

**Happy
New
Year!
2023**



January 2023

Fitness Group Classes
Mon-Fri 7:00 AM - 5:00 PM
Sat 10:00 AM - 2:00 PM

MONDAY

- 9:00 Qi Gong - Mobility, Strength, Balance
- 10:00 Posture, Balance & Gait, L2
- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 2:00 Pickleball
- 3:30 Tap Club
- 3:00 Ai Chi (P)
- 3:30 Taiji for Wellness

TUESDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait, L1
- 12:00 Chair Yoga for Wellbeing
- 1:00 Aqua Fit (P)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball

WEDNESDAY

- 9:00 Qi Gong - Mobility, Strength, Balance
- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 2:00 Pickleball

THURSDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait, L1
- 1:00 Aqua Fit (P)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball
- 3:15 Line Dancing

FRIDAY

- 8:00 Floor Yoga
- 10:00 Posture, Balance & Gait, L2
- 10:30 Arthritis Aquatics (P)
- 11:00 Mindful Therapeutic Movement
- 12:00 Chair Yoga for Wellbeing
- 2:00 Pickleball

Sign-up Deadlines - PLEASE READ

Just a happy reminder regarding events and special meals with deadlines for sign-up. Warm Hearth is proud to provide a wide array of events and special opportunities for residents at the Village. Our goal is to ensure that we plan, promote and deliver these opportunities in a positive and seamless way for your enjoyment. **In order for us to do that we kindly ask that you respond by the deadline dates posted.** This timely response ensures that we have enough space and food for everyone who has planned to attend. Sometimes space is limited and once the deadline has passed and we place our food order, food is limited as well.

2

January

Karr Activity Center

Monday, 1:00 PM

Music with Alex

Alex Buettiker, Life Enrichment Director of Showalter Center, will perform an hour of guitar and vocals. He will focus on country and rock classics. Enjoy an hour of tapping your toes during the lunch-time hour. Feel free to pack a lunch and listen. All are welcome!

4,11,18,25

January

Karr Activity Center

Wednesday, 4:00 PM

Warm Hearth Singers Rehearsal

All Warm Hearth Village residents are welcome to attend. It is a great time for the entire village to come together and make music. All singing abilities are encouraged and welcome. If you have any questions please feel free to contact David Jones, Life Enrichment Director of the Kroontje Health Care Center at 540-443-0407 or djones@warmhearth.org.

6

January

Karr Activity Center

Friday, 1:00 PM

Birthday Tea Time

Celebrate the month's birthdays at a traditional English Tea hosted at the Karr Activity Center. A selection of cakes, treats, and finger sandwiches will be served along with traditional hot tea in china cups. This special monthly event is a charming time for catching up with neighbors and friends. Wear your hats and florals to set the mood for an elegant recognition of birthdays.

Continued on next page...

Fitness Group Classes, continued

SATURDAY

Open Swim (P)

Open Gym

2:00 Pickleball

10:30-11:15 Aqua Yoga - **First and third Saturdays of the month**

Family Swim (P) - last Saturday of the month 12:00-2:00 PM. Bring your own towels.

Non-residents may purchase a monthly pickleball pass for \$40. See Kenny Harrah.

*** Please limit towel usage to no more than two towels per person. You are also welcome to bring your own towels.**

Groups & Clubs - Quick Guide

Alzheimers/Dementia Caregiver Support Group

First & Third Friday of each month
3:00 - 4:00 PM

Woodland Studio / Village Center

Contact: Alia Zaro

443-0409, azaro@warmhearth.org

American Legion Post 182

Fourth Tuesday of each month

5:30 - 7:00 PM

Karr Activity Center

If you are interested in attending, contact Kim Kirk at 553-5021.

Book Club

Second Monday of each month

1:00 PM

Zoom

Contact: Nancy Thomas

804-514-0057

nantom200@gmail.com

Bridge

Every Wednesday

1:00 - 4:00 PM

Karr Activity Center

Contact: Mardy Baker

443-3434, mbaker@warmhearth.org

Bingo (Showalter Hosted)

Every Thursday

1:00 - 3:00 PM

Karr Activity Center

Contact: Alia Zaro

azaro@warmhearth.org

Continued to next page.

7

January

Saturday, 12:00-2:00 PM

Elvis 88th Birthday

Tribute Show & Meal

Ring in the New Year with a fun event celebrating the King of Rock'n Roll's 80th Birthday! Mardy and friends will perform a variety of Elvis tunes along with those of his fellow musicians of the 50's, 60's and 70's. The event starts with the opening of food stations and bar with live music.

