



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

*The deadline to submit articles for
the November 2020 issue is
Tuesday, October 27, 2020 by noon.
Contact us: 804-438-4000*



Volume 35, Issue 10



TWAS THE NIGHT BEFORE SPIRIT DAY

Twass the Night Before Spirit Day at RWC.

All were excited and all COVID free.

Folks had worked hard and were really quite stunned, How much had been raised for the Employee Christmas Fund.

Bills can be paid and presents be bought,
If it weren't for the fund, staff just could have not.

Generous giving shows everyone how

We are a family, that's our solemn vow

And all of the sudden but what should appear?
Six shiny new charge cards with high limits I fear

Charge Kohl's! Charge Sears!
Charge Bed, Bath, & Beyond!

Charge Target! Charge Wal-Mart and of course Amazon!

Staff are so thankful for this precious gift
It helps keep them going and gives them a lift
So be giving again at the same time next year
Cause we'll have more debt to pay off and make disappear.

-Amy L. Lewis

Gazebo Gazette

FLU VACCINATION CLINIC Tuesday, October 6

9:00-12:00pm and 12:30-4:00 pm—Chesapeake Game Room
Main Street Pharmacy will be here to administer flu shots again this year. Consent forms have been placed in each resident box to be filled out, signed and returned to the clinic prior to Oct. 6. Sign up at the Front Desk for a time slot that works for you. We ask that you enter the Game Room through the Front Lobby and exit out to Main Street (where the Pub & Salon are).

IMPORTANT GROCERY SERVICE CHANGES

Grocery deliveries have slowed. Therefore, beginning in October we will no longer deliver groceries to your door. We will still take grocery orders but we ask that you pick up your orders in Art Room 1.
If you place your order before 10:00 AM on Monday, your order can be picked up Tuesday between 11:00 AM-12:00 PM.
If you place your order before 10:00 AM on Tuesday, your order can be picked up on Wednesday between 11:00am-12:00pm.
We will still deliver to those in

quarantine and Health Center/ Assisted Living residents.



ANNUAL EMPLOYEE CHRISTMAS FUND DRIVE STARTS OCT. 1

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 HEROES!!

KEY APT	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	<div>OCTOBER</div> <div>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 (*) means a RSVP or sign up is required.</div>		<div>EMPLOYEE CHRISTMAS 1 FUND KICK-OFF 9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 1:30-AR2-Cornhole</div>	<div>10:00-FPL-Walk to End Alzheimer’s</div>
	<div>4:00-CH85-Sunday Worship4</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-CH85-Strength & Balance B 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 4:00-CGR-Darts5</div>	<div>FLU VACCINES DAY!! 9:30-CH85-Dance Aerobics6 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 11:00AM-12:00PM-AR1-Grocery Pick Up for Monday orders</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 11:00AM-12:00PM-AR1-Grocery Pick Up for Tuesday orders7</div>	<div>9:30-CH85-Dance Aerobics8 10:00-AUD-Food Committee Meeting 11:00-CH85-Chair Yoga 11:00-TGP-Disc Golf* 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 1:30-AR2-Cornhole9</div>	<div>10</div>
	<div>4:00-CH85-Sunday Worship11</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts12</div>	<div>9:30-CH85-Dance Aerobics13 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 11:00AM-12:00PM-AR1-Grocery Pick Up for Monday orders 1:00-FRL-Ride to Nowhere*</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 10:00-AR2-Activities Committee Meeting 11:00AM-12:00PM-AR1-Grocery Pick Up for Tuesday orders 1:00-CH85-Strength & Balance B14</div>	<div>9:30-CH85-Dance Aerobics15 11:00-CH85-Chair Yoga 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 10:30-FRL-Bus to Vote Early* 1:00-CH85-Strength & Balance B 1:30-AR2-Cornhole16</div>	<div>17</div>
	<div>4:00-CH85-Sunday Worship18</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 4:00-CGR-Darts19</div>	<div>9:30-CH85-Dance Aerobics20 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 11:00AM-12:00PM-AR1-Grocery Pick Up for Monday orders</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-FPL-Blessing of the Animals 11:00AM-12:00PM-AR1-Grocery Pick Up for Tuesday orders 1:00-CH85-Strength & Balance C21</div>	<div>9:30-CH85-Dance Aerobics22 11:00-CH85-Chair Yoga 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 10:30-FRL-Bus to Vote Early* 11:00-AR2-Art with Amy: It’s Fall Ya’ll* 1:00-CH85-Strength & Balance B 1:30-AR2-Cornhole23</div>	<div>7:00-CH85-Saturday Night Movie: Knives Out24</div>
	<div>4:00-CH85-Sunday Worship25</div>	<div>9:00-CH85-Strength & Balance C 10:00-RAP-RWC Book Group 10:00-CH85-Fit to Move 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 4:00-CGR-Darts26</div>	<div>9:30-CH85-Dance Aerobics27 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 11:00AM-12:00PM-AR1-Grocery Pick Up for Monday orders GAZEBO GAZETTE ARTICLES DUE BY NOON</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-FRL-Trip to Dug In Farm* 11:00-TGP-Disc Golf* 11:00AM-12:00PM-AR1-Grocery Pick Up for Tuesday orders 1:00-CH85-Strength & Balance B28</div>	<div>9:30-CH85-Dance Aerobics29 11:00-CH85-Chair Yoga 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary</div>	<div>9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 1:30-AR2-Cornhole Virtual Halloween Pumpkin Decorating Contest and Halloween Costume Contest30</div>	<div>HALLOWEEN31</div>

