



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

# Gazebo Gazette

## SWEET RE-LEAF SPRING FLING\*

Friday, April 9  
(Rain date April 16)  
4:00 pm—6:00 pm  
Front Parking Lot

Look for your invitation coming soon!!

•••••  
• YOU MAY SIGN UP FOR •  
• ANY PROGRAM OR EVENT •  
• BEGINNING APRIL 1 AT •  
• THE FRONT DESK. •  
•••••

### NATIONAL LIBRARY WEEK IS APRIL 4–10 CHECK OUT THE LIBRARY BANNER IN THE ATRIUM

Show your appreciation for our RWC Library and it's volunteers. Tell us what is your favorite book and why you love our library!!

### HIDDEN SECRETS OF THE NEW YORK PUBLIC LIBRARY\*

Monday, April 5—10:30—Auditorium  
Noted historians serve as your personal audio guide through a virtual walking tour of the New York Public Library. Find out about hidden details of the famed NYC building as these experts reveal the history behind the Winnie the Pooh toys, the Rose Main Reading Room, the iconic lion statues Patience and Fortitude, the Stephen A. Schwarzman building, the Milstein Division, the map collection, the book train and more. 30 min. Sign up at the Front Desk to attend. 40 people max.

### THE FUTURE OF BOOKS AND LIBRARIES IN THE ELECTRONIC AGE\*

Tuesday, April 6—12:00 pm—Auditorium  
The University of Chicago Library is the only top re-search library in North America that is acting to keep its entire collection on campus for the next 20 years. By building the Joe and Rika Mansueto Library, the University of Chicago challenges the all-too-common belief that great collections of books are becoming obsolete. The University believes instead that scholarship will thrive in an environment where print and electronic coexist, now and in the future. Please sign up at the Front Desk to attend 1 hour, 30 minutes. 40 people max.

### NATURE TRAIL INFORMATION CENTER

As the warmer temperatures approach, take some time for a stroll to see the new Trail Information Center located near the Dog Run. This will house large trail maps as well as various information posted by the Grounds & Landscaping Committee Members. If you have something of interest to post, please submit it to the committee or Damon for approval.

### ELECTIONS 2021 INFORMATION TABLE (Tanya Bohlke, Maria Ferrand and Kelsey Zentmyer, Lancaster County Deputy Registrar)

Friday, April 23—1:00 – 2:30 pm—Atrium  
This year's general election for Virginia is Tuesday, November 2, 2021. Offices to be voted on are: Governor, Lieutenant Governor, Attorney General and all 100 seats in the General Assembly. In addition, the Democratic and Republican parties are holding a primary and a convention, respectively. Democratic Primary – June 8, 2021  
Republican Convention – May 8, 2021  
The information table will have handouts on all of the above, in addition to absentee ballots, early voting and change of address forms. Stop by and be in the know!

*The deadline to submit articles for  
the May 2021 issue is  
Tuesday, April 27 by noon.  
Contact us: 804-438-4000*

