

Tuesday evening square dancing continues ... and is growing.

If you pass by the Covenant Woods' Multi-Purpose Room on a Tuesday evening, you'll hear traditional country music, Jesse Shackelford's encouraging calling, and the laughter of eight-person "squares" of residents under Jesse's tutelage.

Jesse has been leading lessons in square dancing every Tuesday since the middle of August, and his protégés now instantly respond to his exhortations to "do-si-do," "allemande left" and "honor your partner." On February 2, the first class of dancers completed the basics of square dancing, and the entire group celebrated the achievement and honored Jesse with a cake and lemonade party.

"We had a real nice time," said Jesse. "I have a little saying when I'm calling and they're 'coming home.' I'll say 'hot dogs and

lemonade.'" So the cake his students surprised him with was decorated appropriately with a hot dog and lemonade motif.

Now, with a full set of "graduates," the program has expanded. In February, Jesse began to teach "mainstream" – the next level of square dancing — to the dancers who completed the first session. A new batch of beginning dancers will join them to learn the basics.

Having seasoned dancers in the room makes the lessons even better, Jesse explained. "Now that I've got people that know how to do certain moves, we can do a show-and-tell." The mainstream dancers can demonstrate moves while the basic dancers watch.

The 90-minute lessons give everyone a chance to enjoy some lively exercise and gradually learn square dancing intricacies.

Jesse and his wife, Lillian, have plenty of experience and patience to call on. He said, "My wife and I have been doing it for 43 years. I'm real tickled with it. It seems to be doing well, so we're going to continue doing it as long as they want it."



A festive cake to celebrate the dancers' completion of the 1st class, and to honor Jesse Shackelford.

Classes, music, trips and speakers keep Covenant Woods residents as active as they want to be

There's never a shortage of activities at Covenant Woods, thanks to a busy group of residents on the Activities Committee. The committee meets monthly to brainstorm and plan with Meghan Horan, Director of Resident & Recreation Services, and Mary Jo Allen, Independent Living Recreation Assistant.

"This year, in addition to our usual trips, speakers and events, The Shepherd's Center of Richmond Open University classes are being hosted on our campus," says Meghan. "And we also have a Driver's Safety Program sponsored by AARP that will help attendees save money on car insurance," she said.

Of the committee's work Mary Jo said, "When we meet, ideas are shared and we decide what to move forward on, always trying to cover a wide range of interest."

Past careers and personal interest play a role

too. "Some members are involved in coordinating speakers, some share responsibilities for trips, and some for musicians and performers. One of the ladies on the committee has found speakers from her previous work experience. She also reviews newspaper articles and ads, and looks for popular topics in Richmond and beyond," commented Mary Jo.

Mary Jo added, "The members responsible for trips definitely prefer to get input from their peers. They continually solicit ideas from residents and build trips around those ideas."

See the adjacent abridged schedule of activities for the results of the committee's work. If you would like to register for any of the programs mentioned or receive monthly emails on programs, please contact Elizabeth Pace at 804-569-8007.

Spring at Covenant Woods

Classes. Spring term of The Shepherd's Center of Richmond Open University classes start on March 23. AARP Driver Safety Program for drivers over 50 is scheduled for April 7 and 8.

Speakers. In March, Bishop Kern Eutsler, a Covenant Woods' resident. In April, Ray McAllister, author of "Hatteras Island: Keeper of the Outer Banks". In May, Paul Woody, sports columnist, *Richmond Times-Dispatch*.

Music. In March, The Barksdale Bifocals, performing "Fourteen at Dinner." In April, Willow Creek Band, performing bluegrass and gospel standards. In May, Hanover Orchestra, directed by Lucretia Davis.

Trips. In March, Riverside Theater in Fredericksburg. In April, Virginia Garden Week Tour on the Eastern shore. In May, A Hanover County Historic Bus Tour, "The Trail of the Cavalier."



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THE COVENANT

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

Conservation, Environment and Covenant Woods

By Dr. James Mays, Covenant Woods resident.

Visitors to Covenant Woods are quickly aware that this Continuing Care Retirement Community is located in a setting unusual for its spaciousness and the beauty of its environment. The overall site covers some seventy-five acres of gently rolling coastal plain property that includes a stream and a pond set within a mature tract of woods. Yes, there really are woods at Covenant Woods! As the first phase of the community was under development, intentional care for the integrity and charm of the site guided the efforts. Now that a third phase of expansion is projected, plans for conservation and enhancement of the environment and the use of resources are a high priority.

