



The Log

August 2026

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

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)
- (No class on 8/18 and 8/25)
- 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
- 3:00 Ai Chi (P)
- (No class on 8/26)
- 4:00 Croquet

THURSDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait (A)
- 11:00 Aqua Fit (P)
- (No class on 8/6 and 8/27)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 4:00 Qigong

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

Continued to next page.

August Closings: Huckleberry Café will be CLOSED on **Thursday, August 13th** and **Friday, August 14th**, and the Fitness Center will be CLOSED on **Saturday, August 15th** for Cheeseburger in Parrot-dise prep!



Huckleberry Café
Village Center

Café 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)**

- August 7th:** Biscuits & Gravy
- August 14th:** Café closed for Cheeseburger in Parrot-dise prep
- August 21st:** Omelettes Made-to-Order
- August 28th:** Assorted Breakfast Quiche

Magic Monday | 4 – 6:00 PM

Monday, August 3 | \$14.95 (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:** BBQ Chicken w/sides of Homemade Mac & Cheese & Coleslaw + Chef's Choice Dessert

Monday, August 24 | \$14.95 (tax included)
Live Music: American Roots is an acoustic guitar and vocal harmony duo featuring the father-and-son-duo Fred and Jon Benfield, who perform Americana music spanning roughly from 1900 to 1950.
***Menu:** Fried Shrimp Po Boys w/Cajun Succotash + Chef's Choice Dessert

*Vegetarian & Gluten-Free options available!

3 August

Monday, 9:30 - 10:30 AM

Woodland Studio
Village Center

Men's Breakfast Club

PLEASE NOTE: Men's Club new monthly meeting time on the 1st Monday of the month!

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.

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 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

Bible Study (SC)
1st & 3rd Wednesday of each month
6:30 PM
Karr Activity Center

Bible Study (Resident Lead)
Saturdays
10:00 AM - 12:00 PM
Karr Activity Center
Contact: Gi Conger

Bocce Ball
Tuesdays
Village Center
Contact: Roland Byrd
byrdrolandw@gmail.com

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

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 3

Croquet
Wednesdays
4:00 PM
Village Center
Contact: Roland Byrd
byrdrolandw@gmail.com

3 August
Monday, 11:00 AM
Tall Oaks Hall
Village Center

Proper Disposal of Medications

Join us for a practical discussion on why safely disposing of unused and expired medications is an important part of protecting your health and keeping your home safe. We'll discuss the risks of keeping medications you no longer need and share simple strategies for deciding when medications should be discarded and how to dispose of them safely.

At the conclusion of the talk, you will hear about recruitment for a new research project related to medication disposal. Participants will have the opportunity to learn more about the study and decide whether they would like to participate.

Monifa Vaughn-Cooke, Ph.D. is an Associate Professor in the Department of Health Systems and Implementation Science at the Virginia Tech Carilion School of Medicine. She has led numerous federally funded research projects focused on patient safety, reducing medical errors, and improving the design of healthcare products.

3 August
Monday, 1:00 - 2:30 PM
Woodland Studio
Village Center

Create & Sip: Stencil Signs

Each participant will take home their own customized sign ready for display! Large 14x14" round signs will be used as the back drop for our floral, geographic and heart felt phrases that can be used for fall or for year round use. Samples will be available for inspiration. Participants will be sponge painting with acrylic paints so this class will last approximately an hour ½, depending. Please bring a smock or old shirt to wear.

Participation limit: 16 people
Call Bix at 540-443-3800
Registration deadline: August 3 at 12:00 PM.
Sign ups start July 31 at 9:00 AM.

3, 10, 17, 24, 31 August
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.

Groups & Clubs - continued

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

Grief 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 9

Guided Meditation
Guided Meditation on Zoom
Mondays
3:00 - 4:00 PM
Contact: Zed Hrubec
zhrubec@outlook.com
541-250-2154

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 Monday of each month
9:30 - 10:30 AM
Woodland Studio
Contact: Mardy Baker
mbaker@warmhearth.org
540-443-3434
More info on pg 1

Music & Message
11-Noon, 2nd & 4th Sundays
Karr Activity Center
Contact: Mardy Baker
mbaker@warmhearth.org
540-443-3434
More info on pg 5

Parkinson’s Support Group
First Thursday of each month
(No meeting in June or July)
2:30 - 3:30 PM
Tall Oaks Hall
Contact: Marcus Burks
MBurks@warmhearth.org

Pickleball Club
Monday thru Saturday
(based on demand)
10:00 AM
Contact: Kent Koller
kbkoller@gmail.com

4, 11, 18, 25
August **Karr Activity Center**
Tuesdays, 10:15 AM

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!

