

Pittsburgh 60 Strong 2020





Sixty Strong Ambassadors Featured in this Calendar

We invite you to meet our 60 Strong Ambassadors featured in this 2020 Calendar, which highlights Pittsburgh landmarks, events and activities. The calendar also serves as a roadmap to good health for seniors and emphasizes important Medicare sign-up deadlines.

The 60 Strong Ambassadors were chosen by a celebrity panel of judges because they exemplify how life after sixty can be a positive, vibrant and active time.

Pittsburgh 60 Strong is a public service program sponsored by Preferred Primary Care Physicians. We hope you enjoy meeting our Ambassadors. Their unending enthusiasm and inspirational stories will change you forever.



Celebrity Judges

Special thanks to this group of luminary judges from Pittsburgh who selected the winners of the Pittsburgh 60 Strong contest. (From left to right) Celina Pompeani, KDKA-TV's Morning Traffic Anchor and contributor for *Pittsburgh Today Live*; Harris Ferris, Executive Director of *Pittsburgh Ballet Theatre*; Tracy Edmunds, Vice President, Arts Education at *Pittsburgh Cultural Trust*; Gretchen McKay, Staff/feature writer at *Pittsburgh Post-Gazette*; Daniel Gilman, Chief of Staff to Mayor William Peduto; Robin Weber, Director of Marketing and Community Relations at *The National Aviary*; Amanda Waltz, Senior Writer at *Pittsburgh City Paper*.

Our judges' photos were taken at Inn on Negley in Shadyside.



This calendar is being named in honor of Preferred Primary Care Physician employee Patty Lukach who died of Acute Myeloid Leukemia. Calendar proceeds are going to the Leukemia & Lymphoma Society.



Special thanks to Molly's Trolleys Pittsburgh for providing transportation for our photo shoot.

A photograph of Jack Tomayko, a middle-aged man with a grey beard, wearing a dark suit and a red tie, sitting in a plush, dark red theater seat. He is smiling slightly and looking towards the camera. The theater is dimly lit, with warm lights visible in the background, creating a sophisticated and intimate atmosphere. The rows of seats extend into the distance, and the ornate ceiling of the theater is visible above.

Jack Tomayko

Pittsburgh, PA

A serious athlete, Jack Tomayko played high school sports, along with college football and rugby. Jack has completed six marathons, climbed mountains in Mexico, and summited Mt. Kilimanjaro. Running – along with Peloton biking, Elliptical training, and Pilates – has taken a toll, however, and he has required four orthopedic surgeries. Jack, who has a Ph.D. in Health Administration, founded The Tomayko Group. His health-related company was named, “Healthiest Employer,” and in 2012 Jack was named an Ernst and Young Regional Entrepreneur of the Year. He serves on boards for Point Park University, Associated Artists of Pittsburgh, Greater Pittsburgh Arts Council and the College of Fine Arts at Carnegie Mellon. A philanthropist and lover of the arts, Jack likes to attend cultural events, like performances at The Benedum Center. He hosts art exhibitions, funds awards for artists, underwrites research in employee health and provides a college scholarship in honor of his brother, who died of a neurological disorder.

Benedum Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Remember to schedule your annual wellness visit with your PPC physician.	2 "Jesus Christ Superstar" plays at the Benedum Center through January 5! Call Box Office: 412.456.6666 or trustarts.org	3	4
5 Pittsburgh Penguins vs. Florida Panthers @ PPG Paints Arena	6	7	8	9	10 Be careful in icy weather. It is easy to slip and fall. Tips: Walk slowly, wear slip-resistant footwear, and watch for slippery floors when entering a building.	11
12 Escape the cold weather at the opening of the Tropical Orchid and Bonsai Show at Phipps Conservatory and Botanical Gardens . phipps.conservatory.org	13 Take advantage of special menus and deals during Pittsburgh Restaurant Week . pittsburghrestaurantweek.com	14	15	16	17	18
19 Pittsburgh Penguins vs. Boston Bruins @ PPG Paints Arena	20 Martin Luther King, Jr. Day	21	22 Did you know 50% of those with glaucoma don't know they have it? Talk to your PPC physician to schedule a screening during Glaucoma Awareness Month .	23	24 Take advantage of Pittsburgh's dynamic art and entertainment scene at the Gallery Crawl in the Cultural District . Free! trustarts.org .	25
26	27	28 BNY Mellon Presents JazzLive every Tuesday year-round at the Backstage Bar at Theater Square , 5pm-8pm. trustarts.org	29	30	31	

