



# Hospitality

at St. Barnabas Medical Center



Spring isn't the only thing in the air this time of year.

Most of us are excited for winter to be over, but for those with seasonal allergies, spring can be a difficult time of year. Allergies are among the most common medical conditions affecting children everywhere. According to the Asthma and Allergy Foundation of America, allergies are a serious concern among the elderly.

Spring allergies begin with pollen released by trees and then grasses. Tree pollen is very fine and can be carried for miles by the wind. Inhaling even the smallest amounts of tree pollen can trigger allergic symptoms such as itchy or runny nose, nasal congestion, sneezing and watery eyes.

Grasses are one of the most common causes of allergies. You may not see grass pollen, but your body can react to even small amounts.

Weather conditions can also trigger mold allergies due to the damp and rainy conditions that are followed by warmer weather.

As spring comes into full bloom, here are some do's and don'ts to help you cope with seasonal allergies.

#### Do:

- Check your local news for the pollen counts before heading out.
- Shower and wash your hair before going to bed to remove allergens that have collected throughout the day.



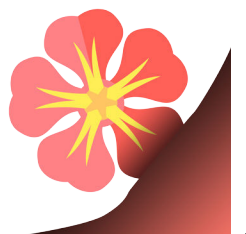
Take advantage of the exceptional healthcare services offered at St. Barnabas Medical Center.



**ST. BARNABAS  
MEDICAL CENTER**

5830 Meridian Rd · Gibsonia, PA 15044  
724-443-7231 · [StBarnabasMedical.com](http://StBarnabasMedical.com)

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# Hospitality at St. Barnabas Medical Center

- Wear sunglasses while outside to help protect your eyes from irritating particles.
- Wipe pets off with a towel after they have been outside.
- Visit your physician if you have allergy symptoms.

**Don't:**

- Hang clothes and bedding outside to dry, they may collect pollen and allergens from the wind.
- Open your windows.
- Wear your shoes in your house.

These tips may offer some help, but now is a good time to call the St. Barnabas Medical Center at 724-444-7231 to schedule a visit and learn how to best manage your spring allergies.

Symptom	Cold	Allergy
Body ache and pains	X	
Chills	X	
Coughing	X	X
Fatigue	X	X
Fever	X	
Itchy eyes		X
Itchy ears and throat		X
Runny nose	X	X
Sneezing	X	X
Sore throat	X	X
Stuffy nose	X	X
Watery eyes		X
Wheezing		X

## Make An Impact—Volunteer

A friendly visit and a smile can make a significant difference in the lives of our residents. You may enjoy playing cards, bingo or balloon ball with our residents, be willing to spend an afternoon or evening volunteering at one of the many events that help fund the St. Barnabas Free Care Fund, or know of a group that would like to join our residents for a sing-along.

We welcome volunteers with varied interests and talents. To quote one of our volunteers, "Something as simple as a caring touch, smile, prayer, or even just physical presence can bring joy beyond measure."

If you would like to join the compassionate, caring team of volunteers, or know of someone who might be willing to volunteer, please visit [StBarnabasHealthSystem.com/Volunteers](http://StBarnabasHealthSystem.com/Volunteers) or call 724-444-5589. \*



### Bring balance back into your life!

When you find yourself stressed by everyday life or are recuperating from an injury or illness, the healing hands at St. Barnabas Medical Center can help.

**Massage and Reiki therapies have been shown to promote the body's natural healing by:**

- Decreasing your pain
- Decreasing side effects of medical procedures and medications
- Enhancing your sleep
- Improving circulation
- Promoting relaxation
- Relieving anxiety
- Strengthening your immune system

These are just a sampling of the many benefits you may experience with a visit to the healing hands at the St. Barnabas Medical Center.

**Call 724-443-7231 to schedule your visit today!**



Providing for the ever-changing needs of our residents and the community, the St Barnabas Medical Center now makes local house calls.

This service provided by one of our nurse practitioners and is available to patients with proper insurance approvals or out of pocket payments.

**For more information,  
please call 724-443-7231.**





**ST. BARNABAS HEALTH SYSTEM**

5850 Meridian Road • Gibsonia, PA 15044

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## Calendar of Events

**25**  
APR

FOUNDER'S DAY CELEBRATION  
Pittsburgh Marriott North  
Cranberry Township  
[StBarnabasCharities.com](http://StBarnabasCharities.com)

**6**  
MAY

MEMORY CARE SUPPORT GROUP  
Arbors III, 6005 Valencia Road  
2:00 PM to 3:00 PM

## Enjoy a Fun Evening! Judge Jeanine Pirro

St. Barnabas Hance Award Recipient & Guest Speaker



*Host of  
Justice with Jeanine  
and legal analyst*



ST. BARNABAS CHARITIES

*Founder's Day 2019*

**Thursday, April 25, 2019**

**Pittsburgh Marriott North  
Cranberry Twp.**

**5:30 p.m.** - Cocktail reception, auction,  
raffles & more

**7:30 p.m.** - Dinner program & speech

**BUY TICKETS TODAY!**

**724-625-3770 • [StBarnabasCharities.com](http://StBarnabasCharities.com)**

*All proceeds benefit the St. Barnabas Free Care Fund.  
To donate, TEXT the word GIVE to 41444.*

CONTACT US

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