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St. Paul's

January 2012

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www.lifeatstpauls.org

St. Paul's still home to Sadlers after retirement

Glenn Sadler was honored Nov. 30 in Friendship Commons of The Villas as he retired from St. Paul's as director of spiritual services. He has served in that capacity for 8 ½ years. He and his wife, Arlene, are making their home at The Colony.

Because he is known for rarely turning down a request to do anything, they were presented with blue T-shirts, his reading, "Ask my wife," and hers replying, "The answer is 'no.'"

He is proud of the St. Paul's Choir which he started with the Rev. Linda Miller-Pretz, former assistant pastor. He also is proud of the Life Link Adventures program which brings youth and residents together for intergenerational activities, bridging the age gap.

Rev. Sadler especially appreciated the Bible studies on campus. There are three studies offered each week, one at The Heritage, at The Ridgewood and the other at The Villas, available to anyone who wishes to participate. "They were a time of growing for me," he said.

Realizing that even in retirement a minister never leaves his role as pastor, he said fellow retired pastors, the Rev. Harry Wood and the Rev. Ray Brugler, also residents at The Colony, were of great support to him during his time in ministry at St. Paul's.

"They are good friends and I appreciated their advice very much," he said. Looking ahead, he will mostly miss the pulpit. "I really like to preach," he said.

He describes his time in ministry at St. Paul's as "fun" and "growing."

"And I'm not done growing yet," he said.

The relationships he has developed at St. Paul's are most important to him.

"I cared about people and they cared about me," he said. "I was proud to be a part of a very caring staff. The philosophy of care here at St. Paul's is super. I was so glad to be a part of the Eden Alternative and to see it grow."

Because of those relationships and the quality of care he has witnessed first-hand, he feels fortunate to be a part of the St. Paul's community now as a resident.

"Through my ministry, I've visited a lot of retirement homes but have never seen another one like this one," he said. "This is a very state-of-the-art place for people to live."



The Colony



Christmas Vespers



Thiel and Santa & Mrs. Claus visit St. Paul's



Thiel College History Honor Society and Santa Claus visited with children of staff and resident family members Saturday, Dec. 9, in Friendship Commons of The Villas.

Gifts of Love (Article on Page 7)



Mary Senchensen, right, a resident of The Villas at St. Paul's places a hand-crocheted hat she created on a tree in the reception area of The Villas. Mary, age 95, has been crocheting for more than 70 years and donating hats, scarves and mittens to the needy. At left is Villas Receptionist Ronda Durso, who organizes the collection each year for The Good Shepherd Center in Greenville.



The Colony Gingerbread Houses



Thiel Handbell Choir



History of St. Paul's



Jan Easler, Bertha Heckman and Katie Reinhart peruse the display table of historic photos and scrapbooks from St. Paul's Orphan's Home. The display was part of a Nov. 16 presentation by Lois Eastlick, whose father, the Rev. Dr. Morris Cooper, served as administrator from 1945 to 1971.

The Heritage Fashion Show



Amy Whitehill, Irene Stewart, Linda Davis, Peggy Subasic, Shirley Brown, Bev Stake, Rachel Hogenmiller, and Nettie Pantall, from left, model clothing for residents at The Heritage at a fashion show Nov. 17. The show included many new fashions and jewelry brought to the residents by Amy's Closet of Emlenton, which is owned by Amy.

The Ridgewood Chrismons of Christmas



Virginia Blair and Adele Lehosky, residents of The Ridgewood, add traditional Chrismons to the tree in their building. Chrismons are an ancient tradition of 24 different symbols that are handcrafted into pieces of Christmas art for display on a Christmas tree. Each has a plain white finish that serves to direct attention to the symbol itself, rather than to its embellishment. The word Chrismon comes from "Christ Monogram."

Farewell to a Friend



Betty Williams, 105, a resident of The Villas, visits with Dr. Thomas Pineo, who was honored Wednesday

afternoon by staff and residents for his service to St. Paul's. Pineo has been the medical director at the facility for seven years and is leaving that position at the end of the month to become a hospitalist at UPMC Horizon, Greenville.



Decorating at The Keifer Building



Help make Christmas Merry through Residents Christmas Appeal

Most people receive a gift at Christmas. It makes the season bright. For some, however, Christmas can be an especially lonely time without even a visit from loved ones, let alone a gift. Those are the residents at St. Paul's for whom the Christmas Appeal Fund is designed.

At St. Paul's, everyone receives a gift for Christmas, thanks to the generosity of staff and other residents who donate a financial gift to the Residents Christmas Appeal, which makes sure no heart goes without knowing they are part of a family...the St. Paul's family.

Gifts for individual residents are purchased with money from the fund and personally delivered to each person from Santa and his volunteers right before Christmas. Each gift is beautifully wrapped and has the resident's name on it.

If there is money remaining in the fund after all gifts for residents involved are purchased, the committee takes a look at the "wish list" submitted by staff members. These are items that are more costly and "out of the box" from usual, everyday requests. Some of the current wish list items, to name a few, include televisions, a milkshake machine, a piano, storage shed, a convection oven, low air loss mattresses, specialty wheelchairs, support walkers, and new appliances for a neighborhood kitchenette.

Everyone associated with St. Paul's should have received a letter in November explaining the fund and requesting their participation for the 2011 Christmas season. Anyone who has questions or would still like to give to the Residents Christmas Appeal should contact Diane O'Brien, Director of Development, at 724-588-9613, ext. 1237.



Elves preparing this year's Christmas Gifts are (left to right) Janet Espey, Pam Greenfield, Ann Fowler, Lynn Young, and Rose Hoffman – Director of Volunteer Services



Nativity Scene at The Villas

Have you noticed the beautiful nativity scene just outside in the courtyard near the elevators of The Villas? The scene was enhanced this year by the addition of a stable built by Dennis Milford. Thank you, Dennis!

