Imagine being belted to a chair, a little bit dizzy from medicine you were just administered to keep you in a relaxed state. You have no idea where you are, and you’re bored because no one is paying attention to you. Sadly, this is how Alzheimer’s and dementia care was often provided—that is until Presbyterian SeniorCare Network pioneered a new approach to care. Twenty-five years ago we opened Woodside Place of Oakmont, one of the nation’s first personal care residences designed specifically to meet the holistic needs of older adults living with Alzheimer’s and related dementias.

Alzheimer’s disease and related dementias steal precious memories, affect mobility and impact thinking skills, diminishing a person’s quality of life. Equipped with a revolutionary new approach to memory care that met residents where they are in the progression of the disease, we created—and to this day continue to create—special moments of enrichment and connection to the people and the world around them.

We have been at the forefront of offering unparalleled memory care since before it was the norm. We are proud of our strong roots in dementia care and services—but that doesn’t mean we rest on our laurels. Each and every day we continue to find new ways and approaches to care that engage those who are living in the moment.

continued on page 2
Creating a person-centered approach to dementia care
In 1988, Charles Pruitt, then the CEO of our organization, initiated an educational trip to study England’s innovations in housing and healthcare for older adults. Supported by grants from local Pittsburgh foundations, he took along with him Paul Winkler (now our President & CEO), Jim Pieffer (now our Senior Vice-President) and representation from our grant partner, West Penn Hospitals, as well as university researchers and foundation staff. The facility in England was called “Woodside,” and it really caught Charlie’s eye.

At the time, skilled nursing facilities were among the few options available to people living with dementia. The challenge was—many individuals didn’t need that advanced level of nursing care. Many persons with mild to moderate dementia only needed some assistance with daily life and a safe environment in which to live, therefore, traditional skilled nursing settings were just not a good fit for these types of patients.

England’s Woodside Model provided something different—a glimpse of a “residential Alzheimer’s facility” that looked like a home and offered freedom of choice, encouraging its residents to live in the moment by reconnecting them with what they love. This was dramatically different from what we knew in the United States, a model of restriction and regimentation in an institutional setting. Our leadership team knew we could do better than that and returned with a heightened commitment to being at the forefront of change. After that trip to England, there was no looking back. **We were going to build a dementia-specific personal care community that would create a new specialization within our traditional continuum of services.** It would be a community that was person-centered, offering freedom, choice and specialty expertise. It would be a place where people living with dementia could age with dignity and continue to have a sense of purpose and joy in life. It would be a place that family members and friends also would be able to turn to for dementia care knowledge, comfort and support.

Transforming Dementia Care
After 3 years of planning with partners like Perkins Eastman architects, Carnegie Mellon University’s School of Architecture, the University of Pittsburgh Alzheimer’s Disease Research Center and others, **Woodside Place** opened in 1991 and wowed those seeking a better way to care for older adults living with Alzheimer’s and related dementias. Our groundbreaking model of memory care provides a flexible, yet **secure living environment**, with a level of a **personalization** and **individualization** that had been unachievable in a traditional environment. In sharp contrast to the institutional settings of that time, the building heralded an intimate household model.
that capitalized on residential design and provided visual cues to encourage mobility and comfort.

Woodside Place features a continuous floor plan so that residents may walk freely without feeling as if they are confined. The floor plan features three “households” of 12 rooms that are homey, bright and colorful. Each of the three households is intentional in its decor—each has a distinct color and quilt display so residents can easily identify where they live via these visual cues. The households are secure, but offer lots of natural light and easy access to a secure outside area offering a continuous walkway that makes return to home easy and stress-free. Again, enhancing freedom of choice for those who love to spend time in the outdoors.

