



# News & Views



**Bat Appreciation Month**

**Italian-American Heritage Month**

**Positive Attitude Month**

**Mystery Series Week**  
*October 6-12*

**World Day of Architecture**  
*October 7*

**National Chess Day**  
*October 9*

**Be Bald and Free Day**  
*October 14*

**International Artists Day**  
*October 25*

**All Hallows Eve**  
*October 31*

## EXECUTIVE VIEW

This month's focus is on Fire Safety and the procedures to follow in case you hear the fire alarm sound, see smoke or fire. Edgewood Summit has a Fire Response Plan which is based upon the building's design, fire safety equipment and has been approved by the WV State Fire Marshall. The Resident procedures for fire and other emergencies are outlined as an addendum to your Resident Handbook which everyone received upon moving into the community. The following is a summary of the procedures. For a complete second copy of "Fire Procedures and Emergencies for Residents" or if your copy is misplaced, please contact the Marketing Office.

Emergencies may come in many forms such as: Fire, Building Security, Medical, Building equipment failure, natural weather disasters, etc. The Edgewood Summit building was designed and build with safety in mind which includes: smoke detectors, sprinkler systems, fire doors, fire barriers, fire alarms, fire exits, fire extinguishers, carbon monoxide detectors and fire rated fixtures and equipment. In addition, the Staff have been trained on the proper procedures to handle emergencies upon hire and annually thereafter. We inspect the systems periodically and contract with experts who test and inspect the various systems as well. All safety related repairs have the top priority for our team.

Residents may report any situation you identify as an emergency in the following ways: call the Concierge Desk, call the Nursing Desk, dial 911, push and activate the ALERT button(s) in your apartment or any common area.

In case the Fire Alarm sounds, you are asked to stay put whether in your apartment or any area of the commons, close your doors and windows and wait for the alarm to de-activate (which means the problem was found and resolved) or await further instructions on possible evacuation. Evacuate your apartment, hallway or common area promptly if either: 1) You are asked to do so by a Staff member or Fireman, 2) You see smoke or fire in your immediate vicinity, 3) Pull the fire alarm to alert others. Evacuation can be accomplished by staying in the closest fire stairwell while waiting for evacuation assistance and/or making your way outside or to another wing of the building (moving past the Fire Barrier Doors which are normally held open). The elevators cannot and should not be used in case of fire. Feel doors for heat prior to opening them, if smoke is too thick in the area, crawling or moving as low as possible is advised, and if smoke is too thick or fire blocks your path, turn around and go to the nearest exit in the opposite

direction.

Fire Drills are routinely conducted by the Staff along with routine maintenance and if alarms will sound, the events are announced on the inhouse television channel in advance of the alarm sounding. These drills and routine maintenance are designed to keep our Staff well trained on the proper procedures they follow to identify the type of alarm and the location and the equipment in good working order. The Fire Alarm cannot be silenced or reset until the problem has been resolved.

Although Fire Alarms, Testing and Drills are inconvenient, loud and annoying, it is necessary for safety and to potentially save lives. Thank you again for your understanding and cooperation. If you have questions or concerns, feel free to contact Greg Faber, Safety Committee Chairman, or myself.

Diane Gouhin  
Executive Director

## *Apple Butter Making*

Wednesday, October 2, 2019



Apple Butter will be made all day in the North Courtyard. Just imagine the smell of fresh apple butter simmering over an open fire as you stroll through the Courtyard. The Lifestyle Department needs volunteers to help stir Apple Butter. If you would like to help, please call the Lifestyle Department at (304) 347-1955 or (304) 347-1942. We hope to see you there. The Apple Butter will be for sale in the Lifestyle office.

## Well into old age—and still laughing

Evelyn R. Smith



Oh, my! Here it is—October 2019—and I'm 90 years old!

Solomon, the son of King David and Bathsheba, wrote cleverly about growing older when he penned the Book of Ecclesiastes. He was a mere 60 years old at that time and had been on the throne in Israel for forty years, but he felt old much older than that.

Therefore Solomon filled his book with wisdom and advice on how to face the challenges of growing old. It is a good read.

However, from my point of view, a man aged 60 is not old! Yet, I know from reading Solomon's description of the aging process in Ecclesiastes, he really had grown old when he wrote it!

