

Pack-a-Back Pack

In partnership with Hanover Youth Service Council (HYSC) Covenant Woods hosted the 2nd Annual Pack-a-Back Pack evening. Over 30 volunteers from HYSC, Hanover County, Covenant Woods Board, staff, residents and



Dinner was enjoyed on the Community Center patio.



Hanover elementary students enjoy picking their back pack and packing it with school supplies.

family made the evening possible for over 60 Hanover elementary students. The students enjoyed dinner, activities and shopping for their back pack and school supplies.

Remaining supplies were then delivered to 21 schools in the county and provided to programs such as the Hanover Resource Mothers Program, Hanover Safe Place, the Positive Action Club and Hanover Court Services to meet the needs of hundreds of families in Hanover.

Jazz Brunch

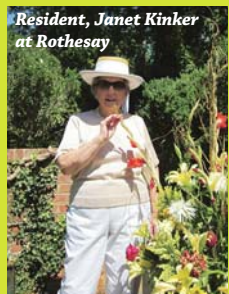
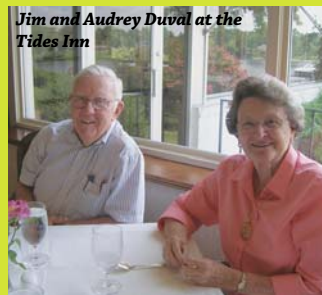


The New Orleans inspired brunch was enjoyed by residents, staff and friends and raised over \$900 for the Covenant Woods Memory Walk team in support of the Richmond Alzheimer's Association. As a complement to the menu guests enjoyed a lively performance by the Doctors of Jazz.



Guests enjoyed the New Orleans inspired brunch and music by the Doctors of Jazz.

Congratulations on their 70th Wedding Anniversary



Join us Tuesdays this fall for The Shepherd's Center Open University starting September 28th

9:45-10:45

Tudor Personalities, Politics, and Religion in 16th Century England

John Rilling

Current Events

Robert Gomperts and Ralph Graner

11:00-11:50

Accountability for Wellness in Later Years

Dr. Stan Higgins

World War I: Politics and Diplomacy

Captain Ernest Castle

For more information contact the Shepherd Center at 804-355-7282 or Elizabeth Pace at 804-569-8007.

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THE COVENANT

NEWS AND EVENTS FROM COVENANT WOODS, A NOT-FOR-PROFIT CONTINUING CARE RETIREMENT COMMUNITY

\$50 Million in Support and Counting

It's been 127 years since The Richmond Home for Ladies first provided shelter for 12 Civil War widows. Though the name has changed to Covenant Woods, and The Home has transformed into a continuing care retirement community, the original mission of providing exceptional care, quality of life, security and comfort remains.

That ongoing assurance is an important part of what Covenant Woods stands for. Anne Huff originally moved into The Richmond Home for Ladies in 1995, and was one of 36 residents who moved from there into Covenant Woods when it opened. Anne said, "I had never even thought about going into a place, and I really didn't think about it until my husband died. I thought 'I'm not going to be a burden on my family,' and I took myself over to Richmond Home because my church had been real active in it."

"The Richmond Home was a lovely place," she continued. "I just can't believe there was such a place still left in the world." She loves Covenant Woods as well, and says, "There are not many places you'd find that are as nice as this." And as a former resident of The Richmond Home, Anne has the assurance of continuing to enjoy the care she receives.

An important source of peace of mind for Anne and other residents is provided by the continuation and support of the Covenant Fund. Over the lifetime of the Fund, more than \$50 million has been used to support residents needing financial help. The annual campaign currently underway helps keep this important support in place.

Beth Richardson, Director of Development and Marketing, said, "The Covenant Fund pays for housing, care, and can also pay for special medical needs should they arise. Basically, it takes care of people once their resources have run out." She added that currently 11 residents of the community participate or are beneficiaries of the Fund, with financial support of \$471,000 in 2010.



