

# J. Edwin Givens Educational Scholarships awarded

Two Covenant Woods employees were selected from a pool of applicants by the Board of Director's Development committee to receive the J. Edwin Givens Educational Scholarship. Supported by funds raised from the annual Wine Tasting and Silent Auction, plus individual gifts and donations,



Shelia Payne, Scholarship recipient.

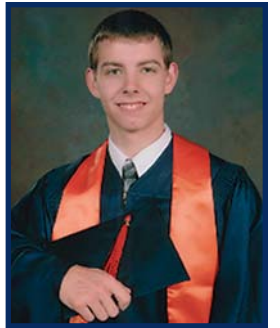
the Scholarship honors the memory of Mr. Givens and his 40 years of service to Covenant Woods and The Richmond Home for Ladies.

Shelia Payne, who has been employed in the Nursing Department at Covenant Woods

since 2002, is one recipient. Her supervisor, Doretha Wimms, has known her since then, and says, "She's really reliable and definitely a go-getter. Shelia is very excited about continuing her education. She's a great person and she loves what she does." That was obvious when Shelia was asked for her thoughts. She said, "Dreams are not enough when it comes to creating a future. Goals are real; knowing the right way or wrong way to ensure your goals will help with keeping focused." Shelia will use her scholarship at J. Sargeant Reynolds Community College, where she is studying to obtain her Phlebotomy certificate and become a Medical Laboratory Technologist.

Robert Cappello is this year's other recipient. Robert will study business at J. Sargeant

Reynolds, with a focus on entrepreneurship. He began working in the Dining Department at Covenant Woods in 2009. Robert is excited about this opportunity, and said, "I've had to put off college twice so far because of health and financial issues in my family. Because of this scholarship, I get to be one of the first people in my family to go to college." Paul Westerfield, Robert's supervisor, wished him well with his studies, and said, "Robert is one of the most caring and compassionate employees I have seen. His care of residents is exceptional."



Robert Cappello, Scholarship recipient.



"Sonny and Cher" performed by Ruth and Tom Waltz



Resident Variety Show emcee's Joyce and Tom Handy



Silent Auction and Wine Tasting



Jim Fleet in the garden



Garden



Newest residents



Covenant Woods' Spring Choral Concert

## 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

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

## Covenant Woods awarded coveted CARF-CCAC accreditation

Carrie Davis, Covenant Woods Administrator, learned in May that our community has been awarded a five-year term of accreditation from CARF-CCAC. This latest accreditation is the sixth consecutive year that CARF-CCAC accreditation has been awarded to Covenant Woods. Submission for accreditation is totally voluntary. Covenant Woods underwent an audit process, provided policies and procedures to the organization, and submitted to interviews of board members, residents and staff. Covenant Woods is one of only three retirement communities in the greater Richmond area that is accredited, and one of only 16 in the state of Virginia.

Carrie Davis, LNHA said, "The accreditation process allows us to acknowledge how much we have accomplished, while giving us a platform to focus on new goals. It is a wonderful opportunity to see how we compare nationally. We have always felt that Covenant Woods is a great community and when we learned we scored in the 95<sup>th</sup> percentile, it affirmed this."

Covenant Woods earned this important accredita-

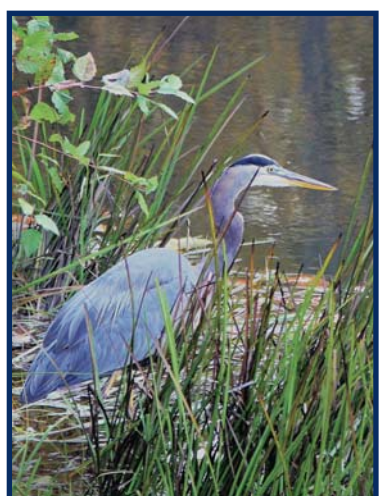
tion by putting itself through a rigorous peer review process, and demonstrating to a team of surveyors during an on-site survey that it is committed to conforming to CARF-CCAC's accreditation conditions and standards. It is also an acknowledgment and commendation of our community's quest for quality programs and services.

