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#### Editors

Kim McGinnis  
Chad Miller

#### Photographers

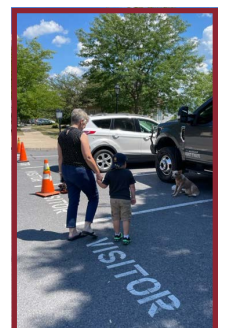
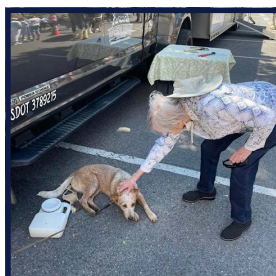
Kim McGinnis  
Samantha Statham  
Madison Glover  
Katie S.  
Nancy W.

#### Contributors

Kim McGinnis  
Marion D.  
Samantha Statham  
Jamie H.  
Nancy W.  
Jim T.  
Madison Glover

## THE CLYDESDALE'S CAME TO THE VILLAGE FOR A VISIT IN AUGUST

Jimmy from Spring Ridge farms and his mom, Kim, arrived on a beautiful afternoon for a show and tell of the horses.








**RAINFALL/  
SNOWFALL  
AT THE VILLAGE**

by Marion D.

SNOWFALL		RAIN
	August	
-	21	0.60
-	30	0.55
	September	
-	5	1.20
-	7	0.20
-	11	0.50

Measurements in Inches

## Poetry Corner

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

### EPITAPH by Don Blanding

Do not carve on stone or wood,  
"He was honest" or "He was good."  
Write in smoke on a passing breeze  
Seven words... and the words are  
these,  
Telling all that a volume could,  
"He lived, he laughed and ..he  
understood."

~ Submitted by Betsy T.

## EARLY MORNING BEAUTY IN PALMER PARK

Thank you to Katie S. from Wellness, for capturing these.





# FARM TO TABLE HERE!

Residents enjoyed shucking corn from local farms.



## THE ED VIEW



October is National Breast Cancer Awareness month. Other than skin cancer, breast cancer is the most common cancer among women. Each year in the United State, about 255,000 women get breast cancer and 42,000 women die from the disease. Most people think breast cancer only affects women, but men can also get breast cancer. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

There are many different symptoms of breast cancer, but some people have no symptoms at all. It is important to report any of the following changes to your physician:

- Any change in the size or shape of the breast
- Pain in any area of the breast
- Any discharge from the breast
- A new lump in the breast or underarm

There are many things you can do to help lower your risk of getting breast cancer:

- Keep a healthy weight and exercise regularly
- Don't drink alcohol or limit the amount of alcohol you drink
- If you are taking hormone replacement therapy, ask your doctor about the risks
- Talk to your physician about scheduling regular mammogram screenings

Although breast cancer can affect women of all ages, most breast cancers are found in women who are 50 years or older. I would like to celebrate all The Village breast cancer survivors, and those who may be in the middle of the fight. You are all courageous and brave!

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



## MUSICAL INTERLUDES



**Daniyar Yessimkhanov entertained residents with a powerful performance on September 2nd.**

He is a Doctor of Musical Arts in Piano Performance student of Prof. Christopher Guzman at PSU School of Music. He has won many awards. Daniyar performed selections from Mozart, Beethoven, and Liszt.





# RECYCLING ROUNDUP

## RECYCLING PLASTIC - WHY WE NEED TO RAMP IT UP

Plastic is one of the most enduring products than humanity has ever created, if not the most enduring. It takes thousands of years for plastic to degrade, and now we're learning that it doesn't fully degrade at all. It breaks down into microplastics, which are often considered to be more detrimental to the health of humans and the natural environment than other types of plastic.

### How bad is it on Planet Earth?

839,961,218,924 pounds of plastic are produced annually.

50-75 trillion pieces of plastic and microplastic are currently in the ocean.

593,043,485 pounds of plastic pollution float on the surface of the ocean.

60%-95% of the waste currently in the ocean is plastic.

Approximately 1/3rd of all fish captured for consumption by humans contain some form of plastic.

