



Rappahannock Westminster-Canterbury
132 Lancaster Drive
Irvington, VA 22480

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MARCH 2019



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

2019 Viewpoints Series Begins March 4

Marcia C. DuBois to speak on "Aging Well in Virginia"

Marcia C. DuBois, Deputy Commissioner, Division for Community Living, Virginia Department for Aging and Rehabilitative Services (DARS), has a long title and a very important job – ensuring programs and services throughout the Commonwealth meet the needs of our aging population. DuBois said that by 2030, one in four Virginians – more than 2 million people – will be age 60 and older. She will be the first 2019 Viewpoints Speaker in Rappahannock Westminster-Canterbury's popular series. Her talk, "Aging Well in Virginia," begins at 11 a.m. March 4 in RWC's Chesapeake Center Auditorium.

In addition to providing pass-through funding and oversight to the 25 Virginia Area Agencies on Aging (including Bay Aging locally), DARS provides a number of services to older adults including its Live Well, Virginia! program, a six-week workshop on living with chronic conditions such as diabetes, arthritis, high blood pressure or chronic pain; Virginia GrandDriver, a partnership with the Virginia Department of Motor Vehicles, designed to keep mature drivers safe and independent on the road; a falls prevention program and more.

DuBois said the good news is that we are living longer, however, she added, how we planned for retirement 30 or 40 years ago will not meet the needs of today's retirees.

"As Baby Boomers hit retire-

ment age, are our systems prepared for that?" she asked rhetorically. "Do we have enough affordable, accessible housing? Have people been able to save enough for a longer retirement? As we live longer, we will need more intensive and extensive care," she said.

The Viewpoints series features experts on a wide range of topics of current interest. These free presentations begin at 11 a.m. and are held every month March through June in the Chesapeake Center Auditorium on RWC's campus, 132 Lancaster Dr., Irvington.

You can call RWC at 438-4000 for a reservation for the March 4 event. Attendees are invited to remain after the presentations for a complimentary lunch. Reservations open for each speaker two weeks prior to the event. RWC maintains a waiting list and honors reservations in the order received. Separate reservations must be made for each speaking event in the Viewpoints series.

Here's the line-up for the rest of the series:

April 1: M.J. Anderson, brewer, business owner of That Damn Mary Brewing Company

May 20: Bill Lohmann, author and *Richmond Times-Dispatch* news columnist

June 3: Tom Allen, humorist and *Richmond Times-Dispatch* columnist

~Like us on
Facebook



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Twitter



~Follow us on
YouTube



Please take a minute and subscribe to the [RWC YouTube](#) channel. As a subscriber, you'll receive notifications when new RWC videos are added. We are trying to get to 100 subscribers! Check out what our residents are saying about why they love living at RWC too!

