



COMMUNITY CONNECTIONS

Forging
Ahead

Fall 2021

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UPMC | SENIOR
COMMUNITIES

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Pictured on cover
Bill, Seneca Manor, with
Judy Downing, Joy Riders
of Pittsburgh

Letter from the President

Dear Friends,

Welcome to our fall 2021 edition of *Community Connections*! With most of 2021 behind us, we can look back on where we have been and be grateful, despite another very challenging year. We are grateful for our employees who remain dedicated to the safety of our residents. And we are grateful for the many older adults across our communities who have entrusted us with their well-being, even amidst uncertainty.

Inside this issue, you can read about a special new unit at Cranberry Place that is designed for patients needing ventilator care. Local longer-term options are few for these patients. We are pleased to offer this service at UPMC Senior Communities. It speaks to the benefits of being part of a large health care system where we can pool expertise and resources to broaden the scope and quality of care available to our residents and families.

We are especially proud to introduce you to several remarkable residents. Two are veterans, both with amazing stories of courage, commitment, and generosity. Additionally, we are featuring a very special resident who has been a steadfast presence at our Asbury Heights campus since 1970.

Please take a moment to read about our silent auction, which opened for public bidding on September 15. The auction is open to anyone, and you are sure to find items for yourself or for family and friends. The auction closes following the Celebrating Senior Champions event which takes place on October 14.

Proceeds from both the auction and the event benefit our UPMC Senior Communities Benevolent Care Fund. This fund supports our independent, personal care, and assisted living residents with financial needs and enables many residents to continue living within our facilities when they can no longer afford to stay.

Thank you for your continued support, in whatever form that takes. Please remain safe as we continue to navigate the COVID-19 pandemic with hope for a brighter 2022.

Sincerely,

Mark Bondi
President, UPMC Senior Communities



New Specialty Unit Opens at Cranberry Place

A dedicated unit for ventilator and hemodialysis patients has expanded the continuum of care at UPMC Senior Communities.

A dedicated unit for ventilator and hemodialysis patients has expanded the continuum of care at UPMC Senior Communities.

Staff at Cranberry Place, a UPMC Senior Communities skilled nursing

and rehabilitation facility north of Pittsburgh, have been preparing for the last year to create this unique clinical setting which provides a more home-like environment for patients with skilled nursing needs who

require a ventilator, bedside hemodialysis, or both. The unit has admitted its first patients and is ramping up to full capacity as patients in need of these services are identified.

“Opportunities for this kind of care outside the hospital setting are very limited for these individuals,” explains Meredith Carabin-Ravotti, BSN, RN, unit manager, East, at Cranberry Place. “Proper care requires time and resources, and similar units elsewhere have closed their doors over time. We are providing an option for patients and families that has been lacking.”

Decreasing ventilator dependency is a goal for many who will be admitted to the unit, and staff have been participating in extensive training and education accordingly. Kasi Haslett, RN, unit manager, West, plays a key role in staff preparation. “We started at the very beginning with basic assessment and built from there,” explains Kasi. “Now that the unit has opened, there’s a real sense of accomplishment that comes from supporting and trusting one another to care for these patients and families.”

Travis Willoughby, RRT, lead respiratory therapist, came to Cranberry Place in October 2020 expressly to support the opening of the unit. He echoes her sentiments.

“We’ve trained the entire nursing staff, including our CNAs (certified nursing assistants), to recognize when there’s a problem, and they are rising to it. Working things out together is paramount to the learning process.”

The unit is made possible by collaboration with several groups, including respiratory therapists from UPMC Passavant, pulmonologists, and advance practice providers from UPMC Pulmonary Partners who round weekly and manage the respiratory/pulmonary needs of the patient, and hemodialysis nurses from Dialysis Clinic, Inc. (DCI) for patients who are too medically compromised to seek that service in an outpatient clinic setting. Additionally, UPMC Heath Plan has been extremely supportive of the initiative.

“This type of specialty care unit could not be developed without the support of a health system like UPMC,” emphasizes Mark Bondi, president, UPMC Senior Communities. “The expert staffing that is needed for this unit is in short supply, and the cooperation of our UPMC hospitals is critical.”

