

JULY 2025

LAUREL VIEW VILLAGE NEIGHBORHOOD NEWS



CELEBRATING
JULY BIRTHDAYS

Happy
Birthday to
all of those
celebrating a
July
Birthday!



Tim Mock,
CEO

Dear Residents,

I write this as our late June heatwave continues, although the temp is a little lower than the last couple days. I hope you are all finding ways to get some fresh air but also stay safe and cool.

I wanted to make sure we are all on the same page about the power reductions that have taken place this week. There are times when the electric grid for the greater region is being pushed to its limit. If customers in total try to use more electricity than is generated by power plants, the entire grid or sections of the grid can fail leaving large areas without power. Our main building and Cambridge Place are part of a program that seeks to keep that from happening. (This does not include townhomes) The program is called Demand Response. When the demand is dangerously high, they ask us to respond by lowering our power consumption. We start by turning our generators on, and automatically the parts of our buildings that are run by the generators are no longer drawing electricity from the grid.

We do our best to go to the next level, by lowering electric use in systems that are not generated. That is mostly other lighting and cooling.

TH = Townhome, V = Vista, CP = Cambridge Place, PC = Personal Care, HC = Healthcare

2000 Cambridge Drive. Davidsville, PA 15928 | 814-288-2724 | laurelviewvillage.com

MESSAGE FROM CEO CONTINUED

During demand response you will see lights off and blinds closed in many areas. These actions help reduce power and reduce the demand for air conditioning. During these response times we have chosen to set thermostats higher than normal in many common areas. We do our best to keep the rooms that will be in use comfortably cool. Some areas like hallways, you will find to be warmer than we normally keep them. We understand that setting your personal thermostat up is not the most comfortable thing to do. When we have these events, we have been notifying you and asking that you participate. The suggested setting was 79 degrees. We understand that this may not be acceptable for all of you.

Please be aware that we are requesting and not forcing you to participate and even if our team members come to your room to help you adjust your thermostat, you may choose a temp that differs from our suggestion. Also, if after your thermostat has been adjusted, and later you realize that it is getting warmer than you can handle, please feel free to reset it to an acceptable temp for you. We are not asking anyone to be miserable or unsafe. I know the way that we communicated these events made some people feel that they were required. Please know that you can make your own decisions for your apartment. We feel that by participating in this program we are doing the right thing for Laurel View Village and the greater community to ensure the power stays on for all. Thank you for participating as you are able.

A couple other items to note.

1. At the next resident council, I will be presenting the budget for the new fiscal year. Please come if you are interested in knowing some of those details.
2. I am pleased to announce the new townhomes are almost finished and we anticipate the last residents to move in over the next several weeks.

Thank you all for your continued confidence and support in the entire team.

Sincerely,
Tim

CHAPLAIN'S CORNER



Eric Lasure,
Chaplain

“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.” James 1:17

What comes to your mind when you think of Independence Day?

For many Americans, the Fourth of July serves as a day to watch fireworks, barbeque and have a good time with friends and family. While there is nothing wrong with having these traditions, it is important to remember the reason behind why we celebrate this holiday.

Samuel Adams, the father of the American Revolution, was bold in proclaiming his faith. To him, signing the Declaration of Independence meant no longer submitting to Great Britain, but rather, submitting to the Lord. As a result, America would be free from the power of man and able to serve Christ. What a significant day in history!

It is important to remember what our duties are as Christians. We are called to serve Christ and Christ alone, and it is such a blessing that we can live in a country where we have the freedom to do so.

Oftentimes, the enemy will use distractions to keep us from fulfilling our duties as Christians. Being distracted by all that happens on the Fourth of July can cause us to lose sight of the true meaning of the holiday. This is dangerous, as it can ultimately cause us to stray away from Christ.

So, why is it important to acknowledge the significance of Independence Day, and how can we do so in today's world?

American liberty is a blessing from God. Because of our freedom, we can express our faith and boldly share it with others. It is important to recognize that in many other parts of the world, this is not the case. The cost of following Christ is much greater for our brothers and sisters across the globe.

With this in mind, I encourage you to not lose sight of why we celebrate Independence Day. Take time to reflect on the ways God has blessed you in your life and make it a goal to not take the freedom we have for granted. As you spend this day with family and friends, I encourage you to celebrate the blessing of freedom that was given to us by Christ.

