



Rappahannock Westminster-Canterbury
132 Lancaster Drive
Irvington, VA 22480

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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

HEAR YE, HEAR YE

Because the first Wednesday in July falls on July 4th, there will be no Residents' Board of Directors meeting held in July. The next Residents Board Meeting will be on September 5, 2018.

WELCOME RECEPTION FRIDAY, JULY 20 5:00 PM—AUDITORIUM

Meet & Greet
Your New Neighbor
Mrs. Nancy Ellett

NEW MEDICARE CARD ALERT

Some of you have already received your new Medicare cards. For the rest of you, be patient! The Social Security Office (where the cards originate) are intentionally being sporadic and non-sequential in their mailings to avoid placing your card in jeopardy from scammers. HOWEVER, be alert because scammers are creative, persistent creatures. Below are a few scams to look out for – be smart, don't get caught! For any questions regarding your new Medicare card, call Maria (Resident Life Services) ext. 4011.

1. Medicare won't phone or email you about the new card, so if you get a call, it's almost certainly a scam. On the rare occasions that they make customer service calls, they never ask for confidential information.
2. The cards are free, so anyone asking you to pay is a scammer.

3. Medicare never asks for your Social Security number and, when the new cards are issued, they won't be asking you for your MBI either. They already have it!
4. There won't be any changes to your Medicare benefits as a result of issuing the new number and you don't have to do anything to "activate" your new card. Anyone saying you need to take certain actions to remain covered is a scammer.
5. Watch out for fake websites offering to issue new cards or help you secure your card. As we said, you don't need to apply. But if you want to check any Medicare questions online, the only site to use is www.cms.gov
6. Be particularly alert if you're not yet in Medicare but expect to enroll during the interim period. When you submit your application, it's possible Medicare will contact you but they normally do this by letter. If someone phones, carefully check their identity — don't take their word that they're who they say they are.
7. The cards can be used as soon as you get yours — it will come with instructions. However, it's not clear whether all Medicare service providers will be equipped to use the MBI at the outset. They may ask you for your old, SSN-based number — but usually only in the payment office.

SPECIAL POINTS OF INTEREST:

- Welcome Reception
- On the Road Again
- Music By the River*
- Shannon Air Museum*
- S.A.L.T., Salads and Sweets*
- More SPARK Programs
- Crab Pickin'

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The deadline to submit articles for the August 2018 issue is Tuesday, July 24, 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		
	10:00-COR-Society of Friends Meeting 4:00-WCR-Worship Service 1	10:00-COR-Parkinson's Caregiver Support Group 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:30-AR1&2-Memory Support Groups 5:30-FRL-Irvington Commons Concert* 2	10:00-AR1-Chat & Crafts 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 3	7:00-CGR-Gentlemen's Poker Club Fourth of July Picnic 11:00 am-2:00 pm Lakeview Grille The Grille will be closed for dinner. 4	1:00-LIB-Party Bridge 4:00-CPL-Rosary 5	5:00-TGP-Happy Hour 6	5:00-TGP-Happy Hour 7		
	4:00-WCR-Worship Service 8	9:00-FRL-On the Road: Shannon Air Museum & Lunch* 10:00-BLR-Residents Health Care Committee Meeting 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 6:00-WCR-Trish & Friends Music 9	10:00-AR1-Chat & Crafts Club 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge 10	1:00--Parkinson's Support Group Lunch at Los Patrones 1:30-CGR-Bunco Group 1:30-MSP-SPARK: Charade's & Head's Up* 7:00-CGR-Gentlemen's Poker Club 11	10:00-COR-Food Committee Meeting 11:00-MSP-Resident Choir 1:00-LIB-Party Bridge 1:00-CGR-Genealogy Meeting 4:00-CPL-Rosary 12	8:30-LAN-ROMEOs & OWLETs* 5:00-TGP-Happy Hour 13	10:30-AUD-Apple Seeds Computer Group 5:00-TGP-Happy Hour 5:15-FRL- Music By the River* (weather permitting) 14		
	10:00-MSP-Society of Friends Meeting 4:00-WCR-Worship Service 15	11:00-AUD-S.A.L.T., Salads, & Sweets* 1:00-AR2-Flower Arranging Class* 1:30-FRL-Walmart Shopping* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party 16	10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 17	10:00-AR2-Activities Committee Meeting 10:30-AR1-Crafts for a Cause 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club 18	1:00-LIB-Party Bridge 4:00-CPL-Rosary 19	5:00-AUD-Welcome Reception-Special Occasion Party NO HAPPY HOUR TONIGHT 20	5:00-TGP-Happy Hour 21		
	4:00-WCR-Worship Service 22	10:30-RAP-RWC Book Group 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 23	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 24	1:30-AUD-SPARK: Trivia* 7:00-CGR-Gentlemen's Poker Club 25	1:00-LIB-Party Bridge 1:00-FRL-On the Road: Overnight Mystery Trip* 4:00-CPL-Rosary 26	5:00-TGP-Happy Hour 27	5:00-TGP-Happy Hour 7:00-AUD-Saturday Night Movie: The Post 28		
	1:00-AUD-Music of WWII Concert* 4:00-WCR-Worship Service 29	1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 30	10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-RAP-Duplicate Bridge 31	<h1>JULY 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. WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY. </p>	

