



OLD GLORY

Volume 10, Issue 4

April 2024



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Month of the Military Child

April recognizes the unique challenges children in military families face. They face continually changing circumstances and often both parents enlist active duty or reserve meaning at any given time their primary caregivers can be deployed.

Depending on the size of their family, where they are stationed, and how long they live the military life, a military child becomes adaptable. They may see much of the country and sometimes the world. Military life impacts every member of the family, right down to the youngest member. They sacrifice close relationships, sometimes even with immediate family members due to the distance they live and the number of times they transfer.

National Volunteer Month

April recognizes all those who give their time and energy during National Volunteer Month. In the United States, volunteerism is instilled at a young age. In many parts of the country, it is the cornerstone of summer vacation or woven into after school programs. Most organizations in small towns, rural counties and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation after generation.



Parkinson's Awareness Month

National Parkinson's Awareness Month in April encourages us to participate in one or more events near you supporting further research bringing us closer to a cure.

Parkinson's is a neurodegenerative disorder. Over time, this slowly progressing condition causes tremors, gait and balance issues, limb stiffness or rigidity, and a slow muscle movement. While each person responds differently to the disease, complications often become serious.

April Fools Day - April 1st

April Fools' Day on April 1st has long been a day when practical jokes and tricks are played on the unaware. It's a time when children convince their parents they've broken a bone. Parents get in on the planning, too. Classic April Fools' jokes include caramel covered onions or fake doggy doo-doo in inconvenient places. Businesses launch impractical or unbelievable products for the fun of the day and newspapers print incredible headlines catching readers off guard.

**HAPPY
APRIL FOOL'S DAY!**

**May you never be old
enough to not take your
inner child seriously!**



Gold Star Spouses Day



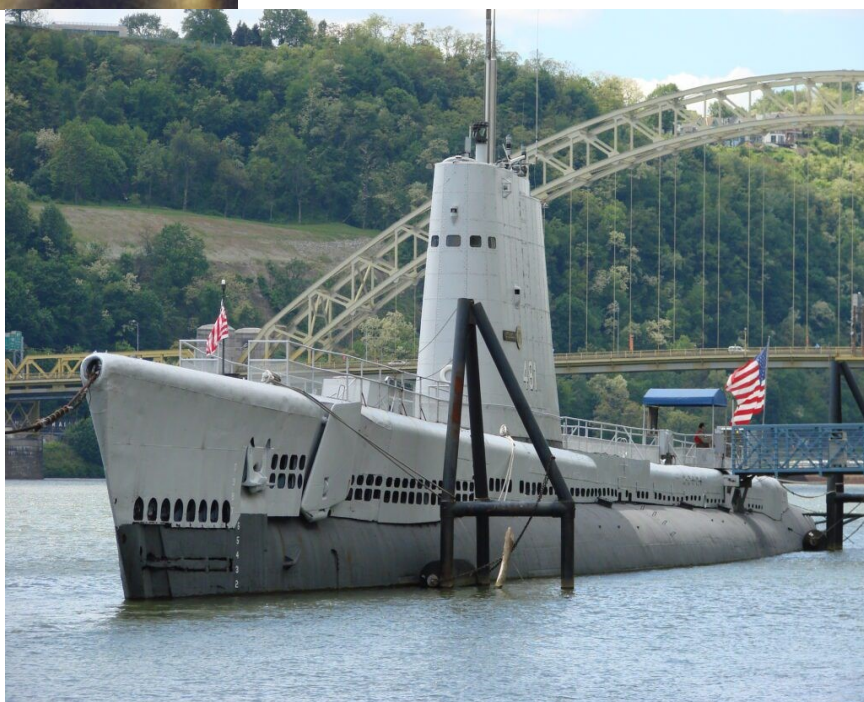
Gold Star Spouses Day - April 5th

Gold Star Spouses Day on April 5th honors the surviving loved ones of military service members who died while serving their country. The day offers remembrance for the spouses and their families and a time of recognition of their sacrifices. Many communities and organizations hold events showing support for Gold Star families on this day. Through ceremonies, teas, memorial races, and luncheons, they honor and remember fallen warriors.

National Submarine Day - April 11th

National Submarine Day, on April 11th, honors the day the United States Navy acquired its first modern commissioned submarine. On April 11, 1900, the Holland VI became the Navy's first modern submarine.

Submarine history runs deep in the United States. During the Revolutionary War era, David Bushnell built America's first submarine, the *Turtle*. The submersible made several attempts to sink British ships but never succeeded. At the time, the U.S. Navy did not exist, so the *Turtle* was not the Navy's first submarine. The first known U.S. Navy submarine was the USS *Alligator*. It's also the fourth United States Navy ship of that name. The *Alligator* was active during the American Civil War.





Air Force Reserve Birthday - April 14th

The United States Air Force Reserve celebrates its birthday every year on April 14, but according to the Air Force official site, Air Force Reservists can trace their heritage all the way back to the National Defense Act of 1916.

The Air Force Reserve was created on April 14, 1948 soon after the establishment of the Air Force as a separate branch of service. But this history would be incomplete without recognition of events just prior to and the establishment of the National Defense Act of 1916 which authorized the creation of reserve forces as an ongoing part of American military organization.

