Greetings!

As we continue to practice physical distancing and, unfortunately, restrict visitors during this time of uncertainty, I wanted to let all of you know that we appreciate your cooperation. The new challenges brought on by COVID-19 have drastically changed the daily lives of our residents, families, and team members. While we work to limit exposure and keep everyone as safe as possible, we will continue to provide updates as they are received and do our best to keep all of you informed. The last couple weeks have been difficult, but I have no doubt we will get through this with a better appreciation for each other and the freedoms we normally share.

Thank you for your diligence and for being a part of our family,

James

Welcome New Residents!
Patricia and Cyril McCaffrey
Welcome Home! We are glad you are with us!
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
- Life insurance policy
- Memorial or tribute gifts
- IRA or stock
- Gifts by trust or will

Online giving options are available at www.pinnaceliving.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.

If you have relatives or friends who would like to receive the newsletter each month, please give their name and address to Lyndsay or Sam.

Resident and Family Members: Please give monthly rent checks to Beth or Terri at the front desk. Thank you.

Please remember to check Channel 1960 for the latest changes!
Generosity!

Generous donors are the lifeblood of our organization, helping us to ensure the best life possible for our residents and to cultivate the most capable team members around. What does this mean? We strive to support our residents and team members while keeping our mission statement always before us – Enriching Life’s Journey.

Throughout our more than 72 year history, Pinnacle Living has benefited from the foresight of donors who planned ahead to create a legacy that reflected the things they cared about most. Many left a gift to Pinnacle Living in their wills. These generous planners help Pinnacle Living as we pursue a vision where age does not define the person. Your gifts strengthen what we do best – spiritual support, wellness, memory support, team development, and more!

Our top priority, the Samaritan Program, provides security and peace of mind to residents who have been blessed with longevity and find themselves outliving their financial resources. What is your plan for the future?

If you would like to learn more about how 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.

All Visitors Must Sign In

For emergency purposes, we need ALL visitors to sign in at the front desk. We would also request that you take a Visitor Badge to identify yourself while in the building. Thank you.

Barry Perkins, Director of Environmental Services

Resident Spotlight!

Caroline Davis, or as we like to call her, Sweet Caroline, is so special to us here at Hermitage. She is such a positive person with one of the sweetest smiles around. She loves to be social and will do almost anything if you promise her black coffee. We love you Sweet Caroline!
Lyndsay’s Animal Facts

The Maned Wolf
The tallest wild canid (dog-like mammal) in the world, the maned wolf features a medley of traits that are similar to the wolf, fox, coyote, jackal, and dog. In addition to its reddish-brown coat, long black legs, and large ears, the maned wolf has a black mane that trails from head to shoulders and stands up straight when the animal senses a threat.

Unlike most large canid species, the maned wolf is a solitary animal and does not form packs. It typically hunts alone, usually between sundown and midnight, rotating its large ears to listen for prey animals in the grass. They tap the ground with a front foot to flush out the prey and pounce to catch it. They kill prey by biting on the neck or back, and shaking the prey violently if necessary. Monogamous pairs may defend a shared territory around 30 km² (12 sq mi), although outside of mating, the individuals may meet only rarely.

Crafts with Lyndsay
Come make a delicious smelling mint sugar hand scrub.

April 24th at 10:30AM in the Florida Room

Painting with Sam!
Let's get ready for spring and learn how to paint this cute Easter Bunny!

Monday, April 13th, at 3:00PM, in the Willow Way Art Room.

O Flower of Scotland
When will we see your like again,
That fought and died for your wee bit hill and glen
And stood against him
Proud Edward’s army,
And sent him homeward
Tae think again.

Those days are past now and in the past they must remain
But we can still rise now and be the nation again
That stood against him
Proud Edward’s army
And sent him homeward,
Tae think again.

The April Birthday Party will be on Monday, April 6th, at 2:00 pm in the Virginia Room. Rocky Mount UMC will be hosting! See you there! Happy Birthday to: Michael Ledbetter, Mabel Semones, Mary John, and Virginia Shelton.

Meal Outings
April 7th.... Café Asia 2
April 14th.... Greenwood Restaurant
April 21st.... Fork in the Alley
April 28th.... Mountain View Italian Kitchen

Upcoming theater outings:
Dracula Rides Again.... April 30th
Class Reunion.... May 14th
Annie Get Your Gun..... August 6th
**Easter Party!**

Take a picture with the Easter Bunny, go on an Easter egg hunt, decorate an Easter hat, and join the Hermitage Easter parade!

We hope you hop on over and see us!

**Friday April 10th at 1:30PM in the Rotunda**

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**Tree Planting Ceremony**

To celebrate Arbor Day, we will be planting a tree on the grounds. We ask that residents attend and bring a memento to put in a time capsule that we will be planting under the tree. These mementos can be letters, pictures, notes, anything that is meaningful to you.

**April 22nd at 10:30AM in the Florida Room**

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**Scots wha hae wi Wallace bled**
Scots whom Bruce has aften lead

**Welcome to Tartan Day April 6**
And
**Scottish History Month April 2020**

*By John Cahoon*

We Scottish Americans numbering over 6 million, our Scottish Canadian family of 4.7 million and our Scottish Australians 3 million, stop every April 6 to honor our heritage of freedom as declared to the English, the Pope, and the world in our Declaration of Arbroath, signed April 6 1320. Many feel certain that this document was an inspiration for our own Declaration on Independence.

