A NOTE FROM THE DIRECTOR OF LIFESTYLES & WELLNESS

Robin Williams said, “Spring is nature’s way of saying, ‘Let’s party!’ What’s not to love about the month of May, when spring is at its peak? New flora and fauna is all around us, the pollen is almost behind us, bright colors glow in the trees, flowers, sunrises and sunsets—and summer is right around the corner!

This month of rejuvenation and new beginnings is dedicated to key elements of living well and taking care of ourselves, which is why Hermitage Richmond is highlighting the Emotional Balance Pathway to Wellness as a nod to Mental Health Awareness Month. It’s the perfect time to take stock of your emotional well being. Be kind to yourself, ask for help if you need it and offer support to others who may need it as well.

For May, challenge yourself to participate in Mental Health Mondays in the Book & Bistro and The Grove, Mindfulness & Meditation on Tuesday mornings in the Book & Bistro, Chair Yoga on Tuesday afternoons in the Guild Solarium, or Therapeutic Thursdays in The Grove. If these programs don’t suit your fancy, do something that does! Doing what you love, whether it is something extravagant or simple pleasures create a life well-lived.

Did you know that May is also dedicated to Better Sleep Month and National Walking Month? Getting those “ZZZZ’s” and maximizing those steps contribute greatly to our emotional health and overall well-being.

This month, let’s make it a priority to take care of ourselves and each other.

Stay Well,
Jennifer
Welcome New Residents

Clayton Bomberger
Marian Bomberger
John Cannon
Richard Dagger
Barbara Dagger
John Martin
Patricia Frank
Kay Barr

Resident Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Birthday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edith Waldbauer</td>
<td>May 01</td>
</tr>
<tr>
<td>Barbara McHugh</td>
<td>May 05</td>
</tr>
<tr>
<td>Margaret Milby</td>
<td>May 07</td>
</tr>
<tr>
<td>Maryanne Jones</td>
<td>May 14</td>
</tr>
<tr>
<td>Bill Putt</td>
<td>May 14</td>
</tr>
<tr>
<td>Edmond Conway</td>
<td>May 15</td>
</tr>
<tr>
<td>Stephen Broocks</td>
<td>May 17</td>
</tr>
<tr>
<td>Fran Zehmer</td>
<td>May 19</td>
</tr>
<tr>
<td>Harold Goodman</td>
<td>May 21</td>
</tr>
<tr>
<td>Betty Chiocca</td>
<td>May 21</td>
</tr>
<tr>
<td>David Bartow</td>
<td>May 25</td>
</tr>
<tr>
<td>Bob Jones</td>
<td>May 28</td>
</tr>
</tbody>
</table>

Team Member Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Birthday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tamika White</td>
<td>May 01</td>
</tr>
<tr>
<td>Mildred Blow</td>
<td>May 02</td>
</tr>
<tr>
<td>Gaquita Cain</td>
<td>May 02</td>
</tr>
<tr>
<td>Doretha Wimms</td>
<td>May 04</td>
</tr>
<tr>
<td>Latonya Williams</td>
<td>May 06</td>
</tr>
<tr>
<td>Alejandra Vasquez Mena</td>
<td>May 08</td>
</tr>
<tr>
<td>Fernando Ruiz</td>
<td>May 10</td>
</tr>
<tr>
<td>Latoya Williams</td>
<td>May 10</td>
</tr>
<tr>
<td>Katrina Pittman</td>
<td>May 12</td>
</tr>
<tr>
<td>Greysi Perez</td>
<td>May 17</td>
</tr>
<tr>
<td>Denise Fisher</td>
<td>May 19</td>
</tr>
<tr>
<td>Theresa Henery-Cooper</td>
<td>May 23</td>
</tr>
<tr>
<td>Equasia Warren</td>
<td>May 24</td>
</tr>
<tr>
<td>Shireka Chambliss</td>
<td>May 25</td>
</tr>
<tr>
<td>Sebastian Sale</td>
<td>May 27</td>
</tr>
<tr>
<td>Colleen George</td>
<td>May 28</td>
</tr>
</tbody>
</table>

Residents’ Association Election

Your New President-Elect for the 2024-2025 Residents’ Association Year is Terry Williams (Beginning June 1st)

Theme Thursday

Floral Print
Thursday, May 2nd
April showers, bring May flowers. Wear your favorite floral print to bring in the first week of May!

