# **Lelebrating 50 Years!**



Use the QR code or visit 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 \*No Posture,Balance,Gait 9/30 to 10/4)

#### **MONDAY**

- 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
- 2:00 Pickleball
- 3:30 Taiji for Wellness

#### **TUESDAY**

- 9:00 Fit 4 Life
  - (no class 10/1 & 10/22)
- 11:00 Posture, Balance & Gait (advanced)
- 11:00 Aqua Fit (P)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball

#### **WEDNESDAY**

- 10:30 Arthritis Aquatics (P) (no class 10/16)
- 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 (no class 10/3 & 10/24)
- 11:00 Posture, Balance & Gait (advanced)
- 11:00 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) (no class 10/25)
- 11:00 Chair Yoga for Wellbeing
- 12:00 Mat Yoga
- 2:00 Pickleball



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.

## **1** October

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.

## **1** October

Tuesday, 5:30 - 6:30 PM

Tall Oaks Hall Village Center

# Lifelong Learning - Understanding and Treating Heart Disease

A heart attack doesn't just happen from 9:00 to 5:00. Cardiac care is available 24/7 at LewisGale Montgomery, which has invested in the latest technology to effectively diagnose and treat a wide range of conditions that affect the heart and vascular system. Working with the Cardiothoracic Team at LewisGale Salem, they offer evaluation and management of valvular disease. Bring your questions to this conversation with a heart expert. (Sorry, no personal diagnoses provided!)

Dr. John Patterson is a Cardiologist with LewisGale Physicians, serving the New River Valley. He has nearly 30 years of experience specializing in Cardiology, Cardiovascular Disease, and Interventional Cardiology. Free to Warm Hearth residents. No sign-up required.

## Wednesday, October 2nd at 11:00 AM, Karr Activity Center Trick or Treat Trail Volunteer Meeting

Life Enrichment will have a meeting for those that have shown interest in volunteering at the Trick-or-Treat Trail on October 25th. This meeting will briefly go over the various areas of the trail and available locations to participate. An overview of the event will be discussed along with costume coordination. Get all your questions answered to start planning the best fall event in our village! Can't make it? Let Mardy know by emailing mbaker@warmhearth.org for further coordination.

Continued on next page.

#### **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

Wednesdays 4:00 PM Village Center Contact: Roland Byrd

#### **Green Committee**

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

Continued to next page.

## **2** October Wednesday, 1:00 PM



## All About VCOM

All About VCOM, Edward Via College of Osteopathic Medicine Speakers:

Ron Januchowski, DO, FACOFP - Dean of VCOM, Virginia Campus

Frederic Rawlins, II, DO - Senior Associate Dean for Simulation & Technology

Kim Gittings, RN, BSN, CCM - Director for Standardized Patient and Director for Diversity & Inclusion

**Janella Looney, MSHI -** Senior Director for Simulation Assessment & Technology

Join us 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.

## **4, (and more)** October See below

Huckleberry Cafe Village Center

## Fabulous Fridays & Magic Mondays

--------Fabulous Friday Breakfasts -------8 to 11am • Huckleberry Café • \$7.95

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. Mimosas, Bloody Marys, Irish Coffee and full breakfast menu also available.

Friday, October 4 Amazing Bagels

Friday, October 11 Build-Your-Own Pancakes
Friday, October 18 Build-Your-Own Omelet

**Friday, October 25** Special Halloween buffet with Green Eggs and Ham and Candy Corn waffles

#### ------ 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, cash bar, and small dinner menu.

#### Monday, October 7

Musical Guest: Bobby Parker - plays your requests Dinner Special: Taco Salad with Salsa Bar + Cinnamon Sugar Churros & Ice Cream

#### Monday, October 21

Spooky Movie Night! Poll will go out to café mailing list to choose which movie to screen!

Dinner Special: Chicken and Dumplings with side of Roasted Veggies + Pumpkin Pie

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

#### Groups & Clubs - continued

#### **Guided Meditation**

Guided Meditation on Zoom Mondays 3:30 - 4:30 PM Contact: Zed Hrubec 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 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)

Fridays 10:00 AM Carson Library Contact: Mardy Baker 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 Village Center Contact: Bix mktgc@warmhearth.org 443-3800

#### 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

Continued to next page.

## 4 October

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.

## 4

October

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.

