



Fitness Group Classes
 Mon-Fri 7:00 AM - 5:00 PM
 Sat 10:00 AM - 2:00 PM
Memorial Day Hours 9-5

MONDAY

- 9:00 Qi Gong - Mobility, Strength, Balance
- 10:00 Posture, Balance & Gait, L2 (no class 5/29)
- 10:30 Arthritis Aquatics (P) (no class 5/1)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 2:00 Pickleball
- 3:00 Ai Chi (P) (no class 5/29)
- 3:30 Taiji for Wellness (no class 5/29)
- 3:30 Tap Club (no class 5/29)

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
- 3:15 Fundamentals of Tap

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 (no class 5/2-6/14)
- 10:00 Posture, Balance & Gait, L2
- 10:30 Arthritis Aquatics (P)
- 11:00 Mat Yoga for Wellbeing
- 12:00 Chair Yoga for Wellbeing
- 2:00 Pickleball

Continued on next page...

2

May

Tuesday, 3:00 PM

Yard Sale Interest Meeting

Join Cindy Rethwill for this meeting to discuss interest in a village-wide yard sale at Warm Hearth Village.

Karr Activity Center

3,10,17,24

May

Wednesdays, 10:00 AM

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 contact David Jones, Life Enrichment Director of the Kroontje Health Care Center at 540-443-0407 or djones@warmhearth.org.

Karr Activity Center

4

May

Thursday, 4:30-7:00 PM

Dogs! Dogs! Dogs!

Kick off your summer with our DOG themed event! Seeking all furry canine friends to participate in a costume parade at 4:30 pm, with music by Hot Diggity Dog starting at 5 pm at the gazebo. Sam's Hot Dog food truck will be on site selling yummy hot dogs and all the fixings located at the Woodside Terrace entrance to the WWII Park. Cash and credit card will be accepted.

WWII Park / Gazebo

Seating for eating and watching music will be provided, but limited. Feel free to bring your folding chairs and wear clothing for the day's weather. If it rains, the event will be held at the Karr Activity Center.

Would you like to enter your dog in the costume parade? Contact Bix at 540-443-3800 to sign up. All participants get a goodie bag. Prizes will be presented for best dressed and most original costumes. All family, friends and staff are invited to join in the festivities. We're gonna have a dog-gone good time!

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 12:00-1:45 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

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

443-3450, azaro@warmhearth.org

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

Campus Bingo

Every Saturday

1:00 - 3:00 PM

Karr Activity Center

Contact: Cindy Rethwill

230-3215

Genealogy Group

Second Friday of the month

12:00 PM

Huckleberry Cafe (lunch optional)

Contact: Liz Ackermann

teashanty@me.com

Continued to next page.

5

May

Friday, 1:00 PM

Karr Activity Center

Afternoon Birthday Tea

Welcome back to the Karr Center for our monthly Birthday Tea. This intimate tea is designed to celebrate the birthdays of the month with hot tea, finger sandwiches, and a slice of cake. All are invited, birthday or not, and guests are welcome at \$10 each (cash or check only made out to Warm Hearth Village). To better accommodate, The Birthday Tea will serve items in a buffet style with hot water stations to replenish tea pots. Reservations required.

Sign Up: Contact Bix at 540-443-3800. Limit 35.

7,14,21,28

May

Sundays, 2:00-2:30 PM

Karr Activity Center

Hymn Time

We are pleased to announce a new musical offering, Hymn Time. You may sing along or just listen. There will be no sermon, just the wonder of tunes from our Warm Hearth hymn book, Great Hymns of the Faith. Hymnals will be available so you can look for some of your favorite hymns and make requests. Mary Rhoades, who has been playing the piano for the Salvation Army Church in Christiansburg for almost 20 years, will be the musician. Mary believes some of the most beautiful and heartfelt music has been written in hymns.

7

May

Sunday, 2:00 PM

Tall Oaks Hall
Village Center

Blacksburg Community Strings

Spring Concert

Admission is free, donations accepted.

