

# The View Alexandria Newsletter

August 2023 | Issue 1 of 2

## Happy Birthday!

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

Mary Jane Alexander	Aug 03
Harlow Bickford	Aug 04
Sunny Haggard	Aug 08
Floral Fergus	Aug 10
Barbara Turner	Aug 10
Wilburn Jones	Aug 12
James Sherwood	Aug 13



## Recognizing August

National Immunization Awareness Month

August 4: National Chocolate Chip Cookie Day

August 7: National Friendship Day & National Root Beer Float Day

August 8: International Cat Day

August 11: National Panini Day

August 15: Indian Independence Day

## 1 Year Anniversary as The View Alexandria by Goodwin Living & National Night Out Against Crime Combination Celebration!

Tuesday, August 1, 2023 4:30-6:00 pm  
Breezeway

These two important events fall so close together this year we decided to combine the celebration!

Invite your friends and family to join us for an evening meal on the Breezeway, with live music and enjoy a glass of champagne to toast the one-year anniversary of when our community became The View Alexandria and a member of the Goodwin Living Family.



The Night Out Against Crime has been an annual tradition here for many years. We join with our neighbors and local police to gather outdoors, to promote safety and to take a stand against crime. Representatives from the police and fire department will also be here to talk about the work they do and answer questions. They will also display some of their equipment. Tours of fire trucks are always popular for children. We look forward to seeing you!

# Campus News–Dining Services

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## Lemon Tree

The Lemon Tree, on the (G) level has reopened across from the Art Center. Servicing as a small convenience store, it will stock snacks, candy, personal hygiene items, and stationary items. All items purchased from the store will be charged to your bill. We are not accepting any cash at this time. If you have any questions, please contact the dining services leadership.

### Hours of operation

Mondays: 10am-12pm

Wednesdays & Fridays: 2pm- 4pm

## Dining Services Calendar Highlights

In an effort to enhance your dining experience , Dining Services will be implementing our monthly Dining calendar highlighting treats and specialty menus.

Important dates can be found below:

August 04: National Chocolate Chip Cookie Day (lunch & dinner)

August 07: National Root Beer Float Day (lunch & dinner)

August 11: National Panini Day (lunch special)

August 17: Caribbean Day (specialty lunch menu)

## Dining Services Menu

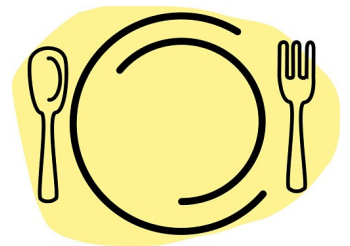
Coming Soon!

New weekly menu format utilizing a single page document consolidating weekly soups, specials, desserts and entrees. In addition, there will be two new sections entitled “Diabetic Corner” and “Vegetarian Corner” identifying menu items that are available weekly that are diabetic friendly as well as vegetarian friendly.

## Newcomers

### Table

In conjunction with the Dining services resident committee, a table will be designated in the dining room for new residents to meet and greet new residents. The table will be called the “Newcomers” table and will have a resident at the table to interact with new residents, share experiences, and help answer any questions.



# Campus News

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## Floor by Floor Socials with Executive Director

Come meet with Josh to socialize and discuss life at The View Alexandria. All meetings take place at 4:00 pm.

- Tuesday, August 8: 1<sup>st</sup> Floor & G Level: Recreation Room
- Wednesday, Sunday, August 9: 3<sup>rd</sup> Floor Lounge
- Thursday, August 10: 4<sup>th</sup> Floor Lounge
- Friday, August 11: 5<sup>th</sup> Floor Lounge
- Tuesday, August 15: 6<sup>th</sup> Floor Lounge
- Thursday, August 17: 2<sup>nd</sup> Floor Even Solarium

## 2<sup>nd</sup> Floor Renovation Schedule

See July 28 memo for additional details.

