



# RICHFIELD

News about Richfield Living and its people

# Life

July 2015

## Celebrating Life...



Photo by Jonathan Cribb, Salem Times-Register  
Andy Bryant and Don Scott of The Oaks wave miniature American flags and proudly show off their new World War II veterans caps.

Twenty World War II veterans who live on the Richfield campus were honored with a pre-Memorial Day celebration at the lower lake where they were presented with caps embroidered with "World War II Veteran" and the service bar designating WWII.

Veteran Jim Warren started the "Caps for a Cause" program for World War II Veterans about three months ago. The man who

served three years in the Signal Corps as a photographer from 1943-1946 decided to start the observation, he said, because "Most of us are dying out, and I figured this would be a good way for them to be reminded that we are remembered."

He said his main thrust is to get the men

*(continued page 6)*



Photo by Tina Nolan  
Warren, who started the project to give caps to those who served in WW II, is with Knollwood residents Steve Francis, Avery Harwood and Jim Hodges at the May 21 celebration at the lower lake.

## Mother/Daughter Tea transforms Alleghany Room



The Oaks resident Vivian Burcum enjoyed the Mother-Daughter Tea with daughter Pam Bayse.

Linen, lace and delicate china transformed The Alleghany Room into a tea room for the Mother/Daughter Tea and Fashion Show at The Oaks the Friday before Mother's Day.

Residents dressed to the nines in festive hats and floaty dresses for the event that included their daughters, daughters-in-law and friends.

Young men and ladies from Glenvar High School and the dining department provided a fashion show by modeling their prom outfits. Residents shared their own mementos and special memories, including a slinky satin wedding dress on a mannequin. *(continued page 3)*

# Resident spearheads Boxtops for Education collection



*Richfield Living Cottage resident Janis Grabowski, right, presents 313 Boxtops & Labels for Education to Fort Lewis Elementary Student Government Association leaders. They are Brenyn Duff, SCA President; Jimmy Blount and Ty Bolling, SCA Vice Presidents. With them is Fort Lewis Principal Cindy Klimaitis.*

Janis Grabowski wanted to do something for elementary school students. So the cottage resident put up collection boxes to collect Labels for Education and Boxtops for Education.

Her efforts have helped Fort Lewis Elementary School students collect points that their school used to buy and donate Christmas presents for foster kids and stocking stuffers distributed by the Salvation Army. The boxtop program is coordinated by the Student Government Association. SCA president Brenyn Duff said boxtop and label points also helped students participate in the Mathathon, and teachers to buy classroom supplies and other gifts for the school.

Janis initially placed a box at Knollwood and later added one at Ridgecrest. She hopes staff

members will also save boxtops and labels and donate them for the collection boxes.

“I’m a member of the residents’ council which wanted to do something for the community,” she explained. “I was very active in the schools in Huddleston where my husband and I lived on Smith Mountain Lake.”

There she read to students, and noticed all the things the school got from the program of collecting Boxtops for Education and Labels for Education, “So I started saving boxtops,” Janis said.

The coupons for points are on Campbell soup, Pepperidge Farm cookies, cereals and other things Richfield independent living residents frequently buy.

Janis said she also distributed lists from Kroger and Food Lion

that show which products have education point coupons. Most are worth 1 point but some have a value to school as much as 5 points.

She chose Fort Lewis Elementary on West Main Street, just over the Roanoke County line from Salem “because I pass it all the time. We adopted each other. I enjoy doing it.”

Janis and her husband, Jack, have lived in the Richfield cottages for nine years. They moved to Smith Mountain Lake 16 years before that from Syosset, Long Island. They have been married 59 years.

## Fishing on a fine day



*It was a fine day for fishing when Richfield campus residents went fishing in the lower lake. The Fishing Rodeo is an annual tradition residents and friends look forward to each spring.*

(continued from cover)



Glenvar High School senior Liyang Bishop models her prom dress during the Mother-Daughter Tea fashion show.



At left, Elaine Nuckols is with her extended family members, and at right, Booty Mills is with her daughter Sara Bell.



Each table was centered with fresh flowers in tea pots and china vases.

Chocolate-dipped strawberries and fancy cupcakes were on the menu, along with various teas. The May 8 afternoon event was planned by Debbie Tingler, Life Enrichment Coordinator at The Oaks.

