



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

MS. VIRGINIA SENIOR AMERICA 2017 IS FOURTH VIEWPOINTS SPEAKER

Dr. Cheryl Brown Davis of Heathsville has devoted her life to music education

With 60+ years devoted to music – singing, studying and teaching it, Cheryl Brown Davis, PhD., of Heathsville, could talk for hours on the subject. However, she will sing and invite others to sing along for her turn as RWC’s next Viewpoints Speaker on June 4.

“I want my talk to be very interactive and with the audience playing a part in it, rather than just me performing,” Davis said. “I will hand out some song sheets with music we grew up with in the ‘50s that they don’t teach in schools anymore. These will be songs they may remember from the Boy Scouts or Girl Scouts.”

Additionally, Davis will play the piano and sing while American composer Celeste Gates will play the clarinet and perform three songs that capture the poetry of Victorian poet James Whitcomb Riley. Riley’s famous works include “Little Orphant Annie” (that became “Little Orphan Annie”) and “The Raggedy Man” (which inspired the Raggedy Ann doll).

Then, Davis and three of her best girlfriends will sing two songs a cappella in a quartet.

“I grew up as a musician because my mother made me take piano lessons and I played for the church,” Davis said. “I never thought when I was 20 and fresh out of college that this is where my life would go.”

Davis received a Bachelor of Music Education degree from Madison Col-

lege, a Master of Music in vocal performance and choral conducting from The University of Michigan and a Doctor of Education degree from the University of Virginia in curriculum and instruction. She taught music to all grades from elementary through college over the years in Virginia, Michigan and North Dakota. After her husband retired in 2007, Davis returned to Newport News and taught at Riverside Elementary School until her retirement in 2011.

Though retired, Davis remains active in the community – just last year she was crowned Ms. Virginia Senior America 2017. She also conducts the annual Messiah “Sing-In” each December at Kilmarnock United Methodist Church and is the Artistic Director of the Chesapeake Chorale. Davis holds leadership positions among numerous social and service fraternities, sororities and other organizations.

Her talk is the last in this year’s series and will be held at 11 a.m. in the Chesapeake Center Auditorium. **Reservations can be made by calling 438-4000.**

Attendees are invited to remain after the presentation for a complimentary lunch. RWC honors reservations in the order received and maintains a waiting list.

SPECIAL POINTS OF INTEREST:

- Viewpoints*
- Spring Fashion Show*
- Music By the River*
- SPARK Programs*
- On the Road: Jamestown Settlement*
- Fluid Pouring Class*
- Patriotic Celebration
- Celebrating Graduates

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



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

The deadline to submit articles for the July 2018 issue is Tuesday, June 26, 2018 by noon. Contact us: 804-438-4000

