



RICHFIELD *News about Richfield Living and its people* Life

December 2014



Jennie Sue and Bill Murdock, who have been married for 43 years, enjoy time together as well as their separate activities.

Murdocks are at home at Richfield

People who didn't visit Jennie Sue and Bill Murdock's home before now might think they had lived in their Richfield Lake Estates cottage for years.

Collections of books, favorite keepsakes from around the world, paintings and photographs that make their house a home look as though they have always been there.

But the couple have lived in their home on the campus only since July. They took over the house which belonged to their dear friend, Ethel Born, after the

longtime Richfield resident passed on in March of this year.

"We decided to come to Richfield some while back," explained Jennie Sue, who is 79, "and had put our name on a waiting list for a cottage." They had begun sorting through more than 37 years of accumulated mementos "and started getting rid of stuff two years ago," Jennie Sue added. "I gave so much stuff away, to the Discovery Shop, Goodwill and smaller trinkets for prizes at Bingo."

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Zubrod, Williams, Wood lead



George "Skip" Zubrod took over the leadership of Richfield Living as Interim CEO

on Sept. 29. His announcement was made along with that of Susan Woodie-Williams as Senior Vice President and Jack Wood as Interim Administrator of the Recovery and Care Center.

For six years Zubrod was President and CEO of Lutheran Homes of Roanoke, which includes Brandon Oaks, Luther Manor and Luther Crest HUD senior housing facilities.

From 1999 to 2006, he was Vice President of Business Affairs for Roanoke College.

"We are confident that Skip's past leadership successes and knowledge of the healthcare industry will be of great value across the Richfield campus," said Stewart Bruce, Board Chairman. "Skip, along with the Richfield leadership team and more than 570 staff members, will focus on ensuring the

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Remembrances of Christmas Past

Ruth Mollette even got up out of her power chair to reach up to hang a red ornament on the tree.

With Administrative Assistant Cindy Suttles guiding his hand, Maynard Richardson reached high to place his ornament.

Ruth and Maynard were among two dozen Ridgcrest residents who gathered to decorate the Christmas tree in the First Floor Lounge on Dec. 3.

“You know, everybody has to put an ornament on the tree,” Director of Independent Living Tina Nolan encouraged those still sitting around the room.

As they socialized over hot cider, divinity candy and tiny cupcakes, residents recalled some of their Christmases past.

“My fondest memory was my father bringing Santa Claus into town and selling milk,” said Thelma “T” Davis.

Donita Young remembered she and her sisters making most of the gifts they gave, and then having a fine time wrapping them in different-colored paper. “That was more fun.”

Another resident thought about how “I sneaked around to find my doll babies.”

“We grew up very poor in Staunton,” said Deloris Gouge. “My first Christmas memory was the fire department bringing us Christmas gifts. I got a doll.”

She added that after her mother died and she went to live with an aunt, “We used to get a plate with oranges and other treats on it. My



Ruth Mollette gets up out of her power chair to hang an ornament on the tree in the Ridgcrest First Floor Lounge.

aunt was a good Christian lady, so we did the real Christmas.”

At first, Vivian Akers said she couldn’t remember anything about Christmas when she was a little girl, but then recalled, “One time Daddy played Santy Claus and we didn’t even know it was him. He had a suit and everything.”

In less than an hour, lights had been strung, ornaments placed and wide ribbons of red and green cascaded from the top of the tree to the bottom. T Davis struck a hula pose in front of the completed decorations. “I’m 87 and I still do the hula,” she said. “Life is fun if you make it. The main thing in life is love.”



With Administrative Assistant Cindy Suttles guiding his hand, Maynard Richardson places an ornament.

TAILGATE PARTY— Joseph C. Thomas Center

Glenvar Football Team puts on Tailgate Party for JCT

Photos by Beverly Adams

Glenvar students practice Life Skills at Richfield

They cheerfully deliver mail to Richfield residents in the Recovery and Care Center, wipe off tables in the cafeteria, wrap utensils in the kitchen and help out in other ways around campus.

