

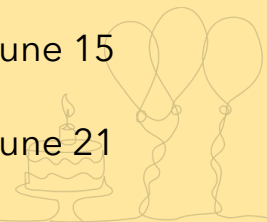
The View Alexandria Newsletter

June 2023 | Issue 1 of 2

Happy Birthday!

We wish everyone who celebrates a birthday in June a very Happy Birthday!

Marvin Ribyat	June 6
John Mihos	June 15
Bevra Krattenmaker	June 21
Daniel Krinsley	June 22
Joseph Marsden	June 23
Pyra Shapero	June 25



Recognizing June

Gay Pride Month

Alzheimer's & Brain Awareness Month

June 2: National Donut Day

June 5: World Environment Day

June 6: D-Day

June 11: National Children's Day

June 14: Flag Day

COVID-19 Booster

June 22, 9:00 a.m.–3:00 p.m.

The CDC recently approved a second dose of the updated bivalent vaccine from Pfizer-BioNTech or Moderna for those who are 65+ or who are moderately or severely immunocompromised.

We are partnering once again with Van Dorn Pharmacy to offer the booster dose to any residents or qualifying team members who wish to receive it.

The vaccine clinic will be held on June 22. We will invite residents floor by floor starting on the 6th floor to attend the clinic on the floor's lounge.

We will begin around 9:00 am and finish in the afternoon. If you are not in your apartment when we come by, you can call the Nurse Supervisor to arrange an appointment time.



Campus News

New Electronic Health Record & Billing System

In June, The View Alexandria will convert to Goodwin Living's electronic health record & billing system. Residents' health records are only accessible by those who are a part of The View Alexandria's care team.

Resident monthly bills will be in a different format. We encourage residents and resident representatives to ensure the bill is accurate in June.

Rise Against Hunger

The View Alexandria's Helping Hands Committee is pleased to offer our residents the opportunity to participate in the 2023 Together We Rise Against Hunger Meal Packing Project. Organized by a multifaith group including Christ Church, Church of Jesus Christ of Latter-Day Saints, St. Bernadette Catholic Church and School, Temple B'nai Shalom, Rumi Forum, and American Turkish Friendship Association, they intend to pack over 100,000 meals for in just 4 days.

Residents of The View will have two different opportunities to volunteer:

Applying Labels to the Food Bags
Friday, June 2nd 3:00 pm in the Auditorium

Residents, family and team members are invited to join us in the auditorium to apply labels to the empty bags that will be filled during the 4-day packing event. Most volunteers will be seated, though some be needed to walk back and forth resupplying volunteers who are applying the labels to the meal bags.

Meal Packing Saturday, June 10th
9:00 am bus leaves from lobby & returns by 1:00 pm

We have 10 slots available for volunteers interesting in filling the meal bags at Christ Church in Fairfax Station, VA (approximately 30 minutes away by bus). The instructions state that volunteers for Meal Packing "must feel safe and comfortable wearing gloves and hair covering while working together in one room, either standing or seated." Because space is limited and we are going by bus, there will be a sign-up sheet by the registration desk.



Campus News

Marketing Events

We hosted two Marketing Events in May resulting in over 70 individuals touring the campus. We have another marketing event this month:

- ◆ Friday, June 9, 1:00–3:00 p.m.:
Goodwin Living at Home Member Tours

We will also be hosting events open to the public this month.

Alexandria West Planning Community Meeting

June 5, 7:00–9:00 p.m. in Auditorium

The Alexandria West planning process is intended to create an updated community vision for the future that proactively plans for change and prepares for challenges and opportunities in the years to come.

The next public meeting in the Alexandria West planning process will be held the evening of June 28. The public will have the ability to participate both in-person and virtually.

Questions regarding the Alexandria West planning process may be directed to Neighborhood Planning Principal Planner Richard Lawrence at Richard.lawrence@alexandriava.gov or 703-746-3849.

Prevention of Blindness Society: “Being the Light” Presentation

The presentation will be held at The View Alexandria on Saturday, June 10th from 12 noon-2:30 pm. Though the general public is purchasing tickets to cover the cost of a boxed lunch, residents are invited to attend for free if they opt to forego the boxed lunch and attend after eating in the main dining room. The panel discussion is scheduled to start at about 12:30 pm.

