



# THE VILLA *Villager*

A Monthly Newsletter for Residents and Friends of Vincentian Villa

## AUGUST 2018 *Letter from Larry*

So those hazy, lazy, crazy days of summer are here again! This year is flying by! There are no real big days this month but as usual there are plenty of National Days that celebrate something or other. The first is my favorite, as on August 3rd it is *National Beer Day*. National Beer Day is a day to celebrate and savor the world's most popular alcoholic beverage. Raise a glass of beer today to toast both breweries and bartenders. It is truly a global celebration, enjoyed by people in over 50 countries around the world. Man and woman of course, have enjoyed beer since about 6,000 B.C. Ancient civilizations even referred to it as a food staple. There are two categories of beer: Lager and Ale, and thankfully hundreds, if not thousands of varieties! Why there's a beer variety for almost any and all discriminating drinkers. The exponential growth of small, local micro-breweries has resulted in a wide range of new and exciting varieties. Have a safe and happy Beer Day but, please drink responsibly.



What happens the morning after you've had too much to drink? That's right ... you get a walloping hangover. So, it only makes sense that *National Hangover Day* is the day after *National Beer Day*. Ahhh, yesterday was so much fun. You had a great time celebrating *National Beer Day*, at least what you remember of it. The pounding headache, queasy stomach, and spinning room, are a sure sign that *National Beer Day*, although lots of fun, is over and *National Hangover Day* has painfully arrived. Bring out the aspirin, tomato juice, and a bit of the "dog that bit you."

August 4<sup>th</sup> is also another *favorite* of mine as you may remember from previous years. *National Chocolate Chip Cookie Day*! You all know I love them!

This next day is a little confusing. *V-J Day* or *Victory in Japan Day* has 3 dates to it. Japan surrendered on August 14 and it was announced to the world on August 15 and the formal signing was actually on September 2<sup>nd</sup>. Regardless of which day you view as *V-J Day*, World War II was finally over!

Now that we have some of the National Days out of the way, it's time for me to sit and stare as I try to come up with another story for you all. It's getting harder and harder every month but I know that you all love reading them. If any of you have any ideas that you would like to see in these newsletters please let me know. You all know how to get hold of me.

You may have heard ... *Rocking for Residents* is just around the corner and again this year I have put the ***Villa Villagers Team*** together. Last year we smashed all previous records by raising around \$9,000 as a Team and hopefully we can surpass that this year! I cannot do it alone so I am counting on ALL of you to help me out. Together we can do it!

This month I am going to tell you a story which has a meaning to it. Some years ago I was out in the yard cutting my grass. It was a very hot summer afternoon so shorts and flip flops was dress of the day. My cell phone was on the bench in my garage, just in case I needed it, and I was about half way done when the lawn mower decided to run out of gas. Not a big deal as I had a can of gas in the shed at the bottom of the yard. My shed floor is a few inches off the ground so I had placed a 4x4 paving stone in front of the door which was about 2 ½ inches high. I stepped into the shed to get the gas, something I had done a thousand times before, and then took a couple of steps backwards out of the shed. As I took the last step out, my right foot landed in the edge of the paver and all my weight was on it. My ankle twisted over to the right as my body went left. I heard a loud cracking sound followed immediately by the most intense pain I have ever felt! I let out a blood curdling cry and hit the ground. The pain was so intense that I could not move for what seemed like an eternity! All I could think about was how bad was this going to be. I looked at my ankle and literally watched it get bigger and bigger while turning all kind of interesting colors.

