Greetings!

While I don’t think any of us would have imagined we would be nearing 3 months of restrictions in our licensed areas, I hope we are seeing light at the end of the tunnel. Similar to the reopening of states across the nation, Hermitage Roanoke has created a 3-phase plan for returning to “normal”. Each phase will ease restrictions in a way that allows us to slowly monitor changes and ensure the health and wellbeing of our population. As you read this, Phase 1 should be underway. This means our beauty shop has reopened with limited capacity and small group activities are being held outdoors. Please continue to bear with us through each phase and understand your cooperation is key in returning our community back to the home we all know and love.

Thank you all for being a part of our family.

James
The Virginia Annual Conference of The United Methodist Church annually recognizes the time period from Mother’s Day to Father’s Day for a special offering for the Samaritan Program. It is during this time that Pinnacle Living is given an opportunity to highlight our mission, the need for benevolent care, and our vibrant communities for older adults to the congregations of the local United Methodist churches. The Samaritan Offering is one of the funding sources of the Samaritan Program which offers financial assistance to residents who have outlived their monetary resources and, through no fault of their own, can no longer afford the full cost of their care.

Of course, gifts can be received at any time throughout the year from individuals and organization. Each gift is an investment in our historic faith-based mission connection and an investment in a person. One hundred percent of your contribution to the Samaritan Program will go directly to the financial support of the residents in need and will not be used for operational, capital, or administrative costs. You can make a gift by:

- Clicking the “Donate” button the Pinnacle Living website (www.pinnacleliving.org) or Facebook page (www.facebook.com/PinnacleLiving),

- Selecting the “Donate” link on our community website or Facebook page, or by delivering a check or cash 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 where the need is greatest.

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 Cahoon, and Frances MacPherson

If you have any concerns, please see your representatives.

Please remember to check Channel 1960 for the latest changes!
STOP:

Know your rights as a Resident:

• 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 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.

There’s a Talmudic story that tells of a man who planted a carob tree. Asked when he thought the tree would bear fruit he replied, “After seventy years.” When asked then whether he expected to personally benefit he responded, “I did not find the world desolate when I entered it, and as others have planted before me, so do I plant for those who will come after.”

Such wisdom in planning for the future and those who will follow. Consider making a gift to the Samaritan Program in your estate plan, it is such an important part of your community and will benefit those to come.

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@pinnaceliving.org or call 804-474-8724.
The June Birthday Party (restrictions permitting) will be on Monday, June 1st, at 3:00 pm in the Virginia Room. See you there!

Happy Birthday to: Wayne Legge, Solon Simpson, Marie Carper, Ruth Daley, Joyce Holloway, Anita Reynolds, Ann Wicker, Janet Gibson, and Jack McClanahan

Happy Father’s Day!

Happy Father’s Day to all of the amazing dads out there. Please contact Lyndsay if you would like to video chat with your father or your children on Father’s Day.

Phone: 540-767-6819
Email: ltalbott@pinnacleliving.org

How to Know You Are Growing Old

1. Your knees buckle, but your belt won’t.
2. Your back goes out more than you do.
3. You sink your teeth into a steak and they stay there.
5. The gleam in your eye is from the sun hitting your bifocals.
6. You need glasses to find your glasses.
7. You are wondering why this print is so small.

Submitted by Wayne Legge

The day after Memorial Day a song arose, filling the rose garden first, and then the green field behind. Standing in between the large white planters, where residents have been able to dig and plant and watch blooming flowers emerge, was a young woman and her accompanist nearby.

Wearing masks and ensuring physical distancing, residents first gathered in the rose garden, then here, some staying inside and listening through their open windows, to the eloquence and beauty of songs touching the depths of our souls and lifting us in ways we hadn’t been lifted in a while.

Brooke Tolley, our singer and General Director of Opera Roanoke and Josh O’Dell, our accompanist and Director of Community Engagement, created a musical blessing spanning various genres of song to both inspire and engage our residents, helping us tap into the healing and hopeful power of song.

The selections included: O mio babbino caro, Shenandoah, The Water is Wide, If I Loved You, What Good Would the Moon Be?, Deep River, Battle Hymn of the Republic, America the Beautiful and When the Saints Go Marchin’ In.

