

AT YOUR SERVICE:

- Executive Director.....Mike Kearney, NHA (767-6810)
- Business Office.....Angela Petty (767-6804)
- Marketing Director.....Susan Painter, CDP (767-6815)
- Social Services.....Mary Craddock, MSW (767-6803)
- Environmental Services.....Barry Perkins (767-6820)
- Dining Services.....Josh VanAuken, Executive Chef (767-6823)
- Director of Nursing.....Pansy Newcomb, RN (767-6813)
- Resident Life Services.....Delaine S. Caldwell, ALFA (767-6805)
- Chaplain.....Rev. Roy Miller, BS, M. Div (767-6883)
- Community Outreach.....Gypsy Dix, LPN, CDP (767-6818)
- Front Lobby.....Beth Hathaway (767-6800)
- Administrative Secretary.....Melissa Yopp (767-6801)
- Beauty Salon.....Anna Earley (767-6806)

The Wesley Place Residents will not meet in December or January. Your monthly meetings will resume in February. Thank you, your council members: Ruth Bishop, Dee Burch, Jerry John

HERMITAGE
 ROANOKE
 PINNACLE LIVING

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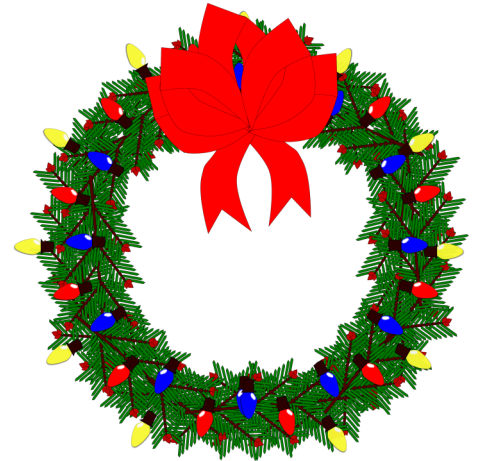
Volume IV, Issue XII
 Published by:
 Delaine S. Caldwell, ALFA

The Mission of
 Pinnacle Living:
*Enriching Life's
 Journey.*

DECEMBER 2017

Like all people, each year as we age, our journey in life presents us with many challenging and rewarding events. These events help to define who we are. Some of the losses give us grief while the rewards give us great satisfaction. The holiday season helps to remind us how blessed we are. One of the greatest joys is to know that God has given us each other to help us through our journeys. I hope you are all able to make someone feel special this holiday season, and are able to enjoy your journey together.

Mike



From New York City



"Amadi and Debby Azikiwe are pleased to share an afternoon of music with the residents of Hermitage Roanoke. As a violin/ viola and piano duo, they have concertized throughout the United States, including New York, North Carolina, Pennsylvania, Virginia, Arkansas, Cleveland, St. Louis. Internationally, they have appeared together at the Hong Kong University of Science and Technology Arts Alive Festival.

Amadi Azikiwe is a native of New York City, and is currently Music Director of the Harlem Symphony Orchestra. Pianist Debby Azikiwe is a native of Hong Kong, and taught and performed there for nearly 20 years before emigrating to the United States.

The program at Hermitage Roanoke will consist of works by Bach, Mendelssohn and Mozart." Amada and Debby will be performing for us on Monday, December 11th at 2:00 PM in the Virginia Room.

Mark your calendars! You will not want to miss this concert!



