

COMMUNITY CONNECTIONS

Celebrate Our Community of Heroes

2021 Benevolent Care Calendar



HEROES
OF
UPMC | SENIOR
COMMUNITIES

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Letter from the President

Dear Friends:

What a year we have had in 2020! With the ongoing pandemic making its way around the globe, we have lived through some truly historic months that would not have been predicted by even the oldest of our residents with all their worldly experience and wisdom. With more than 3,000 residents in our care, we have been very busy working to keep residents and staff safe.

Being part of UPMC, a 40 plus hospital system, we have benefited greatly from the medical expertise and vendor relationships for acquiring medical supplies, as well as those for daily living. Please take time to read the article about David Nace, MD, our UPMC Senior Communities Chief of Medical of Affairs, as well as Assistant Professor of Medicine for the Division of Geriatric Medicine at the University of Pittsburgh School of Medicine. We are so proud that Dr. Nace was selected to join the White House's new federal Coronavirus Commission for Safety Quality in Nursing Homes. He has directed our efforts daily, defining our strategy to combat COVID-19.

Throughout this issue of Community Connections, you will read stories about life inside of UPMC Senior Communities. From communications to celebrations to socialization and donations, you will read stories that convey the efforts of staff, residents, families, and the community to provide support to our residents during these many months.

Learn about our 2021 "Heroes of UPMC Senior Communities" calendar, now on sale benefiting the UPMC Senior Communities Benevolent Care Fund. Every page captures ranges of emotions from residents and staff at all our facilities. We hope we can count on your support as we continue to use the Benevolent Care Fund to assist residents needing financial help. Now more than ever, they are turning to this fund.

Your donations to the UPMC Senior Communities Benevolent Care Fund have made another year of support possible to residents who outlive their resources. Their lives have been improved by your generosity.

Sincerely,

Mark D. Bondi

Mark Bondi

President, UPMC Senior Communities





Our Seneca campus in Penn Hills hosted a “Salute to Mothers” vehicle parade on Mother’s Day weekend. Said Bobbi Jo Skurko, Director of Nursing at Seneca Place skilled nursing and rehabilitation, “Our residents are like family to us, and this has been a challenging time. We are all ready to have a little fun!”

More than 200 vehicles carrying family members, local car clubs, first responders, and community representatives drove throughout the campus to honor mothers,



The parade was covered by local news outlets, and “Good Morning America” ran a story on their digital platforms which has been viewed and shared widely. The success of this initial parade spawned similar events. Seneca followed suit for Father’s Day. One especially proud resident saw his son drive a fire truck through the campus that afternoon. “Our residents were happy



WE LOVE A PARADE!

One thing we have been reminded of in this unforgettable time is that we love a parade! It’s a group activity that allows for connecting while still practicing proper physical distancing. Simply creating the opportunity to cheer and clap has been a wonderful release as well, for all involved.



grandmothers, and great-grandmothers living and working there. Although no one anticipated that a Mother’s Day parade would coincide with the last snow of the season, the event brought a lot of warm smiles to the faces of all the bundled-up participants.

“Even though we’re not able to be physically with them, it’s such an amazing thing to see,” said Maria Brooks, granddaughter of Seneca Manor resident Mary Capobianco. It is so important to keep our elderly population safe now, so that when this is all over, they can still be here with us to have happy times.”



WE LOVE A PARADE!

to get out in the sunshine and see friends and family. Everyone had the best time,” Seneca Place activities coordinator Jeannine DeLuca said.

Both our Strabane and Vanadium Woods Village campuses marked Memorial Day with vehicle parades, featuring patriotic red, white, and blue displays on vehicles as well as on residents and staff. Other elements included miniature horses, therapy dogs, and patriotic tunes.

Vanadium Woods even managed a fly-over by a large military airplane.

“The residents loved seeing their families with decorated cars,” Krissy Penn, Strabane Trails Village activities coordinator, said. David Ott, Vanadium Woods Village Resident Manager, said hundreds came to celebrate the heart-felt parade. “Many residents dressed up and held signs. This was the magic that we needed during this difficult time,” David said.

