

THE BRIDGES

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

April 2001

Stony Brook Day—A Success

Donald Pisani
Delegate for Professionals

February 13, 2001 is a day that will long be remembered by those who ventured to our state capitol to bring the message that Stony Brook matters and we need help. Approximately 600 hardy volunteers, led by President Shirley Strum Kenny in conjunction with UUP, led an assault on the Legislative Office Building (LOB) to deliver that message. The Legislative Office Building was left buzzing about those big red buttons that were seen everywhere. Those red buttons proudly spoke the name of Stony Brook.

Stony Brook Day started more than five years ago out of the need to bring a message to the legislature that the Governor's budget was not adequate for the campus, and we needed more assistance. From a rag tag start of approximately 15 people, led by UUP and the President's Office, it has grown steadily to this year's grand showing. The crowd included members from all areas of the campus who met with legislators from every part of the state to seek their support for increased funding to the campus.

The Governor's budget over the years has not been kind to SUNY, and the need to speak to our legislators and seek their support has become a regular springtime event, especially for UUP. Even though the Statewide Legislative Committee from UUP lobbies on a regular basis for help with the budget, this campus has taken on the added burden of speaking for itself and making its needs known. The students who came brought their own message that legislators especially wanted to hear. Students came and saw that our representatives were willing to sit and listen to their concerns and hopefully fulfill their wishes.

The day's events started months ago with planning and coordination between UUP and the President's Office. Team leaders were identified who would take their groups on assigned office visits to legislators. On the morning of the 13th all assembled in South P lot, boarded the 11 coach buses, and by 6 am were on their way. Our members have such dedication that some volun-



UUP President William Scheuerman, Vice President for Professionals John Marino, Stony Brook President Shirley Strum Kenny, and Chapter President Ed Drummond

teers even drove in their own cars. After assembling in the Well of the LOB, teams started off by 10 am to their assigned appointments, but not before being addressed by William Scheuerman, President of UUP. Bill encouraged and thanked everyone for bringing Stony Brook's message to Albany. Elevators and halls in the LOB haven't been so crowded in a long time. Legislators commented that our presence had sent a message—they were truly impressed by our presence. Sen. Ken LaValle, Chair of the Senate Higher Education Committee, addressed volunteers at the end of a long day. After a reception for a job well done, all boarded their buses for the ride home. The process now begins again to start planning for next year's Stony Brook Day.

Stony Brook brought a message and that message was heard. We went requesting help with additional faculty lines, lifting the financial burden from the hospitals, funding mandates, item specific issues for students—especially the major issue of the nursing shortage. The Governor's proposed budget does not begin to address these issues, especially lifting the financial burden from the hospitals. Even though the Governor has rec-

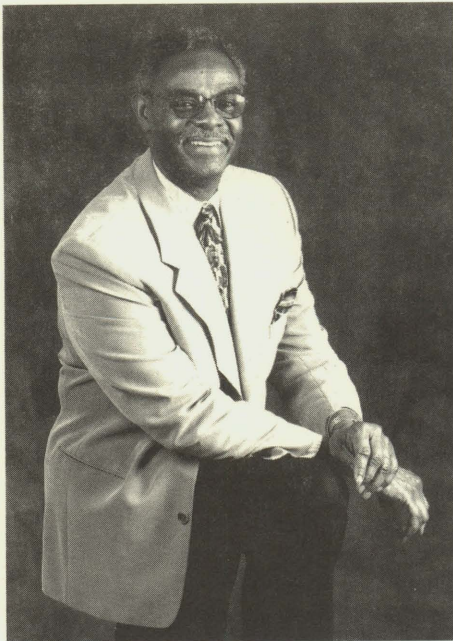
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Candidate for Chapter President

My name is Ed Drummond, President of the Stony Brook HSC chapter of UUP. Along with our fine officers; Vice-President for Academics, Michael Silverberg, Vice-President for Professionals, Darcy McGuire, Secretary, Tina Manning, and Treasurer, Ed Hines, as well as a very involved executive board, we have been very effective. It will be my continued commitment to defend and advocate for the rights of all our members. During the next two years, I feel that solidarity, involvement, and communication will be essential in keeping our chapter strong. Thank you.