The helpers are six Glenvar High School students in the Life Skills class. Volunteering at Richfield helps the special education students learn and practice skills that could someday lead to jobs for them.

“I want to do a good job, so sometime I could get paid,” said Dusty Turman, as he folded napkins. “Richfield is a fun place to work.”

Fellow student Sasha Woods explained, “I like helping people at Richfield. They really need my help because they have trouble helping themselves.”

Recovery and Care Center resident Linda Fulkerson eagerly reached out for a package student Connie Figaro delivered to Linda’s room.

“It’s so great that Richfield does this,” said Instructional Aide Sandy Whitley, who was accompanying



Student Sasha Woods sweeps in one of the Joseph C. Thomas residence halls, under the guidance of Instructional Assistants Janine Cockes and Debbie Kipps.

Connie. “I used to do day care and I’d bring pre-school students up here. The residents love to see kids,” she said.

Teacher Cathy Cox pointed out that the educational partnership with Roanoke County Public Schools “enables the students to explore career possibilities, to see the necessity for learning certain skills, and a chance to apply skills in the community setting.”

All of them are 18 years old or older, and considered postgraduates, she added. Roanoke County Public Schools provides the instructional assistants, Cox pointed out, and supplies transportation for the students and assistants. The students volunteer at Richfield for an hour each Thursday morning when school is in session.



Glenvar High School student Connie Figaro delivers a package to Recovery and Care resident Linda Fulkerson. With them is Instructional Assistant Sandy Whitley.



Glenvar High School student Dusty Turman rolls up napkins for meals that will be delivered to residents’ rooms.



Life Skills student Cody Young wipes down tables in The Café at Richfield Recovery and Care.

For the eighth year, Glenvar High School football players have put on a Tailgate Party for residents of the Joseph C. Thomas Center. Coach Kevin Clifford and the football team showed how they do exercises to get physically fit for games, and mingled with residents.



Glenvar High School Football Team members fill up the space in JCT as they show residents their warm-up exercises to get ready for some football.

Jean Martin is happy to have such good-looking and polite young men visit JCT for the annual fall Tailgate Party.



Residents soar to celebrate Richfield's 80 years

This December, Richfield marks 80 years of caring. This month is the anniversary of the first residents moving into a converted farm building to be cared for on what was the Roanoke County Farm. Today there are about 700 residents in Richfield's independent living, assisted living, memory care, nursing center and The Rehab Center.

Here are some of the ways residents, their families and staff celebrated the 80th birthday at a campus party on Sept. 14.



Ninety-four-year-old Mary Dunn, who lives at The Oaks, was a stewardess on Capitol Airlines in Washington, D.C., "before they had radar."



Knollwood residents Carol Goad, left, Joyce Howard and Joanne Armstrong, right, are the first to ride in the tethered balloon.



The Oaks resident Elizabeth "Booty" Mills and granddaughter Terri Mills prepare for a balloon ride. Booty was a Registered Nurse from 1973-1984 in the nursing center. Terri is the daughter of Richfield Security Chief Tim Mills.



Residents families, friends and staff enjoy an old-fashioned picnic, games and rides in the tethered hot-air balloon in the background.



Residents Brenda Claxton of Recovery and Care Center and Evelyn Jones of Ridgecrest enjoy themselves at the celebration.



Mary Sharp tries out her beauty queen wave as she gets a hug from a teen queen.



Above right: Richfield staff members who coordinated the celebration and others dressed as people associated with the beginnings of Richfield include JCT Director of Resident Care Martha Altizer, second from right, dressed as public health nurse Jane Morgan Harris. Harris was credited with helping to found Mercy House, the original name of Richfield.

Murdocks (Continued from Page 1)

Bill, who is 80, disassembled his model train room, and sold most it to a hobby shop last fall.

“I knew it was going to take a while to downsize,” he added.

They have found definite advantages to living independently at Richfield, such as living all on one level and not having such a big yard.

“I thought that I wouldn’t have to rake leaves this fall, but I still do,” laughed Bill, referring to the prolific amount of red and gold leaves drifting like snow from the maple that in summer shades their cottage. They won’t have to get someone to shovel snow off a steep driveway, though, like at their former home which is only two miles away from Richfield.

