

Home & Hearth

HERMITAGE

RICHMOND

March 2024

A NOTE FROM THE EXECUTIVE DIRECTOR

Hello Residents and Families,

With March upon us we are beginning to look forward to everything that comes with the season changing from winter to spring. As the weather warms, we will be working on several projects related to our grounds. We will have new planter boxes in the resident garden area behind Edgewood. If you are interested in reserving space in a garden box, please let us know.

The Resident Association is asking for resident volunteers to represent each functional department at Hermitage Richmond. There are still open slots. If you would like to represent dining services, administration, ancillary/housekeeping, marketing, maintenance, or Health Services, please speak with the department director, or come by the administration office.

With warmer weather on the way and the urge to get some spring cleaning done, I wanted to remind everyone that we still have storage spaces available in the basement if anyone needs one. See Andrew or Aisha for more information.

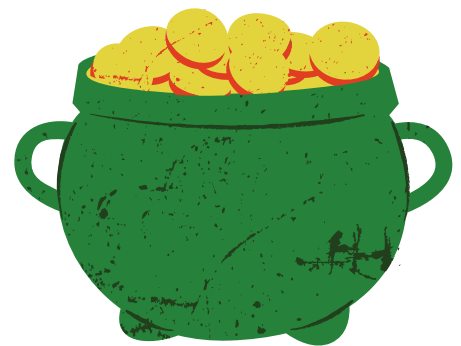
Thank you for your ongoing support and partnership in making Hermitage Richmond a vibrant and caring place to call home. Wishing everyone a wonderful March.

Regards,
Bill Wright

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MARCH



COMMUNITY NEWS

Resident Birthdays

Horace Welsh	March 05
Patricia Dillion	March 06
Robert Angell	March 09
Maxine Barnett	March 11
Rachel Bodick	March 12
Robert Walker	March 18
Susanne Wood	March 26



Team Member Birthdays

March 6	April Brown
March 9	Frances Whittle
March 9	Yanet Martinez
March 10	Pamela Jarvis
March 10	Joanne Hughes
March 18	Diamond Jackson
March 20	Brenda Sykes
March 22	Florette Gordon
March 23	Rickell Cox
March 25	Xenia Sanchez
March 27	Earl Martin
March 28	Wanda Christian
March 29	Tracie Johnson

Welcome New Residents

Stephen Brooks
Evelyn Shearin
Edward Madison
Charles Trenka

Theme Thursday

University Gear

Thursday, March 21st

Where your favorite University Gear as we begin the first week of March Madness!



Team Member of The Month

Rochelle Price
Health 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. This month, 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: #18.** Is permitted to meet with and participate in activities of social, religious, and community groups at his discretion unless medically contraindicated as documented by his physician, physician assistant, or nurse practitioner in his medical record;
- **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,
Zachary Barrett, 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.

March is Women's History Month

Stay tuned to DEI supported programming for the month of March

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
 - paper & cardboard
 - cartons
 - plastic bottles, jugs, tubs
 - NO Plastic bags, trash or yard waste
- Newspapers may be left on the labeled shelves in the Soiled Utility Rooms
- 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
- Housekeeping picks up recycled items from Soiled Utility Rooms weekly or as needed.



RESIDENT GARDEN TOOL SHED

THE RESIDENT GARDEN TOOL SHED WILL BE REORGANIZED SO THAT ITEMS ARE EASIER TO FIND IN A SAFE WAY. PLEASE TEMPORARILY REMOVE YOUR TOOLS BY FRIDAY MARCH 8TH. ONCE THE SHED HAS BEEN ORGANIZED WE WILL LET YOU KNOW WHEN TO RETURN YOUR ITEMS. PLEASE LABEL THEM WITH YOUR NAME. ANYTHING LEFT IN THE SHED AFTER MARCH 8TH WILL BE CONSIDERED HERMITAGE PROPERTY.

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

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

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.



Meet our new
volunteer
Carter Warren!
She has been
our "unsung
hero" of the
resident
gardens.

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)

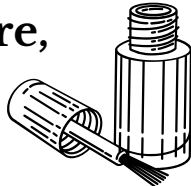
LEGACY CARE

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



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

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 & 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.



CHAIR YOGA

with

Barbara Brown, Certified
Yoga Instructor

Every Tuesday
2:00 in the Small
Dining Room



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

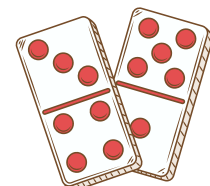
Mondays at 1:00
in the Book & Bistro
Contact Jean Warren or Lee
Angell



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.



HOUSE PROGRAMS

Spiritual Programs

GOOD FRIDAY SERVICE

Friday, March 29th
10:30 in Chapel

GROWING IN FAITH

Saturdays at 10:30AM

Book & Bistro

Contact Dave Bartow



“ENCOUNTERING JESUS” - BIBLE NUGGETS W/ SIMON BARNET

Thursdays at 1:30
in the Guild Solarium



WORSHIP SERVICE

Sundays at 3:00 in the
Chapel



TAIZE SERVICE

Wednesday, March 27th at
2:00PM in Orange
Blossom

CATHOLIC COMMUNION

Wednesday, March 20th
10:30 in Chapel

MAUNDY THURSDAY SERVICE

Thursday, March 28th
10:30 in Chapel



“APOSTLES’ CREED” BIBLE STUDY W/ SIMON BARNET

Fridays at 10:45 AM in the
Chapel



MOVEMENT DISORDERS SUPPORT GROUP

Monday, March 4th
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

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



Pearson's Corner 2nd Graders will be sending their next letters over on March 15th. Residents will then respond to their letters and send them back by the end of March.

