

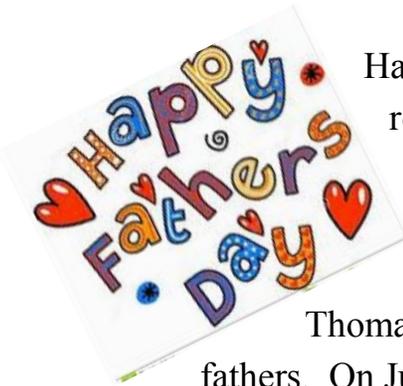


A Monthly Newsletter for Residents and Friends of Vincentian Villa

JUNE 2019

Letter from Larry

First, I would like to thank all those who commented on my last newsletter. As you are all reading this one I will be on that trip of a lifetime with my Dad! Newsflash! The Queen is going to attend one of the Gala events so I will get to meet her again. Yes ... I did meet her once before, she didn't speak to me then and I doubt she will this time. My dad ... maybe, who knows? He certainly deserves a little royal hospitality if you ask me!



Happy Father's Day to all the Dads out there! The first recorded celebration of Father's Day happened after the Monograph Mining Disaster, which killed 361 men and left around 1,000 children fatherless in December 1907. Grace Golden Clayton suggested to her pastor Robert Thomas Webb, that there should be a day honoring all those fathers. On July 5th, 1908, a gathering in honor of these men took place at Williams Memorial Methodist Episcopal Church South, now known as Central United Methodist Church, in Fairmont, West Virginia.

There are many other claims as to how Father's Days came to be. In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers on the third Sunday in June. President Richard Nixon signed into law a permanent national holiday in 1972 over 50 years after Mother's Day came into existence.

A while back one of my residents (and she knows who she is) brought something into my office for me to read. It was fascinating and something that I knew nothing about. I have had it on my desk for quite a while now, so I wanted to use it in this

newsletter as it kind of follows on from last month and is an interesting history lesson. I know it is the wrong month but don't think anyone will mind, just this once.

Twenty-three years before Japan attacked the U.S. Navy fleet at Pearl Harbor, December 7 already had become a notable day in history.

“The British lion roared in Pittsburg yesterday,” The Pittsburg Press reported on December 8, 1918. “It was British Day, and from all parts of Western Pennsylvania, Eastern Ohio and West Virginia loyal sons and daughters of the British Empire traveled to Pittsburg to take part in the big celebration.”

(While the U.S. Board of Geographic Names had restored the letter “h” to Pittsburgh’s name in 1911, The Pittsburg Press continued to spell it without that letter for another two decades.)

“Britain’s Day,” “British Day” or “Great Britain Day” was commemorated across the United States to mark the contributions of the United Kingdom to victory in what became known as World War I. The conflict had ended less than a month earlier with an armistice on November 11, 1918. “Britain’s Day” events in Pittsburgh included a parade through the Golden Triangle, speeches and music in Exposition Hall and a collection to raise funds for wounded British soldiers and sailors.



The “Britain’s Day” parade began on Liberty Avenue at 11th Street. The Press estimated that about 5,000 British-born Pittsburgh area residents marched past thousands of their cheering neighbors. The reviewing stand at the end of the parade was outside Exposition Hall at Pittsburgh’s Point.

The hall was host to a traveling exhibit of United States and Allied war equipment that included heavy artillery pieces. The “Britain’s Day” parade helped to boost attendance at the war exhibit to a record-breaking 42,000 visitors, The Gazette Times reported on December 9.

Three female riders at the head of the parade paid tribute to the French-British-U.S. alliance that had just defeated Germany and Austria-Hungary. “Among the many interesting features were three pretty young girls costumed as Columbia, Britannia and Joan of Arc,” The Press story said.

“Another feature [of the march] was the presence of Seaman James Joseph Jarvis, formerly of the British Navy,” the newspaper reported. “Mr. Jarvis, who lives at 1012 Grand Avenue, Duquesne, is aged 77 and claims the distinction of being the oldest British sailor in the United States.”

Highlights of the afternoon program included speeches by British soldiers. In their ranks was a regimental sergeant-major named S.L. Glenister. A veteran of four wars, Glenister served in British South African forces and had lost an arm during fighting in the Middle East.