Blacksburg Community Strings and Chamber Orchestra present:
Celebrating the Sound of Solo Strings

Saint-Saens

Allegro Appassionato featuring John Crawford, cello

Bach

Violin Concerto in A Minor featuring Rhea Epstein, violin

Mercury

Bohemian Rhapsody featuring Diane Conant, viola

Mosier

Red Rhythmico

Beethoven

Symphony no. 5

8

May

Monday, 2:00 PM

Karr Activity Center

Hugh's Sing-Along

Join resident Hugh VanLandingham for a sing-along of Irish and "a little bit country" songs. Everyone welcome and lyrics will be presented on the TV. If successful, Hugh will host other sing-alongs in the future.

Groups & Clubs - continued

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 AM
Carson Library
Contact: Mardy Baker
mbaker@warmhearth.org

Sign Language Class

Carson Library
Mondays 11:00 AM (easy peasy)
Saturdays 1:00 PM (regular)
Contact: Cynthia Hayes

Tap Club - Timeless Tappers

Every Monday (no class 5/29)
3:30 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

Continued to next page.

8

May

Monday, 3:30-5:30 PM

Single Ladies Happy Hour

Join the Single Ladies' Social Group for Happy Hour in the living room at the Village Center. The cost is \$2 per person to cover munchies. Beverages are extra.

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!

No reservation required.

9

May

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.

10,24

May

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.

10

May

Wednesday, 10:30 AM

Living Room
Village Center

Origami Meet Up

Please note the new time and location. This will be a casual meeting for anyone interested in Origami. We welcome anyone at any skill level. We will provide some paper, but feel free to bring your own. Contact Lyn Day at dayweave@gmail.com for more information.

Groups & Clubs - continued

Warm Hearth Singers

Every Wednesday
10:00 AM
Karr Activity Center
Contact: David Jones
djones@warmhearth.org

Huckleberry Cafe - 443-3801

Pickup & delivery available.

Cafe Hours:

Mon - Thurs, 8:00 AM - 2:00 PM
Fri, 10:00 AM - 2:00 PM

The Daily Special is available online by approximately 9:30 AM each day: <https://retire.org/lifestyle/huckleberry-cafe/> Scroll down until you see it.

Fireside Cafe - 443-3429

Open every day
11:00 AM - 6:00 PM
Available for curbside takeout to residents and employees.

Karr Activity Center

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

New River House

Carson Library

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

Micah's Pantry

Tuesdays, Thursdays & Fridays
11:00 AM - 3:00 PM

Fitness Massage Services

To schedule a massage, call 540-520-0140 or email loraleighgiessler@gmail.com.

11

May

Thursday, 10:45 AM

Karr Activity Center

COVID-19 Booster Clinic - Bivalent

Blacksburg Pharmacy will be here to administer the first or second dose of the Bivalent COVID-19 booster. This booster is only available for those 65 years and older, those who are immunocompromised (must sign an attestation form) and must be at least 4 months since the last booster. Anyone who is not vaccinated for COVID-19 can receive one dose of the bivalent booster as well. The CDC reported the makers of the COVID-19 vaccines are expected to release a new formulation of the COVID-19 vaccine later this year that better matches the strains that are circulating.

You must contact Kevin Sands (540-443-3456) or Alisha Wagle (540-443-0415) to make an appointment for this clinic. Please bring your vaccination card and insurance information.

11

May

Thursday, 4:00 PM

Tall Oaks Hall
Village Center

Story Hour Happy Hour

Learn about Cindy Rethwill and her time in the military. Rethwill was trained as a Military Personnel Clerk (Unit Clerk) and later cross-trained in logistics. Her first duty station was Fort Bliss, Texas, then Camp Casey, Korea and Baumholder, Germany. She was considered a Vietnam Era Veteran though she didn't serve there. Her unit was the last training cycle designated as the Women's Army Corps; then all units were co-ed.

To share YOUR story, contact Richard Shepherd at shepherdrichard333@gmail.com.

