NOVEMBER 2026

LAUREL VIEW VILLAGE
NEIGHBORHOOD NEWS



CELEBRATING NOVEMBER BIRTHDAYS

Georgie Kerrick (CP) 11/4
Shirley Allen (HC) 11/4
Paul Aust (V) 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
Marlene Beckwith (CP) 11/13
Maisie Rygel (PC) 11/14
Virginia Muir (TH) 11/15
Bill Ondriezek (TH) 11/18
Betty Hoffman (CP) 11/19
Dave Pavlik (TH) 11/20
Linda Thomas (PC) 11/20
Carol Barbera (PC) 11/21
Janet Braude (TH) 11/22
Betty Roberts (V) 11/25
Mary McLaughlin (CP) 11/27
Maggie Sank (V) 11/28
Arlene Moser (V) 11/28
Kathleen Heilmann (CP) 11/28
Jack Punchur (CP) 11/30

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



Tim Mock,
CEO

Greetings Residents,

The Master Plan process continues to move forward and is getting back on track following a summer lull due to vacations and conferences. We recently completed a high-level financial study, and the results were generally encouraging. The study indicates that we are in a position to afford many of the projects and renovations we have been considering.

There are still a few steps to complete before we have additional information and details to share. While we had hoped to provide an update this fall, the process may take a few more months, and it could be after the first of the year before we are ready to share more. Thank you for your patience as we continue working through this important process.

November is shaping up to be a wonderful month, with many special events to look forward to! Mark your calendars for Light Up Night on November 12, Christmas in the Village on November 14, and Thanksgiving on November 26, along with many other activities. The month will be filled with caroling, cocoa, Christmas lights, crafts, train displays, holiday meals, and plenty of opportunities to celebrate the season together.

November also marks the anniversary of our very first resident arrival, which took place 34 years ago in 1992. While it may not be a milestone anniversary, it is certainly a reason to celebrate and give thanks. For more than three decades, Laurel View Village has had the privilege of serving residents and building a community together. We look forward to many more years!

Thank you for being part of Laurel View Village and for making this community such a special place to call home.

Thankfully yours,
Tim

WELCOMES & TRIBUTES, & THIS MONTH'S FUN FACTS

WELCOME TO OUR COMMUNITY

Nelson & Sandra Ilgenfritz (CP)
Doyal & Ruthann Mankamyer (CP)
Bill & Bernice Gasior (CP)
Lucille Taylor (V)

GIVING TRIBUTE TO

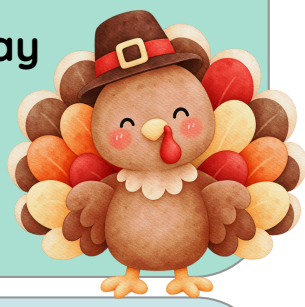
Joan Grafe (HC)
Ruth Boes (HC)
Constance Hubbard (HC)
Verle Garland (HC)
Janice "Yvonne" Ankeny (HC)
Susan Costantino (HC)
Carol Nye (PC)

THIS MONTH'S HOLIDAYS

1- Daylight Savings Time Ends
3- Election Day
8- Diwali
11- Veterans Day
13- World Kindness Day
14- National Pickle Day



14- World Diabetes Day
23- National Espresso Day
26- Thanksgiving Day
27- Black Friday
30- Cyber Monday



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 and Citrine

November's flower:
Chrysanthemum



November's Astrological Sign:
Scorpio (Oct. 23 – Nov. 21)
Sagittarius (Nov. 22 – Dec. 21)

Fruit & Veggies for the Month of November:

- Apples
- Cranberry
- Collard Greens
- Kale
- Swiss Chard



CHAPLAIN'S CORNER

THANKFUL AND BLESSED



Eric Lasure,
Chaplain

"Give thanks in all circumstances" 1 Thessalonians 5:18

Thanksgiving is just around the corner, and so I've been thinking about gratitude a lot lately. What is it? When should we show it? What does God say about it?

Paul wrote the Thessalonians, "Give thanks in all circumstances." Most of us read that verse and think it rather nice and so, we attribute thanksgiving to life and go about our day. In reality, most of us are thankful for very little. Notice the Bible doesn't command us to feel thankful in all circumstances. Instead, it commands us to "give thanks in all circumstances." When I begin to praise God in a difficult situation, even if I don't feel like it, many times the blinders fall from my eyes, and I begin to see glimpses of His glory all around.

Sometimes I don't see glory in tragedy, but I still can praise God because I know He is there. Gratitude changes the lens through which we see the circumstances in our little slice of time. Thanksgiving changes our perspective despite broken dreams, broken relationships, tumultuous circumstances, and unfulfilled longings.