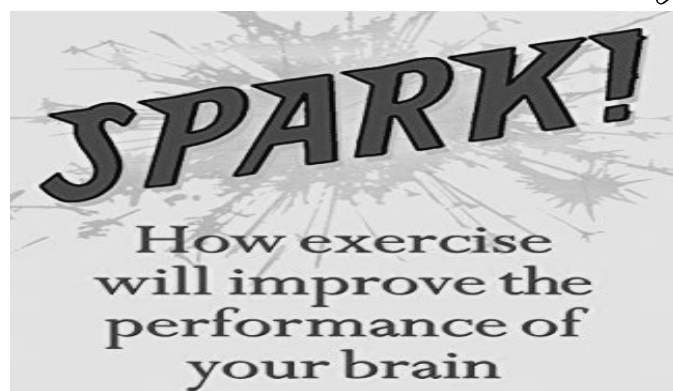
- KEY
- APT
- Apartment Lobby
- AR1
- Art Room #1
- AR2
- Art Room #2
- ATR
- Atrium
- AUD
- Auditorium
- BLR
- Boiler Room
- CGR
- Chesapeake Game Room
- COR
- Corrotoman Room
- CPL
- Chapel
- DRB
- Dining Room Breezeway
- FCR1, 2 or 3
- Fitness Classroom #
- FPL
- Front Parking Lot
- FRL
- Front Lobby
- 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
- OTR
- Outpatient Therapy Room
- RAP
- Rappahannock Room
- RCL
- Resident Clinic
- TGP
- Thomas Garden Patio
- WCN
- Westbury Center
- WCR
- Westbury Club Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>JUNE 2018</h1>		<p>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.</p> <p><u>WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</u></p>			<p>8:30-LAN-ROMEOs & OWLETS* 5:00-TGP-Happy Hour</p>	<p>1 5:00-TGP-Happy Hour 2</p>
<p>10:00-COR-Society of Friends Meeting 3 4:00-WCR-Worship Service</p>	<p>10:00-COR-Parkinson's Caregiver Support Group 4 11:00-AUD-Viewpoints* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:30-AR1&2-Memory Support Groups</p>	<p>10:00-AR1-Chat & Crafts 5 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang</p>	<p>1:00-MSP-Patriotic Chorus 6 Rehearsal 7:00-CGR-Gentlemen's Poker Club</p>	<p>1:00-LIB-Party Bridge 7 4:00-CPL-Rosary</p>	<p>5:00-TGP-Happy Hour 8</p>	<p>10:30-AUD-Apple Seeds 9 Computer Group 5:00-TGP-Happy Hour</p>
<p>4:00-WCR-Worship Service 10</p>	<p>10:00-BLR-Residents Health Care Committee 11 Meeting 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 6:00-WCR-Trish & Friends Music</p>	<p>10:00-AR2-Chat & Crafts 12 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 11:30-AUD-Spring Fashion Show and Brunch* 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge</p>	<p>10:00-AR2-Activities Committee Meeting 13 1:00-AUD-Parkinson's Support Group 1:00-MSP-Patriotic Chorus Rehearsal 1:30-CGR-Bunco Group 7:00-CGR-Gentlemen's Poker Club</p>	<p>10:00-COR-Food Committee Meeting 14 1:00-LIB-Party Bridge 3:30-AR1-Beading Class Open Studio* 4:00-CPL-Rosary</p>	<p>5:00-AUD-Special Occasion Party 15</p> <p style="text-align: center;">NO HAPPY HOUR TONIGHT</p>	<p>5:00-TGP-Happy Hour 16 5:15-FRL-Music By the River*</p>
<p>FATHER'S DAY BRUNCH 17 11:00 am-2:00 pm Lakeview Grille The Grille will be closed for dinner. 10:00-MSP-Society of Friends Meeting 4:00-WCR-Worship Service</p>	<p>1:00-AR2-Flower Arranging Class* 18 1:30-FRL-Walmart Shopping* 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party</p>	<p>10:00-AR2-Chat & Crafts 19 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang</p>	<p>10:30-AR2-Crafts for a Cause 20 1:00-MSP-Patriotic Chorus Rehearsal 1:30-Gazebo-SPARK: Drum Circle in the Gazebo 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club</p>	<p>11:00-MSP-Resident Choir 21 1:00-LIB-Party Bridge 4:00-CPL-Rosary 4:00-Katherine Cassidy About Sierra Leone*</p>	<p>9:00-FRL-On the Road: Jamestown Settlement* 22 10:00-MSP-Paparazzi Jewelry Sale 5:00-TGP-Happy Hour</p>	<p>5:00-TGP-Happy Hour 23 7:00-AUD-Saturday Night Movie: The Greatest Showman</p>
<p>4:00-WCR-Worship Service 24</p>	<p>10:00-AR2-Fluid Pouring on Clay Pots* 25 10:30-RAP-RWC Book Group 4:00-CGR-Dart Sharks</p>	<p>10:30-COR-Bible Study 26 1:00-RAP-Duplicate Bridge 1:30-FRL-Shopping & Errands*</p> <p style="text-align: center;">ARTICLE FOR GAZEBO GAZETTE ARE DUE BY NOON</p>	<p>10:30-FRL-Virginia Rep. Theatre (subsc. holders) 27 1:00-MSP-Patriotic Chorus Rehearsal 1:30-FC1&2-SPARK: Dance Party* 7:00-CGR-Gentlemen's Poker Club</p>	<p>1:00-LIB-Party Bridge 28 3:30-AR1-Beading Class Open Studio* 4:00-CPL-Rosary 4:00-AUD-VCB Financial Reception*</p>	<p>2:00-AUD-Patriotic Celebration Concert 29 3:00-ATR-Happy Hour</p>	<p>5:00-MSP-Happy Hour 30</p>

