

November 2025

Foreword

As the vibrant colors of autumn begin to paint our surroundings, we are delighted to present this Fall edition of our newsletter, crafted especially for our independent living residents. Within these pages, you'll find a blend of seasonal tips and community updates to enrich your autumn experience.

November Highlights - Independent Living

EVERY Saturday except November 8th - Shopping Shuttle
Nov 3 through Nov 6th - AmVets Donation Drive
Nov 4 - Vote in the General Election
Nov 13 - Schenley Garden's Tour
Nov 18 - Trip to Phipps
Nov 25 - (Tuesday) Giant Eagle Shopping Trip
Nov 26 - One on One with Ben for Billing Questions
Nov 27 - Office Closed - No Transportation

Villa

Nov 5 - Afternoon Movie: Downtown Abbey Grand Finale
Nov 12 - Coffee & Conversation with Melia
Nov 12 - Entertainment - Richard Sneed
Nov 14 - Lunch Outing - Springfield Grille
Nov 19 - Resident Holiday / Birthday Luncheon

Terrace Place

Nov 12 - Friendsgiving with Lexi
Nov 14 - Happy Hour
Nov 20 - Book Club
Nov 21 - Thanksgiving Special Meal
Nov 24 - Steelers Trivia with Natalie
Nov 28 - Christmas Decorating

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REFLECTING BACK ON OCTOBER



REFLECTING BACK ON OCTOBER



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

Eight people are gathered around the dining room table at Ralph and Mary Johnson's house for a Thanksgiving feast. Read the clues below and determine the name of the person sitting at each place and his/her favorite food.

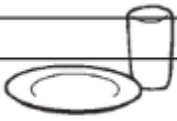
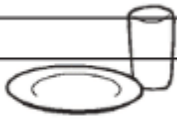
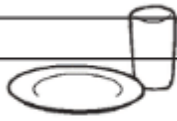
Guest List

Angie	Johnny
Ann	Mary
Bill	Ralph
Jeffrey	Susie

Food List

corn	pie
dressing	potato
green	es rolls
beans	turkey
ham	

1. Ralph is at the head of the table, and he doesn't like corn.
2. No male sits beside another male.
3. Angie and Jeffrey are brother and sister; Johnny and Susie are also brother and sister. Each brother and sister pair sits side-by-side on the same side of the table.
4. The person who likes ham sits to Ralph's right at the table.
5. Bill's wife, Ann, sits to his left at the table. Ralph's wife loves dressing.
6. Susie sits to Bill's right and across from the person who loves green beans. Susie loves bread
7. Jeffrey is a meat lover, and he can't wait for the turkey to be carved.
8. Two males love pie and corn, and they sit across the table from each other.

Head of the Table Name: _____ Food: _____	Name: _____ Food: _____	Name: _____ Food: _____	Name: _____ Food: _____
			
			
			
	Name: _____ Food: _____	Name: _____ Food: _____	Name: _____ Food: _____

UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living November Holiday Luncheon



MENU

- *Turkey & Gravy*
- *Mashed Potatoes*
- *Stuffing*
- *Green Bean Casserole*
- *Pumpkin Pie*

Please RSVP by Wednesday, November 12 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.

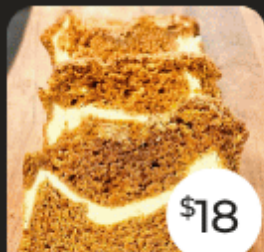
BAKERY SPECIALS



\$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

Pumpkinbread 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

Why Support Groups Can Save Your Life

Caring for a loved one shouldn't mean caring alone

If you're supporting an aging spouse or family member, you already understand the unique demands of caregiving. The role can be one of the most meaningful things you'll ever do, but also one of the hardest. Many caregivers find themselves running on empty, balancing work, family, and personal responsibilities while trying to ensure their loved one's safety, comfort, and dignity. Over time, that stress can take a toll. Studies show that caregivers are more likely to experience anxiety, depression, and health challenges than those who are not in caregiving roles. Yet even as the emotional and physical strain builds, many people hesitate to reach out for help. They tell themselves, "I should be able to handle this." But the truth is, no one should have to handle caregiving alone. That's where caregiver support groups come in. Far from being "just another thing to do," these groups can be a lifeline and serve as a source of strength, understanding, and renewal. They can quite literally change, and even save, lives.

The Power of Shared Experience

People who haven't walked in your shoes often don't understand what it's like to manage medications, navigate dementia behaviors, or make tough decisions about long-term care. In a caregiver support group, you're among people who truly get it. They've been through sleepless nights, tough conversations, and moments of both love and frustration. When you share your story, you're met not with judgment, but with nods of understanding. That shared experience can bring an incredible sense of relief. You realize that you're not failing, you're not overreacting, and you're certainly not alone.

A Lifeline for Your Own Health

One of the most important reasons to join a caregiver support group is your own well-being. It's easy to become so focused on your loved one's needs that you neglect your own. Chronic stress can weaken your immune system, increase your risk of heart disease, and impact your sleep and mood.

Research has shown that caregivers who regularly participate in support groups report:

- Lower levels of stress and depression
- Better coping skills and self-care habits
- Stronger relationships with the person they care for
- Greater satisfaction and confidence in their caregiving role

Finding the Right Group for You

Support groups come in many forms; some meet in person, others online or by phone. Some are led by professionals, others by peers. The key is finding one that feels like a good fit for you.