I wonder what caused him to age prematurely? He had supervised the building of one of the seven wonders of the ancient world (Solomon's Temple) and had amassed a personal fortune beyond measurement, so he must have had

every means available to help keep him young.

However, during his forty-year reign, Solomon married 700 wives! If they bored him, a nearby harem housed 300 concubines for his pleasure. Do you suppose that by trying to keep all those women happy may have made an old man of him by age 60?

A careful reading of Ecclesiastes Chapter 12 reveals that Solomon wrote about the infirmities of old age by using metaphors--word usage that directly compare to seemingly unrelated subjects. Therefore, we can consider chapter 12 as written in what I would call a code. He began the chapter with, "Remember now your Creator in the days of your youth, before the difficult days come, and the years draw near when you say, "I have no pleasure in them." Solomon had reached and gone beyond that benchmark.

As for me, I haven't reached the "I have no pleasure in them," part yet, and I don't expect to since I'm surrounded daily with interesting folks, both here at Edgewood Summit and at my Church, who keep our lives brimming with activities. But now that I've reached age 90, I'm definitely in King Solomon's the "years draw near" stage of life.

Each time I read Ecclesiastes chapter 12, I burst out laughing at how cleverly Solomon describes the aging process. Of our aging knees and spine he wrote, "In the day when the keepers of the house tremble, and the strongest of men bow down." He wrote about losing our teeth when he penned, "When the grinders cease because they are few." In verse four, he wrote about our failing eyesight and loss of hearing: "Eyes that look through the windows grow dim, and the sound of grinding is low."

The aged King Solomon knew that Seniors are notoriously light sleepers; "When one wakens up at the sound of a bird," he says. He knew that our singing voices would lose volume, and that we'll be afraid of heights---no doubt because of our fear of falling. "The pitcher shatters at the fountain" is his way of noting that we'll drop things. "The golden bowl is broken," refers to the aging bladder---it begins to leak.

On this subject, let me add that a ninety-year old resident once said to me, "Evelyn, when you reach my age you'll find that everything you have dries up, and what doesn't dry up will leak." She's right! I'm but a shadow of my former self!

The saddest part in Solomon's writings, however, is that he apparent-

ly reached old age without even one close friend by his side! None of his riches could buy friendship, and I feel sure he was surprised at that.

(Ted and I do not have that problem, fortunately. We were born and reared locally, and though a multitude of our friends are already in Heaven, scores are still close by.)

Max Lucado asks, "When the senior years are upon you, what will you want to do? Will you hug that college degree in the walnut frame? Will you find comfort in rereading your financial statement? Of course not. What will matter then will be people. If relationships will matter most then, shouldn't they matter most now?"

I think they should. Therefore, I personally have done what Solomon recommended---remembered the Creator in the days of my youth. The early memories of God's care for me linger on, bringing me comfort and joy, knowing they will continue into every day of this year and beyond. And our friends are the most valuable treasures we have.

I've taken Billy Graham's advice to heart: *Believers, look up - take courage. The angels are nearer than you think!*



# Arthur B. Hodges Center News

## Alzheimer's Walk Team Edgewood

October 26, 2019

Registration is at 8:00AM

Ceremony is at 9:00AM

Walk starts at 9:30AM and is two miles long. Come be a part of the cheering brigade.

You can preregister online at <https://act.alz.org>

## Flu Shots for Arthur B. Hodge Residents



The Kanawha County Health Department will be at the Hodges Center to provide flu vaccines for residents that reside on the Memory Support Unit.

Skilled Nursing residents will have their vaccines administered by our nursing staff.

Date are as follows:

Memory Support: October 9, 2019 at 10:30AM-11:30AM ~MP Room

Skilled Nursing: October 11, 2019 at 11:00AM in the library area.



Celebrate your German heritage with brats & kraut, homemade pretzels, and German beer.

Don't forget to wear your dirndl dress or lederhosen attire.

Saturday, October 5, 2019 at noon.

## TRICK OR TREAT

Little ghost and goblins will be at Arthur B. Hodges Center for trick or treat and spooktacular games. If you wish to hand candy out to the little ones please sign up with the lifestyles department. Candy donations appreciated.

