



Executive View

*Celebrating
December*



Dice Day
December 4

Bathtub Party Day
December 5

Salesperson Day
December 8

Gingerbread House Day
December 12

Humbug Day
December 21

Christmas
December 25

Thank-You Note Day
December 26

New Year's Eve
December 31



Satisfaction Survey Results

The results of the annual Resident Satisfaction Survey for 2023 are here and it's time to share the summary of feedback. Each year Edgewood Summit asks Residents and their families to provide feedback and share opinions to recognize and appreciate all the things you enjoy about living here. Additionally, your feedback helps to identify any areas in need of extra focus for improvement. We are grateful for the time and effort expended to complete the survey and appreciate your candidness. Next steps after sharing the results, will be to recognize all who contributed to great satisfactions levels, create actions plans for improvement, monitor progress and results. If you have questions about the survey results or would like to discuss further, feel free to contact Diane Gouhin, Executive Director, at dgouhin@edgewoodsummit.com or 304-347-1940. See next page for results.

<u>Area of Focus</u>	<u>Independent</u>	<u>Assisted Living</u>	<u>Memory</u>	<u>Skilled</u>
Response to survey	77%	56%	30%	10%
Overall Quality	99%	100%	100%	100%
Recommend to Others	99%	100%	100%	100%
Feeling of Safety	100%	100%	100%	100%
Respect Shown	100%	100%	100%	100%
Staff Responsiveness	100%	89%	100%	100%
Staff Friendly	99%	100%	100%	100%
Quality of Life	97%	91%	100%	100%
Quality of Environment	100%	89%	100%	100%
Dining Experience Overall	92%	76%	78%	100%
Activities Provided	99%	100%	100%	100%
Staff Training	94%	86%	100%	100%
Transportation	95%	100%	100%	100%
Living Space	99%	89%	100%	100%
Personal Assistance Available	96%	71%	100%	100%
Involved in Decisions	96%	67%	100%	100%
Interest in My Story	87%	63%	83%	100%
Meals Tasty & Appealing	73%	60%	33%	100%
Dining Training in Hospitality	74%	70%	83%	100%
Know Who to Talk to	92%	75%	100%	100%
Religious/Spiritual Needs Met	95%	100%	83%	100%
Spaces for Visits	96%	89%	100%	100%
Well Trained Staff	94%	86%	100%	100%

<u>Area of Focus</u>	<u>Independent</u>	<u>Assisted Living</u>	<u>Memory</u>	<u>Skilled</u>
Building Clean & Repaired	97%	89%	100%	100%
Menu Options	91%	89%	100%	100%
Flexibility of Meal Times	86%	86%	100%	100%
Quick Response to Requests	98%	71%	100%	100%
Proud of Visits	100%	100%	100%	100%

Thank you again for your feedback. Sharing our survey result reaffirms we take opinions and feedback seriously. We will relay progress on areas of improvement and recognize outstanding efforts.

Happy Holidays to you and yours.

Diane Gouhin
Executive Director



Santa's Workshop



**Join us for our
15th Annual
Santa's Workshop &
Holiday Open House
The Christmas Gift Show**



When: Saturday, December 2, 2023

Time: 10:00 a.m. – 2:00 p.m.

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. Resident artists will display paintings to sell in the Colonial Room. For more information please call Michelle at (304) 347-1955.

EDGEWOOD SUMMIT LIBRARY MONTHLY REPORT



It is hoped all our resident readers are enjoying our new library set-up. The card system has now been in place and functioning for several weeks, and seems to be working well. A few “wrinkles” are still being worked out, but the library committee is managing them one by one. We continue to receive suggestions for improvement from our readers, and these have been very helpful.

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The committee has now held its second organizational meeting, and some new activities are being

planned. A few of them are:

1. The category list is being expanded and improved. Some Subjects include

- a. History
- b. Games, Sports, Hobbies
- c. Reference Books
- d. Art and Music
- e. Religious and Inspirational

Keep your eyes open for these new developments as they occur. Also, If you are interested in helping our library during its continued development please notify us. We can certainly use your help with such things as working as a librarian, helping with ideas for new activities and setting up special events.