The Heritage



Helen Perry bakes cookies for Christmas.



Sue Samol rolls dough for a pumpkin pie.

Holiday Baking



Julia Aszalos and nephew Paul Vargo make pizzelles, a family tradition.

A Message from the Pastor

Happy New Year!!!!

The beginning of the year is a time to make plans for the coming year and for some New Year's resolutions. Often we make resolutions on January 1 with good intentions and hopes of fulfilling them, only to have forgotten about them or found that they are just not achievable a few weeks or months later.

How will 2012 be different and hopefully more fulfilling? 2 Corinthians 5:17 tells us, *"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"* (2 Cor. 5:17) NIV

Jesus addressed the matter of making plans without Godly wisdom as recorded in Luke's gospel of the rich man who built larger barns to store his bounty and be well set for years, only to find that his time on earth was to end that night.

In Luke 12:21 we read: *"This is how it will be with anyone who stores up things for himself but is not rich toward God."*

Perhaps we need to seek God's wisdom and guidance in our planning for the year ahead. How can I have a regular time with God? How can I bless others through acts of kindness? Lord, what would you have me to do this year?

May God grant you the wisdom as you set your course for 2012 to include Him and His kingdom among your priorities.

—Pastor Bill Kirker

Worship Schedule and Scriptures for January 2012

9 a.m. The Heritage Fellowship Hall and Channel 6; 10 a.m. The Villas FrC and Channel 11; 11a.m. The Ridgewood Harmony Hall.

January 1, 2012 First Sunday After Christmas (Communion)
Scriptures: Isaiah 61:10-62:3; Psalm 148; Galatians 4:4-7; Luke 2:22-40
Pastor Julia Fraser will lead the 9 a.m. service.
Pastors Julia Fraser & Bill Kirker will co-lead the 10 a.m. service.
Pastor Bill Kirker will lead the 11 a.m. service.

January 8, 2012 First Sunday after Epiphany) Baptism of Our Lord)
Scriptures: Genesis 1:1-5; Psalm 29; Acts 19:1-7; Mark 1:4-11
Pastor Julia Fraser will lead all three worship services.
St Paul's choir will sing at the 11:00 a.m. worship service.

January 15, 2012 Second Sunday after Epiphany
Scriptures: 1 Samuel 3:1-10; Psalm 139:1-6, 13-18; 1 Corinthians 6:12-20; John 1:43-51
Pastor Bill Kirker will lead all three worship services.

January 22, 2012 Third Sunday after Epiphany
Scriptures: Jonah 3:1-5, 10; Psalm 62:5-12; 1 Corinthians 7:29-31; Mark 1:4-20
Pastor Ray Brugler will lead the 9:00 a.m. worship service.
Pastor Bill Kirker will lead the 10:00 & 11:00a.m. worship services.
St Paul's choir will sing at the 9:00 a.m. worship service.

January 29, 2012 Fourth Sunday after Epiphany
Scriptures: Deuteronomy 18:15-20; Psalm 111; 1 Corinthians 7:29-31; Mark 1:21-28
Pastor Julia Fraser will lead all three worship services.



Staff changes in effect due to Sadler retirement

The retirement of Rev. Glenn Sadler as director of spiritual services has brought about some changes in personnel at St. Paul's.

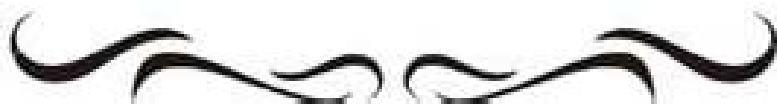
Assuming Rev. Sadler's spiritual duties is **William Kirker**, former director of development for more than 11 years. Pastor Bill received his minister's license in December 2008 and was ordained in July 2011. He is a member of the pastoral team of Victory Christian Center, New Wilmington Campus. Bill has assisted at least one Sunday a month with worship services at St. Paul's for a number of years. He is a member of the Rotary Club of Greenville. His office is located on the third floor of The Heritage.

Diane O'Brien, former marketing specialist, has stepped into Kirker's position in the Development Office, which is located in the Keifer Building. Diane worked in the St. Paul's Marketing Department as a marketing specialist for the past 6½ years. As director of development, she will be responsible for a complete program of raising funds from private as well as governmental sources. Diane will plan and organize campaigns for capital and other major gifts, as well as annual appeals and deferred-giving endeavors designed to provide financial support for St. Paul's and The Ridgewood of Shenango Valley. She is a member of the Kiwanis Club of Hermitage.

Assistant pastor is the **Rev. Julia Fraser** of Greenville, an ordained minister on the clergy roster of the Evangelical Lutheran Church in America. She completed her seminary education at Princeton Theological Seminary and the Lutheran Theological Seminary at Philadelphia. She served as pastor of a small congregation in New Jersey, associate pastor of Holy Trinity Lutheran Church in Greenville, interim campus pastor at Thiel College in Greenville, assistant to the Bishop of Northwestern Pennsylvania Synod, and as chaplain to troubled youth at Bethesda Children's Home in Meadville. Her office is also located on the third floor of The Heritage.

Beckie Erwin of Greenville is the new marketing specialist in the Marketing Department. She is a graduate of Westminster College with a degree in English and formerly was community editor at The Record-Argus Newspaper in Greenville. Beckie is secretary of The Kiwanis Club of Greenville. Her prime responsibilities at St. Paul's will include public relations, writing, photography, touring potential residents for independent or personal care living, and planning special events. She joins Marketing Director Rita Clemente and Lifestyles Specialist Teresa Luciani in the Keifer Building.

