

**The Art of Aging:  
Legends of the Blues**



On Friday, September 28, 2007, Ursuline Senior Services will close its 25th Anniversary Year with a special evening of music and artistry featuring THE MUDDY WATERS BAND with Special Guest DAVID “HONEYBOY” EDWARDS. Complimenting Ursuline’s 25-year history of caring for older and vulnerable neighbors throughout the Pittsburgh area, this Art of Aging Celebration will provide an opportunity to focus on the continuing creativity and productivity of local seniors, while offering a retrospective on the importance of the Blues genre and its contribution to all forms of music over the last 60 years. The Legend of the Blues package we will enjoy is the same performance that was featured last year as part of the sold out “Legends of the Blues” show presented at Lincoln Center in New York City.

*Art of Aging cont. on Page 6*

**Sister Dorothy Gourley Celebrates  
22 Years at Ursuline Senior Services**

In June of this year, our own Sister Dorothy Gourley will celebrate 22 years in the Guardianship Department of Ursuline Senior Services. As the agency recognizes its 25th anniversary milestone, Ursuline is fortunate to have such a dedicated employee with almost as much tenure as the organization itself. At the same time, the Guardianship Department also welcomes its newest employee, Erin Koebler. Erin joins the department after almost four years as a care manager with the Allegheny County Area Agency on Aging. To help Erin become familiar with her new position, Sister Dorothy shared some information about the guardianship department and the agency.

Sister Dorothy was a primary and middle school teacher for 32 years before she decided it was “time for a change.” She was hired in 1985, about a year after the Guardianship program was created at the Ursuline Center, what the agency was called at that time. The Ursuline Sisters of Louisville, Kentucky founded Ursuline

Center after Sister Elaine Eckert, Ursuline Center’s first executive director, surveyed the needs of the Bloomfield/Garfield community and found a need for an agency to serve seniors. According to Sister Dorothy,



*Newest addition to the guardianship staff, Erin Koebler (left), gets to know the program and agency’s longest-tenured member, Guardian of Person Sr. Dorothy Gourley, CSJ.*

services were offered at Ursuline Center when she was hired through the social work, protective services, and guardianship departments.

Sister Dorothy and her friend, Sister Winifred Reddington, both interviewed for the same guardian position. Sister Winifred got the job. A few months later the program expanded and fortunately

*Gourley cont. on Page 6*

# Our Heritage – A Historical Perspective

## Part I: 1981 through 1997



Reflect that in reality you have a greater need to serve [the poor] than they have of your service.

—Angela Merici

URSULINE CENTER, INC. was founded in 1981 by the Ursuline Sisters of Louisville, Kentucky. After the Ursuline Academy of Girls merged with the Lawrenceville Catholic Schools in 1981, the Sisters wanted to find a way of continuing their 100-year tradition of service to the people of Pittsburgh.



**Ursuline Center Inc.**

operate the facility. The first director of Ursuline Center was Sister Elaine Eckert (1942-1997). The Ursuline Sisters retained ownership of the 100-year-old mansion on Winebiddle Street and leased the facility to Ursuline Center, Inc. Funding for the programming was obtained through foundation grants and contracts with city and county area agencies.

The following early statistics attest to the success of Ursuline Center and the need for the services provided:

- In a twelve-month period, 33,900 units of service were provided to approximately 1,300 individuals.

Ursuline Sister Elaine Eckert, a Penn Hills native and alumna of Ursuline Academy, was designated to do an assessment survey to identify community service needs. When the survey was finished, the board of directors (Ursuline Sisters) chose to emphasize the following program mix for the people who lived in the East End of Pittsburgh:

- Senior adult services
- Temporary housing
- Child care
- Employment
- Educational/recreational programs

A board of trustees comprised of Pittsburgh residents was established to



*Sr. Elaine Eckert, OSU, (1942-1997)  
Founding Executive Director*

- The Employment Bank made over 100 placements per year during its first 4 years of service.
- The Child Care Program, with a capacity of 74 children, operated at 90% utilization in its early years.

