

IN THIS ISSUE

Page 2

Birthdays
Rainfall
Poetry Corner
Beautiful Sunset

Page 3

Meet Anglea Toujari!
Early Morning Visitors
The ED View

Page 4

Living the Green Life
Salinas Fitness Day!

Page 5

Color Our World
A Luau in the Renovated
Pool Area

Page 6

Culinary Corner
Mardi Gras with Dixieland
Fred Brown Jazz Group

Page 7

Bulletin Board
Resident Council Election
Haiku Poetry

Page 8

Mardi Gras at the Atrium
Happy St Patrick's Day

Editors

Kim McGinnis
Chad Miller

Photographers

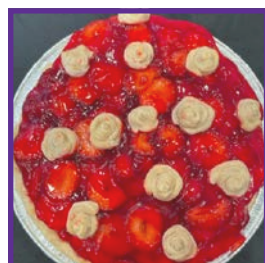
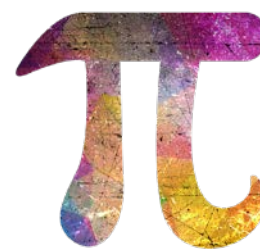
Kim McGinnis
Samantha Statham
Jamie Hayward
Pat H.
Madison Glover
Lindsey Zeuschel
Dan M.

Contributors

Kim McGinnis
Marion D.

Matt Lambert
Samantha Statham
Ellen Corbin
Jamie Hayward
JoAnn O.
Joan B.
Madeline S.
Nichole W.
Terri K.
Philip W.
Connie N.
Karen F.
Jerry G.

RESIDENTS CELEBRATE NATIONAL PI DAY!



First in Class!

The Village

AT PENN STATE



RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

SNOWFALL

RAIN

February		
0.15	17	-
-	22	0.40
2.00	25	0.70
March		
-	2	0.20
-	7	0.10
4.00	9	-
5.00	12	-
Flurries	13	-

Measurements in Inches

Poetry Corner

*Everyone is welcome to the Poetry Group the
3rd Wednesday of every month at 3pm in the Lions Den *

"Careful with fire" is good
advice we know;

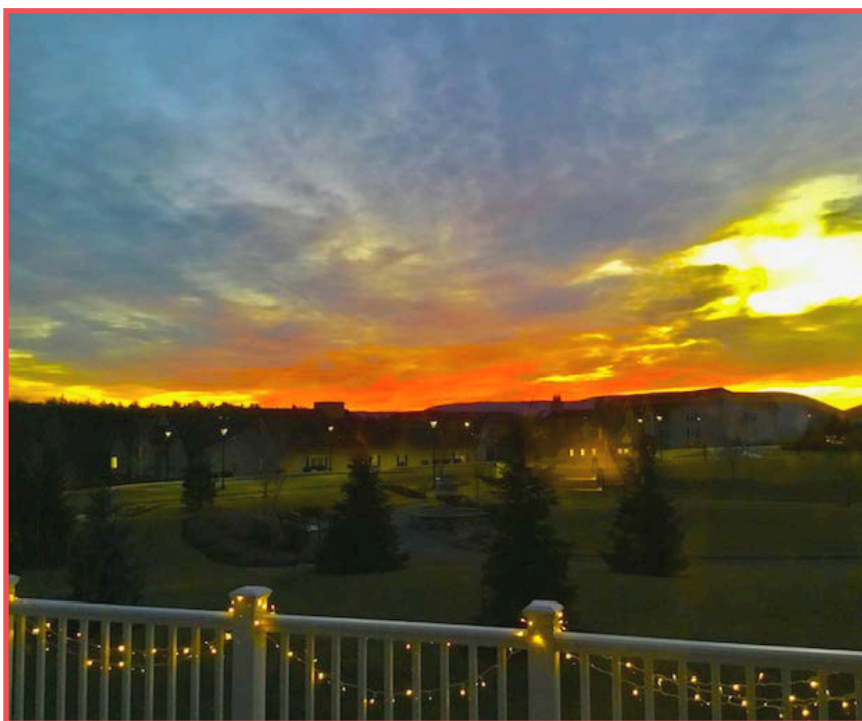
"Careful with words", is ten
times doubly so.

