



THE VILLA *Villager*

A Monthly Newsletter for Residents and Friends of Vincentian Villa



MAY 2018 *Letter from Larry*



May once more! A time for the Villa staff to shift from inside to outside! A time when things are starting to come to life once more and a time when we have to repair all the things that this past winter has given us!

May is a month with a lot going on. May 28th is *Memorial Day*. The unofficial start of summer and a United States Federal holiday! It is observed each year on the last Monday in May. This day is in honor and remembrance of all men and woman who have died while serving in the United States Armed Forces. Memorial Day is also a day to remember all loved ones that have passed away.

Happy Mother's Day to all the mothers out there, as May 13 is your day! Everyone has one ... or has someone who is like a mother to them. On the second Sunday of May, we honor those women who are our mothers. Whether we shower her with gifts, take her to a fancy dinner or make her a homemade card, what mom's want most is to be surrounded by the love of their family. Knowing the people they love are safe, sound and healthy is a mom's number one priority.

May 8th is *VE Day*. Victory in Europe Day! This day in 1945, marked the formal acceptance by the Allies of World War II of Nazi Germany's unconditional surrender of its Armed Forces. A day close to my heart as my Dad was part of the build up to it.

Every month I look at the national days' worth mentioning in the newsletter and every month there seems to be more and more of them. This month is no exception, way too many!

From my last month's newsletter some of you have asked me about the Rainbow Bridge that I mentioned. I have included this in a couple of past letters, but for

those of you that are not familiar with it, here it is in full. Always brings tears to my eyes.



Just this side of heaven is a place called Rainbow Bridge.

When an animal dies that has been especially close to someone here, that pet goes to Rainbow Bridge. There are meadows and hills for all of our special friends so they can run and play together. There is plenty of food, water and sunshine, and our friends are warm and comfortable.

All the animals that had been ill and old are restored to health and vigor. Those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by. The animals are happy and content, except for one small thing; they each miss someone very special to them, who had to be left behind.

They all run and play together, but the day comes when one suddenly stops and looks into the distance. His bright eyes are intent. His eager body quivers. Suddenly he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.

You have been spotted, and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.

Then you cross Rainbow Bridge together....

Author unknown...

At the Villa we are starting to see what May has to offer. New life is apparent as the grass becomes greener, the trees and bushes once again come to life and all the time getting bigger. Talking of getting bigger I can't believe what a difference 8 weeks make. What are they feeding this kid?



Big brother is quite the little man now

I will have the opportunity to go see them later this month, should be good for a story or two.

May is also the time to get the golf clubs out. Some of you will know that I do play golf ... well I try! Unlike most other sports that I started as a young kid, I only actually started playing golf on a regular basis about 3 years ago. This is one more thing that I can thank Vincentian for. As you will know, we have the *Sister Eileen Charity Golf Classic* every year. Three years ago I thought it would be nice to participate, after all, how hard could it be? Hit a little white ball until it ends up in a little white hole. Yea ... right!

Now, I know there are many golfers reading this, and most of you are better than me. After playing that first round I was hooked. Hooked because it could only get better! I had to keep playing as I was not going to let that little white ball get the better of me! I played a few more times that year, but nothing really seemed to change and I had no idea what I was doing wrong ... I thought I was doing it all right. So last year, I decided to start early and hit the driving range. This proved very useful as I had the chance to watch other golfers and sometimes get tips from them. This paid off ... I was hitting the ball longer and straighter than ever! Time to actually hit the course for the first time! Big difference! The course has little things like trees, sand and water, right in the way of where you need to go. All you weekend golfers will know what I am talking about! There are also other things. This particular round I actually came close to a hole in one. A line drive straight into the side of a porta-potty. Yes, there was someone in it and I won't tell you what he said to me!

After long evenings at the range, hitting hundreds of balls and playing a lot of golf last year, I actually started getting the hang of things. When I say *getting the hang of things*, it in no way means good ... or even quite good! It just means that there were other people on the course worse than me! By the time summer was gone, and it was time to put the clubs away for another winter, I was feeling quite good as to how far I had progressed and was looking forward to this spring.