GREETING FROM THE PRESIDENT/ CEO

Closing out June we celebrated 11 members of our staff with service awards for 155 years of service to the residents and clients of RWC. This represents a remarkable array of gifts, talents, education, and experience along with the unique individual contribution each staff member brings to the care and service provided at RWC. We are proud of these team members having service anniversaries. At the same time, we recognized our Employees of the Month for the first half of 2018 and the 2017 Employee of the Year. In June, we also celebrated our entire staff with a host of events and prizes in appreciation for their service. We are grateful for each amazing member of our staff family.

At the June Board meeting, our trustees received the report from our independent auditors on our financial statements for 2017-2018. We received an "unmodified opinion" which in today's terms is the highest level of opinion an organization can receive on an audit of its financial statements. Rev. David May will be leaving the Board as he answers his call to minister at St. Mary's Episcopal Church in Richmond. Kathy Vesley-Massey assumes the role of Chair of our Board.

Have a wonderful Independence Day and enjoy every day of July at RWC!

WORK TO IMPROVE NORRIS BRIDGE DECK OVERLAY BEGINS THURSDAY, JULY 5

Route 3 will be reduced to a single lane over the Rappahannock River on Mondays-Fridays as crews mill and pave the travel surface with a layer of waterproof asphalt

Construction will begin on Thursday, July 5 to start a project to mill and pave the bridge deck overlay on the Robert O. Norris Bridge over the Rappahannock River between Lancaster and Middlesex counties.

The bridge deck overlay is the travel surface that motorists ride on. The overlay also serves as a protective layer over the bridge's steel deck. The Virginia Department of Transportation (VDOT) is milling up the existing deck overlay, which is a combination of concrete and asphalt. A water-resistant as-

phalt, Rosphalt, will be used for the new overlay. The new surface is intended to reduce the frequency of unscheduled repairs to the existing concrete and asphalt. Drivers will notice a smoother riding surface and fresh pavement markings at the end of the project.

Beginning Thursday, drivers can expect one-way alternating traffic on Route 3 on the bridge on Mondays through Fridays, 24 hours a day. No work will routinely be scheduled to occur on Saturdays and Sundays, although weekend work may be needed in limited instances if severe weather postpones work. No lane closures will be scheduled from noon Tuesday, July 3 through noon Thursday, July 5 due to the Fourth of July holiday.

Construction is anticipated to be completed by Labor Day weekend. According to the project contract, all work must be completed by November 1, 2018.

Automated flagging devices will direct traffic through the work zone. Flagging crew members operate the devices, which can be rapidly adjusted to respond to heavy congestion or incidents on the bridge.

