

Community Connections

UPMC | SENIOR COMMUNITIES

Fall/Winter 2018

Visit us at UPMCSeniorCommunities.com,
or call 1-800-324-5523



Tune in to the 2019 Benevolent Care Calendar!

Letter from the President



Mark Bondi

Dear Friends:

As we approach the end of 2018, I am pleased to announce that UPMC Senior Communities continues to expand services into the central Pennsylvania region with the merger of UPMC and Susquehanna Health System. We are adding additional skilled nursing and rehabilitation facilities along with personal care homes. Learn more about these facilities as you move through this latest edition of Community Connections.

Also of note is the 2019 UPMC Senior Communities Benevolent Care Calendar – this year’s theme is “As Seen on TV.” The calendar is a collection of cast photos, modeled by residents of our communities, and features many of your favorite classic television series such as “I Love Lucy,” “Gilligan’s Island,” “Green Acres,” and many more. More than 150 residents from all our locations participated and had a great time. Please consider ordering calendars for holiday gifts while at the same time supporting our benevolent care fund.

Take time to read the article about the invaluable certified registered nurse practitioners who work at many of our skilled nursing and rehabilitation facilities, providing excellent medical care and oversight in addition to physician support. By leading care management, UPMC Senior Communities is improving clinical outcomes for their residents.

This edition is full of resident activities such as gardening at many locations, honoring of veterans, unique resident outings, and special projects. We have something for everyone. And we can’t forget to mention the 2019 schedule of performances at the Legacy Theatre; tickets are now on sale at www.thelegacylineup.com or www.ticketfly.com.

And finally, the 2018 Celebrating Senior Champions have been selected and will be honored on October 18, 2018 at the Omni William Penn. Their contributions to bettering the lives of seniors throughout their careers are truly admirable, and we look forward to shining a light on their collective accomplishments.

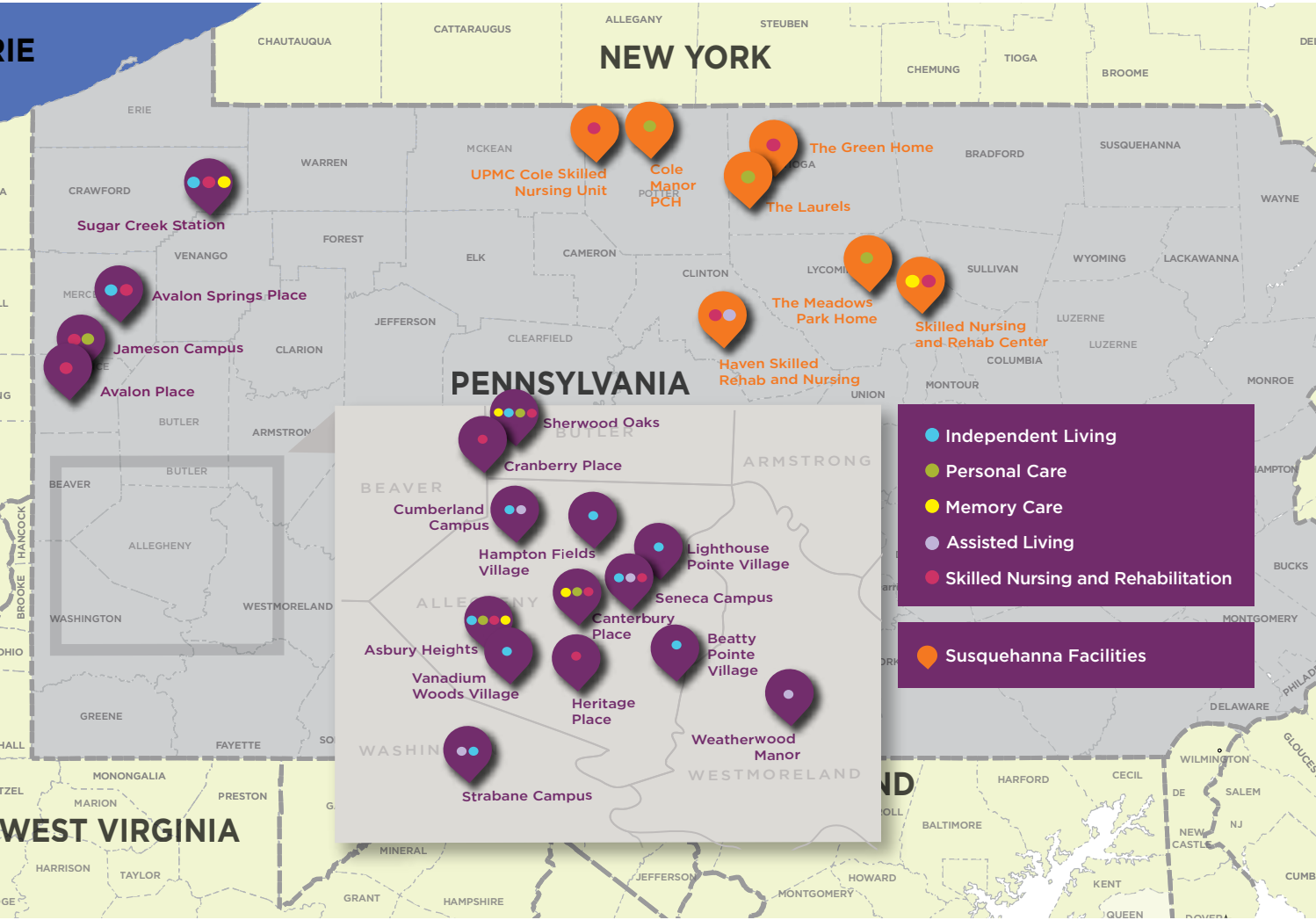
Sincerely,

Mark Bondi
President, UPMC Senior Communities

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UPMC Senior Communities Welcomes Susquehanna Health System



With the partnership between UPMC and the Susquehanna Health System, now called UPMC Susquehanna, UPMC Senior Communities expanded its footprint further east. The partnership brought with it additional skilled nursing and rehabilitation facilities and personal care facilities,

adding to an already large base of facilities offering all levels of care.

