



May 2025

Foreword

Happy May and Happy Mother's Day to all moms and motherly figures! Your kindness, wisdom, and nurturing spirit make the world a brighter place. We hope you find joy and relaxation in the love and appreciation of those around you. Whether it's a warm hug, a heartfelt note, or a simple "thank you," may your day be filled with meaningful moments.

May Highlights

Independent Living

NEW - Saturday Shopping Shuttle

May 2 - Warhol Museum Outing

May 3 - Kentucky Derby Party

May 20 - Vote - General Election

May 28 - One-on-One Billing Questions with Ben

Villa

May 5 - Scam Presentation with Attorney General

May 12 - Entertainment - Singer: Mary Ann Magini

May 14 - Resident Birthday Luncheon

May 19 - Strawberry Smoothies & Treats

May 23 - Fire Extinguisher / AED Demo

Terrace Place

May 14 - Coffee Klatsch with Kat (Gardener)

May 15 - Special Meal

May 19 - Scam Presentation with Attorney General

May 25 - S'mores Night With Dana & Ashley

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SATURDAY SHOPPING SHUTTLE

We will now be offering a Shopping Shuttle on Saturdays! There will be scheduled pickups and set drop-off locations (McCandless Crossing, The Block, Ross Park Mall) and times. Return trips will be discussed at the time of drop off. Please note that Villa residents will need to notify the office should they want to ride the shuttle, no later than Friday at Noon to ensure the driver knows who to pick up!
(May 3 is cancelled due to the Derby Party)



Pickup At Terrace Place	Pickup at Villa
10:00am	10:05am
12:00pm	12:05pm
2:00pm	2:05pm

Mass transportation as usual

KENTUCKY DERBY PARTY

Just a reminder that the Kentucky Derby Party will be held at Terrace Place on Saturday, May 3rd. Villa residents can sign up on K4 or with the office to be picked up at 4:15pm. The party will start at 4:30pm, food will be served at 5pm, the bar will open at 5:30pm, and the race will begin at 6:57pm. Please note that betting will be available and facilitated by a Terrace Place resident. Fancy hats are encouraged!



REFLECTING BACK ON APRIL



IMPORTANT INFORMATION

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 Emergency 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. You may also reach out to Ben Flory if you have any questions. His contact information can also be found on your bill.

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

Mother's Day Word Scramble

CRAD	_____	12
LEOV	_____	12
LABRECETE	_____	12
ACNYD	_____	12
EERCIPTAAP	_____	12
LOEFRSW	_____	12
TEMORH	_____	12
ALIFMY	_____	12
OMHE	_____	12
PENSTRE	_____	12
NAMOW	_____	12
RCAING	_____	12
VLGOIN	_____	12
CTEOPTR	_____	12
ETAREHC	_____	12
URTOSPP	_____	12
TERUNUR	_____	12
GEUONERS	_____	12
SREETPC	_____	12
RELNSTEI	_____	12

UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living May Luncheon



MENU



Noodle: Penne or Linguini
Sauce: Alfredo or Red
Side: Meatballs or Chicken
Dessert: Decorate Your Own Cupcakes!

You will be given an order slip upon arrival to select which options you would like!



Spring Sweets are here

Mother's Day Specials

Available **NOW THROUGH MAY 4!** Last day to pickup is May 11.



Unconventional Kitchen
8200 McKnight Road Pittsburgh,
PA 15237

Pickup Hours:
Monday – Friday: 2 p.m. – 6 p.m.
Saturday – Sunday: 9 a.m. – 5 p.m.

ORDER TODAY
UNCONVENTIONALKITCHEN.US



WELLNESS CENTER

Five Surprising Health Benefits to Socializing with Others

by Dawn Hubbard, MD

People are innately social creatures. Even the most introverted crave social interaction from time to time. And that's good news. Social interaction is good for our minds, bodies, and souls. Studies show that when you have a satisfying relationship with a romantic partner, family, friends, neighbors, co-workers, or others, you're happier, have fewer health problems, and live longer. In contrast, people who are lonely or socially isolated are linked to poorer health, depression, and an increased risk of early death.

Summa Health offers 5 ways socializing with friends and loved ones can make a positive impact on your life, both physically and mentally. There's more to living a healthy lifestyle than simply eating well and exercising regularly. You have to connect, too.

Boosts mood and reduces stress - Research shows your body releases endorphins during positive social contact, similar to the physical response after a hard workout, which gives a boost of happiness, while reducing stress. That's why people who feel more connected to others have lower levels of anxiety and depression.

Improves quality of life and well-being - Increasing social interactions, such as going out with friends or joining a club, not only gives you a sense of belonging and connectedness, yet fun, to boot, to share experiences.

Reduces risk for chronic disease - Social connection can help prevent serious illness and negative outcomes. Loneliness can be a form of stress, which has been shown to increase risk factors for heart disease and many other chronic conditions, as well as weaken the immune system. Socializing strengthens your heart by lowering blood pressure and reducing inflammation, and gives your immune system a boost to help you recover from illness faster.

Slows cognitive decline - Socializing stimulates brain activity as it constantly engages and exercises the mind, which strengthens neural pathways to fight off cognitive decline. In fact, research shows older adults who regularly socialize have a better working memory, processing speed and verbal fluency.

Increases likelihood of making healthier choices - Social interactions can enhance good health through a positive influence on other's lifestyle habits. If none of your friends smoke, you're less likely to do so.

So, get out there, participate in activities, and stay involved!

UPCOMING EVENT AT VINCENTIAN



CARE FOR FAMILY CAREGIVERS

Wednesday,

May 21, 2025

8:30 a.m. – 2:30 p.m.

Vincientian Learning
and Engagement
Institute

This is *YOUR* Day

Do you care for a friend, loved one, or family member to help support their daily living or quality of life? Guess what – you are a caregiver and this day is for you. Vincentian's second-annual Care for Family Caregivers event is designed to educate, support, and revitalize caregivers within our community. Join us for a full day of interactive sessions and workshops addressing some of the many challenges of caring for others while supporting caregiver self-care and wellness as an integral part of the caregiving journey.

In addition to general sessions, select workshops for two breakouts, interact with community vendors with rich resources, and be surrounded by people who understand the caregiving journey.

KEYNOTE SPEAKER

Sarah Stephens Winnay

CO-FOUNDER | ARCHANGELS

Sarah is the co-founder of ARCHANGELS, a national movement and a platform that is reframing how caregivers are seen, honored, and supported. Her keynote will highlight the ARCHANGELS Caregiver Intensity Index (CII), which is designed to engage all caregivers, even those who do not see themselves in the role and crosswalks them to the resources that exist but often go underutilized due to lack of awareness. Sarah's background includes 20 years of experience in building data products and consumer-focused insights in healthcare.

REGISTER TODAY!

Your \$10 ticket includes full day of programming and lunch from the Unconventional Kitchen.

vincentian.us