Date: October 26, 2019

Time: 2:00pm

Place: 1<sup>st</sup> & 2<sup>nd</sup> Floor



Join us Wednesday, October 9, 2019 for a fun filled day with pumpkin painting, live entertainment and making homemade apple butter. Check your activity calendar for event times.

## COSTUME PARTY

Thursday, October 31<sup>st</sup> at 2:00pm



HAPPY ANNIVERSARY!



Frank & Karen  
Vincent  
October 20, 1995



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



Dreamma Guinn 3105  
Hilda Lilly 3106  
Brenda Foster 3207



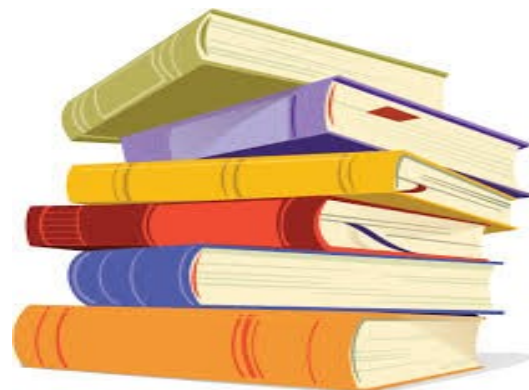
Lee Santiago 113

LIBRARY NOTES

Due to space limitations in the Edgewood Summit Library, books by popular and prolific writers such as Baldacci, Clark, Grisham, Preston, Macomber and Patterson are not duplicated in hard back and paper back copies, so if you can't find a certain book on one side of the Library, try the other side!

To readers: if you have read a book from the Library which you found especially interesting and enjoyable, please write a short review for this space. Submit it to

Michelle in Lifestyles or to Barbara Nolan. Other readers would be appreciative.



## Happy October Birthday!

Jerri Topp	2	Rosaline Rowe	25
Lenore Hendricks	3	Ann Brotherton	29
Dolores Paul	6		
Ruth Rosencrance	7		
Patricia Clark-Lowman	9		
Mary Wilton	10		
Norma Parker	16		
Marguerite Spence	17		
Paul Howard	22		
Jane O'Neill	24		



### October Horoscopes and Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities. Those born between October 23–31 are Scorpions of Scorpio. Scorpions are passionate and assertive yet are known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends.

- Walter Matthau (actor) – October 1, 1920
- Ray Croc (entrepreneur) – October 5, 1902
- Chevy Chase (comedian) – October 8, 1943
- John Lennon (musician) – October 9, 1940
- Molly Pitcher (soldier) – October 13, 1754
- Bela Lugosi (actor) – October 20, 1882
- Pablo Picasso (artist) – October 25, 1881
- Mahalia Jackson (singer) – October 26, 1911
- Teddy Roosevelt (president) – October 27, 1858
- Henry Winkler (actor) – October 30, 1945



### SPECIAL SERVICES

**Greg Faber**  
*Environmental Services Director*



Your October Housekeeping Service will be:  
**Cleaning Storage Cages and Garages**  
 Please make appointment! Notices will be distributed and your RSVP is required. Housekeeping is happy to offer these additional services at no additional fee. Any questions, please call (304) 347-1959.

## WE KNOW ONLY IN PART – BY RICHARD C. LAMB

“Who do you think you are?” We’ve all heard this question, sometimes with heat, often as a reprimand. It’s a good question. How we see ourselves is very important.

We all have run into those who are “know-it-alls.” And it’s good to be knowledgeable, to keep learning, even after school years. But that would hardly make you a “know-it-all.”