**MARDI GRAS
DINNER &
DANCE***

**TUESDAY,
MARCH 5
5:00 PM**

**CHESAPEAKE
CENTER**

**RSVP TO EXT.
4016**

**The deadline to submit articles for the
April 2019 issue is
Monday, March 25 , 2019 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>MARCH 2019</h1>		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. <u>WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</u>				
10:00-MSP-Society of Friends Meeting 10:30-HC-Wake-up and Workout 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service	10:00-HC-Wake-up & Workout 10:00-COR-Parkinson's Caregiver Support Group 11:00-AUD-Viewpoints* 1:30-FRL-Shopping & Errands* 2:30-AR1-Coffee with Stuart 2:30-WCR-Manicures 4:00-CGR-Dart Sharks 4:00-WCR-Formal Tea Party 4:30-AR2-Memory Support Groups	10:00-HC-Wake-up & Workout 10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits 5:00-Mardi Gras Dinner & Dance*	ASH WEDNESDAY 10:00-AUD-Residents Association Board Meeting 10:00-HC-Wake-up & Workout 7:00-CGR-Gentlemen's Poker Club	10:00-HC-Wake-up & Workout 10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-WCR-Milkshakes 4:00-CPL-Rosary	8:30-AUD-ROMEOs & OWLETS* 10:00-HC-Wake-up & Workout 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10:30-HC-Wake-up & Workout 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour 6:45-FRI-On Stage*
10:30-HC-Wake-up & Workout 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service/ Holy Communion	10:00-HC-Wake-up & Workout 10:00-BLR-Residents Health Care Committee Meeting 11:00-AR2-Science of Happiness Course* 1:30-FRL-Shopping & Errands* 2:30-AR1-Coffee with Stuart 2:30-WCR-Manicures 4:00-CGR-Dart Sharks 4:00-WCR-Tea Party	10:00-HC-Wake-up & Workout 10:00-AR2-Chat & Craft 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits	10:00-HC-Wake-up & Workout 10:00-AR2-Activities Committee Meeting 1:00-AUD-Parkinson's Support Group 1:30-CGR-Bunco Group 1:30-AR1-Boggle Word Game 7:00-CGR-Gentlemen's Poker	10:00-HC-Wake-up & Workout 10:00-COR-Food Committee Meeting 10:00-CGR-Great Courses* 11:00-WCR-Java Time 11:00-MSP-Resident Choir Practice 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary 4:00-WCR-Milkshakes	10:00-HC-Wake-up & Workout 10:00-AR2-Acrylics for Beginners* 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-AUD-Special Occasion Party NO HAPPY HOUR TONIGHT	10:30-HC-Wake-up & Workout 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour
ST. PATRICK'S DAY 10:00-MSP-Society of Friends Meeting 10:30-HC-Wake-up & Workout 11:00-LVG-Sunday Brunch til 2pm— GRILLE CLOSED FOR DINNER 2:30-FRL-Lancaster Players* 4:00-WCR-Worship Service	10:00-HC-Wake-up & Workout 10:00-BLR-Grounds & Landscaping Committee Meeting 11:00-AR2-Science of Happiness Course* 1:30-FRL-Walmart Shopping* 2:30-WCR-Manicures 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party	9:45-Campus Wide—Statewide Tornado Drill 10:00-HC-Wake-up & Workout 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 11:00-AUD-Rapp. Music Study Club 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	9:00-FRL-Tour of Virginia State Capital* 10:00-AR1-Acrylics for Beginners* 10:00-HC-Wake-up & Workout 10:30-AR2-Crafts for a Cause 1:00-AR2-Caregiver's Memory Support Group 3:00-WCR-Bible Study with Greg 7:00-CGR-Gentlemen's Poker Club	9:00-WCR-Men's Breakfast 10:00-HC-Wake-up & Workout 10:00-CGR-Great Courses* 10:45-WCR-Java Time 1:00-AR2-Sashiko Class* 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-WCR-Milkshakes 4:00-CPL-Rosary	10:00-HC-Wake-up & Workout 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10:30-HC-Wake-up & Workout 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: Tea with Dames
10:30-HC-Wake-up & Workout 4:00-WCR-Worship Service	10:00-HC-Wake-up & Workout 10:30-RAP-RWC Book Group 11:00-AR2-Science of Happiness Course* 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-WCR-Tea Party 4:00-CGR-Dart Sharks	10:00-HC-Wake-up & Workout 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits	10:00-HC-Wake-up & Workout 4:45-AUD-Bingo-Pizza Party* 7:00-CGR-Gentlemen's Poker Club	10:00-HC-Wake-up & Workout 10:00-FRL-Mid-Atlantic Quilt Festival* 10:00-CGR-Great Courses* 10:45-WCR-Java Time 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 3:30-AR1-Beading Open Studio 4:00-WCR-Milkshakes 4:00-CPL-Rosary	10:00-AUD-Chris Collins: The Keto Diet and Nutrition Labels* 10:00-HC-Wake-up & Workout 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10:30-HC-Wake-up & Workout 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour
10:30-HC-Wake-up & Workout 4:00-WCR-Worship Service						

GREETING FROM THE PRESIDENT/CEO

Each weekday morning a team from across RWC functional areas gathers for a few minutes to share what is planned for the day across the community. In February, we focused on a department or area each day to learn a bit more or something new about that department or area. It has been a wonderful experience, and every department has done a fabulous job on their topic of choice. I wish I had room to cover everything.

Health Services, which is actually a very large area comprised of several departments, chose to talk about the subject of SUPPORT. Support means many things to many people. The dictionary definition is "give assistance to; enable to function or act; bear all or part of the weight of; encourage; help; advocate; maintain." Each of the departments in Health Services reflected on the SUPPORT they provide for residents, fellow staff members and departments, and beyond, and upon how they are supported by so many others. It was remarkable for me just to take this in, and as I considered these examples of SUPPORT, I thought about so many more examples of SUPPORT across our neighborhood.

