



A Monthly Newsletter for Residents and Friends of Vincentian Villa

## MARCH 2019

### Letter from Larry



March and so far not too bad ... was the Groundhog right? All we have to do is get through this month and we should be welcoming spring with open arms!

What do the color green, parades and March 17<sup>th</sup> have in common? Of course, it is St. Patrick's Day (also known as the Feast of St Patrick). One day of the year where it seems *everyone* is Irish!

St. Patrick's Day is celebrated by millions of people across the globe. People wear the color green, drink green beverages and decorate houses and businesses in shamrocks. In fact, the *wearing of the green* is a tradition that dates back to a story written about St. Patrick in 1726. St. Patrick (c. AD 385–461) was known to use the shamrock to illustrate the Holy Trinity and to have worn green clothing.

March 5<sup>th</sup> is Fat Tuesday. The last day of Carnival and the day before for Ash Wednesday! Fat Tuesday is the intertwining of a period festivals and feasts that lead to a time of fasting and reflection. Also known as Shrove Tuesday and Mardi Gras, this enduring celebration has many traditions and deep roots around the world. In the United Kingdom, Shrove Tuesday is also known as Pancake Day. Pancakes are the perfect menu item when the future includes abstaining from fats, eggs, and sweets!

March 10<sup>th</sup> brings the return of Daylight Savings Time, so remember to put your clock forward an hour. You don't want to be late for everything.



The New Zealand Entomologist George Hudson first proposed modern Daylight Savings Time (DST). Hudson's shift-work job gave him

leisure time to collect insects and led him to value after-hours daylight. In 1895, he presented a paper to the Wellington Philosophical Society proposing a two-hour daylight-saving shift, and after considerable interest was expressed in Christchurch, he followed-up with an 1898 paper but nothing was established.

Many publications credit DST proposal to the prominent English builder and outdoorsman William Willett, who independently conceived DST in 1905 during a pre-breakfast ride, when he observed with dismay how many Londoners slept through a large part of a summer day. An avid golfer, Willett also disliked cutting short his round at dusk. His solution was to advance the clock during the summer months, a proposal he published two years later. The Liberal Party member of parliament (MP) Robert Pearce took up Willett's proposal, introducing the first Daylight Saving Bill to the House of Commons on February 12, 1908. A select committee was set-up to examine the issue, but Pearce's bill did not become law, and several other bills failed in the following years. Willett lobbied for the proposal in the UK until his death in 1915.

Port Arthur, Ontario, Canada, was the first city in the world to enact DST on July 1, 1908. This was followed by Orillia, Ontario, introduced by William Sword Frost while mayor from 1911 to 1912.

This month I have an interesting story for you. It is not one of mine but wonder how many people on the planet can say that they have achieved what I'm about to tell you.

First time crossing the equator is considered a big deal, especially in the Navy. Many ceremonies are held on the deck of a ship as it crosses the equator and sailors change from Pollywog to Shellback. These ceremonies observe a mariner's transformation from slimy Pollywog, a seaman who hasn't crossed the equator, to trusty Shellback, also called a Son or Daughter of Neptune. It was a way for sailors to be tested for their seaworthiness.

When a ship crosses the equator, King Neptune comes aboard to exercise authority over his domain and to judge charges brought against Pollywogs that they are only posing as sailors and haven't paid proper homage to the god of the sea. High ranking members of the crew and those who have been Shellbacks the longest dress up in elaborate costume and each play the part of King Neptune's court. For instance, the ship's captain might play the part of King Neptune himself. What proceeds is a day of festivities, which builds camaraderie among the seafaring crew. By the way, I became a Shellback in May 1987!

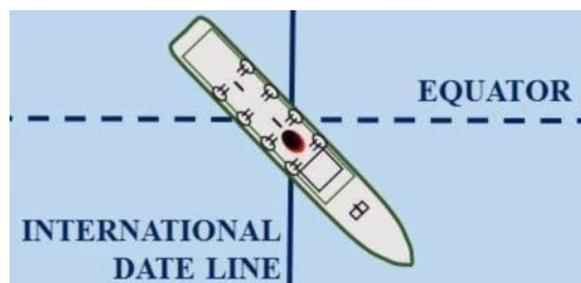
I wonder what festivities would be in store if they achieved the following.

The passenger steamer SS Warrimoo was quietly knifing its way through the waters of the mid-Pacific on its way from Vancouver to Australia. The navigator had just finished working out a star fix and brought the master, Captain John Phillips the result. The Warrimoo's position was latitude 0 degrees 31 minutes north and longitude 179 degrees 30 minutes west. The date was 31 December 1899. "Know what this means?" First Mate Payton broke in, "We're only a few miles from the intersection of the Equator and the International Date Line."

