



THE VILLA
Villager

A Monthly Newsletter for Residents and Friends of Vincentian Villa



JUNE 2018

Letter from Larry



June, a time to say *Happy Father's Day* to all you dads out there! Father's Day is observed annually on the third Sunday in June. This day is set aside to honor the role that fathers play in the family structure and society.

On June 14, we honor Old Glory on National Flag Day. This day commemorates the adoption of the United States Flag on June 14, 1777. On *National Flag Day*, Americans show respect for the U.S. Flag and what it represents. Representing independence and unity, the Stars and Stripes have become a powerful symbol of Americanism and flown proudly.

While Betsy Ross has been given credit for stitching together the first American flag, there isn't any sound evidence supporting the story. At the same time, there isn't any to disprove it either. During Ross's Revolutionary time, several standards were carried bearing red and white stripes and varying symbols where in blue where the stars now reside. Since 1777, the design of the flag has been officially modified 26 times. For 47 years, the 48-star flag was in effect. In 1959, the 49-star version became official on July 4. President Eisenhower ordered the 50-star flag on August 21, 1959 after Hawaii became the 50th state.

Seventeen-year-old Robert G. Heft of Ohio designed the 50-star American flag. His was one of the more than 1,500 designs that were submitted to President Dwight D. Eisenhower. Many people have died protecting our country. On National Flag Day, raise the flag and fly it proudly.

June 6, 1944, is known most commonly by the term *D-Day*. It refers to the landing of Allied forces on the beaches of Normandy, France, staging one of the pivotal attacks against Germany during World War II. World War II museums, memorials, and ceremonies will be honoring the American, British and Canadian forces who landed along the 50 mile stretch of beaches that day 74 years ago.

June 21st see the official start of summer and the longest day of the year, known as the *Summer Solstice*. This spring we saw the Villa come to life once more and the blossoms on the trees were the best ever. Amazing to see how far we have come in 8 short years.



Now, as you all know I am searching my memory banks for stories for you. To be honest, I have told you all the ones that I can remember, but often something happens, or I see something that reminds of another one. This month it was an article on the BBC website. Treasure hunting! Two people had asked a farmers permission to go metal detecting on his property and without hesitation he said that they could, not thinking that they would find anything.

The two set out for the day to see what earthly treasures they could come up with. They found the normal things that you might expect ... bottle tops, nails and many other useless things. Then came the beeping sound that they had hoped for! Finally something good was buried in the soil. They dug down and unearthed a coin, a very old Roman coin. Could this be the jackpot they had so patiently waited for? It was the find of a lifetime so they concentrated on this small area of the farmer's field. They then unearthed another and then another! As time went on they managed to gather a bag full of these precious gold coins. I can only imagine their excitement as they wondered how much their bounty would bring them. After all, similar finds were worth millions.

Not this time. Their joy soon turned to dismay when they found out that all the coins were fake. Turns out that a few months prior, a production company was filming a Roman era film and had placed the fake coins in the ground as part of the production. Not all were recovered as the farmer had plowed the field in preparation to planting his crops.

This story reminded me of when I was a kid growing up on Bournemouth Beach. We were there almost on a daily basis and I would watch as people with metal

detectors made their way up and down the sand looking for their own hidden treasure.

My Dad could build or fix just about anything ... so he set about building a metal detector in our garage. I remember watching him as he built the thing out of a piece of plastic pipe for the handle and two pieces of wood sandwiched together for the base that held the all-important copper wire coil. As the various pieces were put together we soon had the finished product. We grabbed the headphones from our stereo system and tried it out in the back yard. Worked great!

With a fully functional metal detector we headed to Bournemouth Beach to try our luck. We really didn't find all that much worth talking about so it was time to build the new and improved Mark II version. A tweak here and a tweak there we were ready to go again. This time we had a plan!

Bournemouth Beach is a huge vacation spot for people all around England. They would spend their days lying on the sand soaking up the sun and generally having fun. The time to strike was after they had all left for the day so we hit the sand in the early evening.

It didn't take too long before we started getting hits. Coins, lots of them in different places! People tend to sit on the beach in their shorts and generally would have change in their pockets which had a tendency to fall onto the sand as they relaxed to catch some rays. This was our target and we found just that - groups of coins that had fallen out of pockets in different places!

