



# News & Views

August 2024



## Executive View

**Farmers Market Week**  
*August 4–10*

**National  
Championship  
Chuckwagon Race**  
*August 24–  
September 1*

**Professional Speakers  
Day**  
*August 7*

**Bowling Day**  
*August 10*

**World Honey Bee Day**  
*August 17*

**Mail Order Catalog  
Day**  
*August 18*

**Kiss and Make Up Day**  
*August 25*

**Pony Express Day**  
*August 25*

**Eat Outside Day**  
*August 31*

Happy 29th Birthday Edgewood Summit! Another year has rolled around for Edgewood Summit, and we just celebrated with all our Residents another wonderful year. The Anniversary Party held on July 17th was filled with great fun, delicious food, and incredibly talented entertainment. The Residents always tell me how wonderful our parties and celebrations are, and this one was no exception.

We thank the many members of the Edgewood Summit Team for making our celebration so special. The Lifestyles, Dining and Marketing teams and the supporting teams of Housekeeping and Maintenance. Our leaders from each of those teams deserve a round of applause – Michelle Romine, Patrick Crouse, Cherie Litton, and Greg Faber. Thanks for your leadership and your fantastic team members.

Please accept my thanks and gratitude to the Residents, the Families, the Staff, and the Board of Directors who all help contribute to make Edgewood Summit such a successful community. We are proud of the services provided and we work hard every day to ensure our Residents feel cared for and cared about. Let's make every day feel exceptional.

We are Edgewood Summit Strong!

Gratefully,

*Diane Gouhin,*  
Executive Director



## WVU OLLI SUMMER CLASSES

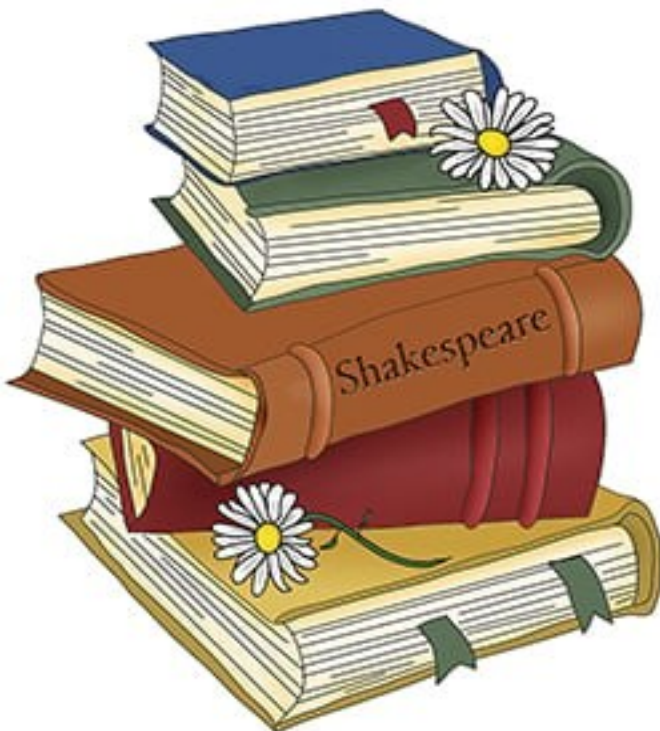
Osher Lifelong Learning Institute at WVU provides programs and educational opportunities designed for adults 50 and older. Free from the pressures of tests and grades, this is learning simply for the joy of it. Check out some of the summer program.

**Thursday, August 1, 2024**

**10:00 a.m. – 12:00 p.m.**

### **William Shakespeare for Fun and Profit (Bob Harrison)**

William Shakespeare was not only a literary genius but a financial genius. This class demonstrates his levels of literary and financial expertise. Bob Harrison earned his PhD from American University in Washington D.C. Dr. Bob enjoys sharing his love of Shakespeare with OLLI members.



**Monday, August 12, 2024**

**1:00 – 3:00 p.m.**

### **12 Oils of the Bible (Jane Smith)**

The Bible contains information which our ancestors might have used about oils and their importance. Each of the 12 oils has a particular importance and can be used to better our health and reduce our pain. All the oils have a fascinating and long history. Participants will experience some of the aromas. Jane Smith worked as a career counselor for over 35 years supporting individuals in career choices. She provided individuals and group counseling and workshops for people to make decisions about their future.