An overnight bridge closure is anticipated for at least one evening, but several overnight closures may be required when crews begin milling and paving in the bridge's center spans. Advance notice of closure dates will be communicated to the public to allow travelers to prepare and plan around these dates. Emergency response vehicles will always have access to pass through the work zone, even during an overnight bridge closure.

For more information, please visit the [project page](#) online at www.VirginiaDOT.org.

The Norris Bridge carries an average of 8,208 vehicles daily on weekdays, and an average of 6,326

N4RWC RWC AMATEUR RADIO CLUB

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

ON THE ROAD: SHANNON AIR MUSEUM*

Monday, July 9—9:00 am—Front Lobby

Shannon Airport was founded in the 1950s by Sidney Shannon Junior, as part of his love for aviation and to honor his father Sydney Shannon Senior, who was one of the founders of Eastern Airlines with legendary World War I ace Eddie Rickenbacker. Over the next 30 years the airport became a landmark general aviation airport in the state of Virginia and beyond. In the mid-70s, Shannon founded an air museum at his airport that had the largest collection of rare aircraft in the world at the time. After 30 years, the museum is proud to be re-opened with the intent to grow the museum on the Shannon Airport Campus to include interactive and educational opportunities for the current and future generations of aviation enthusiasts. We will have lunch in Fredericksburg. (Drive time: 1 hr, 45 min.) **\$8 fee charge to account on 07/6.**

Please sign up at the Front Desk to attend.

ROMEOs & OWLETs*

Friday, July 13— 8:30 am - Lancaster Room

Rupan Gill moved to the Northern Neck in 2010 to work as Pharmacist in Charge at CVS Pharmacy. For nearly four years, she has been working as a Clinical Pharmacist in the Bon Secours RGH Inpatient Pharmacy. With three wonderful children, working full time and completing work on her PharmD, Pharmacist Gill can still say "I love my work".

Please join her as she elaborates and educates us on medication management. **Please sign up at the Front Desk to attend.**

MUSIC BY THE RIVER AT BELLE ISLE STATE PARK*

Saturday, July 14—5:15 pm—Front Lobby

Come on down to Belle Isle State Park as The Gurley's and Friends take the stage.

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 July 10. Sign up at the Front Desk to attend.

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:

- Overnight 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.

SATURDAY NIGHT MOVIE

Saturday, July 28—7:00 pm - Auditorium

Featuring: The Post

When the "Washington Post" agrees to publish the leaked Pentagon Papers -- which point to a secret escalation of the Vietnam War -- the Nixon administration tries to block publication, setting off an epic legal and political battle. Cast: [Tom Hanks](#), [Meryl Streep](#). (2017) Rated PG-13, 1hr 55m

NOTE: Movie may be changed without prior notice.

ATRIUM NEWSPAPERS

PLEASE DO NOT REMOVE, CLIP ARTICLES OR TAKE SECTIONS FROM THE PAPERS.

IT IS FOR EVERYONE TO ENJOY.

- **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 this month by Rev. Mike Moffitt from Light of Christ Anglican Church.
 - Wednesday, July 18 at 3 PM in the Westbury Clubroom. Leader: Chaplain Greg.
- All residents are welcome to join together for a 30 minute lesson.

FROM THE CHAPLAIN

There's a popular airline commercial that begins by showing different people getting themselves into horribly embarrassing situations, followed by the narrator saying: "Gotta Get Away?" There are undoubtedly all kinds of reasons why people might feel the need to "get away," which of course is the feeling the commercial is trying to tap into. And so, for example, we take vacations, which are (hopefully!) times of much needed rest. And even when they're not particularly restful, they at least break the routine, which in and of itself can be a good thing. Getting away, from the rush, the push, the pressing demands and perhaps the crowds can do the soul much good. Herein is found at least some of the wisdom of many if not most religious traditions, and for that matter, of non-religions and non-traditions alike. A walk in the woods, a sunrise on the beach (or sunset if you tend to be a late-riser), the exhilaration of a panoramic mountain top view, times of quiet, reflection, meditation and/or prayer. Getting away can be a very helpful, healthful thing. Just one example, from the New Testament: "The news about him spread all the more, so that

crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to solitary places and prayed." (Luke 5: 15-16) It appears this is simply a part of how we were made. RWC has several on-campus venues for this very kind of thing. Our **chapel** is available to all for individual use at almost any time. The same is true of our **labyrinth**. And this is not to mention the **nature trails** across the lake. Take advantage from time to time of these "solitary places." Doing so may just prove to be a soothing balm for your soul.

