



Rappahannock Westminster-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 33, Issue 6

JUNE 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

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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!

## WANT TO CHANGE YOUR MEAL PLAN?

If you want to change your meal plan, please fill out a form at the Front Desk by the 25th of the month, maybe just put it on the calendar each month?

Marilyn Grinnen  
RWC Business Office  
804-438-4846

## HUMORIST, BOOK AUTHOR IS FINAL SPEAKER IN RWC VIEWPOINTS SERIES

Tom Allen writes for the *Richmond Times-Dispatch*

Growing up in a Catholic family with six children, Tom Allen felt like he had to develop a sense of humor to survive. However, his father was not pleased when as a senior in high school, he came home and announced he had been named, "Class Clown."

The fourth and final speaker in Rappahannock Westminister-Canterbury's Viewpoints series will discuss the intersection of faith and humor in his talk, "My God Has a Sense of Humor" on June 3.

"Some might think it's strange to write about spiritual matters and employ humor; I don't," Allen said. "When you think about it, what should be a better source of joy than faith? And I think laughter is a gift from heaven. As Jimmy Buffet sings, 'If we couldn't laugh, we would all go insane.'"

Allen has served as editor of the *Virginia Journal of Education* for 29 years and is a freelance writer for the *Richmond Times-Dispatch* Faith and Values column as well as for its Discover Richmond section.

In 2016, he published a book, "Grace Happens: Adventures in Everyday Living," which is a collection of 40 of his Faith & Values

columns from the *Times-Dispatch* over the last several years.

"There's no better way to tackle topics of life and faith than by sharing stories," Allen said. "So, I'll do some of that in my talk [at RWC], and I'd love for folks who attend to be willing to do the same."

Specifically, Allen would like to hear from current or former teachers because of his long tenure with the Virginia Education Association and his great respect for teachers.

"I had a high school teacher who was instrumental in my decision to be a writer," he said. "I missed the bus one day and she picked me up hitchhiking. We became great buddies."

This is the final talk in the 2019 Viewpoints series. The free presentation begins at 11 a.m. and is held in the Chesapeake Center Auditorium. Attendees are invited to remain after the presentation for a complimentary lunch.

**Call RWC at 438-4000 for a reservation for the June 3 event.**

RWC maintains a waiting list and honors reservations in the order received.

