

FAITH & WORK



ST. BARNABAS

FALL 2023

The Ol' Fishing Hole at St. Barnabas



Contents

- 3 A Message from William V. Day
- 4 Do Not Fall!
- 5 Tune in to Scott Paulsen and Radio Stella
- 6 Pathway to Success
- 8 Smokefree Battle – Servicemen/Veterans
- 9 The Small World of Alzheimer's Research
- 10 Freedom to Do Everything...or Nothing!
- 12 Window Watchers
- 13 "Playing Games" for Free Care
- 14 Ladies Day Out
- 15 Donors

Cover: Two-year-old Petey tries out his rod, closely watched by Mom, Emily Tichansky, while old-timer David Hall casts his line into The Woodlands "ol' fishing hole." David is a resident of The Woodlands at St. Barnabas and Emily is Resident Relations Director for The Woodlands.

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St Barnabas Broadcast Network

Allegheny County/Pittsburgh

WJAS	1320-AM	99.1-FM
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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

Smile though your heart is aching

Smile even though it's breaking

This is a favorite song of mine, especially the Nat King Cole version from the 50s. Charlie Chaplin wrote the music for his film, "Modern Times," and the thoughtful lyrics were added in 1954.

Smile!

A MESSAGE FROM WILLIAM V. DAY

When there are clouds in the sky, you'll get by

If you smile and maybe tomorrow

You'll see the sun come shining through for you.

This bitter-sweet, nostalgic piece encourages the listener to smile through adversity and painful memories. Life throws you a curve... someone close to you dies, far too young... a loved one falls seriously ill and your pattern of life is changed forever. You seek God's help

and you hide your inner pain behind the smile you present to friends, to the outside world.

Light up your face with gladness

Hide every trace of sadness

Although a tear may be ever so near

I find that the more you smile, the more that smile becomes real...a little less bitter and just a touch sweeter, spreading that sweetness to others. Believe me. It is contagious and a remarkable remedy when life overwhelms us.

That's the time you must keep on trying

Smile, what's the use of crying?

You'll find that life is worthwhile'

If you just smile.

God bless,
WVD

President@StBarnabasHealthSystem.com



A scene from "Modern Times."

DO NOT FALL!

One of the greatest fears of the elderly is the *fear of falling*.

And with good reason. Every 11 seconds in the United States an older adult is treated in the ER for a fall. And every 19 minutes an older adult dies from a fall!

Health, geriatric organizations and providers have been working to solve the falls problem – developing and preaching steps to reduce the risk of falling. You’ve heard them all before and in this magazine:

- 1 Get rid of throw rugs.
- 2 Install grab bars in tubs and showers.
- 3 Add railings to stairs.

- 4 Brightly light all pathways.

There is one more step you need to take.

Tell yourself – DO NOT FALL!

- Before you go down stairs or cross a parking lot repeat to yourself or say it out loud, **DO NOT FALL!**
- Before you step into a shower or a tub, tell yourself, grab the bar, **DO NOT FALL!**

Develop your own safety catch words or mantra:

- Don’t let your feet get ahead of your body.

- Take baby steps.
- Take your time.
- Watch your step.

