

Community Connections

UPMC | SENIOR COMMUNITIES

Spring/Summer 2018

Visit us at UPMCSeniorCommunities.com,
or call 1-800-324-5523



UPMC Senior Communities

Succeeds with High Resident Satisfaction

Letter from the President



Mark Bondi

Dear Friends:

I am pleased to share that UPMC Senior Communities has grown again! Our most recent addition, Asbury Heights, expands our services into Mount Lebanon and the surrounding areas, particularly with skilled nursing and rehabilitation and dementia care. For over a century, Asbury Heights has been a trusted source of improving the lives of seniors through high-quality and compassionate care, as well as a source of comfort for their families. We are truly fortunate that the Asbury Heights board of directors chose UPMC Senior Communities as its partner, recognizing that both organizations have the welfare of seniors at the core of their missions. We are excited to welcome the employees, residents, and board members of Asbury Heights. Please take time to read the article to learn the history of Asbury Heights. We encourage you to consider this option for your family.

In addition to your introduction to Asbury Heights, you will find information on the advantages of selecting a UPMC Senior Communities facility with access to UPMC’s world-class health care. Senior Communities residents receive the benefits of many UPMC programs that come to the facilities and offer services right at their doorstep. Audiology, nursing, low-vision evaluations, and many other programs make the UPMC affiliation valuable to our residents.

Also, please take the opportunity to learn about our annual process to measure resident satisfaction and identify areas of opportunity to respond to our customers depicted on our cover. We measure resident satisfaction for all levels of care in order to meet and exceed our resident’s expectations. Not only do we measure ourselves against the UPMC Senior Communities scores year to year, we are also measured against national benchmark scores.

And finally, thank you to all the supporters of the Celebrating Senior Champions event in October 2017. This event directly supports the UPMC Senior Communities Benevolent Care Fund. This year we netted over \$158,000, the highest to date, helping to expand the fund to support even more residents in need. Please mark your calendars for the 10th Annual Celebrating Senior Champions event on October 18, 2018. Donations to this fund go a long way in allowing residents to age in place.

With your support, we are able to continue our mission to improve the lives of seniors through excellent programs specifically designed to meet their needs.

Sincerely,

Mark Bondi
President, UPMC Senior Communities

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America Recycles Day” at Vanadium Woods Village

Thinking and Acting Green

Spring is a natural time to “think green” about the environment, but at UPMC Senior Communities, thinking green happens all year long in ways that produce meaningful benefits for residents, staff, and the community at large. Vanadium Woods Village, our independent living community in Bridgeville, PA, is a great example of the ripples of good that come from awareness, collaboration and action related to being responsible to the environment.

David Ott is the Senior Communities representative to the UPMC system-wide Green Team and is a resident manager, along with his wife, Michelle, at Vanadium Woods Village. David expresses a long-held interest in environmental concerns and has been leading the efforts at Vanadium for the last four years. He explains that framing awareness and action in the context of how it impacts their children and grandchildren’s futures really resonates with residents.

Ongoing education about the impact of even the smallest changes, like where to place containers and what type to use, has changed people’s minds and habits, including those of residents, families, and staff alike, both at Vanadium and in their own homes.

Another successful strategy is to build resident activities that support the theme of “Recycle, Reuse, Repurpose.” Vanadium has had great success with such programs, citing campus-wide participation in “America Recycles Day,” the “Random Acts of Kindness” clothing drive, and recurring eyeglass collection campaigns.

“America Recycles Day” is a national movement that takes place in the fall. Vanadium’s Green Team goes door-to-door throughout the facility collecting recyclable and reusable items. Imagine a corps of red-white-and-blue clad Uncle-Sam-hat-wearing team members, with push carts, flatbeds, wheelbarrows and recycling

drums making their way throughout the building. David describes it as a “different kind of Halloween,” moving door to door to all 125 apartments, with residents doing their part proudly to keep America beautiful and sustainable.

On this day last fall, an estimated 500 pounds of recyclable and reusable materials was collected in a single hour, including plastics, clothing, shoes, eyeglasses, and paper. The bounty of reusable materials was split among charities such as “Planet Aid,” Goodwill, the Lions Club, and two local homeless shelters.

Vanadium was recognized recently at the Pennsylvania Resource Council-West’s 2018 Zero Waste Environmental Excellence Awards. But for David and Michelle, the greater satisfaction comes from engaging seniors in meaningful activities that enrich their lives and the lives of others, to the good of the planet.

Asbury Heights Joins UPMC Senior Communities



Asbury Heights, a continuum of care retirement community located on a 27-acre campus in Mt. Lebanon, PA, and home to over 400 older adults, joined UPMC Senior Communities last fall. For more than a century, Asbury Heights has cared for the older adults of Pittsburgh's South Hills while providing additional support and services to their families.

With much more competition in the area, and more complexity and increasing costs in the industry, Asbury decided to seek partnership with UPMC Senior Communities to ensure its legacy and goals for the future. "Knowing that Asbury Heights undertook a national and a local search for a larger and stronger

partner, we were pleased to have been chosen by Asbury's Board of Directors," says Mark Bondi, President of UPMC Senior Communities.

This affiliation enhances a long-time partnership between Asbury and UPMC. For over 20 years, Asbury has trusted in the geriatricians and medical team of UPMC Senior Care-Benedum Geriatric Center. Asbury's residents have also been benefiting from other collaborations in the UPMC network including pharmacy, X-ray, home health and more.

Asbury's story began in 1908 when Samuel Hamilton willed \$25,000 to what is now The United Methodist Church to establish a home for older

adults. Mr. Hamilton's desire was to honor his wife, Frances Campbell Hamilton, who devoted her life to the mission of helping all people. She once said "Anyone can love a child. It is the aged that are neglected."

