



St. Barnabas Health System

SUMMER 2023

Contents

- 3 A Message from William V. Day
- 4 Honoring Hance Awardee Ben Stein
- 5 Meet the Butler Radio Network
- 6 Pathway to Success
- 8 Choose Life Over Cigarettes!
- 9 Why Not Just Pop a Pill!
- 10 The Dancing Space Engineer
- 12 Home Safety and Fall Prevention for Seniors
- 13 Windows to Their World
- 14 St. Barnabas Charitable Golf Open
- 15 2023 Charity Events
- 16 Donors

Cover: "Sadie," an eight- year-old Maltese, is one lucky dog, enjoying all the comforts of The Village at St. Barnabas with her owners, Michael and Diane Dickhart.

St. Barnabas Health System Board of Trustees

Daniel S. Henderson, Chair Thomas M. Schmidt, Vice Chair William V. Day, Secretary/Treasurer John J. Curran Richard J. Andrus Walter DeForest Joseph C. Scaletta Sr.

St. Barnabas Health System Officers

William V. Day, EdD, President Douglas W. Day, Senior Vice President Karen Tabacchi, Senior Vice President James D. Turco, Senior Vice President

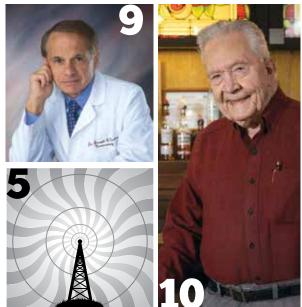
Faith & Work is published quarterly by St. Barnabas Health System

Nancy Brem, **Editor**Donna Herrle, **Designer**Rick Armstrong and Michael Gianechini, **Photographers**Reed & Witting, **Printer**

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 Broadcasting Network

Allegheny County/Pittsburgh

Allegherry County/Fittsburgh		
ZALW	1320-AM	99.1-FM
Beaver County		
WBVP	1230-AM	99.3-FM
WMBA	1460-AM	95.7-FM
Butler County		
WBUT	1050-AM	97.3-FM
WISR	680-AM	107.5-FM
WLER		97.7-FM

Celebrate St. Barnabas!

MESSAGE FROM WILLIAM V.

St. Barnabas is 123 years old this year. No, I have not been around all those years, just the last 56.

Each year we celebrate our founding with an event honoring an outstanding man or woman who exemplifies the spirit, courage and foresight of our founder, Gouverneur P. Hance. This year we recognize economist, author, actor Ben Stein. You will find his story on page 4 of this issue.

But Celebrate St. Barnabas does not only apply to our beginnings in 1900. It refers to the services, the patients, the residents, and, most importantly, to the staff and the donors who are responsible for all the celebrations of St. Barnabas.

We celebrate our clinical services - long-term and living assistance care as well as the multi-faceted services of St. Barnabas Medical Center.

We celebrate our unique independent life-style provided by The Village, White Tail Ridge and

The Woodlands with superb amenities topped off with a crystal conservatory swimming pool and two beautiful golf courses - all free to our residents.

And we celebrate the men and women who make St. Barnabas possible – our wonderful employees who are dedicated to the patients and residents and our faithful donors whose contributions ensure the free care of patients and residents in need.

Our celebrations are endless thanks to God's grace and the humanity of our supporters.

Please, celebrate St. Barnabas with a special prayer for the residents and patients and the remarkable staff who give tirelessly of themselves, heart and soul.

God bless.

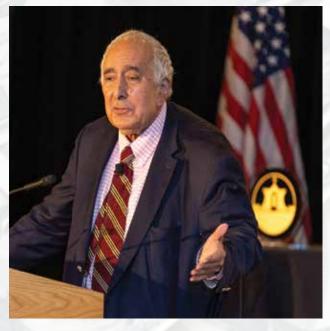
WVD

President@StBarnabasHealthSystem.com



St. Barnabas Charities

Founder's Day 2023



Honoring Hance Awardee Ben Stein

"ou Pennsylvanians really work for a living. And you talk to people. You look them in the eye and say hello. And at St. Barnabas you share...you take care of people. I am amazed!"

With these few words Ben Stein captured the attention and the hearts of the more than 300 St. Barnabas supporters who attended the Founder's Day Celebration on Thursday, April 27 at the Pittsburgh Marriott North.

