



THE VILLA *Villager*

A Monthly Newsletter for Residents and Friends of Vincentian Villa



JULY 2019 *Letter from Larry*



A very Happy 4th of July! I don't need to go into this day in detail, so I am going to jump into something that many have been asking me about and I know you are all expecting it.

On 6th June 1944, the largest amphibious assault in history was launched, leading to the end of the Second World War and the liberation of Europe. The complex mission required unprecedented cooperation between the armed forces of different nations, who gathered in Britain in huge numbers before making the journey across the Channel. Sailors, soldiers and airmen from 14 nations displayed immense bravery, ingenuity and determination, and the successful operation was only made possible by the allied efforts elsewhere in Europe and beyond.

At this time of reflection, for veterans of the conflict and their families, I am sure that these commemorations will provide an opportunity to honor those who made extraordinary sacrifices to secure freedom in Europe.

They must never be forgotten.

~ QUEEN ELIZABETH II

This July, as America celebrates its independence I am going back to June 1944. As you know I was about to head over the pond to celebrate my parent's 60th wedding anniversary and travel with my dad to celebrate the 75th anniversary of D-Day.

To be honest, I really didn't know what to expect. There were going to be 300 veterans, each with a caregiver on a cruise ship crisscrossing the English Channel for seven days. I knew it was going to be special, but I had no idea how special! It was indeed a once in a lifetime experience that I doubt will ever be repeated and somehow, I was one of the privileged few that got to go!

Thirteen coaches from all over England transported the veterans to Dover England, where we were to board the ship. MV Boudicca. As each coach arrived at the terminal and we got off, *every* veteran was greeted by a line of saluting naval personal accompanied by the band of the Royal British Legion. Right then and there I knew this was going to be something for the history books and to keep a few tissues in the pocket.

For the veterans, it was a trip back in time, something that I was to get all too familiar with. For me, and the 299 other caregivers, it was a once in a lifetime experience never to be forgotten! As I mingled and spoke with many of the veterans during the voyage it soon became very clear that they all had many stories to tell.

One in particular stuck with me. I'm not sure why, maybe it's just the way he told it. As he gazes across the golden beaches of Normandy, in silent tribute to the fearless soldiers who sacrificed their lives for freedom!

On June 6th, 1944, the sand was stained with blood. During his first trip back since that harrowing day, a 93-year-old veteran said: "*It was such a beautiful beach but 75 years ago it was hell on earth!*" There were many stories similar to that one and yes, it always brought a tear to my eye.

The trip had a packed schedule. One of our first stops was to Poole, England, where we were greeted by hundreds of people waving flags and clapping. On the dock to greet us were the Royal Marine Commandos. Poole is home to a large number of Royal Marines and home to the Special Boat Service (SBS) the British equivalent to the U.S. Navy Seals. Poole also happens to be my hometown. There was also the event in Portsmouth, England, where we were only a few yards away from Her Majesty the Queen, Prince Charles and the leaders of no fewer than 16 countries! The event itself was fantastic, although that word does not do it justice.

We left Portsmouth on the evening tide heading for Normandy accompanied by British and Canadian war ships along with dozens of smaller vessels. The shoreline was packed with thousands of well-wishers, who were there to pay tribute to the 300 veterans on board. It was an amazing site to see. Like my Dad, most had not been back since 1944 ...75 years ago!

The next day we all boarded 13 coaches to take us to Bayeux, Normandy, an English war grave cemetery for a commemorative service that was once again attended by several world leaders, including the British Prime Minister, Prince Charles and the Duchess of Cornwall.

The French did this event very well. We had about an hour and a half coach ride and as I said there were 13 coaches! I for one have seen nothing like it in my life! A police escort was only the start. The entire interstate was closed to any and all traffic. All side roads and intersections were closed with French police at every one of them. Bridges and overpasses were closed with French police on everyone, saluting as the 13 coaches passed under.

This was another emotional day, but nothing compared to what was to follow! The next day was to the beaches. Many men fought on the very same beaches 75 years ago and were eager to see them again. This time our coaches went in groups of three as veterans wanted to see different things, different beaches and the like.

My dad was in the Royal Air Force in 1944 and he had asked if it was possible to see the RAF memorial located a mile or two inland from the beaches where a forward landing strip was built to help support the troops on the ground. Our guide knew immediately where it was and yes, we could go there! The guide tried to grant all such requests and did so to the best of his ability, as did the French coach driver. Some of the places were tough to get to on a large coach so it was asked that only the veterans that were actually there get off the coach in order to save time and also keep our road blocking to a minimum.

