



RICHFIELD *News about Richfield Living and its people* Life

Fall 2017

Fabulous fall at Richfield



The Harwell Grice Band from Franklin County entertained on a picture-perfect early fall day at Richfield's lake.



Tim Fells performed a Kenny Rogers tribute at JCT and also at The Oaks at their fall hoedowns. Here he is with John Ratliff.

Such a busy fall and the weeks leading up to it at Richfield Living!

Residents celebrated changing leaves, pumpkins and fall events including a Sunday afternoon Concert By the Lake with the Harwell Grice Band. They also took part in apple peeling, hoedowns, the annual Glenvar High School football pep rally at the Joseph C. Thomas Center, raising money for the Walk Against Alzheimer's and more.

Before those activities, residents joined in the excitement that swept across the nation with Eclipse-Watching Parties during the Total Eclipse on August 21.

Look inside for more pictures, along with details on Richfield's new "A Celebration of Life & Lights" and how the Roanoke Symphony Orchestra is stirring memories for residents.



Richfield residents joined in with the nation to watch the solar eclipse on Aug. 21.

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Save the date: Celebration of Life & Lights, November 28

A new tradition to remember loved ones is being started at Richfield. A Celebration of Life & Lights will be held on Tuesday, November 28, at 6:30 p.m.

A special service will be held, with the first annual lighting of the “Tree of Life & Lights,” graciously sponsored by John M. Oakey & Son Funeral Home, in the center of the Richfield campus.

The tree will be covered in lights representing the memory of those who have passed during the year, as well as individuals honored with a tribute by a loved one. A gift of \$10 or more secures a symbolic light on the tree, as well as inclusion in the “Life & Lights Book of Honor” which will be displayed in the Campus Information Center throughout the holiday season.

“We are pleased to partner with Richfield,” says Jon Wilson, VP/General Manager of John M. Oakey & Son Funeral Home. “This is our community, our family

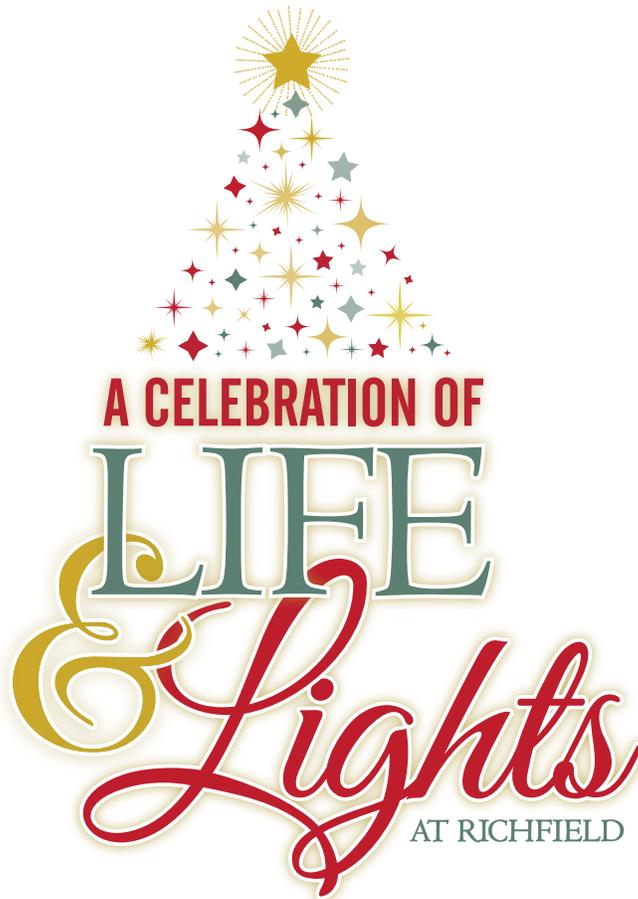
and friends. It is an honor to help bring comfort and healing to the families we serve and the greater community.” John M. Oakey & Son Funeral Home

will also be having their own remembrance ceremony on November 30 at 7 p.m.

Richfield President & Chief Executive Officer George Child explained that proceeds will benefit Richfield’s Assisted Living Legacy Fund that helps residents who have exhausted their financial resources.

Donations may be made online at richfieldliving.com/giving. Life & Lights gift envelopes are also available at the reception desk in any Richfield building. Gifts may be mailed to Stephanie Landes Marketing & Fund Development, P.O. Box 3240, Salem, VA 24153. For more

information, contact Stephanie at 540.444.4714 or slandes@richfieldliving.com. Envelopes may also be dropped off at the reception desk in the Richfield Recovery and Care Center.



YOUR OPINION MATTERS!