Karen Russell, administrator, Cranberry Place, describes how each one of these patients comes with a unique story. “We are meeting patients and families at all different points in their journeys. Some have long-standing, complex health issues. Some cases are much more recent and may involve traumatic, sudden events. Patients and their families need a lot of support from staff to gain their confidence and to make them as comfortable as possible in this setting. We anticipate the unit will have a huge impact on patients with complex circumstances who want a more home-like experience,” Karen says.

Twelve private rooms comprise the dedicated unit. The room interiors are modern, and each has its own bathroom. Equipment alarms have been integrated into the emergency call light and pager system, and the unit is staffed with a respiratory therapist 24 hours a day, seven days a week.

For more information about this specialized unit, contact the UPMC Senior Communities Central Admissions Office at 412-688-3900.



BEYOND



the Call of Duty

Veterans can make an immeasurable impact that stretches well beyond their service. Their time in the armed forces often marks the beginning of a lifetime of service to others, and sometimes their accomplishments can have a ripple effect that reaches for generations. UPMC Senior Communities residents George and Herb are two WWII veterans who have delivered services that go beyond the call of duty.



A life of helping others

Earlier this year, George, a resident of Canterbury Place personal care in Lawrenceville, attended the 100th anniversary celebration of the community's iconic Doughboy statue. The figure stands as a tribute to the neighborhood's veterans; their names appear in bronze around the monument. George is one of the thousands of names that appear on the statue – an honor he shares with his brother-in-law and several friends.

George was a member of the Army's 28th Infantry Division and served in Germany between 1945 and 1946 where he held the rank of Technician Third Grade. He is a decorated veteran, having received several honors which include the Combat Infantryman Badge and the WWII Victory Medal. He also received a Ruptured Duck pin upon his honorable discharge.



As George transitioned back into civilian life after the war, he took a job as a mechanic for Dodge Automotive.

He and his wife settled in Etna where he joined VFW Post 9197.

George describes the post as a “house converted into a hangout.” This house became like a home for George and other veterans who were no longer in the service, but still had a desire to serve. According to George, the VFW became a “help hub” for those who wanted to give back to the community. This included raising

money for families in need of assistance.

“Some members would give out of their own pockets,” says George. “We would help anybody who needed it.”

Whenever his community faced challenges from flooding and other natural disasters, George and the VFW provided support in any way they could. His post would occasionally join forces with other VFW posts and the American Legion to accomplish their goals.

George helped arrange Memorial Day parades and picnics with his fellow VFW members. He was also involved in planning the post’s annual Christmas party. Although he and his wife never had children of their own, he made it his mission to ensure the post always looked out for the kids, especially around Christmas. George and his post mates would make sure the holidays were a special time for the community.

George’s niece, Jacki, credits him for instilling patriotic values into their family life. “My uncle’s devotion to God, country, and family is well documented in our lives,” she says. “Our family is fortunate to have experienced this display of patriotism by attending the parades and seeing how proud their great uncles were of their service.”

George’s service with the VFW has touched countless lives over the span of several decades. He continued to participate in the parades and place flags on the graves

of veterans until he was 89, but the importance of serving others carries on in Jacki and the rest of her family.

“His life has been one of helping others,” says Jacki. “He has passed the job of taking care of veterans on to me and my family.”

A tender journey back in time

Because of a chance Facebook encounter, Herb, a WWII veteran who lives at Heritage Place skilled nursing and rehabilitation in Squirrel Hill, was able to meet the family of a Holocaust prisoner he helped liberate 76 years ago.

It all started when his daughter, Rosanne, visited the 8th Armored Division Association’s Facebook page and saw a post that grabbed her attention. The post was written by Stuart Lesorgen of New Zealand, and it read, “My father was one of the survivors of the Langenstein-Zwieberge concentration camp that the 8th Armored Division liberated on April 14, 1945.” He asked if anyone could provide additional information about the American soldiers who liberated the camp.

