

Winter 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.

New "Community Nurse" Program

The AKH Foundation is embarking on another unique project to help improve health, wellness and quality of life in the Alle-Kiski Valley. This spring, the Foundation's "Community Nurse" program will become operational. The Community Nurse concept grew out of the nationally acclaimed Parish Nurse discipline, a nursing specialty recognized by the American Nurses Association.

Unlike traditional nursing where registered nurses provide actual hands-

on care, the Foundation's Community Nurse will work as a health educator, referral resource, volunteer coordinator and health advocate. She will meet with individuals, listen to their situations and match individual need with available community resources. At no time will the Community Nurse provide or recommend treatment, give medical advice, second guess treatment prescribed by medical professionals, etc.

In addition to listening to individuals, the Foundation's Community Nurse will organize community health education programs for larger groups that address common issues. For example, if the Community Nurse fields a number of phone calls relating to issues with understanding Medicare insurance, she will develop a public educational program on "Understanding Medicare" and recruit experts on Medicare to

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

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Registered Nurses, Debbie Barch (left) and Diana Meade attended the Parish Nurse training provided by Mercy Health System as volunteers on the Foundation's Community Nurse Committee.

New “Community Nurse” Program - cont.

be presenters. All individual appointments and group educational programs will be provided free of charge.

The Foundation’s Community Nurse is an RN who has completed the rigorous four-day Community Nurse Preparation Course provided by the Mercy Health System.

Similar *Parish Nurse* programs typically deal with elderly issues, mental health issues and healthcare access issues.

Individuals who desire to meet with the community nurse will be required to phone the Foundation’s nurse office at (724) 294-3165, to make an appointment and provide their own transportation. At no time will the Community Nurse meet individuals anywhere outside of the Foundation offices.

According to AKH Foundation Board Member, Karen Wantland, “the Community Nurse Program is yet another example of the Foundation focusing on the needs of the community and stepping-out-of-the-box to provide help to those in need”.

Sponsored by the:

Dr. H.W. Fraley Health & Wellness Fund of
the Allegheny-Kiski Health Foundation

Free and
Open to the
Public

Stem Cell Therapy: Defeating the Aging Process

Presented by Valerie Donaldson, M.D.

Dr. Donaldson is currently active in de-stressing the body and focusing on the anti-aging process.

William & Grayce Walker Conference Room
Allegheny-Kiski Health Foundation
Charles & Mary Lou Young Non-Profit Center
One Acee Drive
Natrona Heights, PA 15065

Tuesday, March 13, 2012
6:00 pm - 8:00 pm

Please call (724) 294-3157 for reservations

Who Said There Are No Guarantees in Life?

Consider These Guarantees...

- ♦ Your family legacy lives on in perpetuity.
- ♦ Your family name becomes known for helping improve the quality of life throughout the Alle-Kiski Valley.
- ♦ You qualify to receive guaranteed income for life.
- ♦ During your calculated life expectancy, the majority of the guaranteed lifetime income is **nearly tax free.**
- ♦ Guaranteed lifetime returns, of between 3.7% and 9%, based on you present age, on the amount of your Charitable Gift Annuity can be calculated instantly.
- ♦ If subject to federal estate tax, you preserve more of your estate for your heirs.

To learn more about these guarantees and how the establishment of a Charitable Gift Annuity can provide benefits to you, your heirs and the Allegheny-Kiski Health Foundation, please phone us at (724) 294-3157. Also, ask how you can be invited to a special dinner planned for the coming spring!

Foundation Assists in Fighting Computer Crime

The Allegheny-Kiski Health Foundation has long been a “friend” of law enforcement. On a regular basis, the Foundation works with various law enforcement agencies in developing programs to educate the public. The Foundation also regularly assists the agencies in making presentations to schools, youth groups, parent groups, etc. The presentations include Internet Safety, Cell Phone Dangers, Drug & Alcohol Abuse Prevention, etc.

In addition, the Foundation occasionally makes grants to law enforcement agencies. Although funding for law enforcement grants is always limited, certain projects that have the potential to impact the entire Alle-Kiski Valley, occasionally attract the interest of the Foundation. One recent project that was funded was the New Kensington Police Department’s request for advanced computer crimes investigation training. What attracted the Foundation to the project was the rapid growth in computer crimes, especially against children, and the agreement that the officer, Detective Thomas Klawinski, already a member of the Pennsylvania State Police Computer Crimes Task Force, would be made available to assist other police departments in the Alle-Kiski Valley.