The "All Shook Up" menu includes Elvis's favorites: BBQ Chicken Bites, Fried Pickles, Pork Loin & Sauerkraut, Coconut Cupcakes, Peanut butter/Banana Bread Bites topped with Bacon, Chocolate Chip Oatmeal Cookies, Pepsi & Water.

Cost for event is \$13.95 plus tax – Sign up by January 6th at 2pm by calling the Cafe at 540-443-3801.

Tall Oaks Hall
Village Center

9

January

Monday, 4:00 PM

Music with Mason

Join Mason for a lovely afternoon of music. A wide variety of music from classical to movie hits. All are welcome to attend.

Karr Activity Center

9

January

Monday, 3:30-5:30 PM

Single Ladies Happy Hour

Join the newly formed Single Ladies' Social Group for Happy Hour in the living room at the Village Center. The cost is \$2 per person to cover munchies and the cost of your beverage. **No RSVP required.**

Living Room
Village Center

This group was formed to foster connectivity, and friendship among single women (single, divorced, widowed) across all the neighborhoods of Warm Hearth Village through planned and spontaneous activities. We hope to see you there!

9

January

Monday, all day

Sandro's Foundation Fundraiser

Do good by dining out! Enjoy lunch or dinner at Sandro's in Christiansburg (2775 Market St., NE) on Monday, January 9th, and 10% of sales will be donated to the Warm Hearth Foundation's Neighbors in Need Fund! Dine in or carry out. Check out the menu online at www.sandrospizza.com and call ahead to place your carryout order at (540) 585-1212. Sandro's kindly requests that those dining with parties greater than 6 call ahead. Thank you for your support!

Off-Campus

Groups & Clubs - continued

Campus Bingo

Every Saturday
1:00 - 3:00 PM
Karr Activity Center
Contact: Cindy Rethwill
230-3215

Easy, Peasy Sign Language

Carson Library
Every Monday & Saturday
11:00 AM
Contact: Cynthia Hayes

Euchre

Every Saturday
3:00 - 5:00 PM
Karr Activity Center
Contact: Joe Flanigan

Genealogy Group

Fridays 12:00 PM
Huckleberry Cafe (lunch optional)
Contact: Liz Ackermann
teashant@me.com

Green Committee

Third Tuesday of each month
10:30 - 11:30 AM
Carson Library

Guided Meditation

Guided Meditation on Zoom
Every Monday
3:30 - 4:30 PM
Contact: Zed Hrubec
zhrubec@outlook.com
540-250-2154

Headline News Discussion Group

Every Thursday
9:30 - 10:30 AM
Zoom Meeting ID: 871-991-4463

Men's Coffee Club

First Friday of each month
9:30 - 10:30 AM
Woodland Studio
Contact: Mardy Baker
mbaker@warmhearth.org
443-3434

Purls of Wisdom (Knit/Crochet)

Every Friday
10:00 - 11:00 AM
Carson Library
Contact: Mardy Baker
mbaker@warmhearth.org

10

January

Tuesday, 1:00-3:00 PM

Karr Activity Center
Outside

Outdoor Market

Warm Hearth and Feeding America have teamed up to provide fresh produce and shelf-stable grocery items directly to residents and employees at a reduced cost. We accept debit, credit or SNAP/EBT as payment. So convenient! Stop by on your break or lunch! Visit the second Tuesday of every month.

For more information contact Karen Nelson at 443-3406.

11

January

Wednesday, 1:30 PM

Woodland Studio
Village Center

WHV Carilion Clinic Meet & Greet

We welcome Katie J. Allen, N.P. to the Carilion Clinic Family Medicine practice at Warm Hearth Village. She will be hosting a Meet & Greet for residents. Please come say hello and take advantage of this opportunity to ask questions and meet Ms. Allen in person.

11,25

January

Wednesday, 9:00 AM-12:00 PM

Carson Library

Beltone Audiology Clinic Day

All Types and Styles of Hearing Aids Available

- Hearing Screening – No Charge
- Hearing Aid Batteries – All Sizes
- 10-point Hearing Aid Cleaning and checkup, All Makes and Models – No Charge

Other days and times are available by appointment only. Please call our office to set an appointment today: Beltone Audiology & Hearing Aid Center 800-553-5993 or 540-343-5567.

