

Edgewood Summit

Celebrating March



**Humorists Are
Artists Month**

**Women's History
Month**

**Save Your Vision
Month**

**Women in
Construction Week**
March 2-8

**Learn What Your
Name Means Day**
March 5

World Plumbing Day
March 11

Quilting Day
March 15

St. Patrick's Day
March 17

French Bread Day
March 21

**Quirky Country Music
Song Titles Day**
March 27

News & Views

March 2025



Executive View



A Visit from the West Virginia Health Care Association

Recently Edgewood Summit had the privilege of hosting a Regional Legislative Luncheon sponsored by the West Virginia Health Care Association. Several members of the House of Delegates and local senior living providers were in attendance. Leadership teams from Edgewood Summit and the West Virginia Health Care Association were also in attendance.

We discussed issues at the state and federal level that could potentially effect senior living communities. These conversations were educational and productive. We hope that Edgewood Summit and others can develop best practices by being proactive in our approach. We were also able to provide tours and enjoy lunch.

A big thank you to Ed Gaunch and Diane Palmer. Diane Palmer allowed those in attendance to tour her apartment and get a true feel for Independent Living. Former Cabinet Secretary and State Senator, Ed Gaunch, spoke about his and Marilyn's recent move and experience here at Edgewood Summit.

George "Andy" Barker
Executive Director



Hello Residents, Families and Friends!

Our team is really looking forward to this month – there is so much to celebrate! Join us at any of our events and programs! This month we will celebrate Mardi Gras, St. Patrick's Day, Community Involvement projects, entertainment, and more! It is sure to be a busy month at our community and I hope you will be a part of all the fun!

This month, consider harnessing a little luck and trying your hand at a new activity or program. You just might meet a new friend or find a new hobby...if you are lucky!

Here's to March!

Michelle Romine, ADC



The Winter Blues Farmers Market is a free event held at the Charleston Coliseum & Convention Center. Get ready to shop for some of the best food, drink and value-added products West Virginia has to offer. The Winter Blues Farmers Market returns for its 16th year ! The event, sponsored by the West Virginia Department of Agriculture, in conjunction with the WVU Extension Small Farm Conference. The market features a variety of agricultural products including fresh produce, goat milk soap, and mushrooms. Lifestyles will be offering a bus on Saturday, March 1st. The bus will depart at 12:15 p.m. Call the Lifestyle Department to sign up at (304) 347-1955 or (304) 347-1942.

WVU OLLI MARCH CLASSES & OPEN HOUSE



Thursday

March 6, 2025

1:00 Rare, Remarkable & Destructive Weather Phenomena Presented by Steve Holsclaw

Multipurpose Room

Weather is more than just a forecast; it shapes our daily lives, our travel plans, and even our global infrastructure. From choosing what to wear to determining the success of crops, weather impacts nearly every facet of human activity. While fair skies can inspire adventure and outdoor joy, severe weather can turn our world upside down. In this captivating presentation, explore the stunning beauty of seasonal weather through a rich photo gallery and witness the awe-inspiring yet devastating power of nature's most destructive forces.

Whether nurturing agriculture or threatening lives and communities, these rare weather events highlight the incredible complexity and influence of our planet's climate. Steven Holsclaw is a retired Petroleum Geologist after working for 42 years in the oil and gas industry. He has a bachelor's degree in Geology from The Ohio State University. He has pursued a lifelong interest in fossils, minerals and crystals and enjoys sharing that interest with like-minded individuals. He strives to make his classes fun and memorable visual experiences.



Tuesday

March 11, 2025

10:00-11:30 WVU OLLI Class: "What Are They Singing About Anyway?"

Multipurpose Room

Maurice Cohn is the instructor for the course. When did "opera," as we know it today, start? And how has it changed? What is a "concert opera," as the West Virginia Symphony will be performing? What is the relationship of the music to the story? How do I follow the story? We refer to an opera by its composer (who wrote the music), not by its librettist (who wrote the text). Why? Why do so many main characters in operas die by the end of the story? Come learn the answers to these questions!



