

Celebrating 50 Years!

The

March 2024

Log

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

MONDAY

- 10:00 Posture, Balance & Gait (beginner) no class 3/11
- 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 Taiji for Wellness

TUESDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait (advanced)
- 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

- 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
- 3:00 Ai Chi (P)

THURSDAY

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

FRIDAY

- 10:00 Posture, Balance & Gait (beginner)
- 10:30 Arthritis Aquatics (P)
- 11:00 Chair Yoga for Wellbeing
- 12:00 Mat Yoga
- 2:00 Pickleball

Continued on next page...



We invite you to join in the joyous celebration of Warm Hearth’s Golden Anniversary! The year will be packed with a variety of events centered around nature, the arts, innovation and community and we’d love for you to join in the celebrations. We will add and update events often, so please click the QR code or visit retire.org for a full description and information on all the exciting events we have planned!

1
March
Friday

Senior Games, Registration Opens

Registration begins on March 1st to sign up for the Annual Senior Games Events. The events this year will be held during the week of April 28th-May 3rd. Registration packets are available at the Village Center, KARR and Showalter OR by contacting Tammy Caldwell directly at Christiansburg Parks & Recreation: tcaldwell@christiansburg.org, (540) 382-2349 or website: www.christiansburg.org/parksandrecreation.

1
March
Friday, 9:30 - 10:30 AM

Woodland Studio
Village Center

Men’s Breakfast Club

This men’s focused event will introduce you to neighbors from across the village over coffee and pastries. Guests are welcome at no charge. We want to grow, so feel free to share with other men who may need a place to connect.

1
March
Friday, 12:00 PM

Tall Oaks Hall
Village Center

Village Birthday Tea Social

The Village Center will be hosting this Village Birthday Tea Social. Everyone is welcome. We will serve cake, scones, jam and hot tea. Come as you are or wear that lovely hat and gloves! No reservation required.

Fitness Group Classes, continued

SATURDAY

Open Swim (P)
Open Gym
2:00 Pickleball
10:30-11:15 Aqua Yoga - first and third Saturday 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 your own towels.

* For up-to-date schedule changes and weather related closings for the FITNESS CENTER please call 540-443-3474.

Groups & Clubs - Quick Guide

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: Linda Powers
540-641-1409

Campus Bingo

2nd & 4th Saturdays of the month
1:00 - 2:30 PM
Karr Activity Center
Contact: Cindy Rethwill
479-420-4673

Genealogy Group

Second Friday of the month
12:00 PM
Huckleberry Cafe (lunch optional)
Contact: Liz Ackermann
teashanty@me.com

Green Committee

Third Tuesday of each month
10:30 - 11:30 AM
Carson Library
Continued to next page.

2

March

Saturday, 10:00 AM

Recreation Group Meeting

Do you want to try Pickleball but do not want to look bad or feel embarrassed? Attend this interest meeting to learn more about fundamentals (and not on keeping score or winning) in a comfortable setting with friends. For questions, contact Roland Byrd at 540-250-4188 or at byrdrolandw@gmail.com.

Tall Oaks Hall
Village Center

4,8,15,22,29

March

See below

Huckleberry Cafe
Village Center

Music Mondays & Fabulous Fridays

Join us for these special offerings from the Huckleberry Cafe!

Music Monday, March 4th (no reservation needed)

Join us for live music and cash bar at Huckleberry Café. Pick up dinner or hang out out and enjoy the music. Full kitchen open until 4pm. Dinner Special available 3 - 6pm for \$7.95.

Fabulous Fridays 8-10am - Breakfast Specials \$7.95

(no reservation needed)

March 8th - Eggs Benedict

March 15th - Bagel and Yogurt Bar

March 22nd - Pancake Bar

March 29th - Biscuits and Gravy

4

March

Monday, 4:00 PM

Karr Activity Center

Angelica Salinas-Jones in Concert

Angelica will perform a wide array of classic and modern songs with her ukulele. She has a soothing presence and voice. Music to reflect to and feel the beautiful energy of the world.

