A New Trend in 2018

The year 2018 is going to be a year of transition for the marketing department as we endeavor to drastically cut costs by going (mostly) paperless with our monthly Campus Connections newsletter.

Currently, we print more than 1,500 copies of our 24-page monthly newsletter. More than 900 of those are mailed to our families, friends and volunteers. It is our goal to reduce that mailing list at least 50% by July 2018.

This change will save approximately $1,000 every month in printing and postage costs.

You can help us save much needed funds by opting to receive Campus Connections in your “inbox” instead of your “mailbox.”

Email jkather@sp1867.org with your name and the email address where you’d like to receive the newsletter.

Our updated website makes accessing the digital version of Campus Connections easier than ever—simply visit: https://www.stpauls1867.org/about/publications and select the issue you’d like to read.

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A Sweet Gift

Thank you to everyone who made a donation for the annual Resident Christmas Appeal! $20,500 was donated for resident Christmas gifts and wish list items. What moves someone to give? Here’s the story of one local family and their quest to help.

When John O’Malley saw St. Paul’s Annual Resident Christmas Appeal, his attention was drawn to an item on the resident wish list – two milkshake machines.

“I worked in my dad’s ice cream shop in high school and have always loved all things ice cream,” said John. “I remember when he was older how he loved a good milkshake. I think milkshakes are fun and whatever we can do in life to make another person’s day fun - that is my personal mission.”

John was inspired to do what he could to make the purchase of these two machines, one for The Ridgewood and one for The Heritage, possible.

The O’Malley family, who live in Greenville, has several connections to St. Paul’s. John’s wife Michelle is the Community Outreach Specialist at St. Paul’s Without Walls. John works as a financial representative with Allstate and has several clients who live at St. Paul’s. They’ve also had many friends there over the years. “I love the campus and the mission of St Paul’s,” said John.

Currently serving as President of the Greenville Rotary Club, John thought the milkshake machines would be a great project for the club to sponsor. “As a club, we try to support St. Paul’s at various times of the year, and this year decided on a gift to the holiday wish list,” said John.

Once the Rotary Club committed, John was determined to help get the rest of the money for the two milkshake machines. That’s when he approached his family and the Kindness Kampaign.

The Kindness Kampaign started in Greenville in 2008 after the tragic loss of a local student. A group of grieving Greenville High School students got together and, at the encouragement of John, started the Kindness Kampaign.

“While there may not be much we will know or can do about some tragic things in life, we know for sure there can never be too much kindness,” said John. The goal of the campaign is simple – to spread more kindness in the community.

From the campaign grew the O’Malley’s Kindness Kampaign Foundation. Today Michelle heads the campaign and their daughter Sarah is in charge of social media and special projects. The group raises money throughout the year through fundraising projects and the sale of refreshments at the Greenville Symphony concerts.

Each holiday season, the foundation gives out a “Pay It Forward” $500 award to a person or organization with an idea to use the money to “pay it forward.” Past recipients include the Salvation Army and the Good Shepherd Center. This year John thought the resident wish list would be a worthy endeavor to support, and the foundation agreed.

“We hope the milkshake machines put many smiles on residents’ and guests’ faces as they enjoy life at St. Paul’s,” said John. “We challenge all to remember…there can never be too much kindness, so ‘pay it forward’ by living your own kindness campaign every day!”

There can never be too much kindness.
In the Bag SALE!

Brand name and designer handbags at 30% to 60% off regular retail prices.

ONE DAY ONLY!
Friday, Feb. 9
7 a.m. – 4 p.m.

Headland Friendship Commons in The Villas at St. Paul’s
339 E. Jamestown Road, Greenville, Pa.

Also luggage, briefcases, wallets, mini bags and small leather goods for men and women.

Sponsored by the Auxiliary of St. Paul’s.

ST. PAUL’S SENIOR LIVING COMMUNITY
Crocheting for a Cause

Volunteers from around the country are joining the American Heart Association, in connection with The Children’s Heart Foundation, to celebrate American Heart Month by knitting and crocheting red hats for babies born in February at participating hospitals. Little Hats, Big Hearts™, honors babies, moms, and heart healthy lives in a very special way. Supporters are knitting and crocheting red hats to be given out to thousands of babies during American Heart Month in order to empower moms to live heart healthy lives and to help their children do the same.

The goal is to raise awareness, provide resources and inspire moms to take their family’s heart health to heart while also raising awareness about Congenital Heart Defects.

A local family has partnered with some of the talented women at The Ridgewood to support the Little Hats, Big Hearts™ effort. Amanda and David McCloskey of Transfer, Pa., sadly lost their fourth child—a daughter—at 26 weeks. To honor their angel baby’s memory, they began The Olivia Reagan Project which supports local children of all ages.

McCloskey reached out to Virginia Smith, Life Enrichment Specialist at The Ridgewood, and gathered the ladies and their looms together to crochet “as many hats as possible” by the January 25 deadline. On average, some of the women crochet 2 to 3 hats per day.

All the hats collected by The Olivia Reagan Project will stay local—half of the donation will be delivered to UPMC Farrell and the other half to Sharon Regional. Babies who have to spend time in the NICU in February at either of these hospitals will receive a warm, soft, red hat crocheted by warm, soft loving hands.

A few other places in the Greenville community also collected hats to support the effort including the Greenville Area Public Library and April’s Place on Main Street.

The Olivia Reagan Project also sponsored a school supplies drive last summer to help local children get prepared to go back to school and in March will be holding a Book Drive.

