



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

The deadline to submit articles for  
the October 2020 issue is  
**Thursday, September 24, 2020 by noon.**  
Contact us: 804-438-4000



Volume 35, Issue 9



### 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**



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!

SEPTEMBER 2020

# Gazebo Gazette

## WELCOME RECEPTION FRIDAY NIGHT WALK-ABOUT Friday, September 11—4:00 pm to 6:00 pm

Spend the evening walking, driving your golf cart or car, or hitch a ride on the marketing cart with friends to participate in welcoming your new neighbors on campus. Between the hours of 4pm and 6pm you are invited to visit new residents at their homes (going into homes is prohibited). It's an "OPEN PATIO" meet and greet.

Please visit the following folks;

- Mrs. Shelia Todd in the Atrium
- M/M Brian & Mary Bennett at Free-standing home 414 on Pine Cone Dr.
- M/M Gerald & Susan Hice at Cottage 704 on Holly Dr.
- Mrs. Joan May at Cottage 702 on Holly Dr.
- Mrs. Nancy Monroe at Cottage 508 on Lancaster Dr.

You may visit these residents in any order you wish. You can visit some or you can visit none. It's up to you. And as usual we ask that you watch your distancing to others and wear a mask. Please call Susan Jones, Welcoming Committee Chair with any questions

## IT'S KENTUCKY DERBY WEEK AND WE AREN'T HORSIN' AROUND!

**Tuesday, Sept 1, 11am-1pm**

Purchase your 50/50 Raffle Tickets – in the Atrium or in the LEC lobby \$1 each, 6 for \$5, or 15 for \$10 50% to Winner 50% to Employee Christmas Fund

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### Wednesday Sept 2 and Thursday Sept 3 11am-1pm

Purchase your Betting Slips – Cash payout!!

Bookies will be in the Atrium and LEC Lobby

6 Betting Slips for \$5

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### Wednesday Sept 2 and Thursday Sept 3 from 11am-1pm

Lucky Horse Scavenger Hunt  
Find a horse hidden somewhere on campus or in the Chesapeake Center

bring it to a Bookie and receive a FREE Betting Slip

**Exact Cash requested!!**

**Kentucky airs Saturday, September 5 on WWBT (NBC)-Channel 12 or Channel 712 (HD). Coverage begins at 2:00 PM and the race begins at 6:50PM. Winners will be listed on Channel 85 on Sunday, September 6 and if you are a winner your winnings will be placed in your box.**

Please call Denise Munns, Activities Committee Chair with any questions at ext. 4194.