Thank you to all the residents and families who participated in recent surveys. Results will be shared in the Winter edition of Richfield Life.



Roanoke Symphony Orchestra will add music to residents' lives

Violin, bass and flute music will fill the air of the Joseph C. Thomas building starting this month. Professional musicians from the Roanoke Symphony Orchestra are beginning to work with Richfield residents as part of a Wellness Arts music therapy program for memory care residents, which is provided through a grant from the Foundation for the Roanoke Valley. Richfield will host the program every other Friday beginning in November.

A changing trio of trained musicians, with Music Therapist Noel Anderson, will be providing the sounds and sights, with the idea of triggering memories and making new ones.

“We are excited to be offering this kind of service to residents and former audience members,” said Roanoke Symphony Orchestra Executive Director David Crane. These types of music arts therapy programs are being done by a handful of

organizations nationally, “and we are proud to be one of them,” he added.

Crane explained residents will get to hear a low voice instrument, such as a bass, a mid-voice like a violin and a high voice such as a flute or oboe, playing symphony or familiar music. Residents can also use drum sticks and shaker instruments to play along.

Music therapist Anderson said having memory care residents involved playing along with orchestra musicians will stimulate more areas of the residents’ brains. “Even when people are in the late stages of dementia and Alzheimer’s, music can still reach them,” she said. Residents are also encouraged to ask questions or tell about what the music means to them.

And Crane added, “We hope to sustain this program for years to come.”



Richfield Living earns top awards from VHCA



Richfield Living won top awards from the Virginia Health Care Association and staff traveled to Richmond in September to accept them.

The Richfield Recovery and Care Center received 1st place for National Nursing Home Week

activities. The Joseph C. Thomas Center earned 1st place for its “Disney Dreams” special event. The Oaks received 3rd place for its “Happy Days All Day” special event.

Life Enrichment Coordinators who accepted the awards for their respective facilities are, from left: Ayla Harless, Rachel Baber, Beverly Adams, Debbie Tingler, Troy McNeill, Aaron Burbage. Congratulations everyone!

Harwell Grice Band has residents tapping toes, dancing

A September 24 Concert by the Lake by the five-man Harwell Grice Band had residents tapping their toes and dancing. It was a perfect sunny day for the eclectic mix of music with the familiar sounds of Johnny Cash, Merle Haggard, traditional bluegrass pioneers Bill Monroe and Flat & Scruggs, as well as Louis Armstrong and Nat King Cole. Lead singer Josh Grice and his friends played an ode to



moonshiners at one point, which had the crowd laughing. Band members Josh, Gabe Robey, Andrew Kingery, Stewart Werner, and Brian Muller also played some of their original music.

“We always have a good time,” said residents Shirley Shephard, Ann Landes and Judith Perrine. Under another blue umbrella nearby, residents Gretchen Johnson, Betty Jean Harris, Maria Guy, Nell Land and Ida Eller



Resident Jerry Cobbs has a good time at the concert with his mother, Roxie, and Beth Grice, mother of the band's lead singer, Josh Grice.



Residents point out a drone flying overhead to video the event, piloted by JCT Life Enrichment Coordinator Bev Adams' son, Benjamin.



Lead singer Josh Grice, in green shirt, and members of the Harwell Grice Band sing bluegrass favorites at a picture-perfect day for Richfield's Concert By the Lake on Sept. 24.

Check out the Concert by the Lake video on Richfield's facebook page! Enjoy beautiful drone photography captured by Benjamin Adams of the Richfield campus while listening to one of the songs from the concert!



**Facebook.com/
RichfieldLiving**

were tapping their toes and smiling. "This is just another of the very lovely events that Richfield does for its residents," said resident Joann Barfield. Residents Thelma Davis and Judith Perrine got up and danced!

More than 150 residents, families, friends and staff enjoyed the afternoon. Kettle corn was provided by Tina and Mike Brightwell of The Kettle Cooker Express, and apple cider-flavored donuts, along with other varieties, by Grandpa Ike's Mini Donuts owners Scott and Wendy Haston.



Resident Joe Pellant gets a complimentary bag of kettle corn from Mike and Tina Brightwell of The Kettle Cooker Express.



Residents Gretchen Johnson, Nell Land, Betty Jean Harris, Maria Guy and Ida Eller enjoy the sounds of the Harwell Grice Band.



Residents Thelma Davis and Judith Perrine boogey with the music.

Friends make sure Catherine's Garden continues

Catherine Humphreys always raised flowers, and brought that love with her to Richfield when she moved in six years ago.