JULY 2025

WORSHIP SERVICES

Mass/Communion Services for July

Monday, July 7, 10:30 AM

Catholic Mass with Father Larry

Monday, July 14, 10:30 AM

Communion Service with Threse Baywood

Monday, July 21, 10:30 AM

Catholic Mass with Father Larry

Monday, July 28, 10:30 AM

Communion Service with Threse Baywood

Rosary is at 1:15 PM

every Thursday in the Chapel.

Services subject to change

Pastor Schedule for July

Sunday, July 6, 2:30 PM

Pastor Ray Beal

Sunday, July 13, 2:30 PM

Dan Croft (Retired Teacher, Band Director, Missionary, Pastor)

Sunday, July 22, 2:30 PM

Pastor Dave McGee (Assembly of God in Windber)

Sunday, July 29, 2:30 PM

Pastor Gary Mosorjak

Services subject to change

Upcoming Communion Service

Wednesday, July 23:

Non-denominational Communion Service

Please note there will be no Communion in August, communion occurs on the

Fourth Wednesday of every other month at 2 PM in the Chapel

Free
INDEED
★ **JOHN 8:36** ★

WELCOMES & TRIBUTES, THANKS, & HOLIDAYS

WELCOME TO OUR COMMUNITY

Removed for confidentiality

GIVING TRIBUTE TO

Removed for
confidentiality

THIS MONTH'S HOLIDAYS

Thursday, July 3 - St Thomas

Friday, July 4 - Independence
Day (4th of July)

Saturday, July 5 - Ashura Begins

Monday, July 7 - World Chocolate
Day

Tuesday, July 8 - Cow
Appreciation Day

Thursday, July 16 - National Hot Dog
Day

Sunday, July 20 - National Ice Cream
Day

Friday, July 25 - St James the Greater
Day (Feast Day)

COMMUNITY SUPPORT RESOURCES



Loss of a Loved One Support Group

Tuesday, July 1

First Tuesday of every month!

Chapel at 5 PM



Parkinson's Support Group Boxing with Donnie

Thursday, July 10 & 24

Now offered twice a month: Second & Fourth Thursday of every month!

Chapel at 2 PM

\$10 fee to be paid at the door to Donnie.



Low Vision Support Group

Tuesday, July 15

Third Tuesday of every month!

Vista Library at 3 PM



Caregiver Support Group

Thursday, July 17

Third Thursday of every month!

Chapel at 3:30 PM



Parkinson's Support Group

Tuesday, July 29

Last Tuesday of every month!

Chapel at 2 PM



Men's Gathering - "The Extension Cords"

Friday, July 18 at 2 PM

Third Friday of every month!

Chapel at 2 PM

COMMUNITY HEALTH RESOURCES

PODIATRY

Dr. Izzo, Foot & Ankle Specialist, is available for scheduling podiatry appointments for **Friday, August 15**. Dr. Izzo visits our campus once a month and operates out of the treatment room in the Davidsville Care Center. To schedule an appointment please contact the front desk at (814) 288-2724.



LIFELINE MEDICAL CENTER (LLMC) (814) 915-4539

Lifeline Medical Center, located in the Davidsville Care Center, is available by appointment and walk-ins on **Mondays, 7AM -7PM, Wednesdays 7AM-3PM, Fridays 7AM-3PM**. They provide a large array of services such as: Primary Care Services for all ages, Acute Care Services (such as: Urinary Tract Infections, Sutures, Ear Pain, Sore Throat), Community Blood Draw Center, and much more!

LLMC is open to residents, staff, family members, friends, and the general public. **To schedule an appointment today, please call [\(814\) 915-4539](tel:(814)915-4539).**

Appointments take precedence over walk-ins. Please bring your ID, insurance card, and a complete medication list.

BENCHMARK THERAPIES

Benchmark Therapies is committed to delivering high-quality rehabilitation therapy services. Their programs in Physical, Occupational, and Speech therapy are tailored to meet the specific needs of each individual. For additional information **please call (814) 205-6762**.

MOBILE X-RAY

Residents must have a doctor's script for an X-ray and must contact **Doug Croyle to coordinate (814) 205-6702**.