GREETING FROM THE PRESIDENT/ CEO

This month I am delighted to share a personal and professional accomplishment of one of our staff members. Shanee Jones joined RWC in 2000 in Dining Services as Wait Staff. She earned positions of increasing responsibility from there in Social Service and Health Services. Along the way she completed college, and in 2017 after completing an extensive Administrator-In-Training program and licensure examinations, she earned her license as a Nursing Home Administrator. For the past year, she has served as Assistant Administrator in Health Services. With the retirement of Mary Estes, Shanee becomes the Administrator of the Health Center and takes leadership of our Health Services area which includes the Health Center, Assisted Living, and Resident Clinic. Shanee invested significant time and energy over several years in preparation for this responsibility by learning all about the regulatory, operational, social and management aspects of this role. Shanee is the proud Mom of a wonderful son who is a future track star at Lancaster High School. We are exceedingly proud of Shanee's accomplishments, and we are blessed to have this incredibly talented and caring person leading our Health Services Team. Please join me in congratulating Shanee and welcoming her in this new role!

Mary Arthur



SPARK *

Whether you are experiencing memory issues or not, the SPARK program is a fun way to keep your brain engaged and reduce the progression of memory loss. Everyone is invited to join Mary Arthur and Amy Lewis for these programs. **Please sign up at the Front Desk to attend.**

SPARK: DRUM CIRCLE IN THE GAZEBO*

**Wednesday, June 20—1:30 pm—Labyrinth
(Weather Permitting)**

Studies are finding numerous health benefits from drumming for people with these conditions. Studies have shown that drumming lowers both blood pressure and stress hormones. ... Drumming is also meditative, inducing relaxed mental states that reduce anxiety and tension. Join us in the Gazebo for some fun with drums. Space is limited to 20 so sign up today.

SPARK: DANCE PARTY*

Wednesday, June 27—1:30 pm—Fitness Room 1&2

Health benefits of dancing. improved condition of your heart and lungs. increased muscular strength, endurance and motor fitness. increased aerobic fitness. improved muscle tone and strength. weight management. stronger bones and reduced risk of osteoporosis. better coordination, agility and flexibility.

DEMENTIA FRIENDS USA

Dementia Friends USA is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the [Dementia Friends initiative](#) is underway in the USA. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia.

What is a Dementia Friend?

A Dementia Friend is someone who, through viewing a series of online videos, learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts. Anyone of any age can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!

How do I become a Dementia Friend?

You can become a Dementia Friend by watching a series of online videos and committing to take action. Go to www.dementiafriendsusa.org. Mary Arthur and Amy Lewis will be offering an in-person Dementia Friends session in the near future. Stay tuned for details

ROMEOs & OWLETs*

Friday, June 1— 8:30 am - Lancaster Room
Mary Arthur, RWC's Dementia Care Coordinator will be our speaker.

Please sign up at the Front Desk to attend.

