

# RWC Messenger

A Rappahannock Westminister-Canterbury Newsletter

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2019 New Residents

Solution Seminars

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# Outpatient Rehab Center Opens at RWC

Rappahannock Westminister-Canterbury has provided quality rehabilitation services to residents in the health center and assisted living center for many years. In February 2018, the rehabilitation center expanded to a new location enabling the expansion of its services to include residents residing within the independent living community. During that time, the rehabilitation team also began the intensive process of becoming a Medicare certified rehabilitation agency. A certified rehabilitation agency provides an integrated, multidisciplinary program designed to maximize an individual's function and abilities through the use of a specialized rehabilitation team of physical therapy, occupational therapy, and speech language pathology personnel. The certification process which concluded in May of 2019 also enables the rehabilitation team to provide services to individuals residing in the greater community, expanding our services to members of our Parkinson's group, Rappahannock Club members, and At-Home and Living Well clients.

Rehabilitation Services with RWC offers a full range of therapy services dedicated to helping individuals regain the strength and function they need to resume and improve the routines and activities of daily life. Jennifer Hinton, Occupational Therapist and Rehab Administrator, has been employed by RWC for nearly 14 years, providing treatment in the areas of self-care to maximize a resident's independence and safety. She explains, "We have always been committed to providing the highest-quality care to our residents. This expansion and certification has further enhanced our ability to coordinate the assessment and knowledge of our entire team which only benefits the residents in a more comprehensive, integrated treatment approach."

Michelle Lybarger, Physical Therapist, joined the RWC team in June of 2016. She brings 23 years of physical therapy experience treating individuals in the hospital as well as the outpatient setting with a variety of diagnosis including joint replacements and joint pain, fall prevention and balance management, stroke recovery, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), and low-back pain. Michelle is certified in LSVT BIG, an intensive, evidence

based program developed for the treatment of Parkinson's disease to "recalibrate" movement and improve functions such as walking and self-care tasks.

Lisa Thomas, Speech Language Pathologist, has been an employee of RWC for 13 years. Lisa specializes in the treatment of speech and language disorders, swallowing difficulty, and memory/cognitive problems. She is certified in the LSVT LOUD program which addresses the speech and voice loudness concerns associated with Parkinson's disease. Lisa is also certified in ESP (Effective Swallowing Protocol) for individuals with difficulty swallowing.

Rehabilitation Services with RWC further expanded its services in July 2019 to include LSVT BIG for LIFE and LOUD for LIFE, a weekly community based maintenance class designed for individuals who have graduated from the LSVT BIG or LSVT LOUD programs to come together and continue to practice the exercises under the guidance of an instructor. This program is available to anyone from the community who has graduated from one of the programs.

*For more information about the programs provided, please contact Jennifer Hinton, Rehabilitation Administrator, at 804-438-4341.*



*Above: Jennifer Hinton assists a patient*



# The Living Well Program

Living Well with RWC allows non-RWC residents to come enjoy the benefits of our wellness programs. The wellness program supports and provides senior members of the community with many different options to live a healthy lifestyle. We promote a fun environment, while helping individuals reach their healthy living goals. If you love to workout with others and socialize, we have many opportunities for you. If you are a person who wants individualized attention, we can provide you with workout programs that you can follow with some instruction. For more of a one-on-one, full attention session, we have fee-based personal training.

## Our Wellness Program Offers

Professional exercise supervision and customized programming will help you set and reach specific functional fitness goals, including transitioning from physical therapy, injury or illness.

- Free initial assessments
- Customized exercise program
- State-of-the art equipment
- Group fitness classes

- Indoor heated swimming pool
- Wellness and nutrition seminars
- Instruction from certified fitness professionals
- Fit to Move class for those with Parkinson's disease
- Parkinson's Support Group

If you would like to take a tour or get pricing information, please do not hesitate to call the Wellness Coordinator at (804) 438-4290. We look forward to seeing you in our program soon!



## If you are ready: how to talk with your family about your decision to move to RWC

*Moving into a residential retirement community is a big decision. After you have done the research and have made this decision, it is important to remember that getting the support of your family helps make the transition easier.*

### Talk with your family

Let your children and family members know about your research into life at RWC. They may not know that this is something you have been considering for a while, so expect them to need some time to process your decision.