Tuesday
March 18, 2025

1:00 WVU OLLI Spring Open House Multipurpose Room

Discover what OLLI has in store for the spring term while reconnecting with old friends and meeting new ones. The event will feature:

- An introduction to the OLLI program
- Opportunities to meet instructors, staff, and advisory council members
- On-site registration for winter classes
- Light snacks, coffee, and tea to enjoy

Come explore the exciting learning opportunities OLLI has to offer. Please call the Lifestyle Department to sign up at (304) 347-1955 or (304) 347-1942. Seating is limited.

THE READ ALOUD STORY TIME

WHAT IS IT?

For your listening pleasure, volunteers will read aloud short stories from a variety of resources.

Residents are encouraged to make suggestions for all the reading material.

WHERE & WHEN?

When: Tuesday, March 11, 2025
&
Tuesday, March 25, 2025

Time: 1:00 p.m.
Location: Colonial Room

SEE YOU THERE!



Mardi Gras Party



When: Tuesday, March 4, 2025
Time: 3:00-5:00 p.m.

Edgewood Summit Dixieland Band
Multipurpose Room

Come out wear your beads, masks, costumes, and join us as we parade around the library. Enjoy a variety of music.



Spring Forward

Don't forget to set your clocks
ahead 1 hour

Saturday Night March 8th

Resident Association Meeting



Tuesday, March 11, 2025

3:00 p.m.

Multipurpose Room



The meeting is held every other month on the second Tuesday. It is an opportunity to discuss old business, new business and what events are coming up in the Community. Reports are given by the Resident Association President as well as Resident Committees, Floor Representatives and Department Directors.

The Shamrock Ball



Thursday, March 13, 2025

3:00 p.m. – 5:00 p.m.

Multipurpose Room



**Please Join us for The St. Patrick's Day Shamrock Ball with Arlen Bishop.
Refreshments and appetizers will be served. Everyone is asked to wear green!**

Friendly Reminder to Pet Owners



We are ecstatic to have you and your pet (s) in our community. Communal living has a different set of rules and obligations than living in a private home, so we would like to give a friendly overview of some best practices.

Registration: During the pet registration upon move-in, information is obtained about your pet regarding the pet's veterinarian and physical characteristics. A photograph is also taken of your pet and kept on file so that the pet may be identified should it be harmed or lost. You are also responsible for providing Administrative Services with the name of an alternate responsible party who will care for the pet if you are unable to do so. **If you are not a new resident and have been here for over 1 year, we are requesting you update your pet's vaccination records with Marketing Assistant, Chloe Flowers.**

Obligations: All pets must be properly vaccinated and must always wear

identification tags with your name and telephone number. You will be responsible for the treatment of fleas, ticks, etc. and for any damage incurred by the pet. Animals must be on a short leash at all times when they are not inside your apartment home. Many residents use assistive devices for walking and maintaining balance is important to avoid falls. A long leash extended too far from the pet owner or no leash at all has unfortunately caused owners to lose control. You must also pick up and dispose of all pet waste. Two pet stations are conveniently located outside the building to offer bags and a disposal can. Indoor waste should similarly be picked up and cleaned to avoid any unsanitary conditions. A charge for cleaning waste and soiling indoors is applicable and will be added to your statement should an accident occur. We also ask that you respect and avoid all areas of the community that are serving food. This includes all dining rooms, the café, and all activities and events. This excludes licensed service animals. If a furniture piece must be replaced due to soiling, Edgewood Summit reserves the right to charge you for that as well. Repeated offenses by your pet will be handled on a situational basis. Cat waste and litter boxes must be emptied into the trash with sufficient frequency to prevent odors and provide proper sanitation of the pet waste.

Barking/Disturbances: Barking is your pets form of communication, and we realize there are different sounds for various types of situations. However, pets who bark excessively may not be adjusting

well to other people, pets, or particular circumstances. We ask you to please be aware of your pets' cues and forms of communication to be able to make the necessary adjustments or modifications to reduce and minimize noisy behavior. Barking, whining, growling, and other forms of noise can cause disturbances for others who may not enjoy their conversations, events, activities, meals, and other events being interrupted. If you are not sure how to handle your pet, we suggest you discuss the situation with your veterinarian.