Excellence is Born
As we celebrate the silver anniversary of our first Woodside Place community, we are pleased that our success in designing a community that encouraged people living with Alzheimer’s to live has been replicated hundreds of times nationally and internationally. From Woodside Place, we developed the Woodside model of care, standards and best practices that solidify the specialized expertise and commitment to excellence in dementia care that we have across our Network. As a result, today Presbyterian SeniorCare Network is known as a Dementia Care Center of Excellence. We provide dementia care service options across our entire continuum—from independent living, personal care and skilled nursing communities to at-home settings. Each team member at every level of our organization is certified in dementia care through the National Alzheimer’s Association. Additionally, more than 70 team members also are certified dementia care practitioners. Our trusted advisor, Stephen H. Zarit, PhD, is a world-renowned gerontology expert whose pioneering research on family caregiver burden has shaped the work of other researchers in the field for three decades. True to our mission, we are committed to continuing to innovate and share our knowledge and dementia care expertise in order to enhance the quality of life for all those who are impacted by Alzheimer’s and related dementias.

Presbyterian SeniorCare Network is known as a Dementia Care Center of Excellence. We provide dementia care service options across our entire continuum—from independent living, personal care and skilled nursing communities to at-home settings.
Alzheimer’s Disease: Taking it one step at a time

Alzheimer’s disease is a journey, not just for those living with the disease, but for loved ones, especially the spouse. **What would you do if your spouse was diagnosed with Alzheimer’s disease?**

Jim Ruck and his wife Gail Britanik “moved into the disease” when Gail was diagnosed in 2010. Jim visits Gail, now a resident at The Willows of Oakmont skilled nursing care community, every day and uses writing to share their journey. Below is an excerpt from one of Jim’s touching reflections showing how they, with a little bit of help from us, take it one step at a time.

**A privilege, by Jim Ruck**

“Alzheimer’s.” This dreadful diagnosis in 2010 was the cause of Gail’s growing mental lapses. The diagnosis confronted us with a choice: do we move into the disease, run from it or fight it?

After 28 years of being blessed by her smile and love, how could I choose other than to embrace Gail along with the Alzheimer’s? Our decision was to move into the disease, to make the most of our life together, one day at a time.

We maintained an active life—walking, getting out to movies and parks.

Until the summer of 2014, I was not yet doing intensive caregiving; then things changed. The strain of being present to Gail, supervising all her activities and doing the practical work of running the house, coordinating doctor visits, overseeing medications, etc., became intense. In January 2015, Gail’s decline accelerated. Caring for her at home, I realized that we were on thin ice. The ice cracked in May. As a bad chest infection and a UTI set in, Gail had a major seizure. This landed her in the hospital and from there, being unable to walk, to The Willows.

I visit every day, usually feed Gail lunch and/or supper, and stay until she is asleep. I want to do everything I can to keep her “sparkle” alive. So at The Willows, we sit together outside looking at the lovely scenery. We listen to music, look at photos, and connect with other residents, visitors and staff. This is all special in a way I can’t describe.

I don’t know how much Gail benefits from my presence. I think she does. I hope that it dissolves any lingering fear she might have. I know that I benefit from her presence. **It is special time, a privilege.**

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**Meet Carrie Chiusano, Executive Director, Dementia Care Center of Excellence**

Carrie has 30 years of long-term care experience with Presbyterian SeniorCare Network, 13 of which were spent helping to shape and implement the Woodside Place philosophy of specialty care for persons with Alzheimer’s disease and other related dementias. She was instrumental in championing the Culture Change initiative for the Network, which led to us becoming CARF-CCAC accredited in 2011 in Person Centered Care. She serves as the Co-champion for our Dementia Care Strategic Committee, spearheads the Network’s Dementia Coordinator Team, and is leading the Network-wide effort to become CARF-CCAC accredited in 2016 in Dementia Care.

Carrie is excited to lead our journey to excellence in dementia care noting, “Our greatest joy is helping families understand the journey and how best to take it one step at a time.”
FROM THE FOUNDATION

I am never one to shy away from a party—especially if it benefits the residents of Presbyterian SeniorCare Network! That is why I am so excited to celebrate the Silver Anniversary of Woodside Place on November 5 at The Andy Warhol Museum. The evening marks an awesome milestone in our ongoing work to enhance the lives of everyone who is impacted by Alzheimer’s and related dementias.

