



Villa St. Joseph

A Sponsored Ministry  
of the Sisters of St. Joseph

# A View From

# the Villa

Volume 13, Issue 2

1030 State St. • Baden, Pennsylvania • 15005

Summer 2013

## Young at Heart 2013 to Support Benevolent Care, Music Therapy

Villa St. Joseph will present *Young at Heart 2013*, its traditional fund-raising gala, on Friday, September 27, 2013, at the Hyatt Regency Pittsburgh International Airport.

*Young at Heart 2013* celebrates the 16-year anniversary of Villa St. Joseph with a "Sweet 16" theme. The event begins at 6 p.m. with a cocktail reception featuring music by the Center for Young Musicians. Prior to dinner, there will be the presentation of the 2013 *Partner in Caring* award which honors individuals, groups or organizations who help promote the mission of the Villa. This year's recipients are Frank V. Cahouet, Sr., and his wife, Ann W., of Sewickley, who have supported the mission and work of Villa St. Joseph since its inception. (Read more about the Cahouets on Page 3.)

"Through their long-time support and association with Villa St. Joseph, the Cahouets have touched the lives of both residents and staff and made a significant impact on the quality of life and care for Villa residents," says Mary Murray, Executive Director of the Villa.

Barbara McBride of Beaver is chairwoman of this year's fund-raising gala that supports Music Therapy and Benevolent Care, which provides approximately \$400,000 annually to more than 60 percent of the Villa residents. An array of silent auction items will be offered in addition to a live auction led by auctioneer Lynda Johnson.

Tickets for *Young at Heart 2013* are \$125 per person. Tables of eight are \$1,000. Opportunities for

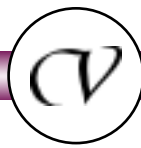


## Happy Anniversary!

Villa Resident Helen Newadomski celebrates the 16th anniversary of the Villa with birthday cake from Christina Gebhart, Director of Activities and Volunteer Services Coordinator. The celebration for staff, residents and families took place on February 20.

All were encouraged to share "why Villa is home to me" with notes pasted on a blueprint of the Villa. Comments ranged from "the great people who work and volunteer here" and "the food is super" to "everyone is polite" and "everyone is sociable."





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## Dear Friends of Villa St. Joseph,



*Mary M. Murray*

There is an old saying that "home is where the heart is." As Villa St. Joseph celebrated its 16th anniversary in February of this year, our residents were asked "How is Villa St. Joseph home to you?" The responses to this question are telling about where our residents' hearts are. Josie Walton said, "A beautiful home to me . . . ." Raymond and Mary Powell said, "A great combination of people . . . like family."

These are the stories behind Villa St. Joseph's mission of "excellence in compassionate care." It is the many persons who work for and support Villa St. Joseph that enable it to be that "place of healing" for so many residents and their families.

Making a home-like environment is also important to healing. I am pleased to share the news that our nursing work stations will be renovated soon, thanks to the generous donation of local foundations. These work areas will be redesigned to allow for greater resident accessibility to our nurses. The existing high countertops will be replaced so that residents and nurses can talk with each other at an open desk area, and the workspace behind the countertops will be refashioned to better meet staff's needs.

Look for future newsletters to learn more about how Villa St. Joseph will be working to provide more services to our local community in the form of additional outpatient rehabilitation services. This is one more example of how Villa St. Joseph is continuously working to meet its mission of "excellence in compassionate care."

With warmest regards,

*Mary M. 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

### Letter from Friends

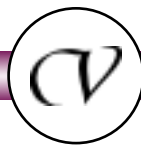
We have been to many different health facilities in our life time caring for our aging parents, to caring for our children, and grandchildren. We admit that none can compare to the care, compassion, dedication and commitment of staff at Villa St. Joseph of Baden.

My husband was in a head-on collision (accident) and was near death. He was unable to walk. The accident occurred on August 16th of 2012. Today, because of your staff's expertise and patience, he is walking with a cane.

We will forever be grateful for all that you have done for us. We thank you from the bottom of our heart. . . .

May our precious Lord bless all of you.

– Carla and Bill DiCioccio



## Sewickley Couple Honored as 2013 Partners in Caring

Frank and Ann Cahouet of Sewickley will be recognized as the 2013 *Partners in Caring* during the *Young at Heart* event on Friday, September 27, 2013, at the Hyatt Regency Pittsburgh International Airport.

