



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

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OCTOBER 2017



Gazebo Gazette

R A P P A H A N N O C K W E S T M I N S T E R - C A N T E R B U R Y

SPECIAL POINTS OF INTEREST:

- New Neighbors to RWC
- Mind & Muscle Lecture*
- Blessing of the Animals
- Walk to End Alzheimer's
- Flu Shots
- Artist Reception
- Marion Mitchell, "Ninety-Five and Still Alive"

INSIDE THIS ISSUE:

Social: Family, Friends, Relationships	1
Spiritual: Values, Purpose, Intuition,	2
Intellectual: Mind	3
Physical: Body	4
Vocation: Career & Skills	5
Environmental: Air, Water, Food, Safety	6
Emotional	7
Greetings from the President & CEO	8

BREAST CANCER AWARENESS IS TOPIC OF OCTOBER PROGRAM

Learn about advances in breast health

Modern medicine has made great strides in reducing, diagnosing and treating breast cancer. Bon Secours Rappahannock General Hospital Imaging Manager Chris Shepperson will discuss some of these advances at RWC's final 2017 Mind & Muscle event at 11 a.m. on Oct. 2.

"We'll talk about the importance of having routine mammography, the latest mammography equipment and an exciting new event we're holding in October," said Shepperson. As part of a planned expansion of women's services at the hospital, Rappahannock General soon will acquire a 3-D digital tomography machine, he said. Studies have found that 3-D mammograms find more cancers than traditional 2-D mammograms and also reduce the number of false positives. He'll also explain how nurse navigators can help guide patients through care options should they be diagnosed with cancer.

In addition, Shepperson will promote "Power of Pink," a new breast cancer awareness event to be held Oct. 12 at the Lancaster Community Library. The event will feature education, networking opportunities, refreshments and more. Breast cancer is the most common cancer in American women, except for skin cancers. Early detection is the key to survival. The American Cancer Society estimates that in 2017 in the U.S.:

- About 252,710 new cases of invasive breast cancer will be diagnosed in women.
- About 63,410 new cases of carcinoma in situ will be diagnosed (non-invasive

and the earliest form of breast cancer).
• About 40,610 women will die from breast cancer.

The program, which is free and open to the community, includes a complimentary luncheon at noon. Reservations are required, as space is limited. Call 804-438-4000. RWC maintains a waiting list and will honor reservations in the order received.

WELCOME OUR NEW NEIGHBORS TO RWC

Rev. William Ernest "Ernie"

Hogge moved into Apartment 203 on September 23, 2017. He is very familiar with the Northern Neck having served his first pastorate at Bethel UMC in Lively. Rev. Hogge is familiar with other communities, both Westminister-Canterbury and Virginia United Methodist Homes.

Rev. Hogge and his wife were married 59 years when she died in 2015. They met when they both attended Lynchburg College and married shortly after graduation. After receiving his undergraduate degree in Psychology and English, he went on to Emory University where he earned a M.Div. with concentrations in Theology and Pastoral Counseling. As an ordained United Methodist minister, he served all over Virginia as a pastor and finished his career as the District Superintendent. His passion is people – caring for them, visiting the sick and shut-ins, and counseling.

NEW NEIGHBORS CONTINUED



WE'RE ON THE WEB!
WWW.RW-C.ORG
LIKE US ON FACEBOOK

The deadline to submit articles for the November 2017 issue is Tuesday, October 24, 2017 by noon. Contact us: 804-438-4000

KEY
APT
 Apartment Lobby
AR1
 Art Room #1
AR2
 Art Room #2
ATR
 Atrium
AUD
 Auditorium
BLR
 Boiler Room
CGR
 Chesapeake Game Room
COR
 Corrotoman Room
CPL
 Chapel
DRB
 Dining Room Breezeway
FIT
 Fitness Center
FPL
 Front Parking Lot
FRL
 Front Lobby
GAL
 Gallery Hall
HOB
 Hobby Room
KCT
 King's Court
LAN
 Lancaster Room
LEC
 Life Enrichment Center
LIB
 Library
LVG
 Lakeview Grille
MSP
 Main Street Pub
RAP
 Rappahannock Room
RCL
 Resident Clinic
TGP
 Thomas Garden Patio
WCN
 Westbury Center
WCR
 Westbury Club Room

