

Home & Hearth

HERMITAGE

RICHMOND

April 2024

A NOTE FROM THE EXECUTIVE DIRECTOR

It's time again to select the incoming President-Elect of the Residents' Association Executive Committee. The Purpose of the Residents' Association is to encourage participation in matters that affect the interests and well-being of the residents of Hermitage Richmond by working collaboratively with department directors and administration.

Executive Officers - The Residents' Association Executive Committee consists of three officers: the Association President - Fran Zehmer, President-Elect - Elizabeth Slate, and President-Emeritus - Nancy Williams. On June 1, 2024, Fran will become the President-Emeritus, Liz will become the President, and Nancy will "retire" from the Executive Committee. I want to say a special thanks to all three members but especially to Nancy for her exceptional service to the Resident Association for the last 3 years.

At the April 19 Residents' Association Meeting, the President shall ask for nominations via ballot box for the President-Elect position. Nominations will be closed within one week - April 26. If there is more than one nominee, an election will be held in the weeks prior to the Residents' Association meeting in May when voting results will be announced.

I encourage each of you to get involved and attend the monthly meetings, volunteer to be on a committee, or serve on the executive committee. If you are interested in serving on the Executive Committee, please let someone know so you can be nominated this month. I look forward to working with the new President-Elect and the remaining Executive Committee members starting in June.

Sincerely,
Bill

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Resident Birthdays



Arline Shafer	April 1
Charlotte Tyndall	April 2
Carolyn Mitchell	April 2
Carolyn Wake	April 5
Norma Carter	April 14
Ann Field	April 14
Jean Warren	April 16
Ruby Angell	April 24
Nancy Williams	April 25
Glessie Hairfield	April 30

Team Member Birthdays

April 1	Stephanie Redd
April 3	Russell Noles
April 3	Margaret Carter
April 9	Sam Collier
April 11	Edric Harper
April 12	July Nunez Cuello
April 14	Karen Caserta
April 15	Shannon Brown
April 16	Christine Robinson
April 17	Lauren Morse
April 20	Martha Mojica
April 21	Barbara Dillon
April 22	Angela Artis
April 25	Jennifer Young
April 28	Ellen Koranteng
April 30	Shalita Stephens

Welcome New Residents

**Delores Banks
Barbara Martin
Lee Brinson
Mary Anne Cole**

Theme Thursday
Crazy Hair Day
Thursday, April 11th



Team Member of The Month

Earl Martin
Dining Services



Congratulations!



DID YOU KNOW?

- **DESIGNATED PARKING:** Designated parking for residents is located to the right of the flagpole (Delmont Wing Side). Family members, volunteers and guests must park to the left of the flagpole (Avondale Wing Side).
- **WAYS TO GIVE:** Pinnacle Living has many giving opportunities to *Enrich Life's Journey* for our residents and team members. For March and April, Hermitage Richmond highlights the **Community Enrichment Fund**. The purpose of the Community Enrichment Fund is to enhance the experience of living for all residents such as campus beautification and amenities. If you are interested in donating to this fund, please contact Jennifer Young at 474-1802. For other giving opportunities, check out this link on the website: <https://www.pinnacleliving.org/ways-to-give>
- **SIGNING OUT:** Please sign out at the **Concierge Desk** or **Delmont Wing Exit** when leaving the building. In the event of a fire it will help to know you are out of the building if you cannot be found in the building.
- **RESIDENT RIGHT OF THE MONTH: #19.** Is fully informed, as evidenced by the written acknowledgment of the resident or his legal representative, prior to or at the time of admission and during his stay, that he should exercise whatever due diligence he deems necessary with respect to information on any sex offenders registered pursuant to Chapter 9 of Title 0.1, including how to obtain such information. Upon request, the assisted living facility shall assist the resident, prospective resident, or the legal representative of the resident or prospective resident in accessing this information and provide the resident, prospective resident, or the legal representative of the resident or prospective resident with printed copies of the requested information;
- **NEW RESIDENT "BUDDY" PROGRAM**
If you are interested in becoming a "Buddy" for new residents and want to learn more, contact Danielle Nelson, AL/RL Social Worker at 804-474-1854