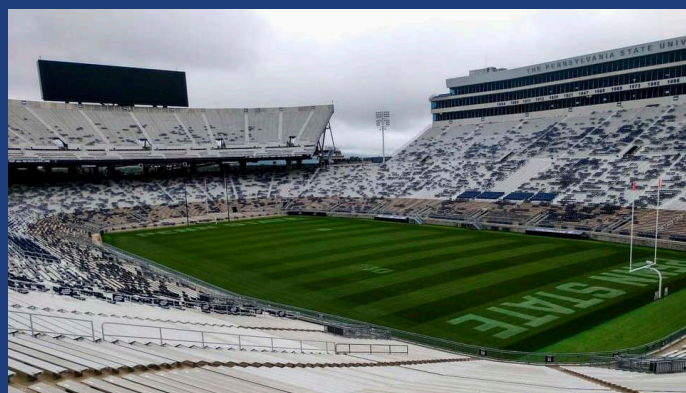
### Worldwide statistics are one thing, what are the stats for the US?

Not good. It produced 40 million tons of plastics in 2021. Only an estimated 6% was recycled, meaning the balance wound up in landfills, illegal dumps, rivers and lakes.

We Villagers can't save the world, but we can do our part by ramping up our recycling efforts. Use the recycling room on the ground floor of your apartment building. We accept plastic bottles, jugs and jars, and all sorts of miscellaneous plastic containers. Cottage residents, use your red bins.

Jim T.  
*Chairman, VPS Resident Recycling Committee*

## THE VILLAGE WAS A PROUD SPONSOR OF THE STATE COLLEGE QUARTERBACK CLUB THE WEEK OF PENN STATE'S SEASON OPENER vs OHIO





# THE VILLAGE AT PENN STATE

## TAILGATE OCT. 15, 2022



### 2022 VPS Tailgate Light in Community Room for the Penn State-U of Michigan on the big screen

Game time TBA-watch  
the Bulletin for exact time.  
Come a half hour before the  
game on October 15 to start  
the party. Bring snacks and  
beverage of your choice.

Cheer on the Nittany Lions  
as they meet the Michigan  
Wolverines at the Big House.

Committee members:

Trudy S., Rosalie D., Suzanne K.,  
Corinne C., Henrietta B., Nancy W.,  
Ann & Jerry G.

## VPS BOOK GROUP

The New VPS Book Group read *West with Giraffes* by Lynda Rutledge as their first selection. Dorothy Brooks brought some small wooden giraffes to visit the meeting. They are wooden carved examples from Africa given to the Brooks by a friend from Tanzania.



## BURNIN' LOVE BURGER!

The hamburger made its official debut  
at the 1904 St. Louis food festival &  
is one of the most popular foods in  
the world. The Village at Penn State  
residents celebrated by making their  
own unique burger.