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Heinz History Center

Sam Gaetano Pittsburgh, PA

Sam Gaetano is known for his hearty laugh and positive outlook on life, but this vibrant, spirited businessman once struggled with addiction to alcohol and drugs. Sam had DUI's, and after a crash, he escaped just seconds prior to its explosion. His faith in God and support from his wife, Amy, helped him survive dark times -including early-stage liver failure - and work towards sobriety. Currently, Sam works with the Washington City Mission & Light of Life Rescue Mission crafting smiles for residents through his Dental Laboratory. He gives back by ministering to the inmates at Allegheny County Jail. Sam also facilitates the Life Recovery/Family Rescue Ministry at his church, offering support to those who struggle with addiction. But his greatest loves are his wife and children. He enjoys visiting Senator John Heinz History Center and, similar to the late Mr. Rogers, he inspires people in his neighborhood. In the South Hills of Pittsburgh, Sam is known and loved as "Mr. G," the recovery guy who is always there to help his neighbors.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>You could be one of 75 million Americans with high blood pressure and not know it. High blood pressure can lead to heart disease, the leading cause of death for both men and women. Focus on your heart during Heart Health Month and get checked by a PPC Physician. Your heart, as well as your arteries, brain, eyes, and kidneys will thank you later!</p>						<p>1</p> <p>Click fast! Tickets go on sale today for the annual South Side Soup Contest. southsidesoup.com</p>
<p>2</p> <p>Groundhog Day</p>	<p>3</p> <p>Relive spine-tingling moments and celebrate your favorite players at the Western Pennsylvania Sports Museum at Heinz History Center. \$15 for seniors (62+). Heinzhistorycenter.org</p>	<p>4</p>	<p>5</p> <p>Remember to schedule your annual wellness visit with your PPC physician.</p>	<p>6</p>	<p>7</p> <p>"Wear Red Day" to celebrate Heart Health Month.</p>	<p>8</p>
<p>9</p>	<p>10</p>	<p>11</p> <p>Think pink! February is the perfect month to visit the flamingos at the National Aviary. aviary.org</p>	<p>12</p> <p>Lincoln's Birthday</p>	<p>13</p>	<p>14</p> <p>Happy Valentine's Day! Remember to practice safe sex. In ten years, STDs have more than doubled among seniors.</p>	<p>15</p>
<p>16</p> <p>Check out the variety of new, classic, and exotic cars at the Pittsburgh International Auto Show. \$10 tickets for seniors! Friday/Saturday 10am-10pm, Sunday/Monday 10am-6pm. 412. 963.8909</p>	<p>17</p> <p>President's Day</p>	<p>18</p>	<p>19</p> <p>National AMD month. Age-related macular degeneration affects 15 million adults over 50. Regular eye exams can help preserve your vision.</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Celebrate Black History Month at the Black Bottom Film Festival, shining the spotlight on black filmmaking pioneers of recent decades. aacc-awc.org</p> <p>Washington's Birthday</p>
<p>23</p>	<p>24</p>	<p>25</p> <p>Travel back in time to Pittsburgh's birthplace! Visit Fort Pitt Museum in Point State Park. \$7 for seniors (62+)! Heinzhistorycenter.org</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

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Debra Brister

Pittsburgh, PA

Debra Brister finds her strength and perseverance from her faith. A single mom who raised two children, she lost one son, Revered Eugene Blackwell, to bone cancer in 2016. Support from the community and her belief in God helped her through her grief, and now she “pays it forward” by serving as a Deacon at her church, volunteering at homeless shelters and providing food for homeless people she meets on the street. She also cares for her elderly friend – helping with errands and chores with a smile on her face. Debra was diagnosed with a rare kidney disorder and struggles with arthritis and hypertension, which she controls through diet and exercise. When not helping others, she swims at her local gym and attends Silver Sneakers fitness classes at the YMCA. She eats well, but sometimes splurges, with a decadent sandwich at Primanti Brothers in the Strip District.