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	10:00-COR-Society of Friends Meeting 4:00-WCR-Worship Service	10:00-COR-Parkinson's Caregiver Support Group 11:00-AUD-Mind & Muscle* 3:00-RAP-Christmas Show Rehearsal 4:00-CGR-Dart Sharks 4:30-AR1&2-Memory Support Group	10:00-AR2-Chat & Crafts 1:00-CGR-Board Game Gang 1:00-AR2-Art Class with Pam 1:30-FRL-Shopping & Errands*	2:00-FPL-Blessing of the Animals 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 2:00-HOB-Hobby Room Open House 3:30-FRL-Sunset Sailing Cruise in Yorktown* 4:00-CPL-Rosary	8:30-AUD-ROMEOs & OWLETS* 9:30-MSP-Flu Shot Clinic* 1:00-RAP-RILL Course: Virginia and the War of 1812 (Pt. 1)* 3:00-RAP-Christmas Show Rehearsal 5:00-TGP-Happy Hour	8:00-FRL-Walk to End Alzheimer's in Urbanna* 5:00-TGP-Happy Hour 7:00-FRL-On Stage*	
	4:00-WCR-Worship Service	10:00-BLR-Residents' Health Care Committee Meeting 10:00-AR2-Drawing Class* 10:30-AUD-Marion Mitchell "Ninety-Five and Still Alive" 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 3:00-RAP-Christmas Show Rehearsal 4:00-CGR-Dart Sharks 6:30-WCR-Trish & Friends Music	10:00-AR2-Chat & Crafts 10:00-AUD-Living with Dementia (Moderate Stages, Part 1)* 10:30-WCR-Voter Registration Absentee Ballots 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge 2:00-BLR-Ametuer Radio Group Meeting 4:00-ATR-Atrist Reception	10:00-AR2-Activities Committee Meeting 11:00-TGP-Disc Golf 1:00-AUD-Parkinson's Support Group 1:30-CGR-Bunco Group 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	10:00-COR-Food Committee Meeting 10:00-CGR-Great Courses* 11:00-MSP-Resident Choir 1:00-LIB-Party Bridge 1:30-AR2-Decorating Cookies with JoAnn* 4:00-CPL-Rosary	11:30-FRL-Lunch at Mi Casa Azteca & Tour of Gwynn's Island Museum* 1:00-RAP-RILL Course: Virginia and the War of 1812 (Pt. 2)* 3:00-RAP-Christmas Show Rehearsal 5:00-TGP-Happy Hour	10:30-AUD-Apple Seeds Computer Group 5:00-TGP-Happy Hour 7:00-FRL-Northern Neck Orchestra: Autumn Pastoral*	
	11:00-LVG-Sunday Brunch 4:00-WCR-Worship Service	10:00-AR2-Drawing Class* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 3:00-RAP-Christmas Show Rehearsal 4:00-CGR-Dart Sharks 4:00-WCR-WS Monthly B-day Party	10:00-AR2-Chat & Crafts 1:00-AR2-Art Class with Pam 10:30-COR-Bible Study 1:00-CGR-Board Game Gang	10:30-AR2-Crafts for a Cause 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 1:30-AR2-Decorating Cookies with JoAnn* 4:00-CPL-Rosary	1:00-RAP-RILL Course: Virginia and the War of 1812 (Pt. 3)* 3:00-RAP-Christmas Show Rehearsal 5:00-AUD-Special Occasion Party	5:00-TGP-Happy Hour	
	4:00-WCR-Worship Service	10:30-RAP-RWC Book Group 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 3:00-RAP-Christmas Show Rehearsal 4:00-CGR-Dart Sharks 4:00-ATR-Pre-concert Wine & Cheese Reception 4:30-AUD-Special Concert: Daniel Boling	10:00-AR2-Chat & Crafts 1:00-AR2-Art Class with Pam 10:00-AUD-Living with Dementia (Moderate Stages, Part 1)* 10:30-COR-Bible Study 1:00-CGR-Board Game Gang	10:00-MSP-Burke's Jewelry Repair Service 10:45-WCR-Memories in the Making 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 4:00-CPL-Rosary	3:00-RAP-Christmas Show Rehearsal 5:00-TGP-Happy Hour	5:00-TGP-Happy Hour 7:00-AUD-Saturday Night Movie: The Founder	
	4:00-WCR-Worship Service	10:00-ATR-Resident Judging of the Pumpkins 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge 2:00-AUD-Staff & Resident Halloween Party*	Detach the cover of <i>The Gazebo Gazette</i> and place it on the refrigerator or desk to view the activity schedule for the entire month. Activities are subject to change. Please watch RWC -TV on Channel 85 on a daily basis for the latest updates. An asterisk (*) means a RSVP or sign up is required. REMINDER: WE MUST HAVE A MINIMUM OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS WITH THE EXCEPTION OF WEEKLY SHOPPING.				