Rosanne responded to the post, telling Stuart that her father was one of the soldiers involved in the camp-liberating mission. After a short exchange, Stuart expressed his wish to speak with Herb sometime over the coming weeks.

Herb never spoke much about his experiences in the 8th Armored Division. After the war, he tucked those memories away and returned to Virginia Tech to complete his education. He studied to become a civil engineer and worked for several firms in a career that spanned four decades. Some of his most memorable projects included New York’s United Nations General Assembly building and Pittsburgh’s light rail system known as the “T.”

Herb felt that if he shared his story with Stuart, it might help purge some of the memories that laid heavy on his head for 76 years. He agreed to meet with Stuart and his family through a video call. After 76 years, it took only two weeks to organize the call.

Memories of the war started to resurface as the meeting with Stuart and his family drew closer. Some of these included sailing across the Atlantic, his involvement in the

Battle of the Bulge, and other events leading up to what would become the most significant moment – stumbling upon the Langenstein-Zwieberge concentration camp.

The day finally came to virtually meet the son of one of the men he helped free from the Nazis nearly 80 years ago. Heritage Place staff connected the laptop to the television in the community’s lounge to help enhance the experience. From across the world to across the room, Herb sat down with Stuart and his family. For more than two hours, Herb answered their questions and shared his account of the liberation.

“It was really tense for me,” Herb said of the meeting. He was thankful to have Roseanne, her husband, and their two children by his side during the call. Their presence provided him comfort as he shared his story. This was also the first time they heard the complete story.

Herb told the group about how he and his division happened to set up their firing position a few hundred yards from a concentration camp abandoned by the Nazis. He described, in detail, how his division helped relocate the 144 malnourished prisoners found at the camp to a nearby field hospital.

After the emotional meeting, Herb felt drained and had difficulty sleeping that night.

“I slept for two hours, woke up, and couldn’t get back to sleep the entire night,” says Herb.

Although the meeting proved exhausting for Herb, he feels that Stuart was grateful to have learned about a piece of his father’s life that he knew very little about.

And Herb saw some of what his division’s efforts produced – a second chance at life for a man who would later immigrate to the United States, become an electrician, get married, and become a father of two. Herb helped heal a part of the Lesorgen family – and was glad to be able to do so.

For veterans like George and Herb, a soldier’s work is never done. They are heroes on and off the battlefield, helping families and changing lives through the course of their own.



Forging Ahead

When Bill embarked on a ride along the Three Rivers Heritage Trail in the passenger seat of a specially adapted bicycle a few weeks ago, his smile said it all. A resident of Seneca Manor assisted living in Penn Hills, Bill was the first to venture forth with the Joy Riders of Pittsburgh, a group of cyclist volunteers who provide free rides for individuals with mobility limitations.

Bill traveled to the Point in downtown Pittsburgh and back that day and repeated the trip a few weeks later by way of celebrating his 93rd birthday. "I had a great time waving to people along the way and taking in the sights," said Bill. "I was so happy to be out in the world again."

Across our communities, residents like Bill are embracing new opportunities to connect and reconnect with the outside world, with their families and friends, and with their Senior Communities neighbors, made possible largely due to the distribution and administration of the COVID-19 vaccine, which has helped to curb the spread of the pandemic.

UPMC Senior Communities remain vigilant to the threat still posed by the virus and to the emergence of the Delta variant. The need to balance this with the social and emotional needs of our older adults has propelled resident activity and engagement forward with wonderful results.

So, although there may be miles to go, we are pleased to share how far we've come.

continued



Then and Now



Together Again

After nearly a year of virtual and window visits, the resumption of in-person visitation this spring brought relief to so many.



A Love Story in Three Parts

Cheryl and Mike met at Cumberland Woods Village at the end of 2019. In 2020, they fell in love. In July 2021, they were married in the company of family, and all of Cumberland Woods Village toasted to their happiness.

