



News & Views

Celebrating December

Safe Toys and Gifts Month

Write a Friend Month

Spiritual Literacy Month

Hanukkah

December 2–10

**Pretend to Be a Time
Traveler Day**

December 8

**International Mountain
Day**

December 11

Crossword Puzzle Day

December 21

Christmas Day

December 25

Make Up Your Mind Day

December 31

EXECUTIVE VIEW

The holiday season is upon us once again and Edgewood Summit will be decorated in its splendor for a fun-filled month. December is always full of special events, invitations to holiday parties and lots of good friends and food. The activity calendar will list a lot of special events for the month and then there will be a few spontaneous things that will pop up throughout the month so be sure to check our in-house television channel on a daily basis for any changes or breaking news. December is a great month to invite a friend to join you at Edgewood Summit for a meal or a fun activity or both. Feel free to show off your home and let us take care of the rest.

On behalf of the Board of Directors and Staff of Edgewood Summit, I wish each of you and your families a healthy, peaceful and joyful holiday. Enjoy the magic of the season!

Diane Gouhin
Executive Director



Fire Safety Reminder

We are reminding everyone regarding holiday decorations at this time of year. Please remember to use good judgment where fire safety is concerned. All lighting or items that plug into an electric outlet should be UL approved and in good condition. Extension cords should not be used and instead use power surge strips. These are a safer choice and will avoid overloading an outlet. Electric cords should never be placed underneath an area rug. Real candles which are lit need to be fully extinguished when not directly supervised. Fresh garlands and trees need watering on a regular basis. Remember to think safety first during the holidays not only for yourself but for all of your neighbors here at Edgewood Summit.



Santa's Workshop and Holiday Open House The Christmas Gift Show



When: SATURDAY, DECEMBER 1, 2018

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! There will also be live entertainment. Our Courtyard Café will be open for lunch.

Silent Night... Holy Night.....

(Best loved of all Christmas Songs was written in
December 1818)



Two hundred years ago, in a small village church in Oberndorf, Austria, Father Joseph Mohr sat down at the old church organ. But there was no sound. He gave up and opened his daily diary. (A copy of his diary is available online)

"Silence is all I can get out of the keys," he wrote. "The pipes are rusted and the bellows are mildewed from the moisture from the nearby river."

In fact, the church organ had been wheezing and growing quieter for months, but Father Joseph had been praying it would hold together until the organ builder arrived to repair it in the spring.

But now, on December 23, 1818, the organ had finally given out. He knew that St. Nicholas Church would have no music for Christmas.

In a diary found in Mohr's belongings at his death, the devout priest had writ-

ten about how he crunched through the snowy streets to the edge of the little Austrian town and climbed the path leading up the mountain. From high above Oberndorf, Joseph Mohr stood on that silent night and prayed for a miracle.

Silent night? That thought hit Father Joseph full force. He remembered that when he had first become a priest a few years before, he had written a poem and had given it that very title, "Silent Night." When he returned to his home he searched and found it among his belongings. In reading it again, he knew it would be the perfect song for this Christmas! His heart rejoiced with the expectation.

Father Joseph scrambled down the mountain. The next morning, he set out on another walk. This time he carried his poem. And this time he knew exactly where he was going -- to see his friend Franz Gruber, the organist for St. Nicholas, who lived in the next village.

Franz Gruber was surprised to see his friend, the priest, so far from home on Christmas Eve. And he was even more surprised when Father Joseph handed him the poem. Gruber was so moved as he read the words of "Silent Night," that he did not wait until dawn the next day—he contacted Scribes immediately. They hurriedly copied the poem, and by Christmas morning, copies were given to members of his Church choir.

Later that evening, Father Joseph and Franz Gruber stood at the altar of St. Nicholas Church. He held his guitar. He could see members of the congregation giving each other puzzled looks. They had never heard a guitar played in church before, and certainly not during midnight mass on Christmas Eve, the holiest night of the year!

Father Joseph picked out a few notes on the guitar, and he and Franz Gruber began to sing. As their two voices rang out, they were joined on the chorus by the church choir.

Written records recall that when the last notes faded into the night, the congregation remained still for a moment, then began to clap their hands. Applause filled

the church. In fact, in the days following, the whole village of Oberndorf heard about, memorized, and had begun to sing the song, "Silent Night!"

Later, the organ builder gave the song to two families of traveling singers who lived near his home. As a result, the traveling singers performed "Silent Night" in concerts all over Europe. From those reports, news of the new song spread throughout the world.

Today, cathedral choirs and carolers from New York to New Zealand still sing the simple song that was first played in a mountain church in Austria on Christmas Eve 200 years ago.

