

Revisiting, Revamping and Recommitting to Our Core Values

Across the last few months, residents and visitors may have noticed team members wearing a new, purple St. Paul's t-shirt with the logo at the right printed on the back. Have you noticed the shirts? Have you asked someone, "What does CPRS mean?" If you haven't noticed, we bet you will now...*but what does it mean?*

CPRS stands for: Compassion, Person-centered, Respect, Security. These are the Core Values of St. Paul's Senior Living Community. For any company, its Core Values should reflect the organization's core principles and ethics—its foundational and fundamental ideals.

For most of 2023, a large group of team members from many departments across campus, dubbed "The Core Values Roll-out Team," has been hard at work revisiting what these values mean to our community and finding ways to reintroduce the importance of them to our culture.

Beginning Tuesday, Oct. 17, a series of training sessions will take place in Headland Friendship Commons at The Villas. All team members are required to attend one of the 15 sessions that will be offered.

The sessions will include four parts – one for each value – and at the end of the training, team members will be asked to "recommit" to our Core Values.

But back to the t-shirts... the shirt was designed to be a little cryptic in order to create conversations and urge people to ask the question, "What does that mean?"

The shirts definitely started a "buzz" around campus and many conversations centered around our Core Values have been had over the last few months. Word is getting out that our Core Values are an essential and important part of who we are and what we stand for at St. Paul's.

Following the training sessions in October, we will continue to explore ways to keep these Core Values "top-of-mind" as our ultimate goal, always, is to make St. Paul's a better place for our residents, our team and family members.

We also will be asking for ideas and opportunities in the future for incorporating these values in all that we do here.



Compassion

We practice empathy by showing consideration, kindness and selflessness to each other.

Respect

We recognize that all individuals are important and need to be treated well.

Person-Centered

We listen, learn and involve each other to improve well-being and quality of life.

Security

We create a working & living environment where all individuals feel safe, valued & protected.

fun Fridays

All-campus Theme Days

— Friday, October 6 —

Oktoberfest

~ Got Lederhosen? ~

~ or wear the Bavarian colors of blue and white ~

— Friday, October 13 —

Celebrating Breast Cancer Awareness Month

~ Wear pink today ~

— Friday, October 20 —

ST. PAUL'S *Spirit Day!*

~ Wear your St. Paul's Gear ~

Scarecrow contest voting also begins today.

**FRANKENSTEIN
FRIDAY**

— Friday, October 27 —

~ Wear your costume! ~

Prizes for staff and resident costumes
Send in your kids' Halloween
photos by Monday for our
virtual costume contest!

Policy on gifts and gratuities

While residents, clients and family members often wish to show their appreciation for the care and services rendered by St. Paul's staff, St. Paul's must ensure that residents, clients and family members do not feel obligated to give St. Paul's or its staff gifts or gratuities in order to assure a resident or client receives quality care. In order to comply with this policy St. Paul's has set forth the following guidelines:

1. Employees may not ask or suggest that a resident or client, or any person acting on behalf of a resident or client should offer or give gifts or gratuities to St. Paul's staff.
2. Employees may not accept cash or currency of any kind, including but not limited to tips from any source or individual. Employee bonuses and/or gifts provided by St. Paul's do not constitute gifts or gratuities.
3. Employees may only accept non-cash gifts that do not exceed \$10.00, and/or are shared by the whole staff. In order to be considered a non-cash gift, the gift cannot be converted to currency.

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 Celebration. This donation can be given to the administrator or director and identified for the Staff Christmas Celebration 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.

~ IN MEMORIAM ~

Residents who have passed

July 16, 2023 — August 15, 2023

07/21/23	Wanda Stepanic
07/23/23	Nicklo Smargiasso
07/25/23	Dolores Jaussen
07/27/23	Theresa Rodgers
07/28/23	Shirley Garrett
07/30/23	Cyril Macosko
08/01/23	Robert Daisley
08/03/23	Martha Kather
08/03/23	Kenneth Nye
08/05/23	Susan Bromwich
08/10/23	Mary Petrick
08/15/23	Clair Willaman

alzheimer's association

Greenville Caregiver Support Group

Presented by:
Alzheimer's Association
Greater PA Chapter

Sept. 5, 2023
2 - 3:30 p.m.

Zion's Reformed Church
260 Main St.
Greenville, PA 16125

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

Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Guest Apartment at The Heritage Available



The guest apartment in The Heritage is available to rent to families or loved ones who need a place to stay while visiting.

The one bedroom apartment has a queen-size bed (a roll-away bed is also available if needed), microwave, refrigerator and a flat screen television. The cost is \$89 per night. Check in is 3 p.m. and check out is 11 a.m. For reservations call Robyn Weaver at 724-588-7610 ext. 1146.



2023 Walk to End Alzheimer's

St. Paul's team had a wonderful turnout at the annual Walk to End Alzheimer's on Saturday, Sept. 9. There were some team members who were unable to be there physically but were with us in spirit. Pictured at right is Carey Green, a 20-year participant who was unable to attend the Walk but made a special effort to visit campus, sign our tribute wall and turn in her sponsorships. Thank you, Carey and all those who walked and who supported our team with donations!

With online funds raised, plus the money turned in on the day of the Walk, our team has raised more than \$9,195. We are hopeful that we will surpass \$10,000 for Alzheimer's research!

There is still time to support the team if you haven't already done so. Simply call, email or text Tammy Lininger.

See more photos in our photo gallery on our website at:
www.stpauls1867.org/about/photo-gallery/walk-to-end-alzheimers.



Robyn Weaver delivered a moving tribute to her father Neal Lineman, who passed away earlier this year, and shared her "reasons she walks" and supports the event each year.



Sheila Wasser (above left) and her mom, Jean, support the Walk each year with several other members of their family.



Eugene Mecklem (pictured third from left) is our team's top fundraiser and surrounded by his family, several who travel from out of state each year to support the event.





Everyone Loves a Parade!

And the annual Jamestown Parade (now in its 79th year!) is no different. Our Life Enrichment Team does a wonderful job transporting residents to and from the event, providing sandwiches and snacks and helping collect candy for the ride home!



