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.

Tamara Young is our Hero for October! Tamara has been a Housekeeper with us for almost one year now. Dedicated to her work, Tamara is a team member in everything she does, cleaning big messes without question or complaint. She is very good at involving residents in her housekeeping and anticipates their needs. Her service always exceeds expectations! Tamara's sweet personality and willingness to help make her a super special person! Congratulations, Tamara!

GREETINGS!

Did you know that Hermitage Roanoke participates in the annual Walk to End Alzheimer’s? Each year our team, the Hermitage Hikers, partakes to raise awareness and fund research which will one day provide a cure for this debilitating disease. In 2020, there were over 150,000 Virginians living with Alzheimer’s and that number is expected to increase by nearly 27% to 190,000 people affected by 2025. With more people being diagnosed every day, it is increasingly important for us to support research. Please consider joining our team (donations are not required) and walking with us this year at Longwood Park in Salem on 10/1/22. If the event is rained out, it will be held on 10/29/22. Thank you for being a part of our family!

-James

1009 Old Country Club Rd, Roanoke, VA 24017 540-767-6800 *Fax 540-767-6830
This summer, you will begin to see a new image associated with the Samaritan Program – a shock of wheat.

For almost 70 years, contributions to the Samaritan Program have helped residents of the communities of Pinnacle Living when they are most vulnerable. The Samarian Program provides financial assistance to those who, through no fault of their own, become unable to meet the full cost of our services. In Fiscal Year 2022, a total of $338,137 was provided through the Samaritan Program, bringing to total amount provided in benevolent care support in the last ten years to $7,029,024. 83 percent of the recipients in FY 2022 were women. 50 percent resided in health care households and neighborhoods. You can make an online gift to the Samaritan Program through the Pinnacle Living website (www.pinnaclemliving.org ), our community website or Facebook page, or deliver a check or cash to the Business Office. Please remember to designate your gift to this community if you so choose; otherwise, your gift will be used where the need is greatest.
The temperatures are cooling, the air is crisp and clear, the nights are growing longer, and the leaves are starting to reveal their vibrant veins of autumn hues.

I love this time of year. This is the threshold from summer into fall, from the strength of summer harvest into the dormancy of the fields and landscape. It is also the time when we often enter a deeper reflection into our lives – our purpose, our dreams, our losses, our relationships.

This is a time to reflect on our journey of life, the highways and the detours, the hidden trails and the mountain tops.

Every moment is sacred, and every sacred journey is a meeting of heaven and earth, the divine and the human.

Many of us are experiencing transitions as we move from our homes into a new home at Hermitage. Some of us are going through the depths of grief, its' waves sometimes knocking us over and sometimes bringing us calm as we remember with gratitude the lives we have shared with those we love.

Some of us are struggling with our physical health, and some of us are wrestling with God trying to make sense of why certain things are happening in our lives.

In and through this all, we are on a sacred journey. We are spiritual beings, created in the image of God, and good and beloved in God's love.

May this truth carry us through.

Peace,

Rev. Joe Cobb, Chaplain
**HAUNTED HALLOWEEN PARTY**

THURSDAY, OCTOBER 27TH @ 2:30 PM IN THE VIRGINIA ROOM
TRICK OR TREAT YOURSELF TO A LITTLE FUN. COME HAVE A GOURD TIME WITH US!

**TOOTSIE POP GHOSTS**

Wednesday, October 19th 10:30 AM in the Assembly Room
Come get in the October spirit and make some Tootsie pop ghosts!

**HALLOWEEN PAPER LANTERNS**

Monday, October 24th at 10:30 AM in the Assembly Room
Come help light up Halloween by making some paper lanterns.

**TALENT SHOW**

Thursday, October 13th 1:30 PM in the Virginia Room
Come join us at our first annual Talent Show! Everyone has a hidden talent. Show us your talent and we'll make it shine!
**Breast Cancer Awareness Bracelets/Necklaces**

Saturday, October 15th at 10:00 AM in the Florida Room

October is Breast Cancer Awareness month. Come join us make some necklaces and bracelets to show your support!

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**Pig Visit: Farmer Minor & Daisy**

Thursday, October 6th at 1:30 PM in the Assembly Room

Come have a good time sharing noises, treats and stories about Daisy the pig!

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**Baking Cookies**

Wednesday, October 5th at 10:30 AM on Dogwood Lane

What time is it? It's cookie time! Come bake and enjoy a delicious treat for today.

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**Fall Craft with Christina!**

Wednesday, October 26th at 1:30 PM

Join Christina as she helps you decorate this adorable fall owl! No sign up required.

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**ALL SAINTS MEMORIAL SERVICE**

Every November, we pause near November 1st to remember and honor our saints--those beloveds among us who have died in the past year. Please join us in remembering them on Tuesday, November 1st at 3:00 PM in the Virginia Room
Tuesday, October 4th at 4:15 PM:

Mamma Maria's
No Dinner Out

Tuesday, Oct. 11th

Tuesday, October 18th at 4:15 PM:

Montano's

Tuesday, October 25th at 4:15 PM:

Hollywood's

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, October 4th at 4:15 PM:**
  - Mamma Maria's
- **No Dinner Out Tuesday, Oct. 11th**
- **Tuesday, October 18th at 4:15 PM:**
  - Montano's
- **Tuesday, October 25th at 4:15 PM:**
  - Hollywood's

**Fall Leisure Ride**

Friday, October 14th @ 10 AM

on the Bus

Join us for a relaxing ride around on the bus to enjoy the fall weather and scenery.

