



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 37, Issue 12

DECEMBER 2022

# Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT

**BEGINNING DECEMBER 1 AT THE LIFE ENRICHMENT CENTER LOBBY.**

## WELCOME NEW NEIGHBORS!

**Mrs. Eleanor “Ellie” Davis** moved into Free-standing Home 432. She was born in Hanover County, just outside of Richmond. She graduated high school from Patrick Henry and attended Virginia Baptist Hospital where she became a Registered Nurse.

She and her husband lived in Ditchley in a farmhouse prior to moving to RWC.

Ellie is no stranger to RWC. She has been involved with RWC during the past several years serving on the Foundation Board. Her husband, Dr. Ronald Davis resided at RWC until he passed in 2019. Ellie is an active participant in the Parkinson’s Caregiver’s Support Group as well as the Parkinson’s Support Group. She is a member of Indian Creek Yacht & Country Club where she plays golf as much as 3 times a week. She volunteered at MCV Surgical waiting area while living in Richmond. Ellie has 2 cats (brothers) that are 14 years old and will have to adjust to indoor living. Ellie’s hobbies include gardening , golfing and volunteering to help others. Ellie has 1 son and 3 step sons.

**Pete Knight and Cynthia Johnson** are new neighbors on the RWC Campus in Free-Standing Home 717. They are a delightful couple with great senses of humor. They have been married for 16 years and resided at Laurel Point in Lancaster County, VA where they lived for 17 years. Ms. Johnson was born and raised in Massachusetts. She attended Skidmore College in Saratoga Springs, NY where she earned a Bachelor’s Degree in English with a minor in Education. She lived in Easton, Connecticut for 43 years before moving to Laurel Point. Mr. Knight was born in White Plains, NY and grew up in Connecticut. He was in the Air Force and subsequently flew airplanes for American Airlines for 30 years. Pete and Cynthia found each other in Connecticut while attending “Singles Under Sails,” a non-profit organization that brings together single people with an interest in sailing, boating and related activities. Once they met, it took 18 years until they got married. Pete said

he kept asking her to marry him but she said “Forget it!” They finally were married on their sailboat, Salute, docked at their home in Laurel Point in 2006. From her previous marriage, Cynthia has 2 sons who live in New York and Connecticut and 4 grandchildren. Pete, from his previous marriage, has a son who lives in Raleigh, NC and a daughter who resides in Denver. He has 3 grandchildren. Pete and Cynthia decided to move to RWC because growing older is unavoidable and they want to share growing older with everyone here. They have many friends that live here and Cynthia was a community fitness member starting in 2017. She loves to swim, exercise and read. Mr. Knight enjoys yard work, reading, crossword puzzles, woodworking (repairs) and anything having to do with boats. They are former members of the Yankee Point Yacht Club where Pete was commodore (2010-2012), Indian Creek Yacht & Country Club and Moran Creek Yacht Club. Ms. Johnson is the corresponding secretary of the volunteer council for Historic Christ Church. Both have been involved in the Tea for Two Tutoring Program at Lancaster Primary School. Cynthia had a real estate broker’s license and has worked as a medical office manager, executive assistant and paralegal.