And this year, St. Paul's had a place in the parade so we could show off our new mascot "Cary the Caring Heart." Thanks to Colony residents Marilyn & Earl Palmiter and Christine & Mary Ellen Bayuk for representing our community and tossing heart-shaped lollipops to the crowd!



Dueling Poetry at The Ridgewood



We often talk about the importance of relationships at St. Paul's and apparently a great one has been built between Sandy Stainbrook, resident at The Ridgewood and Ron Ashbaugh, our Fitness Specialist. Sandy wrote Ron a poem (below at left). And then—of course—Ron wrote one back (below on the right) and he even dressed up to recite it to her in front of her neighbors! Enjoy the impressive prose!

"Our Leader"

(an Ode to Ron Ashbaugh, Fitness Specialist, by Sandy Stainbrook)

We enter the room to gyrate and swing, waiting for our leader, who is a real "ding-a-ling"
When Ron enters the room, I must say, He gets our attention, gets his way.
He adds to our workout a joke or two, don't know where he gets them, but we holler "Boo-Hoo"
He leads us as he counts to fifteen or twenty, We are sweating like crazy, and I mean plenty!
We laugh and laugh but continue to kick, With hearts that are beating a fast tick-tick.
The torture is nearing a long, long end as we wonder if Ron is really our friend. When we are finished, all we get is a clap
But what can you expect from a wild, crazy chap?
We all must say it is really worth while, for we get to see Ron with a big, BIG smile!!

Sandy Sandy sweet as candy
She's nice, she's cute, she's quite a dandy
She works very hard even with a sore back
Never afraid of a muscle attack
Wearing cute shoes is part of her style
When it comes to looking good, she goes the extra mile
Married forever to her main squeeze Ron
Friend to our life enrichment love Dawn
Sandy Sandy with a good comeback handy
If she was a boy I'd call her Randy
She smacks a balloon and comes off her feet
She gets too excited to stay in her seat
An artist with a pen to scrawl a quick rhyme
She will play a hand of cards any old time
She kicks butt at Zumba that she rocks in a chair
Singing Elvira like she doesn't have a care
Sandy Sandy as cute as a peach
Her name reminds me of my suit at the beach
Sandy we love you and all that you give
You make The Ridgewood a great place to live!

St. Paul's Annual Scarecrow Contest

*Help decorate the lawn in front of The Villas portico for autumn!
Gather some residents, family members and your co-workers and
design a scarecrow to represent your Neighborhood.*

*Set up will take place on Thursday, Oct. 19 from 10 a.m. - 4 p.m.
in the grassy area in front of The Villas portico.*

*Contact Mariah Corson, Life Enrichment Specialist in The Colony,
mcorson@sp1867.org or ext. 1212
by Friday, October 13 if your neighborhood would like to participate.
We will provide a laminated 11" x 17" sign with your name and theme.*

VOTING will begin on Friday, October 20

A photo of each scarecrow and a ticket container will be displayed in The Villas lobby.

Each resident, team member and visitor will be given a ticket from

The Villas receptionist to vote for their favorite scarecrow.

Voters must write their name on the back of their ticket.

Multiple entries are not permitted and will not be counted.

Winner will be announced on HALLOWEEN – Tuesday, Oct. 31

PLEASE FOLLOW THESE GUIDELINES:

Scarecrows must be durable and able to stand up to weather.

All props or decorations must be firmly attached.

**Scarecrow(s) and all additional props (straw bales, corn stalks, etc.)
should fit within a 4' x 4' area.**

No electricity will be provided.

No political statements or obscenities.

No manufactured faces.

Displays should not be frightening or distasteful.

**St. Paul's reserves the right to remove any display not in good taste
and to remove displays that deteriorate before the end of the contest.**

The winning Neighborhood gets a delicious prize!

**Scarecrows and all props and
decorations must be picked up
by 4:30 p.m. on Friday, Nov. 3.**



Spiritual Services

Patience Strong was the pen name of the popular 20th century British poet Winifred Emma May. Her poems—often about nature, relationships, and character—were published on a daily basis in the British tabloid, The Daily Mirror, from 1935 through 1946 and were well-received weekly thereafter in the Sunday edition of the paper for several decades. I share with you this month a poem she wrote about thankfulness in life which, I believe, continues to be relevant in every time and place.

Sincerely, Pastor Julia

Thankful may I ever be for everything that God bestows.

Thankful for the joys and sorrows, for the blessings and the blows.

Thankful for the wisdom gained through hardship and adversity.

Thankful for the undertones as well as for the melody.

Thankful may I ever be for benefits both great and small

And never fail in gratitude for that divinest gift of all:

The love of friends that I have known in times of failure and success.

O may the first prayer of the day be always one of thankfulness.

– Patience Strong

October Bible Study with Pastor Julia



The Keifer Gym at The Colony

Tuesday, Oct. 10, 1 p.m.

(Study theme: the Disciples)

Villas Conference Room – Wednesdays, 1 p.m.

Harmony Hall at The Ridgewood – Thursdays, 10 a.m.

(Study theme: Philippians)

Catholic Mass



Father Brandon Klechner from St. Michael's Roman Catholic Church in Greenville will lead Mass for Catholic residents in Headland Friendship Commons on **Wed., October 4 at 10:15 a.m.**



Sunday Worship Services are scheduled for:

The Heritage at 9 a.m.

The Villas at 10 a.m.

The Ridgewood at 11 a.m.

Pastor Julia Fraser will lead all services.

The Villas service will broadcast on Ch. 1851 at 10 a.m.

All residents, along with family members, are welcome to join in, whether in-person or virtually!

The Oct. 15 service will be BROADCAST ONLY due to pastoral vacation.



Each year, St. Paul's holds a Service of Remembrance as a means for family, friends and staff members to give thanks for the lives of those who have lived and died in our care.

This year's Service of Remembrance will be held on Sunday, November 5 at 2 p.m. in Headland Friendship Commons. At that time, we will hear Scripture lessons, sing, pray, and read the names of beloved residents who have died here since last fall.

Not all departed ones whose lives have mattered deeply to us have been residents here. We are also glad to remember and give thanks for departed loved ones of residents or staff members living elsewhere who have died since last fall. If you would like to submit a name to be read at the Service of Remembrance, please be in touch with Pastor Julia by Monday, October 23.

