



A Monthly Newsletter for Residents and Friends of Vincentian Villa



January 2018

Letter from the Villa Manager

A very Happy New Year to one and all!

I hope you had a joyous and festive Christmas. I know I say this over and over again, but really, where does the time go? A new year and a new look for the Villager. Exciting times are indeed ahead as Terrace Place at Vincentian will slowly but surely rise from the ground!

New Year's Day, January 1, also has some national days associated with it. *National Hangover Day* and *National Bloody Mary Day*. I don't think either needs any explanation. It is also a day when all those New Year resolutions come into play.

Martin Luther King Jr day is January 15th. This is on the third Monday in January. Martin Luther King Jr. (January 15, 1929 – April 4, 1968) was an American clergyman, activist and leader in the African-American Civil Rights Movement. He is best known for his role in the advancement of civil rights using non-violent civil disobedience. King has become a national icon in the history of American progressivism. Hundreds of streets in the U.S. have been renamed in his honor.

National Spouses Day is January 16 and is dedicated to recognizing spouses everywhere; the day reminds us to take time for our mate. From being thankful for fulfillment and security of a long-term relationship to the boost of morale and well-being provided by spouses, there are many reasons to celebrate. This day is a time to show your spouse that you care and appreciate all of the things that he or she does for you and the home. Life gets busy, and we can often take for granted how our spouse improves our life. Pay a heartfelt thank you or compliment to the love of your life. *National Spouses Day* is a non-gift giving day, so spend time together and reconnect. Don't forget to say, "I love you." By the way, as of

December, Karen and I have been married for 26 years and the 26th is also her birthday!

Fight the workday doldrums on January 28. It's *National Fun at Work Day*! Many people spend a good portion of their lives at work, so why should they not try to enjoy it? While looking to find fun things to do at work, let your imagination be the leader. Make sure to obtain your boss's approval for whatever fun and exciting things you choose to do! Better yet, get your boss involved in the fun! Dave Hemseth and Leslie Yerkes, co-authors of *301 Ways to Have Fun at Work* say, "Organizations that integrate fun into work have lower levels of absenteeism, greater job satisfaction, increased productivity, and less downtime." I myself am not as sure about this one as it is always fun to come to a place like the Villa.

As the winter months take their usual hold all we can do is sit back and wait for spring. I don't think so. I for one love the winter months, although cold, there is still so much to do. In fact, as I have told you in previous newsletters most of my unforeseen predicaments seem to happen in the winter. Whether being frozen on one of the Great Lakes or my first ski trip to Seven Springs the winter has always been a fun time for me.

Growing up in England we did not get the kind of winters that we are all so familiar with here in Pittsburgh ... at least not on the south coast. There was no such thing as a snow day or a two hour delay because it was cold. During the rare times that we did actually get snow we had to get to school one way or another. This leads me into a story.

Now, you are all familiar with the Polar Bear Club, usually held New Year's Day. A day when a bunch of hardy souls plunge into one of the three rivers! Well, we had a similar thing in England. During my school days I was not really known for my conformity. In fact looking back, it was usually the complete opposite and often ended up with me being in trouble with parents or teachers for one thing or another. It was because of this that I decided that it was better to tell them what I had done before they found out from someone else, therefore, not getting into trouble, or at least not as much!

One particular freezing cold winter day this strategy worked out well to my advantage. In my home town there is a pier that goes out into the sea about 200 yards ... you have seen pictures in previous newsletters. This day was cold and it was snowing - the water temperature would have been about 50° at best! A friend

and I went to the Bournemouth Pier with a view of just hanging out and having some fun. We did not know it at the time how much fun it would be. It was the day the Polar Bear Club was going to run into the water for a 5 second dip. How could we be left out of that? I did mention the fact that I did not really conform! We had to be involved in this but it had to be bigger and better.

The usual way of doing this is to run down the beach, hit the water and run right back out. Where is the fun in that, I thought as we walked to the end of the pier? By the way, the end of the pier is about 30 feet or so above the water, hence the sign staring me in the face ... NO JUMPING! It was the No Jumping sign that gave me the idea of what was to follow.