About a month ago I got the clubs out and full of confidence from last year headed to the driving range. It felt like 3 years ago ... I was starting all over again. Everything I had done so well last year had somehow deserted me! I hope I get it back quicker this year but I'm not going to quit until I master the art of getting that little white ball into that little white hole! I do have a point to this story. I have a poem above my desk that a resident gave me years ago. I refer to it every once in a while when things seem hard. It reads.

"Don't Quit."

*When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night slipped down,
How close he was to the golden crown.
Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit—
It's when things seem worst that you mustn't quit.*

- Author Unknown.

~ Larry

INTERESTING FACTS YOU MAY NOT KNOW

life
hacks

#869

Do not use chemicals to kill ants. Instead, get a spray bottle, fill it with water and salt (25%), shake well, spray... boom, dead!

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#865

9 foods that get rid of an upset stomach: Bananas, Ginger, Plain yogurt, Papaya, Apple Sauce, Oatmeal, White Rice, Chamomile Tea, Chicken Broth

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#854

Running your Bacon under cold water before cooking will reduce shrinking by up to 50%!

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#833

Remove a splinter easily by applying a paste of baking soda and water, then waiting several minutes for the splinter to pop out of the skin.

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Use the bottom portion of an empty 2 liter pop bottle to make flavored ice for your punch bowl. It will look like a flower!

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#802

Putting a small amount of 7up in a flower vase will preserve them for much longer.

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#701

If you're in an area where you should have cell phone service but don't, put your phone on airplane mode and then switch back. This will cause your phone to register and find all the towers in your vicinity.

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#721

When approaching a door, look for the hinges. If you see them, pull. If not, push. This will help you avoid some embarrassing moments!

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#681

When filling your car with gas, hold the trigger half way. You'll get more gas and less air in the tank.

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#579

Falling air pressure causes pain in bird's ears, so if birds are flying low to the ground it almost always means a thunderstorm is coming.

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#658

Eat more marshmallows!
Marshmallows relieve toothaches, asthma, sore throats, and arthritis.

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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 TUESDAY** Every Month (Unless Otherwise Noted)
Where: Club House
What: **Social Committee Meeting @ 3:00pm**
All Residents Invited to Attend

Date: **Second & Fourth Tuesday of Month**
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 - Hearing Loss



According to the Hearing Loss Association of America about 20 percent of Americans 48 million, report some degree of hearing loss. Hearing loss is the third most common health problem in the U.S., and it can affect the quality of your life and relationships.

Certain conditions, including age, illness and genetics, may play a role in hearing loss. Modern life has added a host of ear-damaging elements to the list, including some medications and plenty of sources of loud, ongoing noise.

What Causes Hearing Loss?

Hearing loss can be caused by many different causes, some of which can be successfully treated with medicine or surgery, depending on the disease process.

Advanced age is the most common cause of hearing loss. One out of three people age 65-74 has some level of hearing loss. After age 75, that goes up to one out of every two people. Researchers don't fully understand why hearing declines with age. It could be that lifetime exposure to noise and other damaging factors slowly wear down the ears' delicate mechanics. Your genes are also part of the mix.

Illnesses such as heart disease, high blood pressure, and diabetes put ears at risk by interfering with the ears' blood supply. Otosclerosis is a bone disease of the middle ear, and Meniere's disease affects the inner ear. Both can cause hearing loss.

Living With Hearing Loss

Learning you have significant hearing loss can be overwhelming. The first step is to visit an ear, nose, and throat (ENT) specialist to rule out any medical conditions that could be affecting your hearing. Next, you'll want to work with an audiologist to learn about things that can help you manage your hearing loss.

