



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

The deadline to submit articles for
the August 2020 issue is
Tuesday, July 28, 2020 by noon.
Contact us: 804-438-4000



Volume 35, Issue 7



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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FACEBOOK



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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!

JULY 2020

Gazebo Gazette

Welcome New Neighbors

Mr./Mrs. David and Sheila Todd, Apartment 305. Born and raised in England, David and Sheila came to the U.S. in 1978 on the promise of a job which did not materialize. What might have been an obstacle became an opportunity. They settled in the Alexandria area where they found jobs.


David had served in the Army and while stationed in Yemen worked with a clockmaker that inspired a life long interest and vocation. He worked as an optical instrument technician for some years before being hired by the Smithsonian as an Instrument Specialist. David served at the Reedville Fisherman's Museum until they moved to Kilmarnock. He currently volunteers at the Heathsville Forge where he does fine metalwork. Of course, he still enjoys clock-making. Sheila worked for the English government in the Navy Department as a clerk, but transferred to the Army for a time. After their move to the U.S., Sheila worked as a dental assistant for 20 years before they retired to the Northern Neck. Sheila volunteers at the Free

Health Clinic, Historyland Community Workshop and Seconds Unlimited. She enjoys cooking from scratch, gardening, exercise and sewing. Both she and David are kayakers. With friends already at RWC, David and Sheila look forward to making RWC their new home.



WE HAVE MADE IT THIS FAR: KEEP YOUR GUARD UP

Many thanks to all of the courageous residents and staff who, whether they signed up for this or not, are doing all they can to protect us from this virus. Any and every effort, large and small, that can keep COVID-19 at bay needs to be gratefully acknowledged and applauded. **And don't allow yourself to be lulled into a sense of false security merely because nobody you know has been affected. That's the worst kind of complacency.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div> <div>JULY 2020</div> <div> 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. <u>WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</u> An asterisk (*) </div> </div>			9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 2:00-CH85-DVD: RWC's Fourth of July Celebration (2017) 3:30-ATR-Employee of the Month Recognition	1 9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:00-CH85-Documentary: Four Seasons Lodge 1:30-FPL-Cornhole 2:30-CH85-Update with Stuart 3:00-TGP-Praying the Rosary	3 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-CH85-DVD: RWC's Fourth of July Celebration (2017) 1:00-CH85-Strength & Balance B	4 INDEPENDENCE DAY 
4:00-CH85-Sunday Worship	5 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 4:00-CGR-Darts	6 9:30-CH85-Dance Aerobics 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 1:00-CGR-Catch Phrase	7 9:00-CH85-Strength & Balance C 10:00-AR2-Activities Committee Meeting 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	8 9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:00-CH85-Chasing Shackleton, Episode 1 1:30-FPL-Cornhole 2:30-CH85-Update with Stuart 3:00-TGP-Praying the Rosary	9 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	10 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B
4:00-CH85-Sunday Worship	12 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 4:00-CGR-Darts	13 9:30-CH85-Dance Aerobics 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 1:00-CGR-Catch Phrase 1:00-CH85-Virtual Bingo	14 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-AR2-Art with Amy: Step by Step Painting for Beginners* (Limit 6 people) 1:00-CH85-Strength & Balance B	15 9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:30-FPL-Cornhole 1:00-CH85-Chasing Shackleton, Episode 2 2:30-CH85-Update with Stuart 3:00-TGP-Praying the Rosary	16 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	17 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B
4:00-CH85-Sunday Worship	19 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 10:30-AUD-RWC Book Group 11:00-AR2-Art with Amy: Making Monoprints* (Limit 6 people) 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 4:00-CGR-Darts	20 9:30-CH85-Dance Aerobics 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 1:00-CGR-Catch Phrase	21 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	22 9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:00-CH85-Chasing Shackleton, Episode 3 1:30-FPL-Cornhole 2:30-CH85-Update with Stuart 3:00-TGP-Praying the Rosary	23 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B DEADLINE TO CHANGE MEAL PLAN	24 7:00-CH85-Saturday Night Movie: La La Land
4:00-CH85-Sunday Worship	26 9:00-CH85-Strength & Balance C 10:30-AUD-RWC Book Group 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 4:00-CG-Darts	27 9:30-CH85-Dance Aerobics 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 1:00-CH85-Virtual Bingo 1:00-CGR-Catch Phrase DEADLINE FOR GAZEBO GAZETTE ARTICLES	28 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-AR2-Art with Amy: Collage for Beginners* (Limit 6 people) 1:00-CH85-Strength & Balance B	29 9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:00-CH85-Documentary: Edie 1:30-FPL-Cornhole 2:30-CH85-Update with Stuart 3:00-TGP-Praying the Rosary	30 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	31 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B

