



Hospitality

AUGUST 2019
COMMUNITY UPDATE
VOL. 1, ISSUE 2

at Beaver Meadows

Committed To The Community

The sequel continues... When we first introduced *The Beaver Story*, we promised it wouldn't be a case of 'build it and they will come.' Instead, the needs of the local residents will have top billing.

In holding true to this promise, a new chapter is being added to *The Beaver Story*. For the last three years the residents of Brighton Township have been without a local grocery store. But that is about to change!

In a few months, St. Barnabas will open the Tusca Plaza SHOP 'n SAVE in Brighton Township. Soon, the smell of fresh baked bread and pastries will fill the air and the shelves will be stocked waiting to serve you. And the fried chicken is wonderful.

The new store will be owned by St. Barnabas and managed by the Safran Family, owners of SHOP 'n SAVE stores in Ambridge and Rochester. The Safran Family has successfully operated the SHOP 'n SAVE stores for the past four generations.



continued on
page 2 →



Inside This Issue

Cover Story: Community	1
Community [continued]	2
Miscellaneous	3
Outings	4
Health & Wellness	5
Summer Recipe	5
Calendar of Events	6



ST. BARNABAS BEAVER MEADOWS

PUBLISHED BY ST. BARNABAS HEALTH SYSTEM
5130 Tuscarawas Road • Beaver, PA 15009
724-495-1600 • StBarnabasHealthSystem.com

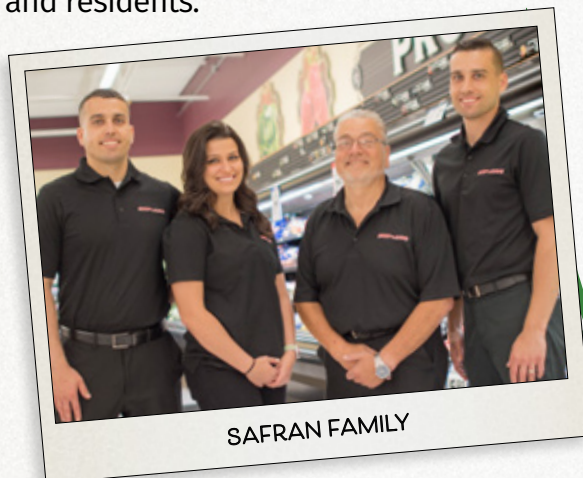
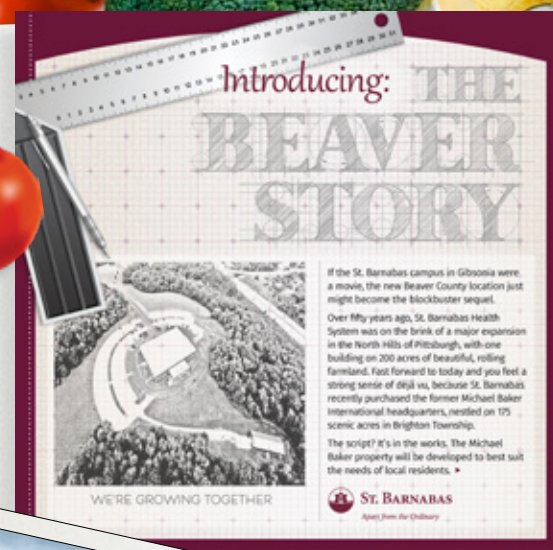
Community [continued]

Together, St. Barnabas and the Safran Family are teaming up to bring the best shopping experience to you. The supermarket will be conveniently located in our Tusca Plaza Shopping Center, which is approximately a quarter mile from St. Barnabas Beaver Meadows and less than two miles from the future St. Barnabas Dutch Ridge Road campus.

You may have asked yourself, 'Why is St. Barnabas getting into the grocery business?' Since 1900, St. Barnabas has been caring for people who need help and do not have the financial resources to care for themselves. We provide this care through the St. Barnabas Free Care Fund. Each year we raise millions of dollars to continue our mission of providing comprehensive, compassionate care regardless of one's ability to pay.

