



# News & Views



## Celebrating September

**Intergeneration Month**

**Hispanic Heritage Month**

**Sewing Month**

**World Beard Day**  
*September 4*

**Labor Day (U.S.)**  
*September 6*

**Wonderful WeirDOS Day**  
*September 9*

**Patriot Day**  
*September 11*

**Yom Kippur**  
*September 15*  
(Begins at sundown)

**International Country Music Day**  
*September 17*

**One-Hit Wonder Day**  
*September 25*

**Fall Foliage Week**  
*September 26–  
October 2*

## Executive View



The national and state news is once again focused on COVID 19 and the emerging information by the federal government. Their most recent announcement centered around the surge of the Delta variant, unvaccinated individuals who are seriously impacted by the virus, third doses of vaccine for immunocompromised and Booster doses for those fully vaccinated for 8 months or longer. As of this writing, much has been announced but we are waiting for specific information which may not be available until Labor Day or shortly thereafter. At this time, Edgewood Summit can not clearly answer some of the questions being asked now and until then we must ask for continued patience until all answers are more fully available.

First, immunocompromised individuals who have been fully vaccinated are encouraged to obtain a third dose of COVID vaccine. The definitions for immunocompromised are narrowly defined and Edgewood Summit has provided information to Residents to contact us to determine eligibility and to assist, if needed, in obtaining the third dose of vaccine. We have planned vaccination to approximately 12 Residents who meet the criteria and will assist any others as necessary.

Second, those that are fully vaccinated for at least 8 months with either Pfizer or Moderna vaccine are encouraged to obtain an additional dose of vaccine as a boost for your immune system. Vaccine must be allocated from the state and federal government in adequate supplies and an onsite clinic at Edgewood Summit is in development and would begin sometime after September 20th. Again, information will follow as it becomes available.

Lastly, on August 18<sup>th</sup> President Biden announced a mandate was being made for COVID vaccination of Employees in nursing homes to go into effect. Edgewood Summit, along with all other senior providers, await more information on the specifics of this ruling. We expect an emergency interim final rule from the federal government which will define the term “employee” and provide the specific information from which appropriate plans and actions can take place. We do not yet know if exemptions will be allowed for medical or religious reasons but expect some Employees will have requests of this nature. Edgewood Summit has a current vaccination rate for Employees of 72.0 percent. The remaining 28.0 percent of Employees continue to be encouraged to get vaccinated for the health and safety of themselves and others and have had a variety of incentives to do so over the past 9 months. We will continue this effort until more is known of the mandate by President Biden and the appropriate next steps to meet all federal requirements are announced.

Edgewood Summit remains hopeful that all unvaccinated Employees will be ready to cooperate with the new rules as they become applicable and appreciate how beneficial the results will be for all. Edgewood Summit’s goal is to retain our great team of Employees to allow our great services and care to continue. We also welcome new potential members who want to join our team and become a part of the Edgewood Summit “Family”. With over 26 years of outstanding service to our Residents and Employees, we look forward to remaining the premier retirement community in the area which translates into a great place to live and a great place to work!

Thanks to all for your continued support, encouragement and cooperation!

Diane Gouhin  
Executive Director



## History ALIVE! Program Stonewall Jackson: Illegal Statehood



Thursday,  
September 9, 2021  
@7:15 p.m.  
Multipurpose  
Room

In this session Doug Riley presents Stonewall Jackson's thoughts on the West Virginia statehood movement. Born in

Clarksburg, Jackson was an orphan who became one of the most revered names in military history. He is regarded by experts as a tactical genius and a relentless battlefield commander of unsurpassed ability. The men of the “Stonewall Brigade” were fiercely loyal to their leader.

## Gazeboing

One of the joys of living at Edgewood Summit is taking a mid-morning or early afternoon rest in the gazebo. Lately, a cool breeze has wafted through this space, making it comfortable even on a warm day. The lovely flowers and flowering bushes plus the wonderful view of green hills, birds chirping and bees buzzing around all add to the joy of a visit to this site. Did I mention the dramatic sky?