Mr. Cahouet is retired chairman, president and chief executive officer of Mellon Financial Corporation, where he served from 1987-1998. He also has held executive positions at the Federal National Mortgage Association, Crocker National Bank, and Security Pacific National Bank where he served for 24 years.

Mr. Cahouet is board chairman of NBH Holdings Corporation and has numerous other board affiliations including Teledyne Technologies, Inc., Audia Group, Carnegie Mellon University, University of Pittsburgh, Saint Vincent Seminary, the Historical Society of Western Pennsylvania, the Extra Mile Education Foundation and the Little Sisters of the Poor. He also is the founding chairman and director of the Pittsburgh Regional Alliance.

Mrs. Cahouet served as a board member for Samaritan Counseling Center, Three Rivers Young People's Orchestra and Holy Family Institute. A lifelong passion for music led her to establish singing groups in California, England and



*Frank and Ann Cahouet at their home in Sewickley*

Pittsburgh for the purpose of bringing pleasure to others, especially seniors. She and her husband helped initiate the Villa's Music Therapy Program and have continued to support the program's therapeutic goals.

"If we can help people of any age feel better by encouraging them to sing or clap hands in time to the music or to dance, we will have done them a great service," she says.

### **Young at Heart** – *continued from page 1*

sponsorship, advertisements and contributions of auction items range from \$50 to \$10,000. Deadline for sponsorships is August 30 and deadline for reservations is September 13. Online registration is available at: [www.tinyurl.com/VSJYoungat-Heart2013](http://www.tinyurl.com/VSJYoungat-Heart2013).

*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 in 1997.

For more information, contact Ray Niedenberger, Director of Development, at (724) 869-6321 or [ray@villastjoseph.org](mailto:ray@villastjoseph.org).

### **Partners in Caring**

2012 - Sr. Judith Maroni, CSJ

2011 - Kathy Adelman

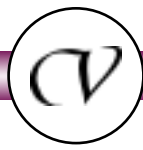
2010 - Ginny Simmons

2009 - George and Eileen Dorman

2007 - A. Gary Chace,  
Sr. Michelle Prah, CSJ,  
and John and Patricia Staley

2006 - Villa St. Joseph Auxiliary

2004 - Susan Laughlin



## Villa Partners with Sweetwater Center for the Arts

On a chilly winter day, residents “warmed their hearts” in the first on-site art session offered by Sweetwater Center for the Arts in Sewickley.

Equipped with a wooden plaque containing strategically placed nails, each resident wound colorful thread through the nail pattern until the shape of a heart was visible. Some residents chose light and dark shades of the same color to create a tonal effect, while others chose contrasting colors. One resident created a patriotic red, white and blue plaque.

The project, which promoted hand-eye coordination, is just one of the monthly art therapy activities that has been offered since the Villa’s collaboration with Sweetwater began in February. During another Sweetwater session, residents tested their dexterity by fashioning clay pots.

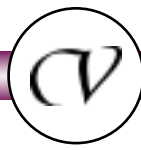
In addition to the Villa’s Music Therapy Program, art experiences also promote healing and offer an opportunity for personal growth. The Sweetwater monthly art program was made possible through grant funding and will continue through the remainder of 2013.



*Resident Anna Sawinski displays her 'heart' project.*



*Villa St. Joseph Board President A. Gary Chace helped establish the Villa’s partnership with Sweetwater Center for the Arts and regularly volunteers during the art sessions. Gary was named Citizen of the Year in April by the Sewickley Herald for his efforts as a volunteer with Sweetwater Center for the Arts, Sisters of St. Joseph, St. James Catholic Church and Heritage Valley Health System. At left, he assists resident Agnes Kato with her string-art project.*



## Employees Offer 'Gifts' on Mission Day – and Every Day

*Steadfast . . . Meticulous . . . Dreamer . . .  
Warm . . . Spiritedness . . . Optimism*

These are just a few of the 117 words that Villa St. Joseph employees used during Mission Day to describe the “gift” that they bring to their workplace.