The UPMC Senior Communities Susquehanna facilities make it possible for expansion into new territories. According to Mark Bondi, President of UPMC Senior

Communities, “We are fortunate to be able to have these facilities join UPMC Senior Communities. We look forward to collaborating, taking the best from both for improving patient care, ultimately increasing quality and patient satisfaction.”

Tune in to our 2019 Calendar!

Starring the residents of UPMC Senior Communities

Proceeds benefit the Benevolent Care Fund



Now celebrating the seventh edition, the 2019 UPMC Senior Communities Benevolent Care Calendar is making its debut this fall! The final product, featuring the theme "As Seen on TV," does not disappoint. And the more than 150 residents that took time out of their day to play the role of a famous cast member will attest to their remarkable transformations. Alice from Beatty Pointe Village noted during her photo shoot, "At 102 years old, I never imagined I would be recreating the cast of The Golden Girls!"

With the past four editions dedicated to featuring residents dressed to replicate famous people, the number of alumni participating year to year is growing. Anzy at Seneca Hills Village is a common face in the calendar, beginning with Gene Kelly from "Singing in the Rain," George Washington Carver, Ray Charles, and this year, George Jefferson. Tony Ioli, another famous resident at Lighthouse Pointe Village, went from Rocky, to Florence Nightingale's patient, to Elton John, and now Fred from "I Love Lucy."

The 2019 calendar features many famous television series such as "The Beverly Hillbillies," "Green Acres," "The Addams Family," and "Bonanza." Proceeds from the sale of the calendar

Continued on page 6

benefit the UPMC Senior Communities Benevolent Care Fund which supports residents who have depleted their financial resources. Calendars are on sale now at a cost of \$7 each, making great holiday gifts while benefitting a great cause. To order, please contact Debra Panei, Director of Development, at paneid@upmc.edu or call 412-864-3524.

Jean, Carmella, Dolores, Catherine
Beatty Pointe Village

Nurse Practitioners Enhance Quality of Care



UPMC Senior Communities is proud to be part of one of the most innovative and patient-centered health systems in the country. As members of the larger UPMC family, all benefit from the opportunities and resources that can only be found in a world-class health system.

Case in point, the UPMC Palliative and Supportive Institute and UPMC Senior Services put in place the use of certified registered nurse practitioners (CRNPs) to lead the care management of skilled nursing and rehabilitation residents. Studies show that the specialized skills and training of CRNPs help to ensure early identification of changes in a resident's health and improve the lines of communication between the health care team, staff, and families.

At four of UPMC Senior Communities' skilled nursing and rehabilitation facilities, the involvement of CRNPs has helped to significantly reduce hospitalizations by providing expert, timely care where residents live. "By having an onsite presence every day, we get to know our residents well and can act quickly if their condition changes. We become their safety net, able to identify shifts and gaps in their care," explains Susan Saxon, CRNP, MSN, FNP-BC, Director of Community and Home-based Care, UPMC Advanced Practice Providers with the UPMC Palliative and Supportive Institute and Community Supportive Services.

Jen Davison, DNP, CRNP, AGNP-C, is one such expert in place on behalf of residents at Heritage Place, the

UPMC Senior Communities skilled nursing and rehabilitation facility in the Squirrel Hill neighborhood of the city of Pittsburgh. Jen is called upon in a variety of circumstances, including sudden, emergent changes in a resident's condition, consultation related to comfort and quality of life opportunities, and day-to-day medical management. In times of emergency, she is often the voice that reassures and says, "We can handle this here."

In her role, Jen explains how to manage urgent circumstances in place, affording residents and families the information and the opportunity to make informed decisions about the course care will take. This is a collaborative effort. Says Jen, "I get great input from the rehab staff, for example, who can identify functional differences. Particularly for a family member, it's not always easy to decipher what is "normal" for a certain disease process, diagnosis, or period of recuperation. I can help explain those distinctions and manage expectations."

Relationship building with residents, staff, and families drives the success of her efforts. Jen values these opportunities to build bridges with all involved, including the hospitals, to the benefit of the residents' quality of life at UPMC Senior Communities skilled nursing and rehabilitation facilities.



A dinner which began in 2009 to recognize the 20th anniversary of Seneca Place and the genesis of UPMC Senior Communities has grown into a well-known and much-anticipated fundraising event. This fall marks the tenth year of recognizing remarkable individuals and organizations who have created a better life for seniors and caregivers living in western Pennsylvania. On October 18, 2018, UPMC Senior Services will host its signature event, the **10th Annual Celebrating Senior Champions Dinner and Auction** at the Omni William Penn Hotel.

Community advocate and former Pittsburgh Steeler Charlie Batch

will serve as master of ceremonies. All proceeds help to sustain the UPMC Senior Communities Benevolent Care Fund. The event has presented over \$1.1 million in net proceeds to further charitable care throughout UPMC Senior Communities since 2009.

This year's Grand Champion is **Anne B. Newman, MD, MPH**, Distinguished Professor and Chair of the Department of Epidemiology and Director of the Center for Aging and Population Health (CAPH) in the Graduate School of Public Health, with a joint appointment in the Division of Geriatric Medicine in the School of Medicine at the University



of Pittsburgh. She has also been newly appointed as the Clinical Director of the Aging Institute of UPMC Senior Services and the University of Pittsburgh. Internationally renowned for her work in the epidemiology of aging, longevity, and disability, Dr.



Anne B. Newman, MD, MPH

Newman's research has defined the impact of apparently subclinical disease on physical, cognitive function, and on the metrics of healthy aging.