The Education Program was most in demand. Either on a one-on-one basis or in small group sessions, classes ranged from the arts to personal growth

*History cont. on Page 3*



### Administrative Staff

Anthony J. Turo, MPA  
*Executive Director*

Joseph Aul, MBA  
*Guardianship Director*

William Brickner, MEd  
*Director of Administration*

Sr. Michael Mack, OSB, MHA  
*Finance Manager*

Michelle Smart, MS, NPM  
*Protective Services Director*

Karen Miller-Tobin, MEd, AARP  
*Money Management Program Director*

Roxann Tyger, MPA  
*Community Based Options Director*

*In addition to the administrative staff, the following staff assisted in the development of this newsletter:*

Kathy Garland	Richard Murphy
Erin Koebler	Nadine Pcholinsky
Catherine Paladino	Hillary Wile

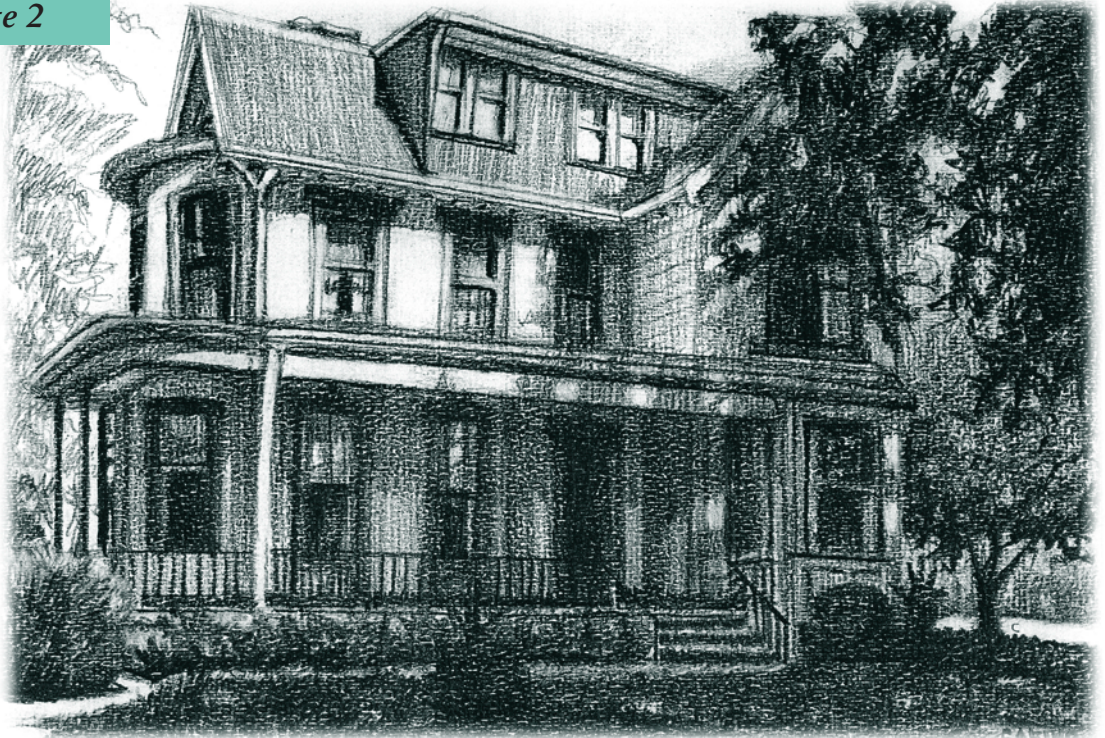
to a wide array of leisure learning opportunities.

Back in 1983 Pittsburgh was nationally recognized as a major medical center and 12 of its major hospitals were located within a three-mile radius of the Ursuline Center. Friendship House was opened with its purpose to provide an affordable place to stay for guests whose family members were hospitalized nearby. (Friendship House predated the Ronald McDonald House.)

During the first decade of operations, three of our existing programs commenced:

- 1981 – Adult Services
- 1984 – Guardianship
- 1988 – Protective Services

The 1990s brought additional changes to the agency. In 1992, Sr. Elaine Eckert retired, and in 1993 her assistant, Ruth V. Buckley, became the new executive director. Expansion in the Guardianship Program to include Representative Payee and Court Support services was initiated. In 1996, new Executive Director Pamela Estes was appointed. The Protective Services catchment area was expanded and the Senior Neighbor in Need Fund was established under her watch. As the Child Care Program and Friendship House closed, the remaining core of services centered on senior programs.



