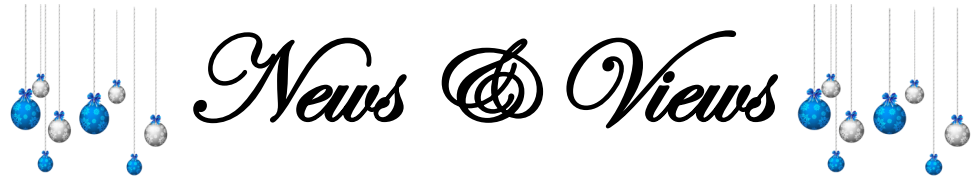




Edgewood Summit



Executive View

Celebrating December



**Safe Toys and Gifts
Month**

National Tie Month

**Computer Science
Education Week**
December 9–15

Eat a Red Apple Day
December 1

Sacher Torte Day
December 5

**Pearl Harbor
Remembrance Day**
December 7

Weary Willie Day
December 9

Cocoa Day
December 13

Cat Herders Day
December 15

Eggnog Day
December 24

Christmas Day
December 25

The holiday season is upon us once again and Edgewood Summit is decorated in its splendor for a fun-filled month. December is always full of special events, invitations to holiday parties and lots of good friends and food. The activity calendar will list a lot of special events for the month and then there will be a few spontaneous things that will pop up throughout the month so be sure to check the in-house Channel 96 daily for any changes or breaking news.

This column of the Executive View for Edgewood Summit will be my last as the Executive Director as my retirement will begin December 31st. I want to thank each of you for your support, encouragement, friendship, and belief in me. I could not have any degree of success without our team of dedicated Employees. To each Employee both past and present, I want you to know how much I appreciated working with you and will never forget all we accomplished together. To our Residents, you have inspired me and taught me about what is tremendously important in life. After all, when our time comes at the end of our life's book, we aren't wishing for more work accomplishments, but more time to enjoy life and those we love and hold dear. So I am off to my next chapter in my life's book or as one Resident recently relayed, "you may be starting a new book."

I am wishing nothing but the best for Edgewood Summit and all of you now and always.

Enjoy the magic of the season and have a peaceful and joyful holiday.

Take care and thank you all.

All my best,

Diane Gouhin
Executive Director



Happy HOLIDAYS

Welcome to a fun-filled and festive month! December is often a time of reflection, togetherness, and celebrating life's simple joys. It's a season for kindness, sharing stories, and finding comfort in each other's company.

More than anything, December reminds us of the warmth of human connection and the beauty of giving from the heart.

Let this Holiday season serve as a reminder that the true magic lies in the love, care, and generosity we extend to one another each day.

Wishing you a joyful close to the year!

Warm Regards,

The Lifestyle Team

Fire Safety Reminder

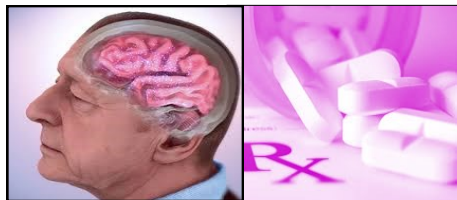
We are reminding everyone regarding decorations and the holiday season. Please remember to practice good, safe fire prevention in your day-to-day events. All lighting used for decorating should be UL approved and in good condition. Extension cords should never be placed underneath an area rug. Fresh garlands and trees need watering on a regular basis. Remember to think about safety first during the holidays. Thank you.





Join us for our 16th Annual Santa's Workshop & Holiday Open House! Edgewood Summit's Annual Santa's Workshop is the place to find one-of-kind treasures! Local vendors will be on hand to offer a wide assortment of gifts and crafts. Resident artists will display paintings to sell. The resident library committee will have books for sale. For more information please call Michelle Romine at (304) 347-1955.

Alzheimer's Medication Update



In 2021, the FDA approved aducanumab (brand name Aduhelm) for treating Alzheimer's disease. Many people suffering from Alzheimer's disease, their caregivers, and loved ones applauded the decision. Many people felt that any medication that could help with the devastation of Alzheimer's disease should be made available immediately because people with the disease have no time to wait.

One of the biological markers of Alzheimer's disease is the development of a protein called beta-amyloid in the brain. Strands of beta-amyloid appear to get tangled, and researchers think these brain tangles, or plaques, affect the brain's ability to make neural connections.

