

Unity Announces “Biggest Winners” of Employee Weight Loss Challenge

The six-week Biggest Winner program was a weight loss competition for employees seeking to shed extra pounds and achieve healthy lifestyle goals. Unity partnered with the Rochester Athletic Club to offer contestants free trial memberships, guidance, and other incentives. The 158 Biggest Winner contestants collectively lost 668 pounds in the six weeks of the competition, according to Renee Elwood, Unity’s employee wellness coordinator.

Holding a photo that was taken a few months ago, Paul Bischooping, a physician assistant at Unity Chemical Dependency, explained what led him to enter Unity’s Biggest Winner.

A father of three, Bischooping wanted to be healthy for himself and his children. His biggest inspiration is his daughter, seven-year-old Sara, who was diagnosed with leukemia and is undergoing treatment for the illness.

When the competition kicked off in July, Bischooping was 20-30 pounds



Warren Hern, CEO of Unity Health System with Unity’s “Biggest Winners.” (l to r): Beth Pienio, administrative assistant, Unity Behavioral Health; Paul Bischooping, P.A., Unity Chemical Dependency; Sharyl Morton, coordinator of Quality Improvement, Unity Behavioral Health; and Luz Lee, manager of Operational Process Improvement.

heavier, due to a knee injury, which limited his mobility and ultimately required him to undergo surgery earlier this year. He began being more cautious with his

diet and committed to an exercise routine. “I ate lots of different vegetables, lots of salads. I used salsa instead of salad dressing,

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It’s Open Enrollment Season — Look For Enhancements

Open Enrollment is the time of year when benefit-eligible Unity employees can make choices about their health insurance, dental insurance, and other benefits for the coming year. Open Enrollment for 2012 will take place between October 20 and November 4. This is the time to make changes or enroll in benefits.

So, what can employees expect? You’ll see many of the same great offerings as last year and some new ones, too. For example: expanded dental insurance coverage in the enhanced dental plan that can reduce your out-of-pocket expenses, and even more “wellness dollars” to help pay for gym memberships, recreational activities, and other healthy lifestyle choices. We’ve also made it easier for employees who use Unity services to receive co-pay waivers.

Perhaps the best news of all is that Unity’s benefits will remain as affordable as possible. “While health care costs continue to rise significantly in our community, Unity is keeping cost increases for employees to a minimum,” said Pattie Nowak, director of Benefits.

This year’s enhancements were guided by employees—through survey responses and focus group discussions. “We base our offerings on the feedback we receive from staff about their needs and the needs of their families,” said Nowak.

Open Enrollment packets will be distributed to all benefit-eligible employees beginning October 20. They’ll contain everything employees need to know to make informed benefit choices. Packets will be distributed by department leaders along with paychecks. Employees who receive paychecks by mail at home will receive their open enrollment materials in the mail. All information will also be posted on the Unity Intranet and on the web at unityhealth.org/OpenEnrollment2012.

Enrollment must be done online between October 20 and November 4. Employees will need to log in using their UltiPro password.

Computer workstations will be available for employees who do not have computer access -- details will be included in your Open Enrollment packet. Support is available to all by calling the Benefits Hotline at 368-3211.

Health Care for the Homeless Mobile Medical Unit Arrives

Program Seeks to Double Number of Patients It Serves



Inside the MMU, Chuck Albanese, director of Unity Health Care for the Homeless, speaks with Sady Fischer, associate director of Minority AIDS Initiatives at AIDS CARE, during a tour of the unit.

It may look like a large RV when traveling on the streets of Rochester or making one of its routine stops, but the 40-foot Mobile Medical Unit (MMU) for Unity Health

Reach Health Care for the Homeless program is actually a one-of-a-kind health center for adults and children in need of primary, urgent, and dental care.

“We not only give them health care, we give our patients hope,” said Carlos Swanger, M.D., medical director of Unity Health Care for the Homeless, during a news conference and unveiling of the MMU at the Unity St. Mary’s Campus in September.

Thanks to the support of many donors, including the Park Ridge Auxiliary, Dr. & Mrs. Ronald Penna, and Mr. & Mrs. Danny Wegman, Unity replaced its 16-year-old MMU with a new and modern unit which is now providing patient health services at shelters and other community locations. A live auction at the Unity Health Foundation Spring Gala in May raised over \$200,000 for the new MMU.

“The MMU is unique to Rochester and we are lucky to have it,” added Dr. Swanger. Unity is the only health provider outside of the New York City area to have a mobile unit to provide onsite care to its homeless residents.

There are approximately 8000 homeless residents in the Rochester community. The MMU is expected to provide care to 1200 of these adults and children in 2012. Unity’s Health Care for the Homeless program also cares for patients at its clinic on West Main

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Message from Warren Open Enrollment



Warren Hern, president & chief executive officer, Unity Health System

In the recent Employee Survey, our staff members told us they think we're doing quite a good job overall in our efforts to make Unity a great place to work. We want every member of our workforce to consider Unity as a place

where people respect one another, treat each other fairly, take pride in their work, and enjoy being together.

We know that pay and benefits are extremely important, too. Benefits are a substantial component of our pay. At Unity, we regularly monitor our pay rates and benefits to make sure they are competitive, and enable us to retain and recruit the very best employees.

During October, we kick off Open Enrollment. It's the time of year when we can review and make selections and changes to our health and dental insurance, disability coverage, and other benefits for 2012.

Throughout the year, our HR Benefits team solicits and uses employee feedback to make sure we offer a range of benefits that are of value to you and your family. We work with our various vendors to be sure we receive the best pricing and the highest quality service for our employees.

We also want to continue to encourage everyone to make healthy lifestyle choices. Congratulations to all of the participants in our Biggest Winner Competition – our most recent THRIVE employee wellness offering. An added benefit to a healthier workforce means lower benefits costs for all of us.

I think you'll be pleased with our benefits offerings for 2012. Here are just a few highlights of the choices you'll find in your Enrollment packet:

- We'll continue to offer two health plans – Basic and Enhanced. And while other companies are passing on double digit cost increases, our employees will pay, on average, 5% more for health insurance in 2012 than in 2011.
- Expanded coverage for orthodontia care in our Enhanced Dental Plan, including coverage for dependents up to age 23.
- Pharmacy discounts will continue, and, new this year, full coverage for diabetic supplies, equipment, and prescriptions
- We're also making it easier to use Unity services and eliminate extra steps to obtain your Medical Services Discount.

