

CELEBRATING NOVEMBER BIRTHDAYS

Shirley Allen (HC) 11/4 Paul Aust (CP) 11/6 Glenn Rhoads (TH) 11/7 Winnie Voytko (CP) 11/8 Mario Bracken (V) 11/10 Bill Ray (V) 11/10 Rosanne Croyle (TH) 11/11 Nancy Yagodich (HC) 11/12 Stanley Rzeszutek (V) 11/12 John Lynch (HC) 11/13 Marlene Beckwith (CP) 11/13 Masie Rygel (PC) 11/14 Bill Ondriezek (TH) 11/18 Betty Hoffman (CP) 11/19 Linda Thomas (PC) 11/20 Janet Braude (TH) 11/22 Betty Roberts (V) 11/25 Mary McLaughlin (CP) 11/27 Maggie Sank (V) 11/28 Jack Punchur (CP) 11/30



Tim Mock, CEO

Greetings Residents,

I know the Homecoming Parade float came together at the last minute, but it was an amazing evening. We had 9 Conemaugh Township graduates that joined us on the float (not counting myself, my wife, and her father, our float driver). The resident graduates were from classes of 1947 through 1960. For me the best part of the evening was hearing the crowd shout the names of our residents from the sidelines of the parade.

They seemed to be the rock stars of the evening! I hope more CT graduates will join us next year. Maybe next year the Homecoming King of 1996 will join us on the float; I won't mention their name but ask Joe Shetler if you want to know who it was. There was a suggestion to include residents who may have graduated from other schools. Please let us know if you would like to participate next year, even if you had the misfortune of growing up elsewhere - GO INDIANS!

The days are getting cooler and shorter and that may force us indoors, but we always have plenty happening on campus. I'm looking forward to celebrating our veterans, as well as light-up night, Christmas in the Village, and Breakfast with Santa. Details on these events are listed within this newsletter!

Thank you once again for making our community what it is and the honor serving you all every day.

Sincerely, Tim

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

CHAPLAIN'S CORNER



Eric Lasure, Chaplain

Give praise to the LORD, proclaim his name; make known among the nations what he has done. 1 Chronicles 16:8

Being thankful is a witness. In his psalms King David wanted to tell everyone how great God is! The occasion of bringing the ark of the covenant to Jerusalem was no exception. David wanted everyone to join in the celebration of praise.

David's psalm is long and rich. It sparks our praise for a wide variety of things:

- God's wonderful acts and his holy name (vv. 9-10).
- God's strength, "miracles, and the judgments he pronounced" (v. 12).
- God "remembers his covenant forever" (v. 15).
- God's protection when his people were vulnerable (vv. 19-22).
- "Splendor and majesty are before him; strength and joy are in his dwelling place" (v. 27).

The families of all nations are then invited, even commanded, to give God "the glory due his name," to bring an offering, and to worship him "in the splendor of his holiness."

What can you add today to this rich list of Thanksgiving? A thankful heart is a testimony to the greatness of God!

David's song closes with a prayer asking God to save. In what ways do you need saving? Jesus Christ reaches out his nail-scarred hands to deliver you from sin. That alone can bring an eternity of thanks as you receive his amazing grace.

PRAYER-

Majestic Lord, I receive your salvation in Jesus Christ. Thank you for all the goodness you've poured into my life. Take my life and let it be consecrated, Lord, to thee. Amen.

Reminder to all - The chapel will be receiving new carpet from November 10 to 20. Please be mindful of the locations for activities that typically take place in the chapel during this time.

WORSHIP SERVICES

Mass/Communion Services for Sept

Monday, November 3, 10:30 AM Catholic Mass with Father Larry

CANCELED (chapel getting new carpet)
Monday, November 10, 10:30 AM
Communion Service with Threse Bauwood

CANCELED (chapel getting new carpet)
Monday, November 17, 10:30 AM
Catholic Mass with Father Larry

Monday, November 24, 10:30 AM Communion Service with Threse Baywood

Rosary is at 1:15 PM
every Thursday in the Chapel.
ROSARY ON THURSDAY, NOV 13 IS IN
VISTA MULITPURPOSE ROOM