The 2018 Community Champion is the **United Way of Southwestern Pennsylvania** under the leadership of **President and Chief Executive Officer, Robert Nelkin**. Helping our region's seniors live healthy lives is one of four core pillars of United Way's work. To help address the unmet needs of seniors, United Way launched "Open Your Heart to a Senior" in 2012, connecting caring adults with seniors who need extra assistance to remain safe at home and who would benefit from companionship to combat isolation and loneliness. Through innovative leadership, financial investment,



Robert Nelkin
United Way of
Southwestern Pennsylvania

volunteerism, public education, and strategic local partnerships, United Way is keeping the time, talent, and experience of seniors tightly woven into the fabric of our community.

Richard Schulz, PhD is the 2018 Caregiver Champion. Dr. Schulz is a Distinguished Service Professor of Psychiatry and Director of Gerontology at the University of Pittsburgh. He is also the Associate Director of the Aging Institute of UPMC Senior Services and the University of Pittsburgh. Dr. Schulz



Richard Schulz, PhD

conducts research and writing on adult development and aging, focusing on the social-psychological aspects of aging, including the impact of disabling late-life disease on patients and their families. Funded by the National Institutes of Health for more than three decades, Dr. Schulz conducts descriptive longitudinal and intervention research on diverse older populations representing illnesses such as cancer, spinal cord injury, stroke, Alzheimer's disease, heart disease, and arthritis.

TICKETS STILL AVAILABLE!

Contact **Debra Panei, Director of Development for UPMC Senior Services**, at **412-864-3524** or **PaneiD@upmc.edu**.



Resident Gardens Flourish



Sugar Creek Station resident Dorothy Sopher

It seems that UPMC Senior Communities residents still love to play in the dirt. Resident gardens are flourishing at many campuses, including at Sherwood Oaks, Sugar Creek Station, Seneca Hills Village, and Beatty Pointe Village.

The residents of **Sherwood Oaks**, a Continuing Care Retirement Community located in Cranberry Township, always have a variety of garden projects to tend. Early residents, as much as 35 years ago,

created two gardens of perennials on the outskirts of the community. Throughout the years, amidst construction and new buildings, these plants have found their way to a community garden closer to the main building. This garden is known as the

“A therapeutic garden nurtures the mind, body, and spirit, and can help increase dexterity, independence, and confidence.”

Wimbledon Garden, and is tended to by half a dozen residents. “We do the weeding and pruning and cover the bed with mulch in the fall for winter

protection, and clean it up in the spring,” Betty Eichler, a resident of Sherwood Oaks, said.

About six years ago, the Sherwood Oaks Landscape Committee received money to establish the Summerhouse Gardens, eight separate gardens arranged along a crushed gravel walking path. These eight gardens consist of honeysuckle and trumpet vines, spring, summer, and fall flowering bulbs, many different herbs, an impressive amount of vegetables, and annual and perennial flowers such as Butterfly Bush, Black-eyed Susan, Daisies, and Hollyhock. These gardens also include attractive watering features, and shaded seating areas throughout.



Activities Coordinator Ashley Herman with the resident gardeners of Beatty Pointe Village

Sugar Creek Station, a skilled nursing and rehabilitation facility located in Venango County, boasts its master gardener and dietitian, Stacey Young, who explained that their gardens began as therapy for the dementia residents. Volunteers, staff, and residents participated in a garden cleanup activity before planting began at the facility. “Tasks such as weeding, trimming grass, and adding new soil to the beds were accomplished by working together,” Stacey said. Planting the flowers, herbs, and vegetables brought back happy memories for residents who grew up growing their own food or working on a farm.

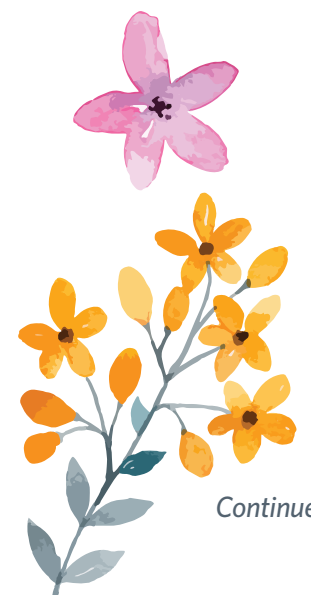
The residents grew many flowers, herbs, and vegetables in the garden – marigolds, petunias, rosemary, mint, oregano, cucumbers, and tomatoes, just to name a few! They were always eager and interested to work in the

garden. “A therapeutic garden nurtures the mind, body, and spirit, and can help increase dexterity, independence, and confidence,” Stacey said. “I think it is important to focus on their interest in gardening as it sparks memories and creates joy.”

Using Earth Day as her inspiration, Trish Gill, Activities Coordinator at **Seneca Hills Village**, an independent living facility located in Verona, started a garden by planting an array of vegetables such as lettuce, spring onions, zucchini, and tomatoes. Two Seneca Hills residents, Ann Lakes and Ed Tondolo, often assist in the garden throughout the season. Ann loves planting and seeing the progress of things growing – she has even replanted flowers around the building that were donated by a family member of a resident who passed away. Ed is also very involved in keeping the gardens beautiful. He has

been gardening since his childhood and loves planting marigolds to keep the mosquitoes away and tomatoes to make tomato wine! “I truly love to garden. It always keeps me interested in something,” Ed said.

After seeing gardening projects at other UPMC Senior Communities, Ashley Herman, Activities Coordinator at **Beatty Pointe Village**, an independent living facility located



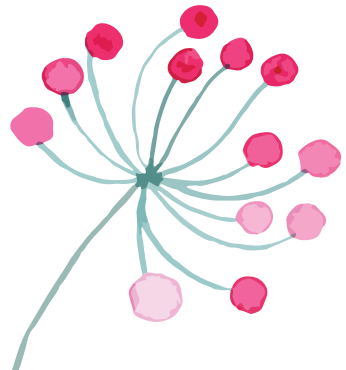
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Resident Pauline Paden of Sugar Creek Station

in Monroeville, was inspired to begin a “green” gardening project for Earth Day. Many of the residents enjoy sitting outside on the patio, which was previously near a plain shed. Ashley wanted to take the space and turn it into a colorful and fun area that the residents truly enjoyed.