A three-story brick home in Dravosburg, PA was purchased in 1908 and remodeled to accommodate 18 older adults. By the 1920s, Asbury had outgrown its Dravosburg location and purchased land in Mt. Lebanon where it would eventually expand its services to encompass independent living, personal care, skilled nursing and memory support. Today, Asbury's seven main buildings connect these services under one roof.

In 1997, Asbury Place, a secure, one-story building designed for residents with memory impairments, opened its doors. This personal care residence contains 42 beds and features various outdoor amenities including a backyard with a network of wandering paths. Residents receive person-centered care while activities are tailored to residents' interests and abilities.

Opening its doors in 2001, Asbury Villas consists of 77 units and is the newest building on campus, offering personal care services to its residents. Guests are greeted to the long, covered front porch - a favorite destination among residents. The Villas is a very social community with



Asbury residents Sally Hughes and Mary Ann Evans

a diverse calendar of activities and areas for recreational opportunity. These areas include an open-concept library and a country kitchen on the second floor.

One thing that makes Asbury unique is The Embassy of Asbury Heights, a six-story, 34-unit luxury independent apartment building located a mile from the main campus. Each

apartment is spacious and well appointed with a variety of five different floor plans. There is underground parking complete with valet service. The Embassy provides 24-hour security and concierge services in addition to a daily continental breakfast. There is also a secluded outdoor patio for residents to enjoy with friends. Residents can enjoy peace of mind knowing they have access to world-class care when they need it.

Another one of Asbury's major benefits is the Willow Community located within the seven main buildings. Willow is a secure, skilled memory support community with 51 beds. Residents of the Willow

Community engage in a variety of tactile activities and therapeutic programs in a home-like environment, ensuring a sense of security, belonging and well-being.

All Asbury residents will still have the opportunity to consult with board-certified, fellowship-trained geriatricians from UPMC Senior Care-Benedum Geriatric Center. These geriatricians, along with various other specialists including a podiatrist, audiologist and dentist, regularly visit residents in the Health & Wellness Center.

Executive Director Roger Davis Jr. has been appointed to help Asbury implement the policies and practices of UPMC Senior Communities. One

of Roger's previous roles included an administrator position within the UPMC network. His previous experience with the organization will be beneficial as Asbury begins to adopt UPMC systems and take advantage of additional resources throughout 2018 and beyond. "I'm familiar with Asbury's great reputation for high quality care," Roger says. "And I'm honored to help write the next chapter of Asbury's history."

During the months ahead, Roger and Asbury's Leadership Team will develop a timeline of upgrades and renovations that will take place throughout the campus. With the support of UPMC Senior Communities, residents of Asbury Heights will continue to receive outstanding care and full amenities for decades to come.



Hamilton House kitchen, circa 1928

Asbury resident Lillian Piluso enjoys cooking



UPMC Outpatient Center in Hampton

A Friendly Neighbor for Hampton Fields Village



The residents of Hampton Fields Village recently welcomed a new neighbor to the area - the UPMC Outpatient Center in Hampton. The Center, a first-of-its-kind facility in the region to deliver coordinated primary health care for children and adults, provides a wide range of services in a centralized location.

Services available at the Center include diabetes education, behavioral health care, UPMC Centers for Rehab Services, radiology (including X-ray and general ultrasound), a primary care walk-in center and behavioral health care. Patients can also receive bloodwork from Quest Diagnostics™ by walk-in or appointment.

This new outpatient center brings world-class care closer to home for

the residents of Hampton Fields Village. As soon as the Center opened its doors, residents were taking advantage of the urgent care office, rehabilitation center and several medical groups now at their doorstep. "It's so easy and convenient - they have everything right there," says Mary Lou Fischer, resident of Hampton Fields Village.

Residents are taking comfort knowing they can receive all the medical help they need without traveling to the city. In fact, over 20 residents have already switched their primary care providers to one of the groups available at the Center with over a dozen others considering it in the near future. It goes without saying that having the UPMC Outpatient Center in Hampton right next door is convenient, coupled with access to

the clinical and administrative expertise of UPMC St. Margaret and UPMC Passavant makes living at Hampton Fields Village the total package.

Now that several medical groups are in one, centralized location, more people are coming to the area and seeing Hampton Fields Village in a new way - or even for the first time - before or after their treatments next door. "The Outpatient Center has really opened peoples' eyes to Hampton Fields Village," says Kristen Madden, Sr. Sales/Marketing Consultant. "Over the last few months, we've received a lot more calls and requests for tours."

UPMC Senior Services Honors Those That Champion for Senior Causes



Master of Ceremonies Rick Sebak

Three extraordinary individuals and organizations were celebrated in front of a sell-out crowd at the 9th Annual Celebrating Senior Champions Dinner on Thursday, October 19, 2017. Honors were bestowed upon each for their dedication to bringing

world-class senior services to Pittsburgh and beyond.

Arthur S. Levine, M.D., senior vice chancellor for the health sciences and John and Gertrude Petersen Dean of Medicine at the University of Pittsburgh School of Medicine, was presented the highest honor, the 2017 Grand Champion award. "Dr. Levine is a true stakeholder in our success. Through his advocacy, the University of Pittsburgh incorporated aging into the health science curriculum and research, allowing Pitt to study topics such as genomic instability and oxidative

stress to ultimately improve the lives of seniors in western Pennsylvania and nationally," said Deborah Brodine, president of UPMC Community Provider Services. "UPMC Senior Services is exceptionally proud to recognize him for such exemplary work on behalf of the seniors in western Pennsylvania."

