

# The Window

## President’s Council | John R. Dickson, President & CEO

Here at Redstone, the trust we share in one another is the foundation of our shared experience. We are humbled and grateful for the trust that is placed in us each and every day as we care for our residents. Recently, this trust was tested when a worker from an employment agency assigned to our Murrysville and North Huntingdon campuses committed an egregious act of theft of personal property from a resident. This person has been arrested, and a first hearing is scheduled in early September. We will be present to speak on behalf of all of the residents within our communities at that hearing. We are also in conversation with the agency through which this person was employed, to discuss restitution for the items stolen, and future process and procedures for assuring safety of our residents. Over the past week, I have personally had conversations with local legislators about the importance of tightening loopholes related to criminal background checks in order to better protect our residents. Our entire leadership team is looking carefully at ways to prevent incidents like this from happening in the future. We share in the pain that has been experienced by the residents and families involved in this situation, and we are committed to working through this challenge with honest conversations and respect. If this situation has created anxiety for you, we encourage you to talk with your campus chaplain or campus director about how you are feeling. We are here for one another, and hope that trust will be strengthened through the support provided in this difficult time. Please don’t hesitate to reach out to me personally with your questions or concerns.

## Fall Ball and Bougie Bingo: 2023 Highlands Fling

Reserve your tickets and tables for Fall Ball and Bougie Bingo! All ticket purchases include fall-themed dinner, drinks, and an entry into the grand prize drawing worth over \$1,000! We have a spectacular event planned full of games with prizes, raffles, auctions, dancing, and more. We have additional prize packages available to give you and your guests exclusive access to Fling fun! We also have sponsorship opportunities, business advertisements, and more available to reserve. To purchase tickets or tables, or to reserve sponsorship or ad opportunities, visit [www.redstone.org/highlands-fling](http://www.redstone.org/highlands-fling) or call (724) 832-8401 ext. 3378. Lastly, we are still in need of items for our Fling auction and basket raffle. Do you have a gift card that someone gave you that you will never use? Jewelry, antiques, art, raffle baskets, event tickets for shows or sports are all welcomed donations and will be put to good use as auction or raffle items at the Fling. Big ticket items like vacation homes, private chefs, or other luxury items are a great way to raise money during our live auction. Please contact Alaina at (724) 832-8401 ext. 3307 to arrange for any donated items!



## Resident Spotlight: Nancy Cunningham

We welcome Nancy Cunningham to our Murrysville campus! You may hear Nancy being called the ‘Cookie Lady’. That’s because cookies are a part of Nancy’s heritage. Nancy’s grandfather came from Sweden and her grandmother came from Denmark. Nancy lived with her grandparents, so she was very close to them and always desired to know more of their history. Nancy shared with us a favorite tradition of a cookie being placed in the palm of a hand, the individual making a wish, then pressing down on the cookie with their other thumb. The cookie must break into three pieces for the wish to be made. This tradition is typically done around Christmas time. She has also learned to sing in Swedish and dance around the Christmas tree! In addition to traditions, Nancy is an avid dancer. Her love for dance came to her as a child from a neighborhood girl who would dance on the sidewalk in her tap shoes. Nancy took classes as a young girl, but stopped to play flute while she was in school. In 2007, Nancy resumed dance classes. She has taken tap dance, ballet, and even jazz! She has performed in many dance recitals, at McKeesport High School, with her most recent being this past June for ballet and a mother-daughter dance. Nancy is currently 80 years old and can still do a split! Nancy also adds that she attended modeling school and modeled in shows for Christopher & Banks and Talbots. Out of all the things Nancy has done in her life, she says being married to a loving husband for 52 years, who even took ballroom dance classes with her, was her favorite chapter of life. This year, Nancy will turn 81 and will **still** be having fun!

## Get Social With Us!

Keep up on all things Redstone! Campus activities, job openings, fundraisers, and more are shared on our social media. Give us a like and follow at **Redstone Highlands Communities** and share the good news, or visit [www.redstone.org](http://www.redstone.org).



## Alzheimer's Association: September Charity of Choice

This year, we have multiple ways for supporters to get involved with our September Charity of Choice, the Alzheimer’s Association. Our annual Light Up the Night Sky Purple ceremonies will be held on September 21st at 6:30pm at each campus chapel. Our evening ceremonies will be held in dedication to our loved ones fighting or who have lost their lives to Alzheimer’s. Names of those being honored with a light will be included in the service. Our lights this year are flameless window candles with purple bulbs and will be available in exchange for a \$10 donation! To sponsor a candle (which can be made in honor or in memory of a loved one), please visit the front desk by September 15th. Donations can be cash or check, with checks made payable to the ‘Alzheimer’s Association’. We will illuminate our candles together during the ceremony and after you are free to take your candle back with you to continue to light up the night sky purple. All proceeds support the Alzheimer’s Association. We are also participating again in the Walk to End Alzheimer's on **Saturday, September 16th** at Twin Lakes. You can help us reach our goal of \$1,000 by scanning the QR code or by searching our team name ‘Difference Makers’ on the Walk to End Alzheimer’s website. We will be selling purple Redstone t-shirts leading up to the walk for \$10. Please contact Alaina at [AlFisher@redstone.org](mailto:AlFisher@redstone.org) or ext. 3307 to order one by September 10th. We hope you will join us in support!



## Bargain Basement

Bargain Basement is a great way to score some deals on gently used furnishings and unique items! Our online auction is a platform where users can place bids, with items going to the highest bidder when the auction closes. All proceeds from Bargain Basement go to benefit Redstone’s HOPE Program. The mission of the HOPE Program is to provide assistance to Redstone team members who have a sudden or unexpected financial emergency due to a catastrophic event or hardship. You can visit our Bargain Basement auction site at [one.bidpal.net/bb72122/welcome](http://one.bidpal.net/bb72122/welcome) to browse items and place bids!