*Friendship House, 1983-1993*

Finally, two pivotal events affecting the history of the agency occurred in this decade. First, as of November 16, 1994, the Ursuline Sisters of Louisville, Kentucky released their last-remaining Pittsburgh ministry over to local, secular control. Then, as a newly-renamed agency, Ursuline Services, Inc. moved to its present location at 4749 Baum Boulevard. Focus on the services to the elderly of Pittsburgh became even sharper.

The Ursuline Sisters may no longer minister in Pittsburgh, but their legacy lives on in the name and work of the agency. They faithfully followed in the footsteps of their foundress, Angela Merici,

*The Ursuline Sisters may no longer minister in Pittsburgh, but their legacy lives on in the name and work of the agency. Past and present employees of Ursuline also embrace that commitment and remain grateful for the legacy left to US by the Sisters.*

by looking around and opening their eyes to the needs of the people and making a commitment to help them in some way. Past and present employees of Ursuline also embrace that commitment and remain grateful for the legacy left to US by the Sisters.

(Next issue: Part II: 1998 through 2007)



## From Where I Sit...



Have you ever thought that just by giving yourself the time to do that sketch or write that story, you

could be helping yourself stay “younger?” In his article, “How Creativity Keeps Us Ageless,” Stephen Ruppenthal develops his perspective on tips to unleash your creative energies and counter the effects of aging in the process. Studies have shown there is indeed a vital relationship between creative expression and healthy aging. When we draw and paint, we delve deep into the springs of vitality, increasing our sense of self-worth, determination, and achievement. All of us know that, when deep in the process of creating a short story, a painting, a new business, or an invention, time seems to stand still. Creating something totally new freshens our whole system and frees us from limitations that otherwise can hold us down and drain us of life.

This year, Ursuline Senior Services is highlighting this concept of a “font of eternal creativity” as a central theme of our celebrating 25 years of service to the seniors of our community. In addition to

hosting a performance of The Muddy Waters Band, featuring 92-year-old David “Honeyboy” Edwards, our September 28th event will also highlight local seniors who have continued, or even just began, to tap into their creative selves more and more as they age. As Ruppenthal adds, strangely enough, researchers who investigate longevity are finding old age

used to be considered old age and dotage, now we see experience as an incalculably rich resource.

Experts in aging like Ruppenthal and Salerno extol all of us not to settle for a shut-down life where the resources of youth are just vain memories. Instead we need to tap our rich experience, whether through art, invention, social service, or transformation of the environment. It’s time for society to look at a higher number of years to mean that we can actually realize our highest potential and develop talents we never knew we possessed.

This is why our goal this year is to showcase what our seniors can continue to add to their own lives, as well as the community around them. When seniors receive the supports they require to sustain their basic human needs, they are free to continue to explore their more creative selves. Let

the power coming from deep within you fill in the blanks, making the universe—and yourself—richer, more beautiful, and full of the wealth of creative life that has no age.

*—Tony Turo  
Executive Director*

*Creating something totally new freshens our whole system and frees us from limitations that otherwise can hold us down and drain us of life.*

can be a peak period for more, not less, creativity. “We always think of winding down in old age,” says Judith Salerno, Britain’s deputy director for the National Institute on Aging. “We need to begin thinking about late life as an opportunity for people to explore.” So in the years that

# Money Management Program, Senior Reassurance Program Reach Elderly in Need

Ursuline Senior Services is the proud administrator of the AARP's Money Management Program, one of the newest additions to its core services.

The program is designed to assist low-income elderly persons who experience difficulty managing their financial affairs. Following a national volunteer service model developed by AARP, the program seeks to provide seniors with the fiscal understanding and guidance that they require, while allowing them to nonetheless maintain their financial independence.

Adopted from the Allegheny County Department of Aging in January, 2000, the program had unfortunately experienced dwindling participation in both clients and volunteers. Recognizing the pressing need for such financial services within the senior community, however, Ursuline Senior Services agreed to revitalize the program through the efforts of trained volunteers and the continuing sponsorship of Allegheny County Area Agency on Aging. Indeed, through hard work and good fortune, the program has grown dramatically the course of only several years.