In June 2011, the training paid off. The Upper Burrell Police Department requested assistance from Detective Klawinski of the New Kensington Police Department. The case involved **Unlawful Communication with a Minor via the Internet**. An adult emailed a local teenager a nude picture. The victim told police that she immediately deleted



New Kensington Detective Thomas Klawinski

the photo. Detective Klawinski utilized his advanced computer investigation training and made a forensic image of the teen’s computer hard drive.

Because the adult sent the nude photo in a program and format unfamiliar to police, and because the photo was deleted by the victim so quickly, the nude photo could not initially be recovered. However, Detective Klawinski sorted through 10,000 small graphic files in “unallocated space” on the hard drive and found the photo.

The teenaged victim verified that the photo was the one sent by the adult. The adult was arrested and charged with the Unlawful use of an Electronic Communication Device and Unlawful Contact with a Minor. The case was solved and another potential Internet predator was taken off the streets before causing further harm.

This is just one example of computer related crimes that are being solved in the Alle-Kiski Valley with help from the AKHF. Thanks to all Foundation donors who generously provide support to help improve the health, wellness and quality of life in the region!

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 **July 1, 2011 through December 31, 2011.**

CANCER PREVENTION AND EDUCATION FUND

Memorials:

In memory of **David P. Bartell**
By: **Corinne B. Reif**

In memory of **Pete Bartell**
By: **Paul & Judy Bartell**

In memory of **Susan Caylor**
By: **Harry & Bette Cornelius**

In memory of **Ronald J. Ewing**
By: **Ernie & Irene Clowes**

In memory of **Bette Heasley**
By: **Harry & Bette Cornelius**

In memory of **Jessica Lojak**
By: **Dom Seita**

In memory of **Rose M. Lucci**
By: **Albert A. Lucci**

In memory of **Beverly McClain**
By: **Harry & Bette Cornelius**

In memory of **Arlene Patz**
By: **Ronald T. Patz**

In memory of **Bob Ravotti**
By: **Mark Wyant**

In memory of **Marguerite E. Sarver**
By: **M.L. Cummings**

In memory of **Thomas A. Sculco**
By: **Henry & Sophie Czarnecki**

In memory of **Lyle L. Shumaker**
By: **Helen M. Shumaker**

In memory of **Richard L. Shumaker**
By: **Helen M. Shumaker**

In memory of **Anabelle Urso**
By: **Jean Fullerton**

In memory of **R. Fred Weiss**
By: **Jane R. Matjasko**

Tributes:

In honor of **Allan Cummings,**
Dr. Chris Bartels & Dr. James Lichter
By: **Richard & Marguerite L. Cummings**

CHILDREN AND FAMILY HEALTH EDUCATION FUND

Memorials:

In memory of **Robert Delledonne**
By: **James & Priscilla Slagle**

COMMUNITY HEALTH AND WELLNESS FUND

Memorials:

In memory of **Anna Beth Arnold**
By: **Dr. & Mrs. Robert F. Pacek**

In memory of **Patricia Bowser**
By: **Doug & Mary Eileen Scholl**

In memory of **Mr. Nick DeCarlo**
By: **Mrs. Emma Scanga Pastorek**

In memory of **Jeremy Morgan**
By: **Sal Semplice**

In memory of **Russell Pickett**
By: **Janet McKelvey**

Tributes:

In honor of **Judy Renshaw**
By: **Mark Wyant**

EMERGENCY PREPAREDNESS AND RELIEF FUND

Memorials:

In memory of **Mark Nowikowski**
By: **Robert & Marie Cieslinski & Son**

DR. H. W. FRALEY HEALTH AND WELLNESS FUND

Memorials:

In memory of **Leo Framel**
By: **Butch & Kathy Abraham**
Animal Protectors
Susan Hillery
Jeanne Lessig
Judy Jarosinsky
Val DeSanto
Pat Presutti
Kathy Abraham

Tributes:

In honor of **John & Phyllis Framel**
By: **Kathy Abraham**

HEALTH CARE ASSISTANCE FUND

Memorials:

In memory of **Larry R. Deskins**
By: **Carole Arthur**
Sally Hudson

HEART DISEASE PREVENTION AND EDUCATION FUND

Memorials:

In memory of **Jim Borland**
By: **Art Borland**

In memory of **Ruth Ann Dawson Creehan**
By: **Mr. & Mrs. James W. Wencel**

In memory of **Lester & Hazel Euler**
By: **Joyce M. Euler**

In memory of **Bob Heasley**
By: **Harry & Bette Cornelius**

In memory of **Armand & Julia Pietquin & son Albert**
By: **Pauline Pietquin**

In memory of **J.R. Ptaszkiewicz**
By: **6th Annual Golf Outing Golfers, Volunteers, Family & Friends**

In memory of **Vera Shaw**
By: **Mr. & Mrs. James W. Wencel**

BERNICE & JOE STIMEL MEMORIAL FUND

Memorials:

In memory of **Mr. Robert Koenig**
By: **Joe Stimel Jr.**

In memory of **Mom's dear friend, Mary Lou Plouchard**
By: **Joe Stimel Jr.**

NURSE SCHOLARSHIP AND EDUCATION FUND

Memorials:

In memory of **mother Bertha Pfeiffer**
By: **Ms. Marie M. Malenky**

In memory of **Clifford & Marie Rupert**
By: **Al & Mary Ann Debor**

RZOTKEWICZ NURSING SCHOLARSHIP TRUST FUND

Memorials:

In memory of **Bobbye Zandarski**
By: **Al & Mary Ann Debor**

UNRESTRICTED FUND**Memorials:**

In memory of **Dr. John H. Allman**
By: **Joyce Orris & Family**

In memory of **Vera Bachar**
By: **Irene Rozewicz**

In memory of **George Barch**
By: **Aurella J. Barch**
Albert Barch

In memory of **Margie Bouchat**
By: **Merle Bouchat**
Dr. David & Joanne
Schaub
The Orris Family

In memory of **Fay Branzet**
By: **Dale Branzet**

In memory of **Robert H. Brewer**
By: **Ruth H. Brewer**

In memory of **Marian Coffman**
By: **Gary & Janice Ross**

In memory of **Mrs. Stella Corbett**
By: **Dorothy Rzczkowski**

In memory of **Michael Cornelius**
By: **Harry & Bette Cornelius**

In memory of **Harry Carson, Sr**
By: **Jerome Lombardi**
SPEDD, Inc.

In memory of **John K. Cunningham**
By: **Jane Matjasko**

In memory of **George Curtin**
By: **Bob & Joan Pilat**

In memory of **Robert DeCroo**
By: **Irene DeCroo**

In memory of **Jack & Ramona Donahue**
By: **Mark D. Donahue**

In memory of **Ronald J. Ewing**
By: **Ted & Teresa Scanga**

In memory of **Barbara Ferencak**
By: **Jerome & Stephanie Lombardi**

In memory of **Anna Marie Fraley**
By: **John & Diane Pastorek**

In memory of **Patty Jean Grossi**
By: **The Orris Family**

In memory of **William L. Hazlett**
By: **Dorothea M. Bailie**

In memory of **Joseph Juniak, brother**
By: **Maxine Balog & Family**

In memory of **Joe "The Chief" Juniak**
By: **Al & Mary Ann Debor**
Maxine Balog & Family

