

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

Huckleberry Cafe
Village Center

see below

MONDAY

- 10:00 Posture, Balance & Gait (B)
- 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
- 11:00 Posture, Balance & Gait (A)
- 11:00 Aqua Fit (P)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1

WEDNESDAY

- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 2:30 Qigong (No classes in June)
- 3:00 Ai Chi (P)
- 4:00 Croquet

THURSDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait (A)
- 11:00 Aqua Fit (P) (no class 6/11)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1

FRIDAY

- 10:00 Posture, Balance & Gait (B)
- 10:30 Arthritis Aquatics (P)

SATURDAY

Open Swim (P) / Open Gym
10:30-11:15 Aqua Yoga - first & third Saturday of the month

New! 10:30am
Yoga for Wellbeing - second & fourth Saturday of the month

Family Swim (P) - last Saturday of the month 12:00-1:45 PM. Bring your own towels.

Continued to next page.

Cafe Events

Fabulous Friday | Every Friday | 8 – 10:00 AM

Full breakfast buffet with sides of eggs, chef's choice protein, fresh fruit & rotating weekly special. **\$9.95 (tax included)**

- June 5:** Build-Your-Own Pancakes
- June 12:** Smoked Salmon Bagels w/Dill Cream Cheese
- June 19:** Breakfast Burritos
- June 26:** Omelets Made to Order

Magic Monday | 4 – 6:00 PM

Monday, June 1 | \$9.95 (tax included)

Live Music: Come on down for good food and good music as Bobby Parker returns to play for us. Bobby is a folk, soul, pop and blues singer and guitarist.

***Menu:** Teriyaki Grilled Chicken, Pork Fried Rice, Stir Fried Veggies & Vegetable Spring Rolls

Monday, June 15 | \$9.95 (tax included)

Live Music: Stella Trudel is a singer-songwriter who travels between Texas and SW Virginia. Join her at the Village Center as she makes a stop at Warm Hearth on her Virginia tour.

***Menu:** Cheeseburger Sliders w/Pickled Red Onions & Dill Pickle Slices, w/sides of Cowboy Baked Beans & Broccoli Slaw

*Vegetarian & Gluten-Free options available!

See our Father's Day Dinner & Celebration on pg 6!

Featured Artist



Woodland Studio
Village Center

Woodland Studio Monthly Spotlight

June Exhibit: "Rug Hooking" by Patricia Ball

The Woodland Studio Exhibit Spotlight is a revolving display of artists who are interested in exploring themes or topics that are meaningful to them. These pieces are displayed in Woodland Studio all month long and can be viewed anytime the room is not in use.

Are you or someone you know interested in being featured in our Exhibit Spotlight?

Please contact mbaker@warmhearth.org for more details.

Non-residents may purchase a monthly pickleball pass for \$40. See Marcus Burks.

* Please limit towel usage to no more than two towels per person.

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

Groups & Clubs - Quick Guide

Bereavement Support Group

Last Tuesday of each month
11:00 AM - 12:00 PM
Tall Oaks Hall
Contact: Catherine Fecteau
540-443-3418
More info on pg 8

Bible Study

1st & 3rd Wednesday of each month
6:30 PM
Karr Activity Center

Bocce Ball

Tuesdays
TBD
Village Center
Contact: Roland Byrd

Bridge

Wednesdays
1:00 - 4:00 PM
Karr Activity Center
Contact: Linda Powers
540-641-1409

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
3:00 - 4:00 PM
Contact: Zed Hrubec
zhrubec@outlook.com
541-250-2154

1,8,15,22,29

June

Mondays, 4:00 PM

Karr Activity Center

HearthSong Singers

The HearthSong Singers is being directed by retired musical director, Joe Borden. He is a lifelong musical director with a heart for choral groups. This group will focus on a variety of songs from many different generations. Practice starts promptly at 4pm to allow for maximum singing time.

