5K Color Me Happy Race, Roll & Stroll was just as much fun the second time around!

The campus came alive with color again this year on Friday, August 10 as we hosted the 2nd Annual 5K Color Me Happy Race, Roll & Stroll. More than seventy runners—including employees, family and community members—set off at 10 a.m. and ran or walked through the campus while our residents doused them with color and cheered them on! As expected, fun was had by all as runners and spectators shared much joy and laughter throughout the event. For more photos from the event, visit: www.stpauls1867.org/about/photo-gallery.

~ CAMPUS CONNECTIONS EMAIL DISTRIBUTION UPDATE ~

When we started collecting e-mail addresses earlier this year in order to decrease printing/mailing costs, you were automatically subscribed to the email distribution list if we had a current email address for you already in our database. If you still desire for a printed copy of the monthly newsletter to be mailed to your home, email jkather@sp1867.org with your name and the 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: www.stpauls1867.org/about/publications and select the issue you’d like to read.

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“We all relate to music at such a fundamental emotional level and regardless of our age or ability, music speaks to our soul,” said The Villas Administrator Tammy Lininger. St. Paul’s knew a concentrated music therapy program would be a wonderful addition to the life enrichment activities already being offered.

“We have seen many remarkable effects of music on the spirit of residents in the long-term care setting,” said Tammy. “We are so excited and enthusiastic to have this opportunity to offer the services of a music therapist to our residents right here at St. Paul’s!”

Cindy offers music therapy at various sites in Northwestern Pennsylvania and is thrilled to be coming to St Paul’s every Wednesday. She received her bachelor’s degree in music therapy from Nazareth College of Rochester.

Cindy’s first visit was on August 8. On each visit, she will be spending time at The Villas, The Heritage, Jones Serenity Circle & Lane, and The Ridgewood offering small group sessions and one-on-one services as needed, as well as staff training. “It is my greatest pleasure to be building a music therapy program at St. Paul’s,” said Cindy. “I will be assessing individuals’ needs to figure out how they best connect with music and come up with a treatment plan that can even be used by the staff even when I’m not on campus.”

According to research, music therapy can help promote wellness, manage stress and anxiety, alleviate pain, enhance memory, improve communication and provide unique opportunities for interaction.

Some examples of music therapy are creating music together, listening to music, lyric discussion and dancing to music. A resident doesn’t need to have any particular music ability to benefit from music therapy.

“We are all created with rhythm in our bodies and the ability to recognize the pitch of our mother’s voices at very young age,” said Cindy. “The beautiful thing is that even when other parts of our bodies start to shut down as we age, our brain never forgets the music.”

In the last few weeks, Cindy has seen residents who are unable to speak or communicate because of dementia sing every word to a song, tap a drum along to the rhythm perfectly, jump out of their chair and dance, and sit still for the first time all day to strum a guitar. To find out more about the new music therapy services at St. Paul’s, please contact a Life Enrichment Specialist.

*If you are interested in how you can make a gift to enhance the lives of the residents at St. Paul’s or show appreciation for the care your loved one receives, please contact VP of Charitable Giving Diane O’Brien at 724-588-7610 ext. 1237 or Development Specialist Dawn Hartman at ext. 1214.*
21st Annual
Car Cruise & BBQ

Sunday, September 9
1 - 5 p.m.
O.D. Anderson Pavilion at St. Paul’s

• Tons of Family Fun!
• Cars! Cars! Cars!
• Craft & Vendor Village!
• BBQ Ribs & Corn Roast!
• Homemade Pies!
• Chance Auction & Raffles!
• DJ and Live WILLIE 95.1 Remote!

Bring this ad with you to the event and exchange it for one free chance to win a *Google Home Mini*.

Limit three coupons per person.

Campus Connections
339 East Jamestown Rd.
Greenville, Pa. 16125
www.stpauls1867.org • 724-588-7610
Residents who have passed

07/29/18  Sarabel Smith
08/12/18  Martha Stanley
08/14/18  Mary Moss

IN MEMORIUM

A monthly gathering for residents, families and staff at St. Paul’s and members of the community who are seeking support as they cope with loss.

NEXT MEETING:
Thursday, Sept. 6
6:30 - 8 p.m.
The Villas Conference Room

Contact group facilitator, Pastor Julia Fraser,
at 724-588-7610 ext. 1145
for more information or with questions.

Sign up today if you’d like to
Donate Homemade Fruit Pies

ST. PAUL’S
SENIOR LIVING COMMUNITY
for the 21st Annual Car Cruise & BBQ
on Sunday, Sept. 9.

Contact:
Virginia Smith at The Ridgewood
724-588-9184 ext. 1156
or
Diane O’Brien at The Keifer Building
724-588-9613 ext. 1237

Please deliver pies to The Ridgewood on:
Friday, Sept. 7 or Saturday, Sept. 8.

~ Fruit pies only please & thank you for your donations! ~

First Tuesday of every month

Sept. 4 – Oct. 2 – Nov. 6 – Dec. 4
2 - 3:30 p.m.

The Keifer Building at St. Paul’s
341 E. Jamestown Road, Greenville, PA 16125

Contact: Michelle O’Malley • 724-588-9613 ext. 1427

This group welcomes: Caregivers,
Care Partners, Family Members,
Friends, Neighbors, Community
Members and Professionals.
The St. Paul’s Spiritual Council met for its quarterly meeting on August 7, 2018. Ruth Ann Jones (pictured at right) joined the group for the first time as the Council representative from The Ridgewood.

In addition to general oversight of ministries ongoing, the Spiritual Council approved the following disbursements of offerings from our worship services:

- $500 to the Walk to End Alzheimer’s
- $500 to the Good Samaritan Fund
- $1,000 to Disaster Relief through the United Church of Christ
- $200 towards clean-up for Trinity United Church of Christ in Mann’s Choice, Pa., which has been flooded twice in the last month

Thank you notes were also shared in response to past donations to the Reynolds Backpack Food Ministry, the Relay for Life, Downtown Ministries and the Disaster Relief Fund of the United Church of Christ.

The Spiritual Council also wishes to thank all residents, staff, and families who contributed to its annual collection of back-to-school supplies which will be distributed to area school children through the Good Shepherd Center.

