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NATIONAL VOLUNTEER WEEK

The Village celebrated National Volunteer Week ALL WEEK LONG with drawings and treats but the main event was the Volunteer Breakfast to thank all VPS Volunteers for their contributions all year long. Elizabeth Webb played the piano, sang and even engaged the residents to sing along!



First in Class!

The Village

AT PENN STATE



RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

SNOWFALL		RAIN
	March	
-	23	0.15
-	24	0.20
Flurries/Sleet	26	-
Squalls/Covering	28	-
-	31	1.00
	April	
-	6	0.65
Flurries	7	1.00
-	12	0.15

Measurements in Inches

Poetry Corner

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

FRESH CLAMS

The A&P sold them
The refrigerator kept them alive
The family befriended them.
The disposal ate them.

~Eileen S.

BEAUTIFUL SNOWY APRIL MORNING!

Submitted by Pat H.



MEET SAVANNAH NIEDERMYER! IL DINING ROOM SERVER



Hi I'm Savannah! A lot of you may recognize me from the dining room but I thought I would properly introduce myself to everyone.

I'm taking my gap year this year and working

here full time. I graduated from State College in 2021 and live here in town with my family. I have two younger brothers and a little dog named Byron. This coming fall I will be attending Penn College of Technology in Williamsport to get my BSN. I like art, nature, playing cute games and listening to music. My favorite mediums are paper sculpture and pottery. I love hiking and being outside in the warm weather, minus the bees.

VIEW OF THE WATER FROM KAREN AND GEORGE'S SHORE HOUSE!



Submitted by Karen F.

THE ED VIEW



National Stroke Awareness Month is an annual event held within the United States. The aim of National Stroke Awareness Month is to make Americans aware that they may be able to '**Save A Life**' of a person experiencing a stroke.

The National Stroke Awareness Month is run by the National Stroke Association who help individuals '**Save A Life**' by educating them about:

- stroke risk factors
- stroke symptoms
- stroke preventative measures

National Stroke Awareness Month is also a timely reminder of stroke survivors and how organizations such as the National Stroke Association supports stroke survivors through their lifelong journey of recovery.

The National Stroke Awareness Month program places emphasis on making the public aware about **Acting FAST**.

According to the National Stroke Association, a person experiencing a stroke can be treated if people have acted FAST - 80% of strokes can also be prevented.

FAST being an acronym for things to check in a suspected stroke victim:

- **F - Face** / Does the face droop on one side when the person smiles?
- **A - Arm** / After raising both arms, does one of the arms drift downwards?
- **S - Speech** / After repeating a simple phrase, does the persons speech sound slurred or strange?
- **T - Time** / If any or all of the above are observed call for 9-1-1 and ask for medical assistance.

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

N A T I O N A L
STROKE
M O N T H

RECYCLING ROUNDUP

SETTING THE BAR FOR 2022

Well, we hit a new high in total tons recycled in The Village in 2021 with 20.2 tons. That was last year. Now, as the old saying goes, “What are you going to do for me this year?” To wit, what’s our goal in 2022? Your Recycling Committee believes a 21-ton figure is attainable if we recycle every glass, plastic and metal food container, every shred of paper, paper board, and corrugated cardboard box that lands in The Village. Are you up for the challenge? I can already see the headlines in CDT next January: Village at Penn State recycled its way to glory in 2022. Wouldn’t that make your day? It would mine. So much so that I would sing “On the Road to Mandalay” at the first Happy Hour in February 2023. (No wise cracks, please.)

All kidding aside, we can make our 2022 goal if we remember to routinely recycle our newspapers and magazines, corrugated boxes, mail, office paper, greeting cards, glass and plastic bottles, jugs and jars, plastic bags, and the ever-present miscellaneous plastic containers. Piece of cake!

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



THE VILLAGE’S ROSE COLOGNE VOLUNTEER OF THE YEAR: JEANNIE MERCER

Tribute for Jeannie

M.: For the past 4 years Jeannie has successfully chaired The Village estate sales, raising significant funds for the Residents general fund. She also volunteers in the Village gift shop as a merchandizer and cashier. During the Covid crisis, Jeannie made masks which were distributed among the staff. Jeannie truly exemplifies the true meaning of a “star” volunteer.



Reason for volunteering: “I serve as Chair of our Estate Sale Committee at VPS. We help the families of our residents in transition situations make decisions about disposal of household and personal possessions at difficult times. If the family wishes, we have an Estate Sale which benefits The Village Staff...Housekeeping, Maintenance, Nursing, & Dining. We are all family. That is why I volunteer.”

Thank you, Jeannie, for everything you do!

RESIDENTS ENJOYED WALKING AROUND TUDEK PARK ON A SPRING DAY!

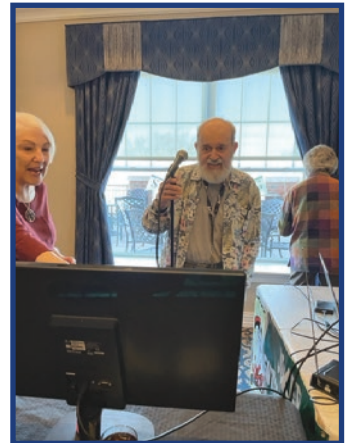


HAPPY HOUR

Happy Happy Hour from your friends at the Atrium and Personal Care! Every Friday the residents gather at Personal Care for an afternoon Happy Hour. This month we stepped our Happy Hours up a notch and got a variety of slot machines to play!



RESIDENTS ENJOYED SPRING FLING KARAOKE



CULINARY CORNER

I look at the month of May as the first true month of summer. With it comes the very beginning of the summer harvest season. Specifically, asparagus will come into abundance.



