



Seniors are celebrated at Omni William Penn event

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By Natalie Bencivenga / Pittsburgh Post-Gazette

All the party details: The Omni William Penn Hotel, Downtown, was party central on Wednesday night as more than 400 guests came to support the UPMC Senior Communities Benevolent Care Program. This program provides financial assistance to residents of UPMC's senior communities. Partygoers enjoyed cocktails and a silent auction before enjoying a sit-down dinner emceed by KDKA's Larry Richert. The event raised well over \$200,000.

#ItsGoodToGive: The event honored Maxwell King, president and CEO of the Pittsburgh Foundation; Brian Catale, who volunteers his time working with veterans and their spouses; and Dr. Charles Reynolds III, an international expert in geriatric psychiatry.

Quotable moments from Dr. Reynolds: ***On successful aging:*** “We are living longer and learning that we have a great deal of control over how we age based on our lifestyle. Stay active, eat healthy and get enough sleep.” ***On medical marijuana:*** “I definitely think there are medically appropriate uses for seniors, but substance use disorders later in life have been understudied and can possibly complicate brain health, so I’m cautious to endorse it further.” ***On the benefits of a Mediterranean diet:*** “We have seen that diets high in fruit, vegetables, omega-3s and low in red meat are associated with healthy aging.”