

**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 (767-6823)  
 Sous Chef.....Karen Nauss, Chef (767-6824)  
 Director of Nursing.....Joanie Lilly, RN  
   (767-6833) Office   (525-1367) Cell  
 Assisted Living Coordinator....Delaine S. Caldwell, ALFA  
   (767-6805) Office   (520-9938) Cell  
 Wellness & Leisure Director....Sam W. Swanberg  
   (767-6813) Office   (520-6728) Cell  
 Chaplain.....Rev. Joe Cobb (767-6883)  
 Community Outreach.....Gypsy Dix, LPN, CDP (767-6818)  
 Front Lobby.....Beth Hathaway (767-6800)  
 Administrative Secretary.....Melissa Yopp (767-6801)  
 Beauty Salon.....Becky Wimmer (767-6806)  
 Transportation.....Dan Levesque (520-9716)  
 Security (5 PM– 5AM).....(540-525-1363)

**HERMITAGE**

ROANOKE

PINNACLE LIVING

Volume XI, Issue II

Published by:

Thalia Word

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



It doesn't seem possible that it is already January 2019! The New Year lies ahead with many new challenges and exciting changes for Hermitage Roanoke. One change that we are all looking forward to is the renovation of our main dining room. Hopefully, by the end of January, the dining room will have received a complete overhaul. The flooring throughout will be replaced and the upgrades to our service stations will be completed. Our goal is to not only enhance the ambiance, but streamline the services we offer to you. We do hope you will enjoy the upgrades.

**-Mike**

**HERMITAGE**

ROANOKE

PINNACLE LIVING

1009 Old Country Club Rd.  
 Roanoke, Va. 24017  
 Phone: 540-767-6800  
 Fax: 540-767-6830  
 www.hermitageroanoke.org

Welcome

Welcome

**Anne Kelbaugh**

*We are glad you are with us!*



**SAMARITAN**  
PROGRAM

A “Good Samaritan” has come to mean any person who helps another without thought or reward. Yet there are many other ways of being a Good Samaritan – a person who is generous and compassionate in helping others: offering a helping hand and being a supporter, an advocate, and a protector are just a few descriptions that come to mind. At the heart of the mission of Pinnacle Living is the Samaritan Program, a benevolent fund which provides financial assistance to residents who have outlived their monetary resources and, through no fault of their own, can no longer afford the full cost of services. Benevolent assistance through this program has been given in Pinnacle Living communities since 1948.

Your gift to the Samaritan Program supports residents who have been blessed by longevity but have outlived their financial resources. Samaritan gifts are not used for operational, capital, or administrative cost but are instead made available only for benevolent care. Your gift ensures someone’s personal security and peace of mind.

Samaritan Program gifts may be designated to any of our Pinnacle Living communities. Undesignated gifts will be used where the need is greatest. Both designated and undesignated gifts serve the same purpose: *to provide financial assistance to residents whose ability to pay for care has been diminished.* Please consider making a gift today to help those who are in need of your generosity. You truly can make a difference in someone’s life. To make an online gift to the Samaritan Program by credit or debit card, visit the Pinnacle Living website at [www.pinnacleliving.org](http://www.pinnacleliving.org), our community website or the Facebook pages for Pinnacle Living or our community. 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.

**Grief Seminars**

Enclosed in this month’s newsletter you will find a brief survey requesting your help in creating a series of Grief Seminars here at Hermitage. We all recognize that loss is a part of living, yet in this last year and over the last few months, we have experienced loss in many significant ways – the loss of friends, of family; loss in transitions and in our own journeys through life. My hope in receiving your input is to create some ongoing seminars that provide spaces for listening to our individual and collective grief, while also learning about how to grieve in ways that bring healing and wholeness.