6

March

Wednesday, 9:45 AM

Innovative Dementia Strategies from the Netherlands

Presenter, Dr. Simone de Bruin, a Windesheim University of Applied Sciences professor in Zwolle, will take us back to our Dutch roots with a discussion on living well with dementia. She'll discuss The National Dementia Strategy from the Netherlands and share insights into their culture and approach to aging with the focus "What is still possible?" Dr. de Bruin will share research and experience in care farming where seniors with dementia work alongside caregivers on daily tasks.



Tall Oaks Hall
Village Center

9:45 Reception | 10:00 Presentation | 10:30 Q&A

RSVP required for in-person by March 4th at noon. Contact Bix at (540) 443-3800 or mktgc@warmhearth.org. Zoom also available: <https://zoom.us/j/98399494892>

Groups & Clubs - continued

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

Hymn Time

Every Sunday
2:00 - 2:30 PM
Karr Activity Center

Men’s Coffee Club

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

Parkinson’s Support Group

First Thursday of each month
2:30-3:30 PM
Tall Oaks Hall
Contact: Kenny Harrah
kharrah@warmhearth.org

Purls of Wisdom (Knit/Crochet)

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

Tap Club - Timeless Tappers
HOLD UNTIL FURTHER NOTICE

Every Tuesday
3:15 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

Unitarian Meet Up

First Monday of each month
12:00 - 2:00 PM
Karr Activity Center
Contact: Linda Powers
540-641-1409

Continued to next page.

7
March
Thursday, 5:00 PM
Simple Gifts Irish Band

Tall Oaks Hall
Village Center

Join us for this early St. Patrick’s celebration as Simple Gifts of the Blue Ridge performs an Irish themed concert. Members of of the band are Charles Bostian, Ann Marie Conner, Maria Katz, and Jack Webster. They play hammer dulcimer, guitar, bass, autoharp, flute, whistle, and percussion, and perform traditional and traditional sounding folk songs and tunes in the style that was popular in the 1950’s and 60’s. For more information please find them on Facebook or on the web at www.sgotbr.com

8
March
Friday, 11:00 AM
Karr Activity Center

Robbie Vance Morning of Music

Head into your weekend with this great sing-a-long and musical variety show! Everyone welcome.

8
March
Friday, 1:15 - 2:30 PM
Tall Oaks Hall
Village Center

Rhythm Playground - A Drum
Workshop for Everyone

Join Linda Macchia of the Beat Goes On for this all-levels drum class where you will learn how to connect to your natural rhythm and weave it with others to create a playful community rhythm tapestry. She will be teaching the basics of West African hand drumming, and the rhythms shared will be on the West African djembe style drum. Beginners are welcome, and no previous drum experience or musical training is necessary.

This is free for Warm Hearth residents and Fitness Center members. Others may join for \$12 per session.
(Two more sessions to follow on April 12 and May 24.)

Sign Up Required: Contact Fitness at 540-443-3474.

Registration deadline: March 6th at 1:00 PM

If you have a djembe drum, please bring it with you. Linda has some extras you can borrow for the class. If you need a drum, please let us know when you register for the event.

9
March
Saturday, 3:00 PM
Karr Activity Center

Campus Bingo - Special Edition!
VT Womens Tennis Team

Join the Virginia Tech Women’s Tennis team for a fun-filled afternoon with bingo, board games, and baked goods! We will have Hokie-themed prizes for our lucky winners and maybe even some free tennis tips for those interested! We look forward to seeing you there and as always, Go Hokies!

This will take the place of regular Bingo on the same day but at 3:00 instead of 1:00.

Groups & Clubs - continued

Veterans Social Group

Third Thursday of each month
6:00 PM
Karr Activity Center
Contact: Cindy Rethwill
479-420-4673

Village Quilters

First Thursday of each month
2:00 PM
Woodland Studio
Contact: Bonnie Lawton
bonlawton@me.com

Warm Hearth Singers

Every Wednesday
3:30 PM
Karr Activity Center
**ON HOLD UNTIL
FURTHER NOTICE**

Warm Hearth Writer’s Group

Second Friday of each month
11:00 AM - 1:00 PM
Woodland Studio
Contact: Kenny Harrah
kharrah@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.

