

FEBRUARY 2026

# LAUREL VIEW VILLAGE NEIGHBORHOOD NEWS



## CELEBRATING FEBRUARY BIRTHDAYS

Karen Bowman (V) 2/2  
Maryann Cramer (HC) 2/3  
Rosalind Raptosh (PC) 2/3  
Bill Hutzel (CP) 2/4  
Doris Smith (TH) 2/4  
Threse Baywood (TH) 2/4  
Garnet Croyle (HC) 2/5  
Andy Billow (TH) 2/5  
Bradley Otto (V) 2/6  
Robert Slezak (TH) 2/7  
Jean Wilson (HC) 2/8  
Jesse Cook (PC) 2/9  
Sally Parkins (V) 2/10  
Dave Rosenbaum (TH) 2/10  
Geraldine Lewis (HC) 2/11  
Bonnie Johnson (CP) 2/12  
Cheryl Cupps (TH) 2/12  
Josie Gusmerotti (HC) 2/13  
Dani Haschak (HC) 2/13  
John Griffin (CP) 2/14  
Deb Rhoads (TH) 2/14  
Fran Milazzo (V) 2/16  
Judy Rach (TH) 2/16  
Gloria Volk (TH) 2/19  
Joyce Horner (TH) 2/21  
Kent Roach (PC) 2/25  
Eileen Newbaker (CP) 2/26  
Eleanor Bush (TH) 2/27  
Ellen Golden (HC) 2/27  
Lois Sievers (V) 2/28  
Jeannine Smith (V) 2/28  
Eunice Evans (HC) 2/28



**Tim Mock,**  
CEO

Greetings Residents,

Happy February! I think we can all agree that we have seen some terrific winter weather to close out the month of January. Terrific may mean extremely good, or it may mean causing terror; I'll let you decide which it was for you. Once again, I have the opportunity to brag about what a great team of employees we have serving all of you.

The Maintenance team worked tirelessly to keep the parking lots and sidewalks open and safe. Many staff in other departments chose to sleep on campus in preparation for the storm, to ensure that our residents received the care and services they require.

As the extremely cold temperatures may continue for another week or so, I want to remind you to be very careful if you need to go out. Salt is less effective in such cold temperatures and areas that have been cleared and treated may still be "slippy," as they say around here. Winds also can quickly cause snow to drift into areas that have recently been cleared. Stay in if you can, use caution if you need to go out.

As I reported before, we are embarking on a Master Planning process for our campus. We have now completed preliminary meetings with the consultants that we have engaged and will continue to work toward the goal. I have no substantial details to share yet, but we will soon be working on soliciting input from different stakeholders and look forward to hearing ideas for the future.

Finally, I want to make sure you are all aware of the upcoming Laurel View Village Impact Awards Gala. On April 15, we will be holding a fundraiser dinner. The proceeds of the evening will go to the Resident Caring Fund. The focus of the evening will be to honor the 4 deserving recipients of the 2026 IMPACT awards. Their names will be announced very soon. More information is to come, if you have any questions regarding the Gala, please contact Emily Smith at (814) 205-6619.

Warm wishes to all of you,  
Tim

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

# CHAPLAIN'S CORNER



## BE GOD'S VALENTINE

**"Blessed are they that hear the word of God and keep it." Luke 11:28**

I've always loved those candy conversation hearts at Valentine's. The New England Confections Company, otherwise known as Necco, says that conversation hearts are the most popular Valentine's candy. I read the history of the candy on the Necco website, and it was quite interesting how the sayings being printed on the candy got started.

Can you believe that the concept behind conversation hearts was started back when Abraham Lincoln was president? I like the taste of those little hearts and it's one of those childhood candies that give sweet memories. I also like them to decorate cupcakes and cookies with. What I like best I guess is those little sayings. "Kiss me!" "Be Mine" "Be True".

I know today they say a few different things than the ones I grew up with. Did you know that God sends us conversation hearts too? The things He left in His Word were left for us because He loves us. Each conversation heart from God is sweet to the taste. We just don't sometimes read or pay attention to them. Here are some of my favorites...

