Happy Thanksgiving to all! Hard to believe that the holiday season is fast approaching. That’s all well and good but it also means that the snow and ice is just around the corner! It also means that the clocks need to go back, so don’t forget to do that when you go to bed on November 2nd or you will be an hour early for everything on Sunday!

November 11th of course is Veterans Day. A HUGE THANK YOU, to each and every one of you.

As you all know, back in June, I was proud and privileged to accompany my Dad on the trip of a lifetime. D-Day 75 years! I also promised that I would share my experience with you. I would like to keep this promise on Monday November 11. What better day, than Veterans Day. Please join me at the Villa Club House at 1:30 p.m. for my presentation of D-Day, 75 years in remembrance. Sign up at the Apartment Building.

Now, for this month’s story! I came across this quite by accident and began reading it. It had my attention from the beginning and as for the ending, well, who knew!

Western Stagecoach companies were big business in the latter half of the 19th century. In addition to passengers and freight, stages hauled gold and silver bullion as well as mining company payrolls.

Stage robbery was a constant danger and bandits employed many strategies to ambush a stagecoach. Thieves rarely met with much resistance from stage drivers, since they had passenger safety foremost in mind. The gang was usually after the
Wells Fargo money box with its valuable contents. Passengers were seldom hurt, but they were certainly relieved of their cash, watches and jewelry.

Before the completion of the transcontinental railroad over Donner Pass in 1868, the only transportation through the Sierra was by stage. Rugged teamsters held rein over six wild-eyed horses as they tore along the precipitous mountain trails. The stagecoaches were driven by skilled and fearless men who pushed themselves and their spirited horses to the limit.

One of the most famous drivers was Charles Darkey Parkhurst, who had come west from New England in 1852 seeking his fortune in the Gold Rush. He spent 15 years running stages, sometimes partnering with Hank Monk, the celebrated driver from Carson City.

Over the years, Parkhurst’s Reputation as an expert whip grew. From 20 feet away he could slice open the end of an envelope or cut a cigar out of a man’s mouth. Parkhurst smoked cigars, chewed wads of tobacco, drank with the best of them, and exuded supreme confidence behind the reins. His judgment was sound and pleasant manners won him many friends.

One afternoon as Charley drove down from Carson Pass the lead horses veered off the road and a wrenching jolt threw him from the rig. He hung on to the reins as the horses dragged him along on his stomach. Amazingly, Parkhurst managed to steer the frightened horses back onto the road and save all his grateful passengers.

During the 1850s, bands of surly highwaymen stalked the roads. These outlaws would level their shotguns at stage drivers and Shout, “Throw down the gold box!” Charley Parkhurst had no patience for the crooks despite their demands and threatening gestures.

The most notorious road agent was nicknamed “Sugarfoot.” When he and his gang accosted Charley’s stage, it was the last robbery the thief ever attempted. Charley cracked his whip defiantly, and when his horses bolted, he turned around and fired his revolver at the crooks. Sugarfoot was later found dead with a fatal bullet wound in his stomach. In appreciation of his bravery, Wells Fargo presented Parkhurst with a large watch and chain made of solid gold.

In 1865, Parkhurst grew tired of the demanding job of driving and opened his own stage station. He later sold the business and retired to a ranch near Soquel, Calif. The years slipped by and Charley died on Dec. 29, 1879, at the age of 67.

A few days later, the Sacramento Daily Bee published his obituary. It read; “On Sunday last, there died a person known as Charley Parkhurst, aged 67, who was well-known to old residents as a stage driver. He was in early days accounted one
of the most expert manipulators of the reins who ever sat on the box of a coach. It was discovered when friendly hands were preparing him for his final rest, that Charley Parkhurst was unmistakably a well-developed woman!"

Once it was discovered that Charley was a woman, there were plenty of people to say they had always thought he wasn’t like other men. Even though he wore leather gloves summer and winter, many noticed that his hands were small and smooth. He slept in the stables with his beloved horses and was never known to have had a girlfriend.