GREETINGS FROM THE PRESIDENT/CEO: HOPE

This week I have been called to a quote from John Wooden and a particular familiar proverb and the parallel between the two thoughts given the times we have experienced together this year and on the remainder of this remarkable journey. John Wooden said, "Things go best for those who make the best of how things go." Proverbs 3:5-6 says, "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him and He shall direct your paths."

What's the parallel? In times of a pandemic when we try to make the best of how things go, we need a way to do that. I don't think any of us came prepared for a pandemic per se. So we have to look to something since we did not have any direct training in pandemic response. That takes us to the proverb which give us the road map for how to make the best of how things go. Trust God completely; don't try to do it alone; and let Him guide us through this.

It is hard to endure such a wide ranging, all-encompassing experience such as a pandemic, particularly since most of us and most of society do not really have a practical, experiential frame of reference upon which to draw. I am a firm believer in the physics of rowing that suggest quite practically that when we are all pulling and pushing on the oars in the same direction at the same time (i.e. together), we will get where we want to go to much more smoothly and quickly. If it helps, always focus on how far we have come – rather than on how far we may have to go.

May God touch, guide, and strengthen us in the pushing, pulling, and direction of this journey as we make the best of how things go together.

Like us on
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YouTube

and see why our residents love living at RWC!

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



THANK YOU FOR CELEBRATING IRMA BURKE'S 105TH BIRTHDAY!!

LEWIS COMPLETES LEADINGAGE LEADERSHIP ACADEMY

The LeadingAge DC, Maryland and Virginia Leadership Academy is a year-long leadership program designed to enhance the leadership skills of nonprofit aging services leaders in the DC, Maryland, and Virginia region. During the year, Fellows are guided through graduate level curriculum which examines the traits of successful leaders, develops leadership competencies, and expands knowledge in the field of aging services, while establishing strong bonds with peers from other LeadingAge members. The DC, Maryland, and Virginia Academy is modeled after the highly successful LeadingAge National Leadership Academy. "Thank you LeadingAge Virginia, for the opportunity to participate in Leadership Academy! I learned so much from colleagues throughout D.C., Delaware, Maryland and Virginia region. The program was invaluable, and it connected me with people I know will be both mentors and peers as I continue to learn and grow and serve in this wonderful field of nonprofit aging services. I'm so excited to apply all that I've learned." said Amy.



RIDE TO NOWHERE*

Tuesday, October 13—1:00 pm

Front Lobby

This is your opportunity to get out and get some fresh air. You never know where we may end up. We will be gone no longer than an hour. Limited Seating. Please sign up at the Front Desk.

BUS TO VOTE EARLY*

Friday, October 16 and Friday, October 23

10:30am-Front Lobby

Two chances to vote early. Limited seating. Please sign up at the Front Desk.

ART WITH AMY: IT'S FALL YA'LL*

Friday, October 23—11:00-Art Room 2

Oranges, yellows, browns, reds and greens are the topic of this art class. Class is limited to 8 people. Please sign up at the Front Desk to attend.

TRIP TO DUG IN FARM*

Wednesday, October 28—11:00 am—Front Lobby

As an Open Air Market, you can maintain a safe social distance while shopping for fresh produce, prepared foods and nursery plants. Limited seating. Please sign up at the Front Desk.

