



News & Views



Executive View

Celebrating March

**Irish-American
Heritage Month**

**Women's History
Month**

**International Black
Women in Jazz and the
Arts Month**

**World Compliment
Day**
March 1

**International Women's
Day**
March 8

Welllderly Week
March 16-22

St. Patrick's Day
March 17

Tuskegee Airmen Day
March 22

**Make Up Your Own
Holiday Day**
March 26

Edgewood Summit takes pride in being a community that is progressive, creative and evolves as the needs and expectations of our Residents change. The Board of Directors is astute to this approach and has directed a renovation of the common areas of the building as well as the corridors of our residential wings to be “re-imagined” and updated in the very near future. Activities have already begun in the process of re-designing the areas and Residents and Staff have helped confirm what changes would be welcomed. Construction is currently estimated to begin in late March or early April.

The residential corridors will be updating first to provide a nice aesthetic along with additional lighting and fresh carpet, wallpaper and paint. Seating groups will continue to provide a destination spot on each floor for engaging with others.

Following the corridors update, the lobby, library, card room, activity spaces, café, dining room, multipurpose room, fitness center, physician office and exam room along with the art studio which will become the maker space are all included in the updated renovations. As construction schedules are finalized, we will communicate regularly on what changes will happen and when. Our goal is to minimize the impact to Residents and ensure the least disruption to our activities and dining as possible.

It is normal to have a little disruption as the changes take place and to be hesitant to accept the changes until they are actually experienced. Please remember the commitment of Edgewood Summit to continue to be a place where you can thrive and feel a sense of belonging. The community

offers the best place for stability and predictability and has proven our steadfast loyalty to our Residents for the past 25 years. Our team remains responsive and will demonstrate our solid leadership as we work through the renovation and emerge a better place to live as a result.

The Marketing team will continue to tell the story of Edgewood Summit while renovations take place. We encourage you to help with positive comments to those considering making a move during the renovations and beyond. The Edgewood Summit mission remains the same, our values are intact and we live the message every day to respect and support our Residents and to provide great services and care daily. We appreciate all referrals and support in our marketing efforts to bring more good people to our community.

We hope everyone will be pleased with the results of the renovation project and keep in mind the inconveniences during the process is temporary. Thank you in advance for the patience and cooperative spirit as we continue to do all we can to remain the best of the best for retirement living in West Virginia.

*Diane Gouhin,
Executive Director*



Forever together---together forever

Evelyn R. Smith



I can hardly believe it, but in March, Ted and I will celebrate our 70th wedding anniversary. It can't be! *I don't even feel that old!* However, I have to face facts, it *was a long, long time ago.*

Once, when Ted was asked how we met, he replied, "Well, I turned over in a crib in the church nursery, and there she was." It wasn't *exactly* like that, but it's close.

Both of us attended Emmanuel Baptist Church with our parents in 1943. It just happened that the same number of boys and girls had joined the church that year, and 20 of us were baptized at the same time. Afterward, all of us joined the church's youth group, led by Mr. and Mrs. McCandless.

At our very first meeting, the McCandless' opened and closed with "Game Time." Since there was an equal number of boys and girls, Mr. McCandless wrote the name of every girl on pieces of paper and placed them all in his hat. As the hat was passed around the room, each boy drew the name of the girl who would be his partner for the rest of the evening.

(Jr. High School boys and girls were shy round each other in those days, so the McCandless' used this method to get us

talking to each other.)

Ted drew my name from that hat. Neither of us had ever had a date before, and we were bashful. But, we managed to get somewhat acquainted as we paired up for several simple games together. The meeting was closed with all of us singing a popular song, "*Tell me why the skies are blue. . .*"

Across the room, Ted and I happened to lock eyes at the words, "*and I'll tell you why I love you. . .*" (Little did we know that our destiny was sealed at that moment.)

I remember that I turned beet-red, as I quickly looked away. We were just in our early teens. Kids that age did not date in those days, much less fall in love the first time they met! Yet my heart was pounding, and I found out soon after, so was Ted's.