Thoughts unexpressed may
sometimes fall back dead,

But God himself can't kill them
when they're said!

~Submitted by Philip Winsor

COTTAGE RESIDENT, PAT H. TOOK THIS PHOTO FROM HER DECK



MEET ANGELA TOUJARI!



Hi, my name is Angela Toujari! Some residents and employees may have noticed, that there's a new face at the Concierge Desk at The Village at Penn State.

It is my great pleasure to be working at The Village at Penn State. I too, am a proud Pennsylvania State University Alumni.

I live in Centre Hall, Pennsylvania. I have two cats, Sputnik and Cheyenne. I am divorced. My hometown is Beech Creek, Pennsylvania. I am an appreciator of various forms of art. Gardening is one of my favorite hobbies. I greatly enjoy listening to music, singing and dancing. Other hobbies of mine are writing, swimming, reading, and traveling.

I look forward to meeting and getting to know everyone at The Village at Penn State.

EARLY MORNING VISITORS AT THE VILLAGE



Submitted by Dan M.

THE ED VIEW



In the United States, April is National Volunteer Month—a month dedicated to recognizing the importance of volunteering and honoring the significant contributions volunteers make by generously donating their time and talents to worthy causes.

The theme for our celebration is **V.I.P.** (Very Incredible People). Volunteering brings people together; it builds communities and creates a better society for everyone. Volunteer Week is a chance for all of us to celebrate and recognize the vital work of volunteers and to say thank you.

The Village at Penn State will celebrate our volunteers the week of 4/18/22- 4/22/22. There will be different activities offered throughout the week, ending with a volunteer breakfast on 4/21/22. I would like to thank all of our resident volunteers for donating your time to The Village and the State College community. Also a special thank you to The Village at Penn State's 2022 Rose Cologne nominee Jeannie Mercer!

Ellen Corbin
*Executive Director,
The Village at Penn State*



LIVING THE GREEN LIFE AT THE VILLAGE AT PENN STATE

By Joan B.

To be a good world citizen, I gave up my Prius more than 2 years ago, so now I carpool and ride the bus; I hardly buy anything because I'm following the old adage: "use it up, wear it out, make it do, or do without;" I take my coffee grounds and tea leaves and mix them with the soil around my tomatoes and in my flower garden; I compost my organic trash, along with the spent flowers from my day lilies; I no longer eat red meat, and I make at least two dinners vegetarian every week; I'm on the Recycling Committee at The Village at Penn State (where I live), and so I haven't bought a trash bag or ziplock bag in years - when I'm collecting everyone else's, I just rescue ones that can be washed out and reused; I am a Recycling Buddy here, I call on move-ins to show them how we recycle here; I use wool dryer balls instead of dryer sheets, and shampoo bars instead of bottled shampoo; I use Purex detergent and bleach instead of name brands (they ALL contain too many toxic chemicals); I scoop up Hexi's poops in a glass jar and throw them down the toilet, which is what the EPA recommends (no plastic poop bags for us!); instead of using the electric dryer, I dry towels outside in the sunshine; all food leftovers go to my dog, Hexi, or my cat, Theo, or the birds, chipmunks, squirrels or rabbits; I bring my potted tomatoes inside before the first hard frost and I have fresh tomatoes until Valentine's Day (when the white flies take over); I rehabilitate plants my neighbors are throwing away, and once they're in better shape I either keep them or find them good new homes.

SALINAS FITNESS DAY!

Named in honor of April Salinas, VPS fitness coordinator who passed away in 2017. Residents participated in a nationally recognized senior fitness test to assess their strength, flexibility, and endurance. Great job everyone!



COLOR OUR WORLD

“Color our World” is the theme of the newest resident art wall display.



RESIDENTS ENJOYED A LUAU IN FEBRUARY IN THE RENOVATED POOL AREA. ALOHA



CULINARY CORNER

The Bistro has recently featured entrees utilizing fresh, house made pasta. The resident response has been extremely positive and we will be creating new and exciting variants in the future. This brings up the question – what are the differences between fresh and dried (store bought) pasta?



