



News & Views



Celebrating December



Spiritual Literacy Month

Bingo Month

Antarctica Day

December 1

Cookie Day

December 4

St. Nicholas Day

December 6

Poinsettia Day

December 12

Winter Solstice

December 21

Hanukkah

December 22–30

Christmas

December 25

EXECUTIVE VIEW

The Holiday Season is here and like most people, I have begun planning for the numerous activities, the list of things to be done, the decorating, the gifts to purchase and the holiday baking that needs to be done. Just thinking about the additional activities makes me both excited and exhausted. The Holidays are a special time, especially here at Edgewood Summit. The Holidays bring a flurry of decorating in the library, lobbies and dining rooms and more groups of visitors and volunteers to entertain than I care to count. There is always delicious food and great camaraderie. The spirit of the season and the goodwill exchanged among friends and neighbors is what makes this community so great. I have always enjoyed the Holidays at Edgewood Summit. For those Residents who have been here for past Holiday celebrations, I know you are looking forward to some of our Edgewood Summit traditions and for all of our Residents who are here for the first time this season, we welcome you to celebrate with us. Each year the staff attempts to improve upon what has been done in the past. The Holidays at Edgewood Summit mean that you can sit back, relax and watch the staff do the baking, decorating and cleaning. Or if you prefer, like I do, to join in the fun, we would love to have your help. By all means though, please let us know if we are meeting your expectations or if we can help make your Holidays smoother.

Have a wonderful, safe and healthy Holiday and thank you for sharing it with all of us at Edgewood Summit.

Diane Gouhin

Executive Director

A ROANE COUNTY CHRISTMAS in 1935

by Evelyn R. Smith



I don't know the connection between the famous singer, Jenny Lind, and the construction of our farm house, but I remember hearing it called, "jenny-lind" when I was a child. The entire outer wall consisted of 2x6 inch boards placed vertically as tightly together as possible. Once the house was "walled in," a one-inch-wide strip of wood was nailed over each crack between the 2x6's, making it sturdy and air-tight. We had no money for wallpaper on the inside walls, so Mom made a paste out of corn-starch and covered the them with *The Record*, a newspaper published in Spencer and mailed throughout the county. (My dad used the comic pages to teach me how to read.)

Over the years, Dad and Mom turned our 99-acre farm into a show-case. Stark Nursery was well-known, and had been in business for more than 100 years when Dad ordered his fruit trees from them. "The best in the country," he commented. It wasn't long before ours were

bearing peaches, pears and apples. Dad added grape vines, and large fields of corn, peas, beans, and tomatoes. Cows, hogs and chickens were abundant, along with one horse that we often rode to nearby Gandeeville. American chestnut trees were growing wild all over the place; and yes, I enjoyed "chestnuts roasted over an open fire." Our produce was sold in Spencer, bringing a nice profit, and soon Mom was putting "real" wallpaper on our jenny-lind walls, linoleum on the floors, and "oil-cloth" on the dining room table.

Before Christmas, hand-dipped candles were placed in our windows, while branches from fir trees decorated tables through-out our home. A large red bow welcomed friends at our front door. (We didn't have a Christmas tree---the first time I saw one was after Dad sold the farm and we moved to "the big city" of Charleston.)

I was six years old in 1935 when Mom invited her whole family for dinner on our farm the Sunday before Christmas. Our cellar shelves were filled with home-canned foods. It was Mom's special dishes that made this Christmas memorable for me: Chicken and dumplings, roast beef, pork chops with gravy, and her delicious veggie casseroles---all derived from our farm.

(Visiting family members brought all of the desserts.)

It was understood that we children ate apart from the adults who were seated at the large dining room table. (Children were seen and not heard in those days) We dined in the kitchen, sitting quietly so as not to bother the "grown-ups."

The honor of "Blessing the meal" fell to the oldest man present, and it was always a long-winded oration. Uncle Isaiah, with his long gray beard, did it this year. Beginning with a Scripture verse from the Bible, he then prayed for each family member by name, asking for the Lord's blessings on us all. In the kitchen, we children with bowed heads, waited for the "Amen, Lord!" to come at the end. Then we dived into the plates loaded with food that had been placed before us.

Afterward, everyone gathered in the large "living room" next to the kitchen where gifts were opened. I remember a very special corn-cob doll, with dress and matching hat my mother had made from feed sacks. Women exchanged hand-made scarfs, handkerchiefs, shawls, and doilies. Men brought farm tools they had made themselves to give to others as gifts.

