



A Monthly Newsletter for Residents and Friends of Vincentian Villa



DECEMBER 2018

Letter from Larry

A very Happy Christmas and Happy Hanukkah from myself and all the Villa staff!

Where has the year gone? A lot has been going on in the last 12 months. Terrace Place has risen from the ground and is really looking like something. Hard to believe it has come all this way, as it was only this time last year that we held the ground breaking ceremony. Now we are only a couple of months away from welcoming our first residents. Very exciting times indeed!

December 14 is a day that I will *never* forget. A day that changed my life forever!
HAPPY ANIVERSARY VINCENTIAN VILLA!

Hard to believe it was nine years ago that I first arrived at the Villa. That day not only changed my life forever, but for the better. I may not have known it immediately, but it did not take long for me to finally find what my purpose in life was!

I have seen many changes over the years and know that we have a great organization. A huge heartfelt Thank You to all ... you not only make the Villa a great place to live, but it is also a great place to work. I look forward to many more years serving the Villa residents and going forward ... Terrace Place.

Another day this month, never to be forgotten is December 7 - 2018 recognizes the 77th anniversary of the bombing of Pearl Harbor. *National Pearl Harbor Remembrance Day* is observed across the nation this day in honor of all those who lost their lives serving this nation at Pearl Harbor. There were more than 3,500 Americans who lost their lives or were wounded on that solemn day.

National Pearl Harbor Remembrance Day is also sometimes referred to as Pearl Harbor Remembrance Day or Pearl Harbor Day.

For the 77th anniversary, organizations across the country will honor the memory of Pearl Harbor with tributes; survivors are sharing their stories and joining in reunions. Traditionally the Flag of the United States is flown at half-staff until sunset to honor those who lost their lives serving this nation at Pearl Harbor.

Another day this year is December 21. I know I mentioned it last year, but *National Ugly Christmas Sweater Day* is not only fun but has turned into an international event. Now occurring on the third Friday of December, the celebration gives holiday lovers worldwide a chance to wear their ugly Christmas sweaters. In 2014, they partnered with Save the Children in their “*Make the World Better with a Sweater*” campaign. You can now help children across the world by wearing an ugly sweater on December 21 and encouraging others to go online and donate.

December 26 is certainly a day that I miss, as it is not celebrated here in the U.S. I for one think that it should be. *Boxing Day*! Boxing Day has been an official holiday in England, Wales, Ireland and Canada since 1871.

There are various explanations regarding the origins of Boxing Day. Some point to the song of “Good King Wenceslas” as the source of spirit, if not the day itself. According to the song, the 10th-century Duke looked out on his land on St. Stephen’s Day (which is celebrated on December 26) and observed a poor peasant. He ordered food, wine and wood for fuel to be taken to the peasant and called for all Christian men to bless the poor in the same way.

In the Church of England, it was traditional during Advent for churches to display a donation box. After Christmas, the contents of the box were distributed among the poor.

Among the aristocrats, it was traditional to give boxed gifts to their servants and employees. Most of the events on modern Boxing Day have little to do with the charity in the stories mentioned. Popular festivities include eating leftovers, soccer games, visiting and drinking.

I don’t mind telling you that I do miss celebrating Christmas back home, although it has been somewhat easier in recent years, thanks to modern technology.

Let’s not forget the last day of the month and indeed the year. PARTY TIME!

Each and every month in the newsletter I have included my personal letter to you. In the past, the subject of these letters has covered many topics. Hopefully you have found them to be entertaining and somewhat informational; for instance, what it means to be a “community” or what is a “gift”, or my sharing with you some of my childhood memories including family and friends. But today I am going to

share with you some frequent comments. These are comments that have been made directly to me by those I have toured, or comments made within a group setting of which I was part, or by some of you. These comments are about Vincentian Villa and, therefore, they are about you and the type of community **YOU** have created...

“I was driving around on my way over to your office. I can’t believe how friendly everyone is. Everyone waved at me and they had no idea who I was.”

“I moved in and my neighbors came over to welcome me. They even brought me baked goods.”

“I just wanted to tell you that mom is doing well. She came through her surgery and neighbors have already been over to visit her.”

“I LOVE living here. Everyone is so nice. It reminds me of an old fashioned neighborhood.”

“I took a walk the other evening and I saw so many people out sitting on their porches visiting or just enjoying the weather. I even saw someone dropping off one of their neighbors after being out shopping.”

“I look out my office window and look down at the Villa; seeing all the activity and the street lights, it reminds me of the movie “It’s a Wonderful Life.”

