



News & Views

Celebrating August



Read a Romance Novel Month

American Artists Appreciation Month

International Clown Week
August 1-7

Sandcastle Day
August 3

Bowling Day
August 10

International Left Handers Day
August 13

International Geocaching Day
August 17

Bow Tie Day
August 28

EXECUTIVE VIEW



Edgewood Summit has been awarded the Greystone Communities Diamond Award for 2018-2019 for exceptional performance in over ten categories being reviewed. The Diamond Award is the highest award achievable in the following categories: Resident Satisfaction, Employee Satisfaction, Community Involvement, Staff Development and Training, Hospitality, Financial Performance, First Impression, Regulatory Compliance and Service Excellence. Edgewood Summit has been proud to earn the Diamond Award for the past 16 years. Greystone Communities has recognized Edgewood Summit with this award more than any other community within their realm. Edgewood Summit also won individual awards for Resident Satisfaction and Financial Performance.

The award was accepted by Camden Siegrist and Diane Gouhin at the annual Greystone Event in Dallas, Texas. Accepting the award on behalf of our whole community is a humbling experience as we realize how many people have contributed to making the award possible. Each year the award must be earned based upon the merits of the community's performance over the past 12 months. Previous accomplishments are not included in the consideration of the award. Greystone also recognized Santa Marta in Kansas and Aberdeen Heights in Idaho as the only other retirement communities worthy of the Diamond Award.

The Edgewood Summit team is dedicated to providing great service to our Residents and to remain strong in our commitment to provide excellence and quality in all things. Thank you all for your help and cooperation which allows Edgewood Summit to win the Diamond Award sixteen times and to be successful for the past 24 years.

Diane T. Gouhin
Executive Director



Amazing Pooling of Thought and Action By Resident Richard Lamb

When Adam was created, life was underway. But he needed help. It was vital! So God created Eve. And it was clear from the beginning that God was Adam's great help.

Much later, the Psalmist could say, "God is a very present help in trouble. Therefore, we should not fear though the earth should change and mountains be carried into the midst of the sea." (Psalm 46)

God is with us. Good thing to keep in mind!

Consider families and companies involved in various endeavors. The pooling of life on both national and world levels has led to great advances, which are evaluated and corrected in face of human need. It takes the work of many to help the many.

We also can bring animals into the picture, both for the common good, as well as our own. I learned that growing up on a farm. Our horses were used for plowing. Chickens gave us eggs – and meat. A

neighbor's cows provided milk. It all worked together, thanks to God who plans and oversees it all.

However we see ourselves, we are up against it when life seems to go "downhill." But we must remember that God's Son died for us on the cross – and then came the resurrection! Should we die on earth, we should not fear, for God is with us, "a present help – even though the earth change." Wow!

We are to trust that God implicitly, the God who made us and all that the eye can see. We labor together in the light of God's love.



Above the din of the crowd I thought I heard a whimper. . . .

By Resident Evelyn R. Smith



Memories of the summer of 1996 are still fresh and powerful right now of the day Ted and I had spent the entire morning touring the Columbus Zoo in Ohio. At noon I had grabbed an empty table in a large picnic area while Ted joined a long line at the nearby fast food court. The picnic area was crowded, and the noise level high with laughter and play from dozens of families at the tables around me. On my right was a row of overgrown shrubs that provided some shade from the 90 degree heat.

Above the din of the crowd, I thought I heard a whimper, but looking around I saw nothing out of the ordinary. A few minutes later I heard it again. This time my eyes searched the bushy area to my right and I saw her. Less than 10 feet away a small child was nestled down in the center of a large bush, almost completely hidden from sight. Had she not been crying softly I would not have noticed her.

I pondered the situation. Somehow, she must have gotten separated from her family. . . . She was in no immediate danger; and I was afraid that I, a total stranger, might

frighten her if I went to her. Therefore, I decided to keep a watchful eye on her while I carefully surveyed the families around me. No one seemed to be upset or searching for a lost child. Therefore, I instinctively knew that her family was not at this particular picnic area at this time. They must be elsewhere, I believed, probably searching frantically for their daughter.

