



Executive View

Celebrating May

***Be Kind to Animals
Week***

May 5–11

Backyard Games Week

May 20–26

***International
Midwives' Day***

May 5

***National Third Shift
Workers Day***

May 8

Miniature Golf Day

May 11

Mother's Day

May 12

***International
Museum Day***

May 18

International Tea Day

May 21

***Amnesty International
Day***

May 28

***Senior Health and
Fitness Day***

May 29

When I meet someone for the first time and offer my name, a handshake, a smile, etc. and the conversation quickly leads to “What do you do or what is your occupation?” My answer is to relay the leadership role at Edgewood Summit and explain we are a continuing care retirement community. People who have never visited a retirement community do not know what it is like to be around so many senior citizens and are curious and want to know more. The one question which continues to be asked is “What do seniors in a retirement community do for entertainment?” The answer is always the same....” Whatever they want to do.” I then expand on the answer by giving examples of the variety of interests and activities available at Edgewood Summit. Such as: Art classes, Laughter yoga, Drumming, Fitness Class, Read aloud, storytelling, Dancing, Playing/learning to play a musical instrument, Current events discussions/debates, Fitness training, Web surfing, Spiritual and prayer groups, Quilting, Knitting, Traveling, Volunteering, Helping others, Reading, Writing books and so much more. The possibilities are really limitless and inspiring. Seniors are just like everyone else. They simply have more free time in which to explore their passions and purpose and a lot more wisdom and life experience.

I recently googled what seniors throughout the country are doing and the results may surprise you. Here's a small sample of what I found:

- Michael Garland, age 68 of Texas competes in Ballroom Dance Competitions with his partner Carol Constance, age 69.
- Bo Gilbert modeled for the first time for British Vogue's 100-year special edition at the age of 100.
- Harriette Thompson, age 92 of California set a marathon record in 2014 for running 7 hours, 7 minutes and 42 seconds and set a record for the fastest women over 90.
- Dr. Howard Tucker is the oldest practicing doctor at the age of 100 he has practiced medicine for 75 years.

- Edith Kirkmeyer, age 105 was recorded as the oldest Facebook user in 2014. She was taught about computers at age 95 by her children.
- Willa Asbornson, age 95 began fitness training at the age of 89 with the help of a personal trainer and works out daily to stay healthy and feeling good.

So, for all of you “Super Agers” out there, we applaud your zest for life, your willingness to try new things and your pursuit of life’s purpose! Keep busting the myths and misconceptions about seniors and most of all keep inspiring all of us.

Diane Gouhin,
Executive Director



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



Beverly Persinger
2109

Cary Weaver
4311



Patty Jones
3107

Shirley Clowser
3101

Kentucky Derby Party

Saturday, May 4, 2024
5:30 p.m.
Multipurpose Room



Join us as we celebrate the race. Betting takes place on Friday at noon. Bets are a \$1.00 each. Place your bet on the horse you think will win! You cannot bet on the same horse twice. Ladies, we ask that you wear your best hat to the derby party. The lady with the best hat will receive a gift card. Enjoy Mint Juleps, Pulled BBQ, Potato Skins, and Wing-Dings.

Edgewood Summit Library Report



One of the most notable recent acquisitions to our library is an inspirational work entitled “It’s Not Complicated; A Practical Guide to Experiencing God’s Will” The book was written and inscribed by Rev. Merrell Mcilwain, and donated to our library by resident Hazel Arnold. It was introduced to the resident group at a presentation by the author at a gathering at Edgewood Summit on April 16, 2024. it can be found in the library’s “New Book” section.

The long-anticipated library expansion is now well underway. It consists of a very attractive set of new bookshelves, installed by the Green’s Home Improvement in the first-floor entranceway to the “A” wing, next door to the Lifestyle Department office entrance. A rearrangement and relabeling of books by

category are now being undertaken to make our collection more attractive and available to readers. Some confusion is inevitable while this work is taking place. The Library Committee requests your patience until this is completed.

Happy Reading!

Tom Kirkhope
Library Committee Chairman

age in motion®

Health Matters

A health & wellness newsletter for enhanced living

May 2024

Staying hydrated is essential to your health



A balanced diet, moderate exercise, and regular visits to the doctor can help keep you healthy. Paying attention to the amount of water you drink is one of the easiest ways to alleviate some age-related changes.

Water is vital for many reasons. It forms saliva, regulates the body temperature, flushes body waste, lubricates joints and helps deliver oxygen.