On March 19, the Feast Day of St. Joseph, employees were treated to a spread of fruit, cheese and dessert to celebrate the Villa’s new Mission and Values statements. Each employee received a mission card with his or her selected word written in calligraphy by Sister Therese Melucci or Sister Carolyn Wiethorn, Director of Pastoral Care.

One employee asked what she should do with the mission card after Sister Carolyn inscribed the name of her gift on it.

“Read it every morning to remember the blessing you bring to the Villa,” Sister Carolyn replied.



*Michelle Harvey, left, and Jamie Ecimovic, both Certified Nurse Assistants in the Baden Neighborhood, show their personalized Mission Day cards, which identify their “loving” and “compassionate” gifts.*



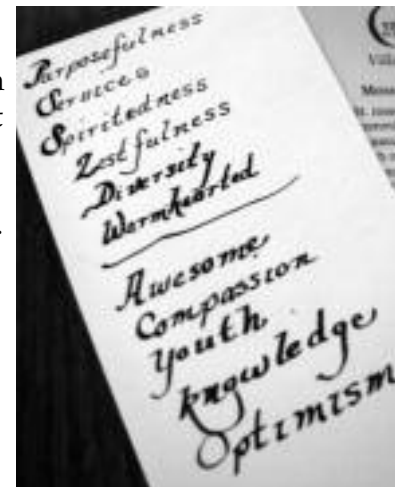
*Angela McCray, a registered nurse in the Ebensburg Neighborhood, discusses her “gift” with Sister Carolyn Wiethorn, Director of Pastoral Care.*

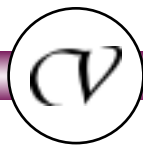
Some Villa employees approached the Sisters confidently with a word chosen in advance while others offered comical suggestions for colleagues who were undecided about their word.

Sister Judith Maroni, Director of Mission Integration at the Villa, kept a master list of the contributed words and began to notice that although the same words were rarely repeated, each was connected to the Villa’s mission of excellence in compassionate care.

“Their words make the mission statement more robust because each word expresses a gift that a staff person brings to the organization and to those we serve,” she said.

Sister Judith hopes the 117 expressions can be incorporated into a collective word-art piece to be displayed in the Villa as a visual reminder of the abundance of gifts that employees bring to the Villa St. Joseph family.





## Volunteers Honored for 'Sweet' Service

A dedicated group of Villa St. Joseph volunteers was honored in April for 'sweetening the lives' of Villa St. Joseph residents and staff.

Volunteers, family members and residents gathered for a dinner and an awards ceremony on April 25 in the Sisters of St. Joseph Dining Room. Candy bouquets on each table celebrated the evening's theme. A three-piece ensemble led by Joe Barth provided entertainment as Christine Gebhart, Activities Director and Volunteer Coordinator, thanked the volunteers for sharing their time and talents.

Those receiving five-year awards were: Rose Booher, Shirley Golden, Nancy Karolak, Theresa Lesack, Martha Piontek, Jean Pittman, Arthur Ruperto and Janis Salvino. Those receiving ten-year awards were: Mary Kay Bianchi, Valerie Fitzpatrick, Joseph and Bonnie Makarewicz and Leonard Penczak. The 15-year award recipient was Helen Timko.



*Resident Josie Walton and Sr. Kathleen Garde share smiles at volunteer dinner. Sr. Kathleen, who passed away July 10, led faith-sharing groups at the Villa.*

## Villa Staff at the Heart of Our Mission and Values

Villa St. Joseph is blessed with a beautiful environment inside and outside, but it is the daily excellent and compassionate care of the staff that makes it a special home for our 120 residents.

From the executive director to the housekeepers and from the nurses to the receptionists, all 202 caring individuals manifest the mission. Each one serves the residents as if they are members of their own families - a mother, a father, a grandparent, or a sibling. Each one is committed to making the Villa a "place of healing."

Our staff sets Villa St. Joseph apart in other ways, too. While statistics show that staff retention rates are decreasing in many long-term care facilities, the Villa is experiencing encouraging, positive numbers. Over the past two years, the overall staff retention rate has increased from 66 percent to 78 percent, and, the full-time staff retention rate has increased dramatically to 82 percent. It is also worth noting that the retention rate of Certified Nurse Assistants has increased from 53.3 percent to 68.4 percent over the past two years. While pleased with these strides, we continue to explore ways to further raise retention rates in all areas.