The **Jewish Healthcare Foundation (JHF)** received the 2017 Community Champion award. Karen Wolk Feinstein, Ph.D., President and CEO of the JHF, accepted the award on behalf of the organization. The JHF strives to improve well-being of seniors by providing training programs for front-line workers who serve older adults. The foundation works to maximize older adults' independence and safety by strengthening services related to transportation and housing, exercise and recreation, geriatric friendly health care, nutrition and caregiver supports.

Eric G. Rodriguez, M.D., was honored as the 2017 Caregiver Champion. Rodriguez has worked in the UPMC Division of Geriatrics for over 30 years and currently serves as a medical director for the UPMC Living-at-Home/Staying At Home programs which support seniors in

their desire to age in place. As a Care Management Medical Director for UPMC Presbyterian and UPMC Shadyside, he advocates for patients, families and the entire multi-disciplinary care team, ensuring that patients are managed safely and efficiently across the continuum of care.

The signature event, held at the Omni William Penn, supports UPMC Senior Communities Benevolent Care Fund. Annually, more than \$10 million in uncompensated care and charitable relief is provided to residents who have outlived their financial resources.



2017 Honorees Arthur Levine, M.D., Karen Wolk Feinstein from the Jewish Healthcare Foundation, and Eric Rodriguez, M.D.



Dinner with Rocky Bleier supports the UPMC Senior Communities Benevolent Care Fund

Doreen Diesel, administrator at UPMC Strabane Woods, was the lucky winner of a silent auction package at the Celebrating Senior Champions Dinner. Diesel and her five invited guests were entertained by four-time Pittsburgh Steelers Super Bowl champion Rocky Bleier as part of a Chef's Table dinner party at ELEVEN, an elegant Strip District restaurant. Diesel, who is a huge Steelers fan, said the evening was something she will never forget. "Rocky made us feel like we were all family, sitting around our dining room table sharing stories." For Doreen, the highlight of the evening was modeling Bleier's four Super Bowl rings.

The restaurant donated the entire dinner so that 100% of the proceeds would be directed to the Benevolent Care Fund. To contribute to the fund, please contact Debra Panei, Director of Development, at 412-864-3524 or PaneiD@UPMC.edu.

SAVE-THE-DATE

- ★ 10th Annual Celebrating Senior Champions Dinner and Auction
- ★ Thursday, October 18, 2018
- ★ Omni William Penn Hotel

UPMC Services Support Senior Communities Residents



HearCARE communication facilitator Liz Dervin with UPMC Senior Communities resident Marie McCallen

UPMC is taking a leadership role in creating breakthrough products and services for seniors designed to improve overall health and quality of life. UPMC Senior Communities, as part of the larger UPMC family, benefits from the cutting-edge services and initiatives specifically designed to improve the lives of seniors:

HearCARE is a UPMC initiative dedicated to providing communication assistance for those with hearing loss

in senior facilities. Hearing loss is the third most common health condition among older adults with 60% of individuals over the age of 65 having hearing loss and only 18% of them using personal hearing aids. Untreated hearing loss is associated with increased falls, medical adverse events, hospitalization, social isolation, and depression.

Liz Dervin is HearCARE's communication facilitator at Cumberland Crossing Manor and

she is enthusiastic about providing her help, skills and resources to residents coping with hearing loss. "Good communication is such an important component of enjoying life, and I am dedicated to providing my time and efforts to improve the hearing health of residents. I can educate them on the proper use of hearing devices, provide amplified TV and telephone assistance, check hearing aids for proper functioning, replace batteries, clean the devices, and much more," describes Dervin.

The HearCARE program does not replace an audiologist who can perform diagnostic hearing tests and hearing aid programming; rather it allows a resident the convenience of a trained facilitator conveniently located on-site who is dedicated to assisting with hearing and communications needs.

Marie McCallen, a beneficiary of the service, says, "I am so fortunate to have a professional with this expertise. I've learned there are so many unique ways to improve my hearing."

Currently, HearCARE is available at Cumberland Crossing with a goal to expand the program throughout UPMC Senior Communities. "HearCARE aims to maximize communication for residents through improved hearing and thereby promote better social engagement and enjoyment of life," said Dervin.

Rx Partners, Inc., another UPMC service, is a leading provider of geriatric pharmacy services and is the pharmaceutical supplier for UPMC's skilled nursing facilities. Additionally, Rx Partners is an option for residents in UPMC's assisted, personal care, and independent living facilities. "Our business is built on respect and trust and our highest commitment to provide quality pharmaceutical care," said Paula Carlock, chief operating officer of Rx Partners.

Seniors are the largest group in the U.S. who take medications, and an estimated 13.3 million seniors take eight or more medications daily. It's simply a good health practice to continually review medication use with your doctor

and trust a professional pharmacy to provide them.

Rx Partners uses experienced staff, pharmacists, and nurses to offer quality medications, competitive pricing, free delivery to your residence, easy automatic refills and emergency services 24 hours a day, 7 days a week. "Our success at Rx Partners is based on best practices, superior clinical services and providing the highest level of customer service," explains Carlock.

Low Vision Rehabilitation, an initiative launched by **UPMC Centers for Rehab Services**, is committed to providing

support, resources, evaluation and therapy to residents experiencing low vision. Low vision is any vision loss that cannot be corrected with the use of glasses, contact lenses, or eye surgery.

Do you have difficulty reading, recognizing faces, seeing the television, writing a check, using electronic devices, shopping, cooking, and stepping off curbs—even while wearing your glasses? Then you may be experiencing low vision impairment. "There is help available for those with low vision and there is so much we can do," said Holly

Continued on page 12



Senior Communities resident Ruth Schomer with UPMC Home Healthcare nurse Pam Hughes

Ask the Nurse

Sandy Gilmore, R.N., M.S.
Lead Geriatric Nurse,
UPMC Living at Home



Sandy Gilmore is a nurse who provides outreach services to independent living residents at UPMC Senior Communities as part of the **UPMC Living at Home** program.

