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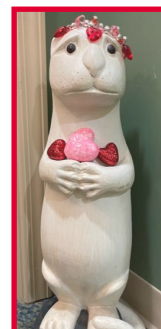
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## THE VILLAGE WAS DECKED OUT FOR VALENTINE'S DAY








## RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

SNOWFALL		RAIN
3.0	January 23	Ice
Coating	27	-
0.10	February 3	-

Measurements in Inches

## Poetry Corner

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

### Talent

What is talent?  
Could it be just being silent?

Webster says it is part of you when born.  
Like it is to the world of porn

It is said you either have it or not.  
Is it like being checked by the police for pot?

It is also about having ambitions  
I know a fellow from Jersey who has no  
admission.

It's also about the use of power.  
I know someone who is a pure coward.

Talent is hard to describe.  
To have it you must belong to a special tribe.

*Written and submitted by  
Sherdell S. (Pat)*

## NEW SALON OPENING SOON

Our new salon company will be opening the salon soon.  
Kara and Nichole from PS Salon were at VPS for a meet  
and greet. Services will be starting soon! Stay tuned!





# THE TRADITION CONTINUES



**The Singing Valentine's come to The Village to serenade the residents on Valentine's Day!**



## MEET CAROLINE GRAFF!



**Hi! My name is Caroline Graff.** I am your fitness and wellness intern for this spring semester!! A little bit myself.... I am a senior majoring in Kinesiology Movement Science Option with a minor in Biology. My future plans are to take gap year while working and then going to Physical therapy school to get my doctoral and my masters in public health. I plan on then working as a physical therapist for patients with movement disorders while also doing research on exercise and it's effects on movement disorders such as Parkinson's. I was born in Denmark and moved to North Carolina when I was 5 and then moved to Lower Merion PA just before the start of freshman year in high school and then about 2 years ago my family moved to Chicago which I will be following after my graduation come May. I look forward to getting to know all of you these next couple of months!!

## THE ED VIEW



Kindness is a type of behavior marked by acts of generosity, consideration, rendering assistance or concern for others, without expecting praise or reward in return. Be a little kinder today. Everyone's handling their own problems. Be someone else's light in this dark world. Be kind. Be considerate. Be the bigger person. Someone could be carrying a burden they don't talk about. Kindness is loaning someone your strength instead of reminding them of their weakness.



# RECYCLING ROUNDUP

## DIGGING DEEPER INTO VILLAGE RECYCLING TONNAGE: 2022 vs. 2021

	TONS	
Plastic	1.03	-21%
Metal Cans	0.81	-8%
Paper Mixed	5.39	-25%
Glass	2.49	-16%
Corrugated Cardboard	7.44	+11%
<b>Total Tons</b>	<b>17.16</b>	<b>-10%</b>

Corrugated Cardboard was the only bright light in 2022. Mixed Paper led the “doom parade” with a whopping decline of -25% (1.75 tons).

The Village had significantly more residents in 2022 than in 2021. Mathematically speaking, more residents should = more recycling. Not less! A number of residents have suggested that the drop in Mixed Paper is the result of a decline in subscriptions to newspapers and magazines. Okay, but how do we explain the decline in plastic bottles/jugs/jars, metal cans and glass bottles? Are we eating and drinking less?

The Recycling Committee is on the hunt to determine if The Village is an outlier. Or is it possible we are part of a downward trend in recycling in Centre County? Another issue is whether The Village is being credited with 100% of its collected recyclables. This was an issue several years ago. Anyhow, while the Recycling Committee does its spade work, we ask that each resident help us achieve our tonnage goal this year: 20 tons in 2023.

“20 in ‘23” *We can, we will!*

Jim T.  
*Chairman, VPS Resident Recycling Committee*

# HISTORIC PRESERVATION AWARD

Resident, Pat H., was one of this year’s Award recipients and contributors to the John H. Ziegler Historic Preservation Awards of the Centre County Historical Society!

