



Celebrating January

Get Organized Month

Skating Month

Polka Music Month

First Foot Day
January 1

Bird Day
January 5

Static Electricity Day
January 9

International Kite Day
January 14

**Martin Luther King Jr.
Day**
January 20

Compliment Day
January 24

**Inspire Your Heart
with Art Day**
January 31



News & Views

January 2020

Executive View

On behalf of myself and the Board of Directors of Edgewood Summit, Happy New Year! This year of 2020 marks a milestone for Edgewood Summit as the 25th Anniversary of opening our doors to the seniors in the area to provide a unique lifestyle filled with respect, safety, security, comfort, joy, services and care. It has been a great 25 years of helping others and I am proud of the success of our community, the Residents and our Employees. The Residents and Employees of Edgewood Summit have truly made our Community a great place to live and work for the past 25 years and we can now continue to look toward a good future.

The Board of Directors set the strategic vision for Edgewood Summit and for most of 2019 they have pondered the question of "what's next for our Community". After their December Board meeting, we now have an answer. The Board has decided to "Re-imagine the Community" beginning with an extensive renovation and refurbishment of the Commons and corridors of Independent Living. Big plans are in development and as decisions are made, we will do our best to keep you up to speed. Some of the areas being redefined include the Art Studio, the main Lobby, the Upper Commons and Library, the Card Room, the Café, Fitness area, Physician Office, exam room as well as the Dining Room. Construction renovations could begin as early as the first quarter of the new year.

Stay tuned to our "Re-imagined Edgewood Summit" plans and welcome to a Wonderful New Year!

Diane Gouhin
Executive Director



How we handled a Masher—in the Good Ole Days!

By Resident Evelyn R. Smith



Way back in the 1950s, there was a city housing community on E. Washington Street right across the Washington St. bridge. One Saturday, they hosted a "white elephant sale," on their property. Organized groups that wanted to raise money were invited to rent a spot for the day. Our Knollwood Drive Garden Club decided to rent one of the tables. All of our gals promised to contribute items for the sale.

I met with the Manager of Washington Manor. He was a 30-ish, good-looking man, very very friendly and overly helpful to me. (I was young, naive. I didn't, even once, suspect his motives.)

Well, our Garden Club made lots of money at the sale, but we had some items left unsold, and we wanted them returned. So, I called the manager, asking when it would be convenient for me to pick them up? He was very blunt: "Yes. you can have them back, but FIRST, you have to go out with me on a date!"

Remember, this was in the middle 1950s, and things were very different then. Also, I was as innocent as the proverbial new-born babe. Today, he would not have gotten away with it, I'd have called the po-

lice, sworn out a warrant, and had the guy arrested for stealing our Garden Club property!

But, back then I was very young, naive and unable to handle it properly.

So I explained on the phone that I couldn't go on a date with him because I was married! But that didn't mean a thing to him. He said he didn't care if I were married or single or what. He said he didn't want a "life-time" relationship with me, he just wanted one date. He promised to return the Garden Club items after I went on our date. Otherwise, he would keep them.

In those days, I was completely unable to handle something like this. So, I told him I would "think about it" and would call him back. I hung up and called my husband Ted at work at Carbide. Crying, I told him the whole story and asked him what in the world I was going to do about it?

He thought about it for a minute and then he had an idea. He suggested that I call the fellow and agree to a date, and set a time to go see him. Then, Ted suggested I share my problem with my Garden Club, and together, our gals could set a trap for the manager.

Our whole Garden Club, giggling uncontrollably, joined in helping me pull it off. One of the members, Gerry Smith, a large hefty-middle-aged- woman, offered to pretend to be my Mother-in-law.

Enjoying every minute of it, Gerry put on an old worn-out house-dress. She tied an apron around her waist, and pulled her gray hair back in an old-fashioned bun. She had a large black umbrella, and we practiced our dialogue together. Then off we went—to the housing community.

