



# News & Views



## EXECUTIVE VIEW

### Celebrating November

*Happy  
Thanksgiving*

#### Inspirational Role Models Month

**American Indian  
Heritage Month**

**Author's Day**  
*November 1*

**Men Make Dinner Day**  
*November 7*

**Veterans Day: U.S.**  
*November 11*

**World Kindness Day**  
*November 13*

**Rock Your Mocs Day**  
*November 15*

**Thanksgiving: U.S.**  
*November 28*

This time of year is when we all turn our attention towards those things for which we are grateful. Edgewood Summit has much for which we give our most sincere thanks. First, our Residents as they are the primary reason for our mission and purpose. Without our wonderful Residents, Edgewood Summit would cease to have a reason to exist. The Residents are truly the lifeblood of our community and we appreciate each person more than we can ever say. Residents have a hand in every service and department at Edgewood Summit. They guide our goals and help us plan for improvements and ongoing program needs. Second, we thank our Employees who give generously of themselves every day to fulfill requests, meet and anticipate needs, provide care, comfort, and safety to all who live here. Our Employees cheerfully say "how can I help you?" and "what else can I do?" and they feel more satisfied and rewarded at the end of the day than anyone can imagine. Next, we thank our Families, Friends and Neighbors who have supported and encouraged Edgewood Summit to reach out and do more to improve the lives of others. Now more than ever, Edgewood Summit remains ever strong and resolute in our mission of helping seniors and we are looking to always find ways to improve. Finally, our thanks to the Edgewood Summit Board of Directors who volunteer their time, talent, and energy to help keep our vision and mission on track. Edgewood Summit is blessed with great people who have a positive spirit, a can-do attitude and a caring heart. Please accept my thanks and appreciation to all of you for making Edgewood Summit a great place to live and work and for making our community successful in all of the ways that are important.

Happy Thanksgiving!

*Diane Gouhin*  
Executive Director

## Celebrating Little Nobodies

by Evelyn R. Smith



Let's imagine a Convention of "Little Nobodies" in the animal kingdom to see how much they have contributed to our well-being on this planet. No matter how brilliant the scientists may be, or how skilled are their minds, they've learned much of what they know from these little nobodies who apply the laws of nature to their lives every day. In this Convention, the animals are meeting to demand some recognition! Let's listen in.

The mosquito would say to the physician as he held the hypo in his hand while injecting the needle into the sick patient's arm, "My compliments, sir, You

did it so painlessly and quick. It was from our school of science, that you learned it so very well. It was we, sir, who taught you the trick."

The little bird had a message to the pilot in a plane, "What a wonderful thing you command, Sir. I see our design in your plane's mighty wings, and in your careful takeoff and landing. You copied us in our graceful flight, and after hundreds of years of trying, you are finally doing it right. A salute, from us--- who mastered it long ago."

"You're doing a splendid job," said the honeybee to the sugar tycoon, "in taking the sugar cane to your own sugar mills to convert it into sweet liquid. For thousands of years you've watch as we sipped the nectar from wild flowers in the field. Then you saw us take it to our hives where we converted it to honey that provided our and your food. Enjoy your sweet syrup, for you copied this science from us."

"That building downtown with fifty some floors, filled with crossbeams of steel. There's a web in the attic with crossbeams arranged skillfully into a definite, time-proven safety pattern. And that pattern came from the school that taught it to man--- the blueprint is the web of us spiders."

"Your engineers have built dams on a wonderful scale. Trapping water between mountains, you've made dams that gave life to your deserts, turning them into fertile fields, Have you ever thought about how your engineers came up with such an idea? Dressed in fur with broad thick tails, we clever little beavers were your teachers."

"From the beginning of time," said the little critters, "man has been limited to just five senses: hearing, seeing, tasting, feeling and smelling. But there was a sixth sense that you knew nothing about, so we have a story to tell you as well.

For we are the lowly bats, who fly every where without colliding with objects, even in pitch dark skies. Our gift to you was safety in flight--- because you copied us and called it radar."

The Convention Moderator---The wise old Ant---Sums it up:

"Every creature on earth has had an important part to play in man's inventions, and we've gladly shared our knowledge with you. Now, I might add that we ants know how important it is to maintain teamwork. Our colonies could not survive without that. So, remember, this advice from an old and wise ant; Sharing and giving are the ways of God.