All full-time and part-time benefited employees will receive complete details in a personalized packet from your department leader later this month. It's important to take the time to review these offerings and then go online to make your selections.

Despite all the challenges we face, we will continue to do our best to reward exceptional performance with competitive pay rates and benefits that meet your needs.

Thank you for being part of the Unity Family and for your ongoing efforts to provide health care how it should be.

Three Students Awarded Health Career Scholarships

The Park Ridge Auxiliary awarded three children of Unity employees a Health Career Scholarship. Each student met the qualification requirements and has shown impressive accomplishments academically. Their letters of application and recommendation are a great testimony to the students' passion for the health care field. Receiving the 2011 Health Careers Scholarships are Andrea Gallagher, currently enrolled in the Physician Assistant Program at Rochester Institute of Technology, (daughter of Lisa Bowen); Katelyn Armes, a student in the Pharmacy Program at St. John Fisher College, (daughter of Cheryl Armes); and Justin Farnsworth, a student in the Physical Therapy Program at Houghton College (son of Diane Farnsworth).



(l to r) Cheryl Armes, mother; Katelyn Armes, student; Edie Ellis, president, Park Ridge Auxiliary; Justin Farnsworth, student; Diane & Jim Farnsworth, Justin's parents

New Package for Snowbirds at The Villages at Unity



The Villages at Unity has begun a program for seniors who travel south for the winter months and want to come home to the Rochester community during the warmer months of the year. This new Snowbird Program allows residents to select a furnished or

unfurnished apartment for a long or short-term stay, and choose amenities that fit their needs and lifestyle.

With a minimum three month stay, the Snowbird Program allows residents to rent an apartment year round, with a reduced monthly rate decrease while they're away.

Like other year-round residents of The Villages at Unity, residents will have easy access to Unity Health System's services and Unity Hospital, as well as many social and life enrichment activities, including educational classes, fitness sessions, and games.

For more information about this Snowbird Program or other program options, call The Villages at Unity at (585) 723-7442.

Employee Discount and Referral Program

Any relative of a Unity employee who moves into The Villages at Unity receives a \$1,000 discount off of the community fee.

Refer someone to move in ... get \$250 If a Unity employee refers a senior (who is not currently in the marketing database) to move into The Villages at Unity will receive a \$250 bonus upon the move in of their referral.

New Golisano Center Opening Soon

The former Park Ridge Living Center is ready to open and will soon have a new name.

Later this fall, renovations will be completed and the building will be renamed the Golisano Center. At various times, the Medical/Surgical units of Unity Hospital will temporarily transfer to the brand-new building as they are renovated.

In early 2012, the newly-expanded Unity Dialysis Center, Unity Endoscopy Services, and other areas in the new Golisano Center will open.

Named in recognition of a \$10 million gift from Paychex Founder B. Thomas Golisano, the new building will be home to the Golisano Restorative Neurology & Rehabilitation Center in 2014.



Construction of the Golisano Building will be completed in 2012.



Ramar Steel staff (l to r) Darren Landes, Chris Wilford, and Joe Cosiglio

Construction crew discovers nest



While working on the roof that will be the new Park Place Cafeteria at Unity Hospital, Ramar Steel iron workers discovered a mother pigeon nesting. They carefully worked around the mother bird and ensured the baby hatched safely. News of the nesting pigeon and the birth traveled quickly through Unity Hospital, attracting many staff members to check in on her through a nearby window. The baby bird hatched on July 13.

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In Her Own Words... A Unity Practice Manager on the Run!

My story is a bit different than yours, but it all leads in the same direction. I am 63 years old. I have never, ever run, but I was the best sideline cheerleader at every race I could get to! I admired each runner as they went by and called out encouragement from start to finish. I felt it was the closest I could ever come to that wonderful group of people called "runners."

Unity Health System then announced their affiliation with the No Boundaries Program. I went to the orientation by Ellen [Brenner-Boutillier] and believed in myself enough that I thought it was time to get off the sidelines and into the road. I could not participate in the Winter No Boundaries Program but my mind was made up. I found a Learn to Run program offered at Perinton Recreation Center and began a very similar program on April 1 of this year.

Although it was pushing the envelope, I ran the Unity Health System Flower City Challenge on May 1. I made it and kept attending the program I had joined

in Perinton. I have never missed a class nor a homework run because my life allows me to put running at the top of my list right now.

I also am willing to run in just about any kind of weather. I ran the Chase Corporate Challenge, the Girls on the Run 5K, the Brighton 4th of July 5K, and the Shoreline 5K on July 23. At the end of every race, I am smiling. I manage my pace and keep on putting one foot in front of the other.

People here at Unity tell me that I have inspired them to join the current 5K No Boundaries Program. This is a benefit I could never have seen coming.

I have lost weight and feel wonderful, which makes it all that much better! I will see you tomorrow at our next workout. I am the one who arrives smiling and leaves the same way because I still can not believe I am in that road running rather than on the sideline.

— Ann Llewellyn
Practice Manager
Unity Internal Medicine @ Ridgeway



Llewellyn crosses the finish line of "Girls on the Run"—a 5K race that was held in June at Genesee Valley Park. The event is a graduation race for all the participants of a local program which trains young women 13-17 years old to run a 5K race while promoting healthy habits and self esteem.



Join the Fall No Boundaries: Learn to Run Program!



Unity's Summer No Boundaries participants: First row (l to r): Ann Llewellyn, practice manager, Unity Internal Medicine at Ridgeway; Sue Kesselring, staff nurse, Unity Internal Medicine at Ridgeway; Nancy Stephany, lactation coordinator, August Family Birth Place. Second row (l to r): Joanie Szczupakowski, benefit representative, Human Resources; Xuan Hoa, patient account representative, Hospitalist House; Annette Petrosino, primary therapist, Home Based Crisis Intervention Program. Third row (l to r): Maria Abeyounis, D.D.S., Unity Dental at St. Mary's; Brenda Herman, client services representative, ACM Medical Laboratory; Jessica Scorse, addiction therapist, Unity Chemical Dependency; Shannon Glassman, senior cost accounting analyst, Budget/Planning; Don Gibson, systems analyst, Information Systems.

