

Presby Bulletin

Penn Presbyterian Medical Center

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Local High School Students Learn from PPMC Mentors

Three Students Placed at PPMC for Annual Penn Medicine Pipeline Program



The Penn Presbyterian Medical Center added three smiling faces to their community this summer. For six weeks, Penn Presbyterian hosted three students as part of the Penn Medicine High School Pipeline Program Pipeline: Latisha Brown, Thammatha Dixon and Ashley Poitier.

More than a dozen local high school students were given the opportunity to learn what careers in medicine are really like. After applying to the program, each student took part in several mock and real interviews before they were assigned to a specific area of work within the Penn Health System.

To celebrate the Pipeline student's accomplishments, family members, mentors and Penn Medicine staff gathered at the International House on August 14.

"We are proud at Penn Medicine to host this program. We learn more from you than you learn from us," Judy Schueler, VP, Organizational Development and Chief Human Resources Officer said during the luncheon.

Student Ashley Poitier, who attends Paul Robeson High School for Human Services, worked at Penn Presbyterian in the Scheie Eye Institute. She helped out with receptionist duties, learned how to sterilize instruments and helped out by bring patient

charts to doctors. Ashley also had the opportunity to observe technicians as they performed preliminary work ups on patients and learned how to read the prescription in a pair of eyeglasses.

"The experience was life-changing. It gave me another field to look and go back to school for," says Poitier. "It was a lot of fun and I learned to open up to people more."

Cheryl Scott, Poitier's mentor and Ophthalmic Technicians Supervisor at Scheie, thoroughly enjoyed every second working with Ashley. "She was efficient in her assignments so I felt comfortable giving her assignments because she would follow through and complete them," said Scott. "She was a great help."

All words spoken about Ashley were nothing but positive. "Ashley is one of the most professional students we have. Her evaluations were flawless," said Theresa Simmonds, MSc, High School Program consultant.

Several graduating seniors will be starting college to pursue nursing degrees and jobs in health care, all thanks to the Pipeline Program and Penn Medicine. Many of the underclassmen are already looking forward to participating in the program again next year.

PPMC to Start Valet Parking Service August 31

Penn Presbyterian patients and visitors can start using our convenient valet parking service during the day, for a fee. This program, which launches on Monday, August 31, will make it easier for our patients and their caregivers to enter the hospital effortlessly.

A valet parking stand will be located in front of the Cupp lobby and open from 7am to 4pm daily. Attendants will service any building entrance that exits into the Myrin circle (i.e. PHI, Scheie).

The cost will be \$15.00 if you arrive between 7:00am and 1:00pm, and \$10.00 if you arrive between 1:00pm and 4:00pm. The valet closes at 4pm. No discounts or coupons will be permitted. This service will be cash only; no credit cards will be accepted.

To pick up a car after valet hours, when it will be self service (no refunds), keys will be held at the Cupp lobby security desk.

If you have any questions or feedback, please contact John Smith, Director of Parking at 215-662-9367.

Metabolic and Bariatric Surgery Program at PPMC

Patients eligible for or considering bariatric surgery are welcome to attend the new patient information sessions held twice a month in the Philadelphia Heart Institute, room 106.

The meetings are on usually on the first Monday and third Saturday of each month. There is free parking. The next meetings are scheduled for:

Monday, August 31 from 5:30-7:00pm

Saturday, September 12 from 10:30am-noon

Wednesday September 23 from 5:30-7:00pm

Monday, October 5 from 6:00-7:30pm

For more information, please contact Debbie Adcock, 215-662-8484 or deborah.adcock@uphs.upenn.edu.

Fall 2009 Classes

Penn Program for Mindfulness

Classes Start Week of September 28th in PA, NJ and DE

The Penn Program for Mindfulness (formerly Penn Program for Stress Management) is a Mindfulness-Based Stress Reduction (MBSR) program that uses meditation as the primary tool for long-term stress management. Mindfulness meditation is taught in a completely practical and up-to-date way as a powerful tool for stress management. Mindfulness teaches you to maintain a steady, balanced awareness. In our program you will thoroughly explore mindfulness and learn how to use it to manage the physical, psychological, and behavioral symptoms of stress.

The course teaches a variety of meditation techniques that will lead you to relaxation, clarity and stillness. It will help you to change the negative and confusing thought patterns and emotions that accompany stress. You will learn to recognize your unique reactions to stress, to find more effective ways to respond to stressful situations. You will discover how to use your own inner resources to find greater health and well being.

Twenty-seven hours of class time includes eight 2-½ hour weekly classes and one full day Sunday session. All class materials are provided, including a manual, a textbook, additional weekly readings, and a series of recordings with guided mindfulness and meditation practices. 24.5 APA-approved CE Credits are now available, for an additional fee. Go to www.pennhealth.com/stress to see the complete schedule of classes.

For more information, to join the mailing list and receive future program announcements or to register, go to www.pennhealth.com/stress, call (215) 615-2774 or email stress.management@uphs.upenn.edu.