Mark your calendars.. Your Pen Pals will visit on April 18th. More information to come.

TRIPS

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

DEI SPONSORED EVENT: VCU WOMEN'S BASKETBALL GAME *LEVEL 2*

**Due to Limited Seating this is invitation only*

Saturday, March 2nd
Depart from Delmont
Entrance at 12:00PM



WALMART SHOPPING *LEVEL 3*

Tuesday, March 5th
Depart from Delmont
Entrance at 9:30



HOUSE PROGRAMS

NEW RESIDENT SOCIAL

Friday, March 15th

2:30 in the Guild Solarium



RESIDENTS' ASSOCIATION MEETING

Friday, March 15th

10:00 in the Social Hall



MEN'S FELLOWSHIP BREAKFAST

Wednesday, March 20th

8:00 AM in the Book & Bistro

Sign Up in the Communication Room
by Monday, March 18th



WOMEN'S FELLOWSHIP BREAKFAST

Tuesday, March 26th

8:00AM in the Book & Bistro

Sign Up in the Communication Room
by Monday, March 25th



Music Programs

MUSIC MAKERS

Monday, March 4th &
March 8th

2:00PM in the Social
Hall



MUSIC WITH MARTHA & ME

Thursday, March 7th
6:30PM in the Social
Hall



MUSIC WITH KEVIN SALTER

Monday, March 11th
10:00AM in the Social
Hall



MUSIC WITH BRUCE SCHOONMAKER

Friday, March 8th
3:00PM in the Social
Hall



MUSIC WITH VCU NOTES OF KINDNESS

Tuesday, March 26th
6:00PM in the Social Hall



ST. PATRICK'S SOCIAL WITH LIVE ACOUSTIC GUTAR

Monday, March 18th
6:00PM in the Social
Hall



HOUSE PROGRAMS

BRAIN FIT

Most Weekdays
10:30 in the
Social Hall



BOOK CLUB

Thursday, March 28th
3:30 in Book & Bistro
*Let Jane Kent know if you are
interested.*

*You must purchase your own
book.*



BINGO

Thursdays at
2:30
in the Small
Dining Room



MOVIE MATINEE

Tuesdays & Saturdays
2:00 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!



FLOWER ARRANGEMENTS WITH GINTER PARK GARDEN CLUB

Wednesday, March 20th at
2:00 in the Guild Solarium



IN HOUSE OUT TO LUNCH BUNCH

AL/ RL & The Grove



Wednesday, March 27th at 12:00PM
in the Social Hall

We are bringing "Out to Lunch" to
you! This month we will host a
Chinese Food luncheon. Sign up in
the communication room by
Monday, March 25th.



GUEST SPEAKER PRESENTATION: Lisa Brown "My ties to Kazakhstan"



Friday, March 1st at 3:00
PM in the Social Hall



HOUSE PROGRAMS



CREATIVE WORKSHOP

Mondays at 10:30 AM

Thursdays at 1:30 PM

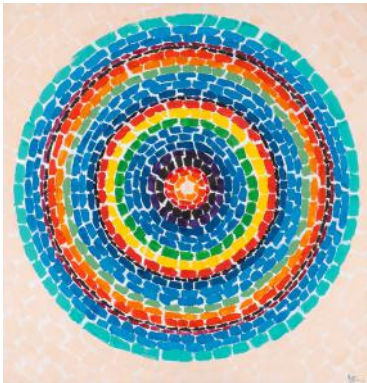
Tuesdays & Wednesdays at 10:30 AM

in the Creative Workshop Studio

Happy Women's History Month!

This March in Creative Workshop, we will highlight four women artists who have been and are influential to Modern Art. After learning about the purpose, style, and technique of each artist, we will create our own artwork inspired by their body of work. Our art projects this month will be varied and include mediums like found objects, spray paint, stencils, stamps, pen and ink, acrylic, and cut paper. See Caroline, or call 474-1882 with questions.

Alma Thomas



Bridget Riley



Beatriz Milhazes



Louise Nevelson



NEIGHBORHOOD HAPPENINGS

In February, Residents of The Grove focused on different African American leaders and figures each week, learning about their life, achievements, and impact. We also learned about the history behind some of this month's holidays such as Groundhogs Day, Mardi Gras, Valentines Day, and Chinese New Year. Additionally, we continued our new tradition of having a Grove Social, inviting all the Grove together to socialize, meet others, and eat good food.

During March we will have another Grove Social with a themed menu. March is also Women's History Month so we will be learning about influential women in America's History. Finally, with warming temperatures in March we hope to have more outdoors activities and outings to enjoy the spring weather.

Creative Arts w/Caroline



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

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, March 29th
Redbud Park at 10:00AM
Orange Blossom at 10:30AM
Mulberry Circle at 11:00AM
McGuire Park at 11:30AM



Grove Social

Friday, March 22nd at
2:30PM in the Small
Dining Room



PHOTO GALLERY



MARDI GRAS



STRENGTH & ENDURANCE



LUNCH AT LONGHORN

PHOTO GALLERY



VALENTINE'S DAY



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