The Christian congregation in Philippi was the first congregation the Apostle Paul founded in Gentile territory and remained, across his subsequent ministry, one with which he shared deep and affectionate bonds of faith and fellowship. His brief (4 chapter) Letter to the Philippians is a window into Paul’s theology, history, and personal devotion to the Lord Jesus and also includes some of the most beloved Scripture verses in all of the New Testament:

For, to me, to live is Christ and to die is gain. 1:22

Have this mind among yourselves which is in Christ Jesus, who, though he was in the form of God, did not count equality with God as a thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. 2:5

For whatever gain I had I count as loss because of the surpassing worth of knowing Christ Jesus my Lord. 3:8

I can do all things through Christ who strengthens me. 4:13

The Heritage Bible Study meets on Wednesdays at 1 p.m. in the Anderson Fellowship Hall; The Ridgewood Bible Study meets on Thursdays at 10 a.m. in Harmony Hall (Colony residents are welcome); and The Villas Bible Study meets at on Thursdays at 2 p.m. in Headland Friendship Commons. Newcomers are always welcome. Join in on our study of Philippians in September!

There will be a meeting of all Lay Visitors on Tuesday, Sept. 18 at 1:30 p.m. in the Heritage Conference Room. The agenda will include sharing about recent visits made as well as further study and discussion of care concerns in the older adult population. Please be in touch with Pastor Julia or Pastor Bill if you are unable to attend.
A Message from Pastor Bill

Entering a New Season

Around the 21st day of September, we enter a new season as autumn begins. (This year it happens to occur on Saturday, September 22 at 9:54 p.m. Eastern Daylight Time).

During the equinox, the Sun crosses what we call the “celestial equator” (just imagine the line that marks the equator on Earth extending up into the sky) from north to south.

Earth’s two hemispheres are receiving the Sun’s rays about equally. The Sun is overhead at noon as seen from the equator. At this point, the amount of nighttime and daytime (sunlight) are roughly equal to each other.

This is a good time for me to think about the passing summer season. I rejoice in those special moments or days when I experienced happiness because of a special person or event. I am also saddened when I think of some of the things I hoped to have done or accomplished during the recent summer, but wasn’t able to for some reason.

It is also a good time to consider what my hopes and plans are for the autumn months that lie ahead. While I enjoy the warmth of summer and all of the activities that go with it, from golf to just relaxing on a warm day with a good book, there is nothing to me that beats the colorful leaves of autumn.

While we begin to see leaves losing their green hue in August, it is usually into October when the multi-colored display of brilliant reds, oranges and yellows provide their yearly artistic display.

The change of seasons is also an appropriate time to reflect on our spiritual journeys. How has the Lord blessed me and in what areas am I still seeking or struggling? In what ways is the Lord encouraging us to move forward and when is He calling us to rest?

As we await and then experience the changing seasons, may we harvest the joyous memories of the past while seeking new opportunities to enjoy life in the days ahead.

— Pastor Bill Kirker

WORSHIP SCHEDULE AND SCRIPTURES FOR SEPTEMBER 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

September 2, 2018 — Fifteenth Sunday after Pentecost
Scriptures: Song of Songs 2: 8-13
James 1: 17-27
Pastor Bill Kirker will lead all three worship services.
Psalm 45:1-2, 6-9
Mark 7:1-8, 14-15, 21-23

September 9, 2018 — Sixteenth Sunday after Pentecost
Scriptures: Proverbs 22: 1-2, 8-9, 22-23
James 2: 1-10
Pastor Julia Fraser will lead all three worship services.
Psalm 125
Mark 7: 24-37

September 16, 2018 — Seventeenth Sunday after Pentecost
Scriptures: Proverbs 1: 20-3
James 3: 1-12
Pastor Julia Fraser will lead all three worship services.
Psalm 19
Mark 8: 27-38

September 23, 2018 — Eighteenth Sunday after Pentecost
Scriptures: Proverbs 31: 10-31
James 3: 13-4: 3, 7-8a
Pastor Bill Kirker will lead all three worship services.
Psalm 1
Mark 9: 30-37

September 30, 2018 — Nineteenth Sunday after Pentecost
Scriptures: Esther 7: 1-6, 9-10, 9:20-22
James 5: 13-20
Pastor Bill Kirker will lead all three worship services.
Psalm 124
Mark 9: 38-50
**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.

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When you need an energy boost

When caregiver fatigue strikes, many of us reach for caffeine. Whether it’s coffee, cola, chocolate, or an “energy shot” drink, the effects are immediate. Like a reliable friend, caffeine seems to help us keep going.

**Pros and cons**

Studies have shown many benefits from caffeine. It can enhance performance. It increases productivity and elevates mood. It may even reduce or delay Alzheimer's and Parkinson’s diseases.

On the other hand, caffeine can be hard on the heart. It’s like giving your heart a stress test on a regular basis. It’s known to cause a rapid or irregular heartbeat and can contribute to high blood pressure. Insomnia and anxiety are also common side effects.

**Too much of a good thing?**

High-caffeine energy shot drinks are increasing in popularity, especially among older adults. Take caution. In a four-year time span, the number of adults going to the ER because of energy drink intake doubled. Among adults age 40 and older, the rate quadrupled! Although the numbers are small, clearly there is a trend. Symptoms ranged from palpitations and anxiety to actual heart attacks.

The Food and Drug Administration says that 400 mg of caffeine per day is likely safe. A 5 oz. cup of caffeinated coffee has about 100 mg. A can of cola about 50 mg. Energy drinks, by contrast, vary dramatically, having from 200 to 500 mg of caffeine.

**If you want to quit**

Caffeine can be addictive. Tapering off, or down, is easier than going cold turkey. One approach is to make your coffee or tea half decaf. Or switch to smaller servings or fewer drinks per day.

Another option is to respect your fatigue. Try to get enough sleep at night. And if life allows, consider a short nap midday. Listening to your body may be a wiser approach than reaching for a cup of joe or a high-impact energy shot.

---

**Storage Units Available**

at Rust
Colony Square

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

**Unit sizes and new rates for 2018 are:**

- 5’ x 10’ – $40/month
- 10’ x 10’ – $52/month
- 15’ x 20’ – $115/month (includes walk-in door + electric)

Contact Rita Clemente at 724-589-6909 with questions or if you wish to rent a storage unit.
**THANK YOU TO**
~ Jim’s Snack Shack Ice Cream Truck ~
for cooling off our residents this summer!

