

WEST WINDS

NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS

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

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COMMUNITY MEETING

Join us on Tuesday, September 12, at 10:00 a.m. in the Auditorium for our next Community Meeting, featuring Gant Redmon, Chair of the Goodwin House Foundation.



GOODWIN HOUSE
BAILEY'S CROSSROADS

WHO WILL REPRESENT YOU?

GET YOUR VOTE ON!

Tuesday, Sept. 12, marks the start of the process to staff the 2018 Resident Council. On that date, the Election Committee will solicit suggestions for candidates to fill six vacancies. Suggestion forms will be distributed at the Resident Council Community meeting and will also be available in the mail room.

Surely you can think of someone you would like to see on the Council – maybe even yourself! So... who will represent you?

VGMB CONCERT

Sign up in the Resident Business Center for an upcoming concert with the Virginia Grand Military band on Saturday, September 16, at Schlesinger Hall. Tickets are \$15 and the transportation fee is \$6. The bus will depart at 6:30 p.m.

The Virginia Grand Military Band is known for its rousing concerts, its charismatic conductor and the excellence of its performances.

FROM SOCIAL WORK

The Caregivers Support Group will resume meetings this month on Tuesday, September 12, at 3:00 p.m. in the Group Room in the Pointe. September is Older Virginians Mental Health Month and this month we will talk about caregiver mental health. This confidential meeting is open to resident caregivers, and provides an opportunity to privately share information and receive emotional support. Don't be a caregiver all alone. Please contact Elizabeth B. Dakin, LCSW (x 7225) with any questions.

VOLUNTEER OPPORTUNITY

The Community Service Committee is recruiting volunteers to assist Arlington Community High School students obtain their high school diplomas. Tutors are needed in English, history, math, science, and other subjects. Tutors can also serve as a “Caring Adult Mentor”. Volunteers may also be needed with DACA-related activities and to help students prepare for the required Standards of Learning tests.

The fully accredited Arlington Community High School serves a large immigrant population that enters Arlington Public Schools too old to be placed in one of the neighborhood high schools. Because of the students’ history of interrupted education, most are in their twenties and many have family responsibilities.

If you wish to explore the possibility of becoming a volunteer tutor for one or more students or volunteer in another capacity, call Todd Endo at Ext. 7692 or email Todd at toddendo@gmail.com.

SUITCASES FOR SWAZILAND

What a wonderful and generous response from the people of Goodwin House. Our low key request for unneeded suitcases resulted in 41 suitcases including 3 footlockers. Thank you so much for your loving response for this special Goodwin House Bailey's Crossroads Rotary Club collection of suitcases. The suitcases are filled with various items like clothes and school supplies, then they travel to Swaziland with a five person mission team (nondenominational), and when empty given to students to serve as footlockers for their limited possessions. A great service to a great cause. THANK YOU. (If you missed this opportunity there will be another drive next summer)

FLU VACCINATION CLINIC

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors’ visits, and flu-related hospitalizations. Increasing the number of people who get vaccinated each year helps to protect more people, including older adults, young children, pregnant women, and people with certain health conditions who are more vulnerable to serious flu complications.

We hope to see you at this year’s Flu Clinic! **Tuesday, October 17, 2017 in the Auditorium.** 9:00 a.m. to 11:30 a.m. and 1:00 p.m. to 4:00 p.m.

WOMEN’S LOCKER ROOM

Renovations to the women’s locker room in the fitness center are due to begin on October 15. As a result, the facilities will be unavailable to the women for about 6 weeks. To accommodate the women there has been proposal that the men’s locker room be open for women only during this time and men would use the family changing room. The reason for the proposal is that there are considerably more women vs. men who use the locker rooms during the day. We would like the men to vote on whether or not they would be willing to make this sacrifice from October 15 to approximately mid to late November. A voting box will be set up on the fitness center desk to receive anonymous votes and comments from the men who use the locker rooms only! Gentlemen, please vote on this issue between Sept. 11 and Sept. 18.

