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!

-James
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.
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.”

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.

Peace,
Rev. Joe Cobb, Chaplain
PROGRAMS & EVENTS

**1950’s Fashion**
Thursday, April 20th at 1:30PM in Dogwood Lane
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!

**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!

**Ron Biggio Performs**
Thursday, April 6th at 2:00PM in the Virginia Room
Join Ron Biggio as he performs variety classics including Frank Sinatra!

**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!

**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!

**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.
**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)

**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!

**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

**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

---

**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**

---

**SHOWTIMES**

**Theater**

1009 Old Country Club Rd. Roanoke, VA 24017 540-767-6880 Fax*540-767-6330

---

**Showtimes**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Theater</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 3rd</td>
<td>10:00</td>
<td>Lakeside</td>
</tr>
<tr>
<td>April 10th</td>
<td>1:30</td>
<td>Lakeside</td>
</tr>
<tr>
<td>April 14th</td>
<td>1:30</td>
<td>Valley View</td>
</tr>
<tr>
<td>April 17th</td>
<td>10:00</td>
<td>Lakeside</td>
</tr>
<tr>
<td>April 21st</td>
<td>1:30</td>
<td>Salem</td>
</tr>
<tr>
<td>April 24th</td>
<td>1:30</td>
<td>Lakeside</td>
</tr>
<tr>
<td>April 28th</td>
<td>1:30</td>
<td>Tanglewood</td>
</tr>
</tbody>
</table>

---

**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!

---

**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!

---

---

**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.**
**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.
PASSEOVER

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.

ADDITIONAL ANNOUNCEMENTS

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

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!
Spring Flowers Word Search

Anemone  Daffodil  Iris  Lily  Rose
Carnation  Daisy  Lavender  Orchid  Snapdragon
Chrysanthemum  Hydrangea  Lilac  Poppy  Sunflower
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immediate Dining Assistance</td>
<td>767-6825</td>
</tr>
<tr>
<td>Dining Services</td>
<td>Michael Steptoe, 767-6823</td>
</tr>
<tr>
<td>Sous Chef</td>
<td>Karen Klink, Chef, 767-6824</td>
</tr>
<tr>
<td>Executive Director</td>
<td>James Stovall, NHA, 767-6810</td>
</tr>
<tr>
<td>Business Office Mgr.</td>
<td>Kristen Testerman, 767-6804</td>
</tr>
<tr>
<td>Sales &amp; Marketing Director</td>
<td>Wade Tallant, 767-6818</td>
</tr>
<tr>
<td>Sales Counselor</td>
<td>Stacey Corbitt, 767-6815</td>
</tr>
<tr>
<td>Social Services</td>
<td>Mary Craddock, MSW, 767-6803</td>
</tr>
<tr>
<td>Environmental Services</td>
<td>Barry Perkins, 767-6820</td>
</tr>
<tr>
<td>Director of Nursing</td>
<td>Christy Thornton, 767-6833</td>
</tr>
<tr>
<td>Lifestyles &amp; Wellness Director</td>
<td>Sam Swanberg, 767-6813</td>
</tr>
<tr>
<td>Chaplain</td>
<td>Rev. Joe Cobb, 767-6883</td>
</tr>
<tr>
<td>Front Lobby</td>
<td>Margie Lindsey, 767-6800</td>
</tr>
<tr>
<td>Lead Concierge</td>
<td>Stephanie Jackson, 767-6801</td>
</tr>
<tr>
<td>Beauty Salon</td>
<td>Renee Jones, 767-6806</td>
</tr>
<tr>
<td>Transportation</td>
<td>Dan Levesque, 520-9716</td>
</tr>
<tr>
<td>Lifestyles &amp; Wellness Office</td>
<td>Charnice White, Mark Davis, 767-6819</td>
</tr>
<tr>
<td>Assistant Director of Nursing</td>
<td>Amanda Long, 767-6829</td>
</tr>
<tr>
<td>Assisted Living Clinical Leader</td>
<td>Brittany Potter, 767-6882</td>
</tr>
<tr>
<td>Assisted Living Nurses Station</td>
<td>767-6811</td>
</tr>
<tr>
<td>HealthPRO Heritage Rehab</td>
<td>767-6817</td>
</tr>
<tr>
<td>Dogwood Nurses Station</td>
<td>767-6816</td>
</tr>
<tr>
<td>Security (5 PM-5 AM)</td>
<td>525-1363</td>
</tr>
<tr>
<td>SUN</td>
<td>MON</td>
</tr>
<tr>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td>7:00 Instrumental Hymns (Channel 1960)</td>
<td></td>
</tr>
<tr>
<td>1:30 Puzzle Club! (Maple Tree Sunroom)</td>
<td>10:30 Reminisce with Kay! (AR) 2:00 April Birthday Party! (VR)</td>
</tr>
<tr>
<td>2:55 Vesper Service (Channel 1960 &amp; Assembly Room)</td>
<td>2:45 Pet Visits with Indy! 3:00 Trivia Tuesday (AR)</td>
</tr>
<tr>
<td><strong>Easter</strong></td>
<td>4:15 Dinner Out: Golden Corral (B)</td>
</tr>
<tr>
<td>7:00 Instrumental Hymns (Channel 1960)</td>
<td>10:00 Chocolate Bingo! (AR)</td>
</tr>
<tr>
<td>1:30 Sistine Chapel Virtual Tour! (AR)</td>
<td>10:00 Chocolate Bingo! (AR)</td>
</tr>
<tr>
<td>2:55 Vesper Service (Channel 1960 &amp; Assembly Room)</td>
<td>10:00 Chocolate Bingo! (AR)</td>
</tr>
<tr>
<td><strong>Orthodox Easter</strong></td>
<td>10:00 Healthy with Healthpro Exercise (AR)</td>
</tr>
<tr>
<td>7:00 Instrumental Hymns (Channel 1960)</td>
<td>1:30 Healthy with Healthpro Exercise (AR)</td>
</tr>
<tr>
<td>1:30 Coloring Club! (Maple Tree Sunroom)</td>
<td>1:30 Healthy with Healthpro Exercise (AR)</td>
</tr>
<tr>
<td>2:55 Vesper Service (Channel 1960 &amp; Assembly Room)</td>
<td>1:30 Healthy with Healthpro Exercise (AR)</td>
</tr>
<tr>
<td><strong>HB Barbara Nash</strong></td>
<td>1:30 Health with Healthpro Exercise (AR)</td>
</tr>
<tr>
<td>7:00 Instrumental Hymns (Channel 1960)</td>
<td>1:30 Health with Healthpro Exercise (AR)</td>
</tr>
<tr>
<td>11:15 Manicures! (AR) 2:55 Vesper Service (Channel 1960 &amp; Assembly Room)</td>
<td>1:30 Healthy with Healthpro Exercise (AR)</td>
</tr>
<tr>
<td>10:00 Adaptive Equipment Presentation (AR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:15 Bridge Club! (AR)</td>
<td>1:30 Healthy with Healthpro Exercise (AR)</td>
</tr>
<tr>
<td><strong>April 2023</strong></td>
<td>1:30 Healthy with Healthpro Exercise (AR)</td>
</tr>
<tr>
<td><strong>Oak Tree</strong></td>
<td>6:45 Showtime's Theater: The Women (B)</td>
</tr>
</tbody>
</table>
If you would like to be removed from the newsletter mailing list, please email:

sswanberg@pinnacleliving.org