



**Celebrating
January**

Get Organized Month

**International Creativity
Month**

**Volunteer Blood Donor
Month**

First Foot Day
January 1

Trivia Day
January 4

Bobblehead Day
January 7

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

**Martin Luther King Jr.
Day**
January 18

Compliment Day
January 24

Kazoo Day
January 28

Sundance Film Festival
January 28–February 3

**Inspire Your Heart
with Art Day**
January 31

News & Views

January 2021

Executive View

Finally, the year 2020 is now behind us and with COVID vaccinations being distributed each week to the priority groups and then the general public, we are encouraged about the outlook for this new year. Looking back on 2020, it was a year of uncertainty which has seldom been seen. I think of the myriad of challenges, obstacles, unknowns and frustrations which we encountered during 2020 and am thankful for the perseverance, the commitment, the self-sacrifices, the faith and ingenuity. It was a memorable and remarkable year but I am glad to move forward.

Let's move into the New Year with hope and optimism and the willingness to continue to work towards making things better in every way possible. It may take several months before we have the ability to stop thinking about Pandemic precautions and COVID testing and vaccines, but we will look back someday in the near future and be grateful for all we did to help one another.

Take care, stay safe and Happy New Year!

Diane Gouhin
Executive Director



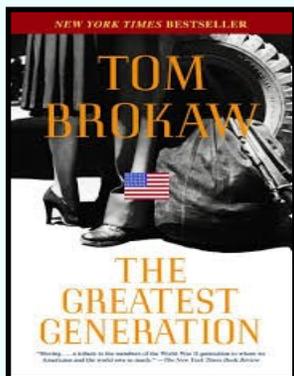
Special Thank You!

A Special Thank You to all who participated in the canned food drive this year for Union Mission. Edgewood Summit collected items the whole month of November. Congratulations to A-Wing, 3rd floor for collecting the most items. A party will be held on January 12th at 11:30 a.m. on their floor.



Thank you!

The Greatest Generation



It was the journalist Tom Brokaw who coined the phrase “The Greatest Generation” as a tribute to those born in 1924 and earlier. This generation faced more than its fair share of hardship, coming of age during the Great Depression and fighting the evils of World War II. There are still many lessons to be learned from this generation, and if we listen carefully enough, we might even learn that any generation can be called the “greatest.”

The Greatest Generation has also been called the G.I. Generation by historians, due to the fact that 16 million Americans served in the military during World War II. This shared trial created what has been called a “collective ethos,” a united mindset that grew out of the rally against the oppressive tyranny of the Nazis in defense of freedom. America was a small country reeling from the Great Depression. The United

States Army was smaller than that of Portugal. The Great Depression had also decimated government coffers, making it difficult to find money to support the military. But thanks to a never-say-die, can-do attitude forged in the hardships of the Great Depression, Americans went to work and by 1945 had built a massive army capable of fighting the Pacific, Asia, Europe, and in the Mediterranean, as well as a civilian workforce to support it. Surely there were defeats and missteps in battle, but the Greatest Generation never did cast blame or look for a scapegoat. They instead forged ahead to the next challenge. Perseverance, bravery, and mutual respect would become their generational hallmarks.

Lessons learned during the war were put to use in postwar America. There was little room for patience or endless hemming and hawing on the battlefield. So, too, in the boardroom, in laboratories, and in politics. The most vicious policy fights on the floor of Congress gave way to mutual respect when the day was done. An entire generation had struggled together, fought together, and sacrificed together. This common experience united the Greatest Generation in bonds that could not be broken.

Fleece Snowflake Scarf

Make Your Own Scarf

Thursday, January 14, 2021 at 1:00 p.m.

Multipurpose Room

You will love bundling up for winter weather in this pretty snowflake design scarf. It's the perfect craft project for the Winter season! Fleece fringe is pre-cut. Just call the Lifestyle Department to sign up (304) 347-1955 or (304) 347-1942.



Snow Angel



W. A. BENTLEY PHOTOGRAPHING SNOW CRYSTALS

Wilson Bentley was a young farmer in Vermont when he snapped the first photograph of a snowflake on January 15, 1885. He was not a scientist or photographer, but after his parents gave him a microscope at age 15, he became fascinated with the natural world. Taking photographs of snowflakes was not easy.

