



**STRATFORD  
HOUSE**

# THE CUPOLA

February 2012

LETTER FROM THE DESK  
OF THE EXECUTIVE DIRECTOR

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It is time to talk about Stratford House again. We have celebrated Thanksgiving and Christmas again and no one says, "Now what will we do?"

The answer is right here with us. All one has to do is walk the various floors of our home. There are exercise programs, visiting entertainment, activities in our Bar area. Many gather with their friends for walks, even in the cold weather. What I like is that nearly every resident participates in all the activities they can.

While we have a variety of activities to choose from, I have noticed a large number of residents who have found something good about visiting each other. Visitors to Stratford House go away saying "the residents of Stratford House seem to enjoy each other." We have had some very good people visit us in recent weeks. They are beginning to see all there is to do here at our home. If you have friends or family who would like to see why we love this place so much, just invite them to come for a visit. If they want a full visit, just ask Kelly to give them a tour of all we have at Stratford

House. If there is anything you like or enjoy doing, but we are missing here at Stratford House, please talk with Rhonda Hollie our Activities Director. She and her staff are delighted to discuss any new ideas or suggestions you may have. It is the job of each one of us to help each other and the residents have great days. This truly is how we create a genuine family to share our life at Stratford House.

Keep up the good work!

Sincerely,

*Frank R. Campbell*

**Stratford House Management**  
*Please call 434-799-2266 to get in touch with any manager.*

**Stacey Moss**  
Chief Financial Officer

**Holly Stanfield**  
Director of Human Resources

**Rhonda Hollie**  
Director of Activities and Transportation

**Johnny Johnson**  
Director of Maintenance

**Martha Hodges**  
Director of Assisted Living

**Kelly Doss**  
Director of Marketing



**Nancy Smith, Director of Dining Services at Stratford House**

Resolutions and Goals for 2012

As I look back on 2011 and highlight the things I want to change and make different, I remind myself the changes are re-solutions vs. resolutions. In other words, the solutions from the past did not deliver what I wanted so I am re-solutioning my life. Everyone likes the idea of change and the thoughts that come forth from the result of change, but we forget that change is a difficult process. Most of the things we wish to change involve long term, deeply lodged, and pattern based behavior. I need real change and want a real result, but realize doing the same things over and hoping for a different result is insanity.

In October 2011, I was diagnosed with breast cancer. My first response was to recover and return to work and my normal routine as quickly as possible. After my surgery, I had a few weeks to reflect on my life. Maybe my priorities needed to change. I work for a company that believes in wellness and balance. Meriwether Godsey supports both quality of life and a strong work ethic.

Being the Director of Dining Services at Stratford House is helping me to accomplish my personal and professional goals. I want to have more quality time with my family and I want to work harder to ensure things are done right at Stratford House. My goals for Stratford House are:

- ⇒ Create Menus with Wow that embrace Local, Fresh, and made from Scratch foods
- ⇒ Ensure that all foods are prepared with care and presented with style
- ⇒ Build a team of Fun and Flexible employees with Positive, Kind, and Gracious attitudes who Sweat all the Details and want to Learn, Grow, and Improve
- ⇒ Live and Work Sustainably
- ⇒ Be the Best Partner

I believe change can happen in our lives and we can overcome the years of pattern like behavior that takes over our joy and divides our comforts. We have to believe, strive, and learn. It will be a battle worth fighting. I believe for the best in 2012!

*My primary goal for 2012 is to continue teaching the Word of God each week here at Stratford House. We shall begin teaching the gospel of John verse by verse on Wednesday, February 8th starting at 10:00 a.m. I would also like to continue to teach Daniel and Revelation verse by verse which we will complete on February 1, 2012. If I could only accomplish one thing in 2012 it would be to encourage others to really study the Bible day by day throughout the entire year of 2012.*

*God Bless.*



**Raymond Roland  
Resident of Stratford House**



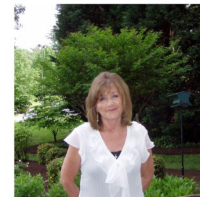
**Stacey Moss  
Chief Financial Officer**

Some of my resolutions or goals for the New Year are to: 1) walk at least 3 times a week, 2) reduce the amount of debt my husband and I have by paying off our current debt and removing credit cards from my wallet except a debit card and one credit card for emergencies, and 3) begin a new Sunday tradition by eating lunch at home with family versus always going out to eat. I'm not sure how well I'll do at keeping my resolutions, but I'm giving it a shot! One more resolution is a game David and I play each month to see who can tell the other "Happy Anniversary" first. We had gotten out of the habit, but I laid the gauntlet down at the first of the year and so far he is winning. If the residents want to know more about this game and how it originated, they will have to ask me!

