

The Aquathon is The Virginia Home’s annual fundraising event whereby our residents raise money for charity through swimming. In the fall of 1998, during the impending holiday season, residents conceived the idea for Aquathon as a means of giving back to the community that has been so supportive of them. The idea of fundraising generated tremendous enthusiasm among residents, because they became aware of the huge impact they could make upon the community through acts of athleticism and compassion.

9th Annual AQUATHON

Friday, December 8, 2006
9:00a.m.

During the Aquathon, participants have 30 minutes to swim as many lengths of the pool as they can. Floatation devices are permitted; however, swimmers must be able to independently propel themselves across the pool a minimum of one length. Swimmers in excellent condition can complete between 50 and 75 lengths in 30 minutes. Conversely, some swimmers work tirelessly to complete 2 or 3 lengths.

Residents nominate and vote on the charity that will receive the Aquathon proceeds in early October in order to have ample time to collect pledges for the December event. Past recipients of the Aquathon proceeds are: The American Red Cross, Meals on Wheels, September 11th Fund, National Multiple Sclerosis Society, William Byrd Community House, and Shockoe Relief Fund. This year, the Virginia Home’s 9th annual Aquathon will raise money for the **Make-A-Wish Foundation** (www.wish.org).

In the weeks leading up to the event, residents collect pledges from supporters (sponsors). Pledges can be a flat dollar amount, or they can be based upon the number of lengths the swimmer completes. Completed pledge forms are turned in to the Recreation Therapy department, who then collects the donations from sponsors on behalf of the residents. Last year, the Aquathon raised nearly \$4,200 for Habitat for Humanity.

Although the primary goal of the Aquathon is to raise money for charity by swimming laps, notable secondary benefits of the event include:

- Gaining self-esteem through charitable giving
- Building character and a deepened sense of compassion
- Expansion of the public perception of people with disabilities
- Increased morale among families and staff by watching residents undertake an admirable endeavor
- Strengthened sense of community among residents by working together toward a common goal
- Increased physical endurance and overall fitness

Providing financial or hands-on assistance to the Aquathon enables you to support *two* non-profit organizations simultaneously!



You can be a part of this extraordinary event either by volunteering your time or by sponsoring a swimmer. To sponsor a swimmer, simply see a participating resident or contact Jody Young at 359-4093 ext. 217. Pledges are accepted up until the last person is out of the pool, and they are collected any time after the event. Volunteers are also needed as timekeepers, to keep score, to assist swimmers in the pool, and to follow-up with sponsors by phone after the event. Please contact Sherry Williams to sign up.

<h3>On The Horizon</h3>	Nov. 18	National Family Volunteer Day
	Nov. 23	Thanksgiving Day (Admin Offices Closed)
	Nov. 29	Windsor Farms Garden Club Decorating Day
	Dec. 8	Aquathon
	Dec. 11	Junior Board Cookie Party
	Dec. 25	Christmas Day (Admin Offices Closed)

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HOLIDAY HELP NEEDED

Give the gift of your time and talents this holiday season! There are countless opportunities at The Virginia Home for individuals, families and groups to reach out to those in need and experience the true spirit of giving. Here are a few of the ways you can spread the holiday cheer here:

Wrap presents. Throughout December, residents require assistance with wrapping gifts for their loved ones. This is a great opportunity for groups to schedule a wrapping party in our Rec Room and have some fun together. We supply the paper, trimmings, tables and cider!

Decorate Resident Rooms. Most residents have their own decorations and simply need assistance putting them up. If you love to decorate, this is the job for you!

Address Greeting Cards. Hundreds of greeting cards are postmarked from The Home during this time of year, and most of them must be addressed by your able hands. This activity is also great for groups—and the USPS!

Distribute Gifts. UPS has nothing on us at Christmastime! The sheer task of delivering gifts from our generous friends and supporters would overwhelm Santa Claus. Add even more personal value to this experience by helping the residents open their gifts and see the delight on their faces.

Visit with a Resident. Sadly, some of our folks are unable to connect with family over the holidays. Your visit on Christmas Eve or Christmas Day would truly be a blessing and will ensure that this potentially distressing holiday will instead be a time of hope and compassion.

Entertain Us. Come caroling, perform your holiday program, tickle the ivories with holiday tunes—there is no limit to the entertainment possibilities.

Assist with Holiday Shopping. Meet a resident at a local retail store for an hour or two of holiday shopping. Residents bring their own money; you help them find the perfect gift for that special someone.

Contact Sherry to make inquiries or to set a date.

Junior Board Update

Submitted by Dr. Fran Mason, Jr. Board Member

The ladies of the Jr. Board have started the season off by decking each resident's door with a "you have been spooked" pumpkin decoration. This is our way of making everyone feel special for the month of October. The Junior Board will continue to decorate doors for the holidays, help residents on shopping trips and distribute birthday gifts throughout the year. The next social to be hosted by the Junior Board for the residents is the Cookie/Santa party on December 11 at 3:00. Remember to dress festively!



Family Volunteer Day Saturday, November 18

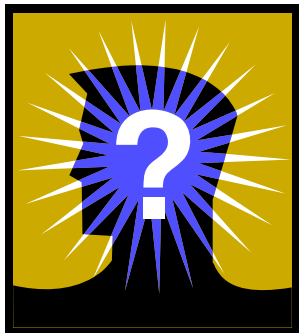
"Time Together – Time to Act"

This annual day of service, held on the Saturday before Thanksgiving, was designed by The Points of Light Foundation to demonstrate the power of families who choose to volunteer together to support the communities in which they live and serve. Volunteering as a family provides quality time for busy families, strengthens communication and bonds, and positively impacts local communities across the nation. The following are suggestions for volunteering as a family at TVH:

- Play cards or a board game with a resident
- Help with Coffee Time in the Recreation Therapy department
- Straighten up a resident's closet
- Adopt a resident for Christmas

Download a brochure from the Points of Light Foundation for more ideas on how to get involved as a family.
www.pointsoflight.org/downloads/pdf/programs/seasons/nfvd/brochure.pdf

Did You Know??



