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Editors

Kim McGinnis
Chad Miller

Photographers

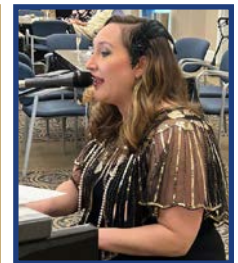
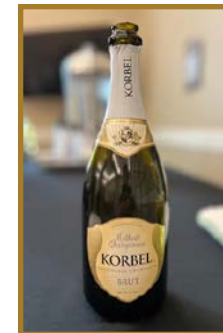
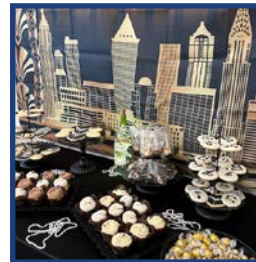
Kim McGinnis
Jana Henderson
Libby B.
Josh Gardner

Contributors

Kim McGinnis
Josh Gardner
Ellen Corbin
Jamie Hayward
Cindy P.
Mimi C.
Jim T.
Matt Lambert
Geoffrey Godbey
Paige S.
Dawna Keltt
Jan L.
Madeline S.
Karen F.

RESIDENTS TRAVELED BACK IN TIME TO CELEBRATE THE GREAT GATSBY ERA

Entertainment by Elizabeth Webb



Join the Pride!



Retire to Where it All Began.

HAPPY ST. PATRICKS DAY



Poetry Corner

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

Weather – or Not

April showers bring May flowers –
Or so the saying goes.
In March, one day we sweated,
The next, we nearly froze.

Mother Nature's so confused,
The poor flowers don't know why –
At this rate, we'll see frostbite
On roses in July!

*Written and submitted by
Madeline S.*

SIPPING DIFFERENT WINES FROM AROUND THE WORLD

Residents learn how to taste like a pro! Sponsored by
the American Wine Society & hosted by the VPS's own
Paul J. & Joanne & Jim B.



AN INSPIRING POETRY READING FOR RESIDENTS

GRIEF

She arrives
a little while
after the death
and sits across
from me saying
I am the one
who must do this
the others have left
walking toward
the hills.

Her cloth bag
is emptied
on the carpet.

Light
inhales itself.
Darkness comes
without effort.

You must stay
with me.
You must learn
from me.

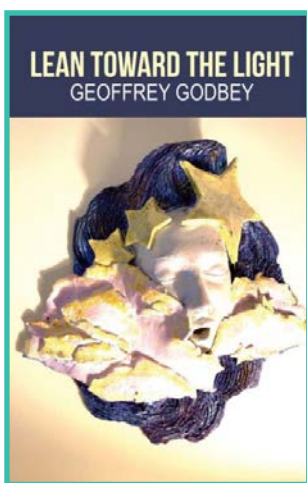
Your grief is
sunglasses
on a blind child.

Carry what you learn,
deep wound of
understanding,
farther than
the blue beyond.

Farther than
the yellow sun
can find its way.

Written by Geoffrey Godbey

Geoffrey Godbey held an inspiring poetry reading for residents! In *Lean Toward the Light*, the poetry is shaped by the age at which the author has arrived, “broken and sparkling.” It is now possible, and necessary, to see the extraordinary beauty of the world, and confess how much of it we have forfeited. Wonder and marvel characterize these poems, the book can be purchased from Amazon, from Finishing Line Press or from the author for \$20.



THE ED VIEW



April is National Volunteer Month—a month dedicated to recognizing the importance of volunteering and honoring the significant contributions volunteers make by generously donating their time and talents to worthy causes.

Each year, a resident is selected to represent The Village at Penn State at the Rose Cologne Volunteer Dinner sponsored by the Centre County Council of Human Services. Please join me in congratulating Jim Tate, as our 2024, volunteer of the year. Jim is very active with all aspects of recycling at The Village. Jim’s name will be added to our Rose Cologne recognition plaque located in the third floor elevator lobby.

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

MEET DAWNA, CERTIFIED NURSING ASSISTANT!



Hi my name is Dawna Klett and I have been a CNA (certified nursing assistant) for 20 years, the last 9 here at the Atrium.

I love what I do and you will often find me singing to my residents. Over the years I have learned that singing keeps me calm and helps calm the people I am taking care of. I know it drives my co-workers crazy sometimes, but when the residents start to sing with me it makes my day!

I have been married for 32 years, have 3 girls, and 6 grandchildren, including a set of twins. I enjoy spending time with my family and when I have time I like to read and spend time outdoors.

One of my favorite quotes is – Smile and the world will smile with you.

RECYCLING ROUNDUP

THANK YOU!

