



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480



Gazebo Gazette

Welcome New Neighbors

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!

Mr./Mrs. Donald and Mary Stone, Cottage # 501.

Native Washington DCers, Don and Mary move to RWC from Whays Creek in Northumberland County where they have lived for 30 years. They attended schools in D.C. - Immaculate Conception Academy and Anacostia H.S. - and left for careers. Don was a law enforcement officer in D.C. where he was an accident investigator. He was medically discharged after an on the job motorcycle accident. He belonged to the Lions Club and has enjoyed doing "pretty much everything" in special interests, hobbies and skills.

Mary calls herself a 'Home Maintenance Engineer'. Being a creative person, she coined the term in response to people's question about what she did. She also belonged the Lions Club and has a wide variety of interests and talents. Mary loves to read (history, biographies), travel (with the Golden Advantage Club), crafts such as ceramics and cross-stitch, and is interested in watercolor classes.

Don and Mary are active members of St. Francis deSales Catholic Church and look forward to meeting their new neighbors, which includes Don's sister Rhea Stone.



7 AMAZON SCAMS AND HOW TO PROTECT YOURSELF

Amazon is a great platform to buy goods at a discount - just watch out for these scams before hitting any "buy" buttons, or before engaging with Amazon fraudsters.

Top 7 Amazon Scams

Let's examine the most common - and threatening - ways Amazon fraud can strike and provide some tips to keep Amazon fraudsters at bay.

1. Gift Card Scams

Amazon continues to deal with a nefarious scheme - gift card scams. Here, fraudsters reach out to Amazon consumers via email, phone or social media and offer deeply discounted deals on not only Amazon gift cards, but gift cards from third-party providers (like banks and credit card providers.) Often, the message comes with a call for urgency, i.e., the fraudster says he's about to lose his home or have his car repossessed, and offers goods that can be purchased at a steep discount with Amazon gift cards, and by gift cards that are sold on Amazon. Don't fall for it. Amazon gift cards can only be used on Amazon, and never can be used as a legitimate payment to other businesses and individuals.

To avoid this scam: Simply ignore the caller or emailer, and never use Amazon gift cards with companies and people outside Amazon.com.

STORY CONTINUED ON PAGE 6

The deadline to submit articles for the July 2020 issue is

Tuesday, June 23, 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
JUNE 2020	9:00-CH85-Strength & Balance C 1 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 2 11:00-CH85-Chair Yoga 1:00-CH85-A Joyful Mind	9:00-CH85-Strength & Balance C 3 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 4 11:00-CH85-Chair Yoga 3:00-TGP-Praying the Rosary	9:00-CH85-Strength & Balance C 5 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	6
10:00-CH85-Alice's Adventures in Wonderland 7 4:00-CH85-Sunday Worship	9:00-CH85-Strength & Balance C 8 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 9 11:00-CH85-Chair Yoga 1:00-CH85-Virtual Bingo	9:00-CH85-Strength & Balance C 10 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 11 11:00-CH85-Chair Yoga 1:30-FPL-Cornhole 3:00-TGP-Praying the Rosary	9:00-CH85-Strength & Balance C 12 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	13
4:00-CH85-Sunday Worship 14	9:00-CH85-Strength & Balance C 15 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 16 11:00-CH85-Chair Yoga	9:00-CH85-Strength & Balance C 17 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 18 11:00-CH85-Chair Yoga 3:00-TGP-Praying the Rosary	9:00-CH85-Strength & Balance C 19 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	20
FATHER'S DAY 21 4:00-CH85-Sunday Worship	9:00-CH85-Strength & Balance C 22 10:00-CH85-Fit to Move 10:30-Front Porch-RWC Book Group 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 23 11:00-CH85-Chair Yoga 1:00-CH85-Virtual Bingo DEADLINE FOR GAZEBO GAZETTE ARTICLES	9:00-CH85-Strength & Balance C 24 10:00-CH85-Fit to Move 11:00-CH85-Pina 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 25 11:00-CH85-Chair Yoga 1:30-FPL-Cornhole 3:00-TGP-Praying the Rosary DEADLINE TO CHANGE MEAL PLAN	9:00-CH85-Strength & Balance C 26 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	7:00-CH85-Saturday Night Movie: A Beautiful Day in the Neighborhood 27
4:00-CH85-Sunday Worship 28	9:00-CH85-Strength & Balance C 29 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 30 11:00-CH85-Chair Yoga	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 (*) means a RSVP or sign up is required.			

