


\$ = additional cost

 = transportation available

 = music event

COVID-19 CORONAVIRUS Statistics for the Village Confirmed Cases = 2

Resident Alert September 11, 2020

In follow-up to my announcements last week of two COVID-positive employee cases, I have additional information to share. Both cases were contracted due to exposures that occurred outside of Warm Hearth Village. All Warm Hearth stakeholders who came in direct contact with the COVID-positive employees have been tested and their results have come back negative – and they remain asymptomatic. This is a relief as it tells us that our ongoing safety measures have kept the virus from spreading within Warm Hearth Village. Showalter Center restrictions will remain in place until further notice, out of an abundance of caution.

Per Federal requirements, a positive case at Kroontje Center necessitates widespread testing of residents and employees. We have secured contracts with two testing firms and expect to have supplies in hand to begin this testing shortly.

Also, newly issued Federal requirements require testing of Kroontje Center employees based on the percent positive case rate for our County (Montgomery). The current positive case rate for Montgomery County is 23%, which means that 23% of the tests being performed in the County are returning positive results. Based on this high number, we are required to test Kroontje Center staff twice weekly. The positive case rate percentage is updated weekly and our testing requirements will therefore change over time.

I have received questions from independent living residents asking what happens if they contract COVID-19 and how Warm Hearth can help them. First and foremost, you should seek medical attention from your primary care provider, and follow her/his guidance. Always call 911 if you are experiencing a medical emergency. Mardy Baker will be distributing a helpful guide that outlines resources available to our residents and how to access those resources. You should have this guide in your hands today, Friday, Sept. 11.

I have also received concerns from residents and staff about people in the village not wearing their masks properly and not practicing social distancing. My response is that all precautions are still in place and are more important than ever with cases in our county increasing.

- Wear your mask whenever you come into contact with other people (whether indoors or outdoors)
- Your mask should be fully employed and cover your mouth and nose
- Even if you have a mask on, you should stay 6 feet away from others when interacting, if possible
- If you remove your mask to eat, you should observe social distancing at a minimum of 6 feet
- Please limit contact with those outside of your household. It is recommended that you keep non-essential contact to less than 15 minutes with all precautions above in place.

COVID-19 Testing

If you are exhibiting COVID-19 symptoms and would like to be tested, please visit the New River Health District at <https://www.vdh.virginia.gov/new-river/> or call 540-267-8240.

The New River Health District tests by appointment. However, they will come to your home. No one is turned away.

Their hours of operation are:

Monday thru Friday - 8:00 am - 8:00 pm

Saturday - 8:00 am - noon

Sunday - noon - 4:00 pm

Opening Updates



Some parts of the Village have been open since June 15 and we have been delighted to see some of our residents! **Our ability to stay open and continue to add additional programming will depend, in part, on the cooperation of our residents and staff in observing our screening procedures and safety guidelines.** There is a wide range of risk tolerance with regard to the virus and you are certainly welcome to your opinion, but if you would like to take advantage of these openings, we require that you follow the guidelines we have in place. See below for details.

Do not visit if you have been exposed to anyone with COVID-19, have a cough or flu-like symptoms, have traveled outside the NRV within the last 14 days, or have had visitors from outside the NRV in the last 14 days.

The Village Center, Huckleberry Cafe

Dine in, curbside pickup, and delivery options are available.

Hours: Monday - Thursday, 8:00 AM - 2:00 PM. (Dinner still available for pickup and delivery, Tuesdays & Thursdays)

Who: Warm Hearth Village residents and employees only.

Screening: All residents and employees will be screened before entering the building. Please enter through the front door. You will receive a sticker as proof of screening, good for the entire day. One person will be screened at a time and others are asked to wait outside the door using marked spaces to practice social distancing.

