



Executive View

Celebrating July



Canada Day
July 1

**Air Conditioning
Appreciation Days**
July 3–31

Independence Day (U.S.)
July 4

Swimming Pool Day
July 11

Bastille Day (France)
July 14

**Muharram
(Islamic New Year)**
*Begins at sundown
on July 18*

Hammock Day
July 22

**World Nature
Conservation Day**
July 28

The dog days of summer have unfortunately arrived a bit earlier than usual with the month of June seeing some of the hottest temperatures with extreme heat blanketing the northeast. The months of July and August are traditionally some of West Virginia's hottest and driest ones. Thank goodness for air conditioning and our wonderful Maintenance Team for keeping the building cool.

Summer weather has Residents requesting lighter fare, a more casual atmosphere and convenience items in the Courtyard Café which we are happy to accommodate. Residents are also asking for more vegetarian entrees at dinner and we are seeing items on the menu with more to come.

The Lifestyles Team will keep all of us active and engaged with lots of activities throughout the summer months. We have new exercise class instructors starting, a new WVU OLLI series, and the Saturday Maker's Space Workshop. Lifestyles, Marketing and Dining are actively planning the 29th Anniversary Celebration set for Wednesday, July 17th. We are looking forward to a great afternoon with live entertainment and hors d'oeuvres.

Yes, Edgewood Summit continues to evolve and change as our Residents' needs and expectations change. Some think the changes are too fast and some too slow while others think any change is bad. I hope we can begin to think of change as something which can be favorable. Change can be a good thing. I like to think about changes in terms of music. To play or listen or sing

to music involves the continuous changing of musical notes, tempos, instruments, rhythm, intensity etc. If music only involved one note, and the same tempo, instrument, etc. then no change would occur. Imagine, if you will, how only one note would be played repeatedly, and our enjoyment of the music would be diminished. I think the same can be said for changes at Edgewood Summit and changes in life in general. Without any changes, life could be considered boring and your enjoyment of the world around us would never achieve its true potential for enjoyment.

So the next time someone tells you that something is changing, instead of a negative thought or perspective, think of your favorite song or melody or changing

season. Imagine change as something which can be good.

*Happy 29th Anniversary
Edgewood Summit!*

*Diane Gouhin
Executive Director*



Freedom Celebration with Arlen Bishop

Thursday, July 4, 2024

3:00-5:00

Multipurpose Room

Be entertained this afternoon with Independence Day celebration with the Dixieland band and Arlen Bishop. The band will play the best known and loved Dixieland, patriotic, and West Virginia music. Enjoy root beer float as the band plays!



Learn Something New This Summer



Osher Lifelong Learning Institute at WVU provides programs and educational opportunities designed for adults 50 and older. Free from the pressures of tests and grades, this is learning simply for the joy of it. Check out some of the summer program.

Summer Classes

Tuesday, July 23, 2024

1:00 – 3:00 p.m.

Boats on the Kanawha (Steve Holsclaw)

Throughout history, Kanawha River shipping has advanced local industries while coexisting with many forms of boating recreation. Three industries that exponentially grew due to bulk shipment on the Kanawha were salt, coal, and chemical. Transportation platforms on the river went from early rafts and flatboats to large wooden, cement, steel, and specialty barges. All manner of recreational and

pleasure boats are seasonally seen on the river. This presentation offers an expansive photo gallery of historic towboats, currently operated commercial boats, visiting excursion boats, privately owned sternwheelers, and many types of recreational crafts. A stunning visual experience awaits class attendees. Steven Holsclaw is a retired Petroleum Geologist after working 42 years in the oil and gas industry. He has pursued a lifelong interest in fossils, minerals and crystals and enjoys sharing that interest with like-minded individuals. Old World Wines

Thursday, August 1, 2024

10:00 a.m. – 12:00 p.m.

