



THE VILLA



Villager

A Monthly Newsletter for Residents and Friends of Vincentian Villa

October 2017

Letter from the Villa Manager

October, wow! Summer is well and truly behind us for another year, the leaves are turning and soon winter will be here once more.



HAPPY HALLOWEEN! Trick or Treat? On October 31st ghouls and goblins, creatures and strange folk come creeping about the neighborhood seeking favors over trickery. This holiday tradition has become known as Halloween.



Typical festive Halloween activities include trick-or-treating (or the related “guising”), attending costume parties, decorating, carving pumpkins into jack-o’-lanterns, lighting bonfires, apple bobbing, visiting haunted house attractions, playing pranks, telling scary stories and watching horror films. In many parts of the world, the Christian religious observances of All Hallows’ Eve, including attending church services and lighting candles on the graves of the dead, remain popular. Although, in other locations, these solemn customs are less pronounced in favor of a more commercialized and secularized celebration. Because many Western Christian denominations encourage, although no longer require, abstinence from meat on All Hallows’ Eve, the tradition of eating certain vegetarian foods for this vigil day developed, including the consumption of apples, colcannon, cider, potato pancakes, and soul cakes.

October 1st is *National Homemade Cookie Day*. I can smell them now! Will it be peanut butter, chocolate chip or snickerdoodle? You all know what I like.

In 1492, Columbus sailed the ocean blue. This is why October 9th is *Columbus Day*. Columbus Day is a United States observance held each year on the second

Monday in October. The day signifies Christopher Columbus' arrival to America on October 12, 1492.

October 27th is another good day, *National American Beer Day*. This day is observed annually by beer drinkers across the nation. There are more than 2,100 breweries that manufacture beer in the United States. They range in size from industry giants to brew pubs and microbreweries. I myself prefer the English stuff but I could go for a Miller light on this day!

October 27th is also *Navy Day*. It is a day to salute all of the men and women who have served, both past and present, in the United States Navy. There are many other National Days out there this month but as usual far too many mention them all.

As for a story this month, I would like to go back only a few months. My parents had arranged a trip to North Carolina from England to visit their grandson; so of course, I had to go down so that we could be all together in the same place, something that does not happen that often. Now going to my brother's house always means that I put my tools in the truck as I can guarantee that there is always something that they will be needed for.

As for this trip I was once again correct. My brother Geoff had bought a sandbox for my nephew. When a say a sandbox it was a little more than just that and it had to be assembled! Not a problem as I had my brother and dad to help me ... or so I thought.

I opened all the boxes and sorted out the various pieces of wood, screws, nuts and bolts in the driveway. It was a hot day and I was under the mid-day sun, so to speak. Meanwhile, my so called "*helpers*" took up their positions sitting on the back of two SUVs that were parked in the garage, out of the sun and with drinks in hand!

I read through the instructions and started to assemble what was going to be Greg's new summer play thing. It is fair to say that I did get a lot of help from the SUV crew in the garage. Moral support and all were quick to point out any mistakes that I had made.

The sandbox started to take shape and it really did not take me all that long to complete, without much help from the peanut gallery.

Earlier in the day, my brother and I had a conversation about how much sand was needed to fill the thing as we would have to go to Lowes to buy it. He showed me the specifications on the computer and it said that 600 pounds of sand was needed. This seemed like a lot to me, so we did the math ourselves. Geoff may not be a genius when it comes to tools but figuring things like this out is second nature to him. It wasn't that hard. We had roughly a 3x3 sandbox that was about 6 inches high and we had to find the cubic feet of sand it would hold. So 3x3 is 9, multiply that by the height of half a foot and you get 4.5. So we need 4.5 cubic feet of sand to fill the thing. As a bag of play sand weighs in at 50 pounds we needed to find out how many bags it would take to fill 4.5 cubic feet. The internet was needed for this as it gave us how many 50 pound bags made up a cubic foot. Are you all still with me on this? Remember what my math teacher told me from a couple of newsletters ago.

After we did the math and triple checked it, we found that 575 pounds of sand was needed, close to the 600 that the specs called for so what could possibly go wrong? Off to Lowes I went. Loaded up 12 - 50 pound bags of play sand, 600 pounds total onto my cart. I can tell you that loading 600 pounds is hard enough but pushing the load to the check-out is harder! As I got to the register a Lowes employee asked why I was buying all that sand. I won't tell you what my reply was. He informed me that they had broken bags of the same thing at the back of the store and were selling them at \$1 each. This was a great deal as I was paying almost \$5 for the bags I had! I pushed 600 pounds of sand back to where I had got them and then went to the back of the store where sure enough there were broken bags, most of which had only a small hole so were still full. Once again, I loaded up my cart with 600 pounds of sand and pushed it all the way back to the register. The person that had told me about the \$1 deal had told the clerk checking me out what the price was supposed to be so I was good to go. **Nooooo!** As the discount was more than 50% it had to have a manager to approve it. Have you ever tried to get a manager when you need one in one of these places? Finally after about 20 minutes a manager did arrive and now I was good to go. Pushed that 600 pounds of sand to my truck loaded it up and it was back to Geoff's house to fill the sand box.

