

FAITH & WORK

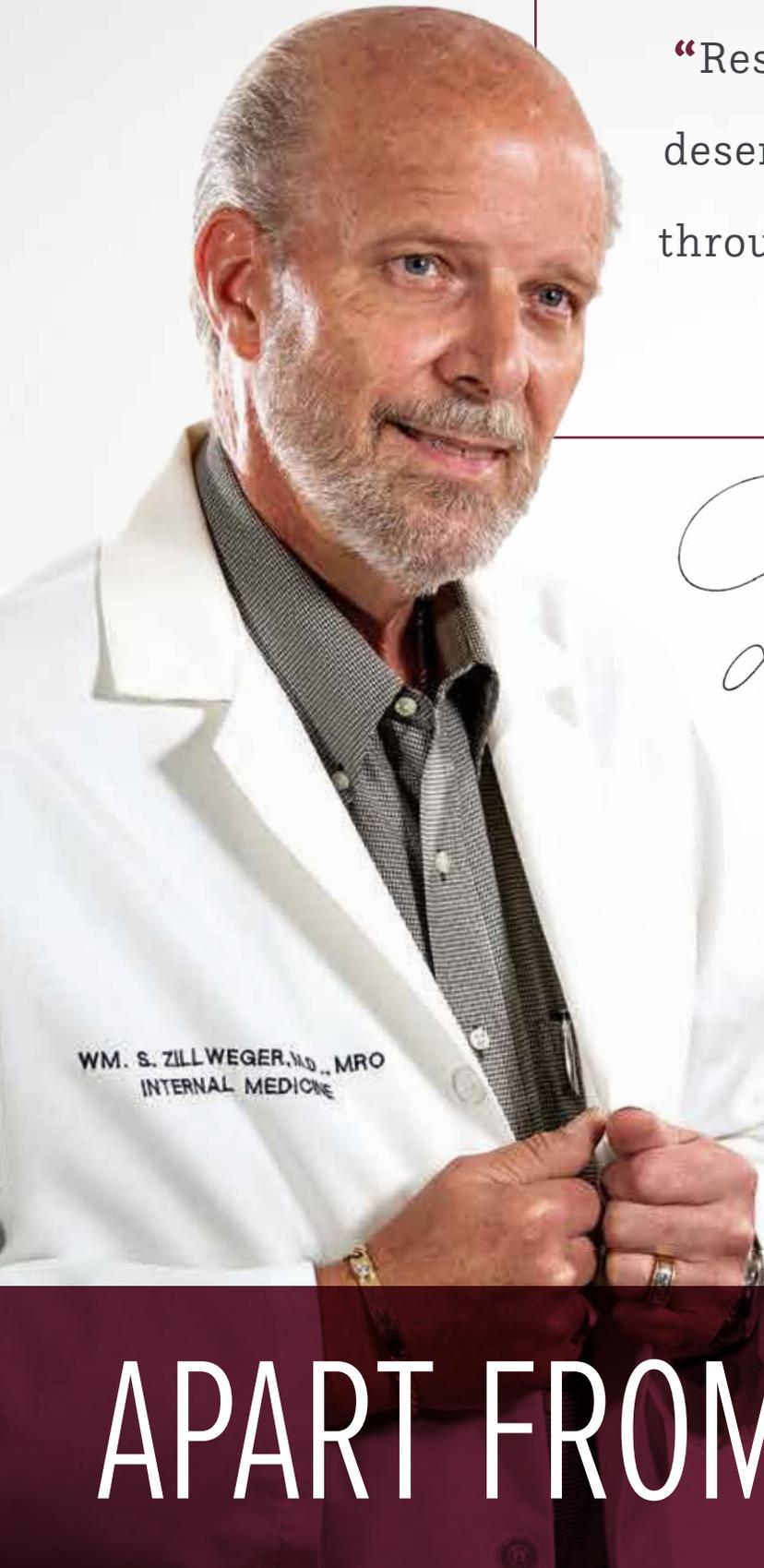


ST. BARNABAS

SPRING 2025



Once a marine...