After all, their crystals melt at the slightest hint of warmth. Bentley had to invent his own equipment, rigging together a microscope and camera, to capture his ephemeral subjects. He would stand in the cold for hours, waiting for the perfect flake and then transfer it under the lens using a feather as a tool. Until his death in 1931, Bentley photographed 5,000 different snowflakes and was the first to argue that no two snowflakes were alike. Some scientists attempted to replicate Bentley's work to no avail. They even accused him of fraud. But Bentley's images were more than scientific research; they were artistic masterpieces, secret glimpses into nature's wonderful geometry, and they fascinated the public. Bentley died doing what he loved, struck down by pneumonia he contracted after working in blizzard conditions near his family farm.

WE WANT TO CONNECT WITH YOU!

During this time when social distancing remains crucial for the health and safety of ourselves and others, residents at Edgewood Summit are taking a digital approach to connecting with family and friends. We want to help. If you would like to Facetime, Google Duo, ZOOM, or Skype a loved one, please contact the Lifestyle department at (304) 347-1955 or (304) 347-1942 to schedule a time and day between the hours of 9:00 a.m.-4:00 p.m.





Genesis Rehab Services News

Defining Occupational Therapy



Occupational therapy focuses on the occupation or activities of daily living. It's an evidence-based practice that is deeply rooted in science. Occupational therapists (or OTs, for short) and certified occupational therapy assistants (COTAs, for short) help people across the lifespan to do the things they want and need to do through a variety of therapeutic interventions. They enable people of all ages to live life to its fullest by helping promote health, prevent injury, and live a better quality of life following an injury or illness.

An occupational therapist creates a holistic perspective of each client, including an individualized evaluation, cus-

tomized intervention plan, and specific plan of care. The focus may be adapting the environment and/or task to fit the person, finding a new way to participate in a favorite activity, or providing appropriate manual therapy techniques to increase function.

OTs and COTAs are very well suited to the retirement community population thanks to their skillset in adapting activities of leisure to meet the needs of an aging client as well. Those of us who still want to enjoy leisure pursuits can become frustrated when our bodies won't quite keep up anymore. Lucky for us, we have a team of skilled OTs and COTAs on site at Edgewood Summit and Arthur B. Hodges Center via Genesis Rehab Services.

Ask your doctor for a prescription for occupational therapy if this sounds like you. Contact Genesis Rehab at Edgewood Summit or stop by the fitness center if you aren't sure if a consult to occupational therapy is right for you.

Jessica Eastridge, PT, DPT
 Director of Rehab, Genesis Rehab Services

Source: AOTA.org



NOVEMBER

Total therapy at ABH= 83 hours
 Served 8 patients over the month of
 November
 PT= 29 hours
 OT= 27 hours
 SLP= 27 hours

Total therapy at EWS= 154.5 hours
 Served 26 patients over the month
 of November
 PT= 66.5 hours
 OT= 46 hours
 SLP= 42 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](tel:304.345.0867).



Labeling for Read Aloud



One way Edgewood Summit gives back to the Community is labeling magazines for a non-profit organization called Read Aloud. Each month, residents of Edgewood Summit put labels on an average 4,550 magazines that go throughout the state to various schools to help children learn to read.

Initially established in 1986 by a group of concerned parents in one county (Kanawha), Read Aloud was incorporated as a 501(C)(3) non-profit in 1987. The original group of volunteers developed programs designed to stimulate student interest in books and reading.

If you are a resident who might be interested in Labeling for Read Aloud please call the Lifestyle Department before Tuesday, January 14th to join a small group at (304) 347-1955 or (304) 347-1942.

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



- ◆ Charlie & Anna Lee Dawkins 1115
- ◆ Carolyn Sturgeon 2114
- ◆ Sush Dakvasa 1301
- ◆ Bill Crockett 1111



- ◆ Juanita Boggs 103
- ◆ Dick Sutherland 211

welcome

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 a lot or space at your request.
- A great opportunity for you to ask questions regarding safety in your apartments.