CHRISTMAS BUFFET

ENTRÉE

ROASTED PRIME RIB

WITH AU JUS AND CREAMY HORSERADISH SAUCE

PARMESAN CRUSTED SALMON

SIDES

COLLARD GREENS WITH BACON

VEGETABLE MEDLEY

WILD RICE WITH CRANBERRIES

ROASTED FINGERLING POTATOES

YEAST ROLL

ASSORTED DESSERTS

PLEASE COME HELP US CELEBRATE A VERY MERRY CHRISTMAS

DECEMBER 25TH 2017 AT 12:15PM TICKETS ARE \$11.00

PLEASE MAKE RSVP WITH MELISSA LOWERY (540-767-6801) OR

MYOPP@PINNACLELIVING.ORG



This event is for our Residents and their guests only



Dear Residents,

You have been so wonderful in the past to supply me with wedding memories and Veteran's Day stories to display on our bulletin boards by the patio. This year I would like to put together a "Christmas Memories" bulletin board. If you have a favorite Christmas memory you would like to share and/or a Christmas photo, I would love to display them for our Hermitage family to read this holiday season. I will be happy to help you write up your memories and make copies of photos. Just come by my office or leave a message and I will get with you. (Team members are also welcome to take part!) Thank you for all your help on this special project! Please have your stories to me by Friday, December 15th to post the week before Christmas.

Mary Craddock, Social Worker

Shopping Trips Schedule Changes

Please note: Friday, December 8th....Shopping Valley View Mall area will be at 10:00 AM There will be no Lakeside Shopping Monday, December 11th due to our concert performance scheduled at 2:00 PM.

If you need anything between trips, please see Delaine or Thalia. Thank you!

The Adult Choir from Bonsack Baptist Church will be singing for us on Tuesday, December 12th at 2:30 PM in the Virginia Room. Come join us as we celebrate the Season!

A REMINDER: When you have a medical appointment and you are requesting our transportation services, please have the following information ready to give the appointment desk : **Your name, your Doctor's name, office address and phone number, date and time of your appointment.** This information is necessary when making out the schedule. Also, please give your appointments to the appointment desk as soon as you get them. There is a charge (\$35) incurred for additions (non-emergency) to the schedule. Additionally, we reserve the right to not accommodate those additions, based on the planned schedule. **If our nursing staff administers your medications, please make your appointments through the charge nurse or medication aide giving your medications. Thank you for your help in this matter!**

If you have any questions, please contact either Delaine Caldwell (767-6805) or Pansy Newcomb (767-6813). Thank you!

Our monthly birthday party is Wednesday, December 13th at 2:30 PM in the Virginia Room. It is hosted by the Raleigh Court Sunday Evening Fellowship Circle. Debra LaBron will be here to play the handbells for us. Come join the festivities! Thank you ladies for your willingness to serve and celebrate our December birthdays with us!



VESPER SPEAKERS FOR DECEMBER

- 12/3...Rev. Charles Wickham/ communion
- 12/10...Rev. Terry Ross
- 12/17...Rev. Jeff Wilson
- 12/24...Steve & Robin Claris
- 12/31...Rev. Jerry John

The Silver Notes, from Bedford, VA, will be singing for us on Monday, December 18th at 10:30 AM in the Virginia Room.

Me & Martha, internationally Acclaimed members of America's Old-Time Country Music Hall of Fame, will be with us on Thursday, December 7th at 2:30 PM in the Virginia Room. Come join Me & Martha as they perform classic Americana Holiday Music featuring an assortment of different musical instruments!

Sponsored in part by the National Endowment for the Arts and the Virginia Commission for the Arts

MEAL OUTINGS FOR DECEMBER

Tuesday Dinners:

- 12/12...Red Lobster
- 12/26...Old Liberty Station

Friday Breakfasts:

- 12/1...Pete's Deli
- 12/8...Scrambled
- 12/15...Jerry's
- 12/22...K & W
- 12/29...Cracker Barrel



Hotel Roanoke
We will be going to Hotel Roanoke's Regency Room for their Buffet lunch and to see the trees. This trip leaves at 10:00 AM so we can view the trees before our lunch, scheduled for 11:30AM, Wednesday, December 6th. This was the only time we could get reservations for this event. Cost is \$27 per person and is all-inclusive. Please pay Delaine by Monday, December 4th.

Tuesday, December 12th, our Genesis Rehab team will join us as we go to see the trees at Hotel Roanoke. Sign up sheets are in the book. We will leave at 10:00 AM



Have you considered a year-end gift to the Samaritan Program? Samaritan Program gifts may be designated to any of our Pinnacle Living communities. Undesignated gifts are used where the need is greatest. One hundred percent of your contribution will go directly to the financial support of the residents in need and will not be used for operational, capital, or administrative costs.