- Phase 1: Even Side Solarium to Laundry Room: July 31 - August 4
- Phase 2: Elevator Lobbies, Kitchen & Lounge: August 7 - August 11
- Phase 3: Odd Side Elevator Lobby to Solarium: August 14 - August 18

## What is a Qualified Charitable Distribution?

A qualified charitable distribution (QCD) is a distribution of funds from your IRA directly to a qualified charitable organization. Because the gift goes directly to charity without passing through your hands, the dollar amount of the gift may be excluded from your taxable income. QCDs can be used to manage your required minimum distributions from an IRA.

Please note that because Goodwin Living Foundation's IRS tax-exempt status is that of a "supporting organization," the Goodwin Living Foundation cannot directly accept a QCD gift.

**HOWEVER, if you wish to make a QCD donation, QCDs need to be made payable to "Goodwin Living," which is itself a qualified charitable organization**

**(Tax ID #: 540623670).** These gifts will ultimately be allocated to support the Goodwin Living Foundation.

Please contact your tax advisor for more about charitable giving.

# Campus News

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## Updates From Nursing

### Caring for Your Alert Pendant

Do you have an Alert Pendant? Alert Pendants are worn around the neck and are used to call for help quickly after a fall, injury, or sudden onset of acute illness. If you happen to have one, these are some important tips to remember to prevent destruction or loss.



- Avoid saturating the pendant in water.
- If the chain is broken it can be replaced for free by contacting the concierge at the receptionist desk.
- The pendant does not work outside of the community, so we recommend you leaving it in your apartment when anticipating long departures (vacation or hospitalization)

Alert pendants are obtained by paying the cost of the pendant as a security deposit. Please note, when an alert pendant is damaged or lost, your security deposit is used to replace it.

## Updates From Medical Records

Upcoming specialists' dates:

- ♦ OnSite Dermatology– Tuesday, August 1st. There are flyers at the desk to reserve your appointment or for new enrollment.
- ♦ Progressive Feet Podiatry - Friday, August 4th and 11th for IL/AL residents and Thursday, August 17th for HCC residents.
- ♦ Spa Creek Dental– Tuesday, August 22nd. There are flyers at the desk to reserve your appointment or for new enrollment.
- ♦ Hearing Doctors - to be determined

If you have any questions please call 703-797-3845. Note, some of these specialists must have advance clearance for you, so lead time is necessary.



As a reminder, our medical supplies will gradually change which means charges will also change. Our goal is to provide you with the best quality!

# Events, Activities & Resident Groups

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## Breeze Time

Mondays at 3:30 pm  
Auditorium

Father Paul	August 7
Chris Smeallie	August 14
LSVT LOUD Presentation (refer to article on page 8) with Lia Poynor,	August 21
Genealogy Presentation with Jeff Flannery, Alexandria Library	August 28

## Technology Support Help Clinic

Tuesdays, August 1 and August 8 at  
4:00-5:00 pm, Private Dining Room

Help will be available to assist you with setting up emails, FaceTime, and other issues with technology. No appointment necessary. The View Alexandria Interns, Sontae Jones & Leeanna Treadwell.

## Poetry Society

August 17th at 2:00 pm  
Private Dining Room

A new poetry lovers group is coming! With the passing of Rose Hall, the poetry sharing group almost disappeared. When you read the first edition of our journal, Our View, you'll see that we not only have talented writers but a "society of poets" too. Let's plan for poetry sharing, studying poets' lives and their work, and time for our new poets' writing and sharing their works. - Norma Jean Lawton

## Town Hall Meeting

Wednesday, August 16th at 3:00 pm  
Auditorium

Please join us for our monthly Town Hall meeting and stay informed and updated with what's new at The View Alexandria. All residents are invited to Town Hall to hear the latest updates and announcements from the management team.

## Welcome Social

Tuesday, August 8, at 3:30 pm

The Vista

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

## Scenic Ride

Wednesday, August 2, at 2:00 pm

This month scenic ride/sightseeing will be at the National Harbor Waterfront. If you would like your name to be included, please sign up at the reception desk.

## Activities Committee

Tuesday, August 15, at 3:30 pm

Private Dining Room

Join the Life Enrichment Team for the monthly Activities Committee Meeting. New ideas are welcome!

## Birthday Luncheon

Wednesday, August 23, at 12:00 PM

Main Dining Room

Everyone with a birthday in August will be recognized and get to sit at the birthday table where there will be a large birthday cake.

