



Executive View

Celebrating January

**Braille Literacy
Month**

Soup Month

Fruitcake Toss Day
January 3

Cuddle Up Day
January 6

**Make Your Dream
Come True Day**
January 13

Popcorn Day
January 19

**Martin Luther King
Jr. Day**
January 21

Australia Day
January 26

Puzzle Day
January 29



The Edgewood Summit Residents and Families are asked to complete a Satisfaction Survey each year which is conducted by our outside contract with Holleran. The survey was distributed in October of 2018 and we are pleased to share our results in a summary fashion as follows. We are grateful to all of those who completed the survey this year and helped us achieve an adequate response rate which signals our results as valid. As always, the team at Edgewood Summit is taking some time to evaluate and analyze the responses and will then develop plans for actions to be taken in the areas signaled as a need for improvement. Our goals will help formulate our budget proposal for the new fiscal year and will create the synergy needed to move us forward in the progress towards those goals. Again, we thank you for the great compliments given in the survey and the privilege to come into your home each day to make things better for each of you.

Edgewood Summit is ready to launch ourselves into new endeavors, ideas and suggestions for 2019. Our team is eager to please and open to changes which will improve our community and your lifestyle. Please continue to help us and we help you by providing feedback and your ideas. We cherish our Residents and define our services around your needs. Let's all work together for the betterment of our beloved community and all the great people associated with us.

Diane Gouhin, Executive Director



Survey Results

	<u>Independent</u>	<u>Assisted Living/Memory Support</u>	<u>Skilled Nursing</u>
Overall Satisfaction	90%	89%	100%
Fulfillment of Expectations	88%	N/A	N/A
Administrator Accessibility	91%	90%	100%
Resident Orientation	77%	N/A	N/A
Safety/Security	90%	90%	100%
Cleanliness of Community	91%	93%	100%
Value for Price	76%	76%	N/A
Community Financial Mgt.	88%	87%	100%
Response to Last Year Survey	75%	N/A	N/A
Maintenance Responsiveness	95%	90%	100%
Dining Room Service	81%	N/A	N/A
Food Quality	71%	73%	63%
Would you recommend?	87% Yes	93% Yes	100% Yes
Resident Engagement	75%	N/A	N/A
Issues are Addressed	89%	N/A	N/A
Ways to be Heard	87%	N/A	N/A
Transparency	86%	N/A	N/A
Keeping Residents Informed	90%	N/A	N/A
Sense of Belonging	91%	N/A	N/A
Socially Active	93%	N/A	N/A
Welcoming	95%	N/A	N/A
Maintain Life from Before	85%	N/A	N/A
Live the Life I Want	82%	N/A	N/A
Health/Wellness Goals	87%	N/A	N/A
Encourage Social Interaction	94%	N/A	N/A
Care Needs Met	N/A	90%	90%
Direct Care Responsiveness	N/A	84%	91%
Direct Care Competency	N/A	80%	90%
Encourages Independence	N/A	81%	100%
Availability of Activities	N/A	84%	100%
Preservation of Dignity	N/A	88%	100%
Effectiveness of Rehab	N/A	N/A	88%
Notification of Medical Change	N/A	86%	100%

(Response scores include ratings of Exceptional/Good and Strongly Agree/Agree; N/A means the question was not asked of that group)

Door Decorating Contest Winners

Congratulations to those who participated and won the door decorating contest:

*Billie Morgan
Cep Ceperley
Marietta Fenton
Joan Power
Hazel Arnold
Barbara Brown
Helen Mlcuch
Sandra Wilkerson*

Participation Award Goes to A-Wing 3rd Floor. Every resident decorated their door!!! Winners will have a Pizza Party on Thursday, January 3rd at 12:00 p.m. in the Multipurpose Room.



AND . . . Now . . . it is January 2019!

By Evelyn Smith



The year 1950 seems like just yesterday when Ted and I were young, newly married, and I was embarking on a new journey with the love of my life. Yet in a way, it seems like eons ago, and I wonder where all the years have gone. I know that I lived them all, because I often have glimpses of how it was back then. Yet, here it is. I'll celebrate birthday #90 this year, and I find it hard to believe. And horror of horrors, I've begun to feel my age!

