

Ursuline Marks 30 Years of Service to Senior Citizens with May 18 Gala

River City Brass and Pittsburgh Gospel Choir Join the Celebration

Ursuline Senior Services, founded in 1981 to provide a myriad of services to senior citizens in need, celebrated its 30th anniversary with a gala on May 18, in the Ballroom of the Wyndham Grand Hotel. Entertainment was provided by River City Brass, led by music director and conductor James Gourlay. As an added bonus, River City Brass was joined onstage by the Pittsburgh Gospel Choir, under the direction of Dr. Herbert Jones.



The River City Brass and Pittsburgh Gospel Choir join forces on 'We Shall Overcome' for one of many highlights of the evening.

"The Art of Aging—A Celebration of Seniors Aging with Dignity" was emceed by WTAE-TV news anchor Andrew Stockey.

With nearly 200 guests in attendance, the evening began with a delightful reception bringing together old friends and new supporters to congratulate the agency on 30 years of dedicated service to some of our most vulnerable neighbors in need. Primary sponsors making the evening possible included: D'Alessandro Funeral Home,

Highmark Blue Cross Blue Shield, Marianne Sufrin Charitable Lead Annuity Trust, and PNC Bank.

"The event provided a breathtaking concert and a grand way to celebrate Ursuline's past 30 years while we also look to the future," said Ursuline Executive Director Anthony Turo who added that, since its founding, the agency has been offering a growing variety of programs to an ever-growing population of those 60 and older, in Allegheny County and

beyond. Turo added, "As we perform our tasks, we do so with one basic belief: Every person deserves to be treated with dignity, respect and care."

Saluting Ursuline's history of service to the aging community and its strong partnership with the Allegheny County Area Agency on Aging was Mary Phan-Gruber, Deputy Administrator for the AAA. "Ursuline Senior Services identifies needs and provides

Anniversary cont. on Page 4

INSIDE...



PAGE 4

A tribute to Pinetop Perkins, the boogie-woogie piano player.



PAGE 6

World Elder Abuse Awareness Day spotlights elder issues.



PAGE 7

Brian Duke appointed new PA Secretary of Aging.

For Seniors, Art Benefits the Mind, Spirit, and Body

For some, art is a vocation...for others, a hobby. But regardless of a person's motivation for creating artwork, there is one aspect of art which you might not have considered: creating art has a therapeutic benefit.

It has long been known that for people of every age, the act of creation is life-enhancing and nourishing for the spirit. Now we know that the benefits go beyond the spiritual: recent studies have demonstrated that even when all the other variables are the same, older adults who participate in art programs have fewer doctor visits and lower healthcare costs, use less medication, experience a lower rate of depression, and even have fewer risk factors for entering a nursing home.

Here are ways art programs enrich and enhance the lives of older adults:

Recreation—Whether making a homemade gift, decorating for a special event, illustrating a thought, or working on a practical craft project, creating artwork is a pleasurable way to spend leisure time.

Self-expression—The act of creating is a powerful way to share

our lives with others. By making a work of art, we announce, "This is who I am. This is what I want to say." Expressive art provides vivid access to memories, and is a useful starting point for reminiscence and life review.

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Communication—People who have difficulty expressing themselves verbally are often able to communicate through visual means. For seniors dealing with the effects of a stroke, Alzheimer's, or other condition that causes speech difficulty, visual art can provide an alternative way to connect.

Socialization—Seniors who participate in the arts are less likely to experience feelings of

loneliness and isolation. Art is a way of introducing ourselves to others. People are more likely to "come out of their shells" during shared experiences of play, fun, and spontaneity. Friendships grow during cooperative projects, or just from working side by side and discussing each other's creations.

Intellectual stimulation—Communication through art media exercises the brain and promotes memory health. An art project can represent a stimulating challenge to be met, inviting us to stretch our minds and look at the world in a new way.

Emotional well-being—Creative activity taps into the emotions and allows us to more openly experience and express our feelings. Participation in the arts has been shown to decrease stress and depression. It also promotes enhanced self-esteem.

Physical benefits—Drawing, sculpting, and assembling artwork are beneficial for coordination and small motor movements. Studies have also shown that creative activity lessens pain and even enhances the immune system.

