GREETINGS

With September rolling on in, we have an exciting program to introduce. We are starting a new employee appreciation program on September 1st 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 “Hermitage Hero” program allows residents, families, and team members to nominate whoever they feel is truly making a difference here at Hermitage Roanoke.

Each month, we will select a “Hero of the Month” who will ultimately be eligible to win the “Hero of the Year” award each August. Nomination forms will be placed around the community, but anyone can call the front desk to nominate someone that deserves to be recognized. We hope that this new program will show our dedicated team members how thankful we are for their hard work, especially during this pandemic.

We look forward to recognizing our Heroes and thank each of you for being a part of our family!

-JAMES

SAMARITAN PROGRAM

As a tax-exempt, not-for-profit organization, Pinnacle Living has an obligation to help satisfy the housing, health care and financial security needs of the persons we serve. At Pinnacle Living, we are committed to an established policy to provide assistance to those who, through no fault of their own, become unable to meet the full cost of our services. The amount which the resident is not able to pay is referred to as “benevolent care” and is either covered by gifts to the Samaritan Program – solicited and raised for such purpose – and Pinnacle Living assets. Your contribution to the Samaritan Program helps your neighbor and strengthens Hermitage.

To make an online gift by credit or debit card, visit the Pinnacle Living website at www.pinnaclemeliving.org, our community website or the Facebook pages for Pinnacle Living or our community. Checks may be delivered to the Business Office. Make the check payable to Pinnacle Living or to Hermitage. Please note “Samaritan Program” in the memo line and designate the gift to the community or where the need is greatest.
I was recently visiting with a dear friend regarding our mutual grief – she, reflecting on the death of her husband, and me, reflecting on the death of my dad. During our conversation, she shared two things which have stayed with me.

The first is a book she is reading called “Finding Meaning: The Sixth Stage of Grief” by David Kessler. One of the dynamics of grief is the feeling of loss we experience not only for the loved ones whose presence we miss, but also for what feels like a loss of meaning in our own lives. Some days, even the simplest of routines feels like a heavy weight. Renewing our purpose and meaning in life becomes even more important.

Early in the book, Kessler shares that “through meaning, we can find more than pain. When a loved one dies, or when we experience any kind of serious loss...we want more than the hard fact of that loss. We want to find meaning. Loss can wound or paralyze. It can hang over us for years. But finding meaning in loss empowers us to find a path forward. Meaning helps us make sense of grief.”

The second thing my friend shared with me is a sign she recently ordered to place in her front yard which says, simply, “Be Kind!”

I remember hearing a quote some years ago which has stayed with me: “Be kind, for everyone is fighting a great battle.” Grief is one of the toughest battles we face in our lives.

Through seeking meaning and practicing kindness, we can awaken each day with a new purpose and hope to make the most of each day we have.

As the writer to Colossians says so beautifully:

As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony.

When we clothe ourselves in love, the journey in finding new meaning and practicing kindness is what we put on every day, in every way.

May God’s peace be with you,
Rev. Joe Cobb, Chaplain
Sometimes, little things mean as much or more than big things. Jackson McKie is 8 years old and suffers from hydrocephalus, fluid on the brain. Dr. Daniel McNeely was preparing to operate on him when Jackson entered the operating room holding a toy, his furry friend, “Little Baby.” Jackson explained to Dr. McNeely that there was a little tear under the bear’s arm and wanted to know if he could fix it. So, after repairing a shunt in Jackson’s brain, he stitched up Little Baby. The surgery was successful on both Jackson and Little Baby! Jackson was most interested in Little Baby’s surgery than his own.

A famous neurosurgeon responded to a simple request and it helped in the healing of a little boy. What little things can you do today to make a big difference in someone’s life?

A gift to your community Samaritan Program or one of the other community funds, is a great way to do just that. To know more, contact Charles Wickham, Director of Donor Development, by email at cwickham@pinnacleliving.org or call 804-474-8724.

Thank you to all the kind folks and organizations that donated face masks to our residents! We have had an overwhelming response from so many of you to our plea for nice cloth face masks. Our residents look so good wearing them and they had so much fun picking them out!

We appreciate your ongoing support and the fact that some of you have reached out to us again asking if we need more masks. We are all set for now but will certainly let you know if and when the need arises again.
UPCOMING EVENTS

CORNHOLE

An easy and fun game for anyone to play.
*Friday, September 4th at 10:30AM in the Assembly Room*

DOCUMENTARY

Learn about the lives and struggles of Elizabeth Cady Stanton and Susan B. Anthony as they fought for the rights of women all across America.
*Monday, September 7th at 10:30AM in the Assembly Room*

MAKE AIR FRESHENER

Make your room smell delightful with an easy and fun to make air freshener
*Monday September 14th at 2:00 PM in the Assembly Room*

SCARF DYING

Come and make a beautiful silk water color scarf.
*Friday, September 18th at 10:30AM in the Assembly Room*

SLOT CAR RACING

Vroom Vroom, start your engines! Come race each other for first place. Who will win the Stanley Cup?
*Friday, September 11th at 10:30 in the Assembly Room*

TEA PARTY

Join us for tea and cakes with soothing music.
*Monday, September 21st at 3:00 PM in the Assembly Room*
UPCOMING EVENTS

Wii SPORTS TOURNAMENT
Let's play some fun games on the Wii!
Friday, September 25th at 10:30AM in the Assembly Room

PAINTING WITH SAM
Monday, September 28th at 2:00PM in the Assembly Room.

