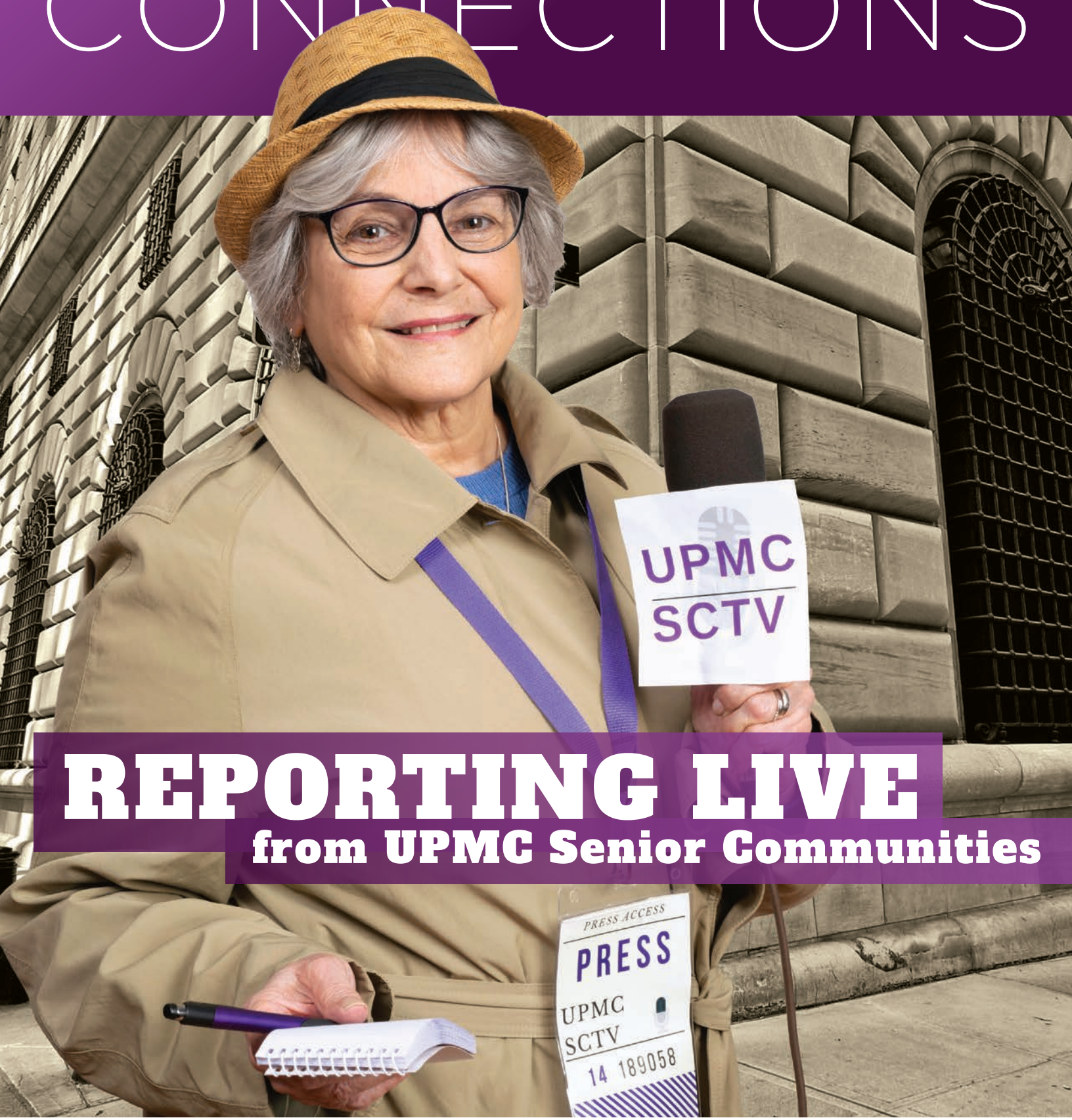
COMMUNITY CONNECTIONS

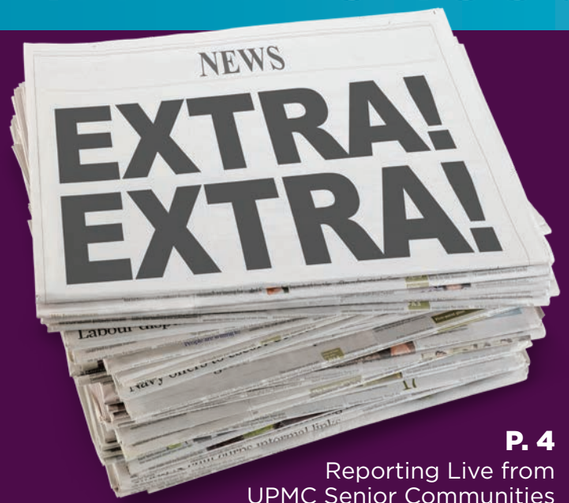


REPORTING LIVE
from UPMC Senior Communities

Summer 2023 Visit us at UPMCSeniorCommunities.com or call 1-800-324-5523

UPMC | SENIOR COMMUNITIES

In This Issue



P. 4
Reporting Live from UPMC Senior Communities

P. 8
What's Cooking at UPMC Senior Communities?

P. 12
Food Recovery Programs Donate Thousands of Meals Locally

P. 13
Rootin' Tootin' Good Time

P. 14
Full of Surprises

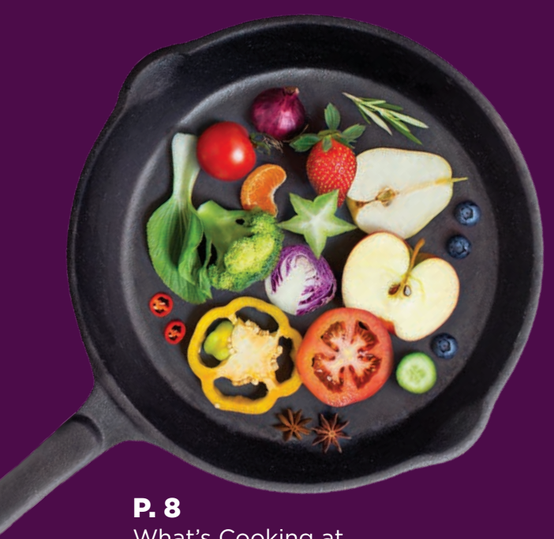
P. 18
The Creative Life at UPMC Senior Communities

P. 21
Dementia Training Empowers Caregivers

P. 22
Celebrating Champions

P. 26
Community Highlights

P. 28
Join Us at The Legacy Theatre



Letter from the President

Dear Friends,

There is no season like summertime to set aside the cares of the day and just enjoy the gifts of living. That's the spirit in which I am so pleased to share our 2023 Community Connections magazine. While we take our responsibility to our residents very seriously, the best days are when we follow their lead by just enjoying ourselves and embracing the opportunities of the moment.