- Currently, we are required to operate at maximum 50% of normal occupancy and seating has been reconfigured to comply with this regulation.
- For anyone who does not wish to be screened, take-out meals are still available during business hours and for dinner on Tuesday and Thursday.
- Masks must be worn in common areas. The only exception is while eating.
- We have added some protective barriers and signage to help ensure your safety. We have also changed some of our practices to prevent the spread of germs. We ask for your patience and understanding and that you work with us by adhering to guidelines.

General Information

- Stamps are available by calling 443-3800 in advance.
- We are open for catered events for residents and employees only with a maximum group size of 25/30 people. Please contact Lynn Epperly at 443-3802 for details.
- Plastic bag collection for the TREX program has been moved outside the main entry doors.
- We are very sorry, but the **Village Center Library** is closed and we cannot accept book or magazine donations until further notice.

The Village Center, Fitness (open workout, cardio room and pool)

Hours: Monday - Friday, 7:00 AM - 5:00 PM, Saturday, 10:00 AM - 2:00 PM (by appointment only), closed 12:00 - 1:00 PM for cleaning.

Who: Warm Hearth Village residents and employees only.

Screening: Members will enter at the fitness entrance in the back. All members will be screened before entering the building. You will receive a sticker as proof of screening, good for the entire day. One person will be screened at a time and others asked to wait outside the door using marked spaces to practice social distancing.

- To schedule a fitness appointment, call 443-3474 or email kharrah@warmhearth.org to schedule with Kenny. You must receive confirmation of your appointment time.
- We are required to work at 30% normal occupancy while observing 10 ft. social distancing guidelines.
- Masks must be worn in common areas and while exercising. The only exception is while swimming.
- All fitness members must use sanitizer upon screening.
- Showers and water fountains will NOT be available. Towels will not be provided.
- If you require one, please bring your own exercise mat.

(Fitness Center information continued on next page.)

The Village Center, Fitness (classes)

A list of fitness classes is below.

To schedule a fitness appointment, call 443-3474 or email kharrah@warmhearth.org to schedule with Kenny. You must receive confirmation of your appointment time. If you attempt to sign up for a class and it is full, you will be put on a waiting list and allowed in for the next class.

Showers and water fountains will NOT be available. Please bring water.

Appropriate outdoor clothing is required (e.g., hat, sunglasses, sunblock, exercise clothing).

Carson Library, New River House

****New Procedure!*****

Warm Hearth Village follows the protocol of Montgomery Regional Library. Due to increased cases of COVID in this region, Carson Library will be closed and books can be checked out by appointment only.

Hours: Appointments available:
Mon-Fri, 1:00 - 4:00 PM.
Call Mary Keffer at 443-3423.

Karr Activity Center

Karr Activity Center is open for specific events listed on the following pages. If you have questions, please call Mardy Baker at 443-3434.

Kroontje Health Care Center

Visitation by appointment is now allowed for family members and POAs. Special outdoor locations will be used for visits.

Showalter Center

Food from Fireside Grill is available by curbside pickup only.

Fitness Center - Group Classes
(P) = Pool Class, (TOH) = Tall Oaks Hall

Monday

8:00 Body Activation, Standing (TOH)
10:30 Arthritis Aquatics (P)
2:00 Posture, Balance & Gait, Level 2

Tuesday

8:00 Longevity Qigong (outside TOH)
9:00 Fit 4 Life
11:00 Rock Steady Boxing
1:15 Posture, Balance & Gait, Level 1

Wednesday

8:00 Body Activation, Standing (TOH)
10:30 Arthritis Aquatics (P)
2:00 Posture, Balance & Gait, Level 2

Thursday

8:00 Longevity Qigong (outside TOH)
9:00 Fit 4 Life
11:00 Rock Steady Boxing
1:15 Posture, Balance & Gait, Level 1

Friday

8:00 Body Activation, Standing, Seated and Floor (**bring a mat or towel**) (TOH)
10:30 Arthritis Aquatics (P)
2:00 Posture, Balance & Gait, Level 2

Saturday

10:00 Aqua Flow for All (P)

* Body Activation Segments include:

Qigong, Tai Chi, Yoga, Breath Work, Aerobic, Balance, Stretch, and Strength Exercises to Restore, Rebuild, and Repair.