Vanadium Woods Village also held a kids’ parade on Father’s Day weekend to the delight of many, featuring younger grandchildren, nieces, and nephews. And Weatherwood Manor’s pet parade with costumed creatures as the featured attraction, provided a huge lift to residents and staff.

Perhaps the most unique parade took place at Sugar Creek Station, our skilled nursing and rehabilitation facility in Franklin. Sugar Creek Station celebrated Father’s Day a little early with a tractor parade. Since many of Sugar Creek Station’s residents are from rural areas, activities coordinator Joyce Moore thought such an event would evoke memories for many. Joyce drove her own 70 HP John Deere 6200 farm tractor to work that day and lined up for the parade that night. In all, there were six tractors, two side-by-side vehicles, three dogs, and one antique truck. Three of the tractors were driven by UPMC employees.



The Sister Centenarians

of Seneca Manor

Doris Curry (106) and Wanda Jackson (101) are sister centenarians living at Seneca Manor, our assisted living campus in Penn Hills. Wanda, a retired Pittsburgh Public School teacher, moved to the Seneca campus during the summer of 2017 after her family encouraged her to find a community where she could receive companionship and assistance. Later that year, Doris, a former community project manager, moved in to keep an eye on her little sister who she says is known to get into trouble.

"I was more outgoing," Wanda explains.

Some of Doris' favorite things about Seneca include the musical programs and making new friends. The food is one of Wanda's favorite things.

Some aspects of daily life changed when precautionary guidelines were put into place in response to the COVID-19 pandemic. Wearing masks in common areas and keeping physical distance from others became much of the norm as the pandemic advanced throughout the country. The musical programs changed from live entertainment to broadcasted recordings on the community's in-house cable channel. Doris celebrated her 106th birthday via video chat with her family, including her granddaughter in Sweden.

But this is not Doris' first pandemic; she was four years old when the Spanish flu reached the United States in 1918. Doris' parents sent her to live with her aunt during that time.

"I believed I was the one who was sick," says Doris. "It was not until I became an adult that I realized that my mother was trying to protect me."

Doris credits her longevity to living a serious life with no parties or boyfriends.

"What are you talking about?" Wanda asks her sister. "I miss all the fun going to the night clubs."

Wanda attributes her own longevity to the removal of butter from her diet – even though she misses it. Another suggestion offered by both sisters is to be selective of the men you welcome into your life.

"Marry the right man," says Doris. Wanda continues, "Be careful with your choice of male friends. And get a good education and make good grades."

Doris and Wanda enjoy everything Seneca Manor has to offer, and they're pleased to be able to experience it together.

Celebrating Life's Milestones



When the COVID-19 pandemic brought normal life to a halt earlier this year, creativity in the face of uncertainty replaced routine. Across all our UPMC Senior Communities, we celebrated life's moments in new ways, developing fresh perspectives and renewed appreciation for those we love and the things we love doing.

Birthdays received their due in a variety of ways. Pauline of Sugar Creek Station in Franklin celebrated her 103rd birthday while visiting with her family via video chat on an iPad.

They sang "Happy Birthday" and watched her blow out her candles. At Asbury Villas, Bill's family celebrated his 91st birthday from the parking lot as he waved on from his third-floor apartment window. Beatty Pointe Village resident Dorothy marked her 88th birthday with a hamburger lunch shared with her daughters, who joined her from the other side of the dining room windows.

Cake was not in short supply when David and Myrna of Lighthouse Pointe Village marked their 65th wedding anniversary this spring. With visitation restricted due to the

pandemic, the community provided them with a cake for the occasion to lend the proper sweetness.

We are often witness to the special regard in which our residents hold younger staff. They express pride when these staff achieve milestones in their own lives. Knowing that many graduating seniors did not have the opportunity for traditional commencement exercises this year, graduation season unfolded with activities and recognitions at many of our campuses.



Seneca Manor held a special outdoor graduation ceremony for its high school servers, where residents were physically distanced spectators. “The residents loved being part of graduation,” said Deanne Thomas, activities coordinator at Seneca Manor. “And some became emotional when ‘Pomp and Circumstance’ played!”

