

*Celebrating 50 Years!*

The **September 2024**  
**Log**



Use the QR code or visit [retire.org](http://retire.org) for a full description and information on all the exciting events we have planned!

Fitness Group Classes  
Mon-Fri 7:00 AM - 5:00 PM  
Sat 10:00 AM - 2:00 PM  
**CLOSED September 2nd**

**MONDAY**

- 10:00 Pickleball
- 10:00 Posture, Balance & Gait (beginner)
- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 3:30 Taiji for Wellness

**TUESDAY**

- 9:00 Fit 4 Life
- 10:00 Pickleball
- 11:00 Posture, Balance & Gait (advanced) (no class 9/17)
- 11:00 Aqua Fit (P)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1

**WEDNESDAY**

- 10:00 Pickleball
- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 3:00 Ai Chi (P)

**THURSDAY**

- 9:00 Fit 4 Life
- 10:00 Pickleball
- 11:00 Posture, Balance & Gait (advanced) (no class 9/12 & 9/19)
- 11:00 Aqua Fit (P)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1

**FRIDAY**

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

Continued on next page.

The Village Center and Fitness Center will be closed September 2nd in observance of Labor Day.



We invite you to join in the joyous celebration of Warm Hearth's Golden Anniversary!

Each month through December, we'll include a fun trivia segment in The Log tied to our history and our 50th Anniversary. Look for a question or hidden image. The first person to call Bix at 443-3800 with the correct answer will win a gift card to Starbucks.

**2** September Karr Activity Center  
Monday, 2:00 PM

**The Whole Truth About the Loch Ness Monster**

Resident Henry Bauer has been researching the Loch Ness Monster for over 60 years. He will present a slideshow and lecture on the history and evidence of this famous creature. Light refreshments will be served and a Q&A will follow the lecture. Come spend your Labor Day learning the secrets we have all been curious to hear!

**3** September Karr Activity Center  
Tuesday, 3:00 PM

**Robbie Vance Afternoon of Music**

Enjoy music from all eras. Feel free to bring a friend and throw out some requests. A wonderful time to be had by all.

**5** September Tall Oaks Hall Village Center  
Thursday, 2:00 PM



**Brain Health, Speaker Ben Katz**

Maintaining Brain Health Throughout Aging:  
Everyday Lifestyle Choices That Make a Difference

Ben Katz is an Associate Professor of Human Development and Family Science at Virginia Tech and a Faculty Affiliate of the Center for Gerontology. His research focuses on the neural underpinnings of executive function development throughout the lifespan, and how it might be modulated through experience and intervention, including lifestyle behaviors. Prior to his career in academia, he worked as a game designer in Austin and San Francisco.

## SATURDAY

Open Swim (P) / Open Gym

10:00 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.**

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

## Groups & Clubs - Quick Guide

### Bocce Ball

Tuesdays

6:00 PM

Village Center

Contact: Roland Byrd

### Book Club

Second Monday of each month

1:00 PM

Zoom

Contact: Nancy Thomas

804-514-0057

nantom200@gmail.com

### Bridge

Wednesdays

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

### Croquet

Mondays & Wednesdays

6:00 PM

Village Center

Contact: Roland Byrd

# 6, (and more) September

See below

Huckleberry Cafe  
Village Center

## Fabulous Fridays & Magic Mondays

-----Fabulous Friday Breakfasts -----

**8 to 11am • Huckleberry Café • \$7.95 Breakfast Buffet**

Fabulous Friday is now open an hour later until 11am! Features a full breakfast with special, sides of eggs, chef's choice protein, and fresh fruit, and includes hot coffee or tea. Add orange juice for a \$1.00 or specialty coffee drink for \$1.50. Irish Coffee and Mimosas also available.

Friday, September 6 - French Toast with toppings bar

Friday, September 13 - Hash Brown Casserole

Friday, September 20 Heart Healthy Breakfast Buffet with Greek Yogurt bar and Scrambled Egg Whites

Friday, September 27 - Build-Your-Own Pancakes

----- Magic Monday Dinner -----

**4 to 6 pm • Huckleberry Café • \$7.95**

Join us on Mondays for dinner, drinks, and entertainment. We will have a featured special, small dinner menu, and cash bar.

