Our favorite winter event, the Annual Snowflake Ball, was held on Thursday, Jan. 23 in the Headland Friendship Commons at The Villas.

Residents – dressed to the nines – enjoyed fancy hors d’oeuvre and cocktails along with live music.

True to tradition, nearly 40 members of the Thiel College football team (pictured top, right) arrived right on time to accompany our residents for a “night out.”

A Joining Generations custom, the Snowflake Ball promises lively conversation and abundant smiles – and the 2020 gathering was a great success with residents and students alike!

Visit our website to see more photos from the event: www.stpauls1867.org/about/photo-gallery.
On February 1, St. Paul’s will kick off our second annual Facebook crowdfunding campaign, “It’s All About Heart.” Crowdfunding is a form of fundraising that seeks to raise gifts from a large group of people via the internet. An exciting part about the campaign is that for the month of February, a generous donor has committed to match the gifts you make up to $5,000! Your $25 gift can become $50! All donations to this campaign support the Eden Alternative at St. Paul’s.

The Eden Alternative is a philosophy of care built on nurturing the human spirit throughout one’s life. Its goal is to combat loneliness, helplessness and boredom through meaningful relationships and activities. Each Neighborhood has its own “Eden family” a closely-knit circle of residents and team members who enjoy life together, engaging in special activities on and off campus.

You can support the campaign by making a donation through Facebook during the month of February or sending in a donation to The Charitable Giving Office at St. Paul’s at 339 E. Jamestown Rd. Greenville, PA 16125. Make sure to note that the gift is for the “It’s All About Heart” Eden campaign.

“We believe in supporting the Eden Alternative philosophy of providing a meaningful life for St. Paul’s residents by eliminating the three plagues of loneliness, helplessness, and boredom. One of those ways is by providing musical entertainment. Music enhances each resident’s overall well-being which is the foundation of the Eden Alternative. We enjoy seeing the “sparkle” in our family member and her neighbors during music performances at Serenity Lane and Serenity Circle funded by the generosity of families and friends,” said Tom and Barbara Ochs of Jamestown.
February 27

American Heart Month: Heart-healthy Habits

Our experts are:

Tulio Estrada-Quintero, MD
and Colleen Goodwin, CRNP
UPMC Heart & Vascular Institute

Jacqueline Flowers
Clinical Dietician
St. Paul’s Senior Living Community

Save the dates and join us for future events, including:

April 23
Smart Devices Tutorial and Online Safety Tips

June 25
Investing for Income

September 24
Exploring Open Enrollment Options for Medicare

Seating for all dates is limited. Reservations are required. Call 724-589-4646 or email: jkather@sp1867.org.
Residents who have passed

12/16/19 June Jackson
12/23/19 Janet Gebert
12/27/19 Robert Weidner
12/28/19 Mabel Bean
12/28/19 Clifford Marshall
12/30/19 Catherine Smith
01/01/20 Hazel Ferguson
01/08/20 Janet Fort
01/11/20 William Barrett

~ IN MEMORIUM ~

"Culture change" is the common name for a global initiative focused on transforming care, as we know it, for Elders and other individuals living with frailty and different cognitive, developmental, psychological, and physical abilities. It advocates for a shift from institutional models of care to person-directed values and practices that put the person first. Person-directed care is structured around the unique needs, preferences, and desires of each individual. Through this approach, decisions and actions around care honor the voices and choices of care recipients and those working most closely with them. Core person-directed values include choice, dignity, respect, self-determination and purposeful living.

Culture change values drive the transformation of both long and short-term living environments, as well as home and community-based settings. The transformation process involves changes in personal growth, the development of relationships, organizational practices, and physical environments at all levels and in all workforce models. The ultimate goal of culture change is better outcomes and quality of life for all involved in the giving and receiving of care.

As a comprehensive culture change model, The Eden Alternative focuses on creating Elder-centered communities — wherever Elders live — that thrive on close and continuing relationships, meaningful interactions, opportunities to give as well as receive, and a rich and diverse daily life. Elder-centered communities are places where treatment is the servant of genuine human caring, Elders are the daily decision-makers, and where wise leaders grow other leaders.
The next service opportunity for our Eucharistic Ministry at St. Paul’s will be on Ash Wednesday, Feb. 26.
Holy Communion will be offered to residents, family members, and staff in The Villas neighborhoods following the Ash Wednesday worship service held in Headland Friendship Commons at 2 p.m.
Eucharistic Ministers are asked to RSVP to Pastor Julia regarding their availability for service on that day. Thank you!

Our annual Women’s Retreat will be held this year on Tuesday, Feb. 18 in Headland Friendship Commons at The Villas. Coffee and fellowship time will begin at 9:30 a.m., and the program will start with devotions at 10 a.m.

This year’s program is entitled “Daughters in Distress.” In it, Pastor Julia Fraser, along with a panel of speakers, will address the topic of violence against women and girls as that is portrayed in the Scriptures and as a serious societal concern in the present day. We will welcome speakers from Mercer County AWARE, the local Agency on Aging, Bethel Life Church’s Project Restore (an outreach ministry to victims of human trafficking), and a regional Lutheran women’s organization who will describe not only the issue as they encounter it, but also the creative, compassionate, and constructive interventions currently being carried out by groups that care.

A free-will offering will be received at the event. Additionally, an in-kind collection of items of use in emergency shelters and safe houses will be received. Items to be collected include soap, shampoo, toothbrushes and toothpaste.