We opened the door and walked into the manager's office. He took one look at Gerry and asked me, "Who in the world is this?"

Gerry walked right up to his desk and pushed the point of that umbrella into his chest.

"I'm Gerry Smith, this young girl's mother-in-law, that's who I am! Are you the feller who won't let my little girl have her things back?" Gerry posed with the umbrella in the air, as if she was going to beat him over the head with it. (And she was actually prepared to do it.)

She scared the fellow half to death!

He jumped out of his chair and rushed to the closet.

"This woman made the whole thing up!," he screamed at Gerry. "I never demanded a date or anything else from her!"

Without another word, he brought out the bushel basket full of our Garden Club's things. He rushed out, and hurriedly put them in the trunk of my car.

Then, he fled back into his office and slammed the door.

Gerry and I returned home---with all of our unsold items. The Larwood Drive Garden Club gals screamed in laughter.

Ted reported the housing manager to the authorities. It turned out that other women had made charges against him, too, and he was fired.

Special Thank You!

A Special Thank You to all who participated in the can food drive this year for Union Mission. Edgewood Summit collected items the whole month of November. Congratulations to A-Wing 3rd floor for collecting the most items. A party will be held on January 9th at 11:30 a.m. in the Multipurpose Room for A-Wing 3rd floor.

Thank you!





Genesis Rehab Services Vitality Rehabilitation Program

Genesis Rehab Services



Why travel for outpatient therapy? Genesis Vitality Rehabilitation brings rehab services anywhere, going beyond the walls of the clinic. We can even see you for treatment in the privacy of your independent living or assisted living apartment!

Genesis Vitality Rehabilitation provides outpatient physical, occupational, and speech therapy services in patients' homes or communities. Our goal is to get residents back to doing what they love without the hassle of driving to a rehab clinic or the challenge of working around someone else's schedule. We provide convenient care that is centered on the resident. Our services may be covered by Medicare Part B or private insurance plans if the services are medically necessary and otherwise meet coverage criteria.

Here is a list of the services offered by Genesis Rehabilitation Services on-site at Edgewood Summit, the Ridgemont,

and Arthur B. Hodges Center:

Physical Therapy

- Unsteady gait/balance
- Risk of falls
- Loss of range of motion
- Joint discomfort or pain
- Decreased activity tolerance
- Difficulty with transfers
- Difficulty getting in or out of a chair/wheelchair or on/off of the toilet
- Need for walking assistance
- Occupational Therapy
- Decreased ability to perform Activities of Daily Living (ADLs) including cooking, bathing, dressing, self-care, etc.
- Concerns about safety in the home
- Need for adaptive equipment
- Decreased independence in the home and community

Speech Therapy

- Experiencing cognitive deficits: trouble finding words, following directions, and problem solving
- Signs of disorientation and/or memory deficits
- Difficulty swallowing
- Speech and hearing deficits
- Changes in vocal quality or volume of voice



NOVEMBER

Genesis Rehab Statistics: Total number of residents serviced:

67 residents

Physical therapy: 30 residents

Occupational therapy: 20 residents

Speech therapy: 17 residents

Total hours provided by Genesis Rehab last month: **295 hours**

Physical therapy provided: 128 hours

Occupational therapy provided: 119 hours

Speech therapy provided: 48 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).



Meet & Greet with Jessica Eastridge!

Monday, January 27, 2020

4:00 p.m.

Multipurpose Room

Please join us in congratulating Jessica Eastridge in accepting a new position with Genesis as Director of Rehab for Edgewood Summit and Arthur B. Hodges Center! It's an amazing new adventure in her life and she is so excited to have the opportunity to further serve our residents and the community! Jessica will also discuss Vitality checks at this time.

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!

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



Richard & June
Walker
2215

Page & Al
Deardorf
1205



Margot Spence
3115

Mary Jo Krantz
3209



Claryce Cantley
108

welcome

Is it a Cold or the Flu?

