



Foundation announces 1st board

The Cortland Foundation Inc. is moving forward, with the first members of the Board of Directors nominees presented during the most recent Cortland Acres Board of Directors meeting.

Members of the board had earlier approved the concept of a separation Foundation, which will allow people to make contributions to help Cortland continue its community-focused, non-profit mission.

The Cortland Foundation Inc. will be the second opportunity for people to

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A New Sign of the Times

New, reflective signage has been installed at the entrance to The Pines and Pineview. In addition to highlighting The Pines, the signs note the website, www.cortlandacres.org, which has information about long-term care, apartments, and The Pines duplexes.

Paugh saw first days of Cortland Acres

Linda Paugh started at Cortland Acres before Cortland Acres had formally opened at a minimum wage rate of \$ 2.85 an hour. Now, after a 33-year career, Paugh is ready to enjoy more free

time and visits with her family.

During her time as a Certified Nursing Assistant and in the facility's laundry, Paugh developed family-like relationships with co-workers and residents

alike, plus a reputation for patience and kindness.

She said from the beginning, she made sure she took time to talk – and listen – to residents.



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Check out our website at www.cortlandacres.org

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Her last day was July 10.

"Take your time, listen to them, have fun with them," Paugh said in the way of advice to current nursing assistants. "You can learn so many things from them. I've gotten lots of life lessons from residents. They have so many experiences."

Being a bright spot in their daily routine brought joy to both sides.

"This job is so rewarding," she said. "When you go home you know you made somebody smile, made someone feel better. It's not a glamorous job, but it's such a rewarding job."

Over the years Paugh also saw Cortland Acres from the family side. Her mother spent four years as a resident.

"The day she passed, the residents on that wing just cried with me," she said. "They became just like family to you."

There were plenty of fun times, too. Paugh recalled two residents in the same room, one named Jessie, a country music fan, and one named Fannie. When Fannie wore blue jeans, Paugh would look at Jessie and tell her, "Baby's got her

blue jeans on," referring to the popular country song, and Jessie would ask her to sing the song.

"I sang what I knew, but I didn't know it all," Paugh said with a smile.

Now, Paugh will spend more time with her husband, Clarence, a retired coal miner. They have a daughter in Winchester, Va., and a son and daughter in Fairmont, plus grandchildren to spend time with.

"I've worked with a lot of good people here and made a lot of good friends I'll never forget," Paugh said. "The most interesting people I've met here at Cortland are the residents, though. You can learn something from every one of them."

Sometimes that literally was the case. Miss Solena Massi, for example, was a schoolteacher for Paugh's husband and children, then a substitute teacher for her grandson before becoming a resident at Cortland.

Longtime co-workers praised Paugh's attitude and

work ethic.

"She was a wonderful, wonderful CNA," Linda Fridley said. "I don't remember her ever losing her cool. She took care of people the way they should be taken care of."

Teresa Lycliter added, "She was very efficient and very caring, always willing to sit and listen to the patient. Linda is really one of a kind. She was a lot of fun to work with, too."

Paugh arrived at Cortland in April 1978 without any background as a nursing assistant, getting trained in the weeks before it opened.

When Don Roy worked at Cortland, he had been on B Wing and asked where Linda Paugh was. The answer he got was, "I don't know Linda Paugh."

Roy's response was to throw up his arms and say, "What do you mean you don't know Linda Paugh – she opened this place!"

Paugh always felt at home. "We all have a calling in life. I felt like this was my calling," she said. "I just didn't realize it until I got here."

Help us pass the word in our search for PT help

The word is out about how great Cortland Acres is, and we're very happy about that!

It also means we need some more hands on deck, however. Growth in our rehabilitation department - both in-patient and outpatient - means we're looking for a few more team members.

We're on the lookout for a Physical Therapist and/or a PT assistant, and on Occupational Therapist, and we thought our friends might help us pass the

word. As you all know, Cortland Acres offers employees incentives beyond just Tucker County's fantastic quality of life.

We already have on staff two full-time Physical Therapists and a Speech Language Pathologist.

Tell prospects they will be rewarded with good wages at work plus unparalleled outdoor recreation during your leisure hours.

Tell people to visit the About Cortland section at cortlandacres.org or call 304-463-4181.



From small-town girl to big-time spy

Part 1 of 2

If you passed this petite, elderly woman in the hall at Cortland Acres Nursing Home, you might assume that she had spent her time during the 1950s as a housewife or possibly a teacher because job opportunities were limited for women at the time. But Elizabeth "Betty" Swantek chose a different path – she became a spy for the Central Intelligence Agency (CIA).