*Primanti Bros.
Strip District*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Remember to schedule your annual wellness visit with your PPC physician.	2	3 Pittsburgh Penguins vs. Ottawa Senators @ PPG Paints Arena	4	5	6 Visit Primanti Brothers and treat yourself to a classic Pittsburgh "Almost Famous" sandwich!	7
8 Daylight savings: don't forget to set your clock forward one hour at bedtime. Daylight Savings Time Begins	9 It's Sleep Awareness Week . A good night's sleep helps with mental acuity and general well-being. Don't ignore the snore!	10	11	12 It's World Kidney Day! Reducing salt intake, eating a kidney-friendly diet, and regular exercise will help keep your kidneys happy and healthy.	13	14 You will have the "Luck of the Irish!" Celebrate St. Paddy's Day at the bar crawl: kickoff 2pm Southside Flats ; or dress in green for the parade. VisitPittsburgh.com
15 Stop and smell the roses! The spring show is open at Phipps Conservatory and Botanical Gardens . phipps.conservatory.org	16	17 St. Patrick's Day	18	19 Spring is here and the birds are singing! Plan your visit to the National Aviary today. aviary.org	20 Enjoy intimate conversations and select performances focusing on literature, music, science, and politics: Pittsburgh Humanities festival . trustarts.org	21
22 Pittsburgh Penguins vs. Washington Capitals @ PPG Paints Arena	23	24 It's American Diabetes Alert Day . Get a comprehensive dilated eye exam to catch a diabetic eye disease early.	25	26	27 Stroll down Penn Avenue and enjoy the Strip District's many different tastes. Stock up on fresh produce from the markets (and pasta from PennMac!).	28
29	30	31				

March is **National Colorectal Cancer Awareness Month**. It is recommended to have colorectal screenings between the ages of 50 and 75 because colon cancer is almost always preventable. Talk to your PPC physician about how frequently you should have colonoscopies depending on your family health history.

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Richard Butler

Pittsburgh, PA

A gifted athlete, Richard Butler uses his time and talent to motivate others to be the best they can be. A college track and field star, he is a competitive runner today. Even eight knee surgeries haven't stopped him from running 5Ks to 50Ks. He also enjoys road biking – and often hits the trails along the Ohiopyle and area parks. Richard is an elite martial artist, a USA Karate gold and silver medalist, and he once qualified for the 35-plus USA Masters Karate Team. Despite his demanding job as Human Resource Manager of Employee and Wellness Development for the City of Pittsburgh, he still finds time to coach rowing, boxing and cycling classes. He loves to help others, but perhaps his greatest love is his own children, two of which were adopted when he and his wife were in their 40s. He is on the board for several organizations, including the August Wilson Cultural Center, and serves on the Paralympic Rowing Advisory and Special Olympics Committees. Richard has organized group fitness fundraisers for cancer nonprofits and the Chron's and Colitis Foundation. Richard inspires us to "Pay It Forward."

Ohiopyle State Park

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Remember to schedule your annual wellness visit with your PPC physician.	2 It's Opening Day at PNC Park! Pittsburgh Pirates vs. Cincinnati Reds at 1:35pm. Let's go Bucs!	3	4
5 Palm Sunday	6 Pittsburgh's Fringe Festival begins today! Support international, national, and local multi-disciplinary artists. pittsburghfringe.org	7 World Health Day: Get outside for a walk or visit your local market for fresh fruit and vegetables.	8 Passover	9	10	11 It's a great day for a bike ride! Hop on the Great Allegheny Passage for a fun Saturday adventure.
12 Easter	13	14 Meditation reduces stress and anxiety. Find a perfect spot and breathe in the fresh air at Cucumber Falls in Ohiopyle State Park.	15	16	17 Practice good physical and mental health and hit the Laurel Highlands hiking trail. Don't forget your camera!	18
19 It's Alcohol Awareness Month. Drink in moderation. Red wine is a good choice. It's high in antioxidants!	20	21	22 Happy Earth Day! Spend some time in nature today with a visit to Ohiopyle State Park.	23	24 Support the arts by attending the annual JFilm Festival , featuring international Jewish-themed films. Through May 3. filmpittsburgh.org	25 Pittsburgh Pirates vs. Los Angeles Dodgers at PNC Park. 7:05pm. Let's go Bucs!
26	27	28	29	30		