This is an age old culinary question I have been asked repeatedly throughout the years. Is fresh pasta better than dry? What dishes work best with dry pasta, which ones work best with fresh?

At its core pasta is a simple item made up of just a few simple ingredients that can be prepared in a variety of ways.

Dry pasta generally has no eggs, just semolina flour and water. This results in a firmer, stronger pasta. Often utilized in baked dishes, think mac & cheese, that require the noodle to maintain its shape and texture. Dry pasta requires 8-10 minutes to cook in boiling water. You can achieve “al dente” texture with dried pastas. Dry pasta also has an indefinite shelf life, perfect for stocking the pantry

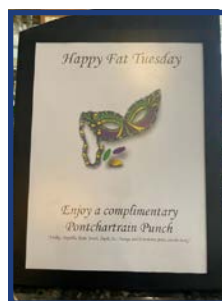
Fresh pasta is made of flour (semolina), eggs, and water. It is more delicate in texture than dried pasta. Cook time is relatively short, 2-3 minutes in boiling water. Fresh pasta lends itself to being tossed lightly with your favorite sauce. It also perfect for making a variety of stuffed raviolis. Avoid using too much sauce, allow the fresh pasta to be the star of the dish. Like most fresh products the shelf life of fresh pasta is 2-3 days under refrigeration.

Locally, you can source fresh pasta in a variety of forms from Pasta Fasta in Pleasant Gap (fastaravio-lico.com). They specialize in stuffed raviolis, cut fettucine and spaghetti, as well as seasonal specialties... Check them out and support local business.

Meanwhile at the Bistro, look for fresh pasta features made with pride right here at the Village.