GREETINGS FROM THE PRESIDENT/CEO

I was reminded in our morning meeting today about an interesting question – If we look back on our five-year goals from 2015 – are we where we thought we would be in five years? I think it is reasonably safe to conclude that none of us had the goal of being in the middle of a pandemic on our five-year plan. Probably if we had answered a similar question in January of this year for June – most of us would not have answered “in the middle of a pandemic.”

We all handle not being “on our plan” or not being where we expected to be in different ways. In today’s polarized society, it is easy to try to reduce this to an assessment of who is handling it well and who is handling it poorly. The fact is we are handling it – TOGETHER.

We, the community of RWC, are all in this TOGETHER. That is how it has been from the inception in late February/early March, and that is how it is as we enter June; and I fully expect that is how we will continue on until the journey comes to whatever end it has. The important part is not how long it lasts, but how strong and courageous we journey TOGETHER.

This journey has been filled with incredible accomplishments none of us predicted or anticipated when we embarked. When we look back after we reach our destination, we will find it even more so I predict. Why? Because we remain focused on our calm approach to prevention and preparedness – TOGETHER.

TOGETHER we pull on the oars in unison with strength and courage. TOGETHER we adjust the sails when the wind changes with skill and confidence.

TOGETHER we man the pumps with hope and faith. TOGETHER we will reach our destination having accomplishments we could not have imagined five years ago or five months ago.

Thank you for being on this unchosen journey TOGETHER as we press toward the calling.

May God bless you and bless us as we journey TOGETHER.



CONTINUED FROM PAGE 1 STIMULUS PAYMENTS

The Greens fell victim to a computer scam, and they didn’t want to take a chance of being conned again. The couple reached out to The Washington Post to verify the card was legitimate. After being reassured it was, they activated the card and found out they are getting the maximum allowed for a couple, which is \$2,400.

Some people have reported they nearly threw the letter and card away — which could be a costly mistake. If you want to get a replacement card quickly it costs \$17 for priority mail.

CONTINUES FROM PAGE 6 AMAZON SCAM

7. The "Fake Product" Amazon Scam
This Amazon scam afflicts site buyers who believe they’re purchasing a genuine, brand name product only to find that the product is a rip-off and nowhere near worth the money paid for it. Counterfeit sellers are a fact of life on Amazon and, even though the company does solid work in vetting and kicking fake sellers off the site, too many bogus sellers slip through the cracks and into the Amazon.com platform.

To avoid this scam: Before you hit the "add to cart" or "buy with one click" button, do your due diligence and check out the seller's feedback and reviews. If there's anything remotely suspicious about the seller, or any red flags, keep looking for a reputable Amazon seller you can trust.

Use Amazon Wisely

By and large, Amazon.com shoppers can expect to have a good, reliable experience shopping on the site, and engaging with Amazon.

Just avoid the potentially fraudulent scenarios listed above, and keep your personal data, and your money, safe and out of reach from Amazon fraud artists.

CULTURE CLUB: MUSIC, THEATRE AND SPEAKERS

PEOPLE ARE MISTAKING STIMULUS PAYMENTS FOR JUNK MAIL OR A SCAM

Millions of taxpayers are getting their stimulus payment on a debit card. But it’s causing a lot of confusion.

This notice was sent with a prepaid debit card from the IRS in an attempt to help speed the delivery of up to \$1,200 in economic impact payments. Some people have confused the cards for junk mail. The IRS has to explain, yet again, a glitch in issuing stimulus payments.

To help speed the delivery of up to \$1,200 in economic impact payments to individuals made available under the \$2 trillion Coronavirus Aid, Relief, and Economic Security (Cares) Act, the Treasury Department last week began mailing prepaid debit cards to 4 million Americans.

