



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480



Gazebo Gazette

EMPLOYEE OF THE YEAR AND MONTH ANNOUNCED

WANT TO CHANGE YOUR MEAL PLAN?

In order to change your meal plan please ask for a *Meal Plan Change Agreement* at the Front Desk, fill it out, sign and return it to the Front Desk by the 25th of the preceding month. We cannot change your plan without your signature. Thank you!

Marilyn Grinnen
RWC Business Office
804-438-4846

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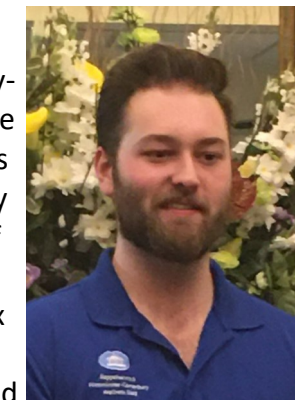
As a [RWC You Tube](#) channel subscriber, you will receive notifications as to when new RWC videos are added. It only takes a minute to sign up! You can watch the inspiring RWC videos and see why our residents love living

Thomas Conner began working with RWC's maintenance department in May of 2010. Since then, he has been recognized as Employee of the Month twice. His personnel file has more than two dozen "Star Recognition" cards from residents and staff! Some of the compliments used to describe Tom are exceptional workmanship, conscientious, friendly, wealth of knowledge, exceeds expectations, is a pleasure to work with, and extra caring. It came as no surprise that Tom was chosen by his co-workers to be the RWC 2019 Employee of



the Year!

RWC employees recognize Alex Brent as their January Employee of the Month. Alex is known for his caring and encouraging approach in assisting residents get fit, build strength, and improve walking and balance. One resident reports that he once dreaded the whole idea of getting fit but now looks forward to visiting the fitness center and Alex is the reason



why. Alex has a passion for inspiring wellness and it shows every day in the Wellness Center at RWC!

EARTH HOUR Monday, March 30 8:30am—9:30pm

Earth Hour is a worldwide movement organized by the World Wide Fund for Nature (WWF). The event is held annually encouraging individuals, communities, and businesses to turn off non-essential electric lights, for one hour, from 8:30 to 9:30 p.m. on a specific day towards the end of March, as a symbol of commitment to the planet. It was started as a lights-off event in Sydney, Australia, in 2007. Since then, it has grown to engage more than 7,000 cities and towns across 187 countries and territories to raise awareness for energy consumption and effects on the environment.

ARTIST RECEPTION: TERRY WILLIS Saturday, March 21—2:00pm— Atrium

Please come and support this blossoming new photographer in her first exhibit ever as she tells her journey through her photographs.



The deadline to submit articles for the April 2020 issue is
Tuesday, March 24, 2020 by noon.
Contact us: 804-438-4000



