



October 2025

Foreword

With pumpkin and cinnamon aromas filling the air, and the days getting shorter, October is shaping up to be a fantastic month! Get ready to enjoy a variety of seasonal events designed to keep us active and connected.

October Highlights - *Independent Living*

EVERY Saturday - Shopping Shuttle

Oct. 5 - White House Farms

Oct. 8 - Vaccine Clinic at Terrace Place

Oct. 9 - Medicare Presentation

Oct. 22 - Halloween Party at Terrace Place

Oct. 24 - Reverse Trick or Treat at VCDC

Oct. 29 - One on One w Ben - Billing Questions

Villa

Oct. 7 - Trip to Foxburg

Oct. 12 - Resident Run Steeler Party

Oct. 15 - Resident Birthday Luncheon - Oktoberfest

Oct. 20 - Rivers Casino

Oct. 20 - Afternoon Movie - Beetlejuice

Oct. 24 - Lunch Outing at Max's Allegheny Tavern

Oct. 29 - Entertainment - Richard Sneed

Terrace Place

Oct. 3 - Trip to Foxburg

Oct. 6 - Bookmobile Visit

Oct. 10 - Oktoberfest Happy Hour

Oct. 16 - Oktoberfest Special Meal

Oct. 22 - Book Club

Oct. 31 - Lunch Outing to Max's Tavern

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SAVE the DATES

November Holiday Meal

Villa - Wednesday, Nov 19

TP - Friday, Nov 21

December Holiday Meal

Villa - Tuesday, Dec 16

TP - Thursday, Dec 18

REFLECTING BACK ON SEPTEMBER



REFLECTING BACK ON SEPTEMBER



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.