11

March

Karr Activity Center

Monday, 3:00 PM

Folk Music with Ash Devine

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

11

March

Tall Oaks Hall
Village Center

Monday, 11:00 AM - 12:00 PM

Lifelong Learning Institute - Reactive Balance Training for Fall

This event is open and free to Warm Hearth Residents.

This lecture will discuss current research on the efficacy of reactive balance training as an exercise for fall prevention. Reactive balance training aims to improve how individuals react to trips or slips while walking – stumbles known to be major contributors to falls. This research is conducted by the Madigan Biomechanics Group at Virginia Tech.

12

March

Karr Activity Center
Outside

Tuesday, 1:00-3:00 PM

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 443-3412.

13,27

March

Carson Library

Wednesdays, 9:00 AM- 4:00 PM

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

Appointment only. Please call our office to set an appointment today: Beltone Audiology & Hearing Aid Center 800-553-5993 or 540-343-5567.

Micah's Pantry
Tuesdays, Thursdays & Fridays
11:00 AM - 1:00 PM

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

Fitness Gallery Art Wall
2024 Art Changes
April 15th
July 15th
October 15th

Showalter Center Dining

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

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

Meshell Ndegeocello
Friday, 3/15, 7:30PM
Bamberg Symphony
Friday, 4/26, 7:30PM

Seating is limited, pickups begin 1 hour before performance times.

Bible Study Group

This group meets on Saturdays at 10:00 AM in Karr Activity Center. For those who want to take a deep dive into the scriptures as they relate to politics, economics, society and culture, history and more.

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.

13
March
Wednesday, 2:00 PM
The Choice is Yours
Resident Orientation

Tall Oaks Hall
Village Center

At the heart of our community is the notion that you are the best person to create your perfect retirement journey. We are committed to providing you with all the right ingredients so that you have the control to make decisions that are best for you and your family. And of course, we're here to assist you as you move along your path to fulfillment. Please join us for an informational session on the health care and supportive services available to you at the Village.

14
March
Thursday, 3:00 - 4:00 PM
Pi Day with Pie!

Karr Activity Center

This National Pi Day, enjoy a slice of pie with our hosts from the YMCA Joining Generations group. This group will be serving up pies, coffee and tea to residents from across the village. This Virginia Tech group is focused on meeting new people with the option of offering connectivity and socialization beyond the event. All are welcome! **No RSVP required.**

14
March
Thursday, 4:00 PM
Story Hour Happy Hour

Tall Oaks Hall
Village Center

Our speaker is New River House resident Ron Coleman. Ron has had a fascinating 50 year career as a writer. His hometown is Grundy, VA, and in 1977 he was working with a corporate newspaper for a local coal company when a flood destroyed or damaged 80% of the town. He will be showing slides of the photos he took during the flood, and discussing the various plans that were implemented to rebuild the town. **Cash bar opens at 3:30!**

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

15
March
Friday, 3:00 - 4:30 PM
Lifelong Learning Institute - Conserv-
ing Wild Birds, Meet the Raptors
This event is open and free to Warm Hearth Residents.

Tall Oaks Hall
Village Center

How do vultures help stop the spread of rabies? What does your morning cup of coffee have to do with bird conservation? What bird eats wasps and fire ants? We will answer these questions and more as we explore the importance of birds, especially raptors, in healthy ecosystems. Join Katie Fallon for a fun, interactive presentation featuring several non-releasable birds of prey that live under the care of the Avian Conservation Center of Appalachia, based near Morgantown, West Virginia.