Building Safety

The holidays at Edgewood Summit bring more guests into the community than at any other time of the year. Visitors are asked to sign into the building and sign out. Where possible, guests should be escorted by a Resident or member of the Staff. Strangers found wandering the building should be asked who they are visiting and if they need help. Please report anything suspicious to the Receptionist and/or Security. We remind Residents to keep their apartment doors locked and to ensure any personal items left in hallways are not keepsakes or valuable. Missing items should be reported so that an investigation can be conducted. Remember building safety at all times but especially during the holidays.

NOTICE

**ALL
VISITORS
MUST SIGN
THE
VISITOR'S
LOG**

5 Winter Health Tips for Seniors



Winter is just around the corner and as the temperatures drop, it can become more challenging to stay healthy and active. Seniors can be especially prone to the “winter blues,” so it’s more important than ever to be mindful of your habits and mood during the colder months. Exercise is a proven mood-booster, and eating healthy can help you feel strong enough to fight off those winter colds. Below are 5 easy ways to stay healthy during the winter months.

1. Keep Eating Healthy

During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are “out of season” during the winter, their prices can increase substantially. Take this opportunity to check out your store’s selection of frozen veggies, which often contain less sodium than their canned counterparts. Be sure to stock up on winter fruits and vegetables, like pomegranates, cranberries, citrus fruits, grapes, and root vegetables. It’s also important to eat to support your immune system; this includes taking your vitamins (especially Vitamin C) and eating foods rich in zinc,

such as fish, oysters, poultry, and eggs.

2. Exercise Outdoors, Smartly

If you’re able-bodied and have your doctor’s okay to exercise, don’t let colder weather keep you from enjoying your favorite outdoor activities. **Be sure to dress in layers** so that you can remove articles of clothing as needed, and be sure to wear a hat since the majority of your body heat escapes through your head. Don’t forget your sunscreen and sunglasses with UV protection, and protect yourself from windburn as well. Be smart about checking the weather forecast and wear the proper footwear for the season. **If outdoor exercise isn’t your thing**, remember we have a gym at Edgewood Summit across from the beauty salon. If you need assistance with learning how to use the equipment, please contact the therapy department at 304-345-0867.

3. Let the Sunshine In

Sunshine, and the Vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it’s just to **walk the dog** or check the mail. If it’s particularly cold, open your blinds and spend some time sitting by the window. Don’t underestimate the value of light and sunshine in helping your energy level and your overall winter attitude.

4. Keep in Touch

Seniors and caregivers often face an increasing sense of isolation; proactively fight the winter blues by keeping in touch with friends and family members during the colder months. Make appointments to meet for coffee, take a bundled-up walk, or set aside time for a longer phone call with friends on a regular basis. Take special care of others you know who are primarily homebound, and may be feeling lonely or in need of help running errands. Helping others is an excellent way to feel connected.

5. Winter-Proof Your Home

As we age, it gets increasingly difficult to maintain body temperature,

and with a more limited budget, we may be tempted to scrimp on the heating bill. Unfortunately, hypothermia is a very real concern for seniors, as more than 600 seniors die every year from it. An easy way to ensure you are staying warm enough is to set your thermostat to at least 68 degrees Fahrenheit.

With a little planning and determination, winter can be truly *enjoyed*, rather than simply endured. Prioritize your health and well-being, body and mind, and you can make the most of the cold season.

senioradvisor.com

Holiday Greeting Cards For Sale

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 card is featuring one of our very own artists, 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 on December 1st from 10 a.m. to 2 p.m. All proceeds from the cards will go to benefit our local Alzheimer's Association. Cards cost \$20.00 a box.





ARTHUR B. HODGES CENTER



Friends & Family Holiday Celebration

Holiday Dinner

December 20, 2018
Dinner begins at 5:00PM ~
1st Floor and 2nd Floor Dining Room
***for reserved seating please RSVP at 304-720-2740 by December 18, 2018**

Tacky Sweater Contest

Judging at 6:00PM

Open Bar

5:00PM-6:30PM ~2nd Floor-

Live Entertainment

5:00PM

Family Pictures with Santa

6:00PM-7:00PM

Friends & Family Christmas Morning Pancake Breakfast

December 25, 2018 from 8:00AM-9:00AM~ Santa's treat~ Limited of four guest, please. RSVP by Friday December 21st.



Jingle all the way

Trip to the St. Albans Christmas Light

December 12, 2018 at 5:30PM
limited seating so sign up soon



Christmas DJ Party

Slip on your warm comfy pajamas and enjoy holiday goodies and a Christmas comedy.

