

IN THIS ISSUE

Page 2

Birthdays
Rain/Snowfall

Page 3

Optimizing Brain Health
Hot Air Balloon
Poetry Corner

Page 4

Bistro Grill Event
Art Class

Page 5

Recycling Roundup
Aces Acres
Cooking Class

Page 6

Leadership Centre County
Ice Cream Social Cont
Welcome New Residents

Page 7

Bulletin Board
PAWSitivity PAW
Meet Kim Meyers

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Ice Cream Social with Student Farm



We love our collaboration with
the Dr. Keiko Miwa Ross
student farm! Interns and staff
joined us for an ice cream
social on a hot summer day!



Join the Pride!



Retire to Where it All Began.

RAINFALL/SNOWFALL AT THE VILLAGE

by Peter P.

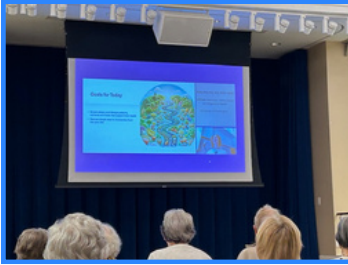
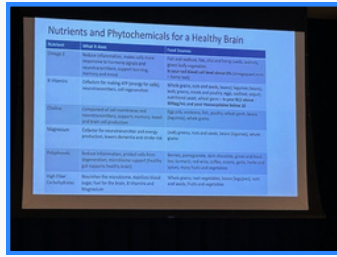


July	Rain	August	Rain
17	1.71	14	0.04
21	0.03	15	0.19
26	0.09		
27	0.69		
28	0.21		
July Total	5.21	Past 31 days	2.96

NOTES: The Village rainy season, usually May and June, did not really end until July. That season total, May, June and July 2025, was 19.75 inches. Wet was good, because the dry season, usually October, seems to be starting abruptly.

The DOG DAYS, July 3 through August 11 this year, are finally over. This period, when the sun is located near Sirius, the Dog Star, is usually the time of the persistently hottest and most humid weather of the year. Hot and humid weather is certainly possible earlier and later on in a given summer.

Optimizing Brain Health



In August residents learned about optimizing brain health with nutrition.
Watch the calendar for upcoming presentations related to brain health.

Hot Air Balloon



These wonderful hot air balloon photos were taken by Suzanne Kinney

Poetry Corner

TREE AT MY WINDOW By Robert Frost ---from WEST-RUNNING BROOK 1928

Tree at my window, window tree,
My sash is lowered when night
comes on;
But let there never be curtain drawn
Between you and me.

Vague dream-head lifted out of the
ground,
And thing most diffuse to cloud,
Not all your light tongues talking
aloud
Could be profound.

But, tree, I have seen you taken and
tossed,
And if you have seen me when I
slept,
You have seen me when I was taken
and swept
And all but lost.

That day when she put our heads
together,
Fate had her imagination about her,
Your head concerned with outer,
Mine with inner, weather.

Submitted by
The Village Poetry Circle

Bistro Grill Event



A perfect summer evening at the Bistro! Residents came together to enjoy hickory-smoked scallops, Texas caviar wedge salads, Rio Grande brined pork, and Dr. Pepper cheesecake — a night filled with great company and delicious food.

Art Class



Residents had the opportunity to learn silk painting from local artist and teacher, Erin Welsh, and were thrilled with the results of their designs!

RECYCLING ROUNDUP

CUTTING DOWN THE NEED TO RECYCLE

Make the Village at Penn State and the world a better place by making recycling a habit.

Change your buying habits to cut back on how much you have to recycle. This includes:

Cleaning the Dishes

Use dishwashing detergent that is available in a pasteboard box rather than a plastic container such as Calgon or use dishwasher sheets or tablets available online at Amazon or elsewhere.

Use a Dishwasher

Overall, using a dishwashing machine is better environmentally than washing dishes by hand, and does a better job. On average, people use between 8 to 27 gallons of water per load when washing dishes by hand. A standard dishwasher uses 3 to 5 gallons of water per load, thanks to improved spray mechanisms and water recycling technologies.

The total energy consumption for washing dishes by hand is often underestimated but could run between 1,000 to 2,000 kWh annually, depending on the frequency of washing and water-heating methods. A standard dishwasher uses 3 to 5 gallons of water per load, translating to roughly 250 to 300 kWh for typical usage.

Determine the shortest washing cycle that gets your dishes clean. Run your dishwasher when it is almost full or completely full. Put plastic items in the upper level.

Conclusion

Make recycling a habit but change your buying habits to reduce the number of plastic containers containing dishwasher soap. Use a dishwasher rather than washing dishes by hand, this conserves water and electric energy. Run your dishwasher when almost full or completely full.

Geoff Godbey, VPS Resident Recycling Committee



Ace's Acres



Ace's Acres is flourishing once again this summer, all thanks to our amazing resident gardeners!

Cooking Class



Sous Chef Renee's cold soup cooking class was a cool and refreshing hit! Residents learned to prepare delicious summer favorites like Gazpacho and Cherry Bing Soup, perfect for beating the heat.

Leadership Centre County

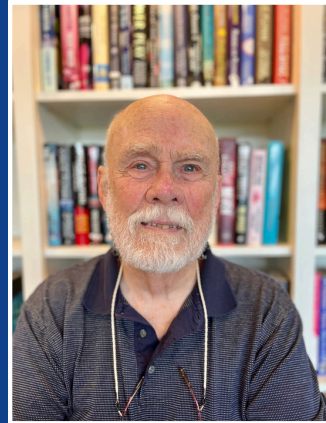


Resident Fitness Coordinator, Libby, shared her experience participating in Leadership Centre County. She reflected on her journey through the program highlighting key program days and her volunteer project!

Ice Cream Social Cont.



WELCOME NEW RESIDENTS!



Gary & Judy M.



Steve & Karen D.

Welcome Home

SEPTEMBER IS:

September is Pain Awareness Month and Healthy Aging 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

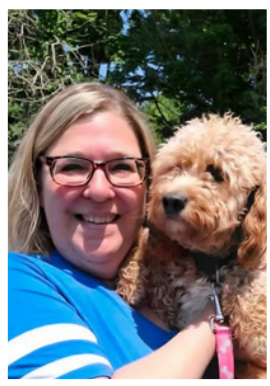
Dr. Miglani, the podiatrist will be here September 15th. Massage therapy will also be here September 15th.

Albrecht Audiology will be here the 2nd Wednesday of each month, September 10th, in the Doctor's Office.

Dr. Bethaney Tessitore will be on site. She can be seen for consultations, hearing aid clean and checks, hearing aid programming adjustments, and pairing hearing aids with phones. Please call the office at 814-867-4327 to schedule your appointment.

Uhring's Audiology will be here on September 22nd, in the doctors office. Robin Cooke, Hearing Instrument Specialist will be offering free cleanings. Contact Jamie in wellness at 814-235-8904 to schedule an appointment.

Meet Kim Meyers, CNA



I'm Kim Meyers and I have worked at the Atrium as a CNA for 19 years. I grew up in State College. My husband and I now live in Clearfield County. I have

3 children, 2 bonus children, 2 grandchildren and my dogs, Simon and Delilah. My favorite things to do when I'm not working are going on camping trips and spending time with family and friends. I especially love the beach and Penn State Football. I am so grateful for being a part of The Village for so many years. I enjoy getting to know all of our residents!

PAWSitivity PAW!



The July winner was:
Brian, Lead Driver



The August winner is:
Emily, LPN