These are just a few of the comments that I have heard over the years and I think it sums up what I said earlier. “The community **YOU** have created”.

Quote for the Month

“My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?”

— **Bob Hope**

A very Happy and Safe Christmas to each and every one of you!

~ Larry

SANTA HAD a BAD DAY

Submitted by S. Horne

When four of Santa's elves got sick, the trainee elves did not produce toys as fast as the regular ones, and Santa began to feel the Pre-Christmas pressure.

Then, Mrs. Claus told Santa her Mother was coming to visit, which stressed Santa even more!

He went to harness the reindeer, he found that three of them were about to give birth and two others had jumped the fence and were out ...Heaven knows where.

When he began to load the sleigh, one of the floorboards cracked, the toy bag fell to the ground and all the toys were scattered.

Frustrated, Santa went in the house for a glass of cider and a shot of rum.

He went to the cupboard, he discovered the elves had drunk all the cider and hidden the rum.

In his frustration, he accidentally dropped the cider jug, and it broke into hundreds of little glass pieces all over the kitchen floor.

He went to get the broom and found the mice had eaten all the straw off the end of the broom.

Just then the doorbell rang, and an irritated Santa marched to the door, yanked it open, and there stood a little angel with a great big Christmas tree.

The angel said very cheerfully, 'Merry Christmas, Santa. Isn't this a lovely day? I have a beautiful tree for you. Where would you like me to stick it?'

And so began the tradition of the little angel on top of the Christmas tree.

Not a lot of people know this.



What's Up and Where We're Going

The Villa Management office which is located in the Apartment Building #911 is open during the hours of 8:00 am to 4:30 pm Monday – Friday. Office number is 412-364-6591.

Remember Maintenance/Security is on the campus 24/7.

Between the hours of 7 am - 3:30 pm ~ call 412-592-5352

Between 3:30 pm and 7 am ~ call 412-592-5704

Many of your family and/or friends live out of the area. Please remind concerned loved ones *not* to leave messages on the office phone stating that they were attempting to get in touch with you and were not able to do so.

As “peace of mind” for them, please provide them with the number/s for Maintenance/Security.

This way if they are attempting to contact you and you are not at home, they can call Maintenance/Security and have them check to be sure that you are ok.

In an attempt to make things as convenient as possible for you, please note what is listed below:

The **information bulletin board** which includes the monthly sign up sheets for up and coming events **is located** just inside the front doors in the foyer of the Apartment Building #911. A mail slot just inside the front doors in the foyer of the Apartment Building #911 is for your convenience. This can be used to drop off your menus, other correspondence such as forms, or your monthly fee check (or it can be mailed to the address found on your statement).

Information **ONLY** is posted at Club House for your convenience.

Remember: If you are planning on using Villa Transportation for a Villa sponsored event, you MUST sign up and/or notify Sandie as seating is limited!

Medical Corner

The Holidays: Everyday Stress on Steroids



Throughout the year, we feel stress from finances, work/family balance, lack of sleep, lack of exercise, unhealthy diet, illnesses and time management. Seasonal demands add another layer of pressure that can turn the holidays into a nightmare!

Between Thanksgiving and Christmas, we have more interactions with extended family, in-laws and guests than we do in a typical year. Meals and even snacks become feasts. Unhealthy options are the norm. More preparation, more social activities, less time – especially for exercise, which makes everything worse. Our generous nature propels us to give and give and give. By the time the holidays are over, our mind, body and bank account are simply drained.

What happened to the Joy? The Peace and Goodwill?

Stress: Symptoms, Physical and Mental Effects

It's easy to focus on the negative because stress in our society has become a status symbol. Deadlines. Volunteering. Social engagements. Projects. An empty calendar is a dirty secret. We feed into it because we've become addicted to stress. We thrive on stress and chaos but the tension is terrible for our health. Stress causes additional, short term and long term issues including:

Physical effects

- Increased heart rate and blood pressure
- Increase in blood sugar
- Tense, cramped or painful muscles
- Breakdown of muscle tissue
- Upset stomach
- Decreased digestive functioning

- Headaches and migraines
- Sleep problems
- Chest pain
- Restlessness
- Fatigue
- Premature aging
- Loss of brain cells

Mental effects

- Feeling out of control and overwhelmed
- Anxiety
- Panic attacks
- Irritation, impatience, anger
- Depression
- Loneliness

Behavioral effects

- Unhealthy eating patterns
- Substance abuse
- Social isolation
- Relationship problems
- Emotional outbursts
- Exercising less often



Undo Stress Damage for Mental & Physical Wellness

There are plenty of ideas on how to undo the damage caused by stress, but none are more effective than getting to the root of the problem in order to keep it from getting out of control. It may not be easy, but it is doable and it's necessary for your health. Go into the holidays mindful and aware of potential weaknesses by focusing on preemptive stress management.