National Earth Day - April 22nd

Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by Earth-day.org (formerly Earth Day Network) including 1 billion people in more than 193 countries. The official theme for 2024 is "Planet vs. Plastics." 2025 will be the 55th anniversary of Earth Day.



Army Reserve Birthday - April 23rd

The U.S. Army Reserve Birthday is marked on April 23 every year to commemorate its contributions to the Cold War, the World Wars, Vietnam, Korea, the Persian Gulf, and many other similar wars and crises around the globe. This more-than-a-century-old federal reserve force has played a very vital role in U.S. military history. There are Army Reserve Units in all 50 U.S. states, 20 different time zones across the world, and five U.S. territories.

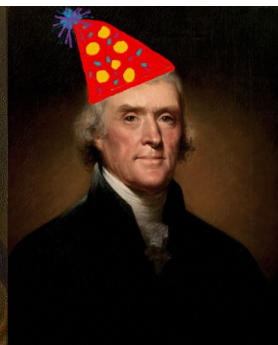
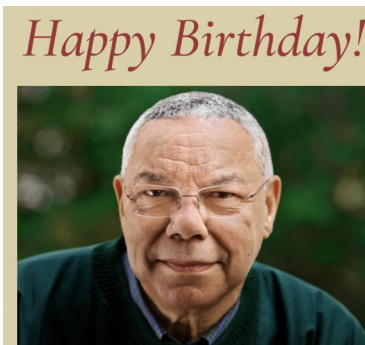
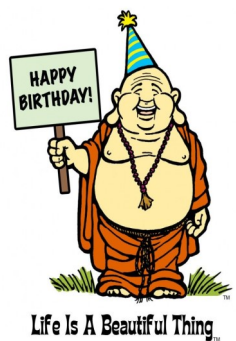
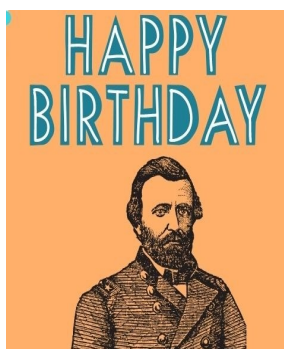


Birthdays This Month

Arley C.
Albert C.
David F.
Donald K.
Joseph D.
Robert G.
Paul O.



Eugene T.
Eric S.
Donald T.
Leonard T.
John H.
Benny R.
Judith W.
Joel G.



New Admissions



Richard B.



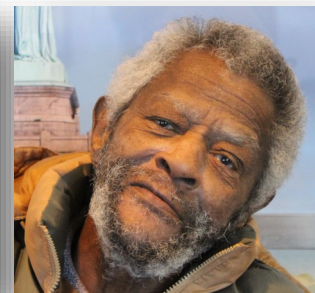
Richard D.



Robert E.



Richard I.



Gerald R.



Michael S.



Michael S.



Lois T.



Carl V.



Employee Recognition

Employee Recognition Association Committee

APRIL 2024



Every Friday is wear RED (Remember Everyone Deployed) Fridays. Wear RED in support of our troops.



It's time for them CSEL 100-mile challenge! Run or walk 100 miles in between April 1st and June 10th to be awarded the CSEL patch. That's less than 2 miles/day!



Thursday April 11th is World Parkinson's Day. Dress down in orange on this day and stop by the table in the front lobby to learn more about Parkinson's and enter to win a basket provided by the ERAC. A representative from the Parkinson's Association of Western PA will be here from 9AM- noon. Thank you to Nick in dietary for suggesting this event!



Join us at 10:30 AM on Friday April 12th in the multi-Purpose Room for the monthly ERAC Meeting! All are welcome!



WELCOME BACK FOOD TRUCK FRIDAYS! On Friday April 19th Arnida's Cucina will be in the parking lot from 10AM to 1PM to purchase lunch!



Earth Day is Monday April 22nd! Dress down in green and help keep SWVC clean! Participate in our Environmental Trivia Challenge for a chance to win a prize!

Employee Recognition

SWVC, Employee Recognition & Association Committee. (E.R.A.C.)



We are an independent organization formed to positively affect employee morale, engagement, and recognition. The members are SWVC employees who get together to plan and facilitate employee events. **There are no dues or fees,** but we do plan fundraising events to help fund events and activities benefiting the staff at SWVC.

Coming together to encourage each other, promote unity and cohesion. We need YOU to be successful!

Meetings are held the 2nd Friday of every month at 10:30 AM in the multi-Purpose Room. ***Can't make it to a meeting?*** Email or call one of the below members to give them your ideas or ask questions!

Current Members:

Brian Beach, Volunteer Coordinator
 Lisa Havrilla, Revenue
 Natalie Fewell, H.R.
 Jamie Cuthbert, H.R.
 Lynn Campbell, Dietary
 Erin Rakow, Deputy Commandant
 Ashley Brugnoli, Medical Records





