

# MARCH 2017

**Sister Dorothy Pawlus**

**Executive Director**

**[dpawlus@chfmanor.org](mailto:dpawlus@chfmanor.org)**

**412-931-6996 Ext. 6513**

**Melissa Armienta**

**Administrator**

**[marmienta@chfmanor.org](mailto:marmienta@chfmanor.org)**

**412-931-6996 Ext. 6606**

**Maura Mixter**

**Nursing Manager**

**[mmixter@chfmanor.org](mailto:mmixter@chfmanor.org)**

**412-931-6996 Ext. 6230**

**Jim Blosat**

**Food Service Manager**

**[Jim.Blosat@sodexo.com](mailto:Jim.Blosat@sodexo.com)**

**412-931-6996 Ext. 6107**

**Marleen Dean**

**Activity Manager**

**[mdean@chfmanor.org](mailto:mdean@chfmanor.org)**

**412-931-6996 Ext. 6601**

**Peg Monaco**

**Director of Finance/MIS**

**[pmonaco@chfmanor.org](mailto:pmonaco@chfmanor.org)**

**412-931-6996 Ext. 6605**

**Lou Mrazek**

**Director of Maintenance**

**/Engineering**

**[lmrazek@chfmanor.org](mailto:lmrazek@chfmanor.org)**

**412-931-6996 Ext. 6609**

**Kim Carter**

**Director of Human**

**Resources**

**[kcarter@chfmanor.org](mailto:kcarter@chfmanor.org)**

**412-931-6996 Ext. 6514**

**Ann Restaine**

**Director of Development**

**[arestaine@chfmanor.org](mailto:arestaine@chfmanor.org)**

**412-931-6996 Ext. 6109**



I would like to take this time to introduce myself. I am Sister Dorothy Pawlus, a Sister of the Holy Family of Nazareth for 31 years and the new Executive Director of the Community at Holy Family Manor. What an honor it is to follow in the footsteps of Sister Janice Fulmer, the former Executive Director. I look forward to building on the solid foundation that she laid here at the CHFM and working with everyone to make your experience as a resident or staff member even more fulfilling than it has been.

I am a native of Cleveland, Ohio where I grew up with my parents and six brothers. My family has grown over the years to include many nieces and nephews and now great nieces and nephews. You never know when they will stop to visit.

Before coming to the CHFM I was the Parish Life Collaborator of St. Bartholomew Parish in Penn Hills. Essentially I led the parish and school in the absence of a residential pastor. What a great experience that was. Previous to that, I was the Administrator of St. Leonard's Home in Hollidaysburg, PA, a licensed personal care home; which was another much loved ministry.


Looking forward to meeting and interacting with the residents and staff and creating family with yours.



# MANOR MEMOS

- During Lent, Sr. Antonina will be showing a Lenten film at 10:30 a.m. on Mondays in the auditorium. This series will help prepare us for the Easter season. The topics include: In the Beginning, Exodus, Home Land, Mission, Betrayal, Passion and Courage.
- A special THANK YOU goes to all those who participated in the Spaghetti Dinner Fundraiser for our Highmark Blue Cross and Blue Shield walk. We are looking forward to working closely with those who signed up to be TEAM CAPTAINS.
- Michael Pugliese, Sodexo Food Service Manager, is leaving Holy Family Manor as of March 1<sup>st</sup>. We thank him for his service and wish him good luck in his future endeavors. We also welcome Jim Blosat who will serve as our interim Food Service Manager.
- Just a reminder that **Daylight Savings Time** begins on Sunday, March 12<sup>th</sup>. Don't forget to set your clocks forward one hour before you go to bed on Saturday night, March 11<sup>th</sup>.

<b>RESIDENT BIRTHDAYS</b>	<b>UPCOMING EVENTS</b>
---------------------------	------------------------

Bridget L.		March 1 <sup>st</sup>
Harry K.		March 3 <sup>rd</sup>
Toni T.		March 13 <sup>th</sup>


MARCH 5 <b>PITTSBURGH IRISH REELERS</b>
MARCH 12 <b>IRISH MUSIC WITH CARA</b>
MARCH 17 <b>ST. PATRICK'S DAY PARTY</b>
MARCH 20 <b>VENTRILOQUIST SHOW</b>

	<b>RESIDENT SPOTLIGHT</b>
--	---------------------------

WELCOME

Jacquelina P.  
Room 330

IN MEMORY



Albina (Bea) Kempa  
Elizabeth Atwell

Casimir M. holds the distinction of being our one and only centenarian. In fact, he has held the title of centenarian (a person 100 years old or more) for the past three years. On February 14<sup>th</sup>, Casimir turned 103 years old.

