FAITH & WORK

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Fall 2015

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St. Barnabas Charities

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FAITH & WORK

St. Barnabas Charities Fall 2015

StBarnabasHealthSystem.com

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Faith & Work is published quarterly by St. Barnabas Charities for donors and supporters of St. Barnabas Charities.

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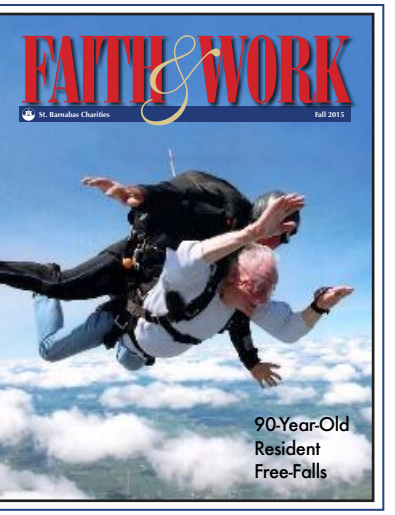
On the cover
St. Barnabas Villager William "Bill" Wharton celebrated his 90th birthday with a 14,000 foot skydive over Minneapolis, MN. See story on page 9.



My Police Record

A Message from William V. Day

It was long ago and far way. I was attending Jefferson Street School. An elementary school in Rochester, PA. A little town at the junction of the Ohio and Beaver Rivers.

That is when my police record began.

Brighton Avenue was a heavily traveled main street. There were claims that at its peak, Brighton Avenue had more vehicles on it per day than Broadway in New York City. I found that as hard to believe when I was a kid as I do now!

At the south end of Jefferson Street where it intersected with Madison Avenue was stationed, much to my surprise, a policeman. He was there to stop cars and trucks so that children could safely cross the street. He was there to keep us from harm as was one of the school's patrol boys.

I quickly learned from older students to run down the sidewalk beside Jefferson and to jump into the arms of the policeman. He was a big man who caught each one of us. We squealed with joy as he gave us big bear hugs. Wonderful. He did not care what was our race or creed. The policeman may have been Chief John Beighey. I am not sure. But I do wish I had thanked him later in my life for his service. He was the beginning of my admiration for police officers. And it continues today.

A few months ago I pulled alongside one of Northern Regional's finest. (The police department for Richland, Pine and Marshall Townships.) The officer surprised me when he asked: "Don't you ever take a vacation?" He and his fellow officers do great work as they protect and serve our patients, residents, volunteers, employees and more. Under the leadership of my friend, Chief Bob Amann.

Many years ago I was invited by the Chief of Police of the Parks of the City of Pittsburgh to accompany him to various locations in the city where he had responsibilities. What a night. What an experience. Wow! One night was enough for me.

I knew quite well the men and women who kept Steelers' fans safe at the former Three Rivers Stadium. Those were the days when the Steelers won Super Bowls and Division Championships. Crowd control was so important. And that meant keeping fans safe after being over served!

For more than 32 years the Allegheny County Sheriff's Deputies have enabled patients and residents of long term care facilities to receive gifts at Christmas as part of PRESENTS FOR PATIENTS®. Another example of police going above and beyond. And with so little recognition.

When I was a tot at Jefferson Street School I was taught by my teachers and parents to respect police and the law. It was good advice then as it is now. A life lesson learned.

So my police admiration continues. And it will. And so should yours.

God bless,
WVD
President@StBarnabasHealthSystem.com

Sheriff William P. Mullen Joins Forces with PRESENTS FOR PATIENTS®

Honorary Chairman of the 32nd Annual Christmas Campaign

The Allegheny County Sheriff's Office turned out in force to man the phones for PRESENTS FOR PATIENTS®.

"It is a privilege to serve as Honorary Chairman of this amazing program, now in its 32nd year of providing Christmas visits and gifts to patients in nursing and assisted living facilities in our community," Sheriff William P. Mullen proclaimed. "These are our neighbors, veterans, seniors, our relatives and they have earned our respect and support. I am honored to be part of this great tradition."