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
<div>SEPT</div> <div>2020</div>		9:30-CH85-Dance Aerobics 1 10:00-AR2-Chat & Craft 11:00-ATR or LEC Kentucky Derby 50/50 Raffle Ticket Sale 1:00-AR2-Art with Pam 11:00-CH85-Chair Yoga 1:00-CGR-Catch Phrase	9:00-CH85-Strength & Balance C 2 10:00-AUD-Resident Association Board Meeting 10:00-CH85-Fit to Move 11:00-ATR or LEC-Kentucky Derby Betting Tables Open 1:00-CH85-Strength &	9:30-CH85-Dance Aerobics 3 10:00-AUD-Food Committee Meeting 11:00-ATR or LEC-Kentucky Derby Betting Tables Open 11:00-CH85-Chair Yoga 1:30-AR2-Cornhole 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary	WEAR YOUR NAME TAG DAY 4 WEAR PURPLE DAY 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	6:00-ATR-Betting Station 5 Closes.  NBC Sports' coverage will begin at 2:30 p.m. ET KENTUCKY DERBY STARTS AT 6:50 PM
10:00-CH85-Kentucky Derby winners and 50/50 raffle winner will be listed 6 4:00-CH85-Sunday Worship	LABOR DAY 7 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-CH85-Strength & Balance B 4:00-CGR-Darts Update with Stuart Cancelled Today	9:30-CH85-Dance Aerobics 8 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase	9:00-CH85-Strength & Balance C 9 10:00-CH85-Fit to Move 10:00-AR2-Activities Committee Meeting 1:00-CH85-Strength & Balance B 3:30-ATR-Employee of the Month Celebration	9:30-CH85-Dance Aerobics 10 10:00-AUD-Food Committee Meeting 11:00-CH85-Chair Yoga 1:30-AR2-Cornhole 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary	WEAR YOUR NAME TAG 11 TAG DAY WEAR PURPLE DAY 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 4:00-Welcome Reception Walk About (until 6pm)	12
4:00-CH85-Sunday Worship 13	9:00-CH85-Strength & Balance C 14 10:00-CH85-Fit to Move 11:00-AR2-Open Jewelry Making for Alz. Fundraiser 11:30-CH85-Vision Impaired Audio Book: The Runaway Jury by John Grisham (Chpt. 1-4) 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 4:00-CGR-Darts	9:30-CH85-Dance Aerobics 15 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 11:30-CH85-Vision Impaired Audio Book: The Runaway Jury by John Grisham (Chpt. 5-9) 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase	9:00-CH85-Strength & Balance C 16 10:00-CH85-Fit to Move 11:30-CH85-Vision Impaired Audio Book: The Runaway Jury by John Grisham (Chpt. 10-15) 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 17 11:00-CH85-Chair Yoga 1:30-AR2-Cornhole 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary	WEAR YOUR NAME TAG 18 TAG DAY WEAR PURPLE DAY 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-AR2-Open Jewelry Making for Alz. Fundraiser 1:00-CH85-Strength & Balance B	19
4:00-CH85-Sunday Worship 20	9:00-CH85-Strength & Balance C 21 10:00-CH85-Fit to Move 11:00-LEC-Open Jewelry Making for Alz. Fundraiser 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 4:00-CGR-Darts	9:30-CH85-Dance Aerobics 22 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 1:00-CH85-Documentary: Cholesterol: The Great Bluff 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase	9:00-CH85-Strength & Balance C 23 10:00-CH85-Fit to Move 11:00-LAB-Group Labyrinth Walk 1:00-CH85-Strength & Balance B	9:30-CH85-Dance Aerobics 24 11:00-CH85-Chair Yoga 1:30-AR2-Cornhole 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary	WEAR YOUR NAME TAG 25 TAG DAY WEAR PURPLE DAY 9:00-CH85-Strength & Balance C 11:00-LEC-Alzheimer's Jewelry Sale 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	7:00-CH85-Saturday Night Movie: Military Wives 26
4:00-CH85-Sunday Worship 27	9:00-CH85-Strength & Balance C 28 10:00-RAP-RWC Book Group 10:00-CH85-Fit to Move 4:00-CGR-Darts	9:30-CH85-Dance Aerobics 29 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase	9:00-CH85-Strength & Balance C 30 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance 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. <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: HOPE

What is hope? Is it some concept elusive to us over the last six months or the first and foremost thought on our mind as we rise each morning and retire each night? I imagine the answer varies among us. Hope by definition is a feeling of expectation and desire for a certain thing to happen. It is a safe bet that our shared hope is that the pandemic soon passes.

Winston Churchill when asked what Great Britain's most important weapon was in World War II is said to have remarked: "It was what England's greatest weapon has always been - hope." Marshall Foch said, "there are no hopeless situations: there are [people] who have grown helpless about them."

I offer to you that we all have a role in Hope. We have our own hope to nurture and maintain, and we have an opportunity to share our hope with others and help them cultivate hope. Being Helpfully Hopeful is one of the wonderful characteristics of the RWC family, and it has never been more important to all of us than it is now. Many have been helpfully hopeful to me when I needed it, and I am thankful for that. We all have the privilege of paying hope forward by sharing our hope to help someone else have, regain, or grow in hope.

Proverbs 23:18 tells us: "There is surely a future hope for you, and your hope will not be cut off." We cannot change our circumstances or those aspect of life beyond our control, but we can always control our response to circumstances. Therein we have the power of Hope. When you are in need of a

Helpful Hopeful, may one respond quickly, and when you have the opportunity to be a Helpful Hopeful, may you enthusiastically embrace it. Reinforced with the promised

*Quash Bentley*



hope, we can surely complete this journey successfully together.