Stewardship of the environment and conservation of resources are values guiding the entire project. Planning and construction will be monitored by the criteria set by the US Green Building Council in five areas: sustainable site development, water efficiency, energy efficiency, materials selection and indoor environmental quality. James L. Robinson, Project Manager of the expansion with JLR Construction Management believes, "The management of Covenant Woods has assembled a superb project team of legal, architectural, landscape design and construction consultants, all committed to achieving excellence in the design and building of Phase III. The team has placed the environment as its primary goal."

Landscape architects are projecting a design for the nineteen acres, on which Phase III will be situated, that enhances the natural beauty of the tract and emphasizes conservation values. The Lodge, the central building of the expansion, and twenty-two new cottages will be located in proximity to the woods in a way that exploits their sylvan setting. The design provides a selection of distinct open spaces and landscape elements that will offer different ways for residents to experience the world of nature. The neighborhood of The Lodge will be connected with the present campus, The Manor, and the woods by walkways and paths that make the entire campus, woods and ponds accessible.



Covenant Woods Architectural Rendering of Phase III Expansion.

A scale of natural environments will thus be available to all residents to enjoy - gardens, upland groves, woods, marsh and pond.

Because of the lay and slopes of the building site, special care to prevent soil erosion is being exercised. The site drainage for a large sector of The Lodge will be directed to a new, second smaller pond along Lee Davis Road that will collect runoff and hold the water for use in irrigation. A walkway will encircle the borders of the new pond. Its perimeters will be enhanced with garden and riparian plantings, making it yet another venue for outdoor experiences.

The soil of the entire site has been tested and analyzed to develop criteria for selecting plant-

Continued on Page 3

Spring Wine Tasting and Silent Auction



Auction items are being gathered, food and wine selections are being paired, so be sure to mark Saturday, April 17 on your social calendar.

Guests will delight in the array of items ready for bidding... including a three-day weekend in Nags Head, heirloom jewelry, furniture, paintings from local artists, and gift certificates from local restaurants and shops.

"We welcome anyone who enjoys silent auctions and wine to join us." said Christie Jones in the Development Office.

The wine tasting will be hosted by The Caboose from Ashland, with appetizers by Covenant Woods' Dining. All funds raised will support the J. Edwin Givens Employee Scholarship Fund with a goal of raising \$10,000. Door prizes will also be awarded during the auction.

Tickets are \$15 per person and may be purchased by calling the main Covenant Woods' number - 804-569-8000. If you would like more information about the auction, email Christie at christie.jones@covenantwoods.com.

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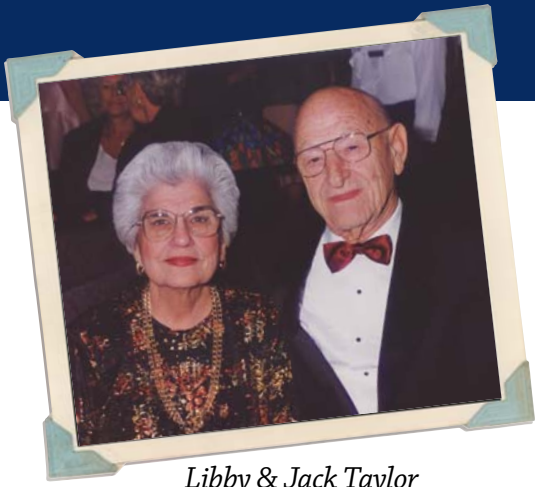
Look Inside...

- Jack & Libby Taylor's Art Gallery
- Staff Highlights Jennifer Knight
- Nursing Students at Covenant Woods
- Ruth Jordan Celebrates her 100th Birthday
- Tuesday Evening Square Dancing
- Activities at Covenant Woods

Masthead image taken by resident, Bob Peace during a walk in the woods.



The Jackson J. and Elizabeth B. Taylor Art Gallery becomes Covenant Woods' most recent named gift



Libby & Jack Taylor

A dreary winter day was brightened when scores of family and friends of Elizabeth “Libby” Taylor and her late-husband, Jack, attended the opening of the art gallery named in honor of the Taylors. The gallery, in the gathering space outside Covenant Woods’ Multi-Purpose Room, was named “The Jackson J. and Elizabeth B. Taylor Art Gallery.”

In opening remarks, Director of Development and Marketing, Beth Richardson said, “The Taylor gallery will provide a space not only for Covenant Woods’ artists, but also artists from the community at large. We hope it becomes a preferred location for programs in the arts.”