5
August **Off Campus**
Wednesday, 10:00 AM

Special Trip: The Hatch Restaurant
The Hatch is one of Blacksburg’s newest restaurants, serving many different kinds of southern styled offerings. This trip will incorporate their brunch and lunch menus. Pick ups will begin at 10am with arrival being around 10:30am at the restaurant. Preview their menu at <https://thehatchblacksburg.toast.site>.

Participation limit: 12 people + 1 wheelchair spot
Call Bix at 540-443-3800
Registration deadline: August 4 at 2:00 PM.
Sign ups start July 31 at 9:00 AM.

Featured Artist  **Woodland Studio**
Village Center
Woodland Studio Monthly Spotlight

August Exhibit: “The Versatility of Acrylic Paint”
by Dora Butler and Sharon Simon

Acrylic paint is an incredibly versatile medium capable of producing a wide range of effects from bold opaque color to delicate translucent layers. Its fluid nature allows the artist to explore both controlled techniques and spontaneous movement. The versatility and forgiving nature of the medium makes acrylic paint ideal for experimentation and discovery. Exhibit will run from July to September. Artist Dora Butler will teach a class on textured paint on August 10th.
More info on pg 5!

Are you or someone you know interested in being featured in our Exhibit Spotlight?
Please contact mbaker@warmhearth.org for more details.

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

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

Huckleberry Café
540- 443-3801

Pickup & delivery available.
8:00 AM - 2:00 PM
More info on pg 9

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!



**Additional Research Study
Opportunity**

Do you want to help with research
on Essential Tremor?

Researchers at Virginia Tech are
recruiting participants to develop
a new assistive device to help
counteract hand tremors. If you are
interested, please see the bulletin
boards for a flyer on the topic and
how to participate.

6

August

Wednesday, 12:30 - 3:30 PM

See below

VCOM: Health Literacy

Students from the Edward Via College of Osteopathic Medicine (VCOM) are conducting a research study to better understand health literacy and medication use among older adults living in rural communities. This two-stage, community-based educational intervention aims to identify ways to improve medication understanding and adherence while promoting healthier aging. Individuals who are 65 years of age or older, reside at Warm Hearth Village, and are able to provide informed consent are invited to participate. During the study, participants will complete surveys and educational activities focused on medication use and health literacy. Participants may also gain valuable information about their medications and strategies for taking them safely. Findings from this study will help guide future health education programs designed to improve the well-being of older adults in rural communities.

On August 6th, students will be available in Woodland Studio and Karr Activity Center to pass out surveys and talk about their research. The survey only takes 5-10 minutes to complete. The students will be present from 12:30 to 3:30 for drop-in hours to pass out surveys and assist with questions.

For more information or questions about participating, please contact Sarah Brandt at sbrandt@vt.vcom.edu or Caroline Susco at csusco@vt.vcom.edu.

7, 14, 21, 28

August

Karr Activity Center

Friday, 10:30 AM - 12:00 PM

Technology Assistance

Drop in for help with your mobile devices. Student(s) can help answer simple questions that don’t require specific education or training in computers. Get help with texting, photos, messaging, settings, Zoom, etc. First come, first served.

We use student volunteers for this. If no one signs up for a particular day, we will put a note on the door of Karr Activity Center that morning letting you know we do not have volunteers for that Friday.

7

August

Friday, 2:00 PM

**Tall Oaks Hall
Village Center**

Village English Tea

It’s time for 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 attendees.



- Thomas "Lee" Hawley Jr.,** Maintenance Supervisor, **30 Years**
- Mary Reeves,** CNA
KHCC Cove, **10 Years**
- Cortney McAvoy,** CNA
KHCC Cove, **5 Years**
- Karen Strickler,** Retail Manager,
Treasure Trove, **5 Years**
- Amita Sapkota,** LPN
SC, **2 Years**
- Todd "Farley" Mullins,** Social Worker
SC, **2 Years**
- Nicole Amos,** CNA
SC, **2 Years**
- April Hall,** Housekeeper
KHCC, **2 Years**
- Jennifer Jaszai,** CNA
SC, **2 Years**
- Emily Darling,** Life Enrichment
SC, **2 Years**

Community Garden Update

Plans to move the Community Garden to a larger site with an expanded number of beds are underway!

