



## **FEBRUARY 2020**

### *Letter from Larry*

So, February is here once more. Kind of hard to imagine as it was 3 months ago that we were gearing up to what was supposed to be a bad winter. I am knocking on lots of wood as I say this, but to date we really haven't had any snow. We do have another couple of months to get through and they can be the worst. Let's hope not, but I guess we are going to have to wait until February 2<sup>nd</sup> and see what Phil has to say about it.

Will he see his shadow or will he not? That is the question!

*Groundhog Day* is observed on February 2nd, each year in the United States and Canada. For a nice welcomed break during the winter, on this day the groundhog awakens from his nap and goes outside to see if he can see his shadow. It is believed by many that if the groundhog sees his shadow that there will then be six more weeks of winter. If this is so, he then retrieves back into his den and goes back to sleep. If he is not able to see his shadow, the groundhog remains outside to play, and people celebrate believing that spring is just around the corner.

The tradition of predicting the length of the remaining winter is intertwined with the Christian holiday, Candlemas. Clergy would bless candles symbolizing the 'light of the world' to give to their congregations. Another tradition associated with this day is eating crepes. Germans practiced the art of predicting the winter with a hedgehog until their arrival in the United States when they settled in the hills of Pennsylvania, and the groundhog became the official predictor.

Punxsutawney, Pennsylvania has been chosen as the site for the annual Groundhog Day event. Thousands of people come to the town of Punxsutawney on Groundhog Day for this day of celebration.

Another day this month is *Valentine's Day*, a liturgical celebration of one or more early Christian saints named Valentinus. February 14th, Valentine's Day first became associated with romantic love during the High Middle Ages as the tradition of courtly love was then flourishing. During 18th century England, this day evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery and sending Valentine cards.



February 25<sup>th</sup>, 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. Mardi Gras (French for Fat Tuesday) dates back to an ancient Roman festival honoring the deities *Lupercalia* and *Saturnalia* which took place in mid-February. When Christians arrived in Rome, they incorporated the festival into Lenten preparations.

For centuries, this solemn feast prepared Christians for the season of Lent and used up valuable meat and supplies they would be abstaining from in the days to come. Traditions surrounding the day have changed through the ages. Through time and culture, the practices of Lent and Carnival, Mardi Gras, and Shrove Tuesday have varied and become incorporated into regional customs.

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!

Now, I have told you all many times that these newsletters are getting harder and harder to write. I always try to make them interesting with the vast majority being about my own personal experiences, adventures and family. Once again, thank you all for your kind comments relating to my newsletters, and I am glad you have enjoyed them over the years.

Today I decided to go back into the archives and look at some of my older ones, yes; I have a copy of everyone. Did you know that my very first newsletter was

written for November 2014? How many of you still have that one? That means this is my 64<sup>th</sup> in a row.

Those 64 newsletters have seen many changes. Changes around the world and changes closer to home, I know my life has changed since that first newsletter in November 2014, all for the better I might add.

All these changes come in many different forms, for example. Technology! In just over 6 short years my TV, phone and the vehicle I was driving are now obsolete. Even everyday things in your own home are considered old technology and are being replaced with “smart” everything.

Growing up was fairly simple for me, nothing much changed in the first 20 or so years of my life. Making a long-distance phone call was planned days in advance and had to be made during off peak hours. Arranging a simple meeting took forever as you had to mail the invitations.

I guess the first major change that I can remember was the color television, that and the fact that we went from 3 channels to 6 was huge! Getting up on the roof to change the angle of the antenna for a better picture was just something you had to do. The fact is that change is about the only thing that you can't change.

In several of my past 63 newsletters I have talked about those twists and turns that life brings you. Some you can control and some, well they just happen, and you have to go with the flow, so to speak. I have had many twists and turns in my life so far and most have been good, especially when I hit the wrong key on my computer keyboard, and it took me to Vincentian. A major twist and a major turn on the road of life, but one I will always be grateful for.

I am sure there will be other twists and turns, but whatever they may be I am reminded of something that I put in a newsletter some time ago. It was something that a past Villa resident gave me not long after starting at the Villa. I still have it pinned above my desk.

# Don't Quit

*When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When funds are low and the debts are high,  
And you want to smile but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.*

*Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about,  
When he might have won if he'd stuck it out.  
Don't give up, though the pace seems slow -  
You may succeed with another blow.*

*Often the goal is nearer than  
It seems to a faint and faltering man;  
Often the struggler has given up  
When he might have captured the victor's cup,  
And he learned too late, when the night slipped down,  
How close he was to the golden crown.*

*Success is failure turned inside out -  
The silver tint of the clouds of doubt,  
And you never can tell how close you are -  
It may be near when it seems afar;  
So stick to the fight when you're hardest hit -  
It's when things seem worst that you mustn't quit.*

- By John Greenleaf Whittier

When you feel a little down or things are not necessarily going your way, take a minute to read this poem. I know I do.