Participants for Fit 4 Life need to bring the following items: water, mats, hand weights and stretching rope.

A Message from Fitness

2020 has shown most of us life can be hard. Still, it's important to take care yourself. Our team of health & wellness experts can help you improve your health and quality of life and encourage meaningful living. We inspire all WHV residents to lead a fulfilling life through a variety of healthy activities.

Try incorporating these six dimensions of wellness into each day:

Physical – for strength, balance and overall fitness

Emotional – to cope with life's challenges at any age

Intellectual – because your mind doesn't stop growing

Social – ensuring friendship, companionship and sharing

Spiritual – adding depth to every day

Occupational – with acknowledgement of your talents, experience and capabilities

Seek and maintain health & wellness right here on campus. Join in the fun and you might experience a positive boost during this challenging time. Call us to set up an appointment for personal training or one of our many studio and aquatic classes. (443-3474)

In good health,
Kenny & Team Fitness

Precautions for Enrichment Programming

Warm Hearth is dedicated to your health and safety. Therefore, each **participant must adhere to our protocol of physical distancing, wearing a mask, and check-in and screening procedures before each program.** Failing to do so will exclude the participant from attending future programs until compliance is assured. All programs will be managed by staff who will keep your health and safety a priority. If you have any questions about program specifics or safety precautions, please contact Mardy Baker at mbaker@warmhearth.org or 443-3434.

Shredding Services

The Karr Activity Center will accept small amounts of items for shredding in a secure shred box. There is limited capacity, so please no large quantities.

Stay tuned for a flyer with details on an upcoming Shred-A-Thon hosted by the Rotary Club.

Save the date:

Saturday, October 10

9:00 AM - 12:00 Noon

Art Wall Display for WHV Residents by Residents

Works by resident artists will soon be on the Village Center art wall and in the front vestibule. The display will be up through October. Artists will provide an 8 ½ x 11 sheet of paper with their biography along with cross stitch, ceramics, wheat weaving, wood turning, glass works, fiber art and other projects. Some items may be for sale. *The vestibule is small. Please limit viewing to one person or multiple if from the same household. Thanks!*

16

September

Wednesday, 11:00 AM

Woodland Studio

Village Center

Gate Card with Mardy

Join Mardy for a fascinating Gate Card class. This card will impress its recipient with moving parts and a special "reveal". Best of all, it's easy! Advance registration is required. To sign up contact Bix at mktgc@warmhearth.org or call 443-3800. Participation is limited to eight people but another class can be added at a later date if needed. Slots go fast, so please sign up early!

21

September

Monday, 11:00 AM

Woodland Studio

Village Center

Stained Glass Tealight Jar

Using a screw top jar, we will adhere glass pieces to create a lovely stained glass tealight jar. Please wear appropriate clothing. All levels are welcome. Step-by-step instruction and all materials will be provided. Advance registration is required. To sign up contact Bix at mktgc@warmhearth.org or call 443-3800. Participation is limited to six people but another class can be added at a later date if needed. Slots go fast, so please sign up early!

21

September

Monday, 2:00 PM

Karr Activity Center

Paint a Sunflower

Join Mardy as we learn to paint a lovely sunflower on canvas. Please wear appropriate clothing. Advance registration is required. To sign up contact Bix at mktgc@warmhearth.org or call 443-3800. Participation is limited to six people but another class can be added at a later date if needed. Slots go fast, so please sign up early!