### Share Your Reasons

Discuss the reasoning behind your move. Increased healthcare needs and the peace of mind that would come with a trained staff available 24/7 may be part of your decision.

Maybe you are tired of maintaining your home. You could be looking for new friends and companionship.

### Discuss the Benefits

Tell your family about the great benefits of life at RWC. We offer an independence and maintenance-free lifestyle in a tranquil, rural setting. The Life Enrichment Center, Outpatient Rehab Center, interesting activities and excursions, delicious dining options, and so much more are all compelling reasons to make the move.

### Take a Tour

Arrange a tour of RWC. Let your family meet our staff members and residents to learn first-hand how satisfied current residents are and how supportive staff are in all departments. When your family sees the RWC lifestyle it will go a long way towards gaining their support of your future life at RWC!

# Small House Project



*“Giving back is a value our founder, T. H. Birdsong, not only lived but also instilled in his family. That commitment to make the world a better place continues today as we partner with our customers and communities to make a difference.”*

With a generous exploratory grant from the Birdsong Charitable Foundation, RWC began a feasibility study in 2018 of a Small House care model to augment the Health Services portfolio at RWC. A Small House will provide RWC residents with a care setting that closely approximates a home setting naturally preferred by most needing care and assistance. The Small House model offers private and/or couple’s suites and bathrooms oriented around a living area which includes residential amenities, family-style dining, entertainment options, socialization and activities. Coupled with great clinical care for small groups of residents, this care model is highly preferable to traditional or institutional care environments. Specially trained caregivers provide care



and supportive services to residents almost as family members. Appropriately sized home-like care environments may be suitable for those who need care normally provided in assisted living facilities, memory support facilities and/or with special accommodations, nursing homes.

Through the study RWC identified the site location for a 16-suite Small House adjacent to the present Assisted Living building. The preliminary development cost projection for the Small House that would serve 16 residents is approximately \$4.8 million, excluding operating costs. A Small House at RWC will bring this innovative environment and approach to supportive living and care to residents of RWC and the Northern Neck like no other local care organization currently provides. The potential for improved resident quality of life far exceeds what is possible in traditional or institutional care settings because great care is provided in a home-like, supportive environment. Caregivers may also benefit from the home-like environment in which to care for residents.

Mrs. Jane Birdsong, a member of the Rappahannock Westminster-Canterbury Foundation, encouraged the Foundation, on behalf of RWC, to appeal to the Birdsong Charitable Foundation for a grant toward the development of the Small House at RWC. Recognizing the profound impact that the Small House concept provides for residents and caregivers, the Birdsong Charitable Foundation made a very generous five-year, \$1 million pledge to enable this project. With the 2019 Birdsong Grant and previous donations exceeding \$500,000, the Small House is well on the way to becoming a reality at Rappahannock Westminster-Canterbury.

# A Warm Welcome



## Denise Kenner

The Marketing team welcomes Denise Kenner. Denise has been with RWC for seventeen years, and for the past 8 years served as a Senior Receptionist. She has accepted a new role as the Development and Marketing Assistant. In her new role Denise will provide administrative support, and will work closely with the RWC Foundation and marketing team. We are very excited to have her join our team!



## Chef TV Flynn

Recently, Executive Chef TV Flynn joined our Culinary Services Team. Chef TV was the Executive Chef at The Tides Inn for about 20 years. He brings an extensive culinary background with local, regional, and international accents from 30 years of experience in resorts and hotels. Chef TV is a seafood enthusiast, and residents enjoy his offerings in that entrée line and across the culinary venues at RWC.



## Christine Collins, DNP, Nurse Practitioner

Christine Collins, DNP, Nurse Practitioner, now practices with RWC on an expanded basis. Dr. Collins attends residents across RWC in our care settings and resident clinic. Dr. Collins holds a Doctorate in nursing practice from the University of Massachusetts and a Master's degree in nursing science from the University of Pennsylvania. She is an engaging and thorough practitioner dedicated to her residents' health and wellness and quality of life.



