



THE VILLA Villager

A Monthly Newsletter for Residents and Friends of Vincentian Villa



December 2017



Letter from the Villa Manager

Merry Christmas and Happy Hanukkah

The Villa Staff and I would like to wish you a very Happy and Safe Holiday season!



That time of year is once more upon us. A time to celebrate, a time to worship and a time to have fun! This time of year is kind of special to me, but not in the way you may think. December 1, 2009 was my first day working at Vincentian Villa. A day that I will never forget as it was a day that literally changed my life in so many ways! A new career was about to develop, new friendships were about to be made and never in my wildest dreams did I think that it would turn out the way it has. On December 14, 2009 the Villa welcomed its first residents. Some of you will remember that day ... has it really been 8 years? Happy Birthday Vincentian Villa! I will come back to this a little later.

Every month I try to give you some national days, some are just fun while others are important. December 7 is an important one. *National Pearl Harbor Remembrance day!* In 2017, we recognize the 76th anniversary of the bombing of Pearl Harbor. National Pearl Harbor Remembrance Day is observed across the nation on this day in honor of all those who lost their lives serving this nation at Pearl Harbor. There were more than 3,500 Americans who lost their lives or were wounded on that solemn day. God Bless each and every one.

December 15 is *National Ugly Christmas Sweater day*. Now this is a fun one! I know you all have one; I know that you have all worn one! It has turned into something of a tradition especially with today's technology. You put one on for the Christmas card that you are going to send to family and friends. You know what I am talking about!

December can be a cold month; this is due to the fact that December 21 is the Winter Solstice or the shortest day and longest night in the northern hemisphere. The Winter Solstice is marked by the point at which the North Pole is at its farthest from the sun during its yearly orbit around the sun. It will be approximately 23 degrees away from the sun. Despite the temperature outside, the Winter Solstice is considered the astronomical beginning of winter. Meteorological winter begins December 1 and lasts until the end of February and is marked by the coldest average temperatures during the year. I don't know about all of you, but I am ready for spring!

December 21 is also a day for all you procrastinators out there *National Regifting Day!* I don't think that I have to go into much detail about this one. One other day that I would like to add to this is something that most American's know little about. December 26 is *Boxing Day*; at least it is in England and a handful of other countries around the world. In Britain, it was a custom for tradespeople to collect "Christmas boxes" of money or presents on the first weekday after Christmas as thanks for good service throughout the year. This is mentioned in Samuel Pepys' diary entry for 19 December 1663. This custom is linked to an older British tradition. Since they would have to wait on their masters on Christmas Day, the servants of the wealthy were allowed the next day off to visit their families. The employers would give each servant a box to take home containing gifts, bonuses, and sometimes leftover food. Growing up in England, Christmas Day was a day for the family but Boxing Day was a day that was spent with extended family, either they came to you or you went to them. Either way it was another holiday!

Now, I am going to go back to the beginning of this letter. I told you last month that I would try to come up with a Christmas story for you. Well, since then I have thought long and hard about it and can really only come up with one. I was trying to think of a story that included my best Christmas present ever, but to be honest, although I have had some great gifts over the years only one really stands out to me, and that is the gift that keeps on giving.

I have told you that December 11, 2009 was my first day at Vincentian and the fact that December 14 is the Villas' 8th anniversary! I can honestly tell you that although I did not know it at the time, that first position at the Villa has to be the best Christmas present that I have ever received! I have told you about the twists and turns that life throws at you - well this was a twist and turn that I never expected. I know that working with the Vincentian family is my job, so to speak, but to me it is way more than that. It is a place that I call my second home. It is a

place that I really love to come to every day, and it is a place where I have found some wonderful people that I call friends. Many people have a job that they have to go to every day, I do not have that. I have a place that I want to go to every day, a place that I love.

How things change! I know it has been 8 years and that is a long time but it sure does not seem like it to me. I remember my first day as if it was yesterday. Unpacking boxes and putting together office furniture was one of the things on the list but that had to take second place as we needed to get the Christmas tree up and decorated. If any of you still have the December newsletter from last year you will know what that first day was all about for me. I was wondering what in the world have I got myself into!