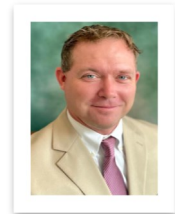
Conveniences: Edgewood Summit recently added a pet wash station and outdoor park for your furry friends. The wash station is located on the first floor of B-Wing by the elevator in the waste closet. The outdoor park is located on the back side of D-Wing in a fenced area. You are also able to walk your pets outside of the community where appropriate. Please keep in mind that

these are shared spaces and we do expect you to clean up after use.

We very much appreciate you and your pets who are living at Edgewood Summit. Many staff members are pet owners themselves and realize how important pets are to your overall well-being and lifestyle. Keep in mind that a move is challenging to not only you, but your pets as well. Please be supportive, sympathetic, and forgiving when you can. We understand your pet may not be perfect and adjusting may take some time.

Thank you for your cooperation.

George "Andy" Barker
Executive Director



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

In January Transportation logged 1400 miles on the shuttles and 550 miles on the car. They transported 301 residents one way.



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!



When: Saturday, March 15, 2025

Time: 11:30a.m.

Where: Capitol Market

Green Chili Shootout is a charity event; the proceeds will be benefit the Charleston Parkinson's Support Group. Ticket information to be announced. Edgewood Summit will offer a shuttle to this event.

Edgewood Summit's Chili Cook Off winner Mike Byrd, Maintenance Supervisor, will be submitting his winning chili for the contest.

Mike participated in our annual chili cookoff in February at Edgewood Summit. The proceeds to the Chili Cook off went to Kanawha Charleston Humane Association. The event raised \$660 dollars.

Call the Lifestyles Department to sign up at (304) 347-1955 or (304) 347-1942.



Mike Byrd, Maintenance Supervisor

Happy March Birthdays!

Frank Webb	8	Janet Gagnon	24
Martha Hacala	10	Karen Taylor	25
Sally Smith	11	Annette Zavareei	27
Barbara Frierson	13	Evan Buck	29
Shirley Clowser	14		
Betty Tinney	14		
John Stone	14		
Arthur Doumaux	15		



FAMOUS BIRTHDAYS

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

Chief Joseph (hero) – March 3, 1840
 Knute Rockne (coach) – March 4, 1888
 Liza Minnelli (actress/singer) – March 12, 1946
 Albert Einstein (scientist) – March 14, 1879
 Jerry Lewis (actor) – March 16, 1926
 Moms Mabley (comedian) – March 19, 1894
 Marcel Marceau (mime) – March 22, 1923
 Aretha Franklin (singer) – March 25, 1942
 Warren Beatty (actor) – March 30, 1937

HAPPY BIRTHDAY

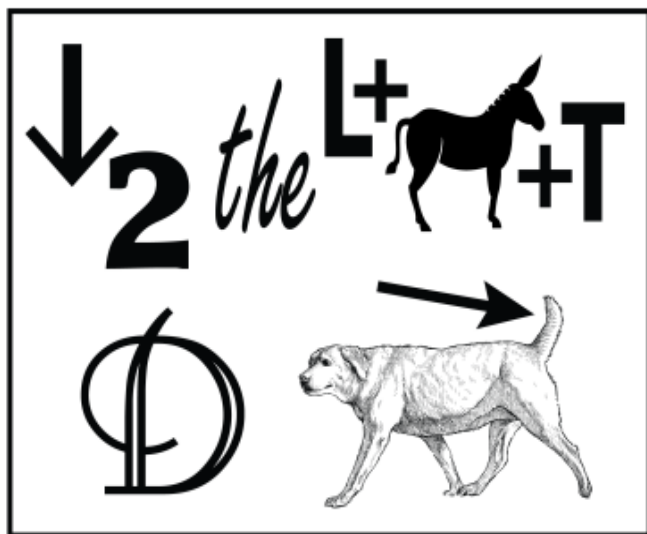
LIBRARY SERVICE

South Charleston library offers a delivery service that delivers & picks up library books to residents' apartments. If you would like this service, please talk to a Lifestyle Team Member.