**The deadline to submit articles for the July 2019 issue is Tuesday, June 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>JUNE<br/>2019</h1>   | <b>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.</b> |  |   |   |  | 2:00-WCN-Movie Matinee 1<br>5:00-MSP-Happy Hour  |
| 10:00-MSP-Society of Friends Meeting 2<br>4:00-WCR-Worship Service   | 10:00-COR-Parkinson's Caregiver Support Group 3<br>11:00-AUD-Viewpoints*<br>1:30-FRL-Shopping & Errands*<br>2:30-AR1-Coffee with Stuart<br>2:30-WCR-Manicures<br>4:00-CGR-Dart Sharks<br>4:00-WCR-Tea Party<br>4:30-AR2-Memory Support Groups  | 10:00-AR2-Chat & Craft 4<br>10:30-COR-Bible Study<br>10:45-WCR-Travel Log<br>1:00-AR2-Art Class with Pam<br>1:00-CGR-Catch Phrase Game<br>2:00-ALC-Therapy Dog Visits<br>4:00-AUD-Tim Teasley: Drums & More*                                       | 11:00-LAB-Labyrinth Walk 5<br>11:30-FRL-Picnic at the Point*<br>1:30-AR1-Boggle Word Game<br>7:00-CGR-Gentlemen's Poker Club                      | 10:00-CGR-Great Courses* 6<br>11:00-WCR-Java Time<br>1:00-LIB-Party Bridge<br>1:30-FCR2-Cornhole Game<br>3:30-AR1-Beading Open Studio<br>4:00-CPL-Rosary  | 8:30-LAN-ROMEOs & OWLETs* 7<br>10:30-WCN-Coffee & Conversation<br>1:00-LIB-Party Bridge<br>5:00-MSP-Happy Hour   | 10:30-CGR-Apple Seeds Computer Group 8<br>2:00-WCN-Movie Matinee<br>5:00-MSP-Happy Hour<br><br><b>HazMat Refuse Day Behind Lancaster County Courthouse</b> |
| 4:00-WCR-Worship Service 9   | 9:00-FRL-Trip to Tangier Island* 10<br>10:00-BLR-Residents Health Care Committee Meeting<br>1:30-FRL-Shopping & Errands*<br>2:30-WCR-Manicures<br>2:30-AR2-Coffee with Stuart<br>4:00-CGR-Dart Sharks  | 10:00-AR2-Chat & Craft Club 11<br>10:00-BLR-Amateur Radio Club<br>10:30-COR-Bible Study<br>1:00-AR2-Art Class with Pam<br>1:00-CGR-Catch Phrase Game<br>1:00-RAP-Duplicate Bridge<br>2:00-ALC-Therapy Dog Visits                                   | 10:00-AR2-Activities Committee Meeting 12<br>1:00-AUD-Parkinson's Support Group<br>1:30-CGR-Bunco Group<br>7:00-CGR-Gentlemen's Poker Club        | 10:00-COR-Food Committee Meeting 13<br>10:00-CGR-Great Courses*<br>11:00-TGP-Disc Golf*<br>11:00-MSP-Resident Choir Practice<br>1:00-AR2-Acrylic Painting Class*<br>2:00-AUD-Solution Seminar*<br>1:00-LIB-Party Bridge<br>1:30-FCR2-Cornhole Game<br>4:00-CPL-Rosary<br>4:30-FRL-Ladies Night Out* | 9:00-FRL-Trip to Mariner's Museum* 14<br>10:30-WCN-Coffee & Conversation<br>1:00-LIB-Party Bridge  | 12:00-WCN-Movie Matinee 15<br>5:00-MSP-Happy Hour  |
| <b>FATHER'S DAY</b> 16<br>11:00-LVG-Father's Brunch til 2pm— <b>GRILLE CLOSED FOR DINNER</b><br>10:00-MSP-Society of Friends Meeting<br>4:00-WCR-Worship Service | 1:30-FRL-Walmart Shopping* 17<br>2:30-AR2-Coffee with Stuart<br>4:00-WCR-Tea Party<br>4:00-CGR-Dart Sharks<br>4:00-WCR-Westbury Services Monthly Birthday Party  | 10:00-AR2-Chat & Craft 18<br>10:30-COR-Bible Study<br>10:45-WCR-Travel Log<br>1:00-AR2-Art Class with Pam<br>1:00-CGR-Catch Phrase Game<br>2:00-ALC-Therapy Dog Visits   | 10:30-AR1-Crafts for a Cause 19<br>1:00-AR2-Caregiver's Memory Support Group<br>3:00-WCR-Bible Study with Greg<br>7:00-CGR-Gentlemen's Poker Club | 9:00-WCR-Men's Breakfast 20<br>10:00-CGR-Great Courses*<br>10:45-WCR-Java Time<br>1:00-LIB-Party Bridge<br>1:30-FCR2-Corn Hole Game<br>3:30-AR1-Beading Open Studio<br>3:45-AUD-Afternoon Conversation: Katherine Cassidy*<br>4:00-CPL-Rosary   | 10:30-WCN-Coffee & Conversation 21<br>1:00-LIB-Party Bridge<br>5:00-AUD-Special Occasion Party<br><b>NO HAPPY HOUR TONIGHT</b><br><br><b>RWC Longest Day Event at Kilmarnock Town Center 1:00 pm—6:00 pm</b> | 9:00-FRL Deltaville Farmers Market* 22<br>2:00-WCN-Movie Matinee<br>5:00-MSP-Happy Hour<br>7:00-AUD-Saturday Night Movie: Vice                             |
| 1:30-FRL-Lancaster Community Library Adult Spelling Bee* 23<br>4:00-WCR-Worship Service  | 10:30-RAP-RWC Book Group 24<br>1:30-FRL-Shopping & Errands*<br>2:30-AR2-Coffee with Stuart<br>4:00-WCR-Tea Party<br>4:00-CGR-Dart Sharks   | 10:00-AR2-Chat & Craft 25<br>10:30-COR-Bible Study<br>10:45-WCR-Travel Log<br>1:00-AR2-Art Class with Pam<br>1:00-CGR-Catch Phrase Game<br>1:00-RAP-Duplicate Bridge<br>2:00-ALC-Therapy Dog Visits<br><b>DEADLINE FOR GAZEBO GAZETTE ARTICLES</b> | 9:30-FRL-Tour of Sion House Farm* 26<br>10:30-FRL-Virginia Rep Theatre (subsc. holders)*<br>7:00-CGR-Gentlemen's Poker Club                       | 10:00-CGR-Great Courses* 27<br>10:45-WCR-Java Time<br>1:00-LIB-Party Bridge<br>1:00-AR2-Acrylic Painting Class*<br>1:30-FCR2-Corn Hole Game<br>4:00-CPL-Rosary  | 9:30-FRL-Trip to Pamunkey Indian Reservation and Museum* 28<br>10:30-WCN-Coffee & Conversation<br>1:00-LIB-Party Bridge<br>5:00-MSP-Happy Hour   | 2:00-WCN-Movie Matinee 29<br>5:00-MSP-Happy Hour   |
| 10:00-MSP-Society of Friends Meeting 30<br>4:00-WCR-Worship Service  |  |  |   |   |  |  |

