

WEST WINDS

NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041- www.ghbcreidents.org

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Life Bio Meeting

Friday, June 23, at 2:00 p.m. in the Board Room there will be a monthly meeting for residents who would like support to create their life bio PowerPoint. This presentation will be uploaded into each resident's clinical chart, after resident approval, for future caregivers to learn more about who they are. Please bring 2-3 photos that you would like included in your presentation to this meeting.

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GOODWIN HOUSE
BAILEY'S CROSSROADS

COMMUNITY MEETING

This weeks Community Meeting will feature presentations by the Finance Committee and the Spiritual Life Committee. Carolyn Buttolph and George Towner will discuss some interesting aspects of the Goodwin House budget for you to consider. Tony Tambasco will describe the significance and attraction of the Spiritual Life Committee. These are two groups that play an important role in Resident life. **Join us on Monday, June 19, at 10:00 a.m. the in the Auditorium!**



ARE YOU INTERESTED IN A CARIBBEAN CRUISE?

Cruises are very popular. Even now, Royal Caribbean is filling up the Grandeur of the Seas for a trip February 10-22 of next year. Departing from Baltimore, the ship will call on five different isles -- St. Thomas; Antigua; St. Lucia; St. Kitts; and St. Maarent. The cruise covers twelve nights and includes all meals and entertainment aboard the ship.

Prices start as \$963 for a cabin with window (price based on double occupancy). Taxes and fees add \$421. Ask a friend to share a cabin. Transportation to Baltimore will be provided.

An informational meeting will held on **Friday, June 23, in the Formal Parlor at 3:00 p.m.** Please join us if you are interested in embarking on this new adventure!

UPDATE ON FITNESS FACILITIES AND PROGRAMS

The following changes have occurred in direct response to resident concerns and the fitness survey:

- Installed a new Treadmill
- Installed a new Elliptical
- Installed a TV Audio System which permits individual choice, including a quiet room, *iPods are now available, see a fitness manager for instructions on how to use this simple system to listen to the TV of your choice*
- Purchased and installed an incline bench
- Improved the hot water flow in the Women's locker room
- Started on the improvements in the Men's and Women's locker rooms
- Stabilized the operation of the Jacuzzi
- Completed 2 sessions of SAIL (more to come), an evidence-based program to improve balance and muscle strength.
- Introduced an aerobics class once a week at 8:15am to alleviate the crowding in the later session
- Undertaken a search for an AM aerobics instructor
- Placed money in the 2018 Budget (FY October) for a NuStep replacement, rowing machine and ballet bar system

Thank you to all the residents who provided input and who demonstrate continued involvement in fitness center programs.



GREEN SPRING GARDENS FITNESS WALK

The fitness team invites you to sign up for a 1 hour fitness walk and tour at Green Spring Gardens in Fairfax, VA. This trip will take place on **Tuesday, June 20, and the bus will depart at 9:15 a.m.** from the front lobby. The public garden and historic site, contains 22 themed gardens. The gardens feature year-round displays of plants suited to the Mid-Atlantic Region including a garden based on a design by landscape designer Beatrix Farrand. Please sign up in the Resident Business Center. Contact Sherry

Compton at Ext. 7331 for additional details. **Please wear comfortable attire and gym shoes!** (\$6 transportation fee)

VaCCRA PROGRAM

The GHBC VaCCRA Chapter is sponsoring a special summer program on Aging Resources in Arlington County. VaCCRA advocates for causes dedicated to our membership. It is now time to educate our membership about the world around us outside GHBC.

The featured speaker on Thursday, June 29, will be Ms. Maimoona Bah-Duckenfield, Area Agency on Aging Director. Only 8% of Americans over 65 years of age live in CCRC's. We do not know much about the many older Virginians who live in the areas around GHBC. The Agency takes positions on state and federal initiatives that pertain to all of us, residents at GHBC and our neighbors.

