

Abundant *life*

SUMMER 2022



EXPANDING LIVING OPTIONS AT ST. JOHN COMMUNITY CAMPUS

For more than 100 years, Lutheran SeniorLife has helped individuals throughout western Pennsylvania thrive spiritually, emotionally, intellectually and physically.

In recent years, senior housing options have grown exponentially in the region, becoming more and more cost-prohibitive for many older adults. The absence of affordable housing for middle-income seniors prompted Lutheran SeniorLife to launch a new growth initiative.

“The goal of the initiative is to expand our existing housing opportunities for those seeking

residential living, and personal care options,” said David Fenoglio, president and CEO of Lutheran SeniorLife.

“We have a long history of serving southern Butler and northern Allegheny counties,” explained Samantha Rapuk, executive director of St. John. “The project will not only help us grow but, most importantly, meet an unmet need in our community.”

The project relocates the current personal care neighborhood to the fourth floor of St. John with

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SMALL HOMES, BIG IMPACT

The book of Proverbs reminds us that, “Things should not be underestimated because of their small size” – hence, the phrase “good things come in small packages.” Sometimes, big things can come in small packages especially for the residents of Butler County who are in need of a little extra care.

Over the past several years, Lutheran SeniorLife has acquired property in the Island section of the city with the goal of expanding its small homes program. The program is a function of LIFE Butler County, owned and operated by Lutheran SeniorLife and the Butler Health System.

“We are continually looking for ways to elevate health, wellness and social services for those we serve,” expressed David Fenoglio, Lutheran SeniorLife CEO.

Lutheran SeniorLife recently completed the construction of two of four small homes on the property bordering South Chestnut and Hazel streets, just west of the Butler courthouse. When complete, the two homes will accommodate up to six, Medicaid-eligible residents. Each home has an open floor plan with a large great room opening up to a kitchen and dining area. Ample outdoor space will also be available.

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BE SURE TO
**SAVE THE
DATE**

LUTHERAN SENIORLIFE FOUNDATION
**2022 ANNUAL EVENT
A CELEBRATION
YEARS IN THE MAKING**
— OCTOBER 6, 2022 —

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OUR MISSION

Our mission is to continually transform and elevate health, wellness, and social services while fostering an *Abundant Life*® for those we serve and who serve.

A MESSAGE FROM THE PRESIDENT

Over the past few months, Lutheran SeniorLife has embarked on several journeys to elevate health, wellness and social services to fulfill our mission for those we serve. In this edition of *Abundant Life*, we highlight the expansion project at the St. John Community, the construction of our “small homes” program near the LIFE Butler County center, the mission of our RoseCrest Assisted Living with Memory Support facility, an innovative therapy treatment by rehabilitation services, and the launch of the ASPIRE Wellness program at the Passavant Community.



The St. John Community expansion project is moving along quite nicely with the anticipation of the project’s completion by year’s end. The goal of the initiative is to create new housing opportunities for those seeking personal care and residential living options. When complete, the St. John Community will offer 39 modernized personal care and 27 new residential living apartments.

Lutheran SeniorLife also recently added to its “small home” program with the new construction of two homes in downtown Butler, just west of Main Street. The article discusses the details and benefits of the project.

RoseCrest Assisted Living and memory support program continues to provide activities, and programs, which bring joy and peace of mind to its residents affected by memory loss. At a recent event, residents and families gathered around the piano to sing songs, reminisce and laugh.

In improving health and wellness, our rehabilitation services department recently adopted a new therapy treatment to relieve pain with the use of Microcurrent Point Stimulation. This non-invasive treatment is a holistic approach to managing pain.

The leadership team of Passavant Community recently adopted an innovative model and program designed to improve the overall health and well-being of residents with the launch of ASPIRE Wellness—an innovative approach to enrich the body, mind, and spirit.

Finally, we look forward to the fall when we join the Foundation for their annual event on October 6, 2022 at The Pittsburgh Field Club in Fox Chapel where we will celebrate the enduring commitment of our staff, residents, and partners.

