

WEST * WINDS

NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS
-- 3440 S. JEFFERSON STREET, FALLS CHURCH, VA 22041 --

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The February Birthday Celebration will be held in the Grand Foyer on Tuesday, February 2, at 4:30 p.m. Come and celebrate with neighbors and friends. This is also a great way to meet some of our new residents!



NEW COUNCIL MEMBERS

Congratulations to the successful candidates in last week's Resident Council election: Lou Cyr (1024), Peg Lorenz (1232), Jane McKeel (1115), and Ben Wilmot (1106), each elected to a second term, and to Ray Glover (837) and Nancy Randolph (1119). They join Martha Peck (348), the 3rd floor representative, and seven continuing at-large members: George Beshore (836), Mary Connolly (709), Ted Eastman (606), Helen Henderson (728), Sundie Kostik (919), Sy Stiss (1118), and Jim Trollinger (626). Many thanks to retiring members Al Olsen (1237) and Nancy Perry (928), each of whom has served for four years.

The Election Committee thanks all who helped during this year's campaign, making posters, staffing the polls, and counting the ballots. Special thanks are due to Chris Kirk in Resident Services for all the arrangements, and particularly for his professional photographs of the candidates.



The Resident Council will meet on Tuesday, February 2, at 10:00 a.m. in the Auditorium.
(See page 6 for more details.)

AN AFTERNOON OF KOREAN MUSIC



Jocelyn Clark, granddaughter of Betty Raymer (636), will be performing in the Auditorium on Saturday, February 6, at 3:00 p.m. She is a professional musician in Korean traditional music and is currently a professor at a university south of Seoul. Ms. Clark will play the kayagum and will be joined by a drummer on the chango, a traditional hour-glass drum. The program will also include a professional solo fan dancer.

Many thanks are due to the Northern Virginia Korean Community for arranging support for this special concert.

RESIDENT SERVICES: ON THE MOVE!

Resident Services will relocate to its final destination on the First Floor next week! The various offices will be closed on the day of their scheduled moves. Please see the chart below for the move schedule:

Office:	Move Date:	Moving To:
Medical Claims	Monday, February 8	Across from the Library
Resident Business Center	Monday, February 8	Across from the Mail Room
Transportation Office	Tuesday, February 9	The former Resident Business Center space, just across from the Rotunda
Main Resident Services Office	Wednesday, February 10	The new Resident Services office suite, next door to Dining Services and the Board Room
Volunteer Coordinator	Wednesday, February 10	The former Library off of the Atrium.

FROM THE CLINIC

You may have seen news recently regarding the recall of Tylenol products. There are other products besides Tylenol as well and we have been provided with lot numbers of the recalled items. They are too numerous to mention in this article. If you would like to check your Tylenol products (Motrin IB, Roloids, ES Tylenol, Simply Sleep, St. Joseph's Aspirin and Tylenol PM) please contact the clinic for additional information.

SHOWING THIS WEEK**Green Team Movie:**
Saved by the Sun

We hear conflicting views about the feasibility of solar power as a major energy source in the future. In the NOVA film *Saved by the Sun*, scientists, economists, and ordinary citizens address this issue. From the Mojave Desert and New England to Germany, the world's leading developer of solar power, viewers see a variety of breakthroughs in harnessing the sun to power farms and cities. Enjoy this 55-minute film presented by the Green Team in the Auditorium on Wednesday, February 3, at 7:15 p.m.

Olympic Movie Night
Cool Runnings (1993)

Based on the true story, this funny film is about one dream, four Jamaicans, and minus-20 degree temperatures! At 7:15 p.m. on Saturday, February 6, come to the Auditorium to follow the trail of the first Jamaican bobsled team as it tries to make it to the winter Olympics. (*Rated PG for mild language and brief violence/98 minutes*)

WHATNOT SHOP

The WhatNot Shop will be having a collection day on Thursday, February 4. Volunteers will be on hand between 10:00 a.m. and 12:00 noon to receive your donations of good usable items. No clothing can be accepted, but contributions of household items, tools, jewelry, collectibles, books, records, toys, and games are all welcomed. Ask for a receipt for tax purposes.

THIS WEEK'S EVENTS

Keep up with the latest at **Steve's Project Update** on Tuesday, February 2, immediately following the Resident Council meeting in the Auditorium.

Pattie's Pretties will set up shop in the Atrium on Tuesday, February 2, from 10:00 a.m. to 2:00 p.m. Stop by and check out the fine jewelry and other gift items for sale.