“I love to see colorful murals around the city of Pittsburgh, especially in places that could use some color and love,” Ashley said. She cited Randyland on Pittsburgh’s North Side as another motivation for this project, as most of the exhibitions are made of recycled materials turned into colorful art.



Ashley began a recycling collection in April and gathered many plastic lids, bottles, containers, and tin cans. She and the residents created a garden mural on the side of the shed with these recycled materials. There is also a garden next to the shed that includes tomatoes, peppers, basil, pansies, and marigolds. “The residents love to go out there. It is now a conversation starter for them and motivation to get outside their rooms!” Ashley said. “I encourage residents to water the plants, clean up

the garden, or pick off a tomato or pepper for themselves.” One resident, Bud Leisenring, does just that. “I used to always have gardens before I moved to Beatty Pointe, so I love being able to go outside and help water the plants,” Bud said.

Because this project uses exclusively recycled materials, it is ongoing. Ashley and the residents are currently in the process of creating a wishing well made from recycled tires donated by a UPMC plumber.

Resident Ed Tondolo of Seneca Hills Village with this year’s crop



A Veteran’s Story

Bob Wingert, an Air Force veteran, often has interesting stories to share about the time he spent serving his country during WWII. At the age of 19, while he was still in school and working at Jones & Laughlin Steel in Aliquippa, Bob entered the Air Force.

Bob was a tail gunner in a B-24 bomber, the youngest of an 11-man crew. Stationed off the island of Morotai, Indonesia, he was responsible for twin 50 machine guns as a tail gunner. Although he spent just under two years in the Air Force, he saw enough action during his first combat mission to last a lifetime.

During his first mission, his plane was badly damaged, forcing the whole crew to parachute out of the plane. They landed in the ocean and began swimming to land. Bob explained, “It was a much further swim than I anticipated because I wasn’t a strong swimmer.” Luckily for Bob and the rest of the crew, they were miraculously saved by the *USS Mingo*, a rescue submarine in the area. “Good thing they happened to be there!” Bob said.

After this experience, Bob flew 39 more missions in the Air Force. Bob explained that after almost two years in the Air Force, he was ready to come home, despite the fact that he enjoyed his time serving. “It was a lot of fun! I was 19 years old when I joined and had a great time, but I was ready to get out,” Bob said. He was anxious to be back with not only friends and family, but his soon-to-be wife, Dottie.



Resident Bob Wingert of Vanadium Woods Village

Bob went back to Duffs Business College when he returned from the Air Force and began working for Crown Coal and Coke Company upon graduation. During this time, he rekindled a relationship with Dottie, whom he had known since elementary school. Bob and Dottie were married in 1945 and recently celebrated their 71st anniversary at their home at Vanadium Woods Village, a UPMC Senior Communities independent living campus in Bridgeville.

It’s understandable that after 71 years it might be easy to forget the exact year of a marriage or even a birthday. When struggling to recall the year they were married, Dottie teased Bob, saying, “We’ve been married for 71 years – do the math!” Although Bob may have had the exact year wrong, he said of his marriage to Dottie, “at 70 last year, I signed up for another

70!” The couple had an anniversary “party of three”, as Dottie said, with their daughter who visited for the day.

Bob will be celebrating his 93rd birthday in November. The couple has two daughters – one living in Kansas and one in Pittsburgh. They also have four grandchildren and three great-grandchildren.

Bob and Dottie live a stress-free life at Vanadium Woods Village, where they have resided for the past four years. “We have loved every minute of living here,” Dottie said. “We enjoy just walking through the halls and talking to people. It’s relaxing!” When reminiscing about their time before Vanadium Woods, Bob said, “Dottie used to worry enough for the both of us. But we don’t have much to worry about anymore!” The Wingerts have certainly earned the laid-back life they now lead.

With These Hands

"...I was a cook for many years. I enjoyed creating new dishes for people to eat."

- Nate T.

Many of us may still have art projects from our children or even from our own school days involving hands – imprints or tracings – that we cherish as unique mementos of time and identity. Jeannine DeLuca, Activities Director at Seneca Place, a UPMC skilled nursing and rehabilitation facility in Penn Hills, took a similar approach to a project involving residents and staff as part of this year's National Skilled Nursing Care Week celebration.

Jeannine recalled that shortly after her own Aunt Gloria moved into Seneca Place, she took a picture of

her hands holding a ceramic teddy figurine. Her aunt was an avid bear collector, and Gloria felt this was a meaningful way to mark the beginning of this next part of her life. She continued to take similar photos throughout her aunt's time at Seneca.

Explained Jeannine, "The hands were symbolic of her life and her bear collection that she loved so much, just one part of who she was. When the theme of National Skilled Nursing Care Week, 'Celebrating Life's Stories,' came about, I thought pictures of the residents' hands would be a great way to let them tell us something about

themselves – maybe something we never knew about them. Whether they rocked babies with those hands or worked in the steel mill, enthusiastic residents were knocking on the Activities Office door and asking to be a part of it."

The project spread like wildfire, with more than 30 residents participating. The hand picture "stories" were hung on a line in the hall for everyone to view. Staff enjoyed getting a deeper glimpse into the lives of the people they see every day, and the project proved to be a great conversation starter among residents, families,

With these hands...




I was certified as a life guard to help children learn to swim.
(Henry J Chestnut Swimming Pool - Morristown, East Tennessee)

Pretzel B.
"Celebrating Life's Stories" - Seneca Place
National Skilled Nursing Care Week 2018



With these hands...



I painted many landscapes and wildlife scenes.
I composed my own music soon to be published.
I poured molten steel from a ladle crane.
I helped to improve the lives of adults with physical and mental challenges at UCP.

David P.
"Celebrating Life's Stories" - Seneca Place
National Skilled Nursing Care Week 2018

and staff. Jeannine added that the participating residents enjoyed their "celebrity."

"The whole Activities Department enjoyed taking photos and collecting these stories from the residents. It brought joy to everyone who was a part of it and to all those who stood in front of every single print and considered them, one by one. We received great feedback from residents, staff, and family. It was a very satisfying experience," said Jeannine, who plans to extend the opportunity again in the future.

