



The Campus Voice

May 12, 2020

Operation Well-Being Builds Lasting Connections

Operation Well-Being sprang into existence following the requirement of residents to remain on campus. VHRC staff realized quickly that daily connections would diminish and needs would potentially rise. In response, Operation Well-Being, which includes the Marketing team, members of the Philanthropy and Engagement team, Health & Wellness, several concierge members, and others, began calling each resident at least once day.

"Our daily check-ins, that have been in place for nearly two months, have created some wonderful relationships," said Stephanie Lawrence, Director of Marketing. "Our staff are meeting folks they would not have run into before. Both residents and staff are excited when they can eventually put a name to a face. When a staff member has a day off or is away, their residents check up on them to make sure the staff person is OK. These calls are also a way for us to get information to the residents and to clarify questions or address concerns. With so much changing, sometimes on a daily basis, knowing you will have a person to listen to your need is a comfort."

In addition to making daily phone calls,



Rachelle Robinson and Ivanka Guillen, both members of the Marketing team, bag groceries in the Penthouse for the Grocery Shopping Assistance Service which is provided as a part of Operation Well-Being.

Operation Well-Being, with help from Dining Service, began operating the in-house Grocery Shopping Assistance which continues to grow in response to resident requests. Orders for groceries are taken Monday, Wednesday, and Friday mornings and then delivered in the afternoons. On those days, the Penthouse, where the groceries are bagged, is buzzing with activity as busy and fast-moving team members hustle to get the groceries to the residents on time.

As we look to a time when our need to social distancing and quarantining will come to an end, the connection gained through Operation Well-Being will certainly be maintained.

*Neighborly News***At Home and On the Move**

Staying active can be a challenge when you are isolating at home. Want to keep fit, have some fun – and never walk out your door? Then tune in to TV channel 1970 for Midge Holmes' Motion is Lotion classes, both seated and standing, on Mondays and Wednesdays at 1:30 p.m. and 2:00 p.m. With her humor, catchy 1950s songs and light-hearted exercise routines, the challenge will be to simply sit still.

"The interesting thing is that I'm not a dance teacher, I'm a drummer," says Midge, who played the snare drum in marching bands in school. "What that gives me is a sense of rhythm and timing, and that's what the class is." Midge started her Motion is Lotion classes in Vinson Hall's gym studio three years ago after moving here, but it wasn't until she led 20 people in a rousing rendition of the Macarena for the Talent Show last spring that her classes really took off. After COVID-19 closed the studio, she taped her classes for TV so folks can keep moving in their own living rooms.

Midge herself has spent a lifetime in motion. Growing up in New Jersey, she played intermural softball, field hockey, basketball, and lacrosse. She continued to play softball in the Senior Olympics until just a few years ago. Here at VHRC, she played pool volleyball and pickleball, and organized croquet, ping pong and bocce



Midge Holmes teaches Motion is Lotion movement class. Due to the closure of the VHRC's exercise area, Midge's class can be found on TV channel 1970.

ball tournaments. "I love sports," says Midge. "My mother majored in Physical Education, and I've always wanted to stay active to honor her."

— Michelle Crone

The Campus Voice

This publication is created for Vinson Hall Retirement Community in an effort to inform and delight. This publication is produced by the Office of Philanthropy and Engagement, but attempts to reflect the work and efforts of all VHRC residents and staff.

Please direct inquiries, corrections, suggestions, or brief submissions to Amiee Freeman, Communications and Public Relations Specialist, amieef@vinsonhall.org or 703-538-3069.