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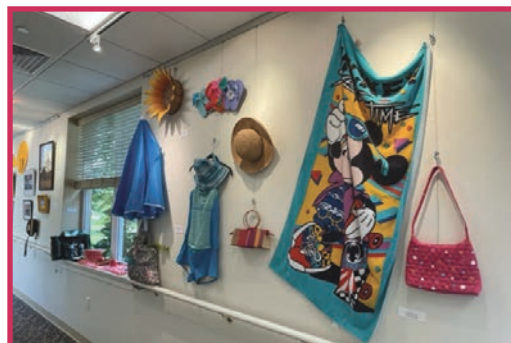
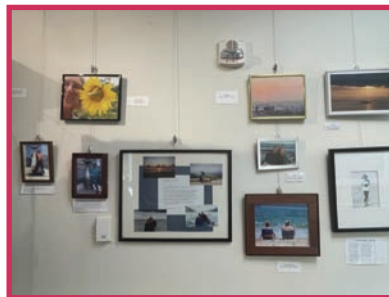
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HERE COMES THE SUN

The newest installation on the resident's art wall!
Thank you to everyone for your hard work to make
this wall so fun and bright!



The Village

AT PENN STATE



Live Your Dreams Today!

RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

SNOWFALL

RAIN

	July	
-	18	0.10
-	25	0.50
	August	
-	4	0.20
-	7	0.10
-	15	0.25

Measurements in Inches

Poetry Corner

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

A Walk in the Park in October

The birds are gone
The leaves are down-
The long stemmed flowers
bend toward the ground.

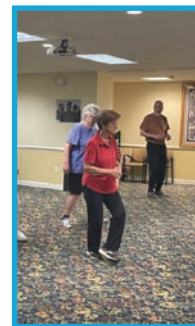
The fountains once flowing
with sparkle and spray-
Now softly bubble
throughout the day.

We quietly walk,
We try to remember-
The beauty of summer
That left with September.

~Poem composed by David B.

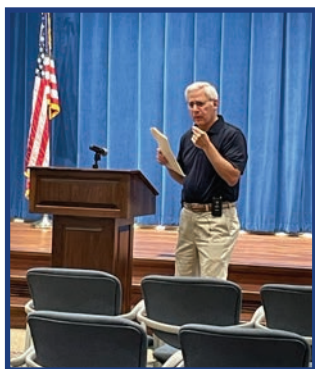
LINE DANCE CLASS

1st beginner line dance class led by Lindsey Zeuschel, fitness coordinator. A great time was had by all!



HISTORY OF NIL'S (NAME, IMAGE & LIKENESS)

Mark T. presented the history of NIL's (Name, Image & Likeness) in college athletes & what it means for Penn State.



JULY MUSICAL INTERLUDES

The Curtin Family Ensemble

David (faculty at Lock Haven University), Hyun Ju (teaches at Carnegie Mellon Prep School), Brian (attends Carnegie Mellon/1st Violin of PCO) and Benjamin (attends Carnegie Mellon)



Concert included works by Beethoven along with popular songs from Queen and The Who.

MEET OUR WELLNESS CNA MORGAN LUCAS!



Hello residents!

My name is Morgan Lucas, a Wellness CNA, and I started working at The Village in June of 2020. I knew it was a perfect fit as soon as I started, everyone was so friendly and I knew

I would be able to get a lot of experience that will help me with my future career as a nurse. I attend The Pennsylvania College of Technology in Williamsport, PA. I will graduate in December 2024. I am majoring in Nursing with a minor in Psychology. When you see me around feel free to say hi. I'm always happy to help!



RECYCLING ROUNDUP

MONEY TALKS!

As a follow up to our August article “CENTRE COUNTY SELLS ALL OF ITS RECYCLABLES,” here is a list of companies that buy tons of recyclables from Centre County Recycling Authority to convert them into a variety of new products.



Glass Bottles, Jugs & Jars

– Owens-Brockway, Brockway, PA. Converts to new glass bottles, jugs and jars. **Mixed Paper** –

Jeia Forsyth, Centre County Recycles, marvels at huge bales of aluminum cans prepared for sale.

Newman & Co., Philadelphia, PA. An over 100-year-old-family-owned paper mill. Converts to boxboard, game boards (Monopoly, anyone!), etc. **Plastic Bottles, Jugs and Jars** – Mohawk Industries, Georgia; Graham Packaging, York, PA. Converts to fiber for carpeting and other “soft goods”; food-containing packaging and non-food-containing packaging (motor oil bottles, for example). **Miscellaneous Plastics** – Rehrig Pacific, Erie. Can be converted to “hard goods”, plastic bins, for example.

Bi-metal Cans – TMS International, Pittsburg, and other steel mills throughout Eastern US. Feedstock for steel mill products. **Aluminum Cans** – Alcoa, Reynolds, Weyerhaeuser. Converts to new cans. **Corrugated Cardboard (OCC)** – Over 90% of OCC is recovered annually for recycling. Most of it is used to make new corrugated boxes and box components. West Rock Co., Syracuse, NY.

Bottom Line: Recyclables have value. It makes no “cents” to collect them and then pay to dump them in a landfill when there are buyers of recyclables at your front door waving dollar bills.

John S.
The Village
Recycling Committee

ROUND 2 OF BISTRO PATIO GRILL NIGHT WITH CHEF MATT AND JEREMY



HAPPY 100TH MITCH!!!

Mitch turned 100 in August surrounded by family and friends.



CULINARY CORNER

With summer ending and the beginning of fall in sight let's discuss an often over-looked fall harvest item. Many varieties of fall squash will be in abundance at the store or farmers market. The cooking styles and techniques are almost endless. Fall squash can be prepared as a side dish or as a vegetarian entrée. The internet is loaded with creative recipes to help you experiment with all of the squash varieties.