## Christmas Door Decorating Contest



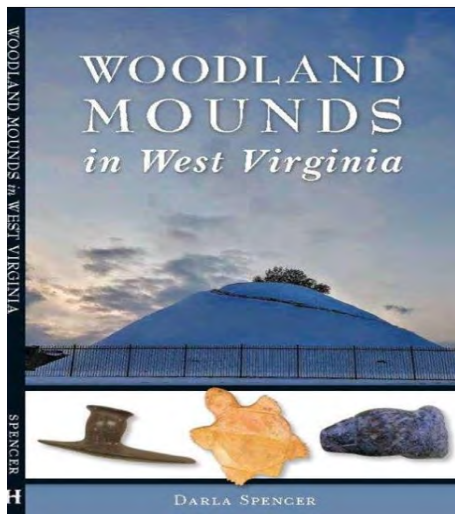
The Lifestyle Department will offer a Holiday Door Decorating Contest. If you choose not to participate, you may still decorate your area how you wish. A form will be placed in your pigeon hole closer to the date of the contest. Please fill out form if you plan to enter the con-test.

### Contest Rules

- Residents must decorate the door and ledge area only
- Your door must be decorated by the end of the day on Monday, December 16, 2019.
- No nails, glue or staples may be put into the door. (You may use push pins.)
- Door handles MUST remain visible and operational. Door decorations may not impede the usage of the door or pose a safety hazard. Create your own theme for the door.
- No electrical extension cords allowed.

Each floor will have only one winner. The winners will eat together at a special pizza party scheduled for Thursday, January 2nd at 11:30 am in the Multipurpose Room.

## Meet the Author



Woodland Mounds by Darlene  
Spencer  
Wednesday, November 6, 2019  
At 7:15 p.m.  
Multipurpose Room

Spencer is a Registered Professional Archaeologist (RPA). She is Secretary/Treasurer of the West Virginia Archeological Society (WVAS), Vice President of the Council for West Virginia Archaeology, and a participant in the Native American History Council of West Virginia. She has given presentations throughout the state on the early history of Native Americans in the Ohio Valley as well as papers at archaeological conferences throughout the country. Spencer has been published in the West Virginia Archeologist, the Quarterly Bulletin of the Archaeological Society of Virginia, and

wrote several entries on West Virginia prehistory for the West Virginia Encyclopedia (2006). In 2003, she was awarded the Sigfus Olafson Award of Merit from the WVAS for contributions to the archaeology of West Virginia. Spencer developed and taught Introduction to Mound Cultures in 2011 and has taught classes on the early Native peoples of what is now West Virginia and the Ohio River Valley region.

When the first Europeans arrived in the Ohio Valley, they were intrigued and puzzled by the many earthen mounds they encountered. Who had built these structures and for what purpose? There were several theories about who these mysterious architects might have been. It wasn't until the 1880s when the Smithsonian Institution conducted excavations of the mounds that it was confirmed that the ancestors of living Native Americans had built the mounds to bury their honored dead.

Come out meet author Darla Spencer and check out her new book "Woodland Mounds in West Virginia"

## *Celebrating Our Veterans*

Edgewood Summit wants to invite all of our Veterans to join us for the Veterans Parade in Charleston on Monday, November 11, 2019. Departure time is 8:00 a.m. Luncheon will be held in the dining room for veterans after the parade.

The Lifestyle Department will be updating their list of veterans. If your name is not on our list please contact Michelle at (304) 347-1955.

- ◆ Paul Bailey
  - ◆ Arlen Bishop
  - ◆ Tom Brunton
  - ◆ Florian Ceperley
  - ◆ Frank Fazio
  - ◆ Dr. Jim Gibbons
  - ◆ Ken Gosnell
  - ◆ Tom Guinn
  - ◆ Peggy Hitchman
  - ◆ Ray Hoppe
  - ◆ Paul Howard
  - ◆ Bob Huffman
  - ◆ James Kendall
  - ◆ Thomas McCarty
- ◆ Gen. Kemp McLaughlin
  - ◆ Linkey Miller
  - ◆ Jim Moore
  - ◆ Dick Nolan
  - ◆ Dr. Bill Revercomb
  - ◆ Don Richardson
  - ◆ Bob Ruckle
  - ◆ Edward Rugely
  - ◆ Seymour Sadolf
  - ◆ Dr. Harold Selinger
  - ◆ Parker Smith
  - ◆ Ted Smith
  - ◆ Dick Sutherland
  - ◆ Pat Thomasson
  - ◆

### **Rosie The Riveter**

Peggy Hitchman



## **FOOD DRIVE**

Please donate what you can to help eliminate hunger in our community. All items will go to Union Mission. Edgewood Summit will be collecting cans and non-perishable food items now through Monday, December 9, 2019. Each wing will have a container located in each trash closet. The floor with the most items will receive a party.



