



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 38, Issue 2

FEBRUARY 2023

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT

BEGINNING JANUARY 31 AT THE LIFE ENRICHMENT CENTER LOBBY.

TOP NEWS STORY

Madame Librarian is passing the torch

Madame Librarian is passing the torch—after seven years and 85 Library Pages! Her successor is Bill Estell, as announced by the recruiting team, Pat Kirby and Kerley LeBoeuf, who, with the RW-C Library Staff, held the fort during Madame’s recent absence.

COMMUNITY MEETING

Wednesday, February 1—10:00 AM

Auditorium—Sign up required

We will have a Community Meeting on Wednesday, February 1 at 10:00 AM in the Auditorium focusing on the issue at diseases in trees on campus, how to treat them and which chemicals are used. A horticulture expert from Barlett Tree Service will be joining Damon Chewing for this informative session.

TRIP TO NATIONAL MUSEUM OF THE MARINES AT QUANTICO*

Tuesday, February 28—9:00 AM—Front Lobby

Sign-up Required Cost is Free + Lunch \$

Situated on more than 135 acres adjacent to Marine Corps Base Quantico, the National Museum of the Marine Corps depicts great events of American history from the perspective of Marines who participated in them and strives to help visitors from around the world understand the steadfastness and strength of

the United States Marine Corps.

The Museum encloses approximately 118,000 square feet, with an eventual expansion to nearly 181,000 square feet. Inside, are exhibit galleries which utilize cutting edge multimedia technology, and take you onto the beach at Iwo Jima, through a frigid winter night on watch against possible attack in Korea, and into a hot “LZ” (landing zone) in Vietnam.

Located on the second deck, the Devil Dog Diner is a cafeteria-style restaurant that honors Marine mess operations. This 150 seat restaurant is decorated with pictures of Marines preparing food for the Mess and enjoying their meals. **The menu includes a varied and tempting selection of grab and go items, homemade soups and chili, hot sandwiches and salad bar.** In addition, guests can select from an assortment of beverages and snacks .

LOOK FOR YOUR SUPER BOWL INVITATION IN YOUR BOX. PLEASE SIGN UP BY FEBRUARY 6. SEATING IS LIMITED.

COCKTAILS & KARAOKE *

Friday, February 24—6:00 PM—Auditorium

Sign-up Required

Do you like cocktails? Do you like to sing? Then this is the perfect event for you. Bring your friends and have a good time singing your favorite tunes. A good voice is not required. It’s all about having fun.