Strabane Woods wanted to do something special for the dietary servers graduating this year, and so they collected donations and put together gift baskets for each of them. A lawn sign was also installed to celebrate their accomplishment. Likewise, at Hampton Fields Village, graduating seniors were feted with an outdoor garden ceremony

attended by residents and staff, complete with gifts, cake, and a certificate of achievement for each. Said Resident Manager Bob Marlin, “The event was a great way to celebrate the amazing accomplishments of our young men and women as they move on with their future endeavors.”



Senior Communities Medical Director Influencing National Policy



David Nace, MD, MPH, Chief Medical Officer of UPMC Senior Communities, and assistant professor of medicine, Division of Geriatric Medicine, University of Pittsburgh School of Medicine, is serving on the White House’s new federal Coronavirus Commission for Safety and Quality in Nursing Homes. The Commission includes 25 of the nation’s leading long-term care experts and is collaboratively conducting a comprehensive assessment of the response to the COVID-19 pandemic within nursing homes. They are tasked to make recommendations that safeguard the health and quality

of life of vulnerable Americans as the nation continues to battle COVID-19, as well as prepare for future threats to public health and safety.

In addition to improving the responsiveness of care delivery to the current crisis, the commission is working to strengthen regulations which enable rapid and effective diagnosis, and which minimize transmission of the virus. Federal and state enforcement strategies to bolster infection control policies are under review as well. The commission is scheduled to release its first report in September.

Dr. Nace also serves as President of the Society for Post-Acute and Long-Term Care Medicine of Pennsylvania, where he has directly influenced ongoing state safety guidelines to protect long-term care residents and employees.

All the while, his expertise has been guiding continued care and response to the pandemic across UPMC Senior Communities. In constant communication with leadership and staff across all our facilities, Dr. Nace has likewise been engaged with thousands of residents and families

via a series of tele-town halls that launched in March.

Says Dr. Nace, “We are doing everything we can to ease our residents’ fears and treat them with compassion and kindness. It is equally important for residents’ families to know their loved ones are safe and protected.”



BENEVOLENT CARE CALENDAR

CELEBRATES OUR COMMUNITY OF HEROES



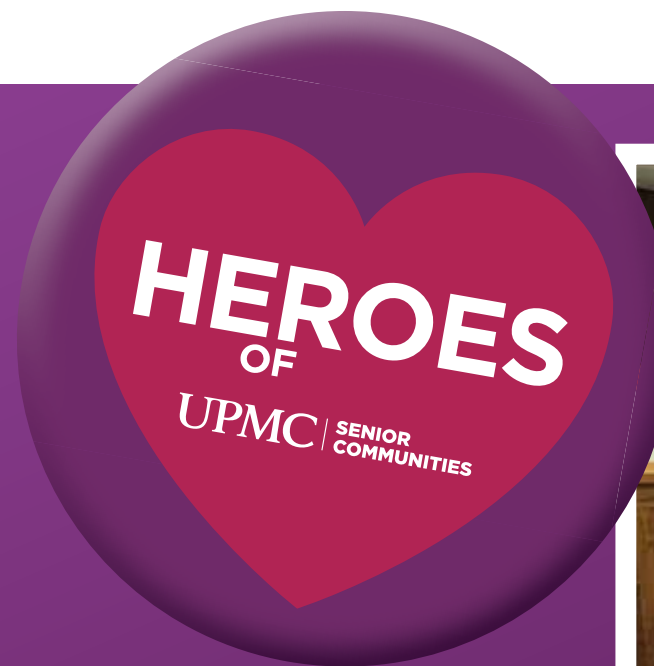
We are proud to share our ninth annual UPMC Senior Communities benevolent care calendar, "Heroes of UPMC Senior Communities."

The 2021 calendar presents an opportunity to celebrate the genuine heroism demonstrated by residents and staff throughout the course of the COVID-19 pandemic.

We learn so much from our senior residents, and this experience is no exception. They have exercised tremendous patience and unselfishness in the face of uncertainty. Their humor, wisdom, and spirit, found interspersed throughout the calendar, has been a source of unforgettable inspiration to us all.