As our cover story attests, there's so much fun afoot at UPMC Senior Communities that we have enlisted our residents to help us capture it all. Our growing cohort of "senior correspondents" are reporting from candlelight dinners, holiday gatherings, and other activities, all captured on video. We are building an archive of footage to be viewed from our Senior Communities Facebook page. Learn more beginning on page 3 and visit our page at Facebook.com/UPMCSeniorCommunities to see the "reports" that have been filed so far.

Fun and food are a natural pairing, and our "What's Cooking?" feature introduces you to three of the chefs who make the magic happen in our Senior Communities kitchens. Each brings a wealth of experience and imagination to the task of food preparation, one of the most meaningful and enjoyable aspects of resident life. Feast your eyes beginning on page 8.

Creativity flourishes across our campuses. Our residents are engaged in many artistic pursuits that produce wonderful, tangible results in addition to the social and emotional benefit. Perhaps you, too, will be inspired to make some joyful noise after reading our page 18 story!

The fun continues into fall with a full calendar of free lifelong learning seminars and movies as well as monthly live productions presented by The Legacy Theatre at Cumberland Woods Village on the campus of UPMC Passavant. See the complete schedule of offerings beginning on page 28 or visit **TheLegacyLineup.com** to learn more.

Providing the opportunity for people to thrive and live with joy is the reason UPMC Senior Communities exists. It is a purpose shared by this year's "Celebrating Champions" honorees who have all contributed to improve the quality of life for so many in our region in extraordinary and lasting ways. Meet our 2023 Champions and learn more about our signature event beginning on page 22.

Our gratitude for your support is in every story and every photo across these pages, and so now I leave you to enjoy what follows. I hope it proves a welcome respite. I guarantee it will leave you smiling.

Sincerely,

Mark D. Bondi
President, UPMC Senior Communities

Several residents are taking up new roles as Senior Communities Television (SCTV) "senior correspondents," reporting on special events at their campuses. The correspondents dress in stylish retro attire, harkening back to the early days of broadcast journalism. With participation from seven of our facilities so far, correspondents have covered events spanning the calendar, interviewing fellow residents and creating a delightful record of life at UPMC Senior Communities.

REPORTING LIVE
from UPMC Senior Communities

A week-long simulated cruise aboard the "S.S. Lighthouse" at our independent living campus in Fox Chapel, Lighthouse Pointe Village, provided the perfect opportunity to launch this ongoing video project. The cruise was inspired by a resident who described the waterfront campus as a resort, and our facility manager's Krista Bernauer's imagination took off from there. Boarding passes and candies in the guise of motion sickness pills were distributed, and the cruise set sail for adventure.

With a background in public speaking, Lighthouse Pointe resident Marilyn proved a natural at serving as our first official senior correspondent. Donning the signature tan trench coat and hat and brandishing the SCTV microphone, Marilyn covered happy hour during Cruise Week which included umbrella drinks and karaoke on the deck overlooking the Allegheny River.

Marilyn interviewed fellow resident Gil, who identified the wine tasting, specifically "the reds," as his favorite part of the cruise, and Ted, who favored the crowd with a tune during karaoke. Vibrant visuals and lively interview subjects made for a great record of this memorable occasion, thanks to Marilyn's skillful reporting.

Next up was coverage of the New Year's Eve countdown at Strabane Woods assisted living in Washington which featured live music, a balloon drop, comedy, and goodies. On the scene was Trudy, our second senior correspondent. She sat down to chat with fellow resident Leonard who proved a great collaborator.

Cruise Week at Lighthouse Pointe Village

REPORTING LIVE

New Year's Eve at Strabane Woods

When Trudy asked about his New Year resolutions, Leonard was at the ready with the perfect answer: "peace of mind." Leonard also expressed appreciation that the event was held in the afternoon because "no one should miss out on ringing in the new year!"

Cindy D'Amico, Strabane Woods activities coordinator, said she strives for inclusivity and merriment when it comes to resident activity. She prepared jokes to read to residents while they enjoyed sweet treats and drank the bubbly of their choice, either sparkling grape juice or champagne.

Then came breaking news from our senior correspondent at Seneca Manor of a new take on Valentine's Day, now known as Palentine's Day, where staff purchased gifts for the residents to show their love and appreciation for the seniors. And SCTV was on the scene when lucky Sherwood Oaks residents enjoyed a weeklong St. Patrick's commemoration. Likewise, the SCTV camera was rolling to capture a round of "Who's more likely to..." at a celebration of love and marriage at Cumberland Woods Village. Couples were asked questions such as who the better dancer is, who is neater, and who is the more romantic.

Meanwhile at The Embassy of Asbury Heights, senior correspondent Joyce covered an elegant afternoon tea party with an eye for detail worthy of the society pages. With gentle piano accompaniment and puns at the ready, Joyce interviewed fellow neighbors about all things tea -- how they take their tea, spilling the tea, royal-tea, etc.

"I am always on the jovial side and like to just have fun," said Joyce following her stint as a senior correspondent. "This opportunity sounded like a challenge in the spur of the moment. I enjoy life as it comes."

The senior correspondents video project brings to light the wide range of opportunities to socialize and engage at UPMC Senior Communities. Each community brings their own flair to these occasions, as does each SCTV correspondent. You can follow their coverage on the UPMC Senior Communities Facebook page.

Palentine's Day at Seneca Manor

High Tea at The Embassy of Asbury Heights

A Celebration of Love and Marriage at Cumberland Woods Village

What's Cooking

at UPMC Senior Communities?

Moving to a senior community can be a life-changing experience as it provides an opportunity to meet new people, make new friends, and, in some cases, rekindle old connections. And for many, nothing brings people closer together quite like food. Gathering around the table to share a good meal encourages conversation that can help grow or strengthen relationships.