Jarrell Chandler, Bernetta Finney-Vincent,
John Hamilton

HERMITAGE RICHMOND'S DIVERSITY, EQUITY & INCLUSION TEAM (DEI)

Mission Statement: Provide education and encouragement to Pinnacle Living stakeholders thereby enabling all to feel included, empowered and equitably treated while living, working, or visiting any Pinnacle Living community. All Pinnacle Living communities wish to celebrate diversity every day.

COMMUNITY NEWS

HERMITAGE RICHMOND'S RECYCLE PROGRAM REMINDERS

- Green recycling bins are located in the Soiled Utility Rooms ("trash rooms") on each floor.
 - Empty & Rinse the Following:
 - glass bottles & jars
 - aluminum & steel cans
 - cartons
 - plastic bottles, jugs, tubs
- Newspapers may be left on the labeled shelves in the Soiled Utility Rooms
- Housekeeping picks up recycled items from Soiled Utility Rooms weekly or as needed.
- Clean paper, including cardboard, may be placed in the non-labeled container in the Communication Room
- Plastic bags should be placed in the labeled container in the Communication Room
- Used batteries should be left at the Concierge Desk
- Contact the Nursing Department to dispose of unused medications
- The Recycling Truck comes to Hermitage Richmond every other Friday for pick-up



VOLUNTEER CORNER

HIDDEN TREASURES CONSIGNMENT SHOP



For Residents, Team Members, Families & Volunteers

**Edgewood-Lower Level
4th Friday of Each Month
9:30AM-1:00 PM**

Hidden Treasures accepts gently used items below. Drop-offs are accepted in Hidden Treasures Room #3.

- Casual men & women's clothing & accessories
- Everyday kitchen items, (no plastic)
- gently used sheets, bedspreads, towels, small tablecloths
- current books, puzzles
- working lamps with shades in good condition
- framed pictures & paintings in good condition
- small furniture items
- seasonal decorations, especially Christmas

PEEPS' PLACE GIFT /CONVIENCE SHOP

A volunteer is needed to run the shop on Wednesdays from 10am-2pm.

Contact Jennifer Young at 804-474-1802 if interested.



Interested in being a
Hermitage Richmond Volunteer?
Contact Jennifer Norton at 804-474-1807
or email at jsnorton@pinnacleliving.org

April is National Volunteer Month!

**Thank you to all of our Resident
Volunteers, Community Volunteers
and Episodic Volunteers!**

HOUSE SERVICES

COUNSELING

Did you know that Hermitage Richmond has resources for professional counseling?

For inquiries, reach out to Zach Barrett, Social Services Manager (804-474-1815) or Danielle Nelson, AL/RL Social Worker (804-474-1854)

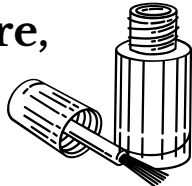
LEGACY CARE

Legacy Care is a behavioral health group that will work closely with residents' primary care providers to deliver psychiatric services including an on-site psychiatric nurse practitioner who can manage symptoms with appropriate medications and a Licensed Clinical Social Worker to provide psychotherapy services. They will be in-house on Thursdays and Fridays and will do home visits in residents' apartments.

Reach out to Danielle Nelson, AL/RL Social Worker for more information

NAIL TECH SERVICES

To make an appointment for a manicure or pedicure, contact Tammy at 540-845-0579



SALON & BARBER APPOINTMENTS

To make an appointment for the Beauty/Barber Shop, contact Donna or Karen at 804-474-1885



WELLNESS GYM

Open Daily on the Lower Level

We offer a variety of exercise equipment available for resident and team member use. Our rehab department is right around the corner for guidance on how to use the equipment.