On behalf of our residents who rely upon this support and good will, thank you for honoring the heritage of Pinnacle Living and the legacies of the individuals who call our communities "home" with your gift. To make an online gift to the Samaritan Program by credit or debit card, visit the Pinnacle Living website at www.pinnacleliving.org, our community website (www.hermitageroanoke.org) or on the Facebook pages for Pinnacle Living. Checks may be delivered to the Business Office. Make the check payable to Pinnacle Living or to **Hermitage Roanoke**. Please note "Samaritan Program" in the memo line and designate the gift to the community or where the need is greatest. There are envelopes at the front desk unique to this program for your convenience.

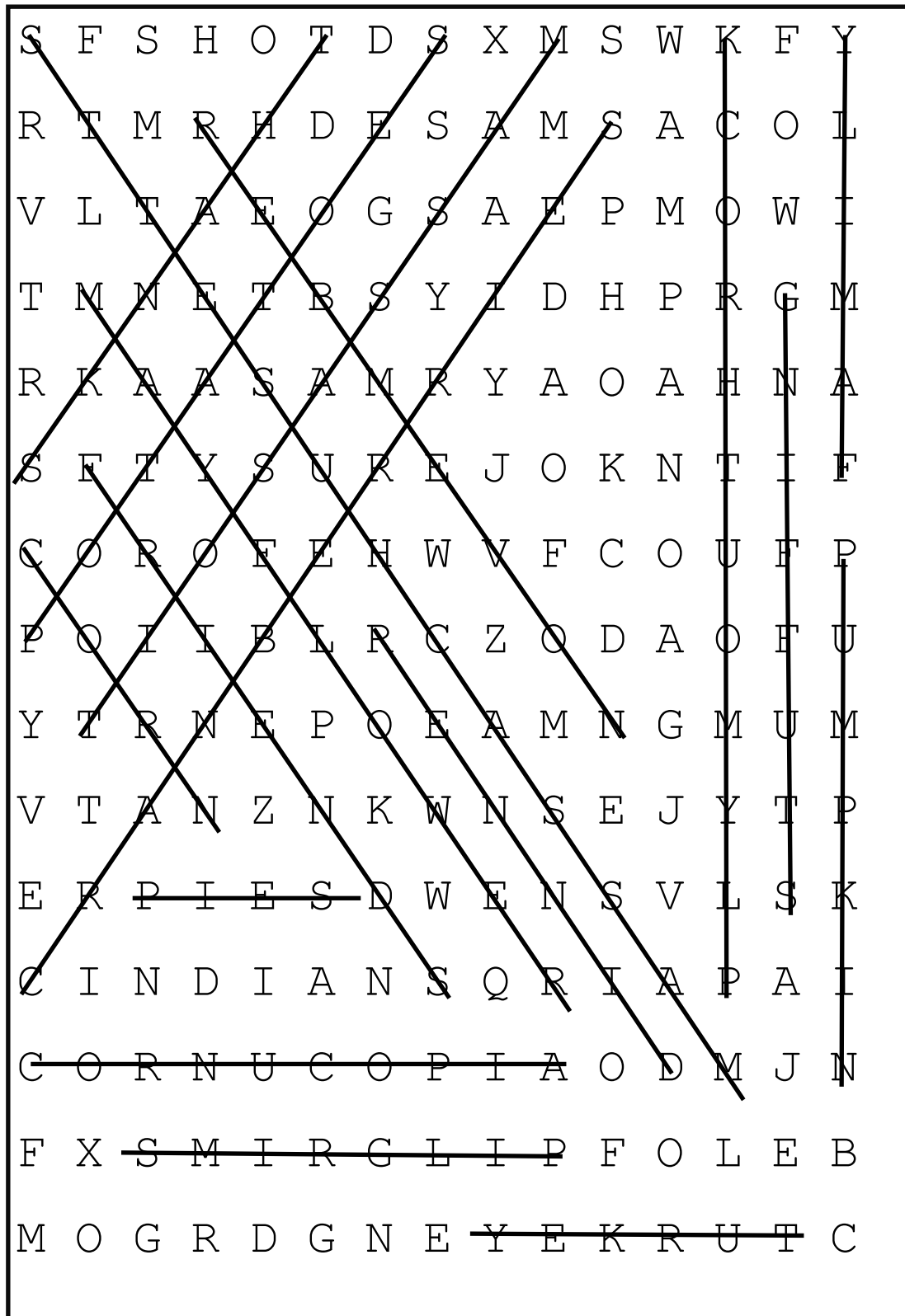


DOOR ACCESS TO MAIN BUILDING

Beginning Friday, December 15, 2017, all doors, except the two main front doors, into the main building will be locked at all times. This is a change from what we have done in the past. The only access into the building will be through the two front doors of the administration building (canopy and front desk) from 7:00 AM—5:00 PM. You may enter through the rose garden door and the two doors on the ground floor (bus entrance and the door at the patio apartments) with a fob only. These fobs may be attained from Delaine Caldwell, Director of Resident Life Services. Please see Delaine BEFORE December 15th to get a fob if you do not already have one. The fob will give you access to the three doors aforementioned at any time. You will not be able to enter the building without your fob, unless you go to the front of the main building! Also, these fobs are for your security and cannot be given to family members, friends or volunteers. If you have any questions, please see Delaine, Mike or Barry. Thank you for your understanding in this matter as we continue to strive toward safety and security for all who live and work at Hermitage Roanoke.

Just for fun

Thanksgiving Word Search Answer Key



Word List

- CORN
- CORNUCOPIA
- CRANBERRIES
- DINNER
- FAMILY
- FRIENDS
- INDIANS
- MASSACHUSETTS
- MASSASOIT
- MAYFLOWER
- NOVEMBER
- PIES
- PILGRIMS
- PLYMOUTHROCK
- POTATOES
- PUMPKIN
- STUFFING
- THANKS
- TURKEY