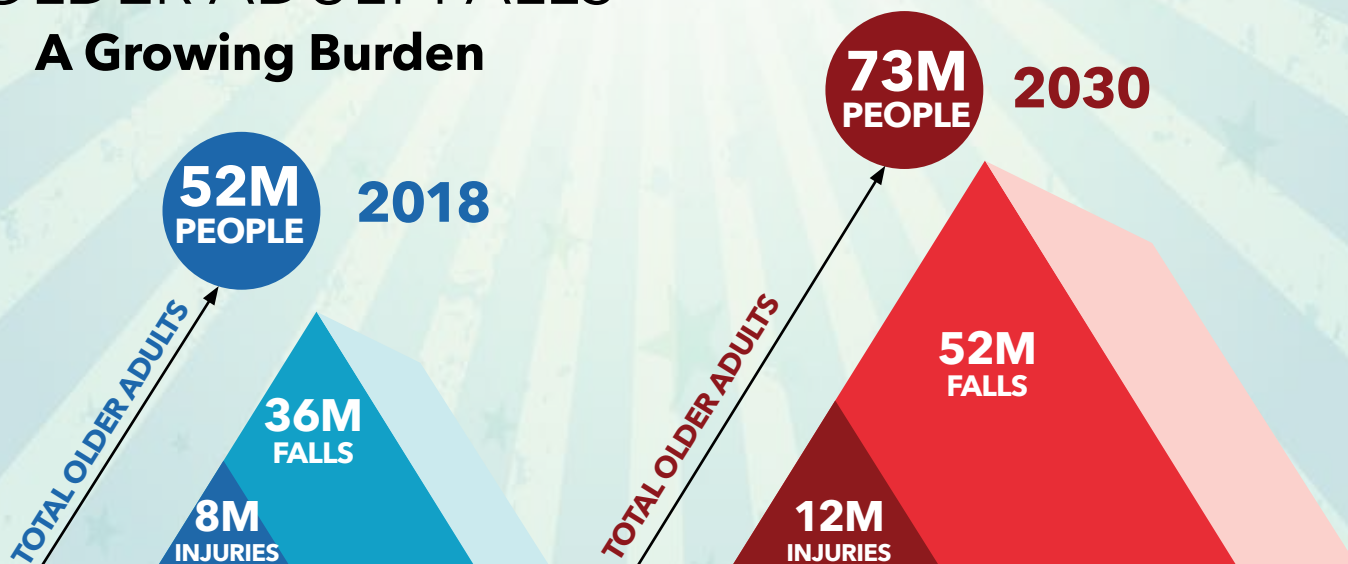
Repeating these catch words will help you focus and keep your mind from wandering so that you can anticipate and prevent falls.

Common sense will also help reduce your fall risk.

- Park under lights and near entrances.
- Do not be in such a hurry that you miss a step.
- If it’s raining or snowing, sidewalks and driveways will be slick – postpone that errand until it clears.

And keep telling yourself – **DO NOT FALL!**

OLDER ADULT FALLS A Growing Burden



Source: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control

Tune into Scott Paulsen and



Scott Paulsen grabs a brew with his Radio Stella rock and roll audience.

Legendary Pittsburgh radio personality Scott Paulsen has joined the St. Barnabas Radio Network!

Scott returns to the air waves with a brand-new show called **Radio Stella** devoted to the history of Rock and Roll.

"I come armed with thousands of songs and useless Rock and Roll Trivia for two hours of unforgettable jams each week," Scott says, "so grab a brew of your choice, a comfy seat on the sofa or floor and enjoy an evening of Rock and Roll Bliss."

Both Butler and Beaver County Radio are welcoming Scott to their line-ups: Beaver 1230 WBVP AM at 7 p.m. Sundays and Butler 97.7 The Rock Station WLER at 7 p.m. Fridays.

Scott Paulsen began his career working for 96 KIX, licensed in Tennessee, in the early 80s and then moved to WDVE Pittsburgh. He was a morning staple in the Pittsburgh region first hosting The DVE Morning Show and then partnering with Jim Krenn. St. Barnabas is proud to welcome Scott to their Radio Network Family.

St. Barnabas Radio Network enables St. Barnabas to recruit employees, raise funds for patients and residents in need and to promote its services and its mission.

Most importantly, the network offers a wonderful line-up of news, sports, music and talk-show programs. **Tune into St. Barnabas today!**



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Butler County

WBUT	1050-AM	97.3-FM
WISR	680-AM	107.5-FM
WLER		97.7-FM

Resident dinner orders are given a final check by veteran food and beverage server Patty Zelinka-Boring.



Pathway  Success

The Queen of Events at The Village at St. Barnabas celebrates her 11th year of service in September.

Patty Zelinka-Boring was awarded her unofficial crown by Mark Dennis, Village General Manager.

"Patty is our 'go-to' food and beverage server for setting up for all Village events, from cocktail parties to Board of Trustee meetings," Dennis explains. "Her positive attitude and attention to detail are amazing."

Patty's routine duty is to expedite food service at The Village Restaurant. She also delivers orders to the dining room and the pub and oversees "room service" to resident apartments.

"When I applied for a job at St. Barnabas," Patty said, "I was answering an ad for kitchen duty at the nursing home, but when the interviewer heard I had done catering for the Slippery Rock Golf Course, I was immediately sent to The Village Restaurant. And I've been there ever since."

Her advice to young food servers like 14-year-old Liliana Porco is to relax and think of the residents as your grandparents.