Allegheny County Sheriff William P. Mullen Honorary Chairman 2015 PRESENTS FOR PATIENTS®

The Allegheny County Sheriff's office, its deputies and officers, have volunteered more than 2,790 hours to this vital Christmas program, delivering gifts to patients in dozens of area facilities, handling donor phone calls, assisting wherever needed.

Sheriff Mullen urges businesses, groups, churches, families and individuals to join him in supporting St. Barnabas' PRESENTS FOR PATIENTS® Campaign. Gifts of $25 to $100 will help ensure that there is a present under the tree for each patient on Christmas morning. Or you can visit the patient one-on-one anytime during the holidays, take a little gift, spend a little time and enjoy a happy Christmas. Call 724-443-0011 or go online at www.PresentsForPatients.com.

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- Donate money
- Organize a gift drive
- Host a party
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Elsie Hillman with St. Barnabas patient Jeffrey Kramer in 1988.

St. Barnabas Remembers Elsie Hilliard Hillman

1925-2015

St. Barnabas has lost a true friend.

Elsie Hilliard Hillman was the third recipient of the St. Barnabas Hance Award at the 88th Founder's Day Celebration May 10, 1988.

Her warm acceptance speech captured the hearts of all the attendees as she praised the commitment of St. Barnabas "to the total care of the less fortunate…to people whose need for tender loving care might probably exceed their ability to even recognize their need."

Prior to receiving the award, Mrs. Hillman visited the St. Barnabas Nursing Home and met many of the patients. "I spoke to each one," she said. "In wheelchairs, bed chairs and walkers, each one squeaky clean and neat, dressed in dresses and suits for this party with fancy jewelry and bright neckties, eyes bright and obviously very much at home with their surroundings and their friends – the nurses and staff. There was a feeling of trust in the air…commitment was never more fully demonstrated to me than by the St. Barnabas family that day."

Mrs. Hillman's ties with St. Barnabas dated back to her grandfather, W. H. R. Hilliard, a member of the St. Barnabas Board of Trustees in 1919. Mrs. Hillman continued to be involved and supportive of St. Barnabas, playing a vital role in First Lady Barbara Bush's acceptance of the Hance Award in 1995 and again when Tom Ridge, former Pennsylvania Governor and the first Homeland Security Secretary, was honored with the award in 2013.

William V. Day remembers Elsie Hillman's vibrant spirit: "Her laughter was contagious. Her interests so varied and so 'hands-on.' We will not see her like in our life-time. We were blessed to call her our friend."

St. Barnabas President William V. Day with the Hance Award and the 1995 recipient First Lady Barbara Bush and the 1988 awardee Elsie Hillman.

Thirty-Five Giving Campaign

$35 FOR 35

Thirty-five years ago The Village of St. Barnabas opened the doors of its Grand Mall and 252 apartments in July of 1980, welcoming residents 65 and older seeking an active, worry-free, premier lifestyle. Today this lifestyle is supported by a wide spectrum of services… from outpatient care to living assistance and skilled nursing to hospice care.

Join us in celebrating this 35th anniversary by donating in honor of a resident of St. Barnabas or The Village's 35th year. Please consider giving to the "$35 for 35" fund with a base gift of $35 to St. Barnabas Charities. Your tax-deductible support of the St. Barnabas Free Care Fund will help patients who are unable to provide for their own care and, at the same time, continue St. Barnabas' 115-year-old mission.