Volunteers from the Pittsburgh branch of a state relief agency, Emergency Aid of Pennsylvania, observed “Britain’s Day” by collecting money in three Downtown theaters to be used for the care of injured British service members. Campaign sites were the Alvin, Davis and Nixon theaters, “Actors in each house will make appeals from the stage between the acts, and committees from the Emergency Aid will be stationed at the exits to receive contributions at both matinee and evening performances,” The Gazette Times reported.

Pittsburgh newspapers also carried reports on “Britain’s Day” events in other cities. One of the nation’s largest commemorations took place in New York City’s Hippodrome where a message from King George V was read to the crowd. “The people of the British empire join with me in thanking you and those associated with you for your efforts in promoting this celebration,” a Gazette Times wire story said on Dec. 9. “In the name of the British Empire, I thank the people of the United States of America, and I pray that the coming era of peace may find our two nations always united as they are today.”

I had no idea this even existed but it is another reason I’m proud to call Pittsburgh home!

Quote for the Month

“The eyes of the world are upon you. The hopes and prayers of liberty-loving people everywhere march with you.”

– General Dwight D Eisenhower

~Larry

DID YOU KNOW?



The flag is carefully folded into the shape of a tri-cornered hat. It is emblematic of the hats worn by colonial soldiers during the War for Independence. In the folding, the red and white stripes are finally wrapped into the blue, as the light of day vanished into the darkness of night. When the flag is completely folded only a triangular blue field of stars should be visible. This custom of special folding is reserved for the United States flag alone.

While writing this I came across the reading that accompanies the flag-folding ceremony from the United States Air Force Academy.

The flag-folding ceremony represents the same religious principles on which our country was originally founded. The portion of the flag denoting honor is the canton of blue containing the stars representing the states our veterans served in uniform. The canton field of blue dresses from left to right and is inverted when draped as a pall on a casket of a veteran who has served our country in uniform. In the Armed Forces of the United States, at the ceremony of retreat the flag is lowered, folded in a triangle fold and kept under watch throughout the night as a tribute to our nation's honored dead. The next morning it is brought out and at the ceremony of reveille it is run aloft as a symbol of our belief in the resurrection of the body.

The first fold of our flag is a symbol of life.

The second fold is a symbol of our belief in the eternal life.

The third fold is made in honor and remembrance of the veteran departing our ranks who gave a portion of life for the defense of our country to attain a peace throughout the world.

The fourth fold represents our weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as in times of war for His divine guidance.

The fifth fold is a tribute to our country, for in the words of Stephen Decatur, “Our country, in dealing with other countries, may she always be right; but it is still our country, right or wrong.”

The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation, under God, indivisible with liberty and justice for all.

The seventh fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies, whether they are found within or without the boundaries of our republic.

The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day. It also is to honor mothers, for whom it flies on Mother’s Day.

The ninth fold is a tribute to womanhood; for it has been through their faith, love, loyalty and devotion that the character of the men and women have been molded who have made this country great.

The tenth fold is a tribute to father, for he, too, has given his sons and daughters for the defense of our country since they were first born.

The eleventh fold (in the eyes of a Hebrew citizen) represents the lower portion of the Sea of King David and King Solomon, and glorifies, in their eyes the God of Abraham, Isaac, and Jacob.

The twelfth fold (in the eyes of a Christian citizen) represents an emblem of eternity and in their eyes glorifies God the Father, The Son, and Holy Ghost.

When the flag is completely folded the stars are uppermost, reminding us of our national motto, “In God We Trust”

After the flag is completely folded and tucked in it takes on the appearance of a cocked hat. The shape ever reminds us of the soldiers who served under General George Washington and the sailors and marines who served under Captain John Paul Jones who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for us the rights, privileges, and freedoms we enjoy today.

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 – Gut Balm

Identifying and Treating Diverticulitis Can Keep More Complications at Bay



Maybe it starts with what you think is simple nausea. Within hours, however, you're experiencing pain levels that send you to the emergency room or urgent care. You may be suffering from diverticulitis.