**Monday, September 9: Movie Night at the café – Poll will go out to café mailing list to choose which movie to screen!**

Dinner Special: Meatloaf, Potatoes & Green Beans

**Monday, September 23: Musical Guest Hot Diggity Dog**

Dinner Special: Hot Dog Cookout with hot dogs, veggie dogs, house corn dogs and chef's choice sides

**Open to public and residents, no reservation needed! Call ahead for pickup or delivery.**

For daily lunch specials, upcoming menus, and event reminders, join the Huckleberry Café email list!

Email ASebastian@warmhearth.org to enroll.

**6  
September**  
Friday, 11:00 AM



Tall Oaks Hall  
Village Center

## David Wiley in Concert

Maestro David Stewart Wiley and Dr. Deanne Vance will present a special one-hour concert of popular classical favorites.

Maestro David Stewart Wiley with accompanist Dr. Deanne Vance will present a special one-of-a-kind concert with popular classical favorites. Wiley is Music Director & Conductor of the Roanoke Symphony and most recently in May 2024 returned with a triple debut with the Boston Pops as conductor, composer and piano soloist at the great Symphony Hall. Vance, at an early age of 16, started her lifelong pianist career and had the opportunity to study under the talents of Dady Mehta and Theodore Lettvin. Both Wiley and Vance have performed throughout the United States and abroad and are thrilled to be sharing their talents and love of music with us.

*Continued to next page.*

## Groups & Clubs - continued

### Dancing Divas

Tuesdays (no class in Sept)

3:30 - 4:15 PM

Village Center

Contact: Mardy Baker

[mbaker@warmhearth.org](mailto:mbaker@warmhearth.org)

### Green Committee

Third Tuesday of each month

10:30 - 11:30 AM

Carson Library

### Guided Meditation

Guided Meditation on Zoom

Mondays

3:30 - 4:30 PM

Contact: Zed Hrubec

[zhrubec@outlook.com](mailto:zhrubec@outlook.com)

540-250-2154

### Headline News Discussion Group

Thursdays

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](mailto: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](mailto:kharrah@warmhearth.org)

### Purls of Wisdom (Knit/Crochet)

Fridays

10:00 AM

Carson Library

Contact: Mardy Baker

[mbaker@warmhearth.org](mailto:mbaker@warmhearth.org)

### Reduce, Reuse, and Recycle (RRR) Subcommittee

Second Thursday each month

10:00 - 11:00 AM

Living Room / Huckleberry Cafe

### Tap Club - Timeless Tappers

Thursdays

3:30 - 4:15 PM (no class in Sept)

Village Center

Contact: Bix

[mktgc@warmhearth.org](mailto:mktgc@warmhearth.org)

443-3800

# 6

## September

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.

---

# 7

## September

Saturday, 2:30 PM

Karr Activity Center

### Steel Magnolias Show

Enjoy The New River Theatre Guild's performance of the play Steel Magnolias. Steel Magnolias tells the story of a group of gossipy Southern ladies in a small town beauty parlor where they share their lives and loves. The play is deeply revealing of the strength and purposefulness that underline the antic banter of its characters. The sudden realization of their mortality draws on the underlying strength and love that the characters share through good times and bad.

The New River Theatre Guild is an organization based out of The June Bug Center in Floyd composed of local volunteers that are committed to bringing quality theatre to the residents of the New River Valley and beyond.

This show is a special command performance and is free of charge for Warm Hearth residents. Admittance for seating will be at 2:30pm into the Karr Center and seating will be limited on a first come basis. If you have questions, contact Mardy Baker at [mbaker@warmhearth.org](mailto:mbaker@warmhearth.org) or call 540-443-3434.

---

# 9

## September

Monday, 3:00 PM

Karr Activity Center

### 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, with sing-a-longs and bits of history to some of our most iconic songs.

---

# 10

## September

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. Stop by on your break or lunch!

For more information contact Karen Nelson at 443-3412.

## Groups & Clubs - continued

### Trivia, Coffee, and Donuts

Tuesdays

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

### 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 - Fri, 8:00 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 - 1:00 PM

### Fitness Massage Services

To schedule a massage, call 540-520-0140 or email [loraleighgiessler@gmail.com](mailto:loraleighgiessler@gmail.com).

# 11,25 September

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.