As you praise God for who He is and thank Him for what He's done, your perspective of Him grows larger and your problems grow smaller. As a result, you will experience a deeper sense of intimacy with God as the emotional gap between what you know to be true and how you feel as the moment closes.

On many occasions in the Psalms, David complained about his circumstances (Psalms 42; 57; 62). But more often than not, about midway through David's laments, he begins praising God for who He is and thanking God for what He's done. And you know what happens? All of a sudden David starts feeling better! Life isn't so bad after all! His problems grow smaller as his perspective of God grows larger, and he begins to see God's glory shining through the situation.

Why is that? In the writing of one little Psalm, David shifted from depression to rejoicing. He didn't wait until God changed his situation, solved his problem, or made him feel better before he began thanking Him.

When we stop complaining and grumbling and begin speaking God's love language of gratitude, our perspective will change as well. We will begin seeing moments of sudden glory through the lens of praise and thanksgiving—glory moments that were there all along but hidden from the grumbling eye.

Prayer-

Dear Lord, I praise Your Name. I exalt Your Name forever. Even though I may not understand what is going on in my life, I trust that You are good and Your plans are good.

In Jesus' Name,
Amen.

Source: https://www.crosswalk.com/devotionals/thanksgiving-devotionals/



WORSHIP SERVICES

Mass/Communion Services for November

Monday, November 2, 10:30 AM
Communion Service with Threse Baywood

Monday, November 9, 10:30 AM
Catholic Mass with Father Larry

Monday, November 16, 10:30 AM
Communion Service with Threse Baywood

Monday, November 23, 10:30 AM
Catholic Mass with Father Larry

Monday, November 30, 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 November

Sunday, November 1st
Julie DiBuono, Healthcare Activities
Sunday, November 8th
Pastor Wes Yoder, Davidsville Community Church
Sunday, November 15th
Dan Croft, Retired Teacher/ Missionary
Sunday, November 22nd
Pastor Jim Farrer, Westmont Presbyterian Church
Sunday, November 29th
Pastor John Shaffer, Sipesville COB

Services subject to change

Upcoming Communion Service

Non-denominational Communion Service
Wednesday, November 25th with Pastor Eric and April Coval

Communion occurs on the **Fourth Wednesday of every other month at 2 PM in the Chapel.**



COMMUNITY SUPPORT RESOURCES



Loss of a Loved One Support Group

TBD
First Tuesday of every month!
Chapel at 5 PM



Parkinson's Support Group Boxing with Donnie

Thursday, November 12- Monday November 23
Note day change due to the holiday
Second & Fourth Thursday of every month!
Vista Multipurpose Room at 2 PM
$10 fee to be paid at the door to Donnie.



Low Vision Support Group

Tuesday, November 8
Vista Library at 1 PM



Caregiver Support Group

TBD
Third Thursday of every month!
Chapel at 3 PM



Parkinson's Support Group

Tuesday, November 24
Last Tuesday of every month!
Chapel at 2 PM

COMMUNITY HEALTH RESOURCES

- **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

WINDBER LABS– OUTPATIENT LAB SERVICES

Winder Lab will offer outpatient lab services on the **2nd and 4th Tuesdays of each month, beginning October 13, 2026.** Services are available at **Davidsville Care Center from 7:00–7:30 a.m.** and **Cambridge Place from 7:30–8:00 a.m.** Please bring your prescription and insurance cards, and wear short sleeves. If you're going to the treatment room for lab work, please be aware that the doctor's office entrance will be closed during this period. You'll need to access the facility through the hallway of the Care Center, which is to the right of the chapel, behind the credit union. Look for the mosaic on the wall and follow the signage posted.



A SEASON OF GIVING



Barbara Cotchen,
Development Director and Executive Assistant to the CEO

Looking back on fundraising efforts so far this year, I am grateful for the generosity and support shown. Our annual golf outing at Winder Country Club was held at the end of September and was a tremendous success, raising over $39,000 for the Resident Caring Fund. I would like to extend my sincere thanks to our golfers, sponsors, volunteers, and donors who helped make the event such a success!

Coming up next, mark your calendars for our annual Christmas in the Village vendor show and Breakfast with Santa, Saturday, November 14th. This annual event brings our community together for a fun, festive day of shopping, horse and carriage rides, kids crafts and of course a visit with Santa! It's the perfect way to welcome the holiday season.

Proceeds of both of these events help support the Resident Caring Fund. This important fund is the heart of our mission and provides benevolent care to residents who, through no fault of their own, no longer have the financial resources to fully meet the cost of their care. When a resident's resources have been exhausted, the Resident Caring Fund can help ensure they do not have to leave the home they know and love.

As the holidays approach and the year draws to a close, we invite you to consider other ways to support Laurel View Village, and the Resident Caring Fund.

