

COMMUNITY CONNECTIONS



SHERWOOD OAKS

Celebrating 40 years of
Excellence in Senior Living

Fall 2022

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

UPMC | SENIOR COMMUNITIES

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Letter from the President



Dear Friends,

As our cover attests, it is a season of celebration here at UPMC Senior Communities. We are delighted to mark the 40th anniversary of Sherwood Oaks, our continuing care retirement community in Cranberry Township. I had the honor of working at Sherwood for more than 17 years and came to know many extraordinary residents, beginning with the founders whose energy, determination, and abilities were exciting to witness. The community grew to include people from all sectors of experience – military, government, medicine, law, and corporate careers with some of Pittsburgh’s most notable companies. Even some of my favorite professors from the University of Pittsburgh have come to call Sherwood home. See our story beginning on page 8 to learn more about this dynamic community. As in all our communities, the collective wisdom of the residents is a gift that continues to leave its imprint on me and on countless others engaged in this meaningful work.

Among those who continue to inspire are our hundreds of veteran residents. We are pleased to introduce you to two in particular, Louise and Emily, who blazed a trail of opportunity and service for generations of women to follow. Their recollections are vivid and proud, befitting the flag under which they served.

You will find several stories that address hearing deficits and how we are working collaboratively with experts to bridge communication so that no one is excluded by virtue of a condition that is very common among older adults. In one instance, the experts are from UPMC and the University of Pittsburgh. In another, the expert is a resident herself who is teaching American Sign Language to her Lighthouse Pointe Village neighbors. Both efforts are producing great results.

This fall also marks the return of free lifelong learning seminars and movies at The Legacy Theatre at

Cumberland Woods Village on the campus of UPMC Passavant. With monthly live productions at The Legacy Theatre already underway, it’s a real milestone in our experience of the COVID-19 pandemic to resume a full calendar of activity. See pages 23-25 to view the complete schedule of events for the remainder of 2022.

Our fall season would not be complete without the 14th Annual Celebrating Senior Champions, fast approaching on October 27 at The Westin. We invite you to take part in any or all of the elements that contribute to the success of this event, including our basket raffle and silent auction. See pages 18 and the back cover, or visit 2022csc.givesmart.com to learn more.

This signature event, which has contributed \$1.9 million in charitable care since its inception, is essential to our ability to support older adults across our communities who have outlived their financial resources. We are so grateful to you for recognizing the importance of this effort.

Sincerely,

Mark Bondi
President, UPMC Senior Communities

HEAR FOR YOU

Hearing loss in older adults is a huge issue, but a dedicated group is on a mission to combat that concern. HearCARE is an initiative committed to providing help, support, education, and resources for those with hearing loss and using hearing devices. Catherine Palmer, PhD, director, audiology, UPMC, reports, “The majority of older adults have untreated hearing loss. Of the 38 million adults with hearing loss, about 26 million don’t realize it.”

This deficit produces two possible outcomes. In one instance, the person must expend a greater amount of effort to hear; this is tiresome and uses more cognitive resources. In the other instance, the person withdraws because they are unable to follow conversations.

Dr. Palmer says, “Untreated hearing loss is associated with poor health outcomes including increased risk of cognitive decline, falls, hospitalization, depression, and social isolation. Treating hearing loss is associated with positive health and social outcomes.”

Catherine Dymowski, communications facilitator, HearCARE, visits UPMC Senior Communities facilities twice a week to catch up with residents and address any hearing needs, including hearing aid maintenance, cleaning, battery changes, checking residents’ ears, and distributing simple amplifiers.

“I love to see the click in people’s eyes when I put on their hearing aids in the morning,” notes Catherine.

HearCARE is not only about hearing but also about listening to patients. Catherine explains, “I love that part of my job is getting to know them. I genuinely care about each one of them.”

Catherine also promotes activities happening in the facility among residents to encourage more social time. Strabane Woods Village resident Geraldine Gevenosky says that because of HearCARE she can participate in activities and enjoy her favorite entertainment. Her daughter, Shirley, agrees, “HearCARE is a godsend. They worked to get my mom’s hearing aid properly fitted. Catherine even holds my mom’s hearing aides while she gets her hair done.”



