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## VPS CELEBRATED 20 YEARS IN SEPTEMBER



The celebration continued  
in to the evening!



# Join the Pride!

The Village

AT PENN STATE

Retire to Where  
it All Began.



## RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

### SNOWFALL

### RAIN

	September	
-	23-24	0.75
-	25	0.35
	October	
-	8	0.35
-	14	1.25

Measurements in Inches

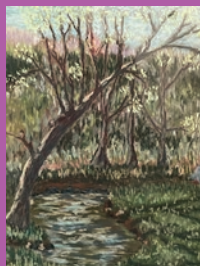
## Poetry Corner

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

### Song of Sanctuary

A place of peace I chanced to see,  
With nature glowing it welcomed me-  
To share the fragrance of its flowers-  
Invited me to rest for hours,  
Beneath tall trees by limpid stream  
Without restraint my soul to dream-  
While music from its forest deep  
Sang melodies for me to keep-  
Alone in joyful reverie  
This simple sanctus did comfort me.

Written and  
submitted by  
David B. (7/12/21)



## PUMPKIN DECORATING CONTEST



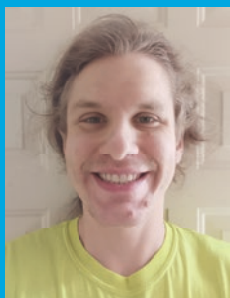
Find out  
who won in  
next  
month's  
newsletter!





*The Village Sustainability Committee*

## MEET BEN THE BAKER!



**Hi! My name is Benjamin,  
but you can call me Ben.**

I bake desserts here at The Village and fill in for Jeremy in The Bistro, on weekends. I'm originally from the Lehigh Valley where I grew up

playing sports and performing in musicals. Once I turned sixteen, despite being heavily involved in extracurriculars, I began my career working in kitchens. It's something that I grew used to as I never really found much interest working other types of jobs. As a third generation Penn Stater, I continued working in kitchens both downtown and on campus. I enjoyed the work so much; I stayed the course despite my degree being unrelated.

My baking journey started out as an experiment. I have large mulberry bushes in my back yard and decided to make a pie out of them. The pie itself wasn't much to be proud of, but it sparked a long journey and fascination with the broad range of sweets the world has to offer and the special and unique ways they correlate to culture. I'm looking forward to improving my cooking and baking skills at The Village for as long as you all will have me.

## THE ED VIEW

Alzheimer's disease is the most common type of dementia. It is a progressive disease beginning with mild memory loss and possibly leading to loss of the ability to carry on a conversation and respond to the environment. Alzheimer's disease involves parts of the brain that control thought, memory, and language. It can seriously affect a person's ability to carry out daily activities.

Based on information provided by the Alzheimer's Association, more than 6 million Americans are living with Alzheimer's. Between 2000 and 2019, deaths from Alzheimer's have more than doubled. One in three seniors dies with Alzheimer's or another dementia. Alzheimer's kills more than breast cancer and prostate cancer combined.

Changes to your body and brain are normal as you age. However, there are some things you can do to help slow any decline in memory and lower your risk of developing Alzheimer's disease or other dementias.

### 1. Exercise Regularly

Exercise has many known benefits, and regular physical activity also benefits the brain. Multiple research studies show that physical active people are less likely to experience a decline in their mental function and have a lower risk of developing Alzheimer's disease.

### 2. Get Plenty of Sleep

Sleep plays an important role in your brain health. Some theories state that sleep helps clear abnormal proteins in your brain and consolidates memories, which boosts your overall memory and brain health.

### 4. Stay Mentally Active

Your brain is similar to a muscle — you need to use it or lose it. There are many things that you can do to keep your brain in shape, such as doing crossword puzzles or Sudoku, reading, playing cards or putting together a jigsaw puzzle. Consider it cross-training your brain. Incorporate different types of activities to increase the effectiveness.

### 5. Remain Socially Involved

Social interaction helps ward off depression and stress, which can contribute to memory loss. Look for opportunities to connect with loved ones, friends and others, especially if you live alone. Research links solitary confinement to brain atrophy, so remaining socially active may have the opposite effect and strengthen the health of your brain.

### 6. Keep Your Blood Vessels Healthy

The health of your arteries and veins is important to your heart health but it is also critical for brain health. Get your blood pressure, blood sugar and cholesterol checked regularly and take steps to keep your numbers within a normal range.