- Chapter President for the past year
- Chapter VP for Professionals for 3 years
- Chapter Chair of Grievance Committee
- Department Representative
- Co-Chair of the Statewide HSC Concerns Committee
- Chapter Delegate since 1988
- Member of Statewide Negotiations Team
- Member of the Statewide Finance Committee
- Member of the Statewide Constitution Study Committee

Ed Drummond

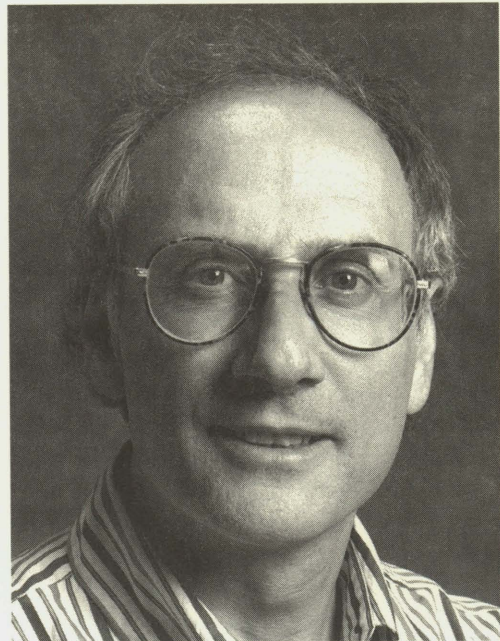


Candidate for Vice President for Academics

I am running for re-election as Academic Vice President because I believe that having a strong union is more important than ever. The State and SUNY still think of our hospital as a "revenue generating program" and their actions cause financial strains that run throughout the HSC. It has been constant union pressure that has led to the changes in the governor's position and only continuing pressure will win further gains.

I am proud to have been part of that effort and believe that synergy of chapter position and participation in state-wide activity is very important. I have served on three negotiations teams, the joint labor/management health benefits committee, the statewide legislative committee, as well as serving as legislative chair here at the HSC. It has been my privilege to represent the members of this chapter of UUP for the past two years and I ask for your continued support.

Michael Silverberg



Candidates for Vice President for Professionals

My name is Darcy McGuire and I work in Radiology, Department of Nuclear Medicine. I have been an employee here for 10 years and a union activist for five. I ran for delegate because I wanted to bring my ideas to UUP leadership and work towards a better union.

Since first becoming delegate, I have served on several local committees, Membership Development, Grievance, and Professional Issues to name a few. I have also had the privilege of serving on several state-wide committees as well, including Finance, HSC Concerns, and Professional Issues. Currently, I hold the office of Vice-President for Professionals. I would very much like the opportunity to continue to serve the membership in this position.

Over the years, I have seen this union grow into a better, stronger voice for the membership. I am proud of my contributions and would be honored to continue to serve you, the members.

Darcy McGuire



My name is Donald Pisani and I seek your support as your next Vice President for Professionals. I come to this position with many years of experience, including a term as former Vice President for Professionals six years ago. This position requires a broad knowledge of the issues that effect all professionals on a daily basis— workload, timekeeping, performance programs, tenure, part time issues, knowledge of the contract, as well as interpersonal skills to resolve conflict before that conflict gets out of control.

I bring these skills to the position as well as a good working relationship with management built out of respect for each other. I hope to be able to lead our professionals over the next two years; there may be some turbulent times ahead, especially with regards to the budget. I will do my best to represent your concerns. Thank you for your support.

Donald Pisani



Candidate for Secretary

My name is Tina Maria E. Manning and I have been nominated once again to run for chapter secretary of the Health Sciences Center chapter of UUP. I look forward to your continued support for re-election, as I enjoy helping my fellow union members with their everyday problems directing them to the proper channels. Getting the correct information and answers to member requests in a timely fashion is important. My purpose is to make sure that all members are treated fairly according to the contract. Thank you for your endless support and trust.