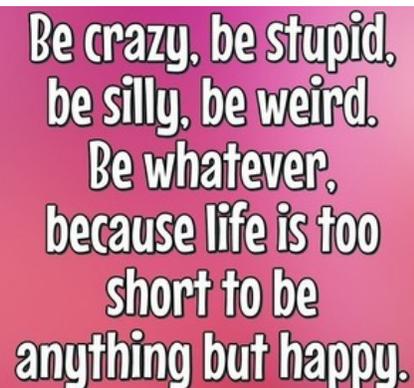
So there I sat wondering what to do next. I tried to get up but there was no way. I needed help and fast! I reached for my phone, but wouldn't you know it, it was on the bench in my garage. After about 10 minutes of agony and wondering what to do next my neighbor behind my house stopped to see what was going on. She was pulling behind her one of those little red carts that we all had as kids. She had heard my scream and saw me on the ground and wanted to help. Now, she is in her 80s and thought that she could put me in the little red cart and push me to her house where she could call for help! She does not own a cell phone. There was *no way* that she was going to be able to do that I thought as the pain got worse and worse. I was not able to think straight when she told me that she was going to get the cordless phone from her house. That will work I told her ... so she went to get it. About a minute later she was back with the phone. Unfortunately, it was too far away from the base station to work - no dial tone! Eventually, as I regained some

of my senses I remembered the cell phone in the garage. I told her where it was and she brought it to me. I was then able to call for help and everything turned out OK. I did have a badly broken ankle and some ligament damage and had to endure some time in a soft cast wearing a surgical boot on my right foot. Not good if you plan on driving. I tried it and trust me, you can't.

I do have a point in telling you this story ... as I was *totally* helpless laying there on the ground wondering what to do and hoping that someone had heard my cry for help. Luckily in my case somebody did but this may not always be the case. The moral of this story goes out to all Villa residents. You all have the Emergency Alert Button, either on a pendant or on your wrist band. **Please wear it at all times!** I have heard so many people tell me that they keep it on their night stand or bed post as this will be the only time when they need it. You never know when you are going to need this valuable emergency service. Whether it is a fall, trip or something more serious, please do not be like me and leave a potential life line to chance. Please wear your Emergency Alert Button at all times - even if you think you don't need it! Chances are you will need it when you least expect it, especially on National Beer Day.

A new feature going forward in my newsletter will be "Quote of the Month." I have many quotes to share in the upcoming months, but if you have one you would like to share, please let me know.

~ Larry



Be crazy, be stupid,  
be silly, be weird.  
Be whatever,  
because life is too  
short to be  
anything but happy.

**YINZ DON'T WANNA MISS IT!**

2nd Annual

# VINCENTIAN ROCKS!

**BENEFIT CONCERT**  
AT JERGEL'S RHYTHM GRILLE

**SUN AUGUST 19**  
SHOW **5:30PM** | DOORS **5PM**

**TICKETS: \$30**

VCS.ORG/ROCKS OR CALL 412.548.4056



**FEATURING:**



**DONNIE IRIS, JOE GRUSHECKY, KELSEY FRIDAY,  
CLINTON CLEGG AND RICK WITKOWSKI**  
WITH MUSIC BY THE HOUSEROCKERS

 **VINCENTIAN**

Proceeds benefit the Vincentian senior communities and Rocking for Residents.



## **FROM ONE FRIEND TO ANOTHER**

Submitted by: S.Horne

*Take two minutes to read these sayings. Written by Andy Rooney, a man who had the gift of saying so much with so few words. Rooney was on 60 Minutes TV show.*

### **I've learned....**

That the best classroom in the world is at the feet of an elderly person.

### **I've learned....**

That when you're in love, it shows.

### **I've learned ....**

That just one person saying to me, 'You've made my day!' makes my day.

### **I've learned....**

That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

### **I've learned....**

That being kind is more important than being right.

### **I've learned....**

That you should never say no to a gift from a child.

### **I've learned....**

That I can always pray for someone when I don't have the strength to help him in any other way.

### **I've learned....**

That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

### **I've learned....**

That sometimes all a person needs is a hand to hold and a heart to understand.

### **I've learned....**

That money doesn't buy class.

**I've learned....**

That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

**I've learned....**

That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

**I've learned....**

That we should be glad God doesn't give us everything we ask for.

**I've learned....**

That it's those small daily happenings that make life so spectacular.

**I've learned...**

That under everyone's hard shell is someone who wants to be appreciated and loved.

**I've learned....**

That to ignore the facts does not change the facts.

**I've learned....**

That when you plan to get even with someone, you are only letting that person continue to hurt you.

**I've learned....**

That love, not time, heals all wounds.

