

CELEBRATING OCTOBER BIRTHDAYS

Howard Hildebrand (PC) 10/1 Daryl Wagner (TH) 10/1 Linda Hayes (PC) 10/2 Mary Green (CP) 10/3 Dawn Allshouse (TH) 10/4 Bob Frazer (V) 10/8 Dorothy Butler (PC) 10/11 Doug Cober (V) 10/11 Judy Mosholder (TH) 10/11 Sharon Slezak (TH) 10/13 Ernest Altimore (PC) 10/15 Bob Jeschonek (PC) 10/15 Harvey Hahl (TH) 10/16 Janet Young (V) 10/16 Colleen Bender (TH) 10/16 Dave McGee (TH) 10/17 Dory Sellers (CP) 10/17 Dottie Kedves (CP) 10/18 Gene Zanoni (CP) 10/18 Richard Turner (PC) 10/22 Eleanor Pile (HC) 10/23 Harriet Barkman (HC) 10/24 Sue Gregory (TH) 10/24 Caram Abood (PC) 10/25 Margaret Keller (TH) 10/26 Deb Larkin (TH) 10/29 Bob Munhall (CP) 10/30 Mary Lou Oyler (V) 10/31 Jean Gindlesperger (PC) 10/31 John Cupps (TH) 10/31



Tim Mock, CEO

Greetings Residents,

It always seems that there is a lot to look forward to here; time keeps moving from one busy season to another. As I write this, we have the Laurel View Fall Fest and the Que Classic coming up this week. While those may be completed by the time you are reading this letter, the rest of the fall is full of some exciting and some necessary events. Please watch your calendars

for Trick or Treat Night, Steelers parties, Christmas in the Village and other events. In addition, we have an estate planning seminar, small donor education events and vaccination clinics for your convenience. These are on top of the normal daily activities and events that we have for you to enjoy.

One thing that is a hard part of life is seeing friends move on, whether they moved in need of more care, or have sadly passed away. It is never easy to see our friends and neighbors moving on. It seems at times, and currently, this happens at higher rates than other times. This has left us with a significant number of units to renovate and market. Even through the sadness of friends that have moved on, it is still exciting to meet new people. Our sales team, Christina and Emily Kennell have done an amazing job in helping new residents choose Laurel View Village and we will have approximately 12 units being occupied between the September and the end of December. What a wonderful opportunity we have to welcome these new residents, sharing with them all that we have to offer, and helping them become part of our community. As you always do, please welcome and help our new neighbors to get acclimated to all that we have to offer.

Once again, I will say what a privilege it is to serve all our residents. Thank you for putting your trust in us and allowing our team to serve you daily.

Sincerely,

Tim

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

CHAPLAIN'S CORNER



Eric Lasure, Chaplain

For everything there is a season, a time for every activity under heaven. - Ecclesiastes 3:1 NLT A SEASON OF CHANGE FROM GOD

The summer's heat begins to slowly fade. Cold beverages are replaced with warm pumpkin spice lattes and sweet apple cider. Tank tops and shorts are traded in for jackets and jeans. Thick green leaves now dress themselves in vibrant hues preparing for their graceful descent, and as the days grow shorter and a gentle crispness fills the air, we find ourselves once again in the embrace of autumn, the season of change.

The change in season may also mean a change in the pace of life as well. You may remember eating breakfast on the run, rushing your kids to the bus stop, sitting in long carpool lines, or packing up your college student for the start of the school year. And now as you are dealing with grandchildren, your mind can easily wander to the family holidays that are lurking around the corner. If you and I aren't careful, in the busyness of all the activities, we may miss some of the wonders and lessons that God has for us. Let's consider some of God's wisdom that will benefit our lives through this season of change.

WISDOM TO CONSIDER WHEN EXPERIENCING CHANGE

1. Slow Down

Psalm 46:10 says, "Be still and know I am God!"

Just as God created the natural seasons of spring, summer, fall, and winter, He also takes us through different seasons of life. The fall season invites us to pause, consider the state of our hearts, and align our lives with God's will. It's a time to evaluate our priorities that may have shifted, the distractions that have crept in, and the areas where we need to surrender to God's transforming power. Just as the trees clear their branches, we must strip away anything that hinders our walk with Jesus.



