



The Community at Holy Family Manor

A Ministry of the Sisters
of the Holy Family of Nazareth

FAMILIES FIRST

empowering families through love, hospitality, and faithful listening.

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Director
Sister Dorothy
M. Pawlus, Csfm

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Email Sister at dpawlus@chfmanor.org—
She would love to hear from you!

A NOTE FROM OUR NEW EXECUTIVE DIRECTOR SISTER DOROTHY M. PAWLUS, CSFN

I had often wondered what it would be like to “go back home.” Though author Tom Wolfe wrote an often-quoted book on the topic entitled “You Can’t Go Home Again,” I did just that in February. I came home to live and work with my religious community—the Sisters of the Holy Family of Nazareth—and what a homecoming experience it has been!

For the past 13 years I have carried out ministry at St. Bartholomew’s Parish in Penn Hills as Parish Life Collaborator. As any Pittsburgher knows, if you have to cross a river or go through a tunnel to get there, it is considered long-distance travel. So upon completion of my journey to the Community at Holy Family Manor, I was greeted with an awesome reception, an instant wave of comfort, that unmistakable feeling of being home, and a reminder that people are kind and welcoming on both sides of the rivers and tunnels.

As I celebrate my homecoming and learn more about our Community, my breath is repeatedly taken away by the stories I hear and acts of love I witness. The care received by our residents, children, and housing services clients is truly impressive. I am honored to be among a staff and community so committed to serving others, and am excited to continue our good works together. I welcome you to stop by and experience the warmth of our campus programs and mission for yourself—

“our welcome mat is always out!”

MOUNT NAZARETH LEARNING CENTER RECEIVES ACCOLADES AND GRANTS

Mount Nazareth Learning Center recently achieved the STAR 3 rating from Keystone STARS, a system of continuous quality improvement (CQI) that guides early learning and school-age programs toward achieving and maintaining high quality care and best practices. With additional facility improvements and resource updates underway, MNLC is well on its way to earning the STAR 4 designation.

“Receiving this rating was a result of our staff’s hard work and the realization of a long-time goal,” said Michelle Harrison, MNLC Director. “Our staff consistently holds 18 college or training credits a year in their fields, and our children have access to the safest and most interactive spaces and curriculum.”

Perhaps the most notable recent facility update, made possible by a generous grant from the Grable Foundation, has been the multi-purpose room upgrade. To create a state-of-the-art

space for MNLC students and families, the space received new drywall, paint, and electric work. Outdated radiators were also removed. The space will be used for summer camp, as well as for art, intergenerational activities, science projects, and indoor gross motor fun beginning in the Fall. New computers, books, and science materials are also slated to round out the revamp. Additional grant funding will be used to further improve safety and educational standards such as individual Pre-K lockers, new chairs for the dining room, and online programming training.

In addition to fast-spreading news of the updates and STARS accreditations, Ms. Harrison cites positive word-of-mouth in praise of her staff as why this once little-known childcare facility now has a waiting list—“Our teachers have fantastic reputations,” Ms. Harrison explained. “Though we never advertise, I receive calls daily for tours and enrollment inquiries because someone told them to call us first.”

A SUNNY 2ND ANNUAL MINI WALK

A friendly rivalry of the ages emerged as Mount Nazareth Learning Center students and Holy Family Manor seniors walked, strolled, and rolled together in this year’s quarter-mile “Mini Walk” on Tuesday, May 9th. The on-campus event was held in celebration and anticipation of CHFM’s participation in the Highmark Walk for a Healthy Community on Pittsburgh’s North Shore on May 13th. Curriculum and intergenerational exercises were conducted in the weeks prior to the Mini Walk to encourage friendship and healthy, active lifestyles among all of the generations represented on campus.

This year’s event was blessed with sunshine and a cool breeze while friends, family, and staff cheered for Mini Walkers (and rollers). As participants began to cross the finish line, Pre-K students could be heard muttering, “Oh no—the seniors won!” That’s okay youngsters, there’s always next year.

The 2017 Highmark Walk for a Healthy Community CHFM Team raised over \$12,000 – thank you to everyone who donated, volunteered, and walked! Mark your calendar for May 2018 and join in the fun.

A special thanks to (Gold Sponsor) Worgul Law Firm, (Silver Sponsors) Devlin Funeral Home, Patrick and Jennifer Mondil GE Foundation Matching Gift, and (Bronze Sponsors) Alpha Connectel, J&L Construction, and TFH Consulting, Inc.

