

HERMITAGE

ROANOKE

January 2023

HAPPY NEW YEAR!

I hope all of you were able to make the most of your holidays despite the recent return of COVID to our community. Unfortunately, this seems to be our new normal as we navigate everchanging guidance. The good news is that the CDC and VDH have reduced quarantine periods to 5 days rather than 10 and they now allow us to test every 2 days rather than every 5 days. These two changes have certainly helped speed up the time it takes to clear an outbreak. The downside is the CDC now considers one active COVID case to be an outbreak in our setting, requiring two 100% rounds of testing with no new positives to be considered clear. With that being said, we will remain vigilant in protecting our community and working to ensure we all are able to enjoy our daily lives at Hermitage Roanoke. We appreciate your cooperation and hope any future disruptions in our routines are minimal at most.

Best wishes to you all in 2023!

-James

HERMITAGE HERO

Our Hermitage Hero program was started to recognize our team members who go out of their way to improve the lives of our residents and make positive impacts on our community.

This program allows residents, families, and team members to nominate whomever they feel is truly making a difference here at Hermitage Roanoke. Each month, we select a "Hero of the Month" who will ultimately be eligible to win the "Hero of the Year" award each August. Angel Brown was selected as our Hermitage Hero for January! Angel has been with us as a Certified Nursing Aide since March 2022. She was nominated by her peers for being dependable as well as incredibly quick and effective at her job. "She is always willing to jump in and help; she is a great problem solver that doesn't make excuses when things don't go as planned". Another team member noted that, "she was quick to help residents on and off of the Bus during our annual lights outing without being asked". It's clear that Angel takes excellent care of our residents and is a true team player. We are blessed to have her as a member of our Hermitage family!

SAMARITAN PROGRAM



SAMARITAN PROGRAM

A “Good Samaritan” has come to mean any person who helps another without thought or reward. Yet there are many other ways of being a Good Samaritan – a person who is generous and compassionate in helping others: offering a helping hand and being a supporter, an advocate, and a protector are just a few descriptions that come to mind. At the heart of the mission of Pinnacle Living is the Samaritan Program, a benevolent fund which provides financial assistance to residents who have outlived their monetary resources and, through no fault of their own, can no longer afford the full cost of services. Benevolent assistance through this program has been given in Pinnacle Living communities since 1948.

Your gift to the Samaritan Program supports residents who have been blessed by longevity but have outlived their financial resources. Samaritan gifts are not used for operational, capital, or administrative cost but are instead made available only for benevolent care. Your gift ensures someone’s personal security and peace of mind.

Samaritan Program gifts may be designated to any of our Pinnacle Living communities. Undesignated gifts will be used where the need is greatest. Both designated and undesignated gifts serve the same purpose: to provide financial assistance to residents whose ability to pay for care has been diminished. Please consider making a gift today to help those who are in need of your generosity. You truly can make a difference in someone’s life. To make an online gift to the Samaritan Program by credit or debit card, visit the Pinnacle Living website at www.pinnacleliving.org, our community website or the Facebook pages for Pinnacle Living or our community. Checks may be delivered to the Business Office. Make the check payable to Pinnacle Living or Hermitage Roanoke. Please note “Samaritan Program” in the memo line and designate the gift to the community or where the need is greatest.

CHAPLAIN'S CORNER

Many years ago, following my mom's death from Alzheimer's, I took a trip with my sister to visit the land my Mom inherited from her Dad, Earl, which then passed on to us. I made the trip in late January, when the ground was frozen, little bits of ice and snow dancing along the ridges of the plowed field.

I drove in the dark out to the field, parked the car, turned off the engine and the lights, and just stood in the dark. It takes a few moments to get acclimated to the dark. Even when we feel it all around us, and often times within, it takes time to get adjusted to its presence.

As I stood there silently, I decided that rather than look up from my standing position, I wanted to lay down on the ground. I was wearing lots of layers of clothes. I lay down on the cold ground, the furrows underneath my body, and I looked up into the heavens.

The night sky was alive with light. Flickering, shimmering, holy shining. I thought about the light that led the magi to Bethlehem. I thought about the light that shone from my closet door as a youth when I was afraid. I thought about the light that shone within my Mom every time she smiled, or laughed, or cried, because she loved us all so much.

I'm not sure how long I lay there that night. I just let the light dance all around me until I felt filled and buoyed by the light.

This is the season of Epiphany – when God's light breaks through the darkness and shines all around. How is this light shining all around you?
How is this light shining within you?

May light show us the way, even in and through our darkest times.