DERMATOLOGY & PODIATRY

We offer onsite podiatry and dermatology appointments.

Contact Karen Caserta for an appointment 804-474-1856



HOUSE PROGRAM GUIDE

Pathways to Wellness Key

As you read through the Home & Hearth, The Pathways to Wellness icons will be located next to each program. The programs in this issue will encompass one or more Pathway to Wellness dimension. We challenge you to engage in each pathway throughout the month.



**STRENGTH &
ENDURANCE**



**CREATIVE
EXPRESSION**



**BRAIN
FITNESS**



**DINING, DIET,
& NUTRITION**



**INTELLECUAL
GROWTH**



CULTIVATE



**EMOTIONAL
BALANCE**



**COMMUNITY
OUTREACH**



SPIRITUALITY



**SOCIAL
CONNECTIONS**

***Please observe
your weekly
Hermitage
Highlights and
Channel 970
for location
changes.**

Trip Levels

As you are reading through the trips section, you will see a number next to the trip indicating the accessibility level. Please keep the trip level in mind when signing up to attend.

ALL TRIPS ARE WHEELCHAIR ACCESSIBLE UNLESS SPECIFICALLY NOTED

1 = The trip requires minimal walking and/or residents can be wheeled by a team member.

2 = The trip requires some walking distance and/or resident will need moderate wheelchair assistance.

3 = The trip requires extensive walking and/or resident must be independent with propelling in their wheelchair.

**Please see Courtney Johnson if you have questions or need additional information about a trip.*

HOUSE PROGRAMS



April's Pathway to Wellness Highlight is Community Outreach



THANK YOU TO ALL OF OUR VOLUNTEERS!

STAMP CUTTING

This is an easy way to give back! Cut out stamps from your incoming envelopes and put them in the basket in the Communication Room. Stamps go to United Women in Faith Missions.

PEN PAL PROGRAM

It has been another wonderful year with our Pen Pals from Pearson's Corner! The Students will visit for the Pen Pal Social on April 18th at 9:30AM in the Social Hall.

The Pen Pal Program will resume in Fall.

RESIDENTS' ASSOCIATION MEETING

Friday, April 19th
10:00 in the Social Hall

KNITTING GROUP

Tuesday afternoons at
3:30 in the Guild Solarium
Our projects go to those in need of hats, socks, blankets and more!

CHALK THE WALK

Cristo Rey students are visiting Hermitage Richmond and will be creating sidewalk art on our front lawn walkway. Come out to watch and mingle with the students!
Friday, April 26th 9:00am-12:00pm

ALZHEIMER'S ASSOCIATION - WALK TO END ALZHEIMER'S

Be apart of the change in the fight to beat Alzheimer's! Starting April 1st donate your extra change to the Jar located in the Front Lobby.

Music Programs

MUSIC MAKERS

Monday, April 15th
2:00PM in the Social Hall



REVEILLE RINGERS (HANDBELL CHOIR)

Monday, April 29th
6:15PM in the Social Hall



MUSIC W/ GUITAR BILLY

Friday, April 12th
3:00PM in the Social Hall



MUSIC W/ DOUG HEPLER

Wednesday, April 24th
2:00PM in the Social Hall



HOUSE PROGRAMS

Spiritual Programs

GROWING IN FAITH
Saturdays at 10:30AM
in the Conference Room
Contact Dave Bartow



TAIZE SERVICE
Wednesday, April 24th at
2:00PM in Orange
Blossom



**“ENCOUNTERING JESUS” -
BIBLE NUGGETS W/ SIMON
BARNET**
Thursdays at 1:30
in the Guild Solarium



**CATHOLIC
COMMUNION**
Wednesday, April 17th
10:30 in Chapel



WORSHIP SERVICE
Sundays at 3:00 in the
Chapel



**BIBLE STUDY W/ SIMON
BARNET “Approaching
Our Awesome God”**
Fridays at 10:45 AM in the
Chapel



**MOVEMENT DISORDERS
SUPPORT GROUP**
Monday, April 1st
1:00 in the Conference Room
Contact Jennifer Norton
(804-474-1807)



MINDFULNESS MEDITATION
Tuesdays at 10:30 in the
Book and Bistro



HOUSE PROGRAMS

Fitness Programs

*Please note: water aerobics at Cedarfield has been cancelled. We will reevaluate if resident interest increases.

