

Aff HOUSECALL

Newsletter of the Association of Faculty and Friends
Of the Milton S. Hershey Medical Center of the Pennsylvania State University

A Message from AFF's President

Hello to all,

February brings Valentine's Day and a special opportunity for our AFF members to give the gift of life with a blood donation. Our AFF blood drive runs all day February 14th. We still need volunteers to help that day. If you're available, please contact LaDora Field (566-6420, lfield@psu.edu). Take a look at the flyer to the right and consider stopping by to donate. This is a community-wide event, so please share the word and bring a friend.

We're wrapping up the books on two very successful holiday events. The Lion's Share Food Drive raised \$4155 and received 2001 items of food for the Hershey Food Bank. Wow!

And the lovely Peace Tree ceremony brought in more than \$5000 which will go to many deserving people and programs at Hershey Medical Center. We thank all of you who participated in both of these very meaningful events.

AFF members enjoyed our special showing of Memories and Milestones, the moving documentary of the history of HMC. We're looking forward to organizing more AFF member activities next year. Do you have ideas?

Which brings me to the topic of AFF's leadership. Our nominating committee is meeting February 8th to come up with a slate of board member nominees for next year. If you have a suggestion, or would like to serve, even as a member at large, please contact Susan Foxx, smfrm88@aol.com.

Thanks for all you do for Hershey Medical Center and the College of Medicine!

Judy Dillon
Pdillon707@aol.com
717-566-5689

Happy Valentine's Day!



This Valentine's Day,
paint a picture of Hope in someone's life.

DONATE LIFE.

DONATE BLOOD.



Association of Faculty & Friends
Blood Drive

Tuesday, February 14, 2012

7:00 AM to 6:00 PM

Registration located in Main Hospital Lobby
Penn State

Milton S. Hershey Medical Center

Free Valentine gift to all who participate! Everyone who attempts to donate will be entered in gift basket drawings!!
Please call 1-800-771-0059 to schedule your appointment.
Walk-ins Welcome!



HOUSECALL

February Meetings - Mark your calendar

Getting to Know You Lunch

Tuesday, February 21 at noon

A great time to see your friends, new and old, at the Brownstone Cafe in Middletown, 1 N. Union St. Please contact Rebecca Boehmer if you can come. 533-9436 or rkboehmer@verizon.net

Book Group

Thursday, February 9 at 12:30

Join a lively discussion of Outlander by Diana Gabaldon. Trish Good is hosting at her house, 1160 Stoney Run Rd in Hummelstown.

Palliative Care

Thursday, February 23 at noon

Our Palliative Care volunteers will meet at the Cocoa Beanery.

Bridge

Wednesday, February 22 at 10am

Mary Sue Hanks is hosting at her home, 779 Pine Tree Rd in Hummelstown. RSVP: 566-5506 or marhnks@aol.com



Center Stage is a great opportunity to volunteer and enjoy the arts, too!

Join other AFF members to host musicians and artists who perform throughout the hospital.

Contact Claire deBoer for more info:
cdeboer@hmc.psu.edu



*Save the date for the
AFF Spring Luncheon and Fashion Show!
Wednesday, May 2nd at The Hotel Hershey*

The fun begins at 10:30 with Diamond Chance sales, Raffle Baskets, Silent Auction and Signature Drinks.

Last year, over 475 members of our community attended and helped us raise a record shattering \$76,000! AFF has given those proceeds to many well-deserving community and humanitarian projects.

Save the Date cards will be mailed in mid February. Invitations will be mailed mid March.

Ticket and table reservations can only be guaranteed with receipt of payment submitted with RSVP. We are so pleased to tell you that because of our awesome corporate sponsorships, we will be able keep ticket prices at \$75 once again this year.

Volunteers are still needed to assist with our Silent Auction and Basket Committee, Gift Bag Committee, for set-up on May 1st at The Hotel Hershey, and for "behind the scenes" on the day of the event. Interested in volunteering - please send a note to Jodi Firestone at jodifirestone@arcus.net

To stay up to date on all of the exciting details, please Find Us On Facebook: AFF Luncheon & Fashion Show.

February Specialty Classes

Interested in Fitness?

The University Fitness Center has many great fitness classes that are free to members, plus speciality classes that have a small fee but don't require membership.

Take a look at this schedule of fun and challenging Specialty Classes being offered this month.

Welcome Jacquelyn Cowan!

Jacque was born December 16th, the second lovely daughter of AFF Treasurer Justin Cowan, who reports that big sister Jilly is a great helper.

Congratulations!



Tai Chi (Intro & Level 1)

Classes for both new or experienced students. Tai Chi promotes good health, lower stress, improved balance, and much more!

Wednesday evenings
6 -Week session starts February 22



StrongWomen

Strength training class for midlife and older women
Classes for new or experienced students.

Monday & Wednesday evenings
6 - Week session starts February 27



Spin & Tone

30-40 minutes of Spinning & 20-30 minutes of high intensity upper and lower body strength training.

Monday evenings
6 -Week session starts February 27

Spin-lates

30-minutes of Spinning & 30-minutes of Pilates
Matwork in one fabulous class

Tuesday afternoons
6 -Week sessions start February 28

Pilates Matwork - Experienced
For experienced Pilates students to continue Matwork while including some variety with use of props.

6 - Week morning session starts February 28

Race Day Training

Calling all cycling enthusiasts! This class will get you set for summer cycling and any upcoming races.

Wednesday evenings
6 -Week session starts February 29



Zumba®
Classes held Tuesday and Thursday evenings, and Saturday mornings

*Requires purchase of Zumba Class Card

*Specialty Classes do not require UFC membership

For pricing of UFC Specialty Classes visit our web site at www.pennstatehershey.org/ufc or call 531-7075.