Unity Health System is excited to continue bringing Fleet Feet's No Boundaries: Learn to Run Program to staff members. No Boundaries is a beginner 5K or 10K running program designed to guide you safely and effectively into running, while learning valuable information on healthy living and overall wellness.

No Boundaries is a 12-week coached workout program allowing you to train at a pace that is appropriate and comfortable for you. The program is designed as an "independent study" with some group training. Workouts include walking and running, and both programs allow you to build physical and mental endurance, accommodate to the additional exercise, and prevent injury

through necessary preparation. To learn more, visit www.unityhealth.org/thrive.

Unity is excited to recognize employees who complete the No Boundaries program. All employees who attend at least 50% of the group workouts will receive a \$50 reimbursement at the conclusion of the program. Reimbursements are limited to one per employee. If you received one for completing the winter or summer No Boundaries program, you will not receive another one.

For more information about No Boundaries, visit www.unityhealth.org/thrive or contact Renee Elwood at 368-3733 or relwood@unityhealth.org.

Mobile Medial Unit from page 1

Street, which opened last year. Services include health assessments, treatment, referral to primary care providers, TB screenings, immunizations, gynecological care, well-child services, substance abuse evaluations, mental health evaluations, dental care, and HIV/AIDS education and testing.

Unity welcomes the new physicians, dental staff, and support staff who recently joined the Program.



Carlos Swanger, M.D., medical director of Unity Health Care for the Homeless, speaks with media during the news conference.

Unity Dental At Ridgeway Moves to New Location

Unity Dental at Ridgeway Dental has relocated to its new office in the Unity at Ridgeway building, 2655 Ridgeway Ave.

The new office in Suite 360, is equipped with modern technology, including digital imaging immediately and it will have electronic dental records capability in January.

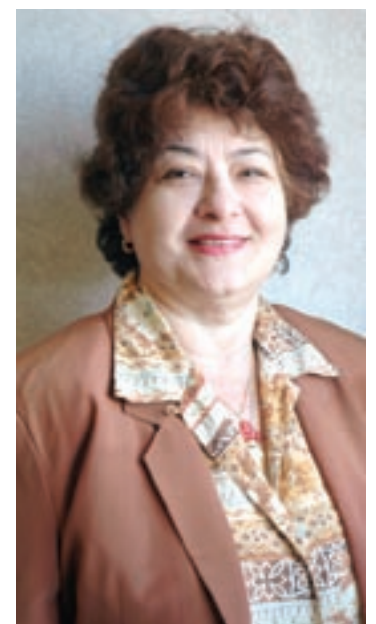
All main numbers and fax numbers will remain the same. Timothy Entwistle, DDS, and Michael Kozlowski, DDS will be joined by Scott Watson DDS.

ACM Global Central Lab Bolsters Scientific Expertise and Analytical Capabilities

ACM Medical Laboratory, a division of Unity Health System, is proud to announce Suzanne Dale, Ph.D., D (ABMM), FCCM as the director of Microbiology, and Sara L. Diaz, DLM (ASCP) CM, as ACM's manager of Hematology. Both bring a wealth of knowledge and experience to augment the wide range of medical disciplines found in ACM's in-house staff.



Suzanne Dale, PhD, D



Sara Diaz

Prior to joining ACM, Dr. Dale held an appointment as assistant professor at McMaster University in the Department of Pathology and Molecular Medicine, and a clinical scientist position within the Hamilton Regional Laboratory Medicine Program. In her new

role at ACM, Dr. Dale is responsible for both microbiology and molecular diagnostics.

Diaz comes to ACM from Abington Memorial Hospital, where she was the core laboratory operations manager.

UNITY SCENES

Community members and Unity staff gathered on August 30 to celebrate the installation of two shuffleboard courts at Hilton Park Apartments. (l to r): Community supporters Mike Whelehan, Chuck Carmestro and Joe Lee, and Carm Carmestro, with Sandy Tyler, and Deann Osborne, both are managers of Affordable Housing for Unity Health System.



Unity Living Center staff members and elders pose for a photo during the Living Center's annual picnic in August. (l to r): Ruth Orsmy, certified nurse assistant; Audrey Frank, elder; Tiffany Bush, recreation assistant; and Eugenia Cardinale, elder.

Unity Connection and more photos highlighting Unity people and programs are available online!

Visit www.unityhealth.org and click on Staff Tools in the upper right hand corner of the homepage.



Olga Lopez, therapy aide, and Cosmo Leccesse, elder, seen here at the second annual Classic Car Show which was held in July at the Wegman Family Cottages at Park Ridge Living Center. Elders, staff, families, and volunteers of the Living Center enjoyed the sunshine, hot dogs on the grill, oldies music by DJ Don, and of course, the classic cars.

Christine O'Riley (left) and Caroline Burtner (right), nurses at the August Family Birth Place, welcomed a surprise visit by Spikes. The Rochester Red Wings mascot helped launch ticket sales of Unity Night at Frontier Field, which took place on August 13.



Major League Baseball Legend Johnny Bench visited Unity Hospital. At a news conference, Bench (left) received a t-shirt and other gifts from Debbie Wellington, program director, and Michael Klotz, M.D., medical director of the Joint Replacement Center. Bench has had two hip replacement surgeries and travels to communities in the U.S. for physician education events, and to meet joint replacement patients.



Getting Ready for Go Live: The next phase of u.Net is coming!

On December 6, 2011, Unity Health System will implement the next phase of u.Net at Unity Hospital. This will include significant updates to our electronic medical records, resulting in notable changes to how current u.Net users will interact with the system moving forward, as well as bringing several key areas online, including:

- Intensive Care Unit
- Emergency Center
- Walk-in Care Center
- Special Care Unit

Training & Go Live Support

Training sessions will start the beginning of October, for new and existing users affected by the u.Net 2011 Go Live.

Be sure to look for ongoing information throughout the coming months. If you have questions about the u.Net initiative, visit the Unity Intranet site at <http://unitynet/KnowNow> or email KnowNow@unityhealth.org.

DID YOU CATCH SOMEONE LIVING THE UNITY BRAND PROMISE?

