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UGLY SWEATER PARTY



Ugliest: Rosalie D.

Most original: Carol W.

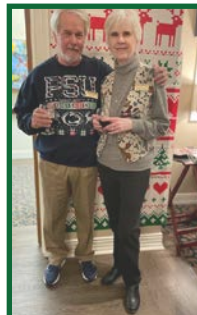
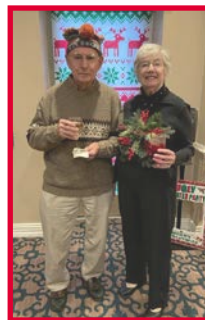
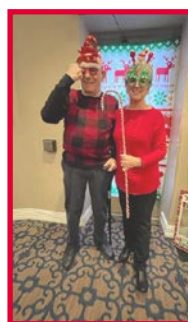
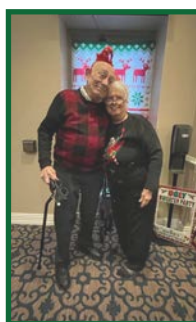
Funniest: Veda Kay B. and Jane B.

Most creative: Irmgard L.

Most festive: Carolyn T.

Most colorful: Nancy W.

Most flammable: Marge S.



First in Class!

The Village

AT PENN STATE



RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

SNOWFALL

RAIN

December

-	18	0.35
0.60	24	-
-	25	0.40
1.10	27	0.35
-	28	1.30

January

-	2	0.10
3.0	6-7	-
-	9	Ice
5.60	16	Ice
0.90	17	-

Measurements in Inches

Poetry Corner

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

What a lovely view in sight
The yards, the streets, the
sidewalks white.
The snow has covered over all.
Yet few of us had seen it fall
For it happened while we slept.
This lovely scene upon us crept.
The flakes upon each other fell,
And driving got as bad as hell!!

~Written & submitted
by Dan S.

FIRST REAL SNOW OF THE SEASON



(Submitted by Don and Lil A.)

MEET CARLA HEVERLY, LPN IN WELLNESS CLINIC



Hi, I'm Carla Heverly!

I have been an LPN for 7 years. I have worked with pediatrics and geriatrics. I have done a lot of nursing in nursing home around the area and in home care

settings with one-on-one care. I am originally from Howard pa. I have a one-year-old son and a family that resides in Zion pa. I enjoy walks outside with my son and playing with my son, watching him learn. Our favorite past time is attending sporting events for my nephews and cousins.



The Village

AT PENN STATE



LIVE YOUR DREAMS TODAY!

THE ED VIEW



Every February marks the annual **American Heart Month in the United States**. Put simply, this month raises awareness about heart disease and helps people learn ways that they can protect their heart health. The federally designated event stands as a reminder to all when it comes to this important issue. Here's everything you need to know.

After a request from Congress, President Lyndon B. Johnson proclaimed the first American heart health month in February 1964. It has been celebrated in the USA every year since. Fundraising and heart health awareness events take place all over the country during February.

Week One: Be Physically Active

At the start of the February heart month, the campaign encourages people to get together to be more physically active. You could organize a group walking session, take a new gym class, or even get a team together for a sporting event. **Decide how you want to get active!**

Week Two: Eat Healthier

Eating well is a smart way to protect your heart's health. During the second week of the campaign, those taking part are encouraged to learn more about heart-healthy foods. **Cooking balanced meals at home and even inviting friends over for dinner is the key.**

Week Three: Track Your Heart Health Stats

During week three of American Heart Month, those taking part in the #OurHearts campaign will track their health stats. Check your blood pressure, and **use your smartphone or a wearable tracker to see how well your heart is performing.**

Week Four: Manage Stress, Sleep Better, and Quit Smoking

The final week of the campaign combines all of the ways in which you can protect your heart. Better sleep, less stress, and quitting smoking are smart places to start. **Don't forget to share your results on social media.**

Why Does American Heart Month Matter?

One in four deaths in the USA is caused by heart disease, so this is a critical national issue. However, recent research suggests that many people lack education about cardiovascular conditions and their warning signs. American Heart Month aims to address the lack of awareness by getting us all thinking about the small ways in which we can keep our hearts healthy.

Ellen Corbin

Executive Director, The Village at Penn State

RECYCLING ROUNDUP



Yups & Nups

Because we--Recycling Committee members--have been getting a lot of questions from residents recently, we concluded an update on common items that can be (Yup) recycled and those that cannot (Nup) should be the subject of *RECYCLING ROUNDUP* in the February issue of the Village Newsletter.

Yup

Glass bottles, jugs and jars. Lids can remain on containers.

Aluminum pie plates, cake pans, foil, and steel—(tin)—food cans.

Plastic bottles, jugs and jars—large and small.

Miscellaneous Plastics – Salad, cheese, fruit, butter, yogurt—any plastic container/plate that isn't a bottle, jug or jar.

However, do not mix with bottles, jugs and jars.
(See item exceptions in Nup section.)