May God grant all the departed rest and peace and give to those who are bereaved his holy comfort and his care.



Faith and Fellowship Gatherings with devotions, Holy Communion, hymns, and seasonal refreshments will be held according to the following schedule:

The Villas – Wednesday, Oct. 18, 10 a.m.

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**Jones Serenity Circle & Lane – Tuesday, Oct. 17, 2 p.m.**

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The Heritage – Wednesday, Oct. 18, 1 p.m.
Bistro Patio (weather permitting) or 2nd floor dining room

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**The Ridgewood – Thursday, Oct. 19, 10 a.m. Harmony Hall**

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The Colony – Thursday, Oct. 19, 1 p.m.
Rust Colony Pavilion (weather permitting) or Keifer Gym

MOVIES

October 2023

Sun Mon Tue Wed Thu Fri Sat

10 a.m. Church Service 1 p.m. Hymn Sing - YouTube 2 p.m. School of Rock	10 a.m. A Beautiful Day in the Neighborhood 2 p.m. October Sky	10 a.m. Hoosiers 2 p.m. Autumn in New York	10 a.m. Catholic Mass 2 p.m. Mona Lisa Smile	10 a.m. Halloween Town 2 p.m. The Princess Bride	10 a.m. Good Will Hunting 2 p.m. The Monuments Men 7 p.m. Groundhog Day	10 a.m. School Ties 2 p.m. Fantastic Mr. Fox
10 a.m. Church Service 1 p.m. Hymn Sing - YouTube 2 p.m. Cider House Rules	10 a.m. Unearthing Ancient Secrets: "Columbus: The Hidden Mystery" 2 p.m. American Experience: We Shall Remain	10 a.m. Hunt for Red October 2 p.m. If Beale Street Could Talk	10 a.m. When the Game Stands Tall 2 p.m. The Age of Adeline	10 a.m. Rosary 2 p.m. Soul Food	10 a.m. Sweet November 2 p.m. Little Women 7 p.m. The Family Stone	10 a.m. Crossing Delancey 2 p.m. The Good, The Bad, The Ugly
10 a.m. Church Service 1 p.m. Hymn Sing - YouTube 2 p.m. Fistful of Dollars	10 a.m. The Lake House 2 p.m. You've Got Mail	10 a.m. The Shootist 2 p.m. Rooster Cogburn	10 a.m. The Birds 2 p.m. When Harry Met Sally	10 a.m. Rosary 2 p.m. North by Northwest	10 a.m. Psycho 2 p.m. Clue 7 p.m. Remember the Titans	10 a.m. Rudy 2 p.m. Rearview Mirror
10 a.m. Church Service 1 p.m. Hymn Sing - YouTube 2 p.m. Frankenweenie	10 a.m. Murder on the Orient Express 2 p.m. Harry Potter and the Sorcerer's Stone	10 a.m. Ghostbusters 2 p.m. E.T.	10 a.m. It's the Great Pumpkin Charlie Brown 2 p.m. Matilda	10 a.m. Rosary 2 p.m. Coraline	10 a.m. Practical Magic 2 p.m. Coco 7 p.m. Knives Out	10 a.m. Beetlejuice 2 p.m. Harry Potter and the Chamber of Secrets
10 a.m. Church Service 1 p.m. Hymn Sing - YouTube 2 p.m. The Haunted Mansion	10 a.m. Sleepy Hollow 2 p.m. The Village	10 a.m. Hocus Pocus 2 p.m. The Nightmare Before Christmas	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. If there is nothing scheduled to broadcast on the channel, the screen will appear blank.			

COLONY COLUMNS

~ News from The Colony ~



October

3 - Arlene Sadler
7 - Dee West
14 - Conrad Koehler
15 - Judy Jones
16 - Nola McGranahan
18 - Becky Beck
22 - John Rust
23 - Lucy Shaffer
24 - Delores Leffler
27 - Martha Piper
29 - Dennis McClelland

Team Member

Nov. 29 - Melissa Villard

November

2 - Elaine Powelstock
3 - Bobby Baker
4 - Barbara Poolos
6 - Mary Lou Delaney
9 - Jim Shaffer
10 - Norm Morrison
10 - Shirley Myers
12 - William Sayles
15 - Kenneth Myers
15 - Helen Nichols
15 - Karen Ondo
15 - Joe Piper
16 - Jim Weyman
17 - Kathy Anderson
22 - Nancy Kokoski
28 - Marilyn Palmiter
28 - Donna Roberts

Thank you to our Colony residents who are always so willing to help out at our staff appreciation events! Below left: Mary Moore serves up the Mexican

chocolate cake and at right (on the right) Bill Sayles scoops some nacho cheese!



Below left: Margie Hays and Carol Bass also helped serve, but took a break to



get a hug from Cary the Caring Heart!



Monday, October 2 – Tour at Canon's Creamery
Men & Women's Chat

Tuesday, October 3 – Happy Taco Day

Wednesday, October 4 – Colony Birthday Celebration

Thursday, October 5 – Variety of activities in the Gym
Music Around the Fire

Friday, October 6 – Colony Beer Wagon

Tuesday, October 10 – Breakfast Out

Thursday, October 12 – Hardwood Mall & Allegheny Grille

Friday, October 13 – Breast Cancer Awareness Day

Monday, October 16 – Halloween Prep Day

Wednesday, October 18 – ON YOUR OWN Libations Winery

Thursday, October 19 – Faith & Fellowship

Friday, October 20 – St. Paul's Spirit Day

Tuesday, October 24 – Visit Apple Castle & Fractured Grape

Friday, October 27 – Frankenstein Friday

Saturday, October 28 – Greenville Symphony Orchestra

Sunday, October 29 – Sunday Brunch Out

Tuesday, October 31 – Halloween BINGO

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Mark Your Calendar for these Upcoming November Events

Wednesday, November 1 – Colony Birthday Celebration

Friday, November 3 – Game Day Fun

Monday, November 6 – Men & Women's Chat

HERITAGE HERALD

~ News from The Heritage ~

October at The Heritage

Wednesday, Oct. 4, 2:30 p.m.

