
WESTMINSTER CANTERBURY WEEKLY SUMMARY – SEPTEMBER 9, 2021 – 3 P.M.

John Burns

COVID-19 Updates

The Centers for Medicare and Medicaid Services (CMS) positivity rate for Henrico County is currently 10.4%, an increase from last week. Three employees who tested positive are recovering in quarantine at home. Two Independent Living residents who tested positive have been recovering in quarantine and are doing well. Their quarantine ends tomorrow. Today we learned of one new case in Mary Morton Parsons Health Center from a resident who was recently admitted from the hospital. The resident was exposed in the hospital and is in quarantine.

We are pleased to share that on Wednesday, we successfully administered 20 third-dose Pfizer vaccines in Parsons Health Center and two in Assisted Living for immunocompromised residents. We appreciate our partnership with Common Share Pharmacy that is supplying us with vaccines. We hope to administer more vaccines after September 20, once we learn more about how booster vaccines are being recommended for individuals.

Staff continue to work behind-the-scenes, constantly reviewing the guidance from CMS, the Centers for Disease Control and Prevention (CDC) and Virginia Department of Health (VDH) and considering updates to our policies for residents and employees. At this time, we do not have any changes. We will continue to keep programming open and allow visitors in dining rooms and other activities such as the Sara Belle November Theater. We recommend that all visitors be vaccinated as we strive to be a fully vaccinated campus. Masks are required for visitors.

For residents, if you have traveled away from home, been in close contact with a group of people, or think you may have been exposed to someone with COVID-19, you are encouraged to reach out to the Clinic to take a rapid test for COVID-19. Even if you are not experiencing symptoms, this can be a helpful way to ensure you have not been exposed and keep you from unknowingly exposing others. To schedule a rapid test, please call the Clinic at 264-6231. If you are experiencing symptoms, please contact your physician or the Clinic for testing and next steps.

Follow the Core Principles of COVID-19 Infection Prevention

Infection rates of COVID-19 are rising around our region. Please take special care to follow these guidelines to help protect yourself and others, especially if you are spending time outside of Westminster Canterbury where vaccination rates are lower.

- Protect yourself by getting vaccinated for COVID-19 and encourage your friends and family to do the same.
- Wear a mask at all times when around others. Always carry a mask with you, especially when outside of Westminster Canterbury.
- Wash your hands frequently and use hand sanitizer.
- Always maintain social distancing of at least six feet.

Vibrancy! and Other Construction Projects

Watch the video to see progress images.

Interior demolition has been ongoing in the Promenade and is 85-90% complete. Demolition of the existing concrete plaza outside of the Promenade will begin next week.

The former Parsons parking lot has been cleared and preparation for the Parking Deck building pad is underway. As we continue into October, the concrete foundation will be installed.

We installed a construction camera for the Parking Deck that is available for you to watch the progress live from the safety of your apartment. A link is available on the Touchtown Community App, under *Vibrancy!*.

Sara Belle November Theater Anniversary

Last night, Westminster Canterbury celebrated the 15th Anniversary of the Sara Belle November Theater with performances by the Glenn Miller Orchestra. It was great to see many in the theater enjoying classic tunes that reach all generations. Thank you to everyone who makes the performances possible with your generous support of performing arts through gifts to Westminster Canterbury Foundation. The theater is a great example of what the spirit of generosity makes possible at Westminster Canterbury. There are many other areas impacted by your support – the Fellowship Program, Healthcare Excellence, Wellness, Memory Support, Studio Arts, Pastoral Care, the Child Development Center and more. We are grateful to have the opportunity to celebrate generosity in so many ways! Thank you.

Julie McElduff

Wellness and Volunteering

Westminster Canterbury takes a holistic approach to wellness. We care about inspiring the mind, nurturing the spirit and strengthening the body. A recent article from the Mayo Clinic discussed the many benefits of volunteering and how it affects our personal wellness.

There are many health benefits of volunteering, from lower stress levels to boosting self-confidence. Research even shows it can lower your blood pressure and even lengthen your life.