**Peggy Boles**

**Reception/Security Associate**

*One of the things that I would like to work on this year is to think before I speak. It may sound simple, but it is something I need to focus on. I would also like to be more careful about what I eat and focus on being healthy in 2012!*



One my resolutions or goals for 2012 is simple. Not to stress or worry about those things that I have no control over . I have a terrible way of worrying all the time about things that I can't fix or control and it causes me a great deal of stress. So in 2012, I resolve not to worry all the time about everything!! And if there is only one thing I could accomplish this year it would be to be as kind hearted as my mother was.

**Martha Hodges**

**Director Nursing/Assisted Living**

**Holly Stanfield**

**Director of Human Resources**

Raising children really makes you think every single day about how you can keep improving yourself and your life. As a parent, I always want to be the best in my kids eyes. The things I thought were important years ago are not nearly as important now.

My goal every year is the same; to continue to be "comfortable in my own skin". I know that may sound cliché but I have insecurities, just like anyone else, and I package them neatly under this phrase. I no longer worry about my weight in terms of a size or number. I focus on eating healthier and getting more exercise. I am happy with the way I look and feel, but realize there are opportunities to improve so that's what I strive for. I no longer worry about trying to make everyone happy. I focus instead on finding happiness and peace for myself, so that serving my family and my friends will not seem like a chore, but something that brings me joy. I don't worry about conforming to a way of thinking or believing because that's what "everyone else does". I focus instead on having an open heart with all that I encounter in my life so that my actions and decisions come from a place of love and understanding. So I guess I really don't have a resolution per se, rather a goal to just try and keep improving and getting better every year. I do this for myself, but also for my children. I want them to realize that life is just really a series of opportunities to learn, grow, change, and keep improving!



**Resident**

*In 2012 I would like to try to stay healthy; win more money and keep playing Bingo. And if I could only accomplish one, I would try and keep well.*



**Syliva Goods**

**C.N.A. in Assisted Living**

My resolution for this year is to be kind to everyone and to be helpful to someone every day. If I could only accomplish one thing in 2012, I would share these words with someone: "Watch your thoughts, for they become words. Choose your words, for they become your actions. Understand your actions, for they become your habits. Study your Habits for they become your Destiny." Let these words be a blessing to your soul.

## Resident Birthdays and Anniversaries With Stratford House



### Happy Birthday

Sorry—there are no Resident Birthdays this month!

### Happy Anniversary

**These Residents celebrate their move to Stratford House this month!**

Mary Neil—18 years!  
Fannie Lester—4 years!  
Becky Farthing—3 years!  
Betty McDonald—2 years!



Nancy McBride joined the Stratford House family on January 10<sup>th</sup>! She has made Apartment 113 her home away from home. Nancy is a native of Danville and she worked for John W. Daniel. She is very close with two nieces who live in Asheville, NC; however, Nancy is exceptionally close with her church family at Trinity United Methodist. In addition to being active with her church, Nancy also enjoys watching soap operas. Be sure to stop by Apartment 113 and tell Nancy McBride welcome to Stratford House!

### Marketing Contest

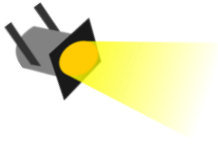
Congratulations to Catherine Vickers who recognized the picture from last month's contest! That fun picture of "Annie" (who is 100 years old) can be found in our movie house along with lots of other fun film posters.

One thing most of our residents have in common is wanting to stay active in their own church, but also want options to worship alongside members of their Stratford House family. Our Activities Department offers multiple worship options throughout the week, including opportunities to participate in communion, visiting singing groups and a bible study every Wednesday conducted by resident Raymond Rowland.

Every Sunday, *this* church comes to Stratford House with music and fellowship. Lots of residents attend and many go to services at their church after taking part in the music here at Stratford House. The first resident to tell Kelly Doss the name of *this* very kind church will win a prize.