Stein related the history of his own family who emigrated from Germany and Russia, although Stein and his father, Herbert Stein, were born in America.

"We succeeded because we worked and because the United States gave us the opportunity to work and succeed," Stein stressed. "Why do you think all those people are trying to get into the United States!"

Ben Stein followed in his father's footsteps. Herbert Stein was a well-known economist and a chairman of the Council of Economic Advisors under Presidents Richard Nixon and Gerald Ford. Ben, also an economist and Presidential advisor, found even greater success in the entertainment field, notably for his role in the film, Ferris Bueller's Day Off.

When asked if he minded being remembered for the movie, Ben said, "Not at all, I love the attention."

William V. Day, St. Barnabas President, honored Ben Stein with the St. Barnabas Hance award given in memory of Gouverneur P. Hance, who founded St. Barnabas in 1900. Masters of Ceremonies for the event were Tyler Friel and Jay Kline of the Butler Radio Network, newest members of the St. Barnabas Broadcasting Network. Dan Henderson, newly elected Chairman of the Board of Trustees, thanked the outgoing Chairman, John Curran, for 25 years of service.

MEET THE Butler Radio

Network!

he newest addition to St. Barnabas Broadcasting has been covering Butler County news, sports and music for decades. Meet WISR 680 AM/107.5 FM...WBUT 1050 AM/97.3 FM...The Rock Station WLER 97.7 FM.



Tyler Friel is Butler Radio's News Director with these popular station hosts:

Dave Malarky of WISR

Bob Cupp of WBUT

Jay Kline of The Rock Station WLER

Eight decades of programming will not change for these stations. WISR broadcasts news, talk, classic music hits and is home to the Pittsburgh Pirates, Penguins and Steelers. WBUT plays a mix of today's country music along with all-time favorites. They also air Nascar. The Rock Station WLER offers a variety of classic, alternative, new and local rock music.

Special features include "Living Well" with world renowned neurosurgeon and brain health expert Joseph C. Maroon MD, FACS and Jeff Bost PAC airing on WBUT on Saturdays at 8:30 AM and "Stella Radio" with Scott Paulson broadcasting on The Rock Station WLER on Fridays at 7 PM.

With the addition of Butler Radio Network, St. Barnabas Broadcasting now numbers 11 stations serving Allegheny, Beaver and Butler Counties. The Butler quintet joins Allegheny County's WJAS 1320 AM/FM and Beaver County's WBVP 1230 AM/99.33 FM and WMBA 1460 AM/WMBA 95.7FM.

St. Barnabas Radio Network is a vital part of St.Barnabas' 123-year-old mission of free care and service to the community. The network enables St. Barnabas to recruit employees, raise funds for patients and residents in need and to promote its services and its mission. And, most importantly, the network offers a wonderful line-up of news, sports, music and talk-show programs. *Tune into St. Barnabas today!*



Pathway To Success



he best part of working for St. Barnabas for Karen Trapp, LPN has been the perfect fit to her changing lifestyle over the last 44 years.

"I graduated from Butler Community College nursing school in 1979," Karen said "and immediately went to work as a full-time unit nurse at St. Barnabas Nursing Home. I was single, dating and free to work night and daytime shifts. When my husband William and I started our family, I was able to take three leaves of absence and work part-time to be home with my three children. Then it was a quick, easy switch back to full-time and various management responsibilities when the children came of age."

Karen's career path at St. Barnabas ranged from unit nurse, nurse manager and restorative nurse to 20 years as LPN Assessment Coordinator and a stint as Administrator at The Arbors Gibsonia. One of the

highlights of her career path was winning the **2002 Hoppy** Award. St. Barnabas' Employee of the Year honor.

Today Karen has responsibilities at The Arbors Valencia Living Assistance. She still finds time to enjoy her family - her three grown children, her eight grandchildren and of course, her husband, William, and to thank St. Barnabas for being such a great match for 44 years.

Karen eagerly shares her experience and her enthusiasm with Tabitha "Tabi" Bush, a Personal Care Attendant, now in her third month as a PCA at The Arbors Valencia, the first step on her career pathway at St. Barnabas. Tabi works directly with Karen, her boss and mentor.

