



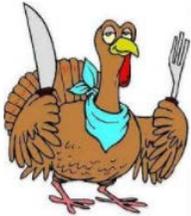
# THE VILLA Villager

A Monthly Newsletter for Residents and Friends of Vincentian Villa

**November 2017**

## ***Letter from the Villa Manager***

It's that time of year again. Time to give thanks for the good things in our lives, and the holiday season will once again soon be here.



**Happy Thanksgiving everyone!**

In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first



Thanksgiving celebrations in the colonies.

In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday; it may or may not have been offered when the Pilgrims hosted the inaugural feast in 1621. Today, however, nearly 90 percent of Americans eat the bird, whether roasted, baked or deep-fried on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie. Volunteering is a common Thanksgiving Day activity, and communities often hold food drives and host free dinners for the less fortunate.



*Daylight Savings Time* ends on the first Sunday in November at 2:00a.m. So don't forget to put your clocks back an hour or you will be early for everything in the morning.

*November 11<sup>th</sup> is Veterans Day.* Veterans Day is an official United States holiday that honors people who have served in the U.S. Armed Forces. It is a federal holiday and coincides with other holidays such as Armistice Day and Remembrance Day, which are celebrated in other parts of the world and also mark

the anniversary of the end of World War I (major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect). The United States also originally observed Armistice Day; it then evolved into the current Veterans Day holiday in 1954. Veterans Day is not to be confused with Memorial Day. Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day is a day of remembering the men and women who died while serving.



**Thank you to all that have served!**

Lots of other days this month ... Black Friday, Cyber Monday - so get all that shopping done! I will mention this one again this year as HR did not get back to me last year. The 30<sup>th</sup> is *National Stay Home Because You Are Well Day*. Sounds like a day off to me!

I would like at this point to give a big shout out to everybody that supported me for this years rocking for residents. As you know, this past September was the big event, and as in previous years, I was your Rocker in Chief. Once again, we had our team, *The Villa Villagers*, or as you are more affectionatly know, *The Village People*. Now it was not just me, many people helped and chipped in what they could to help support the team and the cause. In my first year as Villa manager I wanted to help and that is when the *Villa Villagers* started. The team raised in the region of \$2,000 which was fantastic! The following year, I wanted to do better, and we did. We raised \$4,000. Last year, we managed \$4,400. This year, my goal was to hit the \$5,000 mark ... and hit it we did! Not only did we hit it, but we **crushed** it to the tune of some \$9,200! That number blew me away! *Thank You, Thank You, Thank You* to my team members and all of you that made this possible. Never in my wildest dreams did I think we could raise so much for a fantastic cause. \$10,000 next year? After all, we can't go backwards now. Thank you all once again!

Now, this month's letter is a little different as there is no story about one of my adventures. I do want to say thank you to all of you that have called me, emailed me or spoken to me in person to say how much they enjoy them and to keep them coming. My first newsletter as Villa manager was November 2014. That is hard to believe for me. Where has the time gone? I had no idea what I was doing so decided to write a story about how I came to the states. As so many of you enjoyed it I just decided to keep going and now here we are 3 years to the day later.

Don't worry, I do have more for you, although they are getting harder month after month. This is one of the reasons that I keep telling Nick, our President and CEO, that I need more time off in order to keep my newsletter going. So far it hasn't worked but I will keep trying ... one day maybe he will cave and in ... thinking Australia! You need at least a month for that trip and it should keep me in newsletters for a while!

Many of you have been asking about my nephew Greg. Well, at the time of writing this I am getting ready to visit my brother and his family. Greg is doing well and the terrible two's (I think) have taken hold. He is soon to be a big brother to his sister due in February. By the way, during his two and a half year check up with the doctor my brother was told that if he keeps going the way he is, height-wise, he will be 6 foot 5 inches by the time he reaches 18. Im thinking scholarship!

Anyway I will keep you all posted. Someone came to me today and wanted to know when they will be bringing him up to Pittsburgh as they feel as though they already know him. I will talk to my brother about that as it is not the first time it has been mentioned.

As next month is December I will have to come up with a Christmas story for you. Without giving away my age, I think that I have about 47 or 48 Christmas' that I can remember, so I'm sure I can come up with at least one good one for you.

Until next month, have a safe and Happy Thanksgiving.

~ Larry

# VILLA DAY OUT



Molly's Trolleys (Incline)  
August 25



Over the Bar Breakfast

September 15



Heritage Center Outing

# 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**  
*All Residents Invited to Attend*

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

# Legionnaire's Disease

Legionnaire's disease or *Legionella* Infection

There were confirmed cases of Legionnaire's disease reported at the Veterans Hospital here in Pittsburgh. I wanted to provide you with some general information.

