



THE VILLA

Villager

A Monthly Newsletter for Residents and Friends of Vincentian Villa

APRIL 2019

Letter from Larry



Happy Easter and Happy Passover to everyone! Spring is finally here and as the saying goes ... April showers bring May flowers. Soon the color will return to the Villa after a long winter. It might have been a long winter but we have had an awful lot of activity happening. On April 1st we will be welcoming our first residents to our brand new facility, Terrace Place at Vincentian. Hard to believe that 16 short months ago there was nothing there and now we are putting in the finishing touches.

Just a quick reminder, if you have not already done so, April 15th is tax day.

Every month I go through the list of National Days here in the U.S. Not just for the obvious ones, but for the ones that you may not know about. Every time I look at the list I see ones that I missed the time before. This one I found interesting.

April 9th is *National Winston Churchill Day*. The day Winston Churchill was made an honorary citizen of the United States. Well known for his leadership as Prime Minister of the United Kingdom during World War II, Winston Churchill earned his reputation through experience both in politics and the military.

On this day in 1963, a ceremony for honorary citizenship, presided over by President John F. Kennedy, took place for Winston Churchill. Churchill was not present at the ceremony, but his son and grandson were able to attend. His citizenship may be honorary, but Churchill can uniquely trace his roots back to Virginia by way of Brooklyn, New York. His mother was American, Jennie Jerome. Her marriage to Lord Randolph Churchill produced two children; John Spencer and Winston.

It was the first occasion in U.S. history honorary citizenship was granted. It has only been given seven other times since, and of those, six have been posthumous honors. In 1996, the U.S. granted Mother Teresa, the only other honorary citizenship during a person's lifetime.

Quite the rare honor, even for a man who had received many honors throughout his lifetime!

April 14th is another day that I wanted to put into this newsletter ... *National Reach as High as You Can Day!* We can define "reach" many ways. Search Guinness World Records for "highest reach" and Guinness will give you 322 results. We can reach for our dreams or our goals. Reach for the stars or the sky. We can even reach for the balloon floating away from us much like the one that carried the Wizard of Oz away from Dorothy.

Of course, records can be set for the oldest or the youngest to reach a particular location, age, height or status. While this day may not be about setting records, it is certainly about reaching high; higher than we think we can. We often become complacent. *National Reach as High as You Can Day* is just a reminder on the calendar not to let your dreams go adrift. Reach for them. Reach as high as you can!

Reaching as high as you can lead me nicely into this.
THANK YOU, THANK YOU, THANK YOU to all of you that have donated to the LLS fundraiser.



We are not done yet! When I was originally asked to be on a fundraising team my first thought was, sure, I can do that and after all it's for a very good cause. I think that everyone, at some point has been touched by cancer one way or another ... I know I have.

I started by sending out fundraising letters and the like, really not knowing what sort of response I would get. The response I have been getting has really made me stop and think. Not only did the cash and checks start arriving but a lot had personal notes attached, notes explaining why the donation was being made. These were people detailing their personal connections to this terrible disease and a lot of you that are reading this will know who you are.

The response in general, but especially the notes, have really made me want to do my little bit to help fund the eradication of this disease.

Recently I had the privilege to have dinner with a brave young man, Sam Triulzi and his family. Sam is a Hampton High School junior who is battling acute lymphoblastic leukemia after being diagnosed in May of 2018. God willing, Sam has just had his last intense chemo treatment but will require two more years of continuing treatments. To date, Sam has received over 200 chemo treatments and is a fighter. Some of you may know Sam's father, Darrell Triulzi, who is a physician and the Medical Director of the Institute for Transfusion Medicine. Sam, along with his parents, Darrell and Mary, are incredible human beings. They acknowledge that treatments are rough, but they were so positive and inspiring to be around.

Before we actually met, I felt a little awkward but that soon disappeared when Sam opened up about his condition. Sam actually said something to me that brought a tear to my eye. He said, "*It's not a sad thing, in fact I find it all funny.*" The tear came to my eye because of a young lad's attitude towards this monstrous life threatening disease.

We are now in full swing with the fundraiser and have a basketball game scheduled for April 26th - tip off at 8 pm at Kerr Fitness and Sports Center, La Roche College. This will be a great event featuring the Pittsburgh Steeler Basketball Team vs. the LLS Stompers. Tickets are only \$7 and can be purchased by reaching out to me, you all have my contact information but just in case, my email is lhayward@vcs.org. The game will feature a half time autograph signing session with the Steelers, a 50/50 raffle and other items.

Can't make the game but want to donate. Please visit my fundraising page at:
<https://pages.mwoy.org/wpa/pgh19/lhayward>

Thank you all so much for your support and remember **ALL** proceeds go directly to The Leukemia & Lymphoma Society.

To finish I will leave you all with this

Quote for the Month

The POSITIVE THINKER sees the INVISIBLE, feels the INTANGIBLE,
and achieves the IMPOSSIBLE.

~ Sir Winston Churchill ~

~ Larry



The Pittsburgh Steelers Footballers Basketball team will be playing at La Roche College's Kerr Fitness & Sports Center on Friday April 26th, 2019 at 8:00 pm in a Leukemia Lymphoma Society (LLS) fundraiser.

