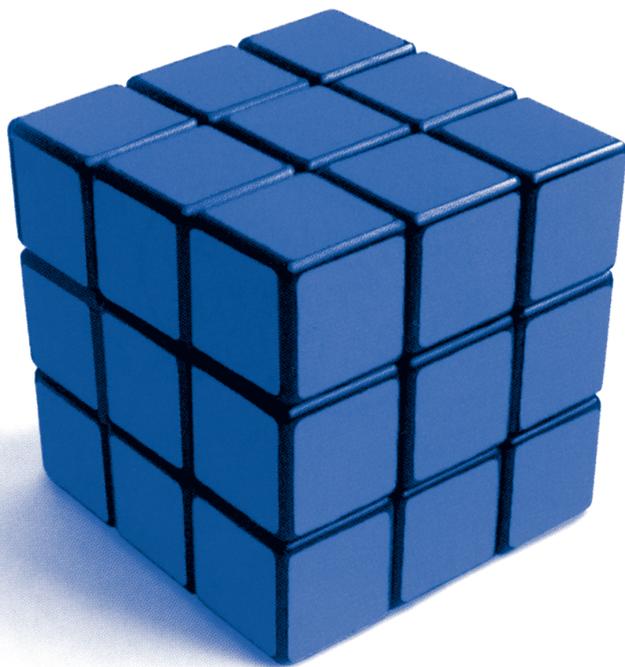




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Jewish Healthcare Foundation Grant to Bring Pilot Project to Pittsburgh



Karen Wolk Feinstein

Under a \$100,000 grant from the Jewish Healthcare Foundation, Pittsburgh will be the pilot site for introduction of a patient safety curriculum that experts at Northwestern University's Kellogg School of Management and the American Hospital Association's Center for Healthcare Governance plan to roll out nationwide.

The Kellogg School will partner with the Pittsburgh Regional Health Initiative (PRHI) to launch the curriculum, which is modeled on one pioneered under the National Patient Safety Education Project in Australia.

The curriculum was developed in much the same way as Australia's, starting with a body of "core" knowledge that healthcare workers should have and was refined with the help of a

Governing Council comprising a group of the nation's pioneers and thought leaders in the field of healthcare quality and patient safety. Harvey V. Fineberg, M.D., Ph.D., President of the Institute of Medicine, has served as chairman of the Governing Council.

"Australia's patient safety education project has been a model for advancing safety science disciplines that, by-and-large, have not been part of healthcare education in this country," said Karen Wolk Feinstein, Ph.D., President and Chief Executive Officer both of the Jewish Healthcare Foundation and PRHI.

The Kellogg School is adopting a "train the trainer" method for disseminating the curriculum that is modeled on the Education for Physicians in End of Life Care Project (EPEC). EPEC is estimated to have reached more than 1 million clinicians in the decade since it began.

Like EPEC, the Patient Safety Education Project (PSEP) will deliver its curriculum through conferences targeted mainly at clinicians and others already serving in quality assurance capacities. Following the 2-1/2 day conferences, these professionals will be equipped to serve as trainers for spreading the curriculum within their respective healthcare institutions.

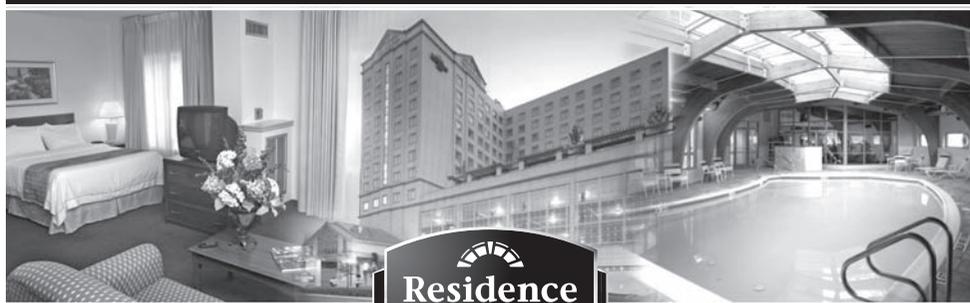
Learning modules will each be introduced with videotapes depicting safety questions or incidents that could happen in any healthcare setting.

PRHI, which already offers a Toyota-based quality engineering curriculum called Perfecting Patient CareSM (PPC) for improving healthcare quality, was a natural local partner for the Kellogg grantees. In Pittsburgh, the new curriculum will be offered exclusively through PRHI's Perfecting Patient CareSM University as an adjunct to the core, four-day PPC curriculum.

The pilot launch of the PSEP in Pittsburgh is slated for the latter half of 2007.

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Jewish Healthcare Foundation to Establish Pittsburgh's First Center for Complementary Learning

The Jewish Healthcare Foundation has earmarked \$200,000 to establish a Center for Complementary Learning in Health Care.

The new Center is intended to serve as a prototype for others that would give the region's students exposure to economic sectors in which there are jobs, while providing employers and educators an opportunity to collaborate to prepare students for the demands of the workplace.

The health careers Center will foster partnerships between schools, employers and community organizations to give students the complementary, hands-on learning opportunities they need to better understand healthcare occupations as well as to find out about the educational requirements for pursuing these jobs. The first such partnership, to be developed in Pittsburgh's East End, would begin a demonstration project during 2007.

Among other things, the partnerships would call on employers to clearly define the "skills gap" they confront in recruiting employees and would call on schools to develop curricula that meet employers' requirements.

State projections suggest that some sub-sectors of the healthcare industry will expand by as much as 20 percent by 2012. Already, however, healthcare employers report difficulty filling jobs that require a high school diploma because as few as 10 percent to 20 percent of applicants have the necessary skills in reading, math and communications.

Expectations among participating schools, employers and students could be set forth in 'contracts' so that rigorous standards are set, understood and achieved.

Complementary learning opportunities for students would include both exposure and experience: speakers, open houses, field trips, job shadowing, mentoring and internships, among other things. Advanced opportunities such as internships would be reserved for high school students, but opportunities for exposure to career information could begin as early as elementary school.

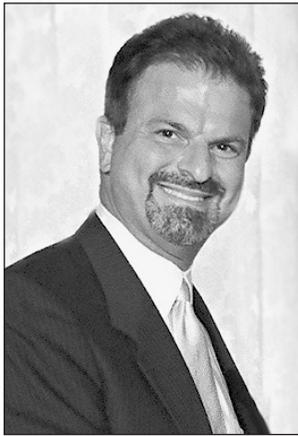
The healthcare learning center will be established and run by Health Careers Futures (HCF), an operating arm of JHF. HCF would build on models such as those developed by the Harvard Graduate School of Education. The hope is that success with a Center for Complementary Learning in Healthcare might pave the way for additional centers in other fields likely to provide job opportunities for students in the region, such as financial services, biotechnology or information technology.

"There's no better example of an industry where we can help students find rewarding, jobs with established career ladders than healthcare," said JHF President and Chief Executive Karen Feinstein. "This also is a sector whose hiring needs already exceed the pool of qualified applicants."

HCF grew out of a workforce summit organized nearly six years ago to assess the region's healthcare employment needs.

The Journey to Improve Hospice Care in America

In the constantly changing and expanding health care environment of Western Pennsylvania, no single health care organization has the expertise or assets to succeed on its own. Collaboration is essential. No matter how strong an organization's product or business practices are, true success will only come when strong working relationships exist between organizations.



BY RAFAEL J. SCIULLO,
MA, LCSW, MS

Since its beginning, Family Hospice and Palliative Care has improved the accessibility of end-of-life care through its many partnerships with hospitals and, now, long term care facilities. In our experience, these collaborations have allowed patients to receive hospice care in many different settings as well as offering hospice patients a wide variety of end-of-life programs that complete the continuum of care.

When organizations first discuss a partnership they each arrive with individual mission statements, goals and objectives. The first step in any collaborative relationship is to establish a shared purpose and common objectives. Once these overall objectives have been acknowledged, the organizations must agree on a solid implementation plan for the program or collaboration. From the beginning, administrative support and buy-in must exist for the collaboration to possess the necessary vision and move forward.

Organizations can benefit in many ways from creating partnerships and collaborative relationships with other establishments. Organizations can share concrete resources such as facilities, technology and staff. Perhaps even more importantly, expertise and experience can be exchanged between organizations.

For example, many of the region's health care organizations share their expertise by providing professionals for Family Hospice and Palliative Care's Board of Directors. Family Hospice and Palliative Care has many beneficial partnerships and relationships with health care organizations, and has partnered with the University of Pittsburgh in establishing The Institute to Enhance Palliative Care. Through this partnership Family Hospice and Palliative Care is able to draw on the expertise and research results from the academic community. In return, Family Hospice and Palliative Care provides a community setting for medical personnel to learn more about the delivery of quality end of life care.

Although essential to success, collaborative relationships require a great deal of effort.

Basic values such as respect and trust must exist throughout all interactions. Establishing acceptable and open channels of communications are vital to the success of these relationships. Balancing the needs of an individual organization with the goals of the partnership can be a constant challenge for both organizations.

In a successful collaboration or partnership, there are many winners. There is an exchange of expertise, experience, and resources that benefits each organization. The communities within the region benefit as these solid relationships between health care entities build a better, more comprehensive health care system. As in all health care advances, the real winners are the patients and families who will have a more coordinated, comprehensive and caring package of care in their last months of life. Collaboration is a win-win for all.

Rafael J. Sciuлло, MA, LCSW, MS, is President and CEO of Family Hospice and Palliative Care. He may be reached at rsciullo@familyhospice.com or at (412) 572-8800.



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ElderCare

'My Friend, Dotty' Caregiving Behind the Scenes

When it comes to caring for people behind the scenes, it would be hard to find anyone more caring and compassionate than Client Care Coordinator Dotty Fallisi of Celtic Healthcare's Living Assistance & Geriatric Care Management Services. For Fallisi, who is a pastor's wife, care giving is not only part of her job, but a natural extension of her life.



Dotty Fallisi

client or their family member (often an out-of-town adult son or daughter) and obtaining a brief understanding of their needs, Fallisi then assigns a Celtic Geriatric Care Manager to provide the client with a complimentary in-home care needs assessment. After the assessment and a level of care are determined, Fallisi's mission is to find the best suited Caregiver or Geriatric Care Manager to

assist the client. Many times, interviews are set up and introductory meetings are held prior to the actual care beginning.

When asked what she loves most about her job, Fallisi shares, "The most rewarding thing I do is enabling people to remain in their homes around their loved ones and receive the care they need on a one-on-one basis. I love having a close relationship with my clients and seeing what a difference Celtic makes in their life. I've seen such evolutions in many clients as they are enabled to participate in life again – getting their hair done, going to the store, or picking up a hobby they haven't participated in for years. It just makes my day."

One particular client that stands out in



Fallisi's mind is one she cared for herself when she first started with Celtic. Having Alzheimer's, Congestive Heart Failure, and Diabetes, this Celtic client had no desire to even get out of bed most days. In the beginning, it was all Dotty could do to get her up to eat, help her bathe and get dressed (basic activities of daily living). She would then sleep the rest of the day.