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	10:00-MSP-Society of Friends Meeting 1:00-CGR-Campbell Memorial Presbyterian Service 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service	10:00-COR-Parkinson's Caregiver Support Group 11:00-AUD-Viewpoints* 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Tea Party 4:30-AUD-Memory Support Group	10:00-AR2-Chat & Craft 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:00-AUD-Residents Association Board Meeting 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-CPL-Rosary	8:30-LAN-ROMEOS & OWLETS* 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour
	1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service	11:00-AR2-Beginners Creative Writing Course* 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-WCR-Westbury Services Monthly Birthday Party 4:00-CGR-Dart Sharks	10:00 -BLR-Ham Radio Club Meting 10:00-AR2-Chat & Craft 10:00-COR-Bible Study 11:00-AR1-Shashiko Class, Part 1* 1:00-RAP-Duplicate Bridge 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game	10:00-AR2-Activities Committee Meeting 11:00-FRL-Lunch Bunch to the Office Café* 1:00-AUD-Parkinson's Support Group 1:30 CGR Bunco Group 7:00-CGR-Gentlemen's Poker Club	10:00-COR-Food Committee Meeting 10:00-CGR-Great Courses* 11:00-AR2-Art with Amy* 11:00-MSP-Resident Choir Practice 1:00-LIB-Party Bridge 1:00-CGR-Genealogy Group 1:30-FCR2-Corn Hole Game 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10:30-CGR-Apple Seeds Computer Group 2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour 7:00-FRL-On Stage*
	10:00-MSP-Society of Friends Meeting 11:00-LVG-Sunday Brunch (GRILLE CLOSED FOR DINNER) 2:30-FRL-Lancaster Players: Opal's Million Dollar Duck* 4:00-WCR-Worship Service	10:00-BLR-Grounds & Landscaping Committee Meeting 1:30-FRL-Walmart Shopping* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Craft 10:00-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:00-FRL-Peninsula Fine Arts Center* 10:30-AR2-Crafts for a Cause 1:00-AR1-Caregiver's Memory Support Group 1:30-CGR-Mah Jong* 3:00-WCR-Bible Study with Greg 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 2:00-WCDR-ALC Resident Council 4:00-CPL-Rosary 4:30-CGR-Grace Episcopal Eucharist Service	10:30-WCN-Coffee & Conversation 11:00-AR2-Art with Amy: Step by Step Painting* 1:00-LIB-Party Bridge 2:30-WCR-Afternoon Bingo 5:00-AUD-Special Occasion Party NO HAPPY HOUR TONIGHT	2:00-WCN-Movie Matinee 2:00-ATR-Artist Reception: Terry Willis 5:00-MSP-Happy Hour
	4:00-WCR-Worship Service	RESERVATIONS OPEN FOR VIEWPOINTS 10:30-RAP-RWC Book Group 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Craft 10:30-COR-Bible Study 11:00-AR2-Shashiko Class, Part 2* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits DEADLINE FOR GAZEBO GAZETTE ARTICLES	10:00-FRL-Science Museum: Giant Insects* 7:00-CGR-Gentlemen's Poker Club DEADLINE TO CHANGE MONTHLY MEAL PLANS	10:00-CGR-Great Courses* 10:30-MSP-Macular Degeneration/Low Vision Support Group 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour 6:30-FRL-Northern Neck Orchestra Concert*	2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: Judy
	4:00-WCR-Worship Service	1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks PARTICIPATE IN "EARTH HOUR" BY SWITCHING OFF YOUR LIGHTS FROM 8:30pm TO 9:30pm.	10:00-AR2-Chat & Craft 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Detach the cover of <i>The Gazebo Gazette</i> and place it on your fridge or desk to view the activity schedule for the entire month. Activities are subject to change. Please watch RWC -TV, Channel 85 daily for the latest updates. 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. An asterisk (*) means a RSVP or sign up is required.</p> <h1 style="margin: 0;">MARCH 2020</h1> </div>			

GREETINGS FROM THE PRESIDENT/CEO

With this month's column, I invite you to accept a challenge. Before you settle in to developing your March Madness brackets (for the college basketball championship), take an opportunity to dream with the following challenge: Ask yourself If RWC has _____, I/we/RWC can/would _____. (You fill in the blanks in the context of RWC). I know what you are thinking, what are the constraints and what is the catch. Well, there are no constraints. Let your mind wander and dream to any length, and let your thinking be unrestrained and unencumbered. And, there is no catch, nor is there a wrong answer.

We recently did a project like this in one of our weekly staff meetings. There were no constraints or limits, just an opportunity to open our minds to the endless possibilities before us. It was a great project. It isn't as easy as you think. Not because it is hard to think of things, but it is hard to let our minds think without the constraints.

We are trained, conditioned and experienced to keep ourselves within certain lanes, to color or paint within the lines, and to conform to what is available (*"it is what it is"*). Allow yourself to set *"it is what it is"* aside when you engage in this exercise and see where your mind goes. Get out of your lane, color outside the lines or with a color that isn't "right" and set all the other constraints and limitations that come to mind aside.