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A photograph of Tom Pandolfo, a man with a mustache and glasses, wearing a red polo shirt and a black fedora, sitting in a wheelchair. He is smiling and holding a large red paw print sign that says "Wild Things" with a mascot logo. To his left is the Wild Things mascot, a large, furry, brown creature with a red cap, blue eyes, and a wide smile showing fangs. The mascot is wearing a white baseball jersey with "Wild Things" written on it. They are at a baseball field with a green field and a fence in the background.

Tom Pandolfo

Coraopolis, PA

Tom Pandolfo has a deep well of courage and resilience. Regardless of the challenges in his life, he is always positive. After starting his own successful accounting firm at the age of 25, he was coaching hockey and fell on the ice – triggering a spinal cord condition. Today, he can't walk and requires the use of a wheelchair. Even with his condition, Tom continues to run his business and remains active by shooting pool and hosting dinner parties. Prior to his injury, Tom played golf and hockey. Now he reads for four hours a day, enjoys gardening, yoga, and pedaling his recumbent bike 5-10 miles every day to stay active. Tom's main goal in life is to ensure that his son has a happy and healthy life. His other is to give back – which he does by counseling others who are challenged physically and handling public affairs for his neighborhood. He loves sports, and cheering on all area teams – from the Pittsburgh Penguins to the Washington Wild Things. Tom's motto: "You never stay on the mat. You get back up every time!"

Wild Things Park



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May is American Stroke Awareness Month . If you experience Face drooping, Arm weakness, and Speech difficulty, it's Time to call 911. Act F.A.S.T to increase your chance for a better recovery.				1 Remember to schedule your annual wellness visit with your PPC physician.	2
3 Lace up your running shoes and show your 60 Strong power by running the Pittsburgh Marathon. thepittsburghmarathon.com	4	5	6	7 May is Better Hearing Month . Make an appointment today with your audiologist for a hearing test.	8	9
10 Celebrate Mother's Day at the 84th Annual May Market at Phipps . phipps.conservatory.org Mother's Day	11	12 "Jimmy Buffet's Escape to Margaritaville" opens at the Benedum Center today! Call Box Office: 412.456.6666 or trustarts.org	13	14	15	16
17	18 Show some love for your Washington Wild Things! Head to a game this summer. washingtonwildthings.com	19	20	21	22 Don't Fry Day . Skin cancer takes many years to develop, but most are curable if caught early. Apply sunscreen when spending time in the sun!	23
24	25 Memorial Day	26 Veterans and retired military can save big on trips for family fun at Kennywood . Offers available all summer long! Kennywood.com/military	27	28 Stretch your muscles and clear your mind with free Yoga every Thursday at the Carnegie Museum of Art . 7pm. cmoa.org	29	30
31 Bargain hunt and rummage for vintage treasures at The Washington Antiques Fair at Wild Things Park . 8am-2pm, \$3 admission. oldshow.com	If you are turning 65, you have from three months prior to your 65th birthday, including your birth month, to three months after your birth month to select your initial Medicare coverage. More information about resources available to help you with your initial Medicare coverage decisions is provided on the enclosed reply card. You can also email us at MedicareInfo@PreferredSCA.com .					

May 2020

Christine Hogan

Pittsburgh, PA

Christine Hogan shines a bright light wherever she goes. Although she lost her only son in 2016, Christine's rallying cry remains, "Give more than you receive." A fitness instructor, she teaches yoga, boot camp, and cardio. – and she does it all with arthritis! When Christine runs The Great Race in Pittsburgh (5K) every year, her grandson (aka, pride and joy) is there to cheer her on. Christine volunteers for YMCA programs, heads an annual clothing drive, and is actively involved in the Pittsburgh Chapter of Charms, a non-profit organization for women that "strives to create an environment of cooperation, dignity and unity among all members." Christine feels liberated by the program and says it helps her strive to be a better person. Christine is fearless – even when it comes to riding the ominous "Racer" at Kennywood.

