



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480



# Gazebo Gazette

**TOGETHER! TOGETHER! TOGETHER!**

## 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

Like us on  
**FACEBOOK**



Follow us on  
**TWITTER**



Follow us on  
**YOUTUBE**



As a [RWC You Tube](#) channel subscriber, you will receive notifications 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 at RWC!

**Together**, we can overcome the challenges that come our way.

**Together**, we can support one another, do good deeds and lift spirits that need lifting.

**Together**, we can get through the toughest and most uncertain of times.

Because when we come together, goodness shines through, and we've seen amazing examples of this over the past few weeks here at RWC, with things and situations changing every day. We trust in our leadership, we trust in each other, and most importantly when there is a need to lean on someone, someone is always there.

### The Lord Is My Fortress

1Live under the protection of God Most High and stay in the shadow of God All-Powerful.  
2Then you will say to the Lord, "You are my fortress, my place of safety; you are my God, and I trust you."  
3The Lord will keep you safe from secret traps and deadly diseases.  
4He will spread his wings over you and keep you secure. His

faithfulness is like a shield or a city wall.

5You won't need to worry about dangers at night or arrows during the day.

6And you won't fear diseases that strike in the dark or sudden disaster at noon.

7You will not be harmed, though thousands fall all around you.

8And with your own eyes you will see the punishment of the wicked.

9The Lord Most High is your fortress. Run to him for safety,

10and no terrible disasters will strike you or your home.

11 God will command his angels to protect you wherever you go.

12 They will carry you in their arms, and you won't hurt your feet on the stones.

13 You will overpower the strongest lions and the most deadly snakes.

14The Lord says, "If you love me and truly know who I am, I will rescue you and keep you safe.

15When you are in trouble, call out to me. I will answer and be there to protect and honor you.

16You will live a long life and see my saving power."

Psalm 91

The deadline to submit articles for the April 2020 issue is **Friday, April 24, 2020 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
<b>APRIL 2020</b>	<b>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.</b>		9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:30-CH85 -Great Courses	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B
5	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:00-CH85-RWC Has Talent Show	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:30-CH85 -Great Courses	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	11
12	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:00-CH85-Boys & Girls Club of the Northern Neck Variety Show (2006)	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:30-CH85 -Great Courses	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	18
19	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:00-CH85-Suzanne and Jim: Song Chasers Live!	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:30-CH85 -Great Courses	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B <b>DEADLINE TO CHANGE MEAL PLAN</b> <b>DEADLINE FOR GAZEBO GAZETTE ARTICLES</b>	25
26	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:00-CH85-Documentary: Paper Clips	9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga		

## GREETINGS FROM THE PRESIDENT/CEO

. You have heard a great deal from me over the last few weeks about the Coronavirus and our response to that rapidly evolving situation. I don't really want to focus on that in this note. What I want to focus on is the sense of community that we have at RWC and how that should be an encouragement to all of us. You do not form the relationships and sense of community you need to persevere such a time as this overnight or in a few days. You form those relationships over months, years, and even decades. You form that sense of community by working together through other "lesser" challenges and opportunities, and learning from each other about what went well and what needs to change for the next challenge. So every tropical storm, hurricane, snow storm, power outage, and other event of that nature adds a layer of strength and resilience to our relationship and sense of community. I am grateful for those past experiences, even though I don't relish a repeat of any of them soon, because they have strengthened us for this storm. We are very blessed overall, and we can reflect on the gratitude for those blessings of life as a source of encouragement as we face the present circumstances. Reflecting on our blessings will help the natural and understandable concern and anxiety of this situation. I am beyond grateful for our sense of community and the strength it brings to our entire staff team as you encourage us in our service. May God surround us in His protection, peace, and comfort.

