Annual “Loving Hearts Depot” Fundraiser Nets nearly $1,000 for The Villas Resident Activity Fund

For more than 10 years, the Life Enrichment Team at The Villas has been filling the lobby with festive Valentine’s Day treats to raise funds for resident activities. Each year, the sale takes place the two days prior to the holiday, so we can all stock up on goodies for our loved ones.

The planning begins in January, when the group sits down to decide what they will feature to sell. Orders for chocolate covered strawberries and homemade chocolate truffles are collected ahead of time. This year more than 200 strawberries were ordered (thanks to Missy Nitch for hand-dipping each one!) and nearly 60 truffles were ordered (Audrey Bates is the truffle-maker :-)).

Along with a variety of other homemade baked goods donated from team members, the tables feature pre-packaged, hand-dipped chocolate goodies such as popcorn, pretzels and other salty snacks. And don’t forget the Oreo – ten entire packages of Oreo Cookies were hand-dipped and all were sold (according to a Google search, that’s almost 400 cookies!).

A few days before the sale, the entire group gathers and begins packaging the treats in assembly-line fashion. Audrey said, “Everybody works together. We’re a good team!”

Residents and family members, volunteers and visitors, staff – along with some of their kiddos – from all departments across campus patronize the sale. Thank you for supporting the efforts of The Villas Life Enrichment Team!

The “Loving Hearts Depot” is yet another extraordinary example of the thoughtful teamwork, dedication and our entire community coming together to create meaningful lives for our residents. Keep up the good work! And after all that chocolate...we should remember to visit the dentist in March!
The SECURE Act was signed into law on December 20, 2019, and it made some key changes that may impact how you withdraw your retirement funds and utilize tax-saving strategies through charitable giving.

1. No more “Stretch” IRAs - If you name a beneficiary who is not your spouse and is more than 10 years younger than you, they will have to withdraw all the funds from the account within 10 years of inheriting. They will not be able to stretch it out over their lifetime.

2. Required minimum distribution age now 72 - The age that you have to start taking out a required minimum distribution (RMD) from your IRA has gone up from 70 1/2 to 72.

3. No age limit for contributions - Recognizing that people are working longer, the SECURE Act removed the age limit for contributing to your traditional IRA.

For more detailed information about the SECURE Act, please visit www.stpauls1867.org/news/secureact. To find out how you can save on taxes by making gifts through your IRA, please contact Director of Planned & Major Giving Dawn Hartman at 724-588-9613 ext. 1214 or dhartman@sp1867.org.

The “It’s All About Heart” fundraiser is underway now and will run through the month of February on St. Paul’s Facebook page benefiting the Eden Alternative at St. Paul’s. The money raised will go toward creating special moments and activities for our residents on and off campus. Check out the videos of residents and staff on our Facebook page now, talking about some of their favorite memories that were made possible by donors to the Eden Alternative. For the month of February, we have a very generous donor who has pledged to match any gifts made up to $5,000! So if you can spare $10, $25, $50 or more, your gift will be DOUBLED!

Thank you to everyone who donated to the campaign so far! We are a little over halfway there. But, we still need $1,565 to reach our goal! Please consider making a gift and/or sharing the fundraiser on social media to help spread the word.

To find the campaign go to St. Paul’s Facebook page and click on the “It’s All About Heart 2020” fundraiser. Donations can be made securely through Paypal or by credit card through Facebook or by sending in a donation to The Charitable Giving Office at St. Paul’s. Make sure to note that the gift is for the “It’s All About Heart” Eden campaign. Thank you for helping create more special moments and memories at St. Paul’s.
St. Paul’s Annual Women’s Retreat was held on Tuesday, February 18 in Headland Friendship Commons with 70 persons in attendance. This year’s theme was “Daughters in Distress: How Local Non-profits and Faith Groups are Addressing Violence Against Women and Girls.” Women from all across campus gathered to enjoy the informational program and lunch.

Program presenters for the day included Brianna Ward and Maria Thompson from Mercer County AWARE, Inc.; Pat Bellingham from the NWPA Synod Women of the ELCA; Brittany Wilkerson from Bethel Life Church’s Project Restore and Pastor Julia Fraser, Chaplain.

Many thanks to the following for their help: Robyn Weaver (favors), Rhonda Pipp (programs), Michele Miranda, Virginia Smith, Mariah Corson, and The Villas Life Enrichment staff (recruitment and decorations), Gary Hepler, Terri McGarvey and the Dining Staff (refreshments and lunch), Sean Davis and the Housekeeping Staff (set-up), Gregg Buchanan and the IT Staff (tech and sound), Carla Reichard (music), Nola McGranahan (favors), Janet Kirk, and Carol Hosmer (greeters).

01/16/20 Harold McClelland
01/17/20 Bonnie Splichal
01/18/20 Paul Kolesky
01/20/20 Helen Martin
01/21/20 Charlotte Pelini
01/25/20 Phyllis Miller
01/25/20 Sandra Marvin
01/25/20 Thomas Seiple
01/26/20 Joan Brown
01/27/20 Donald Eichelberger
01/29/20 Larry Staley
02/01/20 Vernice Brocklehurst
02/10/20 Stella Barrett
02/13/20 Dorothy Campbell

The Eden Alternative is an international not-for-profit organization dedicated to transforming care environments into habitats for human beings that promote quality of life for all involved. The philosophy is a powerful tool for creating well-being for Elders, wherever they live, and those who collaborate with them as care partners. Research has shown this leads to improved quality of care and higher rates of satisfaction for everyone involved, while also benefitting the bottom line of provider organizations.