"I have such energy and passion for nursing and truly love being on-site to help residents in any way possible. I've been a nurse for 36 years and I'm proud to say that I have spent my entire nursing career with UPMC," Gilmore said.

Gilmore visits residents as part of a regularly scheduled event called "Ask the Nurse" when residents may consult with her about health-related matters. Residents enjoy the advantage of meeting with Gilmore in the comfort of their own community and discussing their health in a relaxed and friendly manner outside of a doctor's office or hospital setting. "My main role is to educate and give personal time with residents to address their overall health concerns," describes Gilmore.

"I can answer questions and calm fears about upcoming medical tests, explain why a certain diet has been prescribed for them, provide tips for better managing illness and discuss other health problems they may not even feel comfortable discussing with their doctor. We can talk about their medications and I may refer them for medication management help if needed. I have a wealth of resources that I can provide to help residents get the appropriate medical help to enrich their lives," said Gilmore. She estimates that she's given over 600 flu shots so far this season and often checks blood pressure for residents too.

Unlike traditional nursing, Gilmore sees some of the same people over and over again and has the opportunity to build a trusting relationship with them. She likes to make learning fun and occasionally engages residents in a game of Diabetes Bingo. Gilmore said, "If I have touched or taught someone even in a small way, I know I have done my job well."

Stants, MS, OTR/L, senior occupational therapist/UPMC low vision rehabilitation.

"We offer an informative presentation followed by a short questionnaire and functional vision screening to determine the specific type of help that may be needed. We can provide the resident with a plan to improve reading, tips to prevent falls, larger medication instructions, assistance with TV and device magnification and more.

When needed, we recommend the resident visit their vision care provider for referral for occupational therapy for low vision rehabilitation," describes Stants.

The Low Vision Rehabilitation program is currently offered at Sherwood Oaks and the Seneca campus with an overall goal to improve all residents' remaining vision so they gain more independence and can more easily enjoy meaningful daily activities.

UPMC Home Healthcare, another UPMC service available to UPMC Senior Communities residents, provides continued care to aid with a patient's recovery after injury, illness or surgery—right in the comfort of their home.

"Improvements in technology and medical advances are allowing people to leave the hospital sooner and continue their care at home where they are most comfortable," said Lynn Setar, vice president, business

development and client relations for UPMC Home Healthcare. "We have a team of home health professionals who will bring specialized nursing services, physical therapy, occupational therapy and speech therapy right to your door."

UPMC Home Healthcare works under the direction of the patient's physician to provide the needed health services. Home Healthcare services are covered by most insurance plans and some services are Medicare eligible.

At Cumberland Crossing Manor, the UPMC Senior Communities assisted living facility on the UPMC Passavant campus, nurse Pam Hughes has known resident Ruth Schomer for more than four years and has followed her through a variety of health conditions along the course of healing. Says Ruth, "Pam is just so good at what she does. I am glad she is a part of my life."

Home healthcare is provided by licensed professionals and covers a

wide range including therapies for joint replacement, stroke recovery, care for chronic conditions such as diabetes, cancer, heart and lung disease as well as addressing social and behavioral health needs and much more.

UPMC Home Healthcare services are available to all UPMC Senior Community residents and to anyone whose physician sanctions continued care to be delivered to the home.

Resident Satisfaction is the Key to Success at UPMC Senior Communities

Keeping residents satisfied, safe, and sound is at the core of the UPMC Senior Communities mission. In 2008, UPMC Seniors Communities engaged the services of Holleran, a national company that conducts community engagement research. Holleran has over 312 senior organizations in 38 states using their services to assess resident satisfaction. They have been conducting research since 1992, resulting in a reliable database of research by which UPMC Senior Communities results are compared. This database provides a national benchmark for UPMC Senior Communities to compare scores and identify opportunities for continued improvements.

Every fall, UPMC Senior Communities begins the process of assessing resident satisfaction for every level of care. Independent living, personal care, assisted living, skilled nursing and rehabilitation, and memory care residents participate using surveys designed to reflect their environment. Family members are encouraged to assist with completing the survey in order to have as many residents represented as possible. By early December, all completed surveys are returned anonymously directly to

Holleran to begin tabulating the results that help direct the process improvement activities for each facility for the following twelve months. UPMC Senior Communities prides itself on having high participation by its residents; this includes 88.1% in independent living, compared to the national benchmark of 78.1% participation.

In January, each facility begins the process of reviewing the results and developing an action plan that identifies the steps and timeline that will be followed to target the opportunities for improvement identified by the research. Additionally, the facilities that received exceptional scores exceeding the 90th percentile and are significantly above the National Benchmark are acknowledged and receive certificates, displayed proudly to show the high resident satisfaction scores achieved. Managers and administrators take this process very seriously and rely on the survey results to help them to better understand and respond to their resident's needs. The managers and administrators implement creative ways to encourage participation such as Holleran Kick-off parties; here residents receive cookies for attending

and subsequently are entered in drawings for free dinners when they complete the survey. Facilities that provide higher levels of care offer volunteer support in completing the surveys for residents who may be compromised. Family members are always encouraged to participate and help their family member complete the survey in order to address opportunities to improve at every level of care.