"I can always go to Karen for direction and guidance," Tabi said and added, "Like Karen, I love my job, especially the residents. Their smiles make me smile and, vice



Karen Trapp, LPN in her days as a unit nurse.

versa, I can pass my good mood onto them."

A graduate of Butler High School, Tabi lives in East Butler with her two sons, Nikola, seven and oneyear-old Preston. Tabi loves to go kayaking and camping with her boys.

ST. BARNABAS IS HIRING!

Start your Pathway to Success as a Personal Care Attendant, Nursing Assistant, Food Service Assistant or Security. Earn great salaries and benefits with bonuses and promotions in a warm, pleasant, friendly environment! Join the St. Barnabas Team.

724-444-JOBS or call/text **412-930-5169**

StBarnabasHealthSystem.com

rkubitz@StBarnabasHealthSystem.com



St. Barnabas Health System is an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, national origin, religion, creed, sex, age, disability, genetic information, marital status, citizenship status, sexual orientation, or affectional preference, or gender identity or expression, protected veteran status, or any other characteristic protected by law.*

*This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, transfer, leaves of absence, compensation, and training.

**Any employee who believes that he/she has been the victim of discrimination should immediately report the incident to the Corporate Compliance Officer or Director of Human Resources.

Choose Choose Over Cigarettes!

oday, 1,300 people will die from smoking in the United States.

Tomorrow, another 1,300 men and women of all ages will die from smoking in the United States.

Why?

Why do reasonably intelligent people smoke despite all the warnings, horrific commercials and deaths of family members and friends?

Because

- ➤ Among the younger smokers it's considered cool and grown-up to smoke. Peer pressure pushes smoking as a means "to belong."
- ➤ Some smokers don't believe the warnings and are turned off by the all-too graphic commercials.
- Others simply don't believe "It will happen to me."
- Older adults say "It's too late for me to quit."

The Answers

- 1 It's not cool and people are dying every day or suffering from lung and heart disease that limits their activity and quality of life.
- 2 For those young people being pressured into "smoking that first cigarette," "practice defiance." Stand up to smoking bullies.
- 3 It's never too late to quit! Quitting even in later life can significantly lower your risk of heart disease, stroke and cancer over time and reduce your risk of death.

1300
people will die from smoking in the United States

A U.S. National Cancer Institute study of elderly smokers reported that "Participants in their 60s were 23 percent less likely to die than those who continue to smoke into their 70s."

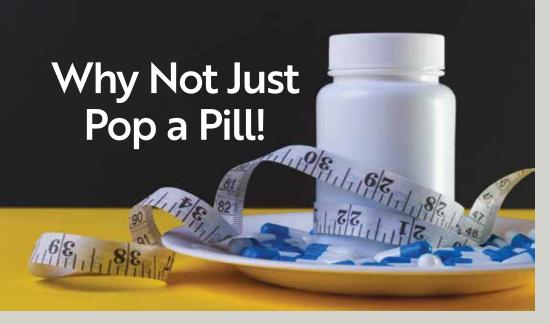
St. Barnabas Medical Center's Tobacco Cessation Program will help you quit for good. The rewards are amazing! Your body begins to repair itself almost immediately after quitting tobacco.

- Within 20 minutes your heart rate drops.
- Within 12 hours, the carbon monoxide level in your body drops to normal.
- Within 2 weeks to 3 months your heart attack risk begins to drop and lung function begins to improve.
- Within 2 to 9 months, coughing and shortness of breath decrease.
- Within 1 year, added risk of coronary heart disease is half that of a tobacco user.

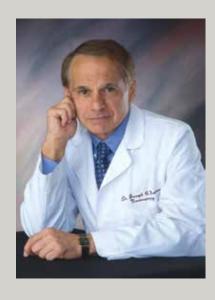
Call St. Barnabas Medical Center today 724-443-7231 and STOP SMOKING!

Sources: CDC, U.S. National Cancer Institute, CNN Health

Share your smoking story: nbrem@StBarnabasHealthSystem.com



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



Dr. Joseph Maroon partners with St. Barnabas Health System and its Memory Care program.

or decades the 'Holy Grail' of losing weight has been take a pill and the excess pounds will melt away. Major pharmaceutical developments over the last two years may make this fantasy a reality! In June, 2021, the FDA approved the man-made hormone (semaglutide) called Wegovy® – a once-weekly injection for chronic weight management when combined with healthy diet and exercise. Clinical trials reported a 15% to 18% weight loss.