As a principle-based philosophy, The Eden Alternative empowers care partners, whether they are family members, professionals, or volunteers, to transform institutional approaches to care into the creation of communities where life is worth living. We firmly believe that culture change unfolds one relationship at a time, and that deep change can only take root when the entire continuum of care is involved. A highly adaptable philosophy, The Eden Alternative currently offers three different applications of its Principles and Practices that acknowledge and support the unique needs of various living environments, ranging from the nursing home to the family homestead.

The Eden Alternative is well-known for its original mission to transform the organizational culture of nursing homes and other institutional settings. Going strong for more than twenty years, there are more than 30,000 Certified Eden Associates and Certified Eden at Home Associates worldwide committed to inspiring change in the organizations where they work. Based on the belief that care is part of a continuum, regardless of where it is provided, Eden at Home was created to apply the Eden Alternative’s Ten Principles to home and community-based care. And finally, Eden LifeLong Living promotes quality of life and well-being for individuals living with cognitive, developmental, psychological, and physical challenges.
Lyn Mossman to be feted at reception on March 3

Lyn Mossman, who has served as the accompanist for worship services at St. Paul’s for nearly 17 years, officially retired from this role following the Sunday worship services on February 23 and will be honored at a reception on Tuesday, March 3 at 2 p.m. in Headland Friendship Commons. Residents, staff and friends from St. Paul’s will join members of Lyn’s family and others in honoring her. The reception is open to all.

“If you look in a dictionary under “faithful servant,” chances are you might see Lyn’s photo,” said Pastor Bill Kirker, Director of Spiritual Services. “When I asked Lyn how long she had been playing for our services, she simply said, ‘a long time.’”

Pastor Glenn Sadler, former Spiritual Services Director, confirmed this noting that when he came to St. Paul’s in June 2003, Lyn was playing for worship services and other venues. He noted, “Lyn was the pianist/organist the whole time I was chaplain here at St. Paul’s. Her preludes, postludes and offertories added inspiration and spark to all the Sunday, Wednesday and Special Worship services. I was always amazed that her music was only on a small handwritten note with just the titles of the songs. Arlene and I count Lyn as a very special friend. We pray that God will continue to bless her fully!”

Also commenting on how beloved Lyn is, Pastor Julia Fraser, Chaplain, said, “When we honored Lyn for her service a few summers back during our Vacation Bible School, we invited people to send in letters of tribute to include in a scrapbook—and we received lots of them from family members, friends, church members, area musicians, and residents and staff from the St. Paul’s community. She has touched so many people’s lives, both through her piano playing and through her kind and gracious nature. I am so grateful to have been able to serve alongside her here.”

Lyn not only provided music for various Spiritual Services functions, she also played for events such as the annual Veteran’s Day tribute, the Snowflake Ball, and numerous other Life Enrichment programs. Mimi Dreher, Director of Life Enrichment, shared, “We have been blessed to have Lyn Mossman be a part of St. Paul’s family. Lyn and her husband Norm played for us on numerous occasions, including the Snowflake Ball one year - Lyn was on piano and Norm played saxophone (as well as a couple other instruments!). Whether for men’s luncheons, Friday theme days or other special activities, Lyn has always been game to lend her talents. We thank her for dedication and wish her the best!”

Patti Arensberg, Life Enrichment Coordinator on Jones Serenity Circle noted, “The residents of Jones Serenity Circle always enjoy listening to Lyn playing some of their favorite tunes. She always knows the ones they enjoy most!”

Pastor Ray Brugler and his wife Pat have enjoyed Lyn’s musical talents as residents of The Colony and now The Heritage. Pastor Ray for a season also led a worship service occasionally at The Heritage. They commented, “Lyn your nimble fingers and mighty smile bring joy to our worship. Your cards and notes share your caring and compassion; serving with you is a privilege and knowing you is a lift to our hearts.”

Tammy Lininger, administrator at The Villas said, “Lyn has been such a blessing to us at St. Paul’s. By sharing her unique musical talents, she has brought immeasurable joy to many residents through her years of service. We are forever grateful for her and wish her nothing but the best! Thank you Lyn!” We all wish Lyn an enjoyable and relaxing retirement.

Spiritual Council’s first meeting of 2020 was Feb. 5

In attendance were Pr. Glenn Sadler, Pr. Ray Brugler, Ann Fowler, Pr. Julia and Pr. Bill, Dee Henley, Ruth Ann Jones, Bert Heckman, and Mary Alice Dean. We were pleased to welcome Kathy Martorelli as a new representative from The Heritage.

In addition to other business, the Council approved the following charitable donations to be distributed out of weekly church offerings — $500 each to: AWARE, Inc., the Salvation Army, Disaster Relief in regards to the fires in Australia and Joshua’s Haven in Sharon, Pa., which is opening a new monthly free clinic for Mercer County residents.
Transitioning and Preparing

March is a month of transition and preparation. During the month the days become longer and (hopefully) warmer. On March 8 we "leap" ahead one hour as Daylight Savings Time begins. The sun makes its daily appearance an hour later in the morning, yet we have that extra hour of daylight in the evening to begin spring chores.