The deadline for the next issue of West Winds is **Tuesday, September 12**. 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”

NOTES FOR THE WEEK

- **Episcopal Confirmation Service at Grace Episcopal Church, Alexandria-** On Sunday, September 24, resident, Dr. Yolanda Oertel, will be confirmed as a member of the Episcopal Church at a regional confirmation service at Grace Episcopal Church (3601 Russell Road), Alexandria. The service begins at 4:00 p.m. and will be followed by a brief reception. All are invited and welcomed to attend. Grace Episcopal Church has an elevator and a disabled-access entrance. A GHBC bus will be available for up to 13 residents to attend the service and reception. Bus will leave at 3:00 p.m. and return to GHBC around 6:15 p.m. Sign up in the Resident Business Center. \$6 transportation fee.
- **The Episcopal Inquirer's Group** will meet Monday, September 11, at 2:30 p.m. in the Smith Study to discuss the Pastoral Offices, including the Service of Confirmation and Reception. Our monthly meetings focus on topics based on the interests of the group. All are invited and welcome to attend.
- **The Book Group** will meet on Thursday, September 14 at 10:30 a.m. in the Top of the West. The book to be discussed this month is *The Bad Ass Librarians of Timbuktu and Their Race to Save the World's Most Precious Manuscripts*, Joshua Hammer. If you have a copy that you checked out from the Group at the last meeting, please be sure to bring it to turn in. All are welcome
- The **WhatNot Shop** will be open on Thursday, September 14, from 12:30 until 3:00 p.m. If you haven't visited the shop lately, come down and check it out. It's fun shopping made easy!
- **September Poetry Meeting Features Harvest-** Fall is the time for Harvest and that will be the theme for our next Poetry Group meeting at 2:00 p.m. on Thursday, September 14, in the Smith Study. All participants are invited to bring their original poems or work selected from anthologies to share with others.
- **The Fine Arts Committee** will meet Friday, September 15, at 2:00 p.m. in the Art Center. All are welcome!
- Sign up in the Resident Business Center for the **Smithsonian Museum Shuttle** on Wednesday, September 13. The bus departs at 9:30 a.m. \$15 transportation fee.

UPCOMING FILMS

TUESDAY MOVIE- AMERICAN EXPERIENCE: TRIANGLE FIRE

One of the deadliest fires in U.S. history occurred at New York City's Triangle Shirtwaist Factory in 1911, killing more than 140 workers -- mostly young women who were locked inside -- and leading to profound changes in industry-labor relations. Historical documents and expert analysis detail how the resulting union strikes and government regulation advanced women's suffrage and addressed the plights of laborers in unsafe working conditions. **Tuesday, September 12 at 2:00 p.m. in the Media Room. 1 hour, 2011.**

WEDNESDAY GREAT COURSES- THE WORLDS GREATEST CHURCHES

In *The World's Greatest Churches*, you'll come to understand the architecture, art, and theology of some of the world's most beautiful buildings, as they express Christian spirituality across an astounding range of cultures and periods. **Wednesday, September 13, at 3:00 p.m. in the Media Room (12 week series)**

SATURDAY EVENING MOVIE- GIFTED

When his sister dies, 30-something bachelor Frank Adler assumes the care of her 7-year-old daughter. His plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved. **Saturday, September 16, at 7:15 p.m. in the Auditorium. Rated PG-13. 2017. 1 hr. 41 min.**

This Week in the Art Center..

Monday, September 11

10:00 a.m. Painting the News of Today – This week we will be studying artist Edward Burra (1905-1976). Burro was known for his depictions of current events taking place in the world. In this class, pick a current event that you would like to put into a drawing.

1:00 p.m. Art Film – I Never Tell Anybody Anything: The Life and Art of Edward Burro Burro was one of the most elusive British artists of the 20th century. This documentary shows how his surreal work deepened and matured as he experienced first-hand some of the most tragic events of the century.

Tuesday, September 12

10:00 a.m. Ceramics Working with clay slabs, create bowls and dishes using an assortment of molds.

1:00 p.m. – Painting the News of the Today– Continue to depict in drawings and paintings current events that you find relevant.

Wednesday, September 13

1:00 p.m. Painting the News of Today- Put the finishing touches on your work. At the end of class, we will discuss the subject matter of the work produced in class.

Thursday, September 14

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.

Friday, September 15

10:00 a.m. – Drawing Class – Instructor Rula Brock will lead this class in the classical techniques of drawing.

COMMUNITY CORNER

Everybody is talking about it! Isn't it fun to have a very special Goodwin House family occasion to celebrate together! As we all know, 50th anniversaries don't happen very often and Goodwin House founding fathers (and I'm sure they were all men) give us a good excuse to get together as a family and have a great time! The registration cost of \$50 includes imported wine and a 3-course meal that you would end up paying more than \$50 for at any fine restaurant (and that doesn't include the tip).