“Residents and their families deserve the **best care possible** through **open communication, respect, and trust.**”



William S. Zillweger, MD
Internal Medicine

Dr. Zillweger brings more than 25 years of **world-class experience** to his role as the Medical Director of St. Barnabas. His dedication to seeing patients through their hospitalization provides the **exemplary continuity of care** that we value. That’s what sets us **Apart From Ordinary.**

 Visit StBarnabasHealthSystem.com

APART FROM ORDINARY

Call **724-443-0700** to schedule a tour of one of our beautiful St. Barnabas locations.



**ST. BARNABAS
HEALTH SYSTEM**

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Cover: *Always a Marine!* Woodlands resident Barbara Bradley credits her Marine training to helping her and husband David choose St. Barnabas for an extraordinary retirement experience. See story on pages 10 and 11.

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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.



VOTE

Don't forget to vote for St. Barnabas in Beaver County Times 2025 "Best of the Valley" Community's Choice Awards.

Please scan the QR code and vote online April 15-29, 2025.



St. Barnabas is Different

A MESSAGE FROM WILLIAM V. DAY

Different in a good way.

First and, possibly, most important, we have a long history of helping people, which very few other facilities can claim. One hundred and twenty-five years ago, a young man, devoted to God, founded a home for the poor and homeless who suffered from chronic and terminal illnesses. They needed a bed, food, care and spiritual comfort. And they found all this in the St. Barnabas Free Home - the beginnings of today's St. Barnabas.

And this care is a life-long mission. Again, very few organizations can make this commitment. From independent living to living assistance, home care and on-site medical services to long-term nursing with end-of-life hospice support - St. Barnabas offers all this! It's a family affair for residents and patients and even the staff.

St. Barnabas takes care of its family, often accepting patients other facilities have rejected. Where does the money come from? Residents and patients who can

afford their care pay their own way. St. Barnabas is financially sound, always operating in the black. Yet, the St. Barnabas Free Care Fund spends millions of dollars each year on charity care. For this we thank our generous donors and our rather unique fund-raising enterprises. Another way in which St. Barnabas is different.

We have two golf courses, donated to us and operated as public courses - free to our residents - with all proceeds going to free care. An auto repair service earns additional moneys along with a boutique thrift shop and shopping plaza - all helping to make life-long care free to deserving patients in need. Crowning these endeavors is the St. Barnabas Radio Network communicating our mission while serving the broadcast needs of listeners in Allegheny, Beaver and Butler Counties.

Yes, St. Barnabas is different...in a good way...in God's way.

God bless,
WVD
President@StBarnabasHealthSystem.com

STILL TIME TO SIGN UP FOR



ST. BARNABAS CHARITIES

Founder's Day 2025

WEDNESDAY, APRIL 16, 2025

Pittsburgh Marriott North, Cranberry Township

You won't want to miss

JIMMY FAILLA

Fox Radio/Television Host, Stand-Up Comedian

Creative Writer, Political Pundit

Recipient of the 2025 St. Barnabas Hance Award



A New York cab driver turned Professional Stand-Up Comic, Failla was named full-time host of Fox Across America on Fox News Radio in 2020. His first comedy special, "State of the Union," is currently streaming on Amazon Prime and his topical humor can be heard on the St. Barnabas Broadcast Network, WJAS 1320, The Talk of Pittsburgh, weekdays 9 p.m. to 12 midnight!

Please join in the spirit of the honoree Jimmy Failla by wearing a fun and colorful dinner jacket!

5:30 PM Cocktail Reception. Silent Auction and Raffles

7:30 PM Dinner and Speech

TICKETS: Limited Seating \$300 to \$500



EMAIL:

ssommariva@
StBarnabasHealthSystem.com



CALL:

724.625.3770



ONLINE:

www.St.BarnabasCharities.com



All proceeds benefit the St. Barnabas Free Care Fund.

To donate, TEXT the word GIVE to 41444.



Pathway Success

For more than three decades Dave Malarkey's pathway to success has been radio broadcasting. And all for his hometown radio station, WISR of Butler, PA – his first permanent job after graduating from Penn State and the start of his life-time career.