14

May

Sunday, starting 11:30 AM

Tall Oaks Hall
Village Center

Mother's Day Brunch \$17.95/ea

This Mother's Day, let us do the cooking! You may be seated anytime between 11:30 AM and 12:30 PM.

Chopped Asparagus Salad – Beef Burgundy - Shrimp & Grits – Spinach Souffle– Roasted Honey Carrots – Waffles to Order – Bacon – Eggs Benedict – Fresh Fruit – Breakfast Bread – Gravy & Biscuits – Cinnamon Apples

Sign Up: Call the Cafe at (540) 443-3801.

Deadline: May 11th at 2:00 PM

15

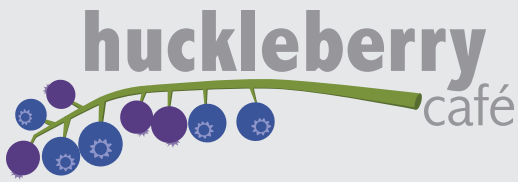
May

Monday, 4:00 PM

Karr Activity Center

Folk Music with Ash Devine

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.



**ONLINE ORDERING NOW
AVAILABLE**

ORDER ONLINE.
PICK UP YOUR FOOD.
BE ON YOUR WAY!

Three easy ways to order:

1. Use the QR code below
2. Download the Toast app and search Huckleberry Cafe.
3. Visit retire.org/lifestyle/huckleberry-cafe/.

Pay by credit card.

**ATTENTION: RESIDENTS CAN
STILL USE THEIR ACCOUNTS
TO ORDER IN PERSON. ONLINE
ORDERING IS JUST ANOTHER
OPTION.**



RESIDENT DECLINING ACCOUNTS

The Huckleberry Café offers residents the option to set up a declining account for your convenience. This allows you to load a certain amount into your account on a regular basis or when it is convenient for you, freeing you from taking your wallet every time you visit the Café. Once your account is set, you simply tell the attendant your name and the amount of your purchase is deducted from your balance. Ask the café attendant next time you visit. It's quick and easy!

16

May

Tuesday, 11:00 AM-1:00 PM

Pickleball Clinic

What is this Pickleball thing you keep hearing about? Does it have anything to do with pickles & balls? Join Warm Hearth Fitness and local Pickleball Pro Carter Turner to learn all about this fun sport. We will discuss the history of the sport, rules and how to play this fun and fast-growing sport.

**Fitness Center
Village Center**

16

May

Tuesday, 2:00 PM

Afternoon Tea with Foundation

We are spilling all the tea on investing! Enjoy a delightful Spring tea party with assorted teas, finger sandwiches, scones and plenty of prizes. A brief educational forum will also take place during which Meghan of Edward Jones will cover the basics of investing. If investing seems like a foreign language to you, this is the perfect time to join in! Win a prize for bringing a friend. This event is free and open to the public. Presented by the Warm Hearth Foundation and long-time friend and partner, Meghan Kuczarski, local Financial Advisor for Edward Jones.

**Tall Oaks Hall
Village Center**

Sign up: Please RSVP to Amy Webb at (540) 443-3413 or awebb@warmhearth.org.

Registration deadline: May 8 at 1:00 PM.

17

May

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.

**Tall Oaks Hall
Village Center**

Meeting ID: 850 5915 8684

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

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

Showalter Center Dining

If you would like a weekly email update about the Showalter Center dining menu, please email Miles Sanders at msanders@warmhearth.org. He will send you a weekly menu update. Showalter Center is open for dine-in and take-out ordering. It is open for breakfast, lunch, dinner and seven days a week.

Charging Station

The charging station in the upper parking lot of the Village Center is now working again. The cost is \$1 per hour payable at the Village Center front desk.

Carilion Clinic

The Nurse Practitioner at our Carilion Clinic is on leave. Carilion's goal is to provide float provider coverage on-site at Warm Hearth Monday thru Friday in her absence. **The Clinic will be closed May 1, 4, 5, 18, 19, and 26. On May 30th, there will only be a provider from 1:00-4:00 PM.**

Eyeglass Recycling

A friendly reminder that we have a dropbox from the Lions Club to collect eyeglasses for recycling. It is located at Karr Activity Center.