At the same time, the commitment of our Senior Communities employees in meeting the COVID-19 crisis with creativity and compassion is making all the difference in the well-being of more than 3,500 older adults in our daily care. This challenge has strengthened the sense of vocation that our employees bring to the care of our seniors. We are profoundly grateful to them for standing in every day since the onset of the pandemic on behalf of children and grandchildren, brothers and sisters, nieces and nephews, near and far.

Our 2021 calendar is of itself a record of this unforgettable period in our history. On sale now for \$10 each, proceeds from calendar sales benefit the UPMC Senior Communities Benevolent Care Fund, providing support for residents who exhaust their financial resources. With the economic strain of the pandemic, the need is greater than ever. For more information about the fund, or to order additional calendars, please contact Debra Panei, Director of Development, UPMC Senior Services, at 412-864-3524 or via email at PaneiD@upmc.edu.



Residents Use FaceTime

to Interact with Family, Friends, and New Faces



Early in the COVID-19 pandemic, UPMC Senior Communities secured iPads for all sites as a means of virtual communication and socialization for residents. Benefactors also came forward to supplement the inventory of devices which have proven invaluable in bridging visitor restrictions necessitated by the crisis.

Simultaneously, the University of Pittsburgh School of Medicine reached out to offer the support of current students early in their training whose normal opportunities for clinical experience had been disrupted by the pandemic. Activities coordinators at several Senior Communities independent and assisted living campuses collaborated with a group of students to schedule virtual social visits with residents.

Seneca Manor resident Bernie Koperek was one of the first to FaceTime with several students. Following these interactions, "Bernie felt more optimistic and happier than he had in light of the current shelter in place," said Deanne Thomas, activities coordinator at Seneca Manor.

Jennifer Mihalo, University of Pittsburgh School of Medicine MD Candidate, said she eagerly responded when contacted by a fellow student asking for volunteers to video chat with seniors. "I knew it would be a fun way to spread some joy in a scary time," Jennifer said. "It was also something I could do safely from home with my 3-year-old, who was excited to FaceTime with someone new!"

As Jennifer spoke with Bernie, she discovered that he worked a large part of his career at the University of Pittsburgh. "He told me stories

about some of the first women he knew who entered Pitt's medical school when very few women were entering the medical profession," Jennifer said.

During their conversation, Jennifer's son stopped by to say hi and show Bernie some of his favorite toys. "He really seemed to enjoy our conversation – especially seeing my son," Jennifer said. "Kids have a special ability to make people smile just by being their own unique, silly selves."

"This was definitely one of the more enjoyable experiences during our time in quarantine," Jennifer said. "It was so nice to just get to see someone new and chat about life. The video makes it so much more personal than just a phone call!"

Separately, many residents have taken advantage of this wonderful technology, facilitated by staff, and are grateful for the ability to speak with and to see their families.

Joyce Hall, a resident of Seneca Manor, was worried about her son, Mark, in New York City, so Deanne helped her use the iPad to connect with him. Using an iPad for the first time, Joyce was overwhelmed with joy to see Mark and know that he is doing well; she even took a virtual tour of his apartment for the first time. "I'm glad I got to talk to you and see you and know that everything is okay," Joyce said.

"It's one thing to hear her voice like we do regularly, but for us to be able to see each other, it provides such a sense of comfort," Mark said. "To have someone there to show her how to use the iPad and to take the time to care enough to help her make contact is really important."



Keeping Residents

ENGAGED

During a Global Pandemic



UPMC Senior Communities has been working as never before to provide residents with as much stability, independence, and closeness as possible during the current COVID-19 pandemic.

"We are trying to implement strategies to maintain some sense of normalcy for residents by facilitating activities that still adhere to the necessary safety and infection prevention protocols," says UPMC Senior Communities Medical Director Dr. David Nace. All over UPMC Senior Communities, activity coordinators are collaborating to adapt familiar favorites and creating fun, new activities for their residents to participate in at a safe distance. They have truly gone above and beyond the call of duty to keep residents safe and happy.

