



The Newsletter of the Stony Brook Health Sciences Chapter
of United University Professions

February 2003



Winter Safety Tips

by Susan Katz, NP, Safe Kids Suffolk Coordinator

Winter Drowning

Although we connect drowning with summer months, the increased use of hot tubs and whirlpools and the hidden danger of bodies of water or weak ice make winter drowning a risk as well. To minimize drowning:

- Supervise children in or near a pool, hot tub or any open body of water.
- Beware of children overheating in hot tubs and whirlpools.
- Make sure pools and spas are secure. If you have a pool or spa, install four-sided isolation fencing that is at least five feet high. The fence should have a self-closing and self-latching gate. Do not use the exterior of the house as one side of the fence.
- Allow children to skate only on ponds or lakes that have been approved for skating.

Outdoors

Exposure to cold without adequate protection can result in frostbite. Protect yourself and your child by:

- Dressing warmly with several thin layers to keep warm and DRY. Use thermal long johns, turtlenecks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, and a hat.
- Set reasonable time limits on outdoor play. Call children in to warm up with hot drinks.
- When possible, avoid taking infants outdoors when it is colder than 40°. Infants lose body heat quickly.

If someone complains of **numbness or pain** in the fingers, toes, nose, cheeks or ears while playing in the snow, or if his skin is blistered, hard to the touch or glossy, be alerted to the possibility of frostbite and do the following:

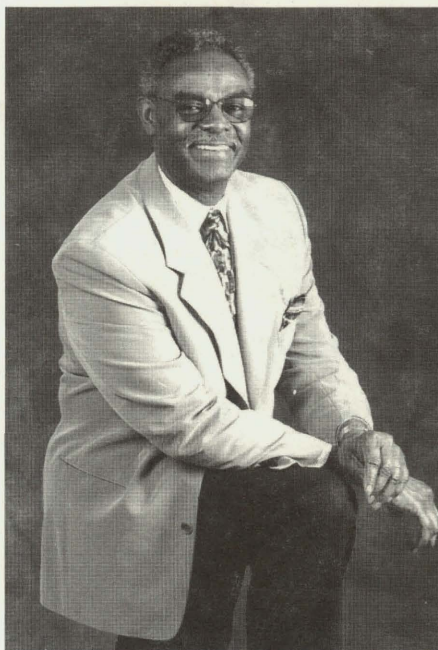
continued on page 4

A Message from the President

Brothers and Sisters,

I sincerely hope that you all have enjoyed a happy and festive holiday season. I'm sure the food was great, gifts were magnificent, and of course the company of family and friends was most enjoyable of all.

As always, I will give you a report on what has taken place since our last newsletter was published.



1. **DSI money** was distributed in the paycheck of Dec. 4, 2002. The list of recipients is in the UUP office.
2. The date for "**Stony Brook Day**" is Feb. 25, 2003. This is the annual bus trip to Albany to advocate for the needs of our university. Buses will leave south "P" lot at 6:00AM, and leaving Albany at 3:30 p.m. UUP has been very instrumental in this activity from the beginning. I am encouraging as many faculty and staff as possible to join President Kenny and other administrators on this very important trip. A continental breakfast will be on the buses, as well as a large reception in Albany. To go on the trip, you must register on line. Please join us and make this a very successful journey.
3. The **negotiation team** and the negotiation committee met on Feb. 6, 2003 to decide on the issues UUP will present to the State.
4. On Feb.14, 2003, the **proposals** from the State and UUP will be exchanged and the negotiation process will begin. We will keep our members informed. We hope that the proposals will be printed side by side in the March, 2003 issue of "The Voice".
5. UUP has begun to **send letters to the Governor** exploring him to provide a budget for SUNY that ensures the University can continue to provide quality education for our students. Many of you have already signed these letters and I thank you. For those of you who have not, please come by the UUP office and do so. It is up to us to do everything in our power to make sure that SUNY has adequate funding.
6. On March 18, 2003 UUP will have a **Health Sciences Center Advocacy Day** in Albany at the Legislative Office Building. I will provide more information in the near future.



7. The Stony Brook HSC chapter of UUP will be holding **elections** in March. Ballads will be mailed to members at their homes. I encourage you to exercise your right as a member and vote.

8. Applications for the last round of PD (**Professional Development**) awards are in the union office. They must be in by COB, FEB 4, 2003. This money can be used for any activity between September 1st 2002 and June 30th 2003. This award can be used for attendance at seminars, workshops tuition, and other incidentals for professional development. **USE THESE FUNDS!**

We continue to work with management to develop a more expedient and efficient way to hasten hiring here at Stony Brook. We also had a Labor/Management meeting on Jan. 7th to discuss the State budget and the effects it will have on the campus.