GREETINGS FROM THE PRESIDENT/CEO

In an ordinary July 2020 Gazette Note I would probably be writing about how we began celebrating our 35th Anniversary with a cool event or gathering that we enjoyed. Well that was in the cards B.C. (before COVID-19), and this year has been everything except ordinary. Not to be undone by C-19, we do have a major accomplishment for the history books for June 2020. As you know, TOGETHER, after 100-plus days of prevention, we had a successful Point Prevalence Survey. For anyone reading this who did not participate, on June 16 with the help of the Virginia Air and Army National Guard personnel, 530 residents and staff members tested for COVID-19 in the course of six hours. After a long wait and many, many uplifted prayers, we received the results which were 100% negative. Exactly what we prayed for and exactly what we wanted to accomplish. If we have to log something related to COVID-19 for our history, that is a good footnote.

More importantly for me what it memorializes is that TOGETHER-ness that I wrote about last month. Two things produced these results. Tons of prayers that God smiled upon, and tons of cooperation and working TOGETHER on our three-point approach (be calm, prevent and prepare) to this pandemic. RWC came to be in a similar fashion. Many prayers went into the development of what we know today as RWC, and much cooperation and hard, grass-roots efforts of our founders working TO-

GETHER resulted in this amazing community that continues to care for and serve residents, clients, and families and provide meaningful work for our staff. We took the spirit of TOGETHER-ness and invested in our community of residents and staff to keep each other well and safe. We may not be able to have a big celebration right now, but we do have so much to celebrate and so much for which to be thankful. If that powerful TOGETHER-ness is the legacy of our 35th year, I would hazard a guess that our founders are proud and pleased. May God Bless Us As We Continue To Work TOGETHER For Our Health, Safety, and Happiness.

Stuart Montgomery

Updates with Stuart

EVERY MONDAY & THURSDAY

2:30 PM

CHANNEL 85



4th Of July Word Search



FIREWORKS
LIBERTY
ANTHEM
PATRIOTIC



FREEDOM
FLAG
JULY
BARBEQUE



INDEPENDENCE
AMERICA
SUMMER
PHILADELPHIA



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SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

“I pray that all may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe you sent me. I in them and you and me, may they be brought to complete unity.” *John 17:20-23*

These words found in the Gospel of John form a portion of a well-known prayer by Jesus for unity among his people. And while these words are familiar, what might not be noticed is the very basic notion that Jesus prayed (and still prays) for unity for the very reason that unity would not come easily. Similar, commands (positively “calls to action” or negatively “words of warning”) speak to common areas of challenge in living. For example, from the Epistle to the Ephesians: “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up” (because the human tendency can be to say or do unhelpful or even hurtful things). Or this: “Make every effort to keep the unity of the spirit through the bond of peace” (because these things do not easily “just happened.”) Surely we are seeing much of this playing out in our country today: unity is hard to come by; powerful forces continue to work against it. Indeed, the challenge is great. Our work is cut out for us. “We are only as strong as we are united, as weak as we are divided.” (*JK Rowling*) “Coming together is a beginning. Keeping together is progress. Working together is success.” (*Henry Ford*) And so, in this month of July, when we reflect upon the freedoms which resulted from the Declaration “that all men are created equal, that they are endowed by their Creator with certain unalienable rights, and that among these are Life, Liberty and the pursuit of Happiness,” let us pray for unity and peace among us, within us, and in our land.