SPRING FASHION SHOW*

Tuesday, June 12—11:30 am—Auditorium
Admission \$20 per person. Proceeds to benefit the RWC Activities Committee and Programs**

You are invited to enjoy a "Steppin' into Summer" Fashion Show. Your \$20 admission ticket includes a lovely summer brunch with adult beverage, a personal look at the beautiful fashions from Dreams in Burgess, VA, fun entertainment and opportunities for delightful raffle prizes. You will leave looking forward to a stylish summer! Invite your friends and neighbors (you may request a table for up to 8 people).

Sign up at the Front Desk by Friday, June 8 to reserve your seat. No refunds will be made after June 8.

BEADING OPEN STUDIO CONTINUE*

June 14 & 28—3:30 pm-Arts Room 1
Sign up at Front Desk

MUSIC BY THE RIVER AT BELLE ISLE STATE PARK*

Saturday, June 16—5:15 pm—Front Lobby

What's better than country music on a southern summer evening? Enjoying it with friends, of course. Come on down to Belle Isle State Park as Faron Hamblin takes the stage.

Inspired by country legends, Faron Hamblin puts on a show that's sure to have you tapping your toes. So pull on your boots and get ready to boogie to some new beats and old favorites at Music by the River. Concert begins at 6pm until 8pm.

Boxed dinners will be provided. Bring your own folding chair or blanket. Cost is \$5.00 per person and will be charged to your account on June 13. Sign up at the Front Desk to attend.

FLOWER ARRANGING CLASS*

Monday, June 18—1:00 pm—Art Room 2
Sign up at Front Desk to attend.

FLUID POURING ON CLAY POTS*

Monday, June 25—10:00 am—Arts Room 2
Create a one of a kind pot for your plants. All materials will be provided for this class. Please sign up the the Front Desk to attend. Class limit is 8.

TRIP TO JAMESTOWN SETTLEMENT*

Friday, June 22—9:00 am—Front Lobby

Relive the experience of America's first permanent English colony. Near the site of the original colony, Jamestown Settlement tells the story of 17th-century Virginia, from the arrival of English colonists in Jamestown in 1607 to the cultural encounters and events that planted the seeds of a new nation. The world of Jamestown, America's first permanent English colony, comes to life through film, gallery exhibits and outdoor living history.

Expansive [gallery exhibits and an introductory film](#) describe the cultures of the Powhatan Indians, Europeans and Africans who converged in 17th-century Virginia, and trace Jamestown's beginnings in England and the first century of the Virginia colony. Climb aboard re-creations of the [three ships](#) that sailed from England to Virginia in 1607, and explore life-size re-creations of the [colonists' fort](#) and a [Powhatan village](#). In the outdoor areas, costumed historical interpreters describe and demonstrate daily life in early 17th century Jamestown.

Dine at the [Jamestown Settlement Cafe](#) and shop in [museum stores](#). Cost is \$20.00 per person (does not include lunch \$\$) and will be charged to your account on June 18. Sign up at the Front Desk to attend.

SATURDAY NIGHT MOVIE

Saturday, June 23—7:00 pm - Auditorium

Featuring: The Greatest Showman

Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind. (2017) Rated PG 1hr 45m

NOTE: Movie may be changed without prior notice.

- **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.

Additionally, a second meeting is also held on the third Sunday of the month in the Main Street Pub, with the same time and format as that of the first Sunday.

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 church leader invited by the group. June Leader: Stan Rasberry. Theme: "Major Men of the Old Testament."
 - Wednesday, June 20 at 3 PM in the Westbury Clubroom. Leader: Chaplain Greg.
- All residents are welcome to join together for a 30 minute lesson.

BEEN THINKING ABOUT WORDS....

"If you want to act like a child, I'll treat you like one. If you keep making that face, it'll freeze that way. If all your friends jumped off a bridge, would you? Shut the door, were you born in a barn? Stop crying or I'll give you something to cry about. You better wipe that look off your face. Because I said so, that's why. If I've told you once, I've told you a thousand times. One day you'll thank me."

