

## Executive View - *Feel Your Best this Summer*

As we step into the summer months, June is the perfect time to focus on health, vitality, and enjoying the outdoors safely. At Edgewood Summit, we're committed to helping residents stay active, connected, and well —no matter the season.



**George "Andy" Barker**  
*Executive Director*

### **Stay Hydrated, Stay Healthy**

Warmer weather means it's more important than ever to stay hydrated. Drink water throughout the day, enjoy hydrating foods like watermelon and cucumbers, and limit sugary or caffeinated beverages.

### **Move More, Feel Better**

Summer is a great time to take advantage of the outdoors. Walking groups, stretching classes, and light activities can improve balance, heart health, and overall mood.

### **Sun Safety Matters**

Spending time outdoors is beneficial, but safety is key. Use sunscreen, wear protective clothing, and avoid prolonged exposure during peak heat hours.

## Activity Highlights

*June 2*  
**ABHC & Ridgemont Annual Picnic**

*June 4*  
**Retirement Party in Honor of Connie Hudson 13 Years of Service**

*June 12*  
**Colorado Springs Children's Choral**

*June 18*  
**Beach Bash with DJ Christian Burch**

*June 22*  
**Men's Burgers & Brews**

*June 25*  
**Virtual National Park Preserve WV New River Gorge**

*June 29*  
**WVU OLLI Open House**

*June 30*  
**WV Humanities Council History Alive Program- Pearl S. Buck**



### Nutrition for Summer Wellness

Eating fresh, nutrient-rich foods helps maintain energy levels. Focus on fruits, vegetables, and lean proteins while enjoying lighter seasonal meals.

### Mental Wellness & Connection

Summer is also about connection. Attend events, spend time with friends, and engage in activities that promote joy and mental well-being.

### June Wellness Events

Outdoor social gatherings, fitness classes, Father's Day celebrations, and seasonal entertainment help keep residents engaged and active.

### Dive Into Our Lifestyle Exercise Opportunities!

The best way to put these summer wellness tips into practice is by joining one of fitness classes onsite! Whether you are looking to improve your balance, boost your energy, or just enjoy some great music while breaking a sweat by dancing, we have something for everyone. Come out for our regular Next Level Fit, Balance, Sittercise or Flex Flow, or enjoy walking outside with the June weather. Staying active is always more fun together—check your daily calendar for class times and locations, and let's move our way into a healthy summer!

## May Move Ins



Edgewood  
Summit

Janice Dooley - 1108  
Shirley Morten - 2206  
Kathy Hart - 2205



The  
Ridgemont

Betty Neely - 3113  
Jim & Ann Brannon - 3114  
Judy McHugh - 3206



Welcome





# Welcome

**Please Welcome Ashton Pence,  
Marketing Assistant**



I am originally from Parkersburg, WV, but I have been a resident of Charleston, WV for 23 years. I graduated from Capital High School in 2016, and in 2017 I received my Associates in Hospitality & Tourism Management from Carver Career & Technical Education Center.

I worked as an Event Coordinator for 5 years at J.Q. Dickinson Salt-Works in Malden, WV, then decided to further my education by pursuing a degree in Interior Design, which I am currently working towards in my free time. I have been a member of Open Door Apostolic Church on Kanawha Boulevard in Charleston for 23 years and sing on the worship team. I enjoy spending time with my family, especially my 2-year-old nephew, Chaplin.

My hobbies/interests include studying theology, reading murder mysteries, and studying World History (Ancient Rome and Egypt, the American Revolution and World War II). However, there is nothing I enjoy more than music, and I can usually be found listening to members of The Rat Pack, Nat King Cole, or jazz-pop artists such as Henry Mancini, Jackie Gleason and Benny Goodman Trio; outside of music I enjoy listening to episodes of the 1950s radio show: 'Yours Truly, Johnny Dollar'.