Most recently, Geotech engineers performed soil borings to determine if the site is suitable for a paved road and parking area. The next steps include topographic mapping of the area and civil engineering to develop a grading plan, utility placement, and road design. This work will take place in the next month.



9, 23

August

Sunday, 11 AM - 12:00 PM

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.

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

Karr Activity Center

10

August

Monday, 1:00 PM

Intro to Textured Acrylic Paint

Anyone can create with paint with teacher Dora Butler. Explore the basics of "sculpting" layers of vibrant acrylic colors into unique images that express your individual creativity. This is an introduction to a "no brush" technique that uses palette knives, balloons, and other objects to create art on canvas. Messy play isn't just for kids! Participants will leave the session with at least one completed personal work of art on a 5"x7" canvas board. Wear old clothing or a smock cover. This class will be approximately 2 hours and costs \$30 for instruction and all the materials needed. **Minimum is 4 participants and maximum is 10.**

Dora is one of our current Artist Spotlight exhibitors. Her work will be on display this month in Woodland Studio!

Woodland Studio Village Center

Participation limit: 10 people
Sign up: Dora Butler at dbutl03@gmail.com
or call/text 434-944-2086
Registration deadline: August 6

12

August

Wednesday, 5:00 PM

Allegro Trio in WWII Park

Join the Allegro Trio with a casual and relaxing evening of classic rock and classics from 5 to 6 pm. They will be set up in the gazebo in the WWII Park with seating available. As always with our outdoor music, feel free to bring a folding camping chair and sit where you like. Bring a picnic and beverages and make it an evening with your neighbors. **If weather is poor, the music will happen inside the Karr Activity Center.**

WWII Park



14

August

Friday, 3 - 4:00 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 end the week with music in your heart.

All are welcome!



15

August

Saturday, 6:00 - 10:00 PM

Village Center

Cheeseburger in Parrot-Dise

Join us for Cheeseburger in Parrot-Dise:
Living on Island Time!

We're serving up an unforgettable evening of island-inspired fun featuring great food, tropical cocktails, live music, the Cheeseburger Throwdown, Big Lick Ice Cream, a silent auction, and the debut of Wybe's Island Shop. Best of all, every ticket purchased helps support the Warm Hearth Foundation's mission of providing assistance, care, and support to local seniors in need. Grab your friends, wear your favorite island attire, and join us for a night of fun with a purpose!

Tickets are available now—reserve your spot today!

For event details and ticket information, visit:

retire.org/cheeseburger-in-parrot-dise or
Village Center front desk

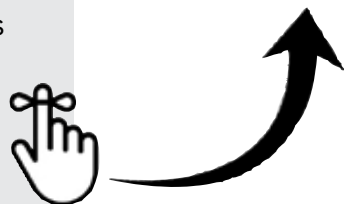


Master Plan Update

Almost a year and a half ago, we contracted with SFCS Architects to develop a plan showing the development of our 220 acres in a timeframe ranging from 2 years to 50 years.

We paused late last year to bring on a financial and marketing consultant to do analysis and build financial modeling to aid in decision making about future development. On July 22, SFCS presented final design concepts to the Board and other key committees.

William will be sharing the final concepts with residents at the August Town Hall. Please be sure to attend if you want to see the Master Plan and learn about development plans for the future!



17

August

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=8qgqTjlcowWTHDlMYA8bB0ltzxKHKE.1>

Meeting ID: 827 6942 8284 Passcode: 104187

Learning to Love the New River Valley

5 weeks of guided exploration for newcomers, recent retirees, or anyone who wants to learn more about the NRV.

- Discover local history
- Find Your fun
- Get outside
- Take a day trip
- Eat, shop, read, live local
- Connect with others
- Give back to your community

Lifelong Learning Institute
Fall 2026; Course No. 41
Mondays, 11:00-12:30
Registration: Aug. 18
<https://cpe.vt.edu/lifelonglearning.html>