Ms. Bah-Duckenfield will chair a General Session at 10:00 a.m. in the Auditorium. At 11:30 a.m., she will meet with VaCCRA members for a discussion of how we can help our neighbors. The luncheon will be sponsored by VaCCRA and offered at no charge. There are 10 reservations available for the first 10 people who respond to Jean Bacon at Ext.7458 by Friday, June 23,. VaCCRA is pleased to present this special Event!

NEW CPE STUDENTS



AnnaMarie Hoos is a native Californian. She was born in Los Angeles and raised in the San Fernando Valley, making her an authentic "Valley Girl." Her father was an aerospace engineer and her mother a homemaker. She is the oldest of three sisters, and a proud aunt to two lovely nieces, one of whom has just finished high school. AnnaMarie attended Baylor University in Waco, TX, graduating in 1995 with a BA in English Literature. After college she spent a year living in community on the island of Iona, off the west coast of Scotland. She moved to San Francisco in 1998, where she lived until she moved to Virginia to attend seminary.

AnnaMarie worked in operations for the American Red Cross Bay Area for seven years, then doing communications and program planning at Grace Cathedral, the Episcopal Cathedral in San Francisco. She has just finished her first year at Virginia Theological Seminary, where she particularly enjoyed studying Hebrew. In her spare time, AnnaMarie enjoys singing, cooking, canning, travel, and jigsaw puzzles.



Elisabeth Malphurs was born and raised in Jackson, Mississippi. In her adult life she's lived in Washington, DC, North Carolina, as well as back home in Mississippi. She graduated from Davidson College in North Carolina, majoring in religion. While in college, she especially enjoyed studying mysticism across religious traditions and had the opportunity to study abroad for a semester in India. She received a Masters in Social Work, which she used in her work with people who are homeless and those with severe mental illness. She is married to her high school sweetheart, Buck, and they have two sons.

She attend Virginia Theological Seminary, and is now a Postulant for Holy Orders in the Episcopal Diocese of Mississippi, and God willing and the Bishop consenting, she will return to Mississippi after graduation to be ordained and serve the church.

WEDNESDAY CHAPEL SERVICES

Each week about a dozen residents and staff gather at 10:00 a.m. for a brief holy communion service, with prayers for healing and wholeness. Remember that healing and wholeness can be a physical, mental, spiritual or other sense of wholeness. Our student chaplains are active participants in the worship service. June 28 and July 5, our CPE summer interns will preach. AnnaMarie Hoos will preach on June 28, and Elisabeth Malphurs will preach on July 5. Please join us for worship and in the Bistro after for continued conversation. Later, in July, Rev. Dan Duggan (Director of Chaplaincy and Director of Pastoral Care) and Liz Pomerleau (CPE Supervisory Candidate) will preach.

Sunday Guest Preachers for June & July for 10:30 a.m. Chapel services:

Sunday, July 9, Chaplain Intern Elisabeth Malphurs (if you missed hearing her preach on June 11, you get another chance!)

Sunday, July 16, Chaplain Intern Andrew Arakawa (more dates coming soon)

MEMORY EDUCATION SUMMER LEARNING SERIES

Please note that this summer Goodwin House will present two seminars on memory. The first one will be on Thursday, June 22 at 1:00 p.m. in the GHBC Auditorium.

Christi Clark, Director of Education and Support Services at Insight Memory Care Center, will make a presentation on Brain Health as You Age: Normal Aging versus Dementia. Please call Elizabeth B. Dakin, LCSW at ext. 7225 with any questions.

Please mark your calendar now for Thursday, August 3, at 2:00 p.m. in the GHBC Auditorium for the second seminar, Staying Connected: Sustaining Relationships Throughout the Dementia Journey. Please call Ruth Reagan, LCSW at ext. 7122 or Liz Pomerleau, Board Certified Chaplain, at Ext. 7195 with any questions.