Bonnie Benton is the new capital campaign specialist in the Development Office. Bonnie comes to St. Paul's from The Community Foundation, where she has worked for the past 6½ years. Born and raised in Sharpsville, Pa., she graduated from Penn State University with a degree in public relations. Her husband enlisted in the United States Air Force and while they were stationed in Dover, Del., she worked for a family-owned weekly newspaper. In her new position, Bonnie will provide assistance and support to the development department including preparation of solicitation materials, donor correspondence and coordination of contacts and events for fundraising campaigns. She is located in the Development Office of the Keifer Building.



Gifts of Love (Picture on Page 2)

At 95, Mary Senchensen has found a purpose for every day of her life that she generously shares with others.

A resident of The Villas at St. Paul's, a Continuing Care Community in Greenville, Mary has been crocheting for more than 70 years. She recently donated 15 hand-crafted hats to the giving tree in the lobby of her building. The variety of donated hats, gloves and mittens are collected and given to The Good Shepherd Center in Greenville, a project organized annually by Ronda Durso, receptionist at The Villas.

Shortly after she was married in 1940, Mary and her husband, Walter, were living on the south side of Pittsburgh and she needed something to do.

"My husband sent me to a sewing group at Sears & Roebuck on the north side of Pittsburgh while he and the men played cards," she said. "I paid a nickel to ride the streetcar. I already knew how to sew but I learned how to crochet there."

Later in their life, Walter and Mary moved to Jamestown to be near their son, Walter R., where it was "nice and quiet." While living there, she made hats for the children in Jamestown schools.

"I just kept crocheting those hats," she said. "Someone always seemed to need them."

Following the death of her husband and after living alone for awhile, she moved to St. Paul's in October 2009, taking all her yarn with her.

"I started making hats for the tree here, the ladies here, the annual bazaar, and some for the auxiliary ladies in Jamestown who give them to the Lion's Club," she said.

Mary said living at St. Paul's gives her the time and freedom to crochet as much as she wishes, and her busy schedule allows. Each hat takes her a little over a day in time to make.

"I don't have to clean, cook or do my laundry," she said. "But there are a lot of things to do here. If I'm not busy, I can get one done in a day and a half. Crocheting is very entertaining and relaxing, too, so if I want, I'll just do that."

She enjoys it when people donate their yarn to her, in any amount and in any color, although her favorite colors are blue and pink. While she has made many scarves, afghans and other items, she mostly enjoys making hats with pom-poms on top.

Mary and Walter have two children, a daughter, Donna, who is deceased, and son, Walter R., five grandchildren and seven great-grandchildren. She enjoys the friendships and companionship that she has at St. Paul's.

"This is a wonderful place to live," she said. "I can relax here, enjoy my day and crochet away." And don't ask her how much she charges for her work. She won't take a penny. Her joy comes from giving them away.

"If it fits you, take it," she said. "Life is about giving."

History of St. Paul's Told From the Heart (Picture on Page 3)

Lois Eastlick knows the history of St. Paul's probably better than most. She lived through much of it. Her father, the Rev. Dr. Morris H. Cooper, brought his young family to St. Paul's Orphans Home in 1945 to serve as administrator. Lois, who grew to become director of nursing at St. Paul Homes and now enjoys volunteering in retirement, loves to talk about growing up as a child at St. Paul's. She has an extensive presentation on the history of St. Paul's, which includes her own family story. She made her presentation Nov. 16 in Friendship Commons of The Villas.

Lois has all good memories from her youth at St. Paul's – and has enjoyed watching the orphanage become a place for people to find love and continuing care in their later years.

"As children, we were scamps, scallywags and even some angels," Lois said. "All in all, we were just kids who shared a loving home. And today, St. Paul's is still caring for God's children. We may be a little older but we're all still God's children."

"COLONY COLUMNS"

The Colony News

News And Notes

Women's Book Club - The book club will be meeting Wednesday, January 18, 2012, 2 p.m. in the Keifer Social Room. The book for January will be *Immortal Life of Henrietta Lacks* by Rebecca Skloot.

Bridge Group - Meets weekly on Saturdays, 1 p.m. in the Keifer Social Room. A weekly sign-up notebook is located on the counter by the mailboxes.

January Birthday Celebration - Will be held on Wednesday, January 4, 2 - 3 p.m. in the Keifer Social Room. Everyone is welcome. Come celebrate, have birthday cake & ice cream with your friends and neighbors!

Coffee Klatch - Will be held Wednesday, January 11, 9:30-11:30 a.m. in the Social Room. Come enjoy some delicious pastries while waiting for your mail.

Movie Nights - Will be Thursday, January 12th & Monday, January 23rd. The January 12th movie will be *Grumpy Old Men* starring Walter Matthau and Jack Lemmon. The January 23rd movie will be *Water for Elephants* starring Reese Witherspoon and Robert Pattinson.