In memory of **Officer Derek Kotecki**
By: **Al & Mary Ann Debor**

In memory of **Henry Leskovic**
By: **Mr. & Mrs. Joseph Barch**

In memory of **Dan J. Lombardi**
By: **Jerome & Stephanie Lombardi**

In memory of **Robert Malcolm**
By: **Barbara Malcolm**
John & Diane Pastorek

In memory of **Chester & Henry Mierzejewski**
By: **"Renee"**

In memory of **Lee McConville**
By: **John & Diane Pastorek**

In memory of **Pam Monti**
By: **John & Diane Pastorek**

In memory of **Jeremy Morgan**
By: **Irene DeCroo**
Mr. & Mrs. Darrell Morgan

In memory of **Toni Mozelewski**
By: **Al & Mary Ann Debor**

In memory of **Mildred & Ernest Olson**
By: **Paul & Judy Bartell**

In memory of **Laurie Kudlac Palumbo**
By: **Mr. & Mrs. William Mills**

In memory of **John Patterson (BIM)**
By: **Kathryn P. Barch**

In memory of **Ethel Prazenica**
By: **John & Diane Pastorek**

In memory of **deceased loved ones**
By: **Mildred Rezak**

In memory of **Edward Rhoades**
By: **John & Diane Pastorek**

In memory of **Bill & Anna Ross**
By: **Gary & Janice Ross**

In memory of **Ted Rozewicz**
By: **Irene Rozewicz**

In memory of **Catherine Salvi**
By: **Bob & Judy Sims**

In memory of **"loved ones"**
By: **Ruth Seita**

In memory of **Betty Shirley**
By: **Ruth W. Seita**

In memory of **Nick Staresinic**
By: **John & Diane Pastorek**

In memory of **Mabel Scully**
By: **John & Diane Pastorek**

In memory of **John Vanyur**
By: **Mike & Louise A. Scott**

In memory of **William & Grayce Walker**
By: **Holly Walker**
Henrietta Garvin

In memory of **Robert Walsh**
By: **John & Diane Pastorek**

In memory of **Ray Warmus**
By: **Bob & Joan Pilat**

In memory of **Eleanor Worek**
By: **Bob & Joan Pilat**

In memory of **Gregg Woyt**
By: **Aurella J. Barch**
Albert Barch

In memory of **Suzanne Wozniak**
By: **Harry & Bette Cornelius**

In memory of **Keith D. Yenets**
By: **John & Diane Pastorek**
Mr. & Mrs. Joseph Barch

In memory of **Rena Zana**
By: **Dom Seita**

In memory of **Bobbye Zandarski**
By: **Harrison Hills Fire Department**

In memory of **Erika Zito**
By: **Mrs. Emma Scanga Pastorek**

Tributes:

In honor of **Huck Hallman**
By: **John Shoop**

In honor of **Don & Gerri Nowicki's 50th**
Wedding Anniversary
By: **Joan Pawlak**

In honor of **John & Emma Pastorek**
By: **Bob & Joan Pilat**

In honor of the **90th Birthday of Jane**
Sweeny
By: **Mr. & Mrs. Robert B. Hallman, Sr.**
Mr. & Mrs. Jack Steiner

UNRESTRICTED FUND – William & Grayce Walker Conference Room Memorials:

In memory of **William E. & Grayce Walker**
By: **Harry B. West**

UNRESTRICTED FUND – AK PULSER Memorials:

In memory of **Joann Krysinski**
By: **Thomas Misutka**

How and Where YOUR Support Helps

The Allegheny-Kiski Health Foundation has become known for its significant investment in the Alle-Kiski Valley each year in the form of health & wellness grants, programs and services. Donors from the community who support the Foundation know of its uniqueness. Over the years, thousands of local residents have benefited, dozens of organizations have been able to improve their services to the public, and a number of lives have been saved because of assistance from Foundation initiatives.

Donors also know that every charitable contribution made to the AKH Foundation stays right here in the Alle-Kiski Valley. And make no mistake, the entire Alle-Kiski Valley benefits from the Foundation's grants, programs and services. The following projects are just a few recent examples of how and where the Foundation provides support throughout the Alle-Kiski Valley.

- **New Community Nurse Program** – This unique service will soon be available. It will be free and **available to anyone who resides in the Alle-Kiski Valley**. Although, absolutely no medical treatment will be provided by the Community Nurse, she will work tirelessly to provide health education and training to individuals and groups alike.

- **Support of the Hospital** – The Foundation made grants or commitments towards the hospital's newly renovated Emergency Department and its current project to renovate the Medical Staff Library. **These projects benefit anyone from the Alle-Kiski Valley and beyond that seeks medical services from the AKMC.**

- **PULSER** – The Foundation has long supported AK PULSER, the rescue operation that sends highly trained paramedics to automobile accidents, fires and other sites of medical emergency **throughout the Alle-Kiski Valley.**

- **Walker Conference Room** – The Foundation makes its state-of-the-art meeting facility available to many non-profit community groups for meetings, training and emergencies. A few recent groups include the Animal Protectors of the Allegheny Valley, the Hope Center, Tarentum Police Department, Family Services of Western PA, Westmoreland County Adopt-A-School, the Allegheny Valley YMCA, the Power of 32 organization, the Pennsylvania Association of Non-Profit Organizations, the Allegheny Valley Chamber of Commerce and **many other groups located across the Alle-Kiski Valley.**

- **Community Education** – The Foundation has held many community education programs **free to anyone who lives or works in the Alle-Kiski Valley**. A small sample of the programs include “**Keeping Your Brain Healthy**”, presented by Dr. Paul Nussbaum; “**Acid Reflux**”, presented by Dr. Abhijit Kulkarni; “**Stem Cell Therapy**”, presented by Dr. Valerie Donaldson; and many more.

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Phyllis Framel invited Dr. Paul Nussbaum to speak on “Keeping Your Brain Healthy” as part of the Dr. H.W. Fraley lecture series.

How and Where YOUR Support Helps - cont.