For the residents of our communities, food is where friendship blossoms; it's what brings everyone together. The meals and cuisines prepared by our skilled chefs invite residents to gather and know each other a little better every day.

From everyday meals to special events, the talented chefs of UPMC Senior Communities have it covered. For them, an empty plate is a canvas full of possibilities for the palate. It's creativity that you can taste and an adventure you'll want to experience again and again!

"The pasta is my favorite," attests Janice Murphy, resident of Seneca Place. "It's like going to a five-star restaurant!"

Let's meet some of the chefs behind our creative cuisines.

Al Ibrahim is the proud chef of Weatherwood Manor, our assisted living community in Greensburg, Pa., for the last 19 years. Before joining Weatherwood, Al started his career in the hotel industry. He gained much of his experience at the Westin William Penn Hotel (now the Omni William Penn Hotel) where he spent 14 years mastering his craft.

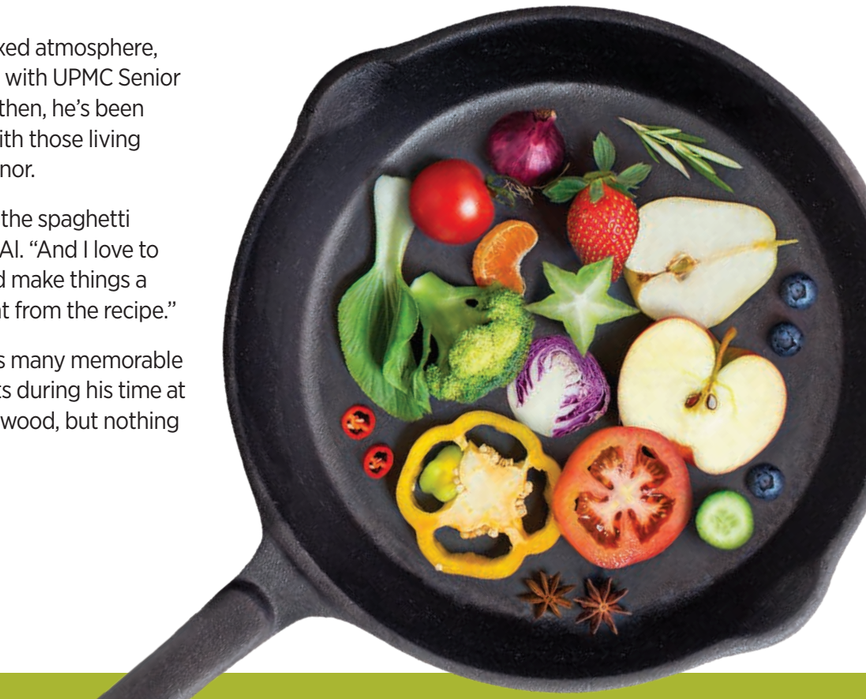
Seeking a more relaxed atmosphere, Al accepted an offer with UPMC Senior Communities. Since then, he's been sharing his talents with those living at Weatherwood Manor.

"The residents love the spaghetti sauce," admitted Al. "And I love to get creative and make things a little different from the recipe."

Al recalls many memorable moments during his time at Weatherwood, but nothing

is quite like the candlelight dinners. These special meals take place throughout the year and feature an upscale menu and experience.

Robert Bachner has been creating cuisines as chef of our Seneca Manor community for three years. Shortly after graduating from the International Culinary Academy in 1999, he accepted a full-time position at South Hills Country Club where he worked his way up to sous chef. He would go on to share his talents at Wildwood Golf Club for 12 years as sous chef and head of banquets.



What's Cooking?

Robert loves to cook Italian food, especially Italian stuffed peppers – a new recipe on the menu. "It's a twist on an old-school dish," he said. Fresh desserts are another one of his favorites.

One morning, Robert heard a knock on the kitchen door. He answered it to find a resident who didn't usually communicate with the dining team. She took his hand and expressed her gratitude for the previous evening's meal.

"She was so grateful for the food," he remembers. "It was in that moment that I realized I am where I'm supposed to be."

Robert prides himself on providing high-quality meals to the residents every day. "It's a pleasure to cook for them," he said.

Chef Mike Simpson has been with Hampton Fields Village for two years.

Shortly after graduating from The Culinary Institute of America, Mike started a career that spanned Mackinac Island, The Caribbean, Florida, and North Carolina.

Mike returned to Pittsburgh and landed the chef position at Hampton Fields Village, our independent living community in Hampton Township. Seafood, of course, is his specialty – and it's to the residents' advantage! He welcomes any chance to prepare cod, salmon, or the occasional shrimp dish.

Mike encourages residents to give their feedback; to share what they like best and least from the kitchen. Their criticism allows him to make adjustments to his dishes for future meals.

"I want to know how we can make the meal and overall experience even better," said Mike.

Like his colleagues, Mike feels his meals make a positive difference in the lives of those who call Hampton Fields Village home.

"I may be just doing my job, but I feel I'm making a difference," he said.

Chefs Al, Robert, and Mike are three talented chefs working with a team comprised of managers, servers, and many others who work together to ensure residents have the most positive (and tasty) dining experience possible.

So what exactly is cooking at UPMC Senior Communities? Thanks to the delicious homestyle-inspired meals and memorable experiences arranged by our chefs, residents enjoy meaningful friendships, a thriving social scene, and a sense of comfort on a daily basis.

Food Recovery Programs Donate Thousands of Meals Locally

UPMC Senior Communities collaborates with two charities on food recovery programs which address hunger in our region. This means wholesome food that would otherwise go to waste is collected and donated to local food distribution agencies to help feed those in need.

John Rizzo, director, Dietary, UPMC Senior Communities says, "This is such an important effort, and we are proud to partner with these wonderful organizations in getting nutritious meals in front of individuals and families who are struggling."

Living Stones is one such partner, feeding many of the hungry in the South Hills of Pittsburgh.

Over the past three years, the Strabane campus, Vanadium Woods, and Asbury Heights have donated more than 1,000 pans of food as well as miscellaneous boxes and bags of items that would have gone unused. Instead of throwing the extra food out, UPMC employees place it in aluminum pans provided by Living Stones, label, date, and freeze it. Living Stones volunteers then transport the pans to their freezers, where they are logged in and kept until needed to complete a balanced menu.