A dozen staff members who helped open the Villa 16 years ago continue their daily work at the Villa as "partners in mission" with us. We recently honored 21 staff members who celebrated anniversary milestones of five, 10 and 15 years of dedicated service.

The numbers tell only part of the story of our staff. The residents and family members tell a deeper and more personal one. They tell us time and time again how grateful they are for the dedicated and professional staff they encounter. This is consistently confirmed in an independent annual survey of our residents and family members, and echoed regularly in letters that we receive. A few excerpts follow:

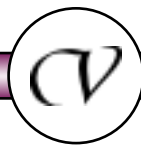
"You have a wonderful staff of nurses, aides and especially the physical therapists who do an excellent job of meeting the needs of residents in your care. I especially want to acknowledge the excellent care and service I have been given by nurse (Steve). He has been very attentive to my needs ...

"The staff made such a positive impact on my father? We actually saw him change into a better person in the last month of his life that we thought we would never see."

Our employees work compassionately and professionally to make the Villa an attractive "home" for our residents, and we are grateful that so many of our employees also have found the Villa to be an appealing place to work.



*A. Gary Chace  
Board President*



## Help Us Provide for Our Residents Today and Tomorrow

### *Donate through the United Way*

You can support our Benevolent Care Fund by designating all or part of your United Way contribution to Villa St. Joseph. This fund helps us support the care for Villa residents with limited or no financial means. Designate **United Way Agency Code 4916, Combined Federal Campaign Code 87806 for federal employees, or State Employee Appeal Code 4611-0031 for state employees.**

Your gift helps us live out our mission of compassionate care to those in need.

### *Leave a Legacy*

You can leave a legacy of love by making a bequest in your will to Villa St. Joseph. For more information on this and other donor opportunities, please contact Ray.

### *Participate in Young at Heart*

The *Young at Heart* 2013 dinner and auction will take place Friday, September 27, 2013, at the Hyatt Regency Pittsburgh International Airport with a reception beginning at 6 p.m. A "sweet sixteen" theme pays tribute to the 16th anniversary of the founding of Villa St. Joseph. We are pleased to announce that long-time supporters Frank and Ann Cahouet will receive our *Partner in Caring Award* at the event. Proceeds from *Young at Heart* support Benevolent Care and Music Therapy.

You can participate in several ways:

- Attend the event as a guest: \$125
- Consider a program advertisement or sponsorship: Levels ranging from \$75 to \$10,000
- Be a *Young at Heart* Friend (\$50), Patron (\$150) or Benefactor (\$300)

*For more information, call Ray Niedenberger at 724-869-6321  
or email him at [ray@villastjoseph.org](mailto:ray@villastjoseph.org).*

### *A Word of Gratitude*

Thank you to our 117 donors who contributed more than \$11,000 to our annual parents' appeal. We are grateful to you for your donations that support the benevolent care of residents who have little or no financial means.

### *A Loving Tribute*

If you wish to remember or honor a loved one with an engraved paver in our outdoor garden area, a limited number of opportunities is available. There are five larger "8 x 8" pavers at \$250 and 12 smaller "4 x 8" pavers at \$100.



*This "8 x 8" paver honors the life of Ruth M. Darragh.*

### *Wanted: Donated Pickup Truck*

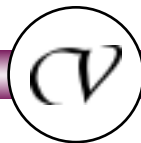
Can you donate a used pickup truck in good condition to Villa St. Joseph? We could put a truck to good use – transporting maintenance supplies, hauling items to be discarded and helping with light tasks around the grounds. Your donation not only may qualify you for a charitable deduction, but it also assists us greatly with our work. Call Ray at 724-869-6321 or email him at [ray@villastjoseph.org](mailto:ray@villastjoseph.org) to see if your truck may fill our needs.



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## Visit Our Newly Designed 'Home on the Internet'

*We launched a new website and we would love for you to visit us at [www.villastjoseph.org](http://www.villastjoseph.org)*



*Our new home on the Internet conveys our mission with a fresh and vibrant new look, improved navigation and expanded information.*

*Some of the featured sections include:*

- Admissions and care
- Programs and services
- A calendar of activities
- Streamlined, secure donation options
- Virtual tours of grounds and interior
- Happenings on the home page
- Job listings
- Volunteer opportunities
- News and events