**Tuesday, August 27,**

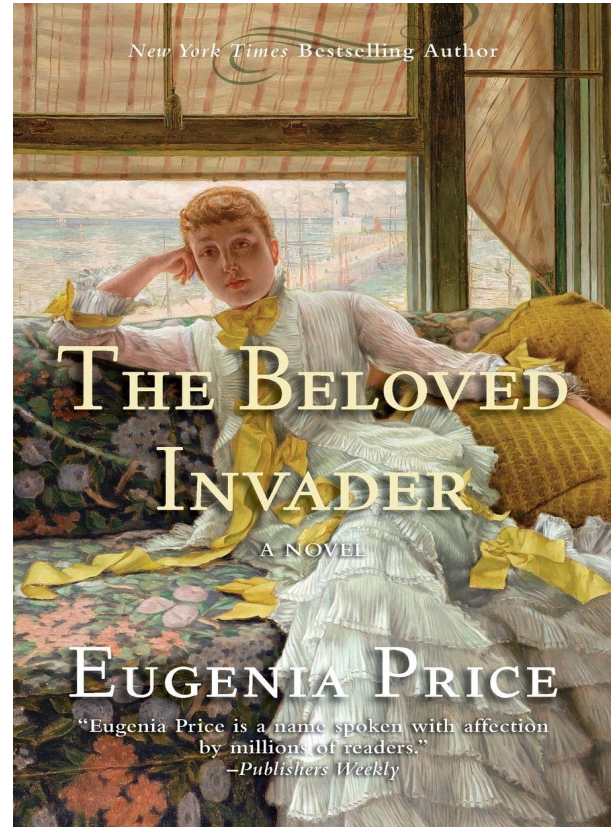
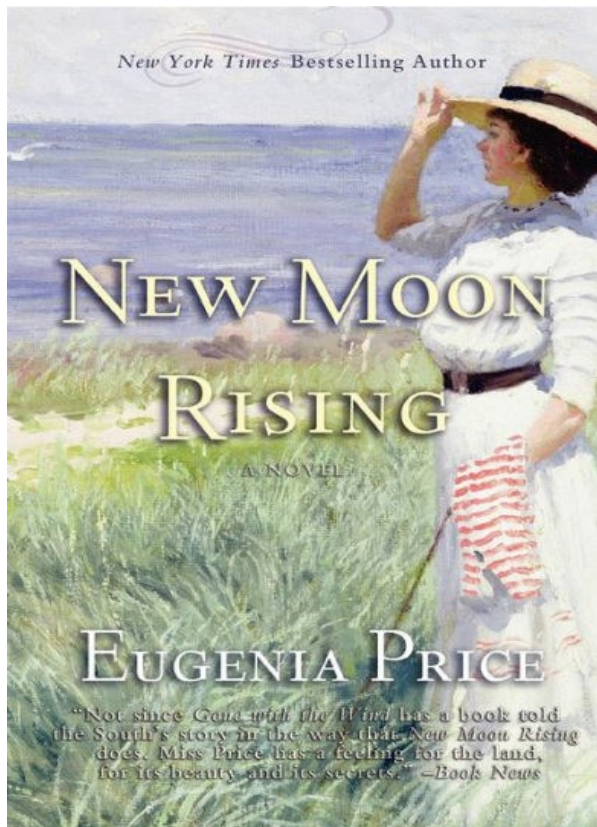
**1:00 – 2:00 p.m.**

### **Understanding the Magistrate Court System (Gary Sheff)**

What is the Magistrate Court System and why does it have the most immediate impact on you as a citizen? Magistrate Court is the first stop in the judicial system and handles as much as 80% of all court proceedings. Gary Sheff was appointed magistrate by Judge Charlie King in 2019. He is a graduate of West Virginia State University and worked in the healthcare design business for 29 years. He has devoted himself to youth and families through his volunteer efforts with Family Services, B'nai Jacob Synagogue, and the CCRA, where he has been President since 1994.

