

## VHCA Recognizes Sitter & Barfoot Resident, Clyde Hart

February 9, 2010-

Master Sergeant Clyde Hart, an 80 year old resident of SBVCC, is featured in the 1st publication of the Virginia Health Care Association's Who's Who in Virginia's Long Term Care Facilities calendar. The calendar's theme, "Strolling Down Memory Lane," captures Mr. Hart's lifetime commitment to helping others. He first served a tour of duty in Vietnam where he was recognized for direct service to the war effort as well as service to the soldiers. Mr. Hart played football for the Army. He also played for the New York Giants and has the distinction of being one of the first African Americans to play

professional football.

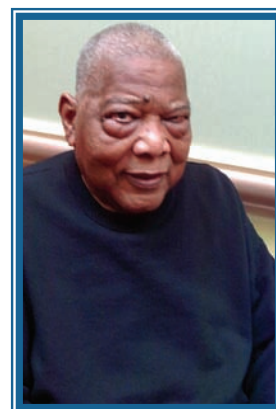
Later on he became a Virginia State Correctional Officer where he worked mostly with young boys. He was a positive and strong influence and contributed immensely in helping many of those young men find the right path in life. His



work is well documented in many letters of commendation from his superiors relating to his compassion, dedication and understanding.

Mr. Hart's profile will also be featured on VHCA's website at [www.vhca.org](http://www.vhca.org).

The program's 'Strolling Down Memory Lane' theme emphasizes the importance of recounting past events in the lives of our long term care residents and honoring them for their contributions to their families and communities.



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- Administrator: Sandra Ranicki 804-371-8000
- Administrative Assistant: Jacqueline Jones 804-371-8018
- Admissions Director: Robin Davis 804-371-8433
- Admissions Coordinator: Johnny Oglesby 804-371-8434

## A Trip to the Virginia Aviation Museum



It was a chilly day but nothing was stopping the residents of SBVCC from taking a trip to the Virginia Aviation Museum! A group of eight spent the afternoon exploring the Piper Cub, the WWII Aviation Diorama, Flight Simulators and the Virginia Aviation Hall of Fame, to name a few.

## A Visit From Colonel Barfoot



It is always a pleasure to have a visit from Colonel Van T. Barfoot. At 90 years young, the Colonel still maintains quite a busy and sometimes hectic schedule but he always seems to make the time for the veterans at SBVCC.

“He always has a kind word for everyone he meets and he really wants to know what the needs are of the residents” said SBVCC Administrator Sandra Ranicki.

We look forward to more visits from the Colonel and his wonderful daughter Margaret Nicholls, in the near future!



# CarMax Marketing Department Makes Valentines Special

Article courtesy of Michelle Ellwood, Public Affairs Coordinator, CarMax, Inc.

Remember back in elementary school around Valentine's Day when your class would take construction paper, frilly decorations and lots of glue to create something gorgeous to hang on the 'fridge' at home? The CarMax marketing department put those skills learned years ago and put them to good use. On the Friday before Valentine's Day, with the classic Charlie Brown Valentine video playing in the background, CarMax marketing representatives enjoyed a pizza lunch and proceeded to create 135 original Valentine's cards for the veterans of Sitter & Barfoot Veterans Care Center, located on the campus with McGuire VA Hospital in south Richmond



Dana Welcher and Katie Rohanna, both of the marketing web team, personally delivered the cards to the veterans care center that afternoon. Dana smiled as she shared that, "A few of the volunteers and staff thought that children had made the Valentine's, but when they realized that it was a local company, they were really appreciative that an entire department would take the time to do something so nice."

"The residents loved it," said Sitter & Barfoot Veterans Care Center Director of Activities and Volunteers, Mandy Fisher. "They thought it was so cool and loved having new friends to joke around with. They were so pleased with their Valentines. "

**"I would love to see us do more with them in the future" said Dana Welcher**

## Number of SBVCC's Veteran's by Branch of Service

AIR FORCE- 15

ARMY- 95

COAST GUARD- 1

MARINES- 5

NAVY- 44

NATIONAL GUARD- 1



# We Need You!

Horseback riding, field trips to fun places like the Aviation Museum, church outings on Sunday, a trip to the movies, sounds like home! These are just a few examples of the activities going on at SBVCC. The Activities Department, under the guidance and expertise of Mandy Fisher, C.R.T.S. is going all out for our resident veterans. We most recently had the pleasure of a wonderful musical performance by **The Virginians** and on St. Patrick's Day the residents and staff were "tattooed"!