FEELING FIT Most Weekdays

at
9:45 in the
Social Hall

Jammin' with
Jillson
1st Thursday
this month.



BALANCE CLASS

Mondays &
Wednesdays
3:00 in the Social
Hall

*Please Note: This is a
high level balance class.
Residents must be
approved by the physical
therapy department to
participate.



CHAIR YOGA

with
Barbara Brown,
Certified Yoga
Instructor
Every
Tuesday
2:00 in the
Small Dining
Room



TRIPS

*Please sign up in the Communication Room Sign-Up Book.
At least 5 residents are needed or the trip will be cancelled!*

WALMART SHOPPING

LEVEL 3

Tuesday, April 2nd
Depart from Delmont
Entrance at 9:30

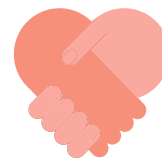


HOUSE PROGRAMS



NEW RESIDENT SOCIAL

Friday, April 19th
2:30 in the Guild Solarium



MEN'S FELLOWSHIP BREAKFAST

Wednesday, April 17th
8:00 AM in the Book & Bistro
Sign Up in the Communication
Room
by Monday, April 15th



WOMEN'S FELLOWSHIP BREAKFAST

Tuesday, April 23rd
8:00AM in the Book & Bistro
Sign Up in the Communication
Room by Monday, April 22nd



Cards & Games

BRIDGE CLUB

Tuesdays & Saturdays
1:30 on the 4th Floor
Contact Nancy Williams



RUMMIKUB

Wednesdays at 1:00 &
Fridays at 6:00PM
in the Book & Bistro
Contact Ann Field



SKIP BO

Fridays at 1:00
in the Book & Bistro
Contact Anita Dotti



CANASTA

Mondays at 1:00
in the Book & Bistro
Contact Jean Warren or
Lee Angell



GAME NIGHT

Most Tuesdays at 6:00 PM
in the Small Dining Room
Play multiple games with other
residents. Contact Anne Hanchey
for more information.



BINGO

Thursdays at 2:30
in the Small Dining
Room



HOUSE PROGRAMS

BRAIN FIT

Most Weekdays
10:30 in the Social Hall



BOOK CLUB

Thursday, April 25th
3:30 in Book & Bistro
Let Jane Kent know if you are interested.

You must purchase your own book.



MOVIE MATINEE

Tuesdays & Saturdays
2:00 in the Social Hall



HAPPY HOUR

Wednesdays at 4:00 in
the Book & Bistro
Bring your Drink of
Choice!



OMA ART SHOWCASE

Friday, April 12th at 1:30
in the Small Dining
Room



GUEST SPEAKER PRESENTATIONS

Dr. Susan Glasser, Secretary,
Public Art Commission with
the City of Richmond -
"Richmond's Public Art"

Thursday, April 4th at
3:30PM in the Social Hall

Dr. David Kitchen - "The
Eruption of Mount Vesuvius
and the Destruction of
Pompeii in AD79"

Friday, April 26th at 3:00PM
in the Social Hall



HOUSE PROGRAMS



CREATIVE WORKSHOP

Mondays at 10:30 AM

Thursdays at 1:30 PM

Tuesdays & Wednesdays at 10:30 AM

in the Creative Workshop Studio

April is Stress Awareness Month

We all experience stress of some sort on a daily basis. Luckily, we have many proven beneficial ways of dealing with stress, including making art. Creating, whether woodworking, weaving, crafting, floral design, etc., is a major stress reliever. This month in Creative Workshop, our projects will involve repetitive and methodical steps to aid in quieting our busy minds. Additionally, we will begin making art to sell at Hermitage Richmond's fourth annual Arts on the Lawn, on Saturday, May 18th. Projects include (below, from left to right) Lego "paintings", spin art painting, pressed floral art, layered stencil paintings, paper marbled greeting cards, and mandala mirror mosaics. All are welcome to make art to sell! Profits benefit our Opening Minds Through Art (OMA) Program.