Who said these things? My mother did; maybe your mother did; maybe you did too! To add to that list, my mother also said this: "Gregory (that's what she always called me when I was in trouble over something), if you don't have anything nice to say, don't say anything at all." And then of course there was this famous one: "Sticks and stones may break my bones, but names (words) will never hurt me." I have to ad-

mit, I've never been quite so sure about that one. I understand the intention of it, and yet... "The tongue has no bones, but it is strong enough to break a heart. So be careful with your words." (Unknown). That seems to square better with my own experience.

As I thought about words, the creation account came to mind: "God said 'let there be...' and there was...and it was good." Which is to say, among many other things, words can be an incredibly creative, powerfully positive force. "Speech has power. Words do not fade. What starts as a sound ends in a deed." (Abraham Heschel) So it is: words can be hurtful or helpful; they can tear down or they can build up; they always carry potential to bring healing and help and hope. "Kind words are a creative force, a power that occurs in the building up of all that is good, an energy that showers blessings upon the world." (Lawrence Lovasik)

In the course of serving as your Chaplain, I am so grateful for all the ways I see that very thing every day here at RWC: the creative, life-giving power of words..."and it is good." Chaplain Greg

P.S. A belated Happy Mothers' Day to all our RWC moms, and in advance, a very Happy Fathers' Day to all our dads!!

IN MEMORIAM

DR. JAMES PRINCE
APRIL 27, 2018

MR. ARTHUR HICKS
APRIL 29, 2018

MRS. KATHRYN FREEMAN
MAY 14, 2018

MR. CHARLES LEWIS
MAY 18, 2018

STAFF CELEBRATE THEIR JUNE GRADUATES

Betty Polk, Culinary Services, **Enika Saunders**, niece (works for RWC at Home) graduated from Rappahannock Community College on May 11, 2018 as an LPN.

Betty Polk, Culinary Service, **Kim Bunns**, sister, graduated from Virginia Union University May 12, 2018.

Stuart Bunting, Administration, daughter **Claire Bunting** graduating from Liberty University Online Academy – High School and Associate of Arts in Interdisciplinary Studies.

Genita Maiden-Shearin, Culinary Services, graduated from United States University San Diego Ca. from their online course for Nutritional & Foodservice Dietary Manager's Course on April 20, 2018 to become a national Certified Dietary Manager and Food Protection Professional. CDM/CFPP

Jennifer Mitchell, RMA/CNA in Assisted Living, daughter, **Trenae Henderson**, graduated from Hampton University with honors.

Jennifer Mitchell, RMA/CNA in Assisted Living, daughter, **Skyler Henderson** will graduate from Lancaster High School with honors.

Lanel Maiden, LPN in Assisted Living, son, **Damont Maiden** is graduating from Lancaster Middle School and will attend LHS.

Amy Lewis, Resident Life, **Jax**, dog (Mountain Cur), completed his requirements as a registered USA Service Emotional Support Animal. He ate his certificate.

MEMORY SUPPORT GROUPS: JUNE

Monday, June 4—ALL GROUPS MEET AT 4:30 pm—Art Room 2

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. Caregivers Support Group (Mary Arthur, facilitator) and person with **Early Stage Dementia** (Ellie Galloway, facilitator)—Art Room 2

On the Road!
Overnight Mystery Trip
Thursday, July 26 and Friday, July 27
Bus departs at 1:00 pm on Thursday, July 26—Front Lobby
Estimated time of arrival back at RWC—Friday, July 27 at 3:00 pm

Declare your Independence!!

Whether you are a retired lawyer, agronomist, musician, scientist, philosopher, author, architect, inventor, or statesman, reserve your spot for the ultimate Mystery Trip. 12 adventurous residents will be swept away for a 1 night get-away atop a lofty hill to tour an "essay of architecture." (These are clues folks!)

Trip includes:

- Over night accommodations (cocktail lounge, restaurant, wifi, outdoor pool and fitness center).
- A tour of one of the most spectacular places in Virginia.
- Transportation

All for only **\$90** per person + cost of meals.