In 2023 WISR 680-AM and 107.5-FM became part of the St. Barnabas Radio Network and Dave, a valued member of the St. Barnabas family.

"St. Barnabas taking ownership was a terrific boost for WISR," Dave stressed, "and to the future of local radio network."

According to Dave, radio is stronger than ever as a media communicator, especially local radio. And it will never be replaced by television or any other mass media format.



ST. BARNABAS IS HIRING!

Start your *Pathway to Success* as a **Personal Care Attendant, Nursing Assistant, Registered Nurse, Food Service Assistant, Housekeeper, Maintenance Technician or Security Officer**. Earn great salaries and benefits and enjoy a generous employee referral program, 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 recruitment@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.*



“Where else,” Dave said, “can you enjoy a concert, drive a car, bake a pie, plant flowers, or change a diaper, while all the time listening to radio! That’s what makes radio so personal and enduring. Radio encourages listeners to use their imaginations!”

Born just over the Butler County line in Parker, PA, Dave graduated from St. Vincent Prep School and from Penn State with a degree in broadcast journalism and a minor in theatre.

“Butler is a very special home town,” Dave explained, “close to Pittsburgh and the Steelers and Pirates and to major traveling theatre productions while Butler itself has boutique shops, restaurants and a rich theatre heritage. I have performed in numerous productions for the Butler Little Theatre and Butler Musical Theatre, appearing as the tailor in *Fiddler on the Roof* or as Felix Unger in *The Odd Couple*. Most importantly I am able to maintain a personal relationship with the people who listen to my morning wake-up broadcast every weekday. They can’t see me, but they think they know me.”

Dave proudly recalls WISR’s moment in history: WISR signed on air in September of 1941, just two months before Pearl Harbor and the start of World War II, the only station to be licensed until the end of the war.

“The future of WISR has never been stronger,” Dave said. “and thanks to the St. Barnabas Radio Network, my own pathway to success has been strengthened and extended – a pathway open to all young broadcast journalists.”

Tune into the St. Barnabas Radio Network:

Allegheny County/Pittsburgh

WJAS 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

WHY Can't I Sleep?

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

Sleep is not a luxury! It's a necessity for both our brain and our entire body. Just losing one night's sleep can cause impaired thinking, reduced memory, poor decision-making, anxiety and slow reaction times. Lack of sleep is often reported as the cause of mistakes, fatal accidents and injury.

Physical and Mood Benefits of Sleep

It is generally recommended that we sleep seven to nine hours per night. During sleep the body repairs muscles, tissues and cells, strengthens the immune system and reduces inflammation. Sleep is also the time the brain can regulate hormones, including lowering stress hormones. Sleep allows us to rebuild energy levels, improve physical performance and contributes to a longer lifespan. Adequate sleep helps maintain healthy blood pressure and reduces the risk of heart disease. Poor sleep can increase stress, hunger hormones and inflammation. Inadequate sleep can also lead to irritability, anxiety, depression and even increased risk of dementia.

Sleep Patterns Change as We Age

It's common for sleep patterns to change as we age, and many older adults find it more difficult to get a good night's sleep. As we age, our internal clock, or circadian rhythm, may shift, causing us to feel tired earlier in the evening and to wake up earlier in the morning. Additionally, older adults tend to spend less time in deep, restorative sleep stages and more time in lighter stages, making sleep more easily disrupted. Frequent wake-ups due to noises, bathroom needs or medications can further reduce sleep.

Improving Sleep Hygiene

Sleep hygiene is a practice that can be adjusted to improve sleep quality. The priority is to develop a consistent sleep schedule, even on weekends, to help regulate your natural sleep-wake cycle. Calming music or gentle stretching before bedtime can help, but avoid strenuous exercise or eating a large meal two to three hours before sleep or consuming caffeine four to six hours before sleep. Avoid stimulating activities

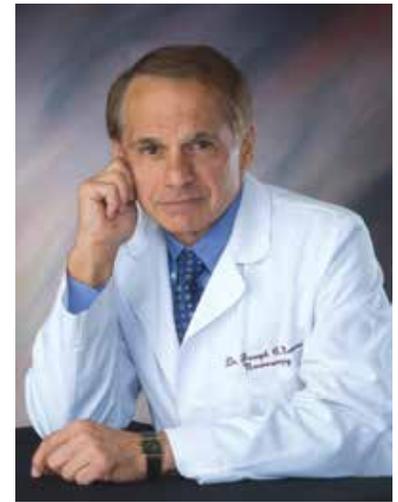
close to bedtime, such as working on electronic devices, watching intense movies or engaging in deep or disturbing conversations.

