



News & Views

Celebrating October



Country Music Month

Positive Attitude Month

Popcorn Poppin' Month

**Spinning and Weaving
Week**

October 1-7

Guardian Angels Day

October 2

**International
Top Spinning Day**

October 14

Mulligan Day

October 17

International Artists Day

October 25

All Hallows' Eve

October 31

EXECUTIVE VIEW

Edgewood Summit will be sending the annual Satisfaction Survey to all Residents in early October. It is very important to complete the survey each year whether you are completely satisfied or you want to provide your feedback on areas in which improvement is needed. The response to the survey needs to be at least 85 percent or better to support the national benchmarks and to ensure your voice is heard. The results of the survey are shared with our Employees, the Board of Directors, the management at Grey-stone Communities and with people who are considering a move to Edgewood Summit. We use the survey results to set our goals and plans for each year and the survey is one of the best ways we have to identify the areas in which to focus. The results of the survey have always been the driving force for our plans to secure the resources needed for continued success. So please know how important your feedback is to Edgewood Summit and we appreciate you taking the time to complete the survey.

The Satisfaction Survey will be coming to each of you from our third-party firm, Holleran, a national leader in satisfaction surveys for the retirement community industry. The results of the Edgewood Summit survey will be compared to national benchmarks to ensure we are continuing to be the "best of the best." The response rate from the 2017 survey was outstanding due to the help from our Floor Representatives who are the "Survey Champions" and encourage everyone on their floor to complete the

survey. The Resident Floor Representatives will help ensure great response rates by contacting the neighbors on their floor to determine if your survey is completed and returned as directed.

If you need assistance completing the survey, please contact the Receptionist with your request and help will be provided for you from a volunteer. Please turn the completed survey in the sealed envelope to the Receptionist and receive a ticket for a door prize drawing. The Receptionist will then drop the envelope in the mail to Holleran on your behalf.

Edgewood Summit strives every day through a dedicated team of Employees to provide each of you with the services and care you have come to expect. Although our team is not perfect and cannot claim to be, we are always responsive to your needs, care about your satisfaction and look for opportunities to enrich your experiences, show you respect and offer a helping hand and a warm smile. The past 12 months we have been working hard on the following areas in which you asked for improvements. I hope when completing the Satisfaction Survey for 2018, you will be able to score the services and care a little higher than last year, if you think we are deserving. Thank you again so much for completing your Satisfaction Surveys when requested. We can only compliment what you relay and can only improve what you help us identify.

Thank you and we appreciate your time and efforts.

Here's what we have been working on as areas of action and improvement since last year:

1. Dining Services meals in terms of quality.
2. Training and appearance of our Dining Wait Staff.
3. Orientation for new Residents.
4. Response to last year's Satisfaction Survey results.
5. Quality of spiritual services/activities/ events provided.
6. Timeliness and responsiveness of communication.
7. Competency of Staff skills.
8. Training and Supervision of Staff.

Thank you so much. I hope you have noticed our performance trending upward in each of these areas.

Diane Gouhin
Executive Director



TRANSPORTATION REPORT

In August, Transportation logged 3,350 miles on the shuttles and 1,455 miles on the car. They transported 405 residents one way.



October—the time for ghosts and gremlins

Evelyn Smith



I grew up on a farm in Roane County, WV, where I learned about ghosts and gremlins "at my Grandmother Westfall's knee." I must have been at least 18 years old before I found out that most of the stories told to me by Grandma as "the gospel truth," had no basis in fact whatsoever.

Grandma Westfall's prized possession was a large, heavy, well-worn book of hexes. As a small child, I saw her concoct "spells" from that book; everything from formulas to heal diseases to casting spells on neighbors she didn't like.

I was fascinated with her mysterious book, but she let me know it was off limits and that I was not to touch it. However, as a curious youngster, I could not resist the temptation, so, more than once, I sneaked it out of the house to read it.

Catching me reading her book, and noticing my interest in a particular hex, Grandma removed the book from my lap. She shook her finger at me and said I needed to

hear the true story of a young girl who followed the advice in the Hex I had just read.

