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A CONVERSATION WITH DR. NEELI BENDAPUDI, PENN STATE PRESIDENT

Dr. Neeli Bendapudi, Penn State's 19th President, recently marked her first year in this role. Residents were able to learn more about her and her vision for Penn State.



Join the Pride!



Retire to Where
it all Began.



RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

SNOWFALL

RAIN

	July	
-	17	0.50
-	20	1.00
-	24	0.75
-	25	0.25
-	27	0.10
-	28	0.15
-	29	0.20
	August	
-	7	0.75
-	8	0.35
-	10	0.50
-	12	0.40
-	14	1.75
-	15	0.15
-	17	0.30

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

Tractors, Reapers everywhere
At our AG progress show
Tractors, Reapers everywhere
To help our Farmers grow!

*Submitted and written
by Joan B.*



JEWISH HOLIDAYS

On Rosh Hashanah, it is written....

To those I have wronged, I ask forgiveness.

To those I have helped, I wish I did more.

To those I neglected, I ask for understanding.

To those who have helped me, I sincerely thank you.

On Yom Kippur, it is sealed.

Rosh Hashanah September 15th ends September 17th

Yom Kippur September 24th ends September 25th

~ Submitted by Jan L.

JOSH, MARKETING COORDINATOR, JOINED THE DRUM FIT CLASS FOR SOME FUN!



MEET JEREMY STOVER!



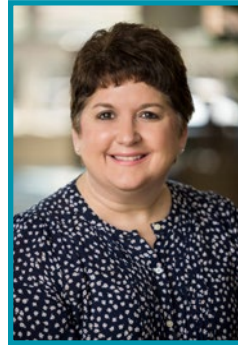
Hello my name is Jeremy Stover! I am a Porter in Housekeeping and very happy to be part of The Village at Penn State! I look forward to continuing my work here and meeting new people.

My parents are Donna and Dan Stover and they used to own a Personal care home in Spring Mills called Salem Hill Haven. I spent time working there before and enjoyed making people happy. My parents adopted me when I was very young. I enjoy getting together with my other family about 4 times a year.

I enjoy being outside and going to the beach every year at Ocean City, MD. I love playing sports like volleyball, baseball, basketball, softball and much more.

I'm a huge supporter of the Penn State Nittany Lions and love all the Pittsburgh Sports teams too!

THE ED VIEW



National Grandparent's Day

National Grandparent's Day is celebrated on the Sunday after Labor Day each year. The holiday was created to recognize and appreciate the important role grandparents play in the lives of their grandchildren.

Here are some interesting facts about National Grandparent's Day:

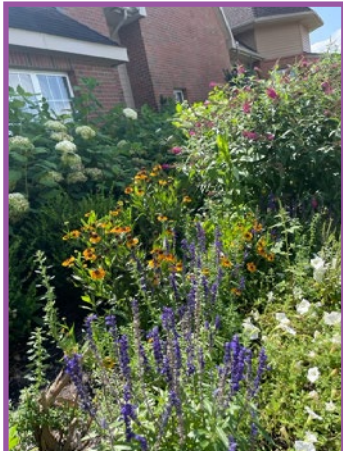
1. This Day was first celebrated in 1978.
2. The goal of this Day is to honor grandparents, and to give grandchildren an opportunity to express their love and appreciation for their grandparents.
3. President Ronald Reagan signed a proclamation making Grandparent's Day an official holiday in 1988.
4. They can also offer a different perspective on life and help grandchildren learn about their family history. Many grandparents enjoy spending time with their grandchildren, whether it's taking them for a walk, reading to them, or playing games.
5. There are an estimated 74 million grandparents in the United States, and they make a significant impact on the lives of their loved ones. On this Day, let's take time to appreciate all that they do for us!

(NationaldaysToday.com)

Did you know that spending time with your grandchild can help keep you young? In addition to moving your body, spending time with your grandchildren exercises your brain. Spending time with them requires memory, analysis and multi-tasking, not to mention quick reflexes. This boost to your mental activity strengthens nerve cell connections, helping to slow cognitive decline and potentially ward off Alzheimer's disease.