*Quash Bentley*

## VIEWPOINTS IN APRIL IS POSTPONED: NEW DATE TO BE DETERMINED

### THINGS TO DO WHILE SELF QUARANTINING

1. Bake a cake (if you have the ingredients)
2. Make a pot of soup.
3. Balance your checkbook
4. Organize your dresser drawers
5. Go for a walk on the many trails at RWC
6. Count the number of squirrels you see in an hour
7. Clean off your desk
8. Polish or clean off your shoes
9. Write to your loved ones
10. Give thanks to and for RWC and the wonderful staff

Submitted by a resident

### A PRAYER FOR OUR TIMES

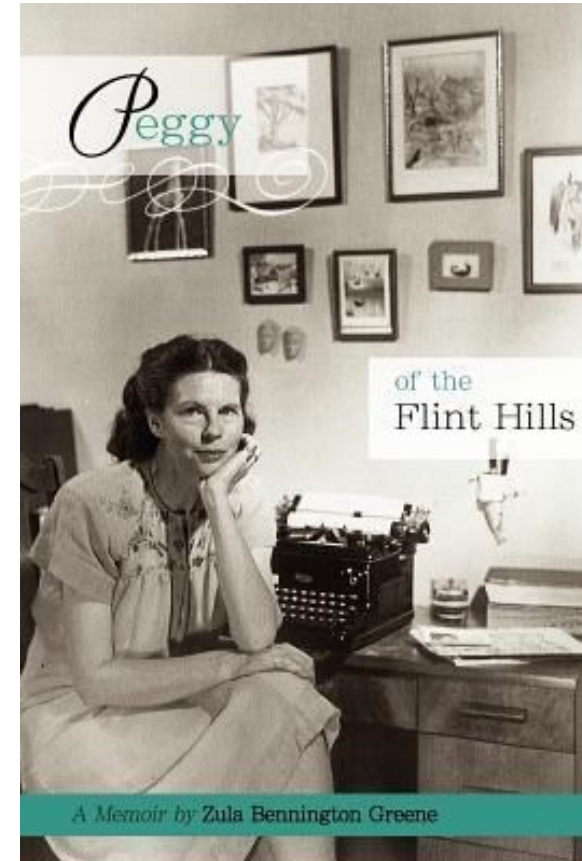
Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
encourage the lonely,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from  
your love.  
Amen.

### A NOTE FROM THE CHAPLAIN

Please know that I am here for you. I may not be able to come see you, or meet with you. But I am surely available to speak with you, to listen, to care, to help, to pray. Just give me a call.

438-4094. Chaplain Greg

## CULTURE CLUB: MUSIC, THEATRE AND SPEAKERS



*Zula Bennington Greene, who was better known to readers of The Topeka Capital-Journal and other Kansas publications as "Peggy of the Flint Hills," first published this column on Jan. 2, 1951. It seems appropriate today.*

The winds of time are blowing across the world. They come from the far mists of the first beginning. They blow beyond the world to the unseen, unknown mists of time's ending.

They blow clean and strong over the world, winnowing hope from discouragement, separating faith from despair, sweeping away the rust of failures and the broken bits of dreams.

Time sweeps ahead, never back. It leaves old sorrows to soak into the earth and

clears a space to start building for the new year.

To cling to the past is to suffer slow decay. It is tacit admission that the best of life is over, that the peak is past, that the memory of the past is more pleasant than imagination of the future.

Whether you are running up a golden hill straight into the blue sky, or are on the steep down grade with the mists in sight, there is no place to go but ahead.

If only a few years remain, they are all the more precious. Spend them as a traveler crossing the desert spends his one canteen of water. If you have many to spend, make them buy what you most desire.

Time is the rich treasure, the years of life, which turn out to be not years, but days doled out in trickling hours and in dropping minutes.

No polished stone or hidden chest can compare with the richness of time, and each person is given a portion for his own. He can not stop time while he sits down to think and ponder how it shall be spent. It flows on like the taxi meter, whether he is still or moving. The winds of time are blowing across the world and they do not stop.

**SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY**

**“AN UNEXPECTED LENT”**

I have a friend who is a professional poker player. Does that surprise you? He's "professional" in the sense that he makes his living at it, and a good living at that. He's talked about what his life is like, the places he plays, the people he meets, the pros and cons, the ups and downs, the opportunities and challenges of this chosen lifestyle. And he has on occasion shared some about the strategy of it all: mathematics, statistics and personal interactive dynamics are some of the basic fundamentals for success. But this one aspect always seems to be key, and I'd imagine you've heard it before: "It's not the cards you're dealt, it's how you play your hand."