VIRTUAL HALLOWEEN PUMPKIN DECORATING CONTEST AND HALLOWEEN COSTUME CONTEST ON OCTOBER 30 DETAILS TO COME SOON!

WATERCOLOR WITH PAM IS BACK!!!!

Every MONDAY—1:00 PM—Art Room 2

No class limit. We will find you a place to work.

SATURDAY NIGHT MOVIE

October 24—7:00 PM—Channel 85

Featuring: Knives Out

When renowned crime novelist Harlan Thrombey is found dead at his estate, the inquisitive Detective Benoit Blanc is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death. (2019) 2 hours, 10 minutes, RATED PG-13



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.

amazonsmile
You shop. Amazon gives.

FIT BITS: MIND AND MUSCLE

SWIMMING POOL

As the weather is getting cooler, we understand that it will make it more of a challenge to get to the pool. We are working on a plan for you to be able to change your clothes before getting in the pool or after getting out of the pool. Our plan will take in to account safety and being able to clean the area after use. We will let you know of the process when it is finalized.

Reminder: Please shower before coming to use the pool.

FITNESS CENTER

We are looking at a plan to add an additional 30 -minute sign-up slot to each time block, expanding from the current 3 to 4 total clients per time slot. This will be carefully planned out as we must be sure that everyone is physically distancing during their exercise session. We will let you know of a start date.

DISC GOLF

Thursday, October 8, 2020 and

Wednesday, October 28, 2020 at 11:00am

Guidelines for play:

Please reserve a spot for the day we play disc golf. Call Jonathan (4290) or sign up online (ask Jonathan for the link)

Mandatory symptom/temperature check

Check out disc, except if you are in the same household you can pick up for your spouse.

Only 2 people at a hole at a time and only one person taking score for the pair.

We will have a shot gun start. For example, each set of 2 players would start at holes 1, 3, 5, 7, 9, 11, 13, 15, 17.

Please use the disc that was signed out to you and if possible do not pick up each other's discs off the ground. This is for your safety.

While playing please practice physical distancing (10 feet) except if you live in the

same household.

Please wear your mask.

Once you are done, please return the disc back to Life Enrichment Center front desk as we will disinfect the discs.

Be sure that after you play to either use hand sanitizer or wash your hands.

CROQUET

Begins October 1, 2020

Guidelines for play:

Please reserve a spot for the day you would like to play. Call Jonathan (4290) or sign up online (ask Jonathan for the link)

You will need to have your temperature and symptoms checked

Check out your own mallet and ball, except if you are in the same household you can pick up for your spouse.

We will not be pairing up teams this year.

You can play as you like in pairs or singles.

Please only use your mallet and ball. This is for your safety.

We will hand you a score card and please only one person taking score.

You will head out to Kings Court on Holly Drive. The court will be set up for you and ready to play.

While playing please practice physical distancing (10 feet) except if you live in the same household.

Please wear your mask.

Once you are done, you will place your mallet, ball, and score card in the deck box. Score cards can be put in the bag that will be in the deck box.

Be sure that after you play to either use hand sanitizer or wash your hands.

We will retrieve your mallet and ball from the deck boxes to disinfect.

Now is the time to go back to your old hobby of painting, making jewelry, or clay sculptures. You've always wanted to write poetry or a novel? Now is your chance. If you don't yet know what creative activity you enjoy, consider taking a course in something completely new. Try different creative activities until you find what you're passionate about.

Ways to find meaning

As mentioned above, there is no objective way to find meaning, as each person will find different activities and aspects of life meaningful. The key is to experiment with different ways of finding meaning in order to figure out what works for you. Here are a few ways to start:

Mindfulness

The practice of being present in the moment, of becoming more aware and conscious can bring a great deal of meaning to your life. It might teach you more about yourself, your habits and your feelings, which can help you gain clarity in order to create change and establish a sense of direction in your life.

Mindfulness can increase happiness and help you better cope with negative emotions, therefore it can promote an overall positive outlook that will make you perceive your life as more meaningful.

One of the best ways to practice mindfulness is through meditation, which can enrich your inner life over time.

Change your routine

Many seniors fall into a routine of doing the same unfulfilling activities each day, which often results in losing the sense of meaning and purpose. If you're getting up every day to the prospect of not doing anything that brings you satisfaction, it's time to create new routines in your life.