In Memory of our Comrades-In-Arms



Fred McConville

Fred T. McConville, 87, of Natrona Heights, passed away peacefully surrounded by his family, Tuesday, March 12, 2024, in the VA Hospital, Pittsburgh, following a brief illness. He was born January 22, 1937, in Brackenridge, to the late Arthur J. and Dorothy (Brady) McConville. Fred lived most of his life in Natrona and was employed in the Finishing Department of Braeburn Steel for 32 years. He was a veteran of the Korean era serving in the US Air Force, having served 18 months overseas in Guam. Fred was a member of Natrona American Legion and the Tarentum Eagles. He graduated from Har-Brack High School and enjoyed his camp in Tionesta, hunting, fishing, and especially enjoyed his garden. Surviving Fred include his daughters, Lisa (Kenneth) Collins and Susan M. Richards and Michael Bozich, both of Natrona Heights; 6 grandchildren and 10 great-grandchildren. Also surviving is a sister, Mary Eileen (Richard) Hartzell, of Natrona Heights. Besides his parents he was preceded in death by his first wife, Mary Ann (Arcurio) McConville, second wife Alyce L. (Stoneburner) McConville; son, Richard McConville; grandsons, Ryan and Daniel Richards; stillborn daughter, Erin Elizabeth; and 5 brothers and 2 sisters.



Vivian Moll

Vivian Weaver Moll passed away on March 4, 2024, the day of her 97th birthday. Vivian, also known as "Billy", was one of five children born in Harlan County, Kentucky to James and Salome Marcum. She spent her married life in Pittsburgh where she was married to Edwin Weaver, whom she met at the Marine Base in Quantico, Virginia. After Ed's death, she married Kenneth Moll.

Vivian was also preceded in death by Ken Moll; and her son, Eddie Weaver (Kandy). She was the loving mother of Ron (Janine) and Rebecca Weaver; grandmother of Roni (Dan) Milich, Ronnie Weaver, Tracie (Carlo) Crisci, Michael (Jill) Weaver, Sam (Lesley) Weaver; and 11 great-grandchildren. She left many dear nieces and nephews.

Vivian had a wonderful and warm personality, was loving and kind, and graciously opened her home to everyone. She has left an empty place in our hearts. Special thank you to the Southwestern PA VA Hospital where she received outstanding care from an amazing Staff.

RICH'S LAST RODEO



Congratulations & Happy Retirement to our Commandant Rich Adams!



March 27, 2024

Dear Residents, Families, and Staff,

We wanted to reach out to provide an update on the status of the resident room wardrobes. The vendor has been working on a solution to keep the wardrobe doors secured, and we are pleased to say that today they brought out a unit that had the solution implemented. We have approved the design changes, and the vendor is going to begin the process of ordering the supplies to retrofit all the doors with these changes.

The design of the door will change, and the door will now be hinged and open the same as the prior version of the wardrobes did. We apologize for all those who preferred the sliding door option, but this solution was the best option to ensure the safety and functionality of the wardrobes at this time.

The modifications will be made to the units in their current locations, and closets will not need emptied prior to modifications being made.

We appreciate your patience and will continue to provide you with timeline updates on when we expect all repairs to be completed. Once supplies are received by the vendor, we will have a better idea of when repairs will start.

Please call Erin Rakow, Deputy Commandant, at 412-665-6718 with any questions or concerns.

Thank you,

Rich Adams
Commandant

Social Services

RESIDENT BIRTHDAY LOVE



James D.
Army



Richard P.
Army



Mark E.
Army



Roger C.
Air Force



Arthur D.
Marines.



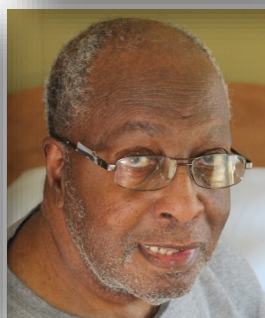
Eugene M.
Air Force



Harry M.
Air Force



Robert M.
Army



Walter N.
Army



John K.
Navy



Richard M.
Army



Social Services

INVENTORY ITEMS...

When new items are obtained, please stop at our Security desk and have a Security Officer complete an inventory form.

Security will ensure the items such as clothing & blankets get sent to laundry for labeling. There are also other things that need inventoried such as TV's/radios and chairs.

Inventory is vital in case an item needs to be replaced.

****If you have any questions regarding this process, please contact Social Services for clarification.****



If any resident needs something notarized please see your Social Worker. Natalie Fewell is the facility Notary if anything is needed.

I am not an attorney licensed to practice law in this Commonwealth. I am not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee for those activities.

No soy un abogado con licencia para ejercer la abogacía en esta Commonwealth. No se me permite redactar registros legales, dar asesoramiento sobre asuntos legales, incluyendo inmigración, o cobrar una tarifa por esas actividades.

Security Department



SOUTHWESTERN VETERANS CENTER SECURITY DEPARTMENT
 Pennsylvania Department of Military & Veterans Affairs
 Bureau of Veteran Homes
 7060 Highland Drive
 Pittsburgh, Pennsylvania 15206-1297
 Security Desk: (412) 665-6706 / Fax: (412) 665-6799
 Michael A. Kazmarski, IFSS, Wayne A. Cook, SO-2 & Robert Jackson, SO-2

SAFETY & SECURITY MEMO

DATE: 03/27/2024

MEMO INFORMATION: SOLAR ECLIPSE on 04/08/2024

The City of Pittsburgh / SWVC is in the 80% viewing location or pathway for the solar eclipse on Monday, April 8. Staff / Residents / Family are encouraged to review these frequently asked questions (FAQs) to ensure they're prepared and where traffic delays are expected incase trying to travel to SWVC.