Residents support each other in countless ways from being a fourth for Bridge to taking a fellow resident to an appointment or shopping. You support the RWC Foundation Fellowship Fund and other projects. You support the staff with books for their children and grandchildren to borrow and your extraordinary gift at Christmas. You support churches and community service organizations through out the Northern Neck and Middle Peninsula and beyond with gifts of time, talent, and treasure. Some tutor; others fix things; and still others share artistic gifts.

I am most amazed at the SUPPORT amidst our neighborhood through encouragement and engagement. This type of SUPPORT is critical to Wellness - the wellness of the giver and the receiver, the encourager and the encouraged, the friend and the befriended, the companion and the sole, the comforter and the comforted, the host and the guest, the engager and the reengaged, the caregiver and the cared for, the blessing and the blessed.

SUPPORT is so much more than meeting a need; it is an opportunity to be a blessing to someone and make a positive difference in the journey of life.

It is our privilege to SUPPORT our residents and clients each day and to be the beneficiary of your SUPPORT. Thank you for sharing your encouragement and engagement with each other and with us each day as we make our neighborhood a wonderful place to live.




COFFEE WITH STUART

EVERY MONDAY
2:30 PM
ART ROOM 2

Topics range from RWC life to other items of interest. Please join us for conversation and coffee.

RWC FOUNDATION UPDATE

The RWC Foundation's Annual Fund Drive will end on **March 31, 2019** (the close of our fiscal year). Contributions to the Fellowship Fund by March 31st will be acknowledged in our 2018-2019, Fall Annual Report. Donations are welcome any time of year and we are always grateful for the generosity of our donors.

What is the Fellowship Fund's Mission? The RWC Foundation's Fellowship fund provides continued residency for those who may no longer be able to afford the cost through no fault of their own. It also provides a variety of programs available at RWC for residents and non-resident individuals.

GOLF! SAVE THE DATE! Thursday, April 25' 2019 for the 35th Anniversary of our Annual Open Golf Tournament at the Golden Eagle Golf Course, (just across the street from RWC!). Please spread the word and join us as we raise funds for the RWC Foundation's Fellowship Fund.

Join us for a round of golf or share this news with a friend!

N4RWC 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

Culture Club: Music, Theatre and Speakers

ROMEOS & OWLET S *

Friday, March 1—8:30 am—Lancaster Rm

Come and hear about the history of YMCA/APYC Camp Kekoka formerly known as the Alexandria Police Boys Camp. Cassie Leichty, Camp Executive, will share how this overnight camp has been changing campers lives since 1947. Come hear why overnight camp is so important in the development of our youth today. Bring your camp stories!

Please sign up at the Front Desk to attend.

"ON STAGE"*

THE JULIAN BLISS SEPTET

Saturday, March 2—6:45 pm—Front Lobby

Julian Bliss is one of the world's finest clarinetists excelling as a concerto soloist, chamber musician, jazz artist, masterclass leader and tireless musical explorer. He has inspired a generation of young players as guest lecturer and creator of his Conn-Selmer range of affordable clarinets, and introduced a substantial new audience to his instrument. In 2012 he established the Julian Bliss Septet, creating programs inspired by King of Swing, Benny Goodman, and Latin music from Brazil and Cuba that have gone on to be performed to packed houses in festivals, Ronnie Scott's (London), the Concertgebouw (Amsterdam) and across the U.S. Tickets can be purchased by calling the box office at 438-5555 or on the web at www.rappahannockfoundation.org. **RWC will provide transportation. Please sign up at the Front Desk.**

LANCASTER PLAYERS PRESENT THE SAVANNAH SIPPING SOCIETY*

Sunday, March 17

2:30 pm—Front Lobby

Written by Jones, Hope and Wooten

Directed by Jacqueline Allen

A comedy about friendship, renewal and the occasional liquid refreshments. The Story: Set in charming old Savannah, four distinctive women bond over the need to improve their lives. Inspired by each other - - through hilarious misadventures - - they discover new horizons and new selves. Cast: Randa Covington - Judy Ebner, Dot Haigler - Sally Clark, Marlafaye Mosely - Amy Lewis, Jinx Jenkins - Robin Blake

Reservations are \$25 and will be billed to your account. Please sign up at the Front Desk to attend.

RAPPAHANNOCK MUSIC STUDY CLUB*

Tuesday, March 19—11:00 am—Auditorium

The Rappahannock Music Study Club invites residents to join the group for a presentation and short performance by Michael Repper, Conductor of the Northern Neck Orchestra. Please sign up at the Front Desk.