Don't let time fly by without doing anything. You can experiment with anything, from calling a different friend or family member every day for a chat, to going for a 15 minute light walk around your neighborhood, or reading a book every month.

Try establishing a new daily practice as well, which would be something you can do each day to bring you a deeper sense of meaning, such as keeping a journal or playing a musical instrument.

Explore

Expand your mind and horizons by trying the things you've always wanted to. Join a group, experiment with cooking dishes from different cuisines, try vegetarian food, learn about different religions and cultures, or try a new activity each week.

Family life

Nothing beats the sense of meaning that our loved ones

bring to our lives.

Your kids might be grown up or living in different parts of the world, and the parent-child relationship might have changed. Their newfound independence might have left you with a lack of purpose, but remember that this is the result of you successfully doing your job as a parent. Be proud for raising your kids to become successful adults, and rest assured that they still need and want you in their life. Be there for them emotionally and offer your support.

Get more involved in your grand-kids' lives, take them to the park, to a movie, or to lunch. Seeing them grow up can fill your life with meaning. Speak to other family members often and invite them over for tea or dinner. Become more connected with your family in any way you can.

Look for opportunities to contribute

There's nothing more meaningful than feeling that what you do helps others. Actively create opportunities to contribute.

- Grandchildren: support your children by offering to babysit your grand-kids whenever you can, or help the little ones with homework.

- Adopt a pet: our pets depend on us for everything, so taking care of a rescued animal can fill your life with new meaning and purpose. Also, dogs provide opportunities for interacting with other members of your community. You can meet other dog owners in the park and make new friends.

- Take care of plants: similarly, taking care of live plants can also be a meaningful activity that doesn't require as much effort as an animal.

- Get involved in your local community: Foster a sense of connection by meeting your neighbors, looking for local events, volunteering locally, and offering your help. The feeling of belonging will add meaning to your life.

Volunteer: when it comes to drawing meaning from helping others, volunteering is a great option. Giving back to society will make you feel good about yourself, and give you a sense of satisfaction and purpose from knowing that what you're doing makes a difference.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

ANNUAL MEMORIAL SERVICE

RWC will be remembering our 28 residents who died between October 1st, 2019 and August 31, 2020 by broadcasting a pre-recorded virtual service. The link will be shared soon, as well as broadcast on Channel 85. The service will be shown on November 5th, at 4:00PM.

FROM THE CHAPLAIN

It was a gloriously beautiful second day of autumn and I'll admit, for that alone I was grateful as I had been carefully watching the forecast for as much as a week prior to the event. Things were off to a good start. Our recent group labyrinth walk was well-attended with good participation by all. We enjoyed being there, we enjoyed being with one another, we enjoyed becoming more aware. We talked about reasons for doing this and yes, then we did it. We also took a few minutes to share what our experience of the labyrinth was like, or even has been in the past. As an example, one resident shared an initial skepticism about going out back by the pond and walking in circles: like really, what's that possibly going to do for you?! And yet then there was the experience itself of, low and behold, actually relaxing and finding calm. I must say that I too have, on numerous occasions, experienced the very same thing myself. I unconsciously relax, taking the time to take deeper breaths, and it makes a difference. The truth is none of this should surprise us: if sitting indoors watching the news brings stress, then walking outdoors might just be, at least in part, an antidote. Interestingly, and significantly, there has in fact been a lot of research and much written on this kind of phenomena.

For example: "Dr. Robert Zarr, a pediatrician in Washington, D.C., often prescribed therapies that don't come in a bottle or a pill pack. They're redeemable only outdoors, in the fresh air of a local park. These "nature prescriptions" - spend

an hour each week playing tennis, for instance or explore all the soccer fields near your home, might sound whimsical. But Zarr is serious about his scripts, which are recorded in his patient's electronic health records... Zarr is a part of a growing movement to bring the outdoors into medicine. Nobody's claiming that nature will cure disease on its own, of course, but physicians are capitalizing on the well-established mental and physical health benefits of spending time in green space. A 2017 research review published in the *International Journal of Environmental Research and Public Health* analyzed 64 studies that explored the effects of "forest bathing," or taking a woodsy walk while tuning into nature, and concluded that the practice is linked to stress relief, less depression and anxiety, lower blood pressure, decreased heart rate and more." (*TIME*, November 19, 2018)

All that said, you can rest assured this is not some kind of thinly-veiled shameless plug on the part of the Chaplain to promote the Group Labyrinth Walk for the simple reason that it's already happened! However, it may be an "un-veiled plug" for the labyrinth itself. But most of all, it's an encouragement to get outdoors and enjoy the beauty, and benefits of the creation. Are you feeling better already? Maybe, especially if you're sitting someplace outside reading this! Chaplain Greg Houck

PS - Speaking of "plugs," back by popular demand:

Annual RWC Blessing of the Animals: October 21, 11:00AM, meeting at the flagpole. Another opportunity to be outdoors, and to be in community (with masks and social distancing of course!)