23

September

Wednesday, 2:00 PM

Online (Zoom)

Appreciating Differences Workshop I

As our society and workplaces continue to experience the diversification of America, we can no longer remain culturally encapsulated. Rather, as members of an ever-changing society, we need to work towards appreciating all of the people we interact with and the communities from which they come. Developing a community where all employees and residents are valued will help lead us to become a more culturally competent organization. This workshop will help participants begin to understand the complex process of personal cultural competency development and how it can be applied in our workplace and personal lives. **Please sign up by contacting 443-3800 and giving your email. You will be contacted with the virtual link for this zoom workshop.**



25
September

Friday, 10:00-11:30 AM

Online (Zoom)

Nesting Doll Greeting Card with Bix

This charming project requires nothing more than patient gluing. The dolls fit together to the delight of any recipient. This project would also work in an altered book. You can craft in the comfort of your own home and even wear your pajamas! Pieces and envelopes for one set of Nesting Dolls will be delivered to you in advance of this Zoom tutorial. Register in advance by calling 443-3800 or send email to mktgc@warmhearth.org. The registration deadline is 2:00 PM September 23. Class is limited to six participants but can be repeated if there is more interest. To join Zoom, you will need a computer, internet, and an email address. Registration will be confirmed via email with the Zoom instructions.

Lifelong Learning Institute

A reminder that registration is open for Virginia Tech's Lifelong Learning Institute, Online.

The LLI fall term is about to begin, but there is still time to register for classes and free virtual events if you have not already done so. Space is still available in 18 classes and all 7 virtual events.

Class and event descriptions are available on the LLI webpage: www.cpe.vt.edu/lifelonglearning.

Guided Meditation Zoom Meetings

Join Zed Hrubec for guided Meditation.

Mondays 4:00 - 5:00 PM

For information on joining the sessions contact Zed at: zhrubec@outlook.com or 541-250-2154.

Flu Shots

Be a flu fighter with Carilion Clinic at Warm Hearth Village!

Call 558-2400 to schedule an appointment for your flu shot. Extra precautions are being taken this year including a nurse check-in and you will be required to wear a mask while in the building.

Flu shots are being scheduled:
Monday – Friday
8:00 AM – 5:00 PM
through the month of September.

25
September

Friday, 2:00-3:00 PM

Karr Activity Center

Karaoke Sing-a-long

Enjoy an afternoon of singing with your neighbors, safely! Mardy will offer (and take) suggestions for songs. You will be required to wear a mask and be distanced for maximum safety. If you don't feel like singing, you can just watch. Advance registration is required. To sign up contact Bix at mktgc@warmhearth.org or call 443-3800. Participation is limited to eight.

28
September Karr Activity Center-Patio
Monday, 2:00-3:00 PM

National Drink A Beer Day

Come and celebrate National Drink A Beer Day! Drop by the Karr Activity Center for a complimentary bottle or can of beer. A variety will be offered and first come first served. We ask that all consumption be done in your home due to current safety measures. Some basic beer information will also be offered. Reserve your beer by contacting Bix at mktgc@warmhearth.org or call 443-3800, by September 25. Cheers!

29
September

Tuesday, 11:00 AM

Woodland Studio
Village Center

Fall Wreath

Create a sumptuous fall wreath perfect for your front door. We will use ribbons, mini-faux pumpkins, greenery, hot glue and grapevine wreaths. Advance registration is required. To sign up contact Bix at mktgc@warmhearth.org or call 443-3800. Participation is limited to six people but another class can be added at a later date if needed. Slots go fast, so please sign up early!

Exciting New Resource!

We have some exciting news to share with residents and employees regarding a convenient new resource that will be made available in the coming months to anyone with internet access and an email address.

This new resource is a communication portal called Catie Web. The portal is essentially a new website where residents and employees will be able to log in with a unique user ID and password. Every resident and employee will eventually have the option to participate.

Some exciting features of the portal include:

1. Various campus **calendars** including Life Enrichment and Fitness. These are interactive and each user will have a personal calendar that can be populated with events from our Village Calendars. The calendars allow you to RSVP right from the portal.
2. **Bulletin Board** feature allowing us to communicate things that come up in a pinch!
3. **Reserve transportation** on the portal.
4. Submit a maintenance or grounds **work order** on the portal.
5. Get a quick **weather update**.
6. **Access files** such as resident and employee handbooks.
7. Order from dining venues on the portal.