Come out and learn something new this summer!

## Edgewood Summit Resident Library



A number of new books have been donated to our library by one of our newest residents, Therese Cox. The author's name is Eugenia Price, a Charleston, WV native who is well-known for her inspirational works and later for her historical novels set in the American South.

Two of Ms. Price's earlier works our library has received are "Share my Pleasant stones-Daily Meditations for Every Day of the Year" (1953) and "Discoveries Made from Living my New Life" (1957).

A trio of her earliest novels, known as the "St Simons Trilogy," consisting of "The Beloved Invader" (1965), "New Moon Rising" (1969) and "Lighthouse" (1971), are historical novels based in St. Simons. You are invited to check these out from the library sections entitled "inspirational Works" and Novels, Fiction."

Happy Reading

*Tom Kirkhope*



## WASTE REDUCTION AND RECYCLING AT EDGEWOOD SUMMIT



Residents and Staff in our community have been recycling for many years: office paper, cardboard, newspaper, junk mail, cereal boxes, plastic bottles, metal food and beverage cans -- and much more. We're very proud to be reducing our garbage and contributing to the sustainability of our planet.

Beginning this month, residents and staff will see changes in the Utility Rooms in A, B, and D Wing hallways. New signage, including color photos, will clarify what can be recycled, and where to place the material.

Each Utility Room will have two blue Recycling bins; one for clean, dry paper products, and one for

rinsed-clean metal cans and plastic bottles. NO plastic bags or non-recyclable items should be placed in a Recycling bin. You can use a cloth or plastic bag to collect your recyclables at home, open and empty it into the Recycling bins, and then reuse the bag.

[See STEPS TO RECYCLE]



**PLEASE JOIN US ON  
AUGUST 8 AT 2 P.M.  
In the MULTI-PURPOSE ROOM  
For a Presentation and Q & A  
about RECYCLING!**

Nicole Hunter, Director of the Kanawha County Solid Waste Authority and Slack Street Recycling Center, will discuss recycling in Charleston and at Edgewood Summit. Bring your curiosity and questions, please.

# STEPS TO RECYCLE



## MIXED PAPER

- ◆ Newspaper, Paper Bags, Junk Mail
- ◆ Cereal & Food boxes
- ◆ Office paper, Wrapping Paper
- ◆ Catalogs, Magazines, Paperback Books

**CORRUGATED BOXES BEHIND BINS**



### Keep it clean.

Recycling works best when items are clean, empty, and dry.

## KEEP IT CLEAN

- ◆ Empty liquid from bottles & cans
- ◆ Rinse milk jugs & food cans
- ◆ No food residue in cans or boxes
- ◆ Labels & lids are OK
- ◆ Remove packaging from boxes
- ◆ Flatten ALL cardboard boxes

## METAL



## PLASTIC & METAL

- ◆ Plastic Bottles & Jugs With Necks ONLY, [#1 & #2] LIDS are OK
- ◆ Aluminum Beverage cans
- ◆ Food cans & Lids Aluminum Bakeware
- ◆ Pet Food cans & Lids Aluminum Foil

**PUT ALL MIXED PAPER IN ONE BLUE BIN. PUT ALL METAL & PLASTIC IN THE OTHER BLUE BIN.**

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**NO Plastic Bags or trash in Blue Bins Please!**



Tuesday, August 13, 2024  
**11:00 Employee Activities  
Committee BBQ  
Fundraiser**  
Multipurpose Room

Enjoy a pulled pork sandwich smothered in tangy BBQ sauce topped with coleslaw on a bun, with chips, soda and a cookie for dessert! Cost is \$5.00. All proceeds benefit the annual Employee Christmas Party.



Thursday, August 15, 2024 at 10:00 a.m.

**Lunch & Shopping at Tamarack**

Enjoy shopping and lunch at the Tamarack located in Beckley. Tamarack is a statewide collection of handmade crafts, art and specialty foods that showcase The Best of West Virginia. Their retail store features thousands of one-of-a-kind gifts that you and yours are sure to enjoy. Please call the Lifestyle Department and sign up at (304) 347-1955 or (304) 347-1942.

