



Celebrating September

Classical Music Month

Piano Month

Hispanic Heritage Month
September 15–October 15

**World Letter Writing
Day**
September 1

Labor Day (U.S.)
September 5

Grandparents' Day
September 11

**International Day of De-
mocracy**
September 15

**International Talk Like a
Pirate Day**
September 19

World Alzheimer's Day
September 21

Rosh Hashanah Begins
September 25

Fall Foliage Week
September 25–October 1

**Ancestor Appreciation
Day**
September 27

Executive View

A new and updated Covid booster shot designed to specifically target the Omicron subvariants will soon be available for those eligible to receive it. Both Pfizer and Moderna have updated the mRNA formulas to target the “bivalents” and potentially protect the contagious strains disrupting our population. The bivalent vaccine has been proven effective against the earliest version of Omicron as well as the BA.4 and BA.5.

The Moderna vaccine was approved in the United Kingdom and will be rolled out soon. The CDC and FDA are likely to approve the vaccine for emergency use in the United States as early as September. Those at higher risk of Covid will receive priority access to the vaccine first. In West Virginia, Governor Jim Justice has ensured the elderly and those with immune compromised systems will receive Covid vaccines first.

As more information is known, Edgewood Summit will provide updates on when you are eligible based on timing of your last vaccine or if you have recently had Covid. So far, we know it will be primarily available to adults and those over age 12. You must have already received the first two doses of Covid vaccine, now being called the primary series, before you will be eligible for the bivalent vaccine. Edgewood Summit will plan for onsite clinics for vaccination of the bivariant vaccine when appropriate. Please keep in mind this situation is still evolving so information is subject to change.



Diane Gouhin
Executive View

Library Notes– Tom Kirkhope, Chair

Many new works have been donated to our library by residents during the past month. Among them are:

- ◆ “The Only Woman in the World” by Marie Benedict
- ◆ “Born a Crime” by Trevor Noah
- ◆ “Tears of the Silenced” by Misty Griffin

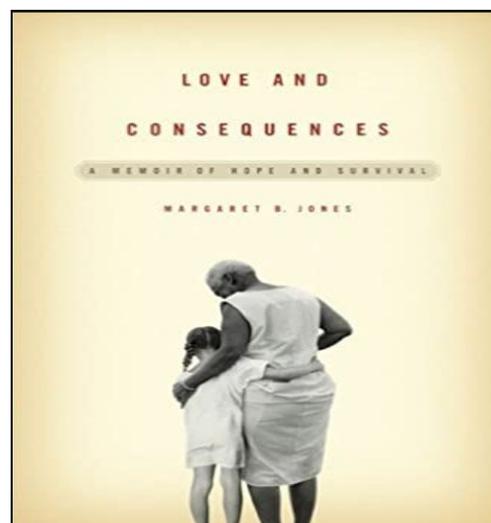
(All donated by Tina McCready)

- ◆ “The Midnight Lock” by Jeffery Deaver
 - ◆ “Marked Prey” by John Sanford
 - ◆ “Red Sword” by Norman Wood
- (All donated by Sallie McClaugherty)*

The last of these is in Large Print and has been placed with the part of the collection marked as “Large Print.” The rest have been placed in the bookcase at the front of the library marked “New Books.”

Another large donation recently received from resident Ruth Rosencrance has also been added to the Large Print Section. All of us who prefer works are sure to appreciate these new books, because, as we all know, they are

very hard to come by. These include several by Nicholas Sparks, one by Karen White and one by Sue Monk Kidd. Please treat them carefully and return them promptly so that others may enjoy them. Happy Reading.



This month's book review written by Lenore Hendricks: “Love and Consequences” by Margaret B. Jones.

Margaret B. Jones brings us movingly into the world of her youth—a world of gangs and poverty but also of hope and survival.

At age 5, Margaret was removed from her California home and put into foster care. At age 8, after many relocations, she was placed in a foster home in south central L.A., a region of gang riddled neighborhoods made infamous by the Rodney King riots.

Jones, a part white, part Native American, grew up in an predominantly black community, in all-black household run by “Big Mom,” a single overworked woman raising four grandchildren for their absent mother. The family’s street was ruled by the “Bloods” gang. She quickly learned to admire and emulate the lifestyle and became a

member herself. She shows us a world in which most of her friends and siblings followed a trajectory of crime, imprisonment and pregnancy. Jones herself was determined to beat the odds. A combination of intelligence, will and tenacity, and pure luck provided her with a lifesaving opportunity, a college education and a way out of the neighborhood.

