



## *Executive View*

### **Celebrating February 2020**

**Library Lovers Month**

**Mend a Broken Heart  
Month**

**Black History Month**

**Groundhog Day**  
*February 2*

**Westminster Dog  
Show**  
*February 10–11*

**Valentine's Day**  
*February 14*

**Presidents' Day: U.S.**  
*February 17*

**Mardi Gras**  
*February 25*



Having listened to many Seniors who are considering a move to Edgewood Summit, the most common objection is simply, "I'm not ready yet." My response is always to ask, "What are you waiting to happen?" The replies vary and yet some focus quite simply on the belief that living in their own home is less expensive. Our Marketing team has helped so many Seniors go through some of the considerations related to the cost of living at Edgewood Summit and the value associated with the services, amenities and quality of life at our community. Now its time to consider the cost of staying in your house. The website, [www.wheretheyoulivematters.org](http://www.wheretheyoulivematters.org) offers the following advice when considering the question. First, what are the costs of staying in your home in terms of actual expense – property taxes, homeowner's insurance, home owner's association fees, utilities, cable, home maintenance expense, repairs, housekeeping, home security system monitoring, snow removal, lawn care, etc. Second, the cost of staying in your home must also be considered as you age in place as many of the things associated with your home may have to be done by others with a service fee in the future – home health care, meal delivery, transportation, dining out, personal alert monitoring service. AARP states that 80 percent of people over the age of 65 want to stay in place, but the actual cost of staying can be more than you think. Annual average home maintenance costs are 1 percent to 3 percent of the initial house price so the \$200,000 house can expect to pay \$2,000-\$6,000 per year for upkeep and replacements. Expected home improvements or repairs may include: the roof, furnace, air conditioning, paint, windows, foundation, gutters, plumbing, carpet/flooring, electrical and more. If your home is older, repairs and replacements may be considerably more than average. Finally, staying in your home as you age may place you at a higher safety risk as many



homes were not designed for Seniors. Therefore, staying in your home may require making modification and additions to reduce your safety risk. AARP estimates these type of home modifications can range from a few hundred dollars to tens of thousands of dollars. For a complete and clear picture, a worksheet/spreadsheet is suggested to figure monthly expenses now and what the cost of major improvements, repairs and age-related services may cost.

Edgewood Summit also encourages Seniors to consider the quality of life a retirement community offers in terms of socialization, delicious meals and the opportunity to stay active and engaged through a robust activities program and to make new friends. The

Edgewood Summit experience has been a positive one for many, many Seniors over the past 25 years and every one has said, "What was I waiting for?" and "I should have come sooner." and "This was the best decision I ever made." We would love to help you with any considerations you are making and have a friendly, progressive group of Advisors to help. Contact us today to learn more and give us the opportunity to share the Edgewood Summit advantage.

Diane Gouhin,  
Executive Director



## **DECEMBER**

### **Genesis Rehab Statistics:**

**Total number of residents serviced: 40**

**Physical therapy: 35 residents**

**Occupational therapy: 25 residents**

**Speech therapy: 15 residents**

**Total hours provided by Genesis Rehab last month: 564 hours**

**Physical therapy provided: 305 hours**

**Occupational therapy provided: 172 hours**

**Speech therapy provided: 87 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.***





## Genesis Rehab Services News

### Defining Occupational Therapy



Occupational therapy focuses on the occupation or activities of daily living. It's an evidence-based practice that is deeply rooted in science. Occupational therapists (or OTs, for short) and certified occupational therapy assistants (COTAs, for short) help people across the lifespan to do the things they want and need to do through a variety of therapeutic interventions. They enable people of all ages to live life to its fullest by helping promote health, prevent injury, and live a better quality of life following an injury or illness.

An occupational therapist creates a holistic perspective of each client, including an individualized evaluation, customized intervention plan, and specific plan of care. The focus may be adapting the en-

vironment and/or task to fit the person, finding a new way to participate in a favorite activity, or providing appropriate manual therapy techniques to increase function.