The prepaid debit cards allow recipients to make purchases online and at any retail location where Visa is accepted. Recipients can also receive cash from in-network ATMs and transfer funds to their personal bank accounts without a fee. (Fees may apply if an out-of-network ATM is used.)

Stimulus check glitches: Why you’re having trouble and what you can do about it

The cards, issued by Treasury’s financial agent, MetaBank, were intended to speed the process of getting out the payments. Tens of millions of others have received their money by direct deposit, check or the Direct Express prepaid debit cards used to deliver Social Security payments and other federal benefits.

Here’s the problem. Like so many other glitches that have plagued the distribution of the stimulus payments, communication has been confusing and conflicting. The debit card is arriving in a plain envelope that doesn’t indicate it’s coming from the federal government.

Included in the letter is information indicating that the debit card is being sent on behalf of the Treasury Department in place of a paper check.

But some taxpayers still thought it was a scam or junk mail, which may have prompted the IRS to issue a release Wednesday explaining the prepaid

debit cards.

“There is a website and 800 number, but I don’t want to activate anything,” one reader wrote. “If this is the stimulus money, they get a D- for marketing.”

Eric Green and his wife, who live in Arlington, Va., received a card in the mail last week. But they thought it was a con because they had expected their stimulus payment would be direct deposited into the same bank account where they received their recent federal refund.

“If you received direct deposit of your refund based on your 2019 tax return (or 2018 tax return if you haven’t filed your 2019 tax return), the IRS has sent your payment to the bank account provided on the most recent tax return,” the agency said on its Economic Impact Payment Information Center page, set up to answer questions about the stimulus money.

Green said the couple was reluctant to activate the debit card because of the previous guidance from the IRS — and that the two financial institutions where they bank were also unfamiliar with it. “They didn’t seem to know about it either,” he said.

“We’ve since debated whether to follow what it says in the letter to activate the card.”

“The letter we received said it came from the Money Network Cardholder Services in Omaha, Nebraska,” Green said. “Is it a scam or legitimate? There were a number of steps involved in converting the card into money to be put in our bank. We wonder why we just didn’t receive a government check in the mail like other people have received?”

In response to a question about the confusion, a Treasury spokeswoman referred to a “Frequently Asked Questions” or FAQ page at eipcard.com, a website set with information on how to activate and use the card.

“Prepaid debit cards are secure, easy to use, and allow us to deliver Americans their money quickly,” Treasury Secretary Steven T. Mnuchin said in a statement last week about the new delivery method. “Recipients can immediately activate and use the cards safely.”

STORY CONTINUED ON PAGE 8

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

“What, if anything, do you think it means? Do you think God is trying to tell us something? Do you think it is some kind of judgment? What/how can we learn from it all?” These are some of the many questions I am asked almost daily about the Covid-19 epidemic and how it has impacted our world, our country, our community, our lives. Big questions, serious questions all. But here is by far the most common: “how long do you think it will go on?” It's the unknown duration that challenges our enduring. The image that comes to mind is that of a marathon runner who, sensing the end of energy, approaches mile marker 24. Knowing the finish line is near somehow inspires determination for the final push. But what if at mile 24 the runner does not know the length of the race? Maybe it's 26, maybe 46, maybe 86 miles: then what? Indeed “how long” may be the hardest question of all.

“How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and everyday have sorrow in my heart?” (*Psalms 13*) There's almost a hint of despair in that. I can't help but think of the words of Jesus: “Do not worry about tomorrow, for each day has enough trouble of its own.” (*Matthew 6*) So true, and maybe that's at least a part of the answer: today. How much longer? One more day. Today we know this because here and now we are. And when tomorrow becomes today the answer will continue to be “one more day. Take the next step.” That is enough to think about, to deal with, to live with, and yes, to love. Today is a gift. Today I am grateful for today. And I'm grateful for the goodness in it. Today I'm grateful for you. “Never let the things you want make you forget the things you have.” (*Sanchita Pandey*) Today.

Chaplain Greg Houck

A 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

MRS. SUE MYERS MAY 10, 2020

RWC REHABILITATION SERVICES RECEIVES GRANT

RWC's clinic was selected as a grant recipient and can now provide SPEAK OUT! And The LOUD Crowd to residents.