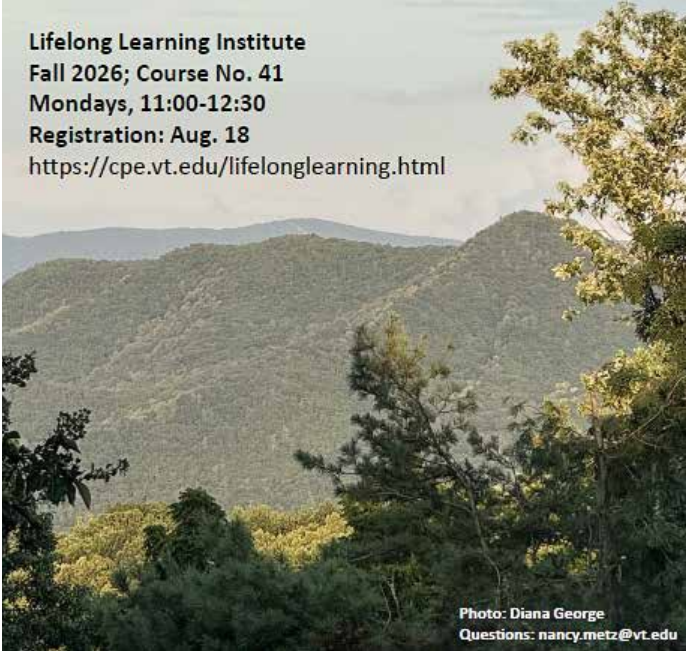


Photo: Diana George
Questions: nancy.metz@vt.edu

18
August

Woodland Studio
Village Center

Wednesday, 9:30 - 11:30 AM
LLI Fall 2026 Registration

The Lifelong Learning Institute of Virginia Tech (LLI) is a member-driven, volunteer organization that draws on the wealth of academic and community resources in the New River Valley and beyond to provide intellectual, cultural, and social experiences for adults 50 and older. This fall LLI presents our biggest program yet! With over 90 courses, webinars, field trips, and special events, LLI truly has a program for everyone.

Registration opens:
Wednesday, August 19th at 9:30 am.

Register online by visiting the LLI Home page at www.cpe.vt.edu/lifelonglearning and clicking REGISTER or by phone by calling 540-231-5182.

Need help with registration? Stop by the Village Center on Wednesday, August 19th between 9:30 AM and 11:00 AM, where our friendly, trained volunteers will be happy to assist you in person.

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.

18
August
Tuesday, 2:00 PM

Tall Oaks Hall
Village Center

Bites & Insights: A Home Care Conversation

Join us for light bites, refreshments, and a helpful conversation about the many ways home care can support you or your loved one.

Learn about:

- What Home Care Is
- Aging Safely at Home
- Companion & Personal Care Services
- Home Health vs. Home Care vs. Hospice
- Flexible Scheduling
- How Warm Hearth at Home Supports Independence
- Questions & Answers

Sign up: Alexis Schwartz at 540-443-3411





15th Annual Virginia Tech Industrial Design Collaboration

Each Fall semester, Warm Hearth participates with SFCS Architecture Firm and the Virginia Tech School of Design to bring an Industrial Design studio to our campus to complete a multi-week project. This is our 15th year working with the Virginia Tech Industrial Design class. Teams of students and their professors come to Warm Hearth for three meetings to do resident interviews and get feedback on product designs aimed to make aging easier, more enjoyable and safer.

This year, we will host around 30 students in 6 teams. Participation involves attending meetings on the following dates:

- October 21st**
1:30-3:30pm Introduction and resident interviews.
- November 4th**
1:30-3:30pm Students will present some ideas for products and get feedback.
- December 7th**
1:30-3:30pm Final project presentations.

If you will be available on these dates and times and would like to participate, please email **Sara McCarter** at smccarter@warmhearth.org.

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

20 August **Karr Activity Center**
Thursday, 4:00 PM

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.**

21 August **Tall Oaks Hall**
Friday, 10:00 AM **Village Center**

WHV Spelling Bee & Breakfast
Study up and head to the Village Center where Mardy, Life Enrichment Director, will host a friendly Village Spelling Bee during the morning breakfast time at Huckleberry Cafe!

Contestants will go through a series of words and levels, easy to challenging, to see who will be named WHV Champion Speller. Prizes for all spellers. Everyone invited to watch. To hold the competition, we need at least 6 contestants.

Questions? Contact mbaker@warmhearth.org

Call Bix at 540-443-3800
Registration deadline: August 17 at 2:00 PM.
Sign ups start July 31 at 9:00 AM.



Grab breakfast at Huckleberry Café before the competition or bring into Tall Oaks to enjoy while watching the game!