The annual UUP "East Meets West" Dinner Dance will again be held at the Port Jefferson Country Club at Harbor Hills on FEBRUARY 21, 2003 beginning at 7:00PM, ending at 11:00PM. The price is still \$25.00 per person. This is always a fantastic affair so please try to attend. Hurry- tickets are limited!!

Yours in Solidarity,
Ed Drummond

.....
● To be a member of UUP you must submit a signed ●
● membership card. If you have any questions about ●
● your membership status, please call the office at ●
● 444-1505. ●
● Voter registration forms are available in the office on ●
● Level 5. ●
.....



UUP HSC Chapter and State-wide Officers extend their condolences to the family of Dr. Michael Maffetone, former Chief Executive Officer of Stony Brook University Hospital. Dr. Maffetone collaborated well with UUP in working towards the resolution of problems for Stony Brook employees. Dr. Maffetone was a team player and possessed great compassion for patients as well as employees. Dr. Maffetone was instrumental in making Stony Brook University Hospital more successful and had a key role in bringing the Carol M. Baldwin Breast Cancer Research Fund Inc. to the University.



Winter Safety Tips

continued from page 1

- Take them indoors.
- ***Call your health care provider.***
- Wiggle the affected body part(s) to increase blood supply to that area.
- Warm the frozen part(s) against the body. Hold fingers to the chest, for example.
- Immerse frozen part(s) in warm, not hot, water. Frozen tissue is fragile and can be damaged easily. Avoid warming with high heat from radiators, fireplaces or stoves, and ***avoid rubbing*** or breaking blisters.
- Slippery driveways and sidewalks can be particularly hazardous in the winter. Keep them well shoveled, and apply materials such as rock salt or sand to improve traction. Wear appropriate shoes and wear brightly colored (not white) clothing while walking in snowy conditions. Use retroreflective clothing or stickers for maximum protection, especially at dawn and dusk.

Winter Sports

Inspect equipment and the environment for possible hazards before children engage in winter activities such as sledding, ice skating and skiing.

Ice Skating

Skate only on approved surfaces. Check for signs posted by local police or recreation

departments, or call your local police department to find out which areas have been approved.

Children should be taught to:

- Skate in the same direction as the crowd.
- Never skate alone.
- Never go out on ice that an adult has not approved.

If a child **falls through the ice**, he should stretch his arms over the ice and kick as if swimming, in an attempt to crawl back onto the solid ice.

Sledding

Children should sled on packed snow (not ice) that is free of debris.

- Look for energy absorbing pads on sled seats.
- Examine handholds on sleds to be sure they are secure.
- Ensure sleds and toboggans have easy steering, non-jamming devices.
- Sled only on terrain that is free of obstacles. Check carefully for snow-covered hazards such as rocks, tree limbs and stumps that could endanger sledders or skiers
- Make sure the bottom of the slope is far from streets and traffic.
- Always use a sled with a steering



Winter Safety Tips

mechanism. Avoid makeshift sleds. Avoid equipment with sharp and jagged edges.

- Avoid lying flat on the sled while riding down hill. ***FEET FIRST!*** Sit up with feet forward — lying flat increases the chance of head and abdominal injuries.
- Never ride in a sled that is being pulled by a motorized vehicle.

Snow Skiing and Snowboarding

Skiing and snowboarding are sports that even young children can enjoy. To make the most of this sport be sure to dress warm. Consider enrolling in at least oneskiing/snowboarding lesson to start off on the right track.



- Never ski alone. An adult should always supervise young children.
- Wear a ski helmet and eye protection.
- Wear sun protection even on cloudy days.
- Use caution when entering and exiting the ski lift.

Snowmobiling

Snowmobiles can weigh up to 600 pounds and travel at speeds in excess of

90 mph. Head injuries are the leading cause of snowmobile-related deaths. In 1998, nearly 800 children ages 14 and under were treated in emergency rooms for snowmobile-related injuries.



- Children under age 16 should ***not*** operate a snowmobile.
- All riders must wear an approved helmet.
- Stay on trails.

When properly prepared, your child's winter wonderland can be a safe and fun-filled adventure!