With an air of solemnity, she began. "I had a good friend the same age as me and we wished to know who we'd marry so we took my mother's hex book---the one you just had in your lap—and that I now hold in my hand—and we sneaked out into the orchard to read it. We found the recipe about the apple peeling and I was with her the day we gathered around the well to try it.

We had got ourselves all gussied all up in white with our hair combed down---pretty like---upon our shoulders, and a newly picked apple for us both. My apple peel broke in half before I finished removing it from the apple. But my friend held up an intact peel for me to see. Gleefully, she leaned over the well, holding the peel in her hand. Then she turned as white as her dress and screamed, 'I see him, I see him!' I pretty near passed out!

"Her feller's face left before I could catch sight of him," Grandma continued, "but my friend was smiling with tears sparkling in her eyes. She knew for sure she had seen the feller she would marry. Then she did as she was told an' dropped the peeling in the well."

"We forgot about it until a year later when my friend met a young man. She knew immediately he was the one she'd seen in the well, and in a little bit when he asked her to marry him, she did.

A few months later, her husband was tried for murder; the murder of his young bride. He testified that his bride had told him about the apple peeling and the well, and he, in a mad rage, killed her. You see, on the day she cast the spell, her feller said he had found himself in absolute terror; suffering the most awful tortures of Hell all that afternoon. It all came back to him as she told him it was her who had done it by the well a year before. He couldn't stand the horrible memory, so he killed her, and got the electric chair for it. So you see, this book is serious stuff and it hain't fitten for you to fool with it," Grandma concluded.

If her motive in telling me this story was to keep me out of her hex book, it worked. I left it alone after that.

However, many years later my mother inherited Grandma's hex book. Mom was not superstitious at all, so it sat on her shelf for years, unread. I found it when Mom died in 1989, and it is in my library today. I have spent many hours re-reading the words that had kept me spellbound as a child.

Today, I am not superstitious at all, and all of my friends are safe from my hexes—because I have no plans to concoct a spell of my own! Too risky!

OLLI PROVIDES FALL CLASS AT EDGEWOOD SUMMIT THURSDAY, OCTOBER 25, 2018 @ 10:00 a.m.



West Virginia University
OSHER LIFELONG LEARNING INSTITUTE



Sure, you probably know our state animal, bird, or flower, and a few others. But do you know our state fossil, gem, firearm, soil, rock, or four official songs? You will after this class! About the instructor: Ed Johnson is increasingly obsessed with all things West Virginia and sharing with his fellow OLLI members.

Membership is open to curious adults interested in programming designed

specifically for those 50 and over who want to engage socially and intellectually. The Fall Membership is just \$25.00 for unlimited classes for the term. You may register online at www.olliatwvu.org.

Stop by the Lifestyle Department for the Fall Class Schedule and Registration Form.



FLU SHOT MYTHS

Submitted by Cindy Crihfield,
The Ridgemont Nursing Director, RN, RAC-CT


**KEEP
CALM
AND
GET YOUR
FLU SHOT**

There are many reasons why some people are unlikely to get an influenza (flu) vaccination. Some people are allergic to eggs and really shouldn't get a flu shot. Others admit they're afraid of needles and don't like getting shots of any kind. Still others claim that they had intended to get a flu shot but couldn't find the time to do so.

Outside of an allergy to eggs, there is no good reason to avoid getting a flu shot — especially when it can help you avoid a serious and potentially life-threatening illness. Complications from the flu can be very serious and the flu shot dramatically reduces the risk of contracting this disease. Let's dispel some common myths about getting a flu shot.

Myth #1: I didn't get a flu shot last year and I didn't get sick. Obviously I don't need flu vaccinations.

Fact: Every flu season brings a new and different strain of the disease. While some flu seasons turn out to be "lighter" than others, no one can predict when a really bad flu season will occur.

Myth #2: I'm young and healthy. I don't need a flu shot.