Then, on March 19 spring begins. During the month (we hope) the buds appear, spring flowers mark their arrival and the grass returns to a lush green. If the milder than normal gives way to an early spring (thank you Punxsutawney Phil) we may get an early preview of God’s seasonal beauty on display.

March is also a time for reflection and preparation as the liturgical season of Lent spans the entire month. Some Christians mark the season through acts of penance including giving up something that has special meaning. Whether it is a special treat (as a child I did not eat candy during Lent) or some simple pleasure such as not watching television or maybe no March Madness? Or not playing bingo.

Others mark the Lenten season by using a Lenten devotional, reading the Bible daily or spending time in prayer or recitation of the Rosary. We may also choose to set aside daily time for quiet reflection on the goodness of God, counting our blessings, or quietly listening for His still, small voice.

We read in the Gospel of John: “Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.”” Jn. 14:6 (NKJV). It is through faith in Christ that we receive eternal life. It is given freely through grace, “not of works, lest anyone should boast.” Eph. 2:9 (NKJV).

If we are going through challenging times and struggles, Jesus calls us to himself, “Come to Me, all you who labor and are heavy laden, and I will give you rest.” Matt. 11:28 (NKJV).

In whatever way you choose to mark the Lenten season, may you be blessed and encouraged as you give glory and honor to the Lord during this season of transition and preparation.

— Pastor Bill Kirker

WORSHIP SCHEDULE AND SCRIPTURES FOR MARCH 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

March 1, 2020 — First Sunday in Lent
Scriptures: Genesis 2:15-17; 3:1-7 Psalm 32
Romans 5:12-19 Matthew 4:1-11
Pastor Julia Fraser will lead all three worship services.

March 8, 2020 — Second Sunday in Lent
Scriptures: Genesis 12:1-4a Psalm 121
Romans 4:1-5, 13-17 John 3:1-17
Pastor Julia Fraser will lead all three worship services.

March 15, 2020 — Third Sunday in Lent
Scriptures: Exodus 17:1-7 Psalm 95
Romans 5:1-11 John 4:5-42
Pastor Bill Kirker will lead all three worship services.

March 22, 2020 — Fourth Sunday in Lent
Scriptures: I Samuel 16:1-13 Psalm 2
Ephesians 5:8-14 John 9:1-41
Pastor Bill Kirker will lead all three worship services.

March 29, 2020 — Fifth Sunday in Lent
Scriptures: Ezekiel 37:1-14 Psalm 130
Romans 8:6-11 John 11:1-45
Pastor Bill Kirker will lead all three worship services.
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.

**Storage Units Available at Rust Colony Square**

**IMPORTANT:**
**Securing Resident Valuables at The Villas**

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 myth of self-reliance**

As a society, we value independence. The self-sufficient super-achiever. When it comes to family caregiving, however, this mind-set can backfire, resulting in stress and burnout for you, not to mention greater risk for your relative. (Imagine if something happened to you and no one else knew what to do!)

**Your mind may be the culprit.** When you think about asking others for help, does your mind immediately come up with reasons why they can’t? Those are thoughts and beliefs trapping you, not reality or facts. It is time to question your assumptions.

**Liberate yourself**

For each obstacle statement, challenge your limiting thoughts with alternate possibilities:

“**They are too busy.**” This is an assumption. I won’t know until I ask.

“I should be able to do it all.” The situation is more than anyone could foresee or do alone. It’s reasonable to ask for help.

“I’m emotionally the closest.” That may be; however, that doesn’t mean that others don’t have a role to play. It is an opportunity for them to learn and participate, and also for the person I care for to have greater security and feel supported by more than just me.

“**They live too far away.**” Even if they can’t help with hands-on activities, there are other ways they can contribute that will make my load lighter.

“**It’s more work to teach them than to do it myself.**” That’s true at first. But then they will know how and can do it again. This is an investment.

“**They won’t do it right.**” I can teach them. It’s okay if it’s not perfect or the way I would do it.

“**They don’t want to help. If they did, they would have already.**” This is an assumption. They won’t know what’s needed or how to help unless I express the need.
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.
## March 2020

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<th>Sun</th>
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<tr>
<td>2 p.m. College Road Trip</td>
<td>10 a.m. Marley &amp; Me</td>
<td>10 a.m. Gone in 60 Seconds</td>
<td>2 p.m. Hatali!</td>
<td>10 a.m. Bicentennial Man</td>
<td>10 a.m. Calendar Girls</td>
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<td>2 p.m. The Fugitive</td>
<td>2 p.m. Sherlock Holmes</td>
<td>2 p.m. Bewitched</td>
<td>7 p.m. Fire Fox</td>
<td>2 p.m. Cheaper By the Dozen</td>
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<td>2 p.m. Mrs. Doubtfire</td>
<td>2 p.m. Cool Runnings</td>
<td>2 p.m. Beauty Shop</td>
<td>10 a.m. Victor Borge</td>
<td>10 a.m. A Cinderella Story</td>
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<td>2 p.m. The Desert Trail</td>
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<td>2 p.m. A Walk in the Clouds</td>
<td>2 p.m. Citizen Kane</td>
<td>2 p.m. Second Hand Lions</td>
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<td>2 p.m. The Notebook</td>
<td>2 p.m. The Nutty Professor</td>
<td>2 p.m. Mist</td>
<td>7 p.m. It Could Happen To You</td>
<td>2 p.m. Second Hand Lions</td>
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<td>2 p.m. Two Weeks Notice</td>
<td>10 a.m. Walk the Line</td>
<td>2 p.m. Oliver</td>
<td>10 a.m. Freaky Friday</td>
<td>10 a.m. Pink Panther</td>
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<td>10 a.m. Maid in Manhattan</td>
<td>2 p.m. Quigley Down Under</td>
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<td>10 a.m. Eight Below</td>
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<td>2 p.m. Because of Winn-Dixie</td>
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<td>7 p.m. The Bachelor</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.
March 2020 Calendar of Events