This summer promises to be exciting with backyard barbecues and a live stage performance in July by the students of the School of Performing Arts in the Richmond Community (SPARCS). "Willy Wonka and the Chocolate Factory" is on the schedule for our veterans, their families and the community!

SBVCC is a non-profit organization owned and operated by the Virginia Department of Veterans Services. We rely heavily on donations to provide the activities described as well as many others. We also rely on donations to make purchases for our therapy department and to provide for indigent needs.

Volunteers are also needed! Whether it is an hour or two a month, one activity a year, or weekly visits, SBVCC needs you!

you are interested please contact: [Director of Activities, Mandy Fisher at 804-371-8000](#)



If

# VOLUNTEER!

## WISH LIST

*The Wish List was established to seek donations for those items that will enhance the lives of our Veterans. To avoid duplication of purchases, please contact Mandy Fisher, Director of Activities & Volunteer Coordinator, at 804-371-4687, if you or your organization are interested in purchasing anything listed below.*

- Individual CD Player w/Headphones
- Craft Supplies/Scrapbooking Materials
- Televisions
- Movies, CDs
- Board Games
- Disposable Cameras

*All checks should be made payable to Sitter & Barfoot Veterans Care Center (SBVCC) and earmarked for the item's) you or your organization wish to purchase. SBVCC staff will take care of the ordering.*

## THANK YOU!

*We wish to express our sincere thanks to our generous donors!*

### Rehab/Therapy Dog Fund

*Dr. Phillip Boulanger*

*Brian Pickral*

*Louis & Maryann Wilson*

### Memorial Fund

*Ukrops in Memory of Ralph Rodriguez*

# Chaplain's Corner

## From the Chief of Chaplains CH (MG) Douglas Carver



February is a significant month for our historic reflection. In February, we honor

African Americans who have made significant contributions to our national life and heritage. As a Chaplain Corps, we proudly remember our first African American Chaplains-spiritual leaders such as Chaplain Henry McNeal Turner who was commissioned by President Abraham Lincoln and who later went on to serve as the President of Morris Brown College; and, men of God like Chaplain Samuel Harrison who served with the 54th Massachusetts Infantry and whose heroism was featured in the film "Glory."

In February, we are also called to remember another significant moment in our Chaplain Corps' history; the heroism of the Four Chaplains. On 3 February 1943, the USAT Dorchester was 150 miles off the coast of Greenland with over 900 souls on board. In the darkness of night, it was torpedoed by a German U boat. On board the Dorchester, along with hun-

dreds of Soldiers, were Chaplains, Rabbi Alexander D. Goode, Roman Catholic Priest John P. Washington, Reformed Church in America Reverend Clark Poling, and Methodist Reverend, George L. Fox; Though their theologies differed, their commitment to

*Though their theologies differed, their commitment to selfless service was the same.*

selfless service was the same. Each of these junior chaplains spent the last

moments of their lives helping Soldiers to safety while giving up their own life jackets for the sake of their beloved Soldiers. As the ship sank, the four chaplains locked arms and went to Eternity together in prayer.

The Four Chaplains were all Lieutenants- junior officers, young chaplains who had already become outstanding spiritual leaders. They had different traditions, but they were all committed to the profound spiritual premise that spiritual leaders are called to "love their neighbors as themselves." Obedience to that command impelled them to act selflessly and to provide our Armed Services and our Nation a lasting testimony to the truth that "greater love has no man than this, that he

lay down his life for his friends."

"History is who we are and why we are the way we are!"



The Four Chaplains stained glass window can be seen at the National Cathedral in Washington D.C.

- Reverend George Fox  
Protestant/Methodist
- Rabbi Alexander Goode  
Jewish
- Reverend Clark Poling,  
Protestant/Dutch Reformed
- Father John Washington  
Catholic

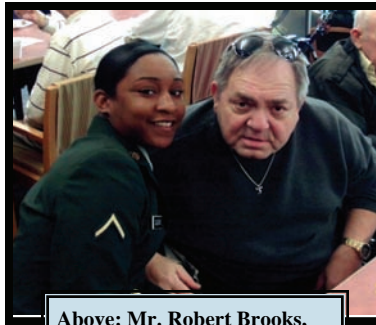


In 1939 the United States Lighthouse Service and the Revenue Cutter Service were merged to become the Coast Guard per 14 U.S.C. which states:

"The Coast Guard as established January 28, 1915, shall be a military service and a branch of the armed forces of the United States at all times."

The Coast Guard itself was moved to the Department of Transportation in 1967, and on February 25, 2003 it became part of the Department of Homeland Security.