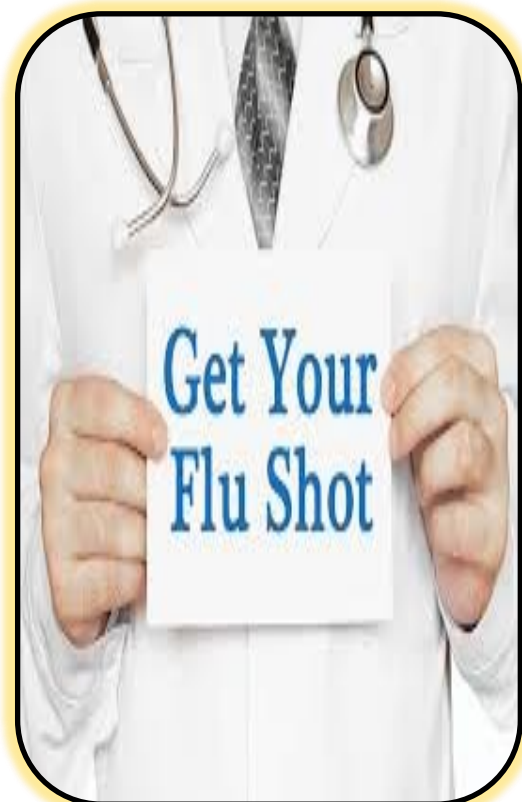
Yet, not all knowledge and wisdom come from the printed page. Further, God asks us to be seekers. (I Cor. 13) Even though so much has been shared with us, we still know “only in part.” And it’s exciting to know how much more lies ahead, to know there is no end to our learning. When you’re earthbound, it is hard to embrace “infinity” and what it might hold.

I don’t know about you, but every so often I see the boundaries fading away in front of me. I have much yet to learn, keeping God in the picture, His wisdom, His love.

We know only in part. And a bit of humility helps. But what we learn about the grace of God opens the big door to the future.

Thanks be to God who knows it all and for His Son who gave it all for our sakes.

## FLU SHOT CLINIC



The Kanawha County Health Department will hold a flu shot clinic on Wednesday, October 9th, 2019. Flu shots are first come, first served by wing.

**All Independent Living residents see Sue at the front desk to sign up for a flu shot. Bring your insurance card! Aetna is not accepted.**

### **Flu Shot Schedule**

**9:00 a.m.-10:00 a.m.**  
**Ridgmont Residents**  
 Ridgmont Living Room

**1:00 p.m. A-Wing**  
 Multipurpose Room

**1:30 p.m. B-Wing**  
 Card Room

**2:00 p.m. D-Wing**  
 Multipurpose Room





# Flu Myths

Cindy Crihfield, RN, Director of The Ridgemont



There are many reasons why some people are unlikely to get an influenza (flu) vaccination. Some people are allergic to eggs and really shouldn't get a flu shot. Others admit they're afraid of needles and don't like getting shots of any kind. Still others claim that they had intended to get a flu shot but couldn't find the time to do so.

Outside of an allergy to eggs, there is no good reason to avoid getting a flu shot — especially when it can help you avoid a serious and potentially life-threatening illness. Complications from the flu can be very serious and the flu shot dramatically reduces the risk of contracting this disease. Let's dispel some common myths about getting a flu shot.



**Myth #1 : I didn't get a flu shot last year and I didn't get sick. Obviously I don't need flu vaccinations.**

**Fact :** Every flu season brings a new and different strain of the disease. While some flu seasons turn out to be "lighter" than others, no one can predict when a really bad flu season will occur.

**Myth #2 : I'm young and healthy. I don't need a flu shot.**

**Fact :** Influenza is much worse than a cold. Even healthy young adults can become seriously ill. On average, people who become sick from the flu are bed-ridden for up to five days, causing them to lose time from work or vacation. Besides, if you develop the flu, there's a chance you might infect others who are at much higher risk than you: young children, elderly people, or someone with a medical condition who could end up with serious complications from the flu and end up in the hospital or worse!

**Myth #3 : Getting a flu shot will give me the flu.**

**Fact :** This is simply not true. The vaccine does not contain any live virus so you cannot get the flu from the vaccine. Many people confuse the flu with a cold or other respiratory infections. The vaccine will not protect you against these.

**Myth #4 : The flu is just a bad cold OR "I have vomiting and diarrhea. I must have the flu."**

**Fact :** A cold is not the flu. The flu is much worse. The flu is caused by the influenza virus. A cold is caused by several different viruses. Vomiting & diarrhea are not symptoms of the flu. That is an intestinal virus.

