



Villa St. Joseph

A Sponsored Ministry
of the Sisters of St. Joseph

A View From

the Villa

Volume 15, Issue 2

1030 State St. • Baden, Pennsylvania • 15005

Fall 2015

Young at Heart to Support Benevolent Care, Music Therapy

Villa St. Joseph will present Young at Heart 2015, its signature fund-raising gala, on Friday, October 2, 2015, at the Hyatt Regency Pittsburgh International Airport.



Al and Anita Costigan will be honored with the 2015 Partners in Caring award at the Young at Heart dinner.

With a theme of “Helping Hands, Loving Hearts,” the event begins at 6 p.m. with a cocktail reception featuring music by the Center for Young Musicians. Young at Heart raises funds for Music Therapy and Benevolent Care for Villa residents.

Eric and Janet Renner of Sewickley, who have first-hand family experiences at the Villa, are co-chairpersons of this year’s event. Craig Trout, a member of the Villa St. Joseph Board of Directors, is the master of ceremonies.

Prior to dinner will be the presentation of the 2015 Partner in Caring award, which honors individuals, groups or organizations who help promote the mission of the Villa. This year’s recipients are Al and Anita Costigan, who have supported the mission and work of Villa St. Joseph since its inception in 1997.

The Costigans contributed a major gift to the Villa’s 2006 capital campaign, part of which helped secure grant funding to implement the Music Therapy program that has benefited countless Villa residents.

“We are thankful for all of Al and Anita’s contributions to Villa St. Joseph, especially their significant role in the implementation of our Music Therapy program,” said Mary Murray, Executive Director of the Villa.

Al worked in the food industry, most recently serving as president and CEO of Level Valley Creamery in Wisconsin before selling the business

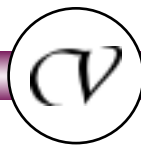
to Schreiber Foods. He is a member of the Board of Trustees of Cardinal Stritch University and has served on the Board of Directors of the Midwest Athletes Against Childhood Cancer (MAACC) for more than 25 years.

The couple resides in Mequon, Wisconsin, with winters spent in Fountain Hills, Arizona. In addition to enjoying time with their two children and five grandchildren, they are active in their community and parish. Generous in their philanthropy, they also administer The Costigan Family Foundation.

The inspiration behind the Music Therapy program is Sister Donna Marie Beck, who also will be recognized at the dinner for her significant role in taking the Music Therapy program from concept to creation. As a professor in the Music Therapy Program at Duquesne University, she helped write the initial grant funding for the program.

“I feel the influence and encouragement of Sister Donna every day in my work – in my therapeutic

– continued on page 3



Villa St. Joseph Board of Directors

President

Mr. A. Gary Chace

Vice President

Mr. John G. Dorman

Secretary/Treasurer

Sister Patricia Phillips, CSJ

Congregational Moderator/ Ex Officio

Sister Mary Pellegrino, CSJ

Directors

Mrs. Kathy Adelman

Mr. Joseph S. D. Christof, II

Sister Anne Green, CSJ

Dr. Holly M. Hampe

Sister Judith Maroni, CSJ - Emerita

Mr. Ambrose Murray

Mr. Frank G. Papa

Dr. Melvin H. Steals

Mr. K. Craig Trout

Ms. Cynthia Zydell

Dear Friends of Villa St. Joseph,



Mary M. Murray

We minister to the unique physical, emotional, spiritual, and social needs of each person, supporting each to live fully.

This Villa St. Joseph Core Value of Being Person Centered is alive and well as we strive to meet our mission of "excellence in compassionate care." Living life fully is something that requires daily attention to the small needs of residents in many ways. It happens through the relationships that are built between our staff and residents each day and over the years. Let me tell you some of the ways we are bringing this Core Value to life with our residents.