Meanwhile, Happy Reading!

*Marge & Tom Kirkhope
Tina McCreedy*

Fire Safety Reminder

We are reminding everyone regarding holiday decorations at this time of year. Please remember to use good judgment where fire safety is concerned. All lighting or items that plug into an electric outlet should be UL approved and in good condition. Extension cords should not be used and instead use power surge strips. These are a safer choice and will avoid overloading an outlet. Electric cords should never be placed underneath an area rug. Fresh garlands and trees need watering on a regular basis. Remember to think safety first during the holidays not only for yourself but for all of your neighbors here at Edgewood Summit.



Building Safety



The holidays at Edgewood Summit bring more guests into the Community than at any other time of the year. Visitors are asked to sign into the building and sign out. Where possible, guests should be escorted by a Resident or member of the Staff. Strangers found wandering the building should be asked who they are visiting and if

they need help. Please report anything suspicious to the Receptionist and/or Security. We remind Residents to keep their apartment doors locked and to ensure any personal items left in hallways are not keepsakes or valuable. Missing items should be reported so that an investigation can be conducted. Remember building safety at all times but especially during the holidays.



5 Winter Health Tips for Seniors

Submitted by
Teresa Boone-Stark, RN,
Nursing Director of The
Ridgemont

Winter is just around the corner and as the temperatures drop, it can become more challenging to stay healthy and active. Seniors can be especially prone to the “winter blues,” so it’s more important than ever to be mindful of your habits and mood during the colder months. Exercise is a proven mood-booster, and eating healthy can help you feel strong enough to fight off those winter colds. Below are 5 easy ways to stay healthy during the winter months.

1. Keep Eating Healthy

During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are “out of season” during the winter, their prices can increase substantially. Take this opportunity to check out your

store’s selection of frozen veggies, which often contain less sodium than their canned counterparts. Be sure to stock up on winter fruits and vegetables, like pomegranates, cranberries, citrus fruits, grapes, and root vegetables. It’s also important to eat to support your immune system; this includes taking your vitamins (especially Vitamin C) and eating foods rich in zinc, such as fish, oysters, poultry, and eggs.

2. Exercise Outdoors, Smartly

If you’re able-bodied and have your doctor’s okay to exercise, don’t let colder weather keep you from enjoying your favorite outdoor activities. Be sure to dress in layers so that you can remove articles of clothing as needed, and be sure to wear a hat since the majority of your body heat escapes through your head. Don’t forget your sunscreen and sun glasses with UV protection, and protect yourself from windburn as well. Be smart about checking the weather forecast and wear the proper footwear for the season. If outdoor exercise isn’t your thing, remember we have a gym at Edgewood Summit across from the beauty salon. If you need assistance with learning how to use the equipment, please contact the therapy department at (304) 345-0867.



3. Let the Sunshine In

Sunshine, and the Vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it's just to walk the dog or check the mail. If it's particularly cold, open your blinds and spend some time sitting by the window. Don't underestimate the value of light and sunshine in helping your energy level and your overall winter attitude.



4. Keep in Touch

Seniors and caregivers often face an increasing sense of isolation; proactively fight the winter blues by keeping in

touch with friends and family members during the colder months. Make appointments to meet for coffee, take a bundled-up walk, or set aside time for a longer phone call with friends on a regular basis. Take special care of others you know who are primarily homebound, and may be feeling lonely or in need of help running errands. Helping others is an excellent way to feel connected.

5. Winter-Proof Your Home

As we age, it gets increasingly difficult to maintain body temperature, and with a more limited budget, we may be tempted to scrimp on the heating bill. Unfortunately, hypothermia is a very real concern for seniors, as more than 600 seniors die every year from it. An easy way to ensure you are staying warm enough is to set your thermostat to at least 68 degrees Fahrenheit. With a little planning and determination, winter can be truly enjoyed, rather than simply endured. Prioritize your health and well-being, body and mind, and you can make the most of the cold season.

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.

