

Abundant *life*

"I came that they may have life, and have it abundantly." JOHN 10:10b



Zambelli fireworks topped off an evening of food, fun and entertainment.

The spirit of the holiday season could be felt throughout Passavant Retirement Community during its Christmas Celebration on December 6th.

Visitors to the 6th annual event were treated to an evening of music, entertainment and food topped off by a spectacular fireworks display. A basket raffle was held to benefit the Benevolent Care fund, which supports those residents who have outlived their financial resources.

The tree lighting ceremony in Scholl Auditorium was opened by a performance by the Passavant Singers. Laura Roy, executive director of PRC, expressed her sincere appreciation

Holiday Season Opened With A Bang At Passavant Retirement Community

to everyone who helped make the evening a success. "Thank you for your help and dedication to this community," she said.

Dave Crawley of KDKA-TV made his annual appearance to emcee the ceremony and to help announce the names of those from the Passavant community that have passed on during the year.

Those attending the ceremony all held battery-operated candles which Roy said, had a double meaning, "both to show that Jesus is the light of the world and to honor the lives of each person who has gone before us."

To end the evening, a huge crowd gathered in the parking lot for a Zambelli fireworks display, sponsored by Morrison Senior Dining and Harmony EMS. "As the fireworks lit up the sky over the campus one spectator was heard saying, "This is really impressive!"

Ann Mutmanky, director of marketing and admissions, who was instrumental in the planning of the Christmas Celebration, was pleased with the outcome of the evening's festivities, and the amount of funds raised, which she estimates to be around \$10,000.

"It is a joy: a wonderful celebration of our residents enjoying the love of their families and community and remembering their friends who have gone on before them. Everywhere you look there's a smiling face, from 2-year olds to 100-year olds, enjoying horse drawn carriage rides, playing games, eating goodies, enjoying entertainment, singing. It just goes on and on! And, this year, the Zambelli fireworks were the icing on the cake. What a great display on such a beautiful, crisp winter night," Mutmanky said.

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Student singers perform at PRC Christmas Celebration

Abundant*life*

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To report a change of address or receipt of duplicate issues, please contact:

Debbie Grayburn
Circulation Manager
401 South Main Street
Zelienople, PA 16063
Phone: 724-453-6014

Contributing Writers:

Frances Grabowski
Ed Hager
Deanna Hall
Mary Lou Harju
Ann Mutmansky
Mark O'Donnell
Barbara Reck

Lutheran SeniorLife offers a continuum of care featuring senior living communities, assisted living, Alzheimer's care, and physician services.

With headquarters in Cranberry Township, PA, Lutheran SeniorLife has locations in Zelienople, Mars, Butler, McCandless Township, Hempfield Township and Center Township. To learn more about any of these programs and services, please visit our website at www.lutheranseniorlife.org.

Our Mission

On behalf of our Moral Owners,* Lutheran SeniorLife serves elders in our three synod region, intending that recipients of our services will experience a more *Abundant Life*™ regardless of their physical condition or financial circumstances.

*SWPA Synod, NWPA Synod, WVA-WMD Synod

A Message From The President

“In addition to serving many through our programs, those we serve should also rely upon us as an educational resource and to become informed about the options for long term care.”



The healthcare debate continues to move forward and change is appearing as we look upon the horizon. Many long term care professionals are pleased that the Senate included the Community Living Assistance Services and Supports (CLASS) Act in the healthcare package bill last month.

Our professional organization helped develop the CLASS Act which will create a trust to offer a cash benefit for individuals to purchase non-medical services and support to maintain independence and remain in their home as they age. As proposed, employees would have to contribute monthly to the fund to take advantage of this benefit when a person struggles with two or more activities of daily living. The CLASS Act is a national voluntary program and is proposed to work in combination with other support programs such as Medicaid.

It is important for Lutheran SeniorLife to be a resource of senior services by informing those we serve of this new initiative for long term care and to remind ourselves that health care insurance is not designed to cover the cost of senior living and support services as we age. In addition to serving many through our programs, those we serve should also rely upon us as an educational resource and to become informed about the options for long term care by talking with our staff.

Lutheran Seniorlife provides a full continuum of programs and services from low income housing to community-based programs provided at no charge to eligible residents, to residential communities that offer maintenance free patio home living. At each of our locations and in all of our programs and services, we make every effort possible to fulfill our responsibility to provide for the abundance of life. Education and awareness of the current and future long term care environment is one pillar upon which *Abundant Life*™ will survive.