***For more information call
SAFE KIDS, Suffolk
at 631-444-7470***



UUP Members- PLEASE HELP!!!

by Tina Maria E. Manning, Chapter Secretary



Red Blood Cell

Jennifer L. Peace from the Stony Brook University Hospital Blood Bank was a guest at our UUP Executive Board Meeting on November 19, 2002. She talked with us about the importance of donating blood, the need for donors and the overall mission of our hospital-based Blood Bank. The Blood Bank is especially needy at this time of year. As of October 2002, our European blood supply has been eliminated, which represents 25% of our need. As a member of UUP she suggested that our team have a blood drive at our hospital in the winter/spring. For those individuals interested in helping with our UUP Blood Drive please call/email

**Ms. Peace at 444-7586 or
jlpeace@notes.cc.sunysb.edu.**

Stony Brook University Hospital Blood Bank Programs:

A Blood Bank Routine Donor Program

Donors who volunteer their time and give blood and/or platelets in support of our patients at the hospital.

Directed Donor Program

The directed donors program is optional. The family and friends are under no obligation to provide blood/platelets for their loved one.

Autologous Blood Donation

An autologous transfusion is a procedure that allows the patients to be transfused with his/her own blood. Donors may begin

donating a few weeks before the procedure or surgery.

Two types of donations

Blood- carries oxygen and nutrients to all part of the body and carries carbon dioxide and other waste products back to the lungs, kidneys and liver for disposal. It fights against infection and helps heal wounds, so we can be healthy.

Platelet – are the component in whole blood that help control bleeding. Platelets are specialized blood products vital of patients with sever burns, cancer and many kinds of surgery.

The Stony Brook University Hospital Blood Bank Donor Room is open daily.

The hours are:
M-F 8:00AM-8:00PM,
Sat. 8:30a.m. – 12:00p.m. &
1:00p.m. – 5:00p.m.

*In order to donate, you must weigh at least 110lbs and be in general good health.

*Blood can be given every 56 days; platelets can be donated every 3 days.

Added restrictions for platelet donors are:

*NO aspirin can be taken within 72 hours of the donation

*NO ibuprofen can be taken on the day of the donation



Helpful Blood Donor Tips

*NO blood donation in the past 4 weeks



Some helpful donor tips

- 1) Increase fluids a few days before; 6-8 glasses of water per day.
- 2) Reduce beverages that contain caffeine, such as coffee, tea, soda, etc
- 3) Eat three balanced meals the day prior to your donation, as well as the day of your appointment.
- 4) Add iron and calcium to your diet a few days before.
- 5) Reduce smoking on the day of your donation.

If you have further questions – please call our UUP Representative, Jennifer L. Peace, Blood Bank at 444-7586 or email jlpeace@notes.cc.sunysb.edu

The Blood Bank is located in the hospital main level (level 5) – walk-ins are also welcome please be sure to mention you are a UUP member – we are establishing a special program at the Blood Bank for our members.

Remember, blood is the gift of life. If you are able to donate, please give it some serious consideration.

**“ENRICH YOUR LIFE... SHARE IT WITH OTHERS”
631-444-DONATE**

WE THANK YOU FOR BECOMING A STONY BROOK BLOOD BANK DONOR!!



Farewell and Congratulations to our former Newsletter Editor, Michele Margiotta, who has moved on to to a new opportunity in the histology profession.

Michelle has been a dedicated employee of Stony Brook University Hospital for 20 years and is committed to providing excellence in patient care. She will truly be missed! The new logo on the cover of Bridges is Michele's final contribution to her efforts at Stony Brook and UUP. Thank you Michele, for all you have done for the patients of our hospital and your fellow employees!



Computer Aided Detection

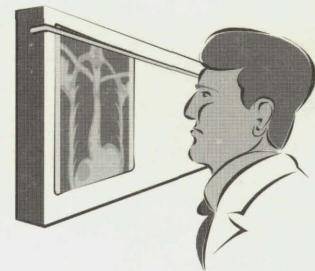
by Doris R. Weisman, NP, MS in consultation with Paul R. Fisher, MD

“... Mortality from breast cancer can be reduced by at least 30%, and as much as 50% amongst women who receive annual mammograms.”

(Freed, MD, Texas, 2002).

However, mammograms are far from perfect, with about 10 to 15% of cancers being invisible on a mammogram or are so subtle, they are easily overlooked by radiologists. A newly developing technology, Computer Aided Detection, (CAD) may prove to be a scientific leap in detecting these evasive tumors. After having been in process more than 20 years, CAD algorithms have been fine-tuned so that their neural networks, a learning system, have been taught to locate visual image patterns that can be cancer. The CAD scans images of a digital mammogram and marks areas where a pattern is suggestive of early cancer.

