

HERMITAGE

NORTHERN VIRGINIA

August 2020

CELEBRATING AUGUST

Read-a-Romance-Novel
Month

Happiness Happens
Month

International Clown
Week
August 1-7

Watermelon Day
August 3

Elvis Week
August 8-16

Creamsicle Day
August 14

Senior Citizens Day
August 21

National Park Service
Day
August 25

Matchmaker Day
August 31

HAPPY BIRTHDAY

We would like to wish everyone
who celebrates a birthday in
August, Happy Birthday

- Haggard Sunny 8
- Floral Fergus 10
- Martz Mary Hannah 16
- Margaret Boardman 18
- Enrique Spiegler 19
- Wilmot O'Loughlin 19
- Ralph Noel 30



NAIL CARE

Every Monday from 2-3 pm
residents can have their nails
polished by appointments only in
the Lounge on their floor. We can
provide (1) nail polish that will be
specifically for you unless you
bring your own. You are
instructed to wear a mask.

ENTERTAINMENT

AUGUST THEME

Hollywood Star
Judy Garland

Sunny Sunday

August 2, 2:00 pm
Breezeway
Saxophonist- David

Musical Monday's

Broadway Musicals

Terrific Tuesday's

Honeymooners & Trivia

Winning Wednesday's

Hermitage Worship

Thankful Thursday's

Sid Caesar

Fun Friday's

Jack Gleason Movies

Super Saturday's

Judy Garland Movies

LUNCH BUNCH

Wednesday August 19th at 11:00 am join us for Lunch Bunch. We will not be taking residents to **Olive Garden**, but we will take orders from residents who are interested.

Let the Receptionist know you would like to sign up and someone from Activities will come and take your order. Olive Garden's menu may cost between \$15 -\$30 bucks.

RESIDENT DIRECTORY!

Summer 2020 edition of our Resident Photo Directory is done. We can all thank Donna McGrath in Medical Records for taking new photos of all residents and, she was able to complete the directory sooner than anticipated. The directory will be distributed to residents on August 3rd.

FITNESS ROOM

The Fitness Room is open and available to residents who would like to work out. All you would have to do is let the Receptionist know you would like to use the gym and Bernard from Activities will visit you and add you to the schedule.

Once the day and time is given to you and you are added to the roster the schedule is placed on the fitness room door. The Fitness room is sanitized after every use so residents can be safe while working out.

HERMITAGE WORSHIP SERVICE

Every Sunday and Wednesday's you can join Kathy Howell at 11:00 am on channel 22, for Hermitage Sunday morning Worship.

BREEZEWAY VISITS

Residents who are interested in seeing their loved ones can do so by going to the Breezeway. The Breezeway is located between both the Healthcare Center and the main building entrance. Benches are set up adhering to the six feet social distancing and face mask must be worn by everyone. Family members have already begun utilizing it and appreciates it very much. Please call Mary King at 703-797-3880 if you would like to schedule your family meeting.

EXERCISE WITH JULIA

Residents can enjoy exercise with Julia every Tuesday and Thursday at 10:00 am, in the Auditorium. This program is set up to for 18. We must adhere to 6 ft. social distancing, so you must wear a mask when going to this program. We do encourage residents to limit socialization and utilize the sanitizers.

Residents can leave their room to attend exercise about 15 minutes prior to start. For safety reasons, we would appreciate it if there is no more than 2 people on the elevator at the same time. We will still be providing exercise on channel 22, transmitted to residents room and in the 6th floor Lounge.

ART WITH MARIA

Residents who are interested in art, can join volunteer Maria via zoom, every Saturday beginning in August. Maria is an art student at Thomas Jefferson School of Technology and would like to facilitate an art program at our community. This program will be via zoom. We will provide whatever materials needed. We will inform residents of the start date at a later time.

EXERCISE WITH HEALTH PRO

Beginning **Friday August 7th** and every Friday thereafter, residents can join our Physical Therapist Moon from Health Pro in the Auditorium at 10:30 am. If you are interested in attending, please keep in mind there can only be two (2) people riding on the elevator at the same time. Please remember to wear your face mask.

DAVIS AND BRADLEY

Sunday August 16th join entertainers Davis and Bradley in the Breezeway at 2:00 pm. Davis/Bradley are Bluegrass singers who are no strangers to our community. We will need everyone who would like to attend to wear a face mask and please adhere to six (6) ft "social distancing."

MOVIE MATINEE

Every Wednesday and Saturday join us in the Auditorium for movie and refreshments at 2 pm.