NEW RESIDENT SPOTLIGHT

Suzanne and John Morton moved into Pointe Apartment 272 from Arlington on May 25. Suzanne was born in Rochester, New York, and graduated from Churchville High School there in 1966. Upon graduation, she was able to take shorthand at the impressive rate of 140 words per minute and was thus readily employed as a secretary. She initially worked for Kodak and then as a legal secretary. She worked in procurement at Gannett, which was then based in Rochester, and moved to Arlington when the company moved here. Eventually she managed the procurement office, where she negotiated prices. In 1993, she met John at church, and they married two years later. Suzanne is an active volunteer at Virginia Hospital Center where she serves as a patient companion.

John grew up in Evanston, Illinois and graduated from Evanston High School in 1961. He graduated from Yale and received a PhD in economics from the University of Michigan. He worked in the International Division at the Federal Reserve Board until he retired in 2002. He is very active in Cherrydale Methodist Church, where he enjoys teaching adult Sunday school. He and Suzanne have travelled extensively, both in the United States and abroad, and once even rented an apartment in London for three months. Because of their love for classical music and opera, they have gone on several foreign opera tours. John also has an extensive collection of early political prints by James Gillray.

Mary Lee Payton moved into Crossroads Apartment 1215 on June 2. She was born in Henrico County but the family soon moved to Arlington, where she has lived until now. She graduated from Bishop O'Connell High School in 1962 and attended secretarial school for a year. She then went to Catholic University, where she earned a BA in history. Mary Lee spent her whole career working in the federal government. Initially, she worked in the legislative branch with Ted Kennedy's press secretary. After that she worked as a project evaluator in various agencies. These included the Office of Economic Opportunity and the Water Resource Council. Her last position was as a Nuclear Industry analyst.

Mary Lee enjoys knitting, the theater, and photography. She also enjoys reading, especially historical biographies. She shares her apartment with her cat Goldie. Mary Lee continues to serve as a volunteer chaplain at Fairfax Hospital.

NOTES FOR THE WEEK

- **Culinary Passport Trip:** Please sign up for our next Lunch Trip to Myron Mixon's Pitmaster Barbecue restaurant in Old Town on **Wednesday, June 21**. The bus will depart at 11:00 a.m. and there will be a \$6 transportation fee. Please sign up in the Resident Business Center.
- **Smithsonian Museum Shuttle!** A bus to the National Mall will leave GHBC on **Thursday, June 22, at 9:30 a.m.** and return around 2:00 p.m. (arrival time at the Mall is planned to be 10:00 AM and departure time 1:30 PM). This will provide about 3 ½ hours to visit museums and grab a snack as well. At least two drop-off/pick-up points will be established. Please sign up in the Resident Business Center. Please note: A large amount of walking is required on this trip
- **Greeting Card Sale!**- All greeting cards, except Christmas cards, will be available in the Rotunda on **Wednesday, June 21, from 11:00 a.m. – 2:00 p.m.** Price will be 10 cents per card. Also available will be a very limited number of one-of-a-kind blank cards. These cards, due to their unusual quality, will be priced at 50 cents and higher. All proceeds benefit the Goodwin House Foundation.



UPCOMING FILMS

TUESDAY DOCUMENTARY- MARK TWAIN: HIS AMAZING ADVENTURE

Mark Twain lived the greatest adventures of 19th century America, and his captivating novels and stories and piercing social commentary earned him worldwide fame. Revisit the jam-packed life of this literary giant, from his carefree boyhood in Hannibal, Missouri, to the devastating tragedies of his later life. Rare photographs, compelling interviews and excerpts from the stories that made him a legend bring his astonishing tale to life. **Tuesday, June 20, at 2:00 p.m. in the Media Room. NR, 50 minutes.**

WEDNESDAY GREAT COURSES- NATIVE PEOPLES OF NORTH AMERICA

Native Peoples of North America, pairs the unmatched resources and expertise of the Smithsonian's National Museum of the American Indian with the unparalleled knowledge of Professor Daniel M. Cobb. **Wednesday, June 21, at 3:00 p.m. in the Media Room. (12 week series)**