Member of UUP 19 years
Professional Delegate since 1994
Chapter secretary since 1997
Member of chapter Legislation Committee
Member of statewide Legislation Committee
Statewide Legislation Committee co-chair for voter registration
Member of Professional Development Awards Committee for HSC chapter
Member of Professional Evaluation and Review Committee
Member of statewide Women's Rights and Concerns Committee
Leadership Institute training

Tina Maria E. Manning



Candidate for Treasurer

I am seeking re-election as treasurer of the UUP HSC Stony Brook Chapter. I have had extensive experience in finance and budgeting through my responsibilities at University Hospital, my present UUP HSC position as treasurer, and as past treasurer for my church for 12 years. For these reasons, I feel I make the ideal choice for re-election as treasurer of UUP at HSC Stony Brook.

Department: Information Technology

Member of UUP: 20 years

Present UUP-HSC responsibilities:

Treasurer

Membership Development Committee

New Employee Orientation

UUP Activities:

Chapter Delegate - 18 years

Chapter Vice President for Professionals,
Stony Brook HSC - 4 years

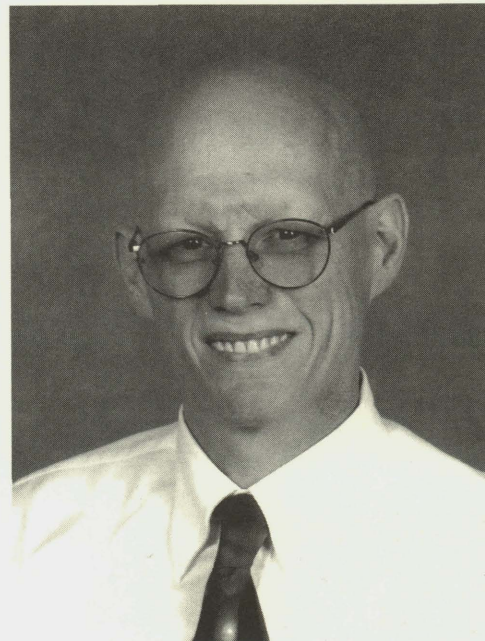
Chapter Newsletter Editor - 4 years

UUP/Stony Brook HSC Health & Safety
Committee, Chairperson - 4 years

Statewide HSC Concerns Committee

Statewide Technology Committee

Edward Hines



Nomination List for 2001 Stony Brook HSC Chapter Elections for General, Academic, and Professional Offices

Following are the names of academic and professional members of our chapter who have been nominated for chapter office. Ballots will be mailed, along with instructions, to the members of our chapter on or about March 22. Write-ins are acceptable in every category, but academic delegates are especially needed. Ballots must be returned by mail to the UUP Administrative Office by the close of business on Wednesday, April 25, 2001. Votes will be counted on April 26-28, 2001. The term of office for each position is from June 1, 2001 through May 31, 2003.

PRESIDENT and DELEGATE:

Drummond, Edward

VICE PRESIDENT FOR ACADEMICS and DELEGATE:

Silverberg, Michael

VICE PRESIDENT FOR PROFESSIONALS and DELEGATE:

McGuire, Darcy M.

Pisani, Donald J.

SECRETARY:

Manning, Tina Maria E.

TREASURER:

Hines, Edward W.

ACADEMIC DELEGATE TO DELEGATE ASSEMBLY:

Bouey, Ora James

DeSimone, Maria Elayne

Galbraith, Jeanne L.

Goldsmith, Frank E.

Jo, Julitta Y.

Kenefick, Colleen M.

Siegel, Daniel M.

Silverberg, Michael

PROFESSIONAL DELEGATE TO DELEGATE ASSEMBLY:

Abdool, Satar

Alaimo, Gina

Alleyne, Edward A.

Bebber, Charles J.

Betz-Giacalone, Victoria J.

Bishop, Charlet S.

Burnett, Leslie A.

Caruana, Dennis J.

Connolly, James R.

Day, Doreen T.

Demmer, Angela C.

Drummond, Edward

Ernest, Darlene

Fischer, Daniel J.

Gizzi, Carol

Gonzalez, Nereida E.

Green, Walter

Hines, Charles

Hines, Edward W.

Hoch, Mary Louise

Jafari, Saied

Johnson, Lydia L.

Jordan, Aldustus E.

Kessler, Carla

Kube, Carolyn S.

Kube, Bruce T.

Manning, Tina Maria E.

Marino, John J.

Mazzarese, Charles

McGuire, Darcy M.