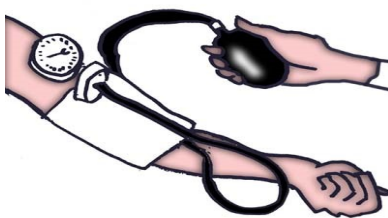


The audit will consist of:

- 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!

Blood Pressure Checks



Just a friendly reminder that blood pressure checks are offered the 3rd Thursday of each month at 11:00 a.m. in the Ridgemont Living Room.

Transportation Report-Greg Faber, Director of Environmental Services

In October Transportation logged 1350 miles on the shuttles and 550 miles on the car. They transported 290 residents one way.



Happy December Birthdays!

Virginia Rugeley	4
Elisabeth Miles	9
Robert Daley	10
Sally Knorr	10
Richard Nolan	10
Irene Papa	15
Nancy Morris	21
Arlen Bishop	24
Hilda Lilly	26
Vicki Broce	29
Edith Tuell	30



FAMOUS BIRTHDAYS

If you were born from December 1–21, you are a Sagittarius, the Archer. Archers are not only confident but also lucky, so they often find success. Their enthusiasm is infectious, so people often help them achieve their ambitious goals. Those born from December 22–31 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps.

Andy Williams – Dec. 3, 1927
 Mire Ben-Ari – Dec. 4, 1978
 Dave Brubeck – Dec. 6, 1920
 Buck Henry – Dec. 9, 1930
 Rita Moreno – Dec. 11, 1931
 Christopher Plummer – Dec. 13, 1929
 Betty Grable – Dec. 18, 1916
 Noel Coward – Dec. 16, 1899
 Branch Rickey – Dec. 20, 1881
 Lady Bird Johnson – Dec. 22, 1912
 Ava Gardner – Dec. 24, 1922
 Louis Chevrolet – Dec. 25, 1878
 Donna Summer – Dec. 31, 1948



Dreama & Joseph Pontier
 December 12, 1964

Ron & Karen Readshaw
 December 15, 1962

Keith & Mary Smith
 December 28, 1965

Ed & Gina Rugeley
 December 29, 1958





The Ridgemont Friends & Family Night

Please join us on
Thursday, December 14, 2023

4:00-5:00 Pictures with Santa & Refreshments

5:00 p.m. Dinner

Please RSVP By
Tuesday, December 12, 2023
at (304) 347-1942 Tanya Summers

The Ugly Sweater Party

The Ugly Sweater Party
Tuesday, December 19, 2023 @ 3:00
Multipurpose Room

May all your "Sweaters be Ugly and Bright"!
Join us for an "Ugly Sweater"
Christmas Dance! Prizes will be awarded to
the best sweater!



The White Elephant Party



Thursday, December 21, 2023
@ 1:00 p.m.
Multipurpose Room

What is a "White Elephant" gift?

- It is a gift you received in the past that is still in the box, in the back corner of your closet, and underneath a stack of clothes. Traditionally, a "White Elephant" is something lying around the house that you don't want (some horridly ugly item that someone gave you as a gift or some other item unwanted for some reason).
- If you actually liked everything your Uncle Fester has given you, then you can purchase something \$5 or less. It should be in new or good condition.
- You may have wondered what

you were going to do with this gift, since you didn't have the heart to throw it out. Now, you have finally found a purpose for this gift . . . give it to one of your fellow residents. Who knows, what is one person's junk is another person's treasure!

How can I participate?

- Each participant should bring a wrapped gift.
- Do not put your name on it; it is not a requirement that you fess up to the gift you bring.

How does the "White Elephant" gift exchange work?

1. Everyone puts the gift they brought under the Christmas tree.
2. Each person draws a number.
3. In order of the numbers drawn, each person chooses a gift.

Choose a gift from the wrapped ones and open it for all to see. Enjoy! Additional gifts will be provided to those who may forget their gift. Punch and other festive snacks will also be available.



Arthur B. Hodges Center News

A dark blue background with numerous white and yellow snowflakes of various sizes and orientations, some with a glowing effect.