### EMPLOYEE CHRISTMAS FUND

The two of us are on our way back!! As you can see we are preparing to follow the rules in place to keep everyone safe. We are washing our hands, claws and shells on a regular basis. Please begin thinking/talking about the Employee Christmas Fund. It is especially important this year to show the staff how much they are appreciated for all they are doing during the pandemic and for the personal sacrifices they are making daily to be on the job with their smiles and "can do" attitudes.

Remember, the Employee Christmas Fund Campaign runs October 1-December 1. It is the only time during the year you can thank the staff in a more tangible way for all their efforts to make your life enjoyable every day. This year, more than ever, they are our

**WATERCOLOR WITH PAM IS BACK!!!!**  
Every Tuesday—1:00 PM—Art Room 2  
No class limit. We will find you a place to work.

### ART WITH AMY: MAKING PENDANT JEWELRY\*

Monday, September 14 and Friday, September 18—11:00 AM until 1:30 PM—Art Room 2

This will be an open studio class. We will find a place for you to work and you may come ANY TIME between the hours of 11:00 am until 1:30 pm.

Explore your jewelry-making skills and design your very own pretty, unique pendant. We also be making them for our annual Alzheimer's fundraiser.

### SATURDAY NIGHT MOVIE

September 26—7:00 PM—Channel 85

Feature: **Military Wives (2020) PG-13, 1 hour, 53 minutes**

Faced with their loved ones' absences, a group of women from different backgrounds whose partners are away serving in Afghanistan, come together to form the very first military wives' choir. They help each other through some of life's most difficult moments, and quickly finding themselves on an international stage.

### VISION IMPAIRED AUDIO READING: THE RUNAWAY JURY BY JOHN GRISHAM

Monday, September 14: Chapters 1-4

Tuesday, September 15: Chapters 5-9

Wednesday, September 16: Chapters 10-15  
Starts at 11:30 am on Channel 85

Every jury has a leader, and the verdict belongs to him. In Biloxi, Mississippi, a landmark tobacco trial with hundreds of millions of dollars at stake begins routinely, then swerves mysteriously off course.

The jury is behaving strangely, and at least one juror is convinced he's being watched. Soon they have to be sequestered. Then a tip from an anonymous young woman suggests she is able to predict the jurors' increasingly odd behavior.

Is the jury somehow being manipulated, or even controlled? If so, by whom? And, more importantly, why?

### SUPPORT THE FOUNDATION WHILE YOU SHOP!

Did you know that you can support the RWC Foundation when you shop on Amazon? Its AmazonSmile program allows shoppers to choose a charitable organization to support and then Amazon donates .05 percent of the order price to that nonprofit. Just Google AmazonSmile and with a few simple steps you can establish the charity you want to support (our Foundation!). AmazonSmile is the same Amazon you know. Same products, same prices, same service.



## FIT BITS: MIND AND MUSCLE

### LABOR DAY

Monday September 7

Wellness Staff will be available 8:00am to 12:00pm

### CHANNEL 85 SCHEDULE

9:00 Strength and Balance C

10:00 Fit to Move

11:00 Strength and Balance B

Fitness Center and pool will only be available to sign up for time slots from 8:10am to 11:35am.

### MEDICAL FITNESS

What is Medical Fitness all about?

Medical Fitness is a medically integrated fitness program that is designed to improve outcomes of individuals that may potentially or already have chronic disease.

Which organization helps guide these types of facilities?

The Medical Fitness Association was formed in 1991 to assist medically integrated health and wellness centers to reach their full potential.

What is Medical Fitness Association's mission statement?

The Medical Fitness Association is a member-driven, non-profit organization. Our mission is to foster opportunities for the development and operational success of medically integrated fitness centers. Medical Fitness Association provides industry standards, educational programs, benchmarks, outcome measurements, professional development, and networking opportunities for the medical fitness industry.

How does Medical Fitness fit in at RWC?

The Wellness department has been a member of the Medical Fitness Association since 2018. We use the medical fitness model when working with participants to increase the chances for better outcomes. Using this model helps participants to reach goals of remaining independent, safely doing daily activities, decreasing medicines, and increasing their overall fitness level. We look forward to helping you reach these goals and many more.