Surprising to me is so few residents use the gazebo. They probably go to the Courtyard instead. A few “regulars” often come when I do, which is always a pleasure, one a relatively new person who comes with her small dog, we have delightful conversations. I often have outside friends come visit me here. They enjoy it too.

Let's Go Gazeboing!

Kathryn Stone



JOIN US FOR

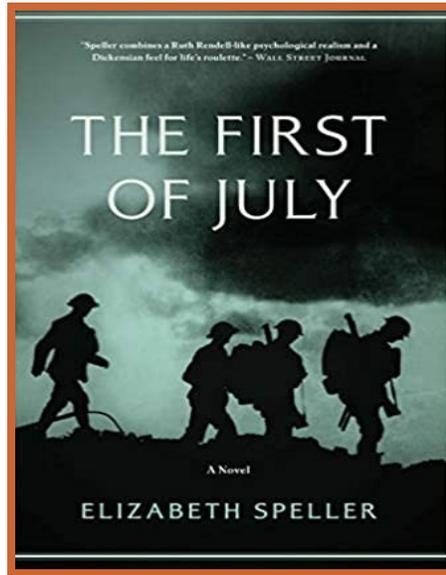
# NEW RESIDENT ORIENTATION

Due to COVID-19, some of our residents who have moved in within the past year have not gotten to experience Edgewood Summit like the others. Our Marketing Committee members would like to give these new residents the opportunity to ask questions, meet department directors, address concerns and learn the ins-and-outs of Edgewood Summit. Unsure about services or offerings? Be sure to bring your questions with you!

**WEDNESDAY, SEPTEMBER 1ST**  
**11:30 AM**  
**MULTIPURPOSE ROOM**



## *Library Notes— Tom Kirkhope, Chair*



### **The First of July**

By Elizabeth Speller

August was a very busy month—many residents have borrowed books, and many have donated new ones. The number of donated books was especially remarkable last month— a total of 39 appeared on our shelves thanks to the generosity of our residents. The largest category of books was, as expected, novels. But there was also one on European travel, and one collection of Reader's Digest condensed books.

Thirty-one different authors are represented among the novels, thirteen of which are already very popular among our readers. These include J.D. Robb, Danielle Steel, Debbie Macomber and Harlen Coben. Another eighteen are seen in our library for the first time. We hope you will browse through and look for more of your favorites as well as a few new ones.

The following is a review of one of the newer books, written by our favorite reviewer, Diane Palmer:

In 1913, four very different men are leading four different lives. This book is about these men and how their lives briefly and unexplainably cross just before, during and after the Battle of Somme. The novel is about the tragedies of war, shattered dreams and altered futures during the first day of the battle, July 1, 1916. By the time the battle ends, 143 days later, there were over one million casualties on both sides but unexpectedly within the circles of these four men.

*\* Insights come when you least expect them. Read carefully.*

## Public Art of Charleston

**Public Art of Charleston**  
**presented by Jeff Pierson**  
 Friday, September 10, 2021  
 2:00 p.m.  
 Multipurpose Room



Jeff Pierson serves as Director of the office of Public Art for The City of Charleston & maintains his art as an illustrator and a mural artist. His work can be seen in print and in public all over the state.

## Heart Health & Nutrition: The Good, Bad And Ugly Truth



*Please join Chrissy Canterbury as she discusses Heart Health & Nutrition. This is a two part series. Classes are free.*

**September 16, 2021**  
 2:00 p.m.  
 Colonial Room

**September 30, 2021**  
 2:00 p.m.  
 Colonial Room

# 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 today!



## How Shall We Live?

By Rev. Richard Lamb



We are all familiar with the teaching, “Man shall not live by bread alone, but by every word that comes from the mouth of God.” (Matt. 4:4) Have we taken this teaching of our Lord seriously?

Generally, we like to live as we please, but more than necessity has led us to form communities which

work for our well-being and peace. Communities with good governance, schools, hospitals, neighborhoods, etc. brighten life for everyone.

