

Home & Hearth

HERMITAGE

RICHMOND

August 2025

A NOTE FROM THE DIRECTOR OF LIFESTYLES & WELLNESS

For the month of August, Hermitage Richmond highlights the Social Connections Pathways to Wellness. Very fitting, since August 1st is the International Day of Friendship!

It is difficult not to find yourself in some sort of social situation here at Hermitage because we prioritize creating an environment where everyone feels included and connected, developing a strong sense of community.

Numerous studies show that strong social ties can lead to improved mental health, enhanced physical health and cognitive benefits.

Creating an inclusive community is about embracing diversity-both visible differences and unseen characteristics- among residents, team members, families, volunteers and visitors.

Whether it is greeting one another in the hall, sharing a meal, or participating in a program, the social opportunities are endless here at Hermitage Richmond.

Additionally, our Diversity, Equity, Inclusion and Belonging, (DEIB), committee is committed to providing education to stakeholders so that we continue to grow together, support one another, and cherish the connections that make Hermitage Richmond a joyous place to be.

*Stay Well,
Jennifer Norton*

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Community News

Resident Birthdays

Margaret Williams 8/03
Anne Caravati 8/04
Beverly Lee 8/05
Clarice Youngman 8/07
Mary Anne Cole 8/11
Dorothy Engel 8/18
Robert Krewatch 8/18
Elizabeth Dent 8/20
Daylon McCarty 8/21
Mary Florence 8/22
Anne Hanchey 8/22
Louise Howell 8/24

Team Member Birthdays

Ebony Dickerson 8/01
Phonya Lewis 8/04
Kimberly Grimes 8/07
Joseph Lee 8/13
Curtis Jones 8/14
Latasha Richards 8/16
Courtney Johnson 8/17
Taylor Pate 8/20
Dawn Shepherd 8/25
Bruce Browning 8/28

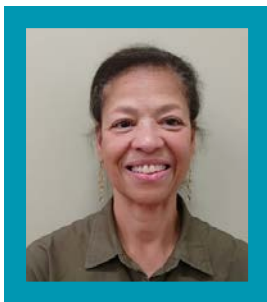
New Residents

Charles Barlow
George Young
John Alderman



Our New Resident Social is held the 3rd
Friday of each month in the Guild
Solarium at 2:30PM.

Welcome Kimberly Jones Assistant Director of Nursing (ADON) for The Grove



Kimberly can be reached at
804-474-1860 or
k.jones@pinnacleliving.org

Team Member of The Month Edric Harper Dining Services



Congratulations

KUDOS!

HERMITAGE RICHMOND'S

Diversity, Equity, Inclusion & Belonging Team (DEIB)

Mission Statement: Provide education and encouragement to Pinnacle Living stakeholders thereby enabling all to feel included, empowered and equitably treated while living, working, or visiting any Pinnacle Living community. All Pinnacle Living communities wish to celebrate diversity every day.



Jarrell
Chandler



Bernetta
Finney-Vincent



Morgan
Mongold

Shop 'till You Drop!

Shop Hidden Treasures

Friday, August 22nd
9:30-12:30
"E Basement"

Community News

Welcome Noah Chapman, AIT



We're excited to welcome Noah as our new Administrator in Training at Hermitage Richmond!

Noah is a recent graduate of Christopher Newport University, where he earned his degree in Sociology. Though he's just starting his professional journey, Noah is no stranger to the world of senior living. His passion for long-term care began early, volunteering at a local Life Care Community in Richmond during his early teens. He later worked as a part-time dining server throughout high school, gaining hands-on experience and building lasting connections with residents.

During the summer of his junior year in college, Noah interned with Pinnacle Living, spending most of his time right here at Hermitage Richmond. That experience deepened his commitment to the field and reinforced his desire to build a career in senior living.

Now, as our Administrator in Training, Noah is eager to learn from the experienced professionals on our team while continuing to build relationships with residents—often over a game of Rummikub!

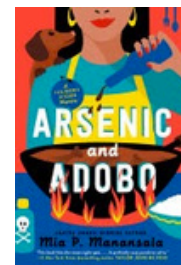
Outside of work, Noah enjoys attending sporting events, exercising, reading, and spending time with his two dogs. He's also an avid cook and loves experimenting with new recipes in the kitchen.