**Myth #5 : Flu shots aren't worth getting because they're not very effective anyway.**

**Fact :** A flu shot is about 70% to 90% effective in preventing illness in healthy adults. Among the elderly, the vaccine can prevent pneumonia and hospitalization in about six out of 10 people. Also, the more people in a group that get vaccinated, the less likely the group is to have an outbreak of the flu. This is called the "herd effect". Protection from the vaccine develops about one to two weeks after the shot, and may last for up to one year. Vaccine effectiveness varies from one person to another, depending upon their general state of health. Some individuals who get a flu shot can still get the flu. But if they do, it is usually a milder case than it would have been without the flu shot.

**Myth #6 : I don't need another shot. I've already been vaccinated.**

**Fact :** A flu shot is needed every year. There are many different strains of the flu virus with slightly different characteristics. The strains change yearly and each year a new vaccine is produced that provides protection against the three most common strains predicted for the coming season.

The Kanawha Charleston Health Department will be here on Wednesday, October 9th to administer the flu vaccine to Residents. Ridgemont Residents are scheduled from 9 am to 10 am in the Ridgemont multipurpose room.

The Pneumonia vaccine will not be given. Please remember to wear clothing that allows easy access to your upper arm.



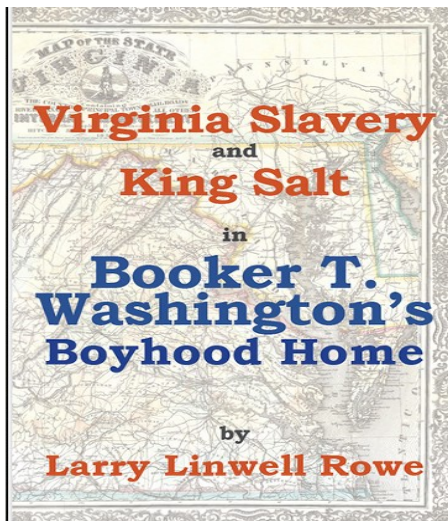
## *Transportation Report*

*Greg Faber-Maintenance/Grounds/Transportation/Security Director*

In August, Transportation logged 3,026 miles on the shuttles and 1,097 miles on the car. They transported 408 residents one way.



## Meet the Author



Tuesday, October 8, 2019 at 7:15 p.m.  
**Meet the Author Larry L. Rowe**  
**“Virginia Slavery & King Salt in**  
**Booker T. Washington’s Boyhood**  
**Home”**  
 Multipurpose Room

Booker T. Washington’s formative years were from 1865 to 1881 in Old Malden, West Virginia. From age 9 to 25 years, he developed values, vision and a plan to build a black middle class in the South. He observed his parents integrate Malden by buying a home in town four years after they were slaves. Six weeks after their purchase, he saw a race not a

few blocks away, but like Rosa Parks on Montgomery bus, with great courage, they stayed put ever determined to be good neighbors to all.

This work is two books divided by the Civil War Book. I tells the story of the Ruffner family, their booming salt industry.

The second book, Booker T. Washington’s Boyhood American Dream: The Climb of the Black Middle Class Up from Slavery, tells the post-Civil War story of Booker and his mother, brother and sister walking to Malden to join his mother’s husband who was working for the Ruffners in their family’s salt factory. His boyhood heroes established their own church as slaves in 1852 and had the state’s second school for freed slaves. From his heroes, he developed a gospel for the American Dream he wanted to be shared by all.

Join Larry L. Rowe as he discusses his new books.

Thursday, October 16, 2019  
 @ 7:15 p.m.  
**“The Brother’s in the Cross Perform”**



The Brothers in the Cross will be bringing their unique style of all original gospel music to Edgewood Summit. Some describe their music as “Doo-Wop”, some call it ‘60s pop style” while others refer to it as “Northern Gospel”. But all leave calling it refreshing, different, and are blessed by the inspirational lyrics and music style that takes you back to the ‘50s, ‘60s and ‘70s.



## FALL PREVENTION TIPS



There are many steps you can take to reduce the risk of falls. Here are some tips that will decrease your chance of falling. These are general guidelines. It is important for you to discuss any specific concerns you have with your doctor or other health care provider.

### Stay healthy

- Review your medications with your doctor and/or pharmacist on a regular basis.
- Always bring a list of all the medications you are taking to every doctor's appointment, whether prescription, over the counter, vitamins, or herbal supplements.
- Have your eyes checked at least once a year or if you notice change in your vision.
- Speak to your doctor if you are experiencing dizziness or unsteadiness.
- Make sure you are getting enough to eat and drink every day.