25 years ago we set the standard for dementia care by developing the Woodside person-centered model. Today we are known as a Dementia Care Center of Excellence, offering dementia care service options and expertise across our Presbyterian SeniorCare Network and sharing our knowledge with others, from hospitals and first responders to family caregivers. True to our mission, we are never satisfied and are continuously finding new and better ways to innovate, collaborate and touch more lives.

Earlier in the year we announced plans to build Woodside Place of Washington, the first free-standing residential community totally focused on Alzheimer’s and dementia care at our Washington campus. A market study we commissioned showed a significant need for dementia care facility-based services in the Washington, PA area. Alzheimer’s disease and related dementias afflict approximately 50% of seniors 85+ years of age. Currently there are no specially designed, free-standing, assisted living facilities in Washington County for persons living with dementia.

For years, our Washington campus has been meeting the specialized needs of persons living with dementia with designated units, called neighborhoods, within our Southminster Place personal care community and Southmont skilled nursing community. The 36-bed, two-story Woodside Place of Washington will be the first free-standing residential community of its kind for Washington County that is specifically designed to meet the physical and psycho-social needs of individuals living with Alzheimer’s and related dementias. It will be based on the revolutionary design of our Woodside Place of Oakmont, which 25 years later remains relevant. We have selected nationally acclaimed architectural firm, Perkins Eastman, for the creation of Woodside Place of Washington. Perkins Eastman designed the original Woodside Place in Oakmont, and has received national and international awards for their work in dementia care communities.

The project completion goal is early 2018. In the upcoming months, Presbyterian SeniorCare Network will release more details on Woodside Place of Washington. We’ll celebrate the kickoff of the capital campaign at The Silver Factory Experience—so don’t wait, visit SrCare.org/silverfactory to RSVP for the party! We’ll see you there!

Jacqueline S. Flanagan, CFRE
Executive Director
These are exciting times for our organization as we continue to grow and adjust to the changing healthcare landscape and the needs of older adults and their families. Our continuum of living, care and service options as well as our footprint is expanding in line with our commitment to making aging easier® for individuals from all walks of life. In March of last year and in January of this year, we completed the formal legal affiliation with Presbyterian Homes of Lake Erie and Shenango Presbyterian SeniorCare respectively.

Against this backdrop, we recently took the opportunity to pause and reflect upon how best to have everyone understand the depth and breadth of all that we are, all that we have to offer, and all that we will continue to strive to be for generations to come. I am pleased to share that our boards have agreed to do business under the singular, unifying name of Presbyterian SeniorCare Network. Simply adding the word “Network” brings clarity to the fact that we are a faith-based organization comprised of multiple entities that represent a full continuum of care for seniors. As a Network, our person-centered approach is an expectation that our team members and all those we serve can rely upon across our 54 communities and at-home programs that touch over 6,500 lives annually in 10 western Pennsylvania counties.

While the word “Network” helps provide a better description of who we are and the consistent commitment to excellence that you can expect, it does not change the way we allocate any charitable assets. Please be assured that you can continue to make specific contributions to individual communities and programs within the Presbyterian SeniorCare Network through the Presbyterian SeniorCare Foundation. Your continued support is appreciated as our organization continuously strives for better and new ways to enrich the aging experience.

There’s no better example of our continued innovation and collaboration through the years than our work to support individuals who are impacted by Alzheimer’s and related dementias. This year marks the 25th anniversary of the creation of one of the country’s first dementia-specific communities designed to meet the physical and psychosocial aspects of dementia care—our personal care community known as Woodside Place of Oakmont. To celebrate this milestone and our expertise across the Network as a Dementia Care Center of Excellence, we encourage you to join us on November 5 at the Andy Warhol Museum for a unique fundraiser. For more information, visit www.SrCare.org/silverfactory.
It’s only fitting that we celebrate our Silver Anniversary of Woodside Place at The Andy Warhol Museum—a place that encourages choice and a little bit of spunk.