Please ensure that your Health Information Form is always up to date! If you have any questions, concerns, or need further information, please reach out to Doug Croyle at (814) 205-6702.

COMMUNITY HEALTH RESOURCES

LABORATORY SERVICES

Windber Labs

- 1st and 3rd Tuesday of each month, they will be in the Cambridge Place Activity Room from **8 - 9 AM.**
- 2nd and 4th Tuesday of each month, they will be in the treatment room within the Davidsville Care Center **8 - 9 AM.**

Life Line Medical Center also provides these services during their office hours listed above.

TRANSPORTATION SERVICES

Laurel View Village provides free, medical transportation to local services. To take advantage of this service, just complete a form available outside the Vista or Cambridge mailboxes. Once filled out, return the slip to the secure box located in the Cambridge mail room or outside Randy's office, across from the Village Café. Questions contact **Randy Yoder, Transportation Coordinator, at (814) 205-6487.**

HOME CARE SERVICES

Laurel View Village provides in-home assistance services, known as Home Care Services, to help residents age comfortably in their Townhomes, Vista, and Cambridge Place apartments. Our certified home care team offers support to individuals requiring help with daily activities. These services can be tailored to meet your evolving needs, ranging from daily visits to once-a-month check-ins!

For more information, please reach out to **Doug Croyle, Director of Compliance and Health Services, at (814) 205-6702 or via email at dcroyle@lvv1.com.**

MEDICAL DIRECTOR

Dr. Patrick Gray is Laurel View Village's medical director. Under his direction, his CRNP can do scheduled house visits that **MUST BE SCHEDULED BY DOUG ONLY** at (814) 205-6702.

Dr. Gray's doctor office is located in Windber, for his primary care services contact (814) 467-5600.

Please ensure that your Health Information Form is always up to date! If you have any questions, concerns, or need further information, please reach out to Doug Croyle at (814) 205-6702.

EVS UPDATES & GARDEN CLUB



Holly Repko-Brehm
Interim EVS Director
& Controller

In a recent update, it has been announced that the DirectTV package has undergone a change due to the campus's size - without notification to us. While this shift results in some channel losses, it does bring an addition of 165 new channels. A new TV listing will be provided to us shortly to share with residents. Copies once provided will be available at the front desk.

In addition, maintenance staff will be working overtime to complete the power washing tasks around the campus. Due to recent rain, the company responsible for the Cambridge building's power washing had to reschedule their service, and a new date will be communicated once it is confirmed. The main building & vista are scheduled for their power washing next year.

Lastly, the campus's weed spraying will now be managed internally to address previous issues faced last year.

GARDEN CLUB UPDATES



Farmer Joe Shetler,
Head Farmer of LVV

The Garden Club has planted about 600 petunias all over the campus. The Central Park Garden is also planted. You will soon see corn, tomatoes, cucumbers, zucchini, watermelons, zinnias, and dahlias growing. **Please no picking of the harvest other than strawberries and flowers, until after the Corn/Watermelon/Tomato Fest in late August.** There is a new latch system on the pedestrian walk-in gate, that will make it easier to enter the garden to pick strawberries and flowers.

The Personal Care residents have asked that the berries planted behind their patio be reserved for the Personal Care residents. All Independent Living residents have access to the strawberries in the Central Park Garden and are

welcomed to pick those. A shout out to Townhome resident, **Janet Mayer**, who donated a beautiful cedar butterfly house. It was placed in the butterfly garden in Central Park. It is another addition to the area that **Brian**, outside maintenance, created by re-constructing the butterfly garden, planting a Memorial tree in the center, surrounded by butterfly bushes and other plantings. Another shout out to **Bill Horner**, who has donated funds for Garden Club to buy a watering tank to make it easier for the volunteers to water all the petunias that do not have access to drip systems. One last thanks to the Gardening Club who worked hard to plant over 600 petunias, the vegetable garden, and all the other work done by those committee members, including **Eric Fyock & Bill Bergman**, who are members of that committee, but do not live in the Village. **Without all the hard work done by all, we would never have been able to get this done.**

FUNDRAISING EVENTS & MARKETING UPDATES



Emily Smith,
Marketing
Communications
Coordinator

We have several transitions and events coming up for Laurel View Village, let's break them down!