NEIGHBORHOOD HAPPENINGS

McGuire Park

In March, we enjoyed a scenic ride and a trip to get milkshakes at Bruster's! We also enjoyed trying new sensory activities. In April, we are looking forward to warmer weather and more time spent in the Butterfly garden.

The Grove

Last month, we enjoyed learning about different influential woman to celebrate Women's History Month. In April, we are looking forward to more warm days and socials outdoors.

We would like to share that Hallie, our Life Enrichment Coordinator has decided to explore a new career opportunity. She will be with us at Hermitage Richmond through April 2nd. We wish Hallie all the best, she will be greatly missed. When you see her, please give her your well wishes.



Creative Arts w/Caroline

Orange Blossom: Tuesdays at 3:00
McGuire Park: Wednesdays at 1:30
Redbud Park: Wednesdays at 3:00
Mulberry Circle: Thursdays at 3:30

Devotions w/ Steve



McGuire Park: Mondays at 10:30
Orange Blossom: Fridays at 10:00
Redbud Park: Fridays at 10:30
Mulberry Circle: Mondays at 11:00

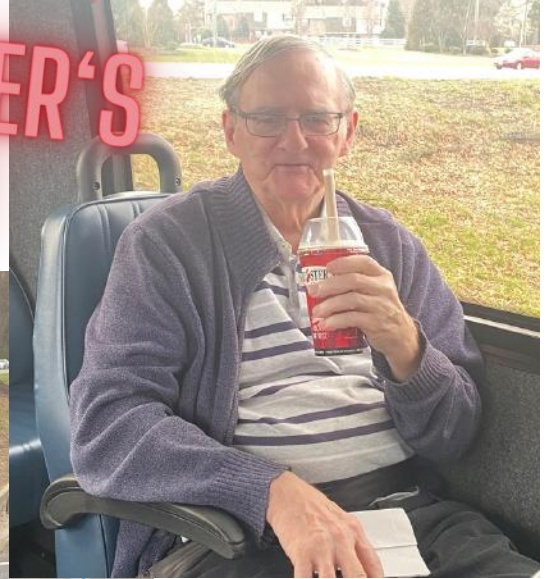


Neighborhood Council Circles:

Friday, April 26th
Redbud Park at 10:00AM
Orange Blossom at 10:30AM
Mulberry Circle at 11:00AM
McGuire Park at 11:30AM

PHOTO GALLERY

TRIP TO BRUSTER'S ICE CREAM



ST. PATRICKS SOCIAL



PHOTO GALLERY

VCU WOMEN'S BASKETBALL GAME



A VISIT WITH THE EASTER BUNNY

HERMITAGE LEADERSHIP



Bill Wright
Executive Director



Aisha Shabazz
Executive Assistant



Phonya Lewis
Marketing Director



Tiffany Coughlin
Director of Nursing
The Grove



Doretha Wimms
Director of Nursing
Assisted Living



Chris West
Dining Services
Director



Bruce Browning
Facilities Management
Director



Andrew Lewis
Ancillary Services
Director



Jennifer Norton
Lifestyles & Wellness
Director



Jennifer Young
Business Office
Director

RESIDENTS' ASSOCIATION EXECUTIVE COMMITTEE JUNE 1, 2023 - JUNE 1, 2024



Fran Zehmer
President



Liz Slate
President-Elect



Nancy Williams
President- Emeritus