

Abundant *life*

WINTER 2020

VNA, WESTERN PENNSYLVANIA TELEHEALTH PROVIDES SAFE MONITORING DURING COVID-19

Lutheran SeniorLife's community-based home health and hospice agency, VNA, Western Pennsylvania, has continued to challenge the traditional business model of care for more than 50 years now with its innovative services.

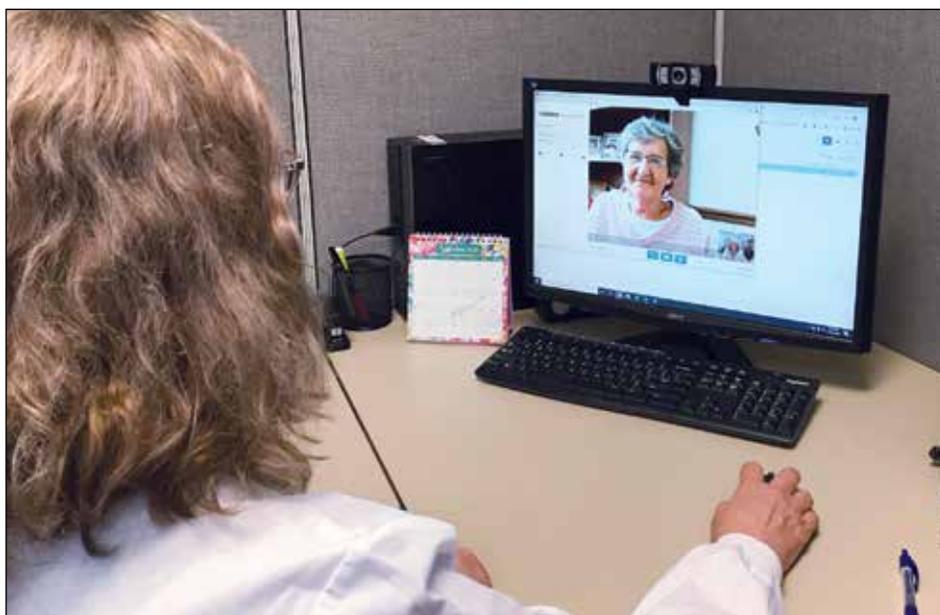
Two of those decades have specifically been spent practicing telemedicine to help patients receive quality care in the comfort of their own home.

Telemedicine, or telehealth, is described as electronic communications used to monitor and treat patients in place of an in-person visit.

And though it may sound like a new practice due to the recent surge in virtual visits across the nation, it isn't new to the medical community.

Telehealth can be traced back to the late 1800s when medical journals began publishing the benefits of using telephone interaction to reduce unnecessary office visits.

It wasn't until the 1950s that the practice would gain headline attention when a closed-circuit television link



VNA, Western Pennsylvania Registered Nurse, Diane Greaves, is just one of many leading video visits so patients can receive safe checkups at home.

was established to provide psychiatric consultations between hospitals.

Still, due to lack of insurance coverage and widely adopted stigmas, the practice slipped into the background as an unpopular treatment method for almost two centuries.

That is until the coronavirus (COVID-19) struck the United States in 2020.

Almost immediately, insurance providers made telehealth services widely accessible, and we quickly saw something that was once hard to adopt skyrocket into a leading source of care.

Straightaway, hospitals and health care practices began pushing out telehealth options to treat

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VNA, Western Pennsylvania provides in-home health services throughout Allegheny, Armstrong, Beaver, Butler, Lawrence, Mercer and Westmoreland counties. Whether you're recovering from an illness, need regular help at home, or require palliative or end-of-life care, VNA, Western Pennsylvania, can customize its services to fit your everyday needs. Please contact (724) 282-6806 to learn more.

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www.lutheranseniorlife.org

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OUR MISSION

Our mission is to continually transform and elevate health, wellness, and social services while fostering an *Abundant Life*® for those we serve and who serve us.

