There are more reasons than ever for UPMC staff and physicians to roll up their sleeves and get their free flu inoculations for the 2010-2011 influenza season.

Even if you are healthy, you can get the flu and spread it to:

- your family and children
- colleagues at work
- your patients

Beginning in mid-September, UPMC will offer free flu vaccinations to staff in clinical and nonclinical locations. UPMC has ordered a sufficient inventory of vaccine to protect the health of its staff this flu season. The 2010-2011 flu vaccine will protect against three different flu viruses: an H3N2 virus, an influenza B virus, and the H1N1 virus that caused widespread illness during the past flu season.

The schedule for UPMC’s upcoming flu vaccination clinics for physicians and staff is available on Infonet (http://flu.infonet.upmc.com); check back often for updates. Additional clinics will be listed as the schedule is finalized. The site also will include frequently asked questions about the 2010-2011 flu season, tips to protect your health and the health of your family, posters to display in staff areas to announce dates for vaccination clinics, links to helpful resources, and other materials.

According to the Centers for Disease Control and Prevention (CDC), everyone 6 months and older should get a flu shot as soon as vaccine is available this fall. Although flu is unpredictable, it’s likely that the 2009 H1N1 virus and regular seasonal viruses will cause illness in the United States this flu season.

Flu is more dangerous than the common cold for children, according to the CDC. Each year, flu places a large burden on the health and well-being of children and families. An influenza vaccination is the best method for preventing flu and its potentially severe complications in children. Parents can reduce the risk of spreading the flu to their children by getting a flu shot.

**Earn 100 Take a Healthy Step points by getting vaccinated**

Employees enrolled in medical coverage must earn 200 Take a Healthy Step points in addition to the two other requirements in order to receive their 2011 MyHealth deductible credit. Receiving a flu vaccination is worth 100 Take a Healthy Step points.

To check your completion status and learn about the Take a Healthy Step options, log in to My HUB, click the Human Resources tab, and select the MyHealth/MyFlex Advantage link.

To comment on this story, visit the News & Views forum on Infonet (https://spis.upmc.com/corporate/CorpCom/Forum/default.aspx).
Bus Rapid Transit public forum to discuss improved public transportation

Potential Port Authority route changes are creating a buzz about public transportation in the area. A Bus Rapid Transit (BRT) service is under consideration in Allegheny County to offer fast, reliable, and easy-to-understand transit service. A public forum is being held later this month to discuss the possibility of implementing the service here.

The improved transportation that “Rapid Bus” services offer seemingly have led to community revitalization in other areas. Representatives from some of these cities, including Cleveland, Kansas City, and Los Angeles, will present their insights at the forum. BRT could have the same impact on Pittsburgh communities. The initial focus for the BRT is linking downtown Pittsburgh with Oakland and other East End neighborhoods.

The public forum is an opportunity to have a say in the future of transportation in Pittsburgh. There is no fee to attend, and the forum will be held Monday, Sept. 20, from 8 a.m. to 4 p.m. at Duquesne University in the Power Center Ballroom.

This forum will feature:
- planning, development, and transportation professionals with BRT experience, along with stakeholders from the community
- BRT insight from other cities, including Kansas City, Los Angeles, and Cleveland
- Secretary Allen Biehler, PennDOT
- breakout sessions with discussion of BRT benefits, challenges, and community development issues

Registration is now open. To register, send your contact information to info@sustainablepittsburgh.org.

Thinking about other transportation options

Infonet offers a variety of resources to help you find the best, most efficient way to complete your commute to work. Sharing a ride can cut your transportation costs in half, and even more if you ride with several people. The Carpool Bulletin Board on Infonet allows you to find others in your area who are looking to share a ride. For more information on these resources, visit the Commuting and Carpooling Infonet site (http://carpool.infonet.upmc.com/).

UPMC staff also can save on transportation expenses by using a commuter parking account or by buying Port Authority passes through payroll deduction. Contributions to these expenses are pretax and are deducted from your pay. Staff who park at public or private lots near their work or transit locations and do not already have their parking expenses deducted from their pay also are eligible for pretax parking. More information can be found on the Benefits Infonet site under “Other Benefits.”

New UPMC Health Plan dental options added for 2011

Is your dentist in the network?

UPMC Health Plan has introduced a new dental insurance product called UPMC Dental Advantage. All eligible UPMC employees will be able to choose between UPMC Dental Advantage and United Concordia Companies during Open Enrollment later this fall. Employees will be offered the Standard and Premium dental PPO options under both carriers, with no differences in plan design or coverage levels.

