

WEST WINDS

NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS

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

Volume 29, Number 25, May 14, 2018

Inside this Issue...

Community Updates

Community Corner

Films for the Week

Inside the Art Center

HCC/AL Programs

BELLA VOCE CONCERT TIME CHANGE

All residents are welcome to attend a special "Songs of Spring" concert with the Bella Voce singers on Saturday, May 12, at **4:00 p.m. in the Atrium. Please note later start time for this performance**

FIRESIDE SCHEDULE

The Fireside will be closed on the following Sundays:

May 13, May 20, May 27,

June 3, June 10, June 17.

Fireside will reopen for Sundays on June 24.

GH

GOODWIN HOUSE
BAILEY'S CROSSROADS

YOU ARE CORDIALLY INVITED TO A GARDEN PARTY

Wednesday, May 16, from 2:00 - 3:00 p.m.

Enjoy refreshments outside of the Formal Parlor as you embark on an educational visit to the Knoll Garden to learn about our beautiful garden from Grounds Committee experts. Listen to soothing music from Harpist Hector Munoz as you soak up the spring scenery! Wear a hat if you wish for this festive occasion. Rain location is in the Crossroads Gallery.



Let's explore our surroundings in style!

LECTURE: US-CHINA RELATIONS GONE BAD?

What are the probable consequences for us, the world and China of the trade war the Trump administration has launched against China and other countries with trade surpluses with us? What is the impact of US-China interaction in Korea? What are the prospects for escalated military confrontation with China in the Pacific?

Ambassador Chas W. Freeman Jr., senior fellow at Brown University's Watson Institute for International and Public Affairs, will explore these timely questions in one the United States' most critical international relationships. Ambassador Freeman is a former U.S. Assistant Secretary of Defense, ambassador to Saudi Arabia (during operations Desert Shield and Desert Storm), acting Assistant Secretary of State for African Affairs, and US Chargé d'affaires at both Bangkok and Beijing. He began his diplomatic career in India but specialized in Chinese affairs. (He was the principal American interpreter during President Nixon's visit to Beijing in 1972.)



Join us on Friday, May 18, at 7:30 p.m. in the Auditorium for a lecture on this timely topic.

NATIVE AMERICAN REGALIA EXHIBIT

Come see the amazing beauty of American Indian Dance Regalia and explore the rich diversity of native culture with staff member Chris Bryant. Chris and his family travel the country attending powwows, family gatherings, and educational events to enrich their understanding of and to grow in their appreciation of the native cultures of the Americas. See, feel, and appreciate many handmade modern dance items that reflect the creativity and innovation of native people. Hear some of the traditional stories behind the feathers, bone, beads, bells, and quills used in native ceremonies and celebrations. **Join us in the Auditorium on Monday, May 14, at 11:00 a.m.**



ENCORE CHORALE SPRING CONCERT

The Encore Chorale, featuring members from both GHBC and Langston Brown invite you to attend their spring concert on **Tuesday, May 15, in the Auditorium at 7:00 p.m.** The program will include an hour of varied choral works, including selections from West Side Story and composer Leonard Bernstein to name a few! This concert is for residents only. Tickets will not be distributed, seating is first-come-first-served. **Doors will open at 6:40 p.m.**

MATTER OF BALANCE PROGRAM

Matter of Balance is a program offered by the Northern Virginia Falls Prevention Grant that Goodwin House participates in collaboration with Marymount University. The SAIL program is currently being offered here at GHBC as part of the grant program. A new class that is also part of the grant program called A Matter of Balance will begin on **Tuesdays, beginning May 22, from 10:00 a.m. to 12:00 p.m. in the media room.** A Matter of Balance will be an eight-week group support intensive that will include a mild exercise component.

A Matter of Balance is an award-winning program designed to manage falls and increase activities levels. The program emphasizes practical strategies to manage falls. A Matter of Balance is great for anyone concerned about falls, interested in improving balance, flexibility and strength and especially for anyone who has restricted activities because of falling concerns. Participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance.

The classes will offer a multidisciplinary, multifaceted approach that is evidence based to reduce a person's fear of falling, thus freeing them up to more fully and safely participate in things they enjoy. One out of three older persons fall each year. Falls can be prevented and we will learn together some simple things that you can do to keep yourself from falling. Please sign up for this class in the resident business center. Class size is limited but future classes will be offered.



