



The Village Center - Marketing and Cafe - will be closed on Monday, May 26th. Fitness is open but no classes.

The Log

May 2025

Fitness Group Classes
 Mon-Fri 7:00 AM - 5:00 PM
 Sat 10:00 AM - 2:00 PM
 (CLOSED 5/24, no classes 5/26)

MONDAY (no classes 5/26)

- 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
- 10:00 Healthy Backs
- 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) (no class 5/7)
- 4:00 Croquet

THURSDAY

- 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
- 3:15 Timeless Tappers

FRIDAY

- 10:00 Posture, Balance & Gait (beginner) (no class 5/2)
- 10:30 Arthritis Aquatics (P) (no class 5/2)
- 2:00 Pickleball

Continued on next page.

May
 See below

Huckleberry Cafe
 Village Center

Fabulous Fridays & Magic Mondays

----- Fabulous Friday Breakfast -----

8 to 11 am • Huckleberry Café • \$7.95

Open to public and residents, no reservation needed!

Fabulous Friday features a full breakfast buffet 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, May 2: Donut Day

Friday, May 9: Omelets Made to Order

*Breakfast of Champions - Residents who participated in the Senior Games come and receive a breakfast on us including coffee and tea. Wear your Senior Games T-shirt and awarded pins to the breakfast. * Call Ellen Rorrer to RSVP at 540-443-3465 or erorrer@warmhearth.org.*

Friday, May 16: Pancakes

Friday, May 23: Biscuits, Gravy & Grits

Friday, May 30: French Toast

----- Magic Monday Dinners -----

4 to 6 pm • Huckleberry Café

Open to public and residents, no reservation needed!

Join us for dinner and a show! Dinner and cash bar open at 4pm, performance from 4:30 – 5:30pm.

Monday, May 5: Welcome back our Village Center house band, Bobby Parker who will present "Songs of a Certain Age" - familiar perspectives, lives and lines, from the rear-view mirror. **\$7.95 Dinner Special:** Turkey or Veggie Burger with side of Spinach & Artichoke Dip

Monday, May 19: American Roots will entertain us tonight with traditional Appalachian ballads, country blues, early country, tinpan alley tunes, western swing, traditional jazz, hot fiddle tunes (on guitar), and "folkgrass" (folk tunes played at bluegrass tempo). **\$7.95 Dinner Special:** Beef or Tofu Birria Taco Bowls with side of Fresh Mango Peach Salsa

----- Special Events -----

Murder Mystery Dinner: Girls Just Want to Kill Ron!

6 – 8pm • Saturday, May 3 • \$25. Purchase tickets at www.summermusicalenterprise.org.

Mother's Day Brunch 11:30am – 2:00pm • Sunday, May 11
 \$19.95 (tax included)

RSVP to the Cafe at 540-443-3801 by Wednesday, May 7th at 2pm.

SATURDAY (closed 5/24)

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.

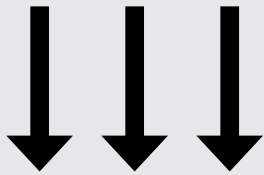
Non-residents may purchase a monthly pickleball pass for \$40. See Kenny Harrah.

* 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.

This list of groups offers much fun and community! Be sure to check out these opportunities!

READ THIS!!



Groups & Clubs - Quick Guide

Bible Study

1st & 3rd Wednesdays of the month
6:00 PM

Karr Activity Center

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

2

May

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 want to connect.

2

May

Friday, 1:00 PM

Tall Oaks Hall

Village Center

Birthday Tea & Cake Social

Celebrate your neighbors' birthdays from across the village! Join the hospitality group at the Village Center as we serve a delightful afternoon tea. Celebrate with mini sandwiches, sweet treats, and your choice of coffee or tea. Birthday month babies get an extra sweet gift with a crowd birthday sing-a-long. New this year, our most mature birthday attendee gets a special surprise gift.

Guests, family and friends are warmly welcomed at \$5 each, residents are free. Attendees don't have to have a birthday to attend.

3

May

Saturday, 6:30 PM

Tall Oaks Hall

Village Center

Murder Mystery Theatre Production

Join us for a special production put on by Summer Musical Enterprise!