HEROES DAY: MISSION ACCOMPLISHED

Led by Intergenerational Coordinator Sister Antonina Gadacz, Csfm, The Community at Holy Family Manor hosted “Heroes Day” on June 13th to show gratitude and respect to area police, fire, and EMS staff and to teach our children about being heroes in everyday life.

The morning began with a prayer and an enthusiastic rendition of “God Bless America.” A dozen heroes were honored by more than 200 children, Manor and Commons residents, CHFM staff, and event volunteers. Excitement was in the air, as were bubbles and familiar smells of a BBQ picnic. Dancing, a hero-themed art contest, and firefighter-themed water play rounded out the schedule. Emergency vehicles were also on site for exploration, including a Quail Volunteer Fire Department truck, Ross Township squad car and motorcycle, and the Ross/West View ambulance. Cesar, the K-9 German Shepherd also made it to the picnic for a few treats.

To show our thanks, each hero was given a giftbag with a prayer card and a caramel candy since they are often in “sticky” situations. Hugs and high-fives were also exchanged. The spirit of our mission of sharing God’s love with our extended community was certainly felt that day.



NEWS +
NOTEWORTHY

SENIOR CARE: BRINGING MEMORIES TO LIFE

A woman enters a dressing room. She brushes her hand against hats adorned with buttons, feathers, and netting, and decides to try one on. A few doors down a man sits peacefully in a coffee shop. Perry Como plays on the radio. Suddenly for both, 1958 seems like yesterday or maybe even today, and they release sighs of calm content.

A new culture is emerging at Holy Family Manor's Memory Care Unit propelled by the latest cognitive research on life-enriching experiences, and it has been made possible by donations and grants like the \$20,000 PNC Charitable Trust "Bringing Memories to Life" grant received in the Fall of 2016. The specialty unit, which accommodates up to 12 individuals, now offers life skills stations to gently stimulate interests and reconnect residents with their favorite pastimes. These stations include a replica 1950s diner, a handyman's work area equipped with vintage tools and magazines, and a ladies' midcentury dressing room complete with hats, gloves, and costume jewelry. "Residents are able to freely explore and enjoy these spaces. It keeps them engaged while allowing them to feel safe," said Melissa Armienta, Administrator for Holy Family Manor.

Not all stations focus on the 1950s. A popular room is the sensory room, where lights, textures, music, and colors are used to gently soothe and redirect agitated residents. The room amenities keep residents engaged without overwhelming them. Aids help residents manage the sensory controls to fit their individual preferences.

In CHFM's Memory Care Unit, residents not only receive comprehensive care and supervision in a homey environment, but they are also inclined to more frequently reminisce about the "good old days" due to the familiar activities and environments available. This helps to keep them more satisfied and their families comforted.

"Dealing with progressive memory loss is difficult. For the affected it is starting over again new each time, and for the caregiver it is reliving the same thing over and over again," said Ms. Armienta. "Our staff works one-on-one with each resident to learn their history and to familiarize them with the different spaces we've created until they are comfortable enough to experience them independently."

While there is no cure for Alzheimer's and the many related causes of dementia, the Memory Care Unit at Holy Family Manor offers resources and support to help residents and their families through activities that inspire conversation, assist with memory recall, and provide interactive entertainment. >>>



(Above, left to right) Memory Care Prayer Room, Memory Care resident reading the paper on the bench outside the "Diner," Seating area inside the Diner (Below) Memory Care resident exploring the ladies' retro dressing room.

According to the Alzheimer's Association, there are currently more than 5 million Americans struggling with Alzheimer's disease. Unlike other chronic illnesses, Alzheimer's is on the rise and remains the only disease among the top 10 causes of death in America that cannot be prevented, cured or even slowed. The Association asserts that for every person with the disease, it is estimated that an additional three people, most often family, provide support and care. Inspired by this great need and research advancements in memory care, the Community at Holy Family Manor will continue to refine and expand on its specialized program. Ms. Armienta noted, "The improvements already completed, including our movie theater-themed common area, have received really positive responses. The different life stations have opened a whole new world of discovery for our residents."



MORE THAN 5 MILLION AMERICANS STRUGGLE WITH ALZHEIMER'S DISEASE. FOR EVERY ALZHEIMER'S PATIENT, IT IS ESTIMATED THAT AN ADDITIONAL THREE PEOPLE, MOST OFTEN FAMILY, PROVIDE SUPPORT AND CARE. CHFM IS RISING TO HELP MEET THE NEEDS OF AFFECTED FAMILIES.

