

Fall 2012

The Allegheny-Kiski Health Foundation's mission is to seek out, establish and support community programs that foster and improve health and quality of life throughout the Alle-Kiski Valley.

## Community Nursing Program Up & Running

This past spring, the Foundation launched its newest and most exciting health and wellness program, the Community Nurse Program. The program was developed in response to the growing need in the com-

munity for health information and education. Because of the increasing complexity of health care, many residents of the Alle-Kiski Valley are unsure of where to turn when faced with a new diagnosis, a serious health concern, or even a change in medical coverage.

Nurse. Ms. Diller, a lifelong resident of Leechburg, with nursing experience in radiology, emergency medicine, obstetrics and other nursing disciplines, is helping build the program along with **Foundation President, John Pastorek**. Mary Jo works full-time at Allegheny Valley Hospital.



*Sue Rykaczewski, RN (left) Mary Jo Diller, RN, FCN*

“What we hope to accomplish”, stated Ms. Diller, “is to provide valuable information to adults on the health and wellness resources available right here in the Alle-Kiski Valley community. Many people are unsure of where to turn and what to do in terms of help, support and even prevention”.

**Registered Nurse, Sue Rykaczewski**, a Sarver resident, was hired to assist Ms. Diller. Ms. Rykaczewski recently retired from Allegheny General Hospital, but maintains her registered nurse license and brings a wealth of nursing and volunteering experience to the program.

**Mary Jo Diller, RN, FCN**, was hired in April as the Foundation's Community

The Allegheny-Kiski Health Foundation Board is comprised solely of individuals with close ties to the Alle-Kiski Valley

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Publication Design, Paula Kuzmirek

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## Community Nursing Program Up & Running - cont.

In addition to being registered nurses with years of relevant experience, Foundation Community Nurses receive training through the well respected and intense, **Parish Nurse Preparation Course**, provided by the **Pittsburgh Mercy Health System**. Nurses completing the course, recognized by the **American Nurses Association**, receive the designation of Faith Community Nurse (FCN). Mary Jo completed her FCN training in May. Sue will complete FCN training in October.

While the Foundation's Community Nurses will provide health education, counseling and advocacy to adults in need, they will **NOT** provide treatment, diagnose illness or second guess health care professionals. It is important that the community understand that **ABSOLUTELY NO MEDICATIONS ARE EVER PRESCRIBED OR PROVIDED** by the Community Nurses.

Recently, the Community Nurse Program assisted individuals in accessing transportation for medical treatment, locating legal assistance and scheduling drug

addiction counseling. In addition, the Community Nurses held a community health education program on the benefits, cost and availability of Adult Immunizations in July.

Individuals wishing to schedule a private appointment to discuss their health issues can phone the Foundation's dedicated Community Nurse phone-line at (724) 294-3165. All services provided by the Community Nurses are completely free of charge and are strictly confidential. Appointments are held at the Foundation's offices and must be scheduled in advance. Because the nurses are only on duty a few hours each week, walk-ins without appointments cannot receive counseling.

Individuals who phone the Foundation's Community Nurse are asked to be patient waiting for a return call as the nurses work part-time and are only available a limited number of hours per week.

## Your Donations Help!

1. Please consider making a gift to the AKH Foundation TODAY!
2. You have the satisfaction of knowing that your generous gift is helping right here in the Alle-Kiski Valley.
3. Your contribution in ANY AMOUNT is fully tax-deductible as allowable by law.
4. You can designate whatever program or area that you wish your contribution to benefit by checking the appropriate box on the enclosed envelope.
5. Your gift can be made in-honor or in-memory of family, friends or loved ones. Follow the instructions on the enclosed envelope.



## Have It Your Way...Printed or Electronic

In an effort to streamline its ability to efficiently communicate with its many friends, supporters and constituents, the Foundation has ramped-up its electronic communication tools. However, not at the expense of its traditional forms of communication, such as the printed newsletter, printed flyers, newspaper advertisements, etc. all of which will continue.

