



VINCENTIAN
COLLABORATIVE SYSTEM

Insights

Spring 2012

The Lenten Season Continues...

Lent is a time for spiritual housecleaning. A time to dust off our faith, shine up our commitment, lay in a supply of thanks, and decorate our life with the joy of Christ. So that when Easter comes, we will know in our hearts what the celebrating is all about.

Sensory Room Soothes Residents

Residents of Marian Manor's Alzheimer's and dementia care unit are able to enjoy a serene atmosphere in a calming sensory room thanks to the Anne L. and George H. Clapp Foundation and the Howard and Nell E. Miller Foundation. Features include room-darkening shades, a color-changing bubble tube, color-changing sphere, aromatherapy diffuser and relaxing music. Slowly moving patterns project onto the wall as an aquarium scene plays on the television. Multi-sensory stimuli are shown to reduce symptoms of anxiety, depression, and frustration; diffuse negative behaviors; and promote a positive sense of wellbeing. Residents are enjoying the room with good results. 🧡

Welcome to our Kitchens! We Aim to Please

Country kitchens and restaurant style dining are the new norm at Vincentian, creating a social environment at mealtimes where residents can engage with one another, staff and their visiting family members while enjoying a freshly prepared meal to suit their tastes.

Ambiance is everything; many homes have renovated dining spaces to create a cheery atmosphere and enhance service. The scents of food drift through the halls enticing passersby. Music in the background sets the mood.

Residents' input is valued: favorite recipes are incorporated into menu selections, extended dining hours mean residents can eat on their own schedules, and some residents may participate in preparing food if they'd like.

Vincentian de Marillac residents are delighting in the "garden to plate" experience, planting a summer garden in pots on the porch. They care for them all summer and pick herbs, peppers and tomatoes for use in daily meals. A "Kitchen Club" meets weekly and helps with meal preparation by peeling and chopping veggies, baking cookies or



Nursing Assistant Laurie Eaton talks with Mary Bucha in one of Vincentian Home's new country kitchens.

sharing recipes. For residents, it's very satisfying to be a part of the entire dining process from growing, to selection and preparation, and then enjoying the fruits of their labors.

Our dining programs are expanding options to suit all tastes – join your loved one for a meal sometime soon and see what's new! 🧡

Discover your reason...



IT'S EASY TO GET TO

church

FROM HERE;
IT'S EASY TO GO SHOPPING. IN FIVE MINUTES,
YOU CAN BE ANY PLACE THAT YOU NEED.™

There are many reasons our residents choose to live at Vincentian Villa:

- Central North Hills location
- Catholic tradition and quality reputation
- Free transportation within 5 miles
- Small, friendly neighborhood
- Maintenance-free living

But most are the things you can't list on paper. Discover your reason. Call today. 412.364.6592



VINCENTIAN VILLA
Retirement Community



www.vcs.org/villa

Watch for New Vincentian Villa Ads Featuring our Residents!

The President's Corner

Dear Friends,

The early signs of spring are here: longer days, warmer temperatures – but the most poignant sign of spring has always been the celebration of Easter. The anticipation is heightened by the season of Lent, a time of contemplation. I reflect on what is most meaningful to me, personally, and for Vincentian.



Many of us with aging parents are faced with difficult decisions for their care. Talking with my parents about moving from their home of 59 years was not an easy conversation for my sisters, brother and me, but it was necessary. We wanted to ensure their safety, comfort and care. And for the residents at Vincentian, much the same holds true.

The Vincentian Way is our way of making sure we treat one another as family – that we provide the unique touches that come from knowing each resident as a person. And most importantly, it is acting upon the values that come from St. Vincent and St. Louise and the Sisters on whose shoulders we stand: the joy of sharing that spiritual bond that permeates from our walls and from the smiles on our faces and caring hands of our staff.

We look forward with anticipation to the celebration of Easter and during this time of contemplation we look within, at the spirituality and service that makes us Vincentian.

Yours in Service,

Raymond E. Washburn
President and CEO

Insights

Insights newsletter is published four times per year by Vincentian Charitable Foundation to share the news and activities of the Vincentian system. If you would like a friend to receive a copy of *Insights*, or you have a question or comment, please contact Robin Weber.

Editor

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Volunteers and Computers Give Joy to Residents

“I love Tuesdays; I get a thrill out of winning at solitaire,” exclaims Lillian.

“It gets you out of your room, and the time goes so fast,” adds Rose.

Residents at Vincentian Regency can spend Tuesday afternoons enjoying computer games and e-mail thanks to Don and Peggy Kopelic, volunteers from Westinghouse's SURE group (Service Uniting Retired Employees).

Don and Peggy started computer club 11 years ago when they were able to get computers donated by other SURE members for Vincentian Regency residents to use. Today, some residents bring their own computers or laptops and Don will make trips to their rooms to help with email or other activities. One resident has started telling friends and family her life story through a series of emails. Another wants to write a book.

According to Peggy and Don, the benefits of computer club seem to extend beyond just the social aspect; using the mouse seems to improve dexterity and hand eye coordination. The two say they've noticed residents with arthritis or other ailments struggle with the mouse when they first join the group. “But within a couple months they're old pros, clicking away,” Don remarks.

“The people in our group are just lovely,” says Peggy. “And it doesn't take them long to catch on. I'm so proud of all of them.” 🧡



Vincentian Regency volunteers Peggy and Don Kopelic assist Hilda Christmann, Rose Kielar and Lillian Reel on the computers.

Plan Your Legacy

You can continue to make a difference beyond your lifetime. There are financial advantages to giving a planned gift. What can you do today? Here are some ideas:

- ❑ Prepare a will. 50% of people don't have one. Without a will, your estate could lose control of your assets.
- ❑ Plan to leave a specific dollar amount or a percentage of your assets.
- ❑ Assets such as stocks and bonds can be used as

charitable gifts and may provide estate tax savings.