The program will conclude with a luncheon at noon. Women from all of our campus residences are invited to attend. Registration materials will be available through Life Enrichment staff. We look forward to seeing you there!
A Message from Pastor Bill

By the Numbers

During the month of February there are a number of days that we may consider as significant. If we list these in chronological order we find:

- Groundhog Day on Feb. 2. Will Punxsutawney Phil see his shadow and predict six more weeks of winter, or will he declare that spring is just around the corner?
- Valentine’s Day on Feb. 14. Have you decided what special gift you will give the special person in your life?
- President’s Day on Feb. 17 when we recall two key presidents, George Washington, our first president – known as the father of the nation – and Abraham Lincoln, the 16th president – known for ending slavery and the president during the Civil War.
- Ash Wednesday on Feb. 26, the beginning of the six weeks of Lent.

When I look at the list, I recall Jesus speaking in the Gospel according to Matthew, chapter 19 and verse 30: “many who are first will be last, and many who are last will be first”. He was making reference to the rich young man who possessed great wealth, and when Jesus suggested he give it to the poor and follow Jesus, the young man went away because his love for his wealth was greater than his love for the Lord.

So while not suggesting any disrespect to well-known governmental leaders nor to love nor the furry weather prognosticator, may I suggest that Ash Wednesday and the weeks during the season of Lent, when we reflect and prepare to again mark Christ’s suffering and death on the cross, followed by His glorious resurrection, offers the greatest impact on our lives, both now and for eternity.

The Lenten season offers us a variety of ways to grow closer to our Lord, deepening our relationship with Him. We may use daily Bible reading, a Lenten devotional, special times of prayer, fasting or giving of alms --or a combination of these--as ways to focus on our Lord as we prepare to again remember Jesus suffering and dying on the cross for our sins and then victoriously rising to defeat sin and death.

May the Lenten season this year offer opportunities for prayer and reflection on who Jesus is and what He has done for us.

— Pastor Bill

WORSHIP SCHEDULE AND SCRIPTURES FOR FEBRUARY 2020

Regular Sunday Worship Services are:

9 a.m. – The Heritage, Anderson Fellowship Hall • 10 a.m. – The Villas, Headland Friendship Commons
11 a.m. – The Ridgewood, Harmony Hall

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<thead>
<tr>
<th>Date</th>
<th>Service Location</th>
<th>Time</th>
<th>Service Type</th>
<th>Specific Dates and Verses</th>
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<td>Pastor Julia Fraser will lead all three worship services.</td>
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<td>February 9</td>
<td>Fifth Sunday after Epiphany</td>
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<td>Isaiah 58:1-9a, Psalm 112:1-9, 1 Corinthians 2:1-12, Matthew 5:13-20</td>
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<td>Pastor Julia Fraser will lead all three worship services.</td>
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<tr>
<td>February 16</td>
<td>Sixth Sunday after Epiphany</td>
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<td>Deuteronomy 30:15-20, Psalm 119:1-8, 1 Corinthians 3:21-37, Matthew 5:21-37</td>
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<td>Pastor Bill Kirker will lead all three worship services.</td>
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<tr>
<td>February 23</td>
<td>Transfiguration Sunday</td>
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<td>Exodus 24:12-18, Psalm 1:16-21, 2 Peter 1:16-21, Matthew 17:1-9</td>
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<td>Pastor Bill Kirker will lead all three worship services.</td>
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SPECIAL ASH WEDNESDAY SERVICES

Ashes distributed and Holy Communion served.

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<thead>
<tr>
<th>Date</th>
<th>Service Location</th>
<th>Time</th>
<th>Specific Dates and Verses</th>
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<tbody>
<tr>
<td>Feb. 26, 2020</td>
<td>Ash Wednesday</td>
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<td>Joel 2:1-2, 12-17, Psalm 51:1-17, 2 Corinthians 5:20b-6:10, Matthew 6:1-6, 16-21</td>
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<td>The Colony:</td>
<td>9 a.m.</td>
<td>in the Keifer Chapel</td>
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<td>The Ridgewood:</td>
<td>10:30 a.m.</td>
<td>in Harmony Hall</td>
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<td>The Villas:</td>
<td>2 p.m.</td>
<td>Headland Friendship Commons; Ashes and Holy Communion will be offered in the neighborhoods for those who are unable to attend the service and wish to receive either or both.</td>
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<td>The Heritage:</td>
<td>3:30 p.m.</td>
<td>in Anderson Fellowship Hall</td>
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Storage Units Available

at
Rust Colony Square

Rust Colony Square, located near The Keifer Building, includes storage units that are available for rent. We ask for a three-month minimum commitment with each rental agreement.

Unit sizes and rates for 2020 are:
- 5' x 10' – $40/month
- 10' x 10' – $52/month
- 15' x 20' – $115/month (includes walk-in door + electric)

Contact Melissa Villard at 724-588-9613 ext. 1208 with questions or if you wish to rent a storage unit.

Adding meaning to your life

Each new year’s dawning seems like a nudge to check one’s personal compass.

Are you headed in the direction you want to be going? Has life seemed just a frenzied dash through the to-do list? Or maybe your past year was dominated by feelings of frustration or futility.

Perhaps you yeer for a sense of meaning.
You are not alone. It turns out that a feeling of purposefulness is important to well-being and the ability to thrive.

Many people think that a life with purpose requires holding and achieving lofty goals. Not so! We don’t have to aspire to know “the meaning of life.” We simply need to know the meaning in our life, very specifically.

New research shows that consciously tying your daily activities to your personal values results in living with a greater sense of meaning or purpose.

So, ask yourself: What do I value? How is that reflected in my daily activities?

Maybe your caregiving tasks this week include taking dad to the doctor. Perhaps arranging for in-home care and arguing with the insurance company about reimbursements. Or even cleaning up after a bathroom mishap. Hardly the stuff of transcendence!