Cindy Crihfield, Ridgemont Nursing Director, RN



Flu strikes suddenly. One day, you're feeling fine – the next, you may have a high temperature, aches, pains and nausea that you cannot explain. You may also experience a cough or loss of appetite which could last for two or three weeks.

Treatment of Cold and Flu

Cold	Flu
<ul style="list-style-type: none"> ○ Relieve symptoms with over-the-counter medications ○ Congestion, cough, and nasal discharge may be treated with a: <ul style="list-style-type: none"> *Decongestant *Antihistamine ○ Combination of the two <ul style="list-style-type: none"> *Cough medications *Adequate fluid intake ○ Eight glasses of water or juice per day ○ Use tissues and wash your hands frequently 	<ul style="list-style-type: none"> ○ Antiviral medications may be given by doctor within 2 days of flu symptoms appearance. Check with your doctor ○ Over-the-counter meds can help minimize discomfort ○ Over-the-counter medications do not treat the virus. ○ Drink Adequate liquids to prevent dehydration ○ Adequate nutrition is needed for rapid recovery. ○ Bed rest is a good idea ○ Wait until symptoms are gone to return to full activity

Happy January Birthdays!

Dreamma Guinn	4	Bill Dawson	27
Freda Perrine	6	Margaret Tully	29
Mary Starcher	10	Sue McClung	30
Keller Hall	11	Karen Vincent	30
Elsie Beeler	12		
Chet Dodd	12		
Margaret Spradling	12		
Lee Santiago	13		
Frank Fazio	18		
Ann Morris	19		
Betty Warner	21		
Martha Wilcox	22		
Virginia Fergusen	26		

FAMOUS BIRTHDAYS

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving “power to the people.”

J.R.R. Tolkien (author) – January 3, 1892
 Joan of Arc (heroine) – January 6, 1412
 Zora Neale Hurston (writer) – January 7, 1891
 Elvis Presley (musician) – January 8, 1935
 Rod Stewart (musician) – January 10, 1945
 Martin Luther King Jr. (activist) – Jan. 15, 1929
 Muhammad Ali (boxer) – January 17, 1942
 George Burns (comedian) – January 20, 1896
 Virginia Woolf (writer) – January 25, 1882
 Nolan Ryan (ballplayer) – January 31, 1947



HAPPY BIRTHDAY

SPECIAL SERVICES

*Greg Faber, Environmental Services
Director*



Your January
Housekeeping Service
will be:

Mattress Turning

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
 Teresa Smith or Cindy
 McDuffie
 (304) 347-1959.

CEREAL DRIVE FOR MANNA MEAL



Throughout the month of January we'll be collecting as much cereal as possible! The cereal we collect will help feed families in the Charleston area. Donations can be dropped off at the Lifestyle Office. All items collected will go to Manna Meal. Your efforts will make a big difference helping feed those less fortunate in our community.

The benefits of donating cereal:

- Little to no preparation needed
- Whole grain high fiber cereal keeps kids feeling fuller longer

- Can feed several people at once
- Can be eaten as meal /snack
- Healthy and affordable way to feed a family.

Join with your Edgewood Summit Neighbors as we help Manna Meal feed hungry people one cereal box at a time!!



Santa Visits the Arthur B. Hodges Center



ASSISTED LIVING BY RICHARD C. LAMB



Long ago, the Psalmist cried out, “From whence cometh my help?” From the beginning, God’s children have needed help, help of all kinds.

I still remember, when I was in grade school, trying to get on the school bus. But I couldn’t manage the the first big step up. Then the driver, Heinie Crow, reached out and gave me his hand, pulling me up the step. You, too, remember all the helping hands given by your parents, to cross the street, to see some unique sight, to hop over a rain puddle.

We have been nurtured with kindness which is so often ongoing. I can imagine who made it so. Remembering some of our many helps is uplifting, countering any difficulties we face.