Charley never volunteered clues to her past. Loose fitting clothing hid her femininity and after a horse kicked her, an eye patch over one eye helped conceal her face. She weighed 175 pounds, could handle herself in a fistfight and drank whiskey like one of the boys.

It turns out that Charley’s real name was Charlotte Parkhurst. Abandoned as a child, she was raised in a New Hampshire orphanage unloved and surrounded by poverty. Charlotte ran away when she was 15 years old and soon discovered that life in the working world was easier for men. So, she decided to masquerade as one for the rest of her life.

The rest is history. Well, almost! There is one last thing. On November 3, 1868, Charlotte Parkhurst cast her vote in the national election, dressed as a man. She became the first woman to vote in the United States, 52 years before Congress passed the 19th Amendment giving American women the right to vote.

**Quote of the Month**

*We, too, born to freedom, and believing in freedom, are willing to fight to maintain freedom. We, and all others who believe as deeply as we do, would rather die on our feet than live on our knees.*

**Franklin D. Roosevelt**

~Larry
A MAN FOR ALL FAMILIES

by: Sue Horne & Nancy Fasnacht

I lived for 10 years in Rehoboth Beach, Delaware before moving back to my native Pittsburgh. I still subscribe to their magazine, “Delaware Beach Life,” just to keep me in the loop since Rehoboth Beach is near & dear to my heart.

In a recent issue, I noticed that “Funland,” a tiny amusement park along the Boardwalk, (it’s only a mile long) was owned by a man named Al Fasnacht, spelled exactly like Jim & Nancy spell their name. I thought immediately, they had to be related. I contacted Nancy, who told me they were aware of Fasnacht’s owning Funland, but they were not related. The following is what Nancy found out when she contacted the editor of “Beach Life” and their non-relation, Al in Rehoboth Beach.

~ Sue

Dear Mr. Plowman,

I sent the following letter to Mr. Fasnacht after my husband and I read your article about his contributing so many fond memories to so many families including our own. His remark, “Funland doesn’t need me anymore, but I need Funland” caught my attention. I’m writing to you so that you and your readers know, we do appreciate people like Mr. Fasnacht and what Funland has meant to us over the past several years. Perhaps you can inform him of the many fans he has, but he probably already knows that.

July 2019 (My letter to Al Fasnacht)

Dear Mr. Fasnacht,

My name is Nancy Fasnacht. With that being said, a friend of ours, who receives “Beach Life” magazine noticed your article and was shocked to see the name “Fasnacht.” She thought we must be related. It’s not a common name except around Lancaster, PA. We’re from Pittsburgh and we’ve come to Rehoboth for over 60 years. Our children now bring their grandchildren, and of course, like yester-year, they’re at Funland every night!

I sent your article to our four children. Our youngest daughter wrote saying her favorite ride when she was little (she’s now 55) was the helicopters because she could move the bar. The “Cages” and “Whack-a-Mole” were favorites too, but my favorite, good ‘ole “Skee Ball.” Funland was “the” destination every evening.

You’ve given so many families so much enjoyment and Funland is just the right size, we could always fine each other. Four generations of our family look upon Rehoboth as a second home. We have many fond memories and we Thank You. So, keep up the good work, Mr. Fasnacht, Funland really does ‘need” you! Thanks for the invitation to meet the next time we’re in Rehoboth. God willing that just might happen!

Sincerely,

Jim & Nancy (the unrelated Fasnacht’s)

P.S. Mr. Fasnacht wrote back, enclosing a book signed by himself, about Funland. During the “off” season, he and his family resident in PA “Dutch” country. He’s called Hershey home for 90 years. We need more Al Fasnacht’s, who dedicate their lives to families having fun!
On **Giving Tuesday, December 3, 2019**, Vincentian is inviting you to make a gift in honor someone who has played a leading role in your life, and in exchange, you will become a Best Supporting Donor to the Vincentian Benevolent Care Fund – ensuring award-winning care, compassion, and dignity to all residents – no matter their financial situation.