The Parkinson Voice Project is the only organization in the world solely dedicated to helping people with Parkinson's improve their speech and swallowing. 90% of people with Parkinson's may develop speech difficulty. When people with Parkinson's lose their speaking ability, this impacts their ability to converse with family and friends, talk on the phone, and even order food in a restaurant.

Parkinson's Voice Project has developed a two-part therapy approach that strengthens the muscles used for speaking and swallowing by combination individual speech therapy (SPEAK OUT!) with ongoing group therapy (The LOUD Crowd).

Parkinson Voice Project's program emphasizes speaking with intent. SPEAK OUT! Consists of individual speech therapy conducted RWC's speech language pathologist, Lisa Thomas. The LOUD Crowd consists of weekly speech therapy sessions and provides camaraderie, support, and encouragement for those living with this condition.

For more information, please contact Lisa Thomas at ext. 4341

God of all Ages, keep us in the palms of your hands. May our caretakers feel your healing touch each day, and each night, each hour and each minute until the darkness yields to light.

We praise your name. Amen

Dear God, when we who count our years by the dozens feel a stab of fear in these difficult Corona Virus days, those who have taken on the role of our caregivers find a way of smiling with their eyes over the protective masks we all must wear.

When we look closely we see that their eyes express all that is in their hearts, yet setting aside any of their own fears and all the troubles they must face in their own lives. Overriding all sadness and exhaustion, Heavenly Father, they work constantly on our behalf, day in and day out even as their minds and bodies cry out for a respite.

When we hunger they rap on our doors to let us know our carefully prepared life-sustaining daily bread has been left on our doorsteps.

When we touch the banisters, our caregivers walk behind us scouring so vigorously that the varnish on the wood will yield to the pressure of their caretaking hands.

When a day presents itself, dear Father, and we see no colors but only streaks of grey, our caregivers will show us vibrantly colored pictures of nature all around us, so carefully tended by rooting and fertilizing and trimming and propping up and uprooting by our landscapers' knowledgeable hands. Or we can walk around and feast our eyes on the abundance nature will share with us.

When they see us looking about us aimlessly with worried eyes, our bodies nearly bent into a question mark, our caregivers will ask us how they can help. And they will follow up and mark us down as "present" and help untangle the question marks of our bodies..

Father, you have given us eyes that, even near blind or fully blind, can yet mirror our feelings for good or for troubled, and you have given us ears to hear dimly or clearly or only from memories. The hands of our medical people are guiding us, always taking care that our bodies and mines are cared for, always alert to any medical issues. and those who lead us in exercise.

Milena Van Sant

RESIDENT RECYCLING COMMITTEE

Your Residents' Recycling Committee and the RWC Housekeeping Staff are asking for your help. Lancaster County requires that cardboard boxes be knocked down before they are put into the compactor at the County facility on White Pine Road. When you take your cardboard boxes to any of the five trash rooms on Campus (one in the apartments and two each on Oak and Holly), so they can be recycled, please knock the boxes down as best as you can. The tape that keeps the box up can be cut with a knife, a box cutter, or a pair of scissors. The box will then collapse easily and can be laid on the floor of the trash room, next to the paper bags that hold newspapers for recycling. Your knocking down the boxes will help both the Committee in prepping the recycling for pick up and the Staff when they pick it up on Monday mornings to take to the County facility. Thank you for your cooperation.

BEAVER DAM TRAIL

If you want to have a treat for your eyes and your mental health, take a walk on one of the trails on our own grounds. The special of the month is the Beaver Dam Trail. You will find yourself transported to another world as the trail is bordered now with reams of Laurel in full bloom. Don't wait too long as the next wind storm may take many blooms with it. If you have not used the trails here at RW-C please know that all roots that peek out are painted orange. The trails are totally cleared and ticks don't like it because there is no tall grass. Do cover yourself however. Mountain Laurel loves our natural areas of Lancaster County; it is particularly spectacular around Memorial Day.