Role of Melatonin

Melatonin is a hormone that your brain produces in response to darkness. It helps regulate your body's circadian rhythm. Melatonin production decreases with aging, making it harder to fall asleep or to stay asleep. Taking melatonin as a dietary supplement can help some people fall asleep faster, improve sleep quality and reduce jet lag. The optimal dosage and timing of melatonin supplementation varies with the individual. Melatonin use is generally only recommended for short periods of time.

Speak to your healthcare provider if you are having trouble sleeping or thinking of taking melatonin. There can be serious underlying health causes for poor sleep and melatonin may interfere with medications and health conditions

We encourage you to live your best and sleep your best for a healthier life!



Dr. Joseph C. Maroon

Tee Off with St. Barnabas!

The greens are in great condition...the courses challenging, yet very playable...the staff dedicated to the golfers and their golfing experience at Conley and Suncrest Golf Courses, part of the St. Barnabas Communities.

These side-by-side courses, located just north of the 228 corridor in southern Butler County, offer golfers the opportunity to play nine, 18, 27 and even 36 holes – golfer's choice. Grab and Go food and beverages are available, but the focus is on golfing.

St. Barnabas welcomes casual golfers, golf leagues, single day golf events and stay and play golfers. Enjoy golf your way!
Play36Holes.com for information and to reserve your tee time.

All net proceeds from Conley and Suncrest Golf Courses support the St. Barnabas Free Care Fund.

Residents of St. Barnabas Communities enjoy **FREE** unlimited golf with reserved tee times!





*David and Barbara Bradley
Happily married for 58 years!*

ONCE A MARINE... *always* A MARINE

St. Barnabas Woodlands resident Barbara Bradley should know. As an 18-year-old high school graduate in 1962 and college not an option, Barbara chose to enlist in the U.S. Marine Corps.

"I never regretted it," Barbara stressed. "In fact, I think every young person would benefit from military service. As a Marine I learned to face limitations and to surpass them. The Marine corps taught me how to analyze issues and to make difficult decisions...how to sort out priorities in life.

"This helped me and my husband David, who also served in the U.S. Army 1964-66, when we were confronted with serious health challenges in 2017 and the overwhelming responsibilities of home ownership."

Both Barbara and David had enjoyed successful civilian careers. Barbara with Verizon and David, a technician at the Westinghouse Research Plant. They had lived happily for 37 years in their McKeesport home. But times were changing and so were the Bradleys.

"This is when my Marine Corps training kicked in," Barbara said. "We did our homework and visited The Woodlands at St Barnabas four times. We ticked off all the pluses – a smaller home with a strong sense of community...being able to keep our dog, Katie, a cocker spaniel rescue...a backyard for Katie...golf courses and a pool for David... and activities, card games and outings to keep me physically and mentally active."

After careful consideration, the Bradleys chose The Woodlands.

"We sold our McKeesport home in one day and moved to St. Barnabas," Barbara said. "The Lord's hand was in it all. Our experience has been nothing short of excellent."

"I can play Mahjong and enjoy coffee with friends while David swims or golfs. We make full use of the St. Barnabas Medical Center. I can get my flu shot there, arrange for home health care as well as physical therapy," Barbara explained. "And the dentist, Dr. Strcula, is great."



*U.S. Marine
Barbara Jean Swanson.*

Barbara is taking advantage of classes on osteoporosis being conducted at The Village at St. Barnabas by a renowned specialist. She also volunteers for St. Barnabas Charities at the Firehouse Furniture thrift shop and for special events like Founder's Day, raising money for The St. Barnabas Free Care Fund.