Thank you for your help,  
**Rev. Joe Cobb**

**Laughter Lounge!** Here are some **COOL** jokes for you!

- ◆ Q: If you live in an igloo, what's the worst thing about global warming?  
A: No privacy!
- ◆ Q: What did the big furry hat say to the warm woolly scarf?  
A: "You hang around while I go on ahead."
- ◆ Q: What do you call fifty penguins in the Arctic?  
A: Lost! REALLY lost! (Penguins live in Antarctica.)
- ◆ Q: Where do seals go to see movies?  
A: The dive-in!



*Borrowed from: [www.jokes4us.com](http://www.jokes4us.com)*

**Please submit any newsletter articles or ideas for review to Thalia. Thank you!**



**SUPERHERO DAY!**



On Thursday, January 24th, dress as your favorite Superhero and enjoy Superhero themed activities!

1:30pm - **Superhero Games** (Assembly Room)  
*Spiderman Web Shoot, Hulk Smash, and Pin the Emblem on Batman!*



3:00pm - **Superhero Trivia** (Assembly Room)  
*How much do you know about your favorite superheroes?*



*Examples: (Superman, Batman, Wonder Woman, Catwoman, Hulk, Thor)*

*The Wesley Place Residents will meet next on January 14th at 3:30pm  
Your council members are: Dee Burch, Jerry John, and Alda Bower*

**Please remember to check Channel 1960 for the latest changes!**



# Winter Word Search

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

- |          |           |          |
|----------|-----------|----------|
| BLIZZARD | FIREPLACE | PLOW     |
| BOOTS    | FROSTY    | SCARF    |
| COAT     | HAT       | SHOVEL   |
| COCOA    | ICE       | SKIING   |
| COLD     | ICICLES   | SLEDDING |
| DECEMBER | JANUARY   | SNOW     |
| EARMUFFS | MARCH     | SWEATER  |
| FEBRUARY | MITTENS   | WINTER   |



CRAYONSANDCRAVINGS.COM

## † CHAPLAIN'S CORNER †

One of my favorite spiritual seasons of the year is Epiphany. Epiphany begins on the twelfth day after Christmas and marks the arrival of the Magi to visit Jesus in Bethlehem. The Magi bring gifts of gold, frankincense and myrrh – honoring the past, present and future roles of the Child.

There is much at stake in this visit. For the Magi, it is the culmination of years of traveling, following the lead of the Star, guiding them to this holy child. For Herod, the visit of the Magi is fraught with fear that this one they come to worship is someone other than him.

Epiphany is the season in which Light opens the dark places and reveals true, essential goodness, embodied in the love and spirit of the Christ Child. During this season, we are invited to consider how this Light opens up our own dark places. And we are invited to consider what gifts we bring to the Holy Child.

The hymn *What Gift Can We Bring*, words and lyrics by Jane Marshall, describe the humble and awe-filled act of carrying a gift to the Holy One:

*What gift can we bring, what present, what token?*

*What words can convey it, the joy of this day?*

*When grateful we come, remembering, rejoicing,*

*What song can we offer in honor and praise?*



These winter months can seem dark and dreary, yet within each day is the gift of Light and Love, opened for each of us. Think about the gift you bring to the Holy Child and to all those you meet along the way. Your giving, and our giving, will be a blessing to God.

**Rev. Joe Cobb,**  
**Chaplain**



### A Prayer for January:

*“Guiding Star” by Joyce Rupp*

Like the wise ones who sought the Christ Child,

I have trekked for eons in the aimless dark

Moving by faith within my inner landscapes

Without a detailed map, and full of questions.

In spite of all that seems void and doubtful,

My seeking of you has never been halted.

When the searching path to you grows faint

You appear as my trusted Guiding Star,

A beacon of hope beckoning me onward,

Manifesting your presence in surprising ways.

Amen.



# Thalia's Winter Animal Facts:

Polar bears stand out from other bears because of their white fur. It lets them blend in with the snow and ice to better sneak up on prey. Underneath though polar bears have black skin to better to soak up any warmth coming from the sun. The polar bear's white hair is really transparent – it reflects light in a way that makes it look white, just like the snow and ice the polar bear lives in.