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

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BLOG

RAPPAHANNOCK FOUNDATION FOR THE ARTS THANKS RWC RESIDENTS FOR SUPPORT WITH A CONCERT FEATURING THE GURLEYS* FEBRUARY 4—3:30 PM—AUDITORIUM PLEASE SIGN UP TO ATTEND!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>FEBRUARY</h1> <h1>2023</h1>			10:00-AUD-Community Meeting: Landscaping, Tree Disease & Chemicals* 11:00-ATR-Stylish Eyes Clinic 11:00-CPL-Christ Church Resident Member Meeting 1:00-CGR-Great Decisions* 7:00-CGR-Poker Group	9:00-FRL-Whale Watching at Rudee Inlet at Virginia Beach* 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary	8:30-AUD-First Friday Forum : Bob Holley* 1:00-AR2-Craft Class: Valentine Wreath* 2:00-AUD-Movie: Queen Bees 2:30-FCR-Cornhole	3:30-AUD-RFA Presents: The Gurley's in Concert*
1:00-CGR-Campbell Memorial Presbyterian Church Communion 1:15-FRL-Sundays at Two: Bill & Carol Young* 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:30-AUD-Caregiver's Parkinson's Support Group 1:00-CGR-Catch Phrase 1:30-FRL-Shopping at 2B's Quilts in Topping* 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 10:00-FRL-Gloucester Museum of History & Lunch* 11:00-COR-Bible Study 11:00-AR1-Grocery Pick Up 11:00-CGR-Harvard Lecture Series: Justice with Michael Sandel* 1:00-AR2-Watercolor Class	10:00-AR2-Activities Committee Meeting 10:00-FRL-Historical Church Tour with Carroll Ashburn* 11:00-CGR-Grief Support Group 1:00-CGR-Great Decisions* 1:00-AUD-Movie: Top Gun: Maverick* 7:00-CGR-Poker Group	10:00-LAN-Food Committee Meeting 1:00-AR2-Making Chocolates* 2:00-FCR-Shuffleboard 2:00-CGR-Parkinson's Support Group 3:00-RAP-Praying the Rosary 4:45-FRL-Meet the Author at LCL: Dawn Eden Goldstein*	10:00-FRL-Tour of Hummel Airport with Carroll Ashburn* 2:30-FCR-Cornhole	
SUPERBOWL SUNDAY 4:00-CH85-Sunday Worship 5:30-AUD-Superbowl Party*	10:00-FRL-Shopping* 10:-BLR-Healthcare Committee Meeting 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory Support Group	10:00-AR2-Chat & Craft 10:00-AR1-Amateur Radio Club Meeting 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 11:00-CGR-Harvard Lecture Series: Justice with Michael Sandel* 1:00-AR2-Watercolor Class 4:00-AUD-Masquarde Quartet Concert*	1:00-CGR-Great Decisions* 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Poker Group	9:15-FRL-Traid Presentation: Fraud & Scams Discussion* 2:00-AUD- Razmataz: A Comedic Barbershop Quartet (DVD) 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary	11:00-AR2-Dutch Acrylic Pour* 1:00-FLR-Trip to Under the Stars Farm for Candle Making & Cocoa* 2:30-FCR--Cornhole	
2:00-AUD-Bland Competition 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts Deadline for Gazebo Gazette Articles	MARDI GRAS 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Harvard Lecture Series: Justice with Michael Sandel* 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	1:00-CGR-Great Decisions* 1:00-AR2-Seashells and Epoxy Resin Class, Part 1* 7:00-CGR-Poker Group	9:00-FRL-Quilt Show & Merchants Mall in Hampton Coliseum & Lunch* 1:00-MSP-Macular Degeneration Group 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary	1:00-AR2-Seashells and Epoxy Resin Class, Part 2* 2:30-FCR--Cornhole 6:00-AUD-Karaoke & Cocktails* Last Day to Change Meal Plan	
1:15-FRL-Sundays at Two: Edwin Burton* 1:45-FRL-Westmoreland Players: Noises Off* 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:00-AUD-Historic Church DVD with Carroll Ashburn* 2:30-AR2-Update with Stuart 4:00-CGR-Darts	9:00-FRL-Trip to National Museum of Marine Corps at Quantico* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Harvard Lecture Series: Justice with Michael Sandel* 11:00-COR-Bible Study	<h2>FEBRUARY IS AMERICAN HEART MONTH</h2>			

- 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

GREETING FROM THE PRESIDENT & CEO

In my January note, I referred to the anticipated Resident Engagement Survey report which has been received at this point. I appreciate the time residents and family members of Health Services residents took to provide feedback on various aspect of life and engagement at RWC. A copy of the full 2022 Resident Engagement Survey report from Holleran is located in the Resident Library in a white notebook on the book cart – please use the Report in the Library.

Over the next few months, Executive Staff and management teams will engage with residents directly and through resident focus groups and Resident Association committees to further discuss and understand areas of opportunity for improvement identified in the Survey and to develop specific action items in order to continue to meet and exceed resident expectations.

Communication was a particular topic of interest in the survey with a wide range of feedback. And I believe we all can agree that communication is always a work in progress. One way we will engage to evolve communication with one another is through a series of focus groups specific to that topic.

Two focus groups will be held in February – one on February 7th at 3PM and one on February 16th at 11AM. The focus groups will be moderated by The Rev. Dr. Megan Limburg. Megan serves as the Rector of St. Mary's Whitechapel and Trinity Episcopal parishes and is a member of the Board of Trustees of RWC and former Foundation Trustee. Megan is an excellent and skilled moderator who has conducted focus groups for us in the past. To facilitate discussion, the focus groups will be open to a maximum of twelve (12) residents per session on a sign-up basis. An announcement will be made when the sign-up process opens.