Share your story with Corporate Communications at 368-3091

Biggest Winners from page 1

drank at least 64 ounces of water a day, and exercised," Bischooping said.

He didn't expect to win, but 37 pounds later, Bischooping took the \$500 first place

prize in the individual category for the most weight lost.

"I feel a lot better. I breathe when I take the stairs," said Bischooping. "It feels good."

The "Alpha Team" -- Ann Miller and Beth Pienio, both administrative assistants at Unity Behavioral Health, Sharyl Morton, coordinator of Quality Improvement for Unity Chemical Dependency, and Luz Lee, manager of Operational Process Improvement -- earned the first place spot in the group category, with a collective 36 pounds lost.

"I think it's a great thing that Unity did this," said Morton. "A lot of people got into it, and got motivated."

"It was clear from reading the 2011 Employee Survey comments that a lot of Unity people want to achieve healthy goals through exercise, and they've asked for our help," said Maryalice Keller, vice president of Brand and Talent Management. "Our new partnership with the Rochester Athletic Club is just one of our Thrive wellness initiatives and one of the ways we are responding."

Are you interested in joining a gym?

RAC is running a special free one month membership through October 20. Print off the membership membership voucher at www.unityhealth.org/thrive and bring it to any RAC location, along with your employee i.d.

Unity employees who wish to extend an individual membership beyond the free month are eligible for a discounted rate of \$14.95/month for 24 months. Family memberships are \$19.95 with a \$49 enrollment fee.

Unity also offers discounts at Unity Health System Total Sports Experience to staff. Employees receive 10% off all fitness programs, including youth camps and programs.

Unity Holds Community Flu Clinics Flu Shot for Staff Available September 1

Unity held community flu clinics for Rochester area residents. In addition to the annual clinics for staff and volunteers.

"We know that the most effective way to prevent the spread of seasonal flu is by getting an annual flu vaccine," said Joseph Sal-

pante, M.D., vice president of Medical Affairs. "We are proud to be part of the effort that makes flu shots accessible to everyone in our community. We encourage everyone to get a flu shot this year and every year."

The first clinic was held at Unity Ridge Way on September 21 and the second at Unity St. Mary's Campus on September 28. Like previous years, flu shots will be offered free of charge to all staff and volunteers. Staff may



Patty Ryan, manager of Employee Health Services, gives a flu vaccine to Greg Wollschleger, strategic planning manager during the Community Flu Clinic at Unity St. Mary's Campus on September 28.

receive a flu shot at the Employee Health office on the Unity Park Ridge Health Care Campus in the Professional Office Building, Suite 150. Free flu shots for staff will also be offered at a various Unity locations throughout the fall (see schedule on page 5).

Flu season begins as early as October and run as late as May every year. The Centers for Disease Control (CDC) recommends flu vaccines for all people six month and older, especially those at risk of getting the flu and health care professionals. For more information regarding seasonal flu and the flu vaccine, call Employee Health at 723-7880 or visit the CDC web site at www.cdc.gov/flu.

Get your
flu
shot

Free Employee and Volunteer Flu Shot Clinic Dates

Like previous years, flu shots will be offered free of charge to all employees and volunteers. Free flu shot clinics for staff are listed below. Additional dates will be added. Check the Unity Intranet for a weekly listing, click on the "Flu" link on the home page.

Flu Shot Dates and Locations

- Oct. 12** Unity Hospital, Department of Medicine Conference Room - 9-11:30 a.m.
- Oct. 13** Edna Tina Wilson Living Center Main Conference Room - 12 - 1 p.m.
- Oct. 20** Unity Hospital - Former Main Entrance Area, First Floor - 6:45 - 8 a.m.
- Oct. 20** Unity Hospital Education Center - 12 - 1 p.m.
- Oct. 27** Unity St. Mary's Campus Ground Floor, By the Café - 6:45 - 8 a.m.
- Oct. 27** ACM Lab 160 Elmgrove Park - Cafeteria - 12 - 1 p.m.
- Nov. 3** Unity Dialysis at Spencerport 5 Land Re Way - Conf. Room - 12 - 1 p.m.
- Nov. 10** Evelyn Brandon Health 81 Lake Ave. - 3rd Floor Conf. Room - 12 - 1 p.m.
- Nov. 10** Unity Hospital Former Main Entrance Area, First Floor - 4 - 5 p.m.

In Memoriam

Sadly, we note the passing of the following members of the Unity Family

Alyce Maiuri

August 3, 2011, registration specialist in Unity Hospital's Emergency Center. She had been employed with Unity Health System since 1998.

Jane Panzer

August 13, 2011, enrollment coordinator for Unity Medical Group. Jane joined St. Mary's Hospital in 1991. She served Unity as a volunteer after her retirement from Unity in 2010.



Unity Welcomes...

Joy Dreibelbis Burke, M.D. joins Unity Rehabilitation and Neurology. She is a member of the American Academy of Neurology and the Society for Neuro-Oncology.



Charity Karpac, M.D. joins Unity Health Care for the Homeless program. She is a member of the American College of Physicians and the American Academy of Pediatrics.



Francys Day, D.D.S. joins Unity Dental Group at St. Mary's. She is a member of the Academy of General Dentistry and of the American Dental Association.



Megan Carmel, M.D. joins Unity Ob/Gyn at Clinton Crossings. She is a member of the American Congress of Obstetrics and Gynecology.



Natalie Bertoia, M.D. joins Unity Ob/Gyn at Brockport. She is a member of the American Congress of Obstetrics and Gynecology.



Paul Smith, D.O. joins Unity Health Care for the Homeless program. He is a member of the American Osteopathic Association and the National Health Service Corps.



Sheena Mathew, M.D. joins Unity Ob/Gyn at West Main. She is a member of the American Congress of Obstetrics and Gynecology.



Scott Watson, D.D.S. joins Unity Dental Group and Unity Health Care for the Homeless program. He is a member of the American Dental Association, American Dental Education Association, and University of Florida Alumni Association.



Sarah Bolduc, M.D. joins Unity Family Medicine at St. Mary's. She is a member of the American Academy of Pediatrics and of the American College of Physicians.



news BRIEFS

New CFO Appointed to ACM Medical Laboratory

Gita Ramachandran, CPA, joins ACM Medical Laboratory as chief financial officer. Gita was educated in India and received her MBA in Canada. She moved to Rochester in 1998 to join Frontier Corporation as vice president of Corporate Audit. In 2000, shortly after Frontier was acquired by Global Crossing, she became chief financial officer of America Fiber Systems, a start-up telecommunication company that was sold late last year. Gita will also provide financial oversight for ACM's European operations based in York, UK and in India.



