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VILLAGE CYCLERS 2023



They finished their pledged ride for CVIM June 6, by riding the Lower Trail (rhymes with flower) from the trailhead at Alexandria, PA, to the mid-point at Cove Dale, a round trip of approximately 16.5 miles. That makes their total mileage for both days right at about 34 miles. The team for the ride was the same as on the first ride, Anne and Jerry Gross, Joan Bouchard, and Theresa Facini. The accompanying photo shows their exultant faces as they emerged from the trail at the end of their ride. They were glad they chose to ride when they did, because they avoided the following day's air quality problems.

Highlights of the ride included watching a deer cross the river to an island, munch on leaves for a while, and then continue to cross over to the other side. They also saw a wild turkey, Baltimore oriole, brown thrasher, wood thrush, bluebird, catbirds, and tons of robins, squirrels, and chipmunks on the trail. Joan had her bird-call app functioning, and detected 14 different songs, which heard but did not see.

Many thanks to all who contributed to the cause!!

If you have been meaning to contribute, but just haven't gotten around to it donations will be accepted until June 30th. Saturday, June 17, is when the organized rides and picnic lunch will be held at the American Legion facility. Just write a check payable to "Centre Volunteers in Medicine," with "Village Cyclers" on the memo line, and drop it in the box outside Anne and Jerry's door, or put it in their cove box. Or, if you prefer, access the CVIM Website at www.PledgeReg.com/373081 and follow instructions.

To date the Village Cyclers have raised \$2080 for CVIM. You will be updated when the fundraising campaign is over.

The Village Cyclers wish to thank everyone who has supported them in their quest and financially.

Join the Pride!



Return to Where
it all Began.



RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

SNOWFALL

-

May
20

RAIN

0.10

June

-
-

12
14

0.55
0.80

Measurements in Inches

Poetry Corner

Everyone is welcome to the Poetry Group the 3rd Wednesday of every month at 3:00pm in the Lions Den

I Am Not Old

I am not old...she said
I am rare.
I am the standing ovation
At the end of the play.
I am the retrospective
Of my life as art
I am the hours
Connected like dots
Into good sense
I am the fullness
Of existing.
You think I am waiting to die...
But I am waiting to be found
I am a treasure.
I am a map.
And these wrinkles are
Imprints of my journey
Ask me anything.

~ Samantha Reyno

Submitted by Dee V.

A PERFECT DAY FOR GOLF ON THE VILLAGE PUTTING GREEN!



MEET YOUR NEW NEIGHBOR!



Veronica S.

TOWN&GOWN SCAVENGER HUNT

A fun group of ladies strolled through the streets of Bellefonte to participate in Town&Gown's first architectural scavenger hunt. All 6 were found and rewarded by lunch at Bonfatto's. A good time was had by all!



THE ED VIEW



Social Wellness Month

July is Social Wellness Month, a time to focus on nurturing oneself and one's relationships. Social wellness focuses on the giving and receiving of social support, identifying the network of friends and family an individual can turn to in times of crisis as well as times of celebration, and ways to keep relationships healthy. Since social support acts as a buffer against adverse life events, it is especially vital for seniors to have a strong social network in place and to have ways to grow and nurture that social network. Volunteering, pursuing a hobby, or joining a local senior center are all ways for seniors to gain valuable social interaction and grow relationships.

Seniors reap the benefits of positive social interaction in a number of ways, from increased social and emotional well-being to improvements in physical and cognitive functions.

RESEARCH SHOWS THAT:

- **People who have** a strong social network tend to live longer.
- **The heart and blood pressure** of people with healthy relationships respond better to stress.
- **Strong social networks** are associated with a healthier endocrine system and healthier cardiovascular functioning.
- **Healthy social networks enhance** the immune system's ability to fight off infectious diseases

Residents are encouraged to take part in activities and events designed specifically to increase social interactions and social wellness, and we strive to improve the well-being of our residents by providing creative outlets, outings designed to entertain and educate, and opportunities to simply socialize in a comfortable, welcoming environment.

(Courtesy of Senior Lifestyles)

Ellen Corbin
Executive Director,
The Village at Penn State

CULINARY CORNER

Here we are in the middle of summer. The long, hot days will bring local fresh watermelon to market.



Fresh picked watermelon can be so much more versatile than just being eaten by the slice, although delicious in its simplicity. Here's a list of 10 creative ideas to add some variety to a summer time favorite.

Beyond this list check out the internet for a seemingly endless source of ideas.

This is just a listing of inspirational ideas. Best of luck experimenting!

1. Watermelon margaritas! A great twist on a summertime classic, frozen or on the rocks.
2. Watermelon gazpacho, adds sweetness to an already cool soup.
3. Melon sangria, perfect on a hot summer afternoon.
4. Pickled watermelon rinds, an unexpected addition to any salad.
5. Caprese salad, replace vine ripe tomatoes with ripe watermelon.
6. Chocolate covered watermelon with sea salt, sweet, tart & salty.
7. Prosciutto wrapped watermelon, drizzled with aged balsamic vinegar.
8. Frozen mojito melon pops, adult indulgence.
9. Watermelon salsa, bring on the chips!
10. Watermelon sorbet, garnished with fresh mint.