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

- October 4, 1:00 PM**
UPMC for Life Medicare Program Options for 2019
- October 17, 1:00 PM**
A Tribute to the Hits of the '50s and '60s
- November 1, 1:00 PM**
Move It or Lose It
- November 27, 2:00 PM**
Kenny Rogers & Dolly Parton Tribute Show
- December 6, 1:00 PM**
Hockey Night in Pittsburgh
- December 18, 1:00 PM**
Taste of Poland

BEATTY POINTE VILLAGE
Monroeville, 412-374-9000

- October 3, 2:30 PM**
UPMC for Life Medicare Program Options for 2019
- October 17, 2:30 PM**
Patsy Cline Tribute
- November 8, 2:00 PM**
Take Control of Your Hip Pain Presented by David P. Fowler, MD UPMC East
- November 21, 2:30 PM**
Judi Figel
- December 5, 10:00 AM - 12:30 PM**
Holiday Craft Show
- December 12, 2:30 PM**
Holiday Celebration with Johnny Angel

HAMPTON FIELDS VILLAGE
Allison Park, 412-492-8448

- October 11, 2:30 PM**
UPMC for Life Medicare Program Options for 2019
- October 25, 2:30 PM**
Banjo Club
- November 1, 2:30 PM**
Kecksburg UFO
- November 15, 2:30 PM**
Button Box
- December 6, 2:30 PM**
Holiday Celebration with Johnny Angel
- December 13, 2:30 PM**
River City Brass Trio



Judi Figel with David Crisci

One of the preeminent singers in the Pittsburgh jazz and cabaret scene, Judi Figel will share her extraordinary voice.



UPMC for Life Medicare Program Options for 2019

- Medicare costs
- Prescription drug coverage
- Enrollment timelines
- 2019 benefit plans being offered

LIGHTHOUSE POINTE VILLAGE AT CHAPEL HARBOR
Fox Chapel, 412-781-2707

- October 2, 2:30 PM**
UPMC for Life Medicare Program Options for 2019
- October 9, 2:30 PM**
Banjo Club
- November 6, 2:30 PM**
Button Box
- November 13, 2:30 PM**
Kecksburg UFO
- December 4, 2:30 PM**
Holiday Celebration with Johnny Angel
- December 11, 2:30 PM**
River City Brass Trio

SENECA HILLS VILLAGE
Penn Hills, 412-793-1700

- October 4, 3:00 PM**
UPMC for Life Medicare Program Options for 2019
- October 11, 3:00 PM**
Judi Figel
- November 8, 3:00 PM**
The Many Songs of Frank Sinatra, Performed by Bo Wagner
- November 15, 3:00 PM**
Lewis and Clark in the Rockies, with Gary Augustine
- December 6, 3:00 PM**
Strange Encounters of Pennsylvania, with Stan Gordon
- December 13, 3:00 PM**
Holiday Celebration with Johnny Angel

SHERWOOD OAKS
Cranberry Township, 724-776-8100

- October 4 and 5, 1:00 PM - 5:00 PM**
AARP Safe Driving Class
- October 23, 2:00 PM**
Octoberfest
- November 5, 2:00 PM**
Murder Mystery
- November 16, 2:00 PM**
Ellen Vasey Show - Women's Air Service Pilots of WWII
- December 3, 2:00 PM**
Gary Augustine Dec. 7, 1941: Day of Infamy
- December 10, 2:00 PM**
River City Brass Trio

STRABANE TRAILS VILLAGE
Washington, 724-225-4100

- October 5, 2:30 PM**
UPMC for Life Medicare Program Options for 2019
- October 30, 2:30 PM**
Country Music Icons
- November 9, 2:30 PM**
River City Brass Trio
- November 27, 2:30 PM**
And Starring... Wait...What?
- December 4, 10:00 AM - 12:00 PM**
Craft Show
- December 18, 2:30 PM**
The Drewsmen

VANADIUM WOODS VILLAGE
Bridgeville, 412-221-2900

- October 3, 2:30 PM**
UPMC for Life Medicare Program Options for 2019
- October 31, 2:30 PM**
The Demon on Brownsville Road
- November 6, 11:00 AM - 3:00 PM**
Craft Show
- November 28, 2:30 PM**
Pigeon Heroes



Banjo Club

The Pittsburgh Banjo Club includes banjos, trumpets, tubas, and bass. Dressed in bright, colorful uniforms, the Pittsburgh Banjo Club makes a striking appearance while playing the happiest music in the world.

- December 5, 2:30 PM**
River City Brass Trio
- December 12, 2:30 PM**
Sleep: The Most Vulnerable Part of Your Day with Dr. John Prendergast

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.

Announcing the 2019 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**.

Sunday, February 24, 2019 – 2 p.m.
TAMBURITZANS



Saturday, March 23, 2019 – 7:30 p.m.
THE SKYLINERS



Saturday, April 13, 2019 – 2 and 7:30 p.m.
**THE JERSEY SEASONS
FRANKIE VALLI AND
THE FOUR SEASONS TRIBUTE**



Saturday, April 27, 2019 – 2 and 7:30 p.m.
**SHADOWS OF THE 60'S:
A TRIBUTE TO MOTOWN'S
SUPER GROUPS**

Dave Revels' SHADOWS OF THE 60's pays tribute to the tremendous legacy of The Four Tops, The Temptations, and The Supremes. Performing the hits that span the decades; with a grand finale featuring the music of Motown's Smokey Robinson, Marvin Gaye, Stevie Wonder, Gladys Knight, Martha Reeves, Junior Walker, and more.



Saturday, May 18, 2019 – 7:30 p.m.
BRANSON ON THE ROAD
Branson On The Road has over 20 years of experience of performing GRAND OLE OPRY style music that delights audiences everywhere!