But flip that around. Why do you do these things? The values behind these mundane, or even frustrating, tasks might be
- wanting to give back for care received in your childhood
- that families stick together and look out for each other
- a sense of fairness, sharing the load so one sibling is not shouldering it all

Now consciously link your activities to your values and use this technique to support your well-being. In the midst of an unpleasant caregiving task, remind yourself of its resonance with your personal values. Holding that thought may help you get through a challenging episode and live with a greater sense of fulfillment.
Transportation Reminder
In order to be better served by our Transportation Department, please let the receptionist know of your needs preferably 48 hours in advance. We ask that all residents be ready and waiting 30 minutes before their appointment time unless otherwise notified. Residents at The Villas, Heritage and Ridgewood are asked to wait in the lobby.

Each pink Appointment Reminder Slip has this same request noted on the bottom of the paper as a reminder.

~ Reserving Social Areas ~
Robyn Weaver, Executive Assistant, is the contact to reserve social space in The Villas, The Heritage, The Ridgewood or the Anderson Picnic Pavilion. She can be reached at 724-588-7610, ext. 1146.

Melissa Villard, Assistant Director of The Colony, is the contact to reserve social space at The Keifer Building or Rust Colony Square and Pavilion. She can be reached at 724-588-7610 ext. 1208.

Opportunities for Gifts of Appreciation to Staff
Many residents, clients and families often ask how they can give back and say “Thank You” to the staff who have provided excellent care to their loved ones while living at St. Paul’s. These three funds give you the opportunity to do so:

1. A donation may be made to the Staff Appreciation Fund. This fund enables St. Paul’s to recognize all staff. (i.e., to provide staff apparel, staff appreciation picnics, or gift cards for various occasions.)

2. A donation can be made to the Staff Education Fund. You can define the education opportunity or leave it to the administrator’s discretion.

3. A donation of appreciation can be made to the Annual Staff Christmas Party. This donation can be given to the administrator or director and identified for the Staff Christmas Party and will be used to offset the cost and for staff gifts the night of the party.

If you would like to make a donation to staff for anything outside of these three funds, please see your administrator or director to talk about specifics.

Employees may not accept individual gifts, cash or currency of any kind from a resident or family member. We appreciate your support of these guidelines in order for us to remain compliant with regulations and our corporate compliance policies.

Guest Apartment Accommodations at The Heritage
St. Paul’s offers a guest apartment for those who visit our campus and would like overnight accommodations. The guest apartment is located in The Heritage at St. Paul’s and features a living room and a bedroom. The apartment accommodates two people comfortably and is furnished with one queen-size bed, a reclining chair and a reclining love seat. A roll-away bed is available upon request.

The apartment includes a handicapped accessible bathroom with a shower, small refrigerator, microwave and flat-screen television. There is no telephone service provided. Wi-Fi is available.

For the convenience of all guests, no pets are permitted. Fees are $89/night and payable by cash or check only. Please make checks payable to: St. Paul’s. Payment is due upon arrival.

Guests visiting and staying overnight in our apartment are asked to register personal and vehicle information. Check-in is after 3 p.m. and check-out is by 11 a.m.

Reservations may be made by calling Robyn Weaver, executive assistant, at 724-588-7610 ext. 1146, Monday through Friday, 7 a.m. - 3:30 p.m.
## February 2020

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<tr>
<th>Sun</th>
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<td>The Goonies</td>
<td>Yours, Mine and Ours</td>
<td>Invitation to a Gunfighter</td>
<td>Ace of Hearts</td>
<td>Where the Red Fern Grows</td>
<td>23 Blast</td>
<td>The Sons of Katie Elder</td>
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<td>The Next Three Days</td>
<td>Three Wishes</td>
<td>True Grit</td>
<td>A Lady Takes a Chance</td>
<td>The Runner from Ravenshead</td>
<td>Hang ‘Em High</td>
<td>Failure to Launch</td>
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<td>Gulliver’s Travels</td>
<td>The Fugitive</td>
<td>Two Weeks Notice Notice</td>
<td>The Stepford Wives</td>
<td>Failure to Launch</td>
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<td>The Sons of Katie Elder</td>
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<td>Two Weeks Notice</td>
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<td>A Lady Takes a Chance</td>
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<td>Moonstruck</td>
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<td>Dances With Wolves</td>
<td>Marley &amp; Me</td>
<td>The Nutty Professor</td>
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<td>Break Me</td>
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<td>Overboard</td>
<td>Despite the Falling Snow</td>
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<td>A Frosty Affair</td>
<td>Sherlock Holmes</td>
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<td>Bad News Bears</td>
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<td>Breakfast at Tiffany’s</td>
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<td>Transformers</td>
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All residents should **tune to Channel 1851 for movies**, church services and any other internal broadcasts. This channel has been reserved by Spectrum for use internally by campuses like St. Paul’s, and is not used for regular programming, which alleviates any potential signal interference.
February 2020 Calendar of Events

Sunday, Feb. 2 – SOUPER Bowl Party
Monday, Feb. 3 – Colony Hymn Sing
Tuesday, Feb. 4 – Dancing with Stars Tour in Akron
Wednesday, Feb. 5 – Colony Birthday Celebration
Thursday, Feb. 6 – Riverside Brewing Co.
Sunday, Feb. 9 – Colony Brunch
Tuesday, Feb. 11 – Colony Coffee & Conversation
Friday, Feb. 14 – Carlene Carter Concert & Dinner at Talbots
Saturday, Feb. 15 – Take-Out & Game Night
Monday, Feb. 17 – Men & Women’s Chat Groups
Tuesday, Feb. 18 – Annual Women’s Retreat
Thursday, Feb. 20 – Colony Dinner followed by movie
Saturday, Feb. 21 – Nat’l Margarita Day – Lunch at El Vallarta
Saturday, Feb. 22 – Greenville Symphony Orchestra
Monday, Feb. 24 – Keifer Staff Appreciation Lunch
Tuesday, Feb. 25 – Colony Coffee & Conversation