Librarian Schedule:

January 1 - Autumn Colby
January 8 - Mildred McLaughlin
January 15 - Heddy Beatty
January 22 - Julie Graham
January 29 - Jean Ogawa

January

05 ~ Sandy Harter
12 ~ Marge Fenton
13 ~ Esther Ayibor
14 ~ Fred Kroen
20 ~ Charles Starry
30 ~ Mary Koller

February

04 ~ Max Kustugic
08 ~ June Foust
09 ~ Pat Brugler
19 ~ Janet Espey
25 ~ Jean Nichols
25 ~ Jean Ogawa
28 ~ John Nichols

Upcoming Events

Jan. 1 - Happy New Year

Jan. 17 - 3 p.m. - Keifer Social Room - Open Forum

Jan. 17 - Game Night

Jan. 27 - Holocaust Documentary

Things to look forward to:

Tea Tasting
St. Paul's History
Puzzle Contest
Reading Express
Ladies' Luncheon
Dinner and a Movie Out
Computer Classes





THE RIDGERUNNER

Ridgewood News



January Activities

- | | |
|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Sun January 1
3:00 New Years Social in Fireside Lounge | Fri January 13
1:30 500 Card Party |
| Mon January 2
6:30 Canine Connection to Love | Tue January 17
6:30 Reynolds Key Club |
| Wed January 4
9:30 Wii Bowling in Harmony Hall
10:00 Mass at The Villas | Wed January 18
3:45 Hymn Sing w/Janet Espey |
| Thu January 5
6:30 Amish Singers
7:00 Greenville Photography Club (HH) | Thu January 19
6:30 Activities Buck Shopping |
| Fri January 6
2:30 Eden Family Gathering | Fri January 20
1:30 500 Card Party |
| Mon January 9
9:00 Nails & More
6:30 Ed & Sandy Ceramuga w/Joan Wentling | Sat January 21
7:00 Men's Breakfast in Harmony Hall |
| Tue January 10
1:30 Food Committee Meeting | Sun January 22
5:30 Special Dessert w/Hope, Shirley & Dave |
| Wed January 11
2:30 Resident Council | Mon January 23
7:00 Happy Volunteers |
| Thu January 12
10:00 Bible Study
1:00 Poker | Fri January 27
1:00 Bingo w/Nancy Manning from Southern Care
1:30 500 Card Party
4:00 Social Hour in Fireside Lounge |

Resident of the Month

Peg McCormick was born and raised in Pittsburgh, PA. She worked at the New York Stock Exchange from 1942 - 1948. On May 30, 1940 Peg married her husband Jim. They were married for 43 wonderful years. They had three children Margaret, Howard and Lynn. After Peg had her children she became a stay at home mom. Peg has 4 grandchildren and 2 great grandchildren. After her husband passed away she moved to the Meadville / Conneaut Lake area. Peg is a member of the Oakland Beach golf association in Conneaut Lake. Peg enjoys golfing, crossword puzzles, cooking and watching football and baseball. She also enjoys when her daughter Lynn comes to visit with her two dogs.

Resident Birthdays

January 7 - Pauline Arbuckle

Fact that happened on Jan. 7, 1903 - Start of Sherlock Holmes "Adventure of Blanched Soldier".

January 19 - Clark Chandler

Fact that happened on Jan. 19, 1903 New bicycle race "Tour de France" announced.

Staff Birthdays

January 3 - Carole Bothun

Fact that happened on Jan. 3, 1912 - South Pacific RR offers to bring Liberty Bell to Exposition, free.

January 17 - Ashley Poghan

Fact that happened Jan. 17, 1928 - 1st fully automatic photographic film developing machine patented.

January 29 - Barbara Kent

Fact that happened Jan. 29, 1920 - Walt Disney starts 1st job as an artist; \$40 week with KC Slide Co.

Senior Corner: Macular Degeneration

Age-related macular degeneration (AMD) is a medical condition which usually affects older adults and results in a loss of vision in the center of the visual field (the macula) because of damage to the retina. It occurs in “dry” and “wet” forms. It is a major cause of blindness and visual impairment in older adults (>50 years). Macular degeneration can make it difficult or impossible to read or recognize faces, although enough peripheral vision remains to allow other activities of daily life. Starting from the inside of the eye and going towards the back, the three main layers at the back of the eye are the retina, which contains the nerves; the choroid, which contains the blood supply; and the sclera, which is the white of the eye. The macula is the central area of the retina, which provides the most detailed central vision. In the dry (nonexudative) form, cellular debris called drusen accumulate between the retina and the choroid, and the retina can become detached. In the wet (exudative) form, which is more severe, blood vessels grow up from the choroid behind the retina, and the retina can also become detached. It can be treated with laser coagulation, and with medication that stops and sometimes reverses the growth of blood vessels. Although some macular dystrophies affecting younger individuals are sometimes referred to as macular degeneration, the term generally refers to age-related macular degeneration (AMD or ARMD). Age-related macular degeneration begins with characteristic yellow deposits (drusen) in the macula, between the retinal pigment epithelium and the underlying choroid. Most people with these early changes (referred to as age-related maculopathy) have good vision. People with drusen can go on to develop advanced AMD. The risk is considerably higher when the drusen are large and numerous and associated with disturbance in the pigmented cell layer under the macula. Recent research suggests that large and soft drusen are related to elevated cholesterol deposits and may respond to cholesterol-lowering agents.



Respite Stays

The Ridgewood welcomes residents for Respite Stays (short term stays). Respite stays offer caregivers support by providing a place for their loved ones to stay while they are away or taking a needed break. Respite stays include a private apt. and assistance with daily activities. For more information call The Ridgewood at 724-588-7610.

Transportation Reminder

In order to better serve transportation needs, please let the receptionist know of your needs **preferably 48 hrs. in advance**. We ask that all residents be ready and waiting in the lobby ½ hour before their appointment time unless otherwise notified. Each pink Appointment Reminder Slip has this same request noted on the bottom of the paper to serve as a reminder.

Ridgewood Residents

Please remember to sign out if you're stepping outside. Even though you may just be sitting outside we need to know if you're not in the building. This is an important task to insure your safety in case there is a fire or tornado.



Mission: To improve the well-being of residents and those who care for them by transforming the communities in which they live and work.

Vision: To eliminate loneliness, helplessness, and boredom.

