

Along the Journey

a newsletter for our community and friends

SUMMER 2004

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Baptist Homes Awarded CARF-CCAC Accreditation



Baptist Homes is proud to announce that it has received accreditation from CARF-CCAC for a period of five years, from June 2004 through June 2009.

Over the past year we conducted an intensive self-assessment of our programs and services, looking carefully at every aspect of our organization, including residents, family members, staff and Board. Our efforts were subject to a rigorous peer review process, including a three-day on-site evaluation by a team of professionals from similar long-term care communities. Baptist Homes was found to demonstrate a commitment to enhancing the aging services field, to providing high quality services to all seniors, and to successfully conforming to CCAC's accreditation conditions and standards.

The Continuing Care Accreditation Commission (CCAC) was founded in 1985 as the nation's only accrediting body for continuing care retirement communities and similar organizations. In January, 2003, CCAC merged with the Commission on Accreditation of Rehabilitation Facilities (CARF), a not-for-profit accreditation system founded in 1966 that touches over 3.9 million individuals served in a wide range of human services organizations.

Accreditation is important to all of our constituencies because it verifies the organization's role in innovation, conformance to standards and integrity. Consumers should use accreditation as a standard for comparison as they evaluate the many retirement living options available today.

With this accreditation outcome, Baptist Homes joins more than 300 organizations nationwide who proudly display the CARF-CCAC "seal of approval".



President's Perspective

Over the past year, there's been a positive cycle of change at Baptist Homes...change for the better. The articles in this newsletter celebrate a number of these directions. We achieved CARF-CCAC accreditation for our Mt. Lebanon campus. We are moving ahead with the development of Providence Point. We changed our logo, and the name of this newsletter to reflect that our efforts are part of an ongoing journey to make Baptist Homes the best organization it can be. Our Board of Directors, in their ongoing governance oversight, identified a new mission and vision for the organization.

Accountability is not taken lightly at Baptist Homes. We hold ourselves accountable to the residents and family members we serve, the federal and state agencies that license us, the national organizations that accredit us, and the many individuals who support our ministry. In my last conversation with you, I shared our strategic planning process and the new goals which strengthen our ministry. In this message, I'd like to talk about a Board directive which reinforces our accountability to individuals in financial need.



Todd F. Swortzel

OUR MISSION

Building on our 90 year tradition of excellence, Baptist Homes offers a full continuum of enriched living, compassionate care, and benevolence to a broad spectrum of individuals. We promote a lifestyle of growth, creativity, and independence, while respecting the dignity and self-determination of those living and working in our Christian communities.

Read our new Mission Statement carefully, because it is a testament to the future we see for Baptist Homes: excellence in service, enriched living, compassionate care, and benevolence. From our founding days, we have dedicated ourselves to providing for individuals who have depleted their financial resources. This year, our Board has budgeted for the highest level of benevolence in our 94-year history: \$1.5 million dollars. That's almost 15% of our annual operating budget, and we are proud to set this new benchmark.

This is a challenging commitment. Our residents are not in financial need because of poor planning on their part. Advances in health care have extended their life expectancies past what they considered to be their "old age". And as they age, they are subject to increasingly complicated medical conditions. Along with these realities are the changes to which Baptist Homes itself must adapt. State and federal reimbursements continue to decline, while costs for labor, health and liability insurance, pharmacy, and medical costs continue to escalate. But one thing we know, one part of our ministry that we are not willing to compromise, is our ability to provide benevolence for the many older adults whose quality of life would suffer without our help.

OUR VISION

Baptist Homes will be the premiere organization in Western Pennsylvania that delivers the highest quality of senior living in an independent or supportive environment, while always uplifting one person at a time.

And when I say "our" help, I am including each and every one of you. When you make a gift in honor of one of our residents, you help. When you make a gift in memory of a friend or loved one we have served, you help. When you support our golf outing, you help. When you think to name Baptist Homes in your will, you help. When your church earmarks a special collection for Baptist Homes, you help. When you make a pledge through United Way, or through our employee appeal, you help. Each of us can do a little, and together, we will do a lot to make a difference for each person in our community.

Thank you for your commitment to Baptist Homes. Each day presents another opportunity to improve the lives of our older adults, and we are glad to have you along with us on this journey.

Moving On

By Jean Morelli, Assistant Administrator



Ed and Velma Lake enjoy the Sweethearts Dinner.



Marie Barth's day is brightened by a special bouquet delivered by Bonnie Henk.



Robert Burns, 11, son of one of our RNs with Jake the Great Drake. Jake was purchased from the petting zoo at our 2003 Community Day Celebration, and won First Place and Grand Champion in the poultry class at the 2004 Washington County Fair.