In 2017, several facilities received exceptional scores and were acknowledged. Vanadium Woods Village, an independent living facility

of UPMC Senior Communities in Bridgeville, Pennsylvania, was one of several facilities achieving scores that exceeded the 90th percentile. From scores for management team, daily living activities, resident engagement, building appearance, and housekeeping and dining services, Vanadium Woods was definitely a stand out. Dave and Michelle Ott, managers of Vanadium Woods Village, when asked about the success, responded, "Our employees and residents are a family. We truly feel blessed to work with this team who all rally to help make Vanadium Woods the best environment to work and live."

Another facility that achieved many scores exceeding the 90th percentile and significantly above the National Benchmark was Seneca Place, a skilled nursing and rehabilitation of UPMC Senior Communities in Verona. From the variety of menu selection, to resident activities, therapy services, and the appeal of the resident rooms and common areas, Seneca Place knocked it out of the park. Mark Skelly, regional director of skilled nursing and rehabilitation for UPMC Senior Communities, and on-site administrator of Seneca Place, stated, "Over the past several years we have done extensive renovations and program development. The staff has worked very hard to implement

the changes, and the results really show in this year's Holleran results. We couldn't be prouder of Seneca Place and everything that has been accomplished by an outstanding staff."

It looks like the residents at both Vanadium Woods Village and Seneca Place share the sentiments of Dave and Michelle Ott and Mark Skelly. Meeting and exceeding the needs of the more than 2,900 residents served daily at UPMC Senior Communities facilities is a daunting task. None the less, the process used to quantify residents' satisfaction appears to be paying off by providing direction that achieves meaningful results.



What's Happening

Check out these events at
UPMC Senior Communities

All events are free and open to the public! For a complete listing of events, visit UPMCSeniorCommunities.com.

ASBURY HEIGHTS
Mt. Lebanon, 412-341-1030

- May 8, 1:00 p.m.**
Strange Encounters of Pennsylvania with Stan Gordon
- May 21, 2:00 p.m.**
Cahal Dunne, Ireland's Happy Man!
- June 7, 1:00 p.m.**
Operation Neptune
- June 21, 6:00 p.m.**
Judi Figel
- July 9, 1:00 p.m.**
Pittsburgh Strip District
- July 31, 6:00 p.m.**
Etta Cox
- August 14, 6:00 p.m.**
River City Brass Band



- August 20, 1:00 p.m.**
Comedy Show with Randy Riggle
- September 10, 2:00 p.m.**
Veteran Benefits Seminar by Operation Veteran Benefits
- September 25, 6:00 p.m.**
The Drewsmen

BEATTY POINTE VILLAGE
Monroeville, 412-374-9000

- May 2, 2:30 p.m.**
Pigeon Heroes
- May 16, 2:30 p.m.**
A Tribute to the Hits of the '50s and '60s

- June 6, 2:30 p.m.**
Cahal Dunne, Ireland's Happy Man!
- June 19, 2:00 p.m.**
Healing and Non-healing Wounds: Know the Difference
- July 11, 7:00 p.m.**
Elvis Tribute
- July 25, 2:30 p.m.**
Kennywood, a Century of Change



- August 1, 2:30 p.m.**
The Drewsman
- August 15, 2:30 p.m.**
Battle of Gettysburg
- September 12, 2:30 p.m.**
Neil Diamond Tribute

HAMPTON FIELDS VILLAGE
Allison Park, 412-492-8448

- May 10, 2:30 p.m.**
Judi Figel and David Crisci
- May 24, 2:30 p.m.**
Dunkirk: Those Who Made the Miracle
- June 14, 2:30 p.m.**
Etta Cox
- June 28, 2:30 p.m.**
American Revolution in Western PA
- July 10, 2:30 p.m.**
Elvis Tribute
- July 26, 2:30 p.m.**
Abraham Lincoln Seminar
- August 9, 2:30 p.m.**
Bad Guys

- August 23, 2:30 p.m.**
Festival Opera
- September 13, 2:30 p.m.**
Medicare 101 Seminar
- September 27, 2:30 p.m.**
The Drewsmen

LIGHTHOUSE POINTE VILLAGE
AT CHAPEL HARBOR
Fox Chapel, 412-781-2707

- May 8, 2:30 p.m.**
American Revolution in Western PA
- May 14, 2:30 p.m.**
A Tribute to the Hits of the '50s and '60s
- June 5, 2:30 p.m.**
Cahal Dunne, Ireland's Happy Man!
- June 26, 2:30 p.m.**
Dunkirk: Those Who Made the Miracle
- July 11, 2:30 p.m.**
Elvis Tribute
- July 24, 2:30 p.m.**
Abraham Lincoln Seminar



- August 7, 2:30 p.m.**
Pittsburgh Festival Opera
- August 21, 2:30 p.m.**
Bad Guys
- September 11, 2:30 p.m.**
The Drewsmen
- September 25, 2:30 p.m.**
Medicare 101 Seminar

SENECA HILLS VILLAGE
Penn Hills, 412-793-1700

- May 17, 3:00 p.m.**
The Drewsmen
- May 24, 3:00 p.m.**
Storke Awareness Seminar
- June 7, 3:00 p.m.**
Cahal Dunne, Ireland's Happy Man!
- June 28, 3:00 p.m.**
Immaculate Reflections by Pittsburgh Author, Jim O'Brien
- July 12, 3:00 p.m.**
Elvis Tribute
- July 26, 3:00 p.m.**
Pigeon Heroes
- August 2, 3:00 p.m.**
Etta Cox
- August 16, 3:00 p.m.**
River City Brass Trio
- September 13, 3:00 p.m.**
Liz Calfo
- September 27, 3:00 p.m.**
Fraud Prevention Seminar by Brian Catale

