

FAITH & WORK



St. Barnabas Health System

Fall 2017



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Cover

This charities issue highlights free care patients Bill Aultman and Don Kinast who share 31 years of residency at St. Barnabas. See story on page 10.

Faith & Work is published quarterly by St. Barnabas Health System.

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An apple is absolutely amazing. And when you really think about it, your life may be just like one.

I don't mean that we are round and red, golden or green. I mean we mimic the potential and vulnerability of an apple.

Life is Like an Apple

A MESSAGE FROM WILLIAM V. DAY

Apples and people have skin, and that skin can be bruised easily. We can choose to throw out a bruised apple or throw out our potential when we are feeling "bruised," or we can recognize the potential. Sometimes, we allow the world to tell us our value and make us feel like "ugly fruit" and because of that, we don't reach our potential.

What do I mean by potential? Well, think about it. First, an apple has no choice as to what type of apple it is. It is "born" a Golden Delicious, Honeycrisp, Red Delicious or Granny Smith. An apple may be "born" in a large commercial orchard, in your back yard. Or in an abandoned lot where a seed was tossed. But, all apples share the same DNA of potential. What is done with potential is a choice.

An apple has wonderful nutrients in it as well as seeds. It

has the potential to nourish our bodies, quench our thirst. And the seeds? Wow, how many trees are in just one apple? You can choose to throw the apple core out, choose to plant a single tree or plant a whole bunch of trees.

You can choose to take *full* advantage of the apple's potential or take advantage of *some* of the apple's potential, or to toss away *all* of its potential. Your choice.

Like the apple, we don't have a choice into what circumstances we are born. Ethnicity, geography, situation, etc. Even our IQ. And like the apple, we all share the DNA for enormous potential. It is our choice what we do with what we are born. Think about some of the celebrity stories we hear on the news. A child of the rich and famous with every advantage available, wasting a life away in drugs, alcohol and petty crimes.

Then think about the child born in a crime-infested, poverty-stricken neighborhood. He or she puts all into education. While working full time after school to change circumstances. Being the first in their family to graduate from college.

Both could be bruised — the rich kid being totally neglected by socialite parents. The poor kid roughed up by the neighborhood. But both have amazing potential to be the best they can be.

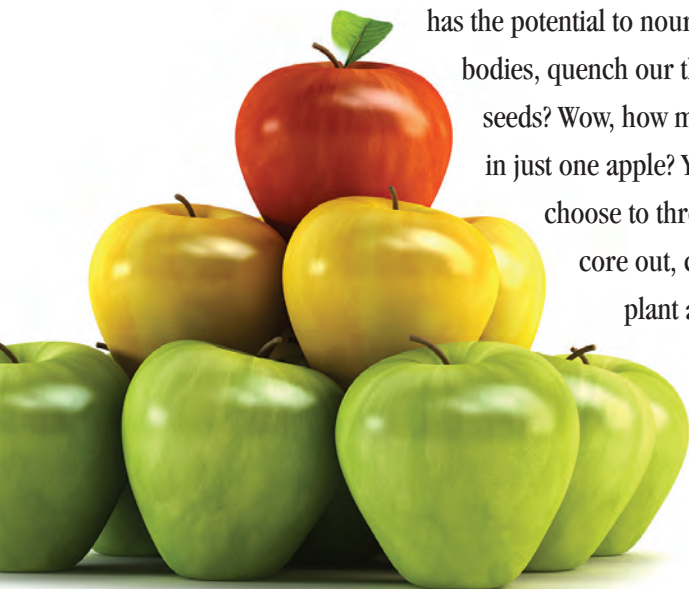
Our choices in life matter greatly. Our paths of life are impacted by those choices. We can choose to "plant an orchard," bear fruit and impact the life of many. We can mentor, guide, inspire, care, and impact a life every day. You have the DNA, but it's your choice what to do with it.

We can't choose our start but we sure can choose our finish. It should plant seeds of thought — apple or not — for everything we do.