You may come up with one or two really great thoughts to fill in the blanks, or you might generate a whole list of ideas. There are no wrong answers, no crazy thoughts, and no magic numbers. Just sit back in a quiet place with a refreshment of your choice and think about how you would fill in the blanks: If RWC has _____, I/we/RWC can/would _____. (You fill in the blanks in the context of RWC). If you are willing, share your thoughts with me. Drop your answer in my mailbox at the Front Desk or email me (sbunting at rw-c.org – use the @ for at).

Have a wonderful March welcoming spring to our amazing community, and I hope your brackets are successful.



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.

SCAM ALERT

There is a scam call saying your social security information has been found in another state. They have part of your number and ask for the rest of it. Do not provide that information. The Social Security Administration and the IRS will NOT call you.

LOST

BLACK & WHITE FEMALE CAT, ANSWERS TO MISS KITTY OR KITTY, KITTY. A SMALL REWARD IS BEING OFFERED.

PLEASE CALL EDNA FORSHAW AT EXT. 4161

VIEWPOINTS IN APRIL*

Monday, April 6—11:00am—Auditorium

Reservation list opens Monday, March 23.

Please call the Front Desk.

The next Viewpoints talk will be April 6 featuring Dr. Allen H. Roberts II, Associate Medical Director at Medstar Georgetown University Hospital. 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 the first Monday of every month March through June in the Auditorium .

Starting on March 24, call RWC at 438-4000 for a reservation for the April 6 event. Attendees are invited to remain after the presentation 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.

CULTURE CLUB: MUSIC, THEATRE AND SPEAKERS

LUNCH BUNCH TO THE OFFICE CAFÉ IN IRVINGTON*

Wednesday, March 11—11:00 am

Front Lobby

The Office Café is a lovely addition to Irvington serving some of the finest food in our area. Please sign up at the Front Desk to enjoy at delicious lunch.

ON STAGE*

Saturday, March 14—7:00 pm—Front Lobby

Featuring: Leahy

A family foot-stomping' Celtic infused musical show featuring song, lively dance and astonishing instrumentalists, a real WOW! Curtain at 7:30 pm. **RWC does not sell the tickets but we do provide transportation. Please sign up at the Front Desk.**

LANCASTER PLAYERS: OPAL'S MILLION DOLLAR DUCK*

Sunday, March 15—2:30pm—Front Lobby

Searching for costumes for their next production, Desmond and Queenie, the "stars" of the local summer-stock company, drop by "Opal's Antique Junque Shop." While rooting through Opal's treasures they spot a nondescript oil painting—a still life of a dead mallard duck and an apple—and recalling an item in the morning newspaper about an old master which has disappeared from the local art museum, suddenly realize that this may be the missing canvas, for which the insurance company is offering a sizable reward. Summoning up all their acting skills, they try to charm Opal into selling the painting for a pittance, but she explains that she plans to give it to her friend, Rosie, as a birthday present, whereupon the plot thickens hilariously. **A non-refundable charge of \$25.00 will be billed to your account.** Please sign up at the Front Desk.

NORTHERN NECK ORCHESTRA: BEETHOVEN*

Friday, March 27—6:30—Front Lobby

Commemorating the 250th anniversary year of Beethoven's birth. The concert includes Beetho-

ven's *grand*

Symphony No. 1, followed by a performance of his virtuoso *Triple Concerto for Violin, Cello and Piano* with soloists Northern Neck Orchestra Concertmaster and principal violinist Moises Cunha, Music Director and pianist Michael Repper and award-winning guest cellist 18-year-old Camden Archambeau.

RWC does not provide tickets but we do provide transportation to the concert. Please sign up at the Front Desk.

PHOTOGRAPHER TERRY WILLIS IS MARCH FEATURED ARTIST AT RWC Kilmarnock artist to display works from Mediterranean trip

The cancer that was supposed to kill Terry Willis actually allowed her to reinvent herself as a gifted photographer.