After about three weeks, she started conversing, noticing things outside such as shrubbery and animals, dust on her furniture, enjoying her TV game shows again, started singing along with the songs in old movies, and eventually went out to dinner again.

One day, Dotty sat down at a piano that was sitting idly in this client's home. After hearing the music, the client jumped up without her walker and practically ran to the piano and played it for the first time in over 20 years.

When Dotty took her to the doctor, she'll never forget being introduced to the doctor as "my friend, Dotty."

The most challenging part of Fallisi's job is finding the perfect caregiver for the client. Fallisi takes this part of her job very personally, and puts her whole heart into it – sometimes spending hours on the phone and interviewing team members.

When not assisting clients and assigning caregivers, Fallisi assists Celtic's Chief Operating Officer and Celtic Living

Assistance Services President, Kurt Baumgartel, with many of the administrative tasks involved in operating a private pay home care company. "Dotty's greatest strength is her caring and compassionate attitude toward everyone she encounters," says Baumgartel. "Dotty is loved and respected by our entire team, clients and caregivers. Our clients are truly blessed to have someone whose primary interest is to provide them with the quality-of-life and peace-of-mind to allow them to live their lives with dignity."

Fallisi also works in close coordination with Celtic Geriatric Care Management's Administrator, Kathy Seeman, a Geriatric Care Manager certified in gerontology, and her team of nurses and social workers. Seeman and Fallisi both look at their jobs as their personal ministries and agree that the rest of the Celtic Living Assistance and Geriatric Care Management team share their passion. The main focus is always on what is in the best interest of the client.

Fallisi's claim to Celtic's caregiving success is summed up simply: "When we are not looking at ourselves and look to someone else, that is when we shine. That is why Celtic makes a difference."

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Physician Debunks Stigma of Mental Disorders Afflicting the Elderly

Tejas B. Patel, M.D., Medical Director of the Geropsychiatric Unit at Memorial Medical Center in Johnstown, has committed his life to providing relief to the elderly.

"I have seen patients suffering from severe psychiatric disorders get a proper diagnosis and treatment, and it completely turns their life around," says Dr. Patel. "Their quality of life improves dramatically, as well as the quality of life of their family and loved ones that help to care for them. It's very rewarding."

Dr. Patel, who is board certified by the American Board of Psychiatry and Neurology in general psychiatry and a Psychosomatic Subspecialty, finds working with disorders that afflict the elderly, such as dementia, particularly interesting.

"Dementia is a unique disorder," says Dr. Patel. "There are so many facets to it and so many other disorders that coincide or are closely associated with it, such as depression, anxiety and other types of behavioral disorders. It can be quite a challenge to treat."

With new research analyzing the role that genetics and environmental factors play in a person developing Alzheimers Disease and other types of dementia, along with several new treatments in the works, Dr. Patel says there is hope for people suffering from these disorders.

"There are many advances in the area of Alzheimers and dementia," says Dr. Patel, who completed a Consultation Liaison Psychiatry Fellowship at Harvard Medical School. "It is an exciting time as a physician to be involved in this field. In many cases the medications for their medical problems that a person is taking can exacerbate symptoms of their disorder, so by simply tweaking their doses you can decrease their impairment and greatly improve their quality of life."

Regardless of the research initiatives and new treatment options, Dr. Patel says putting an end to the stigma associated with psychiatric disorders is the first line of defense in getting proper treatment for these patients.

"We need to raise awareness about these disorders," says Dr. Patel. "Many elderly people suffering from symptoms of a psychiatric disorder are ashamed to seek help. This hinders our ability to diagnose and treat them early on, which is very beneficial to the patient. The longer they wait, the more difficult it can be to treat, so we all need to do our part to inform the public that mental health disorders are medical conditions, just like a heart condition or diabetes. There is help out there for them."



Dr. Tejas B. Patel



The LIFE (Living Independence for the Elderly) program will soon extend to residents of Butler County, thanks to a partnership between Lutheran SeniorLife and Butler Health System.

Lutheran SeniorLife, Butler Health System Team to Expand LIFE Services

Two of Butler County's largest health care providers have joined together to offer frail and low-income seniors innovative services in a centrally located center.

LIFE - Butler County will be a partnership between Butler Health System and Lutheran SeniorLife that will feature a program model that will go beyond the traditional boundaries of providing senior care.

Income eligible residents that require nursing home services will now have the opportunity to stay at home and receive these same services. Lutheran SeniorLife currently offers LIFE programs in Pittsburgh through a partnership with Mercy Health System and in Beaver County under its LIFE - Beaver County program.

Instead of living in a nursing home, residents are transported to a care center where they receive social, rehabilitation and medical services and are then transported home at the end of the day.

The LIFE program offers residents a choice by enabling them to receive the same services traditionally delivered in a facility but now are available in their homes for as long as possible so they can age in the home and community that they have grown to love, said Fenoglio.

A location has yet to be identified. Both organizations plan to have the program operational by the spring of 2007 somewhere in or near the city of Butler.

Anna Scott Named Care Coordinator for Longwood at Home

Longwood at Home, an affiliate of Presbyterian SeniorCare, is pleased to announce the appointment of Anna Scott as Care Coordinator.



Anna Scott

Scott, a geriatrics social worker, has been part of the Presbyterian SeniorCare team since 1991, and since 1996 has served as Dementia Services Coordinator for its Woodside Experience, a nationally recognized dementia program.

As Care Coordinator for Longwood at Home, Scott, a graduate of West Virginia Wesleyan College, will provide counseling, care management, support and education for members of Longwood at Home. Scott will develop a relationship with each member, commencing at enrollment in Longwood at Home, and continuing as he or she ages in place at home. As members' care needs change or progress, Scott will coordinate covered services which include but are not limited to homemaker services, home health aide, companion services, licensed nurses, adult day care, transportation, and facility-based care, if needed.

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If I Am What I Do, Where Did I Go?

I smile today as I re-read a birthday card sent by my father a few years ago on the occasion of my 50th birthday. In the card he put an AARP application and noted that since I had reached the age requirement, how nice it would be if I could belong to an organization that included my parents! Ironically, the birthday card was from a donation he had made to the Alzheimer's Association, a group I now call on to give our family support while we care for Dad who has developed dementia.



BY BARBARA
REICHBAUM, RN, MSN

A great challenge with my father's care and one we see routinely when BrightStar employees provide supportive care in the home, is how to re-define who we are as we age. So much time in today's world is spent defining life by activities, what job we hold, where we go, how we spend our time. When much of our competitive and achievement driven world undergoes necessary change because of physical or psychological frailties, holding on to a sense of dignity and self-esteem becomes increasingly difficult.

Banker, lawyer, bowler, golfer, gourmet cook, volunteer, traveler ... these are the life events and roles that create and fill our days, structure our time, give us a sense of togetherness, confidence and accomplishment and help to define our purpose and meaning in life. What do we do when participating, enjoying or learning from these activities, as we have known them ceases to exist?

There are several helpful strategies that we encourage at BrightStar Healthcare when providing care for clients in their home, especially for those needing assistance in organizing and carrying out their days because of cognitive impairments.

- Keep the person's likes and dislikes, strengths and abilities, interests and talents in mind, focusing on the process not the end product. It's OK if an accomplished piano player can only remember how to play chopsticks if returning to the keyboard brings a sense of fulfillment and pleasure.

- Be flexible, realistic and relaxed about the goal of the activity. If it is creating fear or anxiety, even though it brought pleasure in the past, move on to something else and try again later.

- Offer support and supervision, simplify instructions, participate in the activity, demonstrating and offering reminders of the next steps, allowing for rest periods.

- Ask for help in doing chores or sending notes, giving a sense of being valued and having an expressed purpose in carrying out the activity.

- Talk about what you are doing and why, even if the individual can't or won't join in. Communication, reminiscing about the topic, remembering who they were and what they did can be enjoyable and satisfying, too.

Having a plan of familiar activities and adjusting it accordingly can give meaning and purpose to an otherwise lost day. If you need this kind of assistance in providing care for your loved one, get in touch with us at BrightStar Healthcare. It would be our pleasure to help you and your loved one answer the question "If I am what I do, where did I go?"

Barbara Reichbaum, RN, MSN, Director of Quality, 24-7 BrightStar Healthcare, can be reached at breichbaum@247brightstar.com or (412) 561-5605 or visit www.247brightstar.com.

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Family and Caregivers Team Up to Improve Stroke Recovery

There are close to five million stroke survivors in the United States, due in large part to the real progress that's been made in stroke rehabilitation in recent years. Today, quality stroke-recovery programs generally rely on three components:

- Multidisciplinary delivery of rehabilitation services to promote recovery and help prevent recurrence
- Repetitive practice to help relearn skills
- Family (psychosocial) support

The rehabilitation team at The Commons at Squirrel Hill embraces the important role family members – and especially spouses – can play in the stroke-recovery process. Because of their family-focused stroke rehab program, Joseph Yano is a real-life stroke-survivor success story.

How It All Began

Joe Yano is a 76-year old Korean War veteran who enjoys spending time with his children and grandchildren; traveling with his wife, Mary Ann; and tending to his garden. About a year ago, Yano suffered a minor stroke. Not long after, in February 2006, he had joint-replacement surgery on his left knee. While in the hospital, Joe had a recurrent stroke that partially paralyzed the left side of his body.

After several weeks of inpatient care in an acute-care hospital rehab unit, Yano was well enough to move to a skilled nursing facility. After just one day in another facility, he transferred to The Commons at Squirrel Hill – a move that turned out to be the right one for Yano and his supportive family.

A Family-Focused Goal

Yano's goal was simple: To be able to return home to spend time with his close-knit family.

Making the Goal a Reality

To help Yano achieve the best possible clinical outcome, Squirrel Hill assembled a multidisciplinary stroke-recovery team. Together, they all worked tirelessly to help Yano relearn once-familiar tasks and skills, and learn how to circumvent or compensate for any remaining deficits.

"When Joe first moved into The Commons at Squirrel Hill," Mary Ann said, "we thought he might never walk again. But The Commons's staff used a physical therapist, an occupational therapist, a speech and language therapist, and even a recreational therapist to help in his recovery. They coordinated all these related therapies

and allowed our family to take an active role in his rehabilitation."

Tracey Hunydai, one of Yano's physical therapists, added, "In my opinion, two major elements contributed to Joe Yano's ability to return to his home. One was the customized brace that The Commons had made to support Joe's left knee. The second one was the family-friendly environment at The Commons that allows families to interact, coach, and support their loved one's rehabilitation therapy.

With a knee brace and cane, Joe Yano can walk. His family played a huge role in his success."

For more information about The Commons at Squirrel Hill, contact Michael Koons, Director of Marketing, at (412) 287-8408 or mkoons@bhs1.org.



Yano tests out his brace and cane with physical therapist Tracey Hunydai.