Cooking Demo with Keven: Autumn Flavors

Thursday, Oct. 5, 6:30 p.m.

Amish Singers Concert

Friday, Oct. 6 – ERRAND DAY

Golf Cart Rides, 3 p.m.

Sunday, Oct. 8, 1 p.m.

Horse Racing with Bev & Linda

Wednesday, Oct. 11, 2:30 p.m.

Oktoberfest with Kirk and Jane Hamza

Friday, Oct. 13 • Breast Cancer Awareness Day

(Wear pink today!)

10 a.m. Pumpkin Craft

3 p.m. Golf Cart Rides

Thursday, Oct. 19, 10 a.m.

Kitchen Conversations with Keven

Friday, Oct. 20 – St. Paul's Spirit Day

(Wear St. Paul's gear today!)

ERRAND DAY

2:30 p.m. Concert with Humble Music

Monday, Oct. 23, 1:30 p.m.

Skee Ball, Volleyball and Ice Cream Social with Residents from The Ridgewood

Friday, Oct. 27, 3 p.m.

Golf Cart Rides

Tuesday, Oct. 31, 2:30 p.m.

Halloween Party with the Take Two Band

Date TBA – Leaf peeping bus outing
with brown bag lunches



Colorful Nails
1st & 3rd Tues.
1 - 3:30 p.m.
The Heritage
Beauty Salon with
Tracey Canale.

**Mid-Day Coffee-
& Tea-time**
Thursdays
at 2:30 p.m.



K9 Therapy Team:
Carole Magargee &
Jurnee will be
visiting
occasionally.



October Birthdays

14 - Cheri McFate

*Residents who celebrate a birthday this month will
receive a special birthday lunch on Tues., Oct. 10*



Ice Cream Social

MONDAYS at 2:30 p.m.

*Choose from 4 to 6 different flavors...
or try a scoop of each!*

JOIN US FOR BINGO

with Agnes

Saturday, 21

at 1:30 p.m.



Resident Council Meeting

Tuesday, Oct. 24 • 1:15 p.m.

All residents are invited to attend!

- Resident-coordinated evening card games occur a couple times per week.
- Communion is delivered weekly to residents on their floors by St. Michael's.
- Personal shopping is provided by volunteer Reba G. on the 2nd and 4th Tuesdays of each month.
- Sunday Worship Service at 9 a.m. in Anderson Fellowship Hall and Bible Study on Wednesdays at 1 p.m. in The Heritage Conference Room.
- Fitness Jam with Ron: Monday, Thursday & Friday at 1 p.m.
- Seated volleyball with Ron every Wednesday at 2:30 p.m.
- The Beauty Salon opens at 9 a.m. on Friday mornings.
- Daily movies, weekly spiritual opportunities and occasional special performances broadcast on Channel 1851.

SERENITY SPOTLIGHT

~ News from Jones Serenity Circle & Lane ~

Regularly Scheduled Activities

Mondays Book Club
NEW Activity!– Mystery Milkshake Monday

Tuesdays Beauty Shop Appointments (a.m.)
Fitness with Ron

Wednesdays Morning Movement Class
Music Therapy
Balloon Volleyball

Thursdays Morning Meditation
Fitness with Ron
Short Stories with Carol

Fridays Hand Spas
Cooking/Baking Demonstration

Cooking/Baking Demonstrations (Fridays)

October 6 – Beer Bread
October 12 – Raspberry Mousse
October 20 – Shirley Tonic Mocktail
October 27 – Spiderweb Cake

Musical Entertainment in September

October 5 – The Amish Singers
October 6 – Humble Music with Tom & Gina
October 11 – Musical Memories at Oktoberfest
October 20 – “Hey Joe” on Keyboard
October 23 – Basement Band Duo
October 24 – Alissa Pesavento on Harp

Other Special Events

October 4 – Mass at The Villas
October 5 – Trip to Emmitt’s Orchard
October 12 – Bible Study with Tresa
October 12 – October Birthday Party
October 17 – Faith & Fellowship with Pastor Julia
October 18 – Fall Foliage Outing
October 19 – Monthly Brunch Club:
Coffee Smoothies
October 26 – Bingo
October 31 – Halloween Party

Watermelon WOW!



Someone in Jones Serenity Circle and Lane sure has a green thumb! Above from left: Mike Allen, Vera Sickles and Cecilia Kettering show off a prize-sized watermelon harvest, and at left: Betty Sabino and Tresa Poling enjoy the delicious fruit of their labor.

Tie-Dye FUN!



Residents on the Circle (above) and on the Lane (below) enjoyed a fun and **COLORFUL** activity making handmade tie-dyed t-shirts. Great group shots of our residents!



RIDGE RUNNER

~ News from The Ridgewood ~

~ Resident of the Month ~

Sandi Beckman



Sandi was born and raised in Greenville to Glenn and Babe Beckman. She has two siblings Pat and Mary Jane. Sandi attended and graduated from Greenville High School.

Directly after graduating from high school Sandi got a job at the Greenville School District as a secretary and later in her career was an assistant for special education.

Sandi enjoyed traveling, and has been to Los Angeles, Calif., and Las Vegas a few times, Florida, and Canada. She also enjoyed going to concerts and the theatre plays in Pittsburgh, Akron, and Las Vegas. Some of her favorite memories are those spent with her family, the holiday season, and as well as her time spent in her church choir.

In her spare time, she enjoys listening to music, reading, and also singing in the church choir before she moved here to The Ridgewood. Sandi also loves to spend time with her beloved sister Pat Stearns who also lives at The Ridgewood. When asked what her favorite food is, chocolate is the first thing to come to mind.

Sandi (at right) poses with Dawn French dressed as a "roamin gnome" on one of our Fun Fridays.



Residents

14 - Aleen Danner
17 - Faye Fratus

Staff

14 - Gayle Cowan



Ridgewood Activities

Monday, Oct. 2 - PEER Training, 9-11 a.m.

Manicures, 10 a.m.

Birthday Luncheon, 11:30 a.m.

Tuesday, Oct. 3 - Shopping, 9 a.m.

Wednesday, Oct. 4 - Hymn Sing with Nancy Reinhardt, 10 a.m.