God bless,

WVD

President@StBarnabasHealthSystem.com





Setting a new record, the 2017 Fall Golf Classic — held for the very first time at St. Barnabas' own Conley Resort & Golf — netted \$58,000 for PRESENTS FOR PATIENTS®. Following brunch with build-your-own Bloody Marys and Mimosas in Knickers Tavern, 89 golfers teed off for a perfect autumn day on the greens, capped with a fun-filled reception. The winning foursome from Ric George Construction recorded a score of 12 under par, closely followed by the WPXI-TV team with 11 under par.



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5K Run/Walk

Benefits Patients

Nick Edinger, 26, of Mars, led hundreds of runners/walkers across the St. Barnabas Gibsonia campus Aug. 5 in the 26th St. Barnabas Free Care 5K with a time of 15:14. Top female finisher was Laura Harnish, 30, of Pittsburgh, with a time of 17:43.

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Seating is limited. [Corporate Sponsorships Available.](#)

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All proceeds benefit the St. Barnabas Free Care Fund.

Conservatives love him for antagonizing “big government.” Liberals appreciate his stance against capital punishment. Followers of Fox News and the *Washington Post* alike turn to the former New Jersey Superior Court judge for his critical take on constitutional rights and political power. Regardless of party affiliation, St. Barnabas Founder's Day attendees are guaranteed a powerful, opinionated, no-holds-barred analysis of today's political state. This broadcast and print judicial analyst, civil liberties watch dog, best-selling author, columnist and scholar will be honored in memory of St. Barnabas founder Gouverneur P. Hance at the annual benefit for St. Barnabas Free Care Fund.

Please join hundreds of others celebrating faith, principles and tenacity by ordering your Founder's Day tickets today. Admission to the evening makes a great Christmas gift! 



*"I can fix just
about anything."*

Mr. Fixit and Beautiful Buys



Robert Lew spends his life building and fixing “things” — clocks, furniture, tools...

This 80 plus unique “handyman” lives in The Woodlands with his wife, Loretta Mertz, and volunteers for St. Barnabas’ Beautiful Buys thrift shop in Adams Township, repairing donated items for resale to benefit the needy patients of St. Barnabas.

According to Deb Cochran, Beautiful Buys Manager, she met Bob Lew six years ago: “I was explaining to him our need for volunteers, when he said, ‘Stop right there, I was born to do this.’ Bob has been with us ever since. We call him Mr Fixit.”

Bob is very matter-of-fact about his skills: “I can fix just about anything.”

A native of Pittsburgh’s Southside, Bob served in the Army during the Korean War and came home to study engineering at the University of Pittsburgh on the GI Bill.


“I didn’t graduate,” Bob said, “but my engineering courses and natural ability to work with my hands helped me land many drafting and design positions. I worked for Koppers designing coke ovens...for Pittsburgh National Bank, I was the in-house architect and headed up their real estate properties. I even designed bathroom fixtures and was employed in the engineering department

of Fisher Scientific. And in my spare time, I’ve designed and built furniture by hand.”

Bob’s first “fix-it” assignment for Beautiful Buys was an antique spinning wheel, broken and missing a few parts. Bob restored it, beautified it and it was sold to a collector. One of his most challenging repair jobs was an early American bench, black trimmed in gold, left outside in a garden. It took Bob two months to restore it. The gentleman who had donated the bench saw it in the shop and started to cry. It had been his mother’s, and he bought it back.

Bob’s wife Loretta is his second wife. His first wife, Nancy, died in 2002. Bob and Loretta share his children: one daughter and three sons — two of the sons are deceased. And they are blessed with four grandchildren and six great grandchildren.

Deb Cochran is one of Bob’s biggest fans: “We need more volunteers. Bob’s skills are unique and not easily found, but there is also a great need for greeters and sales assistants, home decorators to help with displays, volunteers to sort and clean up donations and those willing to distribute flyers throughout the community. And if you can refurbish furniture or repair lamps like Bob, wonderful!”