Please join us in giving Noah a warm welcome!

New Library Book!

Check out the Book & Bistro for our DEIB Book Pick of the Quarter!

The book is titled *Arsenic and Adobo* by Mia P. Manansala. A Tita Rosie's Kitchen Mystery. The book is written by a Filipina author and includes many delicious Filipino foods in the book!



Walk to End Alz Campaign

It's that time of year again when we start our Walk to End Alzheimer's campaign for Team Hermitage's participation in this annual event. Team Hermitage will be participating in the event at City Stadium on Saturday, November 8th. We were off to an early start this year, raising \$81 at our Summer Carnival. Over the next few months, stay tuned in for opportunities to give to this great cause. We will start registering Team Hermitage participants as we get closer to November. For questions, contact our Team Captain, Bernie Finney-Vincent.

Team Hermitage Warming Up at Last Year's Walk



Community News



Volunteer Corner



Hermitage Richmond volunteers help us to provide additional support and programs to our residents. Pinnacle Living recognizes three categories of volunteers: Community (Non-Resident Volunteers), Episodic (Programmatic) Volunteers, and Resident Volunteers. Below are some of our volunteer-run services. For additional Community Outreach opportunities, refer to your program calendar, touchtown or Daily Sheets. Contact Jennifer Norton about our Volunteer Program. 474-1807.

HIDDEN TREASURES CONSIGNMENT SHOP

*For Residents, Team Members,
Families & Volunteers*

Friday, August 22nd

9:30AM-12:30 PM

Edgewood-Lower Level



PEEPS' PLACE CONVENIENCE STORE

Mon-Thurs

10:00AM-2:00PM



LIBRARY

Located in the Book & Bistro

Sign out books at your convenience



Note: We are no longer accepting paperbacks!

NEW RESIDENT "BUDDY" PROGRAM



If you are interested in becoming a "Buddy" for new residents and want to learn more, contact Danielle Nelson, Director of Social Services at 804-474-1854.

MARKETING AMBASSADOR PROGRAM

Interested in supporting the marketing department? If you are willing to share your home with a potential neighbor, please join our resident ambassador program. Contact Phonya Lewis for further details. 474-1812.



Word of the Month!



CORDIAL = Welcoming and gracious.

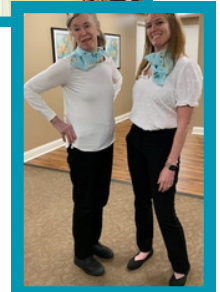
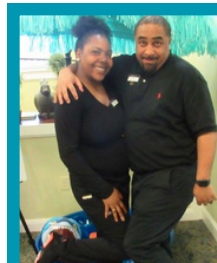
Ex: The First Lady should be the cordial hostess.

BY RESIDENT ARLINE SHAFER
We challenge you to use this word in conversation this month!

Festive Friday!

Friday, August 1st is Twin Day!

To celebrate International Day of Friendship, and Social Connections Month, find a partner to dress alike! Enjoy these pictures of Twin Days from years past!



Community News

Did You Know?

