

The Window

President’s Council | Mark Celigoi, CFO & VP of Finance

This is the time of the year when Redstone’s Finance team and Board wrestle with the cost increases that will need to be passed on to residents in the coming year. These discussions are never easy, and as a non-profit, Redstone remains committed to maintaining the most affordable price structures for the quality services that we provide. Current inflation rates make controlling costs extremely challenging, with overall inflation hovering at around 8% over the past year. Cost increases are being experienced by everyone who lives, breathes, and eats, and we are seeing these increases at Redstone, too. So far in 2023, food prices have increased overall by 5.8%, and food away from home (restaurants, etc.) has increased 7.1%. Some individual items have increased even more dramatically, like chicken at over 20% and margarine at a staggering 50%! Beyond food, workforce shortages have led to increases in wages in all industries, with the healthcare industry having particularly challenging increases. Prices for utilities have also increased with national averages for electricity rising 10% and natural gas over 25%. These increases create challenges for our employees, family members and of course, our residents who often must manage finances on a fixed income. Because of these significant levels of inflation, our financial advising firm, Ziegler, reports cost increases averaging just over 6% in senior living communities around the country for 2024, with the highest reported increase being a whopping 33%! At Redstone, we are happy to be able to say that good stewardship and planning has historically ensured that we are able to fall below the average percentage of increase. We anticipate that being the case as we look ahead to 2024, too. These times are historically challenging, but we want our residents to be assured that Redstone is always committed to providing a high quality of life and care at the most affordable price possible. We are grateful for your support as we continue to live out our mission.

2023 Highlands Fling Fall Ball & Bougie Bingo

We are extremely excited to celebrate the 2023 Highlands Fling Fall Ball and Bougie Bingo, and all of the things we have planned for the evening, with everyone! It is going to be a wonderful night of autumn allure, games, fall-inspired cuisine, raffles, auctions, music, dancing, drinks, and more. If you are unable to attend, don’t worry...we’re bringing the Fling 50/50 raffle to all campuses. From Wednesday, October 4th through Wednesday, October 18th, visit the gift shops during open hours to purchase 50/50 raffle tickets. Tickets will be sold 1/\$1, 6/\$5, or 25/\$20. All proceeds will benefit Benevolent Care at Redstone. The winning ticket will be pulled the night of the Fling on Saturday, October 21st. We will contact you if you are the winner. Please contact Alaina at (724) 832-8401 ext. 3307 or alfisher@redstone.org with any questions.



Residents are encouraged to attend our on-campus Bougie Bingo events!

- Murrysville: Friday, October 6 at 3:00 PM | Chapel
- North Huntingdon: Thursday, October 12 at 2:00 PM | Chapel
- Greensburg: Tuesday, October 10 at 2:00 PM | Chapel



Resident Spotlight: Richard Hill

Richard Hill, North Huntingdon resident, has dedicated his life to service and helping others. Richard began his professional career after graduating from Northwestern Law in 1965 and working as a staff attorney in a law firm. Richard eventually formed his own practice. He recalls he was at lunch one day when God had called him to consider going to seminary. It was in 1977 when he fully transitioned into his ministry path. Richard obtained his Master’s of Divinity and took off in a passion for serving others with God’s help. Richard served as Senior Pastor to churches in upstate New York, Northern Illinois, and Orange County, California. During his time in California, Richard joined his friend in a large Christian Fellowship in Anaheim where he served on the Board and as pastor-leader of a house church. It was also in California where Richard first got involved in the Kairos Prison Ministry. He describes it as part of a powerful spiritual renewal movement. After meeting his wife, who lived in Monroeville, Richard moved to Pennsylvania and became active in the Kairos Prison Ministry here. Richard and the team of Kairos volunteers served in SCI Greene and SCI Fayette, both maximum security prisons in the Pittsburgh area. Richard said the team’s effort with first time prisoners spans Thursday through Sunday, where volunteers sit at the tables with prisoners and offer the gospel through talks and table discussions. “It’s all about Jesus,” he says. Richard found this line of ministry most fulfilling, seeing the marked change in the men and the prison community and culture due to the team’s service as a true miracle. At 82, Richard now serves on the Advisory Council for SCI Fayette Kairos Prison Ministry as a Senior Advisor. Although he is no longer physically serving in the prisons, Richard is grateful in knowing that his work is still helping others grow in faith and service.