Fact: Influenza is much worse than a cold. Even healthy young adults can become seriously ill. On average, people who become sick from the flu are bed-ridden for up to five days, causing them to lose time from work or vacation. Besides, if you develop the flu, there's a chance you might infect others who are at much higher risk than you: young children, elderly people, or someone with a medical condition who could end up with serious complications from the flu and end up in hospital or worse!



Myth #3: Getting a flu shot will give me the flu.

Fact : This is simply not true. The vaccine does not contain any live virus so you cannot get the flu from the vaccine. Many people confuse the flu with a cold or other respiratory infections. The vaccine will not protect you against these.

Myth #4: The flu is just a bad cold OR "I have vomiting and diarrhea. I must have the flu."

Fact: A cold is not the flu. The flu is much worse. The flu is caused by the influenza virus. A cold is caused by several different viruses. Vomiting & diarrhea are not symptoms of the flu. That is an intestinal virus.

Myth #5: Flu shots aren't worth getting because they're not very effective anyway.

Fact: A flu shot is about 70% to 90% effective in preventing illness in healthy adults. Among the elderly, the vaccine can prevent pneumonia and hospitalization in about six out of 10 people. Also, the more people in a group that get vaccinated, the less likely the group is to have an outbreak of the flu. This is called the "herd" effect. Protection from the vaccine develops about one to two weeks after the shot, and may last for up to one year. Vaccine effectiveness varies from one person to another, depending upon their general state of health. Some individuals who get a flu

shot can still get the flu. But if they do, it is usually a milder case than it would have been without the flu shot.

Myth #6: I don't need another shot. I've already been vaccinated.

Fact: A flu shot is needed every year. There are many different strains of the flu virus with slightly different characteristics. The strains change yearly and each year a new vaccine is produced that provides protection against the three most common strains predicted for the coming season.

The Kanawha Charleston Health Department will be here on Tuesday, October 2nd to administer the flu vaccine to Residents.

Ridgemont Residents are scheduled from 9 a.m. to 10 a.m. in the Ridgemont multipurpose room.

Please remember to wear clothing that allows easy access to your upper arm.



FLU SHOT SCHEDULE

The Kanawha County Health Department will hold a flu shot clinic on Tuesday, October 2, 2018. Flu shots will be given by wing.

Please see Sue at the front desk to sign up for a flu shot. Bring your insurance card!

Flu Shot Schedule

9:00 a.m.-10:00 a.m.

Ridgemont Residents
Ridgemont Living Room

10:30-11:30 Arthur B. Hodges Center
1st Floor

1:00 p.m. A-Wing
Multipurpose Room

1:30 p.m. B-Wing
Card Room

2:00 p.m. D-Wing
Multipurpose Room



Please join Edgewood Summit in the "Walk to End Alzheimer's." We will be doing the walk together on October 27th! Mark your calendars! With your help, we can raise awareness and funds to enhance Alzheimer care and support! Follow these steps to join us:

1. www.alz.org/walk
2. Click on Charleston and then West Virginia
3. Register (at the top of the page)
4. Join a team
5. Type in "Team Edgewood" for team name
6. Join Team!

The Walk begins on Smith Street at the Appalachian Power Park. The walk is 1.7 miles downtown circling back to the ball park.

Registration is at 9:30 a.m. and the walk takes place at 10:30 a.m.



Global Deterioration Scale (GDS) Staging Dementia

The GDS is used and comes up quite frequently in medical discussions on patients with Dementia. Here at Edgewood Summit and also Arthur B. Hodges the therapy team uses this language daily in determining the cognitive deficits. Dementing illnesses average 7-10 years in length with many patients living as long as 20 years. Families always want to know what state of the illness their loved one is in, what comes next, and how long the person will live? While no one can answer the last question, the first two are a bit easier.

Most experts agree that there are up to seven stages of dementing illness. We can define each "stage" using tests, such as counting backwards by 7's or 5's. It is easier to look at the person's usual day to day function and make an estimate. The seven stages are:

1. No cognitive decline

2. Very mild cognitive decline---Forgetful

3. Mild cognitive decline---Early confusion

4. Moderate cognitive decline---Late confusion

5. Moderately severe cognitive decline---Early dementia

6. Severe cognitive decline---Middle dementia

7. Very severe cognitive decline---Late dementia

Select the category that fits your loved one best, most of the time.