### **-BE MINE - GOD WANTS US TO ACCEPT HIS LOVE.**

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. **John 3:16**

### **-ALL MINE - GOD LOVES US AND WILL KEEP US.**

My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand. I and my Father are one. **John 10:27-30**

### **-TRUE LOVE - GOD LOVES US WITH TRUE LOVE AS ONLY HE CAN.**

I have loved thee with an everlasting love: therefore, with lovingkindness have I drawn thee. **Jeremiah 31:3**

### **-LOVE ME - GOD WANTS US TO LOVE HIM.**

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself. **Luke 10:27**

## CHAPLAIN'S CORNER CONTINUED

### -I'M SURE - GOD'S SURE OF HIS LOVE AND WANTS US TO KNOW WE HAVE A FUTURE WITH HIM.

Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also. **John 14:1-3**

### -SWEET TALK - GOD'S WORD IS HIS LOVE LETTER TO US.

How sweet are thy words unto my taste! yea, sweeter than honey to my mouth! **Psalm 119:103**

### -BE GOOD - GOD TELLS US HOW TO LOVE HIM BACK.

If ye love me, keep my commandments. **John 14:15**

### -FAX ME - GOD LOVES US SO MUCH HE WANTS TO COMMUNICATE WITH US.

Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not. **Jeremiah 33:3**

**Conclusion:** There's more conversation hearts that the Lord left for us to see His love through. We just have to dig into His Word to find them.



# WORSHIP SERVICES

## Mass/Communion Services for Feb

### **Monday, February 2, 10:30 AM**

Catholic Mass with Father Larry

### **Monday, February 9, 10:30 AM**

Communion Service with Threse Baywood

### **Monday, February 16, 10:30 AM**

Catholic Mass with Father Larry

### **Monday, February 23, 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 Feb

### **Sunday, February 1, 2:30 PM**

Pastor Dave McGee, Assembly of God

### **Sunday, February 8, 2:30 PM**

Pastor Gary Anderson, Laurel Hill Gospel Tabernacle

### **Sunday, February 15, 2:30 PM**

Pastor Ray Beal, Laurel View Village

### **Sunday, February 22, 2:30 PM**

Pastor Brad Griesheimer, Walnut Grove COB

Services subject to change

\*\*Fresh Harvest will be offering Lenten Specials on Ash Wednesday, February 18, and Friday's from February 20 - April 3. The restaurant will also be taking reservations for their Easter Day Buffet until March 20, call Falesha to reserve a spot now at (814) 205-6733. More information on both is to come.

## Upcoming Communion Service

### **Non-denominational Communion Service**

Wednesday, March 25

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

## Ash Wednesday & Stations of the Cross

### **Ash Wednesday is February 18!**

Join us to receive ashes at:

**10:30 AM in Cambridge Activity Room**

or

**2 PM in Chapel**

**Stations of the Cross** begins on **Friday, February 20**, and continues through to Friday, March 27.

### **Schedule:**

- **Day:** Fridays
  - 2/20, 2/27, 3/6, 3/13, 3/20, & 3/27
- **Location:** Chapel
- **Time:** 3 PM



## WELCOMES &amp; TRIBUTES, &amp; THIS MONTH'S

WELCOME TO OUR  
COMMUNITY

Carl and Carol Sax (CP)  
Sandy Mostoller (CP)

## GIVING TRIBUTE TO

David Keafer  
Don Parker  
Nancy Yagodich

## THIS MONTH'S HOLIDAYS

**Mon, Feb 2** - Groundhog Day &  
Tu Bishvat  
**Tue, Feb 3** - Lailatul Barat  
**Sun, Feb 8** - Super Bowl  
**Sat, Feb 14** - Valentine's Day

**Mon, Feb 16** - Presidents Day  
**Tues, Feb 17** - Mardi Gras/Fat  
Tuesday/Shrove Tuesday  
**Wed, Feb 18** - Ash Wednesday (Lent  
Begins) & Ramadan Begins  
**Sun, Feb 22** - Washington's Birthday

## THIS MONTH'S OBSERVANCES &amp; FUN FACTS

February is observed as:

- American Heart Month
- Black History Month

February's birthstone:

Amethyst

February Astrological Sign:

Aquarius (from 1/20 - 2/18)  
Pisces (from 2/19 - 3/20)

February's flower:  
Violet

## COMMUNITY SUPPORT RESOURCES



### Loss of a Loved One Support Group

Tuesday, February 3

**First Tuesday of every month!**

Chapel at 5 PM



### Parkinson's Support Group Boxing with Bonnie

Thursday, February 12 & 26

**Second & Fourth Thursday of every month!**

Vista Multipurpose Room at 2 PM

**\$10 fee to be paid at the door to Bonnie.**



### Low Vision Support Group

Tuesday, February 17

**Third Tuesday of the month**

Vista Library at 3 PM



### Caregiver Support Group

Thursday, February 19

Chapel at 3 PM



### Parkinson's Support Group

Tuesday, February 24

**Last Tuesday of every month!**

Chapel at 2 PM

# COMMUNITY HEALTH RESOURCES

## PODIATRY

Dr. Izzo, Foot & Ankle Specialist, is available for scheduling podiatry appointments for **Friday, February 20**. 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**. 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.**