Art cont. on Page 6

all about News & Updates from Ursuline Senior Services

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Roxann Tyger, MPA
Community-Based Options Director

Mission Statement— Helping older adults age with dignity.

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

Betty Jane McAllister
Richard Murphy
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Seeding the Future...

by Tony Turo
Executive Director

The following remarks were shared with our guests at the May 18, 2011 30th Anniversary Event held at the Wyndham Grand Hotel...

Thirty years! An Anniversary worthy of note; a natural time to celebrate from whence we came! Anyone who knows me knows I am never one to shy away from an opportunity to reminisce [but I promise to TRY to keep it brief!!]

Back in 1981, after the Ursuline Academy of Girls [or as one of its graduates and a member of my leadership team refers to it—the Ursuline Academy for REFINED YOUNG LADIES] served the East End of Pittsburgh for over a century, the academy closed its doors and merged with the Lawrenceville Catholic Schools. The Ursuline Sisters who built their ministry here wanted to find a way of continuing their 100-year tradition of service to the people of Pittsburgh and thus, URSULINE CENTER, INC. was founded.

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 at the time. When the survey was finished, the Sisters chose to address those needs they discovered among their neighbors who lived in the East End of

Pittsburgh, top among them were supportive services for the large numbers of seniors they found “aging in place” all around them.

Three decades later, after transitioning from “Ursuline Center” to “Ursuline Services” and finally to “Ursuline Senior Services,” our agency still channels that same spirit of SERVICE, inspired by simply looking around and opening our eyes to the needs of our neighbors and making a commitment to help them in some small way.

Whether providing CARE MANAGEMENT in older consumers’ homes, SERVICE COORDINATION in residential senior high-rises, PROTECTIVE SERVICES to our most vulnerable, at-risk senior neighbors, or GUARDIANSHIP support to those too incapacitated to manage personal, financial or end-of-life decisions for themselves, past and present employees of Ursuline embrace that same commitment to our mission as our agency’s founders... **HELPING OLDER ADULTS AGE WITH DIGNITY.**

And so, communities change.... The needs of those we serve change.... But what doesn’t change is our commitment to meeting those needs and to finding ways to serve as many people as possible. Some of those ways are most evident in our recent development of VOLUNTEER PROGRAMS where volunteers assist with monthly bill-paying, weekly companionship visits, daily telephone reassurance calls and necessary shopping supports, all of which aid in our consumers’ ability to maintain their self-sufficiency as long as possible

So...thirty years! We are excited tonight to have with US the River City Brass [also celebrating a 30th Anniversary this year!] and the Pittsburgh Gospel Choir to note our Anniversary well! Tonight also marks our second “Art of Aging” event. [It should not escape our notice that some of the members of these two fine ensembles have been practicing their “art” as long as or longer than Ursuline Senior Services has been in existence!] So, we are so glad for the many of you who answered our invitation to sit back...relax...and enjoy the musical reflections of the River City Brass and the Pittsburgh Gospel Choir as they remind US all of the “Art of Aging!”

As we did five years ago, we want to draw your attention to the fact that “aging” is an “art,” and it is one fact of life we all hold in common. We are ALL aging—we each simply hold different points along the journey. Whether you are “blowing a horn” or “singing to the heavens”—or just struggling to get through one more day—each of us deserves the respect and the dignity as we age that comes from the simple fact that we are all children of our Creator!

Like others before me, I cannot thank our supporters enough for helping to celebrate Ursuline Senior Services’ thirty years of history and service, and to support US with your presence and financial generosity as we embark on the next thirty years...and beyond! I can already tell you...we have big plans ahead!

God bless,

Tony Turo

In Memory of Pinetop Perkins

As Ursuline Senior Services celebrates its 30th anniversary this year, we are saddened by the passing of one of our musical guests who helped US celebrate our first 25 years: Pinetop Perkins. Pinetop Perkins, the boogie-woogie piano player who worked in Muddy Waters's last great band and was among the last surviving members of the first generation of Delta bluesmen, died last month at his home in Austin, Tex. He was 97.