Get ready for a night of suspense, drama, and maybe a little bit of dancing at our Murder Mystery event, *Girls Just Wanna Kill Ron!* The 1985 Prom Reunion Committee is reuniting for a night of nostalgia, but things take a dark turn when Ron ends up dead. Whitney, the Senior Class President, is on the edge and Jennifer is trying to keep her from losing it. Will Cyndi's wild antics or Bruce's rivalry with Ron lead to murder?

It's up to you to solve the mystery and figure out who dunnit before the night is over! It is a great opportunity to dress up for "prom" in your best 80's outfits. Prom pictures will be taken and we will select a prom king and queen!

Happy Hour from 6:30 – 7pm with heavy hors d'oeuvres, show begins at 7pm.

For more information and to buy tickets, visit www.summermusicalenterprise.org/

Groups & Clubs - continued

Campus Bingo

2nd & 4th Saturdays of the month
1:00 - 2:30 PM
Karr Activity Center
Contact: Cindy Rethwill
momluvspandas@gmail.com

Campus Bingo is now at the Karr Activity center due to increased popularity. Contact Cindy Rethwill at momluvspandas@gmail.com for more information.

Croquet

Wednesdays
4:00 PM
Village Center
Contact: Roland Byrd

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
540-250-2154

Headline News Discussion Group

Thursdays
9:30 - 10:30 AM
Zoom Meeting ID: 871-991-4463

Knit & Crochet Club

Fridays
10:00 - 11:00 AM
Karr Activity Center

NEW!

Men's Coffee Club

First Friday of each month
9:30 - 10:30 AM
Woodland Studio
Contact: Mardy Baker
mbaker@warmhearth.org
540-443-3434

Parkinson's Support Group

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

Reduce, Reuse, and Recycle (RRR) Subcommittee

Second Thursday of each month
10:00 - 11:00 AM
Living Room / Huckleberry Cafe

Continued to next page.

4

May

Sunday, 3:00 PM

Tall Oaks Hall
Village Center

Blacksburg Community Strings & Chamber Orchestra - Music from the Stage

Join us for this wonderful spring concert, Music from the Stage. The concert features highlights from Marriage of Figaro, Thais, Carmen, Spartacus, Phantom of the Opera, Les Miserables, West Side Story and Wicked.

There are two options to see the performance:

Friday, May 2 at 7:00 PM
Sunday, May 4 at 3:00 PM

6

May

Tuesday, 3:00 PM

Karr Activity Center

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.

7

May

Wednesday, 9:30 AM

Off Campus

Special Trip - Cracker Barrel

Grab some tasty brunch while riding on the new WHV bus! Mardy will begin pick-ups at your front doors at 9:30 am. Pick-ups last from 15 to 30 minutes, depending on location. Time to shop before or after the brunch will be dependent on wait times.

Sign up: Call Bix at 540-443-3800 or email mktgc@warmhearth.org (preferred).

Participation limit: 12 people with one wheelchair/scooter spot.

7,14,21

May

Wednesdays, 11:00 AM

Karr Activity Center

Learn to Knit

Join Cynthia Hayes for the very basics of knitting in a 3-part session. This small class size is perfect for individual instruction for the very beginner. She will teach the four main stitches Knit, Pearl, Cast On, Cast Off. All Materials are supplied.

Sign Up: Call Cynthia Hayes at 540-505-4113.

Participation Limit: Class size limited to 3-4 people.

Groups & Clubs - continued

Trivia, Coffee, and Donuts

Tuesdays

10:15 - 11:00 AM

Karr Activity Center

Contact: Mardy Baker

mbaker@warmhearth.org

540-443-3434

Tap Club - Timeless Tappers

Thursdays

3:15 - 4:00 PM

Village Center

Contact: Bix

mktgc@warmhearth.org

443-3800

Starting on March 6th, Timeless Tappers will be taught in a 4-week series of classes focusing on a single routine and specific skills. Perfect time to start up! The next 4-week session starts on 4/17.

Village Quilters

First Thursday of each month

2:00 PM

Woodland Studio

Contact: Bonnie Lawton

bonlawton@me.com

Village Quilters: Welcoming all quilters or other fabric artists to socialize and share ideas while working on projects at the Village Center.