12

January

Monday, 4:00 PM

Tall Oaks Hall
Village Center

Story Hour Happy Hour

The January Story Hour will continue the theme Karen Hanks spoke of in her November presentation...namely, that Warm Hearth has been and is still abundant with fascinating residents and employees. We will be presenting short vignettes about many of these people. You will be amazed at their stories, so mark your calendars now for January 12th.

As I wrote at the end of the December Log, please contact me at shepherdrichard333@gmail.com and I will make every effort to get with you to recount YOUR story in January or at a subsequent Story Hour in 2023.

Groups & Clubs - continued

Tap Club - Timeless Tappers

Every Monday
3:00 PM

Village Center

Contact: Bix

mktgc@warmhearth.org

443-3800

Trivia, Coffee, and Donuts

Every Tuesday
10:15 - 11:00 AM

Karr Activity Center

Contact: Mardy Baker

mbaker@warmhearth.org

443-3434

Village Quilters

First Thursday of each month
2:00 PM

Woodland Studio

Contact: Bonnie Lawton

bonlawton@me.com

Huckleberry Cafe - 443-3801

Pickup & delivery available.

Cafe Hours:

Mon - Thurs, 8:00 AM - 2:00 PM

Fri, 10:00 AM - 2:00 PM

Fireside Cafe - 443-3429

Open every day

11:00 AM - 6:00 PM

Available for curbside takeout to residents and employees.

Showalter & KHCC

For the most recent status on visitation and services in these buildings, please click on the COVID-19 information banner on the homepage at www.retire.org.

Karr Activity Center

Open from Monday at 8:00 AM to Friday at 5:00 PM each week.

New River House

Carson Library

Now open 7 days a week, all day.

Tea Tree Salon Hours

Wednesdays 1:30 - 5:00 PM

Fridays 10:00 AM - 3:00 PM

For appointments call 443-3817

The Tea Tree Salon is open for business for those who wish to get a hair-cut on campus. The Tea Tree Salon is on the 4th floor of Showalter Center.

16

January

Monday, 1:00 PM

Cards with Melissa

Warm Hearth welcomes our special card craft teacher, Melissa Matusевич to teach a monthly card class. You will go home with a professional collection of handmade cards after step-by-step personal instruction. No experience necessary. All materials provided. **If you register and then need to cancel, please tell Bix so someone on the waiting list can attend.**

Participation limit: 12 (Minimum 4)

Sign up: Contact Bix at 443-3800, once the class is in The Log

Registration deadline: **January 9th at 1:00 PM**

18

January

Wednesday, 11:00 AM

Warm Hearth Village Town Hall

William Lester will host this Town Hall Meeting. This is an opportunity to hear updates on important Village happenings. If you have questions for William, please email them in advance to wlester@warmhearth.org. The meeting will be held in person and on Zoom. Only Warm Hearth residents and staff are invited to these meetings.

Meeting ID: 850 5915 8684

Zoom Meeting Link: <https://us06web.zoom.us/j/85059158684>

Option to join by phone: (646) 558-8656

19

January

Thursday, 2:00 PM

The Benefits of CranioSacral Therapy

The Village Center's Massage and CranioSacral therapist, Lora Leigh Giessler, will offer a presentation on how CranioSacral therapy can make a positive effect in a treatment plan for dementia and associated diseases.

20

January

Friday, 1:00 PM

Advanced Paper Crafting

Melissa Matusевич teaches this advanced paper crafting class. In this class series she will teach over 30 different techniques including two-step stamping, water color pencils, heat embossing and much more! Class will be structured with a demonstration of a technique and then selection of five projects to work on individually.

Participation limit: 10 (Minimum 4)

Sign up: Contact Bix at 443-3800. Your registration will be confirmed upon payment of \$20 BEFORE the day of the class. Please give your payment of cash or check to Bix at the Village Center. Checks should be made out to Melissa Matusевич.

Registration deadline: **January 13th @ 1:00 PM (Call Bix if you need to cancel).**

Karr Activity Center

Tall Oaks Hall

Village Center

Tall Oaks Hall

Village Center

Karr Activity Center

Looking for something to read?

Carson Library, located on the first floor of New River House, is open all day, 7 days a week. Drop by and browse the shelves, and borrow what interests you. No need to sign out a book or pay any overdue fines. For questions, call the library curator, Ella Rutledge, at (207) 650-1769.