Words of Gratitude from Yano's Wife

Mary Ann Yano was very pleased with the "remarkable progress" her husband made at Squirrel Hill. Here's what she had to say: "We have three living children, a son and two daughters. We also have four wonderful grandchildren. All of them played a role in Joe's rehabilitation, and our daughter-in-law was very involved as well.

"The Commons at Squirrel Hill's therapy staff was great about allowing us to have at least two family members a day come in to coach and encourage Joe in practicing his motor and speech skills, and to provide him emotional support. The Commons at Squirrel Hill values family participation and helped teach us how to play an active role in my husband's recovery ...

"Their friendly atmosphere created a positive environment for Joe to gain independence and to return home. Say 'Thank You' to the staff at The Commons from me, Joe, and the whole Yano family."



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- Nearly 20 VITAS clinicians have authored and edited one of the definitive texts on hospice care, *20 Common Problems in End-of-Life Care*.
- VITAS grief and bereavement experts have published two pamphlets, *Children & Grief* and *Teens & Grief*, to assist caregivers in understanding their children's grieving process and how to help children handle their grief appropriately.
- VITAS self-published a short book entitled *The Surviving Spouse*, in which our former Chief Patient Care Officer, a physician, examined the effects of grief on the health of a surviving spouse and offered healthy suggestions for handling grief.
- VITAS and its charitable foundation also helped publish *Parting: A Handbook for Spiritual Care Near the End of Life*, an easy-to-read, easy-to-use guide to assist caregivers and loved ones in meeting the spiritual needs of those at the end of life.
- VITAS' Chief Medical Officer, who also is an ordained Orthodox rabbi, co-authored the authoritative *Jewish Hospice Manual*, jointly published with the National Institute for Jewish Hospice.

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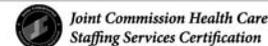
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For VITAS Nurse, Continuous Care Means She Never Stops Caring

BY SUSANNA LISOTTO

What does it mean to go the proverbial “extra mile”? For Debra Herman, LPN, a Continuous Care nurse with VITAS Innovative Hospice Care® of Greater Pittsburgh, it often means traveling 50 or 60 miles on dark, unfamiliar and poorly marked roads. But when she was assigned to care for a colon cancer patient named Beth, Deb went beyond the extraordinary clinical support of Continuous Care. Deb brought emotional and spiritual comfort to a courageous woman who feared life was ending much too soon.

Beth was a 54-year-old VITAS patient whose difficult symptoms required around-the-clock treatment. Deb arrived to provide that care for a 13-hour shift. It is her chosen job and what she loves doing.

The greetings between Deb, Beth and her family were warm. Deb regaled them with accounts of her precarious drive to their home. They welcomed the laughter into their somber world. “I’m so glad you came,” Beth’s husband told Deb. “We’ve had enough sadness. We need to celebrate the time we have left.” They shared a cup of tea together and delighted in the freshly baked rolls and homemade strawberry jam Deb had brought with her.

When patients realize they may have only a few remaining days, time and comfort become their most treasured gifts. This family and their VITAS nurse were about to share both.

During one of Deb’s shifts the subject of dolly tea parties came up, and Deb suggested that they have one. The idea thrilled Beth.

The next evening Deb arrived with her fragile Victorian dolly tea set and dolls to share. She and Beth poured tea, held their “babies” and crooked their pinky fingers while daintily sipping from their cups like proper English ladies. They abandoned the seriousness of the present and entered an imaginary world that permitted playfulness. Even assisting Beth to the bathroom became an imaginary waltz across the living room floor. It was heartwarming to see the frail woman giggling and enjoying the moment.

Hourly checks on her patient’s pain led to more cups of tea and a candid discussion at 4 a.m. “It’s just not fair,” Beth sobbed. “I worked so hard all my life and this is what happens.”

Deb met Beth’s tear-filled eyes and agreed. “You’re right . . . it is just not fair.” The crying ended, and within a few moments Beth’s expression changed to her bright yet pensive smile. “Deb,” she promised, “I will be the first to welcome you to heaven when you get there.” It brought her particular comfort in those early-morning hours when Deb read her favorite Psalms and sang Christmas carols.

The next day Deb purchased beautiful floral flannel material and stitched up a nightgown, which she presented to Beth that evening. Beth put it on immediately and with a flourish was proclaimed “Princess Beth, daughter of the King.” She was ready to travel to heaven in style.

When Beth passed away a few days later, it was with dignity and peaceful anticipation. Her family was by her side. I have no

doubt that there is a place for nurses like Deb in heaven—and that Beth will be the first to welcome her, as promised.

Managing pain, fear, respiratory distress and fall risks are the usual requirements for Continuous Care nurses. Debra Herman goes the “extra mile”—and that makes all the difference.

Susanna Lisotto, manager of bereavement and volunteer services for VITAS Innovative Hospice Care® of Greater Pittsburgh, can be reached at (412) 799-2152.



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Local Students Explore Nanotechnology in First Lego League Challenge

A group of local middle school students recently delved into science at the molecular level as part of this year's For Inspiration and Recognition of Science and Technology (FIRST) Lego League Challenge, NanoQuest. The students, all between the ages of 10 and 14, are participants in the Tech-Link Robotics Program, which promotes the science, technology, engineering and math disciplines among groups traditionally underrepresented in those fields. A number of the Tech-Link participants also have physical, visual or learning disabilities.

In the NanoQuest competition, Tech-Link participants split into two teams, the Micro Maniacs and Angstrom Androids, to test their science and engineering skills against nearly 70 other teams from western and central Pennsylvania, West Virginia, New York and Maryland. In addition to developing a robot that was judged on its ability to complete several nanoscience missions, the Tech-Link were judged on a research engineering project involving nanotechnology.

Continuing their tradition of designing a project that enhances the lives of the disabled, the Tech-Link students "applied" nano-based materials that could be useful for individuals with various disabilities. Following a visit from Bayer Material Science Director, Dr. Dan Bolton, students learned about new materials that are being marketed for athletic head gear – specifically materials that are soft prior to coming into contact with a hard surface, and other hard materials that resist high stress and deformation. Inspired by a Tech-Link participant with a connective disorder that required him to wear a helmet for the past 10 of 12 years of his life, one Tech-Link team "redesigned" a new helmet with this technology in mind, with the end result of a lighter, sleeker helmet. In the other team project, students "adapted" materials used to resist high forces in hockey sticks to applications in wheelchairs, such as bendable foot rests.

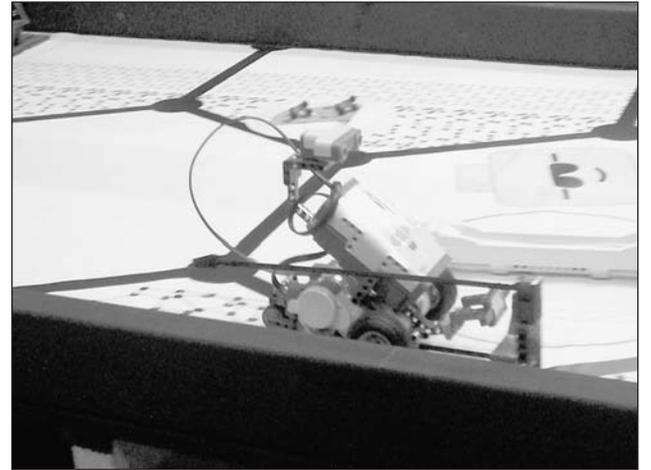
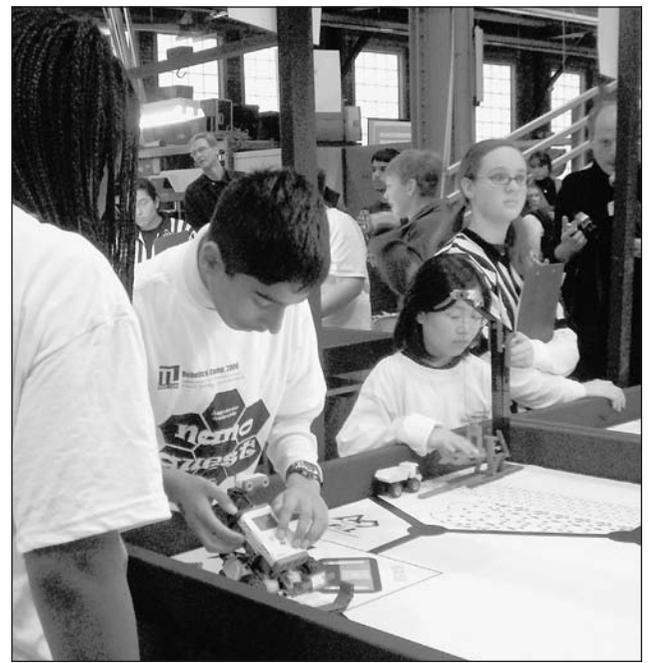
The FIRST Lego League Challenge marked the finale of the 10-week Tech-Link Robotics Program, which teaches



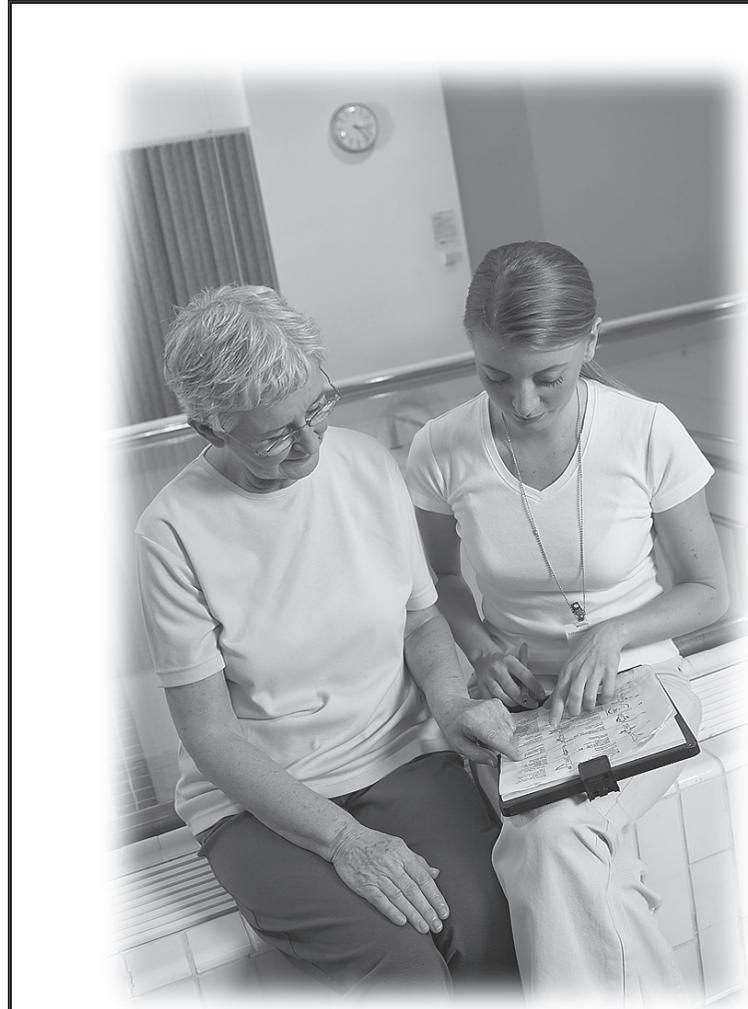
students to use the same processes, principles and tools that scientists and engineers use in their work. Tech-Link participants then apply their problem-solving skills to the development of their robots and other projects in the weeks prior to the competition.