I wish you a great February at RWC. We have many activities and adventures on the calendar as the Gazette highlights. Enjoy each day!



SAFEGUARDING YOUR FUTURE HEALTHCARE AT RWC

We residents have chosen this facility as the place where we will spend the remainder of our lives; RWC has accepted responsibility for us and to provide continuing care for us should we need it. However, RWC cannot provide that care without the health professionals workforce required to carry out that commitment.

Human Resources identifies scholarships as one of the best tools to attract and retain healthcare professionals for RWC. The healthcare field is especially competitive—even more so in rural areas like ours. To that end, a Healthcare Education & Support Endowment Scholarship Fund was created to encourage those employees who wish to expand their credentials thereby becoming even more valued members of our healthcare team. The scholarship recipients commit to continue working at RWC for a period of one to two years dependent on the amount of scholarship funds awarded.

ACTIVITIES COMMITTEE NOTES

January was a month to relax, take a minute and regroup!

February has trips and activities to get 2023 underway. Please read your invitation for the Super bowl party February 12th for all the details for the big game. Betting days and times will be on Touch town and email blast announcements.

A "Spring Fling" fundraiser event is on the calendar for Thursday, March 30th...just in time for Easter, Mother's Day and to welcome Spring. The star of the event is a beautiful quilt lovingly made and donated by Virginia Pales. Watch for pop up craft classes and workshops to make soaps, body scrubs, sachets and much more.

Items that are popular and sell well to Residents and Staff are koozies, placemats, pot holders, scrubbies, aprons, table runners and seasonal décor. Please address your questions and comments to Mary Bennett (#414, ext.4308) or Helene Braatz (#828, ext.4828). Your input is always helpful.

FIRST FRIDAY FORUM :RESIDENT BOB HOLLEY, WALKING THE APPALACHIAN TRAIL*

Friday, February 3—8:30 AM—Auditorium
Sign up Required—LIMIT 50
Special Dietary Needs, please call Ext. 4017 24 in advance.

MOVIE: QUEEN BEE'S*

Friday, February 3— 2:00 PM—Auditorium
2021 PG-13 1h 41m Sign-up Required

While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community—just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, cutthroat bridge tournaments and a group of bullying "mean girls" that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends and perhaps even find a new love.

TRIP TO 2B'S QUILT SHOP IN TOPPING*

Monday, February 6—1:30 PM—Front Lobby
Sign-up Required—LIMIT 12

2 B's Quilt Shop is the largest quilt supply shop between Richmond and Newport News.

HISTORIC CHURCH TOUR WITH CAROLL ASHBURN*

Wednesday, February 8—10:00 AM—Front Lobby
Sign Up required. Limit: 12

Take a look inside two of our area's oldest churches.

White Marsh Church was officially organized in September 17, 1792. The land was donated by George Brent Jr. and his wife, Sarah, for the sum of five shillings (today's US money = 25 cents). The original log structure, built in 1792, was referred to by the bishop as the "Lancaster Meeting House". It was replaced in 1848 with the present brick structure. The annex to the back of the church was added in 1966.

White Marsh Church was closed for services in 2002 and remained unused for seven years. It was then taken over by a newly formed corporation,

Historical White Marsh, Inc. and in 2011 restorations began. The church is now open for services on Sundays.

We will also visit Wesley Presbyterian Church in Weems, VA. To find out about this historic church join us on our tour!

Light refreshments will be offered.

MOVIE: TOP GUN, MAVERICK*

Wednesday, February 8—1:00 PM—Auditorium
Sign-up Required

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

CANDLE MAKING AND HOT COCOA OR CIDER AT UNDER THE STARS FARM IN GLOUCESTER*

Friday, February 17—1:00 PM—Front Lobby
Sign-up Required LIMIT: 13

Must have a minimum of 10 people to go.)

COST:\$35.00 non-refundable and charged to your account

In this workshop you will learn the basics of candlemaking and get to 100% customize it with your choice of fragrance, dried florals and other embeds.

