



Villas Experience

Volume 16: Issue 9

September 2024

Special points of interest:

- Labor Day Picnic...2nd
- Building & Roads...9th
- Clubhouse Comm.10th
- Social Comm.....11th
- Grounds Comm....16th
- Board Planning.....19th
- Budget Meeting...23rd



At the end of this year, the terms for 3 Board members will expire. We will need at least 3 Villas of Arden Mills residents to submit their names for election to serve for a 2-year term of office.

Please consider serving your community as a Board member. For more information, please contact any Board member today!

Mike Fragello	Janet Burt	Ron Pancari
724 554-6621	412 849-3854	502 422-2453

Marcia Rossi	Ken Porter
940 867-7255	941 713-9108

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Reminder

When you are contacted by our community nominating committee, please please seriously consider serving by accepting nomination for the 2 yr. term beginning January 2025. We still need two more nominees.

**Thank You
Janet Burt**



Volunteering article from Observer Reporter

After retiring from 35 years as a teacher, Jeff Kellert began volunteering as a tutor and helped with monthly dinners at his synagogue. Later he got certified to lead support groups every other week for the national mental health alliance, an organization for relatives of people with mental illness. Altogether Kellert 71 volunteers about 30 hours a month. The experience keeps him active, but just as important, he said, it has led to new friendships and a sense of purpose I never expected in retirement. "That together with a good sense of esteem and self-confidence - I feel like I'm doing something productive" said Keller of Albany, NY. "Retirements not what it used to be, sitting on your rocking chair, knitting. It is so much more."

Volunteering also may help him live longer, providing what various studies shown are a variety of health and psychological benefits. Jacqueline Stevens, a developmental-health psychologist at the nonprofit Mather Institute in Evanston IL, researches how to age well. She said volunteering would be good even if it didn't have so many benefits. "But it just so happens that it does and especially for older adults" she said.

The health benefits of volunteering Eric S Kim, a psychology professor at the University of British Columbia, Vancouver said his research has found a connection between volunteering and more positive emotions, less loneliness and more social support. "These things have downstream effects such as increased healthy behaviors, as well as increased healthier biological functions such as reduced inflammation." said Kim. It's not just older adults who benefit, though they are the most studied group. Stevens noted that some types of volunteer opportunities, like loading boxes at a food bank, include physical activity. But the work doesn't have to be physical to be beneficial, he said. "It's kind of like exercise, that the best kind of volunteering is the one you actually do." he said. noting that the only risk is over committing, which would negate healthy benefits. "It's not good to be stressed out about your volunteering commitment,"

How to get started volunteering Steven said many people might not volunteer because at first they only think of a few common options they that don't appeal to them, like tutoring or providing food to the needy. Instead she suggests reaching out to your social network to learn about opportunities that others have enjoyed. Doing so helps to vet an organization for a good environment for volunteers and encourages people to get involved with a friend or relative in ways that deepen their bonds.

Kellert recommended simply searching for volunteer opportunities in my town, but he also suggested doing a little soul searching before you retire. A lot of times it's right in front of you he said, "What do you love? What do you want to do? And now you can do that."

Building and Roads Ron Richards
article from Observer Reporter

2024 Asphalt Activity – Driveway Replacements.

Tarbuck Paving wrapped up the driveway work on August 16th. On August 20, Mow, Mulch & More began backfilling the new asphalt with topsoil and seeding. They also contour with the adjacent landscape. Residents have been asked to water this new landscape daily if Mother Nature does not until the new grass cover appears. And the final activity for these new driveways will be a seal coat that will be applied next year after this new asphalt has had a chance to cure.

2024 Asphalt Activity – Street Work.

Hopefully by the time you read this, all asphalt work on the Streets will have been completed.

Tarbuck began the street work on Pine Brook Court & upper Fair Meadow Drive on August 23rd. The milling of the surface was the first step and is now complete. An inspection of the surface after milling revealed 3 small sections that will need repaired prior to the new topcoat being installed. On Monday, August 26, these base repairs will be made. The logistics for the paving work are complicated and weather dependent. Residents are kept informed by periodic emails. The paving is scheduled for Tuesday, August 27 for Pine Brook Court and Wednesday, August 28 for upper Fair Meadow Drive. Following the paving, Mow, Mulch & More will begin to backfill and adjust the landscape around the new asphalt. This will include the backfill of the driveways on Pine Brook Court, which had to wait until the street work was completed there. Again, please supplement Mother Nature's rain with watering as needed.