Call for Poetry:

And while you're at the library, please take a glance at the bulletin board on your right as you come in the door. Every month we post there a "Poem of the Month."

Preference is given to poems composed by a Warm Hearth resident. So if you are a poet, and would like to have one of your works posted in the library, send your offering in the body of your email to Ella Rutledge at lopsideseast@gmail.com.

New Display:

January's display features books about dogs, cats and other creatures with whom we humans share our planet. As always, feel free to borrow books on display. They prefer being taken home and read to sitting unopened in the display rack.

Some Recent Arrivals:

Sharyn McCrumb, *The Ballad of Frankie Silver*; Michael Gruber, *Valley of Bones*; Tony Hillerman, *Finding Moon*; Agatha Christie, et al., *Marple: 12 New Mysteries*; Laura Lippman, *The Last Place*.

Suggestions:

If you have good ideas, questions or comments about the library, drop a note into the Suggestion Box, located on the Reference Books table. We welcome your comments!

Foundation Donation Tax Records

If you have made one or more gifts to the Warm Hearth Foundation in 2022 and would like to receive a cumulative receipt of your giving for tax purposes, please contact Karen Nelson at (540) 443-3406 or knelson@warmhearth.org, or Amy Webb at (540) 443-3413 or awebb@warmhearth.org no later than January 15, 2023. Thank you for your support!

23**January**

Monday, 3:00 PM

Karr Activity Center**Robbie Vance's Afternoon of Music**

Start your week off on the right note with standards and favorites from Elvis to Sinatra. Sing-a-long or just enjoy the music! This event will be held the fourth Monday of each month.

25**January**

Wednesday, 3:00 PM

**Tall Oaks Hall
Village Center****Creative Aging Cafe**

Come join us for monthly offerings where we will explore creative pathways that promote wellbeing in the body, heart & mind in a life-celebrating and community-building way.

This month's topic:**Music and Wellness: Rhythmic Self-Care and Community Care**

In this offering you will be invited to explore the practical healing power of music, movement, and mindfulness in a playful environment. The intention of this hands-on, experiential program is to give participants tools and strategies to help promote brain health, support mental well-being, provide stress relief, and encourage social connection. We will be using beginner friendly music-based techniques. No previous musical skill or experience required. Just bring your open mind and playful heart.

We will be playing with mindful movement that can be done seated or standing, tapping into our own innate rhythmic creativity using body percussion and easy to use percussive instruments, and exploring simple breath practices that can help quiet the mind while soothing the spirit.

This experience will be facilitated by Jennifer Speiden who is a certified yoga therapist, is trained as a Brain Longevity® Specialist from the Alzheimer's Research and Prevention Foundation, has completed the Music and Wellness training with Jim Donovan, and has an MS in Physical Therapy.

30**January**

Monday, 4:00 PM

Karr Activity Center**Music with Ash Devine**

Enjoy this late afternoon of folk and Americana roots music. Join Ash Devine for music that reminds you of an earlier time, with sing-a-longs and bits of history to some of our most iconic songs.

TREASURE TROVE DONATIONS:

As a reminder, please coordinate large Treasure Trove donations with Amy Slone at 443-3413 or aslone@warmhearth.org. If you have small donations, please take them to the store at 3055 North Franklin Street, Christiansburg. The Karr Activity Center is no longer a drop-off location for Treasure Trove donations. Thank you for your understanding!

Neighborhood Websites and Maintenance Care Link

There are three websites where various information can be found for the different independent living neighborhoods - the apartments, Founders Forest and WoodsEdge. A unique user ID and password gives residents permission to view all documents and links on each site. The user ID and password provide a layer of protection to keep our Warm Hearth private information private and to protect against some kinds of hacking. A link to the new work order system, Maintenance Care, can be found on these three sites. If you don't want to use the site for your own neighborhood, you can also request the link be sent to you in an email. Whenever you need to fill out a work order, you can bookmark the link or find that email and use the link each time you need to visit the work order site.

For more information about getting a username and password for your neighborhood site, please contact Robbie Hickerson at rhickerson@warmhearth.org.

SPECIAL THANKS - TRAIL BLAZERS!

Warm Hearth would like to recognize and thank the trail committee and especially Bill Baker and Jack Onufrak for all the great work they have been doing to keep our wooded trails in good hiking shape! The committee has been caring for the trails by removing invasive species, removing fallen trees and debris from the trails, marking the trails and much more. Bill and Jack have done a lot of heavy lifting in the last few months and we thank them and other members for their hard work!