Monday, March 2 – Hymn Sing
Tuesday, March 3 – Quilt Show & Shops
Wednesday, March 4 – Monthly Birthday Celebration
Thursday, March 5 – Dinner Out
Saturday, March 7 – Mutts Gone Nuts in Meadville, Pa.
Sunday, March 8 – Colony Brunch
Tuesday, March 10 – Colony Coffee & Conversation
Tuesday, March 10 – Colony Open Forum, 3 p.m.
Tuesday, March 10 – Movie Matinee
Wednesday, March 11 – Winery in Warren, Ohio
Friday, March 13 – Anne of Green Gables Play in Franklin, Pa.
Monday, March 16 – Men & Women’s Chat Group
Tuesday, March 17 – Colony Lunch
Wednesday, March 18 – Debence Antique Music World
Friday, March 20 – Pizza & Trivia Night
Saturday, March 21 – Greenville Business & Community Expo
Sunday, March 22 – Movie Matinee
Tuesday, March 24 – Colony Coffee & Conversation
Thursday, March 26 – Colony Dinner
Thursday, March 26 – Movie Night
Saturday, March 28 – Nunsense in Youngstown, Ohio
Monday, March 30 – Have a Ball in Jamestown, NY
Tuesday, March 31 – National Crayon Day Crafts

LIBRARIAN SCHEDULE

March 1 – Pat Houpt
March 8 – Dolores Johns
March 15 – Jennie Kather
March 22 – Janet Cooper
March 29 – Jennie Kather

VNA Alliance Wellness Program at The Keifer Building

Wed., March 25 @ 11:30 a.m.
Sleep & Sleep Apnea

Blood pressure screenings will follow from noon to 1 p.m.

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

April
3 - Allan Wilkins
5 - Ruby Smith
8 - Carla Brown
10 - Janice Easler
16 - Donald Beck
19 - Dee Henley
22 - Faye Tate
23 - Edna Hurd
23 - Dave Lehto
25 - Marilyn Macdonald
27 - Joann Boller
30 - Ann Fowler
Heritage Herald
~ News from The Heritage ~

March Special Activities

Sunday, March 1, 11:30 a.m.
Dining Room Seating Changes

Monday, March 2, 1:30 p.m.
March is National Peanut Lovers Month
We’ll celebrate with a NUTTY social and GAME

Tuesday, March 3, 6:30 p.m.
Mercer County Boys Music and singing

Wednesday, March 4, 1:30 p.m.
Add St. Patrick’s Day decorations to your
perpetual wreath we made last month

Thursday, March 5, 1 p.m.
German Ladies Social Gathering

National Cheese Doodle Day &
What Does Your Name Mean? Social

Saturday, March 7
Turn your clocks ahead one hour
before bed tonight!

Sunday, March 8
Daylight Savings Time Begins

Tuesday, March 17
ST. PATRICK’S DAY
11:30 p.m. – March’s Birthday Lunch
1:30 p.m. – Bag Pipe Music with Norm Armer

Thursday, March 19
FIRST DAY OF SPRING

Sunday, March 21, 6:30 p.m.
“Z” Praise Entertainment

Wednesday, March 25, 10 a.m.
Dining Committee Meeting

Wednesday, March 25, 2:45 p.m.
Resident Council Meeting

Thursday, March 26, 6:30 p.m.
Sound Witness Music and Singing

Friday, March 27
NATIONAL WEAR A HAT DAY

Monday, March 30, 1:30 p.m.
Milkshake Monday

March Birthdays

20 - Eleanor Jewell
20 - Norman Kashner
21 - Hugh McCright
28 - Laura Davis

Weekly Skee Ball Tournaments with Staff & Residents

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 Circle March Special Events

Friday, March 6, 12:45 p.m.
Music with Humble Ministries

Tuesday, March 10, 5:30 p.m.
Harp music with Alissa

Saturday, March 14, 2 p.m.
Homemade sweet treats

Monday, March 16, 5:30 p.m.
Music with Bonnie Campbell

Tuesday, March 17
9 a.m. St. Patrick’s Day fun w/ Irish music & manicures
1 p.m., Putting on the Green Golf Game

