As we head into February, there is a lot going on around our community. We have successfully transitioned to our new pharmacy, Remedi, and are already seeing the benefits of their medication packaging. Our Chaplain, Joe Cobb, will be moving to his new office which was formerly the chapel. This new space will offer a more convenient place to meet with Joe and provide an improved area for prayer. Also, we have updated the carpet, lighting, and paint for the first floor common areas, including the assembly room. Lastly, we now have a conference room upstairs in the main house so the small dining room can be used for more resident-related activities. If you have any questions about these changes, please come see me!

Thank you all for being a part of our family.

James
In addition to making gifts to the Samaritan Program that have an immediate impact, there are many ways to support our benevolent care needs into the future. You might consider the following planned giving opportunities:

- Making a bequest in your will
- Naming Pinnacle Living to receive assets remaining in a trust
- Making beneficiary designations in life insurance policies/savings accounts/brokerage accounts
- Designating Pinnacle Living to receive the remaining assets in retirement plans
- Asking your heirs to give a gift in your memory

For decades, Pinnacle Living has benefited from the generosity of people who remembered this important organization in their estate planning. Such support is extremely important to us and is greatly appreciated. Your first step would be to consult with your professional advisors about making a planned gift to the Samaritan Program. Pinnacle Living team members will work with your legal, accounting, tax or other advisors once you have consulted with them in your planning.

You make a difference

There are two important facts to understand about charitable giving:

It is not about the amount of money one gives, but rather the act of generous giving. According to Giving USA 2019: The Annual Report on Philanthropy for the Year, 8 out of 10 dollars given in this country is contributed by individuals (figure includes individuals, family foundations and bequests). That means it is the individual who drives the vast majority of giving in this country, not foundations or corporations.

If you would like to know more ways in which you can make a difference for your community, please contact Charles Wickham, Director of Donor Development, at cwickham@pinnacleliving.org or call 804-474-8724.

Count that day lost
When low descending sun
Views from your hand
No worthy action done

Count that day won
Whose low descending sun
With help– from God’s loving hand
Many Miracles get done.

Will you start your day in a positive or a negative way? Your choice.

Submitted by: Wayne Legge

Resident Spotlight of the Month

Peggy Widmayer is an amazing addition to our Hermitage family. She loves being around people and enjoys going to as many activities as possible. She is also the biggest bookworm that we have here, it is a rare day when you catch her without a book. We love you Peggy! Thanks for brightening our days.
†     CHAPLAIN'S CORNER     †

Do not be afraid I am with you.
I have called you each by name.
Come and follow me, I will lead you home.
I love you and you are mine.

These words come from one of my favorite hymns, You Are Mine, written by David Haas. They serve as a sort of lullaby when I am afraid or worried about something in my life. They serve as reminder that I have a name given by my parents, Joseph, and a name given by God, Beloved. They serve as foundation for God’s call in my life to be a chaplain and to serve people in need. They serve as a promise that whenever I feel lost or alone, God will lead me home. And, they serve as the heartbeat in my soul that I am created in love and loved unconditionally, now and always.

I will come to you in the silence,
I will lift you from all your fear.
You will hear my voice,
I claim you as my choice,
Be still and know I am here.

When we experience fear or loneliness, or are going through a transition in our lives, the One who loves us most is with us. When we start forgetting or struggle to remember who we are, the One who loves us most knows who we are. When we feel as though we’ve lost our purpose or if we’re making a difference, the One who loves us most reminds us that we are all called to love. When we get lost, the One who loves us most is our home. And when we simply need someone to say, “I love you,” the One who loves us most whispers it over and over again.

May God’s love bless you and keep you,
Rev. Joe Cobb
Chaplain

Welcome Party and Chocolate Tasting

Join us as we welcome our newest residents by sampling different gourmet chocolates together.

February 21st, 10:30AM in the Assembly Room

Annual Hermitage Valentine’s Day Bash!

Come enjoy some chocolate covered strawberries, and saxophone music from Jim Williams!

Residents and Team Members! If you would like to give a Valentine to a special person in your life, they will be available for you in the Rotunda February 1st, until February 13th. If you would like to remain anonymous, we will be passing them out on Valentine’s Day! There will be a box for Team Member Valentines and a box for Resident Valentines. Please place your Valentine in the appropriate box.

Thank you!