**IN MEMORIUM
MISS ANNIE LAURIE
JUNE 6, 2018**

**MRS. JO LEE EDWARDS
JUNE 19, 2018**

**MR. EDWIN THURBER
JUNE 20, 2018**

**MOORE HAS MORE GREAT-
GRANDCHILDREN: 24 IN ALL**

Resident Moonie Moore announced the birth of her 24th great-grandchild. There are now 12 are boys and 12 are girls in all. Their names are;

- | | |
|------------------|-------------------|
| Kameron | Jacob |
| Preston | Mary Alino |
| Patrick | Sofia |
| Frederick | Dominic |
| Alice | Miya |
| Sussannah | Carmen |
| Violet | Margaret |
| Jamison | Malachia |
| William | Sonya |
| Antonia | Donavan |
| Jethro | Valor |
| Jonelle | Madelyn |

**MEMORY SUPPORT GROUPS: JULY
Monday, July 2—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 Mary Arthur at ext. 4856 or Amy Lewis at ext. 4024. Caregivers Support Group (Mary Arthur, facilitator) and persons with **Early Stage Dementia** (Amy Lewis, facilitator)—Art Room 2

TRISH & FRIENDS MUSIC

After 10 years of bringing joy and entertainment with music to RWC Trish & Friends last performance here will be **Monday, July 9 at 6:30 pm in the Westbury Clubroom.**

We thank all of the following people for sharing their time and talent with us over the years: Judy Tucker-Greve and her husband Cliff Greve of Farnham and more recently, Roger Himler of Ophelia were coming with their singing and musical talents. Others from the past include Jan Tyndall of Matthews, Jack Cooley of Lancaster (and his son Shane Cooley coming on occasion when visiting from Austin, TX), Don & Suzanne Ball (presently now in FL), Tom Rohacek of Kilmarnock, and on rare occasion, Trish's husband David and of course Trish Geeson.

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. Please sign up at the Front Desk.

HEAD'S UP AND CHARADES*

**Wednesday, July 11
1:30 PM—Main Street Pub**

*

TRIVIA GAMES*

**Wednesday, July 25
1:30 pm—Auditorium**

S.A.L.T., SALADS & SWEETS*

Monday, July 16—11:00 am—Auditorium

Join speaker Sherriff Patrick McCranie as he talks about Lancaster Counties S.A.L.T. Triad program. **What is Triad?** - TRIAD is a cooperative effort of law enforcement agencies (police/fire/sheriffs), senior citizens, and senior organizations, focused on reducing crimes against our most vulnerable citizens: our seniors.

What is the S.A.L.T. Council? S.A.L.T. stands for Seniors and Law Enforcement Together.

We invite residents to stay after the presentation for a light salad and dessert. **Please sign up at the Front Desk to attend.**

**THE KITTENS ARE COMING! THE
KITTENS ARE COMING!**

CRAFTS FOR A CAUSE: SOFT SPOTS

**Wednesday, July 18—10:30
am—Arts Room 1**

Come and Join us in the Life Enrichment Center to make a soft spot for kittens at 10:30 am. When possible the animal Welfare League will bring kittens we can watch and play with. Come and help them out.



**CONCERT OF WORLD WAR I ERA
MUSIC BY AMPERSAND STRING BAND**

Sunday, July 29—2:00-4:00 PM—Auditorium

Traditional, folk, and blues songs of the 1914-1919 period performed by Ampersand of Maryland with vocals and a variety of string instruments. Open to the public. \$10 requested donation at the door to benefit the Historical Society. Cash bar available; no outside food or beverages.

Reservations recommended to ensure seating.
804-462-7280 history@mbwm.org. Sponsored by Lancaster Virginia Historical Society.