Gallery Committee Co-Chair Sarah Perkins spoke warmly of the Taylor’s “tireless energy,” and noted Libby’s seven years of dedicated watercolor instruction at Covenant Woods. She said, “Many of us have discovered a hidden talent that only needed to be encouraged by a generous and talented teacher.”

Before the doors opened for the reception, Libby shared her thoughts and said, “I am positively overwhelmed and so appreciative of this honor.”

In addition to honoring the Taylors, the Gallery is noteworthy as it joins the Virgil “Penn” Hughes Fishing Platform, Moreland and Lila Irby Fountain, and LaVecchia Family Chapel as the fourth named gift at Covenant Woods.

Funds raised from the Gallery will support the Covenant Fund, ensuring that no residents must leave their home due to financial need.

“These are all very special places at Covenant Woods, and they help us not only continue the heritage of the organization, but also perpetuate the honor and memory of residents,” said Beth.

For more information on named gifts, call the Development Office at 804-569-8004. For information about Taylor Art Gallery exhibits, call Recreation Services at 804-569-8182.



Original watercolors and photographs from the Taylor’s private collection.

Libby and Jack Taylor have made a lasting mark on Covenant Woods

While the Gallery honors the artistic contributions of Libby and Jack Taylor, it only hints at the wide-ranging impact the couple has had on Covenant Woods and the Richmond community.

Both Taylors retired from the University of Richmond (U of R) before moving to Covenant Woods in 2002. Jack had been a professor of physics for 38 years, and chaired the department for most of that time. He was educated at U of R and Cornell University. Libby was a professor of mathematics at U of R for 34 years, and chaired the department for 9 years. She earned degrees from Winthrop College, Duke University and Columbia University.

With their distinguished academic careers completed – and many young lives enriched — the couple turned their energies in new directions. They enjoyed traveling extensively, but it was Jack’s passion for photography and Libby’s talents with watercolors that continued to touch lives.

“Jack was interested in photography from a very young age,” Libby says. “Jack was seldom seen without a camera, and enjoyed sharing his results with everyone.” In addition to displaying his work regularly in the Covenant Woods Library, he established the Photography Club and encouraged others in the pursuit. At his passing, he left many albums of his work to the community archives.

Libby took up painting in earnest and first learned to paint through classes in Elderhostel programs. She attended a total of 38 and says, “I found comparing notes from different instructors very beneficial.” She began sharing her skills and natural teaching ability with neighbors seven years ago. “The people in class have done some really nice work,” she says. “Some are currently displayed at the General Assembly. We participate every year.”

The Taylors have tirelessly inspired creativity in others ... a very special gift that makes the Gallery naming in their honor even more meaningful.

Staff highlights

Jennifer Knight puts a generous measure of “heart” into everything she cooks

Want a Western omelet, cooked just right and served with a big smile? At Covenant Woods, you can have just that by simply com-



Jennifer Knight

ing to the dining room for Sunday brunch.

Jennifer Knight’s quick and welcoming grin clearly shows the warm feelings she has for the community and its residents. So it’s not a huge surprise that her favorite day of the work week is Sunday. “Usually I’m back in the kitchen at my station cooking to order, but Sundays are special. I get out of the kitchen and prepare the food just the way they want it,” she says. “I can interact with residents and talk to them more.”

Even when she’s working behind the scenes, Jennifer’s cooking has a lot of fans. Covenant Woods’ Resident Admissions Representative, Anna Messick, has enjoyed soup for lunch almost every day since she joined the community. “Jennifer does a really good

job. She’s very creative with her different recipes ... she just does something with the flavors that makes it quite tasty,” says Anna. “If there’s something I’m not familiar with, I ask if Jennifer made it, and I know I’m going to like it.”

Paul Westerfield, Dining Director, echoes those sentiments. He said, “Residents often ask me, ‘Is Jennifer working?’ It’s clear that they think her cooking makes our meals extra special.”

Jennifer has been a mainstay in the kitchen since before Covenant Woods was built. She started part-time at age 16 at our predecessor, The Richmond Home for Ladies. That was 12 years ago, and she says, “I liked it and I’ve stayed

Continued on Page 3

Nursing students hone their skills in Health and Wellness

Nursing students from Hanover County Public Schools spent three weeks in January completing intensive practical training at Covenant Woods. Hanover Nurse Educator, Chris Thomas, RN, said, "The experience was nothing short of wonderful." The high school program, conducted in partnership with J. Sargeant Reynolds Community College, is a model program for the state, initiated in 2003 when Hanover High opened.