Most of my life-long friends are retired as I am. I look at them and see an older version of what they used to be. Some are in better shape than I am, and some are in worse. In my own life, when I look in the mirror, I see an old lady looking back at me....

In my favor—I do come from a line of long-lived ancestors—many of whom reached 100 years or beyond. One of my great-Uncles, who lived all of his life in Spencer, WV, celebrated his 114th birthday. He was still active, managing his own Ford dealership when he died! I remember well a visit he made to our home when I was a little girl. He brought Valentine candy hearts that had cute sayings printed on them. I was in preschool and had not learned to read yet, so he patiently taught me to read the messages before I was allowed to eat the candy.

However, back to the present. Ted and I have written our wills, drawn up our medical-power-of-attorney forms and signed our Do Not Resuscitate (DNR) cards. We've installed a pink marble monument on the grave plot (in which our nine dogs are already buried) at Bowling Cemetery in Teays Valley. Our names are on the monument right along with the those of our

dogs.

And so . . . as I enter into this new season of my life, I'm not altogether unprepared for the ravages of old age, the loss of strength and ability to do things I once did. They are part of the "winter" I knew would come. I will enjoy every minute of it while I can.

(However, this one thing I do know, that when it's over on this earth, it's not really over. A new adventure will have begun for me on the other side!)

Yes, I have regrets. There are things I wish I had done, but didn't. And many are the things I did that I wish I hadn't! Yet, through it all, God has been good, and given me a million things that I'm happy to have experienced. Married to Ted has been a fantastic trip for both of us. And spending my last years as a resident of this gorgeous, friendly, and fun-loving Edgewood Summit Community, is appreciated as well!

Some of this may sound morbid, but actually, it has been, and is now, great comfort and even fun. Long-time friends have rallied around to make sure that when I finally do kick off, I will have at least died laughing. You can't imagine their comments about me being buried in a pet cemetery along with our dogs! One of our pastors has said that all of our pallbearers will have to wear flea collars.....and the jokes keep getting worse as time passes.

So, for those of my friends who are not yet in the "winter" of their lives, let me remind you that it will come faster than you think. Whatever you would like to accomplish in your lifetime, please do so quickly! I know that opportunities to love and be loved come, but I also know they don't come to stay. So, hold your friends and loved ones tight and enjoy them as long as you can.

Spread love and goodwill to all. Life is a gift --- Live it with Love.



New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne

became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland’s national poet Robert Burns penned the words to “Auld Lang Syne” in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *Auld Lang Syne* roughly translates to “for old times’ sake,” and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year’s celebration in New York’s Roosevelt Hotel.

No New Year’s party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year’s masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year’s has been a time of celebration, nostalgia, and hope.

Transportation Report-Greg Faber, Director of Environmental Services

In November Transportation logged 2,926 miles on the shuttles and 1,187 miles on the car. They transported 383 residents one way.



Bye-Bye to Dry



The cold, dry winter air can wreak havoc on sensitive skin and cause chronic dryness. Luckily, January 8 is Winter Skin Relief Day, a day to take some small steps to ease the discomfort of dry skin.

Skin lotions and moisturizers are helpful, but dermatologists also recommend taking shorter showers. This may be the number one cause of dry skin. A long, hot shower strips the skin of its natural oils, degrading our best barrier against cold, dry air. Dermatologist Joshua Zeichner recommends showers less than 10 minutes and no hotter than 84 degrees.

Many common cleansers and soaps are alkaline, and washing often disrupts the natural acidic pH of our skin. Look for soaps that are pH balanced. These will have a less deleterious effect on the skin. Moisturizer is key. Applying a thick and oily cream while the skin is still damp will improve absorption, but don't apply too much.

Dr. Zeichner explains that constant moisturizing may tell the skin that it doesn't need to maintain its own hydration. These small changes to your routine may ease some uncomfortable symptoms of dry skin.

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



Frank Fazio 206



Welcome
Glad you're here!

Is it a Cold or the Flu?

