



RICHFIELD

News about Richfield Living and its people

Life

Fall 2016

Richfield Celebrates Volunteers, Employees

Richfield Living celebrated hundreds of volunteer hours and contributions by staff on Oct. 1 with a picnic at the Patio by the Lake for volunteers, employees and families and guests. Richfield provided hot dogs and all the fixings, games and prizes on an exceptional October day.



Chris Arbogast prepares to spin the wheel for a prize while William Mullins waits a turn. They came to the Volunteer and Employee Appreciation event on Oct. 1 with Angie Hall, staffing coordinator.

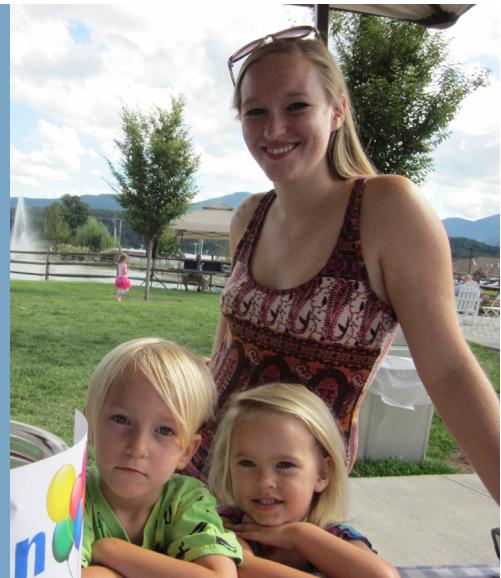


Bobby Twine and his mom, Alma Twine of Twine Hollow in Roanoke County, get ready to enjoy hot dogs. Bobby volunteers with music ministry on 4-E in the Recovery and Care Center.



Beverly Adams, Life Enrichment Coordinator (back row) with volunteers Chris Peters, Collin Hughes, Levi Bower and Margaret Hurd.

Staff member Caitlin Martin with children CJ, who is 5, and Thea, 3.



(continued on page 5)



Meet the Nursing Team



The new nursing leadership team at the Recovery and Care Center and The Rehab Center is inspiring change. This transformational team, led by Director of Nursing, Jennifer Jarvis and Assistant Director of Nursing, Sharon Leftwich, inspires others with their individual and collective passion for providing resident-focused care of the highest quality.

“What’s special is we have a range of talents and experiences,” explained Jennifer Jarvis, RN, who has held the position of Director of Nursing since March of 2016. “Sharon Leftwich, the Assistant DON, and I both have long-term care experience at Richfield for many years, plus we’ve added new people with different ideas. That brings life into what we are doing.”

Sharon Leftwich began her career in long-term care as a Certified Nursing Assistant. She then went on to pursue her LPN. As an advocate for

continuing education and personal growth,

Richfield leadership encouraged Sharon to pursue her RN degree. Sharon furthered her clinical skills and gained acute care experience working on a medical surgery unit at Lewis Gale Hospital for 10 months. But, once Jennifer Jarvis became Richfield’s DON, she called Sharon back home in April of 2016 to be her right-hand as Assistant Director of Nursing.

Sharon’s diverse experience, as well as that of the rest of the nursing leadership team, speaks to the changing environment of long-term care. Jennifer Jarvis comments that “We’ve seen the progression of long-term care from what used to be just people coming here who couldn’t take care of themselves, to now a lot of different medical conditions.” The progression of long-term care

Left to right:

Susan Underwood,
Clinical Compliance
Kendra Morris, LPN,
Unit Manager 4W
Heather Teubert, LPN,
Unit Manager 3E
Sara Driscoll, RN,
Unit Manager, Rehab Center
Sharon Leftwich, RN,
Assistant DON
Jennifer Jarvis, RN,
DON
Chelsea Blankenship,
RN Unit Manager 2W
Hope Walkup, LPN,
Unit Manager 4E
Sharon Clark, RN,
Wound Care
Maggie Farmer, LPN,
Unit Manager 3W
Christine Cook, RN,
Quality Assurance Coordinator



towards more acute, complex medical conditions has caused the Richfield team to enhance their best practices for providing quality care.

Jennifer develops and empowers her team. She continuously coaches each member to “focus on root causes. When there is a problem, it most likely isn’t an isolated event,” she said, adding they want to find out, “Why did it happen? Who else is at risk? How can we change our current processes to prevent another occurrence?” Jennifer explains, “We are developing action plans for the facility, and I encourage and teach our Managers to develop action plans for their units.” This forward thinking has led Jennifer’s team to excellence, most recently evidenced by their exceptional annual Virginia Department of Health State Survey results, propelling Richfield to a CMS 3 Star rating.