Party with us as we celebrate 25 years of creating special moments in the lives of older adults living with dementia. We’ll be handing out awards, we’ll rock out to the music of No Bad JuJu and we’ll be sharing exciting news about our future!

We know that everyone celebrates differently, so you have choices! Pick the ticket level and experience that fits your party style.

VIP EXPERIENCE: $250 per guest

Jump the line and gain exclusive access to the VIP experience at 6:30 p.m., featuring a special museum tour, food, an open bar and more! After the awards ceremony, we’ll be getting down at the Dance Party.

MAIN EVENT: $125 per guest

Make the scene at 7:30 p.m. for great food and the awards celebration. Stick around for the Dance Party as we play that funky music.

DANCE PARTY: (included with VIP & Main Event)

Boogie to the sounds of the 70s with No Bad Ju Ju from 9:00 p.m.-11:00 p.m.

Recognizing Exceptional Partners in Dementia Care

The following exceptional individuals will be honored at the Silver Factory Experience.

The Samuel K. McCune Award for Distinguished Service: Judith Saxton, PhD
This award is presented for exceptional service in support of aging-related concerns and for making a significant, positive impact on the lives of older Americans. This year, we honor Dr. Judith Saxton for her work with the Alzheimer’s Disease Research Center and her contributions and research which led to the development of Woodside Place and its programming.

The Charles W. Pruitt Jr. Difference Award: Christine and Pat O'Brien
This award is presented for outstanding contributions of time, service or support. The O'Brien's are longtime supporters of Presbyterian SeniorCare in the Washington community. Former resident family members, Christine and Pat are active with the annual Your Holiday Home fundraising event which benefits the residents of our Washington, PA campus. Christine is a vital member of the event planning committee and Pat, a former Presbyterian SeniorCare board member, serves as emcee of the event.

The Harry R. Edelman III Quality of Life Award: Carnegie Museum of Art
This award is presented for extraordinary contributions in enhancing the quality of life of our residents. We salute Carnegie Museum of Art and its collaborative efforts with Woodside Place of Oakmont in establishing the In the Moment program. This program enables our residents living with dementia to experience art and culture by creating moments of joy and connection with the creativity and expression of the human spirit.
Connect to Purpose: Why I Lend a Hand

Dana Nese, Admissions Coordinator

If you ask Dana Nese what “birdie” or “eagle” mean in the game of golf, she may not be able to answer your question. But what she does know is that volunteering at the annual Presbyterian SeniorCare Network Golf Outing is extremely important not only to her, but to those who benefit from the funds raised for the SeniorCARE FUND.

Dana, a member of our Admissions team in Oakmont, never sets foot on the golf course - unless it’s Golf Outing time. “I donate my time because the Golf Outing raises awareness of the fact that some of our residents outlive their resources. We never ask a resident with the inability to pay to leave, so events like this help us to raise money so that we may help them stay in their Presbyterian SeniorCare Network home. We try to make the day enjoyable for the golfers to thank them for helping our residents. I know that many of the companies, like Mistick Construction, support us every year!”

With helping our residents as the driving force behind Dana’s volunteer effort, we expect to see her on the golf course again next year. She says, “I know that by taking part in the annual Golf Outing I am lending a hand to better the lives of each and every resident. And really, that’s what it’s all about.”

Presbyterian SeniorCare Network thanks the following for their leadership support of the 21st Annual Golf Outing:

- Mistick Construction - Title Sponsor
- Huntington Bank - Signature Sponsor
- National Equity Fund - Signature Sponsor
- Cura Hospitality - Door Prizes Sponsor
- UPMC Health Plan - Reception Sponsor
- UPMC St. Margaret - Luncheon Sponsor

Golf Outing
A Success!