Whether we raise the funds through our donors, charitable events, golf tournaments or Furniture at the Firehouse, we need to continually grow our Free Care Fund to meet the demands. The new SHOP 'n SAVE will provide a new method of raising funds for our patients and residents.

We are excited to introduce this new grocery store to Brighton Township. ❄️



TUSCA PLAZA
SHOP 'n SAVE

Renovations are underway!

Safety, comfort and enjoyment are the most important factors in the renovation process taking place at the St. Barnabas Beaver Meadows.

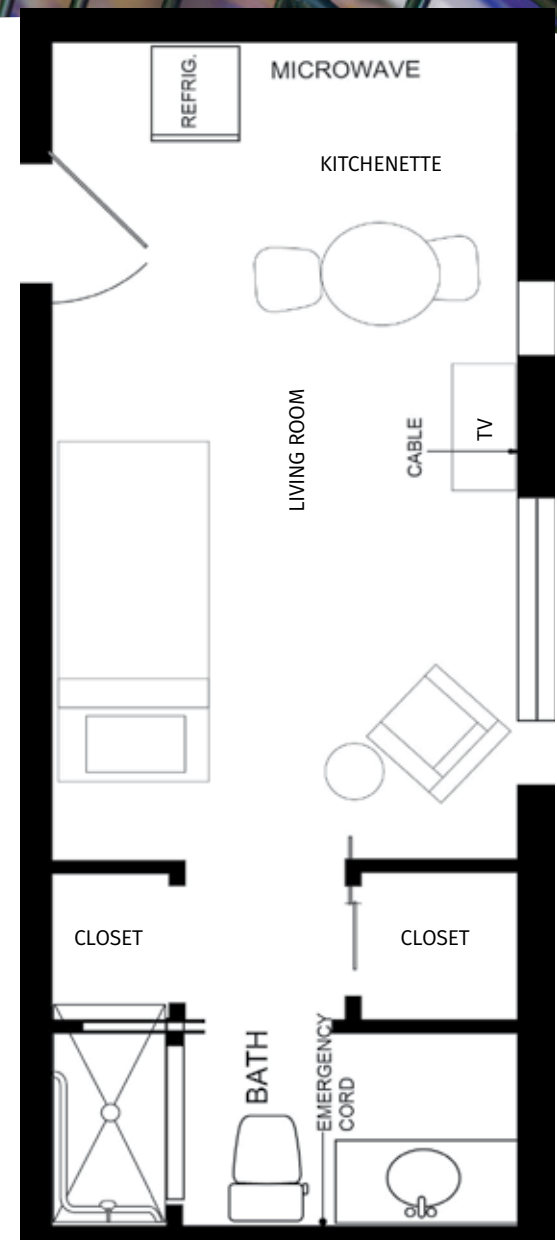
We understand that the relationship between our residents' surroundings and their well-being is vitally important. With this in mind, our plans are to continually update our current facility.

The first phase of the renovations included replacing the exterior front doors and creating a bright and welcoming interior vestibule. These changes enable safe and easy access for both our residents and guests.

You will notice a fresh new look throughout the facility including updated hand rails, flooring, wall coverings and crown molding which will help brighten everyone's day!

In order to meet the needs of our current and future residents, several rooms are being upgraded and converted to suites and studio apartments.

For updates, go to the St. Barnabas Beaver Meadows Facebook page or StBarnabasHealthSystem.com. ❀



Looking for a fresh start?

**Join the
Tusca Plaza SHOP 'n SAVE Team!**

A variety of positions, with long-term stability for both full and part-time employees. There are also great opportunities for students with four hour shifts.

Find out how you can become part of our team!

**Contact Brittany directly at 724-266-9758, or
tuscashopnsave.employment@gmail.com**

**TUSCA PLAZA
SHOP 'n SAVE**

A  ST. BARNABAS Property

Outings

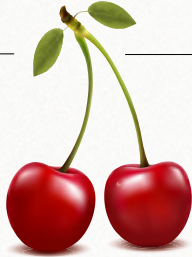
Remembering and Honoring

In observance of Memorial Day, several of the staff and residents, many are Veterans, attended the Beaver Memorial Day Parade. This parade sponsored by the Beaver Area Heritage Foundation paid honor to all military personnel. A special Memorial Ceremony in the Beaver Cemetery immediately followed. The Program featured an invited speaker, the BAHS Concert Choir, recitation of the Gettysburg Address by the Senior Class President and military salute. ❀



We Love Ice Cream!