The collected food is transported to one of three serving locations where it is thawed properly, reheated, and served buffet-style to men, women, and children who sit at tables together and enjoy delicious hot meals and fellowship. They are invited to take any leftovers home in to-go containers provided by Living Stones to help feed them in the days ahead. Julie Livingston of Living Stones notes, "Many of the people served are struggling to survive and return frequently."

Don Baumann, who picks up the food from the Strabane campus says, "The staff that I have encountered there, especially Chef Carly and Chef Mark, are always friendly and upbeat. My 98-year-old aunt is a resident at Strabane Trails. She is quite complimentary of the food they serve and takes great comfort in the fact that UPMC and Living Stones work together to make sure that leftover food goes to folks in need."

Greater Pittsburgh Community Food Bank also partners with UPMC Senior Communities in this initiative via its Community Table program. Participating campuses include Beatty Pointe Village, Cumberland Crossing Manor, Hampton Fields Village, Lighthouse Pointe Village, and Seneca Hills Village.

Melanie Frank, manager, Food Recovery Programs, Greater Pittsburgh Community Food Bank, explains that each site has been matched, via the Community Table program, with a partner agency within the Food Bank network that serves hot meals as part of their programming. Any agency assigned to pick up donations is located within half an hour at the most from that site, so distances are short and so that donations stay in the community of origin. The donations are stored at safe temperatures until it is time to heat up and serve the food to their clients and guests.

Since the partnership's inception in 2021, more than 4,600 meals have been donated to agencies in Penn Hills, Pitcairn, North Boros, Emsworth, Cheswick, Homewood, and Wilkinsburg. These providers range from faith-based communities to Teen Challenge addiction recovery centers to Meals on Wheels and soup kitchens.

"Working with the UPMC Senior Communities has been such a pleasure, and it is a real treat for each of the partner agencies to receive these wonderful meals on a regular basis. We are so grateful for the relationship we have and hope to continue it for many years to come," says Melanie.

ROOTIN' TOOTIN' GOOD TIME

Yeehaw! A whimsical western rodeo went down at Beatty Pointe Village, our independent living facility in Monroeville. Residents were treated to a whole "Western Week" packed with fun activities and entertainment including a Johnny Cash tribute singer and a cowboy-themed bean bag toss.

The lobby and patio were adorned with themed decorations such as a wagon, barn doors, cacti, and much more. Residents sported handkerchiefs, cowboy hats, and sheriff badges. Some even wielded hobby horses.

The rootin' tootin' fun escalated when a horse named Corona, and two dogs, Breeze and Star, showed up to the festivities. Residents were able to pet and feed the horse on the back patio. The horse handler joked, "This is the best eating Corona has ever had," as residents lined up to feed her carrots and apples.

While Corona enjoyed her snacks, Beatty Pointe Village staff served up freshly popped popcorn and root beer floats for residents to enjoy in full view of the horse and dogs.

"Listening to the Johnny Cash performance was simply a grand ol' time," said Mary, a resident who partook of the toe-tapping and hand-clapping fun.

It was perfect weather for all to enjoy a delightful afternoon, a scene too lively for tumbleweeds!

FULL OF SURPRISES

Never let it be said that we take ourselves too seriously at UPMC Senior Communities! The photos across these pages are a great chance to convey that we invite everyone to just have fun.

Bait and switch with Seneca Manor

Jurassic gardening at Sherwood Oaks

Monkeying around at Hampton Fields Village

FULL OF SURPRISES

Summering at Sherwood Lake

Close encounters of the Sherwood kind

Go-pher it at Asbury Heights

Creativity and self-expression are highly valued at UPMC Senior Communities. In each building, clubs created and led by residents who are passionate about artistic pursuits are flourishing.

At Sherwood Oaks, our continuing care retirement community in Cranberry Township, one of more than 50 resident organizations on the campus is a bell choir. Jane has lived at Sherwood Oaks for 13 years, and prior to her move, she had never played bells. She said, "I needed music. I can't sing anymore. I used to be a choir director, and I played the violin in high school. Music has been an important part of my life."

The Creative Life

at UPMC Senior Communities

Jane is not the only resident who cherishes being part of the bell choir. Rosemary has been a resident for 10 years, and she also enjoys playing the bells. "I love it! The bells sound beautiful. I enjoy our group and what beautiful music we can create." The creativity fostered by playing music and being part of something larger inspires Jane and Rosemary to participate.

Musical endeavors are not limited to Sherwood Oaks. Back in 2018, Seneca Hills Village started a singing group with nine residents. Known as the "Seneca Hills Village Singers," now in 2023, this singing group is 20-members strong. Resident Lucille, the group's public relations coordinator, and Joe, the pianist and director, both enjoy the creative spark it ignites.

Each choir member's input is important when it comes to song choice. Joe explained, "For many people with cognitive or memory problems, familiar songs come back to them. The residents find it helpful and encouraging when they reconnect with a song."

The choir has sung for MLK Day, Valentine's Day, Black History Month, St. Patrick's Day, and even to welcome the seasons. The members seek out as many performance opportunities as possible. The choir means a great deal to Lucille who says, "I helped create something lasting that people enjoy." Joe agreed that being part of the choir is very rewarding.

the Creative life

Music-based clubs make up only a fraction of the opportunities available to residents. Beatty Pointe Village, our independent living campus in Monroeville, has a group of quilters who produce beautifully crafted quilts for every season. Elizabeth (Betsy) has been a resident of Beatty Pointe Village for nine years but has been quilting for more than 40 years. Betsy explained, "We've done a summer, winter, spring, and fall quilt. Not even the pandemic stopped our quilting because each person could work on a square independently. Then, I put the quilt all together."

This tight-knit group of quilters cares about their work and, for many, it is something they are happy to revisit. "Quilting brings back memories for me and for others in the group," says Betsy. "Some of us learned years ago as a child, but we can pick up the basics again now."

Betsy is looking forward to the quilters' next project, making sensory quilts for those with dementia at UPMC Senior Communities memory care units.

DEMENTIA TRAINING EMPOWERS CAREGIVERS

When you are part of UPMC Senior Communities, you are part of UPMC's world-class health system which integrates research, education, and care into life-changing medicine. This includes ready access to information and resources that support older adults and their caregivers.

The University of Pittsburgh's Pittsburgh Regional Dementia Caregiver Training and Employment Program is a notable example. This program was awarded a grant through the Henry L. Hillman Foundation as a part of its Healthy Aging Challenge. UPMC Senior Services is a partner in this program to provide training to family caregivers, professionals, and intergenerational champions who support persons living with dementia.