1. No cognitive decline

- The person seems normal to everyone

- There are no complaints of memory loss from the person

- Their functional abilities have not lessened

2. Very mild cognitive decline (occasionally referred to as mild cognitive impairment)

- Changes in short-term memory
- Depression---may refuse treatment
- Conflict with others (marital conflict)
- Increasing frustration, increased anger
- Symptoms seen as willful or purposeful
- Problems with employers
- Refuses treatment for depression

3. Mild cognitive decline (Early confused stage)

Losses or changes in the ability to:

- Manage employment
- Manage money
- Drive safely (gets lost, makes mistakes, fender benders)
- Shop and make change
- Plan vacations and trips
- Comprehend complex written materials
- Understand phone scams, ordering from catalogues, or subscribing to appropriate magazines may become a problem
- Chores, especially those with power implements (blowers, saws, gas tanks) become unsafe
- Social participation may change

4. Moderate cognitive decline (Late confusional stage)

- ☐ Decreased time sense
- ☐ Cleaning
- ☐ Cooling
- ☐ Thermostat
- ☐ Withdrawal from complex tasks
- ☐ Loss of sense of "risk"
- ☐ Withdrawal from high stimulus activities and social activities
- ☐ Increased irritability and self-absorption
- ☐ Difficulty with planning

5. Moderately severe cognitive decline (Early dementia phase)

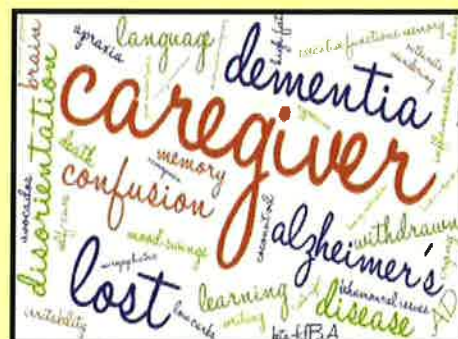
- ☐ Bathing---starts with resistance
- ☐ Catastrophic behaviors become more regular
- ☐ Grooming
- ☐ Selecting clothing (wears same clothing all the time, changes clothing frequently, odd combinations)
- ☐ Occasional problems with recognition of family
- ☐ Non-recognition of TV, mirrors, pictures, objects
- ☐ Personal withdrawal from activities and people
- ☐ Decreasing awareness
- ☐ Increased visual-perceptual deficits and recognition, complaints that glasses need changed
- ☐ Sensitivity to noise, avoidance of groups
- ☐ Clings to caregiver
- ☐ Repetitive behaviors
- ☐ Decline in language ability
- ☐ Resistance to intimacy
- ☐ Child-like affect (Piaget in reverse)
- ☐ Pacing, wandering

6. Severe cognitive decline (Dementia)

- ☐ Toileting
- ☐ Ambulation (walking)---getting "glued" to the floor, falling, shuffling, coasting from object to object, difficulty rising from chair
- ☐ Toddler-like affect
- ☐ Eating with fingers

7. Very severe cognitive decline (Late dementia or end stage)

- ☐ Loss of ability to move about purposefully, i.e. pushing a wheelchair
- ☐ Loss of regular verbal communication
- ☐ Dependence in all activities of daily living
- ☐ Loss of recognition of family members except during moments of clarity
- ☐ Spontaneous behaviors, such as yelling
- ☐ Contractures, pathologic fractures, and joint immobility
- ☐ Complications of immobility and medical complications (weight loss, skin breakdown, repeated infections, aspiration)
- ☐ Falls from bed (rollouts or climb-outs)
- ☐ Return of primitive reflexes
- ☐ Seizures, additional neurological problems
- ☐ Needs to be fed



Happy October Birthday!