Services subject to change

Pastor Schedule for Sept

Sunday, November 2, 2:30 PMPastor Pat Walsh, Parkview Alliance
Church

Sunday, November 9, 2:30 PM - IN VISTA MULTIPURPOSE ROOM
Pastor Rob Wolfe, Pleasant Hill COB

Sunday, November 16, 2:30 PM - IN VISTA MULTIPURPOSE ROOM Julie DiBuono

Sunday, November 23, 2:30 PM Pastor Gary Mosorjak

Sunday, November 30, 2:30 PMPastor Eric
Services subject to change

Upcoming Communion Service

Non-denominational Communion Service

Wednesday, November 26

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



WELCOMES & TRIBUTES, & THIS MONTH'S

WELCOME TO OUR COMMUNITY

Sally Fink (TH)
Carole & Carl Sax (CP)
Bob & Janice Yoder (V)
Brenda & Paul VanValen (TH)
Ron Raymond & Kathy Heilmann (CP)
Eileen Miller (V)

GIVING TRIBUTE TO

Louise Brown
Francine Bartko
Shirley Burkey
Loretta Stevenson
Harvey Hahl
Clarese Peterson
Linda Ondriezek
James Cable
Art Mack
Frank Slezak
Carole Schrum
Faye Miller
Eleanor Pile
Marlin Ott
Howard Hildebrand

THIS MONTH'S HOLIDAYS

Sat, Nov 1 - All Saints Day Sun, Nov 2 - All Souls' Day & Daylight Saving Time Ends Tue, Nov 4 - Election Day

Tue, Nov 11 - Veterans Day

Thurs, Nov 27 - Thanksgiving Day Fri, Nov 28 - Black Friday Sat, Nov 29 - Small Business Saturday Sun, Nov 30 - Advent Begins & St Andrew

THIS MONTH'S OBSERVANCES & FUN FACTS

November is observed as:

- National Diabetes Month
- Lung Cancer Awareness Month
- National Adoption Month
- National Native American Heritage

November's birthstone:

Topaz & Citrine

November Astrological Sign:

Scorpio (from 10/23 - 11/21) & Sagittarius (from 11/22 - 12/21)

November's flower:

Chrysanthemum

COMMUNITY SUPPORT RESOURCES



Loss of a Loved One Support Group
Tuesday, November 4
First Tuesday of every month!
Chapel at 5 PM



Parkinson's Support Group Boxing with Donnie
Thursday, November 13 - VISTA MULTIPURPOSE ROOM at 2 PM
Wednesday, November 26 - VISTA MULTIPURPOSE ROOM at 2 PM
\$10 fee to be paid at the door to Donnie.



Low Vision Support Group Tuesday, November 11 Vista Library at 3 PM



<u>Caregiver Support Group</u>
Thursday, November 20 **Third Thursday of every month!**Chapel at 3 PM

Pay close attention to <u>locations</u> and <u>dates</u> this month due to the chapel getting new carpet!



Parkinson's Support Group
Tuesday, November 25
Last Tuesday of every month!
VISTA MULTIPURPOSE ROOM at 2 PM



Men's Gathering - "The Extension Cords"
Friday, November 21
Third Friday of every month!
Chapel at 2 PM

COMMUNITY HEALTH RESOURCES

Full descriptions of each resource will be released every other month. During the months when descriptions are not available, basic contact information will still be provided - see below.

• Podiatry, Dr. Izzo: (814) 288-2724

• Lifeline Medical Center (LLMC): (814) 915-4539

• Benchmark Therapies: (814) 205-6762

• Transportation Services: (814) 205-6487

• Dr. Gray (PCP - Windber): (814) 467-5600

• PS Salon: Cambridge (814) 205-6929, Vista (814) 205-6287

PS Salon in Cambridge has now added Mondays 9AM -3PM to their schedule!

THE WEATHER AT LAUREL VIEW VILLAGE

Written by Townhome Resident, John Cupps

To give you some background, I report daily to the National Weather Service (NWS) located in State College, PA. I have been doing this for the past 14 years when we lived in Hidden Valley, PA. I also reported to WJAC TV's Tony Martin and he coined the phrase "and that's the weather from John at Hidden Valley".