## **Quote for the Month**

*“This is my road. I’m so happy you came and traveled with me.”*

**Rachel Hartman**

~ Larry

## **VOLUNTEERS NEEDED**



**Vincentian Home Personal Care** is in need of volunteers. Volunteers have the opportunity to attend events and outings with residents such as local sporting events, visits to museums and conservatories and more. Volunteer musicians and individuals interested in serving as a companion to residents are also needed. If you are interested in volunteering, please contact Sara Markl 412-925-8315 or e-mail [smarkl@vcs.org](mailto:smarkl@vcs.org). Vincentian is a Catholic not-for-profit healthcare and human services system founded in 1924 by the Vincentian Sisters of Charity, now the Sisters of Charity of Nazareth. For more information visit [vcs.org](http://vcs.org).

# And God Looked Down upon Seniors

Submitted by S.Horne

Most seniors never get enough exercise.  
So in his wisdom God decreed that seniors would become forgetful that they would  
have to search for their glasses, keys and other things misplaced and  
so do some walking.  
And God Looked down and saw that it was good.

Then God saw there was yet a need.  
So God in his wisdom made seniors lose coordination that they would drop things  
which would require them to bend and reach and stretch.  
And God looked down and saw that it was good.

Then God considered the functioning of senior bladders and decided that in His  
wisdom there might be calls of nature more frequently requiring more trips to the  
relief station that would burn calories.  
God looked down and saw that it was good.

Seniors were obliged to exercise more from these senior shortcomings and did  
become more active as a result.

So if you find you are required to get up and down more as you age, remember it's  
God's will and in your best interests even though you mutter under your breath.

**Amen! Let it be! And it is good.**

# 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*

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

### Healthy to the Bone



*Four simple strategies to shore up your skeleton and prevent osteoporosis.*

**You're never too young to start caring for your bones.** Through young adulthood, building bone mass is key because women's bone density can begin to decline as early as age 35 – and by the time you reach menopause, that loss speeds up, dipping as much as 20 percent over the next five to seven years. Men's bone loss tends to start later, but that doesn't make it any less serious. (In fact, the average man's risk of an osteoporosis-related fracture after the age of 50 is greater than his risk of prostate cancer.)

**Pack in Protein.** “this nutrient acts as the glue in bones, holding together minerals like calcium, phosphorus and magnesium that keep them hard and strong,” says Taylor Wallace, Ph.D., adjunct nutrition professor at George Mason University in Fairfax, Virginia. The best type of protein for bones – plant versus animal – has long been up for debate. However, an analysis of seven studies, which Wallace co-authored, found that they're equally good. Most important is getting enough. He recommends aiming for 0.36 gram of protein per pound of body weight and up to 0.56 gram for adults over age 50. For example, a 140-pound woman should get up to 78 grams of protein daily. To put that into perspective, 3 ounces of chicken breast contains 26 grams of protein, and 1 cup of beans has about 14 grams.

**Lift a Little.** Strength training stimulates new bone development. Heavy lifting is still the gold standard for triggering this process, but you can get a similar benefit from doing lots of reps with light resistance, according to a study published in the *Journal of Sports Medicine and Physical Fitness*. Lifting light three times a week

for six months increased bone mineral density by as much as 8 percent. Pick a dumbbell that's 20 percent of the max weight you can lift (so, 4 pounds if you're capable of lifting 20.) For each exercise, do as many reps as possible in 5-minute bursts over the course of an hour-long workout.

**Drizzle Olive Oil.** This Mediterranean diet staple may be famous for helping your heart, but it can support your skeleton as well. Consuming about 4 teaspoons of olive oil per day was associated with 4 percent higher total bone density on average compared to having none, according to Spanish researchers. Olive oil contains naturally occurring compounds called polyphenols that increase the activity of osteoblasts, cells that promote bone formation and maintenance.

**Do a Gut Check.** Probiotics help populate your microbiome with good bacteria, and the perks don't stop at better digestion. Taking a daily probiotic reduced bone loss by about half after a year in women ages 75 to 80, according to Swedish researchers. The breakdown of bones appears to be accelerated by inflammation, so they suspect that gut bugs' anti-inflammatory effects may stave off this loss. Ask your doctor about a supplement, and try eating foods rich in probiotics, like yogurt and kefir, which are also known to support bone health.

***This information is general information.  
Please consult with your physician with any questions / concerns.***

# Taste of the Villa

## WELCH'S GRAPE JELLY MEATBALLS

Perfect for a Super Bowl party!



### INGREDIENTS

- 1 – Squeeze bottle (2.5 cups) Welch's Concord Grape Jelly
- 1 – 18oz bottle Sweet Barbecue Sauce
- 1 – Package (2 lbs.) Frozen Prepared Meatballs

### DIRECTIONS

Lightly spray crockpot w/ cooking spray

Add Welch's grape jelly and barbecue sauce to a slow cooker

Stir to blend well

Stir in Meatballs to coat

Cover and cook on high for 3 to 3.5 hours - stirring halfway during cook time until meatballs are thoroughly heated and sauce is simmering

Serve w/ Toothpicks

TIP: For a spicy kick, add Sriracha hot sauce

## 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.