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

END OF SUMMER FLOWERS AT VPS



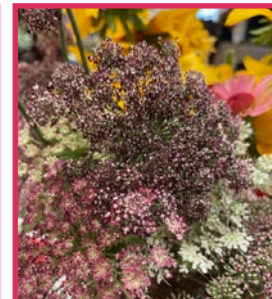
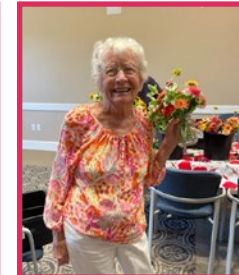
MEET YOUR NEW NEIGHBOR



Barbara 'Barb' V.

FLOWER WORKSHOP

Leslie Pillen, Director of the Dr. Ross Student Farm at Penn State, and AmeriCorps member Emily Romberger, provided a workshop to residents about locally grown flower farming and the basics of planting and arranging. Afterward they created their own bouquet.



THE VILLAGE AT PENN STATE

TAILGATE SEPT. 16, 2023



PSU vs. Illinois

Join fellow residents in the
Community Room for our first
tailgate of the season.

Game time is noon.

**Come at 11:30am
to start the party.**

Bring your favorite tailgate
snack to share (optional)
as well as your beverage
of choice. Cheer on the
Nittany Lions for their 1st
road game of this season.

CONGRATULATIONS TO GEOFFREY G.

“Stanza: A place for poetry”

The poetry gallery is a place to relax, read some poetry, see books written by local poets, try a Haiku from the dispenser, see who won the monthly Ekphrastic contest.

The gallery is dedicated to the memory of Robert Lima - a local poet who passed away last year.

The main program is the Ekphrastic contest. This is our main emphasis because the meaning of the word ties inspiration from art with inspiration to create a poem about an art work. Every month a new piece of art is put online and anyone may send a poem inspired by that art work.

“We’re excited to say our own village resident Geoffrey Godbey won for the contest for June.”

– Pat H., Executive Director of the
Bellefonte Art Museum and VPS Resident

BIO

Geoffrey G. has lived many places in the Northeastern U.S. and Canada. His parents read poetry to him as a child and he came to love words, as did his Father, seeing a way in them. His early writing was influenced by Robert Bly and later, by W.S. Merwin. John Haag and Joseph Grucci taught him and U.S. Poet Laureate Donald Hall tried to get a manuscript of his published. An early chapbook, *The Midget on A Bicycle*, was published by Mansfield Press. His poetry has also appeared in *The Nation*, *The World and I* and many literary magazines. Geoffrey was a Festival Poet for the Central Pennsylvania Festival of the Arts. His poetry has also appeared in many textbooks for public school students. Finishing Line Press published *Finding Home* in 2013 and *Past That, Still There* in 2017. His most recent book, *Lean Toward the Light*, is in press.

Contest is the Bellefonte Art Museum Ekphrastic Poetry Contest

Ekphrastic poetry explores art. The poet engages with a painting, drawing, sculpture, or other form of visual art and writes a poem in response.



CULINARY CORNER

Did summer just fly by, again? Late summer offers a bounty of fresh local produce at its height of freshness. Take advantage of the season and create some tasty dishes.



Melons are plentiful and inexpensive this time of year. Everyone seems to enjoy watermelon. Here's an exciting twist on a classic.

Grilled watermelon gazpacho. Light and refreshing with a hint of grilled smokiness. A traditional summer recipe with a twist!

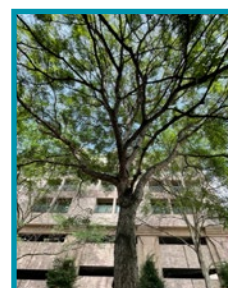
- 2 TBS Olive oil
 - ¼ seedless watermelon, cut into 1” slices
 - 1 Large beef steak tomato, halved
 - ½ English cucumber, peeled & seeded
 - 1 jalapeno (optional) – cut in ½ & seeded
 - ½ red onion
 - 2 TBS sherry vinegar
 - ½ lime, juiced
 - ½ tsp kosher or sea salt
 - ¼ tsp coarse black pepper
 - 1 small, ripe avocado, diced
1. Combine the olive oil, watermelon, tomato, cucumber & jalapeno
 2. Lightly cook ingredients on char grill – cool
 3. Remove rind from watermelon
 4. Cut grilled ingredients into 1” pieces
 5. Place in a food processor or blender – puree
 6. Add vinegar, lime juice, salt & pepper
 7. Serve cold in a bowl, garnish with diced avocado

Enjoy!

