

September 2025

Foreword

As the crisp air and vibrant colors of fall embrace us, we are thrilled to welcome three outstanding new students to our community. This season, we have curated a variety of engaging activities designed to foster connection and creativity among our residents. Let's make this fall unforgettable as we celebrate new beginnings and lasting friendships.

September Highlights - *Independent Living*

EVERY Saturday - Shopping Shuttle

Sept 2 - Confederates at Pittsburgh Aviary Presentation (Legacy Theater)

Sept 7 - St. Aloysius Rummage Sale Outing

Sept 14 - Free Concert - VLEI (Vincentian Auditorium)

Sept 24 - Cookies and Conversation With Jen

Sept 29 - 2025 Cornhole Tournament (Villa vs Terrace Place)

Sept 30 - Neck & Low Back Pain Presentation (Legacy Theater)

Villa

Sept 3 - Afternoon Movie - Juror #2

Sept 10 - Coffee & Conversation w Melia

Sept 17 - Resident Birthday Luncheon

Sept 19 - Lunch Outing - PA Market & Gus/YaiYai's

Sept 21 - Dinner Outing - Soba

Sept 26 - Entertainment - Sean Conners

Terrace Place

September 3 - Activity Planning With Kenna

September 5 - Bookmobile

September 11 - Craft With Lori

September 18 - Special Meal

September 26 - Lunch Outing to PA Market & Gus/YaiYai's

IN THIS ISSUE...

September Highlights

Reflecting Back on August

Important Information

Brain Game

Unconventional Kitchen Spotlight

Wellness Center

Special Note - The next Resident Association Meeting will be held on October 13th (VV) and 14th (TP). Please make changes accordingly as it was originally scheduled for the week before.

REFLECTING BACK ON AUGUST



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

Fall Word Search

FALL

AUTUMN

LEAVES

HARVEST

PUMPKIN

HALLOWEEN

THANKSGIVING

FOOTBALL

SWEATER

APPLE CIDER

SCHOOL

ACORN

ORANGE

YELLOW

BROWN

S P O R B S Y L E A V E S U A
N T A R D R H G H T E R W O P
U H T P C I O E A S M P E N P
L A L H E H G W A C O V R P L
J N N I O R A I N H R E C I E
U K P E C R S R I O I L F C C
P S N S R E O E V S E T O E I
R G R O N C H A T E S A O X D
O I C I A S O R S O S Y T T E
T V R U L R O A T S E T B T R
R I A G L E L A T E G N A R O
A N Y P U M P K I N R E L Y T
W G O N E R O D H L E H L B F
O Y N E M A U T U M N D R A A
L H S W E A T E R M O C R B L
L S K O O B A C V J B R N N L
E O S E M N E E W O L L A H L
Y A C K P S C H O O L A P O P

UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living September Luncheon



MENU



- *Hamburgers & Hot Dogs*
- *Three Bean Salad*
- *Potato Salad*
- *Brownies*

Please RSVP by Wednesday, September 10 at Noon if you'd like to attend as we need to send a final headcount to the Unconventional Kitchen. If you'd like to ensure that you are signed up, please call Kenna by the deadline. As a reminder, and a courtesy to your neighbors, we expect you to show up if you are signed up! Thank you.

Unconventional Kitchen Summer Special



Unconventionalkitchen.us

412.348.0188

Order a minimum of 5 days in advance

Available all Summer

WELLNESS CENTER

Fall Prevention Tips for Fall

To prevent falls, modify your environment by removing clutter, improving lighting, securing rugs, and installing grab bars. Stay active with exercises that improve balance and strength. Take care of your health by getting regular eye and hearing checks, discussing your medications with a doctor, ensuring proper nutrition with calcium and vitamin D, and avoiding excess alcohol. Wear appropriate footwear with non-slip soles, and use assistive devices like a cane or walker if recommended.

At Home & In the Environment

- Clear pathways: Remove clutter, loose wires, and other tripping hazards from walkways.
- Secure rugs: Fasten loose rugs with double-faced tape or use non-slip mats.
- Improve lighting: Keep your home brightly lit, especially in hallways and stairwells, and consider using night lights.
- Install safety features: Add grab bars in bathrooms and handrails on stairways.
- Fix hazards: Repair loose floorboards or carpeting.

Physical Activity & Health

- Exercise regularly: Participate in activities like Tai Chi, yoga, or walking.
- Wear proper shoes: Choose well-fitting shoes with good grip. Avoid walking in socks or slippers with smooth soles.
- Stay hydrated and eat well: Ensure enough calcium and vitamin D for strong bones.
- Limit alcohol: Drink in moderation to reduce fall risk.

Medical & Personal Care

- Check your vision: Get regular eye exams and wear your glasses.
- Have your hearing checked: Hearing issues can affect balance, so get checked if you notice changes.
- Review your medications: Consult your doctor to see if any could cause dizziness or balance problems.
- Use assistive devices: If recommended, use a cane or walker for stability.