# Word Search



## DOG BREEDS

L	A	B	R	A	D	O	R	P	U	G	K	Z	S
Q	W	K	B	D	O	B	E	R	M	A	N	G	H
S	H	P	U	F	C	B	E	A	G	L	E	R	I
H	I	A	L	P	H	G	B	K	I	K	O	E	H
E	P	P	L	I	I	R	R	P	E	B	D	Y	T
E	P	I	D	T	H	E	O	O	X	C	A	H	Z
P	E	L	O	B	U	A	T	O	J	H	C	O	U
D	T	L	G	U	A	T	T	D	U	O	H	U	E
O	W	O	B	L	H	D	W	L	R	W	S	N	L
G	G	N	O	L	U	A	E	E	U	C	H	D	C
P	O	M	E	R	A	N	I	A	N	H	U	T	J
M	A	L	T	E	S	E	L	W	I	O	N	W	T
Q	F	B	O	X	E	R	E	H	M	W	D	D	B
G	B	T	F	X	C	M	R	K	T	M	O	R	Z

Labrador  
 Doberman  
 Pomeranian  
 Papillon  
 Pug

Beagle  
 Chihuahua  
 Greyhound  
 Sheepdog  
 Great Dane

Rottweiler  
 Dachshund  
 Boxer  
 Chow Chow  
 Shih Tzu

Bulldog  
 Maltese  
 Pitbull  
 Poodle  
 Whippet

## SAFETY AUDITS OFFERED

Is your apartment safe? You will be offered the opportunity to have a safety audit performed in your apartment throughout the year.

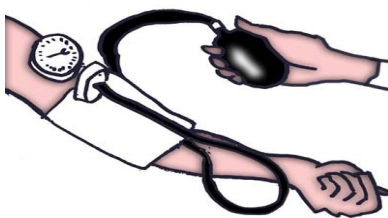


### The audit will consist of:

- Proper use of extension cords.
- Inspection of area rugs to make sure edges are secured.
- Recommendations of safety items that are available.
- Test of your alert buttons (emergency system) and relocation of the buttons at your request.
- A great opportunity for you to ask questions regarding safety in your apartments.

So protect yourself! Call (304) 347-1944 to make an appointment for your free Safety Audit today!

## *Blood Pressure Checks*



Just a friendly reminder that blood pressure checks are offered the 3rd Thursday of each month at 11:00 a.m. in the Ridgemont Living Room.

### Transportation Report—Greg Faber, Director of Environmental Services

In June Transportation logged 1700 miles on the shuttles and 650 miles on the car. They transported 355 residents one way.





## *Happy August Birthdays!*

Rosemary Stiwinter	1	Forrest Roles	19
Joann Daley	4	Reggie Smith	20
Ted Smith	6	Bill Smith	21
Carol Wandling	8	Lucinda Waterson	24
Kathryne Slockett	8	Alex Ross	28
Dorothy Hull	9	Linda Stacy	28
James Gibbons	11	Ellen Freer	30
Margaret Taylor	19	Sylvia Murphy	31

## FAMOUS BIRTHDAYS

If you were born between August 1–22, you are a Leo, the Lion. Creative and ambitious with a magnetic personality, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends. Those born between August 23–31 are Virgos. Virgos are considered shy and sometimes naïve, private, and tidy. They are curious explorers who are incredibly loyal and well respected by their friends and colleagues.

Tony Bennett (singer) – August 3, 1926  
 Bob Cousy (athlete) – August 9, 1928  
 Buck Owens (singer) – August 12, 1929  
 Gary Larson (cartoonist) – August 14, 1950  
 Julia Child (chef) – August 15, 1912  
 Mae West (actress) – August 17, 1893  
 Robert Redford (actor) – August 18, 1936  
 Rita Dove (poet) – August 28, 1952  
 Nancy Wake (war hero) – August 30, 1912

**HAPPY BIRTHDAY**

## Interesting Dog Trivia

- ◆ Dogs have been companions for over 15,000 years.
- ◆ A dog's sense of smell is 40 times better than ours.
- ◆ Dalmatians are born white and develop spots later.
- ◆ Greyhounds can run up to 45 mph.
- ◆ Dogs' nose patterns are unique like fingerprints.
- ◆ Dogs hear four times better than humans.
- ◆ Labradors are the most popular breed in the U.S.
- ◆ Dogs can understand up to 250 words and gestures.