- Villa St. Joseph is accredited by CARF-CCAC, an international accreditation organization, for meeting the standards of Person-Centered Long Term Care Communities. This means that Villa St. Joseph strives to meet standards of excellence that are above and beyond the ordinary. These standards, along with our mission, call for us to support the loving relationships between staff and residents, and that allow our residents to consider Villa St. Joseph "home." Only a small number of nursing homes across the United States meet these accreditation standards.
- Villa St. Joseph is evolving its services to better meet upcoming community needs. The new Center for Outpatient Rehabilitation, in addition to the Cup O' Joe café, were developed with these needs in mind. Outpatients can receive "pre-hab" therapy to prepare them for their scheduled hip and knee replacements. Our motto: Feel Better, Live Better! The café also offers educational events and social gatherings of community interest.
- Villa St. Joseph is enhancing its services with state-of-the-art programs to meet our residents' unique personal needs. One of these new services is the introduction of new technology in our Fontbonne Neighborhood for residents with memory impairments such as dementia. Plans include the implementation of two new and exciting programs in the coming months, based on two nationally known programs. The first of these is Music and Memory, which supplements our existing, robust Music Therapy Program by the use of personalized iPods for resident use. Personalized "playlists" of music are downloaded on an iPod so that residents can enjoy their favorite songs and music. Read about a success story on Page 4. The second program, It's Never 2 Late, is a computer system that uses touch screens, engages residents with everything from personalized photo albums, to puzzles, to travel photos, and even the virtual opportunity to play the drums. Sounds exciting and fun, doesn't it?

We believe that all of these initiatives are helping our residents, and our community, to live fully each day!

Mary McHugh Murray, MPH, NHA
Executive Director



Mission Statement

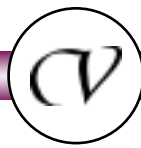
Villa St. Joseph is a place of healing committed to excellence in compassionate care serving the health needs of older adults, as well as those in the wider community in need of our expanding services.

As a sponsored ministry of the Sisters of St. Joseph of Baden, all that we do witnesses to a profound love of God and love of neighbor, without distinction, with deep respect for the sacredness of human life, and the dignity of person.

For Your Information

The *View from the Villa* is published regularly for residents, families, employees and friends of Villa St. Joseph. Please address all correspondence to:

View from the Villa
Villa St. Joseph
1030 State Street
Baden, PA 15005-1346



Sister Donna Marie Beck

style and philosophy of the person, in my supervising and teaching students and interns, in the ways I navigate challenges and opportunities,” says Brigitte Sutton, Director of Music Therapy at Villa St. Joseph, and a former

student of Sister Donna Marie.

Sister Donna Marie is a Life Time Achievement Award winner of the American Music Therapy Association (AMTA). Upon her retirement at Duquesne, she was inducted into the Century Club of Distinguished Duquesne University Alumni.

The gala will feature an array of silent auction items including a framed photograph of retired Steelers safety Troy Polamalu, Walt Disney World Park Hopper Passes, autographed movie collectibles, luxury limousine service and Pittsburgh Pirates memorabilia. Johnson Auction Service, Inc., will present several live auction items, including a twelve-day stay in Kalithies, Greece.

Tickets for Young at Heart 2015 are \$125 per person. Tables of eight are \$1,000. Proceeds from the event support the Music Therapy Program and the Benevolent Care Fund, which annually provides approximately \$400,000 to more than 60 percent of residents with limited or no financial resources.

The deadline for reservations is September 16. Registrations, as well as sponsorship opportunities, will be accepted online at www.bit.ly/YoungAtHeart2015.

Young at Heart offers an opportunity for community members to celebrate Villa St. Joseph’s mission of providing excellence in compassionate care to elderly residents in the loving tradition of the Sisters of St. Joseph, who founded the Villa.

The staff cares for as many as 120 residents at a time and provides medical and therapeutic services for more than 450 individuals over the course of a year.

If you would like to support this year’s gala, please consider donating an auction item or basket. The Young at Heart committee is also accepting donated bottles of wine to be used for raffle and auction items.

For more information, contact David Dix, Director of Development, at (724) 869-6321 or ddix@villastjoseph.org. Visit Villa St. Joseph online at www.villastjoseph.org.

Our Partners In Caring

2014

Eugene A. Giotto

2013

Ann and Frank Cahouet

2012

Sister Judith Maroni, CSJ

2011

Kathy Adelman

2010

Ginny Simmons

2009

George and Eileen Dorman

2007

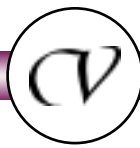
A. Gary Chace, Sister Michelle Prah, CSJ and John and Patricia Staley

2006

Villa St. Joseph Auxiliary

2004

Susan Laughlin



Villa Introduces M

Mother, daughter con

Growing up in a large Polish family, Romaine Jesky-Smith remembers sitting around an old record player listening to music with a large number of family members and cousins. Polkas were very popular in their household.

“I tell people that I learned to polka before I learned to walk,” Romaine says.

Music was an important part of the life of Romaine, and her mother, Helen, who has been diagnosed with early onset dementia. The 90-year-old has been a resident of the Fontbonne Neighborhood (for memory loss) at Villa St. Joseph for two and a half years.