PERMATREAT INSPECTIONS

On July 10th Permatreat will be here to do their annual inspection. This will only pertain to residents in the cottages. Permatreat will not be spraying, this will just be an inspection. If you have any questions call Tonya Hill at ext. 4045.

THE DISH ON DINING

Eat foods with antioxidants like beans, berries and nuts to support healthy cognition.

What's New with the Crew

Staffing Changes: Chester Smith is now Maitre d' and Hannah Sommerfeldt and Tynesha Seldon are in training to be Hostess.

New hires are high school and college kids that will be here during the summer and back during Christmas break. These students are dressed in white polo shirts. We would like to welcome to RWC: Demetria Carter – rising high school junior
Tae'Shawn Veney – rising high school senior
Desmond Coleman – Rising college Junior
Savannah Blake – rising college Freshman
Emyia Doggett – rising college Freshman

CULINARY CORNER

The Food Committee and Culinary Services welcome your comments on the "Dining Services Comments" sheets located in 2 places near the Grill.

PLEASE USE A PEN! Your comments are copied and shared with the Food Committee and Culinary Services. Those written in pencil are difficult to read! Also, please use your name so that Culinary Services can contact you about your comments.

Did you know that in addition to menu items, the sandwich line is available during dinner which includes Tuna Salad, Egg Salad and Chicken Salad? Also, a pressed Panini Sandwich can be made upon request. Fish, Chicken Breast, and Chopped Steak are available every day, as well. There will be a little wait time associated with these items because Culinary Services prefers to cook them when the resident arrives to produce a better product.

Edna Roberts, Food Committee Chairman

DANGEROUS HOGWEED PLANT FOUND IN VIRGINIA

Experts in Virginia are warning people to be on the lookout for giant hogweed, a dangerous plant that might make [poison ivy](#) seem tame.

Giant hogweed is an invasive species that can grow up to 14 feet tall, with beautiful blooms similar to those of Queen Anne's lace. Although nice to look at, the plant produces a toxic sap that can cause serious [blister](#)s, third-degree [burns](#), and permanent blindness.

Today, the plant has been reported in Connecticut, Illinois, Maine, Massachusetts, Michigan, New York, Pennsylvania, Oregon, Virginia, and Washington.

Virginia is the newest addition to the list of states that house the weed, which is considerably farther south than where it's been known to dwell. Researchers at the Massey Herbarium at Virginia Tech recently identified 30 of the plants growing in Clarke County.

"The Clarke County population is not spreading," the researchers write on Facebook, "and you're very unlikely to see giant hogweed in Virginia."

The Facebook post from the researchers asked locals to report any sightings of the plant to a local extension agent.

Giant hogweed is a close relative of cow parsnip, a native plant found in nearly every U.S. state, including Virginia. Both weeds cause similar [skin](#) reactions, but the giant hogweed's effect is much worse. Here's how to identify it:

- Large, incised leaves up to 5 feet
- White, umbrella-shaped flower clusters up to 2.5 feet wide
- Green stem with purple splotches and coarse white hairs

Sap covers the whole plant, particularly the leaves and stems. The sap contains a compound that causes phytophotodermatitis, a condition that causes severe [inflammation](#) when skin is exposed to sunlight. If the sap gets on your skin:

- Immediately wash with soap and cold water
- Avoid sunlight
- Contact your doctor immediately

SOURCE: WebMD Article Reviewed by [Brunilda Nazario, MD](#) on June 25, 2018.

By Cameren Rogers

LIBRARY NOTES

Look for the Library Notes Flyer coming soon to your mailbox with all the latest books, news, and information.

RWC BOOK GROUP

Monday, July 23—10:30 am—Rappahannock Room

The July selection is "Still Water Bending" by Wendy Mitman Clark

WHO DOESN'T LOVE BUTTERFLIES?

