

HERMITAGE

ROANOKE

April 2023

GREETINGS!

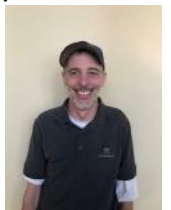
As you all know, the pandemic changed the landscape of healthcare for our country. Masks became commonplace, there were shortages of supplies, and roughly 1 in 5 healthcare workers left the field to find occupations that limited their exposure to COVID-19 and to avoid stressful pandemic-related policies. This led to a dramatic rise in staffing agencies being used by hospitals, doctors' offices, and communities such as our own. While these agencies certainly offer assistance, contracted workers don't typically have the opportunity to get to know our residents and are less reliable than people who are invested in Hermitage Roanoke. With that being said, our clinical team has worked tirelessly to ensure we have a full schedule of caregivers for our population. Due to their efforts, we have not utilized agency staffing for over 30 days and aim to continue this trend! I am hopeful everyone has noticed the renewed consistency in staff and experienced the benefits of a dedicated team. Thank you for being a part of our community!

-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. Our Hero for April is Bill Girard! Bill has been a member of the Building and Grounds team at Hermitage Roanoke for 7 months now. Bill was nominated by residents and team members for having a positive attitude and strong work ethic. Bill happily completes work orders and miscellaneous "fires" that pop up around our community each day without hesitation or complaint. His fun-loving attitude makes him a joy to be around at work! One resident shared that he is known as "cracker guy" around the community for his love of saltine crackers as a snack. Thank you for your hard work, Bill! We appreciate you!

CONGRATULATIONS



SAMARITAN PROGRAM

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday.

A meeting in April of that year between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.” Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country.

In 2015, the number of Americans age 65 and older had reached 47.8 million and is projected to more than double to 98 million in 2060. The fastest growing segment of people in the United States is the group over the age of 80. With ever increasing longevity, more and more of us wonder if we will be able to financially support ourselves into our 80s, 90s, even possibly our 100s.

Financial reversals and unforeseen circumstances can be contributing factors to needing help from the Samaritan Program. Tax deductible gifts from generous people ensure the personal security and peace of mind for our most vulnerable residents. Please consider making a generous gift for residents who need confidential financial assistance now or in the future. There are a number of ways to make your gift:

- Outright contribution**
- Memorial or tribute gifts**
 - Gifts by trust or will**
 - Life insurance policy**
 - IRA or stock**

Online giving options are available at www.pinnacleliving.org as well as on our Facebook page and community website. Checks or cash may be delivered to the Business Office. Make the check payable to Pinnacle Living or to 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

Have you been as surprised as me to see all of the glorious blooms bringing their springtime greetings into our world? For every challenging and difficult moment that we and our world are experiencing – deaths of loved ones, earthquakes leaving thousands homeless and hurting, nations torn apart by war – these signs of spring remind us that life goes on, and springs forth, renewal upon renewal.

As we celebrate this season of renewal, here is a favorite poem, written by Joyce Rupp:
Sturdy, deep green tulip shoots.

How did they know
it was time to push up through the long-wintered soil?

How did they know
it was the moment to resurrect,
while thick layers of stubborn ice
still pressed the bleak ground flat?

But the tulips knew.

They came, rising strongly,
a day after the ice died.

There's a hope-filled place in me
that also knows when to rise,
that waits for the last layer of ice
to melt into obscurity.

It is urged by the strong sun
warming my wintered heart.
It is nudged by the Secret One,
calling, calling, calling:
"Arise, my love, and come."

Peace,
Rev. Joe Cobb, Chaplain

My heart stirs like dormant tulips
and hope comes dancing forth.

Not unlike the Holy One
kissing the morning sun,
waving a final farewell
to a tomb emptied of its treasure.

PROGRAMS & EVENTS



1950's FASHION

★ **Thursday, April 27th at 1:30PM**
in the Assembly Room

Join us for this fun topic of discussion, 1950's Fashion! Look at pictures of outfits from the 50's!



BIRDHOUSES



Thursday, April 20th at 1:30PM
in Dogwood Lane

COME PAINT A BIRDHOUSE WITH US! YOU CAN
DECORATE IT ANY WAY YOU WOULD LIKE!

UMBRELLA PAINTING WITH DOTTIE

Wednesday, April 12th at 1:30PM
in Dogwood Lane

Join Dottie from Affinity as she
leads us through a beautiful
umbrella painting!