Many years ago, one of our LPN's gave me a picture of our first Director of Nursing. I have kept that picture as a reminder of how the "look" and flavor of the position has changed. The white starched long sleeved uniform and nursing cap have long been replaced by more of a business look. The job, however, remains virtually the same in that its primary focus is providing top quality resident care.

When I accepted the DON position in June of 1982, my goal was to encourage and foster an environment in which residents could truly feel at home, and one which provided nursing excellence. With the efforts of dedicated staff, we've been able to do just that. But through all of these years, I have seen firsthand how long-term care has changed. The nursing services we provide rival those offered in the acute care hospital setting. Many of these changes have made us all stretch in order to meet them, but overall these changes have improved the quality of life for every one of our residents.

Change is never easy, but I have always felt that keeping focused on our mission eases the stress of that change. Recently I accepted the position as our Assistant Administrator. This opens a new avenue for me personally, but one in which the ultimate focus remains on the residents we serve. I am also actively involved in defining the quality of life we will offer seniors at Providence Point and look forward to serving as administrator of that new community.



Jean Morelli and Rossella Minniti, our new Director of Nursing.

We welcome Rossella Minniti as the new Director of Nursing at the Baptist Homes. She is a graduate of the Western PA School of Nursing and comes to us with a number of years of experience in long-term care nursing and administration, and a passionate commitment to the well being of our older adults. Rosi has also worked as a hospice nurse and case manager for a home health agency. Rosi is a wonderful complement to our existing nursing team, and I invite you to become acquainted with her as she directs the healthcare services of our Nursing Center and Assisted Living Residence.

Growth at any Age

By Shirley Farino, Director of Marketing

The sentiment that Genevieve Stephens shared with us two days after she moved into our Assisted Living Residence earlier this year is remarkable. Seniors balance a number of emotional and practical issues as they consider alternate living arrangements. None of these are easy to face, and most require individuals and their family members to realize, accept, and accommodate the natural changes that accompany aging. For many, the right choice is often a decision for which they were not prepared.

Those of us who provide assisted living services have an important task: creating an environment in which each person has the opportunity to continue to grow, develop, and increase their circle of friends. We take pride in responding to our residents' needs while enabling them to respond to the challenges of a new and different living arrangement. We focus on the individual, and the unique gifts each one brings to our community. Community living offers a host of new opportunities for our residents, especially through the recreational and therapeutic activities that are available. At the Baptist Homes Residence, our goal is to encourage our seniors to expand both their world, and ours, by sharing their lives and interests with our community.

Life is a journey, not a destination. There are countless benefits to assisted living, and at Baptist Homes, "growth" is a vital part of our mission and ministry.



*"I told my daughter that people want to go to heaven when they die. They don't have to wait that long. All they have to do is come to the Baptist Homes. The people here take care of you with their hearts."
Genevieve Stephens with her daughter, Audrey Bower.*

Reflections

By Rev. Carol Ross Irwin

"For the Lord gives wisdom, and from His mouth"

Our interdisciplinary Ethics Committee has identified these as its goals — wisdom, knowledge, and understanding. "What is the plug?" This is always a dramatic, and very difficult, situation. But interestingly, it is rarely the issue that faces ethics committee members in thinking through end of life decision-making, we find our primary emphasis lies elsewhere. Our committee

I have simple advice for individuals who raise ethical issues: if the solution is either easy or obvious, it should not be done. That task belongs to others. Our job as the ethics committee is to assist individuals, who are bewildered rather than about issues of daily living (even though they do feel dramatic to the people involved). For example, the issue of late night TV, with another person's right to go to bed early in a dark and quiet room.

These values conflicts create common and frequent ethical dilemmas, for which there are rarely magic answers. How do we gain wisdom and understanding, and lives limited to meeting only our immediate needs.

Man's Best... and Other... Friends

By Carol Fierst, Director of Independent Living

They say that man's best friend is his dog and some members of our Baptist Manor community surely agree! Our independent living apartments are home to quite a few resident pets, including Princess and Ginger. Although these little dogs are owned by JoAnne and Virginia, they are such a visible part of our lives we all



Residents of Baptist Manor, Virginia and Ginger.

consider them our own. Our residents also enjoy 8 cats, 4 birds, several fish and a partridge in a pear tree...well, there really isn't a pear tree...or a partridge either. But our community is alive with a nice variety of man's best, and other, friends.

The health benefits associated with pet ownership have been confirmed by scientific research. Studies show that pet owners report a significant reduction in minor health problems, lower blood pressure, and lower risk factors for cardiovascular disease. While we recognize that pet ownership is not for everyone, we found a novel way to let our community share the experience. A resident suggested we contact the Golden Triangle Obedience Training Club to sponsor a Dog Show. They were delighted to oblige.