Wednesday, Feb. 26 – Ash Wednesday Service & Breakfast

Wednesday, Feb. 26 – VNA Wellness Presentation: Fall Prevention & Safety (followed by BP screening)
Thursday, Feb. 27 - Ask an Expert: Heart-healthy Habits
Friday, Feb. 28 – Floral Arranging w/Michelle Bish
Saturday, Feb. 29 – Movie Matinee

LIBRARIAN SCHEDULE

February 2 – Polly Oden
February 9 – Janet Cooper
February 16 – Jennie Kather
February 23 – Jan Walther

March
4 - Carolyn Guerrini
6 - Stephen Hosmer
7 - Tom Hoffacker
8 - Ruth Cooper
11 - Jean Simmons
15 - Janet Cooper
17 - Pat Stearns
21 - Peg Lehto
22 - Louise Lauer
28 - Ted Marantis
31 - Darlene Artman
31 - Gerry McElree
February Special Activities

**Saturday, Feb. 1**
11:30 a.m. – Dining Room Seating Change

**Sunday, Feb. 2**
1:30 p.m. – Super Bowl Party
6:30 p.m. – Super Bowl LIV (54)

**Wednesday, Feb. 5**
1 p.m. – German Ladies Club Meeting

**Thursday, Feb. 6**
7 p.m. – Amish Singers

**Friday, Feb. 7**
7:30 - 9 a.m. – Men’s Breakfast

**Saturday, Feb. 8**
6:30 p.m. – “Z” Praise Entertainment

**Monday, Feb. 10**
6:30 p.m. – Fellowship with Kenard Women’s Group

**Wednesday, Feb. 13**
6 p.m. – Fellowship with Reynolds K Kids and Builders Club

**Friday, Feb. 14**
**HAPPY VALENTINE’S DAY!**
11 a.m. – Monthly Lunch Outing

**Monday, Feb. 17**
11:30 – February Birthday Luncheon

**Tuesday, Feb. 18**
9:30 a.m. – 2 p.m. – Annual St. Paul Women’s Retreat at The Villas
*Contact Life Enrichment staff or Pastor Julia Fraser for registration.*

**Saturday, Feb. 22**
3 p.m. – Greenville Symphony Orchestra Concert at Thiel College

**Wednesday, Feb. 26**
2:45 p.m. – First Resident Council Meeting with newly elected members
3:30 p.m. - Ash Wednesday Service and Holy Communion

**February Birthdays**

3 - Ethel Coppage
9 - Pat Brugler
20 - Ida Evans
20 - Earl Shilling
24 - Cecelia Kettering

**Weekly Men’s Pool League meets on Mondays!**

Regular Weekly Happenings

**Mon. – Sat., 9:30 a.m. – Movers & Shakers, Anderson Fellowship Hall**

**Wednesdays, 1 p.m. – Bible Study with Pastor Julia, Anderson Fellowship Hall**

**Wednesdays, 3 p.m. – Music Therapy with Cindy, Location Varies**

**Fridays, 1 p.m. – Balancing & Strengthening with Ron at the Fitness Center**

**Saturdays, 1:30 p.m. – BINGO**

- Our 500 Games always need someone to play, see Michele Miranda if you would like to join or start a new card game.
- Check out the daily puzzle working in the floor lounges.
- We have a variety of weekly, monthly and seasonal socials, entertainment, activities, programs and outings including: manicures, lunches out, afternoon movie matinees, guided tour videos around the world, word and brain games, pool games and adult color creations.
- Try your skills at our Conneaut Lake original arcade skee ball!
- Watch your calendars for The Heritage’s Baking Group. Everyone is welcome. To bake or not to bake, is our motto, bring your favorite recipes. Please see Michele Miranda for more information.
Weekly Events in Jones Serenity Circle (JSC) & Jones Serenity Lane (JSL)

Monday - Friday, 9 a.m.
Chair Exercises – JSL

Mondays, 9 a.m.
“Music & Manicures” – JSC

Mondays, 10 a.m.
Nail Boutique – JSL

Mondays, 2 p.m.
Music in Motion with Ron – JSL

Tuesday mornings
“About the Birds” Aviary Care – JSC

Tuesdays, 10:30 a.m.
Rosary in the activity room – JSC

Wednesdays, 9:30 a.m.
Worship with Pastor Bill – JSC

Wednesdays
Music Therapy with Cindy
JSL, 12:45 p.m.
&
JSC, 1:45 p.m.

Thursdays, 2 p.m.
Music and Motion with Ron – JSC

Fridays, 9:30 a.m.
BINGO – JSL

Saturdays, 9:30 a.m.
Devotions & Hymn Sing with Terri – JSL

Weekly K9 Companion Visits – Catch up with Chase!

Jones Serenity Lane
February Special Events

Thursday, Feb. 6, 2 p.m.
Coffee Club

Friday, Feb. 14, 2 p.m.
Valentine’s Day Party w/Ice Cream Sundaes

Tuesday, Feb. 18, 2 p.m.
Coffee Club

Friday, Feb. 28, 2 p.m.
Popcorn Social

Jones Serenity Circle & Lane
February Birthdays

15 - Howard Owen
25 - Jean Nichols
27 - Sherry Bortz
Resident of the Month

Martha Anderson

Martha was born and raised in Kremis and Greenville, Pa. Her parents raised her along with her siblings: Richard, Howard, Billy and Al. She graduated from Fredonia High School.

July 7, 1979, Martha married David Anderson. They raised two children, Diann Eckley Bost and Richard Eckley. She enjoys her two grandsons and two great grandsons. Florida is where she enjoyed spending her winters.

Martha favorite sport to watch is football….especially the Steelers! In her spare time she enjoys going for rides and playing cards. Her favorite foods include steak, pork chops, and brownies.

Martha’s best memories include being at home with her mother and father and having a great friend in Aleen Danner. (Aleen is also a new resident at The Ridgwood and the two of them continue to have a great time together!)

Welcome to Our Table!