Water constitutes up to 60% of your body, but the amount of body water content changes as you get older. As you age, your ability to conserve water is reduced. According to the European Review of Aging and Physical Activity, people lose about 15% of their total

body water content between ages 20-80 due to normal aging.

Dehydration occurs when you lose more fluids and water than your body requires to function normally. It can happen at any time of year. Still, as spring and summer temperatures approach, it's essential to pay attention to the amount of water in your diet so that you're better prepared to respond to changes in temperature.

Dehydration can range from mild to moderate, and people with diabetes or chronic conditions like kidney or liver disease are especially vulnerable. In older adults, it's a common cause of hospitalization and has been known to contribute to confusion, falls, and constipation.

Luckily, there are many simple steps you can take to prevent dehydration.

- Drink plenty of fluids, especially when spending much time outside
- Drink water before you get thirsty
- Schedule outdoor activities during the cooler parts of the day
- Have a glass of water when you wake up
- Carry water with you if you are away from home for a while
- Eat plenty of fruits and vegetables which have high water content

Experience any of the following symptoms may be a sign of dehydration and should consider seeking medical attention: dry mouth, excessive thirst, infrequent or dark urine, dry skin, increased heart rate or breathing, muscle weakness or cramping, headache, dizziness, fatigue, sunken eyes, or the inability to produce tears.

If you need more advice about staying hydrated, contact your physician or healthcare provider.

Flower Basket Sale

Tomahawks Baseball Flower Sale

Sunday, May 5

1:30p.m.— 3:00 p.m.

Main Entrance

10 inch Hanging
Basket- \$22

New Guinea Impatiens
Trailing Petunias
Wandering Jew

Large Boston Fern \$22

12 inch Geranium
Planter-\$26

Colors: Cardinal Red,
Salmon, Purple Sizzle

12 inch decorative
planters- \$26

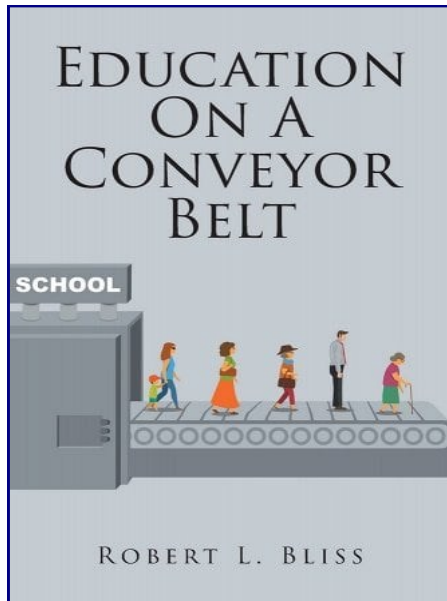
14 inch color
variety bowl- \$26

10” Hanging Zonal
Geraniums \$22 or 12”
\$26

Hanging basket Million
Bells \$22



Meet the Author



“Meet the Author”

Education on a Conveyor Belt by Robert L. Bliss

When: Thursday, May 9

Time: 3:00 p.m.

Where: Multipurpose Room

About the Author

A native of Adrian, Michigan, and now residing in Charleston, West Virginia, Bob Bliss has had an exciting and distinguished career in higher education and business. He has been president and/or owner of four corporations and held responsible positions, including president, in four institutions of higher education. Starting with a consulting

arrangement, he has also served in leadership positions for an additional four companies.

With one management degree from Michigan State University and two degrees from Adrian College, his unique background has enabled him to work effectively with both businesses and education institutions nationally. His expertise encompasses nearly all areas of management, and he has a good record of effectively reversing financial and management difficulties in both business and higher education.

In demand as a public speaker, he is an avid golfer, reader and a pilot, holding instrument, multi-engine and commercial pilot ratings.

Bob is married, wife, Susan, and has three grown daughters.



Makers Space Workshop



Saturday, May 18, 2024

2:00 p.m.

Multipurpose Room

*Snacks, crafts, friends and fun!
All are welcome! Join us for our first
organizational meeting to share ideas such as
scrapbooking, cardmaking, jewelry making,
knitting or adult coloring etc.*

Charleston Metro Band



Date: Tuesday, May 21, 2024

Time: 7:15 p.m.

Where: Front Parking Lot by the Gazebo

Come out and listen to some of your favorite songs with Charleston's favorite metro band and enjoy a s'more!

Spring Fling

Date: Thursday, May 23, 2024

Time: 3:00-5:00

Where: Multipurpose Room

Resident Arlen Bishop will provide the music for a fun Spring Fling. Invite your friends to come out enjoy the music and dance!



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.

