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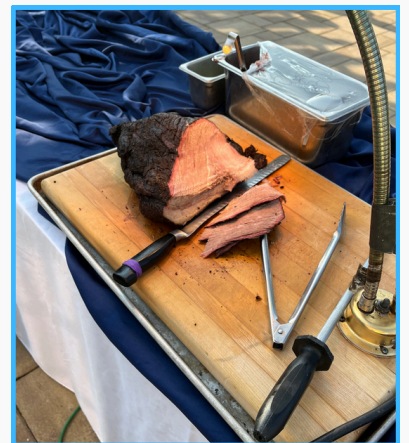
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## Bistro Patio Grill Event




# Join the Pride!



The Village  
AT PENN STATE

## Retire to Where it All Began.



### RAINFALL/ SNOWFALL AT THE VILLAGE

by Peter P.

Snowfall	Aug	Rain*
-	17	0.75
-	18	1.25
-	19	0.21
-	20	0.08
-	22	0.02
-	30	0.14
-	31	0.43
-	<u>Sept</u>	
-	7	0.12

\*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\*

After Working Long on One Thing  
By Jane Kenyon

Through the screen door  
I hear a hummingbird, inquiring  
for nectar among the stalwart

Hollyhocks---an erratic flying  
ruby, asking for sweets among  
the sticky-throated flowers.

The sky won't darken in the west  
until ten. Where shall I turn'  
this light and tired mind?

Submitted by Dee Vogelsong

## Tailgate Time!



1st VPS Tailgate of the 2024 Season with residents, family and friends. Thanks to Rosalie and her committee for coordinating the tailgate. Stay turned for the next Tailgate date!

# Culinary Corner

I am often asked at social gatherings what motivated young Matt to pursue a career in the Culinary Arts?



Well, there were a multitude on positive influences that lead me down the cooking path. There were the many people that I worked side by side with, the many different restaurants I was employed at, experimenting with new foods by dining at unique restaurants. For young me, the strongest influence was reading books that covered a wide range of cooking topics. Ranging from the technical to straight up recipe books with pictures. The following are a few books that I read with the inquisitive curiosity of my developmental years.

- 1. My first choice is actually a 2 book series – La Methode and La Technique - an illustrated guide to the fundamental techniques of cooking, by Jacques Pepin. Both books are VERY technical and somewhat of a dry read. However, a great source of how to master the basics of French cuisine. I read both front to back, multiple times.
- 2. Larousse Gastronomique – The World's Greatest Culinary Encyclopedia by Librairie Larousse. Another fact filled dry read. But a treasure trove of useful information for the curious mind. Yes, there is a trend of French cuisine going on here!
- 3. At last, a read that is fully entertaining – Kitchen Confidential, adventures in the culinary underbelly by Anthony Bourdain. This book in many ways mirrored my early years as a culinarian, very fun book I highly recommend.
- 4. Finally a true classic in the cooking genre, The Joy of Cooking by Marion Rombauer Becker. This was a Christmas gift that I actually use to this day. The book highlights the actual process of preparing an item, not just the recipes.

Feeling curious, check out any of these books. I could lend you my copies, but they are a little worn.

Matt Lambert  
Executive Chef, The Village at Penn State

## Watercolor with Ink



Residents enjoyed another art class with artist, Austin Van Allen.

## Centre County 4H Robotics



Centre County 4-H robotics club brought their robots to VPS to demonstrate what they have designed, built and can do.



# Village Olympics

The Village

AT PENN STATE



## Meet Sophia, Atrium Concierge



My name is Sophia or Sophie (doesn't matter to me)

I moved to Pennsylvania September 2023 from Wisconsin, where I lived my entire life so far. I wanted to go somewhere new.

So I packed what I could fit in a car and left. I was drawn to The Village because of such great reviews (and my experience in caregiving)! I started out in the main dining room scrubbing dishes in October 2023.

After nine months of washing, I decided to take the front desk position at the Atrium. It's been so nice to interact with residents and be involved in the day to day life. The Village has been a wonderful place to work. I feel happy to be here!

Outside of work I like arts and crafts, hiking and camping. My rock collection is a huge part of me. I spend quite a bit of my free time hounding, sorting, and labeling rocks, minerals, and fossils! And of course my cat is always at my side with everything I do.



Our own Summer Olympics.  
Residents participated in various games/activities while streaming the 2024 Paris Olympics.

# RECYCLING

## ROUNDUP

### MORE OOMPH!

At the rate residents and VPS Maintenance have been going with recycling through July, we will exceed 20 tons, for sure, in 2024. In fact, we're close to an estimated 21 tons. A little more oomph in your effort to recycle and we will reach the 21-ton goal.

The variety of items that we residents can recycle in the ground-floor recycling/trash rooms in the apartment buildings and that cottage residents can place at curbside is as follows:

Mixed paper – Newspapers, magazines, mail, office stationery, bags, “plain” cardboard, and food boxes.

Corrugated cardboard – Flattened, if possible.

Metal food and beverage cans.

Plastic bottles, jugs and jars – Lids on preferred.

Glass bottles, jugs and jars – Lids on preferred.

Miscellaneous plastics – Containers used for foods, mostly. If it's plastic and does not have a narrow neck (bottle, jug, jar), it is to be dropped in a miscellaneous plastic bin in one of the recycling rooms in the apartment buildings. Cottage residents can comingle all of the plastics in one bin.