Guests are always welcome for meals. Please give 24 hours notice to accommodate seating and food preparations. When planning to join your family member for a holiday meal, please notify The Ridgewood receptionist three days in advance of the meal. This helps the staff to be better prepared with seating arrangements. Thank you!

~ Weekly Activities ~

Sundays: 11 a.m. – Church Service, Harmony Hall
1:30 p.m. – Movies, Fireside Lounge
2:30 p.m. – Ice Cream Cart down the halls

Mondays: 10:30 a.m. – Exercise Class, Harmony Hall
2 p.m. – Wii Bowling, Harmony Hall
6:30 p.m. – 500 Card Party, Harmony Hall

Tuesdays: 2 p.m. – Balance & Strengthening w/Ron
2:30 p.m. – Scrabble, Harmony Hall
6 p.m. – Word Game, Harmony Hall

Wednesdays: 9 a.m. – Communion in your room
10 a.m. – Music Therapy, Fireside Lounge
1:15 p.m. – Errand Day

Thursdays: 10 a.m. – Bible Study, Harmony Hall
1:30 p.m. – Walmart/Giant Eagle Shopping

Fridays: 1:30 p.m. – 500 Card Party, Harmony Hall

Saturdays: 10:30 a.m. – Exercise Class, Harmony Hall
1:30 p.m. – Bingo, Harmony Hall
6:30 p.m. – Cards, Harmony Hall

~ Special Events in February ~

Saturday, February 1
Hymn Sing with Robin McLaughlin, 10 a.m.

Tuesday, February 4
Birthday Lunch, Harmony Hall, 11:30 a.m.

Wednesday, February 12
Hope the Dog Visits, 1:30 p.m. (open your doors)

Thursday February 13
Ridgewood Resident Council, 2:30 p.m.

Friday, February 14
Valentine’s Day Party, Harmony Hall, 12:30 p.m.

Monday February 17
Men’s Breakfast, Harmony Hall, 7 a.m.

Thursday February 20
Activity Buck Shopping, Harmony Hall, 2 p.m.

Friday, February 21
Angel Gown Making, 1 to 4:30 p.m.

Thursday, February 27
Humble Music Ministries, 2 p.m.
House Chatter
~ News from The Villas ~

Loving Hearts Depot
in The Villas Lobby

9 a.m. - 3 p.m.
&
Fri., Feb. 14
(9 a.m. - noon)

Check out the Loving Hearts Depot for Valentine’s Day treats! Homemade chocolates, candies, cookies & more!

The monthly coffee cart also will be available in the lobby with your favorite morning beverages!

All proceeds benefit resident activities at The Villas.

February Birthdays

3 - William Gustafson
3 - Elizabeth Phillips
10 - Frank Morrison
11 - Janet McClearn
20 - Ronald Knapp
27 - Eleanor Frye

We encourage family and friends to join us at any and all special activities planned at The Villas. If you’d like to take pictures, we ask you to please keep in mind that some of our residents have photo objections, and to limit your photos to only your loved ones enjoying the event.

~ Clothing Reminder for Villas Families ~

If you are bringing in clothing for your family member, we like to be sure the items are labeled with the resident’s name. Please give them to your nurse or aide and they will make sure they are sent to the appropriate department for labeling. Note: all clothing should be labeled for inventory purposes. Thank you.

~ Attention Dog Owners ~

St. Paul’s is proud to be an Eden Home, where families are able to bring their family pet in to visit with loved ones, but with so many dogs visiting, we ask that you please leash your pet while going from room to room. This is for the protection of our residents as well as for the other dogs here visiting. If you have any questions, please see Missy Nitch, Pet Committee leader. Thank you for your cooperation.

Also - a reminder: if you bring your pet to visit any of our residents, we must have a copy of their current vaccination record on file. The receptionists are able to make copies and will forward them to Rhonda Pipp. If you are unsure if there is already a current record on file, please feel free to contact Rhonda at 724-588-7610 ext. 1173.

~ Resident Refrigerator Use at The Villas ~

While St. Paul’s does not encourage the use of personal refrigerators in resident rooms at The Villas, in keeping with our philosophy of person-centered care, should a resident desire to have a personal refrigerator, St. Paul’s will make every effort to accommodate the request should the resident and family agree to abide by the facility’s policy. It is important that you notify the admissions/social services department BEFORE you bring in a personal refrigerator. These personally owned refrigerators are subject to the same guidelines under Pennsylvania Department of Health, as those that belong to St. Paul’s. As such, these refrigerators are inspected by Department of Health during their annual survey and St. Paul’s is required to have a policy that delineates responsibility for ensuring that their standards are maintained.

The policy states the resident and/or family must provide and keep a thermometer inside their refrigerator so you can assure that the temperature is maintained below 41 degrees F. Furthermore, the resident and/or family are responsible for ensuring the refrigerator is kept clean and that perishable foods are discarded by expiration dates. St. Paul’s reserves the right to conduct periodic inspections of the refrigerators to ensure compliance with these guidelines. Failure to comply may result in the removal of the refrigerator from the resident’s room.

Please feel free to contact Tammy Lininger, Administrator at The Villas, 724-588-7610 with questions or concerns.

~ Resident Council ~

Resident Council meets the fourth Tuesday of each month at 10:15 a.m. All residents in The Villas are invited to attend.