**I've learned....**

That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

**I've learned....**

That everyone you meet deserves to be greeted with a smile.

**I've learned....**

That no one is perfect until you fall in love with them.

**I've learned...**

That life is tough, but I'm tougher.

**I've learned....**

That opportunities are never lost; someone will take the ones you miss.

**I've learned....**

That when you harbor bitterness, happiness will dock elsewhere.

**I've learned....**

That I wish I could have told my Mom that I love her one more time before she passed away.

**I've learned....**

That one should keep his words both soft and tender, because tomorrow he may have to eat them.

**I've learned....**

That a smile is an inexpensive way to improve your looks.

**I've learned....**

That when your newly born grandchild holds your little finger in his little fist, you're hooked for life.

**I've learned....**

That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

**I've learned....**

That the less time I have to work with, the more things I get done.

**HAPPY FRIENDSHIP WEEK TO YOU!**

# 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

## National Health Center Week

### August 12 - 18



### *Things To Do Before Your Next Check-Up*

Getting a check-up is one of many things you can do to help you stay healthy and prevent disease and disability.

You have made the appointment to see your health care provider.  
You have reviewed the instructions on how to prepare for certain tests.  
You have done the usual paperwork.  
DONE...RIGHT?  
Not quite!

Before your next check-up, make sure you do these four things:

**Review your family health history** – Are there any new conditions or diseases that have occurred in your close relatives since your last visit? If so, let your health care provider know. Family history might influence your risk of developing heart disease, stroke, diabetes, or cancer. Your provider will assess your risk of disease based on your family history and other factors. Your provider may also recommend things you can do to help prevent disease, such as exercising more, changing your diet, or using screening tests to help detect disease early.

**Find out if you are due for any general screenings or vaccinations** – Have you had the recommended screening tests based on your age, general health, family history, and lifestyle? Check with your health care provider to see if it's time for any vaccinations, follow-up exams, or tests. For example, it might be time for you to get a Pap test, mammogram, prostate cancer screening, colon cancer screening, sexually transmitted disease screening, blood pressure check, tetanus shot, eye check, or other screening.

**Write down a list of issues and questions to take with you** – Review any existing health problems and note any changes.

- Have you noticed any body changes, including lumps or skin changes?
- Are you having pain, dizziness, fatigue, problems with urine or stool?
- Have your eating habits changed?
- Are you experiencing depression, anxiety, trauma, distress, or sleeping problems?

If so, note when the changes began, how it is different from before, and any other observation that you think might be helpful.

Be honest with your provider. If you haven't been taking your medication as directed, exercising as much, or anything else, say so! You may be at risk for certain diseases and conditions because of how you live, work, and play. Your provider develops a plan based partly on what you say you do. Help ensure that you get the best guidance by providing the most up-to-date and accurate information about you.

Be sure to write your questions down beforehand. Once you are in the office or exam room, it can get hard to remember everything you want to know. Leave room on your sheet between questions to write down your provider's answers.

**Consider your future** – Are there specific health issues that need addressing concerning your future? Are you thinking about losing weight or quitting smoking? Discuss any issues with your provider so that you and your provider can make better decisions regarding your health and safety.

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

# Taste of the Villa Pineapple Sunshine Cake

Compliments of "yummy stuff"



1 box Yellow cake mix  
4 Eggs  
½ Cup oil  
1 (8oz) can Crushed Pineapple w/ juice

## ICING

1 (8oz) container Whipped Topping – thawed  
1 small box Instant Vanilla Pudding  
1 (8oz) can Crushed Pineapple w/ juice

Preheat oven to 350 degrees.

Spray a 9x13 pan with cooking spray.

In a large bowl, combine cake mix, eggs, oil and 1 can crushed pineapple w/ juice. Mix well. Pour into prepared baking pan and bake for 25-30 minutes or until toothpick inserted in center of cake comes out clean.

Allow to cool completely on a wire rack.

In a medium sized bowl, fold together whipped topping, box of vanilla pudding and 1 can crushed pineapple w/ juice. Spread over the top of cooled cake.

# 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.