

Community

Ladies Hospital Aid Society fall luncheon

A **J**ust in time for the holidays, you may want to pick up some great cooking tips, a new cookbook or do some boutique shopping while helping to support a local nonprofit organization continue its many programs.

C **L** On Thursday, Nov. 19, Ladies Hospital Aid Society will host its annual fall luncheon at the LeMont Restaurant on Mount Washington, featuring Bob Sendall, owner of All in Good Taste Productions and caterer to the stars. Sendall will hold a cooking demonstration using recipes from the not-yet-released "Living to Cook" cookbook, authored by the late Jane Citron, who was a professional cook and food writer for the Post-Gazette.

S "Our fall luncheon is a great time to meet our leadership, update and engage our membership on future LHAS programs and events, all the while enjoying a wonderful lunch and a special presentation from an interesting speaker," said Dee Dee Troutman, executive director of LHAS. "It's also our second largest fundraising event of the year and we rely on our membership, the backbone of LHAS, to make this event successful."

E For more than a century, LHAS has been a community partner, supporting people in need of health care and related services, distributing funds to organizations and individuals every year. LHAS volunteers play a key role in making Pittsburgh a better, healthier, more caring community by raising money through membership drives, special events, hospital operations and most notably, their annual black-tie gala.

R Through a social service network, LHAS touches lives every day, providing special services from transportation, wigs and prosthetics, lodging, toiletry bags for families of emergency patients, to fulfilling medication needs, going a step beyond medical care to personal care.

L Troutman continues, "At LHAS, we are more than 850 members strong and have raised over \$13.5 million dollars since its inception. We have refurbished and improved facilities, purchased life-saving equipment and technology, funded and administered the beauty salons, coffee and gift shops, and in turn helped to advance health care in this



LHAS photo

Pictured is the LHAS 2009 Gala committee. Seated from left are Barbara Adelson, Carole Schuman, Lisa Gaydos, Laura Penrod Kronk, Sally Golden and Dolores Warwick. Standing from left are Ruby Kang, Jodi Amos, June Yonas, Mary Ellen Wampler, Jackie Dixon, Carrie Conboy, Debi Wheeler, Mary Beth Hacke, Florence Allen and Marolee Pollock.

community."

O LHAS has remained responsive to changing health care needs of the entire western Pennsylvania region. They have implemented programs for the elderly and women's health care, including the LHAS Arbor at Weinberg Village, LHAS Prevention and Early Detection Center at the Hillman Cancer Center and the LHAS Women's Heart Center.

S Fulfilling a commitment to education, LHAS has allocated thousands of dollars for college scholarship grants to future health care professionals and nursing students.

E Most recently, LHAS furthered its mission by major fundraising efforts to support the McGowan Institute of Regenerative Medicine, concussion research with UPMC department of orthopedic surgery and the UPMC GI department to benefit pancreatic cancer, colon cancer and other digestive diseases.

R Laura Kronk, president of LHAS also added, "Day in and day out, within the workplace or

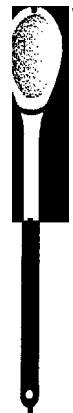


LHAS photo

Pictured from left are Lisa Gaydos, Laura Kronk, Dr. Vonda Wright and Dee Dee Troutman.

home, we are carefully reminded of the fragility of structure, balance."

To learn more about LHAS services, membership, or attending the annual fall luncheon, call (412) 648-6106 or visit LHAS.net.



The Chronicle Cooks

For cranberry sauce traditionalists, these recipes won't do. But if you've noticed that no one in your family likes cranberry sauce yet you want cranberries on your Thanksgiving table, here are two suggestions.

CRANBERRY BREAD

2 cups flour
1 cup sugar
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 well-beaten egg
3/4 cup orange juice
1 tablespoon grated orange rind
1 cup coarsely chopped cranberries
1/2 cup chopped walnuts

Preheat oven to 350 degrees. Mix dry ingredients together, and then blend in the egg and orange juice. Stir in rind, cranberries and nuts. Put in greased loaf pan and bake about 40 minutes.

Applesauce with Cranberries

5 large Granny Smith apples, peeled and cut into 1/4 to 1/2 inch pieces
1 tablespoon butter
1/4 cup water
1 cup fresh cranberries, rinsed
sugar to taste
cinnamon to taste

Combine ingredients in saucepan and simmer over low heat, stirring after a few minutes. Lower heat if mixture is bubbling. As apples and cranberries begin to soften, add sugar and cinnamon to taste. Cook combination to desired texture. Serve warm or reheat before serving.

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