Jennifer, who lives in Elliston, has held various positions at Richfield over the last 10 years and says that having a husband and six children ranging in age from 6 to 22 helps her manage and develop her nursing team, too. She earned her RN degree

from Alvernia University in Reading, Pennsylvania in 1995. From as far back as she can remember, Jennifer always wanted to be a Nurse and held a particular passion for long-term care. “I enjoyed the caring aspect of medical science, which is why I chose nursing.”

She continued, “It’s been a long time since we’ve had a team that truly embodies what ‘Richfield RISES’ means – of making a difference every day. Richfield RISES reflects our Richfield Values - Respect, Integrity, Service, Excellence and Stewardship.”

The nursing team not only supports one another, but works alongside other departments to coordinate care and place residents’ well-being at the forefront of all that they do. Susan Underwood, Clinical Compliance Manager, summarizes the RRCC and TRC nursing leaderships’ core belief and mission – “It’s up to us to make sure our residents are safe and have the best quality of life.”

“We don’t want quick fixes. We want to know why the problem occurred and develop a plan to resolve it.”

*– Jennifer Jarvis,
RN, Director of Nursing*





Rehab & Recovery & Care Center

Life Enrichment Coordinators Add Happiness to Residents' Lives



Life Enrichment staff from RRC include, from left, Life Enrichment Coordinators Samantha Washburn, 3-W; Ayla Hartless, 4-E; Rachel Baber, 3-E; Troy McNeil, 4-E, and Mark Guerry, overall Director of Life Enrichment, specializing in The Recovery Center and 2-W.

They add happiness to residents lives.

Mark Guerry, the director of Life Enrichment for Richfield Recovery Center and The Rehab Center is thrilled with his team.

"We work really well together. It's like we had instant cohesion within the department," said Mark, who oversees activities for 2W and The Rehab Center. He has been the Director of Life Enrichment for the facilities since May.

Ayla Hartless, 4E Life Enrichment Coordinator, agreed. "We all have the same goal. To make the residents' lives happy."

Rachel Baber, 3E Life Enrichment Coordinator, believes being flexible helps greatly. "For instance, today it's raining so it's a good movie day," she said, after Mark said the team is "all-around flexible. We can shift gears easily."

4W Coordinator Troy McNeil added, "We're experienced, and we all have different educational backgrounds, and different strengths we can bring to the team."

Samantha Washburn, 3W, who has been part of the team since September, said she's learning from the others.

"That's another thing that helps the success of our team," Mark said. "We have a young department and a lot of energy."

Mark explained the this year the team added trips to Red Sox Baseball games for residents, during the recent Summer Olympics in Brazil Richfield RCC residents had their own Olympic-themed adapted activities, and little children from Kingdom Care Daycare Center came once a week to interact with the oldsters.

Rachel plays piano tunes on Thursdays, sometimes



with a resident or two joining her at the keyboard to sing along.

“We celebrated the Olympics opening ceremonies,” with beach ball and rhythmic ribbon dancing,” Mark added. Other buildings on campus had noodle “pole vaulting” and wheel chair races.

And there were picnics in Longwood Park and miniature golf at The Recovery Center,” Mark said.

“We help residents advocate a lot for themselves,” said Ayla. “We are building a community. Nobody has to be alone unless they want to be.”

Mark Guerry came to Richfield from the Commonwealth of Virginia where he was a recreation therapy supervisor for the state psychological unit for the Department of Corrections.

“That gave me an opportunity to work in an environment where challenges came up rather quickly. What happens here is you have new



Rachel Baber, left, and Samantha Washburn get in some play time at the Volunteer-Staff Appreciation Picnic Oct. 1.

residents coming in all the time and you have to be able to think quick on your feet,” Mark explained.

His list of things to do is to “focus on the individual resident as much as possible and get everybody to participate in a way that is meaningful to them.”

Richfield Celebrates Volunteers, Employees *(continued from cover)*



Volunteer Jan Sarver plays inspirational tunes on the harmonica, while DJ Adam West holds the mic for her. Jan does a sing-along for RCC third-floor residents on Sunday afternoons.

Keeley Walters, 2, carefully places glow rings on a pumpkin at the appreciation celebration. She is the daughter of Krystal Walters, a CNA at RCC.