Liliana, who was just hired in July, appreciates Patty's experience and advice. But she has another mentor at the restaurant, her mother, Kristine Porco.

Actually, it's a family affair for the Porcos. In addition to her mother,

Liliana has two brothers employed at the restaurant, Pietro, a senior at Seton Hill University, and Giovanni, a senior at Deer Lakes High School. Her sister, Isabella, is a registered nurse and her brother, Luciano, is in seventh grade at Deer Lakes Middle School.

Liliana thinks the flex hours the restaurant offers are great. Now that classes have started at Deer Lakes High School, the ninth grader is able to work after school and on the weekends. However, Liliana's career goal is not culinary. She plans to be an ophthalmologist!



Village Restaurant new employee Liliana Porco (l) watches as Patty Zelinka-Boring adds the finishing touch to the dining tables.

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.



call

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



online

StBarnabasHealthSystem.com



email

rkubitz@StBarnabasHealthSystem.com



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*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.

SMOKEFREE BATTLE

Soldiers/Veterans

U.S. Military authorities have done an “about face” maneuver to stop smoking among active duty soldiers and veterans.

During WWII, the military actually added Lucky Strike cigarettes to daily K – rations. Each soldier was issued 12 cigarettes a day. Authorities considered tobacco a necessity in the maintenance of fighting troops – keeping them calm in battle, and alert on duty. This practice did not stop until 1975. And even then, cigarettes continued to be sold, tax-free, in military commissaries.



Today, the military as well as veterans organizations have joined forces to stop smoking among soldiers and veterans. Statistics show a slow, steady decrease in smokers.

In the 70s soldiers smoked 60 percent above that of the general population. From 2010 to 2015, 30 percent of active duty personnel smoked. Currently one in 4, or 24 percent of all active duty soldiers smoke – still high, but definitely on the decline.

The war against smoking among veterans has had some success. A 2020 survey of vets shows the percentage of smokers has dropped nearly 20 percent in 21 years – from 33 percent in 1999 to 13.3 percent in 2020. However, three out of 10 veterans are still using tobacco today – still higher than non-vets of all ages.

SmokefreeVET, a program developed by the Department of Veterans Affairs and the National Cancer Institute, is being offered to all veterans

enrolled in VA health care. That program lasts 6 to 8 weeks and includes daily text messages to support veterans in quitting tobacco.

VA News has shared stories from veterans who have participated in SmokefreeVET – some successfully and others, still smoking, but trying. A few of their comments:

I am unfortunately still smoking. If I can stay below 10 cigarettes a day, there is dramatic difference in the effect on my lungs...I tell my veterans that every cigarette that is not smoked is a victory...

Rhonda, January 3, 2023

I took part in the VA stop smoking program six years ago...I have not smoked since a few weeks after the class. I had tried many things over the years, but this really works and I am very grateful.

John, January 4, 2023

I quit smokeless tobacco cold turkey in January 2022. Gained 20 pounds almost immediately. Still want to eat constantly but no weight gain in months. I would sure like to get rid of the belly I put on.

John, January 5, 2023

I thought I could never quit smoking...after about two to three weeks I noticed I wasn't eating {Nicorette} lozenges...I don't buy cigarettes anymore. This works, I'm proof.

Thomas, January 5, 2023

St. Barnabas Medical Center's Tobacco Cessation Program is available to all veterans and non-veterans who are seriously committed to stop smoking! Call 724-443-7231 today and **Stop Smoking!**

Sources: CDC, U.S> Military "The Voice of Federal Medicine, VA News, Veterans Affairs, nih.gov, Smithsonian,mag.com March 4, 2023

Share your smoking story: nbrem@StBarnabasHealthSystem.com

The Small World of Alzheimer's Research

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

We live in a small world, especially when it comes to research on Alzheimer's disease.

I recently found out how small when I was approached by Australian researchers with whom I had previously worked. They had produced a powerful antioxidant, called glutathione, in powder form, to counter the brain inflammation that is associated with Alzheimer's disease. Traditionally, glutathione has been given by intravenous (IV) fusion to allow higher blood levels of glutathione to enter the brain. The Australians also believe their product significantly increases those levels of glutathione.

Serendipitously, I also learned of a research group from India that had been working on a test to measure glutathione using a very sophisticated brain scan-magnetic resonance spectroscopy (MRS). Their research reported that Alzheimer's disease sufferers do indeed have lower levels of glutathione in their brains than those without the disease.