**RESIDENT ASSOCIATION ANNUAL MEETING  
WEDNESDAY, DECEMBER 7  
10:00 AM—AUDITORIUM  
SEE MORE ON PAGE 3**

**HEALTHY HARVEST FOOD DRIVE  
THE THANKSGIVING OFFERING WAS  
\$2727.00. THANK YOU TO ALL WHO  
CONTRIBUTED.**

**ALL PARKINSON’S SUPPORT GROUPS AND  
MACULAR DEGENERATION GROUPS ARE  
CANCELLED FOR DECEMBER.**

*The deadline to submit articles for  
is the 20th of every month by noon.*

*Contact us: 804-438-4000*

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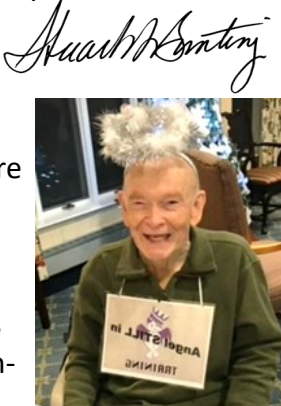
<div>KEY</div> <div>APT</div> <div>Apartment Lobby</div> <div>AR1</div> <div>Art Room #1</div> <div>AR2</div> <div>Art Room #2</div> <div>ATR</div> <div>Atrium</div> <div>AUD</div> <div>Auditorium</div> <div>BLR</div> <div>Boiler Room</div> <div>CGR</div> <div>Chesapeake Game Room</div> <div>COR</div> <div>Corrotoman Room</div> <div>CPL</div> <div>Chapel</div> <div>DRB</div> <div>Dining Room Breezeway</div> <div>FCR1, 2 or 3</div> <div>Fitness Classroom #</div> <div>FPL</div> <div>Front Parking Lot</div> <div>FRL</div> <div>Front Lobby</div> <div>GAL</div> <div>Gallery Hall</div> <div>HOB</div> <div>Hobby Room</div> <div>KCT</div> <div>King’s Court</div> <div>LAN</div> <div>Lancaster Room</div> <div>LEC</div> <div>Life Enrichment Center</div> <div>LIB</div> <div>Library</div> <div>LVG</div> <div>Lakeview Grille</div> <div>MSP</div> <div>Main Street Pub</div> <div>OTR</div> <div>Outpatient Therapy Room</div> <div>RAP</div> <div>Rappahannock Room</div> <div>RCL</div> <div>Resident Clinic</div> <div>TGP</div> <div>Thomas Garden Patio</div> <div>WCN</div> <div>Westbury Center</div> <div>WCR</div> <div>Westbury Club Room</div>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	DECEMBER 2022				2:00-FCR-Shuffleboard 1 3:00-RAP-Praying the Rosary  CASA WREATH DISTRIBUTION DAY 11:00 AM—1:00 PM FRONT PORCH OF CHESAPEAKE CENTER	8:30-AUD-First Friday Forum : Jordan Smith,, 2 “Adventures in Mexico”* 2:30-FCR-Cornhole	7:30-FRL-Transportation to 3 the Chesapeake Chorale (for ticket holders)*
	1:00-CGR-Campbell Memorial Presbyterian Church Communion 3:30-FRL-Movie: I Heard the Bells* 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist 4	RESIDENT PICTURE DAY 5 10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 4:00-CGR-Darts 4:30-LAN-Caregiver’s Memory Support Group	RESIDENT PICTURE DAY 6 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class 2:00-MSP-Resident Choir	10:00-AUD-Residents Annual Meeting 7 11:00-CPL-Christ Church Resident Member Meeting 1:00-AUD-David Gussman: Accordionist Entertainer 2:30-FIT-Cornhole Practice 7:00-CGR-Poker Group	10:00-LAN-Food Committee Meeting 8 11:00-ATR-POP-UP Christmas Sale 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary 4:30-ATR-POP-UP Christmas Sale	2:00-AUD-Spirit Day Program 9 2:30-FCR-Cornhole 6:15-FRL-Riders for the RWC Christmas Float  43rd Annual Kilmarnock Christmas Parade	10
	4:00-CH85-Sunday Worship 11	10:00-FRL-Shopping* 10:00-BLR-Resident Health Care Committee Meeting 12 11:00-ATR-Angel Tree 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:30-AUD-Special Concert: Rupert Wates 5:00-ATR-Angel Tree	10:00-AR1-Amateur Radio Club Meeting 13 10:00-AR2-Chat & Craft 11:00-ATR-Angel Tree 11:00-COR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:00-AUD-Resident Choir 5:00-ATR-Angel Tree	10:00-AR2-Activities Committee Meeting 14 11:00-CGR-Grief Support Group 11:00-ATR-Angel Tree 2:30-FIT-Cornhole Practice 5:00-ATR-Angel Tree 7:00-CGR-Poker Group	11:00-ATR-Angel Tree 2:00-FCR-Shuffleboard 15 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship 5:00-ATR-Angel Tree 7:00-FRL-Rappahannock Foundation of the Arts: Jose Feliciano (subsc. holders)	10:30-FRL-Ditchley 16 Cider Works Tour, Tasting, & Lunch* 11:00-ATR-Angel Tree 2:00-AUD-Resident Choir Christmas Concert 2:30-FCR--Cornhole 5:00-ATR-Angel Tree	17
	4:00-CH85-Sunday Worship 18	10:00-FRL-Shopping* 10:30-FRL-RWC Book Group at Colonial Downs Trip* 19 1:00-CGR-Catch Phrase 2:00-AUD-Grace Celtic Musicians Christmas Concert 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AUD-Annual Christmas Service 20 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class  Deadline for Gazebo Gazette Articles	1:00-AR2-Stitching Stars Quilting Group 21 2:30-FIT-Cornhole Practice 6:00-FRL-Christmas Lights Tour* 7:00-CGR-Poker Group	2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary 22	2:30-FCR--Cornhole 23  Last Day to Change Meal Plan	24
	4:00-CH85-Sunday Worship 25	1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 26 4:00-CGR-Darts	10:00-FRL-Shopping* 10:00-AR2-Chat & Craft 27 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	9:30-FRL-US Army Transportation Museum & Lunch* 28 2:30-FIT-Cornhole Practice 7:00-CGR-Poker Group	2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary 29	2:30-FCR--Cornhole 30	NEW YEAR’S EVE 31
	MAIN STREET SALON CLOSED DECEMBER 26—DECEMBER 30						