A MESSAGE FROM THE PRESIDENT

As we approach 2021, we can likely all agree that 2020 has been an unexpected year of new opportunities and new challenges.

Upon reflection, we have remained steadfast to our mission of serving, and our programs and services have remained in place for those who need us most.

From adoption and foster care to residential living, home health and hospice, Lutheran SeniorLife provides the widest and deepest array of services in the tristate area.

As an organization, we have not stopped our quest to fulfill our mission of serving others, and our Board of Directors has remained committed to guiding us throughout 2020.

Our partners at the Lutheran Synods and colleagues at Lutheran Services in America have wished us well and stayed in contact as we work together through this narrow passage with an eye on the future.

We are stronger when together.

Our staff has been the foundation of our organizational well-being and success.

They have contributed to helping us serve in new ways that can be viewed as nothing short of epic.

Wearing an N-95 mask with a gown and eye protection can also be regarded as courageous as coronavirus microbes circulate throughout our daily lives.

We have closed and re-opened programs and pivoted operations to serve more persons in their homes – delivering thousands of meals at-home as our rehabilitation team and home health care professionals travel tirelessly throughout the region.

Lastly, we are honored to be able to serve.

Honored to have the creativity to pivot operations to meet daily challenges and honored to have the perseverance and stamina to fulfill our mission.

We genuinely believe that our residential living homes and facility-based programs are a safe place to live.

Our team remains committed to our mission – dedicated to the person and the families of those we serve.

In addition, we acknowledge that our staff, business and ministry partners have been walking alongside Lutheran SeniorLife, offering their unconditional support throughout 2020.

Our team is blessed by your support – looking forward to 2021.



David Fenoglietto,
President and Chief Executive Officer, Lutheran SeniorLife



Congratulations, to our Passavant Community campus in Zelienople, Pa. The Life Plan Community was listed as a top performing facility in U.S. News & World's Report's 2020-21 list of Best Nursing Homes.

LUTHERAN SENIORLIFE HONORS ROSTERED MINISTERS WITH THOUGHTFUL GIFT

Lutheran SeniorLife sent each congregationally-based minister a considerate treat as a way to celebrate Clergy Appreciation Month this past October.

Rostered ministers are typically honored annually during a sponsored Theological Convocation at Antiochian Village in Bolivar Pa.

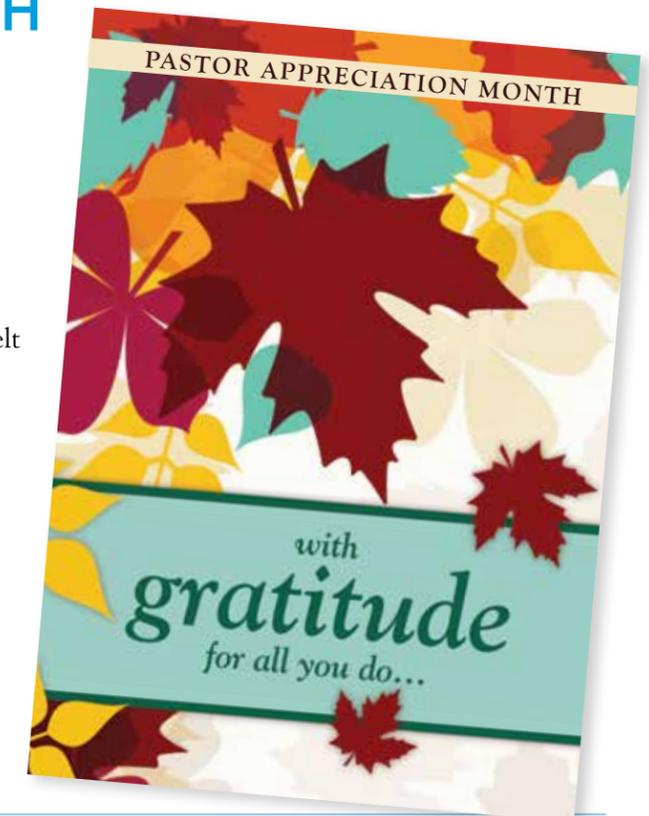
However, this year, pandemic concerns resulted in different plans.