OCTOBER 2017



GREETINGS FROM THE PRESIDENT & CEO

Please join me in pausing briefly to remember the late Joe Curry who recently passed away unexpectedly. Joe was a former member of the Corporate Board of Trustees, but he is widely known by most everyone in this area for his helpfulness to those in need. Joe was a mentor, friend, family man, counselor, business person, and community leader among his many accomplishments. Joe was resourceful and humanitarian as a problem solver. You could disagree with Joe, and he with you, yet remain friends and co-laborers in the journey of life. Joe was a bridge builder, and if he could not build a bridge, he would dig a tunnel – but he would get the job done when it came to bringing resources together to meet a need or people together to work through an issue. As Joe's daughter-in-law Rose said at his service, Joe did not leave big footprints for us to step in to or try to fill, he gave us the example with which to make our own footprints and work together in community. I was blessed, privileged and honored to have known Joe, to be mentored by Joe, and to be Joe's friend. May we consider his example of civic and civil humanitarianism as we address each new day in his memory.


**.....WELCOME NEW NEIGHBORS
CONTINUE FROM PAGE 1**

Rev. Hogge started a Drama Club in his current church, Discovery UMC in Richmond's West End. He recently presented a drama called Noah. Ernie has one daughter, Sherry, who has 2 children and 1 grandchild.

Mr. and Mrs. Pete and Judy Epps moved into Cottage 701 on September 27, 2017. Mr. and Mrs. Epps always knew they would 'one' day live here; Judy's parents, Mr. & Mrs. Carlyle and Maxine Hutchinson, were residents and the experience left a positive impression on both Judy and Pete.

Pete and Judy met on a blind date while they attended college – he at Lynchburg College, she at UVA. They have been married 51 years. They came to know the Northern Neck through her family. Pete and Judy have three children and four grandchildren. They are active members of Campbell Presbyterian Church. A registered nurse, Judy earned her MSN at VCU and worked as a public health nurse in the counties

around Richmond. Pete's undergraduate degree was in Math and he worked for VEPCO and retired from the Medical Assistance Program as a financial accountant in reimbursements. They both enjoy volunteering and have worked with Meals on Wheels and church activities. Pete enjoys fishing and golfing, as well as camping with his buddies. Judy was an avid golfer, quilter and knitter. They also belong to the ICYCC and enjoy some social activities at the club.

A WELCOME RECEPTION WILL BE
ANNOUNCED AT A LATER DATE!

**SAVE THE DATES IN NOVEMBER!
LANCASTER PLAYERS PRESENT THE
25TH ANNUAL PUTNAM COUNTY
SPELLING BEE***

**Sunday, November 12—2:00 pm—Front Lobby
Cost is \$20.00. Sign up at Front Desk.**

The 25th Annual Putnam County Spelling Bee is a musical that has charmed audiences across the country with its effortless wit and humor.

An eclectic group of six mid-pubescents vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing, pout-inducing, life un-affirming "ding" of the bell that signals a spelling mistake. Six spellers enter; one speller leaves! At least the losers get a juice box. A riotous ride, complete with audience participation.

**TERRA COTTA ARMY EXHIBIT AT VA
MUSEUM OF FINE ARTS***

**Thursday, November 24—9:00 am—Front Lobby
Fee - \$24 (includes bus); free admission for VMFA
members +\$8 bus fee**

First discovered in 1974 by farmers in China, an underground army of nearly 8,000 life-size terracotta figures is known as one of the greatest archaeological finds of the 20th century. Discovered one mile east of the known burial site of the First Emperor of China (221–210 BC), or Qin Shihuang, the terracotta army was created to accompany the emperor to the afterlife. This exhibition features ten majestic terracotta figures, including a cavalry horse, among 130 works that tell the story of China's birth and one man's lasting imprint on a nation. Please sign up at

ROMEOs & OWLETs*

Friday, October 6— 8:30 am - Lancaster Room

This month a representative from Urbanna's Visitors Center will be speaking about the John Mitchell Map. This map is referred to as "The most important map in American history." **Please sign up at the Front Desk to attend.**

AMATEUR RADIO AT RWC

Tuesday, October 10—2:00 pm—Boiler Room

One purpose of this meeting will be to begin the process of formally organizing an Amateur Radio Club. Please plan to attend if you have any interest in amateur radio. You do not have to have a license to attend or participate. 73