Cindy Crihfield, Ridgemont Nursing Director, RN



Flu strikes suddenly. One day, you're feeling fine – the next, you may have a high temperature, aches, pains and nausea that you cannot explain. You may also experience a cough or loss of appetite which could last for two or three weeks

Treatment of Cold and Flu

Cold

- Relieve symptoms with over-the-counter medications
- Congestion, cough, and nasal discharge may be treated with a:
 - *Decongestant
 - *Antihistamine
- Combination of the two
 - *Cough medications
 - *Adequate fluid intake
- Eight glasses of water or juice per day
- Use tissues and wash your hands frequently
- Antiviral medications may be given by doctor within 2 days of flu symptoms

Flu

- appearance. Check with your doctor
- Over-the-counter meds can help minimize discomfort
- Over-the-counter medications do not treat the virus.
- Drink Adequate liquids to prevent dehydration
- Adequate nutrition is needed for rapid recovery.
- Bed rest is a good idea
- Wait until symptoms are gone to return to full activity

Happy January Birthdays!

Dreamma Guinn	4	Betsy Chapman	22
Freda Perrine	6	Robert Singleton	22
Mary Starcher	10	Verna Cochran	22
Keller Hall	11	Martha Wilcox	22
Elsie Beeler	12	William Dawson	27
Chet Dodd	12	Richard Sibley	27
Margaret Spradling	12	Margaret Tully	29
Frank Fazio	18	Sue McClung	30
Jean Warndorf	19	Karen Vincent	30
Ann Morris	19		

FAMOUS BIRTHDAYS

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hard-working and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Betsy Ross (folk hero) – January 1, 1752
 Zora Neale Hurston (writer) – January 7, 1891
 David Bowie (musician) – January 8, 1947
 Alexander Hamilton (politician) – January 11, 1755
 Faye Dunaway (actress) – January 14, 1941
 A.A. Milne (writer) – January 18, 1882
 Edgar Allan Poe (writer) – January 19, 1809
 Benny Hill (comedian) – January 21, 1924
 Virginia Woolf (writer) – January 25, 1882
 Bessie Coleman (aviator) – January 26, 1892
 Tom Selleck (actor) – January 29, 1945

SPECIAL SERVICES

*Greg Faber, Environmental Services
Director*



Your January
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
 Teresa Smith or Cindy
 McDuffie
 (304) 347-1959.

CEREAL DRIVE FOR MANNA MEAL



Through the month of January we'll be collecting as much cereal as possible! The cereal we collect will help feed families in the Charleston area. Donations can be dropped off at the Lifestyle Office. All items collected will go to Manna Meals. Your efforts will make a big difference helping feed those less fortunate in the community.

The benefits of cereal:

- Little to no preparation needed
- Whole grain high fiber cereal keeps

kids feeling fuller longer

- Can feed several people at once
- Can be eaten as meal /snack
- Healthy and affordable way to feed a family.

Help join in with your Edgewood Summit Neighbors as we help Manna Meal one box at a time!!



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 secure.
- Recommendations of safety items that are available.
- Test of your alert buttons (emergency

system) and relocation of the buttons at your request.

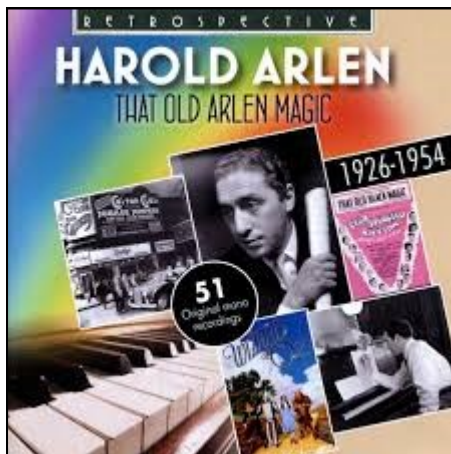
- A great opportunity for you to ask questions regarding safety in your apartments.

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

SAFETY FIRST



Live Stream Program: The Music of Harold Arlen



For the past 20 years, Patty Carver has been traveling throughout New England, the East Coast and Midwest, bringing her one-woman history musicals and musical tributes to CCRCs, Retirement Communities and senior audiences. Live Stream with Patty Carver is a product of everything she has learned. But, now she can perform in a host venue and let hundreds of people watch her across the country at the same time! Every first Friday of the month at 2pm join her! The January program will be The Music of Harold Arlen, A Cabaret Style Tribute with Patty Carver's Songbook Trio.

Piano Concert & Sing Along & Old Standards



When: Saturday, January 5, 2019

Time: 2:00p.m.