TOUR HUMMEL AIR STRIP AND PLANE HANGER WITH CAROLL ASHBURN & LUNCH AT THE PILOT HOUSE*

This is a rain or shine event.

Friday, February 10-10:00AM-Front Lobby
Sign Up Required. Limit:12

Cost = Lunch

CELEBRATE VALENTINE'S DAY WITH THE MASQUERADE QUARTET

Tuesday, February 14—4:00 PM—Auditorium

Masquerade, originally formed in April 2002, as a local area quartet comprised of Paul Hutnyan (lead), Roy Foster (tenor), Bill Grosskopf (bass), and Rick Cox (baritone), four like-minded guys who love to sing and are motivated to improve as a quartet and to entertain the audience.

HARVARD LECTURE SERIES: JUSTICE WITH MICHAEL SANDEL CONTINUES

EVERY Tuesday, through April 11

11:00 AM—Chesapeake Game Room

Justice: What's The Right Thing To Do? Episode 02: "PUTTING A PRICE TAG ON LIFE"

Justice: What's The Right Thing To Do? Episode 03: "FREE TO CHOOSE"

Justice: What's The Right Thing To Do? Episode 04: "THIS LAND IS MY LAND"

Justice: What's The Right Thing To Do? Episode 05: "HIRED GUNS"

Justice: What's The Right Thing To Do? Episode 06: "MIND YOUR MOTIVE"

Justice: What's The Right Thing To Do? Episode 07: "A LESSON IN LYING"

Justice: What's The Right Thing To Do? Episode 08: "WHAT'S A FAIR START?"

Justice: What's The Right Thing To Do? Episode 09: "ARGUING AFFIRMATIVE ACTION"

Justice: What's The Right Thing To Do? Episode 10: "THE GOOD CITIZEN"

Justice: What's The Right Thing To Do? Episode 11: "THE CLAIMS OF COMMUNITY"

Justice: What's The Right Thing To Do? Episode 12: "DEBATING SAME-SEX MARRIAGE"

GREAT DECISIONS*

(Sign-ups were due by January 9)

EVERY WEDNESDAY beginning February 1 through March 22 1:00 pm—Chesapeake Game Room

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the DVD and meeting in a Discussion Group to discuss the most critical global issues facing America today. The group is resident lead. Great Decisions 2023 Briefing Book. Cost \$35.00 (non-refundable and charged to account). Topics include;

1. Energy Geopolitics
2. War Crimes
3. China and the U.S.
4. Economic Warfare
5. Politics in Latin America
6. Global Famine
7. Iran at a Crossroads
8. Climate Migration

FRAUD AND SCAM DISCUSSIONS*

TRIAD of Lancaster and Northumberland Counties

Seniors and Law Enforcement working together to make our community a safer place to live

Communities working together to improve the quality of life of seniors

Thursday, February 16—9:15 AM—Front Lobby

Sign-Up Required by Feb. 6

Dave Farley, TRIAD President, is pleased to announce there will be a discussion of Fraud and Scams at the Lancaster Community Library. Speakers will include Law Enforcement from Lancaster and Northumberland Counties Sheriff's Office, Banking Professionals from Risk and Security and a speaker from the Attorney General's Office who will review the top 10 Fraud/Scams. They will discuss current Fraud and Scams in our area and how to detect and avoid being a victim of these unwanted and predatory acts.

This event will be the most informative event in the area on this subject.

This event is free and open to the public. There will be tasty refreshments and several vendors with free items. Informational literature will also be provided at no cost.

Shrove Tuesday Lunch on February 21:

Black-Eyed Pea Soup

Beef & Spinach Lo Mein

Battered Cauliflower

Pancake Breakfast

Dollar Cake Stack-(Plain or Blueberry)

Scrambled Eggs

Pepper Bacon

Homestyle Hash Brown Potatoes

Mardi Gras Dinner on Tuesday, February 21:

Appetizer:

Pimento Cheese Deviled Egg w/ Smoked Salmon Crostini

Salad:

Louisiana Sunburst Salad w/ Raspberry Vinaigrette

Cajun Style Sampler Plate:

Blackened Chicken w/ Crawfish Dressing

Beef Tenderloin w/ Créole Hollandaise Sauce

Over Red Beans and Rice

Creole Okra & Tomatoes

Crusty Baguette w/ Herb Butter

Wine

Dessert will be served in Atrium:

Banana Foster Cake

Banana Foster Cheesecake

For all pick-up meals for Mardi Gras please call Hostess

desk at 4516, meals can be picked up in the "Pub."