Christine Cassese, activity coordinator for Cumberland Woods Village, put together a Boredom Buster cart. "We can wheel this cart from door to door and offer our residents an array of activities, such as sudoku, crossword puzzles, coloring books, and decks of cards," Christine said. "They can pick out anything they want and keep it in their apartment."

Cumberland Woods Village residents have been treated to

a few physically distant, outdoor entertainment events during this time. The River City Brass Band Trio and Wally Merriman have visited for outdoor concerts. The residents have also been able to participate in outdoor sing-a-longs. "We all joined to sing together in our outdoor plaza," Christine said.

The Seneca campus has provided residents with quite a few unique entertainment experiences over the last few months. "One of our food service attendants who graduated college with an Exercise Science degree put together a physically distant Zumba class for residents," Sherry Karafa, Seneca Hills Village concierge, said. "The residents were so excited to move around and exercise."

Seneca Manor staff went disco to lift residents' spirits. "We thought a fun idea would be a flash mob about UPMC, sung to the tune of YMCA," Deanne said. "We sang and danced to the flash mob about 10 times and made sure all the residents got to see our foolishness! We were all tired afterwards but seeing the residents' faces was worth it!"

Doorway parties in resident hallways are all the rage at many campuses. Residents remain in their doorways but can see and interact with one another. The

parties always include a special treat. "We want to ensure that all residents feel included and appreciated," says Tricia Gill, activities coordinator at Lighthouse Pointe Village.

Vanadium Woods Village decided to take mask wearing in stride by having "Outlaw Days." Complete with "Wanted" posters of notorious outlaws, a humble sheriff, and deputies around the facility, it was a fun day for residents. "Our activities director, Gina Straight, pulled off a great event!" David Ott said. "The residents really enjoyed living in the Wild West for a day."

UPMC Senior Communities has worked diligently to ensure that not only do residents feel safe in every facility, but that they and their families always have the most up-to-date information about the COVID-19 pandemic. In addition to regular communications from staff at all the sites, UPMC Senior Communities held multiple tele-town hall events for residents and families where a panel of doctors and administrative experts from UPMC Senior Communities provided the latest updates and answered questions.

Amazed. Grateful. Inspired.

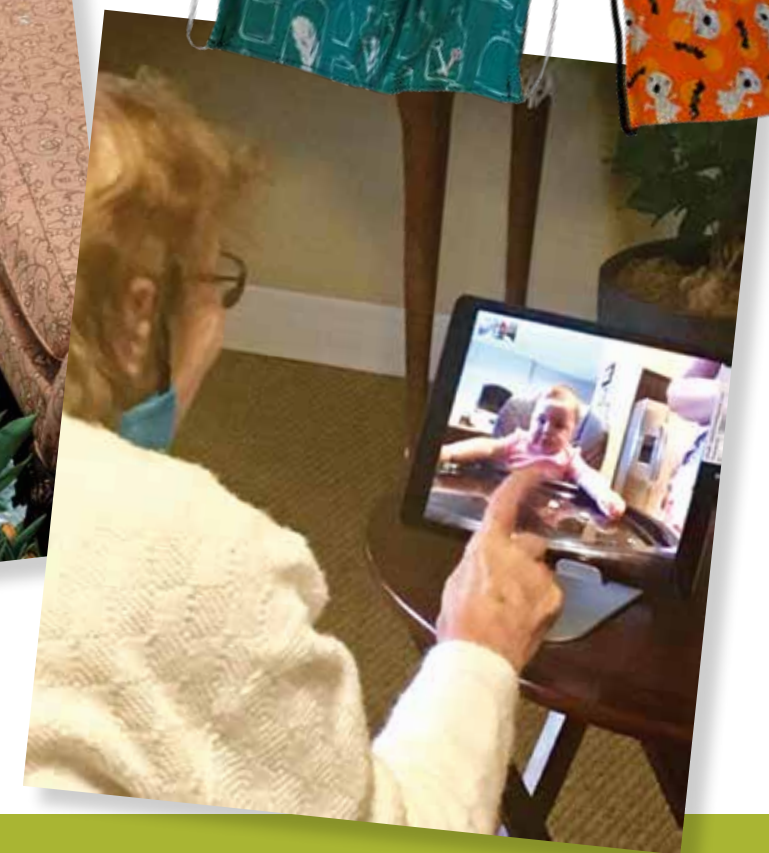
That's how your gifts make us feel!

