As the youngest of seven children growing up in Pittsburgh, Pennsylvania, Mildred Cabot was not accustomed to being the first of anything. That all changed in the fall of 1986 when Ms. Cabot became the first woman to live at the PA Soldiers’ & Sailors’ Home (PSSH). Ms. Cabot qualified by serving in the Army Air Force during WWII and before and after the Korean War. She worked in statistical control.

Prior to her residency at PSSH Ms. Cabot lived at the state veterans’ home in Hollidaysburg, PA but wanted to be closer to her three children in Ohio and other relatives in nearby Meadville, PA. The feeling of welcome surrounded her immediately as she walked into the lobby. Residents and staff anxiously awaited her arrival and proclaimed her significance, everyone knew her name.

Ms. Cabot assimilated to life at PSSH with ease. She spent her mornings working in the Canteen and participated in crafts along with her own hobbies in the afternoon that included doing needlework, reading the Bible, watching television, and listening to music. In an Erie Morning News article published shortly after her arrival Ms. Cabot remarked “What I have done is try to take part in everything that goes on. I don’t expect anything special. I’m just another veteran and I think they realize it...I’m here to stay!”

Today PSSH is home to 29 female residents.
Spring is just around the corner or so says that groundhog “Punxsutawney Phil”. I am not sure about everyone else, but I am looking forward to the change in weather. Overall, the winter weather has been quite decent considering it is the beginning of March, and we have seen about 50” of snow for the season thus far.

February...the month of “Love”. We enjoyed a Valentine’s Day party on the 14th, Celebrated President’s Day with fan favorite “Steppin Pappy” on the 17th, kicked off Mardi Gras with Fat Tuesday on the 25th, beginning of lent is on Ash Wednesday, the 26th and finally, we want to wish all the leap year babies a “Happy Birthday” on the 29th. We continued to enjoy many concerts, luncheons, bingo, spaghetti dinner and an Otter’s game all month long.

March...the month of “Luck”. On March 8th, we “Spring Forward” an hour. A sure sign of spring. March 17th we will celebrate St. Patrick’s Day,

Renovations...The Lincoln stained glass project had a small delay, but here’s hoping it is going to be completed soon. Chapel is complete and beautifully done as expected. I am anticipating the chapel dedication in the near future.

Safety reminder for March: With the transition into spring and the daylight being longer, people are more apt to be outside enjoying the sunshine and warmer temperatures. Be on the lookout for pedestrians and even the furry ones in and around the facility. Drive slowly. The posted speed limit is 10 mph. We want to prevent any unnecessary accidents from occurring.

Our “Caught You Caring” employee of the month is Carlisha Harris. You can find Carlisha in nursing on first shift. Carlisha is a great asset to our PSSH team. Thank you for everything you do for our resident’s, families and staff!

One last thought...”No one in this world is pure & perfect. If you avoid people for their mistakes, you will be alone in this world, so judge less & love more.”
## March Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Month</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thomas Schreffler</td>
<td>March</td>
<td>2</td>
</tr>
<tr>
<td>Francis LaGrandeur</td>
<td>March</td>
<td>5</td>
</tr>
<tr>
<td>Charles Ohl</td>
<td>March</td>
<td>12</td>
</tr>
<tr>
<td>Marie Nathal</td>
<td>March</td>
<td>13</td>
</tr>
<tr>
<td>Patrick Tomczak</td>
<td>March</td>
<td>17</td>
</tr>
<tr>
<td>Helene Grucza</td>
<td>March</td>
<td>20</td>
</tr>
<tr>
<td>James Brindle</td>
<td>March</td>
<td>26</td>
</tr>
<tr>
<td>Charles Martin</td>
<td>March</td>
<td>28</td>
</tr>
<tr>
<td>Clement Buseck</td>
<td>March</td>
<td>29</td>
</tr>
<tr>
<td>Joseph Torok</td>
<td>March</td>
<td>31</td>
</tr>
</tbody>
</table>

---

### Phyllis Meeks: Nursing Care Unit (NCU) Resident of the Month

Phyllis Meeks is originally from Buffalo, New York. Ms. Meeks has two sons, one grandchild and one great-grandchild. Ms. Meeks enjoys spending time at home and one of her favorite hobbies includes making spaghetti sauce. Ms. Meeks enjoys dancing to all types of music! The next time you see Phyllis Meeks be sure to congratulate her on being nominated NCU Resident of the Month!

---

### Betty Perkins: Personal Care Unit (PCU) Resident of the Month

Betty Perkins is a veteran of both the U.S. Army and U.S. Navy with 25 years of combined service. Originally from Dakota, West Virginia, Ms. Perkins enjoys the outdoors where she loves to hunt, fish, and hike. Throughout her career Ms. Perkins has always found ways to give back to her community. On election days she would work at the polls and served as a firefighter with the Westlake and Westridge Fire Departments. Ms. Perkins also worked at Presque Isle State Park at the Lighthouse and on the pontoon boats.

When you pass by Betty Perkins be sure to congratulate her on being nominated as the Personal Care Unit Resident of the Month!
Preview of March’s Activities

Thursday, 3/12, 2:30 pm, Music by Rick Bruening (NHDR)
Friday, 3/13, 2 pm, Pi Day Social w/ Shani Bills (NHDR)
Saturday, 3/14, 9:00 am, Morning visits
Monday, 3/16, 2 pm, Sing-a-long w/ Angelo (NHDR)
Tuesday, 3/17, 2 pm, St. Patrick’s Day Happy Hour (NHDR)
Wednesday, 3/18, 2:00 pm, Music by Blue Razz Trio (NHDR)
Thursday, 3/19, 1:30 pm, Spring Craft (AR)
Friday, 3/20, 2:30 pm, Music by Elizabeth Tomcho (NHDR)
Saturday, 3/21, 10:00 am, BINGO Luncheon: Edinboro/McKean VFW (NHDR)
Monday, 3/23, 2 pm, BINGO (NHDR)
Tuesday, 3/24, 9:00 am, Crazy Knitting (Unit B)
Wednesday, 3/25, 2 pm, Birthday Party (NHDR)
Thursday, 3/26, 2:30 pm, Music by Beth Edwards (NHDR)
Friday, 3/27, 3:15 pm, Boot Camp (AR)
Saturday, 3/28, 10:30 am, Current Events (AR)
Monday, 3/30, 2 pm, Music w/ Angelo (NHDR)
Tuesday, 3/31, 1:30 pm, Afternoon Movie (NHDR)

TAPS

2/11/2020    Sarah Addessi
2/12/2020    Joseph Sweeney
2/16/2020    Samuel Rodgers
2/29/2020    Clifford Moon

Newsletter Info

If you have an idea or would like to contribute to the next newsletter, please contact:

Ken Vybiral
Volunteer Coordinator
(814) 878-4961
kvybiral@pa.gov
New Residents

The PA Soldiers’ & Sailors’ Home would like to welcome our new residents:

Bernard McCullough  2/6/20
Roy Burrows  2/6/20
Phyllis Meeks  2/7/20
Marie Nathal  2/20/20
Alderic Nathal  2/20/20
Clifford Moon  2/27/20
Gale Winne  3/4/20

Want to keep updated on DMVA? Follow us on these social media platforms!

Search “Pennsylvania Department of Military and Veterans Affairs” on any of those sites to connect with us and see the latest news, pictures and videos from DMVA.