CHAPLAIN'S CORNER

2. Let Go

1 Peter 5:7 says, "Give all your worries and cares to God, for He cares about you." The falling leaves serve as a visual parable of the process of releasing our cares to God. Autumn's lesson of letting go encourages us to release our worries, fears, and pains from our past. It's also time to consider what we can let go of when we feel overwhelmed. Feel free to simplify your life by reviewing your calendar and minimizing your commitments. Learn to say "no" so you don't overcommit yourself and learn the value of being less busy. The act of letting go is a powerful way to experience God's freedom to move forward with a lighter heart.

3. Embrace Change

Isaiah 43:19 says, "For I am about to do something new." Autumn vividly demonstrates to us that change is not just inevitable, but also beautiful. Perhaps God has allowed changes in your life that you don't yet understand but be assured that He will navigate you through all the adjustments. Or maybe the question to ask in this season is, "What change is God calling me to make in my life?" Do you need to spend more time in prayer or reading through Scripture? Perhaps you need to change your schedule and build more time for loved ones or friends. The beauty of autumn lies not only in its breathtaking landscapes but also in its subtle reminder that change is an ongoing part of God's design.

LEARNING TO SLOW DOWN

In the grand symphony of the seasons, autumn stands out as a great teacher of God's lessons for life and change. As we explore this season of change, let's learn from the wisdom it offers. We can learn to slow down, let go, and embrace change. So, as you step outside and feel the crispness in the air, remember the profound lessons this season brings and carry them throughout your life story.



WORSHIP SERVICES

Mass/Communion Services for Sept

Monday, October 6, 10:30 AM Catholic Mass with Father Larry

Monday, October 13, 10:30 AM Communion Service with Threse Baywood

Monday, October 20, 10:30 AM Catholic Mass with Father Larry

Monday, October 27, 10:30 AM Communion Service with Threse Baywood

Rosary is at 1:15 PM every Thursday in the Chapel. Services subject to change

Upcoming Communion Service

Non-denominational Communion Service

Wednesday, November 26

Please note there will be no Communion in October, Communion occurs on the Fourth Wednesday of every other month at 2 PM in the Chapel

Pastor Schedule for Sept

Sunday, October 5, 2:30 PM Pastor Eric

Sunday, October 12, 2:30 PMPastor Bill Wenger, Thomas Mennonite

Sunday, October 19, 2:30 PM
Pastor Dan Croft (Retired Band
Director/Missionary)

Sunday, October 26, 2:30 PM Pastor Mike Dunlap, St. Paul's Presbyterian

Services subject to change



WELCOMES & TRIBUTES, & THIS MONTH'S

WELCOME TO OUR COMMUNITY

Dick Bosserman (CP)
Betty Roberts (V)
John Smaila (CP)

GIVING TRIBUTE TO

Pat Fultz
Janet Lonzanoff
Jean Drescher
Karen Simons
John Marley
Jay Hagerich
James Vizzini
Richard Lozanoff

THIS MONTH'S HOLIDAYS

Wed, Oct 1 - Yom Kippur

Sat, Oct 4 - St. Francis of Assisi

Sun, Oct 5 - World Communion

Sunday

Mon, Oct 6 - Sukkot Begins

Mon, Oct 13 - Sukkot Ends,

Columbus Day, & Shemini Atzeret

Fri, Oct 17 - National Pasta Day

Sat, Oct 18 - St Luke

Sun, Oct 19 - World Mission Sunday

Thurs, Oct 23 - Mole Day

Fri, Oct 24 - United Nations Dau

Fri, Oct 31 - Halloween & Reformation

Day

THIS MONTH'S OBSERVANCES & FUN FACTS

October is observed as:

Breast Cancer Awareness Month

Domestic Violence Awareness

October's birthstone: Opal

October Astrological Sign: Libra (from

9/23 - 10/22) & Scorpio (from 10/23 -

11/21)

October's flower: Calendula

COMMUNITY SUPPORT RESOURCES



Loss of a Loved One Support Group Tuesday, October 7 First Tuesday of every month! Chapel at 5 PM



Parkinson's Support Group Boxing with Donnie

Thursday, October 9 & 23

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, October 21

Third Tuesday of every month!

Vista Library at 3 PM



Caregiver Support Group

Thursday, October 16

Third Thursday of every month!

Chapel at 3 PM



Parkinson's Support Group

Tuesday, October 28

Last Tuesday of every month!

Chapel at 2 PM



Men's Gathering - "The Extension Cords"

Friday, October 17

Third Friday of every month!

