



News & Views



Happy Cat Month

Sewing Month

**International Enthusiasm
Week**

September 1-7

Labor Day (U.S.)

September 2

**International Day of
Democracy**

September 15

World Alzheimer's Day

September 21

**International Day of Sign
Languages**

September 23

World Heart Day

September 29

EXECUTIVE VIEW

Edgewood Summit helps people by providing hospitality, amenities, services and care as part of our mission of safety, security, top notch services, welcoming spirit and commitment to quality. Helping prepare for emergencies is a core part of this mission. With a solid plan and steps to take in the event of various crisis, we can help to ensure you are safe, comfortable and confident in meeting whatever may come our way.

In West Virginia we are accustomed to dealing with disasters such as:

- Lightning & Thunderstorms
- Utility Interruptions of Electric, Water, Cable
- Flooding
- Tornados
- Winter Storms
- Water Contamination
- Chemical Leak
- Fire
- Influenza

Many of us have prepared in our homes for these challenges and know what to do and where to go if and when something occurs. Living at Edgewood Summit is no different. Everyone should have a plan for what to do and where to go and to know what Staff will be doing to assist you.

In most cases, simply staying aware of the weather and what is expected and tuning into messages from the Staff will keep you updated. Your apartment is your safe area and you can remain in your home unless a Staff member or an Emergency Staff member asks you to evacuate to another hallway, wing or area. The Edgewood Summit building is designed with safe areas in mind. Each floor is a safe zone along with each wing and then the Commons is separated by fire barriers into safe zones. Fire stairwells

separated by fire barriers into safe zones. Fire stairwells are considered safe zones as well. Evacuation of your apartment and hallway will cause you to move to the nearest fire stairwell for exit.

Staff train annually on proper procedures for various scenarios and practice with actual disaster drills on a routine basis. The Fire Drills you may hear and participate in are routine practice for our Staff and so is practice with fire extinguishers and other forms of safety equipment. Edgewood Summit also has supplies on hand for disaster preparation which can last 3-5 days while things are restored to normal. The community participates in the City and County emergency preparation planning as well. Living at Edgewood Summit gives you a tremendous head start on being safe in an emergency with our great support system and teams of Staff.

Other ways you can help to ensure you are prepared include following a list from the American Red Cross and/or FEMA:

- Be familiar with where exits, fire pull stations and fire extinguishers are located
- Know what to do in case a fire alarm rings
- Download the FEMA APP or NOAA weather APP to your mobile phone for regular updates
- Keep the alerts for severe weather tuned into your radio, television, or mobile phone
- Keep a list of your medications, and contact information for your family, friends and physician in a readily accessible place
- Refill prescriptions promptly so your supply does not run out
- Keep important documents in one place

and accessible

- One gallon of water per person
- Non-perishable food which is easily prepared
- Flashlight or battery-operated lantern or both
- Extra batteries
- Sanitation and hygiene items
- Extra blankets, pillows, sleeping bag
- First aid kit and other medical supplies
- A Whistle to call for help
- Garbage bags and moist towelettes
- Battery powered or hand crank radio
- Two-way radio
- Supplies for your pet, if applicable
- Cash or travelers checks and a credit card
- Dust mask and gloves

Edgewood Summit will communicate with you to ensure we are prepared and planning for possible emergencies and will update you when a potential or actual crisis is occurring and advise you on what we are doing to ensure you are safe, comfortable and informed. After all, you moved to Edgewood Summit for a continuation of your life plan. Now we are partners with you in those efforts and are prepared to take the lead role if necessary and appropriate.

For more information on disaster planning or how to get ready, you can contact any member of the management team or myself. Other resources are: FEMA, American Red Cross, AARP, Kanawha County Emergency Management, City of Charleston, the WV Governors Office and the Department of Homeland Security.

Thank you. Let's stay prepared to stay safe.