Rooms are all double occupancy (2 people in each room)

All rooms have 2 double beds and are non-smoking

Please contact Amy Lewis at ext. 4024 to make your Mystery Trip reservation.

Non-refundable cost of trip will be automatically charged to your account upon making your reservation.

Dress cool, casual and comfortable.

An assistive walker-friendly trip.

BIRDSONG PARK

While you are enjoying a walk on our beautiful campus, Mr. and Mrs. Tom Birdsong (Cottage 419) welcome residents to view their garden area and fountain. Their gardens are located to the rear of the Cottage and adjacent to the Apartment Building Circle. Our gratitude to Mr. and Mrs. Birdsong for sharing their lovely garden.

VCB FINANCIAL GROUP*

Thursday, June 28—4:00 pm—Auditorium

VCB will provide "Cocktails & Conversation" on Thursday, June 28th from 4 to 6 PM in the Auditorium of RWC. Attendees will enjoy cocktails, light refreshments and short presentations on **Identity Theft** (by Danielle Powell, Digital Marketing Specialist for Virginia Commonwealth Bank) and **Cyber Security** (by Ryan Blake, VP, IT Officer of VCB). While this event is free of charge, **reservations are required and can be made by contacting Jeanne Rose @ 435-4063 before June 21st.**

THE DISH ON DINING**EATING YOUR AGE: TIPS 5 AND 6**

Eat five to 10 servings of fruits and vegetables to reduce the risk of heart disease and cancer, it will also will help to regulate blood pressure.

Increase sources of vitamin B12 and iron

(because of the body's decreased ability to absorb them) by eating red meat, animal products, fortified cereals, green leafy vegetables, bananas, strawberries, oranges, tomatoes, asparagus, starchy vegetables and legumes.

CULINARY CORNER

Items on the sandwich line such as chicken salad are available at dinner as well as at lunch. Sugar free ice cream is available upon request. The correct email address for the dietician Tara Mathis is tmathis@rw-c.org. The Summer menus will start on June 24th which is the Sunday following Father's Day.

Genita Maiden-Shearin, Dir. Culinary Services
Edna Roberts, Food Committee Chairman

**N4RWC RWC AMATEUR RADIO CLUB
NOTE**

The RWC Amateur Radio Club (N4RWC) meets monthly on the second Tuesday in the Boiler Room at 10AM. All are welcome. You do not have to be a licensed amateur operator to participate – all that is needed is an interest in radio, technology, and a bit of fun and fellowship. Each meeting has a business element followed by time exploring a topic of interest or a piece of radio or test gear. 73

HOUSEKEEPING

With the warmer and temperatures and humidity upon us, the Housekeeping staff is requesting that residents turn thermostats down (cooler) an hour before your housekeeper arrives to clean. It gets very warm when cleaning a house. We ask for your consideration for your housekeepers comfort while they keep your home squeaky clean. Thank you.

JUICE/COFFEE BAR IN THE LEC

One of the 'perks' of the LEC is the juice/coffee bar. Many of you enjoy a refreshing post-workout juice or a quick pick-me-up cup of coffee. That is great and it's our pleasure to provide this amenity. While it is available and convenient, the purpose and intent is to serve those who are working out or taking a class in the Life Enrichment Center. Please do not fill up carafes or multiple cups of coffee to take home. Enjoy your drink – in the LEC!

PAPARAZZI JEWELRY SALE

Friday, June 22—10:00 am to 2:00 pm

Main Street Pub

Sandra Haywood will be back to show you the latest in Paparazzi Jewelry. Every thing is \$5. All jewelry is nickel free.

[Olive Kitteridge](#) by Elizabeth Strout is the RWC Book Group's June selection – we'll meet June 25 in the Rappahannock Room at 10:30 a.m. The Library has four copies of [Olive Kitteridge, or you can read it on a Library Kindle Fire](#). The book won the 2009 Pulitzer Prize in the Letters, Drama and Music category. Brief summary from an Amazon Review: "As the townspeople grapple with their problems, mild and dire, Olive is brought to a deeper understanding of herself and her life – sometimes painfully, but always with ruthless honesty."