The food was left on the table afterward, while trips back for a bite or two were made all afternoon. My aunts helped Mom clean up in the kitchen---a job

made easier because Dad had mounted a water-pump beside our kitchen sink. (Water was pumped in from an out door well.) While the men gathered in the formal---and seldom used---parlor before a roaring fire to "argue over politics and religion," my cousins and I ran up the stairs to play in the hallway that led between the eight bedrooms on the second floor. The whole upstairs was warmed by the fireplace below, and we had a grand time playing with marbles, ball & jacks, and puzzles.

Before dark, they were all gone. Head swimming from all of the good food and fun, I headed to my own room in the back of our jenny-lind home. With my corn-cob doll tucked in beside me, and a soft rain caressing the tin roof overhead, I fell asleep. All was well in my own little world.



MEN'S BREAKFAST



The Men's Breakfast will be held on Monday, December 2, 2019 @ 9:00 a.m. The guest speaker will be Harry Carpenter, Chief of Home Confinement. Call the Lifestyle Department to sign up at (304) 347-1955.

SHOPPING AT HUNTINGTON MALL

Tuesday, December 3, 2019 @ 10:00 a.m.

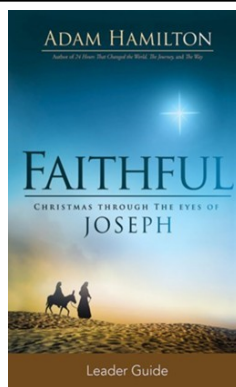
The *Huntington Mall* is the regions premier retail and entertainment destination. Enjoy shopping and lunch on your own at the mall. Please call the Lifestyle Department to sign up at (304) 347-1955 or (304) 347-1942.



ADVENT STUDY

Dr. Jay Parkins, D.Min, from Christ Church United Methodist will be offering a morning Advent Study at Edgewood Summit this year.

Classes will be on Wednesdays and classes will meet at 11:00 a.m. Check your calendar for dates.



father of Jesus Christ, Joseph's place in the nativity story is sometimes overlooked but contains valuable lessons for all of us.

Joseph never spoke a word, but his courageous actions were crucial to the birth of Christ and God's Salvation plan for humanity. Joseph provides us a great example of humbly obeying God even when we don't understand and faithfully moving forward in the strength that God provides.

From his beginnings as a humble carpenter to his all-important role as the earthly

Join us in discovering how Joseph's story is much like our own.

Greeting Cards

It is hard to believe the Holidays are upon us and time to start looking for that special Holiday card to send to friends and family. Edgewood Summits Holiday greeting cards feature our very own artists, Evelyn Borio and Anna Faye Ray. The cards are now available for sale by the Marketing or Lifestyle office. They will also be available at Santa's Workshop. Cards can be purchased individually for \$1.00 or \$15.00 for a box. All proceeds from the cards will benefit our local Alzheimer's Association.



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.

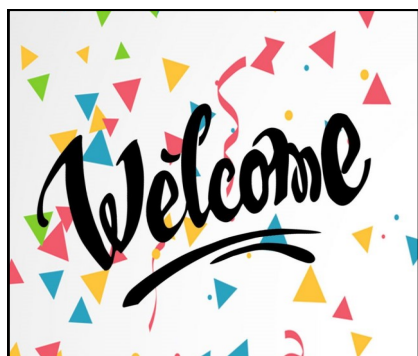


Kanawha Humane Association

"The Kanawha Humane Association visits Edgewood Summit the 3rd Monday of each month. Our adoptable pets get a fantastic opportunity to snuggle and play with the residents! It is a wonderful time that brings plenty of smiles and stories. If you'd like to help KCHA, they are always in need of paper towels, wet cat food, bleach, and Purina Chow brand foods for dogs and cats. We look forward to seeing you!"



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



Laura Cooper 3111
Edward Morton 3119
Rosemary Stiwinter 3215



HAPPY ANNIVERSARY!

Marvin & Jean Reed
December 5, 1959

Edward & Virginia Rugeley
December 29, 1959

Richard & Kay Lamb
December 29, 1959



Happy December Birthday!