There were no cell phones in those days, so I had no way of contacting authorities to let them know about the child. I began to pray in earnest.

But deep in my troubled soul, I knew that God was watching over this precious child. and I also knew that I had been assigned the privilege of protecting her until security came.

Earlier, when I first sat down, I had seen Zoo personnel drive slowly by in a golf cart. Had they been searching for this child? I wondered. Surely if they had been, they would return. Therefore, I kept an eye on the little girl while I kept watch for the authorities, and prayed for Ted to return quickly with our food. Together, we would sound the alarm.

I asked the Lord to put His loving arms around the child while we waited for help. Her whimpers became less frequent and she began to play with the leaves on the shrubbery around her. I sent a silent Thank You, to the Lord.

Then I heard the golf cart coming down the road. Two young security officers were looking this way and that, as they inched slowly toward me. Jumping from my seat, I flagged them down as they approached where the little girl was.

Emotions gave way to a flood of tears. Unable to utter even one word, all I could do was stand there and point toward the child. Seeing her, the young man hopped out of the cart, and in seconds she was safe in his arms. The girl grabbed her Walky-talky and yelled, "Tell her parents we have found her - and she is okay. We'll be at the front gate with her in a moment." In a flash they were gone. The child was on her way to her mom and dad. My heart overflowed with relief as I praised the Lord for His watch care over this child.

Then, I thought of the many times our Lord must have taken care of me when I feared I had been abandoned. As I had watched over the little child, so has my Lord watched over me all my life. And, just as her parents will never know of my prayerful participation in their daughter's rescue, I will never know the many times God has saved me from dangers unknown.

I was still shaking and dabbing at tears when Ted returned with the food and drinks. "What's the matter?" he asked.

I replied with a smile through the tears, "Do I have a story to tell you!"

"For His eye is on the sparrow, and I know He watches me."

Brothers in the Cross

Friday, August 9, 2019
@ 1:00 p.m.

The Brother's in the Cross
Arthur B. Hodges Center
2nd Floor

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.
Everyone is welcome to come!



FAMOUS BIRTHDAYS

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends. Those born between August 23–31 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industrious efficiency makes them smart problem-solvers and fact-finders.

Maria Mitchell (astronomer) – August 1, 1818
 Louis Armstrong (musician) – August 4, 1901
 Neil Armstrong (astronaut) – August 5, 1930
 Matthew Henson (explorer) – August 8, 1866
 Alfred Hitchcock (director) – August 13, 1899
 Davy Crockett (frontiersman) – August 17, 1786
 H. P. Lovecraft (writer) – August 20, 1890
 Dorothy Parker (writer) – August 22, 1893
 Sean Connery (actor) – August 25, 1930
 Charlie Parker (musician) – August 29, 1920
 Frank Robinson (ballplayer) – August 31, 1935

SPECIAL SERVICES

Greg Faber

Environmental Services Director



Your August Housekeeping Service will be:

Cleaning Behind Appliances

Please make an 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.

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!

SAFETY FIRST



Making the Best Decision I've Ever Made



Ms. Hazel Arnold

After Ms. Arnolds husband of 67 years passed away, she came to visit Edgewood Summit and was very impressed. She had her heart set on a specific floor plan and when one became available, she took it. She familiarized herself with everything availa-

ble to her the first year she was here, attending many events and activities. She was never one for driving, so after taking advantage of the transportation offered here and loving it, she quickly rid herself of her vehicle.

Since she has moved in, she admits her health has improved. The socialization she receives here has given her such a boost, and she even feels she is able to walk better and farther than before. She is still regularly playing with her Canasta group twice a week. Hazel said one thing she appreciates is that she can be as active as she wants to be here, and there is always someone checking on her. She has nothing but good things to say about Edgewood Summit, from the friendships she has made with the other residents, to the "top notch" staff, and everything in between. Hazel says moving here was the best decision she ever made. Life is simply beautiful here.

