

The Window

President’s Council | Vicki Loucks, Vice President & COO

In 2019, Redstone joined other healthcare organizations in addressing the nursing shortage through recruiting international nurses to help fill open positions. A number of international agencies administer these programs, and help to make sure that the nurses have the highest level of qualifications, appropriate visas and documentations. They also assist with the relocation process to the United States and adapting to life as an international nurse. Many of the international nurses come from The Philippines, where colleges and nursing schools have been established to provide high level education and competency training for nurses who will serve abroad. Most nurses sign a three year contract with one of these agencies, and then come to work in the United States. We have been very grateful for the presence of these nurses in our Skilled Nursing Home in Greensburg. Once the nurses have completed the three year contract, they have an opportunity to join the organization where they have been working as a permanent employee. We are excited to announce that Nikki Santos has completed her contract but will be staying with us as our very own Redstone team member. Thank you for your service as an international travel nurse, and we are thrilled to welcome you to Team Redstone!



Walk a Mile in HER Shoes

April Charity of Choice: Blackburn Center of Westmoreland County

Are you ready to see the men of Redstone kick up their red high heels? From April 3rd through April 16th, visit the front lobby of each campus to donate to your favorite walker displayed on our donation boards! The walker who collects the most donations in their name on the boards will receive the new **Golden Heels Trophy** to display proudly on their campus! Red high heel cookies will also be sold in the gift shops starting **April 17th**, WHILE SUPPLIES LAST. Walks will be held on each campus on Thursday, April 20th starting at 2pm. Donation bags will be open during the walk for all gifts of change, cash or checks made payable to the ‘Blackburn Center’. Come enjoy the festivities and help support a great cause! All proceeds collected benefit the Blackburn Center.



Dementia Friends in the Redstone Community

A group of 35 caring individuals at our Murrysville campus recently became Dementia Friends. This makes us very proud! Dementia Friends is a global movement now underway in 31 states in the U.S. It is the largest ever initiative to change people’s perceptions of dementia. It aims to transform the way we think, talk and act about the disease, as well as the people themselves who are living with dementia. The group, consisting mainly of our Independent Living residents, plus several employees, attended an interactive session at Redstone hosted by local Dementia Friends Champion Rev. Becca Siddle, who also serves as our chaplain for that campus. “Before our session, there were 10,877 Dementia Friends in Pennsylvania. By the time we finished, we had added 35 more! With every person who becomes a Dementia Friend, those in our community living with early-stage dementia will



have one more person to count on for support, a show of empathy, and help with decreasing stigma. I think that’s pretty special.”

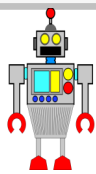


Resident Spotlight: Shirley Kalmar

Shirley Kalmar, Murrysville resident, has a strong affinity for playing the piano. Shirley started piano lessons at just 5 years old. Shirley’s mother, who played an active role for shaping her talents, also enjoyed playing piano and thought music lessons taught children a lot. Shirley just loves classical music. She laughs, “There are two types of people: Classical lovers...and the one’s that aren’t.” Two of Shirley’s favorite composers are Beethoven and Mozart. As a child, Shirley liked playing recitals for those she knew. Her sister also played the accordion growing up. At church festivals, Shirley and her sister would entertain guests together with their talents. Shirley says she mostly plays for herself now, saying that she really just loves to hear the sound of classical music coming from her piano. Music is something that just pulled her in and became a lifelong love ever since. Although she doesn’t have a favorite classical song to play, she enjoys reading the sheet music to figure out what the composer was trying to tell through notes and time signatures. “It’s important to do different things. It keeps you going. But you have to be able to work hard at it,” says Shirley. Welcome to Redstone, Shirley!

Name That Robot!

Establish a connection with the new server! (That’s a robot joke, get it?) We are introducing a new piece of technology to make meal service quick and easy. Over the next couple months, you may begin to notice a new ‘staff member’ in your dining room serving food to your table, hot and ready. This robot is programmed to independently serve food by mapping the floors and tables of the dining room. It will even sing Happy Birthday on your special day! We will be holding contests to name each robot on the campuses as they arrive for service. Each campus will have their own contest, so watch CATIE for a message of when yours will begin. Suggestion slips from Mission Support will be delivered to your mailbox during the dates of **your** campus contest. When you receive your slip, fill it out and return to your Housing Assistant for entry into the suggestion of names. Staff are also encouraged to participate and an email will be sent out with more info on how enter. God luck to all!