Dinner reservations for Mardi Gras please call Betty Polk at 4016 (last day for reservations is Thursday 16th, no tables larger than six).

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Books New to the Library in January

Fiction: *Violeta* by Isabelle Allende, donated by Maxine Luxton; *Waltzing Cowboys* by Sarah Honenberger, donated by Ethel Frye; *Britt Marie Was Here* by Fredrik Backman, donated by Claudia Holmes; *The Ahriman Legacy* by Puja Guha, donated by Rosemarie Forcum, and *Wealth Management*, a thriller by Edward Zuckerman, donated by Jay White.

Mystery: *Fer de Lance* and *The League of Frightened Men*, both by Rex Stout, and *The Hollows* by Jess Montgomery, all donated by Tom Teeple; *The Monogram Murders*, *Closed Casket*, and *The Mystery of Three Quarters* by Sophie Hannah, all donated by Rosemarie Forcum.

History: Six "Killing" books by Bill O'Reilly, donated by Claudia Holmes.

Religion: *It's Your Time* by Joel Osteen, donated by Betty Hamilton.

Non-Fiction Paperback: *Ashes of Glory: Richmond at War* by Ernest B. Ferguson; *Doctors in Blue* by George W. Adams; and *Abraham Lincoln's Greatest Speeches*, edited by John Grafton, all donated by Ethel Frye.

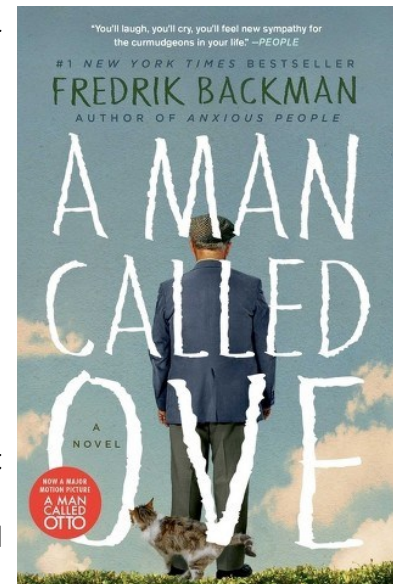
Public Books: *Atlanta 96 (The Olympics)*, donated by Helene and Peter Braatz.

Book Group

A Man Called Ove by Fredrik Backman will be our February Book Group book. We'll meet on Monday, February 27 at 10:30 in the Rappahannock Room. 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 quickly, so others can read it. And, if possible, see the movie, *A Man Called Otto!*

Resident Engagement Survey

As announced by Stuart Bunting at his Monday meeting, the RW-C Resident Engagement Survey is in the RW-C Library. Look for the notebook on the lower level of the New Books cart—next to notebooks with the RW-C Board Minutes and the Residents Association Minutes.



ANNOUNCEMENT

SEE FRONT PAGE TOP STORY

MEET THE AUTHOR: DAWN EDEN GOLDSTEIN*

Thursday, February 9—4:45 PM—Front Lobby

Sign-up Required

Dawn Eden Goldstein, author of "Father Ed: The True Story of Bill W's Spiritual Sponsor," will discuss her biography of Father Edward Dowling, S.J., who was a spiritual advisor to Bill Wilson, co-founder of Alcoholics Anonymous.

Goldstein will talk about the relationship between Bill Wilson and Fr. Ed and how Father Ed helped Wilson bring AA to international prominence.

Refreshments will be served and copies of "Father Ed" will be available for sale. The author will sign books after her presentation.

The author has penned several other books, including "The Thrill of the Chaste" and "My Peace I Give You: Healing Sexual Wounds with the Help of the Saints." Together, her books have sold more than 50,000 copies worldwide in 10 languages.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN – A LENTEN REFLECTION

“There is a light in this world, a healing spirit more powerful than any darkness we may encounter. We sometimes lose sight of this force when there is suffering, too much pain. Then suddenly, the spirit will emerge through the lives of ordinary people who hear a call and answer in extraordinary ways.”