**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 prior.

## 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, Independent Living Health Services, at (814) 205-6702 or via email at [dcroyle@lvv1.com](mailto: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.**

# LAUREL VIEW VILLAGE HEALTH & SAFETY REMINDERS

## LAUREL VIEW VILLAGE'S QUARANTINE RECOMMENDATIONS FOR: COMMON COLD, INFLUENZA, COVID, AND RSV:

For positive and suspected COVID and Flu cases.

- **Day 0** (zero) is considered the day your symptoms start
- **Days 0-5:** Please notify Doug that you are positive or suspect you are positive and immediately start self-quarantining
  - Self-quarantine meaning: staying home and away from others. Please do not congregate in public/community spaces and do not attend public dining (Vista Dining Room or Fresh Harvest.)
  - Meals can be delivered free of charge to your home if you inform dining you are quarantining.
- **Days 6-10:** If your signs or symptoms have improved, you may leave your home but please wear a mask at all times when not in your home. Still avoid large crowds indoors and still no public dining.
- **Day 11:** As long as symptoms have improved or resolved, you may return to normal activities and in person public dining

**Doug Croyle,**  
Independent  
Living Health  
Services

\*\*\*The recommended quarantine may be extended if symptoms persist\*\*\*

## PREVENTING GETTING SICK

### PRIMARY PREVENTION STRATEGIES

<b>Immunizations</b> 	<b>Wash hands, cover coughs &amp; sneezes, clean frequently touched surfaces</b> 	<b>Steps for cleaner air</b> 	<b>Discuss treatment options with your doctor</b> 	<b>Stay home &amp; prevent spread</b> 
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### Additional Strategies

<b>Mask Up</b> 	<b>Distancing</b> 	<b>Tests</b> 	<b>Stay Home &amp; Away From Others Until,</b>  <b>Your symptoms are getting better</b> <b>and</b> <b>You are fever free with no medication</b>	
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# LAUREL VIEW VILLAGE HEALTH & SAFETY REMINDERS

## SIGNS AND SYMPTOMS OF COMMON COLD, INFLUENZA, COVID-19, AND RSV: HOW TO TELL THE DIFFERENCE?

Common symptoms can include cough, headache, sneezing, runny nose, and congestion. Different symptoms may include the following:



	COLD	FLU	COVID-19	RSV
	ACHES	XX	XXX	XX
	DIFFICULTY BREATHING	X	X	XX
	FATIGUE	XX	XXX	X
	FEVER	X	XXX	XX
	LOSS OF TASTE OR SMELL	X	X	XX
	SORE THROAT	XXX	XX	X
	WHEEZING	X	X	XXX

## TESTING RECOMMENDATIONS: COMMON COLD, INFLUENZA, COVID, AND RSV:

Residents are strongly encouraged to obtain and have a stock of at home test kits. Laurel View Village **DOES NOT** have supplies of at home tests for Independent Living Residents.

- Rapid Test Kits are sold individually for COVID, Influenza, and RSV, additionally some combination test kits are available at your pharmacy, your doctors office, Walmart, etc..
  - Additionally insurance may cover the cost of kits. Check with your pharmacy and insurance!

### Medication Delivery to Campus

Pharmacy partners that deliver to campus are Mainline LTC Pharmacy (814-736-3044) and Martellas Pharmacy (814-535-1833). Both can provide customized packaging for your medication regimen.

# UPCOMING DOLL EXHIBIT



Angela Rizzo,

Director of  
Independent Living

## RESIDENT SALLY C. FINK: DOLL EXHIBIT

February 9-16, 2026

Cambridge Place Library/Fireplace Room

Sally Fink Artist Talk on Friday, Feb 13 at 11AM in Fireplace Room

[www.sallycfink.com](http://www.sallycfink.com)



Sally C. Fink began drawing and making up stories when she could first pick up a pencil. Now, years later, she has published 8 books with another on the way. In addition to being a published author, she is also an internationally award-winning costumer and one of our newest residents at Laurel View Village!