Therefore, we were barely in our teens and in junior high school when we met and fell in love. Just two kids, who a few years later plunged starry-eyed into marriage. Hand in hand with our faith in God, we stepped confidently into the future unaware of what it would bring.

We were married in Ted's second year at West Virginia University---because we couldn't stand the separation any longer. I was hired in as a lab-tech at WVU while Ted studied chemical engineering. The next three years, until he graduated, were happy ones and greatly blessed by our Lord. But, we lived "hand to mouth" so to speak, on a very limited budget.

I remember our most serious challenge came when Ted needed \$65 dollars for dental work. We just plain did not have it, and we were too proud to let our parents know of the need. So, we prayed. *Hard.* Our prayers were answered a few days later. Each year, *Tau Beta Pi*, offered a cash award to the engineering student with the highest grades. They chose Ted as the recipient that year! The framed *Tau Beta Pi* certificate still hangs on our wall in our home today, as a testimony to the goodness of our Lord Jesus Christ whom we serve. *You see---along with the certificate--- came a check that covered the complete cost of Ted's dental work!*

Ted remained at the top of his class in grades, and I was so proud when he walked across the stage to get his diploma. He had graduated at the top of his class of engineers. And instead of mounds of college debt that burdens graduates today, we had managed to save money, and we had our own bank account. The Lord had been by our side the whole time, protecting us from both illnesses and college debt.

Because of his good grades, Ohio State University offered Ted a full scholarship for his Master's degree. With more thanks to our Heavenly Father, I took their offer as a lab tech in the Ohio State Fuels Lab. I worked as a lab-tech while he finished his MS degree in chemical engineering.

During our years together, there have

been many requisite, happy times, mixed in with sorrowful times as well. We've wept as we've said goodbye to too many of our friends and loved ones. Along the way both of us have faced our own mortality as we experienced life-threatening illnesses. But, even though there have been several deep, dark pits of despair, we knew that we were never in despair---alone. We've had each other, and our Father God at our side. Seventy years have now come, and soon will be gone, and we still walk together, hand in hand with our faith intact.

We owe a great debt to the many we've met on our matrimonial journey who have shared our joys and heartaches. Each in his or her own way, has lighted a candle for us in the darkness, enabling us to "finish the course." Therefore, we are secure in the knowledge that whatever challenges the future may bring our way, our close fellowship with the Lord Jesus Christ will sustain us.

As others have testified to, "We don't know what the future holds, but we do know *'Who'* holds the future . . . *Our loving Father-God above.*" We thank Him because He has allowed us to reach this Anniversary still committed, still in love, and still serving the God who sustains us. *Together forever, forever together,* as long as we both shall live. It has been a good trip.



Please Welcome Hannah Chinn!

"Genesis Rehab would like to send a warm welcome to our newest Speech Language Pathologist, Hannah Chinn!

Hannah was raised in Ripley, West Virginia and attended Marshall University for undergraduate and graduate school, where she earned her Bachelor's and Master's of Science in Communication Disorders.

Throughout her collegiate years, Hannah danced in annual productions through Marshall University's theater department. During graduate school, Hannah was a graduate assistant with The College Program for Students with Autism Spectrum Disorder. During this time, she served as an advocate, mentor, and liaison for college students with Autism Spectrum Disorder. Hannah has a diverse clinical background including various populations and settings

ranging from pediatrics to geriatrics within the outpatient, inpatient, schools, and home health settings.

Hannah has a passion for cognitive communication and swallowing therapy especially in the adult and geriatric populations. For the last three years, Hannah has worked in Jackson County providing Home Health speech therapy services.

Come by and say hello to the newest member of our therapy team, Hannah!"



Genesis Statistics



Genesis Rehab Statistics:

Total number of residents serviced: 43 *residents*

Physical therapy: 33 residents

Occupational therapy: 28 residents

Speech therapy: 19 residents

Total hours provided by Genesis Rehab last month: 364 hours

Physical therapy provided: 154 hours

Occupational therapy provided: 148 hours

Speech therapy provided: 62 hours

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 FEBRUARY?
WELCOME TO EDGEWOOD SUMMIT!