Mother Teresa

We all encounter darkness in this world. It’s impossible to miss. Just pick up the paper or turn on the evening news and you will be bombarded with it: darkness, devastation, destruction, or at a minimum deep division and strife. It’s all around us. Even closer to home, it can also be “within” us: the darkness of illness, of loss, of confusion, of fear...of death itself. And yet, there is light. “The light shines in the darkness and the darkness has not overcome it.” (John 1:5) I like how it says “the light shines in the darkness.” It’s not all or nothing, not either/or. It’s both simultaneously. I find that very helpful. I also find it to be very real. And not only does light shine in the darkness, but light shines despite the darkness. And what’s more, I believe light shines even *because of* the darkness. How exactly does that work? I appreciate the perspective of author Wayne Muller:

“Our sorrow does not contaminate our gift. In fact, in my experience the opposite is true: Our sorrow can break us open, illuminating our gift. From deep within our suffering and loss, we can become more aware, more sensitive, more attentive and kind. From within our hurt we learn to listen more carefully for what is needed.” (*How Then, Shall We Live?*) Which is to say, in our sorrow we are able to more fully, personally understand. Perhaps then we can be those “ordinary people” who hear a call and answer in unassumingly “extraordinary ways.”

Chaplain Greg Houck

FOR THE LENTEN SEASON

Daily Devotional Booklets will be made available on Thursday, February 16. “*The Joy of Salvation*,” featuring *Henri Nouwen*.

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!

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 Ch.85.

Grief Support: The RWC Grief Support Group meets on the second Wednesday of each month at 11:00AM in the Chesapeake Game Room. Grief comes to us in different ways and grieving can be a difficult and painful process. Our vision is that this group will be a help to us all as we navigate the troubled waters of personal loss. We are a safe space where we support one another by careful listening and truly caring. All is held in the strictest confidence. We occasionally supplement our conversations with knowledgeable guest speakers who help to deepen our understanding of ourselves and of one another. We also often use as a point of reflection and discussion the book “*Healing After Loss*” by Martha Hickman. Copies of the book are made available at each meeting, as are other helpful resources. RWC resident Nancy Ellett leads the group together with resident Sherry Mann, in conjunction with the Office of the Chaplain. Please feel free to contact Nancy (804-438-4237) with any questions you might have. Our next meeting will be held on February 8th. Come and join us for another great meeting. All are welcome!

IN MEMORIAM

- Mrs. Helen Withers December 22, 2022
- Mrs. Constance Fullerton December 25, 2022
- Mrs. Barbara Flannagan January 9, 2023
- Mrs. Betsy Elliott January 14, 2023
- Mrs. Marguerite Bashore January 25, 2023

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

Have you ever watched our Culinary Staff at work? This experience started for me at Thanksgiving when they served one of the best meals I’ve ever had here. The “Sampler” was a wonderful idea and was a chance to try each dish. I was going to write an article then, but never got around to it. The food was delicious! Then came Christmas, and again the Staff went overboard with a delicious Christmas Brunch. All I heard ahead of time were negative comments about it not being a traditional Christmas meal, but again felt the effort that went into the meal. Finally, the New Years Brunch came along, and again, all I heard were negative comments before anyone even tasted the food. As I stood in that line, my mind wandered back to the other meals and watched them moving quickly to try to get all of us served as quickly as possible at this Brunch. Do you know there was not one word spoken that was a negative. As they moved through to pass in front of you, there was always a smile, a word of encouragement, a “thank you” or an “excuse me”. And again, the food was wonderful. If I were to try and compliment the staff and the tasty food they are preparing, they would get tired of hearing it. They need a standing ovation for the work they do and a big thank you as you go through the line. Tonight was the chicken piccata and chocolate mint pie, both of which were awesome. The best news? There were no calories in any of it. So the next time you get a meal, instead of a negative remark, try a positive one, with a thank you. We are so blessed to have that staff as they continue to serve us and try so hard to please us. Thank you one and all for all you do for us!

