



Painting Demo

Resident Chuck Broehl held an interesting discussion about painting with watercolors on June 4th at the Atrium. Residents were eager to hear about his techniques. Several of his watercolor paintings are currently on display in the Lion's Den.



Meet the Summer Interns at The Atrium



I'm Kayla Smith from Kunkletown, PA which is located in the Pocono's. I am currently a senior at Penn State and will be graduating in August with my degree in Human Development & Family Studies. After I graduate, I hope to go back to school and finish a nursing degree with a focus on mental health and gerontology. I have a 1 1/2 year old dog named Peanut and just got a Guinea Pig named Inigo Montoya. I just got my motorcycle permit and currently I am learning how to ride. I look forward to meeting and working with everyone this summer.

Hello! My name is Lindsay Bailor and I'm from Lewistown, PA. I'm about to graduate from Penn State with a degree in Human Development and Family Studies. After graduating, I'd like to pursue a career in the counseling field. While in college, I played trumpet in the Penn State Marching Blue Band. I love art, music, spending time with my friends, and puppies. I'm excited about interning at The Village and can't wait to work with you all this summer!



I'm Molly McKinnon from Bethlehem, PA. I am finishing my senior year at Penn State and will be receiving my degree in Kinesiology (Movement Science) in August. I was an intern at the Atrium during the Spring 2009 semester, and I enjoyed myself so much that I decided to volunteer during the summer. I will be leading fitness classes and fitness games. I hope to attend graduate school in the fall to earn a Doctorate in Physical Therapy. I am looking forward to spending time with the residents I already know and getting to know the new residents.

I'm Mary McKinnon from Bethlehem, PA. I enjoy playing lacrosse, field hockey, and soccer, and just exercising in general. I recently completed my freshmen year at Penn State as a Kinesiology major. In the future, I hope to receive my doctorate and become a physical therapist. I am excited to be volunteering at the Atrium and cannot wait to meet and get to know each of the residents. Lastly, I am the sister of Molly McKinnon. I look forward to spending time observing the Atrium physical therapy department.



My name is Michelle Green and I'm from Philadelphia, PA. I am 22 years old. I enjoy playing basketball and singing in my spare time. I am a senior at Penn State University majoring in Human Development & Family Studies. I became interested in doing my internship at The Village at Penn State because I believe my experience here will give me a greater sense of growth, self development, leadership, independence, and learning needed in today's human service society. Secondly, I believe my experience at The Village will give me the opportunity to do what I love most, build healthy relationships and improve the lives of those around me.

My name is Shanna Servant and I am a local. Some of you may remember me from working here before in the Dining Department. I left and had a son named John who is now 18 months old. I am currently enrolled at Penn State as a Therapeutic Recreation major. This summer I am working here with our wonderful Dana and John as a work study student. In addition, you can find me in Commons Building working for Jill in Marketing or filling in at the Front Desk. I spend my free time with my son. Our favorite thing to do is go to the park and play on the slide and swings. I am so happy to be back because I missed all of you so much!



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Atrium Interns

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4th of July Fireworks
The Village is one of the best places in town to watch the fireworks! If you plan on having guests that night, please pick up a "fireworks" pass to ensure their admittance into our community. "Fireworks" passes are available at the Front Desk. One pass is good for a car-load of people.

The Village at Penn State Proudly Supports the 2009 Central PA Festival of the Arts!

Featured Events:

Artist Brings Work To The Village!
The Village at Penn State is pleased to present our featured artist from The Central Pennsylvania Festival of the Arts: Steve Strouse. Steve was born in Bellefonte in 1962 and has lived there ever since. He became fascinated by woodworking at a very young age and began building furniture as early as junior high school. Steve entered his first arts festival in 1994, doing the People's Choice Festival in Boalsburg. His work primarily consists of making Shaker-style boxes in a number of different woods, in a variety of different sizes and designs. His prices range from \$28 to \$165. Please come to this special gallery showing on July 7th from 3:30 to 5:30 p.m. where his work will be on display and for sale in the Cub Lounge. He will be mingling with residents and answering questions. Refreshments will be served.



Take the Village Bus to Arts Fest on Friday, July 10th at 10 a.m. and 1 p.m. Please RSVP.



Visitors of the 2008 Central PA Festival of the Arts enjoy a day of shopping and entertainment.

Arts Festival Buttons
Stop by the Front Desk to purchase your Arts Festival Button! Buttons are \$8.00 each and grant you access to performances throughout the festival. If you plan to attend the "Universe of Dreams" concert, this button is required for admission.



A Universe of Dreams
Take the Village Bus to Schwab Auditorium at 7:30 p.m. on Saturday, July 11th to experience a night of Celtic music. Six musicians from Ensemble Galilei will join National Public Radio's Neal Conan for a night of music, photographs of stars and galaxies from the Hubble Space Telescope, and poet narration during their performance of "A Universe of Dreams." This concert marries music to words in a way that is both compelling and beautiful. A festival button is required for admission to this event.