As a nation, we have celebrated National Ice Cream Month every July since 1984. A recently published survey found that 96% of Americans say they eat ice cream and chocolate is our nation's favorite flavor!



At St. Barnabas Beaver Meadows, residents celebrate National Ice Cream month with several trips to the local ice cream store. These ice cream socials are one of our most popular outings! We recently took our own survey and discovered that butter pecan is the most popular flavor among our residents!

Visit the St Barnabas Beaver Meadows Facebook page and let us know your favorite ice cream flavor! ❀



NOW OPEN!
Donations Accepted.
Volunteers Needed.

THRIFT SHOPPE

Furniture at the **PLAZA**

• FURNITURE • LIGHTING
• HOME DÉCOR & MORE

Tusca Plaza - 4965 Tuscarawas Rd, Beaver

- Donations accepted, call for details.
- Volunteers needed, join our friendly and caring team!

Contact manager, Deb Cochran with questions, learn more and volunteer today!

Call/text: 724-316-1977

Email: Deb.Cochran@FurnitureAtTheFirehouse.com

ALL PROCEEDS BENEFIT THE ST. BARNABAS FREE CARE FUND.

724-316-1977 • FurnitureAtTheFirehouse.com



**ST. BARNABAS
CHARITIES**

Tune in to the Best of Beaver!

Best of Beaver is a thirty minute radio show hosted by Jim Roddey on Thursday mornings from 11:00 -11:30 live on 1230 WBVP AM and 1460 WMBA AM and video steamed on the WBVP-WMBA Facebook page.



The show is sponsored by St. Barnabas and features various business leaders and news-makers from around Beaver County.



Health & Wellness

Summer—the perfect time to enjoy a picnic.

Or is it? When someone says the word picnic, you immediately picture yourself eating outside on a warm sunny day. If you are the one planning a picnic, or just attending a picnic you need to pay close attention to the summer picnic food safety tips to avoid food-related illnesses.

According to the Food and Drug Administration [FDA], food-related illnesses tend to spike during the summer months. This is largely due to the fact that as food heats up in summer temperatures, bacteria multiply rapidly. If you are planning a summer picnic, please keep these food safety tips in mind! ❀



Summer Picnic Food Safety Tips According to the FDA:

- When in doubt, throw it out!
- Never leave perishable food out for more than four hours.
- Cold foods should be held at 41 degrees or colder.
- Always use a new plate when going back for more!
- Wash your hands either with soap and water or hand sanitizer
- When grilling, use a food thermometer and these guidelines:
 - Beef and pork—145 degrees
 - Fish—145 degrees
 - Hamburgers and ground meat—160 degrees
 - Poultry and pre-cooked meats such as hot dogs—165 degrees

Eric's Watermelon Salad

- 1 pint blackberries
- 2 cups watermelon, diced
- 2 tablespoons fresh mint, shredded
- 2 tablespoon herbed chevre [goat cheese], crumbled

Combine the mint and cheese and set aside. Gently toss the watermelon and blackberries in a bowl. Top with the mint and cheese mixture just before serving. Enjoy!

Thank you to Eric Bagnatto, Sous Chef at St. Barnabas, for sharing this recipe that was a big hit at our summer golf outing.

Recipe



St. Barnabas Health System
Beaver Meadows
5850 Meridian Road
Gibsonia, PA 15044



Calendar of Events

21
AUG

**MOURNING GLORY
BEREAVEMENT SUPPORT GROUP**
Peace, comfort and guidance as you
journey through the grieving process
St Barnabas Beaver Meadows
Tuesday 10:30 AM

2
OCT

MEMORY CAFÉ
Welcoming both those living with
dementia and their caregivers
St. Barnabas Beaver Meadows
Wednesday 10:00–11:30 AM

Best in the Valley!

Thank you
for recognizing
St. Barnabas Beaver Meadows
as a healthcare leader
in your community!



Call **724-495-1600**
to see what sets us
apart from the ordinary!