Sunday, March 22, 1:30 p.m.
Music with Noble Cause Ministries

Sunday, March 22, 2:30 p.m.
Patti preparing/serving homemade soup

Monday, March 23, 5:30 p.m.
“Z” Praise Entertainment

Friday, March 27, 2 p.m.
Glamour Shots w/JSC & JSL residents

Saturday, March 28, 1:30 p.m.
Melodies by Madison Sing-a-long

Jones Serenity Lane March Special Events

Tuesday, March 3, 2 p.m.
Monthly Birthday Celebration

Friday, March 6, 5:30 p.m.
Sing-a-long with Bonnie Campbell playing the piano

Thursday, March 12, 5:30 p.m.
“Z” Praise Entertainment

Saturday, March 14, 2 p.m.
Popcorn Social

Friday, March 20, 2 p.m.
Ice Cream Social

Wednesday, March 25, 5:30 p.m.
Entertainment with Gene Testa

Friday, March 27
Glamour Shots

Jones Serenity Circle & Lane
March Birthdays

1 - Ruth Ann Evans
3 - Mary Jane Anderson
4 - William Weaver
11 - Esther “Becky” Gardner
31 - Evelyn Johnston
Mary was born in Greenville, Pa. She graduated from St. Michael’s school in 1946. Mary married Joseph Symbala on July 22, 1955. They were married for 52 years before he passed away. She started working for Bell Telephone in 1946, as an operator and later worked in accounting.

Mary enjoys needle point in her free time. She especially prides herself in a Nordic form of needle point, Hardanger. She has won first place several times in a contest for original creative design in needlepoint, as well as winning two contests within the EGA (Embroiderers Guild of America). She was a member of the EGA, where she served as a treasurer. She is still a member of the ANG (American Needlepoint Guild). She has traveled to many seminars as part of the guilds. She has travelled a little bit and has been to Canada. Her favorite food is seafood. She has many good memories, but no single favorite.

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, Harmony Hall
2:30 p.m. – Ice Cream Cart down the halls

Mondays: 10:30 a.m. – Exercise Class, Harmony Hall

Tuesdays: 2 p.m. – Balance & Strengthening w/Ron

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
1:15 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 March ~

Tuesday, March 3
Birthday Lunch, Harmony Hall, 11:30 a.m.

Thursday, March 7
Amish Singers, down the halls, 6:30 p.m.

Thursday, March 10
Ridgewood Resident Council, 2:30 p.m.

Monday, March 16
Men’s Breakfast, Harmony Hall, 7 a.m.

Thursday, March 19
Activity Buck Shopping, Harmony Hall, 2:30 p.m.
~ 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.

March Birthdays

Our apologies to those who celebrated birthdays in February and were missed on last month’s listing – Happy belated Birthday!

1 - Richard Houston
4 - Gaye Stephens
5 - Deborah Jewell
6 - Rose Stumpff
11 - Richard Hayes
13 - Janet Liszka
14 - Isabelle Ohl
21 - Angelus Iwanczyk
24 - George Hittle
26 - Helen Filer
27 - Willard Thompson
28 - Gloria Bardella
28 - Janet Fischer
28 - Ruth Mack

James Riley (Feb. 1)
Hazel Rhoades (Feb. 10)
Shirley Xander (Feb. 10)
Cathy Spiardi (Feb. 17)
Martha Smith (Feb. 22)

~ 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 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.

~ 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.

~ Clothing Reminder for Villas Families ~

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Martha Smith (Feb. 22)

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.

~ Resident Refrigerator Use at The Villas ~

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<tr>
<td>Baked glazed ham, sweet potatoes, corn, banana cream pie</td>
<td>Chicken pie, mashed potatoes, honey-glazed carrots, apple crisp</td>
<td>Meatloaf Romanoff, noodles, broccoli, melon salad</td>
<td>Pork roast, mashed potatoes, sauerkraut, diced peaches</td>
<td>Chicken tenders, macaroni &amp; cheese, stewed tomatoes, ginger-spiced blondie bar</td>
<td>Tilapia fillet, baked potato, chalet vegetable blend, diced pears</td>
<td>Spaghetti and meatballs with sauce, tossed salad, pudding &amp; cookie parfait</td>
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<td>Stuffed chicken breast, mashed potatoes, whole baby carrots, chocolate cream pie</td>
<td>Ham loaf, parsleyed potatoes, cooked cabbage, apricots</td>
<td>Roast beef, baked potato, broccoli and cheese, strawberry shortcake</td>
<td>Pork chop supreme, whipped sweet potatoes, Lima beans, pumpkin pie bar</td>
<td>Beef stew, Brussels sprouts, red grapes</td>
<td>Salmon patty, onion-roasted potatoes, creamed peas, red velvet cake roll</td>
<td>Chicken and dumplings, mixed vegetables, mini cream puff</td>
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<td>Roast beef, mashed potatoes, green bean casserole, apple pie</td>
<td>Fried chicken, potato wedges, corn, melon salad</td>
<td>Corned beef and cabbage, mashed potatoes, peas &amp; pearl onions, fruit whip</td>
<td>Fried pork chop, haluski, spinach, ice cream treat</td>
<td>Spaghetti with marinara meat sauce, Italian blend mixed vegetables, Mandarin oranges</td>
<td>Sweet potato-crusted pollock, hash brown casserole, Brussels sprouts, sugar cookie</td>
<td>Blackberry dijon chicken, parsley noodles, green peas, peach cobbler</td>
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<td>Pork chop w/ cornbread stuffing, cheesy mashed potatoes, escalloped corn, lemon meringue pie</td>
<td>Meat lasagna, green beans &amp; mushrooms, fruit cocktail</td>
<td>Chicken tenders, macaroni &amp; cheese, stewed tomatoes, chilled peaches</td>
<td>Meatloaf, mashed potatoes, creamed corn, chocolate pudding</td>
<td>Baked glazed ham, roasted sweet potato wedges, cauliflower and cheese, fruited gelatin</td>
<td>Braised beef tips, egg noodles, green peas, Boston cream pie</td>
<td>Kielbasa, pierogies, Key West vegetables, turtle squares</td>
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<td>Cranberry glazed turkey, mashed potatoes, green beans, pumpkin pie</td>
<td>Pork chop suey, white rice, Oriental vegetable blend, Mandarin oranges</td>
<td>Bourbon chicken, baked sweet potato, cauliflower, mixed melon salad</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.