Warm Hearth Writer's Group

Second Friday of each month

11:00 AM - 1:00 PM

Woodland Studio

Contact: Kenny Harrah

kharrah@warmhearth.org

New Bible Study Listing

New River Fellowship is hosting a Bible Study for all residents at Warm Hearth at the Karr Activity Center! The group will meet on the 1st and 3rd Wednesdays each month at 6:30pm for fellowship, prayer, and studying scripture together. Questions? Call us at (540)577-7815.

Need a ride to church? Contact us at (540)577-7815.

This will be listed each month in the **Groups & Clubs** sidebar section of the Log.

8 May

Thursday, 4:00 PM

Story Hour Happy Hour

Arnold Schuetz will again lead us on a journey in Germany. He will be speaking about Mainz, a city near Frankfurt that many tourists do not know about. Arnold has visited Germany countless times and has a wealth of knowledge and many slides to share. Remember the cash bar opens at 3:30!

Remember, everyone has a story. Please consider telling yours, so these special Story Hours can continue.

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

Tall Oaks Hall
Village Center

9 May

Friday, 1:30 PM

Connections Series - How Is This Even Legal? Senior Fraud on the Fringes of the Law

Efforts to defraud seniors have grown every year. Some of these methods are even legal, barely squeezing within the law as they empty the bank account of their victims. We will look over some of these cases and how they fit within the larger picture of electronic fraud and scams for seniors. Join Wyatt Sweat, a PhD student of Computer Science focusing on elder fraud prevention at Virginia Tech with 15 years of work experience in electronic theft prevention of essential goods. At the end of this presentation, Wyatt will share the research he is doing at Warm Hearth Village and participation options for those interested.

Tall Oaks Hall
Village Center

11 May

Sunday, 11:30 AM

Mother's Day Brunch - \$19.95

Breakfast: Scrambled Eggs, Herb Roasted Hash Brown Casserole, Bacon, Greek Yogurt, Granola & Fresh Fruit

Lunch: Salisbury Steak, Ricotta Stuffed Mushrooms, Crispy Shrimp Spring Rolls, Cheddar Cheese Garlic Biscuits

Dessert: Beignets & Ice Cream

Cash bar opens at 11:30am for mimosas, wine, beer and a special Black Forest Martini! Brunch begins at 12pm.

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

Registration Deadline: RSVP by Wednesday, May 7th before 2pm.

First seating is 11:30 AM and last seating is 1:30 PM.

Tall Oaks Hall
Village Center

Huckleberry Cafe - 443-3801

Pickup & delivery available.

Cafe Hours:

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

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

11:00 AM - 3:00 PM

Thursdays & Fridays

11:00 AM - 1:00 PM

Fitness Massage Services

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

Bears

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.

12 May

Monday, 4:00 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 on some of our most iconic songs.

13 May

Tuesday, 1:00-3:00 PM

Karr Activity Center
Outside

Outdoor Market

Warm Hearth and Feeding America have teamed up to provide fresh produce and shelf-stable grocery items directly to residents and employees at a reduced cost. We accept debit, credit or SNAP/EBT as payment. Stop by on your break or lunch!

For more information contact Karen Nelson at 443-3412.

14,28 May

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: Beltone Audiology & Hearing Aid Center 800-553-5993 or 540-343-5567.

15 May

Thursday, 4:00 - 5:00 PM

Karr Activity Center

Neighbors Entertaining Neighbors

Join resident Hugh VanLandingham for an evening of laughter and music. Hugh will host the open mic night for residents who would like to share their talents with the group. Come enjoy a variety of music, jokes and who-knows-what and be ready to join in! Limited refreshments will be available. Bring your own beverage and snacks. Sharing is okay too. Questions? Contact Hugh at hughv@vt.edu or call 540-552-4328.

Blacksburg New School Art

The Blacksburg New School and Warm Hearth have partnered up for an art wall display for two weeks starting in April in Woodland Studio, The Village Center. This art wall takes inspiration from the book Henry and The Chalk Dragon. Stop in to the Village Center to see the imagination and budding talents from our youngest community members of the Blacksburg New School.