**Tom & Marge Kirkhope**  
August 1st

**Ron & Sue Eisinger**  
August 7th

**Ernestine & Charles  
Kessel**  
August 14th

**Leslie & Martha Fish**  
August 25th



*Please note the Guest Apartment rate will increase on Thursday, August 1, 2024. The new rate is \$140.00.*

*Anyone who made a reservation before Thursday, August 1st will be honored at \$130.00 a night.*



# Something Lemon Bake Sale



Thursday  
 August 22, 2024  
 11:30 a.m. –1:00 p.m.  
***Something Lemon Bake Sale***  
*Library*  
 Employee Activities Committee  
 will hold a Lemon Baked Good  
 fundraiser for the Alzheimer’s  
 Association. Enjoy a sweet treat  
 for a good cause!



## *Meet the Maestro & Learn About the 2024-2025 Season*

**Thursday, August 22**

**3:00 p.m.  
 Multipurpose Room**

**Come and learn about the  
 upcoming Symphony  
 schedule and meet  
 the maestro!**

# Arthur B. Hodges Center News

**Rejuvenation Day  
Afternoon Spa  
August 21, 2024**

## **Relax and Rejuvenate Your Body, Mind and Soul**

More and more we hear about the importance of incorporating relaxation to our busy schedules to rejuvenate our body, mind and soul. Some may use this time to recharge spiritually through religious practices, while others may sleep in, visit the spa, watch TV, read a book, or just treat themselves the gift of a lazy day. Our bodies were designed for downtime or some sort of relaxation within moderation. If you are the type of person that must stay busy then try a busy task that you find pleasurable such as gardening, painting or redecorating a room, mowing the lawn, a hardy workout, writing a blog, cooking, etc. Let's use camping as an example, it's a lot of work but so many people find it to be a time of relaxation just being away from the same daily routine of life. How many of us go through the effort of planning a vacation and find ourselves sending more time in physical activities than what we normally do daily but yet we have a clear, energized mindset when we return back to our daily routines. If

you find it hard to relax due to busy schedules, try scheduling in your relaxation time even if it's for 15 minutes a day. This may be that quiet time in the morning enjoying a cup of coffee with the morning paper or a summer evening on the porch watching the gentle, calming light of fireflies in the dark of night. Whatever your method of relaxation is, make the time to do it.

With the month of August recognizing the importance of incorporating moderate relaxation in our daily routines, the ABHC lifestyles department will have a "Rejuvenation Day" of pleasurable relaxation and pampering.

## TEA FOR EVERY MOOD

THEINDIANSPOT.COM



LAVENDER TEA



CHAMOMILE TEA



TART CHERRY TEA



BLACK TEA/CHAI



PEPPERMINT TEA



LEMONGRASS TEA



GINGER TEA



INDIAN MASALA CHAI



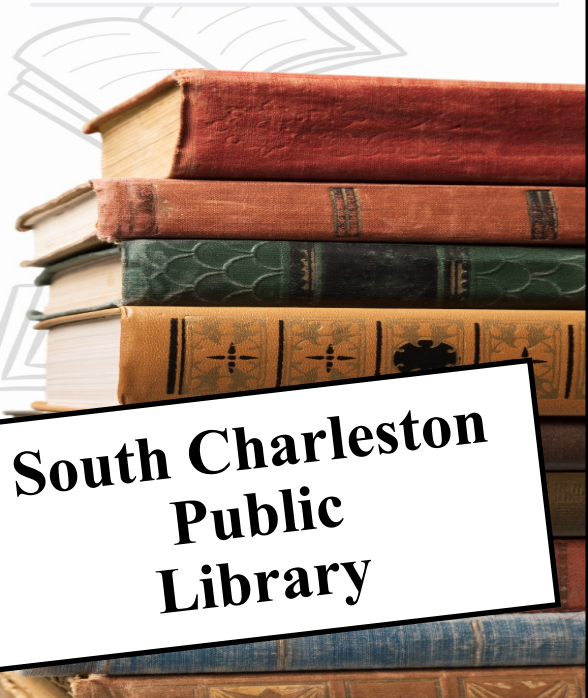
ORANGE/LEMON TEA



GREEN TEA

# Senior BOOK CLUB

This daytime book club is aimed at seniors. Every week one member will be given the floor to present a recent book they've read and discuss with other members of the group.