“And let’s not forget our greatest need,” Deb added, “customers! Join us at one of our two resale stores and support the St. Barnabas Free Care Fund.” 

General Store	Beautiful Buys
68 Dambaugh Ave.	421 Route 228
Valencia PA	Valencia, PA
724-625-8995	724-898-2897

Hours for both:

M-W-F 10-5 | TU-TH 10-7 | SAT 10-4

Donors across the U.S. fund the essentials and the amenities that many patients cannot afford. Medicare, Medicaid and private payment subsidize few or none of the provisions that set St. Barnabas apart from the ordinary.

CHA Supporters Fund Free Ca



SPECIAL PEOPLE FUND

FUEL FUND

Heating, air conditioning and gasoline for buses, cars and vans assure patient comfort and transport to specialists and social outings.

WHEELCHAIR FUND

Motorized, specially adapted apparatuses offer independent or assisted mobility for those suffering with birth defects and the effects of stroke, cancer and paralysis.

WHITE GOODS FUND

Linens, towels, even clothes are supplied and laundered — more than 380,903 pounds per year.

FILL ME UP FOR ST. BARNABAS

Produce, meat and groceries for “St. Barnabas Home for Men and Boys” was procured by begging Pittsburgh businesses and individuals in 1900. Today, more than 389,532 meals are served annually to nursing and living assistance residents. Meals for family and employees are minimally priced.



SPIRITUAL CARE

Priests, ministers and lay clergy administer communion, the Rosary, services and masses, devotions, Bible discussions and bedside counseling. Hospice staff and volunteers pastor patients and family.

FAMILY SUPPORT

Sons, daughters, siblings and spouses participate in the holistic approach with care conferences, support groups, *pro bono* admission assessments and memory care consults.

CLINICAL EXCELLENCE

Enhancing the patient experience are new technologies and perspectives of the med students, rehab therapists and nurses from 14 universities and colleges, rotated throughout the inpatient and outpatient facilities as well as endorsements by the Alzheimer's Association and other affiliations.

"With confidence in God and good will"

CHARITY AT ST. BARNABAS

Care, Health Care, Compassionate Amenities

COMMUNITY OUTREACH

Neighboring non-residents benefit from St. Barnabas cultural and educational programs:

Free Kean Theatre movies, Docs Talks, Student Life Skills Vocational Training, Health Executive Institute, CEO Leadership Conference, support groups, flu shot clinics, health screenings to name a few.

SOCIAL ACTIVITY AND RECREATION

An annual contribution endows trips to PNC Park Pirate games in memory of late patient Joey Palumbo. Entertainment and fellowship brighten moods and boost recovery: *Wii bowling, pond fishing, 5K My Way, golfing 36 holes and on putting greens, gardening, walking trails, shopping, lunching out, bingo and concerts. One-on-one social visits, and a book and movie library* bring the outside in for immobile residents.

RECOVERY AND REHABILITATION

A wide spectrum of care provided to patients regardless of their ability to pay includes recovery from trauma, expensive medications, specialists' attention, intense therapy, pain management, dementia care, brain health, home care, respite care, hospice, and treatments for cancer and stroke.

FREE HOLIDAY DINNERS

Family, friends, neighbors who are unable to afford the traditional meal or those who would otherwise be alone are guaranteed a seat at the St. Barnabas table at Christmas, Easter and Thanksgiving.

CHARITY SUPPORTERS – 10,000+

- Ambassadors: Allegheny, Beaver, Butler Counties
- Beautiful Buys customers and donors
- Charities' event attendees and advertisers
- Conley Resort and Golf overnight guests/meeting planners
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- Legacy giftors (wills, trusts, etc.)
- Pennies for Patients collectors
- PRESENTS FOR PATIENTS® gift givers
- Rudolph Auto Repair customers
- Suncrest Grille customers
- Suncrest Golf & Grille golfers, customers
- Trustees (100%)
- Trusts and estates
- Volunteers



...all, all Difficulties can be overcome."

