



RICHFIELD *Life*

News about Richfield Living and its people

Summer 2018

Celebrating the ‘Heart of Richfield,’ spring, and living



Residents and team members celebrated Senior Vice President Susan Woodie-Williams’ 40 years at Richfield Living, threw a party recalling Then and Now memories and pictures, and applauded volunteers as spring ushered in summer. Read more and see pictures inside.

Celebrating Susan Woodie-Williams’ 40 years at Richfield

From Social Worker to Senior Vice President, the heart of Richfield retires

Susan Woodie-Williams remembers seeing almost every building on the Richfield campus go up during her 40 years of tenure.

Susan was celebrated as “the heart of Richfield” on June 1, the day she retired, when a heart-shaped team member award was established in her honor.

“We set up the Susan Woodie-Williams RISES Award with the hopes she will have a hand in selecting future recipients,” said Richfield Living President and Chief Executive Officer George

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At the June 1 reception in her honor, Susan Woodie-Williams, center, shares memories with Teresa Tice, left, a housekeeper who has worked at Richfield for 20 years, and Branda Racliffe, Certified Nursing Assistant, who worked with Susan for 30 years.



This heart-shaped award was established in Susan Woodie-Williams’ honor and will be awarded each year to a Richfield team member.

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Child. The award will be presented annually to a deserving team member who exemplifies, like Susan, Richfield's values: Respect, Integrity, Service, Excellence and Stewardship," he explained.

The heart-shaped rock was selected because Susan is so good at finding and collecting heart-shaped rocks at the Maine home where her family vacations. That's where she headed after the reception with her mother, Joy Patten, "to give my mother my full attention this summer," she said.

Susan, who was Senior Vice President, worked her way up from her starting job as a social service worker at what then was called McVitty House "when she was paid \$3.50 an hour," Child mentioned.

She advanced from Social Worker to Director of Social Services in three years, then Admissions Director, Administrator, Vice President of Marketing, Vice President of Assisted Living, and then Senior Vice President. "She developed the Richfield Living community's brand," Child pointed out.

What she was best at, co-workers at her reception said, in addition to leadership and camaraderie, was keeping up with Richfield Living residents and team members while being interested in all things Richfield. Many at the gathering mentioned Susan had hired them.

"If she sees something that needs to be done, she's going to do it," said Tonya Woolwine, Executive and Corporate Secretary, who was one of those Williams hired.

Said Debbie Conway, Administrator of The Oaks assisted living at Richfield, "There isn't anything at Richfield that Susan hasn't had a hand on."

Debbie Conway was a nurse when the two met, and



The Richfield Living team surprised Susan Woodie-Williams at the June 1 reception by instituting a team member award in her honor. Susan's grandson, Aiden, looks on as she takes her first look at the award.

along with Susan, watched every building on the campus be built or revamped. The only one they didn't watch from the beginning was the main part of the Recovery and Care Center but they did see the East Wing added.

In accepting the surprise award named for her, Susan told the crowd, "I appreciate it more than you will ever know." She mentioned when she graduated college she did not know what she wanted to do, and after spending a year with her parents who were medical missionaries in South Korea, she took what she thought might be a short-term job at Richfield.

"I never thought that I would want to work in senior living...Boy, did I find a passion," she said.

Special guests at the reception were members of Susan Williams' family, including her mother, her husband Wayne, grandson Aiden Woodie, 11, granddaughter Paisley, and daughter-in-law, Kambrie Woodie.

Volunteers Make a Difference Every Day

At Richfield Living, Volunteers Make a Difference Every Day. Now volunteers have a t-shirt to prove it.



Cynthia and Mike Calaway hold up t-shirts presented to volunteers at the Volunteer Appreciation Brunch April 21, which say: "Volunteers Make a Difference Every Day"

At this year's Volunteer Appreciation Brunch on April 21, volunteers were applauded and thanked for all they do to make the lives of Richfield Living residents fuller.

From Gabby the Therapy Dog to people who arrange flowers and

members of the musical group, Southern Spirit, residents and staff appreciate them all.

"You are the light that keeps burning on this campus," said Chaplain Gary Kingery.

Northside Middle School student Madison Baker, 11, was one of the youngest volunteers recognized, with her mother, Charlene. Madison helps hand out Bingo bucks.

Charlene worked at Joseph C. Thomas Center for awhile, she said, and now comes to visit and help out "because I love the residents and want to give back." One of her favorites is Geraldine Weddle, she said. "I kind of adopted her."

Cynthia and Mike Calaway and their band, "Southern Spirit" not only entertain The Oaks resident Genevieve Whitt, her mom, but all the rest of the residents when they play once a month. He plays steel guitar and she sings. Other members of the group are Tommy Hahn, Sid Crosswhite and Lance Leighton, plus Tonia Berger.

Volunteer Pam Bayes has been volunteering for 19 years, with chapel services and also leading residents in making centerpiece flower arrangements. Jobe Florist



Chapel and floral volunteer Pam Bayes shows off the card volunteers received which features a tree made up of residents' fingerprints as leaves.

donates the flowers. She proudly held up the card the volunteers received featuring a colorful tree made up of residents' fingerprints for leaves.