## Wayfarer's Walk Trip

Friday, August 25

Bus departs lobby at 10:45 am

(17-minute bus ride to Bon Air Rose Garden Park)

The bus will take our group to Bon Air Park which features a beautiful memorial rose garden that features more than 120 different varieties of roses and is often a chosen location for weddings. The Arlington Rose Foundation serves as partner to advise and to help promote planting. Enjoy the azaleas, shade, sun and ornamental tree gardens. It also includes playgrounds, picnic areas with charcoal grills and a path. Please sign up at the Reception Desk.

## Great Courses in August

Big Bang and Beyond

Fridays at 1:30 pm

During the first 2 weeks of August we will finish up "Mind Blowing Science" lectures. We'll start new courses after we've looked over the surveys that will be attached at the end of this newsletter. Watch the daily bulletins for announcements about titles on Fridays at 1:30 pm and Saturdays at 3:30 pm.

# Heart & Soles: Indoor Walking with Lia!

Tuesdays 1:15-1:45 pm

Auditorium

Walk rain or shine. Enjoy the company of others and walk to energizing music! Join the indoor walking group headed up by Lia Poynor, TVA Therapy Manager. All are welcome, regardless of your level of activity. Join us in your wheelchair if you like. Just get active and have fun!



## Step into Summer with the Proper Fitting Shoes

It's summer time! Time to get the right shoes for walking, running, or exercising outside! It is important to get the right type of shoe so that your joints are aligned to prevent injury. A shoe expert, physical therapist, or podiatrist can help determine the type of shoes that you need. It is equally important to get the right size shoe. If the shoe is too small, you are susceptible to poor circulation, neuromas, or general foot pain. If the shoe is too big, you are more susceptible to blisters and falls. There are different types of shoes, the most common are stability and neutral shoes. Stability shoes help with pronation, where the ankles roll inwards. This is typical with flat feet. These shoes maintain alignment by having firmer cushioning, increasing support, and

limiting angle motion. Neutral shoes have no technology in the shoe that controls ankle motion. The foot is allowed to do what it would naturally do. If your ankles roll outwards, that is called supination. You would get neutral shoes if you supinate.

### Rule of thumb - Shoe Sizes

The length of your shoe should be a thumb's width from the front of your longest toe to the front of the shoe. When checking the width of your shoes, the width of the laces should be less than three fingers wide. It's okay if your foot slightly goes over the inside edge of the shoe.

Ryan Hamacher, Specialist Physical Therapist

## LSVT LOUD

LSVT LOUD is a speech program that was designed for individuals with Parkinson's who are having trouble communicating due to changes in speech, volume and inflection. LSVT Loud is an evidenced based speech treatment designed to train and improve the loudness level of a person's speaking voice, improve articulation, and increase the ability to be understood by others when speaking in a variety of settings. LSVT Loud is administered by a speech-language pathologist who is certified and trained to deliver this intensive one-on-one program. The program focuses on a specific training model as well as creating personal goals and assignments to meet the communication needs of the individual. Individuals with Parkinson's experience a variety of symptoms.

If your communication is being affected reach out to your rehab team at The View Alexandria to explore your options for speech therapy. You can also find more information at

[www.lsvtglobal.com/LSVTLOUD](http://www.lsvtglobal.com/LSVTLOUD).

-Allison Jarboe, SLP (LSVT LOUD Certified)



## StrongerMemory Program

Thursdays at 3:00 pm

Private Dining Room

StrongerMemory by Goodwin Living provides a curriculum designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. The program encourages participants to spend just 20 to 30 minutes a day reading aloud, writing or journaling and quickly completing simple math problems. Through consistent use of StrongerMemory exercises, CEO Rob Liebreich's mother and others have noticed improvement in their ability to focus, find misplaced items and remember conversations. We are actively looking for new participants to join our StrongerMemory program. If you're interested in learning more, please feel free to attend one of our weekly sessions. Please contact Ellie Pettoni, Brain Health Coordinator, at [epettoni@goodwinhouse.org](mailto:epettoni@goodwinhouse.org) or 703-578-7431 with any questions.