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



**Kenneth and Ginny
Atkins 4307**

**Tom and Betty
Damewood 2108**

**Glenn and Lelia
Snyder 4103**



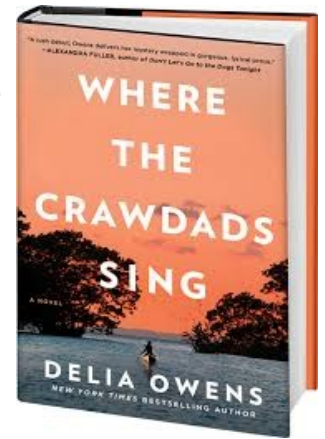
Helen Sherman 3207



**William Crist 113
Maxine Gillespie 108**

Library Notes

Because of a donation from the Resident Treasury and from an individual, additional large-print books are being placed in the Edgewood Summit Library. Among those are two current highly regarded books: *Educated*, by Tara Westover, a memoir, and *Where the Crawdads Sing*, by Delia Owens, a fictional account of life on the South Carolina Coast. Also you will find a collection of Classic Short Stories and books by such authors as Philip Margolin, Mary Higgins Clark and Patricia Cornwell. More on the way!



Super Power Dogs

Saturday

August 17, 2019

12:15p.m. "Superpower Dogs"

Clay Center Caperton Planetarium
and Theater

In this inspiring true story, our best friends are also real-life superheroes! Journey around the globe to meet remarkable dogs who save lives and discover the powerful bond they share with their human partners. Call the Lifestyle Department to sign up at (304) 347-1955 or (304) 347-1942.



"That place across the crick"

By Resident Chet Dodd

Growing up in Spencer, one topic children didn't talk about was "Shhh-the State Hospital".

Traveling North into Spencer on US119 one enters the city limits and if you look to the right, across the Spring Creek before 1989 there appeared an enormously long red brick building which housed insane people. To small children it was a scary place. To bullies it was where you might be put if you didn't behave.

To most adults it was a place discussed when children weren't around. Most knew it was an essential place for mentally ill people. It was huge facility with five hundred employees and nearly a thousand patients. Someone once told me it was the longest brick building in the United States, a quarter of a mile long. The huge building sat alone on 184 acres, and you didn't want to have to go there.

If a visitor came to town, more than likely they would ask "What is THAT?" Responses might have been "Oh, that's the State Hospital!" (Period, exclamation point, end of discussion.)

For a small county seat town of 2500 rural souls, it was never a subject of conversation with children or guests.

Well, yes, the facility did provide employment to over five hundred people,

and it was a market point for local farmers with cattle, corn, vegetables, chickens, eggs, etc. But we kids weren't interested in that kind of thing.

Mommy? Are the inmates kept there for the rest of their lives? Why? "Now children, we'll talk about that subject at a later time. Not right now,"

Daddy, can I ask you something? What does it mean to be "crazy?" Did you ever know any of those people? "We'll talk about that when you're older, son".

If you lived in Spencer, between 1893 and 1989, those previously mentioned questions might have been a topic affecting your life. The answers to your childhood questions about the State Hospital varied, but most likely were not long or very complete. (And it was not a topic anyone wanted to talk about.)

The year 1989 was an end point. The state closed the facility after many long, heated debates in the state legislature and a little later the great long building was torn down, the property sold and a Walmart and several other stores replaced the state institution.

Recently, I visited "Facebook" on my computer and was amazed to find the once taboo topic of the Spencer State Hospital the subject of a great variety of comments. I found a great many people

responding in various ways to the article. You know how it is when “Facebook” people from all over offer their thoughts and responses to other’s through this modern means of communication. As curiosity nudged me to read on, I found a great number of people responding in various ways with long held experiences and perhaps unsaid thoughts about the “scary” place across the creek.