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

Craft Class Paint Your Own Wine Bottle



Paint Your Wine Bottle

Thursday, January 21, 2021 at 1:00 p.m.
Multipurpose Room

Choose between three patterns (Blue Daisey's, Mountain Scene or Sunflower) for your project. Each craft kit is provided by Alto Design and will include a wine bottle, step by step instructions, 4x6 copy of completed craft, pallet, brushes, paints, apron, paper towel and water cup. Call the Lifestyle department to sign up at (304) 347-1955 or (304) 347-1942.

Is it a Cold or the Flu?

Cindy Crihfield, Ridgemont Nursing Director, RN

COLD SYMPTOMS		FLU SYMPTOMS
Low or no fever		High fever
Stuffy, runny nose		Clear Nose
Mild Cough		Severe Cough
Occasional Headache		Constant Headache
Sneezing		Occasional Sneezing
Sore Throat		Occasional sore throat
Normal energy level		Extreme Exhaustion
Mild Fatigue		Several weeks of fatigue

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	Flu
<ul style="list-style-type: none"> ○ Relieve symptoms with over-the-counter medications ○ Congestion, cough, and nasal discharge may be treated with a: <ul style="list-style-type: none"> *Decongestant *Antihistamine ○ Combination of the two <ul style="list-style-type: none"> *Cough medications *Adequate fluid intake ○ Eight glasses of water or juice per day ○ Use tissues and wash your hands frequently 	<ul style="list-style-type: none"> ○ Antiviral medications may be given by doctor within 2 days of flu symptoms 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	Karen Vincent	30
Freda Perrine	6		
Mary Starcher	10		
Keller Hall	11		
Chet Dodd	12		
Lee Santiago	13		
Bogdan Gumowski	16		
Franklin Law	20		
Martha Wilcox	22		
Virginia Ferguson	26		
Bill Dawson	27		
Margaret Tully	29		
Sue McClung	30		



FAMOUS BIRTHDAYS

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are responsible masters of self-control and considered some of the hardest workers in the zodiac. They are practical planners and leaders who value experience and expertise. Those born from January 20–31 are the Water Bearers of Aquarius. These deep-thinking intellectuals have big and original dreams. The world is full of possibilities, and Aquarians seek freedom in order to reach their greatest potential.

Betsy Ross (upholsterer) – January 1, 1752
 Diane Keaton (actress) – January 5, 1946
 Zora Neale Hurston (writer) – January 7, 1891
 Elvis Presley (musician) – January 8, 1935
 Max Roach (drummer) – January 10, 1924
 Martin Luther King Jr. (minister) – January 15, 1929
 Michelle Obama (first lady) – January 17, 1964
 Etta James (singer) – January 25, 1938
 Oprah Winfrey (TV host) – January 29, 1954
 Jackie Robinson (ballplayer) – January 31, 1919



January is the first month of the year in the Julian and Gregorian calendars. The month did not exist until around 713 BC, when it was added to the original Roman calendar along with February. January is named after Janus, the god of gateways and beginnings, who is typically depicted as a two-headed man looking forward and backward simultaneously. This is a fitting image for the first month of the year—remembering the past while also looking to the future.

HAPPY BIRTHDAY

CEREAL DRIVE FOR MANNA MEAL



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

Join with your Edgewood Summit Neighbors as we help Manna Meal feed hungry people one cereal box at a time!!

Throughout 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 Meal. Your efforts will make a big difference helping feed those less fortunate in our community.

The benefits of donating cereal:

- Little to no preparation needed
- Whole grain high fiber cereal keeps kids feeling fuller longer
- Can feed several people at once



NIGHT LIGHTS BY RICHARD C. LAMB

Driving home at night, headlights are helpful – no, they are necessary. And on that dark night, to see a light on home's porch is so welcoming.



God has given us sun, moon and stars so that we will always have His light. And we embrace thoughtfulness and kindness of others. They illuminate a lot. It gives meaning to the question, "Am I my brother's or sister's keeper?"

This God, who provided lights for day and night, also gave the real light through the life, death and resurrection of His Son, Jesus Christ. And Jesus said of himself, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." (John 8:12)

The new year should bring new understanding of our importance to others. We need the light that God has provided to show our way. Let God always be your guide.