Sunday, March 1 – National Peanut Butter Lovers Day
10 a.m. Church Service
2 p.m. Movie on Ch. 1851

Monday, March 2 – Dr. Seuss Day
10 a.m. and 2 p.m. Movies on Ch. 1851
2 p.m. Bingo Bucks Exchange
7 p.m. BINGO (instead of Tuesday night)

Tuesday, March 3 – Simplify Your Life Day
10 a.m. and 2 p.m. Movies on Ch. 1851
1:30 p.m. 500 Bid – Gardens
2 p.m. Lyn Mossman retirement reception in HFC
2 p.m. Movie Ch. 1851
7 p.m. The Quartetones (Barbershop Quartet)

Wednesday, March 4 – National Grammar Day
10 a.m. Movie on Ch. 1851
10 a.m. MASS (St. Mike’s students assist)
11:15 a.m. Cindy – Music Therapy
6:30 p.m. Mid-Week Service

Thursday, March 5 – Words Matter Week
10 a.m. and 2 p.m. Movies on Ch. 1851
10:30 a.m. Rosary
1:30 p.m. 500 Bid – Gardens
2 p.m. The Lamberts (Variety, Oldies)
7 p.m. Amish Singers

Friday, March 6 – Denim & Denim Day – Bob Wills (songwriter, musician, bandleader, member of the Texas Playboys) birthday (1905)
~ Denim Shirt or Tee and Jeans~
10 a.m. and 2 p.m. Movies on Ch. 1851
10:15 a.m. Creative Corner with Gina
2 p.m. Bonnie Campbell (Mix of Country Genres)
7 p.m. Friday Night Movie on Ch. 1851

Saturday, March 7 – Sock Monkey Day
10 a.m. and 2 p.m. Movies on Ch. 1851
2 p.m. BINGO

Sunday, March 8 – Owl You Need is Love Day
10 a.m. Church Service
2 p.m. Movie on Ch. 1851

Monday, March 9 – Replenish Your Staplers Day
7 p.m. Bowling Night in HFC

Tuesday, March 10 – Annual Retreat for Staff
Early Morning Coffee Cart & Newsbits
1:30 p.m. 500 Bid – Gardens

Wednesday, March 11 – Johnny Appleseed Day
10 a.m. and 2 p.m. Movies on Ch. 1851
11 a.m. Cindy – Music Therapy
2 p.m. Humble Music Ministry (Gospel, Christian)
6:30 p.m. Midweek Service

Thursday, March 12 – The U.S. Post Office was established (1789); Coca-Cola was sold in bottles for the first time (1894)
10 a.m. and 2 p.m. Movies on Ch. 1851
10:30 a.m. Rosary with Communion
1:30 p.m. 500 Bid – Gardens
7:00 p.m. “Z” Praise Entertainment (Gospel, Oldies, Variety)

Friday, March 13 – Jinxies Friday
~ Good Luck Charm & Jeans ~
10 a.m. and 2 p.m. Movies on Ch. 1851
2 p.m. Let’s Make A Deal!
7 p.m. Friday Night Movie on Ch. 1851

Saturday, March 14 – Pi Day (3.14159265...)
10 a.m. and 2 p.m. Movies on Ch. 1851
2 p.m. BINGO

Sunday, March 15 – Ides of March
10 a.m. Church Service
2 p.m. Movie on Ch. 1851

Monday, March 16 – Folktale and Fables Day
10 a.m. and 2 p.m. Movies on Ch. 1851
2 p.m. Hey Joe and Mike – St. Patrick’s Show
7 p.m. Basement Band Duo (Variety, 60’s, 70’s)

Tuesday, March 17 – St. Patrick’s Day
~ Green & Jeans ~
10 a.m. and 2 p.m. Movies on Ch. 1851
10 a.m. Marbles the Cat
1:30 p.m 500 Bid – Gardens D.R.
Luck of the Irish Festivities on the neighborhood
7 p.m. BINGO
Wednesday, March 18 – Awkward Moments Day
10 a.m. and 2 p.m. Movies on Ch. 1851
11:15 a.m. Cindy – Music Therapy
6:30 p.m. Mid-Week Service

Thursday, March 19 – First Day of Spring
10 a.m. and 2 p.m. Movies on Ch. 1851
10:30 a.m. Rosary
1:30 p.m. 500 Bid – Gardens DR
6:45 p.m. Kinsman Amish Youth Group

Friday, March 20 – Spring is in the Air
~ Spring Colors and Jeans ~
10 a.m. and 2 p.m. Movies on Ch. 1851
10 a.m. Creative Corner with Gina
2 p.m. Spring Activities on the neighborhoods

Saturday, March 21 – World Poetry Day
10 a.m. and 2 p.m. Movies on Ch. 1851
2 p.m. BINGO