There are several ways to cook this unique early summer vegetable. Asparagus lends itself quite well to quick and simple cooking techniques. I will cover a few of my favorites that have served me well over the years.

This month I am going to highlight the versatility of asparagus. This is simply a list of creative ideas, not recipes. Take these ideas and experiment with them. The internet is also a valuable tool to answer any questions that might arise.

- Steamed with lemon vinaigrette
- Hard oven roasted with olive oil, kosher salt, black pepper
- Prosciutto or serrano ham wrapped asparagus bundles
- Add to any pasta dish, cold or hot, to replace meat protein
- Cream of asparagus soup
- Quiche or frittata
- Fritters or hush puppies
- White pizza topping
- Tempura crispy fried
- Risotto
- Omelet filling

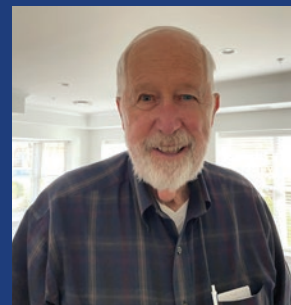
I could go on and on. The point being, the amazing versatility of one item. Take advantage of the seasonal availability and be bold in the kitchen!

Matt Lambert
Executive Chef, The Village at Penn State

MEET YOUR NEW NEIGHBORS!



Suzanne K.



Lee H.

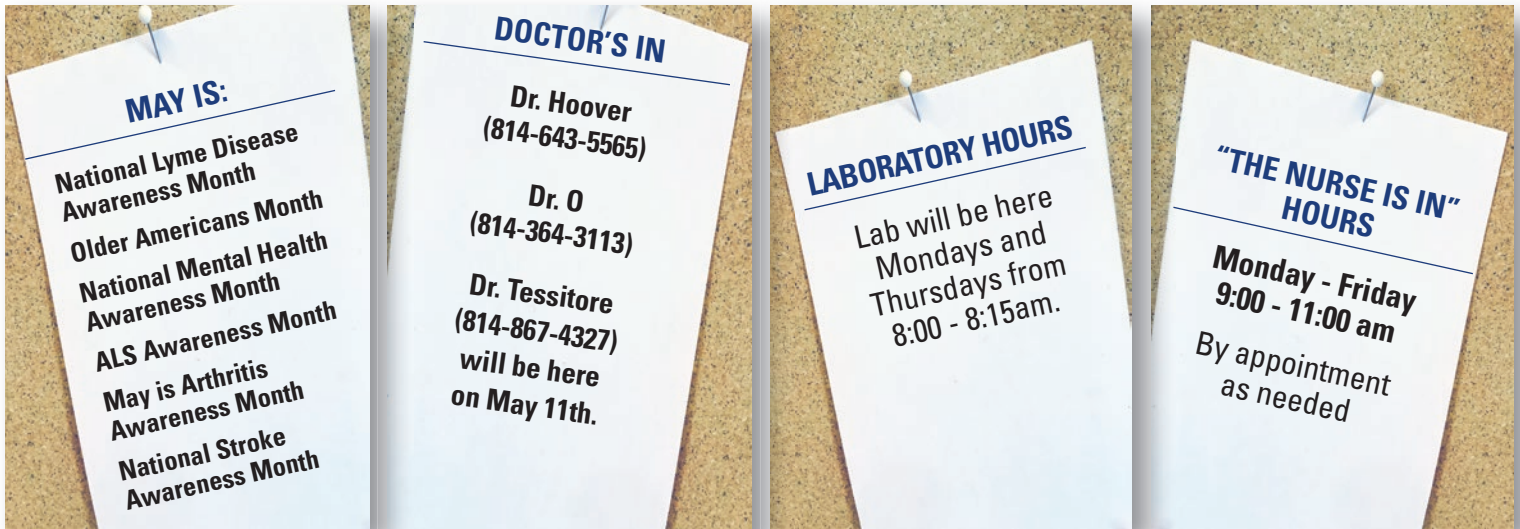


Barney and Diane D.

In the depth of winter,
I finally learned that within
me there lay an invincible
summer.

~Albert Camus

Submitted by Marion W.



Podiatrist is coming on May 23rd from 12:30-4:00pm.

Reminder to notify Wellness with any new Covid Boosters and any vaccines so your record can be kept up to date.

MAY IS....NATIONAL PHOTOGRAPHY MONTH

“Photography develops in us more than just a memory; it provides a way to touch time.”

Why is photography so important?

Photography is important because **we can document something and have it forever**. Photography lets us see something we may never have noticed otherwise. Photography is a way to express your ideas for others to see.

The category is FAMILY (and it must be taken by you personally) Please identify those in the photo.

Submit your favorite photo to Kim McGinnis and it will be printed in the June newsletter. All photos must be submitted by 5/20 by email or drop off at the front desk.

NEW WATER IN MOTION CLASS!



Led by instructor Lindsey Zeuschel is a shallow water, low impact workout choreographed to upbeat music to improve cardioendurance, agility, balance, strength, and flexibility. This is a moderate to high intensity class enjoyed by VPS residents.

ACTIVITIES AND GAMES!!!

The residents at the Atrium and Personal Care have been enjoying a variety of different activities and games. From new activities like working on their target practice, to classic favorites like their monthly DrumFit classes, your friends at the Atrium and Personal Care are always up to something new and exciting!



A huge thank you to Tiffany and her family for bringing her granddaughter, Stormi, in to celebrate Easter with us here at the Atrium and Personal Care!

We loved your Easter outfit, Stormi, and we are so happy you could spend the afternoon with us!



HAPPY EASTER!

A huge thank you to our Easter Bunny, Rose, for hopping her way through the Village and bringing smiles to all of our residents at the Atrium and PC :)