Chapel at 2 PM



Angie Richard

from Croule-Nielsen Therapeutic Assoc.

COMMUNITY HEALTH RESOURCES

PODIATRY

Dr. Izzo, Foot & Ankle Specialist, is available for scheduling podiatry appointments for **Friday, October 24 & November, 21**. 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 on Monday: 7AM-7PM, Tuesday: 7AM-7PM, Wednesday 7AM-4PM, Thursday: 7AM-3PM, and Friday: 7AM-3PM. The 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.**

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 doctors 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.

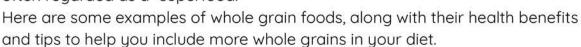
Please ensure that your Health Information Form is always up to date! If you have any questions, concerns, or need further information, please reach out to Doug Croyle at (814) 205-6702.

WHOLE GRAINS: NUTRITIONAL POWERHOUSES



Megan Sensue, Registered Dietitian Nutritionist

Whole grains are made with or include the complete grain kernel, retaining all of their "original parts"—the germ, bran, and endosperm. In contrast, refined "white" grains consist solely of the endosperm, as both the bran and germ are eliminated during processing. The bran is rich in fiber, while the germ provides essential vitamins and minerals. Overall, whole grains are nutritionally dense and beneficial, which is why they are often regarded as a "superfood."



Whole grain examples:

Oats, brown rice, quinoa, millet, whole wheat pasta, whole wheat bread, many cereals, popcorn, buckwheat, corn, barley, wild rice etc.

Health Benefits:

- Nutrient-rich: Packed with dietary fiber, Vitamins B and E, iron, and more.
- **Disease prevention:** Linked to a lower risk of chronic conditions, including heart disease and type 2 diabetes.
- **Metabolic health:** Promotes better metabolic health by enhancing insulin sensitivity, managing cholesterol, and aiding in weight management.

Incorporating into your diet:

- **Swapping grains:** Replace refined "white" grains with whole grain options whenever possible. For instance, opt for whole wheat bread instead of white bread and choose brown rice over white rice.
- Adding to meals: Include whole grains like quinoa or barley in soups, stews, and casseroles.
- **Smart snacking:** Select healthier whole grain snacks, such as air-popped popcorn, or other options like granola bars and trail mix.
- Checking labels: Look for products that feature the whole grain symbol (shown below) and prioritize
 foods where "whole grain" is listed among the first ingredients. The higher an ingredient appears on the
 list, the more of it the product contains.

Goal:

Strive to make half of the grains you consume whole grains. This aligns with nutritional recommendations from the U.S. dietary guidelines, which advocate for the consumption of whole grains to enhance overall health and well-being.

LIFE ENRICHMENT & WELLNESS



Joe Shetler, Life Enrichment and Wellness Manger

Dear Residents.

Please refrain from watering any of the indoor plants in Cambridge and Vista, as there is a dedicated watering committee team that manages these plants and takes care of their watering needs. In early November, the decorating committee will begin preparing the campus for the holiday season by decorating for the holidays. While this committee does not plan or coordinate Christmas in the Village, their efforts aim to infuse the campus with a festive spirit. To mark the beginning of the holiday season, we will once again celebrate with a special Light Up Night ceremony on Friday, November 14, just one day before the Christmas in the Village Craft show.

<u>Lunch & Learn</u> Wednesday, October 3 at 12 PM Vista Multipurpose Room

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.





Active Aging Expo Thursday, October 9 at 10AM-1PM Fresh Harvest Banquet Room

Join us for the Tribune Democrat's Annual Active Aging Expo, an event amid to celebrate to the quality of life as we age. This event focuses on optimizing opportunities for health, participation, and security. The expo is free to attend, with no registration required. You can also register for a chance to win door prizes day of!

Steeler Game Day Party Sunday, October 12 at 12:30 PM Fresh Harvest Banquet Room

Join us for another Village Steeler game day tailgate and party on Sunday, October 12 at 12:30PM! Please signup in either activity room if you would like to come watch the game.



LIFE ENRICHMENT & WELLNESS

REQUIRED: Volunteer Training Seminar
Tuesday, October 14 at 3 PM

Fresh Harvest Banquet Room

There will be a mandatory volunteer training seminar for all current and

prospective volunteers. If you volunteer in any capacity, you must attend this mandatory training session.