## GREETING FROM THE PRESIDENT/CEO

As we make ready for summer, it is a great time to be a part of any activity taking place at RWC. We conclude our successful and interesting 2019 Viewpoints season with author, humorist and Richmond Times-Dispatch writer Tom Allen. Father's Day will be celebrated with brunch as we honor our fathers. On June 21, RWC will host "The Longest Day" at the Kilmarnock Town Center Park to raise community awareness about Alzheimer's and dementia. Later in the month we will hold our summer Appreciation Week to honor and thank all of our staff members for the gifts and talents they share at RWC each day. Also, we have many graduates to celebrate for all of their hard work and accomplishments.

Recently RWC hosted the Graduation Dinner for Lead Northern Neck which is a local leadership program that educates and develops a sense of community among leaders in the Northern Neck and Middle Peninsula region. Denise Cottrell, Associate Director of Culinary Services, participated in the program just concluding.

Last month at the Community Meeting, we provided an update on the Small House project. We are proceeding with the design development process for a new building that will contain a memory support living area for six residents and ten additional suites. This is an exciting project and investment in the future of health services and care at RWC. As we move through this project additional information will be provided.

There is much to be excited about and involved in at RWC this summer. I hope you have a wonderful time taking part in the active life of our vibrant community.



## 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 SPONSORS ALZHEIMER'S DISEASE AND DEMENTIA AWARENESS: THE LONGEST DAY EVENT:

**June is Alzheimer's and Brain Awareness Month!**

**JOIN US FOR OUR COMMUNITY'S LONGEST DAY EVENT, JUNE 21<sup>ST</sup> 1-6 P.M. AT THE KILMARNOCK TOWN CENTRE** and enjoy free food and family fun activities. All will learn more about Alzheimer's disease and Dementia-- which can touch every family in our community and the world.

Mary Arthur, Dementia Care Coordinator at RWC, is committed to educating our staff, RWC residents' families and the public about Alzheimer's Disease and Dementia. Her many community wide speaking engagements have greatly increased awareness. Along with her many efforts to educate our public and families, this summer she is heading up the Kilmarnock **Longest Day** event to provide an even wider net for community wide education. Community Awareness Makes All the Difference!

## THE RWC SOLUTION SEMINAR SERIES CONTINUES \*

**Thursday, June 13—2:00 pm—Auditorium**

Speaker, Mary Arthur, RWC's Dementia Care Coordinator, will present: **Alzheimer's, Dementia, and the Stages of Memory Loss.** To RSVP sign up at the front desk. Our Solution Seminar Series is sponsored by RWC for our residents and the greater community.

## LADIES NIGHT OUT\*

**Thursday, June 13<sup>th</sup> 4:30 pm—Front Lobby**

Each month we will hit one of the "hot spots" around town for fun and fellowship. **Join Regina Ward from Culinary Services and LuAnne Davis from Marketing for a Ladies Night Out at a new area restaurant, The Deltaville Tap & Raw Bar.** Meet in the lobby by 4:30 p.m. and we will return no later than 7:30 p.m. There will be two busses for this month's night out. Ladies only, except maybe the bus drivers. Sign up at the **Front Desk.** Max 20 Ladies - Dutch Treat!

## Culture Club: Music, Theatre and Speakers

### ROMEOs & OWLET s \*

**Friday, June 7—8:30 am—Lancaster Room**

We will enjoy a delicious breakfast and discuss the topics of the day.