THE HERITAGE NEWS

Heritage Highlights

- Sun January 1 - Happy New Year**
12:00 Dining Room Seating Change
- Thu January 5**
12:00 Homemade Pizza Lunch (FH)
7:00 Amish Singers in Fellowship Hall
- Fri January 6**
7:30 - 9:00 Men's Breakfast
- Mon January 9**
1:00 Colorful Nails (1st and 2nd Floors)
- Wed January 11**
2:30 Make a Winter Craft
- Thu January 12**
4:30 Wine Cart to Each Dining Room
- Sun January 15**
2:00 Codie the Therapy Dog will Visit
- Mon January 16**
7:30 - 9:00 All House Breakfast Buffet
6:30 Ed and Sandy Ceremuga and Joan Wentling will Entertain
- Wed January 18**
3:15 Reynolds Builders Club will Provide a Fun Activity
- Thu January 19**
6:30 Kramer's and Friends Gospel Music Program
- Fri January 20**
2:30 January Birthday Celebration
- Mon January 23**
1:00 Colorful Nails (3rd and 4th Floors)
- Thu January 26**
4:30 Wine Cart to Each Dining Room
- Sat January 28**
Pajama Party with Dessert Night

Red Hatters will meet in January for a winter party - More details to come.

Watch for more information on The Heritage Reading Express, date and time to be announced.

Also, planning a Sunday Brunch at Cianci's in Greenville - watch for details.



January 4 - Senes Garbarino
January 5 - Ruth Calhoun
January 27 - Julia Aszalos

Notice: When taking your loved one out of The Heritage, please remember to sign out when leaving and sign in when returning. There is a sign out/in sheet at each nursing station on 2nd, 3rd, & 4th floor as well as one at the receptionist desk on 1st floor. This is important for the staff to know in case of emergency so every resident can be accounted for.

PLEASE NOTE - The front doors of The Heritage are locked at 9 p.m. every night. Anyone coming in after that time will need to ring the doorbell for staff assistance to enter the building.

Livingood Guest Apartment

The Livingood Guest Apts are located in The Heritage and provide sleeping accommodations for 2-4 people along with a kitchenette, television and telephone service. Fees are \$60.00 per night. Fees for visitors who are not connected to St. Paul's are \$75.00 per night. Guests are welcome to enjoy several dining areas on campus for a minimal cost. To reserve a Livingood Guest Apt please call Marilyn Moore at 724-588-7610 ext. 1146.

Weekly Trips to Shenango Valley - The Mercer County Transit offers trips to the Shenango Valley every Friday for \$1.00 per stop for interested residents. See Linda Davis for details.

THE HOUSE CHATTER

News From The Villas



Guest Meals for Family & Friends

We welcome family members and friends to share a meal with our Villas' residents. There are just a few things that you must remember when ordering these meals:

1. Purchase a "guest meal" ticket from the receptionist.
2. Your meal will be the "main" meal. An alternate will not be provided.
3. The dietary dept. would appreciate 24 hours notice so enough meals have been prepared to accommodate our residents and their guests.

The Bistro Gift Shop Hours

Daily: 12:00 - 4:00 p.m.
Wednesday: 9:00 a.m. - 4:00 p.m.

The Bistro features specials every day. Available will be soups, sandwiches, salads, cold drinks, coffee and our specialty - 3 delicious flavors of cappuccino to pick from. Stop in for an early morning cappuccino and pick up your Bistro special card. Every time you buy a cappuccino get your card punched, when you have all 9 cups punched, get your 10th cup free!

Just a Reminder

Resident Council meets the third Tuesday of each month at 10:15 a.m. **ALL** Villas residents are invited to attend these monthly meetings

DSL Internet Access Now Available

High speed DSL Internet access is available in the resident rooms of The Villas, The Ridgewood, and The Heritage. The service includes unlimited access to the Internet and e-mail account. The DSL service will not tie up your phone and allows you to make and receive calls while you are online. The DSL service will cost \$20.00 per month. Contact Brandon Busch at 724-588-9613, ext. 1222 for more details and system requirements.

New Residents

Margaret Bacon	Guy Jackson
Arnella Barris	Mary Koval
Betty Bowen	William Lucian
Virginia Callahan	Shirlee McCullough
Mildred Deily	David Meadors
Marion Donner	Dorothy Riley
Annie Eiler	Joe Valentino
Richard Hoffacker	

Discharged Residents

Vada Arnold
Edna Eynon
Margaret Stefanish

In Memory

Dale Beatty
Janet Garner
Mary Gould
Richard Hoffacker
Daniel McDonald, Jr.

Happy Birthday

Jan. 2	Ada Spargo
Jan. 4	Arnella Barris Ruth Ann Stallsmith
Jan. 9	Phyllis Ramsdale
Jan. 10	David Meadors
Jan. 11	Phyllis Matovick
Jan. 13	Betty Miller Jessie Uzarski
Jan. 14	Alice Brunot
Jan. 15	William Romanko
Jan. 17	Robert Kosanovich
Jan. 19	Ethel Haag
Jan. 24	Helen Woods
Jan. 25	Donna Vansickle
Jan. 26	Marjorie White
Jan. 28	Lois Rowe

Families and friends may eat with residents for the following prices: Breakfast - \$3.50; Dinner - \$5.00; Supper - \$5.00 Contact the Dietary Dept. to make reservations. The Dietary Dept. would appreciate at least 24 hours advance reservations from family/friends who plan to dine with residents. In this way, they can ensure proper quantities of food are prepared. **Thank you.**

