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STAFF APPRECIATION DAY

2022 Employee lunch and appreciation party was enjoyed by both staff and residents! The VPS staff is deeply grateful to all the residents who volunteered, served, carved, danced and gave generously! Thank you!



Continued on page 5.

The Village

AT PENN STATE



Live Your Dreams Today!

RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

SNOWFALL

RAIN

	November	
Coating	18	-
-	25	0.50
-	27	0.60
-	30	0.40
	December	
-	3	0.35
-	6	0.25
4.00	14-15 *	-
0.80	16	-

**Impossible to measure accurately,
freezing rain, sleet, and mix snow.*

Measurements in Inches

Poetry Corner

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

THE SNOWFLAKE

by Walter de la Mare (1873-1956)

Before I melt,
Come, look at me!
This lovely icy filagree!
Of a great forest
In one night
I make a wilderness
Of white:
By skyey cold
Of crystals made,
All softly, on
Your finger laid,
I pause, that you
My beauty see:
Breathe, and I vanish
Instantly!

Submitted by Anne R.

GARDENING GROUP

Irmgard L's gardening group made Christmas flower arrangements for Atrium residents and they were delivered by Betsy T.



DANCERS FROM CENTRE DANCE STUDIO PERFORMED EXCERPTS FROM THE NUTCRACKER



MEET MADISEN QUERNS!



I am Madisen Querns, the new Marketing and Move-In Coordinator at The Village. I am thrilled to be joining a community with such a wonderful reputation and considerate residents and staff!

I was raised in Bellefonte, PA, which is also where I currently reside. While attending Penn State for my undergraduate degree, I majored in Human Development and Family Studies with a minor in Gerontology. I was also a proud member of Essence of Joy and Oriana Singers, as well as many other student organizations. After graduating, I moved to Lancaster, PA for two years, where I worked for another retirement community. Although I greatly enjoyed living in Lancaster, I missed being close my family, so I chose to move back to Bellefonte in early 2022. In my spare time, I like to stay active! I walk/hike or bike nearly every day (even in winter) and enjoy challenging my body with other sports, such as yoga and rock climbing. Being that I am close to my family and many friends again, I visit with them often. It is an honor to be joining The Village family!

THE ED VIEW



Happy New Year! Have you made your 2023 resolutions yet? If not, I have included some simple resolutions that anyone can do:

Avoid people who complain a lot. It doesn't matter how positive a person you are. Negativity spreads, and it will impact you.

Read a book a month. Haven't you heard? Reading is good for your brain, it can reduce stress, and it can improve your memory and concentration.

Volunteer. Not only is volunteering is good for your own mental and physical health, but you're doing something kind and selfless for others.

Write down one thing you're grateful for every night. End the night with gratitude and you'll feel better when you lay your head down on your pillow.

Stay in touch with the people who matter. Even a quick call, text, or email can make a world of difference.

Buy less plastic. It's polluting our oceans, destroying the earth, and hurting animals. Be more aware of what you're buying.

Donate clothes you never wear. We tend to hang onto stuff "just in case." If you haven't worn it in a year, give someone else the chance to.

Go to Bed Happy Each Night. Never go to bed angry." It's a cliché, but it's true. Aim to start and end each day with happiness and gratitude.

Start a new hobby. Do new stuff. Let yourself blossom in 2023.

Stop gossiping. Don't be that person. Spread positivity instead.

Ellen Corbin
Executive Director,
The Village at Penn State



RECYCLING ROUNDUP

2022—A REAL HEAD SCRATCHER

The VPS Resident Recycling Committee's goal for 2022 was that residents and staff would recycle a total of 21 tons consisting of glass bottles, metal cans, newspapers, magazines, stationery, paper board and other types of paper, and corrugated cardboard boxes; plastic bottles, jugs and jars; and last but not least, miscellaneous plastic containers. The 21-ton goal was a modest increase over VPS residents' and staff's award-winning and record performance of 20+ tons in 2021. Full-year tonnage figures for 2022 are not yet available, but judging from our November tonnage report from Centre County Recycling, we will be uncomfortably under not only our 2022 goal, but under 2021 tonnage, as well. The Recycling Committee has scratched its collective head about this. We have more residents than in 2021, the Recycling Committee's Recycling Buddy Program of contacting new residents within a week or two after move-in to explain the VPS recycling system has been well received, and the importance of recycling has been emphasized continually in Resident Council meetings and in this newsletter. Truly, VPS' recycling decline in 2022 is a "head scratcher."

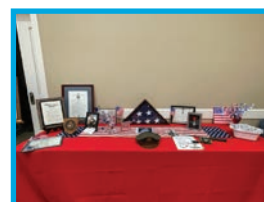
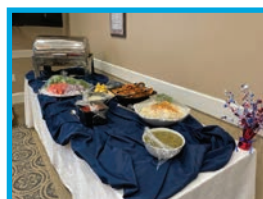
Meanwhile, while the VPS Resident Recycling Committee tries to find reason(s) for the decline, it asks that all residents and VPS staff commit to recycling regularly in 2023. We have to reverse the reverse that occurred in 2022! "Reverse the reverse;" a theme for 2023?

Jim T.