The Oaks Life Enrichment Coordinator, Debbie Tingler, explained why she especially appreciates when volunteers come: "My residents get so excited because it's another face, another personality."

Another volunteer recognized that day was Glenvar High School student Olivia Nicholson, who had logged 2,100 hours of service as of that date. "She gravitates to JCT's Memory Care residents, and plans to major in special education," said Bev Adams, Life Enrichment Coordinator. "There's a love and kindness in her heart."

Jefferson College nursing students work with seniors

The conversations were buzzing and the interaction lively as 80 and 90-year-olds smiled and talked with 20-somethings.

Thirty-seven Jefferson College of Health Science nursing students had a chance to visit with some of their favorite people on April 19.

The student nurses took blood pressure readings for Richfield Living residents, gave healthy eating recommendations, tips on how to keep their brains active, and advice on better sleep and exercise.



Jefferson College student Allison Cabbage takes a blood pressure reading for resident Maxine Hance.

Many of the students had worked with some of the residents earlier this year, doing crafts and other activities.

“It’s a fun way to interact with the community here at Richfield,” said Felicia Knott, who came to do “Life Reviews” (life story collection) and crafts in the fall.

“We get good experience with older residents, and community nursing experience,” explained Chelsea Temple whose specialty for the event was promoting better sleep and relaxation.

Meanwhile, Allison Cabbage was doing blood pressure screening for resident Maxine Johnson.

Ryan Siders explained that being able to do brain teasers helps keep the brain active, “even when you might not be able to do physical activities.”

His table was giving out colorful packs of tissues to residents who got the right answers in a brain teaser game.



Resident Jean Chester talks about senior health with a Jefferson College nursing student.

Residents have a good time despite rain during Nursing Home Week



Residents Teresa Smith and Mary McAlister, right, enjoy pineapple drinks and other refreshments at the luau.

Rain and more rain dampened the outside but not the fun for residents of the Recovery and Care Center and The Rehab Center during National Nursing Home week the last of May.

The luau and drive-in movie went on – inside - residents and guests danced at the prom in the Jane Morgan Harris Chapel, and they enjoyed the Little Critters Petting Zoo, which was rescheduled to a later date.

Even the Richfield Community Yard Sale attracted some sellers and Richfield customers, although it was rescheduled due to rain. Next year there will be a bouncy house and other attractions for kids, said Aaron Burbage, Lead Life Enrichment Coordinator for the Recovery and Care Center and The Rehab Center.

“We had the luau scheduled at the pond – and it rained. So we

moved to the chapel and set up tiki torches and everything. The Mark Baskin Trio played, we had barbecue and homemade potato chips, and residents danced and had a good day,” Aaron explained.

The week started with a Mother’s Day Brunch provided for residents and daughters in the Goose & Gander Café. The next day, we had a traveling waffle cart on every floor and games of Bingo in the afternoon with a chance for residents to redeem their prizes at the store,” he continued.

“That night, we had the movie, ‘Homeward Bound,’ at a ‘drive-in movie’ on the blowup screen in the courtyard, with popcorn and hot dogs,” he said.

Residents “drove” their cars – cardboard cutouts they had painted over the past few weeks and which fit over their wheelchairs and chairs.

Housekeeping team member Troy Spangler demonstrated competitive archery for residents one morning, followed by pizza and salads on all floors and Gentle Shepherd Hospice doing a therapeutic memory activity with beach balls and favorite activity questions.

On another day, Alex Hodnett and her art business helped residents make collages of things remembered as a way to celebrate their life stories, Aaron said.

National Nursing Home Week activities were planned and coordinated by team members Rachael Baber, Troy McNeil, Erin Moore, Staci Counts, Ayla Hartless, Donna Allen and Rick Isbell. United Healthcare volunteers did makeup and nails for residents and helped them dress for Prom 2018.

“We’ll definitely do it again,” said Aaron.

RRCC residents also took part in National Senior Health & Fitness Day on May 30, which involved the whole campus.



Housekeeping team member Troy Spangler shows how to hold a bow as a part of his competitive archery skills presentation for residents.

Couple's 67th wedding anniversary becomes Then-and-Now celebration

The love story began in 1951 when Mary and McCoy Garrison were married. This year, to celebrate their anniversary, all the residents and families of the Joseph C. Thomas Center (JCT) at Richfield Living were invited to the party.

At the "Then and Now Spring Event" on May 18, the couple sat reliving their memories together and even dancing a little while holding the hands of daughter Kathy Sparks of Salem.

Others were jitterbugging and swing dancing, tapping their toes and snapping their fingers to live music by a 20-piece orchestra, sipping 8-oz. bottles of Coca-Cola and root beer, and eating miniature red velvet cupcakes and fruit parfaits. This was all served as dessert following a full-course seated dinner in late afternoon.

"Our 'Then and Now' event celebrated McCoy and Mary's anniversary. We recreated date night with the Sway Katz Big Band, decade costumes" from the 1950s and more, explained Beverly Adams, JCT Life Enrichment Coordinator, who planned the party with her team.