In a big, big splash, we have purchased 34 brand new Large Print books, thanks to Pat Kirby, who has found a source of recently-published Large Print books. They are shelved in a special area labeled "**New New Large Print Books**." Through the years an occasional donation to the RWC Foundation is designated for the Library, and we have drawn on this fund to purchase books for the one-third of our borrowers who can only read Large Print books. There are recent titles from some of our most-read authors, with lots of Chief Inspector Gamache, Harry Bosch, Jack Reacher and Inspector Lynley! For now, we ask that you take out one at a time, and return within two weeks.

Lee Child
Mary Higgins Clark
Michael Connelly
Tana French
Elizabeth George

Paula Hawkins
Jonathan Kellerman
Dean Koontz
Ariel Lawhon
John le Carre

Louise Penny
Anne Perry
J. D. Robb
John Sandford
Karin Slaughter

Hand-in-hand with purchasing the new Large Print books, we've judiciously removed about the same number of older LP books that haven't been read in some time. We take most of our **Discarded Books** to Disabled American Veterans in Gloucester, which operates a used book business.

Books for Troops – Maria Ferrand proposed that the Library be involved with "Operation Paperback," an organization sending books to military bases. The directions say, "Collect and box about 20 paperbacks, and determine their genre (Novels, Mysteries, Thrillers. Literary Fiction, Popular Fiction), but "No romance novels." Ann Wiggins is helping make it happen, and she's already sent off a box of Library duplicates and books discarded to make room on our shelves. We invite Residents to drop off paperbacks in the Operation Paperbacks box that would be of interest to young service men and women, and we will take care of the rest.

Check your life-time reading against **The Great American Read** PBS booklist – on the bulletin board, or, for your own copy, e-mail Lois Williams, lcw32@verizon.net.

Thanks to a Used-Book Sale, we now have a **Sue Grafton shelf** with 16 Alphabet Series paperbacks, so, along with our five Sue Grafton titles in Mystery and three in Large Print Mystery, we are missing only D, L and R. There are 25 books in the series, written between 1982 and 2017.

Books mentioned as "**really liked**" by RWC Residents include *The 100-Year-Old Man Who Climbed Out of the Window and Disappeared* by Jonas Jonasson (Phil Booth (look in Fiction Paperback)), *Newport News Shipbuilding* (Dean Loudy (Virginiana)), *Varina* by Charles Frazier (Madame Librarian) and *Closer Than You Know* by Brad Parks (lots of readers – we hope to have Brad Parks speak at RWC this fall!).

It was difficult for our soft-hearted Madame Librarian to bring herself to send out notices about overdue books, but she finally brought herself to do a round of **Pink Slips** for long-overdue books. Some of the recipients were, indeed, not guilty, but the effort brought books back to our shelves. Heartened by the success, there will be another round of pink slips for books checked out before May 1.

Lois Williams – RWC Residents Association Library Chair

PARKINSON'S SUPPORT GROUP

On Wednesday, June 13, 2018 at 1:00 pm in the auditorium, the Parkinson's Support Group will have Mary Arthur, Dementia Care Coordinator for RWC. Mary will speak about some care techniques, best care practices and non-pharmaceutical resolutions for people with Parkinson's and their care partners.