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



# THE TRADITION CONTINUES PSU HOMECOMING PARADE 2023



Buying candy and footballs, filling bags, making the arrangements to be in the parade, and scheduling the busses is no small task.

“Hurry!” The Village bus fills with little blue footballs and bags of candy. Even before the 4 o'clock deadline, the villagers line up with their blue and white jerseys that serve the dual role of celebrating their 20th Anniversary and the blue and white recognition of Penn State. (“We are Penn State!”)

When the time comes for the parade to begin, some step off the bus, seeing the crowds yelling, screaming, waving their hands, and waiting for the goodies. Those inside ready the bags and prepare for filling those emptied. Keeping up with the empty bags will be a challenge.

I am proud to be part of this community, this group of friends who begin a long journey to the end of the parade, knowing all of the candy and footballs will disappear somewhere in the crowds. It's exhilarating!

I loved filling that empty bag of a little girl sitting on the curb, feeling sad. “Where’s my goodies?” Being present, seeing that little girl amongst the crowd of older kids, looking at that little person, smiling, and placing candy in her bag was such a pleasure. And when her mom whispered, “Thank you!” the heart melted!

Looking at one person, an older person( perhaps a grandpa or grandma), I pointed my finger toward them as if to ready them for the catch. That smile received was a gift. As I looked up, I couldn't find the bus. The bus was in sight. Running, I threw the football. One could hear from somewhere in the crowd: “You still got it!”

“Yeah!” We all still have it!”

## WELCOME TO OUR NEW NEIGHBORS!



Gretchen H.



Bud & Irma G.

## HAIL AND FAREWELL

VPS West 5th floor had a Hail & Farewell party at the Penthouse. The Patners moved to East I, while Bud & Irma G. are moving in soon. We shared Pot Luck favorites with our 17 friends and neighbors, and socialized for more than 2 1/2 hours. Great food and great fellowship on a bye-week from PSU football.





# SENTIMENTAL JOURNEY COLLABORATED WITH MARK TUSK

Sentimental Journey collaborated with special guests, Mark Luck, chair of trombone at PSU; Patti Begg, vocalist and retired teacher; as well as Gary Dolan, Director of Maintenance/housekeeping. The VPS ladies also entertained the audience with their line dancing skills.



# A SOLIDER'S HANDS

Residents continue to help assemble gift bags for a Solider's Hands. (300 were assembled in September) These care packages will be sent to soldiers around the world to express appreciation to all deployed service members serving our country. A good time was had by all! Special thanks to Judy Held for organizing the event.



# HAVE YOU SEEN OUR NEWLY REMODELED CLOTHESLINE?



**We have gently used, clean clothes....  
absolutely FREE!!!**

**Feel free to go through the clothes  
and take what you want.**

**Please take advantage of this  
opportunity and share items  
with your family as well.**

**The CLOTHESLINE is located  
just around the corner from the  
Art Studio and the Beauty Salon on 1st floor.**



# CULINARY CORNER

I'm a little shocked that Thanksgiving is fast approaching. So begins the annual discussion, within my social circle, on the best method to cook a delicious, moist turkey. Over the years I have experimented with a variety of turkey cooking techniques with a variety of results. Some good, some great!

Let's start with what are the desired characteristics of a properly roasted whole turkey? For me, I believe the main eating qualities are a bird that is moist and tender. As for added flavor profiles I think that is a very personal decision that simply adds another layer of flavor to a properly cooked turkey. For now I am going to focus on how to achieve the sometimes elusive moist holiday turkey.

My personal favorite method to cook poultry, this technique works on chicken also, is brining. What is brining? Simply put, it involves soaking a raw turkey in a water, salt, flavoring solution. The salt, sugar, and flavoring ingredients will penetrate the muscle fibers of the turkey. Two things are accomplished with brining. Increased moisture content and an internal flavoring component.

Although this is a simple procedure there are some very important steps to follow.