Consider these other projects in region that have received support from the Foundation recently:

- The Foundation continues to share its hard hitting documentary DVD, "Heroin: Lives Forever Changed" **all over the AK Valley.**
- Youth behavior training and education is provided to area teachers, students and parents in local schools such as in the **Burrell School District.**
- Grants were made in **Apollo** to the Roaring Run Watershed Association.
- First responder organizations such as the **Fawn Township** Police Department continue to rely on the Foundation for AEDs.
- The **New Kensington** Police Department has received forensic computer investigative training and computer equipment.
- Recent higher education scholarships to local students were granted from these local high schools: **Apollo-Ridge, Burrell, Deer Lakes, Ford City, Franklin Regional, Freeport, Highlands, Kiski, Kittanning, Knoch, Leechburg, Riverview and St. Joseph's.**
- Support continues to the **Sarver, Saxonburg, Buffalo Township and Winfield Township** areas through the Southeast Butler County Community Alliance.
- Support also continues to the **Tarentum, Brackenridge, Fawn Township and Harrison Township** areas through the Highlands Emergency Services Alliance.
- A grant was recently made to the **Lower-Kiski Ambulance Company** for specialized first aid equipment.
- The **B.O.A.T. Program in Allegheny Township** has been supported for many years.



William Kopar, Kopar Honey at the 2011 Fast, Fresh & Local Whole Foods seminar.

In recent years, more than 3,000 individual charitable contributions were made to the Allegheny-Kiski Health Foundation. Donations may be made in a variety of ways, including direct gifts of cash or check, the contribution of highly appreciated assets such as stock, donations of real estate and personal property, the establishment of Charitable Gift Annuities, bequests made through a will, gifts of life insurance, the establishment of Charitable Remainder Trusts, and many other ways.

Whichever method you choose to support life enhancing community health & wellness projects, through the AKH Foundation, you can be sure of three important promises:

1. Your gift will be appreciated by all whose lives are touched in a positive way through AKH Foundation programs.
2. Your contributions will always benefit the Alle-Kiski Valley and will never be diverted to organizations located outside of the local area.
3. The AKH Foundation Board of Directors will ensure that your wishes with regard to the use of donated funds are fully carried through.

Please be sure to consult with competent legal, financial and tax advisory professionals before making any charitable gift. The ideas and illustrations expressed herein are intended to provide general information only, and should not be considered to be legal, financial or tax advice.

Allegheny-Kiski

Health

Foundation

An Independent Community Resource

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

www.akhealth.org

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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.

March 13, 2012 – 6:00 p.m. to 8:00 p.m. – Stem Cell Therapy: Defeating the Aging Process - The informational seminar is sponsored by the **Dr. H.W. Fraley Health & Wellness Fund** of the AKHF. The presenter is **Valerie Donaldson, M.D., Individualized Advanced Medical Center of Pgh.** Dr. Donaldson earned her B.A. degree in Biology from Colorado College and obtained her M.D. from Rush Medical College in Chicago. The event is free of charge, space is limited and reservations are required by phoning (724) 294-3157.

March 27, 2012 - 6:00 p.m. - 8:00 p.m. - "Stop Craving & Start Living" - Join **Lindsey Smith**, author of the new book, **"Junk Foods & Junk Moods: Stop Craving and Start Living"**. Lindsey is a recovering emotional eater and will help you discover a better way. One that relieves the burden of self-denial and invites both joy and health back into your life. You will learn to identify and satisfy deep needs in mind, body, and spirit so that you can live a vibrant and healthy life. Reservations are requested, (724) 294-3157.

April 10, 2012 6:00 p.m. to 8:00 p.m. Preventing Colon Cancer - presented by Dr. Elie Aoun, Allegheny Center for Digestive Health - This program is the next lecture in a series on digestive health funded through of the **Bernice & Joe Stimel Memorial Fund**. Dr. Aoun will discuss colon cancer and the importance of screening and early detection. This event is free and open to the public. Reservations are requested (724) 294-3157.

May 4, 2012 - Tenth Annual Trophy Trout Event, Yellow Creek Trout Club, Indiana, PA - This year's event promises to be as fun as ever beginning with an awesome breakfast, scrumptious lunch, lunker trout, and a fabulous angler's gift. Although the fishing opportunities are near capacity, sponsorships are still available. Call the Allegheny-Kiski Health Foundation today for more information (724) 294-3157. Proceeds support the AKH Foundation's "Healthy Teen Initiative" and the projects of the New Kensington Police Department.