After a few stops it was dad's turn. He had read about this RAF memorial but had never seen it. After some creative driving from our French driver (some of the roads were so narrow, if a bicycle was coming in the other direction it would not fit) we made it to the memorial. I got off the coach with dad so that I could get a few pictures with him. I did get a few pictures, well a lot more than a few, as when I looked behind me there were no less than 20-30 cameras pointing at us. Everyone it seemed got off and a few of the press people showed up as well, all wanting to get a picture of my dad by his memorial. Emotional does not come close to describing me at that point in time ... totally lost it!



Thanks dad and the greatest generation

I have only scratched the surface of this wonderful trip as there is much, much more to tell. I got to meet Prince Charles and be in the same room as four world leaders all at the same time! I got to meet some wonderful people along the way.

As so many of you have been asking me about this trip and I have many pictures, video clips and a couple of official videos' I think there is only one thing to do Party at the Club House! What do you think?

Quote for the Month

*When you go home, tell them of us and say,
"For your tomorrow, we gave our today."*

~John Maxwell Edmonds~

~Larry

A Sea Story!

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 LAT 0 deg 31' N and LONG 179 deg 30' W. 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!

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.

In the bow (forward) it was 1 January 1900.

The ship was therefore not only in:

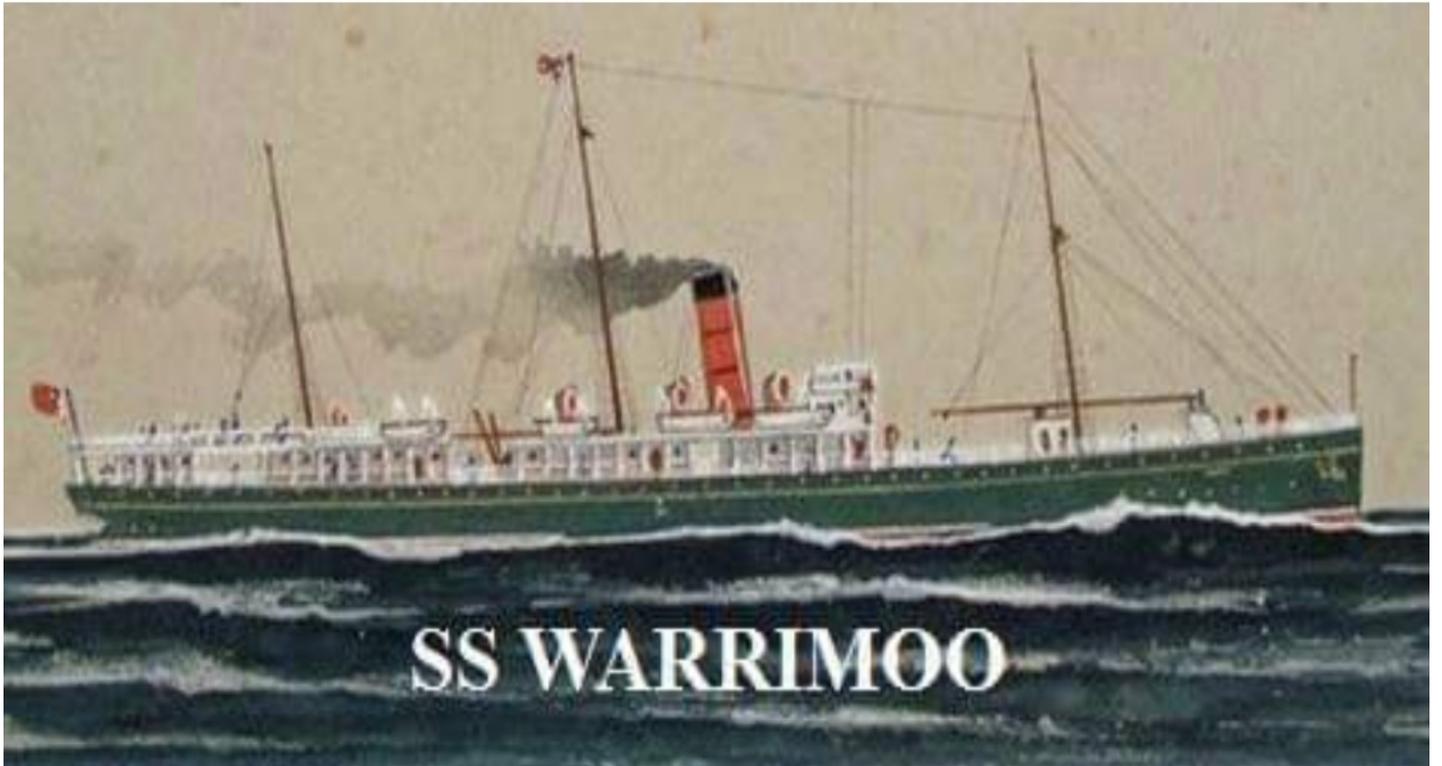
Two different days,

Two different months,

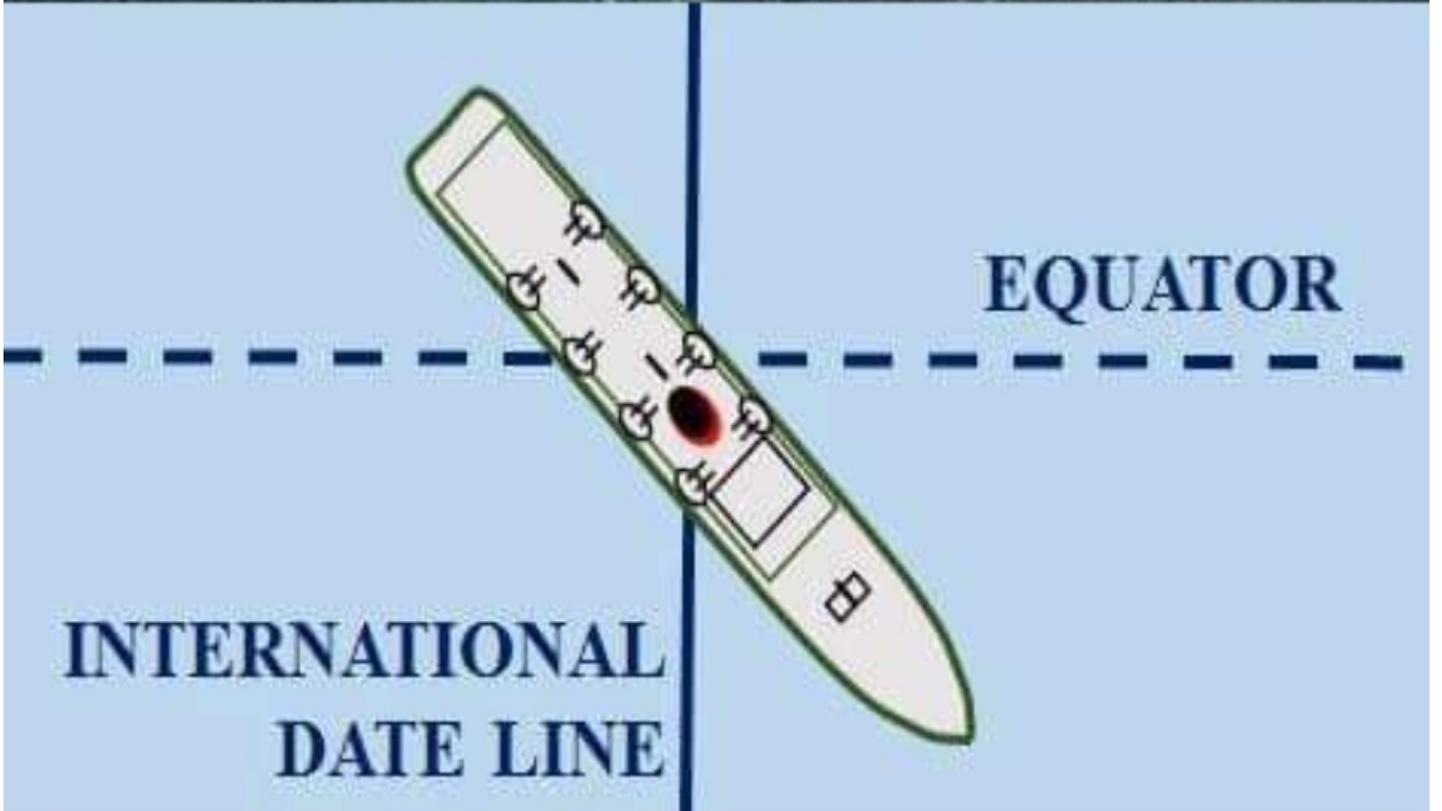
Two different years,

Two different seasons,

But in two different centuries - all at the same time!



SS WARRIMOO



EQUATOR

**INTERNATIONAL
DATE LINE**

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.