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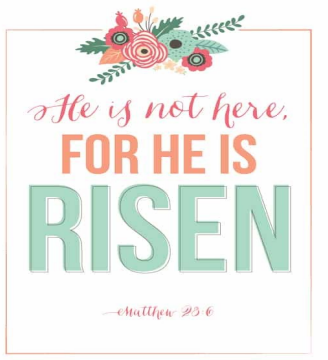
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- KEY
- APT
- Apartment Lobby
- AR1
- Art Room #1
- AR2
- Art Room #2
- ATR
- Atrium
- AUD
- Auditorium
- BLR
- Boiler Room
- CGR
- Chesapeake Game Room
- COR
- Corrotoman Room
- CPL
- Chapel
- DRB
- Dining Room Breezeway
- FCR1, 2 or 3
- Fitness Classroom #
- 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   |
|---|--|--|---|---|--|---|
| <h1>APRIL<br/>2021</h1>   | <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 WILL HAVE A MAX OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS INCLUDING WEEKLY SHOPPING. An asterisk (*) means a RSVP or sign up is required.</b> |  |   | <b>MAUNDY THURSDAY</b> 1<br>10:00-AUD-Great Courses*<br>3:00-LAN-Praying the Rosary<br>4:00-CH85-Maundy Thursday Service  | <b>GOOD FRIDAY</b> 2<br>12:00-AUD/CH85-Kilmarnock: A Living History<br>1:30-AR2-Cornhole   | 3   |
| <b>EASTER</b> 4<br>10:30-Easter Brunch (See details on Pg. 4)<br>4:00-CH85-Sunday Worship | 5<br>10:00-FRL-Shopping*<br>10:30-AUD-Hidden Details of the New York Public Library*<br>11:00-MSP-Parkinson's Caregiver Support Group<br>1:00-AR2-Art with Pam<br>1:00-CGR-Catch Phrase<br>2:30-CH85-Update with Stuart<br>4:00-CGR-Darts<br>4:00-CH85-NNO Video Series<br>4:30-AUD-Caregiver's Memory Support Group   | 6<br>10:00-AR2-Chat & Craft<br>11:00-AR1-Grocery Pick Up<br>11:00-AUD-Bible Study<br>12:00-AUD-The Future of Books & Libraries in the Electronic Age*<br>4:00-AUD-Spark Program: Trivia & Word Games | 7<br>1:00-AR2-Stitching Stars Quilting Group<br>4:00-AUD-Travel Documentaries with Karin Muller* – "Cuba's Secret Side"*<br>7:00-CGR-Men's Poker Group            | 8<br>10:00-AUD-Great Courses*<br>10:00-AR2-Food Committee Meeting<br>3:00-LAN-Praying the Rosary  | 9<br>1:30-AR2-Cornhole<br>4:00-FPL-Sweet Re-Leaf Spring Fling* (Rain Date is April 16)   | 10  |
| 4:00-CH85-Sunday Worship 11   | 12<br>10:00-FRL-Shopping*<br>1:00-AR2-Art with Pam<br>1:00-CGR-Catch Phrase<br>2:30-CH85-Update with Stuart<br>4:00-CGR-Darts  | 13<br>10:00-AR2-Chat & Craft<br>11:00-AR1-Grocery Pick Up<br>11:00-AUD-Bible Study<br>11:30-AR2-Art with Amy: Vase Art Pt. 1*  | 14<br>10:00-AR2-Activities Committee Meeting<br>11:00-AR2-Art with Amy: Faux Stained Glass Art, Part 1*<br>7:00-CGR-Men's Poker Group                             | 15<br>10:00-AUD-Great Courses*<br>11:00-AR2-Art with Amy: Faux Stained Glass Art, Part 2*<br>3:00-LAN-Praying the Rosary<br><br><b>Tax Day for individuals extended to May 17</b> | 16<br>12:00-AUD/CH85-Legacy of Service: An Oral History of the Kilmarnock Volunteer Fire Dept & Carnival*<br>1:30-AR1-Art with Amy; Diamond Painting*<br>1:30-AR2-Cornhole | 17  |
| 4:00-CH85-Sunday Worship 18   | 19<br>10:00-FRL-Shopping*<br>1:00-AR2-Art with Pam<br>1:00-CGR-Catch Phrase<br>2:30-CH85-Update with Stuart<br>4:00-CGR-Darts<br>4:00-CH85-NNO Video Series  | 20<br>10:00-AR2-Chat & Craft<br>11:00-AR1-Grocery Pick Up<br>11:00-AUD-Bible Study<br>11.30-AR2-Art with Amy: Vase Art Pt. 2*  | 21<br>1:00-AR2-Stitching Stars Quilting Group<br>1:00-AR1-Repurposing Old Windows*<br>7:00-CGR-Men's Poker Group  | 22<br>1:00-Team One Hour Photo Scavenger Hunt*<br>1:30-AR2-Card Making with Donna*<br>3:00-LAN-Praying the Rosary   | 23<br>12:00-AUD/CH85-Good Old Northern Neck*<br>1:00-ATR-Elections 2021 Information Table<br>1:30-AR2-Cornhole   | 24<br>7:00-CH85-Saturday Night Movie: The Dig   |
| 4:00-CH85-Sunday Worship 25   | 26<br>10:00-FRL-Shopping*<br>10:30-RAP-RWC Book Group<br>1:00-AR2-Art with Pam<br>1:00-CGR-Catch Phrase<br>2:30-CH85-Update with Stuart<br>4:00-CGR-Darts  | 27<br>10:00-AR2-Chat & Craft<br>11:00-AR1-Grocery Pick Up<br>11:00-AUD-Bible Study<br>12:00-FRL-Lunch Bunch at The Office Bistro*<br><br><b>DEADLINE FOR GAZEBO GAZETTE ARTICLES</b>                 | 28<br>11:00-AR2-Soap Making with Flowers, Pt. 1*<br>4:00-AUD-Travel Documentaries with Karin Muller* – "Egypt Beyond the Pyramids"*<br>7:00-CGR-Men's Poker Group | 29<br>11:00-AR2-Soap Making with Flowers, Pt. 2*<br>3:00-LAN-Praying the Rosary   | 30<br>12:00-AUD/CH85-Historic Churches of the Northern Neck*<br>1:30-AR2-Cornhole  |  |

