

IN THIS ISSUE

Page 2

Birthdays
Rain/Snowfall
Poetry Corner
Beautiful Palmer Park

Page 3

New Resident Social
Meet Jeremy, Bistro Chef!
The ED View

Page 4

Recycling Roundup
Village Library, "Speical
Interest" Section

Page 5

Welcome New Residents!
Do You Like Bird Watching
& Listening to Their Songs?

Page 6

Culinary Corner
Ace's Acres is Growing!

Page 7

Bulletin Board
Walking Taco Tuesday!

Editors

Kim McGinnis
Chad Miller

Photographers

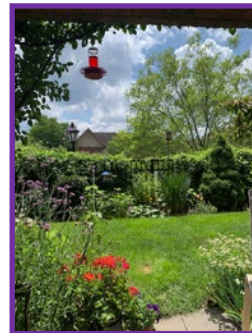
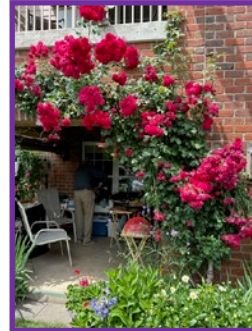
Kim McGinnis
Jana Henderson
Libby B.
Josh Gardner
Jackie Gates
Polly-Anne F.

Contributors

Kim McGinnis
Josh Gardner
Ellen Corbin
Jamie Hayward
Jim T.
Matt Lambert
Jeremy B.
Village Poetry
Group
Hazel F.

POLLY-ANNE F. HOSTED A GARDEN PARTY IN HER LOVELY GARDEN FOR THE GARDEN CLUB!

The food and flowers were amazing! In addition to the fellowship!



Join the Pride!



Retire to Where
it All Began.



RAINFALL/ SNOWFALL AT THE VILLAGE

by Peter P.

SNOWFALL	May	RAIN*
-	18	0.03
-	23	0.90
-	26	0.20
-	27	0.08
-	28	0.04
-	30	1.64
	June	
-	6	0.20
-	7	0.01
-	8	0.01

NOTE: Normally our wet season is May through June. This year, the wet season seemed early, April through May. Rainfall was quite generous this year, with an April through May total of 13.04 inches.

*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

FIREFLIES IN THE GARDEN

By Robert Frost

Here come real stars to fill the upper skies,
And here on earth come emulating flies
That, though they never equal stars in size
(And they were never really stars at heart),
Achieve at times a very starlike start.
Only, of course, they can't sustain the part.

Submitted by The Village Poetry Group

BEAUTIFUL PALMER PARK



NEW RESIDENT SOCIAL FOOD, FELLOWSHIP AND VPS GIVEAWAYS!



MEET VPS BISTRO CHEF, JEREMY BAUMAN!



Hi! My name is Jeremy Bauman, I was born in Altoona and raised in Bellefonte. In 2019 I received my Bachelor's in Philosophy from Penn State University, with a dual minor in Jewish Studies and Hebrew. My primary pastime is music. I have enjoyed working at

The Village since 2017, but my responsibilities really began in 2021 when I took on the role of Bistro Chef. Working directly with the residents, as well as members of the culinary team, here at The Village has been a powerfully transformative experience that has informed and reoriented every possible worldly value. Every one of our residents has a lifetime of experience under their belt to share and impart to future generations, and I am grateful and humbled by their willingness to do so. Feeding people is a symbolic and spiritual act, and serving this audience is profoundly rewarding.

THE ED VIEW



July, is UV (ultraviolet light) safety awareness month. UV is the root cause of most skin cancers.

Why is UV safety important? Exposure to UV radiation can cause a range of health problems, including skin cancer, cataracts, and eye damage. According to the American Cancer Society, skin cancer is the most common cancer in the United States, with more than 5 million cases diagnosed each year.

So, how can you protect yourself from UV radiation? Here are some tips:

1. Wear protective clothing. This includes hats with wide brims, sunglasses with UV protection, and long-sleeved shirts and pants made from breathable fabrics that provide UPF (Ultraviolet Protection Factor).
2. Use sunscreen. Apply sunscreen with a sun protection factor (SPF) of at least 30 to all exposed skin, including your face, ears, and the back of your neck. Be sure to reapply every two hours or after swimming or sweating.
3. Seek shade. Try to stay in the shade during peak UV hours, which are typically from 10 a.m. to 4 p.m.
4. Avoid tanning beds. Tanning beds expose your skin to UV radiation, which increases your risk of skin cancer and premature aging.
5. Get regular skin exams. Check your skin regularly for any new or unusual growths and see your medical provider if you notice anything that concerns you.

It's never too late to start practicing UV safety. By taking steps to protect yourself and your loved ones from the sun's harmful rays, you can greatly reduce your risk of skin cancer and other UV-related health problems. So don't forget to wear protective clothing, use sunscreen, seek shade, avoid tanning beds, and get regular skin exams.

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

(American Cancer Society, CDC)

RECYCLING ROUNDUP

A SHORT AND SWEET MESSAGE. (SHORT, YES. SWEET? WELL...)