OTs and COTAs are very well suited to the retirement community population thanks to their skillset in adapting activities of leisure to meet the needs of an aging client as well. Those of us who still want to enjoy leisure pursuits can become frustrated when our bodies won't quite keep up anymore. Lucky for us, we have a team of skilled OTs and COTAs on site at Edgewood Summit and Arthur B. Hodges Center via Genesis Rehab Services.

Ask your doctor for a prescription for occupational therapy if this sounds like you. Contact Genesis Rehab at Edgewood Summit or stop by the fitness center if you aren't sure if a consult to occupational therapy is right for you.

Jessica Eastridge, PT, DPT  
Source: AOTA.org



# GOD'S WIFE

By Resident Evelyn R. Smith



It happened in New York City, on a cold day in January:

A little boy about 10 years old stood in front of a shoe store on Broadway, in worn-out shoes and no socks, shivering with cold.

A lady approached the boy and asked, "My little fellow, why are you staring into this window?"

"My feet are cold, and I was asking God to give me a new pair of shoes, Ma'am" was the boy's reply.

The lady took him by the hand and went into the store and asked the clerk to get half a dozen pairs of

socks for the boy.

She then asked if he could give her a basin of water and a towel. He quickly brought them to her. She took the little fellow to the back part of the store and, removing her gloves, knelt down, washed his little feet, and dried them with a towel.

By this time the clerk had returned with the socks. Placing the socks on the young lad's feet, she then purchased a pair of warm, sturdy shoes for him. Handing the boy the remaining pairs of socks, she asked, "Little fellow, are your feet warm now?"

The grateful lad caught her by the hand, looked up into her face, and with tears in his eyes, answered the question with these words:

"Are you God's Wife?"





## Once upon a time

By Resident Chet Dodd



I was again seated, and lazily gazing at my TV. Watching another football game. Something about football often these days, doesn't always hold my full attention. So, as I sometimes do, I began searching for something different. Turner Classic Movies had another "Classic" "old" "black and white" running for the tenth time this year, ESPN had another football game, a basketball, a hockey, a soccer, or whatever on several channels. I scanned past Disney movies, jewelry sales, several police, hospital and religious programs all failed to get my attention, then I flipped over to Channel 10, and found a program for story tellers.

I watched a couple and spent a few minutes in rapt excitement. Why didn't I know about this program? Don't know but another thought entered my mind. It keeps popping up there with some other thoughts.

I remember the "fun" we had here a few years ago when Ferdi Perrone lived among us and brought "Broadway" to Edgewood Summit. His passing, as well as his wife's, was a great loss to this

place. Some asked me to take over his own talents and knew I lacked so very much talent in directing. I could play a part, but never had I directed.

But, but, but you know I began to develop a few wild thoughts.

The thoughts I began to dream fell to something like these:

Could we form a small group to develop a "story tale" theatrical group to search for one of the many story tellers who come to us with a variety of tales. Seek out one who would teach us some basics of "story telling" seek residents who would agree to recite short tales from personal experiences.

My odd mind steals into groups sitting around a table, listening to a "pro" storyteller telling us things like: First, do you have a funny story, how to end one; keeping it interesting; several tricks, some of acting, some of literature; some classic do's and don'ts.

If there are any among you who are interested in developing a hobby, let me know.

