

AUGUST 2025

LAUREL VIEW VILLAGE NEIGHBORHOOD NEWS



CELEBRATING
AUGUST BIRTHDAYS

Happy
Birthday
to all the
August
Birthdays!



Tim Mock,
CEO

Greetings Residents,

I want to express my gratitude for several things. I continue to be humbled by the willingness of you, our residents, to serve and give in so many ways.

It has been mentioned before but I will say it again; the beauty that is displayed on our campus through flowers is breathtaking. Visitors are always delighted and amazed when they learn that a resident program provides all the flowers. The vegetable, fruit, and cut flower garden is a labor of love that also provides for everyone who wishes to partake.

Throughout the year, we have many other opportunities for residents to help serve and we never have a shortage of willing volunteers. Recently we had “LVV Week” and other events, where I had the true pleasure of serving alongside resident volunteers. Many hands make work light and smiling faces bring joy to those you are serving and serving with.

In addition to time and talents, many residents choose to give financially to the needs of the campus. Two recent projects have been funded well beyond our expectations. The sound systems in the chapel and other common areas were in dire need of upgrades. Through the Christmas Appeal and the donations of many residents and others we have raised over \$45,000 to replace and upgrade those systems.

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

MESSAGE FROM CEO CONTINUED

The second project for which we have been receiving donations for, a complete upgrade of our Wellness Center's equipment in the Cambridge Place gym! While the Lee Initiatives have contributed \$12,500 to the cause, our residents have collectively increased that amount, and we are now proud to have raised over \$50,000 to acquire much higher quality equipment than we currently possess. Furthermore, our ongoing fundraising events throughout the year, including the Annual Golf Tournament and the Annual Que Classic, have played a significant role in supporting these efforts.

Our community is incredibly supportive. It is almost everyday that I see true caring for one another: residents checking up on each other, offering friendship, making sure needs are met, and giving comfort and support to those in need. We are all blessed to be surrounded by such a community.

I want to thank each of you for giving in your own way, which makes Laurel View Village the community that it is,

Sincerely,
Tim



CHAPLAIN'S CORNER



Eric Lasure,
Chaplain

The fear of the LORD is the beginning of wisdom, all who follow his precepts have good understanding. – Psalm 111:10

Have you thought about how much smarter you are today than in years, even decades ago? By now you've learned that there is a difference between having knowledge or gathering facts and having wisdom. You've learned you can have all the knowledge there is and have a slew of facts laid out before you, but true wisdom doesn't come or isn't enjoyed until you put that knowledge and those facts into

action or to use. The psalmists give us another measurement for wisdom and that is when we follow the precepts of God. When we learn to live by the precepts God has laid out in the Scriptures then we'll have entered the realm of wisdom.

When Jesus came and died in our place he became the perfect sacrifice, completing the Law and requirements of God that we could not, but that doesn't mean we are not to do our best to follow the teachings of God as laid out in his word. The truly wise person knows all the knowledge in the world won't cause the favor or blessings of God to be ours. It isn't until we settle into a lifestyle of living by the precepts of God that true happiness, true peace, true joy, and true wisdom are ours now and for all eternity.

Dear Lord, I'm old enough to treasure wisdom and it's my desire to know and follow your precepts as closely as I can.

WORSHIP SERVICES

Mass/Communion Services for August

Monday, August 4, 10:30 AM

Catholic Mass with Father Larry

Monday, August 11, 10:30 AM

Communion Service with Threse Baywood

Monday, August 18, 10:30 AM

Catholic Mass with Father Larry

Monday, August 25, 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 August

Sunday, August 3, 2:30 PM

Pastor Eric

Sunday, August 10, 2:30 PM

Pastor Wes Yoder (Davidsville Community Church)

Sunday, August 17, 2:30 PM

Dan Croft (Retired Band Director/Missionary)

Sunday, August 24, 2:30 PM

Pastor Brad Griesheimer (Walnut Grove COB)

Sunday, August 31, 2:30 PM

Pastor Wayne Lasure (Carpenter Park Mennonite)

Services subject to change

Upcoming Communion Service

Non-denominational Communion Service

Wednesday, September 24

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**



WELCOMES & TRIBUTES, THANKS, & HOLIDAYS

WELCOME TO OUR COMMUNITY

Removed for Confidentiality

GIVING TRIBUTE TO

Removed for Confidentiality

THIS MONTH'S HOLIDAYS

Sunday, August 3 - Tisha B'Av

Sunday, August 10 - National
S'mores Day

Friday, August 15 - Assumption of
Mary

Sunday, August 17 - National
Nonprofit Day (Fun fact: Laurel
View is a nonprofit organization!)

Thursday, August 21 - Senior
Citizens Day

Sunday, August 24 - St Bartholomew

Tuesday, August 26 - National Dog
Day

COMMUNITY SUPPORT RESOURCES



Loss of a Loved One Support Group

Tuesday, August 5

First Tuesday of every month!

