



Celebrating 40 Years of Community, Care & Commitment

A Letter from the Marketing Team

As the seasons change, we reflect on the exciting months we've had here at RWC:

- **June** began with a video shoot capturing the heart of life at RWC. We also hosted *Hesitation to Harmony*, a first-of-its-kind couples' workshop designed to help partners align as they plan for their future. With the help of our activities and chaplain staff, the event was a wonderful success.
- **July** brought the start of a fresh look to our design boards and selections for upcoming independent living renovations. We also welcomed prospective residents to *Cocktails & Cottages*, a showcase of three beautifully staged homes—all now occupied or spoken for!
- **August** closed with our *New Resident Dinner: Friends, Food & New Beginnings*. It was a joyful evening celebrating our newest community members.
- **September** featured *The Financial Side of Senior Living*, an informative presentation led by our CFO, Susan Vaughn, providing valuable insights for planning a secure future at RWC.

Looking ahead to October through December, there's so much to enjoy as the seasons change. From cozy fall gatherings to festive holiday celebrations, our calendar is filled with opportunities to connect, create, and celebrate. Traditions include our annual pumpkin carving contest, tree decorating, and Angel Tree, honoring and remembering those special



to us. Residents also enjoy crafts, outings, day trips, seasonal meals, concerts, and a wide variety of programs that bring joy and connection as we approach Thanksgiving, Christmas, and the New Year.

At RWC, this season is about community, celebration, and making lasting memories—and we can't wait to share it with you.

40th Anniversary Celebration Recap

On October 1, 2025, RWC proudly celebrated its 40th Anniversary with an unforgettable day of fellowship and reflection. Residents, staff, and friends gathered to enjoy live music, entertainment, and a classic Carolina Pig Pickin' — with a coastal flair complete with oysters on the half shell. The celebration honored our past four decades while looking ahead to the bright future we continue to build together.







Rappahannock Westminister-Canterbury Foundation

This year, as RWC celebrates its 40th anniversary, we also honor the work of the RWC Foundation—an integral part of our mission that began even before our doors officially opened.

The Foundation's primary goal is simple but profound: to ensure that residents who have outlived their financial resources, despite careful planning, can remain at RWC. This promise provides residents with peace of mind for life, knowing they will always have a place here.

Beyond resident support, the Foundation extends its reach into the greater community. It helps fund meaningful programs such as RWC's Memory Care Program, the Parkinson's Support Group, and the Care Partners Group—resources that bring comfort, connection, and education to many in our region.

For four decades, the RWC Foundation has been a testament to the generosity of donors and the strength of our community spirit.



This fall has been an exciting season of growth, with many new faces eager to become part of our community. With limited availability, now is an excellent time to join the Rappahannock Club and secure your priority for the future.

When considering a move, we understand how important it is to feel comfortable in the space you will call home. At the same time, it's just as important to remember the lasting value of qualifying for residency and ensuring guaranteed access to lifelong care. These benefits extend far beyond the features of any individual residence.

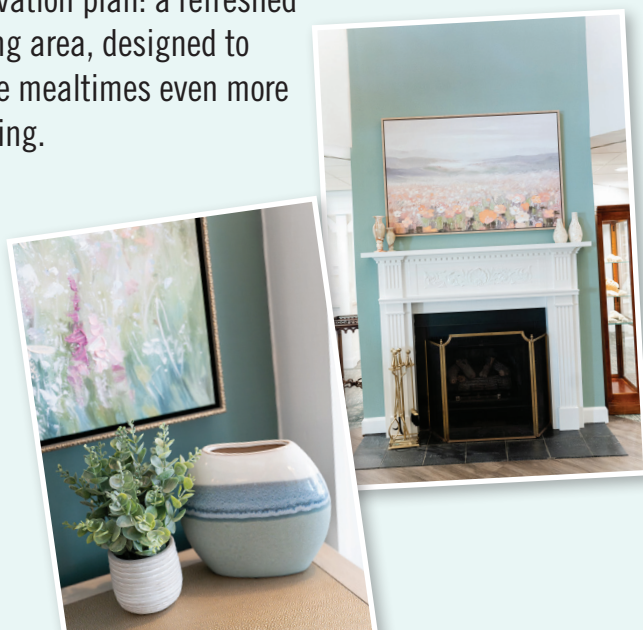
Because availability can be limited, being prepared to say yes when a residence becomes available is key. If the space isn't exactly what you envisioned, consider how it might be personalized to fit your needs or ask what adjustments may be possible. While we can't accommodate every request, we do our best whenever we can to help make it the right fit for you.