Catherine Dymowski and Geraldine Gevenosky

As an audiologist, Amanda Cassidy visits each senior community once per month to test, deliver, and fit assistive devices and diagnose hearing loss. Says Amanda, “Being able to take my services to the

resident is huge because it removes the obstacle of transportation. Here, I can consistently provide care, build personal connections with the residents, and address their needs.”

WHERE
Actions
 SPEAK LOUDER THAN WORDS

“I love you” is a powerful statement, and one that residents at Lighthouse Pointe Village, our independent living setting in Fox Chapel, use many times throughout the day. However, it is not always expressed in spoken word. It is often communicated by signing in American Sign Language (ASL) to their fellow resident, Mary Ann, who is deaf.

When Mary Ann first moved to Lighthouse Pointe three and a half years ago, she worried about communication and acceptance among the residents. Her fears were quickly alleviated when so many residents wanted to learn to communicate with her on her terms. Mary Ann signs, “They took an interest in me and in deaf culture. It was so nice.”

Residents and staff have learned basic sign language like “thank you” and “I love you.” Staff make it a point to keep Mary Ann informed of any announcements, often printing information out or texting her. Lighthouse Pointe Village also added strobe lights in Mary Ann’s room in place of a fire alarm and a doorbell that lights up if someone is at her door.

The facility provides Mary Ann with an interpreter for events, activities, meetings, and dietary services to ensure her full participation within the community, and she is very engaged. She is an active member of the book club, and she created a card-making activity that meets monthly to craft beautiful handmade cards. Mary Ann signs, “Communication and socialization are so important, especially in the deaf community.”



Mary Ann Homza and her students



When the COVID-19 pandemic made masking necessary, Mary Ann’s ability to socialize was compromised, as lip-reading was no longer possible. Undaunted, Mary Ann collaborated with Krista Bernauer, resident manager, to formalize an ASL class for the residents. Prior to this, Krista herself had been learning how to sign from Mary Ann and had gained a command of the basics. The resident class began in the winter of 2021, with anywhere from 5 to 10 residents becoming proficient in basic sign language. Mary Ann signed, “I love teaching and being an advocate for the deaf community.”

The residents welcomed the learning with open arms. Fellow resident Cheri said, “I wanted to communicate with Mary Ann, and it is wonderful learning a new language.” Cheri taught residents how to sign “happy birthday” to surprise Mary Ann for her birthday, and their “teacher” was very touched by the gesture.

Mary Ann expresses the hope that more deaf residents join the community and have the benefit of her experience. “I love it here,” says Mary Ann. “The residents and staff are friendly and welcoming and open to different ways of communicating and learning. They are eager to learn sign language. I am happy and grateful.”



SHERWOOD OAKS

Celebrating 40 years of Excellence in Senior Living

Sherwood Oaks, part of UPMC Senior Communities, is marking its 40th year as a premier continuing care retirement community in western Pennsylvania. Spread across eighty-four acres in a convenient Cranberry Township location, the campus is known for its beautiful landscape, which features walking trails, abundant gardens, green space, and a lake.

“Resident-centered” is often used to describe senior living, but Sherwood Oaks takes this philosophy to a whole other level. Resident Frank Finley has served on the Sherwood board, the Sherwood Oaks Residents’ Association (SORA) board, and various committees for many years. He explains, “This goes back to the very people who founded this community. The residents are empowered to decide their interests and to determine how they want to go about it.”

There is resident representation on the larger Sherwood Board as well as the Sherwood Oaks Fund board, which identifies and supports projects to make life better for residents and looks to the future. Such projects have included the construction of a memory care community and renovation of the auditorium.

Dynamic resident life is another way in which resident-centered living manifests itself. Residents organize and direct a wide array of activities

themselves. The current list of activities numbers more than fifty groups. Some residents are eager to try their hand at something new; others may be revisiting a lost enthusiasm.

Gary Brandenberger, president, Sherwood Oaks Residents’ Association (SORA) explains. “The real beauty of Sherwood Oaks is bringing together all these people with so many talents and skills. Each of us has a role. If someone brings forward an idea for an activity, it’s understood that it will include a plan to execute it,” says Gary. “There is great satisfaction in watching it all unfold.”

Jean Henderson and Gary Brandenberger
Sherwood Oaks Residents’ Association



Just beyond the campus’ summer house sits a fenced-in vegetable garden with 42 raised garden beds. This area is tended by the resident garden group which consists of around 30 members, each of whom is responsible for one or two beds.