Tech-Link students get support from peer mentors, often high school students who were members of past Tech-Link teams. Also, graduate students and faculty members from Pitt's School of Health and Rehabilitation Sciences (SHRS), and the Diversity Initiative Program at the School of Engineering provide guidance as the students complete their projects.

Tech-Link is partially funded by the Quality of Life Technology Center, National Science Foundation Engineering Research Center collaboration between the University of Pittsburgh and Carnegie Mellon University. The program also receives support from Highmark, SHRS's Department of Rehabilitation Science and Technology and the University of Pittsburgh Medical Center (UPMC).



The Tech-Link website can be found at <http://tech-link.com/> or by contact Sondra A. Balouris, MS, MPT at sab992@pitt.edu. For more information on the FIRST Lego League Challenge, please visit <http://www.rec.ri.cmu.edu/education>.



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Pastor Talbot-Moses – Called To Serve

BY LOIS THOMSON

Some people might consider Pastor Terryann Talbot-Moses to be a trailblazer, someone who leads the way for others. But she prefers to think of herself as following a calling from God.

Talbot-Moses has been an ordained minister for 23 years, a remarkable statistic considering that back in the 1980s, women weren't often found shepherding a church. Today, Talbot-Moses holds the position of Director of Pastoral Care for Altoona Regional Health System (ARHS), overseeing seven full-time and nine part-time chaplains. She is the first woman—and the first ordained woman—who has ever held such a position at that facility. Add to that the fact that she is a Lutheran pastor and ARHS is the product of a merger, of which one arm was a Roman Catholic facility, and you realize the woman has an interesting story.

Talbot-Moses credits "my being in church today to an older lady who took me under her wing." She said that when she was a child, her parents sent her to church, and a woman named Edith invited her to sit with her. "She would help me with the service and share the hymnal with me. I always remembered her kindness and how caring she was. That, in addition to the love of my maternal grandmother, made me very fond of older people."

As to her calling to the ministry, Talbot-Moses was a music major in college and was parish musician at Redeemer Lutheran Church in Yonkers, N.Y. "I served in a congregation where a woman was the pastor," she said. "She invited me to go on home and hospital visits, and I

felt like I was being groomed. I thought, 'This is where I think I need to be.'

"So after much prayer and wrestling with the idea, I felt moved by God to finish my undergraduate work and go on to seminary. When I went off to seminary, I really went with specialized ministry as my first call. I wanted to serve older folks—in a nursing home/assisted living setting. However, as a pastor in the Lutheran Church, you are required to serve in congregational ministry before you can receive any call to a specialized setting."

That opportunity happened when she was serving a church in Roaring Spring, Pa. "That was the defining point in my life," she said. "I've always had an interest in specialized ministry, particularly hospital ministry, and I spent a lot of time in hospitals or funeral homes because we had many tragic situations there, many people who died. As I served the congregation I was also serving in specialized ministry—they were going hand-in-hand."

Talbot-Moses decided to continue her education in Clinical Pastoral Education, and did a year-long residency at Memorial Hospital Medical Center and the Thomas B. Finan Psychiatric Hospital in Cumberland, Md.

She served for 10 years at a long-term care facility, and then had been pastoring a church in Tyrone, Pa., when she learned about the position at ARHS. "It was for the Director of Pastoral Care—a position I never thought would surface in my lifetime," she said. "So I applied for it and was called to serve."

ARHS came about as the result of a merger between Altoona City Hospital and Bon Secours Holy Family Roman Catholic Hospital. Talbot-Moses was quite famil-

iar with the facility, having, as she said, "been in and out of Altoona Hospital many times while visiting my congregation."

But applying for the position was a different story. "The Bon Secours Campus was still affiliated with the Roman Catholic Church," she said. "And a woman had never served as Director of Pastoral Care in a Catholic facility in this area. I had to meet with the Judicial Vicar of the Altoona-Johnstown Diocese of the Roman Catholic Church, and then I had to be approved by the Vice President of Mission, the Bon Secours Health System and the Altoona-Johnstown Diocese, for the position."

Since joining ARHS in February 2005, Talbot-Moses has been working with clergy of all denominations. Admitting that she faced challenges at first—"There were priests who would enter this facility and walk by me without speaking"—she added that that attitude has changed.

And if anyone could work to bring that about, Talbot-Moses is likely to be that person.



Pastor Terryann Talbot-Moses

Pastor Terryann Talbot-Moses can be reached at (814) 889-4323.

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Hospital Offers Free High Speed Internet to Patients

Wetzel County Hospital has announced that it now provides free high-speed, wireless Internet access throughout the hospital for use by its physicians, patients and other approved users.

"We are pleased to be one of the first hospitals in the upper Ohio Valley to offer high-speed, public access wireless service throughout our entire facility," said George Couch, Chief Executive Officer of Wetzel County Hospital. "As we move forward with a number of equipment and building improvements we felt that providing wireless internet would be further demonstration of our progressiveness and ongoing commitment to high quality patient care and customer service."

Wireless Internet access should prove to be a great benefit for everyone who is either a patient or clinical user at Wetzel County Hospital. It is anticipated that Wetzel County Hospital physicians will be able to use personal computing devices for scheduling, researching medications, diseases or receiving important messages while making patient rounds.

Mercy to Open its Sixth SmartHealth Outpatient Center

The Mercy Hospital of Pittsburgh announces the grand opening of the new SmartHealth Brentwood Outpatient Center. The new center is located in Brentwood Towne Square.

Pittsburgh Internal Medicine Associates (PIMA), a seven-member physician group affiliated with Mercy Primary Care, Inc., will be the first tenant to occupy the space. The Brentwood office will be staffed by Dr. G. Richard Zimmerman II and Dr. Debra Salim.

Laboratory, radiology, and cardiac testing services will be available at the SmartHealth Brentwood Outpatient Center beginning in April 2007. Additional physician office space is planned.

HealthSouth Hospital of Pittsburgh Holds Annual Medical Staff Meeting and Dinner



Standing (l-r) Dr. Balakrishna Ragoor, Member at Large 2007; Dr. Steven Sotos, Secretary/Treasurer 2007; Dr. Palaniappan Muthappan, Past-President, 2006; Dr. Parminder Sharma, Cardiology Medical Program Director; Dr. Robert Crossey, Medical Director. First row seated (l-r) Dr. Richard McQuigg, Medical Staff President 2007 and Dr. Charles Dugan, Medical Staff President-Elect 2008



VA Pittsburgh Healthcare System Dedicates Newly Renovated Sleep Lab

The VA Pittsburgh Healthcare System recently dedicated their newly renovated Sleep Lab. Participating in ribbon-cutting were (l to r) Michael Moreland, VAPHS Director; Congressman Mike Doyle; Dr. Charles Atwood, Director of VAPHS Sleep Lab; Dr. Rajiv Jain, VAPHS Chief of Staff; Patricia Nealon, VAPHS Associate Director. Eight private sleep lab bedrooms now offer a private "hotel-like" environment, including respiratory equipment and remotely controlled cameras with inferred capability. A 285-square-foot Control Room monitors the sleep lab rooms with eight dedicated monitoring stations and separate work stations. There are also two patient bathrooms with multiple shower facilities.



Robert Callahan (left), VAPHS associate director of Site Management; Secretary Nicholson; and VAPHS Director Michael Moreland (right) tour the parking garage construction site at the University Drive Division.



Dr. Chester B. Good, primary care physician, shows Secretary Nicholson the newly renovated University Drive Emergency Department

Secretary of VA Visits VA Pittsburgh Healthcare System

Secretary of Veterans Affairs Jim Nicholson recently toured the VA Pittsburgh Healthcare System's new business service center, eye clinic, transplant unit, and \$200 million construction project. The five-year construction project which will modernize services and facilities at the University Drive campus and Heinz Division is one of the largest modernization projects in the VA health care system. The facility also is one of VA's top transplant centers and a leader in infection reduction. Following the tour, Secretary Nicholson spoke to employees and local media about the quality of health care available to veterans.

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The Orthopedic Group Opens New Office

Local residents and tenants of Mon-Vale HealthPLEX recently celebrated the opening of new offices for The Orthopedic Group with a ribbon cutting ceremony. Participating in officially opening the offices were (left to right) The Orthopedic Group members, Scott L. Baron, M.D., Thomas F. Brockmeyer, M.D., Ph.D., Carolyn Shumaker, Practice Manager, and Alexander Kandabarow, M.D., and Monongahela Valley Hospital's President and CEO Louis J. Panza, Jr. and Senior Vice President Thomas J. Cullen.



WVU Eye Institute Receives Grant

The West Virginia University Eye Institute received a grant for nearly \$60,000 from the West Virginia Lions Sight Conservation Foundation and the Lions Club International Foundation. The grant will enable the Eye Institute to purchase a new electrophysiology testing equipment unit. Vernon Odom, Ph.D., (far left) and Charlie Moore, M.D., (far right) accept the grant check from the West Virginia Lions & Lions Club International Foundations on behalf of the WVU Eye Institute. WV Lions representatives include: (left to right) Billy Nichols, past district governor; Anne Haddox, Westover Club; Jeff Baxter, Cheat Lake Club; Ron Grubb, Westover Club; Pat Julius, past district governor; Paul Amrhein, president of the WV Lions Sight Conservation Foundation; and Robert Browning, Jr., Past Lions International director.

MED3000 Acquires HealthServe to Expand its Regional Presence

MED3000, Inc. has signed an agreement to acquire Columbus, OH based HealthServe, LLC, a full-service practice management, technology solutions and revenue cycle management company focused on the physician and EMS market place. The acquisition will expand MED3000's services in Ohio, Illinois, and the surrounding Midwestern states.

"We have been following HealthServe for quite some time and we continue to be impressed by their exceptional management team," said Patrick Hampson, Chairman and CEO of MED3000. "Michael Bourland and his talented group of executives bring a wealth of healthcare management expertise to MED3000, which will help us as we continue our focus on improving practice operations for physician groups. In addition, we found that we share a common culture in our desire to empower physician groups who want to improve revenues and differentiate themselves through improvements in the management of their patient populations."

IntegraCare Corporation Makes Wishes Come True

IntegraCare Corporation facilities collected more than \$7,000 this year for Make-A-Wish Foundation -- enough funds to grant two wishes of children with life-threatening medical conditions.