COOKIE DECORATING WITH JOANN*

**Thursday, October 12 and Tuesday, October 19
1:30 pm—Art Room 2**

Join JoAnn Nowak, RWC Security Guard and baker extraordinaire, as she shares her secrets for beautifully decorated cookies. An award winning baker (she's won many State Fair ribbons), Jo Ann will provide all the supplies and her time to help you discover your cookie frosting talents. Class is limited to 10 for each class. **Please sign up at the Front Desk.**

**LUNCH AT MI CASA AZTECA
MEXICAN RESTAURANT & TOUR OF
GWYNN'S ISLAND MUSEUM
(MATHIEWS)***

Friday, October 13—11:30 am—Front Lobby

Join Amy for a fun day in Mathews! First we will enjoy lunch at Mi Casa Azteca. Where they prepare the best, most authentic Mexican food and Margaritas for you to enjoy. The Museum started out on a small scale, primarily with Indian and Colonial artifacts from a private collection. It now include many photos about the interesting history of this small island village. **Please sign up at the Front Desk to attend.**

CRAFTS FOR A CAUSE (SOFT SPOTS)

Wednesday, October 18 —10:30 am - Art Room 2

Please join our group making soft spots for the kittens at the Animal Welfare League. I delivered approximately 20 pillows to the kittens this week. Please join us on the third Wednesday of each month, to make soft spots. The Staff was so appreciative of our efforts.

**SPECIAL CONCERT: DANIEL BOLING
Monday, October 23—4:00 pm—Pre-Concert Reception
4:30 pm—Concert**

Daniel came to RWC about a year ago to perform his folk music. Many residents asked for him to come back.

2014 Winner of the prestigious Grassy Hill Kerrville New Folk songwriter contest, Daniel shares experiences from a life well-lived in places as far-ranging as Japan, Okinawa, and Padre Island, Texas. With his well-crafted story songs and friendly tenor this balladeer /songwriter delights audiences coast-to-coast in over one hundred shows a year, from House Concerts and listening rooms to major festivals. No need to sign up. Just come and enjoy the music.

SATURDAY NIGHT MOVIE

**Saturday, October 28—7:00 pm - Auditorium
Featuring: The Founder**

The concept and expansion of McDonald's global fast-food empire represent one of the great success stories of American business. This meaty biopic profiles company founder Ray Kroc, whose canny instincts turned McDonald's into a golden brand. (2016) Rated PG-13 1hr 55m. NOTE: Movies are subject to change without prior notice.

**HALLOWEEN FUN FOR RESIDENTS
AND STAFF**

We hope that everyone will join us for our annual Halloween Festivities. Again this year we will have our pumpkin decorating contest. **We would like to encourage any talented and creative residents that would like to participate in decorating a pumpkin for the contest.** The Pumpkin Patch, aka Resident Life, will open on Tuesday, October 24th to pick your favorite pumpkin for the competition.

Schedule of Events:

**Tuesday, October 24th Pumpkin Patch Opens
Monday, October 30th at 10:00 am Decorated Pumpkins
due for competition**

**RESIDENTS WILL JUDGE PUMPKINS VIA BALLOT
Monday, October 31st FROM 2:00 TO 4:00 STAFF &
RESIDENT HALLOWEEN PARTY**

As in the past, the judging panel will consist of all of our residents! Judging will take place throughout the day on Monday, Oct 30th starting at 10 am and up until Halloween at 2:00pm. Winners to be announced during the Halloween party.

All residents and staff are encouraged to don their best costumes on Halloween October 31st in an effort to compete in-and win!-this years' costume contest.

REGULAR OPPORTUNITIES FOR SPIRITUAL GROWTH

- **Sunday Worship:** Sundays at 4 PM in the Westbury Clubroom. **All are welcome.**
- **Holy Communion:** observed as a part of Sunday worship the first Sunday of the month.
- **Praying the Rosary:** Thursdays at 4 PM in the chapel with the Legion of Mary.
- **Northern Neck Society of Friends:** First Sunday of each month at 10 AM for worship in the Corrotoman Room with discussion following from 11-12.
- **Bible Studies:** Tuesdays at 10:30 AM in the Corrotoman Room. All residents are welcome to this Bible study taught each month by a different local minister invited by the group. October's teacher is Carl Smith and "The Science Behind the Bible."
- Wednesdays at 3 PM in the Westbury Center. All residents are welcome to join Rev. Winfield Talley for a 30 minute lesson.

UPCOMING OPPORTUNITIES

BLESSING OF THE ANIMALS

Wednesday October 4—2:00 pm—Front Parking Lot
Join our Chaplain for the Annual RW-C Blessing of the Animals, held on the Feast Day of St. Francis, patron saint of the animals. Bring your pet or a picture of your pet to be blessed! Meeting in front of the Chesapeake Center, rain or shine. All are welcome.