You can often find Betty Eichler tending to her area of the garden. She has called Sherwood Oaks home for the last 13 years. She recalls her parents having a sizeable vegetable garden – a victory garden of the WWII era. It was from this garden that her desire to turn seeds into food grew. “I enjoy watching that tiny seed become a couple of leaves and a couple more leaves,” she explains. “I feel a connection with the Earth.”

Betty’s favorite vegetable to grow is butternut squash – a new venture since moving to Sherwood. She’s able to grow between 10 and 15 squash from one plant, allowing her to share the produce with her neighbors. In fact, many of the gardeners share their harvest, often leaving extra produce in the mail room for anyone to take.



Betty Eichler



Jason Lyle

Technology is another interest around which Sherwood residents have been engaged. In late 2019, the community debuted the much-anticipated Sherwood Oaks App, or “SOapp” as its affectionately known. The app allows residents and families to see the daily schedule of events, access community resources, and interact with one another from their smartphone or tablet.

The app was developed by the community’s Technology Task Force, led by resident Jason Lyle, with the goal of better informing Sherwood’s nearly 350 residents. Not only did the technology keep residents better informed, it also helped everyone stay better connected, especially when physical distancing was encouraged.

“Whether it was the pandemic or bad weather, the app has made life easier,” says Jason. “We can stay in touch and informed without leaving our home.”



Anne Ferguson

The wood shop is also a hub of resident activity. Tucked away on the first floor, you will find an extensive workshop used and managed by the community's residents. It sealed the deal for resident Dick Zuberbuhler when considering relocation to Sherwood in 2020.

"This is how I got through COVID," Dick refers to his work in the shop. "There are around six of us who come down here regularly, but we hope more will join us." The group encourages others to try their hand at creating simple projects such as picture frames, napkin holders, and book ends.

One of Dick's proudest accomplishments is the system he and his shop mates created to make the space itself more efficient. Using the machines at their disposal, the group created a designated area for the various pieces of wood laying around the shop. They organized the planks alphabetically by type and arranged them in two rows with the larger pieces against the wall and the smaller slats in front. Dick and the crew designed the front row to be maneuverable, allowing residents to easily access the larger pieces from the back.

Resident Anne Ferguson experimented with woodwork in college but rediscovered her talents after moving to Sherwood. Over the last six years, she has completed many projects including the restoration of a broken mahogany dining room table that now sits in the center of her living room.



Dick Zuberbuhler



Flamingos and Fond Memories

Madeline Clements is the quintessential Sherwood Oaks resident – vivacious and willing to try new things. In her more than 30 years living on the campus, she says she has tried her hand at most every club. Her experiences are varied, and her memories are fond, made even more so by the time spent here with her husband, Ace.

It was Ace's idea to find a retirement community, and Sherwood was the perfect fit. Madeline was already familiar with the campus, having toured Sherwood with her mother years before. Nine years later to the day, she was touring with Ace. They were 61 and 68 years old, and they knew they would never have to move again.

Ace and Madeline founded the drama club, which is still going strong today. Together, they hosted memorable themed parties that spoke to the joy of living. They settled upon the flamingo as the symbol of their life together. To this day, even though Ace is gone, Madeline continues to mark May 1 as "Pink Flamingo Day" with special attire and treats.

Over the course of her years, Madeline has transitioned from the patio home she shared with Ace to personal care and now to skilled nursing. She feels this is a valuable feature of the Sherwood experience, along with the people she has met along the way. "The community has given me so much," says Madeline. "The care and support from the staff and residents create a wonderful community."

The Sherwood Oaks fitness program, which has evolved since its inception, is a distinguishing feature of the community. What started as an experiment has developed into a comprehensive package consisting of exercise machines, a variety of classes, and a swimming pool.

More than 20 years ago, the residents of Sherwood desired an exercise space – a place to keep fit and maintain their strength. Once approved by SORA and Sherwood leadership, a storage room was converted into an exercise area. Bill Burtner, health and wellness promo manager, was selected to lead the budding program in 1999.

“In the beginning, we would have some residents come to work out wearing high heels and other formal attire,” says Bill. “The program has certainly come a long way since its early days, when we were working with Great Depression-era folks. Now we’re working with Baby Boomers who’ve been involved in fitness centers all of their lives.”