William Shakespeare for Fun and Profit (Bob Harrison)

William Shakespeare was not only a literary genius but a financial genius. This class demonstrates his levels of literary and financial expertise. Bob Harrison earned his PhD from American University in Washington D.C. Dr. Bob enjoys sharing his love of Shakespeare with OLLI members.



Monday, August 12, 2024

1:00 – 3:00 p.m.

12 Oils of the Bible (Jane Smith)

The Bible contains information which our ancestors might have used about oils and their importance. Each of the 12 oils has a particular importance and can be used to better our health and reduce our pain. All the oils have a fascinating and long history. Participants will experience some of the aromas. Jane Smith worked as a career counselor for over 35 years supporting individuals in career choices. She provided individuals and group counseling and workshops for people to make decisions about their future.

Tuesday, August 27,

1:00 – 2:00 p.m.

Understanding the Magistrate Court System (Gary Sheff)

What is the Magistrate Court System and why does it have the most immediate impact on you as a citizen? Magistrate Court is the first stop in the judicial system and handles as much as 80% of all court proceedings. Gary Sheff was appointed magistrate by Judge Charlie King in 2019. He is a graduate of West Virginia State University and worked in the healthcare design business for 29 years. He has devoted himself to youth and families through his volunteer efforts with Family Services, B'nai Jacob Synagogue, and the CCRA, where he has been President since 1994.

Come out and learn something new this summer!



Massage therapy for the older generation offers many benefits including enhanced blood circulation, improved balance and flexibility, reduction of arthritic pain and back pain, increased joint mobility, improved posture, improved natural energy levels and mental awareness. Licensed massage therapists from The Massage & Reiki Center will provide chair and table massages in the Colonial Room on Tuesday, July 9th at 10:30 a.m. These services are offered to residents and staff of Edgewood Summit at \$1 a minute for a chair massage. Interested parties should call (304) 347-1955 ahead of time to schedule an appointment.



Tuesday July 9, 2024
3:00 p.m. Resident Association Meeting
Multipurpose Room

This meeting is held every other month on the second Tuesday. It is an opportunity to discuss old business, new business and what events are coming up in the Community. Reports are given by the Resident Association President as well as Resident Committees, Floor Representatives and Department Directors.

Makers Space Workshop

You're invited to participate in "Maker Space" in the Multipurpose Room on Saturday afternoons at 2:00 p.m. This is our newest ongoing activity which can include various arts and crafts of the residents choosing (i.e. scrapbooking, card making, jewelry making, quilting, knitting, adult coloring). Participants are welcome to bring whatever they would like to "MAKE" and socialize and have fun in the process!!! There will be occasional Saturdays when a class may be featured to teach a specific craft or skill.





**Edgewood Summit's 29th
Anniversary Celebration**

JAZZ

CONCERT

**WEDNESDAY, JULY 17, 2024
3:00 P.M. -5:00 P.M.**

**SPECIAL PERFORMANCE
BOB THOMPSON BAND**

**ENJOY MUSIC COCKTAILS, HORS D'OEUVRES
AND MUSIC. A SPECIAL DINNER WILL
FOLLOW THE CONCERT.**





Double Play Flute & Tuba

Thursday, July 18, 2024

3:00 p.m.

Multipurpose Room

Amy Ridings and Patrick Sciannella professional flute and tuba duo. They are based in Michigan and tour nationally.



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 May Transportation logged 1500 miles on the shuttles and 550 miles on the car. They transported 290 residents one way.



Happy July Birthdays!

Betty Linger	2	Richard Walker	12
Ernestine Kessel	2	Laurie O'Malley	13
Betty Barna	4	Barbara Nolan	14
Lorene Kitrinos	4	Mary Parsons	15
Carolyn Janicki	4	Cecil Tinney	15
Phyllis Boggess	5	Theresa Buck	15
John Hall	7	Keith Holmes	18
Anne McNeely	7	Dreama Pontier	18
Sue Shultz	8	Bill Crockett	27
Phyllis Smith	8	Barbara Kahre	27
Barbara Arceneaux	10	Anita Deardorff	30
Susan Orders	11	Kay Lamb	31
Charlotte Young	11		