2024 Building Inspections – Paint work.

We have completed inspecting Buildings 34 thru 43, all located in Phase II. Ron Belensky, our resident professional painter, is well along with the paint work. Of the 10 Buildings in this year's inspections, Ron B only has 4 more to complete. For Courtyard Units, he needs access to the courtyard area and will contact you to schedule his painting. We are painting your courtyard areas, garage areas and entry areas of all units. For Canterbury/Abbey Units, we are continuing our project to complete the painting of your sunrooms, garage areas and entry.

2024 Building Inspections – Vinyl Siding Cleaning

Vinyl siding cleaning will be scheduled following the painting. Anyone that wants their vinyl siding cleaned while our contractor is on site at your expense, should provide an email to kayrichards50@comcast.net. Premier Power Cleaning is our contractor.

Social Committee

Valerie Cicconi

Thank you to all who participated in the Ice Cream social, we had a great crowd. Appears everyone had a good time. Thank you to Barb Bender for calling bingo for us. She did a great job and played games I never even heard of.



Our next event will be our Labor Day picnic social, on Monday, September 2nd. The signup sheet is in the mail house. Unfortunately, I know this newsletter is coming out right before the event so if you didn't get to sign up please call Valerie at 917-445-4812 and let us know you want to attend so we have enough hotdogs and hamburgers. We are planning on having DJ Mike, spin tunes for us hopefully outside if the weather permits. We also plan to have games set up for anyone who wants to participate in a little competition for Cornhole, Ball toss, etc. Or just be a spectator and cheer the participants on. Should be good for a laugh or too.



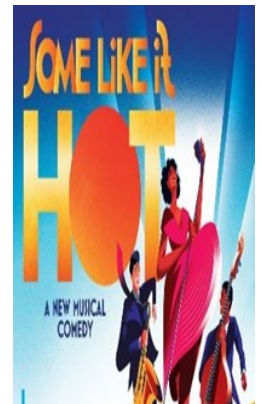
Ladies get ready for our night!

Tuesday, October 8th will be our annual ladies night.

Theater Outing

Karen Neubauer

Some Like It Hot Who says they don't make great big musical comedies like they used to? Some Like It Hot brings one of Hollywood's greatest comedies to new life on the Broadway stage. Don't miss the chance to join this fast-paced, sassy, brassy cross-country romp, as two best friends run for their lives – and find true love where they least expect it. Coming to the Benedum theater. **Performance Date:** : Wednesday, April 16, 2025, 5:45 PM at the clubhouse to catch the bus. **Price:\$ 132.00 each. Deadline: Wednesday, Oct. 9**



Checks should be made payable to Karen Neubauer, and sent to 537 Fair Meadow Drive. Remember there are only 14 seats available, so don't delay in registering.

WELCOME

You may have noticed a new individual walking up and down Fair Meadow Drive. He happens to be a our new resident:

James Bedillion of 404 Pine Brook Court.

Please give him a warm welcome.



Jay and Joyce Rush moved to the Villas of Arden Mills on August 9th to be near family. They came from a 55+ community in the State College area.

Jay grew up on a Washington Co. farm near West Middletown. Joyce lived on Neville Island until age 6 when her family moved to Virginia. They met at Penn State.

They have two married sons. Dale lives on the home farm, and Mike lives in Johnson City, TN. We enjoy our two grandchildren (one to each son).

Jay was in the Army for 3 years and his career was with Farm Credit. Joyce worked as a church secretary for 10 years, then worked in marketing.

For the last 21 years they have spent their winters building homes with the RV Care-A-Vanners of Habitat for Humanity.

Most of our boxes are unpacked and one car can fit in the garage, so we can now look forward to meeting our new neighbors. They are at 313 Millcreek Lane.



Bible Study

Karen Neubauer

Bible Study meets on the first and third Wednesday each month! Come and see, hear, and learn what God wants to say to us today! We are continuing in our study of Revelation - at Chapter 9 - almost half way through!! Lots of exciting things that are current and relevant to us in our every changing world. All are welcome to join. Contact Karen Neubauer (724)229-6977 or Karenneubauer@msn.com to get the chapter notes to review Hope too see you there!