The deadline for the next issue of West Winds is **Tuesday, May 15.** Submit all articles by 12 noon via email at westwinds@goodwinhouse.org

BRANDYWINE RIVER MUSEUM TRIP



Who Wants Wyeth? Which Wyeth? Father Andrew? Son Jamie? No matter, an extensive collection of their works is gathered at the Brandywine River Museum in a converted 19th-century grist mill on the banks of the Brandywine in Chadds Ford, PA. That's where we hope to go on Wednesday, July 11. It's a fairly long trip – at least 2 ½ hours and 125 miles. We plan to hire a large motor coach. To fill the coach requires the joint effort of GHA and GHBC – we need at least 44 residents committed to the trip. The cost of the coach and admission to the Museum (with a docent led tour) will cost about \$50.

We would leave GHBC at 7:45 a.m. and pick up residents of GHA fifteen minutes later. After a quick stop along the way, we would arrive about 11:00 a.m. For groups of 15 or more, advance arrangements can be made at the Millstone Café for a \$12 lunch which includes soup or salad, cold sandwich or wrap, cookie or fruit cup, and beverage. Of course, if you prefer, you may lunch on your own.

After lunch, we plan a docent led tour. Then, despite rush hour traffic, we hope to arrive home in time for dinner. We would have to leave the Museum no later than 3:00 p.m. Well, that's the plan. We need to know if this event will attract enough interest to make it possible. If this appeals to you, please email the GHBC Chair of Trips and Outings at ckbuttolph@aol or call her at 703-842-3177. Please respond by Thursday, May 24. Right now we are just interested in measuring interest. Actual sign-up sheets will come later.

GOODWIN HOUSE FOUNDATION SEMINAR

Charitable Gift Annuities: Making a gift that will give you income for life and tax relief in return- The Foundation will host a seminar on Charitable Gift Annuities on **Thursday, May 17, at 1:30 p.m. in the GHBC Formal Parlor.** The seminar will be presented by two local professional, expert leaders within the community. The presenters are also daughters of Goodwin House residents. Elizabeth Wildhack, daughter of a GHBC resident, is an attorney with Thompson Wildhack, PLC and specializes in Estate Planning. Laurie Blackburn, CFP, daughter of a GHA resident, is Senior Vice President of Investments with Caudron • Megary • Blackburn - Wealth Management Group of Wells Fargo Advisors. Betsey and Laurie will be accompanied by the staff of the Goodwin House Foundation to share more about Charitable Gift Annuities and the benefits of these planned giving vehicles to create a win-win-win scenario for donors and their beloved charities.

Residents volunteer to be mentioned or featured in this publication. Any resident who prefers not to be mentioned may notify Tiffany Proctor at Ext. 7222 or tproctor@goodwinhouse.org

VOLUNTEER OPPORTUNITIES

If you are looking for ways to contribute, the following Volunteer Positions are available:

- Resident Companion (This person provides companionship to residents who could use an extra friend for a half an hour or a few hours).
- Computer Volunteer Coordinator (This person contacts the computer volunteers the afternoon before their shift to inform them of their schedule).
- CPE Library Assistant (This person helps organize and log the books in the Clinical Pastoral Education Library).

Please contact Greta Christ, Volunteer Coordinator, at Ext. 7671 for more information. Effective this week, Greta's new hours will be 11:00 a.m. to 4:00 p.m. Monday through Thursday.

LIFE REVIEW WITH ART CLASS

Join Art Therapy Intern, Amanda Shaw for a six-week Life Review with Art workshop! Singles, couples and families are encouraged to work together to create a personalized book about their life. No artistic talent required. The focus will be on the beginning, middle and present moments that are special to you.

You are encouraged to bring family photos, memorabilia or charms that you would like to add to the book. Art supplies and direction will be supplied.

This program will be held in the Top of the West on the 12th floor of the Crossroads from 10:15—11:45 a.m. on the following Wednesdays: May 16, May 23, May 30, June 6, June 13, and June 20. Hope to see you there.

Please RSVP with Ruth Reagan at 703-578-7122 or email: vreagan@goodwinhouse.org

COMMUNITY CORNER

As we come to the end of what is known nationally as “Nurses Week”, we want to be sure our nurses know that we are very aware of their presence in our lives and appreciate all they do.



We are grateful that, as a nation, we rate nursing as one of the most ethical and honest professions. Their commitment to protecting, promoting and improving health care for all deserves to be well recognized. It is only fitting that we take one week each year to celebrate this profession and the vital roles nurses play in health care. National Nurses Week begins each year on May 6th and ends on Florence Nightingale's birthday May 12th. While the first National Nurses Week was celebrated in 1954 (the 100th anniversary of Nightingale's famous mission to the Crimea) it wasn't until President Reagan signed a proclamation that May 6th would, henceforth, be National Nurses Day that an annual celebration of nurse's efforts would be nationally recognized. The American Nurses Association in 1990 extended the national recognition of nursing to a week-long celebration of the work of the nation's registered nurses, the largest of the health care professions. ANA selects a theme for the week each year.