**National Library Week  
April 4-10** →

## GREETINGS FROM THE PRESIDENT/ CEO

No two days on our Journey have been alike the past year. A year ago as we were just a few days into the Journey, I wrote about the sense of community and the strength it brings. That sense and strength of community was not built in a day, rather it was forged over many experiences together. This year has stretched, torn, and ripped our community muscles, but it also strengthened those muscles. Eleanor Roosevelt said, *"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face...You must do the thing you think you cannot do."* We did the thing we did not know we could do. It was a Journey with unpredictable and fearful storms producing significant challenges, sacrifices, pain, grief, sadness, and loneliness. Headlining our values statement is the call to action – "With a Joyful Spirit we pledge ourselves...." Maintaining a Joyful Spirit is a challenge when we look fear in the face, but it is a call to action worthy of our individual and collective efforts – and We Did It!

Only God knows what our next Journey is to be and when it will come. Over my shoulder in one of my broadcasts early in the pandemic, I noted the picture of sailboat headed toward the Rappahannock River Bridge in a John Barber print entitled *Journey's End*. This Journey will end as they all do. Then we will recover, heal, restore, and prepare for the next one we will take together. When our next Journey comes, with a Joyful Spirit we will again rise to face the Journey and put the strength of our community to heave upon the oars. May God Bless Us and Keep Us Each Day.



## THE SMALL HOUSE

With the rapidly progressing construction of the Small House, perhaps it is time to reflect on the purpose of the Project. The Small House brings an innovative environment and approach to supportive living and care to residents who are experiencing mild to moderate cognitive impairment or memory challenges. The potential for improved resident quality of life far exceeds what is possible in traditional or institutional care settings because great care is provided in a home-like, supportive environment. The Small House is a residentially styled, specially equipped home with eight private suites each featuring a sleeping area, living space and a full private bathroom with shower. Residents will likely spend more time enjoying the large, bright activity space, full kitchen and home-like dining area, safe outdoor space, and engaging programming developed by the residents and their specially trained and dedicated team of enablers. The Small House features a service garage for the delivery of supplies, food, and supportive services and full generator power enabling the House to function independently. Based on the current construction schedule, the Small House should be opening this fall.

## RWC NAMES ANNITRA BALL 2020 EMPLOYEE OF THE YEAR

### Administrative Assistant in Resident Clinic has Worked for Retirement Community 20+ years

In a classic case of the apple not falling far from the tree, Annitra Ball has deep roots in the Northern Neck area and has made Lancaster County and Rappahannock Westminister-Canterbury her home. Ball's mother and brother also work at RWC. Her aunt retired from RWC about two years ago.

It was no surprise to anyone but Ball, administrative assistant for the resident clinic, that she was named RWC's 2020 Employee of the Year.

## KILMARNOCK: A LIVING HISTORY\*

Friday, April 2—12:00 PM

Auditorium/Channel 85—Limit: 40

This half hour documentary takes you back in time to a small, rural crossroads that became a bustling little town. You'll see rare old photographs and meet the people who overcame many obstacles to find prosperity and a satisfying way of life. 26 minutes (2009) Sign up at the Front Desk if you are coming to the Auditorium. 40 max.

## TRAVEL DOCUMENTARIES WITH KARIN MULLER\* — "CUBA'S SECRET SIDE"\*

Wednesday, April 7—4:00 pm—Auditorium

Limit: 40

Karin Muller spent three months undercover in Cuba – living with fishermen and farmers, a Santeria priestess and country doctors. Despite being arrested over a dozen times, she managed to capture a side of Cuba that few foreigners ever get to see.

Muller has spent the past twenty years traveling alone to remote cultures and conflict zones to bring home stories about people and places. She has published three books (*Hitchhiking Vietnam*, *Along the Inca Road*, and *Japanland*), produced numerous international television documentary series, and is a frequent lecturer for the [National Geographic Society](#) and universities throughout the United States.