**EVERY  
OTHER  
TUESDAY AT  
12:30PM,  
BEGINNING  
JULY 30**

**South Charleston  
Public  
Library**

**WHO MOVED IN, IN JULY?  
WELCOME TO EDGEWOOD SUMMIT!**



**Karen Taylor  
1110**

**Steve and Kathie  
Slockett  
2301**

**Don & Jean Teter  
1104**



**Reggie and Sally Smith  
3105**



**Carolyn Sturgeon  
106**

**Jim Smith  
219**

## *A Poem to Share*



When the noon sun shines bright and high,  
And shadows dance and breezes sigh,  
A loyal friend is by my side,  
A dog whose love will never hide.

Through fields of green and skies of blue,  
He walks with me, so tried and true.  
With every step, a wagging tail,  
In joy and sorrow, without fail.

His eyes, so deep, a story tell,  
Of days we've shared, through every spell.  
A silent bond, a gentle touch,  
In his embrace, I feel so much.

No words he speaks, yet speaks so clear,  
In loyalty, he's always near.  
A guardian, a playful soul,  
With him, my heart is always whole.

Through years that pass and memories stay,  
In love's pure light, we find our way.  
A dog's love is a timeless song,  
A faithful heart, where we belong.



# Laughing Matters



## **The Talking Dog**

A man sees a sign in front of a house: "Talking Dog for Sale." Curious, he rings the bell.

The owner tells him the dog is in the backyard.

The man goes there and asks the dog, "Can you talk?"

"Yep," the dog replies.

"So, what's your story?"

The dog looks up and says, "Well, I discovered my ability to talk when I was young. I wanted to help the government, so I worked for the CIA, eavesdropping on spies. I've traveled the world, learned many languages, and retired a few years ago."

Amazed, the man asks the owner how much he wants for the dog.

"Ten dollars," the owner replies.

"Ten dollars? This dog is incredible! Why so cheap?"

The owner sighs, "Because he's a liar. He didn't do any of that."

## **The Doctor Visit**

A man goes to the doctor and says, "Doctor, my wife has a problem with her hearing."

"What are the symptoms?" the doctor asks.

"Well," he says, "sometimes she doesn't hear me at all. It's like she's completely tuned out."

The doctor nods and suggests a test: "Next time she can't hear you, stand a few feet away and ask her a question. If she doesn't respond, move closer and try again until she hears you. This will help us understand the severity."

That evening, he stands in the living room while his wife is in the kitchen. From across the room, he asks, "What's for dinner?" No response. He moves closer and repeats, "What's for dinner?" No answer. Finally, he stands right behind her and asks, "What's for dinner?"

His wife turns around and says, "For the third time, we're having chicken!"

# Join us for our 16th Annual Santa's Workshop & Holiday Open

When: Saturday, December 7, 2024

Time: 10:00 a.m. – 2:00 p.m.

Edgewood Summit's Annual Santa's Workshop is the place to find one-of-kind treasures! Local vendors will be on hand to offer a wide assortment of gifts and crafts. For more information please call Michelle at (304) 347-1955.



## *Tell Us More*

Please tell Edgewood Summit's team what is on your mind. Use the space below to ask a question, share a comment, make a suggestion or identify a topic that needs more attention. Your signature is optional but helpful if we need to ask a follow-up question or get back to you personally. Submit this section to the Receptionist in either Independent Living, The Ridgemont or Arthur B. Hodges Center. Thank you.

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Resident Signature (optional) \_\_\_\_\_ Date \_\_\_\_\_