Moreschi, Joseph

O'Connell, Geoffrey T.

Pisani, Donald J.

Protosow, Lucille C.

Relan, Nand K.

Schwartz, Judith L.

Schwarz, Patricia E.

Southerton, Kathleen

Stein, Michael

Vlahos, Theresa M.

Weisman, Doris R.

Williams, Benjamin J.

Membership events past and future

Bruce Kube

Chair, Membership Committee

This past December, we had the pleasure of having our third annual holiday meeting and from our member's perspective, it was again a great success. It takes a lot of planning and coordination to stage these events so that as many people as desire to can attend. There was a particular problem for the HSC meeting this year since the Treehouse cafeteria closed. We finally settled on the Galleria, which turned out to be a perfect setting for a gathering of this magnitude. The catering was done by hospital food services for the HSC and by the Tudor Deli for the Veteran's Home and Tech Park. Both of these services supplied our members with delicious food.

The meetings allowed members to get together and enjoy each other's company in a casual setting away from the workplace. It is very important that the membership feel connected to each other, for that is the strength of our union. It is the collective voice of the membership that gets the job done, as one person alone cannot accomplish these tasks. When it comes time to negotiate a new contract or if there is a need to let your local legislators know that SUNY is an entity that needs to be addressed properly in state budgets, the union will be there.

It is important for members to talk to the union leadership and make them aware of events in the workplace that affect them

and also so that the leadership can address individual concerns and provide members with current information. It is easier to get information distributed if there are a number of people involved in each department. That is the primary reason why each and every member should make an effort to stop by the union office from time to time to find out what's new.

Take me out to the ballgame...

Coming up we will have several opportunities for members and their families to mingle, as this summer we'll be going out to the ballpark together. We have tickets available for the Long Island Ducks, the Mets, and Yankees. Bus transportation will be available for both the Mets and Yankees games. The Ducks game will be on July 19th with a ticket price of \$23.00 for adults and \$18.00 for children 3-9. This includes an all-you-can-eat pre-game picnic, consisting of hamburgers, hotdogs, chicken, salads and soft drinks. For the Yankees game on June 9th vs the Atlanta Braves ticket prices are \$17.50. The Mets game is scheduled for August 11th vs the St. Louis Cardinals with the ticket price to be determined. If you have any questions regarding these events, please contact Bruce Kube at 444-2377 or via email (bkube@notes.cc.sunysb.edu) or call the Union office at 444-1505.

VOTE/COPE on the move: donations reach all-time high

Kathy Southerton

VOTE/COPE Committee Chair

Donations to VOTE/COPE by SUNY Stony Brook UUP members are showing a significant increase. Recently, UUP State-wide VOTE/COPE Coordinator, Eileen Landy gave special recognition to Stony Brook HSC for outstanding improvement. Last year, this chapter's members gave the highest dollar amount of any of UUP's 33 chapters. This is a result of our chapter having the largest number of contributors, indicating the maturing political awareness of our membership. We work for the State of New York and, "If we want to protect what we have and make things better, we must be political," explains Chapter President Ed Drummond.

Our chapter members realize that the union has used this voluntary, non-partisan political action fund to benefit SUNY, the hospital, and ultimately their careers. VOTE/COPE funds are used to make the voice of UUP heard in Albany. UUP has included rebuilding the fiscal foundation of the SUNY teaching hospitals as a priority in the current legislative program. The program calls for ending the practice of taxing the teaching hospitals to fund campus budgets. Further, it demands recog-

nition for SUNY teaching hospitals' contributions to health care education, biomedical research, and public health. The legislative program stipulates that the state must provide necessary funding to safeguard the three teaching hospitals.

Our chapter's rate of contribution to this important effort places it in the top third of UUP chapters for average contribution per member. HSC VOTE/COPE committee chair, Kathy Southerton, along with members Carolyn Kube and Doris Weisman ask that every member contribute to this fund. Only one dollar per paycheck funds an effort to make sure that our position is heard. Members who wish to add their name to the growing list of contributors are asked to stop by the UUP Office to sign a card authorizing payroll deduction.