Anne Huff visiting with a camper from Camp Hanover.

Covenant Woods' Chief Financial Officer, Erik Mauritsen, explained how the completely-private program works. "If somebody is on a life care contract and gets down to their last \$6,000, they can come to me. I explain the rules to them and give them the required forms. They would use these forms each

month to deduct certain eligible expenses and list any income received. The net income would then be applied to their account and the balance written off to the Covenant Program" he said.

Beth Richardson added, "That means they can live here without government support, and Covenant Woods' many benefactors over many years have ensured that we can perpetuate this program."

In addition to the annual campaign, Beth said, "The Fund is also supported through donations, including bequests and gift annuities from generous donors. Over the years, most of the funds have come in through bequests. People who decide to provide for Covenant Woods in their Wills are typically people who want to ensure that other people can live a quality

lifestyle in their senior years."

Over 500 people each year donate to Covenant Woods' to perpetuate this mission. 14 individuals are members of the Covenant Woods' "Covenant Society", a program which recognizes those who have named Covenant Woods in their Wills or made a planned gift such as a gift annuity. The 2010 annual giving campaign mailing was sent in September. If you would like to be a part of insuring the care, security and comfort of seniors, please respond with your gift. The small gifts of many make a huge difference in the lives of those in need.



Covenant Woods has provided care for 127 years.

Exceptional Care
Peace of Mind
Security
Comfort

That's what we'd all like in our retirement years.

FALL 2010 EDITION

Look Inside...

- Getting to Know You
- Right Sizing
- Puppy Pandemonium
- Pack-a-Backpack
- Jazz Brunch
- Faces of Covenant Woods
- Fall Open University Schedule

Masthead photo of the Covenant Woods' pond taken by Jack Taylor



Getting to Know You

With a taste of Jean Moseley's made-from-scratch cake, and lots of creative and beautiful handwork on display, Covenant Woods' residents discovered new things about their neighbors in the first-ever "Getting to Know You" event.

Our community has always been a neighborhood, as well as a home and an extended family. But, residents Sue Sheaffer and Carolyn Huntley thought it would be nice to showcase residents' lesser-known talents and skills. They came up with the idea of a month-long multi-part program that would bring people together. It culminated with the "Getting to Know You" event, which proved particularly popular.

"It was a way to understand people better by getting to know what their interests were," said Sue. Starting in April, Sue and Carolyn began recruiting residents with interesting hobbies and pastimes. With help on publicity and logistics from Meghan Horan, Director of Resident and Recreation Services, the program took shape and took place in August.

Sue said, "It took a good bit of work to bring it together, but Covenant Woods was so cooperative. I thought if we got 17 people, we'd be on top, but we got 28!" With Meghan's assistance, the Community Center was set with about 30 tables. The participating residents used them to display collections, crafts, photography, handmade musical instruments and much more. The displays prompted lively conversations. "We all have many talents and gifts," Sue said. "We wanted people to know about them, and we stressed the 'getting to know you' part."

Sidney Black used the occasion to showcase her knitting, which she learned at the age of 5 from her grandmother. From her collection of garments and household items, she displayed sweater coats. She not only enjoyed sharing her own work, she also said, "It was surprising the things that people did, and you really learned about your neighbors."

Jim DuVal, who showed his lifetime collection of postage stamps, echoed those thoughts. "It was very interesting. I liked the woodwork, too, and also the photography," he said, speaking of the items Dave Schumaker and Bob Peace had on display. Jim's wife, Audrey, who showed a large sampler she had done with a combination of crewel work and cross-stitch, agreed. "I thought it was wonderful, and a great way to know people better."

According to Meghan Horan, "Getting to Know You" was such a success with residents that it was "held over" for a second day so that Covenant Woods' staff could enjoy it, too. "It was a wonderful event for us to learn more about our residents. Due to the success of the event, we will definitely plan more in the future," said Meghan.