Captain Phillips was prankish enough to take full advantage of the opportunity to achieve the navigational freak of a lifetime. He called his navigators to the bridge to check and double check the ship's position. He changed course slightly so as to bear directly on his mark. Then he adjusted the engine speed. The calm weather and clear night worked in his favor. At midnight, the SS Warrimoo lay on the Equator at exactly the point where it crossed the International Date Line! I just wonder if it was the exact same place a modern day GPS would have put them.

The consequences of this bizarre position were many. The forward part (bow) of the ship was in the Southern Hemisphere and in the middle of summer. The rear (stern) was in the Northern Hemisphere and in the middle of winter. The date in the aft (rear) part of the ship was 31 December 1899 while on the bow (forward part of the ship) the date was 1 January 1900.

The ship was, therefore, not only in two different days, two different months, two different years and two different seasons, but also two different centuries – all at the same time!



How interesting is that story, and actually a fact!

I wanted to share a couple of photos with you. Last month was my niece Dorothy's first birthday.



### **Quote for the Month**

*May the wisdom of God instruct us.  
May the hand of God protect us.  
May the word of God direct us.*

*~ Saint Patrick*

*~ Larry*

## INTERESTING ....

Car owned by a gentle old man who just drove it so carefully over one million miles in 82 years!

**This person had a great start in life.**

**Mr. Allen Swift: Born - 1908 - Died 2010**

**This man owned and drove the same car for 82 years.**

**Can you imagine even having the same car for 82 years?**

**Mr. Allen Swift ( Springfield , Massachusetts ) received this**

**1928 Rolls-Royce Piccadilly-P1 Roadster from**

**his father, brand new - as a graduation gift in 1928.**

**He drove it up until his death last year... At the age of 102.**

**He was the oldest living owner of a car that was purchased new.**

**Just thought you'd like to see it.**

***Rolls Royce Phantom I 1928***

**It was donated to a Springfield museum after his death.**

**It has 1,070,000 miles on it, still runs like a Swiss watch, dead silent at any speed and is in perfect cosmetic condition.**

**82 years - That's approximately 13,048 miles per year (1087 per month).**

**1,070,000 that's miles not kilometers.**

**That's British engineering of a bygone era!**

**I don't think they make them like this anymore.**



# 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 - Diabetes Mellitus



Did you know that...

- People who can strictly control their blood sugar levels may be able to minimize or delay the complications of diabetes
- Diabetes causes many changes in and to the body
- Many people have Type II diabetes and are not aware of it

Every year more and more adults are diagnosed with Diabetes Mellitus and find themselves monitoring their diet and taking oral hyperglycemic medication and/or insulin.

Diabetes Mellitus is a disorder in which blood sugar (glucose) levels are abnormally high because the body does not produce enough insulin to meet its needs.

- Diabetes damages the nerves and causes problems with sensation
- Diabetes damages blood vessels and increases the risk of heart attack, stroke, and kidney failure
- Urination and thirst are increased and there is unintentional weight loss
- Doctors diagnose diabetes by measuring blood sugar levels
- People with diabetes need to follow a low-sugar, low fat diet, exercise regularly, and take drugs to control their blood sugar

Insulin is a hormone that is released from the pancreas. It controls the amount of sugar in the blood. The beverages you drink and the food you eat is broken down into materials used by the body to function including the simple sugar “glucose”. Sugar is absorbed into the blood stream and it stimulates the pancreas to produce insulin. Insulin allows the sugar to move from the blood into the cells where it is converted into energy. This can be used immediately or stored as fat or glycogen until it is needed.

The level of sugar in the blood will vary throughout the day. It will rise after a meal and return to normal within about 2 (two) hours after eating. Once the level returns to normal the insulin production decreases. The level in the blood is normally about 70 to 110 milligrams per deciliter (mg/dL). If you eat large amounts of carbohydrates, the levels may increase. Generally if you are 65 (sixty-five) or older your levels tend to be slightly higher especially after eating.

If the body does not produce enough insulin to move the sugar into the cells, the resulting high levels of sugar and the inadequate amount of sugar in the cells together produce the symptoms and complications of diabetes.

**Pre-diabetes:** A condition in which the blood sugar levels are too high to be considered normal but not high enough to be labeled diabetes. If you fall under this, what you would see is that your fasting blood sugar level reading is 101 mg/dL or 2 hours after a meal a glucose tolerance test reading is between 140 mg/dL and 200 mg/dL. It is important to identify this condition because it carries a higher risk for not only future diabetes but heart disease as well. At this point, doctors advise that decreasing your body weight by 5% to 10% through diet and exercise can significantly reduce the risk of developing future diabetes.