Fabulous Fridays - \$9.95/person | 8 -10am
August 21st: Omelettes-Made-to-Order
Includes fresh fruit and choice of hot tea or coffee

24 August **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 to cancel.

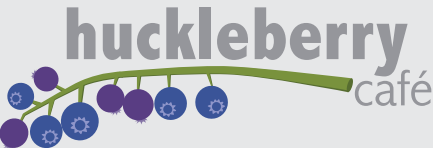
Participation limit: 12 (Minimum 4)
Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.
Registration deadline: August 17 at 1:00 PM

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 Trail Update

The Trail Committee is working with Warm Hearth’s maintenance and corporate department to improve the trails at Warm Hearth. The committee is looking at 5 areas related to the trails – Safety, Accessibility, Connectivity, Programming and Point of Interest. Every two months they meet to discuss progress and new initiatives in each of these areas. Recent improvements included repairs to the gazebo behind Dogwood Circle to replace the light and light switch and scheduling paving repairs for 5 areas considered to be safety concerns. The paving repairs will happen on July 29, weather permitting.



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

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

We can also arrange delivery any time between 8am and 2pm for a \$3 delivery fee.

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

24 August **Karr Activity Center**
Monday, 2:00 - 4:00 PM **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

25 August **Tall Oaks Hall**
Tuesday, 11:00 AM **Village Center**

Grief 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.**

25 August **Karr Activity Center**
Tuesday, 2:00 PM

Karr Talk with Lisa Assad
Topic: Substance Abuse
Substance abuse among older adults is a growing but underdiagnosed issue. As people age, their bodies process substances much slower, and reduced kidney and liver function can cause substances to remain in the bloodstream much longer, significantly increasing the risk of dangerous drug interactions, falls, and overdose, even with small amounts. Join staff development nurse, Lisa Assad, on August 25 at 2 pm at the Karr activity center for a brief presentation on Substance Abuse. The presentation will last roughly 20 minutes and is followed by discussion.

26 August **Tall Oaks Hall**
Wednesday, 10:00 AM **Village Center**

Connections: Exploring Trusts
Warm Hearth Foundation’s Planned Giving Committee and Ray Juidici with National Bank share timely information and tips on planning ahead using trusts. Join an interactive discussion and bring your questions. Open to the public as well as residents.

Please RSVP to Dominique at dharder@warmhearth.org or 540-443-3406

Out and About in the NRV

Local happenings
and opportunities in
Blacksburg & beyond!



Upcoming Event!

Join us for the NRV AARP/TOC
Health Fair!

Bringing free health & wellness
resources to the community and
supporting local charities
at the same time.

Sept 16, 2026
10:00 AM – 2:00 PM

Christiansburg Recreation Center
1600 N Franklin St.

For more information, contact
Jackie Jones at:
NRVAARPhealthfair@gmail.com

Upcoming:
Reserve your tickets now!

See "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
Tues -Sat 9:45am - 4:45pm or
Sun 1 - 4:45pm.

For transportation, call
540-443-3800 before
purchasing your ticket to check
available bus space!

For more info Contact Mardy
at: mbaker@warmhearth.org
or 540-443-3434.

26
August

Wednesday, 11:00 AM

Off Campus

Special Trip: El Rodeo

This August Special Trip will bring you closer to home with lunch at El Rodeo in the First & Main shopping area. Great food, great drinks and reasonable prices. Lunch special available. Pick ups begin at 10:30am.

Participation limit: 12 people + 1 wheelchair spot
Call Bix at 540-443-3800

Registration deadline: August 25 at 2:00 PM.
Sign ups start July 31 at 9:00 AM.

27
August

Thursday, 3:00 PM



Tall Oaks Hall
Village Center

Thirsty Thursday Movie Time

The popcorn is hot and the bar is ready! This limited series of happy hour and a movie will occur the fourth Thursday of the month. August's movie is Moonstruck with Cher rated PG (1987). Moonstruck follows Loretta Castorini, a pragmatic Brooklyn widow, whose engagement is upended when she meets her fiancé's passionate, estranged brother. This warm, witty romantic comedy weaves love, family, and tradition into a charming portrait of Italian-American life. It's a heartfelt, funny, and enduring classic.

Come out, grab a drink from the café and a complimentary bag of popcorn before heading in for the feature film. Doors and concessions open at 2:45pm. All friends and family invited!

28
August

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: August 21 at 1:00 PM

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September

Thursday, 1:00 - 2:30 PM

Karr Activity Center

Next up: Riley & The Rootabagas are back! This wonderful bluegrass and traditional mountain music band has played all over VA including the Old Country Store in Floyd, VA. Join them for their "Welcome to Fall" show.

Cyclosporiasis Outbreak – Guidance for Fruit and Vegetable Consumption

Fruits and vegetables are an important part of a healthy diet. They provide our bodies with essential nutrients such as fiber, vitamins, and minerals. During a cyclosporiasis outbreak it is not recommended to stop eating fruits and vegetables but to instead follow up to date recall information and practice safe food preparation to reduce your risk of the illness.