Muller is the daughter of residents Hans and Renate Muller. Please sign up at the Front Desk. Run time approx. 114 minutes.

## LEGACY OF SERVICE: AN ORAL HISTORY OF THE KILMARNOCK VOLUNTEER FIRE DEPT & CARNIVAL\*

Friday, April 16—12:00 pm—Auditorium/Channel 85

Limit: 40

In 1932, Kilmarnock men banded together to form the Kilmarnock Volunteer Fire Department. Until that time, there was no formal fire department within the four counties of the Northern Neck. These 12 men undertook the responsibility to remain on call and rush to the scene whenever one of their neighbors' homes caught on fire. Through their diligence and hard work, the fire department grew into a successful public safety organization.

In 1935 the Kilmarnock Volunteer Fire Department found another way to fund its volunteer efforts. It began to hold an annual summer carnival for the community, with proceeds going to purchase new equipment and maintain the firehouse. Over the years, the Firemen's Carnival became a bigger and bigger event, with both children and adults in the surrounding area looking forward to its rides, games and food. Families of firefighters and other community volunteers pitched in to make each carnival a success. In this commemorative DVD Kilmarnock residents reflect on the importance of both the fire department and the carnival. (2010) Sign up at the Front Desk if you are coming to the Auditorium.

## HISTORIC CHURCHES OF THE NORTHERN NECK\*

Friday, April 30—12:00—Auditorium/Channel 85

Limit: 40

Includes Yeocomico Church, St. Mary's White Chapel Church, Robert Carter's Christ Church, Morattico Baptist Church, White Marsh Church, Old St. John's Baptist Church, Beulah Baptist Church, First Baptist Church in Heathsville, and others. (2020) Sign up at the Front Desk if you are coming to the Auditorium.

## TRAVEL DOCUMENTARIES WITH KARIN MULLER\* — "EGYPT BEYOND THE PYRAMIDS"\*

Wednesday, April 28—4:00 pm - Auditorium

Limit:40

For three months, adventure filmmaker and author Karin Muller traveled alone throughout Egypt – living with Cairo's garbage collectors, drinking tea with young revolutionaries, and fasting in the blistering heat of Islam's Holy month. This is the story of a fundamentally kind and generous people struggling to emerge from decades of dictatorship, fear, and propaganda.

Muller has spent the past twenty years traveling alone to remote cultures and conflict zones to bring home stories about people and places. She has published three books (*Hitchhiking Vietnam*, *Along the Inca Road*, and *Japanland*), produced numerous international television documentary series, and is a frequent lecturer for the [National Geographic Society](#) and universities throughout the United States. Muller is the daughter of residents Hans and Renate Muller. Please sign up at the Front Desk.

## FIT BITS: MIND AND MUSCLE

### UPDATE TO THE WEEKLY CLASS GROUP EXERCISE SCHEDULE

#### MONDAYS, WEDNESDAYS, & FRIDAYS

9:00-9:30 FC 1, 2&3-S&BC & Channel 85

9:45-10:15 FC 1,2&3-S&B C

10:30-11:00 FC 1,2&3- S&B & Core D

11:00-11:30 WC ALC

11:15-11:45 FC 1,2-3-Fit to Move Independent Living residents only and Channel 85

1:30 -2:00 FC 1,2&3-S&B B Channel 85

1:45-2:15 Pool Water Walking

3:00-3:30 HC dining room HC

#### TUESDAYS AND THURSDAYS

9:00-9:30 Dance Aerobics

10:00-10:30 FC1, 2&3 Chair Yoga B & Channel 85

10:45-11:15 FC1,2&3 Chair Yoga B

11:00-11:30 WC ALC 2:00-2:30 HC dining room HC

3:10-3:40 Pool Aqua Fitness Aerobics

All classes have a 9 person participant limit with a 15-foot minimum distance between each person. You can only sign-up for one session of each class per day. For example, we will have 2 classes of Strength and Balance C on Monday and you can only sign up for 1 of them. We ask that after your exercise class is over that you promptly leave as we must disinfect and bring the next appointments in to the exercise room. Each class will have 15-minutes between each class for disinfecting and checking in the next class. Please call or look at the sign-up sheet for availability. 1. <https://www.signupgenius.com/go/9040B48A9A62AABFC1-group> 2. 804 438 4290

### NATIONAL WALKING DAY

To celebrate **National Walking Day, April 7** we are kicking off the **2021 Walking Challenge**.

