


The Window

President's Council

This month, President's Council is turning over this article space to the residents who are working on the Staff Appreciation Campaign. Regulations in senior living communities are very clear that residents cannot give gifts or gratuities to employees. Employees are taught not to accept gifts from residents as it might jeopardize their employment. Once a year, however, residents are permitted by state law to take up a collection to provide a gift to team members. Regulations further state that the gift must be divided evenly across all employees of the organization, exclusive of the senior officers. This is how the gift is distributed at Redstone. Letters have been sent to all IL and PC residents or their POA's asking for participation in this holiday gift campaign. Responses are requested no later than November 29th so that the residents can prepare for the gift distribution on December 13th. State laws do not permit soliciting gifts across all levels of care, but residents living in all levels of care and their families are welcome to make a gift if they so choose. If you did not receive the letter but would like to make a gift, you can drop your gift off at the housing assistant/receptionist on your campus. Please make checks payable to RRSAG (Redstone Residents Staff Appreciation Group) not Redstone, to ensure that your gift is used for the employees' holiday gifts. This gift is much appreciated by the employees who take good care of us 365 days a year. Thank you for your support!



Redstone Highlands is happy to carry on the tradition of the Wishing Well Program which was established in 2005. The Wishing Well Program is designed to fulfill wishes and create meaningful and memory-making experiences for our residents. Some of the wishes granted over the past year have been: A day at the Pittsburgh Zoo, a spa facial, a special lunch with family and a shopping spree, a trip to Phipps Conservatory Winter Garden & Light Show, and more. You can learn more about our Wishing Well program by scanning the QR code or visiting www.redstone.org/fundraising-events-projects.



Resident Spotlight: Don & Sara Belt, Greensburg



Don and Sara Belt, Greensburg residents, are advocates for the Alzheimer's Association and active participants in the fight to end Alzheimer's. In 2018, Sara was diagnosed with Early-onset Alzheimer's, being just 54 years old. The diagnosis came as a shock to Sara and Don. However, they made a promise to do everything they could to help in the fight against Alzheimer's together, courageously diving into research and also joining the Alzheimer's Association to play an active role. Right away, the Alzheimer's Association asked Sara to be a guest speaker at the annual Walk to End Alzheimer's. "There was probably about 150 people there [at the walk]...she had them all crying," says Don about Sara's moving first speech. After Sara was unable to continue to speak at the walks, Don stepped in, centering the conversation around updates on Sara and the importance of the fight. Sara has since been named an Elite Grand Champion for all of the fundraising and advocacy done for the Alzheimer's Association. Don describes Sara as an ambassador for Alzheimer's, as they step in with Congress and local government. With the help of Guy Reschenthaler and his office, they would push for continuing and completing research and legislation related to Alzheimer's. A highlight of their work is helping pass a special bill that focused on including minorities in medical trials for Alzheimer's. "They gave us really important objectives to accomplish," says Don, "And we did it." Sara, Carnegie Mellon University alumni and retired mathematics and Spanish teacher, is now using her story to teach others about Alzheimer's disease. Don describes Sara as a very positive person. "She is beating all of the odds because she is approaching the disease and all surrounding situations in a positive manner. She never says 'no'. That's why everyone loves her." When Sara walks into a space at Redstone, or is just walking the campus, she is greeted with so much positivity and warmth from others. "Its really good medicine for her," says Don. In addition to their advocacy, Sara has participated in four medical trials for Alzheimer's, with three out the four traveling to Cleveland, Ohio. She has also had three major articles written about her journey. With a strong family support network and God, Don says, "We feel like God has given Sara a number of miracles. He has facilitated a number of miracles and that makes it easier to make decisions. It's real easy to be humble. You appreciate every little thing."

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 November 15th and December 31st will be represented by an ornament on the Love Tree on the campus of your choice. 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.



Congratulations Vicki Loucks, Redstone Vice President & COO

Vicki is the recipient of this year's Athena Award. We are very grateful to have such an influential leader at Redstone. We are proud of the dedication and passion she brings to senior care, and more specifically to our community, each and every day. We hope you enjoy this video by the Westmoreland County Chamber of Commerce celebrating Vicki!



WQED History Documentary Series

The WQED History Series is coming to Redstone for residents to enjoy! The first viewing to hit campuses will be "Portraits for the Home Front: The Story of Elizabeth Black". This is a remarkable tale of Elizabeth Black, a promising Pittsburgh artist who left her art career to join American Red Cross efforts during World War II. During her efforts, Elizabeth sketched hundreds of military personnel throughout Europe and sent the portraits back to families all across America. Elizabeth's son shared her interesting story of the project and intriguing memorabilia with WQED, who is now sharing it with everyone. Please see the schedule below. We hope that you will join us for this exciting new series.

North Huntingdon: January 14
Greensburg: February 12

More series will be coming to Redstone in 2025!

Please check with your current activity calendar for specific times and locations.

Messages of Gratitude

We strive to be difference makers and world changers in one's life plan. That's why we like hearing back from you! Please scan the QR code to leave a message of gratitude to display on our bulletin board.



National Family Caregivers Month

National Family Caregivers Month, celebrated each November, is a time to celebrate, acknowledge and honor family caregivers. If you or someone you know is a family caregiver, there are plenty of resources for self-care and support available to you. Below are some tips from The Caregiver Action Network! To learn or explore more resources, scan the QR code or visit www.caregiveraction.org.

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Be open to new technologies that can help you care for your loved one.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Caregiving is hard work. Take respite breaks often.
8. Organize medical information so it is up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!



Caregiver Tips
 Learn more about the tips above by scanning here.



Family Caregiver Toolbox
 Find other resources to best fit your needs.



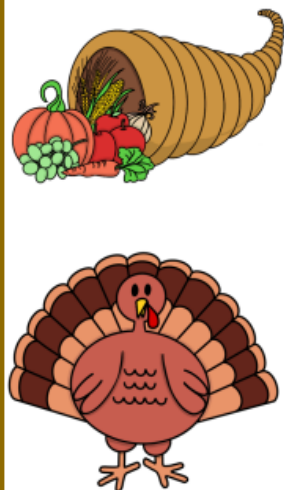
Faces of Caregiving Video
 Watch this inspiring video by The U.S. Administration for Community Living celebrating family caregivers!

Thanksgiving Boggled Puzzle

Boggled puzzles are very easy to play. You need to find as many 3 or more letter words as you can. You form words by starting anywhere on the grid and moving to adjoining letters. You can move horizontally, vertically and diagonally in any direction. Write down your words and score as follows:

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 5 points
- 8 or more letters = 6 points


Any Thanksgiving related words get double points! Why not challenge your friends?



D	A	M	U
I	K	P	P
D	N	N	I
R	I	E	R

My Points

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.