THOUGHTS FROM A WEDDING

I had the honor last month of officiating at the wedding of one of my sons in Vermont. It was a wonderful weekend with family and friends punctuated by an incredibly beautiful outdoor ceremony nestled in the mountains. We had been a bit worried as the rain was relentless the day preceding and the day of the wedding...until an hour or so before the evening ceremony, when the sun came out followed by, of all things, a perfect rainbow! We all stood amazed. I have had so much joy in light of this experience, and yet, there is something else: a recurrent sense of sadness. Why, pray tell? It took me a while to figure it out. At first I just thought it was emotional exhaustion from all the happenings of the event. And then it came to me: this is grief. This tremendous gain (a wonderful daughter-in-law, a new life for our

son, etc.) also brought with it a loss. In addition to them getting married they'll soon be moving out of the country for a new job. Things will, in a number of ways, never be quite the same. And why the sense of grief in reaction to this loss? That came to me too: among other things, because of love. The grief of a loss points to the depth of the love we have shared with others, and that is a good, a very good thing. Love does in fact bring with it this risk. C.S. Lewis once spoke of the risk of love in this way:

Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable." (C.S. Lewis: The Four Loves)

Put that way, I will tend to see grief differently. Difficult as it truly is, I will also see it as a reminder of the depth of the love that lies behind it. And like the rainbow, my grief will remind me of how I have indeed been truly blessed. Yes, such love is worth the risk.

Chaplain Greg Houck

IN MEMORIAM

**MRS. EVELYN KILPATRICK
SEPTEMBER 14, 2017**

THANK YOU

Thank You! To my RWC family – residents, staff, extended family – thank you for your many expressions of support. The hugs, the notes, the texts, the emails, the cards, and phone calls have shown me such grace and love – it's overwhelming and so comforting. To know that I serve and work with so many caring people only affirms my calling to be here, with all of you. Although my family in Puerto Rico has a long road ahead of them, I am confident that your prayers will smooth the way. With affection and gratitude, Maria Ferrand

MEMORY SUPPORT GROUPS IN NEW LOCATION!!!

OCTOBER

Monday, October 2

ALL GROUPS MEET AT 4:30 pm

ALL PARTICIPANTS ATTENDING THE PERSONS WITH DEMENTIA GROUP MUST BE SCREENED PRIOR TO ATTENDING. Please contact Ellie Galloway at 804-695-9382 or Amy Lewis at ext. 4024.

Caregiver's Support Group
(Amy Lewis, facilitator)

Life Enrichment Center—Arts Room 1

*

Person with Early-Mid Stage Dementia
(Ellie Galloway, facilitator)

Life Enrichment Center—Arts Room 2

RWC READIES FOR ALZHEIMER'S WALK*

Saturday, October 7—8:00 am—Front Lobby
"We're in this fight together"

The Northern Neck's Walk to End Alzheimer's is on Oct. 7 at Bethpage Campground in Urbanna.

RWC's residents include some with dementia and Alzheimer's disease, said Mary Arthur, RWC's dementia care coordinator. "We see a lot of families struggling. But there is hope, and there is support."

The RWC community has made Alzheimer's care and research a priority, raising thousands of dollars each year. In 2016, RWC won third place for fundraising for the walk.

We invite you to join Rappahannock Westminster Canterbury's Walk Group "RWC Yes2Years" or make a donation by going to www.alz.org and locate our local chapter. Support is welcome. This year's team goal is to raise \$3,000.

"We're in this fight together," said Arthur, whose interest in dementia care came from serving as primary caregiver to her grandmother.

According to the Alzheimer's Association, more than five million Americans are living with Alzheimer's Disease, and by 2050, that number could reach 16 million. It's the sixth leading cause of death in the country, and each year, more than 15 million people provide unpaid care for patients with Alzheimer's or other forms of dementia.

For more information, contact Mary Arthur at 804-577-0565.

We will be providing transportation to the walk. Please sign up at the Front Desk.

LIVING WITH DEMENTIA: MODERATE STAGES*

Tuesday, October 10 (Part 1) & 24 (Part 2)
10:00 am—Auditorium

Ellie Galloway, Regional Director of the Northern Neck/Middle Peninsula Chapter of the Alzheimer's Association will share information about the early stages of Alzheimer's. **Please sign up at the Front Desk or RSVP to Ellie Galloway by calling 1-800-272-3900.**

CONCERT OPPORTUNITIES!