Diagnosed with cancer in 2007, the Kilmarnock artist was told to get her affairs in order. At the same time, she was going through a divorce. She had a disposable camera, so she took pictures while spending time in a local park. The camera is what brought her through her struggles and was her saving grace through such a traumatic time. Willis' photography exhibition, "Part of a Journey," will be on display for the month of March at Rappahannock Westminster-Canterbury. "When you are told you have cancer, it's a horrifying sound," she said. "And then, you have to ask yourself, 'Am I going to let this beat me or am I going to beat it?' I was told I had a 50/50 chance of living. I decided I wanted to live to see my grandchildren. We have a better view when in darkness – to press forward when no one else is around. But our God, our creator, is always around."

Born and raised in Plainfield, N.J., Willis decided she needed to get out of the city. She was going to move to Florida, but had family in Virginia. "They said, 'Before you move, come visit.' I visited Kilmarnock and never left."

It was here that she took a painting class and met her photography mentor, Richard Welton. He taught her the technical side of photography.

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.

Westminster Singers: Our very own RWC choir usually sings as a part of the Sunday service on the third Sunday of the month, with occasional exceptions. This month they will be joining the service on the fourth Sunday.

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. Jack Bailey: Bluff Point United Methodist Church.

Wednesday, March 18 at 3 PM in the Westbury Clubroom. Leader: Chaplain Houck.

All residents are welcome to join together for a 30 minute lesson.

LENTEN DEVOTIONAL GUIDEBOOKS: COPIES STILL AVAILABLE, FOR ALL.

"From Suffering to Salvation," Henri Nouwen.

PRESBYTERIAN PUBLICATION: COPIES AVAILABLE BY THE CHAPEL AND IN THE ATRIUM.

"Mission Mosaic" Year in Review 2019.

March: the month of hope. As winter wanes we once again begin to sense the nearing of spring, and the time to enjoy it! The days get longer and there's more time to be outside, take a walk, work in the yard, watch a sunset. Glimmers of hope; and yet at the same time March is known for being a crossroad of sorts, a juxtaposition of opposites. "In March, the soft rains continued, and each storm waited courteously until its predecessor sunk beneath the ground." *John Steinbeck* "In March, winter is holding back and spring is pulling forward. Something holds and something pulls inside of us to." *Jean Hershey Or* perhaps most famously: "March is in like a lion and out like a lamb."

This lion and lamb imagery, as it turns out, has everything to do with the season of Lent: repenting turns to rejoicing, darkness ends with light, death resolves into life. The Lion of Judah becomes the Lamb of God who takes away the sins of the world. "Aslan is a lion - The Lion, the Great Lion." 'Ooh' said Susan. 'I'd thought he was a man. Is he quite safe? I shall feel rather nervous about meeting a lion.' 'Safe?' said Mr. Beaver... 'Who said anything about safe? Course he isn't safe. But he's good. He's the King, I tell you.'" *C.S. Lewis, The Lion, the Witch and the Wardrobe* In this Lenten season we're ever so poignantly reminded how God is both: dangerous indeed, and yet wholly good.

Sort of like life: good in so many ways: so very many blessings. And yet, definitely not always safe: so many things can go wrong. And so in this month of March, in this season of Lent, I'd like to remind us all of the hope that is coming. And I constantly, continually stand amazed at your strength, courage, perspective, perseverance, resilience and faith in and through all the things of life. Dangerous, but good; very good. Chaplain Greg Houck

IN MEMORIAM

Rt. Rev. Gordon Charlton	February 1, 2020
Miss Audrey Helm	February 3, 2020
Mrs. Gabrielle "Joye" Pregnall	February 13, 2020
Mrs. Vera Romaine	February 21, 2020

TRIPS AND MORE

LANCASTER COMMUNITY LIBRARY'S SUNDAYS AT TWO*

1:15pm—Front Lobby

March 1: Sonya Waddell: "Focus on Growth: Virginia and the Northern Neck, 2020"

Virginia's robust economy continues to perform, providing economic benefits throughout the Commonwealth including the Northern Neck and Eastern Shore of Virginia. Sonya Waddell from the Federal Reserve Bank of Richmond will give our audience an overview of the state of the national economy and monetary policy with an added focus on Virginia and our region of the state. The discussion will examine the disparity in economic conditions across the state, most particularly the challenges and opportunities facing more rural areas such as the Northern Neck versus the larger urban areas of Northern Virginia, Richmond and Norfolk/Hampton Roads.

