

Celebrating 50 Years!

The **November 2024**
Log



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
Friday 11/29 hours 9-5
Saturday 11/30 closed

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
- 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)
- 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)
- 11:00 Aqua Fit (P)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball
- 3:30 Timeless Tappers

FRIDAY

- 10:00 Posture, Balance & Gait (beginner) (No class 11/29)
- 10:30 Arthritis Aquatics (P) (no class 11/29)
- 11:00 Chair Yoga for Wellbeing
- 12:00 Mat Yoga
- 2:00 Pickleball

Continued on next page.

SATURDAY

Open Swim (P) / Open Gym

The Village Center & Cafe will be closed 11/28 and 11/29 in observance of Thanksgiving. Fitness will be closed 11/28 and 11/30.



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. The first person to call Bix at 443-3800 with the correct answer will win a gift card to Starbucks.

see below

November

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, and Irish Coffee also available.

- Friday, Nov 1 Hashbrown Casserole & Veggie Egg Bake
- Friday, Nov 8 Build-Your-Own Pancakes
- Friday, Nov 15 Build-Your-Own Omelet
- Friday, Nov 22 Eggs Benedict
- Friday, Nov 29 Closed

----- 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, November 4

Musical Guest: Barry LeNoir is a musician from Floyd, VA performing rock-folk-pop along with several fun surprises from his deep and eclectic catalog of new and old covers. Dinner Special: See the cafe flyer.

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

----- Special Events Save the Date -----

Details will follow in flyers or email.

**Thanksgiving Dinner Pickup Wednesday, November 27th.
Holiday Paint & Sip, November 13th - see listing in this Log.**

For daily lunch specials, upcoming menus, and event reminders, join the Huckleberry Café email list! Email ASebastian@warmhearth.org to enroll.

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
540-819-3580

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.

1 November Woodland Studio
Friday, 9:30 - 10:30 AM 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 November 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.

3 November Karr Activity Center
Sunday, 2:00 PM
Gospel Sing-a-long Sunday

Join minister Margie Snider and husband Larry at this joyous gospel sing-a-long on the last Sunday of the month. Margie has been a minister and playing old-time hymns for over 38 years. Her enthusiasm and spirit will put a bounce in your step and have you excited for the next visit. All are welcome to attend!

5 November 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.

6 November Karr Activity Center
Wednesday, 11:00 AM
Wound Care

Community Health Talks sponsored by Blue Ridge Wound Care will be out to discuss wound care. This is an informational session on the benefits of lower leg and foot hygiene. Learn about the essential care of feet and lower legs and the importance of inspection and identification of any problems. Paige Flynn (BSN, RN, CWS) is a registered nurse with 40 years of experience. She is a certified wound specialist.

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.

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November

Wednesday, 2:00 - 4:00 PM

Tall Oaks Hall
Village Center

Smart Giving: Tax Strategies and Year-End Planning for Charitable Gifts

Please also join us for this educational forum as part of our ongoing dialogue about philanthropy at the Village. We join Board of Trustees member and wealth manager, Trevor Gray from KingsView Partners to talk about year-end tax strategies for donors and how these benefit both donor and nonprofits like Warm Hearth Village. We'll talk more about the needs at Warm Hearth Village and vehicles you can use to support both our strategic vision and work to advocate, innovate and care for seniors in our community.

Sign up: Contact Bix at 443-3800.

Registration deadline: Friday, November 4 at 10:00 AM.

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November

Monday, 11:00 AM - 12:00 PM

Tall Oaks Hall
Village Center

Lifelong Learning Institute, Collector's Gallery

We know that there are avid collectors among our LLI members who would love to talk about their favorite things: Quilts (painted or sewn)? Comic books? First editions? Beanie babies? Jade carvings? Fridge magnets? Foreign currency? Antique cameras? Items from foreign travel? Display special items from your collection and share the joy of collecting with others at a mini-exhibition at Warm Hearth. This is a great way to get to know LLI members and their personal passions. Walk around the room, talk to each collector about what sparked their interest in collecting those items, what is their most valuable item, and what they love about them. Stay for lunch to keep the conversation going. **Free to Warm Hearth residents. No sign-up required.**

Want to share your collection? Contact Molly McClintock, mollymclintock235@gmail.com, 540-239-6432.

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November

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.