Kennywood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Remember to schedule your annual wellness visit with your PPC physician.	3	4	5 Enjoy 10 free days of music and art at the Three Rivers Arts Festival Jun.5-14. traf.trustarts.org	6
7 National Cancer Survivors Day. Celebrate life with family, friends, and fellow survivors!	8	9	10	11 Kennywood's Jack Rabbit celebrates its 100th birthday this year! Visit the park and ride on one of the oldest still-running rollercoasters in the world. kennywood.com	12	13
14	15 Men's Health Week. Schedule your annual wellness visit, along with screenings for heart disease and prostate cancer.	16	17 Pittsburgh Pirates vs. New York Yankees at PNC Park . 7:05pm. Let's go Bucs!	18	19	20 Watch a movie under the stars at one of Pittsburgh's beautiful parks . For listings: pittsburghparks.org
Flag Day						
21	22	23	24	25 Seniors (55+) enjoy half price FunDay tickets all summer when they visit Kennywood! kennywood.com	26	27
Father's Day						
28 Wear purple today and support Alzheimer's and Brain Awareness Month .	29	30	<p>It's Cataract Awareness Month. Keep an eye on your eyes this month! Cataracts are the leading cause of vision loss in the U.S. and the leading cause of blindness in the world. Some ways to delay progression of cataracts include: avoiding smoking, reducing exposure to UV rays, eating healthy foods, and wearing proper eye protection to avoid eye injury.</p>			

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Randyland

Toni Linder Pittsburgh, PA

Toni Linder defines strong. She has chronic inflammatory demyelinating polyneuropathy, a neurological disorder that targets the body's nerves. She is a survivor of kidney failure, two heart attacks, a shoulder replacement, H1N1 virus and a 6-week coma, which required a 3-month hospital stay and learning to walk again. Toni says that her "just deal with it" approach to life comes from her family. A volunteer at the Center for Organ Recovery and Education (CORE), she remembers the amazing "you're a match" phone call about a new kidney on June 6, 2012. Toni often shares a photograph of her donor, a young man who perished in a car accident. Toni was recognized for having signed up the most organ donors in one year for CORE, and has received three Presidential Awards for her volunteer work. She strives each day to "pay it forward." She also has an unparalleled "zest for life" and doesn't mind dressing up for the camera as she did here at one of Pittsburgh's most unique attractions: Randyland.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Enjoy a week of patriotic fun at Kennywood's Celebrate America event. Nightly fireworks, free admission for military & veterans, and loads of live entertainment! kennywood.com	2	3 Remember to schedule your annual wellness visit with your PPC physician.	4 Independence Day
5 Stay Hydrated! July is one of the hottest months of the year in Pennsylvania. Dizziness, nausea and rapid heartbeat are all serious symptoms of heat stroke. If you experience these symptoms, make sure to cool your body temperature by applying ice packs. Contact your PPC physician if symptoms persist.	6	7 Embrace your inner child with a visit to one of America's most colorful public art landmarks. Randyland is open Tues-Sun, 10am-dusk. 412.342.8152	8	9	10	11 Enjoy free live music from local artists on summer Fridays and Saturdays, 6-9pm in Town Square . southsideworks.com
12 Head down to the Neighborhood Flea and shop for trinkets from local vendors. Second Sunday every month in the Strip District , 11am-5pm	13	14	15 There are 113,000 people waiting for a second chance at life. Register to become a donor today. donatelife.net	16	17	18
19	20	21 Explore site-specific installations and contemporary art at the Mattress Factory . \$10 for seniors, Tues-Sun. mattress.org	22	23	24	25
26 Road trip! Eating healthy on the road can be a challenge. Pack apples, oranges, grapes, raisins, whole grain crackers or your favorite healthy snack for the road.	27	28	29 Are you Selfie Strong? Send your friends a selfie from Randyland! Tues-Sun, 10am-dusk. 412.342.8152	30	31 Pittsburgh Pirates vs. St. Louis Cardinals at PNC Park . 7:05pm. Let's go Bucs!	