Peace,

Rev. Joe Cobb, Chaplain

PROGRAMS & EVENTS



RON BIGGIO PERFORMS!

**FRIDAY, JANUARY
13TH AT 10:30 AM
IN THE VIRGINIA ROOM
JOIN RON BIGGIO AS
HE PERFORMS
VARIETY CLASSICS
INCLUDING FRANK
SINATRA!**

CLASSIC RADIO HOUR WITH JOSH URBAN!

**JOIN JOSH ON NATIONAL DJ DAY AS HE
SPINS THE CLASSICS AND DEEP CUTS,
WEAVING STORIES WITH THE MUSIC, AS
THE AUDIENCE SMILES, DANCES, AND
SAYS, "OH, I REMEMBER WHEN...."!**

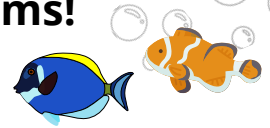


**FRIDAY, JANUARY
20TH AT 10:30 AM
IN THE VIRGINIA
ROOM**

Mini Aquariums

**Thursday, January 26th at
3:00 PM in the Assembly
Room**

**Don't be koi! Come join us
and make your very own mini
aquariums!**



Polymer Clay Earrings

**Saturday, January
7th at 10:00 AM in
the Florida Room**

Spice up your
jewelry box with
these homemade
clay earrings!



PAINT CLASS

**Saturday, January 28th at
10 AM in the Florida Room
Join Julia (our weekend
receptionist) as she guides us
through how to paint this
mountain scene!**



PROGRAMS & EVENTS

Resident New Years Lunch

**Wednesday, January 18th
at 12:00 PM**

**Our gift to you! Join us for a special
New Years lunch planned just for
you! Please, no guests at this meal.**

**This is our rescheduled Resident
Christmas Lunch from December.**

APPLE CRAFT



**COME CELEBRATE
INTERNATIONAL
DAY OF EDUCATION WITH
US! WE WILL BE MAKING
THESE CUTE APPLE
JARS FOR OUR ROANOKE
EDUCATORS!
JANUARY 24TH AT 2:00
PM ON DOGWOOD LANE**

MANICURES

**Come get your nails filed
and painted!**

**Monday, Jan. 9th @ 10 AM
Monday, Jan. 23rd @ 10 AM
in the Assembly Room**



**Friday, January 6th at 10:30
AM in the Assembly Room**

**We've all seen the show...now
let's put your knowledge to the
test! Come have a good time and
play some Jeopardy!**

PEACE OF MIND SEMINAR

**"Peace of Mind Seminar - Tharp Funeral
Home invites you to learn how planning for
your final wishes may shield your family from
unnecessary emotional and financial burden.**

**We illustrate the peace of mind and
preparedness that comes when final wishes
are planned and recorded in advance. We
will discuss the primary reasons for
preplanning and real-life examples of those
who have gone through a loss with and
without the benefit of preplanning. Join us
and learn more about pre-arrangements,
veteran benefits, cremation, burials,
and more."**

**Thursday, January 12th at 1:30 PM in
the Assembly Room**

OUTINGS & EVENTS

SHOPPING TRIPS

Jan. 2nd at 1:30--Lakeside
Jan. 6th at 1:30--Valley View
Jan. 9th at 1:30--Lakeside
Jan. 16th at 1:30--Lakeside
Jan. 23rd at 1:30--Lakeside
Jan. 30th at 1:30--Lakeside



Sweetheart Wreaths

**Thursday, January
19th at 2:00 PM on
Dogwood Lane**
Join us as we
make these cute
sweetheart
wreaths! Just in
time for
Valentines Day!



Dessert at Sugar Magnolia

**January 20th at
1:30 PM**

Join us on the Bus as
we travel to get
some delicious hot
cocoa, ice cream, or
chocolates from one
of Roanoke's local
dessert shops!



DINNERS OUT

The Bus leaves from the Front Canopy at 4:15 PM sharp and returns by 7:00 PM. Please sign up in the activity book in the Rotunda if you plan on going!

- **Tuesday, Jan. 3rd at 4:15 PM**
 - Rodeo Grande
- **Tuesday, Jan. 17th at 4:15 PM:**
 - Red Palace
- **Tuesday, Jan. 31st at 4:15 PM:**
 - Cheddar's
- No Dinner Out on Tuesday, January 10th or Tuesday, January 24th

LUNCH AT K&W

Thursday, January 19th

Bus leaves at 1:00 PM

Join us for a sit down lunch at K&W Cafeteria! Sign up in the book if you are interested!



THANK YOU!