TRANSITIONS

Barb Cotchen will now be working directly with CEO Tim Mock on higher development, such as grants, and board items. Barb's new title is Development Director & Executive Assistant to the CEO. Barb will still be handling donations the Resident Caring Fund, as well as "In memory/in tribute" donations. Currently her office has not moved, she is still located in the Cambridge Building.

Myself, **Emily Smith**, will now be handling fundraising events, such as the golf tournament, Christmas in the Village/Breakfast with Santa, the Impact Awards Gala, etc. This is in addition to my current duties. Which include, but are not all, the monthly resident newsletters, staff newsletter, Healthcare newsletter, marketing/advertising materials, social medias, Laurel View Village's website, informational flyers, and much more. My new title is Marketing Communication Coordinator. My office has not move yet either, I am still in the Cambridge Building.

Emily Kennell will be joining the administrative team. She will now be the Community Navigator where she will be assisting with inquiries and tours for Laurel View Village, new admission & transfers, as well as handling the behind the scenes dining computer software to provide better serviced for residents and staff. Emily Kennell will be floating between all building at this time.

Abby Ketley will now be taking over the Vista Dining Room Manager role. Where she will oversee vista's meals and events.

UPCOMING FUNDRAISING EVENTS

26th Annual Golf Outing- Wednesday, August 27, 11 AM at the Windber Country Club

All proceeds benefit the Resident Caring Fund Endowment. This fund helps meet the needs of residents whose financial resources are insufficient to cover the cost of care. Your contributions help us fulfill our mission of caring for those who can no longer afford care and ensure that we deliver the same compassion and security to all our residents, regardless of their financial circumstances.

If you wish to golf, sponsor, donate, or volunteer, please contact Emily Smith at 814-205-6619 or stop by her office in the Cambridge Building!

JULY 2025

FUNDRIASING EVENTS & MARKETING UPDATES

15th Annual Que Classic - Saturday, September 27 at the Quemahoning Dam

All proceeds will support the Wellness Initiatives, a fund that supports the health and wellness programs for residents at all levels across our campus, ranging from fitness centers to garden club. The Laurel View Village Que Classic, held at Summers Best 2 Weeks, is beautifully situated by the picturesque Quemahoning Dam, just a short drive from Route 219. This event sets a new benchmark for a 5K, featuring a scenic course, lively atmosphere, friendly volunteers, delicious food, and fantastic goodie bags. It's no wonder that many consider it the premier fitness event in our community.

Participants can choose from a Kids Fun Run, 10K Run, 5K Run or Walk, and a 1 Mile Walk!

To register, become a sponsor, donate, or volunteer please contact Joe Shetler at 814-205-6546 or Emily Smith at 814-205-6619.

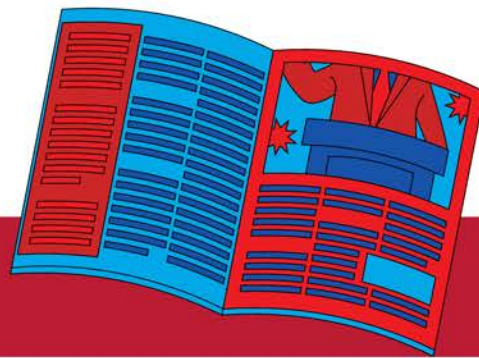
Double the impact of your donation - till July 31

Laurel View Village has recently been awarded a generous grant of \$12,500 from Lee Initiatives to assist us in upgrading our Wellness Center at Cambridge Place. However, the total cost for equipping the center will be around \$37,000. To make this project a reality, we are actively seeking additional contributions.

A resident of Laurel View Village has committed to matching any further donations toward our Wellness Initiatives by July 31, 2025, up to a remarkable \$20,000! This means that every donation you make will be doubled, significantly propelling us closer to our goal of enhancing our equipment and providing exceptional fitness facilities to our community.

MARKETING UPDATES

In the coming weeks, we will be launching a beautifully crafted marketing booklet featuring information about Laurel View Village. Remarkably, this comes at no cost to us! The expenses for the booklet are covered by the advertisers who choose to promote their services within its pages. Their advertising fees help offset the production costs of the book, which has saved the marketing department thousands of dollars. Angela and I anticipate having these booklets in our possession within a month or two. We are eager to share the finished product with everyone!



