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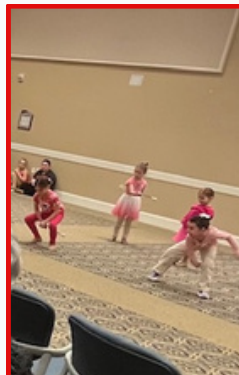
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M Twirling Team



M Twirling Team entertained a VPS crowd with a valentine performance and even gave a lesson and shared valentines they made for residents. The team is owned by Matt Freeman (PSU feature twirler 2010-14) and his wife Meredith (PSU majorette 2010-14) and assisted by teacher Jordan Gardner (PSU majorette 2018-22).

Join the Pride!



Retire to Where
it All Began.

RAINFALL/SNOWFALL AT THE VILLAGE

by Peter P.



<u>Jan</u>	<u>Melted</u>	<u>Ice & Sleet</u>	<u>Snow</u>
17	0.04		0.4
20	0.15		1.6
30	0.01		0.1
31	0.01		
Total	0.21		2.1
Jan Totals	0.65		9.5"

<u>Feb</u>	<u>Melted</u>	<u>Ice & Sleet</u>	<u>Snow</u>
1	0.42		
3	0.03		0.3
6	0.35	0.5	
9	0.58	1.2	
12	0.02		0.2
13	0.22		0.2
14	0.01		
Total	1.63	1.7	0.7
This Winter		1.7	18.8

NOTE: December 2024 was dry; January 2025 was very dry. Droughts tend to be self-perpetuating. With enough ice in the ground to cause melt to run off, we hope precipitation becomes more normal before Spring 2025 gets underway.

Canine Companions



Puppy raisers John & Dianne (with Launcher who is a lab/golden cross) shared their experiences raising future service dogs and explained the process from puppy to work. They have been raising service dogs with Canine Companions for many years.

Poetry Corner

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

Requiem

by: Robert Louis Stevenson

Under the wide and starry sky,
Dig the grave and let me lie.
Glad did I live and gladly die,
And I laid me down with a will.

This be the verse you grave for me:
Here he lies where he longed to be;
Home is the sailor, home from sea,
And the hunter home from the hill.

Submitted by Paul Jovanis

Dr. Selleck



We were fortunate to have Dr. Selleck return to VPS for a 90 minute Q & A about his research on Alzheimer's disease.

Everyday Cooking



Sous Chef Renee showed residents how to make chicken quesadillas and Pica de Gallo.

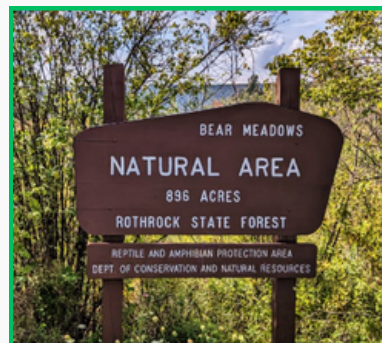
Resident Potluck



Over 100 residents attended our annual resident potluck.

Healthy Valley

Learning from the Past



Dr. Yonushonis of Healthy Valley Chiropractic showed residents how to maintain a healthy spine.

Prof. Sarah Ivory, College of EMS took residents took a trip through time since the last Ice Age at 2 very different & special locations: Bear Meadows (PA) & the Rwenzori Mtns of central Africa.

RECYCLING

ROUNDUP

YOUR BODY CONTAINS MICROPLASTICS—MOSTLY IN YOUR BRAIN

Plastics are everywhere in our lives. While some are recycled—under 10%—most are not. Lots of such plastic ends up in our water supply and eventually in our bodies. It accumulates in our vital organs and our brains now contain an average of a spoonful of such tiny plastic particles. Researchers find thirty times more microplastics in the brain than other vital organs. While too early to tell, there may be a link between microplastics in the brain and dementia. Some studies have also linked microplastics to heart disease; other studies are investigating the link to cancer.