“Love and Consequences” is an alternatively heartbreaking and uplifting story of a life one girl witnessed, and of how she survived and ultimately thrived.

Lenore Hendricks

Art Class w/ Sharon McClanahan

Sharon McClanahan, Art instructor with Art Works Studio in Cross Lanes, plans to resume her art class on Thursdays starting Thursday, September 8, 2022 in Edgewood Summit’s Art Studio. No experience is needed and class is \$40.00 a session. Classes are open to all Edgewood Summit residents, friends or family. Call the Lifestyle Department to sign up at (304) 347-1955 or (304) 347-1942.





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 tying each one with a different colored rubber band.

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.



Transportation Report-Greg Faber, Director of Environmental Services

In July Transportation logged 1550 miles on the shuttles and 550 miles on the car. They transported 209 residents one way.



When Will Fall Arrive?



Have you said it feels like Fall? We have had some cooler days, but what causes you to think it is the beginning of Fall or Autumn? As I write this, two of my granddaughters left home to attend college for the first time. Teachers know when fall is on its way because they will be in the classroom again. The days get shorter, the weather cools off, leaves on the trees begin to turn orange, yellow and red. Some of us are thinking about football season. Hummingbirds are storing up extra energy to fly south. The Capitol market has West Virginia apples and pumpkins. Although Labor Day marks the end of the summer season, the first day of fall doesn't come until Autumn equinox on September 22. During the equinox, the sun crosses over the line of the Equator, making daytime and nighttime approximately the same length across the Earth.

Fall is the time to look for cozy sweaters, think about a Halloween costume, take walks when leaves crunch under your feet and enjoy foods with pumpkin spices.

Some plants, called short day plants, bloom in the fall. I noticed Asters just beginning to bloom in my garden. Other short day plants are chrysanthemum, goldenrod, and Christmas Cactus. These set their buds when the amount of daylight decreases and nights are longer.

Long-day plants flower when days are longest and nights are shortest (midsummer). Day-neutral plants flower without regard to day length. Examples of these are tomatoes, roses and dandelions.

By Joan Steven, chairman of the Resident's Grounds Committee



Happy Anniversary!

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



Community and Commune

By Rev. Richard Lamb



“Community” is described as those living in a town or district of a city. Residents are employed in many fields to make a living. But when at home, they commune with each other as neighbor to neighbor.

But there are many other kinds of community: schools, churches, businesses, to name a few.

“Commune” is to make contact with another person, either verbally or written. It is to share with another person – facts, information, feelings, hopes, dreams – even a good joke! Communing is essential for a vibrant community.

We here at Edgewood Summit are a community. We come from different places, different families, and are in different stages of aging. We’re here to support one another, befriend each other, and to enjoy, not only other residents, but with the “powers that be” in the offices, AND those who clean our apartment, keep the refrigerator running, cook our meals and bring them to us in the dining room or to our apartment.

Thank God for our communities!

Happy September Birthdays!

Roy Gooding	5	Hazel Arnold	18
Ronald Eisinger	5	Susan Manchester	18
Ann Folzenlogen	11	Lorella Boggess	29
Marietta Fenton	12		
Beverly Persinger	13		
Sandra Wilkerson	14		
Bernard Webb	15		
Ken Gosnell	17		
Tanya Law	17		



FAMOUS BIRTHDAYS

In astrology, those born from September 1–22 are Virgo's virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail. Those born from September 23–30 balance the scales of Libra. Libras strive for equilibrium and symmetry and flourish in harmonious partnerships. Libras often surround themselves with tasteful art objects and designs that create balanced environments.

Salma Hayek (actress) – September 2, 1966

Beyoncé (singer) – September 4, 1981

Idris Elba (actor) – September 6, 1972

Misty Copeland (dancer) – September 10, 1982

Tyler Perry (producer) – September 13, 1969

B. B. King (musician) – September 16, 1925

Dorothy Vaughan (mathematician) – September 20, 1910

Bruce Springsteen (singer) – September 23, 1949

Jack LaLanne (fitness guru) – September 26, 1914



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 11-17, The Ridgemont will (host/sponsor) a series of Broadway Musical events developed as a special opportunity to bring together residents, families, employees, volunteers and the surrounding community to celebrate “Broadway Musical Week.”

“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 themed around Broadway. such as: Broadway Music Trivia, Family Night with Broadway Favorites with Frank Sinatra, Musical Bingo, and Broadway Favorites with Arlen Bishop.