FAMOUS BIRTHDAYS

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

- ◆ Princess Diana (British royalty) – July 1, 1961
- ◆ Neil Simon (playwright) – July 4, 1927
- ◆ David McCullough (author) – July 7, 1933
- ◆ Marty Feldman (actor) – July 8, 1934
- ◆ Milton Berle (actor) – July 12, 1908
- ◆ Bess Meyerson (model) – July 16, 1924
- ◆ Sandra Bullock (actress) – July 26, 1964
- ◆ Jackie Kennedy (U.S. first lady) – July 28, 1929
- ◆ Buddy Guy (guitarist) – July 30, 1936
- ◆ J. K. Rowling (author) – July 31, 1965

HAPPY BIRTHDAY



Exercise for Wellness

EXERCISE CLASSES



Regular physical activity is fun and healthy and increasingly more people are starting to become more active everyday. Being more active is very safe for most people. However, some people should check with their doctor before they start to become much more physically active. Everyone should make their doctor aware of their physical activity. Edgewood Summit Offers Classes from Advanced, Moderate, Medium and Low Intensity.

Flex and Flow Class is an exercise program that focuses on building muscle and increasing flexibility, as well as preventing falls. This class is designed to improve overall fitness and encourage social interaction. It's done while sitting in or standing by a chair (although standing is not required). The first part of the class uses handheld weights and resistance bands to improve coordination,

strength, and agility needed for daily living. The second part of the class uses yoga stretches to improve flexibility, balance, and range of movement. The class is moderately paced and fun with Mary Louise King. Socialization and movement are key ingredients that are emphasized in this class. This class is offered on Thursdays at 11:00 a.m. The duration of the class is 1 hour.

The new **Next Level Fit 1.0** class just completed week 3 Of 8! Congrats to current participants! This advanced level class was designed for individuals wanting to be challenged and take their fitness to the next level. All participants are screened and assessed to determine their readiness for this class, which includes exercise familiarization and independent functioning of exercise moves and intensity. So if this sounds like the challenge you're looking for, pre-registration for the next class will start July 22, 2024. The classes are held on Monday and Friday at 11:00 a.m. The class is taught by Christian Burch.

The **Balance Class** combines balance moves with strength exercises. The class is designed to increase body awareness, balance and flexibility. The last 10 minutes of class is standing exercises. Classes are 30

minutes. The class is held on Monday, Wednesday and Friday at 10:00 a.m. This class can also be watched on the In-House Channel. The class is taught by the Lifestyle Department.

Sittercise is a chair based fitness class done with low-intensity movement of arms, legs, hands, and feet. Sittercise gets the body moving with less stress on the joints while working on flexibility and endurance. This class is taught by the Lifestyle Department. This class is 30 minutes and is great for all levels of care. Class is offered on Tuesday, Thursday and Saturday at 10:00 a.m.

In-House Channel Exercise Classes

Our In-House Channel offers additional exercise options for those who prefer to exercise in their apartment. **Seated Exercise Class** is great for every level, but especially those with Parkinson's Disease. This class is offered on Tuesday, Saturday and Sunday at 1:00 p.m. The class is 25 minutes.

The **Skills and Drills Class** follows the Seated Exercises starts at 1:30 p.m. This 25 minute Skills and Drills class offers seating and standing exercises. This class is also great for those with Parkinsons.

Enjoy **Chair Yoga** on the In-House Channel on Monday and Thursday. This 25 minute chair yoga routine was created to provide you with a gentle exercise option that is chronic pain

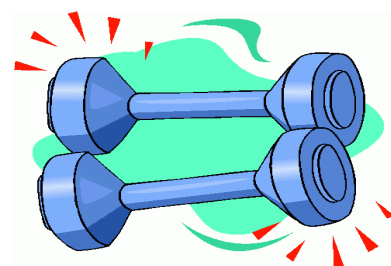
friendly. Remember that finding ways to keep moving everyday is one of the best ways to manage your pain!

