



HERMITAGE

THREE CHOPT

PINNACLE LIVING

Thriving Well

August 2025



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Wellness

Jammin' with Jillson
Every 1st and 4th Friday

Yoga with Barbara
Every 1st, 2nd, 3rd Friday

Bible Study With Rev. Florence
August 5th

Abundant Days

Melodies In Motion
August 5th & 19th
Art
August 6th & 20th

Music Socials

Kristin the Harpist
August 13th
August 27th

Music with Mary Stella
August 16th

Kevin Sings the Classics
August 18th

Monthly Birthday Social
Friday 29th



Employee
of the Month



Hermitage Three Chopt is thrilled to celebrate Denesha Jones as our Employee of the Month for July, a testament to her unwavering commitment and exceptional contributions to our team. Thank you, Denesha!

With Gratitude to the Families

Dear Families and Friends,
As I say farewell, I want to express my deep gratitude for the time we've shared. It has been a privilege serving as your Lifestyles and Wellness Director. Thank you for allowing me to care for your loved ones; you will always hold a special place in my heart. Wishing you all comfort, health, and happiness.

Randi "RJ" Tate



Celebration



Ginger Parson
8/20

Susanna Rowe
8/26

Roberta Martin
8/29



At Hermitage Three Chopt, our Purple Block Party was a fantastic success in raising funds for the Alzheimer's Association of Richmond. With good vibes, laughter, and community spirit, we enjoyed great food, music, and activities, all while supporting a meaningful cause. Thanks to your generosity, we raised over \$3,200! Your support made a difference in the fight against Alzheimer's.

International Week: Trinidad & Tobago

Join us from **August 18th to 22nd** for an exciting celebration of the vibrant cultures of Trinidad and Tobago, two exquisite gems of the Caribbean. This week-long festival will offer a deep dive into the diverse rhythms of Trinidadian calypso and Soca music. Savor the rich flavors of traditional dishes

In addition, we'll showcase a selection of captivating documentaries that spotlight the unique stories, art, and history of these islands, allowing us to gain a deeper understanding of the Trinbagonian spirit.

Join us as we celebrate together, immersing ourselves in the lively spirit and rich flavors of Trinidad and Tobago!

August Is National Wellness Month

August is National Wellness Month, which means it's a great time to focus on self-care, healthy habits, and feeling good overall. At Hermitage Three Chopt, we take a well-rounded approach to caring for our residents with the Ten Pathways to Wellness.

This month is all about encouraging everyone to pay attention to their well-being by getting involved in activities that improve physical, mental, and emotional health. It's a perfect reminder to adopt healthy habits, take time for self-care, and enjoy things that contribute to our overall wellness.

Out & About



Van Services

This is a friendly reminder that any appointment necessary to access our services must be arranged at least a **two week notice** in advance. This policy ensures that we can provide the appropriate staff availability to meet your needs. Thank you for your understanding!



The Importance of Intergenerational Connection

Spending time together across generations is so valuable for our loved ones in dementia. Sharing stories, playing with grandchildren, or simply enjoying a visit helps them feel connected, valued, and less alone.

These moments also teach younger family members patience, empathy, and respect for their elders. By nurturing these bonds, we create meaningful memories for everyone and strengthen the ties that hold our families together. Let's cherish the power of bringing all ages together to support and uplift our loved ones.



Grayson playing a game of balloon toss with our lovely residents



Resident of the Month



Sarabeth "Sally" Mills

Sally grew up on her family homestead with her five siblings, including a twin sister. In the 1960s, she and her husband moved to Virginia with their four children. A career highlight was becoming the first female newscaster at WTVR Channel 6 before transitioning to educational sales.

After retiring, Sally embraced her role as a grandmother, spending time with her grandkids and staying active in St. Edward's Catholic Church. Known as Nanny Sally, she loves hearing about her grandchildren's adventures and values her family connections.

Always ready to help others, Sally enjoys staying informed about current events. If you see her in the community, feel free to say hello!



Wellness

At Hermitage Three Chopt, our "Pathways to Wellness" program highlights ten areas of well-being: Creative Expression, Strength and Endurance, Intellectual Growth, Spirituality, Emotional Balance, Community Outreach, Social Connection, Brain Fitness, Diet and Nutrition, and Cultivation.



This month, we'll focus on Social Connection. Stay tuned for events highlighting this key aspect of wellness!

Volunteerism



At Hermitage Three Chopt, we invite you to make a lasting difference by connecting with our incredible residents through a variety of rewarding activities.

Discover the soothing effects of pet therapy, experience the joy of music, unleash your creativity through art and baking, and enjoy meaningful conversations over a warm cup of coffee. Each moment spent together not only enhances the lives of our residents, but also enriches your own life in the process.

We also encourage parents to consider valuable volunteering opportunities for their older children. Individuals aged 14 and up can play a vital role in our community, creating positive change while forming cherished connections. If this sounds like an opportunity you would like to explore, please reach out to the Lifestyle and Wellness Director at 804-917-2038. Your involvement would make a world of a difference, and we would be truly grateful for your support!

"This Month In History" AUGUST

1492: The Niña, Pinta and Santa Maria leave Spanish port for their accidental destination of the Americas.

1790: The first U.S. census begins. The population count has been repeated every ten years since then.

1914: Cleveland, Ohio, installs the world's first electric traffic signal. The manually operated light directed traffic at Euclid Avenue and East 105th Street.

1926: New York athlete Gertrude Ederle swims the English Channel, becoming the first woman to do so.

1949: The Basketball Association of America and the National Basketball League merge to form the National Basketball Association (NBA).

1957: "American Bandstand," a TV show of teens dancing to rock and roll, premieres with host Dick Clark.

1969: Woodstock opens in a New York field, bringing more than 400,000 people to see its three days of concerts featuring Joan Baez, Santana, The Grateful Dead, Creedence Clearwater Revival, Janis Joplin, Jimi Hendrix and more.

1978: The first transatlantic balloon flight is completed successfully when the Double Eagle II lands near Paris, France, after traversing more than 3,200 miles from Presque Isle, Maine.

2009: Usain Bolt breaks his own 100-meter dash record at the World Championships in Berlin by completing the race in 9.58 seconds.