His last visit for the year will be **September 10**.

He will start at The Heritage at 1 p.m, then visit The Villas and finally The Ridgewood.

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**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.

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**~ RESERVING SOCIAL AREAS ~**

Robyn Weaver, Executive Assistant, is the contact person when families want to reserve social space in The Villas, The Heritage, The Ridgewood or the Anderson Picnic Pavilion.

You can reach Robyn at 724-588-7610, ext. 1146. She will be happy to help you plan your event!

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**NEW “RESIDENT PORTAL” ON WEBSITE**
– www.stpauls1867.org –

A great feature of our newly designed and enhanced website is a resident portal where our residents and family members (powers of attorney) can login to find documents and information pertaining to each of our campus communities.

The resident portal is a secure area of our website that requires a username and password to access. The information you can find in the portal includes: Memos/Notifications, Directories, Handbooks, Information and Pricing, Menus, Events and Calendars (including community events) and Forms.

If you would like to register for access to the resident portal, please email jkather@sp1867.org or call 724-589-4646.

You will be emailed a link that takes you to a registration page. There you will be asked to create a username and password. A confirmation email will be sent to your inbox.

To enter the portal from the St. Paul’s homepage, click the “Login” button in the upper right corner of our homepage and then simply enter your username and password.

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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.
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September 2018 Calendar of Events

Saturday, Sept. 1 – Drake’s Oil Well
Sunday, Sept. 2 – Colony Monthly Brunch
Wednesday, Sept. 5 – Birthday Celebration
Wednesday, Sept. 5 – Movie Night
Friday, Sept. 7 – Arthritis Aquatic Class
Saturday, Sept. 8 – Walk to End Alzheimers
Sunday, Sept. 9 – 21st Annual Car Cruise & BBQ
Tuesday, Sept. 11 – Open Forum
Tuesday, Sept. 11 – Bonfire
Wednesday, Sept. 12 – Colony Dinner with Guest Chef
Saturday, Sept. 15 – Boardman Amish Market
Monday, Sept. 17 – Men & Women’s Groups
Monday, Sept. 17 – Movie Night
Tuesday, Sept. 18 – Colony Monthly Lunch
Wednesday, Sept. 19 – Colony Overnighter
Thursday, Sept. 20 – Colony Overnighter
Friday, Sept. 21 – Arthritis Aquatic Class
Sunday, Sept. 23 – Saturday, Sept. 29
Active Aging Week
Sunday, Sept. 30 – Brandts Apple Orchard

— NEWS and NOTES —

September Birthday Celebration — Wednesday, Sept. 5 from 2 - 3 p.m. 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!

Colony Open Forum — Tuesday, September 11 from 3 - 4 p.m. in the Keifer Social Room.

The Colony Worship Service — Wednesday, Sept. 12 at 10:30 a.m. in the Keifer Chapel. Fellowship time in the Keifer Social Room follows the service.

Book Club — Wednesday, Sept. 19 at 1 p.m. in the Keifer Library. This month’s book is The President is Missing by Bill Clinton and James Patterson. All are welcome to attend. See Joan Brown for more information.

Free Blood Pressure Readings — Noon - 1 p.m., Wednesday, Sept. 26 in the Keifer Building. Provided each month by VNA Alliance.
September Highlights
Saturday, Sept. 1, 11:30 a.m. – Dining Room Seating Change
Tuesday, Sept. 4, 1 p.m. – Todd Cutshaw
Friday, Sept. 7, 2 p.m. – Humble Ministries
Wednesday, Sept. 5, 1 p.m. – German Ladies Club Meeting
Thursday, Sept. 6, 7 p.m. – Amish Singers
Saturday, Sept. 8 – Annual Jamestown Parade
Saturday, Sept. 8, 6:30 p.m. – “Z” Praise Entertainment
Sunday, Sept. 9 – St. Paul’s 21st Annual Car Cruise & BBQ
Sunday, Sept. 9 – Saturday, Sept. 15
National Assisted Living Week Activities:
Monday, Sept. 10, 1 p.m. – Jim’s Snack Shack Ice Cream Truck
Tuesday, Sept. 11, 2 p.m. – Angelo Babbaro performs music
“Frank Sinatra” style
Thursday, Sept. 13 – Christian Assembly w/ Pastor Joel Diangi
at the Piano
Friday, Sept. 14, 2 p.m. – Local Harpist Alyssa Passavanto
Tuesday, Sept. 18, 11:30 a.m. – September Birthday Luncheon
Sunday, Sept. 23, 1 p.m. – Kirk Hamza Music and Singing
Wednesday, Sept. 26, 2:45 p.m. – September Heritage Resident Council Meeting
Wednesday, Sept. 26, 6:30 p.m. – Joan Wentling’s “Singing with Friends”
Friday, Sept. 28, 6:30 p.m. – “Z” Praise Entertainment

Regular Events & Happenings
Mon. – Sat., 9:30 a.m. – Movers & Shakers, Anderson Fellowship Hall
Tuesdays, 6:30 p.m. and Saturdays, 1:30 p.m. – BINGO
Wednesdays, 1 p.m. – Bible Study with Pastor Julia,
Anderson Fellowship Hall
Wednesdays, 12:45 p.m. – Music Therapy with Cindy
Location Varies
Thursdays, 3 p.m.– Skee Ball, Anderson Fellowship Hall
Fridays, 2 p.m. – Balancing & Strengthening with Ron

• Monthly Manicures for residents
• 500, Canasta and Bridge Card games are available–contact Michele Miranda if you’d like to join in on these games.
• Check out the daily puzzle working in the floor lounges.
• The Heritage’s Planning Group welcomes everyone for socializing.
  To bake or not to bake, is our motto. Bring your favorite recipes!
The group also makes seasonal crafts and gifts.
• Enjoy the warm summer weather walking in our beautiful courtyard
  or relaxing on the patio with lemonade and outdoor games.