In order to maintain health and safety protocols, the ministry event was replaced with a new token of gratitude consisting of a kind note and Starbucks gift of appreciation.

Nothing compares to the fun-filled cornhole tournament and chair massages our pastors usually enjoy.

But we still hope they felt just as appreciated.

Thank you rostered ministers for your generous support of congregations, communities and ministry organizations alike. ❖



VNA, WESTERN PENNSYLVANIA TELEHEALTH PROVIDES SAFE MONITORING DURING COVID-19

Continued from front cover.

patients while limiting the spread of coronavirus.

VNA, Western Pennsylvania started providing telehealth services in the form of Honeywell HomMed monitors in 2002 with the introduction of video visits to their service line in 2017.

“We quickly saw a rise in the video aspect of telehealth when COVID-19 struck,” said VNA Home Health Manager Julie Lockhart. “Many people were scared for us to come into their homes, so the video visits really enhanced our services.”

“Telehealth supplies proactive tools that allow us to keep patients comfortable within their homes and out of the hospital,” Lockhart continued.

It’s important to note that nothing compares to the absolute value of an in-person evaluation, though.

“There are certain medical problems that require in-person assessments and face-to-face treatment, so it’s also important to raise awareness that it’s not an all-encompassing solution to care,” Lockhart said.

Nevertheless, it seems telehealth may have finally seen its mainstream breakthrough as a popular go-to for remote health services. At least for now.

“As we progress into the future, I do think we are going to see more people becoming comfortable with the idea of telehealth,” Lockhart said. “Overall, it’s something positive that people seem to really like, and it allows us to prioritize patients who require immediate, in-person care.” ❖

HAPPY HARVEST



Aria, granddaughter of VNA, Western Pennsylvania employee, Tina Denardo, releases a butterfly in memory of her great grandparents during the VNA Celebration of Life and Butterfly Release on Sept. 13. This year, due to COVID-19, staff gave families the opportunity to hold their own personal ceremonies to memorialize loved ones.

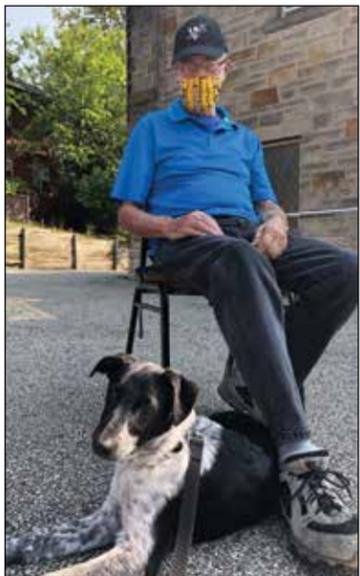
Beautiful weather brought out the best in our Rosecrest Assisted Living residents with a series of outdoor concerts.



Passavant Community Brandywine and Mountain Laurel residents kicked off the start of autumn with festive scarecrow paintings. We were just as excited as they were for the colorful season.



Beep beep! Our 1st floor residents at Passavant Community experienced the freedom of the open road thanks to iN2L's virtual driving simulator. The system connects seniors with what interests them most so they can continue to live rich and fulfilling lives.



Meet PrimeTime Senior Center's companion, Murphy! He loved greeting participants as they picked up Grab & Go Meals from our center in Bellevue, Pa.



Knock, knock. Who's there? Our wonderful Home Health Nurse, Heidi Geroff, who delivered exceptional care to our patients within the comfort of their own homes this fall.

Passavant Community celebrated longtime residents, Don and Betty Wunnenberg's, 70th wedding anniversary with a socially distanced parade and toast on October 14. Congratulations to the happy couple!