COMING IN APRIL "JERSEY BOYS"

Saturday, April 27 at 2:00 p.m.

Ferguson Centre at Diamonstein

Concert Hall

Ticket Price: \$70 pp

(includes ticket, & bus fee)

VIRGINIA INTERNATIONAL TATTOO

Sunday, April 28 at 12:00 pm

Norfolk Scope

Ticket Price: \$100

(includes tickets & luxury bus accommodations)

Spiritual Devotion: Dedicated, Faithful and Holy

- **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, with occasional exceptions.
- **The Westminster Singers:** Special choir music is a part of the service on the third Sunday of each month.
- **Praying the Rosary:** Thursdays at 4 PM in the chapel with the Legion of Mary.
- **Northern Neck Society of Friends:** First and third Sundays of each month, 10AM – Noon, in the Main Street Pub.

BIBLE STUDIES

Tuesdays at 10:30 AM in the Corrotoman Room. All residents are welcome to this Bible Study taught each month by different local church leaders invited by the group.

For March: Rev. Dr. Tom Coye will be teaching a series entitled "Galatians: Freedom in Harness." **Wednesday, March 20** at 3 PM in the Westbury Clubroom. Leader: Chaplain Houck. to join together for a 30 minute lesson.

FOR THE UPCOMING LENTEN SEASON

Daily Devotional Booklets will be made available for residents and staff alike on Monday, March 4th. "*In the Shadow of the Cross: Devotions for Lent,*" by Chad Bird. "Lent is a season of shadows. Throughout this holy season we wrestle with the very real shadows of death, doubt, fear, sadness, guilt and shame. But in these powerful daily devotions for Lent, Chad Bird helps us to discover anew the definitive truth that Christ through his cross lifts us out of those shadows into his glorious light of hope, freedom, joy, forgiveness and new life."

ASH WEDNESDAY SERVICE

Wednesday, March 6, 10:45am in the Westbury Clubroom. All residents and staff are welcome.

FROM THE CHAPLAIN

The season of Lent is almost upon us, beginning on March 6, Ash Wednesday. Its practice may involve different things for different people, but its meaning is more established. Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word *lencten*, which means "spring." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry. Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others. Sundays in Lent are not counted in the forty days because each Sunday represents a "mini-Easter" and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection. And there are other ways of thinking about this. Consider the following: "Lent is BECOMING, DOING and CHANGING whatever it is that is blocking the fullness of life that is in us right now." (Sister Joan Chittister) Put another way, Lent can be the hope of heart-change in the face of fear and regret. Toward these kinds of ends, may your experience of Lent this year be genuinely meaningful and truly transformational. "O Lord, make this Lenten season different from the other ones. Let me find you again. Amen." (Henri Nouwen)

Chaplain Greg Houck

Creative Fun: Arts, Crafts and Games

CORN HOLE GAME
EVERY Thursday, —1:30 pm—Fitness Class Rooms

BEADING OPEN STUDIO*
Thursday, March 14 and 28
3:30 pm—Art Room 1

Join Susan Carter-Hughes to learn how to bead or help you with your beading projects. **Sign up at the Front Desk.**

ACRYLIC PAINTING FOR BEGINNERS*
Friday, March 15—10:00am —Art Room 2
(Class limit: 8)

This month we will have 2 offerings for those who have never painted before. Easy, step by step instruction. Please sign up at the Front Desk.

ACRYLIC PAINTING FOR BEGINNERS*
Wednesday, March 20—10:00am —Art Room 2
(Class limit: 8)

This month we will have 2 offerings for those who have never painted before. Easy, step by step instruction. Please sign up at the Front Desk.

CRAFTS FOR A CAUSE
Wednesday, March 20, 10:30 am—Art Room 2

Thank you for coming and greeting the kittens, they were so cute.

Please join us in making the soft spots for them.

SASHIKO CLASS*
Thursday, March 21—1:00 pm—Art Room 2
Sashiko is a form of Japanese folk embroidery using a variation of a running stitch to create a patterned background. Traditionally made in geometric patterns with white cotton

thread on indigo blue fabric, the designs include straight or curved lines of stitching arranged in a repeating pattern that is both aesthetically pleasing and functional. We will be making 6 in square coaster. Limit 8 .