Bill Revercomb	2	Brenda Foster	23
Virginia Rugeley	4	Arlen Bishop	24
Frances Watson	6	Hilda Lilly	26
Mary Ann Hager	6	Edith Tuell	30
Gen. James McLaughlin	7		
Betty Miles	9		
Richard Nolan	10		
Patricia Smith	10		
Ramona Nunley	11		
Betty Woomer	18		
Nancy Morris	21		

December Horoscopes and Birthdays

In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure. Those born between December 22–31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and money.

Monica Seles (tennis star) – December 2, 1973

Walt Disney (animator) – December 5, 1901

Marie Tussaud (artist) – December 7, 1761

Sammy Davis Jr. (entertainer) – December 8, 1925

Bobby Flay (chef) – December 10, 1964

Frank Sinatra (entertainer) – December 12, 1915

Beethoven (composer) – December 16, 1770

Ray Romano (actor) – December 21, 1957

Clara Barton (nurse) – December 25, 1821

Tiger Woods (golfer) – December 30, 1975



SPECIAL SERVICES

Greg Faber

Environmental Services Director



Housekeeping is preparing for the holidays and will begin offering Special Services again in January.

Happy Holidays!



Combat Antibiotic Resistance

Submitted by Cindy Crihfield, RN, Director of The Ridgemont

COMBAT ANTIBIOTIC RESISTANCE

Protect Yourself & Your Family

Infections caused by antibiotic-resistant germs are difficult, and sometimes impossible, to treat—but we can help stop the spread of these germs. Antibiotic resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them.

No one can completely avoid getting an infection, but there are steps you can take to reduce your risk.

Know Your Risks, Ask Questions, & Take Care

Ask your healthcare provider about risks for certain infections and sepsis. Speak up with questions or concerns. Keep cuts clean and covered until healed, and take good care of chronic conditions, like diabetes or heart disease.

Clean Your Hands

Keeping your hands clean is one of the best ways to prevent infections, avoid getting sick, and prevent spreading germs.

Get Vaccinated

Vaccines are an important step to prevent infections, including resistant infections.

Be Aware of Changes In Your Health

Talk to your healthcare provider about how to recognize signs and symptoms of infections, or if you think you have an infection. If an infection isn't stopped, it can lead to additional complications like sepsis, a life-threatening medical emergency.

Use Antibiotics Appropriately

Talk with your healthcare provider or veterinarian about the best treatment when you, your family, or your animal is sick. Antibiotics save lives, but any time they are used they can cause side effects and lead to antibiotic resistance.

Practice Healthy Habits Around Animals

Always clean your hands after touching, feeding, or caring for animals, and keep your animals healthy.

Prepare Food Safely

Follow four simple steps to avoid foodborne infections. Clean your hands, cooking utensils, and surfaces. Separate raw meat from other foods. Cook foods to safe temperatures. Chill leftovers and other foods promptly.

Stay Healthy When Traveling Abroad

Be vigilant when traveling abroad. Know what vaccinations are needed, check health alerts, stick to safe food and drinks, plan in advance in case you get sick, and learn about the risks of medical tourism.

Prevent STDs

Gonorrhea, a common STD, can be resistant to the drugs designed to treat it. The only way to avoid STDs is to not have sex. If you have sex, lower your risk by choosing safer sexual activities and using condoms the right way from start to finish. You and your partner should be treated right away if you test positive to keep from getting infected again.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Ridgemont Friends & Family Holiday Celebration

Tuesday, December 17, 2019

4:30 PM -5:30 PM Pictures with
Santa

4:30PM-5:30PM Appetizers

5:00 PM Dinner

For seating purposes please
RSVP by December 13th
by calling 304-347-1942 or
you may also stop by the
receptionist desk when visiting to
RSVP.



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. Create your own theme!
- Your door must be decorated by the end of the day on Monday, December 16, 2019.
- 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. No electrical extension cords allowed.

Each floor will have only one winner. The winners will eat together at a special pizza party scheduled for Thursday, January 2nd at 11:30 am in the Multipurpose Room.



Driver Safety Awareness Week



AOTA's Older Driver Safety Awareness Week (Dec 2nd-6th) seeks to raise awareness and increase the availability of education about the aging driver's options. Each day of the week, AOTA spotlights a different aspect of older driver safety.

Following a family conversation an older driver may decide that it is time to get a check-up for his or her driving fitness. Checking up one's driving fitness is important because driving requires complex physical, visual, and cognitive abilities. These abilities can change in subtle ways, such as difficulties driving at night but having no problems driving in the daylight. Driving fitness evaluations range from self-assessments, which can be useful educational tools to help identify potential challenges, to a comprehensive driving evaluation from an occupational therapy driving rehabilitation specialist.