We offer, free of charge through our Speaker's Bureau, presentations on a wide range of topics related to senior living. For more information contact us at 1-800-641-7788 or visit our website at www.lutheranseniorlife.org.

David Fenoglio
President and Chief Executive Officer
Lutheran SeniorLife



**Total
Wellness**
TAKE IT TO HEART

Part of our mission at Lutheran SeniorLife is to help seniors live a full and Abundant Life™ in a setting that promotes wellness and independence. Wellness means more than just “absence of disease.” It is an expanded view of health,

which includes being active, vital and having a presence of well-being and dignity. Intellectual wellness is a state in which your mind is engaged in lively interaction with the world around you. It involves continued learning, problem solving and creativity.

This new, on-going series will highlight different aspects of wellness and how they are used to help our residents live the most abundant lives possible.

Live To Create: PRC Residents Win Art Awards

“Art washes away from the soul the dust of everyday life.” — PABLO PICASSO

Dorothy Asimakis never aspired to be Pablo Picasso. As a matter of fact, she never practiced art at all before coming to live at Passavant Retirement Community. Thanks to some gentle coaxing from friends and staff to attend art classes here, she is now a decorated artist.

Asimakis was awarded a first place gold medal for a ceramic elephant she entered in the Pennsylvania Activity Professionals Association (PAPA) annual State Creative Arts Festival. PAPA is a non-profit organization which promotes the needs of activity professionals, especially those working with the older population.

Having never been involved with art before, Asimakis was shocked to hear that she had been given the award.

“This was the first thing I’d ever done,” she said. “I was thrilled.” She said that when her elephant sculpture was submitted, she did not realize that the judging was being done by professional artists, but knowing

that, she said, makes her medal even more special.

In addition to sculpture, Asimakis is also an accomplished painter. She won a silver second place medal for an acrylic painting of a barn.

Asimakis was one of several Passavant residents to win art awards from PAPA this year. Carol Johnson was also recognized for her work with acrylics. She said that she had some art background, but “before coming here, I really just dabbled in it. I never

expected to win an award for what I do!”

Johnson also enjoys drawing and spends much of her time designing and decorating all-occasion cards to give to her friends and loved ones.

Other PAPA award winners at PRC include: Florence Dresser, second place oil painting; Georgina McCormick, first place acrylics; and Mildred Robinson, second place, quilts. ❖



“I never expected to win an award for what I do.”

CAROL JOHNSON



Dorothy Asimakis (left) and Carol Johnson (above) show off their award winning art.

Chairman And Speaker Chosen For 2010 Gala



Thomas B. Grealish will chair Lutheran SeniorLife Foundation's Excellence is Ageless Gala and Awards on Friday, April 30,

2010. The gala celebrates the spirit and vitality of elders in western Pennsylvania while raising significant dollars for benevolent care and services.

As President of Henderson Brothers, Tom manages the firm's business activities and leads the company's management committee. He is responsible for the day-to-day operations and the execution of the company's strategic plan. He also maintains contact with insurance carrier executives and is active in the field, accompanying account executives on client visits.

In addition to his role with Henderson Brothers, Tom is a dedicated community leader. He serves as President of the Mario Lemieux Foundation and

Chairman of the Mario Lemieux Celebrity Invitational. Additionally, he is on the Board of Directors for the University of Pittsburgh Cancer Institute, Pittsburgh Downtown Partnership, Duquesne University, and the Pittsburgh Penguins. Tom enjoys golfing, reading, music and travel.



Wally Amos, entrepreneur and founder of Famous Amos Chocolate Chip Cookies, will be the Gala speaker. Wally

was born in Florida, but went to live with his aunt, who often baked homemade chocolate chip and pecan cookies, in New York City when he was twelve. It was a modest home but abundant in the meaningful qualities that give a child principles, "a can-do" attitude.

In every job he held, Wally started at the bottom and worked his way to the top. Ultimately, he was hired by the William Morris Talent Agency, where he represented Simon & Garfunkel and The Supremes. After years in

the entertainment industry, he decided to begin selling what was then a weekend hobby—baking chocolate chip cookies. As they say, the rest is history. Wally is also an author and the recipient of many honors and awards.

