

## Run for It to support Foundation

People who want to have fun, help their community and raise funds for the Cortland Foundation can register to join the "Cortland Challengers" Run for It team.

Run for It, a special event coordinated by the Tucker Community Foundation, is scheduled for 11 a.m. Saturday, Sept. 28, in Davis. This is the first time the Cortland Foundation has had a team dedicated to generating money for its charitable efforts.

Participants can choose to participate in a 5K run or a 2K walk, with prizes for individual finishers in each distance and different age categories. In addition, team awards are available in a number of areas,

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Cortland resident Tony Lambruno fought in World War II then returned home to Tucker County.

## Lambruno battled through World War II

Before being drafted into World War II, Tony Lambruno's biggest trips from his Douglas home were to not-so-exotic places such as Pierce, Kempton and Davis. The U.S. Army changed that quickly, with stops at several U.S. destinations before Lambruno headed to Australia and New Guinea.

Before he knew it, the fresh-

faced Tucker County native found himself watching a movie in the basement of General Douglas MacArthur's compound just outside Manila in the Philippines.

"We got to Manila before our equipment," said Lambruno, whose regular job was lighting

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## Check out new [www.cortlandacres.org](http://www.cortlandacres.org)

Cortland Acres' new website offers people an improved way to find out about all the options available at the Thomas campus, including long-term care, rehabilitation and physical therapy, housing and career opportunities.

The site, [www.cortlandacres.org](http://www.cortlandacres.org), has information about upcoming events in the community and on the Cortland campus, photos, and a video with more information about Cortland's services.

On the website, people also can get more

information about the Cortland Foundation, the charitable arm of Cortland Acres, and link to Cortland's Facebook page.

"We want to reach people in as many ways as possible, and the Internet is a great way for people to get more information about all Cortland Acres has to offer," Administrator Don Black said. "From long-term care and rehabilitation services to apartment living at

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including best effort to raise awareness and most money raised overall.

"Run for It is a wonderful event, and we're pleased to have the Cortland Foundation participate," said Lois Nelson, executive director of the foundation. "We already have a number of people who have signed up, and we'd love to have even more. It will be a really fun day in addition to an opportunity to raise money for our efforts."

To sign up for the Cortland Challengers, e-mail [lnelson@cortlandacres.org](mailto:lnelson@cortlandacres.org) or call 304-463-4181.

The entry fee for each participant is \$10, and half of that will be donated to the Cortland Foundation. People can register for the event even if they are not able to participate, and donations can be made directly to support the Cortland



Challengers team.

Run For It is part of the annual Leaf Peepers Festival that brings thousands of people to Tucker County.

More information about the event is available at [www.tuckerfoundation.net](http://www.tuckerfoundation.net).

"Cortland Acres and our entire community have many needs, and with the support of generous donors the Cortland Foundation can help address those," Nelson said.

"Any amount is helpful, and all donations directly benefit people in our area."

The Cortland Foundation's mission is to secure the resources necessary to enhance the health and well-being of the residents of the Cortland Community.

For more information, visit [www.cortlandacres.org](http://www.cortlandacres.org) or call 304-463-4181. You also can follow the Cortland Foundation on Facebook.

## Website From Page 1

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Pineview or duplex housing through The Pines, we have much to offer residents of our region. We encourage people to not only visit the website, but to call and schedule an in-person tour to see all we have."

As the website home page indicates, Cortland Acres' 35-acre campus offers "the best of both worlds, beautiful, mountainous surroundings and the advantages of quality, state-of-the-art care."

Other sections of the site provide information helpful when deciding on long-term care or rehabilitation options, ways to volunteer through the

Friends of Cortland Acres, and links to admission forms and other resources.

"We're very pleased to have an updated Careers section on the website," said Beth Clevenger, assistant administrator. "Cortland has 150 employees, and we offer a wonderful work environment with flexible hours, good wages and great benefits."

For information about current openings, click the "Careers" tab at the top of the site.

If you have any questions or suggestions for additions to the site, please call 304-463-4181.

## Please take time to fill out survey

Those of you who have loved ones at Cortland Acres soon will receive a survey to fill out regarding satisfaction related to a number of services. We encourage you to take time to fully and accurately complete it.

These responses, coordinated by My InnerView and kept confidential, are a key part of the success of our long-term care facility. The results are important and let us know how we're doing.

If you have any questions, please call Beth Clevenger at 304-463-4181.

# Lambruno

From Page 1

runways for military planes to land. "We served as guards until it got there, and that's where I met MacArthur. We were sent to guard his office, where he met with generals from other countries."

Lambruno said the general's wife, Jean, and son, Arthur, lived nearby and he sometimes protected their home, including a goat that was the son's beloved pet.