Sunday, March 22 – Tuskegee Airmen Day
10 a.m. Church Service
2 p.m. Movie on Ch. 1851
2 p.m. Take II with Doc and Ellie (Variety, Standards, Oldies)

Monday, March 23 – The Dixie Cup was invented (1912)
10 a.m. and 2 p.m. Movies on Ch. 1851
10 a.m. Greg Van Valien & Pastor Julia - Hymn Sing
7 p.m. “Z” Praise Entertainment (Gospel, Variety, Oldies)

Tuesday, March 24 – Tennessee Williams’ play “Cat on a Hot Tin Roof” debuted on Broadway (1955)
10 a.m. and 2 p.m. Movies on Ch. 1851
Noon: Monthly Birthday Lunch
1:30 p.m. 500 Bid – Gardens
(Bingo will be on Thursday, March 26)

Wednesday, March 25 – March Madness
10 a.m. and 2 p.m. Movies on Ch. 1851
11:30 a.m. Men’s Luncheon: March Madness
6:30 p.m. Mid-Week Service

Thursday, March 26 – Dr. Jonas Salk announced a new vaccine that would prevent poliomyelitis (1953); The TV movie “Marcus Welby” was seen on ABC-TV. It was later turned into a series (1969).
10 a.m. and 2 p.m. Movies on Ch. 1851
10:30 a.m. Rosary
1:30 p.m. 500 Bid – Gardens DR
7 p.m. BINGO

Friday, March 27 – Cherry Blossom Bliss
~ Cherry Colors or Blossom Print & Jeans ~
10 a.m. and 2 p.m. Movies on Ch. 1851
2 p.m. Cherry Blossom Bliss in the HFC
7 p.m. Friday Night Movie on Ch. 1851

Saturday, March 28 – Barnum and Bailey Day
10 a.m. and 2 p.m. Movies on Ch. 1851
9:45 am. BINGO

Sunday, March 29 – Niagara Falls stopped flowing for one day due to an ice jam (1848); Jack Benny made his radio debut (1932)
10 a.m. Church Service
2 p.m. Movie on Ch. 1851

Monday, March 30 – Hyman L. Lipman of Philadelphia patented the pencil (1858)
10 a.m. Movie Ch. 1851
7 p.m. Mercer County Boys
(Bluegrass, Country, Gospel)

Tuesday, March 31 – National “She’s Funny that Way” Day
10 a.m. Movie on Ch. 1851
1:30 p.m. 500 Bid – Gardens
7 p.m. BINGO
~ March 2020 Special Activities & Events in The Villas ~
(Theme/jeans days are open to all staff and residents at St. Paul’s.)

FRIDAY, MARCH 6 — DENIM & DENIM DAY Known as the King of Western Swing, James Robert Wills (Bob Wills), was born on this date in 1905. He was a songwriter, musician bandleader, and a member of the Texas Playboys band. Let’s sing and swing at 2 p.m. in the Headland Friendship Commons with Bonnie Campbell. We will have a mix of country genres such as honky tonk, gospel, folk and western. “Real popular culture is folk art – coalminers’ songs and so forth” ~ Noam Chomsky. At 10 a.m., Gina Toth will lead Creative Corner in the HFC. **Wear your denim and denim shirt or favorite tee this Friday!**

FRIDAY, MARCH 13 — JINXIES FRIDAY! Join us in the Headland Friendship Commons at 2 p.m. for “Let’s Make a Deal!” What’s behind Door Number One, Two or Three? It could be something fabulous or an unwelcome Jinxie! (Zonk)! **Wear your good luck charm & jeans on this Friday the 13th!** For residents participating in our game, we will have an array of accessories for you to wear to follow game contestant tradition! According to LMAD website, the heaviest Zonk ever was a crushed, cubed car which weighed a total of 3,500 pounds!


FRIDAY, MARCH 20 — SPRING IS IN THE AIR March 19 marked the official arrival of the Vernal Equinox. At 2 p.m., join us for a cookie baking activity in the Headland Friendship Commons! “I am no trouble at all…you could press me into dough and make sugar cookies out of me, I’ve been so sweet.” ~ Adrian Trigiani. **Wear jeans and the colors of Spring!**

WEDNESDAY, MARCH 25 — MEN’S LUNCHEON: MARCH MADNESS We’ll play a little B-Ball with some hoops and enjoy a courtside lunch of Colby Bryant cheeseburger sliders, baked beans, french fry dunk & dips, and peach cobbler ala Mode. In 1891, Dr. James Naismith was asked to create an indoor sports game to help athletes keep in shape in cold weather. It consisted of peach baskets and a soccer style ball. The objective of the game was to throw the basketball into the fruit baskets nailed to the lower railing of the gym balcony. (Wikipedia) **Wear anything with a hoop, a loop or basketball theme & jeans.**

FRIDAY, MARCH 27 — CHERRY BLOSSOM BLISS The National Cherry Blossom Festival is a spring celebration in Washington, D.C., commemorating the March 27, 1912 gift of Japanese cherry trees from Mayor Yukio Ozaki to the city of Washington, D.C. (Wikipedia) Join us in the Headland Friendship Commons for cherry dump cake delights and the sweet stylings of music duo Carl and Barbl. **Wear cherry colors or blossom print with jeans!**

Regularly Scheduled Activities:

- **Church Service** Sundays at 10 a.m. • **BINGO** – Tuesdays at 7 p.m. (except 3/3) & Saturdays at 2 p.m.
- **Music Therapy** Wednesdays at 11:15 a.m., various locations
- **Mid-Week Service** Wednesdays at 6:30 p.m. • **Rosary** Thursdays at 10:30 a.m.