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

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

(Closed Thanksgiving Week)

Fitness Massage Services

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

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November

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.

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November

Wednesday, 4:00 - 5:00 PM

Woodland Studio
Village Center

Paint & Sip

Craft and sip on wine at this Holiday Paint & Sip with Virginia Tech students. Seniors from VT will be offering this holiday themed paint and sip party for 15 people. Refreshments, two glasses of wine, or an option of tea or coffee will be available. If this event is popular, Life Enrichment will plan additional Paint & Sip events in the future. Please sign up with 540-443-3800 to be included in the class.

Participation limit: 15

Sign up: Contact Bix at 443-3800.

Registration deadline: Friday, November 8 at 12:00 PM

13,27

November

Wednesdays, 9:00 AM- 4:00 PM

Carson Library

Beltone Audiology Clinic Day

All Types and Styles of Hearing Aids Available

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

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

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November

Thursday, 4:00 PM

Tall Oaks Hall
Village Center

Story Hour Happy Hour

Joe Flickinger, who lives on Dogwood Circle with his wife, Judy, had a long and distinguished career with the U.S. State Department. He will give an overview of all the federal intelligence agencies and also discuss the effect of artificial intelligence on our personal security. If time allows, he will also discuss some of the foreign intelligence threats to our country. Remember the cash bar opens at 3:30. See you then!

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

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>

Recipe Collection

We had a recent call for recipes that some folks responded to - thank you! There were not enough to create a cookbook, but we will feature a recipe in The Log as room allows moving forward. Thank you to all of you who turned in recipes and look for the postings in The Log starting in December!

15

November

Friday, 4:00 PM

Lifelong Learning Institute,

Learning to Care on a Deeper Level: The Stories of Four NBA Stars

Sports journalist Roland Lazenby loves to write about competitive personalities, especially those in the NBA. He likes to write about their families and explore where they came from. He tries to connect the important cultural dots in the backgrounds of the iconic figures he writes about. Lazenby will share stories of four extraordinary players – Michael Jordan, Kobe Bryant, Jerry West, and Magic Johnson – whose lives he chronicled in intimate detail, based on hundreds of interviews and years of tracking their careers.

Tall Oaks Hall
Village Center

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November

Saturday, 1:00 - 5:00 PM

50th Anniversary Party

Celebrate Warm Hearth Village's 50th Golden Anniversary on Saturday, November 16th. This come and go reception will feature live music from the Let's Dance Big Band, a cake cutting and champagne toast. Dress in all things golden and share in this joyous occasion with all of your friends and family.

Tall Oaks Hall
Village Center

Sign up required: RSVP by calling 540-443-3801.

Deadline: November 12th at noon.

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November

Monday, 1:00 PM

Cards with Melissa

Warm Hearth welcomes our special card craft teacher, Melissa Matusевич 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 to cancel.

Karr Activity Center

**NOTE SIGN
UP CHANGE**

Participation limit: 12 (Minimum 4)

Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.

Registration deadline: November 11 at 1:00 PM

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November

Tuesday, 1:00 - 5:00 PM

Fall Risk Assessment

In collaboration with Radford Carilion team of Physical Therapy students, WHV Fitness is offering a free fall risk assessment. This will take place on Nov 19th from 1:00-5:00 at the Village Center. Testing will be with a team of Physical Therapy students testing overall strength, balance and endurance. Results will be shared with individuals at a later date. Sign up and forms need to be completed prior to arrival. **The due to sign up is 11/13.** Contact WHV Fitness for forms and to sign up for the event.

Tall Oaks Hall
Village Center

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!



Hello Warm Hearth Villagers this is Scott Bryant your marketing and outreach Coordinator from Warm Hearth at home. As we shine a spotlight on Diabetes this November, let's come together to support each other and promote healthy living. Making changes in your lifestyle such as exercise, weight management and better nutrition could lower your blood sugar levels. Working through the Warm Hearth professionals to accomplish these goals could reduce the risk of diabetes.

Have a wonderful day!
Scott Bryant
540-312-2009

Dutch Trivia Question:

Which city is often called the Venice of the North due to its extensive canal network and has more canals than Amsterdam?

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

Last month's answer: Leeuwarden

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November

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.

