



SEPTEMBER 2018

Letter from Larry



So the unofficial end of summer is here once more. It seems like summer came and went in the blink of an eye but there is still time for one more picnic as September 3rd is Labor Day.

The first Monday of every September is dedicated to the men and women who have labored to build this country. Through a time-honored tradition that has its roots in the coordinated efforts of the labor movement of the 1800s ... we salute the American worker force. With an added day to the weekend and the school year starting Labor Day also signals the official end of summer. Families take one last summer trip and cities hold one last festival for the season.

Labor Day was celebrated for the first time in New York City in 1882. It was originally celebrated on September 5th but was moved to the first Monday in September in 1884. Labor Day started out as a state holiday, getting voted in by individual states. As the day gained popularity, Congress officially declared Labor Day in 1894.

I am sure that every one of us remembers where they were and what they were doing on September 11th 2001. In memory of the nearly 3,000 people who were killed in the September 11, 2001, terrorist attacks, each year in the United States we observe Patriot Day and National Day of Service and Remembrance.

“As we join in serving causes greater than ourselves and honoring those we lost, we are reminded of the ways that the victims of 9/11 live on — in the people they loved, the lives they touched, and the courageous acts they inspired. On Patriot Day and National Day of Service and Remembrance, we pledge to carry on their legacy of courage and compassion, and to move forward together as one people.”

~Presidential Proclamation~

Patriot Day and National Day of Service and Remembrance

As Labor Day marks the unofficial end of summer, September 23rd marks the actual end of summer. The Autumnal Equinox is observed annually when the sun can be seen directly overhead along the equator, marking the end of summer and beginning of fall in the Northern Hemisphere. The autumn equinox is one of two days when all points on Earth, except the Polar Regions, see the sun rise and set at due east and due west. With few exceptions, all latitudes see almost exactly 12 hours of daylight and 12 hours of darkness.



September 28th is *National North Carolina Day*. I only mention this one as while you are all reading this I will be down there enjoying some time off with my whole family. It will be a family reunion as my parents are flying in and we will all be staying with my brother and his family. Talking of family, check out the latest picture of my niece and nephew!

One other day fast approaching is September 15th ... ***Rocking for Residents!*** By now you all know what this great event is all about. The Villa Villagers are well on their way. So far, we are well over the \$4,000 mark and a huge **THANK YOU** to all that have donated! There is still time to make a donation, just contact me or Sandie. It all goes to a *fantastic* cause and allows us to do things for the residents across our facilities that we would not normally be able to do.

Back in the spring I told you about me and golfing. Well, this summer went according to script. I have played quite a bit and as I thought, the first couple of rounds were not as good as I would have liked, but as time went on my game kept getting better. A few weeks ago, I would have had a hole in one had it not been for the first two shots! Last week I did get a hole-in one! Dead center of the hole! It's a real shame that it was where the hole was the day before! They had moved the hole 30 feet backwards for this day!

Slowly, but surely, my score is coming down ... if I could only figure out how I hit that one fantastic drive, or second shot and then duplicate it on the other tees! Unfortunately, as you golfers will know, it does not work like that. Fairways, in my opinion, are overrated. They may not be if I could actually find one or two! I look at it this way - as I am not playing too badly without most of the fairways, once I actually start finding them I should be pretty good! Don't get me wrong ... I do hit a few fairways and every once in a while I manage to hit the one on the hole that I am actually playing!

Golf is for sure a love / hate relationship. So far this year, I have not hit any portapotties or the club house and just yesterday I went all 18 holes without losing a single ball! That was a first for me. Coming back to the club house with the same ball you started with has to mean your game is getting better ... as it used to be a case of ... if you find more balls than you lose your game is getting better!

I guess the golf business is a good one to be in. They sell every high tech thing they can come up with to make your game better, and all golfers buy them! The range finder is a good example of this. You stand over your ball and line up the gadget with the flag and it tells you that the hole is 445 feet 8.6 inches away. You spend a couple of minutes picking the correct club, analyzing the pin position, and then you hit the ball.

Well, the \$300 range finder did exactly what it was supposed to do ... so what do you do next? You stand over the ball once more, assuming you found it, line it up again with the pin and it tells you that you are now 235 feet 4.9 inches away. Once again, you take a couple of minutes to pick the correct club, analyze the pin position, and then you hit the ball. Now, assuming that you have found the ball again the \$300 gadget is now useless as the ball is right behind a tree with no chance of hitting the green ... never mind the hole. \$300 well spent?

Another good one is the \$300 driver. It comes with wrenches and all kind of good stuff to improve your game; some even have extra club heads, one for left, one for right and one for straight. I have actually seen one of these club heads go further than the ball. If you hit the ball right you can pull out the wrench and adjust it to correct the problem. The ball goes left so out comes the wrench again and you adjust time and time again! I am pretty sure I have never seen Palmer, Nicklas, Hogan and the like using anything like this.