**We wanted to make sure we said
thank you to our new Beautician,
Renee! She is doing a great job
with our residents hair! Thank
you Renee!!**

ANNOUNCEMENTS

KNOW YOUR RESIDENT RIGHTS



- To be informed of your rights, rules and regulations governing your care, conduct and responsibilities.
- To be informed of available services and related charges.
- To be informed of your medical condition and to be involved in planning your treatment.
- To be informed of any reasons for transfer or discharge and to be given reasonable advance notice.
- To voice grievances and recommend changes in policy.
- To manage your personal financial affairs.
- To be free from mental and physical abuse and to be free from unauthorized chemical and physical restraints.
- To have confidential treatment of your personal and medical records and approval or refusal of their release.
- To be treated with recognition of your dignity, individuality, and privacy.
- To not be required to perform services for the facility.
- To have private communication with persons of your choice and to send and receive unopened mail.
- To participate in social, religious and community activities.
- To maintain and use personal clothing and possessions as space permits.
- To have privacy for visits with your spouse.
- To have the rights and responsibilities of residents available in an easily accessible place in the facility.

Roanoke League of Older Americans (LOA)
(540) 345-0451

COUNCIL MEETINGS

The Resident Council meets the third Tuesday every other month at 1:00 PM.

Your representatives are: Bobby Bohon, Ann Holloman, and John Leslie

The Independent Living Council meets the third Tuesday every other month at 2:00 PM.

Your Independent Living representatives are: John Cahoon, Heather Reid, and Kathy Lewis.

If you have any concerns that need to be addressed, please see your representatives.

Suggestion Box

Did you know? There is a suggestion box in the Rotunda! We encourage you to drop a note into this box with suggestions of any kind. It could be food choices you would like to see on the menu or common areas you feel could use some sprucing up or ideas of activities you would like to participate in. The box is checked on a weekly basis and the suggestions are passed on to the director of the department of which the suggestion is made.

You may give your name or remain anonymous. Any questions, please call the front desk at 767-6800.

ADDITIONAL ANNOUNCEMENTS

REOCCURRING PROGRAMS

Game Fest/UNO:

Mondays at 2:00 PM Assembly Room

Chocolate Bingo:

Tuesdays at 10:00 AM Assembly Room

Trivia Tuesday:

Tuesdays at 3:00 PM Assembly Room

Bingo:

Wednesdays at 3:00 PM Assembly Room

Healthy with HealthPRO:

Thursdays at 10:00 AM Assembly Room

Memory Jogging:

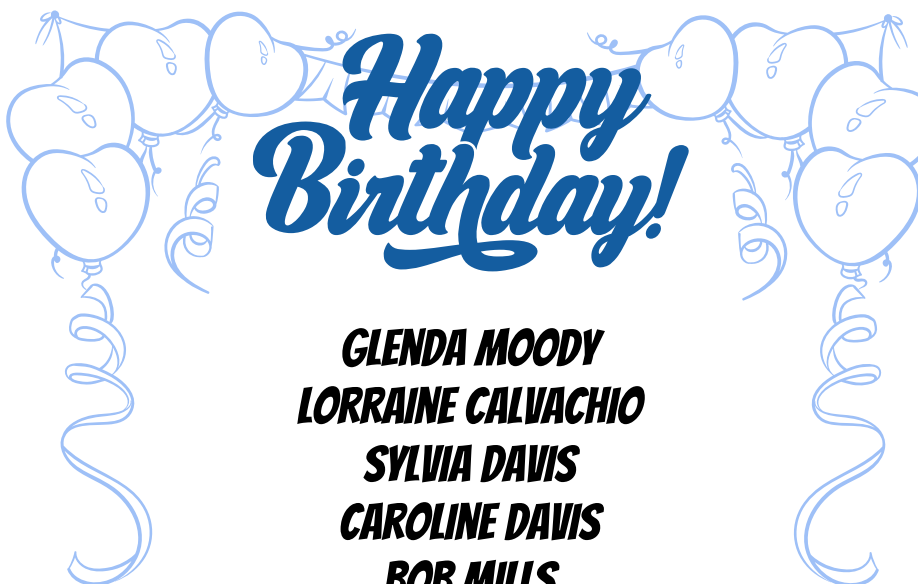
Fridays at 3:00 PM Assembly Room

Men's Club:

Fridays at 1:15 PM Assembly Room

Vespers:

Sundays at 3:00 PM Assembly Room



GLEND A MOODY
LORRAINE CALVACHIO
SYLVIA DAVIS
CAROLINE DAVIS
BOB MILLS



CARF Survey

CARF is coming!