The word is out that the menu choices include surf & turf or a farmer's market special...that is to say, beef, shrimp, or a vegetarian deluxe platter! It won't be hard to work up an appetite for one of these dinners! Friendly conversation will abound! If you run out of conversation, you can sit back and enjoy the live music...or "trip the light fantastic" (only no tripping allowed).

What to wear seems to be of a concern to some. For women, a pants suit, a colorful blouse, dressy sweater, cocktail or festive ethnic dress will be just fine. For men, a tux is not required but would look spiffy. A dress military uniform would be impressive and, in reality, you would look just fine in your favorite "Sunday go to meeting" suit with a shirt and tie or turtleneck. Any questions just look in the mirror and feel good about yourself!

Door to door transportation is available for all residents so we can even enjoy each other's company on the way over and back. Get your reservation in soon! Let's make this truly a night to remember!



Dottie Moser, Resident

ASSISTED LIVING EVENTS**Monday September 11**

10:00 Archaeology along the waterfront Lecture
(Community Room)
10:45 Exercise with Leslie
11:15 Chaplain Visits
12:30 Conversation Starters
2:00 Scrabble
3:00 Afternoon Snacks- Caramel Apple Pie
4:00 Resident Choice

Tuesday September 12

10:45 Exercise with Brittany
11:30 AL Resident Dining Committee Meeting
2:00 Activity Cart
3:00 Coffee with Friends
3:30 Room Visits

Wednesday September 13

10:45 Exercise with Brittany
2:00 Bingo
2:00 Perspectives on the News (SS)
4:00 Sudoku with Brittany (HCC)
4:00 Music with Bob & Anne

Thursday September 14

8:30 Ladies and Gent's Breakfast
10:45 Exercise with Brittany
11:15 Art with Anthony
12:00 Table Trivia
1:30 Movie & Popcorn
4:00 The Tate Family (HCC)
4:45 Piano with Dot

Friday September 15

10:30 Michael Calhoun
10:45 Fitness Fun with Leslie
11:30 Show Tune Extravaganza
2:30 Music with Alan Frey
3:30 Afternoon Snacks

Saturday September 16

11:00 Activity Cart
11:15 PAL Pet Visitors (AL Crossroads)
1:00 Saturday at the Opera (MR)
3:00 Afternoon Cappuccinos'
7:15 Movie: Gifted (AUD)

Sunday September 17

10:00 Catholic Communion (TOW)
10:30 Holy Eucharist (CH)
10:45 AM UUCA Fellowship (Board Room)

HEALTH CARE CENTER**EVENTS****Monday, September 11**

10:30 Bible Study
11:00 Chair Chi Exercise
2:30 Small Art Group
4:00 Giant Crossword Puzzles

Tuesday, September 12

10:30 Who Am I?
11:00 Chair Zumba!
2:00 Hydration Visits
Visits w/ Charley the Dog
3:00 Coffee w/ Friends (AL)
3:30 Food Fun Facts!

Wednesday, September 13

10:30 -11:30 Morning Art Therapy
Group
3:30 Afternoon Social in Households
4:00 Sudoku Group

Thursday, September 14

8:30 Breakfast in the Bistro
10:30 What Am I?
11:00 Chair Zumba?
2:30 Afternoon Snacks 1:1 Visits
4:00 Violin & Cello Concert w/ the
Tate Family

Friday, September 15

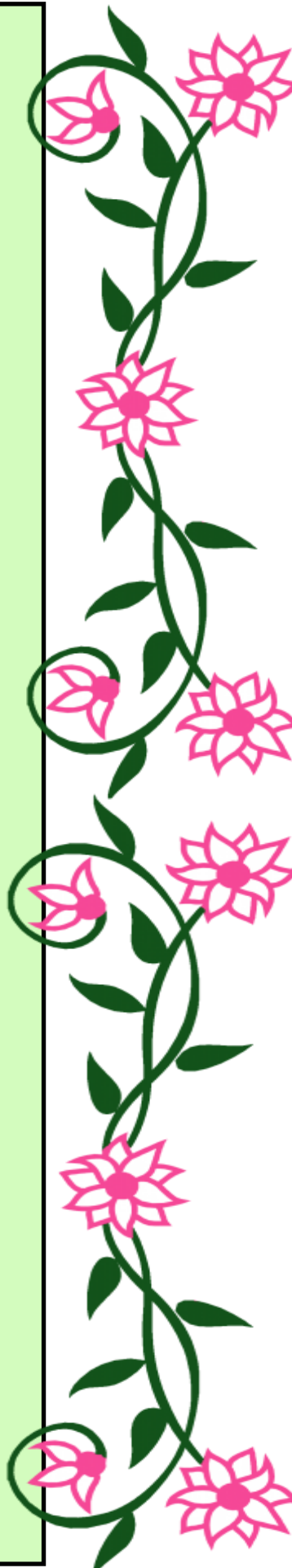
10:30 Food for Others Service Project
11:15 Piano Music w/ Michael Calhoun
3:30 Wine on Wheels