Talking Books, Live! is changing its time and place! Beginning February 3, the group will meet in the Smith Study at 3:15 p.m. each Wednesday afternoon. This is an hour-long program of reading aloud to residents whose vision limits their ability to read. All residents with limited vision, who can easily hear and follow what is read, are welcome. The group is currently reading from *Celebrations*, a collection of short stories, essays, poems and excerpts of novels written by authors featured by the Literary Guild during its first 60 years.

Spiritual Companions will meet in the Formal Parlor on Thursday, February 4, at 3:30 p.m.

On Friday, February 5, **Linda's Treasures** will be in the Art Center from 11:30 a.m. to 2:30 p.m. Shopping for clothes can't get any easier than this!

FROM THE ART CENTERArt Programs

Monday, February 1, at 1:00 p.m.	Art Film (Top of the West)
Tuesday, February 2, at 10:00 a.m.	Ceramics (Art Center)
Tuesday, February 2 at 2:00 p.m.	Knit for Kids (Art Center)
Tuesday, February 2, at 3:00 p.m.	Drawing (Art Center)
Wednesday, February 3, at 3:00 p.m.	Assemblage with David (Art Center)
Thursday, February 4, at 9:30 a.m.	Oil Painting Basics (Art Center)

Lynda will be away from the Art Center February 1-5.

Art Film

On Monday, February 1, at 1:00 p.m., the Art Film will be *The Highwaymen: Florida's Outsider Artists* (58 minutes). This movie shines light on African-American landscape painters from Florida. The highways provided an opportunity for these self-taught artists to sell their works during a time of segregation in art galleries in the 1950s. Their works, which capture the ideal sunset in a tropical ambiance, led the Highwaymen to become a favorite state treasure.

Assemblage Fun with David Evelyn

On Wednesday, February 3, at 3:00 p.m., join David Evelyn in the Art Center to create a sculpture or wall assemblage made of unwanted accessories, toys, and/or found objects. You may use items that David brings, or bring your own.

Oil Painting Class

On Thursday, February 4, at 9:30 a.m., learn the basics of oil painting with Cherie Redlinger. For years, several residents have wanted to paint in oils. Here is your chance! Materials will be provided.

Art Excursion

On Wednesday, February 10, experience the exhibition *Turner to Cézanne: Masterpieces from the Davies Collection, National Museum Wales*, at the Corcoran Gallery of Art. This docent-guided trip traces the evolution of early modern art—beginning with examples of dramatic Romanticism exemplified by Turner, through the expressionist Post-Impressionism of van Gogh. (**Fee:** \$25.00 for entry and transportation).

FROM DINING SERVICESWhy Snack Smart?

Here are the top ten reasons to jump start your new year with Snack Smart:

1. With proper portions and healthy food choices, snacking can enhance, rather than hurt, your diet.
2. Healthy snacking is a great way to consume more phytonutrients.
3. Healthy snacking can help keep blood sugar levels stable.
4. Healthy snacking can help prevent overeating at meals by curbing your hunger.
5. Healthy snacking can help you obtain the important nutrients you need like calcium, vitamin D, and fiber.
6. Healthy snacking can help prevent the mid-afternoon "slump" and keep you energized.
7. Healthy snacking helps fuel your body for exercise and physical activity, and helps to recharge after a workout.
8. Healthy snacks are portable and easy to carry when you may be too busy for a "sit-down meal."
9. Protein-based healthy snacks can help you stay alert and focused.
10. Smart Snacks TASTE GREAT!

WELCOME TO GHBC

The following residents moved into The Pointe last week...

- William and Martha Wildhack in Apartment 470, ext. 3183.
- Beverly Palmer in Apartment 971, Ext. 3157.
- Monica Gallagher in Apartment 775, ext. 3145.
- Dean and Connie Allard in 377, ext. 3115.
- William and Mary Eleanor Piez, in Apartment 1375, ext. 3193.

- Also, Carol Laird moved from Apartment 910 to 1273, ext. 3183.
- Bill Owen moved from 423 to 972, ext. 3158.
- Marilyn Gallagher from Apartment 1007 to 1371, ext. 3189.
- and Katherine Harlan from 634 to 1070. ext. 3164.

HELP NEEDED!

Each week the response of the community to the work of the Flower Arranging Committee is always generous and thoughtful. For these many kindnesses the Committee is most appreciative. For the next two months, while Ted and Sarah Eastman are away, Norma Lathrop and Ray Glover are in particular need during the week of help watering the arrangements. This is a task that takes about ten or fifteen minutes and, if at least three people can be enlisted, would be limited to only once a week. Please be among the first to sign up for this important task, an effort that will support something that brings joy to all! Call Ray Glover, ext. 7551, or drop him a note at #837. Thank you so very much!