**Please sign up at the Front Desk to attend.**

### WORLD MUSIC DRUMMING WITH TOM TEASLEY\*

**Tuesday, June 4—4:00 pm—Auditorium  
Reception to Follow**

Returning to RWC **Tom Teasley** is described in the Washington Post as "a multi-instrumental genius" and maintains a unique career as a solo percussionist, composer and collaborator. He is the 2016 **Drummie Award** winner for "World Percussionist of the Year by *Drum!* Magazine. Tom tours frequently throughout the world performing and is a six-time recipient of a Fulbright-Hayes grant for performances in the Middle East. One of many awards, Tom earned the Artist-of-the-Year award from Young Audiences of Virginia for his creative and educational presentations. His CDs will be available for sale at the performance. Please sign up at the Front Desk.

### GREAT COURSES\* "HOW MUSIC AND MATHEMATICS RELATE"

**Thursdays, June 6 – July 18—10:00 am  
Chesapeake Game Room**

12 Lectures in a Six (6) weeks course.

In 12 dazzling lectures, **How Music and Mathematics Relate** gives you a new perspective on two of the greatest achievements of human culture: music and mathematics. At 45 minutes each, these lectures are packed with information and musical examples from Bach, Mozart, and Tchaikovsky to haunting melodies from China, India, and Indonesia. There are lively and surprising insights for everyone, from music lovers to anyone who has ever been intrigued by mathematics. No expertise in either music or higher-level mathematics is required to appreciate this astonishing alliance between art and science.

It is a rare person who has the background to teach both of these subjects. But **How Music and Mathematics Relate** presents just such an educator: David Kung, Professor of Mathematics at St. Mary's College of Maryland, one of the nation's most prestigious public liberal arts colleges. An award-winning

teacher, mathematician, and musician, Professor Kung has studied the violin since age four, and he followed the rigorous track toward a concert career until he had to choose which love—music or mathematics—would become his profession and which his avocation. At St. Mary's College, he combines both, using his violin as a lecture tool to teach a popular course on the mathematical foundations of music.

Class size is limited to 20; please sign up at the Front Desk. For questions call Maria, 4011.

### AFTERNOON CONVERSATION: KATHERINE CASSIDY\*

**Thursday, June 20—  
3:45 pm—Auditorium**



Here after two weeks with refugees in Uganda, Katherine (Lois Williams' daughter) will share stories with an RW-C audience for the fourth time! Katherine will be returning to Kambia in Sierra Leone where she is running an NGO

supporting adolescent girls. Come to hear Katherine answer the big question – and stay for the wine reception! Please sign up at the Front Desk.

### LANCASTER COMMUNITY LIBRARY SPELLING BEE CONTEST\*

**"FOR THE SPELL OF IT"**

**Sunday, June 23—1:30 pm—Front Lobby**

Sign up to be an audience member at the LCL Adult Spelling Bee at the Church of the Nazarene. Cheer on your favorite team. A suggested donation of \$10 for admittance. **Please sign up at the Front Desk to attend.**

**Are you a great speller and want to participate? We are looking for residents interested in forming a 4 person team to represent RWC.**

Please contact Amy Lewis (ext. 4024) by June 5 if you are interested!!

## 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:** Upcoming meetings: June 2, 16 and 30. July 21.
- Please note that this is a change from the regular meeting schedule.** All meetings are from 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 June: Rev. Bryan McClain of the White Stone United Methodist Church.

**Wednesday, June 19 at 3 PM in the Westbury Clubroom.** Leader: Chaplain Houck. All residents are welcome to join together for a 30 minute lesson.

### UPCOMING OPPORTUNITY

Group Labyrinth Walk. Wednesday, June 5, 11:00AM. Meeting at the Labyrinth. A guided walk led by Chaplain Houck. **All are welcome!!**

### FROM THE CHAPLAIN

**Did You Know??** We have a labyrinth here at RWC, and this by no means is meant to be a secret! Our labyrinth is admittedly a bit “out of sight.” Surrounded by a tall hedge, it is situated behind the apartments. But the point here is that it’s meant to be available to all. A labyrinth is not a puzzle to be solved or a maze to be conquered. Instead, it’s an ancient contemplative tool, “used for centuries for prayer, ritual, initiation, and personal and spiritual growth.” (“Exploring the Labyrinth: a Guide for Healing and Spiritual Growth.” Melissa Gayle West, Broadway Books, 2000.) This means that walking can become a form of spiritual exercise, and its personalized purposes can include presence, prayer, discernment and/or metaphor. It’s been said the best way to learn something is by doing. So toward that end I will be leading a group labyrinth walk on Wednesday, June 5, 11:00AM. All are most welcome. If you’ve never walked the labyrinth before I encourage you to try it: you never know, you might like it! Hope to see you there.