Diane Gouhin
Executive Director

Edgewood Summit Lets Me Be Me

Phyllis M. Osenton



Edgewood Summit lets me be me, I have been busy and active since I joined the Brownie Girl Scouts at age seven. I was not a good Girl Scout, but I loved going to the meetings and being sociable as we drank hot chocolate, talked, sang, and played games. I was hooked.

Even beginning school at age five and a half I loved being active and engaged. I also liked being in a leadership position. I dearly loved going to school, which continued most of my life, and I loved studying, learning and being active in so many groups and organizations.

When I came to Edgewood Summit, Marketing Director, Cherie Litton and others evidently read my resume and realized this. Shortly after moving into Ridgemont, Director, Debbie Harrah, asked me if I would run for Floor Representative. I, of course, said yes and won. I had served as Floor Representative for two years when Presi-

dent T.D. Kauffelt learned I could do minutes and asked me if I would be Secretary of the Council. I, of course, said yes. To make a long story short, later I was elected Vice President and President of the Resident Association. Earlier, Jack Albert, who won preceded me as President, learned I was a music major and played the piano. He had recently started doing the Spiritual Service here on some Sunday mornings and asked if I would play the piano on the first Sunday each month for the service. I, of course, said yes.

Also, I love that here at Edgewood Summit, due to Lifestyle Director, Michelle Romaine, there are more activities than any one person could do all of them. I tried many of them and decided to do the ones that were my "cup of tea". At the time, I am involved in the dinner and lunch trips to a variety of surrounding restaurants, the Drumming Class, the Line Dancing Class, calling Bingo and Balance Class. Previously, I thoroughly enjoyed the Readers and Writers in which we shared what we had written or read. I love to write. Also, I helped write the Revision for the Association Bylaws. Last, but not least, I have thoroughly enjoyed serving on three committees. I presently serve on the Marketing Committee, the Activities Committee and the Dining Committee. I like to be informed of the workings of our Community and try to help wherever I can.

Thank you Directors and Staff for letting me continue to be me at Edgewood Summit.

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



H	Y	B	L	Y	S	H	R	H	V	R	O	T	Y	G
A	V	R	K	A	T	E	A	L	E	N	S	D	R	N
N	I	M	O	Y	B	R	L	T	D	E	K	A	S	I
A	R	S	I	L	V	O	S	A	F	W	N	Q	A	G
H	G	V	U	E	G	A	R	R	C	D	I	Z	P	R
S	O	W	S	N	Z	G	E	D	P	S	S	S	P	I
A	B	T	G	P	Q	B	N	A	A	B	H	R	H	V
H	X	A	P	L	O	S	R	I	N	Y	L	Y	I	M
H	R	R	I	T	H	E	Q	X	N	Q	N	N	R	T
S	X	W	K	Q	N	K	L	I	B	R	A	E	E	L
A	U	O	N	T	N	M	U	T	U	A	O	O	I	K
R	W	K	S	I	P	N	Z	Y	S	E	G	M	Q	D
Y	A	D	E	C	N	E	D	N	E	P	E	D	N	I
N	A	O	S	E	P	T	E	M	B	E	R	E	P	Z
Y	U	Q	V	Z	E	Q	H	N	V	B	E	U	X	M

ASTER

AUTUMN

GRANDPARENTS DAY

HARVEST

INDEPENDENCE DAY (Mexico)

LABOR DAY

LIBRA

MORNING GLORY

NINTH

OKTOBERFEST

ROSH HASHANAH

SAPPHIRE

SCALES (Libra)

SEPTEMBER

VIRGIN (Virgo)

VIRGO

Arthur B. Hodges Center News

SEPTEMBER 2019

The logo for The Arthur B. Hodges Center, featuring a stylized white wave above the center's name in white serif font on a dark blue background.

TIME FOR A



Celebrating National Assisted Living Week

National Assisted Living Week is a time to encourage residents to live life to the fullest, to build comradery and enthusiasm throughout the Community, a time for families to join together and a time to celebrate our dedicated staff. Whether it's residents trying out new things, or care staff exploring innovative ways to improve Community living, you can bet there will always be a fiesta involved.



