

The Window

September 2026



A Message from Presidents Council

When fall is in the air we know that the Highlands Fling, our annual gala to raise funds for benevolent care at Redstone, isn't far away. This year will be our 24th annual gala and will again take place at Stratigos Event Center in North Huntingdon. The date is Saturday, November 14th. Social hour will begin at 5:30 pm and we will be seated for dinner at 6:30 pm. This year's theme is "A Winter Wonderland Ball," so we are hoping for good weather outside, to enhance the magic of our indoor wintry theme. Highlights will include live music during social hour, a fast and fun game of blizzard bingo for prizes and cash, raffles, auctions, games of chance, and so much more. There may even be some surprise visits from some familiar winter themed characters! We'll finish the night with dancing for those who are so inclined.

While the details of the event are important to us and we spend a lot of time planning décor, food, and fun, what is most important is the money that is raised for charitable care for residents in need through this gala. In the past few years we have raised over \$100,000 annually, while spending only 25 cents on the dollar to put on the event. That means that $\frac{3}{4}$ of what is raised goes straight to support the benevolent care promise at Redstone: the promise that residents will continue to have a home for life, even if their assets are depleted through no fault of their own.

If you are able, we hope that you will consider attending this fun event, and inviting your friends and family to join you. Residents, team members, and friends from the community are welcome! If there is enough interest, transportation will be provided from the campuses. Residents and team members will also have an opportunity to participate in the 50/50 raffle (which last year ended up with a winner's pot of over \$1,000!), participate in raffles and auctions through our online portal, and to participate in our make-a-basket program where you select a basket to build on your own, or provide financial backing for our team to create the basket. Residents on each campus will also be able to buy tickets for a special raffle basket containing prizes related to that campus. And of course, financial contributions are enthusiastically accepted. All of these efforts will help us to make sure that this is a successful Fling for Redstone! If you would like to register, offer a donation, or have questions feel free to call us at 724-832-8401 X 3378. We hope to see you in our winter wonderland on November 14th!

A Colorful Approach to Montessori & Memory Care

When the COVID-19 pandemic caused Redstone caregivers to turn inward for the health and safety of residents and staff, something beautiful emerged from the cocooning – a metamorphosis of sorts within Terrace memory care at the North Huntingdon and Murrysville campuses.

And just like butterflies that result from transformation, color abounds across the secure spaces to engage and inspire the residents of the 40 suites that comprise Terrace level living.

North Huntingdon Campus Director Nina Toomey recalled participating in the painting project and being delighted by the reaction of residents as they chose from a pre-determined palette of colors to define their home. "I loved seeing how proud everyone was to be part of the process. I learned that two residents had selected the very colors of the front doors at their homes before moving to Redstone. Another was excited because purple was her favorite color. And in the end, looking down the hallway, no

two doors were alike just like a neighborhood street." Framed photographs of the inhabitants also help to distinguish each person's suite, and although some of the occupants have changed over the past few years, the concept remains as vivid as originally intended – a manifestation of the Montessori concept of dementia care.

Dr. Maria Montessori, Italian physician and educator in the early 20th century, is credited with a concept of childhood learning based on the belief that children are naturally eager to learn and can develop fully in a supportive, prepared environment. It emphasizes independence, self-directed learning, and holistic development. The Montessori method for dementia care isn't all that different: Engage adults in familiar tasks and activities to reinforce memory and keep the mind active and alert. In both instances practices are guided by the core Montessori values of respect, dignity, and equality – or person-centered care, practiced across Redstone's continuum of care.

The Terrace program combines Dr. Montessori's philosophy of learning and living with Redstone's dementia care best practices in both personal care and skilled nursing settings.

It is not a technique, task or intervention. It's a way of living one's life to the fullest extent possible. That's why the living environment is an award-winning design with an architectural layout that includes open floor plan community areas, indoor and outdoor walking spaces, and spacious suites with large windows that allow natural light to fill the room.

Danielle Cribbs, Murrysville campus director, appreciates that Terrace residents have freedom coupled with security. Special codes allow residents and their guests to enter the fenced outdoor patio area, but return inside as they wish. She also appreciates that there are a few suites where a family member can continue to live with a loved one who needs Terrace level care to ease the transition. Choice is also important to Danielle who says

that allows Terrace residents to remain as independent as they can be. Whether it's choosing an activity like laundry folding in a room where there's a mural of a clothesline swaying with the breeze or selecting a snack or ordering from a menu, every aspect of Terrace promotes familiarity and individuality.

"When the public thinks memory care, they sadly envision a parking lot of wheelchairs in front of a television," added Danielle. "That's not a recipe for vibrant living regardless of age or infirmity."



Understanding Memory Loss: Support, Resources and Connection

Monthly groups facilitated by Christy Kremer, Health Navigator and Dementia Care Coordinator, offer safe spaces for people living with memory loss and their care partners to develop a support system, exchange information, share stories, and learn about community resources. The groups are under the auspices of the Alzheimer’s Association and open to the public, not just Redstone residents and their loved ones. Christy brings 25 years in social work and nursing home administration as well as personal experience loving family members who suffered from dementia.