Gita Ramachandran

New Role for Mark Livecchi, M.D.

On September 1, Mark Livecchi, M.D. assumed the role of medical director of Unity's Acute Rehabilitation and Brain Injury program. Dr. Livecchi has been the primary attending physician for this service for the past several years. Mary Dombovy, M.D. continues as vice president for Neurosciences, which includes Neurology, Neurosurgery, Rehabilitation, and the Spine Center.



Mark Livecchi, M.D.

Home and Community Based Services Welcomes Dave Zoladz

Home and Community Based Services welcomes David Zoladz as the new director of Assistive Technology programs. Zoladz oversees HealthCall, Unity's personal emergency response system, and MedSmart, Unity's medication management system.



Dave Zoladz



A Special Day for Healthy Start Clients

In August, Unity partnered with Continental School of Beauty to provide clients of Healthy Start's Journey of Hope free hair styling, make up services, and a presentation by a motivational speaker. Alexica Giles was among the Healthy Start clients treated to an inspiring and invigorating day at Continental School of Beauty. Giles is photographed here while receiving a hair makeover.

Sally Rousseau, M.S.W., L.C.S.W., L.M.F.T. wins Excellence in Teaching Award

Students at the University of Rochester Medical Center's Family Therapy Program enthusiastically voted Sally Rousseau as the winner of the Susan H. McDaniel, Ph.D. Excellence in Teaching Award - 2011. The annual award is presented to a faculty member who models professionalism and compassion in the care of patients, demonstrates excellence and creativity in the biopsychosocial approach to couple and family therapy – and integrates theory, research, and best clinical practices. Rousseau joined Unity in May as manager of Evelyn Brandon Health Center.



Sally Rousseau, M.S.W., L.C.S.W.

upcoming EVENTS AND CLASSES

OCTOBER

OCTOBER 12 LETS TALK HEALTH: PRE-DIABETES THE SILENT EPIDEMIC. Free health screenings followed by a seminar with experts from Unity Diabetes Center. The event is from 6 to 7:30 p.m. health screening the Unity Hospital Education Center. 1555 Long Pond Road, Greece.

OCTOBER 12 YOGA- BALANCE YOUR BODY. Yoga classes for Unity staff are being offered every Wednesday through October 12 at 4:45 p.m. in the West Auditorium at the Unity St. Mary's Campus. Learn simple, safe, and practical yoga techniques that quickly reduce tension and stress. Space is limited and registration is first-come, first-serve.

OCTOBER 13, 20 & 27 FUN-ON-THE-GO WITH 5-2-1-0! A fun, interactive activity series. Discover new ideas to help your kids eat well and exercise. All sessions are one-hour and free to all employees. Classes will be held in the West Auditorium at the Unity St. Mary's Campus, from 4:30 – 5:30 p.m..

OCTOBER 13, 20 & 27 THRIVING THURSDAYS - free health fairs for Unity employees and volunteers are being held every Thursday. Various locations and times are noted below.

October 13 – Edna Tina Wilson Living Center – Main Conference Room – Noon to 1 p.m.

October 20 – Unity Hospital – former Main Entrance Area, First Floor – 6:45 – 8 a.m.

October 20 – Unity Hospital – Education Center – Noon to 1 p.m.

October 27 – Unity St. Mary's Campus – Ground Floor, By the Café – 6:45 – 8 a.m.

October 27 – ACM Medical Lab – 160 Elmgrove Park – Cafeteria – Noon to 1 p.m.

OCTOBER 16 "STEP OUT" WALK TO STOP DIABETES Unity Health System is a proud sponsor of this American Diabetes Association event and will have a team participating in this fundraiser that makes a difference in the lives of 23.6 million Americans living with diabetes. Join us at Genesee Valley Park 10 a.m.

OCTOBER 22 POUND THE GROUND FOR VETS 10K. Unity Health System is a proud sponsor of "Pound the Ground for Vets"—a 10K Race/Walk to benefit the program and services of the Veterans Outreach Center Inc. The event will take place at Mendon Ponds Park, Stewart Lodge. Registration will begin at 8 a.m. Race/Walk will begin at 9:30 a.m. To register online, visit www.veteransoutreachcenter.org.

SAVE THE DATE

NOVEMBER 2 LET'S TALK HEALTH: HOT FLASHES, HORMONES, AND HORS D'OEUVRES Ridgmont Country Club 3717 W. Ridge Road, 6-8 p.m. A discussion of peri-menopause and menopause symptoms and how to cope with these life changes. Our expert panel will include physicians from Unity Ob/Gyn, Unity Sleep Disorders, and more.

NOVEMBER 3 & 10 THRIVING THURSDAYS. Free health fairs for Unity employees and volunteers are being held every Thursday. Various locations and times as noted below throughout the month of November

NOVEMBER 3 UNITY DIALYSIS AT SPENCERPORT – 5 Land Re Way – Conference Room – Noon to 1 p.m.

NOVEMBER 10 EVELYN BRANDON HEALTH CENTER – 81 Lake Ave – 3rd Floor Conference Room – Noon to 1 p.m.

NOVEMBER 10 UNITY HOSPITAL – former Main Entrance Area, First Floor – 4 – 5 p.m.

NOVEMBER 28, DECEMBER 1, 7 & 8 PARK RIDGE AUXILIARY HOLIDAY BASKET RAFFLE November 28 and December 2 at Unity Hospital, and on December 7 & 8 at Unity St. Mary's Campus. The annual event helps raise money to support programs and services of Unity Health System. Details will become available in November!

DECEMBER 1 PARK RIDGE AUXILIARY LIGHTS OF LOVE Join the Park Ridge Auxiliary for this annual event that includes the "flipping of the switch" that illuminates thousands of holiday lights on the Unity Park Ridge Health Care Campus, Unity St. Mary's Campus, and Unity at Parkway Campus. Held at Unity Hospital, the event begins at 7 p.m. All are welcome to this free event! Lights of Love can be purchased in honor or in memory of a loved one for \$8 each. For more information, contact Donna Sime at 723-7102 or dsime@unityhealth.org

Unity Day at Seabreeze

Great weather, fun rides, a picnic style lunch, and lots of people made Unity Day at Seabreeze on July 11 a perfect day for families and friends! Free baseball caps were given to all employees and their guests by Unity administrators.