Oktoberfest
It's time for another hallway celebration. Play games, eat German snacks and sip on some ginger beer and root bear.
Friday September 25th at 2:00PM in the hallways

MORNING MANICURES
Let us pamper you, because you deserve it.
Monday, September 25th at 10:30AM in the Assembly Room

LETTERS TO SOLDIERS
Thank our soldiers by writing a letter to show them love and support. Please let Christina know if you would like to contribute to our letter writing campaign.
Monday, September 28th at 2:00PM in the Assembly Room

TRAVELING SNACK AND HYDRATION CARTS
On various days we will be taking a cart door to door with special drinks and snacks.

REOCCURRING PROGRAMS
Chocolate Bingo: Tuesdays at 10:00AM
Assembly Room
Trivia Tuesday: Tuesdays at 3:00PM
Assembly Room
Bingo: Wednesdays at 10:30AM or 2:00PM Assembly Room
Healthy with Health-Pro: Thursdays at 10:00AM or 3:00PM
Assembly Room
Memory Jogging: Friday at 1:30PM
 Assembly Room
This is Richard Ratliff. Richard was a paratrooper during The Korean War. He is truly an American hero. Richard is always so kind and the most polite man you will ever meet. Always saying "yes ma'am" and "you have a nice day". What a guy! Thank you for bringing positivity and light into our home.

Bobby Bohon
Thelma Gilmore
Esther Mabry
Tommie Mace
Richard Ratliff
Richard Segarra
Bobby Semones
Lonnie Trainor
Eleanor Smith
Frank Ewald
Jo Kelleher
Linda MacAfee
Lorraine Williams
We as a country, and we as a world are struggling to fight against COVID-19. The United States has the most cases and highest death rate in the world. So what can the average person do to fight the spread of the virus? Wear a mask and practice social distancing.

Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice.

Face masks are emerging as one of the most powerful weapons to fight the new coronavirus, with growing evidence that facial coverings help prevent transmission—even if an infected wearer is in close contact with others.

COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain.

Another way to prevent the spread of the virus is by practicing social distancing. Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household. To practice social or physical distancing, stay at least 6 feet (about 2 arms’ length) from other people who are not from your household in both indoor and outdoor spaces.
"My doctor told me to avoid any unnecessary stress, so I didn’t open his bill."

My chief diagnostic tool is a CAT scan. You run across in front of a cat—if you escape, you’re probably healthy, if you don’t, you were probably sick.

How’s it going with Catwoman?

We broke up. I was spending a fortune replacing furniture.

If heat makes things expand, I don’t have a weight problem. I’m just hot!
FAMILY VISITS

We continue to schedule visits on the patio. Please give Beth or Terri a call at 767-6800 should you wish to come see your friends and loved one's face to face! Visits are available daily, both morning and afternoon. As some of you are aware, there are two plexiglas stations that we use for visits; allowing you to see your loved one practically face-to-face! We do limit your visits to 30 minutes and, of course, there can be no hand holding or touching of any kind. Please wear a mask when you come, walk across the front of the main building, around the side, to the back patio where you will get your temperature taken and answer a few questions prior to your visit.

ALZHEIMER'S T-SHIRTS

We will be selling Alzheimer's Walk t-shirts starting this month to raise money for the Alzheimer's Association. Stay on the look out for the shirts. We will be getting them soon.

TEAM MEMBERS

Casual for a Cause

The first Friday of each month you can wear your jeans if you donate at least $1 to the Alzheimer's Association (pay Beth at the front desk and she will give you a sticker). The rest of the Fridays throughout the month we are having our Team Member Dress down days—you can wear your jeans and our TEAM shirts. No donation required.

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.
If you have relatives or friends who would like to receive the newsletter each month, or wish to be taken off the list, you can email Lyndsay at ltalbott@pinnacleliving.org. Thank you!
Immediate Dining Assistance 767-6825
Dining Services Josh VanAuken, 767-6823
Sous Chef Karen Nauss, Chef, 767-6824
Executive Director James Stovall, NHA, 767-6810
Business Office Mgr. Angela Petty, 767-6804
Sales & Marketing Director Wade Tallant, 767-6818
Sales Counselor Stacey Corbitt, 767-6815
Social Services Mary Craddock, MSW, 767-6803
Environmental Services Barry Perkins, 767-6820
Director of Nursing Missy Jarvis, 767-6833
Wellness & Leisure Director Sam Swanberg, 767-6813/520-6728
Chaplain Rev. Joe Cobb, 767-6883
Front Lobby Beth Hathaway, 767-6800
Administrative Secretary Melissa Yopp, 767-6801
Beauty Salon Becky Wimmer, 767-6806
Transportation Dan Levesque, 520-9716
Lifestyles & Wellness Office Lyndsay & Christina, 767-6819
AL Nurses Station 767-6811
Health Pro Heritage Rehab 767-6817
Dogwood Nurses Station 767-6816
Security (5 PM-5 AM) 525-1363