**Out and About - Meet
Your Muses**

A useful and enjoyable daylong choral music workshop, “Meet Your Muses”, is being offered from 8:30 am -5:00 pm on Saturday, March 16, at Northside Presbyterian Church on Progress Street in Blacksburg. Novice and seasoned singers can receive instruction in basic and advanced vocal techniques as well as updated warm-up exercises from world-class coaches while learning songs to be sung together at the end of the day. The \$20 fee includes light breakfast items as well as lunch. Transportation can be arranged. For more detailed information visit the Blue Ridge Vocal Connection website,

**Out and About - Blacksburg
Master Chorale**

On March 22 at 7:30 pm Blacksburg Master Chorale is presenting its spring concert, “Songs of Resistance and Transcendence” in the Blacksburg Presbyterian Church Sanctuary. The program includes several moving musical settings that tell stories from Nazi concentration camps, the experiences of John Brown and Frederick Douglass, and a Montana town (Billings) where citizens stood together in the face of bigotry and racism.

For more information, visit:
blacksburgmasterchorale.org

Resident Care Concerns

Are you concerned about a neighbor and you are not sure how to help? There are people who know exactly what to do and they are only a phone call away. If you have concerns for the safety of a neighbor, please call one of these numbers:

**Warm Hearth’s Risk
Management Team**
540-443-3456

**Montgomery County Adult
Protective Services**
540-382-6990

**18
March** **Karr Activity Center**
Monday, 1:00 PM
Cards with Melissa

Warm Hearth welcomes our special card craft teacher, Melissa Matusevich to teach a monthly greeting card class. You will go home with a professional collection of handmade cards after step-by-step personal instruction. No experience or artistic talent 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: March 11th at 1:00 PM



**19
March** **Tall Oaks Hall
Village Center**
Tuesday, 2:00 - 3:00 PM
**Connections Series - Meet the
Author, Madeline Hoge**

Madeline Hoge, Author of Sleeping In The Valley, will present on her first published book about the historical tales of Belle-Hampton. The historical home and family farm, Belle-Hampton is located in Pulaski County, VA and was built in 1826. It was also the home place of James Hoge Tyler, Governor of Virginia in 1898-1902. Madeline brings to life the Scottish and English family ancestors that settled in Southwest Virginia to make a new life for themselves. Learning about the history of our ancestors can have a profound impact on shaping our identity today and into the future.

The event includes a historical presentation, book reading, Q & A and book signing. No reservation required. This event is also open to the public.

**20
March** **Tall Oaks Hall
Village Center**
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. This meeting will be held in-person only.

The Village Center has greeting cards!

The Village Center has a variety of handmade greeting cards available for purchase.

Cards are \$2 each and proceeds benefit the Warm Hearth Foundation.

Stop in at the front desk to have a look!



Hello Warm Hearth Villagers. My name is Scott Bryant and I am your Marketing and Outreach Coordinator at Warm Hearth at Home.

In March we are excited to shine a spotlight on Kidney Care Month. Dedicated to raising awareness about kidney care. Let's make kidney care a priority and celebrate our kidneys.

Please reach out to me if you have any questions about Warm Hearth Home Health, Homecare services: (540) 312-2009

Building Bridges Program

Do you have a computer? Are you willing to download Zoom? Are you wanting to connect with other older adults and college students from the comfort of your own home? "Building Bridges" just might be the right program for you!

Building Bridges is a virtual program bringing people together across generations to socialize and play games such as Family Feud, Jeopardy, Pictionary and more! For more information - contact Caleigh Hampton at caleighh@vt.edu or Corynne Emmerson at cemmerson@warmhearth.org

22 March

Friday, 1:00 PM

Karr Activity Center

Advanced Paper Crafting

Everyone loves to go to their mailbox to find someone has remembered them with a handwritten letter or a greeting card. Many people hold dear and treasure these remembrances and tuck them away for later reflection. This is especially true today. In this class series participants will create five projects choosing from a wide selection of styles and techniques. Participants will leave with beautiful, handmade greeting cards to have on hand, ready to send when those special occasions arise. Melissa Matusevich teaches this advanced paper crafting class.

