



# RWC Messenger

SUMMER 2025

## 10 Things You Should Know About Life at Rappahannock Westminster-Canterbury



### 1 Welcome Patty! – A Warm Addition to the Marketing Team

We're thrilled to welcome **Patricia "Patty" Bailey** as our new Sales and Marketing Counselor! Patty is already settling into her new office in the Marketing Suite (formerly Lauren's office) and has hit the ground running.

Meanwhile, **Lauren** is moving just down the path to the apartment building, taking over the former space of Kay Klein. In her new role, she'll focus on marketing operations, special projects, and administrative tasks that enhance prospective resident engagement.

Patty will be working alongside **Sara Amiss** to build meaningful connections with future residents. Stop by to say hello—we'd love to hear from you!

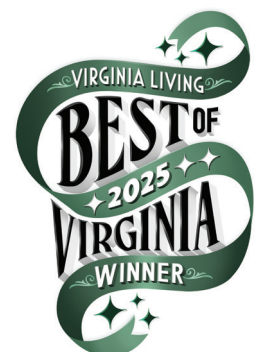


### 2 Save the Date: RWC's 40th Anniversary Celebration – Oct. 1

Mark your calendars as we celebrate four decades of community, care, and connection at our *Ruby Anniversary Celebration* on October 1, 2025. This milestone is all about honoring the past, celebrating the present, and looking ahead to the future.

### 3 #1 Retirement Community in Eastern Virginia

The results are in! *Virginia Living Magazine* has named us the #1 Retirement Community in Eastern Virginia—again. Thank you to everyone who voted! We've held this honor for as long as we can remember, and we invite you to visit and discover why RWC continues to lead the way.



## ④ Financial Clarity & Confidence — With Susan Vaughn

We understand that one of the most important parts of planning a move to a Life Plan Community like RWC is feeling confident about the financial commitment. That's why we've made it a priority to provide clear, honest, and individualized financial guidance.

Our Chief Financial Officer, **Susan Vaughn**, meets personally with prospective residents to create customized financial projections based on your unique situation. Using your age, assets, and income, Susan develops a forward-looking plan that helps you understand not only what living at RWC will cost, but how it can work comfortably within your long-term plans.

Did you know that in some cases, moving in sooner rather than later can actually result in having more money at the end of your life than if you had waited?

Her conservative projections include:

- Estimated monthly fee increases over time
- Assumptions for investment growth
- Insurance premiums
- Healthcare expenses
- “Fun money” for travel, hobbies, and family
- Contingency planning for life's surprises

This isn't a sales pitch—it's a practical, confidential review designed to bring you clarity and peace of mind.

There's no risk in learning more.

We'll send you a simple, confidential financial questionnaire to get started, and Susan will walk you through the results at your convenience.

Contact us to request your personal financial review and see how RWC can fit into your future—securely and sustainably.

## Top Financial Myths About Retirement Communities

**Myth #1: “Retirement communities are only for the wealthy.”**

Truth: While entrance fees and monthly fees vary by community, many residents are surprised to find that the cost of living at a Life Plan Community is comparable (either use ‘to’ instead of than or say “comparable to—or even more affordable than—”) than staying in their home when considering home maintenance, property taxes, utilities, groceries, transportation, and healthcare.

**Myth #2: “It's cheaper to age at home.”**

Truth: Aging at home may seem less expensive in the short term, but the long-term costs of home modifications, in-home care, transportation, lawn care, and emergency repairs add up quickly. RWC provides predictable, all-inclusive living and care that helps control unexpected expenses.

**Myth #3: “I'll lose all my money when I move in.”**

Truth: Your entrance fee provides guaranteed housing and access to care. In some cases, depending on the contract, a portion is refundable to your estate or beneficiaries. Plus, you retain control over your investments and income—you're not handing over your bank account.

**Myth #4: “If I ever need more care, it'll cost me a fortune.”**

Truth: With a Type A Lifecare Contract (like RWC offers), you lock in the cost of long-term care at a predictable monthly rate. That means no big financial shocks later in life if your health changes.

**Myth #5: “If I run out of money, I'll be asked to leave.”**

Truth: At RWC, our Fellowship Fund ensures that no resident will be asked to leave due to inability to pay, provided they entered in good faith. Your security and dignity are protected for life.