Jim Robinson and Sharon Conlyn will be here to perform at 2:00 PM Monday, December 4th in the Assembly room. Jim plays hammered dulcimer and Sharon plays guitar to accompany him. These folks come highly recommended to us and I am sure you will enjoy their time with us.



STAR CITY CHRISTMAS

This program, presented at First Baptist Church in Roanoke, is sure to please one and all. Celebrate the Christmas season with both secular and sacred stories, drama and music with this program. There is no charge, sign up sheet is in the book under miscellaneous and we leave at 6:00 PM Friday, December 8th.

Our bus is now officially getting its new paint and design. We are fortunate that we are able to have a loaner bus available to us during this time so that we can continue to offer outings and transportation. I will keep you posted on this project as I am updated. We are all still learning which buttons produce heat, etc so please be patient with us!

The Elementary students from Greenfield Elementary will be here with us on Wednesday, December 13th in the Dining room at our noon meal. These students are under the direction of Mrs. Margaret Courtney and have been coming for several years to perform both vocally and with their recorder consort.

Community School students will be here on Wednesday, December 6th at 2:00 PM to sing and possibly dance for us! Under the direction of Kim Mucha, these students have been coming monthly to visit for 8 years. They will be in the Virginia Room.

Thalia's amazing animal facts for December

Camels, such as the ones that carried the three wise men, can drink up to 40 gallons of water at once!

Also, the word "camel" comes from the Arabic word for "beauty".



Have a winter itch?

Learn tips to keep your skin healthy

For many across the country this time of year, the weather transitions from brisk, gusty winds to cold, dry weather. As the temperatures drop, you may be bothered by a condition known commonly as “winter itch.” The itching feel that some experience much more strongly in the winter is caused mainly by dry skin and is, in fact, most common in older adults.

The general discomfort of dry skin is one of many reasons to keep your skin healthy. Your skin is a good indicator of your well-being, and the way that you treat your skin may reflect the way you take care of yourself.

But, maintaining healthy skin is fairly simple. The following are just a few ways that you can start to improve your skincare routine.