I did not respond, but wondered if there weren’t many like myself who felt uncomfortable with the subject, yet like me, harbored long held memories, unspoken because of previous taboos.

In what ways did the State Hospital affect the lives of Spencer residents?

Aside from care of the huddled mass, it was a major employer as well as a very important consumer. The constant care of such a large number of patients, plus their need for food and drink and small personal care items, the building also required maintenance and upkeep.

The facility required a need for security, a medical staff, administration and bookkeeping. Although most townspeople found little connection as was my family.

My thoughts turned to my three daughters whose short term employment caused them to face, for a few weeks, the scary unknown, and further, it was the place where my grandmother Dodd spent her last days as a patient.

My daughters were employed as summer help during their high school days in the

late 50’s.

Grandmother Ellen Maude Hoyt Dodd (09/04/1868 to 02/10/1956) a wonderful mother of ten who lived most of her life on the family dairy farm near Dubois, Pennsylvania.

A widow from 1935 to 1956, she had reached age 88 and became unable to care for herself. She was brought to Spencer where her two daughters and a son (my father) lived. Shortly after arriving in Spencer, living with her daughter, Gladine, Dodd, Minns, Thomasson, she wandered into downtown Spencer, alone and lost. Friends helped her back to her daughter’s home who immediately sought advice from her siblings

All of the family agreed that her mental state required care which included 24/7 attention. She was then incarcerated in the Spencer State Hospital and died after a few weeks of care.

Regarding my family, our three daughters were encouraged by church friends to become employed as summer help at the hospital during their high school days. Our eldest, Jody, must surely, been the bravest of the three as she broke the ice by working as a special education helper in her senior year. Then our next daughter, Linda encouraged by her sister having survived that spooky place, worked there for two summers, where she recalls working in the library with Crisha Earles. Finally our youngest, Kathy, worked three summers there in both Special Education and the dining room.

Thus, our family developed a broadened view of the Sate Hospital. The girls let we parents know that nearly 1,000 patients there were really people, believe it or not,. Why, they were relatives of many West Virginia families from six county area, most of whom had became aged and suffered from what we today identify as dementia.

Today I've begun to see that our society is making giant steps in mental health. Now at age 91, I live in Edgewood Summit, an independent living community for the elderly.

My fellow residents and I are able to live independent lives with friends in a manner agreeable to our own lifestyles and if our health gets poor, we can move into the Ridgemont Special Care Center or the Arthur B. Hodges Center here for our tender care in our final days.

Looking back now at the decision made to destroy the old Spencer State Hospital, I guess those who made the decision may have had foresight, as I feel like it prompted the need to build Edgewood Summit and bring into being a more modern, and caring environment for the elderly, and more like true West Virginias, we pay our own way.