2,9,16,23,30

June

Tuesdays, 10:15 AM

Karr Activity Center

Coffee, Donuts & Trivia

This group game is very casual and fun with no pressure to "get it right". Feel free to come by just to watch or try your hand at the answers to start your day off right. A great place to meet residents from all over campus-- come early to socialize with complimentary donuts and coffee!

3

June

Wednesday, 2:30 PM

Off Campus

Special Trip: Homeplace Restaurant

The Homeplace has opened its doors again! Take a special dinner trip to this historic restaurant in Catawba Valley, famous for its fried chicken and southern food. Each person will pay their own dinner tab and tip. Please be aware that an extended wait time is possible to be seated. Dress for potential waiting time outdoors and on their porch. Pick-ups begin at 2:30 PM. Note: If you choose to drive yourself, you will not be included in the main reservation and will be on your own wait time for seating your table. Contact Mardy for more information at 540-443-3434.

Participation limit: 12 people + 1 wheelchair spot

Sign up: Contact Bix at 540-443-3800 / mktgc@warmhearth.org

Registration deadline: June 2 at 2:00 PM.

Sign ups start June 1 at 9:00 AM.

5

June

Friday, 9:30 - 10:30 AM

Tall Oaks Hall
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. **Note:** Men's Club will be held in Tall Oaks Hall instead of Woodland this month!



Groups & Clubs - continued

Headline News Discussion Group

Thursdays

9:30 - 10:30 AM

Zoom Meeting ID: 871-991-4463

Knit, Crochet, Etc.

Inviting all creatives in any medium

Fridays

10:00 - 11:00 AM

Karr Activity Center



Men's Breakfast 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: Marcus Burks

MBurks@warmhearth.org

Pickleball Club

Monday thru Saturday

(based on demand)

2:00 PM

Contact: Kent Koller

kbkoller@gmail.com

Reduce, Reuse, and Recycle (RRR) Subcommittee

Second Thursday of each month

10:00 - 11:00 AM

Living Room / Huckleberry Cafe

Coffee, Donuts & Trivia

Tuesdays

10:15 - 11:00 AM

Karr Activity Center

Contact: Mardy Baker

mbaker@warmhearth.org

540-443-3434

More info on pg 2!



5 June

Friday, 2:00 PM

Tall Oaks Hall
Village Center

Village English Tea

It's tea time at our monthly Village English Tea! We welcome you, your guests and family to join in this delightful event to celebrate birthdays, anniversaries, significant milestones, or take time to chat with friends. Serving in the traditional English style, we'll offer a variety of finger sandwiches, sweet treats, tea scones, jam and clotted cream, tea or coffee. Elevate your experience with an optional glass of champagne at \$5 each, purchased at the café. Inviting guests? Please reach out to the café at 540-443-3801 so we can plan for additional guests outside of our regular attendees.

6 June

Saturday, 1:00 PM

Tall Oaks Hall
Village Center

BRVC 50's Fling Concert

Welcome spring with a 50's swing! Join the Blue Ridge Vocal Connection with their 1950's musical program at the Village Center on Saturday, June 6th from 1-2:30pm. This community choral group performs throughout the New River Valley, Virginia and beyond! Blue Ridge Vocal Connection is directed by Thomas DeBusk.

New members are always welcome. Find out more information about becoming a choir member by emailing thomas@blueridgevocalconnection.com.

8

June

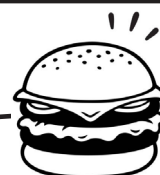
Monday, 2:00 PM

Karr Activity Center

Watermelon & Water Party

Looking for summer fun and some watermelon? Come out to the Watermelon & Water Party at Karr where we will beat the summer heat with a water spray arch for adults! A fun, interactive experience to cool down with sprinkles of water! This is also the PERFECT opportunity to get your wheelchair, walker, or other mobility devices scrubbed down and shined up for the summer. Please dress to get slightly wet and for the summer sun. Seating will be available if you wish to not get wet. Note: If rain, we will reschedule the water party and wash for a future date.