It's Never Too Late to Learn Something New

Now that less physically distanced activity is possible, Lighthouse Pointe Village residents have taken the opportunity to embark on something new in support of two of their neighbors. Residents Mary Ann and June, who are deaf, both read lips with ease, but the COVID-19 pandemic has posed a real challenge due to masking. Their fellow residents have decided to learn American Sign Language (ASL) so that they can communicate better. You can find them gathered on Sunday nights for weekly ASL classes. Mary Ann is helping to teach the class.



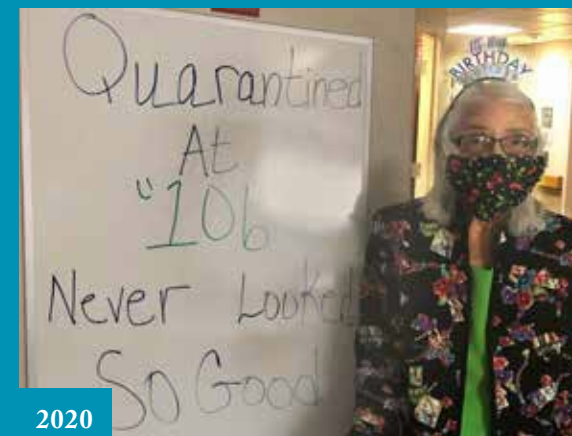
Mother's Day

For many, this was the first chance to be reunited physically with residents. It was an emotional day for residents, families, and staff all across our UPMC Senior Communities, including Joyce at Seneca Manor whose sons travelled in to see her. Hugging is back!



Independence Day

With the physical distancing made necessary by the pandemic suspended, there was a genuine appreciation of freedom during this year's July 4th festivities at Vanadium Woods Village.



107 and Still Going Strong

Doris, who survived the Spanish Flu pandemic of 1918, marked her 106th birthday in the absence of visitors. Her 107th birthday at Seneca Manor was a wonderful occasion, celebrated in the company of beloved family and chocolate cake, Doris's favorite!





A living legend

An Asbury employee of 47 years now makes her home there.

Meet Lou. She may be slight of build, but to spend a few minutes with Lou is to understand almost immediately that she has a heart and a spirit larger than life. Lou resides at Asbury Villas, the personal care residence on UPMC Senior Communities' Asbury Heights campus in Mt. Lebanon. She has been a resident there for four years; however, as she attests, Asbury has been Lou's "home" for far longer.

It was September 7, 1970 when Lou first arrived at Asbury Heights to begin work as a nursing assistant. Lou devoted herself to this work, to the residents, and to the staff for more than four decades. Her official retirement was in July 2018, although up until the COVID-19 pandemic, she continued to volunteer in support of her neighbors and colleagues, helping to sort mail and laundry.

During her career at Asbury, Lou worked all over the campus with different resident populations. She achieved her certification as a CNA and trained many new staff how to feed and lift residents safely. She was known to never leave a task unfinished; if her shift was over, she would clock out to finish work on time and then return to the task to see it through to conclusion.

If the weather was bad, Lou would stay overnight at a nearby motel to ensure she would make it back to Asbury in the morning for her next shift. (Lou noted that the motel manager discounted her room fees, a kindness she has not forgotten.) If a resident was having a bad

day, she would sneak him or her an ice cream sundae, a not-so-secret secret of her success!

Lou is something of a legend at Asbury. Visiting family members often recognize her and thank her for the care she provided to their loved ones. "The most important thing is how you talk to people and how you treat them," says Lou. She speaks with equal affection about the residents and her colleagues, describing them altogether as a "beautiful family."

Lou still wakes up automatically at 5 a.m. every day, a holdover from her many working years. She keeps busy with activities at Asbury Villas; the drumming circle is a favorite. She looks forward most to weekly visits and treats from her children, grandchildren, and great grandchildren.

When asked to name a favorite memory or experience, Lou is hard pressed to do so. As she explains it, "I really can't pick a favorite because they're all good." That's Lou in a nutshell - a positive energy, kind words, and a warm smile for all.



Community Highlights at UPMC Senior Communities

Petting Zoo
Avalon Place
New Castle
Residents had a blast at the petting zoo!