Where: Multipurpose Room

Join "Entre-Nous" Mark Caldwell for a piano concert and sing-along to old standards. Enjoy some of your favorite songs! See you there!

Appalachian Children's Chorus



When: Sunday, January 6, 2019

Time: 3:00 p.m.

Where: Multipurpose Room

ACC is a special learning environment designed to provide a rich and rewarding musical experience for each child. The children study and perform a variety of music from simple unison folk songs to more challenging classical and multi-cultural repertoire. Join the Appalachian Children's Chorus as they share music with you from their December Program.

History Alive Program! Harriet Tubman



Ilene Evans will portray Harriet Tubman (1820-1913), leader of the Underground Railroad, in a West Virginia Humanities Council History Alive! program at **Edgewood Summit on Friday, January 11, 2019 at 2:00 p.m.**

Tubman was born into slavery in Maryland but escaped through the Underground Railroad in 1849. She became the most famous leader of that network, aiding slaves in their escape to free states and Canada. When the Civil War erupted her underground experiences and knowledge of covert operations made her an invaluable resource to Federal officers. She served as a spy, nurse, scout, and guide for Union troops and was present at the ill-fated assault of Fort Wagner by the 54th Massachusetts in South Carolina.

Harriet Tubman is one of the many available character presentations offered through the West Virginia Humanities Council's *History Alive!* program as a means of exploring history by interaction with noteworthy historical figures. These programs provide audiences with the opportunity to question those who have shaped our history.

Historical characterization is the vehicle for this program. Humanities scholars have carefully researched the writings, speeches and biographies of the characters they portray and whenever possible, use their original words.

The West Virginia Humanities Council is a private, not-for-profit organization dedicated to providing educational programs in the humanities for all West Virginians. For 40 years the Council has been providing educational programs in the humanities across the state.

This program is available to both non-profit and for-profit groups. For more information call the West Virginia Humanities Council at 346-8500 or visit our web site at:

www.wvhumanities.org.

Educational Seminar: Hospice Care and Palliative Care



When: January 31, 2019

Time: 2:00p.m.

Where: Multipurpose Room



Join Kanawha Valley Hospice for an interactive discussion, presented by Mylissa Smith, RN. Participants will learn what hospice care is, who is eligible for hospice and when it is appropriate, levels of hospice care and hospice versus palliative care.

A History of Exploration



On January 13, 1888, an elite group of 33 explorers, scientists, academics, and wealthy financiers met at the Cosmos Club in Washington, D.C., with a common goal: "the increase and diffusion of geographical knowledge." Their organization was officially incorporated two weeks later, on January 27, as the National Geographic Society.

It took nine months for National Geographic to publish its first magazine, and it was not meant for a popular audience. It was a scholarly journal filled with short, technical articles mailed to only 165 charter members. Then in 1899, Society president Alexander Graham Bell hired Gilbert H. Grosvenor as the magazine's full-time editor. Grosvenor changed the publication from a stodgy, scholarly journal into a popular magazine full of general interest articles and full-color photography. Its images were so striking and beautiful that circulation grew from just 1,000 to over two million. Thanks to these efforts, Grosvenor became known as one of

the "fathers" of photojournalism.

The *National Geographic* magazine is certainly the Society's most important and well-known outlet for spreading knowledge, and all revenue from the magazine is used to sponsor new expeditions and research. The National Geographic Society has aided some of the world's most fascinating explorations: Jacques Cousteau's dives to the deepest parts of the seas, Hiram Bingham's uncovering of Machu Picchu, and Jane Goodall's communes with chimpanzees. For over 130 years, National Geographic has stood by its founding motto.



Genesis Offers Wellness Programs for 2019



Genesis Rehab is doing a topic focus and possible presentation/event each month in 2019. The following is the breakdown of each month and the main topic of focus.

