweig, made a donor presentation at Faith Lutheran Church. Under the direction of Simone and Wally Shelby we had donor tables at the Scottish Games at Bonnie Brae in June and at Summit's Downtown Fair Day in August. We supported donor night in July at the Somerset Patriots baseball game and continued to hand out donor cards each month in Overlook's lobby.

Since 87,000 Americans, including 2,700 New Jerseyans, are waiting for organ transplants, our work must continue. This autumn, more Fair Days, more unique donor

card handout venues, more presentations and some creative happenings are on the agenda!

To join our Twig, or to obtain information on organ and tissue donation, call Lenore Ford at 973-984-2174.

Pictured at Donor night at the Somerset Patriots baseball game (l. to r.) Polly Lock, Barbara Whitmore and Jennie, Simone and Wally Shelby



Save the Date

The Auxiliary will partner with Pat Barber, Volunteer Coordinator of Hospice/ Home Care, to sponsor a "Lights of Love" tree at the hospital to be lighted at a ceremony on Thursday, December 2. Details will follow in the next *PULSE*.

Smiles around the hospital for Twig 16

By Lambi Newsham

Did you know that the four members of Twig 16 out of Chatham have each volunteered over 50 years at Overlook? Way to go ladies! While they may be small in numbers, they bring a lot of smiles to the patients at Overlook. Molly Whitney, Miriam Peterson, Hatcher Micone and Carol Haney manage the diversional therapy cart at the hospital.

Each month the ladies stock the diversional therapy cart with pillows, totes and crosswords puzzles for patients who would otherwise be bored sitting in their hospital rooms. Patients can make a variety of totes and pillows such as bears, pigs, clowns and a smiley face. These projects help divert their attention to something other than their illness. Molly mentioned that "often times the patients just want someone to talk to. There are numerous times that the patients wait for us to arrive."

Twig 16, which is chaired by Molly Whitney, individually packages the pillows and totes for the cart every month. Each week on Tuesday and Thursday they make their rounds with lots of smiles.

Thank you for your countless hours and commitment to the hospital!



The ladies packaging the totes and pillows: (l. to r.) Molly Whitney, Miriam Peterson, Hatcher Micone

Overlook Hospital invites you to attend the 5th annual free "Think Pink" program focusing on breast cancer, on Saturday, October 23, 2004 from 8:30 am – 11:30 am, at The Connection for Women & Families, 79 Maple Street, Summit.

This year, Dr. Daniel Wartenberg, Professor of Environmental Epidemiology at UMDNJ-Robert Wood Johnson Medical School and a Director of the Cancer Institute of New Jersey, will address the question "Does the Environment Cause Cancer?" Betsy Kohler, from the NJ State Cancer Registry, will look at breast cancer statistics in the state and what they say about trends in the incidence of the disease here.

The program will also feature local author, Ms. Lois Capetta Bhatt. Her book, "I'm Sorry You Have To Be Here", is her story of survivorship as a young woman and mother with a cancer diagnosis. Her book will be available for purchase and signing by Ms. Bhatt.

A certified Genetic Counselor from Cancer Institute of New Jersey, and an Overlook Oncology Outpatient Dietician will be among other experts present to share information. Refreshments will be available. Please call 1-800-AHS-9580, for free registration and additional information.

Deadline for Next Issue of PULSE

The deadline for the **November-December** issue of *PULSE* is **October 11**. Send to: Pat Steadman, 74 portland Rd., Summit, NJ 07901; 908-522-1642; pat.steadman@verizon.net or fax: 908-608-0299. Or Deliver to Auxiliary Office, Fifth Floor, Overlook. Be sure to include your name, address and phone number/e-mail. Photographs will be returned if requested.

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