Saturday, June 8, 2019 – 7:30 p.m.
**JOHNNY ANGEL AND THE
HALOS**



Saturday, June 22, 2019 – 7:30 p.m.
THE FABULOUS HUBCAPS



Saturday, July 13, 2019 – 2 and 7:30 p.m.
**BEACH PARTY BOYS
TRIBUTE TO THE BEACH BOYS**
BEACH PARTY BOYS reproduce the authentic look, vocal harmony and instrumentation of the Beach Boys!



Saturday, July 27, 2019 – 2 and 7:30 p.m.
**OLD FRIENDS - a Simon &
Garfunkel Tribute**

Old Friends is a stunning recreation of Simon & Garfunkel's 1981 Concert in Central Park.



Saturday, August 10, 2019 – 2 and 7:30 p.m.
**NIGHT FEVER
BEE GEES TRIBUTE**



Saturday, August 24, 2019 – 7:30 p.m.
PURE GOLD



Saturday, September 14, 2019 –
2 and 7:30 p.m.
**THE BIRD DOGS PRESENT:
THE EVERLY BROTHERS
EXPERIENCE TRIBUTE**



Saturday, September 21, 2019 –
2 and 7:30 p.m.
**THE CHICAGO AUTHORITY
TRIBUTE**
For fifty years Chicago has been one of the world's top touring acts.



Saturday, October 5, 2019 – 2 and 7:30 p.m.
THE FOUR ACES
Enjoy this American traditional pop music quartet, popular since the 1950s. Hits include "Love is a Many-Splendored Thing," "Three Coins in the Fountain," "Stranger in Paradise," and "Tell Me Why." Other big sellers include "Shangri-La," "Perfidia," and "Sincerely."



Saturday, October 12, 2019 – 7:30 p.m.
**SINATRA AND
STREISAND TRIBUTE**
Bo Wagner, Pittsburgh's finest Sinatra performer, and Donna Groom of the Skyliners give an unforgettable performance accompanied by a full orchestra. Don't miss this memorable concert.



Saturday, October 26, 2019 – 7:30 p.m.
THE MARCELS



Saturday, November 16, 2019 – 7:30 p.m.
**CHUCK BLASKO
AND THE VOGUES**



Saturday, December 7, 2019 – 2 and 7:30 p.m.
**JOHNNY ANGEL AND THE
HALOS CHRISTMAS SHOW**



Saturday, December 14, 2019 –
2 and 7:30 p.m.
**PITTSBURGH DOO-WOP BIG
BAND CHRISTMAS SHOW**



The Legacy Lineup Exclusive-Premium Loyalists

UPMC for Life
UPMC Health Plan Medicare Program

The Legacy Lineup Exclusive Loyalists



The Legacy Lineup Elite Loyalists



The Legacy Lineup Enthusiast Loyalists



Community Highlights at UPMC Senior Communities

Hats on Parade

Cranberry Place
Cranberry Township

Most original, most colorful, and prettiest were the prizes awarded with a parade through the building to cap off this fun event.



We Love Our Volunteers

Heritage Place
Squirrel Hill

Volunteers were recently applauded for their care and dedication. A total of 79 volunteers combined for 1,561 hours of service.

Cruising Lake Arthur
Jameson Care Center
New Castle

The weather was perfect for a boat ride around beautiful Lake Arthur on a summer day.



Somewhere Over the Rainbow

Sherwood Oaks, Cranberry Township

Another beautiful day at Sherwood Oaks.

Show and Tell

Vanadium Woods Village
Bridgeville



During a recent show and tell, resident Elinor Fritschi Hill shared a miniature replica of her family home in Switzerland which dates back to 1731.

Beach Fun

Asbury Heights
Mt. Lebanon

Residents and families celebrated sand, surf, and sun at the annual Family Day celebration.

Honoring Mom

Avalon Place
New Castle

A special tea was held to honor mothers with residents and families attending, each mother received a carnation.

Hot Rods on Campus

Avalon Springs Place
Mercer

The annual car cruise was an amazing success with nearly 500 visitors.

A Special Garden

Beatty Pointe Village
Monroeville

Don't put that can in the trash. It can be reused in the mural that decorates the residents garden at Beatty Pointe.

Cinco De Mayo

Canterbury Place
Lawrenceville

Residents took part in a colorful celebration to observe the holiday.

Super Bingo

Cumberland Crossing Manor
Allison Park

Bingo, a bake sale, and raffles combined to make a fun day. Proceeds benefited the Benevolent Care Fund.

Let's Go, Bucs

Cumberland Woods Village
Allison Park

Not even a loss could dampen the spirits of the residents because it was a beautiful day at the ball park.

Inaugural Lawn Fest

Hampton Fields Village
Allison Park

Despite it being a very hot summer day, attendance was terrific and more than \$500 was contributed to benevolent care.

Art to Love

Jameson Place, New Castle



Residents proudly display their artwork during a recent Paint and Sip party.

Summer Carnival

Lighthouse Pointe Village
Fox Chapel

Cotton candy, music, and games were all part of the Riverview Carnival that took place at Lighthouse Pointe benefiting the Benevolent Care Fund.

Kentucky Derby Spirit

Seneca Hills Village
Verona

In preparation of the Kentucky Derby, the ladies of Seneca Hills Village custom designed their own hats.

Music on the Patio

Seneca Manor
Verona

North Hills Harmony Line Chorus performed an evening concert and resident Bernie Sippel, who was once a member, led them in the finale.

Fancy Hats

Seneca Place
Verona

The residents at Seneca Place enjoyed decorating hats for the Kentucky Derby which they also wore for a Mother's Day Tea.

Lawn Festival

Strabane Woods
Washington

Summer isn't over until the annual Lawn Festival takes place. Since 2011, over \$25,000 has been donated to the Benevolent Care Fund from the festival.

How Low Can You Go

Strabane Trails Village
Washington

Bill, age 94, was the winner of the Limbo contest during the summer Luau.



A Garden to Love

Sugar Creek Station
Franklin

Crops were bountiful in the therapeutic garden that Venango County Master Gardeners Association helped to provide.