The program is also a learning opportunity for students of nearby Slippery Rock University (SRU). For nearly 20 years, students enrolled in the university’s Exercise Science program have been receiving hands-on experience through internships. This is the result of a longstanding affiliation agreement between SRU and Sherwood.

The internship program has proven to be mutually beneficial, helping undergraduates gain experience and receive their required 480 hours needed to graduate while Sherwood residents receive extra support in achieving their individualized fitness goals.

Cassandra Kirsch, the program’s summer intern, enjoyed every minute of her experience at Sherwood. “Everyone is really friendly here,” she says. “I love working with this population.”

That collegial spirit translates to the inviting and welcoming atmosphere that makes residents, guests, and staff alike feel like they are part of something truly special. As SORA vice president Jean Henderson describes it, “Sherwood Oaks is better than home. It’s a real community of friends and neighbors.”



NEW CLINICAL PROGRAM HELPS AVERT TRIPS TO THE EMERGENCY ROOM

As part of a world-class health system, UPMC Senior Communities is on the ground floor of clinical initiatives that deliver quality care to the doorstep. In Home Urgent Care Plus is a new program for UPMC Health Plan members that can help residents stay out of the emergency room and avoid unnecessary hospital readmissions.

The In Home Urgent Care Plus team is comprised of advanced care paramedics connected to a hospital physician via telemedicine. This team can be dispatched to our facilities to qualifying residents who need to be seen before an office or urgent care visit is possible.

In most cases, In Home Urgent Care Plus patients are seen within three hours of the initial call without having to leave home. They can receive medication, IV fluids, and have lab work done, all during a single visit. A hospital physician can also participate remotely via telemedicine during the visit.

More than eighty-four percent of qualifying UPMC Health Plan patients seen by In Home Urgent Care Plus avoid a trip to the emergency room and a potential hospital admission.

Lori Greer, regional administrator, assisted living and personal care, UPMC Senior Communities, explains, “This will be especially beneficial to residents with a diagnosis of dementia who need urgent care. When faced with transportation to the hospital, residents are often confused, anxious, and at times afraid. If their families are out of town, the residents are alone and unable to advocate for themselves.”

“Having the option to call upon the In Home Urgent Care Plus team will enable the residents to be seen in their own environment and will help to preserve their mental and emotional state as they get treated for their medical need,” Lori continues. “Collectively, the time spent in transit, waiting to be seen, and waiting to be discharged proves far longer than their time receiving treatment, and this is very distressing for residents.”

This will also facilitate direct communication between UPMC Senior Communities nursing staff and the In Home Urgent Care Plus medical team coming on site to treat the resident, as transport outside the facility can disrupt the chain of communication regarding the resident’s care. “We are very excited about this new program and its potential to ease residents’ access to urgently needed care,” says Lori.

Honoring veteran trailblazers

Thanks to trailblazers like UPMC Senior Communities residents Louise and Emily, women in uniform are now commonplace and contributors to all branches of the Military. We are proud to recognize their legacy of service and their place in our community of distinguished veterans.

The Few, The Proud

Louise Taggart, a resident of Strabane Woods assisted living in Washington County, usually spends her days knitting on the porch. Most would agree that Louise leads quite a normal life these days, but those who knew her nearly 70 years ago would consider her a pioneer. Louise was one of the first women to enlist as a U.S. Marine.

Shortly after graduating from Western Michigan University with a teaching degree, Louise joined the Marine Corps Women's Reserve – a branch of the United States Marine Corps authorized during World War II.

"I joined because it was something interesting to do before I became an old maid schoolteacher," Louise says, jokingly. She was inspired to join after hearing a female Marine's speech during a conference. Her desire to support the Korean War effort was another reason she enlisted.

Louise entered basic training at the age of twenty-two in Quantico, VA and was eventually stationed in Cherry Point, NC. While stationed there, she traveled up and down the east coast with other enlisted women who belong to various armed forces sports teams. Her



Louise Taggart and daughter, Nancy

main objectives were to arrange lodging and meals for the team while also making sure they did not get too rowdy.

"I mostly travelled with the basketball and softball teams," she recalls. "I enjoyed getting to travel and see the country. I also got to assume more responsibility which was good for my career."

Like most female Marines at the time, Louise served as a member of the clerical and administrative staff of Headquarters Marine Corps. This allowed the men who usually occupied those roles to be sent to Korea to fight in the war. Ultimately, she was administratively in charge of all the women on her base.