“Am I my brother’s keeper”? No, but we are all called to be peacemakers and to love our neighbors as ourselves. (Matt. 22:36-40) What about that? Can we keep that?

Yes, with God’s help we can.

## *Happy September Birthdays!*

Thomas Gooding	5	Hazel Arnold	18
Estelle Nason	9	Alice Ann Leeber	23
Ann Folzenlogan	11	Lorella Boggess	29
Marietta Fenton	12		
Beverly Persinger	13		
Sandra Wilkerson	14		
Bernard Webb	15		
Ken Gosnell	17		
Tanya Law	17		

HAPPY BIRTHDAY

## FAMOUS BIRTHDAYS

In astrology, those born from September 1–22 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love for others makes them defenders of justice, goodness, and purity. Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they often champion justice and equality. Using tact and calm, they resolve conflicts among family and friends.

- Beyoncé (singer) – Sept. 4, 1981
- Kim Yuna (figure skater) – Sept. 5, 1990
- Idris Elba (actor) – Sept. 6, 1972
- Hugh Grant (actor) – Sept. 9, 1960
- Misty Copeland (ballerina) – Sept. 10, 1982
- Tyler Perry (producer) – Sept. 13, 1969
- Dorothy Vaughan (mathematician) – Sept. 20, 1910
- Ray Charles (musician) – Sept. 23, 1930
- Serena Williams (tennis star) – Sept. 26, 1981
- Gene Autry (cowboy) – Sept. 29, 1907

Happy  
Anniversary!

**Webb & Barbara  
Arceneaux**  
September 3, 1955





## *National Assisted Living Week*

Established by NCAL in 1995, National Assisted Living Week provides a unique opportunity for residents, families, staff, volunteers, and the surrounding Community to come together to bestow on our residents a multitude of events and activities that show them how much we care about and love them.

In observance of National Assisted Living Week, September 12 to 18, The Ridgemont will (host/sponsor) a series of camp events developed as a special opportunity to bring together residents, families, employees, volunteers and the surrounding community to celebrate "Camp Compassion!"

"This celebration recognizes the bonds built between residents and the Assisted Living professionals who are committed to providing person-centered care and services."

To help ramp up the celebration, and really get into the spirit of things, each day residents will enjoy activities at "Camp Compassion" such as: Camp Fire Sing-A-Long, Smores, a special evening meal with music, Camp Bingo, "Learn about reptiles program, camp luncheon with burgers and various craft projects (pet rocks, birdhouses, & fairy garden). The week ends with a amazing tailgate party.

Please check your calendar for other upcoming special events that week.



**JOIN US FOR**

# *Sip & Paint*

**September 20, 2021**

**4:00 PM - 7:00 PM**

**TAP INTO YOUR ARTISTIC SIDE FOR AN EVENING OF PAINTING ON THE PATIO AT EDGEWOOD SUMMIT.**

**SHARON MCCLANAHAN OF ARTWORX STUDIO WILL WALK STUDENTS OF ALL SKILL LEVELS THROUGH STEPS TO CREATE A COLORFUL MASTERPIECE ON CANVAS. ALSO, ENJOY A BREAK IN-BETWEEN WITH DINNER.**

**WINE & REFRESHMENTS WILL BE PROVIDED.**

Contact Holley to R.S.V.P by Monday, September 13th at 304-346-2323.



## *Virtual Zoom: Avian Conservation Center of Appalachia*

Monday, September 27, 2021

1:00 p.m.

Multipurpose Room

The Avian Conservation Center of Appalachia treats and rehabilitates sick, injured, and orphaned wild birds. Join us for this amazing program and meet some of the non-releasable birds that live at the Conservation Center.