You can help your team by asking questions. Ideas include:

- How severe is my hearing loss?
- What type of hearing loss do I have?
- Is my hearing loss permanent?
- Do I have trouble detecting sound, discriminating words, or both?
- Are one or both ears affected?
- Will my hearing get worse?
- Is there medication that might help?
- Am I a candidate for surgery?
- Could I benefit from a cochlear implant?
- Would a hearing aid help? Which types might work best for me?
- Where can I find assistance in paying for these devices?
- What other devices might be helpful?
- Where can I learn sign language?
- Where can I learn about services like closed captioning and TTY?
- Would I benefit from speech and language therapy?
- What other communication improvement strategies should I know about?
- Should I avoid certain activities?
- Would I benefit from listening therapy?

Set up your home so your rooms are well lit and places to sit face each other. When people talk, watch their mouths move as well as their facial expressions. Remove avoidable sources of background noise. For instance, turn off the TV when no one's watching it.

Let people know what they can do to help you understand them better:

- Get your attention before they start talking.
- Make sure you can see their lips moving.
- Speak clearly, but don't shout.

Most people with permanent hearing loss can benefit from a hearing aid. You typically wear these tiny instruments in or behind your ear to make sounds louder. Things do sound different through a hearing aid though, so you should talk with your doctor to set realistic goals.

Take Good Care of Your Ears

Hearing loss is often permanent, so do what you can to protect one of your most valuable natural assets. Wear earplugs when you're around sounds as loud or louder than traffic. Lawn mowers, power sanders, vacuums, and most concerts are all loud enough to harm unprotected ears. When possible, move away from the source of the

noise. For example, cross the street or cover your ears when you walk past a loud road construction site.

Prevention is the best way to keep hearing long-term. If you've already lost some hearing, there are ways to stay connected and communicate with friends and family. One example is choosing a phone with a caption service. I have included a flyer from *ClearCaptions*.

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




ClearCaptions

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Amplified Captioned Phone

WordsMatter.



- Phone and captioning service provided at NO COST through a federally-funded program
- 8" full color touchscreen display
- Amplified handset-up to 50db boost
- Answering machine with captioned messages
- Three tone settings for customized sound
- Integrated phone book and call log
- Hands-free speakerphone
- Free installation and lifetime warranty

REQUIREMENTS:

- Home phone service
- High-speed internet
- Hearing loss

Contact me today!

Bill Drambel
724-766-5073

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Taste of Villa – Grasshopper Pie Bars

Woman's Day Magazine – 1973



Filling:

½ Cup Milk
3 Cups Mini Marshmallows
2 TBSP Unsalted butter, cut into small pieces
2 TBSP plus 1 Cup Heavy Cream
2 tsp pure Peppermint Extract
1 tsp pure Vanilla Extract
6 to 8 drops liquid green food coloring (optional)

Topping:

¾ Cup Heavy Cream
6 oz Bittersweet Chocolate – finely chopped

Crust:

34 Chocolate Wafer Cookies (we used Nabisco Famous Wafer)
6 TBSP Unsalted Butter, melted

In a medium saucepan, heat milk on medium until hot. Add marshmallows and butter and stir to melt. Remove from heat; stir in 2 TBSP heavy cream, extracts and food coloring (if using); let cool to room temperature (about 1 hour)

Meanwhile, line a 9-in square baking pan with parchment paper, leaving a 2-in overhang on 2 sides. In a food processor, pulse cookies to form fine crumbs. Add butter and pulse to combine. Press evenly into bottom of the prepared pan and refrigerate.

Once marshmallow mixture is cool, using an electric mixer, beat remaining 1 cup cream until stiff peaks form. Fold a spoonful of cream into marshmallow mixture to loosen, then fold in remaining cream and spread on top of chilled crust. Refrigerate until set (at least 30 minutes).

Make topping: In a small pot, heat cream on medium until hot but not boiling. Remove from heat and add chocolate; let sit 1 minute, then stir until melted and smooth. Spread evening over filling and refrigerate until set (30 minutes or up to a day).

When ready to serve, use overhangs to transfer to cutting board and cut into pieces.

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.