

WEST WINDS

NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS

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

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The Red Hat is back to lead you to Fun and Bargains for the Holiday Season!

Save the Date for the Christmas Bazaar: Thursday, December 6

Watch for the chance to sign up to participate in Set up Wednesday, December 5, and Selling and Clean up Thursday, December 6!

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GOODWIN HOUSE
BAILEY'S CROSSROADS



ARLINGTON COMMUNITY
FEDERAL CREDIT UNION

We have great news! Arlington Community Federal Credit Union (ACFCU) has agreed to open a branch where Wells Fargo had operated. ACFCU provides a full array of financial products and services to meet your needs at every stage of life. Services that they provide include:

- Enrolling in the Mobile App and Online Banking
- Enrolling in e-Statements
- Transferring Money
- Activating your Visa® Debit Card
- Earning rewards for your Cash Back* or High Yield* Choice Checking Account

ACFCU's arrival will be toward the end of November. We will continue to offer transportation to Wells Fargo until ACFCU opens its branch at GHBC. More information will follow in the West Winds as we get closer to November. Meanwhile, for more information about this credit union, you may visit www.arlingtoncu.org.

Justin Carwile

BRAIN HEALTH

Goodwin House Incorporated (GHI) and Virginia Hospital Center (VHC) are partnering to present GHI Residents and Members with a special series of events that promote brain health. Starting this fall, we will offer lectures, fitness and art classes, healthy diet offerings and activities designed to keep you mentally sharp. Below, please find three lectures that will be presented by experts from VHC's Senior Health Department. We will share additional details about other Brain Health events that launch later in September. **Our first Brain Health lecture is Wednesday, September 19, at 1:30 p.m. at GHBC in the Auditorium – Boost Your Brain Power:** Learn brain basics and what changes you can make for successful aging and memory improvement. **Please let us know if you plan to attend this lecture. To join us, please call us at 703 824-1210 or email ghiwellness@goodwinhouse.org**

AROUND THE COMMUNITY

HOW DO WE SIGN UP? SKYLINE DRIVE TOUR

Several people have asked – how do I sign-up for the tour to Skyline Drive in October? Simple answer – if you want to view the fall colors, contact the Chair of Trips and Outings (Carolyn Buttolph, phone 703-842-3177, email ckbuttolph@aol.com).

Why not a usual sign-up sheet? Again, a simple answer – the lead time for hiring a motor coach or booking a cruise is considerably greater than the lead time for usual trips and outings. Also, the tour to Skyline Drive is a Family trip open to residents of GHA and to members of GHAH and the Priority Club. They can't access the GHBC sign-up book.

As you read this, be aware that we already have about 30 reservations. The motor coach can comfortably seat about 48. If you're interested in this trip, act now.

CASTING CALL - A CHRISTMAS CAROL

Casting Call for Residents and Staff: Goodwin Players are planning a new production of "A Christmas Carol," to be presented on Wednesday, December 19, in the Auditorium, and are looking for residents and staff to fill a large cast. Please join us in the Board Room at 2:00 p.m. on Tuesday, September 25. No previous acting experience is required. For more information, contact Jeanette Wurster at Ext. 3126 or jeanettewurster@gmail.com. Don't be shy! Come and try!

EMPLOYEE GIFT FUND (EGF)

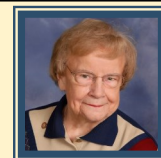
The videos introduce us to the loving staff who "help us thrive" here at Bailey's Crossroads and the many ways they do it!

Note 1: there are people on the video who have left GHBC since their picture was taken.
(Thank you Peg Bethany for the magnificent videos.)

Note 2: there are people on the video who do not get gifts from the EGF (like Linda and Justin). No one who is in Senior leadership is presented a gift.