Marketing News

By Jill Lillie

Thanks to the ambassador committee members and other helpful residents, we were able to maintain a presence for Alumni Reunion Weekend which is held at the Nittany Lion Inn every June. As a result of this effort, we had one couple tour our community and another request for further information. It is always a great opportunity for us to increase visibility and to connect with alums who may be exploring options for their future.

Reaching Out Committee



Pictured in this photo from right to left are:
Administrative Assistant, Marie Radziak; Ann McCall;
Ferne Traynor; Ginny Czekaj; and Alice Gilrain.

Members of the Reaching Out Committee were proud to debut their newest creation: the photo directory biographies! The bios were distributed the week of June 8th, along with an updated Resident Handbook and contacts directory. The bios are still a work in progress. The committee began with the most recent move-ins and they are working backwards. So, if you were one of the first to move in, don't worry, we haven't forgotten you. New bios will be distributed as they are ready.

Did you know that The Village is approved as a PSU work study site?

The work study program at Penn State is part of the Federal Work-Study (FWS) program. This program provides part-time jobs for undergraduate and graduate students with financial needs, which allows them to earn money to help pay education expenses. The program encourages the recipient to find work in their course of study. The university provides the wages for students with forty percent of the wages being reimbursed by PHEAA (Pennsylvania Higher Education Assistance Agency) and sixty percent from Federal College Work Study funds.



Most students usually work on campus for Penn State. However, working off campus is also possible. To work off campus, the employer will usually be a private nonprofit organization or a public agency, and the work performed must be in the public interest. The university also has agreements with private for-profit employers that provide work study jobs. Working for a private for-profit employer, the student must do work that is relevant to their course of study.

The Village at Penn State is a private nonprofit work study provider site. This is a great opportunity for The Village and for the students involved. Sometimes interns are approved work study students, and for the first time ever this semester, we have a non-intern work study student! "It never even occurred to me that non-interns could work here as work study students until Shanna Servant approached me with the idea," commented Director of Resident Services Amy Haagen Evans. She added, "Of course, I jumped at the opportunity and scheduled Shanna to work in three different departments at The Village." Shanna splits her time between the Marketing Department and the Atrium Activities Department, and occasionally fills in at the Front Desk. Shanna would one day like to work in a retirement community as an Activities Director. In the future, we hope to seek out work study students for other part-time positions.



Fullington Trailways shot a promotional video on June 10th and Village residents were invited to be "bus passengers." Following the filming, our friends at Fullington treated the residents to ice cream at the Penn State Creamery.



Wellness Education

Vision without action is a daydream.
Action without vision is a nightmare.

~ Japanese Proverb



UV Safety

It was once thought that only UVB rays (short wave) were a concern, but we keep learning more and more about the damage to the skin caused by UVA rays (long wave).

Both UVB and UVA, however penetrate the atmosphere and play an important role in conditions such as premature aging, eye damage (cataracts), and skin cancers. They also suppress the immune system, reducing your ability to fight off these and other maladies.

By damaging the skin's cellular DNA, excessive UV radiation produces genetic mutations that can lead to skin cancer. Both the Department of Health and Human Services and the World Health Organization have identified UV rays as a proven carcinogen. UV radiation is considered the main cause of nonmelanoma skin cancers, including basal cell carcinoma and squamous cell carcinoma. Many experts believe that, for especially fair skinned people, UV radiation also frequently plays a key role in melanoma, the deadliest form of skin cancer.

UVA is the dominant tanning ray. A tan results from injury to the skin's DNA - the skin darkens in an imperfect attempt to prevent further DNA damage. These imperfections, or mutations, can lead to skin cancer.

UVB, the chief cause of reddening and sunburn, tends to damage the skin's superficial epidermal layers. The most significant amount of UVB hits the U.S. between 10 a.m. and 4 p.m. from April to October.

SPF (sun protection factor) is not the amount of protection per se. Rather, it indicates how long it will take for UVB rays to redden the skin when using sunscreen, compared to how long it would take to redden without sunscreen. For instance, a sunscreen of SPF 15 will take 15 times longer to redden the skin than without sunscreen. An SPF 15 screens 93% of the sun's UVB rays, SPF 30 protects against 97%, and SPF 50, 98%. A minimum of SPF 15 is recommended by The Skin Cancer Foundation.

