

MISSION

The Pinnacle Health Auxiliary is a volunteer community organization dedicated to supporting UPMC Pinnacle in its endeavors to provide quality health care and health education in central Pennsylvania.

2024-25

Auxiliary Executive Board

pn_auxiliary@upmc.edu

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Christy Leo

Auxiliary Liaison

Teri Jakob

717-231-6320

jakobj@upmc.edu

A Life Connected: Jan Lang's Journey with UPMC Harrisburg by Teri Jakob

Jan Lang, the current president of the Pinnacle Health Auxiliary, has a deep and personal connection to UPMC Harrisburg that spans multiple decades. Her story is one of family, community, and a strong bond with the hospital she's helped support through her Auxiliary leadership.

Jan's journey with UPMC Harrisburg began in the hospital's cafeteria, where she worked during the summers as a college student, thanks to a conversation her mother had with the director of food services. "My mom mentioned I was looking for work, and the next thing I knew, I was hired," Jan recalls with a smile. "I worked there all summer and continued into the fall."

"Back then, the hospital was quite different—North 11 was the name of one wing, and the cafeteria was on the first floor, where the doctors' dining room is now. I even remember the tiny gift shop in the old main entrance—it was no bigger than a closet!"

Her connection to UPMC didn't stop there. Jan went on to work in the business office while finishing school, eventually moving into the accounting department, finishing her career as the Executive Assistant to the UPMC Pinnacle President. Jan is now enjoying retirement after a long and rewarding career.

Along the way, her sister and brother-in-law also found their places within the UPMC family. Her sister worked in registration in the emergency room while attending Penn State, and her brother-in-law handled payroll for the nursing staff. "It was a family affair," Jan chuckles. "Sometimes, when I worked in food service, I would have lunch with my brother-in-law in the basement coffee shop." The Auxiliary has always been a big part of Jan's life. She became a lifetime member in the 1980s. Jan's mother managed the mail room at UPMC Harrisburg, and Jan witnessed how the Auxiliary played a crucial role in supporting the hospital's mission. Jan became more involved after being encouraged to participate by her boss, Susan Edwards. She became acquainted with many members of the Auxiliary through her professional roles at the hospital, include Helen Tzanis and Joyce Acri. Joyce's husband worked with Jan's husband Hans.

"The Auxiliary started as a small group, running bake sales and handmade item stands," she explains. "That's how the coffee shop began—selling baked goods and handmade items donated by Auxiliary members."



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**Pinnacle Health
Auxiliary**

PO Box 8700
Harrisburg, PA 17105-8700

Email us at:
Pn_auxiliary@upmc.edu
Or visit us online at
UPMCPinnacleFoundation.org/Auxiliary

Auxiliary Happenings

Champagne Celebration

The Hilton Harrisburg was the setting for the October 4th Champagne Celebration and recruitment reception. A cocktail hour of champagne and hors d'oeuvres was a way for Auxiliary members to mingle with prospective new members.



The Auxiliary welcomed five new members this year. We are now 244 members strong.

If you know of anyone who would like to join the Auxiliary, contact Ann Froehlich at froehlich@comcast.net.

Fall Membership Meeting

Members and guests of Pinnacle Health Auxiliary were treated to an inspiring **"Health is Wealth"** presentation from Bryan and Patty Sibbach, owners of Precision Training Concepts (PTC).

Bryan and Patty demonstrated some simple exercises that can be done anywhere. Both Bryan and Patty provided motivation for those just starting out or looking to enhance their current fitness routine.



"It's never too early or too late to incorporate healthier habits into your lifestyle."

Bryan Sibbach



Kathy Anderson-Martin, MidWest Food Bank Executive Director, shared her personal health journey with the group. She is the founder of Giving Wellness, an online healthy habits challenge.

Pennsylvania Association of Nonprofit Organizations (PANO)

UPMC Pinnacle Foundation and Pinnacle Health Auxiliary were proud to showcase their “**Up and Away**” theme at the PANO Collaborative Conference. The booth buzzed with energy as the Foundation and the Auxiliary shared stories of community partnerships and innovative programs making real differences in people’s lives.



Source: UPMC Pinnacle Foundation



Jan Lang represented the Auxiliary and Becky Ferris and Teri Jakob represented UPMC Pinnacle Foundation.

From vital health care services to educational initiatives and community engagement, they demonstrated how collaboration propels us forward. The connections made and the insights gained at this conference will fuel our mission to create a healthier, stronger Central Pa.

Baby Stockings



Eileen Walker and Kathy Darowish write cards to the new parents.

Volunteers came together to create special gifts for newborns and their families during the holiday season. Babies born during the last two weeks of the year received a stocking, perfect for a holiday photo keepsake, along with a holiday card welcoming the babies and congratulating the parents. The note read: *The newest little star has arrived to make your holidays brighter! Welcome to the brightest gift of the season!*



Harrisburg Community Closet

The Pinnacle Health Foundation thanked the Auxiliary for the \$5,000 gift to support the Community closet at UPMC Harrisburg. As Jessica Ritchie, President, UPMC Pinnacle Foundation, stated, “It’s much needed especially as we usher in colder temperatures and do our best to meet the needs of our most vulnerable patients. The closet provides dignity and respect (two of the Foundation’s core values).”