RON BIGGIO PERFORMS

Thursday, April 6th at 2:00PM
in the Virginia Room

Join Ron Biggio as he performs
variety classics including Frank
Sinatra!



BIRDSEED EASTER EGGS

Friday, April 7th at 10:30 AM
in the Assembly Room

Join us in the Assembly
Room as we create

birdseed treats out of
Easter eggs!



Safety Talk with Officer King

Tuesday, April 4th at 10:30 AM
in the Virginia Room

Join Trooper Ryan King as he
discusses topics such as scams
on seniors, cars getting broken
into, valuables being left in the
cars, and traveling alone.

RON DOWNING PERFORMS

Wednesday, April 12th at 2:30PM
in the Virginia Room

Join Ron as he performs a
variety of music including 60s,
70s and more!

PROGRAMS & EVENTS

COMMUNITY CIRCLES

You might notice on your calendar that we have "Community Circles" for Dogwood Lane and for Oak Tree, Willow Way and Maple Tree Lane. These circles are opportunities for you to talk about whatever you'd like! It could be what you'd like to do or see at Hermitage!

Oak Tree, Willow Way, Dogwood Lane:
Maple Tree Lane: 4/7 at 10:30 AM
4/13 at 1:30 PM (AR) (DWL)

THE BROTHERS YOUNG PERFORM

Friday, April 14th at 10:30AM
in the Virginia Room



Join us for a spectacular show prepared for us by two gifted young men. Sit back and enjoy the dynamic duo strum some of Appalachia's best bluegrass.

MANICURES

Come get your nails filed and painted!

Monday, April. 17th @ 10 AM

Sunday, April. 23rd @ 1:15 PM
in the Assembly Room



PAINT CLASS WITH JULIA

Saturday, April 1st at 10:00AM
in the Assembly Room

Join Julia as she shows us how to paint step by step!



ME AND MARTHA

Wednesday, April 26th at 2:30PM
in the Virginia Room



ME & MARTHA ARE MEMBERS OF AMERICA'S OLD TIME COUNTRY MUSIC HALL OF FAME AND ARE ON THE ARTIST ROSTERS OF THE VIRGINIA COMMISSION FOR THE ARTS AND YOUNG AUDIENCES OF VIRGINIA! COME ENJOY SOME WONDERFUL MUSIC FROM TWO GREAT ARTISTS!

TOTE BAG CRAFT

Thursday, April 20th at 3:00PM
in the Assembly Room

Come make a spring tote bag with us! We will be using pillow shams to do it!



PROGRAMS & EVENTS

SHOPPING TRIPS

April 3rd at 10:00--Lakeside
April 10th at 1:30--Lakeside
April 14th at 1:30--Valley View
April 17th at 10:00--Lakeside
April 21st at 1:30--Salem
April 24th at 1:30--Lakeside
April 28th at 1:30--Tanglewood



**Thursday, April 27th at 6:45 PM
on the Bus**

Tickets are \$14 "The Women"

"Filled with comedic characters and an abundance of witty dialogue, The Women is a commentary on the life of the superficial socialite and the lengths women were forced to resort to when their lives depended on a well-made marriage." Please sign up in the book if you are interested.



GARLIC KNOTS

**Wednesday, April 19th at 1:30PM
in Dogwood Lane**

JOIN MARK IN THE KITCHEN AS HE
HELPS US MAKE SOME GOOD
SMELLING GARLIC KNOTS!



DINNER 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, April 4th at 4:15 PM**
 - Golden Corral
- **No Dinner Out Tuesday, April 11th**
- **Tuesday, April 18th at 4:15 PM**
 - Logan's Roadhouse
- **No Dinner Out Tuesday, April 25th**

LUNCH AT ROSIE'S



**Friday, April 7th at 11:30 AM
on the Bus**

Enjoy a delicious lunch at this local Vinton restaurant and casino! Please sign up in the book if you are interested in going!

Picnic in the Park

Tuesday, April 25th at 10:00 AM
Spring is here! What better way to enjoy it than to have a picnic at one of Roanoke's local parks. We will be eating lunch at the park and then returning.

****Please note, there is no Transportation for medical appointments available this day. Please plan accordingly.**

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:

Peggy Crismond and Kathy Lewis.