HAPPY 99TH BIRTHDAY!



Everyone is Invited!!!  
Thursday, November 7, 2019  
2:00 p.m. -4:00 p.m.  
Join Roberta Allison to  
celebrate her 99th Birthday!  
Enjoy appetizers and cake!

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



Margaret Taylor – 2111



Deanie Vickers – 3211  
John Shawver – 3117



Tom McCoy – 107  
Leola Palmer – 220



HAPPY ANNIVERSARY!

**Glenn & Leila Snyder**

November 6, 1953

**Richard & Ellen Freer**

November 20, 1954



## Happy November Birthday!

|                 |    |               |    |
|-----------------|----|---------------|----|
| Roberta Allison | 7  | Gail Dawson   | 25 |
| Seymour Sadolf  | 7  | Edward Ward   | 25 |
| Bernice Jenkins | 8  | Web Arceneuax | 30 |
| Bob Besiner     | 8  | Janet Roush   | 30 |
| Richard Freer   | 10 |               |    |
| Don Richardson  | 12 |               |    |
| Ray Haning      | 14 |               |    |
| James Moore     | 16 |               |    |
| Betty Damewood  | 19 |               |    |
| Suzanne Parsons | 23 |               |    |
| Connie Runyon   | 24 |               |    |

### November Horoscopes and Birthdays

In astrology, those born November 1–22 are the scorpions of Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool. This composure makes them good leaders and loyal friends. Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change. They are funny and enthusiastic, cherishing freedom and independence.

- Burt Lancaster – November 2, 1913
- Art Garfunkel – November 5, 1941
- Marie Curie – November 7, 1867
- Alfre Woodard – November 8, 1952
- Carl Sagan – November 9, 1934
- Jonathan Winters – Nov. 11, 1925
- Whoopi Goldberg – Nov. 13, 1955
- Georgia O’Keeffe – Nov. 15, 1887
- Alan Shepard – November 18, 1923
- George Eliot – November 22, 1819
- Boris Karloff – November 23, 1887
- Charles Schulz – November 26, 1922
- Mark Twain – November 30, 1835



### SPECIAL SERVICES

Greg Faber  
Environmental Services Director



Housekeeping is preparing for the holidays and will begin offering Special Services again in January.

*Happy Thanksgiving!*

## What a Difference a Day Makes

BY RICHARD C. LAMB



Christmas arrives. My son has a birthday. I get a promotion at the office. What a difference that day makes!

A day dawns. Is it the “same old, same old”? Actually, it is a gift. What a difference that day can make.

A close acquaintance drops in for a visit. Being a friend creates friends. What a difference friendship makes.

One day we met the person we would marry. One day our child was born. What a difference their lives make!

I remember the day I came home from overseas during World War II. Seeing the Stat-

ue of Liberty gave joy to all of us on board. That day really made a difference!

One day God’s son, Jesus Christ, was born. One day he suffered for us on the cross. He died and was buried. Then one day He came to life again! What a difference a day makes.

I’m grateful for the Sabbath. It calls our attention not only to a great peace, but also calls us to make a good difference in every day.

God gives us peace. It’s surprising; the heart fairly expands. Surely you and I are aware that God’s Spirit comes to us more than once. We are given assurance that God cares for each of us. He heightens our hopes before we even ask. It nudges us toward thanksgiving.

What a difference God has made! What a difference love makes! What a difference you and I can make on God’s good earth. Amen.

### ***Transportation Report***

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

In September, Transportation logged 3,072 miles on the shuttles and 1,128 miles on the car. They transported 405 residents one way.







## Do you have a Life Alert pendant? Or do you need one?

Cindy Crihfield, RN, Director of The  
Ridgemont



One comfort of mind Edgewood Summit offers to our Residents, is knowing that help is just a call away. The Life Alert emergency call system we have in place assures nursing staff is alerted to come to someone's aide for a medical emergency, whenever an alarm is activated.

A Life Alert alarm button is located in each apartment bathroom and each bedroom. Nursing staff carry a pager that sounds when an alarm is activated. The Resident's name and apartment number is displayed on the pager, so staff know where to go. There are also Life Alert alarm buttons throughout common areas of our community, such as, public restrooms, stair wells, dinning & activity rooms. If an alarm in a common area is activated, the nursing staff pager will indicate the particular area of activation, such as "fitness center" or "B Wing 2<sup>nd</sup> floor stairwell", etc.