## Follow-along art classes encourage residents to be artists



Debbie Tingler, Life Enrichment Coordinator at The Oaks, admires water color paintings residents Velva Rea East and Millie Wade completed in the follow-along art workshop.

They grasped tiny paint brushes, dipped them into water, then carefully into daubs of red, yellow, green or blue. Less than two hours later, Richfield residents had original masterpieces to frame and hang on their walls.

Residents grew in confidence, as well as enjoyment, as they took part in follow-along art classes with instructor Joe Palotas. His classes were part of the 'Coffee & Colors Art Club' events that were held throughout the Richfield campus.

Velva Rea East and Millie Wade admired each other's watercolor renderings of flowers in a vase when Joe guided the class of 20 women and two men at The Oaks. Like many of the residents who came that day, at the start of the class they hadn't been sure they could paint.

Joe Palotas convinced them they could.

As he complimented Andy Bryant and Don Scott on their art, Joe said, "Next I think we'll try oil pastels." He and his wife, Jessica, who own The Salem Art Center, teach all ages of adults and children – from toddlers to teens.

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# Great Gatsby Soiree

Flappers and men in top hats sipped mocktails and danced to live swing music. It was a gala occasion worthy of the Great Gatsby himself, when Joseph C. Thomas residents donned feather boas, swinging beads and even mustaches made of chocolate for “A Great Gatsby Soiree.”

The evening started with a four-course dinner at 5 p.m., and progressed to dancing and a showing of “The Great Gatsby” movie. Even the strawberries were dressed up with tuxedos of dark and white chocolate. Children and great-grandchildren gathered with residents for the April 3 event, when the Mark Baskins Trio played and residents and guests posed for black-and-white photos next to a classy maroon 1928 Packard driven by Ron Vanderpool of Salem.

Adding to the gaiety were reproductions of black-and- silver period posters, such as a quote by James S. Joyce: “They lived, and laughed and loved and left.”

More than 28 volunteers from the community, including some of Glenvar High School Coach Kevin Clifford’s football players and Life Enrichment Coordinator Beverly Adams’ piano students, helped out with the event. “Thanks to everyone who helped make this event so special,” Beverly said.



*Feathers and flapper finery added to the gaiety for Lillian Amos, left, Virginia Smith and Ruth Palmer, right.*



*Residents and guests posed for photos with Ron Vanderpool’s classy maroon 1928 Packard. Pictured are Steve Turner with his mom Mary Alice Turner.*



*Betty Smith is dressed to the nines for the Gatsby party.*



*CNA Casey Brooks High and her beau, Marin, show their energetic style doing the "Charleston."*



*Esther Magruder's feather boa tickles her fancy.*



*Residents enjoyed dancing with members of the Glenvar Football team.*



*Strawberries dressed in tuxedos.*



*(continued from cover)*

and one woman veteran to wear the caps around the Richfield campus and in town in Salem, “so we will not be forgotten.” Warren said he has given out about 250 caps in the Roanoke area, which are paid for by the World War II Museum in New Orleans.

Resident Harry Gordon was one of those who proudly received a cap. “We had a job to do and we did it,” said Gordon, who served under Gen. George Patton for more than two years. He added that if Patton had been given control of the European theater, “the war would have been over in a year.”

Like many fellow veterans of that era, Knollwood resident George Snead prefers not to talk much about his two-and-a-half years of combat duty in the Army’s 57th Special Forces Battalion in the Pacific Theater. He said simply, “It is my honor to serve my country.”

The celebration included ice cream and music by the Patrick Henry High School Jazz Band and Color Guard.

Warren is a retired insurance agent who lives in Roanoke.

*The Patrick Henry High School Color Guard presents the colors at the ceremony.*

## Mugsy helps JCT residents celebrate Babe Ruth’s birthday



*Mugsy, the mascot of the Salem Redsox Baseball team, helps Joseph C. Thomas residents celebrate Babe Ruth’s Birthday on April 27. Residents enjoyed punch and baseball-shaped cookies created by the dining staff.*



## Partnership with LOA Helps Residents Take Action Toward Healthier Lifestyles



*Participants who completed the six-session LOA course that helped them take action for healthier lifestyles receive their certificates from course leaders. With them are LOA leaders Gail Atha, Ann Hodges and Alice Duehl, program coordinator for Chronic Disease Self Management.*

A group of Richfield independent living residents have learned ways to take control of their health and to feel better.