The program's results have been overwhelmingly positive, as an increasing number of low-income seniors have been afforded assistance with such matters as mortgage and home equity issues, credit card debt, bankruptcy,



*The Money Management Program volunteers.*

utilities and energy assistance, welfare programs, and the avoidance of predatory-lending practices.



*The Senior Reassurance Program volunteers.*

Simply stated, Ursuline Senior Services continues to strive to ease the burden of what can become an overwhelming financial situation for many of our community's elderly members.

## Senior Reassurance

In addition, Ursuline Senior Services has recently added another volunteer program to the agency. The Senior Reassurance

Program, a component of Contact Pittsburgh since the early 1980s, was adopted by our agency in August, 2006.

This vital outreach makes the difference to seniors 60 years of age or older who reside alone and value their independence. Through consistent and regular contacts, clients in this program receive the support necessary to remain on their own. Extended, often physically distant, family members also receive the "reassurance" that others will be checking in on their loved ones when they are unable to do so.

Understanding the value of this service to elderly individuals, Ursuline Senior Services is currently working to incorporate the Senior Reassurance Program into our department of volunteer programs, and is creating an opportunity for it to develop considerably to help all individuals who would benefit.



## Gourley cont. from Page 1

for Ursuline Center, Sister Dorothy was still interested in the position, and willing to share a desk with Sister Winifred.

The Guardianship Program was very different then. When Sister Dorothy was hired, each guardian was Guardian of Person and Estate for an entire caseload. Today, an employee of the Guardianship Department is either a Guardian of Person or a Guardian of Estate, or some other specialized position.


In 1986, the program was expanded to include private fee for service guardianships at the request of the Allegheny County Orphan's Court. Sister Dorothy stated this expansion was possible based on the program's reputation of competency, despite having no accepted guidelines to follow at that time. As the profession and the program have evolved, procedures and guidelines have followed. Historically, there was no one who had experience as

guardians. Sister Dorothy expressed her appreciation that she now has colleagues to discuss problems and issues with when they arise.

The Court Support Program was created in 1993 to catch the people in need of guardianship who were falling through the cracks by providing a referral source directly from the Allegheny County Orphans' Court Division. Prior to the Court Support Program, the program's only referrals were from social workers in the community, leaving those not visited by a social worker at risk for exploitation and abuse. It was also in 1993 that an agency could be named as guardian. Previously, a specific guardian was named and that person could be held personally liable for anything related to the case, an awesome responsibility for an individual guardian.

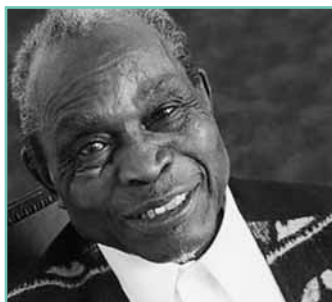
Despite the changes Sister Dorothy has seen over her 22 years of service, she doesn't feel that she approaches her work any

differently now than when she started her mission as a guardian. According to Sister Dorothy, her longevity in the field is based on the fact that she sees the work as a ministry. Sister Dorothy enjoys spending time with her clients and showing them that she really cares about them. Erin enjoyed the opportunity to observe Sister Dorothy's extraordinary caring while shadowing Sister as she visited some of her clients. Her focus is evident in the advice she offered the newest member of the Guardianship Department. "Remember the clients. They are our most valuable asset."

Sister Dorothy is looking forward to Ursuline Senior Services' 25th Anniversary because she believes that it is a good idea to celebrate the good work the agency is doing in the community. She states, "It is evident that we have done things right for all this time. If we just keep the consumer as the primary focus of all our endeavors, we will still be here to celebrate our 50th." 

## Art of Aging cont. from Page 1

THE MUDDY WATERS BAND is excited and eager to continue giving the world the music that they helped make famous.




David "HoneyBoy" Edwards

The band features original members "Pinetop" Perkins (piano/vocals), "Steady Rollin" Bob Margolin (lead guitar/vocals), Calvin "Fuzz" Jones (bass guitar/vocals), George

"Mojo" Buford (vocals/harmonica), and Willie "Big Eyes" Smith (drums/harmonica/vocals). The event will also feature 92-year-old blues legend, David "HoneyBoy" Edwards who will be opening the evening, giving listeners a contrast between electric and acoustic blues. "Honeyboy" is celebrating over 80 years on the road and has played with everyone from Robert Johnson to Keith Richards.