Resident Volunteers

There's never been a better time to volunteer! We love all of our volunteers and especially our resident volunteers. If you are interested, please fill out an application at retire.org/volunteer.

We have a new online management system that makes it easier than ever to see the opportunities available for volunteering. You can take a peek by going to our website (retire.org) and clicking Volunteer at the top right. In the top blue band, click "Explore Our Volunteer Opportunities" for a sampling.



Fabulous Fridays

19 May

Friday, 4:30-6:30 PM

Tall Oaks Hall
Village Center

Fabulous Fridays - Music by Bobbi Parker

Fabulous Fridays are back! We are kicking off Spring with live music, food, and a cash bar complete with cocktails! **You are not required to purchase food to come hang out with friends and neighbors and enjoy the music.**

Heavy Appetizers \$10, Cash Bar - wine, beer, cocktails

If you would like to eat, call the café (443-3801) to reserve a spot so Lynn can order the right amount of food.

The event will be outside. The area is mostly shaded, but the temps are warm - dress accordingly! If it rains, the event will be moved into Tall Oaks Hall.

20

May

Saturday, 9:00 AM -12:00 PM

Shred-A-Thon

Warm Hearth will offer shredding services through Shred-It. Bring your paper items that need to be destroyed to Karr Activity Center. Please do not bring anything other than paper. No computer drives or discs are allowed. Items with staples, paper clips or binder clips are allowed. You can bring your items in a cardboard box or a bag.

Karr Activity Center

22

May

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.**

Karr Activity Center

Participation limit: 12 (Minimum 4)

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

Registration deadline: May 15th at 1:00 PM

Pet Reminder

For the safety and happiness of all our Warm Hearth furry friends, please keep your pets on a leash and remember to clean up after them when they do number two!

Would you like to join a discussion group about herbal medicine?

Any resident interested in discussing tinctures, teas and old time remedies is welcome to reach out to resident Robert "Butch" Phillips at 540-807-3124. The focus of the discussion group is for sharing knowledge and exploring healthy herbal practices.

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.

22

May

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 along or just enjoy the music! This event will be held the fourth Monday of each month.

23

May

Tuesday, 5:30-7:00 PM

Karr Activity Center

American Legion Post 182

The American Legion Post 182 will resume their in-person meetings at the Karr Activity Center starting Tuesday, March 22nd from 5:30 to 7pm. The American Legion meets the 4th Tuesday of every month. If you are interested in attending, please contact Post 182 Secretary, Kim Kirk at 553-5021.

25

May

Thursday, 2:00 PM

Karr Activity Center

Skin Cancer Prevention

Lisa Assad, Staff Development Nurse, will share a brief presentation on Skin Cancer Prevention. Learn about risk factors, discuss self-exams and monitoring, and prevention strategies.

26

May

Friday, 1:00 PM

Karr Activity Center

Advanced Paper Crafting

Melissa Matusevich 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: 15 (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 Matusevich.

Registration deadline: May 19th @ 1:00 PM (Call Bix if you need to cancel).

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: While you're at the library, 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.

May Display: It's that time of year when thoughts turn to growing things, so if you're looking for suggestions, this month's display features books on gardening and flowers. The "Staff Picks" display has been seeing a lot of use so that will be around a while longer, too.

New Arrivals: Thanks to Friends of the Montgomery-Floyd Regional Library, Carson now has a small collection of audiobooks, for those who prefer to listen to stories read aloud. Titles include *The Troubled Man* by Henning Mankell, *Shadow Music* by Julie Garwood, and *Dreams from My Father* by Barack Obama. Check them out! Some of the many books-for-reading donated in March and April include *My Life in France* by Julia Child, *The Word is Murder* by Anthony Horowitz, *The King's Speech* by Mark Logue, and *The Art of Seeing* by Aldous Huxley.