We would stay on the beach until close to dark but by no means did we get rich from our finds. We did manage a few dollars each time we went out and even found a ring or two but no major haul. We even managed to find some gun shell casings, presumably from World War II when the beaches were fortified in anticipation of the German invasion that never came.

Lots of fun days on Bournemouth Beach when I was growing up!

~ Larry

DID YOU KNOW?



The flag is carefully folded into the shape of a tri-cornered hat. It is emblematic of the hats worn by colonial soldiers during the War for Independence. In the folding, the red and white stripes are finally wrapped into the blue, as the light of day vanished into the darkness of night. When the flag is completely folded only a triangular blue field of stars should be visible. This custom of special folding is reserved for the United States flag alone.

The flag-folding ceremony represents the same religious principles on which our country was originally founded. The portion of the flag denoting honor is the canton of blue containing the stars representing the states our veterans served in uniform. The canton field of blue dresses from left to right and is inverted when draped as a pall on a casket of a veteran who has served our country in uniform. In the Armed Forces of the United States, at the ceremony of retreat the flag is lowered, folded in a triangle fold and kept under watch throughout the night as a tribute to our nation's honored dead. The next morning it is brought out and at the ceremony of reveille it is run aloft as a symbol of our belief in the resurrection of the body.

The first fold of our flag is a symbol of life.

The second fold is a symbol of our belief in the eternal life.

The third fold is made in honor and remembrance of the veteran departing our ranks who gave a portion of life for the defense of our country to attain a peace throughout the world.

The fourth fold represents our weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as in times of war for His divine guidance.

The fifth fold is a tribute to our country, for in the words of Stephen Decatur, “Our country, in dealing with other countries, may she always be right; but it is still our country, right or wrong.”

The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation, under God, indivisible with liberty and justice for all.

The seventh fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies, whether they are found within or without the boundaries of our republic.

The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day. It also is to honor mothers, for whom it flies on Mother’s Day.

The ninth fold is a tribute to womanhood; for it has been through their faith, love, loyalty and devotion that the character of the men and women have been molded who have made this country great.

The tenth fold is a tribute to father, for he, too, has given his sons and daughters for the defense of our country since they were first born.

The eleventh fold (in the eyes of a Hebrew citizen) represents the lower portion of the Sea of King David and King Solomon, and glorifies, in their eyes the God of Abraham, Isaac, and Jacob.

The twelfth fold (in the eyes of a Christian citizen) represents an emblem of eternity and in their eyes glorifies God the Father, The Son, and Holy Ghost.

When the flag is completely folded the stars are uppermost, reminding us of our national motto, “In God We Trust”

After the flag is completely folded and tucked in it takes on the appearance of a cocked hat. The shape ever reminds us of the soldiers who served under General George Washington and the sailors and marines who served under Captain John Paul Jones who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for us the rights, privileges, and freedoms we enjoy today.

Flag Day – June 14

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

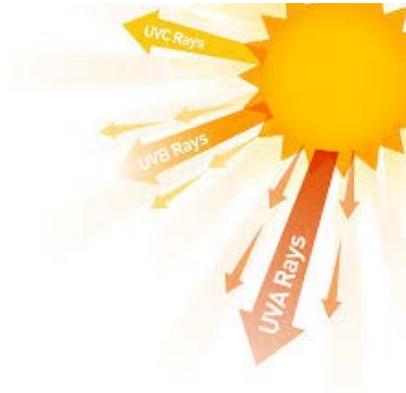
Date: **Every Thursday (Unless Otherwise Noted)**
Time: **9:00 a.m.** (McIntyre Square)
12:30 p.m. (McIntyre Square & Kuhn's Market)
Where: Pick up at your home or apartment
What: **Thursday Weekly Grocery Shopping Trip**

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

Medical Corner

Protect Yourself from the Sun

Skin cancer is the most common cancer in the United States. Unlike most other types of cancer, skin cancer rates are increasing. Current estimates are that one in five Americans will develop skin cancer in their lifetime. Melanoma, basal cell, squamous cell and merkle cell skin cancers have all been linked to ultraviolet radiation, according to the American Cancer Society[®]. In fact, more people develop skin cancer because of tanning than develop lung cancer because of smoking. The incidence rate of melanoma a less common, but more deadly skin cancer, has doubled from 1982 to 2011. Ultraviolet radiation comes from sun exposure and indoor tanning.