Noon Meals - January 2012

Sun	Jan. 1 - Pork Loin, Mashed Potatoes, Sauerkraut, Vegetable Gelatin Salad, Apple Spice Cake
Mon	Jan. 2 - Spinach Salad, Chicken Thigh w/Mushrooms, Hash Brown Casserole, Broccoli w/Cheese, Peanut Butter Cookie
Tue	Jan. 3 - Garden Salad, Spaghetti/Meatballs, Garlic Toast, Green Beans w/Almonds, Peach Crisp
Wed	Jan. 4 - Coleslaw, Fish w/Tarter Sauce, Fried Potatoes w/Peppers/Onions, Roasted Squash, Lemon Pudding Cake
Thu	Jan. 5 - Vegetable Jello Salad, Hot Roast Beef Sandwich w/Gravy, Mashed Potatoes, Herb Stewed Tomatoes, Sugar Cookie
Fri	Jan. 6 - Mixed Green Salad, Stuffed Cabbage, Mashed Potatoes, Baked Squash, Peaches
Sat	Jan. 7 - Broccoli Salad, Caesar Chicken, Egg Noodles, Corn, Sherbet
Sun	Jan. 8 - Heritage Ham Loaf, Whipped Sweet Potatoes, Malibu Mixed Vegetables, Peach Pie
Mon	Jan. 9 - Tossed Salad, Vegetable Lasagna, Garlic Toast, Broccoli, White Cake w/Cherries
Tue	Jan. 10 - Waldorf Salad, Chicken Bacon Roll-Up, Scalloped Potatoes w/Bacon, Green Beans w/Almonds, Mandarin Orange Gelatin
Wed	Jan. 11 - Garden Salad, Roast Turkey, Stuffing, Cranberry Sauce, Peas/Carrots, Tapioca Pudding
Thu	Jan. 12 - Mixed Green Salad, Meatloaf, Mashed Potatoes, Cream Corn, Sugar Cookie
Fri	Jan. 13 - Pickled Beets/Onion, Salmon Patty w/Pea Sauce, Brown Rice, Cauliflower, Mandarin Oranges
Sat	Jan. 14 - Garden Salad, Lemon Sage Chicken, Bow Tie Pasta, Italian Green Beans, Vanilla Ice Cream
Sun	Jan. 15 - Cinnamon Applesauce, Pork Chop w/Stuffing, Mashed Potatoes, Broccoli, Pumpkin Pie
Mon	Jan. 16 - Garden Salad, Crispy Baked Chicken, Baked Potato w/Sour Cream, Herb Roasted Squash, Orange Ambrosia
Tue	Jan. 17 - Tossed Salad, Roasted Vegetable Lasagna, Corn w/Pimentos, Chocolate Chip Cookie
Wed	Jan. 18 - Confetti Vegetable Salad, Orange Glazed Pork, Haluski, Peas/Onions, Mandarin Oranges
Thu	Jan. 19 - Vegetable Jello, Stuffed Green Peppers, Mashed Potatoes, Parslied Carrots, Butterscotch Pudding
Fri	Jan. 20 - Coleslaw, Fish w/Tarter Sauce, Wild Rice, Brussel Sprouts, Cherry Cheesecake
Sat	Jan. 21 - Spinach Salad, Swedish Meatballs, Parslied Egg Noodles, Butter Beans, Peaches
Sun	Jan. 22 - Mixed Green Salad, Italian Roast Beef, Parslied Potatoes, Whole Green Beans w/Almonds, Butterscotch Cream Pie
Mon	Jan. 23 - Cinnamon Applesauce, Meatloaf, Mashed Potatoes, Corn w/Pimento, Oatmeal Raisin Cookie
Tue	Jan. 24 - Waldorf Salad, Crispy Baked Chicken, Parslied Egg Noodles, Sugar Snap Peas, Ice Cream w/Chocolate Sauce
Wed	Jan. 25 - Coleslaw, Herb Rubbed Fish, AuGratin Potatoes, Glazed Baby Carrots, Peaches
Thu	Jan. 26 - Tossed Salad, Heritage Ham Loaf, Whipped Sweet Potato w/Marshmallow, Buttered Cabbage, Mandarin Oranges & Pineapple
Fri	Jan. 27 - Marinated Cucumber Salad, Basil Chicken, Baked Potato, Broccoli/Cauliflower, Brownie
Sat	Jan. 28 - Vegetable Jello, Citrus Marinated Pork w/Pineapple Chutney, Oven Roasted Potato Wedge, Succotash, Cherry Cheesecake
Sun	Jan. 29 - Garden Salad, Stuffed Chicken Breast, Mashed Potatoes, Baby Carrots, Fruited Jello
Mon	Jan. 30 - V8 Juice, Gnocchi w/Meatsauce, Garlic Toast, Corn w/Red Pepper, Chocolate Chip Cookie
Tue	Jan. 31 - Mixed Green Salad, Chicken Kiev, Mashed Potatoes, Sugar Snap Peas, Peach Upside Down Cake

Special Event Reservations: If you wish to reserve the Private Dining Room or the Friendship Commons for family affairs, contact Robyn Weaver at ext 1173.

THE VILLAS' ALL - HOUSE ACTIVITY SCHEDULE

■ In addition to the following schedule of Monthly Activities and Special Events, Neighborhood Activities will be planned to reflect interests within each individual neighborhood. Eden Gatherings and Activities will be included in the Neighborhood Happenings as well as those determined by the Residents Eden family. Music, Crafts, KIT, Manicures/Colorful Nails, Exercise or Physical Activity/Games, Baking/Cooking or Snack Making, Entertainments, Community Outing, Homecare, Outdoor and Companionship Opportunities will be offered in the planning process.

■ Personal Leisure Activities that are meaningful to be determined and coordinated with individual residents.

■ Daily: Movies played on Channel 11 at 10 a.m. & 2 p.m. and every Friday at 7 p.m. unless spiritual services or other programs are being broadcast at that time from FrC.

■ Week-End Activities at various times throughout the building.