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Leslie Bonci

Pittsburgh, PA

She is a renowned dietitian for Olympians and professional athletes, but Leslie Bonci is best known for breaking barriers for women in the field. Thirty years ago, she was hired by the Pittsburgh Steelers and became one of the first female sports dietitians employed in the NFL. Today she is a sports nutrition consultant for elite and pro athletes and sports dietitian for the Kansas City Chiefs. Leslie is a frequent contributor to radio and TV stations in Pittsburgh. She also authors books on nutrition, and is working on a new book idea – Our Hearts to Their Bowls, which was inspired by healthy eating discussions with her children and grandchildren. She preaches eating well within one's food preferences and price point and also lives an active life through running/walking, strength training and dancing with Fred, her husband of 40 years. Leslie gives back by participating in community education programs and initiatives. She has also been a board member for the Chron's and Colitis Foundation, Cancer Caring Center and the YMCA. A lover of nature and the outdoors, she enjoys visiting Phipps Conservatory and Botanical Gardens.

***Phipps Botanical Gardens
and Conservatory***



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2	3 It's National Immunization Awareness Month . Get your pneumonia and shingles vaccine at your PPC physician's office.	4	5	6	7	8
9 Grow your garden know-how by attending an August Public Program at Phipps . Learn from gardening experts and enjoy interactive demonstrations. Saturdays and Sundays; 1:30pm. phipps.conservatory.org	10	11	12 Beat the summer heat with aquatic exercise . Water aerobics is a great cardio exercise that is gentle on the joints, increases endurance and boosts overall well-being.	13	14	15 Tour the learning space of the future and visit the Nature Lab at Phipps . Open Saturdays 11am-3pm. phipps.conservatory.org
16	17	18 Seniors (62+) receive \$1 off admission to Phipps every day! phipps.conservatory.org	19	20	21	22 Stroll down the streets of Shadyside during their outdoor Art Festival. Saturday: 10am -7pm and Sunday: 10am -5pm. Free admission. artfestival.org/shadyside
23 Psoriasis Awareness Month . See your physician to get help for this painful, itchy condition, a very prevalent autoimmune disease.	24	25	26	27	28	29
30	31 Pittsburgh Pirates vs. Milwaukee Brewers at PNC Park . 7:05pm. Let's go Bucs!					

Summer allergies can cause severe symptoms, sometimes just as bad as in the Spring or Fall seasons. Pollen, mold and insect stings are the most common culprits. If allergy symptoms continue for more than two weeks, contact your PPC physician for proper tests, diagnosis and treatment.

August 2020

Northshore Riverfront Park

Ed Ivanko Pittsburgh, PA

If you can catch Ed Ivanko, you will hear many stories of his life on the go. An inline skate aficionado (seen here skating along Northshore Riverfront Park) and scuba diver, Ed lives by the axiom, "Age is just a number." A former AT&T employee, Ed's contagious zest for life is perhaps most obvious when he volunteers at the National Aviary, sometimes doing a penguin waddle with an eight-year-old child or taking extra time to talk about molting with a school group. Ed and his wife Barbara join their skating group for a weekly 16-mile circuit that takes them all around Pittsburgh. Last year they hiked and camped the Inca Trail to Machu Picchu. Next spring he and Barbara will embark on a bicycle trip through Budapest, Slovakia, and Vienna. Ed is indeed living life to the fullest!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Remember to schedule your annual wellness visit with your PPC physician.	2	3	4 Make the most of the last few weeks of summer with a picnic at Northshore Riverfront Park! Add fresh veggies to your sandwiches.	5
6	7	8	9	10 Atrial Fibrillation Awareness Month. Be aware of symptoms that include irregular heartbeats and fatigue.	11	12
13 Happy Grandparents day! Visit the Carnegie Science Center and enjoy interactive exhibits and live shows with your little ones. carnegiesciencecenter.org	14 Labor Day	15	16	17	18	19 Rent a kayak or paddle board and cruise down the Allegheny River! \$5 off first hour for seniors. ventureoutdoors.org
20	21	22	23 Beautiful day for a walk or run down the Three Rivers Heritage Trail to see the leaves starting to turn.	24	25	26
27	28	29 World Heart Day. Celebrate a healthy heart by eating right, exercising and keeping cholesterol levels and blood pressure in check.	30	September is National Cholesterol Education Month. There are two kinds of cholesterol: "good" (HDL) and "bad" (LDL). Too much "bad" cholesterol or not enough "good" can cause a buildup in your arteries, so make healthy eating choices. Diet can affect cholesterol.		