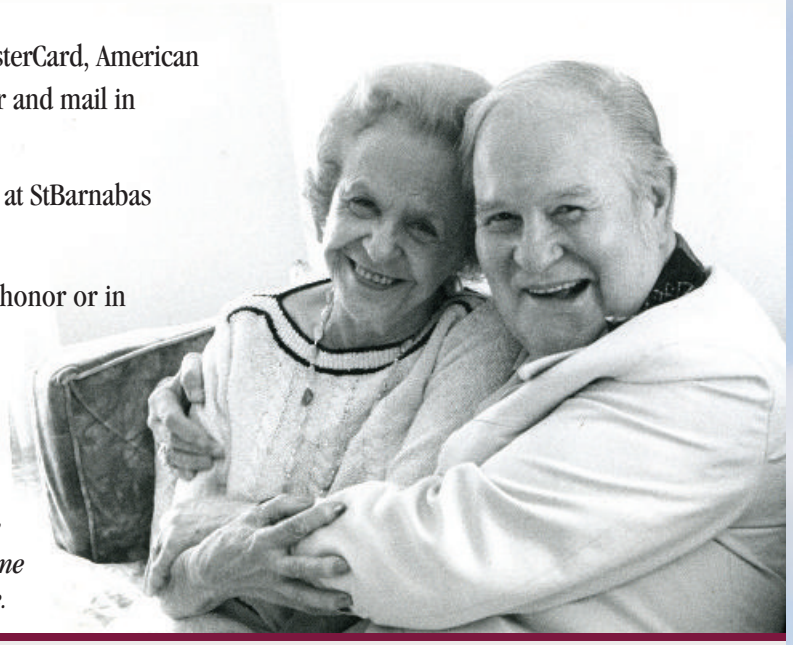
What began as an innovative idea 35 years ago in Western Pennsylvania – The Village at St. Barnabas – is today a thriving example of seniors' modern living.

To make a "$35 for 35" gift, you can:

- Make check payable to St. Barnabas Charities and mail in the enclosed yellow envelope.
- Charge to VISA, MasterCard, American Express or Discover and mail in provided envelope.
- Make an online gift at StBarnabas Charities.com.

If you make your gift in honor or in memory of a resident, St. Barnabas will send an acknowledgment of your donation to the resident or family member you designate.

For more information contact Shelli Sommariva, Director of Development at 724-444-5521.



The late Gertrude and Ed Schaughency, KDKA radio personalities for 50 years, were long-time residents of the Village.

THE VILLAGE AT ST. BARNABAS

Thirty-Five $35 FOR 35 Giving Campaign

DONOR INFORMATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

In Memory/Honor (circle one) _____

Acknowledgement to (name/address)

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PAYMENT METHOD

☐ Check enclosed in the amount of ☐ $35 ☐ Other $ _____
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☐ Please charge $ _____ to my:

☐ VISA ☐ MasterCard ☐ American Express ☐ Discover

Card No. _____ Exp. Date_____

Cardholder Name_____ V-code _____

Signature _____

Return in the enclosed yellow envelope or give online at www.StBarnabasHealthSystem.com/Charities/Donate-now

Skydive Celebrates 90th Birthday

"If I live to be 90, I'm going to jump out of an airplane!"

Just eight days after turning 90, Bill Wharton, a resident of The Village at St. Barnabas, kept this promise to himself, jumping 14,000 feet, dropping down through the clouds at 120 miles per hour while harnessed to a skydiving instructor.

WWII veteran Bill Wharton copied his 18-year-old grandson by skydiving for his 90th birthday.

"I saw the skyline of Minneapolis. It was a picture-perfect day," Wharton said. "The jump lasted about six minutes. We free fell for the first minute and then popped the chute 6,000 feet from the ground. And the instructor told me to hold my legs up when we landed and he walked me in to a soft landing. Piece of cake!"

Wharton, a retired emergency room physician, skydived with three family members on July 7 over Minnesota, during a visit to his son, Bob, and wife Kathy of Maple Grove, MN. Jumping with Dr. Wharton were his daughter-in-law Kathy and grandchildren, William and Emily Wharton. Sitting beside the pilot wearing a parachute 'just in case' was son Bob. Waiting on the ground were his daughter Kathy and husband Vincent Patrignani and granddaughters Victoria and Camille.

Bob Wharton and the pilot actually landed before the skydivers did, so he got to watch his whole family floating to the ground.

"It was a family affair," Dr. Wharton explained. "They gave us a little lecture beforehand, about 45 minutes. I would do it again. The hardest part of the whole thing was getting into the plane, climbing the steps."

The skydiving has earned Dr. Wharton celebrity status among his Villager friends. His response? "All this fuss for falling out of an airplane?"

Why skydive at 90?