****The next Independent Living Meeting (for all Independent Living residents) is Thursday, April 20th at 3:30 PM in the Assembly Room.**

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

Dementia Tour

*Thursday, April 20th at 1:30 PM
in the Assembly Room*

Join us in the Assembly Room for a look inside what it's like to have dementia. This is an interactive program and will take 3-5 minutes per person. Team members are encouraged to attend.

Adaptive Equipment Presentation

*Monday, April 24th at 10:30 AM
in the Assembly Room*

Please welcome Dennis from the VA Dept. for the Blind as he talks about devices that are available for people with visual impairments.

ADDITIONAL ANNOUNCEMENTS

PASSOVER

Passover (also known as Pesach) has been an integral part of the Jewish faith for centuries, as a celebration of when the Jewish people were freed from slavery in Egypt. (In the Biblical story of their escape, the Jews were spared by the Angel of Death after they marked their doorways with lamb's blood.)

The celebration begins on the 15th day of Nisan in the Hebrew calendar, which coincides with a full moon. But as a lunar calendar, the Jewish calendar is 11 days shorter than the Gregorian calendar (AKA the solar calendar that most of the world uses), so Passover dates change year to year, within March and April.

In 2023, Passover runs from the evening of April 5, 2023, to the evening of Thursday, April 13, 2023.

Save the Date:

June is Flower and Garden Month! Get ready for garden themed programs as well as a BIG surprise event on our front lawn!

HAPPY Birthday


Judy Burton
Suzanne Mortlock
Barbara Nash
Susan Blaylock
Mary John

April Birthday Party!

Join Rocky Mount UMC as they help us celebrate our April Birthdays! They will be providing ice cream, cupcakes, punch, and games!

Monday, April 3rd at 2:00 PM
in the Virginia Room

SPRING FLOWERS WORD SEARCH



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

Anemone

Carnation

Chrysanthemum

Daffodil

Daisy

Hydrangea

Iris

Lavender

Lilac

Lily

Orchid

Poppy

Rose

Snapdragon

Sunflower



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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, Mark Davis, 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

7:00 Instrumental Hymns (Channel 1960)
1:30 Puzzle Club! (Maple Tree Sunroom)
 2:55 Vespers (Channel 1960 & Assembly Room)

2
Palm Sunday
 7:00 Instrumental Hymns (Channel 1960)
1:30 Sistine Chapel Virtual Tour! (AR)
 2:55 Vespers with Communion (Channel 1960 & Assembly Room)

9
Easter
 7:00 Instrumental Hymns (Channel 1960)
1:30 Door Hanger Flowers! (MT)
 2:55 Vespers (Channel 1960 & Assembly Room)

16
Orthodox Easter
 7:00 Instrumental Hymns (Channel 1960)
1:30 Coloring Club! (Maple Tree Sunroom)
 2:55 Vespers (Channel 1960 & Assembly Room)

23
HB Barbara Nash
 7:00 Instrumental Hymns (Channel 1960)
1:15 Manicures! (AR)
 2:55 Vespers (Channel 1960 & Assembly Room)

Types of Activities offered
 NA-Natural world
 SO-Social
 CO-Cognitive

3
10:00 Shop Lakeside (B)
10:30 Reminiscence with Kay! (AR)
2:00 April Birthday Party! (VR)

10
10:30 Penny Pitching Game! (AR)
 1:30 Shop Lakeside (B)
 2:00 Game Fest! (AR)
 3:15 Bridge Club! (AR)

17
 10:00 Manicures! (AR)
10:00 Shop Lakeside (B)
 2:00 Game Fest! (AR)
 3:15 Bridge Club! (AR)

24
10:30 Adaptive Equipment Presentation (AR)
 1:30 Shop Lakeside (B)
 2:00 Game Fest! (AR)
 3:15 Bridge Club! (AR)

OU-Outdoor
 PR-Productive
 SE-Sensory
 RE-Reflective
 Ph-Physical

4
 10:00 Chocolate Bingo! (AR)
10:30 Safety Talk with State Police (VR)
 2:45 Pet Visits with Indy!
 3:00 Trivia Tuesday (AR)
4:15 Dinner Out: Golden Corral (B)

11
 10:00 Chocolate Bingo! (Virginia Room)**LOCATION CHANGE)
 2:45 Pet Visits with Indy!
 3:00 Trivia Tuesday (AR)

18
Tax Day
 10:00 Chocolate Bingo! (AR)
10:00 Mending Ladies (From Home)
 2:45 Pet Visits with Indy!
 3:00 Trivia Tuesday (AR)
4:15 Dinner Out: Logan's Roadhouse (B)

