

The Window

President’s Council | Geoff Gehring, VP for Redstone@Home

As a not-for-profit organization, Redstone is guided by a voluntary Board of Directors. The 17 member board is comprised of physicians, pastors, business owners, bankers, attorneys, and other community representatives, all of whom are willing to generously share their time and knowledge with Redstone. Once a year, the Board and our senior management team meet for a two day meeting, an intensive and productive time focused on strategic planning. This year’s Board overnight meeting will take place on February 16th and 17th. Currently, the Strategic Plan includes five overarching goals in the following areas: 1. Establish a sustainable, high quality/best value aging services network in the communities that we serve. 2. Continue campus and facility development to be the preferred senior destination. 3. Establish Redstone as the “employer of choice” within Westmoreland County. 4. Provide the mission support needed to meet the programmatic and capital project goals through philanthropic engagement with the community. 5. Create a welcoming culture of inclusion and belonging for all. Each of these goals has a number of objectives that help to move us forward in achieving our goals and fulfilling our vision to be difference makers and world changers in the lives of those whom we serve. Please keep our Directors in your prayers as they work together to plan for Redstone’s future!



COVID UPDATES

Since our last update, we have seen some cases of Covid and Influenza appear across levels of care at Redstone. It remains important to protect our vulnerable population using mitigation for all harmful spread against Covid, Flu and RSV. Please continue to practice washing your hands frequently and thoroughly, covering your mouth and nose when coughing or sneezing, and self-monitoring any Covid, Flu, or RSV-related symptoms. If you are feeling unwell, please consider delaying your visit to residents. Currently, masks are not required in Independent Living areas on our campuses, but are highly encouraged if attending large gatherings. Masks are required within Clinical areas. In addition, residents can consult with their Campus Director to see how they can receive the most recent Covid booster or Flu vaccine. Help protect yourself and others from harmful spread! To keep current on Covid visitor status at Redstone, please visit our website at www.redstone.org/news/coronavirus-visitors.



Resident Spotlight: Ron Palarino

Last month, new North Huntingdon resident, Ron Palarino, was spotted preparing waffles for others to share! As Ron assisted in spraying the waffle irons, pouring the delicious batter, and plating the treats with syrup and whipped cream, he shared with us that he used to work at the Holiday House in Monroeville. Ron, along with his best friend, Tony Spadero, worked together at the Holiday House in their younger years. They would help out the servers, run food to customers, and even prepare popular dishes like lobster tail. The Holiday House would hire outside entertainment to perform on the big stage. One of Ron’s favorite groups was a band of brothers who would sing and play both guitar and cello. Also hosted on stage was dancing for guests attending for the evening. So begins a beautiful Valentine’s love story to share for years to come. The Holiday House stage was where Ron first met Penny. He didn’t know then, but Penny would soon become his wife of many wonderful years. Penny was out for the evening dancing the night away while Ron was backstage working. Ron says he peered out on the stage, locked eyes, and whispered to Penny, “Would you go out with me?” Penny smiled and nodded, agreeing to the date. Ron took Penny to Eat’n Park on their first date. From that point on, “It was she and I and nobody else,” says Ron, “We really loved each other.” Not only did Ron’s time working at the Holiday House provide him with so many fun memories made with his friends, it also introduced him to his soul mate. He is so grateful for this time in his life. We can’t wait to hear of the many exciting times you had at the Holiday House, Ron!

Send a Candy-Gram to Someone You Love! February Charity of Choice: HOPE Program

Have a staff member or resident you really appreciate? Show them this Valentine’s Day with a candy-gram of conversation hearts and a special message! Candy-grams may be purchased at the Front Desk on each campus from January 30th through February 12th. Candy-grams are available in exchange of a \$2 donation OR get 3 candy-grams for \$5 when purchased on campus. All proceeds will benefit our HOPE program, helping employees in need. Monetary donations of cash or checks made payable to ‘Redstone’ are accepted. Contact Kim Darragh at ext. 3378 with any questions. You can also scan the QR code to place an order online! (3/\$5 deal not available online).



Mission Support Valentines Gatherings

Residents are encouraged to join Mission Support on the below dates to celebrate a fun Valentine’s Day! Together, we will make a special valentine for someone you love, enjoy a delicious treat and drinks, and play themed trivia with a chance to win prizes. Mission Support will also be giving a presentation to update everyone on Benevolent Care, the qualification process, and gifts of support. We hope to see you there!

Murrysville: February 7th, **11am—12pm**
Greensburg: February 7th, **2pm—3pm**
North Huntingdon: February 9th, **2pm—3pm**



Messages of Gratitude

We strive to be Difference Makers and World Changers in one’s life plan. A portion of our website has been dedicated to receive messages of gratitude from *you*. Our staff members work extremely hard to uphold our core value of *Quality*. That’s why we like hearing back from you! If you would like to send a message of gratitude to Redstone, scan the QR code or visit our site at www.redstone.org/sendusamessage. Fill out the form and choose to display it on our digital bulletin board to share with others within our community.