~ Loving Hearts Depot ~

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### Noon Meals at The Villas

#### February 2020

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<td>Meatloaf, mashed potatoes, creamed corn, chocolate pudding</td>
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<td>Blackberry dijon chicken, parsley noodles, green peas, peach cobbler</td>
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<td>Cranberry-glazed turkey, mashed potatoes, green beans, pumpkin pie</td>
<td>Pork chopsue, white rice, Oriental vegetable blend, Mandarin oranges</td>
<td>Bourbon chicken, baked sweet potato half, cauliflower, frosted yellow cake</td>
<td>Swedish meatballs, egg noodles, corn, berry pear crisp</td>
<td>Apple raisin-stuffed chicken, mashed potatoes, Brussels sprouts, fruit cocktail</td>
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<td>Country fried steak, mashed potatoes, roasted zucchini, raspberry filled cookie</td>
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**February 2020 Calendar**

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<tr>
<th>Date</th>
<th>Meal</th>
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<tr>
<td>1</td>
<td>Spaghetti and meatballs with sauce, tossed salad, pudding &amp; cookie parfait</td>
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<td>2</td>
<td>Stuffed chicken breast, mashed potatoes, whole baby carrots, chocolate cream pie</td>
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<td>Ham loaf, parsleyed potatoes, cooked cabbage, apricots</td>
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<td>Roast beef, baked potato, broccoli and cheese, strawberry shortcake</td>
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<td>Pork chop supreme, whipped sweet potatoes, Lima beans pumpkin pie bar</td>
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<td>Sweet potato-crust pollock, hash brown casserole, Brussels sprouts, sugar cookie</td>
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<td>Blackberry dijon chicken, parsley noodles, green peas, peach cobbler</td>
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<td>Baked glazed ham, roasted sweet potato wedges, cauliflower and cheese, fruited gelatin</td>
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<td>Braised beef tips, egg noodles, green peas, Boston cream pie</td>
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<td>Kielbasa, pierogies, Key West vegetables, turtle squares</td>
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<td>Apple raisin-stuffed chicken, mashed potatoes, Brussels sprouts, fruit cocktail</td>
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<td>Lemon baked fish, red bliss potatoes, Prince Charles veggie blend, tapioca pudding</td>
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<td>29</td>
<td>Country fried steak, mashed potatoes, roasted zucchini, raspberry filled cookie</td>
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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 resident’s Eden family.

Music, crafts, KIT, manicures/colorful nails, exercise or physical activity/games, baking/cooking or snack making, entertainment, community outings, homecare, outdoor and companionship opportunities will be offered in the planning process. Personal leisure activities that are meaningful will be determined on an ongoing basis and coordinated with individual residents.

Movies are played on **Channel 1851** at 10 a.m. and 2 p.m. and every Friday at 7 p.m. unless spiritual services or other programs are being broadcast at that time from Headland Friendship Commons. Weekend activities are planned at various times throughout the building.

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**Saturday, February 1 – G.I. Joe Day**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2 p.m. BINGO

**Sunday, February 2 – Groundhog Day; Superbowl Sunday LIV (54)**

~ Jeans & Football Shirts/Colors ~
- 10 a.m. Church Service
- 2 p.m. Movie on Ch. 1851

**Monday, February 3 – Norman Rockwell’s Birthday (1894)**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2 p.m. Bingo Bucks Exchange
- 7 p.m. Bowling Night

**Tuesday, February 4 – The first Winter Olympics were held in the United States at Lake Placid, NY.; Rosa Parks’ birthday (1913)**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 7 p.m. Bingo

**Wednesday, February 5 – Hank Aaron, baseball legend’s birthday (1934), Red Buttons (1919), actor and comedian’s birthday**
- 10 a.m. MASS (includes anointing)
- 2 p.m. Movie Ch. 1851
- 6:30 p.m. Midweek Service

**Thursday, February 6 – Babe Ruth’s birthday (1895); Monopoly Day**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 10:30 a.m. Rosary
- 1:30 p.m. 500 Bid - Gardens D.R.
- 7 p.m. Amish Singers

**Friday, February 7 – “Pinocchio” made its world premier at the Center Theatre in Manhattan (1940)**

~ Casual Day/Jeans ~
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2 p.m. Crafty Creations (wood & other small crafts)
- 7 p.m. Friday Night Movie on Ch. 1851

**Saturday, February 8 – Actor James Dean’s birthday (1931)**
- 10 a.m. & 2 p.m. Movies Ch. 1851
- 2 p.m. BINGO

**Sunday, February 9 – The Full Moon this day is called “Snow Moon” by Native Americans of New England and the Great Lakes because this time of the year experiences heavy snowfalls. It’s also called “The Hunger Moon” because of the meager hunting during this time of year. Academy Awards Night**
- 10 a.m. Church Service
- 2 p.m. Movie Ch. 1851

**Monday, February 10 – In New York City, two of the world’s most famous small people, General Tom Thumb and Lavinia Warren were married (1863).**
- 2 p.m. Steve Medovitch (Rat Pack Style)
- 7 p.m. Fred Barringer (Western/Oldies/Folk)

**Tuesday, February 11 – Annual Retreat**

Coffee Cart, Breakfast Goodies & Newsbits
- 1:30 p.m. 500 Bid – Gardens D.R.
- 7 p.m. BINGO

**Wednesday, February 12 – Loving Hearts Depot in the Lobby (9 a.m. - 3 p.m.); Abraham Lincoln’s birthday (1809)**

~ Casual Day/Jeans and Red ~
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2 p.m. Humble Music Ministry
- 6:30 p.m. Midweek Service

**Thursday, February 13 – Loving Hearts Depot in the Lobby (9 a.m. - 3 p.m.); Love Yourself, Too Day ~ Casual Day/Jeans and Hearts ~

- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 1:30 p.m. 500 Bid - Gardens D.R.
- 7 p.m. “Z” Praise Entertainment (Variety/Oldies/Gospel)

**Friday, February 14 – Valentine’s Day; Loving Hearts Depot in the Lobby (9 a.m. - noon)**

~ Valentine’s Colors and Jeans ~
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2 p.m. Country Heart and Soul: Tony Barge
- 7 p.m. Friday Night Movie on Ch. 1851