The University of Pittsburgh's primary team and core advisors leading this caregiver initiative consist of experienced clinicians and dementia care experts in the University's Division of Geriatric Medicine, Departments of Neurology and Psychiatry, and Alzheimer's Disease Research Center. David Nace, MD, MPH, chief medical officer, UPMC Senior Communities, is among the expert physicians engaged in the project, along with Oscar Lopez, MD, FAAN and Ellen Whyte, MD, both from the University of Pittsburgh.

Dr. Nace explained, "We face a critical need to expand the number of individuals having the skills necessary to care for those living with dementia. A caregiver's approach makes all the difference in the world. Practical training programs, like ours, are essential to meet this need."

These trainings allow caregivers and champions to learn practical skills to better communicate and engage with people living with dementia and gain knowledge about the cognitive and behavioral changes that arise. The training program will consist of elements from the Positive Approach to Care® education program as well as curriculum developed by UPMC Senior Services. Activities include role-playing, presentations, exercises, and group interactions.

Ideal for informal caregivers (family, friends, neighbors), formal caregivers (professionals), and intergenerational champions (young adults), all training sessions are hosted in Allegheny County. Ultimately, using the lessons learned, the goal is to expand this program beyond Allegheny County. Each training module lasts approximately two hours.

Initial sessions have been very well-received. The most recent session consisted of mostly family caregivers. "The participants were engaged, and we had a lot of great discussions," said Christine Cassese, one of several certified trainers. "The presentations are proving very eye-opening for the participants. We can demonstrate changes to the brain that impact sensory functions like vision; this can help explain certain behaviors and reactions exhibited by their loved ones."

There is no cost to participate, thanks to support from the Henry L. Hillman Foundation. If you would like to attend or learn more about the program, call **866-430-8742** or email **UPMCSeniorServices@UPMC.edu**.

Educational content provided by Positive Approach® is used with permission and based on the GEMS® and the techniques, strategies, and overall approach to care created and developed by Positive Approach, LLC. www.teepasnow.com

15th Annual

Celebrating CHAMPIONS

Creating Better Communities

Presented by UPMC Senior Services *and* UPMC Western Behavioral Health

Wednesday, October 25, 2023, will commemorate fifteen years of honoring esteemed individuals and organizations for achievements in creating better communities. Co-hosted by UPMC Senior Services and UPMC Western Behavioral Health, the annual **Celebrating Champions Dinner and Auction** will take place at the Westin Pittsburgh.

Guests will have the opportunity to greet honorees during a cocktail reception, place bids on items in a robust silent auction, purchase tickets for a month-long raffle of lavishly themed gift baskets and enjoy a superb dinner. The highlight of the evening is the awards presentation which recognizes the extraordinary impact that this year's honorees have made to communities throughout our region and beyond.

The Grand Champion Award is the highest honor presented and is bestowed to an individual who has provided unparalleled leadership in cultivating better communities. Antoine Douaihy, MD has been selected to receive this high distinction. Dr. Douaihy is a full professor of Psychiatry and Medicine with the University of Pittsburgh School of Medicine. He is board-certified in both psychiatry and addiction medicine and holds clinical and academic titles such as senior academic director, Addiction Medicine Services; co-director, UPMC Tobacco Treatment Service; associate director, Office of Residency Training; and director, Addiction Psychiatry Fellowship Program. Beyond the clinical and educational achievements, he has also been successful in many research endeavors.

For more than 25 years, Dr. Douaihy has focused his career on patient care, education, advocacy, and research in the field of addiction, psychology of behavior change,

motivational interviewing, and HIV. He also has substantial experience in training and disseminating evidence-based treatments for SUDs and is considered an expert in motivational interviewing, mentoring practitioners across disciplines in medical and psychiatric settings on local, national, and international levels.

In recognition of his dedication to education and mentoring, Dr. Douaihy has been the recipient of multiple teaching awards, including the Leonard Tow Humanism in Medicine Award, the Charles Watson Teaching Award, and the Donald Fraley Award for Medical Student Mentoring. He is regarded as a masterful clinician, academician, educator, mentor, and contributor to the medical school community and the community at large.

The Community Champion Award, given to acknowledge an organization that has demonstrated exceptional leadership to improve communities in and around the Pittsburgh region, is being presented to Achieva. Under the leadership of Stephen H. Suroviec, Achieva supports and empowers individuals with disabilities and their families. The vision of the organization is to build a community where all people with disabilities lead lives of personal significance.

Achieva was founded in 1951 by a group of family members with a common goal: to ensure their children with disabilities had the same chances in life that all children should be given. Their steadfast commitment helped establish a nationwide movement that changed the long history of isolation and segregation for both children and adults with disabilities.

Achieva is the only agency of its type in southwestern Pennsylvania that provides lifelong support including early intervention therapies and diverse housing options to employment services and special needs trusts. These direct services are in addition to free advocacy and family support services - foundational services on which Achieva was built. As a nonprofit parent organization with comprehensive services and supports through its several affiliate organizations, Achieva serves thousands of people with disabilities and their families each year.

The Caregiver Champion Award recognizes an extraordinary individual whose dedication to the realm of caregiving significantly enhances the well-being of others. Jacqueline Dunbar-Jacob, Ph.D., RN, FAAN is the 2023 awardee. Dr. Dunbar-Jacob is Dean Emeritus and Distinguished Service Professor of Nursing, as well as professor of Psychology, Epidemiology, and Occupational Therapy at the University of Pittsburgh. She was the dean of the School of Nursing from 2001 to 2022.

Dr. Dunbar-Jacob has been a member of the faculty at the University of Pittsburgh since 1984. She worked as a staff nurse, unit manager, nursing director, and taught nursing at both undergraduate and graduate levels.

As both a nurse and a psychologist, Dr. Dunbar-Jacob's scholarly work focuses on the study of patient adherence to treatment in individual studies and multicenter trials, addressing a variety of patient populations including rheumatological conditions, cardiovascular risk factors, and diabetes. She was also the first director of the School of Nursing's Center for Research and Evaluation from 1987 to 1996.

During her tenure as dean, Dr. Dunbar-Jacob played a prominent role in the nursing community, shaping generations of caregivers and improving quality of care. She made a considerable influence on the community broadly and specifically to the psychiatric mental health nurse community. She has touched the lives of countless nursing students, supporting their development, professional and clinical curiosity, and pride in the nursing profession. Additionally, she has elevated the profile of the University of Pittsburgh School of Nursing to national standing.