## GREETING FROM THE PRESIDENT & CEO

We are entering the season of hope and faith. Two very basic, yet profoundly powerful enablers in life. Both have been challenged to our very core by the pandemic as well as by domestic and global events and personal life circumstances. Thankfully and most importantly, both hope and faith endure and will continue to endure. Hope and faith are why a community such as RWC came into being in the 1980's, and why it continues today, and how it will endure going forward. I read an article earlier today in **Guideposts** magazine where hospital Chaplain Adam Ruiz writes "compassion takes courage." I think hope and faith take courage as well, particularly when much of what bombards us each day seeks to put hope and faith down a very deep hole never to be seen again. He who made hope and faith endowed both with His omnipotence and omnipresence. When a dust storm clouds out the sun or an eclipse hides the moon, do the sun or moon disappear? Of course not. They are always there. So too are hope and faith. It is fair to say we thought that the "clouds" of the recent past would be lifted by now, but it is still relatively "cloudy". Yet behind those "clouds" hope and faith remain just as powerful and present as they always have been and promise to be. We just have to remind ourselves of that on "cloudy" days and find the courage to call on hope and faith for what they are meant to be and do. Hope and faith are not just philosophical concepts – they are real and powerful and ours for the asking. May Hope and Faith guide, strengthen, encourage, and equip us on our journey together as the community of RWC.

### ANGEL TREE

It's almost Christmas time and it is time for the Angel trainees to come out. We are looking for Angel recruits to help support the Fellowship Fund by honoring and remembering their loved ones through the Foundation's annual Angel Tree drive. The Fellowship Fund aids those residents who can no



longer afford residency through no fault of their own. All donations are welcome! The Angel Tree drive will be from December 12 to December 16, in the Atrium during the hours of lunch (11:00 a.m. to 1:00 p.m.) and dinner (5:00 p.m. to 7 p.m.) Thank you for your support and Merry Christmas!

## OCTOBER DREAM

by JODY MILLER (Daughter of Charlie Miller)

*The author declares she is not a poet. She says she never remembers her dreams, but she woke up on October 30, 2022 with the following verse in her head and ran to the computer to record as much as possible before it slipped away. It has not been edited or corrected.*

*It's said in verse and said in song  
That youth is wasted on the young,  
But I am quite convinced that is wrong.  
What happy stories would be told  
If wisdom weren't wasted on the old.*

*Imagine being young and wise,  
Growing up with smarter eyes  
And kinder heart; how we would rise  
To care for earth and for each other,  
Knowing love is all that matters.*

*How many fewer times we'd ache  
From pain in broken hearts wake.  
How many fewer we would break  
Choosing to be friends forever  
Instead of lover replaced by lover.*

*This time I think I've got it right,  
I think that wisdom's grand hindsight  
Is what we need to do things right.  
Youth is not wasted on the young,  
I'm sure it is the other way around.*

*Wisdom is wasted on the old,  
When we're less fit and much less bold.  
Choice thought through and not diced rolled  
Has less import than when we're young.  
Saying youth is wasted is simply wrong.*

## FIRST FRIDAY FORUM WITH JORDAN SMITH, "ADVENTURES IN MEXICO"

Friday, December 2—8:30 AM—Auditorium

**Sign up Required—LIMIT 50**

**Special Dietary Needs, please call Ext. 4017 24 in advance.**

Jordan Smith, Fitness Specialist, shares her experience living in La Paz, Mexico! She will be sharing stories from her time living in the middle of the desert and the lessons she learned along the way.