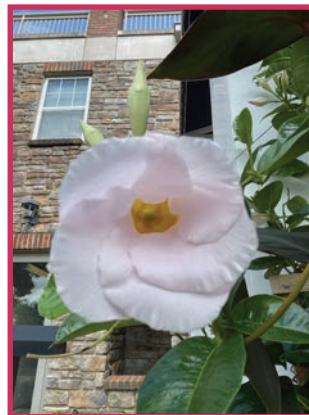
Here is a quick look at some of the more common varieties of fall squash. Be adventurous and try one that is new to your dining experience. The culinary team will also be featuring creative squash recipes throughout the fall season.

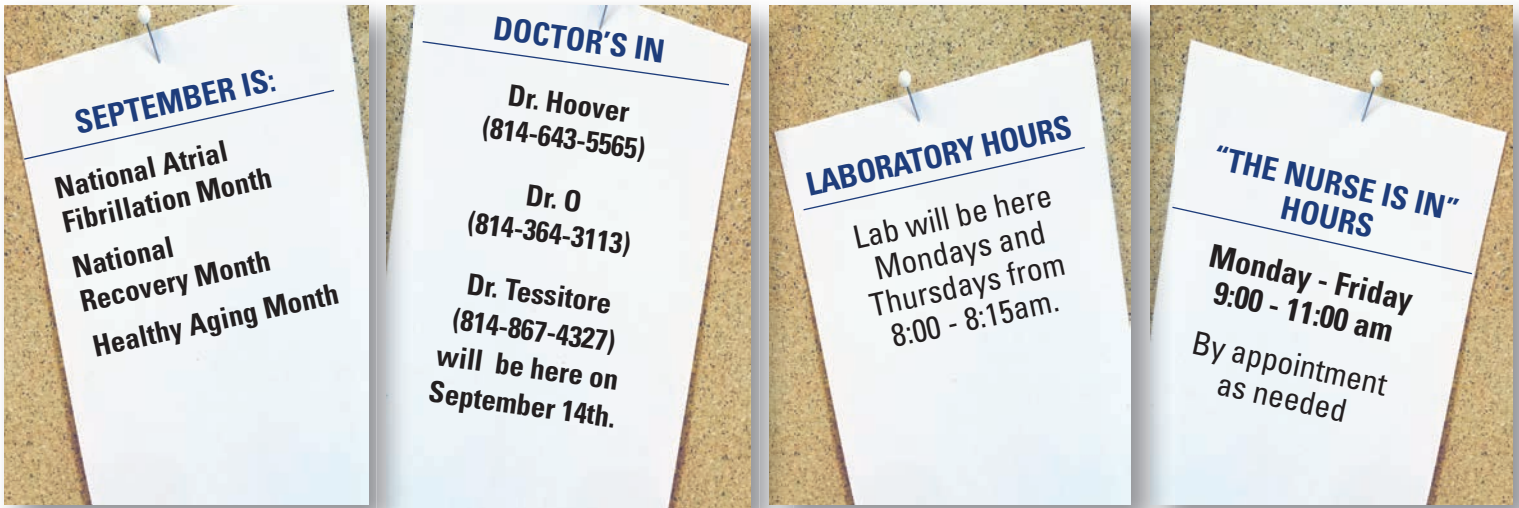
1. **Butternut squash** – probably one of the most common and versatile. Its sweet creamy orange flesh lends itself to a variety of cooking methods. Flavor pairs well with other bold items.
2. **Acorn squash** – very versatile with a tender golden flesh. Try baking with cinnamon and honey.
3. **Pumpkin** – there is more than just pie going on here. The soft dark orange flesh works wonders to any risotto recipe. Try making a puree of pumpkin soup with your preferred spices.
4. **Spaghetti squash** – probably known best for its delicate stringy texture. Great substitute for traditional spaghetti with red sauce.
5. **Delicata squash** - distinguished by its pale skin with dark green lines. Moist delicate flesh with citrus undertones. Roast and season with fresh herbs.

Matt Lambert
Executive Chef, The Village at Penn State



SUMMER BEAUTY AT THE VILLAGE

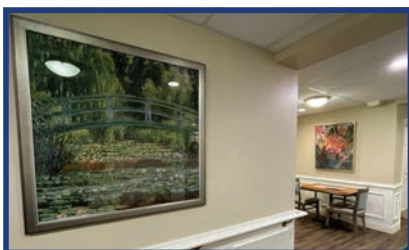




The Podiatrist will NOT be at The Village in September.

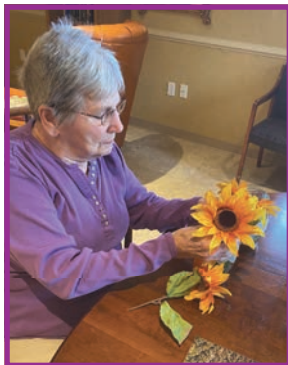
Reminder to notify Wellness with any new Covid Boosters and any vaccines so your record can be kept up to date.

TRAVEL EAST IN THE VILLAGE TO SEE THEIR NEW DECOR



SUNFLOWER TABLE DECORATIONS

Everyone is ready for fall at the Atrium and Personal Care! The residents and staff created sunflower table decorations to display all around the building, getting us in the mood for pumpkin spice and the upcoming fall months ahead!



17 YEARS OF DEDICATION

Residents and staff at the Atrium celebrated Joyce Leakey for 17 dedicated years of hard work and compassionate care. Thank you for everything and happy retirement!!



PROUD TO BE AN AMERICAN!

The residents enjoyed an afternoon of red, white and blue tie dye, saying goodbye to the month of July, and preparing for the upcoming Labor Day!

