UPMC Senior Communities
Succeeds with High Resident Satisfaction
Dear Friends:

I am pleased to share that UPMC Senior Communities has grown again! Our most recent addition, Asbury Heights, expands our services into Mount Lebanon and the surrounding areas, particularly with skilled nursing and rehabilitation and dementia care. For over a century, Asbury Heights has been a trusted source of improving the lives of seniors through high-quality and compassionate care, as well as a source of comfort for their families.

We are truly fortunate that the Asbury Heights board of directors chose UPMC Senior Communities as its partner, recognizing that both organizations have the welfare of seniors at the core of their missions. We are excited to welcome the employees, residents, and board members of Asbury Heights. Please take time to read the article to learn the history of Asbury Heights. We encourage you to consider this option for your family.

In addition to your introduction to Asbury Heights, you will find information on the advantages of selecting a UPMC Senior Communities resident. Please take time to read the article to learn about the benefits of many UPMC programs specifically designed to meet their needs.

Also, please take the opportunity to learn about our annual process to measure resident satisfaction and identity areas of opportunity to respond to our customers depicted on our cover. We measure resident satisfaction for all levels of care in order to meet and exceed our resident’s expectations. Not only do we measure ourselves against the UPMC Senior Communities scores year to year, we are also measured against national benchmark scores.

And finally, thank you to all the supporters of the Celebrating Senior Champions event in October 2017. This event directly supports the UPMC Senior Communities Benevolent Care Fund. This year we netted over $158,000, the highest to date, helping to expand the fund to support even more residents in need. Please mark your calendars for the 10th Annual Celebrating Senior Champions event on October 18, 2018. Donations to this fund go a long way in allowing residents to age in place.

With your support, we are able to continue our mission to improve the lives of seniors through excellent programs and services, expanding our services into Mount Lebanon and the surrounding areas. We are truly fortunate to have the support of residents, families, and staff alike, both at Vanadium and in their own homes.

Another successful strategy is to build resident activities that support the theme of “Recycle, Reuse, Repurpose.” Vanadium has had great success with such programs, citing campus-wide participation in “America Recycles Day,” the “Random Acts of Kindness” clothing drive, and recurring eyeglass collection campaigns.

“America Recycles Day” is a national movement that takes place in the fall. Vanadium’s Green Team goes door-to-door throughout the facility collecting recyclable and reusable items. Imagine a corps of red-white-and-blue clad Uncle-Sam-hat-wearing team members, with push carts, flatbeds, wheelbarrows and recycling drums making their way throughout the building. David describes it as a “different kind of Halloween,” moving door to door to all 125 apartments, with residents doing their part proudly to keep America beautiful and sustainable.

On this day last fall, an estimated 500 pounds of recyclable and reusable materials was collected in a single hour, including plastics, clothing, shoes, eyeglasses, and paper. The bounty of reusable materials was split among charities such as “Planet Aid,” Goodwill, the Lions Club, and two local homeless shelters. Vanadium was recognized recently at the Pennsylvania Resource Council-West’s 2018 Zero Waste Environmental Excellence Awards. But for David and Michelle, the greater satisfaction comes from engaging seniors in meaningful activities that enrich their lives and the lives of others, to the good of the planet.
Asbury Heights, a continuum of care retirement community located on a 27-acre campus in Mt. Lebanon, PA, and home to over 400 older adults, joined UPMC Senior Communities last fall. For more than a century, Asbury Heights has cared for the older adults of Pittsburgh’s South Hills while providing additional support and services to their families.

With much more competition in the area, and more complexity and increasing costs in the industry, Asbury decided to seek partnership with UPMC Senior Communities to ensure its legacy and goals for the future. “Knowing that Asbury Heights undertook a national and a local search for a larger and stronger partner, we were pleased to have been chosen by Asbury’s Board of Directors,” says Mark Bondi, President of UPMC Senior Communities.

This affiliation enhances a long-time partnership between Asbury and UPMC. For over 20 years, Asbury has trusted in the geriatricians and medical team of UPMC Senior Care-Benedum Geriatric Center. Asbury’s residents have also been benefiting from other collaborations in the UPMC network including pharmacy, X-ray, home health and more.

Asbury’s story began in 1908 when Samuel Hamilton willed $25,000 to what is now The United Methodist Church to establish a home for older adults. Mr. Hamilton’s desire was to honor his wife, Frances Campbell Hamilton, who devoted her life to the mission of helping all people. She once said “Anyone can love a child. It is the aged that are neglected.”

A three-story brick home in Dravosburg, PA was purchased in 1908 and remodeled to accommodate 18 older adults. By the 1920s, Asbury had outgrown its Dravosburg location and purchased land in Mt. Lebanon where it would eventually expand its services to encompass independent living, personal care, skilled nursing and memory support. Today, Asbury’s seven main buildings connect these services under one roof.