Flower Power
Beatty Pointe Village
Monroeville
Residents enjoyed planting flowers in Beatty Pointe Village backyard flower beds.

Oh, Deer!
Canterbury Place
Lawrenceville
It was open season when residents honed their Nerf gun skills with target practice on cup pyramids, balloons, and staff dressed as deer.

Hot Air Balloons
Cranberry Place
Cranberry Township
Residents used their creative minds to create different color schemes in designing their own hot air balloons.

Off to the Races
Cumberland Crossing Manor
McCandless
The wagering was fast and furious as residents enjoyed betting on the horses with a horse racing game.

Park Picnic
Hampton Fields Village
Allison Park
The residents picnicked at North Park with pizza, dessert, bingo, and some fun prizes.

Roman Holiday
Heritage Place
Squirrel Hill
Residents have been “armchair traveling,” to places like Rome, taking in history and culture with video expeditions.

Drumming Circles
Jameson Care Center
New Castle
Following the beat of their own drums, residents are mastering songs like “We Will Rock You” and the “Cha Cha Slide.”

Getting Social
Jameson Place
New Castle
Old-fashioned root beer floats mark the return of “socials” with special treats for the residents.

Celebrating Black History Month
Seneca Hills Village
Verona
Residents at Seneca Hills Village celebrated Black History Month with a concert of song and spoken word.

Caring for the Planet
Cumberland Woods Village
Allison Park



Residents made birdfeeders at Cumberland Woods Village to celebrate Earth Day.

Boozes and Tattoos
Avalon Springs Place
Mercer
Sporting “fresh tats,” residents enjoyed rock-and-roll music, bar snacks, and a variety of alcoholic and non-alcoholic beverages.



Picnic at the Lake
Seneca Manor
Verona
Seneca Manor residents headed to a lake for a picnic because nothing is quite as calming as the water.

Pen Pals
Seneca Place
Verona
Residents at Seneca Place are participants in PEERS, Pennsylvania Empowered Expert Residents, and wrote letters to pen pals in different facilities across the state.

50s Night
Vanadium Woods Village
Bridgeville
Residents enjoyed a fabulous ‘50s night with live entertainment, root beer floats, and dancing!



Game Night
Sherwood Oaks Retirement Community
Cranberry Township
No one needed “Scrabble” to spell out how much fun these residents had at a night of board gaming.

Christmas in July
Strabane Trails Village
Washington
Caroling, milk and cookies, and even a visit from Summer Santa made Christmas in July a joy.

Paint and Sip
Asbury Heights
Mt. Lebanon
Asbury Villas residents experimented with rope art to create some unique designs.



Trolley Ride
Strabane Woods
Washington
All aboard! Strabane Woods residents were passengers on a Meadowlands trolley ride.

Tractor Parade
Sugar Creek Station
Franklin
Local tractor owners were invited to participate in a tractor parade around the campus to the delight of residents.

Ships Ahoy!
Weatherwood Manor
Greensburg
The gentlemen of Weatherwood Manor built and painted sailboats.



Aloha!
Lighthouse Pointe
Fox Chapel
Lighthouse Pointe residents had a wonderful evening pretending it was sunny and 75!

Hear Ye! Hear Ye!

Silent Auction is now open!

Looking for a way to support UPMC Senior Communities from the comfort of your living room? We have a solution! Bidding for the 2021 Celebrating Senior Champions silent auction is now open to all.

Grab your mobile device, relax in a comfy chair, and browse nearly 200 items that are on the auction block. There is something for everyone. Designer handbags, golf at Oakmont, wine baskets, and so much more. You just never know what you will find.

Access to the auction is easy; log on to 2021CSC.givesmart.com and sign in. Once you click on **view items**, you will instantly see photos and descriptions for each auction item. See an item you like? Click on **Bid**. Bidders will be automatically notified via text message if they have been outbid. The auction will close on

October 15 at noon. Winners will be immediately notified by text. Shipping will be available for most items or items will be available for pick-up on October 22 and 23 at Cumberland Woods Village Conference Center.