March 8: Rich Magnani: "My Work Experience in Afghanistan"

Rich Magnani served as Chief of Party (COP) on the USAID-funded Regional Agribusiness Development—North in Mazar-e-Sharif from March 2015 to January 2019 and continued to support the project until it closed in May 2019. The goal was to increase farm productivity and to lower production costs to more effectively compete in the international markets. In addition to describing his work, Rich will share insights about the people, their culture, tribalism, security and the influential role of the poppy.

TRIP TO THE PENINSULA FINE ARTS CENTER*

Wednesday, March 18 –10:00am—Front Lobby

The Peninsula Fine Arts Center is an art center located in Newport News, Virginia and is associated with the Virginia Museum of Fine Arts. It is located on the grounds of the park surrounding the Mariners' Museum and is accredited with the American Alliance of Museums (AAM). We will be stopping for lunch. Please sign up at the Front Desk to attend.

The Peninsula Fine Arts Center offers innovative approaches to creating, exploring, and presenting the arts to students of all ages.

SCIENCE MUSEUM OF VIRGINIA: GIANT BUGS*

Wednesday, March 25—10:00am—Front Lobby

See every day insects up close and personal like never before in *Giant Insects*, coming to the Science Museum of Virginia.

This touring exhibition features six gigantic, robotic insects ranging from 40 to 120 times larger than life size. Watch two 11 ft. male Atlas beetles lock horns in a battle over mates in Asia. Hear the hissing sound of a 22 ft. jungle nymph stick insect rubbing its wings together in self-defense. Forage for plants with a 15 ft. caterpillar in Asia before it morphs into a swallowtail butterfly. Travel with a 12 ft. desert locust as it consumes vegetation across dry regions. Stand in front of a 19 ft. praying mantis while it prepares to lunge at prey with its forelegs.

Guests will explore entomology as they operate animatronic dragonfly, honey bee, and mosquito heads to learn how each insect eats; observe live insects in terrariums; and match camouflaging insects with their environments. **A non-refundable fee of \$15.00 will be charged to your account. If you are a member of the museum, please indicate that when you sign up at the Front Desk to attend.**

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

GROUNDS & LANDSCAPING COMMITTEE

Those residents living in homes or cottages may experience a yard full of sticks and large branches blown down by March winds or storms. If you want to tidy up yourself, just gather them in a pile beside your driveway or where they can be seen by a passing truck and they will be picked up by the grounds crew. Otherwise, just be patient and help will come. Enjoy the sweep of daffodils which will be covering the campus this month.

MEMORY SUPPORT GROUPS

Monday, February 3—4:30 pm—Auditorium

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).

RWC HAM AMATEUR RADIO CLUB N4RWC NEWS

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. 73

WHO KNOWS?

Written by Sylvia Prince

February came in warm and bright,
with sky of blue and ribbons of white.
The grass that Damian plants to grow,
is emerald green, though North winds blow.
A flash of blue from Bluebird box,
A raucous “CAW” from crow;
led me to think that Spring had come—but lo,
When I looked out from my window
and saw a glistening quilt of snow.

DEHYDRATION: PREVENTION & TREATMENT

Watching for signs of illness in a loved one can be challenging. Some illnesses show up quite clearly, while others have a more subtle effect on daily living. Dehydration, depending on the severity, sometimes creates only small telltale signs while having a big effect on the body, especially in the elderly.

Dehydration occurs when a person loses more water than they take in. Adequate fluid allows the body to regulate temperature through sweating, maintain blood pressure and eliminate bodily waste. If severe enough, dehydration can lead to confusion, weakness, urinary tract infections, pneumonia, bedsores in bed-ridden patients or even death. Generally speaking, humans can't survive more than four days without water.