From Jane Henley,
Chair Grounds and Landscaping Committee

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

CONTINUED FROM PAGE 1

AMAZON SCAMS

2. Bogus Online Listings

In this scam, fraudsters claiming to be an Amazon seller, once again approach potential victims offering deeply discounted goods and services. The catch is that to make the purchase, the seller is only accepting Amazon gift cards as payment. When you make payment for the purchase, the goods never arrive, and you can't reach the seller to ask for your money back. To avoid this scam: Any Amazon purchase engagement can only be made on the actual Amazon platform, either via the website or mobile app. Since no legitimate Amazon purchase can occur off of the Amazon platform, delete emails and hang up the phone if contacted by a fake Amazon seller.

3. The Amazon Job Offer Scam

Amazon pays its employees well (and works them hard), so landing a job for a person who places a premium on salary is a pretty big deal. Amazon job scammers leverage the demand for Amazon jobs by posting false employment advertisements or phoning potential job applicants with offers to work for Amazon. The catch on this scam? The fraud artist will ask for an up-front processing or finder's fee, usually requiring a credit card, bank account number, or even an Amazon gift card.

To avoid this scam:

Amazon.com jobs are always posted on Amazon.com/jobs, and there is never any upfront fee to apply or interview for one.

4. The Amazon Phishing Scam

Phishing-related Amazon scams are particularly dangerous, as the fraud artist's aim is to hide behind the Amazon brand to steal your Social Security number, bank account number, or credit card. Here's how it works. A scammer contacts you via email, claiming to be a customer service representative from Amazon.com. They'll note that your personal data needs to be updated on the Amazon website, or that a recent purchase can't be completed unless you confirm your personal data. They'll ask you to click on a link and transmit that data, which in turn takes that data and steers it toward a fraudster's digital device, resulting in the loss of key personal financial information, which paves the way for financial fraud.

To avoid this scam: Amazon.com covers phishing

fraud on its website - here's what the company says. "Amazon will never send you an unsolicited e-mail that asks you to provide sensitive personal information like your social security number, tax ID, bank account number, credit card information, ID questions like your mother's maiden name or your password. If you receive a suspicious e-mail please report it immediately."

5. The Discount Voucher Scam

This common Amazon scam purports to "reward" you, a loyal Amazon customer, with a company discount voucher. The message is usually delivered via email, where the sender has you click on a link to get your voucher reward. Often the message reads "This \$1,000 Amazon gift card is reserved for you." But instead of getting the gift card, all you're doing is providing the scammer with your personal data which he or she will use to steal your identity or to access your personal financial accounts and make off with your money.

To avoid this scam: Amazon doesn't offer deeply discounted "thank you" offers or \$1,000 gift cards, unsolicited, and by email. Just delete any suspicious emails offering Amazon rewards.

6. The "Write an Amazon.com Review" Scam

Any offer to write an Amazon.com review, and get paid \$50 to \$100 for doing so, should be ignored and avoided. The scam usually pops up after a big retail buying period, like Amazon.com Prime Day (in July) or around the December holidays. Usually delivered via email, the message offers monetary compensation for writing an Amazon.com review. In reality, the recipient is steered to a fake Amazon.com site (which looks remarkably like the actual Amazon.com site), where their passwords, usernames, and other personal data is stolen and used to commit identity theft.

To avoid this scam: Amazon doesn't pay people to write site reviews and doesn't ask for your password or username in any customer engagement situation. If you see a "write an Amazon review" email, hit that delete button.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

JUNE LIBRARY PAGE

The Windfall by Diksha Basu is the RW-C Book Group's June selection. A wacky novel of "keeping up with the Jones" in Delhi, India. First line: "Mr. Jha had worked hard and he was ready to live well." After selling his computer company and sending his son to college in the United States, Mr. Jha and his wife were moving out of a crowded apartment complex to a high-end luxury suburb. We'll meet June 22 at 10:30 a.m., still masked and social distancing!

New to Large Print – a 2020 book, *The Book of Lost Friends* by Lisa Wingate, a 2019 book, *The Oysterville Sewing Circle* by Susan Wiggs, and the 2012 *State of Wonder* by Ann Patchett, all from Elaine Lowrey. Also, *Doll House and Our True Loves* from the estate of Susan Decker.

BINGO, the library card is full! John's Grisham's *The Confession* is a 2010 Large Print book that has had 31 sign-outs. Close behind is the library card of a 2010 Tony Hillerman Large Print book.