Mixed Paper – Newspapers, office paper, magazines, junk/first-class mail, cereal boxes, thin cardboard, scratch pads, receipts, and ad brochures/fliers.

Corrugated Cardboard – Primarily boxes. Check edge of cardboard for wavy, middle layer.

Plastic Bags - KEEP SEPARATE - DO NOT MIX WITH OTHER PLASTIC ITEMS.

Nup

Glass, ceramic, porcelain, China dishware.

Metal items – Hangers, tools, kitchen/tableware items, tools, wire, and microwaves.

Plastic SOLO soda cups, straws, cutlery, coffee cups/lids, computer disks/packages, AND ANY BLACK OR BROWN ITEM.

Milk and Juice in coated cartons.

Paper tissues and towels

Mandate!

Rinse away all food residue, dirt and any other contaminants.

This is not an all-inclusive list. If you still have a Yup or Nup question, please call me.

Jim T.
*Chairman and Doctor (RD),
The Village Recycling Committee*

ROSE COLOGNE VOLUNTEER NOMINATIONS

Choose your nominee for the Rose Cologne Volunteer of the year from VPS. We can nominate one volunteer to be honored at the annual Rose Cologne Volunteer Dinner (if it is held this year) This includes volunteering at The Village at Penn State and in the community. Nominations accepted Feb. 8-18. Forms will be in Cove Boxes Feb. 8.

LOVE YOUR PET DAY



LOVE YOUR PET DAY IS FEBRUARY 20TH!

Share your favorite pet picture with Kim McGinnis by 2/20 and it will be in the March Newsletter

Include the pets name, age and owner

You can email the picture to kmcginnis@villageatpennstate.org or let a copy at the front desk and it will be returned to you.



GET THE VOTE OUT!

This year we will be electing five members for the 2022-23 Resident Council. The election will be held in April.

The following date is important in the process:

March 25, 2022

The last day to accept nominations

If you would like to make a nomination, please contact a member of the Nominating Committee:

Bob M. – East 1

Trudy S. – East 2

Mary Jean M. – West 1

Max S. – West 2

JoAnn O. – Cottages

WINTER SIGHTINGS AROUND THE VILLAGE



CULINARY CORNER



A lot has happened in the two previous years. Unexpected changes to routine became the norm. This month I want to take a moment to acknowledge all of the culinary staff at The Village that has gone above and beyond the normal expectations, which are high to begin with.

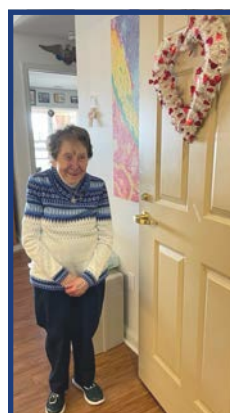
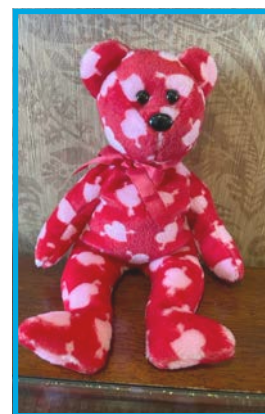
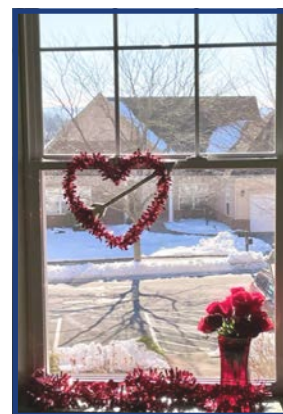
I could not be more proud of the culinary staff I am part of. Without exception, the entire team has risen up when called upon. Most importantly, we maintained the current levels of quality that are expected daily by our customers.