Knitting and needlework by Mary Larson Davis



Floral arranging by Katherine Thompson



Sweater fashions by Sidney Black



Hand painted china by Sue A. Shaeffer



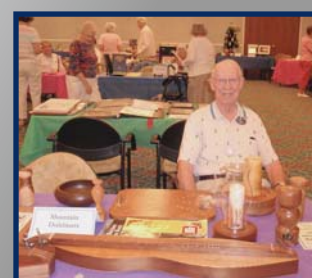
"Idle Time" needlework by Bev Lordi



John and Dolly Harden's plaster family caricatures



Quilts by Marian Grebasch



Dulcimers and wood working by Roy Moon

Scaling down takes time and a lot of preparation.

With the oldest of the Baby Boomer generation now reaching retirement age, the number of people making their retirement plans is increasing rapidly, and most face the dilemma of down-sizing to smaller living quarters.

Many couples approaching retirement have lived in their homes for thirty or more years, accumulating furniture and other possessions that entire time. Finding ways to sell, give away or donate things takes time. Even deciding what to keep and what to let go of takes time, energy and creativity.

Fortunately, there are resources available and techniques that can be used to make the process easier. Many retirees turn to "senior move specialists" like Katie Hamann of Door-to-Door Solutions, who has helped nearly 50 individuals and couples with "right-sizing" before moving to Covenant Woods.

"It's a very emotionally-charged process," said Katie. "We focus on the positive aspects of the move and what you're gaining, versus

what you're losing." She noted that afterward, many people find they've gained independence. "They're not burdened by the house and the chores and the things they can't do – they can focus on the things they can do," she said.

When choosing what to part with, Katie encourages her customers to work with their children, friends, church, synagogue or their favorite charity. She said, "It's important to find a place for those things to go that they can feel good about. It's not about giving up or letting go or throwing away. They feel like they've used it, it has value, and someone else is going to use and value it."

Wiley and Ellen Cross, in planning their move to Covenant Woods, recently faced those decisions, and came up with a creative, organized way to distribute much of what they have accumulated to family members. They began by studying the floor plan of their apartment and using templates to decide where furniture would go. That done, they cataloged all the

items they wanted to go to children and grandchildren.

Wiley made a list of things like the dining room table and chairs that were surplus. "The children were asked to go down the list and indicate their top choice as number one, and on down the line jumping over those which held no interest," Wiley said. They had a number of rounds to go through their choices. "As it worked out, all but one got their number one choice, and their other priorities pretty much worked out to everyone's satisfaction," he said.

To distribute items such as sterling flatware, bowls, china and crystal, Wiley and Ellen collected "lots" of four to six items, which Wiley photographed and numbered. Lists were distributed to family, who assembled in August

Continued on Page 3



The Cross' daughter Martha Ellen Swafford showing off her "lot".

Therapy Dogs spread puppy pandemonium and therapeutic benefits too



Puppies

Nearly two years ago, Paul Westerfield, Dining Director, began bringing his Newfoundland dogs to Covenant Woods for regular visits with residents. Within months, that casual interest in volunteering with his specially-trained pets had grown into scheduled



Paul Westerfield and two of his Newfoundland dogs.

monthly sessions accompanied by another dog owner, Dee Boggetti. The visits and their benefits proved so positive that our community now has a growing, formalized animal-assisted therapy program.

Earlier this year, Covenant Woods' Manor East Recreation Therapist, Shannon Marling, CTRS, began a program built on what Paul and Dee had been doing. Shannon said, "We ran a 10-week, one-hour-a-week program in Grace Gardens, our Memory Support area every Tuesday for 45 minutes to an hour. Each week, there were specific goals and outcomes we were trying to achieve ... improved memory, improved mood, increased feelings of accomplishment."

According to Shannon, "It was extremely successful. Residents remembered the dogs' names, they remembered we were having the program, and people who don't easily engage in activities went to another activity happy and engaged." Based on that success, another 10-

week formalized session began in early July.