# 12 September

Tall Oaks Hall  
Village Center

Thursday, 4:00 PM

## Story Hour Happy Hour

Join us for Arnold Shuetz's presentation on his recent visits to the cities of Frankfurt and Mainz in Germany. Arnold was born in Germany in 1941, and has been back many times to visit and travel. He will share many slides of these historic cities, along with a lot of historical information about World War II and the post war era. Cash bar opens at 3:30 and Story Hour begins at 4:00. To share YOUR story, contact Richard Shepherd at [shepherdrichard333@gmail.com](mailto:shepherdrichard333@gmail.com).

# 13 September

Karr Activity Center

Friday, 1:00 PM

## Birthday Tea & Cake Social

Welcome all with birthdays (or not) at the monthly Birthday Tea & Cake Social. Starting at 1pm, attendees will be treated to a selection of gourmet cake and hot teas using real china cups. We will conclude with a boisterous round of Happy Birthday.

All are invited, and guests are welcome at \$5 each. No reservations necessary; hats of any sort are encouraged.

Weather permitting, we may host this outside, please dress accordingly.

# 16 September

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:** September 9 at 1:00 PM



Hello Warm Hearth Villages. September is Healthy Aging Month at Warm Hearth. Warm Hearth at home is dedicated to inspire adults to improve their physical, mental and social well-being. Our trained professionals and caregivers can provide support and education to allow each patient to reach their individual goals. This month celebrates the positive ways each individual can make good choices. Please reach out for questions about our home health or home care services.

Have a wonderful September  
540-312-2009  
Thank you  
Scott



Get Your Cheeseburger in Parrot-dise T-Shirts!

Missed out on the Cheeseburger in Parrot-dise event? No worries! You can still have a piece of "parrot-dise" with one of our awesome Cheeseburger t-shirts! These tropical treasures are only \$5 each and are guaranteed to keep those summer vibes going strong. Swing by the concierge desk at the Village Center to snag your shirt and show off your island spirit! Don't wait—these shirts are as hot as the summer sun and won't last long!

# 17 September

see below

Tuesday, see below

## Voter Information, League of Women Voters

National Voter Registration Day is Tuesday, September 17, 2024. Let's take advantage of this opportunity to prepare ourselves to exercise our right to vote in the November 5, 2024 election!

Volunteers from the Montgomery County League of Women Voters (a strictly non-partisan group) will be at Warm Hearth on September 17th for a "drop in" voter information opportunity. The volunteers will provide written voter handouts and answer questions related to voting districts, voting options, registration, change of address, who will be on the ballot and more!!!

**Please stop in at the Karr Activity Center between 11:00 AM and 1:00 PM or at the Village Center Living Room between 3:00 PM and 5:00 PM.**

\*If you would like to participate in in-person early voting between September 20th and November 1st and would like transportation to the Montgomery County Office of Elections, please call Warm Hearth resident Connie Foster at 614-560-3761 and leave a message so we can arrange a date and time.

# 18 September

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](mailto:wlester@warmhearth.org).

Join by Zoom if you prefer:  
<https://zoom.us/j/97064355056>  
Meeting ID: 9706 4355 056

# 18 September

Off-campus

Wednesday, 2:30 - 5:00 PM

## Moon Hollow Brewery & Feather Bone Provisions Restaurant

Hop aboard the WHV bus for double the fun! We will be going to Moon Hollow Brewery and Feather Bone restaurant. Both are next door to each other at the old Prices Fork School. Hang out at one or the other location, or visit both.

Pick ups will begin at approximately 2:30 at your door and return will be by 5pm.

**Sign up:** Contact Bix at 443-3800. If you want to drive separately, please let us know when you call.  
**Registration deadline:** Sept 13 @ 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:** 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. 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](mailto:lopsideseast@gmail.com).

**Some Recent Arrivals:** In Fiction: Alexander McCall Smith, *The Sunday Philosophy Club*; Jacqueline Winspear, *The White Lady*; and Joseph Finder, *Guilty Minds*. In History: Bruce Catton, *Bruce Catton's America*; David Eisenhower, *Eisenhower at War: 1943-1945*; and Jacques Barzun, *From Dawn to Decadence*. In Memoir and Biography: Katherine Hepburn, *Me*; Steven Naifeh and Gregory White Smith, *Van Gogh: The Life*. And for those who need a good laugh, *The New Yorker Book of Cat Cartoons*.