Cas, as we call him here at Holy Family Manor, was born in Connecticut and raised in Lawrenceville. After his marriage to Mary, this loving couple settled in Stowe Township and raised their three wonderful children; Len, Diane and Christopher. Cas and Mary were happily married for 52 years.

While Mary tended to the children, Cas graduated From Carnegie Tech (Now Carnegie Mellon University). He worked for Standard Steel Spring as a mechanical engineer. During the war, they made parts for tanks. Rockwell International bought the company and re-located. Cas did not want to move since he built his home here. That's when he bought the hardware store on Polish Hill in 1960 and worked there until he retired at 93. Cas also found time to do audits for the Polish National Alliance, golf, play the violin for the Sewickley Symphony and sing in the choir at St. John of God Parish.

Today, Cas takes it easy but still enjoys coming to our food activities, exercise and music programs. We are honored to have Casimir M. as part of our Holy Family Manor family and wish him another year of health and happiness.

## MANOR MEMORIES

The Golden Retriever Club held their annual Dog Visit and Valentine Party for our residents on Saturday, February 11<sup>th</sup>. Over nine dogs, two puppies, and their owners provided residents a hands on visit.

They decorated our dining room tables with fresh flowers, festive placemats and also brought a delicious cake. Each resident was given a Valentine tin of chocolates and treats.

The highlight of the party was the one on one time each resident and Mt. Nazareth preschoolers got to spend petting the dogs and talking with their proud owners.



Our preschoolers and their families enjoyed their morning with the Golden Retrievers.



Everyone who attended got to spend time with each Golden Retriever and their owner.

### GET YOUR WALKING SHOES READY!

Now is the time to register to participate with The Community at Holy Family Manor in the [2017 Highmark Walk for a Healthy Community on Saturday, May 13th](#) at Stage AE on the North Shore.

The Highmark Walk is a fundraiser that benefits local nonprofit agencies. With your help, 100% of the monies raised goes directly to CHFAM and will support our programs. Raise or donate \$30 and you'll receive a T-shirt and for every \$50, you'll receive one raffle ticket. Don't want to walk, you can also form a virtual team! Visit [www.walkforahealthycommunity.org](http://www.walkforahealthycommunity.org) to learn more or call Lynn at 412-931-6996 x6512.



A FOUR-  
LEAF  
CLOVER  
HAS  
ALWAYS  
BEEN  
CONSIDERED  
A SYMBOL  
OF GOOD  
LUCK IN  
IRISH  
CULTURE.  
ACCORDING  
TO LEGEND,  
THE  
LEAVES OF  
A FOUR-  
LEAF  
CLOVER  
REPRESENT  
HOPE,  
FAITH AND  
LOVE AND  
GOD ADDED  
ANOTHER  
LEAF FOR  
LUCK.



The Community at  
Holy Family Manor

301 Nazareth Way  
Pittsburgh, PA 15229

## FOOD FOR THOUGHT

<b>LIFE IS A CHALLENGE.....</b>	<b>MEET IT.</b>
<b>LIFE IS A GIFT.....</b>	<b>ACCEPT IT.</b>
<b>LIFE IS AN ADVENTURE.....</b>	<b>DARE IT.</b>
<b>LIFE IS A SORROW.....</b>	<b>OVERCOME IT.</b>
<b>LIFE IS A DUTY.....</b>	<b>PERFORM IT.</b>
<b>LIFE IS A MYSTERY.....</b>	<b>UNFOLD IT.</b>
<b>LIFE IS A SONG.....</b>	<b>SING IT.</b>
<b>LIFE IS AN OPPORTUNITY.....</b>	<b>TAKE IT.</b>
<b>LIFE IS A JOURNEY.....</b>	<b>COMPLETE IT.</b>
<b>LIFE IS A GOAL.....</b>	<b>ACHIEVE IT.</b>
<b>LIFE IS LOVE.....</b>	<b>LOVE IT!</b>