Steve Blass who marked his 50th season with the Pirates in 2009 will receive an Excellence is Ageless Award. A member of the 1972 National League All-Star team, Blass won 78 games during a five-year period from 1968 thru 1972. He was a Pirates hero in the 1971 World Series against Baltimore when he picked up complete-game victories in Game Three and Game Seven. After retiring, he worked in the front office and now for more than 20 years as a member of the broadcast team. A native of Canaan, CT but a Pittsburgher for most of his adult life, Steve has been described as "a man of generous spirit who always has time for everyone."

The Excellence is Ageless Gala and Awards features a reception, silent auction and dinner at the East Club Lounge, Heinz Field. ❖

SAVE THE DATE – APRIL 30;

and for more information call the Foundation office at 724-453-6014.

New Technology Brings Life Back Into Focus

For Jack Harris, a resident of the cottages at Passavant, the Video Magnifier he purchased through e-bay two years ago has been a life changing piece of equipment. Considered legally blind, Harris became frustrated with his inability to read small print necessary for every day living. His desktop magnifier allows him to enlarge any printed material up to 50 times its normal size for much easier reading.

"Without it I wouldn't be able to cook my nuggets!" Harris joked to some residents of Wittenberg Place, who now have their own Video Magnifier to share thanks to a generous donation from a community member.

The magnifier can be used to enlarge the print from a variety of sources including medicine bottles, phone directories and cooking labels. It can also be used to view photos.

"This is my life, really." Harris said, explaining that he uses his magnifier daily to read his mail, the newspaper or to write checks. "I don't know how I'd get along without it." ❖



Jack Harris demonstrates how easy it is to use the video magnifier.

STJ Volunteer Using His Diagnosis To Help Others

He has flown planes, drives a motorcycle, is gainfully employed and volunteers six hours a week at St. John as a physical therapy escort.

And he has Alzheimer's disease.

Alan Romatowski served 30 years as a pilot for USAir with a clean flight record. During some routine flight training, however, he was having trouble memorizing basic information necessary for him to continue flying. After visiting several doctors, Romatowski was given a brain scan which revealed an atrophied area which was indicative of Alzheimer's disease. He was only 55 years old.

"I had a great career, a lot of fun and made a lot of friends," Romatowski said. "But after the diagnosis, I had a lot of time to think and realized that I had never done anything in my life to help other people."

Now he is doing all he can to enlighten people about the disease and how it

affects caregivers. He serves on the National Board of Early Stage Alzheimer's disease and on the Board of Directors of the Pennsylvania Chapter of the Alzheimer's Association, where he is actively involved in fundraising efforts.

Romatowski said that volunteering at St. John helps keep him thinking and aware. He enjoys spending time with the residents, who he says have taught him patience. "I used to be a very impatient person," he said. While volunteering one day, he said that one of the residents, who had extreme difficulty speaking, attempted to have a conversation with him. Although he could not understand for the most part, "I smiled when she smiled. I nodded when she nodded. And I learned that sometimes listening is very important."

In addition, Romatowski participates in a long-term Alzheimer's study



Volunteering at St. John is just one of the ways that Alan Romatowski keeps himself "thinking and aware."

through the Alzheimer's Disease Research Center. "They are trying to figure out the disease," he said. "You can't do that with an 87-year old person." He knows that his efforts probably won't help him, but that it will help others in the long run. ❖

St. John Committed To Alzheimer's Care

Caregivers were remembered in November, Alzheimer's Awareness Month, at Saint John Specialty Care center with a special "Blessing of the Hands" ceremony. The service was to serve as a reminder to anyone who has taken care of a resident, friend or loved one suffering from the disease that their hands are the instruments of spirit and healing. Hands of the attendees were blessed with oil as a sign of that spirit of gentleness and strength.

In the ongoing effort to educate staff, Saint John will host two Professional Dementia Training seminars, which are part of the Foundations of Care Training Program. The program was

developed by the National Office of the Alzheimer's Association.

The first session, "Dementia Basics," was held January 15 and the second, "Enhancing Mealtime and Pain Management" will be from

8:30 a.m.-12:30 p.m. on March 10.