FUN FACTS ABOUT JANUARY



Animal of the Month – Rabbit

Rabbits are small mammals that can be found on every continent except Antarctica. There are over 300 breeds of domesticated rabbits, which are used throughout the world as food, clothing, and pets. They belong to the order Lagomorpha. Contrary to popular wisdom, rabbits are not rodents. Instead, they diverged from their rodent relatives early on and developed unique traits, such as two extra incisors. Rabbits are social animals that live in burrows. The males are called bucks and the females are does. The European rabbit was first domesticated in the Middle Ages and has been bred as livestock ever since. Angola rabbits are renowned for their silky fur that's weaved into yarn. Rabbits have four to 12 kits in each litter and a gestation period of about a month. Like many prey animals, rabbits often sleep with their eyes open.

Flower-Carnation

This month's flower is as rich in history and significance as it is diverse—and with around 300 species, that's saying something! Its genus, *Dianthus*, means “flower of the gods.” The flower was a favorite



among early Romans, who made them into celebratory wreaths. According to legend, these pretty petals first grew from the patches of earth where Mary's tears fell after Christ's crucifixion. Carnations have come to represent a mother's love and were used in the first Mother's Day celebration in 1908.

Birthstone— Garnet

The birthstone for the month of January is the garnet. This gem is a symbol of friendship, protection, and truth, and also denotes the second wedding anniversary.



The name garnet comes from the Latin word *granatum* (which means “pomegranate”), as the stone resembles the rich red color and form of this fruit. Garnets come in a variety of colors, including green, clear, and even black. Green garnets are very rare and thus are the most highly prized. Use any color of this stone in January to celebrate your favorite January birth or anniversary.

Putting a Stamp on January

A Canadian Bluenose might sound like someone who's been out in the cold for too long, but it's actually the name of a stamp issued in Canada on January 8, 1929. It features an image of the Canadian schooner Bluenose, a celebrated racing ship, fishing vessel, and iconic symbol of Nova Scotia. The beautiful stamp is considered one of the most magnificent ever made and is worth a few hundred dollars.

ONE DAY UNIVERSITY CLASSES



One Day University offers live online talks weekdays at 4:00 p.m. providing fascinating one-hour-talk presented by one of 300 of the country's most remarkable professors from 150 different schools. Step away from the day-today and immerse yourself in History, The Arts, Psychology, Culture and more.

Live Classes

Monday, January 4, 2021

4:00 The Supreme Court from Powerless to Polarizing

Multipurpose Room

In this class we will discuss the Court's unexpected rise to prominence and the implications of its now cemented reputation as the "brass ring" in partisan conflict. We briefly return to the Court's founding—identifying early moments when the Court established its own power. We, then, pivot to the Court's role in paralyzing reform efforts during slavery, Reconstruction and the Great Depression. Our discussion will move to both the golden age of the civil rights era and the Court's slow but now cemented return to judicial and ideological conservatism. We will interrogate the Court's increasing prominence in elections—both as subject and decision-maker—and will explore how changes to the Court—the deaths of Antonin Scalia and Ruth Bader Ginsburg, Justice Kennedy's retirement—have become both doctrinally and politically defining moments for the Court and for public policy. Throughout this review we will return to a key question on many of our minds: what do these changes mean for our future?

Monday, January 11, 2021

4:00 The National Parks in American History Vistas Democracy

Multipurpose Room

In this class, Professor Newman will focus on several National Parks that offer particularly compelling vistas on American democracy. While Yellowstone (in Idaho, Montana, and Wyoming) and Yosemite (in Northern California) offer iconic natural landscapes that have left generations of visitors in awe, they also have raised critical questions about land use, environmental sustainability, and the displacement of indigenous people in American history. On the other side of the country, Seneca Falls Women's Rights National Historical Park (in New York State) and Martin Luther King, Jr., National Historical Park (in Atlanta, Georgia) illuminate the many links between American landscapes and the struggle for equal rights in the United States. Like the 422 other units in the National Park System, each of these places tells a powerful story about American democracy.

Monday, January 18, 2021

4:00 Martin Luther King A Legacy Revisited

Multipurpose Room

In this course, Professor Peniel E. Joseph will examine the parts of King's political legacy that we too often forget as a nation. King's unwavering commitment to non-violence as a political strategy obscures the revolutionary nature of his resistance to racial segregation, war, violence, and poverty. King's political thought and activism reverberates now more than ever, in the age of racial division. This lecture allows us to better understand King's search for the "Beloved Community" in the 1960s and in our own age, as well.