Yolanda Tolley – 3116

WELCOME



PUBLIC ART OF CHARLESTON



11:00 a.m. Public Art of Charleston
presented by Jeff Pierson
 Thursday, March 12, 2020
 Multipurpose Room

Jeff Pierson serves as Director of the office of Public Art for the city of Charleston & maintains his art as an illustrator and a mural artist. His work can be seen in print and in public all over the state.

The MLK Mural Project Workshop
 Following the presentation join us for painting project. Participants will be painting sections of fabric that will be used to create the portrait of Martin Luther King Jr. No painting experience necessary. Registration is required. To register call Michelle Romine, Lifestyle

Director at Edgewood Summit at (304) 347-1955.

The MLK Mural project will apply Dr. King's principles by engaging the community through a hands-on mural process. Participants from all over the city will be invited to take part in the painting of this portrait. In addition to the portrait of Martin Luther King Jr. the background will be composed of hundreds of monochromatic self portraits executed through school visits and public workshops.



Happy March Birthdays!

Parker Smith	9	Bonny Eskew	24
Pat Thomasson	9	William Deardoff	27
Tom Brunton	10	Barbara Mason	31
Martha Hacala	10		
Sybil Davisson	17		
Hester Covert	18		
Leta Harman	18		
Mary Lou Melton	22		
Virginia Atkins	22		
Ruth Ellison	23		



FAMOUS BIRTHDAYS

In astrology, those born between March 1–20 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others. Those born between March 21–31 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even the most challenging situations.

Theodor Seuss Geisel (writer) – March 2, 1904
 Lou Costello (comedian) – March 6, 1906
 Mickey Dolenz (Monkee) – March 8, 1945
 Liza Minnelli (actress) – March 12, 1946
 Moms Mabley (comedienne) – March 19, 1894
 Fred Rogers (neighbor) – March 20, 1928
 Chaka Khan (singer) – March 23, 1953
 Harry Houdini (magician) – March 24, 1874
 Flannery O'Connor (author) – March 25, 1925
 Liz Claiborne (designer) – March 31, 1929

SPECIAL SERVICES

*Greg Faber, Environmental Services
 Director*

Your March
 Housekeeping Service
 will be:

Cleaning out the Refrigerator

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.



HAPPY BIRTHDAY

WV HUMANITIES COUNCIL PROGRAM

HISTORY ALIVE! PROGRAM STONEWALL JACKSON: ILLEGAL STATE HOOD



THURSDAY, MARCH 12, 2020
@ 7:15 P.M.
MULTIPURPOSE ROOM

In this session Doug Riley presents Stonewall Jackson's thoughts on the West Virginia statehood movement. Born in Clarksburg, Jackson was an orphan who became one of the most revered names in military history. He is regarded by experts as a tactical genius and a relentless battlefield commander of unsurpassed ability. The men of the "Stonewall Brigade" were fiercely loyal to their leader.



Parkinson's Support Group

A Parkinson's Support meeting will be held on the second Friday of the month at 1:30 p.m. in the Colonial Room at Edgewood Summit.

Join those living with Parkinson's from the local community, Edgewood Summit residents, family members and caregivers, as we meet to address the physical, emotional, and social challenges of those facing Parkinson's disease. Connie Jones will be the group leader. Handicapped access and parking is available. Refreshments will be served. For more information call (304) 346-2323.

HAVE FUMBLE-ITIS? BY RICHARD C. LAMB



We ‘ve all had fumble-itis, almost from Day One . . . first when Mother had to pick up all the food that hit the floor from the highchair.

Dealing with fumbling became crucial as we were learning sports. In basketball, handling the ball, dribbling, passing led to a lot of fumbles, and that led to pileups of players scrambling for the ball. It’s said that “practice makes perfect.” Well, not all the time. But the player always seeks to improve skills, even as the coach calls him to the bench. Improvement is the watchword.

What did we want to hold onto most of all? A job? Bank account?

Adults worry about those. But we student athletes knew our school’s reputation was on the line during football and basketball seasons. And I remember being replaced in a basketball game – probably for fumbling! – sitting on the bench cheering for the team.