Biogen, the pharmaceutical company that developed Aduhelm, found that their medication reduced or slowed beta-amyloid growth. Aduhelm was never a cure for Alzheimer's disease, but some studies indicated that taking Aduhelm could slow the progression of disease symptoms. The effects were not

dramatic, but even a few weeks of extra time is valuable to someone with a disease that progresses rapidly.

Aduhelm is a medication given monthly via IV, and each dose is hundreds of dollars. Medicaid decided not to cover the extreme cost of Aduhelm for all patients, although some would be eligible. Besides the small body of research to prove its benefits, Aduhelm also has a wide range of potential side effects.

A panel of doctors and researchers consulted with the FDA while the agency considered approving Aduhelm. Out of 11 panel members, 10 recommended that the FDA deny approval to Aduhelm. The panel members pointed to tepid test results and inconsistencies in the testing methods.

Despite the many marks against Aduhelm, the FDA voted to fast-track the drug's approval. After the decision, three doctors on the panel resigned their chairs. Dr. Aaron Kesselheim, a professor at Harvard Medical School, spoke out against the decision, saying, "Accelerated Approval is not supposed to be the backup that you use when your clinical trial data are not good enough for regular approval."

Now, just three years after its approval, Biogen has discontinued Aduhelm. November 2024 was the last month people already taking Aduhelm could purchase a refill. The company has said it would prefer to use its resources to continue seeking effective Alzheimer's treatment and is ready to move on from Aduhelm in hopes of finding a drug that works better. Biogen has told consumers that Aduhelm is not dangerous or damaged, so they shouldn't be alarmed if they have been taking it.

The Alzheimer's Association recommends that people with questions about aducanumab and its

discontinuation talk to their healthcare provider or call the association's 24/7 hotline at 800-272-3900.



Building Safety



The holidays at Edgewood Summit bring more guests into the Community than at any other time of the year. Visitors are asked to sign into the building and sign out. Where possible, guests should be escorted by a Resident or member of the Staff. Strangers found wandering the building should be asked who they are visiting and if

they need help. Please report anything suspicious to the Receptionist and/or Security. We remind Residents to keep their apartment doors locked and to ensure any personal items left in hallways are not keepsakes or valuable. Missing items should be reported so that an investigation can be conducted. Remember building safety at all times but especially during the holidays.

Winter Health Tips for Seniors

Winter is just around the corner and as the temperatures drop, it can become more challenging to stay healthy and active. Seniors can be especially prone to the “winter blues,” so it’s more important than ever to be mindful of your habits and mood during the colder months. Exercise is a proven mood-booster, and eating healthy can help you feel strong enough to fight off those winter colds. Below are 5 easy ways to stay healthy during the winter months.

1. Keep Eating Healthy

During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are “out of season” during the winter, their prices can increase substantially. Take this opportunity to check out your store’s selection of frozen veggies, which often contain less sodium than their canned counterparts. Be sure to stock up on winter fruits and vegetables, like pomegranates, cranberries, citrus fruits, grapes, and root vegetables. It’s also important to eat to support your immune system; this includes taking

your vitamins (especially Vitamin C) and eating foods rich in zinc, such as fish, oysters, poultry, and eggs.

2. Exercise Outdoors, Smartly

If you’re able-bodied and have your doctor’s okay to exercise, don’t let colder weather keep you from enjoying your favorite outdoor activities. Be sure to dress in layers so that you can remove articles of clothing as needed, and be sure to wear a hat since the majority of your body heat escapes through your head. Don’t forget your sunscreen and sun glasses with UV protection, and protect yourself from windburn as well. Be smart about checking the weather forecast and wear the proper footwear for the season. If outdoor exercise isn’t your thing, remember we have a gym at Edgewood Summit across from the beauty salon. If you need assistance with learning how to use the equipment, please contact the therapy department at (304) 345-0867.





3. Let the Sunshine In

Sunshine, and the Vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it's just to walk the dog or check the mail. If it's particularly cold, open your blinds and spend some time sitting by the window. Don't underestimate the value of light and sunshine in helping your energy level and your overall winter attitude.

4. Keep in Touch

Seniors and caregivers often face an increasing sense of isolation; proactively fight the winter blues by keeping in touch with friends and family members during the colder months. Make appointments to meet for coffee, take a bundled-up walk, or set aside time for a longer phone call with friends on a regular basis. Take special care of others you know who are primarily homebound, and may be feeling lonely or in need of help running errands. Helping others is an excellent way to feel connected.