“For as long as there shall be but one hundred of us remain alive, we will never give consent to subject ourselves to the dominion of the English. For it is not glory, it is not riches, neither is it honours, but it is liberty alone that we fight and contend for, which no honest man will lose but with his life”

Proudly wear your tartan (for heaven’s sake please do not call it plaid which is a particular garment made of tartan). Look around our community at names like Mackenzie, MacPherson, Cahoon (aka Colquhoun), Craig, Keith, Campbell, McDonald, Mc Gregory, Reid, Ross, Gregory, Jackson, Murray, Hunter, Monroe, Douglas, Blair, Ferguson, Grant, Preston, McClelland, Bell, Sutherland, Frasier, Lovett, Gordon, Stuart and hundreds of others.

Besides giving us uisge beatha (aka whisky), Scots share their national dish haggis. Don’t ask what is in it, just recite Robert Burns’ Address to the Haggis, “anoint it with a wee dram of scotch whisky and enjoy it with Tatties and Neeps.”

Moonshine came to us via the Scots Irish (another story) who first went to Northern Ireland to carry the Presbyterian church. Later English Anglican religious and economic persecution caused them to come to America and settle in the mountains. As in Scotland, not wishing to pay taxes on their elixir of life (illegal whisky) they built fast cars to out run the revenuers and ultimately evolved into modern day NASCAR.

Of course, no Scottish event would be complete without the stirring skirl of the bagpipes. Other cultures play it, but not like the war pipes played by Scottish warriors going into battle. These were played as late as Operation Desert Storm and the D Day Normandy invasion. Amazing Grace on the pipes magically reaches into one’s very soul.

With haggis being too much of an adventure, perhaps Josh and Karen could serve up Scotch eggs or a nice beef and barley stew accompanied by Tatties and Neeps?

Scots and Scots Irish are a colorful people but not to be trifled with. Anyone growing up in these mountains can attest to their tenacity. Some say they were “Born Fighting”

Their national anthem sings of defeating England and becoming a free nation:

*Disclaimer*

Due to current restrictions on group programs, it is likely that programs will be postponed until a later date. Please tune into channel 1960 frequently to keep up to date with schedule changes and cancellations. We sincerely apologize for this inconvenience and cannot wait until we get to have fun as a group again!

Much Love,
Your Lifestyles and Wellness Team
Limiting the Spread of Germs and Infections

With everything going on in the world it is important, now more than ever, to protect yourself and others from getting sick. Below is a list published by the American Red Cross with guidelines on how to prevent the spread of germs:

- Stay home if you can and avoid gatherings of more than ten people.
- Practice social distancing by keeping a distance of about six feet from others if you must go out in public.
- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick, except to get medical care.
- Cover your nose and mouth with a tissue when coughing or sneezing; throw used tissues in the trash. If a tissue isn’t available, cough or sneeze into your elbow or sleeve, not your hands.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, handles, desks, computers, phones, keyboards, sinks, toilets, faucets and countertops.
- If surfaces are dirty, clean them - use detergent or soap and water prior to disinfection.
- Wear a facemask if you are sick. You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider’s office.

We all need to band together as a nation to try and stop this illness in its tracks. So lets all commit to making these changes in order to make our world a safer place for everyone! Stay Safe out there and stay positive.

Article by Lyndsay Talbott

† CHAPLAIN’S CORNER †

The morning was as quiet, and even more so, than the night before. Weariness and tears mingled as the solitary woman, carrying various anointing herbs and oils, approached the tomb where her beloved had been laid to rest.

When she drew near, she looked toward the tomb. Aghast at what she saw, she rubbed her eyes awake, and looked again. The stone which had been covering the entrance to the tomb had been removed. Before even looking in, she ran to tell others what she had seen.

“They’ve taken him! They’ve taken the Lord from the tomb and I don’t know where they’ve laid him,” Mary said to the baffled disciples. They ran to the tomb to see for themselves, and when Peter dipped his head inside the tomb all that remained were linen wrappings.

Mary was distraught and began to weep. Two angels, who were seated at either end of the stone where Jesus’ body had been asked, “Why are you weeping?” She could only reply, “They’ve taken my Lord and I don’t know where he is.” With this she turned and noticed a man whom she presumed to be the gardener. “Have you carried him away?” She asked.

“Mary!” he said.

“Rabbouni!” she said.

“Do not hold onto me, Mary. But go, and tell the others, I am ascending…to my God and your God.”

And so it is. Christ is risen! The tomb is empty! Hallelujah!

I come to the garden alone,
While the dew is still on the roses,
And the voice I hear falling on my ear,
The Son of God discloses.
And he walks with me, and he talks with me,
And he tells me I am his own;
And the joy we share as we tarry there,
None other has ever known.

He speaks, and the sound of His voice
Is so sweet the birds hush their singing;
And the melody that He gave to me
Within my heart is ringing.

May the joy of Christ’s resurrection fill our hearts and renew our spirits,

Rev. Joe Cobb, Chaplain