- ❑ Remember to name a beneficiary of your pension plan, IRA, life insurance policy and other assets.
- ❑ A memorial gift is a great way to remember a loved one.
- ❑ Talk to family and friends about leaving gifts in their wills.
- ❑ Counsel on charitable giving can be provided by your financial advisor.

Family and Friends Enjoy “An Affair of the Heart”

On February 11, some 270 Vincentian friends gathered at LeMont to celebrate “An Affair of the Heart” benefitting Vincentian de Marillac and Marian Manor. Amid breathtaking views and a sumptuous dinner, guests enjoyed fierce auction bidding, with friendly rivalries developing over a private dinner for ten hosted by Ray and Kathy Buehler; in fact, the item was so popular the Buehlers generously allowed two winners! The soiree was capped off with entertainer Nick Fiasco, whose melodies were interspersed with humor and friendly banter with the crowd. In the end, this intimate and spirited affair raised \$82,000 for our homes. Marian Manor and Vincentian de Marillac extend a special thank you to Ed and Anna Dunlap for their faithful support of the work we do, as well as event sponsors including Graziano Construction and PNC Bank. ❤️



Regan Family and Friends



David and Linda Schoyer, Victoria and Thomas Jordan



Jon Meyer and Judy Raley, SCN,
Western Province Provincial



Ray and Kathy Buehler

Come Visit Me: Vincentian Home’s Newest Addition!

My dreams have been realized! For months, staff conducted tests and trial runs to ensure everything would operate smoothly when my doors opened – that’s right, I’m the specialized short-term rehabilitation community in the new wing of Vincentian Home. The extra effort seems to have worked. Residents walk my spacious halls, dine in my welcoming country kitchens, and each enjoy their personal rooms. Physical, occupational and speech therapists bustle in and out, working with residents and encouraging them toward their journey back home. In fact all staff members have that uplifting attitude that makes this a great place to be. The rejuvenating effect is contagious!

My walls are cheerfully colored and decorated for themes like the beach and the cultural district. Heartwarming light shines through my windows illuminating each room and hall and providing spectacular views of surrounding neighborhoods, as well as my balconies, courtyards and gardens.

Many have visited me already, although I always welcome tours and guests! Residents and families enjoy my open floor plan including inviting living rooms; bright activity spaces stocked with games, reading materials, puzzles and more; and cozy nooks with comfortable chairs to relax and talk. It’s wonderful to see family and visitors come together.

I know my residents don’t want to stay long, and in my line of work, that’s a good thing. I am happy knowing that for the short time they are with me, I create a setting for them that is comfortable, encouraging, and rejuvenating. Then they are happily on their way home with cheerful good-byes from staff and I have the opportunity to watch a new person arrive, gain strength and get on their way again!



Olga Mackin and her sister Peggy Chabale enjoy the comfortable living room in Vincentian Home’s short-term rehabilitation community.

If you are planning elective surgery such as a hip or knee replacement, you can call in advance of surgery to schedule your stay in Vincentian Home’s short-term rehabilitation community including exclusively private rooms and bathrooms. For a tour or information call Julie Schell at 412-366-5600 or email jshell@vcs.org. ❤️



VINCENTIAN
COLLABORATIVE SYSTEM

Vincentian Collaborative System
8250 Babcock Boulevard
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Vincentian Charitable Foundation

Marian Manor

Vincentian de Marillac

Vincentian Regency

Vincentian Home

Vincentian Rehabilitation Services

Vincentian Child Development Center

*Marian Manor Child Development
and Learning Center*

Mission Statement:

Compelled by the love of Christ, Vincentian Collaborative System nurtures and sustains a ministry of compassionate care that preserves the human dignity of persons within a diverse and changing society.

The Vincentian Ministries Will Be Rockin' in June!

Join each of our skilled nursing communities June 16th as we hold our first "Rocking for Residents" fundraiser.

Similar to a walk-a-thon, where people pledge money for

every mile you walk, this is a rock-a-thon. Folks will get sponsors for rocking, in rocking chairs. Residents, friends, family members, grandchildren – it's something everyone can do. Further, we'll offer challenges at each home, and among the homes, to see who can raise the most money, as an individual or as a facility. Food, games, raffles and entertainment will make for a fun afternoon.



Watch for more information and start thinking about how you can help! Here are some ideas:

- Reserve a rocking chair and rock the afternoon away collecting sponsors to support your efforts.
- Sponsor someone else who is rocking.
- Offer your time, talents, or connections to acquire auction and raffle items, donate printed T-shirts, loan us rocking chairs, donate snacks or food, volunteer at the event, and more!

If you'd like to help plan Rocking for Residents, contact Kim Corrado at 412-548-4056 or kcorrado@vcs.org. Committees are forming at each home and she can get you connected. 

Vehicles for Charity

Donate your car to benefit Vincentian and receive a tax deduction. Call 412-548-4056 for more information.

Our need for support is year round. Please know your gift of any size is always appreciated.

Wish List

The Vincentian ministries have many needs. Please consider a financial gift or other donation to help. For information call us: 412-548-4056.

- 1 gallon food blender
- Paper shredder
- Push lawn mower
- Deep fryer
- Mangle
- Wound care prevention mattresses
- New wheel chairs
- 4-drawer lateral file cabinets
- New cribs for child care (must not have drop side)
- Digital camera: 10 megapixel or greater

Penguins Raffle Winner Announced

Vincentian employee Sister Mary Ann Kropilak drew the winning ticket amid several witnesses. Congratulations, Lisa Dekort! Thanks to the many who participated, the raffle raised more than \$1500 for the Vincentian ministries!