September Birthdays
4 - Merle Henley  23 - Paul Dart
10 - Margaret St. John  26 - Richard “Jake”
11 - Patti Jones           Jackson
20 - Gail Peoples  30 - Laura Watkins
20 - Betty Middleton

~ 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 facts about the different species of birds in our
aviary.
Tuesdays, 10:30 a.m. – Rosary in the activity room
Tuesday afternoons – BINGO
Wednesdays, 9:30 a.m. – Worship Service with Pastor Bill
Wednesdays, 1:45 p.m. – Music Therapy with Cindy
Thursdays, 2 p.m. – Music and Motion with Ron (from The
Anderson Fitness Center at The Villas) in activity room
Weekly Chair Yoga & Movement for Memory Care –
including Tai Chi easy seated exercise programs w/ Patti.
Weekly K9 Companion Visits – Catch up with Chase!

September Special Events & Entertainment:
Sat., Sept. 1, 1 p.m. Music with Bonnie Campbell
Mon., Sept. 3 Celebrate Labor Day
1 p.m. Horse shoe game on the patio, weather permitting
Tues., Sept. 4, 6 p.m. Piano Music with Tony
Thurs., Sept. 6, 10 a.m. “All that Jazz” w/Lyn Mossman
Fri., Sept. 7, 12:45 p.m. Gina’s Creative Corner Art Class
Sat., Sept. 8, 10 a.m. Marimba Music w/Nick Lakatos
Sun., Sept. 9 St. Paul’s 21st Annual Car Cruise & BBQ
Mon., Sept. 10, 12:45 p.m. Ice Cream Truck to Courtyard
Thurs., Sept. 13, 5:30 p.m. “Z” Praise Entertainment
Sat., Sept. 15, 1 p.m. Sing-a-long w/Bonnie Campbell
Tues., Sept 18, 12:30 p.m. Bible Study w/Pastor Julia
Thurs., Sept. 20, 10 a.m. Sing-a-long w/Lyn Mossman on Piano
Fri., Sept. 21 Birthday Breakfast with Guest Chef
Fri., Sept. 21, 12:45 p.m. Humble Ministries
Sat., Sept. 22, 10 a.m. Marimba Music w/Nick Lakatos
Sun., Sept. 23, 2 p.m. Homemade Dessert Sunday
Mon., Sept. 24, 5:30 p.m. Humble Ministries
Sat., Sept. 29, 5:30 p.m. “Z” Praise Entertainment
Tom was born to Bertile and Lavinia VonPhilp in Rochester, Pa. He has one sister, Rhoda. Tom attended junior college in Pittsburgh, Pa.

He was in the U. S. Navy for four and a half years. Through his entire adult life, Tom worked at Specialty Strip in Warren, Ohio, as a manager.

He has two children, Emily and Adam, and three grandchildren.

Tom’s favorite sport to play and watch is golf. He has traveled throughout the United States on jobs as a steel plant manager.

~ Special Events in September ~

Tuesday, Sept. 4, 11:30 a.m. Birthday Lunch, Harmony Hall
Tuesday, Sept. 4, 3:30 p.m. Todd Cutshaw, Harmony Hall
Sunday, Sept. 9 21st Annual Car Cruise & BBQ
Sun., Sept. 9 – Sat., Sept. 15 National Assisted Living Week
  Tuesday, Sept. 11, 4:30 p.m.
  Portico Party & Ribbon Cutting ceremony
  Wednesday, Sept. 12, 2 p.m. Cat Therapy
  Thursday, Sept. 13, 1 p.m. Hope the Dog visits
  Thursday, Sept. 13, 2:30 p.m. Resident Council Meeting
  Saturday, Sept. 15, 7 a.m. Men’s Breakfast, Harmony Hall
  Tuesday, Sept. 17, 2 p.m. Jim Hutchison, Harmony Hall
  Friday, Sept. 21, 2 p.m. Social Hour, Fireside Lounge
  Thursday, Sept. 27, 6:30 p.m. Activity Buck Shopping

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: 6 a.m. – Catholic Service on Ch. 2
  11 a.m. – Church Service, Harmony Hall
  2:30 p.m. – Ice Cream cart down the halls
  6:30 p.m. – Movie Night, Harmony Hall
Mondays: 10:30 a.m. – Exercise Class, Harmony Hall
  2:30 p.m. – Triominoes, Harmony Hall
  6:30 p.m. – 500 Card Club, Harmony Hall
Tuesdays: 9 a.m. – Communion for Catholics in your room
  10 a.m. – Looming, 300 Hall Lounge
  2 p.m. – Balance & Strengthening with Ron, Harmony Hall
  10:30 a.m. – Errand Day
  6:30 p.m. – Triominoes, Harmony Hall
Wednesdays: 9 a.m. – Prayer in Fellowship Hall
  9:30 a.m. – Adult Coloring, Harmony Hall
  10 a.m. – Music Therapy with Cindy, Fireside Lounge
  10:30 a.m. – Exercise Class, Harmony Hall
  1:15 p.m. – Errand Day
  6:30 p.m. – Triominoes, Harmony Hall
Thursdays: 9 a.m. – Sewing & Looming, 400 Hall Lounge
  10 a.m. – Bible Study, Harmony Hall
  1:30 p.m. – Wal-Mart/Giant Eagle shopping
  6:30 p.m. – Movie Night, Harmony Hall
Fridays: 1:30 p.m. – 500 Card Party, Harmony Hall
  6:30 p.m. – Dominoes, 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
  7 p.m. – Lawrence Welk Show on Ch. 2

Fun Fact!
September is National Self-Help Month
On Monday August 19, Pastor Bill delivered a trunk-full of school supplies to The Good Shepherd Center in Greenville. The collection was sponsored by St. Paul’s Spiritual Council. Thank you to all who donated to this good, local cause!

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 ~

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, Administrat at The Villas, 724-588-7610 with questions or concerns.