Chapel at 5 PM



Parkinson's Support Group Boxing with Donnie

Thursday, August 14 & 28

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, August 19

Third Tuesday of every month!

Vista Library at 3 PM



Caregiver Support Group

Thursday, August 11

Third Thursday of every month!

Chapel at 3:30 PM



Parkinson's Support Group

Tuesday, August 26

Last Tuesday of every month!

Chapel at 2 PM



Men's Gathering - "The Extension Cords"

Friday, August 22 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 & Friday, September 26**. 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**

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, 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.

FUNDRAISING & MARKETING



Emily Smith,
Marketing
Communications
Coordinator

MARKETING UPDATE

Our new marketing books have arrived! If you're interested in checking it out, you can borrow a copy at the front desk.

Ang and I kindly ask that you return the borrowed book to help us conserve our resources.



If you haven't heard we are 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 are eager to share the finished product with everyone! We intend to use this booklet as our new information packet that will be sent all those interested and looking Laurel View Village.

FUNDRAISING UPDATE

The Golf Tournament & Que Classic are well underway!

This year's Golf Tournament is being held on August, 27 at Windber Country Club. Proceeds from this event go to our Resident Caring Fund Endowment. Everything is coming along nicely, I wanted to thank all that have donated to this fundraiser and have offered to volunteered! I appreciate all your support in my new endeavors!

The 15th Annual Que Classic is officially open for registration. The Que Classic is held at the Quemahoning Dam on September 27, this fund supports our Wellness Initiatives. I am assisting Joe in keeping track of payments, donations, etc. If you would like to sign up to race, volunteer, or donate please contact myself (814) 205-6619, esmith@lvv1.com or Joe (814) 205-6546, jshetler@lvv1.com for more information!

Mark your calendars - Christmas in the Village craft show will be on November 15 this year!



DON'T FORGET, THE VISTA/MAIN FRONT DESK HAS NEW SATURDAY HOURS, 8 AM -12 PM. CAMBRIDGE DESK IS CLOSED SATURDAYS!

ENVIRONMENTAL SERVICES NEWS AND UPDATES



Holly Repko-Brehm
Interim EVS Director
& Controller

The pool in Vista has been assessed, but currently, no local contractors are available to carry out the repairs. A company from Lancaster will be acting as a consultant to address these issues. Additionally, it has been discovered that there is a second problem beneath the pool floor that is still being investigated, and we will keep you updated on our progress as we move forward.

Water testing is still ongoing, and we are in the process of collecting samples for analysis. Please report any odors in the water other than chlorine.

Power washing has been postponed until the construction of the new townhomes is completed. The original date had to be rescheduled due to inclement weather, and a new date has yet to be determined. We will provide updates as soon as possible, thank you for being patient with us!

New doors for Vista will be installed once the vendor delivers them!

Tim wrote a letter in the July newsletter to clarify the power reduction program we are participating in. The team discovered some confusion among staff and residents regarding the necessity to adjust the temperature in individual living spaces. As a result, we are developing policies and procedures, and staff will receive training to address all scenarios related to "testing" the system and real "demand response." Common areas will be included in the power reduction for both situations, while adjustments in individual apartments will be voluntary, based on the preferences and needs of the residents.

Lastly, please be aware that cement will soon be poured in various areas around the campus. This will enhance handicap access and improve current pathways. Additionally, a new handicap glider swing will be installed near the walking trail, along with sidewalk replacements and realignments.

Townhome residents – Shrub trimming will begin **Wednesday, July 30**, weather permitting. The crew will begin on Wildflower. If you live on Wildflower, please remove any yard décor by Wednesday. Please be mindful and limit any special request so as much can be trimmed as possible, if you have a special request please call the front desk so it can be communicated to the trimming crew.



PICNIC SEASON SAFETY



Megan Sensue,
Registered Dietitian
Nutritionist

Here we are! It is hard to believe that it is midway through summer already. Temperatures are heating up, grills are being fired, and picnic season is now in full swing! Picnics are a great way to spend some time outside in the sun while enjoying the nice weather. Hopefully the rain decides to stay away for the rest of the summer! Picnics are also a great opportunity to enjoy summer seasonal foods. Below I will discuss some key points to remember about picnics as safety should always be our top priority.

Be mindful of the various picnic “friends” that sometimes like to join us such as those annoying ants and/or buzzing bees

- Remember to keep foods and drinks covered and not left out for an extended period of as this helps to decrease the number of animals that may show up to your picnic

Think/plan ahead!