RWC'S MARCH ARTIST FINDS INSPIRATION LOCALLY, ABROAD
Acrylic paintings reflect love of nature and the great outdoors

You might say that Reedville artist Brenda Sylvia plays with fire and water. A member of the Rappahannock Art League (RAL), Sylvia has a home studio on the Northern Neck Artisan Trail, but she also has a home on St. Thomas in the U.S. Virgin Islands – where she worked with a variety of elements to help pay the bills.

"I'll have some older work and some new paintings in all sizes – some bigger and some smaller pieces," Sylvia said. "There will be groupings according to the way the hallway is laid out – with paintings from St. Thomas in one area and from the Northern Neck in another."

Residents and community members are invited to view and purchase artwork from Sylvia's exhibition 9 a.m. - 5 p.m. daily throughout March in Rappahannock Westminister-Canterbury's Gallery Hall. To see some of her work online, go to www.silverravenstudios.com.

An artist reception is scheduled Saturday, March 9 from 10:00 am to 2:00 pm in the Atrium.

Neighborhood Knowing: Care, Committees & Commentary

MEMORY SUPPORT GROUPS

Monday, March 4—4:30 pm—Art Room

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), persons with **Early/Mid Stage** Dementia (Amy Lewis, facilitator) and persons with **Mid/Late Stage** Dementia (Sara Bishop, facilitator).

CULINARY CORNER

Please bring the green reusable boxes back to the Grille promptly after taking them home! Also, Culinary Services recently bought 12 smaller, reusable containers (black with clear tops) for us to try. We now have only 4 of the original 12. If you have some at your home, please bring them back! Also, return any silverware which belongs to RWC. We don't want to divert money that could be used for purchasing food to purchasing more silverware and containers because they are thrown out or simply not returned. By using reusable containers, we at RWC can cut down on the use of Styrofoam. Another option would be to bring your own containers when you pickup a meal. Amazon; Bed, Bath, and Beyond; and many other stores sell collapsible containers which will take up less room in our small kitchens.

At the Lancaster Recycling sites, Styrofoam should not be put in the recycling bins for plastic.

Styrofoam is considered **TRASH!** Rite Way Recycling, a Northern Neck Recycling Company which handles Lancaster County's recycling, does not recycle Styrofoam. Should you put Styrofoam into recycling, it will have to be removed and put into the trash. In the District of Columbia and many other restaurant and cafe locations throughout the country, the use of non-biodegradable food and drink cups and boxes is against the law. Edna Roberts, Chairman, Food Committee

PROPER TRASH DISPOSAL

Please be sure to always place any garbage in the garbage room located on all 3 floors of the Apartment building and on each cottage block. Do not leave it sitting outside of the trash rooms. Thank you.

GROUNDS & LANDSCAPING

The Grounds and Landscaping Committee Will have its first 2019 Meeting on Monday, March 18, at 10 AM in the Boiler Room. Please note on your calendar the other meetings, all on Mondays 10 AM: May 20, July 15, Sept. 16, Nov. 18. Jane Henley, Chair

RWC'S HOUSEKEEPING DEPARTMENT COMPLETES DEMENTIA FRIEND TRAINING

All 27 Staff Members Received Certification Recently

After hearing Melissa Andrews, CEO/President LeadingAge Virginia, speak at Rappahannock Westminster-Canterbury last November about what it means to be a *Dementia Friendly Community*, RWC Housekeeping Manager Tonya Hill was inspired.

"She stepped up and said she wanted the housekeeping staff to go through 'Dementia Friend' training," said RWC Dementia Coordinator Mary Arthur. "All 27 staff members recently completed the training. They really care about our residents."

The idea is that when a community becomes educated about dementia, those with dementia will be understood, accepted and less likely to become confused and isolated as their disease progresses.

"Housekeepers are the RWC staff members who see our residents the most," Arthur said. "If they see someone struggling with dementia, they are now better prepared to identify it and to notify me or the nursing staff about what they are seeing," Arthur said.

Arthur is holding one-hour training sessions for other members of the community to become "Dementia Friends." The next session will be at 1 p.m. March 28 at Lancaster Community Library. It is free and open to the community.

Local training sessions help community members understand the small things they can do to make a difference for people living with dementia such as checking in on someone or taking them to church.