SILVERSMART™ PARTNERS WITH K4CONNECT TO LAUNCH TECHNOLOGY SOLUTIONS AT OVERBROOK POINTE

Lutheran SeniorLife's SilverSmart™ Technology program is partnering with a North Carolina based software company, K4Connect, to deliver senior living technology solutions for older adults residing in Overbrook Pointe's residential living apartments.

The craftsman style building currently houses 53 apartments that will soon be equipped with three technology solutions from the company's K4Community ecosystem.

These solutions or "modules" are specially designed to keep seniors safe, engaged and connected.

"We are currently working to implement three modules that will improve the quality of life for our seniors," said SilverSmart™ Technology Coordinator, Sharon Whalen. "These include digital

signage, Amazon Alexa and a resident-facing app."

All can be tailored to create the perfect senior living environment and help Lutheran SeniorLife's residents live an **Abundant Life®**.

SilverSmart™ will launch the modules in collaboration with the K4Connect team in three stages, with the first phase taking place in early October.

"We've already begun installing the digital signage, which showcases campus announcements across TVs, and received very positive feedback," Whalen said. "So, I think we are going to continue to get some really nice responses as we move along through each phase of implementation."

The next step will entail the installation of Amazon Alexa's Echo

Dot in each resident's room, followed by a resident app.



Both features will improve resident safety and communication through voice assistance and finger-tip connection.

"The tools let us do everything from set up a voice-activated directory to share resident forms directly through the app," Whalen said. "Overall, we are excited to see what K4Community does for Overbrook Pointe and, eventually, our other residential living locations." ❖

AbundantLife

Support the Advanced Care Center of Butler



Renovations for our new skilled nursing and rehabilitation facility are complete.

But you can still help us make it feel like home!

Your charitable donation will assist in putting the final touches on this location.

Gifts can be made online at www.lutheranseniorlife.org/donate or by phone at (724) 453-6014.

Thank you for your help.

ROSECREST CELEBRATES NATIONAL ASSISTED LIVING WEEK®

RoseCrest Assisted Living kicked off a week-long celebration with activities in honor of National Assisted Living Week® on Sept. 13-19.

This year, coronavirus (COVID-19) required long-term care employees to go above and beyond in their daily work which resulted in the National Center for Assisted Living's (NCAL) theme of "Caring is Essential".

Festivities were aimed to recognize the incredible care provided by vital workers in the assisted living industry as well as celebrate the wonderful individuals they serve in long-term care.

RoseCrest began their celebration on Tuesday, September 14 with acoustic guitarist, Rick Bruening.

Entertainment continued with outdoor concerts, banana splits and educational presentations throughout the rest of the week.

Staff were also recognized with a special gift each day.

Personalized flower vases, lavender bath salts and cooler bags were just some of the many tokens of appreciation presented.

The week ended with a resident walk for dementia research and an uplifting Alzheimer's balloon release.



"We really wanted to focus on both our residents and staff to make the week special for everybody," said RoseCrest Activities Associate, Viki Nulph.

The residents especially loved this year's walking event which was organized just for them.

In the past, RoseCrest staff participated in the Alzheimer's Association's Walk to End Alzheimer's event each fall.

But with this year's event being virtual, due to the pandemic, staff wanted to focus on shaping an occasion that would be meaningful and engaging for the residents.

"The residents always ask how they can get involved so we thought their

own version of the walk would be a great idea," Nulph said.

On the day of the walk, each resident was given 30 minutes to walk as many laps as possible around the front circle of the building.

Staff then set up a fundraising page where family could donate to Alzheimer's research on behalf of the walk.

"They ended up walking 197 laps," Nulph said. "We were beyond proud of them."

The residents loved the walk so much, they even asked when they could participate again.

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RIGHT: From left to right: Barb Procup and Faye Rowe prepare to release balloons in honor of Alzheimer's research on Sept. 19.

LEFT: Assisted Living resident, Bill Hower, enjoys fast paced walking outside of RoseCrest Assisted Living during the facility's resident inspired walk on Sept. 19.



