

Highmark Walk for a Healthy Community 2020

At the end 2019, as we looked forward to 2020, the board decided to focus our communications on the impact of social isolation on Pittsburgh's most vulnerable populations and how the work Ursuline Support Services does helps to combat those impacts. We never imagined that a global pandemic would force most of the world to practice social distancing and self-isolation. The staff at Ursuline rallied and adapted their work to phone calls and remotely checking on clients in order to be physically distant but still socially connected.



Development Committee Co-Chair Lisa Bell and her son take a "virtual walk" around their neighborhood.

Similarly, Highmark Health adapted the Walk for a Healthy Community to a virtual walk. As walkers, we still walked - physically we may have done so by ourselves, but in spirit, we were together, walking for the vitally important mission of Ursuline

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My Virtual Highmark Walk for a Healthy Community

USS's participation in this year's Highmark Walk for a Health Community was a little different then years past due to the circumstances brought about by COVID-19. Out of caution, the 2020 Pittsburgh walk moved to an online only fundraiser and virtual walk for this year's campaign. This modification ensured that all participating organizations were still able to fundraise, via the online platform, while not putting participants at risk of further spread of the COVID-19 virus.

While at first a "virtual" walk conjured images of me stomping vigorously on an old Nintendo Entertainment System Power Pad while in front of the TV, the reality was far from this. My family and I decided that we would participate by walking through our neighborhood on the day after the event was originally scheduled in order to avoid the rain on the previous day. It ended up being a beautiful day for a walk, and my family joined others in our community who were also out enjoying the sunshine and fresh air



This year's Highmark Walk for a Healthy Community 5k was a virtual walk.

Thank you for those that contributed to support Ursuline Support Services!

– Board Chair Adam Zihar

five days before Allegheny county would transition to the yellow phase. While my children ran up the hill in front of us, my wife and I commented on how things had changed so fast and how weird it was to carry masks in the event that we came upon others. We felt fortunate, in spite of the uncertain and stressful times, we both were able to maintain our employment and not experience any consequential negative impact to our lives the way so many families now have.

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Support Services. Special thanks to our sponsors, featured in this newsletter, who still agreed to support our walk efforts even though sponsorship looks different this year.

Despite the enormous challenges we faced, walkers, donors, and sponsors came together to raise nearly \$5,000 for Ursuline this year. We thank you for your continued support and look forward to walking together in 2021.

Lisa Bell, Development Committee Co-Chair

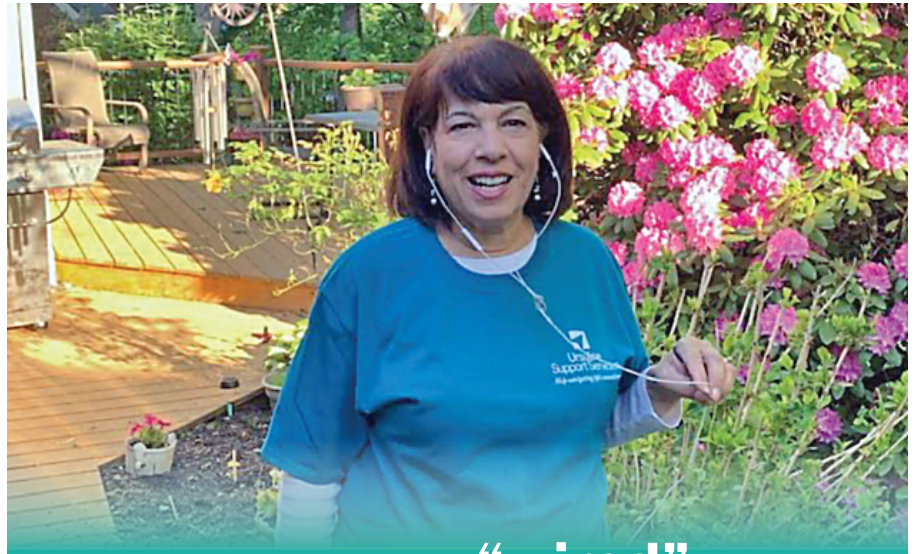
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So far, USS has been fortunate in light of COVID-19 as well. Tony Turo, the Executive Director, worked closely with the management team to navigate the various changes and challenges confronting USS through the COVID-19 pandemic. USS was able to operate without staff lay-offs and experienced only marginal financial impact due to the inability of staff to make regularly monthly visits to wards in the long-term care facilities that are part of the guardianship program.

As my family walked past the local elementary school and down the trail through the park, I felt hopeful. Hopeful knowing that someday the grip of COVID-19 on our world and lifestyle would come to an end. Hopeful knowing that USS is positioned well for an even stronger 2020-21 fiscal year. Hopeful that next year we would be able to again meet as a USS team to participate in the 2021 Highmark Walk for a Healthy Community.

Adam Zihar, Board Chair

Highmark Walk for a Healthy Community 2020



Board member **Jen Martchek** is “wired” for her virtual walk.



Ursuline Executive Director **Tony Turo** and his **canine companion**

Lady, complete their “virtual walk” around the grounds of **Hartwood Acres**.



It was **colder** than past years, and a little bit of a different environment, but we’re still walking! In honor of Mother’s Day, here’s **my mom and I** still doing our own “Highmark Walk for a Healthy Community!” Thanks to all those **generous donors** for supporting Ursuline and the dozens of other local non-profits throughout the community. Amid the COVID-19 pandemic it brings me hope to see people fighting to remain positive and optimistic for the organizations that do so much good for those around us.

– **Miles Urban**, Development Committee Co-Chair



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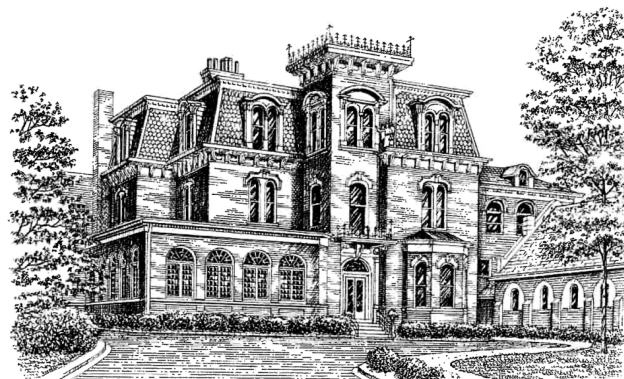
Highmark Walk for a Healthy
Community 2020 Review

UPDATE!

Rescheduled: October 15-16, 2021

In conjunction with the Ursuline Academy Reunion Weekend in 2021, Ursuline Support Services will be celebrating our 40th Anniversary. We will be hosting a reception Friday evening, October 15, 2021, for friends of Ursuline Support Services and alumni of the Ursuline Academy of Pittsburgh.

Please Save the Date and plan to be with USS for this special evening!



Ursuline Academy Pittsburgh

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Ursuline Support Services helps individuals experiencing challenges posed by life's transitions, inspiring hope through protection, education, and advocacy.

www.ursulinesupportservices.org

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Ursuline Support Services was awarded this Seal of Excellence by the Pennsylvania Association of Nonprofit Organizations (PANO), under the Standards for Excellence.