- **HERMITAGE RICHMOND'S WAYS OF GIVING:** Hermitage Richmond has 8 funds to support our many initiatives. This month, we highlight the **Resident Program Fund** which supports lifelong learning and engagement for residents, recognizing that activities, and expectations vary on a regular basis. Contact Jennifer Young, Business Office Director, for details at 474-1802. For a complete list of funds visit <https://www.pinnacleliving.org/philanthropy>.
- **DESIGNATED PARKING:** Designated parking for residents is located to the right of the flagpole (Delmont Wing Side). Family members, volunteers and guests must park to the left of the flagpole (Avondale Wing Side).
- **TEAM MEMBER OF THE MONTH:** Residents, families, team members and volunteers are eligible to nominate a team member for Team Member of the Month. If you would like to nominate a team member for this award, please see Jennifer Young in the Business Office for a nomination form.
- **SIGNING OUT:** Please sign out at the **Concierge Desk** or **Delmont Wing Exit** when leaving our building. In the event of a fire it will help to know you are out of the building if you cannot be found in the building.
- **RESIDENT RIGHT OF THE MONTH:** #15. Is free of physical or mechanical restraint except in the following situations and with appropriate safeguards:
 - As necessary for the facility to respond to unmanageable behavior in an emergency situation, which threatens the immediate safety of the resident or others;
 - As medically necessary, as authorized in writing by a physician, to provide physical support to a weakened resident;
- **COMMUNITY GARDEN BOXES:** Feel free to pick, harvest, prune, “dead-head,” or water our Community Garden Boxes. They are for everyone to enjoy and care for when needed. NO pesticides or chemicals please.
- **BUILDING SECURITY:** Doors to enter the building lock at 8pm and open at 6am. Your fob will work to enter the building during this timeframe. However, during this timeframe an alarm will sound with the exception of the Main Entrance. Please call these numbers for assistance after hours: From 5:00pm – 12:00 midnight 804-910-1207; 12:00 midnight - 7:00 am 804-350-8190
- **RECYCLE PROGRAM:** Hermitage Richmond has a Recycling Program! Refer to instructions located in each residential area's soiled utility room. Contact Andrew Lewis, Director of Ancillary Services, for details at 474-1824.

House Services

Legacy Care

Legacy Care is a behavioral health group that will work closely with residents' primary care providers to deliver psychiatric services including an on-site psychiatric nurse practitioner who can manage symptoms with appropriate medications services. They will be in-house on Saturdays.

Reach out to Danielle Nelson, Director of Social Services for more information

Counseling Services

Hermitage Richmond has resources for professional counseling.

*For inquiries, reach out to Danielle Nelson, Director of Social Services
or Morgan Mongold, Social Worker*



Dermatology & Podiatry

We offer onsite podiatry and dermatology appointments.

Contact Karen Caserta for an appointment.

804-474-1856



Medical Transportation

Contact Karen Caserta at 804-474-1856 to coordinate medical transportation M-F 8:00-4:00 (last appointment at 3:00) Please note that we have one bus and one driver for medical appointments and outings, therefore transportation is not a guarantee. Call Karen for more details.

Home Health

Commonwealth Home Care will be servicing our community for home health needs.

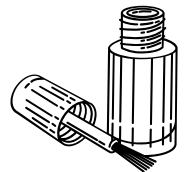
*For inquiries, reach out Danielle Nelson, Director of Social Services
or Morgan Mongold, Social Worker*

Nail Tech Services

To make an appointment for a manicure or pedicure, contact

Tammy

540-845-0579



Salon & Barber Services

To make an appointment for the Beauty/Barber Shop, contact Donna, Karen or Mel

804-474-1885

Namaste Suite

Snyder Park Rooms 7 and 8 are a calm, sensory-rich space designed for people with advanced dementia to participate in one-on-one activities that stimulate their senses and promote socialization. We encourage families to take their loved ones to these spaces for use. Contact the Lifestyles and Wellness or Social Services Departments for more information.

Pathways to Wellness

Reminders

Program Description: Our Pathways to Wellness program embraces Pinnacle Living's mission and values through exploration in ten areas that inspire wellness in a variety of ways. In addition to resident input, the Lifestyles & Wellness Team at Hermitage Richmond considers all of these pathways when program planning:

- | | |
|-------------------------|-----------------------------|
| 1. Strength & Endurance | 6. Dining, Diet & Nutrition |
| 2. Creative Expression | 7. Community Outreach |
| 3. Intellectual Growth | 8. Social Connections |
| 4. Spirituality | 9. Brain Fitness |
| 5. Emotional Balance | 10. Cultivate |

TRIPS & OUTINGS INFORMATION

Trip Levels

**ALL TRIPS ARE WHEELCHAIR ACCESSIBLE
UNLESS SPECIFICALLY NOTED**

1 = The trip requires minimal walking and/or residents can be wheeled by a team member.

2 = The trip requires some walking distance and/or resident will need moderate wheelchair assistance.

3 = The trip requires extensive walking and/or resident must be independent with propelling in their wheelchair.

**Please see Jarrell Chandler if you have questions or need additional information about a trip.*



Please sign up in the Communication Room Sign-Up Book. At least 5 residents are needed to make a trip. Evening & Weekend trips may require 10 residents to make the trip.