Louise met Kermit Taggart, the love of her life, in Cherry Point's mess hall during the spring of 1954. It was not long before they shared every evening meal together. Kermit's service was coming to an end, and he wanted to tie the knot. Louise, ever eager for life's next adventure, qualified for an honorable discharge. She took advantage of this and concluded her two-

and-a-half-year military career as a 2nd class officer with the rank of first lieutenant. The couple married in October of that year.

She and Kermit settled in Washington, Pa. Together they raised three children – two girls and a boy. Louise eventually joined the workforce. Some of her roles included an administrative position at a VA hospital, a preschool teacher, and a swimming instructor. Her final job as swimming instructor was at the Wilfred R. Cameron Wellness Center, next door to where she currently resides at Strabane Woods.

At the peak of the Korean War, there were only 2,790 active-duty female Marines.

Despite her modest viewpoint, Louise was a catalyst for the advancement of women in both the military and the workforce.





Emily Drake

A Yankee Doodle

Born on the Fourth of July, with a quick step and a bright smile, Lighthouse Pointe Village resident Emily Drake looks like she could have stepped right off the set of “Yankee Doodle Dandy,” stride for stride with a young James Cagney. A native of O’Hara Township, Emily is celebrating her 97th birthday this year. Although she attributes her longevity to “tennis and dancing,” Emily considers her time in the U.S. Army Air Force an invaluable experience and one that launched her on a successful path in life.

As a young woman in high school during World War II, Emily wanted to follow in the footsteps of her brother and sister-in-law, both of whom were already serving. Despite her father’s concerns, she viewed the service as a path to travel overseas and learn new languages.

Emily describes much of what unfolded in her life as a sequence of divine interventions, but she did not leave enlistment to fate. Instead, she seized the moment, and like many of her time, she altered her proof of age from 19 years old to 20, the qualifying age for women at that time.

Emily served from 1944 to 1946, beginning with basic training at Ft. Oglethorpe in Georgia and then on to a base in Orlando, Florida. Ultimately, she served as a reporter, recording testimony in cases of soldiers pleading hardship.

Already fluent in Polish, Emily inquired about opportunities to travel and further her study of languages. However, at that time, members of the Women’s Army Corps (WAC) were not being dispatched abroad. Her disappointment was tempered when a unique opportunity to spend the winter holidays in New York City emerged.

As Emily recounts it, she and her fellow WAC had hoped to take advantage of an open invitation extended by socialite Gloria Vanderbilt to service people during war time to stay for free at the Vanderbilt mansion on New York’s Upper East Side. However, by the time she and her colleague arrived, the offer had expired. Stranded in the city at the holidays and afraid of being reported AWOL, Emily reached out to their commanding officer for help.

The officer directed the WACs to travel to Bolling Air Force Base in Washington, D.C. where they could catch a plane back to Florida. Though they both boarded a commuter train bound for the nation’s capital, Emily never made it to Florida.

During the train ride to D.C., a window shattered, and Emily sustained injuries to her face which required her to be hospitalized for several days in Washington. A telegram wire from her commanding officer reached her in the hospital which revealed that the Polish Ambassador wanted to interview her for an opening at the embassy there. She learned later that her educational officer, who knew of her aspirations, wrote a letter to the embassy on her behalf. She secured the position just as the war was ending and worked there for six years before Poland fell to communism.

Her boss at the embassy, Czeslaw Milosz, was a highly esteemed writer, translator, and diplomat. Regarded as one of the great poets of the 20th century, Milosz was awarded the Nobel Prize in Literature in 1980. Emily has since donated a signed copy of his Nobel award winning poem, sent to her by Milosz himself, and two books of his poetry, to the Polish embassy.

Subsequent professional opportunities took Emily to Germany, Langley Air Force Base in Virginia, and San Diego. She returned to Pittsburgh 12 years ago to be close to her three nieces.

Emily remains connected to her service through participation in the Women’s Army Corps Veterans’ Association, Chapter 120. She reflects, “I shared barracks with thirty-two women. The service taught me how to cope with situations and how to stand on my own two feet. I am grateful for all the good things along the way, and I am especially proud to have served my country.”

Let the fun begin!