December 19, 2018- 6:00PM~2nd FL



BRING IN 2019 AT THE NOON YEAR'S EVE CELEBRATION



A Veteran's Day Celebration

Arthur B. Hodges residents were honored at the Veteran's Day ceremony for their courageous military service. Special recognition was given to the oldest veteran, Hurshel Boggs at 102, General Kemp McLaughlin for the highest ranking officer and female veteran, cadet nurse, Helen Nunley.



Hurshel Boggs



General Kemp McLaughlin



Helen Nunley



Resident Referral Program

The best complement our residents and their families can give us is to refer their friends and neighbors to our community to become residents. We believe that our residents are wonderful and they know other wonderful people! Did you know that Edgewood Summit has a resident referral program? If a current resident of Edgewood Summit refers someone to the community and they decide to move into the community, both you, the resident, and your friend who moves in, will receive \$1000 off of a monthly service fee. The program has yielded wonderful results in the past.

What is a referral? A referral is the act of telling someone about the positive features of a person or business, explaining or showing why a certain person or business would be a great relationship for them to consider. So, when you are meeting your peers in the community, talking to people at events, or just re-connecting with old friends and neighbors, relay nice things to them about Edgewood Summit. Invite them up to the community to have a meal, play cards, and attend an activity or event. Your positive feedback and enthusiasm about Edgewood Summit could very well stimulate their interest in the community and result in that person becoming a new resident.

A good referral takes forethought. It takes time and effort to nurture a relationship with someone enough so to help them see the value in Edgewood Summit that you have already come to love and appreciate. In turn, we will reward you for that hard work. People buy most often from people they know and trust, and we want more residents just like you!

You can find referral slips outside of the Marketing Department office in the library. You may turn completed referral forms into Stephanie in the Marketing Department.



Men's Breakfast

Monday, December 3, 2018
IL Dining Room



John Pennington is Head Football Coach at West Virginia State University. Before entering the coaching profession, Pennington was a three year letterman as a wide receiver at West Virginia University and was selected by the coaches as the "Ideal Mountaineer

Man" in 2003 and 2004. He graduated with a double major in accounting and finance with a minor in communications in 2005. Pennington endeared himself to Mountaineers fans when he made what has come to be known simply as "The Catch" a diving 28-yard touchdown grab of fourth-down pass just before halftime against arch-rival Pitt in the 2003 Backyard Brawl. Call the Lifestyle Department to reserve your seat at (304) 347-1955. or (304) 347-1942.

FAMOUS BIRTHDAYS

In astrology, the Archers of Sagittarius are those born between December 1–21. These open-minded travelers are in constant motion, searching the globe for meaning. Curious, optimistic, and enthusiastic, they are not afraid of change and treasure freedom. Those born from December 22–31 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

Aaron Rodgers (quarterback) – December 2, 1983
Walt Disney (animator) – December 5, 1901
Dave Brubeck (musician) – December 6, 1920
Emmett Kelly (clown) – December 9, 1898
Rita Moreno (actress) – December 11, 1931
Shirley Jackson (writer) – December 14, 1916
Betty Grable (actress) – December 18, 1916
Chris Evert (tennis pro) – December 21, 1954
Howard Hughes (magnate) – December 24, 1905
Clara Barton (nurse) – December 25, 1821
Tiger Woods (golfer) – December 30, 1975
Donna Summer (singer) – December 31, 1948

SPECIAL SERVICES

Greg Faber, Environmental Services



Your December Housekeeping Service will be:
Mattress Turning
Please make appointment! Notices will be distributed and your RSVP is required. Housekeeping is happy to offer these additional services at no additional fee. Any questions, please call (304) 347-1959.

Happy December Birthday!

| | | | |
|-------------------|----|------------------|----|
| William Revercomb | 2 | Barbara Papa | 15 |
| Amma Bailey | 4 | Faith Woods | 16 |
| Virginia Rugely | 4 | Betty Woomer | 18 |
| Frances Watson | 6 | Earle Brown | 19 |
| Mary Ann Hager | 6 | Nancy Morris | 21 |
| James McLaughlin | 7 | Arlen Bishop | 24 |
| Elisabeth Miles | 9 | Maxine Gillespie | 31 |
| Richard Nolan | 10 | | |
| Patricia Smith | 10 | | |
| Ramona Nunley | 11 | | |

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 form if you plan to enter the contest.

Contest Rules

- Residents must decorate the door and ledge area only
- Your door must be decorated by the end of the day on Monday, December 17, 2018.
- 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.
- Create your own theme for the door.
- No electrical extension cords al-

lowed.

Each floor will have only one winner. The winners will eat together at a special pizza party scheduled for Thursday, January 4th at 11:30 am in the Multipurpose Room.





Speech therapists are widely known for helping youngsters “learn to talk.” But many people don’t realize that speech-language pathologists also work with adults to help them communicate, think, and safely eat and drink.