Pictured left to right: Anka Manak, Adele Lehosky, Amanda McCloskey, Bev Knapp, Carol Knapp and Peg Cochran.
Residents who have passed

12/24/17    Vivian Tanney
12/26/17    Jean Karns
01/05/18    Richard Iliff
01/06/18    Clark Chandler
01/08/18    Paul Bayuk
01/10/18    Betty Lou Artman
01/11/18    Elizabeth Marsh
01/13/18    Andrew Malenky
01/13/18    Kathleen Wedlake
01/14/18    James Reither

Grief & Loss Support Group
meets first Thursdays
St. Paul’s offers a Grief & Loss Support Group for family members of residents who have died in our care, as well as for staff members and members of the community who seek help and encouragement for their bereavement. Pastor Julia Fraser leads the group.

The group meets from 6:30 - 8 p.m. on the first Thursday of each month in The Villas Conference Room.

For more information, please call 724-588-7610 and ask for Pastor Julia or Rhonda Pipp.

Valentine’s Day is a secular celebration of love which includes all kinds of relationships. Long before we received Valentines from potential love interests, we likely exchanged them with family members, friends, neighbors, and classmates at school in ways that we remember with fondness.

Though we will always miss the special Valentines who have been taken from us by death, Valentine’s Day, as a holiday given over to love, provides us opportunity to consider the broad range of persons whose affection for us continues and might even grow across the time to come.

Gladys and Kenneth Nye celebrated their 70th wedding anniversary on Saturday, Dec. 30! Gladys is a resident in The Meadows, our short-stay neighborhood.
Following an unprecedented number of natural disasters in our country and abroad across 2017, this year’s retreat theme is “The Church’s Response in Disaster Relief.” We will welcome as our guests that day speakers from the United Church of Christ who are national and regional leaders in the work of disaster relief. Pastor Julia Fraser will lead devotions and discussion sessions through the course of the morning. The retreat will conclude with luncheon and fellowship.

All interested women from the Heritage, Ridgewood, and Colony are invited to attend. Registration materials will be made available through the Life Enrichment staff early in February.

The Women’s Retreat is sponsored by the Spiritual Services Department, and there is no cost to attend. This is always a great day at St. Paul’s both for coming together around important issues of faith and life and also for making new friends! Please be in touch with Pastor Julia (ext. 1145) for more information.

Four services of Holy Communion with opportunity for the Imposition of Ashes will be offered on campus on Ash Wednesday, February 14 according to the following schedule:

- 9 a.m. in the Keifer Chapel •
- 10:30 a.m. at The Ridgewood •
- 2 p.m. at The Villas •
- 3:30 p.m. at The Heritage •

Services will be led by Pastor Bill and Pastor Julia, and Dr. Michael Bray will be on-hand to provide special music.

In addition, on Ash Wednesday, our Eucharistic Ministers will take Holy Communion to residents, family members, and staff in The Villas neighborhoods and at Jones Serenity Circle.

Please plan to join us for a holy start to the season of Lent.

Weekly Bible Study at St. Paul’s

During Lent, our three weekly Bible Study groups will look at the way Christian faith directs our behavior, attitudes, and actions through readings in the New Testament Letter of James.

Bible Study groups meet:
- at The Heritage on Wednesdays, 1 p.m. – Anderson Fellowship Hall;
- at The Ridgewood on Thursdays, 10 a.m. – Harmony Hall;
- and at The Villas on Thursdays, 2 p.m. – Headland Friendship Commons.

Newcomers are always welcome!
A Message from Pastor Bill

Mention February 14 and Valentine’s Day usually pops into people’s mind.

But this year February 14 is also Ash Wednesday, the beginning of the 40 day-period of Lent. So what does this mean?

For those who anxiously await a large, heart-shaped box filled with their favorite chocolates, yet give up any sort of candy for Lent, it will be a challenging day.

Looking briefly at these two days, Valentine’s Day is a time to give special gifts to honor those we especially care about and love. Lent is a time to draw closer to our Lord. This may involve prayer, fasting, almsgiving, repentance. Regardless of the forms, the focus for Lent is to seek a deeper and fuller relationship with our Father and His Son Jesus Christ.

While Valentine’s Day focuses on those who are dear to us, Lent reminds us of how much our Father God loves us, that He would send His Son to pay the price for our sins and assure us of dwelling with Him for eternity.

When the one well versed in the law asked Jesus what the greatest commandment was, he replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ 38 This is the first and greatest commandment. 39 And the second is like it: ‘Love your neighbor as yourself. Matt. 22: 37-39 (NIV)

May this Scripture guide your Lenten reflection this year: loving the Lord above all and others as we do ourselves.

—Pastor Bill Kirker

### WORSHIP SCHEDULE AND SCRIPTURES FOR FEBRUARY 2018

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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### ASH WEDNESDAY SERVICES

Ashes distributed and Holy Communion served

| Date          | Service                                           | Scriptures                                      |
|---------------|--------------------------------------------------|------------------------------------------------|-------------------------------|
| February 14, 2018 | Ash Wednesday                                      | Joel 2: 1-2, 12-17, Psalm 51: 1-17, 2 Corinthians 5:20b-6:10, Matthew 6:1-6, 16-21 |

The Colony
- 9 a.m. – Keifer Chapel

The Ridgewood
- 10:30 a.m. – Harmony Hall

The Villas
- 2 p.m. – Headland Friendship Commons

Holy Communion and ashes will be offered in the neighborhoods for those who are unable to attend the service and wish to receive either or both.