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A woman with short brown hair, wearing a white sweater and a bright pink scarf with white polka dots, stands on a balcony with a black wrought-iron railing. In the background, the Pittsburgh skyline is visible, including the yellow arched bridge and the red Duquesne Incline car. The sky is blue with some clouds.

Duquesne Incline

Liz Sullivan Pittsburgh, PA

CEO, business owner, dog mom, cancer survivor – these are just some of the words that describe the unstoppable Liz Sullivan. After she was diagnosed with breast cancer, Liz had a mastectomy and underwent chemotherapy. She continued to work two jobs: CEO of a Corporate Health and Wellness company and owner of a bed-and-breakfast. Liz has always had a fighting spirit, and her battle with breast cancer was no exception. Liz is conscientious about maintaining a healthy lifestyle and incorporates these values into the meals for the guests at her Inn. Whether walking her dog or taking Pilates classes, Liz embodies healthy behaviors. After two terms as president Liz was awarded an honorary board position for the Pittsburgh Chapter of the Susan B. Komen Foundation. Born and raised in Pittsburgh, she loves all the city offers – especially a ride on the Duquesne Incline to have dinner on Mount Washington. And if it's Breast Cancer Awareness Month, you'll find her sporting pink.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Remember to schedule your annual wellness visit with your PPC physician.	2	3 Tour the hillsides and spectacular views at the South Side Steptrek . southsideslopes.org
4	5	6 Seniors (65+) ride free on the Duquesne Incline! Take in the most beautiful view of the city as you make your way up the 794 ft track.	7	8 National Depression Screening Day. With the changing seasons, it is time to talk to your PPC physician if you are feeling down.	9	10
11 October is Breast Cancer Awareness Month . Book your annual mammogram with your PPC physician.	12 Columbus Day	13	14	15	16	17 Enjoy the beautiful new garden exhibits at Phipps Botanical Gardens and Conservatory at the opening of their Fall show. hipps.conservatory.org
18	19 Take in the cascading waterfalls and rich fall colors with a visit to Frank Lloyd Wright's Fallingwater . fallingwater.org	20	21	22 October is National Protect Your Hearing Month . Make an appointment today with your audiologist for a hearing test.	23	24
25	26	27	28	29	30	31 Halloween