UPMC Health Plan still is enrolling dentists in the UPMC Dental Advantage network, so it’s not too late to get your dentist to join. The next time you visit your dentist, ask if he or she is planning to be part of the UPMC Dental Advantage network. Your dentist can call 1-877-648-9609 to speak with a representative about joining the network.

More information about UPMC Dental Advantage will be available in the My Benefits 2011 publications starting in late September.

UPMC honors its ACES

Congratulations to the 191 individual staff members and one team who have been selected to receive the 2010 Award for Commitment and Excellence in Service (ACES). The winners will be honored by UPMC at a special recognition event Saturday, Oct. 9, at Heinz Field. A list of winners is attached to this issue of Extra and is available at Extra online.

To nominate someone for next year, fill out the nomination form on the ACES Infonet page (http://aces.infonet.upmc.com/Nominations.htm).
UPMC VIP day at Steelers training camp

In July, employees from across UPMC submitted experiences and stories to the News & Views Forum about how they or co-workers have changed lives and personified UPMC’s compassionate spirit. From these contributions, 50 individuals were chosen randomly to win tickets to UPMC VIP day at Pittsburgh Steelers training camp in August at Saint Vincent College in Latrobe.

Some of these UPMC “life-changers” shared photos from their experiences at training camp. To see more, visit Infonet (http://infonet.upmc.com/NewsArchives/steelers_trainingcamp2010.html).

MediPac MRNs are changing

UPMC will be converting the patient medical record numbers (MRNs) for many existing patient medical records as a part of an effort to improve the consistency of the MRN, as well as to eliminate any remaining MRNs that are based on the patient’s Social Security number. The conversion affects facilities that register patients using the MediPac system.

The conversion process is scheduled to begin Tuesday, Oct. 12, and will continue for several weeks, until all MRNs have been converted. During the conversion, many steps are being taken to prevent patient safety issues from occurring. For example, if a patient is in a UPMC facility, the patient’s MRN will not be changed until after the patient has been discharged.

Watch Extra for updates as this project moves forward.

Hispanic Heritage Month

Each year from Sept. 15 through Oct. 15, our nation honors the outstanding contributions of people of Hispanic descent during Hispanic Heritage Month. At UPMC, we salute the achievements of Hispanic-Americans who have contributed to the advancement of science, industry, and health care throughout history.

To learn about these outstanding contributions, visit the Center for Inclusion at UPMC Infonet site (http://inclusion.infonet.upmc.com/).
2010 Pittsburgh Start! Heart Walk makes strides on Oct. 10

Put on your walking shoes and join UPMC families and friends to support the American Heart Association at the 2010 Pittsburgh Start! Heart Walk on Sunday, Oct. 10. This fun, noncompetitive walk raises money to help fight heart disease and stroke, and to support local cardiovascular research.

The three-mile walk will take place outside Heinz Field along the North Shore Trail. There is also a “Survivor Trail” designed for heart disease survivors and those who choose to walk a shorter route for personal or health reasons. The event begins at 8 a.m. with fun activities and booths with heart-healthy information. The walk begins at 10 a.m.

To register, contact your department team captain or visit www.americanheart.org/pittsburghwalk. Click on the “Register” button to join an existing UPMC team, start a team, or join as an individual walker.

Walk and earn Healthy Step points

Other walks are also available to earn Take a Healthy Step points. Participants can earn 50 Take a Healthy Step points for each walk.

- **American Diabetes Association’s Step Out Walk to Fight Diabetes**
  - Saturday, Sept. 25
  - Pittsburgh Zoo & PPG Aquarium
  - 7:30 a.m. — Registration
  - 9 a.m. — Walk begins

- **Alzheimer’s Association Memory Walk**
  - Saturday, Oct. 2
  - Pittsburgh Zoo & PPG Aquarium
  - 7:30 a.m. — Registration
  - 9 a.m. — Walk begins

- **UPMC Urgent Care at Shadyside 5K Run and Mile Wellness Walk**
  - Saturday, Oct. 2
  - Shadyside
  - 8 a.m. — Walk begins

- **NAMI (National Alliance on Mental Illness) Walk**
  - Sunday, Oct. 3
  - South Side Works/Three Rivers Heritage Trail
  - 9 a.m. — Registration
  - 10 a.m. — Walk begins

High-tech heart disease screening at UPMC

Prevention and early detection of heart disease are central to coronary health. This is why the UPMC Cardiovascular Institute (CVI) at University Center is dedicated to the proposition that a progressive strategy of heart-disease screening can save lives.