No sign ups needed, but if you have questions, contact Mardy Baker at mbaker@warmhearth.org or call 540-443-3434.



Save the Date! Cheeseburger in Parrot-Dise returns on **Saturday, August 15th**. Live on Island Time with us and enjoy cheeseburgers, live music and a silent auction – all benefiting seniors in need in our community.

Huckleberry Cafe

540- 443-3801

Pickup & delivery available.

Fireside Cafe

540-443-3429

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.

Micah's Pantry

Tuesdays, Thursdays & Fridays

11:00 AM - 1:00 PM

Fitness Massage Services

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

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!



Kroger Community Rewards

Supporting the Warm Hearth Foundation is easy when you shop at Kroger. Link your shopper's card to the Foundation and Kroger will donate a portion of your purchases back to the Village.

- Visit Kroger Community Rewards and search for Warm Hearth, Inc. (stop by the Philanthropy Office if you need help)
- Then, swipe your shopper's card at Kroger and help seniors in need!

9

June

Tuesday, 1:00 PM

Off Campus

Special Trip: Day in Floyd

Get out of the house and spend the day in Floyd, VA! On our way we will stop at the Amish Store for fresh breads and pantry items. We will then stop in the heart of Downtown Floyd where you can shop, dine at a variety of restaurants and enjoy the people-watching. This trip encompasses the opportunity for the Floyd Country Store's Tuesday Tunes series highlighting old time or Bluegrass music from 5-6pm, free of charge. Please note: This is an extended trip into Floyd and on your own. If wishing to purchase any refrigerated goods at the Amish Store, you may bring a personal small soft pack cooler w/ ice pack for under your seat. Be considerate and limit purchases to two bags. Bus will begin pick-ups at 1pm, attendees will meet at bus at 5:30/6pm for return travel back no later than 7pm. To learn more about Floyd and all the things to do downtown, visit: www.visitfloydva.com.

Participation limit: 10 people + 1 wheelchair spot

Sign up: Contact Bix at 540-443-3800 / mktgc@warmhearth.org

Registration deadline: June 8 at 2:00 PM.

Sign ups start June 1 at 9:00 AM.

9

June

Tuesday, 2:00 PM

Karr Activity Center

Karr Talk with Lisa Assad

Topic: Kidney Health

Your kidneys are vital organs: they filter waste, excess water, and toxins from the blood. Kidneys are essential for overall well-being, and damage can lead to chronic kidney disease (CKD) or kidney failure. Join staff development nurse, Lisa Assad, for a brief presentation on kidney health. Discussion will include risk factors, symptoms, and simple steps you can take to protect your kidney health. The presentation will last roughly 20 minutes followed by discussion and sharing with the group.

10

June

Wednesday, 1:00 - 2:30 PM

Woodland Studio

Village Center

Create & Sip: Patriotic Fascinators

Celebrate July 4th in style! Come to a workshop where Mardy will show you the basics of building your own red, white & blue fascinator head accessory. You will be provided with all the materials needed for a demure or outlandish show of patriotism. No two will be the same with various materials being provided. 20 spots available for this workshop with more to be added if interest is high.

Participation limit: 20

Sign up: Contact Bix at 540-443-3800 / mktgc@warmhearth.org

Registration deadline: June 9 at 2:00 PM.

Sign ups start June 1 at 9:00 AM.

HAPPY WORK ANNIVERSARY!



Employee Milestone Anniversaries

- Kimberly Elliott**, KCC Cove C.N.A., **15 Years**
- Howie Venth**, Maintenance Technician, **10 Years**
- Opal DiMarzo**, Wh@Home C.N.A., **5 years**
- CaSandra Price**, Showalter Receptionist, **2 Years**
- Sienna Hixon**, KCC Cove C.N.A., **2 Years**



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.