Importance of Glutathione

Let me give you a little background on glutathione and Alzheimer's. First Alzheimer's is both a disease of aging and a disease associated with destructive inflammation. One of the basic

observations on the disease is that Alzheimer's and its devastating symptoms worsen overtime. This is due, in part, to the progressive inflammation in the brain from abnormal proteins and plaque formations. As the inflammation increases, the brain is overwhelmed and literally becomes a wildfire out of control. Antioxidants, consumed as a part of our diet or from supplements, can help counter the inflammation process. And this is where the antioxidant glutathione comes in.

Researchers Unite

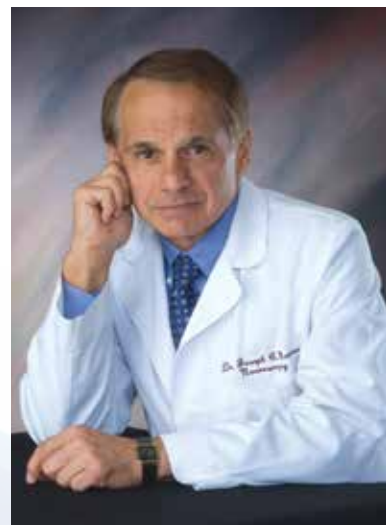


Eventually, I, along with the University of Pittsburgh, was able to recruit the lead India researcher as an adjunct professor of neurosurgery, Dr. Pravat Mandal, PhD. He continues to collaborate with both his Indian research team and members of the Department of Neurosurgery at UPMC. His biggest breakthrough to date, announced in June of this year, is the discovery that the

sophisticated brain scan test, measuring the amount of glutathione in the brain, corresponded to the same amount of glutathione in the blood.

This is potentially a major breakthrough. Using a blood test to detect Alzheimer's Disease, if approved, may ultimately lead to earlier diagnosis and treatment for those suffering from the disease.

Dr. Mandal, and his colleagues in India, at the University of Pittsburgh, and now the Australian group, have announced a collaborative effort to test the natural dietary supplement, glyteine, in Alzheimer's disease to determine both changes in glutathione levels and any clinical improvements in brain function. More data is needed, but, hopefully, positive results will be forthcoming in this small world of ours.



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

Freedom to Do Everything... or Nothing!





"I truly believe that if my Mother had not moved to St. Barnabas, she would not be with us today."

Kathie Bosiljevac explains these words: "The activities and caring attention that led my Mother and Father to choose The Village at St. Barnabas as their home have also kept my Mother active and involved – 99 years young this September."

Ruth and Karl Feitl moved to The Village in July, 2016, eager to experience all the activities and amenities St. Barnabas offered. Karl, who had toured The Village with daughter Kathie, was amazed at all the activities. "There is something to do every night," he exclaimed.

Two days later they signed a lease with St. Barnabas.

According to daughter, Kathie, the Feitls had been active all their lives and at St. Barnabas they continued that life style. Together they enjoyed the musical entertainment at the pub while socializing with neighbors, attended cocktail parties and other events including the Wine and Travel Club gatherings. Karl took advantage of the exercise room, the recumbent bike in particular. Ruth used The Village shuttle service for shopping, lunch outings to Narcissi Winery, The Grant Bar and other favorite restaurants, and to the Crystal Conservatories indoor pool.

"It's our secret," Kathie Bosiljevac whispers to her Mother, Ruth Feitl, as they enjoy private time in The Village at St. Barnabas Parkette.

"It's safe and reliable, and the driver, Charlie, is wonderful," she said.

Another plus was having Kathie and her family living so close in Gibsonia, visiting often with the grandchildren who loved to play in the beautiful parkette behind The Village while Ruth and Karl watched from a nearby bench.

When Karl died in 2021 and Ruth lost her daughter Karol soon after, she was supported by her loving family – daughter Kathie, son Karl Jr. of Long Island, six grandchildren and seven great grandchildren as well as St. Barnabas neighbors and staff members. All helped her deal with her grief and adjust.

Ruth was able to continue her aqua aerobic classes at the Conservatories, enjoy dinner with friends and the musical talent of her favorite pub entertainer, accordion-playing Wally Merriman.

"I love everything about St. Barnabas," Ruth confides, "but especially the freedom to do everything or...to choose to do nothing."