Coronary artery disease is a slow, progressive disorder that can begin early in life and go undetected for years. The good news is that this condition can be treated and even reversed when it is identified in time.

CVI now has the most advanced and noninvasive screening technology available to determine the presence and extent of calcium deposits in the coronary arteries. Using electron beam tomography (EBT), specialists at UPMC CVI at University Center can scan the heart 10 times faster than traditional CT scans. EBT takes a “freeze-frame” picture of the heart and coronary arteries to show any calcium deposits clearly.

A buildup of calcium on the inner lining of coronary arteries is an indicator of atherosclerosis, or plaque buildup, which causes heart attacks. Traditional risk factors, such as high cholesterol, being overweight, or high blood pressure, cannot determine for sure if atherosclerosis is present.

Cardiologists at CVI use scans along with other tests to get an picture of a person’s total heart health. They develop practical plans and use state-of-the-art health management to lower patients’ risks of heart disease that can lead to heart attack.

EBT scans are ultrafast, are completed while the patient holds a single breath, and involve less radiation than traditional CT scans without requiring intravenous contrast agents. The cost of the scan is $99 and is not covered by insurance. For more information or to arrange an appointment, call 412-802-3000.

Learning and development opportunities are available for you

UPMC offers a wide range of training modules to enhance management and staff development. Programs include training in leadership development, people development, and staff development.

See what’s in it for you — check out some of our offerings online through UPMC uLearn.

- Upcoming computer skills classes
- Development resources for managers
- Learning tip of the month
Back-to-school shopping with UPMC Perks

As summer draws to close, those with school-aged children often are faced with many back-to-school expenses. Before you hit the stores, don’t forget to visit Perks and find ways to save a little bit of cash.

- Save up to 30 percent off the list price of textbooks, reference materials, and study guides, and enjoy free shipping on all new textbook orders through Sept. 20 at www.bn.com/upmc.
- Get your home printers ready for upcoming class papers and projects this school year with a discount on ink cartridge refills at the Cartridge Outlet.
- Do you need a new desk or other furniture for your office or study room? Levin Furniture is offering 10 percent off merchandise at the Century Square Clearance Center.
- Need some new shoes or boots as winter months approach? Save 15 percent on footwear at the Walking Company.

Be sure to check out these as well as other offers through UPMC Perks. For more information, visit the Perks website (http://extra.upmc.com/perks-merchandise.htm).

ePerformance: Focus on the employee

UPMC introduced a new online performance management process for managers and staff for reviews due on or after June 6, 2010. ePerformance automates the manual efforts previously involved in reviews, and allows more time for discussions about performance, as well as goal and development planning. ePerformance emphasizes performance management as an ongoing process, rather than as a single, annual event. It reflects the process as a shared responsibility between manager and employee.

ePerformance allows employees to access their performance review information easily through My HUB. It expands what is available to employees and allows employees to:

- receive notification when their reviews are due
- see previous performance evaluations (starting with the reviews completed in Fiscal Year 2011)
- complete self-evaluation, peer, and delegate reviews online
- view their job descriptions

Some of the key components of ePerformance that affect employees include the self-evaluation, peer, and delegate reviews.

- **Self-evaluation:** Employees are given the opportunity to complete self-evaluations, although completing one is not mandatory. The employee will be able to rate his or her own performance using the same criteria as the manager (goals, job responsibilities, and competencies and behaviors). Employees who choose to complete self-evaluations can complete as little or as much as they wish to complete.

- **Peer review:** Employees may be asked to complete peer reviews. A peer review is used when a manager would like feedback from a co-worker or project team member who is familiar with the employee’s day-to-day or project work. Employees who complete peer reviews can complete as little or as much as they wish to complete.

- **Delegate review:** A delegate review is used when a manager may not have an opportunity to supervise an employee directly, but there is a designated person in charge who can provide direct feedback about the employee’s performance. The person completing the delegate review should complete only the sections for which he or she has knowledge about the employee’s performance.

Only the manager will be able to view the evaluation that a peer or delegate reviewer completes. The manager will be able to see all sections that the peer or delegate reviewer completed, including the ratings. In addition, the manager also will see a “rolled up” average rating on each evaluation criterion for all peer or delegate reviewers who evaluated the employee on the criterion.