Vanilla Spice Egnog

(A diabetic-friendly recipe)

Ingredients:

- 1/2 cup liquid egg substitute (such as Egg Beaters)
- 1 cup unsweetened almond milk
- 2 tablespoons sugar-free vanilla pudding mix
- 1/4 teaspoon pumpkin pie spice • 1/4 teaspoon cinnamon
- 1/2 teaspoon imitation rum extract (optional)
- 3–4 packets granulated, sugar-free sweetener (such as Stevia)



Directions

1. Whisk all ingredients in a medium bowl until well combined.
2. Cover and chill until ready to serve. Makes 2 servings

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.

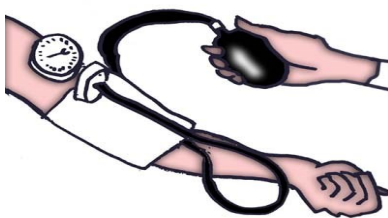


The audit will consist of:

- 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!

Blood Pressure Checks



Just a friendly reminder that blood pressure checks are offered the 3rd Thursday of each month at 11:00 a.m. in the Ridgemont Living Room.

Transportation Report—Greg Faber, Director of Environmental Services

In October Transportation logged 1650 miles on the shuttles and 700 miles on the car. They transported 353 residents one way.



Happy December Birthdays!

Virginia Rugeley	4
Donald Teter	6
Sally Knorr	10
Richard Nolan	10
Irene Papa	15
Nancy Morris	21
Arlen Bishop	24
Hilda Lilly	26
Vicki Broce	29
Edith Tuell	30



FAMOUS BIRTHDAYS

If you were born from December 1–21, you are a Sagittarius, the Archer. Archers are not only confident but also lucky, so they often find success. Their enthusiasm is infectious, so people often help them achieve their ambitious goals. Those born from December 22–31 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps.

Andy Williams – Dec. 3, 1927
 Mire Ben-Ari – Dec. 4, 1978
 Dave Brubeck – Dec. 6, 1920
 Buck Henry – Dec. 9, 1930
 Rita Moreno – Dec. 11, 1931
 Christopher Plummer – Dec. 13, 1929
 Betty Grable – Dec. 18, 1916
 Noel Coward – Dec. 16, 1899
 Branch Rickey – Dec. 20, 1881
 Lady Bird Johnson – Dec. 22, 1912
 Ava Gardner – Dec. 24, 1922
 Louis Chevrolet – Dec. 25, 1878
 Donna Summer – Dec. 31, 1948



Dreama & Joseph Pontier
 December 12, 1964

Ron & Karen Readshaw
 December 15, 1962

Keith & Mary Smith
 December 28, 1965

Ed & Gina Rugeley
 December 29, 1958



The Ugly Sweater Party

The Ugly Sweater Party

Tuesday, December 19, 2024

3:00 p.m.

Multipurpose Room

May all your "Sweaters be Ugly and Bright"!

Join us for an "Ugly Sweater"

Christmas Dance! Prizes will be awarded to
the best sweater!



The Ridgemont Friends & Family Night

Please join us on
Thursday, December 19, 2024

4:00-5:00 Pictures with Santa & Refreshments

5:00 p.m. Dinner

Please RSVP by Monday, December 16, 2024
at (304) 347-1942 Tanya Summers, Lifestyle Assistant Director

The White Elephant Party



Friday, December 20, 2024
2:00 p.m.
Multipurpose Room

What is a "White Elephant" gift?

- It is a gift you received in the past that is still in the box, in the back corner of your closet, and underneath a stack of clothes. Traditionally, a "White Elephant" is something lying around the house that you don't want (some horridly ugly item that someone gave you as a gift or some other item unwanted for some reason).
- If you actually liked everything your Uncle Fester has given you, then you can purchase something \$5 or less. It should be in new or good condition.
- You may have wondered what

you were going to do with this gift, since you didn't have the heart to throw it out. Now, you have finally found a purpose for this gift . . . give it to one of your fellow residents. Who knows, what is one person's junk is another person's treasure!

How can I participate?

- Each participant should bring a wrapped gift.
- Do not put your name on it; it is not a requirement that you fess up to the gift you bring.

How does the "White Elephant" gift exchange work?

1. Everyone puts the gift they brought under the Christmas tree.
2. Each person draws a number.
3. In order of the numbers drawn, each person chooses a gift.