Silent Auction to open on September 27, 2022

Looking for a fun way to support a great cause from the comfort of your living room? We have a solution! One of the most expansive charitable auctions east of the Mississippi, the Celebrating Senior Champions silent auction has something for everyone. Bidding begins on September 27, 2022, and is open to all.

Grab your mobile device, relax in a comfy chair, and explore nearly 200 items on the auction block. The wide-range of items includes airline tickets, hockey tickets, entertainment packages, wine baskets, and so much more. You just never know what you will find.

Getting started is easy; log on to 2022CSC.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 28 at noon. Winners will be notified by text. Shipping is available for most items or items will be available for pick-up on November 4 and 5 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 and UPMC Western Behavioral Health Making Minds Matter Fund. A special thank you to Gumpher, Inc. and Virgin Carpets for sponsoring the auction's mobile bidding.

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

How to Bid

1. Log on to 2022CSC.givesmart.com
2. Register to participate
3. View items
4. Place bid



Community Highlights at UPMC Senior Communities

Cold Treats
Avalon Springs Place
New Castle

Residents enjoy monthly visits from an ice cream truck.

Gambling and Mocktails
Avalon Place
New Castle

Care to place a bet? Residents spent a day gambling on slot machines, playing roulette, sipping on mocktails, and winning prizes.

Fancy Tea Party

Asbury Heights
Mount Lebanon

Residents were treated to a tea party with sandwiches and sampled a variety of teas and desserts. Those in attendance donned fancy hats.



All Fun and Games
Beatty Pointe Village
Monroeville

Residents played a rousing game of balloon badminton.

Learning Takes Flight
Canterbury Place
Lawrenceville

Residents were treated to a presentation from Dovecote Ministries on the history of messenger pigeons used during wartime. Doves were brought in for the residents to see and touch.

Horsing Around
Cranberry Place
Cranberry Township

Jiminy Cricket, a therapeutic miniature horse, and his owner visited residents in an educational session on miniature horses.

A Grand Carnival
Lighthouse Pointe
Fox Chapel

Residents enjoyed a carnival full of food, games, prizes, and face painting. The residents played Skee-Ball, bowling, Bocce, and cornhole.



Homerun
Cumberland Crossing Manor
McCandless

A resident trip to PNC Park was in order to mark "Senior Day" with the Pittsburgh Pirates.

Hitting the Right Notes
Cumberland Woods Village
Allison Park

The students of the Heinz Chapel Choir from the University of Pittsburgh kicked off their tour with a performance for the residents.

Bocce Tournament
Heritage Place
Squirrel Hill

Residents went head-to-head to show off their skills in a fun and friendly Bocce tournament.

When Life Gives You Lemons
Jameson Care Center
New Castle

A local church youth group accompanied residents on scenic walks through the trails. They stopped by a fresh-squeezed lemonade stand to help cool off.

Afternoon by the Lake
Jameson Place
New Castle

Residents enjoyed a picnic by the scenic Lake Moraine.

Fish Rodeo
Seneca Hills Village
Verona

The veterans of Seneca Hills Village were welcomed at the Veterans of Foreign Wars' fish rodeo for lunch, music, and camaraderie.

In Bloom
Seneca Manor
Verona

Residents took in the beauty of "Monet in Bloom" at Phipps Botanical Gardens and Conservatory.

Field Day
Seneca Place
Verona

In the courtyard, residents played cornhole, bowled, and enjoyed treats.

Walk, Rock, and Roll
Sherwood Oaks Retirement Community
Cranberry Township

Get your groove on! Residents enjoyed their favorite '50s music while they strolled through campus.

Luau
Hampton Fields Village
Allison Park

Residents danced the evening away during their luau which included music and some punch.



Butterflies
Strabane Trails Village
Washington

Residents hatched nine butterflies and released them onto campus.

History's Mysteries
Strabane Woods
Washington

Residents enjoy ongoing lectures and insights into history from their own resident, Leonard Siegel, who was an advisor to past presidents.

We Love a Parade
Sugar Creek Station
Franklin

The Third Annual Tractor Parade found residents enjoying an array of tractors and antique cars.

Bingo
Weatherwood Manor
Greensburg

Saturdays are for Bingo! As holidays near, some staff and residents will dress up thematically to add to the fun.

Wedding Remembrances

Vanadium Woods Village
Bridgeville

Residents participated in a sweet celebration of love with a wedding cake, music, and wedding photos on display.