**September Display:** "In wildness is the preservation of the world," wrote Henry David Thoreau. On display this month are books from the Carson collection, both fiction and non-fiction, that feature the natural world around us, stories of humans coping with its challenges or finding peace and solace in its midst.

**Donation Policy:** All donations to the Carson Library are greatly appreciated. Please keep the following guidelines in mind: 1) Donations are limited to 5 books at one time. 2) All donated books are processed before shelving, so please don't shelve them yourself. You can place them in the Returns Box or on the table beside it. 3) We do not keep cookbooks, children's books, magazines or DVDs. Thank you!

**20**  
**September**  
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. 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 Matusевич teaches this advanced paper crafting class. Limit 15.

**Sign up:** Contact Bix at 443-3800. Your registration will be confirmed upon payment of \$20 THE MONDAY 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:** September 13 @ 1:00 PM (Call Bix if you need to cancel). **Payments need to be made the Monday before the class.**

---

**23**  
**September**  
Monday, 1:00 PM

Karr Activity Center  
outside

## Silk Scarf Painting

Sign up for painting your very own silk scarf at the Karr Activity Center. Various colors will be available to suite your tastes and style. All materials will be provided. Please wear clothing that may get stained. If weather is nice, class will be held outside.

**Sign up:** Contact Bix at 443-3800. Limit 15 people. No guests.  
**Registration deadline:** September 19th at 1:00 PM

---

**25**  
**September**  
Wednesday, 1:00 PM

Tall Oaks Hall  
Village Center

## Lifelong Learning - Two Outpatient Therapies to Improve Your Life

Pelvic floor muscles are an important part of the body's control system for posture, core strength, respiration, and bowel and bladder as well as sexual function. The pelvic floor is surprisingly similar between men and women, and everyone can benefit from knowing how to optimize pelvic floor muscle function, even before symptoms develop. It's not all about Kegels, and the influences upon this muscle group extend well beyond the pelvis. Amanda Haasken, PT, PRPC will help you understand how to unlock pelvic potential!

Swelling from lymphedema commonly affects the arms or legs, but it can occur in other parts of your body that have accumulated fluid usually drained through the lymphatic system. While there is no cure, health care providers can ease the symptoms, sometimes through a gentle form of manual lymphatic drainage, addressing small changes in your life like exercise and diet, and promoting careful skin care to avoid infections. Ryan Proffitt OTR/L, CLT, CORE will walk you through the treatments and services that will help you manage uncomfortable and possibly dangerous swelling. **Free to Warm Hearth residents. No sign-up required.**

### Dutch Trivia Question:

Which Dutch painter, known for his use of light and shadow, created the famous work "The Night Watch"? (Please give full name.)

Last month's answer: Joan Blaeu.

540-443-3800

### Household Hazardous Waste Day - November 9, 2024

The Montgomery Regional Solid Waste Authority is hosting a Household Hazardous Waste event at their facility, located at 555 Authority Drive, Christiansburg, Virginia from 9 AM to 2 PM on Saturday November 9th. Please call (540) 381-2820 to schedule an appointment. (Appointments are going fast!) This event is open to all residents of Montgomery County.

For more details visit: <https://www.blacksburg.gov/departments/departments-l-z/public-works/events-and-collection-services/household-hazardous-waste>

The Pearls of Wisdom group is open to anyone on or off campus would like to have a mid-morning social time with residents who enjoy crochet, knitting or other crafts. They meet every Friday from 10-11 in the Carson Library in New River House. They work on their personal projects and offer helpful advice or tips if needed. Come check them out! If you would like more information on them, please contact Mardy Baker at 540-443-3434.

## 27 September

Friday, 1:00 PM

### Paint a Pumpkin

Karr Activity Center

Get your Halloween/fall holiday décor started by painting a pumpkin for use all month. All materials will be provided. Please wear an apron or clothes that can get paint on them.

**Sign up:** Contact Bix at 443-3800. Limit 15 people. Let us know if you are bringing a guest. Free to residents. Guests are \$5 cash at time of class.