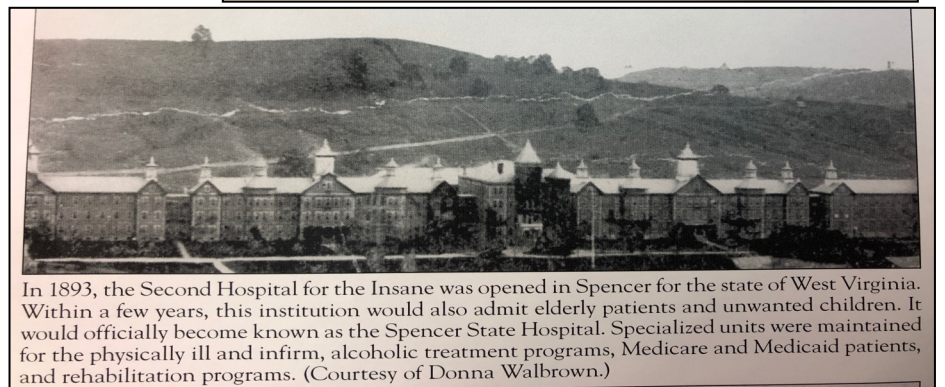
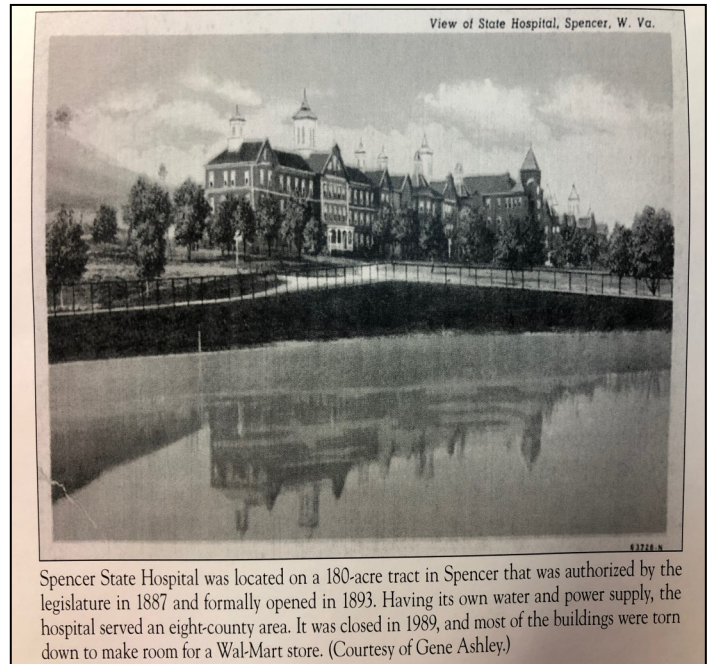
Looking back to the times of State Hospitals, I am not yet totally comfortable with their closure. Nursing homes seem to have replaced that state hospitals to some extent, and Edgewood Summit is a step above them, yet the State system cared for more and more citizens.

Today we begin to identify mental problems. Classification of mental disease is becoming more acceptable making separation of various forms of care possible.

Yet, many remain uncared for. The facility such as ours enables application of suitable care facility possible without major disruption of lifestyle.

So, it seems to this soul that as we increase our types of care, we learn everyday of the how's and why's of elderly care.

We pray for greater understanding and as we learn, we pray that we examine from our mistakes so the future will bring a better life for all.





Arthur B. Hodges Center News

GIFT YOURSELF A LAZY DAY

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 of 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. can renew our outlook. 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 spending 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 a busy schedule, try scheduling in your relaxation time

even if it's 15 minutes a day. This may be that quiet time in the morning enjoying a cup of coffee with the newspaper 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 lifestyles department will have a "Rejuvenation Month" of pleasurable events of relaxation technics throughout the month. Check your calendar for highlighted events of your interest.



Summer Fun at Coonskin!





Updating Your Medical/ Emergency File

Cindy Carihfield, RN Director of The Ridgemont



Each year, during the month of your birth, an Annual Resident Update Form is sent to IL Residents to complete. It only asks for necessary information. A copy of your current form will be sent along for comparison. Even if there are no changes, just indicate that on the form. It is very important that you complete and return it to Carmella at The Ridgemont desk . If you would have a medical emergency, this information is given to paramedics and sent with you to the hospital. We also request a copy of your Medical Power of Attorney, Living Will and/or

Advance Directives forms so they can be sent with you in case of a trip to the hospital or emergency room. We want to make sure medical staff who care for you know your health information and Advance Directives so they can provide you with the best treatment and follow your wishes. If you need assistance to complete the forms, we are happy to do that with you.

If you have significant health or medication changes throughout the year, such as a pacemaker implant, starting a blood thinning medication, or a new emergency contact person, please don't wait to get that important information in your file. Carmella Adkins, The Ridgemont Administrative Assistant will be more than happy to update any medical/emergency information for you. You may call Carmella at (304) 346-2355 or stop by The Ridgemont desk anytime.

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Manna Meals will hold their TENTH annual bean stringin' event at the Capital Market on Saturday, August 10th. Enjoy live music, corn on the cob, and bid on items from local artists and shops all while you help them string beans that will help them feed their hungry neighbors for months. Call the Lifestyle Department to sign up at (304) 347-1955 or (304) 347-1942.