The set up will take some time and training will be needed. The portal is easy to use and we are very excited to offer new opportunities for engagement and more streamlined communication!

Stay tuned for more details!

The Together Quilt

The together quilt is still accepting your submissions of quilt squares. You are welcome to participate by contacting 443-3800 and requesting a cotton 7x7 block to adorn. This piece will become a heritage piece documenting thoughts and feelings of Warm Hearth Residents during this unprecedented time. Final deadline for your submission is September 30th (previously September 18th.) Squares may be left at the Village Center or Karr Activity Center.

Check out these new options to stay engaged...

Virginia Tech Service Learning Programs will engage you in a fun and dynamic way. A variety of **virtual social gatherings** with topics like Knowledge Share, Creative Coffee Hour, Show and Tell, and Mindfulness Through Improv are open to all Warm Hearth residents. Classes are forming now. If you are interested in learning more about these programs, contact Jonathan Tate at 443-0407 or jtate@warmhearth.org.

Need a pick me up? "Phone A Friend" weekly check-in calls will certainly brighten your day. Contact Jonathan Tate at jtate@warmhearth.org or call 443-0407 to be paired with a student volunteer who will contact you weekly for a friendly chat.



Treasure Trove Thrift Store

The off-campus Treasure Trove location is now open regular hours.

Wednesday - Saturday
10:00 AM - 4:00 PM

Now Looking for Donations!!!

Please remember us if you've used your extra time spent at home to do some cleaning out! We appreciate your donations of household items, home decor, jewelry, books, and furniture. Every item we sell in the store helps us make a difference in the lives of low-income seniors at Warm Hearth Village. Donating also keeps unnecessary waste out of landfills and serves as a tax deduction for many! Donations are graciously accepted during regular business hours.



The New Menu is here!

The Huckleberry Café has updated its menu using your suggestions and feedback from our recent survey. You'll find your old favorites and a few fresh new items to try. The menu is included with this edition of the Log. Come by for breakfast or lunch or call for pick-up and delivery.

Temporary Schedule Change

The Huckleberry Cafe will have limited hours **September 28 - October 9**. We'll be open on **Tuesday and Thursday** (only) for breakfast, lunch and take-out dinner. We will resume regular service (Monday-Thursday) on October 12. We apologize for any inconvenience while we give our employees some well-deserved time off.

THIS IS VERY IMPORTANT - PLEASE READ

Indoor Humidity, Your HVAC, and Mold

(this article only applies to air conditioning - not heating)

ON and AUTO are the two settings for your air conditioning fan. The difference between ON and AUTO boils down to when the fan blows:

In the AUTO position the fan only blows during an AC cooling cycle. In the ON position the fan blows constantly, even when the AC isn't cooling (which also means it uses more energy and costs more).

So what does that have to do with humidity?

Your air conditioner actually has 2 jobs. It COOLS your home and it DEHUMIDIFIES your home.

Here's how your air conditioning normally dehumidifies your home: When warm air from inside your home is pulled into your indoor unit, it passes over very cold refrigerant coils. Those cooling coils absorb the warmth and moisture from the air. Then that cold, dry air is pushed back into your home.

What happens to the moisture? Where does it go?

Well that completely depends on the setting of your fan:

If the fan is set to AUTO, that moisture collects and sits on the refrigerant coils. And once the fan shuts off in between cooling cycles, that moisture has time to slide off the coils and drain away outdoors.

But if the fan is set to ON, the moisture on the refrigerant coils does not get the chance to drain away. Because the fan blows constantly, most of the moisture evaporates and gets blown right back into your house!

The ON setting is not allowing your AC to properly dehumidify your home. In the summer this is very important.

Why Does this Matter?

Humidity or dampness (water vapor) in the air can supply enough moisture for mold growth. Indoor relative humidity (RH) should be kept below 60 percent -- ideally between 30 percent and 50 percent, if possible. Low humidity may also discourage pests (such as cockroaches) and dust mites. A humidistat (sometimes called a hygostat) can measure the moisture in your air.