Stimulating Long Term Memories Through Art
Residents sketch and reminisce about their memories of gardening, canning and favorite vegetables during a beginners step-by-step Art class.



HAPPY ANNIVERSARY!



Webster & Barbara
Arceneaux 4109



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



Allen and Nancy
Ward - 2303

Diane Palmer – 4203



Cep Ceperley - 212

NATIONAL HOUSEKEEPING WEEK

September 8-14
Multipurpose Room

Housekeeping staff make a big difference in keeping our Community comfortable for our residents and staff, yet they often go unnoticed. This is the week to let your Housekeeper know how much you appreciate her/his hard work. As unsung heroes of an organization, they do not usually see much public recognition. Yet, as the backbone of our Community, they deserve our respect and recognition. During this week, please let your Housekeeper know how much you appreciate them.

“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.” – Voltaire



Happy September Birthday!

Tom McCarty	1	Samuel Lewis	23
Violet Casto	4	Alice Leeber	23
Thomas Gooding	5	Marguerite Walker	24
Anitia Toler	6	Lorella Boggess	29
Estelle Nason	9		
Ann Folzenlogan	11		
Marietta Fenton	12		
Elizabeth Gooding	14		
Sandra Wilkerson	14		
Kenneth Gosnell	17		
Hazel Arnold	18		

September Horoscopes and Birthdays

Those born between September 1–22 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and fact-finders. Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Lily Tomlin – September 1, 1939
 Louis Sullivan – September 3, 1856
 Queen Elizabeth I – September 7, 1533
 Col. Sanders – September 9, 1890
 Roald Dahl – September 13, 1916
 Agatha Christie – September 15, 1890
 Lauren Bacall – September 16, 1924
 Greta Garbo – September 18, 1905
 Michael Faraday – September 22, 1791
 Victoria Woodhull – September 23, 1838
 Jim Henson – September 24, 1936
 Shel Silverstein – September 25, 1930
 Michelangelo – September 28, 1573



SPECIAL SERVICES

Greg Faber

Environmental Services Director



Your September
Housekeeping
Service will be:

Cleaning Storage Cages and Garages

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 (304) 347-1959.



National Assisted Living Week September 8-14



Established by NCAL in 1995, National Assisted Living Week provides a unique opportunity for residents, families, staff, volunteers, and the surrounding Community to come together to bestow on our residents a multitude of events and activities that show them how much we care about and love them.

In observance of National Assisted Living Week, September 8 to 14, The Ridgemont

will (host/sponsor) a series of Fiesta events developed as a special opportunity to bring together residents, families, employees, volunteers and the surrounding community to celebrate and “Bring on the Fiesta!”

“This celebration recognizes the bonds built between residents and the Assisted Living professionals who are committed to providing person-centered care and services.”

To help ramp up the celebration, and really get into the spirit of things, each day residents will enjoy different types of Mexican food, games, participate in an evening dinner with family, and learn about the history of various Spanish celebrations. They will also create flowers, enjoy a mustache party, siesta, have food demonstrations and enjoy music.

Please check your calendar for other upcoming special events that week.

Transportation Report

Greg Faber—Maintenance/Grounds/Transportation/Security Director

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





WHAT ABOUT THE PNEUMONIA VACCINE?

Cindy Crihfield, RN, Director of The Ridgemont

With the upcoming Flu Vaccination season, I would like to share information about the Pneumonia Vaccine because you can receive both vaccinations at the same time. Even if you do not receive a Flu shot, there are other ways to protect your health during the cold and flu season. One often overlooked prevention is the Pneumococcal Vaccine (commonly called the Pneumonia vaccine). Pneumonia can be a serious complication of the Flu or other Respiratory viruses, so it pays to be prepared. Pneumonia affects about 1 million elderly people each year, and pneumonia and influenza combined are the fifth-leading cause of death in older adults.

The Pneumonia vaccine protects against *Streptococcus pneumoniae*. When these bacteria invade the lungs, they cause the most common kind of bacterial pneumonia and can then invade the bloodstream (bacteremia) and/or the brain and spinal cord (meningitis).