Virginia Tech Counselor Education Program

We are pleased to announce the continuation of a partnership between Warm Hearth Village and the Virginia Tech Counselor Education program. Through this collaboration, **counseling services** for Warm Hearth Village residents are available at no cost.

If you are interested in learning more, please call (540) 384-1695 or send an email to whvcounselor@gmail.com.

11 June

Thursday, 4:00 PM

Tall Oaks Hall
Village Center

Story Hour Happy Hour

June's speaker will be Tracy Wilkins, who recently moved to Warm Hearth with his wife Sarah. Tracy has had a fascinating career...his talk is entitled "How a dyslexic, mildly manic-depressive kid, raised in a motel, became an esteemed professor and entrepreneur".

Complimentary refreshments & cash bar open at 3:30 PM!

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.

11 June

Thursday, 7:00 PM

Karr Activity Center

Woodwind Quintet

A quintet of local musicians will present an informal concert on Thursday, June 11 at 7:00 pm. Juniper McGrew (flute), Christa Honaker (oboe), Mary Keffer (clarinet), Sarah Behringer (horn), and Valanda Nelson (bassoon) will play a selection of patriotic music and light classics to celebrate Flag Day.

12 June

Friday, 3:00 PM

Karr Activity Center

Ash Devine's Afternoons

This month Ash will perform from 3-4pm at the Karr Activity Center. She will be playing your favorite folk and traditional songs of the mountains. A fun and relaxing opportunity to start the weekend with music in your heart. All are welcome!

14,28 June

Sunday, 11 AM - 12:00 PM

Karr Activity Center

Music & Message

Jennifer Miller, ordained pastor and local business woman from Floyd, will bring a group of fellow Christians to the Karr Center on select Sundays for a non-denominational worship and message. The service will last about an hour, with music and time to chat and meet others. The group will come to Karr Center on the 2nd and 4th Sunday in June, with time in July if well attended.

Contact Mardy Baker for more information at mbaker@warmhearth.org.

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.

15 June

Monday, 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 Zoom Meeting

<https://us02web.zoom.us/j/82769428284?pwd=8qgqTjlcowWTHDlMYA8bB0ltzxKHKF.1>

Meeting ID: 827 6942 8284 **Passcode:** 104187

18 June

Thursday, 4:00 PM

Karr Activity Center

Neighbors Entertaining Neighbors

Join your host, resident Hugh VanLandingham, for an evening of laughter and music. Hugh will host an open mic styled event for any resident who would like to share their talents with the group. Come enjoy a variety of music, jokes and who knows what, in a welcoming and open environment, right at 4:00 PM! BYOB (Bring your own beverage) and snacks, sharing is okay too. Questions? Contact Hugh at hughv@vt.edu or 540-552-4328.

19 June

Friday 4 - 6:00 PM

Tall Oaks Hall
Village Center

Father's Day Celebration

Join us for dinner and tunes in honor of dad! Happy hour and check in start at 4:00 PM. Dinner opens up at 4:30 PM with musical guest, Simple Gifts, playing from 5 - 6:00 PM.

Menu \$24.95 (tax included): Fresh Salad, Grilled Ribeye Steak, Seafood Gumbo, Baked Potatoes, Seasonal Veggies & Chef's Choice Dessert

Vegetarian option available upon request! Please let us know when you sign up if you'd like a veggie meal.

Sign up: Contact Cafe at 540-443-3801 or email at vc-events@warmhearth.org

Registration deadline: June 16 at 2:00 PM.

H A P P Y

Father's Day



ATTENTION Founders Forest Residents!

Robbie Hickerson recently added two new features to the Founders Forest Webpage. Both are at the bottom of the menu when you visit the webpage. The first enables residents to create a topic and post information there. For example, a gardener has an abundance of garlic and is offering them to any or all takers! I created a "community garden" topic which others can use for this purpose. Other topics might be NEED TRANSPORTATION, NO LONGER NEED, HIKING TRAILS AROUND THE VILLAGE, etc. Second, we can now post photos on the page to share with other residents.

