

## IN THIS ISSUE

### Page 2

Birthdays  
Rain/Snowfall

### Page 3

March Madness  
BAM Poetry Reading  
Poetry Reading

### Page 4

Cognitive Health  
A Soldier's Hands  
Reflexology  
Lion Mobile Clinic

### Page 5

Welcome New Residents  
Salinas Fitness Day

### Page 6

Volunteer Appreciation  
Cont.

### Page 7

Bulletin Board  
PAWSitivity PAW  
Meet Linda Schul

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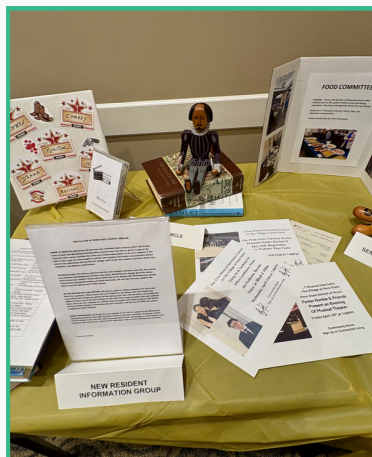
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## Volunteer Appreciation



**2026 VPS  
Volunteers of  
the Year:  
Gene and Carol  
W.**



**Our Volunteer Appreciation Event was such a fun day! From entertaining performances to delicious walking tacos, it was the perfect way to say thank you to the volunteers who give so much to our community. We appreciate you!**

# Join the Pride!



The Village  
AT PENN STATE

## Retire to Where it All Began.

## RAINFALL/SNOWFALL AT THE VILLAGE

by Peter P.



<u>March</u>	<u>Rain</u>	<u>Ice/Hail</u>	<u>Snow</u>	<u>April</u>	<u>Rain</u>	<u>Ice/Hail</u>	<u>Snow</u>
16	0.02			1	0.18		
17	0.47		2.0	2	0.13		
18	0.01		0.1	3	0.02		
21	0.20			4	0.06		
23	1.11	1.0" quarter size		5	0.73		
27	0.43			14	0.06		
<b>March Total</b>	<b>4.15</b>	<b>1.0</b>	<b>2.1</b>	<b>15</b>	<b>0.01</b>		
				<b>Total</b>			

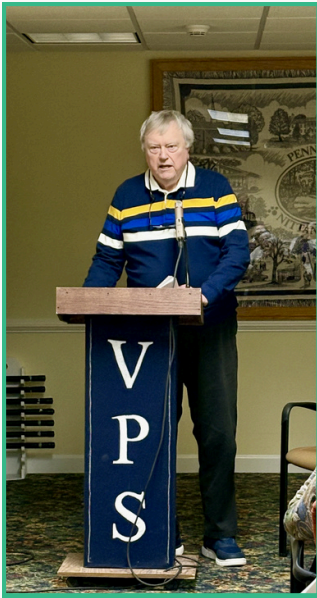
NOTE: Drought conditions seem to be worsening just to our south, becoming profound in severity over Georgia and northeast Florida. As with the full foot of snow here, on January 26th, the brief hail storm the evening of March 26th helped mitigate the northward expansion of drought. Hail, on March 23rd, briefly whitened the ground and roads, with the largest stones being quarter size; about an inch. The hail here was too early to cause significant plant damage and not quite large enough to dent cars. Golf ball size hail begins to damage property, with damage intensity and severity very rapidly increasing with maximum stone-size increases above that.

# March Madness



Congratulations to Suzanne winner of our 2026 bracket challenge

## BAM Poetry Reading



BAM poetry reading with Geoffrey

# Poetry Corner

## ODE TO VILLAGE ELEVATORS AND THE RESIDENTS THAT USE THEM Tanis Bryan

In the Village at Penn State  
FOUR elevators in the East and the West  
Do their very best  
To serve residents on the move.

Elevators, designed to close slowly,  
Ensure safe ingress and egress for  
Residents using wheelchairs, walkers  
and canes.  
Others with assorted aches and pains.

Hardier residents, impatient,  
Push button for their floor,  
AND button to close the door.  
Some, the very impatient,  
Continue to push and push and push.

The elevator cannot go faster.  
But it can warn of impending disaster  
By making a dreadful noise.

Please heed this RESEARCH-based  
suggestion:  
Push the button for your floor,  
CLOSE YOUR EYES, 45 seconds or more,  
Think of something that makes you  
happy.  
You arrive in a good mood.

You will live longer  
The more often you choose to do this.  
Chances are, you will experience more  
bliss.

# Cognitive Health



Cognitive Health and Wellness lecture with Nikki Etter, Associate Professor in charge of the graduate program.

# A Soldier's Hands



a soldier's hands

Proud to partner once again with A Soldier's Hands to assemble care packages for our troops overseas!