Note 3: The gift fund honors servers, housekeepers, home care aides, and others. (The gift fund charter and rules are on the website)

COMMUNITY CORNER



Frequently hear comments: Gosh, I didn't know that! How can I find out what the GHBC committees are all about? I didn't know we had a book club. Sure wish I could get a copy of the menu for the day or for the week. People keep talking about trips of which I am not aware. I'm not a computer wiz, so how can I make a reservation for anything?...and on and on and on. Now let's get with it folks! If you want to know how to use the web site on your computer, call Claudia Blake, ex. 7485, and she will make arrangements for you to learn. It is there so that you can find all kinds of activity and resident information, and make reservations.

Moving on to other sources of information, how about the West Winds that appears in your box at the reception desk every Saturday? And the Minute-to-Minute publication provided by the GHBC Resident Council and edited by Judith Miller...this publication you received in your box last week and is full of dates and schedules needed to be brought to your attention. Some of these include: the opportunity to volunteer to work with school children available this fall; a long list of trips and outings coming-up; lecturers, speakers

and movie schedules; and extremely important information about the Goodwin House Foundation dedicated to providing funds to employees who need financial assistance to apply for citizenship.

Now, you see, it is up to you to read the material that is provided for your information. If you have trouble reading due to sight issues, as I do, there is a magnification piece of equipment in the Library that can be very helpful and it is available 24/7. Let's keep in the know!

Dottie Moser, Resident

UPCOMING EVENTS AND ACTIVITIES

WE'RE CELEBRATING! KNIT FOR KIDS

Knit for Kids has surpassed 2500 knit or crocheted sweaters. Everyone is invited to wander through the Atrium on **Tuesday, September 18, between 2:00 - 4:00 p.m.** to see a display of sweaters and have cookies and punch. Our sweaters go to needy children around the world through the international charity World Vision, which has projects in 96 countries, including the United States.

Knit for Kids is supported by a grant from the Quality of Life Fund of the Goodwin House Foundation.

MID-SUMMER RAFFLE GATHERING

The raffle has been a successful project for the last three summers. Proceeds are donated to the Fellowship Fund, which assists residents who find themselves short of financial resources. The raffle team has successfully increased donation amounts each year. A small band of dedicated volunteers has worked tirelessly to make this a success. More help is needed. If you would like to work on selling/developing basket ideas, or helping to identify donors, the Raffle Team would like your participation. Please join the Raffle gathering on Wednesday, September 26, at 2:00 p.m. in the Formal Parlor. There will be team members to talk to you about your interest and hear your ideas. We look forward to seeing you and appreciate your willingness to assist with this important project.

RESIDENT COUNCIL ELECTIONS

Over the next four months, residents will be encouraged to run for the Resident Council; candidates will be introduced to the Resident Community; voting will take place, and then the winner will be announced.

Candidates will run for the seven vacancies on the council. Winners will join the eight members remaining on the council.

Following is the election schedule:

September-October: Residents are encouraged to run for the council; candidates prepare biographies and have photos taken.

November 5: Candidates are introduced at the Resident Council Community Meeting. The next day, biographical sketches and photos are posted in the Rotunda.

December 3: Candidates make a 2-3 minute speech at the Resident Council Community Meeting.

December 6: Residents vote, and winners are announced at the end of the day.

BIRTHDAY CELEBRATION - ALL ARE WELCOME TO ATTEND

To celebrate Conrad Arnolt's 80th Birthday, Rosemary is inviting all of the GHBC Residents to two concerts in the Auditorium. The first one is Friday, September 21, from 7:30 - 9:00 p.m. and the second one is Sunday, September 23, from 4:00 - 5:30 p.m.

1. Friday, September 21, from 7:30 - 9:00 p.m. The Capital Focus Band, which consists of high school students from the Virginia, Maryland, DC area. They have performed at many venues, such as the White House and the Kennedy Center, as well as overseas. Three professional dance couples also will perform. The Dance Floor is for performers only.
2. Sunday, September 23, from 4:00 - 5:30 p.m. Sweet Yonder Bluegrass Group of four ladies will play and sing. If you like Hank Lewis' Jefferson Street Band, then you will love this group. The ladies also have an amusing repartee.