Did you know that volunteering decreases your risk of depression? Volunteering increases social interaction and helps to build a strong support system. Volunteering also gives a sense of purpose and teaches valuable skills. Volunteering helps people to stay physically and mentally active. Activities get you moving and thinking. Most volunteers report better physical health than those who do not volunteer.

Volunteering may reduce stress levels. Having social connections through volunteering helps to buffer stress, reduce blood pressure and can even reduce the risk of disease. Volunteering may help you live longer. Volunteers with serious or chronic diseases report declines in pain intensity and depression as they serve others. Volunteering helps you to meet people with similar interests and helps you to develop new relationships. The shared activity of volunteering builds lasting bonds with others.

Westminster Canterbury Foundation is hosting a Ramp Blitz on September 22-24. This is a wonderful volunteer opportunity for residents to join staff volunteers in building wheelchair ramp components for seniors-in-need in greater Richmond. Not only is this volunteering opportunity great outreach, it also challenges your mind and body, while also providing the chance to meet others and make lasting connections. If you are interested in volunteering, please contact Leota Parandeh at 261-5169.

Aristotle said it best, “The essence of life is to serve others and to do good.”

Farmer's Market

A Farmer's Market featuring fresh produce from local farms will be held on Tuesday, September 14, from 11 a.m.-2 p.m. in the Marketplace. Payment is accepted via credit card or charge to your house account. A separate market will be held for employees on Thursday, September 16.

Glendon Kemp

Security Updates

Beginning November 1, Security and Resident Services will be auditing bike racks on campus. Unlabeled bikes will be removed. Residents should have their bikes registered with Resident Services. All bikes should have resident name and apartment number. There are bike storage locations in the Courtyard Garage and the Glebe Storage Shed.

To provide an additional layer of security to your personal information, shred bins will be provided for two weeks in the Rice Assembly and Center Business Center so you can dispose of old resident phone directories. The bins will be available Monday, September 27, through Friday, October 8.

Beginning Monday, September 13, Security will return to our previous practice of requiring residents' visitors to be preregistered. Guests will be required to be registered prior to their arrival in order to access the campus. Guests with frequent visitor badges will be able to access the campus without registration. Frequent visitor passes will be honored as well. Guests without frequent visitor badges or passes will need to be registered with Security, or they may be turned away at the Gatehouse. Visitors can be registered by calling the Gatehouse at 264-6086 or Central Station at 200-1111.

As a safety reminder, resident foot and bicycle traffic is not permitted in the Parsons Health Center area where the Parking Deck is being built nor in the employee parking lots. For your safety, please stay clear of these areas.

Logan Augustine

Anniversary Prayer for 9/11

Holy God,
Creator of all people and all nations,
It is with sorrow and apprehension we remember the tragic events
That occurred on this day.

We lift to You in prayer all those who died
In the Twin Towers, at the Pentagon, and on United Airlines Flight 93
In Pennsylvania.

We entrust them to Your loving care.
Console their families, friends, and all who mourn this loss
In the hope that all who trust in You find peace and rest in Your Kingdom.

We pray for those who courageously responded to provide aid and comfort to the afflicted.
May their painful memories of that day
Be healed and transformed into strength and positive resolution.

Enable us to put an end to fear:
By resolving to live lives that are based on respect for one another;
By resolving to abide in a peaceful manner

and never settle disagreements in our lives in a violent way;
By resolving not to fall into the trap of blaming entire ethnic groups, races, or religions
in response to acts of hostility;
By resolving that justice, not revenge, prevail in our world.

Let us resolve that in the face of hatred, we will show love;
That in times of despair, we will be voices of hope
And creators of new dreams;
That in times of darkness, we will be sources of light.

Let us resolve that we never regard forgiveness as weakness,
But rather as a source of strength in our lives and in our world.

And, let us honor the memory of nearly 3,000 individuals who died on September 11, 2001
By resolving, with Your help Almighty God,
To truly live this way so You may be glorified and Your love made known to others through us.

Amen.

- *Bro. Darrell Burns, S.J.*