There are several ways to make a gift beyond writing a check or making a cash donation. For individuals aged 70 or older, a Qualified Charitable Distribution (QCD) from an Individual retirement fund may be an option. A QCD allows eligible individuals to transfer funds directly from their IRA to a qualifying charitable organization. When IRS requirements are met, the distribution may be exclude from taxable income and may count toward a required minimum distribution. See your financial advisor for more information. If you have questions about the Resident Caring Fund or other Laurel View Villages causes, or would just like to learn more, please let me know.

Happy Thanksgiving!

Barb

WOODSHOP NEWS

Did you leave a workshop- or perhaps a favorite wood-related hobby behind when you moved to Laurel View Village? You may be surprised to learn that LVV has its own resident woodshop.

Located in one of the garages behind Vista, the heated and insulated shop is well-equipped with a variety of quality power tools and can be enjoyed throughout the year.



A group of resident woodworkers is currently cleaning, organizing and revitalizing the shop to make it a welcoming and fully functional space once again. Laurel View Village is supporting their efforts, and more residents are invited to get involved.

Whether you're an experienced woodworker, willing to lend a hand, or simply interested in learning, we'd love to hear from you. Once the shop is ready, Plans also include offering beginner-level woodworking classes. More to come!

Interested in joining in or learning more? Contact:
Adrienne Mohr
(814) 205-6619

GINGERBREAD HOUSE CREATION CONTEST

America the Beautiful!

Let your creativity shine in our America the Beautiful Gingerbread House Contest! Create a gingerbread masterpiece inspired by your favorite American place, landmark, city, or state as we celebrate our nation's beauty and history.

All entries are due November 27th, and voting begins Monday, November 30th. Official rules and sign-ups are available at April Coval's office by the Village Café. Limited kits are available, so reserve yours today!



INDEPENDENT LIVING TOWNHOME HOUSEKEEPING UPDATE

Laurel View Village would like to share an update regarding housekeeping services for our Independent Living Townhomes. Due to a role change, Courtney Nicholson will be taking over housekeeping services from Sue Goncher. We're grateful to Sue for her care and dedication to the Townhome residents and thank her for the work she has done in this role.



Courtney Nicholson

We're pleased to welcome Courtney to the team and look forward to her serving our Independent Living Townhome residents. Sue will be moving into a new role as the Vista top-floor housekeeper. Please join us in thanking Sue for her service and wishing both Sue and Courtney success in their new roles!

Sue Goncher



LOOKING FOR A DEEP FREEZER?

Janet Braude is giving away her deep freezer at no cost. You must arrange and be responsible for moving it. Please contact Janet if you're interested.
Call: (814) 299-1839





Laurel View VILLAGE



Christmas IN THE VILLAGE

SATURDAY, NOVEMBER 14
9AM - 3PM

- **Craft Vendors**
- **Sleigh Rides**
  10am-2pm
  Donations Welcome
- **Santa Visit**
  12pm-2pm
- **Model Train Display**
- **Kids Crafts**
- **Food Truck**
- **Fresh Harvest Restaurant**
  Open for lunch.

2000 Cambridge Drive
Davidsville, Pa. 15928
814-288-2724

Laurel View VILLAGE



Breakfast WITH Santa

November 14, 2026
10am

$15 Adults
$10 Kids age 3-10
FREE kids age 0-2

Purchase ticket here or stop by our front desk (check only) from 9a-4p.

ACTIVITIES, EXCURSIONS, ENTERTAINMENT

Remember

Sign-ups are now through Uniguest on your mobile device or the kiosks!

Activities & Excursions Requiring Sign Ups

Don't miss out on the excitement—sign up today!

- Steeler Party (11/1 at 12:30pm in the Cambridge Activity Room)
- Market Basket Shopping (11/3 departing at 10:30am)
- Making Doily Pumpkin Canvas (11/3 at 1:00pm in the Vista Activity Room)
- Walk or Shop at the Galleria Mall (11/5 departing at 10:00am)
- Making Doily Pumpkin Canvas (11/6 at 1:00pm in the Cambridge Activity Room)
- Men's Breakfast (11/10 at 8:30am in the Fresh Harvest Restaurant)
- Walmart Shopping (11/10 departing at 10:00am)
- Veterans Day Parade (11/11 departing at 3pm)
- Ladies Mystery Lunch (11/12 departing at 11:00am)
- Dollar General Shopping (11/17 departing at 10:30am)
- Village Movie Night (11/18 at 6:00pm in the Cambridge Banquet Room)
- Ladies Day Out (11/19 departing at 9:30am)
- Van Gogh (11/20 at 10:30am in the Cambridge Activity Room)
- Ladies Breakfast (11/24 at 8:30am in the Fresh Harvest Banquet Room)
- Giant Eagle Shopping (11/24 departing at 10:30am)
- Westmoreland Mall, Casino, & DeNunzio's (11/25 departing at 9:30am)
- Charcuterie Board Making (11/25 at 6:00pm in the Cambridge Activity Room)