Protect yourself from the sun’s rays.

Exposing your skin to the sun increases your risk of wrinkling, spotting, and skin cancer. You cannot always avoid being outside under the sun, but there are several measures you can take to prevent its damage. First, applying sunscreen with a sun protection factor of at least fifteen is crucial to skin care not only in the summer, but is encouraged throughout the entire year. Additionally, seeking shade, avoiding spending too much time outdoors when the sun’s rays are strongest, and wearing protective clothing are all simple lifestyle adjustments that can benefit your skin greatly.

Keep your body hydrated.

U.S. News advises staying hydrated for optimal health and skincare. In general, you should try to drink between eight and ten glasses of water per day. What effect does drinking water have on your skin? Drinking water helps your skin retain the moisture lost by other drinks, such as coffee and alcohol. Keeping your skin moisturized is essential to maintaining proper skincare.

Keep your skin clean.

According to Mayo Clinic, daily shaving, showering, and cleansing can cause harm to your skin if not done properly. Try to limit the amount of time you spend in the shower in order to retain the nourishing oils in your skin. While shaving, always use shaving cream or gel, and shave in the direction of hair growth so as not to harm yourself. After you shower, pat yourself dry in order to keep a healthy amount of moisture on your skin. If your skin is still dry, consider using a moisturizing lotion on top of your regular skin routine.

Pick any one of these tips and get started on caring for your skin today. Don’t wait until the winter itch settles in to be kind to your skin!

SO....be sure to add lotion to your Christmas list this year!

Info provided by Genesis Rehab Services from their Nov 2017 Vitality Wellness Newsletter

MARRIED 70 YEARS



Charles Warner Crumb was born and raised on Virginia’s Eastern Shore, in Cheriton (10 years) and later Cape Charles, until he left for Randolph College at age twenty. At Cape Charles High School Warner was president of his class (1938) of thirteen seniors. In 1940 he graduated from Randolph Macon and left that summer for Candler School of Theology, Emory University. Upon graduation, as an ordained UMChurch minister, his first appointment was the Batesville Charge: one church in Albermarle and two in Nelson County.

While still a college student in Ashland, VA, he became student pastor of Sherborne Avenue UMC, north of Richmond, about 25 miles from his College life. He officiated at a wedding in his small church. Martha Elizabeth Hawkins was the Maid of Honor. The wedding over, from the warm wedding reception, the Student Pastor took the Maid of Honor to her home!

Martha Elizabeth Hawkins was born and raised in Richmond. Prior to her birth, her infant brother, had died at birth. As a growing, only child, she loved music, jitter-bugged, and grew up in her parents’ Presbyterian Church— never missing Sunday School and worship, singing in the choir with her father.

She attended John Marshall High, the greatest of high schools, with 3,000 students, 600 of them in her class. A Cadet Corp of six companies, sent many of their young men into the U.S. Army immediately following Pearl Harbor!

Martha graduated with honors from her high school. Being unable to afford to follow her heart to William and Mary, Martha began pursuit of a Degree in Medical Technology in Richmond Professional Institute of the College of William and Mary, now VIRGINIA COMMONWEALTH UNIVERSITY. With her Degree in Medical Technology, she began her professional career at St. Elizabeth Hospital, prominent in Richmond, but now closed.

Pastor Warner and his Mother lived in a large parsonage over 100 miles from Martha living with her Richmond parents. During his first pastoral year, in an old Chevrolet coupe, he courted Martha with at least five major trips. Martha visited the parsonage several times and at the end of the Conference Year, on October 4, 1947, they were married in Martha’s Presbyterian Church. After a second year at Batesville, they moved to a Four Point Charge at Beaver Dam, VA. At the end of their third year, Warner’s USNR Chaplain’s commission was activated and they went to Camp LeJeune, North Carolina, with the U.S. Marines, Second Division, waiting in line with other Chaplains to go to war in Korea.