You should get a pneumococcal vaccine if you:

- ♦ are 65 years of age or older.
- ♦ have a chronic illness such as cardiovascular or pulmonary (lung) diseases, sickle cell disease, diabetes, chronic liver dis-

eases.

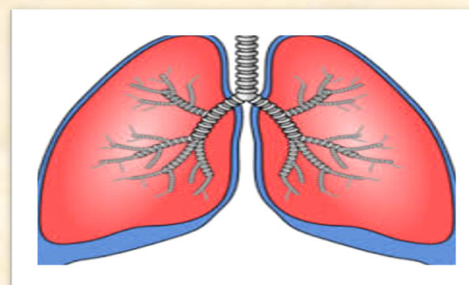
- ♦ have a weakened immune system due to illnesses such as kidney disease, organ transplantation, cancer

Vaccine Safety:

The pneumococcal vaccine is safe and effective. Some people have experienced mild side effects, but these are usually minor and last only a short time. However, the potential risks associated with pneumococcal disease are much greater than the potential risks associated with the pneumococcal vaccine.

Important Facts:

- ♦ You cannot get pneumococcal disease from the vaccine.
- ♦ Pneumococcal vaccine can be given at any time during the year.
- ♦ A single dose of pneumococcal vaccine is recommended for most persons aged 65 years or older. If you received the vaccine before you were 65 and it's been more than 5 years, you may need a booster.



STITCH IN TIME – BY RICHARD C. LAMB

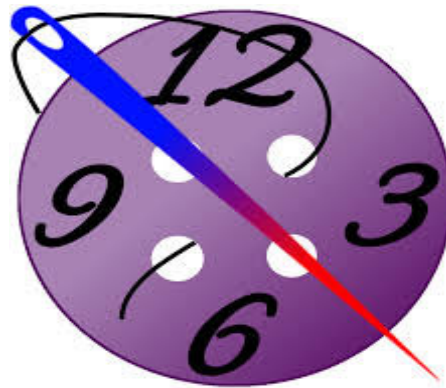
I remember that old teaching in my family (and surely yours, too): “A stitch in time saves nine.” I couldn’t figure out how my grandparents came up with that number. Perhaps just to rhyme with “time”, but most assuredly, through experience.

There is truth in that saying. If you let things drag on, just languish, they can be harder to handle. Problems should be taken care of as soon as possible – along with any correction that is needed.

If you had a hole in your sock or shirt, you would surely get on it as quickly as possible. You can put your coffee pot on the back burner, but even-

tually it will burn – and that calls for action!

Human relationships are even more important. We may not like the quote, “Love your neighbor as yourself,” but God is aware that our well-being in relationships depends on kindness, a kindness that is given to action.



Dining Room Closed for Employee Celebration



The Edgewood Summit independent living dining room and Courtyard Café will be closed for Lunch on Thursday, September 19, 2019 to allow our Employees to have a day to feast, celebrate and be recognized for special accomplishments. Thank you for your cooperation while this once per year celebration allows our Employees to share a meal and fellowship. Lunch can be obtained in The Ridgemont Dining Room for any Residents who would like to dine with us. The IL Dining Room will reopen for dinner.



JUNE

Genesis Rehab Statistics: Total number
or residents serviced: **53 residents**

Physical therapy: 26 residents
Occupational therapy: 15 residents
Speech therapy: 15 residents

Total hours provided by Genesis Rehab last
month: **395 hours**

Physical therapy provided: 158 hours
Occupational therapy provided: 98 hours
Speech therapy provided: 35 hours

JULY

Genesis Rehab Statistics: Total number
or residents serviced: **57 residents**

Physical therapy: 24 residents
Occupational therapy: 20 residents
Speech therapy: 13 residents

Total hours provided by Genesis Rehab last
month: **370 hours**

Physical therapy provided: 154 hours
Occupational therapy provided: 92 hours
Speech therapy: 44 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!

Marketing Update!



