

January 2025

Foreword

After a busy holiday season, January offers a moment of introspection and renewal, allowing us to set new goals for the upcoming year. Whether it involves enhancing our physical well-being, pursuing novel interests, or other endeavors, let's prioritize our self-improvement. Let's make the most of this 2025 and strive towards excellence!

January Highlights - *Independent Living*

Jan 1 - Office Closed - No Transportation
Jan 8 - Last Day to RSVP for Monthly Luncheon
Jan 8 - Lunch at Lemuix Center - Cranberry
Jan 15 - St. Alexander Nevsky Vespers

Villa

Jan 6 - Resident Association Meeting
Jan 15 - Resident Birthday Luncheon
Jan 10 - Entertainment - Megan Poullet
Jan 22 - Happy Hour
Jan 29 - Mimosa Mornings w Ashley
Jan 31 - Lunch Outing - Viva La Vida

Terrace Place

Jan 7 - Resident Association Meeting
Jan 18 - See The Tamburitians
Jan 27 - Paint & Sip With Sandy
Jan 29 - All Inclusive Bible Examination With Dana
Jan 31 - New Resident Meet and Greet

IN THIS ISSUE...

January Highlights

Reflecting Back on December

Important Information

Brain Game

Cooking Corner

Wellness Center

Birthdays

REFLECTING BACK ON DECEMBER



REFLECTING BACK ON DECEMBER



IMPORTANT INFORMATION



Introducing Our New Team Member: Greg!

Please join us in welcoming Greg, who hails from Baldwin Township in the South Hills of Pittsburgh. Prior to joining Vincentian as a driver, Greg worked alongside Mark at the Postal Service. He is the proud father of two adult children. In his spare time, Greg enjoys taking walks, reading, and both watching and playing sports.

For your convenience, a single number has been created to reach your provided services. The number is **412.536.8700**. Please follow the prompts below.

Press “1” for Maintenance
Press “2” for Transportation
Press “3” for Housekeeping
Press “4” for Terrace Place Office
Press “5” for Villa Office
Press “6” for Melia
Press “7” for Kenna
Press “8” for UnConventional Kitchen

In the case of a medical emergency, push the button on your pendant or call 9-1-1.

Bill Pay

To pay bills online, go to Vincentian.us and choose Make a Payment in the top right hand corner. Select your location. Log in using the online ID found on your billing statement.

Transportation

Please note that while Sandie schedules initial transportation, you must call your driver when you are ready to return.

Meal Ordering

Meals can be ordered online at order.toasttab.com/online/unconventional-kitchen or by downloading the app Local By Toast on your phone or tablet.

UnConventional Kitchen

If you have an issue with a meal, you can contact the kitchen until 1:00pm at **412-348-0188**. Any messages after that will be returned the next day.

BRAIN GAME

Reflecting Back & Looking Forward

The Most Important Goal I Achieved in 2024:

What Inspired/ Excited Me
Last Year:

Lessons Learned:

New Skills I Acquired Last Year
and Aspirations for This Year:

My Favorite Things:

Song:

Food:

Trip:

Event:

Actor/Actress:

Purchase:

Movie:

Book:

I Am Grateful For:

COOKING CORNER



Ruby Red Spritz

TOTAL TIME: 5 minutes

YIELD: 1 serving

This rosy, bittersweet aperitif will prime your appetite. If you want it sweeter, add a dash of simple syrup, or replace the fizzy soda water with a splash of grapefruit soda.

Ingredients

- 2 tablespoons (1 ounce) dry gin
- 2 tablespoons fresh Ruby Red grapefruit juice
- 1 tablespoon (1/2 ounce) Campari
- 4 to 6 tablespoons (2 to 3 ounces) chilled dry sparkling rosé
- Splash of club soda (optional)
- Thyme sprig
- Thin Ruby Red grapefruit slice

Directions

1. Fill a large wine glass halfway with ice. Add gin, grapefruit juice, and Campari. Top with sparkling wine and, if desired, club soda, and stir gently. Smack thyme between your palms, and add to cocktail with grapefruit slice.

WELLNESS CENTER

What Do We Know About Healthy Aging?

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach. Research supported by the National Institute on Aging and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age.

Taking Care of Your Physical Health

Get Moving - A study of adults 40 and older found that taking 8,000 steps or more per day, compared to only taking 4,000 steps, was associated with a 51% lower risk of death from all causes. There are many ways to get started. Begin with short increments of brisk walking or moving.

Make Smart Food Choices - Much of the research shows that the Mediterranean-style eating pattern, which includes fresh produce, whole grains, and healthy fats, but less dairy and more fish than a traditional American diet, may have a positive impact on health. A 2021 study analyzing the eating patterns of more than 21,000 participants found that people closely following the Mediterranean-style pattern had a significantly lower risk of sudden cardiac death.

Getting a Good Night's Sleep - Sleep quality matters for memory and mood. In one study of adults older than 65, researchers found that those who had poor sleep quality had a harder time problem-solving and concentrating than those who got good quality sleep. Another study, which looked at data from nearly 8,000 people, showed that those in their 50s and 60s who got six hours of sleep or less a night were at a higher risk of developing dementia later in life. This may be because inadequate sleep is associated with the buildup of beta-amyloid, a protein involved in Alzheimer's disease.

Other factors for healthy aging include taking care of your mental and cognitive well-being. To read more, visit the National Institute on Aging, "What Do We Know About Healthy Aging"