Dr. Wharton explains that as a young soldier during WWII he did his training at Fort Bennington, GA, Army base where the paratroopers did their basic training and he would watch their exercises. And last year his grandson skydived on his 18th birthday. That was the deciding factor. Bob Wharton said they had been planning this for over a year.

A graduate of Lycoming College and Temple University School of Medicine, Dr. Wharton grew up in Williamsport, Lycoming County. But he lived most of his life in Erie, PA with his wife, Joyce, who died in 1997. Following 22 years as an emergency room physician at the former St. Vincent Health Center in Erie, Dr. Wharton worked in the medical department of the locomotive division of General Electric before retiring in 1996. He moved to the Village of St. Barnabas in June of 2013.

Bob Wharton says his father has always been a very private person. "But I think he's rather enjoying the spotlight just a little especially since it demonstrates that a 90-year-old still has a lot of life yet to live."

Getting to Know Beaver Meadows

Meet St. Barnabas' newest family member – Beaver Meadows in Beaver, PA. It is a beautifully maintained living assistance facility with a well-respected reputation. A small town spirit of friendliness genuinely welcomes all. St. Barnabas brings to Beaver Meadows a 115-year history of quality care, commitment and financial security so prized by patients, residents, employees and the community. That commitment was evidenced – before the final papers were even signed – when St. Barnabas Charities agreed to confidentially support a Beaver Meadows resident, who was no longer able to pay for her care – all part of the St. Barnabas free care mission that now extends into Beaver County.

Meet me at the Koi pond! The signature pond attracts residents like Flossie Sampson, formerly of Ellwood City, and Rocco Veri, of Hopewell. Flossie rates dancing, roller skating and bingo high on her "to do" list, while Rocco loves ice cream, gardening and his native town of San Vito, Italy.

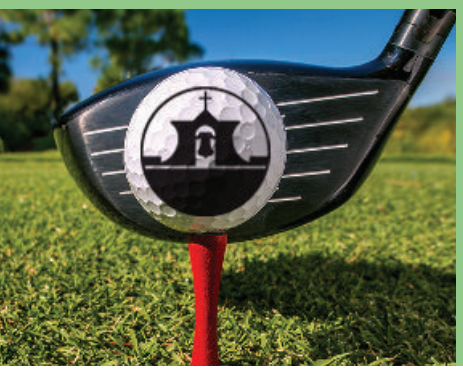
Enjoying a day in the sun are resident Evelyn Barkey, from White Township, Beaver Falls, with resident aide Jeannette M. Gebhard. Evelyn's favorite activities are bingo, puzzles and bowling.

Originally from Fairmont, WV, Rose DeMarco chooses a quiet moment in the library. Her thoughts often take her back to her beloved home town and her husband…"love at first sight," Rose confides.

Summer Campers Entertain Patients

The laughter of children bridged multiple generations this summer as young students from Stepping Stones Summer Camp in Cranberry entertained the forever-young patients of St. Barnabas Nursing Home on July 22 with songs, jokes, dance routines and story-telling. Forty-five boys and girls – ages 8 to 12 – supervised by A.J. Lind, assistant group supervisor of the camp and six counselors, participated as a part of their "Helping Hands" week.

Golfing for Good This Fall



The St. Barnabas Fall Golf Classic on Sept. 14, 2015 at Butler Country Club offers a "last chance" for 18 holes of blue sky, green grass golf on one of Western Pennsylvania's top private courses. Check out the Christmas issue of *Faith & Work* for the total dollars raised for the St. Barnabas Free Care Fund.

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Giving Thanks & Helping Others

St. Barnabas invites anyone who is in need or alone on Thanksgiving Day to celebrate this family holiday with us on Thursday, Nov. 26, 2015. Since our founding in 1900 we have always welcomed guests to our table. A traditional meal of turkey with all the trimmings will be served from 11 a.m. to 1 p.m. at the St. Barnabas Nursing Home in Gibsonia and the Valencia Woods Nursing Center in Valencia, Pa. and now at Beaver Meadows in Beaver, PA. Reservations are appreciated but not required.