Congratulations Terry!
**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).

- **New Chapel Sound System:** Thank you to our Hermitage Community Volunteer Guild for purchasing our new sound system for the Chapel! Installation will begin soon.

- **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:** #20. Is informed, in writing and upon request, of whether the assisted living facility maintains the minimum liability coverage, as established by the Board pursuant to subdivision A 10 of 63.2-1805.

- **New Resident "Buddy" Program:** If you are interested in becoming a "Buddy" for new residents and want to learn more, contact Danielle Nelson, Director of Social Services at 804-474-1854.

- **Resident Input:** There are multiple ways for your voice to be heard. In addition to the monthly Resident Association Meetings, Neighborhood Meetings and quarterly Hall Meetings, we have surveys, an open door policy, and suggestion boxes. Additionally, we have various committees: Executive Committee, Lifestyles & Wellness Committee, Marketing Committee, Facilities Management Committee, Ancillary Services Committee, Administration Committee, Dining Committee, Health Services Committee, Garden Committee and DEI Committee. If you are interested in learning more, please contact the appropriate department director or Bill Wright, Executive Director.

---

**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.

Jarrell Chandler, Bernetta Finney-Vincent, John Hamilton
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

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

SHRED-IT EVENT!
Saturday, May 4th 9:00AM-Noon
Circle Drive in Front of our Building
You Drive Up & Stay in Your Car
Open to Residents, Families, Team Members, Volunteers & Neighbors

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. Drop-offs are accepted in Hidden Treasures Room #3. Contact Jennifer Norton at 804-474-1807 with questions.

MOVIE SUGGESTIONS
We are looking for newer movie suggestions for Movie Matinee. If you have a new movie you would like to see, please contact Courtney or Bernie in the Lifestyles & Wellness Offices on D-Wing 4th Floor.

BOOK DONATIONS
We are looking to add new book options to the library. If you have new books you would like to donate, please contact Courtney or Bernie in the Lifestyles & Wellness Offices on D-Wing 4th Floor.
COUNSELING
Did you know that Hermitage Richmond has resources for professional counseling?
For inquiries, reach out
Danielle Nelson, Director of Social Services (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, Director of Social Services 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
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
- BRAIN FITNESS
- INTELLECUAL GROWTH
- EMOTIONAL BALANCE
- SPIRITUALITY
- CREATIVE EXPRESSION
- DINING, DIET, & NUTRITION
- CULTIVATE
- COMMUNITY OUTREACH
- 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.*
May’s Pathway to Wellness Highlight is Emotional Balance

<table>
<thead>
<tr>
<th>HOUSE PROGRAMS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHAIR YOGA</strong></td>
</tr>
<tr>
<td>with Barbara Brown, Certified Yoga Instructor</td>
</tr>
<tr>
<td>Every Tuesday 2:00 in the Guild Solarium</td>
</tr>
<tr>
<td><strong>MOVEMENT DISORDERS SUPPORT GROUP</strong></td>
</tr>
<tr>
<td>Monday, May 6th 1:00 in the Conference Room</td>
</tr>
<tr>
<td>Contact Jennifer Norton (804-474-1807)</td>
</tr>
<tr>
<td><strong>MINDFULNESS MEDITATION</strong></td>
</tr>
<tr>
<td>Tuesdays at 10:30 in the Book and Bistro</td>
</tr>
</tbody>
</table>

| **MENTAL HEALTH MONDAYS** 4:00PM in the Book & Bistro |
| Laughter Yoga Monday, May 6th |
| Mindfulness M&Ms Monday, May 13th |
| Anxiety Check in & Tapping Monday, May 20th |

**Music & Performances**

| **MUSIC MAKERS**  |
| Monday, May 6th 2:00PM in the Parlor |
| **VCU NOTES OF KINDNESS**  |
| Monday, May 6th 6:00PM in the Social Hall |
| **VERITAS LOWER SCHOOL ENSEMBLE** “Peter Rabbit”  |
| Tuesday, May 14th 1:00PM in the Social Hall |
| **CELEBRATION CHIOR**  |
| Friday, May 24th 3:15PM in the Social Hall |
| **WESLEYAN YOUTH CHIOR**  |
| Wednesday, May 29th 2:30PM in the Parlor |
**Spiral Programs**

