

**Celebrating
January**

**Hot Tea Month
Blood Donor Month
Brain Teaser Month**

New Year's Day
January 1

Trivia Day
January 4

**Step in a Puddle and
Splash Your Friends
Day**
January 11

Dress Up Your Pet Day
January 14

**Martin Luther King Jr.
Day**
January 15

Kid Inventors Day
January 17

**Take a Walk
Outdoors Day**
January 20
Australia Day
January 26

**National Seed Swap
Day**
January 27

Puzzle Day
January 29

Executive View

Happy New Year! 2024 has arrived. I have become increasingly aware of how quickly time passes and how we never seem to have enough time to do the things we want. Is it my imagination or does time accelerate as we get older?

I am looking forward to a new year and all the possibilities it brings. A new year brings new hope, new friends, maybe new family members and new experiences all around. I like to think optimistically that 2024 will bring more joy and pleasant surprises. As they say, "Life is what we make it". So let us be ready to celebrate the successes and persevere through adversities and make it a good year.

Our heartfelt thanks and appreciation to:

*The staff of the Lifestyles Department for the beautiful holiday decorations and special events organized for everyone to enjoy.

*The entire Dining Services Department for preparing and serving wonderful holiday meals and goodies and the

meals throughout the year.

*The Maintenance Staff for keeping the building and apartments in top form.

*The Housekeepers for making everything clean and sparkling.

*Transportation for getting everyone to his or her destinations safely and on time.

*Nursing staff for their care and compassion and response to emergencies.

*Laundry for keeping the resident's clothing and linens clean and pressed as well as our dining linens.

*Security for standing watch and keeping us safe.

*Receptionists and Concierges that greet our guests warmly and handle deliveries, phone calls and questions with ease.

*The Business Office for processing payroll, paying the bills, and keeping the statements timely and accurate.

*Marketing for helping new friends and neighbors move to Edgewood Summit.

*Families and Friends of Edgewood Summit who support and encourage daily.

*The Board of Directors who set and guide the vision for Edgewood Summit.

Speaking on behalf of the staff of Edgewood Summit, we are here for the residents and each other as we look forward to the privilege of serving each of you throughout the New Year.

Best wishes and Happy New Year,

Diane Gouhin,
Executive Director



Journaling Prompt

What are you looking forward to in 2024?

How do you hope the year surprises you?

What is one new activity you could join this month?

Happy Anniversary!

John & Janet Gagnon
January 2, 1965

Dick & Barbara Nolan
January 3, 1953



Resident Association Meeting

Save the Date

*Tuesday, January 9, 2024
@ 3:00 p.m.
Multipurpose Room*

The meeting is held every other month on the second Tuesday. It is an opportunity to discuss old business, new business and what events are coming up in the Community. Reports are given by the Resident Association President as well as Resident Committees, Floor Representatives and Department Directors.

A NOTE FROM LIFESTYLES

Hello Residents, Families and Friends!

Happy New Year! Can you believe we are greeting 2024 when it seems like 2023 was just starting? I'm wishing peace, health, and happiness for all of us.

Do you make resolutions this time of year? Perhaps I can encourage you to consider it as we move into 2024. Science and research has proven that staying socially active is key to healthy aging. Connecting with others in events and activities boosts the immune system, decreases anxiety, and enhances quality of life. Staying social can also decrease the risk of heart disease and cognitive decline.

We're challenging you to attend at least 3 activities each week this month. Attend a favorite program or try a new group. In either case, you'll reap the benefits of healthy socialization! Let our team help you find your next favorite event.

Here's to new adventures!

Michelle Romine, ADC



Paint Your Own Snowman Canvas

When: Thursday, January 4, 2024
Time 3:00 p.m.
Multipurpose Room

All supplies are included. Come out to paint and relax!
Event is limited to 15. Call the Lifestyle department at
(304) 347-1955.