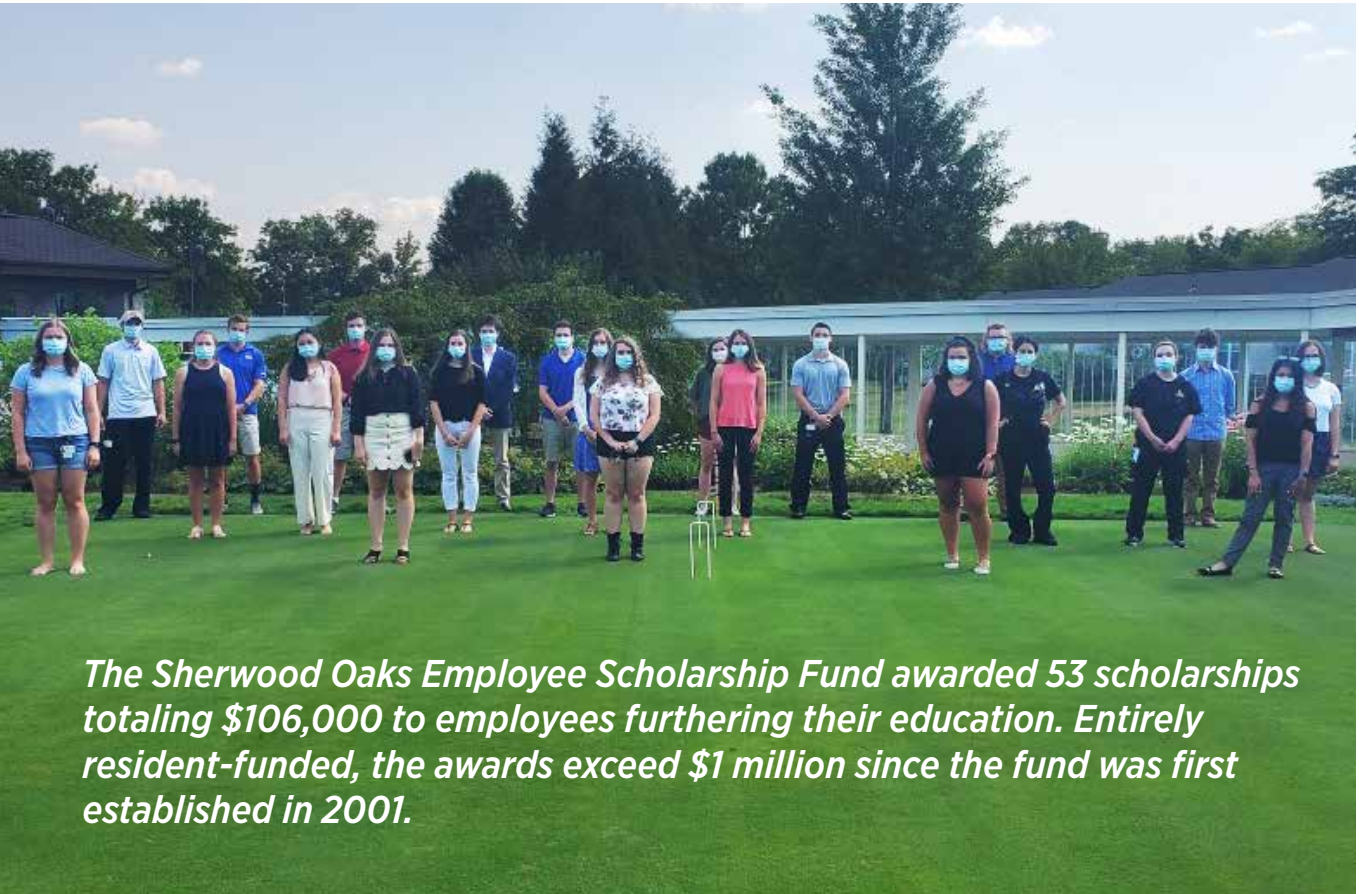
We are amazed! The generosity of our supporters is incredible. Family members, local businesses, employees, and school children are just a sampling of an extraordinary community that rallied with an outpouring of kindness during the recent pandemic. Items as simple as Girl Scout cookies given to boost tireless staff to much needed cloth face masks to keep residents safe were received.