Join by Zoom if you prefer:

<https://zoom.us/j/94913094424>

Meeting ID: 9491 3094 424

Tall Oaks Hall
Village Center

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November

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.

Karr Activity Center

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November

Friday, 1:00 PM

Advanced Paper Crafting

NOTE SIGN
UP CHANGE

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: Participation limit: 15 (Minimum 4)

Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.

Registration deadline: November 15 @ 1:00 PM

Karr Activity Center

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November

Monday, 5:00 PM

The Allegro Trio

The Allegro Trio will be hosting several monthly concerts at the Karr Activity Center till 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!

Karr Activity Center

Warm Hearth Transportation to Moss Events

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

Friday, November 13th

Call 552-2419 to reserve a seat.

26
November
Tuesday, 1:00 PM

Karr Activity Center

Riley and the Rootabagas

A Thanksgiving treat! Riley and the Rootabagas will be serving up a hearty helping of acoustic roots music with guitar, fiddle, and stand-up bass. They're performing selections from their favorite artists, traditional and contemporary, all arranged with their own Rootabaga flavor. The quartet has cooked up a stewpot of Americana music with folk, blues, country, western swing, gospel, jazz, Celtic, and Appalachian old-time bluegrass. This is a special musical treat for our residents to energize their holiday week.

Please call transportation for the campus shuttle due to limited parking (no parking on the driveway). Advanced reservations for transportation and shuttle can be made with Rodney Justice at 540-443-3445 or email at rjustus@warmhearth.org.

Healthy Eating During the Holidays

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

Holidays are a wonderful time to share with friends and family. They are also times that are brought together by food and can be rich in desserts and treats. As a dietitian, I strive to promote balance and moderation in your diet. You don't have to avoid your favorite dessert or feel shame for eating them, especially during this special time of year.

Tips for smart holiday eating:

- Don't neglect your exercise! Try to keep up with (or start!) an exercise routine. Shoot for small increases if you are starting out fresh. This doesn't have to be anything intense. Shoot for 20-30 minutes of movement per day and choose activities you ENJOY doing!
- Give in to the treats. It's OK to let yourself splurge during these times. Try to have small servings of your favorite desserts and listen to your fullness cues. If you are full, save your treat for later or another day. You may try to make a healthier choice somewhere else in the day to ensure your meeting your nutrition needs. Have the treat, enjoy it, and move on. Try not to put too much pressure or emphasis on the dessert or treat – no guilt or shame needed.
- Emphasize fruits & vegetables. Continue to try to utilize fruits and vegetables for snacks or sides. Try a new holiday side with a vegetable or fruit to add color to your plates.
- Honor your hunger. Often times, we feel bad or rude for turning down a food offering. Practice politely saying "no" and honoring your hunger/fullness cues.
- Eat mindfully, not mindlessly. Try to focus on what and when you are eating. Are you snagging from the candy bowl just because, or do you really want that treat? Using smaller bowls and plates can help to focus on the foods on your plate and help avoid guilt of not making the Clean Plate Award. Savor the appearance, smell, textures of the foods that you are eating.

Resources:

Dennett, Carrie, MPH, RDN, CD. "Holiday Eating". Today's Dietitian, November 2016, <https://www.todaysdietitian.com/newarchives/1116p22.shtml>.

Specter, Francesca. "Roast potatoes voted the best part of Christmas dinner". Yahoo!life, 18 December 2019, https://uk.style.yahoo.com/christmas-dinner-best-part-meal-ranked-162332123.html?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuYmluZy5jb20v&guce_referrer_sig=AQAAAGEuZKw8ralqBRBn2pMrvFs512eZz-pJhlmtBB7AxbVAST-9Eo1qdl0gtLL69ChsY8YCyhePcV8heECdFGZ9RIsRD78IMCuPcfyIK73y7q4rFnzo82wENNgfFX2G9TsSrgmLBUX5WpsaM8PvdUr4xu3ZGAVswkMBra9Mn7sWKeJ.

"Thanksgiving Pie.". Unitarian Universalist Church of Kent, Ohio. 5 November 2015. <https://kentuu.org/wp-content/uploads/2015/11/thanksgivingpie.jpg>

"Tips for Eating Healthy During the Holidays Cleveland Clinic, 10 December 2020. <https://health.clevelandclinic.org/tips-for-eating-healthy-during-the-holidays/>

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.

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

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 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