From his days in the groups of Waters and the slide guitarist Robert Nighthawk to the vigorous solo career he fashioned over the last 20 years, Mr. Perkins's accomplishments were numerous and considerable. His longevity as a performer was remarkable—all the more so considering his fondness for cigarettes and alcohol; by his own account he began smoking at age 9 and didn't quit drinking until he was 82. Few people working in any popular art form have been as prolific in the ninth and tenth decades of their lives.

A sideman for most of his career, Mr. Perkins did not release an album under his own name until his 75th year. From then until his death he made more than a dozen records on which he was the leader. His 2008 album, "Pinetop Perkins & Friends" (Telarc), included contributions from admirers like B. B. King and Eric Clapton. His last album, released in 2010, was "Joined at the Hip" (Telarc), a collaboration with the harmonica player Willie Big Eyes Smith, which won a Grammy this year as best traditional blues album.

Mr. Perkins's durability was born of the resilience and self-reliance he developed as a child growing up on a plantation in Honey Island, Miss., in the years leading up to the Great Depression.

"I grew up hard," he said in a 2008 interview with *No Depression*, the American roots music magazine. "I picked cotton and plowed with the mule and fixed the cars and played with the guitar and the piano."

"What I learned I learned on my own," he continued. "I didn't have much school. Three years."

The author Robert Gordon, in his book "Can't Be Satisfied: The Life and Times of Muddy Waters," wrote that Mr. Perkins "learned to play in the same school as Muddy—a cotton field, where the conjugation was done with a hoe and the school lunch was a fish sandwich and homemade whiskey."

Originally a guitarist, Mr. Perkins concentrated exclusively on the piano after an incident, in 1943, in which a dancer at a juke joint attacked him with a knife, severing the tendons in his left arm. The injury left him unable to hold a guitar or manage its fretboard.

In 1943 Mr. Perkins moved to Helena, Ark., to work with Nighthawk. He later joined Sonny Boy Williamson's King Biscuit Boys, before moving on to the band of the slide guitarist Earl Hooker. He also appeared on the recordings that Nighthawk made for the Chess label and that Hooker made for Sun in the 1950s. It was for Sun, in 1953, that he cut his first version of "Pinetop's Boogie Woogie," the song that



Pinetop Perkins

furnished him with his nickname and became his signature number. He appropriated the tune from the repertoire of the barrelhouse piano player Clarence Smith, who was also known as Pinetop.

Mr. Perkins has also been credited with teaching Ike Turner how to play the piano. Rock and pop pianists like Elton John, Billy Joel and Gregg Allman have said they were influenced by his exuberant, down-home style of playing.

Mr. Perkins worked for Waters for more than a decade, appearing on his acclaimed comeback albums of the late '70s and performing with him at, among other shows, the Band's celebrated final concert in 1976, which was billed as "The Last Waltz."

Mr. Perkins and other members of the Waters group left and formed the Legendary Blues Band in 1980. Mr. Perkins sang and played piano on that ensemble's records before leaving, in the late '80s, to concentrate on his solo career.


In 2000 he received a National Heritage Fellowship from the National Endowment of the Arts. He was given a Grammy Award for lifetime achievement in 2005 and won Grammys for "Joined at the Hip" and, in 2008, for "Last of the

Perkins cont. on Page 6

Anniversary cont. from Page 1

services, advocates for those vulnerable to abuse and manipulation, cares for those who lack the capacity to do so for themselves, promotes independent living for those on limited incomes, and assists residents in senior independent living facilities,” she shared with the guests.

Capping off the evening was a memorable mix of brass and voices kicked off by the River City Brass and its director Dr. James Gourlay. Mixing in with the River City Brass were the vocal strains of the Pittsburgh Gospel Choir under the direction of Dr. Herb Jones. Both ensembles individually entertained Ursuline’s guests, leading all to the

highlight of the evening, a rousing dual performance of the 1960’s standard “We Shall Overcome!” Guests were visibly moved by the gift offered by both musical hosts and left the event uplifted in the spirit of the Art of Aging. 



Ursuline Board Member Linh Quach Langenbacher (center) with husband Dave, and Guardianship Director Ann Mason.



