

The Window

President's Council

For the first time in several years, it has actually felt like we have had a winter in Western Pennsylvania. In the month of January alone, our maintenance team provided snow removal services through 22 days! This winter will perhaps help us to enjoy and embrace the spring season that is just ahead of us. Many look forward to the return to Daylight Savings Time, warmer temperatures, and the beautiful flowers of spring. Spring is a season of newness, change, and life that is most welcome. Similarly, we are welcoming a season of change in our community lives here at Redstone. In the coming months, we will continue to prepare for the retirement of President and CEO, John R. Dickson, IV, and welcome Vicki Loucks to this position. There are celebrations to express our gratitude to John over the coming months, and you will soon hear about events on our campuses and in the public venue. In addition to this leadership transition, our Board of Directors is also experiencing change. Long time Board Member and community business woman Ann Pauly is retiring from her seat on Redstone's Board. We are very grateful for her many years of faithful service. We are happy to report that PA State Representative, Jill Cooper, has accepted an invitation to serve on Redstone's Board. Jill is a representative from the 55th district, which includes the Murrysville area. She is keenly interested in policies and programs that support older adults across our region, and we are thrilled to have her joining us. In any organization, change growth, and newness are welcome. Just like the coming season of Spring!



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Employee Spotlight: Cathy Pavlovic, Forefront

Every meal Cathy Pavlovic serves to residents of The Terrace Personal Care at North Huntingdon comes with a little something extra. But it's really no mystery ingredient. The love she lavishes is readily apparent and comes right back to Cathy from grateful families who appreciate the care and compassion extended to their loved ones. Previously honored with a trophy as Server of the Year, Cathy just received her sixth DOVE recognition. The latest **Distinction Of Visible Excellence** was penned a few weeks ago by a resident's daughter who observed Cathy's attentiveness, patience and perceptiveness in meeting the day-to-day challenges facing those with memory loss. "The note was worded beautifully, as she described watching me move from resident to resident and take time with everyone," she said. Having just concluded her 17th year as a dietary aide at Redstone, Cathy accepts such compliments humbly. "I love my job; I love my families, and while I appreciate the honor, I'm just being me. I don't really think I'm doing anything special." An exemplary work ethic means the former certified nursing assistant anticipates how things like winter storms can adversely impact staffing, and plans how she can help meet needs in the event of call offs. "Being present for our Terrace residents is really important. There's nowhere else I'd rather be." That's love, served with a smile.



20 Years of Service In Our Community: Sandy Kemerer & Joellen Youst, Coreworks

Congratulations to Sandy Kemerer and Joellen Youst on their milestone of 20 years of service at Redstone! Sandy and Joellen started housekeeping in the Redstone community two decades ago on March 14. As Sandy and Joellen reflect on their milestone, they say, "The past 20 years we have worked at Redstone has brought us happiness pleasing the residents and forming friendships with them. Our coworkers have also become our treasured friends." Thank you for your years of service of dedicated and compassionate care in our community!

Resident Spotlight: Barb Fitzmaurice, Greensburg



The first day of spring is right around the corner! Spring welcomes fresh buds and blossoms, a time where gardeners and nature enthusiasts yearn for being outside. Barb Fitzmaurice, Greensburg resident, enjoys taking care of the flowers and plants outside of the Veranda entrance. She says, "I just look at plants and think...you need attention and TLC." Growing up, Barb's father had a lively garden full of vegetables and other plants, the suggested starting point for her love of being outside and working with her hands. Barb says to aspiring gardeners, "I think the skill required for gardening is just a love to be out with the plants...someone can always help you do it." Barb says when she needs to learn something new, she gets advice from a fellow resident, who happens to be extremely knowledgeable about what different plants need to thrive. The flowers she helps take care of at Redstone are some of the same flowers she used to plant at her home, where she also grew an affinity for shrubbery. Barb most enjoys the summer, exclaiming that she can't get enough of the fresh air, sunshine, and warm weather. She even takes a walk each day, completing laps around the campus! In addition to gardening, Barb is also loves a good puzzle, was a teacher for 20 years at Mountain View Elementary School, and has been an avid golfer since she was 18 years old. Look for Barb outside ensuring that the plants have all of the love and nutrients they need to grow!