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

Out and About in the NRV

Local happenings
and opportunities in
Blacksburg & beyond!



Virginia's Blue Ridge Music Festival

Classical Music in the Mountains



David Stewart Wiley Artistic Director

"Mozart & Beethoven"

RSO Maestro David Stewart Wiley
Concertmaster Akemi Takayama

An ensemble of virtuosi RSO
musicians perform
three timeless classics in an
intimate setting

Mozart's charming 'Symphony #1'

Beethoven's virtuosic
'Sextet for Two Horns & Strings'

Mozart's sublime
'Sinfonia Concertante'

Sunday, June 21st 3:00 PM

Celebration Hall
188 EcoVillage Trail SE
Floyd, VA 24091

Hors d'oeuvres Reception
& Meet the Artists

Tickets at door or VBRMF.org
Adults \$25, students free

For Inquiries about a Possible Bus,
Financial Assistance & Questions,
contact: Mary and David Sr
540-418-6646 | dwiley@swva.net

Did you Know?

Virginia has a state reptile.
The Eastern Garter Snake
holds the official title. These
harmless, water-loving snakes
are incredibly adaptable and
average 18 - 26" long.

22 June

Monday, 1:00 PM

Karr Activity Center

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 to cancel.

Participation limit: 12 (Minimum 4)

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

Registration deadline: June 15 at 1:00 PM

22

June

Monday, 1:00 - 3:00 PM

Karr Activity Center

Outside

Divine Delights Bakery

Divine Delights Bakery will be set up outside the 4th Monday of each month. They specialize in original sourdough bread, sourdough bread with inclusions, sourdough bagels, cake pops in various flavors and more! They offer gluten free, and gluten free/dairy free options. **They accept cash, cards, and other electronic payment as needed.**

Check them out on Facebook at divinedelightsbakeryva.com
This bakery overlaps with Feeding America Mobile Market for one-stop shopping.

22

June

Monday, 2:00 - 4:00 PM

Karr Activity Center

Outside

Outdoor Market

Warm Hearth and Feeding America have teamed up to provide pantry staples, dairy, frozen meat and fresh produce to residents and employees at a reduced cost. Partnering with Virginia Fresh Match to provide 50% off of fresh and frozen produce for SNAP/EBT users. **We accept debit, credit or SNAP/EBT as payment.** So convenient! Stop by on your break or lunch! **For more information:** 276-218-4480 or email abg.mmp@feedingswva.org

24

June

Wednesday, 2:00 PM

Tall Oaks Hall

Village Center

Connections: Reptiles

Judith McCord will be on campus with her gang of reptilian friends! This educational lecture about these intriguing animals will comprise of a talk and exhibit of real reptiles that you can engage up close-- and even touch! Judith is part of the Master Naturalists and presents her programs to schools and nature centers throughout the NRV. A fun opportunity to get to know more about these misunderstood creatures.

ATTENTION Trolinger/NRH Residents!

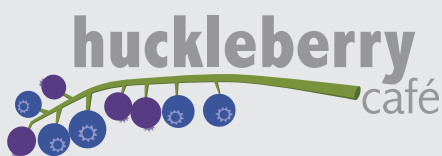
A copy of The Log is placed on the bulletin boards each month for quick access in the lobby. Please do not remove these copies from the boards.

Warm Hearth Trails

The wooded trails at Warm Hearth are plentiful and well-marked. We have a wonderful group of resident volunteers who have created and continue to maintain the trails and trail benches and ensure they stay clear of trees and are visibly marked.

Trail maps are available at the Village Center front desk. If you feel nervous about using the trails, we encourage you to make contact with Jack Onufrak who can show you around the trails himself or find another trail buddy who is very familiar with our trails.

You can contact Jack at jaonufrak44@gmail.com. He is a very entertaining and wonderful person to show you around!



The Huckleberry Cafe is happy to offer free campus delivery to all Warm Hearth residents, employees and guests!