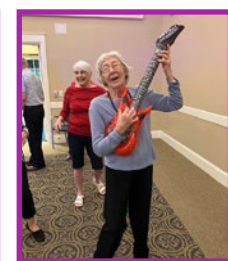
Matt Lambert
Executive Chef, The Village at Penn State

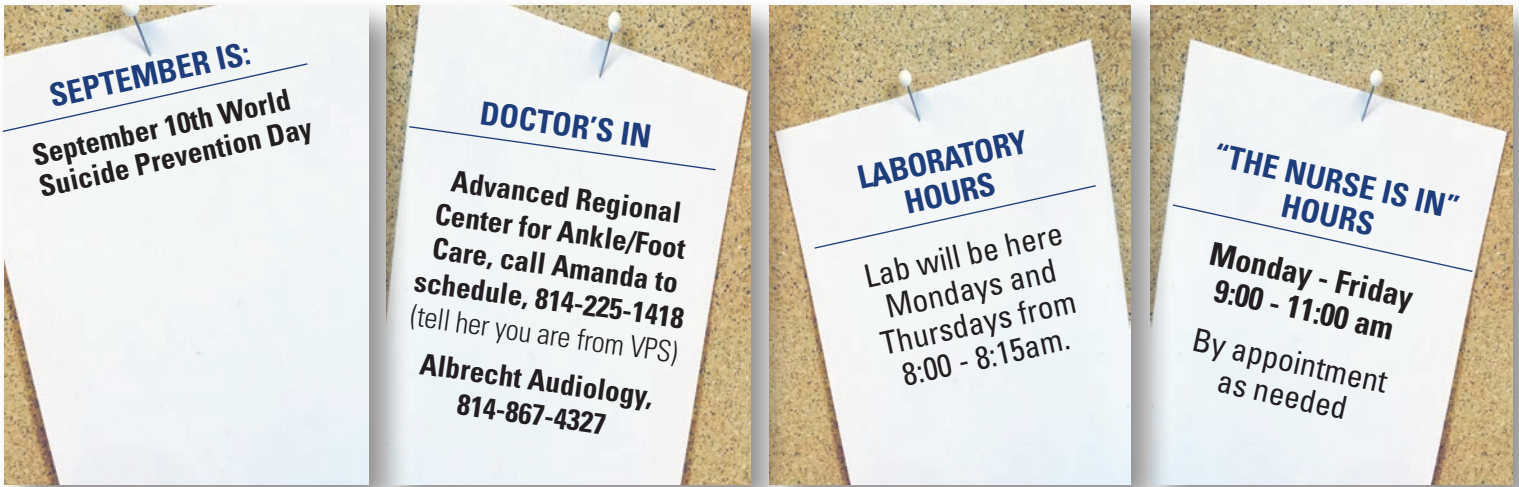
STATE COLLEGE BORO TREE WALK

The neighborhoods of SC Boro are known for their abundant landscaping, as tree-lined streets create a broad canopy of green. A lovely day for a walk and lunch at the iconic Corner Room.



DJ NIGHT WITH JOKER ENTERTAINMENT! FOLKS HAD THEIR DANCING SHOES ON!





The Podiatrist will be at The Village on September 25th from 12:30-4:00pm, in the Art Studio.

Albrecht Audiology is here the 2nd Wednesday of the month, 8/9/23, in the Doctor's Office.

Sandy Miller, a Hearing Instrument Specialist will be at VPS for walk in appointments, cleanings, help, etc.

SEPTEMBER TIP OF THE MONTH

ARE HOME ELECTRONICS AND APPLIANCES DRAINING YOUR ENERGY?

If you collect your spare change in a jar, all those coins add up over time, usually to a larger amount than you expect.

Small amounts of consumed energy throughout your home add up as well, so plug "energy vampires" into a smart power strip that detects dormant devices or unplug items when not in use, especially those with illuminated controls.

TOP NINE ENERGY VAMPIRES



Safe **LEARN MORE:**
Electricity.org®

NEW FITNESS COORDINATOR

Residents met with Libby, our new fitness coordinator. This was a great chance for residents to get to know her and contribute to the enrichment of our community's fitness offerings. If you weren't able to make it, stop by the fitness center or better yet, join a class!