SATURDAY EVENING MOVIE- MASTER AND COMMANDER

Set off the coast of South America during the Napoleonic Wars, this thrilling maritime drama pits the captain of a British warship and his close-knit crew against a French privateer equipped with better weapons. **Saturday, June 24, at 7:15 p.m. in the Auditorium. 2003 Rated PG. 2 hours, 18 minutes.**

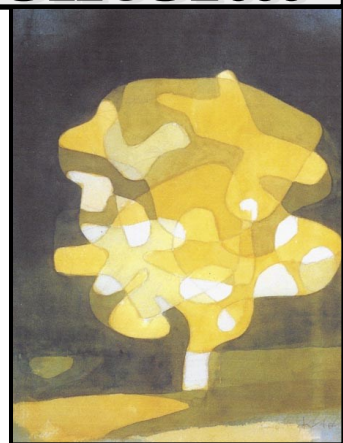
This Week in the Art Center..

Monday, June 19

10:00 a.m. – Color Composition and Design Study the patterns, designs, and colors of artist Paul Klee, by composing shapes on paper using colored pencils.

1:00 p.m. – Art Film – Michael Gaumnitz: Paul Klee: The Silence of the Angel

This film is a visual journey into the work of a major 20th century painter. Like Kandinsky and Delauney, Klee revolutionized the traditional concepts of color and composition. Michael Gaumnitz is an award-winning documentarian of artists and sculptors.



Tuesday, June 20

10:00 a.m. Ceramics Pick-up your fire glazed ceramics and continue to hand build original ceramic works.

1:00 p.m. Color Composition Mixing watercolor and colored pencils, discover overlaying techniques that are inherent in Paul Klee's art work.

2:00 p.m. Drawing Bring in your favorite photograph to class to draw from.

Wednesday, June 21

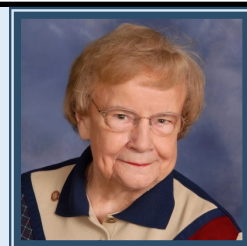
1:00 p.m. Color Combinations on Canvas Use a variety of mediums including acrylic paint, watercolors, colored pencils to create a small work on canvas.

Thursday, June 22

2:00 p.m. Wood Carving – Joel and Mike are our master wood carvers, and they are ready to get you started on a creative wood carving project! This class is suited to both the beginner and advanced student.

COMMUNITY CORNER

On Friday, June 23, we will be celebrating Linda Lateana's 30 years of service to Goodwin House, Inc... first as a Social Worker, then as an Associate Director of Goodwin House West (now known as GHBC) and soon thereafter, in 2001, as Executive Director. What a privilege to call GHBC "HOME", an environment where leadership is provided by a woman whose door is always open. Who challenges the residents to be creative and to make choices. A director who listens to our concerns and values our opinions. Who cares about each of us; knows us by name, and treats us with respect. She stays informed about who is going to the hospital and who is having surgery. Who is truly interested in the work of the Resident Council and all of the resident committees and takes pride in what we do. Kathy Anderson, President and CEO of GHI, has described Linda as "constantly poised, energetic, enthusiastic and curious; eager to have GHBC always be its best; and committed to the wellbeing of all who live and work in our community."



When you see her during the week ahead, hustling through the lobby or riding in the elevators, be sure and take a minute to say thank you, Linda, for all you have done and continue to do to make our continuing care community a great place in which to live!