### Foundation Marketing Coordinator,

**Paula Kuzmirek,**

understands that print and electronic media both play a role in the marketing effort. "While it is important for

any non-profit organization to get up-to-date with electronic and social media marketing, it is equally important to maintain traditional print media so as not to lose touch with friends. We have found that while some of the Foundation's friends prefer one or the other methods of communication, print or electronic, many like to see both methods".

This fall, the Foundation's new website will be online and available to the public. The revamped website will be more user friendly with directional maps, online program registration, donation capability, and links to many community health resources. In addition, the site will include daily health tips and the Community Nurse's "**Health Buzz**" section that will provide expanded community health advice. The new website will also display videos of many of the

Foundation's Community Health Education programs so that individuals who cannot travel to the Foundation can view the programs on their home computers.

The Foundation also has a **Facebook** page that chronicles events and happenings, as well as a **Twitter** account to comment on the latest trends in health and wellness.

Friends can access the Foundation's new website at [www.akhealth.org](http://www.akhealth.org) and can link directly to the Facebook page or Twitter account from there. Or friends with smart phones can simply scan the QR code printed on this page and link directly to the Foundation's website.

Friends that have an e-mail address to which they would like to receive advance notification of new programs and services, can share it with the Foundation by clicking on the "**In the Loop**" box on the new website.

Of course, if you are reading this newsletter, you are proof that both old and new ways of communication are important!



*Become a "Fan" of the Allegheny-Kiski Health Foundation by "Liking Us" on Facebook.*



## Allegheny-Kiski Health Foundation's Memorial and Honor Gift Program

The Allegheny-Kiski Health Foundation is pleased to list the following charitable contributions made to the Memorial and Honor Gift Program from **January 1, 2012 through July 31, 2012.**