When will the eclipse happen? This rare event will be Monday, April 8. The partial phase will start at approximately 2:02 p.m. "Totality" will begin at approximately 3:16 p.m. and last until 3:20 p.m. The partial phase will end at 4:30 p.m.

What can I expect? During the three minutes and 41 seconds of totality, from 3:16 to 3:20 p.m., the afternoon sky will become dark as the moon passes between the sun and the Earth. Changes in temperature and weather are possible.

How will SWVC be impacted? On April 8th Southwestern Veterans Center will be in the 80% path of the eclipse.

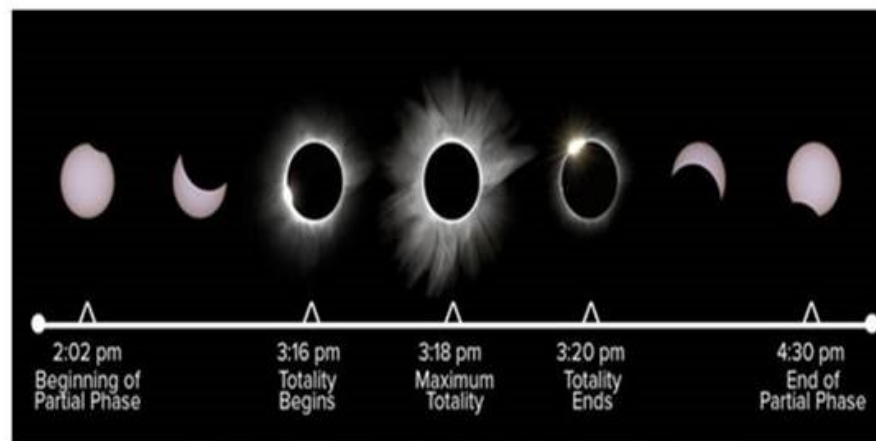
What can I expect on April 8? Traffic delays and congestion in our area will happen. Weather maybe affected as well in our area so please plan accordingly for this.

What should I do if I plan to visit SWVC? Visitation is always welcomed, but it is recommended to be at the facility prior to the beginning of the eclipse phase at approximately 2:02 p.m. or after the eclipse phase at approximately 4:30 p.m.

What parts of the SWVC will be closed on April 8? Southwestern Veterans Center will be open except its outside patios that will be closed only during the phase of the eclipse at approximately 2:02 p.m. until the complete of the eclipse phase at approximately 4:30 p.m. Normal outside patio operations will go back in place after the eclipse phase.

Also, be aware that:

- Some operations will be slightly changed during the phase of the eclipse at approximately 2:02 p.m. until the complete of the eclipse phase at approximately 4:30 p.m.
- Security will be on hand to assist with all accommodations.
- Security will be providing extra safety and security coverage during the eclipse phase to make sure our Residents / Staff / Families are not in any form of danger during this time.
- There will be no resident transportation in the afternoon during the during the phase of the eclipse at approximately 2:02 p.m. until the complete of the eclipse phase at approximately 4:30 p.m.
- All Residents / Staff / Family are encouraged to stay away from all windows during the phase of the eclipse at approximately 2:02 p.m. until the complete of the eclipse phase at approximately 4:30 p.m.
- If something doesn't look right or if you see any suspicious activity, contact SWVC Security at X0 or at 412-665-6706 if that line is busy then dial X6742 or at 412-665-6742.
- Please refer to PennDOT's website or local news for alerts and route information for our area.



Viewing The Solar Eclipse

- Eclipse viewing is a safe and enjoyable experience if you take the necessary measures to protect yourself with some basic information and take simple precautions.
- Do not look directly at the sun. Certified eclipse glasses must be worn to protect your eyes from the harmful rays of the sun. Regular sunglasses will not protect your eyes during a total solar eclipse.
- Do not take photographs of the eclipse or use binoculars or telescopes without proper equipment and filters.
- Keep children under close supervision during the eclipse to ensure they do not remove their eclipse glasses or look directly at the sun.
- Be aware of your surroundings, as the sudden darkness during a total solar eclipse can cause disorientation and confusion.
- Be prepared for changes in temperature and weather during the eclipse.
- Follow any safety instructions or guidelines provided by our Security Department.
- Any questions can be directed to Security at X0 or at 412-665-6706 for further assistance.

April 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

MP-MULTI-PURPOSE ROOM
 AC-ACTIVITIES ROOM
 CT-COURTYARD
 C-CHAPEL
 L-LOBBY
 2SP-2S PATIO
 OUTDOOR ACTIVITIES-TBA/
 WEATHER DEPENDENT
 TBA-TO BE ANNOUNCED

1 April Fools' Day
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 BENCHMARK
 EXERCISE GROUP-MP
 2:00 BINGO: VFW 3945
 MORNINGSIDE-MP
 4:00 HYDRATION CARTVIVISTS-UNITS
 5:30 VFW BOWLING-MP
 6:30 FREESTYLE ACTIVITIES-AC

2
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 RESIDENT COUNCIL-AC
 1:30-2:15 UNIT BASED 1:10GROUP ACTIVITY
 2:30 WHEEL OF FORTUNE-MP
 4:00 HYDRATION CARTVIVISTS-UNITS
 5:30 POKER NIGHT-VETERANS FUND
 SPONSORED-MP