Hooked on Books: Explore, Discover and Learn

THE RWC LIBRARY

Past Tense by Lee Child is the RWC Book Group's March selection – we'll meet Monday, March 25 at 10:30 a.m. in the Rappahannock Room. This Jack Reacher book has him taking down a diabolical scheme while learning about his father's early years in Laconia, New Hampshire. The cover of the paperback from India says, "We all need Jack Reacher, a righteous avenger for our troubled times." The book is a "shoot-em-up" – a bold choice for our ladies group! We invite gents to join us.

We have **our first 2019 books** – *The Rule of Law* by John Lescroart and *The Night Agent* by Matthew Quirk (both fiction) and *Team of Vipers* by Cliff Sims (non-fiction).

Yeah for February's 2018 Fiction donations – *Where the Crawdads Sing* by Delia Owens from Wanda Wallin, and *Green Sun* by Kent Anderson, *Long Road to Mercy* by David Baldacci and *Holy Ghost* by John Sanford, all from Jay White. In other 2018 books, *The Woman in the Window* by A. J. Finn is a Library purchase and we also have *Becoming* by Michelle Obama.

Two new (2018) **Large Print Non-Fiction** – *The Soul of America: The Battle for our Better Angels* by Jon Meacham and *In the Hurricane's Eye: The Genius of George Washington and the Victory at Yorktown* by Nathaniel Philbrick, both donated by Bob Barlowe. Recently published Large Print Non-Fiction books are scarce as hens' teeth.

Three **new-to-the-library** Michael Connellys (from Tom Peebles) bring the total number of Connelly books to 20. A recent James Patterson (from Peter Bennett) brings the total Patterson books to 18. Both authors are also well represented on our Large Print shelves.

Chick-Lit fans can thank Elaine Lowery's daughter-in-law for *The Readers of Broken Wheel Recommend* by Katarina Bivald. And thank Jay White for *Paris by the Book*. Each is a Fiction Paperback about a woman and a bookstore, and Madame Librarian confesses to reading both.

Mary Anne Campbell welcomes new-to-us **coffee table books for public spaces**, and recently displayed two donated by Nancy May. Charles McKerns just gave us *The Story of Baseball in 100 Photographs, 1869 to 2018*.

RW-C Readers will enjoy the bulletin board pages from the February 17 Washington Post featuring **Notable Last Sentences**. Madame Librarian has read 13 of the 23 books featured – anyone else willing to tell how many he or she has read?

About those Book Group books: The Library provides four copies of a selection – for the Jack Reacher book, the two hard-back copies were donated and the two paperback copies purchased. The books for next month are distributed at a meeting, with the expectation the the four persons getting a book will read it in about ten days and then return it to the library display table for pick up by another book group participant.

Afterward, one hard copy remains in the library and the other is donated to the Lancaster Community Library's "used book shop." One paperback goes on our Fiction Paperback shelf, and the other goes into our Paperbacks for Troops box.

Lois Williams – RWC Residents Association Library Chair

Fit Bits: Manufacturing Muscle

WELLNESS DEPARTMENT

In the Wellness Department we have Fitness Specialists that hold degrees in Exercise Science. Our Fitness Specialists have taken College classes such as Anatomy, Physiology, Exercise Physiology, Special Populations, Health Risk Appraisal, Exercise Testing, Exercise Prescription, Kinesiology/Biomechanics, and Strength and Conditioning. The Fitness Specialists will do a fitness assessment and provide you with a specific exercise prescription for you to follow. They will make adjustments to your prescription as needed. If you are a person that prefers the Fitness Specialist be with you throughout your work out, we also offer personal training. During this fee-based service, you will have the undivided attention of the Fitness Specialists. If you want more information about what our Fitness Specialist can do for you, please call Jonathan at 438-4290.

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 who 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

LAND AEROBICS DANCE

Land Aerobics Dance will be regularly scheduled on **Tuesdays at 9:00am to 9:30 am. Fitness Room 1.**

PARKINSON'S SUPPORT GROUP

On **Wednesday, March 13, 2019**, the Parkinson's Support Group will be meeting at **1:00pm** in the Auditorium. The speaker will be Lori Javier, with Health Synergy-The Center for Abundant Health and Healing, who will demonstrate Ionic Foot Bath Detoxification followed by a reflexology massage.

MEET THE FITNESS TEAM



Alex Brent Bachelors of Science in Exercise Science, VCU Department of Kinesiology. His certifications include Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA). Alex's hobbies include drumming, attending concerts, weight lifting.