### CANCER PREVENTION

#### Memorials:

In memory of **Richard B. Barnhart**

By: **Mrs. Richard B. Barnhart**

In memory of **Charles Boyer**

By: **Thursday Morning Breakfast Club:**

**John, Don, Warren, Frank,**

**Bernie, Larry, Milan, Pete**

**Ms. Donna Graham**

In memory of **Joe Chifulini**

By: **Carol Chifulini**

In memory of **Hymel Fishkin, M.D.**

By: **Richard & Marguerite Cummings**

In memory of **William G. Lettrich**

By: **Lois J. Lettrich**

In memory of **Jessica Lojak**

By: **Mr. Dom J. Seita**

In memory of **Mr. John McGann**

By: **Mr. & Mrs. John V. Pastorek**

In memory of **Arlene A. Patz**

By: **Ronald T. Patz**

In memory of **William V. & Anna P. Ross**

By: **Gary W. Ross**

In memory of **Mrs. Dorothy Ruggiero**

By: **William & Frances Chelko**

In memory of **Betty Shirley**

By: **Mrs. Ruth Seita**

In memory of **Jodi Slomka**

By: **Mr. & Mrs. John V. Pastorek**

In memory of **Irene Uskuraitis**

By: **Adam & Sylvia Karafinski**

In memory of **Debbie Young**

By: **Mrs. Thomas Jones**

In memory of **Simon Zozula**

By: **Margaret L. Zozula**

#### Tributes:

In honor of **Allan Cummings, Dr. Chris**

**Bartels & Dr. James Lichter**

By: **Marguerite & Richard Cummings**

### CHILDREN FAMILY & HEALTH

#### Memorials:

In memory of **Richard Golgan**

By: **Michael & Marian Albaugh**

### COMMUNITY HEALTH & WELLNESS

#### Memorials:

In memory of **Jeremy Morgan**

By: **Sal Semplice**

### DIABETES PREVENTION

#### Memorials:

In memory of **Henrietta Jenifer**

By: **Marilyn Cupec**

In memory of **Clara & Joseph Mierzejewski**

By: **Renee Mierzejewski**

#### Tributes:

In honor of **Dr. William R. Balash**

By: **Robert & Marie Lucas**

### DR. H.W. FRALEY HEALTH & WELLNESS

#### Memorials:

In memory of **Anna Marie Fraley**

By: **Dr. Robert H. Stanger**

In memory of **Dr. H.W. Fraley**

By: **Joseph & Jill Breman**

### HEALTH CARE ASSISTANCE

#### Memorials:

In memory of **Mrs. Alverda Pawlowski**

By: **Mr. & Mrs. John V. Pastorek**

In memory of **Dan Posney**

By: **Pat & Clarence Bolewitz**

In memory of **Dorothy A. Rezak**

By: **Shirley & John Miller**

In memory of **Anthony A. Rutkowski**

By: **Mark Rutkowski**

### HEART DISEASE PREVENTION

#### Memorials:

In memory of **Beatrice Bibza**

By: **Janet & Jeffrey McCurdy**

In memory of **W. James Borland**

By: **Joyce Borland**

**JoAnn B. Weiss**

In memory of **Joan S. Jacobs**

By: **Mary Janet & Hank Demarest**

In memory of **Anthony Pocetti**

By: **wife Betty**

**Clara Sosinski**

In memory of **Alex, Elizabeth, Ray &**

**Dorothy Sosinski**

By: **Clara Sosinski**

In memory of **Fred Wetzal**

By: **Kathryn Barch**

### HEATHERLYN A. MARSHALL MEMORIAL

#### Memorials:

In memory of **Heatherlyn A. Marshall**

By: **Mr. & Mrs. Mark Marshall**

### HIGHLANDS EMERGENCY SERVICES

#### Memorials:

In memory of **Margaret Malak-Jancech**

By: **Al & Mary Ann Debor**

In memory of **Lorraine Bonislawski**

By: **Al & Mary Ann Debor**

In memory of **Stefanie Kolek**

By: **Doug & Mary Eileen Scholl &**

**Alyson Scholl**

### MENTAL HEALTH

#### Memorials:

In memory of **Dr. John H. Allman**

By: **Dr. Robert H. Stanger**

In memory of **Paul R. & Nancy G. Borneman**

By: **Mrs. D. Jayne B. Sawin**

In memory of **Virginia "Ballina" Skacal**

By: **Shirley & John Miller**

### BERNICE & JOSEPH STIMEL MEMORIAL

#### Memorials:

In memory of **Mom's close friend, Dorothy Hartig**

By: **Joe Stimel, Jr.**

### NURSE SCHOLARSHIP

#### Memorials:

In memory of **Joanne Anderson**

By: **Harvard & Paulette Furman**

In memory of **Mary Virginia Bauer**

By: **Dr. Robert & Joyce Pacek**



## Allegheny-Kiski Health Foundation's Memorial and Honor Gift Program

The Allegheny-Kiski Health Foundation is pleased to list the following charitable contributions made to the Memorial and Honor Gift Program from **January 1, 2012 through July 31, 2012.**