My thanks to all of you who voted for me for the Village's candidate for the 2024 Rose Cologne Award. For those of you who are unfamiliar with this annual award, it is a way to recognize the volunteerism of many citizens in Centre County. It is named for Rose Cologne to honor her as an indefatigable volunteer and diehard fund raiser for non-profits and other organizations locally, nationally and internationally over her 94 years.

I knew when I moved to the Village 5+ years ago, that I would volunteer for the Village Recycling Committee. Little did I realize that within a few months, I'd be chairman of the committee! Recycling has been in my blood since I was a boy in elementary school during WWII. It was the patriotic thing to do. And I became convinced that the "tin" cans that I collected for salvage drives would help build a battleship. True!!

In accepting the Rose Cologne Award, I want to emphasize that I am not a one-man recycling-committee show. I am proudly accepting the award on behalf of all of the members of the Village Recycling Committee who work at making the recycling system function for our Village community. And here they are: Carol Tate, Henrietta Baylor, Jerry Gross, Geoff Godbey, John Swisher, Theresa Facini, Suzanne Kinney, Barclay Wilson, Joan Bouchard, and many Village residents who are enthusiastic recyclers.

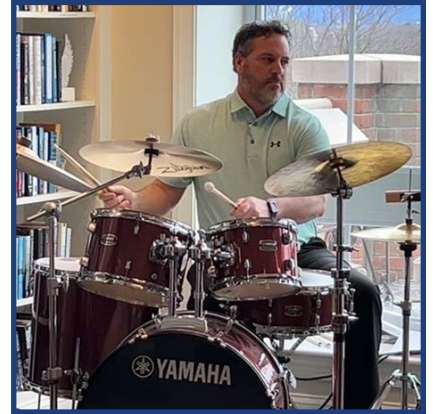
Thank you, fellow Villagers, and thank you Rose Cologne for "writing THE book" on volunteerism.

Jim T.
Chairman, VPS Resident Recycling Committee



SENTIMENTAL JOURNEY

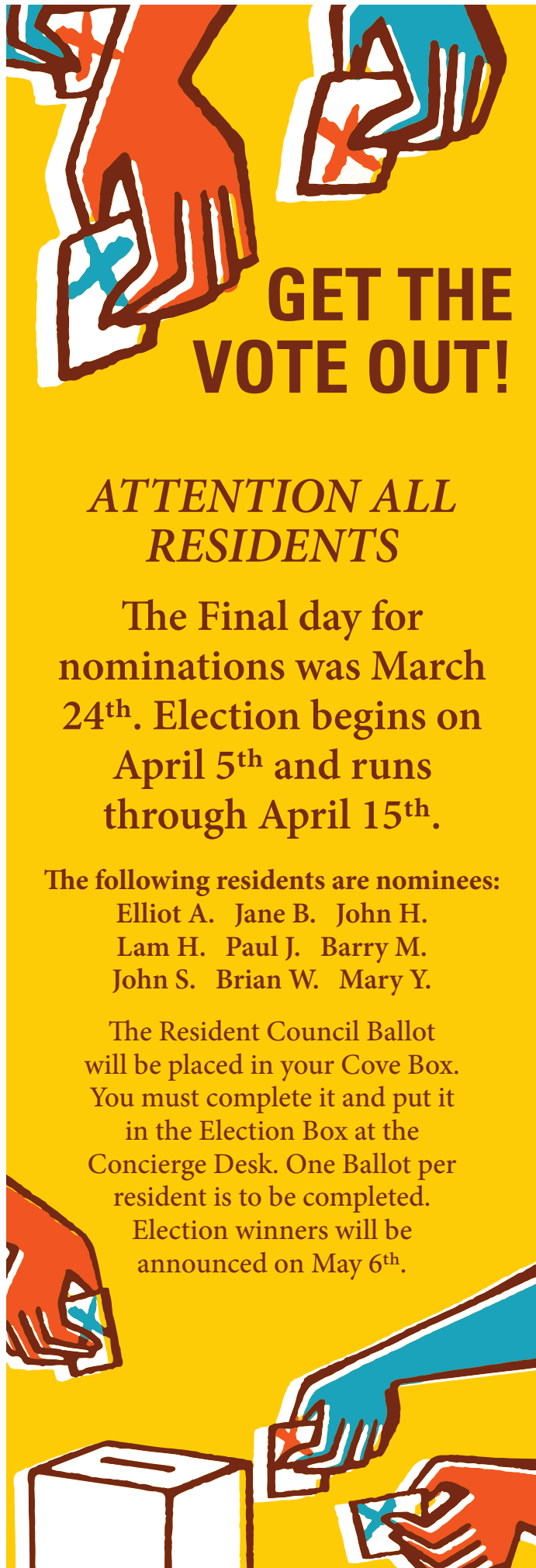
Entertained during Happy Hour for St. Patrick's Day with great classics like Stardust and Misty, sung by guest vocalist Patti Begg. Special guest on drums, Gary Dolan, Director of Facilities!