Preoccupation with too many things at one time can lead to fumbling one or the other, even forgetting our real responsibility, to be my brother’s (and sister’s) keeper. That’s true in sports, as well, with all team members working toward one common goal. We were our brother’s keeper!

When God sent His Son into the world, the Son had opposition. But even the opposition and the threat of a cross didn’t move Jesus away from His goal – to share God’s love. No fumbling there!

GIRL SCOUT COOKIE SALE

Thursday, March 12th, 2019
10:00 a.m. – 1:00 p.m.

It’s Girl Scout Cookie Season once again! A local Girl Scout troop will have a variety of cookies on hand to sale. Cookies cost \$5.00 a box.



"West Virginia's Diverse Weather History"

Friday, March 13, 2020
@ 2:00 p.m.
Multipurpose Room

Tony Edwards with the National Weather Service in Charleston will discuss West Virginia's varied weather history, ranging from historical floods to deadly tornadoes and paralyzing winter storms. Tony will discuss how to remain safe in future severe weather events.

Here's a little history about Tony:

Tony Edwards grew up in the hills of eastern Tennessee and graduated from the University of North Carolina at Asheville with an undergraduate degree in Atmospheric Sciences. Tony began his career as a Meteorological Technician at the National Weather Service Office in Barrow, Alaska, launching weather balloons and taking weather observations on the edge of the Arctic Ocean. He served nearly two years in Alaska but the Appalachian Mountains were home and Tony accepted a Forecaster position at the NWS office in Jackson, KY in 2005. After serving 12 years in Kentucky, Tony made the move across the Tug Fork River to the

NWS office in Charleston, WV in 2017, where he currently serves as the Warning Coordination Meteorologist for a diverse region covering 49 counties in four states. The Warning Coordination Meteorologist serves as the liaison between the local NWS office and Emergency Management, county officials and members of the media, and is responsible for planning, coordinating and carrying out the public severe weather awareness program for an office.

Come out and learn about West



Virginia's Diverse Weather History.

Appalachian Celtic Consort

Monday
March 16, 2020
@7:15 p.m.
Multipurpose Room

The Appalachian Celtic Consort plays traditional Irish and Scottish music mostly, but also a little old-time and some original compositions. If you are a die-hard traditionalist, you might notice that their music has a little different sound than some Celtic groups -- hence the word Appalachian in their name. Our hills and mountains were settled by Scotch-Irish immigrants, and the music they brought with them has picked up a bit of local flavor. Appalachian Celtic Consort has been playing together since 1998.



Consort members include:
Dave Gladkosky, Mark Nelson, Mark Watson, Sheila McEntee, & Dewey Sanderson



Annual Easter Egg Stuffing for the City of Charleston

Volunteers are needed to stuff Easter Eggs! Charleston Parks and Recreation will be dropping off thousands of Easter eggs, and candy stuffing will begin the first week of March. Please check your calendar and Channel 96 for stuffing times and locations. This is the 14th year Edgewood Summit residents have helped stuff eggs. The eggs are for the annual Easter Egg Hunt held at Magic Island.





Emergency Call Alarm Pad and Pendants

Submitted by Cindy Crihfield, RN
Director of The Ridgemont

No, it's not a "Life Alert" ... it's better! One comfort of mind Edgewood Summit offers is knowing help is just a call away. The emergency call system we have in place assures nursing staff will be alerted to come to your aid for a **medical emergency**, whenever you push the alarm button in your apartment. An alarm button is located in each bathroom and each bedroom. Be sure you know where your alarm buttons are located. **Some examples of a medical emergency may include, but are not limited to...chest pain, you have fallen, unable to catch breath, feeling like you may pass out or you think you may need to go to the emergency room.**

Residents at higher risk for falling may choose to wear a "pendant" alarm that hangs on a cord to be worn around the neck. This way, the alarm can be activated wherever you are in your apartment. But you'd be surprised how often they are left laying on a night stand, tied to a walker or sitting out of reach. If you need this added feature see the Receptionist of The Ridgemont. For Independent Residents, there is a deposit and form to complete.

Nursing staff carry a pager that sounds when any alarm button is activated, and indicates your name and apartment number and staff will come to you

there. However, if you are not in your apartment, the system indicates the general area where you are and staff will go to that area and begin looking for you. The pager may not show if you are outside the building.