We are grateful! Thank you for every gift, large or small, and the thoughtfulness that was put into providing it. With a Go-Fund-Me page, efforts of one big-hearted family helped to provide much needed iPads. The Caney Indian Spiritual Circle and many other talented seamstresses gifted cloth face masks. Plantscape and local florists helped residents celebrate spring holidays with beautiful potted plants and flower arrangements. Chick-fil-A, pizza shops, and local restaurants donated savory lunches to sustain tiring staff. DiBella's Subs prepared special boxed lunches as a treat for residents. These gifts and many others provided sunshine to dreary days.

We are inspired! Your gifts have inspired us to do more. With a recently received grant from The Beckwith Institute, Cumberland Crossing Manor will implement a new garden area. Handwritten notes from school children were especially helpful in uplifting spirits. And, the parades of well-wishers that drove past our buildings to wave hello was an inspiration to all. One resident phrased it quite simply, "This is just what I needed."

If you would like to contribute to the wonderful things happening within UPMC Senior Communities, please use the enclosed envelope to donate or phone Debra Panei, Director of Development, at **412-864-3524** for more information.





The Sherwood Oaks Employee Scholarship Fund awarded 53 scholarships totaling \$106,000 to employees furthering their education. Entirely resident-funded, the awards exceed \$1 million since the fund was first established in 2001.

UPMC Senior Communities residents have a long history of reaching out to the larger community with acts of kindness. The COVID-19 pandemic has not tempered their generosity.

Bob Perenic, a resident of Strabane Trails Village independent living in Washington, was watching the news recently when he was struck by the number of cars lined up and people waiting to receive food from a local food bank. "I thought of all of those kids and their parents without jobs and without food and I said, 'I have to do something,'" said Perenic. And he set right to it.

In his letter to residents launching the drive, Bob wrote, "We are all blessed at this time in our lives,

with a great place to live and plenty to eat. Most of us don't have to worry about next month's rent or having food to eat." In less than two weeks, the residents had collected more than \$3,300 for the Greater Washington County Food Bank.

Graduation season proved that residents are as thoughtful in word as they are in deed. Residents composed messages of hope, inspiration, and wisdom to graduating seniors which were circulated on social media. This was thanks to collaboration between Senior Communities campuses and local school districts, including our Seneca campus and the Penn Hills School District, termed "From Seniors to Seniors."

OUR RESIDENTS ARE ALWAYS UP TO SOMETHING GOOD!

Connect with us on Facebook to share in the latest happenings at UPMC Senior Communities.

 facebook.com/UPMCSeniorCommunities



THE LEGACY LINEUP

Due to the impact of COVID-19 on the performing arts, all 2020 performances have been rescheduled for 2021. Here is the complete 2021 schedule.

Announcing the 2021 Legacy Theatre Schedule!

Please note that the 2021 schedule mirrors the 2020 Legacy Theatre schedule, and the new dates are as close as possible to the 2020 dates. We truly appreciate your patience with the changes we have had to make given the restrictions on performance venues across the United States.

To purchase tickets, visit TheLegacyLineup.com or call Brown Paper Tickets at 1-800-838-3006 and press 1.

We look forward to seeing you in 2021. It promises to be a great season!