Chet Dodd- (304) 343-0974;  
chesterdodd@hotmail.com



## 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 today!

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



Laura Cooper 3213

welcome



### Memory Support

Helen Franklin 116  
Isaac Smith 106

### Skilled Nursing & Rehab

Short Stay Rehab  
Dee Hull 210  
Betty Berry 217



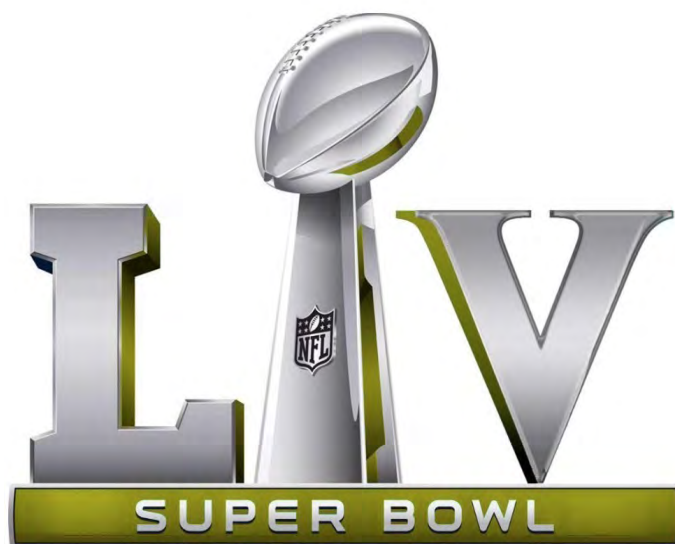
# SUPERBOWL PARTY

Sunday, February 2, 2020

@ 6:00 p.m.

Multipurpose Room

Join us to watch the San Francisco 49ers take on the Kansas City Chiefs. Don't forget to get your name on the parlay board for a chance for some cash! Parlay Boards will be available in the Lifestyle department. Squares for the End of Game Board are 2/\$1.00 and 4/\$1.00 for the Half-Time Board. Please stop by the Lifestyle Department. Refreshments will be served.



## *Happy Anniversary!*

**Bill & Gail Dawson**  
February 14, 2003



**Dr. Ray & Hedda Haning**  
February 17, 1968

## Transportation Report-Greg Faber, Director of Environmental Services

In December Transportation logged 2,875 miles on the shuttles and 919 miles on the car. They transported 377 residents one way.

For the year they transported 5,495 residents one way. Transportation logged 38,745 miles on the shuttles and 11,654 miles on the car.





## Happy February Birthdays!

Betty Cunningham	6	Dr. Harold Selinger	27
Janet Leach	6	Katherine Stone	28
Judy Latorre	7	Mary Jo Krantz	28
Ed Morton	8		
Rose Franciose	12		
Phyllis Osenton	16		
Antoinette Cappellanti	18		
Joan Steven	18		
Ray Hoppe	19		
Kenneth Atkins	20		
Dina Luby	26		



## FAMOUS BIRTHDAYS

In astrology, those born between February 1–18 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.” Those born between February 19 and 29 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.

Ayn Rand (author) – February 2, 1905  
 Gertrude Stein (writer) – February 3, 1874  
 Rosa Parks (activist) – February 4, 1913  
 Thomas Edison (inventor) – February 11, 1847  
 Galileo (astronomer) – February 15, 1564  
 Michael Jordan (athlete) – February 17, 1963  
 Sidney Poitier (actor) – February 20, 1927  
 Nina Simone (singer) – February 21, 1933  
 George Washington (president) – February 22, 1732  
 Elizabeth Taylor (actress) – February 27, 1932  
 Dennis Farina (actor) – February 29, 1944

## SPECIAL SERVICES

*Greg Faber, Environmental Services  
Director*



Your February  
Housekeeping Service  
will be:

### Cleaning Behind Appliances

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**



## All About “Shingles”

Cindy Crihfield, RN, Director of The Ridgemon



You probably know someone who has had “Shingles” or have had them yourself. It is usually a very painful skin rash and comes without warning or ways to prevent it, until recent years. First, let’s get a good understanding of Shingles and dispel some myths. Shingles (Herpes Zoster) is caused by the same virus that causes chickenpox (Herpes Simplex). Over 90% of US adults have had chickenpox and that virus remains inactive in the nervous system. The virus can become active again, usually later in life, causing the painful disease called Shingles. So the answer to the most common question: “Can I get Shingles from someone who has Shingles?” is NO. You get Shingles from YOUR prior infection of chicken-pox.

Conditions that weaken the body’s immune system, such as aging, cancer or certain drugs, increase the chance that the chickenpox virus will become active again and cause shingles. About half of the nearly 1 million cases of shingles in the US each year occur in people 60 years or older. 1 out of 2 people living to

age 85 will have shingles, AND the older you get the worse your case of shingles may be. You can get shingles over and over again.