**Important tips to remember**

- ePerformance notifications are sent to employees’ preferred business e-mails in My HUB. Be sure your UPMC e-mail is selected as your preferred business e-mail and correct this if necessary by submitting a change of e-mail address.

- Job responsibilities populate automatically from the employee’s current job description. To view your current job description, go to My HUB -> My Profile -> View Performance Review Information -> View your job description.
Less than a week left to win a camera

You have four days left to submit and upload a video for the Safe Needle Procedures Video Contest on Infonet. Take inspiration from some of your colleagues’ videos now available on Infonet as you think about and create your own.

As a UPMC employee, you are familiar with the policies and procedures surrounding safe needle usage. How can you show off this knowledge and help your colleagues avoid unnecessary pain, anxiety, and fear from an accidental needlestick injury?

The deadline for video submissions is 11:59 p.m., Tuesday, Sept. 7. Take advantage of the Labor Day weekend and create a video that can earn you a flip camera or a high-definition video camera to capture your vacation memories for years to come.

In September, our community will vote for their favorite videos and narrow the pool down to three videos. A panel of judges then will select first-, second-, and third-place winners. First prize will win a Panasonic high-definition camcorder kit, complete with full-size tripod, memory cards, and a carrying case. Second- and third-place winners will receive Kodak flip cameras with memory cards, carrying cases, and external audio input jacks.

For tips and guidelines on creating videos, to see videos that your colleagues have uploaded, and to upload your video, visit the Safe Needle Procedures Video Contest Infonet site (http://infonet.upmc.com/NeedleProceduresVideos/default.html).

UPMC Employee Day at the Heinz History Center

Saturday, Sept. 18, is UPMC Employee Day at the Senator John Heinz History Center, located at 1212 Smallman St., Pittsburgh. All employees and family members will receive free admission from 10 a.m. to 5 p.m. Step inside a log cabin from the 1790s, explore 250 years of life and innovation in our region, and discover the Western Pennsylvania Sports Museum — a first-of-its-kind venue that takes visitors from the sandlot to the semipro, from Little League to the big leagues, and from the dreamers to the heroes in western Pennsylvania sports.

To receive free admission, employees must show their UPMC ID cards and will be asked to register at the admissions desk. All employees who attend will be entered to win a free family membership.

Throughout the year, UPMC employees and immediate family members receive a 15 percent discount off admissions and a 10 percent discount in the museum shop. For more information, call Cara Lindberg at 412-454-6325.

Advancing the Promise

In recent years, UPMC has been taking its investment in education deeper, through an unprecedented $100 million commitment to postsecondary education for all graduates of Pittsburgh’s public high schools. The Pittsburgh Promise, begun in Fiscal Year 2008 with a $10 million gift and a $90 million, 10-year matching pledge from UPMC, provides funds for postsecondary education to all graduates of Pittsburgh’s public high schools, provided they meet and maintain specific academic standards. In Fiscal Year 2009, UPMC made its second $10 million gift as The Promise entered its second year. As of fall 2009, 1,303 Pittsburgh students had benefited from program scholarships.

Travel security alert

Be aware of credit card fraud while traveling. A new scheme has been brought to the attention of UPMC Security in which individuals traveling for business have had their credit card numbers stolen.

These travelers received late night or early morning phone calls from an individual who claimed to work for the hotel where the traveler was staying. The caller informed the traveler that the hotel needed to reconfirm the traveler’s credit card information over the phone due to a computer malfunction. In each instance, the caller was not legitimate and did not represent the hotel.

Never give any sensitive information to anyone over the phone. Should such a phone call be received, immediately report it to hotel management.
LifeSolutions Corner

I’ve been in my position for a while. I like it, but want to consider doing something different — I’m not sure what. I have a resume, but it’s old. What resources are available to me?

People often call LifeSolutions with this request. The suggested way to provide career coaching is by meeting in person. However, phone sessions also can work out well.

Because there is no test that will say, “You should be a nurse,” or “You should consider switching to being an accountant,” an initial task with your LifeSolutions coach will be to identify some of your interests and experiences. Your coach may invite you to explore the answers to some of these questions:

• What are you doing now? What direction do you think you might like to go?
• What have you done in the past that you enjoyed doing, even if you didn’t get paid for it? (For example, do you love teaching Sunday school, coaching your daughter’s soccer team, being around animals, or baking cakes?)
• What kind of work did you absolutely hate?
• Who could you talk with to find out more about the kinds of work you are interested in, even if it doesn’t seem feasible to make a change right now?