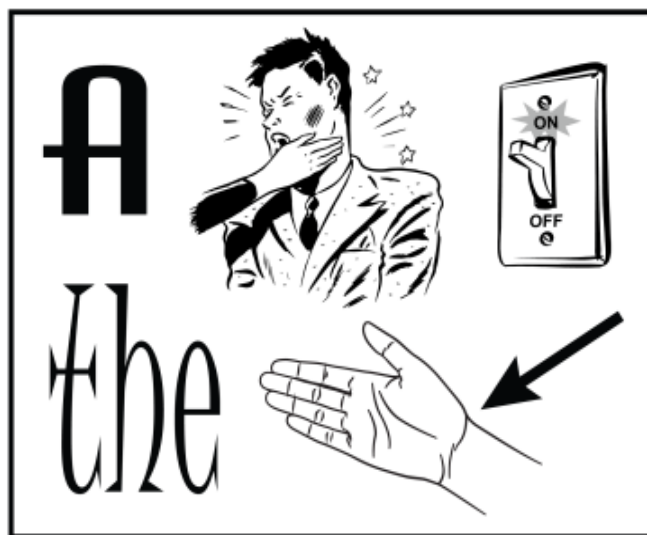


BRAIN GAMES

Use the visual clues in the puzzle to figure out what it says.



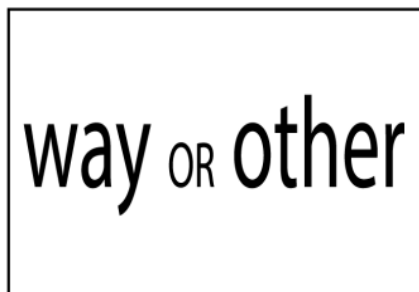
Puzzle #1



Puzzle #2

Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase.
Can you decipher the clues in each puzzle box?



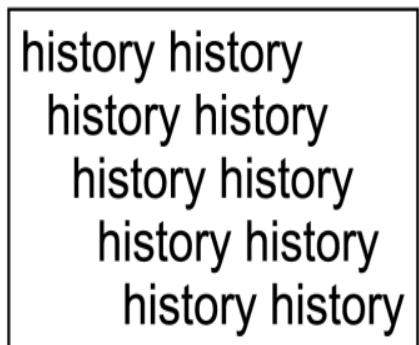
1. _____



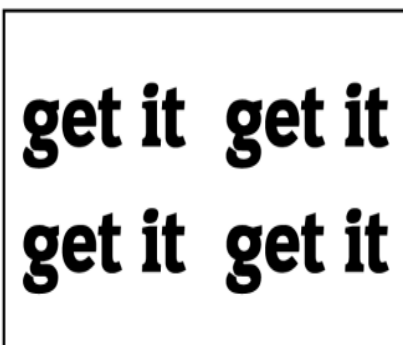
2. _____



3. _____



4. _____



5. _____



6. _____

Easter Egg Stuffing



Edgewood Summit will offer Easter Egg Stuffing Parties throughout the month of March. Throughout the years, Edgewood Summit has provided assistance for Charleston youth to have a great experience and create memories at their annual Easter Egg Hunt. Residents and volunteers are greatly appreciated. Each year Edgewood Summit completes 20,000 Easter Eggs. This is a great way for us to continue to give back to the community. The Lifestyle Department appreciates everyone who volunteers! Please check your calendars for dates.

WHO MOVED IN, IN FEBRUARY?
WELCOME TO EDGEWOOD SUMMIT!



Ray & Cindy
Garrett - 4106



Ruth Cogan - 104
Marion Mangus - 107
Keith Smith - 207
Jerry Bays - 217



Arthur B. Hodges Center News

Providing Skilled Nursing and Memory Support Services



Everyone's Irish
On March 17th.

Join in the festivities this Monday, March 17th, 2025 for an celebration of Irish heritage. We're going Green all day so check your activity calendar and daily event sheet so you don't miss out on all the fun! Everyone's IRISH on St. Patrick's day!

Pysanky Class



Learn the meaning and how to create beautiful Ukrainian Easter Eggs with talented instructors, Betty Barna and her daughter, Anna Campbell, on April 7, 2025 at the Arthur B. Hodges Center beginning at 2:30pm, 1st floor dining room.

Event is open for all Edgewood Summit residents.