Joining Edgewood Summit as our newest Sales Counselor is Leah Worley. Leah resides in Scott Depot, WV. Leah has over 30 years' experience in the fields of marketing, communications and public relations. She is no stranger to Edgewood Summit, having worked for our community in a marketing role back in 1996.

Leah is married to her husband of 25 years, Michael, and they have two teenage daughters. Hannah, who is 18, just started as a Freshman at Marshall University and is active on Marshall's dance team. Leah's other daughter, Kristen, is 16 and is a Junior at Winfield High School (WHS) where she is part of the cheerleading squad. Leah's biggest joy is participating in her daughter's activities. This fall you will find her in the crowd at all Marshall home football games cheering on her favorite dancer; and at all WHS football games supporting her favorite cheerleader.

Also, welcome Holley Dennison to Edgewood Summit. Holley joins us as the new Marketing Assistant. Holley comes to us from Highland Hospital where she worked as a Documentation Auditor on their detox-

ification unit. Holley recently graduated from Bridge Valley Community College with a degree in Marketing. Holley is not married nor does she have children, but does have a Great Dane named Duke that occupies most of her time. She grew up in Sissonville, West Virginia, but now reside in South Charleston. She enjoys doing arts and crafts, being outdoors, traveling, and spending time with friends and family.

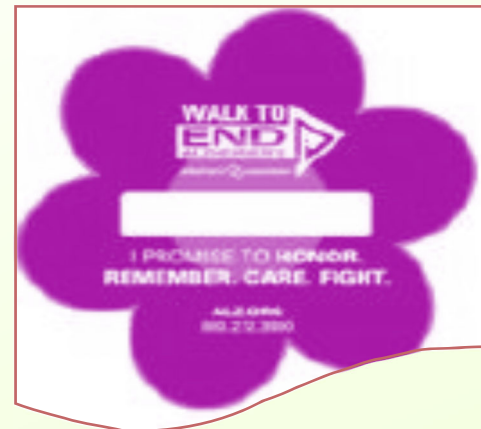
Please stop by the office and welcome our newest members to the Edgewood Summit family!



Leah Worley & Holley Dennison

Forget Me Not Flowers

Donate and share your support in the fight of Alzheimer's Disease with a **Forget Me Not Flower** for **\$1.00**. The sale begins Tuesday, September 2, 2019, and ends October 25, 2019. Flowers will be displayed the week of the Alzheimer's Walk. All proceeds will go to the Alzheimer's Association. Get involved! Stop by the Lifestyle Office to purchase your flower.



Street Car History

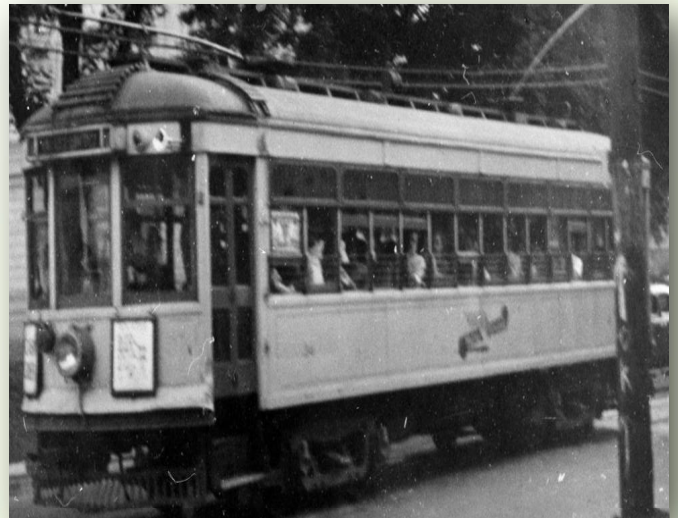
Thursday, September 19, 2019

@2:00

Multipurpose Room

The earliest public transportation in Charleston began as a horse-drawn trolley system in 1888. The Charleston Street Railway Co. offered city lines in Charleston that ran around the center of the city and one that served customers on the West Side as far as Patrick Street. The railway also had services that connected residents in North Charleston, Dunbar, South Charleston, St. Albans and Marmet to Charleston.