Dottie Moser, Resident

ASSISTED LIVING EVENTS**Monday June 19**

10:00 Green Spring Gardens
 11:15 Chaplain Visits
 2:00 Scrabble
 3:15 Candy on Viola

Tuesday June 20

10:45 Exercise with Joann
 11:15 Meeting with Ruth (CR)
 2:30 Service Project: Sandwiches for the Homeless
 3:00 Wii Bowling(AR)
 3:30 Singing with April

Wednesday June 21

8:30 Ladies Breakfast
 10:45 Exercise with Joann
 2:00 Bingo
 3:00 Room Visits with Tiffany
 3:30 Sudoku with Brittany (HCC)
 4:00 Music with Bob & Anne

Thursday June 22

10:45 Exercise with Joann
 11:15 Art with Anthony
 2:00 Chess
 3:00 Catholic Mass (CH)
 4:45 Piano with Dot

Friday June 23

10:45 Morning Exercises with Tiffany
 11:30 Show Tune Extravaganza
 2:00 Crosswords
 3:00 Poetry with George Beshore

Saturday June 24

11:00 Activity Cart
 1:00 Saturday at the Opera (MR)
 2:00 Afternoon Matinee
 3:00 Snack Cart
 7:15 Movie: Master and Commander (AUD)

Sunday June 25

10:00 Catholic Communion (TOTW)
 10:30 Holy Eucharist (CH)
 1:15 Sunday Service (HCC)

HEALTH CARE CENTER EVENTS**Monday, June 19**

10:30 Bible Study
 11:00 Exercise
 2:30 Music and Memory 1:1 Visits
 4:00 June's Birthday Celebration w/ Music from Jessie

Tuesday, June 20

10:30 Smithsonian House Call Program
 11:00 Coffee & Chat in Households
 12:00 Lunch w/ Your Neighbors (CR)
 2:30 Small Art Group
 3:30 Nutrition Corner: Food Fun Facts

Wednesday, June 21

8:30 Ladies Breakfast Group
 10:15-11:30 Art w/ Anthony in the Art Center
 2:30 Afternoon Men's Exercise 1:1 Visits
 4:00 Cello & Violin Concerts w/ the Tate Family

Thursday, June 22

10:30 Sudoku in Lavender
 11:00 Chair Exercise
 2:00 Afternoon Snacks 1:1 Visits
 4:00 BINGO

Friday, June 23

10:30 Service Project for Arlington Food Bank
 11:15 Coffee & Chat
 3:30 Small Art Group
 3:30 Wine on Wheels

Saturday, June 24

10:30-11:30 Piano Music w/ Emily
 4:00 Afternoon Patio Visits
 5:00 Heather on Piano in Lavender

Sunday, June 18

10:30 Daily Chronicle
 1:15 HCC Sunday Service
 3:30 Puzzles & Games



June 19 - June 25, 2017

MONDAY, JUNE 19

Total Body, Fit. Ctr. & Aerobics 9:00 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
Color Composition, Art Center, 10:00 a.m.
Council Community Meeting, Auditorium, 10:00 a.m.
 Chair Yoga, Aerobics Room, 10:00 a.m.
 Memoirs, Smith Study, 11:00 a.m.
 Brain-Body-Balance \$, 11:15 a.m.
 Chair Fit, Fitness Center, 11:30 a.m.
Art Film: Paul Klee, Media Room, 1:00 p.m.
Scrabble, Game Room, 2:00 p.m.
 Movie Committee, Board Room, 2:30 p.m.
 Trips Committee, Board Room, 3:30 p.m.
 Mexican Dominoes, Game Room, 7:00 p.m.
 Duplicate Bridge, Card Room, 7:00 p.m.

TUESDAY, JUNE 20

Get Started, Fitness Center, 9:00 a.m.
Fitness Walk, Bus Departs at 9:15 a.m.
 Water Balance, Pool, 10:00 a.m.
Ceramics, Art Center, 10:00 a.m.
 Pilates Video, Media room, 10:00 a.m.
Shopping Shuttle, Departs at 11:30 a.m.
 Tai Chi, Aerobics Room, 11:30 a.m.
Color Composition, Art Center, 1:00 p.m.
 Knit for Kids, Art Center, 1:30 p.m.
 Line Dance Class, Aerobics Room, 2:00 p.m.
Drawing, Art Center, 2:00 p.m.
Matinee: Mark Twain, Media Room, 2:00 p.m.
 Wii Bowling, Aerobics Room, 3:00 p.m.
 Newcomers et al., Formal Parlor, 4:00 p.m.
 Poker Game, Game Room, 7:00 p.m.