## Education and Advocacy

Patricia H.~ Bellefonte Art Museum

*For efforts to preserve the Linn House in Bellefonte while repurposing it into a cultural treasure in Centre County.*



## DRAWING CLASS WITH KARA







## GET THE VOTE OUT!

This year we will be  
electing four members  
for the 2023-24 Resident  
Council. The election  
will be held in April.

The following date is important  
in the process:

**March 24, 2023**

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

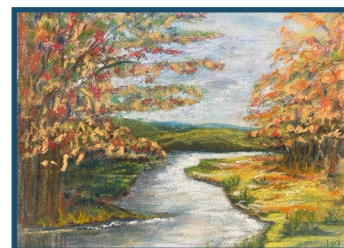
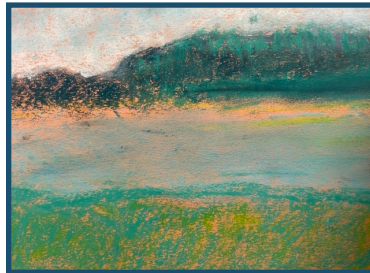
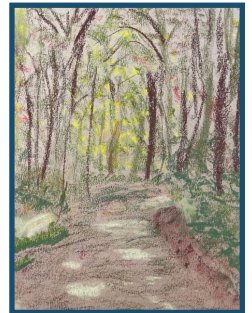


# B-I-N-G-O



## THE VILLAGE HAS TALENT!

January's pastel art class with artist,  
Susan Nicholas! Unfortunately, some  
of the residents weren't present for the  
class photo.





## CULINARY CORNER

I'm often asked my preference on fresh herbs vs dried. This is certainly a "thyme-less" debate. There are both pros & cons to utilizing both types of herbs.

Fresh herbs are just that, still in their natural fresh state. Most culinary professionals tend to use fresh herbs due to the more natural subtle flavors.

### Pros,

More natural flavors

Brighter colors/greens

Can cut/chop to the size you desire

May be utilized as a plate garnish

### Cons,

Sometimes not available, out of season

Will eventually spoil under refrigeration,

1 week or so

Sometimes you are forced to buy more than you can use

Dried, or dehydrated herbs tend to have a deeper, spicier flavor than fresh herbs. This can affect the flavor profile of a finished dish. Generally you will use less of a dried herb to achieve a desired flavor.

### Pros,

Longer shelf life, up to a year or more

Easy to have on hand in your pantry

Can add less herbs to a dish than fresh, stronger flavor by volume

### Cons,

Will lose flavor with age

Will taste somewhat different than fresh herbs

Adds very little color to a dish

As for myself, I use fresh herbs whenever possible. The pantry at the Village has NO dried herbs in stock. We routinely use Italian parsley, basil, rosemary, sage, oregano, tarragon, chives and dill. I firmly believe the use of fresh herbs creates a superior product.

Fresh herbs are readily available at most super markets, give them a try and enjoy the fresh flavors they bring to the table.