The LifeSolutions coach will listen and be supportive of your hobbies, your passions, and the things you think you might like to do but have never had the courage, the encouragement, or the time to try. Brainstorming about careers with a LifeSolutions coach can be fun, exciting, and energizing.

Your coach also may suggest several paper-and-pencil inventories and other thinking and writing exercises that can help you shine a spotlight on the kinds of work that might be particularly appealing to you. Once you have identified one or more directions that you would like to explore, you can develop a plan for next steps with your coach’s support.

A LifeSolutions coach also will be glad to look at your resume, whatever shape it’s in. He or she can offer you personalized tips as well as more general information to help you spruce it up and make it work well for you if you are considering a particular position. If you don’t have a resume, the coach can help you create one. If you want to brush up on interview skills, LifeSolutions offers coaching on that as well.

Call 1-800-647-3327 to get started. You can find a variety of helpful articles about career change, interviewing, and resume writing on our website at www.lifesolutionsforyou.com. Click on the WorkLife portal (upmc is your company code), and scroll down to Working on the left-hand side. Click Career Development or Career Transition.

Nothing in this article is a substitute for following UPMC policies related to information covered here.

Compliance

Helpline available

The decisions we make every day affect our patients, our communities, and the health care industry. UPMC values honest and moral behavior. Witnessing unethical behavior or violation of the law in the workplace can be troubling, but communicating your concerns is essential to addressing the issue.

In such an event, you first should contact your manager. If you are uncomfortable doing so, the UPMC Compliance, Human Resources, and Legal departments are available to assist you. You also may use the confidential UPMC Compliance Helpline to report concerns or issues.

With the helpline, you can:
• choose to remain anonymous
• report any concerns or issues confidentially
• speak with an independent, third-party communications specialist 24 hours a day, seven days a week

The Helpline is available toll-free at 1-877-98ETHIC (983-8442).
Manage your business travel right from your desktop

UPMC staff can book business travel online with Travel UPMC, our corporate booking site. Travel UPMC is available 24 hours a day, seven days a week, and offers easy navigation and booking features. Online reservations help lower travel costs and ensure compliance with UPMC’s travel policy. Visit the Travel site on Infonet (http://infonet.upmc.com/travel), or e-mail travel@upmc.edu for more details.

Do you arrange business travel for other UPMC employees?

Staff who arrange travel for other employees must be designated first as travel arrangers. Your traveler will log in to the site, access the Profile area and click My Arrangers, complete Travel Arrangers Permission, and then choose Add a Travel Arranger. A travel arranger should not use his or her own personal travel profile to book other employees’ reservations. This could delay ticketing, create a problem at time of check-in, and prevent the traveler’s frequent travel membership from being applied.

Travelers should update their information with Travel UPMC

To update your travel profile, choose the Profile tab on the homepage of Travel UPMC (accessible via My HUB) and choose the appropriate link to view or modify your user profile and personal information. Make sure all changes are saved so they take effect. Take a minute also to verify that the name listed in your Travel UPMC profile matches the name on the government-issued identification you plan to use at the airport, and to ensure that your date of birth and gender information are complete for Secure Flight purposes.

UPMC receives top honor for diversity and inclusion initiatives

UPMC’s Dignity and Respect campaign received the top honor from the Profiles in Diversity Journal in the seventh annual 2010 Innovations in Diversity Awards. These awards recognize organizations, corporations, and institutions that have developed innovative solutions that offer measurable outcomes in workforce diversity and inclusion within the past two years.

The Dignity and Respect Campaign is an awareness campaign designed to unite individuals, community leaders, community organizations, educational institutions, businesses, and corporations under the common belief that everyone deserves dignity and respect. The Center for Inclusion at UPMC introduced the campaign to UPMC employees in November 2008. Since then, more than 15,000 employees have taken the pledge to support dignity and respect.

The Center for Inclusion partnered with community leaders on efforts to promote community unity, cultural competency, and multicultural awareness. In October 2009, the Dignity and Respect Campaign launched as a community initiative. The community campaign kicked off with the launch of a citywide pledge drive, which engaged more than 50 community organizations and awarded a day of service to the organization that received the most pledges.

Have you picked your quit date?