### February 11, 2018 — Transfiguration Sunday

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<tr>
<td>February 11, 2018</td>
<td>Transfiguration Sunday</td>
<td>2 Kings 2: 1-12, 2 Corinthians 4: 3-6, Psalm 50: 1-6, Mark 9: 2-9</td>
<td>Pastor Bill Kirker</td>
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### February 18, 2018 — First Sunday of Lent

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<td>February 18, 2018</td>
<td>First Sunday of Lent</td>
<td>Genesis 9: 8-17, 1 Peter 3: 18-22, Psalm 25: 1-10, Mark 1: 9-15</td>
<td>Pastor Bill Kirker</td>
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### February 25, 2018 — Second Sunday of Lent

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Important: Securing Resident Valuables

St. Paul’s strongly discourages keeping valuable jewelry, papers, money or other items considered of value at St. Paul’s. Should a resident of The Villas insist on keeping any valuables (monetary or sentimental) in their possession, the top drawer of each resident’s nightstand is equipped with a lock. Keys can be obtained from the admission office or through your social services coordinator. St. Paul’s also offers its residents the opportunity to open a resident fund account. This offers a convenient and safe alternative for keeping cash on hand. The money is kept in an interest bearing account and can be accessed through the receptionist from 8 a.m. – 9 p.m. daily for Villas residents.

Residents (or their family) should inform St. Paul’s of all valuable property upon admission and ongoing if new items are added to or removed from the resident’s possessions. Should any item be identified as lost or missing, it is important to notify the staff immediately upon discovery. St. Paul’s does maintain a lost and found log and will investigate any reports of missing items to the best of their ability. As per the admission agreement, the resident is responsible for obtaining at his or her own expense, any insurance coverage necessary to cover potential damage to or loss of any personal property.

Please feel free to contact Tammy Lininger, The Villas Administrator, with any questions.

The Role of Humor in Caregiving

“Laughter is the shortest distance between two people,” so quipped comedian Victor Borge. And indeed, studies bear him out.

Laughter, especially when it’s a shared joke, creates a bond between people that generates a feeling of intimacy. Humor reduces tension and lowers stress. It also helps people to think more creatively and come up with more flexible solutions.

Caring for an aging family member can be pretty serious business: doctor’s appointments, errands to run, finances to juggle, critical decisions to make. Add to this the tendency of family members to have differing perceptions and opinions, and there is ample room for conflict.

The good news is that we are built to laugh. Kindergartners average 300 laughter episodes a day. Adults, by contrast, are stunningly deficient, with typically only 17 chuckles in 24 hours.

Tips for interjecting humor

Used with care, you can certainly improve relations with a bit of humor. Here are some tips to consider:

- Is everyone in on the joke? Is the funny comment something all of you will appreciate? The bonding occurs when the joke is shared. If it’s not funny to everyone present, then it’s more likely to alienate than bring you closer.

- Is there a hidden agenda? Some people use humor to express dissatisfaction. These little jibes actually hurt and build distrust. Be sure your intent is to share fun. Ridicule or sarcasm will only backfire.

- Could you offer an apology? If your comment doesn’t generate laughter, are you ready to say, “I’m sorry! I guess that wasn’t funny”? If not, think twice before speaking.

The next time you feel tensions rising, consider a light-hearted joke. Perhaps do something silly. Or, you might make a joke about a peculiarity of yours. An unexpected shared laugh can derail a conflict and help get everyone back in sync.

Source: www.elderpages.com/northwestpa
Reserving Social Areas in The Villas

Following is the process for reserving The Villas Private Dining Room, Headland Friendship Commons, The Villas Conference Room and The O.D. Anderson Picnic Pavilion:

• There is no charge for residents/family members to reserve and use The Villas areas and picnic pavilion at St. Paul’s. Reservations are on a first-come, first-served basis.

• There is no charge for staff members to reserve and use The Villas areas. There is a $50 security deposit for use of the picnic pavilion. This deposit will be returned as long as the area is left in good condition.

• Other individuals (community members) – there is a minimum $50 donation for use of The Villas areas/picnic pavilion at St. Paul’s.

• Donations for the use of social spaces are always welcomed.

• Please contact Rhonda Pipp at 724-588-7610 ext. 1173 with questions or to make a reservation.

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 in the lobby 30 minutes before their appointment time unless otherwise notified.

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

Reserving Social Areas in The Villas

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Guest Apartment Accommodations Available at The Heritage

St. Paul’s is pleased to offer 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. The apartment features two rooms—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. The apartment also has a small refrigerator, a microwave and a flat-screen television. There is no telephone service provided. Wi-Fi is available.

For the convenience of all guests, no pets are permitted. Guest fees are $89 per night and are 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 guest apartment are asked to register personal and vehicle information. Check-in is after 3 p.m. and check-out is after 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 2018

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<td>2 p.m. Steelers (Disc 1)</td>
<td>10 a.m. The Stepford Wives</td>
<td>10 a.m. The Notebook</td>
<td>2 p.m. Two Weeks Notice</td>
<td>10 a.m. Kate &amp; Leopold</td>
<td>10 a.m. The Time Traveler’s Wife</td>
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<td>2 p.m. Monster-In-Law</td>
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<td>10 a.m. Casablanca</td>
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<td>10 a.m. Maid in Manhattan</td>
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<td>2 p.m. The Titanic</td>
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<td>2 p.m. Mona Lisa Smile</td>
<td>10 a.m. Anchors Aweigh</td>
<td>10 a.m. HouseBoat</td>
<td>10 a.m. Meet John Doe</td>
<td>10 a.m. Something’s Gotta Give</td>
<td>10 a.m. Fried Green Tomatoes</td>
<td>10 a.m. My Favorite Wife</td>
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<td>2 p.m. Breakfast at Tiffany’s</td>
<td>2 p.m. The Volunteers</td>
<td>2 p.m. The Spencer Tracy Legacy</td>
<td>2 p.m. The Firm</td>
<td>2 p.m. My Big Fat Greek Wedding</td>
<td>2 p.m. My Pajama Game</td>
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<td>2 p.m. Kiss Me Kate</td>
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<td>2 p.m. The Pajama Game</td>
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February 2018 Calendar of Events

