



July 2025

Foreword

We hope this newsletter finds you well and that you're enjoying the summer so far! We've got a lot of exciting events planned for this month, so be sure to read on to stay in the loop!

May Highlights

Independent Living

- July 10 - Farmer's Market at The Block Northway
- July 21 - Pittsburgh Spirit Week (check calendars for events)
- July 23 - One-on-One Billing Questions w Ben

Villa

- July 7 - Resident Association Meeting
- July 9 - Afternoon Movie - The Friend
- July 16 - Resident Birthday Luncheon
- July 18 - Entertainment - Cathy Zang (singer)
- July 23 - Happy Hour
- July 25 - Lunch Outing to Shakespeare's

Terrace Place

- July 1 - Trip to Volant, PA
- July 8 - Resident Association Meeting
- July 9 - Activity Planning with Kenna
- July 17 - Special Meal
- July 18 - Afternoon Movie - Young@Heart
- July 29 - Wine Club

IN THIS ISSUE...

July Highlights

Reflecting Back on June

Important Information

Brain Game

Unconventional Kitchen Spotlight

Wellness Center

Birthdays

REFLECTING BACK ON JUNE



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

Summer Bucket List

Let's create a summer bucket list together! Kenna has listed a few ideas already, but feel free to add your own. You may bring your bucket list to the July activity planning meeting to see if your idea is something we can get on the calendar!

- Attend an outdoor concert
- Visit a food festival
- Have a bonfire with S'mores
- Watch an outdoor movie
- Have a picnic in the park
- Take a boat tour
- Visit a lighthouse
- Go to a winery
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UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living July Luncheon



MENU

**Luau
Themed!**

- *Pulled Pork Sliders*
- *Macaroni Salad*
- *Grilled Pineapple & Veggies*
- *Dessert*

Please RSVP by Wednesday, July 9th 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.



Unconventional Kitchen Bakery Special



Unconventionalkitchen.us

412.348.0188

Order a minimum of 5 days in advance

Available all Summer

WELLNESS CENTER

Benefits of Intergenerational Relationships

Intergenerational relationships offer numerous benefits for individuals and communities, fostering a sense of belonging, enhancing mental and physical well-being, and preserving cultural heritage. These connections can improve cognitive function, boost self-esteem, and reduce feelings of isolation, while also promoting social skills and empathy.

Benefits for Older Adults

- **Sense of Purpose:** Older adults can find renewed purpose by sharing their wisdom and experiences with younger generations, fostering a feeling of being valued and needed.
- **Mental and Cognitive Stimulation:** Interacting with younger people can stimulate the mind, promoting cognitive health and potentially delaying cognitive decline.
- **Improved Physical Health:** Physical activity and movement encouraged by intergenerational interactions can improve physical mobility and overall fitness.
- **Reduced Loneliness and Isolation:** Building meaningful relationships with younger people can combat loneliness and feelings of isolation, leading to improved emotional well-being.
- **Improved Self-Esteem:** Intergenerational programs can boost self-esteem and instill a positive outlook on life for older adults.

Benefits for Younger Individuals

- **Enhanced Social Skills:** Interactions with older adults can help young people develop better social skills, including empathy and understanding different perspectives.
- **Improved Cognitive Skills:** Engaging in intergenerational activities can stimulate brain function and enhance cognitive abilities, particularly in areas like problem-solving and critical thinking.
- **Increased Empathy and Understanding:** Interacting with older adults can foster empathy and understanding of different cultures, experiences, and perspectives.
- **Lifelong Learning Opportunities:** Intergenerational interactions provide opportunities to learn from diverse experiences and perspectives, enriching individual development.
- **Enhanced Self-Esteem and Confidence:** Young people can build self-esteem and confidence through positive interactions with older adults, who can serve as role models and mentors.