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

Tall Oaks Hall - Assistive Listening (Tele-loop) System Information

The community room at the Village Center is equipped with a tele-loop system. This system is connected to the sound system. It creates a magnetic field that will connect with some hearing aids. The hearing aid must have a T-Coil. Generally it's something that is configured in the office by the person providing the aid(s). If the aid does not have this feature an external device, like a pendant, can be worn around the neck to pick up the signal. The pendant is specific to the brand of hearing aid. The hearing aid user can contact the business where the aid was purchased or The Hearing Clinic, located here in Blacksburg, for assistance. 540-552-1904.

16

May

Friday, 11:00 AM & 1:00 PM

Karr & Woodland

Home Health 101: What You Need to Know

Join us for an informative presentation by the WHV Home Health Team as they break down the basics of home health services. Learn about the different types of therapies offered, available medical support, insurance requirements and more. The team will also address common misconceptions and answer any questions you may have during an open forum following the presentation. Refreshments will be provided - Come for the information, stay for the conversation!

11:00 AM - Karr Activity Center

1:00 PM - Woodland Studio

17

May

Saturday, 4:00 PM

Karr Activity Center

VT Strings Project: Violin & Viola

Join the youth students of the Virginia Tech Strings Project as they perform their spring concert for residents. Several classic pieces will be performed on violin and viola.

21

May

Wednesday, 11:00 AM

Tall Oaks Hall
Village Center

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://us02web.zoom.us/j/89790537810?pwd=gQ02rSRwZz3umQznPWT4nIH6WFGmjt.1>

Meeting ID: 897 9053 7810

26

May

Monday, 11:00 AM

Tall Oaks Hall
Village Center

Blacksburg Community Band, Annual Memorial Day Concert

Come out to the annual Blacksburg Community Band Memorial Day Concert. A program of patriotic music will be offered. This event is open to the all residents and the outside community. Invite your friends and family. Sorry, no transportation provided.

This event is not in chronological order in The Log, sorry!



WH Aware Alerts

These alerts are used for emergencies as well as important announcements such as planned power outages, severe weather warnings, road blocks, etc.

Sign up by filling out the form available at the Housing Office or at the Village Center Front Desk. You can receive alerts via phone, email and text. Add a contact in your cell phone and make a note of the information below so you recognize the alert is a legitimate communication from Warm Hearth.

Email: status@statusolutions.com
or no-reply@onsolve.com
Phone: 1 (866) 419-5001
Text: 761-27

We encourage residents and family members to sign up so they can be alerted to what is happening in the Village.

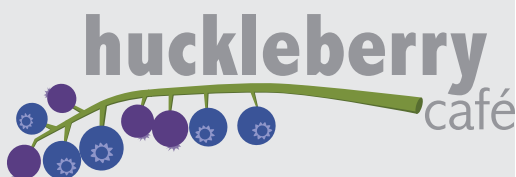
Potential Noise Alert!

On May 7th, Lane Stadium is hosting Metallica, the loud, heavy-metal band! You may hear noise and it may be busy in town.

Metallica Concert:
<https://hokiesports.com/metallica>

Pet Reminder

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



The Huckleberry Cafe is happy to offer pre-scheduled delivery times inside our Village. We offer delivery at 10:30 AM, 11:30 AM and 3:00 PM.

Please help us by having your orders in by the required deadline of 30 minutes in advance of the delivery time you would prefer.

21

May

Wednesday, 2:00 PM

Tall Oaks Hall
Village Center

Connections - Pour Decisions, A Three-part Series

Join us for an engaging educational series exploring the worlds of wine, microbreweries and spirits. *Cost is \$5 cash or check at the event.*

For this event, experience the creativity of local craft beer with Brandon Roberson, Eastern Divide's Head Brewer. Enjoy a curated tasting while uncovering how brewing techniques, passion, and regional flavors combine to create bold and memorable beers.

Brandon Roberson, Head Brewer at Eastern Divide Brewing Co., began his brewing journey as a selftaught homebrewer. He launched his professional career at Rising Silo Brewery in 2018 before taking the helm at Eastern Divide in 2020.

Sign Up: Please RSVP to Tina Smith at 540-443-3406 or tcsmith@warmhearth.org

Registration Deadline: Wednesday, May 14.