Chairman, VPS Resident Recycling Committee



VETERANS DAY



VPS celebrated Veterans on Thursday, November 10th with Trish S., who shared with us information about her non-profit, A Soldier's Hand,



whose mission is to send hand care products and other items inside a care package to every single service man and woman who is deployed defending our freedom. Achieved one unit at a time. Then again on Friday, November 11th (Veterans Day) with a lovely luncheon honoring our Veterans and were thrilled to be entertained by Hope C., pianist, playing patriot music. We observed 2 minutes of silence at 11:11am. The silence is held every year at 11am on the 11th day of the 11th month to mark the end of World War One in 1918. In addition, in the afternoon, Bob P., local historian, shared fascinating aspects of U.S. WWI involvement that he discovered through travel in regions of France, where many died and 35,000 soldiers are buried or MIA in American WWI cemeteries. Thank you, VETERANS!

STAFF APPRECIATION DAY (cont.)



CULINARY CORNER



Once again we welcome in a new year and all of the fresh possibilities that await us. I anticipate the continuing return to normal day to day operations in dinning services.

There is exciting dinning news for 2023. We are currently developing new cycle menu items to be released later this spring. There will be fresh offerings across the entire cycle menu. Look for new soups, salads, entrees, vegetables, starches, and house prepared desserts. We will continue to partner with the PSU farm for freshly grown local produce to seasonally enhance the new cycle menu.

Anticipate a menu refresh in the Bistro. I am working directly with chef Jeremy to develop new and exciting casual dishes. Expect a menu reveal sometime around late winter, early spring. Our goal is to provide a high quality casual dining experience in the Bistro. If you are not a Bistro regular, please stop by and check it out.

Is it too early to discuss spring 2023? We look forward to offering more outdoor grilling events. Expect smoked & grilled themed menu items to enjoy outside! We did one outdoor cooking event late last summer to very positive reviews. I hope that we can offer these special events monthly throughout the warmer months. Check your connected living for announcements and dates.

Please welcome in the New Year and continue to enjoy the offerings from dining services.

Matt Lambert
Executive Chef, The Village at Penn State

GRAHAM SPANIER SPOKE ABOUT HIS RECENTLY RELEASED BOOK, “IN THE LIONS DEN”

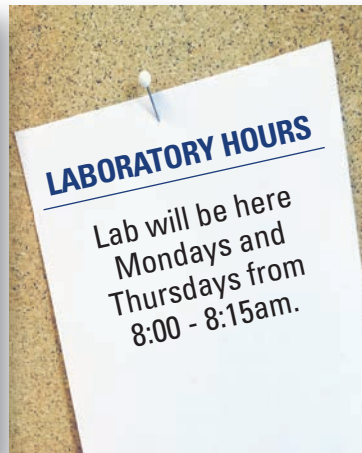
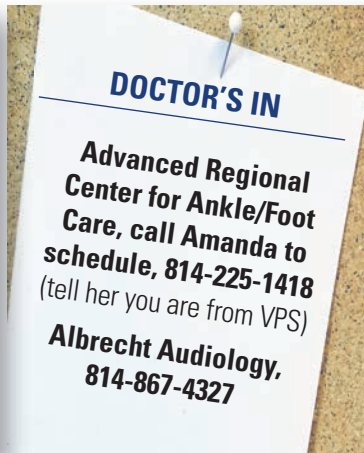
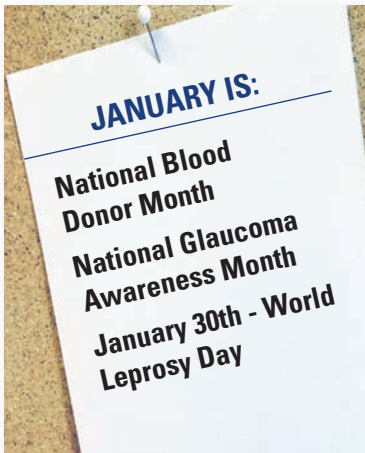


WINTER POT LUCK DINNER IS RETURNING!

Sunday, February 19th
at 5:30pm
in the Dining Room

Start looking through your recipes for a tasty dish to bring to The Village's Pot Luck Dinner. Everyone is invited... with or without food. So bring your favorite dish (bread, salad, vegetable, entree or dessert) that will serve 6 to 8 and a serving utensil and an appetite.

More details will follow
on Connected Living.



The Podiatrist will be at The Village on January 16th from 12:30-4:00pm (in the Art Studio).

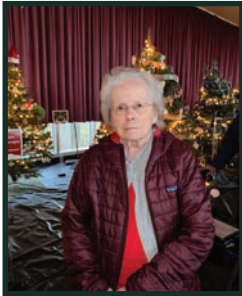
PSU FOOTBALL ICE CREAM SOCIAL

One of the best days of the year is when the Penn State Football player come to visit! WE ARE!!!



FESTIVAL OF THE TREES

The residents at the Atrium and Personal Care had a wonderful time at the Festival of the Trees at the CPI Tech school this year. There were so many beautiful and unique trees! It was wonderful to start off the holiday season with over 30 differently decorated Christmas Trees, it's beginning to feel a lot like Christmas!



DECORATING DOORS

Happy holidays from The Village to all of our friends! The atrium and PC residents and staff decorated their doors for the month of December to spread some holiday cheer! We had a staff door decorating contest and the residents voted on their favorite door! Which is your favorite?