Make sure you check the following communications daily to stay up to date on all of the exciting happenings at Hermitage Richmond!

- **Monthly Program Calendar** (House Calendar, McGuire Park Calendar, The Grove Calendar)
- **Channel 1970** if you have Hermitage Cable
- **Touchtown Screens** throughout the house
- **Daily Sheets** (posted in the Communication Room, Mansion Hallways, Neighborhoods)

Pathways to Wellness

This month we highlight the Social Connections Pathway

Join us in one or more of these Social Connections opportunities!

Coffee & Fellowship!

Happy Hour!

*New Resident
Social!*

Outings!

*Fellowship
Breakfast!*



Potential Program Sign-Up

If you are interested in any of the following programs, please sign up in the Communication Room so that we can plan accordingly. Details are on the sign-up sheets.

- Hollywood Cemetery Trip (Level 3)
- School Spirit Social
- Water Aerobics at Cedarfield
- Richmond Chamber Players on Sunday August 17th

**If you have suggestions for our Saturday and Tuesday Movie Matinees, there is a request form in the sign up book as well.*



Pathways to Wellness Research Study



Randolph Macon College and Hermitage Richmond are partnering in a research study to explore how our Pathways to Wellness programs may support memory, mood, and overall well-being. If you are interested in participating in this research study, please come to the **Social Hall on Friday, August 8th** following our Feeling Fit Class, (around 10:15), to learn more and to sign consent.

Spirituality Update by Resident Jim Godwin

In an effort to enhance the Spiritual Life at Hermitage Richmond, the Chaplain and the Spiritual Life Committee had developed a monthly Ecumenical Service of Holy Communion to supplement the Holy Eucharist for all Roman Catholics here at Hermitage Richmond. From the beginning, the Christian Church has placed an emphasis on frequent Communion as a means to develop a deeper relationship with the Lord Jesus Christ.

With the Rector of St. Stephen's Episcopal church and several retired Episcopal Priests, the Celebration of the Holy Eucharist will be celebrated on the Second Monday of each month at 10:30 A. M. in the Chapel. Everyone is welcome to the service. The Rev. Catherine Swann, lately of Cople Parish, will preside at the first service on the eleventh of August, being the Second Monday.

Our sincere thanks for the help from our Chaplain, Steve Flowers and the rest of the Lifestyles and Wellness Department and several residents for their leadership.

Our appreciation to the Rev. William Stafford-Whittaker and Wicomico Parrish Church in Wicomico Church, Virginia for the service pamphlets.

Pathways to Wellness

Creative Workshop Happenings



August is American Artist Month! In Creative Workshop, we will study the work of four unique American artists and learn why their work is so influential. Our projects will be based on either the medium of or style of the artists. We'll take a look at Pop Artist Andy Warhol and create our own version of his colorful, repetitive screen-prints. Georgia O'Keeffe is well renowned for her giant flower paintings; we will choose a flower from one of her paintings and recreate it in 3-D. Artist and quilter Gwendolyn A. Magee is famous for her narrative quilts commenting on social injustices and African-American life. We will create our own no-sew mini quilt with fabric and iron on adhesive to display as a wall hanging. And lastly, we'll discover the works of Emmi Whitehorse, a contemporary artist who creates largescale paintings on paper that reference the natural world and the land. Using a variety of mixed media, we will create our own abstracted visual landscape with symbols.

Lip-n-Paint



Pottery



Pathways to Wellness

Neighborhood Happenings

August Highlights

Thursdays - Music Therapy w/ Kathy

1st & 3rd Mondays - Music Therapy w/ Audrey

Tuesdays, Wednesdays & Thursdays - Creative Arts

Zumba with Cierra on Tuesdays in McGuire

8/6 & 8/20 Zumba with Cierra on in The Grove

8/13 - Out to lunch Trip for MP & The Grove

8/25 - Making Sundaes in The Grove

8/26 - Neighborhood Men's Trip to Final Gravity

Neighborhood Spotlight

This month, we're thrilled to highlight **Claire Youngman**, who is celebrating a truly remarkable milestone—her 100th birthday this month! Claire has been a cherished resident at The Hermitage since 2018. Before retiring, she dedicated her life to social work, where her empathy and passion for helping others left a lasting impact. In her free time, Claire finds joy in the simple pleasures: cheering on college sports, solving crossword puzzles, and getting lost in a good book. If you see her around, please join us in wishing her a very Happy 100th Birthday!