**Ikenberry Orchards**

Ikenberry Orchards is a 5th generation family-owned and operated farm and orchard that's provided the people of Daleville and the surrounding communities with apples, peaches, and vegetables for nearly 100 years!

**Thursday, October 20th at 1:30 PM**

Sign up in the outing book if you are interested!

**MANICURES**

Come get your nails filed and painted!

- **Monday, October 3rd @ 10 AM**
- **Monday, October 17th @ 10 AM**
- **Monday, October 31st @ 10 AM**

in the Assembly Room
NEWSLETTER MAILING LIST

If you have relatives or friends who would like to receive the newsletter each month, or wish to be taken off the list, you can email Sam Swanberg at sswanberg@pinnacleliving.org.

BILLIARDS ROOM

Did you know that we have a Billiards Room? It is located on the Top Floor! You take a left off of the elevator and it is at the very end of the hall.
Residents are free to use this room at any time!

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 Wesley Place Council meets the third Tuesday every other month at 2:00 PM.
Your Wesley Place representatives are: John Cahoon, Heather Reid, and Kathy Lewis.

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

VOTING/ABSENTEE BALLOTS

The November Election is coming up!
If you are interested in filling out an absentee ballot, please contact Mary Craddock at 540-767-6803. The last day to apply to vote absentee by mail is Oct. 28th. The last day to register to vote is Oct. 17th.

**Reminder: anyone who just moved in should make sure their new address is registered with Roanoke City voter registration. You can do this on the absentee ballot application form too.

We will also be taking the Bus to the polls on 11/8 at 9 AM.
Please sign up in the book if you would like to go.

CALLING ALL HERMITAGE VETERANS!

Please provide us with a picture of you during your service. We would like to have one for a special event in November!
You can email pictures to Sam at sswanberg@pinnacleliving.org.
REOCURRING 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

PUMPKIN DECORATING

Friday, October 21st
10:30 AM in the
Assembly Room
Hey there pumpkin!
Orange you pumped for autumn? Come join us for a little fun and decorate some pumpkins

OCTOBER BIRTHDAY PARTY!

Join the Saxy Keys as they help us celebrate our October Birthdays!
Tuesday, October 4th at 2:30 PM in the Virginia Room
Words to find:
pumpkin          harvest
yellow           apples
scarecrow        hayride
autumn           red
leaves           Thanksgiving
sunflower        football
acorns           orange
corn             

Find each of the fall words hidden below.

H A R V E S T E I S E T
R S L O E C D D E C H A
A E U O L I A V A A S S
E A U N R L A A N R C N
E E P Y F E A K R E O R
O L A P L L S B A C R O
R H M E L G O U T R N C
A E E D I E T W L O A A
N R E V E U S O E W O R
G L I E M R M A A R R F
E N E N P U M P K I N R
G Y E L L O W I D S A R
AT YOUR SERVICE

Immediate Dining Assistance  767-6825
Dining Services  Michael Steptoe, 767-6823
Sous Chef  Karen Klink, Chef, 767-6824
Executive Director  James Stovall, NHA, 767-6810
Business Office Mgr.  Kristen Testerman, 767-6804
Sales & Marketing Director  Wade Tallant, 767-6818
Sales Counselor  Stacey Corbitt, 767-6815
Social Services  Mary Craddock, MSW, 767-6803
Environmental Services  Barry Perkins, 767-6820
Director of Nursing  Christy Thornton, 767-6833
Lifestyles & Wellness Director  Sam Swanberg, 767-6813
Chaplain  Rev. Joe Cobb, 767-6883
Front Lobby  Margie Lindsey, 767-6800
Lead Concierge  Stephanie Jackson, 767-6801
Beauty Salon  Renee Jones, 767-6806 (M, Tu, 9-4)
Transportation  Dan Levesque, 520-9716
Lifestyles & Wellness Office  Charnice & Christina, 767-6819
Assistant Director of Nursing  Amanda Long, 767-6829
Assisted Living Clinical Leader  Brittany Potter, 767-6881
Assisted Living Nurses Station  767-6811
HealthPRO Heritage Rehab  767-6817
Dogwood Nurses Station  767-6816
Security (5 PM-5 AM)  525-1363
TRUNK OR TREAT

Happy Halloween

Hermitage Roanoke
1009 Old Country Club Rd.

Join us for our Trunk or Treat event on Friday, October 28th from 4-6 PM in our Front Parking Lot!

Friends, family members and neighbors of Hermitage Roanoke are welcome!
Kids, please bring a trick or treat bag to fill and wear a costume!

Residents and team members are eager to hand out candy!