The current and only CAD system FDA approved for clinical use is the ImageChecker, R-2 Technology, Los Altos, California. For one year, Dr. Freed, conducted a prospective analysis at his Diagnostic and Breast Health Center, Texas. Routine mammos of over 12,000 women were read as usual, and then read again with CAD. Forty-nine unsuspected cancers were found, 32 by CAD and the radiologist, 9 by the radiologist, and 8 by CAD. This resulted in detection of 20% more cancers with the help of CAD. CAD algorithms are also good at detecting suspicious calcium deposits, while the radiologist is better at detecting subtle cancers. For these reasons, CAD technology and the radiologist must work as a team.



Although there may be a higher rate of recalls and biopsies, if the use of CAD coupled with a digital mammography, results in a proportional increase in the early detection of breast cancer, it is well worth the marriage. Congress has recently approved a bill authorizing Medicare to pay for CAD.

The Carol M. Baldwin Breast Care Center at State University of New York Stony Brook University Hospital was amongst the first in the Northeast to employ this technology. **Dr. Paul R. Fisher**, a noted radiologist at the Center, performed the research as a Fellow in the field of Computer Aided Detection.

CAD technology will continue to evolve and although it can't replace the decision-making and scrutiny of the radiologist, through the combination of radiologist and CAD, we are now able to provide patients with a technology that will improve early detection and quality of care.

Attention Members of the New York State Teacher's Retirement System!

by Kathleen Southerton, TRS Delegate

I recently returned from the 82nd annual meeting of the NYS TRS delegates held in Albany. I am the delegate representing SUNY Stony Brook and Stony Brook HSC TRS members. To my knowledge, I am the first delegate that has represented these groups at the meeting. As a delegate, I will receive newsletters with the latest benefit and retirement system developments. If you would like me to share this information with you directly, please contact me with your contact information. You may reach me at 444-3783 or via e-mail:

ksoutherton@notes.cc.sunysb.edu

I want to share some information with you regarding some services of the TRS. Here is a brief listing:



- Preretirement Planning Seminars: This is for TRS members 45 years and older and their spouses/companions. These daylong meetings are designed to help members prepare for retirement. Topics include: financial planning, taxes, legal affairs, adjusting to retirement, social security and retirement system benefits. You must make a reservation for these seminars. Fee: \$10 for members and \$5.00 for guests. Note: These seminars are very popular and fill up quickly. You are advised to make your reservations early.

-Video Conferences: Through the use of video technology, you meet with a staff member of TRS. The staff member can access your file and produce estimates of your retirement benefits and answer your questions.

-Personalized Benefit Profile: Each January you receive this comprehensive document. It includes summaries of your service credit, contribution and loan information, and your beneficiary designation along with current and future benefit projections.

-On-line Benefits Summary: The retirement system recently added a secure area to their website. Once registered, members can access personal information about their TRS benefits through this secure area at anytime day or night.

If you'd like further information on any of the above services or if you would like answers to the following questions, please contact the TRS directly.

1 800 348-7298

www.nystrs.org

Do you know the answers to these questions?

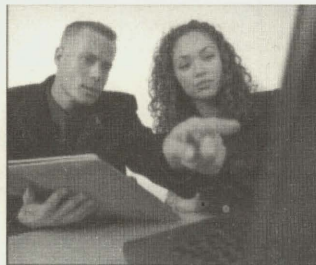
- What is a tier?
- What tier am I in?
- What is my death benefit through TRS?
- What is my disability benefit?
- Who is my beneficiary?
- How do I calculate my final average salary?
- How do I know if I am eligible for prior service credit?

* Although most UUPers chose the ORP (Optional Retirement Plan), we do have a few hundred UUP members at SUNY Stony Brook/ Stony Brook HSC who are in the Teacher's Retirement System (TRS).

SUNY needs a rational budget plan.

UUP calls on New York State to:

Rebuild the Full-Time Academic & Professional Faculty at SUNY



UUP calls for a public dialogue on the future of SUNY by instituting a rational budget plan, modeled on the University's rolling five-year capital plan.

A five-year budget plan could include long-neglected fiscal and qualitative goals for SUNY. UUP's priorities are (1) a minimum of 70 percent full-time academic faculty at each state-operated campus; (2) a permanent solution to the fiscal crises plaguing the SUNY Health Science Centers and the New York State Theater Institute; and (3) full funding for campus budget priorities.

Fully fund Campus Budget Priorities

Develop a Permanent Solution to the Fiscal Problems at SUNY's Health Science Centers



A five-year budget plan would provide a welcome contrast to the mechanistic RAM formula and it would allow SUNY to incorporate qualitative educational goals as part of its campus funding allocations.