SHERWOOD OAKS
Cranberry Township, 724-776-8100

- May 16, 2:00 p.m.**
Open House
- May 23, 2:00 p.m.**
Ulysess Grant
- June 13, 11:30 a.m.**
Four-Course Conversation
- June 26, 2:00 p.m.**
Kennywood, a Century of Change
- July 10, 11:00 a.m.**
Lunch and Learn Seminar on Lifecare
- July 24, 2:00 p.m.**
Chris Denem as Neil Diamond
- August 10, 2:00 p.m.**
Banjo Club
- August 21, 2:00 p.m.**
Heinz History Center

- September 10, 10 a.m.**
Moving Seminar
- September 25, 11:30 a.m.**
Four-Course Conversation

STRABANE TRAILS VILLAGE
Washington, 724-225-4100

- May 1, 2:30 p.m.**
Fraud Prevention Seminar by Brian Catale
- May 11, 2:30 p.m.**
The Many Songs of Frank Sinatra, Performed by Bo Wagner
- June 8, 2:30 p.m.**
Cahal Dunne, Ireland's Happy Man!
- June 19, 2:30 p.m.**
Handwriting Analysis
- July 9, 2:30 p.m.**
Elvis Tribute
- July 31, 2:30 p.m.**
Kennywood
- August 14, 2:30 p.m.**
Franklin Delano Roosevelt - Commander in Chief
Winning the War and Losing the Peace
Presented by Gary Augustine
- August 24, 2:30 p.m.**
Fabulous Gemtones



- September 9, 1:30-4:30 p.m.**
Lawn Festival
- September 25, 2:30pm**
Comedian Randy Riggle

VANADIUM WOODS VILLAGE
Bridgeville, 412-221-2900

- May 15, 2:30 p.m.**
A Tribute to the Hits of the '50s and '60s
- May 31, 2:30 p.m.**
It's a Hockey Night in Pittsburgh



- June 14, 2:30 p.m.**
Cahal Dunne, Ireland's Happy Man!
- June 25, 2:30 p.m.**
Keckburg UFO Crash with Stan Gordon
- July 13, 2:30 p.m.**
Elvis Tribute
- July 25, 2:30 p.m.**
Veteran Benefits Seminar by Operation Veteran Benefits



- August 7, 2:30 p.m.**
Judi Figel
- August 23, 2:30 p.m.**
First Ladies of Western PA
- September 6, 2:30 p.m.**
Country Music Icons
- September 27, 2:30 p.m.**
Dunkirk: Those Who Made the Miracle

The Legacy Lineup



Mark your calendars and join us for these outstanding productions, a great mix of new acts and returning favorites!

Take advantage of great discounts when you buy more than one show. To order tickets, call Ticketfly at **1-877-987-6487, Monday through Saturday 10 a.m. to 9 p.m. and Sunday 1 p.m. to 9 p.m.**

Tickets can also be purchased online at **TheLegacyLineup.com**.

Saturday, April 14, 2018 – 7:30 p.m.

THE JERSEY SEASONS – FRANKIE VALLI AND THE FOUR SEASONS TRIBUTE CONCERT

NEW IN 2018!

The Jersey Seasons are the epitome of the original Frankie Valli and the Four Seasons shows. This tribute concert is reminiscent of the early '60s with the instrumental and vocal harmony that is exactly to the specifics of the original, not to mention the uncanny vocal range and style of Gavan Rousseau, the star of the show!



Saturday, May 19, 2018 –

2 and 7:30 p.m. NIGHT FEVER – BEE GEES TRIBUTE

NEW IN 2018!

FIRST TIME APPEARANCE AT THE LEGACY! Night Fever is the world's largest production of the Bee Gees in the world. This all-Canadian cast from Toronto, Ontario will take you back in time to one of the greatest bands in pop history. The group has been touring for the past ten years from Disneyland to Russia, recreating the look and sound of the Bee Gees. Capturing a full history of the Bee Gees, audiences enjoy favorites such as "To Love Somebody," "More Than A Woman," "Night Fever," "You Should Be Dancing," and "Stayin' Alive."



Saturday, June 9, 2018 – 7:30 p.m.

JOHNNY ANGEL AND THE HALOS



Saturday, June 23, 2018 – 7:30 p.m.

THE FABULOUS HUBCAPS



Saturday, July 7, 2018 – 7:30 p.m.

LA BOHÈME WARHOLA BY GIACOMO PUCCINI

NEW IN 2018!

Join Pittsburgh Festival Opera for Puccini's most famous opera reimaged in 1960s New York in this new production. Pop art and Polaroids prevail in this timeless tale of love and loss. The performance will be sung in English.



Saturday, July 14, 2018 – 7:30 p.m.

THE BIRD DOGS PRESENT: THE EVERLY BROTHERS EXPERIENCE

NEW IN 2018!

The Bird Dogs bring a genuine and youthful Everly Brothers experience to the stage. The Zmed brothers, Zachary and Dylan, celebrate the genetic intimacy so ever present in the harmonies created by Don and Phil Everly. When the guitar became electric, the Everly Brothers bridged the gap between Country and Rock n Roll with countless hits and classics.



Saturday, July 28, 2018 – 7:30 p.m.

MY GAL PATSY CLINE – TRIBUTE BY JOSIE WAVERLY

BACK FOR A SECOND YEAR AT THE LEGACY BY POPULAR DEMAND!



Saturday, August 25, 2018 – 7:30 p.m.

PURE GOLD



Saturday, Sept. 15, 2018 – 7:30 p.m.

THE RETURN OF BUDDY HOLLY – TRIBUTE CONCERT

NEW IN 2018!

Don't miss this fabulous rendition of Buddy Holly and his famous songs. This national touring tribute concert is a must see. Travel back in time and enjoy Buddy Holly's contribution to the world of music from a one-of-a-kind era.