Getting to Know Your Neighbors



Now that you know all the benefits of social connection – boosted immune system response, less anxiety and cognitive decline, and enhanced overall wellness – it's time to start reaping those benefits by connecting with your neighbors. Making new friends can feel hard sometimes, so if you're struggling or feeling shy, it's okay! Our community is full of friendly and welcoming residents, which means you're already one step closer to starting a meaningful conversation with a new friend.

You can also use conversation starters to strike up a chat with someone at your dining room table, someone sitting next to you at an event, or someone that you see sitting in the common room. You can also use conversation starters as journaling prompts for yourself! Families, you can also use any conversation starters

during your next visit.

Here are a few conversation starters that you can try using over the next month. Cheers to new friendships!

- ◆ What is the best thing that happened to you today?
- ◆ Tell me about your childhood pet.
- ◆ What was your favorite part of the school day when you were younger?
- ◆ How are you feeling today?
- ◆ What do you like to do for fun?
- ◆ When is the last time you really belly laughed?
- ◆ What is your favorite hobby?
- ◆ Who is your favorite singer and why?
- ◆ Who is your favorite actor or actress?
- ◆ What is a favorite book that you have read?
- ◆ Who was your best friend in elementary school?
- ◆ Who was your favorite teacher?
- ◆ Do you have any new year resolutions?



UPCOMING EVENTS

CELEBRATION OF LIFE RECEPTION

When: Saturday, January 6, 2024

Time: 10:00 a.m. –12:00 p.m.

Location: Library & Multipurpose Room

Join us as we celebrate the life of William Pugh with some light refreshments. Come and share your memories and stories. A box will be available for anyone wanting to give the family a card.



Trip to Mardi Gras Casino & Resort and Lunch at the Cold Spot

When: Thursday, January 11, 2024

Time: 11:00 a.m.



Enjoy lunch at the Cold Spot in Charleston. The Cold Spot is known for their wings, but they also serve a variety of sandwiches and salads. Afterwards try your luck at the slot machines or some of the other games at the Mardi Gras Casino & Resort in Cross Lanes. Call the Lifestyle Department to sign up at (304) 347-1955 or (304) 347-1942.

Lunch Outing to Sokolata

When: Tuesday, January 16, 2024

Time: 11:00 a.m.

Enjoy lunch and something sweet at Sokolatas. Manoli and Aoleen Stavoulakis wanted to bring a piece of what they experienced on their trips to Europe by opening this European-style bakery. The restaurant features salads, sandwich's, gyros and pita sandwiches, sub sandwiches, pizza, calzones and lots of desserts. Call the Lifestyles Department to sign up at (304) 347-1955 or (304) 347-1942.



DINNER TRIP TO FAZIOS

When: Tuesday, January 18, 2024

Time: 4:30 p.m.

Enjoy authentic Italian style cooking and great steak selections at Fazios. All of their food, including their sauces are homemade and prepared fresh. They specialize in veal dishes, and their menu is quite extensive. Come try West Virginia's famous authentic Italian restaurant. Call the Lifestyle Department at (304) 347-1955 or (304) 347-1942 to sign up.



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.

Protect yourself! Call (304) 347-1944 to make an appointment for your free Safety Audit!

CEREAL DRIVE FOR MANNA MEAL



Throughout the month of January we'll be collecting as much cereal as possible! The cereal we collect will help feed families in the Charleston area. Donations can be dropped off at the Lifestyle Office. All items collected will go to Manna Meal. Your efforts will make a big difference helping feed those less fortunate in our community.

The benefits of donating cereal:

- Little to no preparation needed
- Whole grain high fiber cereal keeps

kids feeling fuller longer

- Can feed several people at once
- Can be eaten as meal /snack
- Healthy and affordable way to feed a family.

Join with your Edgewood Summit Neighbors as we help Manna Meal feed hungry people one cereal box at a time!!



Activity Professionals Week

Activity Professionals Week is January 21 – 27th. The Lifestyle team works hard every day to inspire, engage, and enrich the lives of the residents, and make our community a more enjoyable experience for our residents. They come up with new and creative ways to get our residents engaged, entertained, and offer socialization opportunities. Our Activities Team incorporates the Six Elements of Wellness when thinking up the monthly activities calendar. We appreciate their hand work and dedication over the last year. During this week we encourage our residents, family members and other staff members to send thank you cards to the Lifestyle Team.