This nation, this world of ours has been "dealt" a terrible hand. "A virus is sweeping across the world and has reached our shores, and we don't know how treacherous it's going to be. God is calling us to continue forward in love of neighbor and service to his kingdom, but all we can see are public surfaces potentially covered in germs and neighbors who may be walking vectors of disease." (Alasdair Groves) Are we in a crisis, right here, right now at RWC? Or are we, by all available means, daily, hourly, aggressively going about the business of proactively preventing a crisis? The answer is yes. It surely is both. I'm reminded of how in the Chinese language the word "crisis" is represented by two characters: the first, the character for "danger," and the second by that for "opportunity." The danger of course, as we are constantly reminded, is very real. That's mostly all we hear about. But in addition to the danger the second part is equally real: opportunity. I talk with people every day who are into their nineties and sometimes beyond. They tell me they've never seen anything quite like this before; they say this is a wake-up call, that

"this is it," that now is the time and today is the day. Prophets all? "Today is the day of salvation, if you hear his voice do not harden your hearts." (Psalm 95)

In the title of this article I referred to Lent: a season when we often think of "giving something up." Opportunity for that seems to be abounding right now, does it not? Maybe just not in the form we had imagined for ourselves. "If anyone would like to follow me, let them take up their cross and follow me," Jesus famously said. This "giving something up" ultimately is about how to live more selflessly. And then there's the practice of "taking something on," how to live more lovingly: a new discipline, practice, form of service. Again, opportunity is surely knocking if not pounding at the door. "God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world." (C.S. Lewis, *The Problem of Pain*) And lastly, there's this: to live more knowingly, even strategically. "Teach us to number our days that we might gain a heart of wisdom." "Whatever is true whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things." Pause, reflect, think about these things: this life, these remaining years, God-willing. "Make the most of every opportunity..." Good is fine and so is better but the question is: what is truly best, what is the highest good, not just for me, but for the most? Sounds like a possible silver lining, even a blessing. Sounds like Lent to me. Standing by you, walking with you, in and through it all.