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
** Please note change to schedule **

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**
*** Please note change – July 3rd ***

Date: **First Friday of Every Month**
Time: 1:00 p.m.
Where: Apartment Building Library
What: Villa Book Club

Medical Corner

The “Skinny” on Carbs



If you’ve even been on a weight-loss diet, or if you have diabetes, you’re probably familiar with counting carbohydrates. However, if you’re new to this or have been recently diagnosed with diabetes, counting “carbs” may seem like a foreign language. Susan Zikos, RD, LDN, CDE, a registered dietitian and diabetes educator at Ohio Valley Hospital, gave us the “skinny” on what it exactly means.

WHAT ARE CARBS AND WHY ARE THEY IMPORTANT?

Carbs, or carbohydrates, are molecules that have carbon, hydrogen and oxygen atoms.

ARE THERE DIFFERENT TYPES of CARBS?

Dietary carbohydrates can be split into three categories: sugars, starches and fiber.

Sugars are sweet, short-chain carbohydrates found in foods. Examples are glucose, fructose, galactose and sucrose. These are broken down into simple glucose in the digestive system.

Starches are long chains of glucose molecules, which eventually are broken down into glucose in the digestive system.

Humans cannot digest **fiber**, but fiber can feed the growth of good bacteria in the digestive system, much like the probiotics that we pay extra for. Fiber is an exception. It does not provide energy directly, but it does feed the good bacteria in the digestive system. These bacteria can use the fiber to produce fatty acids that some of our cells can use as energy.

WHICH FOODS CONTAIN CARBS?

Carbohydrates are in all the sugary or starchy foods we eat. Carbs are in starchy items like breads, rice, potatoes, macaroni and noodles. Carbs are also in some less obvious foods like milk and yogurt. And, of course, fruits and fruit juices are excellent sources of simple sugars. Pies, cakes, cookies and donuts, though are made with flour, have added sugars which make them sweet.

WHAT DO CARBS HAVE TO DO WITH DIGESTION?

The fiber associated with healthy carbohydrates helps to speed along the digestive process and prevent constipation. Some fiber, especially those from fruits, vegetables and whole grains, also contain prebiotics which are the “food” for the probiotics or *good bacteria* in our digestive systems. Fiber also help us to feel full faster and for a longer time. Another benefit of fiber is that it can also help cut your risk of certain cancers, lower your cholesterol, and help keep your blood sugar balanced. You should avoid the carbohydrates made from white flour and white rice. Many of the nutrients and most of the fiber have been removed from those foods. A good number of popular diets, including Atkins, Keto, Paleo and South Beach, limit carbs to some extent, with some eliminating them totally for a period of time. They tend to work because they eliminate those low fiber and high calorie snack and comfort foods that we gravitate to when we are tired or bored. However, these are not sustainable eating patterns for long periods of time, so people go back to their old eating patterns and regain the weight.

WHAT CARBS SHOULD I AVOID IF I HAVE DIABETES?

Change your lifestyle choices so you eat healthier foods, like those recommended by the USDA’s My Plate. People with diabetes, as well as the rest of us, this entails limiting concentrated sweets – “white foods”, like those made with white flour, rice and potatoes, while increasing the amounts of higher fiber fruits and vegetables and whole grains, lean meats and beans.

All three major nutrients (protein, fat and carbohydrate) are important and in conjunction with building a healthy diet.

This information is general information. Please consult with your physician, registered dietitian or certified diabetes educator with specific questions and/or concerns you may have.

Taste of the Villa

Peanut Butter Blondies



INGREDIENTS:

Cooking Spray
¾ cup (1/2 Stick) butter, softened
½ cup peanut butter
1 cup granulated sugar
½ cup packed brown sugar
2 large eggs
2 tsp. pure vanilla extract
2 cups all-purpose flour
1 tsp. kosher salt
1 tsp. baking soda
30 Reese's Miniatures, unwrapped
1 cup chocolate chips, melted
½ cup peanut butter, melted

DIRECTIONS:

Preheat oven to 350°. Grease a 9x13 pan with cooking spray.

In a large bowl, beat butter, peanut butter, and sugars with a hand mixer until fluffy. Add eggs and vanilla and beat until combined.

In a separate bowl, whisk together flour, salt, and baking soda. Add to wet ingredients and beat until just combined. Transfer blondie batter to prepared pan.

Press Reese's candies into batter, creating even rows.

Bake for 25 to 30 minutes or until just set. Let cool to room temperature.

Drizzle melted chocolate and peanut butter over blondies before serving.

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.