Friday February 14th at 2:30PM in the Virginia Room

Please remember to check Channel 1960 for the latest changes!
Lyndsay’s Animal Facts

Chinchillas have a very thick coat of fur (as many as 60 hairs per follicle) that was originally a blue-gray in color; however, today chinchillas have been bred with coats that are black, gray, white, beige, and combinations of each. Their thick fur not only keeps them warm, it also protects them from fleas, lice, and predators. Chinchillas have a rounded body, large mouse-like ears, short legs, and a long tail. Females are usually larger than males. They can grow to be 10 inches long, with a tail that can add another 6 inches when they fully mature. They have an average lifespan of 10 to 15 years, although some have lived as long as 20 years in captivity.

Fun Fact: Chinchillas are extremely agile, being able to jump up to six feet in the air!

Paint with Sam!

Join us as we paint this gorgeous flamingo. February 10th at 3:00PM in the Willow Way Art Room

February Meal Outings:

Dinner:
2/4.......Coach & Four
2/11.......Cracker Barrel
2/18.......Longhorn Steakhouse

Breakfast:
2/21.......Our Daily Bread

Musical Performances

- Chris Price Performs: February 1st at 10:00AM in the Virginia Room
- Juliana Dancing: February 5th at 2:00PM in the Assembly Room
- Great Composers Show: February 12th at 10:00AM in the Virginia Room
- Community School Performs: February 26th at 2:00PM in the Virginia Room
- Musical Performance by Cliff Beach: February 27th at 3:00PM in the Virginia Room

Upcoming theater outings:

Bus Leaves at 6:45

The Merry Wives of Windsor .... February 27th.
Dracula Rides Again.... April 30th
Class Reunion.... May 14th
Annie Get Your Gun..... August 6th

Please sign up in the book. Tickets are between $14-$18.
**THE WINTER BLUES**

Have you ever heard the term, “winter blues?” I’m sure you probably have. What does winter have to do with feeling “blue?” For most people, the season of winter really does not affect their lives much. But, for the elderly, the “winter blues” can become a real health crisis. In fact, “the winter blues” can very quickly turn into a state of depression.

Despite popular belief, depression is not a natural part of aging, but a major mental disorder that can really affect their health and quality of life. In particular, depression is very common among older individuals with cardiovascular disease, cancer, and Alzheimer’s disease. Depression weakens the immune system and makes a person feel overwhelmed by feelings of sadness, hopelessness, and worthlessness. This, in turn, leads to loss of interest in life, social isolation, difficulties in recovering from illness and surgeries, and so on.

Fortunately, this illness can be helped if properly identified. Research has shown that depressed elders need a great deal of emotional support, encouragement, and affection in order to enjoy a better quality of life, and eventually recover. This is especially true for the elderly living in long-term healthcare facilities since they often find themselves dealing with the debilitating symptoms of depression alone. Yet, for these vulnerable residents, valuable help can come from family, professional caregivers, relatives, friends, and volunteers who are willing to put a smile on the residents’ face by offering understanding and hope.

Here are some signs of depression in the elderly to lookout for:

- Persistent sad, anxious, or empty mood
- Sleeping too much or too little
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in activities once enjoyed
- Restlessness and irritability
- Fatigue or loss of energy
- Feeling guilty, hopeless, or worthless

If you or someone that you know is suffering from the “winter blues”, tell someone. Tell a nurse, a staff member, family members, friends, anyone here at Hermitage, and we will see that everyone gets the care that they need.

Article By, Lyndsay Talbott
What is it? The Red Hat Society is comprised of women from all walks of life who are committed to joyful living, growing, exploring new interests, having fun and creating new friendships.

What will we be doing during meetings? Eating lunch, playing games, socializing, snacking, going to the theater, and so much more. If something sounds fun, we grab our hats and go.

Please join us for our monthly meetings. Women over 50 must wear purple shirts and red hats, women under 50 must wear lavender shirts and pink hats. Hats will be provided if you do not have one.

Our first meeting will be on February 26th at 10:30AM in the Florida Room.

Seated Tai Chi

Join us for a new exercise class. This class will be a mixture of Tai Chi, yoga, meditation, and gentle stretching. This is meant to relax you completely while loosening your muscles. There will be two different styles of class. Please attend both classes and let us know which you prefer. We would love your input!

First Class: February 4th at 1:30PM in the Assembly Room
Second Class: February 11th at 1:30PM in the Assembly Room

RESIDENT COUNCIL MEETINGS:

The Resident Council meets the third Tuesday during the months of January, March, May, July, September, and November at 10:00 AM.

Your representatives are: Ann Holloman and Ted Russell

The Wesley Place Council meets the third Tuesday monthly at 2:15 PM.

Your Wesley Place representatives are: Ruth Bishop, John Calhoon, and Frances MacPherson

If you have any concerns, please see your representatives.