In this age of ever increasing digital communications, staying physically connected to people has never been more important. Whether a high school or college student; whether working or retired, it is important to make meaningful connections with others in the personal sphere, for social and emotional health, and to network for a healthy professional life.

If you are retired, it is important not only to keep physically and mentally active, but socially active as well. Socially active is not just maintaining existing relationships but expanding your social sphere to include new friends and contacts. Volunteering at North Shore University Hospital (NSUH) can certainly help keep the connections you already have but also will assist you in making new connections and friends. Sometimes friends and relatives volunteer together which helps keep their personal ties strong. While volunteering at NSUH, I know that many of our junior and adult volunteers make new friends and end up keeping those friendships and connections for many, many years. It is always so gratifying, seeing volunteers who met at NSUH, become true friends and who see each other outside of the hospital and become a part of each other’s lives.

In addition, many students benefit from the professional connections they make at the hospital. Many of these connections evolve into mentoring relationships which can be very beneficial in the present and have a great impact on their future career decisions.

NSUH Auxiliary Holds its 37th Annual Golf Classic

The North Shore University Hospital (NSUH) Auxiliary’s 37th Annual Golf Classic was held on July 13, 2015 at the North Shore Country Club in Glen Head, NY. This year's honorees were Nicholas A. Sgaglione, M.D. Professor and Chair, Department of Orthopedic Surgery, SVP and Executive Director of Orthopedics, North Shore-LIJ Health System, Hofstra North Shore-LIJ School of Medicine, and Anthony N. Dalessio, Long Island Office Managing Partner, KPMG LLP. The event was a great success with 205 golfers. During the dinner, the Auxiliary presented a check in the amount of $200,000 to Dr. Alessandro Bellucci, Executive Director, North Shore University Hospital. (see photo)

The event raised over $250,000, with proceeds used to support the Auxiliary's pledge of $2 Million toward the construction of the Helipad thereby helping NSUH achieve status as the first Level 1 Trauma Center in downstate New York and recognition as the premier destination of choice for the region’s most critically injured and ill patients.

The Auxiliary has paid $1,650,000 toward their 10-year, $2 million commitment made to NSUH in 2012 and are scheduled to fulfill the remaining $350,000 in 2016, which will satisfy their 10-year commitment in just 4 years. What a great accomplishment!
Meet Doreen Cohen  

Hello, my name is Doreen Cohen and as of July 2015 I am thrilled to be a new Volunteer Coordinator in the Volunteer Services office. As I meet, and am welcomed so warmly by all of the special people who volunteer here at North Shore University Hospital, and by the staff, I already feel at home.

For the past seven years I have had the privilege of working with the volunteers at Temple Sinai of Roslyn as a member of the professional staff. While the setting is different, the essence of volunteerism is the same. Volunteers are the people who make things happen because they are caring, driven and passionate about what they do. Supporting their work is my passion.

I graduated from Binghamton University with a Bachelor of Science degree in Management. I went on to spend some time working in the private sector in banking and finance before moving to not-for-profit work. As the Director of Adult Learning and Engagement at Temple Sinai of Roslyn I worked closely with lay leaders to create dynamic programming featuring notable speakers, including politicians, journalists, authors and entertainers. I have extensive experience planning and promoting events, writing press releases, creating flyers, print ads, newsletter articles and posting on social media. In my engagement work I enjoyed connecting people with one another as well as with the community and by helping people find the right volunteer opportunity.

In my first few weeks at North Shore University Hospital I enjoyed getting to know everyone and learning more about my position and the organization. I feel very fortunate to be part of the North Shore-LIJ team and I am looking forward to many rewarding years ahead.

Niedel’s Point  

We are family. Each day that I come to volunteer at North Shore University Hospital, it’s like coming home for the holidays. As I pass through the hallways, everyone greets me. They could be doctors, nurses, executives, transporters, engineering, and Environmental Services or my fellow volunteers.

When I get to the Volunteer office, I feel as though I am crossing home plate after hitting a grand slam home run. Everyone is high-fiving me with their smiles and greetings.

One day, a volunteer was bringing a patient back in the Cath Lab and tripped, hurting his shoulder. When he got back to his desk he discovered that he couldn’t raise his arm. He called back to recovery to report his dilemma and before he could hang up the phone, a stretcher was there to whisk him down to the emergency room. When he arrived in emergency, he was still wearing his jacket and everyone gave him the royal treatment. Within an hour, he was examined, x-rayed and diagnosed with a fractured shoulder and was on his way home.

For the two months that he was home recovering, he was showered with cards and gifts from those professionals he worked with in the Cath Lab. It was amazing that someone who volunteered for only a few hours a week was getting all this attention and admiration. I know this is true, because I was that person and yes, my shoulder is completely healed now. We are truly family.