Special Activities in March:

March 3 – The Quartertones, 7 p.m.  
March 5 – The Lamberts, 2 p.m.  
March 5 – Amish Singers, 7 p.m.  
March 6 – Creative Corner, 10 a.m.  
– Bonnie Campbell, 2 p.m.  
March 11 – Humble Music Ministry, 2 p.m.  
March 12 – ‘Z’ Praise Entertainment, 7 p.m.  
March 16 – Joe and Mike, 2 p.m.  
– Basement Band Duo, 7 p.m.  
March 19 – Kinsman Amish Youth Group, 6:45 p.m.  
March 22 – Take II with Doc and Ellie, 2 p.m.  
March 23 – Greg Van Valien and Pastor Julia Hymn Sing, 10 a.m.  
– ‘Z’ Praise Entertainment, 7 p.m.  
March 26 – Fred Barringer, 7 p.m.  
March 30 – Mercer County Boys, 7 p.m.
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.

Caring Hearts –February 2020


Promoting a Culture of Caring & Recognizing our Team Members


Visit 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.
In an effort to help St. Paul’s provide meaning, richness of life, and health care to our residents, the Volunteer Department needs your help! One of the volunteer office’s greatest needs is helping transport residents to and from our Fitness Center, Monday through Friday, 9 a.m. to noon.

Contrary to the common misconception that too much movement and activity is too dangerous for seniors, research finds that exercise is one of the most effective means for seniors to maintain strength, better mobility and engage in an active lifestyle.

Research also finds that physical activity in persons in later years is also important for:

• flexibility and resuming their regular day-to-day activities
• healing and building a better immune system
• reducing stress
• providing social activity, which helps combat loneliness and solitude
• preventing injuries and accidents
• better sleep (providing exertion in the daytime helps residents to sleep peacefully at night)

We understand that with busy lives it is hard to find time to volunteer, but any time—even one day a month—you give is GREATLY appreciated. Giving not only helps those in need, but also improves your health and happiness! It’s a WIN-WIN.

WON’T YOU HELP?

For more information, please contact Rose Hoffman, Director of Volunteer Services, at 724-588-9613 ext. 1135 or via e-mail at rhoffman@sp1867.org.

To register to volunteer, visit [www.stpauls1867.org/join-our-team/volunteer](http://www.stpauls1867.org/join-our-team/volunteer).

Please help us help our residents stay healthy, happy and smiling!
St. Paul’s Without Walls is recruiting honest, dependable, compassionate individuals to be Companions & Care Partners.

Our team has a passion for helping others. We invite you to be part of our team if you are: Honest, dependable, compassionate and have the heart and mind to support those who seek our services.

Statistics show that the majority of older adults prefer to stay in their own homes throughout the remainder of their lives. St. Paul’s Without Walls will provide them with the support they need to remain independent in their homes as long as possible.

Without Walls provides opportunities to create meaningful relationships with clients while providing an important service. Our staff becomes family.

Apply today—in person—at St. Paul’s or visit www.wow2012.org to download an application.
Call for more information: 724-589-4740
“Here’s to the ladies who lunch...”
The ladies from The Ridgewood and The Heritage, that is. Thanks to Life Enrichment team members Michele Miranda and Virginia Smith who brought together residents from both buildings to share a special afternoon of fellowship and delicious food. What was on the menu? Homemade bread, wedding soup and apple dumplings a la mode for dessert!

From left: Nancy Marts (The Heritage), Michele Miranda and Joan Preston (The Ridgewood).

From left: Martha Anderson, Aileen Danner (The Ridgewood), Virginia Smith and Glenola Kremis (The Heritage).

Residents from left: Elaine Gano (The Heritage), Doris Scott, Shirley Portz, and Mary Kroen (The Ridgewood).

Adele Lehosky (The Ridgewood) helps prepare for the special lunch by baking bread. There is no more welcoming aroma—nothing smells better than home-baked bread!

Michele Miranda, along with Krista Oros, receptionist at The Ridgewood, dish up delicious desserts!
Residents gathered around the television in the lounge – that was decorated with balloons and streamers in team colors – to watch the big game!

Juanita Saunders (left) and Nancy Provident prepare the snacks – pizza, chips and soda – the best munchies for watching football!

Team members even decorated staff base to make the whole neighborhood festive!

Crafty ladies at The Heritage show off their wreath-making skills this Valentine’s Day.

Carrie Shapona

Twila Dodson (left) and Devee Love

Kathy Martorelli

Robin Knight, VP of Personal Care (left) and Mickie Chapman, Administrator at The Ridgewood, find a great deal on a couple of oversized handbags at the In the Bag Handbag Sale. Thanks for supporting the Auxiliary at St. Paul’s!

@ Jones Serenity Circle!

Joe Hoffman (left) and Paige Stewart snap a selfie!
May your troubles be less.  
May your blessings be more.  
And nothing but happiness come through your door.

*Irish Blessing*

**Happy St. Patrick’s Day!**

*from your St. Paul’s Family*