Chaplain Greg Houck

## Creative Fun: Arts, Crafts and Games

### RWC FEATURED JUNE ARTISTS: ‘IT’S A FAMILY AFFAIR’

#### Coordinator of Resident Program

#### Development and relatives display their work

Amy Lewis, RWC Coordinator of Resident Program Development, is no stranger to having her artwork displayed as the featured artist where she works. But when she saw the June art exhibition looming and had few pieces of art ready to show, she called in reinforcements.

Lewis’ daughter-in-law, Shilina Lewis and her cousin (by marriage) Ryan Lewis, will join her as the featured artists for June at RWC.

“I went to visit the grandkids and saw acrylic paintings that Shilina had worked on while the children were resting,” Amy said. “I thought they were really good. And she just finished making a house out of cardboard. It’s the most amazing thing! Her artwork is inspired by the horror movie director Tim Burton. It’s macabre and cool weird.”

Amy will display some techniques she’s shared and taught at RWC before – acrylic and watercolor paintings and alcohol ink on Yupo, a plastic coated paper. “I’ll also have some three-dimensional artwork,” Amy said. “In addition to my [Mexican holiday-inspired] ‘Day of the Dead’ painted skulls, I’ll have a ukulele I painted.”

Amy also recently discovered that her cousin was gifted as well.

“I wasn’t aware that Ryan was an artist, but his sister Ashleigh is a nurse at RWC, and she said, ‘Look at this, you won’t believe it.’ She showed me an animal he was working on and it was so real looking.”

### BEADING OPEN STUDIO\*

**Thursday, June 6 & 20—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.**

### SATURDAY NIGHT MOVIE

**June 22—7:00 pm—Auditorium**

**Featuring: Vice**

Focusing on his powerful two-term tenure as second in command to U.S. President George W. Bush, this biographical drama chronicles the long and con-

troversial political career of Dick Cheney. (2018) 2 hrs, 12 min. Rated R.

### ART CLASSES FOR JUNE\*

**Class Limit: 8 (Each class)**

During the month of June Pam Bowers, watercolor teacher will be covering Amy’s acrylic classes.

#### Making Monoprints with Acrylics

**Thursday, June 13 & 27**

No talent needed! Monoprinting is a form of printmaking that has lines or images that can only be made once, unlike most printmaking, which allows for multiple originals. There are many techniques of mono-printing.

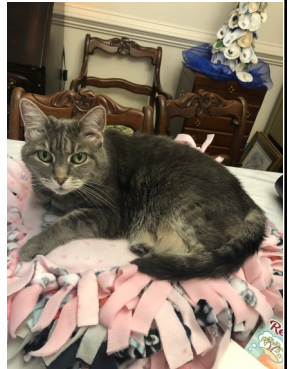
**EVERY TUESDAY—1:00 pm—Watercolor Class with Pam (sign up is not required for this class).**

**All classes are in Art Room 2**

**Please sign up at the Front Desk**

### CRAFTS FOR A CAUSE

After our last meeting, I took a few soft spots home with me to deliver to the Animal Welfare League. I took them in the house and placed them on the table until I was going uptown. A few minutes later I looked up and there was my cat “Tinkerbelle” perched on top of the soft spots. Just so you know she liked them!



We will be working on the soft spots June 19, 2019. Please come and join us at 10:30.

Thanks, Marilyn Grinnen

### FUN GAMES TO PLAY!!! CORN HOLE

**EVERY THURSDAY—1:30 pm—Fitness Classroom 1**

### BOGGLE WORD GAME

**Wednesday, June 5—1:30 pm—Art Room 1**

### CATCH PHRASE

**EVERY TUESDAY—1:00 pm—Chesapeake Game Room**

## Neighborhood Knowing: Care, Committees & Commentary

### WELCOME NEW NEIGHBORS

**Mrs. Patricia Bozarth, Cottage 406.** Originally from New Jersey, Patricia and her late husband Ash, retired to the Northern Neck to enjoy boating. One of Patricia's passions is genealogy; she also enjoys Sudoku, gardening and cooking. Patricia is looking forward to joining the fitness classes, art classes and meeting everyone.