Musical Talents:

We have many great entertainers coming to campus to perform:

- Music with Doc Boys (11/3 at 2pm in the Chapel)
- Music with John & Nick (11/10 at 2pm in the Chapel)
- CT Band (11/11 at 11:00am outside the Vista Multipurpose Room)
- Music with John Larimar (11/16 at 2pm in the Chapel)
- Music with Bob Bretz (11/20 at 2pm in the Chapel)
- Music with Billy Stoppe (11/24 at 2pm in the Chapel)



Weather Recap at Laurel View Village

by John Cupps, TH Resident

September 2026 was wet and wild--we had 7.82 inches of rain and high winds. We had 17 rain days, and our highest daily rainfall was 2.04 inches. Our Average Maximum temperature was 73.4, and our Average Low temperature was 56.1 degrees. We had eight days in the 80's and our lowest temperature was 37.



LIFE ENRICHMENT & WELLNESS



Joe Shetler,
Life Enrichment and Wellness Manger

Steeler Game Day Party

Sunday, November 1
Cambridge Activity Room

Join us for another Village Steeler game day tailgate and party on Sunday, November 1st at 12:30pm! We will provide Hamburgers and are asking that you consider bringing something as well (covered dish, dessert, drinks, etc...) but not mandatory. Please signup if you would like to come watch the game.

Lunch & Learn

Wednesday, November 4 at 12:00 PM
Vista Multipurpose Room

Join dietician Megan Sensue & Joe Shetler for a wellness presentation and group quiz. 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.

Doily Pumpkin Canvas

Tuesday, November 3 at 1:00 PM
Vista Activity Room
Friday, November 6 at 1:00 PM
Cambridge Activity Room

Create a festive pumpkin canvas using doilies! Sign-up is required..





Veterans Day Ceremony & Luncheon

Wednesday, November 11
Vista Multipurpose Room

Veterans and their spouses are invited to participate in this year's Laurel View Village Veteran's Day Ceremony on Wednesday, 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 Wednesday, November 4th. 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.

Looking for Donations

We're collecting donations of blankets, quilts, and shawls for Veteran Community Initiatives to distribute to veterans in our region who are in need. If you have any items you'd like to donate, please place them in the boxes in the activity rooms labeled "Blankets for Veterans". Every contribution is appreciated—thank you for supporting our local veterans!.



LIFE ENRICHMENT & WELLNESS

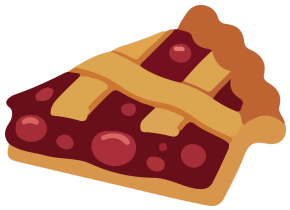


Light Up Night
Thursday, November 12 at 6pm
Vista Main Entrance
Help us usher in the holiday season on Thursday, November 12th in front of the Vista Main Entrance. At 6pm we will be counting down to turn on our holiday light display, singing Christmas carols, and enjoying some hot chocolate and cookies. Christmas in the Village will then take place on Saturday, November 14th from 9am to 3pm.



Village Movie Night
Wednesday, November 18 at 6pm
Cambridge Banquet Room
Featuring: American Underdog
American Underdog tells the incredible true story of Kurt Warner, from stocking shelves to Super Bowl champion. A powerful story of faith, family, and never giving up.
Rated: PG

Baking Pies
Thursday, November 19
10:00 AM–2:00 PM in the Vista Activity Room
1:00 PM in the Cambridge Activity Room
Join us for a fun, festive baking activity as we prepare pies together! The pies will be passed out to residents and staff the following day.





Easy Crafting: Rustic Cookie Cutters
Tuesday, November 24 at 1:00 PM
Vista Activity Room
Join us for a fun crafting session and create rustic cookie cutter decorations to add a cozy, festive touch to your home—or make one to give as a thoughtful homemade gift!

Charcuterie Board Making
Thursday, November 26 at 6:00 PM
Cambridge Activity Room
$10 paid to Emily Fuska
Create your own delicious charcuterie board with meats, cheeses, fruits, crackers, and other goodies. The $10 participation fee covers the wooden board and all the ingredients. It's a great addition to bring to Thanksgiving dinner the next day!





Indoor Bocce
Our winter Bocce league will begin in January. Games will take place in the afternoons in the Cambridge Banquet Room. Transportation from Vista to indoor Bocce will be available every Monday. Please sign up if you would like to participate.

THE HISTORY OF LAUREL VIEW VILLAGE

Written by Townhouse Resident Janet Mayer

On November 24, 2026, Laurel View Village will celebrate 34 years of a Christian commitment to provide an environment that establishes independence, freedom, personal dignity and care for senior residents in the Cambria and Somerset areas. The continuous care community opened its doors on November 24, 1992 with the Health Care Center admitting the first resident exactly 365 days after the ground breaking ceremony.