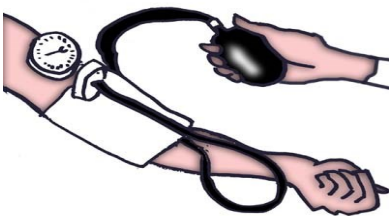


The audit will consist of:

- 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 March Transportation logged 1300 miles on the shuttles and 450 miles on the car. They transported 280 residents one way.



Happy May Birthdays!

Nancy Crouch	1
Frank Martin	5
Patricia Dever	10
Marvin Reed	11
Marjorie Chenoweth	15
Elizabeth Shawver	19
Ann Balkey	26
Orvetta Fitzwater	27
Edward Rugeley	28
June Walker	29
Diane Palmer	30
Nancy Thomas	31



FAMOUS BIRTHDAYS

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

- James Brown (musician) – May 3, 1933
- Gary Cooper (actor) – May 7, 1901
- Don Rickles (comedian) – May 8, 1926
- Joe Louis (boxer) – May 13, 1914
- Tori Spelling (actress) – May 16, 1973
- Cher (singer) – May 20, 1946
- Mary Cassatt (artist) – May 22, 1844
- Ian Fleming (writer) – May 28, 1908
- Mel Blanc (voice actor) – May 30, 1908
- Brooke Shields (model) – May 31, 1965

HAPPY BIRTHDAY



**John & Gail
Stone
5/9**

**Bill & Myrtle
Smith
5/12**

**Bob & Irene
Galloway
5/20**

**Reggie & Sally
Smith
5/24**

May Word Search: Hydration

HYDRATION	FUNCTIONS	VULNERABLE	FRUITS
DIET	SUMMER	CONFUSION	VEGETABLES
EXERCISE	SPRING	FALLS	SKIN
WATER	TEMPERATURE	CONSTIPATION	CRAMPING
VITAL	CHRONIC	THIRSTY	TEARS
DEHYDRATED	CONDITIONS	ACTIVITIES	KIDNEY
FLUID	DIABETES	GLASS	

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

Monthly Spotlight

National Speech-Language Hearing Month

Each May, speech-language pathologists (SLPs) participate in National Speech-Language Hearing Month (formally known as Better Hearing & Speech Month). This nationwide campaign raises awareness about communication disorders and the role of SLPs in treating them. Your community may have bulletin boards, newsletter articles, or educational seminars about speech therapy. To learn more, stop by the rehab gym or visit www.asha.org.



Celebration of Life Service

Please join us Thursday, May, 23rd @ 3:00 p.m. as we remember and celebrate the lives of residents who have passed over the last year.

Here is a list of those names of the people whose lives we will be remembering and celebrating at this year's service. Please look over the list, and if you feel we have missed someone, please call Michelle Romine at (304) 347-1955. Also, if you would like to say a few words at the service, contact Michelle. A Butterfly Release will take place after the service.



In loving memory of....

- ◆ **Ann Folzenlogen**
- ◆ **Don Fowler**
- ◆ **Harry (Mike) Gardner**
- ◆ **Danny Gumowski**
- ◆ **Betty Halstead**
- ◆ **Richard Lamb**
- ◆ **Dr. Don Lilly**
- ◆ **Barbara Mason**
- ◆ **Mae Melton**
- ◆ **Betty Miles**
- ◆ **Joan Power**
- ◆ **William Pugh**
- ◆ **Fr. Paul Sadie**
- ◆ **Katherine Stone**
- ◆ **David Radcliff**
- ◆ **Ruth Rosencrance**
- ◆ **Hobert Rutledge**
- ◆ **Frank Vincent**
- ◆ **Bobbie Walker**
- ◆ **Helen Walker**
- ◆ **Nancy Ward**
- ◆ **Pat Whitworth**
- ◆ **Mary Wilton**
- ◆ **Tom Wills**
- ◆ **Connie Apgar**
- ◆ **Roberta Alison**
- ◆ **Eva Kay Cardea**
- ◆ **Lois Carter**
- ◆ **Charles Cook**
- ◆ **Laura Cooper**
- ◆ **Gwendolyn Crouser**
- ◆ **Helen Cropley**
- ◆ **Bob Dailey**
- ◆ **Chet Dodd**

Arthur B. Hodges Center News

FRIENDS AND FAMILY ROUTE 66

THEME DINNER PARTY

May 15, 2024 beginning at 4:00PM
with live entertainment by Lee Dean
followed by dinner from
5:00PM-6:00PM

Please RSVP your guest by May 13th
by calling Myra Lucas at
304-348-2761 or email:
mlucas@edgewoodsummit.com
Guest meal will be added to monthly
statement unless indicated
otherwise.