**Dr. Solon "Ed" Davis, Cottage 407.** A native of Nashville, TN and Weems neighbor, Ed is a retired Perinatologist who worked in high-risk pregnancies. Ed is a graduate of Vanderbilt and Harvard and spent his professional career in a large hospital in New Jersey where he helped deliver over 6,000 babies. He retired in 2007. Ed loves to sing, enjoys reading, listening to music and cooking (Thai food). Making the move with Ed will be his cat Panther.

**Mrs. Elizabeth Perkins, Cottage 515.** A native Richmonder, Elizabeth graduated from St. Catherine's School and received her undergraduate degree from Randolph Macon Women's College. She returned to St. Catherine's to serve as the Director of Admissions for 15 years. She is an active member of Christ Church Episcopal (Saluda), plays Mah Jong, party Bridge and Canasta. Elizabeth loves reading history, keeping up with friends, and lunch outings. Her cat "Monkey" will be moving to RWC with Elizabeth.

**Col. James "Ed" and Mrs. Meredith Townes, Free-Standing Home 816.** Newlyweds, Ed and Meredith both have strong ties to the area. Both native Richmonders, they have known each other all their lives. Ed graduated from VPI (now VA Tech), retired as a Colonel after 36 years of service in the U.S. Army and has lived around the world. Meredith is a graduate of the University of Mary Washington, taught for 2 years and dedicated her life to raising her family. She has been active in her church, Grace Church (Kilmarnock), plays golf twice a week, enjoys duplicate bridge, and reading. She is passionate about the area and plans to continue her life here at RWC.

### REHAB RECEIVES CERTIFICATION

Our rehab department has received its official AAAASF/Medicare certification as a licensed and accredited Outpatient Rehabilitation Center. With this added layer of licensure, RWC can provide for your physician-ordered therapy needs including speech, physical or occupational therapy in our rehab department or in your RWC home. If you need additional information, please call Jennifer Hinton, OTR/L, RWC's Rehab Administrator at extension #4341.

### DID YOU KNOW?

RWC offers parking in many different areas for various purposes. And as we are all aware, parking can be a challenge – particularly in the cottages; your assigned spot may not be located where you would prefer. Please remember, and be mindful, that even if a cottage is empty, the parking space may not be available.

### FROM THE RESIDENT CLINIC

As you know we have been looking for a Massage Therapist to come to RWC since Charlotte Baldwin left. We are please to announce that Stephanie Reed will be joining us, beginning in August. Stephanie is licensed and insured, and has completed courses in compassionate touch. She has found she enjoys that part of her work. Stephanie will start one day a week to begin. Her rate will be \$75.00 for one hour and \$45.00 for ½ hour. As we get closer to August we will give you more details and how to make appointments. I have met with Stephanie and have found her to be very personable and compassionate about her work. I have had many residents that have expressed interest in starting up this wonderful service once again, it has been sorely missed (no pun intended). Look for updates within the next month or so. Lillian

### 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

## Hooked on Books: Explore, Discover and Learn

### THE RWC LIBRARY

*Pachinko* by Min Jin Lee is the RWC Book Group's June selection. We'll meet Monday, June 24, at 10:30 a.m. in the Rappahannock Room. A story of four generations of a Korean family in Japan, with each generation's highs and lows – plus an introduction to pachinko parlors. Maxine Luxton will lead the discussion.

Three hugely interesting Non-Fiction books:

**Jamestown: The Buried Truth** by William M. Kelso (2006) describes the archaeological dig at Jamestown (the Jamestown Rediscovery Project) that focused on finding the James Fort, narrated along with information available from the few writings and fewer maps of the era.

**Into the Raging Sea: 33 Mariners, One Megastorm and the Sinking of *El Faro*** by Rachel Slade – A riveting recounting of the sinking of a container ship on its way to Puerto Rico, caused by "a big hurricane, old weather reports, engine failure and flooding," with the book's dialogue recovered from the ship's black box.