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: March 15th @ 1:00 PM (Call Bix if you need to cancel).



23 March

Saturday 10:00 AM - 4:00 PM

Tall Oaks Hall

WHV Arts and Crafts Show

If you love unique, beautiful, locally handcrafted gifts and art, plan to attend the second annual Warm Hearth Village Arts and Crafts Show. Handmade items for sale will include pottery, woodworking, home goods, accessories, soaps/candles, fiber arts, upcycled vintage items and more! This show will feature high-quality artists from our campus and throughout the New River Valley.

Around 30 vendors will be in attendance!

The Huckleberry Cafe will be open for refreshments. This event

24 March

Sunday, 3:00 - 4:00 PM

Karr Activity Center

Technology Cafe

Join us for this special session of Technology Cafe where VT student volunteers are back to assist you with your basic questions with tablets, smart phones, laptops and other technology devices. Get answers to questions like, "Why can't I find my email?", "How do I start a Facebook account?" and "How do I find/store numbers on my phone?" First come first served and not all questions may be able to be answered.

Do you write poetry, muse, stories, books or love letters? Do you like writing?

If so, the Warm Hearth Writer's Group awaits you. This month's writing prompt is the word "aging". What is aging to you? How have you aged? How do you handle aging? Do you celebrate it or loath it? Craft your muse on aging and come share with the group. Come join us the 2nd Friday of each month from 11:00-1:00 in Woodland Studio at the VC. Please RSVP to Kenny Harrah at kharrah@warmhearth.org.



Donate to the Treasure Trove

The Treasure Trove is looking for donations! Consider a cold-day project to clean out a cabinet or drawer and know that sales from all donations benefit our Neighbors In Need fund.

The store is located at 3055 N Franklin St, Christiansburg, VA 24073. Look for the green door!

A HUGE THANKS to those who have already donated!



26

March

Tuesday, 5:00 - 7:30 PM

50th Anniversary Dinner - \$18.95

Come join us in Tall Oaks for a special 50th Anniversary Celebration dinner. We will be featuring a menu of Dutch favorites and classics, including Bitterballen, Hutspot, Hagop, and Poffertjes for dessert. Cash bar opens at 4:30 PM.

Reservation required: Call the cafe at 540-443-3801.

Registration deadline: Friday, March 22nd, 2:00 PM

Tall Oaks Hall
Village Center

27

March

Wednesday, 11:30 AM - 1:00 PM

Single Ladies Lunch

Order off the full menu or purchase lighter fare from the Fireside Cafe. This group was formed to foster connectivity, and friendship among single women (single, divorced, widowed) across all neighborhoods of Warm Hearth through planned and spontaneous activities. **No reservation required.**

Showalter Center

29

March

Friday, 3:00 - 5:00 PM

Karaoke and More!

Come have some fun supporting and laughing with your neighbors. You can sing, read your favorite (short) poem, play your harmonica, tell a joke -- you get the idea. Bring songs you'd like to try, or ones you know the audience will love. For Karaoke, Marcus will have both a jumbo screen with lyrics for everyone to see and a small screen which the singer can use while facing the audience. Suggestions from the audience will be welcome, and if you know in advance a couple of songs, you can send them to hughv@vt.edu, and Marcus can have them queued up, ready to go. Complimentary snacks will be available with a cash bar. The cash bar opens at 2:30 PM along with some background piano music with Phyllis Albritton, so come early and get in the mood.

Tall Oaks Hall
Village Center

31

March

Sunday, 10:00 AM - 1:00 PM

Easter Brunch - \$18.95

Come join us for Easter Brunch. We will be serving ham, hashbrown casserole, roasted brussels spourts, and walnut banana bread with a side of ice cream for dessert.

Reservation required: Call the cafe at 540-443-3801.

Registration deadline: Tuesday, March 26th, 3:00 PM

Tall Oaks Hall
Village Center

Organic or Conventional Foods?