~ September Birthdays ~

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>4</td>
<td>Mary Hough</td>
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<td>4</td>
<td>Wilmer Needels</td>
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<td>7</td>
<td>Pearl Rerko</td>
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<td>9</td>
<td>Shirley Redfoot</td>
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<td>9</td>
<td>Mary Jane Reinhart</td>
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<td>11</td>
<td>Carolyn Raynes</td>
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<td>12</td>
<td>Mary Alice Dean</td>
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<td>14</td>
<td>Thelma Nestor</td>
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<td>15</td>
<td>Ruth Krekus</td>
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<td>16</td>
<td>Wilma McGee</td>
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<td>17</td>
<td>Sandra Ague</td>
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<td>17</td>
<td>Janet Shipton</td>
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<td>19</td>
<td>Stella Langiotti</td>
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<td>24</td>
<td>Michael Olshavsky</td>
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<td>26</td>
<td>Fred Livingston</td>
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<td>26</td>
<td>Naomi Whitehead</td>
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<tr>
<td>27</td>
<td>Phyllis Conover</td>
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<tr>
<td>30</td>
<td>Dorothy McConnell</td>
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</tbody>
</table>

~ 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 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.

Casual Fridays were created to help support the Residents’ Life Enrichment Fund. Staff members participating in casual wear on Fridays are asked to please participate in the theme wear as listed and assist us in maintaining the Residents’ Fund through the purchase of a jeans sticker for $1.00. (Located at the reception area). 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.
# Noon Meals at The Villas

## September 2018

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tr>
<td>Veal marsala, pamesan noodles, Italian green beans, chocolate cream pie</td>
<td>BBQ pulled pork sandwich, red potato salad, coleslaw, melon salad</td>
<td>Cheese ravioli w/sauce, green beans &amp; mushrooms, cherry pie</td>
<td>Lemon ginger chicken, parsley noodles, roasted zucchini and summer squash, ice cream treat</td>
<td>Ham loaf, cheesy mashed potatoes, spinach, Mandarin oranges</td>
<td>Herb-baked tilapia, potatoes au gratin, corn o’brien, lemon mousse</td>
<td>Chicken parmesan, spaghetti w/ marinara sauce, green beans, red grapes</td>
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<tr>
<td>Beef pot roast, mashed potatoes, broccoli, peach pie</td>
<td>Swedish meatballs, egg noodles, whole baby carrots, oreo cookie blondies</td>
<td>Turkey goulash, green beans, Mandarin oranges</td>
<td>Spaghetti and meatballs w/ sauce, tossed salad, rainbow sherbet cup</td>
<td>Italian sausage-crusted pollock, parmesan noodles, parmesan cauliflower, applesauce gelatin salad</td>
<td>Sweet potato-crusted pollock, parmesan noodles, onions, American fried potatoes, chocolate mousse</td>
<td>Blackberry dijon chicken, cheesy mashed potatoes, Lima beans, chocolate chip cookie</td>
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<tr>
<td>Baked glazed ham, duchess potatoes, cauliflower, broccoli &amp; carrots, peanut butter pie</td>
<td>Beef brisket, red bliss potatoes, peas &amp; pearl onions, cantaloupe</td>
<td>Sloppy joe, tossed salad, ridge potato chips, dill pickle slices, banana cake</td>
<td>Beef pot roast, baked sweet potato, parmesan cauliflower, strawberries</td>
<td>Pork roast, haluski, carrots, princess bars</td>
<td>Fried fish, potatoes au gratin, coleslaw, lemon cheesecake bar</td>
<td>Sweet &amp; sour meatballs, egg noodles, green beans &amp; mushrooms, pineapple chunks</td>
</tr>
<tr>
<td>Stuffed chicken, mashed potatoes, cauliflower, broccoli &amp; carrots, fruit of the forest pie</td>
<td>Meatloaf, mashed potatoes, whole baby carrots, chocolate mousse</td>
<td>Caribbean chicken, whipped sweet potatoes Key West vegetable blend, diced pears</td>
<td>Fried pork chop, escalloped corn, roasted zucchini and summer squash, carrot cake</td>
<td>Caesar chicken, red bliss potatoes, broccoli and cheese, Mandarin oranges</td>
<td>Panko-crusted tilapia, baked potato, Brussels sprouts, chocolate butterscotch bars</td>
<td>Baked ham w/ raisin sauce, escalloped potatoes, roasted cauliflower, red gelatin cake</td>
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<tr>
<td>Pot roast, garlic mashed potatoes, green bean and mushroom casserole, lemon meringue pie</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.

---

**Saturday, September 1 – Be Humble and Kind Day**
- 10 a.m. & 2 p.m. Movies on Ch. 851
- 2 p.m. BINGO

**Sunday, September 2 – Bring Your Manners To Work Day**
- 10 a.m. Church Service
- 2 p.m. Movie on Ch. 1851

**Monday, September 3 – Labor Day Holiday**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 1 p.m. Bingo Bucks Exchange
- 2 p.m. Holiday Bingo Game

**Tuesday, September 4 – Masquerade Sale in HFC**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2:15 p.m. Todd Cutshaw in Orchards B Dining Room

**Wednesday, September 5 – Wildlife Day**
- 10 a.m. Mass
- 2 p.m. Movie on Ch. 1851
- 6:30 p.m. Midweek Service

**Thursday, September 6 – Trivia Day**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 10:30 a.m. Rosary
- 1:30 p.m. 500 Bid - Gardens D.R.
- 2 p.m. Bible Study
- 7 p.m. Trivia on the Neighborhoods

**Friday, September 7 – Fantasy Football Friday**
- ~Favorite Jersey, Team Shirt or Colors & Jeans~
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2 p.m. Guess The Score (Ch. 1851)
- 7 p.m. Friday Night Movie on Ch. 1851

**Saturday, September 8 – Jamestown Parade**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 10 a.m. Walk to End Alzheimer’s (Linden Pointe in Hermitage, Pa.)
- Jamestown Parade

**Sunday, September 9 – St. Paul’s Annual Cruise In**
- Free Jeans/Shorts if you wear Car Cruise or St. Paul’s Shirt
- 10 a.m. Church Service
- 2 p.m. Movie on Ch. 1851

**Monday, September 10 – Swap Ideas Day**
- Afternoon: Jim’s Snack Shack
- 7 p.m. Fred Barringer (Western, Folk, Oldies)

**Tuesday, September 11 – 9/11 Patriots Day**
- Annual Retreat – Coffee Cart, Breakfast Goodies & Newsbits
- 1:30 p.m. 500 Bid
- 7 p.m. BINGO

**Wednesday, September 12 – Henry Hudson Discovers River (1609)**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2 p.m. Humble Music Ministries
- 6:30 p.m. Midweek Service