EMBRACING TECHNOLOGY

Embracing Technology: A Solution for Your Tech Troubles

As many of you may already realize, technology can be both a blessing and a curse! On those challenging tech days, we've discovered a helpful resource.

Meet Bryan Enterprises: Your Go-To for Computer Sales and Service

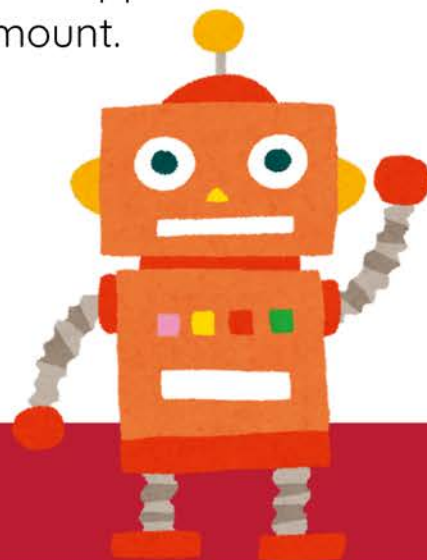
Introducing Bryan Enterprises, a company that offers computer sales and services, including convenient house calls!

Jerry Bryan has been a trusted name in the Laurel Highland area since 1999, coming highly recommended by a resident who has utilized his services for over a decade. He is skilled in working with devices such as iPhones, iPads, laptops, and more. Recently, Jerry sat down with Tim, CEO of Laurel View Village, and Angela, Director of Independent Living and Community Relations, to discuss his expertise. Jerry is exceptionally knowledgeable and well-acquainted with Exelos, the IT company that supports Laurel View Village, as well as our specific setup.

Please note, Laurel View Village is neither affiliated with nor endorses Bryan Enterprises. All interactions and agreements are strictly between the resident and Jerry Bryan. Residents are responsible for scheduling their own appointments with Jerry and making payments based on a mutually agreed amount.

How to contact

You can contact Bryan Enterprises by calling 724-454-2887 or emailing Jerry at **jbtthecomputerman@gmail.com**



HYDRATION: HOW MUCH IS ENOUGH?



Megan Sensusue,
Registered
Dietitian
Nutritionist

Water is the best source of hydration for our bodies for many reasons. During the summer months it is especially important to make sure that we keep ourselves hydrated. As a reminder, please utilize the gold hydration stations that are in various locations throughout Laurel View Village's cAMPus.

These locations include outside of the Village café, in the Vista Hall by the elevator, in the Personal Care Center by the activity room, and by the Cambridge Front Desk.

Approximately 60% of our body is made up of water! Water is essential for various functions such as regulating body temperature, preventing infections, lubricating joints, and maintaining proper electrolyte imbalance. Adequate hydration can lead to better sleep, weight management, mood stability, and improved cognition.

Often as we age, we do not always feel thirsty, which is due to changes within our body composition and/or side effects from various medications. Which can put us at risk of dehydration if we are not consuming enough fluids.

How much should you drink? A general guideline is to aim for one-third of your body weight in fluid intake. To calculate this, take your body weight and multiply it by $1/3$. For instance, if you weigh 150 pounds, the calculation would be:

$$150 \times \frac{1}{3} = 50 \text{ ounces}$$

Therefore, if you were 150 pounds you should aim to drink approximately 50 ounces of water daily! Additionally, if you're exercising, feeling unwell, exposed to hot weather, or taking diuretic medications, it's advisable to increase your fluid intake.

Fluids do not just come from the things that we drink. Fluids also come from various foods that we eat such as broth, soups, popsicles, fruits, and vegetables. Consider infusing your water with fruits/herbs to help with providing extra flavor and micronutrients if desired!



THE FIELDS OF WELLNESS & ENRICHMENT



Farmer Joe Shetler,
Head Farmer of LVV

VISTA: Pool Classes

The Vista pool is still **temporarily closed** and we do not have a time frame on when it will be reopened. We wanted to remind you that pool classes are being offered in the Cambridge pool on Mondays, Wednesdays, and Fridays at 9:15 AM



Lunch & Learn

Wednesday, July 2 at 12 PM

Vista Multipurpose Room

Join Megan & Joe for a discussion on thunderstorm safety. This presentation is full of very important information that you will not want to miss. Your name will be automatically entered into a drawing to win a \$10 gift card for attending this lunch & learn presentation.