## *Virtual Meet the Author: Katie Fallon*

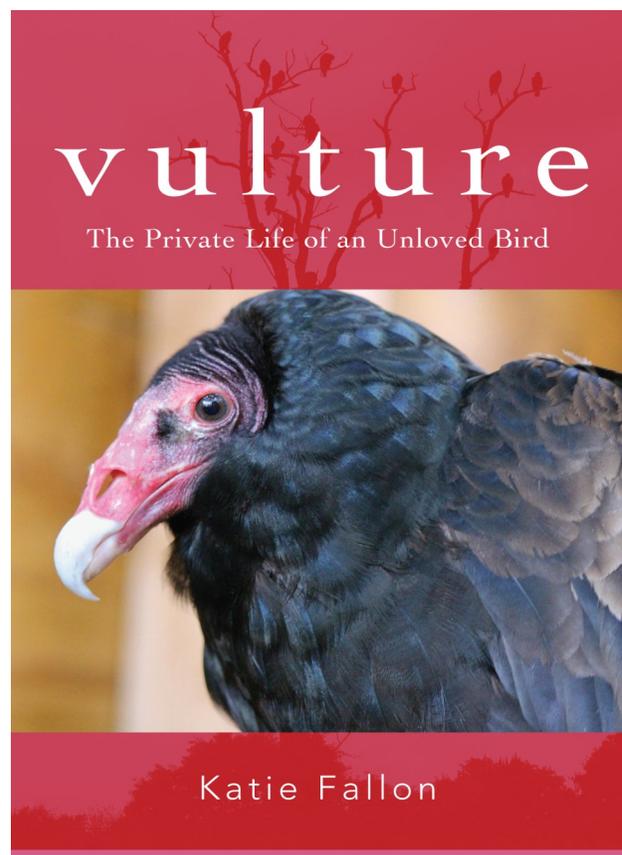
Thursday, September 30, 2021

7:15p.m.

**“VULTURE: The Private Life of an Unloved Bird”**

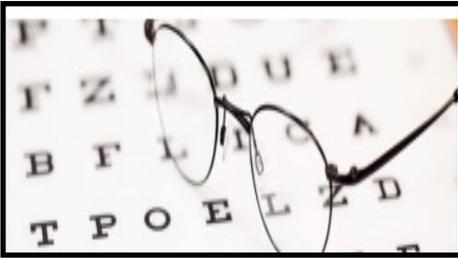
Multipurpose Room

VULTURE chronicles the life and times of one of the world’s most under-appreciated and overlooked birds: the turkey vulture. Part ecological memoir, part travel narrative, part scientific exploration, and part love story, this book examines the roles turkey vultures—and all vultures—play in healthy ecosystems. Fallon travels to India, Arizona, Virginia, Pennsylvania, and her own backyard in her quest to study, care for, and observe this often unloved though vitally important (and uniquely beautiful!) bird. Available from Brandeis University Press, on Amazon, and wherever books are sold.



# GenesisRehab

*age in motion*<sup>®</sup>



## Living with low vision; quick and easy ways to modify habits

Don't let poor vision keep you from enjoying the final weeks of summer. With a few modifications to your daily routines, you can live a less-stressed September. The following tips from the American Occupational Therapy Association can help you function easier both in and out of your home and possibly even improve your visibility.

An easy place to start is in your own living space. Begin by removing litter, cords, and small rugs and arrange furniture in away that feels comfortable to you. Keeping frequently-used objects in each room in one easy-to-

access place can be helpful. To make your transition between rooms as safe as possible, use proper lighting in hallways, walkways, and stairwells. If you get up often during the night, use flashlights, night lights, and hall lights for navigation. However, avoid moving quickly from dark to light environments and vice versa; allow your eyes time to adapt to varying light levels. Try to utilize overhead lighting to abolish shadows and keep rooms uniformly lit, and use shades to reduce glare. For the best visibility, sit with your back toward a window or lamp, and use a gooseneck lamp for tabletop activities.

If you have equipment that helps you move around your house, make sure the color of that equipment contrasts with the color of the walls and floors. Using contrast to distinguish between household items, such as a light plate on a

dark countertop, is another easy strategy to help improve your visibility during everyday activities.

Getting ready in the morning can also be difficult with poor eyesight, so try to sort your clothes by color, keeping similar colors far apart, and use labeled tray partitions to hold cosmetics and other small items.