An earlier semaglutide drug called Ozempic® made by the same company was FDA approved in 2017. It, too, is a prescription injection medication approved for the treatment of Type 2 Diabetes. It helps improve blood sugar in adults with Type 2 Diabetes and lower hemoglobin A1C. Diabetics with obesity who took this medication reported significant weight loss.

Since the approval of Wegovy[®], a drumbeat of news stories has been written about the weight

loss "miracles" associated with this drug, causing an increasing shortage of the medication.

Have we now entered a world where we can have our cake and eat it too? The answer is complicated and not as easy as hoped. Both medications have had major GI side effects. The most common side effects include nausea, vomiting, diarrhea, stomach pain and constipation. These issues are not unexpected since semaglutide mimics natural hormones that can result in slower stomach-emptying making you feel full longer and reducing your appetite.

The biggest downside to these medications is that even though you may lose weight on the drug, most people will regain much of that weight, or all of it, back within a few months, if they discontinue the drug. This is because the drug is not a cure. Long-term changes in diet and activity are essential to maintain weight loss.

The truth is most people who wanted to lose weight have tried diet changes and activity and have failed. The fear of this yo-yo effect, on and off the drug, will most likely result in people choosing to take the drug for the rest of their lives. This decision leads to questions about longterm use of this type of medication and the need to monitor such use for long-term safety. Perhaps additional dietary counseling will eventually be an effective way to allow discontinuing the drug at some future point.

Obesity continues to be one of the most, if not the greatest, healthcare crises we face! My hope is that some of the billions of dollars being spent on drug development and the potential trillions of dollars that will be spent on weight loss medications and on illnesses resulting from obesity, will be used for early intervention, dietary education and improved national food quality.

Maybe, then, we could have our carrot and eat it, too!



The Dancing Space Engineer

ave Hepler loves to dance. His favorite style? Jitterbugging, a leftover from his days with the Navy and NASA during and after World War II. He has danced in every room and at every event held in The Village at St. Barnabas since he and his wife, Carolyn, came to Village in 2005, 18 years ago. Unfortunately, Carolyn died in 2010. Dave is now the Village's longest-term resident.

During his career as an electronic engineer
Dave Hepler worked on just about every
Explorer spacecraft launched into space by
NASA – a tremendous achievement for a North
Carolina boy who joined the Navy in 1944
when he was 17.

"They dropped the bomb shortly after that,"
Dave explains, "so I never saw action, but the
Navy sent me to radar and sonar school and
that sparked my interest in engineering and
communications. I graduated from North
Carolina State in 1950 with a BS in electrical
engineering. Later I received my Masters from
the University of Maryland. In 1958 I became
part of the group assigned to build spacecraft
for NASA. My expertise was in satellite
communications for the Explorer series."

Dave actually built the first command receiver ever used in NASA's spacecraft. One of the last NASA projects he participated in was COBE, Cosmic Orbiting Background Explorer. In his Village apartment are models of many of the craft Dave worked on.

Dave and Carolyn were married for 60 years and had two daughters: Elizabeth Hepler-Smith, a retired psychiatrist living in Gibsonia, Pa. and Ann Nix of Houston, Tx, a retired mechanical engineer.

Dave, now 95, walks with a cane – the one he made for his wife from a dogwood tree on a weekend vacation property in Virginia – so his dancing days are over, but he still loves going to the Pub every day, listening to the music, mixing with friends, playing solitaire on the Village library computer and reading the *Wall Street Journal* daily.

When the music is right Dave still manages a few turns on the Pub dance floor with his special cane.

Dave at St. Barnabas'

Fox Place Pub.