LAST SATURDAY AFTERNOON TEA OF THE WINTER

Lots of laughs with wonderful food and fellowship. Thank you to Jan Lepow for coordinating the teas!





GET THE VOTE OUT!

ATTENTION ALL RESIDENTS

The Final day for nominations was March 24th. Election begins on April 5th and runs through April 15th.

The following residents are nominees:
 Elliot A. Jane B. John H.
 Lam H. Paul J. Barry M.
 John S. Brian W. Mary Y.

The Resident Council Ballot will be placed in your Cove Box. You must complete it and put it in the Election Box at the Concierge Desk. One Ballot per resident is to be completed. Election winners will be announced on May 6th.

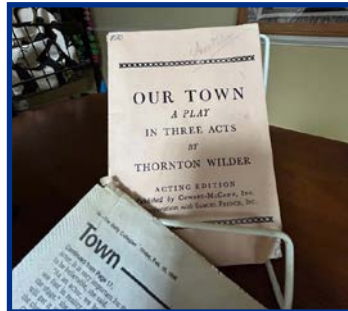
THON LINE DANCE

Paige Smethurst, VPS fitness intern will shared her experience as a captain at THON 2024 and taught residents the official THON line dance!



“OUR TOWN” PLAY READING

Thanks for Anne R.!



CULINARY CORNER

What is sous vide cooking?

I get that question quite often from Village residents. Maybe you have seen us utilizing this technique in the open kitchen of the Bistro. In its most fundamental level, sous vide cooking is the process of cooking food in an air tight container, usually a vacuum sealed bag – and then submerging the food in temperature controlled water. In French, the term translates to “under vacuum”, which makes perfect sense.

Why is sous vide cooking used? There are many reasons to undertake this process,

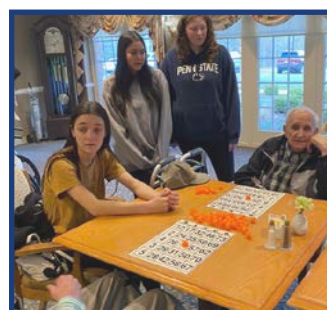
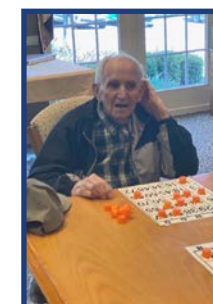
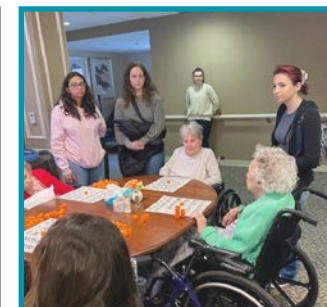
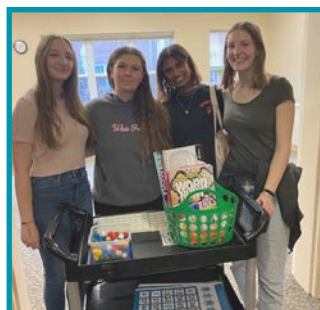
- Consistency – temperatures are kept constant over a period of time without fluctuations.
- Speed of service – for example, we hold portioned beef steaks at 127.5 degrees prior to service. Once an order is placed for a med rare steak it only takes a few minutes to prepare. The steak is already rare – med rare, just requires seasoning and a quick sear/chargrill.
- Quality – proteins will become more tender after a couple hours in temperature controlled water circulation.

There are two versions of sous vide cooking utilized at The Village.

1. Steaks ordered to a desired temperature, rare – well done. Compared to cooking a steak directly from the refrigerator (38 degrees). We are roughly 90 degrees ahead using sous vide. This not only speeds up service, but also enhances the texture of a grilled meat.
2. Fully cooked / braised meats. We fully prepare pot roast and then vacuum pack with the finished gravy. This fully prepared entrée is then sous vide at 165 degrees. This is an industry standard hot serving temperature. The pot roast literally goes from vacuum bag to plate with sauce. Very consistent product throughout an extended service window.

That’s just the basics of how the Village utilizes modern technology to enhance your dining experience.

Matt Lambert
Executive Chef, The Village at Penn State



APRIL IS:
 April 2 World Autism Awareness Day
 April 7 World Health 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 April 15th from 12:00-6:00pm.

Albrecht Audiology is here the 2nd Wednesday of the month, April 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.

APRIL TIP OF THE MONTH

Wash clothes in cold water if you can.
 Wash full loads in washing machine.



The Village Sustainability Committee

ST. PATRICK'S SIP & PAINT IN THE ATRIUM