Thursday, Feb. 1 – Colony Dinner in The Cornerstone
Saturday, Feb. 3 – Greenville Symphony Orchestra
Sunday, Feb. 4 – Super Bowl Party
Tuesday, Feb. 6 – Colony Dinner in The Cornerstone
Wednesday, Feb. 7 – Colony Birthday Celebration
Thursday, Feb. 8 – Movie Night
Friday, Feb. 9 – Colony Lunch in The Cornerstone
Tuesday, Feb. 13 – Pet Parade at The Ridgewood
Wednesday, Feb. 14 – Ash Wednesday Breakfast & Service
Thursday, Feb. 15 – Colony Dinner in The Cornerstone
Sunday, Feb. 18 – Colony Brunch in The Cornerstone
Monday, Feb. 19 – Ladies Group
Monday, Feb. 19 – Movie Night
Tuesday, Feb. 20 – Colony Dinner in The Cornerstone
Saturday, Feb. 24 – Quilt Show at Lake Metro Parks Farm
Monday, Feb. 26 – Cupcake Baking
Tuesday, Feb. 27 – Men’s Group
Tuesday, Feb. 27 – Women’s Retreat

ATTENTION WALKERS!
The Rissell-Schreyer Dome
at Thiel College is open to
walkers from 8 a.m. - noon
Monday through Friday.

LIBRARIAN SCHEDULE

February 4 - Fred Kroen
February 11 - Jan Walther
February 18 - Kathy Becker
February 25 - Pat Brugler

Dining at The Ridgewood

Reminder to residents at The Colony:
You are welcome to dine at The Ridgewood any time!
If you’d like to join your neighbors across Williamson Road for a meal, simply call the receptionist
at ext. 1152 to make a reservation 24 hours in advance.
The cost will be added to your monthly bill. Weekly menus can be found on the resident portal.

— NEWS and NOTES —

February Birthday Celebration — 2 - 3 p.m. Wednesday, February 7, in the Keifer Social Room. Everyone is welcome to celebrate with birthday cupcakes and ice cream and enjoy some social time with your friends and neighbors!

Ash Wednesday — The Colony Chapel Service 9 a.m. Wednesday, February 14, in The Keifer Chapel. Breakfast buffet in The Cornerstone precedes the service.

Book Club — Wednesday, February 21 at 1 p.m. in The Keifer Library. This month’s book is *Hillbilly Elegy* by J.D. Vance. All are welcome to attend. See Mary Ellen Bayuk for more information.

Free Blood Pressure Readings — Noon - 1 p.m., Wednesday, February 28 in the Keifer Building. Provided each month by VNA Alliance.

— HAPPY BIRTHDAY —

February
2 - Patty Marantis
3 - John Moore
8 - Carol Koehler
9 - Patricia Brugler
14 - David Christman
25 - Jean Nichols
27 - Sherry Bortz
28 - John Nichols
28 - Rod Paul

March
4 - Carolyn Guerrini
6 - Steve Hosmer
7 - Tom Hoffacker
8 - Ruth Cooper
9 - Marge Heppner
11 - Jean Simmons
15 - Janet Cooper
17 - Pat Stearns
21 - Peg Lehto
22 - Louise Lauer
26 - Leo Powelstock
28 - Ted Marantis
31 - Darlene Artman
31 - Gerry McElree

Reminder to residents at The Colony:
You are welcome to dine at The Ridgewood any time!
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at ext. 1152 to make a reservation 24 hours in advance.
The cost will be added to your monthly bill. Weekly menus can be found on the resident portal.
February Birthdays
7 - Ellis Hughes
20 - Dorothy McGranahan
22 - Martha Smith
24 - Cecelia Kettering

~ Jones Serenity Circle ~
Weekly Events:
Mondays, 9 a.m. – “Music & Manicures”
JSC residents select a style of music to listen to while enjoying a manicure in the sitting room.
Tuesday mornings – Aviary Care & “About the Birds”
Patti shares fun facts about the different species of birds in our aviary.
Tuesdays, 10:30 a.m. – Rosary in the activity room
Tuesday afternoons – BINGO
Second Tuesday of each Month, 12:30 p.m. – Bible Study with Devotions with Pastor Julia
Thursdays, 2 p.m. – Music and Motion with Ron (from The Anderson Fitness Center at The Villas) in activity room
Fridays, 10 a.m. – Worship Service with Pastor Bill

February Special Events and Entertainment:
Mon., Feb. 5, 5:30 p.m. – Music with Bonnie Campbell
Thurs., Feb. 8, 10 a.m. – Piano Music with Lyn Mossman
Sat., Feb. 10, 10 a.m. – Marimba Music with Nick Lakatos
Mon., Feb 12, 1 p.m. – Sing A Long with Tony
Tues., Feb. 13, 12:30 p.m. – Bible Study with Devotions
Tues., Feb. 13, 5:30 p.m. – Play along with the music of Z Praise
Wed., Feb. 14, 1 p.m. – Valentine Social with “Bear with Me” Photo Shoot
Fri., Feb. 16 – JSC Birthday Breakfast recognizing all JSC residents who celebrate birthdays in February
Sunday, Feb. 18, 2 p.m. – Soup Sunday, Patti will prepare and serve homemade soup
Mon., Feb. 19, 5:30 p.m. – Music with Bonnie Campbell
Thurs., Feb. 22, 5:30 p.m. – Piano Mysic with Lyn Mossman
Sat., Feb. 24, 10 a.m. – Marimba Music with Nick Lakatos
Mon., Feb. 26, 1 p.m. – Hymn Sing with Doris
Resident of the Month

Marjorie “Joan” McElhinny

Joan was born in Greenville, Pa., to James William and Stella Malson. She was raised on Donation Road and attended Greenville High School. She has two full sisters, one half-sister, one half brother, and two step-brothers.