Research has shown that using tobacco cessation medication can improve your odds significantly of quitting tobacco use. Copayment reimbursement for tobacco cessation medication now is being offered to employees, spouses or domestic partners, and adult dependents. To qualify, individuals must:

• Register for the MyHealth Ready to Quit™ program and have at least one order of prescribed tobacco cessation medication filled between July 1 and Sept. 30.

• Complete the program.

• Complete a 90-day follow-up survey.

To learn more about MyHealth Ready to Quit, call 1-800-807-0751.

Ex-smoker finds and celebrates her quit date

Nina Bacon, a team leader for UPMC Health Plan Member Services, smoked about a half a pack of cigarettes a day for nearly 30 years. She admits that at times she would find excuses to smoke. It was a combination of factors that finally led her to quit: UPMC’s commitment to a smoke-free campus, UPMC’s assistance by eliminating the inconvenience of a copay for CHANTIX® offered through UPMC MyHealth’s Ready to Quit™ program, and her three children.

With the support of her family and co-workers, Ms. Bacon has been smoke-free for three years. She is a role model for other smokers, but what makes her most proud is the support from her children.

“It’s hard to quit smoking,” Ms. Bacon says. “But you need to realize when you’re just making excuses.”
UPMC recognized as ‘top connected’ health care organization

UPMC has been named one of the Top 25 connected health care facilities by Health Imaging & IT magazine, a national news, business, and technology magazine for medical imaging, health care executives, health care executives, and health information technology professionals.

The annual list recognizes hospitals, health systems, imaging centers and physician practices that seamlessly integrate imaging and IT systems; provide physicians with immediate, anywhere access to patient data; demonstrate a return on investment; and have high patient and staff satisfaction.

eRecord updates

Many UPMC facilities are using electronic health record technology widely. HIMSS Analytics scores hospitals based on their progress in completing stages, from zero to seven, of a paperless patient record environment. HIMSS Analytics is a not-for-profit subsidiary of the Healthcare Information and Management Systems Society.

This is where UPMC’s hospitals are for electronic health record usage:

| Stage 7 | Children’s Hospital of Pittsburgh of UPMC |
| Stage 6 | Magee-Womens Hospital of UPMC, UPMC McKeesport, UPMC Mercy, UPMC Presbyterian Shadyside, UPMC St. Margaret, Western Psychiatric Institute and Clinic of UPMC |

Upcoming dates

| November 2010 | UPMC Passavant: Stage 4 and Stage 5 |
| December 2010 | UPMC Horizon: Stage 1 |
| January 2010  | UPMC Horizon: Stage 5, Stage 6 |
| March 2011    | UPMC Bedford Memorial: Stage 3, Stage 4, Stage 5, Stage 6 |
| April 2011    | UPMC Northwest: Stage 1, Stage 2, Stage 3, Stage 4, Stage 5 |

Clinical Trials Office name change

The UPMC Clinical Trials Office now is part of the Office of Sponsored Programs and Research Support (OSPARS). As part of this change, the office has new contact information. The new e-mail, OSPARS@upmc.edu, should be used for all questions or submissions regarding UPMC-sponsored programs (including industry-initiated clinical trials), fiscal review, contracts, grants, and service awards. The new phone number is 412-647-4461 and the new fax number is 412-647-6766.

The office also has created a new SharePoint site (https://spis.upmc.com/corporate/Finance/ospars/). The site has submission processes descriptions, specific points of contact, and updated submission forms.

Child day care now available at Southside Works

As summer comes to an end, your schedule may be changing, along with your child day care needs. To help employees balance work and family life, UPMC now offers day care at Bright Horizons at Southside Works.

Bright Horizons at Southside Works has a limited number of openings for infants through preschool-aged children and is committed to achieving accreditation for its centers from the National Association for the Education of Young Children (NAEYC). Located on East Carson Street, the facility is open Monday through Friday from 7:30 a.m. to 6:30 p.m.

The monthly fees for UPMC employees are:

- $1,171 for infants
- $1,068 for toddlers
- $934 for preschool ages

Registration began Sept. 1. There is a $50 preregistration fee for enrollment. To register, contact Bright Horizons at southside-works@brighthorizons.com to request a registration packet and tour.

Of note

Congratulations to the following member of our community who recently received public recognition.

