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CHEERS TO 100 YEARS


Dick K. celebrates
100 years of age with
family and friends at
THE VILLAGE.



Join the Pride!



Retire to Where
it All Began.



**RAINFALL/
SNOWFALL
AT THE VILLAGE**
by Marion D.

SNOWFALL		RAIN
	December	
0.20	18	-
-	27	0.55
0.20	31	-
	January	
5.2	4	-
0.30	8	-
0.70	12	-
0.15	14	-
2.60	16	-

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

Fire and Ice
By Robert Frost

Some say the world will end in fire,
Some say in ice.
From what I've tasted of desire
I hold with those who favor fire.
But if I had to perish twice,
I think I know enough of hate
To say that for destruction ice
Is also great
And would suffice.

Submitted by Paul J.

WELCOME TO OUR NEW NEIGHBORS!



Sandra A.



Chuck & Annette R.

1ST TEA PARTY OF 2024. GOOD FOOD, GOOD FRIENDS, GOOD TIMES



MEET MITCH, FACILITIES TECHNICIAN!



Hi! My name is Mitch and I work maintenance here at VPS.

I had no idea what to expect upon coming to The Village as a Facilities Technician.

My entire life, my family boasted extensive history

in the HVAC and commercial refrigeration field for 4 generations. That was all I knew; I basically lived an “eat-sleep-breathe/”bred in captivity” type of lifestyle to keep a career in that field. After 12 years of long hours and extensive stress, I sought after a calmer environment and I have found that and far more here at The Village. I came here with a huge amount of uncertainty about the future, but have been both blessed and reassured.

Here, I am greeted every single day with enthusiasm and gratitude from both staff and residents who are just happy to be here. I have found lots more respect and politeness at this facility than I can recall in recent years doing other types of work. For this, I am grateful.

I have met a lot of great people here, and am especially grateful for my co-workers in the Maintenance Dept. for making this transition seamless. I do hope to continue to serve you all here at VPS as long as I am able, and please do not hesitate to stop me when you see me running around the property if I can be of assistance or if you just need to chat!

THE ED VIEW



Valentine’s Day is a holiday that is celebrated annually on February 14th. The origins of the holiday are uncertain, but it is believed to have been named after Saint Valentine, a Catholic priest who lived in the 3rd century.

The color red and the heart shape first started showing up in medieval art during the 14th and 15th century.

Valentine’s Day cards can be traced back to the 15th century, when the earliest known Valentine’s Day letter was written by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London.

By the 1700s, Europeans were exchanging love notes, which evolved into elaborate handmade valentines fringed with lace and ribbons. In the 1840s, Esther Howland of Worcester, Massachusetts, introduced mass-produced valentines in America.

Richard Cadbury, son of Cadbury founder John Cadbury, created ‘fancy’ boxes of chocolates to increase sales. He used drawings of his family and Alpine scenes to decorate them. In 1861, he created the first heart-shaped box of chocolates for Valentine’s Day.

More than 250 million roses are produced for Valentine’s Day—with red roses making up nearly two-thirds of that number.

Valentines Day is popular in the United States as well as in Britain, Canada, and Australia, and it is also celebrated in other countries. The holiday has expanded to expressions of affection among relatives and friends. Many schoolchildren exchange valentines with one another on this day.

(Real Simple- Isaac Winter, 1/2024)

Ellen Corbin
Executive Director,
The Village at Penn State



RECYCLING ROUNDUP

IT'S ALL ABOUT TONNAGE

As many of the residents of The Village know, most of the items recycled by residents and staff end up in the large, blue bins on rollers and a dumpster for corrugated cardboard outside of the loading dock (located about 50 yards from the blue awning). Centre County Refuse & Recycling collects the plastics, metals, glass, paper and cardboard from these containers twice a week, weighs them and provides a monthly weight-by-category report. In analyzing the final report for 2023 vs. 2022, I'm happy to report that all categories of collected recyclables, except paper, were higher in 2023 than in 2022. It's a "no-brainer" why paper "underperformed." Think newspaper. How many of you discontinued your newspaper subscriptions? VPS residents recycled 3,570 less pounds of paper in 2023 vs. 2022, most of which was newspapers.

Total tonnage of collected recyclables in 2022:

17.14 tons

Total tonnage of collected recyclables in 2023:

18.36 tons +7.1%

A decent year, "recyclingwise."

Jim T.
Chairman, VPS Resident Recycling Committee



SIMPLE GIFTS HOSTED WORKSHOPS

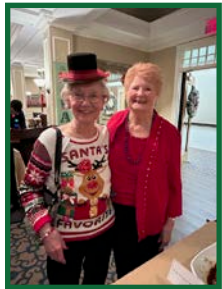
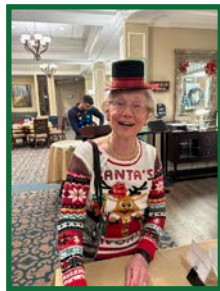
Simple Gifts performers, Linda and Karen, hosted spoons and ukulele workshops at VPS for the residents. Everyone had a great time learning to play!