Sally was born in Somerset, PA. She went to the Art Institute of Pittsburgh and graduated at the top of her class in 1972. She worked as a department store fashion illustrator at Glosser Bros., manager of a local fabric store, and copywriter/layout artist for the Tribune-Democrat, where she was eventually promoted to art director.

Now retired, she is either at the sewing machine or the computer. After many years of making adult costumes, she has turned her sewing skills to costuming ball-jointed dolls. Costumes and clothing also figure prominently in her novels.

Sally shares this, "After having made adult costumes for over four decades, I had amassed a huge collection of fabrics, trimmings, rhinestones, findings, gewgaws, etc. Many of these were vintage from the 1970's onward. Also, though alas, many of these were scraps left over from large costumes. Many people in the same predicament become quilters. I started costuming dolls.

Just like with my adult costumes, I design and create everything from scratch. I draft the patterns myself as extremely few patterns exist for these dolls. There are hundreds of doll companies selling ball-jointed dolls and every doll is different with different measurements. Most of these companies also sell clothing for their dolls.

I've often been told I have a unique eye for color, detailing and texture. I can put fabrics and trims together in unexpected ways to create very unusual pieces. I also have a feel for proportion. One of the most difficult things about making miniature clothing is using the correct scale fabrics, trimmings and detailings. Each costume takes about two weeks to complete, though that does not include the time spent on pattern drafting or fitting garments. Hats and headpieces take several days to a week each.

Important point: I do not make the dolls. I costume and style them. These are posable, resin cast dolls mostly produced in South Korea, Japan and China. Sizes range from a few inches tall to over four feet tall. The majority of my dolls are 1/4 or 1/3 human size and between 18" and 28" tall.

I started collecting ball-jointed dolls in 2014 because the very first one I saw on Facebook reminded me of one of my Tales of the Lalloure book characters. I've now been collecting ball-jointed dolls for over a decade and presently have around 80 dolls. This includes human, fantasy and animal dolls such as cats, dogs and dragons."

# LIFE ENRICHMENT & WELLNESS



**Joe Shetler,**  
Life Enrichment and  
Wellness Manager

## Lunch & Learn

**Wednesday, February 4 at 12 PM**

**Vista Multipurpose Room**

Join Dietitian Megan Sensue & Joe Shetler 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.



## Be Mine Bash

**Friday, February 13 at 6PM**

**Vista Multipurpose Room**

This is a special Valentines Day social event for both couples and singles. We will be providing light snacks, drinks, and music. Please signup if you wish to attend in either activity room.



## Mardi Gras Pancake Party

**Tuesday, February 17 at 1 PM**

**Vista Multipurpose Room**

Join us this Shrove Tuesday for delicious pancakes and a topping bar in the Vista Multipurpose Room on Tuesday, February 17 at 1 PM to kick off the Lenten season.

# LIFE ENRICHMENT & WELLNESS

## Village Movie Night - Featuring: Sleepless in Seattle

Wednesday, February 18 at 6 PM

Cambridge Banquet Room

Our Valentines themed movie for November is the highly acclaimed "Sleepless in Seattle". After the death of his wife, Sam Baldwin (Tom Hanks) moves to Seattle with his son, Jonah (Ross Malinger). When Jonah calls in to a talk-radio program to find a new wife for his father, Sam grudgingly gets on the line to discuss his feelings. Annie Reed (Meg Ryan), a reporter in Baltimore, hears Sam speak and falls for him, even though she is engaged. Unsure where it will lead, she writes Sam a letter asking him to meet her at the Empire State Building on Valentine's Day.

Rated: PG



Starting in February our Men's Coffee Group will now meet on Fridays at 10 AM in the Vista Activity Room!



## UPDATE: Men's Coffee Group

Fridays at 10 AM

Vista Activity Room

## PS SALON HOURS UPDATED:

### Melissa's Schedule:

- Monday to Thursday at the Vista Salon: 9 AM - 3 PM
- Friday at the Cambridge Salon: 10 AM - 2 PM

### Dawn's Schedule:

- Monday and Wednesday at the Cambridge Salon: 9 AM - 3 PM
- Friday at the Vista Salon: 9 AM - 3 PM

### Notes:

- The Cambridge Salon is closed on Tuesdays, Thursdays, and weekends.
- The Vista Salon is closed on weekends,
- Hours for both salons vary for holidays.