## 4

October

Karr Activity Center

Friday, 2:00 - 4:00 PM

## Resident Engagement Survey Help

Our resident engagement survey will be available on October 1st. The survey is online and paper copies are available at the Village Center. If you need help filling out the survey online, please come to Karr Activity Center between 2:00 and 4:00 PM and a volunteer can help you fill out the form on an ipad provided by Warm Hearth Village. No reservation needed.

## 4

October Friday, 3:00 - 4:30 PM

Tall Oaks Hall Village Center

Lifelong Learning - Meet Renée Watson: Poet & Writer of Young

LLI is honored to host Renée Watson, a New York Times best-selling author whose books have sold over one million copies. Her young adult novel Piecing Me Together won the Coretta Scott King Award and a Newberry Honor. Watson, who is from the Pacific Northwest city of Portland, bases many of her books on her experiences growing up there. One of her passions is using the arts to help young people cope with trauma and become aware of social issues. Watson will speak about writing, both its challenges and its rewards, and the many themes central to her own writing: home, identity, and body image as these relate to the experiences of young Black girls and Black women. We'll hear a few excerpts from her work, including pieces from her recent volume of adult poetry, Black Girl You Are Atlas. Following her talk, there will be a Q&A and a book signing. Free to Warm Hearth residents. No sign-up required.

## Groups & Clubs - continued

#### Warm Hearth Writer's Group

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

### <u> Huckleberry Cafe - 443-3801</u>

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

## <u>Fitness Massage Services</u>

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

# October

## Karr Activity Center

Monday, 1:00 PM

## **Decorate A Pumpkin**

Get your October decorating started off right by attending a pumpkin decorating craft session. Many items will be available to decorate a medium white foam pumpkin, including paint, fall foliage, bedazzling jewels and anything else you can think of! This free-form class will give you time to be creative. Suggestions and examples will be given for additional direction. Please wear appropriate clothing or an apron.

Participation limit: 15

Sign up: Contact Bix at 443-3800.

**Registration deadline:** October 3rd at 4:00 PM

## 8 October

## Karr Activity Center

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. Stop by on your break or lunch!

For more information contact Karen Nelson at 443-3412.

## 9,23 October

## 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.

## October

## Off-campus

Wednesday, 10:30 AM - 1:00 PM

## Lunch Trip - O'Charley's

Hop aboard the WHV bus to a lunch out at O'Charley's Restaurant in Christiansburg VA. FREE Pie is back on Wednesday! If you wish to drive separately, please call and notify us so we can add you in the reservation count. Pickups begin at 10:30 AM and we will return to campus around 1:00 PM.

Participation limit: 12 with one wheelchair

Sign up: Contact Bix at 443-3800.

Registration deadline: October 7 at 1:00 PM

### **Hunting Season**

Beginning October 5th, limited deer hunting will be allowed by specific staff on Warm Hearth property. Hunting is allowed with archery only and a minimum of 20 yards off any trail. Staff have been hunting here for several years and engage in safe practices and policies.

#### **Bears**

Recently, a resident encountered a bear while walking at Warm Hearth. The National Forest website has great information on bears and bear encounters. I am bulleting the article here to give an overview of what you will find but will not include the full copy due to its length. Please visit this website to see the full article:

https://www.nps.gov/articles/ hiking-in-bear-country.htm

- 1. Be aware
- 2. Know your bear country
- 3. Hike in a group
- 4. Make noise while hiking
- 5. Never surprise a bear
- 6. Avoid hiking at dawn, dusk, and at night.
- 7. Watch out for sows (adult mother bears) with cubs.

## 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

10 October Thursday, 4:00 PM Story Hour Happy Hour

Tall Oaks Hall Village Center

Join us for a trip through the Bahamas and the Caribbean. Ann and Ken Winans, residents of Founder's Forest, lived on a sailboat in those waters for 10 years and have many adventures to share with us. We can have a few last vestiges of summer as we progress into fall! Cash bar and snacks start at 3:30 PM.

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

**14** October

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

**15,17** October

Karr Activity Center

see below

## COVID-19 and Flu Vaccine Clinic

Warm Hearth will host a COVID-19 and Flu shot vaccine clinic for all residents. Bring your vaccine card and insurance card with you to the clinic.