- It is important to scout out your destination of your picnic beforehand and being aware of your surroundings, do you need a cooler? Are you grilling? Are you just relaxing and hanging out?
- Bring either soap, sanitizer, or moist towelettes for hand cleanliness, its also important to consider cleaning surfaces such as a picnic table prior to use
- Is there a safe source of drinking water nearby? Did you pack drinks? Remember water is the best source of hydration!
- Do you have water for hand washing/cleaning surfaces?
- Wash your produce ahead of time
- Are you dining at a picnic table or do you need to pack a blanket?
- If you plan to be outside for an extended period before eating or grazing throughout the day, consider replacing some of your picnic favorites with nonperishable options
- If you decide to grill, don't forget your thermometer to ensure foods are cooked to proper temperatures:

Meat	Cook Temp
Whole and ground chicken	165 F
Hamburgers & Hot dogs	160 degrees F
Beef, pork, veal, lamb chops	145 degrees F for 3 minutes
Fish	145 degrees F



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



Summer Fest Picnic

TBD in Fresh Harvest Banquet Rooms

We will be holding one final summer picnic (Summer Fest) sometime in August or early September. We will make an announcement on a specific date soon once we have a better idea of when we will be harvesting from the Central Park Garden. The picnic will include hotdogs, fresh baked bread, along with corn, watermelon, and tomatoes, that we hope to harvest from our garden very soon. Signups sheets have been posted in both activity rooms if you would like to attend. Stay tuned for more information over the next couple of weeks as the garden continues to grow!

Lunch & Learn

Wednesday, August 6 at 12 PM

Vista Multipurpose Room

Join dietician Megan & Joe for a discussion on health & wellness. 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.



LIFE ENRICHMENT & WELLNESS



Village Movie Night - Featuring: Young Woman & the Sea

Wednesday, August 20 at 6 PM

Fresh Harvest Banquet Rooms

Young Woman and the Sea tells the true story of Gertrude "Trudy" Ederle, the first woman to swim the English Channel. This biographical sports drama stars Daisy Ridley as Gertrude Ederle. The film depicts Ederle's journey to conquer the English Channel in 1926, highlighting her determination and the challenges she faced as a female athlete in a male-dominated era. The movie aims to be a faithful portrayal of her life and the historic swim.

Rated: PG

Altoona Curve Baseball Game

August 19 - Departing at 4:30 PM for 6PM First Pitch

A few seats are still available for the last baseball trip of the summer. If you would like to go, tickets are \$10 and you must let Joe know by Friday, August 8.



15th ANNUAL QUE CLASSIC

Saturday, September 27

Registration is now open! Sign up today to experience the beautiful race course, exciting atmosphere, great food, and even better goodie bags! We offer a 1 Mile walk, 5K walk or run, 10K, and a kids fun run! Don't feel like racing, but want to help? Sign up to volunteer today!

All proceeds from the Que Classic go straight to our Wellness Initiative, a fund that supports the health and wellness programs for residents at all levels across our campus, ranging from fitness centers to garden club.

LIFE ENRICHMENT & WELLNESS

Cyber Security

Monday, August 11 at 11AM

Chapel

Staying safe online - Presented by PA Department of Banking & Securities, Katrina Boyer

Regardless of your age, it's crucial to know how to protect your information online. Join us for a presentation on August 11 at 11 AM in the chapel of Laurel View Village, where we will discuss essential topics, including:

- Utilize secure websites
- Establish strong passwords
- Be mindful of your social media content
- Follow guidelines for safe online shopping

No sign up required!



Pennsylvania
**Department of
Banking and Securities**



Home Care Meet & Greet

August 21, at 11AM, Vista Multipurpose Room

August 28, at 3PM, Cambridge Activity Room

Laurel View Village is fortunate to have an amazing home care team. This is your opportunity to meet our team, learn more about what home care can offer and ask questions. Home Care is an amazing service that can be used temporarily or long-term to keep you safe and independent in your home as long as possible. You

are welcome to invite family to come and learn with you! Light refreshments will be served. Please sign up in the activity rooms.

ACTIVITIES, EXCURSIONS, ENTERTAINMENT

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 (8/5 departing at 10:30 AM)
- St. Johns Hall Dancing (8/5 departing at 5 PM)
- Men's Hub Cap (8/8 departing at 9:30 AM)
- Men's Breakfast (8/12 at 8:30 AM in the Fresh Harvest Restaurant)
- Walmart Shopping (8/12 departing at 10 AM)
- Ladies Day Out (8/14 departing at 9 AM)
- Dollar General Shopping (8/19 departing at 10:30 AM)
- Altoona Curve Baseball Game (8/19 departing at 4:30 PM)
- Village Movie Night (8/20 at 6 PM in the Fresh Harvest Banquet Room)
- Home Care Meet and Greet (8/21 at 11 AM in the Vista Multipurpose Room)
- Westmoreland Mall, Casino, & Red Lobster (8/25 departing at 9:30 AM)
- Ladies Breakfast (8/26 at 8:30 AM in the Fresh Harvest Banquet Room)
- Giant Eagle (8/26 departing at 10:30 AM)
- Ladies Mystery Lunch (8/28 departing at 10:30 AM)
- Home Care Meet and Greet (8/28 at 3 PM in the Cambridge Activity Room)