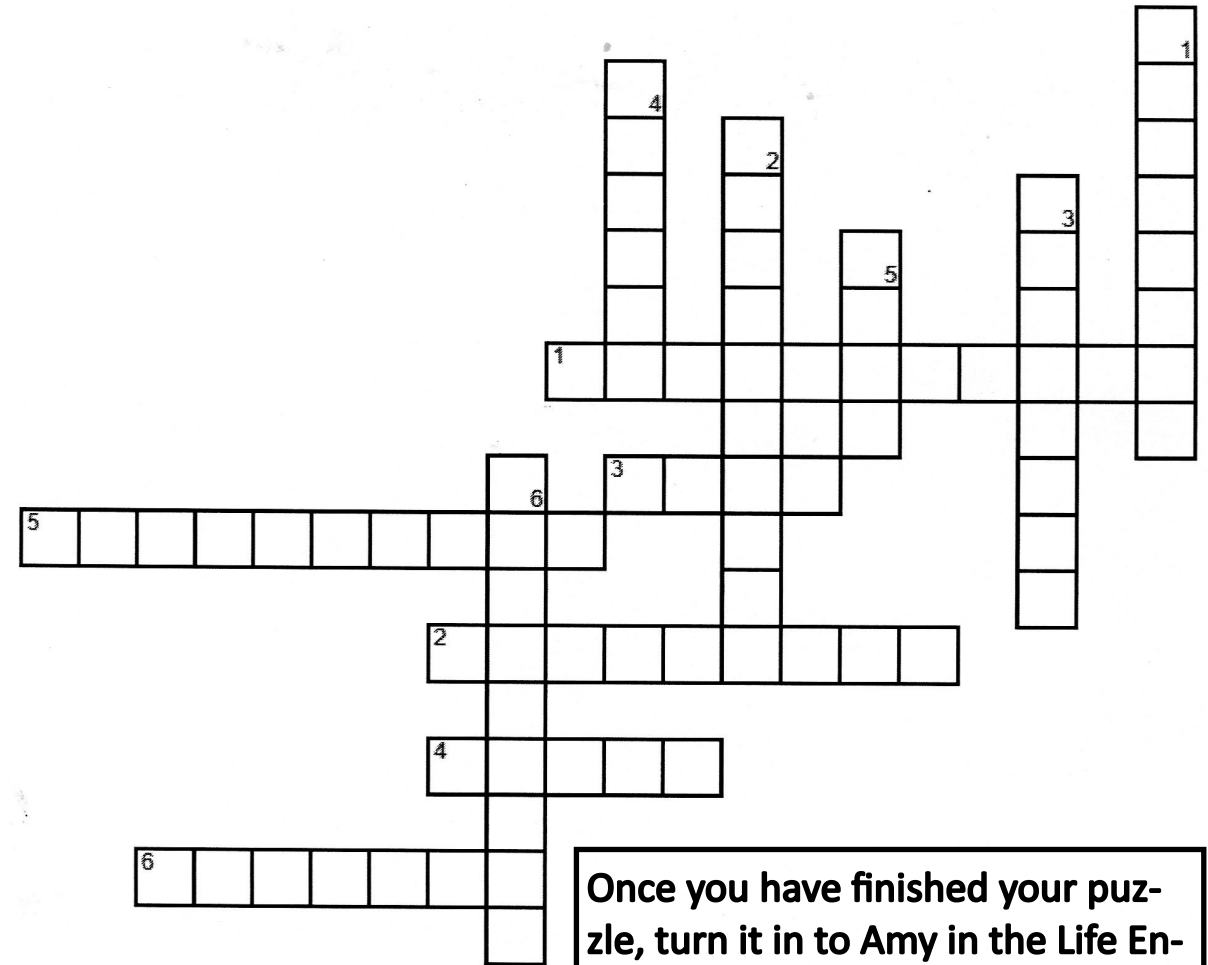
Your Chaplain, Greg Houck

**IN MEMORIAM**

Dr. David Davies

March 23, 2020

**Living Life at RWC**



**Once you have finished your puzzle, turn it in to Amy in the Life Enrichment Center. Puzzles with all the right answers will be placed in a drawing for a chance to win 2 meal tickets for future use. Drawing to be held at end of the month.**

**Across**

- 1. They use elbow grease
- 2. RWC trail
- 3. Our staff make a great one of these
- 4. Assured reliance on the character, ability, strength and trust of someone or something
- 5. Always do the right thing with the right attitude
- 6. To consider worthy of high regard

**Down**

- 1. Dining Team
- 2. Cows eat it. They cut it.
- 3. Gives comfort
- 4. Trademark of RWC
- 5. Wood Duck
- 6. Do what should be done when it should be done.



## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

As expected changes continue to take place in the COVID-19 (Coronavirus Disease) situation, and these require that we make some additional changes at RWC to keep us as safe as we can.

Thank you for your patience with these temporary measures as we seek to protect those most vulnerable.

- **Changes: Dining Services – please read this carefully!**

- Take out/Pick Up Meal Service ended after the Thursday (March 26<sup>th</sup>) evening meal.
- Meals will be delivered to each independent living residence each day/each meal beginning with lunch Friday, March 27.
- Dining Services will be adjusting to a one-entrée menu for lunch and for dinner each day. This entrée will be determined in advance and communicated in the daily email and on RWCTV. As an alternative to the entrée, grilled chicken breast will be available (call 4516).
- Beverages will not be provided.
- Lunch delivery will start at 11:30; Dinner delivery will start at 4:30. Thank you for being patient!
- If you do not wish to take a meal, please call 4516 to let Dining Services know.
- Meals should be reheated to maintain 165 degrees F for 30 seconds before consumption.
- Staff will leave meals at your door. For cottages, this will be the walk-way side door. For free-standing homes, this will be the front door. Staff will not enter residence.
- Meals will be delivered in disposable containers until we are able to devise a process for using reusable containers. Please dispose of the containers in your trash.