Friday, Oct. 6 - OKTOBERFEST FRIDAY

Oktoberfest Pretzel Game, 10 a.m.

Monday, Oct. 9 - Bus Ride to see the leaves at 10 a.m.

Tuesday, Oct. 10 - PEER Training, 9-11 a.m.

Wednesday, Oct. 11 - Seated Dancing with Katie, 10 a.m.

Staff Sharing with Brenda, 1 p.m. & Music Therapy, 3 p.m.

Friday, Oct. 13 - BREAST CANCER AWARENESS FRIDAY

Greenville Mobile Library, 1 p.m.

Saturday, Oct. 14 - Reynolds K Kids, 10 a.m.

Monday, Oct. 16 - PEER Training, 9-11 a.m. & Manicures, 10 a.m.

Tuesday, Oct. 17 - Men's Breakfast, 7 a.m.

Wednesday, Oct. 18 - Seated Dancing with Katie, 10 a.m.

Greenville Historical Video, 1 p.m.

Music Therapy, 3 p.m.

Coffee Klatch with Mickie, 5:30 p.m.

Friday, Oct. 20 - ST. PAUL'S SPIRIT DAY

St. Paul's History Video, 1 p.m.

Monday, Oct. 23 - Craft with Rhonda Eck, 10 a.m.

Skee Ball and Pool Noodle Volleyball at The Heritage, 1 p.m.

Tuesday, Oct. 24 - Holiday Dolls with Nancy Manning, 10 a.m.

Wednesday, Oct. 25 - Seated Dancing with Katie, 10 a.m.

Polka Music with Mark Hamza, 1 p.m. & Music Therapy, 3 p.m.

Friday, Oct. 27 - FRANKENSTEIN FRIDAY

Greenville Mobile Library, 1 p.m.

Monday, Oct. 30 - Bingo Bucks Store, 10 a.m.

Tuesday, Oct. 31 - Halloween Party, 10 a.m.

Regularly Scheduled Activities

Food Committee meets on the 2nd Tuesday & **Resident Council** meets on the 2nd Thursday of each month @ 1 p.m.

Sunday - Church Service @ 11 a.m. & Ice Cream Cart @ 2:30 p.m.

Monday - Pool Noodle Volleyball @ 2 p.m. & Evening Activity @ 6 p.m.

Tuesday - Exercise with Ron @ 2 p.m. & BINGO @ 5:30 p.m.

Thursday - Bible Study @ 10 a.m., Exercise with Ron @ 2 p.m. & Word Game @ 5:30 p.m.

Friday - Exercise @ 10 a.m. & 500 Card Game @ 6 p.m.

Saturday - Exercise @ 10 a.m. & BINGO @ 1:30 p.m.

HOUSE CHATTER

~ News from The Villas ~



Activities at The Villas

Monday, October 2

12:30 p.m. Bingo Bucks
2:25 p.m. Keven's Corner

Wednesday, October 4

10:15 a.m. Catholic Mass with Father Brandon

Thursday, October 5 (No Rosary today)

FRIDAY, OCTOBER 6 – OKTOBERFEST

~ Got Lederhosen? Or wear the Bavarian colors: blue and white ~
2 p.m. Mike Leslie plays Polkas and other favorites
Enjoy the Bier Garten!

Monday, October 9 – Columbus Day & Indigenous People's Day

Reading and Trivia on the Neighborhoods

Tuesday, October 10

10 a.m. Faith, Fitness and Fun

Wednesday, October 11

10 a.m. Faith and Fellowship for Springs

Thursday, October 12

6:45 p.m. Z Praise (Gospel and variety of oldies/)

FRIDAY, OCTOBER 13 – BREAST CANCER AWARENESS

~ Wear pink today! ~
2 p.m. Basement Band Duo (Oldies/variety, guitar/vocals)

Monday, October 16 – Boss's Day

1:45 p.m. Hymn Sing and Devotions with Greg Van Valien

Wednesday, October 18

Neighborhood Activities



October Birthdays at The Villas

2 - Linda Kahler	24 - Janet Stratiff
5 - Marvin Hoffman	25 - Cheryl Godfrey
5 - Ethel Lilly	28 - Barbara Bell
9 - Delores Montgomery	28 - Gladys Murphy
17 - Shirley Portz	29 - Nancy Hipkins
21 - Violet Beougher	30 - Carol Rowland
24 - Mary Ann Marley	

Thursday, October 19

Evening Small Groups & 1:1 Activities

FRIDAY, OCTOBER 20 – ST. PAUL'S SPIRIT DAY

~ Wear your St. Paul's gear ~
Scarecrow contest voting begins today (The Villas Lobby)
2 p.m. "Hey Joe" Entertains (Oldies/Variety)

Monday, October 23

Neighborhood Activities

Tuesday, October 24

Noon: Monthly Birthday Lunch for October Birthdays

Wednesday, October 25

2 p.m. Cooking with Keven
6:45 p.m. Z Praise in the HFC

Thursday, October 26

Turn in kid's decorated bags – voting begins today

FRIDAY, OCTOBER 27 – FRANKENSTEIN FRIDAY

~ Wear your costume! ~
Prizes for staff and resident costumes. Start sending your kids' Halloween photos for the kiosks (please send in by Monday).
Morning: Finish voting on Halloween Treat Bags.
10 a.m. Fill treat bags.
1:45 p.m. Jinx Jeopardy in the HFC (looking for contestants!)
Halloween Cupcakes
Evening: Scary Movie in the Neighborhoods

Monday, October 30

10 a.m. Faith, Fitness and Fun

TUESDAY, OCTOBER 31- HALLOWEEN

Photos on the Kiosks – Kids in Halloween costumes!
1:30 p.m. Resident Council and Food Committee

Regularly Scheduled Activities

Sunday – Church Service @ 10 a.m.

Classic Hymn Sings via YouTube on Ch. 1851 @ 1 p.m.

Tuesday – Evening BINGO @ 6:45 p.m.

Wednesday – Music Therapy @ 10 a.m.

Pick-up Game of Seated Volleyball in the Fitness Center @ 2:45 p.m.

Thursday – Rosary @ 10 a.m. (except first Thursday)

Saturday – BINGO @ 10 a.m.