**Saturday, February 15 – National Gum Drop Day**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2 p.m. BINGO
Sunday, February 16 – Daytona 500
~ Race Shirt/Sports shirt or Hat and Jeans Day ~
10 a.m. Church Service
2 p.m. Movie on Ch. 1851

Monday, February 17 – President’s Day;
Random Acts of Kindness Day
10 a.m. & 2 p.m. Movies on Ch. 1851

Tuesday, February 18 – Women’s Retreat in the HFC
10 a.m. & 2 p.m. Movies on Ch. 1851
10 a.m. Marbles & Autumn (the Therapy Cats)
1:30 p.m. 500 Bid Gardens D.R.
7 p.m. Basement Band Duo
(BINGO moved to Wednesday afternoon)

Wednesday, February 19 – Singer Smokey Robinson’s birthday (1940); Cherry Coke was introduced by the Coca-Cola Company (1985)
10 a.m. & 2 p.m. Movies on Ch. 1851
2 p.m. BINGO
6:30 p.m. Midweek Service

Thursday, February 20 – The Metropolitan Museum of Art opened in New York City (1872)
10 a.m. & 2 p.m. Movies on Ch. 1851
10:30 a.m. Rosary & Communion
1:30 p.m. 500 Bid
2 p.m. Bible Study
6:45 p.m. Kinsman Amish Youth Group

Friday, February 21 – American History Month; Humorist, columnist, writer, Erma Bombeck’s birthday (1927)
~ Casual/Jeans Day ~
10 a.m. & 2 p.m. Movies on Ch. 1851
10 a.m. Creative Corner with Gina
Afternoon: Trivia and other activities in the Neighborhoods
7 p.m. Friday Night Movie on Ch. 1851

Saturday, February 22 – George Washington’s birthday (1732); ABC radio’s popular “Breakfast Club” program was simulcast on TV for the first time (1954)
10 a.m. & 2 p.m. Movies on Ch. 1851
2 p.m. BINGO

Sunday, February 23 – Iwo Jima Day
10 a.m. Church Service
2 p.m. Movie on Ch. 1851

Monday, February 24 – Forget-Me-Not Day; In Guantanamo Bay, Cuba, an area was leased to the U.S. for a naval base (1903)
10 a.m. & 2 p.m. Movies on Ch. 1851
10 a.m. Greg Van Valien and Pastor Julia (Hymn Sing)
7 p.m. “Z” Praise Entertainment (Gospel/ Variety/Oldies)

Tuesday, February 25 – Mardi Gras/Fat Tuesday
~ Jeans & Mardi Gras Colors ~
10 a.m. & 2 p.m. Movies on Ch. 1851
Noon: Monthly Birthday Luncheon

Wednesday, February 26 – First Day of Lent (Ash Wednesday)
10 a.m. & 2 p.m. Movies on Ch. 1851
2 p.m. Church Service in the HFC, ashes offered

Thursday, February 27 – Floral Designs Day; Writer/poet Henry Wadsworth Longfellow’s birthday (1807)
10 a.m. & 2 p.m. Movies on Ch. 1851
10:30 a.m. Rosary
1:30 p.m. 500 Bid
Evening: Reminiscing Activities on the Neighborhoods

Friday, February 28 – Hot Wheels Day
~ Stripes or Racing Shirt & Jeans Day ~
10 a.m. & 2 p.m. Movies on Ch. 1851
11:30 a.m. Men’s Luncheon: Hot Wheels Breakfast Bar
7 p.m. Friday Night Movie on Ch. 1851

Saturday, February 29 – Leap Day 2020
Tongue Twisters Day
2 p.m. BINGO
~ February 2020 Special Activities & Events in The Villas ~
(Theme/jeans days are open to all staff and residents at St. Paul’s.)

SUNDAY, FEB. 2 — SUPERBOWL LIV (54) AND GROUNDHOG DAY Jeans & football shirts/colors. What is Punxsutawney Phil, the great weather prognosticator, predicting for this day? Cheezy pretzel poppers and other nibbles! So burrow out of the den and root on your favorite team! Let’s hope for an early arrival of spring weather and an awesome Superbowl Game!

WEDNESDAY, FEB. 5 — CATHOLIC MASS Anointing will be included in the Mass this month. Isaiah 40:29-31 “He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

FRIDAY, FEB. 7 — NO STRINGS ATTACHED DAY In 1940 “Pinocchio” world premiered at the Center Theatre in Manhattan. In the story, the wooden puppet Pinocchio was created by Mastro Gepetto. Marionettes are stringed puppets depicting humans, animals and fantasy creatures and have been used throughout the centuries as a theatrical, educational and religious storytelling tool. (How to Adult, Parts of a Marionette). At 2 p.m. in the HFC, we will have Crafty Creations; small wood crafts and other creations including a charming little puppet craft inspired by Pinterest. Casual jeans day.

WEDNESDAY, FEB. 12 through 14 — LOVING HEARTS DEPOT Enjoy homemade chocolates, candies, cookies & more at The Loving Hearts Depot! We will be located in the front lobby of The Villas from 9 a.m. to 3 p.m. on Wednesday and Thursday and from 9 a.m. to noon on Friday. All proceeds support the resident activities fund. On 2/12, wear jeans and the color red and on 2/13, wear jeans and hearts.

FRIDAY, FEB. 14 — Valentine’s Day Valentine’s colors and jeans. Join us at 2 p.m. in the Headland Friendship Commons for Country Heart and Soul featuring country western singer and guitar player, Tony Barge. “The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.” ~ Helen Keller

SUNDAY, FEB. 16 — DAYTONA 500 Jeans permitted for the dress code this day if wearing a racing shirt/sports shirt or hat.