UGLY CHRISTMAS SWEATER PARTY

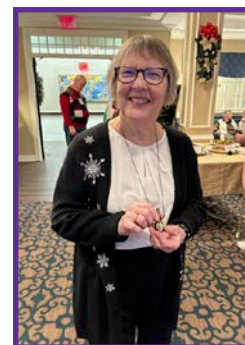
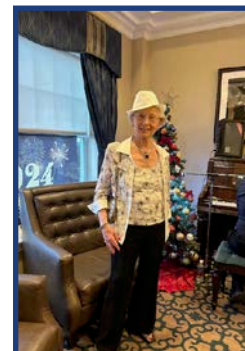
Winners were:

- Sexiest - Marge S.
- Classy - JoAnne & Jim B.
- Ugliest - Trudy S.
- Most Colorful - Veda Kay B.
- Most Creative - Rosalie D.
- Funniest - Caroline P.



EARLY NYE PARTY

John Thompson, "JT", entertained the residents for an early NYE party!



CULINARY CORNER

What wintertime recipe brings old and young together arguably more than any other?



Freshly prepared hot cocoa!

The following cocoa recipe got developed over the last few years. On “snow” days I will whip up a batch of hot cocoa for the staff. Kind of a reward for making the extra effort to get into work during winter driving conditions.

In particular, the maintenance staff, that clears all of the walk ways, sidewalks, and resident’s cars. These guys truly earn their cocoa!

There are some unconventional ingredients in the following recipe. They blend together to make a very satisfying winter treat.

Village Hot Cocoa (yield = 12 x 8oz servings)

Milk, whole – 64oz

Heavy cream – 16oz

Hershey’s syrup – 12oz

Cinnamon sticks – 4-5ea

Vanilla bean, scraped – 1ea

Coffee/espresso beans – 1/2cup

1. Place all ingredients in a non-reactive sauce pot (stainless steel)
2. Gently bring to a simmer – stir frequently to avoid sticking/scorching
3. Allow to gently steep for 15-20 minutes – allows extraction of flavors
4. Pour through a fine strainer
5. Garnish as desired or enjoy plain

Matt Lambert

Executive Chef, The Village at Penn State

CHRISTMAS MOON OVER THE VILLAGE

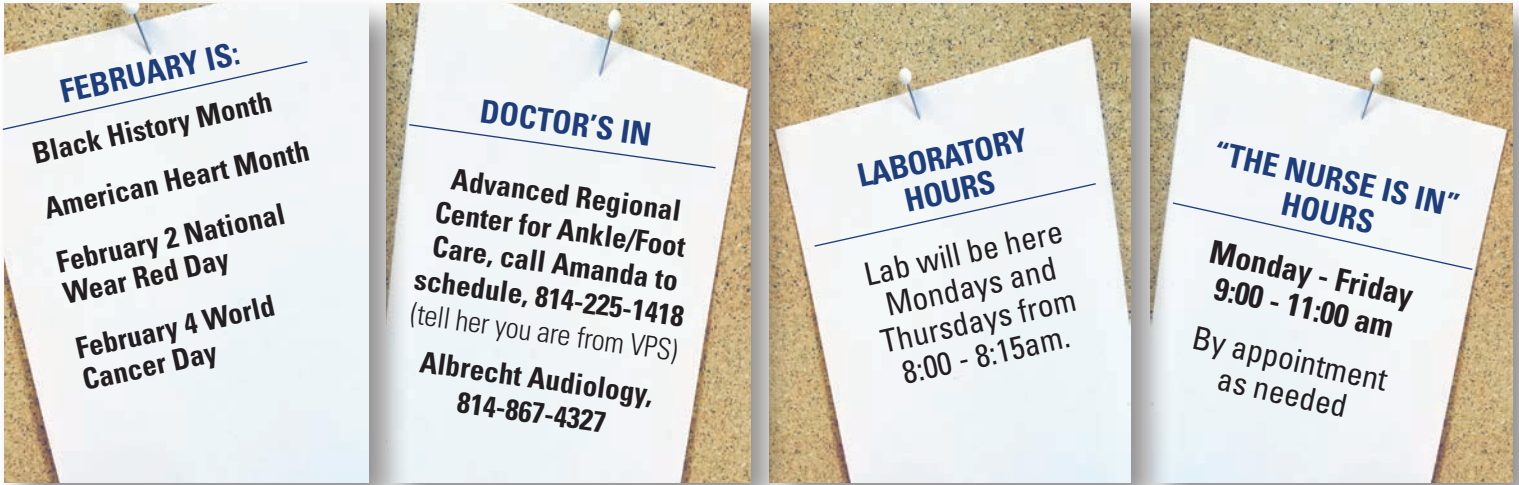


Submitted by Cindy P.



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.



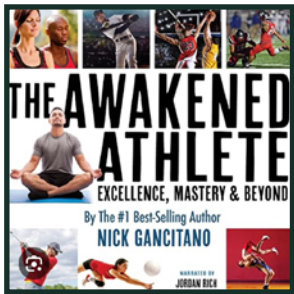
The Podiatrist will be at The Village on February 5th from 12:00-6:00pm.

Albrecht Audiology is here the 2nd Wednesday of the month, Feb. 14th, 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.

THE AWAKENED ATHLETE

Former Penn State National Champion kicker, Nick Gancitano spoke about his book *The Awakened Athlete* at The Village recently. He gave a thought provoking presentation about developing a championship mindset in life.



FEBRUARY TIP OF THE MONTH



WHEN YOU HEAT THINGS UP, LIKE SOUP ON THE STOVE, YOU COULD COVER THE POT.

The Village Sustainability Committee

THANK YOU



To Reverend Josef Kovacik from Good Shephard Catholic Church, for offering Catholic communion monthly.