We are ordinary people who had ordinary jobs who are enjoying an extraordinary retirement at St. Barnabas.

Unfortunately the Bradley's dog, Katie, died in late 2022 but she did enjoy her lovely backyard for more than four years.

"Most importantly," Barbara said, "I feel very safe here," and then added, "We are ordinary people who had ordinary jobs who are enjoying an extraordinary retirement at St. Barnabas."

One Last PUFF!

Ryan is 55 years old and he has been smoking for 35 of those years. He has tried to quit too many times to count. He almost makes it and then relapses. His grandmother died of lung cancer; his paternal grandfather died of heart disease in his 50s; his maternal grandfather died of pneumonia aggravated by years of smoking. Yet Ryan still smokes. It's 2025 and he is determined to make this the year of "one last puff."

This article is for Ryan. It's based on research by the Center for Disease Control and Prevention, the National Institute of Health and The HealthSite.com.

According to the CDC the best way to quit smoking is to use counseling and medication together. So Ryan, St. Barnabas has a program that does combine these two elements and it's just a few miles from your West Deer home – give it a try!

First New Medication in 20 Years!

You are lucky Ryan. CDC has announced the first new pharmacological treatment to help smokers stop smoking since nicotine replacement therapy 20 years ago – **Bupropion**. This drug can potentially have a huge impact through the drug's efficacy and by the intention of making it more widely available!

Counseling will help you understand why your many attempts to stop smoking have failed. The rule of 3s may have caused you to fail – more commonly called "the icky threes."

The more common chances for relapse: **3 days, 3 weeks, 3 months!**

The 3 day relapse is easy to understand. It takes 72 hours to just get the nicotine completely out of your system.

The 3 week mark – often, by this point you are beginning to feel good about quitting, so you might just want to try a cigarette and see what it feels like. The results vary with the person – a pleasant buzz and then rather quickly, maybe five minutes, a feeling of despair and defeat.

The 3 month mark. Again you are feeling good that you have quit, so you might just want to see how a cigarette might affect you. Or perhaps you've been drinking or having a night out with friends who push you to just give it a try. The results are usually the same as at the 3 week mark – a pleasant buzz and within five to ten minutes, devastation and guilt! And after the relapse, **a month and more to return to normal!**

Help with Cravings!

Here are a few tips, Ryan, to help you resist cravings at the 3 rule mark and throughout your battle with tobacco:

- 1 Use nicotine replacement products: gum, lozenges.
- 2 Remind yourself that cravings pass.
- 3 Avoid situations and activities associated with cigarettes.
- 4 Chew on carrots, pickles, apples, celery. Keep your mouth busy.
- 5 Practice this exercise: take a deep breath through your nose and let it out slowly through your mouth and repeat 10 times.

It's vital, Ryan, that you remember that you will never be a non-smoker. **You will always be an ex-smoker!**



**ST. BARNABAS
CHARITIES**

2025 FUNDRAISING EVENTS

FOUNDER'S DAY

Jimmy Failla – Hance Awardee
Pittsburgh Marriott North
Cranberry Township

APRIL

16

Wednesday

CHARITABLE GOLF OPEN

Conley Resort
Butler

JUNE

6

Friday

FREE CARE 5K

Gibsonia Campus

AUGUST

2

Saturday

SPORTING CLAYS

Highlands Sporting Lodge
Champion, PA

SEPTEMBER

5

Friday

LADIES DAY OUT

Trees Manor, Gibsonia

OCTOBER

4

Saturday



to the World

Remembering a loved one is part of our grieving. We do so with flowers, chimes, a personalized lap robe or a gift to a favorite charity. But, for a former patient at St. Barnabas Nursing Home, please consider a donation to the on-going Windows campaign. There are only 11 windows left of the original 124 to be replaced with energy-efficient glass for the physical comfort and visual delight of the nursing home patients.

You can choose to sponsor a new

window in the room that was your mother or your grandmother's home for the last years or months of her life. She was cared for by nurses and aides who became family when true family members lived too far to visit, or were themselves too ill to be with her.