## James Bryant, MD.

James Bryant, MD, recently joined our clinical team as our medical director and attending physician. Dr. Bryant brings significant experience as a hospitalist and board-certified internist to the residents of RWC. Dr. Bryant previously practiced at BonSecours Rappahannock General. He is a graduate of Bowman-Gray School of Medicine in Winston-Salem, North Carolina and holds a degree in pharmacy from UNC-Chapel Hill. These two primary care providers join our excellent clinical team providing exceptional care to RWC residents.

# The Rappahannock Club

## What it is...and isn't

The Rappahannock Club at Rappahannock Westminster-Canterbury offers prospective residents the unique opportunity to secure a priority position for the residence style you desire in the timeframe you prefer. In addition, the Rappahannock Club enables you to enjoy some of our amenities and begin to experience some of the RWC lifestyle.

Our residents will tell you to “*come to RWC while you can enjoy all it has to offer*” and the Rappahannock Club encourages you through that decision process. By expressing your preference of residence and entry year, RWC will be anticipating your arrival. You then have time to begin preparing for our call that your new home is ready. You can take advantage of our Solution Seminars to begin preparing to right-size your possessions and to eventually sell or rent your home. And you can begin to anticipate your new chapter in life.

Participation in the Rappahannock Club, however, is not a guarantee of approval for residency, nor does it give members priority access to Assisted Living or the Health Center. Lauren Ambrose, Community Outreach Specialist, strongly

encourages you to follow residents' advice and “*come while you can enjoy RWC life.*” New RWC residents must qualify for residency in terms of health and finances. Ambrose cautions against waiting to join RWC until you have a health situation and need advanced care. Current residents enjoy the security of access to care when they need it. If you wait until you need advanced care, in some situations RWC does decline residency, and rarely has availability in advanced care settings for nonresidents.

To become a member or for more information about the Rappahannock Club, call Lauren Ambrose at 804-438-4010.

We want to remind our Rappahannock Club members of some incentives ending March 31, 2020.

- *2019 pricing on entrance fees through March 31, 2020 – reserve now and move to RWC anytime during 2020 for significant savings.*
- *Reserve now and receive a lock in on monthly fees through March 31, 2021.*

## 2019 New Residents

*Mrs. Patricia Bozarth*

*Mr. Michael Buckley-Sharp and Mrs. Ersel Buckley-Sharp*

*Mr. Alvin Carstensen and Mrs. Marie Carstensen*  
*Dr. Solon Edward Davis III*

*Mr. Ronald Feldman*

*Mr. Donald Gilmore and Mrs. Jean Gilmore*

*Mr. Larry Hammond and Mrs. Joan Parham*

*Mrs. Claudia Holmes and Mr. Thomas Wilhelmsen*

*Mr. Frank Lewis and Mrs. Rita Lewis*

*Mr. Richard Lillquist and Mrs. Pamela Lillquist*

*Mr. Lee McCandless and Mrs. Giedre McCandless*

*Dr. Howard Montgomery and Mrs. Elizabeth Montgomery*

*Drs. Hanspeter Muller and Renate Muller*

*Mrs. Elizabeth Perkins*

*Mrs. Susan Read*

*Ms. Julia Ruddy*

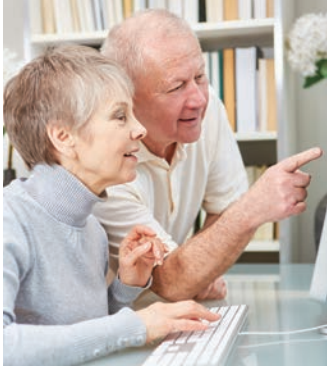
*Col. James Townes Jr. and Mrs. Meredith Townes*

*Mr. Robert Vaughn*

*Mr. Richard Wilson and Mrs. Martha Wilson*



Rappahannock  
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## RWC Solution Seminar Series

*Contact Lauren Ambrose at 804-438-4010 if you would like to be added to the mailing list to receive regular invites to RWC seminars. Topics include realtor panel, downsizing, brain health, Alzheimer's dementia, preserving wealth, taxes in retirement, seniors & technology and much more!*