COVID CORNER

We know that it is critical to maintain stringent infection control practices as we battle Covid outbreaks in our buildings. Please continue to practice mitigation for all harmful spread against Covid, Flu and RSV. Do your part to protect the community by washing your hands frequently and thoroughly, covering your mouth and nose when coughing or sneezing, staying six feet apart when possible, and self-monitoring any Covid, Flu, or RSV-related symptoms. Visitors who are feeling unwell or exhibiting symptoms, please delay visits to residents. Visitors are encouraged to review our visitor policies prior to visiting and follow all guidelines to keep everyone safe. **For more information or to keep current on Covid visitor status per Redstone campus, please visit our website at www.redstone.org/news/coronavirus-visitors.**



Meet Our Staff: Haley Sullenberger

Haley Sullenberger has been a member of our Greensburg team since 2018. Also since 2018, Haley found her passion for Urban Exploring, otherwise known as UrbEx. Adventure seekers of UrbEx enjoy visiting places and buildings that have been abandoned, often looking into the history of the location. Stating that curiosity was the reason for opening this door, Haley saw an abandoned hospital and needed to know what it looked like inside. Throughout the years of her adventures, Haley has visited over 20 abandoned locations. The hallmark of her travels has lead Haley to the hospital where Rosemary Kennedy, John F. Kennedy’s sister, suffered a failed lobotomy. Haley got to lay on the operating table and even visited the morgue. Her advice to others looking to get into this hobby is, “Please do your research. Ask for permission because it is illegal if not done properly.” Haley hopes to someday make this her full time job. She loves seeing new places!

Parkinson’s Support Groups

We would like to invite people with Parkinson’s, loved ones, and caregivers to join us at the Redstone Parkinson’s Support Group. Our groups are open to anyone in at Redstone community and to the general public who have been impacted by Parkinson’s Disease. We meet once a month in a safe space where people can speak their mind, compare notes with peers, and meet movement disorder experts who can help your quality of life while living with Parkinson’s. We hope you will join us for a sweet treat, fellowship, and support in your walk with Parkinson’s. If you have questions or would like more information on the groups please contact Jessica Glesk at 724-832-8401 ext. 3390.



Upcoming 2023 Dates

Parkinson Support Group

2nd Tuesday of the Month
1:30pm to 3:00pm in **2nd Floor Parlor**
Redstone 12921 Redstone Drive
N. Huntingdon, PA 15642

Tuesday, March 14
Tuesday, April 11

Caregivers Support Group

3rd Wednesday of the Month
1:30pm to 3:00pm in **Apartment 223**
Redstone 12921 Redstone Drive
N. Huntingdon, PA 15642

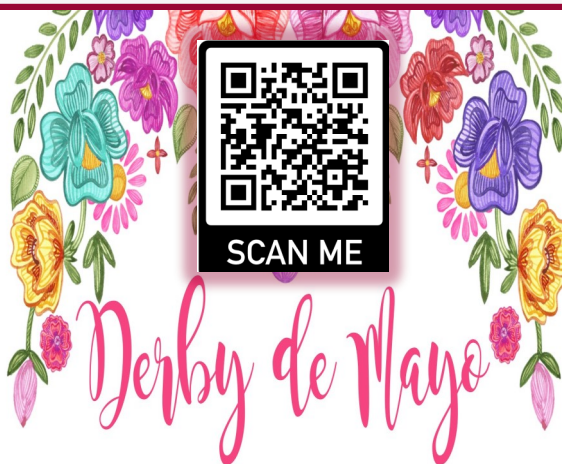
Wednesday, March 15
Wednesday, April 19



Meet Our Volunteer: Suzanne Taleff

“If you are not already volunteering, think about the skills you might be able to offer to organizations you already support. After that, stop thinking about it and just do it!” says Murrysville Gift Shop volunteer, Suzanne Taleff. Suzanne has been volunteering at Redstone since November of 2022. Her mother and uncle were both residents, with her mother since passing in 2020 and uncle in 2022. Suzanne has always been impressed with the high level of care her family members received and wanted to find a way to give back. After retiring early during the pandemic, Suzanne wanted to balance her newfound freedom with a sense of purpose, while still connecting with others. She says, “Volunteering my time and talents in the community seemed the best way to do this.” When Suzanne isn’t spending time in the gift shops, she is staying busy with her husband and two sons, age 20 and 17, and two cats that demand their attention. She also enjoys attending local theatre and musical performances. She describes her time at Redstone as a ‘win-win’!

Celebrate the Kentucky Derby a day early with us on **May 5th, 2023** (also Cinco de Mayo)! Join us for food, beverages, horse racing and fun at the beautiful Bella Terra Vineyards. Proceeds benefit Redstone Presbyterian SeniorCare. Enjoy dinner from 5pm to 7pm with video horse races and wagering from 6pm to 9pm. Casual attire welcome, but hats and bowties are encouraged! \$30 individual ticket price includes taco bar dinner and one beverage voucher. Seating will be open for all to float around and enjoy the evening. Gather some friends and reserve a table for up to 10 persons for an additional \$100. Sponsor and name a horse for \$25 and collect \$100 if your horse wins. Wager on horses for \$2 per bet at the event. Visit www.redstone.org/derbydemayo to purchase tickets. **Limited sponsorship opportunities are also available!**



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 Recognition

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 **March 23rd** meeting!