Call:

- 724-443-0700 in Gibsonia
- 724-625-4000 in Valencia
- 724-495-1600 in Beaver

We also ask that if you would like to sponsor a free dinner for a family in need this Thanksgiving, that you send a donation to St. Barnabas Charities, in the enclosed yellow envelope or give online at StBarnabasCharities.com.

N E W S B R I E F S

Race for Free Care

Nearly 1,000 runners/walkers charged down Meridian Road in the annual St. Barnabas 5K Run/Walk on Aug. 1, raising funds for the St. Barnabas Free Care Fund. Capturing his fifth win was Jed Christiansen, of Greenville, PA., with a time of 15:01. Breaking the women's course record – and her own set last year – was Aubrey Moskal of Morgantown, WV., with a time of 16:25. A fantastic post-race party featured a DJ, food, drinks and raffle prizes. Celebrity emcees Trisha Pittman of WPXI-TV and Larry Richert of KDKA Radio announced the winners while Jim Roddey, Allegheny County's first chief executive, provided running commentary at the finish line.

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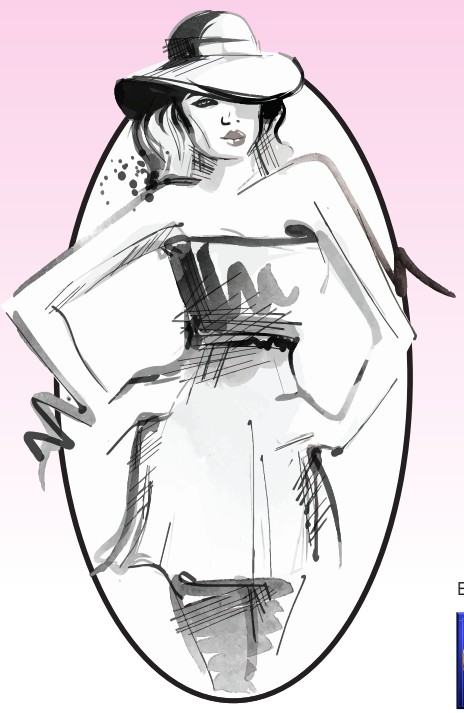

Enjoy a Fabulous Afternoon with Friends!

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OCTOBER 17, 2015

Doors open at 11 a.m. | Kean Theatre at St. Barnabas

Special VIP Luncheon - Shop Jewelry, Gifts, Clothing and more!
Lavish array of themed raffle baskets and a designer handbag raffle.

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YOUR DIET AND YOUR BRAIN

Joseph C. Maroon, MD, FACS
World Renowned Neurosurgeon, Triathlete, Nutrition and Brain Health Expert
Jeff Bost PAC

Have you ever misplaced your car keys or left the house and wondered if you turned off the stove? Is this forgetfulness due to your hectic life, or is it a sign of something more serious? For most people, it's normal to occasionally forget things or names, but if these lapses in memory are becoming more frequent, it may be a sign that your brain is not as healthy as it should be. Could a healthier diet help?

A "brain-healthy" diet mirrors those designed to reduce the risk of heart disease and diabetes, because they both improve blood flow to the brain, and are low in fat and cholesterol. Brain-healthy diets also focus on providing the good nutrients the brain needs and avoiding bad foods that will impair brain function.

As Americans, we often eat a typical Western diet that consists mostly of processed foods, excessive amounts of red meats, saturated fats, salt, processed sugars and very few fruits and vegetables. These foods along with lack of exercise, stress and toxins in our environment can result in excessive activation of our immune response and eventually a state of chronic inflammation.

Dr. Joseph Maroon in the 2013 Ironman Competition

Inflammation is the body's natural response to an injury. If you get a splinter in your finger, for example, blood flows to that area, bringing along healing cells and resulting in inflammation. However, this kind of inflammation is temporary. Inflammation caused by a poor diet and lifestyle can become chronic and can quickly turn from a healing function to one leading to chronic disease. In fact, doctors believe inflammation, when unchecked, is the cause of many diseases that afflict us in the 21st century including cancer, heart disease, and make us more susceptible to neurodegenerative diseases like Alzheimer's disease.

