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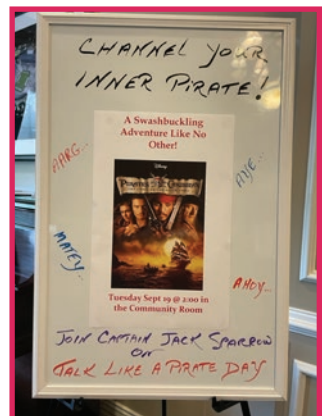
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## RESIDENTS ARE LOVING LIFE AT THE VILLAGE

Whether they are shucking corn, taking art classes, donning a pirate costume or exercising on Palmer Park!





# Join the Pride!

The Village  
AT PENN STATE

Retire to Where  
it All Began.



## RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

### SNOWFALL

### RAIN

#### August

-	24	1.10
-	30	0.35

#### September

-	9	0.15
-	10	1.25
-	12	0.35

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\*

The Luzumiyat of Abu'l-Ala, CXIX

By Al-Ma'arri (born 973 AD)

Translated from the Arabic by Ameen Rihani

Yea, kiss the rosy cheeks of new-born  
Day, And hail eternity in every ray  
Forming a halo round its infant head,  
Illumining thy labyrinthine way.

Submitted by Paul J.

## TRIP TO BLACK MOSHANNON

Residents took a pontoon boat ride at Black Moshannon State Park. Blue herons, beaver dams and changing leaves. Fall is quickly approaching.

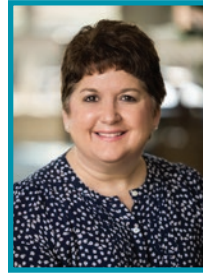


## OUR RAISED BEDS, SEEDED WITH OATS AS A COVER CROP READY FOR WINTER



Taken and submitted by Don A.

## THE ED VIEW



October is the start of Flu season and also the time that The Village at Penn State offers our Flu shot clinic.

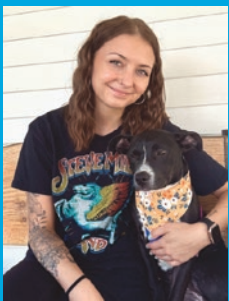
Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with Influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

The first and most important step in preventing flu is to get a flu vaccine. The flu vaccine has been shown to reduce flu related illnesses and the risk of the serious flu complications that can result in hospitalization or even death.

The Village will be offering a vaccine clinic again this October. We are hoping to be able to offer flu vaccines, Covid booster vaccines and RSV vaccines through a partnership with Wegman's Pharmacy. We will post more information about dates and times of the clinic on the bulletin section of Connected Living.

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

## MEET MAISON BRADLEY!



**Hi! My name is Maison Bradley.** Some of you may remember me, I was a server in the IL dining room! When I was in high school, A few of my friends worked here in the dining department and told me they loved it, so I applied.

Working as a server is what made me want to become a nurse. I loved all of the residents and knew I wanted to do more for them. I continued to work as a server while I was going to LPN school.

After I graduated and became an LPN I worked at Juniper Village, but I missed the residents at the Village. Around 2 years ago I came home and I am one of the full-time dayshift Licensed Practical Nurses at the Atrium. I really love my job.

Working as an LPN gives me the opportunity to provide hands-on care to the residents. I take pride in treating each one as I would want my loved ones to be treated in their later years.

Outside of work, I enjoy spending time with my family and new puppy, Lacey. She's 6 months old and definitely keeps me on my toes!





# RECYCLING ROUNDUP

## FORGING AHEAD

The Recycling Train has been chugging along since January with the goal of collecting more recyclables this calendar year than in 2022. Unfortunately, through the first six months of this year, recycling tonnage in the Village was less than through June of 2022. Not good. The Village Recycling Czar—that’s me—has been very upset: sleepless nights, migraines, dyspepsia, Carter’s Little Liver pills...you get the picture. Fortunately, as of July 31st, the total tonnage of recyclables in 2023 exceeded those of 2022 by 1,400lbs. “We’ve turned the corner,” I said to members of the VPS Recycling Committee. They responded with “Break out the champagne!” August results are now in, and the good news is that 2023’s total is still ahead of 2022, albeit by only 990lbs. We slipped a bit, but we’re on the plus side. We have four months remaining to achieve our 20-ton goal for ’23. We can hit that number if we make recycling a habit. Here are your orders:

“Rinse your recyclable containers; flatten your corrugated cardboard; recycle your mixed paper, miscellaneous plastics and plastic bags. REE-cyyy-kull, MARCH! Hut one, two, three...”

Jim T.  
*Chairman, VPS Resident Recycling Committee*



## WELCOME TO OUR NEW NEIGHBORS!

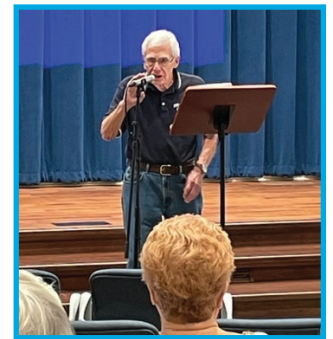


Nell & Kermit Y.