It is the responsibility of The Village Resident Recycling Committee to “organize” the four recycling rooms in the East and West buildings. At times, it’s dirty work, but someone’s gotta do it, right? Hello Recycling Committee! Residents can, however, help reduce the committee’s dirty work by rinsing all recyclable items of food residue before depositing them in a recycle bin in the recycling rooms. This includes all plastic and glass bottles, jugs and jars; metal cans, and miscellaneous plastic containers that originally contained vegetables, fruit, cheese, salads, spreads, etc.

Takeaway Message: Just make it a habit to rinse before you recycle. Piece of cake!

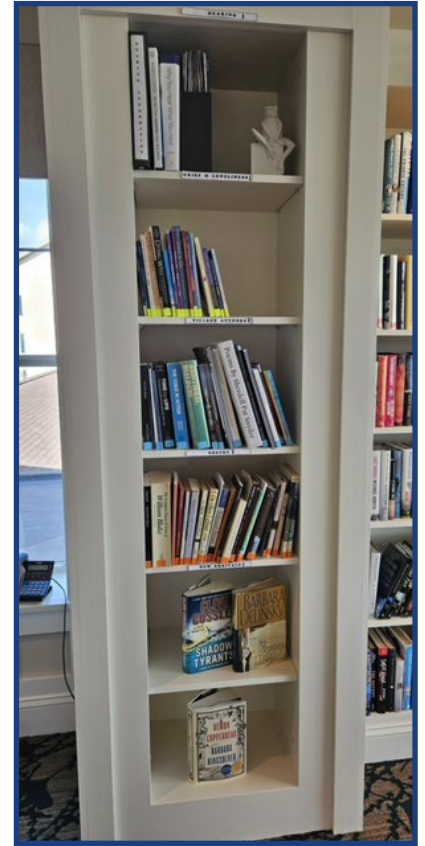
Jim T.
Chairman, VPS Resident Recycling Committee



THE VILLAGE LIBRARY IS PLEASED TO INTRODUCE A “SPECIAL INTEREST” SECTION FOR YOUR ENJOYMENT

It’s located on the 3rd floor, just off the elevator. There are 4 specific topics highlighted. The first is a shelf of information on hearing. It contains magazines and literature beneficial to anyone experiencing hearing loss and would like to know more about it.

We also have a shelf dedicated to Grief and Loneliness. We each experience grief in some form or another in our lifetime. Whether we’ve lost a loved one, a pet, a good friend or maybe even moving from the house we’ve lived in for so many years...we hope you find these books helpful.



The next shelf features books authored by our own VPS residents, both former and current. You will find a variety of topics and writing styles to pique your interest.

In addition to those books, we have a shelf of poetry by various authors, both classic and contemporary. Enjoy a few of these books prior to attending the Poetry Reading Group, meeting the 3rd Wednesday of each month.

Below those books we have 2 shelves highlighting newly donated books. Feel free to check out any of the books featured as well as the many other books we house in our library. Additionally, we have received several large print magazines located in the magazine rack at the Blue Awning entrance. What a variety of books for you to enjoy!

Between the pages of a book is a lovely place to be.

WELCOME NEW RESIDENTS!



Bob & Marge C.



Art Patterson & Nancy C.

DO YOU LIKE BIRD WATCHING & LISTENING TO THEIR SONGS?

Download the Merlin app on your smart phone to identify the birds you see or hear. In less than 5 minutes I heard 8 different birds on the west side of VPS. Make sure to take your binoculars to try to catch a glimpse.



American Robin



Blackpoll Warbler



Song Sparrow



House Finch



Eastern Wood-Pewee



House Sparrow



American Goldfinch



Indigo Bunting

CULINARY CORNER

Summer is finally here! With it comes the pleasure of outdoor cooking, grilling and smoking to be specific. This is one of my favorite methods of imparting unique flavors into meats and vegetables. Over the years I have experimented with various types grilling specific cooking equipment.



Being such a unique style of food preparation requires specialized tools of the trade. Here's a list of items you might consider for yourself or as a gift for loved ones.

A cook book that focuses on the art of outdoor grilling and smoking. The internet is full of a broad range of literature. Ranging from entry level to full blown professional resources. Explore and find the right book(s) for your cooking style.

Seasoning, marinades and BBQ sauce gift sets. These are an excellent way to experiment with new and exciting flavor profiles. From mild to wild, fire up the grill and try something new!

Flavored wood chips or pellets. Again, easily found on the internet. A creative way to introduce both wood smoke flavor with an added component such as, bourbon, rum, fruit, or herbs. Cedar wood planks are another option to impart smoke flavors to delicate items such as salmon, check it out.

A grilling tool set. Easily one of the best gifts for the grilling enthusiast. Available personalized for that special gift. Again, these are available from simple to elaborate sets.

A battery operated grill light. This may seem like a silly idea. But, the slow, lengthy cooking style often runs into the evening hours. A little light on the subject is a welcome tool in the arsenal.

I could keep rambling on and on discussing unique tools for the outdoor cooking enthusiast. However, this is a great starting point on getting geared up for the summer months. So, get outside and fire the grill up and create a memorable dining experience!

Matt Lambert
Executive Chef, The Village at Penn State

ACE'S ACRES IS GROWING!



JULY IS:
July 28 is UV Awareness Month

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 July 22nd from 12:00-6:00pm.

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

WALKING TACO TUESDAY! (NO EXERCISE WAS INVOLVED IN THIS EVENT)