Will you honor someone who stood by you in good times and in bad, always kept you in their prayers, made a difference in your life, inspired you to be your best self, been a positive role model, or helped you behind the scenes?

Every person honored with a memorial or tribute gift -- a Vincentian resident, employee, volunteer, board member, caregiver, parent, best boss, favorite teacher, or life-long friend – will be featured in digital credits on the vcs.org website, spotlighted on our Facebook page, and notified that you are a special member of their fan base.

We will also be adding the name of your honoree to our walk of fame.

Help us to honor the stars who make every day better than the last. Let them shine by making a gift on **December 3, 2019**. Go to [https://vcs.org/events/](https://vcs.org/events/).

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Joyce Lewis-Andrews  
**Executive Director**  
Vincentian Charitable Foundation  
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**phone:** 412-548-4037 | **email:** jandrews@vcs.org
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: 10:45 a.m. – 12:00  
Where: Apartment Building Library  
What: Villa Bible Study  
*All Residents Invited to Attend*  
*NOTE: Change of time*

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
Not a day goes by that a patient tells me that they wake up most days hoping that today will be the day when their bunion (big toe joint) will not hurt. By the time they come into the office they have tried changing shoes, using orthotic devices and pads/splints, or taking over-the-counter medication.

Unfortunately, these options don’t always work for everyone.

So, what is a bunion and what are the symptoms?

A bunion known as “Hallux Valgus” is a localized area of enlargement or prominence “bump” of the inner portion of the joint at the base of the big toe. The enlargement represents a misalignment of the big toe joint that causes the big toe to turn inward toward the other toes thus pushing against the other toes, sometimes diving over or under them. This can result in damage to the toes, causing foot and joint pain, hammertoes, corns and calluses. If left untreated painful bunions may eventually cause difficulty in walking as well as the inability to wear certain shoes impacting your work and leisure activities.

However, some people with bunions never develop symptoms. Shoes that crowd the toes can increase the risk of symptoms, but they do not cause bunions directly.
So, how do you know when you need bunion surgery?

In general, surgery for bunions is most often recommended when pain from the bunion prevents a patient for wearing normal shoes and performing their normal daily activities. Surgery is not indicated if you just think the bunion is ugly and it is keeping you from wearing attractive shoes. You should consider the following 3 criteria if you elect proceeding with bunion surgery:

- Pain is present and it is limiting your ability to do the things you like, love or must do.
- You have tried and failed some of the above conservative options.
- You have realistic expectations about your bunion surgery results.

Most patients who undergo bunion surgery experience a dramatic reduction of foot pain after surgery, along with a significant improvement in the alignment of their big toes. In fact, a survey by the American College of Foot and Ankle Surgeons found that 90% of patients reported significant pain relief and increased physical activity, 6-24 months following bunion surgery. Ninety percent also said they would recommend the surgery to others. However, patients who rush into surgery may have unrealistic expectations, and may be unsatisfied with their results.

Bunion surgery, just like any surgery, can have complications. The length, the kind of, and the severity of any complication will differ depending on the person, their age, their physical health, and the kind of bunion surgery performed. Because bunion surgery is usually an elective procedure, take the time to discuss your questions and alternatives with a foot and ankle surgeon.

Patients, whom are having bunion surgery for the right reasons, end up with a good to excellent outcome and would tell you that bunion surgery is worth it!

This information is general information. Please consult with your physician with any questions / concerns and prior to starting any physical program.
Heat oven to 350°. Grease and flour a 9x5 inch loaf pan. Mix brown sugar and cinnamon together and set aside. Beat sugar and butter together until smooth and creamy. Beat in eggs, one at a time until well blended, add vanilla.

In a separate bowl, combine flour and baking powder, stir into creamed mixture. Mix milk into batter until smooth. Pour half the batter into the pan. Next add half the apple and half the brown sugar cinnamon mixture. Lightly pat apple mixture into batter.

Repeat with batter, apply and remaining brown sugar cinnamon mixture. Swirl brown sugar mixture through apples using a spoon.

Bake 40-50 minutes, until toothpick comes out clean.
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

› 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.