- The Dietary staff prepares a home-cooked turkey dinner with all of the trimmings for the residents and staff every Thanksgiving.
- Many corporations and businesses encourage community service among their employees by sponsoring corporate volunteer programs or company-matching charitable contributions. If you would like for a representative from The Virginia Home to contact your or your spouse's employer to discuss partnership opportunities, please let Sherry Williams know via phone or e-mail.
- Several residents with no family or little financial means rely entirely on the kindness and generosity of volunteer groups & individuals for gifts and companionship at Christmastime.

Shop at J. McLaughlin on November 30

10% of Sales Will Be Donated to The Home

On Thursday, November 30th, J. McLaughlin, 407 Libbie Avenue in Richmond is contributing 10% of its sales to The Virginia Home! Get a jumpstart on your holiday shopping (or find a little something for yourself) at this **one-day event** to benefit The Home. This is the second annual shopping event sponsored by the posh boutique located "On the Avenues" in Richmond.

In the words of co-founder and design director Kevin McLaughlin, the J. McLaughlin brand is all about tradition with a twist. It's the Hamptons with a sense of humor. New Canaan with nerve. Palm Beach with passion and Charlotte with charm. No matter what the season, the shelves at J. McLaughlin are always stocked with original, witty interpretations of perennial preppy favorites such as cashmere sweaters in luscious tropical colors, patchwork silk ties, fancy trousers made from home furnishing fabrics, signature bags and totes, elegant skirts in colorful grosgrain ribbon stripes and belts with purebred dogs on them. For both women and men, the J. McLaughlin look is stylish but not stuffy, polished but not pretentious.

Birthday Greetings Go Out To:



Derek Jackson	11/3
Wendy Gibson	11/8
Erin Kelly	11/10
Bunny Addison	11/21
Franny Powell	11/25
China Lee	11/27
Lynn Baldacci	11/28

Kathy Brooks came to the Halloween social as Raggedy Ann

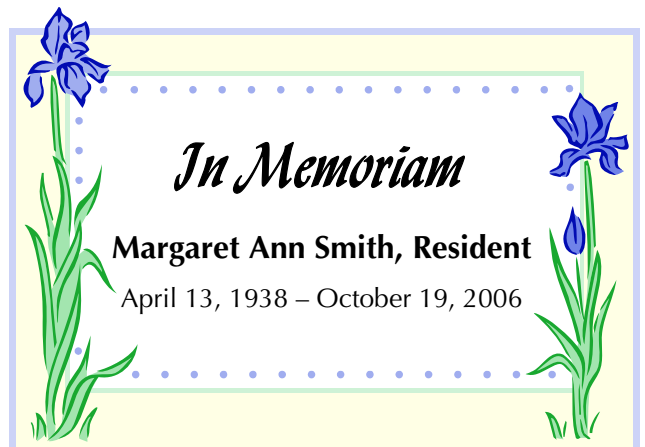


Temporary Relocations

The volunteer workroom has been converted into temporary office space while new offices are being constructed for some recent additions to our management staff. In the meantime, the hot press for labeling resident clothing will be located inside the game closet in the Rec Room, just on the other side of the Volunteer Director's office. The yellow Request for Assistance slips that are tacked to the bulletin board can now be found on the door of the Volunteer Service Director after hours. Lastly, the paperback book collection has been temporarily suspended.



Teacher April Sledge (center, top) and a group of her students from Victory Christian Academy worked hard to set up the Clothes Closet in October





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*Happy
Thanksgiving*



We Give Thanks for You

The Department of Volunteer Services exists to advance the continuous improvement of our residents' quality of life. Our mission is to enable, encourage and engage the residents of The Virginia Home through the innovative utilization of our community's resources.

This newsletter is produced by the Volunteer Services Department

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TVH Partners with Barksdale Theatre

The Virginia Home Named 2006-07 Spotlight Partner

Each year through its Spotlight Partner initiative, **Barksdale Theatre** is privileged to assist in earning funds and recognition for a number of local nonprofit organizations that support its mission of service to the community. During its 2006-07 Season, Barksdale's Spotlight Partner is The Virginia Home.

A percentage of all ticket sales to Barksdale's upcoming production of *Mame*, which runs **November 17-January 28**, will be donated to The Virginia Home. *Mame*, a heartwarming musical comedy by Jerry Herman (based on the book by Jerome Lawrence and Robert E. Lee), relates the story of an orphaned boy and his eccentric caretaker, Auntie Mame.

In addition to donating a portion of *Mame* ticket sales, Barksdale will also provide **free tickets** to residents of The Virginia Home throughout the season, and promote the organization's work and mission in all playbills and lobby displays, so that more Richmonders will learn about this vital nonprofit organization.



**BARKSDALE
THEATRE**

Founded in 1953, Barksdale Theatre seeks to present in Central Virginia national caliber productions of the great dramas, comedies and musicals – past, present and future. Barksdale is committed to artistic excellence and community service, and strives to connect with the community through a variety of programs and initiatives that promote access, inclusion, and awareness.

For more information about Barksdale Theatre, with locations at The Shops at Willow Lawn and Historic Hanover Tavern, please call the box office at (804) 282-2620 or visit their website at www.barksdalerichmond.org.