
WESTMINSTER CANTERBURY WEEKLY SUMMARY – JULY 22, 2021 – 3 P.M.

Will Blackwell

COVID-19 Updates

The positivity rate for the most recent two-week period in Henrico County has increased to 3.6%. This is the result of the Delta variant that is causing a surge in COVID-19 cases. Please encourage those close to you to become vaccinated. Please remain vigilant and practice good hand hygiene to protect yourself and others.

Will introduced Dr. Jim Wright, who began as Westminster Canterbury Richmond's Medical Director on June 1. Dr. Wright specializes in geriatrics. (Please watch the video to hear Dr. Wright's remarks.)

Westminster Canterbury Richmond at Home

Westminster Canterbury Richmond at Home offers home health and hospice services. These healthcare services are provided right in your home to address illness or injury. Home health is often the next step in recovery after a stay in the hospital or Mary Morton Parsons Health Center.

We have an experienced and talented home health and hospice team that is ready to help when you need it. Our team consists of an Administrator, Director of Clinical Services, several RNs, LPNs and a C.N.A to provide nursing care. We have Physical Therapists, Occupational Therapists and a Speech Therapist who provide rehab services in your home. We have a Licensed Clinical Social Worker and an ordained minister serving as our Spiritual Care Coordinator. Our team is available to help residents on campus, but we are also growing and providing services beyond our campus. Please let us know if we can help you or a family member by dialing ext. 3500.

Outreach Coordinator

Westminster Canterbury has added an Outreach Coordinator to our team to help encourage more people to use our excellent health services offerings. Our Outreach Coordinator is Christopher "Chris" Smith.

Chris represents Westminster Canterbury's programs, including Westminster Canterbury Richmond at Home and the skilled nursing offered in Parsons Health Center. He visits our residents who are in the hospital, calling families and hospital social workers to ensure we are prepared to offer the proper level of care when residents return to Westminster Canterbury. He helps ensure you receive the best care possible.

Chris also visits with those from the community who are using our services, coordinating among our Clinic, billing and social work needs. He visits hospitals, physicians' offices and other assisted living, independent living and skilled nursing facilities in our region to build partnerships and awareness of what we offer at Westminster Canterbury.

Assisted Living Updates

We have some great updates happening in Assisted Living! Our Avalon Cinema is preparing to launch in early August. This newly refurbished movie room provides a cozy space for residents to watch movies and gather. The Avalon Quiet Room also received upgrades recently and is being enjoyed by residents. Avalon is receiving other refurbishments, including new carpet and paint on all floors. The Gables and Monticello, our memory

support areas of Assisted Living, received new balcony and patio furniture, providing a clean, updated look to that outdoor space.

One of our Recreation Coordinators for The Gables, Lynne Cook, has announced her upcoming retirement. Congratulations to Lynne! We will begin recruitment for a new Recreation Coordinator soon.

Whitney Woodruff

Westminster Canterbury Anniversary Celebration

Westminster Canterbury's 46th Anniversary is Wednesday, July 28. Residents will receive an Olympics sheet in your mailbox today explaining all Anniversary activities. The goal is to collect all 5 colored rings between July 23 and July 28 to earn a prize.

Blue Ring: Fitness

Yellow Ring: Friendship

Black Ring: Creative

Green Ring: Environmental

Red Ring: Spiritual

We have a variety of activities for how each ring can be earned in the coming week. There will be an "Olympian Booth" in the November Gallery from 11 a.m.-noon and 1-2 p.m. on July 23, 26, 27 and 28, where rings and prizes can be collected. Rings may also be available at some of the specific events. You can use your carabiner for keeping your rings. Once you have all five rings, visit the Olympian Booth to collect a prize. We are excited for these Olympics and equally excited to wish you a Happy 46th Anniversary! (Please watch the video to see a video about the 46th Anniversary Celebration).

Lynn McClintock

Pastoral Care Updates

Please join us for *The Sound of Music* Sing-Along in the Sara Belle November Theater, Monday, July 26, 1-4 p.m. There will be a brief intermission. Come sing along with those tunes you know so well. We welcome you to dress up as a character in the musical. The words will scroll across the screen so you can sing along. Please arrive prior to 1 p.m. so when the lights go down you will be ready to "Climb Every Mountain" with Maria and all your friends.

Noonday prayers occur every Wednesday at noon in the Sanctuary. We gather around the communion table and pray for the next phase in the *Vibrancy!* project and for residents, staff and construction workers.

Each week there are two wonderful worship services where you can still your hearts and stir your souls. This Sunday, July 25, at 4 p.m. in the Sanctuary, resident Rev. Dr. Arthur Thomas will lead worship and Ed Schutt will play the organ. We invite everyone to worship each Thursday at 10:30 a.m. in the Sanctuary for some wonderful preaching and beautiful music. The Rev. Penny Nash from All Saints Episcopal Church, formerly of St. Stephen's Episcopal, will lead us in worship.

Why I Wake Early by Mary Oliver

Hello, sun in my face.
Hello, you who made the morning
and spread it over the fields
and into the faces of the tulips
and the nodding morning glories,

and into the windows of, even, the
miserable and the crotchety –
best preacher that ever was,
dear star, that just happens
to be where you are in the universe
to keep us from ever-darkness,
to ease us with warm touching,
to hold us in the great hands of light –
good morning, good morning, good morning.
Watch, now, how I start the day
in happiness, in kindness.

Isaiah 41:10:

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.