We are hardly alone, though we

may feel like it at times. But give some thought again to the great relationship: “God so loved the world that he gave . . .” Wow! God didn’t break away from high expectations. He sent His Son, who paid the high price for all our sins, that our hope might be great. Talk about assisted living!

We live in community where many talents are found to create helpful ministry to others. But this is so often taken for granted. (Sigh.)

It is true that sometimes we are our own worst enemy. Occasionally there is a chastening that seems like an arrow pointing to the way of love. We are to love God and our neighbor as ourselves.

Kindness is pinpointed in many places that we’re not even aware of. Nature itself is healing and leads to peace. In life we do not have to go it alone, but we have many human resources. We do need help, and our friends – both individually and in groups – have become front and center. It’s hard to beat good neighbors. It’s enough to make us jump to our feet in thanksgiving!

And that, my friends, is assisted living.

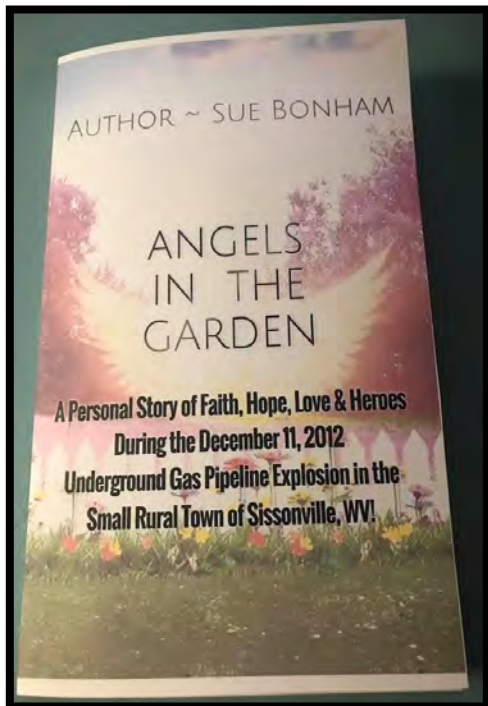
Appalachian Children's Chorus



Sunday, January 12, 2020 @ 3:00 p.m.
Multipurpose Room

ACC is a special learning environment designed to provide a rich and rewarding musical experience for each child. The children study and perform a variety of music from simple unison folk songs to more challenging classical and multi-cultural repertoire. Join the Appalachian Children's Chorus as they share music with you from their December Program.

Meet the Author



Meet the Author "Angels in the Garden"
by Sue Bonham

Tuesday, January 14, 2020 @ 7:15 p.m.
Multipurpose Room

Sissonville author Sue Bonham will discuss her newly released book "Angels in the Garden." Her book talks about the 2012 natural gas line explosion in Sissonville, surrender after 45 minutes and then the rescue. The book also includes personal stories of others who witnessed the event. The book is a personal story of Faith, Hope, Love and Hero's during the December 11, 2012 underground pipeline explosion in the small rural town of Sissonville. Books will be available for \$18.00.

Travelogue to the Holy Land



Thursday, January
16th, 2020
@ 7:15 p.m.

Multipurpose Room

This fall, Ellis Conley took a tour of the Holy Land and is excited to share his travels with

Edgewood Summit.

Conley retired last summer as senior minister at Forrest Burdette United Methodist Church in Hurricane. A full member of the West Virginia Annual Conference since 1977, he has served in seven church appointments and as a district

superintendent. The Rev. Dr. Conley is a graduate of Drew Theological Seminary, the Candler School of Theology and West Virginia Wesleyan University. He has been a delegate to the regional Jurisdictional Conference (7 times) and the United Methodist General Conference (4 times).

Spouse, and assistant trail guide, Julia Conley holds National Board Certification as a teacher of art.

And Ellis Conley, a native of Point Pleasant, has been an active member of Putnam Rotary since moving to Hurricane in 2014.

Brothers in the Cross

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> 58 3 n,k ,

The Brother's in the Cross

Multipurpose Room

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!