For the Walking Challenge this year we are going to have popsicle sticks to pick-up instead of passports with hole punches. There will be 5 different walking "trails". Each trail will have 3-5 popsicle stick pick-up locations with each trail having different colored and numbered popsicle sticks. There will be hand sanitizer at each pick-up location. The walker will collect a popsicle stick from each loca-

tion and turn it in to be counted and cleaned.

For National Walking Day, we would like to get any residents interested in the Walking Challenge together to explain the new rules, to show the maps of the 5 different trails. We will have Mr. Teeples give us a walking tour of the Old Tree trail at 2:30 pm on April 7, 2021.

Please call Jonathan at 4290 to sign-up for the walk.

### CROQUET & DISC GOLF

A specific start date has not been determined. We are aiming to begin in April. If you want to play please contact Jonathan at ext. 4290.

### ORIENTATION FOR THE WELLNESS DEPARTMENT

Our orientation process is to help you understand how the Wellness Department works and for us to learn how we can help create the best exercise prescription for you.

Orientation Process Includes:

- Taking a tour of the facility if you have not already done so.
- Medical clearance form filled out by your doctor.
- Health history appraisal.
- Interests and goals appraisal.
- Sign a waiver form.
- Fitness Assessment (usually done in a separate appointment)
- Exercise Prescription (usually done in a separate appointment)

As you get involved in our program or if you have any changes in the appraisal or need a change in your exercise prescription, please let us know. We will update and take care of your exercise needs.

Please contact Jonathan at 4290 or Alex/Demetrick at 4852.

### ART WITH AMY CLASSES IN APRIL

Please be sure you can attend both classes that are a 2 part class. Please sign up at the Front Desk to attend any of these classes.

#### VASE ART PART 1 & 2\*

Part 1—Tuesday, April 13

Part 2—Tuesday, April 20

11:30 pm—Art Room 2—Class Limit: 6

This Vase Art will enhance the look of any corner and space of your home. Some vases are very attractive and alluring and if we could just add some colorful and sparkling touch, it can do wonders as an artifact. It is very easy and simple to follow, perfect for beginners, explained step by step. I hope you will love this craft.

#### FAUX STAINED GLASS ART PART 1 & 2\*

Wednesday, April 14

Thursday, April 15

11:00 am— Art Room 2—Class Limit: 10

You will fall in love with this craft!!

It is so easy and so fun. You will want to do more....and we will.

#### DIAMOND PAINTING\*

Friday, April 16—1:30 PM—Art Room 1

Class Limit: 8

Diamond painting is a combination of cross-stitch and paint-by-numbers. We will use an applicator to apply hundreds of sparkling resin rhinestones, one-by-one, on an adhesive color-coded canvas painting. **Please bring or wear your glasses as will be doing close up work. This class is not recommend for those with very shaky hands.**

#### REPURPOSING OLD WINDOWS\*

Wednesday, April 21—1:00 pm

Art Room 1—Class Limit: 4

Back in the 1970s, the idea of decorating with old window frames was pretty much limited to hanging a stained glass panel from chains in front of a window. Today, many do-it-yourself decorators by repurposing old window with ideas for even the most weathered window frames, whether they're filled with clear glass or not.

### SOAP MAKING WITH DRIED FLOWERS, PART 1 & 2\*

Wednesday, April 28

Thursday, April 29

11:00 am—Art Room 2—Class Limit: 8

With a little inspiration and guidance, you will be making your very own soaps in no time. Makes a great gift.

### TEAM ONE HOUR PHOTO SCAVENGER HUNT\*

Thursday, April 22—1:00 PM—Report to the LEC Lobby for Instructions

There is no doubt that many people love to take photos. You and a partner will work together to collect photos on your cell phone. A list will be distributed to contestants. Many residents already have a cell phone, so why not utilize it and have some fun? You have one hour to get as many that are on the list. **Sign up at the Front Desk AS A TEAM to play.**

### CARD MAKING WITH DONNA\*

Thursday, April 22—1:30 pm—Art Room 2

Class Limit: 8

Join Donna Hoskins in exploring the art of card making. The focus will be Mother's Day and Easter cards, but you can branch out on your own – creativity is encouraged! Materials will be provided. Please sign up at the Front Desk.

### LUNCH BUNCH TO THE OFFICE BISTRO IN IRVINGTON\*

Tuesday, April 27—12:00 PM—Front Lobby

Limit: 8

Freshly prepared salads, flatbreads, sandwiches, and entree's using locally sourced products with chef made salad dressings and accompaniments. Sign up at Front Desk to attend.