We unloaded the 600 pounds and after putting one bag in, it quickly became apparent that there was no way it would take all of it. In fact it took less than half. Not sure what we did wrong with our math, or why the website said we needed that amount but I have about 300 pounds of sand in my truck that is going cheap. Another fun time with family and as you can see the work was all worth it!



Little Greg saluting his newly constructed sandbox, and I'm not sure who is having more fun in it, Grandpa Greg or nephew Greg. We are all kids at heart!



News flash.....Greg is going to be a big brother to his little sister,
due in February.

~ Larry

WELL WORTH READING ... WOW!

Submitted by S. Horne

STORY NUMBER ONE

Many Years ago, Al Capone virtually owned Chicago. Capone wasn't famous for anything heroic. He was notorious for enmeshing the windy city in everything from bootlegged booze and prostitution to murder.

Capone had a lawyer nicknamed "Easy Eddie". He was Capone's lawyer for a good reason. Eddie was very good! In fact, Eddie's skill at legal maneuvering kept Big Al out of jail for a long time.

To show his appreciation, Capone paid him very well. Not only was the money big, but Eddie got special dividends, as well. For instance, he and his family occupied a fenced-in mansion with live-in help and all of the conveniences of the day. The estate was so large that it filled an entire Chicago City block.

Eddie lived the high life of the Chicago mob and gave little consideration to the atrocity that went on around him.

Eddie did have one soft spot, however. He had a son that he loved dearly. Eddie saw to it that his young son had clothes, cars, and a good education. Nothing was withheld. Price was no object.

And, despite his involvement with organized crime, Eddie even tried to teach him right from wrong. Eddie wanted his son to be a better man than he was.

Yet, with all his wealth and influence, there were two things he couldn't give his son; he couldn't pass on a good name or a good example.

One day, Easy Eddie reached a difficult decision. Easy Eddie wanted to rectify wrongs he had done.

He decided he would go to the authorities and tell the truth about Al "Scarface" Capone, clean up his tarnished name, and offer his son some resemblance of integrity. To do this, he would have to testify against The Mob, and he knew that the cost would be great. So, he testified.

Within the year, Easy Eddie's life ended in a blaze of gunfire on a lonely Chicago Street. But in his eyes, he had given his son the greatest gift he had to offer, at the greatest price he could ever pay. Police removed from his pockets a rosary, a crucifix, a religious medallion, and a poem clipped from a magazine.

The poem read:

"The clock of life is wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own. Live, love, toil with a will. Place no faith in time. For the clock may soon be still."

STORY NUMBER TWO

World War II produced many heroes. One such man was Lieutenant Commander Butch O'Hare.

He was a fighter pilot assigned to the aircraft carrier Lexington in the South Pacific.

One day his entire squadron was sent on a mission. After he was airborne, he looked at his fuel gauge and realized that someone had forgotten to top off his fuel tank.

He would not have enough fuel to complete his mission and get back to his ship.

His flight leader told him to return to the carrier. Reluctantly, he dropped out of formation and headed back to the fleet.

As he was returning to the mother ship, he saw something that turned his blood cold; a squadron of Japanese aircraft was speeding its way toward the American-fleet.

The American fighters were gone on a sortie, and the fleet was all but defenseless. He couldn't reach his squadron and bring them back in time to save the fleet. Nor could he warn the fleet of the approaching danger. There was only one thing to do. He must somehow divert them from the fleet.

Laying aside all thoughts of personal safety, he dove into the formation of Japanese planes. Wing-mounted 50 caliber's blazed as he charged in, attacking one surprised enemy plane and then another. Butch wove in and out of the now broken formation and fired at as many planes as possible until all his ammunition was finally spent.

Undaunted, he continued the assault. He dove at the planes, trying to clip a wing or tail in hopes of damaging as many enemy planes as possible, rendering them unfit to fly.

Finally, the exasperated Japanese squadron took off in another direction.

Deeply relieved, Butch O'Hare and his tattered fighter limped back to the carrier.

Upon arrival, he reported in and related the event surrounding his return. The film from the gun-camera mounted on his plane told the tale. It showed the extent of Butch's daring attempt to protect his fleet. He had, in fact, destroyed five enemy aircraft. This took place on February 20, 1942, and for that action Butch became the Navy's first Ace of W.W.II, and the first Naval Aviator to win the Medal of Honor.

A year later Butch was killed in aerial combat at the age of 29. His hometown would not allow the memory of this WW II hero to fade, and today, O'Hare airport in Chicago is named in tribute to the courage of this great man.