28

May

Wednesday, 1:00 PM

Karr Activity Center

Riley and the Rootabagas

Riley and the Rootabagas will delight all with acoustic roots music with guitar, fiddle, and stand-up bass. They perform selections from their favorite artists 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. You won't want to miss this event!

28

May

Wednesday, 3:00 PM

Woodland Studio
Village Center

Create & Sip: Punch Needle Spring Hanging

Create a punch needle embroidery spring wall hanging! Each Participant will receive their own kit for assembly in class, with option to complete at home. Cheese, fruit and crackers will be provided with hot tea or coffee. Alcoholic beverages maybe purchased separately from the café.

Sign up: Contact Bix at 540-443-3800. This class is free for residents, or \$25 for guests. Guests must sign up in person with cash or check written to Warm Hearth Village c/o Life Enrichment in the memo section.

Participation limit: 15

Registration deadline: May 13th at 1pm



3045 N. Franklin St.
Christiansburg
540-200-7012

Keep the Treasure Trove Thrift Store in mind...

- When clearing out the old to make space for the new
- For regifting – we'll take your unwanted treasures
- All proceeds come back to the Village to benefit WHV

Thank you for your support!



The Blacksburg Chapter of the AARP is a great source for health, financial and community resources related to senior issues. Find out more and get involved by visiting blacksburgaarp.org.

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!

3
June

Tuesday, 10:00 AM

Tall Oaks Hall
Village Center

Connections Series - Virginia Tech's Collegiate Gothic Architecture

Virginia Tech is again this year on the list for the nation's most beautiful campuses. Did you know that its distinctive Gothic Revival architectural style began as an attempt to build respectability among its state leaders for this hardscrabble educational upstart in the Virginia hinterland? In effect, early leaders of Virginia's land-grant college used its Gothic Architecture as its unique brand development.

Larry Hincker spent 40 years in corporate and institutional communications including 27 years as Virginia Tech's Chief Communication Officer.

"At Virginia Tech I integrated all institutional communications, including media relations, college communications, development communications, television productions, publications, marketing, web communications, trademarks and licensing, and the university's public radio station network. During my 28-year tenure leading university communications, Virginia Tech secured its reputation among the nation's leading research universities. Larry increased licensing revenue almost ten-fold, built a visitor center, and became a reluctant expert in crisis communications. I, being the Chief Communication Officer was the public face of Virginia Tech as we dealt with the largest media gathering on any university campus after the horrific murders of April 16, 2007."

Save the Date



The Cheeseburger Throw-Down Is Back!

This year's Cheeseburger In Parrot-Dise Fundraiser will feature some exciting new community partners with a real talent for BURGERS. Gardener's Grille, Lost in Taste, Village Gourmet and McClain's at First & Main will compete for this year's title, trophy, bragging rights and a place on the Huckleberry Café menu! You won't want to miss your chance to choose from their specialties and see celebrity judges like Dick Daniels from Q99 vote to name the champ.

Village Appreciation Carnival
Friday, June 20th from 11-3pm
Village Center Grounds

One and all invited to our official summer kick off appreciation event hosted by WHV Hospitality! We welcome you, your family & friends to spend the day with us in and around the Village Center. All manner of carnival games & cake walks, music, lunch time cookout food with complimentary concessions, side show photo ops and so much more. Contact Mardy at 540-443-3434 or mbaker@warmhearth.org if you'd like to help out.

OUT and ABOUT

Open House - Disability Resource Center
May 21, 9:00 AM - 5:00 PM
7368 Peppers Ferry Road, Fairlwan, VA

The Disability Resource Center will be hosting an open house. Everyone welcome!

The Beat Goes On, Community Choir Concert
Thursday, May 1, 5:30 PM Snacks, 6:00 PM
Singing
CID Building Performance Hall, 185 Kent
Street, Virginia Tech, Blacksburg

Presented by the Engagement Center for Creative Aging - Come sing and dance with us!

Feeding Wild Animals

Although it can be tempting to do so, I always strongly discourage the practice for many reasons outlined below. We have had both residents and their pets sprayed by skunks who are drawn into the paths of humans by food. We have also had 2 likely cases of a rabid skunk and rabid raccoon already this year. It is best to let nature stay wild and fearful of human habitat for their good and ours.