The Commission on Accreditation of Rehabilitation Facilities (CARF) will be conducting our accreditation survey February 15th-17th.

This survey is similar to getting the "Good Housekeeping Seal of Approval" for Continuing Care Retirement Communities.

Be aware that CARF surveyors may ask residents, team members and families questions about the Hermitage.

Contact James if you have any questions!

JANUARY BIRTHDAY PARTY!

Our December Birthday Party will feature the Director of Music and Worship from Raleigh Court United Methodist Church, Mrs. Debra LeBrun. She will be ringing solo handbells, playing Christmas pieces. She also accompanies herself on the piano, which is on a CD player. The UMW of the church will provide the refreshments. You won't want to miss this

very special treat!

Tuesday, January 3rd at 2:00 PM in the Virginia Room



Winter Word Search

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

hotchocolate

snowflake

snowball

freezing

blizzard

skating

snowman

shovel

icicle

boots

chilly

scarf

snow

icy

toboggan

mittens

Winter

cold

plow

ski



HERMITAGE

ROANOKE

January 2023

AT YOUR SERVICE

| | |
|---------------------------------|-------------------------------------|
| Immediate Dining Assistance | 767-6825 |
| Dining Services | <i>Michael Steptoe, 767-6823</i> |
| Sous Chef | <i>Karen Klink, Chef, 767-6824</i> |
| Executive Director | <i>James Stovall, NHA, 767-6810</i> |
| Business Office Mgr. | <i>Kristen Testerman, 767-6804</i> |
| Sales & Marketing Director | <i>Wade Tallant, 767-6818</i> |
| Sales Counselor | <i>Stacey Corbitt, 767-6815</i> |
| Social Services | <i>Mary Craddock, MSW, 767-6803</i> |
| Environmental Services | <i>Barry Perkins, 767-6820</i> |
| Director of Nursing | <i>Christy Thornton, 767-6833</i> |
| Lifestyles & Wellness Director | <i>Sam Swanberg, 767-6813</i> |
| Chaplain | <i>Rev. Joe Cobb, 767-6883</i> |
| Front Lobby | <i>Margie Lindsey , 767-6800</i> |
| Lead Concierge | <i>Stephanie Jackson, 767-6801</i> |
| Beauty Salon | <i>Renee Jones, 767-6806</i> |
| Transportation | <i>Dan Levesque, 520-9716</i> |
| Lifestyles & Wellness Office | <i>Charnice White, 767-6819</i> |
| Assistant Director of Nursing | <i>Amanda Long, 767-6829</i> |
| Assisted Living Clinical Leader | <i>Brittany Potter, 767-6882</i> |
| Assisted Living Nurses Station | 767-6811 |
| HealthPRO Heritage Rehab | 767-6817 |
| Dogwood Nurses Station | 767-6816 |
| Security (5 PM-5 AM) | 525-1363 |