Another white-furred cold weather animal, the Arctic Fox, has the warmest pelt of any animal found in the Arctic, enduring temperatures as low as **-70 °C!** Once conditions get too cold, its metabolism increases to provide warmth. Also, it is the only member of the dog family (*Canidae*) that has its foot pads completely covered in fur to provide further warmth.

## January Meal Outings:

### Breakfast:

1/25....*Hilltop*

### Dinner:

1/3.....*Red Palace*

1/8.....*El Rodeo Grande*

1/15....*Cheddar's*

1/22....*Olive Garden*

1/29....*Jersey Lily's*



## Painting with Sam!

On Monday, January 28th, at 3pm in the Dogwood Lane Kitchen, join Sam to learn how to paint this cute cardinal!



*The January Birthday Party will be on Monday, January 21st at 3:30pm in the Virginia Room. The lovely ladies from the Hermitage Guild will be hosting, with music by McKinley Caldwell. See you there!*

## Upcoming theater outings:

February 8th.....Showtimers.....*Hey Ho, Pinnochio* (Youth Show)  
February 21st.....Showtimers.....*The Complete Works of William Shakespeare: Abridged*  
March 28th.....Attic.....*Arsenic and Old Lace*



## Come make a joyful noise with us!!



The Hermitage Balladeers are looking for more members!

This is open to all residents (*and their families!*) as well as Hermitage staff!

We practice on Thursdays at 1:15pm in the Assembly Room, but will be taking a TWO WEEK break in the beginning of January.

**We will begin practice for our Spring program on Thursday, January 17th, at 1:15pm in the Assembly Room. See you there!!**

Let's welcome back Cliff Beach! He will be here to sing and play for us again on Thursday, January 17th, at 7pm in the Virginia Room.



## Stop!

### ***Know your rights as a Resident***

1. To be informed of your rights, rules and regulations governing your care, conduct and responsibilities.
2. To be informed of available services and related charges.
3. To be informed of your medical condition and to be involved in planning your treatment.
4. To be informed of reasons for transfer or discharge and to be given reasonable advance notice.
5. To voice grievances and recommend changes in policy.
6. To manage your personal financial affairs.
7. To be free from mental and physical abuse and to be free from unauthorized chemical and physical restraints.
8. To have confidential treatment of your personal and medical records and approval or refusal of their release.
9. To be treated with recognition of your dignity, individuality, and privacy.
10. To not be required to perform services for the facility.
11. To have private communication with persons of your choice and to send and receive unopened mail.
12. To participate in social, religious and community activities.
13. To maintain and use personal clothing and possessions as space permits.
14. To have privacy for visits with your spouse.
15. To have the rights and responsibilities of residents available in an easily accessible place in the facility.

### **\*\* ATTENTION! \*\***

As we begin a New Year, I wanted to remind you of the best way to get your medical appointments scheduled for transportation.

If you live in [Assisted Living](#) (main building), please give all medical appointment information to either the nurse or the medication aide working in Assisted living. These are the persons who are administering medication to you. Even if we do not administer your medication, please give all appointment information to these folks. They will give the information to Sam, our scheduler, in a timely manner to ensure you are on the list to arrive at your appointment on time. If you reside in [Dogwood Lane](#), please ask your charge nurse to assist you with any appointments needed. The charge nurse will relay all appointment information to our scheduler. If you live in [Wesley Place](#), please call Sam Swanberg directly at 540-767-6813.

You may also email her at [sswanberg@pinnacleliving.org](mailto:sswanberg@pinnacleliving.org) or you may enter your appointment through the Touch Town resident apps program.

**Reminders:** we only transport on Tuesday, Wednesday and Thursday. If you request or need an escort, that service is available at an additional charge, which will be reflected on your monthly statement. There is also an additional charge for transportation to appointments on Monday and Friday.