"When they left Australia, someone gave his son a goat," recalled Lambruno, now 95 years old and living at Cortland Acres in Thomas. "We guarded it, too – we couldn't be mean to it or touch it. You didn't dare hurt that goat."

Jean MacArthur would sometimes ask soldiers to join her in the home.

"She was just a common lady, very nice," Lambruno said. "We ate dinner with her a couple times, and she'd ask the men to come to the house and watch a movie in the basement."

Once the equipment arrived, it was back to Manila and living in tents, a life that was even less glamorous than it sounds. And although Australia and New Guinea rank high on the list of places some would like to visit today, it was much different during 1940s wartime.

"There were mosquitoes everywhere," said Lambruno, who contracted malaria that affected him well after he returned home to Tucker County. "They had snakes big enough to swallow a boar. We were out in the jungle, in the thick woods. We went out to set up camp in 7-foot high grass, and the snakes were big enough to look over it. We

"They have really good girls who work here. The staff is good. My sister died here at 106. My mother was 100. Now Tony's in here, and I don't know for how long."

**- Tony Lambruno**  
*WWII veteran and  
Cortland resident*

stopped, turned around and ran back. We were scared, I'll tell you that."

Although Lambruno's unit never experienced a direct attack, the chance was there.

"We were a target at night," he said. "We'd light up the airports with a 60-inch mirror light so the airplanes could land. All we had to fight with was rifles."

Despite experiencing so much of the country – Texas, Florida and California – and the world, Lambruno knew he wanted to come home to Tucker County as soon as he was discharged.

"I came right back to where I was born," he said. "I had to go up to the GI hospital in Pittsburgh to get my nose fixed from where it had been broken, and while I was in there he said he'd go ahead and take my tonsils out. He left a bandage in there, and I started choking. They had to pull it out."

Before he was drafted, Lambruno had worked at a coal tippie in Douglas, but that job was finished when he returned.

"They asked if I wanted to go in the deep mines and get paid

by the amount of coal I dug," he said. "You had to walk on your knees, and I kept standing up and banging my head. I did it for two days."

"The third day I didn't go to work. I told the superintendent Lincoln freed the slaves and I'm no slave. He gave me a job back on the outside."

Lambruno spent 47 years married to Alma Lambruno, who died in 2007. He worked in the county's coal mines, relishing in the hard work that was a tradition for not only his family but his generation.

Legendary television broadcaster Tom Brokaw termed Lambruno and his peers the "Greatest Generation" because of their youth in the Great Depression, battles in World War II and building of a nation upon their return.

"I believe that," Lambruno said when asked about the term. "It makes you feel good. It makes you feel like you did something."

He said he doesn't talk about those events of 70-plus years ago very often.

"In the last 20 or 30 years, none," he said. "There's nobody to talk to about it. During the war they took a lot of young people out of these towns. I got a letter and went with a busload out of Parsons. They took us to Ohio for our physicals, then we came back and waited for the call."

Lambruno said he truly enjoys living at Cortland Acres, where he moved two years ago.

"They have really good girls who work here," he said. "The staff is good. My sister died here at 106. My mother was 100. Now Tony's in here, and I don't know for how long."





More than 70 Residents and family members enjoyed the delicious food, toe-tapping music and amusing games during Cortland Acres' annual picnic.

## Cortland residents and families enjoy annual picnic

The threat of rain didn't dampen any spirits at Cortland Acres' annual Residents and Family picnic.

The facility's staff pulled together on July 20 and moved the entire picnic indoors. There was plenty of delicious food, toe-tapping music and amusing games that had people laughing and dancing in the aisles.

"Let's have a great time and celebrate the summer with family and friends," Administrator Don Black said.

The theme for this year's picnic was "Meet Me at the Fair," and Activities Director Marie Grafton didn't miss a step with the details.

Jimmy Judy led prayer then the nurses, dietary staff and certified nursing assistants worked with the cadets from the Kenneth "Honey"



**Holly Ash performs country favorites while Michelle Gravelle and Colin Summerfield play with their prize from a carnival game.**

Rubenstein Juvenile Center to serve attendees tasty food. There were corn dogs, popcorn, apples & caramel, steak & cheese hoagies, coleslaw, corn on the cob and funnel cakes.

Holly Ash provided the entertainment for the event, performing country favorites while Nancy Leshner and Joyce Showalter dressed as clowns entertained residents and

families with magic tricks and balloons.

Cindy Helmick and Phil Oster, dressed as fat lady and fat man, enjoyed getting people out of their chairs and dancing. Sandy Kisamore and Donna Markley circled through the crowd with carnival games.

A country fair isn't complete without a pie competition. There were six pies entered into this competition: a shoofly pie, blueberry pie, cherry pie, chocolate pie and apple pie.