The Road Ahead

Do you have a car or truck that you no longer drive?

Donating it to the UPMC Senior Communities Benevolent Care Fund is an easy solution and helps others at the same time. Proceeds from the sale of your vehicle help support residents of UPMC Senior Communities in need of financial assistance.

Annually, UPMC Senior Communities provides more than \$10 million in uncompensated care and charitable relief to residents who have outlived their financial resources. As the number of residents in need continues to increase, a donation of this nature can have a big impact.

For more information on this seamless process, contact Debbie Panei, Director of Development, at **412-864-3524** or paneid@upmc.edu.

The Legacy Theatre is Back!

We are so pleased to be receiving patrons again at our fabulous live productions, our life-long learning educational seminars, and our free Monday matinee movies.

The Legacy Lineup at Cumberland Woods Village

700 Cumberland Woods Drive
Allison Park, PA 15101

(Off of Cumberland Road in the Town of McCandless)

For weather cancellations, call 412-635-8080
TheLegacyLineup.com.

1 show \$36 • 2 shows \$59 • 3 shows \$78 • 4 shows \$90

PRODUCTIONS

Featuring great performances for everyone, take advantage of discounts when you buy tickets for more than one show. To purchase, visit TheLegacyLineup.com



Saturday, October 8 | 2 and 7:30 p.m.

THE SONNY AND CHER TRIBUTE SHOW

Feel thrown back in time when bellbottoms and peace signs were all the rage with this critically acclaimed tribute to Sonny and Cher. Kara Chandler and Marty Stelnick will amaze you with their authentic recreation of The Sonny and Cher Comedy Hour. Laugh along to hilarious sketch comedy and sing along to all the classic hits you remember including "I Got You Babe," "Baby Don't Go," "All I Ever Need Is You," and many more. This one-of-a-kind show has been wowing audiences worldwide. Don't miss your chance to take part in this spectacular event.



Saturday, November 12 | 2 and 7:30 p.m.

CHUCK BLASKO AND THE VOGUES

Hailing from Turtle Creek, Pa., Chuck has become a well-known legend in Pittsburgh and internationally. He has performed in the company of many famous artists and actors including Bob Hope, Johnny Mathis, Glenn Campbell, John Denver, Bob Newhart, and comic Leslie Nielsen in Los Angeles. His shows continue to please the crowds with a variety of music for fans and people of all ages. With the group's many talented and versatile members, they are one of the best around and sure to please.



Saturday, December 3 | 2 and 7:30 p.m.

A VERY MERRY SINATRA AND STREISAND CHRISTMAS



Get into the holiday spirit with this entertaining Christmas show. Featuring holiday favorites as well as classic Sinatra and Streisand favorites. The Bo Wagner Orchestra, directed by Ralph Guzzi, includes the best in Pittsburgh musicians along with vocalists Bo Wagner and Elaine Painter.



FREE EDUCATIONAL SEMINARS

Seminars are every other Tuesday at 11 a.m.
RSVP at 412-635-8080.

THE LEGACY LINEUP



FREE MATINEE MOVIES

Seniors enjoy a variety of free matinee movies every Monday at 2 p.m.
No reservations required — first come, first seated.

THE LEGACY LINEUP

Bridges from Around the World

Tuesday, September 27 | 11 a.m.

Speaker: David Hall, Global Traveler and Art Collector

You might think: “I’ve seen many bridges. How different can they be?” This program shows bridges made of wood, stone, bamboo, and grass rope. And bridges that fold up, swing open, and move over water like an airborne platform. Bridges just for people and bicycles. Spans that are held up by huge concrete hands...or look like giant concert harps. Plan to attend. You will not be disappointed.

General Grant and Civil War Railroads

Tuesday, October 11 | 11 a.m.

Speaker: Kenneth J. Serfass, Gunnery Sgt. USMC, Retired, and Ulysses S. Grant First-person Impressionist

General Ulysses S. Grant will give background on the development of railroads in America during his own formative years and will describe how the nation and its railroads grew up together in the tumultuous years of the American Civil War. General Grant will relate his own experiences with trains and railroading from his youth to becoming the victor of the civil war through stories and artifacts from the period.

Hollywood Moguls to Mavericks

Tuesday, October 25 | 11 a.m.