In 1997, Asbury Place, a secure, one-story building designed for residents with memory impairments, opened its doors. This personal care residence contains 42 beds and features various outdoor amenities including a backyard with a network of wandering paths. Residents receive person-centered care while activities are tailored to residents’ interests and abilities.

Opening its doors in 2001, Asbury Villas consists of 77 units and is the newest building on campus, offering personal care services to its residents. Guests are greeted to the long, covered front porch—a favorite destination among residents. The Villas is a very social community with a diverse calendar of activities and areas for recreational opportunity. These areas include an open-concept library and a country kitchen on the second floor.

One thing that makes Asbury unique is The Embassy of Asbury Heights, a six-story, 34-unit luxury independent apartment building located a mile from the main campus. Each

Asbury residents Sally Hughes and Mary Ann Evans
apartment is spacious and well appointed with a variety of five different floor plans. There is underground parking complete with valet service. The Embassy provides 24-hour security and concierge services in addition to a daily continental breakfast. There is also a secluded outdoor patio for residents to enjoy with friends. Residents can enjoy peace of mind knowing they have access to world-class care when they need it.

Another one of Asbury’s major benefits is the Willow Community located within the seven main buildings. Willow is a secure, skilled memory support community with 51 beds. Residents of the Willow Community engage in a variety of tactile activities and therapeutic programs in a home-like environment, ensuring a sense of security, belonging and well-being.

Executive Director Roger Davis Jr. has been appointed to help Asbury implement the policies and practices of UPMC Senior Communities. One of Roger’s previous roles included an administrator position within the UPMC network. His previous experience with the organization will be beneficial as Asbury begins to adopt UPMC systems and take advantage of additional resources throughout 2018 and beyond. “I’m familiar with Asbury’s great reputation for high quality care,” Roger says. “And I’m honored to help write the next chapter of Asbury’s history.”

During the months ahead, Roger and Asbury’s Leadership Team will develop a timeline of upgrades and renovations that will take place throughout the campus. With the support of UPMC Senior Communities, residents of Asbury Heights will continue to receive outstanding care and full amenities for decades to come.

The residents of Hampton Fields Village recently welcomed a new neighbor to the area - the UPMC Outpatient Center in Hampton. The Center, a first-of-its-kind facility in the region to deliver coordinated primary health care for children and adults, provides a wide range of services in a centralized location.

Services available at the Center include diabetes education, behavioral health care, UPMC Centers for Rehab Services, radiology (including X-ray and general ultrasound), a primary care walk-in center and behavioral health care. Patients can also receive bloodwork from Quest Diagnostics™ by walk-in or appointment.

This new outpatient center brings world-class care closer to home for the residents of Hampton Fields Village. As soon as the Center opened its doors, residents were taking advantage of the urgent care office, rehabilitation center and several medical groups now at their doorstep. “It’s so easy and convenient - they have everything right there,” says Mary Lou Fischer, resident of Hampton Fields Village.

Residents are taking comfort knowing they can receive all the medical help they need without traveling to the city. In fact, over 20 residents have already switched their primary care providers to one of the groups available at the Center with over a dozen others considering it in the near future. It goes without saying that having the UPMC Outpatient Center in Hampton right next door is convenient, coupled with access to the clinical and administrative expertise of UPMC St. Margaret and UPMC Passavant makes living at Hampton Fields Village the total package.

Now that several medical groups are in one, centralized location, more people are coming to the area and seeing Hampton Fields Village in a new way - or even for the first time - before or after their treatments next door. “The Outpatient Center has really opened peoples’ eyes to Hampton Fields Village,” says Kristen Madden, Sr. Sales/Marketing Consultant. “Over the last few months, we’ve received a lot more calls and requests for tours.”
Three extraordinary individuals and organizations were celebrated in front of a sell-out crowd at the 9th Annual Celebrating Senior Champions Dinner on Thursday, October 19, 2017. Honors were bestowed upon each for their dedication to bringing world-class senior services to Pittsburgh and beyond.

Arthur S. Levine, M.D., senior vice chancellor for the health sciences and John and Gertrude Petersen Dean of Medicine at the University of Pittsburgh School of Medicine, was presented the highest honor, the 2017 Grand Champion award. “Dr. Levine is a true stakeholder in our success. Through his advocacy, the University of Pittsburgh incorporated aging into the health science curriculum and research, allowing Pitt to study topics such as genomic instability and oxidative stress to ultimately improve the lives of seniors in western Pennsylvania and nationally,” said Deborah Brodine, president of UPMC Community Provider Services. “UPMC Senior Services is exceptionally proud to recognize him for such exemplary work on behalf of the seniors in western Pennsylvania.”

The Jewish Healthcare Foundation (JHF) received the 2017 Community Champion award. Karen Wolk Feinstein, Ph.D., President and CEO of the JHF, accepted the award on behalf of the organization. The JHF strives to improve well-being of seniors by providing training programs for front-line workers who serve older adults. The foundation works to maximize older adults’ independence and safety by strengthening services related to transportation and housing, exercise and recreation, geriatric friendly health care, nutrition and caregiver supports.