Always up for a party, Ruth is already planning her 100th birthday celebration for September 7, 2024.

Happy Birthday, Ruth, and Happy Living!

Schedule a tour with Cindy or Nina at CBoyd@StBarnabasHealthSystem.com or call 724-444-5568.



WINDOW WATCHERS

Fall is a beautiful season at St. Barnabas Nursing Home – a favorite time of year for the Window Watchers.

From dawn to dusk, the patients watch for the first touch of gold or russet to paint the trees and then for the full glory of autumn. Right now, the nursing home's original 124 windows are being replaced with energy-efficient glass at a total cost of \$248,000 or \$2,000 a window.

The "Windows to Their World" Campaign needs your donations to complete the replacement. 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, a best friend, or a loyal staff member. A brass plaque will commemorate the honoree and the donor for generations to come.

Please support our dedicated Window Watchers as they enjoy another season of life!

TEXT 'Give" to 41444

VISIT StBarnabasCharities.com

CALL 724-625-3770

MAIL 5850 Meridian Rd., Gibsonia, PA 15044



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: 10 am -2 pm | 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.

Playing Games for Free Care

Each year hundreds of supporters tee off, run, walk and shoot clays to raise funds for free care by participating in St. Barnabas' fund-raising events. These sporting events enable the St. Barnabas Free Care Fund to annually provide millions of dollars in charitable care to patients and residents in need.



32ND ANNUAL FREE CARE 5K RUN/WALK WINNERS



First over the finish line August 5th at the Free Care 5K Race were Jed Christiansen, Greenville, PA with a time of 15:12 and Claire Anderson, Jamestown, PA, at 17:58. Andrew Grossmann, Butler, PA, took wheelchair division at 21:54. First place team was Cute Men Running Track with a total time of 48:43. *View all 2023 results from the St. Barnabas Free Care 5K, at www.RunHigh.com.*

PRESENTING SPONSOR **Paracca**
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HIGHLANDS SPORTING CLAYS is hosting St. Barnabas' third annual clays sporting event on September 8, 2023. An estimated 100 novice and experienced shooters are participating. Ammo and guns are to be provided at each station along with an experienced trapper.

8:30 am Registration/Continental Breakfast
8:30 am - 9:45 am 5-Stand Practice
10:00 am Flight Time - 100 Targets
12:30 pm Lunch/Auction/Awards Ceremony

PRESENTING SPONSOR



COOKSON PEIRCE





Ladies Day Out

You're Invited!

Saturday, October 7, 2023
11:30 am – 2:30 pm

Trees Manor at St. Barnabas
660 Warrendale Road
Gibsonia, PA 15044

Enjoy a fun day with friends.
Proceeds benefit the
St. Barnabas Free Care Fund.



TICKETS & RAFFLES

\$80 Ticket includes a chance to win one of the prizes offered every 30 minutes, plus food, shopping, cocktails, music, photo op with vintage Rolls Royce & more.

\$100 Ticket includes an extra chance to win one of the half-hour amazing prizes.

50/50 Raffle and Basket Raffle
5 for \$10, 15 for \$20

One raffle prize winner announced every half hour. Extraordinary prizes – total value \$5,000 including Fendi clutch, jewelry, cash, and more!

HIGHLIGHTS

Shopping with Exclusive Vendors

Live Music Entertainment

Fantastic Basket Raffle and 50/50

Dedicating your St. Barnabas Donation

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.

May 10, 2023 — August 10, 2023

Donating In Honor

Personalized gifts honor special people, especially those who positively impact the lives of others. Contributions celebrate birthdays, anniversaries, milestones and accomplishments.

Leona Ovich

Theresa and Henry Hegerle

Loraine C. Day

Valerie and Greg Wilden

Mr. and Mrs. William V. Day

Mr. and Mrs. Charles T. Greback

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.

Edward Crowley

Joe and Pat Nist

John J. Donovan III

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David and Katherine Cassidy

Frank and Twila Clifford

Karen and John Como

Walter and Mary Fowler

Wilai Gould

Stephen and Kathryn Huff

Cindy and Kyle Mariacher

Gertrude Small

Shirley Snyder

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Donald and Sylvia Hersh

Alice Hutchinson

Michael Hutchinson

Sally Keener

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Dolores Strunk

Thomas Franklin Wilson Sr.