Is it a Cold or the Flu?

Teresa Boone-Stark, Ridgemont Nursing Director, RN

COLD SYMPTOMS	FLU SYMPTOMS
Low or no fever	High fever
Stuffy, runny nose	Clear Nose
Mild Cough	Severe Cough
Occasional Headache	Constant Headache
Sneezing	Occasional Sneezing
Sore Throat	Occasional sore throat
Normal energy level	Extreme Exhaustion
Mild Fatigue	Several weeks of fatigue



Flu strikes suddenly. One day, you're feeling fine – the next, you may have a high temperature, aches, pains and nausea that you cannot explain. You may also experience a cough or loss of appetite which could last for two or three weeks.

Treatment of Cold and Flu

Cold	Flu
<ul style="list-style-type: none"> ○ Relieve symptoms with over-the-counter medications ○ Congestion, cough, and nasal discharge may be treated with a: <ul style="list-style-type: none"> *Decongestant *Antihistamine ○ Combination of the two <ul style="list-style-type: none"> *Cough medications *Adequate fluid intake ○ Eight glasses of water or juice per day ○ Use tissues and wash your hands frequently 	<ul style="list-style-type: none"> ○ Antiviral medications may be given by doctor within 2 days of flu symptoms appearance. Check with your doctor ○ Over-the-counter meds can help minimize discomfort ○ Over-the-counter medications do not treat the virus ○ Drink adequate liquids to prevent dehydration ○ Adequate nutrition is needed for rapid recovery ○ Bed rest is a good idea ○ Wait until symptoms are gone to return to full activity

Happy January Birthdays!

Mary Starcher	10	Eunice Ray	24
Chester Dodd	12	Linda Kluesner	25
Joseph Pontier	14	Virginia Ferguson	26
William Apgar	15	William Dawson	27
Martha Fish	15	Irene Galloway	29
Margaret Ritchie	18	Sue McClung	30
Keith Smith	19	Karen Vincent	30
Frank Law	20		
Carolyn Sturgeon	21		
Martha Wilcox	22		

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

welcome



Barbara Frierson 1307



Sue Shultz 3101
Pat Whitworth 3109
Janet Vealey 3114
JoAnn Daley 3211
Sandra Wilkerson 3213



Judy Latorre 103

FAMOUS BIRTHDAYS

Those born from January 1–19 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps. If you were born between January 20–31, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. These energetic people have inquisitive minds and come up with creative solutions to problems.

Victor Borge (comedian) – Jan. 3, 1909
Sterling Holloway (actor) – Jan. 4, 1905
Charlie Rose (journalist) – Jan. 5, 1942
Kate Middleton (princess) – Jan. 9, 1982
Joe E. Lewis (comedian) – Jan. 12, 1902
Michelle Obama (first lady) – Jan. 17, 1964
Ann Sothern (actress) – Jan. 22, 1909
Maria Tallchief (ballerina) – Jan. 24, 1925
Elmore James (guitarist) – Jan. 27, 1918
Jackie Robinson (ballplayer) – Jan. 31, 1919



OCCUPATIONAL THERAPY SERVICES AT EDGEWOOD SUMMIT



A lot of people hear Occupational Therapy and think well what do I need that for I don't work anymore, but Occupational Therapy is more than working. Occupational therapy is committed to improving and maintaining the highest level of function possible for residents so that people can have healthier, more productive and satisfying lives. Occupational therapy dedicates itself to quality health care which includes disease prevention, staying well and rehabilitation services for individuals across the lifespan. As people age, they use more occupational therapy services as a rule. Effectiveness of Occupational therapy has been proven for the geriatric population, with a number of medical conditions and surgical recoveries. Besides working with individual people to increase their strength and regain important life skills, occupational therapists work with a geriatric community to counsel families, local governments and community groups to make sure that each group is doing its part to help older adults maintain their independence.

