

President's Council: Lisa Dormire, VP for Mission Support

Are you familiar with Redstone's Bargain Basement? The program is administered by Redstone's Mission Support team (with some help from friends on the campuses.) Funds raised through the program are used for the HOPE Program, a program that provides grants or interest-free loans to employees who are in crisis situations. Approximately twice a month, an online auction takes bids for a variety of furnishings, household items, art, etc. Each auction runs for several days, and bidders are notified when they are out-bid or when they win. How can you participate? If you have furnishings or other items you wish to donate to Bargain Basement, please call 724-832-8401 ext. 3378 to discuss your donations. If you're looking for furniture, or other items, we encourage you to register to bid at www.redstonebargainbasement/user/register. Winners must remove their items from Redstone campuses within a three day window. Win auctions and support the HOPE Program! A winning combination!

**COVID Corner**

Over the past couple of weeks we have been able to successfully control the spread of Covid among our residents. We're grateful for the employees, residents and family members who wore their masks and took extra precautions while the region saw a spike in cases. Dare we say that brighter days are ahead? Covid has not left us, but the impact has been diminished due to declining levels of cases and increased levels of vaccination. As of Monday 2/28 we are following CDC guidelines and if Independent Living residents choose not to, they no longer need to mask in public spaces at Redstone. At this time, masks do still need to be worn in clinical settings like our Skilled Nursing Home or Personal Care Homes. The evidence remains strong that the best defense against Covid continues to be full vaccination and boosting. If you have not yet been vaccinated or boosted, we encourage you to do so. Residents can ask their campus director for assistance. Redstone is also able to help family members arrange to be vaccinated or boosted, too. Please remember that if at any time you have symptoms of Covid it is important to self-isolate and arrange to be tested when appropriate.

Fundraising Event: February Snowball Fight recap!

Making sure to have two weekends of winter fun in February, running from the 18th to the 28th, our build a snowman and snowball fight was a success! Staff and residents could purchase either a snowball to 'hit' someone else with for \$1 or a snowman to honor a loved one with for \$5. All snowballs and snowmen were displayed in campus lobbies. Chapel Hill raised **\$151**, Greensburg raised **\$160**, North Huntingdon **\$60**, the Villas raised **\$60**, Murrysville raised **\$205**. In total, Redstone raised **\$636** all together to benefit Benevolent Care for residents in need. Thank you to everyone who participated!

Fundraising Event: Bouquets of Remembrance! American Cancer Society March Charity of Choice

Daffodil Days are back! The bright hues of Daffodils popping up in Spring give us the first true signs that Winter is over, serving as a sign of fresh and new beginnings. That's why we will be selling paper Daffodils from March 7th to the 28th in exchange for a minimum donation of \$2. These paper Daffodils will be available to purchase in honor a loved one and will be displayed in the main lobby of each campus. In addition to the Bouquets of Remembrance, we will also be taking orders for Daffodil-themed cupcakes starting March 7th. In exchange for a \$5 donation, you can send the cupcake and a special written message to someone at Redstone—*staff or resident*—we will deliver it for you! These cupcakes can be purchased by visiting the receptionist on your campus for a form. Forms are also made available on our website under Giving > Fundraising Events > This Month's Charity of Choice. All proceeds raised will go to benefit the American Cancer Society for the month of March, payments include cash *or* checks made payable to the American Cancer Society. Cupcakes and their messages will be delivered Monday, March 21st. We will also be selling cupcakes for \$3 in the gift stores on Tuesday, March 22nd and Wednesday, March 23rd. Contact Kim at ext. 3378 with any questions.

Alzheimer's & Dementia Family and Friends Support Group

We are eager to announce the formation of a **new support group**, specifically for loved ones and caregivers of those facing Alzheimer's or other dementia. Although the group initially will be meeting at Redstone Murrysville, loved ones across Redstone are most welcome and invited to attend. Meetings will be held every 4th Thursday of the month from 2:00 – 3:15 p.m. Our Murrysville chaplain, Rev. Becca Siddle, who is a certified dementia practitioner and trained by the Alzheimer's Association, will be the group facilitator. Participants must register in advance by calling Becca at 724-733-9494 ext. 5513 (or via email at rsiddle@redstone.org), so please be sure to do so before the March meeting on the 24th!

**Redstone Goes: DAVID at Sight & Sound Theatre**

We've had of you ask about getting tickets to see the new production, DAVID, at Sight and Sound Theater in



Lancaster. We were able to get tickets for the performance on Tuesday, April 26th! Here are the details: We will depart Redstone North Huntingdon Clubhouse at 7 am to travel to the Kitchen Kettle Village. There we will have a couple of hours for shopping and lunch on your own. Then it is on to Sight and Sound for the 3 pm performance. We have floor seats in the very front of the theater this time! After the show, we will enjoy the Smorgasbord at Redstone's favorite Yoder's Family Restaurant, and then will depart for Redstone. We anticipate arriving back home around 11 pm. Price for bus, show ticket, and dinner is \$210 per person. (Residents or employees get a \$10 discount.) All are welcome! Call 724-832-8401 X 3370 to reserve your spot!