It is with great enthusiasm that we lift up these programs, services and efforts in fulfilling our mission to deliver an *Abundant Life*®.

A handwritten signature in dark ink that reads "David Fenoglietto". The signature is fluid and cursive.

David Fenoglietto,
President and CEO of Lutheran SeniorLife

SMALL HOMES, BIG IMPACT

Continued from front cover

The homes are also in close proximity to the health and wellness programs offered at LIFE Butler County, where participants have access to medical, nutritional and social programs. LIFE (Living Independence For the Elderly) is an all-inclusive program of health, wellness and support services to help people maintain their independence while living in the community. There is no application or monthly fee for eligible residents of Butler County

to enroll in the LIFE program. The small homes program enables qualified participants of the LIFE program to live in a new, residential home and remain active, and part of the community.

LIFE Butler County will provide transportation to and from the center for the residents of the small homes. While at the center, residents are able to socialize, enjoy a meal and participate in scheduled

activities throughout the day. They will also have access to a doctor for routine exams, as well as other medical services like physical and occupational therapists.

“The small home model is very unique,” stated David Fenoglietto, Lutheran SeniorLife CEO. “In addition, the homes help to modernize this area of the community. That’s a nice bonus for the greater community.” ❖



Sometimes, big things can come in small packages...

The set crew for the project directs the crane operator on placing sections of the first home onto the foundation along South Chestnut Street in Butler. When complete the homes will house, six, Medicaid-eligible residents.



EXPANDING LIVING OPTIONS AT ST. JOHN COMMUNITY CAMPUS

Continued from front cover

39 modernized apartments. It also creates 27 new residential living apartments—the Residence of St. John.

Our personal care program offers a quaint neighborhood within the St. John Specialty Care Center with 24-hour support. It also offers affordable accommodations, allowing for socialization, privacy and comfort with the benefits of home-like amenities.

The Residence at St. John includes attractive efficiency, and one-bedroom plans with fully equipped kitchen, laundry, walk-in showers and storage spaces. By choosing the Residence at St. John, residents will enjoy the freedom to do more of the things they love without the hassle of daily household chores like cooking, cleaning and yard work.

The Residence at St. John also provides older adults with an independent, self-directed lifestyle,



and access to well-established, quality health care if and when needed. Other amenities include a fitness room, and chef-prepared meals served in a relaxed dining atmosphere. The Residence also offers open spaces, outdoor patios, lounges for socialization and a library.

“By choosing Lutheran SeniorLife St. John Community, residents will be free from the hassles and expense associated with home maintenance, leaving more time and resources to live their lives to the fullest,” said

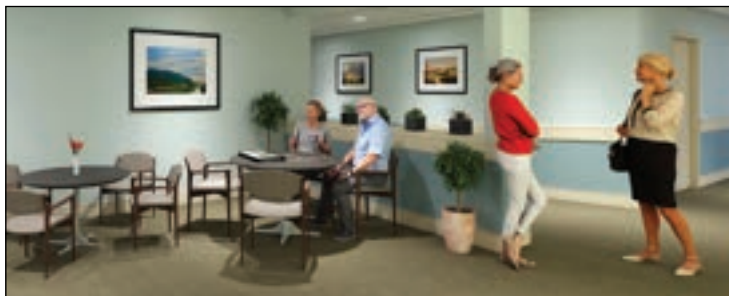
Rapuk.

The St. John Community is nestled within Adams Township, and near Mars, PA. The campus

is a continuing care community, and includes Overbrook Pointe, residential living; RoseCrest, assisted living with memory care, and St. John Specialty Care, skilled nursing.

Construction began last summer with renovations to the top floor and the development of a dedicated entryway designed to provide access to the local community. The apartments are conveniently located a short distance from places of worship, restaurants, banks, and pharmacies, as well as quaint shops and boutiques.