If you have visitors during the weekend, they are welcome to attend.



HIGHLIGHTS AND FILMS FOR THE WEEK

THE WHATNOT SHOP will be open on **Thursday, September 20, from 10:00 - 11:30 a.m.** to accept your generous donations. Please make sure everything is clean and in working order. Don't forget to ask for a receipt. Thank you for supporting the Goodwin House Foundation.

TED TALK SERIES

Sandrine Thuret - You Can Grow New Brain Cells, Friday, September 21, at 2:30 p.m. in the Media Room.

Can we, as adults, grow new neurons? Neuroscientist Sandrine Thuret says that we can, and she offers research and practical advice on how we can help our brains better perform neurogenesis—improving mood, increasing memory formation and preventing the decline associated with aging along the way.

Dr. Wendy Suzuki - The Brain Changing Benefits of Exercise- Friday, October 19, at 2:30 p.m. in the Media Room.

What's the most transformative thing that you can do for your brain today? Exercise! says neuroscientist Wendy Suzuki. Get inspired to go to the gym as Suzuki discusses the science of how working out boosts your mood and memory -- and protects your brain against neurodegenerative diseases like Alzheimer's.

Laura Carstensen - Older People Are Happier- Friday, November 19, at 2:30 p.m. in the Media Room.

In the 20th century we added an unprecedented number of years to our lifespans, but is the quality of life as good? Surprisingly, yes! Psychologist Laura Carstensen shows research that demonstrates that as people get older they become happier, more content, and have a more positive outlook on the world.

FILMS THIS WEEK

VETERANS MOVIE – THE BATTLE OF BRITAIN - September 15 is considered the 78th Anniversary of the Battle of Britain in which the Royal Air Force (RAF) halts the German attempt to destroy it in order to support a German invasion of Great Britain. See the heroic efforts of the RAF to turn back the German bombers. Also enjoy the outstanding performance of exiled Polish and Czech fighter pilots in helping the RAF effort. The Battle of Britain changed the course of World War II and enabled Britain to stay in the war and hold the line until the US joined a year later. **Monday, September 17, at 7:15 p.m. in the Auditorium. 1969, Not Rated, 132 minutes**

TUESDAY MOVIE – CHIMPANZEE - Spinning documentary footage into family-friendly fare, this DisneyNature film follows an orphaned chimp named Oscar on his quest to find a home. In the end, he finds a new family in the unlikeliest of places. **Tuesday, September 18, at 2:00 p.m. in the Media Room. 2012, Rated G, 1 hour 18 minutes**

WEDNESDAY GREAT COURSES - BEETHOVEN GREAT MASTERS: HIS LIFE & MUSIC - This course by Professor Robert Greenberg is a biographical and musical study of Beethoven. It puts the great musician's life in a social, political, and cultural context. This course includes excerpts from more than a dozen of Beethoven's works. Join us for this 6-week course on Beethoven as the first part of a trio of great historical composers. **Wednesday, September 19, at 3:00 p.m. in the Media Room. 1 hour**

SATURDAY EVENING MOVIE – LOVE, SIMON - Simon Spier keeps a huge secret from his family, his friends, and all of his classmates: he's gay. When that secret is threatened, Simon must face everyone and come to terms with his identity. **Saturday, September 22, 7:15 p.m. in the Auditorium. 2018, PG-13, 1 hour 50 minutes**

LET'S GET FIT TOGETHER

We are excited to have 35 GHBC Residents and two staff members participating in the 2018 Northern Virginia Senior Olympics. It will take place in various venues throughout the Northern Virginia area on Saturday, September 15 through Wednesday, September 26. GHBC Residents are participating in the following events: Track & Field, Bridge; Wii Bowling; Tennis; Swimming; Cycling; Mah Jongg; Croquet; Corn Hole Toss; Orienteering; Scrabble; RummiKub; Diving; Mexican Dominoes; Eight Ball Pool; and much more. **All events and GHBC participants are listed on the Bulletin Board in the Fitness Center.**



MONDAY, SEPTEMBER 17

Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.
 Chair Yoga, Aerobics Room, 10:00 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
 Brain Body Balance, Aerobics Room
 Chair Fitness, Fitness Center, 11:30 a.m.
 Yoga Length & Strength, Aerobics Room

TUESDAY, SEPTEMBER 18

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.
 Pilates Video, Aerobics Room, 10:00 a.m.
 Tai Chi, Aerobics Room, 11:00 a.m.
 Line Dance, Aerobics Room, 2:00 p.m.
 Wii Bowling, Aerobics Room, 3:00 p.m.