SIGNS OF ELDERLY DEHYDRATION

Signs of dehydration in seniors may include:

- Confusion
- Difficulty walking
- Dizziness or headaches
- Dry mouth
- Sunken eyes
- Inability to sweat or produce tears
- Rapid heart rate
- Low blood pressure
- Low urine output
- Constipation

If you suspect dehydration in an elderly loved one, you can check for a decrease in skin turgor by pulling up the skin on the back of the hand for a few seconds; if it does not return to normal almost immediately, the person is dehydrated.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Our inventory has been computerized for 15 years – since 2005, with Kerley LeBoeuf, Kent McCraney and Michelle Blank keeping the database up to date.

The Art of Racing in the Rain by Garth Stein is the RW-C Book Group's March selection. A 2008 book and a 2019 movie, the book is narrated by Enon, a dog who learned all about auto-racing by watching television! Madame Librarian confesses to being charmed by the book on a rainy February day. We'll meet, March 23 (the fourth Monday of the month), at 10:30 a.m. in the Rappahannock Room. Book Group participants share three copies of the book, with each reader returning it to the left-hand end of the display table, ready to be picked up by next reader.

We have some more dog books, thanks to Marilyn Hess – *Lessons From Lucy: The Simple Joys of an Old, Happy Dog*, by Dave Barry, and *Molly: the Pet Detective Dog*, by Colin Butche, both published in 2019.

Other 2019 books – *Home Work*, a biography of Julie Andrews, from Cecil Schwartz; *Overstory* by Richard Powers, from Gloria Wallace (a duplicate new book); and, from Jay White, *Color Blind*, a Robert B. Parker book; *A Gift for Dying* by M. J. Arlidge, and the latest Peter James mystery, *Dead at First Sight*.

Three books share the honor of this month's warmest recommendation:

The Gift of Rest: Rediscovering the Beauty of the Sabbath, by Joseph Lieberman, senator from Connecticut from 1989 to 2013, donated by Fred Luxton.

The British Are Coming: The War for American, Lexington to Princeton, by Rick Atkinson, recommended by Bill Louisell, Ben Weimer and Page Henley.

Jay White, who is quite the connoisseur of mystery books, says *The Last Man* by Jane Harper is a “good mystery.”

Mary Parke Dillard donated a coffee table book about Virginia directly to the RW-C Library's “public books” collection – look for it next to a chair in the Lobby.

Tom Teeple has given us *The Complete Far Side* – the three-volume collection of all of Gary Larson's published cartoons, 1980 to 1994. This trio of books will be enjoyed by RW-C “readers” – either checked out of the Library to read at home or picked up next to a chair in the Lobby. Much of what we laughed at in 1980 still tickles the funny bone today!

A “chick-lit” bonanza came to us by way of Maria Bradley – eight books, each by a different author. Sample title: *A Tea Shop in Maine*.

Pat Kirby has single-handedly made her way around the RW-C Library, checking the books on each shelf, top to bottom. She's been making the “What to Keep and What to Discard” decisions, based on each book's library card. If no one has been reading the book, out it goes, making room for the 2018 books that will soon be moved out of the “Recently Published” space. So far, the Library has discarded 187 books in 2020!

Lois Williams – RW-C Residents Association Library Chair

FIT BITS: MIND AND MUSCLE

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 Alex or Demetrick at 438-4852

WELLNESS WALK

We will be going out for a walk on March 24, 2020 at 1:30pm to the Old Tree Trail on RWC campus. Please sign up by calling Angie at extension 4852 or Jonathan at extension 4290.

PARKINSON'S SUPPORT GROUP

On Wednesday, March 11, 2020, at 1:00pm in the auditorium the group will have Jennifer Hinton, Occupational Therapist at RW-C speaking. She will be reviewing assistive devices for people with Parkinson's. If you have anything that works for you..... such as utensils, plates, clothing, shoes, etc.....and are able to "Show and Tell," please bring it on. It would also be helpful if you have names of the companies who provide these products and their information.

CROQUET SEASON 2020

Croquet anyone???

It is just about time to get ready for the 2020 Croquet Season. We hope to get our games started, weather permitting, by the end of March.

We are going to have a short organizational meeting on March 12, 2020 at 1:30pm in Fitness Room #3.