Christy recalled how her grandparents manifested their memory loss differently. “My grandfather became pleasantly confused and remained at home; my grandmother gradually deteriorated and required care within a secure unit, finally passing in nursing care.” It is through this lens that Christy sees how she can help prepare people for changes in behaviors or assist in transitions from independence to higher levels of care. “Everyone progresses differently; having strategies to respond compassionately is critical to preserving relationships and dignity to the end.”

Christy sees that commitment lived out by the Redstone staff on a daily basis. “Our team members are kind, approachable, and exude a sense of calm in their body language which helps to diffuse potentially difficult situations. And the communication between levels of care and campus to campus helps to ensure continuity when transitions occur.”

To join a support group, RSVP to Christy at 724- 832-8401 ext. 2274.

Murrysville	North Huntingdon	Greensburg
3rd Thursday, 1:00pm to 2:00pm Second Floor Card Room	1st Wednesday, 3:00pm to 4:00pm Second Floor Activities Room	3rd Friday, 2:00pm to 3:00pm First Floor Chapel

From Bags to Beds: Crafting Comfort with Purpose

While some Redstone residents are collecting plastic bags that will one day be turned into an outdoor bench, others are helping to craft waterproof sleeping mats for use in homeless shelters. In both instances the practical reuse of something that would otherwise end up in a landfill offers a tangible way to care for the planet and its inhabitants.

The mat project is coordinated by Jan Grant, a retired Westmoreland Hospital obstetrics nurse, who is part of the Threads of Love group at Blessed Sacrament Cathedral as well as the Gifted Hands group in her home parish, St. Bartholomew in Crabtree. She had turned to the internet during the COVID pandemic to find new ideas to keep busy doing something useful when socialization was discouraged. The plastic bag mats caught her eye, but she has come to realize the number of plastic bags needed exceeds her time to prepare them. And she

knows it’s important for folks as they age to retain their fine motor skills and sense of purpose. That’s when she reached out to Redstone Greensburg hoping there would be willing hands to make lighter work of the plastic bag processing. It takes about 700 plastic bags to make a3x6-foot mat with two-inch straps and carry handle. Verana Lifestyle Coordinator Kelsey Pushwa talks up the opportunity during morning coffee to pique the interest of Independent Living residents looking for a new challenge. Jan drops by the Greensburg campus throughout the month to drop off bags and pick up the resultant balls of “plarn” – as the plastic yarn is called, and to offer instruction or encouragement to those interested in participating. Threads of Love is even listed on the monthly Veranda activities calendar so residents can craft together on bi-weekly Fridays in

the Arts n Crafts room – although it’s OK to work independently as one resident does while watching TV at night. Some folks are cutting strips of plastic; others are folding or looping, then rolling up plarn balls. There’s been so much interest that the crafters aren’t just processing raw materials for Jan; they are working on their own mat, thanks to the skills of Redstone crocheters who are handy with the appropriate large hook. Kelsey says that first mat could be completed in a couple months. Anyone can pitch in to keep the plarn coming. Just drop off gently used plastic bags at the front desk or in the designated spot in the Arts n Crafts room. Pink newspaper rain sleeves and green produce bags are especially welcome as they help to add color so the final product has some character to accompany the love.

- 1. Collect
Plastic bags are collected for reuse
- 2. Sort
Bags are sorted by color
- 3. Prepare
The bags are transformed into strips of plastic “yarn”
- 4. Weave
Strips are turned into durable, waterproof mats
- 5. Give
The completed mats will be used in homeless shelters



Volunteer Spotlight
Kelley Brautigam



Since beginning her volunteer journey at Redstone in January 2026, Kelley Brautigam has found a meaningful way to connect with residents through music, conversation and companionship. She visits hospice, memory care and other residents, often bringing her Yorkiepoo, Cleopatra, who recently completed her training for pet visits. “I don’t think anyone should have to face long stretches without meaningful human engagement,” she shares, “If I can sit with someone, play a few quiet songs, or let Cleopatra rest her head on a hand, and that makes even one moment feel less lonely, that is the most meaningful use of my time I can imagine.” A lifelong lover of music, she enjoys playing piano, singing and exploring other creative outlets. Her time at Redstone has also taught her that the simplest moments can make the biggest difference. Residents have taught her about resilience, humor, gratitude and the beauty of a full life. “You don’t need the perfect words or a special skill. The gift you give is simply showing up, again and again, and being truly present,” she says. For her, Redstone has become an important part of discovering what this new season of retirement looks like—and she looks forward to every visit, with Cleopatra by her side and plenty of companionship to share.

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 by visiting [surveymonkey.com/r/RPSDove](https://www.surveymonkey.com/r/RPSDove).