Matt Lambert
Executive Chef, The Village at Penn State

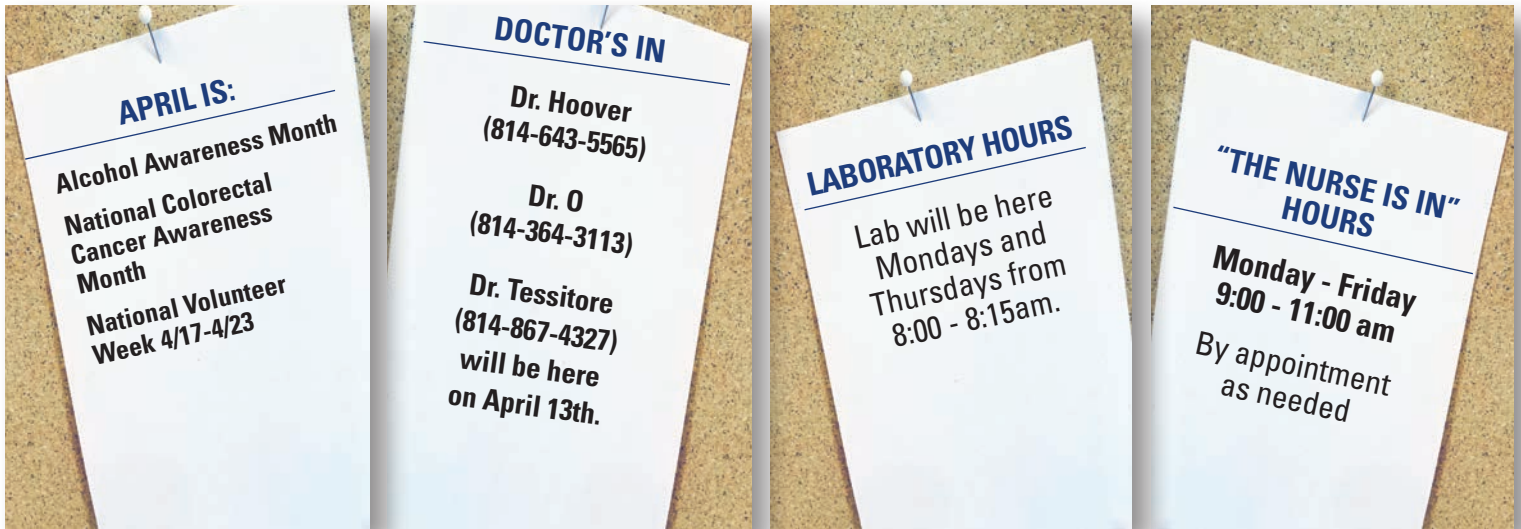
RESIDENTS ENJOYED CELEBRATING MARDI GRAS WITH THE DEACONS OF DIXIELAND



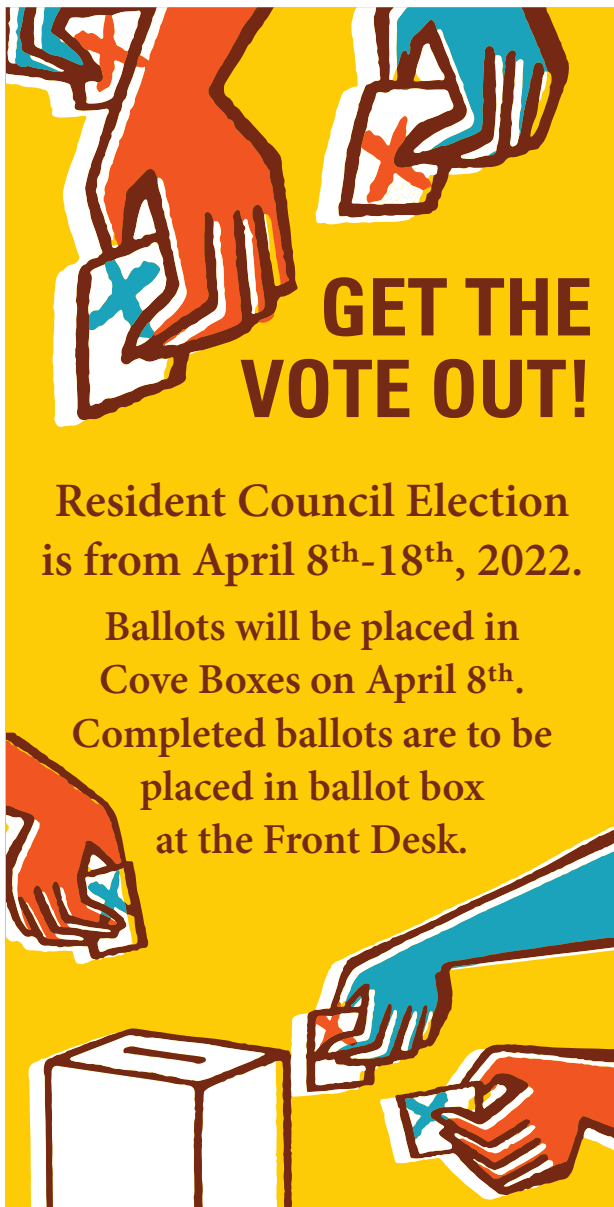
FRED BROWN JAZZ GROUP

The Fred Brown Jazz Group, including VPS resident Jim Scott, performed at Social Hour in February.





Podiatrist is coming on April 18th from 12:30-4:00pm.



HAIKU POETRY

Our Mother, the Earth, weeps
Her children are not loving her enough
To keep their progeny flourishing
~ Karen F.

Darkness and Light
Some days I feel sad
Memories flutter like wings
And I smile and laugh
~ Madeline S.

February Daydreams
Bright sun warms my face
Hot sands cradle my body
Caribbean dreams...
~ Madeline S.

Stand Off
Birds guard the feeder
But the squirrels won't give up.
Better than cable
~ Madeline S.

Stretching out upon the couch,
Sunshine pouring in,
The cat is falling asleep.
~ Terri K.

The snow is swirling
But my calendar says Spring.
Please explain to me . . .
~Connie N.

Music that they play,
A Sentimental Journey,
Brings back memories
~Jerry G.

Happy Mardi Gras from your friends at the Atrium and Personal Care!!

The residents put on their best Mardi Gras attire and celebrated in style!



Happy St Patrick's Day from your friends at the Atrium!

The residents have been celebrating the holiday by making shamrock wreaths, having holiday inspired social events, and a surprise performance from our music therapist, Judy Sherwood!