In April of this year, my wife and I moved to Laurel View Village and in June I set up a weather station and started reporting Davidsville weather to the NWS.

During June, 2025, the maximum average temperature was 80.0 degrees and that included 15 days of 80 degrees and above with 5 days at 90 and above—our high was 92. Our minimum average temperature was 61.1 degrees and we had 4.31 inches of rain.

July 2025 gave us a maximum average temperature of 85 degrees with 5 days at 90 and above—our high was 93. Our minimum average temperature was 64.2 degrees and we had 4.94 inches of rain.

August gave us a maximum average temperature of 80.4 degrees with one day at 90. Our minimum average temperature was 56.2 degrees and we only had 0.85 inches of rain.

During September, our maximum average temperature was 77.6 degrees and our minimum average temperature was 50.8 degrees with 2.23 inches of rain.

That is the weather summary for the last four months from "John at Laurel View Village"

FALL INTO NUTRITION



Megan Sensue, Registered Dietitian Nutritionist

Fall season is officially in full swing! The leaves are changing, our cozy sweaters are on, and our coffee is warm. Fall season is also the time where we think about some of our fall favorites to eat such as apples, pumpkins, squash, and sweet potatoes. These foods can be defined as **superfoods**.

Superfoods are different types of foods that are nutritionally dense and provide various health benefits such as increased levels if vitamins, minerals, minerals, antioxidants, fiber, and/or healthy fats. Listed below are nutritional highlights of some of the common foods seen during the fall.

Apples

- Fiber rich-helps to promote bowel regularity
- Heart health-contains antioxidants that help reduced inflammation and lower heart disease risk
- Antioxidant power-contains vitamin C which helps to protect cells from damage caused by free radicals which helps to reduce the risk of chronic disease

Pumpkins

- Vitamin rich-high in beta-carotene, which body turns into vitamin A which helps to boost our immune system
- Nutrient dense-low in calories but packed with nutrition such as vitamin C, iron, potassium, magnesium, fiber etc.
- Versatile- sweet flavor is easy to prepare in a variety of different ways such as casseroles, vegetables, soups, baked goods, etc.

Squash

- Helps to keep blood healthy-good source of iron
- Protects eye health- contains a variety of vitamins such as vitamins A and C
- Fiber rich- helps to promote overall healthy digestion

Sweet potatoes

- Nutrient powerhouse-contains vitamin C, fiber, potassium, vitamin E, iron, magnesium, etc.
- Supports immunity- contains phytochemicals which are plant compounds that help protect the body from infection and illness
- Supports eye health-rich in Vitamin A



LIFE ENRICHMENT & WELLNESS



Joe Shetler, Life Enrichment and Wellness Manger

<u>Lunch & Learn</u> Wednesday, November 5 at 12 PM Vista Multipurpose Room

Join dietician Megan Sensue & Joe Shetler for a discussion on "Fall into Nutrition". 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.

Veterans Day Ceremony & Luncheon Tuesday, November 11 at 12:30 PM Vista Multipurpose Room

Veterans and their spouses are invited to participate in this year's Laurel View Village Veteran's Day Ceremony on Tuesday, November 11th. Invitation letters have been distributed to all of our veterans. If you are a veteran and would like to attend, please RSVP at either front desk by Monday, November 3rd. Additionally, we will also be taking the bus to the Johnstown Veteran's Day Parade after our ceremony if any veteran would like to ride in the parade.

<u>Village Movie Night - Featuring: Hidden Figures</u> Wednesday, November 19 at 6PM Fresh Harvest Banquet Room

An incredible & inspiring untold true story about three women at NASA who were instrumental in one of history's greatest operations – the launch of astronaut John Glenn into orbit while dealing with racial and gender discrimination.

RATED: PG



SATURDAY, NOV 15 9 AM - 3 PM

GIFTS ★ CRAFTS ★ BAKED GOODS KIDS ACTIVITIES ★ SLEIGH RIDES



TICKETS MUST BE PURCHASED IN ADVANCE FOR BREAKFAST:

laurelviewbws.eventbrite.com

Contact Emily Smith for more information at 814-205-6619

LIFE ENRICHMENT & WELLNESS

<u>Light Up Night</u> Friday, November 14 at 6 PM Vista Main Entrance

Help us usher in the holiday season on Friday, November 14th in front of the Vista Main Entrance. At 6pm we will be counting down to turn on our holiday light display, singing Christmas carols, and enjoying some hot chocolate and cookies. Christmas in the Village will then take place the next day on Saturday, November 15th from 9am to 3pm.