Over the past 8 years I have seen many changes, some good and some not so good. Many staff members across Vincentian have come and gone, but one thing remains a constant. The residents at our various ministries! I can honestly say that if there is any one thing that makes Vincentian special to me, it has to be the residents. Not only here at the Villa but throughout our ministries. I have been so blessed to have been given the opportunity to see Vincentian from so many angles during the last couple of years. At the beginning of this journey it was only the Villa. I really did not know what went on in the other facilities. I have now had the chance to visit all of our facilities on many occasions and this is special to me. I knew that we had all



these other facilities but as I said, really did not know much about them, other than what they provided. All that has changed as I have had the chance to see firsthand what wonderful work our employees do! I will use Vincentian Child Development Center or VCDC as an example. I knew it was a place that took care of the kids while their parents were at work. What I did not know was what they actually did for the kids. This past Halloween, when we had the kids come to the Villa for Trick or Treat, I am not sure who had more fun, the kids or the Villa residents! To see the smiles on the little ones faces and the smiles on the resident's faces as all kind of candy was given out just made me stop and think for a minute. It took me back to that first

day at the Villa, wondering what I had gotten myself into. I had a moment to reflect on things as I watched the kids go from house to house. What I had gotten myself into was another journey! As I reflected back, I thought of all the changes over the years, where we were then and where we are now. We have some very exciting times ahead. We have new leadership with great vision for the future, we have 5 Star facilities, which I think speaks for itself, and how can I not mention Terrace Place at Vincentian. As you all know, we held a ceremonial ground breaking last month and were blessed with a bright sunny day, although a little chilly. I cannot wait for the day that this new facility welcomes its first residents and God willing, in another 8 years or so, I will be writing a similar story about that. It will likely start with ... *What have I gotten myself into!*

One last thing! I know by now you will all have seen Leah's new toy. Many of you have been asking for me to get her something so she doesn't have to push her cart all over the place ... so here you go! Please give her a wave as she goes by in *Pinky* as it has become known by some.



Wishing a very Happy and Safe Holiday to all the residents, family, staff and friends throughout all our ministries!

~Larry

THE CHRISTMAS PAGEANT

Submitted by B. Zelch



My husband and I had been happily married (most of the time) for five years but hadn't been blessed with a baby. I decided to do some serious praying and promised God that if he would give us a child, I would be a perfect mother, love it with all my heart and raise it with His word as my guide.

God answered my prayers and blessed us with a son. The next year God blessed us with another son. The following year, He blessed us with yet another son. The year after that we were blessed with a daughter. My husband thought we'd been blessed right into poverty. We now had four children, and the oldest was only four years old. I learned never to ask God for anything unless I meant it. As a minister once told me, "If you pray for rain make sure you carry an umbrella."

I began reading a few verses of the Bible to the children each day as they lay in their cribs. I was off to a good start. God had entrusted me with four children and I didn't want to disappoint Him. I tried to be patient the day the children smashed two dozen eggs on the kitchen floor searching for baby chicks. I tried to be understanding when they started a hotel for homeless frogs in the spare bedroom, although it took me nearly two hours to catch all twenty-three frogs. When my daughter poured ketchup all over herself and rolled up in a blanket to see how it felt to be a hot dog, I tried to see the humor rather than the mess.

In spite of changing over twenty-five thousand diapers, never eating a hot meal and never sleeping for more than thirty minutes at a time, I still thank God daily for my children. While I couldn't keep my promise to be a perfect mother - I didn't even come close - I did keep my promise to raise them in the Word of God. I knew I was missing the mark just a little when I told my daughter we were going to church to worship God, and she wanted to bring a bar of soap along to "wash up" Jesus, too. Something was lost in the translation when I explained that God gave us everlasting life, and my son thought it was generous of God to give us his "last wife."

My proudest moment came during the children's Christmas pageant. My daughter was playing Mary, two of my sons were shepherds and my youngest son was a

wise man. This was their moment to shine. My five-year-old shepherd had practiced his line, "We found the babe wrapped in swaddling clothes." But he was nervous and said, "The baby was wrapped in wrinkled clothes." My four-year-old "Mary" said, "That's not 'wrinkled clothes, silly. That's dirty, rotten clothes." A wrestling match broke out between Mary and the shepherd and was stopped by an angel, who bent her halo and lost her left wing. I slouched a little lower in my seat when Mary dropped the doll representing Baby Jesus, and it bounced down the aisle crying, "Mama-mama."

