

President's Council: John R. Dickson IV, President & CEO

As the season of Spring arrives, it feels more and more like life is coming back to our Redstone campuses and to our lives in general. We love being able to be out and about, to have visits with our families, to hold our grandchildren, and to embrace all that life has to offer thanks to the reduction in Covid-19 cases in our region. We are so grateful for the progress that has been made. Thanks to this progress, we are able to return to some of our “old ways” of doing things at Redstone. Our chapels and dining rooms are full, we can visit across levels of care, etc. Sometimes, however, going back to the old ways may be disappointing. Two years ago, we instituted a personal shopper program in order to protect our residents from exposure to COVID while shopping. While we have tried to continue this program as a convenience for our residents, we have found that the cost of running the program is unsustainable. Therefore, on April 15, our personal shopper program will conclude for now. If you are in need of grocery delivery service for any reason, however, please stop by to visit your Gift Shop Associate and they can help you place an order using a service like Instacart. Residents will be responsible for the cost of the delivery service, including the gratuity to the driver, and can choose to either have the Gift Shop Associate use the resident's credit card for the order, or have the bill added to the resident's monthly statement. Please don't hesitate to ask the Gift Shop Associates if you need help with the ordering of groceries or essential items.

COVID Corner

We are so grateful to see the number of Covid cases continue to fall in our area. Over the past month we've been happy to see our number restrictions lifted in our public spaces and for residents to be able to participate with each other in activities across levels of care. Remember that when you leave our Redstone bubble you may choose to continue to wear your face mask to further protect yourself from Covid, colds, or flus. You may have heard that a second booster has been approved for Covid. We are reviewing this and awaiting guidance but we're hopeful to be able to offer this to our residents and team members very soon.

Fundraising Event: American Cancer Society Re-cap!

In honor of Daffodil Days, our Charity of Choice for March was the American Cancer Society. Daffodils symbolize the return of spring and promising new beginnings—a beautiful symbol of hope. Last month, we made paper daffodils available for everyone to purchase in honor of or in memory of a loved one, our lobbies were blooming with flowers! We also had cupcakes available to pre-order and send to those who work and live at Redstone. They were daffodil-themed and even came with a personalized message from the sender. Mission Support boxed and delivered 46 cupcakes - with additional cupcakes sold in the gift shops. In total, we raised \$485 to be donated to the American Cancer Society. Thank you to everyone who participated!

**Fundraising Event: April Walk A Mile In Her Shoes**

Our Charity of Choice for April is the Blackburn Center of Westmoreland County. This is one of our favorite fundraisers



because we get to see the men of Redstone walk in red high heels! Our walks will be held on all three campuses at 3pm on Thursday, April 21st—come cheer your male walkers on. We had so much fun watching them last year. If you aren't walking, there are a couple ways to get involved with this fabulous fundraiser. First, you can donate to your favorite “walker” from April 11th through April 20th, please see the front desk to do so. We will also be selling High Heel cookies for \$2 each in the gift shops on April 18th and 19th from 10a-2p. These cookies will be while supplies last so make sure you get yours while we have them. All

proceeds from this fundraiser will benefit the Blackburn Center, providing services to victim of domestic and sexual violence and crime in Westmoreland County. All are invited and encouraged to join. Let's cheer these walkers on!

Here's the Scoop Event

Mission Support is hosting an ice-cream social for residents on all campuses! Join us for a chilled dessert in your campus chapel. We will use this time with you to explain Redstone's Benevolent Care Program with VP of Mission Support, Lisa Dormire. Murrysville will meet on Friday, April 22 at 3:00 pm. North Huntingdon will meet on Tuesday, April 19th at 3:00 pm. Greensburg will meet on Tuesday, April 12th at 3:00 pm. All residents are invited to attend in order to learn about the wonderful program our fundraisers go to support and to enjoy some ice cream, too! Get the Scoop on Benevolent Care.

**Alzheimer's & Dementia Family and Friends Support Group**

Join our 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 1:00 – 2:15 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 April meeting on the 28th!

**Fundraising Event: Garden of Love**

Plant the
garden of your
life with
friendship's
lovely flowers

March 20th marked the first day of spring and we are celebrating by planting our annual Garden of Love. As hope continues to bloom at Redstone through the hurdles of the past few years, small buds of love continue to pop up in our community through our mission of quality and care. Each Spring, white trees are placed on all 3 campuses that collect symbols of spring through generous gifts. All gifts **from now until July 1st** will be recognized through these symbols on our trees. Your gifts may be made in honor

or in memory of a loved one in addition to the choice of supporting Benevolent Care, Hospice, Employee Support Programs, or Area of Greatest Need. If your gift is made in honor of or in memory of a loved one, we will provide the ornament to that individual or their loved one. You may make your gift by returning the response card given with the letter by Mission Support to your housing assistant or receptionist. Thank you for your gifts and for making Redstone a community of hope and love.