~Anonymous Resident

SUNDAYS AT TWO LECTURE AND ENTERTAINMENT SERIES (LANCASTER COMMUNITY LIBRARY)
*

Sunday, February 5—1:15 PM—Front Lobby
Sign-up Required
Bill & Carolyn Young: *The Peace Corps As A Second (Third) Career*

Sunday, February 26—1:15 PM—Front Lobby
Sign-up Required

Edwin Burton: Where is the U.S. Economy Headed? The Aftermath of Pandemic Economics

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 25th 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 plans are different, you’ll need to fill out 1 separate form for each of you.

GROUNDS AND LANDSCAPING COMMITTEE ENLARGES DIRECTION

The calendar has turned to 2023 and Grounds and Landscaping is looking ahead to enlarge on activities that promote native pollinators, be they plants or animals. Jane Henley is retiring as Chairman but will be serving one year as co-chair with Betty Mill, a new member to RWC who is well versed member of the horticultural and conservation community of the Northern Neck. The committee will continue to keep in touch with independent living residents and issues in their own yards but strongly suggest using the Work Orders/Maintenance path for action. (Extension 4021). Secondly, the committee will be focusing on educating the RWC community to include native plants of Virginia in their gardening decisions. The committee will have its first meeting for the year in March, but now is hoping to include new members who would be interested in helping. If you are one of those, please contact Betty Mill at BettyMill1944@gmail.com.

Jane Henley

WELCOME TO THE LIFE ENRICHMENT PAGE

AMERICAN HEART MONTH

- Exercise more and aim for a healthy weight
 - 30 minutes a day for 5 days a week
- February is Heart Month. Cardio exercises improve heart function and can lower blood pressure. A Cardio Workout can also help you sleep better (especially if done early in the day), can improve your body's use of fat and lung function. You don't have to run a marathon to get a Cardio workout in. You can start with a simple 3 minute chair workout and work your way up. Keep moving and keep your heart strong!
- Eat healthy Foods
- Eating vegetables, fruits, and whole grains
Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
Limiting foods that are high in saturated fat and sodium
Limiting sugar and other sweeteners.
- Quit smoking
- Websites that have free resource:
BeTobaccoFree.hhs.gov
SmokeFree.gov
- Reduce stress and improve sleep:
- Take a yoga class
meditation
exercise

NEW YOGA LEVEL D CLASS

(Level D means standing, getting on and off floor)

On Tuesday February 7, 2023, we will be starting a yoga class. This class will be every Tuesday from 3:00pm to 3:45pm. Please sign-up by calling Jonathan at 4290

STYLISH EYES REPAIR CLINIC

Wednesday, February 1—11:00 AM to 1:00 PM
Atrium

Stylish Eyes has been serving the Northern Neck community since 1989. Annie Grubbs, current owner and licensed optician, has almost 20 years working in the optical field.

No need to make an appointment.. Stop by and Annie can repair your glasses on the spot!

Wellness Staff members

Jonathan Smith: email jsmith@rw-c.org ext. 4290

Jordan Smith: email fit1@rw-c.org ext. 4852

Macey Augst: email fit2@rw-c.org ext. 4852

Angie Jackson: email ajackson@rw-c.org ext. 4852

PARKINSON'S CARE PARTNERS

Monday, February 6—10:30 AM—Auditorium

PARKINSON'S SUPPORT GROUP

Thursday, February 9—2:00 PM—Auditorium

MACULAR DEGENERATION SUPPORT MEETING

Thursday, February 23—1:00 PM—Main Street Pub

All are welcome!

CRAFT CLASS: MAKING VALENTINE WREATHS

Friday, February 3—1:00 PM—Art Room 2

Sign Up Required. Limit 8

Make a hanging decoration for your sweetheart or a friend out of puzzle pieces, paint, and glue.

MAKING MOLDED CHOCOLATE TREATS*

Thursday, February 9—1:00 PM—Art Room 2

Sign Up Required. Limit 8

Design your own valentine treats out of molded chocolate.