Richfield CEO George Child and his wife, Rachel, get ready for picnic food.

Hannah Ferguson, 4, spoons in baked beans at the Volunteer Appreciation Celebration. She is one of the daughters of IT Director Wayne Ferguson.





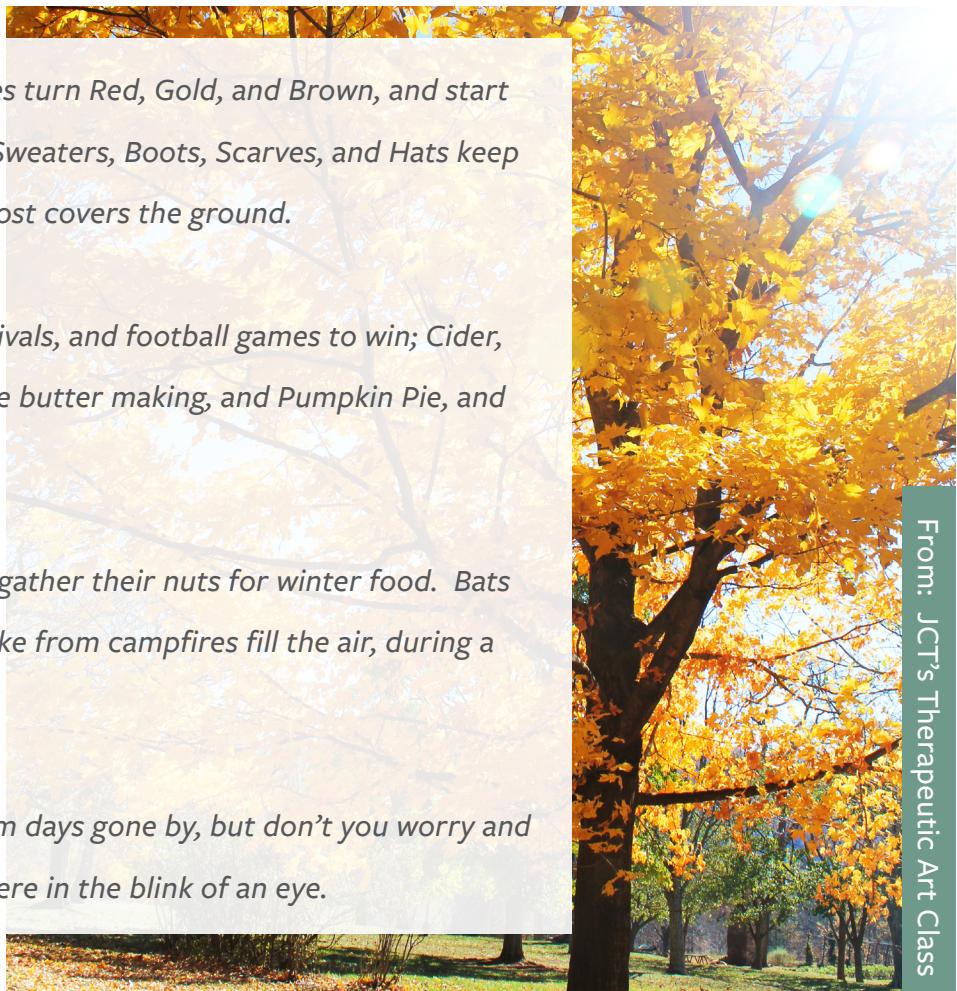
“Memories of Autumn”

The beautiful colors of the leaves turn Red, Gold, and Brown, and start to blow in the cool brisk wind. Sweaters, Boots, Scarves, and Hats keep us warm; while the blanket of frost covers the ground.

It's time for school to start, festivals, and football games to win; Cider, and Hot Chocolate, Soups, Apple butter making, and Pumpkin Pie, and don't forget the fun hayrides.

We watch the squirrels, as they gather their nuts for winter food. Bats circling the night sky; while smoke from campfires fill the air, during a harvest moon.

One might hear a ghost tale from days gone by, but don't you worry and don't you cry. Autumn will be here in the blink of an eye.



From: JCT's Therapeutic Art Class

Russell Walker, Stella Agee, Margaret Roach, Hazel White, Bernice Joyce, M.J. Knight, Eddy Yee, Willie Farris, Betty Saddler, and Joann Hale, Beverly Adams, and Youth Volunteer – Lane Howard

Volunteer Steve Hinrichs and dog, Gabby, take Recovery and Care Center resident Bob Hinrichs for a stroll around the campus on a late summer day.