Tuesday, January 19, 2021

4:00 The Biden Presidency What to Expect in the first 100 days

Multipurpose Room

Drawing on historical lessons from prior presidential transitions and a close analysis of Biden's team, this lecture will analyze the likely policies and actions of the new administration in its first 100 days, and beyond. The lecture will address expected health, economic, civil rights, military, and diplomatic actions in early 2021, and the probable effects. The lecture will examine how the continuation of the COVID crisis, partisanship, and foreign rivalries will influence Biden's start. We will prepare for how the new president will change the country, and how his opponents will push back. From its first days, Joe Biden's presidency will re-shape American democracy.

Thursday, January 21, 2021

4:00 Broadway Close Up: Stephen Schwartz from Godspell to Wicked

Multipurpose Room

Composer Stephen Schwartz has given us the music for the shows *The Magic Show*, *Working*, *Rags* and *The Baker's Wife* – as well as his three smash hits: *Pippin*, *Godspell* and *Wicked*. All his work will be celebrated in this fascinating new class produced in conjunction with the Kaufman Music Center's Broadway Close Up series. In addition to Sean Hartley, two other performers will be featured: Nikki Renée Daniels and Gabrielle Stravelli. In addition to his theater credits, Schwartz has composed songs for Disney's *Pocahontas* and *The Hunchback of Notre Dame*. Songs in this presentation include: "Meadowlark," "Magic to Do," "Day by Day," "Popular," "Colors of the Wind," and "For Good."

Monday, January 25, 2021

4:00 The Cold War What We Know Now That We Didn't Know Then

Multipurpose Room

The Cold War arms race transformed the Earth. It brought technologies, weaponry, people, air bases, missiles, and detonations to places once

invisible, inhospitable, irrelevant, and unknown – including tropical paradises, frozen landscapes, deserts, islands, and to airless, cold places in space and the upper atmosphere and under the sea. These were sites of engineering and scientific feats of astonishing scale and cost, including missile silos in Greenland's moving ice, massive bunkers underground, and ambitious new satellites that circled in space and took surveillance photographs even of the most inaccessible landscapes of the USSR.

Pre-recorded Class

Thursday, January 7, 2021

2:00 The Five Most Powerful People in the World

Colonial Room

This lecture answers the question of who the most powerful people in the world are by examining how we think about power and influence in international politics. We will consider traditional answers based on military might and examine how globalization, technology, ideology, and economic interdependence are changing the ways we should think about power and influence.

After engaging in an analysis of power and influence in today's world, we will consider 5 particular individuals—some expected, others perhaps unexpected or even unknown—who are calling the shots in global affairs today. The lecture concludes with a detailed look at what their influence means for our global future.

Call the Lifestyle department to sign up for one of these great classes at (304) 347-1955 or (304) 347-1942.



Edgewood Summit will be offering a variety of OLLI Zoom Classes in January. Please check your small group calendar for dates and complete the monthly sign up sheet. Classes will be held as a small group in the multipurpose room unless unable to meet. We must limit ten people per class.

Special Places in WV: Potomac Highlands

Ed Johnson

Wednesday, Jan. 27 - Mar. 3 - 3:00 - 4:50 p.m.
Mutipurpose Room

West Virginia Department of Environmental Protection personnel will share the crucial knowledge about wetlands they use day to day. Join them for three sessions that address the biodiversity and chemistry of wetlands as well as their place in our society, history, and laws. Learn how wetlands improve water quality by capturing sediment, removing pollutants, and cycling nutrients through their productive ecosystems; how they slow floodwaters, reduce flood peaks, and help protect downstream communities; provide recreational opportunities such as hunting, fishing, canoeing, photography, and wildlife observation; and are home to many migratory birds, amphibians, insects, fish, and mammals.

The Impact of Railroads on War

Kenton Colvin Thursdays, Jan. 28 - Feb. 18 10:00 - 11:50 a.m. Multipurpose Room

This course explores the impact that railroads had on the outcome of wars in the U.S., Europe, Korea, and Vietnam, including WW I, WW II, the Korean War, and the Vietnam War. We will experience the thrill and danger of military railroading as you are transported to the front lines by rail in France, Italy, Germany, Belgium, Vietnam, and Korea. The combat strategies, railroad construction, hospital trains, railway artillery, and much more will be covered.