Remember her now by donating \$2,000 in her memory either as an outright gift or a pledge to be paid in installments. A plaque will memorialize the patient and the family, a legacy of love!

TEXT "Give" to 41444 | **VISIT** StBarnabasCharities.com | **CALL** 724.625.3770 | **MAIL** 5850 Meridian Road
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: 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.

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.

October 16, 2024 — January 27, 2025

Donating In Honor

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

Michael N. and Dolores M. Boytim Dorothy S. Danko	Mr. and Mrs. William V. Day John M. Donatelli Mr. and Mrs. Charles T. Greback	John and Judy Fantini David and Barbara Bradley	The Kurlandski Family Gerry Kurlandski	Charlie Pedley Alan and Diana Williams
Grace Brehm Dawn Brehm	Loraine C. Day John M. Donatelli	Alberta Farls Chris and Teresa Farls	The Majewski Family Mary Majewski	The Residents of St. Barnabas Costa Painting
Rachel Brem Nancy Brem	William V. Day Janet Brody	Joanie Gorman Alan and Diana Williams	The McKenzie Family Jim McDonald	Jim Ryan Rick and Debbie Lawson
Emogene Buckenheimer David Buckenheimer	Family and Friends Clementine E. Stainfield	Kathryn Fitch Bob and Sylvia Marko	Lizzie Montanti Bob and Sylvia Marko	Richard Sieman The Gigliotti Family
Laura and Rob Daugherty Thursday Evening Bible Study		Francis and Delia Hanrahan Sr. Francis P. Hanrahan	Hannah Parker Grandma Parker	Reagan Sommariva Jay and Shelli Sommariva

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.

George S. Ahmuty Patricia A. Trudel	George N. Bluemling Ruthanne Bluemling	Madge E. Clayton Teena Anania Guy and Dorothy Dille Dee S. Strunk	Gertrude C. Small	Walter Finnegan Joanne Finnegan
Jeanne Alford Reiff Robin and Max Heckman	Henry S. Bobro Ruth and Jeff Elm	John T. and Helen M. Danko Dorothy J. Danko	Bob and Marie Einwacher Brian and Nancy Newcamp	Oliver and Gertrude Forsythe Elaine Brown
Ruth Alford Wilson Max and Robin Heckman	Dr. Bonello Dorothy M. Bonello	Ralph DeFilippo Kathleen DeFilippo	William G. Elliott Valerie Elliott	John and Grace Gazdacko Jay Gazdacko
Chad Anderson Doris J. Anderson	Ernest and Lois Borthwick Jane and Stephen Story	Nicholas and Carne Demas Pete and Lori Demas	Allan H. Erbe Elda G. McCoy	Patricia Goldbach Ralph Goldbach
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Sam B. Biasucci Joan E. Biasucci	Doris Claassen Joyce Popash		Ruth and Bill Fincke Judith Erlen	

continued

Donating *In Memory* (cont'd.)

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Harriet Herder
Victoria H. Pollard

Mercedes Hergenroeder
Paul Hergenroeder

David Hertel
Barbara Hertel

James D. Hockenberry
The Hockenberry Family

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Our Parents**
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Michael Hutchinson

Norbert Imhof
Claire Imhof

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Susan K. Radage

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Linda LaMagna
Mary Jane LaMagna

Michelle Leathers
Rachel Brem

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and Great

Grandchildren

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Paul G. Leech Jr.

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Judy Shaffer

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Walter P. DeForest

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Brooks Mason
Brooks and Helen
Bartlett

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John McKrell
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Em Page
Thomas C. Page

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Dolores M. Obringer

Up the Road Paps
Dolores M. Obringer

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Francis Savukynas and
Rose Schultheis

Regina Scanlon
Kathy and Frank Moran

Bill Schultheis
Francis Savukynas and
Rose Schultheis

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Andrew T. Shire

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The Gigliotti Family
Richard Sieman

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Gloria Doban and
Paul Teske

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

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Anonymous
Armstrong
Baker Tilly
C.U.E. Inc.
CIBC Bank
Civil & Environmental
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January 1, 2024 –
December 31, 2024

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.

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