Mary grabbed the doll, wrapped it back up and held it tightly as the wise men arrived. My other son stepped forward wearing a bathrobe and a paper crown, knelt at the manger and announced, "We are the three wise men, and we are bringing gifts of gold, common sense and fur." The congregation dissolved into laughter, and the pageant got a standing ovation.

"I've never enjoyed a Christmas program as much as this one," laughed the pastor, wiping tears from his eyes "For the rest of my life, I'll never hear the Christmas story without thinking of gold, common sense and fur."

"My children are my pride and my joy and my greatest blessing," I said as I dug through my purse for an aspirin.

Jesus had no servants, yet they called Him Master.
He had no degree, yet they called Him Teacher.
He had no medicines, yet they called Him Healer.
He had no army, yet kings feared Him.

He won no military battles, yet He conquered the world.
He committed no crime, yet they crucified Him.
He was buried in a tomb, yet He lives today.

Feel honored to serve such a Leader who loves us.

GOD BLESS YOU ALL!

What's Up and Where We're Going

The Villa Management office which is located in the Apartment Building #911 is open during the hours of 8:00 am to 4:30 pm Monday – Friday. Office number is 412-364-6591.

Remember Maintenance/Security is on the campus 24/7.

Between the hours of 7 am - 3:30 pm ~~ call 412-592-5352

Between 3:30 pm and 7 am ~~ call 412-592-5704

Many of your family and/or friends live out of the area. Please remind concerned loved ones *not* to leave messages on the office phone stating that they were attempting to get in touch with you and were not able to do so.

As “peace of mind” for them, please provide them with the number/s for Maintenance/Security.

This way if they are attempting to contact you and you are not at home, they can call Maintenance/Security and have them check to be sure that you are ok.

In an attempt to make things as convenient as possible for you, please note what is listed below:

The **information bulletin board** which includes the monthly sign up sheets for up and coming events **is located** just inside the front doors in the foyer of the Apartment Building #911. A mail slot just inside the front doors in the foyer of the Apartment Building #911 is for your convenience. This can be used to drop off your menus, other correspondence such as forms, or your monthly fee check (or it can be mailed to the address found on your statement).

Information **ONLY** is posted at Club House for your convenience.

Remember: If you are planning on using Villa Transportation for a Villa sponsored event, you MUST sign up and/or notify Sandie as seating is limited!

Please mark your calendar for the following up and coming events:

Specifically note the "Sign Up By Date":

Date: **Every Monday (Unless Otherwise Noted)**
Time: 6:00 p.m.
Where: Club House
What: **Games & Card Night**

Date: **Second Wednesday Every Month (Unless Otherwise Noted)**
Immediately following monthly Resident luncheon
Where: Club House
What: **Social Committee Meeting**
All Residents Invited to Attend

Date: **Second & Fourth Tuesday of September**
Time: 11:00 a.m. – 12:00
Where: Apartment Building Library
What: **Villa Bible Study**

NOTE: Classes have been cancelled for this month

Date: **First and Third Tuesday Every Month**
Time: 1:30 p.m.
Where: Apartment Building Library
What: **Crafty Corner**
All Residents Invited to Attend

Date: **Every Thursday (Unless Otherwise Noted)**
Time: **9:00 a.m.** (McIntyre Square)
12:30 p.m. (McIntyre Square & Pine Creek Plaza)
Where: Pick up at your home or apartment
What: **Thursday Weekly Giant Eagle Shopping Trip**

Date: **First Friday of Every Month**
Time: 1:00 p.m.
Where: Apartment Building Library
What: Villa Book Club



Medical Corner

Hand Washing Awareness

Question: Can singing Yankee Doodle Dandy save your life?