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



Apple Butter Making Day



Wednesday
September 14, 2022
Apple Butter Making
Courtyard
ALL DAY

Apple Butter will be made all day in the North Courtyard. Just imagine the smell of fresh apple butter simmering over an open fire as you stroll through the Courtyard. The Lifestyle Department needs volunteers to help stir Apple Butter. If you would like to help, please call the Lifestyle Department at (304) 347-1955 or

(304) 347-1942. We hope to see you there. The Apple Butter then will be for sale in the Lifestyle office.

Wednesday
September 14, 2022
1:00 p.m.

Apple Pie & Ice-Cream Social
Multipurpose Room

Come join us for our
Apple Pie and Ice Cream Social!



Wednesday
September 14, 2022
Fall Festival Music with Dave Haas
2:00 p.m. - 3:30 p.m.
Multipurpose Room

Dave lives in Charleston, WV, and loves to perform and teach others how

to play the mountain dulcimer! He has been playing the dulcimer since 1990, and loves to share the mountain dulcimer and its history with schools, churches, and civic organizations. He has even brought dulcimer music to those in prison! Dave is a popular dulcimer instructor, and has performed in 16 states. Dave also plays the guitar, sings, and leads music on Christian retreat experiences such as Kairos Prison Ministry, The Walk To Emmaus, Cursillo, and Teens Encounter Christ. Dave has released four dulcimer CDs, seven dulcimer instruction/CD workbooks, and a popular dulcimer chord chart.



Lincoln County Cloggers

Lincoln County Cloggers

September 15, 2022 at 2:00 p.m.
Multipurpose Room

Join the Lincoln County Cloggers, an Appalachian folk dance group, located in Lincoln County, as they provide residents with a fall performance of lively dancing.



Martin Luther King Jr. Male Chorus

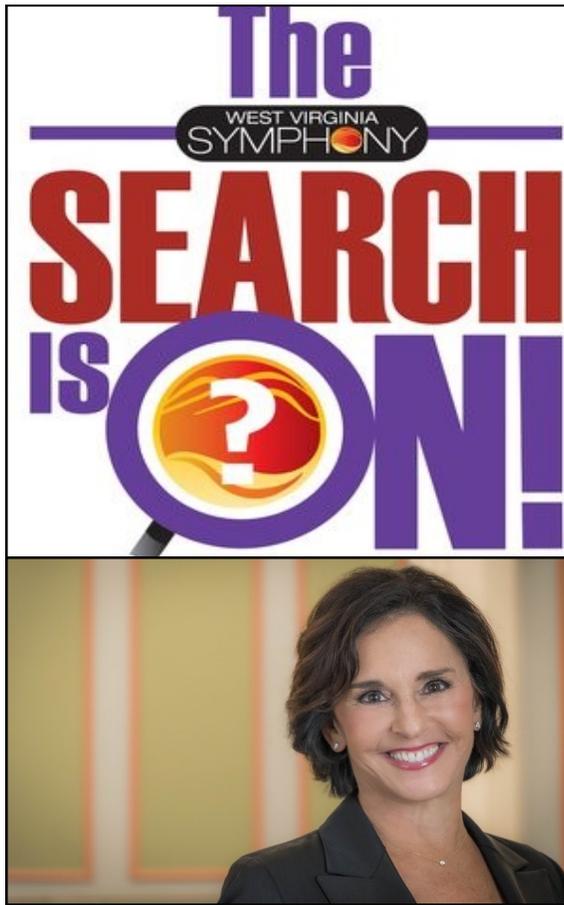
Martin Luther King Jr. Male Chorus

September 15, 2022 at 7:30 p.m.
IL Dining Room

Founded in 1996 and directed by Marshall Murray and Harry Stewart. This group of (44) forty-four men, both clergy and lay leaders, are from twenty-six denominationally diverse congregations from Hurricane to Oak Hill. They sing both contemporary and traditional African-American gospel music that they share with diverse audiences throughout the State of West Virginia and the Mid-Atlantic region of the country.



WV Symphony “Meet the Candidate”



“Meet Janna Hymes”

Thursday, September 15, 2022 at 3:00 p.m.
Multipurpose Room

Versatility, passion and innovation are the hallmarks of American conductor Janna Hymes. Renowned for her inspiring performances, musical depth and energetic presence both on and off the podium, she has developed a reputation as an exciting, detailed communicator. Praised by the press as “an architect, a builder in sound, a conductor with an overall view who never misses details”, Ms. Hymes has been Artistic Director of Indiana’s Carmel Symphony Orchestra

since fall 2017.