### To schedule an appointment call:

Cambridge Salon: 814-205-6929

Vista Salon: 814-205-6287

# FUTURE EVENTS, TRIPS, AND LEAGUES

## INDOOR BOCCE CHAMPIONSHIP

### **Monday, February 9**

Our winter indoor Bocce league will conclude on Monday, February 9. A pie and ice cream social will follow the championship match for those that participated in the league.

## CORN HOLE LEAGUE

We will be starting a new winter/spring Corn Hole League in March. Games will take place on Monday afternoons in the Vista Multipurpose Room. Please signup in either activity room if you would like to participate.

## FRESH HARVEST LENTEN SPECIALS AND EASTER BUFFET

Fresh Harvest will be offering Lenten Specials on Ash Wednesday, February 18, and Friday's from February 20 - April 3. The restaurant will also be taking reservations for their Easter Day Buffet until March 20, call Falesha to reserve a spot now at (814) 205-6733. More information on both is to come.

## 2026 IMPACT AWARDS GALA

### **Wednesday, April 15**

Stay tuned for more information on our upcoming event! Invitations will be sent out in the coming months. Questions or concerns please contact Emily Smith at 814-205-6619.

## SUMMER BALL GAMES

We will once again be going on 3 baseball game trips this summer. In June and August we will attend Altoona Curve games. In July we will attend a Pirates day game at PNC Park. More information can be found on the signup sheets which are now posted in both activity rooms.

## GATEWAY CLIPPER SIGHTSEEING CRUISE

Join us for a riverboat cruise in Pittsburgh on June 17. We will take a sightseeing cruise around Pittsburgh and then stop for dinner on the way home. For more information, please see the signup sheet that is posted in both activity rooms.

## SIGHT & SOUND TRIP

### **Thursday, Oct 15**

#### **Purchase of tickets necessary**

We will be taking another bus out to Sight & Sound in Lancaster on Thursday, October 15th. We will stop and eat lunch at the Hershey Smorgasbord before the show "Joshua" which begins at 3pm. Tickets are very hard to get and almost sold out through the end of 2026. If you would like to go tickets are \$100 and you can signup in either activity room.

# ACTIVITIES, EXCURSIONS, ENTERTAINMENT

## Activities & Excursions Requiring Sign Ups

Don't miss out on the excitement—sign up in either activity room today!

- Market Basket Shopping (2/3 departing at 10:30 AM)
- Be Mine Door Hanger (2/3 at 1 PM in Vista Activity Room)
- Beltone Hearing Screening (2/5 at 10:30 & 1:30 in the Vista Activity Room)
- Be Mine Door Hanger (2/6 at 1 PM in Cambridge Activity Room)
- Super Bowl Party (2/8 at 6 PM in the Vista Multipurpose Room)
- Men's Breakfast (2/10 at 8:30 AM in the Fresh Harvest Restaurant)
- Walmart Shopping (2/10 **departing at 10 AM**)
- Ladies Day Out (2/12 departing at 12:30 PM)
- Walk or Shop at the Galleria Mall (2/13 departing at 9:30 AM)
- Be Mine Bash (2/13 at 6 PM in the Vista Multipurpose Room)
- Dollar General Shopping (2/17 departing at 10:30 AM)
- Village Movie Night (2/18 at 6 PM in the Cambridge Banquet Room)
- Choco-Creations with Linda & Joni (2/19 at 1 PM in the Cambridge Activity Room)
- Westmoreland Mall & Casino (2/23 departing at 9:30 AM)
- Ladies Breakfast (2/24 at 8:30 AM in the Fresh Harvest Banquet Room)
- Giant Eagle (2/24 departing at 10:30 AM)
- Ladies Mystery Lunch (2/26 departing at 11 AM)



## Musical Talents:

We have many great entertainers coming to campus to perform:

- Music with Bond Turner (2/11 at 2 PM in the Chapel)
- Music with Billy Stoppe (2/17 at 2 PM in the Chapel)
- Music with Jimmie Vizzini (2/25 at 2 PM in the Chapel)



## Weather Recap at Laurel View Village

by John Cupps, TH Resident

In December 2025, we experienced an average maximum temperature of 36.4°F and an average minimum temperature of 19.7°F. The month's lowest temperature dipped to 7°F, while the highest reached 61°F. Our peak wind speed was recorded at 40 mph, and the lowest wind chill plummeted to -8°F! Throughout December, we accumulated 14.5 inches of snow, with an average of 1.2 inches on the ground.