3
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 BENCHMARK
 EXERCISE GROUP-CHAPEL
 12:00-2:00 SPRING LUNCHEON-MP
 1:15 2ND SHOPPING TRIP-L
 3:45 TRIP: ADAPT FOR VET
 GOLF PROGRAM @ RDU DOME-MP
 4:00-5:30 FREESTYLE ACTIVITIES-AC
 6:30 CARD GAMES/MUSIC-AC

4
 8:30-10:00 COFFEE/FREESTYLE/
 WHAT'S BREWING ACTIVITY-AC
 10:30 BENCHMARK
 EXERCISE GROUP-CHAPEL
 12:00-2:00 SPRING LUNCHEON-MP
 1:30-2:30 UNIT BASED 1:10GROUP ACTIVITY
 2:30-3:30 OUTDOOR ACTIVITY:1:18 OFF UNIT
 4:00 MUSIC THERAPY WITH JERRY-4N
 5:30 BINGO: VFW 914
 WEST MIFFLIN-MP

5
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:00-11:00 GOOD IT'S FRIDAY-AC
 10:15: POSTLUIS: AMERICAN LEGION
 AUXILIARY POST 82 CARMESIE-L
 2:00 BAND: THE BELAIR'S-MP
 4:00 HYDRATION CARTVIVISTS-UNITS
 6:30 FRIDAY NIGHT MOVIE-MP
 6:30 FREESTYLE ACTIVITIES-AC

6 Be A Good Neighbor Day
 Pitt University Salute to Service
 8:00-9:30 FREESTYLE
 ACTIVITIES & COFFEE-AC
 10:00 CATHOLIC MASS WITH
 FATHER STEVE-CHAPEL
 2:00 WORSHIP SERVICE PENTECOSTAL
 SERVICE-CHAPEL
 5:30 SWVC RESIDENT VETERANS
 SUPPORT GROUP MEETING-MP

7
 8:30-10:00 COFFEE/
 FREESTYLE ACTIVITIES-AC
 10:00 CHANNEL 95
 CATHOLIC MASS-MP
 2:00 BINGO: SPONSORED BY-
 AMERICAN LEGION LADIES
 AUXILIARY POST 600 OAKMONT -MP
 6:30 AA MEETING

8
 8:30-10:00 COFFEE/ACTIVITIES-AC
 10:30 BENCHMARK
 EXERCISE GROUP-MP
 12:00-1:00 ALZHEIMER'S ASSOCIATION
 SUPPORT GROUP
 1:30-2:30 UNIT BASED 1:10GROUP ACTIVITIES
 2:30-3:30 OUTDOOR ACTIVITY:1:18 OFF UNIT
 4:00 HYDRATION CARTVIVISTS-UNITS
 6:30 ON SITE ADAPT FOR VET
 GOLF PROGRAM-MP

9
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 CERAMICS-AC
 1:30-2:15 UNIT BASED 1:10GROUP ACTIVITY
 2:30 WHEEL OF FORTUNE-MP
 4:00 HYDRATION CARTVIVISTS-UNITS
 5:30 FREESTYLE ACTIVITIES-AC
 7:00 BINGO: US STEEL (SERVE)-MP

10
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 DAV BENEFIT/CLAIMS REVIEW-MP
 10:30 BENCHMARK
 EXERCISE GROUP-CHAPEL
 1:15 2ND SHOPPING TRIP-L
 3:45 TRIP: ADAPT FOR VET
 GOLF PROGRAM @ RDU DOME-MP
 4:00-5:30 FREESTYLE ACTIVITIES-AC
 6:30 CARD GAMES/MUSIC-AC

11
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 BENCHMARK
 EXERCISE GROUP-MP
 1:30-2:30 ICE CREAM SOCIAL-MP
 2:30 BINGO: RWCVETS FUND-MP
 2:30 MUSIC THERAPY WITH JERRY-4N
 4:00 HYDRATION CARTVIVISTS-UNITS
 7:00 BINGO: VFW AUXILIARY
 WEST VIEW-MP

12
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:00-11:00 GOOD IT'S FRIDAY-AC
 11:00-11:45 BINGO: PITT FOOTBALL
 LINEBACKERS & COACH BATES-MP
 2:00 BINGO: SPONSORED BY ANDREW
 IN HOUSEKEEPING-MP
 4:00 HYDRATION CARTVIVISTS-UNITS
 6:30 VFW BOWLING-MP
 6:30 FREESTYLE ACTIVITIES-AC

13
 8:00-9:30 FREESTYLE
 ACTIVITIES & COFFEE-AC
 10:00-11:00 DO GOOD IT'S FRIDAY-AC
 10:00 Baba T Faith SERVICE-MP
 2:00 BINGO: GROW N' LEARN
 DAYCARE SPONSORED-MP

14
 8:30-10:00 COFFEE/
 FREESTYLE ACTIVITIES-AC
 10:00 CHANNEL 95
 CATHOLIC MASS-MP
 2:00 PROTESTANT SERVICE WITH
 GEORGE POE-MP
 6:30 AA MEETING

15
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 BENCHMARK
 EXERCISE GROUP-MP
 2:00 ANOVA HOSPICE HORSE RACING
 GAME WITH APRIL-MP
 1:00-1:30 ACTIVITIES ROOM-AC
 4:00 HYDRATION CARTVIVISTS-UNITS
 6:30 VFW BOWLING-MP
 6:30 FREESTYLE ACTIVITIES-AC