The Community Closet opened on May 1, 2024 in the basement of UPMC Harrisburg Hospital. It provides sweatshirts, t-shirts, and sweatpants to those in need after an ER or hospital stay.

Holiday Luncheon and Service Project

The last Board meeting of 2024 and holiday luncheon was held at The Wharf restaurant. After concluding the December meeting's business, the attendees enjoyed a delicious lunch and some holiday camaraderie. Festive holiday attire was the norm!!



After lunch, everyone participated in putting together baskets to be delivered to veterans residing in Veterans Grove, a community in Harrisburg for vets experiencing homelessness. Contents of the baskets included books, puzzles, hygiene items, candy, and other assorted goodies. This project was done in partnership with the UPMC Pinnacle Foundation. Another example of the Auxiliary spreading joy in our community.

Knitted Knockers Workshop

The Auxiliary hosted a Breast Cancer Awareness Month event, a Knitted Knockers workshop, at the Cornerstone Cafe in Camp Hill on October 9th. Knitted Knockers are handmade soft, knitted breast prosthesis. They serve as an alternative to commercially available silicone models, which aren't always appropriate for every breast cancer patient. This event supports a community need because each breast cancer journey is so personal and



individual. The Pinnacle Health Auxiliary was honored to host this event during Breast Cancer Awareness Month to provide loving support and care woman to woman.

Jana Davis, an avid knitter and Auxilian, led the step-by-step instruction. Jana shared with us the background of the Knitted Knockers Support Foundation headquartered in Bellingham, Washington. Her enthusiasm for bringing this project to central Pennsylvania was contagious.

Shelly Matter, owner of Humble Stitch (a fiber arts store in Newport, PA), was instrumental in obtaining a yarn donation from Berroco Yarn Company. Knitted

Knockers need to be made with specific kinds of yarn that are comfortable to a patient's skin, durable, and washable, among other characteristics.

The completed Knitted Knockers are given to the UPMC of Central Pennsylvania Breast Care Center for distribution as needed. If you have any interest in being a knitter or donor to the project, contact Becky Ferris at 717-230-8300 or ferris2@upmc.edu.

A Life Connected: Jan Lang's Journey with UPMC Harrisburg

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Over the years, Jan has seen our health system grow and evolve, yet her connection to the hospital remains as strong as ever. Today, her niece continues the family tradition by working as a nurse in UPMC's medical-surgical unit. "It's amazing to see how things have changed, yet there's still that sense of family and community that has always made UPMC special."

Jan's dedication to the Auxiliary and UPMC Harrisburg is evident in the stories she shares, the events she leads, and the countless hours she has spent ensuring the success of the Auxiliary's programs. Her leadership has not only strengthened the Auxiliary's efforts but has also inspired others to join in supporting the hospital.

Do you have a connection to UPMC Harrisburg? We would love to hear your story. Email christyleo@comcast.net and you may be featured in an upcoming newsletter.

As Jan prepares for another year of fundraising and community outreach, she reflects on the importance of giving back. "I'm so proud of the work we do as an Auxiliary. We are more than just volunteers—we are family, connected by a shared mission to make a difference in the lives of patients and their families."

Jan Lang's journey with UPMC Harrisburg is a testament to the power of family, community, and a lifelong commitment to service. Through her leadership, the Auxiliary continues to support UPMC in Central Pa hospitals, helping to create a brighter future for all.

Well Deserved

Teri Jakob, Associate Director, Special Events for the UPMC Pinnacle Foundation and the Auxiliary's liaison, recently received the Stellar Performer Award from Smart Meeting Magazine. Teri's dedication to bringing positivity and expertise to the event industry has truly shined through.

Teri's hard work and passion are an inspiration to both the Foundation and the Auxiliary. Thank you for making a positive impact with everything you do!

Source: UPMC Pinnacle Foundation



Best in Show

Teri Jakob, Associate Director, Special Events for the UPMC Pinnacle Foundation and the Auxiliary's liaison, has many talents - among them as a baker.

Teri entered the 2025 Pennsylvania Farm Show's Decorated Cake contest with Olaf - and was Best in Show!! The Olaf cake was inspired by a real baby Highland Cow featured by Swartz Farm at the Farm Show.

Congratulations, Teri! And thanks, Olaf, for being such an inspiration!!

Bailey House: A Lifeline for Patients and Their Families

by Teri Jakob

In June 2024, Michael, a Vietnam veteran, and his wife, Evelyn, arrived at Bailey House seeking comfort during a critical medical journey, thousands of miles from home. Thanks to a dedicated team of individuals and agencies, this couple found more than just accommodations—they found peace, security, and an unwavering support system during a difficult time.

PA Department of Military and Veterans Affairs initially led the efforts to bring Michael and Evelyn to Bailey House, working closely with UPMC's Veteran Care Services, led by Marc Migala, UPMC Social Worker, Jamie Snyder, and Adrienne Beck, the Bailey House Coordinator. Together, they ensured that the couple had a safe and welcoming place to stay while Michael received treatment.