In memory of **Charles J. Burk**

By: **Sally Mangone**

In memory of **Lawrence "Red" Ferraris**

By: **Edith Ferraris**

In memory of **Rosalia Gainor**

By: **Fran & Don Rose**

In memory of **Mr. & Mrs. George C. Kunz**

By: **Mrs. Mary M. Sundo**

In memory of **wife Gloria Nyga, RN**

By: **John Nyga**

In memory of **Mary Lou Plouchard, one who helped others**

By: **Don & Fran Rose**

In memory of **Anna Stanko**

By: **Al & Mary Ann Debor**

### Tributes:

In honor of **Alysa Yvonne Pivik**

By: **Dee Wierzbicki**

### UNRESTRICTED

#### Memorials:

In memory of **Al Airaghi**

By: **Mr. & Mrs. Jerome Lombardi**

In memory of **Mary Borelli**

By: **Ernest & Irene Clowes**

In memory of **Kevin Brewer**

By: **Jim & Karen Wantland**

In memory of **Frank A. Chelko**

By: **Alice M. Medley**

In memory of **Joseph J. Chifulini**

By: **Altany, Loynd & Lindquist, LLC**

In memory of **Rudy Consolaro**

By: **Theresa Consolaro**

In memory of **Bill Favero**

By: **Mr. & Mrs. Jerome Lombardi**

In memory of **Harry Goodman**

By: **Helen Goodman**

In memory of **Patricia Hines**

By: **Irene Rozewicz**

In memory of **Paul Homick**

By: **Norma A. Allman**

In memory of **Jay & Jane Jordan**

By: **Mrs. Jane Danish**

In memory of **my husband, Alan W. Kennedy**

By: **Valerie A. Kennedy**

In memory of **Joseph Kramarik Jr.**

By: **Pauline Pietquin**

In memory of **Mrs. Sophie Kramarik**

By: **Mrs. Tillie Mangone**

In memory of **Dr. Jerzy Majewski**

By: **Dr. & Mrs. David H. Schaub**

In memory of **Robert Malcolm**

By: **Barbara Malcolm**

In memory of **John McGann**

By: **Dr. David & Joanne Schaub**

In memory of **Daniel Posney**

By: **Al & Mary Ann Debor**

In memory of **Madelin Ressani**

By: **Al & Mary Ann Debor**

In memory of **deceased family members**

By: **Mildred Rezak**

In memory of **Jane Rossey**

By: **Allegheny Valley Chamber of Commerce**

In memory of **Elizabeth Scheid**

By: **Jim & Karen Wantland**

In memory of **David Silliman**

By: **Guy & Lynn Buccigrossi**

In memory of **Jean Szarnicki**

By: **Dr. David & Joanne Schaub**

In memory of **Theodore W. Thimons Sr.**

By: **Mr. & Mrs. Jack Steiner**

In memory of **Dorothy Toto**

By: **Jim & Karen Wantland**

In memory of **Emanuel "Val" Valasek**

By: **Al & Mary Ann Debor**

In memory of **Olivia Wade**

By: **Al & Mary Ann Debor**

In memory of **William & Grayce Walker**

By: **Henrietta Garvin**

In memory of **Ron Zellers**

By: **Tom & Rose Anne Kuhns**

### Tributes:

In honor of **Dr. & Mrs. Frank L. Ceraso's 60th Wedding Anniversary**

By: **Robert & Madeline Napoli James & Janet Morgante**

In honor of **Debbie Landise**

By: **New Ken & Natrona Auto Parts**

In honor of **All Veterans**

By: **Mike & Louise Scott**

Limited Seating  
Call Today!

**Dr. H.W. Fraley Health & Wellness Seminar**

**Wednesday, October 3, 2012**

**6:00 pm - 8:00 pm**

**FRESH** the Movie

**Allegheny-Kiski Health Foundation**

Charles & Mary Lou Young Non-Profit Center

William & Grayce Walker Conference Room

One Acee Drive

Natrona Heights, PA 15065

FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet. The video will last 72-minutes with discussion to follow.

## New Scholarship Programs



*Derek Durand*

The Foundation has added two new awards to its already strong line of scholarship programs. Currently, more than \$25,000 is awarded annually to local residents pursuing post-high school education through programs funded by generous donors including

**Helen Rakowski Bole, Sam Huey, Bonnie Orkow, Adolph Rzotkewicz, Robert & Jean Walsh** and others.

The new scholarships were established recently in the memory of two beloved individuals, **Derek Durand** and **John J. Bolgna**.

**Sam Huey** established the **Derek Durand Memorial Scholarship** program with a generous contribution. Derek, who passed away earlier in the summer, was a very talented student-athlete who excelled in football at both **Freeport High School** and **Slippery Rock University**. Derek was loved by all who came in contact with him, both on the gridiron and off. Mr. Huey will continue to fund the scholarship program with annual donations and also encourages others to make contributions to the scholarship fund in Derek's memory.

The **Derek Durand Memorial Scholarship** program will award a graduating senior from Freeport High School, who is accepted to an accredited college or university, a \$1,000 scholarship annually for four

years. A new student will be selected each year, with the award renewable for four years as long as the student maintains a "B" average.

The **John J. Bologna Memorial Scholarship** program was established by the **Leechburg Area Basketball Alumni** as a way to keep John's memory alive. John also passed away this summer and was an inspiration to hundreds of young athletes in the Alle-Kiski Valley. John was very active in coaching Little League Baseball, as well as basketball at the high school and AAU levels. According to longtime friend, **Joel Ceraso**, "John was a tremendous individual who loved sports and put his heart and soul into teaching young people to play baseball and basketball".