The "joint was jumping" as 20 Glenvar High School (GHS) football players twirled smiling and laughing JCT lady residents, while other volunteers held hands



Mary and McCoy Garrison on their wedding day.

with gents who danced in their wheelchairs or kept time with their canes.

Resident Mary McCoy smiled and watched. Her daughter talked about what the celebration meant to the family. "This is something that brings all the residents together and brings such joy and



Live music by the Sway Katz big band had residents, teenagers and families in the mood.

pleasure," Kathy Sparks added.

The Garrisons' actual anniversary was May 5. Once Adams realized their date was close to when she usually plans an annual big party for JCT, she started planning this year's massive event – a year ago.

She had lots of help preparing the celebration and helping get residents all gussied up. In addition to the GHS Football team, there were 62 volunteers. They included 17 United Health Care volunteers, as well as dozens of Beverly and Tom Adams' piano students and some parents, and other teen volunteers.

Adult volunteers were from United Health Care, "who came at 2 p.m. with their curling irons to do residents' hair, helped with makeup and fingernails. They helped serve dinner, and several stayed for the party," Beverly Adams explained.

Resident Lillian Amos had a good time. "Yes, I liked the party. I just had to have some of those sweets, oh boy!" she said, referring to postage-stamp size red velvet cupcakes and fruit parfaits.

Resident Dorothy Bell was enthusiastic about the big band music. "This is good. We need it. I like to dance sometimes" she said, after dancing with "sailor" Tom Adams in his midshipman uniform.



Piano student Caroline Bass, 8, and her dad, Chris Bass were among the volunteers serving at the party.

He dressed that way in honor of Bobbie Guthrie, who was in the U.S. Navy. Guthrie didn't let his wheelchair keep him from holding hands to dance from a seated position with his daughter.

One of the piano students volunteering who was dressed as a car hop waitress was 8-year-old Caroline Bass, with her dad and mom, Mr. and Mrs. Chris Bass. He was a baseball player, and she wore a "A Team of Their Own" All American Girls Professional Baseball uniform.

Ninety-five-year-old Nan Lee danced and danced. Many of her partners were Glenvar High School Football team members.

"I like giving back to the community," said ninth grader Zach Moore. "I like meeting new people and being able to talk and dance, and make everyone

here happy." Jacob Crowder added, "I like to give back to the community."

Jesse Brown pronounced the party "pretty cool." "It was a good experience, talking to all these people," added Nick Shell, a wide receiver.

Coach Kevin Clifford explained why he encourages his team members to come to Richfield to put on a pep rally in the fall at JCT, and to mingle at the spring event. "We enjoy coming here. It's important for our kids just to come. It helps them be well rounded."

Music by the band and vocalist Celie Holmes ranged from "Somewhere Over the Rainbow," to "In the Mood."

To help pay for the party, JCT residents raised \$900 at a Barbecue Bake Sale, another \$478 with a Breakfast Bar Fundraiser, and received a \$200 donation.

Originally the plan was to hold the event outdoors in the courtyard, but heavy rain called for some changes. Team members and volunteers moved furniture and transformed JCT into a garden space with overhead strings of lights and room for the big band as well as dancing. Residents joined in by blowing soap bubbles at the conclusion of the evening.



Mary and McCoy Garrison celebrate their 67th anniversary by dancing with daughter Kathy Sparks at JCT's "Then and Now Spring Event."



Glenvar High School volunteer Olivia Nicholson wore go-go boots and Virginia Western student Kris Maxey "grew" a mustache and sideburns for the evening.



Nan Lee, 95, talks with one of Glenvar High School's Football team players as they dance during the Then and Now celebration at Joseph C. Thomas.

Richfield gets recognized



Many thanks to the readers of The Roanoker Magazine for recognizing us with the 2018

Gold Award for Best Retirement Community AND Best Rehab/Post-Op Facility!

Also, many thanks are due to the readers of SWVA Living for recognizing us with several 2018 Readers' Choice Awards!

Richfield was awarded the Gold award for:

- ♦ **Best Retirement Community**
- ♦ **Best Rehab Facility**

- ♦ **Best Place to Work**
- ♦ **Best Apartment Community in both Salem and Roanoke County.**

Richfield was also awarded the Bronze award for:

- ♦ **Best Place to Keep Fit in Salem!**



Your acknowledgment of the strides we make each day to enrich lives in the community is greatly appreciated! **THANK YOU** for your support in helping us further our mission of helping individuals experience life to the fullest, through every phase of their journey.

Prayer breakfasts provide more than food

A new event at Richfield Living are monthly prayer breakfasts that offer spiritual encouragement as well as eggs, oatmeal and sausage gravy.

Three months ago Chaplain Gary Kingery started the breakfasts, which are open to all Richfield residents. On the second Monday at 9 a.m., the gathering is in the Shenandoah Room at Knollwood. Once the renovations in the Regency Room at Ridgecrest Apartments are complete, prayer breakfasts will resume on the third Monday at 9 a.m.

“They have been very successful,” the chaplain said. “We usually have a speaker and conclude with prayers, and of course, have those good breakfasts supplied by Richfield.”

The prayer breakfasts are informal, and open to all.



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

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