The panel discussion will be moderated by Suleiman Alibhai, O.D. who is a low vision specialist. This Prevention of Blindness Society special event will give friends and family a unique opportunity to learn about low vision and its varying challenges.

The keynote address is titled “The Invisible Disability.”

The Panel discussion will focus on:

- Everyday Living Tips
- Evolution of Technology in the Field

Vendor Aid and Device Demonstrations to follow!



**Prevention of
Blindness Society**
of Metropolitan Washington®

Gay Pride Month

June is Gay Pride month. It is dedicated to the celebration and commemoration of lesbian, gay, bisexual and transgender (LGBT) pride and observed throughout much of the Western world. Pride Month both honors the movement for LGBT rights and celebrates LGBT culture. The View Alexandria will be recognizing Pride month in the following ways:

Breeze Time with Resident Judith Knee

June 5, 3:30 - 4:30 pm in Auditorium

Presenter: Judith Knee will discuss the history of Pride Month, how it is celebrated throughout the United States and other information regarding the gay rights movement.

Movies that deal with the issues of faced by the LGBT community in society

Milk, 2008 movie about the life and assassination of Harvey Milk, the first openly gay public official in California

- Starring Sean Penn and written by Dustin Lance Black; each won an Oscar, Penn for Best Actor, Black for Best Original Screenplay

Philadelphia, 1993 movie starring Tom Hanks as Andrew Beckett, a gay man, and Denzel Washington, as his lawyer

Lawyer helps Beckett sue his employer for firing him upon discovering he has AIDS. Hanks won the Oscar for Best Actor.

Updates From Medical Records

Upcoming specialists' dates:

- ◆ OnSite Dermatology - Tues. June 6
- ◆ Spa Creek Dental - Tuesday June 13
- ◆ Hearing Doctors - Tuesday June 20
- ◆ Progressive Feet Podiatry - Thursday June 1, Saturday June 3, and Monday June 5 (for HCC residents).

Beware of Scammers

Residents have reported multiple recent phone calls from a scammer asking to speak with "Grandma." A resident shared "at first thought it seemed legitimate, then I quickly realized it was a scam." This person also called the reception desk. Please be cautious in sharing any personal or financial information over the phone.

Newsletter Editor

The Newsletter will be edited by Administration for the next few months. Please send articles or suggestions to Josh Bagley at JBagley@goodwinliving.org or by calling 703-797-3810.

Summer Interns

Two Master of Health Administration students will be working and living at The View Alexandria during the summer months. Please welcome Sontaey Jones and Leeanna Treadwell when you see them around campus.

Campus Improvements

We are excited to announce that later this summer we will begin a renovation of the common areas on the second floor of the main building. This will include new carpet and paint. Additional details will be discussed at Town Hall and with residents living on the second floor.



New Showing at the Art Gallery!

Friday, June 9th 3:00 p.m. G Level Hallway Near Art Center

Come to the Opening of the showing of the photographic works of our own Donna McGrath, Coordinator of Medical Records for nine years. In that role most of you experienced having your picture taken by her, as photos are required to be included in your electronic medical record. But Donna's love of photography started long before her career in Medical Records.

"My love of photography started in 7th grade when I joined the yearbook staff. From an old Polaroid 'Swinger' through 35mm to digitals -- it just keeps growing." Donna enjoys photographing a large variety of subjects, but her favorites are usually natural -- trees, flowers, animals, shadows, and hands. "Hands speak to me. Hands speak to me of life, love and connection."

Donna will be retiring from The View in late June. She and her husband, who is also retiring this year, have wonderful plans for their future. We wish them all the best. We are extremely grateful that as her parting gift to us she is sharing more than 20 of her favorite photos, several of which are of hands. Come and celebrate with Donna at the first-ever public showing of her photographic art!



[Visit the Gallery on the Garden Level](#)



From the Chaplain

The View Alexandria Worship Services

Non-Denominational Worship Service

Every Sunday join Kathy Howell at 11 a.m. for non-denominational worship in the Auditorium.