Village Movie Night - Featuring: School of Rock

Wednesday, July 9 at 6 PM

Fresh Harvest Banquet Rooms

Overly enthusiastic guitarist Dewey Finn (Jack Black) gets thrown out of his bar band and finds himself in desperate need of work. Posing as a substitute music teacher at an elite private elementary school, he exposes his students to the hard rock gods he idolizes and emulates -- much to the consternation of the uptight principal (Joan Cusack). As he gets his privileged and precocious charges in touch with their inner rock 'n' roll animals, he imagines redemption at a local Battle of the Bands.

Rated: PG-13



JULY 2025

LIFE ENRICHMENT & WELLNESS



July Picnic & Tractor Buddies

Sunday, July 20 at 12 PM

Fresh Harvest Banquet Rooms

You are invited to join us for a July Picnic on Sunday, July 20 at noon in the Fresh Harvest Banquet Room and Courtyard. Entertainment will be provided by the Tractor Buddies from 1-2PM. We will be providing grilled hotdogs and hamburgers and ask that you consider bringing a covered dish. Please sign up in either Activity Room.

Walking Club

Tuesdays & Thursdays

Meeting on porch behind Fresh Harvest Banquet Rooms

Karen Gilden is starting a new walking group and you are invited to join. The group will meet every Tuesday & Thursday in July at 3:30PM on the back porch behind the Fresh Harvest Banquet Room.



U-Pick Blueberry Farm Trip

Friday, July 18; Leaving 9AM, Lunch stop at Hoss's

A bucket full of fun! If you're looking for a fun morning of being outdoors picking berries on a beautiful farm, join us at Stutzman's Berry Farm and pick your own bucket of delicious blueberries. Stutzman's is located near Indiana so we'll be driving through the countryside to pick one of the healthiest foods you can eat. Bus departs at 9AM. We will stop for lunch at Hoss's in Ebensburg on the way home. You can order pre-picked blueberries if you prefer not to pick them yourself. Signup in either Activity Room.

New Resident Reception

Tuesday, July 29 at 1PM

Fresh Harvest Banquet Rooms

You are invited to come and meet many of the new residents that have moved into our community over the past 6 months. Come enjoy a sweet treat while hearing from many new faces. You must sign up at either front desk if you would like to attend. More information and sign-up sheets will be posted closer to the reception.



SAVE THE DATE: 15th ANNUAL QUE CLASSIC

This year's Que Classic will be Saturday, September 27, 2025. Sponsorship opportunities are available, please see Joe to learn more on how to be a sponsor. Stay tuned for more information about the race!

LIFE ENRICHMENT & WELLNESS

Activities & Excursions Requiring Sign Ups

Don't miss out on the excitement—sign up in either activity room today! Join us and make amazing memories!

- Market Basket Shopping (7/1 departing at 10:30AM)
- St. Johns Hall Dancing (7/1 departing at 5PM)
- Men's Breakfast (7/8 at 8:30AM in the Fresh Harvest Restaurant)
- Walmart Shopping (7/8 departing at 10AM)
- Village Movie Night (7/9 at 6PM in the Fresh Harvest Banquet Room)
- Ladies Day Out (7/10 departing at 10:30AM)
- Men's Hub Cap (7/11 departing at 10AM)
- Dollar General Shopping (7/15 departing at 10:30AM)
- Stutzman's Blueberry Farm & Lunch at Hoss's (7/18 departing at 9AM)
- IL July Picnic (7/20 at noon in the Fresh Harvest Banquet Room)
- Ladies Breakfast (7/22 at 8:30AM in the Fresh Harvest Banquet Room)
- Pittsburgh Pirates Baseball Game (7/23 departing at 10AM)
- Ladies Mystery Dinner (7/24 departing at 9:30AM)
- Arcadia Theater "Beach Boys" (7/26 departing at 5PM)
- Westmoreland Mall & Casino (7/28 departing at 9:30AM)
- Giant Eagle Shopping (7/29 departing at 10:30AM)
- New Resident Reception (7/29 at 1PM in the Fresh Harvest Banquet Room)



Musical Talents:

Prepare yourself for an extraordinary musical journey! Save the date for a fantastic lineup of performances that will captivate this month.