Tuesday, October 15, 12:00 - 3:00 PM, Karr Activity Center Thursday, October 17, 1:00-3:00 PM, Karr Activity Center

**Sign up:** Contact Alisha at 540-443-0415 or Kevin at 540-443-3456 to reserve your spot.

**17** October

Karr Activity Center

Thursday, 5:00 - 6:00 PM

## Open Mic Hour with Host Hugh

Join your host, resident Hugh VanLandingham, for an evening of laughter and music. Hugh will host the open mic night for any resident who would like to share their talents with the group. Limited refreshments will be available and 5:00 is the hour to relax! BYOB (Bring your own beverage) and snacks. Sharing is okay, too. Questions? Contact Hugh at hughv@vt.edu or by calling 540-552-4328.

## Meet Ashleigh Boquist, **Our Newest Fitness Staff**



My name is Ashleigh Boquist and I am a 21-year-old from Williamsburg, Virginia. I am currently a senior at Virginia Tech with a major in Human Nutrition, Foods, and Exercise. I am involved in group exercise instruction at Virginia Tech where I teach BODYPUMP and F45 classes, which is what led me to my job as a Fitness Assistant here at Warm Hearth Village. I enjoy sharing my passion for exercise with residents and members here and inspiring others to stay active. After graduating, I plan to continue my education and attend medical school. In my free time, I enjoy running with my friends, going to concerts, and spending time with my family.

### **Dutch Trivia Question:**

Which Dutch city was built over 90 small islands, connected by 170 bridges?

Be the first to call Bix at 540-443-3800 with the correct answer to win a prize.

Last month's answer: Rembrandt

## October 1:00 PM deadline

## Karr Activity Center

## **Deadline for Melissa's Annual** Christmas Cards Class

Annual Christmas Card Class - This is the deadline for signups, not the actual event. Reserve your kits now. Purchase either or both. You can also request kits to do on your own.

Card Making Class Date: Friday, November 15th Time: 1:00 - 4:00 PM

- Participants will create cards from all-inclusive kits.
- Kits contain all supplies needed to create festive cards.
- Melissa will provide assistance.

Sign Up with Bix in person, with your payment, at the Village Center, by October 15. Call her at (540) 443-3800 to be sure she is in.

Christmas Everywhere kit makes nine cards--\$21.



Christmas Wishes kit makes eight cards--\$23.



18 October

Kroontje Field

Friday, 4:00 PM

## **Hokie Spirit Day & Marching** Virginians

Wear your maroon and orange for our village Hokie Spirit Day! At 4pm, the Marching Virginian's will perform fight songs in the field across from KHCC, followed by social visits to our Kroontje and Showalter Centers. This abbreviated performance will have you tapping your toes and renewing your support for our beloved college team. Seating will be limited but attendees are welcome to bring a camping chair. If you have questions contact Mardy Baker at mbaker@warmhearth.org.

# October

## 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. Please call if you need

Participation limit: 12 (Minimum 4)

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

Registration deadline: October 14 at 1:00 PM

Nov. 5, 2024, General Election Registration Deadline: Tuesday, Oct. 15

#### In-person early voting

 Montgomery County Office of Elections at 1546 North Franklin St., Christiansburg, VA. Sep. 20 -Nov. 1, 2024, from 9am - 5pm

The Office of Elections will be closed for the holiday on Oct. 14.

The Office will also be open on Saturday, Oct. 26 and Saturday, Nov. 2 from 9am - 5pm.

 Blacksburg Community Center at 725 Patrick Henry Drive,
 Blacksburg, Oct. 21 - 26 and Oct.
 28 - Nov. 2 from 9am - 5pm.

#### **Ballot Drop Box**

A ballot drop box will be available at each location during the dates and times specified above. Both locations are open from 9am - 5pm.

Ballot Drop Boxes will also be available on Election Day, November 5, at each precinct.

## Websites for additional information:

vote411.org elections,virginia.gov vote.elections.virginia.gov

\* 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.

## **22** October Tuesday, 2:00 PM

## Karr Activity Center

Tall Oaks Hall

Village Center

## **Brain Health**

Lisa Assad, Staff Development Nurse, as she discusses ways to improve brain health and identify habits that contribute to poor brain health. The presentation lasts about 30 minutes and is followed by a lively group discussion.