Catholic Mass Blessed Sacrament Service

Every Wednesday at 10:30 a.m. join Blessed Sacrament for their church service in the Auditorium.

Monthly Sabbath Service

A Jewish Sabbath service will be held on the 1st Friday of every month at 3:15 p.m. in the Private Dining Room, hosted by Gideon.

Other Spiritual Activities

Kathy's Bible Study

Every Tuesday at 11:00 a.m. in the Private Dining Room.

No preparation needed, you are welcome to just drop in as we study and discuss the Bible.

Bible Reflections with Chris Crosby

Join Chris Crosby for Bible Reflections on Wednesdays at 11 a.m. in the Private Dining Room.



Events, Activities & Resident Groups

Breeze Time w/ Norma-Jean Lawton

Monday, June 12, at 3:30 p.m.
Auditorium

During this breeze, Norma Jean will be talking about future courses for the Great Courses program that occur on Fridays and Saturdays. Please note that our current courses will end soon. We will start new courses the week of the 12th!

Resident Ambassadors

Monday, June 19, at 11:00 a.m.
Private Dining Room

Thank you to the many resident ambassadors who volunteered.

Resident Ambassadors are invited to meet with the management team to help us prepare to welcome about 10 new residents in June.

Welcome Social

Tuesday, June 13, at 3:30 p.m.
The Vista

All residents are invited to join welcoming some of our newest residents to the community. Refreshments will be included.

Sentimental Journey Singers

Every Monday starting June 10 from 1:30–3:00 p.m. in Auditorium

Sentimental Journey Singers will be starting a choral group at The View in January by Encore, a non-profit organization promoting “Creativity for Older Adults”. There will be 10 sessions.

Sentimental Journey Singers is designed to include individuals with early to mid-stage cognitive change who are paired with a partner. The partner is often a family member, care giver or in our case at The View, a volunteer from one of the Goodwin House Encore Choirs. Participants and partners learn vocal techniques and three-part harmony, while singing familiar songs and new pieces in a social group setting under the leadership of a professional conductor. At the end of each semester, a concert is held, and once a year all the Encore choirs come together and perform at the Kennedy Center. No auditions are necessary.

Shopping Trips

Shopping trips will be available for residents to go shopping at local grocery stores.

Please note that the two-hour time frame window for shopping includes grace period for pickup time, shopping time, and return time. Therefore, actual shopping in the store will last for a little over an hour.

10:00 a.m. -12:00 p. m.

The grocery shuttle service for grocery stores below is a \$2 round-trip fee, and the fee will go to your bill. Sign up is at the Reception Desk. There are 4 open slots plus wait list.

- Every Tuesday: Giant
- 1st Friday of the month: Harris Teeter (starting in May)
- 3rd Friday of every month: Bradlee Shopping Center (Stores include Alexandria Pastry Shop, Batteries Plus (great place to get hearing aid or watch batteries), Fresh Market Grocery Store, Hair Cuttery, Hallmark, Michael's arts and crafts store, United States Postal Service, Starbucks, Truist Bank, Walgreens and more! Please wait in front of The Fresh Market after you are done shopping to be picked up by the shuttle.

9:30 a. m. -12:00 p. m.

- 2nd Friday of the month: Target (Bus ride from TVA to Target will depart at 9:30am due to vehicle being shared with GHA). Sign up is at the Reception Desk. There are 8 open slots plus wait list. No round-trip fee for Target trip due to using in-house vehicle.

Magic Shows

Our resident Magician John Phillips invites you to take a journey through his childhood through magic. You will be intrigued, surprised and delighted as you journey with him in a magical experience with cups, balls, dice, marbles, lights and marbles. It's hands on as you help through the illusions and fun.

Magic shows will be in the back of the library at scheduled times. See the front desk for sign up sheets. The sign up sheets will be for multiple shows at different dates and times. If you don't see a date & time that suits you, make a note at the bottom of the sign up form with suggested dates & times. See John Phillips with questions, or comments.