LIFE ENRICHMENT ANNOUNCEMENTS

FUNDAMENTALS OF TAP DANCE INTEREST MEETING:

Tuesday, January 17th at 3pm, Fitness Studio, Village Center

If there is enough interest, this new fundamentals class will start Tuesday, January 31st from 3-4pm in the Fitness Studio at the Village Center. This is not a performance-based class, but one that will teach rhythmic steps focused on unity, musicality, strength and balance. A very fun opportunity to get physical activity in a uniquely musical way! If you are unable to attend the interest meeting and want to learn more, please contact mbaker@warmhearth.org for information about class and shoe requirements.

LINE DANCING CLASS TIME CHANGE

Line Dancing Class, every Thursday in the Fitness Studio, will now begin at 3:15pm instead of 3:30 the first week of January. This will allow for the ending of class shortly before Story Hour/ Happy Hour and other late afternoon events. Never tried a line dancing class? Start your 2023 by checking out this fun and inclusive group of people who love to move to a variety of upbeat music. We are not focused on perfection, but on FUN!

MUSIC EVENTS

Life Enrichment has established several monthly musicians to perform at the Karr Activity Center on Monday afternoons. If you are looking for opportunity to listen to a variety of music, head down to the Karr Center for a casual afternoon of tunes. Our newest addition is Music with Alex!

COMMUNITY GARDEN NOTICE

Those with existing community garden beds at the Village Center are returning their renewal notices for the 2023 season. For those of you who would like to be entered into a lottery system for any unclaimed beds, please contact Mardy Baker at mbaker@warmhearth.org or call 540-443-3434 BETWEEN January 20th AND FEBRUARY 1st. When contacting Mardy, please note: Name, phone, address. If your name is selected for a garden bed, you will be notified by letter no later than February 10th. You will then have till February 17th to pay a yearly fee of \$10 for the garden bed. Please understand that these are firm dates, and any late adherence to these dates or payment will revoke your request for a garden bed. Sorry, no exceptions.

UPDATE ON EXTENDED TRIPS/EXCURSIONS

Recently, Life Enrichment held a meeting about possibilities for extended trips and excursions to various locations in VA and elsewhere. Currently, the best economical option for these types of trips is to book through a local tour carrier, like Sunshine Tours. Trips offered for our area have pick up points at the Park and Ride in Christiansburg, on the Shelor Motor Mile. Pick up times by the tour company are dependent on the specific tour and vary in times and include their transportation and tour guide costs. Trips can be arranged and paid for through their website Home - Sunshine Tours (gosunshinetours.com). These trips are also conducted through the Parks and Rec Department for an additional option of booking. Warm Hearth is still researching feasibility for day trips to extended locations into the spring of 2023. Notices for interest will be listed in the Log with approximate costs and minimums. For questions on extended trips provided by Warm Hearth, please contact mbaker@warmhearth.org.



WHV TRANSPORTATION SPECIAL TRIP MESSAGE

Warm Hearth transportation will provide a bus for the following events at the Moss Arts Center for the new season:

Jan 19: Concerto Budapest
Symphony Orchestra

Feb 11: PUBLIquartet

Mar 16: An Evening with Viet
Thanh Nguyen

April 23: Opera Roanoke &
Blacksburg Master Chorale

Call 552-2419 to schedule.

SHOWALTER DINING

We are happy to announce that non-residents are allowed to dine in the Showalter dining room once again.

Please don't feed wild critters

Reminder to all residents: please do not feed outside ground creatures, including feral cats. Do not put food down in or around any building, in any public area on campus, to include all common areas, gazebos, sidewalks or designated smoking areas. Three new cats have recently surfaced in the village. Your sightings are welcome. Call 540-421-4873 and leave a message indicating the location of an animal and if you desire a call back.

STAR CARD PROGRAM

Want to recognize employees who go above and beyond in customer service? You can participate in our Out of This World program by filling out a nomination form for a Star award. Forms can be found at the Village Center front desk. A drawing is held each month for a special gift for the winning nominee.

FTINNESS CENTER ANNOUNCEMENTS

Our new offerings for 2023 are listed below.

