

IN THIS ISSUE

Page 2

Join the Pride!
Rainfall
Poetry Corner
Welcome New Residents

Page 3

Sentimental Journey
Meet Christine, Personal
Care Homemaker!
The ED View

Page 4

Recycling Roundup
Residents Enjoyed Painting
Their Own Holiday Cards

Page 5

Musical Interludes
The Best Day of the Year! (cont.)

Page 6

Culinary Corner
Decorating Gingerbread Houses
Annual Pot Luck Dinner!

Page 7

Bulletin Board
Fitness Coordinator Hosted
Christmas Bingo
January Tip of the Month

Page 8

Thank You Jackie
Elvis Was in the Building
Drumming Circle
Advice with Mimi

Editors

Kim McGinnis
Chad Miller

Photographers

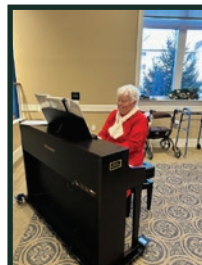
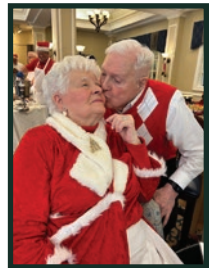
Kim McGinnis
Jana H.
Libby B.
Josh Gardner
Jackie G.
Cindy Petrick
Alanna Parsons
Ellen Corbin

Contributors

Kim McGinnis
Marion D.
Josh Gardner
Ellen Corbin
Jamie H.
Cindy Petrick
Mimi C.
Jim T.
Matt Lambert
Hiroshi O.
Christine R.
Rosalie D.
Dee V.

THE BEST DAY OF THE YEAR!

Special thanks to Santa (Paul J.), Mrs. Claus and piano player (Hope C.), Libby, fitness coordinator, and her crew of residents for the entertainment, all the residents who assisted in the dining room at lunch, Jim S. and the Resident Annual Fund committee, Liberty Lutheran for the jackets, Mimi C. for the tee shirts, Pat and Hazel and their crew for decorating, and ALL the VPS residents who made the best day happen ~ because it wouldn't have been possible without all of you. It truly takes a Village!



Join the Pride!



Retire to Where
it All Began.



RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

SNOWFALL

RAIN

	November	
-	21	1.50
December		
-	3	0.15
-	10	0.70

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 Philosophy of Lao Tzu

“Those who speak know nothing
Those who know are silent.”
Those words, I am told,
Were spoken by Lao-tzu.
If we are to believe that Lao-tzu,
Was himself one who knew,
How comes it that he wrote a book
Of five thousand words!

Submitted by Dee V.

Translated from the Chinese
by Arthur Witley

WELCOME TO OUR NEW NEIGHBORS!



Wilson B.



Jim & Joanne B.

SENTIMENTAL JOURNEY STARTED DECEMBER OFF RIGHT!



THE ED VIEW



Happy New Year Village at Penn State! Instead of making a New Year resolution this year, choose your word for the year. This article is from Good Good Good, 244 Word of the year Ideas for a Better 2024, as published on 12/4/23, from contributor Kamrin Baker.

The fact of the matter is: New Year's Resolutions are out. Especially in the aftermath of the holidays, it can be hard to truly feel motivated to overhaul your lifestyle and habits.

Whether you're setting goals on January 1 or another time, you need a simple tool that will make you feel energized and grounded, and resolutions have a tendency to make us feel... not that.

There are surely better ways to start a new year with fresh ideas — without making yourself feel bad.

Enter: Your word of the year.

A word of the year is a single word you choose that can guide you through your year and be a north star to come back to when you might feel like you're faltering from your goals or values. It can be something that feels empowering, comforting, or even a little daring.

Here is a curated list of words that we hope provide some gentle, compassionate direction and encouragement in this exciting new year.

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

MEET CHRISTINE "CHRIS", PERSONAL CARE HOMEMAKER!



Hi! My name is Christine "Chris" Rearick. I am a Homemaker in Personal Care. I started working as a Homemaker for The Village in 2020. I love my position as Homemaker! My greatest

joy working at VPS is building relationships with the residents and my co-workers! In addition to my role as a Homemaker, I am also a member of VPS's Safety Committee. Outside of work I live on my Family's farm. My husband and I have two children: Zach is 23 and Robin is 21. I also have 6 grandchildren! In addition to my husband, children and grandchildren, my extended family consists of four people. I also have two hyper cats whose names are Bun-Bun and Binks. My family is very important to me and love spending time with them either at home watching football or taking a trip to our favorite fishing spots! My interests include watching football, playing softball and bowling. I also love gardening!