*Not ready to complete the financial statement but still want to know if RWC is a good financial fit for you? Take our quick 9-question survey to find out.*





## 5 Featured Units Now Available Don't Miss These Newly Available Residences at RWC

### Find Your Perfect Fit Today!

These residences won't last long—contact us now to schedule a private tour and secure your ideal home at RWC.



### 807 Cedar — Move-In Ready Freshly Renovated & Thoughtfully Designed | 1,052\* sq. ft.

Cedar Cottage offers the perfect blend of style, comfort, and functionality in a peaceful setting. Features include:

- New luxury vinyl plank flooring throughout main living spaces and bedrooms—stylish, durable, and low maintenance
- Modern kitchen upgrades with painted stone shaker-style cabinets and sleek granite countertops
- Recessed lighting for a warm and inviting ambiance
- Screened-in patio to enjoy the outdoors in every season
- Convenient powder room ideal for guests
- Covered walkway connecting directly to the main building
- Assigned parking space just outside your private patio
- In-unit laundry

### Ready for Immediate Move-In

With admissions approval, you can move in right away—perfect for those ready to join our warm, welcoming community without delay.

*\*Square footage does not include the additional space provided by the screened-in porch.*



## Featured Units Now Available *(Continued)*



### **810 Dogwood Deluxe – Move-In Ready** **Laurel Drive | Spacious & Stylish | 1,373 sq. ft.**

Nestled on tranquil Laurel Drive, this beautifully appointed cottage offers the perfect mix of elegance and everyday ease. Highlights include:

- Two spacious primary suites and 2.5 bathrooms
- Open-concept living and dining areas with recessed lighting
- Stunning hardwood floors throughout
- Kitchen with painted silk wood cabinets and granite countertops
- Plantation blinds throughout for timeless charm
- In-unit laundry
- Large private patio for relaxing outdoors
- Covered walkway with direct access to the main building
- Assigned parking just steps from the patio entrance

Enjoy a lifestyle of comfort, beauty, and connection in Cottage #810.



## ***Coming Soon – Boxwood Freestanding Home*** **2,149 sq. ft.**

Currently undergoing renovation. Features will include all-new flooring, new cabinetry and countertops, vaulted ceilings in the living room, a sunroom, dining room, kitchen with breakfast nook, two-car garage, study, two bedrooms, and 2.5 bathrooms. Additional updates include recessed lighting, new appliances, and an outdoor patio area.

Call today to learn more or to reserve this as your next home!

## **302 Gardenia Apartment – *Move-In Ready*** **Spacious Two-Bedroom | Third Floor | 1,068 Sq. Ft.**

This bright and peaceful apartment offers comfort and convenience. Features include:

- Two bedrooms and one full bathroom
- Updated kitchen with modern cabinetry and countertops
- Tile shower and open living/dining areas
- Private balcony for enjoying the outdoors
- Small personal storage area included
- Two elevators in the building for easy access
- 24/7 emergency alert system and secure building entry for peace of mind

### **Prime Location**

Located just steps from the Life Enrichment Center—our community hub for fitness classes, engaging programs, and social events. You'll also be near on-site dining, salon services, and wellness resources, all within the tranquility of our campus.

## 6 The Value of a Type A Lifecare Contract

Rappahannock Westminister-Canterbury (RWC) offers a Type A Lifecare Contract, one of the most comprehensive and valuable options available in retirement living. But what does that mean—and why does it matter?

A Type A Lifecare Contract is more than a housing agreement; it's a promise. It guarantees that no matter how your health needs change—whether you require assisted living, memory support, or full nursing care—you'll receive the services you need at a predictable monthly rate, with no significant increase when your level of care changes.

Here's what that means for you:

### Lifelong Housing

Your home at RWC is yours for life. If you ever need to move to a different level of care, you'll remain part of the RWC family, in a familiar, trusted environment.

### Financial Predictability

You can plan your future with confidence, knowing that your monthly costs will remain stable, even if your healthcare needs increase. This helps protect your estate and eliminate the uncertainty of future long-term care costs.

### Peace of Mind for You and Your Family

You're making a proactive choice to protect yourself from the emotional and financial burden of unexpected health events. Your loved ones won't have to scramble to find care or worry about how to pay for it.