CHAIR YOGA FOR WELLBEING

Tuesday and Friday, 12:00 PM

Description: This class offers a chair supported approach to yogic movement, breathwork, and mindfulness. We explore tools to help one feel better in their body, build balance and stability, manage their energy levels, and learn how to skillfully support one's mental health and well-being as one ages. In this class, movements will be in a chair and standing. Anything done standing will also have a seated option provided. We will not be transitioning to the floor.

MINDFUL THERAPEUTIC MOVEMENT

Friday, 11:00 AM (This class will replace the Wednesday 3:45p Yoga class)

Description: This class weaves yoga & somatic practices as well as functional & therapeutic movement approaches to support greater awareness, self-compassion, and body-mind strength to help support one's physical, mental, and emotional well-being and resilience. In this class, movements and pose options will include the following positions: standing, hands and knees (a chair option will be offered if being on hands and knees is not an option in your body at this time), and lying down on the floor on your belly, sides, and back.

AQUA YOGA

1st and 3rd Saturdays of the month, 10:30 AM

CREATIVE AGING CAFE

4th Wednesday of every month, 4:00 PM

This class will offer creative offerings and approaches to developing a healthy and skillful relationship with aging within community. Come join us for monthly offerings where we will explore pathways that promote wellbeing in body, heart & mind in a life celebrating and community building way.

Some likely topics include:

- A Drumming / Rhythm Meditation Based Class
- An All-Abilities Dance Offering
- Self-Massage for Stress Relief and Self-Care
- Yoga Nidra Guided Relaxation

PRIVATE SESSION YOGA THERAPY

Jennifer Spieden will be offering in-home private yoga therapy. Please contact the fitness center for more information at 540-443-3474.

NUTRITION IN THE PREVENTION OF STROKES (Andrea Bellamy)

Nutrition in the Prevention of Strokes

Strokes are one of the leading causes of death in the United States. A stroke occurs when the blood supply to the brain is blocked or a blood vessel in the brain bursts. Strokes can cause brain damage, long-term disability, or even death. The risk factors for strokes include advanced age, hypertension (high blood pressure), smoking, obesity, diabetes, and physical inactivity. Nutrition can be a helpful tool in the prevention of a stroke. Today we will review ways that you can reduce your risk of stroke through nutrition and exercise.

- Control blood pressure – Having high blood pressure greatly increases your risk for a stroke. Try to consume 2,300 mg or less of sodium daily. Sodium can be found in table salt, processed foods and soups and is listed on the nutrition facts label. Look for unsalted crackers, low sodium or no salt added canned vegetables and try to avoid adding salt when cooking.
- Choose a healthy diet – Try using the plate method shown in the October issue to increase fruits, vegetables, whole grains, legumes, nuts, plant-based proteins, and lean animal proteins. Avoid processed meats (bacon, sausage, luncheon meats), fried foods, and concentrated sweets (cakes, cookies, donuts). Use portion control for your indulgences.
- Get active – try to aim for 150 minutes of aerobic exercise weekly if safe for you. That's just 30 minutes, 5 times per week! You can break this up throughout the day into three 10-minute walks/jogs/elliptical sessions.
- Be realistic – try to make small changes every month. You want these to be changes that you can stick with and are manageable for you.
- Make sure to have regular check-ups with your PCP to monitor your health and catch risk factors early.

1. <https://www.cdc.gov/stroke/about.htm>
2. <https://www.eatright.org/health/wellness/heart-and-cardiovascular-health/the-facts-on-sodium-and-high-blood-pressure>
3. <https://www.nutritionletter.tufts.edu/healthy-eating/diet-and-stroke-prevention/>
4. <https://behavioralnutrition.org/stroke-prevention-through-diet/>
5. <https://my.clevelandclinic.org/health/diseases/4657-stroke-prevention--treatment-diet--nutrition>
6. <https://www.cdc.gov/stroke/prevention.htm>

Contacts / Phone Numbers

The Village Center

Front Desk/Concierge: 443-3800

Huckleberry Cafe: 443-3801

The Village Gourmet Catering: 443-3802

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)

Alex Buettiker: 443-0409 (Showalter Center)

Carilion Family Medical Clinic (on campus)

540-558-2400

Hours of Operation:

Mon-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

Housing & Resident Services: 552-2419

(located in Karr Activity Center)

* Maintenance

* Lock-Outs

* Security

* Emergencies

* Transportation

Information Technology (IT): 443-0408

Treasure Trove (offsite): 200-7012

Montgomery County Sheriff's Office

Non-Emergency number 540-382-6915

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



Please recycle old issues of The Log.