Employee Spotlight! Sue Mackall



A big ‘Welcome’ to a new member of our Redstone family. Sue Mackall is the bright, friendly face in the Murrysville gift shop. Sue has a long history of volunteer work and service with very unique communities. Before joining our Redstone team, she worked 36 years at the VA Hospital, wow! Her time with the veterans was cherished, describing them as a unique, strong-willed, and courageous group of men and women. She was extremely proud to be serving them. Not only has Sue served the Veteran community, she has also served our animal community in a particularly loving capacity. When she isn't tending to gift shop visitors, Sue spends her outside time volunteering at local animal shelters in addition to fostering senior & disabled dogs. In her 15 years doing so Sue told us, “When 99 Chihuahuas were rescued from a local hoarding situation, my husband and I jumped into our SUV and drove to local stores, purchasing enough supplies to completely fill the back of the vehicle and delivered it to the emergency shelter in Yukon.” She’s a huge advocate for the rescue community, holding their dedication and passion close to heart— ask about her fur-babies! Even though Sue “retired”, she enjoys every moment that she gets to go out and do what she loves, which is helping others and her animal friends. Redstone’s charities have a special meaning to Sue as her sister is a breast cancer survivor and her late mother had dementia. She feels right at home with our wonderful missions!

Volunteer Spotlight! Meredith Sepesy

For over a year, Meredith has been volunteering at Redstone to see her dear friend, and North Huntingdon resident, Bernice Visser. Honey, Meredith’s dog also tags along for visits. She says, “Honey and I quickly fell in love with the residents and hard working, amazing staff.” Honey and Meredith try to volunteer at least 5 times a week on our North Huntingdon campus. Making memories with the residents is both the most motivating factor and a meaningful use of their time. “It means so much to me when they all light up as Honey prances into the room.” Making a positive impact is their goal when they visit, living by the words: “Try to make a difference each day, even if it is as simple smiling at everyone, because you never know what someone might be going through. Spread good vibes everywhere you go!” When Meredith isn’t hanging out at her favorite community (aka Redstone), she likes to spend time with her family and three year old niece and also likes to cook delicious meals. She is a huge fan of hockey , spotted frequently at Pittsburgh Penguins games with her boyfriend Scott. Honey’s hobbies include riding on Bernice’s seated walker and begging for bites of Meredith’s delicious meals alongside her sister, Sunrise. Make sure you say ‘Hi’ when you see this awesome pair. They really brighten up our campus!



Resident Spotlight! Jackie Dawso

Jackie Dawso will be approaching her 4 year Redstone anniversary this upcoming May. Shortly after moving to the North Huntingdon Campus, the community was searching for a new President of their Resident Council. Jackie had the experience to fit the bill! Prior to Redstone, Jackie was President of the East Suburban Friendship Club for 6 years. The club, 300 members strong who would meet once a month, afforded Jackie the experience of representation for members, newsletters, entertainment, and even trips...just like Redstone! In her role, Jackie says she represents all of the Veranda community in addition to the many committees formed like Garden N’ Grounds, Spiritual Life, Food, Library, Memorials N’ Sunshine, and more. Jackie says that she *loves* being around people and this role perfect for her as it allows her to be an advocate for resident voices. Jackie spent her working life with Westinghouse in Churchill. As she moved her way up from a secretary role into a professional role in communications, a new world of technology opened up, “We went from rotary dial phones to touchtone!” she laughs. Finishing her education allowed Jackie to learn, adapt, and teach new communication technology to a couple thousand Westinghouse employees. Her time with Westinghouse was crucial for Jackie to help transform the CATIE resident trainings at Redstone. Jackie has volunteered to help residents learn to use the CATIE system and now assists in providing one-on-one training to new move-ins. She said they are constantly working to make the system better and more user-friendly—she is at the center of this work. If you see Jackie around campus, it’s probably working on enhancing resident life or catching the many entertainment acts that come to our campuses. She likes the musical acts the best, saying that they always blow her away. Get to know Jackie and her role at Redstone—she loves being around her community!



Chow Bella! Winery Event

Kick off Father’s Day weekend in the most fun way! Join us for “Chow Bella!” Proceeds benefit residents at Redstone. Your \$40 regular admission includes a barbecue dinner, a bubbly beverage of your choice, and opportunities to win prizes every 15 minutes. Prizes will again be gift cards from local businesses, with the grand prize at 8 pm including \$500 in assorted cards! Good food, beverages, and live music in a beautiful place... what could be better? In addition to the ticket options, we are again offering a “Meet Your Maker Package” for \$100 per person. In addition to the regular ticket benefits this includes a private tour, tasting with the wine maker, a bottle of wine, and reserved seating. To purchase all levels of tickets visit our website at www.redstone.org/fundraising-events or call 724-832-8401 X 3370. Sponsorship opportunities are also available. See our website or the Redstone Highlands Communities Facebook page under the events tab for details.



Redstone Goes: NEW Trips & Tours

We are back on the road with planned trips more exciting than ever. Our new 2022-2023 Trips & Tours brochure is available and features trips like Graceland, New York, Branson and so much more. We offer both overnight stays and day trips, so there is a trip for everyone’s taste. For more information, to reserve your spots, or to request a travel brochure, call (724) 832-8402 ext. 3370. You can also visit our website at www.redstone.org/redstonegoes to see our Trips & Tours forms and our RedstoneGoes policies. Adventure awaits!



Spring Gift Shop Updates

Redstone Easter candy is available for purchase at the gift shop! Stop by to browse our selection, they make a great gift for Easter baskets! We have also updated open hours **starting April 15th**, Greensburg will be open Monday-Friday from 10a-3p and Saturdays from 10a-2p. Murrysville and North Huntingdon will be open Monday-Friday 10a-2p. Come see our collection of gifts, snacks, and décor!