We are raising money for this fantastic organization, on behalf of two significant Hampton residents: Nick Vizzoca and Sam Triulzi. Nick is President and CEO of Vincentian Collaborative System, has been nominated for LLS man of the year and is a pediatric Hodgkin's lymphoma survivor. Sam is a Hampton High School junior who is battling acute lymphoblastic leukemia after being diagnosed in May of 2018. We hear his last treatment was Monday March 18th. 😊

We are leveraging LLS's annual "Man & Woman of The Year Campaign" to raise **FUNDS THAT WILL MAKE A DIFFERENCE** so that other families do not have to suffer the fate of this disease.

We have selected to work with LLS because blood cancer research can be the gateway to curing other cancers. Since its inception in 1949, LLS has invested more than \$1.2 billion in research to find the cause and cure for blood cancers. This research has led to groundbreaking treatments -- such as chemotherapy, radiation and stem cell transplantation – that are vital to treating blood cancers and many other forms of cancer.

- Game event tickets are \$7.00 each. You can get them at the door, but to guarantee a ticket please call La Roche at 412 536-1044.
- **The Steelers will sign autographs at half time and what a great souvenir, your event program signed by Steeler legends.**

As a non-profit agency, the organization relies exclusively on donations from individuals and corporations. All proceeds go directly to LLS.

Can't make the game, you can still support LLS by donating on-line at this secure website: <https://pages.mwoy.org/wpa/pgh19/lhayward>

We hope to see you on the court!!

Steelers
STARS IN ACTION



 LEUKEMIA &
LYMPHOMA
SOCIETY®
fighting blood cancers



Steeler Footballers Basketball

Helping to fight blood cancers

La Roche - Kerr Fitness & Sports Center
9000 Babcock Blvd., Pittsburgh PA 15237



Friday April 26, 2019

8:00 pm

 \$7.00 / ticket

 Autograph signing at half time

 50/50 raffle



Call La Roche (412) 536-1044 for
tickets



All proceeds go to the Leukemia Lymphoma Society

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 – Resistance Training



***When autoimmune disease turns the body against itself,
build up your resistance.***

According to the American Autoimmune Related Diseases Association, 50 million Americans have an autoimmune disease. Our bodies are designed to fight infection and protect us from harmful invaders such as bacteria and toxins; however, in the case of autoimmune disease, the body becomes confused and begins attacking itself. Johns Hopkins Medicine reports autoimmune disease has been found in every organ system of the body and includes Type 1 diabetes, rheumatoid arthritis, fibromyalgia and Crohn’s disease.

While the National Institutes of Health estimates at least 80 diseases are caused by an autoimmune response, identifying individual treatment needs can be overwhelming. Complex symptoms occur as the body fights against itself.

According to University of Virginia rheumatologist Dr. Angelo Crowley, autoimmunity can mimic many other diseases and common symptoms, such as joint pain and inflammation that are shared among autoimmune conditions. This makes diagnosis difficult. Crowley emphasizes that, when treating autoimmune disease, “*everyone is different.*”

Studies confirm that inflammation is a common denominator among autoimmune diseases and that stress increases inflammation. Negative stressors include work overload, relationship conflicts, no peer support, illness and poverty. Trauma heightens the body’s stress response. Dr. Vincent Felitti, a trauma expert, confirms that traumatic childhood experiences can contribute to illness.

A whole-body approach includes acknowledging how lifestyle, history and emotions affect the immune system and therefore the disease process.

For many, acknowledging the uniqueness of the whole body helps the healing process to begin. Rather than approaching physical symptoms as separate from lifestyle and emotions, shifting focus toward addressing both physical and emotional aspects can create a balance between traditional medicine and holistic and alternative medicine.

Tips for getting an accurate diagnosis:

- Be your own advocate
- Keep a journal of symptoms
- Know your history
- Seek referrals and second or third or fourth opinions

Talk to your health care team to create a personalized plan.

Remember the four R's:

- Remove triggers and toxins
- Replenish nutrients and energy
- Repair gut and tissues
- Reconnect yourself to food, family and community

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

Taste of the Villa - Passover Rolls

Bread is one of the oldest foods prepared by humans. It is an essential part of the routine diet in many countries. On a festival like Passover when it is the time to celebrate with family, this unleavened fresh bread is part of the tradition.



2 Cups Matzo Meal
½ teaspoon Salt
½ teaspoon White Sugar
1 Cup Water
½ Cup Vegetable Oil
4 Eggs

Preheat oven to 375°

Lightly grease cookie sheet

In a large mixing bowl, combine matzo meal, salt, and sugar. Mix well.

Mix water and oil and pour in a pan. Bring to a boil.

Pour the boiling water and oil over the matzo meal mixture and stir until blended.

Beat one egg at a time into the mixture and let rest for 15 minutes.

Shape the dough into rolls with oiled hands.

Arrange rolls on the prepared cookie sheet.

Bake at 375° for 50 minutes.

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.