

June 2025

Foreword

June is a month of warmth, growth, and appreciation. As the days lengthen and summer begins, we celebrate the incredible men who have shaped our lives. Father's Day is a special time to honor their love, guidance, and unwavering support.

May Highlights

Independent Living

NEW - Farmer's Market at The Block Northway

June 9 - Summer Concert - McCandless Crossing

June 11 - Introduction to Chatham Study

June 18 - Intergenerational Summer Kickoff

June 23 - Sandy's Going Away Party

June 25 - One-on-One Billing Questions w Ben

June 30 - Family Feud Independent Living Battle

Villa

June 11 - Coffee & Conversation w Melia

June 16 - Entertainment = Harry Levicky

June 18 - Resident Birthday Luncheon

June 22 - Brick & Barrel Lunch Outing

June 23 - Cornhole Practice

Terrace Place

June 4 - World Environment Day

June 13 - Happy Hour

June 19 - Special Meal

June 22 - Crafts With Sandy

June 29 - Lunch Outing to Brick and Barrel

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REFLECTING BACK ON MAY



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

Father's Day Trivia

According to the US Census Bureau, what is the most common Father's Day gift?

True or false: Less money is spent on average for Father's Day than Mother's Day.

True or False: Father's Day became an official US holiday in 1964.

True or false: Father's Day (before it became an official holiday) was inspired by Mother's Day.

True or False: There are more than 2 million stay-at-home dads in the US

What do most dads claim they walked to school in?

Name the chore that most dads "supervise" rather than do.

Which Star Wars character famously says, "I am your father"?

In which year was the first Father's Day celebrated in the US?

Answers will be posted in the Mailroom

UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living June Luncheon



MENU

- *Hamburgers*
- *Hot Dogs*
- *Baked Beans*
- *Broccoli Salad*
- *Potato Salad*
- *Watermelon*

Please RSVP by Wednesday, June 11th at Noon if you'd like to attend as we need to send a final headcount to the UnConventional Kitchen. As a reminder, and a courtesy to your neighbors, we expect you to show up if you are signed up! Thank you.



WELLNESS CENTER

by Yale Environmental Health & Safety

Slips, trips and falls can result in injuries with lasting effects and even death. It is important to understand how slips, trips and falls happen, how to identify hazards and how to eliminate or minimize the hazards.

Slips happen because of a lack of friction or traction between a person's footwear and the walking surface. Common causes of slips to look for are:

- Spills
- Surfaces that are wet or oily
- Hazards created from weather (e.g. puddles)
- Loose rugs or mats

Trips occur when your foot strikes or hits an object, which causes a person to lose their balance. Common causes of trips to look for are:

- Obstructions and clutter on the floor
- Uneven or irregular walking surfaces
- Poor lighting
- Wrinkled or curled up mats

Falls can result from a slip or a trip when a person's center of gravity is shifted and balance is lost. In addition to slips and trips, other causes of falls to look for are:

- Obstructed view (e.g. carrying large items)
- Not paying attention to the surroundings
- Not using appropriate equipment (e.g. standing on a chair, table, or other surface with wheels)

Follow these tips to prevent slips, trips and falls.

- Clean up spills immediately.
- Wear shoes with good support and slip-resistant soles appropriate for the job task.
- Keep frequently used items in easy to reach areas.
- Obtain step stools to access items too high to reach when standing on the floor.
- Utilize handrails when ascending and descending stairs.
- Utilize carts to transport large items.
- When walking on icy or slippery areas wear shoes or boots with soles that provide extra traction.