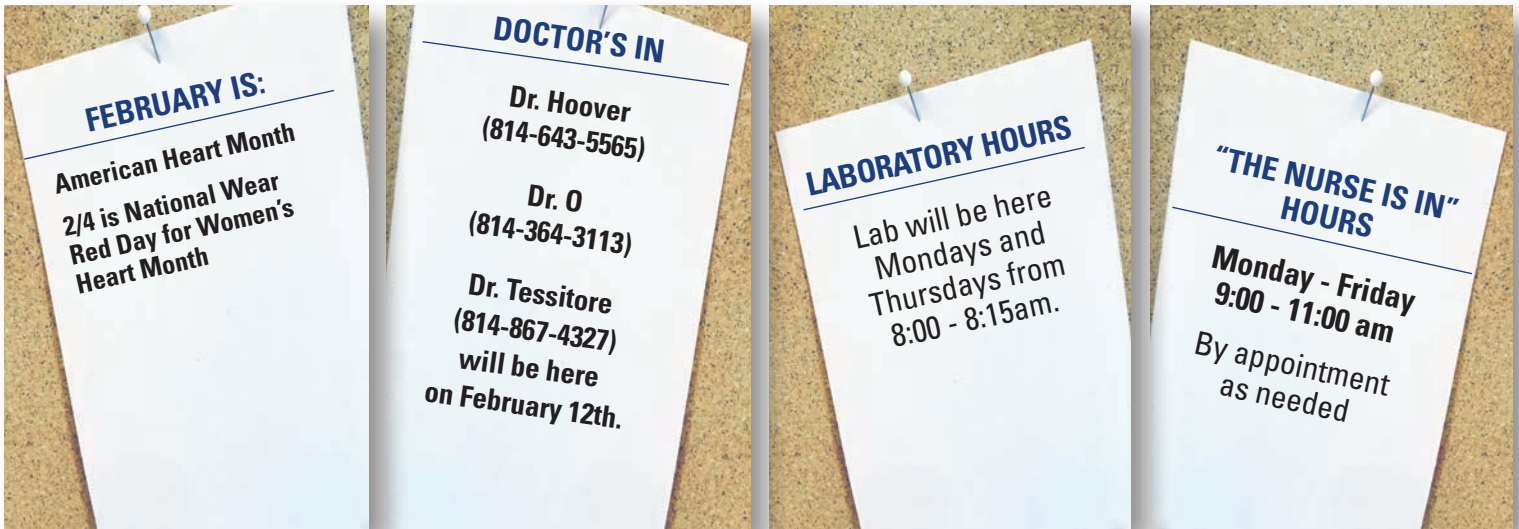
I'll be honest, there were a few moments throughout the last year when I thought we might have to make changes in the meal offerings. Without exception, my staff rallied and maintained standards. Please take a moment to personally thank any member of the culinary staff in person, they truly earned it!

Looking forward, I am currently developing new items for the upcoming cycle menu. As always, my staff and I are excited to bring new exciting meal options to the residents of the Village. Stay positive, spring is just around the corner!

Matt Lambert
Executive Chef, The Village at Penn State

WINTER SIGHTINGS AROUND THE VILLAGE (CONT.)



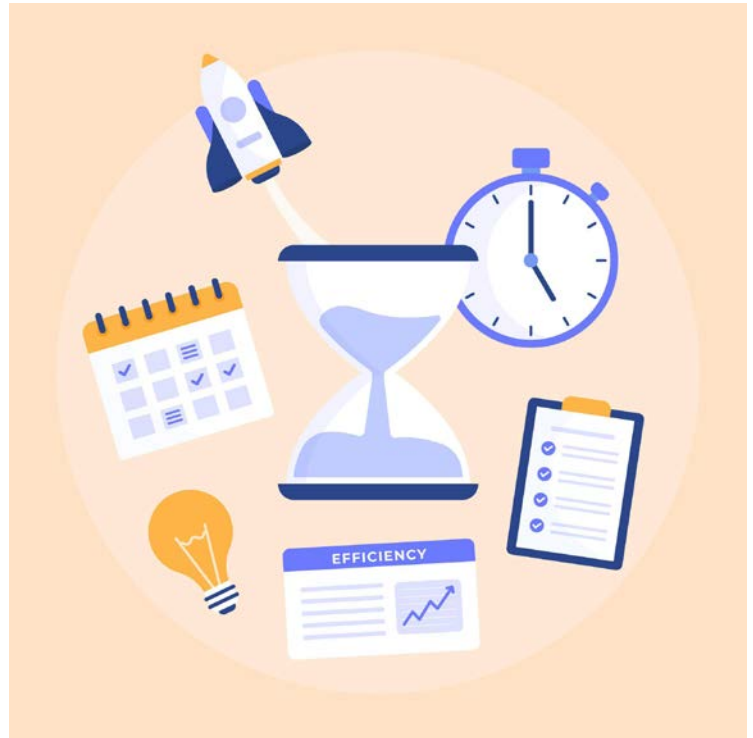


Podiatrist is coming on February 14th from 12:30-4:00pm.

VOLUNTEER HOURS

Liberty Lutheran requests that we track all volunteer hours of Village residents. This helps us retain our non-profit status and document our social accountability.

There are volunteer forms in the post office/cove room for your convenience to document all the volunteering you do for the month, on a monthly basis throughout the year. This will include not only the volunteering you may do at The Village with committees but also outside of The Village. This would include any presentations you may give that you are not paid for, reading to residents at the Atrium or any other volunteering you do in PC/Atrium, CVIM, Meals on wheels, church, on campus and in the community at large. Please get a form at the beginning of the month and track the hours so you don't forget what you did throughout the month. Please complete the form then hand it in at the Front Desk. Thank you for volunteering and for helping to track these numbers. If you have any questions, please don't hesitate to ask me, Kim McGinnis, Director of Resident Services. 814-235-8902 or email at kmcginnis@villageatpennstate.org.



CREATING MEMORIES AND NEW ADVENTURES

Ted worked with activities at the Atrium and Personal Care from August until December as he worked on completing his Ministry. Ted touched so many people during his time here, creating memories with everyone at the Atrium and Personal Care. Ted also put on wonderful Opera lectures and performances for the entire Village. Thank you for everything you have done here at The Village at Penn State Ted! Good luck on your next adventure!



HAPPY
Valentine's
DAY