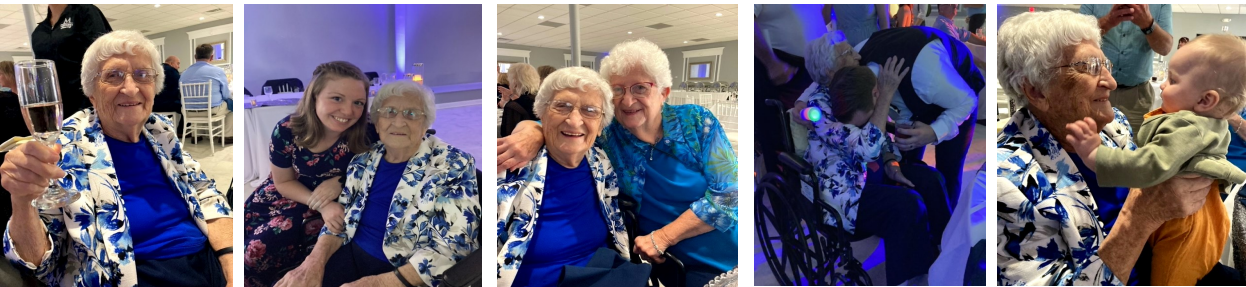
Alzheimer’s Association Wrap-Up

Our Redstone campuses lit up the night sky on September 21st and 26th with purple window candles. During the month of September, purple candles were available in exchange of a donation with all proceeds benefitting the Alzheimer’s Association. An amazing 93 candles were sponsored to be illuminated during our ceremonial services! In addition, Redstone also participated in the Walk to End Alzheimer’s at Twin Lakes on September 16, 2023 as #TeamDifferenceMakers with supporters donating in honor of a walker. As a community, we managed to raise a total of \$1,862 for the Alzheimer’s Association through sponsoring candles and support of the Walk to End Alzheimer’s. Thank you to everyone who showed support!



Hospice Team ‘Makes it Happen’

Another wish comes true thanks to our wonderful Hospice team at Redstone! Genny McConville was granted the opportunity to attend her grandson’s wedding. She was accompanied by hospice aide Laura Glisan. Genny got to enjoy an evening full of family, friends, dancing, and hearing Old Time Rock and Roll by Bob Seger! Genny says, “It was an amazing feeling. Laura and I had a great time!” The seat beside Genny was never empty as there was always someone coming to sit beside her! She says, “I got so many hugs and kisses it was unbelievable!” Genny was able to attend because of the Make It Happen Program through hospice. The program’s mission is to grant special wishes and to make memories for hospice recipients and their families. Genny and her family are incredibly grateful for this opportunity and the wonderful memories that were made!





Staff Spotlight: Stephanie Goga

Stephanie Goga has been at Redstone since 2022 as our Greensburg Executive Director/NHA. Recently, Stephanie has become part of LeadingAge PA’s Fellows in Leadership Program, a nine-month immersive program that focuses on effective leadership practices. Stephanie learned about the program through LeadingAge and, after seeing video testimonial of the prior fellowship class, decided to apply. Stephanie is looking forward to all of the information she will absorb to be impactful at Redstone. She says, “I think this entire experience and structure is going to be invaluable. It will be really great to network with people throughout the state and gain new perspectives.” Through the work completed in the program, Stephanie is most excited to learn more about emotional and cultural intelligence and is thankful to have been selected for this year’s class. “I truly mean it when I say I have the privilege of serving with THE best team (#TeamRedstone!) My hope is this program will equip me with more tools and self-growth to be a better partner to my team, colleagues, and our residents,” she says, “I wish to bring more perspective, innovation and creativity to our person-directed living platform that is Redstone.” Good luck on your journey, Stephanie!