"Just like with any other type of therapy, what we're trying to achieve is a goal," said Shannon. "That might be improving a person's range of motion, their autonomy, their mood and their aspect and feeling of community." She explained that these goals are reached by brushing the dogs, throwing balls to them, and choosing different activities to participate in.

"There are always over-arching goals, plus individual goals for each week: cognition, improving language skills, discussing aspects of daily living for the dog," said Shannon. "Those are the kinds of therapeutic benefits we're looking for."

Meanwhile, Paul continues his less-structured work with Dee Boggetti. Although less formalized, it's certainly not a casual exercise. Both Paul and Dee own trained therapy dogs, who after about 150 hours of training become registered with Therapy Dogs International. One of three certification organizations nationally, TDI reported 21,000 dog/handler teams in 2009, volunteering in all 50 states – a testament to the value of pet-assisted therapy.

Paul clearly loves his Newfoundlands, but he also loves what they do for residents. He said, "It's mostly the reaction of the people. Talking to a person is one thing, but if you put a dog in the center of it, you suddenly have something to talk about. You can ask if they had pets early on, and it just takes the

conversation in a totally different direction ... it's a much lighter conversation because the dog is the center of attention."

Paul has had more than his share of therapeutic successes, too. He said, "Some of the animal-assisted therapy I've done at Covenant Woods has been with residents with Parkinson's, and I actually harness my dogs and have them pull wheelchairs, with the resident holding onto the dogs like it's a pair of reins. They gain a little bit of core strength from that, but more importantly, they get out socializing. They're suddenly out and about and the center of attention and talking with people. It changes their day on a whole different level."

Shannon noted that Covenant Woods also has other groups of volunteers who regularly visit with their therapy dogs. "They go around, visit with Manor East residents, and they put their dogs through different commands," said Shannon. And there are also more casual special events, like Paul introducing seven of his newborn puppies to residents in August.

While some puppies scampered around the room, others happily accepted petting and lap time. Paul said, "There was a bit of puppy pandemonium ... I've never tried that before but I'll definitely do it again!"



Bentley with his new mom.



Paul's seven puppies.

Scaling down, *continued from Page 2*

for rounds of choices. The procedure took hours of preparation, but afterward Wiley said, "Each recipient received a fair share, and most importantly, each felt that they got a fair share. We were so pleased to see the happy smiles on the children's faces as they made their choices."

The Cross's organized and creative approach worked well for them. But according to Katie Hamann, many people become overwhelmed. She offered these three important tips to make the process go more easily.

Realize that it's going to take more time than you expect. Even thinking things through and making decisions are time-consuming.

Start and finish one area at a time. Katie says, "Whether it's one drawer, one closet, one room, stay on track." Otherwise it can be frustrating and unproductive.

Ask for help. Don't try to do it alone ... call on family or friends or a professional.

If you use a service like Katie's you still need to allow time. "We'd love to get started three to six months before the move, instead

of the usual one to two months," she said. That gives her time to determine where customers stand in the process, and to offer them services tailored to their needs. You can learn more about the scope of Katie's services on her website, doortodosolutions.com. And useful information can also be found on the site of the association she belongs to, the National Association of Senior Move Managers, nasmm.org.

Door to Door Solutions will present on Right-Sizing at Covenant Woods on Monday, October 4th at 11:00 a.m. If you would like to attend, please contact Elizabeth Pace at (804) 569-8007.

Amelia Swafford, grand-daughter of the Cross'.



The silver collection made up one of the 48 lots.

Lessons Learned

- A. We had a lot of possessions which we simply had but did not use and should have passed along some time ago. Maybe this is a result of growing up in the thirties where there weren't many possessions to be had.
- B. We were so pleased to see the happy smiles on the children's faces as they made their choices. This type of division is so much better than that which takes place by Will of Trust documents.
- C. The procedure we followed even if it did consume many hours in preparation resulted in each recipient receiving a fair share and most importantly, each recipient felt that they got a fair share.

~By Wiley and Ellen Cross