
WESTMINSTER CANTERBURY WEEKLY SUMMARY–OCTOBER 28, 2021–3 P.M.

John Burns

Coronavirus Updates

In great news, Westminster Canterbury Richmond is not aware of any active cases of COVID-19 in employees and residents. A few people have shown symptoms and are in quarantine awaiting test results.

On Tuesday, we held a one-day Pfizer booster shot clinic for employees and Independent Living residents along with our partner Walgreens. Approximately 400 people received boosters. Thank you for your patience with the occasional long wait times. Boosters were already given in Parsons Health Center and Assisted Living. Today, we hosted a mini clinic for residents to receive the Moderna booster.

The Centers for Disease Control and Prevention (CDC) positivity rate for Henrico County is currently 5.96%. Please stay vigilant in keeping one another safe and healthy.

Vibrancy! and Other Construction Updates

Construction on the Parking Deck and Promenade continues. The construction team will be working on the Parking Deck on Saturdays for the coming weeks.

We are excited to share more about the plans and progress on the Promenade renovation and expansion. Starting next week, Director of Dining Scott Jonté will begin a series to walk us through each component of what residents can look forward to in the new Promenade, what is staying the same and the many improvements addressing the desires we have heard from our residents. We look forward to wonderful new social spaces, greater variety in our menus and more when the Promenade and Tower Lobby reopen next year. Tune in to learn more, see images of the design and even some behind-the-scenes images of the construction progress taking place behind the wall.

Resident Satisfaction Survey

The Resident Satisfaction Survey will begin November 1 for all areas of Westminster Canterbury. It will be conducted by Holleran. Written surveys will be placed in Independent Living boxes on November 1. Assisted Living and Parsons Health Center residents will receive a written survey or telephone surveys that will begin on the same day. Completed surveys should be returned to Holleran directly in the self-addressed, stamped envelope by November 15. Results of the survey will be presented to residents by early January. The surveys are voluntary and will be held in strict confidence by Holleran. More details will be shared in writing in residents' boxes tomorrow.

Westminster Canterbury Weekly

Next Thursday's *Westminster Canterbury Weekly* will take place in person in the Sara Belle November Theater. We hope you will join us in person or watch live on TV970 at 3 p.m. If you have questions, please share them in advance through the Resident Suggestion Box or with Resident Services.

Whitney Woodruff

Halloween Bash

The Halloween Bash will be Friday, October 28, from 11 a.m.-noon in the rain location of Cochrane Commons. Join us for live music, ice cream treats and a festive time. Please visit the judges table between 11-11:15 a.m. if you would like to enter the contest.

Putting Contest

The Putting Contest is on Monday, November 1, and more contestants are needed! Contestants and spectators are welcome. Cider and sangria will be provided. Call Whitney at 264-6058 if you would like to enter.

Chick-Fil-A

Chick-Fil-A will be coming to the Brown Garden. On Wednesday, November 3, and Wednesday, December 1, breakfast will be available for purchase from 7:30-9:30 a.m. On Wednesday, November 17, and Wednesday, December 15, lunch will be available for purchase from 11 a.m.-2 p.m. Credit card will be the only accepted form of payment. Full menus and pricing will be available at the Tower and Center Desk and on Touchtown.

Veteran's Day

All veterans who have not previously submitted your service picture and wish to do so, please call Whitney Woodruff at 264-6058 so a photocopy of your picture can be added to our annual Veteran's Display during the month of November.

Our Veteran's Living History Display will take place on Veteran's Day, Thursday, November 11. If you are interested in displaying some of your service memorabilia from 1-4 p.m. in the Cochrane Commons, please contact Whitney Woodruff at 264-6058.