As we have experienced during our Hallway Hymn Sings, there is nothing like singing and the beauty of song to bring us together, even as we have to stay apart.

Thank you, Opera Roanoke, for bringing your extraordinary song to us, for singing us through the Shenandoah, across the wide water, loving us over the moon, and into the depths of the river, remembering the battles that we’ve seen and are working through, and keeping us mindful of the beauty we know as this land and the courage to continue our journey as saints.

We are so grateful.

With every blessing,
Rev. Joe Cobb,
Chaplain
Lyndsay’s Animal Facts

The Sunda flying lemur is not a lemur and does not actually fly. Instead, it glides as it leaps among trees. It is strictly arboreal, is active at night, and feeds on soft plant parts such as young leaves, shoots, flowers, and fruits. This species can be found throughout Southeast Asia ranging from Indonesia, Thailand, Malaysia, southern Vietnam, southern Burma, and Singapore.

Sunda flying lemurs live either solitary or in small groups that are loosely connected. They can be territorial in foraging and sleeping areas. They are mainly nocturnal. They are strictly arboreal and in the daytime, they sleep high within dense foliage in the treetops or in holes in trees. With all four of their feet, they cling on to the trunk of a tree or the underside of branches. Climbing involves stretching out their two front legs and then bringing up their two back legs, which results in an awkward hopping. They can glide more than 100 m with minimal loss in elevation. When threatened, they either climb higher up or remain motionless. These animals are quite helpless if on the forest floor.

June Dinner Outings:
6/2…….Cafe Asia 2
6/9……Greenwood Restaurant
6/16……Fork in the Alley
6/23……Mountain View Italian Kitchen
6/30…. Montano’s

Painting with Sam!

Monday, June 15th, at 3:00pm, in the Willow Way Art Room

Upcoming Events

Wild West Wagon

Put on your cowboy hats! Play a shooting game, dig for gold and sip on some root beer floats.

Traveling Room to Room on Thursday, June 4th at 2:00PM

Traveling Program Carts!

Trivia Cart—June 1st
Popcorn Cart—June 3rd
D-Day Trivia Cart—June 6th
Best Friend Letters Cart—June 8th
Iced Tea Cart—June 10th
Name That Flower Cart—June 13th
June Game Cart—June 15th
Tea Party Cart—June 17th
Father’s Day Treat Cart—June 19th
Sand Craft Cart—June 20th
Watermelon Cart—June 22nd
Ice Cream Sundae Cart—June 24th
Coconut Macaroon Cart—June 26th
Health Myths

When it comes to health, there are so many things that are drilled into our heads from childhood. “Drink milk, it will give you strong bones”, “Take your vitamins”, “An apple a day keeps the doctor away”. But does an apple a day in fact, keep the doctor away? Below are some common health related beliefs that are, believe it or not, MYTHS.

1. **If you exercise, you can eat what you want.** If we eat more calories than we burn on a consistent basis, our bodies will accumulate these extra calories as fat regardless of the amount of exercise that we do.

2. **Cold weather causes colds.** The only way you can catch a cold is from infections caused by bacteria or viruses, not from being in the cold. However, the bacteria that causes colds does spread more easily in lower temperatures.

3. **Sunblock is only needed when the sun is out.** No matter what the weather is like, you should be diligent about applying sun protection all year round.

4. **Cracking knuckles leads to arthritis.** The ‘crack’ is simply the popping of bubbles in the fluid that lubricates the hands, known as synovial fluid. While this practice does not cause arthritis, it does have some negative consequences related to grip strength.

5. **Eggs are bad for your heart.** Eating an egg or two a day doesn’t raise the risk of heart disease in healthy people. Yes, the yolks have cholesterol, but for most of us, the amount found in any one food isn’t as bad for you.

6. **Supplements always make you healthier.** Vitamin supplements may be not only ineffective, but even dangerous. A study published in 2016 showed that some older women who take calcium supplements may face an increased risk of dementia. And in a huge review of 20 years of supplement research published in 2015, researchers found that taking high doses of vitamins may be linked with an increased risk of cancer.

By. Lyndsay Talbott