BELOW: From left to right: RoseCrest Assisted Living residents Frank Silverman, Annie Postupac and Faye Rowe hold signs of appreciation for the people who work and reside at RoseCrest Assisted Living in Mars, Pa. on Sept. 19.



LEFT: RoseCrest staff member, Josh Morrison, and assisted living resident, Joan Fritz, finish a lap together outside of RoseCrest Assisted Living in Mars, Pa. on Sept. 19.



RoseCrest is specially designed for those who require memory support services.

Residents receive 24-hour care in a secure environment and engage in meaningful activities which focus on their existing strengths to foster abundant life.

If you would like to learn more about RoseCrest Assisted Living, please contact (724) 625-1900.

HAPPY HOLIDAYS FROM LUTHERAN SENIORLIFE

Like most celebrations held in 2020, this year's Christmas festivities at Lutheran SeniorLife will see new traditions due to the risk of spreading coronavirus (COVID-19).

Passavant Community will withhold from hosting its annual Abundant Lights Christmas Festival.

What is more, for the vulnerable populations residing within our senior living communities, technology will play a massive role in keeping those we serve connected.

Nevertheless, despite the sad news of missing out on grandma's warm hugs and delicious party treats, we can still keep the magic of Christmas alive by focusing on the good.

For instance, this year, Lutheran SeniorLife's LIFE programs delivered more than 28,000 meals to income-

qualified seniors affected by the pandemic.

Similarly, VNA, Western Pennsylvania's visiting nurses, served approximately 700 people each day through our home health and virtual visit services.

PrimeTime Senior Center team members made 4,270 wellness calls to our program recipients while their location remained closed due to state welfare regulations.

Lutheran SeniorLife completed final renovations for its latest skilled nursing facility, the Advanced Care Center of Butler, which will provide person-centered care to the greater community.

And most importantly, we will commemorate the birth of Jesus Christ, our savior, with billions of

people around the world on Dec. 25.

With these examples of optimism in mind, we can still rejoice because this season's delight exists in the amount of generosity we can extend to one another in new and loving ways.

May this photo collage of our 2019 Christmas events fill your heart with joy until we meet again for our next in-person celebration. ❖



Similar, to Passavant Community's successful holiday event, each year, the Living Independence for the Elderly (LIFE) Program's Purse Bash raises thousands of dollars for our LIFE program seniors. Thanks to a high event attendance earlier in the year, staff will be able to put \$16,000 toward gifts for program enrollees this Christmas. For many of our program recipients, these presents are the only gifts they will receive during the holidays.



Passavant Community's Abundant Lights Christmas Festival is one of Lutheran SeniorLife's most anticipated holiday events. In December 2019, attendees savored basket raffles, entertainment and delicious holiday treats. Additionally, more than \$23,000 was raised from lantern donations for benevolent care. These funds ensured ongoing services for those who have outlived their personal assets within our Life Plan Community.



IN TRIBUTE

The following gifts were received between July 1, 2020 and September 30, 2020.

IN HONOR OF:

Mrs. Martha E. Malone

Mr. and Mrs. Donald Malone
Mr. Russell Malone

Mrs. Debra McMurdy

Dr. Patricia Liehr

Ms. Antoinette Schmidt

Mr. and Mrs. David Schmidt

Mrs. Elizabeth J. Smith

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IN MEMORY OF:

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Ms. Diane K. Yoder

LIFE BEAVER COUNTY HOLDS CAR SHOW FOR PARTICIPANT ENTHUSIASTS

Sunshine and blue skies were a perfect match for Living Independence for the Elderly (LIFE) Beaver County's antique car show supporters on Oct. 7-8.

Recreational Therapy Manager, Chris Mosesso, and his team originally began planning the event after learning about two participants' love of antique cars.

"We first learned about Kevin and Tom's interest in classic cars through casual conversation," said Mosesso. "So, we thought it would be a great idea to plan something that would appeal to both of them."

The event was especially meaningful for Kevin Simoneu, a younger participant, who was just recently introduced to the program.