The 2018 theme is “Nurses: Inspire, Innovate, Influence”. How true it is!

Dottie Moser, Resident

FROM THE ART CENTER

Special Announcement: The Resident Exhibition opening reception **has been rescheduled** from Sunday, May 20 to Sunday, June 3, 2018. The reception takes place in the Atrium, 2:00 p.m. – 4:00 p.m. Please join us in this celebration of the excellent artwork now on display in Crossroads Gallery!

Monday, May 14

10:00 a.m. – Printmaking– This week learn the basic techniques of woodblock carvings and printing. Carve into linoleum blocks intricate images and designs! Examine different examples of woodblock printing to get ideas and inspiration.

1:00 p.m. – Art Film – The Master Artisans of Japan – Japan’s Imperial family has long taken under its patronage craftsmen whose works now form a treasured collection handed down over generations. During the Meiji period (1868-1912) the artisans’ skills and creations became a matter of national prestige.

Tuesday, May 15

10:00 a.m. – Ceramics – This class is an ongoing class for residents to create their own ceramic pieces or continue to work on their pieces from the Saturday afternoon class.

1:00 p.m. – Printmaking – Apply a variety of colored inks to your linoleum woodcuts, and print the images onto fine Japanese papers!

Wednesday, May 16

10:00 a.m. – Jewelry Making - Resident jewelry artist Sandy Bohannon will teach you how to design and construct a beautiful piece of jewelry!

1:00 p.m. – Printmaking – Using some of the prints from the previous class, create a collage of overlapping prints in a book format. Unbound artist books are an effective way to display prints and other small artworks on paper.

Thursday, May 17

1:00 p.m. – Blind Gesture Drawing– This drawing technique is when the artist looks at the subject matter he or she is drawing but does not look down at the paper. It is a fun exercise, and it frees the mind from the idea of perfection.

2:00 p.m. Woodcarving – Master woodcarvers Joel and Mike are back to teach you everything you want to know about woodcarving! This class is open to all skill levels.

Friday, May 18

9:45 a.m. – Pastel Drawing – Using high quality soft pastels and pastel paper, create an abstract piece of art work inspired by Georgia O’Keefe. O’Keefe was famous for her abstract and exaggerated depictions of flowers and canyons in the American southwest.

Saturday, May 19

2:00 p.m. – 3:30 Ceramics – Instructor Amanda Shaw is back and ready to take you on another ceramic project adventure!

NOTES FOR THE WEEK

Culinary Passport Trip to Hula Girl Restaurant and Bar- Located within the Village in Shirlington, Hula Girl Bar and Grill brings Hawaiian food and the Aloha Spirit directly to you! Sign up in the Resident Business Center for this trip on Wednesday, May 16, at 11:00 a.m. \$6 Transportation Fee. Please bring a payment method for your lunch.

The **WhatNot Shop** will be open on Thursday, May 17, to receive contributions. If you have good and useful things just taking up shelf or drawer space, bring them down between 10:00 and 11:30 a.m. Volunteers will be there to receive them and, if you wish, give you a receipt.

EMPLOYEE GIFT FUND. We have a marvelous staff providing vital services to us and helping us thrive. Since we cannot give them things, or tips; we work together to give an unsolicited gift to over 400 magnificent co-workers who come to Goodwin House from over 70 countries and who speak at least 27 languages. You can give at anytime in the Box in our mail room. We also develop and conduct a special campaign during November.

Power Outage Accommodations: If we have a scheduled **power outage**, please inform the Clinic in advance if you have: A c-pap machine, Scooter, Oxygen, or Medications that require refrigeration.

The Rehab Department offers **free screenings to help residents reduce the need for assistive devices**. Please contact them at Ext. 7660 to schedule a free screening!