**What is Legionellosis?** – Legionellosis is a disease caused by the Legionella bacteria. There are fewer than 500 cases reported each year in Pennsylvania. Most cases occur as a single isolated event and outbreaks are rare. The disease has two forms:

- Legionnaires' disease – is the more severe form of infection and includes pneumonia
- Pontiac fever – is milder and less common

**Why is it called Legionellosis?** – In 1976, there was an outbreak of an unrecognized disease in Philadelphia. It was mainly among people attending an American Legion convention and this led to the media labeling it as Legionnaire's Disease. When the bacterium was identified in the laboratory, it was named *Legionella pneumophila*.

**How widespread is Legionellosis?** – It is estimated that about 25,000 people in the U.S. develop the disease each year. There is an additional unknown number that are infected with Legionella bacteria and either have mild symptoms or no illness at all.

**How severe is the illness?** – Legionellosis can be a mild respiratory illness or it can be severe enough to cause death. Each year, around 8,000 to 18,000 are hospitalized with Legionnaire's disease in the U.S. From 10% to 20% of healthy adults in the U.S. have circulating antibodies to Legionella bacterium which indicates previous exposure and infection yet only a small percentage of those have any history of pneumonia.

**Where are Legionella bacteria found?** – Legionella bacteria are generally associated with water and are widely distributed in the environment. They have been found in creeks and ponds, hot and cold water taps, hot water tanks, water

used in air conditioning cooling towers and evaporative condensers, hot tubs, ornamental fountains and soil at excavation sites.

**How is Legionellosis spread?** – The disease appears to be spread through the air from a soil or a water source. Most commonly, the disease occurs when fine aerosols of water (a mist) contaminated with Legionella are generated. To date, all studies show that person to person contact does not spread Legionellosis.

**Who gets Legionellosis?** – Patients have ranged from 10 months to those 80 years and beyond. However, the majority of cases occur after the age of 50 and most often affecting middle aged or older men, particularly those who smoke, have chronic lung disease, or drink heavily. Males contract the disease nearly two and a half more often than females. People with underlying illnesses or those with lowered immune systems are at higher risk. It is due to these risk factors that some outbreaks have occurred in health care settings.

**What are the usual symptoms of Legionellosis?** – The early symptoms may be flu-like with muscle aches, headache, tiredness and a dry cough followed by high fever, chills and occasionally diarrhea. It is common for temperatures to reach 102 to 105 degrees F. A chest x-ray often reveals pneumonia. The symptoms usually begin 2 – 14 days after being exposed to the bacteria. Pontiac fever, the milder infection caused by the same type of Legionella bacteria has symptoms that are nonspecific but typically consist of fever, muscle aches, joint pains and fatigue.

**Can Legionellosis be treated?** – There are certain antibiotics that are effective in treating the disease.

**Why is Legionellosis difficult to diagnose?** – Legionellosis often causes symptoms similar to those caused by influenza virus and other types of bacterial pneumonia. The diagnosis may not initially be suspected by the health care provider. It may take some time to obtain positive test results. Since diagnosis depends upon either bacterial culture or the comparison of blood antibody levels during and several weeks after the suspect illness, a diagnosis may not be confirmed until after the person is well. Sporadic cases are common and presently not preventable. If an outbreak occurs, an investigation to look for a possible common environmental source is conducted.

**How is Legionellosis diagnosed?** – There are a number of ways to confirm the diagnosis. These include culturing the Legionella bacterium from respiratory secretions, special stains to look for the presence of Legionella in respiratory

secretions, blood tests for the body's immune response to the infection, or collection of a urine specimen to look for proteins produced by the Legionella. Not all types of Legionella can be diagnosed with a urine test.

**How can Legionellosis be prevented?** – There is no vaccine for the disease. Preventive measures include proper maintenance and disinfection of water sources for the infections, such as cooling towers, hot tubs and spas, and hot water systems. Experts say the four prevention methods used most frequently are:

Copper-silver ionization  
Chlorine dioxide  
Chlorination  
Monochloramine

While these all come with pros and cons, the debate about which is the best method continues.

***This information is general information. Please contact your physician with specific questions and/or concerns you may have.***

# Taste of Villa Crock Pot Italian Wedding Soup



Serves 8

## INGREDIENTS

16 ½ ounces Meatballs  
6 Cups Chicken Broth  
1 Cup Cooked Chicken, Chopped  
½ Cup Carrot, diced  
½ Cup Celery, diced  
2 ounces Frozen Chopped Spinach, defrosted  
Garlic Salt, to taste  
Pepper, to taste  
¼ Cup Romano Cheese  
¼ Cup Acini di pepe pasta (small pasta)

## DIRECTIONS

Pop the meatballs in the microwave for 1 minute on defrost so you can quarter them. Combine rest of ingredients except pasta in crock pot and cook all day on low.

Add the pasta during the last hour of cooking.

Freezes well.

# 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.