**Registration deadline:** September 25th at 1:00 PM

## 27 September

Friday, 10:00 AM - 12:00 PM



Tall Oaks Hall  
Village Center

### Spring Flowering Bulb Talk & Exchange

Join us at 10 am for this informative talk about spring flowering bulbs and tips for choosing and planting to inspire season-long blooms. Our presenter will be from the New River Valley Master Gardeners from the Virginia Cooperative Extension. Following the talk at 11 am, we will have a bulb exchange. We encourage attendees to bring their favorite bulbs to share and pick up some new ones. Warm Hearth will provide tulip bulbs in honor of their 50th Anniversary and Dutch heritage.

## 2 October

Wednesday, 1:00 PM

### All About VCOM

Tall Oaks Hall  
Village Center

Edward Via College of Osteopathic Medicine  
**Speakers: Frederic Rawlins, II, DO & Kim Gittings, RN, BSN, CCM**

Join Dr. Fred Rawlins II, Senior Associate Dean for Simulation and Technology, and Kim Gittings, Director for Standardized Patient and Director for Diversity and Inclusion, from the Edward Via College of Osteopathic Medicine (VCOM) in Blacksburg for this informative talk. Learn about VCOM's unique mission, the difference between DO and MD, student education and the cutting-edge technologies used to teach, and how Warm Hearth residents can engage with VCOM's Standardized Patient Program.

## The Trick or Treat Trail needs YOU!

Friday, Oct. 25th from 3-6:30pm will be our 3rd Trick-or-Treat Trail at Warm Hearth Village. We have a special theme we are celebrating in our WWII Park, The Wizard of Oz! We are in search of residents who would like to dress up and hand out candy/run games for our Munchkin Land, as well as other Halloween inspired characters for other locations along the trail. If you are interested in learning more about how you can join in the fun, contact Mardy Baker at 540-443-3434 or email [mbaker@warmhearth.org](mailto:mbaker@warmhearth.org) to get on the list for announcements and a few meeting times to prepare. We look forward to sharing the fun spirit of the season with you.



# We've Moved

**Just One Door Down! New Expanded Space to Explore!**  
3045 N. Franklin St., Christiansburg, VA

**Wednesday, Thursday and Saturday - 10am to 4pm**  
**Friday - 10am to 6pm**



**THE  
TREASURE  
TROVE**

**NONPROFIT THRIFT STORE**

**THE STORE THAT DOES MORE.**

**• OPEN •**

## **DONATIONS NEEDED**

Now more than ever,  
we need your support  
to keep our thrift store  
stocked. All donations  
are tax-deductible.

- ANTIQUES
- JEWELRY
- COLLECTIBLES
- FURNITURE
- HOUSEHOLD ITEMS

**Proceeds help us advocate, innovate and care for seniors in our community.**  
**540-200-7012 • Find us on Facebook.**



## **Parkinson's Disease and Diet**

*Provided by Andrea Fulp, Registered Dietitian, Kroontje Health Care Center*

There is no specific diet for Parkinson's disease, but your diet can impact how well your medication works. Diet changes can also impact non-movement symptoms, such as constipation. A diet rich in fruits, vegetables, whole grains, and lean protein sources is recommended.

### **Diet and Parkinson's Medications**

**Levodopa/Carbidopa** – Levodopa is absorbed in the same part of the gut as protein in food. If you consume protein (meat, fish, cheese, beans, etc.) at the same time you take your Levodopa, you may absorb less of the medication. Consider taking your medication 30-60 minutes before or after you eat. For some people, this can cause nausea. If this occurs, pair with a low protein snack such as crackers, oatmeal, or dry toast. You can also save higher amounts of protein for your dinner meal and avoid them during the day when it is more important for medication to work well.

**MAO-B Inhibitors** – Azilect, selegiline, Xadago – these medications increase a substance called tyramine. When these medications are mixed with foods high in tyramine, it could raise blood pressure. This is a rare, but serious interaction. Eat these foods in moderation – you do not have to avoid completely.