She married Francis Steven McElhinny on February 9, 1952. They had five children: Mary Lou, Denny, Rosie, Patti, and Tommy, who is deceased. She has nine grandchildren: Danny, Melanie, Wendy, Katie, Matt, Jason, Zachary, Jessica, and Adam. She also has one great-grandchild.

As a homemaker, she spent her time cleaning, caring for her family, and doing yard work; she filled her spare hours with reading. She loves children, and greatly enjoyed helping care for her grandchildren. Some of her best memories are when she and her husband and children camped. She enjoyed working in the mountains and she successfully killed two deer while hunting when she was younger.

She enjoys traveling and has been to Maine seven times, Florida twice, and Niagara Falls.

~ Special Events in February ~

Thursday, February 1, 1:30 p.m.
Hope the Dog Visits

Monday, February 5, 1:30 p.m.
Food Committee Meeting, Harmony Hall

Saturday, February 10, 10 a.m.
Hymn Singing with Robin, Harmony Hall

Tuesday, February 13, 1 p.m.
Pets on Parade

Tuesday, February 13, 2 p.m.
Coffee and a Craft with Southern Care Hospice

Saturday, February 17, 7 a.m.
Men's Breakfast, Harmony Hall

Thursday, February 22, 6:30 p.m.
Activity Buck Shopping, Harmony Hall

~ Fun Fact ~

February is: National Bird Feeding Month!
~ 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.

~ February Birthdays ~

1 - Dorothy Amy
1 - James Riley
2 - Elizabeth Cornett
3 - William Gustafson
5 - Gladys Nye
11 - Janet McClearn
17 - Cathy Spiardi
18 - Grace Wagner
19 - Patricia Sabatino
21 - Araminta Butler
22 - Robert Fike Jr.
24 - Naoma Hutton
25 - Nancy Keck
26 - Twila Markwell
27 - Bob Zahniser

~ 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 these monthly meetings.

~ 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.

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.
## Noon Meals at The Villas

### February 2018

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<th>Sun</th>
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<td>Baked chicken w/mustard &amp; Parmesan, whipped sweet potatoes, green beans w/basil, red grapes</td>
<td>Baked fish w/warm tarter sauce, rosemary roasted potatoes, corn, cherry crisp</td>
<td>Lemon pepper turkey, rice pilaf, peas &amp; pearl onions, banana split dessert</td>
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<td>Baked glazed ham, escalloped potatoes, asparagus, lemon cream pie</td>
<td>Veal Parmesan, spaghetti, tossed salad, fresh orange</td>
<td>Apple-raisin stuffed chicken, mashed potatoes, green beans w/tarragon butter, dilled carrots, peaches</td>
<td>Beef pot roast, baked potato w/sour cream and chives, dilled carrots, peas</td>
<td>Braised turkey w/egg noodles, green peas, raspberry parfait pie</td>
<td>Vegetable baked fish, pierogies, garden-seasoned broccoli, mixed melon salad</td>
<td>Meatloaf, garlic mashed potatoes, spinach, pumpkin cheesecake bar</td>
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<td>Chicken a la king, Lima beans, apple pie</td>
<td>Tilapia almondine, lemon rice w/peas, escalloped tomatoes, butterscotch cream cheese bars</td>
<td>Roast beef, cheesy mashed potatoes, Brussels sprouts, sour cream orange cake</td>
<td>Shrimp fettuccine alfredo w/broccoli, potatoes w/cream sauce and Parmesan, dilled carrots pineapple &amp; oranges</td>
<td>Turkey butternut squash casserole, tossed salad, raspberry whip</td>
<td>Lemon herb glazed pollock, paprika roasted potatoes, broccoli &amp; cauliflower, turtle squares</td>
<td>Stuffed chicken, mashed potatoes, green beans &amp; mushrooms, mixed melon salad</td>
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<td>Braised beef tips, egg noodles, spinach, heavenly hash pie</td>
<td>Veal w/mushrooms &amp; lemon sauce, Parmesan noodles, asparagus, pineapple upside down cake</td>
<td>Spaghetti noodles w/sauce &amp; meatballs, Italian green beans, applesauce cake down cake</td>
<td>Fried chicken, duchess potatoes, zucchini &amp; summer squash, diced pears</td>
<td>Vegetable lasagna, whole baby carrots, pudding tart</td>
<td>Diced beef w/teriyaki sauce, white rice, Oriental vegetable blend, Mandarin oranges</td>
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<td>Chicken, pasta &amp; broccoli w/mushroom sauce, carrots, banana cream pie</td>
<td>Turkey meatloaf, baked potato, Brussels sprouts, red grapes</td>
<td>Pork cubes in sweet &amp; sour sauce, black beans &amp; yellow rice, cauliflower, fruit whip</td>
<td>Beef brisket, mashed potatoes, brown gravy, garlic &amp; herb broccoli, cinnamon applesauce</td>
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**February Calendar:**