Proceeds from Celebrating Champions will be shared between the UPMC Senior Communities Benevolent Care program, in support of senior residents who have outlived their financial resources, and the Making Minds Matter Fund at UPMC Western Behavioral Health, which provides for enhanced patient and family experiences for those navigating mental health challenges. Since 2009, the event has presented more than $2 million in net proceeds to further charitable care.

Tickets on Sale Now!

$175 Per Ticket

$1,700 Per Table of Ten

To reserve your ticket, contact Debra Panei, director of development, UPMC Senior Services, at 412-864-3524 or PaneiD@upmc.edu.

UPMC Health Plan

Howard Hanna Real Estate Services

LAMAR

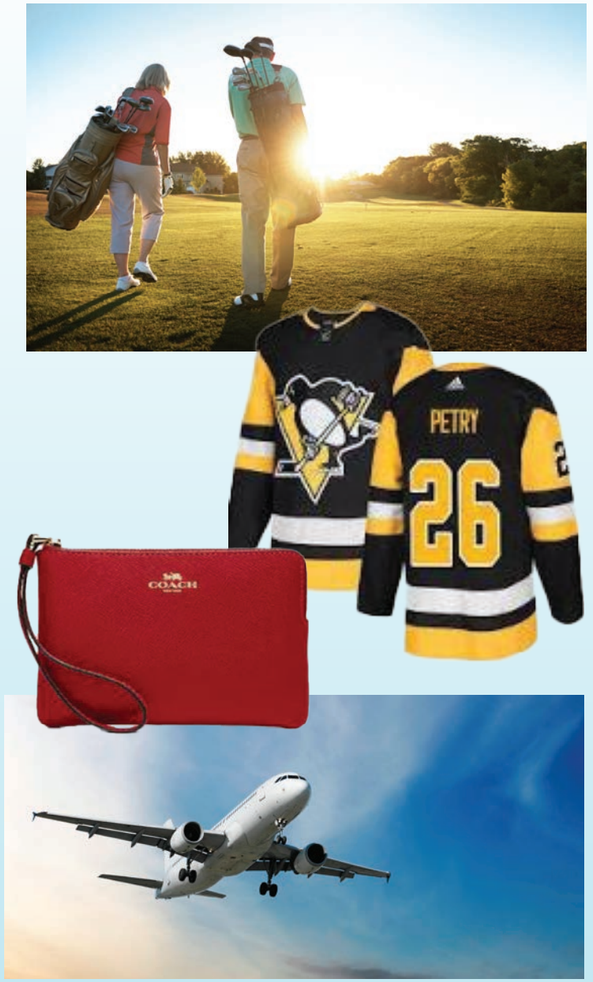
Pssst...It's A Silent Auction So Tell Everyone!

It may be a SILENT auction, but we want everyone from California to New York to know that September 25 will mark the beginning of a month-long silent auction. With one of the most expansive charitable auctions east of the Mississippi, the "Celebrating Champions" silent auction has something for everyone.

Open to all, the auction takes shopping to a whole new level. Take your mobile device, relax in a comfy chair, and browse nearly 200 unique items on the auction block. What's up for grabs? Items on the shopping list include airline tickets, golf packages, electronics, wine baskets, and so much more. You just never know what you might find.

Ready to bid? Beginning on September 25, log on to **2023CC.givesmart.com** and sign in. Once you click on ***view items***, you will instantly see photos and descriptions for each auction item. See an item you like? Click on ***Bid***. Bidders will be automatically notified via text message if they have been outbid. The auction will close on October 26 at noon. Winners will be notified by text. Shipping is available for most items, or items will be available for pick-up on November 3 and 4 at Cumberland Woods Village Conference Center.

The auction is made possible by the generosity of local businesses and individuals. Each auction item has been donated for the cause of helping those in need, so 100% of the proceeds will be directed to UPMC Senior Communities Benevolent Care Fund and UPMC Western Behavioral Health Making Minds Matter Fund. A special thank you to Gumpher, Inc. and Virgin Carpets for sponsoring the auction's mobile bidding.



How to Bid

1. Log on to 2023CC.givesmart.com
2. Register to participate
3. View items
4. Place bid

GUMPHER Electrical Services 412-824-4809

Virgin Carpets

Community Highlights at UPMC Senior Communities

A Special-tea Place
Asbury Heights
A posh garden tea party was hosted for residents including small finger sandwiches and mini desserts, live piano music, and beautiful tea sets.

Derby Race Ready
Avalon Springs Place
Residents decorated hats for the Kentucky Derby and sipped on mint juleps to celebrate the occasion.

Art and Cactus

Seneca Place

Residents of the crafting group had a fun time creating felt cacti.

Yeehaw
Beatty Pointe
"Western Week" meant residents enjoyed a cowboy beanbag toss, live music, and a horse named Corona.

No Place Like Gnome
Cumberland Woods Village
So far, residents have crafted adorable gnomes to commemorate Halloween, Valentine's Day, St. Patrick's Day, and Easter.

Let the Creativity Flow
Cumberland Crossing Manor
Residents were treated to guided instruction on painting flowers from a visiting art teacher.

Pittsburgh Proud
Canterbury Place
To mark 412 Day, residents were visited by Iceburgh from the Pittsburgh Penguins while enjoying Pittsburgh foods and music.

Family Picnic
Cranberry Place
Residents and their families enjoyed caricatures, live music for entertainment, and ate picnic food.

Bunny Hop Dance
Hampton Fields
This themed dance was full of groovy moves, games, and a fun drink called Peeps Punch, making for a very "hoppy" occasion.

A Homerun Event

Lighthouse Pointe

Residents and staff visited PNC Park to watch the Pirates take on the Cardinals.

Pool Noodle Hockey
Heritage Place
This event brings out the competitive spirit in our residents and provides a great workout.

Watermelon Eating Contest
Jamison Care Center
Residents and staff enjoy this great rite of summer, along with fresh fruit, snow cones, and popcorn for snacking.

Marking Flag Day
Jameson Place
Residents and staff marked the occasion with a ceremony in which their American flag was retired and a new one hung.

Sporty for the Summer
Seneca Hills Village
Residents are taking advantage of the gorgeous weather and l ovely grounds, playing outdoor games and listening to music.