16
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 POST VISIT: AMERICAN LEGION
 11:00 VETERANS FUND MEETING-2N
 1:15 AS SHOPPING TRIP-L
 3:45 TRIP: ADAPT FOR VET
 GOLF PROGRAM @ THE WOODLANDS
 4:00-5:30 FREESTYLE ACTIVITIES-AC
 6:30 CARD GAMES/MUSIC-AC

17
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 BENCHMARK
 EXERCISE GROUP-MP
 11:00 VETERANS FUND MEETING-2N
 1:15 AS SHOPPING TRIP-L
 3:45 TRIP: ADAPT FOR VET
 GOLF PROGRAM @ THE WOODLANDS
 4:00-5:30 FREESTYLE ACTIVITIES-AC
 6:30 CARD GAMES/MUSIC-AC

18
 8:30-10:00 COFFEE/FREESTYLE/
 WHAT'S BREWING ACTIVITY-AC
 10:30 BENCHMARK
 EXERCISE GROUP-MP
 1:30-2:30 ICE CREAM SOCIAL-MP
 2:30 BINGO: RWCVETS FUND-MP
 2:30 MUSIC THERAPY WITH JERRY-4N
 4:00 HYDRATION CARTVIVISTS-UNITS
 7:00 BINGO: THE ELKS-MP

19
 8:30-COFFEE/FREESTYLE-AC
 10:30-12:00 PITTSBURGH COUNCIL OF
 THE ARTS AND M'S ART PROGRAM-C
 10:00-1:00 FOOD TRUCK FRIDAY
 ARMIDA'S CUCINA-LOT
 2:00 ACCORDION/CONGERS: JOE LEGE-MP
 2:30 MUSIC THERAPY WITH JERRY-4N
 4:00 HYDRATION CARTVIVISTS-UNITS
 6:30 ADAPT FORE VET GOLF PROGRAM
 ON-SITE-MP OR DREAM GREEN

20
 8:00-9:30 FREESTYLE
 ACTIVITIES & COFFEE-AC
 10:00-11:00 CATHOLIC MASS WITH FATHER
 STEVE-CHAPEL
 2:00 BINGO: MILITARY ORDER OF THE
 PURPLE HEART SPONSORED-MP

21
 8:30-10:00 COFFEE/
 FREESTYLE ACTIVITIES-AC
 10:00 CHANNEL 95
 CATHOLIC MASS-MP
 2:00 HERO OF TURTLES:
 OFF UNIT AN ACTIVITY-4N
 AMERICAN LEGION RIDERS
 OAKMONT-MP

22 Earth Day
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 BENCHMARK
 EXERCISE GROUP-MP
 2:00 LADIES TEA PARTY SPONSORED
 BY DEPT. OF PA VFW AUXILIARY-MP
 2:30-3:30 OUTDOOR ACTIVITY:1:18 OFF UNIT
 4:00 HYDRATION CARTVIVISTS-UNITS
 6:30 GAME NIGHT-AC

23 VOLUNTEER BREAKFAST
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 CERAMICS-AC
 1:30-2:15 UNIT BASED 1:10GROUP ACTIVITY
 2:30-3:30 OUTDOOR ACTIVITY:1:18 OFF UNIT
 4:00 HYDRATION CARTVIVISTS-UNITS
 5:30 FREESTYLE ACTIVITIES-AC
 7:00 POKER NIGHT-VETERANS FUND
 SPONSORED-MP

24 ADMIN. PROFESSIONALS DAY
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 BENCHMARK
 EXERCISE GROUP-MP
 1:15 BACK-UP SHOPPING TRIP-L
 3:45 TRIP: ADAPT FOR VET
 GOLF PROGRAM @ THE WOODLANDS
 4:00-5:30 FREESTYLE ACTIVITIES-AC
 6:30 CARD GAMES/MUSIC-AC

25 VOLUNTEER SOCIAL
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30 BENCHMARK
 EXERCISE GROUP-CHAPEL
 1:30-2:30 UNIT BASED 1:10GROUP ACTIVITY
 2:30-3:30 OUTDOOR ACTIVITY:1:18 OFF UNIT
 4:00 MUSIC THERAPY WITH JERRY-4N
 5:30-6:00 VOLUNTEER OPEN
 HOUSE/SOCIAL-MP
 6:30 HYDRATION CARTVIVISTS-UNITS
 6:30 CARD GAMES/BOARD GAMES-AC

26
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:30-12:00 PITTSBURGH COUNCIL OF
 THE ARTS AND M'S ART PROGRAM-C
 2:00 BINGO: SWVC VETERANS FUND
 SPONSORED-MP
 4:00 HYDRATION CARTVIVISTS-UNITS
 6:30 VFW BOWLING-MP
 6:30 FREESTYLE ACTIVITIES-AC

27
 8:00-9:30 FREESTYLE
 ACTIVITIES & COFFEE-AC
 10:00 TABLE BALL EXERCISE-MP
 2:00 BINGO: LP8CU BRANCH # 52
 SPONSORED-MP