Dietary Keys to a Healthy Brain

The keys to a better brain diet are to reduce foods associated with inflammation and increase those known to help counter inflammation such as:

- Salmon-wild-caught, Omega 3 fatty acid foods
- Nuts-walnuts, almonds, pecans
- Dark green leafy veggies – kale, spinach, chard, Vit E and inflammatory- fighting carotenoids
- Fruits-especially berries
- Sweet potatoes
- Spices-ginger, turmeric, garlic

Hope these tips help and allow you and your brain to live a long and fulfilling life!

A column written by Dr. Joseph Maroon and Jeff Bost PAC appears in each issue of Faith & Work as an integral part of The Cognitive Brain Health Program being developed in partnership with St. Barnabas Health System. ***For more information on the program, please contact Michele Snyder, Administrative Director, St. Barnabas Medical Center, at 724-443-7231 or MSnyder@StBarnabasHealthSystem.com.***

Planning a Will...and Beyond

By James D. Turco, BSBA. CPA (inactive),NHA

Most of us spend weeks, sometimes months planning a vacation, but somehow, we never quite get around to planning a will. Some feel they are too young or their estate is too small or they can't afford an attorney. Whatever the reason, it's not a priority until it is too late. Plan now to contact a local attorney to draw up a simple will with a power of attorney and a living will – three essential items everyone should have.

Inheritance Taxes

Did you know when a person dies without a will, the state steps in and will make very personal decisions for you that impacts your family, your legacy and your final wishes? Pennsylvania's state inheritance tax is assessed no matter how large or small your estate is. Estate planning can possibly protect against or substantially lower this tax. For example, gifting can remove funds from your estate. And gifting includes making donations to charities that you support and believe in.

Charitable Remainder Trusts

You can consider creating a Charitable Remainder Trust. A Charitable Remainder Trust (CRT) is typically funded with appreciated stock or any appreciated asset and may include real estate. You can generate a tax deduction for the contribution based on the Fair Market Value of the asset, and receive reliable income over a defined term that can be passed down to other beneficiaries if you choose. And ultimately the assets transfer to a charity at death and are not taxed.

Charitable Gift Annuities

Charitable Gift Annuities can be funded much the same as a CRT, with appreciated stocks, real property or cash. St. Barnabas permits a donor to set up a Charitable Gift Annuity for as little as $5,000. The interest and resulting cash flow will be based on age, enabling many elderly donors to earn far more than a commercial annuity. And it provides a tax deduction, while benefiting a very worthy cause.

Life Insurance

Most often life insurance is purchased to insure certain responsibilities are fully funded should something unforeseen occur. Take a close look at your policies and determine if there is still a need for the coverage. If not, consider naming a charity as a beneficiary, or donate the ownership of the policy to a charity. A tax deduction can be recognized and the proceeds paid upon death of the insured to a charity and it may be used to reduce your estate tax.

Updating Wills

For those who do have wills, when was the last time you updated that will? Have you reviewed the beneficiaries, not only of your will but of your life insurance plans? Has there been a life changing event…a new child, a divorce, a death or changes in the tax law?

Let's make estate planning number one on our list, above vacations. And the next time you do vacation, relax with the knowledge that you have prepared a plan.

Please consult your business advisor and/or attorney about preparing a will and estate plan. For more information about St. Barnabas Charitable Remainder Trusts and Gift Annuities, contact St. Barnabas Charities at 724-625-3770.

James D. Turco is Senior Vice President and CFO of the St. Barnabas Health System. His 18-year career has focused on the financial and legal requirements and responsibilities of the Health System.

SPECIAL TRIBUTE GIFTS
May 16, 2015 – July 24, 2015

The St. Barnabas Special Tribute Gift Program enables you to 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. This tax-deductible gift helps make possible skilled, loving care for the patients of St. Barnabas Nursing Home and Valencia Woods at St. Barnabas and the residents of The Arbors at St. Barnabas.

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Medline Industries Inc.
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Northern Connection Magazine
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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.

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