Saturday, October 13, 2018 – 7:30 p.m.

CAHAL DUNNE



Saturday, October 27, 2018 – 7:30 p.m.

THE MARCELS

The Marcells are the guys who put the "Bomp" in the "Bomp-A-Bomp" back in 1961 when their first recording, "Blue Moon," sold over two and a half million copies. This signature song put them on the map!



Saturday, November 10, 2018 – 7:30 p.m.

THE VOGUES



Saturday, December 1, 2018 –

2 and 7:30 p.m.

JOHNNY ANGEL AND THE HALOS CHRISTMAS SHOW



Saturday, December 8, 2018 – 7:30 p.m.

PITTSBURGH DOO WOP BIG BAND CHRISTMAS SHOW



The Legacy Lineup Exclusive-Premium Loyalists

UPMC for Life
UPMC Health Plan Medicare Program

The Legacy Lineup Exclusive Loyalists



The Legacy Lineup Elite Loyalists



The Legacy Lineup Enthusiast Loyalists



Community Highlights at UPMC Senior Communities

Honorable Mention

Asbury Heights
Mt. Lebanon

Residents worked together to create an old-fashioned church which was on display at PPG Place Wintergarden and received an honorable mention award!

Turkey Talk

Avalon Place
New Castle

A Thanksgiving feast was served to 198 residents and guests who enjoyed delicious food and wonderful conversation.

A Beautiful Campus

Avalon Springs Place
Mercer



Residents enjoyed a wagon ride around the beautiful 40-acre campus that is surrounded by Mercer County's 136-acre Munnell Run Farm.

Disco the Penguin

Beatty Pointe Village
Monroeville

The National Aviary flew into Beatty Pointe Village with an informative

presentation on "Amazing Adaptations." Guests got up close to snap pictures with Disco the penguin!

A PURR-Fect Companion

Canterbury Place
Lawrenceville

Mechanical dogs and cats help brighten the residents' days. The animals react to touch by purring, meowing, rolling over, or closing their eyes.

Gone Fishing

Cranberry Place
Cranberry Township

On a recent fishing trip to North Park Lake, the fishermen of Cranberry Place had lots of laughs as they tried to reel in the big one!

A Special Gift

Cumberland Crossing Manor
Allison Park

To honor the memory of Frank Sambold, a long-time resident at Cumberland Crossing Manor, his family made a generous donation to the Benevolent Care Fund and provided a lovely Christmas luncheon for the staff to enjoy.

USO Show

Cumberland Woods Village
Allison Park

Veterans were celebrated with a "USO Show." The show was complete with skits performed by staff and residents. Talent included singers, trumpet



players, comedy acts, and an energetic singing trio that closed out the show.

A Time to Reminisce

Hampton Fields Village
Allison Park



Residents visited Sewickley Heights History Center. The museum is surrounded by rolling acreage and scenic views. A unique collection of film, photos, and vintage attire, combined with antique cars and carriages, honors the lifestyle of Pittsburgh's early Industrialists.

Thera-Pets

Heritage Place
Squirrel Hill

Residents look forward to frequent visits from furry friends Cooper, Sammy, and Bentley. Occasional trips are also made to Animal Friends to visit with their "therapets" as well.

St. Nicholas

Jameson Care Center
New Castle



Each resident receives a gift from St. Nicholas of the Polish Falcons during their annual visit and gift giving event.

Snow Day

Jameson Place
New Castle

Residents kept busy with crafts galore this winter. On one especially blustery day, a group of ladies hand-crafted adorable snowmen.

Sleigh Ride

Lighthouse Pointe Village
Fox Chapel

It was a beautiful night for a sleigh ride! The horse-drawn sleigh looked

magical as it toured residents around the Lighthouse Pointe Village neighborhood.

Staying Fit

Seneca Hills Village
Verona

A ribbon cutting was held for the grand-opening of a new fitness center. Residents enjoy having the convenience of the fitness center in their building.

A Season of Giving

Seneca Manor/Seneca Place
Verona

Through the generosity of residents and staff, a local family was "adopted" and provided with a holiday dinner and gifts.

At Seneca Place, a total of 262 items were collected and donated to the Department of Human Services to benefit Children, Youth and Families and The Area Agency on Aging.

Salute to Veterans

Sherwood Oaks
Cranberry Township

Over 300 people attended a patriotic tribute that celebrated the service of 92 Veterans. Special thanks to Cranberry VFW, Seneca Valley High School JROTC and student musicians from Seneca Valley and Mars High Schools.

Stars and Stripes

Strabane Trails Village
Washington

Veterans took part in a ceremony to retire a tired flag and replace with a new one. The event was coordinated by the veterans at the Village.

Veteran Celebration

Strabane Woods
Washington

An annual Veterans Lunch Celebration honored ten men and one woman. Members of American Legion Post 175 in Washington saluted and presented each veteran with a flag.

Totes for Tots

Sugar Creek Station
Franklin

Residents used their artistic skills to craft colorful tote bags for area children. The bags were distributed to children enrolled in the Head Start Program in Venango County.

Giving Tree

Vanadium Woods Village
Bridgeville

For eight years, Vanadium Woods Village has donated hats, gloves, mittens and scarves to the Salvation Army. This past year, 128 items were collected for local children on their Giving Tree.

Earth Day

Weatherwood Manor
Greensburg



Several staff members joined together for a roadside clean-up on Earth Day. Volunteers beautified the area by picking up trash along the road.

