GRAND OPENING OF PALMER PARK

Grand Opening of Palmer Park, Grand Entrance (portico), Lobby and Bistro 409, in addition to many other special features.
First in Class!

260 Lion's Hill Road | State College, PA 16803

RAINFALL/ SNOWFALL AT THE VILLAGE
by Marion Deppen

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<thead>
<tr>
<th>SNOWFALL</th>
<th>RAIN</th>
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<tr>
<td>August</td>
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<td>- 18</td>
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Poetry Corner

*Everyone is welcome to the Poetry Group the 3rd Wednesday of every month at 3pm in the Art Studio *

To See a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour.

~ William Blake
(Submitted by Philip Winsor)

TAILGATE SPIRIT

West 3rd floor is in the spirit!
Thanks to Hazel and Pat. WE ARE!
Flu vaccines will be given to IL residents and staff the following dates/times.

Please call the Wellness clinic to schedule a date and time to come.

10/15  12:00pm-5:00pm in the doctor’s office. PSU nursing students will be administering the vaccines this day.
10/16  9:00am-10:00am Wellness clinic
10/17  8:00am-9:00am & 1:00-3:00pm Wellness clinic

October is the start of Flu season. Each year, the CDC provides us with valuable information regarding the Flu. Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death.

Flu is different from a cold. As it usually comes on suddenly, People who are sick with flu often feel some or all of these symptoms: fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness).

The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. Please call wellness to schedule a time to receive your flu vaccine.

Ellen Corbin
Executive Director, The Village at Penn State

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MEET PERRY KNARR

My name is Perry Knarr and I began working at The Village in February 2019. I enjoy my job and meeting all the residents and helping out as much as I can. I have been with my wife, Denise Knarr, for twenty-two years now. We have a sixteen-year old daughter, Gabrielle, who is a junior at Central Mountain High School. It is a blessing to come home to them at the end of each day! My family and I have lived in the small town of Lock Haven for fourteen years. We have been all over the United States and to Mexico twice. I am grateful for all the opportunities this job has given me over the past few months. But, above all, I am grateful for my wife and daughter, and the life I have lived so far!
CULINARY CORNER

The Science of Apples

Apples rank among the world’s most popular fruits. Not only are they delicious eaten out of hand, but they’re also a crisp addition to salads, a star in autumn pies, and a sweet complement to savory meat dishes. Here’s how to choose the right apple for what you’re making and how to keep it tasting its best.

What makes an apple crisp and juicy?
The cells of apples are filled with flavorful juices composed of water, sugar, acids, and aromatic esters that help maintain the crispy and juiciness of the apple.

What makes an apple sweet or tart?
All apples have a balance of sugars and acids, but with variety. Granny Smith are typically the sweetest. All apples are at peak after picking, but become sweeter they longer store.

What makes an apple good for cooking?
In general, apples that are high in acid, such as Granny Smith and Braeburn, hold up best during cooking. Although any apple can be used for making applesauce, McIntosh will make creamy smooth applesauce, while crisp, tart apples, like Granny Smith, make chunkier, looser sauce.

by Craig Hamilton

SEPTEMBER’S MEET AND GREET

September’s meet and greet gathering. These events give the opportunity to welcome our newest residents and to hear a bit about their lives.

Betsy Taylor, emcee
Jim and Alice Wambold
Mimi Barash Coppersmith
Barbara Erickson
Bob and Kathie Klopach

STICKS AND STONES

Improbable art materials that were turned into a frameable piece of art. Mr. Peters returned to The Village to lead residents as they created their own whimsical pictures from streamside pebbles and other bits and pieces of natural materials.
The Village (VPS) listserv was established by the Residents’ Council in spring 2019 to provide another mechanism for VPS residents to share news of general interest with other residents. Logical uses are to find a ride to an event, search for participants in an interactive game or social experience, provide health updates on residents (who agree to have that information released), etc. It cannot be used to solicit contributions, to advertise items for sale, or to comment on decisions by VPS management. And it is not intended to be a forum for political discourse. To date, there are 38 email addresses in the listserv. Access is limited to VPS residents.

Residents must subscribe in order to receive emails from the listserv. To subscribe, send an email to VillageResidentNews-L-subscribe-request@lists.psu.edu. Include your name in both the ‘subject’ box and the ‘body’ of the email. Residents can unsubscribe at any time by sending an email to VillageResidentNews-L-unsubscribe-request@lists.psu.edu.