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|---|---|--|--|--|--|
| 1 <i>New Year's Day</i> 7:00 Instrumental Hymns (Channel 1960) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 New Years Resolutions (MT) 2:55 Vespers with Communion (Channel 1960 & Assembly Room) | 2 <i>HB Glenda Moody</i> 10:20 Healthy with Healthpro Exercise (Channel 1960) 10:30 DIY Board Game (AR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:15 Bridge Club! (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 10:00 Chocolate Bingo! (AR) 2:00 January Birthday Party! (VR) 4:00 Healthy with Healthpro Exercise (Channel 1960) 4:15 Dinner Out: Rodeo Grande (B) | 8:30 YMCA (B) 10:30 Reminisce with Kay! (AR) 1:30 Playing Hearts! (AR) 3:00 BINGO (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 10:00 Healthy with Healthpro Exercise (AR) 10:00 Pet visits with Ellie 2:00 In the Kitchen (DWL) 4:00 Healthy with Healthpro Exercise (Channel 1960) | <i>HB Lorraine Calvachio</i> 8:30 YMCA (B) 10:30 Jeopardy (AR) 1:15 Men's Club (AR) 1:30 Shop Valley View (B) 3:00 Memory Jogging (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 7 10:00 Polymer Clay Earrings Craft (FR) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 Movie Matinee (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) |
| 8 <i>HB Sylvia Davis</i> 7:00 Instrumental Hymns (Channel 1960) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 Puzzle Club! (Maple Tree Sunroom) 2:55 Vespers (Channel 1960 & Assembly Room) | 9 10:00 Manicures! (AR) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:15 Bridge Club! (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 10:00 Chocolate Bingo! (AR) 1:30 DWL Community Circle (DWL) 3:00 Trivia Tuesday (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 8:30 YMCA (B) 10:30 Hymns with Louise! (VR) 1:30 Playing Hearts! (AR) 3:00 BINGO (AR) | 10:00 Healthy with Healthpro Exercise (AR) 1:30 In the Kitchen (DWL) 1:30 Peace of Mind Seminar (AR) 3:00 Spades (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | <i>HB Caroline Davis HB Bob Mills</i> 8:30 YMCA (B) 10:30 Ron Biggio Performs! (VR) 1:15 Men's Club (AR) 3:00 Memory Jogging (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 14 10:00 Social Hour (FR) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 Movie Matinee (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) |
| 15 7:00 Instrumental Hymns (Channel 1960) 10:00 Memory Jogging (AR) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 Coloring Club! (Maple Tree Sunroom) 2:55 Vespers (Channel 1960 & Assembly Room) | 16 <i>Martin Luther King Jr. Day</i> 10:20 Healthy with Healthpro Exercise (Channel 1960) 10:30 Monopoly (AR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:15 Bridge Club! (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 10:00 Chocolate Bingo! (AR) 10:00 Mending Ladies (From Home) 1:55 Hymn Sing with Joe! (AR) 3:00 Trivia Tuesday (AR) 4:15 Dinner Out: Red Palace (B) 6:00 Martin Luther King Jr. Day Documentary (Channel 1960) | 8:30 YMCA (B) 10:30 AL Community Circle (AR) 10:30 In the Kitchen! (DWL) 12:00 Resident New Years Lunch! (DR) 1:30 Playing Hearts! (AR) 3:00 BINGO (AR) | 10:00 Healthy with Healthpro Exercise (AR) 1:00 Lunch at K&W (B) 2:00 Valentine's Wreaths (DWL) 3:30 Independent Living Meeting (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 8:30 YMCA (B) 10:30 The Classic Radio Hour with Josh Urban! (VR) 1:15 Men's Club (AR) 1:30 Dessert at Sugar Magnolia (B) 3:00 Memory Jogging (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 21 10:00 Men's Coffee Hour (AR) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 Movie Matinee (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) |
| 22 7:00 Instrumental Hymns (Channel 1960) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 Puzzle Club! (Maple Tree Sunroom) 2:55 Vespers (Channel 1960 & Assembly Room) | 23 10:00 Manicures! (AR) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:15 Bridge Club! (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 10:00 Chocolate Bingo! (AR) 1:30 DWL Community Circle (DWL) 2:00 Apple Craft: For Teachers (DWL) 3:00 Trivia Tuesday (AR) | 8:30 YMCA (B) 9:30 Food Committee Meeting (AR) 10:30 Hymns with Louise! (VR) 1:30 In the Kitchen! (DWL) 1:30 Playing Hearts! (AR) 3:00 BINGO (AR) | 10:00 Healthy with Healthpro Exercise (AR) 2:00 AL Community Circle (AR) 3:00 Making Mini Aquariums! (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 8:30 YMCA (B) 10:00 Pet Visits w/ Harvey (H) 1:15 Men's Club (AR) 3:00 Memory Jogging (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 28 10:00 Paint Class with Julia! (FR) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 Movie Matinee (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) |
| 29 7:00 Instrumental Hymns (Channel 1960) 10:20 Healthy with Healthpro Exercise (Channel 1960) 1:30 Coloring Club! (Maple Tree Sunroom) 2:55 Vespers (Channel 1960 & Assembly Room) | 30 10:20 Healthy with Healthpro Exercise (Channel 1960) 10:30 Bowling! (AR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:15 Bridge Club! (AR) 4:00 Healthy with Healthpro Exercise (Channel 1960) | 10:00 Chocolate Bingo! (AR) 1:55 Hymn Sing with Joe! (AR) 3:00 Trivia Tuesday (AR) 4:15 Dinner Out: Cheddar's (B) | Types of Activities offered NA-Natural world SO-Social CO-Cognitive | OU-Outdoor PR-Productive SE-Sensory RE-Reflective Ph-Physical | LOCATION KEY AR - Assembly Room B - Bus DR - Dining Room DWL - Dogwood Lane FR - Florida Room H - Hallways | MT - Maple Tree Lane VR - Virginia Room |

January 2023

Oak Tree

HERMITAGE
ROANOKE

HERMITAGE

ROANOKE

PINNACLE LIVING

1009 Old Country Club Rd.

Roanoke, Va. 24017

Phone: 540-767-6800

Fax: 540-767-6830

www.hermitageroanoke.org