



FEBRUARY 2019

Letter from Larry

Happy Valentine's Day! *Valentine's Day* began as St. Valentine's Day, a liturgical celebration of one or more early Christian saints named Valentinus. February 14th, Valentine's Day, first became associated with romantic love during the High Middle Ages as the tradition of courtly love was then flourishing. During 18th century England, this day evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery and sending Valentine cards. Have you sent your Valentine a card or flowers this year?



Is spring right around the corner or are we still six weeks away? We'll find out on February 2nd when the groundhog either does, or does not see his shadow!

Groundhog Day is observed on February 2nd, each year in the United States and Canada. For a nice welcomed break during the winter, on this day the groundhog awakens from his nap and goes outside to see if he can see his shadow. It is believed by many that if the groundhog sees his shadow that there will then be six more weeks of winter. If this is so, he then retreats back into his den and goes back to sleep! If he is not able to see his shadow, the groundhog remains outside to play and people celebrate believing that spring is just around the corner.

Punxsutawney, Pennsylvania has been chosen as the site for the annual Groundhog Day event. Thousands of people come to the town of Punxsutawney on Groundhog Day for this day of celebration. Although already a well-known day, Groundhog Day received widespread attention as a result of the 1993 film *Groundhog Day*, which was set in Punxsutawney, PA.

February 18 is *Presidents Day*. Presidents Day is a federal holiday which, in the United States, is observed on the third Monday in February. This day is set aside, by more and more of America's population, to honor all of the past United States Presidents that have served our country. Two of our nation's most prominent Presidents, George Washington and Abraham Lincoln, are brought to mind as we celebrate this day. Their birth dates, which fall close to this same time, have been honored for decades and always will be. Presidents Day is celebrated with public ceremonies in Washington, D.C. and throughout the United States.

I don't know about all of you, but I sure hope the groundhog does not see his shadow. February to me means that spring is just around the corner. We haven't had it too bad so far this winter (he says knocking on every last bit of wood he can find.) Granted, the last 10 days of January were a tad chilly, with a little snow, but all in all it could have been much worse.

My brother in North Carolina had it bad a little earlier this winter, at least for a day or two. Fifteen inches of snow in one day! Now as you know, I have been to see them in Kernersville NC and I have been to their hardware stores many times. They have not yet invented the snow shovel, never mind the mechanized things like the snow blowers!

If we had that much snow it would still be here in March, as the freezing temperatures of Pittsburgh would have prevented it from melting. They, on the other hand, just had to wait a day or so for the temperature to reach 45 degrees. All gone in one day, just like nothing happened. Pittsburgh and Kernersville do have a couple things in common. If the weather man says we are in for a lot of snow we all rush out to stock up on the essentials. Milk, bread and toilet paper!

I have had long conversations about this exact subject with many people. And here are my thoughts and unanswered questions. Who buys 2 to 4 rolls of toilet paper anymore? Can you buy just 2 to 4 rolls of toilet paper anymore? When you go to the store a 12 roll pack is about the minimum - is it not? None the less, it is a known fact that everyone on the planet runs out of toilet paper the day before a snow storm.

I don't know about all of you, but there is enough food in my house to last weeks! Cans of everything under the sun, some of which I have not seen since the day it was bought, however many years ago that was. I actually think that some of the canned food I have requires an actual can opener to open it, none however require bread or milk to make a decent meal.

Another thing that both places have in common, before a snow storm, is the fact that every hardware store is out of anything snow related. Shovels, blowers and snowmelt to name a few! Kernersville has a very good explanation for this. They never had it in the first place. Pittsburgh on the other hand is another story. I have two snow shovels at my house and I have had them for years. I have a snow blower, which I have also had for years. Taking all this into account, and thinking about explanations to this phenomenon, there can only be two answers. Either a lot of Pittsburgher's have garages full of snow shovels and snow blowers, or they are being sold on the black market to the poor people of Kernersville, North Carolina!

While on the subject of North Carolina a few of you have asked how my niece and nephew are doing. They are doing well ... Dorothy will have her first birthday on February 9 and Greg will be 4 in March.



Left and right are pictures of the two of them at 11 months old. I think my brother said it best ... *Beauty and the Beast!* Also the leather chair seems to be aging; I will put that on my brother.



Quote for the Month

*"Life is like riding a bicycle.
To keep your balance, you must keep moving."*
— **Albert Einstein**

~ Larry

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 & Fourth Tuesday of Month**
Time: 11:00 a.m. – 12:00
Where: Apartment Building Library
What: **Villa Bible Study**
All Residents Invited to Attend

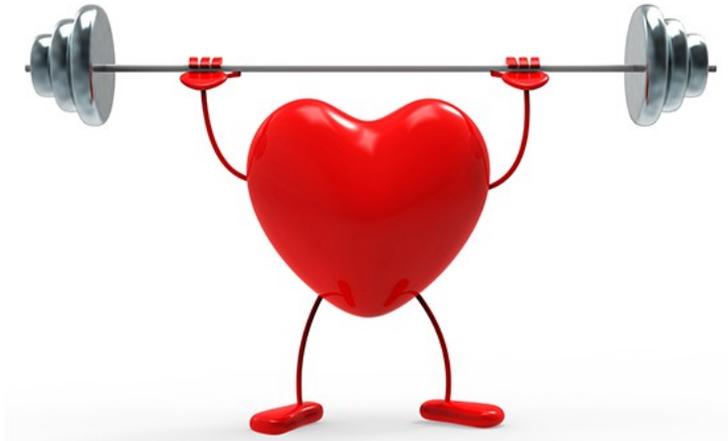
Date: **First and Third Tuesday Every Month**
Time: 1:30 p.m.
Where: Apartment Building Library
What: **Crafty Corner**
All Residents Invited to Attend

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

February is Heart Health Month



Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer.

Make a difference in your community by spreading the word about strategies for preventing heart disease and encouraging those around you to have their hearts check and commit to heart-healthy lives.

Heart Disease Facts

- Heart disease is the **leading cause** of death for both men and women. More than **half of the deaths** due to heart disease in 2015 were in men.
- About 630,000 Americans die from heart disease each year – that's 1 in every 4 deaths.
- Coronary heart disease is the most common type of heart disease, killing about 366,000 people.
- In the United States, someone has a heart attack every 40 seconds. Each minute, more than one person in the United States dies from a heart disease-related event.
- Heart disease costs the United States about \$200 billion each year. This total includes the cost of health care services, medications, and lost productivity.

Risk Factors

High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors for heart disease. About half of Americans have at least one of these three factors.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

For More Information on Heart Disease, visit the American Heart Association website at www.heart.org.

Remember Healthy Heart = Healthy You!



This information is general information. Please consult with your physician with specific questions and/or concerns you may have prior to starting any physical program.

Taste of the Villa

Classic Lemon Pepper Chicken



Serves 4

INGREDIENTS

¼ Cup Flour
1 TBSP Lemon Pepper Seasoning
1 Pound thinly sliced boneless skinless Chicken Breasts
1 TBSP butter

PREPARATION

Mix flour and Lemon/Pepper Seasoning in a shallow dish
Moisten chicken lightly with water
Coat evenly with seasoned flour

Melt butter in large nonstick skillet on medium heat.
Cook ½ of the chicken pieces 3 to 4 minutes per side until golden brown and cooked through
Repeat with remaining chicken, adding additional butter if necessary

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.