- **1st:** Baked chicken w/mustard & Parmesan, whipped sweet potatoes, green beans w/basil, red grapes
- **2nd:** Baked fish w/warm tarter sauce, rosemary roasted potatoes, corn, cherry crisp
- **3rd:** Lemon pepper turkey, rice pilaf, peas & pearl onions, banana split dessert
- **4th:** Baked glazed ham, escalloped potatoes, asparagus, lemon cream pie
- **5th:** Veal Parmesan, spaghetti, tossed salad, fresh orange
- **6th:** Apple-raisin stuffed chicken, mashed potatoes, green beans w/tarragon butter, dilled carrots, peaches
- **7th:** Beef pot roast, baked potato w/sour cream and chives, dilled carrots, peas
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- **21st:** Fried chicken, duchess potatoes, zucchini & summer squash, diced pears
- **22nd:** Vegetable lasagna, whole baby carrots, pudding tart
- **23rd:** Diced beef w/teriyaki sauce, white rice, Oriental vegetable blend, Mandarin oranges
- **24th:**   

**Additional Notes:**

- Meals are subject to change based on availability and supplier constraints.
- Please check with staff for dietary restrictions.
- Lunch is served daily from 11:45 AM to 12:45 PM.
Thursday, February 1 – Spunky Gals Day
10 a.m. & 2 p.m. Movies on Ch. 126-851
10:30 a.m. Rosary
1:30 p.m. 500 Bid in Gardens Dining Room
2 p.m. Bible Study
7 p.m. Amish Singers

Friday, February 2 – GROUNDHOG DAY
PRE-SUPERBOWL FRIDAY
~ Casual Friday ~ Team Colors/Shirts
10 a.m. & 2 p.m. Movies on Ch. 126-851
Afternoon: Pigskin Party Cart to the Neighborhoods
7 p.m. Friday Night Movie Ch. 126-851

Saturday, February 3 – Bye-Bye Miss American Pie Day
10 a.m. & 2 p.m. Movies on Ch. 126-851
2 p.m. BINGO

Sunday, February 4 – SUPERBOWL SUNDAY
(Superbowl LII [52])
10 a.m. Church Service
2 p.m. Movie Ch. 126-851

Monday, February 5 – Weatherman Day
10 a.m. & 2 p.m. Movies on Ch. 126-851
1:30 p.m. Bingo Bucks
7 p.m. Bowling in the HFC

Tuesday, February 6 – February is Black History Month
10 a.m. & 2 p.m. Movies on Ch. 126-851
1:30 p.m. 500 Bid in Gardens Dining Room
7 p.m. Bingo

Wednesday, February 7 – Laura Ingalls Wilder Day
10 a.m. Mass
2 p.m. Movie on Ch. 126-851
6:30 p.m. Mid-Week Service

Thursday, February 8 – Opera Day
10 a.m. & 2 p.m. Movies on Ch. 126-851
10:30 a.m. Rosary
1:30 p.m. 500 Bid in Gardens Dining Room
2 p.m. Bible Study
7 p.m. “Z” Praise Entertainment

Friday, February 9 – BAGEL & BISCOTTI DAY
~Casual Friday ~ Boots/Booties & Jeans
10 a.m. & 2 p.m. Movies on Ch. 126-851
7 p.m. Friday Night Movie Ch. 126-851

Saturday, February 10 – Glenn Miller sold 1 million copies (First Gold Record) “Chattanooga Choo Choo” (1942)
10 a.m. & 2 p.m. Movies on Ch. 126-851
2 p.m. Bingo

Sunday, February 11 – Nelson Mandela is released after 27 years of imprisonment in South Africa (1990)
10 a.m. Church Service
2 p.m. Movie on Ch. 126-851

Monday, February 12 – Abraham Lincoln’s Birthday
2:30 p.m. Humble Music Ministry
7 p.m. The Lamberts (Variety, Oldies)

Tuesday, February 13 – LOVING HEARTS DEPOT Annual Retreat + Coffee Cart & News Bits
1:30 p.m. 500 Bid in Gardens Dining Room
7 p.m. Bingo
Wednesday, February 14 – LOVING HEARTS DEPOT
10 a.m. & 2 p.m. Movies on Ch. 126-851
2 p.m. Humble Music Ministry
6:30 p.m. Mid-Week Service

Thursday, February 15 – Westminster Dog Show begins
10 a.m. & 2 p.m. Movies on Ch. 126-851
10:30 a.m. Rosary with Communion
2 p.m. Bible Study
1:30 p.m. 500 Bid in Gardens Dining Room
6:45 p.m. Kinsman Amish Youth Group

Friday, February 16 – CHINESE NEW YEAR: YEAR OF THE DOG
~ Casual Friday ~
FURRY FRIENDS DAY
10 a.m. Gina’s Creative Corner
10 a.m. & 2 p.m. Movies on Ch. 126-851
7 p.m. Friday Night Movie on Ch. 126-851

Saturday, February 17 – No Crabby Pants Allowed Day
10 a.m. & 2 p.m. Movies on Ch. 126-851
2 p.m. Bingo

Sunday, February 18 – 60TH DAYTONA 500
~ Bonus Jeans Day ~ Wear a racing shirt/hat
10 a.m. Church Service
2 p.m. Movie on Ch. 126-851

Monday, February 19 – U.S. President’s Day
12:30 p.m. Monthly Birthday Lunch
7 p.m. “Z” Praise Entertainment

Tuesday, February 20 – Hoodie Hoo Day
10 a.m. Marbles the Cat
10 a.m. & 2 p.m. Movies on Ch. 126-851
1:30 p.m. 500 Bid – Gardens D.R.
7 p.m. Bingo

Wednesday, February 21 – “COMFY CUISINE” NEIGHBORHOOD LUNCHEON
~ Wear Pajamas or Active Wear ~
St. Mike’s students visit
10 a.m. & 2 p.m. Movies on Ch. 126-851
6:30 p.m. Mid-Week Service