Eric G. Rodriguez, M.D., was honored as the 2017 Caregiver Champion. Rodriguez has worked in the UPMC Division of Geriatrics for over 30 years and currently serves as a medical director for the UPMC Living-at-Home/Staying At Home programs which support seniors in their desire to age in place. As a Care Management Medical Director for UPMC Presbyterian and UPMC Shadyside, he advocates for patients, families and the entire multi-disciplinary care team, ensuring that patents are managed safely and efficiently across the continuum of care.

The signature event, held at the Omni William Penn, supports UPMC Senior Communities Benevolent Care Fund. Annually, more than $10 million in uncompensated care and charitable relief is provided to residents who have outlived their financial resources.

The dining experience was sponsored by Doreen Diesel, administrator at UPMC Strabane Woods, who was the lucky winner of a silent auction package at the Celebrating Senior Champions Dinner. Diesel and her five invited guests were entertained by four-time Pittsburgh Steelers Super Bowl champion Rocky Bleier as part of a Chef’s Table dinner party at ELEVEN, an elegant Strip District restaurant. Diesel, who is a huge Steelers fan, said the evening was something she will never forget. “Rocky made us feel like we were all family, sitting around our dining room table sharing stories.” For Doreen, the highlight of the evening was modeling Bleier’s four Super Bowl rings. The restaurant donated the entire dinner so that 100% of the proceeds would be directed to the Benevolent Care Fund. To contribute to the fund, please contact Debra Panei, Director of Development, at 412-864-3524 or PaneiD@UPMC.edu.
UPMC Services Support
Senior Communities Residents

UPMC is taking a leadership role in creating breakthrough products and services for seniors designed to improve overall health and quality of life. UPMC Senior Communities, as part of the larger UPMC family, benefits from the cutting-edge services and initiatives specifically designed to improve the lives of seniors:

HearCARE is a UPMC initiative dedicated to providing communication assistance for those with hearing loss in senior facilities. Hearing loss is the third most common health condition among older adults with 60% of individuals over the age of 65 having hearing loss and only 18% of them using personal hearing aids. Untreated hearing loss is associated with increased falls, medical adverse events, hospitalization, social isolation, and depression.

Liz Dervin is HearCARE’s communication facilitator at Cumberland Crossing Manor and she is enthusiastic about providing her help, skills and resources to residents coping with hearing loss.

“Good communication is such an important component of enjoying life, and I am dedicated to providing my time and efforts to improve the hearing health of residents. I can educate them on the proper use of hearing devices, provide amplified TV and telephone assistance, check hearing aids for proper functioning, replace batteries, clean the devices, and much more,” describes Dervin.

The HearCARE program does not replace an audiologist who can perform diagnostic hearing tests and hearing aid programming; rather it allows a resident the convenience of a trained facilitator conveniently located on-site who is dedicated to assisting with hearing and communications needs.

Marie McCallen, a beneficiary of the service, says, “I am so fortunate to have a professional with this expertise. I’ve learned there are so many unique ways to improve my hearing.”

Currently, HearCARE is available at Cumberland Crossing with a goal to expand the program throughout UPMC Senior Communities.

“HearCARE aims to maximize communication for residents through improved hearing and thereby promote better social engagement and enjoyment of life,” said Dervin.

Low Vision Rehabilitation, an initiative launched by UPMC Centers for Rehab Services, is committed to providing support, resources, evaluation and therapy to residents experiencing low vision. Low vision is any vision loss that cannot be corrected with the use of glasses, contact lenses, or eye surgery.

Do you have difficulty reading, recognizing faces, seeing the television, writing a check, using electronic devices, shopping, cooking, and stepping off curbs—even while wearing your glasses? Then you may be experiencing low vision impairment. “There is help available for those with low vision and there is so much we can do,” said Holly Senior Communities resident Ruth Schomer.

Rx Partners, Inc., another UPMC service, is a leading provider of geriatric pharmacy services and is the pharmaceutical supplier for UPMC’s skilled nursing facilities. Additionally, Rx Partners is an option for residents in UPMC’s assisted, personal care, and independent living facilities. “Our business is built on respect and trust and our highest commitment to provide quality pharmaceutical care,” said Paula Carlock, chief operating officer of Rx Partners.

Seniors are the largest group in the U.S. who take medications, and an estimated 13.3 million seniors take eight or more medications daily. It’s simply a good health practice to continually review medication use with your doctor.

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Sandy Gilmore is a nurse who provides outreach services to independent living residents at UPMC Senior Communities as part of the UPMC Living at Home program.

“I have such energy and passion for nursing and truly love being on-site to help residents in any way possible. I’ve been a nurse for 36 years and I’m proud to say that I have spent my entire nursing career with UPMC,” Gilmore said.