If you have any questions, please feel free to contact me, Delaine Caldwell, at 540-767-6805 or Sam at 540-767-6813.

Thank you!

*Delaine S. Caldwell, AL Coordinator*

### **RESIDENT COUNCIL MEETINGS:**

The **Resident Council** meets the third Tuesday during the months of January, March, May, July, September, and November at 10:00 AM.

Your representatives are: Joyce Holloway, Wayne Legge and Chuck MacKenzie

The **Wesley Place Council** meets the third Tuesday monthly at 2:15 PM.

Your Wesley Place representatives are: Dee Burch, Jerry John, and Alda Bower

If you have any concerns, please see your representatives.

Thank you representatives for serving in this capacity!



## “Someone You Love”

By: Greg Asimakoupoulos



When someone you love doesn't know it's you,  
You die, just a little unsure what to do.  
But as their eyes smile  
and twinkle with joy,  
You know you still have a bond.



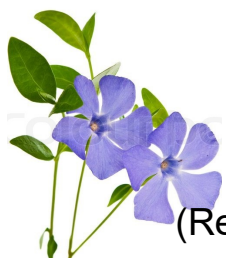
When someone you love has been robbed of their mind,  
They say things that hurt you. They aren't always kind.  
But then you remember  
their memory is shot  
And actions are fueled by their fear.



When someone you love is confused and afraid,  
You suffer in silence but still wouldn't trade  
The gift of their presence  
and all that they are  
And who they have been through the years.



When someone you love has forgotten your name,  
You swallow your pride and then make it your aim  
To be fully present,  
to reach for their hand  
And gently remind them they're loved.



(Reprinted with permission from *Mature Living*, November 2018)

Submitted by Joyce Holloway.

## Easy Ways to Maintain your Health During the Holiday Season

The new year is here, bringing with it a season of celebration. With winter weather and the increased amount of holiday parties and get-togethers, opportunities to overeat go up and activity levels go down. Because of this, many people who struggle to maintain their ideal weight often feel powerless and discouraged this time of year.

Making smart food decisions and maintaining a healthy weight does not have to be stressful. You can conquer both of these goals and stay healthy while still enjoying the holiday season. The National Institute on Aging recommends ways to eat well and keep your ideal weight without hindering your holiday experience.

**Pick healthy foods first.** If you go to a party, scan the spread of food and fill up on the healthiest options first. You may then be less inclined to eat rich foods that aren't the best for you. The variety of fruits and vegetables that are available in the winter are plenty, and you're bound to find a mix of several that you enjoy. Trying red, orange, and dark green vegetables will help you get the nutrients you need. According to the Center for Urban Education about Sustainable Agriculture, produce that is most fresh during the holiday season includes kale, citrus fruits, squash, and pomegranates.

**Cook with “smart” foods.** Cooking and baking are some of the greatest pastimes of the holidays. There are many ways to enjoy your favorite holiday foods by simply tweaking some of the ingredients in your traditional recipes. Instead of choosing regular grain ingredients, try whole grains. When given the option, choose lean meats and low-fat dairy products. Additionally, avoid fried foods, and instead choose roasted, baked, steamed, or boiled.

**Put exercise on your schedule.** Exercise may help you prevent weight gain and will reduce stress. To avoid packing on extra pounds, you must burn the same number of calories you eat. With so many indulgent foods around during the holidays, working off the extra calories may seem impossible. However, there are simple ways incorporate exercise into your schedule. Go for a walk with your family, do yoga or stretch to increase circulation, and park further away from stores when shopping. Using the equipment in the exercise room or walking down the many halls of Hermitage are good options if the weather is bad. Exercise does not always have to be a dreaded chore.

Above all else, just be realistic with your goals. With these basic guide-lines in mind, you are sure to enjoy yourself and feel good during the holiday season.  
*Cheers!*

*Submitted by Renee and your Genesis therapy team*