The Continuing Care Accreditation Commission (CCAC) was founded in 1985 as the nation's only accrediting body for continuing care retirement communities and similar organizations. In January 2003, CCAC merged with the Commission on Accreditation of Rehabilitation Facilities (CARF), a nonprofit accreditor founded in 1966 that touches close to 6 million individuals served in a wide range of human service organizations.

For more information about the accreditation process, please visit the CARF website at [www.carf.org](http://www.carf.org), the CARF-CCAC website at [www.carf.org/aging](http://www.carf.org/aging), or the CARF Canada website at [www.carfcanada.ca](http://www.carfcanada.ca). For additional information, contact Carrie Davis at 569-8003.



Covenant Woods has earned re-accreditation from CARF-CCAC.



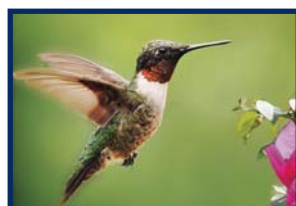
Great Blue Heron, photo by Robert Peace.

## The birds of Covenant Woods

Written by Dr. James Mays, Covenant Woods resident

When enjoying a walk through the woods and around the pond at Covenant Woods, residents and their guests will frequently see the Great Blue Heron. It is a regular visitor that walks the pond edge in a solemn stalk, or stands still and erect, as if a sentinel, over the waters. Resident amateur photographer Robert Peace has caught it in attack stance, crouching in readiness to lunge at a sighted fish.

The tiny Ruby Throated Hummingbird frequents the gardens of the campus and visits the feeders that residents maintain. The second photo by Robert shows the always astonishing beauty of a hovering male. The huge heron and the diminutive hummer form a parenthesis of size around the population of birds at Covenant Woods. The list of species sighted has grown to the fifties, a population that engages residents in many ways.



Ruby Throated Hummingbird, photo by Robert Peace.

From her cottage porch that overlooks what has been dubbed "the Beaver pond" Novelene Shroyer spotted three birds new to her, perched in brush overhanging the water. Neighbors summoned to share the sight of the unusual visitors agreed that the birds were Hooded Mergansers, attracted by the habitat that the Beavers had constructed.

For some years Roy Moon has played landlord to a pair of House

Finches who have "rented" space on his second floor balcony to hatch and rear their annual brood. Roy's careful observation of the procedures of nesting, feeding and fledgling have made him an expert on the life cycle of the species.

Lila Irby is always the first to hear the announcement from the Wood Thrush that it is back for the spring and summer. The melodic soft warble that drifts up from the brushy brook behind her cottage is unmistakable and she lets neighbors know about the twilight concerts.

This past year, residents who keep gardens were surprised to discover that a pair of Killdeers had moved into the midst of

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SUMMER 2010 EDITION

### Look Inside...

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- Covenant Woods' Gardeners
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- Fall Open University Schedule



## Resident's Corner:



### Covenant Woods unique three-generation connection



*Pam Turner is the 3rd generation in her family to live at Covenant Woods or Richmond Home for Ladies.*

Resident, Marguerite Anderson, moved into Covenant Woods nearly three years ago. She was delighted when her niece, Pam Turner, chose the community as her home in August last year. But their shared history with the community goes back much further.



*Marguerite Anderson, is the daughter of Annie Childress.*

Marguerite explained that her mother, Annie Childress, was a resident of The Richmond Home for Ladies beginning in 1976. And both Marguerite and Pam have vivid recollections of the Covenant Woods predecessor from those days.

Pam explained, "When my grandmother lived there, we would often go ... especially on her birthday, and take freezers of home-made ice cream, so the ladies just loved when my grandmother's birthday came. In fact, they said, 'can we do it more often?' So we did ... 20 or 30 of the family would come with ice cream and cupcakes and stuff like that. They really enjoyed that."

With her mother living there, Marguerite and her husband, Robert, both became volunteers at The Richmond Home for Ladies. Marguerite also became involved with The Guild, and continues to this day. Although not as active as she once was, she says, "I help out when I can." When Marguerite's mother became confined to a wheelchair, The Richmond Home for Ladies had no ramp. Pam said, "It took a strong man to bump her down the steps." But Robert Anderson donated money for and helped to build a ramp to make it easier for residents to enter and leave the building.