Shingle can start at any time without warning. The first signs of shingles are often felt as itching, tingling and burning but may not be seen. That is why it may be difficult to diagnosis at first. A few days later, a rash of fluid filled blisters appear, usually on one side of the body or face. It is possible, but very rare, that someone can get chickenpox if they come in contact with someone’s open Shingles blisters. This possibility is prevented by simply covering the rash with clothing until the blisters dry up. The rash can be very painful and may last up to 30 days. Some people continue to have chronic pain at the site, or nerve damage if the facial nerves were involved.

Antiviral medications can speed up the healing process and reduce pain, IF the treatment is started within 72 hours of the onset of symptoms. But there IS a VACCINE recommended for those 60 years of age or older. ZOSTIVAX reduces your chance of getting shingles by 50%. If you do get shingles, your case will be less severe if you’ve have the vaccine.

If you have not received the Shingles vaccine, ask your doctor about it at your next visit.



## Meet the Author Katherine Manley



Thursday, February 6, 2020 @ 7:15 p.m.  
Multipurpose Room

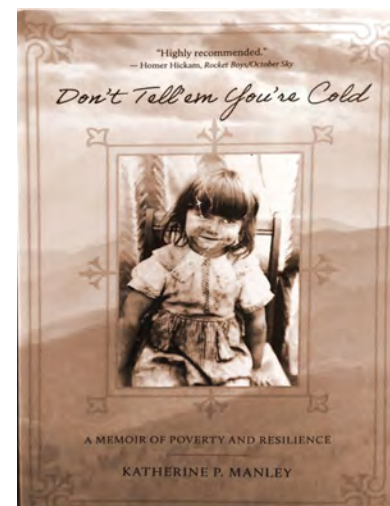
*Don't Tell'em You're Cold: a Memoir of Poverty and Resilience* is an uplifting story of survival from abject poverty, set in the hills and coal camps of southern West Virginia. Katherine Manley and her family faced extreme challenges and struggles with ingenuity and traditional Appalachian stoicism. Beyond the poverty, other obstacles compounded Katherine's life: a severely disabled father and a mother who struggled with the day-to-day survival. On a cool October morning, she left in a taxi and never returned, leaving 14-year-old Katherine to take care of her father and raise her siblings in her mother's stead. Katherine went on to become an award-winning teacher, paying forward her hard-learned lessons to thousands of lucky students. This is a story of triumph that encourages everyone to never give up.

### About the Author

Katherine Manley lives in southern West Virginia and has been an educator in Logan County schools for over 35 years. Earning degrees from Marshall University and West Virginia State University, she is a National Board Certified Teacher. She is

a fellow of the 1995 West Virginia Writing Project directed by Dr. Fran Simone and the 1996 West Virginia Humanities Council Appalachian Seminar directed by Dr. Judy Byers. Her writing has been featured in *Hamilton Stone Review*, *Traditions: A Journal of West Virginia Folk Culture and Educational Awareness*, *The Guyandot Observer*, and *Fearless: Women's Journeys to Self-Empowerment*. Her short stories have placed in West Virginia Writers' Contests, and her memoir was a semi-finalist in William Faulkner's Writing Competition. Katherine has won several prestigious teaching awards including finalist for West Virginia Teacher of the Year, Arch Coal Teacher of the Year, and The Prodigy Foundation Teacher Achievement Award given in memory of the Rocket Boys' beloved teacher, Freida J. Riley of Coalwood, West Virginia. She is married and the mother of three adult children and has two precious grandsons. In her spare time, you'll find Katherine hiking the heavenly mountains of West Virginia, reading by a cozy fire, or relaxing at the beach, taking a well-earned rest.

Come out and meet the author! Books will be available for sale.





YOU'RE INVITED TO

*An Event You'll Love*



*Join us as we celebrate Valentine's Day at Edgewood Summit*

ENJOY APPETIZERS, DRINKS, A CANDLELIGHT DINNER,  
LIVE MUSIC AND DANCING!