At this time, our current availability includes one-bedroom, one-bath and studio apartments and cottages. If either of these options interests you, please let us know — we would be happy to share more details or arrange a time for you to take a look.



Renovation Updates

Our phased renovation project continues to bring fresh updates to our campus. This summer, new furniture brightened the lobby and atrium, creating a warm, cheerful, and calming welcome for all. If you haven't visited recently, we invite you to stop by and see the transformation in person. Next in the renovation plan: a refreshed dining area, designed to make mealtimes even more inviting.



Resident Spotlight

Cecelia Barton's Journey to RWC

A Story of Family, Freedom, and Finding Home



Cecelia Barton first learned about Rappahannock Westminister-Canterbury (RWC) through her parents. Her father had just retired from the Episcopal Church, and her parents were exploring senior living communities across Virginia. Cecelia remembers her mother being captivated almost immediately. “She thought it was the most amazing thing—different stages of living, freedom for her children, and the promise of great care,” Cecelia shared.

Her parents went on to make RWC their home for 25 years, enjoying 15 years in independent living and 10 years in assisted living. Cecelia’s parents called RWC home for more than 25 years, and it’s a testament to the community that the next generation, Cecelia and Kent McCraney, chose to make it their home as well. That continuity reflects the trust, care, and strong sense of belonging that RWC fosters across generations.

Cecelia and her family often visited, which gave her a long, meaningful connection to the community long before she moved in. “I loved walking around here in the evenings after dinner with my parents, listening to the birds and hearing the wood thrush sing,” Cecelia recalled. “It was so peaceful and beautiful. It felt like an extension of the life I wanted in retirement.”

When the time came for Cecelia and her husband, Kent, to think about their own retirement, RWC was a natural choice and in 2010, Cecelia and Kent moved from Kansas City to the East Coast to begin their next chapter here at RWC. They settled on moving into a cottage in independent living.

The move itself wasn’t a challenge but downsizing was. “We had to make tough decisions about what to bring with us, and what to leave behind,” she said. “But once we got here, I got over that quickly. This is our home now, and I love it.” Cecelia had moved often throughout her life because her father was in the Army before becoming a minister, and Kent also served in the Army, so relocating was familiar territory, but downsizing added a layer of emotional adjustment.

Cecelia highlights the peace of mind that comes with living at RWC. Her family knows she is well cared for, and her children are kept in the loop with any changes in her health or medications. “It means a lot to me knowing everything is taken care of, and my family feels reassured, too,” she said.

Now living at RWC for 15 years life here offers Cecelia the freedom to live on her own terms. She chooses her activities, enjoys day trips, or simply relaxes in her new suite. Her suite is a reflection of her personality: a bright blue accent wall, a decorative screen she loves, and quirky personal touches from her daughter,

including a pink, light-up gift that always brings a smile. “This is my room,” Cecelia said. “The last stage of my life is for me. I’ve done it all for everyone else, now this is for me.”

Cecelia’s story also reflects the joy of independence. She shares little anecdotes that show her playful personality like joking about being “the queen” of her suite and the delight visitors express when they see her colorful accent wall or unique décor. These personal touches make her space warm, inviting, and unmistakably hers.

For Cecelia, RWC is more than just a place to live it’s a place where family, care, personal freedom, and the beauty of the Northern Neck come together. She values the choice in how to live her days and the reassurance that care is always available.

When asked what advice she would give prospective residents, Cecelia’s message is clear: it’s worth taking

the step. “Often, one person is ready to move while the other hesitates, but once they arrive, it’s usually the one who was reluctant at first who ends up loving it the most. I’ve had the privilege of watching this happen over 15 years, and it’s been truly fascinating,” she said.

“I really like having a choice in how I live, who I see, and what I do,” Cecelia said. “RWC has given me a sense of peace and independence that I truly value. It’s really my home, and it’s very dear to my heart.” For Cecelia, RWC isn’t just a place to live, it’s a community where families return for a second generation, showing the lasting impact and sense of home that the community provides.

Cecelia and Kent have been married for 62 years, sharing a lifetime of experiences together, now embraced within the warmth and care of their RWC community.

Wellness Spotlight

Living Well at RWC

As the temperatures cool outside, our Living Well Program keeps wellness moving indoors. RWC residents enjoy full access to this outstanding program, which is also open to the greater community through membership.

At the heart of Living Well is our 75-foot indoor heated pool, where the water stays warm year-round. Whether you prefer swimming laps, water aerobics, or gentle water walking, it’s a welcoming space to stay active.

But the true difference goes beyond the facility—it’s the people. Our expert staff bring encouragement and energy to every class, while friendly fellow participants make fitness fun and social. At RWC, wellness isn’t just about exercise; it’s about connection, community, and feeling your best in every season.