**26
May**
Friday, 2:00 PM

Tall Oaks Hall
Village Center

**Author Nancy Reynolds Collins
presents *Hopewell Heritage,*
Growing Up in Rural Arkansas At
the End OF An Era**

Join us as Nancy Collins talks about her book and personal experiences.

Nancy Reynolds Collins grew up at the end of an era in the small rural community called Hopewell, located just north of Atkins, Arkansas. She is the descendant of pioneer farmers who came in covered wagons beginning around 1850.

When she was born, all of the families residing in the community of Hopewell were descendants of the original settlers. Gathering information and observing first-hand some of the difficulties of small farm life, she writes about the community history, early community activities and values, and the changes that began about 1940 as a new era was about to dawn.

The author draws on memories of two previous generations of her family. Additional contributors shared pioneer family memories, providing photographs and their own recollections. This is an intimate narrative about growing up in a rural community in the Arkansas River Valley.

**29
May**
Monday, 11:00 AM

Tall Oaks Hall
Village Center

**Blacksburg Community Band
Memorial Day Concert**

Join the Blacksburg Community Band for Memorial Day at Warm Hearth. The band, led by conductor Dave McKee, will be performing a program of Americana music for the whole family. We expect this to be a well-attended program.

**30
May**
Tuesday, 1:00 PM

Tall Oaks Hall
Village Center

**Lecture, Virginia Tech Transportation
Institute (VTTI)**

Presented by: Brian Wotring M.S., Human Factors Researcher
*Vulnerable Road User Safety Group Division of Vehicle, Driver,
and System Safety*

Mr. Wotring will discuss the latest research at VTTI focused on enhancing older adult driving safety and mobility. The talk will include an updated Smart Road facilities overview, show-and-tell with data collection hardware, Q&A, and learn how you can participate in future studies.

Warm Hearth Trail Treasures!

Special thanks to our trail committee members who have worked very hard to get the trails ready for Spring. New signage, trail blazing, invasive clean up, and general maintenance have been happening in abundance in past months. Many folks have been involved and we thank everyone who helped! In particular, Bill Baker, Susan Baker and Jack Onufrak have been hard at work on new wayfinding and trail clearing.

If you see these residents out and about, be sure to thank them!

30

May

Tuesday, 3:00-10:00 PM

Texas Road House Fundraiser

Dine at Texas Roadhouse on Tuesday, May 30th, mention the Warm Hearth Foundation, and 10% of your food purchase will be donated to benefit seniors in need of housing and healthcare on our campus! Dine-in or take-out. Located at 100 Bradley Dr., NW, Christiansburg and open 3pm-10pm.

Transportation is available for Village residents for a 4pm dinner trip. Call (540) 552-2419 to request transportation.

Off-Campus

31

May

Wednesday, 3:00-4:00 PM

Warm Hearth Musical Salon II: A

Concert by Jones & Kok

Violinist, Leon Kok, and Pianist, David Jones, will present a musical program of light classical works of Fritz Kreisler and Edward Elgar. This program will primarily feature intimate works written for violin and piano that would have been heard in musical salons in Europe in the early 1900's. Leon is returning to visit Blacksburg from Portland, Oregon, for the holidays, and is thrilled to rejoin former Showalter Center Activities Director, David Jones, to present this program.

Tall Oaks Hall
Village Center

Save the Date

Maestro David Stewart Wiley Returns to Warm Hearth!

Tuesday, June 13, 2023

1:00 AM to noon, Tall Oaks Hall

Our Roanoke Symphony's beloved Maestro at the piano is joined by RSO principal piccolo and flutist Julee Hickcox for a special one hour feast of musical favorites from Classical masterpieces to Joplin, Bolling, and Wiley's own film compositions.

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

Health Care Information - Linda Kirkner: 443-3415

Life Enrichment

Mardy Baker: 443-3434 (Karr Activity Center)

Susan Bixler: 443-3800 (Village Center)

Corynne Emmerson: 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



Please recycle old issues of The Log.