Choose a gift from the wrapped ones and open it for all to see. Enjoy! Additional gifts will be provided to those who may forget their gift. Punch and other festive snacks will also be available.



Arthur B. Hodges Center News

December

SPECIAL EVENTS

**Holiday Harpist Repertoire with
Talented Aubrey Cale**
Saturday, December 7th~ 10:00AM

**Holiday Concert with John
Adams Choir**
Wednesday, December 11th~ 10:00AM

Holiday Pictures with Santa
Wednesday, December 11th~ 2:00PM

St. Albans Christmas Lights & Diehls
Thursday, December 4th
Meet in the Lobby at 3:45 PM

**Christmas Violin Performance with
the Jett Family**
Monday, December 16th~ 2:00PM

Concordia Recorder Quartet
Tuesday, December 17th~ 2:00PM

Christmas PJ Dinner & Movie Night
Thursday, December 19th ~4:00PM

**Holiday Performance with
Keith Ellison**
Monday, December 23rd~3:00PM

Check your daily event sheet for
additional activities times and locations.



Friends & Family Holiday Dinner Party

December 18, 2024

5:00PM -6:00PM

1st and 2nd Floor Dining

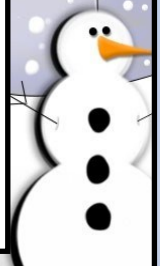
**For seating purposes
please RSVP by
Monday, December 16th by
calling (304) 720-2740
or stop by the receptionist
desk when visiting.**

Brrrrr!

It's freezing!!

JUST A REMINDER

**During the winter
months the activity
outings may be
cancelled due to frigid
temperatures or unsafe
road conditions.**





Arthur B. Hodges Center News



JOIN US FOR THE FRIENDS & FAMILY CHRISTMAS PANCAKE BREAKFAST

Wednesday,
December 25, 2024

Buffet Style Breakfast at
8:30 AM - 9:30 AM

RSVP by December 20th
by calling

(304) 720-2740 or
stop by the receptionist desk
when visiting.

WELCOME

2025

HAPPY NEW YEAR

**Happy New
Year!**

Time:
NOON

Location:
1st Floor

Entertainment by
Lee Dean



New Years Eve Events

Tuesday, December 31, 2024

3:00 –5:00 “Little Big Band Trio”

Multipurpose Room

The Little Big Band Trio will play a combination of holiday music, big band, and swing music.

9:00 –Midnight “Stolen Moments”

Multipurpose Room

This four piece band will set the mood for the evening. Join them as you dance into the evening with some of your favorite songs.

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


Edgewood
Summit


The
Ridgmont


The Arthur B.
Hodges Center

**Jerry & Margaret Ann
Bays - 4312**

Sue Price - 3117

Carrol Birch - 207

Sylvia Weber - 2307


WELCOME

Paul Skyles - 208

Jeanne Javins - 2106

Christmas Door Decorating Contest



The Lifestyle Department will offer a Holiday Door Decorating Contest. If you choose not to participate, you may still decorate your area how you wish. A form will be placed in your pigeon hole closer to the date of the contest. Please fill out the form if you plan to enter the contest.

Contest Rules

- Residents must decorate the door and

ledge area only.

- Your door must be decorated by the end of the day on Monday, December 16, 2024.
- No nails, glue or staples may be put into the door. (You may use push pins.)
- Door handles **MUST** remain visible and operational. Door decorations may not impede the usage of the door or pose a safety hazard. Create your own theme for the door.
- No electrical extension cords allowed.

Each floor will have only one winner. The winners will eat together at a special luncheon party scheduled for Thursday, January 9th in Private Dining.

Happy Decorating & Good Luck!

CAN FOOD DRIVE

Please donate what you can to help eliminate hunger in our community. All items will go to Union Mission. Edgewood Summit will be collecting cans and non-perishable food items through Tuesday, December 31, 2024. Each wing will have a container located on each the floor. The floor with the most items will receive a party.





Charleston's premier retirement community.

Thank you for once again recognizing The Ridgemont at Edgewood Summit as the Best Assisted Living facility in the Valley! We take great pride in our deep connection to the rich culture of Charleston, and it is our privilege to be Kanawha Valley's sole locally owned, not-for-profit continuing care retirement community. Edgewood Summit is proud to offer Independent Living, Assisted Living, Memory Care, and Skilled Nursing all on one campus.

(304) 346-2323

300 BAKER LANE, CHARLESTON, WV 25302
EDGEWOODSUMMIT.COM



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 _____