



THE VILLA  
*Villager*

A Monthly Newsletter for Residents and Friends of Vincentian Villa

## JULY 2018

### *Letter from Larry*



A very Happy and Safe 4<sup>th</sup> of July from myself and all the Villa staff! I don't think that I need to go into all the details about this date, other than wish the USA a very Happy Birthday. Fire up the grills and fill up the coolers as this is one fine day for a party!

Another day this month is *National Pennsylvania Day*. July 20 recognizes the second state to join the Union. Once the home of the temporary capital of the United States in Philadelphia, Pennsylvania is also known as the Keystone State! While the source of the nickname has been forgotten, the meaning is not lost. Bridge builders know leaving the vital keystone out of their structure would be folly and would lead to collapse.

Pennsylvania played many roles that could be considered keystones. Its vote for independence was split between its eight delegates and played a vital role in deciding to move toward independence and cementing the union of the newly formed country.

The Declaration of Independence and the U.S. Constitution were signed in Philadelphia during its tenure as the temporary capital. It was geographically centered among the 13 original colonies.

Many of you keep asking how my young nephew and new niece are doing. Well, they are doing great. I had the chance to go and visit them last month. Greg is turning into quite the little man and Dorothy is so precious. My brother and his wife do have their hands full to say the least.

Here are a couple of pictures that I would like to share with you. Greg is quite the car guy and was so happy to see me show up in my truck so he could go out for ice cream in what he calls the big boys truck.



As for Dorothy, well I think the picture says it all! I have no other words.

It was another great trip and I am so blessed to have them reasonably close so I am able to see them when I can. The trip was basically uneventful so there are no good stories to pass on from this one. Well, there was the flooded kitchen incident, but that was just a glitch in the way the new waste disposal unit was installed. I forgot to remove a plug while installing the thing. I should send them the bill for cleaning the kitchen floor!

Until next month ....

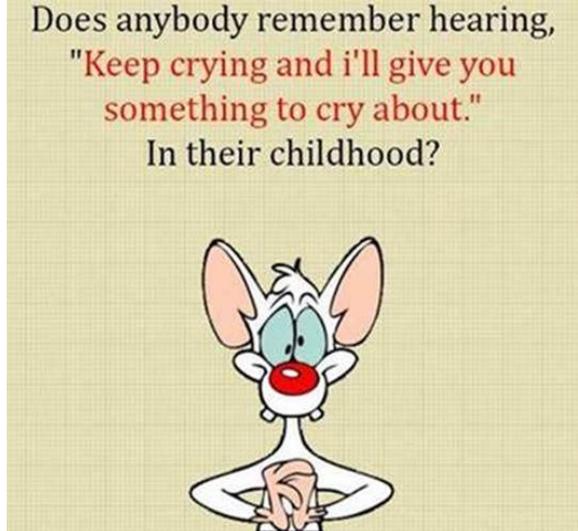
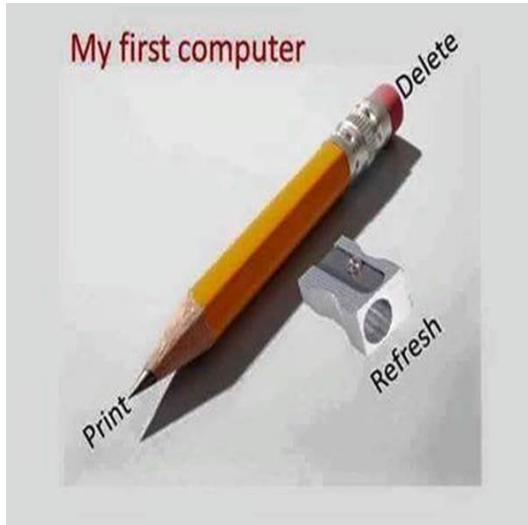
Celebrate...

Enjoy the Day...

Be safe...