MUSICAL-HAMILTON

Sunday August 9th, join us at 2:00 pm in the Auditorium for our featured movie "Hamilton." This is the original Broadway production of the award-winning musical that tells the story of Alexander Hamilton, first secretary of the treasury, blending hip-hop, jazz, R&B and Broadway styles, filmed from the Richard Rogers Theater in New York. The initial release was July 3, 2020, the Director is Thomas Kail. This movie is 2 hours and 40 minutes long.

PRESENTATION VIA ZOOM

Tuesday August 11th join Cindy Courville for Covid-19, and the world today at 2 pm in the Auditorium.

Tuesday August 25th at 2 pm join Jack French for "The Wild West, Facts or Fiction," in the Auditorium.

PAINTING WITH RESILIENCY

Join Artist Merri Davis on the 1st and 3rd Tuesday for painting classes. Residents who are interested can go to the Auditorium at 2pm and Merri will be teaching via zoom.

FLOOR BINGO

Bingo is usually transmitted on channel 22, now residents can join us we are adding live Bingo to the six (6) Floor Lounge every Thursday at 2:00 pm. For safety precautions, residents will be given a packet with their bingo card, which they will keep and use every time they come to bingo. Residents can only play with one card.

What's in your name?

We have no choice in the name we received. We have every choice in what it comes to mean. "A good name is more important than riches" (Prov. 22:1). We should protect our name. A name is something that we pass on to our children. We need to be very careful to protect the reputation of our name.

A young boy delivered groceries part-time. He went to the home of a new customer with her order. She asked his name, and he said, "Ronald Reagan." The customer replied, "Wow, that's a pretty well-known name." Without a moment's hesitation, the young man said, "It should be. I've been delivering groceries around here for four years."

Don't be content to rest on the merits of the name you have that somebody else made. Be sure and protect it and be sure that you pass down a name of which people in the future can be proud. You are responsible for the meaning that you give to your name.

How powerful would it be if your name were associated with generosity, thinking of others, and planting seeds for tomorrow? There are ways you can do this. If you would like to know more, contact Charles Wickham, Director of Donor Development, by email at cwickham@pinnacleliving.org or call **804-474-8724**.

LEARNING TECHNOLOGY

Due to COVID-19 outbreak, the whole world have been able to cope with quarantine etc., with social media and video chatting technologies. However, not everyone has been able to use these technological programs, especially the elderly.

Eugene Choi is a sophomore at Thomas Jefferson High School located in Alexandria Va. During COVID he has created a service for seniors and would like to volunteer his services to our community.

Eugene is teaching technology to the elderly to include using Microsoft word, staying safe on social media and using iPhones. These lessons will all be held through zoom calls and are virtual. He currently has a program running at Goodwin House, and because they have enjoyed it there, he would like to offer his services at our community as well. He would like to keep the groups small, a maximum of 6-7 people so that he can keep the lectures interactive. The overall program will last from 4 to 5 weeks, once weekly, between 40 minutes to 1 hour. We will inform residents about the scheduled day and time of this program which will begin in August.

GOOD NEWS

Finally, brethren, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy-- think about such things.” Philippians 4:8

Mom loved people and loved to be where things were happening. That’s how she happened to join the Red Cross Army Nurse Corp over a year before Pearl Harbor. Her brother James, who was already in the army, told her that a war was coming, and Mom said that she wanted to be where the action was.

Action is just what she got. My mother served 36 months overseas in Australia and New Guinea as a nurse. Because she was already in the service before the war started she was promoted quickly and made the rank of First Lieutenant.

Only rarely did Mom talk about the difficult part of the war, caring for the wounded soldiers, making sure that the mosquito netting was protecting each patient from the hoards of insects, dealing with the mud and the contaminated water, having to jump in ditches for cover as their jeeps were being shot at by Japanese planes. Like so many who served in the Pacific, Mom got dingy fever, dysentery and malaria.

KATHY HOWELL



Nina Wilson,
my mother at
Camp Claiborne,
Louisiana, 1940

But these were things she rarely talked about. She spoke most often about the times she and those she worked with shared laughter and friendship. My mother believed that she had a choice about where she allowed her thoughts to dwell, and she chose to focus on the good.

When I consider our Scripture for today, I think that Paul also believed that we have a choice when it comes to the things we dwell on. At the time Paul wrote this letter he was under arrest. He knew firsthand the types of problems and hardships that Christians in Philippi were facing. He urges them to keep focused on Jesus Christ. Instead of worrying and letting their minds dwell on the things that might lead them astray here on earth, they are to pray about everything, to tell God what they need, thank Him for all He has done, and focus on the good. Today this advice seems like a tall order in a troubled world, but, as scripture assures us elsewhere, in God, all things are possible.