Spring Plantings

Weatherwood Manor
Greensburg

Throughout the summer months residents enjoyed watching their spring plantings flourish into beautiful flowers.

Activities Abound at UPMC Senior Communities

The recreational opportunities throughout the UPMC Senior Communities are as diverse as the communities themselves. Our activities go beyond BINGO! Residents are also given the chance to participate in educational programs hosted by experts of various fields. Visit any one of our 21 campuses, and you'll see an active and engaging community living life to the fullest.

Below are a few notable events that took place earlier this year.

Sharing Art at Sherwood Oaks

The Sherwood Oaks Residents Association (SORA) organized an art show on January 30 for residents to share their work with neighbors, staff, and guests. The show was the first of its kind, allowing residents to share their creativity and discover the hidden talents of their neighbors. The main lobby was filled with tables showcasing 45 artists whose works

included pottery, photography, origami, woodwork, and more.

"Attendees expressed their amazement at the number and variety of contributions," states Betty Eichler, Vice President of SORA. "I think it gave residents the opportunity to learn more about their neighbors and to talk with them about their work."

Creating artwork is known to relieve stress, boost self-appreciation, and encourage creative thinking. Art has also been known to ease the burden of chronic health conditions. For some, the act of creating meaningful art can be good medicine. There are many opportunities to express one's artistic side throughout UPMC Senior Communities.



Winnie Dietz and Dr. Don Gowan exhibit their works at Sherwood Oaks Resident Art Show



Residents Lorraine and George Henderson enjoy '50s Night at Vanadium Woods Village

Fabulous 50s Night

Milkshakes and memories filled the dining room during Vanadium Woods' Fabulous '50s Night. The dining staff dressed the part - wearing leather jackets and poodle skirts made popular during the decade - while serving hamburgers and hotdogs in baskets.

Residents listened to classic records as the evening began and were later treated to a live performance by musician and vocalist Joe Lege during dinner. The sights, smells, and sounds of the night took residents back to a simpler time and gave

them the opportunity to socialize with their neighbors.

With opportunities for social engagement, residents can create new friendships and develop a greater sense of community. Programs like this are crucial to combating isolation. Studies have seen links between social isolation, depression, and reduced life span. We have seen many loved ones live their fullest lives upon joining UPMC Senior Communities.

Asbury Heights Family Day

Family Day is an annual tradition for residents, families, and employees

to get together for a fun afternoon on the campus of Asbury Heights. This year's beach theme featured a variety of surfboards designed by residents from each campus community. The boards were on display in the common Mall area where guests voted for their favorite design.

Children of all ages interacted with llamas, puppies, pigs, and goats in a petting zoo setup outside. There was plenty of food and treats for everyone as well as face painting, balloon animals, photo booths, and live music. There was truly something for everyone.

Continued on page 24

In addition to it being a fun afternoon, Asbury's Family Day has proven to be a great intergenerational event that brings everyone closer together. The entire Asbury Heights family looks forward to Family Day as it's a chance

to catch up with loved ones and make new memories.

There is an abundance of activities, educational programs, and annual events that take place throughout

UPMC Senior Communities. These services help residents gain knowledge, stay engaged, and remain active and involved in their community.

Elegant Evenings with Candlelight Dinners

The smell of the roast, the taste of the wine - it's always an experience when residents dine! But every so often, an extra special meal takes the experience to new heights. This is where John Rizzo, Director of Dietary and Housekeeping Services, comes in.

For the last 25 years, Rizzo has arranged special candlelight dinners for various occasions throughout UPMC Senior Communities. The tradition began when Seneca Hills Village opened its doors more than 20 years ago. At the time, he and the facility managers decided to kick off the new community with a dinner by candlelight.

Today, these candlelight dinners take place during the Christmas season, Valentine's Day, and Mother's Day. Dining rooms reach capacity quickly as residents and families quickly reserve their seats for these special meals. Between 50 and 60 guests are served during each occasion.