In 1981, the seed of the idea for a senior facility was first planted by a group of eight Mennonite Minsters that met on a regular basis to discuss church issues. One of the subjects that was at the top of the list was that many of the of Mennonite churches had aging congregations plus a large population of seniors in the Cambria and Somerset areas. Their practical answer to the problem seemed to be to build a Mennonite Retirement Home.

In order to became familiar with Mennonite retirement facilities in Pennsylvania, several of the pastors had earlier made numerous trips to Willow Valley located in the Lancaster areas and Menno Haven in Chambersburg. Based on their gathered information the decision was made to build a Christian Affiliated community near the borders of Cambria and Somerset Counties.

A committee of three was formed to research if such a project would be a feasible, and over the next 18 months, the committee investigated additional church retirement communities and acquired information for the development of a project that might prove to be an enormous project to accomplish.

The committee took on the early task of meeting the residents in the Davidsville area in April 1982. The 75 people that attended proved to be in favor of the project and encouraged the committee to pursue the construction of the facility.

In 1983, the committee determined that the project would be too complex and large for just the eight Mennonite churches to accomplish, and the original idea of a Mennonite Retirement Community was extended to include all faiths. The goal was to form a community based interdenominational Christian facility to care for the area's senior population and it also gave the other churches an invitation to join the project.

Alleghany Christian Ministries, Inc. (ACMI), a non-profit corporation, was established to continue the efforts of the committee, and an original board of seven directors was formed of individuals that were committed to the project and creating a constitution and bylaws. Their duties included designing and naming an appropriate facility and also preparing and acquiring permits from the state, raising funds for the project and also purchasing land for the facility.

Two sites had been chosen in the area for the facility and on a cold day in January 1983, several members of the of new board of directors waded thru eight inches of snow with 25 mile-an-hour winds at their backs to consider the Herbert Yoder Farm near Davidsville. It had been a favorite pick for the project, but it was eliminated because of the elevation and some other concerns.



THE HISTORY OF LAUREL VIEW VILLAGE- CONT.

The second site was nearby and had originally been part of the 80-acre Stoney Hollow Farm owned by the Harshberger Family since early 1886. The property had been strictly used for agriculture for 73 years until John M. Dovey, a coalmine owner and operator, purchased the farm that was near one of his mines in 1959. He had offered the board a 46-acre tract for $84,000, and the offer was accepted.

According to board member, Bob Barrett, Dovey had originally bought the property for a housing development with lots and streets given names like Cambridge, Vista, etc. For some unknown reason the development plans never became a reality, but the names of the streets have stayed the same on the campus of LVV.

After the land had been purchased, and the planning stage seemed to be moving toward the project becoming a reality, an appropriate name was needed for facility. Since the site had a scenic view of the Laurel Highlands from most vantage points on the property, it was decided the name should be Laurel View Village.

It was obvious that fund-raising efforts, along with paperwork for the state, needed to be put in process before any construction could begin. Meanwhile, the board was trying to raise funds through various sales and fundraisers that were not producing the kind of resources needed for the project.

In 1986, the ACMI board hired a planning consultant, who established fund-raising efforts with community businesses that proved to be successful as well as securing a large donation that helped the project to move forward. In 1988 a contract was negotiated with the Retirement Management Company in Laurence, KS. (RMC) that agreed to take over the project. Shortly after a meeting with the AMCI board, they recommended the reversal. of the original design of the project from independent living to building a health care and personal care that were more in demand in the area. The plans were altered and RMC filed for a certificate of need (CON) from the state that was contested by another nursing care facility in Somerset County, however, the state denied that complaint and the project was granted permission to move forward.

In 1991, Barrett, a former member of the ACMI board, suggested that they should pursue a meeting with Lee Hospital in Johnstown to add them as an informed partner with experienced health care professionals and to secure additional funding. After early discussions, a joint venture was formed with ACMI, and Lee Hospital with both having equal seats on the board. It was agreed that Lee would be the LVV's referring hospital, and they would build an outpatient center on campus, along with contributing $650, 000 to the construction fund.

In 1998, Lee Regional Care Center opened a Health Care Center on the campus providing onsite medical care and outpatient services for LVV residents as well local residents. In 2005, Conemaugh Health System purchased Lee Hospital and because of Lee's affiliation with ACMI, Conemaugh donated the Care Center to LVV.



Have something you would like in the newsletter? Send it to Emily Fuska at efuska@lvv1.com!