Meet Our Volunteer: Ruth Manson

Ruth Manson, Greensburg resident and volunteer, is 96 years young and very active in the community! Ruth has been volunteering for Redstone@Home Hospice for the past 5 to 6 years. After retiring as a Deacon at 82 years old from Christ Church, Ruth would visit parishioners and the elderly to fulfill her Deacon ministry. In addition to volunteering through Hospice, she also leads a prayer group of anywhere between one to five people. Volunteering is meaningful to Ruth as she says it allows her to continue her diaconal ministry. Ruth says, “Stay active and do ministry things as long as you can. Make friends where you live.” When Ruth isn’t volunteering, she enjoys reading scripture, leading prayer group, visiting others on the Greensburg campus, and listening to audio books. Ruth enjoys preaching when she can in addition to enjoying her three children, four grandchildren, and six great grandchildren!

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 community. 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.



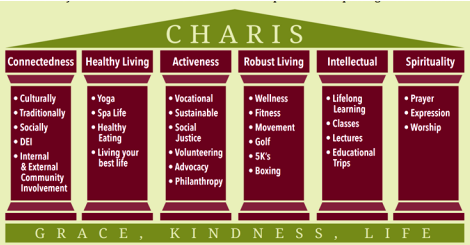
Dementia Friends of Pennsylvania

As a global social movement, Dementia Friends has the goal of changing the way people think, act and talk about dementia. This program is designed to engage individuals interested in improving the lives of people living with dementia by providing informal, no-cost, in-person, or live interactive virtual information sessions to the community led by Dementia Friends Champions. Redstone’s own Dementia Care Coordinator, Deb Nicolosi, has just been certified as a Dementia Friends Champion! Deb says, “Education is key. We have to have more compassion with people.” Just by attending an information session, and demonstrating making a positive difference in the lives of those with dementia, you too can be a Dementia Friend. Redstone will be holding information sessions for those seeking to become a Dementia Friend, with information to be released soon. If you are interested, or have any questions, please contact Deb Nicolosi at dnicolosi@redstone.org or 724-832-8401 ext. 3398.



CHARIS—Grace, Kindness, Life

CHARIS (pronounced keris) is a term derived from a Greek word meaning grace, kindness and life. Other derivatives of this word embody joy, good-will, and gratitude. When considering our aspirations for life at Redstone, we felt CHARIS embodied our organizational vision of being difference makers and world changers for one’s life plan, which is why we’ve chosen CHARIS to define the six pillars encompassing life at Redstone. We believe a healthy lifestyle supports lifelong growth and emotional resilience as we experience the changes that come with time. Continuing to engage in meaningful activities such as hobbies, volunteering or learning new skills provide a sense of fulfillment that transcends age. Maintaining strong relationships with family, friends and the community provides a support system for emotional and mental well-being. The art of graceful aging lies in our ability to accept and embrace the passing of time while nurturing our minds, bodies, and relationships. By adopting a positive mindset, prioritizing our health, cultivating emotional resilience, pursuing our passions, and nurturing connections, we can navigate the journey of aging with confidence and vitality. (Connectedness, Healthy Living, Activeness, Robust Living, Intellectual, Spirituality). Continuing to engage in meaningful activities such as hobbies, volunteering or learning new skills provide a sense of fulfillment that transcends age. Redstone has adopted six pillars that offer opportunities for residents to thrive. Watch out for CHARIS events on your resident calendar.



November Charity of Choice: Westmoreland County Food Bank

Give thanks for giving back! From November 6th through November 25th, we will collecting donations for the Westmoreland County Food Bank for our November Charity of Choice. Our theme this year is ‘ThankFULL Meals’ in hopes that we can fill tables in Westmoreland County with holiday meals as we collect canned-goods and non-perishable food items. We will be sending out flyers in the first week of November for items to donate. Items must be non-perishable, have the original manufacture's label, be free from obvious defect or contamination, and must NOT be expired. The campus who collects the most donations will win a special award which we will announce on the flyers. So, start collecting items to donate so that we can help families in Westmoreland County have a wonderful holiday season!