UPCOMING FILMS

TUESDAY MOVIE- INGRID BERGMAN- IN HER OWN WORDS: Whether headlining films in Sweden, Italy, or Hollywood, Ingrid Bergman always pierced the screen with a singular soulfulness. With this new documentary, made on the occasion of the one hundredth anniversary of Bergman's birth, director Stig Björkman allows us unprecedented access to her world, culling from the most personal of archival materials: letters, diary entries, photographs, and Super 8 and 16 mm footage Bergman herself shot and following her from youth to tumultuous married life and motherhood. **Tuesday, May 15, at 2:00 p.m. in the Media Room. 2015 1hr 53min.**

WEDNESDAY GREAT COURSES- NATIONAL PARKS-From Yellowstone's bubbling, steaming landscape to the great slabs of granite along Acadia's shores, each park contributes its own chapter to the story of Earth. Our national parks offer profound lessons for anyone who loves history, geology, and nature. This course provides in-depth insights, intriguing perspectives, and riveting little-known facts about these treasured places that you won't find simply by driving through them. **Wednesday, May 16, at 3:00 p.m. in the Media Room.**

SATURDAY EVENING MOVIE- DAVE - Hired to pose as the U.S. president after he suffers a stroke, a temp agency owner -- who's a dead ringer for the commander in chief -- proceeds to charm the media, the public and the president's estranged spouse. **Saturday, May 19, at 7:15 p.m. in the Auditorium (1993) PG-13**

ASSISTED LIVING PROGRAMS

Monday May 14

10:45 Exercise with Ellen
 11:00 Native American Clothing Display & Talk (AUD)
 11:15 Chaplain Visits
 3:00 Coffee with Friends
 4:00 Crosswords (HCC)

Tuesday May 15

10:45 Chair Exercise with Ellen
 11:15 AL Resident Meeting with Ruth Reagan
 12:00 Daily Chronicle
 1:30 Knit for Kids (Art Center)
 3:00 Men's Happy Hour
 7:00 Encore Chorale Spring Concert (AUD)

Wednesday May 16

10:45 Exercise with Ellen
 1:30 GH Players (BR)
 2:00 Bingo
 2:00 Perspectives on the News (SS)
 2:00 Garden Party (Knoll Garden)
 3:00 Fireside Chats
 4:00 Music with Bob and Anne

Thursday May 17

10:45 Chair Exercise with Leslie
 12:00 Lunch Outing to Sine
 2:00 TED Talk (MR)
 3:00 Cappuccino
 4:45 Piano with Dot

Friday May 18

10:30 Service Project: Arlington Food Bank (HCC)
 10:45 Chair Exercise with Leslie
 11:30 Weekly Highlights Discussion
 2:00 Scrabble
 3:00 Poetry Group with Sharon
 3:00 Wine & Movie: *The Curious Case of Benjamin Button*
 (CR)

Saturday May 19

11:00 Stay Busy Cart: Puzzles, Trivia, Crosswords, Art (AL
 Community Room)
 1:00 Saturday at the Opera (MR)
 2:30 Bingo
 3:00 Popcorn & Movie: *Ocean's Twelve*
 7:15 Movie: Dave (AUD)

Sunday May 20

10:00 Catholic Communion (TOTW)
 10:30 Holy Eucharist (CH)
 10:45 AM UUCA Fellowship (Board Room)
 11:15 AM UUCA Service (Board Room)
 1:15 Sunday Service (HCC)

HEALTH CARE CENTER

PROGRAMS

Monday, May 14

9:30 Coffee & Chat
 10:30 Bible Study
 11:00 Native American Clothing Display & Talk (Aud)
 11:30 Trivia of the Day
 3:00 Coffee w/ Friends
 3:30 Giant Crossword Puzzle

Tuesday, May 15

9:30 Coffee & Conversation
 10:00 Visit from Montessori School of Northern
 Virginia
 11:30 Random Trivia
 2:30 Resident's Choice
 3:30 Food Fun Facts!
 7:00 Encore Chorale Spring Concert (Aud)

Wednesday, May 16

9:30 Coffee & Chat
 10:30 Hand Massages
 11:00 Chair Exercise
 11:30 Let's Reminisce
 2:30 Garden Party (Knoll Garden)
 4:00 Snacks & Chat

Thursday, May 17

9:30 Coffee & Conversation
 10:15-11:15 Art w/ Anthony
 12:00 Lunch Outing to Sine Irish Pub
 2:30 Walking Club
 4:00 Sing-a-Long w/ Hank Lewis

Friday, May 18

10:30 Food for Others Service Project
 11:15 Coffee & Trivia
 3:00 Afternoon Matinee in Media Room
 3:30 Wine on Wheels

Saturday, May 19

10:30 Piano Music w/ Chris Hagan's Group
 11:00 Chair Exercise
 3:30 Word Game & Trivia