**IN MEMORIAM
MR. GORDON DAVISON
SEPTEMBER 7, 2020**

WHY IT'S IMPORTANT TO PRESERVE MEANING AND PURPOSE

Our emotional well-being plays a big role in our overall health and longevity. For example, we already know that depression and loneliness (link to previous articles) can have negative health effects.

As it turns out, many studies have shown that having a sense of meaning and purpose can impact our health in a positive way, protecting against Alzheimer's, disabilities, cardiovascular problems, and impairment. A strong sense of purpose might also slow down aging and increase longevity. A new study has found that elders with a sense of purpose tend to have better physical function such as stronger grips and faster walking speeds, which indicate how fast someone is aging. The health benefits of having a purpose in life might also be related to the fact that seniors with a strong sense of purpose have been shown to be happier, take better care of themselves and lead healthier lifestyles. They sleep better and respond better to stress. Also, seniors with a sense of purpose are more engaged in their life, which helps preserve cognitive function and overall physical well-being.

Finding purpose and meaning

After retirement, we often start thinking about questions such as 'why are we here?', 'what is our purpose?'. These should be taken as positive opportunities to take advantage of the free time we have and reinvent ourselves, start new projects, and give new meanings to our lives.

In our middle age, our contribution to society and our loved ones came almost automatically, in the form of responsibilities. We had children to raise, a family to provide for, work responsibilities etc.

In old age, the will to give to others is just as strong, but the opportunities for doing so might become less obvious. Seniors have to actively search for, and create, opportunities to contribute in order to feel purposeful.

The good news is that seniors always have something to offer. Regardless of age or physical condition, they can combine their skills, experience, and knowledge to contribute to society, their community, or their family in various ways.

Even though old age can cause health and mobility issues that restrict seniors' choices for activities, there can always be a way of adapting to the new situation that is still meaningful and purposeful.

Aging as strength

As Dr. Marc Agronin says in his book 'The End of Old Age', old age doesn't have to be our enemy. With purpose and the right mindset, aging is not weakness but

strength. We continue to learn and grow, and while we do face adversity, we can overcome it by reinventing ourselves and gaining a sense of purpose.

Dr. Agronin showcases various people who have reshaped their sense of purpose in old age. The most notable example is Henry Matisse, who was unable to paint during his final years following surgery. He then made the most out of his skills by turning to cut-outs as a new type of medium for his art.

You may no longer do certain sports, but you may be able to do other ones such as yoga, walking, or swimming. You might no longer be able to be a professional dancer, but you could become a teacher or choreographer. You might not be able to chase your grand-kids in the park, but you can still interact with them in other deep and satisfying ways.

In fact, it is the wisdom and skills accumulated during your years that can often help you reinvent yourself in a meaningful way. You can, therefore, accomplish great things because of your age, and not in spite of it.

Mindset

It is often our mindset that determines how we find meaning in our lives. The way you look at what you have is crucial to how easily you can find purpose and meaning.

Some people fall into the trap of talking often about various negative parts of aging, such as pain, physical difficulties etc. However, focusing on the positive aspects of life will, in time, lead to a more optimistic mindset necessary for finding meaning and purpose. Developing gratitude will inevitably lead to a happier life.

Learn to let go of expectations. Unfulfilled expectations are one of the biggest sources of disappointment. Instead, accept others as they are. Living without expectations of how others should behave towards us leads to gratitude and more meaningful moments.

Creativity

Creativity can play a huge role in helping seniors find purpose and meaning. The concept of creative aging was developed by one of the founding fathers of geriatric psychiatry, Dr. Gene Cohen.