According to the American Gastroenterological Association, diverticular disease is present in 50 percent of people over 60. Small pockets called diverticula form in the wall of the sigmoid colon on the lower left side of the abdomen. The presence of these pockets, commonly called diverticulosis, usually goes unnoticed.

Sometimes, however, they can become infected or develop a tear accompanied by bleeding. This is called diverticulitis. Symptoms can include a fever, chills, diarrhea, vomiting, constipation, bloating and cramping in the lower abdomen.

Mild cases of diverticulitis are usually treated with antibiotics, but if the infection or tear in the abdominal wall is severe enough, it can develop into serious complications, such as peritonitis, sepsis, fistulas, blockages or abscesses. Sometimes surgery is required to resection the colon.

One of the most frustration aspects of diverticular disease is there is no conclusive evidence to explain why some people get it and some don't. "It is hard to say what exactly causes diverticula to form, but there could be a case made it is partially lifestyle and partially genetic," says Dr. Amy L. Halverson, a colon and rectal surgeon in Chicago.

According to Halverson, one theory is that poor diet can often lead to constipation, which puts undue pressure on the colon's walls, which causes pouches to form and

later become infected. In individuals who eat a balanced diet, it might be hereditary.

Medical professional previously believed nuts and seeds lodged in the pouches, causing them to tear and become infected. Halverson says this notion is false. “There is absolutely no data to support the argument that you can’t eat popcorn, nuts and seeds,” Halverson says. “There are no forbidden foods.” In fact, the foods formerly thought to induce attacks are high in fiber, which aids in avoiding constipation.

According to the Mayo Clinic, 6 percent of individuals who experience diverticulitis will need surgery, and 30 to 40 percent of people will never develop it again. Some people live their entire lives with diverticulosis and never experience an attack, while others have only one.

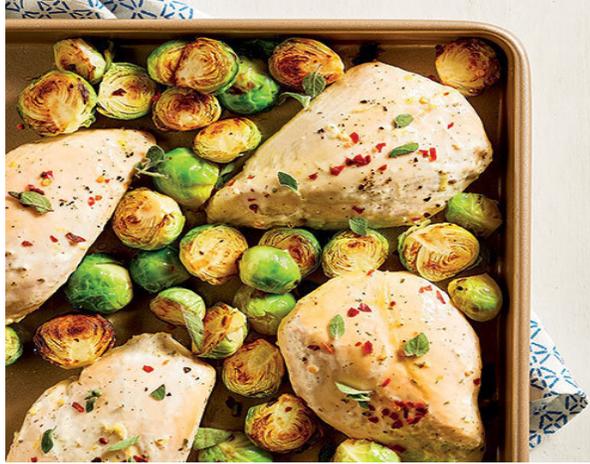
While the cause cannot be pinpointed, preventive measures can be taken to reduce the risks of developing the disease. Halverson emphasizes that it is important to work with your physician to implement a colon management plan that includes both regular screenings and a colon-friendly diet. “Eat a high-fiber diet and drink plenty of liquids,” she says. “That is not only good for overall colon health, but also for overall body health. You’ll feel better in general.”

The following resource provides more information on diverticular disease:
American Gastroenterological Association
www.Gastro.org

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

Taste of the Villa

Greek Yogurt Marinated Chicken



- 3 lb. boneless, skinless chicken breasts
- 1 cup Nonfat plain Greek Yogurt
- 1-1/2 Tbsp. Olive Oil
- Zest and juice of 1 Lemon
- 2 Garlic Cloves, crushed or minced
- 1-1/2 tsp dried Oregano
- 1/4 tsp Red Pepper Flakes

Place the chicken breasts in gallon-size resealable plastic bag. Set aside

In a small mixing bowl, combine the remaining ingredients to make the marinade.

Pour the marinade over the chicken to coat. Squeeze any extra air out of the bag and seal it.

Marinate the chicken in the refrigerator for at least 1 hour or overnight.
Once the chicken has finished marinating, discard any unabsorbed marinade.

Cook the chicken in the oven at 400° F for 35 to 40 minutes, or until the internal temperature reaches 165°.

Note: Save some for tomorrow; stuffed in a pita and topped with tzatziki sauce, it's a light and healthy lunch

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 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.