Speaker: Tom Madden, Asylum Entertainment Director and Filmmaker

See the men who created Hollywood from the very beginning. Some were immigrants fleeing European oppression. Learn about the development of the powerful studio system, the monopolies of theaters, the unions, guilds, and actors that played a major part in the storied history of the world’s storyteller. This is the complete history of Hollywood from the very beginning up to and including the fall of the studios, television, and the golden rebirth in the 70s. Everything you ever wanted to know about Hollywood.

AARP Driver Safety

Tuesday, November 8 | 8:45 a.m. to 1 p.m.

Instructor: Marty Snyder

Join the millions of safer drivers on the roads with the award-winning AARP Smart Driver course — the latest from AARP Driver Safety. This enhanced course is based on the latest driver safety research and insights. You will learn evidence-based safe driving strategies and refresh your knowledge of the latest rules and hazards of the road. **The fee is \$20 for AARP members; \$25 for others.** Please bring a ballpoint pen, driver’s license, AARP membership card (if a member), and a check made payable to AARP. Seating is limited. RSVP to 412-635-8080.

Secret Pittsburgh: A Guide to the Weird, Wonderful, and Obscure

Tuesday, November 15 | 11 a.m.

Speaker: Karyn Locke, Author, Travel Writer, and Professional Road Tripper

Pittsburgh is affectionately known as The Steel City and The ‘Burgh to locals, but there’s so much more to the renaissance city than just nicknames — and that includes all the weird, wonderful, and obscure locations that make it an ideal place to visit and call home. With tales of culture, history, and of course, the bizarre, Karyn will delve into what makes Pittsburgh unique. Secret Pittsburgh is all about the stuff you simply can’t make up but would make for amazing fiction if it wasn’t true.

Pearl Harbor: Day of Infamy

Tuesday, December 6 | 11 a.m.

Speaker: Gary Augustine, Historian

They swooped in from the north in waves of torpedo, dive, and fighter planes at dawn on Sunday, December 7, 1941, launched from six Japanese carriers, leaving 2,402 Americans dead. In the aftermath, the public asked many questions. Why was the American military surprised? Who was to blame for the catastrophe? Join the speaker as he narrates the events and myths of December 7.

King Richard

(PG-13, 146 min.)

Monday, 2 p.m.
October 3

Sing 2

(PG, 110 min.)

Monday, 2 p.m.
October 10

Cyrano

(PG-13, 123 min.)

Monday, 2 p.m.
October 17

Spider-Man: No Way Home

(PG-13, 148 min.)

Monday, 2 p.m.
October 24

A Quiet Place II

(PG-13, 97 min.)

Monday, 2 p.m.
October 31

Worth

(PG-13, 118 min.)

Monday, 2 p.m.
November 7

West Side Story

(PG-13, 146 min.)

Monday, 2 p.m.
November 14

Cruella

(PG-13, 134 min.)

Monday, 2 p.m.
November 21

In the Heights

(PG-13, 143 min.)

Monday, 2 p.m.
November 28

Emma

(PG-13, 125 min.)

Monday, 2 p.m.
December 5

American Underdog

(PG, 112 min.)

Monday, 2 p.m.
December 12

Spencer

(R, 111 min.)

Monday, 2 p.m.
December 19

NO MOVIE

December 26

NEW IN 2022!



Ask The Attorney with Julian Gray and Associates

Elder Law Questions Answered

Speakers: Julian Gray and Associates, Certified Elder Law Attorneys

Julian Gray and his team have worked in the field of elder law for more than two decades. Learn valuable answers to your important questions.

Tips to Avoid Making Mistakes when Applying for Veteran Benefits

Thursday, October 20 | 1 p.m.

Julian E. Gray
Certified Elder Law Attorney

You Need the Right Quarterback for Your IRA Game Plan

Thursday, November 17 | 1 p.m.

Robert K. Schweitzer
Certified Elder Law Attorney

What Every Caregiver Should Know About Elder Law

Thursday, December 15 | 1 p.m.

Colin Adair Morgan
Certified Elder Law Attorney

Sue Cardello
Licensed Social Worker

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Our Champions January 1 - June 30, 2022

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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.

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14th Annual
SENIOR
Celebrating
CHAMPIONS

**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. 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 2022CSC.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**. Tickets are available for purchase through October 31, 2022.

Proceeds benefit UPMC Senior Communities Benevolent Care Fund and UPMC Western Behavioral Health Making Minds Matter Fund.

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