Speech-language pathologists, also called **SLPs**, are experts in communication.

SLPs work with people of all ages, from babies to adults. SLPs treat many types of communication and swallowing problems. These include problems with:

Speech sounds—how we say sounds and put sounds together into words. Other words for these problems are **articulation** or **phonological disorders**, **apraxia of speech**, or **dysarthria**.

Language—how well we understand what we hear or read and how we use words to tell others what we are thinking. In adults this problem may be called **aphasia**.

Literacy—how well we read and write. People with speech and language disorders may also have trouble reading, spelling, and writing.

Social communication—how well we follow rules, like taking turns, how to talk to different people, or how close to stand to someone when talking. This is also called *pragmatics*.

Voice—how our voices sound. We may sound hoarse, lose our voices easily, talk too loudly or through our noses, or be unable to make sounds.

Fluency—also called *stuttering*, is how well speech flows. Someone who stutters may repeat sounds, like t-t-t-table, use “um” or “uh,” or pause a lot when talking. Many young children will go through a time when they stutter, but most outgrow it.

Cognitive-communication—how well our minds work. Problems may involve memory, attention, problem solving, organization, and other thinking skills.

Feeding and swallowing—how well we suck, chew, and swallow food and liquid. A swallowing disorder may lead to poor nutrition, weight loss, and other health problems. This is also called *dysphagia*.

Where can I find a speech-language pathologist?

- ◆ Private practices
- ◆ Physicians' offices
- ◆ Hospitals
- ◆ Schools
- ◆ Rehabilitation centers, long-term and residential facilities

Summary of Speech Therapy

Speech therapy involves the evaluation and treatment of people who have trouble with speech, language, cognitive function (such as problems that affect a person's learning, memory, perception, or

problem solving skills), as well as swallowing disorders. If you determine you or your loved one would like to be evaluated by Speech Therapy services call the Rehab office at 304-345-0867.



Canned Food Drive

The Lifestyle Department is collecting Canned Food and Non-perishable food for Union Mission the whole month of November and December. Donations can be dropped off at the Lifestyle Office from 8:30-4:30pm daily. If you need assistance with donations, please call us at (304) 347-1955 or (304) 347-1942. It would be our pleasure to pick up items.



TRANSPORTATION REPORT

In October Transportation logged 3,575 miles on the shuttles and 1,236 miles on the car. They transported 407 residents one way.



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



Bill and Gail Dawson
2314



Jim Moore 3108



Tom Guinn 206

Dick and Kay Lamb
1214



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!

- 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 347-1944 to make an appointment for your free safety Audit!

SAFETY FIRST





St. Albans
FESTIVAL OF LIGHTS

St. Albans Festival of Lights
Wednesday, December 5, 2018 @ 6:30 p.m.

Thousands of lights have been strung all about the park in displays, figurines and animated wonders. The gas fee is \$7.00. Call the Lifestyle Department at (304) 347-1955 or (304) 347-1942 to reserve your seat on the bus.



**Ret. Brig. Gen. J. Kemp Mc Laughlins 100th
Birthday Celebration**

When: Friday, December 7, 2018

Time: 3:00-5:00 p.m.

Where: Multipurpose Room & Library

Please join Ret. Brig. Gen. J. Kemp McLaughlin as we celebrate his 100th birthday! Enjoy live music by "After Six" and Light appetizers and refreshments will be served. Everyone is welcome to attend!

HAND BELL RINGERS



On Monday, December 10th 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

The UPS Store Package Pickup

When: Tuesday, December 11, 2018

Time: 11:00 a.m.



Get your packages out early! The UPS Store will be bringing boxes, peanuts, and other packaging items. So bring your Christmas gifts and items down to be shipped. Prices vary according to the size of the box and shipping.



The History of St Nicholas presented by Jennifer Christensen

Wednesday, December 12, 2018 at 7:15pm
Multipurpose Room

From a Greek-Born saint to the jolly man in red, St. Nicholas has a long and colorful history around the world. Join us to discuss Christmas traditions across the globe and prepare for the festive season.



Monday, December 17, 2018 @ 1:00 p.m. Monthly Birthday Celebration w/ Keith Ellison

Multipurpose Room

Join us as we celebrate those who have a December birthday. Come out and wish them a happy birthday. Enjoy some cake and punch! Hope to see you there!

White Elephant Party



When: Friday,
December 21, 2018
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 horridly 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?

- Everyone puts the gift they brought under the Christmas tree.
- Each person draws a number.
- 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.

NEW YEARS EVE



NEW YEARS EVE NEON EVENT

Monday, December 31, 2018

3:00 –5:00 “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.

9:00 –Midnight “Little Big Band Trio”

Multipurpose Room

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

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 _____