To prepare for their move, the Murdocks also paid attention to what Carol Jensen, a professional organizer, advised. “For instance, she has a sheet regarding how long you need to keep papers,” Jennie Sue said.

Jensen calls paring down belongings “right-sizing,” instead of down-sizing, the Murdocks said.

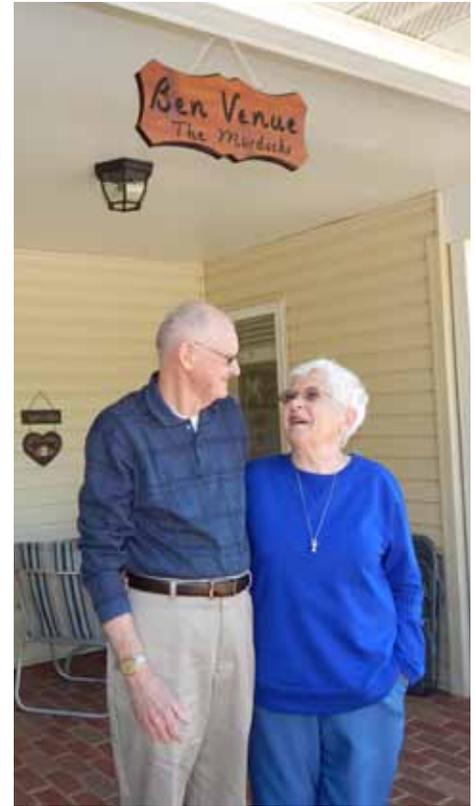
There were some trade-offs in life styles. Before, Bill worked

on his trains. Since the move, he’s substituted building model ships for trains, and plans to start building model automobiles, too. They had a utility room in their old house. Now they have a garage that offers extra space.

They appreciate their independence, as well as having people and activities around them in which they can choose whether or not to participate. Both of them like the amenities available at Richfield, including the walking paths, The Wellness Center, meeting rooms to hold events like a Girl Scout tea Jennie Sue is planning.

“And there are so many opportunities for service at Richfield,” said Jennie Sue, mentioning the council that represents independent living residents, and other activities on campus.

The Murdocks are known for their community service. Bill was a full-time pastor with the Christian Church for more than 45 years, and is in his 26th year as a chaplain at LewisGale Medical Center in Salem. Jennie Sue was a longtime Girl Scout leader, American Red Cross Volunteer, active in the American Association of University Women and helps immigrants learn English as a second language through Blue



Jennie Sue and Bill Murdock feel at home in their Richfield cottage where they moved in July.

Ridge Literacy.

After looking at many different retirement communities in the area, they chose Richfield, where they feel at home.

Living independently, “It’s not as much of an adjustment for us,” Bill added.



1. Staff winners in the Joseph C. Thomas Center Halloween costume contest are Casey High as Flapper Girl, for Best Overall Costume; Jackie Lumsden as Cleopatra, for Prettiest Costume; Brandy Maxey as Snow White, for Best Character Costume, and Kyle Garrett as a California Raisin, Most Creative Winner. Each winner received gift cards.

2. Director of Independent Living Tina Nolan, left, and Assistant Manager of Residential Living Dessi Hall get into the spirit at Knollwood’s Halloween party.

3. Angie Shelor and her 1-year-old daughter, Maelee Bordewisch, talk with hamburger Vivian Burcum and her daughter, Pam Bayse who is dressed as a taco, at the Halloween party at The Oaks.

4. Rag Topp plays such old favorites as “I’m Looking Over a 4-Leaf Clover” and “Let Me Call You Sweetheart” at The Oaks Halloween party.

Halloween at Richfield





Leaders (Continued from Page 1)

highest level of quality care for our residents and patients during this transition.”

Zubrod and his wife, Karen, have been married 43 years and live in Salem. They have two grown children, Jennifer Taylor and Lucas Zubrod, who both live in South Carolina. They also have three grandchildren: Joanna, 11; Lexie, 8, and Braden, 7.