An Airshow Spectacular
Seneca Manor
After attending the Westmoreland County Airshow, residents visited with members of the United States Air Force.

Rhythm and Workouts
Strabane Trails Village
A new musical fitness class for residents is a workout for both the body and the mind.

Flower Power
Strabane Woods
Planting flowers brought the residents joy and some sunshine.

Annual Fireworks Take On New Meaning
Sugar Creek Station
Residents gathered to watch fireworks for the Fourth of July, an homage to a resident who was instrumental in starting this tradition at the facility.

Candlelight Dinner
Vanadium Woods Village
During a candlelight dinner, residents hosted their grandchildren, families, and friends for an elegant dinner and live music.

Rock On
Weatherwood Manor
Using rock and paint, residents painted scenes, objects, faces, and nature onto rocks.

Off to See the Wizard

Avalon Place

Residents were treated to a themed event based on the whimsical Wizard of Oz because there is no place like Avalon Place!

It's A Zoo

Sherwood Oaks

Who left the barn doors open? The Barnyard Zoo! Residents were able to pet and feed the goats, pigs, and puppies.

Join Us at The Legacy Theatre

We invite you to enjoy fabulous live productions, our life-long learning educational seminars, and our free Monday matinee movies.

The Legacy Lineup at Cumberland Woods Village
700 Cumberland Woods Drive
Allison Park, PA 15101
(Off of Cumberland Road in the town of McCandless)

For weather cancellations, call 412-635-8080
TheLegacyLineup.com.

Saturday, August 19, 2023 - 2 and 7:30 p.m.

Elton John

TRIBUTE BY JEFF SCOTT

Meet Elton John Tribute Artist and Impersonator Jeff Scott. THE ULTIMATE ELTON EXPERIENCE! The music, the vocals, the piano, the mannerisms, the outfits, the authenticity, and the charisma are all wrapped up in one truly talented tribute artist and performer. It's like seeing Sir Elton in his prime! Based in Toronto, Canada, Jeff has performed worldwide as Elton John. He is one of the most dynamic and talented tribute artists you will ever see! And it's all LIVE...live piano and live vocals!

Saturday, September 23, 2023 - 2 and 7:30 p.m.

The Fabulous Hubcaps

Take a trip back to big cars, pop art, and classic rock 'n' roll with this high-energy show! Since 1974, The Fabulous Hubcaps have offered audiences a taste of the American music scene from the '50s, '60s, and '70s. Their shows take them all over the country to various venues including state fairs, festivals, national conventions, and even the White House. The Hubcaps' flair for capturing the true likeness of the original artists will amaze you and take you on a musical journey you won't forget.

Saturday, October 21, 2023 - 2 and 7:30 p.m.

The Corvettes Doo Wop Revue

The Corvettes Doo Wop Revue features hits from the 1950s Doo Wop era with a fresh, new energy. Their incredibly entertaining show and comical stage antics have left many a happy audience screaming for more! In the tradition of legendary Doo Wop revivalists Sha Na Na, every Corvettes show is more than a concert - it's an all-out Doo Wop celebration! You might expect to hear familiar songs such as "Come Go With Me," "Little Darlin'," "At the Hop," and "The Twist."

Saturday, November 18, 2023 - 2 and 7:30 p.m.

Chuck Blasko and The Vogues

A native of Turtle Creek, Pa., Chuck is a legend in the Pittsburgh area as well as the music industry. He has performed in the company of many well-known artists and actors including Bob Hope, John Denver, and comic Leslie Nielsen. Chuck's shows continue to entertain crowds with a variety of music enjoyed by people of all ages. Return to the good old days with an evening full of memorable songs including "Five O Clock World," "Turn Around Look at Me," and "My Special Angel."

Saturday, December 9, 2023 - 2 and 7:30 p.m.

Johnny Angel Christmas

SPONSORED BY:
RE/MAX SELECT REALTY
DON AND KATHY SEATON

Kick off your holiday season with Johnny Angel and the Halos! Share a Pittsburgh holiday moment with this legendary band as they cover decades of the city's holiday history in their own special way. This show will rock your stockings! Join us for what has become a Legacy Theatre tradition.

TO BUY TICKETS

Visit **TheLegacyLineup.com**.
For information on free movies and to RSVP for free seminars, call **412-635-8080**.

FREE EDUCATIONAL SEMINARS

Seminars are **every other Tuesday at 11 a.m.**
RSVP at **412-635-8080**.

THE LEGACY LINEUP

The Legacy Theatre hosts lifelong learning seminars that are free and open to the public. The schedule always features a wide range of topics that include history, science, local interest, and health and wellness.

Join us for these these entertaining and informative lectures which often cast familiar topics and places in a new light.

History of Hartwood Acres Park

Tuesday, August 8, 2023, 11a.m.

Speaker: Deaglan McManus, Allegheny County Park Ranger

Join us to learn about the history of Hartwood Acres Park, including Mary Flinn Lawrence's social and political activism, and park activities up to the present day.

That's Osteoporosis

Tuesday, August 22, 2023, 11 a.m.

Speaker: Rashelle Maderitz, DMSc, MPAS, PA-C, Tri Rivers Musculoskeletal Centers

Learn the potential impact osteoporosis can have on those who have it, their caregivers, and the community, thus highlighting the importance of screening, identification, and treatment. We will provide a description of the "4 Steps to Healthy Movement" used to prevent and treat osteoporosis.

Pittsburgh to the Moon

Tuesday, September 5, 2023, 11 a.m.

Speaker: Mike Hennessy, Manager, Learning and Programs, Moonshot Museum

We will discuss Pittsburgh's contributions to the future of space exploration. Meet the fleet of robotic landers and rovers, under construction on Pittsburgh's Northside, which will return America to the lunar surface. Using astronomy visualization software, explore lunar craters, mountains, and "seas."

Bigfoot in Pennsylvania

September 19, 2023, 11 a.m.

Speaker: Mary Fabian, Founder, Pennsylvania Bigfoot Project (online discussion group with more than 17,000 members)

Mary has encountered Bigfoot for more than 50 years, actively researching since 2004. She has seen five Bigfoots, three in western PA. She writes articles for The Yowie Times, as well as her own blog, and has appeared on various podcasts, radio, television programs, movies, and documentaries.

Lewis and Clark in the Rockies

Tuesday, October 10, 2023, 11 a.m.