# Reflexology



Naomi Williams, RN & Certified Reflexologist, shared "What is Reflexology?"

# Lion Mobile Clinic

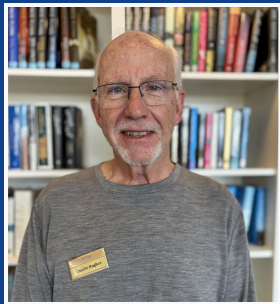


Dr. Michael McShane from Penn State spoke about the LION Mobile Clinic and its student led free clinic model expanding access to care for underserved communities. Residents also got to check out the mobile unit.

# WELCOME NEW RESIDENTS!



Barb Furman, E111



Charlie Hughes & Kathy Ruhl, W303



Owen Bowser, W413

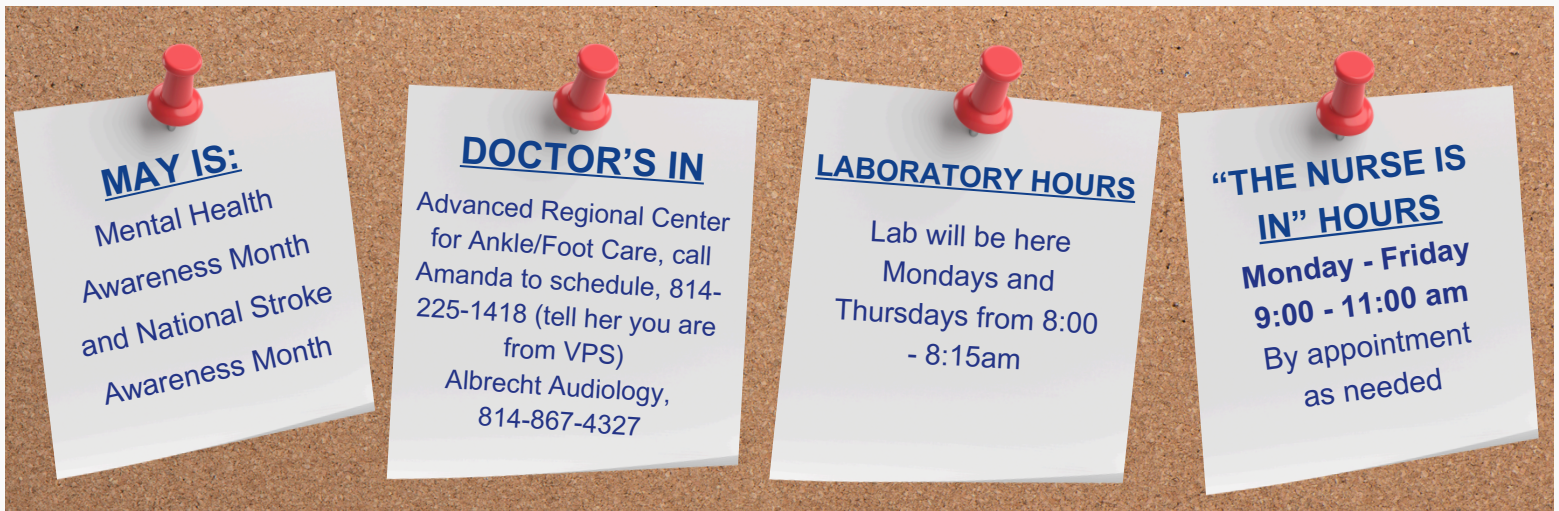
## Salinas Fitness Day



April Salinas Senior  
Fitness Day began with  
Sweatin' to the Oldies.

# Volunteer Appreciation Cont.





**Dr. Miglani, the podiatrist will NOT be here in May. Massage therapy for May is the 11 and 12 from 9am-3pm Albrecht Audiology will be here the 2nd Wednesday of each month, May 13, 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.

## Meet Linda Schul, Atrium CNA



My name is Linda Schul, and I have been a nightshift CNA at the Village for 11 years. I grew up in Pittsburgh and graduated from Clarion University of Pennsylvania. I met my husband Scott there, and we have been married for 37 years. We have two children; our daughter Annika lives in Virginia with her husband Drew and our 2 year old granddaughter Addison,

and our son Emilio lives at home with us. He also works at the Village.

When I'm not working, I enjoy exercising at the gym, crafting, and can often be found in one of the local bubble tea stores. It's my favorite drink! Scott and I love traveling around the world and have had memorable visits to places like Israel, Greece, Cyprus, England, Sweden, and, most recently, Egypt. Seeing the pyramids and the pharaoh's tombs was an unforgettable experience, and I even got to ride a camel! But of course there is no place like home. We love our house in the country, and I feel so fortunate to work with so many wonderful colleagues at the Village and to serve so many terrific residents.

## PAWSitivity PAW!



Our most recent winner is: Terri,  
Housekeeping Supervisor