The year-round fundraising efforts took place at seven IntegraCare Corporation senior living communities throughout Western Pennsylvania:

- Newhaven Court at Lindwood in Greensburg
- Newhaven Court at Clearview in Butler
- The Pines in Mount Lebanon
- The Residence on Fifth in Oakland
- The Residence at Hilltop in Carroll Township
- The Willows and Willow Heights in McKees Rocks

"IntegraCare Corporation is pleased to team up with Make-A-Wish Foundation for such a worthwhile and wonderful mission," said Loriann Putzier, Chief Operating Officer of IntegraCare Corporation. "Our senior living communities all embraced this year-long effort by participating in creative and enjoyable fundraisers for such a great cause."



(l-r) Front: Dr. James Roberts, Magee; Dr. Gretchen Ahrendt, Magee; Diana Napper, Glimmer of Hope; Julie Faneca, Glimmer of Hope; and Dr. Julie DeLoia, Magee. Back: Drs. Jules Sumkin, Joseph Kelley and Robert Edwards, all of Magee.

Glimmer of Hope Foundation Funds Benefit the Magee-Womens Research Institute



(l-r) Deborah Linhart, Magee-Womens Research Institute & Foundation; Diana Napper and Julie Faneca, Glimmer of Hope; and Dr. Joseph Kelley, Magee.

Officials from the Magee-Womens Research Institute (MWRI) recently accepted a check for \$100,000 from Diana Napper, president of The Glimmer of Hope Foundation, and Julie Faneca, wife of Pittsburgh Steelers lineman Alan Faneca.

"The Magee-Womens Research Institute has been at the forefront of research concerning health care for women since its inception, and this significant donation will help us search for new options for breast cancer patients. We are grateful that The Glimmer of Hope Foundation has shown such confidence in us," said Deborah Linhart, president and CEO of MWRI's parent organization, the Magee-Womens Research Institute & Foundation.

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Nancy Gannon Receives 2006 Jefferson Award for Public Service

Nancy Gannon, a long time volunteer with Family Hospice and Palliative Care, is one of seven winners of the prestigious 2006 Jefferson Awards for Public Service. She was recognized for 20 years of committed volunteering with Family Hospice and Palliative Care, one of the region's oldest hospice organizations. This mother of six and grandmother of 13 found time to sit with and comfort hospice patients in their homes or in nursing homes. Her generosity continued this past year when she agreed to co-chair the \$4 million capital campaign for Family Hospice and Palliative Care's new Center for Compassionate Care in Mt. Lebanon. The new facility will house a 12-bed inpatient unit, an educational/conference center, and administrative offices.



Nancy Gannon

Maryanne Manning, COTA, Receives 2006 Excellence in Homecare Award

Celtic Homecare employee, Maryanne Manning was awarded with the company's 2006 Excellence in Homecare Award. Maryanne is a Certified Occupational Therapist Assistant (COTA). This award honors a homecare professional who demonstrates superior performance, displays continuous improvement in delivering world class service to clients, exemplifies company values, and exhibits strong interpersonal skills.



Maryanne Manning



(l-r) Dennis DiPerna, Pres & CEO Point Security, Lead Officer Richard E. Lewkowicz, and Mary Eckert, Pres & CEO Millcreek Community Hospital

Millcreek Community Hospital Security Officer Receives 2006 Officer of the Year Award

Point Security Company, Inc. awarded its 2006 Officer of the Year Award to Lead Officer Richard E. Lewkowicz. The award was presented to Officer Lewkowicz for his exceptional meritorious service while serving as the lead officer assigned to Millcreek Community Hospital. A citation was read praising Officer Lewkowicz for his selection from a field of over 250 officers. Selection was based upon his leadership skills coupled with his sensitivity to the environment of care which has brought great credit and distinction upon himself, the security officers of Millcreek Community Hospital, and Point Security Company Inc. A formal presentation ceremony was held at Millcreek Community Hospital where Mary Eckert, President & CEO of Millcreek Community Hospital and Dennis DiPerna, President & CEO of Point Security Company Inc. presented the award.

UPMC Bedford Memorial Vice President of Performance Improvement and Risk Management Receives Certification



Sherrill Wylie

Sherrill Wylie, Vice President of Performance Improvement and Risk Management, UPMC Bedford Memorial was recently notified that she joins the elite ranks of approximately 60 people nationwide who have tested and passed the Patient Safety Officer Certification Test.

The Certified Patient Safety Officer (CPSO) designation is a new program of the Safety Alliance under the auspices of the Board of Certified Healthcare Safety. The CPSO supports the systematic approach of managing healthcare safety hazards and risks.

Wylie, Vice President of Performance Improvement and Risk Management became the hospital's Patient Safety Officer in 2002 when legislation mandated healthcare facilities create the position. In her role she has been the Chairperson of the Patient Safety Committee, which meets monthly. She oversees the Annual Patient Safety Fair for Employees, and prepares safety topic articles for the hospitals monthly "Intercom" newsletter. She created and edits "Pharmacy Notes" for staff and physician information and education regarding medication management.

VA Pittsburgh Healthcare System Chief Financial Officer Receives National Financial Management Award

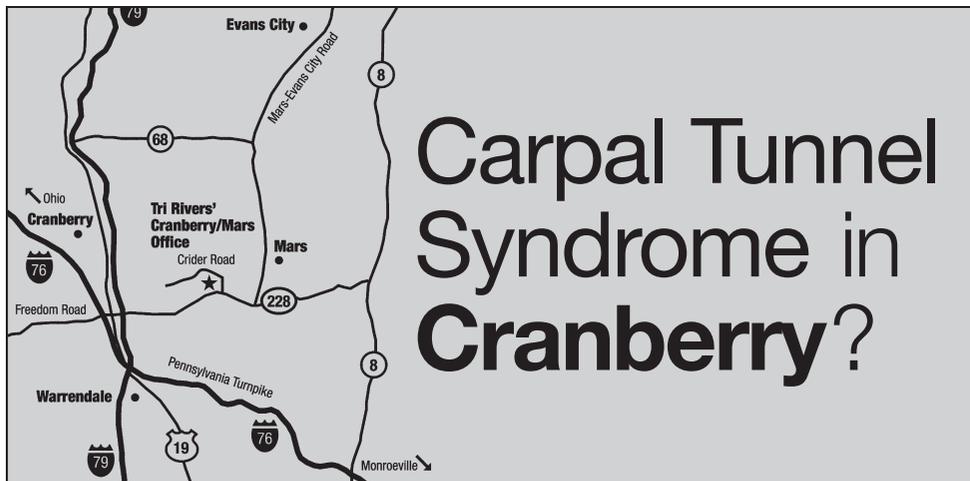


James F. Baker

James F. Baker, Chief Financial Officer and Vice President of Business Services at VA Pittsburgh Healthcare System (VAPHS), was chosen to receive the National Veterans Health Administration (VHA) Distinguished Financial Management Award.

VHA sponsors the award to recognize those whose contributions have supported VHA's goals and objectives by increasing the efficiency or effectiveness of ongoing financial management programs, policies, or procedures.

Baker was appointed as the Chief Financial Officer for VAPHS in April 2003. Prior to this appointment, Baker served as the fiscal officer for several years. Baker has been working at the VA for over 21 years. Other positions Baker has held during his career include assistant fiscal officer, operating accountant and budget analyst. He received an associate degree from Community College of Allegheny and a Bachelor of Science in Business Administration from Robert Morris University.



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St. Elizabeth Research Assistant First to Receive National Award

Diane Evans, BSN, a research associate at St. Elizabeth Health Center in Youngstown, has been awarded the inaugural Jo-Ann D'Amato Award of Excellence from the American College of Radiology Imaging Network (ACRIN).

The award was created to recognize research associates who display exemplary professionalism, compassion and community service. Eligible associates must be employed at an ACRIN supported institution and currently working on two or more ACRIN supported projects or devoting at least half of their time and effort to an ACRIN project.



Diane Evans

University of Pittsburgh Schools of The Health Sciences Announce Faculty, Staff Achievements

Michael Boninger, M.D., professor and vice chair for research in the University of Pittsburgh Schools of the Health Sciences, School of Medicine's department of physical medicine and rehabilitation, has been inducted into the National Spinal Cord Injury Association's Spinal Cord Injury Hall of Fame. Dr. Boninger, who also is associate dean for medical student research at the medical school, was selected for this honor based on his contributions to enhancing the quality of life of individuals with spinal cord injuries.

The American College of Physicians' Pennsylvania Chapter has selected Roberta Ness, M.D., M.P.H., to receive its PA Chapter Laureate Award. Dr. Ness, who is the chair of the epidemiology department in Pitt's Graduate School of Public Health, was recognized for her contributions to women's health as well as work related to women internists.

Marina Posvar, coordinator of the patient navigator program at the Hillman Cancer Center, received a Cancer Control Merit Award from the American Cancer Society (ACS) for her efforts to advocate for continued funding for cancer research, mammography screening and clinical breast exams for low income and uninsured women. She served as an ambassador for the ACS, working with elected officials to advocate for cancer survivors.

Thomas Kleyman, M.D., chief of the renal-electrolyte division and professor of medicine and of cell biology and physiology at the School of Medicine, has been selected as the next editor of the American Journal of Physiology: Renal Physiology.

Corazon COO Re-elected as President of the Western PA Chapter of The American College of Healthcare Executives

Corazon Inc., a national leader in providing specialized consulting and recruitment services to hospitals for development of cardiac and vascular programs, announced that Karen Hartman, the Chief Operating Officer and President of Consulting, has been re-elected as President of the Western PA chapter of The American College of Healthcare Executives (ACHE-WP).

This is Hartman's second year in this leadership role for the organization, which strives to cultivate an expanded network of healthcare professionals, while enhancing professional and personal development through educational sessions with local and national experts. The organization encourages interaction among members through shared forums, where dialogue and ideas are exchanged between and among diverse segments of the healthcare industry.