DON'T GET BURNED BY SUNSCREEN

1. Apply 1 oz. (2 Tablespoons) to your entire body 30 minutes prior to going outside.
2. Reapply every 2 hours
3. Reapply immediately after swimming or sweating

PREVENTION GUIDELINES

1. Seek the shade
2. Do not burn
3. Avoid tanning and UV tanning booths
4. Cover up with clothing, including a broad brimmed hat and UV blocking sunglasses
5. Use SPF of 15 or higher
6. Examine your skin head to toe monthly
7. See your physician once a year for a professional skin exam.



**FREE PACKETS OF SUNSCREEN AVAILABLE AT THE WELLNESS CLINIC ON JULY 1ST
WHILE SUPPLIES LAST**



"Nurse is in Hours"



Monday through Friday 10 a.m. to 12 noon No hours July 3rd (due to the holiday)

And by appointment as needed. Please tune in to Channel 36 for any changes to this schedule.

COMING THIS MONTH

Event 1:

Date: 7/22/09 Time: 1:00 PM Where: The Village Creamery What: Centre Pharmacy Risks of OTC Medications vs. Prescription Medications



Event 2

Date: 7/22/09 Time: 1:00 PM Where: Lion's Den What: Dr. O FREE Audiology Screenings

Event 3:

Date: 7/29/09 Time: 1:00 PM Where: Village Creamery What: JoAnn Shultz, CRNP

July is

- Independence Day July 4th Hemochromatosis Awareness Month (Iron Disorder) UV Safety Month Social Wellness Month Herbal and Prescription Awareness Month National Ice Cream Month National Blueberry Month Recreation and Parks Month July 3rd is Stay Out of The Sun Day July 31st is Parent's Day

Laboratory Hours

An employee from the laboratory at Mount Nittany Medical Center visits our Wellness Clinic every morning, Monday through Friday, starting at 8 a.m. Please arrive promptly at 8 a.m.



T & B Medical Visits!

Travis Barr of T&B Medical visited the Village to answer questions from current scooter owners on May 20th. Following the question and answer session, Travis cleaned and serviced the scooters that were present for this event. Some residents verbalized their surprise that this service was given free of charge whether you bought your scooter from T&B Medical or not. Travis will be back in October for a similar event.

T & B Medical: 466-8736

NUTRITION TIP: Fill'er up slowly. To avoid overeating at dinner, snack on: raw veggies, fresh fruit, quesadillas made with whole wheat tortillas, shredded mozzarella and salsa. You don't want to ruin your appetite; you just want to temper it.



Podiatry Appointments

Dr. Hoover will be in the Arts Studio on Wednesday, July 22nd. Please call his office at (814) 643-5193 to schedule an appointment.



July Birthdays

- Chuck Broehl 3rd Jean Frederiksen 3rd Rose Marie Stober 3rd Ruth Puskarich 5th Al Blackadar 6th Vi Swope 10th Eleanor Reese 11th Jean Weller 12th Bunny Schollenberger 13th Alice Gilrain 15th Lloyd Huck 17th Ruth Vastola 18th Catherine Willower 21st Evelyn Swift 22nd Betty Blackadar 25th Hope Coder 25th Joe Giambattista 25th Sara Skipper 27th Ethel Butler 31st Bud Yonker 31st



May 22nd. Another Successful Garage Sale...Don Ace and Creigh Snyder are working hard as Maddy Cattell helps her grandson, Joshua, pick out a set of dishes and a lamp.

Staff Directory

Table with 2 columns: Name and Title. Includes Marianne Hogg (Executive Director), Marie Radziak (Administrative Assistant), Ellen Corbin (Atrium Administrator), etc.

Employee of the Month



Jenn Prisk

Congratulations to our July 2009 Employee of the Month, Jenn Prisk. Jenn is our Lead Community Associate in Commons Building. She began working at The Atrium in April 2004 as a CNA and then transitioned into her current role in January 2006. Jenn handles all of the communication at the Concierge Desk and she coordinates the transportation schedule of daily appointments.

Jenn also manages special projects including the Resident Directory and the production of employee and resident name badges as needed. Jenn has great computer skills and she puts the finishing graphic design touches on every monthly newsletter. "Jenn is friendly, fun, always on time, and the residents enjoy her," commented Director of Resident Services, Amy Haagen Evans. She added, "Jenn is extremely capable and she can figure anything out." Thank you for all you do, Jenn, and keep up the great work!



Summertime Fun

Croquet is an ancestral game that originated in England and spread throughout Europe in the early 1860's. This sport was an event at the 1900 Summer Olympics in Paris, France. Today croquet is known by most as a favorite summer lawn game not solely for competition, but for the socialization that it provides. Our annual "Backyard Fun in the Sun" series includes croquet, bocce ball, and badminton. This year, we are offering each game more than once so our residents have multiple days to join in on the fun. Please check your Village calendar for specific dates and times.

Note: Please see Lori Gravish if you would like to borrow any of the sporting kits while you are entertaining friends and family. Remember to drink plenty of water prior to participating in outside summer events in order to prevent dehydration.