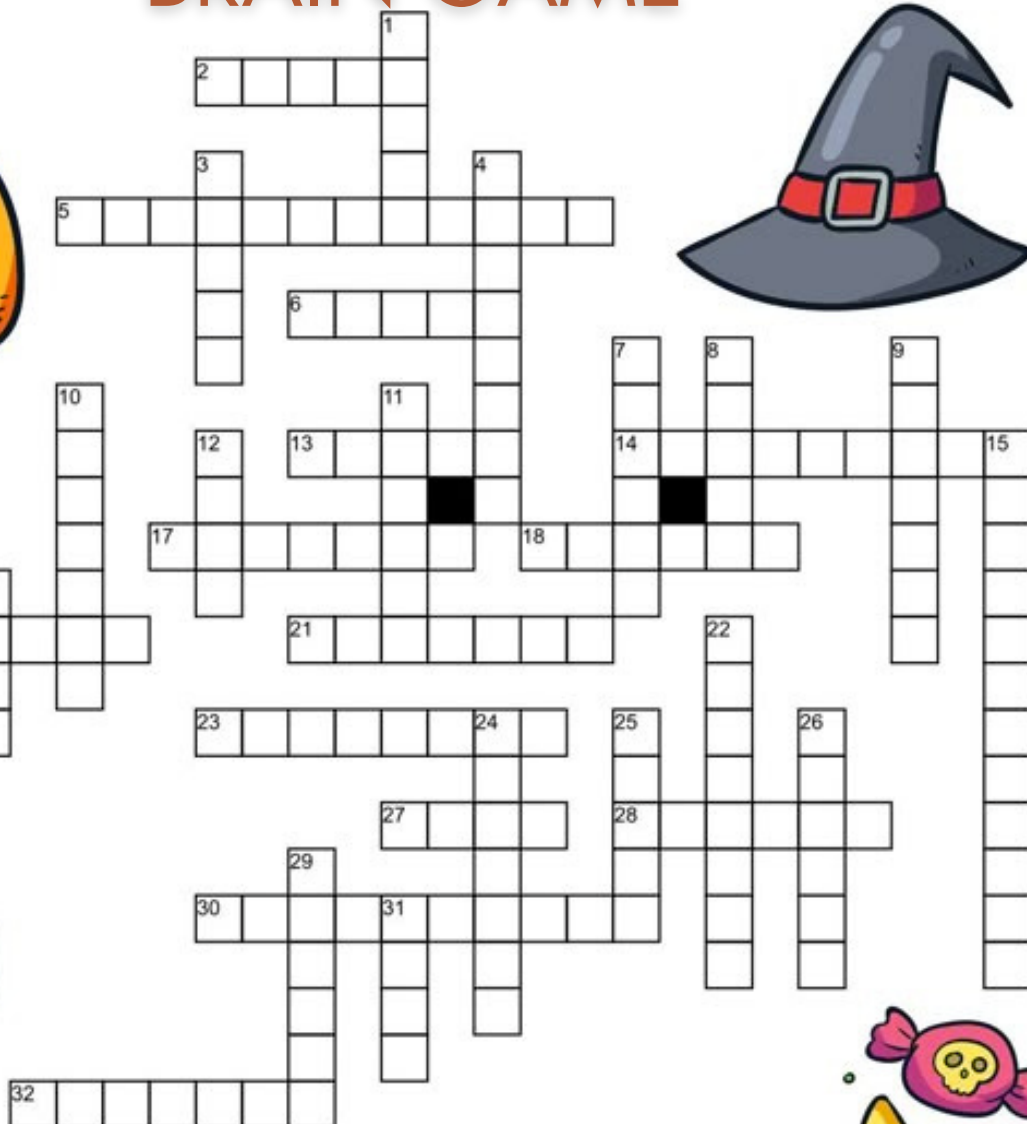
Meal Ordering

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



Down

1. dead person appearing to the living
3. synonym of frightening
4. a human who has turned into an animal
7. a mischievous, ugly spirit
8. a hole in the ground in which a dead person is buried
9. spirit, ghost
10. you put them in jack-o'-lanterns
11. strong dislike, shuddering fear and disgust
12. not living
15. beyond what is natural or physically possible
16. an evil spirit; a devil
19. strange things happen when the moon is _____
22. a burial ground; graveyard
24. inhabited by ghosts
25. a trick, a practical joke
26. walking dead; living ghost
29. a drink of medicine or poison
31. used for hiding or protecting the face

Across

2. a woman who is supposed to have powers of magic
5. a Halloween pastime in which kids go door to door asking for goodies
6. causing fear; weird
13. a grave-robber
14. furry little animals; friends to witches
17. a corpse restored to life that sucks human blood
18. collection of money for the United Nations Children's Fund
20. outfits worn during Halloween
21. a person who casts magic spells; a sorcerer
23. twelve o'clock at night
27. causing disgust, especially of smell or taste
28. the season that comes before winter
30. witches fly on this
32. jack-o'- _____

UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living October Luncheon

MENU



- *Brats*
- *Sauerkraut*
- *Pretzels & Beer Cheese*
- *Potato Pancakes*
- *Apple Pie*

Please RSVP by Wednesday, October 8 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.

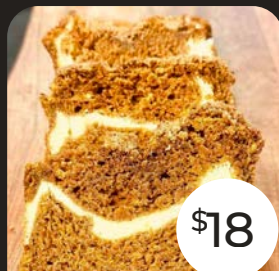
BAKERY SPECIALS



\$16

APPLE CRUMBLE MUFFINS

6 muffins loaded with apples and cinnamon, topped with brown sugar crumble and a vanilla icing drizzle.



\$18

PUMPKIN CHEESECAKE STREUSEL BREAD

Pumpkin bread swirled with cheesecake and topped with cinnamon streusel.



\$15

CHOCOLATE PEANUT BUTTER BOO BARS

6 bars with layers of creamy peanut butter and rich chocolate, cut into bars for a sweet Halloween treat.



\$12

HALLOWEEN OREO BALLS

8 festive bites of crushed Oreos mixed with cream cheese, dipped in chocolate, and decorated with spooky Halloween flair.



\$9

SOUP IN A BREAD BOWL

Choice of Tomato Bisque, Loaded Potato, or Broccoli Cheddar

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

Tips for a Restful Night's Sleep

For many adults, especially seniors, sleep can feel like a distant memory or a nightly struggle. If you're tossing and turning more often and not sleeping as deeply as you'd like, you're not alone. As we age, our sleep patterns change, and our bodies face new hurdles in getting quality rest.

Why Sleep Slips Away in Later Life:

- **Altered Sleep Patterns & Lighter Rest** - Aging brings changes in sleep, typically resulting in less deep, restorative sleep and more fragmented, lighter sleep, which allows for more nighttime wake-ups.
- **Shifted Internal Clocks** - Seniors may experience feeling sleepy earlier in the evening and waking up much earlier in the morning—sometimes before feeling fully rested.
- **Health Conditions & Medications** - Chronic pain, cardiovascular issues, medications, or the need to use the bathroom more often can all interrupt sleep.
- **Cognitive & Emotional Factors** - Stress, anxiety, grief, and depression can elevate wakefulness and racing thoughts at night, making falling or staying asleep harder.

Senior-Friendly Strategies for Better Sleep:

- **Consistent Sleep-Wake Routine:** Go to bed and wake up at the same time daily to regulate your sleep cycle.
- **Safe & Comfortable Sleep Environment:** Keep your room cool, dark, and quiet. Use blackout curtains, earplugs, or white noise machines if needed.
- **Use Bed Only for Sleep:** Reserve the bedroom for sleep and rest; get up if you can't sleep and return when drowsy.
- **Mind Food, Drink & Naps:** Avoid heavy meals, caffeine, and alcohol before bed. Limit evening liquids to minimize bathroom trips.
- **Unplug & Unwind:** Avoid screens 30 minutes before bed; engage in calming activities like reading or gentle stretches.
- **Stay Active Early:** Light daytime activity helps improve sleep; avoid strenuous exercise close to bedtime.
- **Consider Health:** Review medications and address any mental health issues that may affect sleep.

Consult professionals if you experience frequent nighttime awakenings, difficulty falling asleep within 20 minutes, persistent daytime fatigue, signs of sleep apnea (e.g., snoring, gasping), troubling nighttime leg movements, or small adjustments can significantly enhance sleep quality.