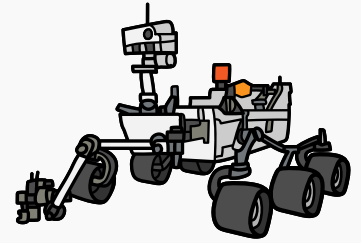
OF COURSE, RINSE-YOUR-RECYCLABLE-ITEMS-BEFORE-TAKING-THEM-TO-YOUR-RECYCLING-ROOM.

RECYCLING  
MAKE IT A HABIT!

Jim Tate  
*Chairman, VPS Resident Recycling Committee*



# Mars Rover



Thank you to Chris House, Interim Department Head and Professor of the Department of Geosciences and resident Lee Hammarstrom for their assistance in organizing Penn State “Origins” Talk Series at VPS Chris began the series with his presentation “The Rover Exploration of Mars”

## Current Events



We welcomed back Art Goldschmidt, Professor Emeritus of Middle East History at PSU, to comment on what's happening in present day Middle East.

# Everyday Cooking



Residents made their own stir fry at Renee's third cooking class!

# African Safari



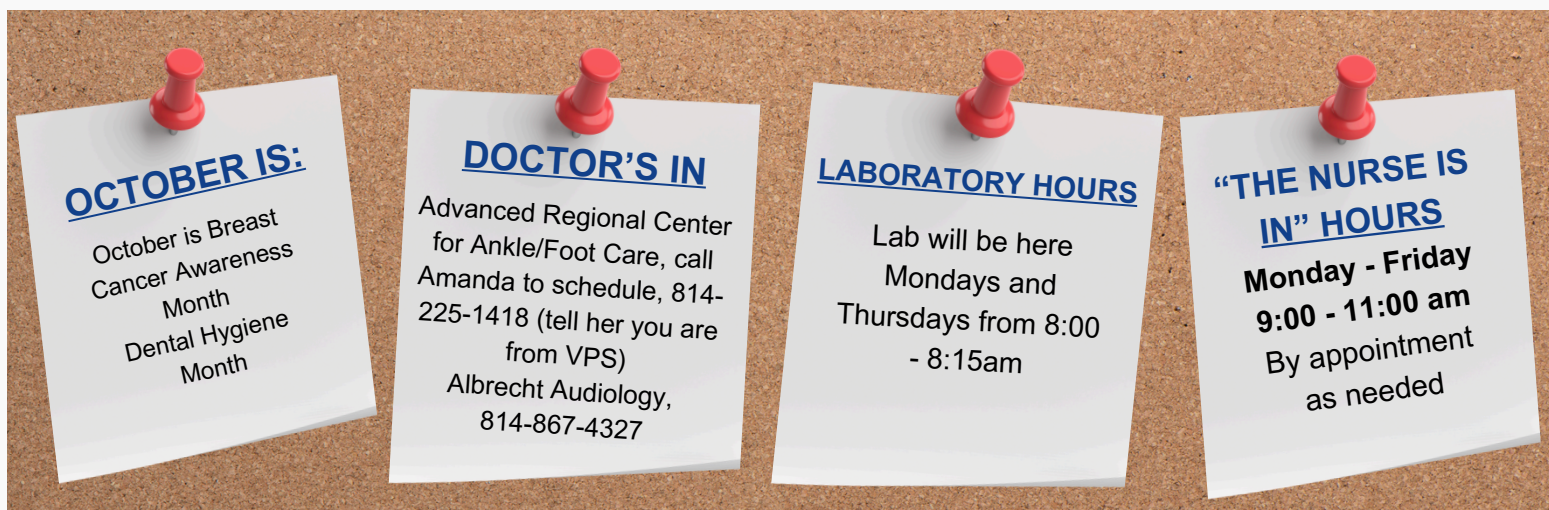
Cindy took the residents on a wild adventure through Southern Africa

# Floral Arranging



A wonderful collaboration with the Dr. Keiko Miwa Ross student farm staff and interns.

# OCTOBER 2024



**The podiatrist will be at The Village on October 21st from 12-6pm.**

**Encompass Health will be onsite for a Lecture on October 10th from 2-3pm**

**Flu vaccines will be administered to IL residents on October 8, 2024.** The wellness nurses will go door to door on a set schedule to administer the vaccines for the apartments. Please stay in your apartment and we will knock on your door when we get to your room. Cottage residents will come to the wellness clinic. If you will not be available at the scheduled time for your floor/cottage, please call the wellness clinic to set up an individual appointment. (814)235-8904. If you have already received a vaccine please notify the wellness clinic. **If you get your flu shot or any other vaccine, Please notify Jamie in wellness so we can keep your record up to date.**

## The schedule will be as follows...

- East 1-1st floor 10:00-10:15am
- East 1-2nd floor 10:15-10:30am
- East 1-3rd floor 10:30-10:45am
- East 1-4th floor 10:45-11am
- East all of ground floor 11-11:15am
  
- East 2-1st floor- 11:15-11:30am
- East 2-2nd floor 11:30-11:45am
- East 2-3rd floor 11:45-12pm
  
- West all of 2nd floor 12-12:15pm
- West 1-3rd floor 12:15-12:30pm
- West 1-4th floor 12:30-12:45pm
- West 1-5th floor 12:45-1pm
  
- West 2-3rd floor 1-1:15pm
- West 2-4th floor 1:15-1:30pm
- West 2-5th floor 1:30-1:45pm
  
- Cottage residents 2:00-3:00pm in the Wellness Clinic
- 3:00-4:00pm open for Individual appointments in Wellness clinic