Residents are able to choose either a "pendant" alarm that hangs on a cord around their neck or on a band around the wrist like a watch. We highly recommend that those at higher risk for falls or

medical emergencies, obtain an alert to keep with them at all times.

If a Resident has a medical emergency, it is best to activate the Life Alert alarm button closest to where they are. Resist the urge to go and get help. Someone should stay with the Resident until help arrives. Sometimes people run to the nursing office only to find no one there: they are in apartments tending to Resident care needs. But they ALWAYS have the emergency pager with them and will come to 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 where they are needed. When you are waiting, seconds seem like minutes. As you are going about our community, make yourself familiar with the locations of Life Alert call buttons in common areas.

Our Life Alert system checks each alarm battery daily. It notifies staff of any batteries that maintenance needs to replace. Nursing staff also check their pager before each shift to assure it is ready to receive alerts. If you have any type of emergency, don't hesitate to push the alert for help! This is just an added benefit to living at Edgewood Summit!

If you are interested in getting a Life Alert pendant, please see Carmella at the Ridgemont reception area!



## What Can an OT Practitioner Do for a Person With Diabetes?

Since November 14<sup>th</sup> is World Diabetes Day, I wanted to provide a fact sheet from AOTA website that gives information on what OTs can do for patients with diabetes.



### What Can an OT Practitioner Do for a Person With Diabetes?

Occupational therapy practitioners can fill diverse roles when working with clients to prevent and manage diabetes, including those who have developed a disability. They can incorporate general diabetes information into their instruction or they can specialize by adapting information to a particular population (e.g., persons with vision loss or amputations) or to a particular topic (carbohydrate counting or physical exercise). By way of example, the occupational therapy practitioner can:

- Promote healthy food choices and safe cooking methods;
- Instruct in safe and appropriate ways to incorporate exercise and physical activity into daily routines;
- Provide techniques to organize and track medications;
- Instruct in the use of low-vision and

nonvisual devices to draw up and measure insulin;

- Instruct and provide strategies to successfully use a talking blood glucose monitor or use any blood glucose monitor one handed;
- Incorporate protective techniques and compensate for peripheral sensory loss in activities that involve exposure to heat, cold, and sharp objects;
- Educate in techniques to structure time and simplify activities to cope with depression such as breaking down

Developed by Debra A. Sokol-McKay, MS, OTR/L, CDE, SCLV, CVRT, CLVT, for the American Occupational Therapy Association. Copyright © 2011 by the American Occupational Therapy Association. All rights reserved. This material may be copied and distributed for personal or educational uses without written consent.





SEPTEMBER

Genesis Rehab Statistics: Total number of residents serviced:

**52 residents**

- Physical therapy: 26 residents
- Occupational therapy: 16 residents
- Speech therapy: 10 residents

Total hours provided by Genesis Rehab last month: **263 hours**

- Physical therapy provided: 133 hours
- Occupational therapy provided: 83 hours
- Speech therapy provided: 47 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!

# HISTORY ALIVE PROGRAM



When: Tuesday, November 12, 2019

Time: 7:15 p.m.

History Alive Program

**THOMAS "STONEWALL"  
JACKSON**

Born in Clarksburg, Jackson was an orphan who became one of the most acclaimed names in military history. He is regarded as a tactical genius and relentless battlefield commander whose death by friendly fire was a blow to Confederate hopes for victory.

Doug Riley of Tunnelton, West Virginia will portray Thomas "Stonewall: Jackson. The program will be a biography of his life.

Come out and enjoy history come alive!