## MEET & GREET



Anne R., emcee



Jim C.



Gail K.



Joe D.



Bonnie and Elliot A.



## PUTTING ON THE GREEN IN PALMER PARK



## SILVER, WOOD & IVORY

This program offered a refreshing blend of musical styles: classical, sacred, Broadway, popular and jazz. Tracy played many different kinds of flutes, piccolo, pennywhistle and recorder ~ with Cindy on the piano.



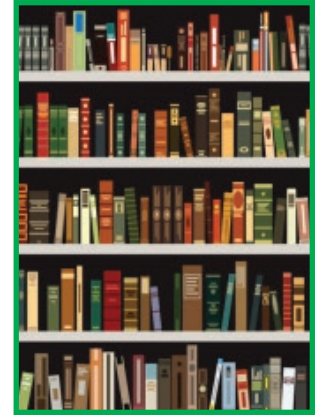
## HAVE YOU NOTICED THE CHANGES IN OUR VPS LIBRARY?

**"A book is a gift you can open again and again."**

– Garrison Kellor

We have moved books to new areas, added some new types of books, and expanded our paperback books shelves.

The bookshelves on first floor at the blue awning entrance are now exclusively large print books. We were able to purchase new books last year and have included them in our inventory. So be sure to seek out the newest additions in that area.



The biography and history books are now housed in shelves just beyond the Art Studio and Hair Salon. Also in that area are the DVDs and audio books. Penn State history books are included on those shelves as well.

Our main library just off the elevator on 3rd floor west holds all of our hardback fiction books. The smaller shelves at the entrance to this section of our library contain books written by our own residents, poetry and resident biographies. This is also the area where we highlight new books received. It's the perfect environment to sit with a cup of coffee and browse through a book of poetry, peruse the books written by our own fellow residents or just sit and enjoy the view.

All of the above books and DVDs require you to sign your name and place the card in the basket in the area where you are checking out the book. We ask you return the book to the same area you checked it out. There is no time limit for keeping the books checked out; so simply enjoy the book for as long as you like.

Our paperback books are located on shelves in the elevator lobby on W1-3rd, 4th, 5th (on order) floors, E1-1st, 3rd (on order), 4th floors and E2- 0 floor. The paperbacks do not need to be checked out. You can take as many as you like and return them to any of the shelves housing paperbacks.

Take advantage of all we have to offer you and escape into another world of reading.

**"You're never alone when you're reading a book."**

– Susan Wiggs

*Written and submitted by Hazel F.*



# A LAST GLIMPSE OF SUMMER SKY



*Taken and submitted by Katie S.*

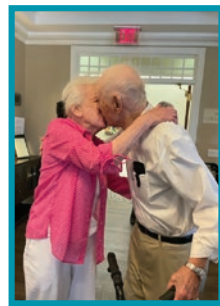
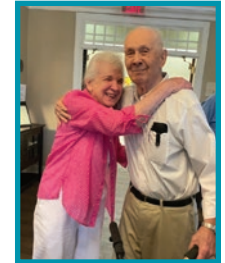
## VOLUNTEER HOURS

Liberty Lutheran requests that we track all volunteer hours of Village residents. This helps us retain our non-profit status and document our social accountability. There are volunteer forms in the post office/cove room for your convenience to document all the volunteering you do for the month, on a monthly basis throughout the year. This will include not only the volunteering you may do at The Village with committees but also outside of The Village. This would include any presentations you may give that you are not paid for, reading to residents at the Atrium or any other volunteering you do in PC/Atrium, CVIM, Meals on wheels, church, on campus and in the community at large. Please get a form at the beginning of the month and track the hours so you don't forget what you did throughout the month. Please complete the form then hand it in at the Front Desk. Thank you for volunteering and for helping to track these numbers.

If you have any questions, please don't hesitate to ask me, Kim McGinnis, *Director of Resident Services*, 814-235-8902 or email at [kmcginnis@villageatpennstate.org](mailto:kmcginnis@villageatpennstate.org).

## CONGRATULATIONS TO WINNIE AND MARION!

**They celebrated their 75th wedding anniversary!**



## COLLEGE HEIGHTS HISTORIC DISTRICT WALK

College Heights was listed on the National Register of Historic Places in 1995. The District encompasses land and historic buildings associated with the early residential history of State College and represents its growth and architectural development as an emerging college town.





# OCTOBER 2023

**OCTOBER IS:**  
October 10th is World Mental Health Day  
October 15th is Global Hand Washing Day  
October 20th is World Osteoporosis Day

**DOCTOR'S IN**  
Advanced Regional Center for Ankle/Foot Care, call Amanda to schedule, 814-225-1418 (tell her you are from VPS)  
Albrecht Audiology, 814-867-4327

**LABORATORY HOURS**  
Lab will be here Mondays and Thursdays from 8:00 - 8:15am.

**"THE NURSE IS IN" HOURS**  
Monday - Friday 9:00 - 11:00 am  
By appointment as needed

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

**Albrecht Audiology is here the 2nd Wednesday of the month, Oct. 11th, in the Doctor's Office.**

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



Feeling!