Jeri Topp	2	Jane O'Neil	24
Lenore Hendricks	3	Rosa Rowe	25
Delores Paul	6	Ann Brotherton	29
Ruth Rosencrance	7		
Patricia Clark-Lowman	9		
Paul Howard	22		

FAMOUS BIRTHDAYS

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

- Groucho Marx (comedian) – October 2, 1890
- Buster Keaton (comedian) – October 4, 1895
- Desmond Tutu (archbishop) – October 7, 1931
- Eleanor Roosevelt (first lady) – October 11, 1884
- Paul Simon (musician) – October 13, 1941
- Lee Iacocca (executive) – October 15, 1924
- Evel Knievel (daredevil) – October 17, 1938
- Mickey Mantle (ballplayer) – October 20, 1931
- Dizzy Gillespie (musician) – October 21, 1917
- Minnie Pearl (comedian) – October 25, 1912
- Dylan Thomas (poet) – October 27, 1914
- Jonas Salk (doctor) – October 28, 1914
- Dan Rather (journalist) – October 31, 1931



SPECIAL SERVICES

Greg Faber, Environmental Services Director



Your June Housekeeping Service will be:

Switch out summer & winter clothes

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.

Marketing News

MEET ANGELA SAMPLES

The Marketing Department has hired a new Sales Counselor. Her name is Angela Samples. She received an MBA from Marshall University. Her previous work experience includes Medical and Advertising Sales.



Angela has been married for 12 years and has 3 children, ages 10, 9, and 2. They are very active in sports, including baseball, softball, cheering, basketball and football. Her family loves frequent trips to Disney World, and Pigeon Forge. She is looking forward to her career here at Edgewood Summit and to meeting all of you!

Marketing Events

Decide, Declutter, Downsize!

Thursday, October 11, 2018 @ 11:00 A.M.

Guest speaker Mary Staples will be presenting how to get started downsizing (or really rightsizing) your life and how to organize. If you know any people who are interested in Edgewood Summit but just doesn't know where to start, this would be a great event to attend.



Cozy Conversations with Residents

Wednesday, October 17 @ 11:30 A.M.

Come converse with residents about life at Edgewood.

Lunch will be served.

Take home a loaf of homemade pumpkin bread and apple butter.





Arthur B. Hodges Center News



Memory Support Unit Remains Deficiency Free Through Six Consecutive Years

Congratulations to Michelle Arms, Program Director, and all the staff for another deficiency free survey. The surveyors were complimentary of the community and all the services the Memory Support unit provides for its residents on a daily basis.

Flu Shots for Arthur B. Hodges Residents



The Kanawha County Health Department will be at the Hodges Center to provide flu vaccines for residents that reside on the Memory Support Unit.

Residents that reside on the Skilled Nursing floor will have their vaccines administered by our nursing staff.

Dates are as follows:

Memory Support: October 2, 2018
at 10:30AM. ~MP Room

Skilled Nursing: beginning October 1, 2018



Celebrate your German heritage. Sample brats & kraut, homemade pretzels, and German beer. Don't forget to wear your dirndl dress or lederhosen attire.
October 9, 2018 at 2:00pm

TRICK OR TREAT

Little ghost and goblins will be at Arthur B. Hodges Center for trick or treat and spooktacular games. If you wish to hand out candy out to the little ones, please sign up with the Lifestyles Department.

Date: October 27, 2018

Time: 2:00pm

Place: 1st Floor



Join us Wednesday, October 17, 2018 for a fun filled day with pumpkin painting, live entertainment and making homemade apple butter.

COSTUME PARTY

Wednesday, October 31st 2018 @3:00 p.m.



Happy Anniversary



Mr. & Mrs. Earle Brown
October 20, 1971

Mr. & Mrs. Joe Vincent
October 21, 1995

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



Margot Spence 1110



Bill Crist 3107



Dorothy Rider 207

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!

SAFETY FIRST



Clothing Drive

The Lifestyle Department is collecting clothes for Union Mission the whole month of October. 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.