Former Ursuline Executive Director Ruth Buckley (center) is joined by Marilyn Jenkins, Allegheny County Library Association, and Randy Detweiler, Highmark to celebrate Ursuline’s 30th anniversary.

Program Director Celebrates 20 Years at Ursuline


Roxann Tyger, Program Director of Community-Based OPTIONS/ Care Management for Ursuline Senior Services, marked 20 years with the agency this past June 3rd. In that time, Roxann has risen from the ranks of care manager through program supervisor roles and finally to the directorship of one of the largest and well-respected care management programs in the Allegheny County Area Agency on Aging network. Roxann's tenure has been punctuated by innovation and creative enhancements to the provision of care management services (from the creation of a team approach to program supervision and communications to the more recent creation of an all-volunteer



grocery shopping program to support homebound consumers). Many of her ideas, all started here at Ursuline, ended up being adopted in larger fashion across the county system.


Commitment to the support and development of her staff is always

of primary concern in Roxann's efforts, second only to the constant attention and time spent on the improvement of service provision to program consumers. Roxann's tenure working for the aging makes her a trusted expert and tireless advocate on the ever-changing set of issues that face each new cohort of persons joining the over-60 generation.

Ursuline Senior Services wishes to express our congratulations to Roxann on reaching this important career milestone, along with our deeply-held appreciation for all that she continues to bring to USS each day she remains at the helm of our largest program! Thank you, Roxann!! 

Pinetop cont. from Page 4

Great Mississippi Delta Bluesmen: Live in Dallas” (Blue Shoe Project), a collaboration with his contemporaries Henry Townsend, Robert Lockwood Jr. and Honeyboy Edwards. “Born in the Honey,” a documentary about Mr. Perkins’s life, was released in 2007.


Ursuline Senior Services salutes the late, great Pinetop Perkins and his strong and unique representation of the “Art of Aging!” 

Art cont. from Page 2

Art programs are available for people of every level of skill and ability who wish to participate, including those with physical or cognitive disabilities. To locate art opportunities in your community, check with:

- Senior centers
- Community education and lifelong learning classes
- Parks and recreation departments
- Adult day centers
- Art museum outreach programs
- Art therapists

It’s never too late to pick up a paintbrush, dig your hands into sculptor’s clay, learn how make a quilt, work with your grandchildren on a work of computer art...the sky’s the limit when it comes to creativity!

Right at Home, Inc. is a national organization dedicated to improving the quality of life for those we serve. We fulfill that mission through a dedicated network of locally owned, franchised providers of in-home care services. 

Elder Justice Coalition Urges President Obama to Issue Proclamation in Honor of World Elder Abuse Awareness Day

The Elder Justice Coalition sent a letter to President Obama asking him to issue a proclamation and hold a signing ceremony for World Elder Abuse Awareness Day (WEAAD). World Elder Abuse Awareness Day is held every year on June 15th.

Dear Mr. President:

On behalf of the Elder Justice Coalition, I write to ask you to issue a proclamation and hold a signing ceremony in honor of World Elder Abuse Awareness Day (WEAAD) on June 15, 2011. On this day, across the country and across the world, communities plan activities and programs to raise awareness about elder abuse, neglect and exploitation.

As you well know, the number of older Americans is growing fast. Far outpacing the growth of older population is the incidence of abuse, neglect and exploitation to older adults. This problem has long been invisible to most of society and, and as a significant and complex form of family violence, is among the gravest issues facing millions of older Americans and their families.

World Elder Abuse Awareness Day (WEAAD) puts a spotlight on this issue. WEAAD provides an opportunity to communities around the world to promote a better understanding of abuse and neglect of older adults by raising awareness of the cultural, social, economic and demographic conditions influencing elder abuse and neglect.

The Elder Justice Coalition, with more than 700 members playing a role in and a long time supporter of WEAAD, is the national advocacy voice representing the many disciplines involved in the fight against elder abuse. This includes adult protective services, ombudsmen, health care professionals, elder law and law enforcement, researchers, national, state and local advocacy groups and key players in the aging network.

In an effort to educate the public and raise awareness, the EJC hopes you will support WEAAD and promote elder justice: the right of every older person to be free of abuse, neglect and exploitation.