If you take medication, reading those small prescription labels may become challenging. Ask your doctor for an explanation of all new (and current) medications so you have a clear understanding of each. When filling prescriptions at a pharmacy, request large-print labels for the container. In addition, use large-print pill boxes to sort your weekly medication, and try to mark each pill bottle in a distinctive way to make it easier to identify. Some examples include painting each container with a different nail polish color or ty-

Managing your finances can also become tricky once your eyesight worsens, since reading is much more difficult. Thus, organization is key. Keep bills and important papers in different colored folders with large labels. Additionally, take advantage of adaptive tools such as large-print checks and magnifiers. If you continue to find reading challenging, try to pay your bills and track your bank accounts online, where you can amplify the font size in the internet browser window.

If you live with low vision and need additional guidance on making modifications to

your daily activities, an occupational therapist can teach you new skills, help you avoid accidents, and modify your environment. Ask your doctor about how occupational therapy can assist you with the specifics of making these changes.



**JULY**

Genesis Rehab Statistics:

Total therapy at Arthur B. Hodges Center = 104 hours

Served 8 patients over the month of July

Physical Therapy= 40 hours

Occupational Therapy= 38 hours

Speech Language Pathology= 26 hours

Total therapy at Edgewood Summit= 216 hours

Served 25 patients over the month of July

Physical Therapy= 90 hours

Occupational Therapy= 65 hours

Speech Language Pathology= 61 hours

*Thank you for being a part of the success of the therapy services in the Community here at Edgewood Summit. If you are in need of any rehabilitation services feel free to call our Rehab Office at (304) 345-0867.*



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



Sallie Knorr  
1308

Margaret Jackson  
3207

Ray Ritchie  
106

Mike & Tina McCready  
2204

Laurie O'Malley  
105

WELCOME

## Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

ASTER

LIBRA

SEPTEMBER

AUTUMN

MORNING GLORY

SIMCHAT TORAH

GRANDPARENTS DAY

OKTOBERFEST

SUKKOT

HARVEST

ROSH HASHANAH

VIRGIN

INDEPENDENCE DAY  
(Mexico)

SAPPHIRE

(Virgo)

LABOR DAY

SCALES  
(Libra)

VIRGO

YOM KIPPUR



# Arthur B. Hodges News

Providing Skilled Nursing and Memory Support Services



## *Celebrating National Assisted Living Week September 12~18*

National Assisted Living Week is a time to encourage residents to live life to the fullest, to build comradery and enthusiasm throughout the Community, a time for families to join together and a time to celebrate our dedicated staff. Whether it's residents trying out new things, or care staff exploring innovative ways to improve Community living, you can bet everyone will always show compassion involved.

### SAVE THE DATE



**DEMENTIA &  
ALZHEIMER SUPPORT  
GROUP**  
**WEDNESDAY,  
OCTOBER 13, 2021**  
**1:30 p.m.**  
**Colonial Room**

Edgewood Summit is offering dementia education for those supporting a spouse or loved one with

dementia. Once a month Teresa Boone-Stark, The Ridgemont Nursing Director & Michelle Arms, Memory Care Coordinator will provide a support group free of charge. We encourage residents and families to attend these meetings. The goal of these meetings is to provide support and help achieve a greater understanding of dementia and look at how Edgewood Summit can best support their loved one.

## SANDPAPER ART

Residents painted and reminisced about their favorite beach vacations as they created their own masterpiece on sandpaper.



# You're Invited to Big Celebration

**Lorella Boggess**  
**100th Birthday Celebration**  
Wednesday, September 28, 2021  
Multipurpose Room & Library



Join Lorella Boggess to help her celebrate her 100<sup>th</sup> Birthday. Enjoy appetizers and a piece of birthday cake.

## Transportation Report-Greg Faber, Director of Environmental Services

In July Transportation logged 1575 miles on the shuttles and 700 miles on the car. They transported 208 residents one way.



### *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.

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Resident Signature (optional) \_\_\_\_\_ Date \_\_\_\_\_