New Courtyard Satellite Gym

The new Courtyard Satellite Gym is located on the Courtyard Second Floor in the northwest lounge. It houses four pieces of cardio equipment, including an elliptical, recumbent bike, treadmill and NuStep. There are also free weights, mats and exercise bands available. The space is open to all residents. If you are new to using any of the equipment please call 264-6669, and a Wellness staff member will meet you for a quick orientation. Wellness staff are hosting an open house on Friday, October 29, from 1-3 p.m., so please stop by. If you have any questions, please call 264-6669.

Kathleen Pender

Horticulture Updates

Fall flower installation began the week of October 11 with installation of violas, dusty miller and our beloved snapdragons. Planting in the remaining areas, including the Campbell Garden, The Gables gardens and the container gardens at the entrances to the building, will begin next week.

James River Nurseries will begin plantings in the West Courtyard beginning Tuesday. The plant layout will include New Generation Boxwood – a new variety that has more resistance to Boxwood Blight with a manageable growth rate. We have recently used this variety at the Cochrane Pond with great success. Other new plantings include Viburnum, Spirea, Hydrangeas and Azaleas along with native grasses and perennials. Our goal is to incorporate low maintenance plantings that will provide seasonal interest and promote pollinators throughout the year. We anticipate the plant installation work to continue into November. Sod installation will be the last phase of this project. Thank you, Courtyard residents, for your patience and understanding as this project has progressed.

There was a main line leak for the irrigation system sourced from the Cochrane Pond earlier this week. Montgomery Irrigation isolated this concern, allowing the irrigation system to work for the Avalon, The Gables and Child Development Center areas. However, the irrigation system supporting the Courtyard Apartments, Homes on the Green and Campbell Garden is affected by this main line leak. We are diligently working with Montgomery Irrigation to get this leak repaired as soon as possible.

Facilities Updates

Over the next few weeks, there will be work on the Tower roof to repair some damaged roof and install two roof drains. There will be minimal impact to residents. Residents who will be directly impacted will be contacted individually.

We are trialing the replacement of water fountains with two water bottle filler fountains that have been installed near Cochrane Commons and Administration. We will look for feedback and consider replacing the remaining fountains.

Towards the end of next week, we plan to begin replacement of elevator ceilings and lighting. We will be installing stainless steel panels and LED lighting on the remaining elevators. Elevators in the Tower have already been completed.

Vanessa Perry

Pastoral Care Updates

Pastoral Care will host the Sanctuary Concert Series featuring Heavy Shtetl, a Klezmer group, in the Sanctuary tonight at 7:30 p.m. There are a limited number of tickets available at the Tower and Center business areas.

Hymn Sing led by Bill Blake and Nancy Bain will take place in the Sanctuary on Sunday, October 31. A featured quintet group, The Marketeers, will sing two of Christianity's classical hymns.

Catholic Mass will be Wednesday, November 3, at 11 a.m. in the Sanctuary with Father Jim Begley from St. Paul's Catholic Church.

On Wednesday, November 3, at 4 p.m., in the Sara Belle November Theater, the David F. Peters lecture will feature a video of Bishop Michael Curry, Bishop of the Episcopal Church, taped especially for Westminster Canterbury. It is called "Leaving a Legacy of Love to Future Generations." To reserve tickets, please go to the Box Office, call 200-1133 or use the Touchtown app.

Psalms 13:4-5, 6

Or my foe will boast, 'I have overpowered him,' and my enemy have the joy of seeing me stumble. As for me, I trust in your faithful love, Yahweh. Let my heart delight in your saving help, let me sing to Yahweh for his generosity to me, let me sing to the name of Yahweh the Most High! But I trust in your mercy, Grant my heart joy in your salvation. I will sing to the Lord, for he has dealt bountifully with me!

Prayer - Saint Ephraim's Prayer at Midnight

O Lord and Master of my life,
give me not a spirit of sloth,
vain curiosity, lust for power and idle talk.

But give to me, your servant,
a spirit of soberness,
humility, patience and love.

Yea, O Lord and King,
grant me to see my own faults,
and not to condemn my brother
for blessed are you to the ages of ages. Amen.