Valerie and Greg Wilden

Bobbi Zappa and Joe Giuliano



**God
bless
FUND**

January 1, 2023

— August 10, 2023

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.

Doris J. Anderson

Mr. and Mrs. William Franz

Mr. and Mrs. Charles T. Greback

Terri Guerre

Joyce Kirkbride

Nancy Kuhns

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Mr. and Mrs. Jay A. Sommariva

Mr. and Mrs. Robert Sauers

Donors

January 1, 2023 — August 10, 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!



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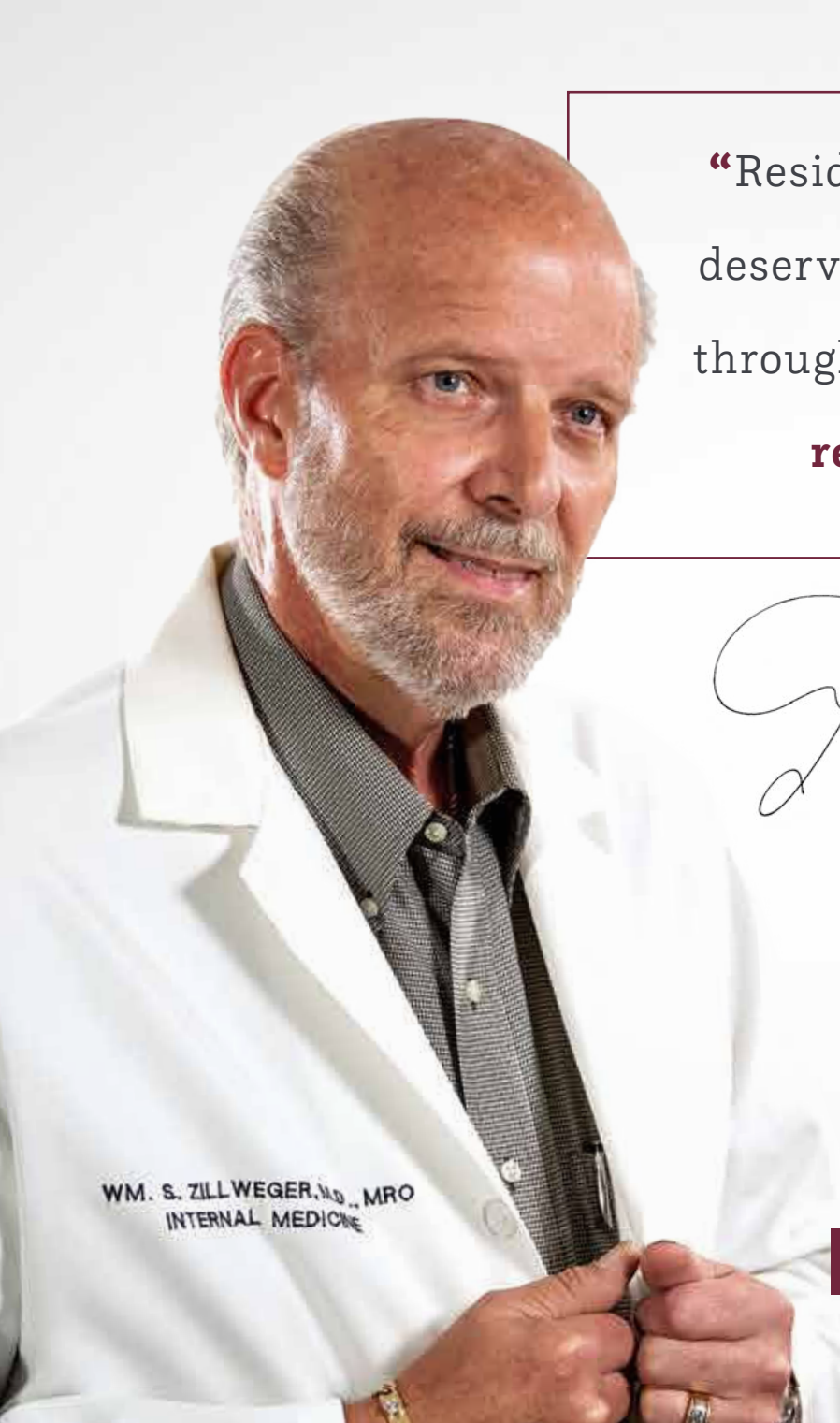
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