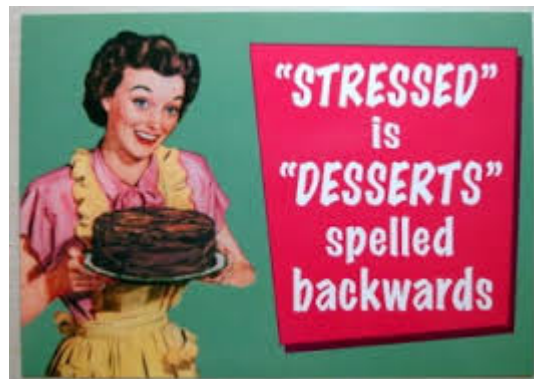
Tips for Reducing or Controlling Holiday Stress

Many people find this time of year the most stressful when, in reality, stress permeates their lives all year long. There are various triggers which may accentuate the stressors on our lives and we perceive these few weeks to be the most stressful.

Here are some tips clinicians have put together to help you make it through:

1. Be gentle with yourself!
2. Remind yourself that you are NOT a magician. We cannot change anyone else – we can only change HOW we relate to them.
3. Find a hermit spot. Use it daily. Spend 7 to 10 minutes alone without any distractions and do whatever you want: visualize yourself in your ideal vacation spot, see yourself accepting an award for person-of-the-year, or choose to do *absolutely* nothing!
4. Remember that we are bound to feel helpless at times. Admit it without shame. Caring and being there for others are sometimes more important than doing.
5. Learn to recognize the difference between complaining that relieves and complaining that reinforces negative stress.
6. Aloofness and indifference are far more harmful than admitting an inability to do more.
7. Laugh and play!

Find the joy again and let there be Peace on Earth and Goodwill to All



This information is general information. Please consult with your physician prior to starting any physical program.

Taste of the Villa

CHRISTMAS SUGAR COOKIES



Ingredients

1 stick salted butter, plus 2 TBSP
1/3 cup sugar
1 cup flour
Sprinkles (optional)

Directions

Preheat oven to 325. Use an electric mixer to cream the sugar and butter, whipping the two until the butter is almost white and the mixture is light and fluffy, almost like a slightly gritty frosting.

Stir in the flour

Form the cookies into 1-inch balls, placing them about 2 inches apart on a baking sheet. Flatten them into a disc shape if you're topping with sprinkles before baking.

Bake for 15-17 minutes, or until the edges of the cookies are lightly golden.

Decorate as desired.

FYI

There are many reasons why you chose to come to Vincentian Villa to live but one of the important reasons was to take the guesswork out of where to go if and/or when you would require the services of assisted living and/or a nursing home. This is part of the “Continuum” of care. If you end up in the hospital and the doctor tells you that you need to go to an assisted living or a nursing home for rehabilitation, you need to:

- Call the Villa office to let them know you are in the hospital
 - Inform the Social Service worker assigned to you that you are a resident of Vincentian Villa, therefore, they need to contact Admissions at Vincentian Home
 - You yourself can call Julie Schell, Admissions Coordinator at Vincentian Home @ 412-366-5600 Ext. 1526 to inform her of your need for a bed
-
- ➡ Remember to check the bulletin board in the Apartment Building foyer and the bulletin board at the Club House for event postings, changes and/or corrections, and items of general interest.
 - ➡ As a reminder, Maintenance/Security is here 24 hours a day / 7 days a week. If you need assistance...do not hesitate to call them.
 - ➡ Update the Villa Management Office of any/all changes you may have since your original move in, i.e. new vehicle, phone number change, etc.
 - ➡ Transportation Services – As a reminder ALL personal transportation requests MUST be scheduled through the Villa Management Office. You need to call the Management Office for available dates and times BEFORE scheduling any/all appointments or requesting transportation to a function sponsored by the Villa. Please refer to page/s 52 & 53 of your Resident Handbook under the heading “Transportation Services” for further clarification. If you have any questions, and/or to schedule a trip, call Sandie at 412-364-6592.
 - ➡ REMEMBER – If you are planning to be away overnight or longer, please complete a Residence Absence Notice. You can pick this form up at the management office.