Dr. Cohen saw vast potential for fulfillment in old age, promoting creativity as a way for people to discover possibilities instead of problems. His publication 'Creativity and Aging Study' demonstrated the positive effects of arts on the physical and emotional health of seniors. The process of creating can bring a great sense of meaning that elderly people benefit from. And there's certainly a form of creativity for everyone to enjoy and explore as a way of becoming more in tune with themselves.

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NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

A NOTE FROM LILLIAN GEORGE

I would like to thank you all for the cards, well wishes, and notes of appreciation. It has been a wonderful 35+ years working here at Rappahannock Westminster-Canterbury and you should all be proud that you have such devoted staff to help keep you safe and well. I wish only the best for you, know that I love you all and always will. Most of all I will remember all of you with fondness. Stay safe. Lillian

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

Early Voting at Registrar Office located at Lancaster Courthouse (Lively) in old courthouse building until October 31

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

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

TO MASK OR NOT MASK..

THAT IS THE QUESTION

I don't have the virus, so I don't need to wear a mask! Unless you were just tested and have had no contact with other people, you don't know whether you're infected or not. Period. And even if you don't have the virus, not wearing a mask increases the chances you'll get it and unwittingly spread it to others. The bottom line is this: If I'm being smart and wearing a mask and you aren't, you're putting me at risk. You're putting my family at risk. You're putting your family at risk. You're putting every person you or any member of your family comes into contact with at risk, and those people might put others at risk, and on and on and on.

Wear a mask. Keep your distance. Wash your hands.

If people can't handle THE MOST BASIC STEPS of slowing the spread of this virus, schools aren't going to open for long, if at all. And businesses, parks and beaches will close again as well.

Those wearing masks properly and making sure their loved ones are staying masked and socially distanced want things to get back to some form of normal as much as anyone.

But this virus has two best friends: ignorance and arrogance. And those two seem to be everywhere.

Please put on a mask. Practice safe living.

Anything less is selfish.

Anything less should be straight-up embarrassing.

REX HUPPKE, CHICAGO TRIBUNE

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

The RWC Book Group's October selection is *All the Devils Are Here* by Louise Penny (2020). Inspector Gamache's son and son-in-law have jobs in France, so Armand and Reine-Marie are visiting Paris. The book was published September 1 and topped the best-seller list three weeks later! We'll meet Monday, October 26, at 10:30.

Chaplain Greg Houck telephoned Madame Librarian to say that quarantined Assisted Living people tell him that they are doing more reading than ever before, and that they appreciate the easy availability of fresh books from the RWC Library in this time of isolation!

The 2020 books are rolling in! There's *Fair Warning* by Michael Connelly in Mystery and *Then She Vanished* by T. Jefferson Parker and *The Evening and the Morning* by Ken Follett, both in Fiction, and all from Jay White. *Interference* by Brad Parks is his latest Mystery and *One By One* by Ruth Ware is her newest Fiction, both purchased with RW-C Library Funds, as were two Mysteries, *Summer House* by James Patterson and *Hit List* by Stuart Woods. *The Testaments* by Margaret Atwood is a 2019 Fiction and *The Death of Mrs. Westaway* by Ruth Ware is a 2018 Fiction.

Look for a 2020 Large Print book, along with two other recent Large Print books, *News of the World* by Paulette Jiles and *The Tea Girl of Hummingbird Lane* by Lisa See, all donated by Elaine Lowrey. We also have three Agatha Christie classics in Large Print!

We have four categories of paperbacks. New "Fiction Paperbacks" also include *Sunrise on Half Moon Bay* by Robyn Carr, a 2020 book; *Under the Jeweled Sky* by Alison McQueen, a book about India in the 1950s; and a couple of Peter Lovesey's "crime fiction." We also have "Non-Fiction Paperback," and around the corner is the "Mass Market Paperbacks" section ("mass market" means small-sized book, small print, cheap paper), with two new-to-us books by Nora Roberts. Our "Paperbacks for Troops" box welcomes donations.

Ken Follet's new book, *The Evening and the Morning*, is a "pre sequel" to *The Pillars of the Earth* (published thirty years ago!), *World Without End* and *Columns of Fire*. The RWC Library has them all!

Announcement: In October we'll do another round of Overdue Book Notices!

To the readers of Large Print books: Just a reminder that the newest Large Print books are at the front of the library – on one of the New To RWC Library shelves! We said this in a recent *Gazebo Gazette* but forgot to write the message in Large Print!

Lois Williams – RWC Residents Association Library Chair