Talking with the two women, it quickly becomes clear that the strong ties of family are important to them. Marguerite said, "When Pam told me she was coming, I just couldn't

believe she was going to be over here with me, so it was just wonderful. I'm so happy to have a family member here." And there are lots more family members nearby. She said, "I have 11 grandchildren and 27 great-grandchildren. People say 'Did I hear you correctly?' And they all live very close. I feel very blessed."

Pam feels the same way. She said, "The younger family members, like my nephews, kind of grew up at The Richmond Home for Ladies ... they'd play outside while we were in visiting." Pam maintains her grandmother's collection of family photographs and Valentine's Day cards going back to 1912, and when a child is born into the family, she presents them with



*One of the Valentine cards from Pam's grandmother's collection*

a seven-generation chart of those who came before. With a smile, Marguerite said, "We're a close family ... you can tell."

*Annie Childress, mother of Marguerite, at Richmond Home for Ladies.*

## Covenant Woods' gardeners enjoy farm fresh produce

Each spring, a group of residents eagerly take to the garden parcel on the west side of campus to plant and nurture vegetables and flowers. During the spring, a constantly rotating assortment of vegetables grown there provides many residents with fresh produce to enjoy and share. Jim Fleet can be seen tending his crops nearly every day during the spring. Around the time this newsletter arrives, he will be harvesting English peas, zucchini, cabbage, onions, beets, spinach, greens and string beans planted in late April. His stand of tomato plants will make wonderful salads and BLT's in July and August.

Jim grew up in King and Queen County, and started gardening as a child. After moving

to Covenant Woods 9 years ago, he has continued his passion for vegetable gardening, and also tends to gorgeous geraniums, hydrangea and gladiolas around his cottage. "I enjoy working in the gardens and in the yard," says Jim. When asked how much time he spends each week, he laughed and replied, "My wife would say that I spend ALL my time out there."

He gets started in early spring, and by mid-April, he's harvesting lettuce while other vegetables are just getting started. Since some plants are hardier than others, he waits until conditions are just right. During April, his cabbage plants were already a foot high, and he busied himself hoeing soil up around their bases to encourage the heads to develop. By early May, the hardy-looking results were obvious and growing quickly, and his English peas were just about ready.

Eunice Kay started vegetable gardening when she moved to the community 9 years ago. She says, "I thought it would be a nice thing to do, and it's good exercise. You get up every morning and it's interesting to see how much it's grown overnight." Like Jim, she usually grows more than she can use. "People have said to me, 'Why did you raise all these tomatoes?' and I said 'To have something to give away and to watch

them grow!"

Both gardeners enthuse about eating the results of all their work. Jim Fleet says there's nothing better than a kale salad. "Oh, I just put some fresh onions on top of it, and I love it!" He, too, has more tomatoes growing than one person can use, but in the late summer, he'll harvest the last, ripen them in his kitchen, and turn his attention to freezing, canning, and making spaghetti sauce. Eunice likes the dietary benefits, too. "I do right much cooking, because I'm health-conscious. No salt, no fat ... that kind of thing. I'm not on any medication, and I've never had a sick day since moving to Covenant Woods," she says.

The current garden site will soon be the home of Covenant Woods' new addition, The Lodge, but that doesn't mean the activity will stop. A fellow gardener, Betty Kenley, is part of a committee already working with Covenant Woods' Facilities Director, Bill Jefferson, to create a new plot on the north side of the campus.

With help from the local Extension Office and Virginia Tech, they have had soil tested, and have plans in motion to plant and till in cover crops, add compost and further improve the soil of the future gardening site. When that work is completed, Covenant Woods' gardeners will have an even larger fertile venue for growing healthy fruits and vegetables for years to come.



*Joyce and Jim Fleet showing off a cabbage leaf.*

# Community expansion is well underway

Though groundbreaking is still about a year away, future residents are eagerly taking steps to be a part of Covenant Woods' next expansion, The Lodge. In the first week of June, Director of Marketing and Development, Beth Richardson, reports that commitments have been made by 13 future residents.

Jim Robinson, of JLR Construction Management, is Project Manager for the expansion, and explained that there are two major components to the project ... additions and renovations to the existing community, plus construction of new residencies and amenities at The Lodge.