"Driving evaluations by occupational therapists are necessary for individuals living with medical conditions that may affect the skills required for driving," says Anne Dickerson, PhD, OTR/L, FAOTA. "Driving school instructors are trained to address and focus on the rules of the road and the safe control of the vehicle, , but not the medical condition faced by the senior driver. Select an occupational therapy practi-

tioner who is trained and/or certified as a driving rehabilitation specialist [CDRS, or SCDCM] if the driver is concerned with the effect of his or her medical condition on driving safety."

When preparing for a comprehensive driving evaluation, older adults need to present the truest picture of their current functional level. "I recommend making no changes to the older driver's routine, such as medication schedule, sleep pattern, meal intake, etc. prior to the appointment," says Meredith Sweeney, OTR/L, CDI, CDRS. A driving evaluation should measure drivers at their best, so a good night's sleep and healthy nutrition are the best way to prepare. "The older driver should be involved in the scheduling process, as the opportunity to ask specific questions to the occupational therapy driver rehabilitation staff typically decreases anxiety."

It is also important for older drivers and their family members to know what will happen at the evaluation, and because every facility is different, that question needs to be asked before making an appointment. "Generally, there will be a clinical component that may last approximately 1 hour and consists of tests of vision, physical abilities, memory, and 'quickness' of mental functioning," says Dickerson. "There is usually a break and then the person is asked to drive in the facility's vehicle, on roads in the neighborhood, for about an hour. It is important that the older driver is prepared to be driving a different vehicle for the driving test." The testing vehicle is equipped with an instructor

Families should plan to have an adult child or another family member attend the evaluation to help with the initial interview that reviews driving history and medical history, to have another set of ears when hearing the results, to have the information to assist with recommended adaptations, and to have family or friends prepared to help with planning for driving retirement if that is the recommendation. "The therapist can assist the family in talking with the older adult if cessation is necessary and just the opposite—the therapist can help the family understand that the older adult can learn to make judgments that are safer or use adaptive equipment that might make it easier to get in and out of the car or improve visibility" to maintain driving, says Dickerson.

"The driving rehabilitation assessment is often viewed as a mechanism by which older drivers lose their licenses," says Carol Wheatley, OTR/L, CDRS. "In actuality, the focus is on determining the means, such as adaptive equipment or strategies, to enable the person to continue to drive safely."

If you are you looking for an evaluation tailored individually to you, looking at your strengths and your limitations, and generating a plan for your continued safe mobility, an occupational therapy driving evaluation will offer the following:

Identify your strengths and any changes in vision, physical ability, and/or cognition that may pose a risk for driving safely. Recommend how you might strengthen skills, compensate for weaknesses, and develop a relationship with the driving specialist to work together to explore every option.

Prioritize your goal to continue driving safely, but recommend a plan to stop driving now or in the near future if changes in

your skills and abilities are too severe, placing you or others in your community in harm's way.

Remain focused on transportation and participation in your community. The occupational therapy professional will work with you to identify the alternative modes of transportation that would work for you, and provide the support you need to get you where you want to go when you want to get there.

Additional Information:

Find a driving specialist: Locate a driving specialist near you; https://myaota.aota.org/driver_search/



OCTOBER

Genesis Rehab Statistics: Total number of residents serviced: **46 residents**

Physical therapy: 24 residents

Occupational therapy: 15 residents

Speech therapy: 7 residents

Total hours provided by Genesis Rehab last month: **261 hours**

Physical therapy provided: 135 hours

Occupational therapy provided: 86 hours

Speech therapy provided: 40 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:3043450867).





LOVE STEPS UP

BY RICHARD C. LAMB



"I love ice cream!" "I love the mountains. "I love Beethoven symphonies." But is this really love?

We love many people – family and friends, especially. This love includes kindness, thoughtfulness. And it's simply wonderfully helpful to know that God's love for us "bears all things." (cf. I Corinthians 13) In fact, that same reading says that love is even greater than faith or hope. Let's never forget that!

According to the Bible, love is the greatest gift. (John 3:16; I Corinthians 13) How could it be otherwise? It is shown in God's giving of His only Son to suffer on a cross for us.