Chaplain Greg Houck

A CONTINUING PRAYER FOR OUR TIMES

“Keep us, good Lord, under the shadow of your protective 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.”

**IN MEMORIAM
MR. ALVIN CARSTENSEN
JUNE 20, 2020**

INDEPENDENCE DAY PRAYER
Creator and lover of what you have created,
Open your arms to those imprisoned by sin
That they might experience the independence
You intended in the creation.

Gracious Christ, crucified and risen Christ,
Embrace those who stumble through life
That they might feel the independence from
uncertainty
That you died to abolish by undying love.

Mysterious, yet ever present Holy Spirit,
Fill us with your power when we waver
That we might cling to the independence of
doubt,
Promised by the Lover and Savior of all that is
yours.

Eternal Trinity, holy and ever present,
We thank you for the independence
Provided in our spiritual life
Which makes a celebration of national inde-
pendence
A true and meaningful celebration.

In Thy Holy and Most Blessed Name,
AMEN

DVD: RWC’S FOURTH OF JULY CELEBRATION (2017)

Wednesday, July 1—2:00-CH85

Friday, July 3—11:00-CH85

In 2017 residents came together under the direction of Carol Hardy to present a Fourth of July Celebration. We hope you enjoy the show.

DOCUMENTARY: FOUR SEASONS LODGE

Thursday, July 2—1:00 pm -CH85

In this critically-acclaimed, inspiring and startlingly funny documentary, hailed as "extraordinary... one of the best films of the decade" by This Week in New York when it premiered, a community of Holocaust survivors return each year to the lush mountains of New York's Catskill Mountains, where dancing, laughter and late-night revelry may be the best revenge on Hitler. (2009) 1 hour, 26 minutes.

ART WITH AMY: RED BLUE LAKE | ACRYLIC PAINTING FOR BEGINNERS ON CANVAS | EASY ABSTRACT LANDSCAPE*

(Limit 6 people)

Wednesday, July 15-11:00 am—Art Room 2

Hey guys! Back after a mini break! Learn how to paint a red and blue seascape in simple and easy steps! This painting is really easy to make because you need to use few colors too. Please sign up at Front Desk to attend.

ART WITH AMY: ACRYLIC PAINT MONOPRINTING*

(Limit 6 people)

Monday, July 20—11:00 am-Art Room 2

Monoprinting without a printing press. Easy and fun monoprinting technique using tempera or acrylic paint and minimal other supplies. Please sign up at the Front Desk to attend.

ART WITH AMY: COLLAGE BASICS FOR BEGINNERS*

(Limit 6 people)

Wednesday, July 29—11:00 am-Art Room 2

Collage can be easy for Everyone! I think of a collage like an Ice Cream Sundae. The Background (Ice Cream) is about two thirds of the collage, it is light, has low contrast and doesn't have many different colors. The Focal Point (Topping) is Large and easy to see. The Details (Sprinkles, Nuts, Whipped Cream, Cherry) and sprinkled lightly to create interest.

FOURTH OF JULY HISTORY QUIZ

What do the colors of the American flag symbolize?

A:The full symbolism of the flag colors is as follows: red symbolizes hardiness and valor; white symbolizes purity and innocence; and blue represents vigilance, perseverance and justice.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

NEED VOLUNTEERS FOR WATERING PLANTS

We are seeking resident volunteers to help keep the plants watered on the Front Porch of the Chesapeake Center. If you are interested in taking a time slot, please sign up at the bulletin board by the resident mailboxes. Many hands make light work. Thank you.