Spacecraft Models

- ESRO II International Satellite Europa Space Technology Center
- Explorer XV 19-27-62.
- CRS-A/Azak German Research Satellite
- San Marco C International Satellite

HOME SAFETY AND FALL PREVENTION FOR SENIORS





BATHROOM

Install grab bars
Use non-slip mats
Add a raised toilet seat





BEDROOM

Make lighting easily accessible Install a telephone for emergencies Add bed raisers Plug in night-lights

ROOMS/UPSTAIRS

Improve lighting
Fix steps and floors
Install handrails & anti-slip strips
Remove excess furniture
Remove clutter, rugs and
electrical cords from pathways





KITCHEN

Install smoke and gas alarms Keep items accessible Don't stand on stools

TAKE CARE OF YOUR HEALTH





GET YOUR VISION AND HEARING CHECKED

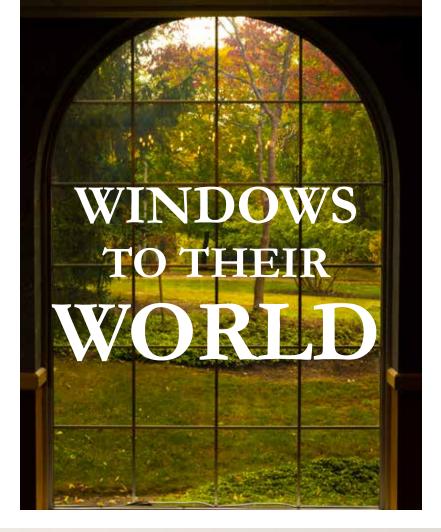


REVIEW YOUR MEDICATIONS WITH YOUR DOCTOR



STAY ACTIVE AND EXERCISE





he Windows Campaign needs your support to reach its goal of \$248,000 to replace 120 original windows at the St. Barnabas Nursing Home.

The campaign stands at 84.9 percent with a total of \$210,500 pledged to date. A gift of \$2,000 will install each window, but any amount will be deeply appreciated.

Donations can be made in memory or in honor of a loved one, recognized by a brass plaque commemorating the honoree and the donor.

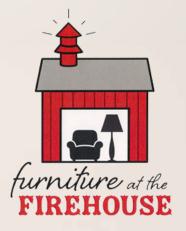
Installation has started on the 105 windows pledged to date. Nineteen more windows to go. You can help. Please donate today!

TEXT 'Give" to 41444

VISIT StBarnabasCharities.com

CALL 724-625-3770

MAIL Use enclosed yellow envelope



SHOP. SAVE. DONATE.

A Good Deal and A Good Deal More!

We are a resale, thrift shop of high quality, gently-used furniture and home decor...priced just right! New items arrive daily.

Proceeds benefit the St. Barnabas Free Care Fund.

MON-FRI: 10AM-2PM | 68 Dambach Ave, Valencia

FurnitureAtTheFirehouse.com

To schedule a donation, call or text 724.316.1977



Image shown is for inspiration, not available in store.

REGISTER TODAY!

36th Annual St. Barnabas Charitable Golf Open FRIDAY, JUNE 9, 2023

Conley Resort & Golf Club | 740 Pittsburgh Road, Butler

Morning Field Shot Gun Start: 7:45 am | Afternoon Field Shot Gun Start: 12:45 pm Prizes, Awards and Exciting Raffles

Silent Auction with Mobile Bidding: www.givesmart.com

REGISTER Online: StBarnabasCharities.com

Call: 724-625-3770

Email: ssommariva@stbarnabashealthsystem.com



2023 Charity EVENTS

St. Barnabas Charities has scheduled four major events for 2023 with net proceeds benefiting the St. Barnabas Free Care Fund which annually provides millions of dollars in charity care for patients and residents in three counties: Allegheny, Beaver and Butler.

Please contact St. Barnabas Charities for details on all events:

724.625.3770 or StBarnabasCharities.com

FRIDAY, JUNE 9 ST. BARNABAS CHARITABLE GOLF OPEN

Conley Resort & Golf, Butler PA Silent Auction Online Bidding Great Prizes, Raffles

Register: StBarnabasGolf.com

SATURDAY, AUGUST 5
FREE CARE 5K
RUN / WALK

Meridian Road, Gibsonia

FRIDAY, SEPTEMBER 8 SPORTING CLAYS

Highlands Sporting Clays, Champion PA

SATURDAY, OCTOBER 7
LADIES' DAY OUT

Trees Manor, Gibsonia PA



Tribute gifts celebrate the lives of loved ones and make a difference in the lives of impoverished patients served by St. Barnabas Free Care Fund. Honorary funds recognize living persons and memorial funds pay tribute to those who have passed away. Both are tax deductible to the fullest extent of the law and acknowledged with personal letters to friends, family and honorees.