WEDNESDAY, SEPTEMBER 19

Total Body Express, Aerobics Room, 8:15 a.m.
 Total Body Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.
 Brain Body Balance, Aerobics Room, 10:00 a.m. \$\$\$
 H2O Fitness, Pool, 10:00 am
 Wii Bowling, Aerobics Room, 2:30 p.m.

THURSDAY, SEPTEMBER 20

Stretch and Flex, Aerobics Room, 8:15 a.m.
 Get Started, Fitness Center, 9:00 a.m.
 SAIL, Fitness Center, 10:00 a.m. **MUST REGISTER**
 Mexican Dominoes, NVSO, **MUST REGISTER**
Auditorium, 10:00 a.m.
 Pilates, Aerobics Room, 10:00 a.m.
 Chair Fit, Fitness Center, 11:30 a.m.
 PD Video, Aerobics Room, 12:30 p.m.
 Line Dance, Aerobics Room, 2:00 p.m.

FRIDAY, SEPTEMBER 21

Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
 Brain Body Balance, Aerobics Room, 10:00 a.m. \$\$\$

*Fitness isn't
 a seasonal
 hobby.
 Fitness is a
 lifestyle.*

PHL

FROM THE ART CENTER

Special Announcement: The current exhibition of the Metro-Washington Chapter of the Colored Pencil Society of America runs through November 4, 2018. The artist talk and reception takes place Sunday, September 23, at 2:00 – 4:00 p.m.

Monday, September 17

10:00 a.m. – Painting with Pastels – Using fine oil pastels and pastel paper, learn how to create lush works of art that are similar to paintings. Different techniques will be demonstrated for you to get started on your own unique work of art.

1:00 p.m. – Art Film – Velazquez – The Painter's Painter – Velazquez (1599-1660) was a Spanish painter who was the leading artist in the court of King Phillip IV and one of the most important painters of the Spanish Golden Age.



Tuesday, September 18

10:00 a.m. – Ceramics – Today hand build a clay pot, saucer, cup or plate from the variety of molds in the Art Center. In addition, collect some of the glazed ceramics fired in the kiln last week.

1:00 p.m. – Painting with Pastels – Continue to explore the rich textures and colors of the pastel medium.

Wednesday, September 19

10:00 a.m. – 2:00 p.m. Artisans Sale! – Come to the Atrium to see all the beautiful arts and crafts created by GHBC residents.

Thursday, September 20

1:00 p.m. – Drawing Cartoons and Caricatures – Part 2 - Continue to learn basic cartoon techniques and develop your own individual cartoon characters and stories.

2:00 p.m. Woodcarving – Master woodcarvers Joel and Mike are ready to teach you all there is to know about woodcarving. This class is open to beginners as well as advanced woodcarvers. Come by the Art Center and see some of the work on which the residents are currently working.

Friday, September 21

9:45 a.m. – Watercolor Painting – Work from a flower still life and other subject matters with watercolor paints and watercolor pencils! If you have never done watercolor before, come into the Art Center and learn basic techniques to get you started!

Saturday, September 22

10:00 a.m. – Ceramics - Instructor Ellen Smithey demonstrates clay building techniques and strategies for creating specific ceramic pieces.