## Recipe for 1 medium turkey,

- 3gal Water
- 12oz Salt, kosher (do not use table salt)
- 12oz Brown sugar
- 4oz Sage leaves, fresh
- 4oz Rosemary, fresh
- 6-8ea Garlic, whole, peeled
- 2TBS Whole black peppercorns
- 1TBS Fennel seed, whole

1. Combine all ingredients, stir to dissolve salt & sugar
2. Place raw turkey in an appropriate size vessel with enough room to allow the brine to cover the bird. Place the turkey breast side down in the container.
3. Cover the turkey with the brine and cover
4. Refrigerate at least 24 - 48 hours
5. Remove brined turkey from the solution (discard the brine liquid). Pat dry with paper towels.
6. Lightly rub turkey with vegetable oil
7. Place in a 300 degree oven and roast to an minimal internal temp of 165
8. Remove from oven and cover turkey with aluminum foil for 30-60 minutes to allow to rest
9. Carve and enjoy!

# THANK YOU

Dear Friends,

**Thank you for all you did to make our 75th Wedding Anniversary so very special. We appreciate your thoughtfulness.**

**- Marion & Winnie D.**

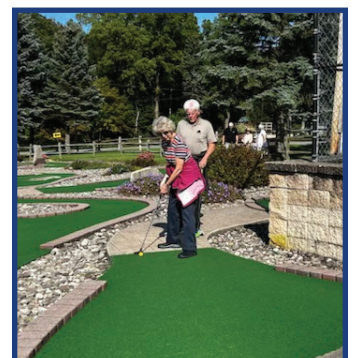
Dear Village Friends,

**Thank you everyone for helping to celebrate my 90th birthday and welcoming my family and friends so warmly.**

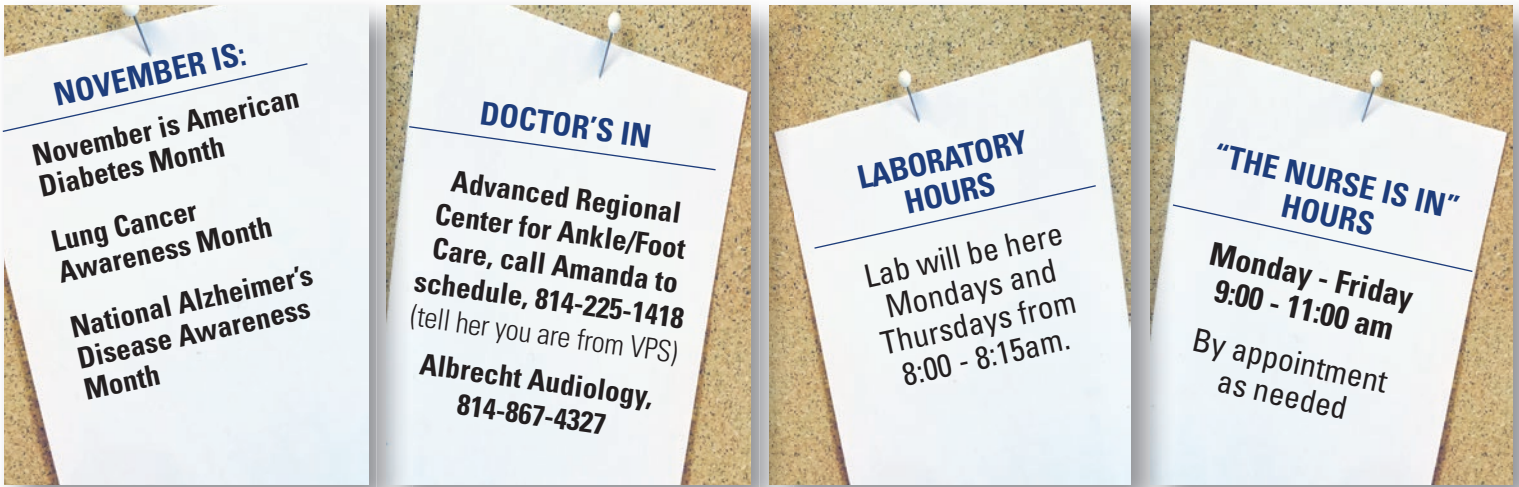
**Love,  
Carolyn T.**

## MINI GOLFING WITH LIBBY

The residents enjoyed ice cream at Meyer Dairy afterwards.







**The Podiatrist will be at The Village on November 27th from 12:00-6:00pm, in the Art Studio.**

**Albrecht Audiology is here the 2nd Wednesday of the month, Nov. 8th, in the Doctor's Office.**

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

## CONVERSATION PARTNERS

Several residents have been engaged with PSU Hospitality students as conversation partners for the fall semester. They communicate by phone or in person. On 10/23 they were able to participate in a meet and greet and some met for the first time.