Gilmore visits residents as part of a regularly scheduled event called “Ask the Nurse” when residents may consult with her about health-related matters. Residents enjoy the advantage of meeting with Gilmore in the comfort of their own community and discussing their health in a relaxed and friendly manner outside of a doctor’s office or hospital setting. “My main role is to educate and give personal time with residents to address their overall health concerns,” describes Gilmore.

“I can answer questions and calm fears about upcoming medical tests, explain why a certain diet has been prescribed for them, provide tips for better managing illness and discuss other health problems they may not even feel comfortable discussing with their doctor. We can talk about their medications and I may refer them for medication management help if needed. I have a wealth of resources that I can provide to help residents get the appropriate medical help to enrich their lives,” said Gilmore. She estimates that she’s given over 600 flu shots so far this season and often checks blood pressure for residents too.

Unlike traditional nursing, Gilmore sees some of the same people over and over again and has the opportunity to build a trusting relationship with them. She likes to make learning fun and occasionally engages residents in a game of Diabetes Bingo. Gilmore said, “If I have touched or taught someone even in a small way, I know I have done my job well.”

UPMC Home Healthcare, another UPMC service available to UPMC Senior Communities residents, provides continued care to aid with a patient’s recovery after injury, illness or surgery—right in the comfort of their home.

“Improvements in technology and medical advances are allowing people to leave the hospital sooner and continue their care at home where they are most comfortable,” said Lynn Setar, vice president, business development and client relations for UPMC Home Healthcare. “We have a team of home health professionals who will bring specialized nursing services, physical therapy, occupational therapy and speech therapy right to your door.”

UPMC Home Healthcare works under the direction of the patient’s physician to provide the needed health services. Home Healthcare services are covered by most insurance plans and some services are Medicare eligible.

“At Cumberland Crossing Manor, the UPMC Senior Communities assisted living facility on the UPMC Passavant campus, nurse Pam Hughes has known resident Ruth Schomer for more than four years and has followed her through a variety of health conditions along the course of healing. Says Ruth, “Pam is just so good at what she does. I am glad she is a part of my life.”

Home healthcare is provided by licensed professionals and covers a wide range including therapies for joint replacement, stroke recovery, care for chronic conditions such as diabetes, cancer, heart and lung disease as well as addressing social and behavioral health needs and much more.

UPMC Home Healthcare services are available to all UPMC Senior Community residents and to anyone whose physician sanctions continued care to be delivered to the home.

When needed, we recommend the resident visit their vision care provider for referral for occupational therapy for low vision rehabilitation,” describes Stants.

The Low Vision Rehabilitation program is currently offered at Sherwood Oaks and the Seneca campus with an overall goal to improve all residents’ remaining vision so they gain more independence and can more easily enjoy meaningful daily activities.

With the help of the Low Vision Rehabilitation, we can provide the resident with a plan to improve reading, tips to prevent falls, larger medication instructions, assistance with TV and device magnification and more. When needed, we recommend the resident visit their vision care provider for referral for occupational therapy for low vision rehabilitation,” describes Stants.

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Resident Satisfaction is the Key to Success at UPMC Senior Communities

Keeping residents satisfied, safe, and sound is at the core of the UPMC Senior Communities mission. In 2008, UPMC Seniors Communities engaged the services of Holleran, a national company that conducts community engagement research. Holleran has over 312 senior organizations in 38 states using their services to assess resident satisfaction. They have been conducting research since 1992, resulting in a reliable database of research by which UPMC Senior Communities results are compared. This database provides a national benchmark for UPMC Senior Communities to compare scores and identify opportunities for continued improvements.

Every fall, UPMC Senior Communities begins the process of reviewing the results and developing an action plan that identifies the steps and timeline that will be followed to target the opportunities for improvement identified by the research. Additionally, the facilities that received exceptional scores exceeding the 90th percentile and are significantly above the National Benchmark are acknowledged and receive certificates, displayed proudly in the resident rooms and common areas. Seneca Place and Vanadium Woods Village received exceptional scores and were acknowledged. Vanadium Woods Village, an independent living facility of UPMC Senior Communities in Bridgeville, Pennsylvania, was one of several facilities achieving scores that exceeded the 90th percentile. From scores for management team, daily living activities, resident engagement, building appearance, and housekeeping and dining services, Vanadium Woods was definitely a standout. UPMC Senior Communities in Verona. From the variety of menu selection, to resident activities, therapy services, and the appeal of the resident rooms and common areas, Seneca Place knocked it out of the park. Mark Skelly, regional director of skilled nursing and rehabilitation for UPMC Senior Communities, and on-site administrator of Seneca Place and everything that has been accomplished by an outstanding staff.