The new Music and Memory program helped Helen communicate and re-connect with her daughter, Romaine.

As is often the case in memory loss, Helen’s communication skills declined and interactions with her daughter diminished. For years, Romaine says, they grew further and further apart.

“For the last few years, I feel as though I have been losing my mother more and more each time I visit with her,” she says.

Through a new program at the Villa called Music and Memory, Helen and Romaine, as well as other loved ones, are being provided a creative and exciting opportunity to connect with each other.

Music and Memory utilizes small digital audio systems (iPods) to deliver personalized music

selections to those with memory loss, such as Helen.

The new program illustrates Villa St. Joseph’s mission to provide excellent and compassionate care that is deeply personal and person centered.

“We are passionate about bringing the arts to the daily lives of our residents like Helen. Offering music therapy services is a creative and effective modality for addressing goals in our integrated, person centered approach,” says Brigette Sutton, Director of Music Therapy at the Villa.

The Music and Memory program enhances the overall Music Therapy

Program at the Villa. Loved ones and staff who wish to access the program are provided with equipment and training to develop personalized playlists of music that may spark memories and reconnect with those struggling with cognitive challenges.

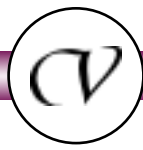


For the last few years, I feel as though I have been losing my mother more and more each time I visit with her.

– Romaine



For Romaine, she knew her mother’s music of choice would be some type of polka. Specifically, she knows that Helen likes the Polish song



Music and Memory Program

Reconnect - again - with familiar Polish music

'Matka.' Matka means "mother" in Polish. Just before one of Romaine's recent visits with her mother, Romaine downloaded 'Matka' to an iPod. She also purchased a splitter which enables two people to listen to one iPod (and the same song) at the same time. Romaine sat down with her mother and carefully placed the ear buds in Helen's ears and then in her own.

"Almost instantly, as we listened to 'Matka' together, mom had this intense and studied look on her face – a focus that I have not seen in years," Romaine recalls. "As we are listening to this music together, she looks right at me and says 'mother'."

It was a poignant and personal connection that Romaine has not had with her mother in years.

Thanks to the Villa's commitment of support and training from the Music and Memory program, connections between loved ones, such as Romaine and Helen, re-emerge and grow stronger.



Helen with her daughter, Romaine

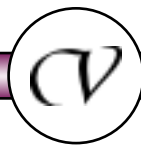


In 1955, Helen, center, with her young daughters, Anna Marie and Romaine make a memory in the snow.

Help the Villa Make Memories Through Music

If you would like to help Villa residents and their family members re-connect through music, please consider making a gift designated to the Music and Memory program.

For more information on how you can help, contact David Dix, Director of Development at 724-869-6321 or ddix@villastjoseph.org.



Collaboration Carries Our Service, Mission Forward

By A. Gary Chace, President, Board of Directors

Hopefully, you are all enjoying a warm summer experience. It has been six months since we dedicated our new outpatient rehabilitation unit and our expansion of our Cup O' Joe where "something's always brewing." This enhanced effort follows our continuing effort to respond to the needs of our community at-large and to ensure that Villa St. Joseph is providing the quality of care that we pride ourselves in providing to all our residents and our rehabilitation patients.



A. Gary Chace
Board President



Holocaust survivor Judah Samet, right, talks about being imprisoned as a child at the Bergen-Belsen concentration camp during World War II. His presentation was part of the Cup O' Joe program series.

Since the Villa's inception 18 years ago, the Sisters of St. Joseph have worked diligently to fulfill their mission of service and collaboration to all. This focus on collaboration is demonstrated in our commitment to provide an endearing home in which to celebrate one's life fulfillment.

The addition of our outpatient therapy greatly enhances one's life in a healthful collaboration by expanding our neighbors' opportunities to a better life. One innovative aspect of this is our "pre-hab" physical therapy whereby the improvement in body and mind before surgery greatly enhances the recovery from major hip and/or knee replacement surgery and the ability to resume a healthy active life.

The programs that have been developed out of our interactions in the Cup O' Joe demonstrate the "excellence in care" that is at the core of the mission of Villa St. Joseph and the Sisters of St. Joseph who founded our ministry of compassionate care.

We hope you will find time to visit the Villa and experience the exciting, welcoming atmosphere that our many neighbors call home.