Clothing Drive



Trick or Treat Palooza Party

Thursday
October 25, 2018
**6:00-8:00 Trick or Treat
Palooza Party**
Multipurpose Room

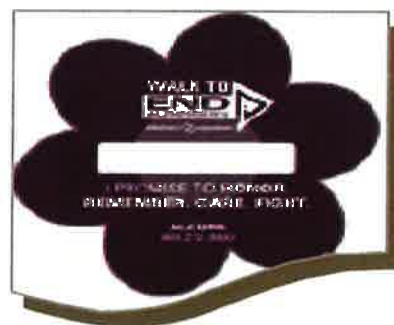
We are planning our second indoor Halloween Palooza Party event with games, prizes, and lots of candy and refreshments for employee children as well as resident grandchildren. If you would like to distribute candy or volunteer to assist

with games, please contact the Lifestyle Department. Also please let us know if your grand child is planning to participate. Candy donations will be accepted throughout the month.



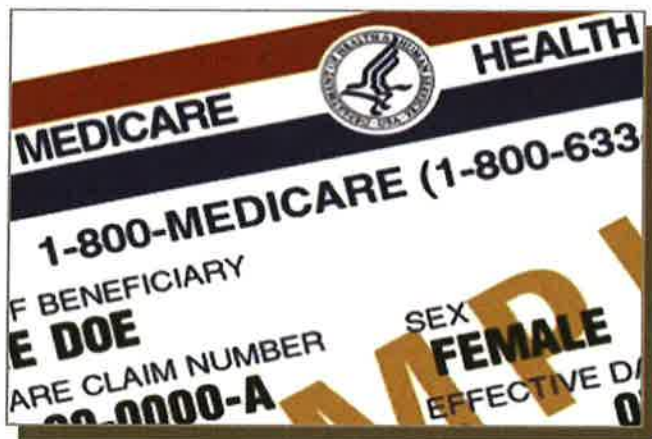
Forget Me Not Flowers

Donate and remember a loved one with a Forget Me Not Flower for \$1.00. Our sale continues through October. Flowers will be displayed the week of the walk. All proceeds go to the Alzheimer's Association. Stop by the Lifestyle Office to purchase a flower.



MEDICARE OPEN ENROLLMENT

October 15 - December 7



Your health needs change from year to year. And, your health plan may change the benefits and costs each year too. That's why it's important to review your Medicare choices each fall. Compare your current plan to new options and see if you can lower some costs or to find a plan that better suits your needs. Open Enrollment is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and **make changes to their coverage.**

Whether you have **Original Medicare** or a **Medicare Advantage plan**, you'll still have the same benefits and security you have now:

- ◆ Certain preventive benefits – including cancer screenings – are available at no cost to you when provided by qualified and participating health professionals. The annual wellness visit lets you sit down with your doctor and discuss your health care

needs and the best ways to stay healthy.

- ◆ Medicare will notify you about plan performance and use its online Plan Finder to encourage enrollment in quality plans.
- ◆ Medicare recipients reaching the donut hole have better prescription drug discounts in 2018, and benefits will grow again in 2019.

It's worth it to take the time to review and compare, but you don't have to do it alone. Medicare is available to help.

- ◆ Visit Medicare.gov/find-a-plan to compare your current coverage with all of the options that are available in your area, and enroll in a new plan if you decide to make a change.
- ◆ Call 1-800-MEDICARE (1-800-633-4227) 24-hours a day/7 days a week to find out more about your coverage options. TTY users should call 1-877-486-2048.
- ◆ Review the *Medicare & You 2018* handbook. **It's mailed to people with Medicare in September.**

**This message is brought to you by the U.S. Department of Health & Human Services.

Halloween Party



All residents are encouraged to dress up for this year's Halloween Party that will be held on Wednesday, October 31, 2018 at 3:00 p.m. in the Multipurpose Room. Be creative! Cash Prizes will be awarded to the top 3 costumes! Please join us!

SANTA'S WORKSHOP

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.

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 Ridgmont or Arthur B. Hodges Center. Thank you.

Resident Signature (optional) _____ Date _____