IT'S TIME TO BE COUNTED! 2010 CENSUS IS COMING

The February Resident Council Meeting
to Feature a Presentation from the Census Committee

On Tuesday, February 2 at 10:00 a.m. in the Auditorium, Harry Amos, Chairman of the Census Committee at GHBC, will present all we need to know about the 2010 Census. He will explain the procedure and answer any questions we may have.

This will be the first Resident Council meeting of the new year. You will meet the new council members and hear from the committee chairpersons. We'll report on actions taken relating to suggestions made at the January meeting. We especially invite our new residents to come to the meeting to learn how the Resident Council functions on your behalf and how you can become involved.

FROM THE GREEN TEAM

DC Taxes Disposable Bags

The District of Columbia is now imposing a five-cent tax on all plastic or paper bags obtained from grocery, drug, or liquor stores there. Funds from this tax, which became effective January 1, 2010, go to the Anacostia River Clean-Up Fund. Stores are expected to pass along this charge to consumers where it will, it is hoped, discourage use of these bags that destroy trees and clog our streams and lakes. Instead, patrons are encouraged to substitute re-usable cloth containers as they have in places such as Ireland and San Francisco, where a similar tax on plastic bags has dramatically reduced their usage. Some DC stores are providing customers with free cloth bags.

Virginia users are not affected but the Green Team discourages use of these environmentally-damaging bags here. As a service to Goodwin House BC residents, Green Team members will take plastic bags to the Giant Store where they are recycled. Leave such items at Jane McKeel's door (Apt. 1115).

The deadline for the next issue of *West Winds* is Tuesday, February 2. Please submit all articles to Resident Services in person or via email by 12:00 noon. Articles can also be emailed to Chris Kirk at ckirk@goodwinhouse.org.

WEEK'S EVENTS IN THE HEALTH CARE CENTER (HCC)**Monday, February 1**

10:15 West Winds
 11:00 Exercise
 3:00 Short Stories
 4:00 Valentine Cards

Tuesday, February 2

10:15 Outing
 10:15 Bible Study
 11:00 Exercise
 3:00 Hand Massages
 4:30 House Birthday Party

Wednesday, February 3

10:15 Hymns & Prayers
 11:00 Exercise
 2:00 Books on Wheels
 3:00 Crochet/Knitting
 4:00 Social & Music

Thursday, February 4

10:15 Sing Along
 11:00 Exercise
 3:00 1:1 Visits
 4:00 Bingo

Friday, February 5

10:15 Famous Couples
 11:00 Exercise
 11:30 Lunch Bunch
 3:00 Look Good, Feel Good
 4:00 Valentine Craft

Saturday, February 6

10:30 Valentine Words
 11:00 Exercise
 11:30 Lunch Bunch
 3:30 Movie

Sunday, February 7

10:15 Catholic Communion-
 TOW
 10:30 Holy Eucharist-Chapel
 11:30 Lunch Bunch
 3:30 Movie

THIS WEEK'S EVENTS IN ASSISTED LIVING (AL)**Monday, February 1**

10:45 Light & Lively
 11:30 Bible Study
 2:30 Balance Challenge (AR)

Tuesday, February 2

10:45 Light & Lively
 11:15 Black History Month
 Figures and Leaders
 2:30 **Craft:** Door Decorations for
 Valentine's Day
 3:00 Wii Game Play (AR)
 4:30 House Birthday Party

Wednesday, February 3

10:45 Have a Ball
 11:15 **Craft:** Valentine Gift
 2:30 BINGO!
 7:15 Green Team Movie (AUD)

Thursday, February 4

10:45 Strength Training
 11:15 Biography of Julie
 Andrews
 2:30 Coffee Chat
 3:00 Wii Game Play (AR)

Friday, February 5

10:45 Physical Fun
 11:30 Readings, Songs, & Prayers
 1:00 Brain Drain (AR)

Saturday, February 6

2:00 **AL Movie:** *The Sound of
 Music*
 7:15 **Saturday Movie:** *Cool
 Runnings* (AUD)

Sunday, February 7

10:00 Holy Communion
 10:30 Holy Eucharist



February 1 – February 8, 2010

MONDAY, FEBRUARY 1

Total Body, Fitness Center, 9:00 a.m.
 Fluid Motion, Pool, 10:00 a.m.
 Happy Bidders, Formal Parlor, 10:30 a.m.
 Reading *West Winds*, Smith Study, 10:30 a.m.
 Memoirs, Top of the West, 11:00 a.m.
 Art Film, Top of the West, 1:00 p.m.
 Balance Challenge, Aerobics Room, 2:30 p.m.
 The Circuit, Fitness Center, 2:30 p.m.
 Mexican Dominoes, 7th Floor X Roads, 7:00 p.m.