Another facility that achieved many scores exceeding the 90th percentile and significantly above the National Benchmark was Seneca Place, a skilled nursing and rehabilitation facility for UPMC Senior Communities. In January, each facility begins the process of reviewing the results and developing an action plan that identifies the steps and timeline that will be followed to target the opportunities for improvement identified by the research. In 2017, several facilities received exceptional scores and were acknowledged. Vanadium Woods Village, an independent living facility

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It looks like the residents at both Vanadium Woods Village and Seneca Place share the sentiments of Dave and Michelle Ott and Mark Skelly. Meeting and exceeding the needs of the more than 2,900 residents served daily at UPMC Senior Communities facilities is a daunting task. None the less, the process used to quantify residents’ satisfaction appears to be paying off by providing direction that achieves meaningful results.

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What’s Happening
Check out these events at
UPMC Senior Communities

All events are free and open to the public! For a complete listing of events, visit UPMCSeniorCommunities.com.

ASBURY HEIGHTS
Mt. Lebanon, 412-341-1030

May 8, 1:00 p.m.
Strange Encounters of Pennsylvania with Stan Gordon

May 21, 2:00 p.m.
Cahal Dunne, Ireland’s Happy Man!

July 9, 1:00 p.m.
Banjo Club

July 26, 2:30 p.m.
Cahal Dunne, a Century of Change

Bad Guys
August 26, 2:30 p.m.

Kennywood, a Century of Change

August 29, 2:30 p.m.

August 1, 2:30 p.m.
The Drewsman

August 15, 2:30 p.m.
Battle of Gettysburg

September 12, 2:30 p.m.
Neil Diamond Tribute

August 16, 3:00 p.m.
River City Brass Trio

August 23, 3:00 p.m.
The Drewsman

August 30, 3:00 p.m.
Sweeney Todd

September 13, 3:00 p.m.
Medicare 101 Seminar

September 19, 3:00 p.m.
Country Music Icons

September 23, 2:30 p.m.
First Ladies of Western PA

September 29, 2:30 p.m.
The University of Pittsburgh Orchestra

September 30, 2:30 p.m.
The University of Pittsburgh Symphony Orchestra

BRIDGEVILLE
Bridgeville, 412-221-2900

May 15, 2:30 p.m.
A Tribute to the Hits of the ‘50s and ‘60s

May 31, 2:30 p.m.
It’s a Hockey Night in Pittsburgh

June 4, 2:30 p.m.
Cahal Dunne, Ireland’s Happy Man!

June 25, 2:30 p.m.
Keckburg UFO Crash with Stan Gordon

July 13, 2:30 p.m.
Elvis Tribute

July 25, 2:30 p.m.
Veteran Benefits Seminar by Operation Veteran Benefits

August 7, 2:30 p.m.
First Ladies of Western PA

August 30, 2:30 p.m.
The University of Pittsburgh Orchestra

August 30, 2:30 p.m.
The University of Pittsburgh Symphony Orchestra

SARRAH
Washington, 724-225-4100

August 14, 2:30 p.m.
Franklin Delano Roosevelt – Commanding Chief

August 23, 2:30 p.m.
President, the Miracle

August 27, 2:30 p.m.
Winston Churchill: The Man and His Legacy

September 2, 2:30 p.m.
The University of Pittsburgh Orchestra

September 22, 2:30 p.m.
The University of Pittsburgh Symphony Orchestra

SEPTEMBER 10, 2018

Moving Seminar

September 25, 11:30 a.m.
Four-Course Conversation

STRAHANE TRAILS VILLAGE
Washington, 724-225-4100

May 1, 2:30 p.m.
Fraud Prevention Seminar by Brian Catale

May 11, 2:30 p.m.
The Many Songs of Frank Sinatra, Performed by Bo Wagner

June 8, 2:30 p.m.
Cahal Dunne, Ireland’s Happy Man!

June 19, 2:30 p.m.
Handwriting Analysis

July 9, 2:30 p.m.
Elvis Tribute

July 31, 2:30 p.m.
Kennywood

August 14, 2:30 p.m.
Franklin Delano Roosevelt – Commanding Chief

August 27, 2:30 p.m.
Winston Churchill: The Man and His Legacy

September 2, 2:30 p.m.
The University of Pittsburgh Orchestra

September 22, 2:30 p.m.
The University of Pittsburgh Symphony Orchestra

VANADUIM WOODS VILLAGE
Cranberry Township, 724-776-8100

September 25, 11:30 a.m.
Moving Seminar

September 10, 10 a.m.
Four-Course Conversation

September 25, 11:30 a.m.
Four-Course Conversation

November 3, 2:00 p.m.
A Tribute to the Hits of the ‘50s and ‘60s

November 19, 2:00 p.m.
A Tribute to the Hits of the ‘50s and ‘60s

November 26, 2:00 p.m.
A Tribute to the Hits of the ‘50s and ‘60s
The Legacy Lineup

Mark your calendars and join us for these outstanding productions, a great mix of new acts and returning favorites!

Take advantage of great discounts when you buy more than one show. To order tickets, call Ticketfly at 1-877-987-6487, Monday through Saturday 10 a.m. to 9 p.m. and Sunday 1 p.m. to 9 p.m.

Tickets can also be purchased online at TheLegacyLineup.com.