Everyone who works at North Shore University Hospital is concerned with their fellow workers, patients and their families, and our volunteers. Day in and day out, we are all treated as if we are family.
When I read this quote, I immediately thought of our Auxiliary Board at North Shore University Hospital (NSUH). In partnership with the Executive Board, they are dedicated to fostering the Mission of the Auxiliary. Our organization promotes and advances the interests of NSUH in accordance with the Mission of the Hospital. The members of the Auxiliary sponsor special charitable events and assist the Hospital in promoting the health and welfare of the community. We capitalize on the resources of the health system by providing funding for free Diabetes Screenings, Transportation for AIDS Patients, SANE program in the ED, Hospital Elder Life Program, various programs run by our Chaplaincy Dept. and Palliative Care, just to mention a few. We also take special requests for other community based initiatives. We are in the midst of completing our 2 million dollar fundraising campaign to support the building of the new helipad located on top of the Tower Pavilion, which is currently servicing the most critically ill and/or trauma patients throughout our community and surrounding areas. The Auxiliary prides itself in its continuous support of NSUH and its initiatives.

To date, we have twenty volunteer areas represented plus special areas for fund raising on the Auxiliary Board. These individuals act as liaisons between their volunteer service and the Executive Board. They are an outstanding group of people coming from all walks of life, Administrators, CEO’s, CPA’s, Lawyers, Pharmacists, Teachers, etc. who are dedicated to the Mission of NSUH and the Auxiliary. We meet once a month, with the exception of February and August, to discuss pertinent Auxiliary matters and to share ideas from each area. Oftentimes we have speakers from the hospital and/or the health system.

It is because of these individuals, through their hard work and dedication that we have such an extraordinary Auxiliary. The Executive Board cannot thank you enough for all that we have accomplished and are grateful for the input that we receive from you each month.

Thank you so much…

Auxiliary Board: Marion Goldschmidt, Bernice Suna, Jila Emouna, Arthur Seidman, Lenny Stenzler, Rick Schwartz, Bernie Natt, Mel Goodbinder, Marilyn Sturtevant, Jeanne Pulver, Chris Chin, Jan Senecal, Patty Schneider, Robert Aizer, Maryanne Canavan, Marty Niedelman, Lori Ballen, Bill Jacobson, Jan Sanseverino, Doris Kash, Christel Ovalle, Vicki Silverman, Gladiola Sampson, Jean Serating

When the weather gets cooler, I always make these muffins. They freeze good as well. Enjoy!

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**NEW YORK STATE’S OFFICIAL APPLE MUFFIN**

Submitted by Nancy Kaplan, Volunteer

**Ingredients**
- 2 cups New York State Empire apples, coarsely chopped
- 2 cups flour
- 3/4 cup brown sugar
- 1/2 cup sugar
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon ground cloves
- 1/8 teaspoon nutmeg
- 1/2 cup raisins
- 1/2 cup walnuts or pecans
- 3 eggs, slightly beaten
- 1/2 cup (1 stick) butter, melted
- 4 ounce(s) cream cheese, cut into pieces
- 1/2 teaspoon vanilla

**Topping**
- 1/2 cup walnuts or pecans
- 1/2 cup brown sugar
- 1/4 cup flour
- 1 teaspoon cinnamon
- 1 teaspoon lemon peel, grated
- 2 tablespoons melted butter

**DIRECTIONS:**
For topping: Combine ingredients and set aside.

Combine flour, sugar, salt, spices and baking soda; set aside. Combine apples, raisins, walnuts, eggs, butter, cream cheese and vanilla. Add dry ingredients, a little at a time, to the apple mixture. Stir until just combined. Do not over mix. Portion batter into muffin papers, sprinkle with topping and press it into the batter a little. Bake at 375 for 20-25 minutes.
Many years ago there was a small ceremony in the hospital cafeteria and a few outstanding Junior Volunteers were presented with modest awards and certificates of appreciation. Eventually the cafeteria location for ceremonies was relocated to the hospital conference rooms which were transformed into a festive setting for the recognition dinners. Over the years these appreciation events evolved into an annual Junior Volunteer Recognition Dinner which is now held at the Westbury Manor during the late spring. On May 19th of this year an overflow crowd of students, parents, members of Administration, members of our Auxiliary, and various staff members from different departments of the hospital arrived to celebrate the wonderful accomplishments of our Junior Volunteers. A highlight of the evening was the speech by former Junior Volunteer Ravi Thakore who just graduated with a Doctorate in Pharmacy and announced that he would be joining the Pharmacy staff of the hospital as an employee. Sabrina Sayed offered soothing musical entertainment playing a violin piece by Bach. The presentation of the Auxiliary Achievement Awards was a very special part of the evening. The following students were achievement award recipients: for Outstanding Service, Emmanuel Budis and William Santos; for Excellence in Service, Jessica Kim and Marc Perlman; for Exceptional Service, Rachel Lau, Erica Lengefeld, and Spiridoula Zolotas; and the Hilary Chilton Achievement Award was presented to Robbin Jang.