ASSISTED LIVING PROGRAMS

Monday, September 17

- 10:45 Exercise with Joanne (CR)
- 11:15 Chaplain Visits (CRS)
- 1:30 Traveling Activity Cart: Headlines, Puzzles, Trivia
- 2:30 Birthday Party with Jeff Levin
- 3:30 Giant Crossword (HCC)
- 7:30 Arlington Concert Orchestra (AUD)

Tuesday, September 18

- 10:45 Exercise with Joanne (CR)
- 11:30 AL Resident Meeting with Ruth Reagan (CR)
- 1:30 Knit for Kids (Art Center)
- 2:00 Afternoon Netflix Movie (CR)
- 3:00 Coffee with Friends (CR)

Wednesday, September 19

- 10:45 Exercise with Joanne (CR)
- 11:15 Getting to know: Greta Christ
- 1:30 Brain Health Lecture (AUD)
- 2:00 Perspectives on the News (SS)
- 3:15 Court Case Discussion: You Be the Judge!
- 4:00 Music with Bob & Anne (CRS)

Thursday, September 20

- 8:30 Breakfast in the Bistro
- 10:45 Move to the Music with Leslie (CR)
- 2:00 Sonnets with Sharon
- 3:30 Refreshment Cart
- 4:45 Piano with Dot (CRS)

Friday, September 21

- 10:30 Service Project for Arlington Food Bank (HCC)
- 10:30 Piano with Michael Calhoun (CRS)
- 10:45 Move to the Music with Leslie (CR)
- 2:00 Scrabble (CRS)
- 3:00 Wine and Movie: *Secretariat* (CR)
- 6:00 Jefferson Street String Band (BC Lounge)

Saturday, September 22

- 11:00 Stay Busy Cart: Puzzles, Trivia, Crosswords, Art
- 1:00 Saturday at the Opera (MR)
- 2:00 Make Your Own Snacks
- 2:45 Stretch & Relaxation with Maria
- 3:00 Afternoon Movie (CRS)
- 7:15 Movie: *Love, Simon* (AUD)

Sunday, September 23

- 10:00 Catholic Communion (TOW)
- 10:30 Holy Eucharist (CH)
- 10:45 UUCA Fellowship (Board Room)
- 11:15 UUCA Service (Board Room)
- 1:15 Sunday Service (HCC)
- 2:00 -7:00 Friendly Visits with Drew

HEALTH CARE CENTER PROGRAMS

Monday, September 17

- 10:30 Bible Study
- 11:00 Stretch & Tone
- 11:30 Trivia of the Day
- 2:30 Resident's Choice
- 3:30 Giant Crossword Puzzles & Cappuccino

Tuesday, September 18

- 9:30 Morning Coffee & Chat
- 10:30 Newspaper Headlines Game!
- 11:00 Chair Fitness
- 11:30 HCC Resident Council Meeting
- 2:00 Hydration 1:1 Visits
- 3:30 Coffee w/ Friends
- 4:00 It's Jeopardy!

Wednesday, September 19

- 9:30 Coffee & Conversation
- 10:30 It's a Puzzle!
- 11:00 Chair Exercise
- 1:30 Brain Health Lecture (AUD)
- 2:00 Artisan Sale (Atrium)
- 3:30 Snacks & Chat
- 4:00 Art Gallery/Library Visits

Thursday, September 20

- 8:30 Breakfast in the Bistro
- 9:30 Coffee & Chat
- 10:30 What Am I?
- 11:15 Morning Hydrations
- 11:30 Random Fun Facts!
- 2:30 Walking Group
- 4:00 Sing -a- Long with Hank Lewis

Friday, September 21

- 10:30 Service Project for Arlington Food Bank
- 11:15 Coffee & Trivia
- 3:00 Afternoon Social
- 3:30 Wine on Wheels
- 4:00 Coffee Group in the Atrium

Saturday, September 22

- 10:30 - 11:30 Music Hour with Emily
- 11:30 Morning Hydration
- 3:30 Afternoon Meditation
- 4:00 Piano Music with Heather

Sunday, September 23

- 10:00 Joel Osteen Ch.5
- 10:30 - 11:30 Puzzles & Games, Daily Devotional Reading
- 1:15 HCC Sunday Service
- 3:30 News, Discussion & Coffee with Jean Goodson