### SATURDAY NIGHT MOVIE

April 24 —7:00 PM—Channel 85

**Feature: The Dig** (2021) PG-13, 1hour, 52 minutes  
On the eve of World War II, a British widow hires a self-taught archaeologist to dig up mysterious formations on her land, leading to a staggering find.

## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

"April is the kindest month. It gets you out of your head and out working in the garden."

— Marty Rubin

"April is a promise that May is bound to keep." - Hal Borland

"April showers bring May flowers."

Refreshing, renewing, even necessary showers, and yet: our rainfall last year was 70+ inches. And so, for example, the small house project found itself spending a lot of time pumping out the trenches for the foundation footers! We know rain is a good thing; we know the devastation that can come from drought; but we also know that there's such a thing as too much of a good thing. When is enough enough? What is too much, for that matter, of anything? We can see "There's a time for everything under the sun," but we sometimes wonder "Yes, but how much time?" Much of this is ultimately beyond understanding as are many things in our lives, perhaps particularly this past year. But in the midst of it all, one thing we can know, and trust, is that God always knows perfectly, for our good. Easter is the great reminder of how hard times, even terrible times, can turn out for the good or even for the best. And with that perspective of confident hope, I continue to stand amazed by the strength, perseverance, patience, perspective and resolve of the RWC community over the course of this past year. I'm constantly grateful for all the caring, the sharing, the creativity, the countless random acts of kindness. We don't act like hopeless people and that's because we know we're not; we know and live from the fullness of our hope! Stronger together, more than ever, by God's good grace. Surely we've heard it said many times, and maybe we've said it ourselves: "Things will never be the same." Indeed. And we will never be the same... fortunately! The showers and even the storms will bring flowers and many other better things; blessings we can hardly wait for, but all will surely be worth the wait.

Chaplain Greg Houck

P.S. Truly heartfelt thanks to the RWC family for your many condolences, prayers and expressions of care at the loss of my father. Though this has in many ways been a difficult time I've found much peace, comfort and strength through your support.

### UPCOMING:

Thursday, April 1<sup>st</sup> - 4:00PM – **Maundy Thursday Service of Worship** – Channel 85

**Tuesday Bible Study Group** continues to meet on Tuesdays at 11:00AM. in the auditorium. Our topic is the *Book of Psalms*. Chaplain Houck is leading the study until our current outside visitation policy is revised. We hope to see you there!

### IN MEMORIAM:

**MRS. JANET HOLLBERG  
MARCH 13, 2021**

**MRS. KATHERINE DEAGLE  
MARCH 16, 2021**

"You hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory. Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever." *Psalms 73:23-26*

### VIDEO SERIES HOSTED BY MUSIC DIRECTOR MICHAEL REPPER

**The Classical Era, Mozart and Beethoven on Tuesday, March 30—7:00 pm on Youtube or Tuesday, April 5—4:00 pm—Channel 85**

The third talk introduces the classical style present in the compositions of Mozart, Haydn and a significant portion of Beethoven's work. Repper will play Mozart's memorable *Piano Sonata in C Major*. Violinist Adelya Shagidullina will perform the first movement of Beethoven's delightful *Spring Sonata* with Repper at the piano.

**The Romantic Era: Music for the Sake of Emotion on Tuesday, April 13 - 7:00 pm on YouTube or Tuesday, April 19—4:00 pm—Channel 85**

The series concludes with a review of the Romantic period and its passionate appeal to human emotions. Repper will perform Chopin's haunting *Prelude No. 4*. He will be joined by Adelya Shagidullina in Clara Schumann's wistful *Romanze No. 2*.

### SPARK PROGRAM : TRIVIA & WORD GAMES

**Tuesday, April 6—4:00 pm—Auditorium**

Spark program- the first Tuesday of every month at 4:00pm in the Auditorium. Learn new ways to challenge the brain and keep the brain sharp. Word games, trivia, sensory stimulation and more.

### PROGRAMS ON DEMENTIA AVAILABLE AT YOUR FINGER TIPS

If you are interested, please call Mary Auther at 4856 or email her at [marthur@rw-c.org](mailto:marthur@rw-c.org) and she will send you a registration link.

### UNDERSTANDING ALZHEIMER'S & DEMENTIA

**Thursday, April 1 - 2-3 p.m.**

Join us as we share the basics of Alzheimer's and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed.