- **Do not put waste food down the drain or disposal. Put it in trash.** Disposing of food down the drain or disposal will damage your pipes and our treatment system and pumps. This is important.
- This process will take a few days to work out, so please bear with us.
- Residents should plan to use and clean their own silverware and napkins. These will not be available for take-out service.
- **Change: STAY HOME!!!**
- **For all practical purposes you should consider the RWC campus closed. Do not go out into the greater community, Please!** All residents are strongly advised to stay home until we are advised that the virus threat passed.
- **Do not go to your homes in the community or out of town or visit out of the area. Those who do so will be required to remain in self-isolation in their RWC home for 14 days upon return. RWC is closed to outside visitation.**

### 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.

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

*The Dutch House* by Ann Patchett is the RW-C Book Group's April selection. A 2019 book that was described by an Amazon reviewer "Danny and Maeve Conroy are a modern Hansel and Gretel, complete with abandonment, banishment, and a wicked stepmother." We'll meet (fingers crossed), April 27 (the fourth Monday of the month), at 10:30 a.m. in the Rappahannock Room. This time we are sharing two copies of the book (thank you, Linda Stemple, for one of them), so don't hold on to the book too long!

"Another dog book," said the Post-It note from Marilyn Hess stuck on *The Wonder of Lost Causes* by Nick Trout (2019). From John Hess, *Outwitting Squirrels: 101 Cunning Stratagems*.

We've had a couple bunches of battered, much-read paperbacks:

From Bolling Williams, about 20 World War II-ish books, now on the upper shelf of the Paperbacks section near the shredder.

From Rosemarie Forcum, nine "Wine County Mysteries," now in Light Reading, at the end of Large Print Fiction. Sample titles: *The Merlot Murders* and *Bordeaux* ---

And some like-new paperbacks:

From Tanya Bohlke, *The Bookwoman of Troublesome Creek* (2019), *The Tattooist of Auschwitz* (2018), and *The Summer We Fell Apart*, now in Fiction Paperbacks.

From out-of-the-blue, a couple of oldies, *Chocolat* by Joanne Harris, and *The English Patient* by Michael Ondaatje.

From Linda Small, *Rising Tide*, about the Great Mississippi flood in 1927, *Thrown Among Strangers*, about Mexican culture in the pre-statehood California missions, and *Dead Man Walking*, by Sister Mary Prejean, now in Non-Fiction Paperbacks.

From Janice Shanks, *Pocket Oxford Latin Dictionary*.

Hard Covers:

From Hugh Lovell, two James Pattersons that we don't already have, *Sail* and *Honeymoon*.

From Anonymous, a biography, *Andrew Jackson*, and three Histories, *American Creation* by Joseph Ellis and *Presidential Courage: Brave Leaders and How They Changed America, 1789-1989*.

From Peter Bennett, a Large Print Mystery, *Murder List* by Julie Garwood.

From the family of an RW-C Resident:

Tim and Maria's daughter, Cay, has given us Nora Robert's *Under Currents* (2019).

Walt Klein's daughter-in-law, Meera Ekkanath Klein, has written *My Mother's Kitchen: A Novel With Recipes* (2014), about growing up in southern India.

And from Madame Librarian:

*The Taste of Empire: How Britain's Quest for Food Shaped the Modern World* by Lizzie Collingham. Ingredients of a 1900 Empire Christmas Pudding: currents, sultanas, raisins, candied peel, sugar, eggs, cinnamon, cloves, nutmeg, brandy and rum.

And a book in Virginia and Resident Author, *Tobacco: The Crop of Early Lancaster County*.

## FIT BITS: MIND AND MUSCLE

### WELLNESS DEPARTMENT

The Wellness Department will be closed until further notice. This includes the Fitness Center, Pool and any of our other programs. We are sorry that we have to do this, but we have to follow guidelines.

The Wellness staff will be working on exercise videos. These videos will include exercises from your favorite classes. So, stay tuned!

Thank you, Wellness Staff

### APRIL'S JOKE OF THE MONTH

Joke: Did you hear about the 2 silkworms that had a race?