### 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

- Have you heard about the man who sat up all night trying to figure out where the sun went when it set? It finally dawned on him.....

- How does the Man on the Moon get his hair cut?...Eclipse it

- One astronaut asks another astronaut if he has ever heard of the planet Saturn. The second astronaut says, "I'm not sure, but it has a familiar ring.

### September is National Cholesterol

#### Education Month

### DOCUMENTARY: CHOLESTEROL: THE GREAT BLUFF

**SEPTEMBER 22—1:00 PM—CHANNEL 85**

For more than six decades, doctors, nutritionists, and public health officials have been waging a war against high cholesterol in an effort to fight heart disease. It's a war that has seen the demonization of saturated fats, the rise and fall of hydrogenated oils, and the introduction of several generations of "miracle" drugs.

But what if the basic premise linking cholesterol and heart disease is wrong? 82 minutes / Color English; French / English subtitles, Closed Captioned Release: 2018

### September is National Active People Over 50 Water Exercise Month

### HOW TO CAST YOUR BALLOT THIS ELECTION YEAR

Every election is important. Knowing how to vote is key, especially now. This year's election is complicated by the fact that we will still be dealing with the pandemic. We might even find ourselves in a moment of surging cases and stay-at-home orders come Election Day. Older adults, **many of whom serve as volunteers** at their polling places, are rethinking their plans to vote.

With this in mind, we are providing tips on how to safely cast your ballot this fall. The most important piece of advice we can offer is this: Do not wait!

With everyone addressing their concerns and adjusting their plans to vote, registrars are busier than usual. Voting should go smoothly for everyone. To ensure it goes as smoothly as possible for yourself, do not wait until the last minute to make your plans.

Please be sure to check your jurisdiction's website for changes as well.

### Voting Checklist and Information: General Election, November 3, 2020

#### Step 1 | Be Sure You Are Registered

Be sure you are registered under your current name and current permanent address. Check your jurisdiction's website for residency requirements and other special requirements. Note: If you reside in the District of Columbia, they offer same-day registration procedures on Election Day.

If you changed your name or moved from outside of your current state, district or jurisdiction, submit a registration form by mail, in person or online.

Please note that even local moves can have an impact on your voting, especially if you plan to vote in person on Election Day. Please be sure to confirm your registration status if you are uncertain of it. Check your jurisdiction's website for ways to submit updates to your existing registration, as well as new registration forms and any I.D. requirements.

#### Deadlines to Register To Vote:

Virginia deadline: Oct. 13

#### Step 2 | Decide How To Vote

Once you confirm that you are registered, decide how to vote. You have three options to consider:

Absentee by mail

Absentee in-person (sometimes called "early voting")

At the polls on Election Day

### Absentee Voting by Mail | Our Recommended Option

We recommend one of the two absentee voting options. If you are voting by mail, please keep in mind that you must request an absentee ballot. Make the request as soon as possible and by the following deadlines:

Virginia deadline: Oct. 23

Once you have requested your absentee ballot, you should expect to receive it in the mail. Here is the schedule for the registrars to mail out ballots:

Virginia: beginning September 18

Once you receive your ballot, we recommend you fill it out and return it as soon as possible. Ballots must be postmarked and/or received by the following dates:

Virginia deadline: Postmarked by Nov. 3 and received by noon on Nov. 5

### Absentee Voting In-Person / Early Voting

Local jurisdictions offer in-person absentee voting, which is sometimes referred to as "early voting". Check your jurisdiction for details to know where early voting is taking place. This type of voting typically is similar to Election Day voting—you visit a polling location, check-in and cast your ballot. Here are the dates during which early voting is available:

Virginia: Between Sept. 18 – Oct. 31

### 50/50 AND QUILT RAFFLE TICKETS

will go on sale September 16 through September 30

weekdays from 11:00 AM—1:00 PM.

Help support the RWC Walking Team!!



## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

### FROM THE CHAPLAIN

I thought I would share with you a true story I recently stumbled upon. “On our commute together to work, my husband stopped at a convenience store for coffee. As he got back into the car, I noticed something odd. ‘Turn your head and look at me,’ I said. ‘You have a Q-tip sticking out of your ear.’ As he pulled it out, he replied, “No wonder the guy in there asked me if I was getting good reception.” (*Linda Taulbee*) One of my favorite things here is the husband's reaction: he didn't take his wife's question or the shopkeeper's comment as criticism or mockery, but instead he was, effectively, able to laugh at himself! “He who laughs at himself will never run out of things to laugh at.” (*Epictetus*) Here's another similar one: “Parasailing had been on my husband's bucket list, and he finally decided to try it. I agreed to go along and watch. I stood on the pier and held his belongings while he was harnessed in over his swimsuit and t-shirt. Sitting in the back of the speedboat, I saw him lift off and soar 400 feet above the ocean. When he returned he told me about the incredible view. The thing that surprised him most was how quiet it was up there. We laughed as he remembered that I was holding his hearing aids.” (*Karen Autenrieth*) Again, I was struck by the reaction: not embarrassment but rather a good laugh, at the expense of no one to the benefit of all. “It's not what happens to you, but how you react to it that matters.” (*Epictetus, again*) You don't need to be a philosopher to recognize the potentially positive place of laughter in life. In the midst of these our Covid times it's fair to say we've all been through a lot and have dealt with our fair share of challenges, losses and sorrows. I don't doubt more may come. And yet: we can't forget to laugh or all we'll be left with is gloom. “Laughter is like a windshield wiper: it doesn't stop the rain but allows us to keep on going.” I can't help but believe that when we get to the end of all of this we will be changed as people: the process undoubtedly has already begun. The real question is: changed in what way? Sometimes one of my biggest fears in the course of it all is losing my sense of humor. So, I'll take this opportunity to remind myself (and us): let's cling to and nurture and cherish and share our zest

and joy of heart and soul, together. “I'm especially glad for the divine gift of laughter. It has made the world more human and lovable despite all its pain and wrong.” (*W.E.B. Dubois*) Amen and Amen. Chaplain Greg Houck

### UPCOMING EVENTS

Group Labyrinth Walk – September 23, 11:00AM  
Blessing of the Animals – October 21, 11:00AM

### IN MEMORIAM

Mrs. Margaret Feil	August 2, 2020
Lt. Col. William Yary	August 4, 2020
Mrs. Judith Epps	August 8, 2020
Mr. Peter Weil	August 9, 2020
Mrs. Barbara Shanklin	August 23, 2020

### ALZHEIMER'S AWARENESS

September will be dedicated to Alzheimer's awareness here at RWC. The gallery hallway between the Wicker Room and the Atrium will be our focal area for information about Alzheimer's.

There will be information from the Alzheimer's Association about the steps being taken to find a cure to this disease. What are the early warning signs of Alzheimer's? How RWC is working towards supporting our Residents with Alzheimer's and dementia.

There will be information about the RWC Yes2Years End to Alzheimer's walk Team. This team is made up of Staff and Residents and we are always looking for more members.

There will be fun fundraisers to support the End to Alzheimer's Walk – taking place right here at RWC on Saturday, October 3rd. Some of the fundraisers will be fun activities on CH85, a raffle, a staff/resident craft and art show and sale. A 50/50 raffle with 50% going to the Yes2Years Walk team in support of Alzheimer's.

We hope all of you will join us in some way by showing your support to End Alzheimer's.

Please look for all activities announcements in the Apartment Breezeway.

### WHAT CAN WE DO?

Not every social gathering has to be offered by our staff. We encourage you to have small gatherings in outside areas or inside the Chesapeake Center observing capacity limit in rooms. You know more than we do what residents choose to follow safety precautions and those who don't. Keep your circle of friends small at this time and choose to spend your time with someone who cares enough to keep you and everyone else on campus safe.