Individual neighborhoods offer activities in addition to this schedule.

Golden Willows



Our staff member Golden Willow for the month of September is the do it all, resident focused, team player, Kelly King (at left, on the left). Kelly is very popular in the Willows dining area and for good reason. She knows how to take care of what needs

taken care of while at the same time building relationships with the staff and residents. Kelly understands, shows and teaches that just doing the job duties well doesn't make you great at it. She has that extra touch that is a glowing example of what customer service is all about. Every time you interact with Kelly, you walk away feeling better about your day. Thank you, Kelly, for sharing your talents and your wonderful heart with us at St. Paul's. We are proud to have you as a Golden Willow.



The resident Golden Willow for the month of September is Ms. Donna Jean Mumford. "Jeannie" has been a wonderful addition to the Willows A neighborhood. She came to us from one of our Community Living Homes. Jeannie was born on June 7, 1943 and grew up in Cochran, Pa., with her parents and little sister.

She has several brothers: Marshall, Raymond, Kenny and two sisters named Lyla and Millie. The family had a dog named Blackie and they had a variety of cats. After the death of her parents, Jeannie lived with her brother and his little boy named David. She later lived with her niece Debbie in Atlantic.

Jeannie has a lot of interests including singing, painting and coloring with crayons. Two of her favorite songs to sing are "Listen Lord" and "This Little Light of Mine." When listening to music, Jeannie enjoys gospel and country. Her favorite television programs are "The Andy Griffith Show" and "Lassie." A movie she can watch over and over is the 1965 Disney classic, "That Darn Cat." If you ask Jeannie what she likes to eat, she is eager to respond with mac & cheese, pistachio pudding and washes it down with a root beer. Jeannie experienced her dream vacation when Debbie took her to Walt Disney to meet Mickey Mouse.

Jeannie, we are so blessed to have you on the Willows A. You are a kind and joyful lady who always greets us with a smile. You are always willing to give us a song and share a story when we ask. Thank you, Jeannie, we are so glad to have you as part of our family!

Fall Craft Fair at The Ridgewood

On Monday, Sept. 11, during National Assisted Living Week, The Ridgewood held a Fall Craft Fair in Harmony Hall for their residents to "shop" for seasonal decorations and other hand-made wares provided by team members. Audrey Bates, (below, far left) crocheted adorable stuffed pumpkins in an array of colors and styles and pumpkin-shaped dish scrubbies. Mike Allen (below, second photo from left) brought some residents from The Heritage over to check out the

goods. Jane Pfaff (pictured on the left with Tammy Shoaff in the photo at far right) had several tables filled with indoor and outdoor autumn decorations.



Do you want to recognize a team member who did something special for you or a loved one or who always goes above and beyond? Submit a Caring Heart for them. They (and their supervisor) will be notified that they received a Caring Heart, and they will be recognized in a future newsletter.



To submit a Caring Heart visit www.stpauls1867.org and click **STAFF RECOGNITION**. 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. You can also complete a paper form from the Caring Heart bulletin board in each residence or by requesting one from the receptionist.

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

Caring Hearts – September 2023

Promoting a Culture of Caring & Recognizing our Team Members

Teresa Alexander

Woody Amon

Sam Augustine

Heather Baird

Lori Bartolone

Stephanie Bovard

Robin Bratek

Kaylee Buck

Rachelle Collier

Jenn Corp

Gayle Cowan

Rebecka Deeter

Cory Denzer

Rachel Elliott

Lori Ferguson

Sherri Hauser

James Hickey

Christal Jablonsky

Katie Jordan

Brittany Little

Jessica Luckock

Tom Luckock

Jennifer Malone

Sue McConnell

Melody McIntire

Di Mills

Kathy Moon

Julia Moyer

Emily Mucroski

Danielle Nottingham

Jenny Patterson

Kayla Pelc

Nancy Provident

Kristen Rader

Sherri Rader

Rachel Ramp

Madisyn Shardy

Kaylee Taylor

Lucy Wheaton

Haillee Wickham

"Gayle is such a blessing to my mother. They have formed a special bond that puts a smile on Mom's face any time she sees Gayle. I know Gayle has sat with Mom at meal times and always looks for her when she can.

Gayle is a gem!"

(Submitted by
a resident's family
member)

"Robin takes such special care with the residents. No one likes to take medication and when you have to take it every day it can be frustrating and monotonous. My mother-in-law...has to take medications everyday, insulin being one of them. ...Robin always asks her to choose where she wants her injection. The little things give her the sense of control she so desperately needs. Sometimes a resident just needs to feel like they matter, and the special attention Robin provides is so appreciated."

(Submitted by
a resident's family
member)



Our team member Gardens-B-estie for the month of September is one of our newest Nurse Aide class graduates, Reisa Herbold. You may recognize her last name from her mom, Jolene, who has been a St. Paul's team member for many years. Although new at her position, Reisa has been working hard and

developing her skills on afternoons on Gardens B. She has received high praise for her development and desire to learn from her usual nurse Jodi Hereford.

Reisa was born on January 20, 2002 in Westford, Pa., where she grew up and still lives. Her immediate family consists of her aforementioned mom Jolene, her brother Nolon and guardian angel father. The family also has a couple of furry friends including Luna, a dog, and Oreo, a cat.

Reisa attended Jamestown High School and participated in volleyball and softball. Reisa has some amazingly unique interests in both television and music. Her current favorite show is Mountain Monsters, which is a comedy about six grown adults who are on the hunt for Bigfoot. She enjoys bluegrass music by the Skid Drivers and country music my Colter Wall. When asked about a famous person she would like to meet, she came up with Sam Elliot. A dream vacation she has on her mind is a visit to the mountains of Montana.

While at work, the part of her job that she enjoys the most is interacting with new residents and staff. Like all of us, she looks for coworkers that are respectful, responsible and adaptable. Reisa, we are so glad to have you as part of the Gardens B team. We appreciate your contributions, willingness to learn and ability to help others. Thank you for being our September Gardens B-Estie!



Our resident Gardens-B-Estie for the month of September is our resident crafter Laura Davis. Laura was born in Sharon, Pa., on March 28, 1931. Her parents were Charles and Elizabeth. Growing up, Laura had a brother and a sister.