The six-session course taught by LOA volunteers Gail Atha and Ann Hodges in Knollwood's Shenandoah Room showed seniors from the cottages, Ridgecrest and Knollwood how to develop their own individual action plans, and ways to stick to them to help such conditions as severe arthritis, fibromyalgia and after-effects of a stroke.

Gail and Ann are certified leaders for the Chronic Disease Self Management Program sponsored by LOA, formerly known as League of Older Americans.

Participants learned tips for eating healthier and exercising more in ways that fit into their lives, how to stand up for themselves with health care professionals, and ultimately, to form bonds with other residents

to support each other.

Over the weeks they used the textbook "Living a Healthy Life with Chronic Conditions." Participants said they learned even more from class discussions and hearing each other's ideas.

For instance, they filled in a flip chart with self-management tips they learned from each other. Those included: "Don't give up," "Use the buddy system," "Keep your eye on the goal," "Problem solving," "Understanding emotions," "Asking for help," and something as simple as "Breathing."

And they learned not to get discouraged. As Gail said, "Physical activity can break the cycle at almost any point."

At the final class, participants talked about what each had gotten from the course. "The best thing was the accountability," said Evelyn Jones. "Having a plan and knowing we

had to report at the next class makes you do it. I might say, 'I don't want to take a walk today... but I do it.'

Jim Angle said he and his wife had found a way to eat healthier by having meals delivered. "I lost almost 40 pounds," he added.

Evelyn Jones said by the end of the course she could do 12 laps in the therapy pool instead of 10, "and I'm doing my exercise three days a week instead of two." Although participants were encouraged to eat healthy snacks provided at each session, at the final class those who wanted to indulged by having a slice of homemade pound cake she made. "I think we've all learned some discipline," she added.

At the conclusion of the course, participants received certificates from Alice Duehl, program coordinator for Chronic Disease Self Management, and posed for a class picture.

# Enhancements to the Nursing & Rehab Center Courtyard

Members of the Leadership team at Richfield donned their work clothes in June to spruce up the outdoor courtyard space for the Recovery & Care and Rehab Centers. They cleaned the breezeway windows, painted the outdoor pavilion and fixed up the old pump house. All of this was in preparation for new patio furniture, courtyard landscaping and carpeting leading to the Chapel.

The new pavilion furniture, courtyard landscaping and carpeting leading to the chapel were purchased with a monetary gift from Eugene Robinson, a longtime resident of Richfield. We are appreciative of this gift as it has allowed us to enhance the courtyard for the enjoyment of our residents and their families.

## *Richfield Recovery & Care Center & The Rehab Center Welcome New Assistant Administrator & Director of Nursing*

Join us in welcoming Jennifer Rowe as Assistant Administrator and Libby Green, RN as Director of Nursing.



Jennifer joined Richfield as Assistant Administrator in June. She has been a licensed Nursing Home Administrator since 2013. Prior to her appointment, she was operating a 110 bed, CMS 5-Star rated skilled nursing facility in Northern Virginia. She is a 2009 graduate of James Madison University with a B.S. in Health Care Administration and a B.A. in Political Science.

Jennifer grew up in North West New Jersey with her Mom, Dad and older brother. She enjoys spending time with her family, reading, hiking, being outdoors and volunteering with her church through mission trips both in the U.S. and abroad.



Libby took over as Director of Nursing in May. She has been a Registered Nurse for over 30 years and has extensive clinical and management experience in acute care, long-term care and rehabilitation facilities. She brings to Richfield her experience in managing a large resident based community and her commitment to quality care.

Libby grew up in Natural Bridge and attended Dabney S. Lancaster Community College where she graduated with her degree in Nursing. Green and her husband live in Roanoke and have three children and four grandchildren. She enjoys entertaining her family, gardening and reading in her leisure time.

Jennifer and Libby join Administrator, Sue Devine, in overseeing care and quality improvement initiatives at the Recovery & Care and Rehab Center. Welcome to Richfield!



*This is just a part of the leadership team that participated in the work day.*

### **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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