We've all been in the produce aisle and stopped to think if we should be buying organic or not. You may have heard that organic is safer, healthier, better for the environment and tastier than conventional foods. In this article, we will break down what organic foods are and if we should be choosing them.

So, what does organic mean? Organic foods have been grown or farmed without the use of artificial chemicals, hormones, antibiotics, or genetically modified organisms (GMOs). For meats that are labeled as organic, they are fed a fully organic diet, not given antibiotics or hormones, and are raised in a way that allows for natural behaviors. The U.S. Department of Agriculture (USDA) sets up the standards for organic food items.

Potential benefits of choosing organic foods:

- **Nutrients** – some studies have shown a small to moderate increase in some nutrients in organic produce. Organic foods generally contain higher levels of antioxidants.
- **Omega-3 fatty acids** – due to the feeding requirements for organic farm animals, they meat from an organic animal has higher levels of omega-3 fatty acids, which are heart healthy fats.
- **Toxic metal** – Cadmium is a toxic chemical naturally found in soils and absorbed by plants. Studies have shown much lower cadmium levels in organic foods, although it is important to note that the higher levels of cadmium residue in conventionally grown produce were still well below safety limits.
- **Pesticide residue** – organically grown produce does have lower levels of pesticide residue, but the amount of pesticide residue found in conventional foods was still significantly lower than the Environmental Protection Agency has declared as unsafe.
- **Bacteria** – meats that are produced using conventional methods may have higher amounts of antibiotic-resistant bacteria.

Downsides of Buying Organic:

- **COST** – organic foods often cost much for than similar foods grown with conventional methods.

Bottom Line:

- The majority of Americans already do not get the recommended amount of fruit and vegetable consumption. Choosing organic foods may not be feasible for many Americans, especially with the already increasing food prices. It is more beneficial to eat conventionally produced items rather than avoiding altogether due to inability to afford organic food items. Choose a variety of foods from a mix of sources, this will lower your chance of exposure to a single pesticide. Another way to improve safety of conventionally grown food items is to wash and scrub fresh fruits and vegetables under running water.

References:

<https://dakotadietitians.com/organic-vs-conventional-food/>
<https://www.eatingwell.com/article/7917791/is-organic-food-healthier-than-conventional/>
<https://www.healthline.com/nutrition/what-is-organic-food#bottom-line>
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>
<https://www.todaysdietitian.com/newarchives/040715p40.shtml>



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, please take a glance at the bulletin board on your right as you come in the door. Every month we post a "Poem of the Month." Preference is given to poems composed by a Warm Hearth resident. 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.

Some Recent Arrivals: Check out the new infusion of Large Print books and audiobooks, courtesy of Montgomery Floyd Regional Library! New titles in Large Print include Nevada Barr, *Destroying Angel*, Elizabeth George, *Believing the Lie*, Donna Andrews, *Gone Gull*, and Max Brand, *Acres of Unrest*. New titles in audiobooks include Sue Grafton, *Y is for Yesterday* (her final novel in the alphabet series), Joe Torre and Tom Verducci, *The Yankee Years*, Lynne Cheney, *James Madison*, and Louise Penny, *Glass Houses*.

March Display: Are you familiar with the different sections in Carson Library? They include Biography and Memoir, History, Spirituality, Literary Classics, Nature and the Environment, Religion, General Non-Fiction, Large Print, Arts & Crafts, Poetry & Music, DIY and Health, General Fiction, Science Fiction, Local Authors, Warm Hearth Writers (books about writing), Romance, Audiobooks, Travel, Reference, and General Paperback. Beginning this month, we'll occasionally select books from one of them to put on display. The March display features "staff picks" from our extensive General Paperback section.



Useful 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 Emerson: 443-0409 (Showalter Center)

Danielle Snuffer: 443-0407 (KHCC)

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

The email format used at Warm Hearth is "first initial and last name @ warmhearth.org".
For example, Sara McCarter's email is smccarter@warmhearth.org.



Please recycle old issues of The Log.

LOG Questions: Sara McCarter, smccarter@warmhearth.org