~ Larry

# VINTAGE HUMOR



A handwriting practice sheet for the Palmer method. It features several rows of cursive letters on lined paper. The first row shows the name "Palmer". The second row shows uppercase letters A through G. The third row shows uppercase letters H through O. The fourth row shows uppercase letters P through V. The fifth row shows uppercase letters W through Z followed by lowercase letters a through f. The sixth row shows lowercase letters g through q. The seventh row shows lowercase letters r through z followed by the numbers 1 and 2. Below the handwriting practice, there is a block of text: "The Palmer method of penmanship - we started to learn this in 2nd grade and had to practice on specially lined paper every day - in pencil. You didn't get to go to using a pen until 4th grade."

A black and white photograph of a young child standing next to a car seat. The child is wearing a car safety harness. To the right of the child, the number "6<sup>55</sup>" is written in a large, bold font. Below the photograph, there is a block of text: "Protect Your Child with a Car Safety Harness! Keeps 'em from climbing, sliding, and falling! Adjustable. For front or back seat! Buy now! C1260".



Buying cigarettes at the bedside  
1950s.

## SO GLAD I GREW UP



**DOING THIS**



**NOT THIS**

# 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

## Make *Heart-Healthy* Diet Choices



A heart-healthy diet is delicious and varied – rich in vegetables and fruits, with whole grains, high-fibers, lean meats and poultry, fish at least twice a week and fat-free or low-fat dairy products. By learning to make smart choices – whether you’re cooking at home or eating out – you can enjoy flavorful foods while making heart-healthy choices.

### **Limit your Fats**

Unsaturated fats don’t contribute your cholesterol level the way saturated and trans fats do, but you should still limit the amount you consume. These include olive oils, avocados, and some types of fish, like salmon.

### **Choose Lean Meats and Poultry**

Make sure poultry doesn’t have skin and prepare all meats without added saturated or trans fat. Most meats have about the same amount of cholesterol; roughly 70 milligrams in each three-ounce cooked serving (about the size of a deck of cards).

### **Choose Fat-free or Low-fat Dairy**

Stop using butter, whole milk and 2% milk as well as full-fat yogurt and cheese. Try different brands of fat-free or low-fat cottage cheese, part-skim mozzarella, ricotta, and other fat-free or low-fat cheeses until you find ones that you like.

### **Watch your Cholesterol**

Some common cholesterol-containing foods include whole eggs, shellfish, organ meats like liver and whole milk. Egg whites don’t contain cholesterol and goof

protein sources, so they're fine. In fact, you can substitute two egg whites for each egg yolk in many recipes that call for eggs.

### **Cut Back on Added Sugars**

These foods also tend to be low in vitamins and minerals, but their calories add up quickly. In addition, drinking calorie-containing beverages may not make you feel full, which could tempt you to consume more than you need and add to your weight.

### **Choose and Prepare Foods with Little or No Sodium**

Too much sodium in your diet can increase your risk of high blood pressure, and high blood pressure can increase your risk of heart attack, heart disease, and stroke. Many processed foods contain sodium in other forms too. Some medicines are high in sodium. Be aware of all your sources of sodium, and aim to consume less than 2,300mg of sodium per day. Check with your doctor.

### **Add in More Fruits and Vegetables**

Fruits and vegetables are high in vitamins, minerals, and fiber and they're low in calories. Eating a variety of fruits and vegetables may help control your weight and blood pressure.

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

## Taste of the Villa – Blueberry Muffins



Servings 18

Heat oven to 375 degrees

Grease 18 regular-size muffin cups or 12 large size

### **Batter:**

½ cup butter or margarine, at room temp

1 cup granulated sugar

2 large eggs

1 teaspoon vanilla

2 teaspoons baking powder

¼ teaspoon salt

2 ½ cups fresh or frozen blueberries

2 cups all-purpose flour

½ cup milk

### **Topping:**

1 tablespoon granulated sugar, mixed with ¼ teaspoon ground nutmeg

In bowl, mix butter until creamy, add sugar and beat until pale and fluffy

Add eggs one at a time, beating after each

Beat in vanilla, baking powder and salt

With a spoon, fold in half of the flour then half of the milk; repeat

Fold in blueberries

Spoon into prepared muffin cups and sprinkle topping onto each muffin

Bake 20 – 30 minutes, until golden brown and springy to the touch

# 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.