I guess you either have it or you don't. Such a frustrating game but if at first you don't succeed try, try and try again!

My quote for this month is from a person unknown.

“Golf can best be defined as an endless series of tragedies obscured by the occasional miracle.”

~ Larry

How Children Perceive their Grandparents

Submitted by: S.Horne



She was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye.

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was and I told him, 80. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was that?"

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike? You're both old," he replied.

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied, "I can't read."

I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colors yourself!"

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised, "Mine says I'm 4 to 6."

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?" "It's simple," replied the girl, "you just change 'y' to 'i' and add 'es'."

Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. It means carrying a child."

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another, "he's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

Grandpa is the smartest man on earth. He teaches me good things, but I don't get to see him enough to get as smart as him.

Share this with grandparents, almost grandparents, or heck, share it to everyone, it will make their day!



THIS PROGRAM COULD SAVE YOUR LIFE



Are you someone who suffers from an underlying medical condition that first responders or EMS crews should know about in the event of an emergency?

If so, it might be a good idea to check out the Pennsylvania Department of Transportation's Yellow Dot Program.

This life-saving program assists citizens during the "golden hour" of emergency care following a traffic crash when they may not be able to communicate. It alerts first responders who see a yellow dot decal on your car's rear window to check your glove compartment for vital information on the critical medical care you need.

To participate, order your Yellow Dot kit by calling PennDOT at 717-787-6746

You'll receive the medical information sheet and a yellow dot decal. Fill out the medical sheet with your name, a photo, your medical history and other important medical information and place it in your glove compartment. Then place the yellow dot decal on your car's lower left rear window.

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 - Agecize your Life!



When it comes to getting fit, we all have different needs and abilities. About 2,500 years ago, the Chinese philosopher Confucius said, “We each have two lives; the second one begins when we realize we only have one.” Good health is certainly one of the pillars of our one and only life. So how can we stay fit and healthy as we age?

A study released by the University of Michigan Medical School in 2017 reported that regular exercise spurs healthy aging and helps with chronic disease management. Older adults can profit from aerobic exercise, strength and resistance training, stretching and balance work, the study said.

One of the many benefits for seniors who get regular exercise is bone density. Through regular exercise, bone density improves, which helps prevent fracture; balance gets better, making falls less likely; strength increases, and you become more flexible. If walking, running or working out at a fitness center has lost its appeal as you age, there is still a kaleidoscope of other enjoyable ways to get moving. Team Up – join a team, (bowling, dancing, golfing, swimming, belly dancing) as it allows you to meet new friends and work toward a common goal.

Remember ... exercise your brain and body. When it comes to concentration, juggling ranks very high! In addition to the positive physical effects when you choose to get active, your mood changes for the better. Exercise is a natural and very effective treatment for anxiety, depression and stress through the release of endorphins. It also boosts dopamine, norepinephrine and serotonin levels, which help focus and attention.

There is no one fitness routine that works for everyone (just as there is no one diet that fits all). Whatever your endeavor, just remember to keep moving!

Check out **Silver Sneakers** and/or **Silver and Fit** programs to help you get started to a healthier YOU.

This information is general information. Please consult with your physician prior to starting any physical program.

Taste of the Villa

No-Bake Peanut Butter Bars



This recipe calls for only six ingredients and does not require any baking!

Ingredients:

- 1 (12 ounce) jar plus 1/3 cup Smooth Peanut Butter, divided
- 1/2 cup (1 stick) Butter, softened
- 2 cups Powdered Sugar
- 1 (12 ounce) box Crisped Rice Cereal
- 2 1/2 cups Chocolate Chips, divided
- 1/2 to 1 cup Roasted Salted Peanuts, coarsely chopped

BEAT 12 ounces peanut butter and butter until smooth in mixer. Add powdered sugar and beat until smooth.

CRUSH crisped rice cereal to a coarse meal: Pulse cereal in batches using a food processor, or place cereal in a large sealable plastic bag and crush using a rolling pin.

ADD cereal to the peanut butter mixture and beat to combine. Press the mixture into a greased 13-by-9 inch baking dish. Chill until firm.

MICROWAVE 2 cups chocolate chips, stirring every 30 seconds or so, until melted and smooth. Stir in remaining 1/3 cup peanut butter until fully combined and smooth.

SPREAD melted chocolate mixture over peanut butter bars. Sprinkle over the peanuts. Melt the remaining 1/2 cup chocolate chips, then drizzle the melted chocolate over the peanuts.

CHILL until the chocolate is firm, then cut into bars. Makes 16-20 bars.

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.