Answer: They ended up in a tie.

### OBJECTS THAT CAN BE USED AS DUMBBELLS

Resistance training will help you improve muscle tone and make everyday tasks easier; it also counteracts the loss of muscle mass that accompanies aging. You don't have to invest a great deal of money in dumbbells to begin strength training. You can re-purpose ordinary items and even other exercise equipment to use as dumbbell substitutes at home, in the office or on the road. As always, ask your physician what exercise is appropriate and safe for you.

#### Dumbbell Alternatives in the Cupboard

Use canned goods from the pantry as a dumbbell alternative. For example, hold a vegetable or soup can in each hand. Use them for biceps curls, triceps extensions or chest presses. Small cans are easier to hold. However, if you can grip them safely, graduate to larger cans when the exercise be-

comes too easy.

#### A Good Use for Plastic

Use water bottles or other similar-sized plastic bottles as dumbbells for your upper-body exercises. Use unopened, new water bottles, or refill empty bottles with sand or water. If you refill bottles, use the type that has a secure screw-on lid for safety's sake. The hourglass-shaped bottles are easier to grip, especially for smaller hands.

#### Books for Some Exercises

Books make a good substitute for dumbbells at home, in the office or anywhere you can find them. If you wish to exercise both arms at the same time, find books of approximately equal weight. If you have only one book or can't find two similar ones, exercise one arm at a time. Use a large book, such as an unabridged dictionary, as a single, heavy weight.

#### Ankle Cuff Weights

Ankle weights can double as a substitute for dumbbells. Make them easier to grip and less floppy by fastening them in a loop. Once you've looped them, you will be able to use them in any of your usual weight exercises. If you have the kind with removable weights, start with a light weight and increase it as you get stronger.

#### Keep It Safe

Put safety first. Take special care when lifting heavy weights, such as large books or large bottles filled with sand. Wear proper exercise clothing, including shoes. Don't attempt to lift huge cans or other heavy items you cannot grip safely. The best alternatives to weights sometimes won't fit into a small hand.

## FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

### GREAT COURSES RESUMES ON CHANNEL 85

Thursdays—1:30pm—April 2, 9, 16, and 23

The remainder of the current Great Courses – The Operas of Mozart – will be shown on RWCTV CH85.

Each session will feature two (2) 45 minute lectures by Dr. Robert Greenburg, San Francisco conservatory. Even if you know nothing about opera, you will enjoy Dr. Greenburg's style of lecturing and the in depth commentary on the operas. *Buona visione!*

### RWC HAS TALENT SHOW (2019)

Tuesday, April 7—1:00pm-Channel 85

If you are new to RWC or missed the show in February of last year, this is your opportunity to discover all the talent we have here at RWC. Perhaps it will get your mind thinking about what you will do for the next talent show at RWC.

### BOY & GIRLS CLUB OF THE NORTHERN NECK

#### VARIETY SHOW FROM 2006

Tuesday, April 14—1:00pm—Channel 85

A variety Show was hosted by the Boys & Girls Club in 2006 to raise funds to purchase a building. Take a look back at the variety show. You may recognize a few people.

### SUZANNE AND JIM: SONG CHASERS LIVE!

Tuesday, April 21—1:00pm—Channel 85

Suzanne and Jim have performed at RWC many times in our Auditorium. Sit back enjoy a concert in the comfort of your own home.

### DOCUMENTARY: PAPER CLIPS

Tuesday, April 28—1:00 pm—Channel 85

Searching for an effective way to teach their students about the scale of the Holocaust, school officials in Tennessee devise a unique class project involving paper clips. The middle school students in a rural, heavily Christian community begin collecting the paper clips to represent the Jews who perished in concentration camps in World War II. After millions of the paper clips are collected, the last step is to place them inside a German rail car, a poignant echo of the Final Solution. (2004)

### SATURDAY NIGHT MOVIE

Saturday, March 28 —7:00pm—Auditorium

#### Featuring: Downton Abbey

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance. (2019) 2Hour, 2 minutes, RATED PG.