Lunch and Lights: Disney Night Parades

Ed Johnson Thursdays, Jan. 28 - Mar. 4
12:30 - 1:30 p.m.

Colonial Room

Each session will explore one of the night parades from the 12 Disney theme parks worldwide. Included are the Electrical Water Pageant, Main Street Electrical Parade, SpectroMagic, Paint the Night, Fantillusion, and DreamLights. Short overviews of the parks, some backstage looks, and the evolution of the technology used in the presentations will also be included, but the main event will be a video of the parade itself. This is an encore of the spring 2020 Lunch and Lights, Floats and Fireworks class.

The Elegant and Erotic Art of Aubrey Beardsley

Melora Cann Friday, Jan. 29, 10:00 - 11:50 a.m.

Colonial Room

Aubrey Beardsley (1872-1898) “shocked and delighted late-Victorian London with his sinuous black and white drawings. He explored the erotic and the elegant, the humorous and grotesque, winning admirers around the world with his distinctive style. Spanning seven short years, Beardsley’s intense and prolific career as a draughtsman and illustrator was cut short by his untimely death from tuberculosis at the age of 25. Beardsley’s charismatic persona played a part in the phenomenon that he and his art generated...” [Tate Gallery, London, regarding a recent exhibition on Beardsley]. This class will explore the life, times, and art of Aubrey Beardsley.

Learn Something New Today! Call the Lifestyle department to sign up at (304) 347-1955 or (304) 347-1942.





Arthur B. Hodges Center News

2021
happy new year

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 celebration 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 2021!

New Year Quote

"Hope Smiles from the threshold of the year to come, Whispering 'it will be happier'..."

— Alfred Lord Tennyson

RESOLUTION HUMOR

The January Diet Resolution

'Twas the month after Christmas and all through the house, Nothing would fit me, not even a blouse. The cookies I'd nibbled, the eggnog I'd taste At the holiday parties had gone to my waist.

When I got on the scales, there arose such a number! When I walked to the store (less a walk than a lumber), I'd remember the marvelous meals I'd prepared: The gravies and sauces and beef nicely rared. The wine and the rum balls, the bread and the cheese, And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt, And prepared once again to battle with dirt, I said to myself, as only I can, "You can't spend a winter disguised as a man!"

So, away with the last of the sour cream dip. Get rid of the fruitcake, every cracker and chip. Every last bit of food that I like must be banished, 'Til all the additional ounces have vanished.

I won't have a cookie—not even a lick. I'll only just chew on a long celery stick. I won't have hot biscuits, or cornbread, or pie, I'll munch on a carrot and quietly cry.

I'm hungry, I'm grouchy, can't fit through the door, But isn't that what January is for? Unable to giggle, no longer a riot. Happy New Year to all and to all a good diet!

~ Author Unknown

Door Decorating Contest Winners

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

Door Decorating Contest Winners

1105 Tanya Law
 1215 Martha Hacala
 1303 Evelyn Borio
 2107 Ruth Diller
 2209 Phyllis Osenton
 4108 Joan Steven

Our judges were impressed with A-Wing 3rd floor. This floor was the most decorated and had the most participation. A-wing 3rd floor were are all winners!

Residents will receive pizza for lunch on January 14, 2020 @ 11:30 a.m. in their apartment to celebrate their win!



Happy Anniversary!



Dick & Barbara Nolan
 January 3, 1953



Transportation Report-Greg Faber, Director of Environmental Services

In November Transportation logged 900 miles on the shuttles and 500 miles on the car. They transported 92 residents one way.



Generation Charleston: Holiday Drive-Through Parade



Tell Us More

Please tell Edgewood Summit's team what is on your mind. Use the space below to ask a question, share a comment, make a suggestion or identify a topic that needs more attention. Your signature is optional but helpful if we need to ask a follow-up question or get back to you personally. Submit this section to the Receptionist in either Independent Living, The Ridgemont or Arthur B. Hodges Center. Thank you.

Resident Signature (optional) _____ Date _____