Standing (L to R): Ed Hines, Kathy Southerton, Judith Schwartz, Carol Gizzi, Frank Goldsmith, Victoria Betz-Giacalone, Doris Weisman, Darlene Ernest, Bruce Kube, and Darcy McGuire
Seated (L to R): Jeanne Galbraith, Julitta Jo, and Colleen Kenefick

Delegate Assembly highlights

As a professional delegate elected in the last chapter election, I was given the opportunity to attend statewide delegate assemblies. My first delegate assembly was this fall in Buffalo, where I met up with other chapter delegates and union officers at MacArthur Airport. Everyone was friendly and quite willing to share their experiences with me. Our Vice President for Professionals, Darcy McGuire, took me around and introduced me to people and the process. Thank you, Darcy! Buffalo was quite a busy assembly and a little overwhelming. There were numerous committee meetings and I had the pleasure of meeting people from around the state.

The trip home allowed me to bond further with fellow union members as we spent several hours at the Buffalo airport. Buffalo did not exit quietly from my mind. Our adventure did not even end quietly at LaGuardia. Did I happen to mention that we were supposed to fly back into MacArthur? Anyway, we rented a mini-van driven by our illustrious president, Ed Drummond, and he returned us all home safely. I smile back now on this experience and think of the solidarity and camaraderie experienced on the trip.

By February, I was brave enough to attend the second delegate assembly in Albany. That adventure too started out at MacArthur Airport with a one-hour flight delay. This time I had breakfast with my fellow union members. We arrived in Albany and proceeded to the Desmond Hotel, where I learned

that some of us would be staying across the street at the Wingate Inn. There was a movie crew that was staying at the Desmond and they were two weeks behind schedule because of the snow and were still occupying their rooms. Even though our group was separated, most importantly we were together to work when it counted. We came together in the committee meetings to do the hard work of identifying problems, planning, and problem solving. The leadership, the dedication, the quality of ideas, and the readiness to put those ideas into action made this delegate assembly a very impressive one. I'm excited to be a part of this union and look forward to future union activities and perhaps gentler travel experiences.

Darlene Ernest
Delegate for Professionals

At the DA on Friday night February 9th, the 2001 UUP Friend of SUNY Award was presented to Joseph Bruno, NYS Senate Majority Leader, and Sheldon Silver, NYS Assembly Speaker, for their work to advance the cause of public higher education through the state budget process.

Delegates also heard guest speaker Martha Ojeda, executive director of the Coalition for Justice in the Maquiladoras, offer a first hand account of the harsh realities of the North American Free Trade Agreement on communities of Mexican workers. She has led UUP activists to raise consciousness about the realities of working on the U.S.—Mexican border.

To your health: The five secrets of becoming an exerciser

Steven Jonas, MD, MPH, MS
Academic Grievance Chair

Spring is upon us, and the thoughts of some health and wellness-oriented folks turn to exercise. For some of us who do exercise regularly, it's simply a change in the content of a year-round program. For some it's a renewal after a winter off. For others it's a new endeavor or retrying past efforts that we didn't quite make a regular part of our lives. Then again for some it's, "When a thought about exercise gets into my head, I just lie down until it goes away."

This column, an extension of my column that appeared in *Bridges* April, 1999 issue, is addressed to all of the above groups except the last. I'm not here to convince you about the benefits of exercise since there are no secrets about why exercise is good for you. It both makes you feel better and better about yourself, now, and confers long-term health benefits. However, if you are already convinced, but have not yet made that conviction fully operational, or you are there but want some reinforcement, then perhaps you will find some help and encouragement from these "Five Secrets."

The first of the five secrets is that in order for exercise to be any use to you, *You Must Do It Regularly*. Sorry about that, but only regular exercise will give those feel-good feelings, confer those long-term health benefits, and reduce the risk of exercise-related pain and injury. Furthermore, there are very few irregular exercisers who do it that way on a long-term basis. Irregularity almost invariably leads to quitting because of exercise-associated pain or injury, or "guilt feelings" when they don't exercise so they just say to heck with the whole idea. You need to exercise regularly if it is going to work for you. But, isn't it true that for most of us, the hard part of regular exercise is precisely the regular, not the exercise? The chief difficulty for most of us is finding the time, making the time, and then sticking to a schedule. How do we go about doing that?