Meet Our Staff: Emily Hoza

Emily Hoza is the Wellness Coordinator at our Murrysville campus. Emily enjoys connecting with residents through a range of different exercise classes, one-on-one appointments in the gym or home, and transitioning to wellness after an injury or therapy. Emily says, “Helping others regain vitality and joy of life is my top goal when I start my day.” Outside of Redstone, Emily is a fantastic photographer with her own business! Her passion for photography started back in 2017 while taking college-level art classes in high school. After graduating, Emily kept up with her passion, booking photoshoots with friends and family. In 2018, Emily decided to make it a small business called Em’s Photography. “Helping others create a picture that will last a lifetime makes me strive to do my best each and every day,” she says. Emily’s photography business covers a wide-range of events like weddings, charity events, senior photos, infants, engagements, creative photography, and all the things in-between. Emily can be found in front of the camera as well, modeling for other local photographers. She’s done modeling for a reptile business photoshoot, an uplifting woman’s movement, and a local clothing line. “You’ll never know your full potential if you don’t try. Get out there, be vulnerable and do your best. You’ll be rewarded one way or another in the end,” says Emily.



Meet Our Volunteer: Pat McCarthy

Pat McCarthy, Greensburg resident, has been volunteering since March of 2023. Pat utilizes her volunteer time to visit those on hospice and those who live at Redstone. She also assists with administrative tasks. Pat’s motivation for volunteering was to make a meaningful use of her time, in addition to having a background in her work. Pat really enjoys the connection she builds when talking to others, so this awards her a worthwhile opportunity. Pat wants future volunteers to know that volunteerism is rewarding. She says, “It makes you feel good about yourself.” In her time away from volunteering, Pat enjoys reading novels and is a member of the Book Club on campus. She also likes to travel and spend time with her family and Redstone community!

### MAKE THE SWITCH!

Make the switch to Redstone’s Phone Service. Some benefits to making the switch include no more dealing with large phone companies, the ability to keep your current phone number, no long-distance fees for calls within the continental US, direct billing to your Redstone Account, and no additional fees! This service is available for only \$25 a month. To make the switch, see your Housing Assistant. Usually, there is a \$100 fee to transition your current phone number to Redstone’s system. This fee will be waived for any residents making the switch before **October 1, 2023**.



### Humane Society of Westmoreland County Wrap-Up

Our Charity of Choice for August was the Humane Society of Westmoreland County. A Cutest Pet Contest was held on each campus, with all proceeds donated in the name of the winning pet from each campus to the HSWC. Photos were submitted by the pets’ humans and all were welcome to stop in the gift shop to vote on who they thought was the cutest pet. In total we raised \$1,305 in addition to a donated pet carrier! The winners were Goldie Lox with owner Carol Slonecker from North Huntingdon, Troy with owner Dorothy Srembo from Murrysville, and Cadie with owner Lisa Hainaut from Greensburg. Congratulations to our winners and thank you to everyone who voted and donated to this (fun)draiser!



### Redstone Support Group—Alzheimer’s Association

Build a support system with people who understand! Alzheimer’s Association support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to develop a support system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and about community resources. Join us on the 4th Thursday of every month (1 p.m.—2:15 p.m.) at our Murrysville campus for our support group. RSVP to Deb Nicolosi 724-832-8401 Ext. 3398 or [dnicolosi@redstone.org](mailto:dnicolosi@redstone.org).

**Redstone Highlands Murrysville**  
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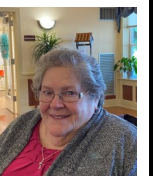
### Youth Healthcare Institute

Redstone’s Youth Healthcare Institute returned this August. This program allows youth in underserved schools to learn about various career opportunities in eldercare. This year, six youth joined us to meet with different departments at Redstone, connect with residents, and enjoy activities developed to enhance education. A participant from the older kids tier was awarded an internship through Redstone to be completed during the ‘23-’24 school year in preparation for a rewarding career in healthcare!

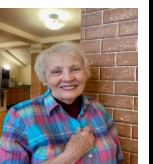


### Redstone Residents Selected for LeadingAge PA Art Exhibit

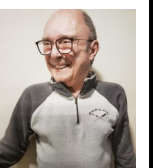
Recently, three members of our Redstone community were selected to showcase their artwork at the LeadingAge PA Ageless Art and Timeless Treasures Exhibition. The finalists were Mearl Saccamago and Jean Beaufort from North Huntingdon and Jay Lewis from Greensburg. Mearl, who submitted a drawing of her daughter’s cat rendered in white pencil on black paper, formerly owned a portrait painting business and feels pretty special to have been selected for the show. Mearl says to future aspiring artists, “Practice, practice, practice.” Jay’s submission took a 3-D form as acrylic painting on a ceramic statue of the Queen of Hearts [Alice in Wonderland]. Jay’s background in art goes back to his military days where he took oil painting classes offered by a Colonel. Throughout the years, he has continued his artistic hobby. “Just don’t stop. Keep doing what you like to do and eventually things will fall into place,” Jay says about following your passion. For Jean Beaufort, retired art teacher and artist, inspiration for her works can be found in so many places. Jean submitted her work of alcohol ink and pen on Yupo paper. Her piece depicts protea flowers turning into birds on their way to life in a beautiful new place, surrounded by friends and family. Jean says being selected truly just makes her happy. These pieces of art will be featured at the art exhibition and gala on Thursday, September 14, 2023 in Mechanicsburg, PA. Congratulations to the selected submissions from our Redstone community!



Mearl Saccamago



Jean Beaufort



Jay Lewis