## MOVIE AT THE COMPASS: I HEARD THE BELLS\*

Sunday, December 4—3:30 PM—Front Lobby

**Cost: \$10.00 non-refundable and charged to your account.**

I HEARD THE BELLS tells the inspiring true story behind the beloved Christmas carol and its author, Henry Wadsworth Longfellow. Known as America's Poet, Henry leads an idyllic life – until the day his world is shattered by tragedy. With a nation divided by Civil War and his family torn apart, Henry puts down his pen, silenced by grief. But it's the sound of Christmas morning that reignites the poet's lost voice as he discovers the resounding hope of rekindled faith.

## DAVID GUSSMAN: ACCORDIONIST ENTERTAINER

Wednesday, December 7—1:00 PM—Auditorium

Enjoy lively holiday music with David Gussman.

## POP-UP CHRISTMAS SALE

Thursday, December 8—11:00 AM—Atrium and 4:30 PM—Atrium

Come and find those last minute Christmas deals!!

## DITCHLEY CIDER WORKS TOUR, TASTING, & LUNCH\*

Friday, December 16—10:30 AM—Front Lobby

**Cost: \$40.00 non refundable and will be charged to your account.**

**Sign-up Required, LIMIT: 13**

Ditchley Cider Works (DCW) is located on ~162 acres in the Northern Neck of VA, 3 miles north-east of Kilmarnock. Located between Dividing Creek and Prentice Creek, the history of the prop-

erty dates to the mid-1600s.

Opened for business in the fall of 2018, the property consists of a mix of orchards, grass pastures, wooded areas, and has 2.5 miles of natural shoreline - including a modest-sized sand beach. Major structures on the property include a newly restored Manor House (c.1752); a 1930s caretaker/servants quarters which has been renovated into our "Cider House"; and a 1950s "kit house" located on the water.

All of our cider is produced from apples grown on the Ditchley property. In 2015 and 2016 we planted more than 50 varieties of cider apples. Why so many varieties? We're still "experimenting" to determine which varieties are best acclimated to life on the Chesapeake Bay! We grow, pick, crush, squeeze all of our apples, and bottle all of our cider, on-site

Price includes wine tasting, lunch and a tour of the Manor House.

## RESIDENT CHOIR CHRISTMAS CONCERT

Friday, December 16—2:00 PM—Auditorium

Celebrate the sounds of the season with the resident choir. All are welcome. We will also offer sing-along selections of Christmas classics.

## GRACE CELTIC MUSICIANS CHRISTMAS CONCERT

Monday, December 19—2:00 PM—Auditorium

Come and enjoy a Celtic Christmas music program featuring the Grace Celtic Musicians, Laura Rowe on flute, Nina Buzby on cello, and Cheryl Davis, piano.

## CHRISTMAS LIGHTS TOUR, DELTAVILLE, WHITE STONE AND IRVINGTON WITH CAROL LEE ASHBURN\*

Wednesday, December 21—6:00 PM

Front Lobby

**Sign-up Required, LIMIT 12**

The light display is a gift to the community - There is no admission charge to visit the displays!



**SPIRIT DAY****FRIDAY, DECEMBER 9—2:00 PM—AUDITORIUM**

Your generosity during the holiday warms the RWC's team hearts. Please join us so we can say "Thank You" to each resident. The Employee Christmas Fund is so very much appreciated.

**43RD ANNUAL KILMARNOCK LIGHTED CHRISTMAS PARADE****FLOAT RIDERS NEEDED****FRIDAY, DECEMBER 9—6:15 PM—FRONT LOBBY (PARADE BEGINS AT 7:00 PM)**

We are in need of resident riders on RWC's Christmas float this year. Let's show why RWC is COMMUNITY STRONG!! Let us have a strong presence in the parade. Please call Amy at Ext. 4024 if you would like to ride. We will have chairs and blankets for all riders.