DRINK UP!



Above: Annetta Pierce, Mary Gundel & Laretta Pierce.

Left: Joan Wood & Ginny Czekaj.

It's Not Tarzan, It's Maddy!

On May 19th, while visiting her granddaughter Rachel at an outdoor YMCA camp outside of Greenville, South Carolina, Maddy Cattell experienced a "zip line" course. Reflecting on the experience, Maddy chuckled and said, "It was scary being way above the tree tops, but I enjoyed it so much that I did it a second time!"



FACT: Australian troops have used zip lines to deliver food, mail and even ammunition to forward positions in several conflicts.

Fitness Fact

By gaining one pound of muscle, the body burns an additional 50 calories per day.



Look Who's NuStepping Now!



One of our newest residents Fred Hughes wasted no time unpacking. He has been a faithful member of our Fitness Program for the past six weeks. Welcome aboard Mr. Hughes!



The Walking Trail and Picnic Area are Officially OPEN!

John Steimer's vision for a walking trail and picnic area at The Village has finally become a reality! Approximately forty residents turned out for the picnic area dedication on June 4th. Members of Penn State's School of Forestry also attended to show their support. Lori, Amy, and the interns were on hand to grill up our famous Village hot dogs and serve lemonade.

Thank you to the Resident Council for furnishing the picnic area with weatherproof picnic tables and two portable gas grills. The gas grills are stored behind the West 2 carport. Any resident can check a grill out. Laminated instructions are included with the grills. Please be sure to clean the grill prior to returning it.



Please also remember:

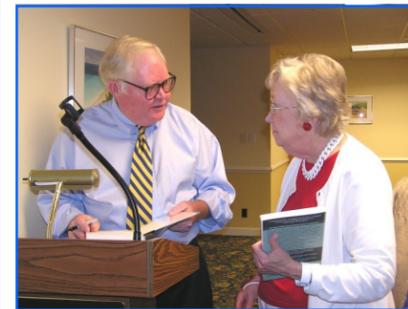
- 1) You are responsible for disposing and removing your trash from the picnic area.
2) Wear bug spray to avoid nasty bug bites and always inspect your body for ticks after returning to your apartment or cottage.

Have fun and be safe!



The Horseshoe Curve and WWII

Dennis P. McInay, a Professor of Management at Saint Francis University, visited The Village on May 21st to lead a discussion about his book, "The Horseshoe Curve: Sabotage and Subversion in the Railroad City." This book depicts the thrilling tale of three interconnected - but little known - events in American history: The Nazi plot to destroy the Horseshoe Curve during WWII; the FBI's search of the homes of 225 Altonians on July 1, 1942 as "alien enemies;" and the drama behind the founding of the PA Railroad and building of the Horseshoe Curve.



Dennis McInay autographs a book for Helen Harvey.

La Vie is Now Online!

The creators of the new LaVie on-line visited The Village on June 11th to inform the residents about this achievement and show them how to use it. This presentation was part of our annual University Libraries Summer Lecture Series and featured University Archivist Jackie Esposito and her colleagues, Sue Kellerman and Albert Rozo.

Residents who attended the presentation were delighted when the presenters entered their names on the site, and their college photos appeared! Now that's technology!



Summer Resident Services Intern: Christina Bui

I will be a senior this fall. I'm majoring in Health Policy and Administration with a minor in Gerontology and Economics. I was born and raised in Lancaster. In school, I love volunteering with my friends and being very involved. So I joined Circle K and Dance MaraTHON my freshman year. In Circle K, I am now the Vice President, and I previously held the office of Treasurer. In THON, I've served on the Rules and Regulation and Special Events committees. This year, I also danced for 46 hours! After I finish my undergraduate degree, I plan to get my masters in Health Administration. Outside of school, I enjoy spending time with friends and going to various shows at Eisenhower Auditorium and the Bryce Jordan Center. And of course, I love going to PSU football games! I'm excited to be at The Village for the summer!

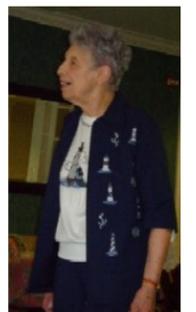


Christina cooks hot dogs during the grand opening of the Picnic Area on June 4th.

Elmcroft Fashion Show



Elmcroft Assisted Living (formerly Outlook Pointe) hosted a fashion show for their residents on Tuesday, June 9th. Their Activities Director called upon the ladies of our community to model the clothes from Bonworth Clothing Store in Altoona. Thank you to Anna Boyer, Maddy Cattell, Helen Kenworthy, and Carolyn Roberts for representing The Village so well!



Got Milk?

Stop by the Gift Shop for necessities such as milk, orange juice, and greeting cards!