<p>Sun January 1 - Mummers Parade Eight Maids a Milking 10:00 Church Service 2:00 Movie for The Neighborhoods</p>		<p>Tue January 10 - Peculiar People day 6:00 Coffee Cart & Breakfast Goodies 6:00 Villas Newsbits 2:00 500 Bid (Golden Willows DR) 7:00 Bingo</p>
<p>Mon January 2 - Boo Boo Bear's Birthday Nine Ladies Dancing 2:00 Bingo Bucks Exchange 7:00 Ceremugas</p>		<p>Wed January 11 - Milk delivered in bottles for the first time in 1878. 10:00 Euchre on Orchards 2:30 Hymn Sing 6:30 Mid Week Service</p>
<p>Tue January 3 - JRR Tolkien's Birthday Ten Lords a Leaping 2:00 500 Bid (Golden Willows DR) 7:00 Bingo</p>		<p>Thu January 12 - Share Some Chicken Soup for The Soul 10:30 Rosary 2:00 Bible Study 2:00 500 Bid (Golden Willows DR) 7:00 Bowling</p>
<p>Wed January 4 - Isaac Newton's Birthday Eleven Pipers Piping 10:00 Euchre on Orchards 10:00 Mass 2:30 Hymn Sing 6:30 Mid Week Service</p>		<p>Fri January 13 - Friday the 13th 2:00 Mystery in the Commons 7:00 Friday Nite Movie on Channel 11</p>
<p>Thu January 5 - Epiphany Twelve Drummers Drumming 10:30 Rosary 2:00 Bible Study 2:00 500 Bid (Golden Willows DR) 7:00 Entertainment in the Commons: Bonnie Campbell</p>		<p>Sat January 14 - Dress Your Pet Day 2:00 Bingo</p>
<p>Fri January 6 - Cuddles, Snuggles & Jeans 2:00 Austi 7:00 Friday Nite Movie on Channel 11</p>		<p>Sun January 15 - First Super Bowl was played in 1967 10:00 Church Service 2:00 Movie for the Neighborhoods</p>
<p>Sat January 7 - Repurpose Something Day 2:00 Bingo</p>		<p>Mon January 16 - Martin Luther King, Jr. Day 2:00 Making Encouragement Cards 7:00 Happy Volunteers</p>
<p>Sun January 8 - Elvis' Birthday 10:00 Church Service 11:00 - 6:00 Back to Back Elvis Movies 2:00 Movie for The Neighborhoods</p>		<p>Tue January 17 - Benjamn Franklin's Birthday Shari Lewis' Birthday 9:45 Food Committee Meeting in FrC 10:15 Resident council Meeting in FrC 10:00 Marbles the Cat 2:00 500 Bid (Golden Willows DR) 7:00 Bingo</p>
<p>Mon January 9 - Static Electricity Day 2:00 Scrabblers (Golden Willows DR) 7:00 Canine Connection to Love</p>		

Wed January 18 - Winnie the Pooh Day

10:00 Euchre on Orchards
2:00 Hymn Sing
6:30 Mid-Week Service

Thu January 19 - Popcorn Day

10:30 Rosary
2:00 Bible Study
2:00 500 Bid (Golden Willows DR)
2:30 Winter Madness Party for Meadows and Willows

Fri January 20 - Head Huggers, Hats, Caps & Jeans Day

12:00 Social Hour Luncheon: Warm up the Season with Soups DuJour, Bowls of Comfort
7:00 Friday Nite Movie Channel 11

Sat January 21 - Fancy Rat & Mouse Day

2:00 Bingo

Sun January 22 - Life is Beautiful Day

10:00 Church Service
2:00 Movie for the Neighborhoods

Mon January 23 - Chinese New Year

2:00 Bistro, Billiards & Books Club
7:00 Work on decorations and outfits for the Snowflake Ball

Tue January 24 - Measure Your Feet Day

12:00 Monthly Birthday Luncheon
2:00 500 Bid (Golden Willows DR)
7:00 Bingo

Wed January 25 - Gold Discovered in California in 1848

10:00 Euchre on Orchards
11:30 Men's Luncheon
6:30 Mid Week Service

Thu January 26 - Snowflake Day

10:30 Rosary
2:00 Bible Study
2:00 500 Bid (Golden Willows DR)
3:00 - 9:00 Snowflake Ball

Fri January 27 - Chase Away the Winter Blues & Jeans Day - Neighborhood Fun

7:00 Friday Nite Movie Channel 11

Sat January 28

10:00 Bingo

Sun January 29

10:00 Church Service
2:00 Movie for the Neighborhoods

Mon January 30

7:00 Entertainment in the Commons

Tue January 31

2:00 500 Bid (Golden Willows DR)
7:00 Bingo



January 2012 Activities and Special Events

Sunday, January 1- New Year's Day - Today starts a **Fresh New Year!** Say Goodbye to 2011 and celebrate the beginning of 2012! Wear *your* favorite colors along with a pair of jeans this day. Jeans are free if you give a compliment to someone. Even if you don't wear jeans, start the year off by giving away a smile.

Friday, January 7 - Cuddles, Snuggles & Jeans Day - Chances are it's cold outside, so get cozy and wear something snuggly or cuddly along with a pair of jeans (staff see receptionist for \$1.00 jeans sticker which goes to resident activities). Today would be a good day for a **snuggly pet!** (if you do, just remember to bring their papers if they are not on file yet). Or offer a hug to a friend or share something! At 2 p.m., Austi will be here to entertain in the Friendship Commons!

Friday, January 13 - Friday the 13th and Jeans Day! - Wear something *mysterious* this day along a pair of jeans. (Staff see receptionist for \$1.00 jeans sticker which goes to resident activities). Choose a secret pal for this day and leave him/her an appreciation note. At 2 p.m. in the Friendship Commons we will have a Mystery for you to solve...so come and catch the clues and watch the mystery unfold!