Jane Shukitis, vice president of Home & Community Based Services (wearing baseball cap), with Tina Williams, lead technician, Sterile Processing & Distribution, to her right. Williams enjoyed the day with stepdaughters, Dominique Scott (left of Shukitis), Andrea Scott (right of Williams), and granddaughter, Jaelynn.



Patricia Buggs, staff nurse of Unity Internal Medicine at Park Ridge, with children, Christopher Gathers and Aleisha Robinson.



Melenore O'Dell, registration specialist at the Emergency Center, with husband, Scott, and son, Aiden.

THE 1 UNITY advantage



Employee Health Services celebrated the accomplishments of two staff members. Patty Ryan, manager, (photographed here with her husband, Don), graduated in May with a Masters of Science in Advanced Practice Nursing and a speciality in Family Health (FNP) from St. John Fisher College. Carla Kraemer, clinical coordinator, received her occupational health nurse certification from the American Board for Occupational Health Nurses in August.



Linda Holderle, staff nurse at the August Family Birth Place, graduated with a doctorate of Nursing Practice from Robert Morris University. Holderle, photographed here with her family, graduated in May.

Tuition Program Supports Continuing Education

It took over two years of classes, studying, and test taking for Pat Patton, manager of Physician Practices/Enrollment at Unity Medical Group, to earn her bachelors degree, but she says it was well worth the effort. She attended the R.N. to B.S.N. Modular Program offered by Roberts Wesleyan College, while working full-time at Unity.

"I had great support from my supervisor, Bobbi Jennings, to complete the program and keep up with my job duties," said Patton. She is among nearly 100 employees who enrolled in Unity's Tuition Reimbursement Program in 2011.

"Pat graduated with honors, achieving a 4.0 GPA," noted Bobbi Jennings, senior director of Practice Management. "This is a wonderful accomplishment for Pat."

Designed to provide eligible employees professional growth, the Program seeks to improve Unity's patient care and operations through learning, by covering some of the costs related to either undergraduate or graduate classes.

"Learning is one of our core values," said Cassandra Claboine, senior director of Human Resources. "We celebrate all those who use the program and achieve their goals." For details about Unity's tuition program, talk to your manager or visit the Unity Intranet and click on the Human Resources tab under Departments.



Co-workers celebrated Pat Patton when she earned her B.S.N. from Roberts Wesleyan College.



Seven nurses from Surgical Services earned degrees in 2011. (l to r): Elise Carvel, Tricia Simonelli, Julie Yauklowski, Kathy Sawicki, Jaclyn Dusek, Justine Shults. Not photographed: Ketelie Dornelius.

news BRIEFS

August Family Birth Place Receives Award from NYS Department of Health

New York State Department of Health (NYSDOH) presented the August Family Birth Place with a Certificate of Excellence to recognize their outstanding work. The August Family Birth Place met the standards for testing, reporting, and recording of maternal Hepatitis B status, which is 100% compliance, and exceeded the 90% minimum requirement for immunizing newborns with the Hepatitis B vaccine within 12 hours of life.



(l to r): Staff Nurses Kayla Rodas and Elizabeth Stolte; Linda Meyer, registration specialist; staff nurses Linda Schoepfel and Sara Kimmicutt; Kelly Bowen, director of August Family Birth Place; Albert Jones, M.D., chair of Ob/Gyn at Unity; Staff Nurses Diane Nau, Paula Crevison, and Beth Toly-Hughes; Lynn Pollock, NYSDOH Perinatal Hepatitis B coordinator; and Rene Rice, staff nurse.

Jeff Mothersell Takes On New Role

After 21 years of service at Unity Behavioral Health, Jeff Mothersell has transitioned to the new role of director of Service Excellence. Working with Unity Hospital and our three Living Centers, Mothersell will oversee and insure timely and appropriate response to concerns and complaints. He will also identify trends and opportunities for process and system improvements.

Mothersell joined Unity as a primary therapist, then became coordinator for the Park Ridge Partial Hospitalization Program in 1992. He later became manager of outpatient programs in Greece, which included Unity Chemical Dependency. His most recent roles have been director of Quality Improvement for Behavioral Health and director of Unity Mental Health.



Jeff Mothersell, a hockey fan, holds a Stanley Cup-like trophy he was given by co-workers at Unity Behavioral Health.



Surgical Services

Smart Shoppers Realize Savings



Led by surgical champions -- Nagendra Nadaraja, M.D., Gary Ritzel, M.D., Usama Sbitany M.D., and Pearce Sloan, D.P.M. -- the Department's Value Analysis Plus (V.A.P.) team developed a system that ensures the best products are purchased at the best price.

"Technology is changing," said Sharon Bidwell, director of Surgical Services. "We need to keep up with those changes and offer patients the highest quality surgical options, while keeping our costs down. Thanks to our VAP super savers and champions, we are meeting this important need."

These super savers use a product evaluation form and other methods of information sharing, such as regular group discussions, which have led to the best choices for their patients and for the Department's bottom line.

"The process has really helped us stay focused on our goals and work together," added Bidwell. These evaluations have led to price negotiations on widely used surgical supplies, such as breast implants, pins used in foot surgery, and mesh for hernia repairs, she noted.

There's still more work to be done, according to Surgical Services. In the coming year, the team will be hard at work searching for more super savings!

WHO WILL BE THE NEXT SUPER SAVER?

If you have ideas to share, email unitysavings@unityhealth.org or visit or visit the Unity Intranet. Click on the Value Analysis Plus (V.A.P.) link in the left column of the intranet homepage.



UNITY



salutes



Unity Guardian Angel Program

Unity Health Foundation's Guardian Angel program allows grateful patients and family members the opportunity to support Unity Health System while paying tribute to their special caregiver – the individual or group of individuals who made a difference in their visit or stay at a Unity facility.