Questions: contact Lam Hood or Chuck Krueger.

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**RESIDENT LISTSERV**

The suggestion box is being reinstated. It’s new home is on the dresser across from the elevator on the 1st floor in the Commons. (Where the front desk used to be located). This is for suggestions for improved well-being of the Village residents. See photo below.

If you have expired medication or medication that you no longer take, The wellness clinic can dispose of them. Please drop them off at the clinic on the first floor in the commons building. (This can go on the page with bulletin board. thank you)

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**ELVIS CAME TO THE VILLAGE**

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**SUGGESTION BOX & EXPIRED MEDICATION**

The suggestion box is being reinstated. It’s new home is on the dresser across from the elevator on the 1st floor in the Commons. (Where the front desk used to be located). This is for suggestions for improved well-being of the Village residents. See photo below.

If you have expired medication or medication that you no longer take, The wellness clinic can dispose of them. Please drop them off at the clinic on the first floor in the commons building. (This can go on the page with bulletin board. thank you)
ENDOWMENT OF THE SHERDELL “PAT” SNYDER AWARD

VPS resident, Pat Snyder, was honored at the SCAHS Class of 1969 for the endowment of the Sherdell “Pat” Snyder award. He was the class’s Guidance Counselor.

GIFT SHOP RELOCATED

The VPS gift shop relocated to the 1st floor in the Commons. Special thanks to Helen Harvey (pictured), as well as her dedicated volunteers, for organizing and reopening the shop!

PENN STATE UNIVERSITY LIBRARIES
LIBRARY DONOR BRUNCH FOR THE COLLABORATION COMMONS
Audiologist, Bethaney Tessitore will be here Wednesday, October 9th. Please call 814-867-4327 to schedule an appointment. Bethaney will be here from 9 AM – 12 PM and available for walk ins as well. Feel free to stop by to ask questions, get supplies, or to meet her.

ALBRECHT AUDIOLOGY

I appreciate the opportunity to come to The Village to serve you as well as to make you informed consumers through presenting topics relevant to your needs. It has been brought to my attention that there has been a misunderstanding during one of my talks. Some people are under the impression that I mentioned that you should not consider anything but the best technology when selecting hearing aids. That is far from the truth. All hearing aids we work with are of excellent quality. We have found over the years that even the least expensive hearing aids can be life-changing. We at Albrecht Audiology spend a lot of time with our patients discussing the best level of technology for their needs; considering lifestyle, dexterity, environments, and budget, before deciding on a hearing aid.

Please join me for a Questions and Answers session on October 11th, 2019 so we can discuss any concerns that you may have and learn more about audiology, hearing aids, and Albrecht Audiology.

~ Bethaney Tessitore

OCTOBER 2019

Do you like to read?

Then come join the Third Thursday Book Club— we meet at 1:30 in the Art Studio. We have just finished reading The Pioneers, and in the past year we’ve also read The Boys in the Boat, The Cuckoo’s Calling, Unsheltered, Where the Crawdads Sing, and The Girl with the Pearl Earring - so we choose a mix of books, not just current best-sellers. In October each person will read something scary, like Dracula or Frankenstein or Doctor Jekyll and Mr. Hyde - and the selection for November will be the Code Girls, about the women that cracked the Japanese and German codes in World War II and helped us to win the war.

If you are new here, you are especially welcome - it’s great way to make new friends. Bring your spouse too, if you have one, we’re coed - see you there!
We Are Penn State! On Monday, September 9th Village Health Center residents made Penn State Pride Bracelets with the help from the sisters of Penn State’s Sigma Kappa Sorority. The residents enjoyed spending the afternoon with these lovely young ladies and together they made over 80 Penn State Pride Bracelets! The Village will be cheering on Penn State in style. Go LIONS!

TAILGATE GEARING UP

Here We Go Lions! The Village Health Care Center spent the day gearing up for our Penn State tailgate party. Everyone was involved in creating unique designs by using rubber bands, tying knots and folding creative patterns. We can’t wait until tomorrow when we untie the shirts to see the cool designs. Stay tuned more pictures of our Penn State shirts.

BERRY GOOD TIME

Health Center residents had a “Berry Good Time”! The resident made 50 Berry Parfaits for dessert this evening.