Holly Stanfield, Director Human Resources



### Employee Spotlight



*"I would like to recognize Johnny Johnson for employee recognition. I have worked with and for Johnny for four (4) years now and it has been great. He is easy going and very helpful. Johnny has a lot to deal with every day. He is a great boss and fun person to be around. I hope to work with him for many more years here at Stratford House!"*

***Submitted by Joe Tatum  
Maintenance Technician***

### Charity Auction 2011

I am pleased to report to everyone that the proceeds of our annual charity auction went to children and families in this area. In partnership with Social Services, we were able to provide five foster children, ranging in ages from 8 to 15, a wonderful Christmas. Each child received a gift card so they could purchase various items from their Christmas Wish List. We were also able to help two families, one a single disabled mother with two small children, and the other a grandmother raising her teenage grandson; both families living on very limited resources. We purchased grocery store gift cards and other gift cards to enable them to purchase items from their Christmas wish lists.

It was so joyful knowing that through your generosity and the generosity of staff, family members and friends that we could in turn give back to children and families in our community who are struggling and need help. So thank you again for all of your support and I look forward to another successful auction this year! Start savings your donations!!

*Thanks, Holly*

### Years of Service

These employees celebrate their years of service at Stratford House!

~

Nancy Corbin—5 years  
Cherry Stone—Smith—2 years

### Happy Birthday

These employees celebrate their Birthday this Month!

~

Johncie Scott—February 3rd  
Latricia Elliott—February 10th  
Carolyn Tolley—February 22nd  
Sandra Foster-Anderson—February 26th



Every year Stratford House solicits feedback from employees on various recognition programs in place. And every year we give employees the opportunity to comment on these programs and make recommendations for something new or suggest changes to existing ones. We truly believe that employees should have a voice in what they like and find most rewarding. Some of the programs currently in place for employees are:

- Employee Birthday Party with a Gift
- Employee Recognition in our Cupola Newsletter
- Service Awards—employees are presented with a gift (of their choice) for service of 5, 10, 15, 20 and 25 years. And starting this year, we will treat each service award recipient to a luncheon honoring their service with Stratford House.
- Anniversary Cards to Employees
- Personal Thank you Cards from Management
- Employee Holiday Party and Gift

At Stratford House we value our employees and have programs in place that ensure they feel appreciated and truly valued.

## *Aging Gracefully ...*

Not everyone has the same idea of what it means to age with dignity. Get a grasp on what aging with grace means to you and implement ways to do it. No matter how you perceive it, there's no better time to work on it than now. Do something good for yourself by taking care of yourself - you will feel healthier and be happier with your life!

### **Use it or Lose It**

This goes for both mental and physical capabilities. You want to continue to use your mind on different things such as puzzles, reading, writing, or anything that will cause you to stretch your thinking muscles. You also want to make sure you continue to stretch your muscles as well so you stay strong and fit.

### **Exercise**

As discussed above, it is important to exercise regularly. Even if you have limited mobility, light exercises and stretches can help you strengthen your bones, muscles, and heart.

### **Stay Social**

Isolating yourself from others might make you feel depressed. Having friends and a social schedule will help you stay happy and active.

### **Eat Right**

Older individuals need as much nutrition as ever. Make sure to eat at least three meals a day and follow the nutritional guidelines your doctor has put in place for you. Eating right will give you the energy to remain active and healthy.

### **Keep Doctor's Appointments**

It can be annoying to keep going to doctor's appointments; however, it is necessary. If you find that the appointments are becoming cumbersome, talk to your physician to see if there is a way to consolidate some of the appointments so you don't have to go back and forth.

### **Keep a Positive Attitude**

Remember, it's not the situation that is difficult, it's how you perceive it. If you look at things negatively, you will most likely start to feel depressed, which could inhibit other things you should do to continue aging with grace. If your doctor prescribes additional medication, don't look at it as more pills to take each day. Put a positive spin on it: the medication is a way for you to keep doing what you are doing. If you're not able to do things as you once did, try not to feel bad about it. Find new things you have never done before that you *can* do.

### **Don't Hesitate to Ask for Help**

One aspect of aging with grace is to acknowledge that everyone needs help sometimes. So, don't feel you are losing your independence if you need a ride somewhere or need someone to do an errand for you. It's also nice to do things with other people sometimes just for the companionship.

### **Keep Up Your Appearances**

Keeping yourself looking good will help you feel more confident and give you the motivation to stay healthy.