- Music with Jackie Kopco (7/2 at 2PM in the Chapel or Courtyard if nice)
- Old Fashioned Hymn Sing (7/8 at 3PM in the Chapel or Courtyard if nice)
- Music with Ed Cominsky (7/9 at 2PM in the Chapel or Courtyard if nice)
- Music with Johnny & Nicky (7/14 at 2PM in the Chapel or Courtyard if nice)
- Tractor Buddies (7/20 at 1PM in the parking lot between Vista & Cambridge)
- Old Fashioned Hymn Sing (7/22 at 3PM in the Chapel or Courtyard if nice)
- Music with Glory Guys (7/24 at 6PM in the Chapel or Courtyard if nice)



ENRICHING LIVES ONE PAGE AT A TIME



April Coval,
Life Enrichment
Connections
Coordinator

At Laurel View Village, we embrace the strength of meaningful engagement, personal choice, and the delightful simplicity of a good story. This is why we are excited to introduce our **Mobile Lending Library Cart**—a traveling resource filled with books, puzzles, music, and more, specially crafted for our **Personal Care Residents**. To continue growing and enriching our Lending Library Cart, we welcome donations of new or gently used items from our fAMilies, friends, and community partners. Below is our wish list, curated with care to reflect the interests and needs of our residents.

Note: At this time, outside book donations are not needed, but we are so grateful for the ongoing generosity of our community!

Magazines (Must be from 2025 or newer) Audio, Music & Sensory Aids

- Reader's Digest (Large Print)
- AARP Magazine
- Good Housekeeping
- Country Living
- National Geographic
- Reminisce or other nostalgia-focused titles
- Car/Auto Magazines
- Science Magazines

- Radios
- Portable CD Players or Walkman's
- Headphones (new or gently used, easy to clean)
- Audiobooks on CD
- Music CDs (gospel, instrumental, classic hits, classical)
- Fidget Sleeves or Busy Blankets.
- Travel-size Scented Lotions (sealed)
- Lavender Sachets or Relaxation Items

Puzzle & Game Books

- Large Print Word Search
- Crossword Books
- Sudoku
- Trivia Games or Books
- Brain Teaser Pads

DVD Viewing & Media

- Portable DVD Players
- DVDs (in working condition):
- Classic Movies
- Nature/Travel Documentaries
- Faith-Based Content
- Musical Shows or Concerts
- Nostalgic TV Series

Creative & Craft Materials

- Adult Coloring Books
- Colored Pencils or Crayons
- Dot-to-Dot or Easy Drawing Books
- Small Spiritual or Seasonal Craft Kits

Helpful Accessories

- Magnifying Sheets
- Clip-On or Handheld Reading Lights
- Eyeglass Cleaner Wipes
- Journals or Notebooks
- Bookmarks (store-bought or handmade)
- Pens & Pencils

Spiritual & Devotional Items

- Pocket Devotionals
- Prayer Cards
- Large Print Bibles
- Rosaries

Hymn Books or Song Seets

Donations can be dropped off at April Coval's Office. She will be sorting and organizing the cart. If you have an questions you can contact April at 814.200.3018 or acoval@lvv1.com.

COW APPRECIATION DAY



Emily Smith,
Marketing
Communications
Coordinator

COW APPRECIATION DAY IS TUESDAY, JULY 8!

Anyone who truly knows me, knows I **LOVE** cows. “Why?” you might be thinking. Honestly, I can’t quite explain it, except to say that they are **utterly** adorable. So, I thought, what better excuse to talk about cows than on Cow Appreciation Day!

HOW DID COW APPRECIATION DAY START?

“EAT MOR CHIKIN” (eat more chicken)

Haven’t you **herd**, Cow Appreciation Day was created by Chick-fil-A, a chicken based fast food company, as a fun way to



encourage customers to choose chicken over burgers by featuring a playful cow as its mascot. The idea was simple: customers who dressed as cows could receive a free entrée at any Chick-fil-A location across the country. This event was very successful for many years. However, as the event grew in popularity, the logistics became overwhelming for the company, leading to the eventual decision to discontinue the free entrée giveaway for those dressed as cows.