# MEET YOUR NEW NEIGHBORS!



**Meral A.**



**Judy L.**



**Bruce L.**



**Bunny T.**



**Don B.**



**Dianne S.**



**Jim & Bonnie K.**

## VPS RESIDENTS ENJOYED ATTENDING A FEW ALTOONA CURVE MINOR LEAGUE BASEBALL GAMES THIS SUMMER

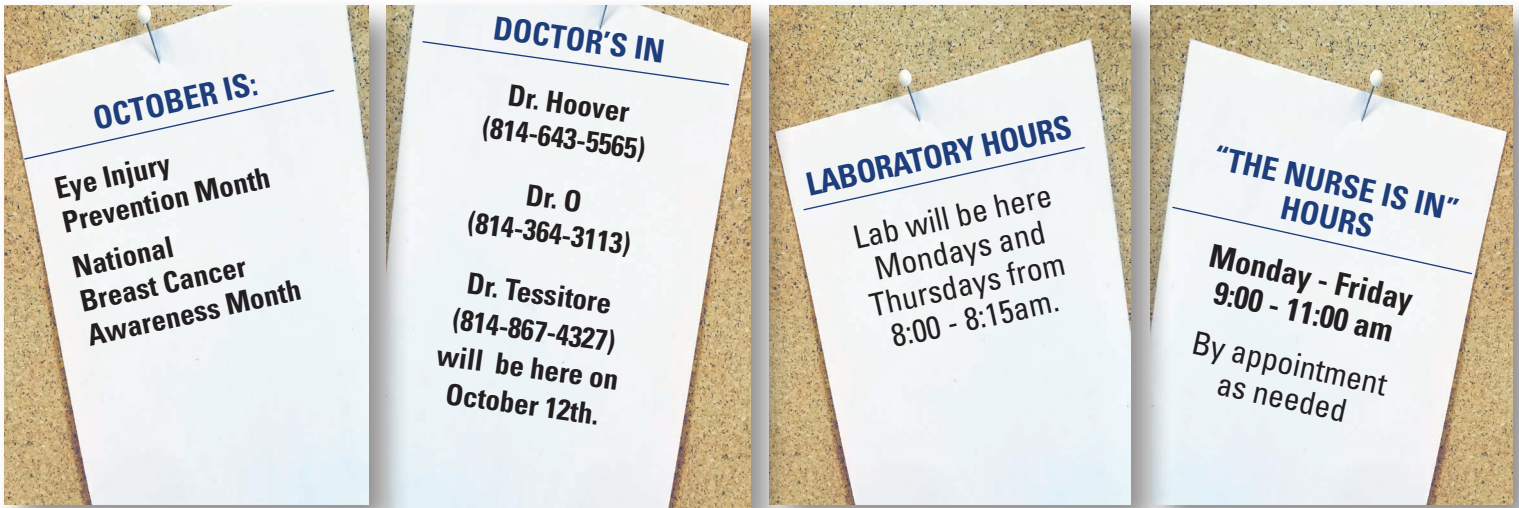


## ON-FIELD EXPERIENCE AT BEAVER STADIUM

Residents Carol and Gene W. and their son Seth, enjoyed an on-field experience at beaver stadium during psu's season opener vs. Ohio.



## OCTOBER 2022



**The Podiatrist will be at The Village on October 10th & 24th.**

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

# Flu Shot Clinic



**Flu vaccines will be administered to IL residents on October 21, 2022 from 8:30-4pm. The wellness nurses will go door to door on a set schedule to administer the vaccines for the apartments. Please stay in your apartment and we will knock on your door when we get to your room. Cottage residents will come to the wellness clinic. If you will not be available at the scheduled time for your floor/cottage, please call the wellness clinic to set up an individual appointment. (814)235-8904. If you get a flu vaccine somewhere else please let us know the date and where you got it. Thank you! The schedule will be as follows...**

Cottage #1-10  
8:30-8:45am  
at the Wellness Clinic  
Cottage #11-18  
8:45-9:00am  
at the Wellness Clinic  
East 1-1st floor  
9:15-9:30am  
East 1-2nd floor  
9:30-9:45am  
East 1-3rd floor  
9:45-10:00am

East 1-4th floor  
10:00-10:15am  
East 2 ground floor  
10:15-10:30am  
East 2-1st floor 1  
0:30-10:45am  
East 2-2nd floor  
10:45-11:00am  
East 2-3rd floor  
11:00-11:15am

West 2nd floor  
12:15-12:30pm  
West 1-3rd floor  
12:30-12:45pm  
West 1-4th floor  
12:45-1:00pm  
West 1 5th floor  
1:00-1:15pm  
West 2-3rd floor  
1:15-1:30pm

West 2-4th floor  
1:30-1:45pm  
West 2-5th floor  
1:45-2:00pm

**2:00 -4:00pm open for individual appointments in the wellness clinic by appointment.**





# MONTHLY PICNICS HAVE BEEN A BLAST FOR OUR RESIDENTS!

A HUGE thank you to all of the staff at the Atrium and Personal Care for helping to make these picnics possible!



# WELCOME TO THE VILLAGE CHARLIE!

We are so excited to have our new therapy dog, Charlie, here at the Atrium and Personal Care. Charlie will be here to visit with us 2 times a month, we can't wait for our next pet visit!