## Happy Birthday to the US Coast Guard



Above: Mr. Robert Brooks, U.S. Navy



Administrator, Sandra Ranicki & Mr. Droddy



LtJG Marjorie Lockett, U.S. Coast Guard, WWII



## Recipe Corner Easy Macaroni & Cheese

### INGREDIENTS:

- 8 ounces uncooked elbow macaroni
- 2 cups shredded sharp Cheddar cheese
- 1/2 cup grated Parmesan cheese
- 3 cups milk
- 1/4 cup butter
- 2 1/2 tablespoons all-purpose flour
- 2 tablespoons butter
- 1/2 cup bread crumbs

### INGREDIENTS:

- Cook macaroni according to the package directions. Drain.
- In a saucepan, melt butter or margarine over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well.
- Melt butter or margarine in a skillet over medium heat. Add breadcrumbs and brown. Spread over the macaroni and cheese to cover. Sprinkle with a little paprika.
- Bake at 350 degrees F (175 degrees C) for 30 minutes. Serve.

## Powhatan Equestrian Center Provides Therapy for SBVCC Veterans

# Let's Ride!

*"This is a place where disabilities are not limitations and there is no such as can't"*



thing

The veterans from SBVCC took turns riding Paul, a 9 year old Clydesdale, and Mary Grace, a 10 year old quarter horse, at the Lonesome Dove Equestrian Center located in Powhatan County.

Clint Arrington, a stonemason with a mission, is the driving force behind Lonesome Dove. The center, which opened in 2008, was created to serve the special needs of our veterans through therapeutic riding and equine related activities. This is a place where disabilities are not limitations and there is no such thing as "can't".

Arrington hopes to impart to the veterans a message of courage, confidence and hope.

SBVCC's Director of Rehab Services, David Mansolino and his team of therapist's contacted

Arrington and researched the possibility of the resident's participating in the program. The staff from Lonesome Dove came to SBVCC to meet the staff and residents and educate on the benefits of therapeutic riding.

"It provides benefits on many levels, physically, emotionally and cognitively. It really helps build self-esteem" said SBVCC Rehab Director, Dave Mansolino.

The safety of the riders is, of course, the utmost concern. Each rider has a volunteer leading the horse and at least two more walk along side for safety. The therapist are on site at all times watching their residents ride.

Mandy Fisher, the Director of Activities, who is also a Certified Recreational Therapist said "watching the joy these veterans have riding is priceless. It

takes them away from it all for a little while and they forget about the walkers, wheelchairs and canes."

Therapeutic riding is now a permanent part of the SBVCC routine. Twice monthly the van will be boarded and pointed in the direction of the Lonesome Dove Equestrian Center.

If this program continues to grow as anticipated, SBVCC may need another van!



# The Story of

# SARGE



Early in the morning on October 13, 2009, a black & tan coonhound mix came bounding through the front doors of SBVCC. His size alone was enough to startle anyone. With a slight limp, a wagging tail, and friendly demeanor, this gentle giant stole the hearts of the residents and

staff alike. "Sarge", as named by the residents, became a resident himself for the next four days until his owner was located. The owner, who adopted Sarge as a puppy, was no longer able to keep him. Due to his size, it seemed that Sarge had outgrown the family home. Hearing that Sarge was up for immediate adoption, the residents and staff of SBVCC took action by adopting Sarge as their own.

Sarge went to the vet right away for a complete physical exam. He weighed in at 114lbs and was quite healthy except for a small, occasional limp. He was also evaluated for and considered an excellent candidate for training as a Certified Therapy Dog. With vaccinations current and a clean bill of health, Sarge was on his way to dog obedience school.

He had been in training only a few weeks when the cold weather and snow came roaring in. During that time Sarge slipped on some ice and the small limp became a big one. He had completely torn his ACL ligament. The only solution, surgery.



"An ACL tear is not uncommon for a dog his size and he may have had a partial tear when he initially arrived at SBVCC" said Sarge's veterinarian, Gene Moon, D.V.M. with Gayton Animal Hospital.

Dr. Moon performed the surgery in January. To date, Sarge is doing very well! We are so grateful for Dr. Moon and all of the staff at Gayton Animal Hospital for taking such wonderful care of Sarge!

It is March and Dr. Moon has cleared Sarge to start class again. We hope to have him state certified as a therapy dog in the very near future. He visits SBVCC weekly and will come more often once he has completed class. He has been a wonderful addition to the SBVCC family. He is well loved and his visits bring many smiles and happiness to everyone who encounters him.

*Sarge's veterinary care is dependent upon donations.*

*If you would like to specifically help with his care please write Sarge in the memo of your check.*



# Think Spring!