Our personal care neighborhood and the Residence of St. John are slated to open in the fall of this year. To schedule an appointment for a tour, please call (724) 687-3372. To learn more about Lutheran SeniorLife, visit lutheranseniorlife.org. ❖



The Residence of St. John will feature a dining area, spacious indoor lounges as well as an outdoor patio for socializing. The Residence is also located a short drive from places of worship, restaurants, quaint shops and boutiques.



Feeling of Home at RoseCrest Assisted Living with Memory Support

The residents of RoseCrest Assisted Living recently surrounded the piano, singing familiar songs as the sounds of laughter and music emanated from the Great Room and Chapel where many had gathered. Some in the audience sang along or danced, while others sat back and listened to the music.

RoseCrest is part of the Lutheran SeniorLife St. John Community campus in Mars—a continuing care community. Its designed specifically for older adults with Alzheimer’s disease or other forms of dementia requiring memory support services.

“RoseCrest feels like home to everyone. Every inch of this building is designed to be warm, inviting... and that all comes with a staff that goes above and beyond, helping residents who are dealing with memory loss issues,” explained Gina Strasbaugh, marketing coordinator.

“Living at RoseCrest is a blessing for the residents and their families,” said Sean Schreckengost, director of residential living. “It provides



families with the peace of mind that their loved one is safe.”

The building provides residents with a familiar environment so they can walk through their home by themselves. “Our residents thrive on consistency,” explained Strasbaugh. “We want them to feel comfortable and able to enjoy the fullness of life.”

“Their safety is our number-one priority,” added Schreckengost. “We have a state-of-the-art system protecting and alerting staff to any possible adverse movement within the building.”

What sets RoseCrest apart, according to Strasbaugh, are the staff, amenities and the activities for the residents. Every staff member is trained in dementia care and able to identify and provide care to meet each individual’s specific needs.

“We take great pride in knowing and identifying each particular need of each individual resident and fulfilling it,” explained Schreckengost. “With a smaller community, we can provide more personalized care than larger facilities.”

“Doctors, a dentist, even a podiatrist will come on-site when needed,” Strasbaugh added. “There is even a hair salon and a spa that residents have access to anytime they need those types of services.”

Group activities and entertainment are very important as well, to keep the residents engaged. They also have access to a secure outdoor courtyard equipped with a walking path and garden area where they grow flowers and vegetables.

Residents’ suites are equipped with a private bath, flat-screen TV, kitchenette and an armoire containing clear drawers to help easily identify clothes. An executive chef and dietician prepare three meals a day to meet the residents’ preferences and dietary needs.

Every day, there is always something happening at RoseCrest, including a lot of what Strasbaugh describes as “mind stretch activities,” where residents talk with staff about their lives. These types of conversations help staff understand how well or not someone is doing—providing opportunity to adjust residents’ care as needed.

“We understand the incredible amount of trust that families put in us,” said David Fenoglio, president and CEO of Lutheran SeniorLife. “No matter what stage of memory loss, we have the program, facilities and knowledgeable staff to meaningfully engage residents and provide life-supporting services in a community that cares.” ❖

DO YOU WANT TO SAY GOOD-BYE TO PAIN?

“It works,” exclaimed Linda Neely as she looked over the Atlantic Ocean from her hotel balcony while on a recent vacation to Myrtle Beach. Linda, a resident of Lutheran SeniorLife Passavant Community in Zelenople, is referring to Dolphin Microcurrent Point Stimulation (MPS), a non-invasive treatment that uses a low voltage current to relax muscles, calm the nervous system, and decrease stress and pain.

Neely had been struggling for years to bend and reach after back surgery and, thankfully, she did not have to go far to find treatment. After obtaining a prescription from her PCP, Neely reached out to the rehabilitation services department at Lutheran SeniorLife.