INDEPENDENCE DAY MENUS

LUNCH MEAL

Cold Strawberry Soup
Prime Rib
Hot Dog w/ fixings
Bake Beans
Corn on Cob
Watermelon
Cup Cakes

DINNER MEAL

Tossed Salad
BBQ Chicken
Steamed Carrots
Mash Potatoes
Corn Muffin
Cup Cakes

TOGETHERNESS BY JACK TRUMAN

To love
And be loved
Shows togetherness
In its own way
Happiness and laughter
A rejoicing sound of life
To which is there.

To have and share love
Gives a warmness
That which is in the soul
To let one know
Of life and love.

Togetherness
Gives a feeling
Of companionship
To love and be loved
In a way we can all see
Yet in our own way
For togetherness
Is life

One to share with
Thought and feelings
Is one to whom you share life

I CAN'T GO TO THE
MOVIE THEATER OR
PIZZA PARLOR! I
MISS MY CLASSMATES



ANNE FRANK AND
HER FAMILY SPENT
TWO YEARS IN AN
ATTIC



In our own way
For we are all different
Yet similar
Today
Tomorrow
Forever

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

The Cut Out Girl: A Story of War and Family, Lost and Found by Bart van Es is the RW-C Book Group's July selection. "An account of the Holocaust's 'hideaway' children, and of the families who sheltered them" in the Netherlands during World War II. We'll meet July 27 at 10:30 a.m. in the Auditorium, still masked and social distancing!

2020 books: *Camino Island* by John Grisham, donated by Tom Teeple; *To Wake the Giant: A Novel of Pearl Harbor* by Jeff Shaara and *Trace Elements* by Donna Leon, both donated by Jay White; and a three-book series by Boo Walker set in the Washington State wine country, with the last, *Red Mountain Burning*, published in 2002, donated by Denise Munns.

Other recent fiction: *The River* by Peter Heller, "two college friends on a wilderness canoe trip," donated by Tanya Bohlke; *The Portable Veblen* by Elizabeth McKensie, "new money and old values," donated by Maxine Luxton; and *Dead Letters*, set in the wine country of New York State's Finger Lakes, donated by Kay Klein.

Also, *Death At Breakfast* by Beth Gutcheon and *The Wander* by Michael Ridpath, both donated by Jay White, and *Disappearing Earth: A Novel* by Julia Phillips (2019), one of the 10 *New York Times* Best Books of 2019, about the disappearance of two sisters on the Kamchatka Peninsula at the northeast edge of Russia.

Esoteric science fiction with space battles: *The Road of Danger* by David Drake; *Flander's Legacy* by Paul Anderson; and two by Jack Campbell—one from the Last Fleet series and one from The Lost Stars series, all donated by Sue Burrage.

Biography: *White House Butler*, about Eugene Allen and this 34 years at the White House, donated by Maxine Luxton; *41: A Portrait of My Father* by George W. Bush; and *Peggy of Flint Hills*, donated by Amy Lewis.

Classics in Fiction Paperback: *Mansfield Park* by Jane Austen, donated by Nina Walls; *Far From the Madding Crowd* by Thomas Hardy, donated by Maxine Luxton; and the first two Patrick O'Brian books, *Master and Commander* and *Post Captain*.

Two Non-Fiction Paperbacks: *The Woman Who Smashed Codes* by Jason Fagone and *Falling Leaves: The Memoir of an Unwanted Chinese Daughter* by Adeline Yen Mah.

New to Virginia: *The River Where America Began: A Journey Along the James* by Bob Deans; and *Alvin: Recollections and Reflections* by John H. Harding, Jr., about Alvin, a black farmer, cannery worker, menhaden fish boat crewman and soldier from Northumberland County.

Lois Williams – RWC Residents Association Library Chair

FIT BITS: MIND AND MUSCLE

Our team is glad to be able to bring back the Fitness Center and Pool. We are working on a return plan for the group exercise classes. As we get this finished, we will let you know what the details are for each of the classes. We will continue to run classes on Channel 85 for now. Note: Channel 85 schedule may change as we do in person classes.