February 17, 2023 — May 9, 2023

Donating In Memory

Donations to St. Barnabas Free Care Fund establish a legacy of giving and inspire hope for others dealing with loss. Gifts are made in lieu of flowers at funerals and memorial services and as living tributes throughout the years to follow.

Chad AndersonDoris Anderson

Earl and Marilyn Campbell
Evelyn Gilbreath

*Phyllis Herbenick*Dennis Herbenick

*Eva Mae Larva*Donald J. Larva

Dr. Arthur Bittner

Rose Marie Carlisano

Earl Campbell
Donald & Barbara Walkovich

Clara M. Kwadrat
Carl and Margaret Kwadrat

Kathy Thalmann-Blank
Bruce & Shariee Thalmann

COMMEMORATE

FATHER'S DAY June 18, 2023 and

VETERANS DAY November 11, 2023

with a gift to
St. Barnabas Charities
in memory or in honor of
a friend, colleague
or loved one.

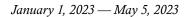
TO DONATE:

Call 724-625-3770

Online StBarnabasCharities.com



Founder's Day Auction, April 27, 2023



Gouverneur P. Hance League: \$5,000+ • President's Club: \$1,000 - \$4,999 • Supporter's Club: \$450 - \$999 • Founder's Club: \$150 - \$449 • Century Club: \$100 - \$149

From the coins tossed to its founder in the early 1900s to today's online giving, support to St. Barnabas Free Care Fund continues in many forms, all vital to impoverished patients who seek medicine, wellness and rehabilitation. Your donations and sponsorships boost St. Barnabas' ability to remain the refuge for many turned away by other facilities. God bless you!



Gouverneur P. Hance League

Alera Group Baker Tilly

C.U.E. Inc.

CIBC Bank

Civil & Environmental Consultants Inc.

Consolidated Communications

CooksonPeirce

DeForest Koscelnik & Berardinelli

Dollar Bank

Fort Pitt Capital Group

Geyer Construction and Development

Gordon Food Service

Highmark Blue Cross Blue Shield

JV Electronics

Michael Lazzara

Leech Tishman Fuscaldo & Lampl LLC

John R. and Margaret S. McCartan Charitable Fund

MMC Land Management

NET Xperts LLC

Paracca Interiors Flooring

America

Sarver Landscape Maintenance Co.

Simpson McCrady LLC

Southern Scripts TriState Capital Bank -Pittsburgh **UNFI** Walter F. and Ellen H.



Nicoden Fund

WPXI-TV

President's Club

ABC Glass & Mirror LLC Anonymous

Balfurd Linen Service

Mr. and Mrs. Mark Bramson

Joseph Cousins

Creese, Smith, Hune &

Co. LLC

Mr. and Mrs. Douglas W. Day Mr. and Mrs. William V. Day

Duncan Oil Company

Efficient Energy Solutions

Federal Home Loan Bank of Pittsburgh

Frank B. Fuhrer Wholesale Co.

Funyak Landscapes, L.P.

HUB International

Rodney King

Kress Restoration

Owen Law Group

Purvis Brothers Inc.

RiversEdge Advanced

Retirement Solutions LLC

Mr. and Mrs. David M. Santory

SB Charters Grocery

Schellhaas Funeral Home & Cremation Services Ltd.

Shorebridge Wealth Management

Smith Construction Management

WJAS 1320 AM



Supporter's Club

Anonymous

Mr. and Mrs. Franklin Blackstone Jr.

Mr. and Mrs. H. Gary Bogart

Jeff Bost

Ryan Brogdon

Butler Radio Network

Dr. and Mrs. Larry Campoli

Dr. Coleen Carignan and Dr. Michael Farrell

Roy Codeluppi

Corrigan Moving Systems

Costa Painting

John J. Curran

Mr. and Mrs. Mark Dennis

Josh Glover

H. P. Starr Lumber Co. LLC

HM Insurance Group

J V Electronics

Shelly Jenkins

Mr. and Mrs. Richard

Kaminsky

Kimberly Kisner

LGA Partners

Bill Moldovan

Timothy Moriarity

Northern Connection Magazine

Provident Agency Inc.

Reed & Witting Co.