"We try to come up with something for new participants as a way to get them acclimated to the program, so for Kevin, we thought a car show was the best way to do that," Mosesso said.

Incorporating personal hobbies and interests into events is something LIFE does regularly to foster an *Abundant Life*® for program enrollees.

"I was first drawn to cars when I saw the power behind them as a little boy," said LIFE Beaver County participant, Kevin Simoneu. "So, for them to take what I love and then do something like this just shows that they care."

LIFE also goes above and beyond when helping participants receive a complete range of medical and supportive services.

"I had a stroke, and they are teaching me how to walk again," Simoneu said. "I have to relearn everything, but they continue to stand by me and support me while I do."

Something that would typically get most people down,

but Simoneu prefers to look on the bright side.

"The thing is, they make you laugh, so I always try to make them laugh too," Simoneu said. "Sometimes I tell them I have a different name before they hand me my name badge."

A joke Simoneu says, "keeps the staff on their toes."

"The way I look at it is if I can make them smile once, compared to all they've done for me, then it's worth it," Simoneu said.

The car show finished with approximately 20 vehicle owners beeping their horns and revving their engines as they drove off.

Certainly a wonderful occasion for participants, like Simoneu, who label the LIFE program a blessing. ❖

Make this Christmas sparkle with your goodwill.

Please help us continue to assist those who depend on us most by making a gift this holiday season.

When you donate, your contribution will help us:

- Deliver meals to participants who cannot leave their homes due to COVID-19.
- Purchase devices for residents and patients who rely on telehealth services.
- Acquire personal protective equipment or (PPE) for patient care staff.
- Provide benevolent care for those who have outlived their financial resources.

PRO TIP: Did you know that, for the remainder of this year, up to \$300 of your charitable contributions are eligible for a tax deduction under the CARES Act? Please contact your tax advisor for more information.

Your gift to the Lutheran SeniorLife Foundation can be made online at www.lutheranseniorlife.org/donate or by phone at (724) 453-6014.

Thank you for thinking of us during this critical time.

We pray your Christmas shines with moments of love, laughter and generosity.



ABOVE: LIFE Beaver County participant, Kevin Simoneu, poses in front of a vintage pickup truck during LIFE Beaver County's car show on Oct. 8.

LEFT: Vintage cars of every color park outside the LIFE Beaver County center in Aliquippa Pa.

Living Independence for the Elderly (LIFE) is a nursing home alternative that allows seniors to live safely at home by providing them with access to a full range of medical, recreational and supportive services. Please contact our LIFE Beaver County office at (724) 378-5400 to learn more about program eligibility.

Lutheran SeniorLife

191 Scharberry Lane
Mars, PA 16046

(724) 776-1100
www.lutheranseniorlife.org

Lutheran SeniorLife offers a continuum of care featuring senior living communities, personal care, nursing care, memory care, home health and hospice, social and physician services.

With headquarters in Adams Township, Pa., Lutheran SeniorLife has locations in Zelienople, Mars, Butler, McCandless, Bellevue, Kittanning, New Castle, Aliquippa, Ambridge, Greensburg, and Monaca. To learn more about any of our programs or services, please visit our website at www.lutheranseniorlife.org.

LUTHERAN SENIORLIFE CHECKS ITS "WS" WITH WEARWASHWATCH INITIATIVE

Lutheran SeniorLife launched the first portion of its WearWashWatch campaign with striking webpage content on October 8.

The online landing page reminds onlookers that our organization continues to uphold superior safety protocols throughout the pandemic.

Similarly, website messaging offers community members peace of mind

as they search for residential living and health-related services within Lutheran SeniorLife's broad array of care.

Wearing masks, washing hands and watching physical distance are some of the ways Lutheran SeniorLife is checking off its "Ws".

It is Lutheran SeniorLife's top priority to make everyone who interacts with us feel at ease.

This sense of comfort begins with knowing you are protected and well taken care of under the mission of **Abundant Life**®.

To learn more about our WearWashWatch movement, please visit <http://wearwashwatch.org/>. ❖