Steelers Steelers

Steeler Game Day Party Sunday, November 16 Cambridge Activity Room

Join us for another Village Steeler game day tailgate and party on Sunday, November 16th at 12:30pm! We will provide Pizza and are asking that you consider bringing something as well (covered dish, dessert, drinks, etc...) but not mandatory. Please signup in either activity room if you would like to come watch the game.

Indoor Bocce

Our winter Bocce league will begin in December. Games will take place in the afternoons in the Cambridge Banquet Room. Please sign up in either activity room if you would like to participate.



ACTIVITIES, EXCURSIONS, ENTERTAINMENT

Musical Talents:

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

- Music with Jimmie Vizzini (11/3 at 2pm in the Chapel)
- Music with John Larimar (11/6 at 2pm in the Chapel)
- CT Band (11/11 at 11:00am outside the Vista Multipurpose Room)
- Music with Jackie (11/12 at 2pm in the Chapel)
- Music with Ed Cominsky (11/19 at 2pm in the Chapel)



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!

- Men's Breakfast (11/4 at 8:30 AM in the Fresh Harvest Restaurant)
- Market Basket Shopping (11/4 departing at 10:30 AM)
- St. Johns Hall Dancing (11/4 departing at 5 PM)
- Ladies Day Out (11/6 departing at noon)
- Men's Hub Cap (11/7 departing at 9 AM)
- Ice Cream Social & Active Aging Presentation (11/7 at 1 PM in the Cambridge Activity Room)
- Walmart Shopping (11/11 departing at 10 AM)
- Johnstown's Veterans Day Parade (11/11 departing at 3 PM)
- Ice Cream Social & Active Aging Presentation (11/14 at 1 PM in the Vista Multipurpose Room)
- Steeler Party (11/16 at 12:30 PM in the Cambridge Activity Room)
- Dollar General Shopping (11/18 departing at 10:30 AM)
- Village Movie Night (11/19 at 6 PM in the Fresh Harvest Banquet Room)
- Ladies Mystery Lunch (11/20 departing at 10:30 AM)
- Van Gogh (11/21 at 10:30 AM in the Cambridge Activity Room)
- Westmoreland Mall, Casino, & DeNunzio's (11/24 departing at 9:30 AM)
- Ladies Breakfast (11/25 at 8:30 AM in the Fresh Harvest Banquet Room)
- Giant Eagle Shopping (11/25 departing at 10:30 AM)
- CT Concert (11/26 at 7:30 PM at the Conemaugh Township High School)

QUE CLASSIC RESIDENT RESULTS

The following residents finished top 3 in their age group at our Annual Que Classic:

- Suzanne Shaffer 10K Run 1st place in the Female 70-79
- Threse Baywood 5K Walk 2nd place in the Female 70-79
- Betty Stuver 5K Walk 1st place in the Female 80-89
- Nancy Cable 5K Walk 2nd place in the Female 80-89
- Ed Shaffer 5K Walk 3rd place in the Male 70-79
- Charlie Glass 5K Walk 2nd place in the Male 80-89
 Terry Dunkle 5K Walk 3rd place in the Male 80-89
- Ronda McGee 1 Mile Walk 1st place in the Female 70-79
- Patty Riddle 1 Mile Walk 2nd place in the Female 70-79
- Betty Griffith 1 Mile Walk 1st place in the Female 80-89
- Barb Yeaglin 1 Mile Walk 2nd place in the Female 80-89 • Marjorie Glass 1 Mile Walk 3rd place in the Female 80-89
- Mel Blough 1 Mile Walk 1st place in the Male 80-89
- Greg Kreiger 1 Mile Walk 2nd place in the Male 80-89
- Daryl Wagner 1 Mile Walk 3rd place in the Male 80-89



STAYING HEALTHY THROUGH THE HOLIDAY SEASON



Doug Croyle, Independent Living Health Services

With the holidays upon us we tend to have more time spent with friends and family. I felt that it was it important to share some tips on staying healthy through the holiday season.