23 Patio October Village Center

Wednesday, 2:00 - 4:00 PM

# Warm Hearth at Home Presents: Fall Bonfire & Bluegrass

Join us for a cozy afternoon featuring a small bonfire, s'mores, apple crisp, and Bluegrass music! Come meet the Warm Hearth at Home team and learn more about the wide range of services we offer to support your independent living! Josh Toney, Scott Bryant, Sondra Walters, Heather Harvey, and others will be there to answer questions and connect with you. **RSVP required.** 

Sign up: Contact Bix at 443-3800.

**Registration deadline:** Wednesday, October 16th at 2:00 PM.

We look forward to seeing you there!

24

October

Thursday, 2:00 - 4:00 PM

The Choice is Yours

## Resident Orientation + Meet & Greet

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. Please join us for an information session on the health care and supportive services available to you at the Village.

**Meet & Greet 2:00-2:45 PM** - We are trying something new! Before the orientation, there is an opportunity for new and existing residents to come together and get acquainted and you are invited! We hope to see you there!



Alzheimer's Foundation of America's (AFA) National Toll-Free Helpline will be available to provide support, assistance and referrals to families affected by Alzheimer's disease seven days a week.

The new helpline hours are:

Monday-Friday: 9 am to 9 pm (ET) Saturday: 9 am to 1 pm (ET) Sunday: 9 am to 1 pm (ET)

Call 866-232-8484 to speak with one of AFA's licensed social workers if you have questions or need help!

#### WHV Cookbook

We will continue collecting favorite recipes for a future Warm Hearth Village Cookbook. We have some recipes, but not enough. The cookbook will be created using an online company that specializes in soft and hardback cookbooks that are high quality with lots of "extras" included. If we don't get very many submissions, we will not be able to move forward with the project.

Please submit your written or typed recipes to Bix at the Village Center via hardcopy or email (mktgc@warmhearth. org). The recipes can be in any category of food! If you would like to dedicate your recipe to someone, please include it with your recipe. Feel free to also include a brief history or special story about your recipe.

If we move forward, the cookbook will be available for sale to everyone in the Village. More details to follow soon.

## **25** October Friday, 1:00 PM

## Karr Activity Center

## **Advanced Paper Crafting**

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. 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 Matusevich.

**Registration deadline: October 18** @ 1:00 PM (Call Bix if you need to cancel). **Payments need to be made the Monday before the class.** 

## **25**

## October Starts at Village Center

Friday, 3:00 - 6:30 PM

## **Trick-or-Treat Trail**

The 3rd Annual Trick-or-Treat Trail welcomes you for a fun fall afternoon. Meet at the top parking lot of the Village Center to explore our new craft vendor area , then down the trail for additional activities/candy stations. Dress in a Halloween costume or come as you are and snap a selfie with the Wizard of Oz characters in WWII park. Check out the "monstrously cute" bunny petting zoo and finish your visit with a fall hay ride.

Due to high attendance, parking at the Village Center will be reserved for outside community members. Residents and staff are strongly encouraged to use the campus shuttle. In case of rain, the event will be held indoors at the Village Center. Suggested entry for outside community members is a box of tissues for our Micah's Pantry program.

If you have further questions, contact Mardy Baker at mbaker@warmhearth.org or call 540-443-3434.

## 25 October

## October

## Village Center

Saturday, 9:00 - 11:00 AM

## Free Kidney Screening

KDSAPVT (Kidney Disease Screening and Awareness Program - VT Chapter) and Warm Hearth Village are partnering to offer this screening to our residents and outside community members. To learn more about KDSAP, visit www.kdsap/.org.

Why Come? One in seven US adults have Chronic Kidney Disease. Nine in ten US adults are not aware of their condition. This free and easy screening (needle-free!) promotes early detection of chronic kidney disease (CKD). The screening takes 10-20 minutes and involves a simple urine and blood-pressure check.

Sign up: Contact Bix at 443-3800.

Registration deadline: Tuesday, October 22 at 2:00 PM.

## Warm Hearth Transportation to Moss Events

Warm Hearth will provide transportation to Moss Events on the following dates:

Friday, October 11th Monday, October 21st

Call 552-2419 to reserve a seat.

28 October Monday, 5:00 PM

Karr Activity Center

## The Allegro Trio

The Allegro Trio will be hosting several monthly concerts at the Karr Activity Center until the end of the year. This delightful music group consists of vocals, flute, and guitar. The group performs with pre-arranged digital backing tracks that help to create a full, musical experience. Song selections include a variety of music from the swing, Latin, and pop worlds. Get into the fall groove with The Allegro Trio!