Saturday, April 14, 2018 – 7:30 p.m.
THE JERSEY SEASONS – FRANKIE VALLI AND THE FOUR SEASONS TRIBUTE CONCERT

The Jersey Seasons are the epitome of the original Frankie Valli and the Four Seasons shows. This tribute concert is reminiscent of the early ’60s with the instrumental and vocal harmony that is exactly to the specifics of the original.

Saturday, May 19, 2018 – 7:30 p.m.
JOHNNY ANGEL AND THE HALOS

Saturday, June 9, 2018 – 7:30 p.m.
THE FABULOUS HUBCAPS

Saturday, June 23, 2018 – 7:30 p.m.
LA BOHÈME WARHOLA BY GIACOMO PUCCINI

Join Pittsburgh Festival Opera for Puccini’s most famous opera reimagined in 1960s New York in this new production. Pop art and Polaroids prevail in this timeless tale of love and loss. The performance will be sung in English.

Saturday, July 7, 2018 – 7:30 p.m.
MY GAL PATSY CLINE – TRIBUTE BY JOSIE WAVERLY

Saturday, July 14, 2018 – 7:30 p.m.
THE BIRD DOGS PRESENT: THE EVERLY BROTHERS EXPERIENCE

The Bird Dogs bring a genuine and youthful Every Brothers experience to the stage. The Zmed brothers, Zachary and Dylan, celebrate the genetic intimacy so ever present in the harmonies created by Don and Phil Everly. When the guitar became electric, the Every Brothers bridged the gap between Country and Rock n Roll with countless hits and classics.

Saturday, July 28, 2018 – 7:30 p.m.
PURE GOLD

Saturday, August 25, 2018 – 7:30 p.m.
THE RETURN OF BUDDY HOLLY – TRIBUTE CONCERT

Don’t miss this fabulous rendition of Buddy Holly and his famous songs. This national touring tribute concert is a must see. Travel back in time and enjoy Buddy Holly’s contribution to the world of music from a one-of-a-kind era.

Saturday, September 1, 2018 – 7:30 p.m.
THE MARCELS

The Marcels are the guys who put the “Bomp” in the “Bomp-A-Bomp” back in 1961 when their first recording, “Blue Moon,” sold over two and a half million copies. This signature song put them on the map!

Saturday, September 8, 2018 – 7:30 p.m.
THE VOGUES

NEW IN 2018!

NEW IN 2018!

NEW IN 2018!
Community Highlights at UPMC Senior Communities

Honorable Mention
Asbury Heights Mt. Lebanon
Residents worked together to create an old-fashioned church which was on display at PPG Place Wintergarden and received an honorable mention award!

Turkey Talk
Avalon Place New Castle
A Thanksgiving feast was served to 198 residents and guests who enjoyed delicious food and wonderful conversation.

A Beautiful Campus
Avalon Springs Place Mercer
Residents enjoyed a wagon ride around the beautiful 40-acre campus that is surrounded by Mercer County’s 136-acre Munnell Run Farm.

Disco the Penguin
Beatty Pointe Village Monroeville
The National Aviary flew into Beatty Pointe Village with an informative presentation on “Amazing Adaptations.” Guests got up close to snap pictures with Disco the penguin!

A PURR-Fect Companion
Canterbury Place Lawrenceville
Mechanical dogs and cats help brighten the residents’ days. The animals react to touch by purring, meowing, rolling over, or closing their eyes.

Gone Fishing
Cranberry Place Cranberry Township
On a recent fishing trip to North Park Lake, the fishermen of Cranberry Place had lots of laughs as they tried to reel in the big one!

A Special Gift
Cumberland Crossing Manor Allison Park
To honor the memory of Frank Sambold, a long-time resident at Cumberland Crossing Manor, his family made a generous donation to the Benevolent Care Fund and provided a lovely Christmas luncheon for the staff to enjoy.

USO Show
Cumberland Woods Village Allison Park
Veterans were celebrated with a “USO Show.” The show was complete with skits performed by staff and residents. Talent included singers, trumpet players, comedy acts, and an energetic singing trio that closed out the show.

A Time to Reminisce
Hampton Fields Village Allison Park
Residents visited Sewickley Heights History Center. The museum is surrounded by rolling acreage and scenic views. A unique collection of film, photos, and vintage attire, combined with antique cars and carriages, honors the lifestyle of Pittsburgh’s early Industrialists.

Thera-Pets
Heritage Place Squirrel Hill
Residents look forward to frequent visits from furry friends Cooper, Sammy, and Bentley. Occasional trips are also made to Animal Friends to visit with their “therapets” as well.

St. Nicholas
Jameson Care Center New Castle
Each resident receives a gift from St. Nicholas of the Polish Falcons during their annual visit and gift giving event.

Snow Day
Jameson Place New Castle
Residents kept busy with crafts galore this winter. On one especially blustery day, a group of ladies hand-crafted adorable snowmen.