Now most plans need some planning or they wouldn't be called plans. Our plan was a spur of the moment thing and had no thought to it what so ever. It just involved stripping down to our shorts and taking a plunge off the end of the pier. Our plan (or lack of) was simply to outdo the Polar Bear Club. There were a lot of people around that day so we had to be careful that no one was really watching us. Off the end of the pier we went. As for planning, well, we did not plan on the water being so cold that it took your breath away on impact. We did not think about the fact that we would have to swim the two hundred yards or so back to shore in the extremely cold water. We certainly did not think about the fact that once out of the water we would have to go back onto the pier to collect our clothes. I don't think I mentioned that it cost money to go out on the pier in the first place. So now being off the pier we had to spend more money to get back on. Here lies the problem ... our money was in our clothes at the end of the pier! Thanks to a very understanding person in the toll booth we were able to retrieve our clothes and warm up. Yes, he did make us pay the toll on our way out. I guess the moral of this story is that planning is everything!

Upon returning home that afternoon I thought it would be in my best interest to tell my parents exactly what we had done. All I got from my parents was something like, "thanks for telling us but it wasn't the brightest thing to do." As I told you earlier this worked out well for me as I didn't get into trouble. The next day a friend of my parents stopped by! I guess we were not careful enough watching out for spectators, as the first words out of her mouth were, "do you know what your son did on Bournemouth Pier"? She was watching us as we took the plunge. To the dismay of the friend all my parents could say was, "Oh yes, he already told us." Although there was no planning at all, it was another fun time on Bournemouth beach. Something, I might add I don't think I will be doing again any time soon.

A quick update on my nephew Greg:

He will be turning 3 in March and he is turning into quite the little man as you can see in the pictures. The one on the left is him leaving for school and the one on the right is his latest school picture.



Have a Happy and Safe New Year



~Larry

GOD'S PHARMACY

Submitted by D. Cahill

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish ... all before making a human. He made and provided what we'd need before we were born. These are best & more powerful when eaten raw. We're such slow learners ... God left us a great clue as to what foods help what part of our body!

A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye ... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A **Tomato** has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are *loaded* with lycopene and are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetes.

Olives assist the health and function of the ovaries.

Oranges, Grapefruits and other **Citrus** fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, **Garlic**, also helps eliminate waste materials and dangerous free radicals from the body.

God's Pharmacy ... Amazing!



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!

Please mark your calendar for the following up and coming events:

Specifically note the "Sign Up By Date":

Date: **Every Monday (Unless Otherwise Noted)**
Time: 6:00 p.m.
Where: Club House
What: **Games & Card Night**

Date: **Second MONDAY Every Month (Unless Otherwise Noted)**
Where: Club House
What: **Social Committee Meeting @ 4:30pm**
All Residents Invited to Attend
NOTE: Changing: New day and time

Date: **Second & Fourth Tuesday of September**
Time: 11:00 a.m. – 12:00
Where: Apartment Building Library
What: **Villa Bible Study**
All Residents Invited to Attend

Date: **First and Third Tuesday Every Month**
Time: 1:30 p.m.
Where: Apartment Building Library
What: **Crafty Corner**
All Residents Invited to Attend

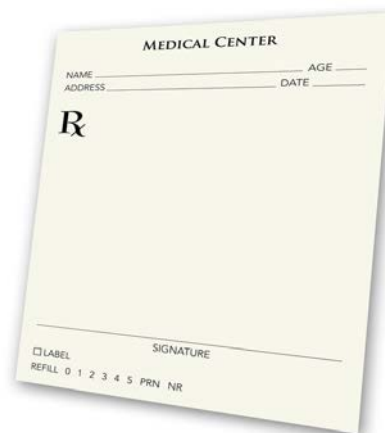
Date: **Every Thursday (Unless Otherwise Noted)**
Time: **9:00 a.m.** (McIntyre Square)
12:30 p.m. (McIntyre Square & Pine Creek Plaza)
Where: Pick up at your home or apartment
What: **Thursday Weekly Giant Eagle Shopping Trip**

Date: **First Friday of Every Month**
Time: 1:00 p.m.
Where: Apartment Building Library
What: Villa Book Club

Medical Corner

January is Thyroid Awareness Month

What is the Thyroid Gland? – The thyroid gland is a butterfly-shaped endocrine gland that is located in the lower front of the neck. Its job is to make thyroid hormones which are secreted into the blood and carried to every tissue in the body. This hormone helps the body use energy, stay warm, and keep the brain, heart, muscles, and other organs working as they should.



What do the following patients over the age of 60 have in common?