Her brother's name is

Ed and her sister is Betty. Laura is the mother of six children. She is the proud grandmother of 19 and also has 21 great grandchildren and two great-great grandchildren.

During her working years, Laura worked in a factory. She enjoys a dog as a pet and when she watches television she enjoys the news. Laura seems the most content when she is spending time with her daughter Charlene or her sister Betty. Most days of the week you will see one of them in her room fixing Laura's hair or they working with her on a craft or project. If you get the chance, stop into Laura's room and take a look at her display of art work. She has a variety of talents including coloring, painting, needlework and cutting patterns out of felt. She is known to make rabbits, bears, and cats and give them away to the staff that cares for her. Other activities Laura enjoyed were baking, cooking, shopping, sightseeing, and attending events especially holidays with her family and church activities.

Laura, your presence on the Gardens neighborhood truly makes it a more enjoyable place. You are always willing to greet us with a smile and a giggle. We want you to know how happy we are to have you as a member of the Gardens family. Thank you for being a Gardens-B-Estie!



Willows "B" Hive-light



Betty Middleton & Missy Burnett featured on the Willows B "Buzz Board"

One of several children, Betty was born on September 20, 1924 in Greenville, Pennsylvania. She has been a resident of St. Paul's for several years and resides on Willows B.

Betty married Howard Middleton, who was an inventor, holding several patents and also owned his own business. The couple made their home in Kansas City, Missouri. Betty relished her career working for T.W.A (Trans World Airlines). Over time, she held several positions in various departments. A great perk which she enjoyed was unlimited travel all around the world, including Asia, Eastern Europe, Australia, New Zealand and Italy, to name a few. Betty notes that one of her most memorable trips was to China where she viewed The Great Wall (the complete route is over 12,000 miles!). From her many destinations, Betty collected souvenirs. She typically chose ones that would fit in her travel gear easily such as writing instruments and magnets.

A hobby Betty has always valued greatly includes listening to all types of music and singing. She attended Holy Trinity in Greenville and sang in the church choir. Adding another adventure to her travelogue, Betty once accompanied the Thiel Choir on a tour through several countries. She served as a chaperone and contributed her voice to the choir during their trip. Betty's love of music continues here at St. Paul's. She attends church services each Sunday and knows most of the hymns by heart. Betty can still reach those higher soprano notes!

Betty has a special spot on the Willows B neighborhood where she delights in observing the bustle. In true Betty fashion, she even has her own "Reserved for Betty" parking sign!

Melissa, known as "Missy", was born in Bedford, Indiana to Barbara and Bud Hauser. She is number seven of eight children and became an aunt at the age of seven! She has four brothers and three sisters.

Her father was in the military at Fort Wayne, but originally hailed from Hadley, Pennsylvania. Missy and her siblings grew up in Hadley. Her favorite activities were cheerleading and choir.

At sixteen, Missy married her high school sweetheart, Randy Burnett. They had their first child when she was twenty-two years old. Missy and Randy have three adult children; Randy, Coty and Alisha. With forty years of marriage celebrated, Missy and Randy also have five grandchildren (which are all boys!).

When Missy turned nineteen, she completed her Associate's Degree for medical office assistant work. She then worked at UPMC for thirteen years and ultimately completed her study for LPN. Missy has been at St. Paul's for twelve years as an LPN.

Outside of work, Missy enjoyed working as a Cheer and Dance Coach for many years at both Commodore Perry and then for the Greenville Midgets. Her son Randy carried that tradition and is currently the Cheer and Dance Coach at Thiel College, where he is also a professor. Another athletic ability her children and grandchildren have been very involved in is the sport of wrestling.

A love for pets, Missy and Randy currently have four cocker spaniel dogs named Henry the VIII, Adeline, Rosalynn and Tobey. During her leisure time, Missy enjoys spending quality time with her family.

Staff Appreciation Luncheon



We celebrated National Assisted Living Week September 10 - 16 and one of many special events was a Staff Appreciation Luncheon held on the Bistro Patio. The theme was a Mexican fiesta and Cary the Caring Heart showed up to spread a little extra joy. Cary—always smiling—posed for many photos with team members that afternoon. Clockwise starting top left are: Katie Hrdlicka; Terry & Devin McGarvey; Dawn Hartman, Vicki Hildebrand & Teresa Findley; Tammy Shoaff, Brenda Michael & Sammy Castleberry; Elaine Owen & Lisa Lightcap; Brian Maillaird & Caitlin Trauterman; Stephanie Russo & Cristal Langenbacher and Dianna Jones and Tracey Grant. We love having Cary around!



Even a few of our residents got to share the love with Cary that day. (At left) Joan Capone met up with Cary in the hallway and (right) Judy Young and Mary Jones, WOW Care Partner stepped out on the patio to say "Hello!"

To see many more photos from the event, visit: www.stpauls1867.org/about/photo-gallery/staff-appreciation-assisted-living-week



Residents and team members at The Ridgewood enjoyed a special and very colorful luau-themed luncheon (featuring sweet 'n sour pork) and special entertainment by the Ukeladies during Assisted Living Week. Looks like a good time was had by all!



Above (l. to r.) Edna Riffe and Dick Meeker and below (l. to r.) Ellie Harkins and Phyllis Haynes enjoy the Hawaiian-themed lunch menu.



Dawn French (r.) and Audrey Bates looked super-festive in their colorful Hawaiian shirts!



Entertainment by the Ukeladies fit the theme of the party perfectly!



Above (l. to r.): Mickie Chapman, Brittney Williams and Cindy Veado smile for the camera!



At left: (l. to r.) Grace Wagner and Peg Revel; above (l. to r.): Ruth Ann Miller and Elaine Wilkins; and at right: Bob Douds enjoyed the festive atmosphere by dressing colorfully, donning leis and posing for photos in front of the tropical backdrop!





**Each year, we recognize our Centenarian's in September.
Our beautiful 100+ year old residents are lovely
and inspire all of us!**



Phyllis



Carrie



Naomi



Ethel



Helen



Bert



Mary



Paul



Vera

CANDY NEEDED!