ON STAGE*

Saturday, October 7—7:00 pm—Front Lobby

Brass Transit will perform on October 7 and is one of the world's foremost tribute band of the musical group Chicago, resurrects the bold, brass sound of the iconic '70s band. Tickets are \$39.00 and can be purchased at www.rappahannockfoundation.org. Show starts at 7:30 pm. Please sign up at the Front Desk for transportation. The bus will leave the Front Lobby at 7:00 pm.

NORTHERN NECK ORCHESTRA CONCERT: AUTUMN PASTORAL*

Saturday, October 14—7:00 pm—Front Lobby

The season kicks off this fall with Rossini's rapidfire Overture to the Barber of Seville, the performance of Saint-Saen's cello Concerto and Beethoven's endearing Sixth Symphony, the Pastoral. Tickets are \$30 and can be purchased at www.northernneckorchestra.org. Show begins at 7:30 at Lancaster Middle School. Please sign up at the Front Desk for transportation.

FLU SHOTS*

Carroll Throckmorton from Main Street Pharmacy will be giving our Independent Living Residents their Flu Shots again this year. The date that has been set is **Friday, October 6th, 2017**. Carroll will be **in the Main Street Pub from 9:30 a.m. – 3:00 p.m.**

Please sign up at the Front Desk for your time. **PLEASE BE SURE TO BRING COPIES OF YOUR INSURANCE CARDS WITH YOU. ALSO THERE IS A CONSENT FORM THAT YOU NEED TO PICK UP IN THE CLINIC, SIGN AND TAKE WITH YOU.**

GROUNDS & LANDSCAPING COMMITTEE NOTES

Fall planting time is upon us. Damon and crew are making their list. Please contact Damon Chowning at dchowning@rw-c.org or at extension 4040 if you have observed a dying shrub or needy tree at your own residence or nearby area that you feel should be replaced. Also contact him if you would like a new plant or shrub in the immediate vicinity of your residence. He also appreciates knowing about personal plantings you would like to undertake on your own.

This past month new pavers and a handsome retaining wall has been installed in the circle at the entrance of the apartment buildings and have added a classy finishing touch to the plantings in that area. Jim Willis asks if that anyone is interested in signing up for a garden plot beside the lake, please contact him as several are now available.

If you have questions about the grounds and buildings of your area, contact your neighborhood committee member on the following list:

400's houses and odd no. cottages accessible from Pine Cone Drive; **Sylvia Prince**
400's houses and even no. cottages accessible from Oak Drive; **Jane Henley**
500 cottages and Lake area behind apts; **Ginny Peck**
600's cottages and white garden; **Ginny Johnson**
700's houses on Lilac and Holly Dr; **Ginny Johnson**
700's cottages and houses 713-716 on Laurel Rd. **Edna Roberts**
800's cottages; **Faye Hannum or Jane Henley**
800' homes; **Edna Roberts**
Westlake Apts grounds and Westblury Ct. grounds; **Joe Starlings**
Vegetable and Flower Garden Plots; **Jim Willis**
Nature Trails; Tom Teeples

EQUIFAX FIASCO

The entire United States has heard about the Equifax fiasco by now and RWC recently provided you with information whereby you could check to see if you were affected. If you haven't completed the checkup offered by Equifax and would like to, RWC staff can be available to assist you.

We need your feedback to determine the level of interest. If you would like a hand with accessing the Equifax site and enrolling in identity theft protection, please let us know. Please sign up at the front desk by Friday, October 13th. We will host a workshop, date to be announced.

RESIDENT REFERRAL PROGRAM

Since we have many new residents who may be unfamiliar with our Resident Referral Program, I wanted to remind everyone of the previously established criteria to qualify for a reward. There are several steps that must be followed to qualify for a referral reward.

A Resident Referral Form must be completed and on file in the Marketing office.

If the Marketing office has a previous or ongoing relationship with the prospective resident, the referral does not qualify for a reward and you will be notified.

Should the referral result in a move-in, a referral reward will be granted only after admission approval and move-in occurs.

Thank you for your continued support of this program. Should you have any questions, please call #4175 or email me at ldavis@rw-c.org.

LuAnne

HOBBY ROOM OPEN HOUSE

Thursday, October 5—2:00 pm—Hobby Room located in the Life Enrichment Center

You are invited to come and check out the equipment in the new Hobby Room. Get a tour of the woodworking equipment that is available for use.

VOTER REGISTRATION: ABSENTEE BALLOTS

Tuesday, October 10—10:30am til 11:30 am Westbury Clubroom

Susan Jett from the Lancaster county voter registration office to help residents sign up for absentee ballots.