### WORDS MATTER: EFFECTIVE COMMUNICATION STRATEGIES

**Thursday, April 15 - 12-1 p.m.**

As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

### DETECT AND CONNECT: UNDERSTANDING DEMENTIA RELATED BEHAVIORS

**Thursday, April 29 - 2-3 p.m.**

Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

### GUARD YOUR CARD: HOW TO PROTECT YOUR MEDICARE CARD

#### Warning Signs

- You receive an unexpected call from someone claiming to work for Medicare. Actual employees will never call you without being invited to do so — for example, if you left a message at Medicare's customer service line (800-633-4227).
- The caller claims you need to pay a fee to get a

new or upgraded Medicare card,

- Someone threatens to cancel your Medicare coverage unless you provide personal information over the phone.
- You get a bill from a hospital or medical provider for care that you didn't receive.

#### DO.....

- Do hang up immediately if you get an unsolicited call from someone who claims to be from Medicare and asks for personal information.
- Do destroy your old Medicare card, if you haven't already. Run it through a shredder, or cut it up with scissors (making sure to mutilate the part with your Social Security number).
- Do give your Medicare number only to trusted providers of your health care and coverage, such as doctors, pharmacists, insurers and state health agencies that work with Medicare.

#### DON'T....

- Don't share your Medicare or Social Security number (or other personal information) with anyone who contacts you out of the blue by phone, text or email or shows up unannounced at your door.
- Don't send or give your old Medicare card to anyone. Impostors may claim you need to return it. The government doesn't need your old card back and recommends that you destroy it.
- Don't believe a caller is a Medicare employee simply because he or she knows some information about you. Scammers will have done their homework.

SOURCE: AARP

**Dining Comments can be sent to:  
foodcomments@rw-c.org  
Dining Reservations call Ext. 4516  
Dining Immediate Assistance call Ext.  
4017  
Chef Flynn can be reached at Ext. 4019**

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### MEET THE DIETICIAN

My name is Tara Kissinger Mathis, and I am the PRN dietitian for RWC. While most of my clinical duties are with healthcare and assisted living residents, meeting state and federal requirements, I also serve the independent living residents on an as needed basis. I have been married for 7 years, and I have a 5-year-old son and a 2-year-old daughter. I completed my bachelor's degree at James Madison University, and my 10-month dietetic internship at Virginia State University. I have 9 total years of experience in the field, and I'm honored to say that 5 of those years have been here at RWC.

For dietary concerns or diet consultations about what you can eat, contact Tara Mathis at tmathis@rw-c.org.

### CULINARY

Sandwiches are available upon request:

- \* Deli Turkey and ham, chicken and tuna salad, Assorted breads (White, Wheat, Rye), Asst. Cheeses (American, Swiss, Provolone, Cheddar)

If you are dining in the Lakeview Grille area you will be served on China, all condiments will be pre-packaged (dressings, salt, pepper, sour cream etc.)

### EASTER LUNCH MENU:

Iceberg Salad w/ Cherry Tomatoes,  
Cucumbers, Bay Shrimp w/ Buttermilk Ranch Dressing  
Chilled Strawberry Soup  
Maple Glazed Ham  
Rosemary Leg of Lamb w/ Mint Jelly  
Maple Glazed Baked Ham  
Ravioli Primavera (cheese raviolis, asparagus, shredded carrots, sundried tomatoes in an alfredo sauce)  
Peas w/ Fresh Mint  
Lemon Parmesan Roasted Potatoes  
Hot Cross Buns  
Chocolate Lasagna w/ Easter Peep  
Asst. Desserts

Lunch service will start at 10:30 for pick-up and 11:00 for seating. Seating will be on a first-come, first-served basis. Once we have reached our maximum that will be the cut-off. Reservations can be made by calling Betty Polk at 4016. Currently we are unable to provide Waited Service. Diners will go thru the Grille service-line, and we will provide wine.

Our eating arrangements.

- \* No outside guests
- \* 2-people to four- top (7- tables)
- \* 2-people husband and wife at two-top (8-tables)
- \* 3-people at small round in dining room (4-tables)
- \* 4-people at larger rounds in dining room and Grille

(9-tables)

- \* Table cloths, china, flatware and wine glasses

(condiments pre-packaged) will be provided.

Please call 4017 to speak with a Hostess for any meal orders or changes.