Summer time passes way to quickly, get out and try new and exciting recipes using watermelon while you can. Enjoy!

Matt Lambert
Executive Chef, The Village at Penn State

RECYCLING ROUNDUP

HOW TO MAKE UP FOR THE 65% DECLINE IN NEWSPAPER RECYCLING

There's plenty of paper other than newspapers that can be recycled. No need to separate envelopes from magazines, cracker boxes from advertising fliers, and so on. All recyclable paper can be mixed together in one bag and then taken to the recycling/trash room in your apartment building where it can be dropped in a bin identified as the Mixed Paper bin. Cottage residents can place their mixed paper in a paper bag and then place it in their red bins for pick up each Wednesday.

Here's a partial list of the type of (unsoiled!) paper that makes up the Mixed Paper category:

Magazines Newspapers Ad fliers
Uncoated food boxes Stationery
Lightweight cardboard boxes Post-Its
Mail Invoices Office paper Calendars
Paper bags Business cards Package inserts
Receipts Wrapping paper

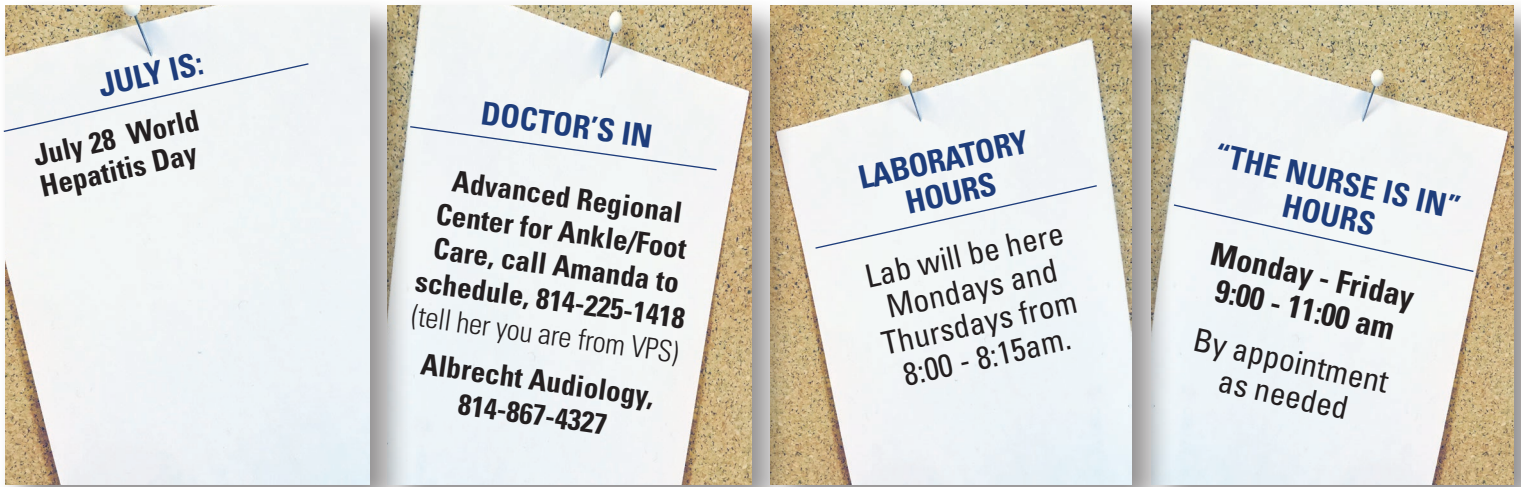
Size does not matter. Color does not matter. Texture doesn't matter. In the end, all of the mixed paper is compacted and baled for the mills that process it into new boxes, newsprint, game boards, food packages, etc.

So, my recycling friends, the message this month is "Offset the decline in recycled newspaper tonnage by recycling all sorts of paper as listed above. It's not rocket science, it is recycling science!"

"20 in '23" *We can, we will!*

Jim T.
Chairman, VPS Resident Recycling Committee





The Podiatrist will be at The Village on July 24th from 12:30-4:00pm (in the Art Studio).

SUSTAINABILITY COMMITTEE

The Sustainability Committee has been formed as a response to rising costs at The Village. The purpose of the committee is to research ways that Village residents can voluntarily take action to help save costs. The committee decided to call themselves the Sustainability Committee because all of these good habits not only reduce costs, but also help us to live in a sustainable way with our environment.

Actions that Village residents can adopt will be communicated in Connected Living under "Sustainability Information" in "Community" and through *The Tip of the Month* which will be highlighted on a monthly basis. Tips will be announced:

1. At the Residents Council meetings
2. On The Village Bulletin in Connected Living
3. On The Village listserv
4. In The Village newsletter
5. On attractive 8"x10" posters placed in the elevators
6. At Town Hall meetings

The goal is to rein in costs by developing long lasting habits while making sustainability efforts fun.