**Thursday, September 13 – Scooby Doo Day**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 10:30 a.m. Rosary
- 1:30 p.m. 500 Bid - Gardens D.R.
- 2 p.m. Bible Study
- 7 p.m. “Z” Praise Entertainment

**Friday, September 14 – Capture the Moment: “This is Us”**
- ~ Black and White & Jeans ~
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2 p.m. Photo Slide Show
- 7 p.m. Friday Night Movie on Ch. 1851

**Saturday, September 15 – The Lone Ranger Airs (1949)**
- 10 a.m. & 2 p.m. Movies on Ch. 1851
- 2 p.m. BINGO

**Sunday, September 16 – You Are My Sunshine Day**
- 10 a.m. Church Service
- 2 p.m. Movie on Ch. 1851
Monday, September 17 – Constitution Day
10 a.m. & 2 p.m. Movies on Ch. 851
7 p.m. Bonnie Campbell (Country, Gospel, Polkas, Oldies)

Tuesday, September 18 – National Respect Day
10 a.m. & 2 p.m. Movies on Ch. 851
10 a.m. Marbles the Cat
1:30 p.m. 500 Bid
2 p.m. Jim Hutchison One Man Band (Oldies, Variety)
7 p.m. BINGO

Wednesday, September 19 – Talk Like A Pirate Day
10 a.m. & 2 p.m. Movies on Ch. 851
2 p.m. Austi
6:30 p.m. Midweek Service

Thursday, September 20 – Gas-powered Auto is demonstrated (1893)
10 a.m. & 2 p.m. Movies on Ch. 1851
10:30 a.m. Rosary & Communion
1:30 p.m. 500 Bid
2 p.m. Bible Study
6:45 p.m. Kinsman Amish Youth Group

Friday, September 21 – Last Day of Summer
~ Favorite Summer Tee or Color & Jeans ~
10 a.m. & 2 p.m. Movies on Ch. 851
10 a.m. Creative Crafts with Gina
Afternoon: Outings
7 p.m. Friday Night Movie on Ch. 1851

Saturday, September 22 – Pink Lipstick Day
10 a.m. & 2 p.m. Movies on Ch. 1851
2 p.m. BINGO

Sunday, September 23 – Music & Memories
10 a.m. Church Service
2 p.m. Movie on Ch1851

Monday, September 24 National Museum Day
10 a.m. & 2 p.m. Movies on Ch. 1851
10 a.m. Greg Van Valien (Piano, Oldies) (Willows)
7 p.m. “Z” Praise Entertainment (Christian, Oldies, Variety)

Tuesday, September 25 – National One Hit Wonders Day
10 a.m. & 2 p.m. Movies on Ch. 1851
Noon Monthly Birthday Lunch
1:30 p.m. 500 Bid
7 p.m. BINGO

Wednesday, September 26 – Uniform Sale in the HFC
10 a.m. & 2 p.m. Movies on Ch. 1851
6:30 p.m. Midweek Service

Thursday, September 27 – Wings & Things
10 a.m. & 2 p.m. Movies on Ch. 1851
10:30 a.m. Rosary
1:30 p.m. 500 Bid
2 p.m. Bible Study
4 – 5:30 p.m. Men's Supper Club
6:15 p.m. Cocktails & Piano

Friday, September 28 – A Taste of Autumn
~ Autumn Colors & Jeans Day ~
10 a.m. & 2 p.m. Movies on Ch. 1851
2 p.m. A Taste of Autumn
(Bistro or HFC – depending on weather)
7 p.m. Friday Night Movie on Ch. 1851

Saturday, September 29 – Ghost Stories Day
10 a.m. & 2 p.m. Movies on Ch. 1851
2 p.m. Bingo

Sunday, September 30 – Life Long Learning Day
10 a.m. Church Service
2 p.m. Movie on Ch. 1851
MONDAY, SEPTEMBER 3 — LABOR DAY HOLIDAY — Wear your favorite color and jeans/shorts. Bingo Bucks Exchange starts at 1 p.m. Enjoy a special Holiday Bingo Game at 2 p.m. A Labor Day Crossword will be distributed for a chance at a Basket of Goodies.

TUESDAY, SEPTEMBER 4 — MASQUERADE SALE IN THE HFC — Also, at 2:15 p.m., Todd Cutshaw will entertain (Orchards Neighborhood Dining Room).

FRIDAY, SEPTEMBER 7 — FANTASY FOOTBALL FRIDAY — Are you ready for some football? Thursday was the opening of the 2018 NFL season! Wear your favorite jersey, team shirt or colors along with jeans/shorts. To add an element of prediction, we will play “Guess the Score” starting at 2 p.m. Each Neighborhood will get one prior guess for a total score for our game. Watch on the HFC camera as we spiral for points every 3 minutes for 30 minute game. Closest guess to the final score will win a Neighborhood Pizza Party, 2nd closest score will win an Ice Cream Party and 3rd closest score will win a Snack Basket. (Further details regarding this game will be provided to the Neighborhoods).

SATURDAY, SEPTEMBER 8 — JAMESTOWN PARADE — Interested residents may sign up with Life Enrichment Staff in your neighborhood by September 3. Also this day, The Alzheimer’s Association Walk to End Alzheimer’s will take place at BC3, Linden Pointe in Hermitage at 9 a.m. for registration and 10 a.m. for the walk.

SUNDAY, SEPTEMBER 9 — ST. PAUL’S 21ST ANNUAL CRUISE-IN & BBQ — Please be sure to attend this year’s event! Check out Cool Classics, Hot Rods & other Cruiser Cars! Enjoy DJ’s Rick Armor, WILLIE 95.1 Remote, Craft & Vendor Village, Chinese Auction & Raffles! Featuring a Rib BBQ and other delicious eats! Free Jeans Day/Shorts if you wear a Car, Cruiser or St. Paul’s Shirt.

MONDAY, SEPTEMBER 10 — JIM’S SNACK SHACK in the afternoon.