25
10:00 Picnic in the Park! (B)
 3:00 Trivia Tuesday (AR)

LOCATION KEY
 AR - Assembly Room
 B - Bus
 DWL - Dogwood Lane
 FR - Florida Room
 MT - Maple Tree Lane
 P - PATIO

5
Passover
 8:30 YMCA (B)
10:30 Balloon Volleyball! (AR)
 1:30 Playing Hearts! (AR)
1:30 Scrabble Challenge! (FR)
 3:00 BINGO (AR)

12
 8:30 YMCA (B)
10:30 Hymns with Louise! (VR)
 1:30 Playing Hearts! (AR)
 1:30 Umbrella Painting with Dottie! (DWL)
2:30 Ron Downing Performs! (VR)

19
HB Judith Burton
 8:30 YMCA (B)
10:30 Hymns with Louise! (VR)
1:30 Making Garlic Knots! (DWL)
 1:30 Playing Hearts! (AR)
 3:00 BINGO (AR)

26
HB Mary John
 8:30 YMCA (B)
 9:30 Food Committee Meeting (AR)
10:00 Chocolate Bingo! (AR)
 1:30 Playing Hearts! (AR)
2:30 Me and Martha Perform! (VR)

VR - Virginia Room

6
 10:00 Healthy with Healthpro Exercise (AR)
10:00 Men's Coffee Club (VR)
 10:00 Pet visits with Ellie
2:00 Ron Biggio Performs! (VR)

13
 10:00 Healthy with Healthpro Exercise (AR)
1:30 AL Community Circle (AR)
 3:00 BINGO (AR)

20
 10:00 Healthy with Healthpro Exercise (AR)
1:30 Dementia Tour with Amedysis (AR)
1:30 Painting Birdhouses! (DWL)
3:00 Tote Bag Craft! (AR)
 3:30 Independent Living Meeting (AR)

27
 10:00 Healthy with Healthpro Exercise (AR)
1:30 Old News: 1950's Fashion! (AR)
 3:00 BINGO (AR)
6:45 Showtuner's Theater: The Women (B)

1
April Fool's Day
 10:00 Social Hour (FR)
1:30 Movie Matinee (AR)
 4:00 Healthy with Healthpro Exercise (Channel 1960)

8
10:00 Paint Class with Julia! (AR)
1:30 Movie Matinee (AR)
 4:00 Healthy with Healthpro Exercise (Channel 1960)

15
10:00 Men's Coffee Hour (AR)
 10:30 Volunteer Appreciation: Volunteers Only (P)
1:30 Movie Matinee (AR)

22
Earth Day
 10:00 Social Hour (FR)
1:30 Movie Matinee (AR)
 4:00 Healthy with Healthpro Exercise (Channel 1960)

29
HB Suzanne Mortlock
 10:00 Social Hour (FR)
1:30 Movie Matinee (AR)
 4:00 Healthy with Healthpro Exercise (Channel 1960)

7
Good Friday
 8:30 YMCA (B)
 10:30 Birdseed Easter Eggs! (AR)
10:30 DWL Community Circle (DWL)
11:30 Lunch Out: Rosie's (B)
 1:15 Men's Club (AR)
 3:00 Memory Jogging (AR)

14
HB Susan Blaylock
 8:30 YMCA (B)
10:30 The Brothers Young Perform! (VR)
 1:15 Men's Club (AR)
 1:30 Shop Valley View (B)
 3:00 Memory Jogging (AR)

21
Eid al-Fitr
 8:30 YMCA (B)
10:30 Leisure Ride! (B)
 1:15 Men's Club (AR)
 1:30 Shop Salem (B)
 3:00 Memory Jogging (AR)

28
 8:30 YMCA (B)
10:30 Making Roses! (AR)
 1:15 Men's Club (AR)
 1:30 Shop Tanglewood (B)
 3:00 Memory Jogging (AR)

April 2023

Oak Tree

HERMITAGE
ROANOKE

25

18

11



****If you would like to
be removed from the
newsletter mailing list,
please email:
sswanberg@pinnacleliving.org**

HERMITAGE

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PINNACLE LIVING

1009 Old Country Club Rd.
Roanoke, Va. 24017
Phone: 540-767-6800
Fax: 540-767-6830
www.hermitageroanoke.org