- ♦ **Jan 29th - "Old acquaintance we forgot???"** Speech staging and screening BCAT/Allen/GDS: Free screening to all residents
- ♦ **Feb 26th - "Heart Health: Healthy Living and Wellness"** Presentation and form to be given for all residents
- ♦ **March 26th- "Marching to a different beat"** Benefits of exercise and PT. PT presentation on Physical Therapy
- ♦ **April 30th- "April Showers and ADLs"** OT emphasis and areas of care. OT presentation on Occupational Therapy
- ♦ **May 28th- "Uncle Arthur and Aunt May"** Rehab and Arthritis intervention. Presentation on topic and follow up from residents participating
- ♦ **June 25th- "Alzheimer's Awareness and Aphasia"** (Speech and Cognition) Follow up from January ST. ST presentation on Speech and Cognitive Therapy
- ♦ **July 30th- "Gain your Independence "** Therapy to gain more IND/ HEPs/d/c planning. FUN presentation on ways to stay Independent
- ♦ **Aug-27th "Going Back to School"** Education Topics or Focus (Caregiving, Family Education/ Support) OPEN FOR ALL residents and families
- ♦ **Sept 24th- FALLS AWARENESS Month. First day of Fall.** Presentation on Fall Prevention and ways to decrease falls risk.
- ♦ **Oct-29th Rehab Fair PT/OT/ST specific for Rehab (Octoberfest/ Rehab Festival)** Prizes and games with PT/OT/ST check points similar to the health screening in the Health Fair
- ♦ **Nov 19th- "Diet and Diabetes"** Rehab and Diabetes intervention. Present on the benefits of therapy and exercise with Blood Glucose and Diabetes Management
- ♦ **Dec 17th - "Deck the Halls"** 'Tis the season to be jolly!!! PT: Hall walkers and décor challenges (OT) Winners and gifts given to residents who participate in therapy and win challenges



Arthur B. Hodges News

DON'T MISS A BEAT!

Every 38 seconds, a loved one has a heart attack or a stroke. A heart attack is a frightening experience. If you have experienced a heart attack, or are close with someone who has, you should know this: You are not alone. In fact, tens of thousands of people survive heart attacks and go on to lead productive, enjoyable lives. Staying in tune to our body, living a healthy lifestyle and arming yourself with knowledgeable information can help you live a healthier, longer life.

This new year, set reachable goals and push aside those culprits that hinder a healthy lifestyles. For more information and tips for healthy hearts go to www.heart.org



Activity outings may be cancelled throughout the winter months due to poor weather conditions. Cancellations may be the in advance or the morning of, following the forecast report.



Bringing in a new year is so electrifying. It's a time of reflection on the year past as well as looking forward. We've all done it, made resolutions to pay off debts, lose weight, join a gym or rid ourselves of unhealthy circumstances. We tend to reflect on our past which helps us to work on our shortcomings, to better ourselves and set good examples for those that look to us for guidance. In many cultures, people jump into the sea or a local body of water, literally washing the slate clean. While each culture has their own special traditions to celebrate a new year, there are certain common themes. The new year is a time for setting things straight, "washing" our mind, body and soul for a clean start for a brighter future.

Whatever your traditions may be, our wish for you is a happy, healthy and prosperous 2019!



MEMORY CARE EDUCATION
AND SUPPORT GROUP
WILL MEET ON MONDAY,
JANUARY 14TH AT
EDGEWOOD SUMMIT IN
THE COLONIAL ROOM,
EVERYONE IS WELCOME
TO ATTEND.

CHAMPAGNE CORKS MINING

See how many words you can make with the letters in:

CHAMPAGNE CORKS


Use each letter only once. Give yourself two points for five-letter words, three points for six-letter words, and five points for words that have seven or more letters.



- | | |
|-----------|-----------|
| 1. _____ | 21. _____ |
| 2. _____ | 22. _____ |
| 3. _____ | 23. _____ |
| 4. _____ | 24. _____ |
| 5. _____ | 25. _____ |
| 6. _____ | 26. _____ |
| 7. _____ | 27. _____ |
| 8. _____ | 28. _____ |
| 9. _____ | 29. _____ |
| 10. _____ | 30. _____ |
| 11. _____ | 31. _____ |
| 12. _____ | 32. _____ |
| 13. _____ | 33. _____ |
| 14. _____ | 34. _____ |
| 15. _____ | 35. _____ |
| 16. _____ | 36. _____ |
| 17. _____ | 37. _____ |
| 18. _____ | 38. _____ |
| 19. _____ | 39. _____ |
| 20. _____ | 40. _____ |



A Poem About Alzheimer's



Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.

I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.

Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.

– Author Unknown



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.