Karen Hartman



Irene Rubus



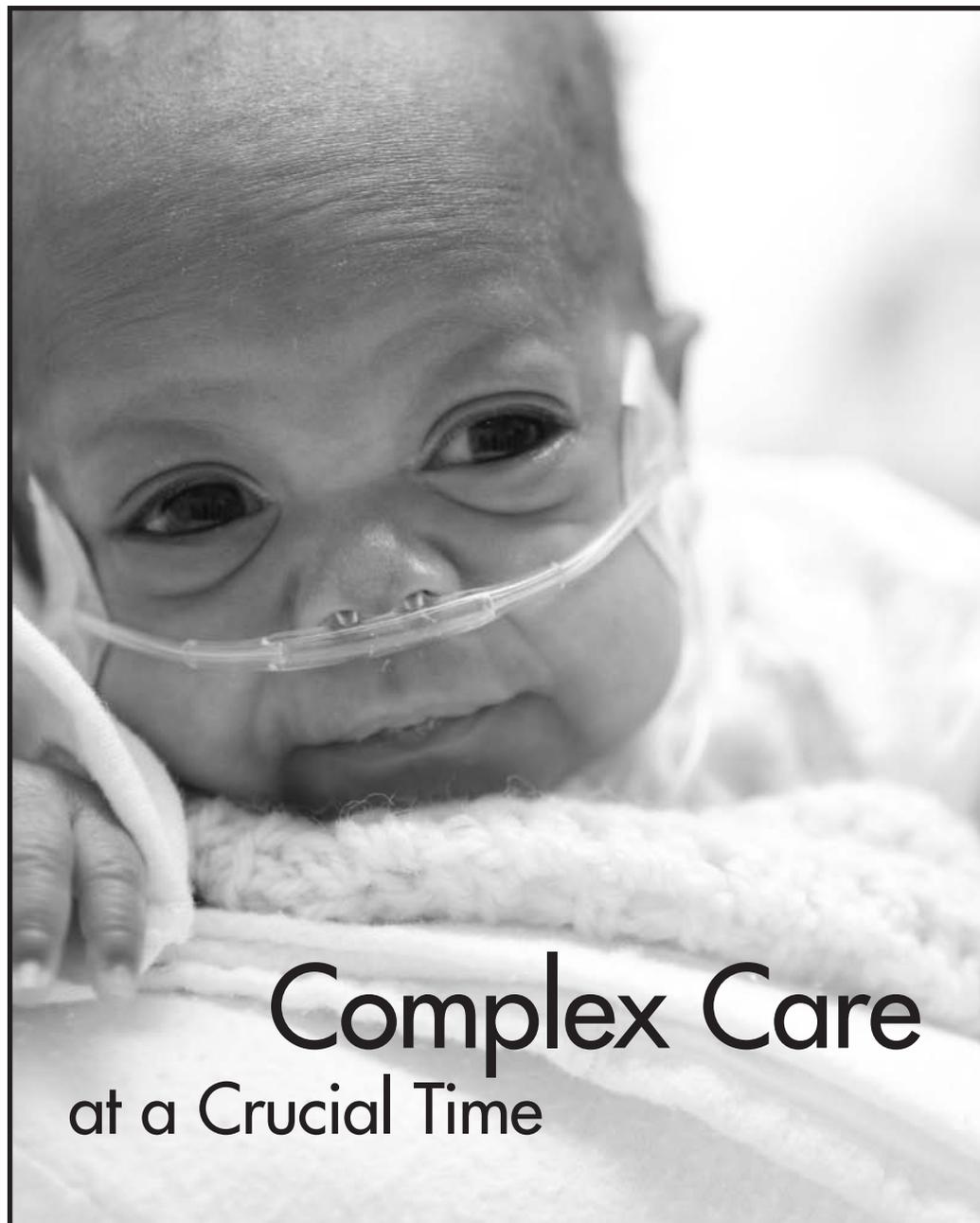
Michelle Moore



Patty Cox

Altoona Regional Nurses Earn Degrees

Three Altoona Regional Health System registered nurses recently completed degree requirements and earned Master of Science degrees in Nursing. Patty Cox, nursing supervisor, Irene Rubus and Michelle Moore, of the intensive care unit, graduated from the University of Phoenix, AZ.



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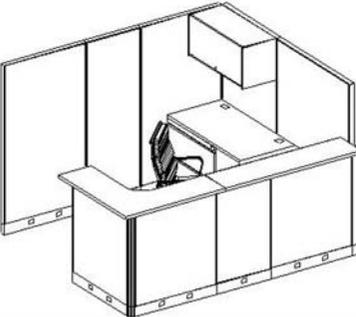
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Like dieting, budgeting your expenses only works if there is a long-term commitment. Unfortunately, human nature leads many of us to frustration when we can't immediately have the things we need or want. As a result, budgeting plans can become ineffective. That's why adopting a "pay yourself first" attitude can have a positive impact on long-term budgeting, spending, and investing.



Roman A. Matusz

Follow these simple steps to take control now, and to pave the way for a bright future:

1) Take a close look at what you spend. Begin the process by recording all your expenses, listing such living expenses as rent or mortgage and utilities; services such as childcare; and necessities such as food, clothing, medical expenses, etc.

2) Include your "investments and savings" with expenses. If you treat investments and savings as an expense which must be made on a weekly or monthly basis, you will be a lot closer to setting the money aside.

3) Allocate income in terms of percentages. The idea here is that there are a number of expenses that can be trimmed a small percentage at a time. Determine what percentage of your income goes to each expense, and then categorize them as either fixed or flexible. You have discretion over the latter but not the former. It is generally the flexible expenses that erode earnings.

4) Prioritize. Take your list and rank your expenses as important, moderately important, or unimportant. Eliminate the unimportant items. This in itself may be enough to begin a modest investment and savings program. If it isn't, eliminate some of the moderately important expenditures, and then pay yourself first. And here's what's important: Don't only eliminate the amount, write a check for that amount to a special account and start saving.

5) Compromise on Expenses. It is natural for couples to disagree on budget choices, especially in two-paycheck families. Ideally, you must compromise and negotiate until you sort out the most appropriate and important expenses.

6) Where your money goes depends on how much you have. If you begin with \$200, it might be a savings account or money market fund. If you are retirement-minded, and you qualify, you can contribute up to \$2,000 per year on a pre-tax basis into an Individual Retirement Account (IRA). Or, better yet, in some circumstances you can make even greater pre-tax contributions to an employer-sponsored retirement plan (e.g., 401(k)). All earnings in these retirement savings vehicles generally accumulate on a tax-deferred basis.

Remember, putting yourself first means making your financial future and well being your biggest priority. Sure, it may be necessary to forgo purchasing some enjoyable, yet unneeded items. However, the "dividends" that a disciplined savings program can ultimately pay you will certainly outweigh a strategy of overspending. Putting yourself first means solidifying your future.

Roman A. Matusz is a registered representative of and offers securities through MML Investors Services, Inc. For more information, you may contact him at The Pittsburgh Agency One PPG Place, Suite 1900. Pittsburgh, PA 15222. (412) 562-4423.

UPMC Receives Heinz Endowments Grant to Foster Environmentally Responsible Health Care

The University of Pittsburgh Medical Center (UPMC) has been awarded a \$250,000 grant from The Heinz Endowments to help develop a comprehensive environmental stewardship and disease prevention program, building on already extensive "green" efforts throughout the health system.

Among other steps, UPMC will create a new senior leadership position, director of environmental initiatives, to promote healthy work and patient care environments in all UPMC facilities. The director will develop systemwide environmental policies, borrowing from successful practices around the world, and coordinate research initiatives for improving environmentally friendly operations.

"We are pleased to have the support of The Heinz Endowments in taking our environmental efforts to the next level," said William Smith, UPMC's director of environmental health and safety. "UPMC already has demonstrated its commitment to environmental stewardship, but with this grant, we intend to become an industry leader in defining best practices in this area for the benefit of our employees, patients and communities."

Already, UPMC's award-winning environmental efforts include removal of all mercury-containing items found in lab thermometers, thermostats and other devices at UPMC Presbyterian Shadyside; recycling of over 1 million pounds of paper annually; and planning for the installation of a solar panel array on the roof of the Hillman Cancer Center. UPMC also is building one of the first environmentally sustainable pediatric hospitals, where resources such as energy, water, materials and land will be used more efficiently. Children's Hospital of Pittsburgh of UPMC is seeking Leadership in Energy and Environmental Design (LEED) certification for two buildings on its new campus, under construction in the Lawrenceville section of Pittsburgh.

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Concordia Lutheran Ministries, founded in 1881 is a continuing care retirement community that consists of three retirement apartment dwellings offering 328 one and two bedroom dwellings and two skilled nursing facilities, Oertel and Lund Care Centers on the Marwood Road campus numbering 196 beds with 24-hour nursing care; three assisted living facilities - Concordia at Ridgewood Place in Plum Borough; Concordia at The Orchard in Butler and Concordia at Rebecca Residence in Allison Park also providing skilled nursing; rehabilitation services, visiting nurses, Tele-CareGivers (a free service for people who are homebound), HomeHelp (affiliated with Presbyterian SeniorCare), Adult Day Services including Dementia Care, on-site child care, and the newest addition, Good Samaritan Hospice.

For more information, call 1-888-352-1571.

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The Kane Regional Centers, located in Glen Hazel, McKeesport, Ross and Scott, provide 24-hour skilled nursing care, rehabilitation services, specialty medical clinics and dedicated units for dementia care to the residents of Allegheny County. Admission to the Kane Regional Centers is based on medical needs and can occur within 24 hours, including weekends and holidays. Kane accepts a number of insurance plans well as private pay. To apply for admission to the Kane Regional Centers call (412) 422-6800.

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ST. BARNABAS HEALTH SYSTEM

St. Barnabas Health System offers a continuum of care at its two campuses in the North Hills. Skilled nursing care is offered at the 172-bed St. Barnabas Nursing Home in Richland Township, Allegheny County, and the 47-bed Valencia Woods at St. Barnabas in Valencia, Butler County. The Arbors at St. Barnabas offers assisted living for up to 182 persons. All three facilities offer staff-run, on-site rehabilitative services, extensive recreational opportunities, and beautiful, warm decor. Home care is available at the St. Barnabas Communities, a group of three independent-living facilities: The Village at St. Barnabas, The Woodlands at St. Barnabas and The Washington Place at St. Barnabas. The Washington Place, a 23-unit apartment building, has hospitality hostesses on duty to offer residents support as needed. St. Barnabas Health System, a non-denominational, faith-based organization, has a 106-year tradition of providing quality care regardless of one's ability to pay. For admissions information, call:

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85 Charity Place, Valencia, PA 16059, (724) 625-4000 Ext. 258
- St. Barnabas Communities
5850 Meridian Rd., Gibsonia, PA 15044, (724) 443-0700, Ext. 247

WASHINGTON COMMONS

Washington Commons provides quality, compassionate care to older adults who need assistance with daily living activities. Our facility offers beautifully furnished private and companion rooms with private baths. It has large lounges with gas fireplaces, providing residents and their families a home-like atmosphere for their special visits. Our large fenced-in courtyard is an added attraction for residents who wish to spend time outdoors on warm, sunny days. Services offered include on-site licensed staff members 24 hours a day; physicians on-call; podiatry and dental services; full-time coordinated activities; complete laundry and housekeeping services; and a beautician on premises. Please call for additional information or a tour. • (412) 257-1137
528 Dewey Ave, Bridgeville, PA 15017 • washingtoncommons.com

WESTMORELAND MANOR

Westmoreland Manor with its 150 year tradition of compassionate care, provides skilled nursing and rehabilitation services under the jurisdiction of the Westmoreland County Board of Commissioners. A dynamic program of short term rehabilitation services strives to return the person to their home while an emphasis on restorative nursing assures that each person attains their highest level of functioning while receiving long term nursing care. Westmoreland Manor is Medicare and Medicaid certified and participates in most other private insurance plans and HMO's. We also accept private pay. Eagle Tree Apartments are also offered on the Westmoreland Manor campus. These efficiency apartments offer independent living in a protective environment.