Arriving in early June, Michael and Evelyn immediately felt the impact of being close to the hospital, giving them one less thing to worry about during an overwhelming time. Michael reflected on how grateful they were for the swift action taken by the UPMC team, particularly in coordinating with the hospital and social workers to ensure they were not only housed but also supported throughout their medical journey. "Things just don't always fall into place like that," he shared, acknowledging how Bailey House became a lifeline for them when all other options fell through.

Michael also expressed his deep gratitude for Dr. Chip Renninger, whose exceptional care made an indelible impact on both him and Evelyn. "When Dr. Renninger came in, everything just fell into place," Michael said. "He saw what was needed and immediately took action. I was in so much pain, and the way he cared for me, it was as if he knew exactly what I needed before I even asked." Dr. Renninger's approach to Michael's care not only alleviated his physical pain but also reassured both Michael and Evelyn during an emotionally challenging time.

During their stay, Bailey House provided them with more than just shelter. Michael found comfort in the connections he made with the staff and other guests. "The fellowship from all the guests together is amazing," he said. "Adrienne, Ari, and Jonah do such a beautiful job with everybody here. We are so blessed to be able to help one another." His words reflect the true mission of Bailey House—creating not only a place of rest but a community where families can support one another during their most challenging days.

Their stay lasted into October, and Michael and Evelyn both expressed how much the warmth and hospitality they experienced at Bailey House helped them through the hardest moments. Now, having returned home to settle their affairs, they've made the decision to move permanently to this area. As a testament to the care and compassion they received, the couple have made giving back to Bailey House a family priority, already making their first donation to support the house that made such a difference in their lives.

Information about donating to the Bailey House Endowment can be found by contacting the Foundation at 717-231-8080 or at UPMCPinnacleFoundation.org.

Bailey House continues to serve as a refuge for families like Michael and Evelyn, providing more than just a place to stay—it offers hope, care, and community. If you'd like to join Michael and Evelyn in supporting Bailey House and helping more families in need, please consider donating.

We never know when a health emergency may strike.

Michael and his wife, Evelyn, were on vacation out of the country when Michael's health suddenly deteriorated. Many organizations worked together to make arrangements for this family to come to the Bailey House while he underwent a long treatment journey.

Bailey House provides adult family members who live outside the immediate Harrisburg area with a comfortable and convenient place to stay while their seriously ill loved one is hospitalized. A home away from home, the Bailey House is situated two blocks from UPMC Harrisburg at 119 & 121 Washington Street.

Heartfelt Thanks

This letter from another guest is an example of the positive impact Bailey House can have on our guests.

Dear Members of the Auxiliary Board,

I hope this letter finds you all well. As I take a moment to reflect, I am filled with overwhelming gratitude for each of you. Your kindness and support during one of the most challenging times in my life have made a profound impact on my journey to recovery.

After my accident, I felt lost and overwhelmed. The warmth and compassion you extended to me during that difficult period was not just a lifeline; it was a beacon of hope. You opened your hearts and your home to me, and for that, I will always be grateful.

The environment you provided was more than just shelter; it was a nurturing space that allowed me to heal. The kindness and support I received gave me strength when I needed it most. Your willingness to lend a helping hand and your concern for my well-being made me feel valued and cared for in a way I had not experienced before.

I appreciate the countless hours you dedicate to ensuring Bailey House is available to hospital families. It is through your collective efforts that I began to regain my sense of self and purpose.

Thank you for believing in me when I struggled to believe in myself. Your unwavering support has inspired me to move forward with renewed hope and determination. I am now on a path to rebuilding my life, and I carry with me the lessons of kindness and resilience that you have taught me.

I hope to pay your generosity forward in my own life. You are truly remarkable people, and I am blessed to have crossed paths with you.

*With heartfelt gratitude,
Bryan*

Upcoming Auxiliary Meetings

All Auxiliary members can attend the monthly board meetings to stay in touch with what is happening in your Auxiliary. While you cannot vote on any motions of the Board, you might find it interesting to learn more about what we do and how we operate.

Board meetings usually start at 11:00 a.m. and the location can vary. If you are interested in attending and/or have any questions, please call 717-231-8080.

Board Meetings for the rest of the business year:

February 25, 2025

March 25, 2025

April 22, 2025 + Spring Membership Meeting

May 27, 2025 + Installation of Officers

PHHOS 39582

Pinnacle Health
Auxiliary

PO Box 8700
Harrisburg, PA 17105

Mark Your Calendars

The Pinnacle Health Auxiliary's next spring gala is being held April 26, 2025 at The Willows at Ashcombe Mansion. This will be an enchanting evening of intrigue and glamour.....and a murder! Gasp!!!!

Enjoy an old Hollywood style murder mystery while supporting a life-saving cause. Proceeds from this event will benefit Cribs for Kids at UPMC in Central PA providing essential resources to ensure the safety and care of newborns in our community.

Don't miss it!

Visit www.BIDPAL.NET/2025MYSTERYNIGHT for more information.

*“Even the
strongest
blizzards start
with a single
snowflake.”
- Sara Raasch,
“Snow Like Ashes”*