**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.

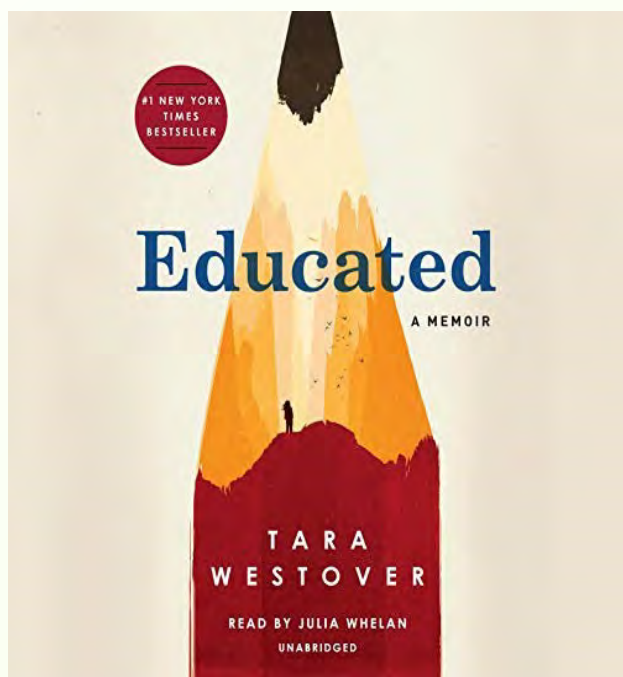
**About the Instructor:** Ed Johnson is the creator/curator of a website for students and educators of West Virginia Studies, [mh3wv.org](http://mh3wv.org)

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

# LIBRARY NOTES

## Book Review

### "EDUCATED" by Tara Westover



Born the youngest of seven children in a rural Idaho family of Mormon survivalists, Tara Westover was obviously very intelligent but was not allowed to go to school. Her herbalist/midwife mother fol-

lowed the dictates of Tara's almost fanatical father - who didn't trust or believe in the government, the medical establishment, or public schools. How Tara educated herself, made it through Brigham Young University, and then went on to do graduate work at Harvard and Cambridge University is an unbelievable and very moving story. She faced and overcame daunting obstacles, not the least of which was the heartbreak of having to sever ties with some members of her family. This is a fascinating coming-of-age story that although a memoir, reads like an action-packed novel.

Gina Rugeley

*(Book Reviews for this space may be submitted to Michelle Romine in Lifestyle Department or to Barbara Nolan. Thank you to Gina Rugeley.)*

## “Name That Tune” with the Edgewood Dixieland Band



Edgewood Dixieland Band, and Resident Arlen Bishop joins the Band to play the best of Dixieland and favorites. Join him for a great evening on Thursday, November 21, 2019 at 7:15 p.m.





# COCOA & CONVERSATION HOLIDAY OPEN HOUSE

FEATURING HOLIDAY ORNAMENT PAINTING WITH THE  
POTTERY PLACE AND YUMMY HOLIDAY TREATS

DECEMBER 4 / 11:30 AM  
300 BAKER LANE  
CHARLESTON, WV 25302

## ORNAMENT DECORATING

VIEW THE OPTIONS BELOW FOR ORNAMENT DECORATING PROVIDED BY THE  
POTTERY PLACE. PLEASE KNOW WHAT ORNAMENT YOU WOULD LIKE TO  
DECORATE WHEN YOU CALL TO RSVP.



STOCKING ORNAMENT



GINGERBREAD ORNAMENT

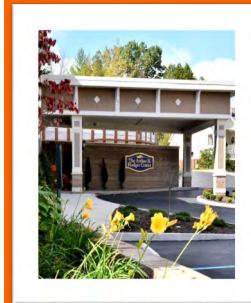


SNOWMAN ORNAMENT

RSVP BY **NOVEMBER 17** TO HOLLEY AT EDGEWOOD SUMMIT  
304-720-9040



# Arthur B. Hodges Center News



**Arthur B. Hodges Center**  
  
**Celebrates SIX Years of operation**



**Memory Support Unit Remains Deficiency Free Through Seven Consecutive Surveys**

Congratulations to Michelle Arms, Program Director, and her staff for another deficiency free survey. The surveyors were complimentary of the community and all the services the Memory Support unit provides for its residents on a daily basis.

## November is National Alzheimer's Awareness Month

Join Michelle Arms and Cindy Carihfield for the Alzheimer's Education and Support Group Meeting, November 11, 2019 at 1:30PM in the Edgewood Summit Multipurpose Room

## **ABHC Friends & Family Holiday Dinner**

Thursday, November 21st beginning at 5:00pm. Please RSVP by calling 304-720-2740. Sign up soon for reserved seating.



## Veterans Day Parade

Monday, November 11, 2019 at 10:00am Veterans Day Parade will be held in Charleston. Meet in the lobby at 8:00am. Following the parade the veterans will stop at Edgewood Summit for a Veterans Day Luncheon.



Thanks to all those that donated candy for Trick or Treat. The residents had a wonderful time handing out the goodies to the little ghosts and goblin's.

## 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.

---

---

---

---

---

Resident Signature (optional) \_\_\_\_\_ Date \_\_\_\_\_