### RECYCLE NEWS

Newspapers, junk mail, magazines and cardboard may be deposited in the five Independent Living trash collection sites on campus. There are four trash buildings in the cottage areas. Recycled materials are also collected in the first floor trash room of the apartment building. There are special cans in the first floor of the apartment building designated for paper recycle. In the cottage sites, paper grocery bags of newspaper, junk mail and magazines may be placed along the walls.

Paper grocery bags are available in all sites for newspaper, junk mail and magazines. Cardboard boxes are to be broken down flat. Newspapers, junk mail and magazines are to be put in the paper grocery bags only. Paper recycle bags of mixed trash will be put in the trash cans.

Plastic bags of paper will be put in the trash cans.

We DO NOT recycle plastic, plastic grocery bags, plastic water bottles, Styrofoam, balls of aluminum foil, glass, wood, Swiffers, mops or broken vacuums.

Call Sandra in Maintenance (4021) if you have large trash items that will not fit in the trash can like Omaha Steak boxes, coolers, broken picture frames, broken furniture, broken small appliances, broken clothes drying racks, etc.. Ambrose Disposal will take nothing that is not in the large trash cans.

Aluminum cans ONLY go in the large trash cans with a round hole at the top. They are marked SOFT DRINK, POP, SODA, BEER CANS ONLY. No soup, vegetable cans, Vienna Sausage cans and the like.

Thank you for your help in keeping our trash collection site tidy.

Don Gilmore, Recycle Chair

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

National Library Week is coming to RWC, thanks to Amy Lewis, Coordinator of Resident Programming, with two Auditorium events:

April 5: "Hidden details of New York Public Library," plus a review of a related book, *The Lions of Fifth Avenue* by Fiona Davis.

April 6: "The Future of Books & Libraries in the Electronic Age."

The RWC Book Group's April selection is *The Bookwoman of Troublesome Creek*—about a WPA pack horse librarian in 1936, bringing books to the people in the mountains of Kentucky. Read the book and talk about it on Monday, April 26, at 10:30. Books that readers have liked include *News of the World* (Jiles), *Hamnet* (O'Farrell), *The Yellow Bird Sings* (Rosner), *The Shadow of the Wind* (Zafon), *The Piano Tuner* (Mason) and the Barbizon Hotel book (Bren)—not all of these books are in the RWC Library. And, if you haven't already done so, read *The One-in-a-Million Boy!*

Our first-in-the-door 2021 Book was *The Four Winds* by Kristin Hannah, about the Dust Bowl era of the Great Depression, and donated by Helen McCord. The next two were *The Historians: A Novel of WWII*, from Jay White and a 2021 Large Print *Twenty* by James Grappando, from Elaine Lowrey.

Important new 2020 books include *Hamnet* by Maggie O'Farrell (Fiction), *Tecumseh and the Prophet: The Shawnee Brothers Who Defied a Nation* by Peter Cozzens (History), and *The Killings at Kingfisher Hill*, a 2020 Hercule Poirot Mystery by Sophie Hannah.

A big pile of new-to-us books includes authors James Patterson, John Sanford and W. E. B. Griffin—all from Bob Holley, who checked the RW-C Library Book List to avoid duplicates. Also new-to-us is *Bleeding Kansas* by Sara Paretsky, from Amy Lewis.

New Large Print books: *Moonflower Murders* by Anthony Horowitz, a 2020 book donated by Elaine Lowrey and *The Vagabonds: The Story of Henry Ford and Thomas Edison's Ten-Year Road Trip*, a 2019 book donated by Walter Rogers.

We have three new 2020 MYSTERY books, each from a prolific mystery author—Tanya French, Elizabeth George, and Janet Evanovich—whose *Twenty Seven* is about being 27!

Library Workers at Work:

The MISCELLANEOUS section has been streamlined, with its 20 categories reduced to six!

Ann Wiggins says "No Romances" in the Paperbacks for Troops box. Ponder this!

The Computer Guys have transformed the work of the Inventory People into the April 2021 edition of the Book List and Large Print Book List.

Inventory People have found eleven Large Print books with full Library cards, showing each checked out by 30 persons—books by David Baldacci, Carol Higgins Clark, Mary Higgins Clark, Catherine Coulter, Michael Connelly, Tami Hoag, John Jakes, Belva Plain, and three by Stuart Woods, all acquired by the Library between 2004 and 2012.

Lois Williams – RW-C Residents Association Library Chair