**FRIDAY  
FEB 14, 2020  
3:30 - 5:00 PM**

**EDGEWOOD SUMMIT  
MULTIPURPOSE  
ROOM**

**DINNER BEGINS AT 5:00 PM**



LIVE ENTERTAINMENT  
PROVIDED BY  
**THREE MEN &  
A BABY GRAND**  
FROM 3:30PM - 5:00PM



## *Fiber Friends*

JoAnn, Ben, Dan, and Jen will be your charming hosts for a new group called Fiber Friends. Fiber Friends is a group of, and for, needle arts enthusiasts. While the four of us are proficient in many needlework crafts, including knitting, crocheting, spinning, and weaving, you don't need any experience to join us in the fun. This group will be there to teach, help, or otherwise entertain you. We can teach and/or assist at any level from beginning to experienced. We will be meeting once a month, every third Saturday at 2 pm. Come join us

February 15 at 2 pm for our inaugural meeting. We hope to see you there!



## *Men's Breakfast*

### **Men's Breakfast**

February 17, 2020

@ 9:00 a.m.

Guest Speaker is New Kanawha County Magistrate Gary Sheff. Sheff has a bachelor's degree in business from West Virginia State University, and he respectively has worked in the health care and commercial design furniture businesses for 29 years. Call the Lifestyle department to reserve your seat at (304) 347-1955 or (304) 347-1942.





**BLESSINGS IN DISGUISE BY RICHARD C. LAMB**

A recent trip reminded me of blessings that usually stay in the background. A good grove of trees stood before me during a stop at a mountain lodge at Pipestem State Park. The shelter that they offer, the beauty that is so obvious should never become “old hat”. “Been there, seen that.”

Growing up, who would have thought that corrections from my parents and an old school bus driver would be as helpful to me as a Coke on a hot day. They come to mind again and again. I remember going to church and wondering why the service took so long and why were we all just sitting there? If you’re a fidgety kid, as I was, you could hardly sit still, no matter what.

Hard work and study do pay off by guiding us in various circumstances, even sitting through an eternally long church service. However, the value doesn’t always pop out in a moment. It’s surprising that mistakes can lead to correction and deeper better awareness of the importance of unfolding reality.

I still remember our bus driver, Heinie Crow, who stopped to take us to school. He was cordial, while stopping often to pick up other children along the way. Yes, it was his job. But he became a friend and I shall always remember him.

The words, “In the beginning God,” the first sentence in Genesis, stand as a reminder to start each morning facing life’s experiences. Consider also how the break of dawn, unfolding a new day, reminds us of God’s grace. That’s a “wake-up call” in more ways than one.

In thinking about our “trespasses,” think also about our heavenly Father. It leads us from fear and toward offering beautiful prayer of thanksgiving. Bon voyage!





## Arthur B. Hodges Center News



### Your Vote Counts!

Stop by the Hodges Center and place your vote for the

### 2020 KING & QUEEN OF SWEETHEARTS CONTEST.

The winning couple will receive up to \$50.00 towards their dinner when attending the Date Night to Fazio's on February 19, 2020. Crowning Ceremony will be held on 02/12/2020 ~ABHC 2nd floor

### DEMENTIA VS. ALZHEIMER'S

Many people often confuse the terms Alzheimer's disease and dementia. Although they are used interchangeably, there are distinct differences between them. The chart below will give you a basic understanding about the differences.

	Dementia	Alzheimer's
<b>General Definition</b>	A brain related disorder caused by a disease or other conditions	A type of dementia but the most common type
<b>Cause</b>	Many, including stroke, thyroid issues. Vitamin deficiencies, reaction to medication and brain tumors	Unknown, but the "amyloid cascade hypothesis" is the most widely discussed and researched hypothesis today
<b>Duration</b>	Permanent damage that comes in stages	Average of 8-20 years
<b>Typical Age of Onset</b>	65 years or older	65 years or older but can occur as early as 35
<b>Symptoms</b>	Issues with memory, focus, attention, visual perception, reasoning, judgement, and comprehension	Difficulty remembering newly learned information. With advancement, disorientation, mood and behavior changes may occur

If you would like to learn more about this topic please join us at the Alzheimer's & Dementia Education and Support Group Meeting held on the 2nd Monday of each month at Edgewood Summit in the Colonial Room. Meeting will begin at 1:30PM. Please contact Michelle Arms or Cindy Cihfield at 304-346-2323 with your questions.

