

FALL 2014

HOMEPAGE

CELEBRATING 10 YEARS OF MAKING AGING EASIER

 Longwood at Home™

Positively Living

An Affiliate of Presbyterian SeniorCare®

Where there's a will, there's a healthy waterway— and trail.

Longwood at Home members Mary Shaw and Roy Weil have devoted countless hours and resources to improving and providing access to western Pennsylvania's trails and waterways. The Squirrel Hill couple began their volunteer conservation efforts over 30 years ago after becoming involved with American Youth Hostels.

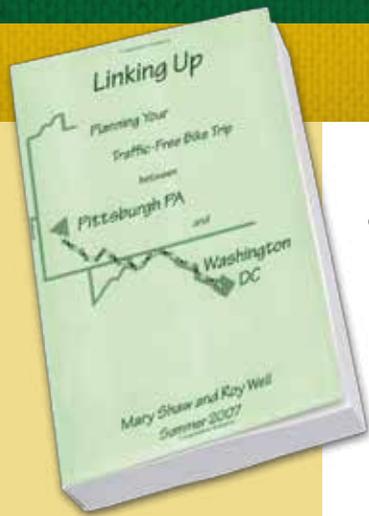
Graduates of Carnegie Mellon University, Mary and Roy began spending weekends with American Youth Hostels, primarily whitewater canoeing and cross-country skiing. In an effort to generate interest in canoeing and kayaking, they edited the *Canoeing Guide to Western Pennsylvania* through its eighth edition, with copious assistance from the western Pennsylvania canoeing community.

Mary and Roy were also part of the early Rails to Trails movement in the 1990s. They rode bikes on finished trails from Pittsburgh to Cumberland, and envisioning growth and the need for future services, they led a group of 12 biking enthusiasts from Washington, DC to Pittsburgh in 1999. Following that trip, it was clear to these early advocates that access to camping, lodging and food services would assure the viability of the trails. Mary and Roy compiled this information and



Photo by Joshua Franzos, Courtesy of The Pittsburgh Foundation.

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co-authored the guidebook, *Free Wheeling Easy in Western Pennsylvania* and subsequently *Linking Up – Planning Your Traffic-Free Pittsburgh, PA and Washington, DC Bike Trip*.

Acting on their commitment to assure the future sustainability of the waterways and trails, Mary and Roy have established two funds:

1. **The Canoe Access Development Fund**, in partnership with the Western Pennsylvania Conservancy, was established to create and maintain access to streams and rivers for non-motorized boating and fishing. The Fund makes grants to “watershed groups”—grassroots organizations that work to advance the protection and enjoyment of their local streams. These volunteer groups do the work and maintain the projects.
2. **The “They Working” Trail Volunteer Fund** of the Pittsburgh Foundation was similarly funded by Mary and Roy to provide support for volunteers that create, maintain or enhance the network of trails suitable for bicycle touring in western Pennsylvania and nearby areas. Mary and Roy applaud the many volunteers who improve and maintain trails, and the Fund provides grants for tools, materials and supplies to enhance their efforts. The Fund attempts to fill the gap between small projects that can be handled out of the trails’ operating budgets and capital projects that require major grants from foundations or government sources. The philosophy is that helping develop a core of dedicated volunteers is a way to make a difference.

These two outdoor enthusiasts have received several awards from local and national trail groups, including the 2004 “Stewards of the Environment” award from REI. They have more recently received accolades for what they have done indoors. Roy, a civil and software engineer at Michael Baker Corp., and Mary, a computer science professor at Carnegie Mellon University, are 2014 winners of the *Post-Gazette Renovation Inspiration Contest*.

They recently purchased and renovated a home in Squirrel Hill, making it accessible for future aging needs. Working with their contractors Tony and Tyler Tommarello, they widened doorways, made renovations to the kitchen and living room, and installed a shaftless elevator. Most interesting though, was the conversion of a 1950s bathroom into a 10’ x 8’ waterproof “wetroom,” or barrier-free bathroom. The bath, which can accommodate a wheelchair, has temperature control, hand-held shower wands and flip-up teak seats mounted on the walls for future accessibility. It also boasts heated non-slip porcelain tile floor, trim that doubles as a grab-bar and a floating glass shower partition. The recent renovations were guided by ADA standards, and the home is ready for many years of aging in place for Mary and Roy, but does not look the least bit institutional.

Just as Mary and Roy have put a plan in place to insure the future sustainability of rivers, streams and biking trails in western Pennsylvania, they have insured their future with Longwood at Home. Longwood at Home, an affiliate of Presbyterian SeniorCare, is an “At-Home” Continuing Care Retirement Community, offering its members personal care coordination, the Life Care benefits of a traditional retirement community and generous tax benefits, all while living in their own homes.

To learn more about Longwood at Home, visit us at www.LongwoodatHome.org

Join us to discover the many ways Longwood at Home makes aging easier.

Seminars are held throughout southwestern Pennsylvania. Current seminars are shown below and posted on our website www.LongwoodatHome.org *You will receive a special invitation when seminars are held in your neighborhood.*

Discovery Seminar

Are you or a loved one looking for a way to spend retirement at home with confidence? Join us to learn more about Longwood at Home's comprehensive, cost-effective approach to personalized care at home.