Join Doug Hartley, Executive Director of the Kanawha Valley Regional Transportation Authority as he shares the history of the Street Car in Charleston.



Meet the Author



Tuesday, September 24, 2019
7:15 p.m.
Multipurpose Room

Pete Kosky is a songwriter and storyteller from South Charleston, West Virginia who has recorded several albums of original songs and traditional ballads. Pete also plays the clawhammer banjo and is a past winner of the West Virginia Liars Contest. In addition to performing at the Vandalia Gathering, he is also a regular at the West Virginia State Folk Festival at Glenville, Allegheny Echoes in Marlinton, and the Gathering at Sweet Creek at Mineral Wells.

He is a teacher for Kanawha County Schools and lives in Charleston with his wife Ariana and daughter Claire.

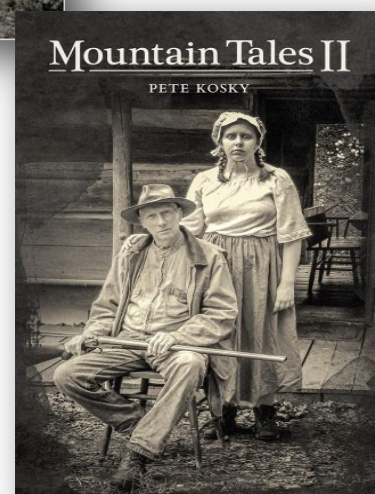
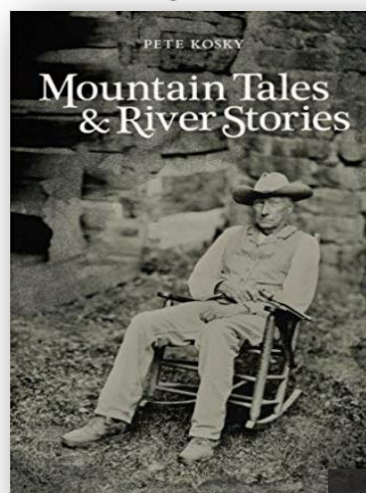
An award-winning singer-songwriter-storyteller, his voice has been described as "crushed velvet, with accents of dusty bur-lap."

Though no one in Pete's immediate family

was a musician, growing up in West Virginia exposed Pete to traditional music at an early age. He was naturally drawn to music, and became especially fascinated with old songs and ballads. He set out to learn as many of the old songs as he could, and eventually began to write his own songs using the traditional music as a template. In West Virginia, traditional music is still "living music." Pete's songs are a part of this living tradition.

Join Pete as will do a reading from his books of short stories at Edgewood Summit. The books are *Mountain Tales & River Stories* and *Mountain Tales II*.

He will also play guitar and sing as part of the reading.



Save The Date

The Kanawha County Health Department will hold a Flu Shot Clinic at Edgewood Summit on Wednesday, October 2nd. More information coming soon on the time schedule for each wing. The Ridgemont residents are scheduled for Wednesday, October 2nd at 9:00 a.m.

The Arthur B. Hodges Center's Clinic will be held on Wednesday, October 2nd 10:30 a.m. – 11:30 a.m.

Early Registration will take place on Wednesday, September 11, 2019 from 9:00 a.m.-2:00 p.m. Library. Please Note : Aetna Insurance is not covered.



Apple Butter Making



Apple Butter will be made all day in the North Courtyard. Just imagine the smell of fresh apple butter simmering over an open fire as you stroll through the Courtyard. The Lifestyle Department needs volunteers to help stir Apple Butter. If you would like to help, please call the Lifestyle Department at (304) 347-1955 or (304) 347-1942. We hope to see you there. The Apple Butter will be for sale in the Lifestyle office.

Halloween Party



All residents are encouraged to dress up for this year's Halloween Party that will be held on Thursday, October 31, 2019 at 3:00 p.m. in the Multipurpose Room. There is no theme this year so just be creative. Please join us!

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 _____