Three judges had the difficult task of sampling and scoring the pies. First place went to board member Dan Bucher, who baked shoofly pie, and Amy Goughnour captured second with her blueberry pie.

At the end of the festivities more than 30 door prizes were presented to residents and family members.

# Cortland helps Tucker County Veterans honor dedicated members of military

From World War II veterans to National Guard members who could be called up again at any time, the Tucker County Veterans and Cortland Acres took time out to thank those who serve our country and our community.

On a beautiful, sunny Sunday, active and retired members of the military gathered in the pavilion behind Cortland Acres in Thomas to share stories, hear expressions of appreciation, and have an All-American meal of hot dogs, popcorn and chocolate chip cookies.

About 75 people attended the second annual event, which Cortland Administrator Don Black said the facility was happy to host.

"They really wanted to have something special," Black said of the dedicated Tucker County Veterans, whose motto is "Still Serving." That certainly happened, as emcee/DJ/veteran Dan Barkley played songs appropriate for the occasion and led the program.

Residents of the Rubenstein Center in Davis presented the colors and led the pledge, and Pastor Mike Lantz opened with prayer.

"We love you so much and pray for you every day," Lantz said of military members, noting that Jesus and veterans share a willingness to die for others.

County Prosecutor Ray LaMora, who was a member of the National Guard, introduced the speakers for the day, Sgt. 1<sup>st</sup> Class Lahomma Fowler and Staff Sgt. Jeremy Fowler. Lahomma serves with the 363<sup>rd</sup>



**More than 75 veterans and community members attended Cortland Acres Tucker County Military Service Reunion. The event celebrated veterans from all branches and from all over the region.**

MP Company out of Grafton, and Jeremy is with the 5<sup>th</sup> 80<sup>th</sup> Training Battalion based in Abingdon, Md.

"They are both dedicated military members," said LaMora, who served with the couple at the 363<sup>rd</sup>.

"It's an honor to be here with you to celebrate this event," said Lahomma Fowler, who has been deployed to Iraq twice and knows another assignment could come soon. "When they call, you go. Reservists are playing a large role today."

Jeremy Fowler spent 17 years in the U.S. Army and has been a motor sergeant since 2009. He and Lahomma brought a currently used Humvee and parked it next to the World War II Jeep Joe Bava has restored and brought to Cortland.

"It's totally different," Jeremy

noted, warning people about the weight of the doors on the "up armored" vehicle.

The Fowlers and Bava answered a number of questions about their respective vehicles as people milled about and visited following the official program.

Also available for review was a special display that was created by Veronica Staron in honor of the 50<sup>th</sup> anniversary of the end of World War II. She included maps, photos and other mementoes that people were able to view.

"On behalf of Tucker County Veterans, thank you at Cortland Acres for giving us a place to get together," Barkley said before encouraging people to enjoy fellowship for the rest of the afternoon.

Visit [www.cortlandacres.org](http://www.cortlandacres.org) to see other upcoming events.



# Residents relish chat with Manchin

Stanley "Champ" Sedmock, a 13-year resident of Cortland Acres, may not have to wait long for U.S. Sen. Joe Manchin to take him up on his offer of a cup of coffee.

"Hopefully I can stop by soon and visit with you in person," Manchin said via the online teleconference program Skype. "I'd love to be with you this morning. But since I'm not, this is the best way for me to talk with you about your concerns."

Manchin, who owns a home and loves spending time in Canaan Valley, spoke with more than a dozen Cortland Acres residents via Skype in recognition of National Nursing Home Week.

"It is terrific that we have this opportunity to talk with you, Sen. Manchin, about issues important to our residents," Administrator Don Black said. "We are especially grateful because this month is Cortland Acres 35<sup>th</sup> Anniversary. It was 35 years ago this month that a group of folks put together a nursing home and Cortland opened its doors."

Manchin has been "Skyping" with high school students throughout West Virginia for the past couple of months. Last week he accepted a special invitation, and the only one of its kind, from Cortland Acres. During the 20-minute session he answered a variety of questions ranging from stem cell and emphysema research to the importance of children and exercise.

But it was the question from resident Frances Bibeau that drew the most attention.

"I want to know if you are going to run for president someday," she asked.



**Cortland Acres resident Stanley "Champ" Sedmock asks U.S. Senator Joe Manchin a question about stem cell research. Manchin did a Skype "visit" with residents during National Nursing Home Week.**

"I don't think so Frances," Manchin replied with a smile. "I enjoy public service so much. I never thought I'd be this old and be this homesick for my state of West Virginia."

"I don't get to come home as much as I want to. I want to serve the people of West Virginia to the best of my ability. You never say never, but that's not on my radar screen right now."

Betty Bonner asked about the different amounts of spending money per month received by Medicaid and Social Security recipients and Veterans.