Swantek grew up in Davis and graduated from Davis High School in 1942. She was named valedictorian of her class and left Tucker County three days after graduation to take a job in Washington, D.C. She was only 17 years old and about to set out on a journey that would take her around the world over the next 33 years.

While Swantek's memory is a little faded today, she can still recall some of the details of her service with the agency. Of course, there is some information that will never be declassified (as this reporter discovered after calling the CIA).

A CIA agent is not allowed to keep a diary, but Swantek wrote notes about her career in the early 1990s; her nephew Daniel Wilson said that she was preparing for a lecture at West Virginia University at the time. She is mentioned in a book titled, "Sisterhood of Spies", written in 1998 and she is part of the National Women's Historical Museum's exhibit on "Clandestine Women: Spies in American History".

Swantek spent time with the Army Signal Corps, became a Navy WAVE and graduated from the University of California before being recruited by the

CIA and traveling throughout the world.

According to her notes, Swantek's first job after high school was working for the Army Signal Corps in the yet-to-be-completed Pentagon building. Her job was writing contracts between Russia and the Corps for materials used in making radio transmitters. On her 18th birthday, less than eight months later, Swantek was offered a job with the manufacturing firm in California that supplied those materials.

She worked for the company for two years until, while traveling east on a holiday, she was tempted to try something new. "I stopped in Omaha, Neb. to visit friends, was captivated by a poster of a Navy WAVE and joined the Navy on the spot."

As she wrote, "I was sent to New York to boot camp at Hunter College. Based on (my) musical experience in high school, I was selected to become a member of the 'Singing Platoon, Drum and Bugle Corps' and a Public Relations Group." Swantek wrote that guest celebrities joined the Corps when they performed on radio programs.

Swantek's great-niece, Shelly Zappia, recalls hearing about her aunt meeting Frank Sinatra.

"She had just finished boot camp, I believe, and the choir took a trip to California," Zappia said, "She told me how they went to shows that she never would have seen in Tucker County. She was so amazed by the lights and the music and then they got to meet Frank Sinatra. She was thrilled and whenever she told me this story, she called him Frankie Sinatra."

After the war, Swantek went

to UCLA and earned a degree in psychology and then went to Berkeley and studied Political Science with a minor in Russian Studies and language. She also worked part time for pioneer computer specialist Dr. Walter Soroka. The CIA immediately hired her when she received her BA in January 1951.

At the age of 26, Swantek was sent to Germany. She was one of the early CIA women assigned to the Special Operations division, working as equals with her male colleagues. In the book, "Sisterhood of Spies", author Elizabeth McIntosh quotes Swantek during an interview.

"I was dispatched to an isolated chalet on a lake in southern Bavaria. Here I joined two male colleagues with whom I worked for the next two years. Our job as a team was to assess, select, and train candidates to infiltrate the Soviet Union.

"These volunteers were former Soviet citizens living in Western Europe, or refugees and defectors. Their mission, upon being infiltrated behind the Iron Curtain, was to establish and legalize themselves, serve as long-term assets, and exfiltrate at a future date.

"Their training was intense, lasting for six months, and consisted of survival techniques, parachute jumps, drop-zone familiarization, and wireless transmission. I participated in every phase of this, including parachuting with the team."

In the book, Swantek recalls three young agents who were especially close to her:

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Foundation

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express their support, joining a Cortland Acres Association Fund through the Tucker Community Foundation.

"Our employees provide wonderful care to people during what can be difficult times," Cortland Administrator Don Black said. "We understand that families sometimes look for ways to express their appreciation, and these are ways they can do that."

Dewey Rice, a certified public accountant who is the treasurer for the Cortland Acres board, is the first president of the Cortland Foundation Inc.

Retired educator Sam Goughnour, who also is a member of the Cortland Board, is the vice president.

The treasurer is Milan Nypl, a Canaan Valley resident who also is a certified public accountant, while Beth Clevenger serves as secretary. Clevenger is the assistant administrator at Cortland Acres.

Ann Felty, a retired educator, is the fifth member of the first board.

Black and Dan Bucher, Cortland's development director, will provide staff support to the Cortland Foundation Inc. Those interested in more information or making a contribution can call 304-463-4181.

From Don's Desk:

It takes many things to make us successful at Cortland Acres.

We count on the efforts of a dedicated, all-volunteer board, which has our current and future best interests at heart. One could think of them as the "head" of our operation.

Of course our employees are vital to our ability to succeed. They provide outstanding care to our residents and out-patient clients on a daily basis. Think of them as our "heart."

Then there are the residents and patients themselves, and their friends and family members in the community. Our "soul," so to speak.

It's important to remember that it takes all of our parts working together to succeed!



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