Ernie and Dottie Slattery enjoy traveling, playing and scoring Wii bowling and their apartment at Knollwood.

Ernest and Dorothy Slattery traded a peripatetic life of traveling across the country and living out west and at Smith Mountain Lake, to name a few places, for being the Independent Living Wii bowling champion and scorer, respectively.

She bowls 300-games, “but I never brag about,” Dottie says. “I sincerely want somebody else to get 300 so I can have some competition.”

Over the years, they raised champion Rottweiler dogs. They lived on the fourth floor in Knollwood since 2015. Their view makes up for not having a balcony, they say.

They moved here, in part, so they could be near their son, Ken, in Catawba. They also have a daughter, Dawn, who lives in Utah.

The stories roll off their tongues easily, such as Ernie’s recollection of being the second-best bowler in the United States for the United States Submarine Service. Now he’s a scorer for Wii bowling. Their son has helped him locate 70 or 80 guys from the submarine service. He served on the Grampus, named after the Grampus (Orca) whale.

When they met, he played in a rock-and-roll band on the side while serving as a meter mechanic for Citgo Petroleum Corporation for 27 years. Many people recognize Dottie as a former manager at TNC at Valley View Mall, and a shoe manager at Belk. She sold real estate, too, during their 47 years of marriage. Their thoughts are so alike that they frequently finish each other’s sentences.

They also enjoy playing cribbage on Friday with Catherine Howard, and walking 1 to 2 miles around campus early in the morning. “We’re trying to build up endurance,” Dottie said. Before Ernie’s heart stents and Dottie’s COPD, they used to hike in the mountains of Montana, they recalled.

They have lived in three or four different retirement communities, they said, “And as far as we’ve seen, Richfield’s Knollwood is the best we’ve seen, particularly the staff.”

“I think I’m a gypsy at heart,” Dottie said. “I love moving, but we’ve decided, no more. The only packing we’ll do is to go on a cruise.” The two are looking forward to their next cruise, to the Caribbean for their 49th anniversary.

Ina Caldwell keeps on going

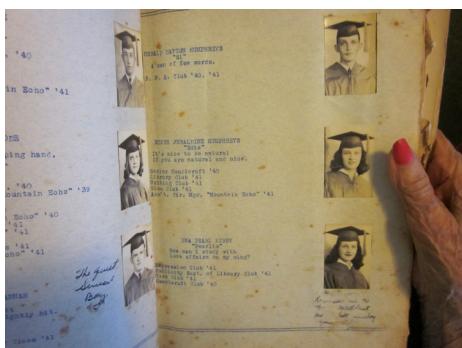
The Oaks resident Ina Caldwell wore numerous hats in Craig County, from general registrar to Postmistress of Maggie and Craig Springs. The 93-year-old also worked in the Commissioner of Revenue's Office and was secretary/treasurer of the Johns Creek Volunteer Fire Department,



in addition to reporting the social news around Johns Creek for The New Castle Record.

At The Oaks, she's known as the captain of the Bears Volleyball Team. She and her late husband, Wendell, lived together at The Oaks and were married for 73 years until he died last year at 95. Pictures of the couple when they were younger grace the table in her room. "Here I am back when I was young," she said, showing a slender, dark-haired beauty in her cap and gown.

"We worked hard. We had to,"



she said," explaining how she helped Wendell around their farm in addition to all her jobs and volunteering in Craig County. She recalled driving a load of logs for him, in an interview for The New Castle Record earlier this summer.

"It was 20 miles on a crooked road. People didn't believe I would do that, but I did," she said.

In that interview she emphasized she has had a lot of fun in her life. Her memories could fill books. One of the treasures in her comfortable room at The Oaks is her original high school yearbook, "The Mountain Echo" from 1941 from New Castle High School where the former Ina P. Kirby graduated.

"I have memories. I just wish I could remember better," she said.

At Richfield's The Oaks, she is known for her prayers for other people. "I'm a firm believer in prayer. I just want to be ready when the Lord calls me," she said.

"I just thank the Lord I can do what I can do."

We invite you to follow Richfield Living on Facebook as we share information and events that are happening in the Richfield community along with information on aging services, wellness and other topics of interest.

Find Us: Richfield Living - A Senior Living & Healthcare Community

OUR MISSION:

Helping individuals experience life to the fullest, through every phase of their journey.



RichfieldLiving.com
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