2003 Legislative Agenda

Budget Initiatives

Rebuild the Full-Time Academic and Professional Faculty at SUNY

- UUP calls for a University-wide level of at least 70 percent full-time academic faculty. While the number of full-time faculty has declined sharply in recent years, SUNY currently has the highest full-time undergraduate and graduate student enrollment in history.
- SUNY should provide our excellent part-time faculty with the opportunity for full-time employment; our students deserve smaller classes and more full-time faculty as role models and mentors.

Fully Fund Campus Budget Priorities

- Provide additional funding and faculty for implementation of campus budget priorities
 - The Colleges of Technology
 - New requirements for assessment of courses and programs
 - Additional requirements for teacher education
 - General education mandates.

Develop a Permanent Solution to the Fiscal Problems at SUNY's Hospitals

- The SUNY Health Science Centers play a vital role in New York State, providing health care education, biomedical research and public health services. The Governor and the state Legislature must provide the funding necessary to safeguard these vital institutions.
- Any solution to the state-imposed fiscal crisis at the teaching hospitals must protect programs, jobs and the hospitals' vital public health mission.

Address the Fiscal Uncertainties at the New York State Theatre Institute

- Return all UUP members to full-time status and provide adequate staff for each department.
- Develop a permanent solution to NYSTI's annual budgetary uncertainties. Since 1992, there have been annual fixes but no permanent solution to these problems.

Legislative Initiatives

Provide SUNY & CUNY employees pension equity with other state employees

- Pension equity would include state payment of the employee contribution to the optional retirement program (ORP) after 10 years of membership or military service recognition.

Restore Civil and Human Rights

- Support legislation that restores the civil and human rights of public employees, such as A05871 and S5493 (applies to Americans with Disabilities Act), A07405 (applies to Family and Medical Leave Act), and A01720 and S6909-A (applies to Violence Against Women Act).

For additional information on these proposals contact the

UUP Legislation Department
1-800-342-4206

IN THIS ISSUE:

| | |
|---------------------------------------------|---|
| <i>Safe Kids Winter Tips</i> | 1 |
| <i>Chapter President's Letter</i> | 2 |
| <i>Dr. Maffetone Condolences</i> | 3 |
| <i>UUP Blood Drive</i> | 6 |
| <i>Thank You Michele</i> | 7 |
| <i>Computer Aided Detection</i> | 8 |
| <i>NYS Teachers Retirement System</i> | 9 |

Applications for the **2003 Eugene P. Link Scholarships**, offered by United University Professions (UUP), are now available.

The application deadline for the 2003 Eugene P. Link Scholarships, offered by UUP, is **March 1, 2003**.

The Link Scholarships are given annually to up to three State University of New York undergraduates dedicated to the goals of the trade and labor union movement. Students must also exhibit a quest for academic and personal excellence – a minimum grade point average of 3.75 is required – and have a strong record of community service.

Interested students may call the UUP chapter office at 444-1505. Applications may also be picked up at the campus financial aid office. If applications are unavailable on campus, students may call 800-342-4206, ext 618, to request an application.

Office: HSC Level 5, Room 572, Zip 8553
Hours: Mon. - Thurs., 8:30 a.m. to 3:30 p.m.
Telephone: 444-1505; FAX 444-7566

OFFICERS

| | |
|------------------------------------------------------------|----------|
| President - Ed Drummond..... | 444-1505 |
| Vice President (Academic) - Michael Silverberg..... | 444-2347 |
| Vice President (Professional) - Donald Pisani..... | 444-1505 |
| Secretary - Tina Maria E. Manning..... | 444-1505 |
| Treasurer - Edward W. Hines..... | 444-1505 |
| Affirmative Action Cmte - Ed Drummond..... | 444-1505 |
| Grievance Chair (Academic) - Steven Jonas..... | 444-2147 |
| Grievance Chair (Professional) - Ed Drummond..... | 444-1505 |
| NYSUT Field Representative - Dawn Hopkins..... | 273-8822 |
| Newsletter Editor - K. Rhatigan & J. Israel..... | 444-2245 |
| Professional Evaluation Review - Mary Hoch..... | 444-1252 |
| Professional Promotion Review - Bruce Kube..... | 444-2377 |
| Administrative Assistant - Sharon Hines..... | 444-1505 |

The opinions expressed in *Bridges* are those of the authors, the editor, or the Stony Brook HSC Chapter of UUP and are not necessarily the opinions of the United University Professions.

The UUP Newsletter welcomes articles and letters submitted by members of the Stony Brook community. Remember, this is *your* newsletter. Share your thoughts with us, we want to hear from you. Persons who have material they wish to submit should contact: The editors at 444-2245.