- Write a journal prompt
- Discuss/share journal prompt with friends or family via phone and/or video chat
- Phone/Virtual book reviews (choose to read a book with a spouse/family member/friend and share conversation during reading span)
- Call Chaplain Greg for fulfilling conversation
- Grow a plant
- Bird watching
- Google Earth
- Visit 12 different museums around the world virtually (British Museum, London; Guggenheim Museum, New York; National Gallery of Art, Washington D.C.; Musee d'Orsay, Paris; National Museum of Modern and Contemporary Art, Seoul; Pergamon Museum, Berlin; Rijksmuseum, Amsterdam; Van Gogh Museum, Amsterdam; The J. Paul Getty Museum, Los Angeles; Uffizi Gallery, Florence; MASP, Sao Paulo; National Museum of Anthropology, Mexico City.)
- Write your own personal history. Good read for children, grandchild, etc.
- Watch a comedy movie or a stand-up comedian on tv/online for a good laugh!
- Dance to some favorite music
- Make a pitcher of lemonade
- Bake a cake
- Send a letter to a loved one or a new friend in the RW-C community
- Write a thank you note. There is always someone who would appreciate a hand written thank you note.
- Call an old friend. Make the effort to check on them and reconnect.

- Make a donation to a local charity; rescue squad, hospital, fire dept., Animal Welfare League. Show your appreciation to those on the front lines.
- Send a thinking of you note/card to a resident in the Assisted Living or Health Care Center.
- Enjoy a nature walk on campus
- Walking (Trail Walks)
- Biking
- Fishing
- Golfing
- Kayaking, boating
- Fitness classes on Channel 85
- Take a swim
- Workout
- Group art class
- Gathering with friends. Allow for social distancing between people from different households and skip the hugs and handshakes. Plan activities that don't require close contact, such as drinks on the patio. And offer hand sanitizer.
- Group Labyrinth Walk
- Play games like cards, corn hole, darts, etc.
- Group crafts
- Schedule and meet friend at Thomas Garden Patio, Dining Room Breezeway Patio or Library Balcony overlooking the lake (BYOB)
- Go to the Library
- Have a picnic
- Schedule a movie time with friends in the Chesapeake Game Room



**BECOME PART OF THE YES2YEARS ALZHEIMER'S WALKING TEAM.**

**Saturday, October 3  
10:00 AM-RWC Campus  
Call Mary Arthur to register at extension 4856**



## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### WARNINGS ABOUT SEED PACKETS FROM CHINA

State agriculture officials are urging residents not to plant the seeds, which were mailed in pouches featuring Chinese characters. Officials warn people not to plant the seeds. It was not immediately clear what types of seeds they are.

Although the seeds did not appear to be “directly dangerous,” we would still prefer that people contact us to properly dispose of the seeds.

If you receive seeds, **DO NOT OPEN THE SEED PACKET**. Please seal contents, as well as the packaging it came in, in a zip-loc bag and take to the Front Desk.

### RECYCLING COMMITTEE

The Residents’ Recycling Committee would like to thank all residents who have continued to recycle their newspapers, magazines, junk mail, and cardboard and corrugated boxes. During the current Covid-19 restrictions, the committee does not take the recycling to the County Facility, as we did pre-pandemic. RWC Housekeeping Staff does that service for us. A Huge Thank You go to Lankford Lee and Nick Slaughter!

Remember that we do not recycle plastics, Styrofoam, plastic packing bubbles or packing pillows, and glass items. These products should be considered as trash and disposed of accordingly. Aluminum soda and beer cans and tin cans are recyclable. Please rinse/wash them before you deposit them in the specially designated containers in the trash/recycling rooms around campus. If you need to know where these rooms are, call John Roberts at x-4238.

Remember, paper recyclables should be put in paper shopping bags that you get from the grocery stores or from the supply of bags that is in each of the recycling centers on Campus. Cardboard boxes are to be knocked down, as you are able, before leaving them in the recycling rooms. If you have any questions about the recycling program, also call John Roberts, x-4238.

Thank you for your continued support of Staff and the Recycling Committee! Committee members are: Don Gilmore, Pete Epps, Walter Klein, Fred Luxton, Howard Montgomery, Kent McCraney, John Roberts, and Jeff Walker.