Your voice matters! Help us improve our services by completing the Resident Engagement Survey.

How to participate:

Complete the survey online via SurveyMonkey by scanning the QR code or visit

www.surveymonkey.com/r/T29CSNP. All surveys due by Friday, October 11th.

Need a printed form or assistance? **Call Bix at 443-3800** to request a printed survey or come to the Karr Activity Center on **Friday, October 4th** for assistance with a volunteer.



SCAN TO TAKE THE
2024 RESIDENT
ENGAGEMENT
SURVEY!



Or visit www.surveymonkey.com/r/T29CSNP



## Micah's Pantry Needs

#### Household Supplies

All-Purpose Cleaner Laundry & Dish Detergent Paper Products Trash Bags

#### Food Items

Canned Vegetables and Fruits
Pasta and Rice
Soup and Broth
Canned Meat
Peanut Butter

#### **Personal Care Products:**

Shampoo & Soap Toothpaste and Toothbrushes

**Pet Care Supplies:**Dog and Cat Food



# HELPING SENIORS IN OUR COMMUNITY

Micah's Pantry at Warm Hearth Village provides essential food, personal care products, cleaning supplies, pet food and more to seniors in need on our campus. This fiscal year, with help from our network of supporters and donors we made available more than \$140,000 in necessities to 150 of our most vulnerable residents at the pantry.

#### Here's how you can help!

- **Spread the word** among your family and friends, church, civic organization or community groups. We can use the help year-round and it's a great group activity for community service.
- Organize a drive. We can use money or items to help keep the pantry stocked. Residents who shop at the pantry pay nothing for things like toothpaste and toilet paper or fresh produce and shelf-stable groceries.
- **Get in touch** and let us know your plans and how we can help you get organized and energized. **Email tstone@warmhearth.org**

## **Boost Nutrition This Fall**

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

Fall brings colder temperatures, jovial gatherings with friends, and great opportunities to add extra nutrition to your plate. The following are wonderful options to spice up your Fall and boost your nutrition. Try picking one per week to try as a fun activity!

### Pumpkin

Not just great for carving, pumpkins are a great source of dietary fiber and beta-carotene. They are a high antioxidant food, which may reduce risk of chronic diseases. Pumpkins are also high in vitamin A, which can boost eye health.

#### **Beets**

Beets are a powerhouse of nutrition! Their bright, staining color is from betalains, a natural plant pigment that has antioxidant and anti-inflammatory properties. They are high in fiber and nitrates. Nitrates help open blood vessels and may aid in lowering blood pressure. Try roasting or adding to salads.

### Spaghetti Squash

This squash is a great high fiber, antioxidant-rich alternative to regular pasta when you're looking for a change. Carefully cut the squash in half, scoop out the seeds, and transfer to the microwave or oven and cook until tender. Try tossing with your favorite pasta sauce for a fun fall dinner.

#### Kale

Kale is a wonderful leafy green that packs a nutrition punch. Kale has numerous phytochemicals, vitamins, minerals, and fiber that can support overall health. Try sautéing with your morning eggs, adding to a hearty soup, or even raw in your favorite salad.

#### **Cranberries**

Cranberries have vitamin C, vitamin E, vitamin K and manganese. When used preventatively, they can help reduce UTI's. Unfortunately, cranberry juices and dried cranberries tend to have a high amount of added sugars. Try pairing these higher-sugar foods with lower-sugar options, such as dried cranberries with plain yogurt or oatmeal. Try diluting cranberry juice with plain or sparkling water to cut down on sugar intake.

Try making a fun goal of eating one new Fall fruit or vegetable a week and share with friends.

Remember to make your meals full of color and flavor!

#### Resources

Larson, Holly, MS, RD. (2021) 9 Fall Produce Picks to Add to Your Plate. EatRight.org. https://www.eatright.org/food/food- groups/vegetables/9-fall-produce-picks-to-add-to your-plate. Cleveland Clinic. (2022) Are Cranberries Healthy? 6 Surprising Benefits. Cleveland Clinic healthessentials. https://health.clevelandclinic.org/benefits-of-cranberries Cleveland Clinic. (2022) 5 Health Benefits of Beets. Cleveland Clinic healthessentials. https://health.clevelandclinic.org/the-health-benefits-of-beets





## **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

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 inital and last name @ warmhearth.org". For example, Sara McCarter's email is smccarter@warmhearth.org.