What is Cyclosporiasis?

Cyclosporiasis is an intestinal illness caused by the microscopic parasite Cyclospora cayetanensis. Fresh fruits and vegetables can become contaminated when they come in contact with contaminated water or human waste during growing, harvesting, or processing. Consuming contaminated produce may lead to infection.

As of July 17, 2026, Taylor Farms recalled all iceberg lettuces sourced from central Mexico. Other produce that has been linked to previous outbreaks:

- Raspberries
- Parsley
- Leafy greens
- Cabbage
- Broccoli
- Basil
- Snow peas
- Cilantro
- Snap pea

Although these foods have been associated with previous outbreaks, if handled/washed properly and not on active recall these products are generally safe to eat.

How to Safely Consume Fruits and Vegetables?

1. Wash hands with soap and water: Before handling any produce be sure to wash hands thoroughly.
2. Wash produce under running water: Although washing does not completely remove Cyclospora, it helps remove dirt and other contaminants and is an important first step before eating or preparing produce.
3. Scrub firm produce: Use a produce brush to scrub firm vegetables and fruits.
4. Remove damaged areas: Cut away any bruised or damaged areas before preparing or eating produce.
5. Discard outer layers if able: Discard the outer leaves of leafy vegetables such as lettuce or cabbage before washing and preparing them.
6. Avoid cross contamination: Use different cutting boards and utensils when preparing fresh produce.
7. Prioritize cooking: If you can, cook any produce to a temperature of at least 158°. The parasites are unable to live at these temperatures.
8. Avoid recalled items: Avoid recalled products. Check the FDA or CDC website for current recalls before purchasing or consuming fresh produce during an outbreak



Completed by Radford Nutrition and Dietetics student, Alyssa Yost

References
<https://www.psu.edu/news/agricultural-sciences/story/qa-how-stay-safe-cyclospora-parasite-causing-stomach-bug-outbreak>
<https://www.cdc.gov/cyclosporiasis/prevention/index.html>
<https://www.fda.gov/food/foodborne-pathogens/cyclospora>
<https://www.cdc.gov/cyclosporiasis/outbreaks/07-26/index.html>

Trash/Recycling Reminder

RECYCLING: The recycling bins that are located in the breezeways and are labeled are for recycling ONLY. Please do not put trash, medical waste, or anything else in the recycling bins other than recyclable items. Put loose items in there ONLY; if the recycling items are in a bag, it ruins the collection process. Take items out of bags. If you are not 100% sure an item CAN BE recycled, please don't include it.
"When in doubt, throw it out!"



TRASH COLLECTION: Be considerate and realize staff members have to empty out the trash. Make sure it is securely bagged, no human or medical waste, keep these items as easy to collect as possible.

Wherever you live, we ask that ALL RESIDENTS MAKE SURE YOU, AND ANY GUESTS, HEALTH CARE WORKERS, HOUSEKEEPERS, or anyone else that handles TRASH and RECYCLING know where to correctly put these items and please be considerate of the staff who have to collect it.

Save the Date: Cheeseburger in Parrot-Dise Returns August 15

Mark your calendars for the 13th Annual Cheeseburger in Parrot-Dise:
Living on Island Time, presented by Kingsview Partners.

Join us on Saturday, August 15, at Warm Hearth Village for an unforgettable evening of island-inspired fun, all while supporting seniors in need through the Warm Hearth Foundation.

- This year's event will feature:
- The beloved Cheeseburger Throwdown
 - Live music on our outdoor festival stage featuring The PanJammers
 - Tropical cocktails and island-inspired refreshments
 - Wybe's Island Shop featuring exclusive merchandise and tropical treasures
 - Local favorites, including Big Lick Ice Cream
 - An exciting silent auction benefiting local seniors

Whether you're coming for the food, music, shopping, or simply to support a great cause, there's something for everyone at this signature summer event.

Get your tickets before they're gone!
Saturday, August 15, 6 - 10:00 PM
Regular \$50 | VIP \$100

For event details and ticket information, visit:
retire.org/cheeseburger-in-parrot-dise
or the Village Center front desk



Useful Phone Numbers

The Village Center
Front Desk/Concierge: 540-443-3800
Huckleberry Cafe: 540-443-3801
The Village Gourmet Catering: 540-443-3447
Fitness Center: 540-443-3474
Health Care Information - Linda Kirkner: 540-443-3415
V.P. Philanthropy & Strategic Growth - Tambra 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

Network Services (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.