**Beneath a Scarlet Sky** by Mark Sullivan (2017) – Actually, a historical novel about the last days of World War II in Milan, Italy, based on the true story of the 18-year-old driver for Italy's ranking Nazi General actually a spy for the Italian Resistance.

We've heard **high praise** for two new books:

A Fiction, *Henry, Himself*, by Stewart O'Nan (2019).

A History, *Heirs of the Founders: The Epic Rivalry of Henry Clay, John Calhoun and Daniel Webster: The Second Generation of American Giants* by H. W. Brands (2018).

**Viewpoints** speaker Bob Lohmann has gifted three new books to the RWC Library – his own *Dr. Copter*, and two by Bob Brown and Bill Lohmann – *People Places and Pie Around Virginia*, and *More People, Places and Pie Around Virginia!*

### IT TAKES A VILLAGE TO RUN A LIBRARY!

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|--|---|
| <p><b>Madame Library</b><br/>Lois Williams</p>   | <p><b>Computer Team</b><br/>Kent McCraney<br/>Kerley LeBoeuf<br/>Michelle Blank</p>       |
| <p><b>Library Associates</b><br/>Pat Kirby<br/>Michelle Blank</p>  | <p><b>New Book Preparation</b><br/>Katherine Lantz<br/>Mary Kay Davies<br/>Nina Walls</p> |
| <p><b>Shelvers</b><br/>Sunday – Tish King<br/>Monday – Tanya Bohlke<br/>Tuesday – Kerley LeBoeuf<br/>Wednesday – Mary Alice Eubanks<br/>Thursday – Page Henley<br/>Friday – Susan McKenna<br/>Saturday – Mary Ann Campbell</p> | <p><b>Public Spaces Books</b><br/>Mary Ann Campbell</p>                                   |
| <p><b>Book Mobile</b><br/>Sally LeBoeuf<br/>Ann Wiggins</p>  | <p><b>Shelf Reader</b><br/>Nina Walls</p>   |
|  | <p><b>Paperbacks for Troops</b><br/>Ann Wiggins</p>                                       |

## Fit Bits: Manufacturing Muscle

### MEMORY SUPPORT GROUPS

Monday, June 3—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), persons with **Early/Mid Stage** Dementia (Amy Lewis, facilitator) and persons with **Mid/Late Stage** Dementia (Sara Bishop, facilitator).

### PARKINSON'S SUPPORT GROUP

On Wednesday, June 12, 2019, the Parkinson's Support Group will be meeting at 1:00pm in the auditorium. The group will hear Lisa Thomas and Michelle Lybarger speak about the LSVT LOUD and Big program.

### ORIENTATION FOR NEW PARTICIPANTS OF THE WELLNESS PROGRAM

The Orientation process starts with following these steps:

- Take a tour of the facility if you have not already done so.
- Go through a health history appraisal.
- Sign a waiver.
- Have a doctor fill out an RWC medical clearance form.
- Complete a fitness assessment.

For more information or an appointment, call Jonathan at 438-4290 or William/Alex at 438-4852

### DISC GOLF\*

On Thursday, June 13, 2019, at 11:00 am we will be playing disc golf. Disc golf is played just like golf but with a disc. Come on out and have some fun. We will meet at Thomas Patio. Please sign up at the front desk. If you have any questions, please contact Jonathan at 438-4290

### RWC DEMENTIA COORDINATOR MARY ARTHUR ADDS CREDENTIAL TO LONG LIST

Certified Dementia Consultant is latest accomplishment

RWC Dementia Coordinator Mary Arthur has just added another credential to her long list of accomplishments.

After nearly three months of classroom instruction and testing, Arthur has received the Certified Dementia Consultant credential – one of the highest certifications through renowned dementia care expert's Teepa Snow's Positive Approach to Care (PAC).

"The role of a dementia consultant is to gain awareness and share knowledge and skills that may be needed to care for a loved one with dementia," Arthur said.

Arthur started at RWC in 2006 as a certified nursing assistant, later working at RWC's Health Center desk, handling doctor's orders and treatment orders, as well as scheduling appointments and transportation for residents.

All the while, Arthur pursued certifications and training to build upon her intense interest and empathy for caregivers and those with dementia. She became RWC's Dementia Care Coordinator in 2016 and continues extensive and ongoing training with Teepa Snow – achieving Expertise Level Trainer status from Snow's corporation.