### NOVEMBER PRESIDENTIAL ELECTIONS IMPORTANT DATES TO REMEMBER

Deadline to register to vote or change address is October 13

Deadline to apply for an Absentee Ballot is October 23

Absentee ballots will be mailed starting September 18

Early Voting at Registrar Office starting September 18

Office located at Lancaster Courthouse (Lively) in old courthouse building

Polls open 6:00am, Tuesday, November 3, for in-person voting

RWC will provide bus service to local poll at Irvington Baptist Church, 9:00am and 10:00 am

For questions, assistance with applications or ballots, please call Maria at 438-4011

### CENSUS 2020

You still have time to complete a census survey. If you have not filled out a paper census form or spoken to a Census Taker, or completed an online census form, you can still participate.

Go to [2020census.gov](https://2020census.gov) and follow the prompts. It's quick, easy and takes less than 10 minutes. If you need any help or have questions, call Maria at 438-4011 or Kay Klein at 438-4800.



### FUNDRAISER: JEWELRY SALE

Friday, September 25  
11:00 AM—1:30 PM in the Life

#### Enrichment Center Lobby

Beautiful earrings, bracelets and pendants will be on sale for RWC's walking team. All jewelry is made by our own residents and staff. Great prices!!!

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

The RWC Book Group's September selection is *Sex and Vanity* by Kevin Kwan (2020). It's an over-the-top parody of how the rich live, starting with a five-day wedding for 200 guests on the island of Capri. Set in New York City, the book features the growing-up and falling-in-love problems of Lucie Churchill, the daughter of an American-born Chinese woman and an old-family New Yorker. We'll meet Monday, September 28, at 10:30 in the Rappahannock Room.

Also about the “good-looking and well-off,” *The Good Family* by A. H. Kim (2020) is a domestic suspense story. Frivolous books in Fiction Paperback include *The Worst Best Man* by Mia Sousa, (2020) and *Feud* and *Jinx* by Phyllis Bourne.

New and serious books include *Midnight in Chernobyl* by Adam Higginbotham (2019), donated by Page Henley, in History. It's a complex story, clearly told, and fascinating in its unfolding. In Fiction, *The Pull of the Stars* by Emma Donahue (2020) is set in a Dublin maternity ward at the height of the 1918 influenza epidemic. In Fiction Paperback, *Passing* by Nella Larsen (1929), donated by Gloria Wallace, is a slender novel written in 1929 and just reissued. Irene and Clare, one-time high school friends, meet 12 years later in Harlem. Recent donations of older serious books include two by Erik Larson in Non-Fiction Paperback, *Thunderstruck* (2006) (said to be his best) and *Isaac's Storm* (1999).

New Books by favorite authors include *The Order* by Daniel Silva (2020), from Jay White; *Chances Are* by Richard Russo (2020); *The Last Trial* by Scott Turow (2020), one of three Scott Turow books donated by Tom Teeple; and *A Column of Fire* by Ken Follett (2017).

Five years ago, Madame Librarian read *The Unlikely Pilgrimage of Harold Fry* (almost the only book that she's read twice). She's just read its companion book, *The Love Song of Miss Queenie Hennessey* by Rachel Joyce (2014). While Harold walks the length of England to see Queenie in hospice, Queenie is writing of her love for the married Harold, her involvement with his addicted son, and her life during the last twenty years. During August Madame also read *Chernobyl*, *Endurance*, *Passing* and three Patrick O'Brian books!

**Library News:** A farewell salute to RW-C Library Shelves, Mary Alice Eubank, Page Henley and Mary Anne Campbell, as they step down from a combined 20 years of, respectively, Wednesday, Thursday and Saturday service, 52 times a year. And a welcome to their replacements, Rosemarie Forcum, Sue Burrage and Katherine Lantz, trained by Pat Kirby.

**More Library News:** The “paper bag book delivery system” devised by Sally LeBoeuf and Ann Wiggins is making it possible for our readers in Assisted Living and Health Care to receive and return books. Kent McCraney, Kerley LeBoeuf and Michelle Blank continue as the Computer Crew; Mary Kay Davies, Nina Walls and Katherine Lantz are our Book Processors; Mary Anne Campbell continues as the Public Spaces Books person; and Nina Walls has been culling the Fiction Paperback and Non-Fiction Paperback sections to make room on the shelves for returned and incoming books. Pat Kirby keeps an eye on all of us.