Now macular degeneration is stealing her eyesight and her legs aren't as strong as they used to be. Catherine feels she can no longer continue picking out plants, planting and taking care of the garden she started behind Ridgecrest five years ago, so her friends are making sure Catherine's Garden continues.

In addition to volunteering to take care of the colorful azaleas, miniature roses, dahlias, yellow tuberous begonias, orange marigolds, pink vinca and hydrangeas, purple clematis, lilies, petunias, impatiens and many more, on September 20 Catherine's friends surprised her by installing a plaque so that anyone who sees the garden will know Catherine started it.

The plaque her friends ordered has a sentiment written by Abram L. Urban: "My garden of flowers is also my garden of thoughts and dreams. The thoughts grow as freely as the flowers, and the dreams are as beautiful."

They had been planning the surprise for two months.

"I think it's awful pretty," Catherine says of the plaque. "That's the biggest surprise anybody ever gave me." She and friends Eenie Johnson,

Sue Monroe, Judy Ellison and Nellie Haley sit outside by the garden several times every day when the weather is nice.

"I like to come down here in the evening when everything is quiet," one said.

When the sun hits the plaque about 3 p.m., the lettering shines like gold, they say.

They've enjoyed the hummingbirds which visit the feeder and flowers. "I've seen four baby ones, about as big as my little finger," Catherine adds.

Susan, Nellie and Judy are the ones who are going to keep the garden up. Judy researches flowers on the computer, "and whatever we plant we check out with Catherine first." Nellie is the watering lady, making

sure to water several times a day in recent hot, dry weather.

Jan O'Connell, who heads Ridgecrest's Residents Council, talks about how valuable Catherine has been on the council. "She served as sixth floor representative for four years, and hand wrote cards to anybody who was sick or needed one," Jan says.



Catherine Humphreys' friends surprised her with a plaque marking the garden behind Ridgecrest which she started five years ago. They are making sure the garden will continue to thrive. From left, they are Sue Monroe, Judy Ellison, Nellie Haley, sitting; Eenie Johnson and Catherine, sitting at right.

Totally awesome eclipse watching



Residents joined in with the nation to watch the total eclipse of the sun by the moon on August 21.

At The Oaks, residents, staff, volunteers, and staff packed into the cafe to watch TV coverage of the eclipse, while munching on sunshine and moon cookies,

a lunar cheese ball and crackers, galaxy popcorn and more. Reactions to viewing the eclipse with their special safety glasses were priceless, staff said.

Joseph C. Thomas residents, staff, families, volunteers and guests enjoyed a Celestial Celebration while singing along to cosmic music from John Yates such as "Blue Moon", and "Ain't No Sunshine When She's Gone."

Independent Living residents gathered on front porches to use their special glasses to view the moon taking bites out of the sun.



Hoedowns provide fun



Put your boots on and swing your partners! It was Hoedown time for residents at the Joseph C. Thomas Center and The Oaks the first week of October.

Kenny Rogers tribute artist Tim Fells showed off his silver-haired profile for residents to pose for pictures, and performed a tribute concert after a barbecue lunch with cornbread and beans, cow cookies and homemade apple dumplings for "The Apple Dumplin Gang."

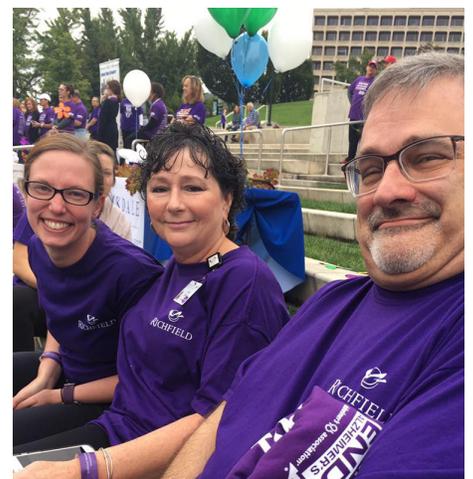


Visit our Facebook page for more pictures from the event:
[Facebook.com/RichfieldLiving](https://www.facebook.com/RichfieldLiving)

Carrington Kay performed music at The Oaks, where there were horses, square dancing and harvest-time food as well as a dessert contest.

Richfield staff, family, walk to end Alzheimer's

More than two dozen Richfield staff and family members signed up for the "Walk to End Alzheimer's" on October 14 in Roanoke's Elmwood Park. The team raised nearly \$4,000.00, with a few donations that were still coming in. Residents, staff and friends raised nearly half the goal in September from the Joseph C. Thomas Center's quilt raffle, selling baked goods, mini Alzheimer's walk on campus, and paying to wear blue jeans on Fridays.



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OUR MISSION:

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

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