**A COMMUNITY  
STRONG  
CHRISTMAS**



**THE KILMARNOCK  
LIGHTED CHRISTMAS PARADE**  
BROUGHT TO YOU BY  
**LANCASTER BY THE BAY CHAMBER**  
IN PARTNERSHIP WITH  
**THE TOWN OF KILMARNOCK**

**WHAT MAKES A COMMUNITY STRONG? WHAT DO YOU THINK?**

Please submit your answer to this question along with your name and age (if you wish) to Amy at alewis@rw-c.org or bring it to the office. We will use your answers on posters on the RWC Christmas float.

**CHILDHOOD PHOTOS WANTED**

Every year residents and staff always like looking at the childhood photos on the Christmas Tree in the Atrium. The pictures are ever changing as we welcome new neighbors to RWC. If you would like to have your childhood photo added, please bring a photo to the Life Enrichment office. We can scan photos quickly and get them back to you.

**HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN**

*The Key to the Fingerpost* by Robin Williams is a novel about horses and their trainers at Virginia's Colonial Downs Racetrack, with a little bit of elderly romance! This will be our December Book Group book. **NOTE DIFFERENCE IN TIME AND PLACE. We will meet on Monday, December 19, at 10:30 a.m. in the RWC Front Lobby**, when we will be whisked by the RWC bus to the Colonial Downs Racetrack in New Kent, VA, off Interstate 64. There we will talk about the book with its author and have lunch at Rosie's. Book Group people will have priority seating on the bus, but there will be bus seats available for others. Sign up for the bus in the Life Enrichment Lobby. The book can be picked up from the top of the desk at the back of the RW-C Library. Read it and return the book to its spot on the desk quickly, so others can read it!

**More Fiction:** *The Boys From Biloxi* by John Grisham (2022), donated by Tom Teeple; *The Rose Code* by Kate Quinn (2021), donated by Joan May; and *State Of Terror* by Hillary Rodham Clinton and Louise Penny (2021).

**Biography:** *Obama: From Promise to Power* by David Mendell; Also, three books with a NEW label from Helen Cobb are really Oldies that are new to the RWC Library—*John Kennedy* by Theodore C. Sorensen (1965), *The Right Stuff* by Tom Wolf (1979) and *Lincoln* (A Novel) by Gore Vidal (1984).

**Non-Fiction Paperback:** *An American Farm Lad's Life in the Early 19<sup>th</sup> Century* and *Custer Battlefield*, both donated by Lawrence Treadwell; *Dreams From My Father* by Barack Obama, donated by Helen Cobb; *Malala*, donated by Angie Jackson; and *Lives Bound Together: Slavery at George Washington's Mount Vernon*.

**Fiction Paperback:** *Need to Know* by Karen Cleveland, donated by Mildred Loudy, who writes, "A real nail-biter!" *Sunset Beach* by Mary Kay Andrews and *The Friends We Keep* by Susan Mallery. Also, all from Rose-marie Forcum, *Whose Body?* by Dorothy Sayer (1923); *A Side of Murder* by Amy Pershing; *Winter of Discontent* by Jeanne M. Dams; *Woman Without a Past* by Phyllis Whitney; *Maria: The Sound of Music* by Maria Von Tropp; and *How to Wash a Cat* by Rebecca J. Hale.

**Public Books:** *Untold Tales of Old West Point* and *The Battle of Eltham's Landing*, both by William A. Palmer, Jr., (from the RWC bus trip to West Point).

**Large Print:** *Hotel Nantucket* by Elin Hildebrand (2022), donated by Elaine Lowrey.

**Mystery:** *Blind Conviction* by Michael Stagg, donated by Jay White; *Alibi Man* by Tami Hoag; and *Ixtapa* by E. Howard Hunt.

**Miscellaneous:** *Dictionary of Military and Naval Quotations* and *The Movie List Book*, both donated by Lawrence Treadwell.

**History:** *The General vs. The President: MacArthur and Truman at the Brink of Nuclear War* by H. W. Brands, donated by Lawrence Treadwell.