On the In-House Channel you will find on Tuesday, Thursday and Saturday mornings at 10:00 a.m. you can tune in for a gentle 30-minute seated exercises for seniors which works the whole body.

For residents who seek a moderate intensity work out the **Silver Sneakers Classic** is on the In-House Channel on Monday and Friday at 11:00 a.m. In this class you stand and sit.

Remember exercise does not come without risk and any exercise program may result in injury. Remember always to work at your own pace and in your own confront of range of motion. If any movement causes dizziness or pain, please discontinue the exercise.

Consult with your physician or physical therapist before starting any exercise regimen! Your physical therapist can design an appropriate exercise plan to meet your health and fitness goals. Call Powerback Rehab for Consultation at (304) 345-0867. They can also assist with showing you equipment in the Fitness Center. Stay well and safe!





Arthur B. Hodges Center News



INDEPENDENCE Day Celebration

THURSDAY 4TH JULY

- 11:30 BELL RINGING CEREMONY
- 12:00 LUNCH IN THE COURTYARD
- 2:00 PATRIOTIC SOUTHERN GOSPEL MUSIC WITH SPECIAL GUEST CAROLYN CONNER-2nd FL
- 3:15PM BORN ON THE 4TH OF JULY CELEBRATION-1st FL
- 8:00PM MACY'S FIREWORKS ON NBC



PATRIOTIC ART CLASS WITH Anna Campbell

Wednesday, July 3, 2024
10:00AM

20 Seats Available
Reserve your seat today!



Annual Fun at Work Day

Alzheimers Fundraiser

PIE IN YOUR FACE FOR A GOOD CAUSE

\$5 buys you five throws!

WEDNESDAY JULY 10TH 3:00PM IN THE COURTYARD

Proceeds go towards the 2024 Team Edgewood Alzheimer's Walk

Pie made of whipped topping



TRIP TO RIDENOUR LAKE

WEDNESDAY, JULY 17, 2024
BUS LOADING AT 10:30AM
SIGN UP WITH THE LIFESTYLE DEPARTMENT IF YOU PLAN TO ATTEND



New Resident Orientation

Wednesday, July 24, 2024

11:00 a.m.

Multipurpose Room

Edgewood Summit. Unsure about services or offerings?

Be sure to bring your questions with you!

The Marketing Committee is inviting you to a New Resident Orientation! 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



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



David Haden 1210

Therese Cox & Joseph
Badgley-1305

John & Beverley Hall -1104

Sara Joseph – 1310



LeAnn LeRose – 3217



Christmas in July Dance Party!

Tuesday, July 25, 2024
3:00p.m. -5:00p.m.
Multipurpose room

Join us in making spirits bright! Arlen Bishop will provide the music and Lifestyles will provide the refreshments!

Private Caregiver Meeting

Edgewood Summit's Quarterly Private Caregiver Meeting will be held on Thursday, July 25, 2024 at 1:00 p.m. in the Multipurpose Room. If you employ caregivers to assist you with your daily routine, we invite you and your caregiver to attend this meeting. It is not necessary that residents attend, but all Private Caregivers, currently working at Edgewood Summit should attend.



Baked Potato Bar Fundraiser

Wednesday,
July 30, 2024
11:00 a.m. – 1:00 p.m.

Baked Potato Bar Fundraiser

Employee Activities
Committee will hold a
fundraiser selling baked
potatoes, drink and
cookies for just \$5.00.