Angie Jackson has a BA in Business Administration and is working on her recertification for group fitness instruction. She has been married to



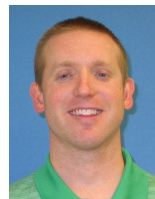
her husband, Jeff, for 33 years and they have 3 daughters and lots of grandchildren with some more on the way. Angie loves to read, take walks and decorate her house.

William Somers has a BS in Kinesiology with a concentration in Exercise Science and a minor in Health Education from Longwood University. He is also a Certified Health Coach (ACE).



He enjoys spending time outside and going to the beach in the summer with friends and family. And drinking beer with his brothers. He is very involved in his father's company, Paul H Somers and Sons. William fishes pound nets in the summer mornings before coming into RWC.

William is engaged to Carrie Crowther of Reedville, the P.E. teacher at Middlesex Elementary school. They are planning to get married September 28 of this year.



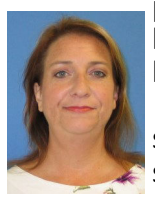
Jonathan Smith has a Degree in Exercise Science and a minor in Biology from Chowan University. He is a Parkinson's Wellness Recovery Moves Instructor and has an Instrument-Assisted Soft Tissue Mobilization Practitioner Certification.

Jonathan's hobbies include playing and coaching baseball, watching any kind of sport, following the stock market, watching movies and listening to music. He is married to Bethany and has 2 children, Charlotte and Cooper.



Wyatt Portz has a BA in Interdepartmental Humanities from the University of California, Riverside Campus (English, Art History, Creative Writing, and Studio Art). He is just shy of a MFA in printmaking and creative writing from Cal Poly, Pomona.

His certifications include RYT200 (Registered Yoga Teacher – 200 hrs.), Web and Multimedia Design (University of California – Santa Cruz), and PMP (Project Management Professional) – Project Management Institute. His hobbies are playing Chess,



photography, cycling and poetry. He and his wife Anna, who is also a yoga teacher, live in Urbanna.

Amy Lewis is a certified Yoga Instructor (RYT-200) and water fitness instructor through the US Water Fitness Association. She is a Certified Dementia Practitioner and Dementia Friend Trainer. She has too many hobbies to list and she is the grandmother of Jemma and Jackson.

Flick Picks: Video Lectures, Documentaries and Movies

SUNDAYS AT TWO*

Sunday—March 3

1:15 pm—Front Lobby

The popular Sundays at Two program is a lecture series that brings in speakers on a variety of topics of interest to patrons. Five to six lectures are scheduled from January through March each year, bringing in experts on science, the arts, history, literature, and politics to share their thoughts and engage in discussion with attendees.

MARCH 3—Sundays at Two - Wayne Adkins: How Six Virginia Indian Tribes received Federal Recognition in 2018 and what that approval means.

MARCH 10—Sundays at Two -Dr. Ben Campbell: Tidewater's Unhealed History

Please sign up at the Front Desk for transportation.

SATURDAY NIGHT MOVIE

March 23—7:00 pm—Auditorium

Featuring: Tea with Dames

Acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins -- all Dames of the British Empire -- gather for a captivating conversation that includes reminiscences, gossip and untold tales about their stage and film careers. NOTE: Movie may change without prior notice.

TORNADO DRILL

On March 19 RW-C will participate along with schools and other businesses in the statewide tornado drill. The drill will provide a good opportunity for personnel and residents to review proper procedures in the event of a real emergency. Residents are invited to participate along with employees.

At approximately 9:45AM the National Weather Service will issue the drill warning over the weather monitor at the front desk. The receptionist will begin a series of announcements and instructions over the PA system to various parts of the main building, including the apartments, health center and ALC

Tornadoes give very little warning. There is only a short time to prepare. Five short blasts repeated several times on an air horn in the front parking area and Channel 85 will be utilized to inform independent residents. Residents should also listen to local radio or TV stations for instructions. Independent residents are encouraged to go to the main building if there is time to do so. Otherwise, residents should remain in their homes and move into an interior room, which would most likely be the hallway or an interior bathroom with no windows, until the danger has passed.

The drill provides a great opportunity to remind residents to sign up for the Code Red Community Notification system. You may do so by visiting Lancova.com, then go to the Highlights & Site Update section and click on [Code Red Community Notification System – Enroll or Update Existing Account Here](#). Follow the directions to enter your home phone number and cell numbers.

Andrea Rice, RN, QCP,
Director of Quality and Compliance