For more information, or to be added to our mailing list for invitations, please call our office at 412-683-0400 or email us at [25thAnniversary@ursulineseniors.org](mailto:25thAnniversary@ursulineseniors.org).

A variety of sponsorship and program ad book opportunities exist for those who would like to support the event in a more substantial way. Individual tickets for the event are available at \$75 per person. 

# Community Based Options: Growth and Change Over 25 Years

The Community Based Options Department at Ursuline Senior Services has existed almost from the very beginning. What started as a small department with only two service managers has expanded in size, scope, and programs since those modest beginnings.

## The Early Years

The Community Based Options department has always been affiliated with the Allegheny County Area Agency on Aging (AAA), and began as the small “Adult Services” Department at the Ursuline Center on Winebiddle Street in 1981. There were only two service managers and a supervisor, all of whom were busy meeting seniors in their homes to assess them and connect them to available community services. The department served a very small area—only Bloomfield, Garfield and East Liberty—and the supervisor was known to ride his bicycle to and from his home visits!

There were far fewer programs offered through the Adult Services Department at that time – only the OPTIONS program for Nursing Facility Ineligible clients was available. Service managers also acted as protective service workers, handling cases of elder abuse and neglect in the area. The Information and Referral (I&R) Department was created, and took all referrals for the Center. Ursuline also began to help coordinate for the Senior Companion program – training

volunteers and matching them with clients to act as friendly visitors.

As time passed and the needs of the community grew, Ursuline Center grew as well. By 1991, the number of what were now called “case managers” was closer to nine or ten, and each had a caseload of at least 150 clients, often more!



There were seven agencies within the county that had contracts with the AAA to do case management at that time, and Ursuline’s boundaries had grown; not only did the Center serve its original area, but also Lawrenceville, Shadyside, Oakland, Squirrel Hill, Greenfield, Hazelwood, and Homewood. By 1993, a Protective Services unit was formed in the Adult Services Department, with specialized, experienced staff. The creation of this unit enabled the department to respond more effectively to these crisis situations. They covered the same service area that case managers did, but worked primarily with the elderly who were in abusive situations.

Several additional programs were added under a renamed “Ursuline

Services” umbrella around this time. A Caregiver Training School was created, where members of the community could become trained as personal care workers. The agency also created a Job/Employment Bank, which would assist in matching people in the community with private pay aides to assist them in their homes.

Some of these private pay aides had completed their training at Ursuline’s Caregiver Training School. Caregiver Training

*As time passed and the needs of the community grew, Ursuline Center grew as well. By 1991, the number of what were now called “case managers” was closer to nine or ten, and each had a caseload of at least 150 clients, often more!*

School graduates could also become workers in the Personal Assistance Service (PAS) program, which supplied in-home workers to many of Ursuline’s clients. These programs would be successful for several years, but after dwindling in size and use, the PAS program and school were both discontinued in 1999 to make room for new initiatives.

Next issue: *Expansion Continues and Technology*

# Ursuline

## Senior Services


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### In This Issue

 **A Look Back:** The history of Ursuline Senior Services and some of its programs and services over the past 25 years.

 **The Art of Aging:** Join Ursuline Senior Services in celebrating seniors living well.

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with special guest  
David "HoneyBoy" Edwards.**

THE  
*Art*  
OF AGING  
A CELEBRATION OF  
SENIORS LIVING WELL 

*Benefiting Ursuline Senior Services*

**Friday, September 28, 2007**  
6-10 p.m., Carnegie Museum Music Hall  
Individual Tickets \$75

For details, contact Ursuline Senior Services at 412.683.0400  
or email us at [25thAnniversary@ursulineseniors.org](mailto:25thAnniversary@ursulineseniors.org).

[www.ursulineseniorservices.org](http://www.ursulineseniorservices.org)

*Mission Statement— Ursuline Senior Services, dedicated to the highest standards of professionalism and care, promotes the dignity and well-being of the senior population by providing coordinated supportive services tailored to the changing needs of each individual.*

*Ursuline Senior Services' United Way Donor Designation Code: 281*