28
 8:30-10:00 COFFEE/
 FREESTYLE ACTIVITIES-AC
 10:00 CHANNEL 95
 CATHOLIC MASS-MP
 2:00 OUTDOOR ACTIVITY-28 PATIO

29 SWVC CAREGIVER MEET UP
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-TECH SUPPORT-AC
 10:30 BENCHMARK
 EXERCISE GROUP-MP
 1:30-2:30 UNIT BASED 1:10GROUP ACTIVITIES
 2:30-3:30 OUTDOOR ACTIVITY:1:18 OFF UNIT
 4:00 HYDRATION CARTVIVISTS-UNITS
 6:30 BINGO: AMERICAN LEGION
 AUXILIARY UNIT 701 WHITE OAK-MP

30 NIGHT
 8:30-10:00 COFFEE/FREESTYLE
 ACTIVITIES-AC
 10:00 CERAMICS-AC
 1:30-2:15 UNIT BASED 1:10GROUP ACTIVITY
 2:00 BINGO: VFW DEPT OF PA LADIES
 AUXILIARY SPONSORED-MP
 4:00 HYDRATION CARTVIVISTS-UNITS
 5:30 FREESTYLE ACTIVITIES-AC
 7:00 POKER NIGHT-VETERANS FUND
 SPONSORED-MP



- Gold Star Spouses Day-4/5
- National POW Recognition Day-4/9
- Air Force Reserve Birthday-4/14
- Army Reserve Birthday-4/23
- National Military Brats Bday-4/30



Calendar
 subject
 to
 change

Activities Department

VETERANS SUPPORT GROUP



ALL RESIDENT VETERANS ARE WELCOME
MEETS THE 1ST SATURDAY OF EVERY MONTH

TIME: 6:30 PM

PLACE: MULTI-PURPOSE ROOM

Activities Department



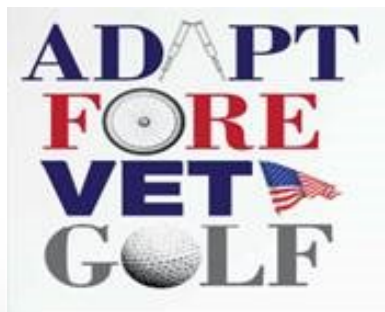
Air Rifle Shoot with the HOPE Network & Keystone PVA



Activities Department



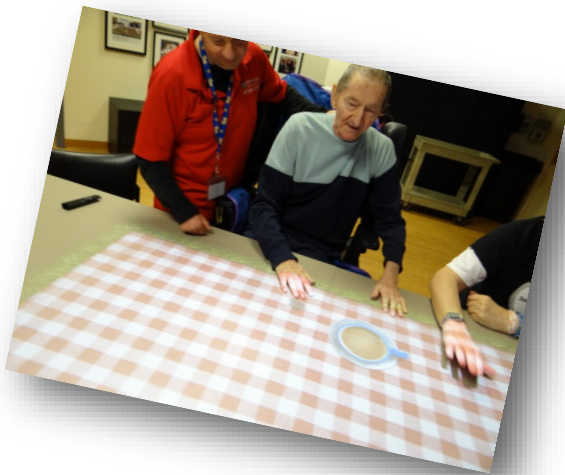
Golf Program with
PGA Pro Ron Lucas



Activities Department



Tover Table Activity



Activities Department



St. Patrick's Day Cookie Baking Activity with Amber from DAV



Activities Department



Happy St. Patrick's Day!



Activities Department



Fishing Game with
ANOVA Hospice



Volunteer Department

“Start where you are. Use what you have. Do what you can”

-Arthur Ashe



Contact Brian Beach - Volunteer Resource Coordinator
at 412-665-6790 to learn how you can become a volunteer today.

December Bingo Sponsors (Thank You):

US Steel / SERVE
VFW 7714 Imperial
VFW 2754 West View
VFW 914 West Mifflin
Marine Corps League
Military Order of the Purple Heart
VFW 9199
PA Elks
Grow n Learn Daycare

Worship Services (Thank You):

Catholic Mass – Father Steve
Prayer Visits – Ladies of Charity
Pentecostal Services – Pentecostal Temple Pgh.
Protestant Services—George Poe

Therapy Animals (Thank You):

Eli & Sue
Mia & Lisa - Therapets
Leroy & Emelee—Therapets
Omar & PA Vet Pets

Volunteer Department

alzheimer's  association®



Southwestern Veterans' Center Support Groups

Presented by:

Alzheimer's Association

Greater Pennsylvania

OPEN TO CAREGIVERS OF VETERANS AND NON-VETERANS

Monday April 8th @ 12pm in Chapel

Southwestern Veterans' Center Chapel
7060 Highland Drive
Pittsburgh, PA 15206

CONTACT: Dorothy Yam, Support Group Facilitator
Yam.Dorothy@medstudent.pitt.edu

Visit alz.org/pa to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org®

Volunteer Department

DGIF

Do Good It's Friday

All are welcome to join us every other Friday in the Activities Room from 10-11am for Volunteer Service Hour. Participate with Community Partners to engage in social interaction and community engagement.



Activities Room

Friday April 5th @ 10 - 11am

Activities Room

Friday April 19th @ 10 - 11am



Volunteer Department



What's Brewing

**VETERAN
Coffee
Camaraderie
Connections
Care
Community**

Activities Room

Thursday April 4th @ 8:30 - 10am

Activities Room

Thursday April 18th @ 8:30 - 10am



Volunteer Department

JOIN US!