Speaker: Gary Augustine, Historian

In 1803, a small band of men left Pittsburgh on two specially built flatboats to explore the recently acquired Louisiana Purchase. Join the speaker as we follow Meriwether Lewis and William Clark's footsteps through the gateway to the Rockies and across the continental divide into an unmapped wilderness which forever shaped our history.

Spooky Spots in the 'Burgh

Tuesday, October 31, 2023, 11 a.m.

Speaker: Gail Griffith, Instructor, Life Enrichment Program for Seniors through CCAC

A Fire! A Lover's Quarrel! Jealousy! See what fanned the flames of haunted happenings in our beloved Burgh...right down to the morgue.

My "Affeer" With Vermeer

Tuesday, November 14, 2023, 11 a.m.

Speaker: Ken Kaszak, Investment Adviser and Writer

Johannes Vermeer is one of the most famous artists of all time. Henry Clay Frick and Andrew Mellon coveted his paintings, yet half of the people who live in Pittsburgh have no idea who Vermeer is or what his legacy to the art world is. This class shares Ken's introduction to Vermeer, the five trips to Europe to see Vermeer's works, and the unique things that happened during the journeys. Features of the presentation include the story behind the private showing of a Vermeer in the storage area of Buckingham Palace and the subject that has become a personal favorite—stolen art.

Special thanks to Legacy Lineup Loyalists for their financial support.

UPMC *for Life*
UPMC Health Plan Medicare Program

LAMAR

Virgin Carpets

AARP Driver Safety Refresher – 4 hours

Tuesday, November 28, 2023, 9:45 a.m. to 2 p.m.

Instructor: Marty Snyder

Join the millions of safer drivers on the roads with the award-winning AARP Smart Driver course—the latest from AARP Driver Safety. This class is for attendees who have taken a class within the last three years. The fee is $20 for AARP members; $25 for others. Please bring your driver's license, AARP membership card (if a member), and a check made payable to AARP. Seating is limited; RSVP to 412-635-8080.

AARP Driver Safety Class – 8 hours

Tuesday, December 5 and Wednesday, December 6, 2023, 10 a.m. to 2 p.m.

Instructor: Marty Snyder

This is a full 8-hour course. There are two 4-hour sessions. Both sessions are required for certification. Please bring your driver's license, AARP membership card (if a national member), and a check made payable to AARP. Members pay $20; others pay $25. Seating is limited; RSVP to 412-635-8080.

Hollywood Holidays

Tuesday, December 12, 2023, 11 a.m.

Speaker: Tom Madden, Asylum Entertainment Director and Filmmaker

Ring in the holiday season with this look back at Hollywood's most memorable holiday films and television specials.

FREE MATINEE MOVIES

Seniors enjoy a variety of free matinee movies **every Monday at 2 p.m.**
No reservations required — first come, first seated.

THE LEGACY LINEUP

Uncharted
(PG-13, 116 min.)
Monday, 2 p.m.
August 7, 2023

Living
(PG-13, 102 min.)
Monday, 2 p.m.
August 14, 2023

80 for Brady
(PG-13, 98 min.)
Monday, 2 p.m.
August 21, 2023

Creed III
(PG-13, 116 min.)
Monday, 2 p.m.
August 28, 2023

Maybe I Do
(PG-13, 95 min.)
Monday, 2 p.m.
September 11, 2023

Everything, Everywhere, All at Once
(PG-13, 139 min.)
Monday, 2 p.m.
September 18, 2023

Dog Gone
(PG, 95 min.)
Monday, 2 p.m.
September 25, 2023

Champions
(PG-13, 124 min.)
Monday, 2 p.m.
October 2, 2023

Glass Onion: A Knives Out Movie
(PG-13, 139 min.)
Monday, 2 p.m.
October 9, 2023

The Quiet Girl
(PG-13, 95 min.)
Monday, 2 p.m.
October 16, 2023

Jesus Revolution
(PG-13, 120 min.)
Monday, 2 p.m.
October 23, 2023

Moving On
(R, 85 min.)
Monday, 2 p.m.
October 30, 202

Father Stu
(R, 124 min.)
Monday, 2 p.m.
November 6, 2023

Are You There God? It's Me, Margaret.
(PG-13, 106 min.)
Monday, 2 p.m.
November 13, 2023

Book Club: The Next Chapter
(PG-13, 107 min.)
Monday, 2 p.m.
November 20, 2023

Air
(R, 111 min.)
Monday, 2 p.m.
November 27, 2023

About My Father
(PG-13, 90 min.)
Monday, 2 p.m.
December 4, 2023

Love Again
(PG-13, 104 min.)
Monday, 2 p.m.
December 11, 2023

Holiday Inn
(NR, 100 min.)
Monday, 2 p.m.
December 18, 2023

NO MOVIE
CHRISTMAS
December 25, 2023

NO MOVIE
NEW YEAR'S DAY
January 1, 2024

UPMC | SENIOR COMMUNITIES

UPMC Senior Communities
200 Lothrop St.
Pittsburgh, PA 15213

Visit our website at
UPMCSeniorCommunities.com
or call 1-800-324-5523.

Non Profit Org.
US Postage
PAID
Permit #3834
Pittsburgh, PA

If you wish to have your name removed from the mailing lists related to future newsletters or fundraising materials supporting UPMC Senior Communities, please send a request to Paneid@upmc.edu, write to UPMC Senior Communities, Director of Development, 200 Lothrop St., Forbes Tower, Suite 10055, Pittsburgh, PA 15213, or call 412-864-3524.

DAILY BASKET RAFFLE

30 Days - 30 Winners

The basket raffle is a long-standing, favorite element of the Celebrating Senior Champions event, and, as always, includes something for everyone. The raffle extends throughout the entire month of November, with a winner announced daily. Each ticket purchase comes with a chance to win every day in November.

To view descriptions and photos of the thirty amazing baskets, visit 2023CC.givesmart.com. Tickets are $10 for one ticket, $25 for three tickets, and $40 for six tickets. You may purchase tickets on the event site, email paneid@upmc.edu, or phone 412-864-3524.

Tickets are available for purchase through October 31, 2023.

Winners need not be present to win.

Proceeds benefit UPMC Senior Communities Benevolent Care Fund and UPMC Western Behavioral Health Making Minds Matter Fund.

We extend special thanks to raffle sponsors, UPMC Health Plan, Gumpher, Inc., Staples Promotional Products, and Virgin Carpets and Flooring.

© 2023 UPMC