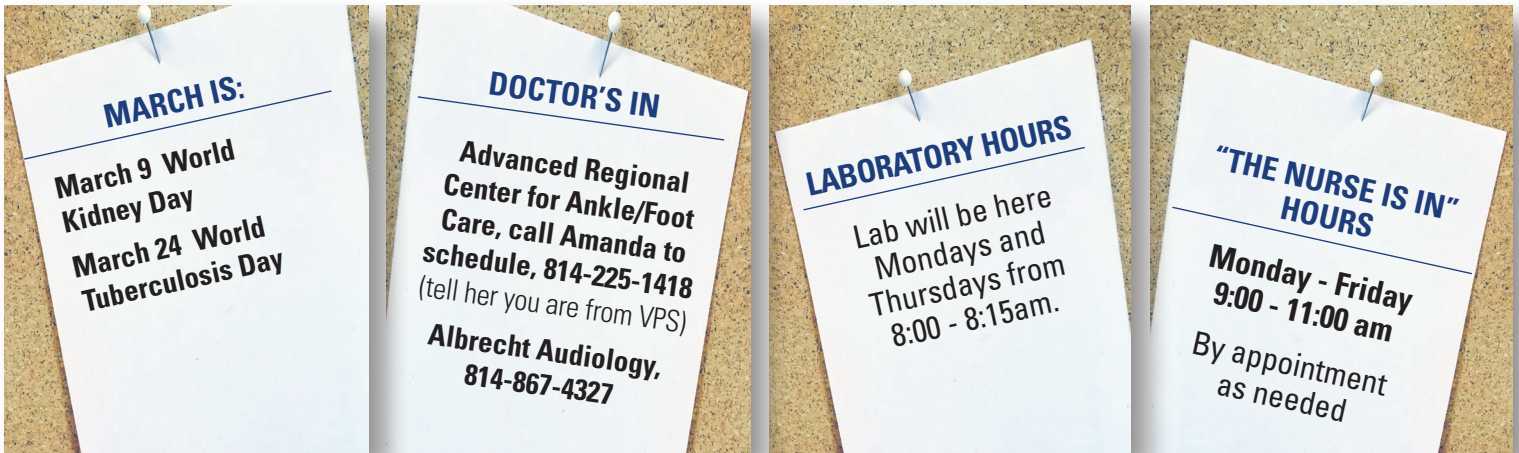
Matt Lambert

*Executive Chef, The Village at Penn State*

## WINTER TEA PARTY

What do you do on a cold winter afternoon? Join friends for a tea party! Special thanks to chef Matt and dining room supervisor, Nichole, for being so accommodating and creating a lovely event!





**The Podiatrist will be at The Village on March 20th from 12:30-4:00pm (in the Art Studio).**

**Hearing screenings with PSU students on March 20th.**

## VOLUNTEERS



As a reminder, Liberty Lutheran requests that we track all volunteer hours of Village residents. This help us retain our non-profit status as well as document our social accountability. There are blank volunteer forms placed in the Cove Room for your convenience to

document all the volunteering that you have done for the month. This not only includes any volunteering that you do at The Village with committees or on your own, but also in the community. This would include volunteering at church, civic groups, time given at the Atrium, meals on wheels, rotary, the University, etc. Please get a form at the beginning of the month and track the hours so you can document all the volunteer time you have given. After you complete the form, hand it in to the front desk to put in Sallee's folder. Sallee keeps a spread sheet of all volunteer hours submitted. Thank you for volunteering and for helping to track these numbers. If you have any questions, please do not hesitate to contact: Kim McGinnis, Director of Resident Services.

## A DEAN DISCUSSION

Dean Kimberly Lawless, Sr. Associate Dean for Research Greg Kelly, and Associate Professor of Rehabilitation & Human Services Allison Fleming came to VPS for a discussion about the scope and impact of research and grant activity within the College of Education.



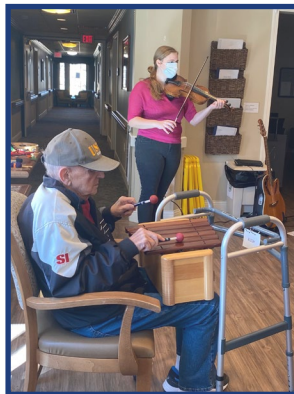


## VALENTINE'S DAY LUNCHEON

Thank you to all staff of the Atrium and Personal Care for putting together such a wonderful Valentine's Day Luncheon for the residents and their family members! We were so happy to spend the holiday with everyone!



## MUSIC THERAPY WAS ENJOYED BY ALL!



## SUPER BOWL PRE-PARTY!

The Atrium and Personal Care had a great time at the Super Bowl Pre-Party! Thank you to our new activities intern Emily for hosting such an awesome party!