**We will hold a Halloween
treat bag decorating contest
for team members' kids.
Bags will be distributed in
October and should be turned
in by Thursday, Oct. 26 for
voting.**

**So we can fill the bags for all
the participants,
candy donations are
now being accepted by
receptionists in each
building.**



~ Admission is FREE & ample parking will be available ~

- Hand-crafted items including: quilts & throws, holiday decor and woodworking items
- Baked goods including: cupcakes, fudge and candy
- Artisans showcasing: painting, needle arts and jewelry
- Local children's author, Sheila Loreno Zuschlag will be selling and signing copies of her newly published book "Stuck Like a Bug in a Rug."
- Wholly Organic Microgreens and more!

The Auxiliary of St. Paul's
 Arms of Love & Service



The Auxiliary of
ST. PAUL'S

Thank you for your support!

\$3 = 1 ticket

\$5 = 2 tickets



**Win a ride for two in a fire truck during
 the Greenville Christmas Parade
 on Saturday, Dec. 2!**

Tickets can be purchased from the receptionists in The Villas, The Heritage, The Ridgewood and The Keifer Building.

Winning ticket will be drawn **Friday, Nov. 17, 2023.**

Winner will be notified by phone. Children under 10 years must be accompanied by an adult.



The Auxiliary of St. Paul's is still collecting gently worn, used and new shoes. Ask your friends, family, neighbors and co-workers to donate too!

We've already sent in more than 60 bags of shoes — we need 2,500 pairs of shoes in all!

Contact Mary Ellen Bayuk (412-916-6923) for pick up or drop off on porch bench located at 22 Collins Drive in The Colony at St. Paul's.



SHOOTERS TAKE AIM

On Saturday, September 16, St. Paul's hosted the 3rd annual Sporting Clay Shoot fundraiser at Sandycreek Conservancy in Polk, Pa. What a fun and beautiful day it was!

The event brought in more than \$35,000 to support the Good Samaritan Fund for benevolent care. Benevolent care is at the heart of our mission and supports residents at St. Paul's who can no longer afford to pay for the full cost of their care.

There were 41 sponsors and 91 shooters who participated in the event, including: St. Paul's vendors, team members, resident family members and just individuals who love the sport.

Sandycreek Conservancy consists of 16 shooting stations and every participant had the opportunity to

shoot at 100 clays.

Participants tried their luck at a 50/50 raffle, mystery cooler raffle, Benelli gun case & blind bag raffle and a gun raffle for a chance to win a Bergara B-14 Wilderness Ridge rifle or \$1,000 cash.

The top shooter prize was awarded to Adam Garrett from FNB Wealth Management in Hermitage, Pa. A variety of door prizes were also given out.

Thank you so much to all of our generous sponsors, participants and raffle prize donors. This event would not have been a success without your help!



Two of the team members from The FNB Wealth Management team Jeff Schlegel and Adam Garrett.



Donny Yankle Villas Administrator taking aim.



Sponsor Osborne-Williams Funeral Home's team of shooters.



The Redfoot family who sponsored and participated.



October is National Estate Planning Awareness Month. If you don't have an estate plan, it's the perfect time to get started!

Who needs an estate plan? Everyone! During our lifetime, we all accumulate personal items - like bank accounts, retirement savings, a home, vehicles and other belongings. An estate plan designates what happens to that personal property (and to you, if you should become incapacitated).

What's in an estate plan? Here are three of the most common legal documents:

Will - lists your assets with the beneficiaries who should receive them. Also where you can designate charitable gifts for your church or St. Paul's.

Living Will - outlines your wishes for your healthcare, if you are unable to communicate.

Powers of Attorney - names a trusted person who can act on your behalf, whether making decisions about your healthcare or financial matters.

It's important to talk to a lawyer or financial planner when completing your estate plan to make sure you are doing what's best for you and your family.

St. Paul's offers a free **Estate Planning Workbook** to help you gather and organize your information all-in-one-place when creating your estate plan.

Scan the QR Code to download, or call Dawn Hartman at 724-589-4611 to request a printed copy.





ST. PAUL'S
SENIOR LIVING COMMUNITY

PERSONAL CARE

open house

WEDNESDAY, OCT. 25

2-4 p.m. or 6-8 p.m.

The Heritage and The Ridgewood apartments at St. Paul's provide the comforts of home with as much or as little personal care as you need. From housekeeping to medication management to meals, St. Paul's makes it easy to feel at home.

Come and see for yourself...you'll wonder why you didn't come sooner!

Learn about the services and benefits, fee options and admission guidelines for our two personal care residences.

Reservations are recommended. Scan the QR code to register or call 724-589-4667 Option 7.



Scan the QR
code above to
register today!

ST. PAUL'S
SENIOR LIVING COMMUNITY

339 E. Jamestown Rd., Greenville, PA 16125 | www.stpauls1867.org | 724-588-7610

Navigating Today's Health Care System

THURSDAY, NOV. 2 — 6:30 P.M.

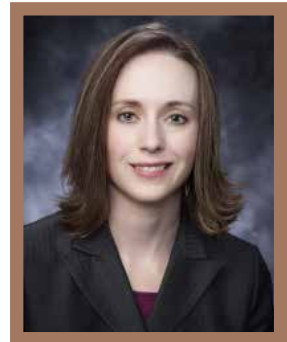
The Heritage at St. Paul's
Anderson Fellowship Hall
339 East Jamestown Road, Greenville, PA 16125



Chris Wright
President & CEO,
St. Paul's Senior Living
Community



Tim Dunn
Executive Director,
VNA Alliance



Gabrielle Pierce, Esq.
*VP Physician Services &
Associate Legal Counsel,*
Meadville Medical Center

Topics that will be covered include: what to expect as you move through the health care system and interact with health care professionals, skills for communicating effectively with care providers and self-advocacy guidance. Open Q & A session will follow presentation.



Reservations required. Seating is limited.
RSVP by scanning the QR code or
Contact: Vicki Hildebrand at
vhildebrand@sp1867.org or 724-589-4667 Option 7.

For those not comfortable attending in person, there will also be a virtual option through Zoom.

St. Paul's offers a continuing care community including independent living, aging-in-place apartments, nursing and Alzheimer's care, short-stay rehabilitation and home-based care services.