ST. BARNABAS FOUNDER GOUVERNEUR P. HANCE 1871 – 1954

Funding Meaningful Gifts

Not everyone can write a check for \$5,000. But the opportunity exists to support free care so essential to a young man with multiple sclerosis and a former college coaching assistant, both in need of lifetime care.

How? By funding that gift with a piece of property we no longer need, with a life insurance policy purchased years ago or with stock and bonds inherited from a relative or spouse. These assets can be used toward charity care for generations to come.

Options such as gift annuities* and charitable trusts* are vital to the lives of deserving patients like Bill Aultman and Don Kinast. These two patients have benefited more than \$1.3 million in free care over their combined 31 years at St. Barnabas. All made possible by contributions to the Free Care Fund.



Don Kinast, now 61, flashes that winning smile — the same smile seen in his graduation picture when he was 17.

Don Kinast Happy at St. Barnabas

Diagnosed at the age of 27 with multiple sclerosis, Don Kinast lived independently for 10 years. His older brother, Richard, looked after him, just as he had ever since Don was six and they lost their father. Don worked as an electrical engineer until he was 40 years old. In 2005 Don turned to St. Barnabas



to Support our Patients

Nursing Home after a friend, whose mother lived at St. Barnabas, spoke highly of her care.

“The staff makes me feel welcome and part of the family,” Don said. “They are like my extended family. I have been happy here. And my faith has helped me deal with and accept my MS.”

Don once played basketball and baseball and still loves the games, and he spends much of his time on his computer and listening to music. He remained close to his brother until his death in 2007. Don’s sister Loretta Gonzales visits regularly.

Bill “Boomer” Aultman Thrives at The Arbors

William Aultman spent much of his life — from his teens on — assisting his father, Cliff Aultman, the legendary winning football coach at Geneva College. Bill blossomed at Geneva, becoming a familiar part of all Geneva College sports, earning his nickname, “Boomer.” His brother John recalls Bill as an honorary member of the Homecoming Court and riding in a convertible across the football field...and then being inducted into Geneva College’s inaugural Sports Hall of Fame.

Following his mother’s death and because of his father’s deteriorating health, Bill moved to St. Barnabas with his father in



Bill Aultman, now 80, laughingly shares a picture of his “Boomer” Days at Geneva College.

1998. A short time later, Cliff Aultman died, knowing Bill would be well taken care of by St. Barnabas. Bill now lives in The Arbors at St. Barnabas, Valencia, an active member of the community, friendly and welcoming to all. 🏠

Gift to Support Free Care Can Earn You Income, Tax Credits

Donate

- Cash
- Property
- Life Insurance
- Stocks and Bonds

**St. Barnabas Charities Gift Planning
724-444-5521 ▪ StBarnabasCharities.com**

***Gift annuities and charitable trusts are legal terms for gifts that can supplement your income and offer tax benefits. St. Barnabas Charities’ Shelli Sommariva, along with your financial advisor, can review and set up these gift plans.**

“
@theRoddeyReport
”

They **Have** **My Back** Here!

When I began my 85th year I made an important decision. Not about retirement. I did not need a financial advisor or any more insurance. Thankfully, I did not need an attorney or a psychiatrist. My critical need was for a neurosurgeon to relieve the severe pain of spinal stenosis, a degenerative condition that narrows the spinal canal.

Because I wanted the best, I chose Dr. Joseph Maroon, a world-renowned neurosurgeon, highly admired and respected by his peers as well as his thousands of satisfied patients. I have known Joe for several years and have recently been associated with him at St. Barnabas Health System where I live and work and where Joe established a brain health program for residents and community. Joe's hobby is participating in Ironman competitions. As my doctor, I found

him to be honest, efficient and humble. Joe carefully and patiently explained my condition and the process and risk of surgery. He even suggested I get a second opinion. It was one of the best choices I ever made.