The second secret is what I call "*Starting Right*." Starting out on the road to making exercise a regular part of our life, we simply have to make our very first task focusing on that objective: becoming regular. We have to focus first on finding and making the time in our lives for physical activity. Before we can think about a sport, or clothing, or joining a club, we have to

make building the time for regular exercise, during the week as well as on the weekends, into our life our first order of business. This principle applies equally to the springtime exercise renewer and the person just starting out. In practical terms, unless you are already on a year-round program of regular exercise, it means making your first focus the regular: just go out for a walk around the block for ten minutes, three times a week, for two weeks. No special shoes, no special clothing, no special gait, no attempt at speed. Your only focus is on getting that time into your schedule. Then go for 20 minutes, three times a week, for another two weeks. If you can do that for four weeks, you hopefully will have convinced yourself that, yes, I can do this, I can find the time, I can make the time. Then you can progress onto matters of choice of sport, workout schedules, equipment and technique, starting with those exercise books which fill so many shelves at your local library or bookstore.

Only regular exercise will give those feel-good feelings, confer those long-term health benefits, and reduce the risk of exercise-related pain and injury.

Secrets three, four, and five are designed to help you do what secrets one and two tell you to do. The rest help you to stay with it, once you have reached the end of those first four weeks.

The third secret is to *Assess Yourself*, before you get going. Where are you in your life? Do you realistically have the time to exercise regularly? If you decide to work at making the time, are you really so busy with other essential things like job and family that as much as you would like to, you just can't do it right now? What is your present health status? Do you need to exercise to help deal with some health problem you have? Is there anything about your present state of health that would make exercise inadvisable? Are there any sports or activities that you may have experienced that you really like? If not, are you open to trying others? Just what are your capabilities?

The fourth secret is to *Set Doable Goals*, as you get going. Just what is it that you want to accomplish? Why do you want to accomplish it? For whom will you be exercising regularly? Are your set goals realistic for you now, in terms of truly available time, your true interest level, your athletic abilities? Are you aware that goals can change over time? Can you set reasonable goals for yourself, and be happy if you achieve them, even

if others might have different goals for themselves?

The fifth secret is to *Mobilize Your Motivation*. Motivation is a process, not a thing. In its simplest terms, it is a process that connects a thought, a feeling, or an emotion, with an action. To get yourself to do something like exercising regularly, it's as simple a matter as opening up the connection between your mind and your body.

Of course, sometimes doing that is not so simple. But it's important to understand that motivation is not a thing. Thus, it's not something we can import from outside ourselves. Nobody can

give us motivation although others can help us to mobilize our own motivation. What are the three most important elements in mobilizing your motivation? Why none other than secrets two, three, and four! Do you see a positive feedback loop here? Assess yourself realistically. Set goals that make sense for you now, you can always upgrade them later. Start Right.

Remember, central to the process of becoming and being a regular exerciser is one of my core principles, "Gradual change leads to permanent changes." Through gradual change, once you have firmly established a regular schedule for exercise in your life, you will then be ready to go on to becoming a regular exerciser.

Health stitches: A column on women's health

Doris R. Weisman, NP, MS
Delegate for Professionals

March ushers in the celebration of Women's History Month, a time of recognition and introspection. Recognition is made of the endless and unique advances women have made in every aspect of our society, through symposiums, TV shows, plays, award dinners, and other media, for all to share and enjoy. Introspection, on the other hand, is what we as individuals need to do for ourselves. The core of a healthy society is a healthy individual, so take the time to evaluate your health maintenance. A healthy body and mind can empower you to achieve your professional goals, healthy relationships, and achieve a healthy society, so let's begin to make plans.

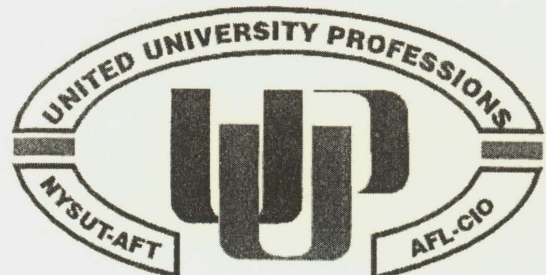
Under normal circumstances, a woman's calendar for health maintenance should be:

- ◆ A monthly breast self examination
- ◆ An annual GYN examination and pap smear
- ◆ An annual mammogram starting age 40, or earlier if necessary
- ◆ An annual colonoscopy starting at age 50
- ◆ An annual physical and lab work
- ◆ Stress control
- ◆ Smoking or other addictive behavior cessation
- ◆ A healthy diet with weight control
- ◆ Daily exercise
- ◆ A balance between work and play

Remember, that "a stitch in time saves nine", so join us each issue for more Health Stitches.