Biographies—*George Marshall: Defender of the Republic* by David L. Roll (2019), donated by Bill Louisell; *The Life and Times of Babe Ruth*, donated by Fred Luxton, who wrote "A must-read for every baseball fan;" *George Bush* by George W. Bush; *Understanding Trump* by Newt Gingrich; and *The Butler: Witness to History*, about Eugene Allen, a White House butler for 34 years.

Serious Stuff:

Diary of My Travels In America by Louis-Philippe: 40 years before he became King of France, Louis-Philippe and his brothers traveled by horse and coach in the United States. The book covers two months, March to May 1791, from Philadelphia through Virginia, Tennessee and Kentucky. Recommended by Charles Huckins.

In History:

Young Lothar: An Underground Fugitive in Nazi Berlin, from Rosemarie Forcum. In History.

The Cut Out Girl by Bart Ban Ness (2019), the novelized experiences of a young girl in Holland under Nazi occupation, donated by Maxine Luxton. In Fiction.

The Transformation of Virginia, 1740-1780 by Rhys Isaac, 1982 winner of the Pulitzer Prize in History. In Virginia.

Mama's Last Hug: Animal Emotions and What They Tell Us About Ourselves, from Marilyn Hess.

2020 Directory of the United States Congress. Donated by Jack Jennings.

New Mysteries: *Many Rivers to Cross* by Peter Robinson (2020) – first line, "Two beautiful women sat talking and sipping wine . . ." *Masked Prey* by John Sanford (2020), giving the RWC Library ten "Prey" books. *Sunset Express* by Robert Crais, an "Elvis Cole/Joe Pike crime novel is in the Mystery section, while a half-dozen other Robert Crais books are in the Mass Paperbacks section. *The Seagull* by Ann Cleaves (2017), a British crime writer.

New in Fiction: *Belgravia* by Julian Fellows, donated by Cecil Schwartz; *Walk the Wire* (2020) and *King and Maxwell* by David Baldacci, giving the Library's two-dozen Baldacci titles in regular print and one-dozen titles in Large Print. Also, two novels written for an audience the age of our grandchildren – *The Roxy Letters* by Mary Pauline Lowry (2020) and *The People We Hate at the Wedding* by Grant Ginder.

Amy Lewis donated a pair of books, *Fifty Years With Peggy of the Flint Hills*, "*Peggy of the Flint Hills*". Peggy Greene was a beloved Topeka newspaper columnist, dispensing common sense and uncommon insight six days a week for 55 years. But her true masterwork was this little memoir, now seeing publication for the first time - a breathtakingly rich recollection of her childhood in the Ozark foothills and her young adulthood in the Kansas Flint Hills. With a full heart and a matchless memory, Peggy writes of the people and places that shaped her, offering readers a crystalline window into a long-gone world in 1983. *Skimming the Cream* is another Peggy Greene book. Amy knew Peggy as a child growing up in Kansas and her father, Jim Robertson, is mentioned in the preface of *Skimming the Cream*.

Lois Williams – RW-C Residents Association Library Chair

FIT BITS: MIND AND MUSCLE

WELLNESS DEPARTMENT

Our team is working hard on plans for when we can reopen the Wellness Department. We look forward to your return but in the meantime please keep enjoying the classes on Channel 85.

JOKES OF THE MONTH

When does a joke become a dad joke?
When the punchline is apparent....
How does a pickle become a pickle?
It goes through a “jarring” experience

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

HOW TO STAY ACTIVE, HEALTHY DURING COVID-19 CRISIS

Seniors are among the most vulnerable in the ongoing coronavirus pandemic. Older people are at least twice as likely to have a serious case of COVID-19, according the early data from the Centers for Disease Control and Prevention.

The immune system, as we age, is less efficient at fending off disease and infection. COVID-19 makes it more likely that an older person’s respiratory system or lungs will shut down.

During this crisis, seniors should:

- Avoid having visitors, especially anyone who might be sick.
- Practice social distancing when going out.
- Avoid crowds.
- Wash hands regularly.
- Maintain a healthy diet.
- Exercise regularly.