"We're adding a new Wellness Center, which will include a swimming pool and fitness area complete with locker rooms," Jim said. "We will also be adding a Board Room and some administrative space to the existing building, and we'll be renovating the existing dining room and Bistro."

Jim described the creation of new living spaces at The Lodge, too. "The new three-story independent living building will be the home of 84 apartments — approximately 180,000 square feet of building with an underground parking garage," he said. The Lodge will be connected to

the existing building by an enclosed bridge.

Jim explained, "The Lodge is a "lodge" concept, so there will be lots of wood and stone. There will be a new dining venue as well as a pub, and both will have western views of the woods that lie on the back of the property. We'll also have an outside dining terrace ... that's a real exciting component of The Lodge."

Adding to Covenant Woods' community of cottages is also a part of the plan. "The second component of the expansion is 22 cottages which offer four floor plans built in two 'neighborhoods,'" Jim said. All of this building will be undertaken with an eye toward environmental impact, too.

"Since there's environmental sensitivity in the community, we wanted to take advantage of the woods, and 'bring the woods in,'" Jim explained. "We're also going to be extremely sensitive to all the products that are used in the building, to maximize sustainability — materials like flooring, carpeting, paints, drywall, fabrics for furniture, and the lighting and heating system." Jim expects that this will mean the project could get a "silver" LEED certification from the U.S. Green Building Council.



Rendering of Lodge Terrace.

An expansion this significant represents a long and complex timeline. Jim said, "We have submitted our site plan to Hanover County, which we're hoping to have approved by the end of the year. The architectural design of the buildings and cottages should be completed by November of this year. Hopefully, we'll have plan approval for the architectural by April or May, 2011, and we hope to be in a position to break ground by summer 2011."

Those interested in Covenant Woods as their future home can schedule an appointment to visit the Gallery and Design Center. The Gallery features a model of the entire Covenant Woods community and gives potential residents a view of what they can expect. If you would like more information on existing apartments and cottages or The Lodge, please contact Marketing at 804-569-8716.

## The birds of Covenant Woods, *Continued from Page 1*

their vegetables to raise a brood. Interest and circumspection protected the surprising project to a successful conclusion.

These illustrative experiences are evidence that the effort to conserve the natural environment at the Covenant Woods site has created space where residents and nature intersect in stimulating ways. The habitats of campus, pond, brook, marsh and forest combine to provide habitat for avian and human residents alike.



House Finch eggs, photos by Roy Moon



Hatchlings, photos by Roy Moon

## Annual Wine Tasting and Silent Auction was a social and fundraising success.

On a perfect April afternoon, over 225 guests and residents of Covenant Woods attended the community's annual wine tasting and silent auction. Billed as "Springtime, Wine & All Things Fine," it turned out to be a festive social event and a very successful fundraiser. Christie Jones, Development Officer, coordinated the day, and reported that \$12,967 was raised for the J. Edwin Givens Educational Scholarship Fund ... "more than double the amount raised at the inaugural event held last year. I'm thrilled that it was such a success, and that we can help two Covenant Woods' employees further their educations. Next year will be even bigger and better."

Emily Elmore, Chairman of the Board Development Committee, welcomed the guests, and encouraged everyone to "Bid, bid, bid ... sip, sip, sip, and have a great time!" She also extended thanks to event sponsor BB&T, and the residents and staff who made the day such a success. "Our Auction Committee of residents was absolutely fabulous. I've never had so much fun as getting to know them and working with them ... they were out on the trail getting wonderful things for this

auction," she said. On tables around the Community Center and under a tent on the patio, more than 200 donated items were displayed and ranged from jewelry and artwork to furniture, collectible dolls and gift certificates from local shops and restaurants. The most popular item of the day was a pair of opera glasses, circa 1880's, eagerly bid upon by attendees.

Two stations featured regional champagne and wine, served by experts from The Caboose in Ashland. The wines proved to be perfect pairings with elegant hors d'oeuvres specially prepared by Covenant Woods' Chefs. From crab cakes and lobster tartlets to an assortment of cheeses, fresh fruits and pastries, the delicious offerings helped turn the fundraiser into a lively social event, too. Emily extended special thanks to the Dining team, "who just out-do themselves every time."



Guests and residents enjoy the festive event, photo by Bob Peace.