The facts about ultraviolet radiation, sun exposure and indoor tanning. The information below on sun exposure and indoor tanning is available along with a comprehensive list of skin cancer facts and statistics on the Skin Cancer Foundation's website ...www.skincancer.org.

- Ultraviolet (UV) radiation is a proven human carcinogen.
- The International Agency for Research on Cancer, an affiliate of the World Health Organization, includes ultraviolet (UV) tanning devices in its Group 1, a list of agents that are cancer-causing to humans. Group 1 also includes agents such as plutonium, cigarettes and solar UV radiation.
- Individuals who have used tanning beds 10 or more times in their lives have a 34 percent increased risk of developing melanoma compared to those who have never used tanning beds.

Risk Factors

- Exposure to natural and artificial ultraviolet light is a risk factor for all types of skin cancer.
 - Avoiding this risk factor alone could prevent more than 3 million cases of skin cancer every year.
 - Research indicates that UV light from the sun and tanning beds can both cause melanoma and increase the risk of a benign mole progressing to melanoma.
- Increasing intermittent sun exposure in childhood and during one's lifetime is associated with an increased risk of squamous cell carcinoma, basal cell carcinoma and melanoma.

- People older than 65 may experience melanoma more frequently because of UV exposure they've received over the course of their lives.
- Higher melanoma rates among men may be due in part to lower rates of sun protection.
- Risk factors for all types of skin cancer include skin that burns easily; blond or red hair; a history of excessive sun exposure, including sunburns; tanning bed use; immune system-suppressing diseases or treatments; and a history of skin cancer.
 - People with more than 50 moles, atypical moles, or large moles are at an increased risk of developing melanoma, as are those with light skin and freckles, and those with a personal or family history of melanoma.
 - Melanoma survivors have an approximately nine-fold increased risk of developing another melanoma compared to the general population.
- Men and women with a history of nonmelanoma skin cancer are at a higher risk of developing melanoma than people without a nonmelanoma skin cancer history.
 - Women with a history of nonmelanoma skin cancer are at a higher risk of developing leukemia, breast, kidney and lung cancers, and men with a history of nonmelanoma skin cancer are at a higher risk of developing prostate cancer.

Did you know?

- Insect Repellants reduce sunscreen's SPF by up to 1/3? When using a combination, use a sunscreen with a higher SPF!
- The UV Index forecast is issued each afternoon by the National Weather Service? Over exposure to the sun's harmful rays can result in sunburns which increase your risk of developing skin cancer.
- The ability to block UV light is not dependent on the darkness of the lens or the price tag? Always choose sunglasses that are labeled as blocking 99-100% of UV rays. Some manufacturers' labels will say "UV absorption up to 400nm." This is the same thing as 100% UV absorption.
- The sun's UV rays are strongest between 10 a.m. and 4 p.m.? Seek the shade whenever possible.

Protect Yourself!

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, and both UVA and UVB protection.
- Avoid indoor tanning.

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

Taste of the Villa - Carrot Sheet Cake

Submitted by Reva (sister-in-law) of S. Horne



INGREDIENTS

4 large eggs	1 Cup Vegetable Oil
2 Cups Sugar	2 Cups all-purpose flour
2 teaspoons Baking Soda	¼ teaspoon Baking Powder
2 teaspoons Ground Cinnamon	½ teaspoon Salt
3 Cups Shredded Carrots	2/3 Cup Chopped Walnuts

Optional:

2/3 Cup Raisins – soak them in rum for a day or two. (Just enough to moisten)

FROSTING:

1 package (8 ounce) Cream Cheese (soften)	½ Cup Butter (soften)
1 teaspoon Vanilla Extract	4 Cups Confectioners' Sugar
2/3 Cup Chopped Walnuts	

DIRECTIONS:

Preheat oven at 350°

In a bowl, beat eggs, oil and sugar until smooth. Combine flour, baking soda, baking powder, cinnamon and salt; add to egg mixture and beat well. Stir in carrots and walnuts and raisins.

Pour into a greased 15x10x1 baking pan.

Bake for 35 minutes or until a toothpick inserted in the center comes out clean.
Cool on a wire rack.

Frosting:

Beat cream cheese, butter and vanilla in a bowl until smooth; beat in sugar.
Spread over cake. Sprinkle with nuts.

Note: If baking in 9 x 13 pan, cake needs to bake longer until toothpick inserted in center comes out clean. Also makes 6 cupcakes

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.