Tuesday, September 23, 2014

10 a.m.–11:30 a.m.

Wildwood Golf Club

2195 Sample Road
Allison Park, PA 15101

Thursday, October 9, 2014

2 p.m.–3:30 p.m.

Bella Luna Trattoria

5060 William Penn Highway
Monroeville, PA 15146

Tuesday, September 23, 2014

2 p.m.–3:30 p.m.

Walnut Grill

12599 Perry Highway
Wexford, PA 15090

Tuesday, November 4, 2014

2 p.m.–3:30 p.m.

Mitchell's Fish Market at the Waterfront

185 W. Waterfront Drive
Homestead, PA 15120

Thursday, September 25, 2014

10 a.m.–11:30 a.m.

2 p.m.–3:30 p.m.

Hampton Inn Cranberry

210 Executive Drive
Cranberry Twp, PA 16066

Wednesday, November 5, 2014

10 a.m.–11:30 a.m.

Fox Chapel Presbyterian Church

384 Fox Chapel Road
Pittsburgh, PA 15238

Tuesday, October 7, 2014

10 a.m.–11:30 a.m.

2 p.m.–3:30 p.m.

Courtyard by Marriott Monroeville

3962 William Penn Hwy
Monroeville, PA 15146

Thursday, November 6, 2014

2 p.m.–3:30 p.m.

Mitchell's Fish Market, Galleria Mall

1500 Washington Road
Mt. Lebanon, PA 15228

Thursday, October 9, 2014

10 a.m.–11:30 a.m.

The Lamplighter Restaurant

6566 Route 22
Delmont, PA 15626

Take the Next Step

Join us to learn more about the services provided by Longwood at Home, including flexible financial options. Our Care Coordinators will be on hand to answer your questions.

Meet our members, Longwood at Home experts, who will talk about the challenges they faced and the decision they made for a more secure future in the homes they love.

Tuesday, October 14, 2014

12 p.m.–2 p.m.

Rodef Shalom Congregation

4905 Fifth Avenue
Pittsburgh, PA 15213

Wednesday, October 15, 2014

12 p.m.–2 p.m.

Walnut Grill

911 Freeport Road
Pittsburgh, PA 15238

Thursday, October 16, 2014

2:30 p.m.–4 p.m.

Panera Bread, Galleria Mall

1500 Washington Road
Mt. Lebanon, PA 15228



See our new video! Visit our new website to discover everything you need to know about staying confident and staying home ~ www.LongwoodatHome.org



In the words of beloved Yogi Berra, “If you don’t know where you are going, you’ll end up someplace else.” Brings a chuckle, but it is the reality of many smart people who think they have a plan for retirement. They think they have everything in place, but they miss the one thing that can sabotage any retirement

plan—the cost of long-term care. If you don’t have a plan for protecting your nest egg from the costs of care as you grow older, your retirement plans could derail.

Longwood at Home members are great planners. They know that Medicare is not going to pay for most care in their homes or for the \$80,000 annual cost of a nursing home. They also know that if they wait until they need the care to make a plan, they have waited too long. Longwood at Home members also want the best services available delivered in their own homes. They want to have someone they trust: Longwood at Home Care Coordinators who are one phone call away when members wake up with the flu, fall in the middle of the night, face surgery or maybe develop a life-altering condition. Longwood at Home members have a plan that will deliver the best care in the home they love, protect their assets, and provide them with an advocate—their personal Care Coordinator who relieves the burden of care from family and friends.

So as the year comes to an end, join Longwood at Home now. If you enroll by December 31, you may gain great tax benefits. More importantly, you will have the best plan available to grow old gracefully. Yogi Berra also said, “When you come to a fork in the road, take it.” When given the opportunity to be part of the largest “at home” community in the country with a 98% satisfaction rating, take it.

Give us a call at 1-877-611-8919 to discuss how you can become a member before the year ends.

Download and print our free retirement planning guide at www.LongwoodatHome.org

We Make “What’s For Dinner?” Easier
Mushroom Barley Soup



- | | |
|---|-------------------------------|
| 1/4 cup (1/2 stick) butter | 2 T. all-purpose flour |
| 1 lb. baby portobello mushrooms, cut up | 8 cups canned vegetable broth |
| 2 large carrots, chopped | 1/4 cup chopped fresh parsley |
| 2 large celery stalks, chopped | 1 T. chopped fresh dill or |
| 1 onion, chopped | 1 t. dried dill weed |
| 1/2 cup pearl barley, rinsed | |

Directions

1. Melt butter in large Dutch oven over medium-high heat.
2. Add mushrooms, carrots, celery, onion and barley. Sauté until vegetables begin to brown, about 20 minutes.
3. Add flour to pot and stir 5 minutes.
4. Gradually mix in broth. Bring soup to boil, stirring frequently.
5. Reduce heat to medium and simmer until barley is tender and soup is beginning to thicken, about 40 minutes.
6. Mix in parsley and dill. Season to taste with salt and pepper.

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