FRIENDSHIP THROUGH THE YEARS



Dawna Hahl (TH), Lois Wicks (HC), and Nancy Snavely (PC)

Written by Rachel Wachter

I'm sure many of you are familiar with Lois, who faithfully writes the religious column in Healthcare's newspaper. What you may not know is that Lois also serves as one of my unofficial reporters! I'm constantly asking her, "Lois, what do people want to read about? What questions are people asking? What rumors are you hearing out there?" Every now and then, she comes to me with a little nugget of information, a question, or an idea, and before you know it, we have another topic for the newspaper.

A few weeks ago, Lois came rolling into my office with that familiar look on her face and said, "I want to run something by you and see what you think." I'm not entirely sure I've ever told Lois no, so I had a pretty good feeling we were about to have ourselves another newspaper story!

As she began telling me about a group of friends whose lives had intertwined over the years, I quickly realized this wasn't just another story idea. This one was personal. I noticed the twinkle in her eyes and the excitement in her voice as she shared a lifetime of friendship, laughter, experiences, and connections that had stood the test of time. And perhaps the most remarkable part? After all those years, life's twists and turns had brought these friends right back together, this time as neighbors at Laurel View Village.

I couldn't help but think about how special that really is. We spend our lives meeting people, building friendships, moving in different directions, and creating our own stories. Yet every once in a while, life has a beautiful way of bringing those stories back together. As Lois continued, I realized that what made this story so special wasn't simply that these friends had found themselves living in the same community. Their friendship had never really ended; it had simply continued into another chapter.

If there's one thing I've learned working in aging services, it's that growing older doesn't mean leaving the best parts of life behind. Sometimes, it means getting the opportunity to enjoy them all over again. Thanks to Lois and her enthusiasm for sharing the stories of those around her, we have the pleasure of bringing you something a little different. We hope you enjoy this glimpse into a friendship that has spanned the years, survived life's many changes, and found a familiar place to continue right here at Laurel View Village.

FRIENDSHIP THROUGH THE YEARS- CONT.

There is something truly remarkable about friendships that stand the test of time. For Lois Wicks, Nancy Snavely, and Dawna Hahl, friendship is more than an occasional visit or a familiar face. It is a connection that stretches back decades, filled with neighborhood memories, card games, family gatherings, and countless conversations. Years ago, their lives crossed paths in the Upper Yoder area, where neighbors became friends through everyday experiences.

Lois fondly recalls the years when she and her husband, Dan, spent evenings playing pinochle with Nancy and her husband, Bob Snavely. Their friendship wasn't built around elaborate plans or special occasions; it was built around simply enjoying one another's company. The friendships extended beyond the neighborhood, too. When Nancy and Bob traveled to Florida, they would sometimes stop to spend a day or two visiting Lois and Dan in Myrtle Beach.

As time passed, life naturally led everyone in different directions. Families grew, homes changed, and opportunities to gather weren't always as frequent as they once had been. But sometimes life has a beautiful way of bringing people back together. Today, these longtime friends once again find themselves sharing a neighborhood—although it looks a little different than the one they remember. Their neighborhood is now Laurel View Village: Dawna Hahl resides in the Townhomes, Nancy and Bob Snavely live in Personal Care, and Lois, who previously lived in Cambridge, now resides in the Healthcare Center. Different addresses and levels of care, but the same familiar friendships.

Some friendships are simply meant to last a lifetime. For three longtime friends, the years may have brought new homes, changing circumstances, and different chapters of life, but one thing has remained constant.... the special bond they share.

A Lunch That Became a Lasting Memory

One day, Lois and Nancy were chatting on the telephone when Lois had an idea. "Why don't you come out and have lunch in the dining room at the restaurant here in Cambridge?" she suggested. What began as a simple invitation soon grew into something more. The ladies thought of other friends they would enjoy seeing, and before long, five longtime acquaintances had gathered around a table at the restaurant.

There was plenty of catching up to do. After lunch, nobody was quite ready for the afternoon to end, so the group moved into the Fireplace Room, where conversations continued and memories were shared. At some point, someone suggested taking a picture. It was a simple photograph of five friends enjoying an afternoon together—no special occasion or elaborate celebration, just friends happy to be in one another's company. Eventually, the afternoon came to an end and everyone returned home, but the story of that photograph was only beginning.

FRIENDSHIP THROUGH THE YEARS- CONT.

More Than Just a Photograph

When Nancy brought the picture home, her husband, Bob, had an idea. A craftsman by profession, Bob had the skill and creativity to turn an ordinary photograph into something extraordinary. He carefully created silhouettes of the friends, reinforced them, mounted them onto a piece of wood, and varnished it to create a beautiful, lasting keepsake.