TUESDAY, FEBRUARY 2

Get Started, Fitness Center, 9:00 a.m.
 Stability Ball, Fitness Center, 9:30 a.m.
Council Meeting, Auditorium, 10:00 a.m.
Pattie' Pretties, Atrium, 10:00-2:00 p.m.
 Ceramics, Art Center, 10:00 a.m.
 H2Tone, Pool, 10:30 a.m.
Project Update, Auditorium, 11:00 a.m.
 Giant Express. Bus leaves at 12:45 p.m.
 Shopping Shuttle. Bus leaves at 1:00 p.m.
 Back to Abs, Fitness Center, 1:00 p.m.
 Footloose, Aerobics Room, 2:00 p.m.
 Knit for Kids, Art Center, 2:00 p.m.
 Physical Fun, Aerobics Room, 3:00 p.m.
 Drawing, Art Center, 3:00 p.m.
Birthday Celebration, Grand Foyer, 4:30 p.m.
 Poker Game, 7th Floor X Roads, 7:00 p.m.

WEDNESDAY, FEBRUARY 3

Total Body, Fitness Center, 9:00 a.m.
 Holy Eucharist, Chapel, 9:00 a.m.
 Fluid Motion, Pool, 10:00 a.m.
 The Circuit, Fitness Center, 2:30 p.m.
 Balance Challenge, Aerobics Room, 2:30 p.m.
Recycled Art, Art Center, 3:00 p.m.
Great Courses, Auditorium, 3:00 p.m.
 Talking Books Live, Smith Study, 3:15 p.m.
 GHBC Lounge, Top of the West, 5:00 p.m.
Movie: *Saved by the Sun*, Auditorium, 7:15 p.m.

THURSDAY, FEBRUARY 4

Get Started, Fitness Center, 9:00 a.m.
 Stability Ball, Fitness Center, 9:30 a.m.
Oil Painting Basics, Art Center, 9:30 a.m.
 WhatNot Shop Collections. 10:00 – 12:00 noon
 H2Tone, Pool, 10:30 a.m.
 Back to Abs, Fitness Center, 1:00 p.m.
 Footloose, Aerobics Room, 2:00 p.m.
 Physical Fun, Aerobics Room, 3:00 p.m.
 Spiritual Companions, Formal Parlor, 3:30 p.m.
 Bingo, Top of the West, 7:00 p.m.

FRIDAY, FEBRUARY 5

Total Body, Fitness Center, 9:00 a.m.
 Fluid Motion, Pool, 10:00 a.m.
 Bible Study, Formal Parlor, 10:30 a.m.
Linda's Treasures, Art Center, 11:30 a.m.- 2:30 p.m.
Encore Chorale Rehearsal, Formal Parlor, 1:00 p.m.
 Brain Drain, Aerobics Room, 1:00 p.m.
 Ballroom Dancing, Aerobics Room, 4:00 p.m.
 GHBC Lounge, Top of the West, 5:00 p.m.

SATURDAY, FEBRUARY 6

Shabbat Services, Formal Parlor, 9:30 a.m.
Concert: Korean Music, Auditorium, 3:00 p.m.
Movie: *Cool Runnings*, Auditorium, 7:15 p.m.

SUNDAY, FEBRUARY 7

Catholic Communion, Top of the West, 10:00 a.m.
 Holy Eucharist, Chapel, 10:30 a.m.
 Bridge, Top of the West, 7:00 p.m.

MONDAY, FEBRUARY 8

Total Body, Fitness Center, 9:00 a.m.
 Fluid Motion, Pool, 10:00 a.m.
 Happy Bidders, Formal Parlor, 10:30 a.m.
 Reading *West Winds*, Smith Study, 10:30 a.m.
 Memoirs, Top of the West, 11:00 a.m.
 Better Backs, Aerobics Room, 1:00 p.m.
 Balance Challenge, Aerobics Room, 2:30 p.m.
 The Circuit, Fitness Center, 2:30 p.m.
 Mexican Dominoes, 7th Floor X Roads, 7:00 p.m.



Coming Soon: The Morning News

Starting on Tuesday, February 9, resident Miles Wedeman will offer a biweekly program on international affairs. Get a cup of coffee and sit down in the Bistro Private Dining Room to discuss the latest in the news at 10:30 a.m.