A life goal of mine is to travel as much as possible and visit Italy, starting in Lombardy and working my way down to Sicily. So far, I have traveled to California, the Bahamas/Caribbean, Rhode Island, New York, and several other U.S. states, as well as internationally to Thailand, Japan and Korea.

I am thrilled to be a part of the Edgewood Summit family as your Marketing Assistant and look forward to thriving here alongside the residents and fellow staff.

-Ashton



*Monday, June 1, 2026 @ 6:00 p.m.*

*Ridgemont Living Room*

The Patriotic Party: Celebrating America's 250th Birthday!  
An Interactive Program by Lee Dean

Join us for a spectacular, high-energy celebration of America's semiquincentennial! Specifically designed to honor this historic milestone, The Patriotic Party blends community spirit, nostalgic music, and lighthearted competitions to create an unforgettable experience for everyone.

Feature Highlights:

- The Lady Liberty Lookalike Contest Bring your sense of humor! This highly visual, crowd-engaging competition features a hilarious costume challenge where residents and guests can compete for the title of best "Lady Liberty."
- The Mock Election Cast your vote in a lighthearted, interactive voting activity. Featuring a custom, "super fun" ballot, this activity is guaranteed to get the entire room laughing, reminiscing, and sharing stories.
- Patriotic Sing-Along No celebration is complete without music. Lift your spirits and your voices as we sing along to a timeless selection of classic American patriotic songs.

Bring your energy, your competitive spirit, and your love for a good laugh—this is one birthday party you won't want to miss!



## Retirement Celebration

*Thursday, June 4, 2026*

*@ 2:00 p.m.*

*Arthur B. Hodges Center 2<sup>nd</sup> Floor*

Join us at Edgewood Summit to honor Connie Hudson on her retirement! We're celebrating her 13 years of dedication as Dining Services Manager at the Arthur B. Hodges Center. Let's wish her the very best as she starts this new chapter.



## Lunch at Edgewood Country Club



*Thursday, June 11, 2026 @*

*11:00 a.m.*

Enjoy their new spring menu. Fresh flavors, classic favorites, and plenty to look forward to Edgewood Country Club. Call the Lifestyle Department to sign up at (304) 347-1955 or (304) 347-1942 or complete your monthly reservation form. Bus departs at 11:00 a.m.



COLORADO SPRINGS  
**CHILDREN'S  
CHORALE**  
LIFE IN SONG



*Friday, June 12, 2026 @ 1:30p.m.*

*Multipurpose Room*

Direct from Colorado! Join us for a high-energy performance by the acclaimed Colorado Springs Children's Chorale. Come enjoy an incredible mix of music! That is going to be an incredible afternoon! Having an out-of-state youth choir travel all the way from the Pikes Peak region to Charleston is a massive treat! Please give these traveling performers a spectacular West Virginia welcome!

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*Beach Bash*

*Thursday, June 18, 2026 @ 3:00 p.m.*

*Multipurpose Room*

Dance the Afternoon Away! DJ Christian Burch will be spinning the perfect summer tracks to keep the energy high and the dance floor moving. Enjoy cool refreshments and light bites while you mingle and soak up the beach vibes. No sand in your shoes required—just your best dance moves and island spirit! We can't wait to see you there!





# Burgers & Beer

A MEN'S ONLY  
AFTERNOON

## Father's Day Celebration

We couldn't have a ladies tea party without beer with the guys! **Edgewood Summit invites you to a gentlemen's only afternoon featuring burgers, beer, and great company.** Whether you're a father or simply joining in the celebration, we welcome you to enjoy the festivities with us.