The auction has been made possible by the generosity of local businesses and individuals. Each auction item has been donated for the cause of helping those in need, so 100 % of the proceeds will be directed to UPMC Senior Communities Benevolent Care Fund. We extend a special thank you to Gumpher, Inc. and Virgin Carpets for sponsoring the auction's mobile bidding.

Sit back, get cozy, and let the bidding begin!

Virgin Carpets, Inc.
"Do it right the *first* time!"

How to Bid

1. Log on to 2021csc.givesmart.com
2. Register to participate
3. View items
4. Place bid



Our Champions

January 1 - June 30, 2021

A special thank you to the generous donors who have dedicated 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.

LEGACY CHAMPIONS

Miriam D. Moyer Trust
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Gifts of \$10,000 or more
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Gifts of \$2,499 - \$1,200

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Gifts of \$1,199 - \$450

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Gifts of \$449 - \$25

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Need help finding
community resources
for seniors or caregivers?

Call Education and Consultative Services of
UPMC Senior Services' free help and referral line at
1-866-430-8742 or visit **SeniorServices.UPMC.com**.



Help Make a Difference

It's not about making a donation. It's about making a difference in someone's life.

As a not-for-profit organization, UPMC Senior Communities gratefully accepts charitable contributions from families, friends, and community partners. Donations ensure that our frailest residents have the funds they need when most needed. Your gift will make a difference in the lives of many. To give, please use the enclosed envelope or phone **412-864-3524**.

Ways to Give

Monetary Gifts: A thoughtful way to memorialize or honor family and friends while providing help and hope to those we serve. A cash gift is the most common form of giving. Payments are accepted in the form of cash, check, or credit card.

Gift-In-Kind: Non-cash donations are another valuable way to give. Tangible items such as products or services are tax deductible based on their fair-market value.

Raise Funds: If you have the time and enthusiasm but not the money, consider organizing a drive to gather donations. Plan and organize a special event at work, at school, or in the community and donate the proceeds. By sharing on social media with a network of caring people and some hustle, you can raise a hefty donation.

United Way Gifts: UPMC Senior Communities is a United Way agency. To donate, use contributor code 9619305 – UPMC Senior Communities.

Employer Gift Matching: Employers often offer matching gifts, meaning they will match some or all of your charitable donations. Check to see if your employer offers this policy and potentially double your donation.

Planned Giving: By remembering UPMC Senior Communities through a bequest in your will, you can make a donation without relinquishing any of your current income. Or naming UPMC Senior Communities as a beneficiary to your current paid life insurance policy or purchasing a new policy will give you a charitable income tax deduction.