FITNESS CENTER FOR BEGINNERS

Tuesday and Thursday 9:00 - 9:30 am / 2:30 - 3:00 pm

This is an introduction to how to use the equipment in the Fitness Center. We will set you up on equipment that will best suit your needs. This class is great for new residents, new community members and participants of our program that need a refresher. If you are new to the Living Well with RWC program you will need to follow these steps:

- Fill out a health history form
- Sign a waiver form
- Have a doctor fill out an RWC medical clearance form
- Complete a fitness assessment

For paperwork and more information, or to sign up, call Jonathan at 438-4290 or William/Alex at 438-4852

SUPERVISED EXERCISE

Monday, Wednesday and Friday 11:30 am - 12:15 pm / 2:30 - 3:15 pm

This program is for individuals that may have cardiovascular disease, that have completed cardiac rehab and/or have been released by their doctor to continue exercising. We will monitor your blood pressure, heart rate, oxygen levels and rate of perceived exertion. These measurements will be taken before, during and after exercise. We will need to update your health history, waiver form and medical release before you participate.

For more information or to sign up call Jonathan at 438-4290

DISC GOLF*

On Thursday, June 14, 2018, 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 Garden Patio.

BEGINNER TAI CHI *

We are looking at starting a new 16-week class of beginner Tai Chi. The class will be on Wednesday from 11:45 am - 12:25 pm. We are looking for 5 new participants to start the session. Participants of the previous 16-week class are welcome to come but this will be a repeat for previous participants.

Please sign up at the front desk.

**RWC JUNE ARTIST TO SHOWCASE
FLUID POURING WORKS**

Weems resident has long history of involvement in the arts

Rappahannock Westminster-Canterbury Resident Program Development Coordinator Amy Lewis comes by her interest in the arts quite naturally. Her father is involved in theater and the performing arts. Her mother is musically inclined, and her sisters have always enjoyed painting and drawing. A brother has been creative director for major ad agencies in St. Louis and Chicago and now owns an agency in Pittsburgh.

While Lewis has been a director, actor and board member with the Lancaster Players over the course of 25 years, RWC's featured artist for June is relatively new to the visual arts community. She has a group of local professional artists, including two RWC residents, whom she considers strong supporters and valued mentors.

Describing herself as an "impatient" artist, Lewis often has several projects, employing varying techniques, in the works at the same time. She readily admits to getting bored easily. "I can't 'watch paint dry.' I have to keep moving on to the next thing."

Her newest passion is fluid pouring, which also is a popular class she teaches at RWC because, she says, "You can't make a mistake."

"Fluid pouring is a recipe you mix with liquid acrylic paint," she said. "It becomes runny and has a very thin consistency. You pour it over a canvas and manipulate the design by tilting the canvas. You get some really neat abstract stuff, and sometimes you see some concrete form or figure you can pull out of the design."

Lewis will show about 25 paintings in the June exhibition as well as some two-dimensional pieces where elements of the artwork "come out" of the canvas. A few of her works on display give a nod to breast cancer awareness with fitting names such as "Going Flat" and "Bare Necessities."

Residents and community members are invited to view Lewis's exhibition from 9 a.m. - 5 p.m. daily throughout June in RWC's Gallery Hall. Most of her work will be on sale and 10 percent of sales will go to RWC's Fellowship Fund.

*Patriotic Celebration Concert
Friday, June 29—2:00 pm—Auditorium*

Join the celebration with a cast of dozens!

Sing along to your favorite patriotic tunes!

Forty Fingers will perform!

Special celebrity guest!

Happy Hour to follow immediately after the concert in the Atrium

**KATHERINE CASSIDY SPEAKS ABOUT
SIERRA LEONE***

Thursday, June 12—4:00 pm—Auditorium

Katherine Cassidy, daughter of Lois Williams, is visiting from Sierra Leone and will speak on her experiences at 4:00 pm on Thursday, June 21. She is bringing her Emmanuel, the one with the orphanage for 30 girls, and now her fiancé. In addition to overseeing the orphanage, Emmanuel is country director for an NGO that works to keep more than 300 girls in secondary school. Please join us for wine and cheese first, followed by Katherine's third talk at RWC (and Emmanuel's first appearance here) on life in Sierra Leone. Emmanuel's own storytelling is charming, she promises. Please sign up at the Front Desk.