Shelley Thompson, Director of Admissions
2480 S. Grande Blvd., Greensburg, PA 15601 • 724-830-4022

Home Care / Hospice

ASERACARE HOSPICE

(formerly Hospice Preferred Choice)

HPC provides services in Allegheny county and 5 surrounding counties. Care may be received at home or in extended care settings. The patient and family are the primary decision makers with assistance from the attending physician and the hospice team. The clinical expertise of our hospice team includes RN's, LPN's, home health aides, social workers, spiritual coordinators, bereavement specialists and trained volunteers which are available twenty-four (24) hours a day, seven (7) days a week. For more information, call (412) 271-2273 or (800) 570-5975.

CARE AT HOME

Care At Home caregivers provide private duty non-medical assisted living services in private homes, assisted living facilities, nursing homes and hospitals. Services include assistance with personal care, meal preparation, medication reminders, light housekeeping and companionship. Caregivers subject to in-depth interviews, extensive reference checks and criminal background investigation. Service available 24 hrs per day, 7 days per week. Serving most areas of Allegheny, Westmoreland and Armstrong counties. Initial assessment visit provided at no cost. For further information call 412-967-1112 or 724-339-1117.

CONCORDIA VISITING NURSES

Concordia Visiting Nurses provide skilled and psychiatric nursing, physical a, occupational and speech therapies, wound and ostomy care, respiratory therapy, nutritional counseling, infusion therapy, maternal/child care, in your own home. The TeleHealth Monitoring System is a free service that keeps you constantly connected to your doctor and HealthWatch personal response system is an electronic device designed to summon help in an emergency. Concordia Visiting Nurses pledged same day service, weekend referrals and evaluation visits for post-emergency room patients. It is a non-profit, Medicare certified home care agency that accepts most major insurances. Contact Concordia Visiting Nurses at 1-877-352-6200.

GATEWAY HEALTH HOSPICE

Gateway's hospice services remains unique as a locally owned and operated service emphasizing dignity and quality clinical care to meet the needs of those with life limiting illness.

Quality nursing and home health aide visits exceed most other agencies. Our commitment to increased communication and responsiveness to those we serve is our priority.

Medicare certified and benevolent care available. Gateway serves patients in Allegheny and ALL surrounding counties. Care is provided by partnering with facilities and hospitals in addition to wherever the patient "calls home".

For more information call 1-877-878-2244

INTERIM HEALTHCARE

Interim HealthCare is a national comprehensive provider of health care personnel and service. Interim HealthCare has provided home nursing care to patients since 1966 and has grown to over 300 locations throughout North America. Interim HealthCare of Pittsburgh began operations in 1972 to serve patient home health needs throughout southwestern Pennsylvania and northern West Virginia. IHC of Pittsburgh has been a certified Medicare and Medicaid home health agency since 1982. IHC provides a broad range of home health services to meet the individual patient's needs - from simple companionship to specialty IV care - from a single home visit to 24 hour a day care. IHC has extensive experience in working with facility discharge planners and health insurance case manager to effect the safe and successful discharge and maintenance of patients in their home. For more information or patient referral, call 800-447-2030.

1789 S. Braddock, Pittsburgh, PA 15218

3041 University Avenue, Morgantown, WV 26505

LIKEN HEALTH CARE, INC.

Established in 1974, is the city's oldest and most reputable provider of medical and non-medical care in private homes, hospitals, nursing homes, and assisted living facilities. Services include assistance with personal care and activities of daily living, medication management, escorts to appointments, ambulation and exercise, meal preparation, and light housekeeping. Hourly or live-in services are available at the Companion, Nurse Aide, LPN and RN levels. Potential employees must meet stringent requirements; screening and testing process, credentials, references and backgrounds are checked to ensure qualifications, licensing, certification and experience. Criminal and child abuse background checks are done before hire. Liken employees are fully insured for general and professional liability and workers' compensation. Serving Allegheny and surrounding counties. Free Assessment of needs available. For more information: call 412-816-0113, 24 hours per day, 7 days per week, see our website www.likenservices.com, or email cnemanic@likenservices.com. Cheryl Nemanic, Certified Care Manager General Manager, Private Duty Services, 400 Penn Center Blvd., Pittsburgh, PA 15205

TRINITY HOSPICE

Trinity Hospice offers comprehensive care focused on easing the physical, emotional and spiritual pain that often accompanies terminal illness. Trinity Hospice provides an alternative to routine home care and repeated hospitalizations. Offering outstanding care, the hospice team members are dedicated professionals and trained volunteers who specialize in meeting the individualized needs of terminally ill patients and families. For more information or to schedule an assessment, please call 1-888-937-8088.

2020 Ardmore Boulevard, Suite 210

Pittsburgh, PA 15221

www.trinityhospice.com

VITAS INNOVATIVE HOSPICE CARE® OF GREATER PITTSBURGH

Hospice of Greater Pittsburgh Comfort Care is now a part of VITAS Innovative Hospice Care, the nation's largest and one of the nation's oldest hospice providers. When medical treatments cannot cure a disease, VITAS' interdisciplinary team of hospice professionals can do a great deal to control pain, reduce anxiety and provide medical, spiritual and emotional comfort to patients and their families. We provide care for adult and pediatric patients with a wide range of life-limiting illnesses, including but not limited to cancer, heart disease, stroke, lung, liver and kidney disease, multiple sclerosis, ALS, Alzheimer's and AIDS. When someone becomes seriously ill, it can be difficult to know what type of care is best ... or where to turn for help. VITAS can help. For Pittsburgh, call 412.799.2101 or 800.620.8482; for Butler, call 724.282.2624 or 866.284.2045.

PUBLIC HEALTH SERVICES

ALLEGHENY COUNTY HEALTH DEPARTMENT

The Allegheny County Health Department serves the 1.3 million residents of Allegheny County and is dedicated to promoting individual and community wellness; preventing injury, illness, disability and premature death; and protecting the public from the harmful effects of biological, chemical and physical hazards within the environment. Services are available through the following programs: Air Quality; Childhood Lead Poisoning Prevention; Chronic Disease Prevention; Environmental Toxins/Pollution Prevention; Food Safety; Housing/Community Environment; Infectious Disease Control; Injury Prevention; Maternal and Child Health; Women, Infants and Children (WIC) Nutrition; Plumbing; Public Drinking Water; Recycling; Sexually Transmitted Diseases/AIDS/HIV; Three Rivers Wet Weather Demonstration Project; Tobacco Free Allegheny; Traffic Safety; Tuberculosis; and Waste Management. Bruce W. Dixon, MD, Director
333 Forbes Avenue, Pittsburgh, PA 15213
Phone 412-687-ACHD • Fax 412-578-8325 • www.achd.net

PEDIATRIC REHABILITATION PROGRAM

THE CHILDREN'S INSTITUTE

The Children's Institute (CI), located in Squirrel Hill, provides inpatient and outpatient rehabilitation services for children and young adults. Outpatient services are also provided through satellite facilities in Green Tree, Monroeville and Wexford. In addition, The Children's Institute offers educational services at The Day School to children, ages 2-21, who are challenged by autism, cerebral palsy or neurological impairment. Project STAR, CI's social services component, coordinates adoptions, foster care and intensive family support for children with special needs.

For more information, please call 412-420-2400.

The Children's Institute,

1405 Shady Avenue, Pittsburgh, PA 15217-1350

www.amazingkids.org

REHABILITATION

THE PT GROUPSM PHYSICAL THERAPY

Since 1978 THE pt GROUP has provided early evaluations and continuous progressive care under the same licensed therapist for orthopedic and neurological injuries and conditions. In addition, divisions are available treating serious workers' compensation injuries (Work Recovery Centers); pelvic floor dysfunction, incontinence, and lymphedema (Physical Therapy For Women) and balance and neurological disorders (Balance Therapy). We are not owned or controlled by doctors, hospitals, or insurance companies, but evaluate, and treat, and 000000home exercise programs, under hundreds of physicians' prescriptions covered by most of the work, auto and managed care programs. Call 1-888-PT-FOR-YOU (1-888-783-6796) or www.theptgroup.com.

OUTPATIENT CENTERS

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Blairsville - 724-459-7222

Derry - 724-694-5737

Greensburg - 724-838-1008

Greensburg West - 724-832-0827

Harrison City - 724-527-3999

Irwin - 724-863-0139

Jeannette - 724-523-0441

Latrobe - 724-523-0441

Ligonier - 724-238-4406

Lower Burrell/New Kensington - 724-335-4245

PHYSICAL THERAPY FOR WOMEN

Monroeville - 412-373-9898

Harrison City - 724-527-3999

BALANCE THERAPY

Blairsville - 724-459-7222

Harrison City - 724-527-3999

Moon Township - 412-262-3354

Pittsburgh - Uptown - 412-261-5650

WORK RECOVERY CENTER (FCE Scheduling)

Greensburg - 724-838-7111

OCCUPATIONAL THERAPY

Apollo - 724-478-5651

Harrison City - 724-527-3999

Irwin - 724-863-0139

Jeannette - 724-523-0441

Latrobe - 724-523-0441

Ligonier - 724-238-4406

McKeesport/N.Versailles - 412-664-9008

Monroeville - 412-373-9898

Moon Township - 412-262-3354

Mt. Pleasant - 724-547-6161

Munhall - 412-461-6949

Murrysville - 724-325-1610

New Alexandria - 724-668-7800

Penn Hills - 412-241-3002

Pittsburgh Downtown - 412-281-5889

Pittsburgh Uptown - 412-261-5650

Greensburg - 724-838-1008

Irwin - 724-863-0139

New Alexandria - 724-668-7800

McKeesport - 412-664-9008

Monroeville - 412-373-9898

Murrysville - 724-325-1610

Lower Burrell - 724-335-4245

Penn Hills - 412-241-3002

SPECIALTY HOSPITAL

TIC[®], TRANSITIONAL INFANT CARE (T.I.C.[®]) HOSPITAL

Operates as a fully licensed acute care pediatric specialty hospital. Independent and not-for-profit, T.I.C.[®] was conceived as a bridge between Neonatal Intensive Care Units and the home. Provides excellent medical care to infants who are medically stable but not yet ready to go home, and develops the family's hands-on ability to deal with complicated treatment regimens. Staff includes 16 neonatologists, 19 pediatricians, a variety of physician consultants/specialists and exclusive R.N. staff with NICU and/or pediatric experience. The only facility of its kind in the country, T.I.C. is increasingly recognized as a model for delivery of a new level and type of care. Located near Fifth Avenue in Pittsburgh's Shadyside neighborhood, T.I.C. admits infants from across W.P.A., but also from the tri-state area and beyond. For more information, or to schedule a tour, contact:

Deborah Flowers Chief Clinical Officer

5618 Kentucky Ave.,

Pittsburgh, PA 15232 x 412-441-4884 ext. 219

T.I.C. is a program of The Children's Home of Pittsburgh.