Occupational therapy focuses on activities of daily living (ADLs) because they are necessary for independent living. The basic ADLs include: going to the bathroom, bathing, grooming, dressing,

eating and moving from one surface to another, such as moving from a chair to a bed or bathtub. Instrumental ADLs require more complex thinking. These tasks include things like preparing meals, using the telephone, operating a computer, managing finances and medications as well as cleaning; doing laundry, going shopping, and other errands, traveling from one place to another, which includes driving. Driving is quite complicated because it includes integration of visual, physical and mental tasks and being able to coordinate these tasks, which may be mild to moderately impaired as you age. Occupational therapy may help geriatric clients with other activities to reduce the risks of social isolation and its detrimental consequences. We do this by assisting geriatric patients to maintain social activities they know and encouraging involvement in new ones as well as providing ways to promote continued learning and other mind-stimulating activities, which help promote feelings of self-worth and may help delay dementia progression.

We are located on site for your convenience. If you or a loved one are having difficulty with activities of daily living, shoulder pain, limited range of motion with upper extremities, pain or arthritis with your hands elbows, or shoulders. Contact us at **(304) 345-0867** to see what we can do for you.

WV HISTORY ALIVE PROGRAM "MINNIE REED"

Saturday, January 20, 2024

2:00 p.m.

Multipurpose Room

Minnie Reed is a fictional "composite" character drawn from the lives, singing, and stories of several 20th century West Virginia folk singers, chiefly Maggie Hammons Parker, Sarah Workman, Phyllis Marks, and Kate Toney, as well as other Appalachian singers from Kentucky and North Carolina. These singers were not performers, nor did their music bring fame or fortune. For these women and their small mountain communities, music was an organic part of everyday life, and songs were passed down from generation to generation. The fictional

setting is Minnie's home in Pocahontas County, West Virginia, in 1972.

Minnie Reed is portrayed by Mary Dailey of Alderson, West Virginia.

Invite a friend and enjoy a wonderful history alive program provided by the West Virginia Humanities Council.



WV Symphony Series Musical Sweets & Treats

Musical Sweets & Treats

Saturday, January 20th
Bus departs at 6:45 p.m.

Classical accordionist Iwo Jedynecki is the winner of top prizes at over thirty international music competitions, and has performed in his home country of Poland, the United States, Canada, Singapore, Thailand, Vietnam, Germany, Austria,

Spain, Croatia, Switzerland, Ukraine, Lithuania, Hungary, and Italy.

This performance is part of the West Virginia Symphony Symphonic Series. Call the Lifestyle Department to reserve your seat on the bus at (304) 347-195 or (304) 347-1942. For ticket information call (304) 957-9876.



Iwo Jedynecki

In Praise of Compliments

January 24 may be the most positive day of the year—it's Compliment Day!

Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences. And if you've ever received a heartfelt compliment, you know how good one can make you feel. As Mark Twain once quipped, "I can live for two months on a good compliment."

Have you ever paid a compliment that seemed to go unnoticed? Not all compliments are created equal. If you want

your compliment to be heard loud and clear, follow these steps:

1. **Be sincere.** Don't give a compliment if you don't mean it.
2. **Be specific.** Don't say something vague; say something that shows you're paying close attention to the person.
3. **Go beyond the compliment.** Don't just compliment another person; go further by commenting on the positive outcome of that person's action or choice.
4. **Follow up with a question.** Show genuine interest by asking a question and turning your compliment into a conversation.
5. **Avoid comparisons.** Don't tell someone that they are better than something else; value the person in their own right.
6. **Expect nothing in return.** Never offer a compliment and then ask for a favor at the same time.
7. **Setting matters.** There is a right time and place for every compliment.

Winter Wonderland Dance With Arlen Bishop

*Thursday, January 25, 2024 at 3:00 p.m.
Multipurpose Room*

Join us as we transform the Multipurpose Room into a "Winter Wonderland" for our next dance. Door Prizes will be given out during the evening and Arlen Bishop will provide the music. Invite your friends to come out to dance and enjoy a cup of hot chocolate!