“Having been a Physical Therapist for almost 30 years, I have never seen a device with a more profound impact on my patients’ pain and function,” explains Molly Bargerstock, a certified pain practitioner utilizing MPS, who treated Neely. “MPS is completely different from more familiar types of electric stimulation, such as transcutaneous electrical nerve

If you want to say “goodbye” to pain and “hello” to more of an Abundant Life®, contact the rehabilitation services department at Lutheran SeniorLife at (724) 452-3492.

stimulation (TENS) units, which act by blocking the brain from feeling pain,” says Bargerstock. “MPS creates lasting change in the body by working at the cellular level via microcurrent. The current mimics the body’s own electrical current,” adds Bargerstock.

Neely points out you must give the treatment time. Neely has had multiple treatments and says, “There is no doubt in my mind MPS is truly beneficial. This is the best I have felt in a long time.”

The rehabilitation services staff at Lutheran SeniorLife received training in the proper use of MPS to help decrease pain and improve functionality among patients. According to the “Journal of Alternative, Complementary and Integrative Medicine,” MPS can reduce post-surgical pain up to

75 percent. Clinical research also supports that old scars are responsible for 80 percent of chronic pain; usually this pain is not even at the site of the scar. Unlike medicines, there are no adverse side effects to receiving MPS.

“MPS comes from combining the Western medicine modality of electrical stimulation and the Eastern medicine approach where the whole body is viewed as working together and affecting all other parts,” says Bargerstock. “For example, when scars on the abdominal region are treated with this microcurrent, I have seen over and over a decrease in back pain and improved mobility among patients,” she says.

After attending her first training class and seeing immediate results, Amy Stewart, occupational therapist and Corporate Rehab Director for Lutheran SeniorLife, was convinced MPS is something that could make a significant difference for patients and residents of Lutheran SeniorLife. “Three years later, I am proud to see MPS making a difference across our rehab sites,” explains Stewart. “MPS appealed to me as a holistic way to manage pain and illness without medication,” she says. ❖

Staff members of Lutheran SeniorLife Rehabilitation Services Christine Namey, Amy Stewart and Molly Bargerstock.



LUTHERAN SENIORLIFE PASSAVANT COMMUNITY LAUNCHES ASPIRE WELLNESS

Today, individuals are living longer – and healthier – lives! Researchers agree that maintaining a healthy lifestyle will continue to reap benefits as we age. Aging well means staying active, but also involves living out your values, exploring meaningful pursuits, staying curious, cultivating new knowledge and skills, and deepening connections with family, friends, and community.

That’s why the leadership team of Lutheran SeniorLife Passavant Community created the ASPIRE Wellness philosophy—a holistic approach to enriching the body, mind, and spirit.

“We know that being healthy is more than just being physically fit,” explained executive director, Laura Roy. “It’s pursuing our passions, satisfying our curiosity, and staying connected and meaningfully engaged. That’s why we created ASPIRE Wellness.”

The philosophy focuses on six integrated “Dimensions of Wellness” including Active, Spiritual, Purposeful, Intellectual, Relational, and Expressive. “Everybody’s level of wellness is individually based,” explained wellness manager, Brian Damaska. “The goal of ASPIRE is to help residents achieve the best life possible, every day.”

Rev. Paul Payerchin leads a bible study group as part of the spiritual dimensions aspect of ASPIRE and appreciates the “intentional focus.” This (ASPIRE) challenges me and others who wish to seek a more meaningful and abundant life. Not being left to do my own thing or having to plan my own activities allows me to do so much, much more,” explained Rev. Payerchin.

ASPIRE became one of the reasons Janet and Jack Broskin moved to Passavant. According to Janet, Jack had been struggling with Parkinson’s, and the couple needed support. “It (ASPIRE) has helped Jack out a lot in so many ways. It has really changed his life,” said Janet.

Exercise specialist, Chad Ifft, has witnessed firsthand the impact ASPIRE has made on the residents.

“It keeps the residents healthy, inspired, and engaged.”

“If you don’t use it, you lose it; not only applies to the physical body but the brain as well,” said resident Kathi Peters. The Intellectual dimension has “inspired” Kathi’s mind with “practical and useful” knowledge. One class—Money Matters—taught her to better protect her assets. “Not only did it stimulate me to think through my finances, but... how to be sure my monies are safe, has been most helpful,” she explained.