Friday, January 20 – Warm up the Season with Head Huggers, Hats Or Caps this day along with a pair of Jeans. (Staff see receptionist for \$1.00 jeans sticker which goes to resident activities). At the noon hour Social luncheon, we'll be offering Soups du Jour - our favorite bowls of comfort, guaranteed to warm you to the bone. Choose between a Heavenly & Hearty Chicken Noodle, Creamy Potato with a sprinkling of cheddar or Flavorful French Onion - mmmmm...mmmmm...Good! Also enjoy Tasty Breads, Salad & Sides. Dessert will be a scrumptious Strawberry Cream Cake!

December 2011 Activities and Special Events



Thursday, January 26 - Villas' Snowflake Ball - This Annual Winter Affair will be held in the Friendship Commons. Doors open at 6:30 p.m. for residents who are ready to join the festivities early. We will have students from Thiel joining us for this occasion. The event will include live music, a variety of appetizers, chocolate & champagne fountain and other choice beverages!

Friday, January 27 - Chase Away the Winter Blues & Jeans Day - Neighborhoods create their own theme this day! Should staff participate in this Casual Friday by wearing jeans, please see receptionist for sticker. 100% of your \$1.00 goes to resident activities.

Other Activities: Tuesday Nites 6:45 p.m. Bingo; Wednesday Nites Mid-Week Service at 6:30 p.m.; Sunday Church Services 10 a.m.; Friday Nite Movies on Channel 11. Jan. 2 - The Ceremugas at 7 p.m. Jan. 9 - Canine Connection to Love 7 p.m. Jan. 16 Happy Volunteers; Jan. 19 - Kinsman Amish Youth Group 6:45 p.m. Jan 23 - Work on Outfits & Decorations for Snowflake Ball. Jan. 25 - Men's Luncheon.

Movie List for December (Channel 11)

1 st	2 p.m.	Three Men and a Baby	18 th	10 a.m.	Winnie the Pooh
2 nd	10 a.m.	Snow White		2 p.m.	Bambi
	2 p.m.	Snow Dogs	19 th	10 a.m.	Medicine Man
3 rd	10 a.m.	The Bucket List		2 p.m.	The Rock
	2 p.m.	13 Going On 30	20 th	10 a.m.	Mission Impossible
4 th	2 p.m.	Australia		2 p.m.	Mission Impossible 2
5 th	10 a.m.	You've Got Mail		7 p.m.	Independence Day
	2 p.m.	Sleepless in Seattle	21 st	10 a.m.	On the Waterfront
6 th	10 a.m.	Indiana Jones & The Last Crusade		2 p.m.	Jagged Edge
	2 p.m.	Temple of Doom	22 nd	2 p.m.	The Hours
	7 p.m.	Hitch	23 rd	10 a.m.	Black Beauty
7 th	10 a.m.	Fried Green Tomatoes		2 p.m.	Mary Poppins
	2 p.m.	Two Weeks Notice	24 th	10 a.m.	Walk the Line
8 th	2 p.m.	Speed		2 p.m.	Tuck Everlasting
9 th	2 p.m.	Wild America	25 th	10 a.m.	Aladdin
11 th	10 a.m.	Babe		2 p.m.	Sentimental Journey
	2 p.m.	Sentimental Journey	26 th	10 a.m.	While You Were Sleeping
12 th	10 a.m.	The Lake Front		2 p.m.	The Proposal
	2 p.m.	Air Force One	27 th	10 a.m.	Pretty Woman
13 th	10 a.m.	Casablanca		2 p.m.	Erin Brockovitch
	2 p.m.	John Wayne Movie		7 p.m.	Wizard of Oz
	7 p.m.	The Maltese Falcon	28 th	10 a.m.	Poseiden Adventure
14 th	2 p.m.	Mr. Smith Goes to Washington		2 p.m.	Titanic
15 th	10 a.m.	Grapes of Wrath	29 th	2 p.m.	Bob Hope Collection
	2 p.m.	Steeler Movie	30 th	10 a.m.	A League of Their Own
16 th	10 a.m.	All Dogs Go To Heaven 1		2 p.m.	Chitty Chitty Bang Bang
	2 p.m.	All Dogs Go To Heaven 2	31 st	10 a.m.	The Pink Panther
17 th	10 a.m.	50 First Dates		2 p.m.	Mr. Hollands Opus
	2 p.m.	Marley and Me			



Lifesaving Donation

The Keifer Building recently received an automated external defibrillator (AED) donated by UPMC Horizon Community Health Foundation. Jackie Bonier, far left, executive director of the UPMC Horizon Community Health Foundation, presents the unit to Marketing Director Rita Clemente. Also pictured are Albert Boland, director of pre-hospital care and community initiatives at UPMC Horizon, with Keifer staff members, from left, Lifestyle Specialist Teresa Luciani, Marketing Specialist Beckie Erwin, Colony Coordinator Kathy Murphy, and Development Director Diane O'Brien.

Christmas Decorating



Pictured are Evelyn Carroll and Emily Paulson standing beside the Christmas tree they just decorated

Thanksgiving Dinner at The Villas





St. Paul's Employee Christmas Party



Greenville Home Schoolers Caroling at The Heritage



Christmas Spirit at The Heritage



Veteran's Day Honoree's

The following names were omitted from the recognition list of Veteran's Day honorees. Our apologies and a big thank you for your years of service to our country.

Jack Brown
Tom Hodge
Paul Trapasso
Bob Williams

Pastor Glenn Sadler's Retirement (Article on Page 1)



Dr. Pineo's Farewell Party (Article on Page 3)