Business Directory

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For additional information please contact John R. Boderocco, P.E., President at 814/269-9300 or jboderoc@hflenz.com.

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February 1

Heart Hero Program Focuses on Cardiac Electrophysiology

Humility of Mary Health Partners is proud to present the sixth annual "Be a Heart Hero" program on Thursday, Feb. 1 from 4:30 to 8:00 p.m. at Mr. Anthony's in Boardman. "Heart Hero" is a community program dedicated to increasing knowledge of cardiovascular health.

This year's event focuses on cardiac electrophysiology and the role of implantable cardiac devices for the management and treatment of heart irregularities. This community program also offers free health screenings including stroke screenings, blood pressure and more.

For information, call (330) 480-3151 or toll free 1-877-700-HMHP (4647).

February 5

University of Pittsburgh School of Law 10th Anniversary Symposium

The University of Pittsburgh School of Law will hold its 10th Anniversary Symposium, "The Role of Modern Charitable Health Care Providers", on Monday, February 5, 2007 from 4-6:30 p.m. at the School of Law - Courtroom, 3900 Forbes Avenue, Oakland. This course has been approved by the Pennsylvania Continuing Legal Education Board for two hours of Substantive credit. For more information call (412) 648-7120.

February 16

Tribute to Frank Sinatra Benefits Mercy Jeannette Hospital

The Mercy Jeannette Hospital Community Advisory Board will host its fifth annual winter fundraising event titled A Tribute to Frank Sinatra, Vegas Style, on Friday, February 16, at Chesterfields Restaurant in North Huntingdon. Tickets to the event are \$50 per person, and may be purchased by contacting the Community Relations/ Development Department at Mercy Jeannette Hospital at (724) 527-9364.

February 25-27

Physician Strategies Summit: Growth Strategies & Tactics

The Forum for Healthcare Strategists presents the Physician Strategies Summit at the Omni Orlando Resort, Orlando, FL. For more information, visit www.healthcarestrategy.com.

March 5

The Corazon Academy

The Corazon Academy is a unique program that imparts executive-level knowledge and skills to a new and developing cardiovascular leaders who hold positions critical to the overall performance of the CV specialty: Service Line or Product line Administrators, Cath Lab and CVOR Managers and Directors, and other CV Leaders. The Corazon Team of 'Heart Experts' will provide education based on their expertise with various aspects of cardiac and vascular program leadership. Using a combination of hands-on experi-

ence with programs throughout the country, information from industry literature and other sources, and didactic materials, the Academy curriculum will concentrate on providing the clinical, financial, operational, staff recruitment and retention, management, and strategic facets of cardiac and vascular program leadership. The next semester begins on Monday, March 5 in Pittsburgh. For more information, call (412) 364-8200.

March 13, April 10 & May 8 Tuesdays With One Another

An interdisciplinary series of seminars designed to help those who care for the terminally ill (nurses, social workers, chaplains, physicians) move from head to heart. The focus of the seminars will be to help the participants to reflect the professional impact of working and ministering with the terminally ill. Each session will have a keynote speaker and breakout groups. The following topics will be addressed:

March 13 - Being Touched and Transformed by the Dying

April 10 - Moving from Despair to Hope

May 8 - Moving from Anxiety to Awe

Each seminar is \$12 and will be held at the Epiphany Academy in Pittsburgh from 7:30 to 9:30 a.m. For more information or to register, call (412) 578-2899 or email ephanich@familyhospice.com. The seminars are sponsored by Family Hospice and Palliative Care, The Learning Center for Spirituality in End of Life Care, and The Epiphany Academy.

March 15-18

14th Annual Hot Topics in Emergency Medicine Conference

Pittsburgh Mercy Health System presents the 14th Annual Hot Topics in Emergency Medicine Conference at Hawk's Cay Resort & Marina, Duck Key, FL. CME credits will be awarded. For more information, contact Donna Winowich-Buck at (412) 232-5515 or dwinowich@mercy.pmhs.org.

April 20-21

2nd Annual Peripheral Vascular Conference

Pittsburgh Mercy Health System presents the 2nd Annual Peripheral Vascular Conference at the Doubletree Hotel, Pittsburgh City Center. CME credits will be awarded. For more information, contact Donna Winowich-Buck at (412) 232-5515 or dwinowich@mercy.pmhs.org.

May 11

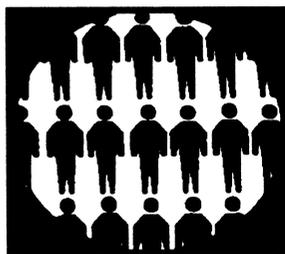
Northeast U.S. Healthcare Trade Faire & Regional Conference

The Northeast U.S. Healthcare Trade Faire & Regional Conference, sponsored by HIMSS Western PA Chapter also in cooperation with Hospital Council of Western PA, will take place on Friday, May 11 from 7:45 a.m. to 4:45 p.m. at the Hilton Pittsburgh, Ballroom level. Area healthcare IT executives, physicians, and other hospital and health system management staff should attend.

For more information, visit www.healthcaretradefaire.com/Pittsburgh/ or call Robert Glanville at (503) 387-3120 or robert@healthcaretradefaire.com.

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Marshall Township \$475,000
Designed for distinction! This home offers a remarkable floor plan and extensive architectural detailing with dramatic 2 story foyer, four bedrooms, 3.5 bathrooms. The bright living room has impressive columns leading into the sunken family room with walk-out to the patio. An oversized kitchen boasts island, separate breakfast bay area and large pantry. Unwind in the huge master bedroom with tray ceiling and luxurious master bathroom suite. Master bath offers whirlpool, custom tile shower and 2 walk-in closets which are entered through French doors. Laundry is located on the 2nd floor and 3 car attached garage has 8 foot doors! #651463
Visual Tours at www.HoneywillTeam.com
Call Linda Honeywill 412-367-8000 x237

Seven Fields Boro \$379,500
This immaculate custom townhouse is designed for a maintenance free lifestyle! The light & bright interior boasts an open floor plan, hardwood floors, cathedral living room open to the elegant dining room with tray ceiling. The upgraded kitchen is the perfect gathering room with the fireplace & breakfast area. The finished lower level offers game room, powder room & den. Relax in the 1st floor master suite which includes an exquisite master bathroom with whirlpool. This home also includes an oversized 2 car garage & 3-zone sprinkler system! #634954
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Franklin Park \$329,500
New construction in a wonderful location! Just minutes to the brand new YMCA! Bask in the open floor plan that offers plenty of natural light. Enter through the vaulted hardwood dining/great room combo that leads to the spacious island kitchen with Hi-Macs Acrylic solid surface counters, plenty of cabinets & mosaic tumble-stone backsplash. The 2nd floor boasts a bright family room with fireplace! Move right in! #634196
Visual Tours at www.HoneywillTeam.com
Call Linda Honeywill 412-367-8000 x237

Franklin Park \$425,000
MLS# 652588
This 4 bedroom, 2 & 2 half bath classic Contemporary home boasts of a well-laid-out floor plan that promotes comfort and flow. Features include marble foyer with 20' ceiling, eat-in kitchen, bright open interior with an abundance of windows, tiled bonus room, wonderful views of the exceptional wooded lot. MUST SEE!
Gloria Carroll 412-367-8000 x242

Marshall \$479,500
MLS# 619399
The embodiment of elegance and style, this 4 bedroom, 3.5 bath home offers a world of pleasant surprises. Highlights of this spectacular design include ideal floor plan with two staircases to 2nd floor, wet bar in family room, cathedral & tray ceilings, two-level deck, professional landscaping and more. DO NOT DELAY!
Gloria Carroll 412-367-8000 x242

Pine \$799,900
MLS# 627434
Graced with classically detailed, light-filled spaces, the artistry of this 5 bedroom, 4.5 bath design is unique, the space abundant. This North Park Manor masterpiece features two-story family room, finished lower level with glass enclosed exercise room/5th bedroom, gameroom & wine cellar, incredible pool area and much more. REMARKABLE PRICE!
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For more information, tour or brochure... Call Today
Gloria Carroll: (412) 367-8000 ext. 242 Joyce Douglass: (412) 367-8000 ext. 271
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Or Visit Our Website at www.prudentialpreferred.com for a visual tour.

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702 Delafield Road \$299,900
Fox Chapel updated, brick home in convenient location to Aspinwall, hospital, and easy commute to city/downtown. Exquisite home full of charm, quality and spaciousness. New kitchen, sunroom, cozy living area and finished gameroom both with fireplaces. Private stone patio and yard. Great for entertaining. \$10,000 buyer allowance. Good value for the \$\$\$\$. VT639693
Jane Herrmann
Prudential Preferred Realty
412-782-3700 x228
jherrmann@prudentialpreferred.com

Distinctive Mini-Estate in Brighton Township, Beaver County \$1,500,000
Welcome to El Shaddai Drive in Brighton Township. This beautifully appointed mini-estate sits on over 4 acres and offers mature landscaping, gazebo overlooking bocce and tennis courts, a two-stall horse barn, and 4 car "hobby" garage. Enjoy the homes unique architecture while dining on the back deck with a built-in stainless grill. Inside, the 4 bedroom, 4.5 bath beauty offers a soaring 2 story entry, dual staircase, smoking room/den, gourmet stainless-steel kitchen with dual appliances, and a solarium bar room fabulous for entertaining! Many unique features include imported marble/petrified wood tile in the Owner's Suite, finished lower-level which includes a wine cellar with tasting room, 3 car attached garage and a one car integral garage. Additional acreage is available. Minutes from the Beaver Medical Center and major routes!
Laurel Rae
RE/MAX Select Realty
724-933-6300 ext. 207
LaurelRae@remax.net • www.SelectHomeFinder.com

1032 Tierra Vista Drive Pine Twp., PA 15044
Handsome brick Provincial with curb appeal plus interior personality. Soaring ceilings and loads of gleaming hardwood define main level. 15x13 hearth room with skylights, guest suite with 9x9 lounge area and screened porch expand living space on first floor. Oversized study with glass French doors and built-ins. Fully-equipped peninsula kitchen with solid surface counters and breakfast area surrounded by windows add to the bright atmosphere. First floor laundry, two story great room with 2 sided gas fireplace. Master suite with cathedral ceiling, immense walk-in closet with built-ins, ceramic shower and whirlpool. Walkout lower level leads to gorgeous wooded backyard enhanced by curving Versa Lock walls. MLS # 641070
Chris Lange Coldwell Banker
(724) 776-2900 ext. 275
cell 412-980-2157

PINE TOWNSHIP
149 Tanglewood Drive \$400,000
Provincial 2-story. 3 years old, 4 bedrooms, attached garage, finished gameroom. Features include hardwood floors, pillars, 9' ceilings, and a gas log fireplace in familyroom. Gourmet cherry kitchen has corian countertops and angled island and opens to sunny morningroom. 1st floor office. Pine-Richland School District.
CATHLEEN WANSERSKI
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cathywrealestate.net

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