FRIDAY, SEPTEMBER 14 — CAPTURE THE MOMENT: THIS IS US. National Assisted Living Week has taken place all week for The Ridgewood and The Heritage! Wear black & white and jeans today. In honor of the celebration, we’ll Capture the Moment here at The Villas by presenting a Photo Slide Show aptly titled “This is Us” which includes many of our pics from past to present. “Life is a beautiful collage of priceless moments and memories, which when pieced all together creates a unique treasured masterpiece.” ~ Melanie Koulouris

FRIDAY, SEPTEMBER 21 — LAST DAY OF SUMMER — Say goodbye to summer as we head toward the Autumn Equinox on September 22. As Henry David Thoreau writes “Live each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each.” Wear your favorite summer tee or color this last day of the season…we hope it’s been an enjoyable summer! At 10 a.m., join us for Creative Crafts with Gina and then Outings in the afternoon through the Park.

WEDNESDAY, SEPTEMBER 26 — UNIFORM SALE IN THE HFC

THURSDAY, SEPTEMBER 27 — MEN’S SUPPER CLUB: WINGS AND THINGS! 4 - 5:30 p.m. in the HFC. Cocktails will begin at 6:15 p.m. – 7:30 p.m. for other residents interested relaxing with piano music & cold beverages.

FRIDAY, SEPTEMBER 28 — A TASTE OF AUTUMN — Join us either in the Bistro area (if weather cooperates) or the HFC for a sampling of autumn activities and treats. Wine and cheese pairings, cider, harvested vegetables, apple bites with caramel, popcorn with a variety of seasonings, warmed pretzels, crafts, live music and fall décor. Wear autumn colors and jeans today.

<table>
<thead>
<tr>
<th>Regularly Scheduled Activities:</th>
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<tbody>
<tr>
<td>BINGO – Tuesdays at 7 p.m. &amp; Saturdays at 2 p.m. • Music Therapy Wednesdays at 3 p.m., location varies Mid-Week Service Wednesdays at 6:30 p.m. • Friday Night Movies on Ch. 1851 at 7 p.m.</td>
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<tr>
<th>Special Activities in September:</th>
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<tbody>
<tr>
<td>September 10 – Fred Barringer, 7 p.m.</td>
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<td>September 12 – Humble Music Ministry, 2 p.m.</td>
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<td>September 13 – Z Praise, 7 p.m.</td>
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<td>September 17 – Bonnie Campbell, 7 p.m.</td>
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<td>September 18 – Jim Hutchison, 2 p.m.</td>
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Promoting a Culture of Caring & Recognizing our Team Members

The members of our team 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. One way to recognize the good works of our staff is to submit a Caring Heart. Caring Hearts are listed bi-weekly in the employee newsletter, and monthly in Campus Connections.

Each fall, we host our Distinguished Staff Awards recognizing staff who excel in several areas. We invite and encourage you to nominate staff members who meet the criteria for any of these awards.

We’ve created a link on our homepage to make it even easier for employees, residents, family and friends to recognize those who exemplify our culture of caring.

CARING HEARTS - CRITERIA
OUR MISSION
The mission of St. Paul’s formed and sustained by the Judeo-Christian faith and historically related to the United Church of Christ, is to provide meaning, richness of life, health care, and other support services, while maintaining and enhancing the dignity of human life.

OUR VISION
Our vision is to create a sense of purpose and belonging by providing a place to call home to everyone who chooses to become part of our family.

OUR CORE VALUES
Security — A condition of being protected from danger or loss; being safe.

Compassion — Showing special kindness to those who suffer; recognizing their suffering and wanting to help.

Person-Centered Care — Striving to place the resident at the center of decision making; focusing on the person’s gifts, skills and capabilities and enabling these to be expressed; getting to know residents better; enable residents to direct own services/support rather than attempt to fit within preexisting services.

Please Note: Submit ONE caring heart for EACH staff member you’d like to recognize.

DISTINGUISHED STAFF AWARDS - CRITERIA
Newcomer Award — This award will recognize one St. Paul’s staff member who has positively impacted St. Paul’s and the lives of the residents in the short time they have worked here. The individual may work in any area or department of the organization and have worked at St. Paul’s two years or fewer.

Leader Award — This award will recognize one St. Paul’s staff member who has exhibited strong leadership skills and serves as an example to fellow staff. This individual must be employed with St. Paul’s for at least one year and can work in any area or department of the organization.

Extra Effort Staff Award — This award will recognize one St. Paul’s staff member who has gone beyond his or her normal job description, consistently exceeds the expectations of the position and has had a positive impact on the lives of the residents at St. Paul’s. This individual must be employed with St. Paul’s for at least one year and can work in any area or department of the organization.

Dining Staff Award — This award will recognize one St. Paul’s staff member working in dining services who has gone beyond his or her job description consistently providing exemplary services to the residents at St. Paul’s. This individual must be employed with St. Paul’s for at least one year and must work exclusively in dining services either in the Villas, Heritage or Ridgewood.

Nominations for Distinguished Staff Awards must be submitted no later than Friday, Sept. 7, 2018.

Visit www.stpauls1867.org and simply click on STAFF RECOGNITION then Caring Heart or Distinguished Staff Award and fill in the appropriate information.
Caring Hearts recognizes staff members who go above and beyond to help or support a resident or fellow staff member.

Caring Hearts – July 2018

Names may be submitted through our website at www.stpauls1867.org by anyone who is witness to this extra effort or act of kindness.

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

Patti Adams
Glenna Addison
Laura Baker
Beckie Bartel
Ashley Beckman
Kelly Bell
Ceara Black
Sarah Black
Amanda Boggs
Gabby Boyd
Shianne Brantner
Kim Britton
Krissy Bunts
Ashley Burkhart
Brandon Busch
Deb Calenda
Deb Cantner
Barbara Clay
Jenna Cordekk
Destiny Coxson
Cheryl Crawford
Cory Denzer
Kara Doddo
Mike Doddo
Mimi Dreher
Zack Dubel
Ronda Durso
Rachele Elliot
Cristy Ennis
Rose Farley
Carla Flannery
Shawn Garrett
Tammy Gearhart
Erica Gulentz
Brooke Hargenrader
Kris Harnett
Melinda Hartman
Krystal Hebert
Jolene Herbold
Sarah Hervey
Chris Hill
LeAnn Hunter
Christal Jablonski
Sandy Kerfoot
Bill Kirker
Lisa Kunselman
Christina Lewis
Beth Linamen
Michael Lineman
Tammy Lininger
Casey List
Mary Longsoni
Shelly Luckock
Tom Luckock
Lindsy Lumley
Karen Mackall
Dave Mazurkewiz
Jeff McGahey
Terri McGarvey
Keefe McNamara
Julia Moran
Emily Mowery
Dana Mullen
Mary Ann Palmer
Shanna Parker
Devan Piccolin
Nicole Rader
Katie Ramp
Heidi Rash
June Reges
Samantha Rimer
Donita Ritchey
Tabatha Roberts
Kayla Ross
Stephanie Roth
Amber Scarmack
Adrianna Shannon
Gina Sorg
Morgan Spier-Macpherson
Deb Stephens
Cindy Stoyer
Erin Straw
Mikkayla Thomas
Sonya Tinker
Jamie Tumpak
Raelea Uhin
Hannah Walker
Missy Walker
Wend Walker
Deb Weese
Mallory Weller
Paul Wetzel
Calista White
Brittany Wilson
Leslie Woolstrum
Elisa Wotherspoon

Special Thanks...