**RSVP with Marketing Assistant Ashton Pence by June 15th.**

**Monday, June 22 | 12 pm**

Colonial Room &  
Courtyard Area



## June Birthdays

- |                     |    |                       |    |                |    |
|---------------------|----|-----------------------|----|----------------|----|
| • Marjorie Kirkhope | 1  | • Sallie McClaugherty | 16 | • Kemp McElwee | 30 |
| • Kay Davis         | 2  | • Janet Vealey        | 16 |                |    |
| • Leslie Fish       | 3  | • Pete Casto          | 17 |                |    |
| • Bert Rixner       | 4  | • Joe Balkey          | 19 |                |    |
| • Tina McCready     | 5  | • Sylvia Kozlove      | 20 |                |    |
| • Carol Mollohan    | 8  | • Denise Ferris       | 19 |                |    |
| • Teresa Campbell   | 9  | • Catherine Miller    | 23 |                |    |
| • Fredrick Landers  | 12 | • Sandra Huff         | 23 |                |    |
| • Julie LeJeune     | 13 | • Sara Joseph         | 25 |                |    |
| • George Patterson  | 13 | • Ron Readshaw        | 27 |                |    |



## Famous Birthdays

In astrology, those born between June 1–21 are Gemini’s Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Those born between June 22–30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony.

- Jerry Mathers (actor) – June 2, 1948
- Frank Lloyd Wright (architect) – June 8, 1867
- Judy Garland (actress) – June 10, 1922
- Jim Nabors (actor) – June 12, 1930
- Alois Alzheimer (doctor) – June 14, 1864
- Moe Howard (comedian) – June 19, 1897
- Meryl Streep (actress) – June 22, 1949
- Pearl S. Buck (novelist) – June 26, 1892
- Mel Brooks (actor) – June 28, 1926
- Lena Horne (singer) – June 30, 1917





## 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!

## Happy Anniversary



*Howard & Beverly Persinger - June 7*

*Butch & Betty Tinney - June 15*

*Frank & Tanya Law - June 23*

*Joe Badgley & Therese Cox - June 29*



## Transportation Report

In April Transportation logged 1,800 miles on the shuttles and 800 miles on the car. They transported 390 residents one way.





## Beauty Shop

*The Edgewood Summit Beauty Shop will now be open on Saturdays from 10:00 a.m. to 2:00 p.m.*

Call Arielle at (304) 812-2775 to schedule your appointment.



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## Elvis Performs at the ABHC & The Ridgemont Annual Friends & Family Picnic at Coonskin

*Tuesday, June 2, 2026 @ 1:00 p.m.  
Columbia Shelter*

Rudy Elvis Tribute Artist will performing hits of the 50's, 60's & 70's as the "King of Rock-n-Roll"





# Arthur B. Hodges Center News



JOIN US FOR THE  
**ANNUAL**  
FRIENDS & FAMILY  
COOKOUT AT

**COONSKIN PARK**  
**TUESDAY**

**JUNE 2ND AT 10AM-3PM**

(Lunch at Noon-1:00PM)

LOADING BUS AT 9:00AM

IF YOU ARE ABLE TO DRIVE YOUR LOVED ONE TO THE  
PICNIC PLEASE LET US KNOW WHEN YOU RSVP  
THANK YOU IN ADVANCE!



COLUMBIA SHELTER  
1ST SHELTER ON LEFT  
375 Henry C Hoppy Shores Dr  
Charleston, WV 25311