In addition to creating conditions for mold growth, moisture in the air can cause problems with hardwood flooring and other materials in your home that are affected when they absorb moisture. Have you ever noticed that your doors change size in the winter and summer? The door is swelling from absorbing moisture in the air - changing its size. Hardwood flooring can buckle and bend in the summer and shrink causing cracks between boards in the winter if the moisture in the air changes drastically.

In summary, remember that cooling is not the only job of your air conditioner. You should run your air conditioner to control humidity in the summer, and prevent potential mold growth. If you are simply too cold, you should consult with someone that can advise you on other methods to maintain the proper relative humidity to prevent mold growth.

Virtual Resources

The Alzheimer's Association provides phone and online support. Find a meeting and other resources by visiting www.alz.org or by calling 800-272-3900.

The annual **Walk to End Alzheimer's** is virtual this year. Discover more information at: https://act.alz.org/site/TR?fr_id=13695&pg=entry

Radford University Presents [online]: World War II 75th Anniversary Series: Experience and Legacy

This Zoom series is being sponsored by Radford University College of Humanities and Behavioral Sciences, Department of History and McConnell Library. The series aims to commemorate the lives of those who fought for freedom in World War II. Through the partnership Warm Hearth has with Radford University, we have been invited to participate by Zoom to weekly presentations through the month of November. Join in by Zoom each Wednesday at 4:00 PM.

Topics for September:

Wed., Sept 16

J.D. Salinger and WWII, hosted by Moira Baker, Ph.D.

Wed., Sept 23

Keep Baseball Going: The National Pastime during WWII, hosted by Johnny Moore, Ph.D.

Wed., Sept 30

Animating WWII: Animation on the Home Front and Beyond, hosted by Michael Meindl

Upcoming in October:

Wed., Oct 7

Breaking Enigma: The Bletchley Park Codebreakers and the Turning Bombe, hosted by Neil Sigmon, Ph.D.

Wed., Oct 14

Invisible Soldiers: African Americans in the Second World War, hosted by Sam Malesky.

Wed., Oct 28

German Perspective on VE Day, hosted by Mike Montgomery, Ph.D.

Use link below to access the Zoom presentations or go to Radford University Department of History website. Once on the History Department main page, click on USHMM Webinar to join. No meeting or passcode needed.

National Solar Tour

From September 28th to October 4th, the National Solar Tour will be held. It will be virtual this year. You can hear experts in the field of solar installations and electric car operations; learn about building community through solar and much more. Look at the following link to see what will be offered:

Contacts / Phone Numbers

The Village Center

Front Desk / Concierge: 443-3800

Huckleberry Cafe: 443-3801

The Village Gourmet Catering: 443-3457

Fitness Center: 443-3474

Healthcare Information - Linda Kirkner: 443-3415

Life Enrichment

Mardy Baker: 443-3434 (Karr Activity Center)

Susan Bixler: 443-3800 (Village Center)

Jonathan Tate: 443-0407 (Showalter)

Village Happenings Hotline: 443-3473

(Activities - option 1)

(Daily Cafe Special - option 2)

(Fitness Updates - option 3)

Carilion Family Medical Clinic (on campus)

540-558-2400

Hours of Operation:

Mon, Wed, Fri from 8:00 am to 5:00 pm

(Closed 12:00-1:00 PM for lunch)

Warm Hearth at Home

Information & Assessments

443-3428 or www.whvathome.org

Tea Tree Salon: 443-3817

Fireside Cafe, Showalter Dining: 443-3429

WHV Main Switchboard: 552-9176

Transportation/Housing/Security: 552-2419

Intra-Village Bus Service: 239-1600

Information Technology (IT): 443-0408

LOG Comments / Questions: Sara McCarter, smccarter@warmhearth.org



Please recycle old issues of The Log.