### Exercise regularly

- Exercise will increase your strength and flexibility. It will also improve your balance and coordination.
- Talk to your physician or other health care provider before you start an exercise program.

### Check the lighting in your home

- Use good lighting throughout your home. Frosted bulbs or lamp shades will help to reduce glare.
- Use night lights to avoid sudden changes in light. This will help if you need to get up during the night.

### Keep your home orderly

- Eliminate clutter and things you can trip over from areas where you walk.
- Arrange countertops, closets, cupboards, and other storage areas so regularly-used items are easily accessible.
- Eliminate throw rugs or make sure they are secured with rubber matting or double-sided tape.



## AUGUST

Genesis Rehab Statistics: Total number of residents serviced: **26 residents**

Physical therapy: 22 residents

Occupational therapy: 12 residents

Speech therapy: 10 residents

Total hours provided by Genesis Rehab last month: **394 hours**

Physical therapy provided: 180 hours

Occupational therapy provided: 152 hours

Speech therapy provided: 52 hours

*Thank you for being a part of the success of the therapy services in the Community here at Edgewood Summit. If you are in need of any rehabilitation services feel free to call our Rehab Office at [304.345.0867](tel:304.345.0867).*

## 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!



Friday  
 October 25, 2019  
**11:30 a.m. Surprise Party**  
 IL Dining Room

Join us for a surprise party! Enjoy some brunch, music, and something sweet! Everyone is invited!

***WALK TO END ALZHEIMER'S***



Saturday  
 October 26, 2019  
**8:30 Alzheimer's Walk**  
 Meet in Lobby

Opening ceremony begins at 9:00 am. Shirts cost \$15.00. Residents may walk or be a part of the "Thank You Brigade" at the end of the walk, which is always a lot of fun!! If you are unable to "walk" you may help cheer on the other walkers with our residents. Call the Lifestyle Department to sign up to order a shirt (304) 347-1955 or (304) 347-1942.

***You're Invited to a Birthday Celebration!***



*Ann Brotherton's  
 90th Birthday  
 Celebration*

Saturday, October 26, 2019  
 2:00 p.m. -4:00 p.m.

Multipurpose Room & Library



## Halloween Party

All residents are encouraged to dress up for this year's Halloween Party that will be held on Thursday, October 31, 2019 at 3:00 p.m. in the Multi-purpose Room. There is no theme this year so just be creative. Please join us!



## CLOTHING DRIVE



The Lifestyle Department is collecting clothes for Union Mission the whole month of October. Donations can be dropped off at the Lifestyle Department from 8:30-4:30p.m. daily. If you need assistance with donations please call the Lifestyle at (304) 347-1955. It is our pleasure to pick up your items.

## WVU OLLI CLASSES OFFERED IN NOVEMBER



### Planes, Trains, & Automobiles in WV Part I & II

**Thursday, November 14, 2019**

Part 1: 10:00 a.m. –12:00 p.m.

Part 2: 1:00 p.m. –3:00 p.m.

**Friday, November 15, 2019**

Part 1: 10:00 a.m.—12:00 p.m.

Part 2: 1:00 p.m.—3:00 p.m.

A look at transportation modes in WV, both historical and contemporary, topics of this class will include airports, railroads, roads and highways, plus a little on water transportation.

**About the Instructor:** Ed Johnson is the creator/curator of a website for students and educators of West Virginia Studies, [mh3wv.org](http://mh3wv.org)

If you're interested in joining us for an event you must register online with OLLI at [www.lli@wvu.org](http://www.lli@wvu.org) or call (304) 293-1793. For additional information please call Edgewood Summit at (304) 346-2323.

## SANTA'S WORKSHOP



**When:** SATURDAY, DECEMBER 7, 2019

**Time:** 10:00 a.m. – 2:00 p.m.

**Where:** Library, Multipurpose Room, Card Room, A-Wing Hall, & B-Wing Hall

**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. Kids can visit with Santa while you shop! Santa will be onsite from 11:00 a.m.-1:00 p.m. There will also be live entertainment and our Courtyard Café will be open for lunch.**



### *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 \_\_\_\_\_