COW-NTLESS FACTS

1. Cows were domesticated over 10,000 years ago. Cows are decedents of wild aurochs, which went extinct in the 1600s.
2. There are over 800 breeds of cattle in the world, but not all cattle are cows.
3. Cows rarely sleep. They may sit and lay down for over 14 hours a day, they rarely sleep longer than four hours in a day.
4. Cows have 32 teeth, and can spend up to eight hours a day chewing!
5. Cows do not have fours stomachs. Rather, they have one stomach with four compartments that help with digestion.
6. Cows can live as long as 20 years!
7. Minnesota produces about 3% of the US beef supply. Minnesota cows also help produce 9.5 billion pounds of milk and 657 million pounds of cheese!
8. Cows have incredible peripheral vision with a field of vision of almost 360 degrees.
9. Cows have a great spatial memory and can remember where things are located, they can even remember the faces of their herd mates too!
10. Cows are extremely intelligent, sociable, and each has their own personality.

4TH OF JULY TRIVIA

1. **Question:** Which city hosted the first official Independence Day celebration on July 4, 1777?

Answer: Philadelphia

2. **Question:** When was the first 4th of July celebration held at the White House?

Answer: July 4, 1801, when Thomas Jefferson was president

3. **Question:** How many times does the Liberty Bell ring on each Independence Day?

Answer: 13 times

4. **Question:** What is the location of the nation's oldest 4th of July parade?

Answer: Bristol, Rhode Island

5. **Question:** What was the first state to declare the 4th of July a state holiday?

Answer: Massachusetts

6. **Question:** What year was the 4th of July declared a national holiday?

Answer: 1870

7. **Question:** Which three U.S. presidents died on the 4th of July?

Answer: John Adams (July 4, 1826), Thomas Jefferson (July 4, 1826) and James Monroe (July 4, 1831)

8. **Question:** On the flip side, which president was born on the 4th of July?

Answer: Calvin Coolidge (July 4, 1872)

9. **Question:** Nathan's Hot Dog Eating Contest has happened on each Independence Day since 1972. Where does the competition take place?

Answer: Coney Island, New York

10. **Question:** According to the National Hot Dog & Sausage Council, roughly how many hot dogs are eaten on the 4th of July?

Answer: 150 million

★ ★ **HAPPY** ★ ★
Independence
★ ★ **DAY** ★ ★

WORLD CHOCOLATE DAY WORD SEARCH

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

World Chocolate Day is July, 7! Let's celebrate by solving this chocolate candy bar themed word search!

ALMOND JOY

ANDES

BABY RUTH

BUTTERFINGER

CLARK

GHIRARDELLI

GOOBERS

HEATH

HERSHEYS

KITKAT

MILKYWAY

REESES

SNICKERS

TAKE FIVE

THREE MUSKETEERS

TRUFFLES

TWIX

YORK



ANSWER KEY

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

FUDGE SUNDAE PIE

In celebration of National Ice Cream Day on July 20, let's create some delightful ice cream recipes!



INGREDIENTS

- 1/4 cup plus 3 tablespoons light corn syrup, divided
- 3 tablespoons butter
- 2 tablespoons brown sugar
- 2-1/2 cups crisp rice cereal
- 1/4 cup reduced-fat creamy peanut butter
- 1/4 cup fat-free hot fudge ice cream topping, warmed
- 1/4 cup chopped unsalted peanuts
- 4 cups fat-free vanilla frozen yogurt, softened

Total Time Prep: 20 min. + freezing

Yield 8 servings

INSTRUCTIONS

1. In a large saucepan, combine 1/4 cup corn syrup, butter and brown sugar. Bring to a boil; cook and stir for 1 minute.
2. Remove from the heat; stir in cereal until blended. Press into a greased 9-in. pie plate.
3. In a small bowl, combine the peanut butter, hot fudge topping and remaining corn syrup. Set aside 1/3 cup for topping. Spread remaining mixture over crust; sprinkle with half the peanuts. Top with frozen yogurt. Freeze, covered, for 6 hours or until firm.
4. Warm reserved peanut butter mixture; drizzle over pie. Sprinkle with remaining peanuts. Let stand at room temperature for 5 minutes before cutting.

1 piece: 300 calories, 7g fat (2g saturated fat), 7mg cholesterol, 253mg sodium, 53g carbohydrate (33g sugars, 1g fiber), 9g protein.