We offer breakfast all day, sandwiches, salads, wraps & burgers and are vegetarian and gluten-free friendly!

Please contact us by **10:30am** with your order and Warm Hearth residence or building address for delivery at **11:00am**.

**Call us at the cafe at:
540-443-3801.**

26

June

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.

Participation limit: 15 (Minimum 6)

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

A \$20 material fee will be collected at the time of the class.

Checks and cash are accepted.

Registration deadline: June 19 at 1:00 PM

29

June

Monday, 1:00 PM

Off Campus

Special Trip: Belleview Winery

Hop aboard the bus for a lovely ride through the countryside to Belleview Winery to hear a talk about their lavender and wine production. After the talk, you may purchase a glass of wine and browse their gift store full of wines and lavender related goods. Pickups start at 1:00 PM.

Participation limit: 12 people + 1 wheelchair spot

Sign up: Contact Bix at 540-443-3800 / mktgc@warmhearth.org

Registration deadline: June 26 at 2:00 PM.



30

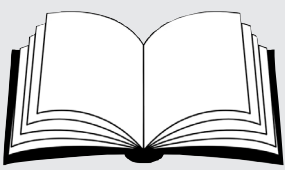
June

Tuesday, 11:00 AM

Tall Oaks Hall Village Center

Bereavement Support Group

Grief can feel isolating — but you don't have to go through it alone. Join us for a compassionate bereavement support group offering connection, understanding, and a safe space to be with others who understand loss. Sharing is optional. Listening is enough. **WHAT TO EXPECT:** A welcoming, confidential space, gentle support from hospice professionals, no pressure to speak. **This group meets on the last Tuesday of each month and is free and open to the community. You do not need to be a Warm Hearth Hospice family to attend.**



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, 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.

Some Recent Arrivals: Carolyn Graham, A Ghost in the Machine (Fiction); Tom Brokaw, The Greatest Generation (Large Print); M.C. Beaton, Death of an Honest Man (Fiction); Rich Villodas, The Deeply Formed Life (Religion); Shania Twain, From This Moment On (Bio/Memoir); Most Relevant to Life at Warm Hearth: Mike Cramond, Of Bears and Man; Most Useful New Book: Noel Botham & The Useless Information Society, The World's Greatest Book of Useless Information (Non-fiction).

Save the Date: It's time once again for our annual Carson Library raffle! The Kick-off event will be held on **Saturday, July 4**. Between July 4 and the September, any Warm Hearth resident may pick up a raffle ticket at Carson, one per library visit. In September, we will draw tickets and award prizes (date TBD). The July 4 Kick-off event will be held from 2 to 4 PM in the library. Refreshments will be served. Come and join in the celebration of our country's birth 250 years ago!



Warm Hearth Foundation Pantries Provide Support On Campus

Thank you to all who support Micah's Pantry on campus. The Warm Hearth Foundation is so grateful for the contributions that allow us to provide more than 50,000 lbs. of food and supplies annually to our residents in Trolinger and New River House Apartments.

Early in 2026, we heard from supervisors that some employees are struggling with the high cost of gas, groceries and utilities. In response, Philanthropy staff surveyed employees to learn of needs and then engaged community partners to help us stock a pilot pantry for employees at Showalter Center. Employees are able to confidentially reach out for support with basic necessities free of charge and later give back through committee participation or donations if they are able. On May 26, we plan to add a second employee pantry at Kroontje Health Care Center for employees there and soon hope to serve employees of Warm Hearth at Home as well.