“ASPIRE is an opportunity for all residents to enrich their minds and further develop their faith life,” explained residents Grace and Frank Kantz. “Aspire is one of the many blessings of being a resident at Passavant Community.”

ASPIRE Wellness is available to Passavant residents at no cost. Community members are also welcome to participate by obtaining a one-year membership. Membership includes a quarterly Wellness Assessment that evaluates your current health and fitness level, helps you set goals to improve your whole-person wellness, and tracks your progress over time.

To learn more about ASPIRE Wellness, call (724) 452-3456 or visit, www.lutheranseniorlife.org/aspirewellness. ❖



Lutheran SeniorLife

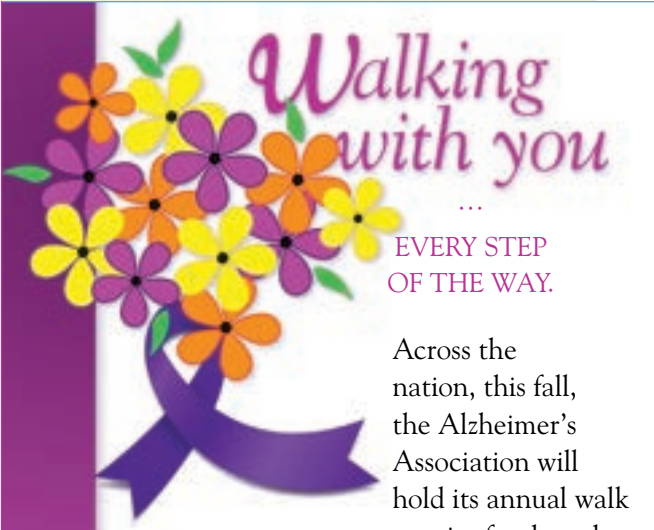
191 Scharberry Lane
Mars, PA 16046

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www.lutheranseniorlife.org

Lutheran SeniorLife offers a continuum of care featuring senior living communities, personal care, nursing care, memory care, home health and hospice, social and physician services.

With headquarters in Adams Township, Pa., Lutheran SeniorLife has locations in Zelienople, Mars, Butler, McCandless, Bellevue, Kittanning, New Castle, Aliquippa, Ambridge, Greensburg, and Monaca. To learn more about any of our programs or services, please visit www.lutheranseniorlife.org.

A graphic for Alzheimer's awareness featuring a purple ribbon, a cluster of colorful flowers (yellow, orange, purple), and the text "Walking with you" in a cursive font. Below the flowers, it says "EVERY STEP OF THE WAY." and "Across the nation, this fall, the Alzheimer's Association will hold its annual walk to raise funds and awareness for a breakthrough in the fight against Alzheimer's. Lutheran SeniorLife will sponsor walks at LIFE Beaver and LIFE Butler. The LIFE Beaver walk will take place, Saturday, October 1 at Irvine Park in Beaver. The LIFE Butler walk will take place Sunday, September 18 at the North Boundary Park in Cranberry Township. Registration begins at 8 am with the opening ceremony at 9 am for both events. For additional information, Contact, Lynzy Groves, (412) 407-3948 x1133 or lsgroves@alz.org."/>

Walking with you
...
EVERY STEP OF THE WAY.

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VNA RELEASING BUTTERFLIES IN MEMORY OF LOVED ONES

The Visiting Nurses Association (VNA) will host a "Butterfly Release" at 1:30 pm, Sunday, September 18 at the Big Butler Fairgrounds. The purpose of the event is to honor and celebrate the memory of your loved ones. The memorial service will feature music, poems and the reading of the names for those honored.



The event will benefit the Visiting Nurses Association Home Health and Hospice programs. Anyone interested in releasing a butterfly can contact the VNA by calling, (724) 431-3372. The VNA will provide butterflies for a donation of \$25 for the first butterfly, and \$20 for additional butterflies. Deadline to order is Friday, September 9. ❖