RWC RESIDENT ARTISTS' PAINTINGS FEATURED IN OCTOBER SHOW

New space inspires artists

Each autumn, student artists who are residents at Rappahannock Westminster-Canterbury exhibit their works in the facility's Gallery Hall. This year, they've had a spectacular new space to create those works – the studio in RWC's Life Enrichment Center, which opened in May.

"Every year, the exhibit is unique in that it's another year where the artists have tried new techniques, subject matter and taken on new challenges," said Pamela Bowers, who has taught art classes at RWC for the past decade. "The best thing that has happened to us is that we have moved into the new building and the art room is wonderful. We have lots of windows, plenty of room and just a great space for art expression. We all love the space and feel it's the perfect place for creating."

Those creations by RWC resident artists Pat Morris, Cecelia Barton, Mary Anne Campbell, Brandon Louisell and Helen Woolfolk feature watercolors they've done in Bowers' class. "Included are landscapes with variety in the color green, one of the most daunting colors to work with," noted Bowers. The show also includes different media including alcohol ink, taught by Amy Lewis, RWC's coordinator of Resident Program Development. Bowers also will show several of her own works.

The exhibition will open Oct. 1, and an artists' reception will be held Oct. 10 from 4 - 5:30 p.m. Residents and community members are invited to view and purchase artwork from the exhibition 9 a.m. - 5 p.m. daily throughout October in Rappahannock Westminster-Canterbury's Gallery Hall.

THE CHAT & CRAFT GROUP SHOWS OFF!

Check out the Display Cases in RWC's Life Enrichment Center during October – ten shelves filled with knitting, needlepoint and counted cross-stitch, much of it created during Chat & Craft's Tuesday morning group time. Barbara Brautigan, Nancy Galloway, Betsy Heller, Donna Hoskins, Susan Jones, Pat Kirby, Helen McCord, Lois Williams and Helen Woolfolk each have a shelf with a Needlework Biography! Come see

our work, and consider joining us Tuesday mornings at 10:00.

LOVE ART?

The watercolor class invites you to give painting a try. Each Tuesday in October from 1:00 pm to 3:00 pm in Art Room 2 the class will be open to explore the medium of watercolor—beginners and experienced are welcome.

Materials provided. Talent not required.

RILL CLASSES AT RWC

RILL brochures are near the mailboxes

Virginia and the War of 1812:

Did Anything Happen Here?

Fridays, October 6, 13, 20 – 1-3 p.m.

Also, at St. Mary's White Chapel with RWC residents Jane and Page Henley Meriwether Lewis and William Clark: Tidewater Roots to the Expedition 1803-1806 Wednesdays, October 11, 18, 25 – 1-3 p.m.

RWC residents receive a discount for classes. See brochure for details.

YOU SHOP. AMAZON GIVES.

By the looks of the boxes delivered daily at the Front Desk, the RWC Foundation could be a benefactor of your purchases.

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support the RWC Foundation by starting your shopping at smile.amazon.com and the Fellowship Fund will benefit from your purchases.

If you have questions or need help with this, contact the Development office at #4175 or Amy and Maria in the Resident Life Office.

AUTHOR, MARION MITCHELL WILL SPEAK AT RWC: “NINETY FIVE AND STILL ALIVE”*

Monday, October 9 – 10:30 am – Auditorium

You may ask yourself is it possible to stay physically and mentally fit into your 90s. Marion Mitchell practices the perfect formula to staying active and physically fit into her senior years.

She attributes much of her current sense of well being to the fact that she has a consistent physical fitness plan. She knows when she wakes up each morning that she will follow that plan no matter what. She works out regularly on equipment in the gym and participates in weekly fitness classes. Seeing her be faithful over the years is not only a testimony to her character, but a motivation for others. More than one person has told me, “If she can do it, so can I!”

Marion wrote a memoir in 2016, titled, “I’m Ninety-Five and Still Alive.” At 96, she is still healthy and active, and shows no signs of slowing.

About the book:

When a life filled with adventure and reward is suddenly derailed by tragedy, how do you cope? How do you come to grips with such a reversal and move on? In this inspiring volume, an articulate woman of advanced age looks back and tells her story. Her husband’s career as a metallurgical engineer took them to remote places where rare metals were mined. As his career blossomed, they enjoyed many adventures, including arriving in Cuba during the revolution. They had a vacation home on their own island in a lake in eastern Washington. Then, not one, but two tragedies within eighteen months rocked her comfortable world. Without preaching to us, she shows how she placed her trust in God and was able to find joy again, embracing both the adventure and the tragedy of life.