Anna Riedford

Mr. and Mrs. Robert Sauers

Thomas M. Schmidt

Shop 'n Save Rochester

Shop 'n Save Tusca Plaza

St. Barnabas Communities

TRIB Total Media

Vision Benefits of America

WMBA/WBVP



Founder's Club

A to Z Promotions

Anonymous

Mr. and Mrs. Donald L. Balla Jr.

Mr. and Mrs. David J. Berardinelli

Berkley Accident and Health

Blackburn's Physicians

Pharmacy

Nancy Brem

Barbara Burford

Butler Radio Network

-continued



Gouverneur P. Hance League: \$5,000+ • President's Club: \$1,000 - \$4,999 • Supporter's Club: \$450 - \$999 • Founder's Club: \$150 - \$449 • Century Club: \$100 - \$149

Founder's Club (cont'd.)

Richard Casale

Chaffee Excavating

CIBC Bank

Conley Resort & Golf Club

Cooper Signs

Daniel Cox

Monika Daley

Dave Sutter Auto Body

Sarah Davidson

Mr. and Mrs. Walter P.

DeForest

Ed Friel

Mr. and Mrs. Robert Geyer

Glass Box Group LLC

Gary Goerk Sr.

James Harbison

HealthNow Administrative

Services

Scott Heddaeus

David Holzworth

Margaret Horton

Hovis Auto and Truck

Supply

J. C. Ehrlich Co. Inc.

Kellie Kelly

John J. Kenneweg

Donald and Peggy Kopelic

Ernest Kosty

Kramer Fiduciary Services

Cory Krebs

Mr. and Mrs. Carl Kwadrat

Susan Leininger

Marburger Farm Dairy, Inc.

Janice L. McKinney

Jill Miller

Kara Mostowy

Rosanne Nwranski

Robert F. Ranallo Jr.

Joanie Rinker

Mr. and Mrs. James C.

Roddey

Ginger Rosendahl

Rudolph Auto Repair

Rulis & Bochicchio LLC

Mr. and Mrs. Roger Russo

Mr. and Mrs. Tony Sadar

Brittany Safran

Philip Safran

Gregg Saxon

Katherine Schneider

Keith Smith

Michele R. Snyder

Mr. and Mrs. Jay Sommariva

St. Barnabas Health System

Security Dept.

St. Barnabas Nursing Home

The Arbors at St. Barnabas Valencia

St. Barnabas
Andrea Stearns
Dr. Jason Strcula
Mr. and Mrs. Kim Tabacchi
Emily Tichansky

The Dental Group at

Mr. and Mrs. James D. Turco

Lou Ann White

Lisa Whitfield

Mr. and Mrs. Gregory S.

Wilden

WMBA/WBVP



Century Club

Mark Dierdorf

Mr. and Mrs. William Franz

Evelyn Gilbreath

Dennis Herbenick

Dene Hocken

Michael A. Hutchinson

Donald Larva

Rita McClaine

Northwoods Bowling League

Lisa Nury

Kiritkumar Patel

Dr. Marydonna Ravasio

Tina Stainfield

Bruce Thalmann

Dr. and Mrs. Henry Windle



Established in 2018, the God Bless Fund commemorates William V. Day and his 50th year presiding over St. Barnabas Health System. Reflecting his signature "God bless, WVD" in this publication and in his correspondence, the fund is a legacy of charity for generations to come.

January 1, 2023 - May 5, 2023

Mr. and Mrs. William Franz

Terri Guerre

Margaret Horton

Nancy Kuhns

Christopher P. McClure

Vicky L. McKinney

Susan L. Owens

Mr. and Mrs. Jay A. Sommariva



Thank You to Our Sponsors



































DR. LARRY CAMPOLI PODIATRIST



















Matoka & Sons Plumbing

































NON-PROFIT
U.S. POSTAGE
PAID
ST. BARNABAS

StBarnabasHealthSystem.com

St. Barnabas Charities' Mission

The St. Barnabas Charities' mission is to provide new resources to its living assistance, medical center, skilled nursing and independent living facilities. 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.

REGISTER TODAY!

\$30



THE 32nd ANNUAL

FREE 5 K

SATURDAY, AUGUST 5, 2023

- Participants receive a race t-shirt & runners bag!
- Cash prize & medals rewarded for top finishers!
- Post race party & food!



Scan me with your smartphone camera!

REGISTER AT WWW.FREECARE5K.COM
OR CALL 724.625.3770