FRIDAY, FEB. 21 — AMERICAN HISTORY MONTH Casual jeans day. At 10 a.m., join us in the HFC for Creative Corner with Gina. During the afternoon, American History Trivia will be available for residents and staff. 100% correct entries will be entered into a drawing for a prize(s). Here’s a sample trivia question: Name of the first successful English colony established in 1607. Answer: Jamestown, Virginia


WEDNESDAY, FEB. 26 — THE FIRST DAY OF LENT Ash Wednesday Service at 2 p.m. in the HFC. Ashes will be available. Catholic Eucharistic Ministry will also provide ashes individually to residents in the neighborhoods.

FRIDAY, FEB. 28 — MEN’S LUNCHEON — HOT WHEELS Italian-born American race car driver, Mario Andretti was born on this date in 1940. He won races in Formula One, IndyCar, World Sportscar Championship, and NASCAR (Wikipedia). Make a Pit Stop and fuel up at 11:30 a.m. for Men’s Breakfast Bar: French toast bake, scrambled eggs, hashbrown casserole, toast & fruit cocktail. (We will have bacon available for those not participating in Lenten Season). Wear stripes or racing shirt & jeans.

Regularly Scheduled Activities:

| Church Service | Sundays at 10 a.m. • BINGO – Tuesdays at 7 p.m. (except 2/18) & Saturdays at 2 p.m. |
| Music Therapy | Wednesdays at 3:30 p.m., various locations |
| Mid-Week Service | Wednesdays at 6:30 p.m. • Rosary Thursdays at 10:30 a.m. |

Special Activities in February:

| Feb. 3 | Bowling, 7 p.m. |
| Feb. 6 | Amish Singers, 7 p.m. |
| Feb. 10 | Steve Medovitch, 2 p.m. |
| Feb. 10 | Fred Barringer, 7 p.m. |
| Feb. 12 | Humble Music Ministry, 2 p.m. |
| Feb. 13 | “Z” Praise Entertainment, 7 p.m. |
| Feb. 18 | Kitty Therapy, 10 a.m. |
| Feb. 18 | Basement Band Duo, 7 p.m. |
| Feb. 20 | Kinsman Amish Youth Group |
| Feb. 24 | Greg Van Valien/Pastor Julia, 10 a.m. |
| Feb. 27 | Evening Reminiscing in the Neighborhoods |
Our team members strive to provide excellent care and are encouraged to treat others as they would want to be treated. We invite you to recognize staff members who make a difference in life at St. Paul's.

Visit [www.stpauls1867.org](http://www.stpauls1867.org) and click **STAFF RECOGNITION** on the homepage. Next, click on "Submit a Caring Heart" and fill in the simple form. **Please Note:** Submit **ONE** caring heart for **EACH** staff member you’d like to recognize.

### Promoting a Culture of Caring & Recognizing our Team Members

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10 Amazing Reasons to Volunteer

1. **You’re needed!**
No work is small, and volunteers are extremely valuable resources for an organization. Whether it’s about financial, mental or physical contribution – everything together matters a lot.

2. **Build a community**
Depending on where you decide to focus your volunteering efforts, you make a real difference in the lives of those who our organization serves.

3. **Wellbeing booster**
Believe it or not, but giving of your time for a good cause does wonders for your physical and mental health. Your stress levels are reduced and your mood improves. By focusing your efforts on improving others’ lives, you’re more likely to lift your emotions to a positive place, decrease your tension-producing patterns which means less stress and a happier you.

4. **A learning road**
Volunteering helps you learn different things about people and cultures which lead to your personal and professional growth. Volunteers often discover their hidden talent and passion which directly improves their self-confidence.

5. **Social responsibility**
As a volunteer, you choose to invest your efforts into a community and the people who live in it. You’re providing a valuable service to the community and are giving back through social responsibility. If only everyone did something so selfless.

6. **Gain first-hand work experience**
Being involved with any organization will endow you with great work experience.

7. **Self-esteem builder**
Volunteer experiences see your personal growth shoot through the roof. You’re exposed to a community you’re often not used to being a part of and you learn so many new things. Your new-found knowledge is coupled with the fact that you feel absolutely great because you’re helping others. Before you even know it you’re running off empathy and self-efficacy which does wonders for your confidence and self-esteem.

8. **Give back selflessly**
Often volunteers decide to get involved because they want to give back to the community they know and love. It’s also an opportunity for people to support community resources that they use themselves, or that they know make a lot of difference to uplift a community. If an organization has helped someone that you love, then giving back in the form of volunteering is an extremely generous, thoughtful, valuable way to show appreciation.

9. **Teamwork**
Volunteers are the ones who bring a great sense of teamwork and camaraderie to an organization. They’re also involved with many different types of people from a host of different cultures and walks of life. It’s with these people that volunteers work closely with, serving the cause of the common goal.

10. **Making a difference**
Every volunteer can make a difference. Don’t underestimate your potential. No matter how small your steps are, you have the potential to make a big difference!

If you’ve been thinking of stepping out of your comfort zone to do something meaningful in 2020, then this is your chance!

St. Paul's is proud to have more than 250 active volunteers who donate their time in our community—join them!

To learn how to volunteer at St. Paul's, please www.stpauls1867.org/join-our-team/volunteer.
Hats off to the residents at The Ridgewood who celebrated National Hat Day on January 15 and modeled lots of different styles of headgear!

Some residents at The Heritage enjoyed making pine cone bird feeders again this year with the Reynolds Kkids and Builders Club. The students hung them on the trees in the front yard so all of the residents can watch the birds come and go!

Members from American Legion Post 140 in Greenville, visited our veterans at The Villas just before Christmas with cards and presented pieces of American flags that have been flown over the Capitol Building and from service men who have died in battle. Thank you for your service!
It’s hard to believe with all the photos in last month’s issue that we have more Christmas event images to share—but we do! Santa visited The Villas on Christmas Eve and here are some residents and employees enjoying his visit.
LET ALL THAT YOU DO BE DONE WITH LOVE.

Happy Valentine’s Day

1 CORINTHIANS 16:14 NKJV