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.



A “Fair Labor Practice” University Code of Conduct From the AFT Higher Education Program and Policy Committee

Colleges and universities are threatened today by the growing sway of corporate values over university life. We see evidence of this influence in curricular decisions, research priorities, the declining role of faculty, and most visibly in the sphere of employment relations. University employees are often denied elementary democratic rights of free speech, economic security, and equal opportunity. No educational institution can fulfill its mission unless these rights are protected. To that end, every educational institution should become a “fair labor practice employer” by ensuring that it and all contractors doing business with it secure and uphold the following rights:

1. Employees at educational institutions have the right to participate fully in determining the conditions of their work. Every employee has the right to free association, to organize unions without fear of retaliation, and to good-faith bargaining. Whenever a majority of employees have expressed the desire to be represented by a union—whether by signing a petition or union card, or by voting in a union election—colleges and universities should recognize their union. Educational institutions should not engage in protracted legal struggles to thwart these democratic decisions. University and college administrators should conscientiously adhere to fair labor principles in contract negotiations and in their relations with employee unions, and refrain from practices aimed at undermining them.
2. All members of the university community have the right to learn, teach, work and conduct research in an environment that values and protects academic freedom.
3. Employees have the right to a living wage, including health, pension, and other benefits.
4. Employees have the right to a workplace free from discrimination and harassment and a workplace that practices affirmative action. International students, postdoctoral fellows, and workers have the right to workplaces free of intimidation, coercion and misinformation regarding immigration, visa, and citizenship status.
5. Employees have the right to humane and dignified working conditions in an environment that protects the health and safety of the workforce and the surrounding community.
6. All members of the university community have the right to learn, teach, and work in an institution that does not depend upon prison labor.

These rights should be guaranteed to all employees, including service and maintenance workers; clerical and technical workers; security personnel; faculty and professional staff; full-time, part-time, and subcontracted employees; and adjunct instructors and graduate-student employees.

For additional information please contact Donald Pisani at dpisani@epo.hsc.sunysb.edu.

Know your contract

Carol Gizzi

Delegate for Professionals

People are talking and rumors are flying. There have been rumors that a form of IT Contracting Out may again be the topic of discussion at some levels within the organization. The acronym RCO is being bantered about and some of us have been wondering what all this might mean. For those of us who directly support the SMS A6K System, “going RCO” could mean significant changes. To understand how contracting out could affect you, you might want to read **Article 36** of the contract which talks about Contracting Out:

<http://www.uupinfo.org/contract/text.html#art36>

Also look at **Appendix A-27**, the Memorandum of Understanding on Contracting Out:

<http://www.uupinfo.org/contract/text.html#app27>

And, read **Article 35** which discusses Retrenchment:

<http://www.uupinfo.org/contract/text.html#art35>

Do you know the difference between Contracting Out and Retrenchment?

Basically, contracting out occurs when the function you perform is still needed by the university, but the powers that be decide to engage an outside agency to do the function. You are no longer needed to do your job. Retrenchment occurs when the function you perform at the university is no longer needed by the university and the powers that be decide that your services are also no longer needed.

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ognized the public mission of the hospitals, financial relief is not there. We still have much work to do with this issue. UUP's Legislation Committee is at the LOB lobbying weekly on the budget and the needs identified in UUP's Legislative Program. A Hospital Lobby Day is in the works to bring the plight of SUNY's three teaching hospitals to the forefront. A date has

not been set yet, but it should be sometime in April. For those of you who came to Stony Brook Day and were enticed by the work, please come and help us lobby. All lobby days are on Tuesday. We need UUP volunteers to help lobby in Albany and in home districts. The work can be both rewarding and frustrating. Please come by the union office and leave a message if you are interested in lobbying.