Sleigh Ride
Lighthouse Pointe Village Fox Chapel
It was a beautiful night for a sleigh ride! The horse-drawn sleigh looked magical as it toured residents around the Lighthouse Pointe Village neighborhood.

Staying Fit
Seneca Hills Village Verona
A ribbon cutting was held for the grand-opening of a new fitness center. Residents enjoy having the convenience of the fitness center in their building.

A Season of Giving
Seneca Manor/Seneca Place Verona
Through the generosity of residents and staff, a local family was “adopted” and provided with a holiday dinner and gifts.

At Seneca Place, a total of 262 items were collected and donated to the Department of Human Services to benefit Children, Youth and Families and The Area Agency on Aging.

Salute to Veterans
Sherwood Oaks Cranberry Township
Over 300 people attended a patriotic tribute that celebrated the service of 92 Veterans. Special thanks to Cranberry VFW, Seneca Valley High School JROTC and student musicians from Seneca Valley and Mars High Schools.

Veteran Celebration
Strabane Woods Washington
An annual Veterans Lunch Celebration honored ten men and one woman. Members of American Legion Post 175 in Washington saluted and presented each veteran with a flag.

Totes for Tots
Sugar Creek Station Franklin
Residents used their artistic skills to craft colorful tote bags for area children. The bags were distributed to children enrolled in the Head Start Program in Venango County.

Giving Tree
Vanadium Woods Village Bridgeville
For eight years, Vanadium Woods Village has donated hats, gloves, mittens and scarves to the Salvation Army. This past year, 128 items were collected for local children on their Giving Tree.

Earth Day
Weatherwood Manor Greensburg
Several staff members joined together for a roadside clean-up on Earth Day. Volunteers beautified the area by picking up trash along the road.
A Community of Giving

Asbury Heights resident Dora Beards

UPMC Senior Communities is grateful for the many donors who generously contribute to make a difference in the lives of others. Some choose to make an outright gift of cash, while others elect to donate securities/stock, or create a legacy by naming the organization as a beneficiary of a retirement IRA.

There are many opportunities for giving, but donors most often direct contributions to benevolent care. The UPMC Senior Communities Benevolent Care Fund provides financial support for qualifying residents in independent living, personal care, assisted living, or memory care who are no longer able to privately pay for their care and accommodations. UPMC Senior Communities provides more than $10 million annually in uncompensated care to residents in need.

For nearly 110 years, members of the South Hills community have given of their time and financial resources so that Asbury Heights, part of UPMC Senior Communities, would be equipped with the resources necessary to provide a place where older adults can age with dignity.

Dora Beards has been supporting Asbury Heights for over seven decades. Her philanthropic generosity began as a teenager. “Living a few streets away from Asbury, throughout junior and senior high school, I would visit the residents. Singing with my school choir taught me the importance of giving of your time,” Beards said. “As I entered adulthood, I was fortunate to also be able to financially support organizations that were near and dear to me and my husband, Bill.”

Dora selected organizations within her community to support, and Asbury Heights seemed to always make that list. Whether volunteering her time, visiting fellow church members who moved to Asbury, or now as a resident herself, she continually pays attention to Asbury’s Benevolent Care Program. “Imagine what it would feel like if you did not have enough to cover the cost of care. What an awful feeling, I’m so glad that I can provide a little to help my fellow neighbors. I love it here, and look forward to supporting my community, my Asbury Heights!”

If you would like to make a difference by contributing to UPMC Senior Communities, please use the envelope found inside this magazine and indicate where you would like to direct your gift.

Tribute Gifts

A tribute gift made to honor a special friend or to memorialize a loved one will enrich the lives of residents within UPMC Senior Communities. These thoughtful contributions allow for quality, compassionate care to be provided to those with diminished financial resources.

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Need help finding community resources for seniors or caregivers?

Call the Aging Institute of UPMC Senior Services and the University of Pittsburgh free referral line at 1-866-430-8742 or visit Aging.UPMC.com.
A special thank you to the generous donors who have made charitable gifts to support seniors in need.

By contributing to the Benevolent Care Fund, Interfaith Pastoral Care Fund, Life Enrichment Program, Living-at-Home Program and Legacy Loyalist Program you have made a difference in the lives of many.