Handwashing is one of the best ways to protect yourself and your family from getting sick. Do you know when you should wash your hands? Take a minute to yourself and identify opportunities when hand washing should occur. After you have thought about it, refer to the list below to compare how many opportunities you identified.

Handwashing should occur:

- Before, during, and after preparing food.
- Before and after eating food.
- Before and after caring for someone (including yourself) at home who is sick with vomiting or diarrhea.
- Before and after treating a cut or wound.
- After using the toilet.
- After changing incontinence products (diapers, pull ups, pads).
- After blowing your nose, coughing, or sneezing.
- After touching an animal, animal feed, or animal waste.
- After handling pet food or pet treats.
- After touching garbage.
- Before touching your eyes, nose, or mouth.
- After leaving a public place.
- After touching objects or surfaces that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic screens

If you feel ill or not quite yourself, consider the following:

- Quarantine or isolate away from others for 5 days from respiratory symptom onset.
- When you have respiratory illness signs or symptoms wear a medical grade face covering (covers mouth and nose) when around other people.
- Notifying your doctor about any changes in your health.
- Notifying Laurel View Village staff (Doug Croyle) of positive test results for Flu, COVID-19 and RSV.

I do recommend each resident have in date COVID-19 and Influenza tests available for use in their unit. These tests can be obtained from pharmacies and various other stores.

Familiarize with the signs and symptoms of Common Cold, Influenza, COVID-19. See our chart on the next page to differentiate between symptoms.



STAYING HEALTHY THROUGH THE HOLIDAY SEASON

Flu, COVID-19 or Cold? Symptom Comparison Chart

	COVID-19	Seasonal Flu	Common Cold		
Common Symptoms	fever dry cough shortness of breath fatigue	fever cough muscle ache & pains headache fatigue runny or stuffy nose	sneezing runny or stuffy nose sore throat		
Less Common Symptoms	chills headache muscle aches & pains sore throat diarrhea loss of taste or smell	sneezing sore throat nausea diarrhea	low grade fever body aches headache fatigue		
	A loss of smell or taste without a stuffy nose has been reported with COVID-19		If you have a stuffy nose or are sneezing you likely DO NOT have coronavirus		



Seek medical care immediately if someone has emergency warning signs of COVID-19

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusior
- Inability to wake or stay awake
- Bluish lips or face

Sources: Centers for Diease Control and Prevention, World Health Organization



SUDKO PUZZLE

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

SUDKO PUZZLE SOLUTION

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

THANKSGIVING TRIVIA

Q: Where is the Macy's Thanksgiving Day Parade help?

A: New York City

Q: In what year was the first Thanksgiving celebrated?

A: The first Thanksgiving celebrated by the English settlers and Wampanoag took place in 1621

Q: Which president declared that a national day of Thanksgiving would be held in November?

A: In 1863, President Lincoln declared two national days of Thanksgiving. One was in August, and one was November. The November date stuck around, and we still celebrate it today.

Q: True or False: Thanksgiving is the biggest travel day of the year in the United States.

A: TRUE! More people travel on Thanksgiving than on any other day of the year.

Q: What animal does the president traditionally pardon each Thanksgiving?

A: The president receives the gift of a live turkey each Thanksgiving, then "pardons" it, sending it to live out its life on a farm.

Q: Who were the English settlers who sailed from Europe to North America on the Mayflower?

A: The Pilgrims, they established Plymouth Colony in present-day Massachusetts.

Q: What televised spot do many people watch on Thanksgiving?

A: Football

Q: In which month do Canadians celebrate their Thanksgiving?

A: October

Q: Which US State is known for producing the most cranberries?

A: Wisconsin









Order a delicious nutroll for the holidays in the Village Café.

Nutrolls are from Marie's Nutcracker Sweet

NUTROLL OPTIONS:

Nutroll, Poppyseed, or Pineapple Cream Cheese rolls - \$14 Apricot - \$15

IMPORTANT ORDER INFORMATION

- Payment is required at the time of placing the order.
- The deadline to order is November 21.
- Nutroll pickup will take place on November 25 at the Village Café.