**Virginia:** *Tobacco: The Crop and Currency of Early Lancaster County, Virginia* by Lois Williams.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

There’s a Chinese story of an old farmer who had an old horse for tilling his fields. One day, the horse escaped into the hills and when all the farmer’s neighbors sympathized with the old man over his bad luck, the farmer replied, ‘Bad luck? Good luck? Who knows?’ A week later the horse returned with a herd of wild horses from the hills and this time the neighbors congratulated the farmer on his good luck. His reply was, ‘Good luck? Bad luck? Who knows?’ Then, when the farmer’s son was attempting to tame one of the wild horses, he fell off its back and broke his leg. Everyone thought this was very bad luck. Not the farmer, whose only reaction was, ‘Bad luck? Good luck? Who knows?’ Some weeks later, the army marched into the village and conscripted every able-bodied youth they found there. When they saw the farmer’s son with his broken leg, they let him off. Now was that good luck? Bad luck? Who knows? *(Anthony DeMello, “The Happy Wanderer”)* I like that story if for no other reason than it makes me smile. But there are other reasons too. It encourages me to remember that there is always more going on in any given situation than what meets the eye, and much of it, unbeknownst to me, is for the good. “God works like an ingenious alchemist to take something as lowly as lead and transform it into something as astonishing as gold.” *(Anonymous)* And there's a lot of good I never even notice at all, and so the story also challenges me exactly at that point: I need to take the trouble to see the good; in situations, in circumstances, in people, in possibilities. “In all things give thanks.” *(1 Thess 5:18)* Of course there's a world of difference between “in all things” and “for all things.” Bad things happen. I'm not glad for them. But I can, in the face of them find, take hold of and live by the good. The same theme emerges as we transition from the season of Thanksgiving to Advent. Life for humble people could be hard in the first century Roman empire. When Mary and Joseph became homeless by Caesar’s decree, the good may have been hard to see. When there was no room in the inn, things surely looked grim. And yet somehow the ultimate outcome of these things? The Savior of the world! And so, in this season, in these “times,” let's be sure to see the good,

and to also see something of that marvelous mystical vision of Julian of Norwich: ‘And all things shall be well; and all things shall be well; and all manner of things shall be well.’

Chaplain Greg Houck

UPCOMING OPPORTUNITIES

**Advent Devotional Guides:** “This Will Be A Sign for You,” featuring Henri J.M. Nouwen, are available to all and can be found on tables in the atrium and by the chapel.

**Annual Christmas Service of “Lessons and Carols:”** Tuesday, December 20, 11:00AM in the Auditorium. *“Unto us a child is born, unto us a son is given, and the government will be upon his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.” Isaiah 9:6*

ONGOING OPPORTUNITIES

**Bible Study Group:** Tuesdays at 11:00AM in the Corrotoman Room. Topic: “The Minor Prophets of the Old Testament.” Chaplain Houck is leading the study. We hope to see you there! **Note: The class will not be meeting on Tuesday, December 20, when we will be having our Annual Christmas Service.**

**Sunday Worship:** meeting in the Westbury Clubroom on Sundays at 2:00PM. Please Note: due to continuing Covid regulations in Health Services, for the time being this service is limited to residents of the Health Center and Assisted Living. We all look forward to the time when we can all once again join together for worship, in-person! Until that time, we continue to provide our virtual Service of Worship on Sundays at 4:00PM on RWC TV Channel 85.

**Grief Support:** The RWC Grief Support Group meets on the second Wednesday of each month at 11:00AM in the Chesapeake Game Room. Our next meeting will be held on December 14<sup>th</sup>. Come and join us for another great meeting. All are welcome!

IN MEMORIAM  
 MR. RICHARD LILLQUIST  
 NOVEMBER 7, 2022

MR. BOYD FRANKLIN SCHAFF  
 NOVEMBER 21, 2022

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

2023 RWC RESIDENTS  
 ASSOCIATION BOARD OF  
 DIRECTORS ELECTIONS

**Wednesday, December 7—10:00 AM—Auditorium**

In accordance with Article IV, Section 4 of the RWC Residents Association By-Laws:

*Before November 1, the Nominations/Bylaws Committee shall present to the Secretary the names of one (1) or more members nominated for each elected office, four (4) Directors at Large, and the prerequisite numbers of members for the standing committees (see paragraph 6, Article II,...), to be filled by the ensuing election. The Secretary shall publish in the Resident Newsletter in November the proposed slate of candidates with the advice that the membership may nominate additional candidates from the floor by notifying the Chairperson of the Nominations/Bylaws Committee, in writing, a minimum of one week prior to the annual meeting.*

Please note that, other than the Quality-of-Life Committee, *all other standing committees shall consist of at least three (3) and not more than five (5) members.* The current Residents’ Association Nominations/Elections/By-Laws Committee (John Roberts - Chair, Carl Blades, Milena Van Sant, and the late Cecil Vail Schwartz) presents the following list of nominees for Resident Board Officers and Standing Committee positions for 2023.

President:	Vikki Marek-Young
Vice-President:	Jan Mosher
Treasurer:	Peter Braatz
Secretary:	Val Foulds
Director At Large:	Phil Booth
Director At Large:	Fred Luxton
Director At Large:	Helen Woolfolk
Director At Large:	Joan Parham
Quality of Life (1-year position):	Ethel Frye
Quality of Life (2-year position)	Ginny Burnette
Finance Committee:	Joan May
Finance Committee:	Bryan Bennett
Finance Committee:	Gerald Hoskins
Finance Committee:	Jay White
Finance Committee:	Bill Estell
Nom/Elec/By-Laws:	Milena Van Sant
Nom/Elec/By-Laws:	Ida Hill
Nom/Elec/By-Laws:	Susan Read
Nom/Elec/By-Laws:	Cecelia Barton

Nom/Elec/By-Laws: Respectfully submitted,  
 Val Foulds, Secretary

**GRIEF SUPPORT GROUP MEETING**  
**Wednesday, Dec. 14th at**  
**11:00am, Chesapeake Game Room**

THANK YOU FROM THE ACTIVITIES  
 COMMITTEE

The members of the Activities Committee gratefully thank Residents, Staff and Shoppers for your participation and support of the RWC “Countdown to Christmas” sale in November. Your ideas, time, talents, energy and encouragement resulted in a very welcome contribution to the RWC Foundation Healthcare Education and Support Endowed Scholarship Fund. We all will depend on our Healthcare personnel as our journey continues. THANK YOU!

As you read this, take note that there will be a pop up sale Thursday, December 8<sup>th</sup> in the Atrium for last minute gift buying where some crafts from the November sale will be available...and perhaps some new items as well. There will be gift wrapping for a nominal fee if you wish! CHRISTMAS IS COMING!

MEAL DELIVERY

If you are unable to walk up to get your meals, or you have a change in your health condition, then a nurse in the clinic may offer free meal delivery. The meal does come off your meal plan; however, the delivery fee is waived. Please be aware that this service is only for a limited period of time and depends on the reason for the exception. If you have any doubt about the length of duration, please ask the nurse at the time. Once the length of time has passed, the delivery fee will be reinstated at the standard charge of \$3.75 for 1 person or \$5.00 for a couple.

MEAL PLAN CHANGES

Meal Plan Change must be made by the 25<sup>th</sup> of each month. To make meal plan changes for you and your spouse, be sure to include both names on one form. If you and your spouse’s meal plan are different, you’ll need to fill out 1 separate form for each of you.



WELCOME TO THE LIFE ENRICHMENT PAGE

MERRY CHRISTMAS

The all classes will be cancelled on: Friday, December 23, 2022  
Monday, December 26, 2022  
Friday, December 30, 2022  
Monday, January 2, 2023

If you have access to the fitness center or swimming pool, it will be available. Reminder that you must have a buddy if you are going to use the swimming pool.

CORNHOLE PRACTICE

Practice will be at 2:30 on Wednesdays. If you feel like you need to get better at your game come on out and practice your throws. Meet in the Fitness Class Room.

HEART HEALTHY COOKIES

- Ingredients
- 2 tablespoons flaxseed meal (ground flaxseeds)
  - 1 cup old-fashioned rolled oats
  - 1 cup whole wheat flour
  - ½ cup chopped walnuts
  - ¼ cup golden raisins
  - ½ teaspoon baking powder
  - ½ teaspoon baking soda
  - ½ teaspoon ground cinnamon
  - ¼ teaspoon fine sea salt
  - ⅓ cup unrefined coconut oil
  - ⅓ cup pure maple syrup

Directions

Preheat the oven to 375 degrees Fahrenheit. Line a baking sheet with parchment paper and set aside.