Village Movie Night - Signs Wednesday, October 22 at 6 PM

REQUIRED
Volunteer Training

Fresh Harvest Banquet Rooms

Everything that farmer Graham Hess (Mel Gibson) assumed about the world is changed when he discovers a message - an intricate pattern of circles and lines - carved into his crops. As he investigates the unfolding mystery, what he finds will forever alter the lives of his brother (Joaquin Phoenix) and children (Rory Culkin), (Abigail Breslin). A unique story that explores the mysterious real-life phenomena of crop signs and the effects they have on one man and his family.

Message from Joe:

"This is a really fun and semi scary movie for Halloween season. This movie is not a horror film but a very suspenseful thriller that is more scary due to its tension, atmosphere, and psychological elements rather than any blood and guts. The film uses suspense and implied threats to create fear, focusing on the family's faith and emotional journey during the crisis, making it a unique and chilling experience for those who appreciate suspense over jump scares and graphic content. If you want to enjoy an edge of your seat suspense movie for Halloween, this is one you won't want to miss."

Trick or Treat Night

Monday, October 27 at 6 PM Cambridge & Vista

Little ghouls and goblins are invited to Laurel View Village on Monday, October 27 for an evening of trick-or-treat stations, snacks, and activities. Hotdogs, chips, drinks, and goodies will be provided for all kids in the banquet room prior. Our guests will then tour through the Cambridge Lobby, Vista Dining Room Lobby, PC, and Health Care areas between 6 and

6:30pm.

If you would like to signup any of your grandchildren to participate, please do so in either activity room.

We are accepting candy donations which can be given to either front desk.

LIFE ENRICHMENT & WELLNESS

Indoor Golf League

The Tom Krise 19th hole golf simulator will be hosting indoor leagues starting in November. If you would like to participate, please contact Joe for more information. (814) 205-6546 or jshetler@lvv1.com



Leaving A Legacy: Estate Planning Seminar

October 16 at 1PM

in the Fresh Harvest Banquet Rooms

Celebrate National Estate Planning Month! We are excited to welcome financial planner Lisa Lees from Kabler/Thomas Financial for an informative seminar on estate planning. Join us on October 16 at 1 PM in the Fresh Harvest Banquet Rooms, where we will discuss essential topics, including: familiarizing yourself with the key steps for creating your estate plan, recognizing the vital documents necessary for your plan and learning about Required Minimum Distributions and Qualified Charitable Distributions from IRAs.

RSVP BY OCTOBER 10 TO BARB COTCHEN AT 814-208-4015 or bcotchen@lvv1.com

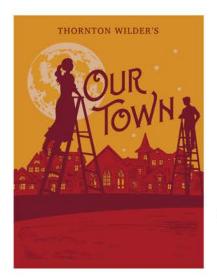
Vaccine Clinic

Remember to turn in your Vaccine Clinic slips to the front desk by **Friday**, **October 10** if you are interested in receiving the flu or COVID vaccine at one of our Clinics in October!

Wednesday, October 22, 10AM-12PM in Vista - Multipurpose Room Wednesday, October 29, 10AM-12PM in Cambridge - Banquet Rooms



Personal Care Activity Room



Directed by our very own resident, Rodney Eatman!

"Our Town" is a timeless play by Thornton Wilder that takes place in the small town of Grover's Corners, New Hampshire. Through the eyes of its residents, the play explores the beauty of everyday life, the joys and struggles of love and marriage, and the inevitability of death. Narrated by the Stage Manager, it follows the lives of two families, the Gibbs and Webb families, focusing on George Gibbs and Emily Webb. As they experience life's milestones, the play reflects on the passage of time and the deep significance in ordinary moments.

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!

- Bedford County Apple Run (10/2 departing at 10 AM)
- Men's Hub Cap (10/3 departing at 9 AM)
- St. Johns Hall Dancing (10/7 departing at 5 PM)
- Market Basket Shopping (10/8 departing at 10:30 AM)
- Ladies Day Out (10/9 departing at 10 AM)
- Men's Breakfast (10/14 at 8:30 AM in the Fresh Harvest Restaurant)
- Walmart Shopping (10/15 departing at 10 AM)
- Inked Pumpkin Décor (10/16 in the Cambridge Activity Room at 1 PM)
- Dollar General Shopping (10/21 departing at 10:30 AM)
- Boscov's Sale Day (10/22 departing at 9 AM Purchase a coupon at the front desk!)
- Village Movie Night (10/22 at 6 PM in the Fresh Harvest Banquet Room)
- Ladies Mystery Lunch (10/23 departing at 11 AM)
- Murder Mystery Halloween Dinner (10/23 at 4:30 PM in the Fresh Harvest Banquet Room)
- Arcadia Theatre (10/25 departing at 4 PM)
- Westmoreland Mall, Casino, & Red Lobster (10/27 departing at 9:30 AM)
- Trick or Treat (10/27 at 6 PM in Cambridge & Vista)
- Inked Pumpkin Décor (10/28 in the Cambridge Activity Room at 1 PM)
- Ladies Breakfast (10/28 at 8:30 AM in the Fresh Harvest Banquet Room)
- Giant Eagle Shopping (10/29 departing at 10:30 AM)