Staff Spotlight: Mark Palmieri

For 10 years, Mark has been our very handy HVAC/Maintenance member on the North Huntingdon campus. Aside from his full time job of working on air handlers, snow removal, and programming TV remotes, Mark has a busy life outside of Redstone. Starting in 1988, Mark has been training in the field of martial arts (with some time off to pursue music). Since, Mark has obtained 5 black belt or equivalent rankings, studied over 10 different styles, and trained hundreds of people from 4 year olds to law enforcement. In 1999, Mark taught his first self defense class for women at a Tae Kwon Do school in Carrick. In the past 20 years, Mark has grown his classes to multiple locations, levels, and sub-systems. A highlighted project of Mark's is a program created and ran by himself called 'Ground Ninjas', a youth ground fighting program for ages 7-10. Mark says, "It's a mixture of Jiu-Jitsu, Kali, and wrestling, but, character development is priority." His classes are also offered to Uber drivers, Uber users, realtors, bouncers, and those looking to fine-tune self defense skills. "The aim of the classes is to help people, which is rewarding in and of itself," says Mark, "But over the years I've had multiple students come back and share stories of defending multiple types of attacks and escaping abuse." Mark looks forward to his continued future with martial arts!

Redstone Partners with Michael J. Fox Foundation

Redstone is thrilled to be partnering with the Michael J. Fox Foundation in the fight to end Parkinson's Disease. Parkinson's Disease affects nearly 1 million Americans and more than 10 million people worldwide. Research shows that more than 95% of the people diagnosed with PD have lost their sense of smell. The majority have lost their smell decades before they had other symptoms or were diagnosed. With this crucial information, Redstone is working with The Michael J. Fox Foundation to support their goal to create an early detection test that determines if someone has Parkinson's, as well as to find a cure for the disease years before neurological damage begins. We're asking for your help. By participating in a simple scratch and sniff test, you will provide scientists with valuable data that can possibly help end Parkinson's. Eligible participants must be 60 years of age or older and not have a Parkinson's Disease diagnosis. Family members of residents wishing to participate can visit <https://mysmelltest.org/mjffbsd>. For Residents, more details are to come for dates in March that Jessica Glesk will be helping those who wish to participate and need



help with technology to do so. If you need assistance registering or conducting the smell test, please contact Jessica at 724-832-8401 ext. 3390.



Volunteer Spotlight: Maggie Saunders

Meet our volunteer, Maggie Saunders! Maggie has been volunteering for the past few months in the Memory Care Unit at our Murrysville campus. For Maggie, spending her free time to make a difference is the root of her passion for helping others. Maggie says, "If you can make a difference in somebody's day, even if it's just by sitting and talking with them, I think that is the best way for anyone to give their time." Recently switching to a remote work position, Maggie's schedule opened up with more free-time than she used to have. She knew she wanted to spend that extra free time visiting those in need of a friend! When Maggie isn't making us smile at Redstone, she is spending time with her dog, Milo, in addition to her friends and family. She also loves going to the gym and taking yoga classes, saying that health and fitness are priorities to her. Welcome to Redstone, Maggie!



March Charity of Choice: American Cancer Society



This year we are participating in the American Cancer Society's 'Give Hope by the Bunch'. From February 3rd until February 21st, you can order a bouquet of daffodils or tulips, vase included. With your order, you may choose to send a special message to the recipient. The link for order forms and more information are to be released via email! **Not on our email list?** Please contact Alaina at (724) 832-8401 ext. 3307 to be added in order to receive special Redstone updates. For staff members wishing to place orders, a separate order form will be sent to your Redstone email. All orders will be delivered to residents or staff during the week of March 20th. This fundraiser is a great way to donate to the American Cancer Society and help bring some sunshine to someone's day. Order one for yourself or someone you know! For questions, please contact Kim Darragh at (724) 832-8401 ext. 3378.

DOVE Employee Recognition Program at Redstone

The DOVE Recognition Program seeks to recognize the many wonderful things that employees in the Redstone Family do each and every day while serving our residents, their family members, friends of Redstone, and each other. Have you witnessed an employee going "above and beyond" while serving our residents, their families, or fellow staff members? Submit their name for DOVE Recognition. You can recognize employees by completing a card located at the DOVE cases at any of the campuses, by using the following link <https://www.surveymonkey.com/r/RPSDove>, or scanning the QR code.



DOVE

Alzheimer's & Dementia Family and Friends Support Group

Join our support group specifically for loved ones and caregivers of those facing Alzheimer's or 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 fourth 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 **February 23rd** meeting!