1. A 72 year old woman with “fluttering of the heart” and vague chest discomfort on climbing stairs
2. An 80 year old man with severe constipation who falls asleep often
3. A 65 year old woman who has lost strength in her legs, causing difficulty in climbing stairs; she has recently lost 15 lbs. in spite of a good appetite
4. A 75 year old woman who has developed difficulty swallowing and a dry cough, accompanied by hoarseness, weight gain, and dry itchy skin
5. A 78 year old man with hearing loss
6. An 84 year old woman in whom a hand tremor has caused her to give up favorite activities. She is depressed and will not eat and has lost 12 lbs. in the past 4 months

All of these patients have abnormal function of their thyroid glands. Numbers 1, 3 and 6 have hyperthyroidism – that is excessive production of thyroid hormone. Numbers 2, 4 and 5 have hypothyroidism or reduced production of hormone. While some of the symptoms are similar in younger patients, it is not uncommon for both hyper and hypothyroidism to manifest in subtle ways in older patients often masquerading as diseases of the bowel or heart or a disorder of the nervous system. An important clue to the presence of thyroid disease is a history of thyroid disease in a close family member.

Hyperthyroidism in the older patient – As in all hyperthyroid patients, every function of the body tends to speed up. However, while the younger patient often has multiple symptoms related to the overactive thyroid, the older patient may only have one or two symptoms.

Treatment for hyperthyroidism – As with younger patients, treatment in older patients includes anti-thyroid drugs and radioactive iodine. Surgery is rarely recommended due to increased operative risks in the older patient. While Graves' disease is still a common cause of hyperthyroidism, toxic nodular goiter is seen more frequently in the older patient. During therapy, the effects of change in thyroid function on other body systems must be closely monitored due to an increased likelihood of co-existing cardiac, central nervous system and thyroid disease in older patients. Most often thyroid function is brought under control first with anti-thyroid drugs before treatment with radioactive iodine. During the initial phase of treatment, doctors will observe and monitor cardiac function closely. Symptoms of hyperthyroidism may be brought under control with adjunctive medications such as beta-adrenergic blockers which are often given to slow a rapid heart rate – although they must be given with caution in the patient with co-existing congestive heart failure and the dose should be reduced once thyroid function is controlled in the normal range. Signs and symptoms of angina pectoris and heart failure must be treated along with the treatment to bring thyroid function under control.

Hypothyroidism in the older patient – Hypothyroidism is very common in those over 60 and steadily increases with age. Up to 1 in 4 residents in nursing homes may have undiagnosed hypothyroidism. The symptoms for hypothyroidism are very non-specific. For example, memory loss or a decrease in cognition which is often attributed to age may be the only symptom. Other symptoms may include weight gain, sleepiness, dry skin, and constipation, but lack of these symptoms does not rule out the diagnosis.

The decision to treat someone with a new diagnosis of hypothyroidism will depend on many factors, including whether the patient is symptomatic for hypothyroidism or just has an elevated thyroid-stimulating hormone (TSH) level. Many doctors will repeat the test in 3-4 months and elect to begin hormone replacement when the TSH level stays above the normal range. Co-existing diseases such as coronary artery disease or heart failure will determine the dose of thyroid hormone replacement that is given.

Treatment for hypothyroidism – As with younger patient's, pure synthetic thyroxine taken once a day by mouth, fully replaces the function of the thyroid gland and successfully treats the symptoms in most patients. In an older patient, the hormone treatment is usually begun slowly with a partial daily dose, in order to allow the heart and central nervous system to adjust to increasing levels of thyroid hormone. The patient and family members must be aware of a possible increase in angina, shortness of breath, confusion and change in sleep habits, and notify the physician if these occur.

Summary – Thyroid disorders have no age limits although hypothyroidism is more common in older patients. Despite the increased frequency of thyroid problems in older patients, physicians need a strong reason to suspect the diagnosis since thyroid disorders often manifest as a disorder of another system in the body. Older patients require special attention to gradual and careful treatment and follow-up.

This information is general information. Please contact your physician with specific questions and/or concerns you may have.

Taste of Villa - Braunschweiger Ball

(Great Party Appetizer)



INGREDIENTS

- 1 8oz Package Cream Cheese
- 1 lb. Braunschewiger
- 1 Small Onion (grated)
- 1 TBSP Lemon Juice
- 1 TBSP Mayonnaise
- 1 TBSP Worcestershire Sauce
- Dash Garlic Salt
- ¼ Cup Chopped Walnuts (optional)

DIRECTIONS

Mix half of package of cream cheese with other ingredients.

Form into ball and refrigerate.

Keep remaining half of cream cheese out to soften. Just before serving – spread cream cheese over ball. Sprinkle the walnuts.

Serve w/ your favorite crackers!

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
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- ➡ 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 or by Apartment Building bulletin board.