Climate Change and its Effects on West Virginia

Friday, January 24, 2020 @ 2:00 p.m.
Multipurpose Room

Join Jim Barach as he discusses Climate Change and its effects on West Virginia. Climate change is already wreaking havoc on parts of the planet. How has it already affected West Virginia and what will it mean for the region's future? A look at what is causing climate change and whether or not anything can be done about it.



Jim Barach is a 38-year veteran of broadcasting, mostly as a TV meteorologist. His work has taken him around the country to nine different cities, including some of the most challenging locations for weather forecasting. He has a BS in GeoScience from Mississippi State University and is a certified by the National Weather Association and American Meteorological Society.

Winter Wonderland Dance



Tuesday, January 28, 2020 @ 7:15 p.m.
Multipurpose Room

Join us as we transform the Multipurpose Room into a “Winter Wonderland” for our next dance. Door Prizes will be given out during the evening and Arlen Bishop will provide the music. Invite your friends to come out to dance and enjoy a cup of hot chocolate!



Arthur B. Hodges Center News

DON'T MISS A BEAT!

Every 38 seconds, a loved one has a heart attack or a stroke. A heart attack is a frightening experience. If you have experienced a heart attack, or are close with someone who has, you should know this: You are not alone. In fact, tens of thousands of people survive heart attacks and go on to lead productive, enjoyable lives. Staying in tune to our body, living a healthy lifestyle and arming yourself with knowledgeable information can help you live a healthier, longer life.

This new year, set reachable goals and push aside those culprits that hinder a healthy lifestyles. For more information and tips for healthy hearts go to www.heart.org



Bringing in a new year is so electrifying! It's a time of reflection on the year past as well as looking forward. We've all done it, made resolutions to pay off debts, lose weight, join a gym or rid ourselves of unhealthy circumstances. We tend to reflect on our past which helps us to work on our shortcomings, to better ourselves and set good examples for those that look to us for guidance. In many cultures, people jump into the sea or a local body of water -literally washing the slate clean. While each culture has their own special traditions to celebrate a new year, there are certain common themes. The new year is a time for setting things straight, "washing" our mind, body and soul for a clean start for a brighter future.

Activity outings may be cancelled throughout the winter months due to poor weather conditions. Cancellations may be in advance or the morning of, following the forecast report.



Whatever your traditions may be, our wish for you is a happy, healthy and prosperous 2020!

A MEMORY CARE EDUCATION AND SUPPORT GROUP WILL MEET ON MONDAY, JANUARY 13TH AT EDGEWOOD SUMMIT IN THE COLONIAL ROOM, EVERYONE IS WELCOME TO ATTEND.

Door Decorating Contest Winners

Congratulations to those who participated and won the door decorating contest:

- Sandra Wilkerson
- Betty Halstead
- Billie Morgan
- Ruth Diller
- Arlen Bishop
- Nancy Morris
- Delores Paul
- Mary Wilton
- Judy Latorre
- Diane Palmer
- Joan Power

The judges said the best door overall was Nancy Morris!

Our judges were impressed with B-Wing 2nd floor. The floor was most decorated and had the most participation. B-wing second floor were are all winners!

Residents will have a pizza party on January 2, 2020 @ 11:30 a.m. in the multipurpose room to celebrate their win!



Happy Anniversary!

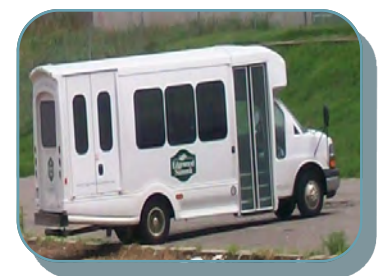


Dick & Barbara Nolan
January 3, 1953



Transportation Report-Greg Faber, Director of Environmental Services

In November Transportation logged 3,016 miles on the shuttles and 1128 miles on the car. They transported 401 residents one way.



Ugly Sweater Contest & Dance



Winner of Contest
Sue McClung

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 _____