High Tyramine Foods: alcohol, aged cheese, cured/fermented/air-dried meat, fermented cabbage, pickled fish, soybean products

### **Parkinson's Disease and Constipation**

Constipation is common in people with Parkinson's disease. Tips for managing constipation include:

- Drinking at least six 8-ounce glasses of water per day
- Adding more fiber to your diet – berries, beans, bran, peas, whole grains
- Eating smaller meals throughout the day
- Exercising regularly
- Consume foods with probiotics (kombucha, yogurt, kefir) and prebiotics (artichokes, asparagus, bananas, garlic, onions, soybeans, whole grains)

### **Parkinson's Disease and Swallowing**

As Parkinson's disease progresses, individuals may have difficulty eating or drinking. You may cough at meals or feel that food is getting stuck. Swallowing problems can increase risk for choking or pneumonia. If you notice trouble swallowing, notify your doctor and see if a speech therapist can evaluate and treat as needed. They can provide exercises to strengthen your muscles needed to swallow or provide strategies for safer swallowing.

A full PDF Guide is available from the following website: [https://www.michaeljfox.org/sites/default/files/media/document/Diet\\_Guide\\_Update\\_7.1.21.pdf](https://www.michaeljfox.org/sites/default/files/media/document/Diet_Guide_Update_7.1.21.pdf)

Reference:

The Michael J. Fox Foundation for Parkinson's Research (Updated 2021) Parkinson's Disease and Diet: A Practical Guide [PDF]. Michael J Fox Foundation. [https://www.michaeljfox.org/sites/default/files/media/document/Diet\\_Guide\\_Update\\_7.1.21.pdf](https://www.michaeljfox.org/sites/default/files/media/document/Diet_Guide_Update_7.1.21.pdf)

---

## **Traumatic Brain Injury Support Group**

We hope this message finds you well! Our names are Keira Currier and Nick Richmond, and we are the 2024-2025 Support Group Facilitators for Synapse at Virginia Tech. We are reaching out to invite you to our Support Group this fall! This fall's Support Group dates are the following - 9/18, 10/16, 11/13, 12/11 @ 6:30 - 7:30pm in the social room at the Blacksburg Community Center.

If you're not already familiar with Synapse, we are a student-led organization aiming to bring support and awareness to the Traumatic Brain Injury (TBI) community. This fall we will be hosting education-based Support Groups with our first meeting on 9/18 focusing on an introduction and some basic education on neuroanatomy, neurogenesis, and positive growth in our lives. Food will of course be served. We will be in touch more as the first date for the Support Group approaches! We are very excited to continue the Support Group this fall and would love to see all of you there!

# Out and About

**2024 Health and Wellness Fair**  
**Wednesday, September 18, 2024, 10:00am - 2:00pm**  
Christiansburg Recreation Center, 1600 North Franklin Street

Health screenings, vaccinations, Ask a Pharmacist  
Information - medical, financial, legal, mental health, healthy homes  
Demonstrations - Master Gardners, Qigong, speedy healthy cooking  
Seminar on Aging - Dr. Michael Friedlander, VT-Carilion Research Institute  
Get your photo taken with Dolly Parton  
Over 50 door prizes and give-aways

For more information, visit <https://www.blacksburgaarp.org/2024-health-and-wellness-fair>



## Fall registration for LLI at Virginia Tech opens August 26 at 10:00

Lifelong Learning at Virginia Tech is starting its tenth year. Each term is a new adventure – new courses, new learning opportunities with favorite instructors, new wines to taste, new books to read, new places to go. The LLI fall term is filled with enticing choices!

Online and phone registration open at 10:00 a.m., Monday, August 26. Many courses fill up quickly, so sign up early. For more information, visit our website <https://www.cpe.vt.edu/lifelonglearning/>, call 540-231-1725, or email [lifelonglearning@vt.edu](mailto:lifelonglearning@vt.edu). A limited number of catalogs are available at the Village Center front desk.

## The Beats Goes On Community Choir project created by Virginia Tech's Engagement Center for Creative Aging

This choir is specifically designed to invite persons experiencing cognitive change (usually due to a form of dementia) and their caregivers to engage in choir singing together with students, faculty and staff from VT, along with other members of the community. Singing in a choir has a wide range of physiological benefits, such as improving breathing, posture and muscle regulating heart rate, as a pain management tool, supporting a healthy immune system, improving the symptoms of some chronic diseases and improving the overall status of someone's physical health.

For more information visit: <https://ads.hdfs.vt.edu/the-beat-goes-on-a-community-choir-project/>

## 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 Emmerson: 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](http://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](mailto:smccarter@warmhearth.org).



Please recycle old issues of The Log.

LOG Questions: Sara McCarter, [smccarter@warmhearth.org](mailto:smccarter@warmhearth.org)