- Gregory Peaslee, senior vice president and chief human resources and administrative services officer, was named one of the 10 recipients of the 2010 Human Resources Leadership Awards by Pittsburgh Business Times.
PERKS

Pangea Restaurant
What: 10 percent off entire check
Where: 736 Bellefonte St., Pittsburgh. For more information, contact Ron DeLuca at 412-621-3152 or e-mail pangeashadyside@yahoo.com. Company website is www.pangeashadyside.com.
How: Present UPMC ID at time of purchase.

Levin Furniture
What: 10 percent off all Rug Gallery merchandise; additional 10 percent off all Century Square Clearance Center merchandise
Where: All Levin Furniture locations, including Century Square Clearance Center. For more information, contact Joe Fleckenstein at 724-872-2050 or e-mail jfleckenstein@levinfurniture.com. Company website is www.levinfurniture.com.
How: Present UPMC ID at time of purchase.

EVENTS

Environmentally Sustainable Food Service Workshop Series
Waste Minimization and Local Resourcing: Friday, Sept. 10, 8 a.m. to noon
Facility Design and Operational Impact: Friday, Oct. 8, 8 a.m. to noon
UPMC Hillman Cancer Center, Cooper Conference Room C
Presented by the UPMC Environmental Initiatives Program, the workshops will address key issues associated with implementing sustainable food service practices in health care. Register through the Environmental Initiatives Infonet site (http://greening.infonet.upmc.com). Space is limited to 30 attendees per session.

Gridiron Gaming II
Monday, Sept. 20, 7 p.m., with VIP reception beginning at 6 p.m.
Heinz Field East Club Lounge, Pittsburgh
An event to benefit the UPMC Rehabilitation Institute. Challenge Pittsburgh Steelers left tackle Max Starks and several of his teammates in a game of Wii® or one of several interactive video games. For more information, or for tickets, call 412-802-8256 or e-mail pcourtney@pmhs.org.

Parish Nurse Basic Preparation Course
Four-day course: Friday, Oct. 1 and Friday, Nov. 5, 8:45 a.m. to 6 p.m. Saturday, Oct. 2, and Saturday, Nov. 6, 8:45 a.m. to 4 p.m.

Beulah Presbyterian Church, 2500 McCrady Road, Church Hill
Open to registered nurses, other health care professionals, and lay persons who are interested in promoting holistic health, wellness, and spirituality, coordinating volunteers, or starting a visitation ministry in their parish or congregation. Deadline to register is Friday, Sept. 17. Cost is $395 per person and class size is limited to 20 participants. For more information, or to register, contact Dorothy Mayernik at 412-232-7997 or e-mail dmayernik@mercy.pmhs.org.

2010 Pennsylvania Governor’s Conference for Women
Thursday, Oct. 14, 7:30 a.m. to 5 p.m.
David L. Lawrence Convention Center, Pittsburgh
UPMC Health Plan and Citizens Bank are co-presenting sponsors for the seventh annual Conference, hosted by Governor Edward Rendell and the Pennsylvania Commission for Women. The event will feature Diane Holder, president, UPMC Health Plan, and other experts on personal finance, career development, work-life balance, and business and entrepreneurship. For more information or to register, visit www.pagovernorsconferenceforwomen.org.

International Street Medicine Symposium VI
Wednesday, Oct. 20, through Saturday, Oct. 23
Kyoto Grand Hotel and Gardens, Los Angeles, Calif.
Sponsored by Operation Safety Net, part of Pittsburgh Mercy Health System, the symposium provides a forum for health care and social service professionals to share “street medicine” best practices with their peers around the world. For more information or to register, contact Linda Sheets at 412-232-5739 or LSheets@mercy.pmhs.org.

RESEARCH STUDIES

Are you a teen mom 17 years old or younger, or do you know a teenage mom? The University of Pittsburgh would like to hear thoughts on individuals’ roles as teenage mothers. Participants will receive $75. Dinner, babysitting, and reimbursement for transportation also will be provided. Teenagers must have the permission of their parents or guardians to participate. For more information, call 1-800-436-2461 or visit www.womensbehavioralhealth.org.

Researchers are conducting a study that looks at brain functioning in normally developing boys between ages 8 and 11. Boys must not have a history of emotional, behavioral, or learning problems. If eligible, children and their parents will be asked to travel to UPMC for a functional MRI scan. Participants will be paid to complete an in-home screening interview to determine eligibility and will receive additional compensation for time and travel to complete the brain scan. For more information, contact Sierra Brown at 412-383-5074.