## Sentimental Journey Singers

Mondays at 1:30–3:00 pm

Auditorium

Sentimental Journey Singers are the choral group at The View 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, caregiver 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. It is not too late to join.

## Pencils with Pyra

Thursdays at 3:00 pm

Art Center

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

## Knitting for a Cause

Thursdays at 4:00 pm

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.

## Lunch Bunch

Wednesday, August 16

The bus departs from lobby at 11:15 am

This time our group will be going to [Tokyo Japanese Steakhouse Restaurant](#). Want to try something new and different for lunch? Come join the Lunch Bunch Group by signing up at the Reception Desk! The meal fee will be charged to your monthly statement.

## 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 am -12:00 pm

The grocery shuttle service for grocery stores below is a \$2 round-trip fee, and the fee will go on 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
- 3<sup>rd</sup> 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.

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9:30 am -12:00 pm

- 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. There is no round-trip fee for Target trip.

## Ice Cream Social

Wednesday, August 2nd at 3:00 pm

Auditorium

Enjoy this classic summer pastime with your friends and neighbors. Come and enjoy the ice cream, the conversation and the fun!



## Clinical Pastoral Education Graduation

Friday, August 11th 2:00-4:00 pm

Goodwin House Bailey's Crossroads Chapel

You are invited to the graduation of Jamie Poulton and Kirstin Apker, our two chaplain interns. They have been in ministry among our community all summer. They have given much and learned much. If you would like to attend their graduation a bus will be available from Goodwin House Alexandria. A sign-up sheet is available at the main desk.

## Chief Brian Patterson- A Trip to Scotland

Friday, August 11 at 3 pm

The Vista

Chief Brian Patterson will share highlights from his recent vacation in Scotland and food from the land of highlands, tartans, bagpipes and so much more!

# From the Chaplain

## The View Alexandria Worship Services

### **Non-Denominational Christian Worship Service**

Every Sunday at 11:00 am

Auditorium

Join Kathy Howell for non-denominational worship.

### **Catholic Mass Blessed Sacrament Service**

Every Wednesday at 10:30 am

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 pm in the Private Dining Room, hosted by Gideon.

## **Other Spiritual Activities**

### **Bible Study with Resident Father Paul**

Every Tuesday at 11:00 am

Private Dining Room

Our new resident, Father Paul, will be leading a small group Bible Study and will be discussing the Book of Revelation. No preparation is needed to attend.

### **Bible Reflections with Chris Crosby**

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



# August Movies in the Auditorium

## Saturday, August 5th

### Chicago-OSCAR® 6X winner (2002)

Time: 1 hour, 40 minutes | Rating R

Catherine Zeta-Jones and Renee Zellweger light up the screen as spotlight-starved murderesses in this Oscar winning musical.

Director: Rob Marshall

## Wednesday, August 9th

### Flight of The Phoenix (1965)

Time: 2 hours, 21 minutes | Rating PG

A group of plane crash survivors stranded in the desert with no hope of rescue build a new plane out of parts from their old one in hopes of flying back to civilization

Director: Robert Aldrich

## Saturday, August 12th

### 84 Charing Cross Road (1987)

Time: 1 hour, 39 minutes | Rating PG

New Yorker Helene Hanff corresponds with London bookseller Frank Doel and his colleagues from 1949 until 1969.

Director: David Jones Hughes

## Saturday, August 19th

### Summer of '42

Time: 1 hour, 43 minutes | Rating PG

For three teenage boys spending a lonely summer on the beach in New England, it was the summer they learned about life, the summer they became men, the Summer of '42

Director: Robert Mulligan and Richard Mulligan

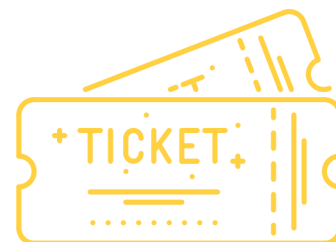
## Wednesday, August 23rd

### Bridge of Spies (2015)

Time: 2 hours, 21 minutes | Rating PG13

James Donovan, a Brooklyn lawyer, is thrust into the center of the Cold War when the CIA sends him on a near impossible mission to negotiate the release of a captured American pilot.