Musical Talents:

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

- Music with Gary Stewart (8/15 at 2 PM in the Chapel)
- Music with Doc Boys (8/19 at 2 PM in the Chapel)
- Music with Billy Stoppe (8/27 at 2 PM in the Chapel)
- CT Marching Band (8/29 at 2 PM in the Courtyard between the Chapel)



STAY BUSY, STAY BRIGHT



Emily Levadnuk,
Independent Living
Life Enrichment
Coordinator

With the delightful summer weather finally upon us, I want to take a moment to highlight the significance of staying active and participating in various activities!

When you join in on social events, outings, or games, you're not just having fun, you're building friendships and feeling more connected to your neighbors. These social interactions help fight feelings of loneliness and remind us all that we belong to a caring community. Getting can bring joy, purpose, and a sense of belonging that makes every day brighter.

Physical Activities

Engaging in gentle and low impact, such as, exercise classes, walking, swim classes, or even dancing (stay tuned for upcoming dance classes) keeps you active and mobile, which is crucial for maintaining independence and feeling energized. Regular movement can enhance your balance, strength, and overall well-being, making daily tasks simpler and safer. Additionally, staying active can improve your sleep quality and increase your energy levels, allowing you to enjoy more of what you love.

Mental Activities

But don't forget about the fun and stimulating activities like arts and crafts, music, or puzzles that we offer too! These pursuits not only sharpen your mind but also enhance memory. They serve as wonderful opportunities to challenge yourself and express your creativity, which can elevate your spirits and boost your confidence. By staying mentally active, you contribute to keeping your mind healthy and vibrant.



I encourage each of you to get involved and fully embrace the fantastic activities available here at Laurel View Village. They are designed to help you lead your happiest, healthiest life. Remember, you play a vital role in this community, and your participation makes it even more special for everyone!

NATIONAL DOG DAY

Every year on August 26, National Dog Day celebrates the bond between humans and dogs while spotlighting the many dogs still in need of a loving home. It's a day for dog lovers to honor their furry companions, advocate for better treatment of animals, and support rescue and adoption efforts.

We are a pet friendly campus!

At Laurel View Village, Townhome and Cambridge Place Residents are allowed 2 pets, that of course have been approved by Angela Rizzo to move in. All veterinary documents for pets that live on campus and a photo of your pet must be given to Cambridge Front Desk Administrative Secretary, Amber Kelly! If you have not given your veterinary papers or photo to Amber, please do so now.



In addition to our Townhomes and Cambridge Residents, **Laurel View Village is a pet friendly campus.** Meaning pets are allowed to visit in both the Personal Care and Health Care Centers, as all as Vista. **Any visiting pets must have their shot records on file with us,** you can turn that in at the Vista Front Desk. And remember, **pets are not allowed in any area where food is served** (dining rooms, Village Café, Fresh Harvest, etc.) and must be on a leash at all times in public areas.

We love our furry friends, but please remember that not everyone has had positive experiences with animals. Respect everyone's space unless they express a desire for a visit.

Administration reserves the right to end pet visits at any time if they pose a risk to any resident or staff member. Here at Laurel View Village, we also have a Pet Committee, if you are interested to learn more please contact Angela Rizzo or Mike Baran.



SUDKO PUZZLE

2		7	4					1
4						8	3	
			3				9	
	4							
			6					5
8	1				7			
		6		4				
	5							
				2	9		4	7

SOLUTION

2	3	7	4	9	8	5	6	1
4	9	1	7	6	5	8	3	2
5	6	8	3	1	2	7	9	4
6	4	9	2	5	1	3	7	8
3	7	2	6	8	4	9	1	5
8	1	5	9	3	7	4	2	6
7	2	6	8	4	3	1	5	9
9	5	4	1	7	6	2	8	3
1	8	3	5	2	9	6	4	7

S'MORES DIP

IN HONOR OF NATIONAL S'MORES DAY



INGREDIENTS

- 2 cups semisweet chocolate chips
- 2 cups miniature marshmallows
- Optional: Graham crackers, pretzels, biscotti, or fruit

DIRECTIONS

1. Preheat oven to 350°.
2. Arrange chocolate chips in a 1-1/2-qt. baking dish.
3. Bake until melted, 4-5 minutes, stirring occasionally.
4. Top with marshmallows; put back in oven and bake until marshmallows are lightly browned, 4-7 minutes.
5. Serve immediately with your choice of dipper (recommend Graham crackers!)