WEDNESDAY, JUNE 21

Total Body Express, Fitness Center, 8:15 a.m.
 Total Body, Fitness Center, 9:00 a.m.
Holy Eucharist, Chapel, 10:00 a.m.
 H2O Fitness, Pool, 10:00 a.m.
 Brain-Body-Balance \$, 10:00 a.m.
 Contemplative Worship, Smith Study, 11:00 a.m.
 Lunch Trip to Myron Mixon BBQ, Departs at 11:00 a.m.
 Greeting Card Sale, Rotunda, 11:00 a.m.-2:00 p.m.
Linda's Treasures, Atrium, 11:00 a.m. -3:00 p.m.
 Nordic Walking, Fitness Ctr., 1:00 p.m.
Canvas Color Combos., Art Center, 1:00 p.m.
 Perspectives on the News, Smith Study, 2:00 p.m.
Great Courses: Media Room, 3:00 p.m.
BINGO, Top of the West, 7:00 p.m. - Canceled

THURSDAY, JUNE 22

Get Started, Fitness Center, 9:00 a.m.
 Smithsonian Museum Shuttle, Departs at 9:30 a.m.
 Pilates Mat, Aerobics Room, 10:00 a.m.
WhatNot Shop OPEN, 12:00 noon -3:00 p.m.
 Grief Support Grp., Smith Study, 11:00 a.m.
 Chair Fit, Fitness Center, 11:30 a.m.
 Rosary Group, Chapel, 12:30 p.m.
Memory Seminar, Auditorium, 1:00 p.m.
 PWR Moves, Aerobics Room, 1:15 p.m.
 Rummikub! Game Room, 1:30 p.m.
 Joy of Music, Media Room, 2:00 p.m.
 Wood Carving, Art Center, 2:00 p.m.
Line Dance, Aerobics Room, 2:00 p.m.
 Resident Services Committee, TOW, 3:00 p.m.
Catholic Mass, Chapel, 3:30 p.m.
 Contemplative Worship, Chapel, 4:30 p.m.
 Scrabble, Top of the West, 7:00 p.m.
 Duplicate Bridge, Card Room, 7:00 p.m.

FRIDAY, JUNE 23

Total Body Fit. Ctr. , 9:00 a.m.-
 Total Body, Aerobics Room, 9:00 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
 Brain Body Balance \$, 10:00 a.m.
Giant Shuttle, Departs at 11:30 a.m.
 Life Bio Meeting, Board Room, 2:00 p.m.
 Cruise Meeting, Formal Parlor, 3:00 p.m.
Happy Hour, BC Lounge, 4:00-7:00 p.m.
 Poker Game, Game Room, 7:00 p.m.
 Mah Jongg, Card Room, 7:15 p.m.

SATURDAY, JUNE 24

Croquet, Front Yard, 10:00 a.m.
Opera Afternoon, Media Room, 1:00 p.m.
 Rummikub! Game Room, 2:00 p.m.
Movie: Master and Commander, Auditorium, 7:15 p.m.

SUNDAY, JUNE 25

Community Coffee Hour, 10:00 a.m.
 Catholic Communion, Top of the West, 10:00 a.m.
Holy Eucharist, Chapel, 10:30 a.m.
 UUCA Service, Board Room, 10:15 a.m.
Compline Service, Chapel, 7:30 p.m.

The deadline for the next issue of West Winds is **MONDAY, June 26. Please note the earlier Deadline.** Submit all articles by 12 noon via email at westwinds@goodwinhouse.org A list of events, meetings, and classes (with descriptions) can be found in "Coming Events & Calendars"