Bob shown here with his creation

What might otherwise have become another photograph tucked away in a drawer was transformed into artwork that could be proudly displayed. Lois still smiles when she talks about Bob's creation. She reflects that pictures often end up forgotten among countless others, but Bob's creation was meant to be displayed, enjoyed, and remembered. Perhaps that is what makes the gift so special: Bob didn't simply preserve a photograph; he preserved a moment in time—a moment when five friends gathered around a table, shared stories, laughed, and enjoyed being together.



Dawna Hahl second from left Nancy Snavely Third from Left , and, Lois Wicks Fourth from Left shown here on the statuate made by Bob Snavely

The Beauty of Coming Full Circle

Of the five friends pictured that afternoon, three now share life at Laurel View Village. The other two have since moved elsewhere, and the group has gradually lost touch with them. Yet the connection among Lois, Nancy, and Dawna remains. Their story is a reminder that moving into a retirement community doesn't mean leaving the past behind. Sometimes, it means rediscovering parts of that past in unexpected and wonderful ways.

For these three women, Laurel View Village represents more than a place to live. It is another chapter in a friendship that began long before they imagined they would someday call the same retirement community home. The conversations may now take place in a personal care room instead of around a neighborhood kitchen table, and visits may happen in the Lobby rather than during an evening of pinochle. But the laughter, memories, and comfort of familiar faces remain.

Somewhere in a healthcare room is a wooden keepsake, lovingly created by Bob, reminding them of one particularly special afternoon. Years ago, they were neighbors who became friends. Today, they are friends who have become neighbors once again.

PUMPKINS 101!



Megan Sensue,
Registered Dietitian Nutritionist

I am a type of fruit that is plump and rounded with texture and ridges. I am also glossy and uniquely shaped. You primarily see me during the fall. What am I? if you guessed pumpkin, congratulations, you are correct! Today we will be talking about some of the history behind pumpkins as well as their overall nutritional value as well as some ways to prepare and consume them.

Pumpkins are members of the squash family, specifically the Cucurbita family. The word, “pumpkin” traces back to the Greek word “pepon” meaning, “a large melon.” Pumpkins have been around long before our time. The Native Americans grew and ate pumpkins along with their seeds long before the Pilgrims reached America. The Pilgrims learned how to grow and prepare pumpkins from the Native Americans. Pumpkins come in all different shapes and sizes. There are over 90 different types of documented pumpkin varieties. Did you know that the biggest pumpkin on record was over 2,000 pounds, grown in 2019 by a man located in Clarence Center, New York, how crazy is that?

Nutritionally, pumpkins contain high amounts of a nutrient called beta-carotene which is a type of carotenoid that gives the pumpkin its bright color. The beta-carotene becomes converted into vitamin A which helps to support healthy vision and immune function. Also, pumpkins are a good source of Vitamin C. This vitamin helps to support overall skin health, immune function, and is something that is essential for collagen production. Collagen is the most abundant protein in the human body which does a lot for us!. It provides structure and strength to our bones, tendons, ligaments, blood vessels, and organs. The pumpkin seeds provide a good source of fiber and mono-unsaturated fats which are good for overall heart health.

Pumpkins can be consumed in a variety of ways such as sweet treats, savory dishes such as in soups/sauces, or even in drinks etc. There are also other edible parts of the pumpkin. The pumpkin flowers which can be sauteed or used in salads. The pumpkin leaves can be stir-fried or sauteed. Check out some of our pumpkin flavored menu items today!



MICROWAVE MUG OMELETTE

Prep Time:	Cook Time:	Total Time:	Servings:
5 minutes	5 minutes	10 minutes	1 serving



Ingredients

- 1 tsp salted butter
- 1 tsp shallot
- 2 eggs
- 1 tbsp parsley (finely chopped)
- 1 tbsp sweet red pepper (finely diced)
- 1 tbsp chives (chopped)
- 1 tbsp cheddar cheese (grated)

Substitute or add any ingredients of your choosing!

Instructions

1. Put the butter and chopped shallot into a microwavable mug. Cook for 30 seconds, remove from the microwave and stir. Let the mug cool down a little, then swish the butter and shallot around the mug to coat the sides lightly.
2. In a bowl or jug, beat the eggs with a fork, then add the parsley, peppers, chives, cheese and a small pinch each of salt and black pepper.
3. Pour the egg mixture into the mug and return it to the microwave, cook for 20 seconds. Next, open the microwave and stir the egg, repeat the cooking for 20 seconds and stir again. Finally, cook for another 20 seconds, during which time the egg will start to set.
4. Remove the mug from the microwave and let it stand for 1 min. If the omelette is not set enough for you, put it back in on 50% power for no more than 20 seconds.