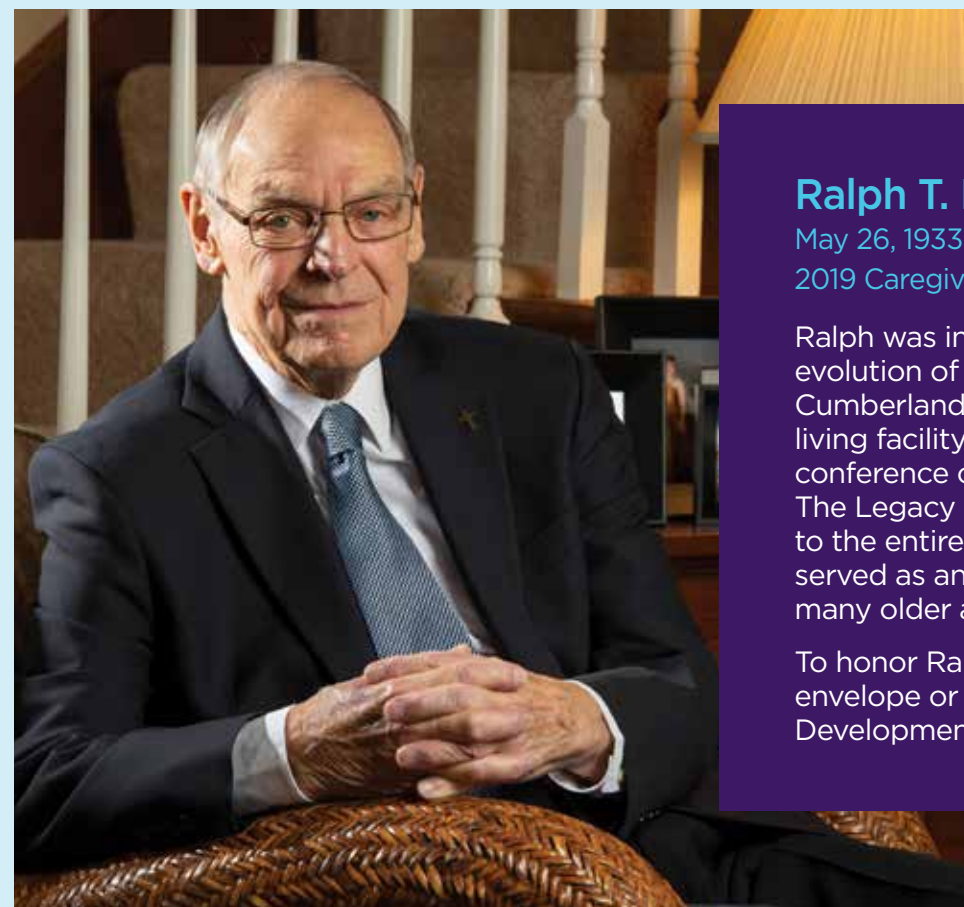
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Contributions are tax deductible as provided by law. The official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll-free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.

Tribute Gifts January 1 - June 30, 2021

Tribute gifts 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 who are experiencing diminished financial resources.

In Honor	Given By	In Memory	Given By
Norine M. Bononi	Fred Bononi	Salvatore and Frances Moliterno	Stephen Moliterno
Wilnetta Porter	Wilma McNeese	Joyce Ann Richey	Kathy Rifaat
In Memory	Given By	Margaret Sanders	Patricia A. Murphy
Ralph T. DeStefano	Michael Augustine and Nanci Case	Ida Mae Skyrmes	Mr. and Mrs. John P. Patnik
Dorothy Fredo	Mr. and Mrs. Gary S. Fredo	Shirley Thompson	Annemarie E. Baker
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Doris Lanager	Mr. and Mrs. Frederick Kennard III Friends of Doris Lanager		Lori A. Petraco and Lynne Fontes Herbert, Rowland & Grubic, Inc.



Ralph T. DeStefano

May 26, 1933 - July 27, 2021

2019 Caregiver Champion

Ralph was instrumental in supporting the evolution of UPMC Senior Communities' Cumberland Woods Village independent living facility, including the adjacent conference center and performance space, The Legacy Theatre. He contributed greatly to the entire UPMC Passavant campus and served as an ambassador and guide for many older adults in the larger community.

To honor Ralph, please use the enclosed envelope or call Debra Panei, Director of Development, at **412-864-3524**.

UPMC Senior Communities
200 Lothrop St.
Pittsburgh, PA 15213

Visit our website at
UPMCSeniorCommunities.com
or call 1-800-324-5523.



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DAILY BASKET RAFFLE

30 DAYS - 30 WINNERS

The basket raffle is a long-standing, favorite element of the Celebrating Senior Champions event, and as always, includes something for everyone. But this year, there is a twist! The raffle extends throughout the entire month of November, with a winner announced daily. Each ticket purchase comes with a chance to win every day in November.



To view descriptions and photos of the thirty amazing baskets visit 2021CSC.givesmart.com. Tickets are **\$10 for one ticket**, **\$25 for three tickets**, and **\$40 for six tickets**. You may purchase tickets on the event site, email Paneid@upmc.edu, or phone **412-864-3524**.

Proceeds from the basket raffle support the Benevolent Care Fund, providing financial assistance to UPMC Senior Communities residents who have exhausted their financial resources.

We extend a special thank you to raffle sponsors, Gordon Food Service, Gumpher, Inc., and Virgin Carpets.



Virgin Carpets, Inc.
"Do it right the *first* time!"