Sunday, May 20

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

May 14 - May 20, 2018

MONDAY, MAY 14

Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.
Printmaking, Art Center, 10:00 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
 Chair Yoga, Aerobics Room, 10:00 a.m.
Native American Regalia, Auditorium, 11:00 a.m.
 Memoirs, Smith Study, 11:00 a.m.
Ageless Grace \$\$, Aerobics Room, 11:15 a.m.
 Chair Fit, Fitness Center, 11:30 a.m.
Art Film- Artisans of Japan, Media Room, 1:00 p.m.
Scrabble, Game Room, 2:00 p.m.
 Yoga Length and Strength, Aerobics Room, 2:15 p.m.
Silver Panther Huddle, Auditorium, 4:30 p.m.
 Mexican Dominoes, Game Room, 7:00 p.m.
 Duplicate Bridge, Card Room, 7:00 p.m.

TUESDAY, MAY 15

Get Started, Fitness Center, 9:00 a.m.
Masters Fit, Aerobics Room, 9:00 a.m.
SAIL, Fitness Center 10:00 a.m.- **Must Register**
 Water Balance, Pool, 10:00 a.m.
Ceramics, Art Center, 10:00 a.m.
 Pilates Video, 10:00 a.m.
 Tai Chi, Aerobics Room, 11:30 a.m.
Shopping Shuttle, Departs at 11:30 a.m.
Printmaking, Art Center, 1:00 p.m.
 Knit for Kids, Art Center, 1:30 p.m.
 Line Dance Class, Aerobics Room, 2:00 p.m.
Matinee: Ingrid Bergman, Media Room, 2:00 p.m.
Caregivers Support, Group Room, 3:00 p.m.
 Wii Bowling, Aerobics Room, 3:00 p.m.
Newcomers et al., Formal Parlor, 4:00 p.m.
Encore Chorale Concert, Auditorium, 7:00 p.m.
 Poker Game, Game Room, 7:00 p.m.

WEDNESDAY, MAY 16

Total Body Express, Aerobics, 8:15 a.m.
 Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.- Video
Jewelry Making, Art Center, 10:00 a.m.
Finance Com., Staff Conference Room, 10:00 a.m.
 Holy Eucharist, Chapel, 10:00 a.m.
 H2O Fitness, Pool, 10:00 a.m.
 Contemplative Worship, Smith Study, 11:00 a.m.
Culinary Passport Trip Departs at 11:00 a.m.
Garden Party, Knoll Garden, 2:00 p.m.
 Perspectives on the News, Smith Study, 2:00 p.m.
Printmaking, Art Center, 1:00 p.m.
Goodwin Players, Board Room, 1:30 p.m.
Nordic Walking, 2:00 p.m.
Great Courses: National Parks, Med. Rm, 3:00 p.m.

THURSDAY, MAY 17

Get Started, Fitness Center, 9:00 a.m.
SAIL Class, Fitness Center, 10:00 a.m. - **Must Register**
 Pilates, Aerobics Room, 10:00 a.m. - Video
WhatNot Shop, DONATIONS, 10:00 -11:30 a.m..
 Chair Fit, Fitness Center, 11:30 a.m.
 Rosary Group, Chapel, 12:30 p.m.
Blind Gesture Drawing, Art Center, 1:00 p.m.
Charitable Gift Annuities Seminar,
 Formal Parlor, 1:30 p.m.
 Rummikub! Game Room, 1:30 p.m.
 Line Dance Class, Aerobics Room, 2:00 p.m.
Joy of Music, Media Room, 2:00 p.m. - **Cancelled**
 Wood Carving, Art Center, 2:00 p.m.
 Contemplative Worship, Chapel, 4:30 p.m.
NSO Trip Departs at 6:00 p.m.
 Scrabble, Top of the West, 7:00 p.m.
 Duplicate Bridge, Card Room, 7:00 p.m.

FRIDAY, MAY 18

Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.
Pastel Drawing, Art Center, 9:45 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
Ageless Grace \$\$, Aerobics Room, 10:00 a.m.
 Grief Support Group, Smith Study, 11:00 a.m.
Giant Shuttle, Departs at 11:30 a.m.
Movie Committee, Board Room, 2:30 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.
U.S. -China Relations Lecture, Auditorium, 7:30 p.m.

SATURDAY, MAY 19

Croquet, Front Yard, 11:00 a.m.
Ceramics, Art Center, 2:00 p.m.
Opera Afternoon, Media Room, 1:00 p.m.
 Rummikub! Game Room, 2:00 p.m.
Movie: Dave, Auditorium, 7:15 p.m.

SUNDAY, MAY 20

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.