The **John J. Bologna Memorial Scholarship** program will award one scholarship annually to a graduating high school senior from the Alle-Kiski Valley, who is a solid student and a high school athlete. In addition to the Leechburg Area Basketball Alumni, other individuals who knew John are encouraged to donate to the scholarship fund in memory of the popular coach.

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***Interested in starting a scholarship fund at the AKHF?***

**Contact John D. Pastorek, CFRE, President  
Allegheny-Kiski Health Foundation  
One Acee Drive, Suite 1  
Natrona Heights, PA 15065  
(724) 294-3157**

## New Scholarship Programs - cont.

Tax deductible donations may be made to any of the Foundation scholarship funds, either online at [www.akhealth.org](http://www.akhealth.org), or by making checks payable to the Allegheny-Kiski Health Foundation, listing the name of the desired scholarship fund on the check and mailing to the Allegheny-Kiski Health Foundation, One Acee Drive, Suite One, Natrona Heights, PA 15065. All donations will receive an acknowledgement letter from the AKH Foundation, and the families of those memorialized will also receive notification that a gift was made. Gift amounts are not made available to the families.

Students interested in applying for one of the scholarships may access applications online, or phone the Foundation office at (724) 294-3157.



*John J. Bologna*

## 2012 Scholarship Recipients!



Mark Malmquist  
Robert & Jean Walsh  
Math & Science Award



Jennifer Cox  
Robert & Jean Walsh  
Humanities Award



Danielle Myers  
Helen Rakowski Bole  
Literary Award



Simone Moore  
Helen Rakowski Bole  
Nursing Award



Angela Ravotti  
Helen Rakowski Bole  
Nursing Award



Maria Pugliese  
Adolph Rzotkewicz  
Nursing Award



Alysa Pivik  
Adolph Rzotkewicz  
Nursing Award

Allegheny-Kiski

Health

Foundation

*An Independent Community Resource*

One Acee Drive, Suite 1  
Natrona Heights, PA 15065  
(724) 294-3157

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

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Permit No. 8

*The official registration and financial information of the Allegheny-Kiski Health Foundation may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.*

## Calendar of Events

**All programs will be held in the William & Grayce Walker Conference Room of the AKHF Charles & Mary Lou Young Non-Profit Center, One Acee Drive, Natrona Heights unless otherwise noted.**

**Thursday, September 20, 2012 – 6:00 p.m. to 8:00 p.m.**

**“In-Home Hospice”** - This informational seminar is sponsored by the ***Bernice & Joe Stimel Fund*** of the AKHF. ***Kathy Tanaka, LCSW, Three Rivers Hospice and Palliative Care***, will discuss the different options available to those making the difficult decision of hospice care. The event is free of charge and open to the public. Reservations are requested (724) 294-3157.

**Friday, September 28, 2012 - 10:00 a.m. to 2:00 p.m. -**

**“Third Annual Sporting Clay Event”** - Promise Land Hunting Preserve, Slate Lick, PA. Enjoy an afternoon with clients and friends while helping the AKH Foundation raise funds needed to support valuable programs and services that are provided free of charge to your friends and neighbors here in the Alle-Kiski Valley. Enjoy a continental breakfast, sixteen-station sporting clay course, shotgun shells, golf cart, a delicious lunch and awesome prizes. For more information on available shooting slots and sponsorship information, please phone the Foundation office at (724) 294-3157.

**Wednesday, October 3, 2012 - 6:00 p.m. to 8:00 p.m.**

**“FRESH: The Movie”** - ***Dr. H. W. Fraley Health & Wellness Series***. “FRESH” celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Please join the AKHF for this very informative 72-minute movie. Reservations are requested (724) 294-3157.

**Friday, October 19, 2012 - 6:30 p.m. - 10:00 p.m. -**

**“Seventh Annual Wine Tasting Dinner”** - Oak Room at Hillcrest Country Club, Lower Burrell. The “South of the Equator” theme will feature specially selected menu and wine pairings based on the fares of regions like Australia, South Africa, South America and elsewhere. The evening will include a strolling wine connoisseur and silent auction. Tickets for this unique event will be limited, so phone the Allegheny-Kiski Health Foundation today, (724) 294-3157.