DUTCH ACRYLIC POUR*

Friday, February 17—11:00 AM—Art Room 2

Sign-up Required Limit 8

SEASHELLS AND EPOXY RESIN CLASS (PART 1 & 2)*

Wednesday, February 22 and Friday, February 24

1:00—Art Room 2

Sign-up Required LIMIT: 8

Must be able to attend both parts of class.

We will painting seashells and incasing them in an epoxy resin. Makes a great paperweight or work of art.

WHALE WATCHING BOAT TRIP OUT OF RUDEE INLET (VIRGINIA BEACH)*

Thursday, February 2—9:00 AM—Front Lobby

Sign-up Required, LIMIT 12

COST: \$33.00 + lunch

2-Hour Whale Watching

Go Whale Watching in Virginia Beach

Our knowledgeable captain and crew will lead you on an educational journey along the Atlantic coast in search of whales, dolphins, seals, and seabirds. The highlight of these trips is spotting humpback whales, which can often be seen breaching, flipper slapping, or tail lobbing. Witness the world's largest marine mammals!

With 40+ years of experience navigating our coastal waters, we are sure to give you and your family the experience of a lifetime. All of our boats are ADA compliant, equipped with two bathrooms, a snack bar, a full bar, a heated indoor cabin with comfortable seating, and have a spacious upper deck that is perfect for spotting Virginia's magnificent wildlife. Experience the best of Virginia's marine wildlife with the experts at Rudee Tours. Whale sightings are guaranteed from December through February, if none are seen then you may ride again for FREE! No refunds will be offered. We can promise you this is not a trip you want to miss! There is bench sitting outside along the perimeter of the boat and upstairs seating on the top level. There is one step up to get from the dock to the boat. There also steps to walk up to the top level. The indoor cabin and the bathrooms also require a small step over a ledge for entry.

QUILT SHOW & MERCHANTS MALL IN HAMPTON COLISEUM & LUNCH*

Thursday, February 23—9:00 AM —Front Lobby

Sign-up Required. LIMIT: 13

COST:\$17.00 + Lunch \$

The Merchants Mall will feature everything for quilt, fiber, wearable & textile artists, and home sewers. In addition, MAQF will present the finest collection of quilt, garment, and fiber art exhibitions including quilt and wearable art prize money competitions. Rounding out the event will be workshops and lectures presented by leading instructors along with demonstrations throughout the Merchants Mall.

WESTMORELAND PLAYERS: NOISES OFF*

Sunday, February 26—1:45—Front Lobby

Sign up Required by Feb. 10

Cost: \$25.00 (Curtain at 3:00 PM)

Noises Off has been called "the funniest farce ever written." This Westmoreland Players production will be directed by Jake Beckhard, a young visiting artist who has directed or assistant-directed numerous productions in New York and Washington, D.C. Summary: In a provincial English town, a theatre troupe rehearses a touring production of a bawdy comedy, "Nothing On." Unfortunately, almost nothing is going right – the cast can't remember their lines, they mix up their blocking and misplace props, and they've lost sight of why they're acting! Even the director is certain that the show will be a disaster. Somehow, the cast pulls through, but by mid-tour, the drama has moved backstage, as cast and crews' personal lives start to mirror the insanity in the play, with romantic dalliances, jealousies, and chaos reigning overall. By closing night, the play is in complete shambles both onstage and off, with cast members engaged in open warfare while simply trying to survive until the final curtain.

DVD SHOWING OF RAZMATAZ (40 MINS)

Thursday, February 16—2:00PM—Auditorium

Enjoy watching a national award-winning men's comedy quartet from Lancaster, PA.

ANNUAL LIONS BLAND COMPETITION*

Sunday, February 19—2:00 PM—Auditorium

(SNOW DATE) Sunday, February 26

Sign-up Required

The annual Lions' (Bland) music competition that awards scholarships to local talented youth. Residents are invited to attend the competition.

DVD SHOWING OF NORTHERN NECK HISTORIC CHURCHES. (60 MINS)

Monday, February 27—2:00 PM—Auditorium

Enjoy a view of the many historic churches in our area from the comfort of our Auditorium.