After renting an apartment in Jacksonville, N.C., they soon moved into Military Base housing. The 8th Engineers were ordered to the Island of Vieques, Puerto Rican group. Hence, Warner was never in combat. Bishop Garber invited Warner to establish a new
(Continued on page 6)

Married 70 years (Cont. fro page 5)

Church at the University of Virginia in Charlottesville. At Annual Conference Warner was appointed "Pastor, West End, Charlottesville." There was no land, no money and no members (just a group of UM who had longed for a Methodist Church at UVA.) Visiting from house to house, he took the plans. Sunday worship was held in the beautiful University Chapel and all three banks made loans. The fledgling church bought the last land adjacent to the University Grounds! By the sixth year a lovely brick Chapel was being used for worship and all Church business, - the first of three planned buildings now named Wesley Memorial Methodist Church.

After seven years, the Crumbs moved to Ramsey Memorial in the Richmond district. Warner would begin his third year as Administrator of the Hermitage Methodist Home, "flag-ship" of the home's founder, The Rev. Dr. B.S. Via, Sr was just beginning to establish. (Now there are seven homes under the cooperate name "Pinnacle".)

After 18 years as administrator and 3 years as Director of Development, Bishop Garber sent Warner as District Superintendent of the Eastern Shore District, his place of birth. He told the newspaper editor to announce his coming as "Native Son Returns," - not "Local Boy Sent Home!"

At the end of five years, with two girls in college, they bought a home in Roanoke. After 16 years, they became residents of Hermitage Roanoke, living on Oak Tree Lane. Illness put Martha in Dogwood Lane while Warner moved to a single room on Maple Tree Lane. They ate their meals together in the main dining room.

God has blessed their union with two daughters, Beth and Nell, four grandchildren, and three great-grandchildren, with another one on the way!

Martha passed away on November 18, 2017, shortly after this article was written. Warner gave permission to publish it in its entirety.

Thank you to resident journalist Joyce Holloway for her willingness to get our resident and team member spotlights together for this newsletter.



Merry Christmas and Happy New Year from your Lifestyles/Wellness Team: Delaine, Dan, Christina and Thalia!

Hermitage Balladeers

Our Hermitage Balladeers meet each Thursday at 1:15 PM in the Assembly room. Come join us! You do not have to "be able to sing"! Just be willing to try and have a good time with us. We will be going to Pheasant Ridge Nursing & Rehab Thursday, 12/14, Elm Park Estates Thursday 12/21 and singing here at Hermitage on 12/28 to share our Christmas program.

Anna, Maxine and Darlene, our mending ladies, are taking the month of December off. They will be back to take care of your mending needs on January 16th in the kitchenette. Thank you ladies for your faithfulness!

A REMINDER: HOLIDAY EVENTS ARE COMING AND WE NEED YOUR HELP!

If you are mobile enough to seat yourself when we have entertainment and other programming in the Virginia Room, please go to the far side as you enter before taking your seat. We arrange the seats so that you can see around the columns. This is a big help to us as we bring those in with wheelchairs and other mobility issues as we seat them in the area closest to the main dining room. If you do not want to sit on the far side of the room, please do not take your seat until that side has filled up. It is very difficult for staff to re-arrange and add chairs after everyone has found their seats and having to walk over your feet and walkers. You have all watched as Delaine has had to lift chairs above your heads to accommodate folks. As we enter into the Holiday season, there will be many programs planned that will require seating arrangements be made in order for all to see and enjoy the programs. Please be conscious of others as you enter the room. Thank you for your help and consideration in this matter! Again, if you have any questions, please contact Delaine at 520-9938.

It seems as if I just took this out of the newsletter but time is flying by us! A reminder, as we begin to enter the fall/winter seasons, of our inclement weather policy. In the event of inclement weather, be it flooding, windstorms, bitter cold, snow and/ or ice (or any other disruptive weather pattern) please watch your TV and the in-house TV channel (1960). If Roanoke CITY schools alter their schedule in any way, i.e. delayed start or closing, we do not use our vehicles. All medical appointments, shopping trips and outings are canceled and re-scheduled. Please make a note of this. If you have any questions, please see Delaine, Dan or Thalia. Thank you!