Director: Steven Spielberg



# Town Hall Summary

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## **New Residents**

We would like to extend a warm welcome to all new Residents who moved in this month: Terry Dean, Mina Groman, Adele Crump, Steve Ridenhour, and Rita Jensen.

## **New Team Members**

We would like to extend a warm welcome to all new Team Members who started working this month: Tammy Wimbish, Assistant Director of Nursing; Hanna Pope, Medication Aide; Sara King, Human Resources; Mederlin Nunez, Environmental Services; Violet Browne, Care Partner; Haregewoine Endale, Care Partner; Nester Ayeliwu, Care Partner; Maxlenous Fobusi, Care Partner; Teferra Abreham, Nurse.

## **Announcements**

- ◆ Dining Services Manager accepted a job offer and will begin in August.
- ◆ Resident Business Corner across from The Lemon Tree has been updated with local free resources for older adults and a communication bulletin board available for residents to use.
- ◆ 2nd Floor Renovation of Main Building will begin July 31.
- ◆ Congrats to Chris Smith, winner of joint resident/team member pool tournament.

## **Goodwin Living at Home**

- ◆ A presentation by business line Goodwin Living at Home was made about Goodwin Living's long-term care insurance program designed to support older adults to stay in their home.

## **Dining Services**

- ◆ Upcoming dining highlights includes National Chocolate Chip Cookie Day, Caribbean specialty menu, National Peach Day, and National Trail Mix Day.

# What's Happening with the Great Courses

A letter from Norma Jean Lawton

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## **New School Year–New Courses**

I realize that many residents may not be familiar with the Great Courses so let me quote from a catalog, "Most of us remember a time when discovery and the thrill of learning were forces in our lives. Great courses makes it possible to enjoy this experience again by bringing engaging professors back into your life."

Our classes are scheduled on Fridays at 1:30 p.m. and Saturdays at 3:30 in our very comfortable 5th floor lounge. The courses are on DVD, not on channel 22, and are always listed on the daily activities bulletin. The courses have subtitles so we are supporting another stronger memory skill—reading and hearing the lectures aloud.

After over 50 years of teaching I'm still learning from my "students". They have shared their knowledge of W.W. II Up Close and (very) Personal; Marvin's beautiful paintings of birds, and Pyra's knowledge of The Scientific Wonder of Birds; and John Mihos's son Chris, an astronomy professor, who lectured us on the new Webb telescope. I've learned that several residents have their own Great Courses that they'll make available to us. John Reiser has some serious Science and Math courses, Norm Wilson has almost all of the psychology courses and Father Paul has religion courses.

Please fill out the survey in the newsletter and bring it up to the 5th floor lounge. If you ever need help getting to us, call me.

Norma Jean Lawton

Phone in-house 3945

# Resident Council Executive Committee Elections Update

Thank you to all who attended the Resident Council meeting on July 12. As always, your voice remains equally important on the Resident Council as to those elected to the Executive Committee. We are excited for the commencement of a bigger committee. As discussed, there are three openings on the Resident Council Executive Committee (RCEC). Please note the date for voting has been updated and will proceed promptly tomorrow, Tuesday August 1st. The schedule is listed below:

- Tuesday August 1st : Voting opens - ballots will have instructions
- Thursday August 10th at 3:00 pm: Voting closes
- Friday August 11th by 10:00 am: Nominees informed of results
- Friday August 11th: Resident Council will be informed of results via during Lunch and Dinner in the Dining Room.
- Friday August 18th: Introduction of newly-elected at Resident Council Executive Committee meeting at 1:00 pm.

# Final Reminders & Updates

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## 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 drinks are permitted in the main library and at 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.



## COVID Update

Face masks for visitors, vendors, guests, team members, and residents are not required on campus.

COVID-19 Case Count:

Team Members: 0

Residents: 0

## Questions or Comments?

This update is prepared by Sontaey Jones. Have any questions or comments?

Please email at

[Sjones@goodwinliving.org](mailto:Sjones@goodwinliving.org)

## Resident Name Badges

We have new residents who have moved in since March. With so many new faces, it is recommended that all residents wear their name badges so residents can get to know you.