Watercolor Hour!

Manicures!



Watermelon Social!



Aqua Art!



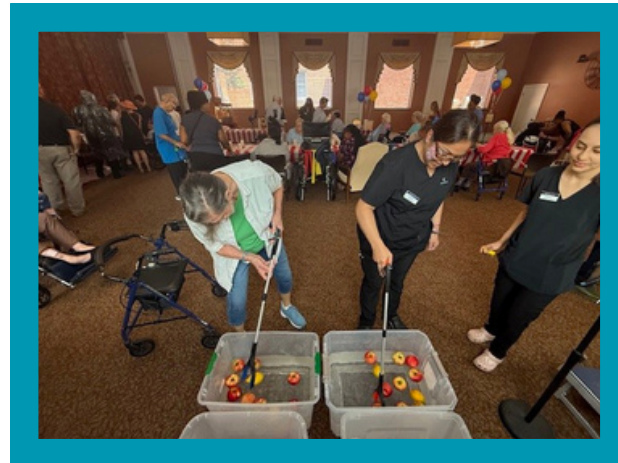
Neighborhood Recreation Therapy Team: (Offices Located in Snyder Park)

Courtney Johnson, CTRS Rachel Edwards, CTRS Cierra Coleman, CTRS

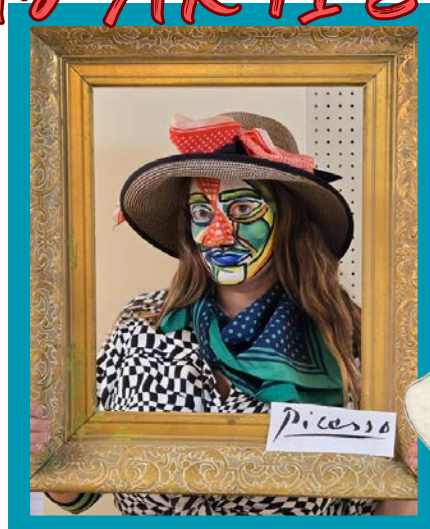
1600 Westwood Avenue Richmond, VA 23227 804 474 1800

Photo Gallery

SUMMER CARNIVAL



FESTIVE FRIDAY-ARTIST DAY!



Leadership



James Stovall
Executive Director
jstovall@pinnacleliving.org
804-474-1810



Aisha Shabazz
Executive Assistant
ashabazz@pinnacleliving.org
804-474-1801



Jennifer Young
Business Office
Director
jyoung@pinnacleliving.org
804-474-1802



Phonya Lewis
Marketing Director
plewis@pinnacleliving.org
804-474-1812



Danielle Nelson
Director of Social
Services
dnelson@pinnacleliving.org
804-474-1854



Jennifer Norton
Director of Lifestyles
& Wellness
jsnorton@pinnacleliving.org
804-474-1807



Jessika Hall
Interim Dining
Services Director
jhall@pinnacleliving.org
804-474-1832



Andrew Lewis
Ancillary Services
Director
alewis@pinnacleliving.org
804-474-1824



Doretha Wimms
Director of Nursing
Assisted Living
dwimms@pinnacleliving.org
804-474-1865



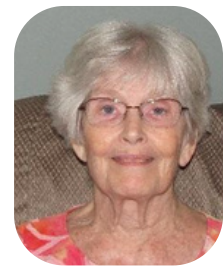
Bruce Browning
Director of Maintenance
& Engineering
bbrowning@pinnacleliving.org
804-474-1820

RESIDENTS' ASSOCIATION JUNE 1, 2025-MAY 31, 2026 EXECUTIVE COMMITTEE

FOR PRESIDENT
ELECT,
NOMINATIONS
WILL BE
COLLECTED ON
7/28. A POTENTIAL
ELECTION MAY BE
HELD THE WEEK
FOLLOWING.



Molly Ingram
President



Liz Slate
President-Emeritus