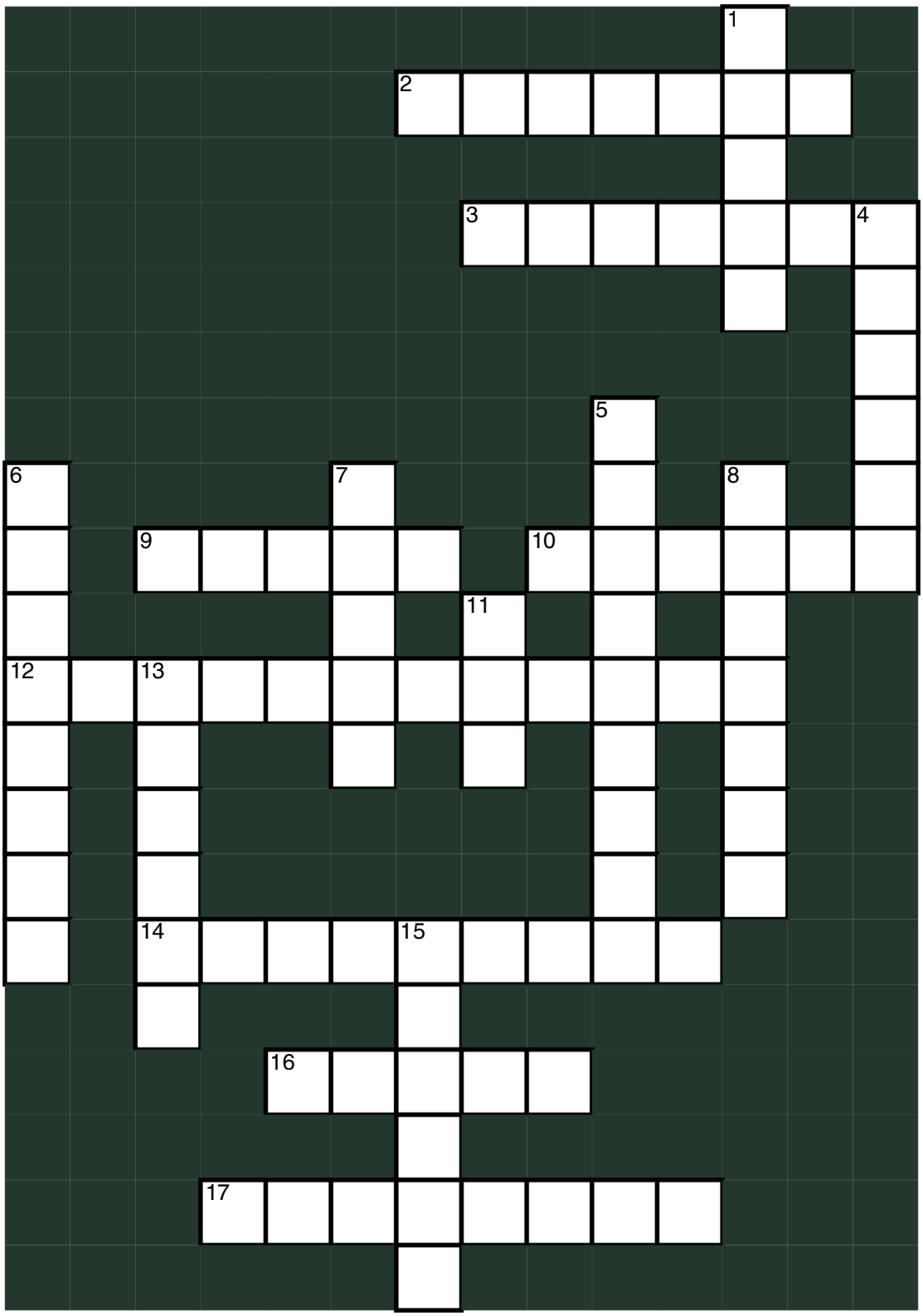
NOVEMBER CROSSWORD

ACROSS

2. Orange squash used in pies and decorations
3. Gathering of crops at the end of the growing season
9. Nut that grows on an oak tree
10. People related to one another
12. November holiday centered on a meal and gratitude
14. Ship that carried the Pilgrims to America
16. A large, special meal
17. The month that includes Thanksgiving in the United States

DOWN

1. Apple drink often served warm in fall
4. Bird commonly served at Thanksgiving dinner
5. A feeling of thankfulness
6. Sport often watched on Thanksgiving
7. Thin layer of ice crystals on a cold surface
8. One of the English settlers remembered at Thanksgiving
11. Dessert often served with Thanksgiving dinner
13. Another name for the fall season
15. They change color and fall from many trees



CROSSWORD SOLUTION

ACROSS

2. Pumpkin
3. Harvest
9. Acorn
10. Family
12. Thanksgiving
14. Mayflower
16. Feast
17. November

DOWN

1. Cider
4. Turkey
5. Gratitude
6. Football
7. Frost
8. Pilgrim
11. Pie
13. Autumn
15. Leaves