Saturday, September 16

10:30 Chris Hagan's Piano Group
11:00 Chair Exercise
3:30 Table Games

Sunday, September 17

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



September 11 - September 17, 2017

MONDAY, SEPTEMBER 11

Total Body, Fit. Ctr. , 9:00 a.m.
 Total Body, Aerobics 9:00 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
Painting the News, Art Center, 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: Edward Burro, Media Room, 1:00 p.m.
Scrabble, Game Room, 2:00 p.m.
Inquirer's Group, Smith Study, 2:30 p.m.
 Mexican Dominoes, Game Room, 7:00 p.m.
 Duplicate Bridge, Card Room, 7:00 p.m.

TUESDAY, SEPTEMBER 12

Get Started, Fitness Center, 9:00 a.m.
Community Meeting, Auditorium, 10:00 a.m.
S.A.I.L., Fitness Center, 10:00 a.m.
 Water Balance, Pool, 10:00 a.m.
Ceramics, Art Center, 10:00 a.m.
 Pilates Video, 10:00 a.m.
 St. Ignatius, Smith Study, 11:00 a.m.
 Tai Chi, Aerobics Room, 11:30 a.m.
 Shopping Shuttle, Departs at 11:30 a.m.
Painting the News, Art Center, 1:00 p.m.
 Knit for Kids, Art Center, 1:30 p.m.
Matinee: Triangle Fire, Media Room, 2:00 p.m.
Caregivers Support Grp., Group Room, 3:00 p.m.
 Wii Bowling, Aerobics Room, 3:00 p.m.
Newcomers et al., Formal Parlor, 4:00 p.m.
 Lincoln Society, Top of the West, 4:30 p.m.
 Poker Game, Game Room, 7:00 p.m.

WEDNESDAY, SEPTEMBER 13

Total Body Express, Fitness Center, 8:15 a.m.
 Total Body, Fitness Center, 9:00 a.m.
Smithsonian Museum Shuttle, Departs at 9:30 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.
 Nordic Walking, Fitness Ctr., 1:00 p.m. - Canceled
Painting the News, Art Center, 1:00 p.m.
 Perspectives on the News, Smith Study, 2:00 p.m.
Great Courses: Churches, Media Room, 3:00 p.m.
BINGO, Top of the West, 7:00 p.m.

THURSDAY, SEPTEMBER 14

Get Started, Fitness Center, 9:00 a.m.
 Pilates Mat, Aerobics Room, 10:00 a.m.
BOM COM, Board Room, 10:00 a.m.
S.A.I.L., Fitness Center, 10:00 a.m.
WhatNot Shop Open, 12:30 p.m.—3:00 p.m.
The Book Group, Top of the West, 10:30 -11:30 a.m.
 Finance Committee, Staff Conference Room, 11:00 a.m.
 Chair Fit, Fitness Center, 11:30 a.m.
 Rosary Group, Chapel, 12:30 p.m.
 PWR Moves, Aerobics Room, 1:15 p.m.
 Rummikub! Game Room, 1:30 p.m.
Poetry Group, Smith Study, 2:00 p.m.
 Joy of Music, Media Room, 2:00 p.m.
 Wood Carving, Art Center, 2:00 p.m.
 Community Services Mtg, Top of the West, 3:00 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, SEPTEMBER 15

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.
 Drawing Class, Art Center, 10:00 a.m.
Giant Shuttle, Departs at 11:30 a.m.
Encore Chorale, Auditorium, 1:00 p.m.
Fine Arts Committee, Art Center, 2:00 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, SEPTEMBER 16

Croquet, Front Yard, 9:30 a.m.
Opera Afternoon, Media Room, 1:00 p.m.
 Rummikub! Game Room, 2:00 p.m.
VGMB Concert, Bus Departs at 6:30 p.m.
Movie: Gifted, Auditorium, 7:15 p.m.

SUNDAY, SEPTEMBER 17

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 Fellowship, Board Room, 10:45 a.m.
 UUCA Service, Board Room, 11:15 a.m.
Compline Service, Chapel, 7:30 p.m.

To learn more about the 50th Anniversary Event go to www.ReimaginingAging.com