OUTING TO
ST. ALBANS
Lights
DECEMBER 6TH
Meet in the Lobby at
5:30pm

A light blue and white background with a winter theme, including evergreen trees, snowflakes, and two white reindeer with gold antlers in the foreground.

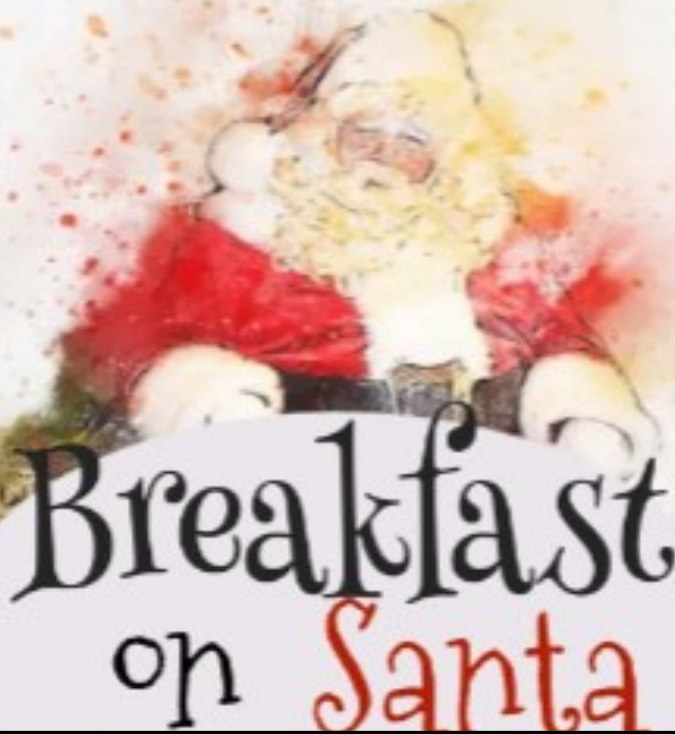
YOU'RE INVITED TO A
W I N T E R
Wonderland
Friends & Family Holiday Dinner Party

Please join us on
Thursday, December 14, 2023
from 5:00 p.m. to 6:00 p.m.
Arthur B. Hodges Center
Please RSVP By
December 12, 2023
at (304) 720-2740



Arthur B. Hodges Center News

FRIENDS AND FAMILY



MONDAY
DECEMBER

25

8:30AM-9:30AM

**ENJOY A PANCAKE
BREAKFAST BUFFET**
RSVP AT (304) 720-2740 or
mlucas@edgewoodsummit.com



**Happy
New Year!**

Time:
2:00 p.m.

Location:
2nd Floor



New Years Eve Events

Sunday, December 31, 2023

3:00 –5:00 “Little Big Band Trio”

Multipurpose Room

The Little Big Band Trio will play a combination of holiday music, big band, and swing music.

9:00 –Midnight “Stolen Moments”

Multipurpose Room

This four piece band will set the mood for the evening. Join them as you dance into the evening with some of your favorite songs.

**WHO MOVED IN, IN NOVEMBER?
WELCOME TO EDGEWOOD SUMMIT!**



Marcella Scaramucci – 2309



Judy Latorre – 219

WELCOME

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 the form if you plan to enter the contest.

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 18, 2023.
- 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 luncheon party scheduled for Thursday, January 4th in Private Dining.

CAN 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 starting November 6th through Sunday, December 31, 2023. Each wing will have a container located on each the floor. The floor with the most items will receive a party.





The Ridgemont at Edgewood Summit

BEST IN THE VALLEY



*Thank you to our dedicated staff
for making The Ridgemont at
Edgewood Summit the Best
Assisted Living in the Valley!*

300 Baker Lane
Charleston, WV 25302

304.346.2323

*EdgewoodSummit.com/
Assisted-Living*



Thank you for once again voting *The Ridgemont at Edgewood Summit* as Best Assisted Living in the Valley! We're deeply rooted in the rich culture of Charleston, and it's our honor to be Kanawha Valley's only locally owned, not-for-profit continuing care retirement community.

HAPPY
Holidays!

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 _____