One of the ideas that we are going to discuss will be whether to play on teams, as individuals or both teams and individuals this year.

If you have any **questions, please call Angie at ex-**

tension 4852 or Jonathan at extension 4290.

WHY STRENGTH TRAINING?

By: Alex Brent

A common question received as a personal trainer is in regard to strength training. The question goes as follows: why should I spend my precious free time lifting heavy weights? On surface level this seems like a perfectly legitimate question. After all, lifting weights is strictly cosmetic. Only macho guys with fragile egos lift weights. Let's properly answer this ultra-important question.

The general recommendations for exercise have been laid out to the public for years. Perform 20 to 30 minutes of moderate intensity cardiovascular exercise 5 times per week and sprinkle in resistance training 2 to 3 days per week. While these guidelines are not inherently wrong; they lack specificity. We could spend days discussing the benefits of strength training but for your sake I will keep this short and simple.

Strength can be defined as the ability to produce force. Force production is required to stand from your chair, walk to your refrigerator, carry the groceries, etc. Therefore, with a lack of force production comes a severely diminished quality of life. The loss of force production is inevitable with age. However, all hope is not lost.

By implementing a full body strength training program utilizing large compound movement patterns such as squats, rows and hip hinge variations; force production can be restored. These multi joint, compound movements train the muscle groups responsible for gross movement of the human body.

When properly executed and paired with progressive overload, these movements provide the stimulus that your body is desperately craving.

In a modern health and fitness industry littered with quick fix gimmicks and acrobatic exercises performed on bosu balls; it can be challenging to find the fitness related answers you're looking for. Look no further. Strength training is knocking on your door and you know where to find it!

FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

ROMEOs & OWLETS*

Friday, March 6—8:30am

Lancaster Room

Our March Romeo's speaker, Dr. Patrick Heffernan, would like to come to RW-C soon to make sure "the technology" works! Can you set up that appointment? Also, because Romeos may well take place before the Gazette gets out, we need "advance publicity." Below is a scholarly description, but it needs to be rewritten for appeal to our audience. "Processioning" verified property boundaries in colonial Virginia – with each line walked by a parish official and the adjoining landholders. By a 1662 act of the Virginia Assembly, Anglican parishes "processioned" every four years – until the Revolutionary War. Lancaster County's Christ Church Parish is one of just three Virginia parishes with intact processioning records (1663-1767). Please sign up at Front Desk to attend.

BEGINNERS CREATIVE WRITING COURSE* SESSION 3

Monday, March 9—11:00am—Art Room 2

For those of you who sign up in February for this class, we will end with Session 3. No need to sign up.

SHASHIKO CLASS: TWO PARTS*

PART 1: Tuesday, March 10—11:00am

PART2: Tuesday, March 24—11:00 am

Both Classes in Art Room 1

Class Limit 6

Sashiko (Japanese: 刺し子, literally "little stabs" or "little pierce") is a form of decorative reinforcement stitching (or functional embroidery) from Japan that started out of practical need during the Edo era (1615-1868). Traditionally used to reinforce points of wear or to repair worn places or tears with patches, making the piece ultimately stronger and warmer, this running stitch technique is often used for purely decorative purposes in quilting and embroidery. The white cotton thread on the traditional indigo blue cloth (said to recall snow falling around old farmhouses) gives sashiko its distinctive appearance, though decorative items

sometimes use red thread. Sign up at the Front Desk for both parts.

ART WITH AMY*

Thursday, March 12—11:00am—Art Room 2

Class Limit: 8

Fluid pouring will be our focus at this art session. Please sign up at Front Desk to attend.

ART WITH AMY: STEP BY STEP PAINTING*

Friday, March 20—11:00am—Art Room 2

Class Limit: 8

In this session we will work country landscapes. Please sign up at the Front Desk to attend.

SATURDAY NIGHT MOVIE

Saturday, March 28 —7:00pm—Auditorium

Featuring: Judy

Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sold-out run at The Talk of the Town. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans — all while bravely struggling to overcome intensifying anxiety and physical decline. (2019) PG-13, 1 hour, 58 minutes.