September 17 - September 23

MONDAY, SEPTEMBER 17

Painting with Pastels, Art Center, 10:00 a.m.
 Council Business Mtg., TOW, 10:00 a.m.
 Memoirs, Smith Study, 11:00 a.m.
Art Film: *The Painter's Painter*, MR, 1:00 p.m.
 Technology Series, Board Room, 1:30 p.m.
 Scrabble, Game Room, 2:00 p.m.
 Movie Committee, Board Room, 2:30 p.m.
 Silver Panthers, Board Room, 4:30 p.m.
 Mexican Dominoes, Game Room, 7:00 p.m.
 Duplicate Bridge, Card Room, 7:00 p.m.
Veterans Movie, Auditorium, 7:15 p.m.

TUESDAY, SEPTEMBER 18

Ceramics, Art Center, 10:00 a.m.
Shopping Shuttle, Departs at 11:30 a.m.
Painting with Pastels, Art Center, 1:00 p.m.
Wells Fargo Shuttle, 1:30 - 4:30 p.m. **MUST SIGN UP**
 Knit for Kids, Art Center, 1:30 p.m.
Matinee: *Chimpanzee*, Media Room, 2:00 p.m.
Newcomers et al., Formal Parlor, 4:00 p.m.
 Poker Game, Game Room 7:00 p.m.

WEDNESDAY, SEPTEMBER 19

Holy Eucharist, Chapel, 10:00 a.m.
Artisans Sale, Rotunda, 10:00 a.m.
 Contemplative Worship, Smith Study, 11:00 a.m.
 Music Committee Meeting, Formal Parlor, 11:15 a.m.
Brain Health Lecture, Auditorium, 1:30 p.m.
 GH Players, Pointe Staff Conference Room, 1:30 p.m.
 Perspectives on the News, Smith Study, 2:00 p.m.
Great Courses, Media Room, 3:00 p.m.
Palestine Video and Talk, 7:00 p.m. **CANCELED**

THURSDAY, SEPTEMBER 20

Wells Fargo Shuttle, 9:00 a.m.- 12:00 p.m. **MUST SIGN UP**
WhatNot Shop, DONATIONS, 10:00 – 11:30 a.m.
 Rosary Group, Chapel, 12:30 p.m.
Drawing Cartoons, Art Center, 1:00 p.m.
 Rummikub! Game Room, 2:00 p.m.
 Wood Carving, Art Center, 2:00 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 21

Watercolor Painting, Art Center, 9:45 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.
Ted Talk - Brain Cells, Media Room, 2:30 p.m.
Happy Hour, BC Lounge, 4:00 -7:00 p.m.
Wells Fargo Shuttle, 1:30 - 4:30 p.m. **MUST SIGN UP**
 Poker Game, Game Room, 7:00 p.m.
 Mah Jongg, Card Room, 7:15 p.m.
Capital Focus Band, Auditorium, 7:30 p.m.

SATURDAY, SEPTEMBER 22

Ceramics, Art Center, 10:00 a.m.
Croquet, Front Yard, 10:00 a.m.
Opera Afternoon: Media Room, 1:00 p.m.
 Rummikub! Game Room, 2:00 p.m.
Movie: *Love, Simon*, Auditorium, 7:30 p.m.

SUNDAY, SEPTEMBER 23

Catholic Communion Service, TOW, 10:00 a.m.
 Community Coffee Hour, Formal Parlor, 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.
 Bridge Lesson, Card Room, 2:00 p.m.
Sweet Yonder Bluegrass Group, Auditorium 4:00 p.m.
Compline Service, Chapel, 7:30 p.m.

**Check out the Let's Get Fit Together on
 Page 5 for all the Fitness Center Activities**



The deadline for the next issue of West Winds is
Tuesday, September 18.
 Submit all articles by
 12:00 noon via email at
westwinds@goodwinhouse.org