I became a recent resident of RWC when my wife Denise and I moved here recently from Reedville. I fell in love with the grounds here, Damon does a superb job of juggling seasonal events, maintaining established plantings, and fielding our special requests. It is not an easy job. I notice the mix of both native and exotic plantings and as an outspoken advocate of native plants, I want to address an issue that I'm personally involved with. We love the beautiful butterflies: The yellow and black swallow tails, the monarch, even the dainty painted ladies are here for us to enjoy. But where do they lay their eggs and what do the hatched caterpillars eat? Native plants, of course! These beautiful insects evolved here among our indigenous plants and need them for raising the next generations. Did you know that the monarch butterfly larvae (caterpillar) only eats the leaves of the milkweed plant? Current farming practices have eradicated the milkweed from the fields thus contributing to the butterfly's decimation. Where once millions and millions of monarchs flew to Mexico to overwinter, pesticides and habitat loss is contributing to its decline. Solution? First, plant natives like butterfly weed or swamp milkweed to give these bugs a fighting chance. For us to enjoy butterfly adults in their glorious colors, we need to plant and encourage native flora. I have a limited supply of a publication entitled "Native Plants of the Northern Neck" from the NN Chapter of the VA Native Plant Society that is free for the asking. Just get in touch with me by e-mail and while my supply exists, I'll get a copy to you. Contact me at tndmunns@va.metrocast.net.

TO BE OR NOT TO BE PURPLE MARTINS

The Hills Quarter and King Carter Golf Course bluebird trail got its start back in '05-06. I had moved to HQ in '04 and promptly put up a bluebird nesting box in the back yard. The original developer of the community wanted to make the area "nature friendly". Someone on the developer's staff knew of my involvement with the local chapter of the Audubon Society. So I was contacted, as an unpaid consultant, to advise on establishing a bluebird trail on the golf course. We started placing some nesting boxes in the fall of '05 with about a half-dozen boxes. Some of the boxes were put up in the neighborhood, such as at the entrance to HQ (at Middlegate) and in the circle at Old Field Road. We kept adding more boxes over time.

At some point it was also decided to try to attract purple martins to the course. A mounting post and 6 plastic gourds were ordered from the Purple Martin Conservation Association. These were placed near the pond at the #4 tee. The gourds were installed, I believe, in '06. To attract martins we ran an extension cord from the rest stop down the hill and, on a boom box, played a CD of the martin "Dawnsong", which was a recording of actual martins tweeting at dawn. The CD was played in the early spring in the hopes of attracting martin scouts that return earlier than the main body of the colonies. Well, no martins ever came. But the gourds became home to several years worth of tree swallows. And an occasional bluebird pair would nest in one of the gourds.

This year, '18, the gourds have been in place for 12 years. On one of our weekly checks of the gourds, we discovered a nest of 4 white eggs. Tree swallow eggs are white, but the nest did not match tree swallow specifications. With lots of head scratching and Googling it was thought, MAYBE, we have purple martin eggs. This week I brought a local martin expert, who used to be a landlord to martin colonies, to look at the situation. When we visited the gourds there were two swallow-like birds diving around us and chittering. My expert said, "Those are purple martins".

What might happen? No one knows, for sure. But the martin landlord said he started with one nesting

INDEPENDENCE DAY CANCELLATIONS

Supervised Swim: 8:00am-9:00am

Strength and Balance C: 9:00 am-9:50 am

Aqua Fitness Aerobics: 10:30am-11:15am Canceled

Fit to Move: 10:00 am-11:00am

Water Walking: 11:15am-11:45am

Seated Stretch and Flex: 11:10am-11:40am Canceled

Tai Chi for Beginners: 11:45am-12:25pm Canceled

Supervised Exercise: 11:15am- 12:00pm

Strength and Balance B: 1:30-2:15am Canceled

Supervised Exercise: 2:30pm- 3:15pm Canceled

Supervised Swim: 2:00pm-3:30pm Canceled

Moving and Grooving: 3:30pm-4:00pm Canceled

PARKINSON'S SUPPORT GROUP

On Wednesday, July 11 the Parkinson's Support Group will be eating out at Los Patrones Mexican Restaurant. Los Patrones is located at 652 North Main Street in Kilmarnock.