Thursday, February 22 – George Washington’s Birthday
10 a.m. & 2 p.m. Movies on Ch. 126-851
10:30 a.m. Rosary
1:30 p.m. 500 Bid in Gardens D.R.
2 p.m. Bible Study
7 p.m. Stephen Medovitch (Rat Pack Style)

Friday, February 23 - CHEER ON THE XXIII WINTER OLYMPICS DAY
~ Casual Friday ~ Wear Red, White & Blue!
10 a.m. & 2 p.m. Movies on Ch. 126-851
2 p.m. Winter Olympic Games
7 p.m. Friday Night Movie on Ch. 126-851

Saturday, February 24 – Old Jokes Day
10 a.m. & 2 p.m. Movies on Ch. 126-851
2 p.m. Bingo

Sunday, February 25 – Make a New Friend Day
10 a.m. Church Service
2 p.m. Movie on Ch. 126-851

Monday, February 26 – History of the Flute Day
10 a.m. Hymn Sing with Greg Van Valien
10 a.m. & 2 p.m. Movies on Ch. 126-851
7 p.m. Casino Nite: Games of Chance

Tuesday, February 27 – Polar Bear Day
10 a.m. & 2 p.m. Movies on Ch. 126-851
1:30 p.m. 500 Bid – Gardens D.R.
7 p.m. Bingo

Wednesday, February 28 – CABIN FEVER WEDNESDAY
~ Camp Tee/Outdoor Shirts & Jeans~
10 a.m. & 2 p.m. Movies on Ch. 126-851
11:30 a.m. Men’s Luncheon: Cabin Fever!
6:30 p.m. Mid-Week Service
FRIDAY, FEBRUARY 2—GROUNDHOG DAY Punxsutawney Phil, a weather predicting rodent, will mesmerize millions of anxious marmot fans as they await his meteor-illogical forecast for the upcoming season. Let’s hope for an early Spring from the great prognosticator! It’s also Pre-Superbowl Friday!! Wear your favorite team colors/team shirts & jeans! A Pigskin Party Cart will serpentine through the neighborhoods! Play football folly for your chance at a prize!

SUNDAY, FEBRUARY 4—SUPER BOWL SUNDAY Bonus Jeans day – cheer on the Super Bowl this day!

FRIDAY, FEBRUARY 9—BAGELS & BISCOTTIS DAY Wear your favorite boots or booties and jeans this day! Stop by anytime from 6:30 – 10 a.m. in the HFC Coffee House for mellow jams, update on the news or relax with light reading. Bagels, biscottis and a variety of breakfast beverages will be available to residents and staff.

TUESDAY, FEBRUARY 13 & WEDNESDAY, FEBRUARY 14—LOVING HEARTS DEPOT Check out the Loving Hearts Depot for Valentine’s Day! Homemade chocolates, candies, cookies & more! We will be located in the front Lobby of The Villas Tuesday 6:30 a.m. to 3:30 p.m. Monthly Coffee Cart will be stationed there as well with your favorite morning beverages! Wednesday, goods will be available from 9:30 a.m. – 3:30 p.m. All proceeds go to Villas resident activities.

FRIDAY, FEBRUARY 16—CHINESE NEW YEAR: YEAR OF THE DOG Wear jeans this casual Friday! Since it is year of the dog, bring in your furry friend to visit with residents. According to the Chinese Zodiac, “Dog” personality traits include independence, sincerity, loyalty, decisiveness and are harmonious with people. At 10 a.m., join Gina Toth for Creative Corner in the HFC.

SUNDAY, FEBRUARY 18—60TH DAYTONA 500 Jeans permitted for the dress code this day if wearing a racing shirt/sports shirt or hat.

WEDNESDAY, FEBRUARY 21—“COMFY CUISINE” NEIGHBORHOOD LUNCHEON AND PAJAMA PARTY! Join your neighborhood for lunch and wear P.J’s or active wear this day! Menu choices will be spaghetti & meatballs or chicken Kiev, pierogies, Italian green beans, buttered breadstick and applesauce cake.

FRIDAY, FEBRUARY 23—CHEER ON THE XXIII WINTER OLYMPICS DAY! Wear red, white & blue to represent the U.S.! At 2 p.m., we will have our own version of the Winter Olympic Games in the HFC! Spanning the neighborhoods to bring you a variety of contenders…the thrill of victory…and the agony of defeat! Just who will bring home the Gold for their neighborhood?!!

WEDNESDAY, FEBRUARY 28—MEN’S LUNCHEON: CABIN FEVER! Let’s shake it up a bit and enjoy the outdoor flavor of grilled dogs/burgers, baked beans, chips and a brownie! Celebrate with the guys by wearing a camp tee or outdoor shirt & jeans this day! Wildlife targets will be set up at the “shooting range!”

Regularly Scheduled Activities:
BINGO – Tuesdays at 7 p.m. and Saturdays at 2 p.m.
Mid-Week Service Wednesdays at 6:30 p.m.

Special Activities in February:
Feb. 2 – Amish Singers, 7 p.m.
Feb. 6 – Chuck Marx, 7 p.m.
Feb. 9 – Z Entertainment, 7 p.m.
Feb. 13 – Austi, 7 p.m.
Feb. 16 – Kinsman Amish Youth Group, 6:45 p.m.
Feb. 20 – Bonnie Campbell, 7 p.m.
Feb. 21 – Bingo at 2 p.m. instead of 7 p.m.
Feb. 21 – Sing for Fun w/ Mark Eckler, 7 p.m.
Feb. 23 – Steve Medovitch, 7 p.m.
Feb. 27 – Rick Bruening, 2 p.m.
Caring Hearts recognizes staff members who go above and beyond to help or support a resident or fellow staff member.