March Charity of Choice: Wishing Well Coin Drive



The Wishing Well Team will be holding a coin drive March 9th through March 22nd! Your spare change will help us create meaningful and memory-making experiences for our residents. Redstone Highlands is happy to carry on the tradition of the Wishing Well Program which was established in 2005. The campus that raises the most will win donuts for the entire campus! Some wishes that have been granted include lunch and a movie, book club gathering and lunch, facial spa day, and many more. Please donate all spare change to the collection jars located on all campuses.



Celebrate National Nutrition Month This March

“Food Connects Us” couldn’t be a more appropriate theme for this year’s observance of National Nutrition Month, as it’s the perfect link between the past and present for Deb Nicolosi, RD, LDN, CDP. With 25 years of experience as a dietitian, Deb is returning to her dietetic roots as new Clinical Nutrition Director with Forefront Dining Service, while using her recent role as Redstone’s Dementia Care Coordinator as a bridge to a better mealtime experience for everyone. “What’s at the heart of any celebration or family get-together – food! And it’s those favorite recipes, drawn from our heritage or our childhood that help to draw us closer,” explained Deb, adding “I feel like I won the lottery,” since her new position allows her to continue to serve the Redstone family while drawing on what she’s learned during her three years overseeing memory care. “My mom had Lewy body dementia so I know first-hand how a person’s relationship with food changes because of illness,” Deb explained. “I’ve also seen residents become animated at the mention of a particular food – like fried green tomatoes – that triggers a memory.” Deb also has been thinking about how little bites – a popular way to serve foods at social events – can take on greater significance at mealtimes, particularly in settings where a person’s understanding of how to use utensils is fading. “We all love finger foods,” she said. “When you no longer know what to do with a fork, or it’s difficult to use a knife, finger foods allow you to connect and enjoy something you might otherwise reject.” To mark National Nutrition Month, look for cooking demonstrations at each campus, and word search puzzle packets to whet your appetite!



Food Connects Us
2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

March is National Craft Month! This is a great time to get creative by trying to make new things, or even to share a DIY project or recipe with a friend. With Easter just around the corner, we found a fun DIY Natural Dye Easter Egg recipe that can be done with things found around the house! Feel free to cut along the dotted lines and save this project for next year, too.

Happy Crafting!




1. Pick one of the below and simmer with 2 cups water (covered) for 15 to 30 minutes
 2. Strain the liquid, separating the solids. Add 1 tablespoon distilled white vinegar to every 1 cup strained dye liquid.
 3. Soak hard-boiled eggs in the dye liquid and refrigerate. (2 cups of dye liquid will dye 6 eggs.)
 4. Dry the eggs and polish with a little oil to make them shine!
- 2 cups shredded beets for reddish pink on white eggs or maroon on brown eggs
 - 2 cups red onion skins for reddish orange on white eggs or red on brown eggs
 - 2 cups yellow onion skins for orange on white eggs or rusty red on brown eggs
 - 1/4 cup ground turmeric for yellow eggs
 - 2 cups chopped purple cabbage & 1/4 cup ground turmeric (two separate soaks) for green eggs
 - 2 cups chopped purple cabbage for blue on white eggs or green on brown eggs
 - 2 cups blueberries for blue eggs


Seeing GREEN! Try to guess the green items below, just in time for St. Patrick’s Day. How many riddles can you get right without peeking at the answers below?


1. It doesn’t grow on trees _____
2. A bird and a fruit _____
3. Bring me inside and light me up _____
4. Before I became guac _____
5. I’m round and two colors _____
6. Green outside, but red inside _____
7. My first 4 letters consist of 2 letters _____
8. Hurts if you touch me _____
9. May birthstone _____


1. Money
2. Kiwi!
3. Christmas Tree
4. Avocado
5. Globe
6. Watermelon
7. Cucumber
8. Cactus
9. Emerald


Mark Your Calendar


 **International Women’s Day**
Saturday, March 8, 2025

 **Daylight Savings Begins**
Sunday, March 9, 2025

 **Full Lunar Eclipse / Pi Day**
Friday, March 14, 2025

 **St. Patrick’s Day**
Monday, March 17, 2025

 **Certified Nurses Day**
Wednesday, March 19, 2025

 **Spring Equinox**
Thursday, March 20, 2025