Pre-registration is required for these sessions. To do so, contact Lois Lutz at 412-261-5040 X106 or lois.lutz@alz.org. ❖



Construction continues on the 27,000 square foot assisted living Alzheimer's residence on the St. John campus.

Christmas Celebration 2009

Continued from front cover.



Joe Wanger, multi-talented entertainer, kept the spectators laughing.

Below, Dave Crawley from KDKA-TV returned this year to emcee the Christmas Ceremony. Right, Mary Rose Lindsey, resident at The Commons, enjoys the events.



Santa took time out of his busy schedule to listen to the kids' wishes.

“What a great display on such a beautiful crisp winter night”

Ann Mutmansky,
Director of Marketing

The crowd gathered among Christmas enjoy fireworks.



The train display was a crowd favorite.



Sarah Rowland and her mom traveled from Grove City to enjoy the festivities. She was very proud of the candy cane she had painted on her cheek.



The Passavant Singers performed during the Christmas Ceremony.



June Morrison, PRC resident, works the gift shop at Christmas Celebration.

Zambelli fireworks lit up the sky over the campus.



Laura Roy, Passavant's executive director, announced the names of Passavant community members who passed in 2009.

play
ful,
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, PRC

decorations to



In Tribute

The following gifts were received between October 1, 2009 through December 14, 2009.

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Lutheran SeniorLife depends now more than ever on generous individuals, congregations and corporations to enable it to serve elders. You can join us in making a difference in the lives of elders in need. Simply use the envelope in this issue of Abundant Life or log onto our website's convenient and secure donation page to make your gift.

For additional information on how you can support one or more of Lutheran SeniorLife's ministries, please call the Foundation at 724-453-6014. *Thank you!*

Information request form

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- Passavant Retirement Community, Zelienople, PA
- Crown Pointe, Butler, PA
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Create Your Legacy

The Lutheran SeniorLife Foundation Legacy Society recognizes devoted donors who include Lutheran SeniorLife in their estate plans and who, by so doing, are part of the living legacy of great works that began in 1893 and continue today.

Legacy Society members chose to be a future blessing to elders in need – just as God has blessed them during their lifetimes. Legacy Society members sustain and grow this ministry that has met the needs of elders for more than a century. Their generosity will help Lutheran SeniorLife to reach out to share Christ's love with people in need for generations to come.

It is easy to join the Legacy Society. You simply include Lutheran SeniorLife in your will, trust, charitable gift annuity, life insurance policy, retirement program or other estate plan. For more information, call Lutheran SeniorLife Foundation at 724-453-6014.

Support Seniors With A Special United Way Gift!



Help elders live an *Abundant Life*™ by designating your United Way contributions to:

LIFE-Beaver County – 1452211

(Living Independence for the Elderly)

Lutheran SeniorLife Foundation – 4250

Passavant Retirement Community – 573

St. John Specialty Care Center – 333

Ask relatives and friends to direct their United Way contributions to Lutheran SeniorLife, also.

For more information, call 724-453-6014.

Lutheran SeniorLife

1323 Freedom Road
Cranberry Twp., PA 16066-5001

724-776-1100
www.lutheranseniorlife.org

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Holiday Fashion Show Benefits St. John Residents

Christmas was very merry for residents at Saint John Specialty Care Center, thanks to the generosity of more than 100 people who attended the fifth annual Home for the Holidays fashion show November 7 at Treesdale Golf and Country Club.

Proceeds from the fundraiser were used to purchase Christmas presents and provide holiday activities for the residents at St. John.



“Most of the residents here at St. John have families that love and care for them

Bonny Diver of KDKA Radio was the emcee of this year’s Home for the Holidays fashion show at Treesdale Golf and Country Club.

very much, but some don’t, and that is why we are here,” said fashion show emcee Bonny Diver from KDKA Radio, as she encouraged attendees to purchase tickets for the silent auction baskets. The baskets were donated by local organizations, businesses, individuals and St. John employees.

Saint John residents, family members and staff paraded through the banquet room dressed in holiday and winter clothing and jewelry provided by local sponsors.

Diane Martinez, interim Executive Director of St. John expressed her sincere gratitude to the sponsors and donors for this year’s event. “We

couldn’t do this without all of you,” Martinez said. ❖



Kids modeling holiday pajamas stole the show!



Lori Bain, director of human resources and one of the event’s models, poses with Diane

Martinez, interim executive director.

Abundantlife