

# The Window

## President's Council

This year's Highlands Fling was again a great success, raising over \$100,000! Thank you so very much to all of our donors, volunteers, and attendees for making this an amazing evening. A highlight of the evening was the announcement that Redstone's President and CEO John R. Dickson, IV would retire in July of 2025. John has served with Redstone since 2001, and has an exemplary 44 years of service in the aging service industry. Board Chair Mike Passalinqua noted, "The Board of Directors of Redstone Presbyterian Senior care is thankful to John for his visionary leadership of the organization and his tireless commitment to our residents." The enthusiasm grew even louder when it was also announced that upon John's retirement, current COO and Vice President Vicki Loucks, BSN/MSN would assume the position of President and CEO. Vicki has dedicated her thirty-year nursing career to Redstone, rising through the ranks from floor nurse, to nursing home administrator, to her current position of VP and COO which she has held since 2004. In announcing her promotion, John Dickson said, "I am happy to announce that Vicki Loucks, current Vice President & COO at Redstone will succeed me as President & CEO. Vicki is a capable and dedicated leader to continue the Mission of Redstone." Board Chair Passalinqua echoed John's enthusiasm for Loucks' appointment, saying, "We are excited to welcome Vicki Loucks as our new Chief Executive Officer and look forward to a bright future for Redstone under her guidance." We look forward to celebrating John's retirement and Vicki's leadership transition over the coming months with several special events.



## Holiday Love Trees

As the holiday season approaches, we are reminded of the profound impact generosity and compassion can have on our world, even in our little corner here at Redstone. Over the past year, the generosity of our donors has been instrumental in transforming lives. This support has been the driving force behind our mission. This holiday season, we invite you to join us once again in spreading joy, hope, and compassion. You may choose to designate your gift to Benevolent Care, employee support such as scholarships or the HOPE Program, campus capital improvement projects, or to areas of greatest need. Together, we can make a meaningful difference in the lives of countless residents and their families, along with the employees who give so generously of themselves here at Redstone. No contribution is too small, and every act of kindness has the power to make a difference. As is our tradition, each gift given between now and December 31st will be represented by an ornament on the Love Tree on the campus of your choice. To make a gift, scan the QR code or return your response card and gift to the front desk by December 31, 2024. On behalf of everyone at Redstone Presbyterian SeniorCare, thank you for your support, generosity, and compassion. We wish you and your loved ones a joyous holiday season filled with love, laughter, and moments of grace.



## Christmas Eve Chapel Services | December 24

Greensburg: 2:30p  
 Murrysville: 2:00p  
 North Huntingdon: 2:00p



## Resident New Year's Eve | December 31

Greensburg: 2:00p  
 Murrysville: 2:00p  
 North Huntingdon: 3:00p



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## GUESS HOW MANY!

Guess how many disco balls are filling the jar at the front desk on your campus, now through December 22nd! There will be two prize tiers to guess in. In exchange of a \$1 donation, you can make a guess for the winning prize of a \$10 Giant Eagle gift card. In exchange of a \$5 donation, you can make a guess for a winning prize of a black and gold Pittsburgh Yinzer tree just in time for the holidays. There will be two winners, determined by whoever gets the closest without going over. If multiple people guess the same/correct amount, we will draw at random for the winner. Good luck! Proceeds benefit the employee HOPE Program, benefitting teams members who are facing financial emergency due to a catastrophic event or hardship.



## AARP Gives Tips for Older Adults to Thrive During the Holidays

The holidays can be a busy time! Don't forget to take care of yourself and your health. Below are 6 tips from AARP to help.

- Nourish Your Body**—Find a good balance between indulgence and healthy eating. Be sure to get enough vegetables, fruit, grains, and protein in your meal in addition to eating what you love in moderation.
- Hydration Matters**—Adequate hydration is essential for sustaining energy, increasing alertness, facilitating digestion, and protecting brain health. Be sure to maintain your water intake to stay hydrated!
- Stay Active**—Staying active, especially during cold months, is crucial. Be sure to make time for exercise during the holidays. Also be sure to bundle up with layers to protect yourself and wear non-slip shoes to prevent falls.
- Relax and Recharge**—Prioritize self-care and effective stress management. Be sure to receive enough rest and schedule downtime with mindfulness and relaxation techniques.
- Mind Your Medications**—With the hustle and bustle of the holidays, remember to maintain your medication schedule. Utilizing a pillbox provides a good visual reminder.
- Protect Yourself**—Infections spread rapidly during the holidays. Be sure to protect yourself by keeping up with vaccinations, practicing hand hygiene, staying home while sick, and avoiding close contact with others who may be sick.



Santa came to town!

## Employee Spotlight: Jill Wolfe, Lifestyle Director

### What's your holiday tradition?

"Every year on Christmas Eve, we gather for The Feast of the Seven Fishes. We stuff our faces with everything from the sea, and there is always homemade fettuccini and spaghetti to go with it. Once dinner is done, we all sit down in a circle to play a card game they have played since the 80s...maybe longer! There are all kinds of presents on a table in the middle of the circle. Cards are passed out from a deck. Everyone usually gets about 3-4 cards. Once your card is pulled you pick a present from the table. The presents are goofy things such as toilet paper, a pack of pens, ect. The *real* prize is there are cash prizes hidden in several of the gifts! You can also steal other people's gifts once your card is pulled. That is when it gets competitive! When all of the cards are claimed, we open the gifts one by one to see who won the cash prizes...it's so fun! Our Christmas Day is pretty traditional. I wake up because I'm too excited to sleep! I make sure everything is turned on and there is Christmas music playing on the Alexa. Cinnamon rolls are put in the oven and hot chocolate is ready. About that time, I have made so much noise everyone gets up. We open up our gifts, eat our sweet breakfast, and usually find a Christmas movie to watch until it is time to go to Christmas dinner."



SCAN ME

## 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 campus, by scanning the QR code, or visit [www.surveymonkey.com/r/RPSDove](http://www.surveymonkey.com/r/RPSDove).

## Puzzle Pit Stop

Test your Christmas trivia knowledge!

### CHRISTMAS TRIVIA

Gingerbread houses are inspired by what fairy tale?

Hansel and Gretel

### CHRISTMAS TRIVIA

What are Frosty the Snowman's last words?

I'll be back someday

### CHRISTMAS TRIVIA

What famous Christmas song was Elvis most popular for?

Blue Christmas

### CHRISTMAS TRIVIA

In "The Night Before Christmas" where are the stockings hung?

By the chimney



Thank you to everyone who helped celebrate and support the 2024 Highlands Fling Boogie Wonderland!