Ultimately, your proclamation of June 15 as World Elder Abuse Awareness Day and corresponding signing ceremony will serve as a call-to-action for individuals, organizations and communities to raise awareness about elder justice.

We thank you for your tireless support of older adults and particularly your support of the Elder Justice Act as part of the Affordable Care Act and its inclusion in your fiscal year 2012 budget proposal. Thank you for your assistance in making this initiative a success, as well. If you or your staff has any questions, please do not hesitate to contact me.

Respectfully yours,

Robert Blancato

Brian M. Duke Confirmed as Newest PA Secretary of Aging

Brian M. Duke, the recently appointed and confirmed Secretary of the Pennsylvania Department of Aging, visited Southwest Pennsylvania May 25, 2011 to join in the celebration the 20th anniversary of the Southwestern PA Partnership for Aging (SWPPA).



Brian Duke

Prior to his nomination by Governor Tom Corbett, Mr. Duke served as Director of the Bucks County Area Agency on Aging. At the same time, he served as a member and Secretary of the Board of the Pennsylvania Association of Area Agencies on Aging.

Before joining the Bucks County AAA, Mr. Duke served as Executive Director of the New Jersey Foundation for Aging, a statewide public charity dedicated to improving the quality of life of older persons. Prior to his work with the Foundation, Mr. Duke served as a consultant working with the US Administration on Aging and the AARP Foundation in the development of statewide caregiving coalitions in 12 states. He also co-chaired the Caring Community, a coalition of over 100 organizations convened by WHYY, the public broadcasting station serving the greater Philadelphia region.

Mr. Duke has also served as consultant with the Family

Caregiver: Outreach and Assistance in Our Communities Project with the Pennsylvania State University, Agricultural and Extension Education, Intergenerational Programs and Aging. He is the author of Caregiver Coalitions Advocacy

Guide: Uniting Voices, Building Community with the National Alliance for Caregiving.

Mr. Duke continues to participate at the national, state and local level to foster effective strategies to support family caregivers, encourage aging well and build effective community partnerships.

Mr. Duke served as Director of Geriatric Program Initiatives with the Institute on Aging of the University of Pennsylvania Health System. Before this he was in the field of hospital administration for 20 years including service as Administrative Director of Physical Medicine and Rehabilitation for Saint Mary Medical Center in Langhorne and the Bryn Mawr Rehab Hospital.

Mr. Duke holds a B.S. in Business Administration from the University of Scranton, an MHA (Health Administration) from George Washington University and an MBE (Bioethics) from the University of Pennsylvania. Mr. Duke is an Associate Fellow of the Institute on Aging of the University of Pennsylvania.

Ursuline Senior Services congratulates Secretary Duke on his new appointment and looks forward to working with him closely in service to older Pennsylvanians.



Older Americans Month Featured Connections to Community

Each year the Administration on Aging (AoA) issues a theme for Older Americans Month to assist our National Aging Services Network of state, tribal, area agencies on aging, and community services providers plan for activities that might take place in May or throughout the year.



Older Americans: connecting the community

The theme of this year's celebration—Older Americans: Connecting the Community—paid homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. It also highlighted the many ways technology is helping older Americans live longer, healthier and more engaged lives.



Ursuline

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In This Issue

 **The Federal Elder Justice Act:** A letter to President Obama for World Elder Abuse Awareness Day.

 **Updates:** Ursuline's anniversary celebration wrap-up and review. Plus, a tribute to Pinetop Perkins.

Ursuline 30th Anniversary Commemorative Bracelet



A limited supply remains...
...of this one-of-a-kind work of art!

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*Hand-crafted and donated to Ursuline
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THE
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OF AGING
A Celebration of Seniors Aging with Dignity



\$30 each while supplies last!

Contact Ursuline Senior Services at 412-683-0400 x231 (ask for Elaine)
or email at 30thAnniversary @ursulineseniors.org



www.ursulineseniorservices.org

United Way Donor Designation Code: 281
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Ursuline Senior Services was awarded this Seal of Excellence by the Pennsylvania Association of Nonprofit Organizations (PANO), under the Standards for Excellence.