So, the next time you find yourself at O'Hare International, give some thought to visiting Butch's memorial displaying his statue and his Medal of Honor. It's located between Terminals 1 and 2.

SO WHAT DO THESE TWO STORIES HAVE TO DO WITH EACH OTHER?

Butch O'Hare was "Easy Eddie's" son!

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
The Centers for Disease Control and Prevention Designated
October 18
National Mammography Day



Understanding Mammograms

What is a mammogram? – A mammogram is an x-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer.

Why should I get a mammogram? – Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When breast cancer is found early, many women go on to live long and healthy lives.

When should I get a mammogram? – Women should have mammograms every two years from age 50 to 74. Talk to your health professional if you have any symptoms or changes in your breast or if breast cancer runs in your family. He or she may recommend that you have mammograms before age 50 or more often than usual.

How is a mammogram done? – You stand in front of a special x-ray machine. A technologist will place your breast on a clear plastic plate. Another plate will firmly press your breast from above. The plates will flatten the breast holding it still while the x-ray is being taken. You will feel some pressure. The other breast will be x-rayed in the same way. The steps are then repeated to make a side view of each breast. You will then wait while the technologist checks the four x-rays to make sure the pictures do not need to be redone. Keep in mind that the technologist cannot tell you the results of your mammogram.

What does having a mammogram feel like? – Having a mammogram is uncomfortable for most women. Some women do find it painful. A mammogram takes only a few moments and the discomfort is over soon. What you feel depends on the skill of the technologist, the size of your breasts, and how much they need to be pressed.

Before you get a mammogram, you may want to ask the following questions:

- What will happen? How long will I be there?
- Do you have my previous mammograms?
- When will my doctor get the results?
- When and how will I learn about the results?
- When will I need to have my next mammogram?

What does a mammogram look like? – Each woman's mammogram may look a little different because all breasts are slightly different. A doctor with special training, called a radiologist, will read the mammogram. He or she will look at the x-ray for early signs of breast cancer or other problems.

When will I get the results of my mammogram? – You will usually get the results within a few weeks, although it depends on the facility. A radiologist reads your mammogram and then reports the results to you or your doctor. If there is a concern, you will hear from the mammography facility earlier. Contact your health professional for the mammography facility if you do not receive a report of your results within 30 days.

Tips for getting a mammogram:

- Try not to have your mammogram the week before or during your period as your breasts maybe tender or swollen.
- On the day of your mammogram, don't wear deodorant, perfume, or powder. These products can show up as white spots on the x-ray.
- Some women prefer to wear a top with a skirt or pants instead of a dress.
- You will need to undress from your waist up for the mammogram.

What happens if my mammogram is normal? – Continue to get regular mammograms. Mammograms work best when they can be compared with previous ones. This allows your doctor to compare them to look for changes in your breasts.

What happens if my mammogram is abnormal? – If it is abnormal, do not panic. An abnormal mammogram does not always mean that there is cancer. But you will need to have additional mammograms, tests, or exams before the doctor

can tell for sure. You may also be referred to a breast specialist or a surgeon. It does not necessarily mean you have cancer or need surgery. These doctors are experts in diagnosing breast problems.

Where can I get a mammogram and who can I talk to if I have questions:

- If you have a regular doctor, talk to him or her
- Call the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER (1-800-422-6237)
- For Medicare information call: 1-800-MEDICARE (1-800-633-4227)
- Centers for Disease Control and Prevention (CDC) has a program called the National Breast and Cervical Cancer Early Detection Program which works with health departments and other groups to provide low-cost or free mammograms to women who qualify. To find out if you qualify:
<http://www.cdc.gov/cancer/nbccedp/screenings.htm>

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

Taste of Villa Charlotte's Salad Dressing

Submitted by: B. Zelch



- ¼ Cup White Wine Vinegar
- ¼ Sugar
- 1 Small Shallot
- 1-1/2 TBS Poppy seeds
- ½ tsp Salad
- ½ tsp Ground Mustard
- ½ Cup Olive or Grapeseed Oil **OR** you can use ¼ Cup each

Whisk ¼ Cup White Vinegar with ¼ Cup Sugar until sugar is mostly dissolved.

Peel 1 small shallot and grate with smallest holes into the bowl of vinegar & sugar

Add 1-1/2 – 2 TBS Poppy seeds, ½ tsp salt, ½ tsp ground mustard and whisk to combine.

Whisking the dressing steadily, pour ½ Cup Oil into the dressing in a slow stream. Continue whisking until completely combined.

(Candied walnuts or pecans, goat cheese, strawberries can be added to whatever greens you like, spinach, butternut, etc.)

This is what makes it good!

Can be stored in fridge in a covered container for week.

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.
Patio Residents: 5 minutes before scheduled pick-up - Open front door so that driver is alerted you are **AWARE** of your scheduled pick up when he pulls up to your door.