Alzheimer's Disease (2nd in a series)

Satar Abdool, RN, MS
Delegate for Professionals

It is important to establish that science is still searching to find the cause, treatment, and prevention of Alzheimer's Disease, an irreversible, progressive brain disorder characterized by deterioration in three key domains; activities of daily living, behavior, and cognition. Over the last ten years there has been a significant increase in research at national and international levels focused on cause, prevention, and treatment. To date, the Food and Drug Administration has approved three medications for the management of Alzheimer's Disease.

Tacrine (Cognex) was the first medication approved by the FDA (1992). Cognex is administered four times a day and weekly blood monitoring is required to evaluate liver function. Like the other two approved medications (Aricept and Exelon) Cognex reversibly inhibits the cholinesterase enzyme, preventing breakdown of acetylcholine. However, the disadvantages are blood monitoring and multiple doses.

Donepezil (Aricept) was approved in 1996 and is now widely used in management of early to mid-stage Alzheimer's Disease. This medication is administered once per day and no blood monitoring is required. Aricept, like Cognex and Exelon, does not alter the underlying degenerative disease, but can relieve symptoms. In clinical trials of Aricept a significant effect on preserving or slowing the functional decline of patients with mild to moderate Alzheimer's Disease was established.

Exelon (Rivastigmine) is the latest drug approved (2000) by the FDA for management of Alzheimer's Disease. Exelon, which has had one of the largest Alzheimer's Disease Phase III clinical trials (3,900 patients) has demonstrated significant benefit in global functioning in activities of daily living, behavior and cognition. All three medications for management of mild to moderate Alzheimer's Disease are cholinesterase inhibitors. These medications inhibit the enzyme acetylcholinesterase, thus increasing the concentration of acetylcholine, which is a chemical in the brain (neurotransmitter) integral to "thinking" and is depleted in Alzheimer's Disease. These medications do not alter the underlying degenerative

Over the last ten years there has been a significant increase in research at national and international levels focused on cause, prevention, and treatment.

erative disease but are expected to offer symptomatic improvement.

In July 2000, German researchers from Merz and Company in Frankfurt, Germany announced a new drug for the treatment of late-stage Alzheimer's patients, Memantine. Dr. Barry Reisberg of New York University said that during a six month testing phase of 250 patients in 30 research centers in the U.S. it enabled patients "to dress themselves better, to bathe themselves better, and to perform a variety of other functions in an improved fashion." Memantine has also been studied in France and England. It is now available in Germany but will need additional clinical trials before becoming eligible for approval by the US Food and Drug Administration.

The brain of a patient with Alzheimer's Disease will often lose its normal ability to control anger impulses which may result in episodes of aggression needing medication intervention after other approaches have failed. For decades antipsychotic medications have been the traditional approach to treating agitation. There are two types: conventional such as Haldol, used for the past 40 years and atypical antipsychotics such as risperidone (Risperdal), olanzapine (Zyprexa) and quetiapine (Seroquel) which have been widely used since the mid 90's.

Currently there are several medications in different phases of clinical trials including vitamin E, estrogen, ginkgo baloba, galantamine, and promen. Please consult your physician for advice and direction before using any of these medications.

I will be happy to respond to any member's questions or concerns about Alzheimer's or related dementia.

Employee Holiday Schedule

Mark the following dates on your calendar. They are the holidays observed by UUP members at the State University of New York at Stony Brook.

Memorial Day	Monday, May 28th
Independence Day	Wednesday, July 4th
Labor Day	Monday, September 3rd
Columbus Day	Monday, October 8
Election Day	Tuesday, November 6th
Veterans Day	Sunday, November 11th
Thanksgiving Day	Thursday, November 22nd
Day after Thanksgiving	Friday, November 23rd (in lieu of Lincoln's Birthday)
Christmas Day	Tuesday, December 25th
New Year's Day '02	Tuesday, January 1st
Martin L. King Day	Monday, January 21st
Washington's B'Day	Monday, February 18th
Memorial Day	Monday, May 27th
Independence Day	Thursday, July 4th
Labor Day	Monday, September 2nd
Columbus Day	Monday, October 14th

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The opinions expressed in the Newsletter 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: Colleen Kenefick at 444-3995 or 444-1505.