OPTIMISM MONTH

Do you consider yourself to be optimistic? Do you wake up in the mornings and say "Thank God it's morning and I look forward to today," or do you wake-up in the morning saying "Oh God...it's morning". If you're the latter don't despair. Studies have shown we can reprogram our negative thoughts to positive thoughts. Optimism month encourages everyone to look on the bright side. If life gives you lemons, make lemonade.

Friendly Reminder from the Laundry Department



When bringing in new clothing items please deliver them to the nursing department for labeling. The general return time is 1-2 days. Please keep in mind that the press is limited to flat surface items and fabrics that can take extreme heat. If you have an item that is questionable please contact Teresa Smith, Housekeeping/Laundry Supervisor.



Power nap? Try the power of a good night's sleep instead!



Getting a good night's sleep is crucial to every person's health, no matter your age. According to the National Sleep Foundation, every person above the age of eighteen should sleep for no less than seven hours each night. Children under the age of 18 should ideally get even more sleep. In honor of National Sleep Awareness Week, which begins on March 10, here are several health benefits of getting enough sleep.

Improved memory: During sleep, the brain reinforces memories and practices skills learned when

you are awake in a process called consolidation. Allowing the brain an appropriate amount of time to perform this procedure only strengthens memories.

Increased creativity: In addition to consolidating memories, the brain seems to reorganize and restructure them while you're asleep. Researchers at Harvard University and Boston College have found that sleep strengthens the emotional components of memory, thus helping to spur the creative process.

Healthy weight: A study at the University of Chicago found that, of dieters, those who were well-rested lost the majority of their weight in fat, while those who did not get enough sleep lost most of their weight in muscle mass. Participants in the study also found that they were hungrier when they got less sleep.

Longer life: Too little sleep is associated with a shortened life span. It may be difficult for an older person to get enough sleep since, according to the Journal of Pineal Research, levels of melatonin (a hormone that controls one's sleep cycles) decrease as you age. Taking natural melatonin supplements can help counteract this common effect of aging. It's important to talk to your doctor before taking any supplements, though.

Good sleep is a critical part of your overall health, so make sure to catch those zzz's.

Contact your Powerback Rehabilitation Therapy team-on-site.



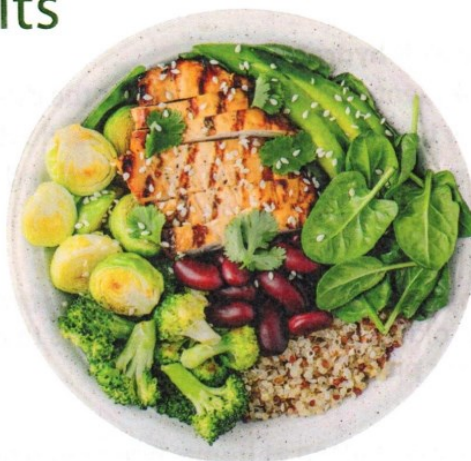
Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.



Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for "reduced sodium" or "no-salt-added" on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you're at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Limit sodium, saturated fat and added sugars.

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what's in your food.

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services and Complete Food and Nutrition Guide, 5th edition

SHARE YOUR STORY

We want to hear from you! Have a positive and encouraging testimony about living at Edgewood Summit? We want to hear from you and so do our prospective residents! Stop by the marketing office or give us a call. You could be featured in one of our monthly social media posts.





KANAWHA CHARLESTON HUMANE ASSOCIATION FUNDRAISER

The Lifestyle Department will be collecting items for the Kanawha-Charleston Humane Association through March. The shelter continues to be overwhelmed with pets and is currently at capacity again. Anyone interested in donating may drop items off to the Lifestyle Office in the Main Building or at the Arthur B. Hodges Center Front Desk. Below is a list of items needed.

- 🐾 Greenies pill pockets
- 🐾 Puppy Pads, Crates and carriers of all sizes
- 🐾 Purina Cat Chow & Purina Dog Chow
- 🐾 Purina Kitten Chow & Purina Puppy Chow
- 🐾 Bleach, Paper Towels, Dawn Dish Detergent & Latex Gloves
- 🐾 Cat Litter, Cat & Dog Milk Replacer
- 🐾 Peanut Butter, Food & Water Bowls

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.

Resident Signature (optional) _____ Date _____