This love is shown in the sacrifices of those who express kindness in their relationships. God, in His love, gives us a strong footing in hope and a sense of life's meaning, punctuating the truth that love bears all things. Do you get that? Love bears all things? Amazing! Wonderful!

Thanks be to God!

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.

- A great opportunity for you to ask questions regarding safety in your apartments.

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.

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



Transportation Report

Greg Faber-Maintenance/Grounds/Transportation/Security Director

In October Transportation logged 3,116 miles on the shuttles and 985 miles on the car. They transported 407 residents one way.



TRINITY LUTHERAN BELL RINGERS

On Monday, December 9th at 7:15 p.m. the Trinity Lutheran Bell Ringers will hold a concert at Edgewood Summit.

The Hand Bell Choir has been active for over 30 years, with several of the original members still ringing. They have performed in a number of civic events as well as ringing for numerous services at Trinity. The hand bell choir uses many different techniques of ringing and sometimes uses the choir chimes. The bell ringers add an extra dimension to worship.



UGLY SWEATER CHRISTMAS DANCE



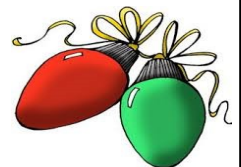
**Wednesday, December 11th @ 7:15 p.m.
Multipurpose Room**

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



Trip to Diehls & St. Albans Festival of Lights Thursday, December 12, 2019 @ 4:30 p.m.

Thousands of lights have been strung all about the Saint Albans City Park in displays, figurines and animated wonders. Call the Lifestyle Department at (304) 347-1955 or (304) 347-1942 to reserve your seat on the bus.



White Elephant Christmas Party

When: Friday,
December 20, 2019
Time: 2:00 p.m.
Where: Colonial 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 horribly ugly item that someone gave you as a gift or some other item unwanted for some reason).

OR

- 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.

Holiday Piano Concert by David Williams

Saturday, December 21, 2019 @ 2:00 p.m.

Dave Williams grew up in the Beckley WV area. His Grandparents once owned the land where Tamarack was built and Harper Road was named after his grandparents. He has played the piano for 52 years. During the 1980's Dave played music for Jim & Tammy Baker and the PTL Ministries. Currently he plays music for Lakeview United Methodist Church in Saint Albans and Saint Marks United Methodist in Charleston. Dave enjoys playing a variety of music including gospel and holiday music. He is looking forward to performing for our residents here at Edgewood Summit.



Home for the Holidays



Friends & Family Holiday Celebration

December 19, 2019

4:30 PM Pictures with Santa

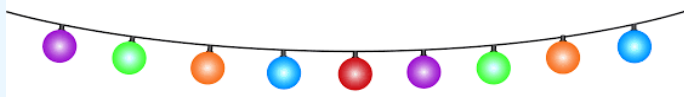
4:30 PM- 5:30PM Cocktails

Buffet Style Dinner at 5:00 PM

For seating purposes please
RSVP by December 17th
by calling 304-720-2740 or
stop by the Reception Desk
when visiting.

Christmas Lights at Coonskin Park

Wednesday, December 11, 2019
Meet in the Lobby at 5:30pm



Brrrrrr!

It's freezing!!

JUST A REMINDER

During the winter months the activity
outings may be cancelled due to frigid
temperatures and unsafe road conditions.

If you have questions please contact

Myra at 304-348-2761



BREAKFAST FROM SANTA

Join us for the
Friends & Family
Christmas Pancake
Breakfast

Wed. December 25, 2019

Buffet Style Breakfast at
8:00AM

For seating purposes please
RSVP by December 23rd
by calling 304-720-2740 or
stop by the receptionist desk
when visiting.

Limit of six guests per
residents



**WELCOME
IN 2020 AT THE
NOON YEARS
EVE
CELEBRATION**

December 31, 2019



A FESTIVAL OF LESSONS & CAROLS

**Saturday, December 21,
2019 @ 4:15p.m.**



Calvary Baptist Church will present "A Festival of Lessons and Carols," an eclectic Christmas program with choir and orchestra.

gospel/pop music, a selection from Handel's "Messiah," solo performances and other selections.

Narrative lessons will be given. Choral and orchestral arrangements will include traditional carols, fanfare, a lullaby,

Call the Lifestyle Department to sign up at (304) 347-1955 or (304) 347-1942.



NEW YEARS EVE EVENTS Tuesday, December 31, 2019



3:00 –5:00 "Little Big Band Trio"

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

9:00 –Midnight "After Six"

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.

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 _____