The Foundation welcomes donations to our pantry programs at any time of year. If you know a group that would like to hold a supply drive or friends who may get behind this effort, please let them know about the need. Philanthropy staff can provide you with flyers to help spread the word. **Reach out to Dominique at 540-443-3406.**

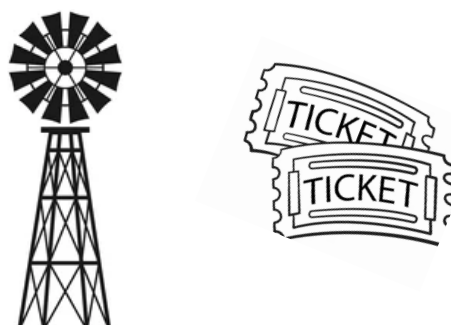
Upcoming: Reserve your tickets now! Oklahoma! at Mill Mountain Theater, Roanoke

Grab your ticket for a special trip to see the musical "Oklahoma" at Mill Mountain Theatre in Roanoke on **Wednesday, September 23rd at 7:30pm**. Attendees are responsible for purchasing their own theater ticket to the play.

Tickets can be purchased at: <http://millmountain.org> or by calling the box office at 540-342-5740 from Tuesday-Saturday 9:45-4:45pm or Sunday 1-4:45pm.

Once your ticket is purchased, please call 540-443-3800 to be included on the bus for transportation in September. Life Enrichment will provide transportation starting at 4pm to arrive downtown Roanoke at 5:30pm. We will have space for 12 people + 1 wheelchair spot. Due to the early arrival, attendees can choose to have dinner at any of the local restaurants or do some window shopping before the 7:30pm show.

For further questions on this trip contact Mardy at mbaker@warmhearth.org or 540-443-3434.



The Virginia Department for Aging and Rehabilitative Services (DARS)

DARS recently launched a new centralized resource hub through Dementia Capable Virginia, designed to support individuals living with dementia, as well as the families, caregivers, and professionals who care for them. The site brings together practical tools, educational resources, and guidance to help build a more “dementia-capable” community across the Commonwealth. You can explore their Dementia Capable Virginia resources at:

<https://dars.virginia.gov/aging/dementia-capable-virginia/>

You can also find the link on retire.org under Memory Care.

If you’re exploring memory care options for someone you love, our team is here to walk alongside you every step of the way. For more information, **contact Linda Kirkner at 540-443-3415.**

Resources To Help You Fight Fraud

The Fraud Watch Network Website offers tip sheets on the common scams and a map showing fraud activity in your area.

Visit www.AARP.org/fraudwatch network for more information.

Free National Helpline (877-908- 3360)

Connects you with trained specialists who provide free confidential guidance.

The Perfect Scam Podcast

This podcast explores fraud, with voices of victim’s and law enforcement. Visit www.aarp.org/theperfectscam for episodes.

AARP Members

Visit www.aarp.org/Norton-Benefits to save on identity-theft, and theft and device-protection plans from Norton.

Useful Phone Numbers

The Village Center

Front Desk/Concierge: 540-443-3800

Huckleberry Cafe: 540-443-3801

The Village Gourmet Catering: 540-443-3802

Fitness Center: 540-443-3474

Health Care Information - Linda Kirkner: 540-443-3415

V.P. Philanthropy & Strategic Growth - Tandra Dixon:
540-443-3414

Life Enrichment

Mardy Baker: 540-443-3434 (Village Center)

Susan Bixler: 540-443-3800 (Village Center)

Corynne Emmerson: 540-443-0409 (Showalter Center)

Danielle Snuffer: 540-443-0407 (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

540-443-3428 or www.whvathome.org

Miscellaneous

Tea Tree Salon: 540-443-3817

Fireside Cafe, Showalter Dining:
540-443-3429

WHV Main Switchboard: 552-9176

Housing & Resident Services: 552-2419
(located in Karr Activity Center)

* Maintenance

* Lock-Outs

* Security / Emergencies

* Transportation

Information Technology (IT): 540-443-0408

Treasure Trove (offsite): 200-7012

Montgomery County Sheriff’s Office

Non-Emergency number 540-382-6915

The email used at Warm Hearth for MOST staff is “first initial and last name @ warmhearth.org”. For example, Amanda Sebastian’s email is asebastian@warmhearth.org.