On May 3, 2016, the 21st Annual Golf Outing featured an excited field of golfers at the historic Oakmont Country Club, located next door to our Presbyterian SeniorCare Network Oakmont campus. Beautiful weather greeted the players who took on the challenging Oakmont course, site of the 2016 U.S. Open championship. Residents, family members and employees volunteered their time to help with the event. Proceeds from the 2016 Golf Outing benefit the SeniorCARE FUND, which helps us continue our tradition of assisting residents who no longer have sufficient resources to pay for their care.
Team Presbyterian SeniorCare Network came together on May 14 for the annual Highmark Walk for a Healthy Community to raise funds for resident engagement programs. Over 150 walkers including employees, residents, families and friends represented Presbyterian SeniorCare, Longwood at Oakmont and our SeniorCare Network supportive housing communities. Our Team raised nearly $22,000 for resident engagement programs at our campuses and supportive housing communities.

We are proud to announce that out of the 75 participating organizations, Presbyterian SeniorCare Network was in the Top 3 fundraisers—way to go Team!

Congrats to team members at our Erie campus who walked on June 4 in the Erie Walk. Funds raised benefitted their Employee Emergency Fund.

Walk for a Healthy Community

Funds raised provide residents with additional technology to stay connected with family members as well as browse the internet and play games that are stimulating and engaging. Funds also will be used to enhance current resident enrichment programs, such as off-campus outings, on-site entertainment and more!

The day of the Walk was rainy—but we did not let that dampen our smiles! L to R: President & CEO, Paul Winkler, Longwood residents Skip & Cathy Gillis & Walk co-chair Jennifer Marasco Kuhn with family member Andrew Kuhn.

Why I Walk

Why would our team members give up a Saturday, a scheduled day off for many, to walk and raise funds? Because our team members truly believe it’s their calling and they go above and beyond to enrich and enhance the lives of our residents.

“I enjoye linking and walking with the residents who participated in the event. I hope that I showed them that I value them not only in my day-to-day work, but on a personal level too. I love volunteering my time to raise funds that contribute to providing enrichment programs for them.”

– Cindy Brown, Administrative Assistant, Longwood at Oakmont campus

“I enjoyed connecting and walking with the residents who participated in the event. I hope that I showed them that I value them not only in my day-to-day work, but on a personal level too. I love volunteering my time to raise funds that contribute to providing enrichment programs for them.”

– Chuck Chieffo, Driver, Oakmont campus

“I walked for our residents because I love to see them smile! With the funds we raise we are able to purchase things we would not have been able to without this money—like iPads and iPods. This year was a special year for me. I walked with my 86-year-old grandmother who lives at one of our condominium properties in Washington—it was the first time she completed a 5K!”

– Kate McNeely, Move-In Coordinator, Washington campus

“As a driver, I spend time with our residents just about every day as we go to and from campus. But the day of the Walk was special—not only is walking a great way for all of us to stay fit, but it was fun and helped a good cause—our residents!”

– Chuck Chieffo, Driver, Oakmont campus
Planned Giving Corner

By Nancy Hart, Planned Giving Officer

Profiles of Generosity
Rollie and Kay Thomas have been part of the Presbyterian SeniorCare Network family for over 20 years. Kay’s mother and father received care at The Willows at our Presbyterian SeniorCare Network Oakmont campus where Kay says she built a special connection with our organization.

“The care my parents received was above and beyond. While my dad was at The Willows recovering from a stroke, my parents celebrated their anniversary. The social worker at the time orchestrated the whole evening, complete with a decorated table in his room and a sparkling drink. You just don’t expect that kind of attention; it was truly special.”

Inspired by the high quality care, Kay wanted to give back. “I began volunteering in the Café, which I quickly realized wasn’t quite for me—I made a lot of bad milkshakes! However, I did find my calling in the Gift Shop. Now, 22 years later, I am the manager and buyer at the Gift Shop; so I’m still there, volunteering my time to help residents and their family members.”