Transportation Report

Greg Faber, Environmental Services Director

In June, Transportation logged 5,072 miles on the shuttles and 1,159 miles on the car. They transported 400 residents one way.



Happy August Birthday!

Wilma Graham	11
James Gibbons	11
Sandra Huber	15
Tom McCoy	19
Leola Palmer	19
Lucinda Waterson	24
Linda Stacy	28
Hedda Haning	29
Herman Miller	30
Ellen Freer	30
John Gillespie	31



Afternoon Tea



Sunday, August 18, 2019
3:00 p.m.
Multipurpose Room



Indulge yourself with our variety of delicious teas. A selection of dainty sandwiches, cakes and scones will be served with a cup of tea. Please call the Lifestyle Department to sign up at (304) 347-1955 or (304) 347-1942. Reservations are required.

Gilligan's Island Party



Wednesday
August 21, 2019 @ 7:15 p.m.
Multipurpose Room

Dress as your favorite character from the famous TV Series (optional, but encouraged) and compete for the best costume. Come party on our island. Enjoy dancing, beach music and Pina Colodas.



Tuesday
August 27, 2019
**7:15 West
Virginia Story
Teller Bil Lepp
Performs**
Multipurpose
Room

Growing up in a family where the truth was fluid, Bil Lepp became adept

at spinning tales and exaggerating circumstances at an early age. A nationally renowned storyteller and five-time champion of the West Virginia Liars' Contest, Bil's outrageous, humorous tall-tales and witty stories have earned the appreciation of listeners of all ages and from all walks of life. Though a champion liar, his stories often contain morsels of truth which shed light on universal themes. Be it a hunting trip, a funeral, or a visit to the dentist, Bil can find the humor in any situation. Lepp explains that while his stories may not be completely true, they are always honest. Bil is the author of six books and sixteen audio collec-

tions. His first children's book, *The King of Little Things*, won the PEN Steven Kroll Award for Picture Book Writing, received a Kirkus Starred review, and favorable reviews from *The Wall Street Journal*, *Publishers Weekly*, *The School Library Journal* and other publications. It also won the Zena Sutherland Award, the Parent's Choice Gold Award, was a finalist for the Irma Black Award, and was chosen to be West Virginia's book at the National Book Festival. A storyteller, author, and recording artist, Lepp's works have received awards and recognition from The Parents' Choice Foundation, The National Parenting Publications Assoc., and the Public Library Assoc. In 2011, Bil was awarded the National Storytelling Network's Circle of Excellence Award. Lepp has been featured 15 times at the National Storytelling Festival, and performed at major storytelling festivals, at the Smithsonian Folklife Festival, and at corporate events and functions across the country. He performed at Comedy Central's Stage on Hudson in Los Angeles, CA. Bil lives in Charleston, WV with his wife and two children.



**Informational Meeting about the
WV Symphony Season with Lawrence Loh**
When: Wednesday, August 28, 2019
Time: 4:00 p.m.

Join Music Director Lawrence Loh to hear exciting news about the upcoming season and learn more about attending these wonderful performances! Tickets and subscriptions will be available for purchase.

End of Summer Beach Bash

When: Wednesday, August 28, 2019

Time: 12:30 p.m.—2:00 p.m.

Where: Multipurpose Room

Join us for a cookout. Seating will be available in the Multipurpose Room & Patio. The Courtyard Cafe and Independent Dining Room will be closed for lunch, but The Ridgemont Dining Room will remain open. The menu will be announced later. If you choose not to use a meal credit you will need to purchase a meal ticket (\$10.00). A Hostess will check everyone in at the door at the Multipurpose Room. Please call the Lifestyle Department to sign up (304) 347-1955 or (304) 347-1942. Take advantage of this fun event to socialize with your neighbors. See you at the cook out!



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 _____