Ms. Hymes was born in New York City where her parents worked in the entertainment field. Her father worked until his recent passing at age 96, as Lighting Consultant to SNL, the Tonight Show and the Seth Myers show. He won Emmys in 1965 and 53 years later in 2018. Ms. Hymes’ mother was a Broadway Associate Producer who won a Tony in 1977 for Porgy and Bess. Ms. Hymes was given the gift of attending many productions during her early years, sparking a great interest. She started playing the piano at age 8 and later in high school, the cello.

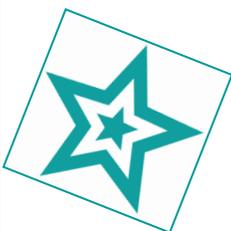
As a student at the High School of Music and Art, Ms. Hymes was in orchestra rehearsal one day when the conductor was late. She jumped onto the podium to conduct Beethoven Symphony No 1, until the conductor arrived, and never looked back. Ms. Hymes, a Fulbright Scholar and prize winner at International Competitions has conducted many orchestras in the United States as well as France, Costa Rica, Mexico and Holland.

Invite a friend and come out and meet the WV Symphony candidates. Check your calendars for future dates and times.

Join Us For A Birthday Celebration



**Ken Gosnell's
105th
Birthday**
Saturday,
September 17, 2022
2:00 p.m. - 5:00 p.m.
Multipurpose Room



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



Teresa Campbell – 2213

Pete Casto 3212

Kay Davis – 2211

Tom Damewood 3211

welcome

Janet Roush 3107

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.

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

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.



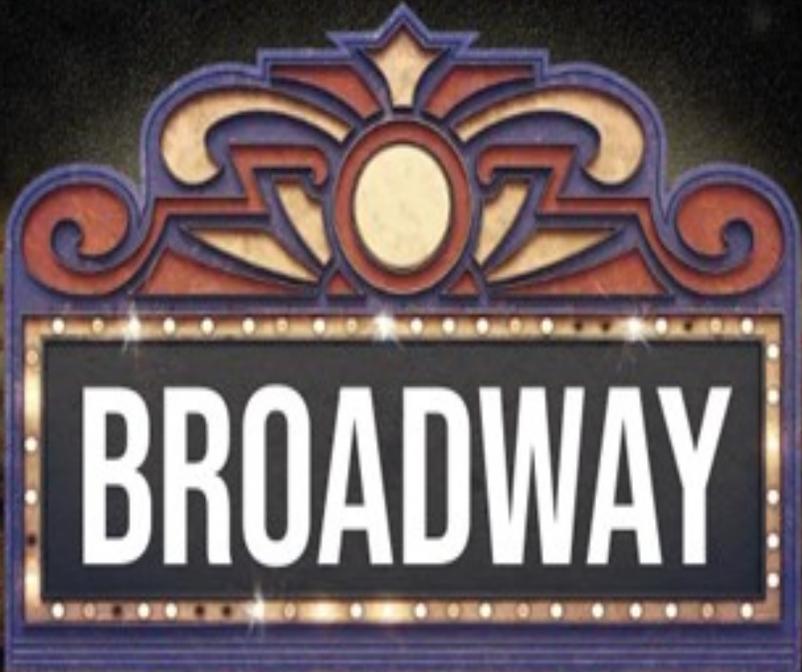


Arthur B. Hodges News

Providing Skilled Nursing and Memory Support Services

***Celebrating
National Assisted
Living Week
September 11-17***

FRIENDS & FAMILY DINNER PARTY



A MUSICAL REVUE

STARRING
LEE DEAN

THURSDAY, SEPTEMBER 15TH

SHOW TIME: 5:00PM - 6:00PM

ARTHUR B. HODGES CENTER

RSVP BY SEPTEMBER 13TH BY CALLING 304 720 2758

National Assisted Living Week is a time to encourage residents to live life to the fullest, to build comradery and enthusiasm throughout the Community. Whether it's residents trying out new things, or staff exploring innovative ways to improve Community living, you can bet it will always bring fun and laughter to the Community.

This year we invite you to take a journey with us to **BROADWAY!** We will explore a full week of Broadway related activities and enjoys some of the greatest Broadway hits. Mark your calendar for these special events!



Charleston Metro Band



Thursday, September 29, 2022

7:15 “Music & Smores” Outdoor Concert w/Metro Band

Front Parking Lot by the Gazebo

Come out listen to some of your favorite songs with Charleston’s favorite metro band and enjoy a smore!

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 Ridgemoor or Arthur B. Hodges Center. Thank you.

Resident Signature (optional) _____ Date _____