### Access to Top-Tier Care

As a resident of RWC, you have priority access to on-campus assisted living, memory care, and skilled nursing—delivered by a team you already know and trust.

## More Than Care—A Full Life

The Lifecare contract ensures security, but the real joy of RWC is the lifestyle: engaging programs, beautiful surroundings, dining, wellness activities, and a vibrant community of friends.

Think of Lifecare as an insurance policy for your future, bundled with a lifestyle upgrade for today. It's one of the smartest and most reassuring decisions you can make—not just for yourself, but for the people who love you.



## 7 Couples Event: From Hesitation to Harmony

Discover how to navigate the journey together.

Join us for a special event designed for couples thinking about the future. Hear from and be entertained by resident couples and enjoy refreshments as we explore how partners with different timelines and priorities can come together on the path to RWC.

RSVP by Tuesday, June 17. Contact **Denise Kenner** at [dkenner@rw-c.org](mailto:dkenner@rw-c.org) or 804-438-4877.



## 8 Meet the Chaplain — Ted Talks with Ted Tompkins



Planning a move to a retirement community like RWC isn't just a financial or logistical decision—it's deeply personal. Whether you're considering the move now or just

starting to explore your options, it's natural to feel a mix of excitement, uncertainty, and even grief. After all, leaving a long-time home, downsizing, or facing a new chapter in life involves more than just packing boxes—it touches your identity, your independence, and your relationships.

That's where Chaplain **Ted Tompkins** comes in.

Ted is part of the RWC team not to talk about contracts or floor plans—but to talk about you. He offers a listening ear and a compassionate heart as you sort through the emotions that often come with a major life transition. Whether you want to reflect on your journey, talk through spiritual questions, or simply enjoy some company over coffee or lunch, Ted welcomes the opportunity to meet you right where you are.

There's no agenda. No sales pitch. No expectations. Just a relaxed conversation—human to human.

"Sometimes, the most helpful thing isn't an answer—it's someone who's truly willing to listen."

Interested in meeting Ted?

Reach out to schedule a time to connect:

- Phone: 804-438-4094
- Email: [ttompkins@rw-c.org](mailto:ttompkins@rw-c.org)

## 9 Culinary Update: Culinary Service Group (CSG) is now CCL Hospitality Group

We know that dining matters—and we hear you.

Here's what's happening now:

- **Erika Archie** has joined as Assistant Director of Dining Services.
- We are happy to share we have hired **Ismael Castro** as our new Chef. His first day was June 2, 2025.
- CSG is currently finalizing the summer menu for review by the food committee.

We're committed to getting it right—and to keeping you informed along the way. Thank you for your patience and feedback as we work to elevate your culinary experience.





## 10 New Strength, Same Commitment: Fitness Center Just Got an Upgrade

At RWC, we believe wellness should be accessible, enjoyable, and evolving. That's why we're thrilled to share that our Fitness Center now features brand-new Matrix weight-stack strength equipment—designed to help residents build strength safely and effectively at every fitness level.

With the leadership of **Macey Augst**, Fitness Coordinator, RWC has made a major investment in enhancing our fitness experience. The new Matrix system replaces our long-serving Keiser pneumatic equipment and brings with it:

- **Simplicity & Versatility** – Easy-to-use machines that support full-body workouts with intuitive controls

- **Expanded Options** – New additions include a shoulder press and a combination abdominal/low back machine for more comprehensive training
- **Improved Performance** – No more loss of air pressure—just smooth, consistent resistance and reliable mechanics

These improvements are part of Macey's ongoing mission to elevate the *Living Well Program*, which also includes enhanced group exercise offerings, a 75-ft indoor heated pool, walking trails, and balance and mobility classes—all designed to support residents in living stronger, longer, and with greater confidence.

Whether you're already active or just getting started, there's a place for you in our Living Well Program. Join a class, explore the upgraded Fitness Center, or simply take a stroll through our campus trails—you'll find energy, encouragement, and community at every turn.

Interested in learning more or scheduling a visit? Contact Macey Augst: [maugst@rw-c.org](mailto:maugst@rw-c.org) or 804-438-4290.

*Learn more about our Living Well Program here:*



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