A Community of Giving



Asbury Heights resident Dora Beards

UPMC Senior Communities is grateful for the many donors who generously contribute to make a difference in the lives of others. Some choose to make an outright gift of cash, while others elect to donate securities/stock, or create a legacy by naming the organization as a beneficiary of a retirement IRA.

There are many opportunities for giving, but donors most often direct contributions to benevolent care. The UPMC Senior Communities Benevolent Care Fund provides financial support for qualifying residents in independent living, personal care, assisted living, or memory care who are no longer able

to privately pay for their care and accommodations. UPMC Senior Communities provides more than \$10 million annually in uncompensated care to residents in need.

For nearly 110 years, members of the South Hills community have given of their time and financial resources so that Asbury Heights, part of UPMC Senior Communities, would be equipped with the resources necessary to provide a place where older adults can age with dignity.

Dora Beards has been supporting Asbury Heights for over seven decades. Her philanthropic generosity began as a teenager. "Living a few

streets away from Asbury, throughout junior and senior high school, I would visit the residents. Singing with my school choir taught me the importance of giving of your time," Beards said. "As I entered adulthood, I was fortunate to also be able to financially support organizations that were near and dear to me and my husband, Bill."

Dora selected organizations within her community to support, and Asbury Heights seemed to always make that list. Whether volunteering her time, visiting fellow church members who moved to Asbury, or now as a resident herself, she continually pays attention to Asbury's Benevolent Care Program. "Imagine what it would feel like if you did not have enough to cover the cost of care. What an awful feeling. I'm so glad that I can provide a little to help my fellow neighbors. I love it here, and look forward to supporting my community, my Asbury Heights!"

If you would like to make a difference by contributing to UPMC Senior Communities, please use the envelope found inside this magazine and indicate where you would like to direct your gift.



Need help finding community resources for seniors or caregivers?
Call the Aging Institute of UPMC Senior Services and the University of Pittsburgh free referral line at 1-866-430-8742 or visit Aging.UPMC.com.

Tribute Gifts January 1 - December 31, 2017

A tribute gift made to honor a special friend or to memorialize a loved one will enrich the lives of residents within UPMC Senior Communities. These thoughtful contributions allow for quality, compassionate care to be provided to those with diminished financial resources.

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January 1 - December 31, 2017

A special thank you to the generous donors who have made charitable gifts to support seniors in need. By contributing to the Benevolent Care Fund, Interfaith Pastoral Care Fund, Life Enrichment Program, Living-at-Home Program and Legacy Loyalist Program you have made a difference in the lives of many.

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FREE MATINEE MOVIES

Seniors enjoy a variety of free matinee movies every **every Monday at 2 p.m. and 7 p.m. for select movies**. No reservations required — first come, first seated. Call **412-635-8080** for general information or weather cancellations. Visit **TheLegacyLineup.com** for a complete listing.

Amazing Racer

(PG, 92 min)
Monday, 2 p.m.
May 7, 2018

Roman J. Israel, Esquire

(PG-13, 122 min)
Monday, 2 p.m.
May 14, 2018

The Shape of Water

(R, 123 min)
Monday, 2 p.m.
May 21, 2018

Murder on the Orient Express

(PG-13, 114 min)
Monday, 2 p.m.
June 4, 2018

The Darkest Hour

(PG-13, 125 min)
Monday, 2 p.m.
and 7 p.m.
June 11, 2018

Wonder

(PG, 113 min)
Monday, 2 p.m.
June 18, 2018

The Greatest Showman

(PG, 105 min)
Monday, 2 p.m. and
7 p.m.
June 25, 2018

Peter Rabbit

(PG, 95 min)
Monday, 2 p.m.
July 2, 2018

Jumanji: Welcome to the Jungle

(PG-13, 119 min)
Monday, 2 p.m.
July 9, 2018

Basmati Blues

(NR, 105 min)
Monday, 2 p.m.
July 16, 2018

Stronger

(R, 119 min)
Monday, 2 p.m.
July 23, 2018

The Founder

(PG-13, 115 min)
Monday, 2 p.m.
July 30, 2018

Phantom Thread

(R, 130 min)
Monday, 2 p.m.
and 7 p.m.
August 6, 2018

The 15:17 to Paris

(PG-13, 120 min)
Monday, 2 p.m.
August 13, 2018

Coco

(PG, 105 min)
Monday, 2 p.m.
August 20, 2018

The Post

(PG-13, 166 min)
Monday, 2 and 7 p.m.
August 27, 2018



FREE EDUCATIONAL SEMINARS

Seminars are **every other Tuesday at 11 a.m.** RSVP at **412-635-8080** or for weather cancellations. Visit **TheLegacyLineup.com** for a complete listing.

Day of Health for Seniors

Tuesday, June 26, 2018, 10:00 a.m. – 1:00 p.m.

UPMC for Life will be offering free screenings on body mass index, blood pressure, bone density, cholesterol, and glucose. You do not need to fast.

Guest Speaker: Dr. Michael Parkinson is Senior Medical Director of Health and Productivity for UPMC Health. Dr. Parkinson will be presenting on the following topics:

10 - 10:30 a.m. - Take Charge of Your Health and Care

An overview of root causes of health and disease at any age and of the science supporting active engagement in your medical care decisions.

11 - 11:30 a.m. - Your Health and Care Plan:

Do You Have One and Why It's Important. This outlines the core elements of a daily health and medical care plan which you should understand, create and use!

Noon - 12:30 p.m. - It's All About Plants:

The Most Recent Studies on What to Eat to Live Long and Prosper. The evidence continues to build: whole food plant-based foods are the cornerstone of good health.

Light refreshments will be served. Other UPMC departments will have vendor tables for you to visit.

All attendees must RSVP for the event and schedule screenings at 412-635-8080.