Once home, I was under the careful supervision of a spectrum of St. Barnabas services that included delivered meals, home care and physical therapy.

I made a good choice about a very important event in my life, just as St. Barnabas made a good choice in partnering with Dr. Joseph Maroon to provide advice and expert information about how aging citizens can benefit from good habits and good choices by keeping their minds and bodies active and healthy.



This story is shared by James C. Roddey, enterprising businessman, the first Chief Executive of Pennsylvania's Allegheny County, talk show host, St. Barnabas senior advisor and resident of The Woodlands at St. Barnabas. He enlightens and entertains followers with his wit, humor, travel and experiences. To request Mr. Roddey as a speaker or emcee, please contact him at James.C.Roddey@StBarnabasHealthSystem.com or 724-444-5508.



@theRoddeyReport for the full article and other Roddeyisms.



Western Pennsylvania business executives enjoyed a unique ride at St. Barnabas' 31st CEO Leadership Conference Sept. 29th, via bicycle, mass transit, self-driving cars and luxury small jet.

The status of *Transportation Innovation* in the Pittsburgh area was outlined by distinguished panelists: Allegheny County Chief Executive **Rich Fitzgerald**, President of the Pittsburgh Technology Council **Audrey Russo**, Executive Director of Pittsburgh Bike Share **David White**, System Safety Director for Uber Advanced Technologies **Noah Zych**, Argo AI Chief Operations Officer **Pete Zander**, and the CEO of One Jet Inc. **Matthew Maguire**.

Highlight of the forum was the presentation of the Lifetime Leadership Award to Butler County Commissioner **Kimberly Geyer**, shown right, a successful business owner and entrepreneur, legislative researcher, education activist, devoted to her family and her community.



Annual leadership awards went to **Theodore Bovard**, Managing Director of Fort Pitt Capital Group; **Bronco Brnardic**, Owner, Brnardic Corporation; **Paul Furiga**, President and CEO, WordWrite Communications; **Richard Kaminsky**, President and CEO, Southwest

Subway Inc.; **Marion Piotrowski**, President and Publisher, Northern Connection and Pittsburgh 55+ magazines; **Winfield Smathers**, Founding Partner and Managing Director, Shorebridge Wealth Management; **Joseph Thurby Jr.**, Chairman, Pittsburgh Neighborhood Store; and to the *Beaver County Times*, represented by Debbie Bianco. 



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Benefits the St. Barnabas Free Care Fund.

DONATING IN MEMORY

Aldo Colautti



Collman (now deceased), a widow with four children. The Colautti's had two more children, Lisa and Marc. Marc died shortly after birth. Mr. Colautti is survived by MaryAnne Collman, Annie O'Neil, Katie Flaherty, Fran Heatherington and Lisa Colautti along with 11 grandchildren and 11 great grandchildren.

Committed, competitive, brilliant, a man of integrity – all describe Aldo Colautti, who lived at the Arbors at St. Barnabas III until he passed away on June 2, 2016.

Mr. Colautti utilized and lived in five settings at St. Barnabas. In 2011 he was a resident of The Arbors in Valencia where he lived for a short time recovering from a stroke. His great progress led to a transfer to independent living at The Village at St. Barnabas. Later, after hospitalization, he was cared for at St. Barnabas Nursing Home, then transitioned to catered living at The Washington Place. A favorite of the hostesses, he indulged in his love of ice cream and created The Colautti Special Sundae.

When his need for assistance increased, his family facilitated his admission to the newly renovated Arbors at St. Barnabas III and here Mr. Colautti lived, and was cared for, suffering from dementia, until his death in 2016.

Mr. Colautti was a dedicated public servant for more than three decades, working briefly for Pittsburgh Mayor David L. Lawrence, Mayor Joseph Barr, Allegheny County Commissioner Tom Foerster, the Pittsburgh Public School System and the Department of Public Welfare under Governor Milton Shapp. Prior to his public service he served in the Army Air Corps in WWII.