- | | |
|----------------------------|----------------------------|
| Sabina Alihodzic, C.N.A.** | Linda Marriott, C.N.A.** |
| Tracey Becker, R.N. | Olivia Mast, R.N.** |
| Kim Bennett, H.H.A. | Molly Menge Maguire, P.T. |
| Gina Bianchi, C.A.***** | Tanya Mobley** |
| Sarah Bobo, R.N.** | Natalie Morabito, R.N.*** |
| Aileen Bowers, R.N. | Anna Morreale, R.N.*** |
| Lisa Bower, P.A.*** | Mark Moser, L.P.N. |
| Sharon Brown, C.A.*** | Kim Muoio-Smith, R.N.**** |
| Beth Burgwardt | Stacie Nau, C.A.** |
| Melissa Burritt** | Tracy Nerau, C.S.R. |
| Kelly Burtner, R.N. | Audwin Pangilinan, M.D. |
| Michael Butler, R.N.** | Sharon Ragusa, R.N.*** |
| Alisha Chatman, C.N.A. | Kaitlyn Reed, R.N.**** |
| Ivonne Clement, R.N.*** | Claire Reidy, R.N. |
| Kristi Crandall, C.A. | Nora Jeanne Reidy, R.N. |
| Lynn Denhardt | Jeff Resch, R.N.*** |
| Katie DiRenzo, R.N. | James Rice, R.N.*** |
| Don Dunkailo | Pat Rivera** |
| Denise Ennis, H.H.A. | Karen Robinson, R.N.**** |
| Monica Epps, R.N.*** | Yoosoon Rubright, L.P.N. |
| Lauren Ehrmentraut, R.N. | Judie Sanders, L.P.N.** |
| Mario Fajardo, C.A. | Victoria Sanders, |
| Patty Freeman, C.A. | Jordan Schmidt, C.N.A. |
| Sheila Gallats, R.N. | Linda Schultz, C.N.A.**** |
| Michael Gayden** | Kari Scott, C.A. |
| Dianna Hohman | Amanda Seelman, R.N. |
| Cynthia Houle, R.N. | Matthew Stephany |
| Cassandra Ann Hyde, R.N. | Tiffany Thomas, C.N.A. |
| Melinda Ipsaro, P.A. | Susan Thomas, P.T. |
| Josephine Keane, R.N.**** | Amanda Torregrossa, R.N.** |
| Linda Koller, C.A.*** | Maryann Turpyn, H.H.A.*** |
| Gabrielle Kress, R.N. | Megan VanValkenburg, R.N. |
| Mary Lang, P.A.** | Kathy Wahl** |
| Kelly Leckie | Colleen Walsh, R.N. |
| Carol Male, R.N.** | Michelle Walch** |
| Darlene Manning, L.P.N.** | Banchirga Woldesadik, R.N. |
| Sharon Marble, R.N. | Julie Zalar, R.N. |
| Catherine Marchese, R.N.** | |

* Indicates number of times nominated

On the Spot Awards

Unity recognizes employees and volunteers whose job performance exceeds customer service standards with On the Spot Awards.

For the weeks of June 2 through August 10, 2011

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|----------------------------|---------------------|
| Richard Adrid | Marcia J Boccacci |
| Mary L Agnello | Hans Bors |
| Kadeem A Alexander | Aileen M Bowers |
| AnnDrea M Alexander-Howard | Mei L Boyd |
| Celia A Bachmann | Kathleen P Brooks |
| Julie Elizabeth Bailey | Walneice Buckingham |
| Tami J Balcom | Annette Bullock |
| Joshua Barrick | Carol Burke |
| Lori A Blais | Melissa S Burritt |

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|--------------------------|-----------------------|
| Denise Caluorie | Carlis A Livingston |
| Akia A Calvin | Cassandra L LoBrutto |
| Brooke A Camacho | Heather S Loucks |
| Helen H Campbell | Sharon Faith Lum |
| Stephanie I Capers | Gail MacWilliams |
| Julia Casciani | Elizabeth Marcello |
| Ronny Rembranth V Castro | Jacob Marin |
| Michaelene Chapman | Gayle Ellen Markle |
| Suzanne M Chase | Gloria Martin-Simmons |
| Brittanie M Cioppa | Merrion Mason |
| Teresa Cioppa | Michelle Masonis |
| Michelle Cipolla-Aponte | Manuel Matos |
| Myraflor T Clarke | Lynette Mayer |
| Melissa M Connor | Latoya A McCloud |
| Constance Coots | Antoine A McDonald |
| Kathy Council | Jill McGrath |
| Rhoda Court | Brian McMinn |
| Nina M Crespo | Trevor L Meagher |
| Paula Crevison | Livia Meyers |
| Sue A Daggs | Katie L Miller |
| Laurie Dagostino | Nicole Morehouse |
| Joseph D'Agostino | Amanda Napoli |
| Vijay Das | Matthew W Nary |
| Caitlin K D'Aurelio | Lauren Norfleet |
| Anne F Davis | Sandra J Nucelli |
| Susan Deguglielmo | Marlene Nyiri |
| Janine M DeLorme | Susan O'Brien |
| Maryann K Dennis | Michelle M Oneil |
| Stephanie L Dodd | Carleen O'Neill |
| Deborah S Egan | Christine O'Riley |
| Denise C Eggert | Kimberly Ann Oropeza |
| Erin E Englert | Luz E Ortiz |
| Natalie B Figueroa | Janet Piendel |
| Sarah M Frazer | Paul J Price |
| Carolyn Furibondo | Sharon B Ragusa |
| Sara Genovese | Courtney L Rawleigh |
| Tamara L Gleason | Fantasha Ray |
| Edward Goldstein | Maryellen Reese |
| Jessica M Goodwin | Diane Reff |
| Daniel W Grace | Nora Jeanne Reidy |
| Paul Graupman | Jill M Richards |
| Donald M Green | Maria Rodriguez |
| Michael C Haag | Zaida I Rodriguez |
| Jeffrey K Hampton | Diane M Rosignolo |
| Ursula Harbauer | Cindy Nguyen Ruisi |
| Violet Harrison | Jim Russo |
| Bridget M Hartson | Michael R Saddler |
| Bethanie Hatfield | Vanessa K Samuel |
| Daniel Hauman | Janine M Schindler |
| Lisa M Heckman | Timothy Schirmer |
| Joanne Hessney | Tanya Scott |
| Nancy Hines | Angela R Sellitto |
| Sarah Hoak | Karan Sharma |
| Debra Holden | Erika Sheremeta |
| Linda J Holderle | Heather A Short |
| Phomarin Homniyom | John Sindoni |
| Mark Hospers | Debra Smith |
| Sandra A Houle | Linda Spinder |
| Jane Houser | Nancy Sprague |
| Ila G Hughes | Julie A Steeb |
| Shameka J Humphrey | Kyle Steele |
| Margaret Hurst | Cherie Steeves |
| Rosa L Hurtt | Nanette D Stell |
| Patricia A Imburgia | Valentyna Tabachuk |
| Glendnel M Jackson | Amy L Tesch |
| Marcy Jock | Denise Thomas |
| Lisa Johnston | Kimberly A Thomas |
| Mary Catherine Keeley | Elaine F Tubiolo |
| Pamela S King | Katie E Tyner |
| Joanna King-Jones | Carla Wahls |
| Sara A Kinnicutt | Kathleen Waldorfer |
| Tricia Ann Krause | Shannon White |
| Frank R La Notte | Johnny C Whitfield |
| Kenneth Lamb | Jamesine Williams |
| Cheryl A Lambo | Jereme Williams |
| Cindy A Lammes | Leola Williams |
| Deborah A Leblanc | Hager Mae Wilmot |
| Heather Lewis | Stacey Yaw |
| Sharon B Lewis | Amy Zimny |
| Susanne Lippincott | Linda Watson Zurich |
| Taylor Listowski | Jaroslav Zydowicz |