Employee Spotlight! Amy Bittner, Genesis

Fred Rogers once said, "All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver." On December 10th, 2021, residents of several towns in Kentucky were stricken by life-shattering tornados leaving behind devastation. Sadly, most lost everything that they knew including household belongings and basic necessities. Amy Bittner, PTA and Director of Rehab for Vitality to You with Genesis Rehab, heard a local organization getting involved and knew it was time to be a good neighbor. Amy's in-laws and neighbors were working tirelessly to collect as much as possible to make an impact on the devastation. Heritage



Baptist Church, a local denomination in Jeanette, was seeking donations of gently used clothing, shoes, blankets, diapers, and wipes, any non-perishable items, to send to families affected by the tornados. Amy acted as a middleman between those who donated items at Redstone and Heritage Baptist Church who was sending the donations to Kentucky. Amy started collecting donations on December 20th, 2021 and it didn't take her long to fill up by December 23rd. In all, a semi-tractor trailer and an additional truck were filled from top to bottom and front to back with items to be sent. The truck arrived in Kentucky during the week of January 2nd, 2022 and quickly started to distribute the collected items to those in need. Amy says about helping others, "Be kind, compassionate and helpful to others, it's a great legacy to leave behind." Amy was able to completely fill her jeep 2 times solely from donations at Redstone. Thank you to everyone who donated items to be sent and Amy for organizing this act of kindness at Redstone. Acts of kindness and being good neighbors to one another, even states away, warm our hearts tremendously.



Volunteer Spotlight! Bel Ackerman



Bel Ackerman has been a longtime volunteer at Redstone. Bel started volunteering when she was just 12 years old. Being 15 now, she says that volunteering has really impacted her life in a positive way. Her involvement spans from volunteering with therapy dogs, to all levels of care with residents, and events hosted by Redstone. Bel's main goal when visiting residents is to make them smile. What's the biggest impact for Bel? "When residents get excited to hear you're visiting them, it makes everything worth it," she says. Getting involved with helping her community was her driving force of volunteerism, she wanted to make a meaningful change. When she isn't volunteering, Bel shows her dogs competitively, a unique way to make use of her spare time. Bel's advice is to cherish every moment you have with the residents. The time you are spending is very precious and valuable.

Resident Spotlight! George Croushore

George Croushore moved into our North Huntingdon campus last February of 2021. It didn't take him long to share his gardening hobbies with other residents. George started gardening at 8 years old with his dad, admittedly where his passion comes from. Before Redstone, George would grow a collection of vegetables like tomatoes, cabbage, onions, and so many more. George even said that when he would get seed catalogues, he would always try to pick a new seed that he never grew before. From his home harvests, George would freeze his tomatoes and cabbage to make pasta sauce and stuffed cabbage to always have when they got hungry for it. He would garden for up to seven hours a day and started his planting year in the basement in February under special gardening lights. When George arrived here, there was already a strong interest for gardening by others. He took an opportunity to pre-plant tomato seeds and pass them out to fellow residents to grow on their window sill. He didn't expect the plants to take off so fast, but they did. Collectively, they harvested 50 tomatoes from those seeds! Even the few that didn't survive, George brought back to life. "Water" is the important word – not 'green thumb!" George told us. The garden on campus has grown delicious eats like the zucchini that was picked and fried by dining to enjoy over a happy hour and fresh sliced green peppers to dip in ranch. George's hope is to start a gardening club for everyone to enjoy. He is actively trying to recruit individuals who are able to easily bend down in order to pick vegetables and weed the garden. If you are interested, please let George know!



Pot O' Gold Raffle

Feeling lucky? March will see a brand new Pot O' Gold Raffle! The prize is a Temptations prep, bake, serve, and store 4 piece soup and sandwich set. This set is made of handcrafted ceramic and has festive colors for the month. Ticket sales will begin March 1st—but there are only 100, so make sure you buy them while they last. \$2 gets you 1 entry into the raffle for your chance at the prize. The raffle will be held until all tickets sell out, which won't be long. Scan the QR code below to be directed to our RallyUp page to purchase your entries or visit www.redstonehighlands.rallyup.com/potogold. Good luck!



March Gift Shop Hours

The anticipation of Spring is bringing updated gift shop hours. As a reminder, Greensburg will be open Monday through Friday from 10 AM to 3 PM in addition to Saturday 3/12 and 3/26 from 10 AM to 2 PM. North Huntingdon will be open on Mondays, Wednesdays, Thursdays and Fridays from 10 AM to 2 PM, but closed Tuesdays for grocery shopping. Murrysville will be open on Mondays, Tuesdays, Wednesdays, and Fridays from 10 AM to 2 PM, but closed Thursdays for grocery shopping.