Visit Us for Coffee and Conversation

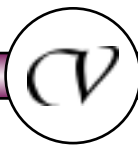
With its bright and cheerful décor, the Cup O' Joe café welcomes residents, families, staff and individuals from the community to enjoy coffee, conversation, an assortment of food offerings and special educational programs each month.

This expanded service of Villa St. Joseph complements our mission of "excellence in compassionate care" and our commitment to serving the needs of our neighbors in the community.

The Villa is pleased to host a "Then & Now" presentation by Brenda Applegate, executive director of the Beaver County Historical Research & Landmarks Foundation on Wednesday, September 23, at 2:30 p.m. in Cup O' Joe.

For more information about programming or volunteering at Cup O'Joe, please contact Chris Gebhart, Volunteer Coordinator, at 724-869-6306 or by e-mail at cgebhart@villastjoseph.org





Villa Welcomes New Development Director



*David Dix
Development Director*

After spending 15 years in the banking industry, David Dix felt compelled to apply his skills and experience within the non-profit sector. We recently welcomed David as Development Director at Villa St. Joseph.

“Working as a team with a wonderful group of volunteers, staff and the Villa Board – all focused on the Villa’s mission of providing excellence in compassionate care – has been affirmation that this is a great place to be,” David says. “We have a responsibility to carry on the tradition of care from the Sisters of St. Joseph to our residents. I have seen this happen each and every day.”

A lifelong resident of Western Pennsylvania, David succeeds Ray Niedenberger who served as the Development Director for 10 years. He hopes to complement and expand upon Ray’s work, adding that he has “very big shoes to fill.”

David, who is excited to get to know the Villa’s many friends and supporters, is thankful to the 236 donors who contributed \$22,362 to our annual spring appeal. Through these generous gifts, we were able to make improvements to the Fontbonne Garden area. These contributions also supported our Music Therapy program and helped us care for residents who have little or no financial means.

Prior to his work at the Villa, David worked as Development Director and Capital Campaign Director at East End Cooperative Ministry. He also has worked with the Byzantine Catholic Seminary and Sheldon Calvary Camp, a summer camp owned and operated by the Episcopal Diocese of Pittsburgh.

“Working with faith-based organizations has provided a rewarding and satisfying work experience,” he says. “I look forward to helping the Villa grow as we meet the growing needs of our residents and the needs of those in our wider community.”

David resides in Pine Township with his wife, their two daughters and one very large Great Dane.



Taking advantage of the outdoor summer setting Villa residents participate in a “chair yoga” class, which is led by a volunteer, Heather Forsythe.

Give Through United Way

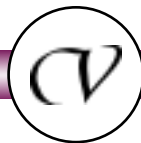
Designate all or part of your United Way contribution to the Villa St. Joseph Benevolent Care Fund, which helps us support the care of Villa residents who have exhausted their financial resources. Designate United Way Agency Code 4916, Combined Federal Campaign Code 87806 for federal employees, or State Employee Appeal Code 4611-0031 for state employees.



1030 STATE STREET
BADEN, PA 15005-1346
724-869-6300

NON-PROFIT ORG.
US POSTAGE
PAID
PITTSBURGH, PA
PERMIT NO. 05677

Visit us at www.villastjoseph.org



Villa Welcomes Sister Lisa into 'Ministry of Presence'

Following a 12-year ministry as Catholic Chaplain at UPMC Children's Hospital of Pittsburgh, Sister Lisa Balcerek, CSJ, has been named Director of Pastoral Care and Mission Integration at Villa St. Joseph.

"The transition from Children's Hospital to the Villa was not as difficult as I expected," she says. "I do miss the children, but the elderly also have their own gifts to offer. Both places celebrate and focus on life in the midst of some very trying circumstances."

Sister Lisa, a former early education teacher, succeeds Sister Carolyn Wiethorn, CSJ, who served as Director of Pastoral Care since the Villa was opened in 1997.

Sister Lisa says she welcomes the opportunity to work at the Villa because it is a ministry founded and sponsored by the Sisters of St. Joseph. She also was attracted to the experience of developing meaningful relations with residents and families in a long-term care setting.

"My experience at the Villa, thus far, has been absolutely amazing! The staff is very committed to the mission of the Villa, which is based on the mission of the Sisters of St. Joseph," she says. "The residents have been so welcoming and appreciative of continuing to have a Sister in this position."

Sister Lisa earned Bachelor of Science in Education, with a major in Elementary/Special Education and a minor in Theology from Duquesne University. She was certified in Clinical Pastoral Education from the Milton S. Hershey Medical Center.