LOG Questions: Sara McCarter, smccarter@warmhearth.org



Diving into Diabetes

By: Andrea Fulp, RDN

Today, we will review one type of diabetes – Type 2 diabetes. Type 2 diabetes is a condition that is caused by a problem with how the body utilizes and regulates sugar as a fuel source. There are two main problems with diabetes – the pancreas does not produce enough insulin or the cells in the body aren't able to communicate with the insulin well.

What is insulin?

Insulin is produced in your pancreas. Insulin acts as the “key” to let blood glucose/sugar into our cells to be used for energy. This could be muscle cells, fat cells, etc. If you have type 2 diabetes, it is like somebody changed the locks on your cells without giving you a new key! Initially, your pancreas goes into overdrive and provides extra insulin to try to wake those cells up. Eventually, the pancreas can't keep up and the glucose/sugar remains in high levels in the blood stream. This is called insulin resistance. The glucose/sugar is unable to enter the cells and builds up in the bloodstream, which can cause serious health problems. Consistently elevated blood glucose/sugar can cause heart disease, vision loss, and kidney disease.

Risk Factors for Type 2 Diabetes:

- Being overweight
- 45 years of age or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active for less than 150 minutes a week
- Have ever had gestational diabetes or given birth to a baby who weighed more than 9 lbs.
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native

How can you prevent type 2 diabetes?

- Decrease intake of added sugars and processed foods – added sugars include refined grains such as white flour and white rice as well as sugary drinks (juices, soda, etc.). Added sugar can now be found on the food label.
- Include more whole grains into your diet – include new whole grains to your meals such as quinoa, oatmeal, and brown rice.
- Increase your intake of fiber – try to consume more legumes (beans, lentils, peas, chickpeas), fruits, and vegetables.
- Consume more fruits and vegetables – as we saw in the My Plate article, half of our meals should be non-starchy vegetables and fruits.
- Try to eat less meat and avoid processed red meat – People who eat red meat have a higher risk of developing type 2 diabetes. Try to choose chicken, fish, or plant-based protein sources most of the time. Avoid processed meats, such as bacon and deli meats.
- Choose heart healthy fats – Saturated fats are associated with a higher risk of diabetes and heart disease. Try to choose plant oils, such as olive oil or canola oil. Choosing to snack on walnuts or adding flax seed to your low sugar yogurt is a great way to add heart healthy fats to your diet.
- Increase your exercise – try to get at least 150 minutes of exercise weekly. That's only about 20 minutes per day! Break this up throughout the day as needed.



References:

https://www.bing.com/images/search?view=detailV2&ccid=jaVQynXy&id=23F335BAEEDA9BB6A4CAEFF1204FA8381580A466&thid=OIP:jaVQynXyUW7wVYG7siUH1wHaEw&mediurl=https%3a%2f%2fwww.israelpharm.com%2fwp-content%2fuploads%2f2019%2f10%2fdreamstime_m_86567811.jpg&cdnurl=https%3a%2f%2fth.bing.com%2fth%2fid%2fR.8da550ca75f2516ef05581bbb22507d7%3frik%3dZqSAFTioTyDx7w%26pid%3dlmgRaw%26r%3d0&exp=1389&expw=2159&q=diabetes&simid=60803503733-5060939&FORM=IRPRST&ck=55CA020BFA58D67B2B63DA92E7771B21&selectedIndex=7&ajaxhist=0&ajaxserp=0
<https://www.lalpathlabs.com/blog/wp-content/uploads/2019/01/Fruits-and-Vegetables.jpg>

Tello, Monique. “Healthy Lifestyle Can Prevent Diabetes (and Even Reverse It).” Harvard Health, 6 Sept. 2018, <https://www.health.harvard.edu/blog/healthy-lifestyle-can-prevent-diabetes-and-even-reverse-it-2018090514698#:~:text=Dietary%20recommendations%20to%20prevent%20diabetes%20%28and%20even%20reverse,red%20meat.%20...%206%20Eat%20healthier%20fats.%20>