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Pittsburgh Symphony Orchestra
Pittsburgh Zoo & PPG Aquarium
Presque Isle Downs & Casino
Primo Diva Boutique
Renaissance Pittsburgh Hotel
Roth Carpet
Sabika/Sherry Phillips
Schoolhouse Yoga
Don and Kathy Seaton, RE/MAX Select
Rick Sebak
Segway Pittsburgh
Senator John Heinz History Center
Seneca Hills Village
Seneca Manor
Seneca Place
Sherwood Oaks
The J.M. Smucker Foodservice
Senate John Heinz History Center
Seneca Hills Village
Seneca Manor
Seneca Place
Sherwood Oaks
The J.M. Smucker Foodservice
The South Park Clubhouse
SS Kemp
Standard Textiles
Staples Promotional Products
Strabane Tralis Village
Strabane Woods
Sugar Creek Station
Family of Donald Szabo
Stephen Szabo Salon & Spa
TEDDICO
Texas Roadhouse McCandless
Tortorice Limousine
TriMark
Tri-Star Contracting & Development Company
Turner Dairy Farms
Two Men and a Truck
UPMC Altoona
UPMC Bedford
UPMC Centers for Rehab Services
UPMC Community Provider Services
UPMC East
UPMC Horizon
UPMC Jameson
UPMC McKeesport
UPMC Mercy
UPMC Northwest / Harrold
UPMC Palliative and Supportive Institute
UPMC Passavant
UPMC Presbyterian Shadyside
UPMC Senior Communities
UPMC St. Margaret
Vanadium Woods Village
Virgin Carpets
Jean E. Wagner and Ralph T. DeStefano
Walnut Grill Wexford
Washington Wild Things
Weatherwood Manor
Wildwood Highlands
Yokoso Steakhouse
**FREE MATINEE MOVIES**

Seniors enjoy a variety of free matinee movies every **every Monday at 2 p.m. and 7 p.m. for select movies.** No reservations required — first come, first seated. Call **412-635-8080** for general information or weather cancellations. Visit **TheLegacyLineup.com** for a complete listing.

<table>
<thead>
<tr>
<th>Movie Title</th>
<th>Year</th>
<th>Duration</th>
<th>Day</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Amazing Racer</td>
<td>2018</td>
<td>92 min</td>
<td>Monday</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>Murder on the Orient Express</td>
<td>2018</td>
<td>114 min</td>
<td>June 4</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>The Greatest Showman</td>
<td>2018</td>
<td>105 min</td>
<td>June 25</td>
<td>7 p.m.</td>
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<tr>
<td>Basmati Blues</td>
<td>2018</td>
<td>95 min</td>
<td>July 2</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>The 15:17 to Paris</td>
<td>2018</td>
<td>115 min</td>
<td>July 30</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>The Founder</td>
<td>2018</td>
<td>119 min</td>
<td>July 9</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>Wonder</td>
<td>2018</td>
<td>113 min</td>
<td>June 11</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>The Darkest Hour</td>
<td>2018</td>
<td>125 min</td>
<td>June 12</td>
<td>2 p.m.</td>
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<tr>
<td>The Shape of Water</td>
<td>2018</td>
<td>123 min</td>
<td>May 14</td>
<td>2 p.m.</td>
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<tr>
<td>Wonder</td>
<td>2018</td>
<td>113 min</td>
<td>June 18</td>
<td>2 p.m.</td>
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<tr>
<td>The Post</td>
<td>2018</td>
<td>105 min</td>
<td>August 13</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>Stronger</td>
<td>2018</td>
<td>119 min</td>
<td>August 20</td>
<td>2 p.m.</td>
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<tr>
<td>Peter Rabbit</td>
<td>2018</td>
<td>95 min</td>
<td>July 23</td>
<td>2 p.m.</td>
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<tr>
<td>Jumanji: Welcome to the Jungle</td>
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<td>119 min</td>
<td>July 30</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>The Founder</td>
<td>2018</td>
<td>115 min</td>
<td>July 30</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>The Post</td>
<td>2018</td>
<td>166 min</td>
<td>August 27</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>Phantom Thread</td>
<td>2018</td>
<td>130 min</td>
<td>August 6</td>
<td>2 p.m.</td>
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</tbody>
</table>

**FREE EDUCATIONAL SEMINARS**

Seminars are **every other Tuesday at 11 a.m.** RSVP at **412-635-8080** or for weather cancellations. Visit **TheLegacyLineup.com** for a complete listing.

**Day of Health for Seniors**

**Tuesday, June 26, 2018, 10:00 a.m. - 1:00 p.m.**

**UPMC for Life** will be offering free screenings on body mass index, blood pressure, bone density, cholesterol, and glucose. You do not need to fast.

**Guest Speaker:** Dr. Michael Parkinson is Senior Medical Director of Health and Productivity for UPMC Health. Dr. Parkinson will be presenting on the following topics:

- **10 - 10:30 a.m. - Take Charge of Your Health and Care**
  An overview of root causes of health and disease at any age and of the science supporting active engagement in your medical care decisions.

- **11 - 11:30 a.m. - Your Health and Care Plan:**
  *Do You Have One and Why It’s Important.* This outlines the core elements of a daily health and medical care plan which you should understand, create and use!

- **Noon - 12:30 p.m. - It’s All About Plants:**
  *The Most Recent Studies on What to Eat to Live Long and Prosper.* The evidence continues to build: whole food plant-based foods are the cornerstone of good health.

Light refreshments will be served. Other UPMC departments will have vendor tables for you to visit.

All attendees must RSVP for the event and schedule screenings at **412-635-8080**.