# AMERICAN HEART MONTH



**Megan Sensue,**  
Registered  
Dietitian  
Nutritionist

The month of February is recognized as American Heart Month in which our nation puts an emphasis on speaking about heart disease. Heart disease can be defined as a range of conditions that affect the heart such as blood vessel disease, coronary artery disease, irregular heartbeats, heart failure, etc. Heart disease is unfortunately very common and is one of the leading causes of death globally. Some of the common risk factors for heart disease are listed below. These risk factors can be categorized into modifiable and non-modifiable risk factors. Overall, having multiple risk factors can significantly increase your likelihood of developing heart disease, but some of these factors can be managed through healthy lifestyle changes.

## Modifiable (controllable) risk factors:

- Tobacco use
- Overweight/obesity
- Poor diet
- Physical inactivity
- Excess alcohol consumption

## Non-modifiable (unchangeable) risk factors:

- Age
- Family history
- Sex
- Race/ethnicity

## LISTED BELOW ARE SOME WAYS TO TAKE CARE AND LOVE YOUR HEART! ❤️❤️

### 1. Physical activity

- Staying active is one of the best benefits for your heart, typically, you should aim to get at least 150 minutes of physical activity each week!
- It is also important to aim for doing muscle strengthening activities at least 2 days per week

### 2. Cooking

- Cooking at home helps to reduce the overall risk of illness and provides better nutrition
- Cooking at home helps to control portion sizes and ingredients used

### 3. Diet

- Making gradual and sustainable changes can help improve one's overall risk to heart disease
  - Consuming anti-inflammatory foods such as beans, avocados, citrus fruits, leafy greens, nuts, etc
  - Consuming a diet that is lower in saturated and trans fat
  - Consuming a diet that is lower in sodium (salt)



# THE STARS ALIGN



**Emily Fuska,**  
Independent  
Living Life  
Enrichment  
Coordinator

As we dive into the month of love, I thought it would be fun to explore how the stars may influence our relationships and what the upcoming year has in store for us.

Zodiac signs are grouped into four elements: Air, Fire, Water, and Earth, each shaping different personalities. Water signs (Cancer, Scorpio, Pisces) are emotional and intuitive, craving deep connections. Fire signs (Aries, Leo, Sagittarius) are passionate, energetic, and adventurous, inspiring others with their enthusiasm. Earth signs (Taurus, Virgo, Capricorn) are practical, loyal, and grounded, providing stability. Air signs (Gemini, Libra, Aquarius) are social, intellectual, and love engaging in conversations and ideas.

Unsurprisingly, signs of the same element tend to be most compatible because they understand each other best, Fire signs with Fire, Water with Water, and so on. However, opposites also attract, with opposing signs such as Aries (Fire) and Libra (Air) or Scorpio (Water) and Taurus (Earth) often creating passionate, transformative connections.

As we look forward to 2026, astrologers foresee a year filled of transformation and reinvention, marked by planetary shifts, eclipses, and a focus on purpose and autonomy. It's expected to be a time for shedding old identities, embracing independence, and aligning with what truly matters.

Whether you are a firm believer or a skeptic, one thing's for certain: astrology makes life a lot more interesting and fun to explore! I'm curious, do you believe in the stars guiding us, or do you think it's all just a bunch of cosmic nonsense? Either way, it's bound to be an extraordinary year ahead!

## WHAT IS YOUR ZODIAC SIGN BASED ON YOUR BIRTH DATE?

- **Aries:** March 21 – April 19
- **Taurus:** April 20 – May 20
- **Gemini:** May 21 – June 20/21
- **Cancer:** June 21 – July 22
- **Leo:** July 23 – August 22
- **Virgo:** August 23 – September 22
- **Libra:** September 23 – October 22/23
- **Scorpio:** October 23/24 – November 21
- **Sagittarius:** November 22 – December 21
- **Capricorn:** December 22 – January 19
- **Aquarius:** January 20 – February 18
- **Pisces:** February 19 – March 20



Gemini  
Zodiac  
Sign



Libra Zodiac Sign

SECOND ANNUAL

# **SOUP-ER BOWL OFF**

## **Who will win the Golden Ladle?**

**Enter your favorite soup into our Second Annual Soup-er Bowl Off contest and compete against our very own Laurel View Village Kitchen! Not a cook? Come sample and vote for your favorite!**

Secret sign up sheet and rules can be found in April Coval's office located in the main lobby. Or call to sign up! Deadline to sign up is Monday, February 9

**April Coval: (814) 200-3018**

**Friday, February 27, 2026**  
**12:00 PM -2:00 PM in the Vista Multipurpose Room**