Edgewood Summits Got Talent



Thursday, January 30, 2024
3:00 p.m.
Multipurpose Room

The 2023 “Edgewood Summit’s Got Talent” program was well received . We have had requests to have similar programs in 2024. Here is some of our returning talent:

Jean Cropley started playing clarinet when he was about 8 years old and picked up harmonica as a teenager. He played both through the school years, but did little with either after graduation. He resumed playing clarinet in the 1960’s and joined the Charleston Symphony Orchestra in 1965. He retired from the orchestra as principle clarinetist in 1979 and set aside the clarinet, and did little with music until the early 2000’s.

Jean began playing harmonica again and began performing in the retiree clubs, nursing homes, retirement communities and other venues for

the next several years. In fact, his introduction to Edgewood Summit was a performance here around 2017. Jean’s harmonica music features popular music from the 20’s 30’s and 40’s, with a few classical and folk tunes for variety.

Scott Mansour began playing piano when he was five or six years old. His mother, who was a classically trained pianist, taught him through his junior year in high school. During his senior year, he took lessons from Ray Martin who traveled from the Charleston area to Montgomery one day each week to teach piano.

For the next 60 years, Scott played intermittently, taking lessons at various times. For the past several years he has been working to regain his technique and performance ability and is presently studying with Daniel Bellamy at West Virginia State University. Scott is primarily a classical pianist but does play other types of music.

Transportation Report-Greg Faber, Director of Environmental Services

In November Transportation logged 1450 miles on the shuttles and 600 miles on the car. They transported 300 residents one way.





Arthur B. Hodges Center News

2024 PENGUIN PLUNGE CHALLENGE

January 24 at 2:30pm

Please help us meet our goal of \$250.00 this year by sponsoring a resident or staff of your choice to participate in the plunge. You may leave your donation with the ABHC Lifestyles department and the name of the person you plan to sponsor. Please make checks payable to Edgewood Summit- Memo: ABHC Penguin Plunge All donations go towards the 2024 Team Edgewood Alzheimer's Memory Walk.



DATE NIGHT AT FAZIO'S

WEDNESDAY

When: January 17, 2024

Time: 4:45 p.m.

Limited seating so sign up soon.



WELCOME 2024

Bringing in a new year is so electrifying. It's a time of reflection on the year past as well as looking forward. We've all done it, made resolutions to pay off debts, loose weight, join a gym or rid ourselves of unhealthy circumstances. We tend to reflect on our past which helps us to work on our shortcomings, to better ourselves and set good examples for those that look to us for guidance. In many cultures, people jump into the sea or a local body of water-literally washing the slate clean. While each culture has their own special traditions to celebration a new year, there are certain common themes. The new year is a time for setting things straight, "washing" our mind, body and soul for a clean start for a brighter tomorrow. Whatever your traditions may be, our wish for you is a happy, healthy and prosperous 2024.

REMINDER

Activity outings may be cancelled throughout the winter months due to poor weather conditions. Cancellations may be in advance or the morning of, following the forecast report.

Door & Ledge Decorating Contest Winners

Congratulations to those who participated and won the holiday door decorating contest:

Our judges were impressed with B-Wing 2nd floor. This floor was the most decorated and had the most participation. B-wing 2nd floor were are all winners!

Door Decorating Contest Winners Independent Living

Whimsical/Fun Category

Page Deardorff

Christmas Elegance/Traditional Category

Ann & Joe Balkey

Nancy Crouch

Jean Orders

Joan Steven

Best on the Floor Category

Diane Palmer

Originality and Creativity Category

Frank & Tanya Law

Phyllis Osenton

Door Decorating Contest Winners Ridgemont

Christmas Elegance/Traditional Category

Frances Felber

Louise Brotherton



The winning Residents will receive pizza for lunch on Thursday, January 4, 2024 at 12:30 p.m. in the Multipurpose Room to celebrate their win!

Santa Claus visits The Ridgemont



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 _____