Coffee and CONVERSATION

SWVC FAMILY CAREGIVER MEETUP

Monday, April 29th - 1-3 pm

Open to SWVC Family & Friend Caregivers



SWVC MULTI-PURPOSE ROOM

Volunteer Department

Join us as we celebrate our Valued Volunteers!

Tuesday April 23rd @ 9am

RSVP to Brian Beach by April 19th

bribeach@pa.gov

412-665-6790



Presidential Volunteer Service Awards will be presented to:

Isaac Livshin

Ruby Mangham

Patricia O'Kelley

Mary Ann Raymer

Jayne Rhodes

Evan Vanyo

Linda Wortham

Rita Harris

Volunteer Department



Volunteer Social & Open House

Thursday April 25th

4 - 6pm

RSVP to Brian Beach by April 19th

bribeach@pa.gov

412-665-6790

Join us as we welcome back Volcano Choy & Island Entertainment for our Annual Luau Party to celebrate our amazing volunteers here at SWVC.



Volunteer Department

Food Truck Friday!!

Friday April 19th

Armida's Cucina

10am - 1pm



Armida's Famous Stuffed (Hot or Sweet) Pepper Sandwich - \$8.50

A Hot or Sweet Pepper, Stuffed with Our Homemade Italian Meat Stuffing, Served on Italian Bread with our Signature Tangy Creamy Dressing

Blue Buffalo Chicken Sandwich - \$12

Fresh Giant Whole Chicken Breast Served on a Fresh Cornduster Roll with Buffalo Wing Sauce & our Signature Tangy Creamy Dressing

Chicken Parmesan Sandwich - \$12

Fresh Giant Whole Chicken Breast Served on a Fresh Cornduster Roll with Romano & Provolone Cheeses & Tomato Sauce

Bistro Chicken Sandwich - \$12

Fresh Giant Whole Chicken Breast Served on a Fresh Cornduster Roll with a Bistro Mustard Sauce

Tuscan New York Strip Steak Sandwich - \$16

New York Strip steak Served on a Fresh Italian Sandwich Roll with Extra Virgin Olive Oil, Lemon Juice, Romano and Provolone Cheeses & Mayo

Black & Blue New York Strip Steak Sandwich - \$16

New York Strip steak Served on a Fresh Italian Sandwich Roll with Romano and Provolone Cheeses & our Signature Tangy Creamy Dressing

The Gold Standard Chicken Sandwich - \$19

Our Fresh Whole Chicken Breast, Topped with One of our Famous Stuffed Hot or Sweet Peppers, Served on a Fresh Cornduster Roll with our Signature Tangy Creamy Dressing

The Gold Standard Strip Steak Sandwich - \$24

Our Tuscan NY Strip Steak, Topped with One of our Famous Stuffed Hot or Sweet Peppers, Served on a Fresh Italian Sandwich Roll with our Signature Tangy Creamy Dressing



The Premium Parm Chicken Sandwich - \$18

A Fresh Giant Whole Chicken Breast with Battered Cheese Sticks, Tomato Sauce, Romano & Provolone Cheeses and Served on a Fresh Cornduster Roll

The Platinum Chicken Sandwich - \$25

A Fresh Giant Whole Chicken Breast with Battered Cheese Sticks, Tomato Sauce, Romano & Provolone Cheeses, One of our Famous Stuffed Hot or Sweet Peppers, our Signature Tangy Creamy Dressing and Served on a Fresh Cornduster Roll

The Platinum Strip Steak Sandwich - \$29

A Tuscan NY Strip Steak with Battered Cheese Sticks, Tomato Sauce, Romano & Provolone Cheeses, One of our Famous Stuffed Hot or Sweet Peppers, our Signature Tangy Creamy Dressing and Served on a Fresh Italian Sandwich Roll

The Godfather Sandwich - \$38

THERE'S A NEW BOSS IN TOWN!!!! A Fresh Giant Whole Chicken Breast, Topped with A Tuscan NY Strip Steak, with Battered Cheese Sticks, Tomato Sauce, Then One of our Famous Stuffed Hot or Sweet Peppers, Romano & Provolone Cheeses, our Signature Tangy Creamy Dressing and Served on a Fresh Italian Sandwich Roll

Battered Fried Cheese - \$7.50 served with Tomato Sauce

Deep-Fried Green Beans - \$6.50 served with Bistro Sauce

Pretzel Poppers - \$6.50 served with Bistro Sauce (Savory) or Chocolate Sauce (Sweet)

Deep-Fried Cheesecake - \$6.50

New York Cheesecake Wrapped in a Flaky Pastry Rolled in Cinnamon Sugar and Topped with Chocolate, Caramel, or Raspberry Sauce. Cherry Fruit Topping - add \$1

Assorted Beverages - \$3

Aquafina, Pepsi, Diet Pepsi, Sierra Mist, Dr. Pepper, Pure Leaf Sweet Tea





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Follow us on these
social media platforms!



facebook



Search "Pennsylvania Department of Military and Veterans Affairs" on any of those sites to connect with us and see the latest news, pictures and videos from DMVA.



Newsletter Mailing List:

If you would like to be added or removed from the newsletter mailing list please contact

Brian Beach / Volunteer Resource Coordinator

bribeach@pa.gov / 412-665-6790