Most water-filter systems do not stop particles as small as microplastics. Brita's regular filter does not; however, there is evidence that its new filter will trap such particles. The Brita Hub Filter reduces 70+ contaminants, including lead, chlorine, microplastics and more.

It is time to get rid of single-use plastic—a major strategy for reducing plastic waste.

Geoff Godbey
Member, VPS Resident Recycling
Committee



WELCOME NEW RESIDENTS!

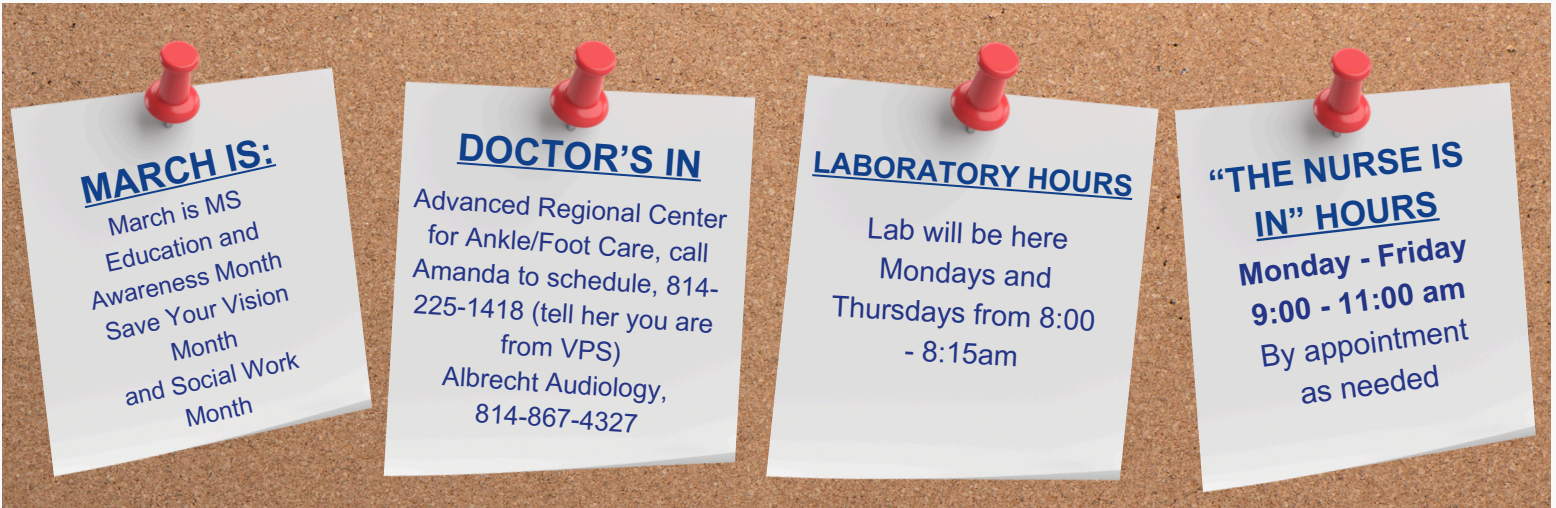


Jan K.

Singing Valentines



Thank you to these four members of the Nittany Knights Barbershop Chorus for singing for our residents and wishing them a Happy Valentines Day!



The podiatrist will be at The Village on March 31st from 12-6pm.

Meet Tanner Nickel, Fitness Intern



Hi! My name is Tanner Nickel. I am from Carlisle, Pennsylvania, and I am currently a senior here at Penn State. I am a Kinesiology major and have a double minor in Biology and Sports Studies.

When not in State College, I work as a Patient Care Assistant at The Orthopedic Institute of Pennsylvania, in Camp Hill, PA. After school, I plan on going to Physician Assistant school in 2026. I will be interning here, with the fitness program, for the entirety of the spring semester. In my free time, I like to exercise, watch sports, play golf, and spend time with my family and friends. I have thoroughly enjoyed my time here so far, and I can't wait to continue meeting you all!

PAWSitivity PAW!



The February winner is:
Jodie, Housekeeping