FITNESS CENTER FOR BEGINNERS

Tuesday and Thursday

9:00 - 9:30 am / 2:30 - 3:00 pm

This is an introduction on 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: (1) Fill out a health history form, (2) Sign a waiver form (3) Have a doctor fill out an RWC medical clearance form, (4) 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, July 12, 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 have had 4 participants sign-up for the Beginner Tai Chi class. We are looking for one more participant to start the class. The sign-up sheet is at the front desk.

EXERCISE FOR THOSE WHO DON'T: RESIDENT TESTIMONIALS

A little hesitant about pushing those aching joints? Don't like getting hot and sweaty? I know I should, but...

There is a solution. The Water Walking Class is an ideal solution. No, you don't get your hair wet. But the pool is warm when it's cold outside and cool when the temperature climbs. The water helps support the joints - one might almost say "oils" them. You can get to know folks as you walk or half dance to the music. Amy keeps you moving. By the end of just 1/2 hour I come out refreshed, almost limber and conscious of improved circulation from head to toes. Now if only I could do it every day!

Thank you, Amy (& Wyatt) for helping keep me alive, moving & full of gratitude!

~Maria Bradley

Any class with Amy is fun, varied and interesting. And Water Walking seems to have what I would call "mysterious benefits"—beyond strength and balance and yoga classes.

My back problems are greatly relieved with these exercises and my balance has markedly improved. I highly recommend Water Walking for health—and fun!!

~Tish King



CHRISTMAS IN JULY!

Help us to make this summer special for SENIORS in need!

During the month of July, a collaboration of health care professionals are collecting donations of the following:

- Adult washcloths
- Adult Depends
- Bed Under pads
- Cleaning Wipes
- Denture Adhesive and Cleaner
- Denture Holder
- Lip Balm
- Sunscreen
- Nail Clippers
- Nutrition Supplement
- Tissues & Toiletries
- Toothbrushes
- Toothpaste
- Household cleaning supplies
- Trash bags
- Soap & Shampoo

Items should be in new condition. The items will be gift bagged and delivered by volunteers to seniors and disabled in the local area.

Drop off your items to Lauren Ambrose in the Marketing office at RW-C by July 20. For info call ext. 4010.

EXPERIMENTAL ART GROUP WILL DISPLAY WORKS AT RWC IN JULY Artists meet at Rappahannock Westminster- Canterbury

They've always been a dozen, not a dirty dozen or a baker's dozen, an even dozen. The 12 members of the Experimental Art Group bring their unique perspectives to Rappahannock Westminster-Canterbury as the featured artists for July.

Shortly after the Rappahannock Art League opened the Studio Gallery in 2000, this group of artists decided to get together to paint and critique. The idea was that in working together, they could encourage each other to try new approaches.

"Our group relies on each other for honest opinions, advice and support," said Sarah Soderlund, Experimental Art Group member and an accomplished water-media painter. "Also, we share infor-

mation about new media and processes to encourage further experimentation."

Many of the 12 members deal in abstracts, though a variety of media is used including oil, acrylics, pastels and even jewelry. "We don't want to just paint pretty pictures of boats," Soderlund said.

"We used to meet at the Rappahannock Art League on Main Street, but now we meet at RWC on the first Wednesday of every month," she said. "We eat lunch and critique each other's work."

Formed 15 years ago, five of the original members are still involved; they vote new members in as old members leave.

"We have always had a dozen members," Soderlund said. "You can't be thin-skinned because we are here to help each other become better artists. After 18 years of working together, we've built up a level of trust that allows for brutal honesty."

Residents and community members are invited to view the Experimental Art Group's exhibition daily throughout July in RWC's Gallery Hall. vehicles daily on weekends.

LIBRARY NOTES

Look for the Library Notes Flyer coming soon to your mailbox with all the latest books, news, and information.

RWC BOOK GROUP

Monday, July 23—

10:30 am—

Rappahannock
Room

The July selection is "Still Water Bending" a tale of Chesapeake watermen by Wendy Mitman Clark. There are 4 RWC library copies.