1 show \$36 4 shows \$90
2 shows \$59 5+ shows \$19
3 shows \$78 per ticket

1 to 4 tickets for one show \$36 each
5 to 9 tickets for one show \$29 each
10 or more tickets for one show \$24 each



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Saturday, March 20, 2021 – 2 and 7:30 p.m.
Original Date: March 21, 2020/September 19, 2020

THE SKYLINERS



Saturday, April 10, 2021 – 2 and 7:30 p.m.
Original Date: April 11, 2020/August 15, 2020

TRIBUTE TO JOHN DENVER WITH TED VIGIL



Saturday, May 1, 2021 – 2 and 7:30 p.m.
Original Date: May 25, 2020/November 14, 2020

SHADOWS OF THE '60S
A TRIBUTE TO MOTOWN'S SUPERGROUPS



Saturday, May 15, 2021 – 2 and 7:30 p.m.
Original Date: May 9, 2020/October 2, 2020

SOUNDS OF THE SUPREMES
WITH KAAREN RAGLAND



Saturday, June 5, 2021 – 2 and 7:30 p.m.
Original Date: June 6, 2020/March 6, 2021

JOHNNY ANGEL AND THE HALOS



Saturday, June 26, 2021 – 2 and 7:30 p.m.
Original Date: June 20, 2020

THE DUPREES



Saturday, July 10, 2021 – 2 and 7:30 p.m.
Original Date: July 11, 2020

NIGHT FEVER
BEE GEES TRIBUTE



Saturday, July 24, 2021 – 2 and 7:30 p.m.
Original Date: July 25, 2020

THE WICHITA LINEMAN
A TRIBUTE TO GLEN CAMPBELL
STARRING CARL ACUFF JR.



Saturday, August 7, 2021 – 2 and 7:30 p.m.
Original Date: August 8, 2020

BEACH PARTY BOYS
TRIBUTE TO THE BEACH BOYS



Saturday, August 21, 2021 – 2 and 7:30 p.m.
Original Date: August 22, 2020

PURE GOLD



Saturday, September 11, 2021 – 2 and 7:30 p.m.
Original Date: September 12, 2020

THE FABULOUS HUBCAPS



Saturday, September 25, 2021 – 2 and 7:30 p.m.
Original Date: September 26, 2020

ABBAMANIA
ABBA TRIBUTE



Saturday, October 9, 2021 – 2 and 7:30 p.m.
Original Date: October 10, 2020

ELTON JOHN
TRIBUTE BY JEFF SCOTT



Saturday, October 23, 2021 – 7:30 p.m.
Original Date: October 24, 2020

THE MARCELLS



Saturday, November 6, 2021 – 2 and 7:30 p.m.
Original Date: November 7, 2020

CHUCK BLASKO AND THE VOGUES



Saturday, November 20, 2021 – 2 and 7:30 p.m.
Original Date: November 21, 2020

SINATRA AND STREISAND
TRIBUTE



Saturday, December 4, 2021 – 2 and 7:30 p.m.
Original Date: December 5, 2020

JOHNNY ANGEL AND THE HALOS CHRISTMAS SHOW



Saturday, December 11, 2021 – 2 and 7:30 p.m.
Original Date: December 12, 2020

SILVERBELLS AND THE DIAMONDS

Our Champions

January 1 - June 30, 2020

A special thank you to the generous donors who have dedicated 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.

LEGACY CHAMPIONS

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Clara Shea Charitable Trust
David Henry Charitable Trust
Episcopal Diocese of Pittsburgh
Estate of Robert Gee
Estate of Mertita Smialek
John K. Saxman Jr. Charitable Trust
Julia M. Singer Charitable Trust
Miriam D. Moyer Trust

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UPMC *for Life*

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GUARDIAN CIRCLE CHAMPIONS

Gifts of \$5,000 - \$9,999

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HCR ManorCare
JML Landscape Management
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Virgin Carpets, Inc.

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Gifts of \$2,500 - \$4,999

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Julian Gray & Associates
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Northern Connection and Pittsburgh
Fifty-Five Plus Magazines
Passavant Hospital Foundation
United Way of Southwestern
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MENTOR CIRCLE CHAMPIONS

Gifts of \$1,200 - \$2,499

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UPMC Rehabilitation Institute

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Phillip Rogers

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Gifts of \$449 or less

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Tribute Gifts

January 1 - June 30, 2020

Tribute gifts 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 who are experiencing diminished financial resources.

In MEMORY of:	DONOR		
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Robin Cole
Master of Ceremonies
*Two-time Pittsburgh Steelers
Super Bowl Champion*

6:30 P.M.

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7 P.M.

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