CHANNEL 85 SCHEDULE

Monday, Wednesday, and Friday

9:00 Strength and Balance C

10:00 Fit to Move

1:00 Strength and Balance B

Tuesday, Thursday

9:30 Dance Aerobics

11:00 Chair Yoga

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

JOKES OF THE MONTH

- Why did the scientist install a knocker on his door? To win the NO-Bell prize.
- There was a horse trainer who raised a filly, and when he raced her in the evening she always won, but when she raced during the day she lost. She was a fine horse, but she was a real night mare.

EXERCISE: IMPORTANT PART OF DAILY LIFE

Exercise is an important part of nearly everyone's everyday health. This is true for older adults, too. Experts say seniors should aim to be as active as possible. Exercise can help you live a longer, healthier life.

There are many benefits of exercising when you're a senior, including:

- It improves your strength. This helps you stay independent.
- It improves your balance. This prevents falls.
- It gives you more energy.
- It prevents or delays diseases, such as heart disease, diabetes, or osteoporosis.
- It can improve your mood and fight off depression.
- It may improve cognitive function (how your brain works)

It is safe for most adults older than 65 years of age to exercise. Even patients who have chronic illnesses can exercise safely. These include heart disease, high blood pressure, diabetes, and arthritis. In fact, many of these conditions are improved with exercise. If you are not sure if exercise is safe for you or if you are currently inactive, ask your doctor.

FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

DOCUMENTARY:

CHASING SHACKLETON, 3 PARTS

Thursdays, July 9, 16 & 23—1:00 PM-Channel 85

Can six men endure Sir Ernest Shackleton's Antarctic rescue mission today? Using a replica boat, and the same equipment and clothing as would have been used in 1914, explorer Tim Jarvis and his crew attempt to follow in Shackleton's wake, going beyond the point of no return, using their firsthand extreme experience.

Episode 1: Veteran polar explorer Tim Jarvis is on a mission to discover exactly what happened on the most famous survival story in expedition history — Sir Ernest Shackleton's 800-mile boat journey across the Southern Ocean and deadly mountain crossing of South Georgia.

Episode Two: Following in the wake of legendary polar explorer Sir Ernest Shackleton, a team of six men risks their lives to discover what it's like on the greatest survival journey of all time. In a 22-foot replica wooden lifeboat, with 100-year-old equipment, clothes and rations, the team battles 800 miles across the roughest ocean on the planet.

Episode Three: Following the successful sea crossing from Elephant Island, Tim Jarvis must now traverse the mountains of South Georgia to complete his re-enactment of Shackleton's "double." But injury, illness and bad weather are against him.

VIRTUAL BINGO ON CHANNEL 85

Tuesday, July 14 and

Tuesday, July 28—1:00 PM

Here is how it works.

~Participants may pick up Bingo Cards the day of play between 10:00 AM-11:30 AM in the Life Enrichment Center Lobby (Cost is \$2.00 per card, Limit 2 cards per person, first come, first serve).

~Tune into Channel 85 to play Virtual Bingo LIVE!!

~If you have a winning card, be the **first to call into the BINGO call center at ext.4024** and say "BINGO"!

~ Win a prize or the JACKPOT!!!

~Turn your cards in to the Resident Life Office the following day.

DOCUMENTARY: EDIE

Thursday, July 30—1:00 pm—Channel 85

Believing that it's never too late, newly widowed Edie (Sheila Hancock) embarks on a trip to the Scottish Highlands to fulfill her dream of climbing the intimidating Mt. Sui-ven, striking up a friendship with a young climber along the way. (2019) 1 hour, 41 minutes, PG-13.

SATURDAY NIGHT MOVIE

July 25—7:00 PM—Channel 85

Feature: La La Land

While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair. But as their separate paths of ambition force them to make tough choices, their relationship starts to fray. (2016) PG-13, 2 hours, 8 minutes