Answer: *It can if you are singing while you are washing your hands!*

Hand Washing Facts

1. It is estimated that washing hands with soap and water can reduce diarrheal disease associated deaths by up to 50%.
2. Researchers estimate that if everyone routinely washes their hands, a million deaths a year could be prevented.
3. Appropriate hand washing practices can reduce the risk of food-borne illness and other infections.
4. Hand washing can reduce the risk of respiratory infections by 16%.
5. 80% of all infectious diseases are transmitted by touch.
6. While soap may not kill all viruses, hand washing will decrease the viral counts to a point below the infectious threshold.
7. The use of an alcohol gel hand sanitizer in a classroom can reduce absenteeism due to infection by approximately 20%.
8. Hot water has not been proven to increase the effectiveness of hand washing.
9. When it comes to hands, fingernails and the surrounding areas harbor the most micro-organisms.
10. The CDC recommends at least 15 seconds of hand washing from start to finish before rinsing to be effective. It takes about 15 seconds to sing “Yankee Doodle Dandy!” (If you don’t know Yankee Doodle Dandy, you can sing Happy Birthday twice.)

How to Wash Your Hands

- If available use a paper towel to turn on the water faucet/s.
- Adjust to a comfortable temperature.
- Throw the paper towel in the trash.
- Wet your hands – Apply soap – Lather well.
- Rub your hands together vigorously while singing “Yankee Doodle Dandy.” Don’t forget the backs and between the fingers.
- Rinse well under running water.
- Dry your hands with a clean paper towel (or air dryer)
- If possible, use your towel to turn off the faucet/s.

Taste of Villa - Bread Pudding



Preheat oven to 350
Bake 35-45 minutes

Grease a 13x9x2-inch pan

Bread Ingredients:

3 Cups cubed Italian bread, allow to stale overnight in a bowl	
2 Cups granulated sugar	5 Large beaten eggs
2 Cups milk	2 tsp. vanilla extract
1 Cup packed light brown sugar	¼ Cup butter softened
1 Cup chopped pecans	

Sauce:

1 Cup granulated sugar	½ Cup butter melted
1 Egg beaten	2 tsp. vanilla extract
¼ Cup brandy	

Mix together granulated sugar, eggs, and milk in a bowl; add vanilla. Pour over cubed bread and let sit for 10 minutes.

In another bowl, mix and crumble together brown sugar, butter, and pecans.

Pour bread mixture into prepared pan. Sprinkle brown sugar mixture over the top and bake for 35 to 45 minutes or until set. Remove from oven.

For the sauce:

Mix together the granulated sugar, butter, egg, and vanilla in a saucepan over medium heat. Stir together until the sugar is melted. Add the brandy and stir well. Pour over bread pudding. Serve warm or cold.

May be spooned into parfait glass and topped with whipped cream.



ICE AND SNOW MEANS TAKE IT SLOW

Don't take shortcuts!

Take your time!

Wipe your feet when entering your home/building!

Wear proper footwear!

Report unsafe conditions to Villa management!

SAFETY IS EVERYONE'S RESPONSIBILITY

FYI

There are many reasons why you chose to come to Vincentian Villa to live but one of the important reasons was to take the guesswork out of where to go if and/or when you would require the services of assisted living and/or a nursing home. This is part of the “Continuum” of care. If you end up in the hospital and the doctor tells you that you need to go to an assisted living or a nursing home for rehabilitation, you need to:

- Call the Villa office to let them know you are in the hospital
 - Inform the Social Service worker assigned to you that you are a resident of Vincentian Villa, therefore, they need to contact Admissions at Vincentian Home
 - You yourself can call Julie Schell, Admissions Coordinator at Vincentian Home @ 412-366-5600 Ext. 1526 to inform her of your need for a bed
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- ➡ Remember to check the bulletin board in the Apartment Building foyer and the bulletin board at the Club House for event postings, changes and/or corrections, and items of general interest.
 - ➡ As a reminder, Maintenance/Security is here 24 hours a day / 7 days a week. If you need assistance...do not hesitate to call them.
 - ➡ Update the Villa Management Office of any/all changes you may have since your original move in, i.e. new vehicle, phone number change, etc.
 - ➡ Transportation Services – As a reminder ALL personal transportation requests MUST be scheduled through the Villa Management Office. You need to call the Management Office for available dates and times BEFORE scheduling any/all appointments or requesting transportation to a function sponsored by the Villa. Please refer to page/s 52 & 53 of your Resident Handbook under the heading “Transportation Services” for further clarification. If you have any questions, and/or to schedule a trip, call Sandie at 412-364-6592.
 - ➡ REMEMBER – If you are planning to be away overnight or longer, please complete a Residence Absence Notice. You can pick this form up at the management office.