To ALL the staff on Wednesday evening shift: Thank you so, soo much for all your help bringing and taking residents to the SLIM Brothers Show. It was greatly appreciated. — Mimi, Judy and Maria

To Orchards Staff: Thank you everyday that you come to work and help us make it through another day. I will miss all of you. Keep in touch. — Rebecca Mabry, LPN

Staff and Resident Families: For assisting residents to and from church. Blessings. — From Life Enrichment (Janet & Maria)

Thank you all 3rd Shift for a great night! — Steph Roth

Dear People: Thank you :o) — Finley Dubel

AWESOME! No Falls 7/23 - 7/30 Gardens — Julie Miller

Kathy Shrock: Thank you for doing all the extra things for our Orchards residents. They appreciate it and you really make a big difference in their lives. — Sheila Wasser
More than 30 Without Walls clients and employees gathered for the annual membership picnic on Thursday, August 16 at Rust Colony Square Pavilion. After a delicious picnic supper, Clients and Care Partners shared stories telling the great ways that WOW services and working with WOW has impacted their lives. The group played several fun games of bingo and enjoyed great fellowship. Thank you to the Reynolds H.S. Key Club for volunteering to help with set up, serving, clean up and passing out bingo prizes! Visit www.wow2012.org/membership today and find out how you can become a member.
BINGO Helpers needed:
** Tuesday evenings at The Villas & The Heritage 6:15 - 8:15 p.m. **
Saturdays at The Heritage 1:30 - 2:30 p.m. and at The Villas 1:30 - 3:45 p.m.
500 Bid card players available in the afternoons.
Transporters needed for Tuesday and Wednesday evening activities.

Colby Bistro Gift Shop workers needed: Weekdays & Weekends: Noon - 4 p.m.
One-on-one companions to visit with residents.

For more details, or to volunteer, contact Rose Hoffman at ext. 1135 or APPLY ONLINE at www.stpauls1867.org.

St. Paul’s is very fortunate to have many wonderful volunteers who go above and beyond expectations, unselfishly giving of their time and talents. One of these talented and giving volunteers is Hud Artman. Hud assists with appointment companions and knows first-hand the importance of volunteers. Thank you Hud and all St. Paul’s volunteers!
— Rose Hoffman, Director of Volunteer Services
Residents from The Heritage and The Ridgewood enjoyed a joint trip to Deer Park at the end of July. After a train ride and a full day of meeting and feeding the animals, the group enjoyed a yummy lunch at Carini’s in Jamestown!

Gail Peoples poses with “The Bear.”

Ardis May feeds the donkey at the petting zoo.

Adele Lehosky meets the new baby kangaroo.

On Monday, August 6, residents from all across campus got to enjoy an evening at the ballpark with a trip to Eastwood Field in Niles, Ohio to cheer on the Mahoning Valley Scrappers!
Join St. Paul’s Team for the Walk to End Alzheimer’s!
Saturday, Sept. 8 – 9 a.m.
Butler Community College (BC3) at Linden Pointe in Hermitage, Pa.

St. Paul’s team is registered online at www.alz.org. If you wish to register on-line with St. Paul’s team, simply click “Find Your Walk” then type in “16148” and click “Search”. You’ll then see the link for the Hermitage (Sharon) walk in the upper left corner of the screen. Click on that, then look for St. Paul’s team (top fundraising team) and click “Join Team”. If you prefer to complete a paper registration, feel free to see the Villas, Heritage or Ridgewood receptionist or Tammy Lininger. We can complete the on-line registration for you.

Our team goal is $9,000 and 50 registered walkers. As of 8/20/2018, we have 30 committed walkers and are at 69% of our goal.

So many lives are touched by Alzheimer’s disease as it now has risen to the seventh leading cause of death in the United States. Awareness of the services provided by the Alzheimer’s Association is desperately needed.

St. Paul’s hosts a monthly caregiver support group meeting the first Tuesday of every month in the Keifer Building. Anyone seeking information is welcome to call Michelle O’Malley at St. Paul’s at (724) 588-7610. For information about the other services provided by the Alzheimer’s Association, please call (800) 272-3900 (hotline) or Erie office at (814) 456-9200.

St. Paul’s is committed to raising awareness and funds for Alzheimer’s research, care and support. Currently, more than 5 million Americans have Alzheimer’s and that number is expected to grow to as many as 16 million by 2050. Our future is at risk unless we can find a way to change the course of this disease.

We need your support! Please join our team and walk with us! If you are not available on the day of the walk, please consider making a donation to help the Alzheimer’s Association advance research into prevention, treatments and a cure for Alzheimer’s. For the millions already affected by the disease, the Association offers care, education, support and resources in communities nationwide!

Thank you for joining our movement! The end of Alzheimer’s disease starts here.
"Ask an Expert" 2018 Series

Resources in the Community

THURSDAY, SEPT. 27 — 6:30 P.M.
The Keifer Building at St. Paul’s — 341 East Jamestown Road, Greenville, PA 16125

Learn about some of the support and service resources that are available in our community. Q & A session will follow presentations.

Sam Bellich
CEO, Mercer County Area Agency on Aging, Inc.

Kip Hoffman
CEO, Community Counseling Center of Mercer County

Doug Watson
Attorney, Estate Planning

Reservations required. Seating is limited. — RSVP to: jkather@sp1867.org or 724-589-4646.