ABHC GUEST RSVP WITH  
SAVANNAH AT 304-740-2740

RIDGEMONT GUEST RSVP WITH  
MEGAN AT 304-346-2355





# Arthur B. Hodges Center News

**FLIP FLOP  
FISH FRY** 

WEDNESDAY  
JUNE 17TH  
~NOON~  
1ST FL COURTYARD

**SOMETHING FISHY IS GOING ON**

FRIED FISH, FRIES,  
COLESLAW AND COLD BEER



**BINGO AUCTION**  
Thursday, June 26th  
2:00 p.m. -3:00 p.m.  
1<sup>st</sup> Floor



Please join us for a

**Father's Day**

**SUNDAE BAR**

**Sunday**

June **21** 2-3 PM-1stFL





# Arthur B. Hodges Center News

# Welcome

## Welcoming John Burgess, Dining Service Manager

We are excited to announce that John Burgess officially joined our community as our new Dining Service Manager on May 20, 2026. John was raised in Virginia and transplanted to Wild Wonderful West Virginia in 1992; he is a proud graduate of Capital High School and an active member of the local area. He comes to us fully credentialed as a Certified Dining Service Manager and a Certified Food Safety Professional, bringing 27 years of deep culinary expertise across restaurants, fine dining, assisted living, memory care, and skilled nursing environments. Outside of the kitchen, John spends time with his wife and his two daughters. In his leisure time, he loves staying active in the great outdoors, especially when it comes to golfing, camping and fishing. John is incredibly eager to get to know all our residents and families, and his unique blend of high-end hospitality and healthcare dining management ensures our kitchen remains safe, nutritious, and delicious.



You can meet John in person at our upcoming Friends and Family Cookout on June 2, 2026, from 10:00 AM to 3:00 PM at the Coonskin Park Columbia Shelter, or just drop by for lunch between 12:00 PM and 1:00 PM.

Please reserve your attendance by June 1, 2026, by contacting Meagan at (304) 346-2355 or Savannah at (304) 740-2740. Please join us in giving John an exceptionally warm welcome when you see him in the dining room or out at the park!



## Coffee & Conversation with “Bee Keeper” Becky Francke



*Wednesday, June 24 @ 11:00 a.m.*  
*Multipurpose Room*



Meet local beekeeper Becky Francke! Come hear her talk about the fascinating world of bees and the vital role they play in keeping our neighborhood gardens, trees, and flowers healthy and perfectly pollinated. For Becky, working with these incredible insects is a true joy—and while she loves the honey, her top priority is always the well-being of her hives.

## Virtual Program

*Thursday, June 25 @ 3:00 p.m.*  
*Multipurpose Room*

Join us for a fascinating virtual education program all about our nation’s newest national park, the New River Gorge National Park and Preserve! This special presentation will be coordinated by Education Program Manager Lori Hynes. Come discover the rich history, unique geology, and incredible landscapes of this spectacular canyon located right in our backyard.





## Pickin' & Grinin with Jessica Harrison

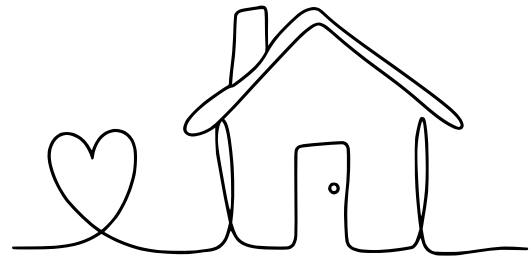
***Friday, June 26 @ 3:30 p.m.***  
***Ridgemont Living Room***

We are thrilled to welcome local musician Jessica Harrison for a wonderful performance of classic bluegrass music! Jessica is a multi-talented performer who will be treating us to her skills on both the banjo and the guitar.



## WVU Olli Summer Open House

***Monday, June 29 @ 3:00 p.m.***  
***Multipurpose Room***



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. Anyone with an interest in lifelong learning is welcome to attend this open house. Come and learn about the upcoming programs being offered at Edgewood Summit. Stop by register for summer classes. You can also enjoy a selection of light appetizers, coffee, and tea while you reconnect with old friends and meet new ones!



# WV Humanities Council History Alive Program

*Monday, June 30 @ 3:00 p.m.*

*Multipurpose Room*

Born in West Virginia, Buck grew up in China with her missionary parents, but never forgot her West Virginia roots. She received the Pulitzer Prize for her 1931 novel *The Good Earth*, and was the first American woman ever to be awarded the Nobel Prize for literature. She was also a humanitarian and social activist who was deeply concerned about the welfare of children worldwide. Pearl S. Buck will be portrayed by Karen Vuranch of Fayetteville.



## 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 \_\_\_\_\_