Expecting only a few canines, we were pleasantly surprised to welcome the handlers and nine of their dogs. The breeds ranged in size from a tiny Pomeranian to a Norwegian Elkhound. Our lounge was transformed into an obstacle course, where the animals performed a number of routines and demonstrated their obedience training. Several of the dogs were quite at home in our environment, since they were certified pet therapy dogs. Following the demonstration, the dogs interacted one-on-one with our residents, to the delight of everyone. Our next dog show may have to move to a larger venue so we can invite our entire community!

is mouth comes knowledge and understanding". Proverbs 2:6

g. When people think about ethics committees, one of the first scenarios they envision is often "should we pull the
s committees in healthcare organizations today. While our Baptist Homes' Ethics Committee does assist decision
nittee finds ways to respond honorably to situations when values are in conflict.

t be brought to the Ethics Committee. Our task is not to help people in difficult situations do what they know needs
ed by competing values, to find a path. All too often, those competing values are not about dramatic issues, but
sues of autonomy and quality of care can become a conflict when medical personnel feel that a certain diet will
community life, and resolutions must be made in instances such as these: how to honor one person's right to watch

ow we deal with those decisions, however, is what makes the difference between lives filled with wisdom, knowledge

Technology is truly amazing. We've been talking about our plans to develop Providence Point, a new Continuing Care Retirement Community (CCRC) planned for a 32-acre parcel on Kane Boulevard in Scott Township. And now we can share an architect's rendering that has people wondering...where is that?

Providence Point will be an extension of the mission of Baptist Homes, offering a new lifestyle option for older adults. As you can see from the rendering, the community will have 216 independent living apartments ranging from 825 square feet to 1,980 square feet, with underground parking. The apartments will be located in two wings, which surround an outdoor courtyard, and are connected to a central commons area. The Commons Area will offer three dining venues, a community room, library, art studio, theater, classroom, billiards room, and a lounge.



Artist's rendering of Providence Point, our planned Continuing Care Retirement Community.

There will also be a wellness center with a warm water pool, day spa, exercise room, and locker rooms. The spirit of the community will be a holistic approach to wellness affording individuals spiritual, physical, and emotional well being.

In the rendering you can also see the 36 freestanding, single-family homes, which offer an alternate living style on our campus. The homes are designed with between 1,600 and 1,900 square feet, and offer private garages. All apartments and single-family homes feature one level living, and we have 14 floor plans available for consideration.

A unique feature of Providence Point is its LifeCare advantage. Should the need ever arise, the community offers 40 private assisted living suites and 42 private licensed nursing rooms.

If you want to find out more, we host periodic luncheons at St. Clair Country Club to "tell the story" of this new community. Over 200 people have already expressed interest in the community and are on a priority list to select their new home. You can join them!

Our information center at 1145 Bower Hill Road, Suite 101, in Mt. Lebanon is open daily. Here you'll see the architect's tabletop model of the proposed community and a Discovery Room, introducing you to a variety of living features the community will offer. We hope you'll stop by and visit us, and visit our website at www.providencepoint.org.

For additional information on Providence Point, phone us at 412-276-4500.

The Way to Wellness

by Rene' Smith, Wellness Coordinator

It's been a little over a year since our Board of Directors adopted a community wide Health and Wellness Philosophy, and our program is growing. "Our Well-Being is Our Strength" is now a recognized slogan for residents and staff. Our Wellness Committee meets regularly to provide guidance and support to our program. Our communication plan keeps tips on exercise, nutrition, stress relievers, and a host of other items readily accessible. Check the bulletin boards and the information table in the Staff Dining Room to find material that fits your particular needs.

Along with health screenings and information, staff completed Personal Wellness Profiles at the annual Benefits Fair. Participants received an individualized report that included an overall wellness score and detailed recommendations for personal improvement. We also received information that will guide the development of our wellness programs over the next year. Our first Employee Wellness Initiative is an 8-week "Walk your Way to Wellness" program and is based on the 10,000 steps/day, national incentive campaign. Participants will be wearing pedometers and hopefully freeing up the elevators as they walk their way to personal fitness!



Kevin Santora (left), Dietary Director, accepts a \$250 check from René Smith and Todd Swortzel. Kevin won the cash in a drawing held for all employees who completed a Personal Wellness Profile.

As part of our accreditation process, we continue to develop our resident Exercise and Wellness Centered Programs and Assessments. Programs throughout our continuum have been reviewed, upgraded, and expanded, to allow each resident to participate at their own level. We also provided additional training for our Program Staff. Our next goal is to create an actual Wellness Center on our campus, and we thank the many of you who responded to our Spring Appeal and provided financial support towards that project. We'll keep you posted on its progress.