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Ron Gooden Gibsonia, PA

Ron Gooden is on a mission – to ensure that Pennsylvanians know the importance of organ and tissue donation. And for a good reason. Ron was working as a high school football coach when he found out he had congestive heart failure and desperately needed a transplant. He'll never forget the phone call he received November 22, 2011, that changed his life: "We found a heart for you, Coach!" Ron always encouraged his high schoolers to push through any obstacle, and that was the philosophy that got him through his recovery. After his surgery, Ron married the love of his life, and he continues to coach football and educate young people about his passion: the importance of organ donation. Today, he serves on the Organ Donation Advisory Committee (ODAC). A former college and then pro football player, he still loves going to games at Heinz Stadium and having a "ball" at PNC park.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Daylight savings: don't forget to set your clock back one hour at bedtime.</p> <p>Daylight Savings Time Ends</p>	<p>2</p> <p>Remember to schedule your annual wellness visit with your PPC physician.</p>	<p>3</p> <p>Election Day</p>	<p>4</p> <p>Run stairs every Wednesday morning at 6:30 am with Pittsburgh Project. Meet at Heinz Field's Gate A. No RSVP necessary. downtownpittsburgh.com</p>	<p>5</p>	<p>6</p> <p>Here We Go! Do you have your tickets for gameday yet? steelers.com</p>	<p>7</p>
<p>8</p>	<p>9</p>	<p>10</p> <p>Enjoy free live jazz every Tuesday from 5pm-8pm at the Backstage Bar in Pittsburgh's Cultural District. trustarts.org</p>	<p>11</p> <p>Verterans Day</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>There are 113,000 people waiting for a second chance at life. Register to become a donor today. donatelife.net</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p> <p>Celebrate the holidays with tree lightings, live music, and fireworks at Light Up Night. downtownpittsburghholidays.com</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24</p> <p>As the holidays begin, eat high fiber foods and get your vitamin D (eggs, fatty fish like salmon) but limit sugars, "bad" fats and sodium.</p>	<p>25</p>	<p>26</p> <p>Thanksgiving Day</p>	<p>27</p> <p>Winged Wonderland kicks off at the National Aviary. Visit to see the holiday lights through January 5th! aviary.org</p>	<p>28</p>
<p>29</p> <p>Take in dazzling winter ice towers and light displays at Phipps' Winter Light Garden. phipps.conservatory.org</p>	<p>30</p>	<p>It's American Diabetes Month. One out of every 4 Americans 65 or older has type 2 diabetes. Serious complications such as hearing loss, vision problems, cognitive impairment and mobility issues can occur if your diabetes is not well managed. Take the type 2 Diabetes Risk Test (www.diabetes.org).</p>				

If you are turning 65, you have from three months prior to your 65th birthday, including your birth month, to three months after your birth month to select your initial Medicare coverage. More information about resources available to help you with your initial Medicare coverage decisions is provided on the enclosed reply card. You can also email us at MedicareInfo@PreferredSCA.com.

Lee Adams Pittsburgh, PA

Diagnosed with a rare liver disease (PSC), Lee Adams was told a liver transplant was his only hope for survival. There are over 113,000 people on transplant waiting lists and 19 die every day due to lack of donors. In 2004, Lee was fortunate enough to receive a lifesaving new liver from a donor in Chicago. After recovery, Lee wanted to set an example for his two children: "Life knocks you down, but you can overcome." He competed in basketball and track and field in the Transplant Games of America, where he won numerous medals and set a national record for the fastest ever 800M. He then went on to run a half marathon. Now, Lee hosts a local talk show and teaches high school students about the importance of organ donation through the Center for Organ Recovery and Education. He also runs the Mt. Lebanon Youth Basketball Association. His greatest joy is spending time with his granddaughter (enjoying penguins at the National Aviary).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>During the winter months, it is important to keep up with your immunizations! In addition to your annual flu shot, other precautions such as the pneumonia vaccine, shingles vaccine and a Tdap/Td booster are important for serious disease prevention. Talk with your PPC physician about what is right for you.</p>		<p>1</p> <p>Remember to schedule your annual wellness visit with your PPC physician.</p>	<p>2</p> <p>National Influenza Week. Prepare for winter and get a vaccination at your PPC physician's office today.</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>6</p> <p>Visit the Nationality Rooms for their holiday open house! Enjoy readings, dances, and food. nationalityrooms.pitt.edu</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Say "hello" to the penguins! Visit the National Aviary with your grandchild for some holiday fun. aviary.org</p>	<p>10</p> <p>Hanukkah begins</p>	<p>11</p> <p>Still looking for that last minute gift? Find unique items from local vendors at the Christmas Market in Market Square.</p>	<p>12</p>
<p>13</p>	<p>14</p>	<p>15</p> <p>Sharpen your putting skills at Fun Fore All's Holiday Lights Mini-Golf festival. 5-10pm every day until January 1. funforeall.com</p>	<p>16</p>	<p>17</p>	<p>18</p> <p>Hanukkah ends</p>	<p>19</p> <p>Seasonal Affective Disorder affects million of Americans. Talk to your PPC physician if you have the wintertime blues.</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>27</p> <p>Seniors get \$1 off admission to the National Aviary every day! Plan your visit today. aviary.org</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>Remember the importance of frequent hand washing to help prevent illnesses and stay healthy.</p>	<p>31</p> <p>Christmas Eve</p>	<p>Christmas</p>	
				New Year's Eve		

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