In addition to Certified Dementia Consultant, Arthur already holds these certifications and accomplishments:

- Certified Nursing Assistant (CAN)
  - Certified Positive Approach to Care Trainer (CPACT)
  - Certified Dementia Practitioner (CDP) through the National Council of Certified Dementia Practitioners
  - Therapeutic Options Trainer
  - Dementia Friend Champion Trainer
  - Member of first-ever Virginia Dementia Cabinet
  - Grant writer for dementia-related funding
- Arthur also provides dementia training to RWC staff members, interested residents and the local community.

## Flick Picks: Video Lectures, Documentaries and Movies

### TRIPS OFFERING FOR JUNE!!!

#### PICNIC AT THE POINT\*

Wednesday, June 5—11:30 pm—Front Lobby

Windmill Point is a quaint marina located where the Rappahannock River meets the Chesapeake Bay. Enjoy a picnic lunch as you gaze out into the bay. Take a stroll on the beach and dip your toes in the water. Please dress cool and casual. There is always a breeze at Windmill Point. **Please sign up at the Front Desk to attend.**

#### TANGIER ISLAND\*

Monday, June 10— 9:00 am—Front Lobby

\$28 pp, lunch on own

Visit the remote Tangier Island in the middle of the Chesapeake Bay for a day of family fun! The island is in Virginia waters and is part of Accomack County. Your cruise leaves from Historic Reedville, VA, the center of the largest fishing industry in the United States. Our ship, the Chesapeake Breeze, is comfortable, and the views from the upper deck can't be beaten.

Walk around this quaint island or take a tour on a mini-bus. Either way, you are sure to remember your trip to Tangier Island for a long time to come.

#### Itinerary

- Depart Reedville at 10 a.m.
- Arrive Tangier at 11:30 a.m.
- Depart Tangier at 2:15 p.m.

Arrive Reedville at 4:15 p.m.

#### Local Restaurants

Whether you're craving crab cakes or a soft-shelled crab sandwich, Tangier Island has some of the freshest seafood from the Chesapeake Bay.

Hilda Crockett's Chesapeake House

Fisherman's Corner

Four Brother's Crab House

**Please sign up at the Front Desk to attend.**

#### MARINER'S MUSEUM\*

Friday, June 14—9:00 am—Front Lobby

\$10 per person – includes admission and bus fee [Your account will be charged on Wednesday, 6/12. Cost is non-refundable.]

Join us for a fun field trip to the Mariner's Mu-

seum in Newport News. The mission of The Mariners' Museum and Park is to connect people to the world's waters, because that is how we are connected to one another. A steward of one of the world's most extensive maritime collections.

We will tour the open exhibits, eat lunch at the onsite Mariner's Park Café, and if you'd like a souvenir or gift, their gift shop is world class. **Please sign up at the Front Desk.**

#### SUMMER FARMERS MARKET (DELTAVILLE)\*

Saturday, June 22—9:00 am—Front Lobby

We will be exploring local farmers markets during the summer. This month's featured market is the Deltaville Farmers Market which touts over 30 vendors with fresh grown produce, local goat cheeses, hand-made soaps and farm fresh eggs, fine crafts and unique art, jewelry, hand painted glass, quilts, oyster floats, beads, breads and baked sweets! What makes them the most unique is a pier walk promenade with free creek cruises starting at 10am! Bilz Bistro is also open onsite to provide coffee, snacks and lunches. **Please sign up at the Front Desk.**

#### TOUR OF SION HOUSE FARM\*

Wednesday, June 26—9:30 am—Front Lobby

Sion House Farm is a 9,300 square foot hydroponic greenhouse in Virginia's Northern Neck that is owned and operated by Justin and Jamie McKenny. **Sign up at the Front Desk to take a tour.** Dress cool, casual and wear sturdy shoes

#### PAMUNKEY INDIAN RESERVATION AND MUSEUM\*

Friday, June 28—9:30 am—Front Lobby

Located on the Pamunkey Indian Reservation, the museum gives a comprehensive learning experience in "A living memory of Powhatan's People." Tools, pottery, clothing and more, representing the Ice Age to present, are among the artifacts on exhibit. The Pamunkey women continue to make pottery in the centuries-old manner which can be purchased at the museum. The fee is \$3.00 (**CASH ONLY**). **The gift shop only accepts cash or checks. Please sign up at the Front Desk to attend.**