But one of the most significant actions this spring was the Board's addition of Wellness to our organization's Statement of Values. Take a moment to read this statement, and you'll see what our new program is all about. We welcome you to join us as we seek to achieve our highest level of well-being.

Wellness Value Statement

We affirm the right of all individuals in our communities to achieve their highest level of well-being in mind, body, and spirit. We are committed to providing the environment that encourages and supports the components of wellness: physical, emotional, spiritual, social, intellectual, and community.

When asked to participate in the annual fall United Way Campaign, please remember our residents. Direct your contribution to Baptist Homes by using the following codes:

Contributor Choice Program: 233
Combined Federal Campaign: 9002

A copy of the official registration and financial information of Baptist Homes Foundation may be obtained from Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

11th Annual Charity Golf Outing May 10, 2004 ~ St. Clair Country Club

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Thanks to all of our participants! This year we raised over \$38,000 for charitable care. Photographs of our winners can be found on our website - www.baptisthomes.org.

Join us for our 12th annual event on

Monday, May 9, 2005
 at St. Clair Country Club.

For your invitation, call 412.572.8266 or email us at development@baptisthomes.org

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January 1, 2004 ~ July 31, 2004

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Margaret Evelyn Westin
Wednesday Morning Prayer Group

Miriam M. Wineberg
Mr. & Mrs. Ralph M. Gault
Mr. & Mrs. William H. Race, Jr.

Raymond R. Wojszynski, Sr.
Mr. David A. Osage
Mr. Raymond R. Wojszynski, Jr.
Ms. Claudia C. Woods

George M. Wolling
Mr. & Mrs. William J. Mehaffey

Points Along the Journey

Remembering our mothers on Mother's Day:
Catherine Fillippa Mrs. Mary Ellen Sekely & Family
Miriam Wineberg Ms. Miriam R. Holden
Martha Stull Dr. & Mrs. Don G. Garver

In memory of Gladys I. Dunn on her April 6 Birthday
Mr. & Mrs. Carl M. Simler

In memory of Harold R. Stull on his May 11 birthday
Dr. & Mrs. Don G. Garver

In memory of Elizabeth Moore on the 2nd anniversary
of her passing
Mr. & Mrs. James M. Hawley

In honor of the marriage of Mr. & Mrs. Richard Sweeney
Anonymous

In honor of Amalie Ehrgott's May 8 birthday
Ms. Karen A. McDine

In honor of Jim Cardamone's 90th birthday and with
thanks for his life and friendship
Ms. Kathy S. Anderson

In memory of Marie E. Smetana on her June 24 birthday
Dr. & Mrs. W. Lee Hicks

DOUBLE YOUR GIFT

If your employer has a matching gift program,
please complete the paperwork to DOUBLE
your gift to our Covenant Fund.
Questions? Call 412-572-8258.

NEWSLETTER BY E-MAIL

To receive a copy of this newsletter electronically, please contact us at development@baptisthomes.org. Include your name, mailing address, and e-mail address. We'll make the switch from direct mail to e-mail in 2005.



Along the Journey is published three times a year for friends of Baptist Homes.

Brian T. Gongaware *Chair, Board of Directors*
Todd F. Swortzel *President & CEO*
Maryclare Poprik *Editor*
Karen L. McQuiston *Layout & Design*

A former resident of the Baptist Homes Orphanage, allen calhoun, shared this anonymous bit of humor with us on his recent 80th birthday. Happy birthday allen!

LIFE BEGINS AT 80

I have good news for you. The first 80 years are the hardest. The second 80 are a succession of birthday parties.

Once you reach 80, everyone wants to carry your baggage and help you up the steps. If you forget your name or anybody else's name, or an appointment, or promise to be three places at the same time, or can't remember how many grandchildren you have, you need only explain that you are 80.

Being 80 is a lot better than being 70. At 70 people are mad at you for everything. At 80 you have a perfect excuse no matter what you do. If you act foolishly, it's your second childhood.

Being 70 is no fun at all. At that age they expect you to retire to a house in Florida and complain about your arthritis (they used to call it lumbago) and you ask everybody to stop mumbling because you can't understand them. (Actually your hearing is about 50% gone.)

If you survive until you are 80, everybody is surprised that you are still alive. They treat you with respect just for having lived so long. Actually they seem surprised that you can walk and talk sensibly.

So please, folks, try to make it to 80. It's the best time of life. People forgive you for anything. If you ask me, life begins at 80.

Baptist
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