ABHC National Skilled Nursing Home Week May 12-18

This week was established in 1967
by the American Health Care
Association to recognize the
essential role of skilled nursing
homes in caring for America's
elderly and disabled.
Let's give a SHOUT out to all those
involved in making this week a fun
filled celebration!



Get Your
KICKS.!

CELEBRATING NATIONAL SKILLED NURSING CARE WEEK ROUTE 66 ROAD TRIP

For many, a long stretch of highway invokes feelings of freedom, adventure and youthful memories. Avoid the hassle of the packing altogether and join us as we experience a virtual tour of small town America, stop for roadside attractions, and enjoy the many activities along the way.

Beginning Monday, May 13-17



Edgewood Summit's Got Talent

"Three Generation Trio"

Where: May 28, 2024

Time: 3:00 p.m.

Where: Multipurpose Room



Edgewood Summit's Arlen Bishop (saxophone) along with his son David (drums and grandson Duncan (saxophone) make up the Three Generation Trio. They will walk us through their musical background as a way to discuss how they will play some of the Beatles best known songs to show case each musical instrument which will include Arlen's five different saxophones (soprano, alto, melody, tenor and baritone).



About Ronald Walls

I have been a security guard here at Edgewood Summit close to twenty four years. For the first ten years I worked here and also worked in a dental laboratory during the day. I started singing at a very young age and did my first solo performance when I was in the fourth grade at Elk Grade School. I graduated from Stonewall Jackson High School in nineteen sixty eight and joined the Navy shortly there after. I was stationed on a guided missile destroyer out of Long Beach California during my four year enlistment.

While we were in Hong Kong I purchased a PA System and two Shure microphones. We started a ship's band and played music on the ship usually when we would have cookouts when we were out to sea. I worked on the riverboats for a little over ten years after my Navy days. I worked for AEP and we transported coal to the different power plants along the rivers. I've tried traveled on the Kanawha, Ohio, Mississippi, and Green rivers during my time on the riverboats. I believe it was during my riverboat days that I started writing songs. I believe the majority of songwriters probably play an instrument that helps them come up with a medley for

their lyrics I have never mastered playing any musical instruments but have strummed on a guitar some. It is probably a little bit usual but I'm singing the song as I'm writing the lyrics. I have never written over a hundred songs and several notebooks of partial songs never completed. I sang in a gospel quartet for a few years by the name of The Harbor Lights. We sang locally in churches around the Kanawha Valley for around three years. When the quartet disbanded I sang on my own at revivals and song services. I do not sing as much as I use to but still give it a go every once in a while.

WVU OLLI OPEN HOUSE



Osher Lifelong Learning Institute at WVU provides programs and educational opportunities designed for adults 50 and older. Free from the pressures of tests and grades, this is learning simply for the joy of it.

Anyone with an interest in lifelong learning is welcome to

attend the open house scheduled for Tuesday, June 18 at Edgewood Summit starting at 1:00 p.m.

Come and learn about the upcoming programs being offered at Edgewood Summit. Stop by to talk to the instructors, meet staff and board members, and register for summer classes. You can also enjoy a selection of light appetizers, coffee and tea while you reconnect with old friends and meet new ones!

Hummingbirds

A few weeks ago I shouted to no one in particular “they are back”. I was referring to Ruby Throated hummingbirds that had just returned from spending a few warmer months in Central America. This a reminder to you to clean your feeders if you want to attract hummingbirds. More information will follow next month.

Submitted by Joan Steven, a member of the Building and Grounds Committee.



Attention Medical Professionals

The Library Committee would like to recognize the many medical professionals who live at Edgewood's Summit. If you worked in the medical field, please bring a photo of yourself to the Lifestyle Office. (Michelle or Tanya will make a copy of it and return your original.) The photos will be displayed in the library area in June. Photo submission deadline: May 20. Please fill out the form below and bring it with your photo so we can identify you properly.

Name _____

Occupation _____

Place of Employment _____

WVU OLLI SUMMER CLASSES

West Virginia University OLLI program will be offering summer classes onsite at Edgewood Summit. More dates and details coming soon!

SAVE THE DATES

Tuesday, July 23, 1:00 – 3:00 p.m.

“Boats on the Kanawha”

Instructor will be Steve Holsclaw

Monday, August 12, 1:00 – 3:00 p.m.

“12 Oils of the Bible “

Instructor will be Jane Smith

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 _____