Caring Hearts – December 2017

List features staff from The Heritage, The Keifer Building, The Ridgewood, The Villas and Without Walls.

Koreena Barker
Tabitha Beach
Stephanie Clevenger
Ashley Coxson
Kara Doddo
Rose Farley
Carla Flannery
Lindsay Griffiths
Teresa Heckman
Lisa Kinselman
Beth Linamen
Tammy Liska
Brittany Little
Hope Long
Karen Mackall
Meghan Makatura
Ashley McBriar
Shane McClelland
Alyssa Miller
Dave Miller
Julie Miller
Kathy Moon
Jeff Moser
Lynn Moyer
Angela Pochatko
Steve Richardson
Rebecca Sawtell
Amber Scarmack
Gina Sorg
Cindy Stoyer
Mikkayla Thomas
Renee Thurber
Chyenne Van Tassel
Deb Weese
Elisa Wotherspoon

Special Thanks...

I want to thank everyone who helped me out this summer. It is greatly appreciated.
Thank you!
—Cathy Anderson

Orchards Housekeeping, Dining Services & Nursing:
The neighborhood decorations look awesome! Way to go!
—Dianna Mills
### Medical Supplies & Equipment

#### Significant Savings + Delivered Directly to your Door

(Compared to local retailers) (Free delivery within 10 miles)

- **Underpad TENA®**
  - 28" X 36" Disposable Fluff
  - Heavy Absorbency
  - Larger sized
  - High absorbency
  - Case of 100
  - Pack of qty. 10
  - **$45/case**
  - **$6/pack**

- **Bath Wipe TENA® Classic Soft Pack Aloe/Vitamin E/Chamomile Scented**
  - 48 Count
  - **$9.99 per pack**

- **Exam Glove McKesson NonSterile Clear Powder Free Vinyl Ambidextrous Smooth**
  - 150 per box
  - Sizes: Sm., Med., L, & XL
  - **$10 per box**

- **Adult Absorbent Underwear TENA® Plus Pull On Disposable Heavy Absorbency**
  - **$46*/case**
  - **$49*/case**
  - *Small $46/case (64 qty.)*
  - *Med. $49/case (72 qty.)*
  - *Large/XL $49/case (72 qty.)*
  - *XX Large $49/case (64 qty.)*

- **Oral Supplements Ensure® or Boost®**
  - 8 oz. Cans, ready to use
  - 8 oz. Cartons, ready to use
  - Vanilla or Strawberry
  - Chocolate, Vanilla or Strawberry
  - 24 cans/case
  - 27 cartons/case
  - **$18.99 per case**

- **Examples of other available supplies include:**
  - Test strips
  - Bandages
  - Dressings

Special requests are welcome and will be priced individually.

**TO ORDER,** contact

**ST. PAUL’S WITHOUT WALLS**
724-589-4740

**Minimum order of $25.**

Orders placed outside 10 mile radius will be charged standard shipping. ($4.99)
Volunteers are always needed...

It’s easier than ever to apply on our new website! Simply visit:

www.stpauls1867.org/join-our-team/volunteer

to fill out our application.

More than 200 adults and students support the many services, programs and special events on our campus by giving of their time and talents. Groups also invest their time to enhance the quality of life at St. Paul’s.

St. Paul’s offers a wide variety of volunteer opportunities including inside transportation assistance for residents going to the Fitness Center or the salon, one-on-one visits with residents across the campus, working in the Bistro, and supporting special events. Our goal is to connect volunteers in areas where they are comfortable and will enjoy.

We invite you to come and volunteer. You’ll be a blessing to our residents by supporting the many opportunities offered for residents to enjoy!

Volunteering – The Perfect New Year’s Resolution

Ahhh, the holidays came and went. We enjoyed a lot of parties, gifts, celebrating with our family and friends, and a lot of food and drink. Now we face the New Year resolutions – shed those extra pounds we added on during the holidays, exercise more, read more, try to get eight hours of sleep a night. Maybe 2017 has even given you inspiration to do something that benefits others. Volunteering makes the perfect New Year’s Resolution! Ever consider adding volunteering at St. Paul’s on your resolution list?

Below are just a few reasons to volunteer:
• Studies show that volunteering to help others is actually good for YOUR health
• Volunteering has been linked with increased levels of happiness and decreased depression
• Volunteering helps create and support healthy communities
• Reports show that volunteering helps you feel less stressed, more engaged, and connected to your community

There has never been a better time to commit to volunteering in the New Year. The Volunteer Department is in need of volunteers to visit, read, and to help transport residents to and from our fitness center, beauty salon, and our many resident activities and services. If you would like to put a smile on someone’s face, and feel the warmth in your own heart, I invite you to provide me with your phone number or e-mail address so I can reach out to you and explain the opportunities we have available at St. Paul’s.

Volunteering really does make a difference. It makes a difference for you and your health. It makes adifference to those who you serve, and it makes a difference in the lives of the people who you directly touch.

Rose Hoffman, Director of Volunteer Services — 724-588-9613 Ext. 1135, rhoffman@sp1867.org

The Perfect New Year’s Resolution

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Rose Hoffman, Director of Volunteer Services — 724-588-9613 Ext. 1135, rhoffman@sp1867.org
Family Photos

Christmas Dinner at The Villas
Santa & Elves deliver gifts to residents.

For more photos from all of our campus events, visit our New & Improved online PHOTO GALLERY
https://www.stpauls1867.org/about/photo-gallery
LET ALL THAT YOU DO BE DONE WITH LOVE.

Happy Valentine's Day

1 CORINTHIANS 16:14 NKJV