In Loving Memory

Walter B. Boninger

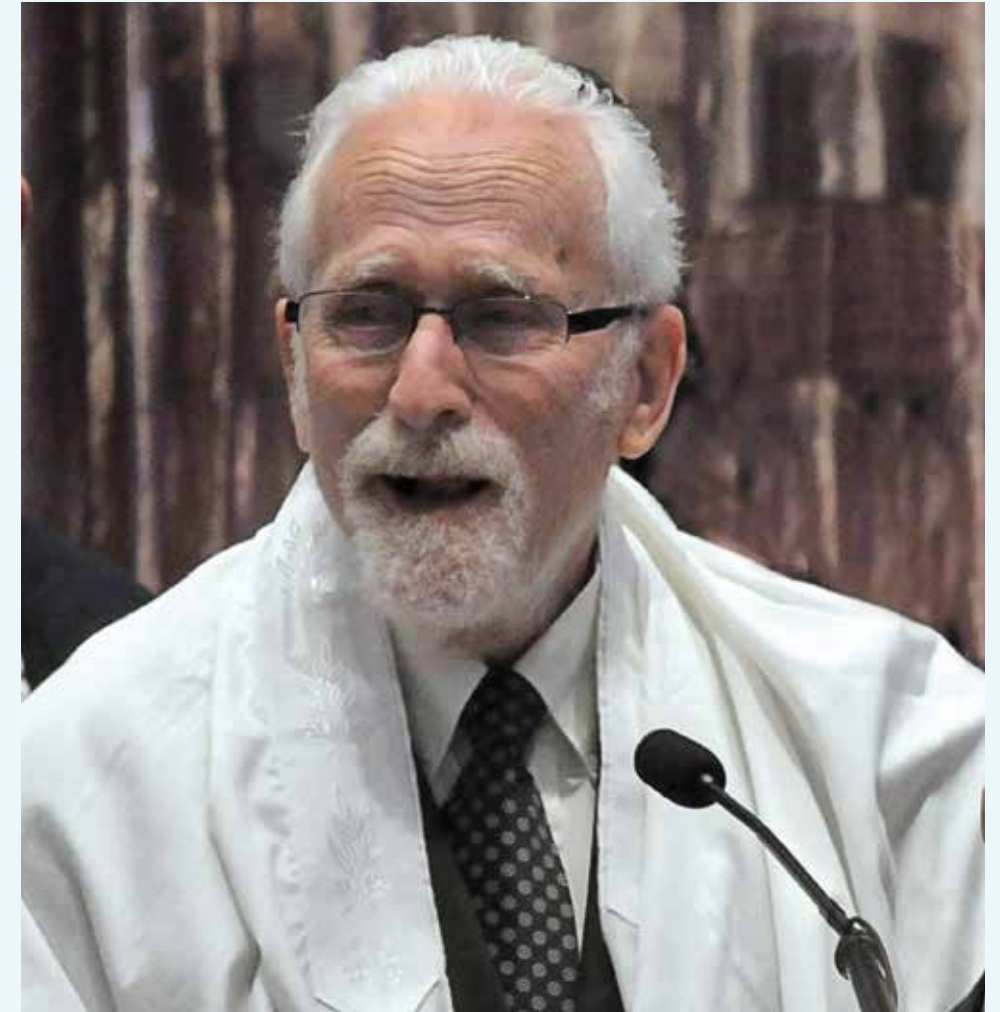
June 21, 1928 - March 25, 2018

Walter Bernard Boninger was born in Hamburg, Germany on June 21, 1928. He was the only child of two loving parents in an orthodox Jewish home. In the blink of an eye, literally, disaster struck as World War II reared its horrific head...he and his parents were fleeing Europe on a ship hit by a German mine and instantaneously Walter was an orphan at the age of 11.

Brought to the United States and raised in New York by relatives without children of their own, he would spend summers on a farm in upstate New York and later went off on to school at UCLA, and to Cleveland for a degree in Social Work. He spent many years working for the Cleveland Society for the Blind and served as Cantor for Mayfield Hillcrest Synagogue.

It was in Cleveland that he met his first wife, Janine Carter, and together had three children: Ron, Mike, and David. Walter was divorced in 1977 and had a short marriage to Nancy and then married Lonnie, his wife and life partner for many years.

Walter and Lonnie had a good life together, including years in Butler, Pennsylvania with Walter serving as the Spiritual Leader of Butler's only



Jewish congregation. Later they moved to Pittsburgh and had many years together building and enjoying their Temple Sinai community. One of their favorite things to do was to visit the elephants at the zoo.

During his final days, Walter was a resident of Heritage Place and passed away on March 25, 2018. Friends and

family have honored his memory by making charitable contributions to UPMC Senior Communities Benevolent Care Fund. If you would like to honor Walter or a loved one, please use the enclosed envelope. Memorial contributions are recognized bi-annually in Community Connections.

To memorialize or honor your loved one, please contact Debra Panei, Director of Development, at 412-864-3524 or paneid@upmc.edu. Donations benefit the UPMC Senior Communities Benevolent Care Fund.

Our Champions

January 1 - June 30, 2018

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.

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January 1 - June 30, 2018

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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UPMC Senior Communities
200 Lothrop St.
Pittsburgh, PA 15213

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FREE MATINEE MOVIES

Seniors enjoy a variety of free matinee movies 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.

A Quiet Place

(PG-13, 90 min)

Monday, 2 p.m.

October 8, 2018

Black Panther

(PG-13, 135 min)

Monday, 2 p.m.

October 15, 2018

Chappaquiddick

(PG-13, 106 min)

Monday, 2 p.m.

October 22, 2018

Adrift

(PG-13, 96 min)

Monday, 2 p.m.

October 29, 2018

Solo: A Star Wars Story

(PG-13, 135 min)

Monday, 2 p.m.

November 5, 2018

Overboard

(PG-13, 112 min)

Monday, 2 p.m.

November 12, 2018

I Feel Pretty

(PG-13, 110 min)

Monday, 2 p.m.

November 19, 2018

I Can Only Imagine

(PG, 110 min)

Monday, 2 p.m.

November 26, 2018

Tully

(R, 95 min)

Monday, 2 p.m.

December 3, 2018

The Miracle Season

(PG, 101 min)

Monday, 2 p.m.

December 10, 2018

Sherlock Gnomes

(PG, 86 min)

Monday, 2 p.m.

December 17, 2018

Life of the Party

(PG-13, 105 min)

Monday, 2 p.m.

January 7, 2019

Jurassic World: Fallen Kingdom

(PG-13, 128 min)

Monday, 2 p.m.

January 14, 2019

Calendar Girls

(PG-13, 108 min)

Monday, 2 p.m.

January 21, 2019

Avengers: Infinity War

(PG-13, 149 min)

Monday, 2 p.m.

January 28, 2019



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.

UPMC for Life Medicare Program Options for 2019

Tuesday, October 2, 2018, 11:00 a.m.

The speaker will discuss Medicare costs, prescription drug coverage, enrollment timelines, and the 2019 benefit plans being offered.

Protect Allegheny County Green Space

Tuesday, October 16, 2018, 11:00 a.m.

Greenspace is disappearing in Allegheny County. Learn how Allegheny Land Trust has been helping "local people save local land," and what you can do to help.

AARP's Safe Driver's Course

Monday, October 29, 2018 & Tuesday, October 30, 2018,
9:00 a.m. – 1:00 p.m.

Save money on insurance, refresh your skills, learn the newest motor vehicle codes - all with no driver tests. AARP members \$15.00; others \$20.00. Please bring your driver's license, AARP membership card (if a member), and a check made payable to AARP.

The Stopper Lamp, the Ferris Wheel, and the Pickle Pin: Pittsburgh at the 1893 World's Fair

Tuesday, November 13, 2018, 11:00 a.m.

Celebrate the 125th anniversary of the United States' greatest World's Fair, the World's Columbian Exposition of 1893. Learn about Pittsburgh's innovative contributions.