**GROWING IN FAITH**
Saturdays at 10:30AM in the Book & Bistro
Contact Dave Bartow

**TAIZE SERVICE**
Wednesday, May 22nd at 2:00PM in Orange Blossom

**BIBLE NUGGETS W/ SIMON BARNET**
Thursdays at 1:30 in the Guild Solarium

**CATHOLIC COMMUNION**
Wednesday, May 15th 10:30 in Chapel

**WORSHIP SERVICE**
Sundays at 3:00 in the Chapel

**BIBLE STUDY W/ SIMON BARNET**
Fridays at 10:45 AM in the Chapel

**SERVICE OF REMEMBERANCE**
Wednesday, May 29th at 10:30AM in the Chapel
Fitness Programs

FEELING FIT
Most Weekdays at 9:45 in the Social Hall

Jammin’ with Jillson
1st & 3rd 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.

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, May 7th
Depart from Delmont
Entrance at 9:30

OUT TO LUNCH BUNCH
LEVEL 2
Monday, March 13th
Depart from Delmont
Entrance at 11:00
# HOUSE PROGRAMS

## NEW RESIDENT SOCIAL
Friday, May 17th
2:30 in the Guild Solarium

## MOTHERS & FRIENDS TEA
Friday, May 10th
2:00 in the Social Hall

## MEN'S FELLOWSHIP BREAKFAST
Wednesday, May 15th
8:00 AM in the Book & Bistro
Sign Up in the Communication Room by Monday, May 13th

## WOMEN'S FELLOWSHIP BREAKFAST
Tuesday, May 28th
8:00 AM in the Book & Bistro
Sign Up in the Communication Room by Monday, May 27th

## 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
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 Social Hall
**HOUSE PROGRAMS**

**BRAIN FIT**  
Most Weekdays  
10:30 in the Social Hall

**BOOK CLUB**  
Thursday, May 23rd  
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!

**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.

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

**RESIDENTS' ASSOCIATION MEETING**  
Friday, May 17th  
10:00am in the Social Hall

**ALZHEIMER’S ASSOCIATION - WALK TO END ALZHEIMER’S**  
Be apart of the change in the fight to beat Alzheimer’s!  
Donate your extra change to the Jar located in the Front Lobby.
Save the date for Hermitage Richmond’s fourth Arts on the Lawn

on Saturday, May 18th, 10 AM - 4 PM
on our front circle drive and lawn.
This is a free family and pet friendly event. Come check out dozens of local artists and artisans, and sample some local food trucks. Net funds benefit our Opening Minds Through Art (OMA) program.

Hermitage Richmond’s first OMA show is currently on display in our Barton Heights gallery through May 20th. Check out the beautiful abstract artwork made by our residents.

Creative workshop needs your help in making art to sell at Arts on the Lawn! The first three weeks of May will be dedicated to creating interesting items for our resident art booth. Come to the studio during the designated workshop times, or contact Caroline with questions at 474-1882.
McGuire Park
We enjoyed spending lots of time sprucing up the butterfly garden in April. We are looking forward to more gardening, music, games and pet therapy visits in May!

The Grove
In April, we enjoyed trying new trivia games and playing bingo with our neighbors. In April, we also welcomed our new Life Enrichment Coordinator, Varhati Mallory! We are looking forward to the engaging programs and ideas Varhati will bring to The Grove. Some already include Mental Health Mondays and Therapeutic Thursdays to highlight Emotional Balance Month!

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, May 24th
Redbud Park at 10:00AM
Orange Blossom at 10:30AM
Mulberry Circle at 11:00AM
McGuire Park at 11:30AM
PHOTO GALLERY

Irina Conway
Cello Performance

Theme Thursday
Crazy Hair

Cristo Rey Students
"Chalk our Walk"

Spring Gardening
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

Danielle Nelson
Director of Social
Services

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

Fran Zehmer
President

Liz Slate
President-Elect

Nancy Williams
President- Emeritus