Congratulations

to the following dedicated employees who celebrated five years or more of service to Unity from September through October 2011.

5 Years

- | | |
|-----------------------|-----------------------|
| Jayne Linderman | Barbara M Germano |
| Amy Lanni | David Camacho |
| Carol Cornwell | Kristi A Crandall |
| Richard Adrid | Dawn M Demarse-Vargas |
| Katrina M Kerber | Laura L Schenkel |
| Christopher Cooper | Peter Malloy |
| Nakia K Taylor | Amy L Armstrong |
| Marshann Thomas | Toni M Horowitz |
| Sharee N Jackson | Katherine Gonzalez |
| Carly Nagle | Tracey M Becker |
| Nakia S Scott | Maria Y Rivera |
| Anthony Pryce | Brian McMinn |
| Megan L VanValkenburg | Dawn Coistek |
| Catherine P Divers | Raymond W Curtin |
| Lisa K Fanton | August C Bosco |
| M Elizabeth Rowe | BettyJo Francis |
| Ann Marie Slattery | Kimberly N Bennett |
| Jean P Hickey | Ronald Mack |
| Kathleen R Parker | Lynn M Wood |
| Cassandra Arena | Kaylene Kelly |
| Donna J Powers | Sarah C Fishel |
| Sherry A DeJohn | Joyce M Mole |
| Melody A Szepetyk | Linda Ferris |
| Andrea M Moody | Enid Archibald |
| Todd J Crisafulli | Matthew W Nary |
| Sujeily Colon | Lorrie D Catalina |
| Ann Marie Douglas | Gretchen Loewke |
| Corinne D Martin | Christopher T Abate |
| Jeanne M Daley | Lauren N Conrad |
| Taylor Listowski | Jamie Monaghan |
| Walter W Clyburn | James D Milner |
| Tara Avery | Paul R Scarfo |
| Ann M Cullen | Christina M Govan |

10 Years

- | | |
|-------------------------|---------------------|
| Tonya Argy | Carol A Kelly |
| James E Barcomb | Wendy L Koch |
| Andrea Burge | Jerome Koresko |
| Jennifer M Burch | Anthony M Locicero |
| Courtney J Clark-DeLong | Moncheri E Mack |
| Pamela Dambra | James F Montimerano |
| Robin R Dellina | Christine C Page |
| Karen E Demchok | Douglas Pickard |
| Kim T Frank | Joanne M Samuels |
| Wilfred George | Stephanie Schuchart |
| Alise T Gintner | Theresa Steele |
| Marcheta Glass | Betty Riley |
| Jean Gonzalez | John A Robbins |
| Elizabeth H Gorman | Scott Roberts |
| Donna K Gray | Gertrude Mary Ryan |
| Lori A Gray | Dawna L Schreiner |
| Beverly Grimm | Concetta Stringer |
| Mary Hess | Kristin C Vermilyea |
| Nickole Hodrick | Lucius K Warfield |
| Ellen R Hufziger | Deborah Wellington |

15 Years

- | | |
|--------------------|---------------------|
| Rosa Vega-Delapaz | Thomas E Donlon |
| Mary A Coughtry | Ellen A Fleischnick |
| Janet Ortiz | Joseph R Rizzo |
| Scott A Gogstetter | Rosemary Chambers |
| Sabina Alihodzic | Deborah Lynn Quayle |

20 Years

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|------------------|------------------|
| Malinda Fuhrmann | Mildred Mitchell |
| Laura G Healy | Paula Shortino |
| Kelly Vogler | Kathleen G Hess |

25 Years

- | | |
|-----------------|-----------------|
| Heidi Wilson | Alphonso Wright |
| Bethany G Brown | Mark Hospers |

30 Years

- | | |
|--------------------|--------------------|
| Linda Beaman-Vega | Patricia Cummings |
| Robert J Pyykkonen | Mary Ann Livergood |
| Deborah Holt | |

35 Years

- | | |
|-----------------|------------------|
| Margaret Donald | Margaret Hurst |
| Warren Hern | Kathleen J Smith |

50 Years

- | | |
|------------------|--|
| Mary A Reifsteck | |
|------------------|--|

Dear Staff, Elders and Family Members,

Thank you all for your thoughtful donations throughout the year to the Resident Council Fund and for supporting our efforts to make a difference.



Your kindness will help improve quality of life for individuals at Edna Tina Wilson Living Center, and help us achieve our goal of bringing our elders and staff members "together as one big family."

Hosting the fundraiser events has been a gratifying experience for all of us. In total so far, we raised \$1,093.00 for the Resident Council Fund. This could not have been accomplished without your support and generosity.

Sincerely,
Resident Council Committee

A LETTER OF

thanks