Word of the Year Ideas

Abundance	Happiness	Seek
Acceptance	Healing	Self-care
Activism	Here	Self-discipline
Adventure	Hope	Self-love
Balance	Joy	Shine
Bravery	Kindness	Silliness
Breathe	Light	Simplify
Celebrate	Listen	Smile
Community	Love	Start
Compassion	Mindfulness	Sustainability
Create	Nature	Teach
Dare	Optimism	Therapy
Delight	Partnership	Thrive
Discipline	Passion	Today
Education	Pause	Transform
Empathy	Peace	Trust
Enthusiasm	Play	Try
Focus	Positive	Unity
Freedom	Progress	Vulnerability
Generosity	Reduce	Wisdom
Good Trouble	Relax	Wonder
Growth	Repair	Work
	Responsible	Worthy

RECYCLING ROUNDUP

HAVE QUESTIONS? WE HAVE THE ANSWERS!

If you have a question or questions about the items you can or cannot recycle in The Village, feel free to reach out. Further, if you have an item such as a computer, modem, electrical wire, cell phone, eyeglasses, hearing aids, a metal widget, etc., that you want to know how to recycle, reach out. The Village Recycling Committee has the answers. The mellifluous voice you will hear is that of Jim T., VPS resident and chair of The Village Recycling Committee. I have been able to satisfactorily answer resident recycling questions 99% of the time. Don't hesitate to call. I enjoy helping fellow residents.

Jim T.
Chairman, VPS Resident Recycling Committee



RESIDENTS ENJOYED PAINTING THEIR OWN HOLIDAY CARDS WITH ARTIST INSTRUCTOR, LENA THYNELL



MUSICAL INTERLUDES AT THE VILLAGE



THE BEST DAY OF THE YEAR! (CONT.)



CULINARY CORNER

A new year is finally arrived! I welcome the opportunity to hit the reset button and start fresh. Dining services will be offering many new and exciting options for the New Year.



For those of you that have not dined in the Bistro lately, we recently introduced a revised menu. We retained quite a few of your favorites while developing several new menu options. I encourage all residents to stop by and sample the new selections as well as old favorites.

Here's a few of the new items you can look forward to trying. Maybe one will become your "go to" favorite.

An interesting twist on a regional favorite. Appetizer sized to start your Bistro dining experience off with flavorful treat. Iron skillet Philly cheese steak dip. Shaved sirloin, caramelized onions and plenty of American cheese with toasted ranch soft pretzels for dipping.

A new sandwich offering is the chicken bacon ranch club. Toasted brioche roll, smoky bacon, crisp baby leaf lettuce & a crispy breaded chicken cutlet. A unique twist on a classic!

Last, but not least. A new dessert, house made warm individual apple Tarte Tartin ala mode. Flaky cinnamon short dough topped with caramel apples served with Creamery vanilla bean ice cream.

There are several other new items on the upcoming menu. Please stop by to sample and enjoy.

We are also developing the new cycle menu for the main dining room. Start date is tentatively scheduled for early April 2024. Look for new and revised items in all menu categories – soups, salads, entrees, sides and desserts. Dining services goal is to continually improve our offerings and selections while exceeding expectations every day.

Matt Lambert
Executive Chef, The Village at Penn State

RESIDENTS HAD A GREAT TIME DECORATING THEIR GINGERBREAD HOUSES

Congratulations to the winner with the most votes- Judy H. Thanks to everyone who participated!



ANNUAL POT LUCK DINNER IS COMING!

Sunday, February 4th
at 5:30pm
in the Dining Room

Start looking through your recipes for a tasty dish to bring to The Village's Potluck Dinner Everyone is invited... with or without food. So bring your favorite dish (bread, salad, vegetable, entree or dessert) that will serve 6 to 8 and a serving utensil and an appetite.

More details will follow
on Connected Living.

JANUARY IS:
January 30th
World Leprosy 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 January 8th from 12:00-6:00pm.

Albrecht Audiology is here the 2nd Wednesday of the month, Jan. 10th, in the Doctor's Office. Dr. Bethaney Tessitore will be on site. Much of what we do in our office, we can do here including hearing tests and programming of hearing aids. Call the office at 814-867-4327 to schedule your appointment or walk in.

**FITNESS COORDINATOR, LIBBY,
HOSTED CHRISTMAS BINGO,
WHICH IS ALWAYS WILDLY
POPULAR WITH RESIDENTS**



**JANUARY TIP OF
THE MONTH**

**WHEN YOU REPLACE
ELECTRONICS OR
APPLIANCES, CONSIDER
ENERGY STAR
CERTIFIED**



The Village Sustainability Committee

THANK YOU JACKIE

The Village tree that Jackie Gates, Atrium Activity assistant decorated on display at CPI.



ELVIS WAS IN THE BUILDING



DRUMMING CIRCLE



ADVICE WITH MIMI

It Takes Making it a Habit

Reading should be an important part of your daily activity. Try your best to practice your daily reading that will help keep your brain assisting you every day. Physical exercise is an important component as well. Try to make current activities to engage your brain each day. It requires you to make it a habit for its impact to help you. Never Never Never, Give up!