Pencils with Pyra

Thursdays at 3:00 p.m.

Art Center

Come join resident and talented artist Pyra Shapero. During this weekly class session, Pyra teaches us the different ways and styles we can be a better artist using pencils!

Knitting for a Cause

Thursdays at 4:00 p.m.

Private Dining Room

Do you knit or crochet, or would you like to learn to help a good cause? A group has been formed that gathers regularly to knit or crochet items for charity while enjoying the company of each other.

June Movies in the Auditorium

Saturday, June 3rd 1:30 p.m.

Devotion

Jonathan Majors (Creed III) and Glen Powell (Top Gun: Maverick) star in the epic and inspirational true story of two elite US fighter pilots during the Korean War. Their heroic sacrifices would ultimately make them the Navy's most celebrated wingmen. Action-Drama-Military

2 h 19 min-2022 -PG-13-

Wednesday, June 7th 2:00 p.m.

The Longest Day

Allied forces prepare for a massive D-Day assault upon the beaches of Normandy during World War II. Drama-Historical.

2 h 58 min-1962-

Wednesday, June 14th 3:00 p.m.

The Color Purple

Based on Alice Walker's Pulitzer Prize-winning novel, The Color Purple is a richly textured, powerful film set in America's rural south. Drama.

2 h 33 min-1986-X-Ray-PG-13



Saturday, June 17th- 1:30 p.m.

Life With Father - 1947 Color (Digitally Remastered Version) New York in 1883 is the setting for this classic family movie. Clarence Day (William Powell) a stockbroker attempts to run his household with the meticulous efficiency of his office. Comedy.

1 h 53 min-1947-13+

Saturday, June 24th- 1:30 p.m.

Harriet

The extraordinary story of abolitionist Harriet Tubman is chronicled in this "powerful" (New York Times) drama starring Cynthia Erivo. Historical-Action.

2 h 5 min-2019 18+

Wednesday, June 28th 2:00 p.m.

Milk

The story of Harvey Milk, an American gay activist who fought for equal rights and became California's first openly gay elected official. Winner of two Oscars, including Best Actor (Sean Penn). Drama-Historical.

2 h 8 min-2009 R

Meet the Team

Mave Milligan, Move-In Coordinator

Mave Milligan has recently joined The View Alexandria as our new Move-In Coordinator. Mave has transitioned to our community after serving two years as a Sales Counselor at Goodwin House Alexandria and Goodwin House Bailey's Crossroads. She brings a strong background in senior living specializing in helping seniors and their families navigate a move to a new community. She also was a home stager which will help showcase apartments at our community.



She is originally from Buffalo, New York and relocated to Virginia two years ago to enjoy much less snow. "I am excited to help the Sales Department at The View warmly welcome more residents and make their move-in experience a positive one. I also look forward to getting to know current residents and help The View Alexandria blossom."

Ynes Fondeur

Ynes comes with over 15 years of experience in the hotel and hospitality field. Her previous role was at Cornell Medical center and she's excited to share her passion for care with our residents. In her spare time she enjoys yoga and dancing.

Final Reminders

Communal Newspapers

Please do not take same day newspapers or take out newspaper articles from the newspaper table until after 6:00 p.m. to allow others a chance to read the daily news as well. This is a shared space with shared reading materials available for all. There are only 5 daily Washington Post newspapers for all residents. No food or drink is permitted in the main library and the newspaper table.

No Smoking on Campus Grounds

The View Alexandria is a non-smoking campus. Any employee, guest, and resident smoking must take place off the property.



Budget for Fiscal Year 2024

Department Leaders are budgeting for The View Alexandria's next fiscal year. Do you have a suggestion for a change or addition to the budget? Please let us know.

Masks Update

Face masks for visitors, vendors, guests, team members, and residents are no longer required on campus.

COVID-19 Case Count:

Team Members: 0

Residents: 0

The Lemon Tree

Retail/Sundry Shop is opening later in June. More details to come in next Newsletter issue.

Questions or Comments?

This update is prepared by Josh Bagley. Have any questions or comments?

Please email at

JBagley@GoodwinLiving.org