These pre-coronavirus rules of prolonging your life, supplied by Hartford HealthCare’s GoodLife Fitness program, are particularly important now:

Your Diet: Let’s hope panic-buying at grocery stores

ends soon. Try to get the majority of your daily calories from fresh fruits and vegetables, minimally processed whole grains, low-fat dairy, nuts, seeds, lean meats and fish.

Drink More Water: Some suggest drinking the classic eight, 8-ounce glasses of water a day, others say to take your body weight, divide it in half and drink that many ounces. What we do agree on is that drinking water — lots of water — is a must-have healthy habit.

Water is our body’s principal chemical component and makes up about 60 percent of our body weight according to the Mayo Clinic, water should be our drink of choice over sugary, calorie-laden drinks. Because water is our body’s principal chemical component and makes up about 60 percent of our body weight, it should be our drink of choice over sugary, calorie-laden drinks.

Move More and Move Often: Adding constant movement throughout your day is very important. Stand up every half hour if you work at a computer, lap your house while talking on the phone, add a short nighttime walk — it doesn’t matter how you do it, just move more!

Stay Positive: Thoughts are powerful, so be sure to pay attention to yours. The Mayo Clinic reports a number of health benefits associated with positive thinking, including increased life span, lower rates of depression, greater resistance to the common cold and reduced risk of death from cardiovascular disease, among many other things. Make it a goal each day to be more positive than the day before.

Stay Strong: Too often people get excited when they exercise most days of the week — with some type of cardio. Yet they forget about strength training. Not building and maintaining muscle could be one of the biggest mistakes related to your health. Not only do muscles keep our bodies functional, mobile and strong, but they also help burn calories even when you’re not working out. “Strength training” does not mean you need to become a body builder and lift heavy barbells. Light free weights, resistance bands or even using your own body weight with push-ups, lunges and squats all work in the home.

FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

VIRTUAL BINGO ON CHANNEL 85

Tuesday, June 9 and

Tuesday, June 23—1:00 PM

Here is how it works.

~Participants may pick up Bingo Cards **the day of play in 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.

A JOYFUL MIND

Tuesday June 2—11:00 am—Channel 85

Today, the accelerating pace of life poses real challenges to our wellbeing. At the same time, new understandings about meditation are shedding light on how its transformative powers can improve our daily lives. A Joyful Mind pulls back the curtain on what it means to meditate, on what modern science reveals about its benefits, and on how meditation and mindfulness can be used in workplaces and schools. This groundbreaking film serves to clear up the confusion around meditation perpetuated by the media. It features the experiences of both novice and master meditators, highlighting Yongey Mingyur Rinpoche, whose teachings have touched people around the world with their clarity, wit and personal insight into how meditation can have a positive impact on our daily lives.

THE ROYAL BALLET: ALICE’S ADVENTURES IN WONDERLAND

Sunday, June 7—10:00 AM—Channel 85

Christopher Wheeldon’s Alice’s Adventures in Wonderland burst onto the stage in 2011 in an explosion of color, stage magic and inventive, sophisticated choreography. Joby Talbot’s score combines contemporary sound worlds with sweeping melodies that gesture to ballet scores of the 19th century. Bob Crowley’s wildly imaginative, eye-popping designs draw on everything from puppetry to projections to make Wonderland wonderfully real. Alice encounters a cast of extraordinary and instantly recognizable characters, from the highly strung Queen of Hearts — who performs a hilarious send-up of The Sleeping Beauty’s famous Rose Adage — to a playing card corps de ballet, a sinuous caterpillar and a tap-dancing Mad Hatter. But the ballet does not avoid the darker undercurrents of Lewis Carroll’s story: a nightmarish kitchen, an eerily disembodied Cheshire Cat and the unhinged tea party are all here in vivid detail. The delicious result shows The Royal Ballet at its best, bringing together world-class dance with enchanting family entertainment.

SATURDAY NIGHT MOVIE

June 27—7:00 PM—Channel 85

Feature: It’s a Beautiful Day in the Neighborhood

After a jaded magazine writer, Tom Junod, is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America’s most beloved neighbor. (2019) Rated PG, 1 hour, 48 minutes.