Rollie and Kay continued their relationship with us when they decided to move to Longwood at Oakmont, a Presbyterian SeniorCare Network independent living community. The pair have resided at Longwood at Oakmont for 17 years and are both very active members of the community. They have done everything...

Current Charitable Gift Annuity Rates for a $10,000 One-Life Annuity:

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*As of July 2016 assumes 1.8% IRS discount rate. For Illustrative purposes only.

We all love giving back—but did you know that there are certain types of gifts that can give back to YOU? A charitable gift annuity is a simple way for you to make a gift to Presbyterian SeniorCare Network and receive a dependable income for yourself. When you make an irrevocable gift of $10,000 or more, we agree to pay you, the donor and/or your spouse, an annual fixed income for life. Charitable gift annuity rates are based on the donor’s age.

Charitable gifts are like a two-for-one deal—make a donation, receive an immediate charitable deduction AND enjoy a dependable income. This type of giving may be unfamiliar to some, but Longwood at Oakmont residents Rollie and Kay Thomas are well-versed in how to do it. Read about their connection to Presbyterian SeniorCare Network and why they chose to make a charitable gift annuity with us.
Being involved at Longwood at Oakmont helped Rollie to learn of a program that quickly became special to him, the Candlelight Companion program provided by our end-of-life partner Family Hospice and Palliative Care. Rollie reflects, “My mother and father both passed alone. I did not want that for anyone else.”

As a Candlelight Companion volunteer, Rollie sits with dying individuals with limited social resources. It’s no surprise that through all of the connections they’ve made with Presbyterian SeniorCare Network and our partners that Rollie and Kay have decided to make a charitable gift annuity with our organization.

Kay says, “We have many organizations that are important to us and have always felt it is important to give back. A charitable gift annuity is a way for us to give back, and to earn a little income, too. When we talked to our financial advisor about the idea he told us to “go for it.” He advised that this type of gift is a great tax benefit and a good way for our money to work for us.”

Are you inspired by Rollie and Kay’s story? For information on how to make a Charitable Annuity Gift, please contact Nancy Hart at 412-826-6087 or nhart@sincare.org.

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Upcoming Events to Support the SeniorCARE FUND

**WCCF Gives Day of Giving – September 13**

By participating in the Washington County Community Foundation’s WCCF Gives Day of Giving, your donation will support the SeniorCARE FUND for our residents in Washington. Visit SrCare.org for complete details and a link to WCCF Gives!

**PittsburghGives Day of Giving – September 21 (make-up date)**

Due to technical issues, the original Day of Giving in May did not go as planned, so the Pittsburgh Foundation is hosting a make-up day on September 21. Your donation on this day will support the SeniorCARE FUND. Visit SrCare.org for complete details and a link to PittsburghGives!

**Annual Basket Raffle – October 3-8**

Visit www.ShenangoSrCare.org/events for details!

**Silver Factory Experience – November 5**

See page 7 for complete details!

**Your Holiday Home – November 12**

Mark your calendars for the 9th annual Your Holiday Home event on Saturday, November 12 at 9 a.m. at the Hilton Garden Inn at Southpointe. Look for your invitation in September for this special event benefitting the SeniorCARE FUND for our residents in Washington.
On the Go? Want to Save Paper?
If you’d like to receive future newsletters in your inbox, visit our web site, www.SrCare.org, to sign up for E-news.

Cornerstone Society

In 2015, Presbyterian SeniorCare Foundation launched the Cornerstone Society to recognize those individuals who make a gift of $1,000 or more, either as a single gift or as the sum of several donations throughout the calendar year, to the SeniorCARE FUND for benevolent care or for unrestricted support for the area of greatest need.

We extend our deepest thanks to our 61 founding members of the Cornerstone Society. The founding members, as well as members of the Anderson Legacy Society, were invited to a special luncheon in their honor on March 11 at Oakmont Country Club.