How you can help? The Memory Care Unit renovation is nearly complete, but we are still in need of furniture and enhancements for common spaces and life stations. If you would like to donate, please contact Melissa Armienta at 412.931.6996 ext. 6606.

Resources cited: www.alz.org and www.buckinstitute.org

PROGRESS REPORT: THE CAMPAIGN FOR FAMILIES

Our on-going comprehensive campaign—**Campaign for Families: The Heart of Our Mission**—was launched three years ago to help continue our mission work. Our fundraising goal of \$1.5 million has been partially realized through efforts like Circle of Friends and The Highmark Walk for a Healthy Community, grants from organizations, and the generosity of independent donors. As our campaign continues, we apply monies received to projects and programs community-wide. Here is a snapshot of a few things we have accomplished so far. Just think how much more we can do when we unite as one family to make the Campaign for Families a smashing success!

SUCCESS TO DATE

MOUNT NAZARETH LEARNING CENTER

CHFM has invested \$400,000 to:

- Add sinks in 14 classrooms
- Install shorter bathroom sinks
- Expand and upgrade the dining area
- Install tiled areas for art
- Remove walls to ensure children’s visibility at all times

NAZARETH HOUSING SERVICES

Annually, an average of 125 seniors and disabled persons in need receive critical home repairs, partially due to our campaign funds.

COMMUNITY-WIDE

A \$50,000 grant from the Pittsburgh Foundation for our Generations Together Intergenerational Program provided new learning materials including technology and grew the program to include residents from The Commons.

We are blessed and grateful for all who make our services possible, including the following foundations who have given us generous grants toward our campaign goal.

GRANTS

- | | | |
|-------------------------|--|--------------------------------------|
| Amelia Miles Foundation | Howard E. & Nell E. Miller Charitable Foundation | PA Department of Education |
| Action Housing SHIP | Irene Shea Foundation | Pittsburgh Religious Retirement Fund |
| BNY Mellon | J.B. Finley Charitable Trust | PNC Charitable Trusts |
| Buncher Foundation | Mary S. Campbell Foundation | Raskob Foundation |
| City of God Foundation | McAuley Foundation | Snee Reinhardt |
| Forbes Funds SHIP | MVI/HUD contract | The Pittsburgh Foundation |
| Grable Foundation | Nazareth Family Foundation | |

FUTURE

As we strive toward our \$1.5 million goal and beyond, we will fund Learning Center initiatives, plumbing, safety, and dining room updates at the Personal Care Home, and auditorium renovations at the Manor for use by the whole community. The continued success of our campaign will also allow us to answer the needs of more families currently on our Housing Services waiting list. Learn more or get involved—**Contact Ann Restaine at arestaine@chfmanor.org or 412.931.6996.**

HOLY FAMILY MANOR PERSONAL CARE

The Memory Care Unit has achieved:

- Creation of Life Stations
- Renovation of Common Area to a homelike environment
- The Sister’s 13-Room Special Care Unit has received:
- New furniture
- Fresh paint
- Updated window treatments



CAN YOU HELP US REACH OUR GOAL?

“your services are such a blessing.”

—DeAnne, Housing Services Client

DeAnne is a 77 year-old widow with chronic hip and back problems on a fixed monthly income of \$800. Since 2008, she has called on NHS for help with plumbing issues, bathroom safety features, and other modifications to suit her changing mobility needs. With the support of NHS, DeAnne has been able to stay safely and happily in her home for longer than she thought possible. “Nazareth Housing Services was there when nobody else was,” DeAnne said to Bill Vandivier, program director. *We are part of a network of housing counseling agencies under contract with the U.S. Department of Housing and Urban Development, and counseling services are provided to clients free of charge. We participate in the Sustainable Housing Improvement Partnership together with Action-Housing Inc., The Pittsburgh Project, and Rebuilding Together Pittsburgh.*





The Community at Holy Family Manor

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CHILDCARE

SENIOR CARE

HOME REPAIRS

INTERGENERATIONAL
PROGRAMMING

chfmanor.org

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OUR EVENTS

MINI WALK IN MAY



HEROES DAY IN JUNE



4TH ANNUAL circle of friends

SAVE THE DATE: OCTOBER 15

To receive information on attending
or sponsoring the event,
please contact **Ann Restaine** at
arestaine@chfmanor.org or 412.931.6996.

Celebrate and Support Our Sisters' Mission

GENERATIONS TOGETHER ACTIVITY IN JULY