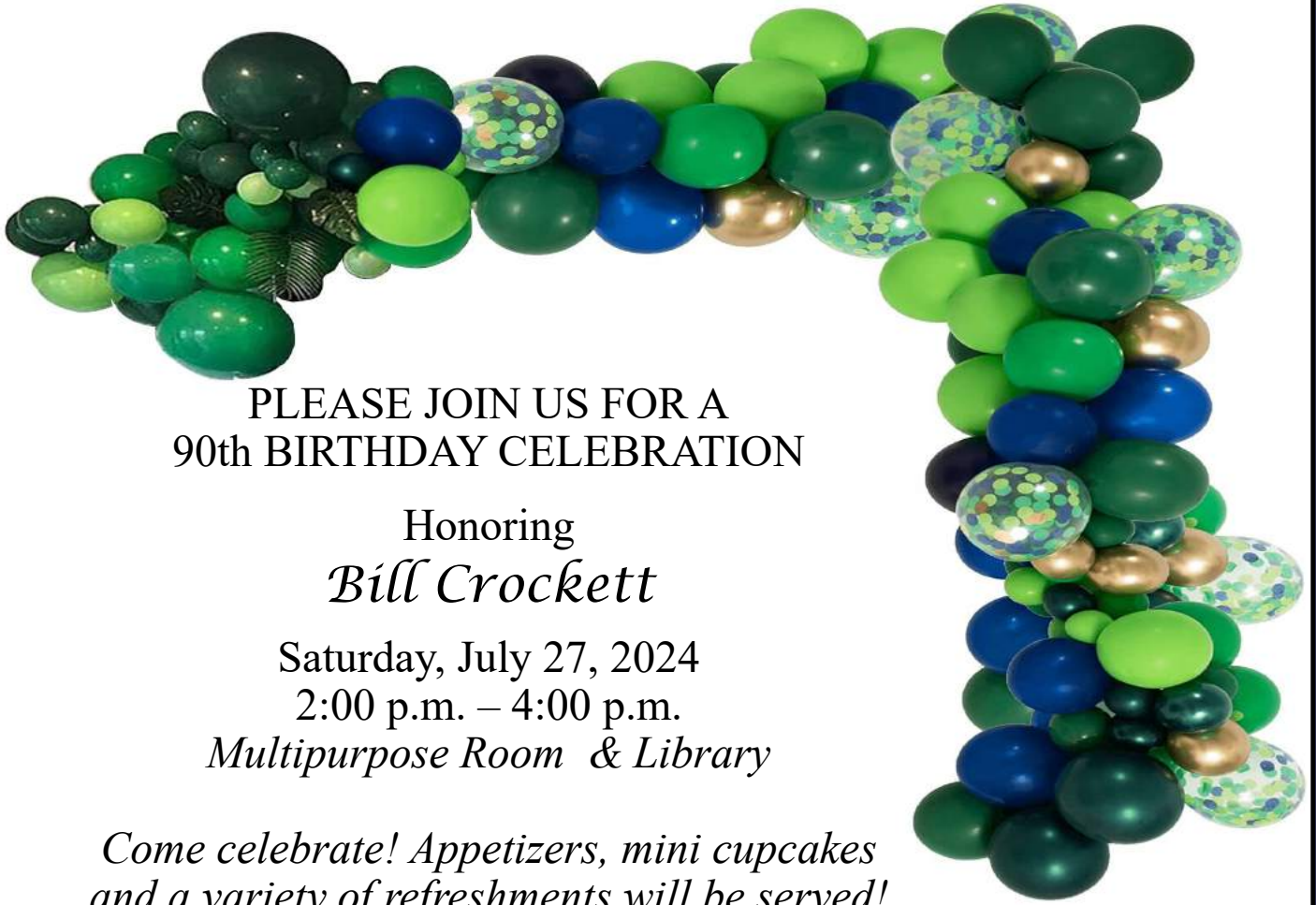


PHOTO DIRECTORY PLANS

Edgewood Summit will be taking pictures for the next Pictorial Directory sometime in August. Be sure to check for updates on the in-house channel and on the August Calendar . The projected completion date of the

new directory will be late November.





PLEASE JOIN US FOR A
90th BIRTHDAY CELEBRATION

Honoring
Bill Crockett

Saturday, July 27, 2024
2:00 p.m. – 4:00 p.m.
Multipurpose Room & Library

*Come celebrate! Appetizers, mini cupcakes
and a variety of refreshments will be served!*

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 _____