In his leisure time, Zubrod enjoys doing woodworking and volunteering for his church, College Lutheran.

He and his wife, Kathleen, who is a nurse at the Salem Veterans Affairs Center, live in the community of Catawba. Her parents, Phyllis and Jack Morris, live in Richfield’s Ridgecrest apartments. Jack is active in his community as president of the Catawba Ruritan Club. In his leisure time, he enjoys playing jazz guitar.

Richfield’s board is conducting an extensive search to find candidates to fill the Administrator’s position as well as Richfield’s President and CEO.

announced Skip Zubrod as interim CEO and Jack Wood as interim administrator for the Recovery and Care Center and The Rehab Center.

Susan was a social worker in the Nursing Center when she first started at Richfield and became a licensed administrator who was instrumental in developing Richfield’s assisted living program.

Immediately before her recent promotion, she was Vice President for Marketing. In addition to marketing, she now oversees Richfield’s assisted living, independent living and admissions.

“We are confident in her expertise and knowledge to help guide Richfield’s strategic vision,” Stewart Bruce said in his letter.

Susan lives in Botetourt County with her husband, Wayne. She has a grown son, Adam, who was a frequent visitor on the Richfield campus when he was younger and still is on campus often as a UPS driver.

In her leisure time, Susan enjoys spending time with family, especially grandson Aiden, who is 7, and at the family camp in Bath County.



Jack Wood

Jack Wood has made a career of caring for people. Before he began his job as Interim

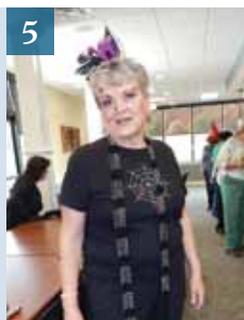
Administrator of the Recovery and Care Center and Rehab Center on Sept. 26, Jack had devoted more than 23 years to health care administration. He was CEO of Catawba Hospital in the Roanoke County community of Catawba, and Eastern State Hospital in Williamsburg.



Susan Woodie-Williams
promoted to Senior Vice President

Susan Woodie-Williams, who has worked at Richfield for 36 years, has been promoted to Senior Vice President with increased leadership responsibilities for overseeing operations at Richfield.

Susan’s promotion was announced in a letter from Chairman of the Board Stewart Bruce to residents and families on Oct. 3 which also



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- 5. Elizabeth Jane Riegner has spiders on her arms and face and purple and hot pink eyebrows when she dressed as a trendy witch.
- 6. Some of The Oaks residents who painted outdoor decorations to decorate the entrance to the building for Halloween, with Activity Director Ian Little, are, from left, Ruby Hash, Verna Walter, Macy Hailey, Edith Delauder and Greta Rikard.
- 7. Knollwood resident Kathy May, dressed as a particularly scary witch, poses with her daughter, Katherine Howard, at Knollwood’s Halloween party.
- 8. California Raisin Kyle Garrett from Dietary entertains JCT resident Betty Smith.

Decking the halls

It's beginning to look a lot like Christmas all over Richfield Living's campus.

Snowflakes sparkle around the lighted Happy Holidays sign on Richfield Living's front lawn.

HAPPY HOLIDAYS



Richfield engineer employee David Lily installs one of the first lighted snowflakes to go up this year near the entrance of The Oaks.



Rudolph the Red-Nosed Reindeer and a friend prance to bring happiness to residents of the Recovery and Care Center in the background.

Knollwood residents put the finishing touches on their tree in the lobby on Dec. 1. From left, they are Marie Spencer, Jerry Ramey, Mildred Norris, Joanne Armstrong and reaching the star on the top of the tree, Avery Harwood.



An afternoon walk at Richfield...

Celebrating what may be the last warm day of approaching winter by taking an afternoon walk in almost-70-degree sunshine on Dec. 1 are Knollwood residents Ida Eller and Jim Schmitt.

OUR PURPOSE:

To help individuals rediscover their quality of life, regardless of where they are in life's journey.

RichfieldLiving.com

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