"Nursing home residents on Medicaid receive \$50 spending money per month, residents on SSI only receive \$30 spending money per month and those who are veterans get \$90 per month," she said. "Would it be possible for those getting only \$30 a month to be increased to \$50 or could everyone get \$90?"

Manchin said he would look

into the different spending levels for each program.

"I will check into the reasons for the differences of \$30, \$50 and \$90," he said. "If there's any adjustment that is recommended or if we can these make adjustments for you, we will. You are asking for a fairness situation."

Next resident Leona Howell asked about "any research projects regarding breathing problems like emphysema."

Manchin knows emphysema is a major health challenge in West Virginia because of the types of jobs available.

"Emphysema takes a terrible toll on West Virginians as we know," he said, noting that he has family members who suffer from the disease. "I don't know of any or additional research being done or any break through that has happened, but I will find out more

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# 'Pasta Palooza' raises money for Foundation

More than 80 people came out to support Cortland Foundation's inaugural "Pasta Palooza." Residents, staff and community members enjoyed uniquely created pasta dishes prepared in front of each them by Executive Chef and Tucker County High School ProStart program instructor Brian Covell.

Diners chose ingredients for their own creation from a variety of selections. In addition, the meal included a Caesar salad, bread, iced tea or fresh-squeezed lemonade, and dessert of tuxedo strawberries and berry trifle. In addition to ProStart students, Cortland Acres' dietary staff assisted with preparations.

"We've had wonderful feedback from the community, and Chef Covell has agreed to make this a regular event," said Lois Nelson, executive director of the Cortland Foundation. "It



**Brad Moore, Jeanne Boury and Mary Frances Evans enjoy their uniquely created pasta dishes at the Cortland Foundation's inaugural "Pasta Palooza."**

was a special evening for many of our residents, who enjoyed getting dressed up for a festive night 'out' with dinner and

fellowship."

The Foundation and ProStart will share proceeds from the donations given by diners.

## Manchin

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information for you. I know we are committed and doing everything humanly possible."

Sedmock, who has Multiple Sclerosis, asked Manchin about stem cell research.

"Will I see the use of stem cell research on MS in the near future?" he asked. "If not, are there new treatments available for my type of MS, not a cure but a treatment to make life a little more tolerable?"

Manchin said he's proud to support funding for the National Institute of Health, the entity responsible for these types of stem cell research projects.

"I've always said you should set your priorities based on our values as Americans and try to find cures that get people a

better quality of life," he said. "The NIH is doing everything humanly possible that I know of for stem cell research. As you know it is a very tedious and long process. We have to continue to be hopeful and not to give up for finding the cure that can improve the quality for people like yourself."

Next Clara Mae Davis posed a question concerning children and the amount of time devoted to recess and exercise.

"Is there any effort to provide more play or exercise time for children in schools today instead of sitting in front of a TV or computer?" she asked.

Manchin said this issue has been a concern of his since he was governor of West Virginia.

He said this issue starts at home with parents and the community getting youth involved and creating healthier lifestyles.

"When I went to school everyone had to take recess or phys ed," he said. "My understanding now is it is not even mandatory. So kids go to school and never have a phys ed class."

Beth Clevenger, assistant administrator at Cortland Acres, worked closely with Peggy Hawse, regional coordinator for Manchin, to schedule the special event.

"Sen. Manchin was excited about this opportunity to talk with Cortland Acres residents about their concerns and to celebrate National Nursing Home Week," Hawse said.

## Remember all we have to offer!

We know all of you are familiar with at least some aspects of what is offered on the Cortland Acres complex, but sometimes it helps to put everything together. It's an impressive list!

Everything is geared toward our mission of helping people age in healthy, affordable and meaningful ways. The Cortland campus includes:

- A 94-bed skilled nursing facility offering long-term care solutions;
- A Rehabilitation and Physical Therapy Center with in-patient and out-patient physical, occupational and speech therapy services;
- Pineview, a 24-unit HUD certified housing development;
- The Pines, independent duplex housing that is part of an equity agreement;
- A physician's office through Preston-Taylor Health Centers that is staffed by Dr. Ed Rader.



## Looking for a rewarding career? Consider joining Cortland Acres!



Join the team of one of the region's best employers right here in Thomas!

- Dietary Department
- Therapy and Rehab
- Cooks, Tray Attendants
- PT, PTA, OT
- Nursing
- Administrative Jobs
- CNA, LPN, RN
- More!

**Call 304-463-4181 or visit  
[www.cortlandacres.org](http://www.cortlandacres.org)**

Cortland Acres is an Equal Opportunity Employer.



**Cortland Acres**  
39 Cortland Acres Lane  
Thomas, WV 26292  
304.463.4181  
304.463.4190 (fax)  
[www.cortlandacres.org](http://www.cortlandacres.org)

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