Covenant Woods was the first on-site clinical experience for 13 nurses-in-training – all juniors at the school. In coming months, they will enter similar rotations in surgery at Henrico Doctors' Hospital, followed by training in day care centers, elementary schools, psychiatric institutions, maternal child care, and drug and alcohol abuse settings. Chris said, "It's a very comprehensive program. They see every aspect of nursing that's available to the Licensed Practical Nurse (LPN)."

The partnership between Hanover High and Covenant Woods took about a year to establish. Once established, Suzanne Uzzell, Staff Development Coordinator, began working with Chris on the students' curriculum needs and coordinated their activities, that began on January 4. Suzanne echoed Chris' enthusiasm for this

first term saying, "The staff gets a fresh perspective when students come in while passing on their experience."

For many of the students, this is the first



Nursing students from Hanover County Public Schools complete three weeks of practical training at Covenant Woods.

step in a healthcare career. By completing the practical training at Covenant Woods, they're now eligible for testing to become Certified Nursing Assistants. And when they complete their additional clinical assignments before graduation, they'll be able to take their Boards and become LPNs. According to Chris Thomas, "Most of our students, about 90% to 92%, go on for a Registered Nurse program."

That means a four-year college for the additional training.

About training at Covenant Woods, Chris said, "It shows the students what wonderful care can do ... they can compare it to other places they go and see the difference. That was a high point for them. It was wonderful for them to see quality care." Suzanne agreed, saying, "Coming into this setting, they're just beginning to interact with residents, and defining their own role as the caregiver. This is probably a less stressful setting in which to begin to refine those skills by interacting with residents on a human level as well as on a healthcare level."

Suzanne was also enthusiastic about the benefits for Health and Wellness residents saying, "They just loved the extra attention and young faces, as well as their enthusiasm."

The nursing practical training is expected to be repeated next January with a new class of Hanover students.

In addition to serving as a practical training site for Hanover High, Covenant Woods offers a scholarship to seniors graduating from the program and pursuing a nursing career at J. Sargeant Reynolds. In 2009, three students were awarded scholarships.

Expansion continued from Page 1

ings for garden and border spaces. Grasses that are suitable for this particular soil and require a minimum of irrigation and fertilization will be planted in the open stretches of the new campus.

This focus on green initiative in the construction of Phase III is not a new emphasis at Covenant Woods. It is rather a continuation and extension of policies and practices already established for the Community. Various strate-

gies are in place to save electric power and reduce inefficient use of water. A single stream recycling program gathers waste paper, glass and metal to flow into channels for reprocessing instead of overflowing landfills. A task force composed of representative members of management and residents is constantly on the watch for ways to improve and extend the habits of conservation in the Community.

Staff Highlights continued from Page 2

here ever since." Paul says that her work ethic is as strong as her loyalty to the community. "I have been here 2 years, and in that time she has never called in sick or said she couldn't make it," says Paul. During the January, 2010 blizzard, Jennifer and six other dining employees spent a wintry Saturday night at Covenant Woods so that residents could have breakfast on Sunday morning.

Jennifer came by her culinary skills in a family setting. "I learned to cook by watching my parents and my grandmother," she says. When asked about her favorites, she smiles and adds, "I like to cook soul food ... macaroni and cheese, fried chicken and things like that."

When she isn't busy in the kitchen, she's often found occupied with family. "I have a seven-year-old son, Isaiah. I spend a lot of time with him helping with his homework." It's not surprising that Isaiah has already ex-

pressed interest in doing the work his mother does. "He says he wants to be a cook when he grows up ... I said 'aim for chef'," she says with a smile.

Jennifer also enjoys sports. She says, "I used to play basketball in high school. I watch a football game sometimes, but mostly I watch basketball." When pressed about a favorite team, she smiles and says, "A lot of them ... but probably the New York Knicks."

Next Sunday, be sure to stop by the dining room. She'll be at the carving station, or the pasta or omelet bar, serving up food just the way you like it, and enjoying the company and conversation of residents on her favorite day of the week.



Ruth Jordan

Ruth celebrates 100th Birthday

Ruth Jordan's 100th birthday was celebrated with several luncheons and dinners hosted by family and friends as well as two parties at Covenant Woods, where she is a resident. She had family that traveled from New York City and Louisiana to share in her birthday festivities.

The Guild, a Covenant Woods' volunteer society, honored Ruth at their January meeting with reflections from her friends, a memory book and cake. The meeting even included a screening of a documentary of Ruth filmed by Lee Davis High School students in early 2009.

Ruth said of her birthday, "It was by far the best birthday I've ever had!"