Feeding wild animals at home can be harmful to both humans and wildlife. It can lead to health risks, alter natural behaviors, and create a dependence on human food, potentially endangering animals in the long run.

Harmful Effects on Wildlife:

- Health Concerns - Wild animals fed by humans may develop nutritional deficiencies, digestive problems, and be more susceptible to diseases.
- Loss of Natural Behaviors - Feeding can disrupt natural foraging patterns, causing animals to lose their ability to hunt and scavenge, making them reliant on human handouts.
- Increased Aggression - Animals that are accustomed to receiving food from humans may become less fearful and potentially aggressive towards people.
- Disease Transmission - Feeding sites can attract a variety of animals, increasing the risk of disease transmission among different species, including those that can affect humans, like rabies.
- Altered Reproductive Cycles - Overfeeding can disrupt natural reproductive patterns, potentially leading to overpopulation and increased competition for resources.

Harmful Effects on Humans:

- Increased Disease Risk - Wild animals, especially those that carry diseases like rabies, may come closer to homes and people when they are accustomed to being fed, increasing the risk of transmission.
- Increased Risk of Animal Encounters - Feeding can attract a variety of wild animals to residential areas, potentially increasing the chance of unwanted encounters.
- Increased Property Damage - Animals may become bolder and cause damage to homes and yards in search of food.
- Legal Issues - In some areas, feeding wildlife is illegal and can lead to fines or penalties.

Safe Alternatives to Feeding:

- Plant Native Plants - Encourage wildlife by planting native plants that they can forage from without relying on human handouts.
- Provide Water Sources - Offer a shallow dish of water, especially during dry periods, to help animals stay hydrated.
- Enjoy Wildlife from a Distance - Observe wildlife from a safe distance, appreciating their natural behaviors without interfering with their lives.
- Report Concerns - if you see someone feeding wildlife, report it to the appropriate authorities, as it can be a sign of other safety concerns.

Warm Hearth Village Master Plan Update, Now Underway!

In 1979, our founder Wybe Kroontje commissioned a Roanoke-based architectural firm to create the original master plan for Warm Hearth Village. A master plan is a comprehensive, long-term vision that guides the physical growth and development of a community. It ensures that future improvements—ranging from new construction to renovations—align with the organization’s mission, values, and evolving needs. These plans typically address land use, buildings, open spaces, transportation, and utilities to create a cohesive, functional, and sustainable environment.

This year, in a meaningful full-circle moment, we’ve partnered once again with the same architectural firm to update our master plan. In the coming weeks, you may see opportunities to participate in focus groups or other feedback sessions. Your input will help shape the future of our village.

At the conclusion of this process, we look forward to sharing a visual representation of a potential development scenario for Warm Hearth Village. Stay tuned to future editions of The Log for updates on this exciting milestone!

Healthy Tips for Summer Grilling, By: Andrea Fulp, RD

As the temperature heats up, grilling becomes a great way to spend time outdoors while cooking your lunch or dinner. Here are some tips to make your grilling fit within a healthy diet.

- Choose a healthy protein – If you grill your meats with the skin, try removing it before consumption to reduce saturated fat intake. Try to choose protein foods such as chicken breast, salmon, turkey burgers, “loin” or “round” cuts of beef, or even firm/extra firm tofu.
- Add color to your plate – many vegetables taste great when grilled! Using skewers for vegetable kebabs with onions, mushrooms, zucchini, and peppers are a great way to add vegetables to your meal.
- Try grilling your dessert – fruits are easily placed on the grill to form a healthy summer dessert. Try halved peaches or pineapple spears to sweeten up your cookout. Drizzle with honey to make it extra sweet!
- Reduce exposure to polycyclic aromatic hydrocarbons (PAHs) – PAHs are chemicals that are formed when fat from grilled meat drips on hot coals, etc. and produces smoke. These PAH’s have been found to cause changes in DNA that may increase the risk of cancer. To reduce your exposure, avoid overcooking food, as PAHs accumulate in the blackened part of the food. You can also slowly cook your meat before it is grilled to reduce total high-heat cook time.

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/top-ten-tips-for-healthy-grilling-and-barbe-cuing>

<https://www.verywellhealth.com/grilling-health-and-safety-tips-7556807>

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