

March 2026

Foreword

It's hard to believe we are already three months into 2026 - wow! Since last month, K4 has made significant strides will being fully repaired and functioning. If you are still having issues, Kenna is hosting a drop-in workshop the first week of March to fix any phones, tablets, or computer K4 issues. May the luck of the Irish continue to bless us throughout the month.

February Highlights - *Independent Living*

EVERY Saturday - Shopping Shuttle

March 2 - Carnegie Bookmobile

March 12 - North Hills Musical: Mamma Mia!

March 20 - St. Patrick's Day Party at Terrace Place

March 25 - One on One Billing Questions with Ben

March 27 - Trip to Maridon Museum

Villa

March 2 - Men's Breakfast Club Meeting

March 5 - Activity Planning and K4 Workshop with Kenna

March 8 - Lunch Outing to Alta Via

March 9 - Movie: Now You See Me, Now You Don't

March 11 - Coffee & Conversation with Melia

March 18 - Resident Birthday Luncheon

Terrace Place

March 4 - Activity Planning and K4 Workshop with Kenna

March 11 - New Resident Meet and Greet

March 13 - Happy Hour

March 19 - Special Meal

March 25 - Community Connect

IN THIS ISSUE...

March Highlights

Reflecting Back on February

Important Information

Brain Game

Unconventional Kitchen Spotlight

Wellness Center

REFLECTING BACK ON FEBRUARY



FOR MORE IMAGES FROM THIS PAST MONTH, VISIT "VINCENTIAN VILLA" OR "TERRACE PLACE" ON FACEBOOK

IMPORTANT INFORMATION

Meet Our New Employee - Loren!



Loren is our newest employee, working with Sarah and Betty in housekeeping! He is originally from West Virginia but currently resides in Bellevue, PA! In his free time, he enjoys woodburning and crafting. He recently restrung his 12-string guitar so he is getting back into that! Loren also has a passion for plants and gardening.

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

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

Aries	Fertile	Plant
Basketball	Grass	Rainbow
Birds	Growing	Shamrock
Bloom	Irish	Spring
Clouds	Leprechaun	Sun
Daffodil	March	Weather
Daylight	Patrick	Wind

UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living March Luncheon

MENU



Corned Beef
Cabbage
Potatoes and Carrots
Dessert

Please RSVP by ****Wednesday, March 11 at Noon**** if you wish to attend, as we need to provide a final headcount to the UnConventional Kitchen. Kindly note, there will be no takeout options available, and late sign-ups will not be accepted. To double check that you are signed up, you may call Kenna before the deadline. Additionally, as a courtesy to your neighbors, we hope you will attend if you are signed up! Thank you.



Easter Specials



\$29

EASTER COOKIE TRAY



\$180

EASTER DINNER

Unconventional Kitchen
8200McKnight Road
Pittsburgh, PA
15237

Pickup Hours:
Monday – Friday: 2 p.m. – 6 p.m.
Saturday – Sunday: 9 a.m. – 5 p.m.

FACEBOOK



INSTAGRAM



ORDER TODAY
UNCONVENTIONALKITCHEN.US



WELLNESS CENTER

Holistic Wellness: A Balanced Approach to Life

Achieving true wellness requires balancing the eight interdependent dimensions of well-being—physical, emotional, social, spiritual, environmental, occupational, intellectual, and financial. Each of these dimensions plays a crucial role in our overall health and happiness. By nurturing all these areas in your life, you can increase resilience, improve longevity, and foster a more fulfilling life through small, consistent habits and mindful practices.

The Key Dimensions of Wellness

- **Physical:** Focus on proper nutrition, engaging in at least 150 minutes of exercise each week, and ensuring you get sufficient sleep to improve your strength and reduce the risk of diseases. Activities such as yoga, walking, or cycling can be great additions to your routine.
- **Emotional:** Build resilience by managing stress through techniques like mindfulness, journaling, or therapy. It's important to acknowledge your emotions and learn healthy ways to cope with them.
- **Social & Environmental:** Cultivate meaningful relationships with friends and family while ensuring your surroundings are supportive of a healthy lifestyle, whether it's at home, work, or within your community. A supportive environment can significantly enhance your sense of well-being.

Actionable Tips for Daily Well-being

- **Move intentionally:** Incorporate strength training exercises 2–3 times a week to improve mobility and overall fitness. This can include simple bodyweight exercises or using resistance bands and weights.
- **Prioritize sleep:** Maintain a consistent sleep schedule to boost brain function and overall health. Aim for 7–9 hours of quality sleep each night to feel refreshed and rejuvenated.
- **Hydrate & Nourish:** Focus on a diet rich in whole foods, including plenty of fruits, vegetables, whole grains, and lean proteins. Stay hydrated by drinking plenty of water, and aim to reduce the intake of processed items to support your health.

For a sustainable, holistic approach to wellness, it is essential to combine proper nutrition, regular movement, and effective stress management techniques. By incorporating these elements into your daily life, you can build a foundation for a healthier and more balanced lifestyle.