Junior Reflections

VOLUNTEER/AUXILIARY EVENTS

2015 Years of Service Awards Luncheon

Congratulations to the following volunteers on receiving their awards at the ceremony held on September 29, 2015 at the Crest Hollow Country Club in Woodbury, NY. These awards are presented to volunteers who have dedicated 800 hours for every 5 years of service. Thank you for your continued dedication!

Susan Stempler - 30 Years
Donald Foley - 10 Years
Nancy Kaplan - 5 Years
Jila Emouna - 20 Years
Yvette Douglass - 10 Years
Autumn Kash - 5 Years
Ida Schindelman - 20 Years
Suzanne Meyerson - 10 Years
David Levenson - 5 Years
Arthur Seidman - 20 Years
Frances Stertz - 10 Years
Nattalie Liener - 5 Years
Noemi Martinez - 15 Years
Jane Bartley - 5 Years
Lewis Maier - 5 Years
Gladiola Sampson - 15 Years
Stephen Buzzerio - 5 Years
Armando Quintero - 5 Years
Vicki Silverman - 15 Years
Gloria Delott - 5 Years
Sheldon Rybak - 5 Years
Marilyn Sturtevant - 15 Years
Elizabeth Fernandez - 5 Years
Rick Schwartz - 5 Years

Save the date

Adult Volunteer Recognition Luncheon:
Thursday, April 14, 2016
Westbury Manor, Westbury, NY

Junior Volunteer Recognition Dinner:
Tuesday, May 17, 2016
Westbury Manor, Westbury, NY
Shoe, Coat, Food and Cell phone Drives

The North Shore University Hospital Volunteer Services Department will be holding a Coat Drive from Monday, October 5 through Sunday, October 18, 2015. Donations can be brought to the decorated bin located in the Tower Lobby. Coats will be donated to the Big Brothers Big Sisters of Long Island whose mission is to make a difference in the community by giving young people a safe place to learn and grow.

The North Shore University Hospital Volunteer Services will be holding a Food Drive from Monday, November 2 through Sunday, November 15, 2015. Donations can be brought to the decorated bin located in the Tower Lobby. Donations will go to Island Harvest, Long Island’s largest hunger relief organization. Your donation will ensure that many Long Islanders will not go hungry.

The North Shore University Hospital Volunteer Services will be holding a Cell phone Drive from Monday, January 11 through Sunday, January 24, 2016. Donations can be brought to the decorated bin located in the Tower Lobby. Donations will go to The Safe Center LI in Nassau County and Victims Information Bureau of Suffolk (VIBS) who will distribute them to victims of domestic violence across Long Island.

The North Shore University Hospital Volunteer Services will be holding a Shoe Drive from Monday, May 4 through Sunday, May 17, 2016. Donations can be brought to the decorated bin located in the Tower Lobby. Donations will go to Shoes for All, whose mission is to collect, refurbish, disinfect, and distribute shoes to those less fortunate and in desperate need of footwear.

Auxiliary Tree of Lights

The Auxiliary of North Shore University Hospital will be sponsoring their Annual Tree of Lights Ceremony on Monday, December 7, 2015 at 4:00pm in the Rust Auditorium of the Hospital. This is a unique opportunity to honor those close to you by remembering a loved one or celebrating a birth. A light will shine on the tree in front of the Hospital’s main entrance for each individual honored or remembered. In addition, the names of all those enrolled will be listed on various TVs throughout the hospital. A donation of $10.00 will be accepted for each name. All donations benefit patient programs in the hospital. For more information, please contact the Volunteer Services Department at 516-562-4947.
On Tuesday, May 12, 2015 the Town of North Hempstead held its 43rd Annual Senior Recognition Luncheon at the Harbor Links Golf Course in Port Washington, NY. Over 100 people attended including many Town and County officials. It was a very special event recognizing volunteers who live in the Town of North Hempstead for their tireless efforts. We had the distinguished honor of recognizing our volunteers including (from left to right) Mel Goodbinder, Bernice Suna, and Susan Stempler. Each honoree received several citations from various political figures and organizations within the Town of North Hempstead.

On June 19, 2015 the NSUH Auxiliary’s Stroke Club held its annual luncheon at Jonathans Restaurant in New Hyde Park. Eighty people including stroke survivors and their caregivers, volunteers from the Stroke Club, hospital administration and employees celebrated the Stroke Club’s 39th anniversary.

IF YOU ARE INTERESTED IN BECOMING A VOLUNTEER OR A MEMBER OF THE AUXILIARY, PLEASE CONTACT THE VOLUNTEER DEPARTMENT AT 516-562-4947