### Arthur B. Hodges 2020 Sweetheart Nominees

Webb & Barbara

Arceneaux

Dick & Sue

Bradford

Roy & Betsy

Gooding

Tom & Dreamma

Guinn

Charlie & Pat

Lowman

Howard & Linda

Melton

Isaac & Stuart

Smith

Place your vote at the ABHC front desk by 02/10/2020 .

### Stopping Alzheimer's

1. Exercise Regularly, at least 3 times week.
2. Avoid smoking
3. Stay mentally active and get enough sleep
4. Stay Social
5. Stay aware of symptoms
6. Eat a healthy diet
7. Increase your Omega 3 intake
8. Get sufficient Vitamin E
9. Take time to relax and destress
10. Reduce alcohol intake



## *You're Invited to a Mardi Gras Party!*



Mardi Gras Celebration with  
Edgewood Dixieland Band  
Tuesday, February 25, 2020  
3:00–5:00 p.m.

Library & Multipurpose Room

Wear your beads, masks, costumes, and join us as we parade around. Enjoy a variety of music and appetizers. Afterwards enjoy a New Orleans style dinner.



## **Toxicology and Medication Safety: Keeping Yourself Safe**

Friday, February 28, 2020 @ 2:00 p.m.  
Multipurpose Room

**Toxicology and Medication Safety: Keeping Yourself Safe** Dr. Katie Jarrell, An in-depth look in medication safety, this presentation will focus on toxicology awareness and general principles of medication safety. Topics covered include: common household items/medications that are unintentionally ingested, appropriate medication storage, what to do if a medication is unintentionally ingested by you or a loved one, a brief discussion of common antidotes,

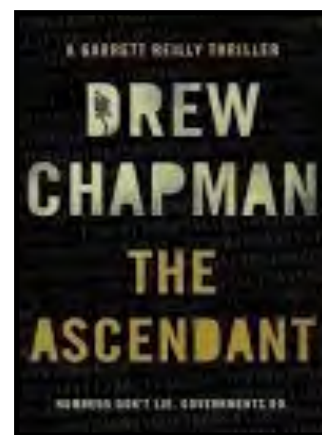
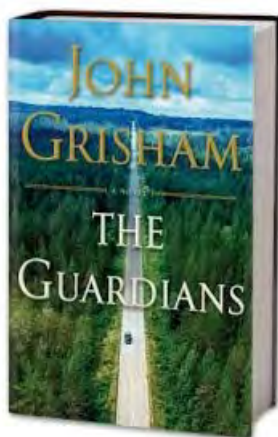
contact info for your local poison control center, and more! About the Instructors: Katie Jarrell is a pharmacist who was born and raised in the mountain state. She earned her Doctorate of Pharmacy from WVU School of Pharmacy in Morgantown and completed her PGY1 residency training at Charleston Area Medical Center. She is currently completing her PGY2 Critical Care Residency at CAMC, where she enjoys providing care to her community.





# Library Notes

Several good books have been added to the Edgewood Summit library. They are: a highly recommended debut novel, The Fifth Avenue Artists Society by Joy Callaway, granddaughter of resident Sandra Wilkerson; The Guardians, John Grisham's newest book; and two large print books, The Last Bookaneer, by Matthew Pearl and The Ascendant, by Drew Chapman. Enjoy your winter reading!



## *Tell Us More*

Please tell Edgewood Summit's team what is on your mind. Use the space below to ask a question, share a comment, make a suggestion or identify a topic that needs more attention. Your signature is optional but helpful if we need to ask a follow-up question or get back to you personally. Submit this section to the Receptionist in either Independent Living, The Ridgemont or Arthur B. Hodges Center. Thank you.

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