**Type I:** In Type I diabetes (formerly called insulin-dependent or juvenile-onset) more than 90% of the insulin producing cells of the pancreas are permanently destroyed. The pancreas produces little or no insulin. It is estimated that about 10% (ten) of all people with diabetes have Type I. Most people who have Type I develop the disease before the age of 30.

It is believed that an environmental factor perhaps a viral infection or a nutritional factor in childhood or early adulthood causes the immune system to destroy the insulin producing cells of the pancreas. There is also a genetic predisposition that makes some more susceptible to this environmental factor.

**Type II:** In Type II diabetes (formerly called non-insulin-dependent diabetes or adult-onset) the pancreas continues to produce insulin, sometimes even at a higher than normal level. However, the body develops resistance to the effects of insulin so there is not enough insulin to meet the body's needs.

Type II was once rare in children and adolescents but recently has become more common. But it usually begins in someone older than 30 and becomes progressively more common with age. It is estimated that 15% of those older than 70 have Type II diabetes. Certain racial and ethnic backgrounds have an increased

risk of developing Type II. This type of diabetes has a heredity factor and does run in families.

Obesity is the chief risk factor for developing Type II diabetes and 80% to 90% of those with this disorder are overweight or obese. Obesity causes insulin resistance and obese people need very high amounts of insulin to maintain normal blood sugar levels.

Certain drugs and disorders can affect the way the body uses insulin and can lead to Type II diabetes. Cushing's disease, taking corticosteroid drugs and pregnancy are the most common causes of altered insulin use. Diabetes also may occur in people with excess production of growth hormone (acromegaly), people with certain hormone-secreting tumors, and severe or recurring pancreatitis or other disorders that directly damage the pancreas.

### Symptoms

Both types of diabetes have very similar symptoms:

- The first symptoms are related to the direct effects of high blood sugar levels; when the blood sugar level rises above 160 to 180 mg/dL sugar spills into the urine; levels rise higher causing the kidneys to excrete additional water to dilute the sugar; causing large volumes of and increased frequency in urination
- Abnormal thirst
- Weight loss
- Excessive hunger
- Blurred vision
- Drowsiness
- Nausea
- Decreased endurance during exercise
- Abdominal pain (in some cases)

### Monitoring & Management

- Monitor for complications such as: kidney, eye, nerve damage and gum disease; risk factors such as: high blood pressure and/or high cholesterol
- Education – learning about the disease itself; the factors that contribute and how to avoid complications
- Diet – following a healthy balanced diet recommended by your physician
- Exercise – adding exercise to your routine such as walking
- Drugs – following the drug regime determined by your physician

- Monitoring blood sugar levels – use your home meter as directed by your physician
- Schedule regular check-ups and follow-up physician appointments

According to the Diabetes Education and Research Center...

The goal in coping with diabetes is acceptance. When you accept your diabetes, you will be able to take the steps to stay in good control.

Accepting your diabetes takes time, new information, and the help of your family, friends, and your health care team. Acceptance means feeling good about yourself.

Sometimes old fears, anger, and sadness can cause stress. Having this occur is normal but if you notice this happening, try one of the following as a way to handle stress:

- ♥ Prevent it – don't put so much pressure on yourself...remember YOU can't control everything
- ♥ Set Goals – decide to do one thing to help change your mood...something you enjoy that makes you feel good
- ♥ Take Time Out – go on a mini vacation every day...take just 30 minutes for yourself to relax
- ♥ Have Faith – many people feel that getting in touch with their spiritual side helps them feel good about themselves
- ♥ Think Positively – remember all the good things in your life
- ♥ Have a Sense of Humor – a good laugh helps you to relax
- ♥ Make Decisions and Then Act on Them – when it is time to change old habits...make up your mind and then just do it
- ♥ Get Support – talk about your feelings with someone you trust...remember you are not alone

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

## Taste of the Villa - Shrimp Scampi



Servings: 4

### INGREDIENTS:

- 3 to 4 garlic cloves, minced
- 1/4 cup butter, cubed
- 1/4 cup olive oil
- 1 pound uncooked medium shrimp, peeled and deveined
- 1/4 cup lemon juice
- 1/2 teaspoon pepper
- 1/4 teaspoon dried oregano
- 1/2 cup grated Parmesan cheese
- 1/4 cup dry breadcrumbs
- 1/4 cup minced fresh parsley
- Hot cooked angel hair pasta

### DIRECTIONS:

1. In a 10-inch ovenproof skillet, sauté garlic in butter and oil until fragrant
2. Add the shrimp, lemon juice, pepper and oregano
3. Cook and stir until shrimp turn pink.

4. Sprinkle with cheese, breadcrumbs and parsley
5. Broil 6 inches from the heat for 2-3 minutes or until topping is golden brown
6. Serve over pasta and with side Salad

# 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.