We invite you to come and meet Marion and learn more about her life and what motivates her. She will have copies of her book on hand for purchase. Please sign up at the Front Desk to attend.

PARKINSON’S SUPPORT GROUP

Wednesday, October 11, Parkinson’s Support Group, 1:00 Debbie Dellinger, Nurse Practitioner at PA-DRECC (Parkinson’s Disease Research, Education and Clinical Center) at McGuire VA Medical Center in Richmond will address Neurogenic Hypotension and Fatigue.

SAVE THE DATE

Monday, October 9 at 10:30 am in the RWC auditorium Author, Marion Mitchell shares her memoir, “I’m Ninety-five and Still Alive.” At 96, she is still healthy and shows no signs of slowing. She practices the perfect formula to staying active and physically fit into her senior years. Common sense, a positive attitude and trust in God are key factors. Come and meet Marion and learn more about her life adventures and what motivates her. She will have copies of her book on hand for purchase. Call 438-4000 to register.

DISC GOLF

On Wednesday, October 11, 2017, at 11:00 am we will be playing disc golf. Disc golf is played just like golf, but with a disc. Come on out and have some fun. We will meet at Thomas Patio. Please sign up at the front desk. If you have any questions please contact Jonathan at 438-4290.

FITNESS ASSESSMENTS

Would you like to have your fitness level assessed?

The assessment includes: One Leg Balance Test, Functional Reach, Up & Go, Chair Sit and Reach, Back Scratch, 2-Minute Step Test, Chair Stands

Optional assessments

Blood pressure, Heart Rate, % O₂, Girth measurements, Body composition

Please contact Jonathan 438-4290 or William and Alex at 438-4852 for an appointment to do your assessment.

THE RW-C LIBRARY

Paris Wife by Paula McLain, published in 2011, is the Library Book Group’s October selection – fourth Monday, October 23, 10:30 a.m., Rappahannock Room. The Library has three copies of *Paris Wife* – read quickly and return so it’s there for others! Or read *Paris Wife* on a Fire tablet – call Lois Williams, x4213 to check one out. From the Amazon review:

Chicago, 1920: Hadley Richardson meets Ernest Hemingway. Following a whirlwind courtship and wedding, the pair set sail for Paris, where they become the golden couple in a lively and volatile group that includes Gertrude Stein and F. Scott Fitzgerald. Though deeply in love, the Hemingways are ill prepared for the hard-drinking, fast-living, and free-loving life of Jazz Age Paris.

We have **New Large Print Books**, thanks to purchasing decisions by Pat Kirby (who inventoried the Large Print Books) and Sally LeBoeuf (who brings books to Westbury Center Readers). Within three days all but one of the seven new books were checked out! Alas, there’s not much on the market to choose from. With more people reading enlarged print on Kindles, fewer Large Print titles are being published.

History and Virginia have been enriched by two dozen books from the **Library of the late Benjamin Jones**. Civil War buffs will be pleased to see Bruce Catton’s *Army of Potomac Trilogy* and Shelby Foote, those interested in World War II will enjoy WW2 Memoirs from Ben’s library, and we’re delighted to have a fresh copy of Linwood Holton’s book for the Virginia Collection.

Look for the **History Collection’s shelf labels** – covering the years from “Ancient History” through “Post World War II,” and replacing labels that were there before the section was expanded. It’s an aid to the Shelves as well as to our Readers. Titles aren’t always a guide to the history era covered in a book.

With Ann Wiggins’ help, we’ve upgraded **Biography labels**. Again, titles don’t always tell us who’s the book’s subject. And labels are a help to the Shelves – Biographies are shelved alphabetically by the name of the person the book is about, not by the author’s name.

We’ve been focusing book acquisition on recently published books, and it’s gratifying to see that more than half of the books with **2015, 2016 and 2017 stickers** are in circulation – Residents and Staff are checking them out! *The Woman in Cabin 10* has had a half-dozen readers since July. Look for the newest Louise Penny and Ken Follett books!

If enough people whisper in my ear the title of a favorite non-fiction book, the Library’s next bulletin board will feature **Recommended Non-Fiction!**

We are pleased that **Pat Beard has returned to the Library Team**, joining the “Dailies” who check in and reshelve the returned books.

Looking ahead, on November 1 at 4:00 p.m. we’ll be having a wine reception to celebrate our 25-year-old **Library Bookcases!**

Lois Williams – RW-C Residents Association Library Chair