Musical Talents:

We have many great entertainers coming to campus to perform for you in October:

- Harp music with Rachel (10/3 at 2pm in the Chapel)
- Music with Tom & Carolyn (10/4 at 2pm in parking lot between Fresh Harvest & Health Care)
- Music with Bob Bretz (10/10 at 2pm in the Chapel)
- Music with Dale Cinski (10/14 at 6pm in the Chapel)
- Music with Gary Stewart (10/17 at 2pm in the Chapel)
- Music with De Ja Vu (10/21 at 2pm in the Chapel)
- Music with Billy Stoppe (10/22 at 2pm in the Chapel)
- Music with Glory Guys (10/23 at 6:30pm in the Chapel)



EMBRACING THE MAGIC OF FALL



Emily Levadnuk, Independent Living Life Enrichment Coordinator

As the seasons do their fabulous flip-flop from summer's sunny days to fall's fiery leaf show, we're reminded that change is actually pretty awesome! It's kind of like nature's way of saying, "Hey, try something new!" Just like the leaves switch up their wardrobe from green to vibrant reds, oranges, and golds, we too get a chance to shed old habits and welcome fresh adventures. It's a colorful reminder that change might be a little messy at times, but it's also what keeps life exciting, full of surprises, and ripe for new stories to tell.

Think of the seasons as life's way of playing dress-up—summer's all about sunshine and swimming, fall's about cozy sweaters and pumpkin everything, winter's a snowy wonderland, and spring's a flurry of blooming beauty. Each one has its own charm, proving that change isn't something to be afraid of but something to celebrate! Embracing these shifts helps us grow stronger, wiser, and maybe even a little more daring. So, let's cheer for the ever-changing seasons—they remind us that life's best moments often come when we step out of our comfort zones and dance in the rain, enjoy the colorful leaves, or sip hot cocoa while watching the snow fall.

So, whether it's the vibrant leaves, the cool breezes, or the cozy moments, fall reminds us that change is a colorful, exciting part of life. Embrace each season's magic, and remember that every new chapter brings fresh

opportunities. Here's to celebrating the beauty of change and making the most of every season's unique charm!

SEAMSTRESS & PS SALON HOURS UPDATE

Barb Reese, seamstress, has a new phone number! To arrange a pickup for alterations, please reach out to her at her new number: **814-701-8440**

PS Salon is thrilled to welcome a new member to their team, Dawn! With Dawn's arrival, PS Salon will be able to expand and adjust their operating hours. See below:

Melissa's Hours:

Monday - Thursday Vista Salon from 9-3 Friday Cambridge Salon from 9-3

Cambridge Salon: 814-205-6929

Vista Salon: 814-205-6287

Dawn's Hours:

Tuesday & Wednesday Cambridge Salon from 9-3 Friday Vista Salon from 9-3

HALLOWEEN WORD SEARCH

HPQ | QFALLKICISU YAOMONSTERFWH OYLTADTGBWBBAOS YFQLIIFHLP|RUOT HRTOOAOAUAONK OABAVWNSCMCOTYC SDBONSETKPKMEAK TFORCKWEZKOSDUO UZCAAEEZNILTH MOTNNLCNWNA EMOGDELESINCUMR KBBEYTOBGTTKSNE IERWOWTUZECEYA XERSRNNSAMRIH QCAULDRONPNON

AUTUMN BLACK BROOMSTICK FALL CANDY **CAULDRON**

CLOWN COSTUME **FRANKENSTEIN** GHOST

HALLOWEEN HAUNTED HOUSE POTION JACK O LANTERN MONSTER **OCTOBER**

ORANGE PUMPKIN SKELETON

TICK OR TREAT WITCH ZOMBIE

HALLOWEEN WORD SEARCH SOLUTION