### **Talk about Your Feelings**

It's just as important now as it has ever been to talk about any thoughts or feelings you are having. Speak to a friend or family member and if you don't feel comfortable confiding in them, consider talking to a counselor.

### **Join Groups, Classes, Activities**

The best way to remain active is to join things such as groups, classes, and activities. Check your community center, community college, or church to learn about any available in your area.

## Activities Central— Mark your calendar for these Events!

Rhonda Hollie, Director of Activities and Transportation

### Friday, February 3rd

Gospel Tones will Perform  
Evergreen Room @ 7:00 pm

### Monday, February 6th

### Tuesday, February 7th

Pedicure Day  
Enjoy some pampering!  
Please contact Rhonda Hollie  
for an appointment @ #434-799-2269



### Wednesday, February 8th

Brain-A-Cise  
Evergreen Room @ 6:30 p.m.

### Friday, February 10th

Frank Little will be entertaining at  
Social Hour  
In the Bar from 4:00—6:00 pm

### Saturday, February 11th

Carolyn Smith, Bob Suter and others will perform a  
Valentine's Concert  
Evergreen Room @ 7:00 p.m.

### Tuesday, February 14th

Valentine's Day Dinner  
Main Dining Room @ 5:30 p.m.

### Tuesday, February 21st

Senior Recreation Center Outing  
"Warm Delight for Cold Nights" - Paul West  
From 6:30 p.m.—8:00 p.m. / Cost \$4.00  
Call Rhonda to purchase ticket no later than Feb.  
16th. Must have 3 attending to provide transportation.

### Thursday, February 23rd

Averett Players present: Arthur Miller's "All My  
Sons" @ Pritchett Auditorium—7:30 p.m.  
Tickets cost \$7.00 each  
Must have 3 or more sign-up to provide transportation. Sign-up is at the Front Desk!

**Please Note:** We are combining the Resident and Staff Birthday party for February and March and will have that celebration at the beginning of March. Watch your calendar and March's Cupola for a date and time!



## DAILY / WEEKLY ACTIVITIES

### Flex & Stretch

\*Every Monday, Wednesday and Friday  
Exercise with Rhonda!  
Evergreen Room starting at 9:00am

### SITTE RCISE

\*Every Tuesday and Thursday  
you SIT and exercise with Rhonda  
Evergreen Room @ 9:15am

### \*Donut and Muffin Social Hour

every Tuesday from  
8:30am - 9:30am  
in the Azalea Room.

### Reminiscence

Every Tuesday and Thursday with Mindy.  
Starts at 9:45am in the Azalea Room.  
\*Catch up on all the latest news or  
learn something new!

### \*Every Saturday night is Movie Night

starting at 7:00pm  
Enjoy fresh hot popcorn  
in the Movie House!



### Don't Forget about the Library!

We have new large print books now  
available—donated by the Public Library  
They include:

Wild Orchids by Jude Deveraux

Hamilton by Catherine Cookson

Sanctuary by Beverly and David Lewis

The Woman Next Door by Barbara Delinsky

There is No Place Like Here by Cecelia Ahern

### POSTAGE!!!

The cost of a stamp increased to .45 cents  
effective January 22nd. A book of stamps  
now costs \$9.00.

**Reminder** - stamps are only sold  
Monday - Friday / 8:00 am—5:00 pm.

**~ Active Seniors Wanted ~**

Newly renovated, deluxe one-bedroom available for active senior interested in:

- ⇒ Weekly housekeeping.
- ⇒ Delicious multi-course dinner served seven nights a week.
- ⇒ Busy schedule including daily exercise, dinners out with friends, social hours at the bar, shopping trips or just watching movies and having discussions in the coffee room.
- ⇒ Gorgeous views of our campus and spending time on our walking trails without actually doing any of the work (unless you really want to).
- ⇒ Most important—doing what you like at Stratford House with the freedom to still come and go as you please!!

Call Kelly Doss, Director of Marketing at (434)799-2266 today and ask for details about this great opportunity to live in our Independent Living!



STRATFORD  
HOUSE

Retirement Community  
1111 Main Street  
Danville, VA 24541

**Live the Tradition**

Plan today, for tomorrow.  
For more information call Kelly Doss @ 434-799-2266.  
*Lunch and Tours available upon request.*

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**We're on the Web!**  
[www.stratfordhouse.com](http://www.stratfordhouse.com)

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