It was while working for Mayor Barr that Mr. Colautti met and married Frances

In describing her father's work ethic Lisa Colautti said, "All my life I've seen this man who is very intelligent, very hard working and simply honest. That to me is a great image of what a public servant should be."

Throughout his last days, Mr. Colautti never lost his sense of humor nor his unwavering love for his family.

Family and friends of Aldo Colautti remember him with gifts to the St. Barnabas Free Care Fund. Please join them in honoring his memory by sending a contribution to St. Barnabas Charities in the enclosed envelope or giving online at StBarnabasCharities.com.

TRIBUTE

With the St. Barnabas Special Tribute Gift Program you can honor a friend or relative on a happy occasion, such as a birthday or anniversary, or to pay living tribute to the memory of a departed one. Your tax-deductible gift makes possible skilled, loving care for the patients of St. Barnabas Nursing Home and Valencia Woods at St. Barnabas and the residents of The Arbors I, II, III and Beaver Meadows at St. Barnabas.



in HONOR of:

William V. Day - 50 years of
Leadership
Dr. Richard Morledge
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Naming St. Barnabas Charities in your will is a simple way to pay it forward. Making your will is an important decision and is the only way for you to direct your money, possessions and assets to heirs and charities. Please consider funding free care for the future — endowing free care for St. Barnabas patients can be your legacy.



Dr. Cornelius "Neal" Murphy supports St. Barnabas Charities, a decision he made after retiring from Duquesne University and moving to The Woodlands at St. Barnabas.

- 1** Choose St. Barnabas Charities
- 2** Contact St. Barnabas Charities
- 3** Create or update your will with an attorney/trust company
- 4** Tell your friends and family
- 5** Feel good about your new legacy!

FOR MORE INFORMATION:

St. Barnabas Charities

Shelli Sommariva

724-444-5521

ssommariva@stbarnabashealthsystem.com

St. Barnabas Charities

5850 Meridian Road, Gibsonia, PA 15044

StBarnabasHealthSystem.com

*St. Barnabas Charities is a 501c(3) charity.
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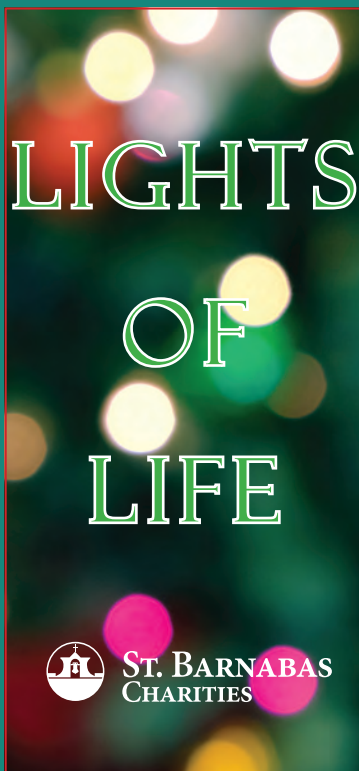
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The Official Registration and Financial information of St. Barnabas Charities may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, (800) 732-0999. Registration does not imply endorsement.

**St. Barnabas Charities'
Mission Statement**

The St. Barnabas Charities' mission is to help to provide new resources to St. Barnabas Nursing Home, Valencia Woods at St. Barnabas and The Arbors at St. Barnabas. The Charities exists to enable St. Barnabas to better respond to the health needs of the western Pennsylvania community. The Charities' resources help provide the finest personnel and latest technology to the community to promote a better quality of life. The Charities is accountable to those who support its activities and reports regularly to these constituencies. Through the efforts of the Charities, St. Barnabas is able to realize its full potential to serve society.



Light the St. Barnabas giant outdoor Christmas tree with a donation in honor or memory of a loved one and support the Free Care Fund.

Donation: ☐ \$10 ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ Other: _____

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