In a small bowl, stir the flaxseed meal with 6 table-  
spoons of water. Set aside while you prep the other  
ingredients, 5 to 10 minutes. The mixture should thicken and become a bit gelatinous — this is known as a  
"flax egg."

Meanwhile, in a large bowl, combine the oats, flour,  
nuts, raisins, baking powder, baking soda, cinnamon,  
and salt, and whisk together.

In a separate bowl, combine the oil, maple syrup, and  
flaxseed mixture, and whisk together. Fold the wet in-  
gredients into the dry ingredients and stir just until

- Wellness Staff members
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- Macey Augst:** email [fit2@rw-c.org](mailto:fit2@rw-c.org) ext. 4852
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there are no dry bits of flour visible (do not over-mix). Using an ice cream scoop if you have one, portion the cookies onto the prepared baking sheet, spacing them about 2 inches apart. Gently press on each cookie with your hand to flatten the tops. Bake until the tops look dry and the edges are golden brown, about 20 minutes. Cool completely before storing. The cookies will keep in an airtight container at room temperature for about four days.

Nutrition

Calories per Serving	216
Total Fat	12.4 g
Saturated Fat	6.8 g
Trans Fat	0.0 g
Cholesterol	0.0 mg
Total Carbohydrates	25.4 g
Dietary Fiber	3.0 g
Total Sugars	8.8 g
Sodium	114.3 mg
Protein	4.0 g

Read More: [https://www.healthdigest.com/346563/heart-healthy-oatmeal-cookies/?utm\\_campaign=clip](https://www.healthdigest.com/346563/heart-healthy-oatmeal-cookies/?utm_campaign=clip)

THE HANGING OF THE GREENS

This December while we are thinking about “ The Hanging of the Greens” let’s think about adding GREENS (vegetables) to our diets. Eating plenty of vegetables is the cornerstone to good health. Veggies help to control our blood pressure and cholesterol. They are good for our eyes, brain, diges-  
tive system and just about every other part of our body. Give yourself the gift of one EXTRA vegetable each day. It’s the gift that will keep on giving.

Angie

Remember...You are welcome to come and observe any class before you try it.

# PICTURE DAY IS COMING!

You are invited to be in the RWC picture directory!

Picture Days are soon...

- Monday, December 5<sup>th</sup>
- Tuesday, December 6<sup>th</sup>

Please sign up in the Life Enrichment Center.

Having your photo take is free. You will be given printed proofs, with an order form - photos will also be posted securely online for family to view and order. There is no obligation to order, & no pushy sales!

Photos by Yours Truly Photography | 804.436.0200

YOURS TRULY PHOTOGRAPHY: PICTURE DAY(S) FOR THE RESIDENT DIRECTORY

We urge all residents to sign up for “Picture Day” in the Auditorium on Monday, December 5 or Tuesday, December 6 to get a professional photo taken for our next issue of the Resident Directory. This is a FREE service. If you wish to purchase additional photos you may. We can take up to 6 people per every 15 minutes (PLEASE BE PROMPT). Please sign up in the Life Enrichment Center for a time. Please sign up as individuals, not couples. If you have any questions, please call Amy (4024) or Bonny (4011).

US ARMY TRANSPORTATION MUSEUM & LUNCH\*

Wednesday, December 28—9:30 AM—Front Lobby

Sign-up Required, LIMIT 13

Admission to museum is FREE + cost of lunch

The U.S. Army Transportation Museum is a United States Army museum of vehicles and other transportation-related equipment and memorabilia. It is located on the grounds of Fort Eustis. The story of the Army's Transportation Corps, from horse-drawn wagons of the Revolutionary War to armored vehicles being used today, is told through exhibits, models and dioramas. The museum's artifact collection numbers just under 7,000 objects, plus another 1,000 exhibit props. The collection includes nearly 100 macro artifacts ranging from planes, helicopters, tugboats, and landing craft to trucks, jeeps, hovercraft and trains. Come visit us to learn more about the contributions of the United States Army Transportation and the role it played shaping the history of America.