Understanding How the Rappahannock Club Works

If you are considering Rappahannock Westminster-Canterbury (RWC) as your future home, the Rappahannock Club is the best way to secure a priority spot for the housing option you want. Many people assume that once they join the list, a residence will be available whenever they are ready, but availability depends on several factors. Here is how it really works:

1. A Priority Waiting List

The Rappahannock Club serves as a priority waiting list for those seriously considering a move to RWC. Members are assigned a priority number based on when they join. The lower your number, the sooner you are contacted when a unit becomes available.

2. A Wide Range of Residences

RWC offers approximately 159 independent living residences. These include studios, one-and two-bedroom cottages, expanded or combined units, and freestanding homes with up to five bedrooms and three and a half baths.

Each style has a limited number of units, and availability depends entirely on when current residents move or transition to a higher level of care.

3. How Units Are Offered

When a unit becomes available, we contact members starting with the lowest priority number who have indicated that type of unit as a preference. Some important points to note:

- The first people we contact are not always ready to move. They may be traveling, still deciding if a move is right, waiting on financial or family considerations, or focused on other priorities. In that case, we contact the next person on the list and so on.



- Just because a unit was not a good fit for someone previously, does not mean the next unit will automatically be offered to you. The same people who passed on it before may now be ready, and because they have a lower priority number, they would have the first opportunity to reserve it.
- Your spot on the list remains the same unless you reserve a unit, complete the admissions process, and then choose not to move in. In that situation, your number moves to the bottom of the list.
- Plan ahead and be ready to say “yes” when a unit becomes available. This ensures you don’t miss the opportunity to choose your future on your terms, secure the residence you want, live the lifestyle you desire, and have guaranteed access to healthcare when you need it.

4. Why Joining Early Matters

Because we cannot predict when different unit types will become available, joining the Rappahannock Club early gives you the best chance of securing your preferred home when the right opportunity arises.

5. Membership Is Risk-Free

Membership requires a \$1,000 fee and an application to secure your priority number. This amount is applied toward your entrance fee if you move in and is 100 percent refundable if you decide not to move.

6. Additional Member Benefits

In addition to priority access, members enjoy a free trial to our fitness center and classes, meal tickets for the grill, and invitations to RWC events.

Important Note on Membership

Being a member of the Rappahannock Club does not guarantee access to the RWC community. All prospective residents must still meet RWC's medical and financial qualifications and be approved to live

in the community. Membership gives you priority for available units, but final medical and financial approval is required to secure your future home.

Key Takeaway

The Rappahannock Club does not guarantee immediate access to your preferred residence or automatic entry into the RWC community. Membership provides the best possible chance to secure the residence you want when it becomes available. However, all prospective residents must still meet medical and financial qualifications. Joining early and being prepared to act ensures you can choose your future on your terms, secure the lifestyle you desire, and have guaranteed access to healthcare when needed.

Downsizing for the Season

The holiday season is the perfect time to rethink your belongings as you decorate and later pack things away. Take a few minutes to sort through what you no longer need and set it aside to donate or pass along. Every small step you take now means one less thing to tackle when it's time to move, making your transition smoother and less overwhelming.

Now imagine celebrating Thanksgiving or Christmas here at RWC:

- A delicious holiday meal shared with friends who feel like family.
- Beautifully decorated spaces without the stress of doing it yourself. (although we do have a resident committee for those who absolutely love to get into the holiday spirit)
- Opportunities to connect, celebrate, and create new traditions.

It's a new way to experience the holidays—one filled with joy and without the weight of holiday “to-do” lists.

RWC will host a downsizing seminar in January. Be on the lookout for more information!



JOIN US EVERY TUESDAY FROM 10-11 AM!

- Enjoy coffee or tea and a sweet or savory treat.
- Take a guided tour of our beautiful community.
- Ask questions, learn about our lifestyle, amenities, and team.

Whether you're just exploring senior living or ready to take the next step, Coffee, Tea & RWC is the perfect way to see what makes our community so special.

*RSVP so we can have
your coffee or tea ready
and waiting!*

To reserve your spot call
804-438-4800 or email marketing@rw-c.org



132 Lancaster Drive
Irvington, VA 22480



Looking Ahead

There's never been a better time to experience RWC. Visit us this season to tour our refreshed spaces, learn about current availability, and join in the celebrations that make life here so vibrant. Schedule a tour and see why RWC has been the region's trusted choice for 40 years.



Rappahannock Westminister-Canterbury

132 Lancaster Drive
Irvington, Virginia 22480
804-438-4000
Toll Free 800-792-1444
Fax 804-438-4854
www.rw-c.org