There are also alarm buttons throughout common areas of our community, public restrooms, stair wells, dining & activity rooms, etc. If an alarm button in a common area is activated, the pager will indicate that area, such as "fitness center" or "B Wing 2nd floor stairwell", etc. As you are going about our community, make yourself familiar with the locations of alarm buttons in common areas.



If you, or someone you are with, have a medical emergency when you are out of your apartment, the best way to summon help is by pushing the closest alarm button. Resist the urge to run for help. Too often people run to the nursing office only to find no one there: they are in apartments tending to Resident care needs. But they ALWAYS carry the emergency pager and will come to your aid as quickly as possible. Bare in mind, it takes time for staff to get back to the nursing office, get the emergency box and then on to the location where they are needed. When you are waiting, seconds seem like minutes.

Our alert system checks each alarm battery every 12 hours. It notifies staff of

any batteries that need replaced. Staff also check their pager before each shift to assure it is ready to receive your call. If you have a pendant alarm and no longer need it or wear it, please return it to The Ridgemont so it is available to someone who does and your deposit will be refunded.

Just a reminder that the emergency alert system is not for routine medical care, medication management, caregiver concerns, etc. but for emergencies.

Happy Anniversary!



HAPPY ANNIVERSARY!
Mr. & Mrs. Ted Smith
March 3, 1950



Transportation Report-Greg Faber, Director of Environmental Services

In January Transportation logged 2,995 miles on the shuttles and 1,087 miles on the car. They transported 401 residents one way.



Arthur B. Hodges News

Providing Skilled Nursing and Memory Support Services



INTRODUCING THE ARTHUR B. HODGES 2020 KING & QUEEN OF SWEETHEARTS

Webb and Barbara Arceneaux were chosen by their peers, family and staff
to wear the crown for the sweetest couple.

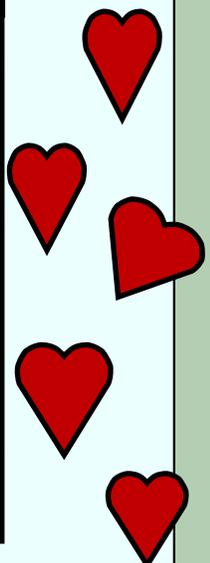
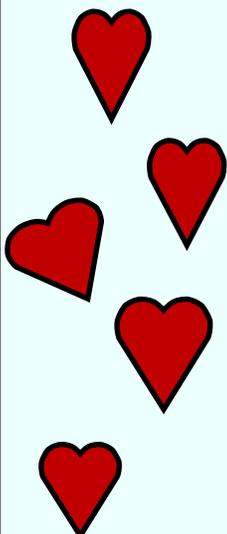
Congratulation Webb & Barbara. You make 64 years look easy.



**Ike & Stuart Smith
1st runner up**



**Tom & Dreamma Guinn
2nd Runner Up**



SAVE THE DATE



Made and/or Grown in West Virginia, Part II

Ed Johnson
Wednesday, April 22, 10:00 a.m.-12:00 p.m.
Thursday, April 23, 10:00 a.m. - 12:00 p.m.
Edgewood Summit

In Part 1 of this class celebrating our West Virginia roots, we looked at food and beverages. In this part of the course, we will look at pottery and glass, along with several miscellaneous items you may be shocked to find are made in WV.

About the Instructor: Ed Johnson is the creator and curator of MH3WV.org, a website for students and educators of West Virginia Studies.

Made and/or Grown in West Virginia, Part III

Ed Johnson
Wednesday, April 22, 1:00 - 3:00 p.m.
Thursday, April 23, 1:00 - 3:00 p.m.
Edgewood Summit

In Part 3 of this class celebrating our West Virginia roots, we will delve into other areas, including forest/wood products and a slew of other items you probably didn't know about.

If you are interested in joining us for an event, you must register online with OLLI at www.oli@wvu.org or call (304)293-1793. For additional information please call Edgewood Summit at (304) 346-2323. Hope to see you there !

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 _____